



Enhancing the Value of Public Spaces: Creating Healthy Communities

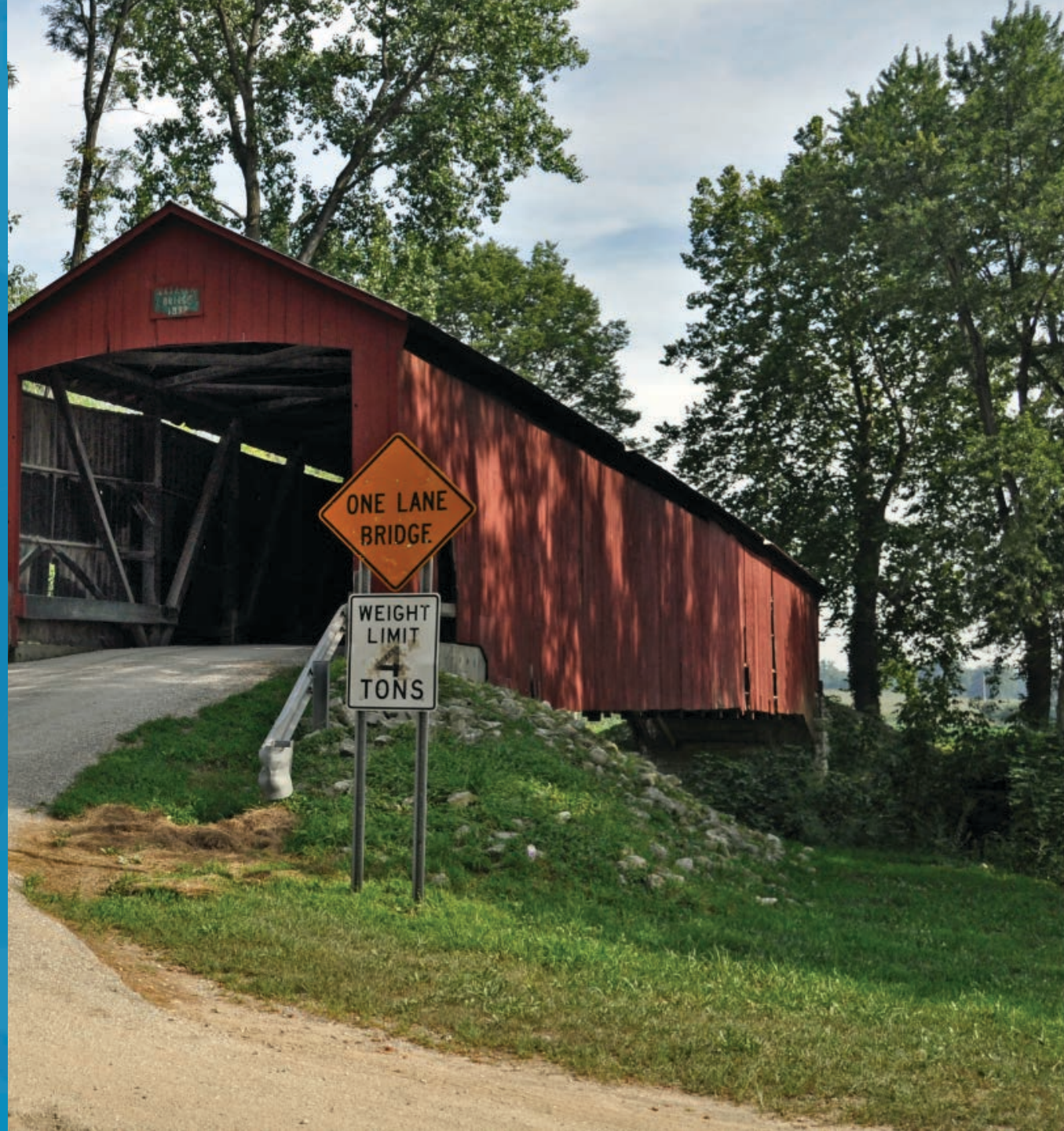
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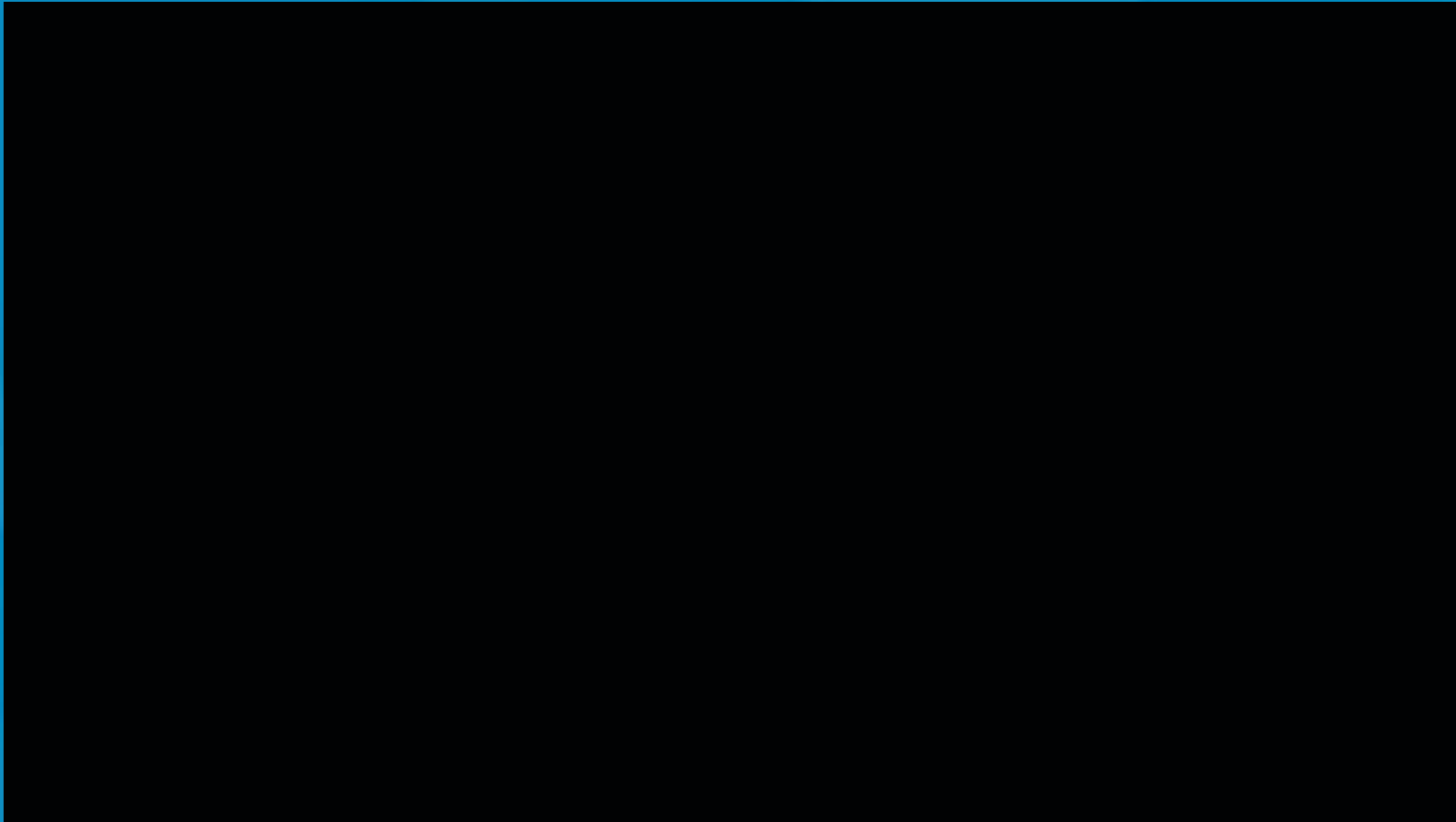


WELCOME

Please type in chat

**What is your favorite
public space?**

What makes it special?



<https://youtu.be/w7fD2syS9Q0>

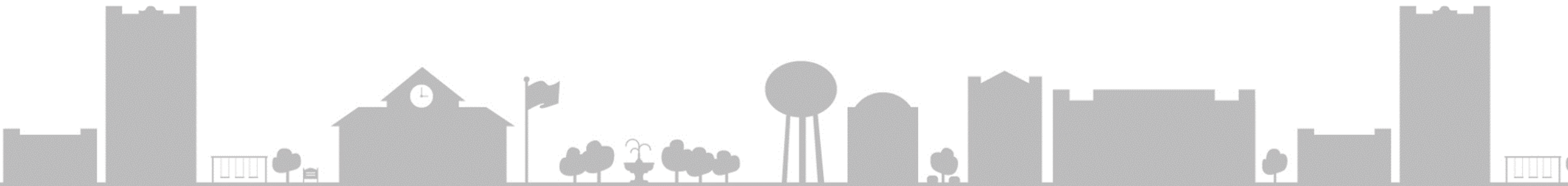
Objectives

The purpose of this workshop is to provide:

- Inform participants about the program content and processes employed to successfully deliver the program.
- Describe successful program implementation through community-based pilot projects.
- Describe lessons learned for maximizing collaborative efforts with SNAP-Ed and Cooperative Extension.
- Hands-on virtual experience introducing tools associated with the curriculum including flipped classroom materials, interactive processes, strategy matrices and action planning

EVPS: CHC Program Purpose

- Facilitators coach communities through development of a high quality action plan for their public spaces.
- The plan can guide decisions and better position communities to take advantage of opportunities to promote healthy eating and active living.
- As a result, communities that are prepared with a public spaces action plan can boost economic development, improve the quality of life, and create a healthier place for individuals and families.



Program Overview

Community-based program consists of:

- Curriculum
- Workshop
- Facilitated working group meetings to complete high-quality action plan

Action-planning process includes:

- Education, resources, and framework
- Forum for collaboration and stakeholder input

Approximately six-month process from start to finish



Application

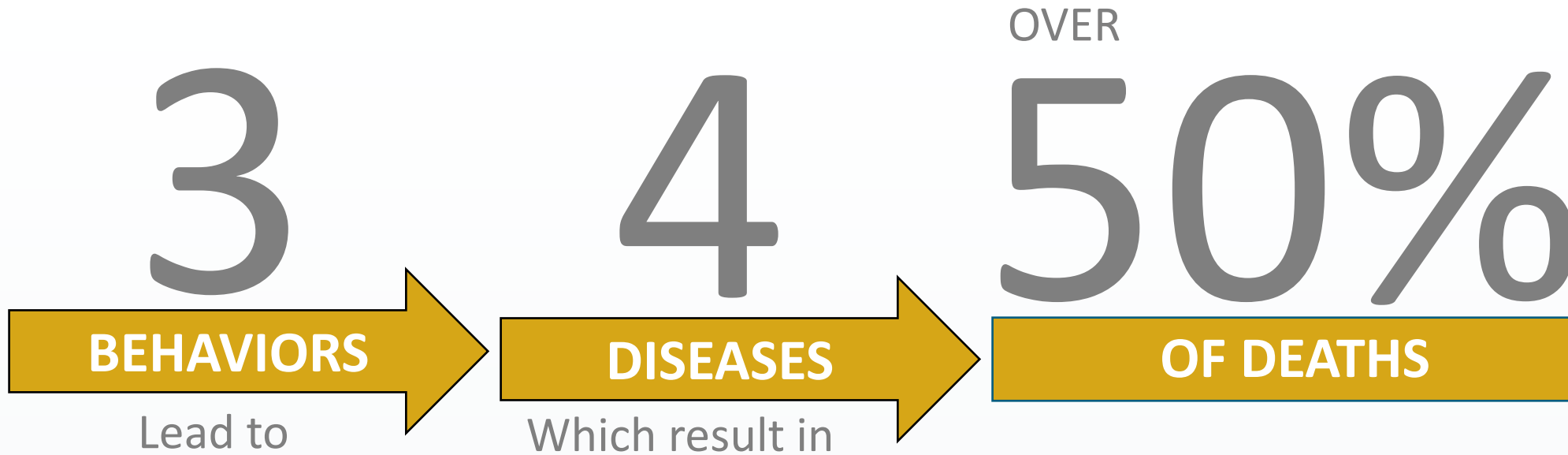
Final action plan and process can be used as a part of the following examples:

- Comprehensive Plan update
- Five-Year Parks and Recreation Master Plan submission
- Downtown revitalization project
- Preparation for a specific grant proposal and project



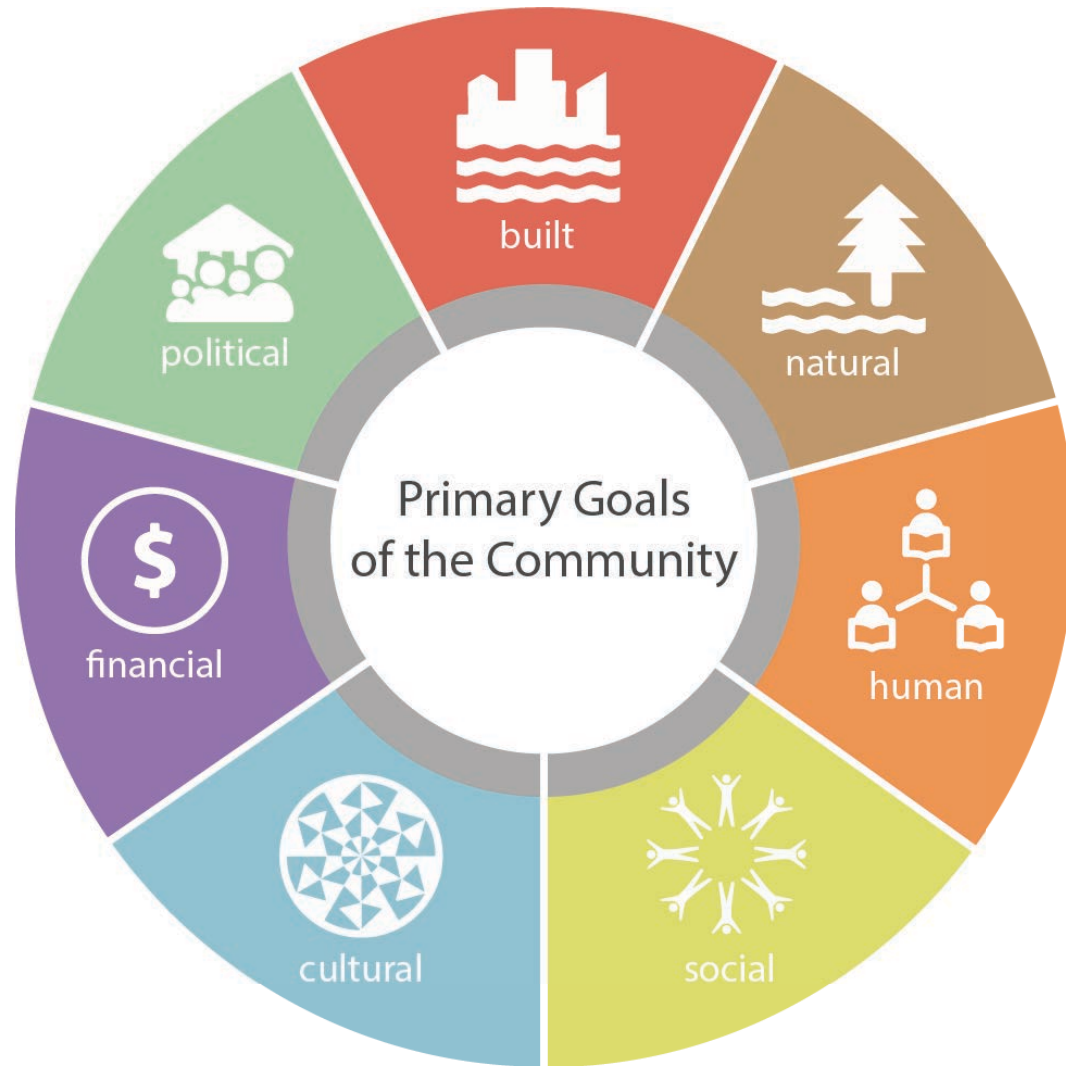


Healthy Communities are those that are continually developing and enhancing the conditions and resources in public spaces necessary to create **healthy food and active living environments** for all its residents and visitors.



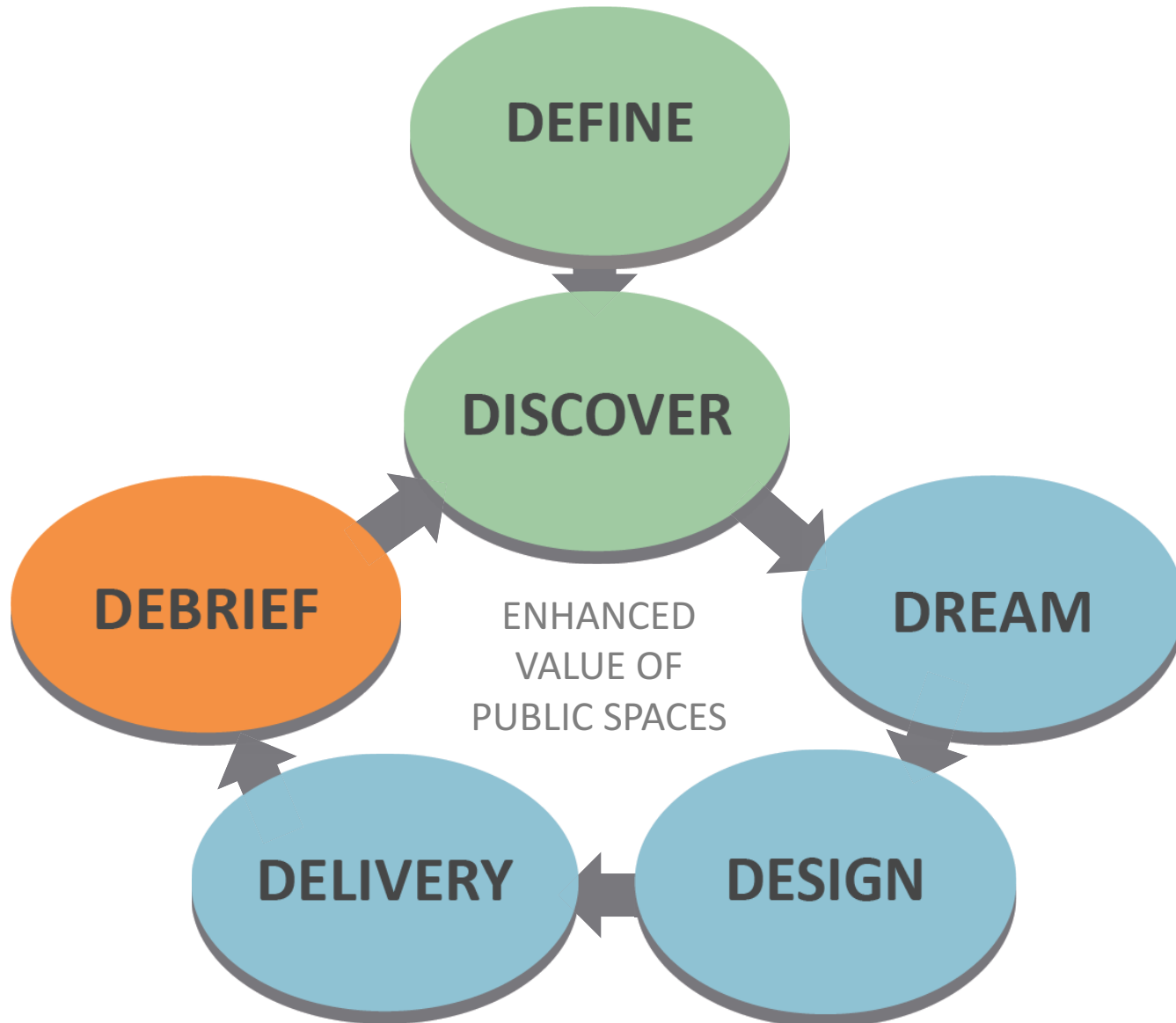
- Physical inactivity
- Poor nutrition
- Tobacco use
- Cancer
- Heart disease
- Type 2 diabetes
- Lung disease

COMMUNITY CAPITALS



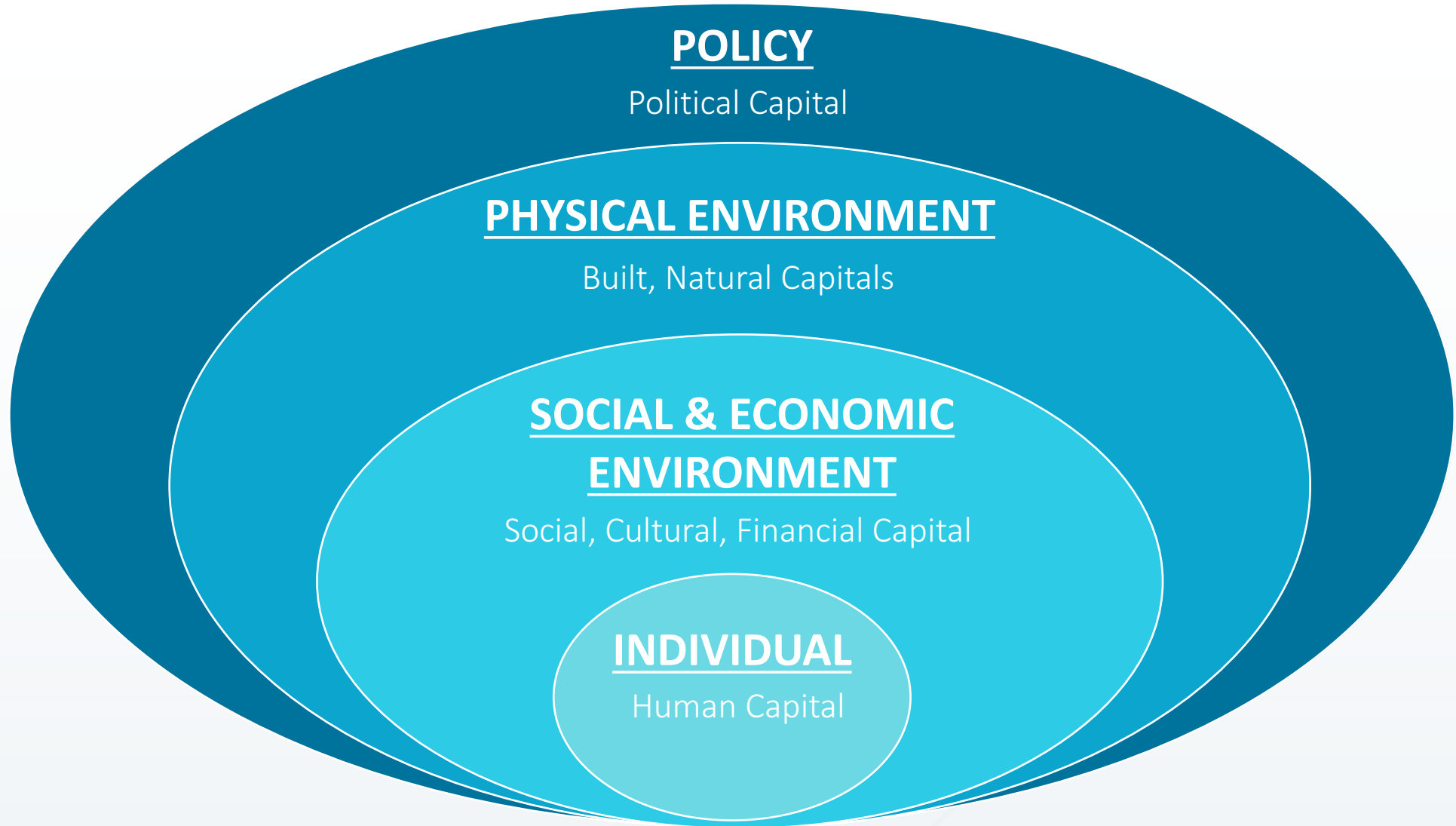
Based on "Figure 2. The Community Capitals Framework" from Emery, Fey and Flora, 2006.
"Community Capitals Framework using Appreciative Inquiry," CD Practice, Community Development Society.

APPRECIATIVE INQUIRY



Based on "Figure 1. The Process of Appreciative Inquiry" from Emery, Fey and Flora, 2006.
"Community Capitals Framework using Appreciative Inquiry," CD Practice, Community Development Society.

CREATING SUPPORTING CONDITIONS ACROSS MULTIPLE LEVELS OF INFLUENCE



Policy

- Written statement of organizational or legislative position, decision, or course of action
- Might include a law, ordinance, mandate, regulation, or guideline

Systems

- Changes in organizations, procedures, and processes - often in connection with policy changes

Environment

- Physical changes in the built (man-made) environment
- Changes in the social, economic, and natural environments

SUPPORTING CONDITIONS & CAPITALS

ACTIVE LIVING EXAMPLES

POLICY

Adopt and implement a Complete Streets policy

SYSTEMS

Incorporate health considerations in all governing land-use documents

ENVIRONMENT

Develop and maintain a network of walking and biking routes

WHAT POLICIES, SYSTEMS, OR ENVIRONMENTAL CHANGE STRATEGIES COULD IMPROVE THIS PUBLIC SPACE?



INTRODUCTION TO EVPS: CHC ACTION PLANNING MEETINGS





COMMUNITY CAPITALS FRAMEWORK

ROLES & RESPONSIBILITIES

LOCAL LEADS

STEERING COMMITTEE

EDUCATION AND VISIONING
PARTICIPANTS

PURDUE EXTENSION FACILITATORS



MEETING SERIES

Scoping Sessions

- Present the EVPS: CHC Extension Program and benefits of action planning process
- Discuss needs, issues, & local input
- Form agenda & set workshop date
- Determine budget and program funding sources
- Create contact list of potential participants
- Address registration and event logistics

2-3 meetings (1-2 hrs per meeting)

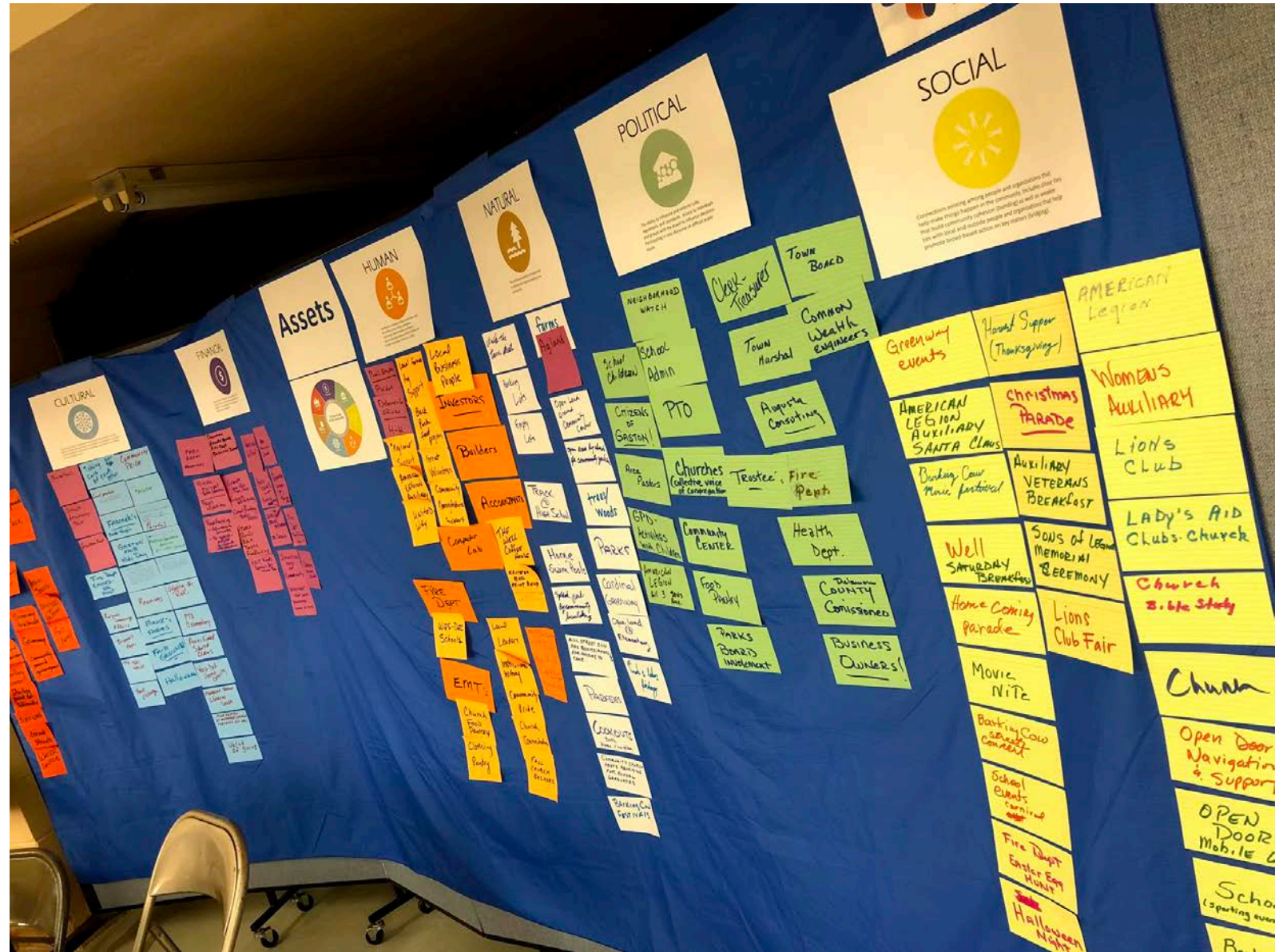


SESSION 1

Community Education & Visioning Workshop

- Making the Connection to Healthy Communities
- Community Data Snapshot – Current Conditions
- Visioning through community assets and opportunities

30-50 attendees (3-5 hrs)

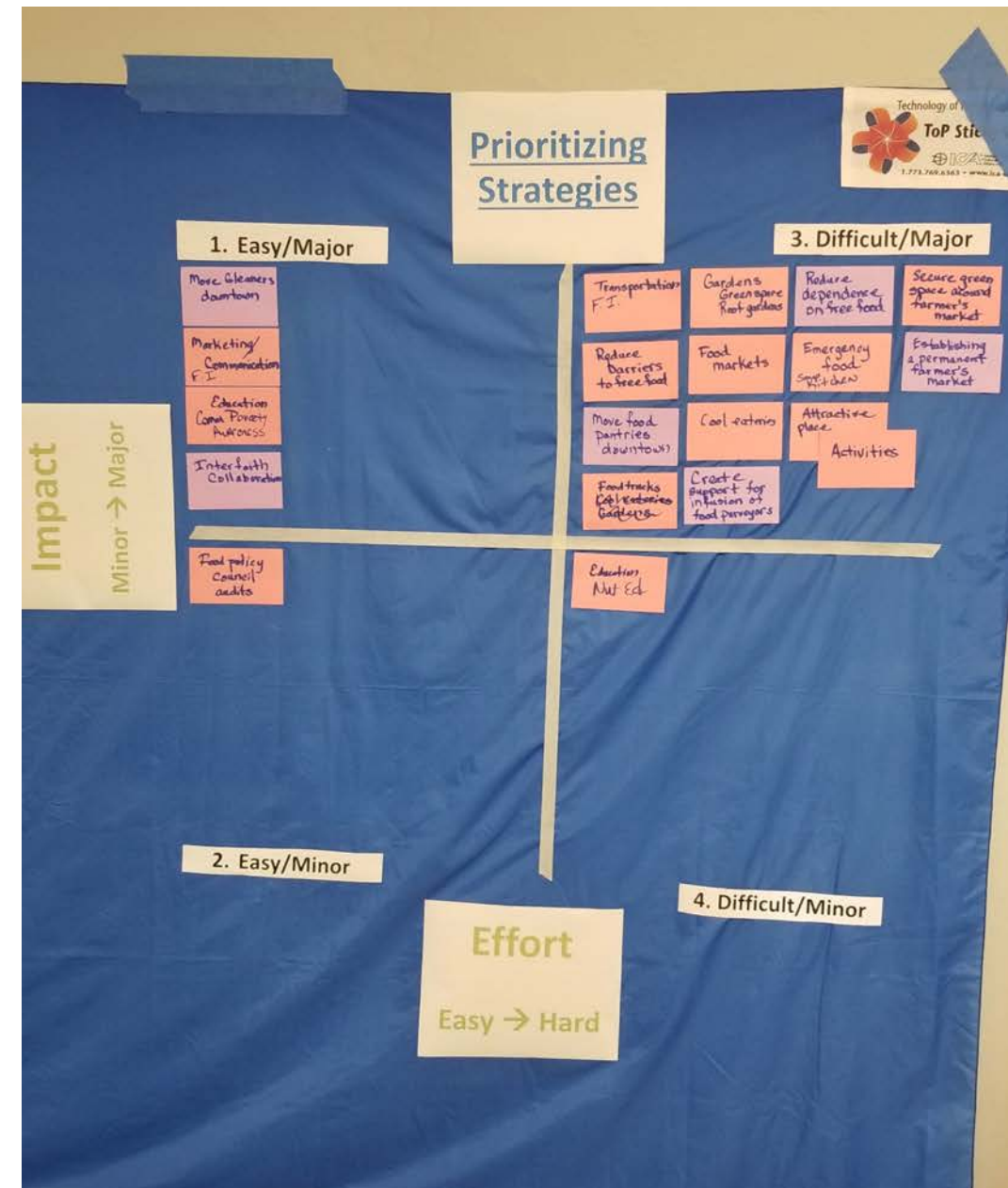


SESSION 2

Working Group Meeting: Setting Goals, Objectives, & Identifying Strategies

- Working Group Sessions
 - Active Living Environments
 - Healthy Food Environments
 - Placemaking
- Recommended Strategies for Creating Healthy Communities

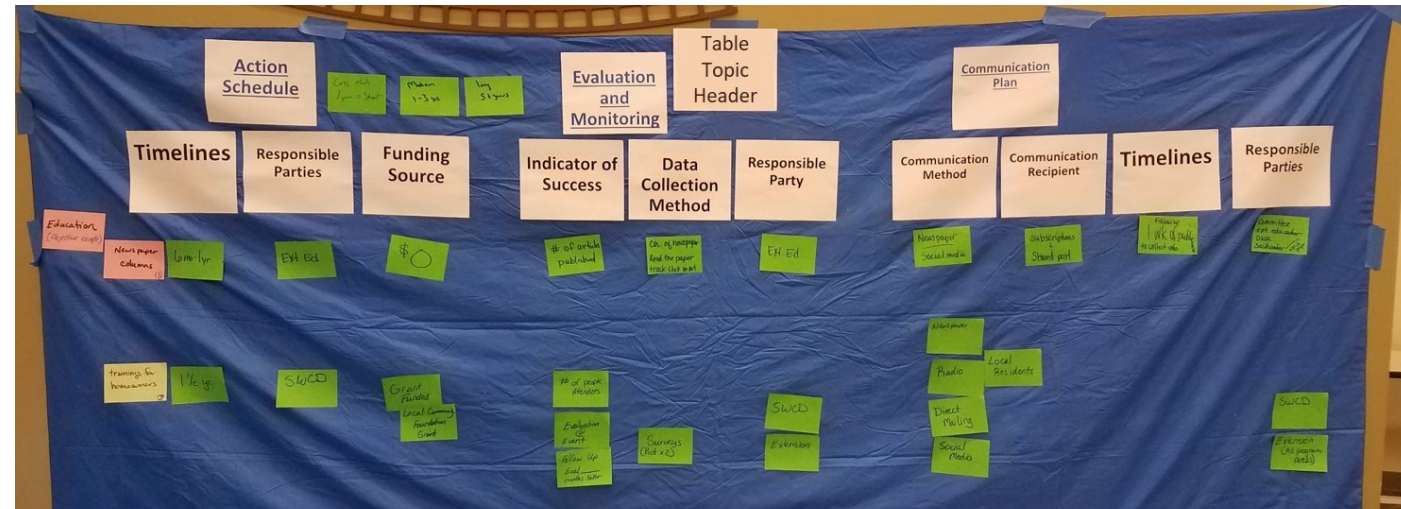
10-15 attendees (3 hrs)



SESSION 3

Working Group Meeting: Action Planning

- Introduce Planning Tools
- Draft Timelines
- Identify Roles & Responsibilities
- Develop Evaluation Plan
- Create Communication Plan



10-15 attendees (3 hrs)

PUTTING EVPS: CHC INTO PRACTICE – PILOT PROJECTS

Terre Haute, Indiana

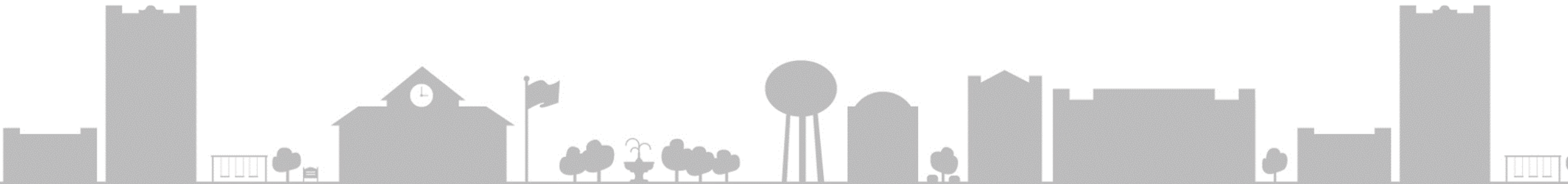
- Parks and recreation master plan update
- Connecting active living, healthy eating

Gaston, Indiana

- Community Center/Park Revitalization Project

Connersville, Indiana

- Downtown Revitalization Project



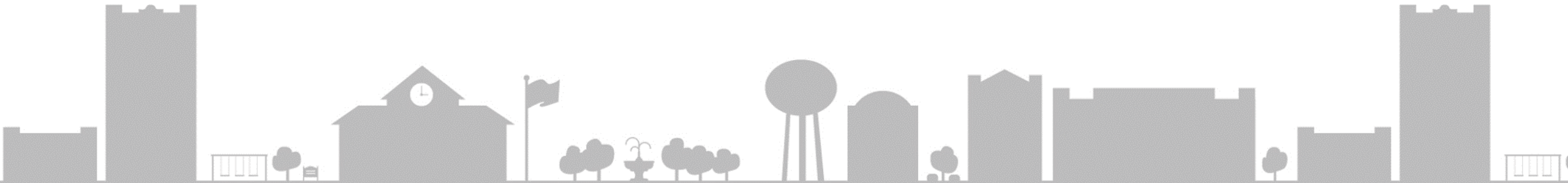
PUTTING EVPS: CHC INTO PRACTICE – Connersville, IN

Scope

- Downtown Public Space Action Plan
- Community of 12,000, in rural setting
- Focus on Healthy Eating & Active Living

Issues

- Connectivity (active living)
- Food Access (healthy eating)
- Economic Decline (placemaking)



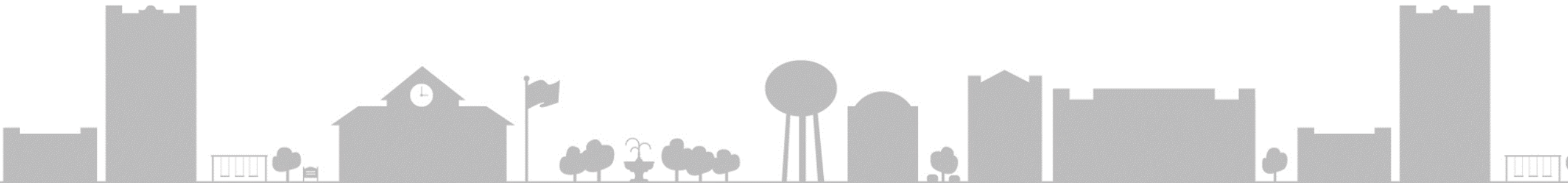
PUTTING EVPS: CHC INTO PRACTICE – Connersville, IN

Approach

- Workshop Planning through local Community Wellness Coordinator and Community Foundation
- Harness existing social capital – Discover Connersville/Community Voices for expanded reach

Process

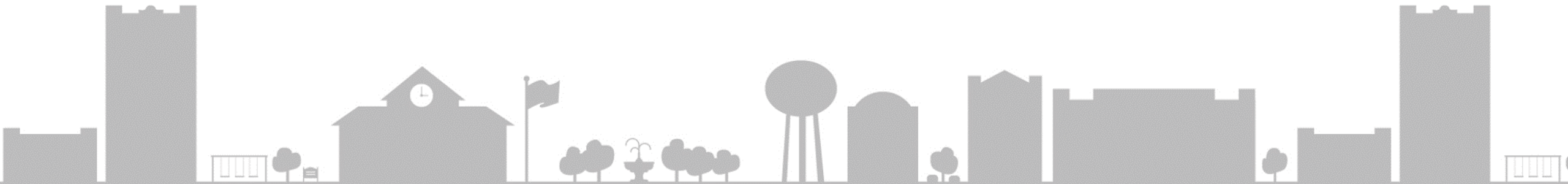
- 3-part public meeting series, monthly
- Education Session – Health + Built Environment



PUTTING EVPS: CHC INTO PRACTICE – Connersville, IN

Results

- Community-led action plan developed with objectives and strategies listed for goals of:
 - Increasing healthy eating, active living, placemaking in 18 block downtown
- Partnership with Landscape Architecture at Purdue
 - City land acquisition to implement placemaking/healthy eating objectives



LESSONS LEARNED

Importance of scoping meeting

- Understand local political landscape, structure, and current projects

Process supports collaboration and minimizes conflict

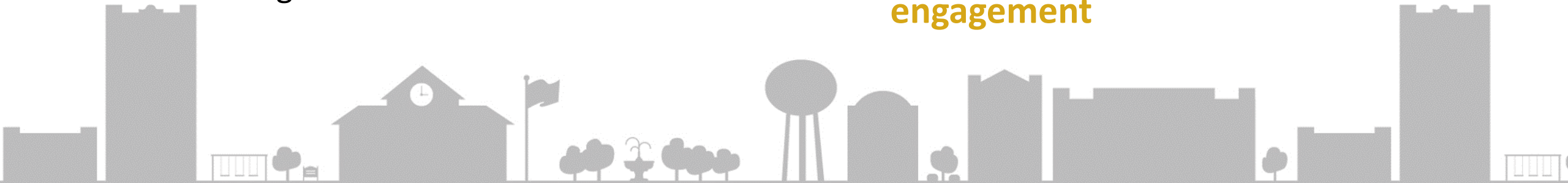
- Community Capitals Framework provides opportunity for diverse engagement
- Best practices for community meetings

Delineate roles of consultant, Extension team, and community leads

Provide support for implementation follow up

- Coaching
- Identify local contacts

Flipped classroom education format provides focused opportunities for engagement

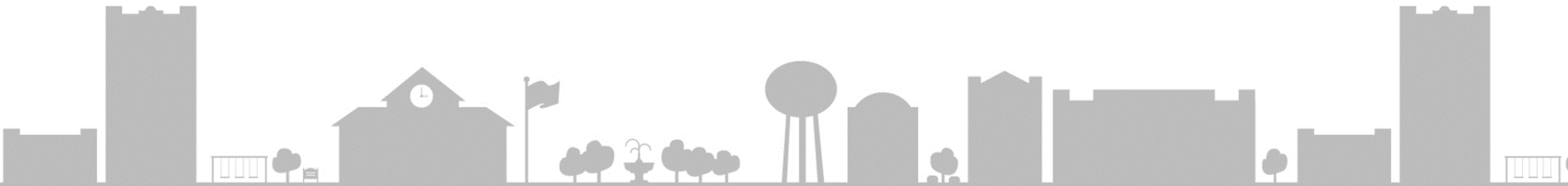




Community Tool Kit

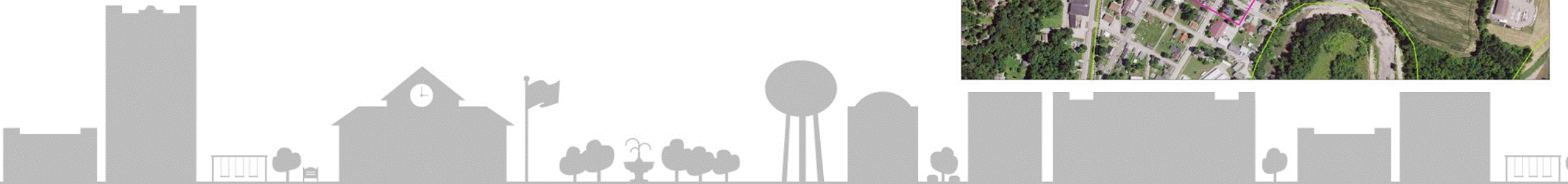
PUTTING EVPS: CHC INTO PRACTICE – PLANNING FOR A PUBLIC SPACE SCENARIO

- Overview of public space project
- Data snapshot
- Workshop activities using Zoom and Jamboard
 - Mapping assets and opportunities
 - Strategy development and prioritization
- Focus on *Active Living* working group with facilitators



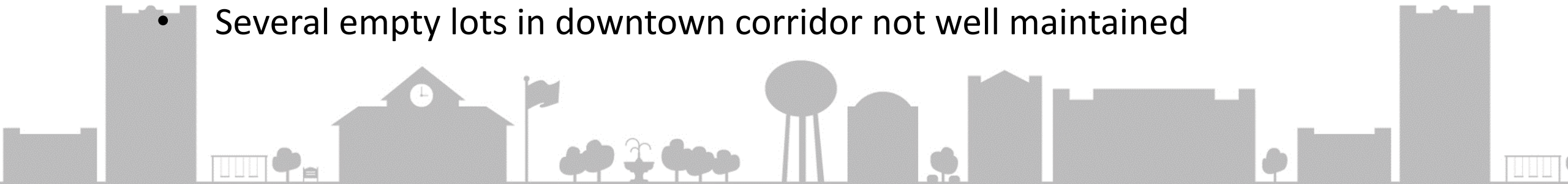
PLANNING FOR A PUBLIC SPACE SCENARIO

- Town of Hoosierville, Indiana
- 15,000 population
- Creating a downtown public space action plan



PLANNING FOR A PUBLIC SPACE SCENARIO

- Action plan purpose
 - Use as part of downtown redevelopment plan to apply to state grant program
 - Update downtown corridor through enhancing existing public spaces, creating new public spaces, and connecting public spaces to community amenities
- Additional community concerns
 - High rates of obesity
 - Limited access and opportunities for outdoor activities
 - Increase access to affordable healthy food
 - Several empty lots in downtown corridor not well maintained

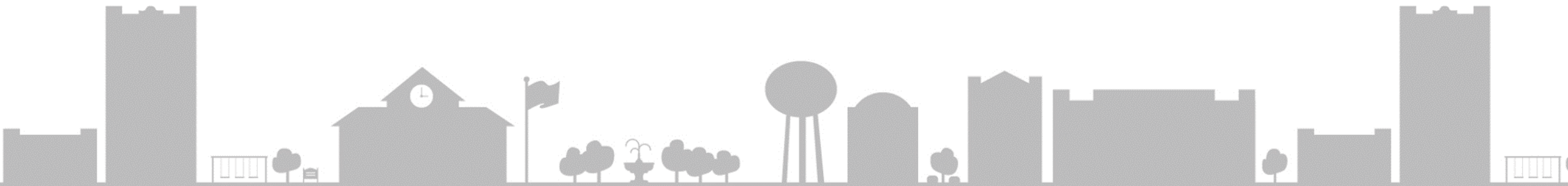




DATA SNAPSHOT

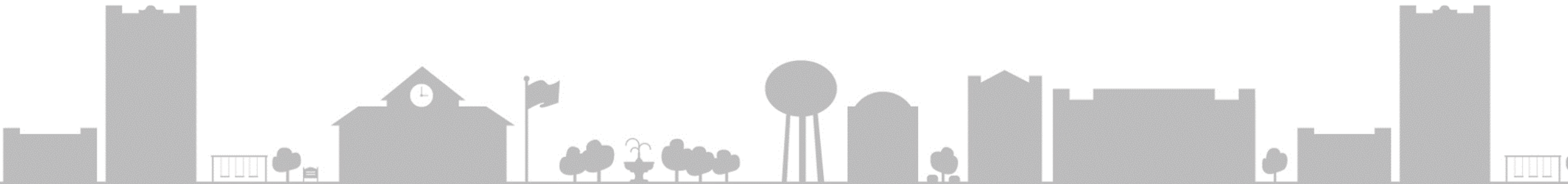
County Health
Rankings & Roadmaps
Building a Culture of Health, County by County

Variable	Fayette County	Indiana	US	Description
Limited access to healthy foods	8%	7%	2%	Percentage of population who are low-income and do not live close to a grocery store.
Food environment index	7.2	7.1	8.6	Index of factors that contribute to a healthy food environment, from 0 (worst) to 10 (best).
Physical inactivity	27%	27%	20%	Percentage of adults age 20 and over reporting no leisure-time physical activity.
Access to exercise opportunities	70%	75%	91%	Percentage of population with adequate access to locations for physical activity.
Adult obesity	37%	33%	27%	Percentage of the adult population (age 20 and older) that reports a body mass index (BMI) greater than or equal to 30 kg/m2.
Premature death	13,600	8,300	5,500	Years of potential life lost before age 75 per 100k population (age-adjusted)



DATA SNAPSHOT

In chat box, please provide examples of additional data sources.





COMMUNITY CAPITALS FRAMEWORK

Active Living Jamboard

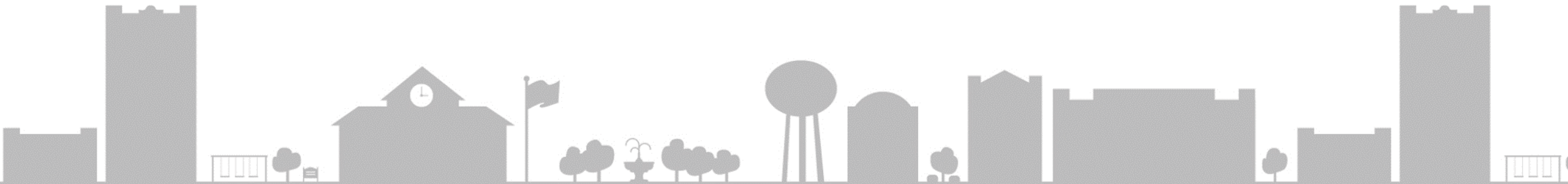
Model sessions 1 and 2 activities

https://jamboard.google.com/d/1I423VQx9AJBr4BD6Ke8_fhr30dfFtHi_nN9x0NLIRiY/edit?usp=sharing

**WORKING GROUP
ACTIVITY**

ACTION PLANNING STRATEGIES

- **Short Term Strategies**
 - Changes in knowledge, skills, motivation, & awareness
 - i.e. An educational event
- **Medium Term Strategies**
 - Changes in behavior, practices, policies & procedures
 - i.e. Implementation practices, program development
- **Long Term Strategies**
 - Changes in situation
 - i.e. Changes in management structure



ACTION PLANNING STRATEGIES EXAMPLES

- **Short Term Strategies**

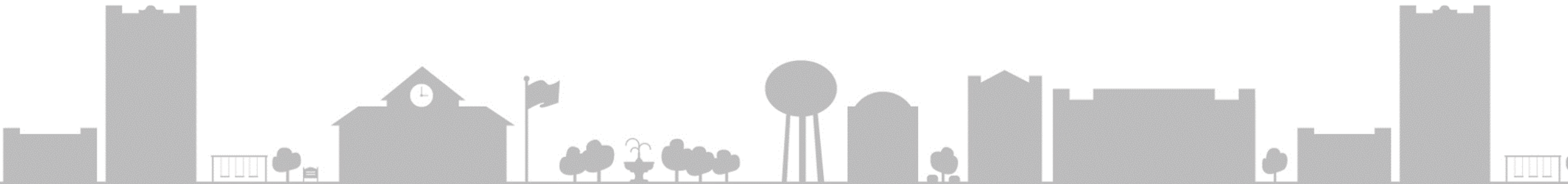
- Within a year, the Hoosierville Planning Office will hire an intern to complete a list of vacant properties, for-sale and brownfield sites within one mile of Hoosierville's community-scale parks

- **Medium Term Strategies**

- Within three years, the Hoosierville Planning Office will complete the inventory of vacant, for-sale, and brownfield properties within one mile of Hoosierville's community-scale parks

- **Long Term Strategies**

- Within five years, the Hoosierville Planning Office will conduct a public planning process to identify preferred trail corridors using the completed inventory of within one mile of Hoosierville's community-scale parks



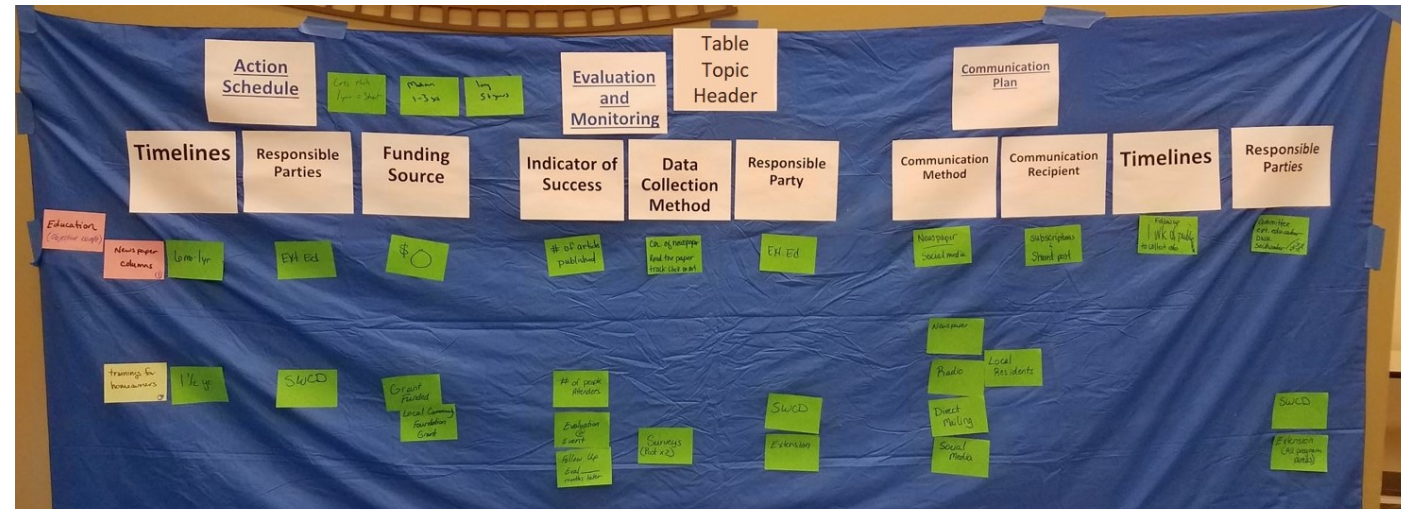


COMMUNITY CAPITALS FRAMEWORK

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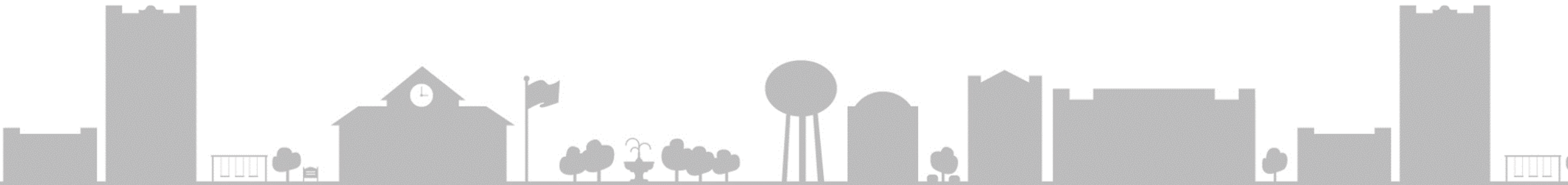
PHYSICAL DISTANCING IN PARKS AND TRAILS

CDC COVID-19 Parks and Recreational Facilities: Plan, Prepare, and Respond

www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/index.html

National Recreation and Park Association Keeping a Safe Physical Distance in Parks and Trails – COVID 19

www.nrpa.org/blog/keeping-a-safe-social-distance-in-parks-and-on-trails-during-the-covid-19-pandemic





For more information about EVPS: CHC visit
<http://puext.in/evpshealth>

THANK YOU!