Planning Tools for Healthy Eating & Active Living: Highlight on Promoting Health through Community Gardens

Annual RMLUI Land Use Conference
Thursday March 1st, 2012
University of Denver
Agenda

- Introductions
- Context Setting
- Tools for Planning Healthy Eating and Active Living Environments
- Promoting Health through Community Gardens
- Q&A
Introductions

- Lisa Walvoord
- Wendy Peters Moschetti
- Louise Chawla
- Jill Litt
- Michael Buchenau
- Who is in the room...?
LiveWell Colorado

LiveWell Colorado is a non-profit organization committed to reducing and preventing obesity among all Coloradans by promoting healthy eating and active living in the places we live, work, learn and play.
HEAL and the Built Environment
HEAL & BE Framework

- Healthy Food Access
  - Food production
  - Food retail

- Physical Activity
  - Parks and recreation centers

- Mobility
  - Public transportation
  - Walking and biking
HEAL Guides

 方法论
- 关键信息提供者访谈
- 扫描现有调查和评估
- 文献回顾报告和最佳实践
- 审查和精炼新兴发现和建议

 结构
- 本地行动策略
- 状态级建议
- 概括性策略
Search the Library

The HEAL Library is a searchable, online collection of codes, ordinances, and other regulatory tools to help communities create environments that support access to healthy eating and active living.

The use of the HEAL Library can be guided by the Library Field Definitions and General Topic Descriptions, which provide explanations of its various search and result fields.

The HEAL Library contains two search mechanisms – quick and guided. The quick search allows you to enter the terms of your choice. The guided search allows you to search based on one or more predefined fields: General Topic, Year, State and/or Jurisdiction.

Toggle your search options (quick or guided)

Quick search
Type in search key words.
Methodology

🌈 Gathering examples
  – Colorado scan
  – Mountain west scan
  – Best national examples

🌈 Selecting examples
  – Relevant to Colorado
  – Usable
  – Accessible
  – Reliable
Topic Areas

- Bicycling
- Walking
- Trails and Parks
- Complete Streets
- School Environments
- Community Food Production
- Food Processing and Distribution
- Healthy Food Retailing
Focus on Community Food Production

Community-level Strategies from Rural and Urban/Suburban Guides:
- Identify, preserve, and promote land for human food production
- Make every kitchen a community kitchen
- Promote healthy food retail of all shapes and sizes
- Review regulatory impediments to urban agriculture
- Use zoning to mitigate unhealthy food retail
- Strengthen support for backyard gardens

Model Policies and Codes that Support Strategies:
- County Garden Plan
- Zoning for Urban Agriculture
- Cropland Policy
- Adopt-a-Lot
What You Can Do

🌟 Visit [www.livewellcolorado.org/HEALlibrary](http://www.livewellcolorado.org/HEALlibrary)

🌟 Contribute to the library

🌟 Check out the HEAL Guides and consider how you can apply the local community strategies – and support to the state recommendations

🌟 Connect with your LiveWell community, if relevant
Questions & Answers
growing community – one urban garden at a time
Implications for land planners, health officials and policymakers:

- Weave community gardens throughout the fabric of communities.
- Encourage programming that connects community gardens to other entities in local food systems including food banks and shelters, farmers' markets, and local chef networks.
- Consider community gardens as a primary and permanent open space option as part of master planning efforts, on par with valued elements such as playgrounds, bike trails and community plazas;
- Include community gardens in land planning processes rather than as an afterthought in urban development projects;
- Establish zoning codes that protect community gardens, while liberally allowing them in appropriate zone codes and identifying them as a use-by-right;
- Consider gardens as a viable use across institutionalized properties where gardens become part of the permanent programming of a site, such as school grounds and affordable housing developments.

Suggested Citation: Litt, J.S., Soobader, M., Turbin, M.S., Hale, J., Buchenau, M., Marshall, J.A. Socio-environmental influences on fruit and vegetable consumption: Understanding the role of social involvement, neighborhood aesthetics and community garden participation. The American Journal of Public Health (2010) (Revised and resubmitted)
Tangible Benefits of Community Gardens

• 100% of community gardeners stated that their main reasons for gardening were to be outside in nature and to get their hands dirty
• community gardeners are more than twice as likely to meet national guidelines for fruit and vegetable intake
• 95% of community gardeners give away some of their produce to friends, family, and people in need; 60% specifically donate to food assistance programs
• 88% of people who do not garden want to see gardens in their neighborhood
• almost 80% of community gardeners gardened as a child
• at 114 community gardens in Metro Denver, 264 tons of food are grown annually; 26 tons of produce are donated
Site Selection:
Location, Ownership, Agreements, Access, Environmental Status, and Ideal Site Characteristics

Key Considerations:
Community Assets/Leadership/Commitment; Reciprocal/Sustainable Partnerships
Denver Urban Gardens supports programs to expand the reach and develop long-term stewardship of gardens including:

- education & mentorship programs
- community refrigeration units
- school gardens & youth farmers markets
- bee keeping
- greenhouses
- gardens for isolated populations
- seeds & transplants for low-income residents