

Physical Activity and Nutrition

The Grantee will work with key community members, community leaders, and municipal staff to mobilize the community and support the implementation of municipal level strategies leading to increased access to physical activity and/or healthy food.

Applicants are required to convene and maintain a multi-sector “Action Team” of community leaders, professional staff, and engaged citizens. The Action Team agrees to attend a VDH sponsored, two day Healthy Community Design Summit, led by national expert and CDC consultant to Vermont, Mark Fenton (<http://www.markfenton.com/>) to be held in the first quarter of the first grant year. Action Team members should be comprised of at least five community leaders who represent diverse, multi-sector organizations list below. Each person might fill multiple slots (e.g. an elected official who is also a disability advocate).

- Local government staff in planning or economic development (required to be on Action Team)
- Engineering, infrastructure, or public works staff member
- Local elected or appointed official (city/town council, school board, planning board)
- Representative or advocate of the low-SES population or community (required to be on Action Team)
- Representative of housing and/or transit authorities
- The health community (i.e., healthcare or public health representative)
- Disability advocate (strongly recommended)
- Parks and recreation professional
- Representative of the business community
- Representative of local food, community gardens, or farmers market, and
- Influential community advocate or non-profit organization representative

Suggested Action Team member criteria:

When convening your Action Team, consider using the following criteria as guidance regarding who to approach:

- All members should understand and embrace the concept of healthy community design,
- The majority of members (3 out of 5; 7 out of 10) can work on this as part of their job,
- Members have the community reach and impact to pull in all needed partners at the appropriate time.

Implementation Requirements

Applicants must implement:

- **One or more of the Strategies and at least one Activity** under each “Activity A” outlined in the table below. Applicants may change their chosen strategy and/or Activities during the three-year grant period based on evaluation results and community readiness and capacity. Applicants wishing to change their strategy must submit a written request and justification for approval by the State, PRIOR to implementation.
- **All of the Supporting Activities (B, C and D) for each Strategy chosen**, described on page 15 designed to educate and garner community support for, and evaluate the use of, the selected projects. The Supporting Activities (B, C and D) **DO NOT COUNT TOWARDS THE STRATEGY SELECTION REQUIREMENT ABOVE.**

Strategy 1: Implement municipal level mixed use development projects, practices and procedures.

Activity A: Work with Action Team members to implement *at least one* of following:

1. Update development practices (such as zoning ordinance, design review, incentives, etc.) to require or encourage mixed-use development and redevelopment in community centers (housing, shopping, schools, civic services, etc.) that will support physical activity and/or access to healthy food.
2. Update development practices (such as zoning ordinance, subdivision guidelines, etc.) to require new or re-development in residential areas that will support physical activity and/or access to healthy food, such as location of corner markets and shops, incentives for urban agriculture, and comprehensive inclusion of pedestrian and bicycle facilities.

Strategy 2: Implement municipal level bicycle/pedestrian/active transportation projects, practices and procedures.

Activity A: Work with Action Team members to implement *at least one* of following:

1. Adopt a plan to create and maintain a network of bicycle and pedestrian facilities (sidewalks, bike lanes, trails, greenways, shared use paths) that connect important destinations (housing, schools, retailers, healthcare, recreation, employment, food).
2. Adopt a plan to ensure municipality has an established and transparent process of implementing the state's Complete Streets policy.
3. Enhance or improve bicycle facilities (install bike racks, bike lanes/shoulders; improve bike lane signage and safety).
4. Enhance or improve pedestrian facilities (lighting, sidewalk or pedestrian crossings, sidewalk connectivity, trail improvements).

Strategy 3: Implement municipal level parks, recreation, open space projects, practices and procedures.

Activity A: Work with Action Team members to implement *at least one* of following:

1. Adopt a plan to support and protect safe and attractive recreational facilities such as parks, playgrounds, open space, trails, for all ages and abilities; that are accessible to all residents, including those without use of an automobile.
2. Develop a connectivity plan for a transportation (not just recreation) oriented trail system.
3. Enhance or improve parks, recreation, open space (improve safety, upgrade or install new equipment, improve or install signage).

Strategy 4: Implement municipal level access to healthy food, practices and procedures.

Activity A: Work with Action Team members to implement *at least one* of following, establish:

1. A local or regional food policy council.
2. Procedures and practices to require healthy food is offered at all municipal venues and events.

3. Community farmers market(s) in underserved areas; ensure market is accessible to low-SES residents and accepts EBT.
4. Community garden(s) accessible to low-SES residents.
5. Local Farm to Plate efforts, particularly regarding produce.

Supporting Activities

In addition to the selection of at least one Strategy and one “Activity A” per selected Strategy above, **all applicants must implement all of the following supporting activities for each Strategy and Activity selected:**

Activity B: Educate and mobilize the community regarding the benefits of the selected project(s) through community forums, educational sessions, earned, and/or social media. This can include engaging community members in opportunities to actively participate in the changes such as getting community members to bicycle on the new trail, drive safely through an improved intersection or roadway, work in the community garden.

Activity C: Evaluate and report (using formats provide by or approved by the State) community perception and the use of, new or improved facilities.

Activity D: Participate in trainings and statewide communication campaign(s), if developed.

Note: Favorable consideration will be given to those who implement a plan and can provide a demonstration of the plan or practice being in place by the end of year one. This refers to: Strategy 1, Activities 1 and 2; Strategy 2, Activities 1 and 2; Strategy 3, Activities 1 and 2, Strategy 4, Activities 1 and 2. For example Strategy 2, Activity 2, a transparent Complete Streets plan for the town is adopted and the town applies the recommendations in the plan to a road project, creating a new, “complete street”, as a result.