



INCREASING HEALTHY FOOD ACCESS THROUGH PLANNING

Kara Martin, Urban Food Link

April 21, 2011

Food Insecurity

© Cartoonbank.com



Food Landscape



Research shows...



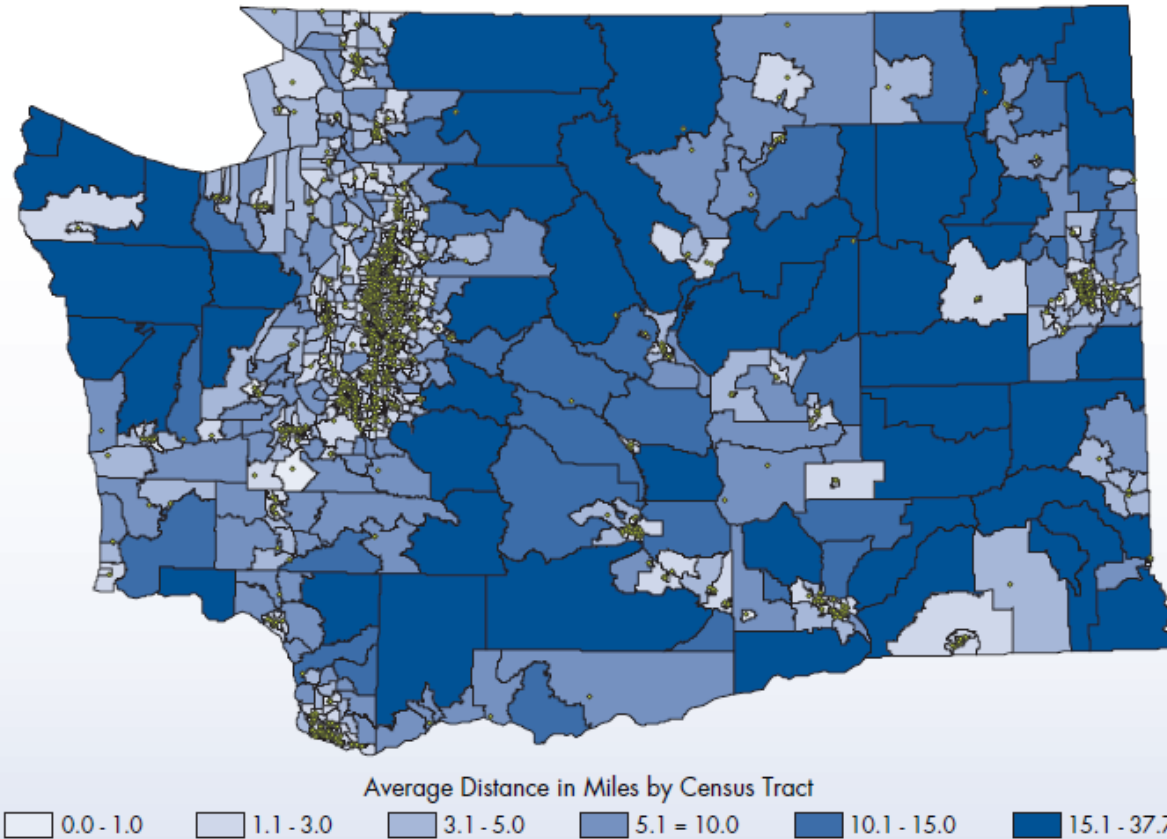
- Closer proximity to supermarkets = better diet
- Limited access to fast food = better diet
- Presence of convenience stores = higher obesity rates

Land Use Food Access Issues



Rural Food Access Issues

Figure 2. Average Distance to Full-Service Grocery Stores



Source: Washington State Budget and Policy Center, *Increasing Access to Healthy Food*, (2009).

Planner's Role

- Organize- community, government
- General planning tools- comp plan, zoning controls, design guidelines, development reviews, etc.
- Governance change- food policy councils (city, county and regional levels) and IDTs
- Research- food system assessments
- Economic development- gap analysis and investment

Food System Assessment

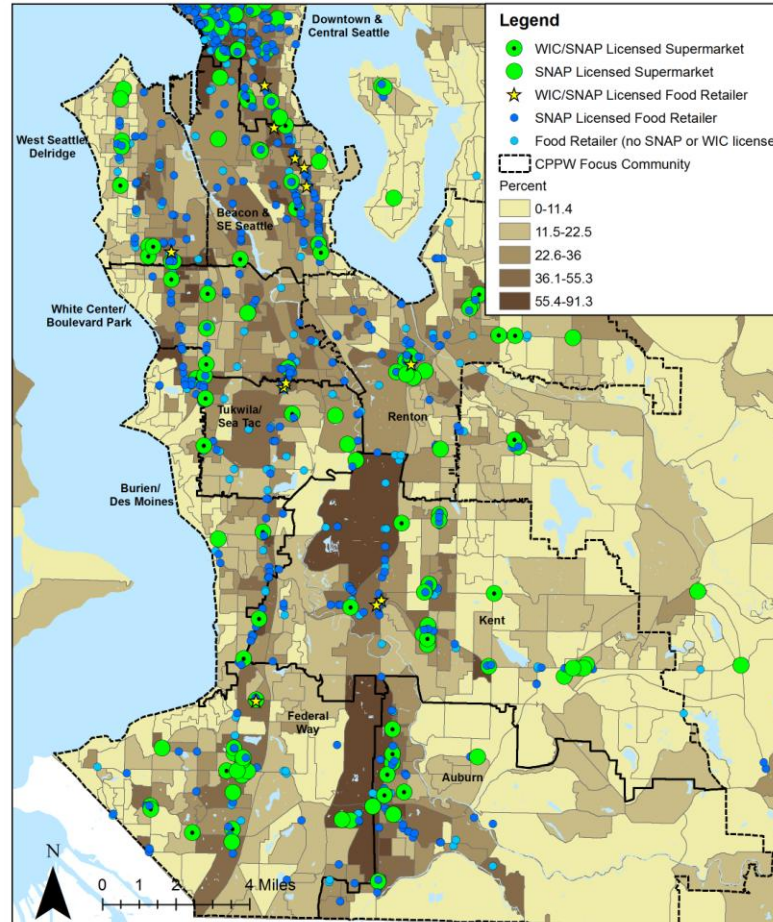
- ✓ Community Profile
 - Socio-economic conditions
 - Health conditions
- ✓ Food Economy
 - Production
 - Processing
 - Distribution
- ✓ Food Resources
 - Retail
 - Charitable
 - Local agricultural markets
 - Gardening
- ✓ Transportation
 - Modes
 - Condition
- ✓ Food Waste, Recycling, Composting
- ✓ Social Capital (i.e. community programming and education)



Source: Professor Branden Born, Dept. of Urban Design and Planning, University of Washington

Mapping Analysis

Percent of Persons Living Below 200% of the Federal Poverty Level by Block Group and Food Retailers in King County, Washington's CPPW Focus Communities

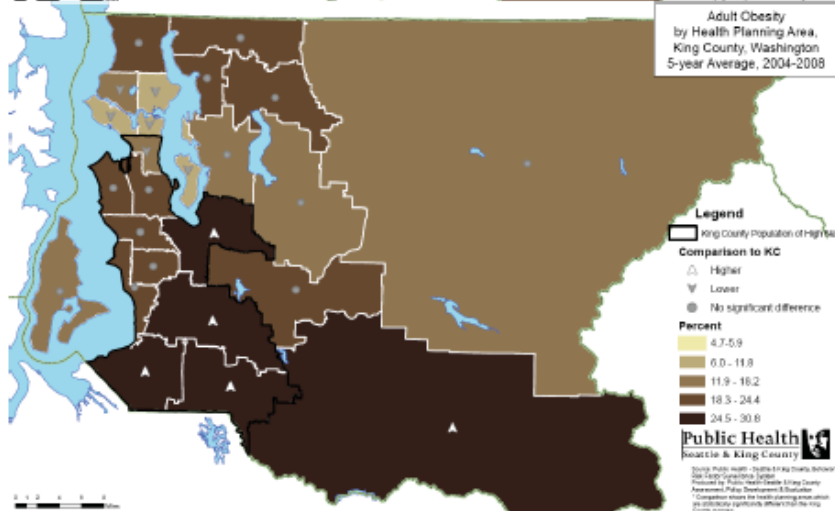
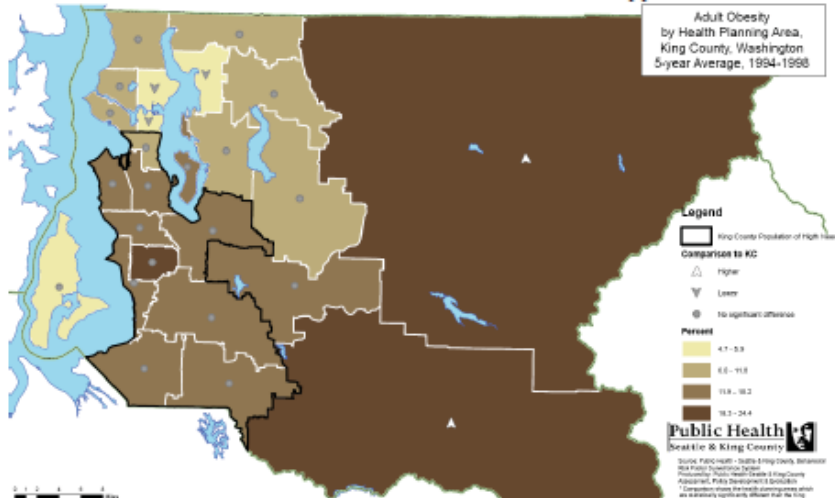


Sources: Public Health- Seattle & King County, King County GIS Center, Washington State Dept. Social and Health Services and Dept. of Health, and 2000 U.S. Census.

Note: Food retailers were selected that fell within 2 miles of the 2004 health planning area (HPA) boundaries. Supermarkets were identified by DSHS's SNAP business categorization (March 2010). Retailers not SNAP licensed are based on public health permits (2008).

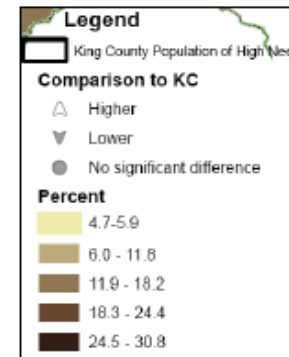
Health Data

Appendix 6-5



Appendix 6, Page 17

Adult Obesity, by Health Planning Area 1994-1998 and 2004-2008



Community Participation



Food for Thought:
Groundwork for the King
County Food & Fitness
Initiative

Food System Planning & Policy-making

Government & Institutional Development

Farmers Markets

Urban Agriculture

Transportation

Restaurants

Community Gardens

Healthy Retailing

Government & Institutional Development

- Create an interdepartmental team, or working group, or advisory committee on food issues
- Include food access and health goals into the comprehensive plan or neighborhood plans
- Include food systems goals in a climate action plan
- Include food access goals (e.g. proximity to food retail) in development checklists or health impact assessments
- Conduct a community food assessment
- Work with or establish a food policy council



Farmers Markets

- Define and establish farmers markets as an approved land use
- Allow markets on city-owned property
- Work with schools and other institutions to allow markets on school grounds
- Identify appropriate sites and ensure tenure for new markets (parks, street closures)
- Streamline permitting process for small markets
- Enable/require purchasing via federal nutrition program benefits at farmers' markets
- Encourage developers to dedicate space for farmers markets



Urban Agriculture

- Define or clarify urban agricultural land uses and activities
- Allow commercial sales of food produced on private land
- Provide building codes that allow for rooftop food gardens or greenhouses
- Provide incentives to developers who allocate space for food production and food enterprise
- Define land use policy for privately and public maintained public spaces (e.g. street ROW and powerline corridor ROW)
- Consider food production and processing facilities in area-wide and neighborhood plans



Transportation

- Consider transit accessibility to stores, based on both routes and time of day
- Encourage transit-oriented development to include grocery stores
- Establish a walkability standard for access to retailers of fresh produce
- Improve pedestrian and bicycle connectivity to grocery stores
- Work with grocers to establish a supermarket shuttle



Restaurants

- Define/differentiate restaurant types
- Establish minimum fast food siting distances/buffers from public sites
- Regulate mobile vending near public sites
- Design guidelines for chain restaurants
- Limit arterial access points for restaurants
- Require conditional use permits for fast food or similar establishments
- Limit fast food or formula (chain) restaurants in certain zones
- Moratorium or ban on fast food/drive-through service



Community Gardens

- Define or clarify community garden land use
- Establish zone protections
- Establish open space protections
- Encourage and specify the use of vacant public and private land for community gardens
- Assess suitable lands for community gardens
- Include in Parks & Recreation Master plans
- Create a community garden level of service standard
- Encourage in the design of public and private multi-family units
- Establish or support a community garden program



Healthy Retailing

- Ensure that small-scale healthy food retail has an appropriate zone and definition
- Designate grocery stores or food retail as an allowable activity in all/most zones
- Reduce/remove parking requirements for retail in priority areas
- Allow or reduce barriers for mobile produce markets/carts
- Regulate mobile vending near public sites
- Pass a resolution to identify grocery retail as an economic development strategy
- Require/encourage retailers to accept federal nutrition program benefits
- Offer density bonuses for new grocery retail
- Offer grants or loans
- Expedite the permitting process for grocery development in priority areas
- Require or encourage healthy food retail in or near multifamily housing
- Identify and/or assemble potential sites for new grocery



Healthy Retailing


Horay-ugu-mari meheraddaada cuntooyinka caafimaadka leh

Cuntooyin Caafimaad leh Haikan (Healthy Foods Here) ayaa kaa caawin karta inaad ilbiso cuntooyin badan oo caafimaad leh oo lacag ka badan intii hore aad ka samayso.

Healthy Foods Here ayaa rabta inay meheraddadu ka qaybqaadato barnaamijkan si itoosha leh.

Healthy Foods Here ayaa adiga ku gacan-qaban karta:

- > Soo-jirdo macaamiil cusub
- > Kordhi wasiibintaada iyo macaashkaaga
- > Ku dar kuree kale oo cusub waa yaabaha aad ilbiso
- > Hal gacan-qabasho lacag la'aan ah iyo dhiiri-galino

Taageero lacag-la'aan ah dibinaca:

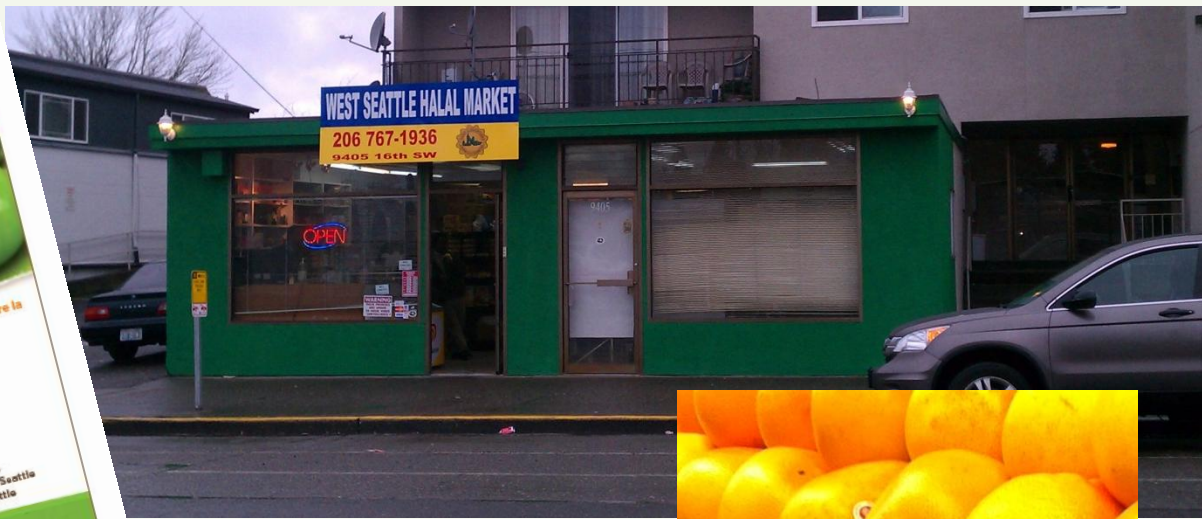
- > Ganaqsiyanta iyo maamulka diwaan-galinta shoyda badeeco,
- > La macaamiilka kuwa siid wax ka ilbiso
- > Codsiga WIC iyo EBT
- > Lacagta lagu bilaabo iyo daymo qiimehoodu jaban yihiin sida aad ugu ilbisan lahayd qabab iyo inaad sara-u-qaadiso dukaamkaaga
- > Suuqaaynta loogu talagalay si loo holo macaamiil intii hore ka badan

Lacagaha kharashku way zaddidan yihiin. Meheraddihuna ayaa la xulan doonaa inay uga qaybqaataan iyada oo ku saleysan dukacinta goobta u ku yaal, taageerada baahida iyo waxa adiga xiisaha aad u leedahay.

Codso haddaba!
 Faahian la xiriir
 HealthyFoodsHere@gmail.com
 206.684.0133


 healthy **foods here**
 BUSINESS SUPPORT

206.684.0133
 HealthyFoodsHere@gmail.com



CPPW Funded Project- Healthy Foods Here, King County, WA

RESOURCES

- Public Health Law & Policy (www.healthyplanning.org)
- *Food Access Guide* by Branden Born & Eva Ringstrom (draft)
- PolicyLink (www.policylink.org)
- APA's Food Interest Group (FIG) & Healthy Communities Interest Group (www.planning.org/nationalcenters/health/)
- USDA Food Environmental Atlas (www.maps.ers.usda.gov/FoodAtlas/)

Contact: Kara Martin, MUP
kara@urbanfoodlink.com
206.850.2877
www.urbanfoodlink.com