Dare to be first.

UNIVERSITY OF DELAWARE

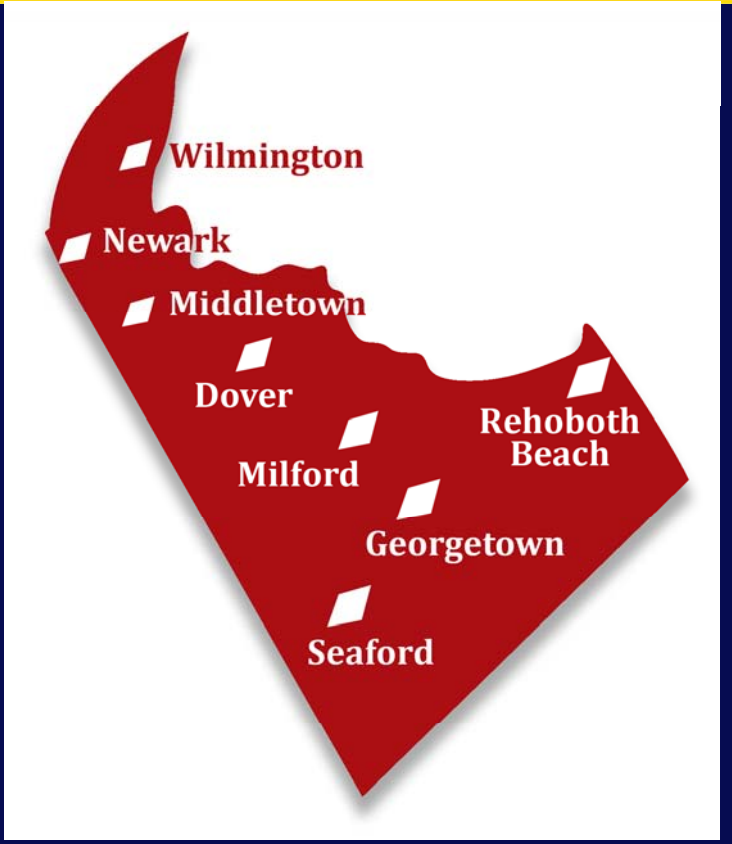
Toolkit for a Healthy Delaware

B.J. DeCoursey, AICP, Policy Specialist
Marcia Scott, Associate Policy Scientist

Presentation Outline

- Planning for health in Delaware
- IPA's public policy/service work
- IPA's Healthy Communities Initiative
- Toolkit for a Healthy Delaware

Dela-Where?



- Two-hour drive end to end
- Urban centers in Wilmington and Dover, otherwise very suburban/rural
- Affluent beach communities in eastern Sussex Co.
- Mostly very small towns

Planning for Health in Delaware

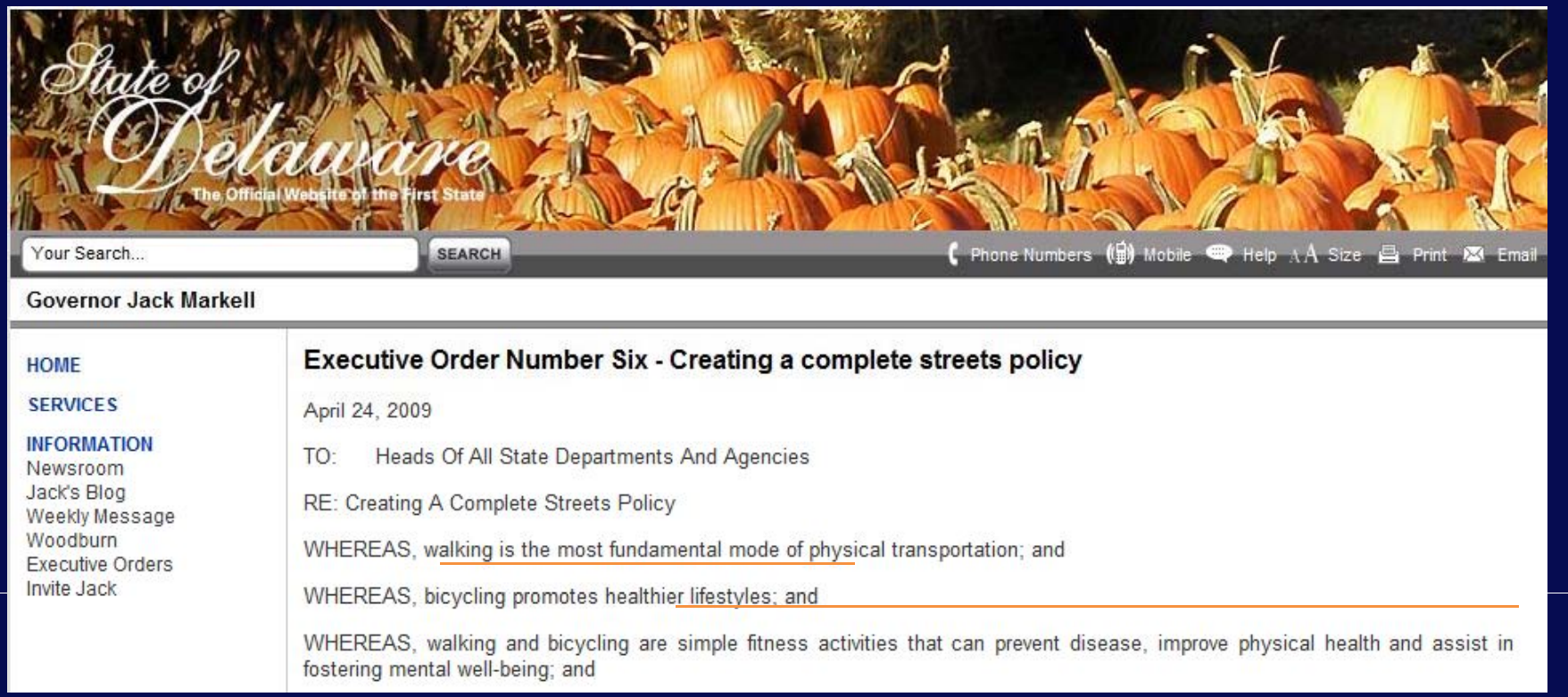
House Bill 255 (2001)

- Required municipalities to have town-approved and State-certified comprehensive plans before annexing.
- Set a 10-year window for new plans and required 5-year updates.
- Encouraged municipalities to look beyond land-use and consider economic development, transportation, sustainability, etc.

Planning for Health in Delaware

Complete Streets Executive Order (2009)

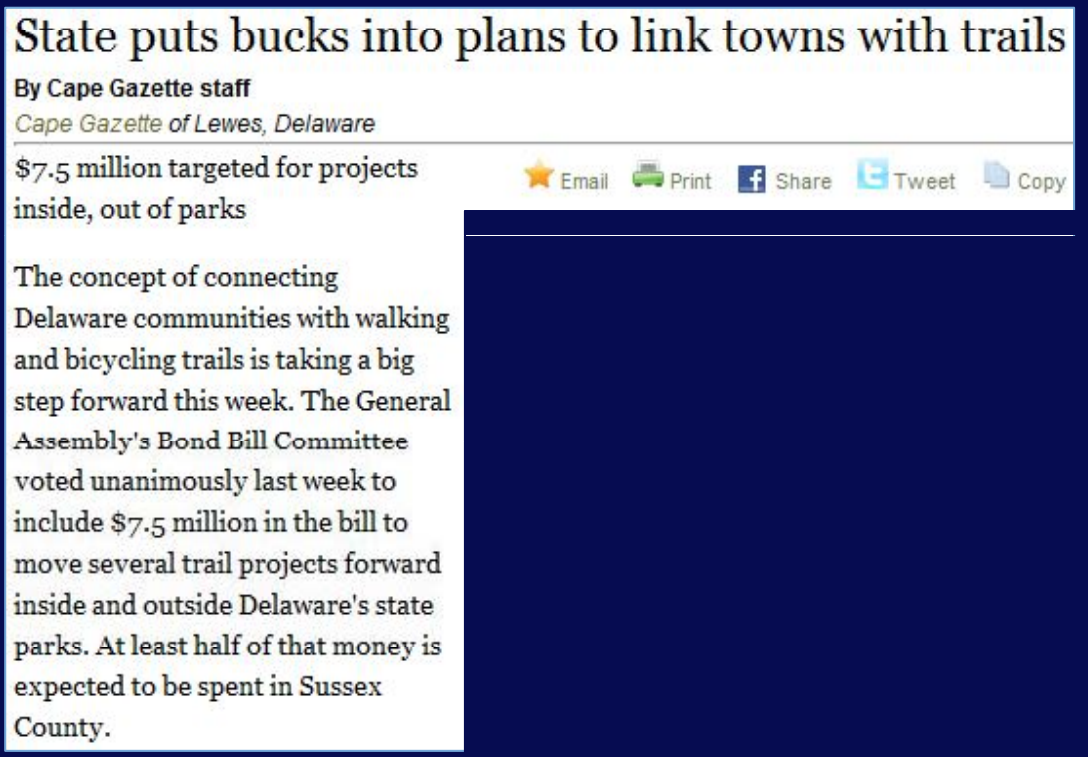
www.ipa.udel.edu/healthyDEtoolkit/docs/DelDOTCompleteStreets_web.pdf



Planning for Health in Delaware

Senate Concurrent Resolution 13

- Not an executive order
- Has funding!
- Politically savvy,
- Part of No Child Left Inside



State puts bucks into plans to link towns with trails

By Cape Gazette staff

Cape Gazette of Lewes, Delaware

Email Print Share Tweet Copy

$7.5 million targeted for projects inside, out of parks

The concept of connecting Delaware communities with walking and bicycling trails is taking a big step forward this week. The General Assembly's Bond Bill Committee voted unanimously last week to include $7.5 million in the bill to move several trail projects forward inside and outside Delaware's state parks. At least half of that money is expected to be spent in Sussex County.

- Requires DelDOT to demonstrate its efforts periodically to the bond bill committee

The Institute for Public Administration

www.ipa.udel.edu

Institute for Public Administration

ABOUT IPA | EVENTS | PERSONNEL | PUBLICATIONS

serving the public good, shaping tomorrow's leaders

- Impacting the Public
- Engaging Our Students
- What Others Say About IPA
- Specific IPA Programs
- Partner Sites We Host

RELATED LINKS

- Where is IPA?
- Selected IPA Alumni Profiles
- IPA Brochure
- IPA's Academic Involvement
- SPPA (School) Website

SUPPORT IPA WITH A GIFT

SHARE

About IPA

A Message from the Director

I am pleased to welcome you to the website of the Institute for Public Administration (IPA). This site provides important information about our many **programs** and projects, our **staff** and **students**, as well as access to recent **publications**. Our site also links you to related units at the University of Delaware and partner organizations with which IPA collaborates at state and national levels. In 2011, IPA joined the **College of Arts & Sciences** at the University of Delaware and officially became part of the college's **School of Public Policy & Administration**.

Established in 1973, **IPA addresses the policy, planning, and management needs of its partners through the integration of applied research, professional development, and the education of tomorrow's leaders.**

We provide direct staff assistance, research, policy analysis, **training**, and **forums** while contributing to the scholarly body of knowledge in public administration.

If you're a **prospective student**, take a look at **what our students say about the Institute for Public Administration**. If you're a Delaware citizen, we urge you to browse our site to get a glimpse of the broad range of **services IPA provides** within Delaware and beyond. I hope you'll look to **www.ipa.udel.edu** as your primary online public administration resource. Using social media is an additional way we're getting our word out to the world. Friend us on **Facebook** and follow us on **Twitter**.

Your comments are appreciated. I will be happy to answer any questions you may have about IPA. I can be reached at 302-831-8971 or by **e-mail**. Thanks for visiting. I hope you'll return often.

Jerome R. Lewis
Director

Related Research/Policy/Service Areas

UNIVERSITY of DELAWARE

Powered by Google Search

UD Home | A-Z | Find It | Maps | People | My UD

Institute for Public Administration

ABOUT IPA | EVENTS | PERSONNEL | PUBLICATIONS

serving the public good, shaping tomorrow's leaders

- Impacting the Public
- Engaging Our Students
- What Others Say About IPA
- Specific IPA Programs
- Partner Sites We Host

RELATED LINKS
- DASL (formerly within IPA)

SHARE

Specific IPA Programs

Below are links to IPA's specific programs:

- Conflict Resolution Program
- The Democracy Project
- Leadership Development Program
- Water Resources Agency
- Women's Leadership Development Program

IPA is involved in the following policy/service areas:

- Health Policy
- Transportation Policy
- Local Government Training
- Planning and Economic Development

Each year IPA's Democracy Project holds its prestigious summer Institute for Teachers. During a visit to Washington, the 2008 Institute scholars met with Vice President (then U.S. Senator) Joe Biden.

IPA is involved in the following statewide project, in coordination with the national Policy Consensus Initiative:

- Successful Transitions Initiative

IPA also manages the following University or School of Public Policy & Administration programs:

- Legislative Fellows Program
- Internship Program

Institute for Public Administration • 180 Graham Hall • Newark, DE 19716 • USA
Phone: 302-831-8971 • Fax: 302-831-3488
Comments | Contact Us | Legal Notices

Dare to be first. UNIVERSITY OF DELAWARE

Health Policy at IPA

www.ipa.udel.edu/ipa/impact/healthpolicy.html

UNIVERSITY of DELAWARE

Powered by Google Search

UD Home | A-Z | Find It | Maps | People | My UD

Institute for Public Administration

ABOUT IPA | EVENTS | PERSONNEL | PUBLICATIONS

serving the public good, shaping tomorrow's leaders

- Impacting the Public
- Engaging Our Students
- What Others Say About IPA
- Specific IPA Programs
- Partner Sites We Host

RELATED LINKS

- Health Policy Introduction
- Senior Center Grant-in-Aid
- Disparities in Health & Care
- Consumer Assessment

SHARE

Impacting the Public

Health Policy

The Institute for Public Administration provides a range of **health policy** and research services to many of Delaware's governmental and healthcare organizations. These services cover issues such as helathy communities/active living, the uninsured, public finance of senior centers, and consumer assessment of health providers and systems.

Courses in health policy and the economics of health care, through the **School of Public Policy & Administration**, are taught at both the graduate and undergraduate level (e.g., Health Policy, Health Economics, Economics in Public and Nonprofit Sectors, and Economics of Health Policy).

IPA faculty, staff, and students focus on the three key facets of health care—**access**, **cost**, and **quality**. Students experience real-world project work, which includes working directly with clients, writing literature reviews, conducting statistical and program analysis, writing technical reports and research reports, and preparing presentations for conferences and high-level government officials.

For more information, contact **Eric Jacobson** (302-831-1711).

DILGL Features Health Policy Topics

www.ipa.udel.edu/localgovt/training/dilgl/22nd_content

Local Government Training

Delaware Institute for Local Government Leaders

The 22nd Institute

Friday, October 22, 2010
8:30 a.m. to 1:30 p.m.
UD Carvel Research & Education Center
Georgetown, Delaware

2010 program (PDF - 1.7MB)

The 2010 Delaware Institute for Local Government Leaders was the 22nd program in a series that addresses contemporary issues facing local governments. Its session topics included:

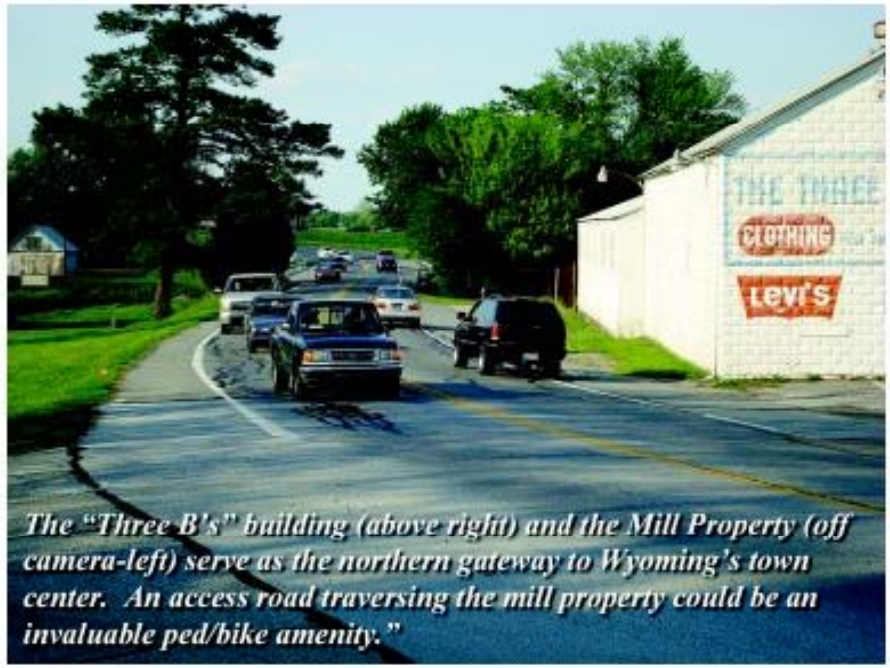
- **Economic Benefits of Walkability and IPA's Healthy Communities Initiative** (2.7MB PDF)
- **Implementing Complete Streets Policy at the Local Government Level** (2.7MB PDF)
- **Showcasing Delaware's Healthy Communities: Breakthrough Strategies Used in Delaware Municipalities**
  - **Development of City of Newark Trails** (6.0MB PDF)
  - **Villages of Five Points near the City of Lewes** (3.2MB PDF)
  - **City of Dover Community Design** (2.7MB PDF)
  - **City of Milford's Misspillion Riverwalk** (8.4MB PDF)
- **Transportation Project Planning: Technical Assistance Available to Delaware Municipalities** (4.7MB PDF)
- **Broadband Planning - Update on Delaware's Initiatives** (2.3MB PDF)

The available presentations on the topics above are downloadable in PDF from the links in the list.

Town of Wyoming Comprehensive Plan

www.ipa.udel.edu/localgovt/municipalities/wyoming/wyoming_updatePLUSdraft.pdf

Another key area of concern identified was the stretch of Railroad Avenue going over the bridge past the Mill and the Three-B's property, northeast to the church and a number of homes. Though market forces will likely determine how this area develops, the town is hopeful that existing service roads/paths may one day be available to pedestrians and cyclists to ease the "bottleneck" effect that currently exists here. The area is exceptionally scenic and already a popular spot to enjoy outdoor activities, and it is hoped that it will one day serve as a gateway to the town-center area.



The "Three B's" building (above right) and the Mill Property (off camera-left) serve as the northern gateway to Wyoming's town center. An access road traversing the mill property could be an invaluable ped/bike amenity."

The town would also like to explore some way of ensuring safe, accessible railroad crossings for pedestrians. Work continues on the pedestrian network each year. In 2010 a DelDOT grant saw sidewalks installed on the west side of Railroad Avenue from Third Street to Southern Boulevard and on the east side of North Layton Avenue from Front Street to the entrance to Wingate.

Delaware Coalition for Healthy Eating and Active Living

DE HEAL

Delaware Coalition for Healthy Eating and Active Living

www.deheal.org

Forum on Local Access to Healthy Foods

Access to Healthy Foods in Delaware's Built Environment

> podcast and presentations

May 24, 2011 – Embassy Suites – Newark, Delaware

APA DE

This forum was convened by the **Delaware Coalition for Healthy Eating and Active Living (DE HEAL)** and the **Delaware Chapter of the American Planning Association** to identify urban food access issues in Delaware and explore and discuss solutions for a path forward. The forum brought together agencies, organizations, and community leaders to discuss innovative, sustainable policy options, and approaches that can lead to a healthier Delaware.

Presentations and keynote speakers identified the extent of "food deserts" in Delaware and discussed their implications on individuals and communities. Other issues addressed included the lack of access to healthy foods due to a lack of retailers, limited transportation options, physical barriers in the built environment, or some combination of these items.

www.ipa.udel.edu/healthpolicy/healthycommunities/healthy_foods_access/forum.html

Ongoing Work

- Continue to work with one to two new partner communities each year
- Local government training
- Support Delaware HEAL Built Environment Committee
- Education/Outreach
- Specific Projects
  - Food Deserts
  - HIA
  - Online Toolkit for a Healthy Delaware

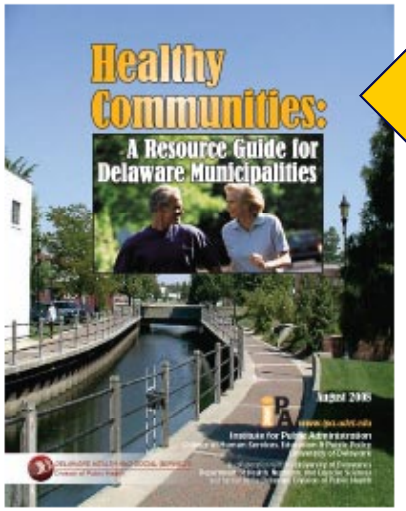
Healthy Communities

www.ipa.udel.edu/healthpolicy/healthycommunities

Introduction

IPA has formed strategic partnerships (see Related Links) with nonprofits, state agencies, and other University of Delaware units to provide comprehensive solutions to improve the built environment and catalyze changes in public policies, land-use plans, and behavior. Coordinated initiatives are designed to leverage strategies to influence active living by promoting smart growth principles, shaping transportation and land-use policies, designing pedestrian-friendly infrastructure, enhancing recreation programming, and improving opportunities for healthy eating.

Collaborative activities target local elected officials, land-use planners, developers, and parks and recreation professionals to influence policy and environmental changes at the state, local government, and neighborhood levels. Opportunities to advocate for change include local government comprehensive plans, the state-level review process for land-use and major development plans, and trainings and forums that highlight best practices in community design.



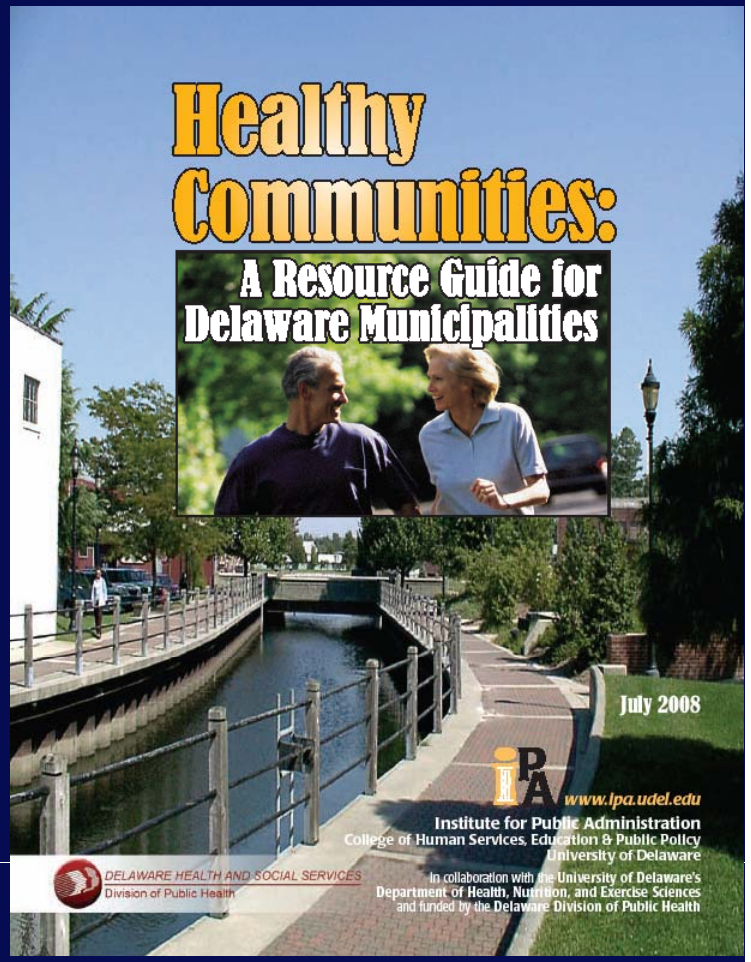
- **Delaware HEAL Forum: "Access to Healthy Foods in Delaware's Built Environment"** held May 24, 2011
- **Forum: "Moving Toward an Active Delaware Through Community Design"** held October 7, 2009
- **Healthy/Walkable Communities Initiative**
- **Access to Healthy Foods**
- **Healthy Communities: A Resource Guide for Delaware Municipalities**, published August 2008

For more information, contact **Marcia Scott** (302-831-0581).

Healthy Communities: A Resource Guide for Delaware Municipalities

Purpose is to show:

- Benefits of walkability
- Need to build consensus
- Importance of policies and plans that support walkability
- How to leverage funds
- Need for improvements to built environment
- Need for recreation programming!



Toolkit for a Healthy Delaware

www.ipa.udel.edu/healthyDEtoolkit

- Getting Started
- Planning
- Active Communities
- Environments
- Assessment Tools
- Health-Impact Assessment (HIA)
- Complete Streets
- Access to Healthy Foods

This project was funded by the Delaware Division of Public Health.

DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

Toolkit for a Healthy Delaware—bringing communities and health together

This toolkit is based on a resource guide that reflects the most up-to-date information with regard to developing healthy communities in Delaware. This healthy communities toolkit was created with the Delaware local government in mind; however, many of the ideas and concepts herein are appropriate for community leaders and citizens alike who are interested in contributing to a healthy community initiative.

If you are a local government official and the healthy communities concept is new to you and your colleagues, we suggest that you check out the Introduction and FAQ pages. If you're ready, you can begin with the Getting Started section. These pages/sections provide background information on healthy communities and why this initiative is important. It also provides information on how to assess the health of your community and whom to involve in a healthy communities initiative.

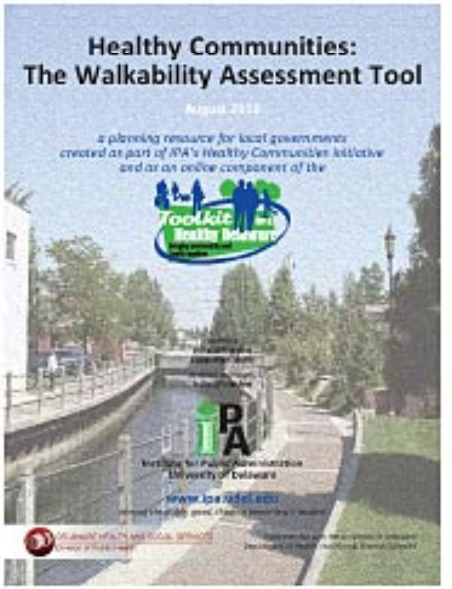
"Community achievements in the areas of policy, systems, and environmental changes have far-reaching implications by serving as models that can be replicated nationwide to improve the health of young people, adults, families, and underserved populations."
—*Centers for Disease Control and Prevention*, 2009

Publications on or linked to from these pages are downloadable in PDF and are indicated with . Download Adobe Reader now if you don't have version 6.0 or higher of this free software. Also see instructions on viewing/downloading PDF files.

Walkability Assessment Tool

www.ipa.udel.edu/healthyDEtoolkit/tools/walkability

Introduction to the Walkability Assessment Tool



> back to Tools index

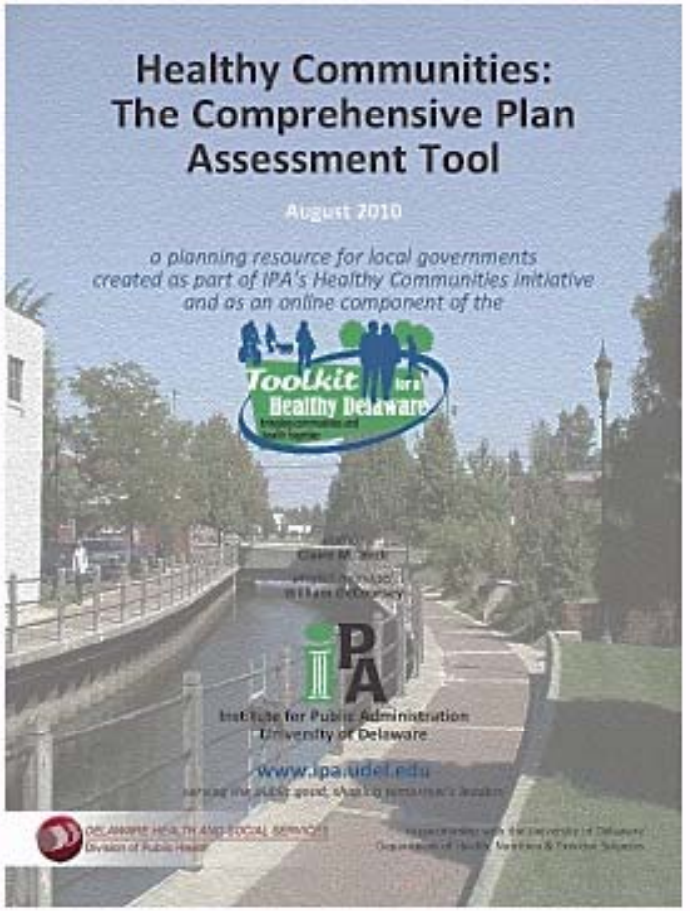
What is the Walkability Assessment Tool?

The Healthy Communities Walkability Assessment Tool is a document that provides Delaware municipalities a way to evaluate the strengths and weaknesses of the town's walkability. Increasing the walkability of a community not only has economic benefits, but walking is also one of the easiest and cheapest ways to stay physically fit. Completion of the assessment can help to identify opportunities to improve the walkability in the specified community.

Who should use this tool?

The Walkability Assessment Tool is intended for use by local government officials. It is recommended that this process be completed by an authorized representative or group representing the jurisdiction. In larger towns, elected officials or professional staff (such as city planners) may complete the assessment; however smaller municipalities may simply choose a committee member or representative familiar with the community's health issues.

Comprehensive Plan Assessment Tool



Pedestrian/Bicycle Accessibility	Check	Page #
1 Community or town goal that emphasizes pedestrian and/or bicycle facilities		
2 Community or town goal to enhance children's pedestrian and bicycle safety		
3 Encouragement to start or enhance Safe Routes to School Programs		
4 Future development recommendation for increased pedestrian infrastructure		
5 Future development recommendation for increased bicycle infrastructure		
6 Recommendation for a pedestrian and/or bicycle study		
7 Inclusion of or future recommendation for a Master Pedestrian Plan		
8 Inclusion of or future recommendation for a Master Bicycle Plan		
9 Prioritization of pedestrian improvements		
10 Prioritization of bicycle improvements		

Mixed Use/Compact Development	Check	Page #
11 Future development recommendation for additional elements of a pedestrian-friendly built environment**		
12 Recommendation for a Traditional Neighborhood Development Ordinance*		

Complete Streets Principles	Check	Page #
13 Community or town goal to reduce automobile traffic throughout the town		
14 Development regulations requiring sidewalks		
15 Future development recommendation for streetscaping features		
16 Future development recommendation emphasizing pedestrian improvements in the CBD or downtown area to increase business and create a sense of place		
17 Future development recommendation for traffic-calming measures on local streets		
18 Recommendation for multi-modal infrastructure supporting transit use		
19 Recommendation to identify service gaps and deficiencies in mobility for people of all ages and abilities		
20 Recommendation to develop a prioritization plan for addressing mobility issues for people of all ages and abilities in the transportation system		

Access to Healthy Food	Check	Page #
21 Community or town goal to locate shopping facilities near residences		
22 Community or town goal emphasizing public health, including physical activity and access to healthy food		

Open Space and Recreation	Check	Page #
23 Community or town goal that emphasizes parks and recreational facilities		
24 Recommendation for open-space policies and conservation-oriented land use plans		

www.ipa.udel.edu/healthyDEtoolkit/tools/compplan

Access to Healthy Foods

www.ipa.udel.edu/healthyDEtoolkit/foods

Introduction

Having access healthy foods is essential for maintaining a healthy lifestyle. A 2010 White House Task Force on Child Obesity report found an association between food insecurity and obesity. The report recommends a comprehensive approach to mobilize public- and private-sector resources to help all Americans make healthier food choices.

To establish a healthy diet, health professionals recommend the consumption of a variety of portion-controlled, natural food, which includes fresh produce, whole grains, low-fat dairy, and high-protein vegetables and meat. Nutritious eating and physical activity can provide individuals with proper nutrition and energy, the maintenance of optimal weight, and a lower risk of disease—including high blood pressure, cancer, and type-2 diabetes. The following are ways that local governments can help promote greater access to healthy foods:

- Addressing and understanding "food deserts"
- Supporting local farmers' markets
- Building community and urban gardens for school and public use
- Developing programs that support affordable retail options and ultimately improve affordability for members of the community
- Additional resources about access to healthy foods

> See rationale for access to healthy foods.

photo of urban garden courtesy of Delaware Center for Horticulture

Complete Streets

www.ipa.udel.edu/healthyDEtoolkit/completestreets

UNIVERSITY OF DELAWARE

Powered by Google | Search

UD Home | A-Z | Find It | Maps | People | My UD

Institute for Public Administration

ABOUT IPA | EVENTS | PERSONNEL | PUBLICATIONS

Toolkit for a Healthy Delaware
bringing communities and health together

Home | Introduction | Frequently Asked Questions | Resources | Glossary | Contact Us

- Getting Started
- Planning
- Active Communities
- Environments
- Assessment Tools
- Health-Impact Assessment (HIA)
- Complete Streets
  - Introduction

Complete Streets

After World War II, many communities were designed with an orientation toward automobile travel rather than pedestrian accessibility. As a result, many communities lack sidewalks, safe crossings, bike lanes, and transit amenities. Car-dominated communities have become burdened with high-speed traffic, congestion, air pollution, and less-active lifestyles.

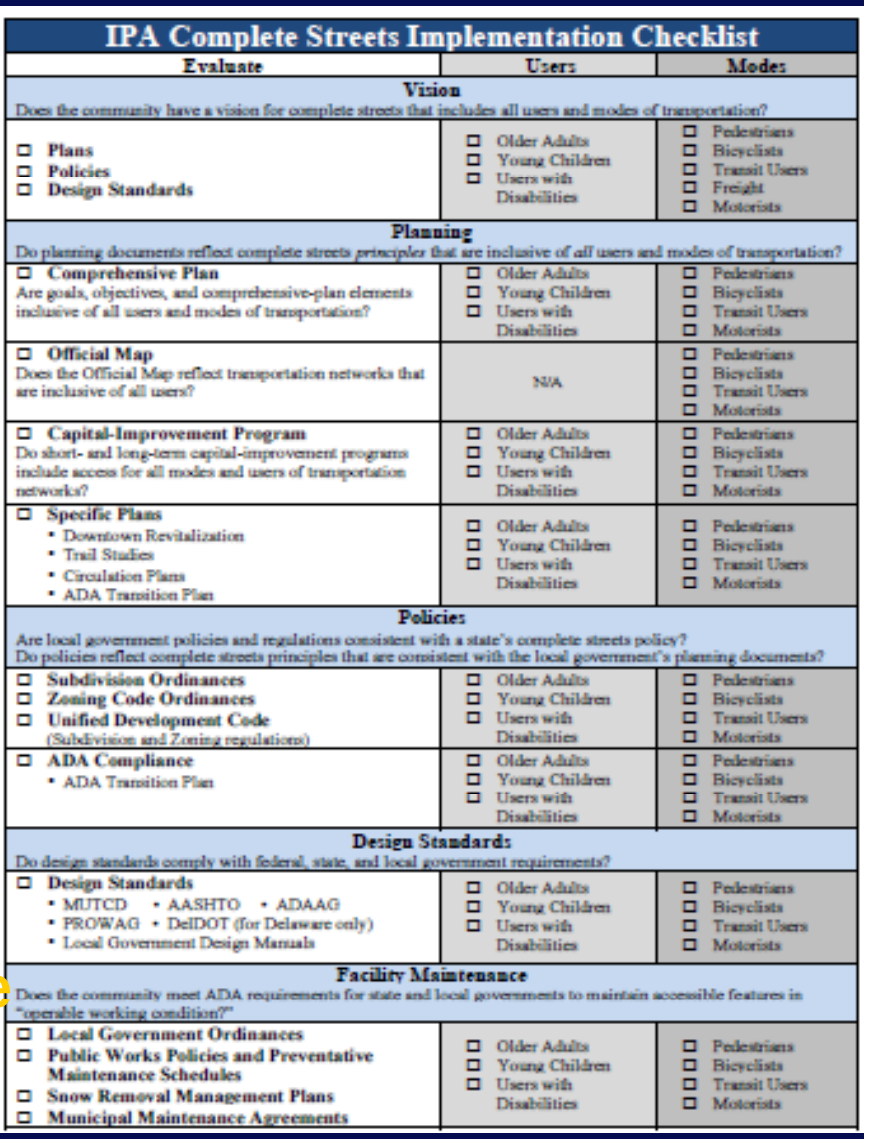
What are Complete Streets?

Complete Streets Implementation Checklist

Components include:

- Vision
- Planning
- Policies
- Design Standards
- Facility Maintenance

www.ipa.udel.edu/healthyDEtoolkit/docs/CS_ImplementationChecklist.pdf

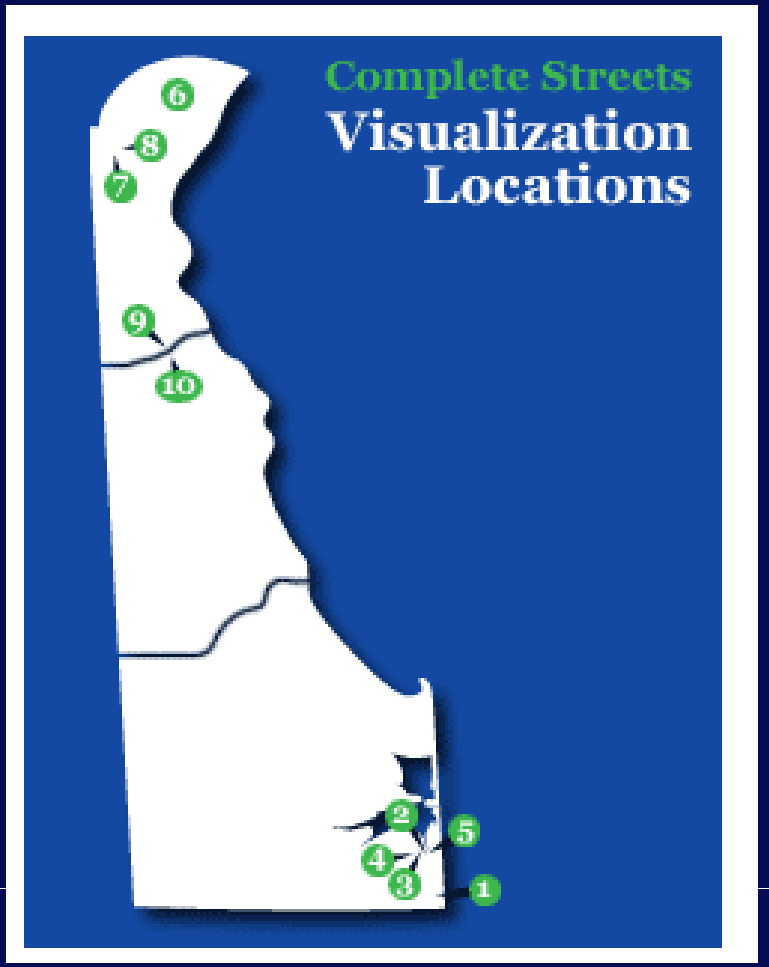


IPA Complete Streets Implementation Checklist

Evaluate	Users	Modes
Vision Does the community have a vision for complete streets that includes all users and modes of transportation?		
☐ Plans ☐ Policies ☐ Design Standards	☐ Older Adults ☐ Young Children ☐ Users with Disabilities	☐ Pedestrians ☐ Bicyclists ☐ Transit Users ☐ Freight ☐ Motorists
Planning Do planning documents reflect complete streets principles that are inclusive of all users and modes of transportation?		
☐ Comprehensive Plan Are goals, objectives, and comprehensive-plan elements inclusive of all users and modes of transportation?	☐ Older Adults ☐ Young Children ☐ Users with Disabilities	☐ Pedestrians ☐ Bicyclists ☐ Transit Users ☐ Motorists
☐ Official Map Does the Official Map reflect transportation networks that are inclusive of all users?	N/A	☐ Pedestrians ☐ Bicyclists ☐ Transit Users ☐ Motorists
☐ Capital-Improvement Program Do short- and long-term capital-improvement programs include access for all modes and users of transportation networks?	☐ Older Adults ☐ Young Children ☐ Users with Disabilities	☐ Pedestrians ☐ Bicyclists ☐ Transit Users ☐ Motorists
☐ Specific Plans • Downtown Revitalization • Trail Studies • Circulation Plans • ADA Transition Plan	☐ Older Adults ☐ Young Children ☐ Users with Disabilities	☐ Pedestrians ☐ Bicyclists ☐ Transit Users ☐ Motorists
Policies Are local government policies and regulations consistent with a state's complete streets policy? Do policies reflect complete streets principles that are consistent with the local government's planning documents?		
☐ Subdivision Ordinances ☐ Zoning Code Ordinances ☐ Unified Development Code (Subdivision and Zoning regulations)	☐ Older Adults ☐ Young Children ☐ Users with Disabilities	☐ Pedestrians ☐ Bicyclists ☐ Transit Users ☐ Motorists
☐ ADA Compliance • ADA Transition Plan	☐ Older Adults ☐ Young Children ☐ Users with Disabilities	☐ Pedestrians ☐ Bicyclists ☐ Transit Users ☐ Motorists
Design Standards Do design standards comply with federal, state, and local government requirements?		
☐ Design Standards • MUTCD • AASHTO • ADAAG • PROWAG • DelDOT (for Delaware only) • Local Government Design Manuals	☐ Older Adults ☐ Young Children ☐ Users with Disabilities	☐ Pedestrians ☐ Bicyclists ☐ Transit Users ☐ Motorists
Facility Maintenance Does the community meet ADA requirements for state and local governments to maintain accessible features in "operable working condition?"		
☐ Local Government Ordinances ☐ Public Works Policies and Preventative Maintenance Schedules ☐ Snow Removal Management Plans ☐ Municipal Maintenance Agreements	☐ Older Adults ☐ Young Children ☐ Users with Disabilities	☐ Pedestrians ☐ Bicyclists ☐ Transit Users ☐ Motorists

Delaware Complete Streets Visualizations

www.ipa.udel.edu/healthyDEtoolkit/completestreets/visualizations



Delaware Complete Streets Visualizations

www.ipa.udel.edu/healthyDEtoolkit/completestreets/visualizations

Toolkit for a Healthy Delaware
bringing communities and health together

Home | Introduction | Frequently Asked Questions | Resources | Glossary | Contact Us

- Getting Started
- Planning
- Active Communities
- Environments
- Assessment Tools
- Health-Impact Assessment (HIA)
- Complete Streets
- Access to Healthy Foods

SR 26 West of Tyler Drive

Ocean View
Sussex County

> location on Google Map

Destination-oriented places such as retail shops, local attractions, public spaces, parks, and residential neighborhoods can generate pedestrian activity and demand for a multi-modal environment.

The "before" photo shows commercial development along Delaware SR 26 that is within proximity to local destinations such as tourist attractions, recreational areas, beaches, retail establishments, and restaurants. The "after" photo shows how a complete street can promote a vibrant multi-modal environment that creates appeal for walkers and cyclists, connections to destinations, linkages to transit, and attractive streetscapes.

Note: These are conceptual renderings, not actual "engineered" designs.

> back to Visualizations index

Before-and-After Visualizations

Before-and-After Visualizations

Dare to be first.

UNIVERSITY OF DELAWARE

Questions?

For more information, contact:

University of Delaware's
Institute for Public Administration

Eric Jacobson, Associate Professor and Policy Scientist
ericj@udel.edu
B.J. DeCoursey, AICP, Policy Scientist
decourse@udel.edu
Marcia Scott, Associate Policy Scientist
msscott@udel.edu