



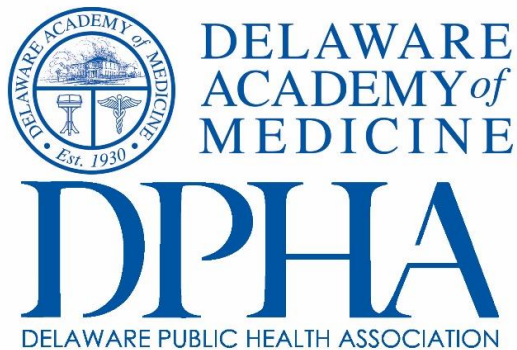
# City of Dover Plan4Health– Planning Week

# Overview

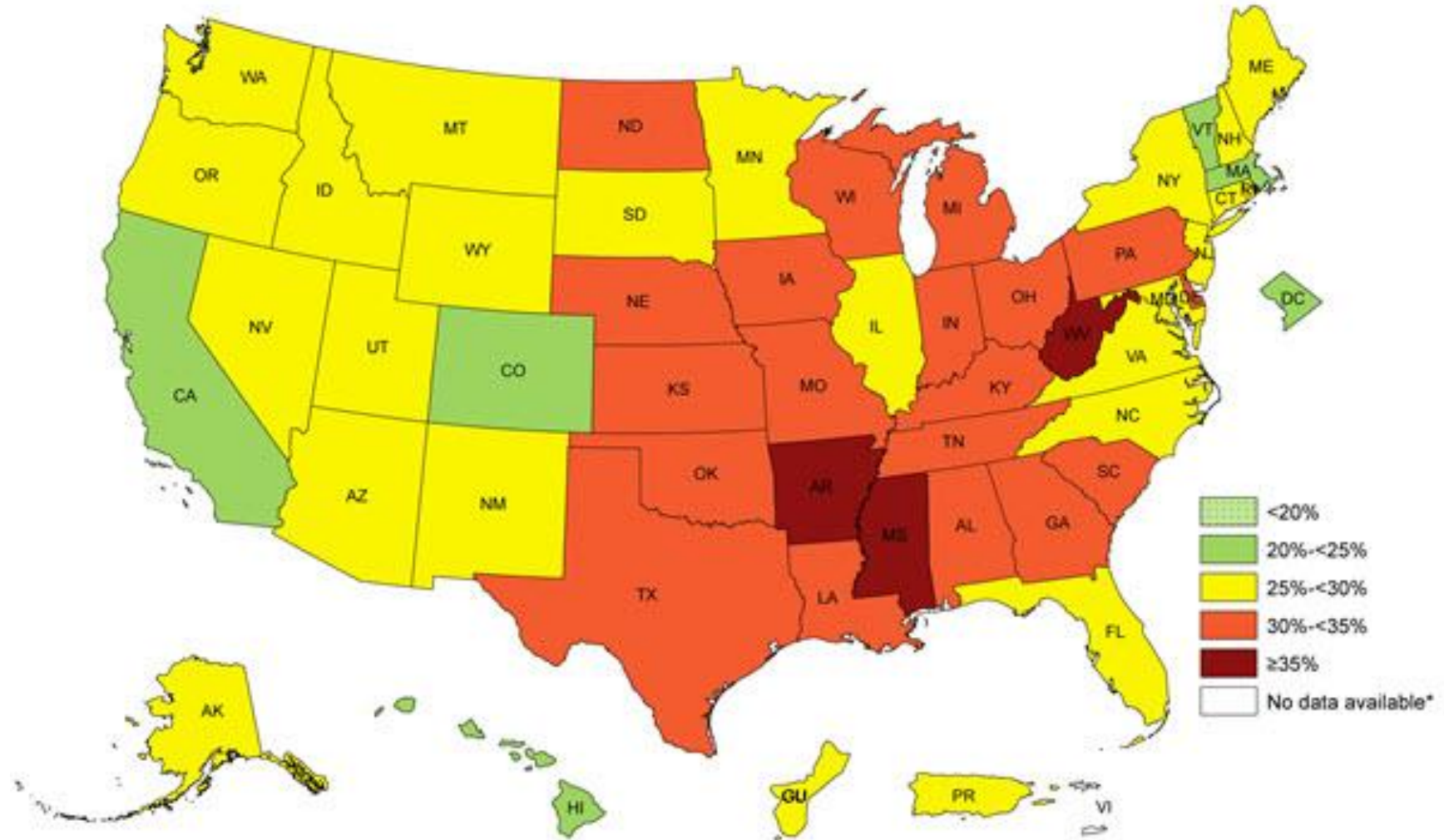
- Purpose
- What Has been Done
- Charrette results
- Next Steps

# Purpose – Why are we Here?

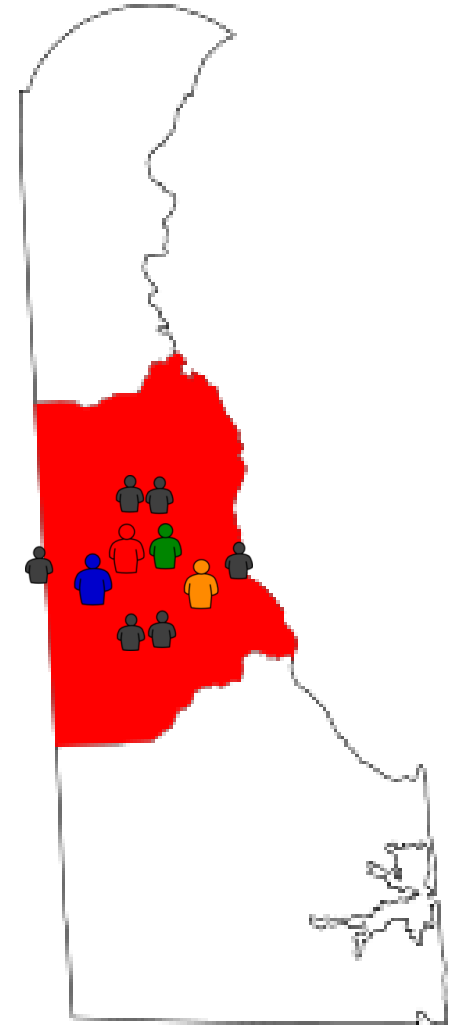
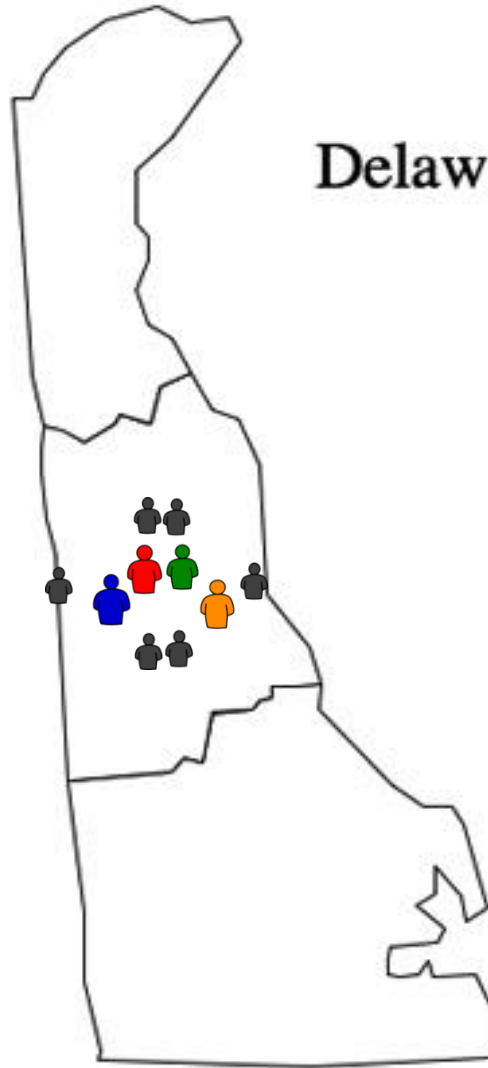
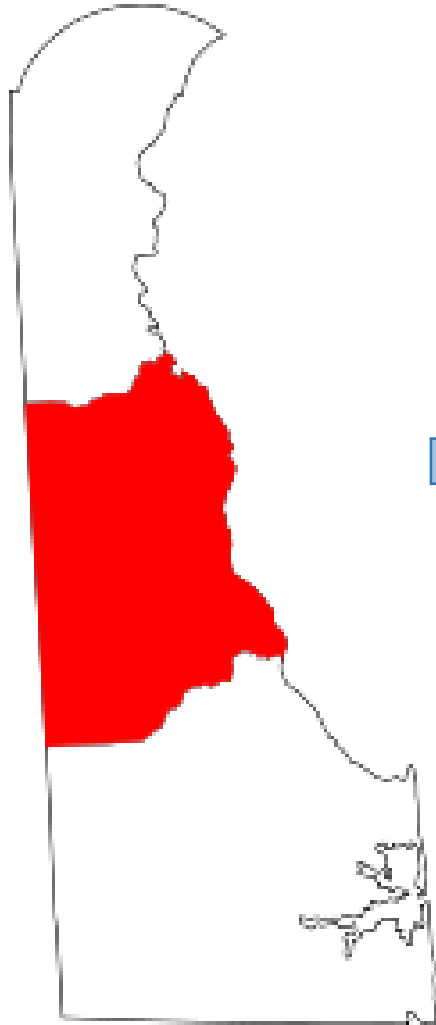
- We are here to help make Kent County the healthiest county in Delaware!
- Health data indicates that Kent County has some health challenges, similar to those impacting the State and the nation. How can we start improving the health outcomes of our residents through planning decisions involving access to healthy foods and active living?



# National Obesity Map



# Approach



Population-wide interventions  
with health for all in mind

Targeted interventions to address  
greatest burden

"Twin" Approach  
**Delaware**  
**PLAN4Health**  
An American Planning Association Project



# Creating the Environment to Support Healthy Living where People...



LIVE



LEARN



PLAY

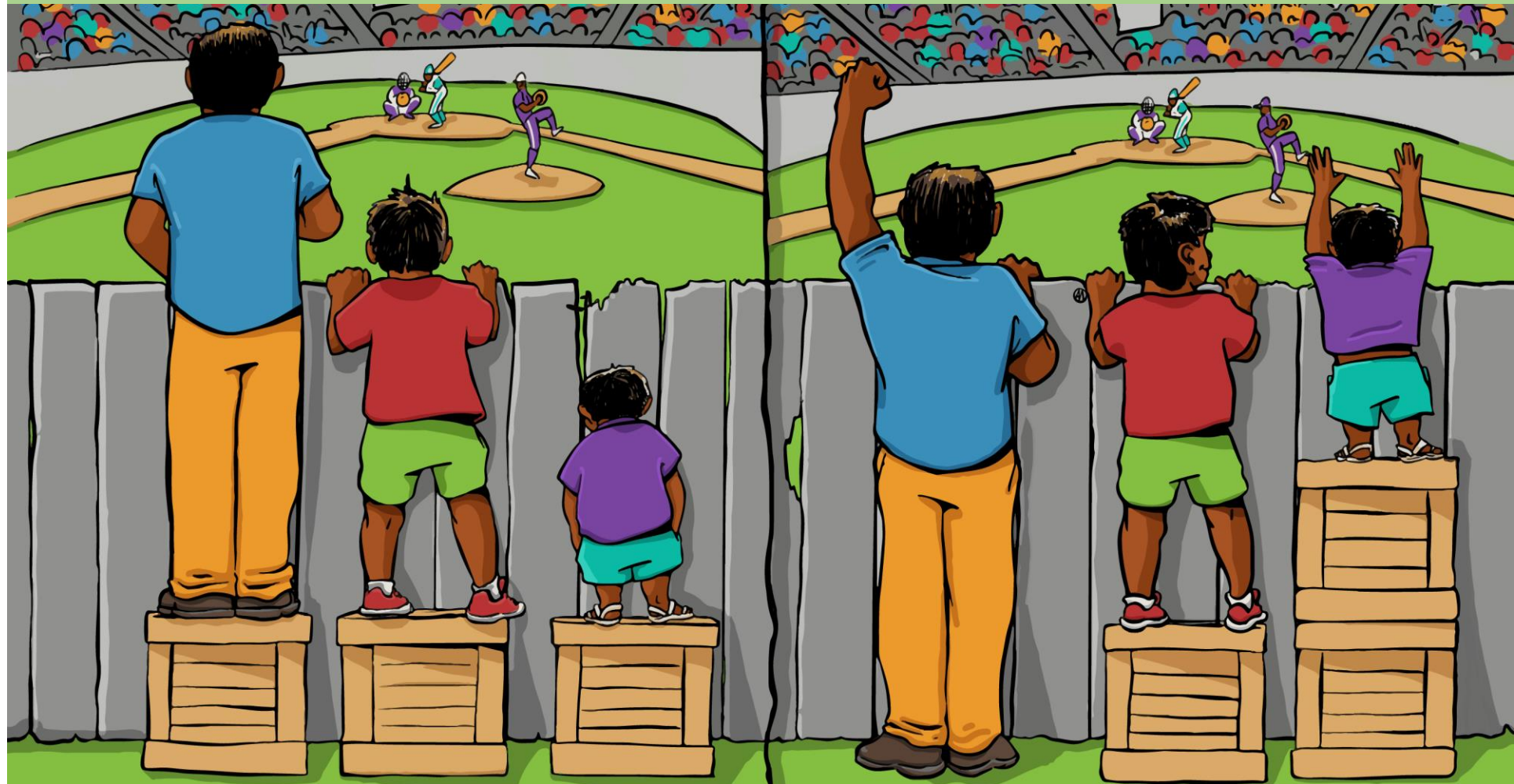


WORK

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An American Planning Association Project

# Creating an Opportunity for All



**EQUALITY**

**EQUITY**



## What Makes Us Healthy



## What We Spend On Being Healthy





# Approaches

- Maps for Priority Areas
- Public Survey
- Planning Charrette (Planning Week Workshops)

# Maps Overview

- Equity Composite
  - Identifies areas of priority based on vulnerability (age, income, race/ethnicity)
- Parks and Open Space Density
  - Identifies areas where there is potential for more parks
- Sidewalk Density
  - Identifies areas where there is potential for connectivity, including transit areas
- Retail Food Environment
  - Identifies areas where there is greater need for healthy food opportunities

# What do some of the residents say?

- Community Survey– Sampling of 500 residents via phone
- Asked questions related to:
  - Health Status
  - Healthy Eating
  - Active Living
  - Places to walk and bike
  - Some barriers to healthy living



# Survey Results: Food Access, Availability, and Affordability

- Most residents are not eating the recommended amount of fruits and vegetables each day
- Residents often need to drive to a grocery store (more than 3 miles)
- Lower income residents are less likely go to a farmers' market
- Residents using SNAP or WIC are more likely to report food insecurity



# Survey Results: Walkability/Bikability

- Sidewalks are in the areas
- Limited walkable destinations
- More residents have concerns with safety from traffic
- While there are bike lanes, residents often do not bike for transportation (more likely for recreation)

# Survey Results: Park Availability and Access

- Most residents are not within a 5-minute walk to a park
- Parks that are within walking distance do not have safe connectivity or sidewalks

# Planning Week: What Makes a Healthy Dover?



# Planning Week: Dot Exercises

- Active Transportation
- Active Recreation
- Access to Affordable Healthy Foods





# Access to Affordable Healthy Foods



EBT at Farmers' Markets



Food Retail on Transit



Produce Carts



Community Gardens

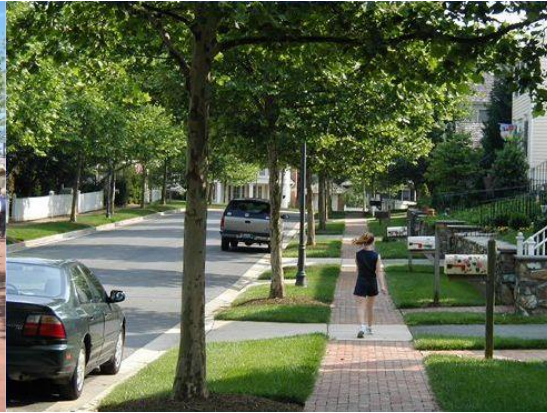
## Comments:

- Bring Foods to the Community—Gardens and Produce Carts
- Accepting EBT at Farmers' Markets and for Fruits and Vegetables
- Get more healthy food at retail—How do we get places like Family Dollar to sell healthy foods
- Partnerships to Provide Healthy Food
- Need for ethnic-specific produce

# Active Transportation– Amenities



Street Furnishings



Street Trees



Lighting



Underground Utilities

## Comments:

- Better lighting to walk at night
- Make lighting nice
- Lighting makes people feel safe
- Underground utilities allow for more mobility on sidewalks and less dangerous
- Places to sit along sidewalks



# Active Transportation– Improve Walkability and Bikability



Safe Bike Lanes

Safe Pedestrian Crossings



Transit Shelters

Sidewalks and Connectivity

## *Comments:*

- Sidewalks that are ADA friendly, allowing wheelchair access– there are damaged and raised areas that makes it impassable
- Transit needs to be reliable
- Increase transit stops to make it easy to get to places
- Better pedestrian connections
- Transit shelters- places to sit and protect from rain
- Make more connections to places for those in assisted living
- Better local bus routes to the capital area from north/south and east/west



# Parks and Recreation



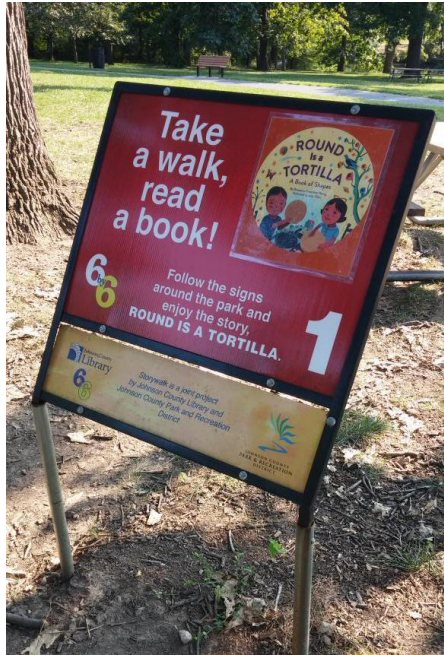
Adult Recreation



Passive Recreation



Trails



Children Recreation

## Comments:

- Need more parks
- Parks for kids and adults
- Nature parks
- Better maintenance of existing parks and open space
- Parks within walking distance from homes
- Parks provide free exercise
- Parks allow people to meet; fellowship
- Parks with meditation areas
- Parks near people in assisted living
- Open for everyone
- More amenities in existing parks



# Results + Feedback = Opportunities

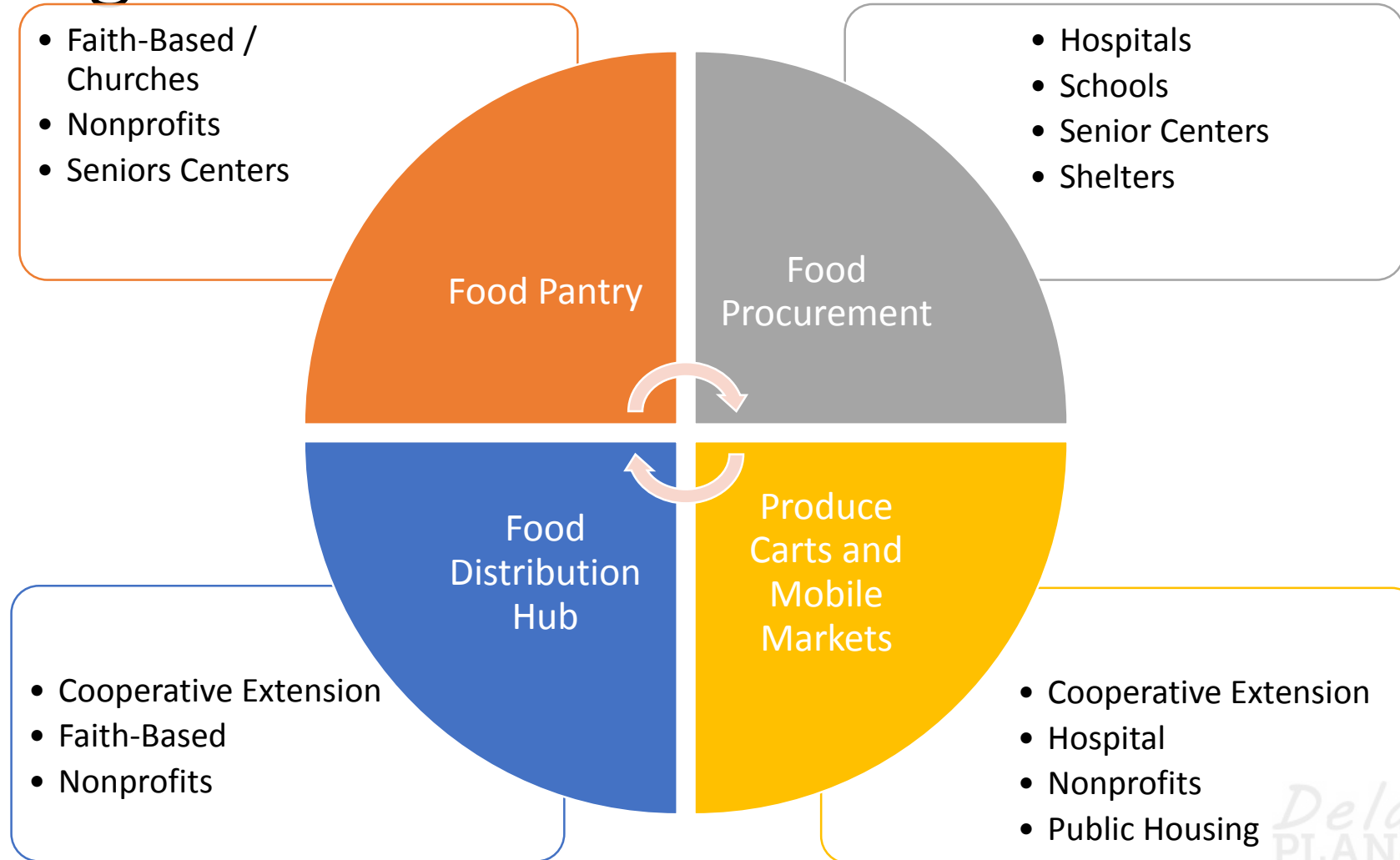
- Accessible, affordable healthy foods
- Active Transportation
- Active Recreation

# Opportunities— Healthy Food Environments

- Healthy Food Retail Recognition Program
- Incentives for Healthy Food Offerings at Corner and Convenient Stores
- Healthy Corner Stores
- Produce Carts
- Fresh Food Financing (“Healthy Bucks”; increasing purchasing power)

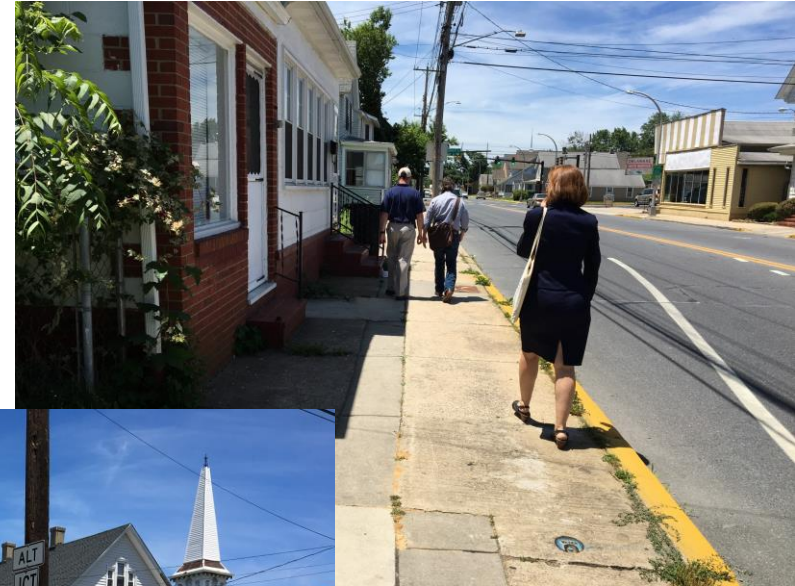


# Opportunities– Comprehensive Garden / Urban Ag Network



# Opportunities— Active Transportation

- Pedestrian Network
  - Connections
  - High Volume
  - Transit
- Bicycle Network
  - Connections





# Opportunities for Active Recreation

- Adult recreation
- Playgrounds
- Shared-Use
  - Faith-based
  - Schools
- Converting vacant land to parks
- Improving existing park and open space



# Next Steps

- Charrette Proceedings– highlight findings
- Developing a guidance for the Comprehensive Plan update
  - Health and Equity integrated in the chapters
    - Transportation
    - Housing and Community Development
    - Community Services
    - Historic Preservation
    - Public Utilities and Infrastructure
    - Economic Development
  - Intergovernmental Coordination
  - Implementation
- Recommendations and Strategies
- Funding Approaches and Capacity Building
- Information Dissemination



# Questions?

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