



INDIANA HEALTHY COMMUNITY APPENDIX

The Indiana Healthy Community Appendix was developed to provide an overview about what resources and concepts for communities are available to understand what must be analyzed, developed and implemented to be considered as a recognized healthy community. This appendix continues to evolve and is not meant to be all-encompassing. It provides basic insight about how to use existing community resources and to tap citizen advocacy groups to help create an environment that allows residents to make the healthier choice the easier choice at work and at home.

The Indiana Healthy Community Appendix provides information about a healthier tomorrow by offering recommendations for where you can focus on future community improvements that can be supported and will be utilized.

The Indiana Healthy Community Appendix explains the different components to a healthier community: built environment, healthy policies, citizen engagement and healthy workplaces.

This appendix is designed to support you in answering the questions on the application for the Wellness Council of Indiana's Indiana Healthy Community Initiative. If you have questions, please contact the Wellness Council at 317-264-2168 or info@wellnessindiana.org.



COMMUNITY ASSESSMENT

AT-RISK POPULATION

At-risk populations include racial and ethnic minority populations or may be defined by income or education level, geography, gender, age, disability status, risk status related to sex and gender, among other populations identified to be at-risk for health disparities. [More information](#)

BICYCLE PARKING REQUIREMENT POLICIES

Bicycle parking requirement policies help decrease bicycle theft through greater visibility and provide better long and short-term bicycle parking throughout a city. The lack of a safe and secure bicycle parking facility is a leading factor that prevents people from cycling to work. In addition, a lack of bicycle storage facilities in residential buildings can make bicycle ownership impractical. By promoting secure, indoor bicycle parking facilities, ridership is supported throughout a city and it encourages new cyclists to start riding. The increase of cycling in a city yields fitness and health benefits for riders as well as the potential benefits of alleviating congestion, improving air quality and reducing carbon emissions. [More information](#)

BICYCLING PATHS

A bicycling path can be a standalone, a sidewalk, on the road as a “sharrow” lane or a separate bike lane.

BUILT ENVIRONMENT

The term “built environment” refers to the human-made surroundings that provide the setting for human activity, ranging in scale from buildings and parks or green space to neighborhoods and cities that can often include their supporting infrastructure, such as water supply or energy networks. The “built environment encompasses places and spaces created or modified by people including buildings, parks and transportation systems”. In recent years, public health research has expanded the definition of “built environment” to include healthy food access, community gardens, “walk-ability” and “bike-ability”. [More information](#)

COMMUNITY CENTERS

A community center can be a religiously affiliated building, YMCA, school, social center or cultural center.

COMMUNITY GARDEN ZONING

Zoning for community gardens help allow people to come together without worry of city regulations interfering with community development. [More information](#)

COMMUNITY SUPPORTED AGRICULTURE (CSAs)

Community Supported Agriculture consists of a community of individuals who pledge support to a farm operation so that the farmland becomes, either legally or spiritually, the community's farm. Growers and consumers provide mutual support and share the risks and benefits of food production. [More information](#)



COMPLETE STREETS INITIATIVES

Complete Streets are designed for safe access for all users, including pedestrians, bicyclists, motorists and transit riders of all ages and abilities. Complete Streets make it easy to cross the street, walk to shops and bicycle to work. They allow buses to run on time and make it safe for people to walk to and from transit stations. [More information](#)

CO-OPS FOR HEALTHY FOOD

The economic impact that a grocery store has on its local economy is greater than just the sum of its local spending, because a portion of money spent locally recirculates. For example, food co-ops purchase from local farmers who, in turn, buy supplies from local sources, hire local technicians to repair equipment and purchase goods and services from local retailers. [More information](#)

FARM TO SCHOOL PROGRAMS

Farm to School is broadly defined as a program that connects schools (K-12) and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities and supporting local and regional farmers. [More information](#)

FARMERS' MARKET POLICIES

A farmers' market policy can include membership and booth fees, regulation of how many booths sell produce versus other items and a smoking and beverage policy. [More information 1](#) [More information 2](#)

GREEN SPACES

A green space or open space reserve, is an area of protected or conserved land or water which will not be developed. The purpose of an open space reserve may include the preservation or conservation of a community or region's rural, natural or historic character; the conservation or preservation of a land or water area for the sake of recreational, ecological, environmental, aesthetic or agricultural interests or the management of a community or region's growth in terms of development, industry or natural resources extraction. [More information](#)

JOINT USE AGREEMENTS

Joint use is a way to increase opportunities for children and adults to be more physically active. It refers to two or more entities — usually a school and a city or private organization — sharing indoor and outdoor spaces such as gymnasiums, athletic fields and playgrounds. The concept is simple: share resources to keep costs down and communities healthy. Examples of safe areas for recreation include community centers, outdoor playgrounds, parks, gyms and pools. [More information](#)

MIXED USE

Mixed use or mixed use development, blends a combination of residential, commercial, cultural, institutional or industrial uses, where those functions are physically and functionally integrated and that provides pedestrian connections. [More information](#)



MIXED USE POLICIES

These policies give a better use to developed land and land to be developed. Mixed use development is an important component of successful transit-oriented development, traditional neighborhood development and smart growth/livable community development schemes. Mixed use developments contain a complementary mix of uses such as residential, retail, commercial, employment, civic and entertainment uses in close proximity - sometimes in the same building. [More information 1](#) [More information 2](#)

RESTAURANT ZONING

Zoning policies can control the food environment through regulating land use of a community by allowing designation of community food gardens and farmers markets and by limiting commercial food retail, such as fast food businesses or allowing as-of-right or incentives to those businesses that increase access to healthy food. [More information](#)

SAFE ROUTES TO SCHOOLS POLICIES

Safe routes to schools policies were started by Congress in 2005 in a sweeping effort to get more children walking and bicycling to schools across America, now known as the federal Safe Routes to School program. The purposes of the program and funding are to enable and encourage children, including those with disabilities, to walk and bicycle to school; to make bicycling and walking to school a safer and more appealing transportation alternative, thereby encouraging a healthy and active lifestyle from an early age; and to facilitate the planning, development and implementation of projects and activities that will improve safety and reduce traffic, fuel consumption, air pollution in the vicinity of schools. [More information](#)

SNAP AND WIC

These are government programs that help low-income families afford produce and basic foods. [More information](#)

WALKING PATHS

A walking path can be a sidewalk, hiking trail or cycling trail.



KEY POINTS

CITIZEN ENGAGEMENT

- Healthy communities thrive when citizens take pride in their community and join together to make it an even better place to live, play and work.
- Engaged citizens enjoy interacting with other residents and look for ways to give back to their communities, for the benefit of others.
- Residents connected to their community take ownership to promote a place that encourages the enjoyment of healthy and active lifestyles for all.
- Residents in need feel a greater sense of well-being and security when they have access to needed resources in their community.

HEALTHY WORKPLACES

- Workplaces in a community consist of public and private companies, faith-based entities, governmental offices and schools.
- When workplaces promote a culture of wellness, healthy habits are carried into the home environment, which encourage a healthier community.
- Workplaces with a culture of wellness support healthier employees, who make contributions toward communities that thrive.
- When communities are healthy places to live, they are more attractive places to do business because employers can recruit great employees who are seeking a desirable community to call home.

PRIMACY OF PLACE

- “Primacy of Place” is a term coined by Ball State to describe a community’s strategic decision to improve its economy by dedicating resources to not just create new jobs, but improve life experiences for residents, businesses and visitors.
- These communities have adopted a more holistic approach to economic development.
- They have worked to become great places to live, focusing on improvements in community design, health/wellbeing, education and the arts.
- This more holistic approach goes by many names – “quality of life,” “quality of place” and “placemaking,” to name a few. [More information](#)

SUPPORT OF HEALTHIER POLICIES

- Healthy policies in a community can improve the health and well-being of residents by making the healthier choice the easier choice.
- Policies are important tools for healthier improvements in communities because they shape the environment in which we live, work and play.
- Policies for healthier communities should address the following:
 - Preventing and reducing tobacco use



- Protecting residents from second-hand smoke
- Making nutritious and affordable foods accessible
- Providing safe and desirable modes of physical activity

THE COMMUNITY'S BUILT ENVIRONMENT

- The built environment of a community addresses the human-made surroundings that impact human activity. This focuses on environment issues like the ability to safely engage in regular physical activity and the options available for nutritious and affordable foods.
- The built environment is an important part of a healthy community, because the setting by which people live, play and work largely affects their quality of life and well-being.
- Sidewalks, bike paths and open spaces like parks and nature areas are examples of the built environment in a community because they encourage residents to engage in safe modes of physical activity.
- Accessibility to nutritious and affordable food is important in the built environment to provide residents options to be healthy consumers.
- “Quality of Place” is a term coined by Ball State to describe a community’s strategic decision to improve its economy by dedicating resources to not just create new jobs, but improve life experiences for residents, businesses and visitors.
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