

Live Well Allegheny Communities

Quick Start Guide: Health in All Policies



www.livewellallegheny.com

What's Next?

Health in All Policies (HiAP) is a collaborative approach to improving the health of everyone by considering the health implications of public policies across sectors. Live Well Communities can use the HiAP framework to implement policies and programs that surround their residents with healthy choices. Provided below is a quick start guide on selecting action steps and how to use local examples for next steps.

The *Live Well Allegheny* team has developed a HiAP Action Steps Menu, available on our website: http://www.livewellallegheny.com/wp-content/uploads/2017/03/Live-Well-Communities_HiAP-MenuV3.pdf.

Identify which topic area are you interested in:

- Healthy Eating
- Physical Activity
- Smoking Prevention
- Land Use

Select policies that are best suited for your community. Examples of each topic area are provided below:

Healthy Eating

- ⇒ Support local farmers' markets near public transportation
- ⇒ Healthy food procurement

Physical Activity

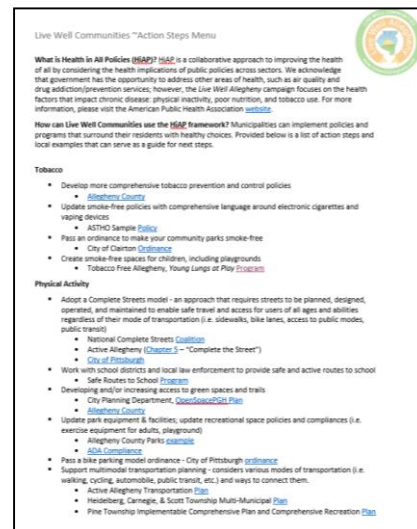
- ⇒ Use shared use agreements
- ⇒ Improve bike/pedestrian infrastructure

Smoking Prevention

- ⇒ Comprehensive tobacco policy
- ⇒ Smoke-free parks & playgrounds

Land Use

- ⇒ Implement transit-oriented development
- ⇒ Support urban agriculture and green spaces



Please visit our Learning Collaborative page (www.livewellallegheny.com/live-well-allegheny-learning-collaborative/) for a full list of policy recommendations and website links to local examples.

Questions? Please reach out to the Chronic Disease Prevention Program Manager, Hannah Hardy at hannah.hardy@alleghenycounty.us.

Live Well Communities ~Action Steps Menu



What is Health in All Policies (HiAP)? HiAP is a collaborative approach to improving the health of all by considering the health implications of public policies across sectors. We acknowledge that government has the opportunity to address other areas of health, such as air quality and drug addiction/prevention services; however, the *Live Well Allegheny* campaign focuses on the health factors that impact chronic disease: physical inactivity, poor nutrition, and tobacco use. For more information, please visit the American Public Health Association [website](#).

How can Live Well Communities use the HiAP framework? Municipalities can implement policies and programs that surround their residents with healthy choices. Provided below is a list of action steps and local examples that can serve as a guide for next steps.

Tobacco

- Develop more comprehensive tobacco prevention and control policies
 - [Allegheny County](#)
- Update smoke-free policies with comprehensive language around electronic cigarettes and vaping devices
 - ASTHO Sample [Policy](#)
- Pass an ordinance to make your community parks smoke-free
 - City of Clairton [Ordinance](#)
- Create smoke-free spaces for children, including playgrounds
 - Tobacco Free Allegheny, *Young Lungs at Play* [Program](#)

Physical Activity

- Adopt a Complete Streets model - an approach that requires streets to be planned, designed, operated, and maintained to enable safe travel and access for users of all ages and abilities regardless of their mode of transportation (i.e. sidewalks, bike lanes, access to public modes, public transit)
 - National Complete Streets [Coalition](#)
 - Active Allegheny ([Chapter 5](#) – “Complete the Street”)
 - [City of Pittsburgh](#)
- Work with school districts and local law enforcement to provide safe and active routes to school
 - Safe Routes to School [Program](#)
- Developing and/or increasing access to green spaces and trails
 - City Planning Department, [OpenSpacePGH Plan](#)
 - [Allegheny County](#)
- Update park equipment & facilities; update recreational space policies and compliances (i.e. exercise equipment for adults, playground)
 - Allegheny County Parks [example](#)
 - [ADA Compliance](#)
- Pass a bike parking model ordinance - City of Pittsburgh [ordinance](#)
- Support multimodal transportation planning - considers various modes of transportation (i.e. walking, cycling, automobile, public transit, etc.) and ways to connect them.
 - Active Allegheny Transportation [Plan](#)
 - Heidelberg, Carnegie, & Scott Township Multi-Municipal [Plan](#)
 - Pine Township Implementable Comprehensive Plan and Comprehensive Recreation [Plan](#)

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- Promote pedestrian/bicyclist transportation by building appropriate infrastructure, [signage](#) marking distances to green space, physical activity, farmers' markets, shopping areas, etc.
 - Allegheny County Economic Development, Active Allegheny [Grant Program](#)
 - Contact: Ann Ogoreuc, Ann.Ogoreuc@alleghenycounty.us
 - Mt. Lebanon's Look Up Lebo [Initiative](#)
- Host an OpenStreets event in your community - open streets initiatives temporarily close streets to automobile traffic, so that people may use them for walking, bicycling, dancing, playing, and socializing (i.e. Pittsburgh, Etna/Sharpsburg, Carnegie)
 - [Open Streets Project](#)
 - [OpenStreets Pittsburgh](#); upcoming [East McKeesport OpenStreets](#)

Healthy Food Access

- Provide healthy options in vending machines and implement procurement policies that support healthier foods
 - [Food Trust Resource Guide](#)
 - National Alliance for Nutrition & Activity [Guide](#)
 - [Tips for Better Vending](#) & [Model Municipal Vending Agreement](#)
- Implement zoning ordinances that support farmers' markets and consider public transportation ([ChangeLab](#))
 - Urban Agriculture Zoning Code [Amendments](#)
- Implementation of Healthy Corner Stores initiatives that provide fresh produce and other healthy options to low income community members
 - Just Harvest, Fresh Corners [Program](#)
- Consider proximity near other government social services

Land Use

- Review and update local comprehensive land use plans ([Allegheny County](#))
- Utilize *transit-oriented development* (TOD) which includes a mixture of housing, office, retail and/or other amenities integrated into a walkable neighborhood and located within a half-mile of quality public transportation
 - Port Authority, [TOD Guidelines](#)
 - Allegheny Places Model TOD [Zoning](#) (page 8)
 - Allegheny Places, Mt. Lebanon Overlay of Business [District](#) (chapter 4)
- Support urban agricultures and community gardens
 - Allegheny Grows, Grow Pittsburgh Community Garden [Program](#)
 - City of Pittsburgh Community Garden [Application](#)
- Increase development of green spaces, such as parks and trails
 - [Pittsburgh Greenspace Alliance](#)
- Utilize shared use agreements (memorandum that specifies the logistics of the agreement) to provide opportunity for physical activity (i.e. gym, pool, exercise facilities)
 - Sample [Agreement](#)
- Improve bike/pedestrian infrastructure
 - Friends of the Riverfront, check out more local [plans](#)
 - Pittsburgh Bike [Plan](#)
- Reassess parking space for physical activity and/or farmer's markets locations

Live Well Communities ~Action Steps Menu



- Develop pocket parks (sometimes referred to as mini-park or parkette), which are small parks frequently created on a single vacant building lot or on small, irregular pieces of land and accessible to the general public
 - [National Parks and Recreation Association](#)
- Conduct a *health impact assessment* (HIA), a tool that considers the potential health effects and distribution of a policy, program, or project
 - [Health Impact Project](#), Pew Charitable Trusts
- Implement traffic control measures (i.e. speed limits, bumps)
 - [PennDOT/NJ DOT Smart Transportation Guidebook: Planning and Designing Highways and Streets That Support Sustainable and Livable Communities](#)
- Provide signs with distance to the nearest green space for both community members and visitors
- Create housing developments conducive to physical activity, including play space, sidewalks, etc.

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