



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

- The main goal of a policy and environmental approach to improving community health is

**TO MAKE THE HEALTHY CHOICE THE
EASY CHOICE!**

POLICY AND ENVIRONMENTAL CHANGE

Examples of how PZC impacts health through policy and environment:

- **connecting places through paths and sidewalks**
- **allowing for roadside farm stands and community locations for farmers' markets**
- **allowing for backyard hens**

POLICY AND ENVIRONMENTAL CHANGE

What are your town's regulations or implementation regarding these and other issues?

- **connecting places through paths and sidewalks**
- **allowing for roadside farm stands and community locations for farmers' markets**
- **allowing for backyard hens**

Example to explore: BACKYARD FOWL

Click on the town name to open the zoning policies

Town	Notes regarding backyard fowl
Andover p. 135 Section 20.5	homeowners may have up to 8 total of any combination of chickens, guinea hens, turkeys, and rabbits without a special permit.
Ashford P. 25	Unknown livestock rules
Bolton p.3 Section 6A.10b	No more than six (6) hens may be kept on any property located in residence zoning districts as an accessory use as of right to a residential use. Such accessory use shall require a Zoning Certificate of Compliance
Chaplin p. 13 Section 5.2.A.3.c.a	One-half (1/2) acre for a total number of poultry and/or fowl not to exceed ten (10) individuals, and an additional one-quarter (1 /4) acre per each additional five (5) or less poultry
Columbia p. 34 Section 21.5.1	Min. 1 acre for fowl. No zoning permit required to keep less than a total of 20 small animals.

Town	Notes regarding backyard fowl
Coventry p. 99 Section 6.03.01	any parcel for the raising of animals other than common domestic household pets shall be no less than two (2) acres in size, except with a special permit pursuant to Section 6.06.02.g
Mansfield p. 190	16 hens per 40,000sqft
Scotland	No notation of livestock regs
Tolland p. 143 Section 16.9	One half (0.5) acre to less than two (2) acres: The keeping of chickens or other domestic fowl no larger than a chicken is allowed No more than 6 allowed
Willington p. 126 Section 7.07.03	2021 – revisions not reflected in current regs/pending. Property must be greater than or equal to 40,000 square feet in order to keep backyard poultry. (up to a maximum of 8)

POLICY AND ENVIRONMENTAL CHANGE

Town planning and zoning policy:

What are you aware of and What can you find?

- Two weeks ago you were invited to take the Community Quick Audit (YOUR perspective and awareness at this time is all that is captured in this questionnaire)
- The audit includes general 'best practice' statements that promote access to healthy food and opportunities for active living
- If you did not take the audit yet, [CLICK HERE TO TAKE THE AUDIT \(ONLINE\)](#)

POLICY AND ENVIRONMENTAL CHANGE

TWO WEEKS AGO YOU WERE ASKED TO:

1. identify two policies (zoning rules for example) and two aspects of the built environment in your town or a neighboring town that impact a resident's ability to incorporate active living in their daily/weekly routine?
 2. identify two policies (zoning rules for example) and two aspects of the built environment in your town or a neighboring town that impact a resident's ability to access healthy foods?
- These can be either health-promoting or limiting things.

WHAT'S BREWING / WHAT'S STEWING?

- What issues are you aware of that are on an agenda or has been on the agenda for the town or PZC that impacts residents and visitors access to healthy foods and opportunities for active living?
- What issues would you like for your town to address to remove barriers to healthy foods and opportunities for active living?

WHAT'S BREWING / WHAT'S STEWING?

As you consider how to best use the resources in the Healthy Communities Toolkit, take a few minutes to write down four key aspects of identifying opportunities for change. The following slide poses a few questions to get you started.

Regarding policy and the built environment, what are your town's

STRENGTHS :: WEAKNESSES :: CHALLENGES :: OPPORTUNITIES

??

WHAT'S BREWING / WHAT'S STEWING?

STRENGTHS

- What resources does your town have?
- What works well in your town for facilitating healthy eating and active living?

WEAKNESSES

- Are zoning policies clear and do they address HEAL in a positive way?

CHALLENGES

- Lack of awareness of impact of PZC on HEAL?
- Funding?

OPPORTUNITIES

- Room for growth/progress in addressing HEAL?
- Items already on agenda that need support?
- "low hanging" fruit to put on an agenda?

WHAT NEEDS TO BE ON THE AGENDA?

While this activity is best done in groups – and we encourage you to bring this back to others in your community to narrow down the wish list to actionable items to put on an agenda or continue to find support for,

- What are a few items you would want on an agenda for the PZC to consider?
- Are there items that other town committees/commissions could address?
- What steps can you take to advance HEAL in your town?

Next week...

- With your list in hand (items you would like on an agenda and the challenges facing your town in moving HEAL issues forward), next week we will dig into the Healthy Communities Toolkit to help connect you with resources that will resonate!

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