



Policy: One Step on the Path to Walkable, Healthy Food Access

March 22, 2018
Marisa Jones



Safe Routes to School
National Partnership

ABOUT US

We are a nonprofit organization that works to advance safe walking and bicycling to and from schools, to improve the health and wellbeing of kids of all races, income levels and abilities and to foster the creation of healthy communities for everyone.



WHAT WE DO

- Improve quality of life for **kids, families, and communities**
- Advance **policy change** at the federal, state, regional, and local levels
- Catalyze support for **safe, healthy, active communities**
- Share our **deep expertise**



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Talking: Sara Zimmerman

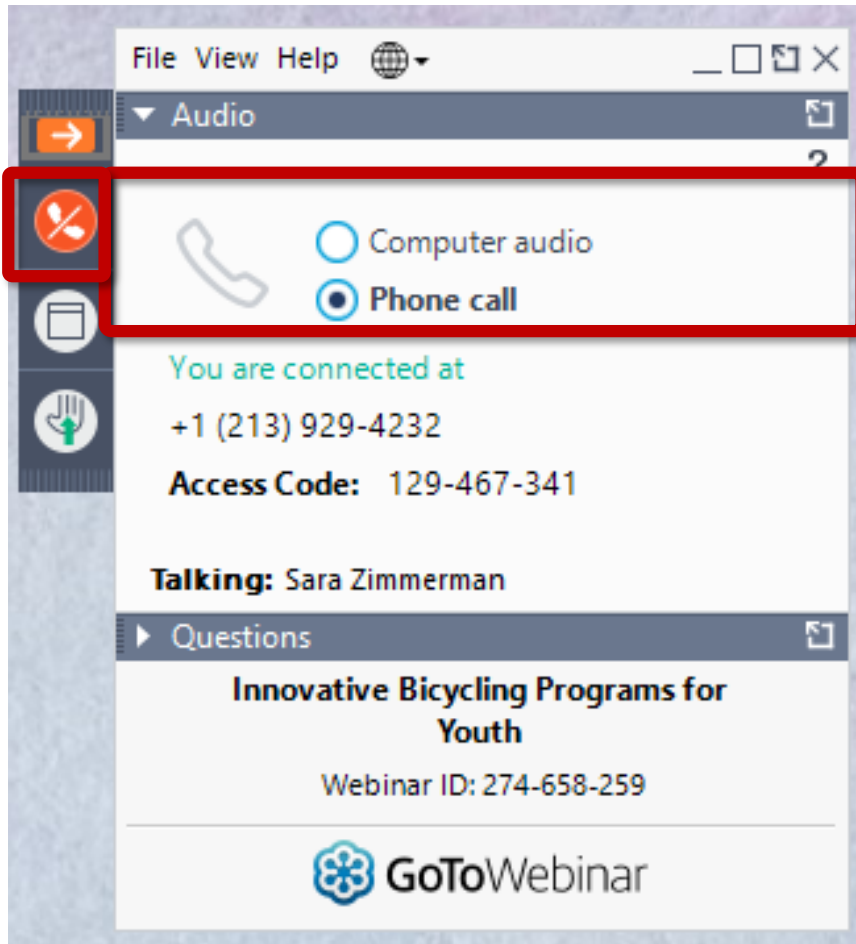
Questions

Innovative Bicycling Programs for Youth

Webinar ID: 274-658-259

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AUDIO CONTROLS



AUDIO

Open or hide your control panel

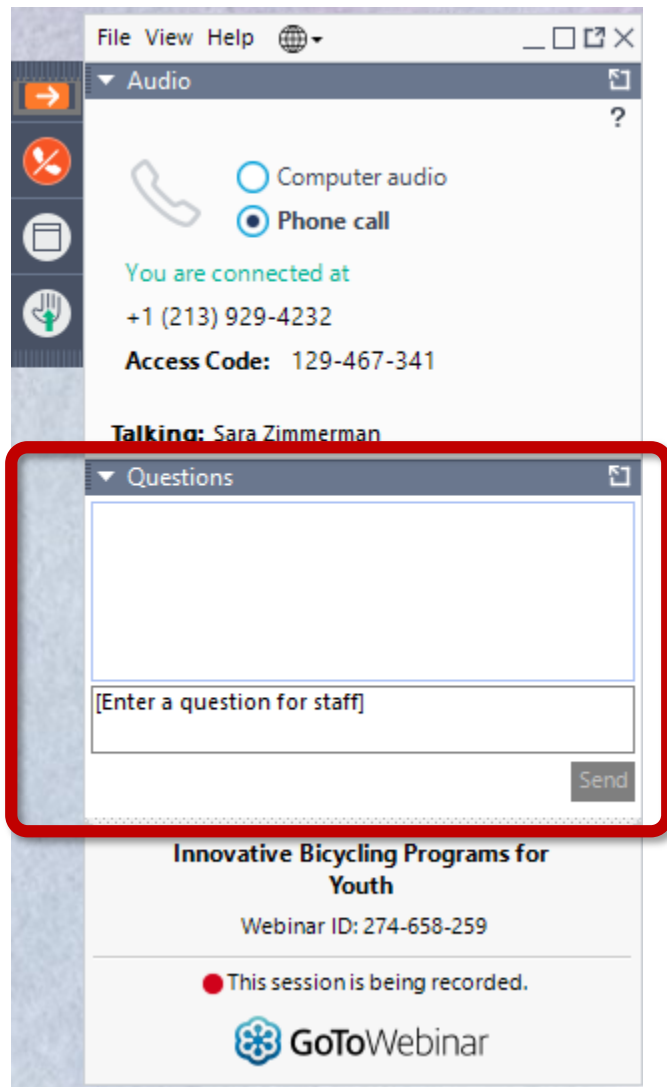
Join audio:

Choose "Telephone" and dial-in using numbers on screen

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Choose "Mic & Speakers" to use your computer's sound

HAVE A QUESTION?



The screenshot shows a webinar interface with a sidebar on the left containing icons for navigation and audio. The main content area is divided into two panels: 'Audio' and 'Questions'. The 'Audio' panel shows options for 'Computer audio' and 'Phone call', along with connection details like 'You are connected at +1 (213) 929-4232' and 'Access Code: 129-467-341'. The 'Questions' panel, which is highlighted with a red border, contains a large text input field with the placeholder text '[Enter a question for staff]' and a 'Send' button. Below the panels, the webinar title 'Innovative Cycling Programs for Youth' and ID '274-658-259' are displayed, along with a recording indicator and the GoToWebinar logo.

QUESTIONS & COMMENTS

Submit your text questions and comments using the Questions Panel



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Webinars

One of the great ways that we love to share resources and expertise is through our regular webinars. Our webinars feature our staff and incredible advocates, Safe Routes to School program staff, government officials, elected leaders, and others from around the country sharing their knowledge and learning on a diverse range of topics.

Upcoming Webinars



January 14, 2016

The New Federal Transportation Bill: What's the Impact on Safe Routes to School?

In this webinar, the National Partnership's federal policy lead, Margo Pedroso, will review the changes to TAP along with other provisions in the FAST Act that provide opportunities for Safe Routes to School funding and policies that make communities safer for walking and bicycling. This webinar will include a substantial Q&A session.

TODAY'S SPEAKERS



Mike Zelek

Health Promotion and Policy Division Director
Chatham County Public Health Department



Barb Mee

Transportation Planner
City of Asheville, NC



Marisa Jones

Healthy Communities Senior Manager
Safe Routes to School National Partnership





Safe Routes
to School
**National
Partnership**

Policy: one Step on
the Path to Walkable
Healthy Food Access



Path

Or there
are no
stores
nearby

TIRE
ORE
90%
OFF

Photo Credit:
Philadelphia Magazine



And getting
to healthy foods is **dangerous** and
inconvenient
due to **unsafe** walking conditions
and lack of
access to public transit or
private vehicles.

A photograph of a person's legs and feet walking on a concrete sidewalk. The person is wearing blue jeans and brown leather shoes. A large, white, irregularly shaped speech bubble with a scalloped edge is overlaid on the image, containing the text "Why does this matter?" in a blue, handwritten-style font. The background shows a green lawn and trees under bright sunlight, with shadows cast on the sidewalk.

Why does this matter?

Everyone eats.



Everyone deserves a transportation system that conveniently, safely, and affordably links them to where they need to go.





People living in walkable neighborhoods are more likely to be physically active and less likely to be overweight or obese than those in less walkable neighborhoods

A close-up photograph of a hand holding a single, ripe red apple. The apple is the central focus, with its stem and a small leaf visible at the top. The background is a dark, out-of-focus green, suggesting foliage. Overlaid on the apple is a block of text in a black, handwritten-style font.

Access to
supermarkets can
lead to better health
outcomes, including
lower BMI and lower
rates of obesity



Improving
walkability to
healthy foods also
improves
connectivity to
other community
destinations



Walkable healthy food access is good for business

Photo Credit: Michigan Municipal League



How can communities
achieve walkable healthy
food access?

Opportunities to Create Walkable, Healthy Food Access



Planning for
healthy
communities



Supporting
multimodal
mobility

An aerial photograph of a residential neighborhood, showing a grid of streets, houses, and trees. A large, white, circular graphic is overlaid in the center of the image, containing text. The text is arranged in four lines: the first line is 'Why policy?' in a blue, handwritten-style font; the second line is 'Policies and plans' in a dark grey, sans-serif font; the third line is 'set the framework' in the same dark grey, sans-serif font; the fourth line is 'for what our' in the same dark grey, sans-serif font; the fifth line is 'communities look' in the same dark grey, sans-serif font; and the sixth line is 'like' in the same dark grey, sans-serif font.

Why policy?

Policies and plans
set the framework
for what our
communities look
like



Lower- and middle-income communities are less likely than higher-income communities to require pedestrian-friendly improvements, active recreation areas, open space, trails and bike lanes in their local land use laws.



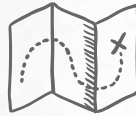
Lower-income communities were significantly less likely to allow supermarkets or grocery stores (70%) than were higher-income communities (84%).

Policies and Plans to Promote Walkable Healthy Food Access



Long-Range Plans

Include health, active transportation, and healthy food access as priorities in long-range plans



Zoning

Update zoning codes to promote connectivity of destinations and require supportive



Complete Streets

In the implementation section of the policy, use healthy food access as a criterion for project prioritization and funding..



Active Design Guidelines

Develop Active Design Guidelines, including healthy food access considerations, tailored to your community.



Transit-Oriented Development

Plan for transit-oriented development that includes food access.

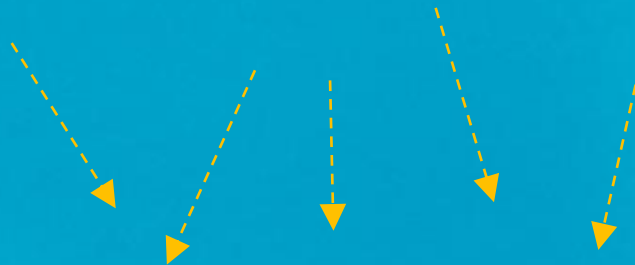


Incentives

Develop incentives for developments that support people walking, biking, and/or taking public transit.

Safe Routes to Healthy Food Resources

Learn more about creating safer, easier active transportation connections to healthy foods



<https://www.saferoutespartnership.org/resources/publications/healthy-food>



SAFE ROUTES TO HEALTHY FOOD: STRATEGIES FOR LOCAL GOVERNMENTS

In too many neighborhoods, local stores carry no fresh produce or other healthy options, but getting to healthy foods is dangerous and inconvenient due to unsafe walking conditions and lack of access to public transit or private vehicles.¹ The challenge is two-fold: too few stores sell healthy foods, while transportation to places selling nutritious foods is unsafe, inadequate, or both. This is not an isolated problem. Almost 20 percent of people in the United States experience significant transportation barriers to accessing healthy foods.²

Local governments play an important role in making sure people can safely get to healthy food. This fact sheet outlines the role of local governments in improving walkable, bikeable, transit-accessible healthy food access, a concept known as Safe Routes to Healthy Food. The fact sheet offers examples from cities, towns, and counties across the country, and shares policy solutions that will support communities as they create or strengthen the transportation connections between neighborhoods and grocery stores.

Why Local Government?

In communities across the country, local government leaders recognize that where we live and spend time influences our ability to lead a healthy life. Local governments can play a significant role in creating healthier conditions, taking steps to increase access to nutritious foods and safe opportunities for physical activity, with the longer term effects of decreasing weight-related chronic disease.

- People living in walkable neighborhoods (where destinations are located within walking distance from residential areas and where street features make it safe and appealing to walk) are more likely to be physically active and less likely to be overweight or obese than those in less walkable neighborhoods.³
- Studies show a positive correlation between access to healthy food retail outlets like supermarkets and better health outcomes, including lower BMI and lower rates of obesity.⁴

Local government approaches to support Safe Routes to Healthy Food fall into specific categories: (1) planning for healthy communities; (2) supporting multimodal mobility; and (3) supporting economic development.



Photo: Janet LaFleur

Create Safe Routes to Healthy Food When Planning for Healthy Communities

A key role of local government is to plan how development, transportation, and investments can help a community achieve its vision for the future. In developing long-range planning documents for communities, local governments have the opportunity and responsibility to envision and plan for a place that lets everyone access physical activity and healthy food. An additional benefit of improving opportunities for residents to walk and bike to access nutritious foods is that it also creates more and safer places for people to engage in recreation and to be physically active for fun.



Any questions?

Today's Speakers



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Please take our survey



Register for our next webinar, Street Harassment on the Walk to School: Making Our Streets a Safe Space for All. April 11, 2018 11am PT/2pm ET

Thank you!