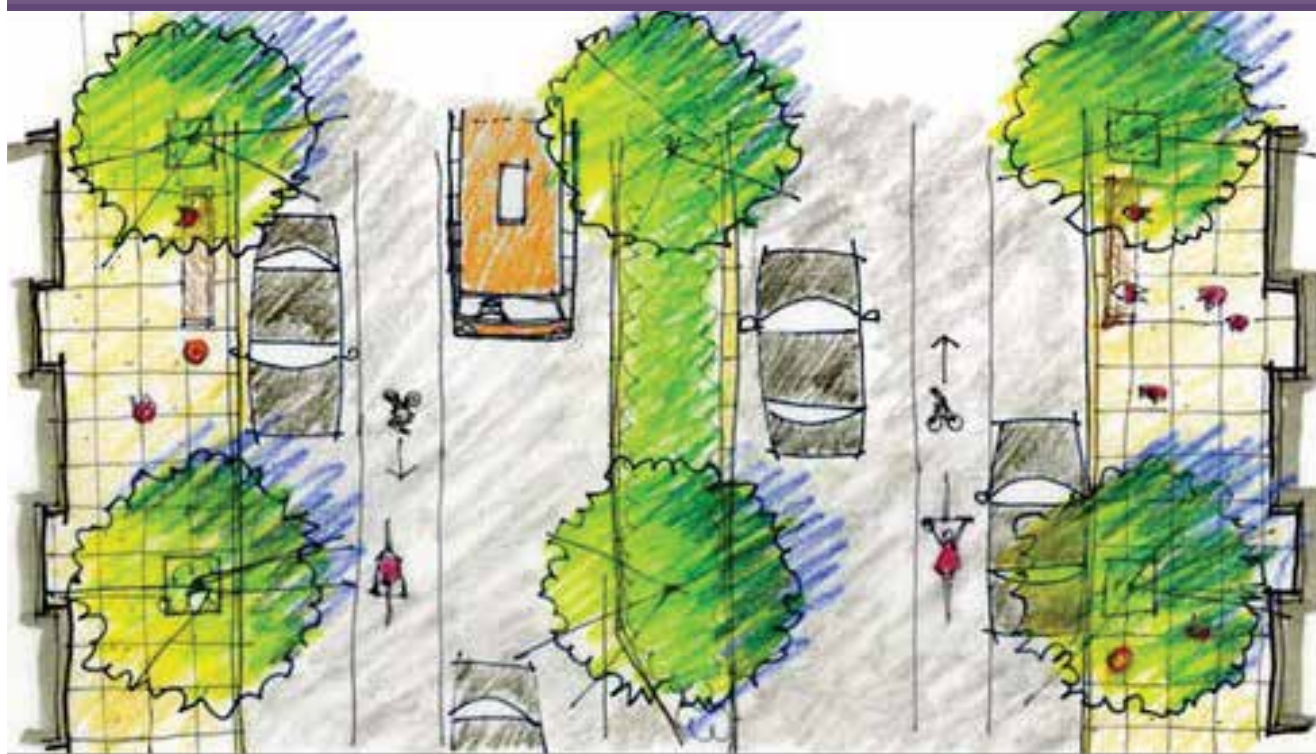# HEALTH
IN ALL PLANNING POLICIES

APA

American Planning Association

Making Great Communities Happen

Cover image: Diagram from Eastern Highlands, CT Plan4Health coalition.

PLAN4Health

An American Planning Association Project

What is Plan4Health?

Plan4Health is a national movement connecting communities across the country to link planning and public health. Plan4Health is anchored by American Planning Association Chapters and American Public Health Association Affiliates with funding from the Centers for Disease Control and Prevention (CDC). Launched in September 2014, Plan4Health supports creative partnerships to build sustainable, cross-sector coalitions in 35 communities. Coalitions work with communities to increase access to healthy food or increase opportunities for active living where residents live, learn, work, and play.

At the national level, the American Planning Association and the American Public Health Association partner with the American Heart Association, the National WIC Association, the Society for Public Health Education, and the Directors of Health Promotion and Education. These organizations pursue a shared CDC platform to prevent chronic disease, help Americans live healthier lives, and support communities to make healthy living easier where people live, learn, work, and play.

Plan4Health reconnects planning and public health, fields that grew out of the same movement to create healthy communities. By reinvigorating the links between public health and the built environment, Plan4Health combats chronic disease by increasing access to nutritious foods and increasing opportunities for physical activity. Plan4Health aims to improve health outcomes through improvements to the built environment by building collaboration, community capacity, and civic engagement. The project will potentially impact more than three million people across the country through policy, systems, and environmental change strategies.

What is Health in All Planning Policies?

Health in All Planning Policies derives from Health in All Policies, a concept that explains how health is connected to many, if not all, other sectors and should therefore always be a consideration when making decisions. It is an effective strategy for addressing complex factors that influence health and is a collaborative approach to ensuring that health is considered throughout various planning processes.

What does Health in All Planning Policies mean in the context of Plan4Health?

Plan4Health coalitions approach Health in All Planning Policies by considering the health implications of the field of planning. Do zoning regulations impact residents' physical, social, and emotional health? Is the health impact of new infrastructure part of the conversation? Plan4Health coalitions have worked in many different ways to improve the systems for health holding an important role in planning decisions.

How Can This Toolkit Be Used?

This toolkit offers a snapshot of reports, webinars, toolkits, community examples, videos, podcasts, and more about active living in Plan4Health. It can be read cover to cover or looked at in pieces, as each page can be a stand-alone document to inform and educate about active living strategies. Additional information about the Plan4Health coalitions, including mini-webinars, videos, and podcasts, is available on the Plan4Health Peer Learning Network.

Best Practices → Communications → Coalition Building → Data Collection
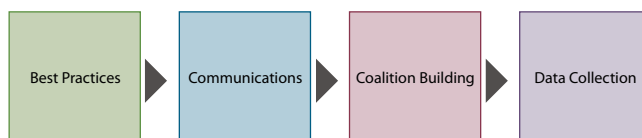
A parklet in Indianapolis

Plans

Best practices

■ *Health and Food Systems Master Plan Element*: In Trenton, New Jersey, the Plan4Health coalition developed a Health and Food System Element as one component of the city's new master plan. The Health and Food System Element is composed of seven sections outlining the goals for the plan, and includes examples of successful implementation and site-specific recommendations to be incorporated into district plans.

■ *Master Pedestrian Plan*: In Indianapolis, the Plan4Health coalition developed the city's first Master Pedestrian Plan. The plan covers the entire county of nearly one million people. It is complemented by a comprehensive pedestrian program and communications campaign that are moving the community toward a greater awareness of and desire to walk.

■ *Accessible, user-friendly tools*: In Eastern Highlands, Connecticut, the Plan4Health coalition worked across 10 towns in rural Eastern Connecticut to create a Healthy Communities Toolkit specifically designed for rural communities. The toolkit has an easy, simple interface and is a living document that reflects the needs of community members today and the vision for the future.

■ *Neighborhood plans*: In Austin, Texas, the Plan4Health coalition developed active transportation toolkits and food plans specific to target neighborhoods. The customized transportation toolkit included resources to help people navigate their neighborhood by foot, bike transit, and shared car. The neighborhood food plan includes a toolkit supporting community gardens, healthy food access, and food waste recovery.

From our partners

Health in All Policies

Implementing Health in All Policies at the Local Level

CDC's Health in All Policies Resource Center

From the field

Interview with Kim Irwin, Indianapolis

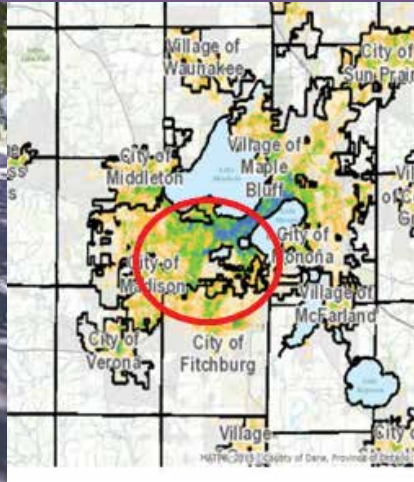Eastern Highlands Health District Community Health Action Response Team video

Interview with Dr. Melissa Oden, Austin, Texas

Interview with Jennifer Senick, Trenton, New Jersey

Podcast with Emily Hultquist, Eastern Highlands Health District

An urban community—the Park Edge neighborhood— in Madison, Wisconsin, and its associated data map.

Innovation in Health in All Planning Policies: Active Living Index in Dane County, Wisconsin

What?

The Dane County Plan4Health coalition developed a comprehensive, locally specific index to evaluate the extent to which a place is conducive to active living. Through an increased understanding of physical activity opportunities and healthy food access, the Active Living Index empowers target communities to identify and pursue changes to their environments. The index represents a combination of planning and public health expertise by incorporating demographic and built environment data that were found to be correlated to certain diseases.

How?

The Active Living Index is applicable across the county as it was designed with rural, urban, and suburban considerations. The coalition piloted the index in three diverse communities with different levels of population density. The dataset constituting the index is a key component of another tool for scenario planning which will forecast for decision makers the economic, health, and emissions impacts of changes to the built environment.

The Active Living Index was created through multistakeholder collaboration and has been successful as a web-based interactive data tool that serves and empowers decision makers, planning and public health professionals, and residents. Through an increased understanding of physical activity opportunities and healthy food options, the data index gives the target communities in Dane County the tools to change their environments and provides a roadmap for the index to be replicated across the state.

From the field

Interview with Milena Bernardinello, Dane County, Wisconsin

Video about a Wisconsin family's experience with walking and biking to school

WALKWAYS
moving INDY forward

Communications

Tips from the field

■ In Indianapolis, the coalition developed a website—[Walkways: Moving INDY Forward](#)—to support the communitywide communications campaign around walking and the Master Pedestrian Plan.

■ In Trenton, New Jersey, the Plan4Health coalition developed a [healthy home literacy toolkit](#) to share information about the best green cleaning solutions.

Engaging the community

[Indianapolis Appendix B: Prioritization Methodology](#)

From our partners

[CDC Gateway to Health Communication and Social Marketing Audience Profiles](#)

[Making Memorable Messages—Plan4Health Communications Webinar](#)

[Media 101: Interviews—Plan4Health Communications Webinar](#)

Collaboration in Kingston, New York.

Coalition Building

Tips from the field

■ The Plan4Health coalition in Eastern Highlands, Connecticut, maintained strong partnerships that helped them develop and disseminate their rural communities toolkit. Because the coalition worked across 10 towns, cultivating relationships was a key to building a coalition capable of producing results.

■ In Kingston, New York, the coalition developed a website with an interactive blog and a designated space for each focus area team, fostering collaboration and community building.

Engaging the community

Eastern Highlands Health District: Plan4Health Introductory Video

From our partners

Developing Effective Coalitions: An Eight Step Guide

Collaboration Assessment Tool

Community Partnerships Part I: Innovative Partnerships to Improve Health

Municipality
District
* Community Garden
▪ 1/4 mi Distance from Community Garden
Food Outlets
• Farmers Market
• Full Service Grocery Store
• "Healthy" Corner Store
1/4 mi Distance from Food Outlet
▪ Farmers Market
▪ Full Service Grocery Store
▪ "Healthy" Corner Store
Transit
▣ Northeast Corridor Station
▣ River Line Light Rail Station
— Commuter Rail
— River Line Light Rail
Bus Route
— NJ Transit
— SEPTA

Health indicators in Trenton, New Jersey.

Data Collection

Tips from the field

■ The Nashua, New Hampshire, Plan4Health coalition used both qualitative and quantitative data to assess biking and walking conditions. This included data on all of the roads in the city to quantify bikeability and walkability, map potential origins and destinations, and identify stressful or broken connections.

■ In Columbus, Ohio, the Plan4Health coalition conducted a health impact assessment on the Connect Columbus multimodal transportation plan. Health goals, metrics, and measures were built into the plan, the implementation of which is the responsibility of several city departments.

Engaging with the Planning and Community Health Center

[Health Impact Assessment's Role in Planning](#)

From our partners

[Active Living Research—Tools and Resources](#)

[U.S. Department of Transportation—Transportation and Health Tool](#)

[Community Commons](#)

The **PLAN4HEALTH** community *envisions* the full integration of **PLANNING** and **PUBLIC HEALTH** where we *live*, *learn*, *work*, and *play*.

Plan4Health Cohort I Coalitions

1 Austin, TX	10 Kane County, IL
2 Bensenville, IL	11 Kenton County, KY
3 Boise, ID	12 Kingston, NY
4 Chatham County, GA	13 Linn County, IA
5 Columbus, IN	14 Metro Boston, MA
6 Columbus, OH	15 Nashua, NH
7 Dane County, WI	16 St. Louis
8 Eastern CT	17 Summit County, OH
9 Indianapolis	18 Trenton, NJ

Plan4Health Cohort I Coalitions

1   *Austin, Texas*: Austin's Plan4Health Pilot program, launched by the city, sought to increase physical activity and improve the local sustainable food system. Through collaborative efforts, the initiative implemented a community-wide program to encourage the use of active transportation (bike, walk, transit) and to increase access to healthy eating through neighborhood engagement and outreach.

2   *Bensenville, Illinois*: The B-Well Bensenville Project has worked to address physical inactivity, with a focus on the needs of low-income and Hispanic residents—the city's most vulnerable populations. Efforts have included short-term solutions like raising awareness about new physical activity opportunities within the community and longer-term policy and environmental changes to increase physical activity levels in the community.

3   *Boise, Idaho*: Boise's Idaho Plan4Health Coalition is committed to improving Vista neighborhood residents' access to healthy food options as well as revitalizing the community. The Idaho Plan4Health Coalition used a mix of data collection approaches to build a truer picture of the neighborhood than might typically be possible. The results of this neighborhood food assessment incorporated data from key informant interviews, a neighborhood survey, demographic analysis, and observations from on the ground within the neighborhood. Using data and resident feedback, a strategic action plan was created to promote healthy lifestyles through healthy eating.

4   *Chatham County, Georgia*: Healthy Savannah, Inc., a coalition of 100 members, has been working to make Chatham County a healthier place to live. The coalition's goals include increasing access to nutritious food, creating distribution and retail implementation plans, and changing policies that are barriers to access to healthy food and active transportation.

5   *Columbus, Indiana*: Columbus is building upon existing health efforts and partnerships. The coalition work is led by Healthy Communities and the City of Columbus-Bartholomew County Planning Department. The initiative has focused on increasing daily physical activity by bridging the gap between policy adoption and implementation as it relates to the built environment. The built environment includes the physical communities where we live and work (e.g., homes, buildings, streets, open spaces, and infrastructure) and has a direct influence on a person's level of physical activity.

6   *Columbus, Ohio*: Increasing opportunities for physical activity in Columbus is the goal of the Columbus Public Health's Chronic Disease Prevention Advisory Board. Throughout this project and beyond, strategies to increase and promote physical activity were implemented. They include increasing the number of elementary and middle schools implementing Safe Routes to School Travel Plan recommendations, increasing the number of employers in Columbus who encourage active commuting, incorporating a health impact assessment into the Connect Columbus multimodal transportation plan, and developing a strategic plan for Central Ohio Greenways that includes recommendations to improve trail access and provide trail based programming for residents.

7 *Dane County, Wisconsin*: The Dane County Capital Region Healthy Communities initiative aims to increase physical activity and access to nutritious food. The coalition has worked to incorporate health into planning to eliminate food deserts and help neighborhoods become more walking and biking friendly. The Active Living Index was developed and helped to measure and map walkability and access to biking and walking at the census block group level. The coalition applied the tool to three target communities in the area to gain a better understanding of their needs and to empower decision makers, planning and public health professionals, and residents. Additionally, the coalition has been working to increase the capacity of local communities in South Madison to provide healthy food to designated food deserts.

8 *Eastern Highlands, Connecticut*: Small and rural planning and zoning commissions often have limited capacity. In response, the Eastern Highlands Health District Community Health Action Response Team coalition developed a toolkit aimed at assisting planning and zoning commissions with understanding how planning can impact long-term public health. This toolkit is designed to support the Eastern Highlands Health District region towns, as well as any other small, rural towns, in their efforts to enhance the quality of life in their communities through the prevention of illness, promotion of wellness, and protection of the human environment.

9 *Indianapolis*: Health by Design, a coalition dedicated to promoting spaces that encourage healthy living, developed and started to implement a strategy aimed at making Indianapolis in Marion County, Indiana, safer and more accessible for pedestrians. To do this, the coalition launched *WalkWays: Moving Indy Forward,* an initiative to make Indianapolis more walkable and to get more people walking. The coalition wants Indianapolis to be safer, more accessible, and inviting for people to walk or roll, for those who use wheelchairs or other mobility devices, so that every resident and visitor can be safe and comfortable in the public rights-of-way. WalkWays created a comprehensive pedestrian program for Marion County and developed a pedestrian master plan that will help promote community walkability and walking.

10 *Kane County, Illinois*: The Kane County Planning Cooperative was created as the central core of the 2040 Plan's implementation strategy and to focus on the Plan's overarching theme, Healthy People, Healthy Living, and Healthy Communities. Through Plan4Health, the cooperative expanded and built partnerships beyond geographic borders to address inactivity and unhealthy diets by integrating health, transportation, and land-use planning efforts. Strategies include advancing leadership, conducting food feasibility studies, implementing the Fit Kids plan, and assisting local governments with walkability studies in specific at-risk neighborhoods.

11 *Kenton County, Kentucky*: The Kenton County Plan-4Health Coalition is working to provide access to nutritious food across the county. The Kenton County PLAN4Health Coalition is currently pursuing four initiatives: (1) a county-wide assessment of food deserts—underserved neighborhoods with little or no access to healthy food due to mobility, availability, affordability, or a combination of the three; (2) a healthy corner store program aimed at providing healthier food options with urban corner stores; (3) a countywide outreach campaign to educate members of the public about healthy food options; and (4) forming a food policy working group in Kenton County to pursue future work related to food access.

12 *Kingston, New York*: [Live Well Kingston](#) is a city-endorsed coalition of organizations, businesses, and individuals that work together to improve the environment, culture, and opportunities for residents to lead healthier lives. The coalition aims to encourage active living in and out of the workplace through expansion of complete streets policies, trails, and other recreation building capacities. Simultaneously, the coalition seeks to improve access to healthy food through the city's newly adopted Eat Well Kingston program.

13 *Linn County, Iowa*: Planning Healthy Iowa Communities, led by the Active Living Coalition and the Food Systems Council will address inactivity and unhealthy diets, especially among low-income Linn County residents. Two objectives will include encouraging physical activity to combat sedentary lifestyles and incorporating food with high nutritional content at food pantries.

14 *Metro Boston*: The Inner Core Community Health Coalition in Massachusetts integrates seven existing municipal coalitions to address unhealthy diets within Boston's Inner Core region by increasing access to healthy food. These existing coalitions are part of a statewide movement to create healthier communities and include members of [Mass in Motion](#) and [Shape Up Somerville](#). These groups focus on creating healthier communities through healthy eating and active living initiatives. Through Plan4Health, the coalition has focused on improving healthy retail by establishing a membership business association for convenience stores known as the [Greater Boston Association of Corner Stores](#).

15 *Nashua, New Hampshire*: The Plan4Health Nashua project is bringing the city to the forefront as a leader in New Hampshire in advancing complete streets at the municipal level. The coalition developed an informational video to help demonstrate that people's ability to make healthy choices is improved when health is integrated into comprehensive planning processes. The goal of the Plan4Health Nashua project is to advance street planning and design that support safer and easier ways to get around for pedestrians and bicyclists. The project is supported by the Greater Nashua Public Health Advisory Council, and was selected as a priority project for implementation in Nashua's 2015 *Community Health Improvement Plan*. Plan4Health Nashua is a collaboration between planning and public health professionals, including the Nashua Regional Planning Commission, the City of Nashua, New Hampshire Public Health Association, and Healthy Eating Active Living.

16 *St. Louis*: The [Healthy Eating Active Living (HEAL) partnership](#) aims to reduce obesity in St. Louis by five percent by 2018. This project presents a vision for safe access to physical activity for pedestrians throughout the city. Engaging the community through pop-up demonstrations, the partnership is addressing walkability and highlighting ways to build better streets with traffic-calming solutions. As part of the Plan4Health St. Louis project, the HEAL partnership is working with local experts to create a variety of tools that can be used in temporary demonstrations for traffic calming. These tools will be used for [pop-up demonstrations](#) in the focus areas of the Ville and Greater Ville, JeffVanderLou, Dutchtown, and Carondelet. The pop-up demonstrations offer possible solutions and provide fun and safe social spaces to St. Louis residents while also encouraging healthy, active living. Visit [Plan4Health: Trailnet](#) to learn more.

17 *Summit County, Ohio*: Summit County believes higher levels of community health are possible through urban design. To achieve this, Plan4Health Summit County will incorporate complete streets policies into existing transportation plans, expand use of garden space throughout the community by placing an emphasis on bringing farm fresh produce to the community, and introduce client choice pantries to the existing pantry system.

18 *Trenton, New Jersey*: The key objective of the Trenton Healthy Communities Initiative was to create a Health and Food Systems Master Plan Element to improve environmental conditions in the city, increase opportunities for city residents to engage in physical activity, and improve residents' access to healthy and affordable food choices.