

HEALTHY COMMUNITIES TOOLKIT

Website Synopsis and Information You Can Find in This Website



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WHAT ARE HEALTHY COMMUNITIES?



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Healthy communities are places that offer opportunities to maintain a good state of health including physical activity (such as walking) and healthy foods (such as those available at farmer's markets).

HOW THIS TOOLKIT CAME ABOUT

In 2015, in partnership with the Connecticut Chapter of the American Planning Association (CCAPA), EHHD was awarded a Plan4Health grant by the American Planning Association (APA) and the American Public Health Association.

The focus of this grant is to support EHHD/CCAPA efforts to increase physical activity and access to healthy foods in the region's towns by helping them link their planning and public health programs with a focus on healthier communities. This toolkit is designed to support the EHHD region towns, as well as any other small, rural towns, in these efforts.

WHAT'S IN THIS TOOLKIT?



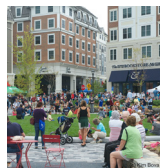
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This website is a compilation of various tools to help people make their communities healthier places to live, work, and play.

These include planning and regulatory tools focused on growing options for physical activity and access to local, healthy foods. Specifically, these tools are for local officials who make land development decisions in small and rural Connecticut towns.

WHY HEALTHY COMMUNITIES MATTER

Communities with ample opportunities to get and stay healthy are more desirable places to live. They offer clean air and water, ample



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food choices, places to walk and bicycle comfortably, and places for recreation. Healthy places attract new residents and in doing so, become more lively and dynamic.

New businesses that serve people engaged in healthy lifestyles are attracted to those communities and can enrich the local economy. A healthier population can reduce burden on local governments for health and social services. Where quality of life is elevated, in part with healthy options, redevelopment and restoration efforts tend to be more successful long-term.

In rural and small towns, creating healthier communities can be of particular importance. Where homes and businesses are far apart from one another, the car becomes the easiest way to get from one destination to another. Walking and bicycling may be more difficult and most often takes place in the shoulders of the road. Safety becomes a concern. In addition, many small towns struggle to keep a successful variety of food stores with healthy options in the community.



EHHD

Flip the page to learn more!

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PAGE-BY-PAGE

OPPORTUNITIES FOR PHYSICAL ACTIVITY

This page includes tools to:

- » Assess your community's resources and gaps in options for physical activity
- » Develop trails and greenways
- » Make trail connections
- » Prepare a sidewalk or bicycle network plan
- » Leverage CTDOT tools and resources
- » Adopt supportive zoning: overlay districts, design guidelines, bicycle parking and sidewalk requirements
- » Develop and adopt a Complete Street program
- » Engage in Placemaking
- » Strengthen wayfinding
- » Require open space set asides
- » Develop play spaces and recreation programs

FUNDING AND PARTNERSHIPS

This page includes sources for:

- » General opportunities for state, and federal funding
- » Transportation project funding
- » Funding to support agriculture
- » Open space and greenways funding
- » Private Non-Profit opportunities

ACCESS TO HEALTHY FOODS

This page includes tools to:

- » Incentivize agriculture on all scales
- » Adopt farm preservation programs
- » Develop farm stand programs
- » Support farmer's markets
- » Support Community agriculture
- » Permit and regulate food trucks
- » Foster healthy food stores
- » Create a food hub
- » Redevelop food market sites
- » Create a local food directory
- » Cultivate a rural transportation program for access to markets

And tools to:

- » Create public-private partnerships
- » Develop shared services agreements

