

# Healthy Lifestyles Subcommittee

Cancer Risk Reduction Committee (CRRC)

Co-Chairs: Lt. Governor Bethany Hall-Long and Dr. Karyl Rattay,  
Director of the Delaware Division of Public Health

March 18, 2020 (Virtual Meeting)

# Focus Topic: Community Wellness

- Agenda:
  - Zoom information:

Phone:	US: +1 (646) 876-9923 or +1 (669) 900 6833 or (877) 853-5257 (Toll Free)
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Meeting URL:	<a href="https://healthmanagement.zoom.us/j/940371598">https://healthmanagement.zoom.us/j/940371598</a>
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Meeting ID:	940 371 598
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- Welcome from chairs and approval of February minutes
- Focus area:
  - Community-level policies
    - Evidence-based practices
    - Current DE policies and opportunities
      - Built environment and planning
      - Food policy
    - Discussion and consensus process
- Next Steps: Review To-Dos and schedule for webinars, April meeting, virtual town halls
- Closing

# Evidence-Based Practices

# Evidence-Based Practices: Community-Level Policies



## Community

Our communities and neighborhoods have an enormous impact on our health. Stores that sell healthy, affordable foods, and safe parks, playgrounds, and sidewalks that facilitate physical activity, are essential to helping children and families maintain a healthy weight. States can support a range of community-based policies that help to prevent and reduce obesity.



Source: Robert Wood Johnson Foundation, State Policies to Prevent Obesity.  
<https://stateofchildhoodobesity.org/state-policy/#community>

# Current Delaware Policies and Opportunities

# Built Environment and Planning Current Policies

David L. Edgell, AICP

Principal Planner

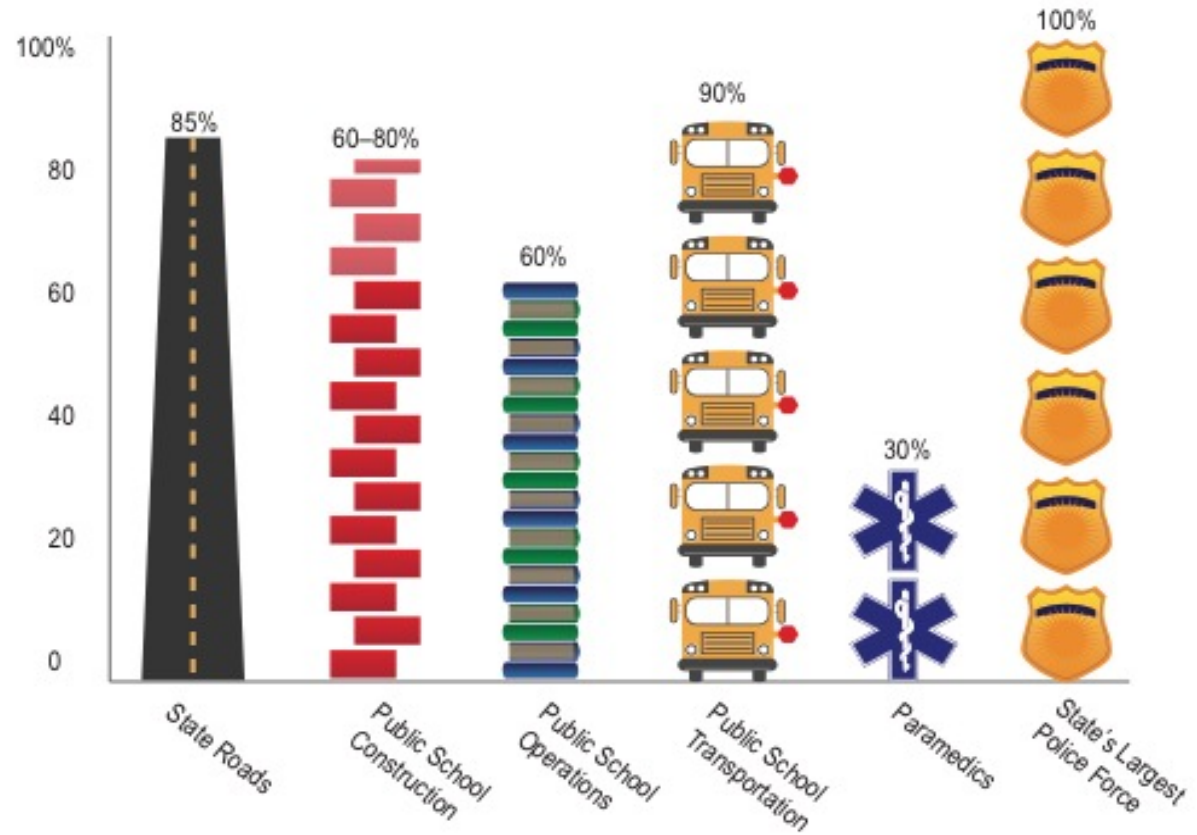
Delaware Office of State Planning Coordination

# Built Environment and Planning Current Policies

- Trust for America's Health 2019, Community Policies and Programs
  - Street connectivity
  - Sidewalk, bicycle and trail infrastructure
  - Transit access
  - Mixed residential and commercial land use
  - Park and recreational areas
  - Safe routes to school
  - Access to healthy foods
- "Health Equity Zones"
  - Rhode Island example

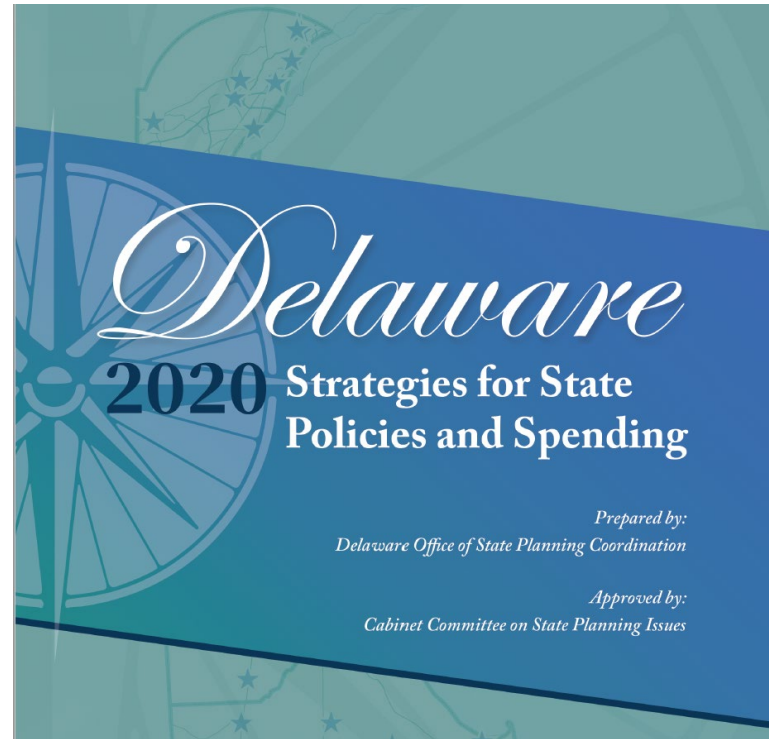
# Delaware's Planning Framework

Delaware is Unique: State Government provides many services and infrastructure needs throughout the state.





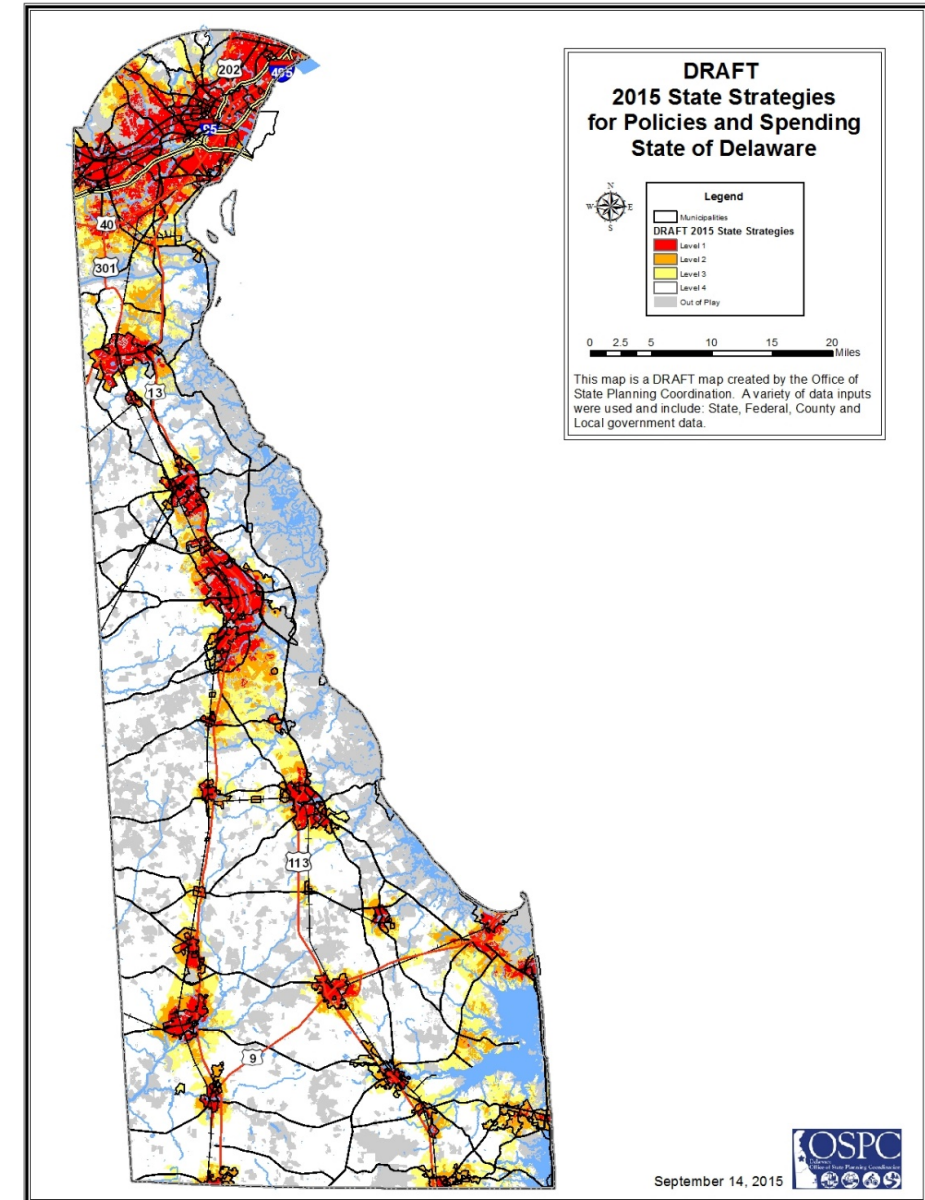
# Delaware's Planning Framework



Delaware has a statewide plan that guides policies and spending

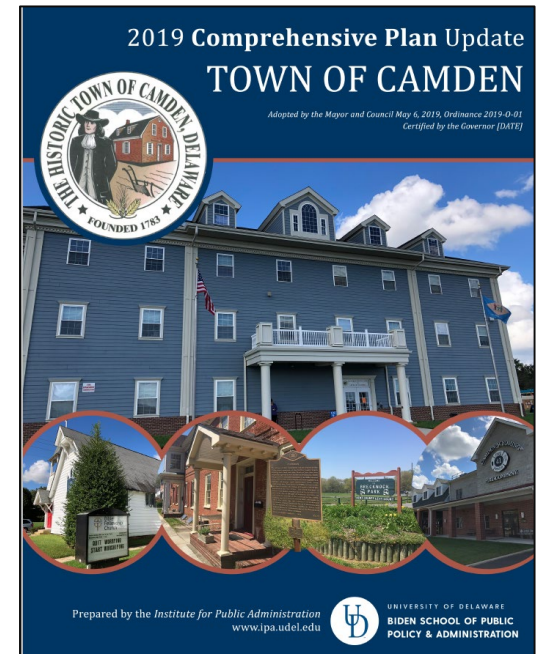
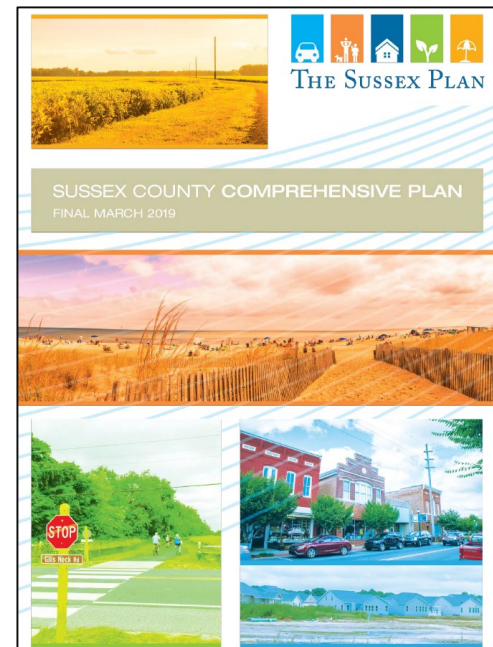
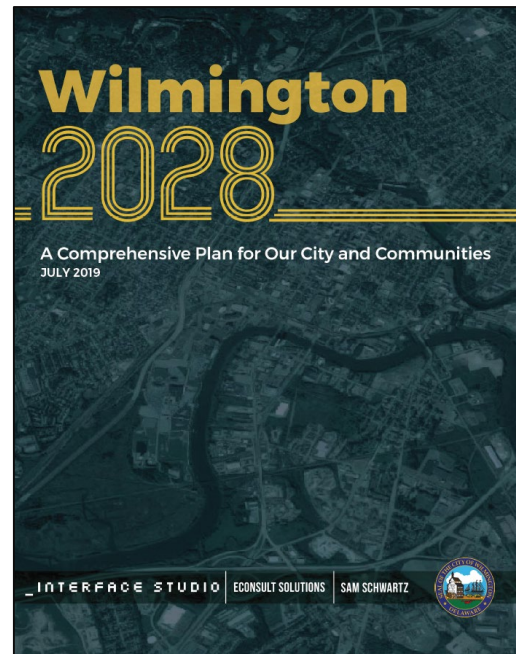
Compact development is a core principle

Healthy communities are a policy focus



# Delaware's Planning Framework

- Local Governments (57 municipalities and 3 counties) are required to prepare comprehensive plans.
  - Plans are reviewed by state agencies and certified by the Governor, based largely on adherence to policies in State Strategies
  - All 60 have plans
  - Local government comprehensive plans address land use, transportation, parks, community facilities and more.



# Active Transportation

- Street connectivity, sidewalks and bicycle infrastructure
  - DeIDOT maintains 85% +/- of lane miles in Delaware
  - DeIDOT policies promote street connectivity
  - Local government comprehensive plans also promote interconnections in many cases
  - Many local government ordinances require sidewalks
  - DeIDOT Complete Streets Policy (2011)
  - Trails and Pathways Program (2011 - )
  - Pedestrian Council

# Public Transit

- Delaware Transit Corporation (DTC)
  - Statewide transit provider
  - Affiliated with DeIDOT
    - Coordination with overall transportation planning and policies
  - Regional transit service
  - Local transit service, where density permits
  - Paratransit statewide
  - Researching innovative transit systems and approaches

# Mixed Land Use; Compact Development



**Compact development, complete communities, and healthy communities are core policies embedded in Strategies for State Policies and Spending**



**These concepts are implanted through local government comprehensive plans to varying degrees**

Local governments have the authority to regulate land use

# Parks and Recreational Areas



## Delaware State Parks

Statewide parks and recreation system  
SCORP planning  
Grants to local governments for parks



## Local government parks and recreation

Most, but not all, local governments have parks  
Two counties and some municipalities have recreation programs  
Local ordinances can require parks and open space through the land development process

# Schools

- School site selection process
  - New school sites must be approved by OSPC, OMB, DOE
  - Must be in a “growth area” and have access to infrastructure
  - Community settings integrated with neighborhoods and pedestrian infrastructure are preferred
- Walk Zones
  - In Delaware Code
  - 1 mile for elementary and middle, 2 miles for high schools
  - Must have safe pedestrian route to school for walking, otherwise bussed
- DeIDOT Safe Routes to School program

# Access to Healthy Foods

- Food retail environment varies throughout the state
  - Urban, suburban, rural
- Can be addressed in local comprehensive plans
- Farm and Food Policy Council – healthy food retail project
- Allison/Dave will present more information



# “Health Equity Zones”

- Rhode Island Health Equity Zones Example
  - Collective Impact model
  - Place based
  - Partner with local entity to implement
  - Community input and participation
- Healthy Communities Delaware
  - Very similar approach to Health Equity Zones
  - Seeks to align funding activities in a more comprehensive way than was tried in RI (I think . . .)
  - Early stages of implementation, could learn from RI experience

# Summary and Challenges

- Delaware has a solid planning framework and track record of success in addressing many of these issues.
  - This framework has been built over the past 20 years.
  - A great deal of intergovernmental coordination has occurred
  - This framework can be used as a springboard for new programs and healthy community planning strategies.
- Many of these planning strategies for healthy communities work best in more dense urban, suburban and small town areas.
- Most of Delaware's population (70% +/-) lives in lower density suburban or rural areas
  - Some different and innovative approaches will be needed to address healthy community development in these areas.

# Discussion & Consensus Process

# Next Steps

- Website is live!
  - <https://www.healthydelaaware.org/Consortium/Committees/Cancer-Risk-Reduction/Healthy-Lifestyles-Subcommittee>
- Plan for next meeting:
  - Refine policy recommendations
  - April 8, 2020
  - Virtual meeting
- Webinars
  - March 24, 2020: Healthy Nutrition and Physical Activity
  - March 31, 2020: Healthy Lifestyles Across All Ages
- April Virtual Town Halls
  - April 15<sup>th</sup> and 21<sup>st</sup>
- The Lt. Governor's Challenge 2.0 is now accepting applications:
  - <https://ltgovernorschallenge.org/>

Thank you!

