



Healthy Communities Toolkit

A SELF-PACED WORKSHOP TO INTRODUCE THE CONNECTIONS AND RESOURCES MAY/JUNE 2021

OVERVIEW and expected outcomes

- **Week 1:** Taking stock // introduction to policy and environmental change, the audit tool & reflection on current status/recent changes in your town
- Week 2: Overview of toolkit resources // Understanding what is included in the toolkit and how it applies to rural communities like ours
- Week 3: What's Brewing & What's Stewing // Identify what is working well, what's on the agenda and what needs to be on the agenda
- **Week 4: Taking Steps Forward // Using the toolkit to support change**

BACKGROUND

- The Healthy Communities Toolkit is a resource funded by a grant through Plan4Health.
- Plan4Health is an initiative that connects communities across the country, funding work at the intersection of planning and public health. Anchored by the American Planning Association (APA) and the American Public Health Association (APHA), Plan4Health supports creative partnerships to build sustainable, cross-sector coalitions.
- Launched in 2010, the Eastern Highlands Health District (EHHD) Community Health Action Response Team (CHART) focuses on policy and environmental change to support healthy eating and active living among the 10 towns served by the EHHD. Strategies for the Plan4Health project include assessing zoning policies and codes that impact opportunities for active transportation and developing a rural community toolkit.

POLICY AND ENVIRONMENTAL CHANGE

REVIEW // TO LEARN MORE, SEE WORKSHOP WEEK 1 SLIDES

- Much of the work the EHHD facilitates in the community focuses on **sustainable change**: working to support updates to policy and the environment where people have choices (or make choices) that impact their health.
- Policy and environmental change in a community (or worksite or household) takes place in incremental steps that start with noticing that there is a situation that can be addressed (changed).
- While the primary focus of this toolkit workshop is to look at the larger community – many aspects can be applied to worksites and households.

Policy	Environment
Policy evaluation, adjustment &/or termination	All elements in place and well developed
Policy implementation	Most elements are in place &/or well developed
Policy formulation	Some elements are in place &/or well developed
Problem identified/ gaining agenda status	Few elements in place and/or well developed
Not identified as a problem	Elements not in place

POLICY AND ENVIRONMENTAL CHANGE

how the toolkit can help:

<p>How the Healthy Communities Toolkit can help -->></p>	<ul style="list-style-type: none"> • Review Land Use Guide Page & resources • Explore model policy 	<ul style="list-style-type: none"> • Utilize model policy and resources for Healthy Eating and Active Living • Tap into Funding and Partnerships to gain momentum 			<p>Identify new goals through annual</p> <ul style="list-style-type: none"> • Quick Audits • CHANGE Tool
<p>POLICY >></p>	<p>Not identified as a problem that needs to be addressed</p>	<p>Problem identified/gaining agenda status or policy drafted (in process)</p>	<p>Policy formulation & adoption</p>	<p>Policy implementation but not reviewed yet</p>	<p>Policy evaluation & adjustment Or modifications</p>
<p>ENVIRONMENT >></p>	<p>Elements not in place that allow for this practice</p>	<p>Few elements in place &/or well developed; some elements are there, but not in a truly useful way</p>	<p>Some elements in place &/or well developed, but can be enhanced with additional elements</p>	<p>Most elements in place &/or well developed, but there is room for improvements</p>	<p>All elements in place and well developed</p>

POLICY AND ENVIRONMENTAL CHANGE

Last week we ended with a short list of

- Items you would want on an agenda for the PZC to consider
- Items that other town committees/commissions could address (Parks or Recreation commission)
- Action steps you can take to advance HEAL in your town

Moving forward

Consider your list, and the

- STRENGTHS :: WEAKNESSES :: CHALLENGES :: OPPORTUNITIES in your town that you identified last week
- If you still need to explore resources, use the toolkit links on the following pages to find justification, sample policy, conceptual ideas of how this even works in a small rural Connecticut town

Toolkit: Healthy Eating

Gardens or farm plots of all sizes and shapes can create a local supply of healthy foods. These include local farms, community gardens, backyard gardens, and neighborhood plots dedicated to growing food or keeping farm animals.

Tools to encourage these agricultural resources include:

- Incentivize Agriculture Large & Small
- Adopt Farm Preservation and Farm Stand Programs
- Support Farmer's Markets & Food Trucks
- Support Community Agriculture
- Foster Healthy Grocery Stores
- Support Rural Transportation Programs

[CLICK HERE FOR THE
HEALTHY COMMUNITIES
TOOLKIT PAGE ON
HEALTHY EATING TO
REVIEW RESOURCES
ASSOCIATED WITH THESE
TOPICS](#)

Toolkit: Active Living

Towns have multiple opportunities to encourage and facilitate physical activity in the community from bike lanes and sidewalks to parks, trails and playgrounds (and everything in between). Even towns in our Quiet Corner of the state have opportunities to implement policies and changes to the built environment such as:

- Develop Trails
- Leverage DOT Tools & Resources
- Make Trail Connections
- Engage in Placemaking, Wayfinding, and invest in Playability

[CLICK HERE FOR THE HEALTHY COMMUNITIES TOOLKIT PAGE ON PHYSICAL ACTIVITY TO REVIEW RESOURCES ASSOCIATED WITH THESE TOPICS](#)

Funding

Often local initiatives stall from the need for funding or strategic partners. The Toolkit helps bridge these gaps through links for:

- Transportation project funding
- Funding to support agriculture
- Open space and greenways funding
- Private Non-Profit opportunities

[CLICK HERE FOR THE HEALTHY COMMUNITIES TOOLKIT PAGE ON FUNDING AND PARTNERSHIPS TO REVIEW RESOURCES ASSOCIATED WITH THESE TOPICS](#)

Next Steps...

We would like to convene meetings (virtual to begin with) to coordinate some action steps and help our local towns take their next steps forward. We invite you to do two things if you are still interested in continuing the conversation and getting support for your Healthy Communities initiatives

1. Email your wish list, strengths & opportunity analysis or anything you would like to share to get the conversation moving in your town to our Healthy Communities CHART: [Click HERE](#) You can drop your comments or lists in the body of the email, attach documents, or take a picture of your handwritten notes to send along.
2. Click [HERE](#) to submit an email to express interest in joining quarterly CHART meetings convened by the EHHD to allow for group discussion, input and support for your Healthy Communities initiatives. Let us know if **daytime** or **evening** meetings are best for you.

THANK YOU!

Thank you for participating in this mini-workshop to introduce the Healthy Communities Toolkit to more members of our community. This is a dynamic site, so come back to find new and updated information.

If you have suggestions for additional links and resources to be included in the toolkit, please send them our way!

We look forward to working with you and our member towns as we work together to

Build a Healthy Eastern CT!

Questions or comments? Feel free to email Ande or Cecile at blooma@ehhd.org

P.S. CAN YOU HELP WITH OUR 10 YEAR EVALUATION?

- This survey tool mirrors the questions and rating system that was used in 2009 through 2011 in the Eastern Highlands Health District, and we are collecting responses this summer for a 10 year progress update.
- This tool was developed by the CDC, and implemented across the nation by towns and cities, large and small. We are very aware that some of the questions don't 'fit' the Quiet Corner exactly. We also know that the needs and infrastructure of Mansfield, Coventry and Tolland are different from Scotland, Ashford and Chaplin.
- To the best of your awareness, and thinking of the questions in ways that do apply to your town, please rate each statement. The statements are categorized by Active Living/Physical Activity and Healthy Eating/Nutrition. Further, the evaluation for each section is based on POLICY and ENVIRONMENT. The differentiation between the two rating options (Policy and Environment) is because sometimes there are policies on the books that are not implemented or need to be addressed in a physical sense and other times there are environmental assets in place but perhaps no policy on the books - sometimes the two aspects of a particular statement are rated very differently.

CLICK HERE: [2021 CHANGE Tool](#)