

Land Use Policy and Recommendations

Origination Date:

Effective Date:

Policy: It is the policy of the organization to provide information about and promotion of healthy eating and active living assets and opportunities at the organization and in the surrounding neighborhood.

Purpose:

The purpose of this policy is to actively promote the use of the built environment in the vicinity of the organization:

1. For moderate to vigorous physical activity and active transportation.
2. For growing and/or acquiring nutritious food and beverages.

Definitions:

Healthy Eating is a way of life and is influenced by what we eat, how much we eat and how it is prepared. Healthy food should be moderate in calories and nutrient dense (rich in vitamins and minerals). Healthy eating includes eating appropriate portion sizes and balancing how often foods are eaten. And finally healthy eating involves choosing foods that are prepared using healthy cooking methods. From Active Living By Design at the University of North Carolina at Chapel Hill (<http://www.activelivingbydesign.org/about-albd>)

Active Living is a way of life that integrates physical activity into daily routines. The goal is to accumulate at least 30 minutes of activity each day. Individuals may achieve this by walking or bicycling for transportation, exercise or pleasure; playing in the park; working in the yard; taking the stairs; and using recreation facilities. From Active Living By Design at the University of North Carolina at Chapel Hill (<http://www.activelivingbydesign.org/about-albd>)

Built Environment consists of the neighborhoods, roads, buildings, food sources, and recreational facilities in which people live, work, are educated, eat, and play (Sallis & Glanz, 2006).

Background: Any effort to reduce childhood obesity needs to consider the built environment. Many aspects of a community, including the physical design and structure of the physical environment, influence the health of children and families. Access to community design elements impacts an individual's level of physical activity and ability to engage in healthy eating. Creating changes that help communities offer families and children access to affordable,

healthy foods and places for recreation and play are necessary strategies for improving the health of residents (Mulheron & Vonasek, 2009).

The National Governor's Association (NGA) supports the recognition of the built environment for improved health. When achievable, physical activity and nutrition programs should recognize the following components in their program design:

1. Neighborhood physical design
2. Safety of streets and sidewalks
3. Availability of grocery stores and farmer's markets and the influence of corner stores on ability to acquire healthy food
4. Accessibility to quality community parks, resources, and programs that provide children and families with safe places to play

Recommendation:

The organization should be aware of opportunities in its built environment that support healthy eating and active living and should make information about these opportunities available to its clients in the form of maps and information. Ongoing compilation of assets and resources related to active transportation, nutrition, and play opportunities are at <http://bit.ly/O6pFk0>.

Organization Land Use Self-Assessment

Which assets are within 1-mile of the organization?

Land Use Category	Asset	Present?	What is the location/address?
Nutrition	Grocery Store(s)		
Nutrition	Farmer's Market(s)		
Nutrition	School – Farm to School program		
Nutrition	Mobile Markets		
Nutrition	Corner Stores that offer healthy food and beverage option		
Nutrition	Community Garden(s)		
Active Lifestyle	Bike Ownership by clients		
Active Lifestyle	Bike Racks at organization and in surrounding neighborhood		
Active Lifestyle	Bike Lanes		
Active Lifestyle	Walking Programs		
Active Lifestyle	Bike Repair Shops		
Active Lifestyle	Indoor/Outdoor Walking Paths		
Active Lifestyle	Bike Programming		
Active Lifestyle	Park(s) Note the quality of the park		
Active Lifestyle	Programming at park(s)		
Active Lifestyle	Trails		
Active Lifestyle	Commercial Gyms and fitness centers		
Active Lifestyle	Public Pools		
Active Lifestyle	Sidewalks		
Active Lifestyle	Countdown traffic lights		
Active Lifestyle	Restaurants with healthy options		