



Southwest  
Renewal



# Health Impact Assessment Workshop



# Thank you!

- Many partners and stakeholders have created this opportunity to identify more specific health impacts of the Southwest High Point Greenway.



**“Americans need to walk regularly to combat heart disease and diabetes, while at the same time recognizing that the way neighborhoods are designed often are unsafe or aren’t conducive to walking.”**

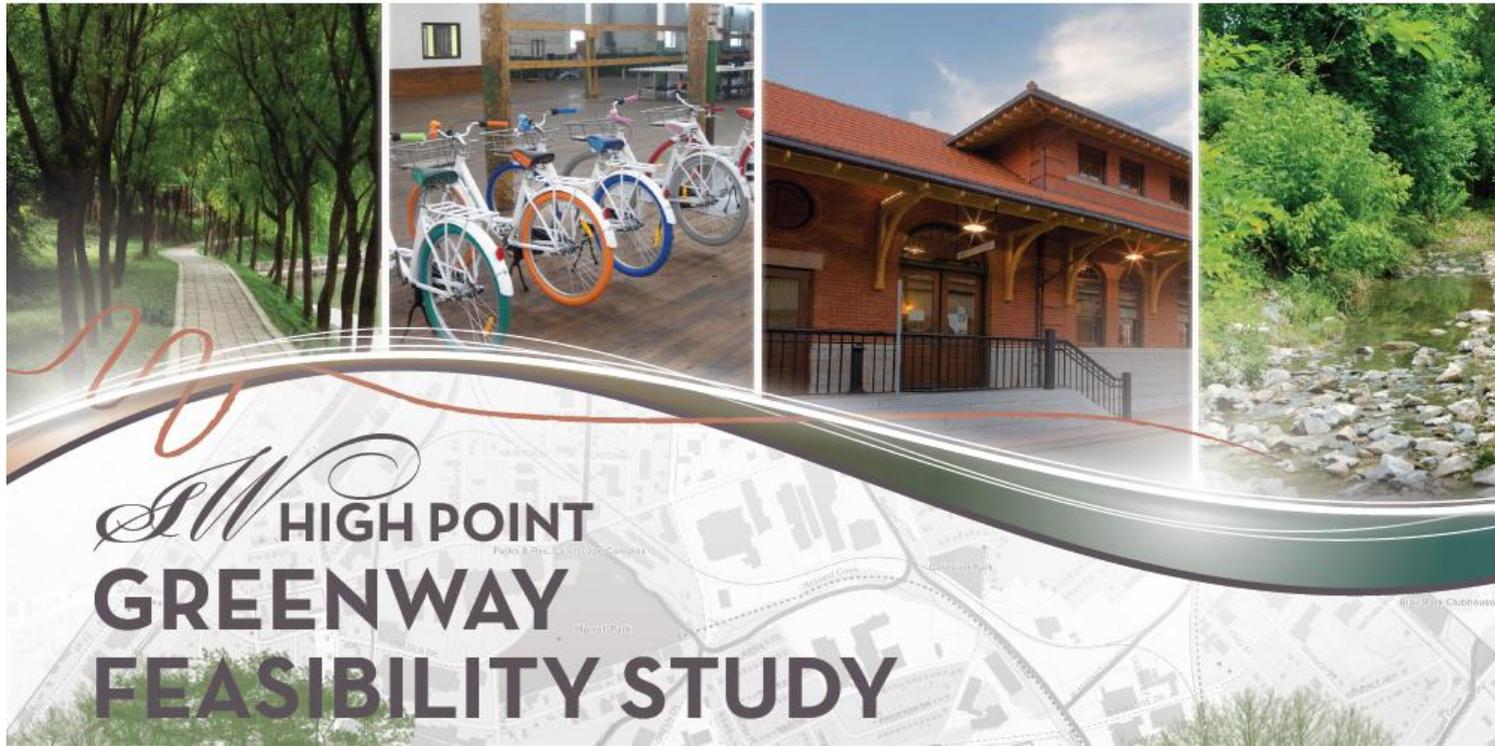
***- The Surgeon General***



# STEP IT UP!

Surgeon General's Call to Action to  
Promote Walking and Walkable Communities





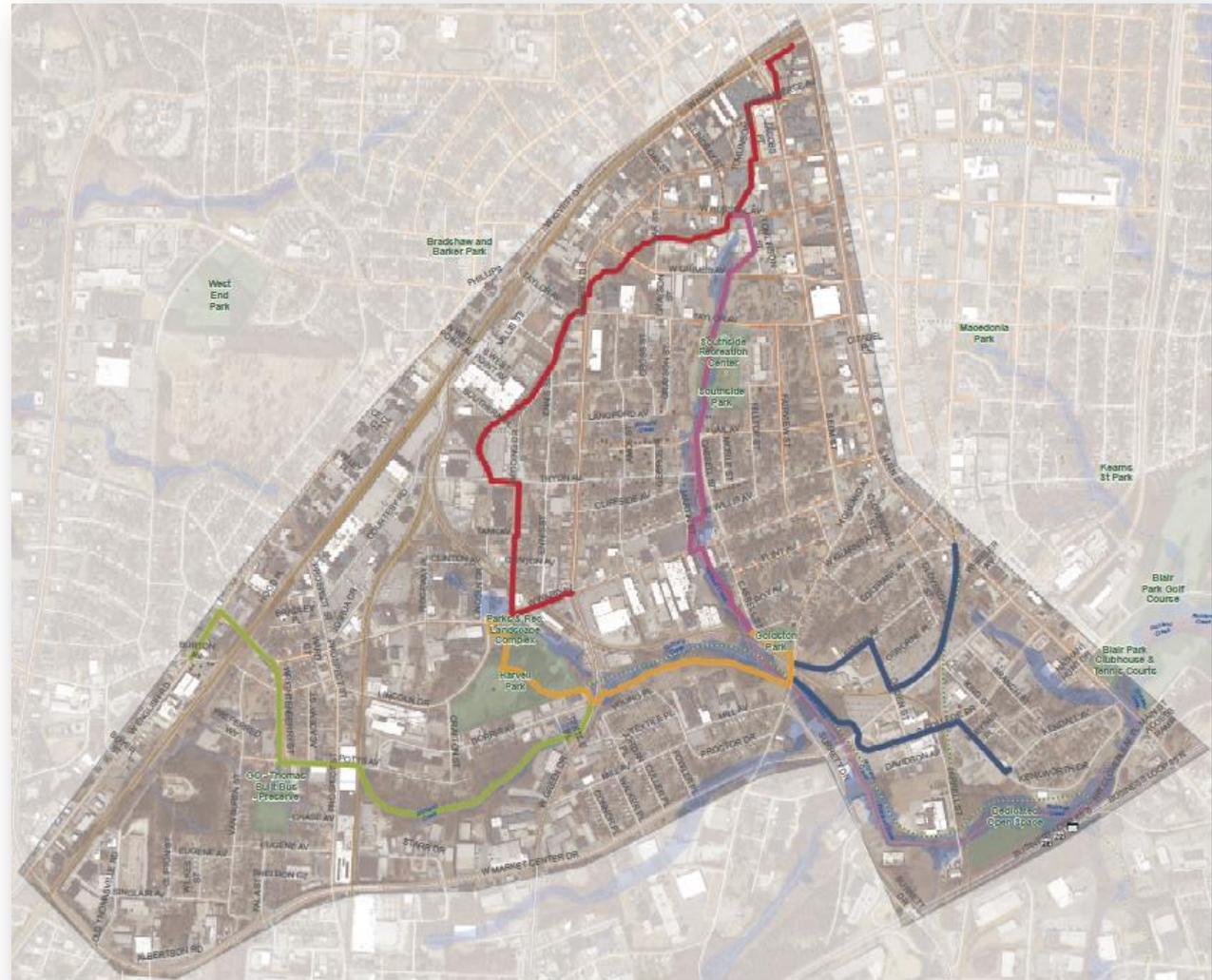
**“The Southwest High Point Greenway is an invaluable community asset that preserves and enhances green space, promotes economic development and revitalization, provides opportunities for better health and quality of life, offers safe places to walk and bike for transportation and recreation, brands the Southwest’s rich natural and cultural heritage, and links neighborhoods and key destinations.”**



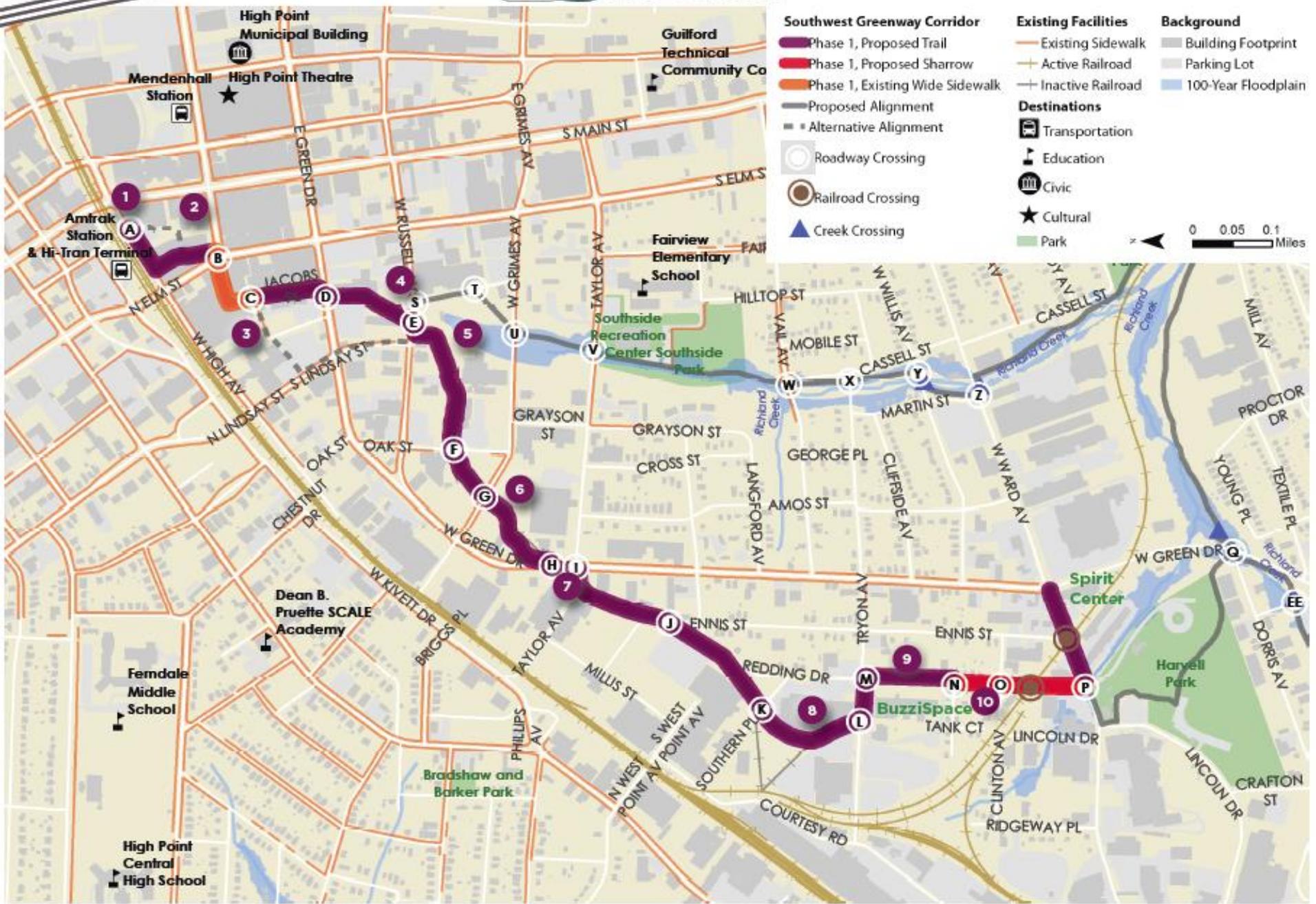
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# What is the SW High Point Greenway?

- 6.5 miles, including spurs & splits
- 5 possible phases
- Need for wayfinding & other linkages



# PHASE ONE MAP

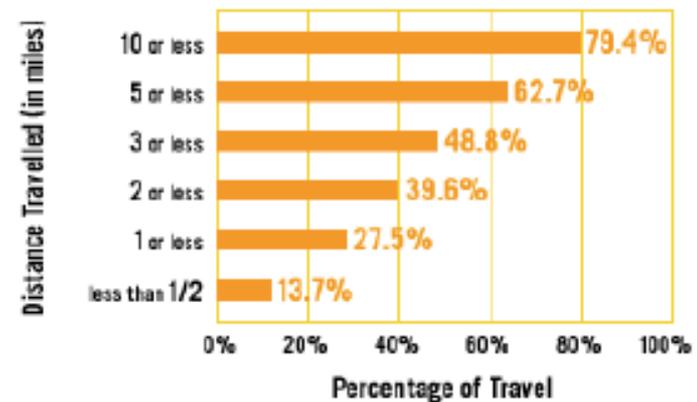


# Greenway Feasibility Study

- A vision for a connected greenway in the Southwest.
- Provide Opportunities for Better Health and Quality of Life
  - “Improve the walkability of the Southwest to opportunities to exercise, socialize, recreate and enjoy the outdoors.”

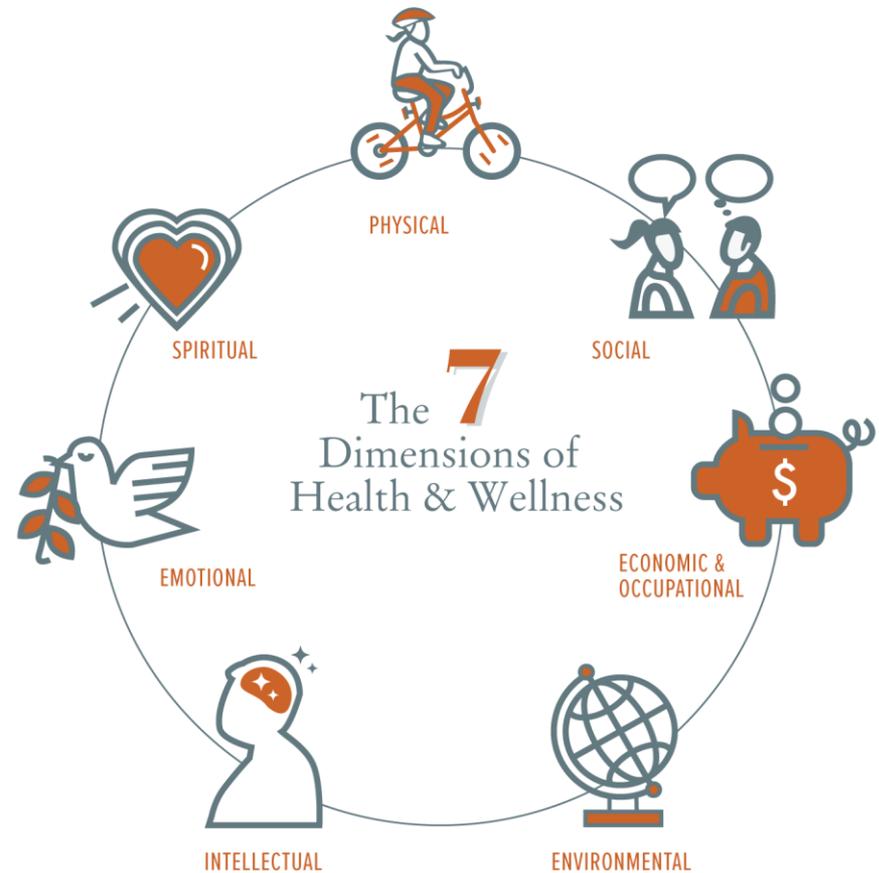


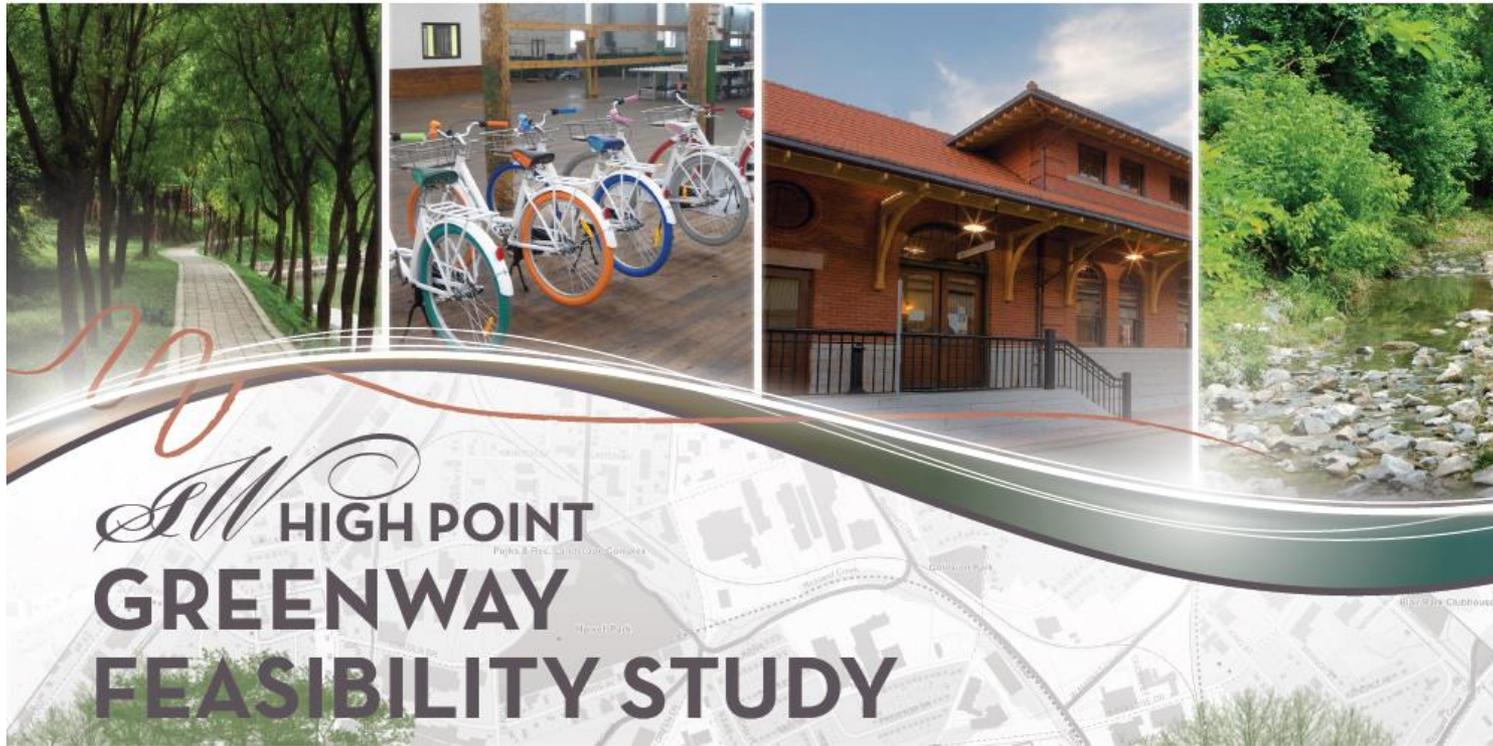
Daily Trip Distances



# Why a Health Impact Assessment?

- Dive deeper into the goals for improved health.
- Position stakeholders for funding opportunities
- Identify other elements that optimize the health benefits of the greenway.
- Engage new people in the conversation about the greenway.
- Recognize that the greenways improves more than physical health.





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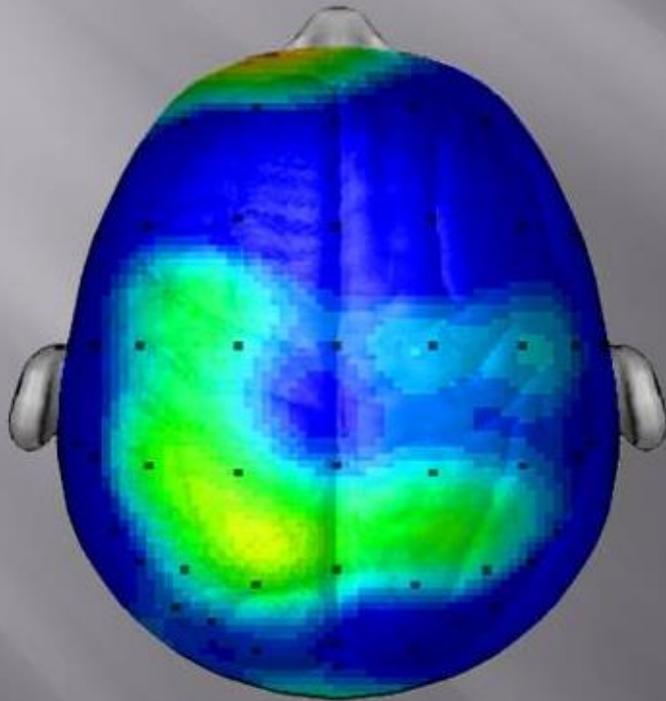
## What **Makes** Us Healthy



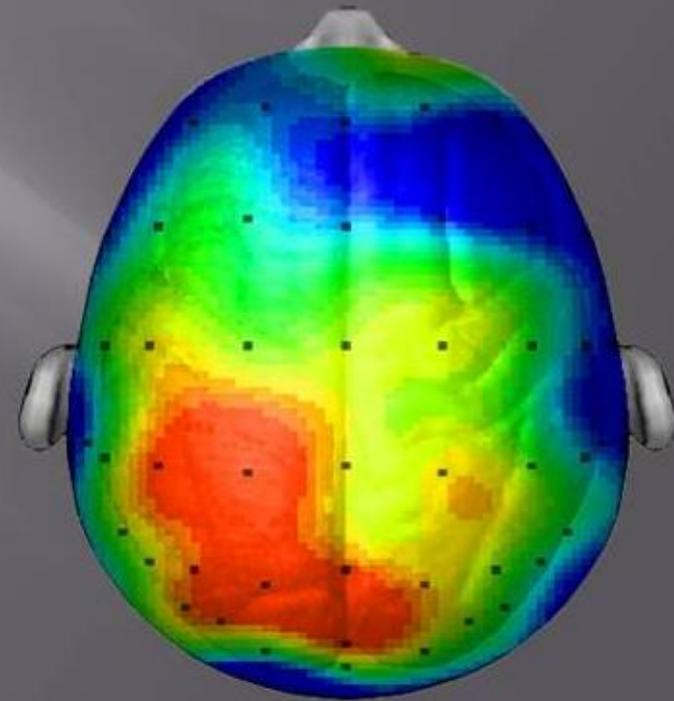
## What We **Spend** On Being Healthy



BRAIN AFTER SITTING  
QUIETLY



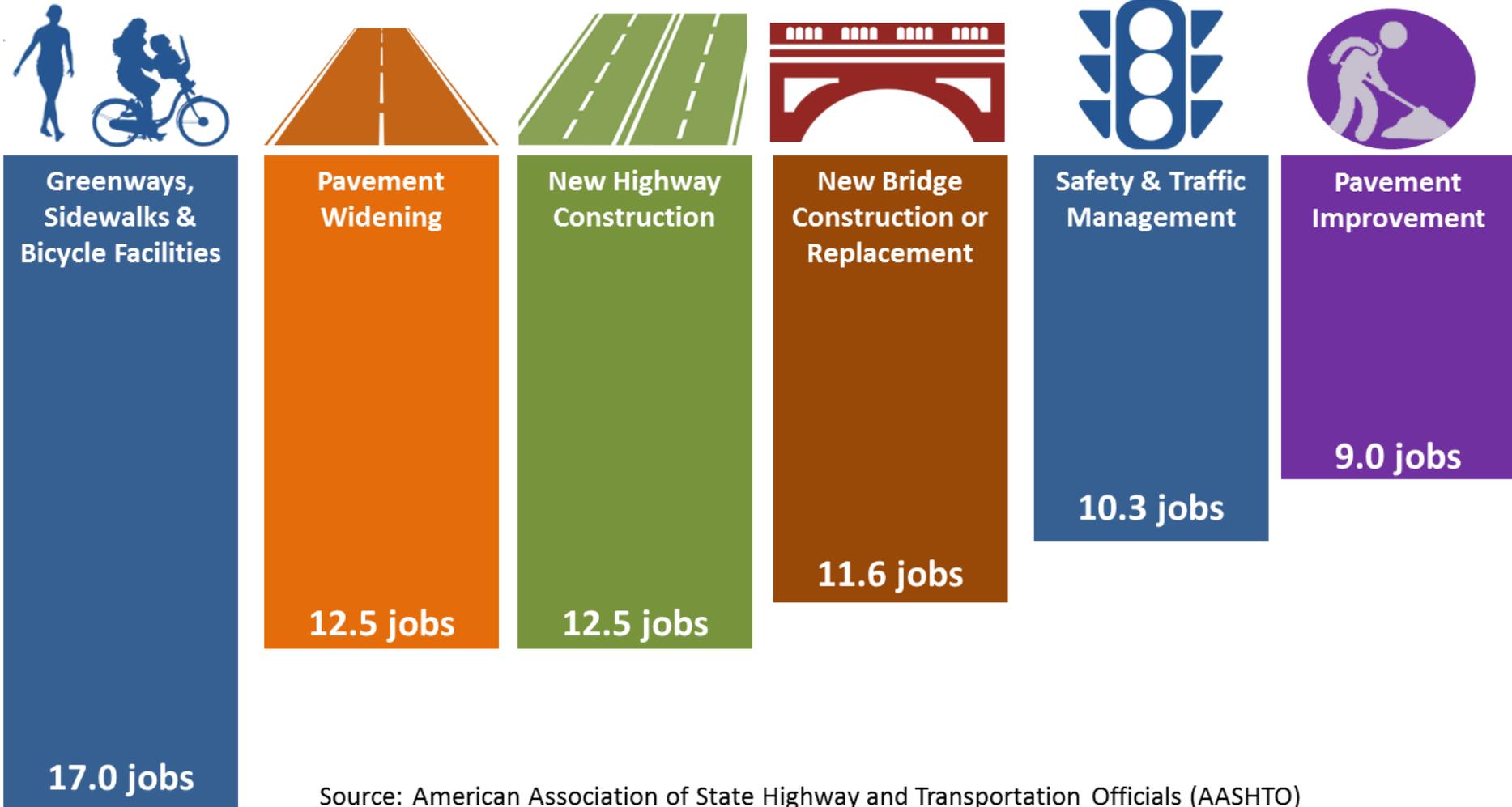
BRAIN AFTER 20 MINUTE  
WALK



Research/scan compliments of Dr. Chuck Hillman University of Illinois

# Job Creation: Making a Case for Healthy Transportation Investments

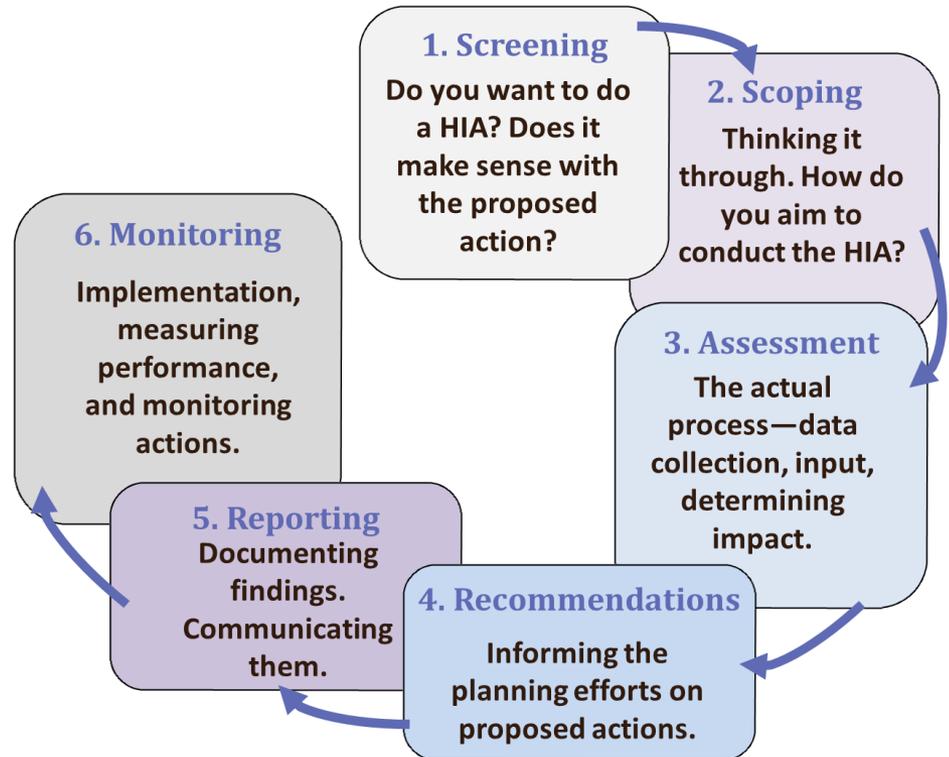
Jobs Created Per Million Dollars Spent



Source: American Association of State Highway and Transportation Officials (AASHTO)  
Average Direct Jobs by Project Type (2012); Job in terms of full-time equivalents (FTE)

# What is Health Impact Assessment?

- An evaluation process to examine the potential health impacts of a proposed action (or set of actions) related to a project, program, plan or policy.
- An HIA attempts to define the potential impacts of that action across a population (e.g. a city, town, county, region, state or country).



# A Focus Question

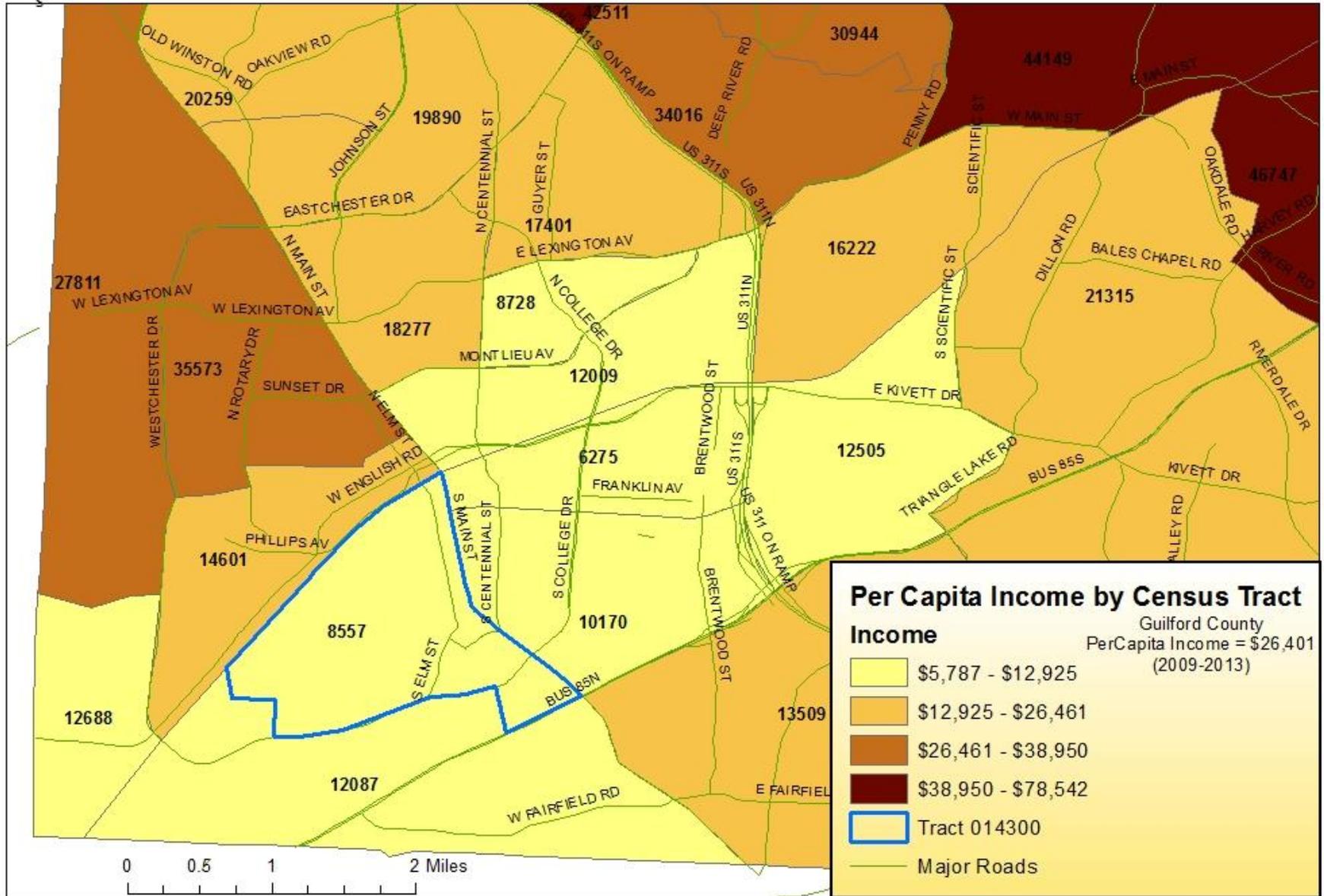
- Using ONE WORD, please write a response on the note card to these questions regarding High Point area residents:
  1. What do you feel is the most significant health issue?
  2. What has the greatest potential to improve public health in the Southwest area?
  3. What is the most significant barrier to greenway use in the Southwest area?

# What's happening in the Southwest?

- 3 public parks
- Southside Rec Center
- \$200,000 to build new sidewalks
- W. Green Drive road diet
- City-wide pedestrian plan
- Southwest Children's Bicycle Initiative
- Urban orchard next to Oak Hill Elementary School
- New transit connections



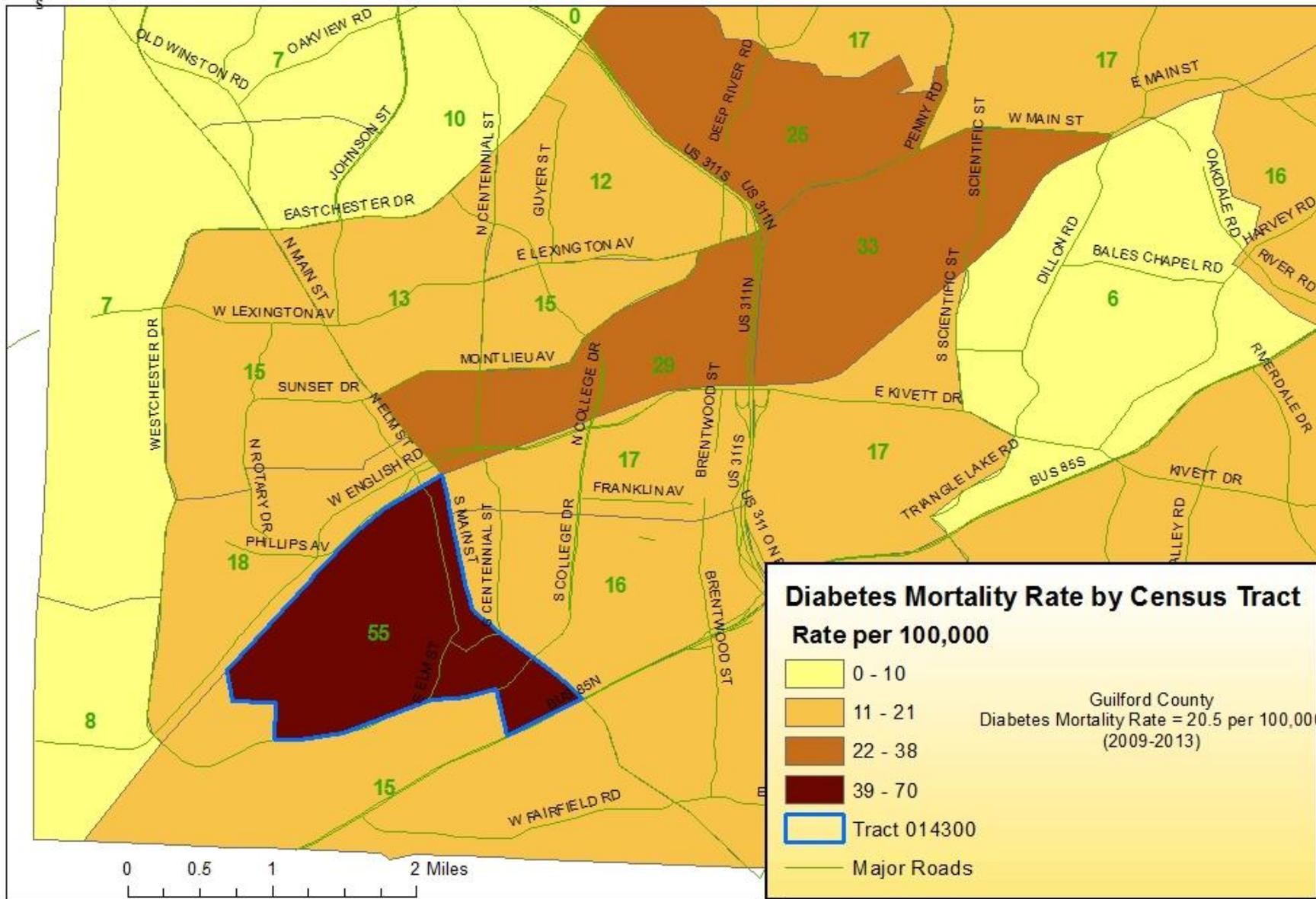
# Per Capita Income, by Census Tract High Point, NC, 2009-2013



Source: American Community Survey, 2009-2013, Map prepared by the Guilford County Department of Health and Human Services

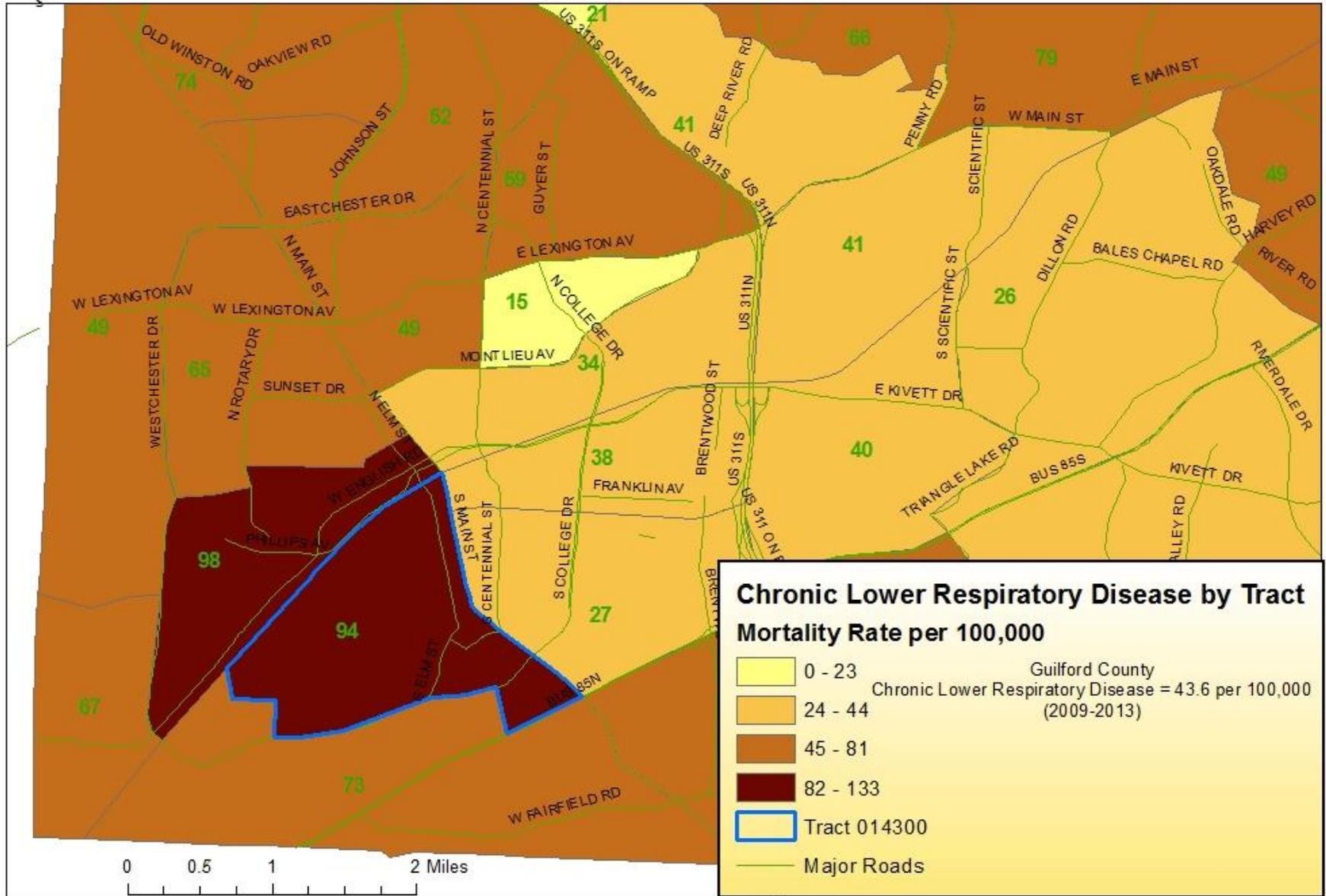


# Diabetes Mortality Rate, by Census Tract High Point, NC, 2009-2013



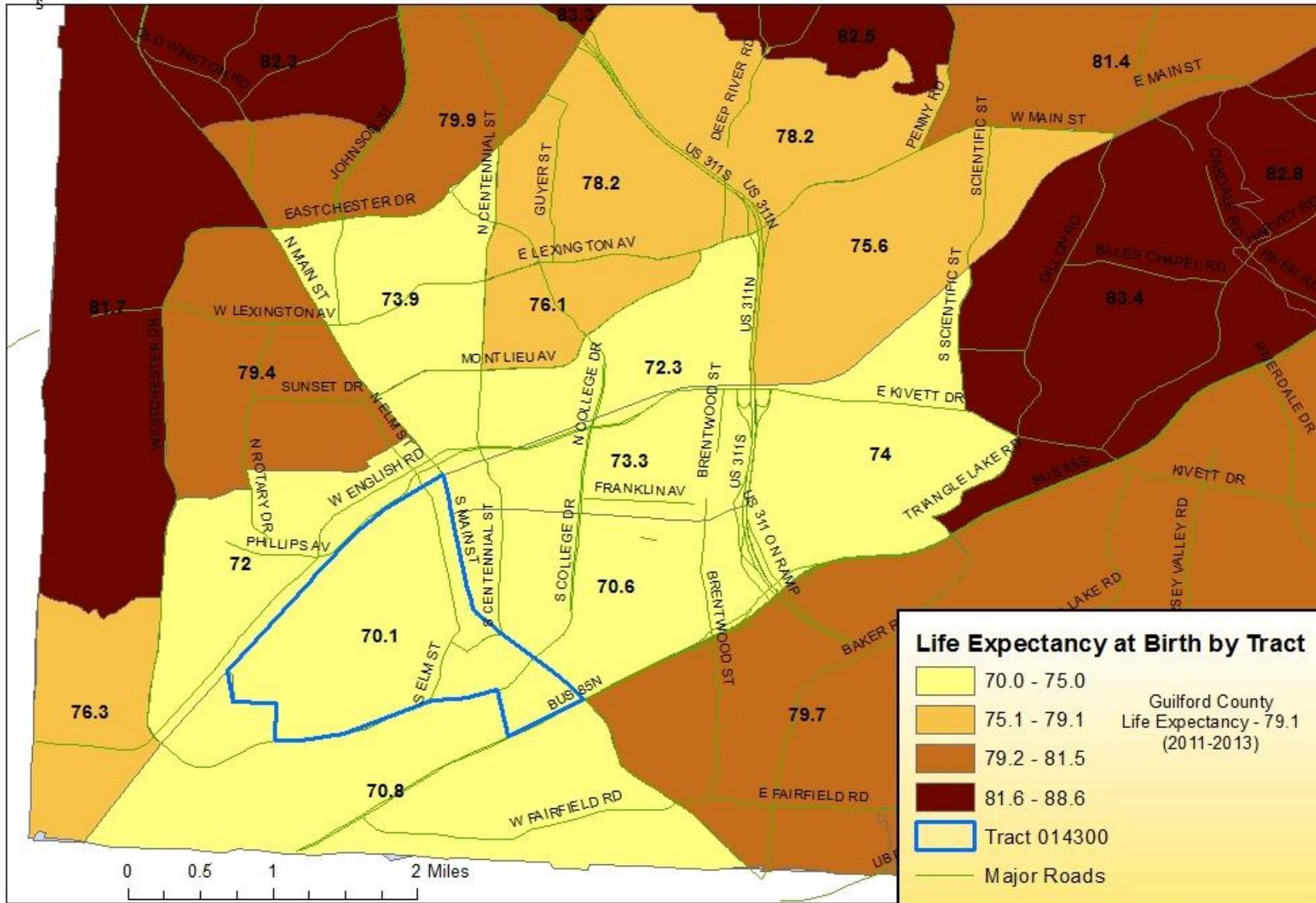
Source: NC State Center for Health Statistics, Map prepared by the Guilford County Department of Health and Human Services

# Chronic Lower Respiratory Disease Mortality Rate, by Census Tract High Point, NC, 2009-2013



Source: NC State Center for Health Statistics, Map prepared by the Guilford County Department of Health and Human Services

# Life Expectancy at Birth, by Census Tract High Point, NC, 2009-2013



Source: NC State Center for Health Statistics, Map prepared by the Guilford County Department of Health and Human Services

# Community Health Assessment

- **Community-wide campaigns to increase physical activity.**
  - More low cost/free community-based fitness & recreation programs
  - More parks & greenways as safe places to exercise
  - Seniors, immigrants & refugees, low income, minority communities
- **Initiatives to increase access to healthy food**
  - Community gardens
- **Physician access and utilization**
  - Get physicians in preventive care to prescribe exercise



# Optimizing Health Impacts of the Greenway

Your Task: Identify existing resources and potential opportunities as it relates to your group's theme.

## 1. Healthy Food Access



## 2. Housing



## 3. Healthcare & Commercial Uses



## 4. Community & Public Spaces





# Optimizing Health Impacts of the Greenway

- Think about the 7 Dimensions of Health & Wellness
- Which places should be a top priority for aligning goals with the greenway?
  - Discuss them and determine which dimension(s) of health the location best represents
  - Identify your top 5 destinations to link via the greenway that have the greatest potential to improve health for the area and the city.

# Reporting

- Tell us your priorities



# Getting to Health Impacts

- Your strategies and places:
  - How do we alter systems and the built environment to get what you prioritized?
  - How does that lead to changes in behavior?
  - What are the long-term health impacts?



# LOGIC FRAMEWORK

## Possible Strategies

- Regional Network offers educational opportunities to small and large producers.
- Regional Network tackles compliance issues and regulatory barriers to production, value-added processes, and distribution.
- Regional Network develops and markets a buy local campaign.
- Increase community development opportunities based on agricultural growth.

- Make local farming a viable economic opportunity.
- Provide incentives to low-income populations to buy locally grown food.
- Provide support to low-income populations for growing local foods.
- Make buying local foods more convenient to low-income populations.

- Provide food to children during summer months or out-of-school hours.
- Increase gleaned opportunities and the amount of food in food pantries.

## Resulting Changes to Systems or Built Environment

- Increased knowledge of how to grow things, manage a farm, care for livestock, build hoop houses/ beds, etc.
- Context sensitive structures are built in the appropriate locations
- More acres in production- greater number of and larger farms/ gardens/ hoop houses etc.
- More acres protected- fewer farms lost to development
- Fewer barriers to institutional purchasing
- Agri-tourism opportunities and facilities built
- Increased community awareness and appreciation of the benefits to growing and buying local
- New private/supporting businesses developed

- More farmers stay in farming/new farmers start- more farms
- Farmer markets and other places selling local food are set up to accept vouchers/ EBT/ SNAP
- Increase in the number of community gardens, households doing container gardening, hoop houses
- More produce trucks/ CSAs/food delivery
- Transit routes changed or better advertised for their access to healthy/ local foods
- More produce stands in high foot traffic areas/ workplaces
- Corner/ convenient stores equipped with facilities (cold storage) and produce needed to offer healthy, local options

- Programs are in place for providing hungry children food
- Farms are gleaned and area churches have food to distribute
- Food pantries are stocked

## Behavioral Changes

- Children eat healthier and adequate amounts of food
- Adults eat healthier
- Adults get physical activity farming, gardening, or gleaned
- Less likely to abuse drugs if employed in legal activities
- Less likely to abuse others if not stressed
- Greater number of jobs
- More income/ greater number of sales
- Greater financial security/ less risk
- Expansion of farms or facilities
- More efficient production and distribution
- Greater interaction between farmers, customers, businesses, agencies, volunteers, food distributors, gleaners, instructors, etc.
- Opportunities to contribute to society/ give back
- Social cohesiveness as low-income populations more likely to shop in farmer's markets/ grocery stores
- Greater sense of place
- Less stressed over financial concerns or access to food
- Higher self-esteem or self-efficiency as grow own food or help others
- Stigma of being poor or needing assistance
- Learn better if not hungry
- Learn more about where food is coming from and how produced/ prepared
- More sustainable agricultural practices
- Less air pollution as rely more on locally produced food
- Concerns about water quality with greater production
- Increase of faith-based organizations participation and biblical tenants of gleaned and helping others
- Heritage and spiritual connection to working the land

## Long-Term Health Impacts

- Reduced levels of obesity and associated health risks
- Type 2 Diabetes
- Heart Disease
- Stroke
- Sleep Apnea/ Fatigue

- Increased levels of physical activity and associated health benefits
- Weight Management
- Reduced risk of Type 2 Diabetes
- Reduced risk of Heart Disease
- Reduced risk of Stroke
- Reduced risk of Some Cancers
- Strengthened bone and muscles
- Greater flexibility/ fewer falls
- Longer life expectancy
- Stress Reduction

- Improved nutrition and associated health benefits
- Weight Management
- Reduced risk of Type 2 Diabetes
- Reduced risk of Heart Disease
- Reduced risk of Stroke
- Reduced risk of Some Cancers
- Healthy childhood development
- Strengthened bone and muscles

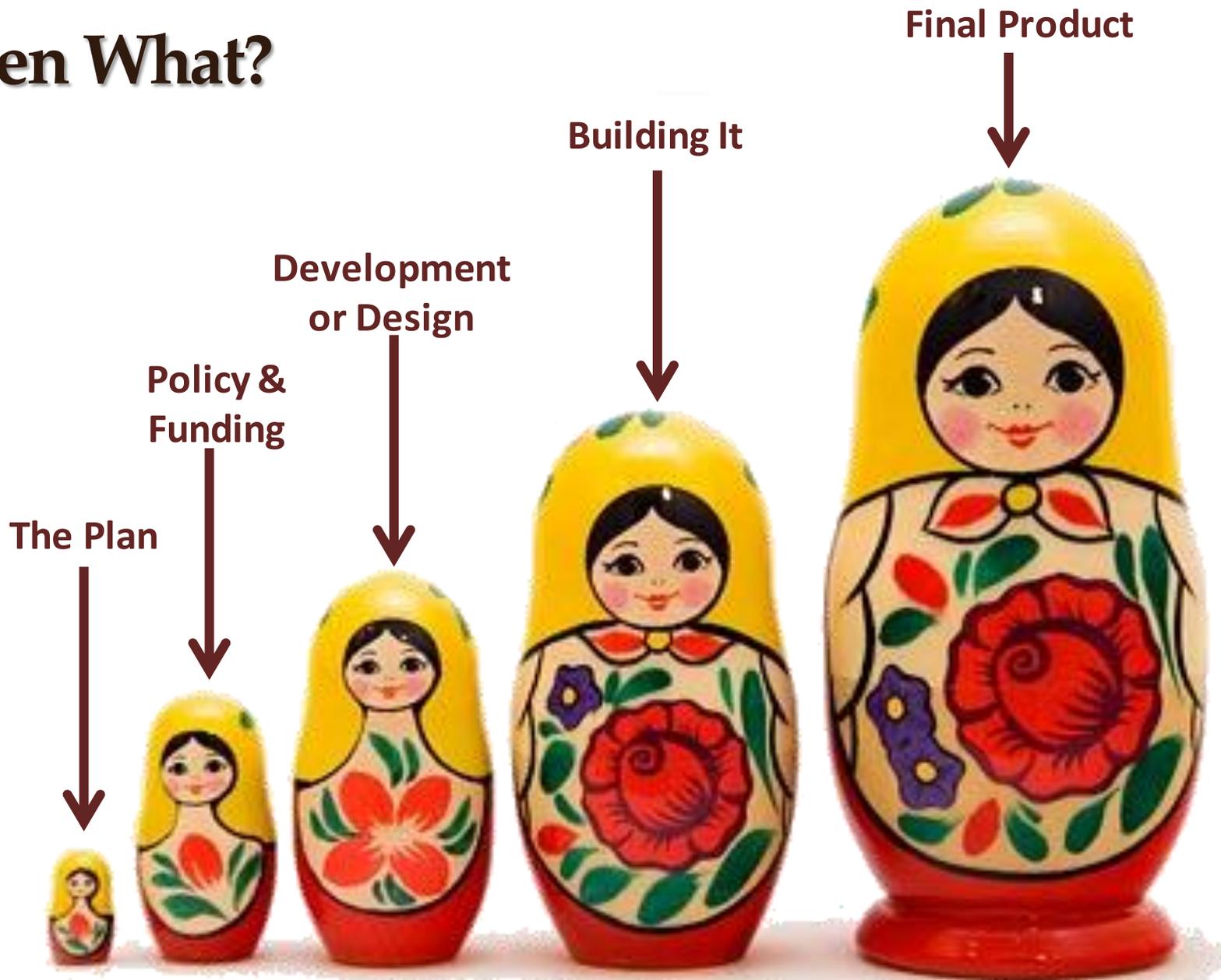
- Mental Health Benefits
- Less Stress/ Depression
- Sense of Belonging
- Sense of Support/ Security
- Fewer Suicides
- Higher Self-Esteem
- Less Stigmatism
- Less substance abuse

Food Systems

Food Systems & Food Security

Food Security

# Then What?





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Renewal



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