



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...?

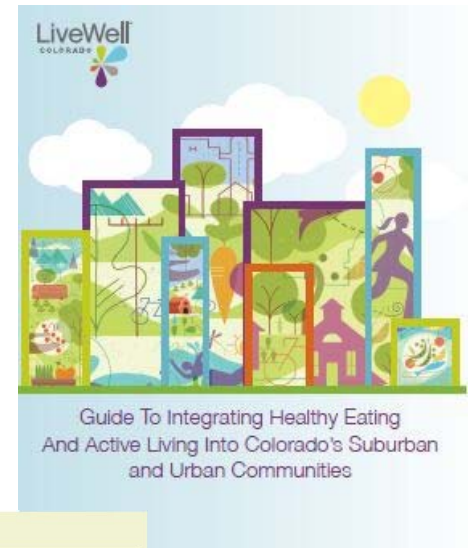
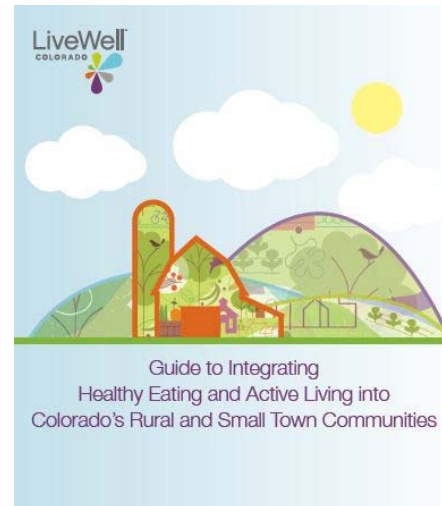
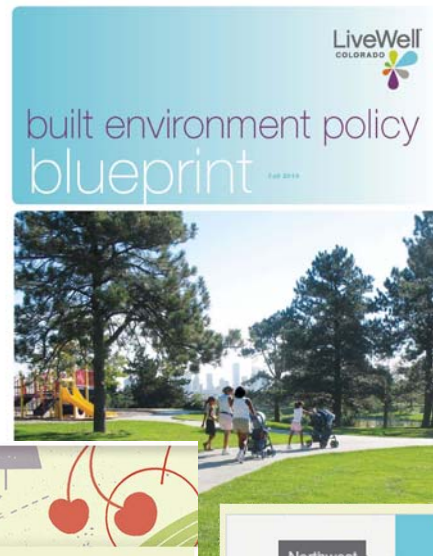
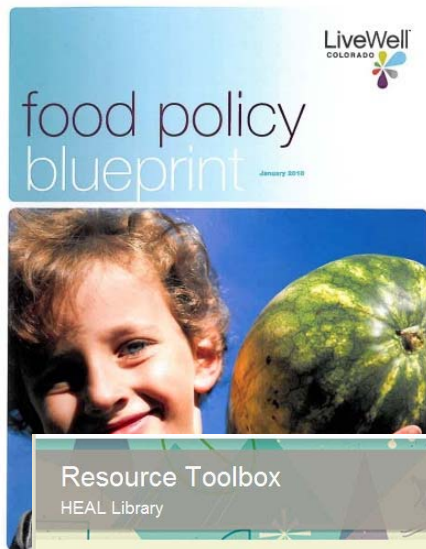


LiveWell Colorado

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



Resource Toolbox
HEAL Library

LiveWell Toolbox » HEAL Library » Search the Library

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.

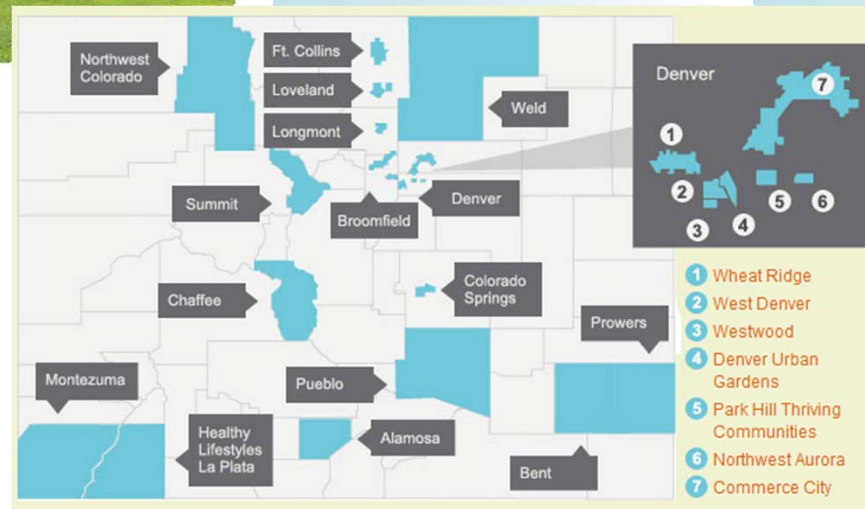
The use of the HEAL Library can be guided by the [Library Field Definitions](#) and [General Topic Descriptions](#), which provide explanations of its various search and result fields.

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:

[Search the Library](#)
[Contribute to the Library](#)
[Glossary of Terms and Resources](#)
[About the Library](#)



HEAL & BE Framework

Healthy Food Access

- Food production
- Food retail

Physical Activity

- Parks and recreation centers

Mobility

- Public transportation
- Walking and biking



HEAL Guides



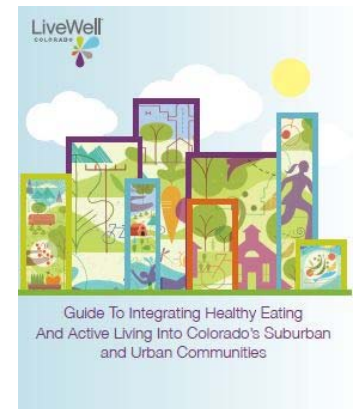
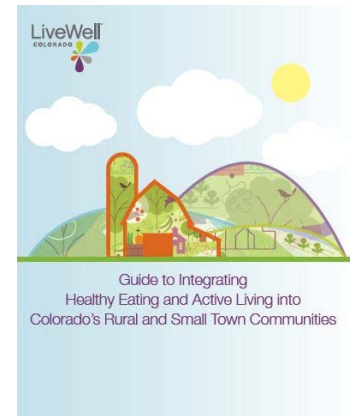
Methodology

- Key informant interviews
- Scan of existing surveys and assessments
- Literature review of reports and best practices
- Review and refinement of emerging findings and recommendations

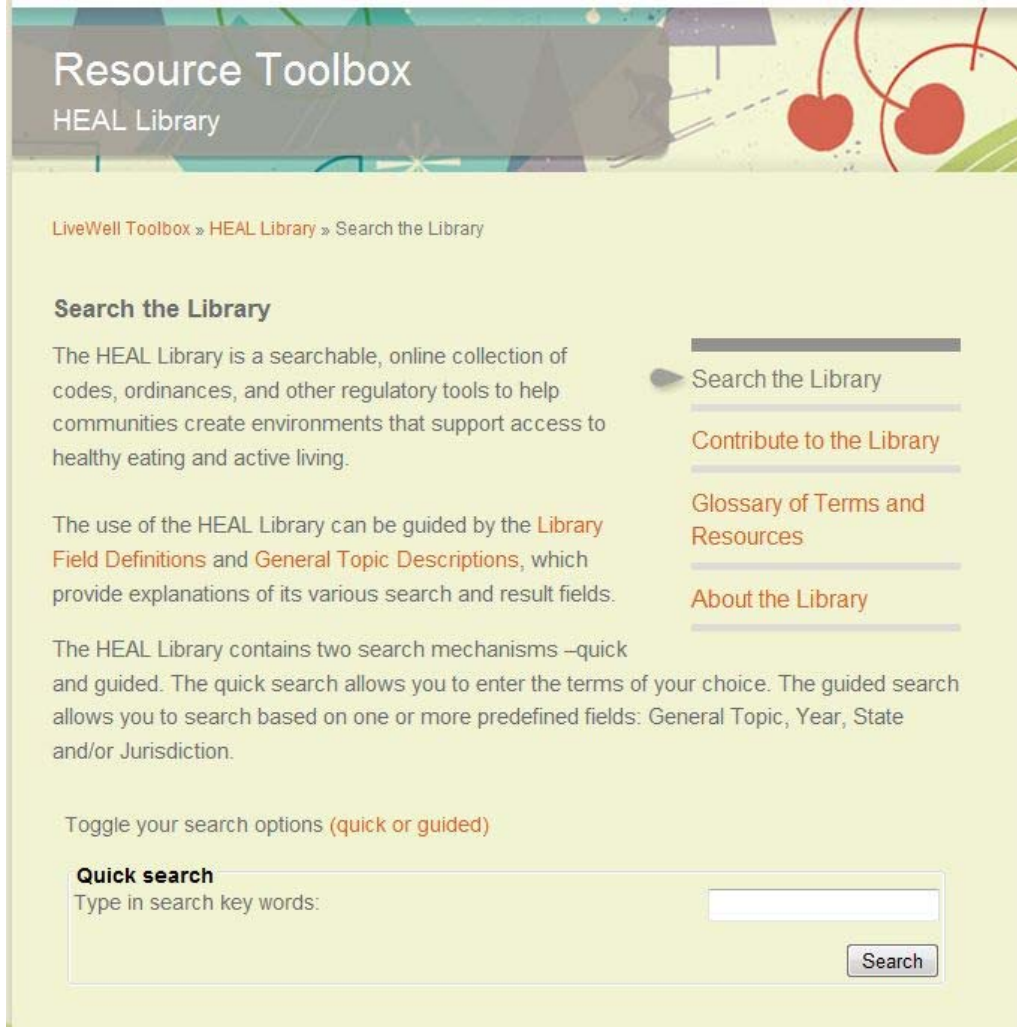


Structure

- Local Action Strategies
- State-level Recommendations
- Overarching Strategies



www.livewellcolorado.org/HEALlibrary



The screenshot shows the 'Resource Toolbox' section of the HEAL Library website. The header features a decorative banner with the text 'Resource Toolbox' and 'HEAL Library' on the left, and a graphic of two red cherries on the right. Below the header, a breadcrumb trail reads 'LiveWell Toolbox » HEAL Library » Search the Library'. The main content area is titled 'Search the Library' and contains three paragraphs of text. The first paragraph describes the HEAL Library as a searchable online collection of codes, ordinances, and other regulatory tools. The second paragraph mentions that the use of the HEAL Library can be guided by 'Library Field Definitions' and 'General Topic Descriptions'. The third paragraph explains the two search mechanisms: quick and guided. To the right of the text, there is a vertical list of links: 'Search the Library', 'Contribute to the Library', 'Glossary of Terms and Resources', and 'About the Library'. At the bottom of the main content area, there is a section for 'Quick search' with a text input field and a 'Search' button.

Resource Toolbox
HEAL Library

LiveWell Toolbox » HEAL Library » Search the Library

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HEAL Library



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
- ✿ 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

gardens growing healthy communities a research partnership of: Colorado School of Public Health & Denver Urban Gardens

an ecological place
to grow food, be active
and enjoy nature
in an urban setting



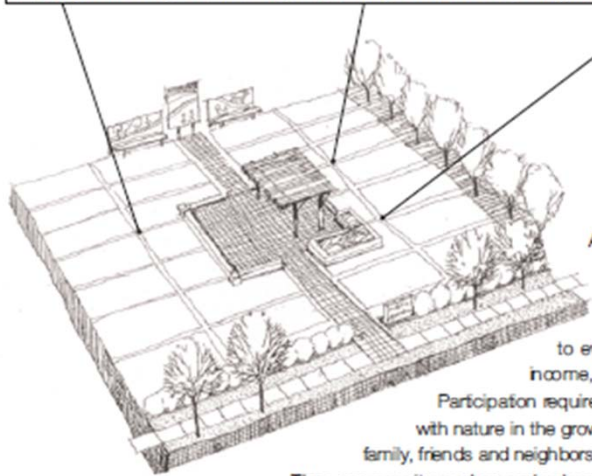
a social place
to work together to
improve the quality of
individual and community lives



a cultural place
to develop and express place-based
aesthetic, spiritual and environmental
experiences and values



an individual place
where participants are empowered to cultivate relationships:
engaging in meaningful activities together, learning from each other, and giving back to others



a healthy place

An example of an everyday
neighborhood landscape,
community gardens are
affordable and accessible
to everyone, regardless of age,
income, education or background.

Participation requires active engagement both
with nature in the growing of fresh food and with
family, friends and neighbors through social interaction.
Thus, community gardens embody natural, highly valued places
that strengthen neighborhoods and promote healing, health and wellness.

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 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





www.dug.org

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