

Kent County Charrette Proceedings July 25-27, 2016





Kent County Charrette Proceedings—July 25-27

Introduction

The Delaware Plan4Health project aims to address obesity in Dover and Kent County by focusing on efforts to improve opportunities for healthy eating and active living. By leveraging the timing of the comprehensive plan updates, Delaware Plan4Health will address healthy behaviors through policy and the built environment by creating a process to understand how health and equity can be assessed and integrated in the comprehensive plan. This process includes carrying out a planning charrette by bringing together the public and disciplines in planning, design and public health for an intensive session of exploring opportunities linking health and planning, with a focus on equity. With the preliminary analyses and results from the charrette, the Delaware Plan4heatlh team will have a framework and guidance in incorporating health and equity to the comprehensive plan updates for the City of Dover and Kent County. For this project, there will be two 3-day charrettes—one in Dover and the other in surrounding Kent County.

Purpose

Delaware Plan4Heatlh conducted a 3-day planning charrette in Kent County July 25-27. A charrette is a public participation and stakeholder engagement exercise that explores creativity and community vision for a design of a project or community plan. For the Kent County charrette, community stakeholders, city planners and the public came together to review work that has been done to date, identify priority concerns and review potential strategies. The results from the charrette, combined with the preliminary analyses, will contribute to the guidance document for the County's comprehensive plan update.

Preliminary Work

Prior to the charrette, Delaware Plan4Health conducted a public survey and a mapping analysis of healthy food retail, active transportation and active recreation priority areas. Results from these analyses led to identifying priority areas and leading concerns/barriers to healthy eating and active living within Kent County, which contributed to the format of the charrette.

In June, during the Dover charrette, the Delaware Plan4Health Leadership Team discussed the review of the policy analysis, using the Nemours Health & Prevention Score Card for Comprehensive Plans. The analysis was conducted by a consultant with Designing4Health who was unfamiliar with Dover and Kent County. Following review of the analysis, the Team discussed an approach to develop the guidance. The approach will include language addressing health impact in planning and its influence in chronic disease burden and obesity. In addition, each chapter of the comprehensive plan will include language that addresses health and impact, as well as, strategies and recommendations to implement health-related efforts. The Team agreed that a stand-alone health chapter will not suffice as that does not support the idea of health having an impact in the different aspects of planning.

Charrette Selection—Kent County

The Plan4Health Team selected a rural area south of Dover including the town of Magnolia and parts of Camden, Felton and Frederica. The boundaries include:

North: Voshells Mill Star Hill Road and Sorghum Mill Road

East: Delaware Route 1

South: Midstate Road (DE Route 12) West: South Dupont Highway

1 | Page

Prepared by Michelle Eichinger

Planning4Health Solutions





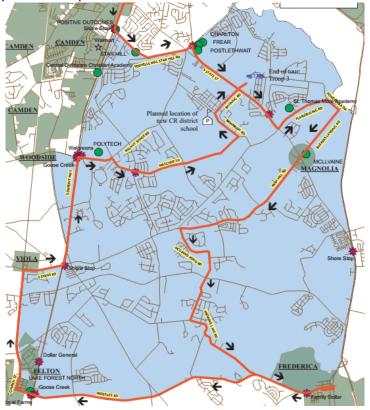


Figure 1 Kent County Charrette Study Area

Charrette Promotion

A one-page informational flyer was sent to an email distribution list of Delaware Coalition of Healthy Eating and Active (DE HEAL) Living Built Environment Committee members, stakeholders and other interested individuals (i.e. those who attended the May 4 Public Workshop). In addition to the flyer, a press release was sent to various news media.

Charrette Approach

The charrette included a public engagement activity, windshield tour, stakeholder brainstorming session, and public presentations.

Day 1

The focus of Day 1 was to familiarize stakeholders and

Plan4Health team members with the study area and begin to identify priorities for healthy eating and active living

opportunities. Team members, consultants and stakeholders reviewed the charrette agenda for the next





couple days. The team went on a windshield tour in select areas of the community. The tours highlighted the following concerns and needs:

- Accessible, safe parks
- Sidewalk connectivity
- Pedestrian/bicycle friendly streets
- Healthy food access/ unhealthy food proximity to schools
- Connectivity to various uses
- Transforming corner stores
- Shared use of recreation facilities

Following the tours, team members and stakeholders discussed opportunities, including partnerships to develop and implement efforts, and policy-related recommendations to be incorporated in the comprehensive plan update.

In the evening, the team prepared an open house that

included a presentation of the project and goals for the charrette and public engagement exercises, "What makes a "Healthy Kent County?" and a "dot" exercise. Participants were asked to respond, in two words, what makes a healthy Kent County. During the "dot" exercise, participants were asked to place dot stickers on images that appeal to their interest for the community. Next to each image board, residents had an opportunity to provide some written feedback on the reason for their selections. The images were categorized into the following themes—Healthy Food Access, Active Transportation and Active Recreation. These images involved examples of potential opportunities for the community and included:

- Active parks/recreation space (including adult "playgrounds")
- Passive recreation/parks space
- Street furnishings
- Lighting
- **Transit Stops**
- **Underground utilities**
- Sidewalks and connectivity
- Safe Biking
- **Trails**

- Street trees
- Traffic calming
- Safe pedestrian crossing
- Community gardens
- Farmers market with EBT
- Trailside healthy food
- **Produce carts**
- Transit to healthy food
- Wayfinding signage



3 | Page



Prepared by Michelle Eichinger Planning 4 Health Solutions



Day 2

Day 2 of the charrette allowed for an open house for stakeholders and the public. The Delaware Plan4Health team, along with statewide and local stakeholders, brainstormed strategies and current efforts as it related to healthy food access, active transportation, and active recreation. Throughout the day, residents had an opportunity to continue the "dot" exercise.

A couple members of the leadership and consultants continued with a windshield tour of specific areas of the study area. Upon return, Bill Bruce from CRJA-IBI Group, a consultant for the Delaware Plan4Health project, worked with County planning and transportation staff to review ideas for a town center conceptual plan for Felton and South State Street, and a bicycle network in the area.

Day 3

Based on the windshield tour and conversation with stakeholders, the Team focused on addressing healthy food access, bicycle network, and developing a town center concept. Michelle Eichinger from Designing4Health began creating models for healthy food access through produce carts and a local food distribution hub. Bill Bruce continued drafting conceptual plans for a local food distribution hub and town centers.

In the evening, the Delaware Plan4Health Team provided a final presentation to the public. The presentation identified some of the charrettes findings and potential strategies.

Charrette Participants/Roles

Other than the members of community, the table below lists those participating from the Plan4Health Team and other stakeholders.

Participant	Role/Organization		
David Edgell	Plan4Health Team/Delaware Office of State Planning Coordination		
Mary Ellen Gray	Plan4Health Team/Kent County Planning		
Michelle Eichinger	Plan4Health Team Consultant/Designing4Health		
Bill Bruce	Plan4Health Team Consultant/CRJA-IBI Group		
Patti Miller	Plan4Health Team/Nemours Health & Prevention Services		
Rich Vetter	Stakeholder/Dover/Kent MPO		
Herb Inden	Stakeholder/ Delaware Office of State Planning Coordination		
Dorothy Morris	Stakeholder/ Delaware Office of State Planning Coordination		
Bill Brockenbrough	Stakeholder/Delaware Department of Transportation		
Connie Holland	Stakeholder/ Delaware Office of State Planning Coordination		
Kris Connelly	Stakeholder/Kent County Planning		
David Marvel	Stakeholder/Farmer/Delaware Food Bank		
Nancy Mears	Stakeholder/UD Cooperative Extension		



Statement of Findings: Healthy Eating/Food Access

While the study area is not in a USDA-defined "food desert,1" there was evidence from the preliminary analysis suggesting concerns with healthy food access and affordability. In the periphery of the study area, there are 3 grocers, including stores. However, within the study area, there are none. Instead, there are convenient stores a Family Dollar, which are often located adjacent to neighboring schools. Food sold in these stores are often of poor nutritional value—high calorie, high fat, and/or high sodium. While the Family Dollar may be affordable, it is known that food and other items sold at smaller retail stores, as in corner stores, are often more expensive than comparable food sold at full service grocery stores or supermarkets. These stores often do not sell fruits and vegetables. Overall, there is clearly a need to improve access to healthy foods, fruits and vegetables.

Based on the public feedback, residents expressed the need for healthy, fresh, and affordable fruits and vegetables. Figure X lists the comments and feedback from the public regarding the need for healthy foods.

Access to Affordable Healthy Foods



Food Retail on Trans



Produce Carts Community Gardens

comments

- Traveling green grocer
- Vegetables- don't have to be fresh for a healthy diet / Process local foods for off season
- Produce stands and healthy food in convenient stores
- Bring healthy food to neighborhood-Mobile Markets and Produce Carts
- Healthy food more affordable than junk
- Transit to grocery stores
- Community Gardens
- Food Hub needed in Central Delaware
- Incentivize corner store owners to accept EBT
- Farmers Market with EBT Access

Residents and stakeholders would like to see affordable, healthy food that is easily accessible. Specifically, they are looking for opportunities for EBT access at farmers' markets or produce stands. In addition, residents are interested in community gardens.

Healthy Food Access Recommendations

Community Gardens

Through various partnerships, community gardens can provide a source of fresh, affordable produce for residents. A <u>Comprehensive Garden / Urban Agriculture Network</u> is an approach that combines collaborative partnerships with programs to support and sustain community gardens. Produce from gardens can provide fresh fruits and vegetables to local food pantries, contribute to local food procurement in institutions, be sold to the community through mobile markets and produce carts, and be a part of a local food distribution hub. Figure 2 demonstrates the uses and partnerships needed for a sustainable garden and agriculture network.

Produce Carts

Many residents expressed interest in having fresh fruits and vegetables available in their neighborhoods. <u>Produce Carts</u> are mobile carts that can locate in priority areas and in partnership with nonprofit and government agencies, and can accept EBT vouchers for those receiving WIC or

¹ The United States Department of Agriculture defines a "food desert" in an urban area as being a low-income area (census tracts with at least 20% of household are at poverty level) and low access to a grocery store or supermarket (census tracts with a grocery store/supermarket greater than 1 mile to at least 33% or 500 people).



SNAP benefits. Produce carts can provide job opportunities and cities can offer financial incentives for cart operators through <u>fee waivers</u>.

Local Distribution Hub

With gardens and partnerships with local farmers, a <u>local food distribution hub</u> can offer affordable, even free, produce to vulnerable populations. Convenient stores can enter in a food distribution cooperative through the food distribution hub to help reduce the cost of distribution and transportation. In addition, a local food distribution hub can source local, fresh produce for institutions such as schools, hospital, community pantries, senior centers and prisons.

Farmers Markets Accepting EBT

There is a roadside farmer's market located in the study area. Based on preliminary analysis, residents who are low-income or receive WIC or SNAP benefits have expressed that they are not likely to shop at Farmers' Market due to lack of affordability. Markets partnering with those administering these public benefits can help promote affordability and EBT use at these markets.

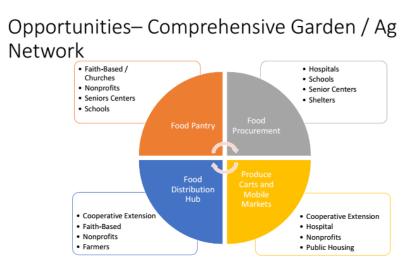


Figure 2 Comprehensive Agriculture/Garden Network

Statement of Findings: Active Living

The study area is a rural area, and as such, opportunities for active transportation such as walkability is limited. Similarly, there are no specific bike routes linking destinations such as food stores, schools, parks, etc. In addition, the area has no active recreation amenities for the public such as a community park. However, there is a Little League community baseball field.

Part of a healthy lifestyle includes engaging in physical activity. This does not always mean individuals engage in structured exercise, but rather activity as part of a lifestyle. Physical activity through active recreation and active transportation (e.g. walking or biking) are approaches to engage in active living.

Residents are interested in amenities and features that support and promote walking and biking. Figures 3 and 4 list some of the comments from the public regarding support for active transportation.



Active Transportation—Improve Walkability and Bikability





Figure 3 Public comments for active transportation

- Have a coffee shop or places to gather Community Centers with transport to rural areas
- Sidewalks to destinations
- Marketing campaign for biking as a mode of transportation vs leisure activity
- Sidewalks create accessibility; walking is an affordable mode of transit

Residents expressed interest in having places to go, such as a coffee shop or parks. They desire town or community centers with safe sidewalk connectivity with easier access to public transit. Residents would also like to see more promotion for bicycling as a mode of transportation. The perception is that bicycling is a form of recreation. Supporting bikability includes safe bike paths and bike racks at destinations. In addition, residents would like to see more lighting for safety. Since the study area is rural, lighting is

Active Transportation—Amenities





- Pleasant ways to get to destinations
- Easier access to public transport
- Need bike racks
- Need to feel safe when bike
- Lighting supports safetyencourages more walking

In addition to support for walking, biking and using transit, residents shared feedback for opportunities to support parks and recreation. Figure 5 provide some comments from the public regarding interest in parks. The study area does not have a park. However, there are three County Parks including Brecknock, Han Construction area, and Tibury Creek, as well as a State Park, Killens Pond, nearby.

Figure 4 Public comments for active transportation

kesidents expressed interest in naving more parks and trails. They commented on taking advantage of the rural setting with opportunities to connect with nature and the serenity that it brings. In addition, residents would like to see a trail system connecting the surrounding small towns.

Residents commented on opening existing school sites to the public. Felton Elementary School, Lake Forest North Elementary School and McIlvaine Early Childhood Center are all

Parks and Recreation



Passive Recreation



Comments: Need more parks

- Attractive passive environments with recreation opportunities
- Trails connecting to surrounding
- areas and communities Active sites open to public
- · Kent County has locations providing
- serenity and contact with nature · Ensuring safety will support activity

Figure 5 Public comments for parks and recreation

within walking distance of residential neighborhoods. With the exception of the McIlvaine Early Childhood Center, the playgrounds at these sites are currently locked and not accessible to the general public or neighboring families. In addition, Lake Forest High School opens their indoor fitness facilities to the public for a fee. Local community members stated they would like to see this as a model for other schools in providing indoor recreation facilities for the public.

Active Living Recommendations

Pedestrian and Bicycle Network and Supporting Amenities



Residents would like more opportunities to walk and bike. While the area is not dense for a comprehensive sidewalk network, there are some roads include very wide shoulders that can be converted to multi-use trails or bike lanes. Because the road is already wide enough, it would be inexpensive to convert these roads since it would only require paint and street reflectors. During the charrette, Team members outlined a potential bicycle network, the Heart of Delaware Trail. The Kent County Bike Loop includes Lebanon Road, Midstate/Johnny Cake Landing, Turkey Point Road, Main Street (Woodside)/Walnut Shade, Peachtree Run, and South State Street. By coordinating with Tourism and Economic Development, the Kent County Loop can be an attraction for residents and visitors to explore small towns in Delaware and/or the Amish and farming community. Figure 6 shows the conceptual layout of the Heart of Delaware Trail.

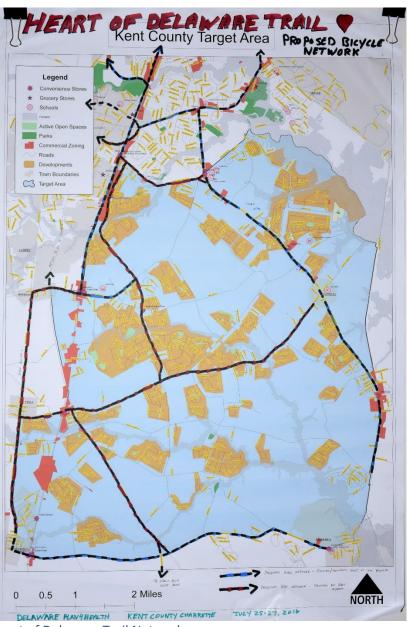


Figure 6 Proposed Heart of Delaware Trail Network



Village/Town Centers

There is a growing interest in transforming communities to include a village or town center that supports walkability in a mixed-use community. Village centers offer a vibrant and active community for residents and visitors with opportunities for social gathering and walkable destinations. Figure 7 displays a conceptual plan for the town center for Felton.

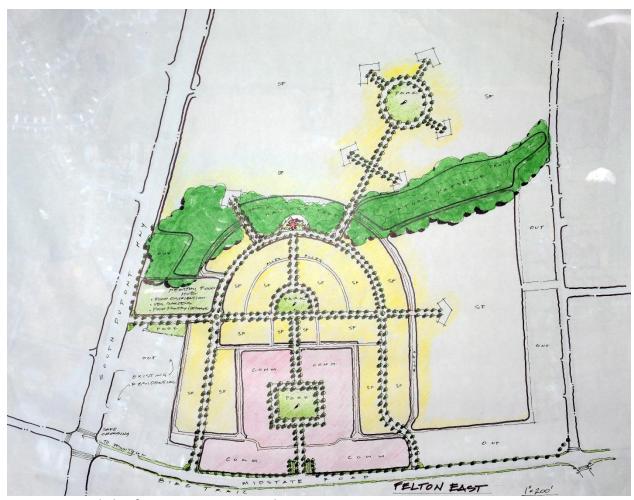


Figure 7 Conceptual Plan for a Town Center in Felton

Parks and Recreation

There are a couple of DNREC-owned boat recreation areas in the study area. These areas have the potential to provide passive recreation with benches while connecting to the serene environment. In addition, there are several opportunities for public use of playgrounds and indoor recreation and fitness facilities through the schools. By working with the schools and community partnerships, shared use agreements allow for public use of these spaces, providing residents and their families with opportunities for physical activity and active living.

Next Steps
Guidance Document



Results from the preliminary analysis and the charrette will be analyzed for recommendations and strategies to be incorporated in the comprehensive plan update for Kent County. The guidance document will provide County officials with the language detail linking health and equity and their impact in planning and policy. In addition, the guidance document will include targeted and specific draft language addressing health and equity for each relevant chapter of the comprehensive plan, including:

- Population and Demographics
- Community Facilities
- Transportation
- Economic Development
- Housing
- Intergovernmental Coordination
- Implementation

In addition, to provide health and equity language, the guidance document will include recommendations and strategies to address healthy eating and active living through partnerships, and will include examples of these strategies from other communities. These examples will address policy changes, partnerships and implementation.

Capacity Building and Program Development

Many strategies and recommendations require partnerships—private and public—to develop and implement. There are many organizations with focused attention to the target populations of the study area or the neighborhood. These efforts align with the recommendations developed from the preliminary analysis and charrette.

Task Force

There are many organizations engaged in the area. A Task Force would bring together partners to develop a coordinated, strategic approach to identify priority, feasible strategies to

implement. This would allow partner organizations to review resources and leveraging existing work. In addition, the Task Force can detail roles of organizations to pursue efforts—policy change, program development, and implement. Figure X can help organize resources and identify organizations that may have overlapping roles. Organizations that can be a part of this effort include, but not limited to:

- Delaware Housing Authority
- Kent General Hospital
- o Delaware Division of Public Health
- Nemours Health and Prevention Services
- o Dover/Kent MPO
- Delaware State University—Cooperative Extension
- Central Delaware Chamber of Commerce
- Bike Delaware
- o DART
- Lake Forest School District and Caesar Rodney School District



- Delaware Food Bank
- o DelDOT
- Members of the Public

Produce Carts/Mobile Markets

Starting a produce cart/mobile market program requires private - public partnerships. This effort will need a lead organization, such as Delaware Food Bank, to develop and implement the program. There are several model programs and toolkits available, including NYC Green Carts and ChangeLab Solutions' Model Produce Cart Ordinance. The following are steps to consider in executing a produce cart/mobile market program:

- o Policy Change
 - The Task Force will need to review existing County policies that may inhibit the use of produce carts/mobile markets and identify policy strategies to encourage produce carts/mobile markets. These may include financial strategies, such as business permit fee waivers for cart operators, and ordinance amendments to allow for sidewalk vendors.
- Program Development
 Program development will need to consider securing funds for cart purchase(s), produce
 procurement, cart operations, Supplemental Nutritional Assistance Program (SNAP)
 application, site locations and agreements, and marketing.
- o Implementation
 - An organization will be needed to oversee and implement programs. In addition, organizations can partner with this effort to promote produce carts and provide supplemental programs to encourage the purchase of healthy foods and healthy eating habits (i.e. cooking classes, social marketing, etc.)



Addendum Kent County's Healthy Food Access Model

Healthy Food Access—Kent County

After interviewing stakeholders, there is much interest in addressing food access. However, current efforts seem to be geared toward food security by incorporating food pantries/closets. In Kent County, there does not appear to be any current effort to address healthy food access. The table below lists current and potential partners for any healthy food intervention efforts. Intervention efforts discussed during the charrette include:

- Food Pantry
- Local Food Procurement
- Food Distribution Hub

- Produce Carts/Mobile Markets
- Small Grocer/Healthy Corner Store
- Community Gardens

Partner	Current/Future	Role
Kraft	Future	Supplier
Food Bank of DE	Current	Supplier
		Program Development
Nemours HPS (FBO link, Troy	Current	Implementation
Hazzard)		Program Development
Catholic Charities	Future	Implementation
Fifers	Current	Supplier
Fruit and Vegetable Growers	Current	Supplier
Angel Food Ministry (Whatcoat	Current	Program Development
UMC)		Implementation
Cooperative Extension- Paradee	Current	Supplier
Center		Program Development
Kent County Economic Development	Future	Program Development
Caesar Rodney School District	Current	Implementation
Lake Forest School District	Current	Implementation
Senior centers (Modern Maturity)	Current	Implementation
Housing Authorities	Future	Program Development
		Implementation
City/County Planning and MPO	Future	Policy Change
Delaware Department of Agriculture	Current	Policy Change
(Holly Porter)		Supplier
Restoring Central Dover	Future	Implementation
		Program Development
Communities in Schools	Future	Implementation
Delaware Division of Public Health	Future	Program Development
		Resource
Food Trust	Future	Resource
Healthy Foods for Healthy Kids	Current	Program Development
		Resource
Local grocery stores	Current	Supplier
Harry K Foundation	Current	Resource
Delaware Center for Horticulture	Current	Program Development
		Resource



Definitions:

Supplier—Organization or coordinating organization providing fresh produce, food products, materials and supplies for the intervention

Policy Change—Organization advocating and educating for change in public policy or institutional policy

Program Development—Organization responsible for or contributes to program development, including establishing program infrastructure, program management, community mobilization, grant seeker/manager, program evaluation.

Implementation—Organization responsible for or contributes to executing program, specifically for recipients of the intervention

Resources—Organization providing technical assistance and resources to aid in program development and implementation. These can be funding organizations.

Current Efforts

Intervention	Implementing Partner	Target Population	Location
Food Pantry and	Angel Food Ministry/ Whatcoat	Low-income	Kent County
Food Distribution	United Methodist Church	residents	Camden, DE
Food Pantry	Lake Forest School District	Students and	Kent County
		Families	Felton, DE
Food Pantry	Modern Maturity Center	Seniors	Kent County
			Dover, DE
Healthy Corner	Nemours HPS	Low-income	New Castle County
Store Initiative	Food Trust	residents	Wilmington, DE
Community/	Lake Forest School District	Students	Kent County
School Gardens			Felton, DE
Community/	Delaware Center of	Not specific	New Castle County
School Gardens	Horticulture and the Delaware		
	Urban Farm and Food Coalition		
Community/	Healthy Food for Healthy Kids	Students	New Castle County
School Gardens			

Food Access Model

Figure 8 depicts the interconnectedness of the different components in improving healthy food access and affordability. There are many organizations that fit the role in one or more of these components.





Figure 8 Components to Improving Healthy Food Access through a Food Access Model

Intervention Examples Applying the Food Access Model

Food Pantries

There are several existing food pantries in Kent County, including Lake Forest High School, Angel Food Ministries at Whatcoat United Methodist Church, and Modern Maturity Center.

Policy Change	Supplier	Program Development	Implementation	Resources
 Caesar Rodney School District Churches Delaware Department of Health and Human Services Kent General 	 Food Bank of Delaware Grocers Fruit and Vegetable Growers Association 	 Communities in Schools Food Bank of Delaware Delaware Division of Public Health 	 Caesar Rodney School District Catholic Charities Delaware Department of Health and Human Services Kent General 	Food Bank of DelawareHarry K Foundation

Food Pantries can be implemented at local churches, schools, state service centers (via SNAP program) and public health clinics (via WIC program), and the hospital.



Produce Carts

New Castle County's Prodice Cart program in Wilmington via Food Trust can serve as a model for Kent County.

Policy Change	Supplier	Program Development	Implementation	Resources
•City/County Planning	 Kraft Fruit and Vegetable Growers Association 	 Economic Development Office Delaware Division of Public Health Nemours HPS Dover/Kent MPO Cooperative Extension 	•Schools •Food Trust •Community Centers	 Food Trust Harry K Foundation Nemours HPS USDA Chamber of Commerce

Local Food Distribution Hub

A local food distribution hub offer flexible uses depending on the needs and resources in the community. Hubs can support local food procurements, community gardens, and farmers' markets.

Policy Change	Supplier	Program Development	Implementation	Resources
City/County Planning Delaware Department of Agriculture	 Delaware Department of Agriculture Fruit and Vegetable Growers Association Food Bank of Delaware 	 Delaware Department of Agriculture Cooperative Extension Delaware Division of Public Health Delaware Center for Horticulture Dover/Kent MPO 	 Delaware Department of Agriculture Delaware Division of Public Health 	•USDA •Harry K Foundation

Figure 9 displays an example of how a local food hub can be applied to a community.



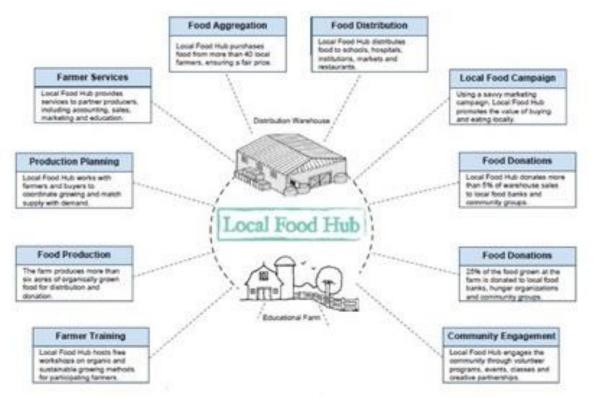


Figure 9 Example of uses for a Local Food Hub. Source: www.localfoodhub.org

Local Food Procurement

Many public facilities can procure locally-sourced foods. This reduces transportation and distribution costs, and increase local economy.

Hospital Example

Policy Change	Supplier	Program Development	Implementation	Resources
•Kent General	•Fruit and Vegetable Growers Association	Delaware Division of Public HealthKent General	•Kent General	•USDA
Schools Example				
Policy Change	Supplier	Program Development	Implementation	Resources
•Schools	Fruit and Vegetable Growers AssociationSchool gardens	 Delaware Division of Public Health Healthy Foods for Healthy Kids 	•Schools	•Farm to School Program (USDA)



School Gardens

School Gardens are opportunities to educate youth on various skills and knowledge including healthy eating habits, understanding food sources and agriculture practices.

Policy Change	Supplier	Program Development	Implementation	Resources
•Schools •City/County planning	•Fruit and Vegetable Growers Association	 Healthy Foods for Healthy Kids Communities in Schools Schools Cooperative Extension 	•Schools	• USDA • Harry K Foundation • Nemours HPS

Community Gardens

Kent County has a comprehensive and active community garden network.

Policy Change	Supplier	Program Development	Implementation	Resources
Housing AuthoritiesCity/County planning	Fruit and Vegetable Growers Association	 Delaware Center for Horticulture Dover/Kent MPO Cooperative Extension 	Senior CenterHousing AuthoritiesCommunity Centers	•USDA •Harry K Foundation

Food Waste Community Re-Entry

For grocery stores, there are much waste as a result of consumer-related purchasing practices in desiring aesthetically appealing produce. However, what is wasted are often edible and safe for community consumption.

Policy Change	Supplier	Program Development	Implementation	Resources
•Schools	• Grocers	Delaware Division of Public HealthNemours HPS	•Schools •Hospitals •Food Pantries	•US EPA