

Healthy Places by Design, North Kingstown, Rhode Island

Town of North Kingstown and West Bay Family YMCA

Community Healthy Living Index (CHLI)

Town-wide Assessment

Survey Period: October 4 - 28, 2011

The Town of North Kingstown, working with West Bay Family YMCA, sought to assess the community's support for healthy living in the places where people live, work, learn, and play through the administration of a Community Healthy Living Index (CHLI) assessment. The information collected through the survey will be used to develop policies that are supportive of healthy lifestyles as part of the Healthy Places by Design project. Information gathered from survey will be kept anonymous.

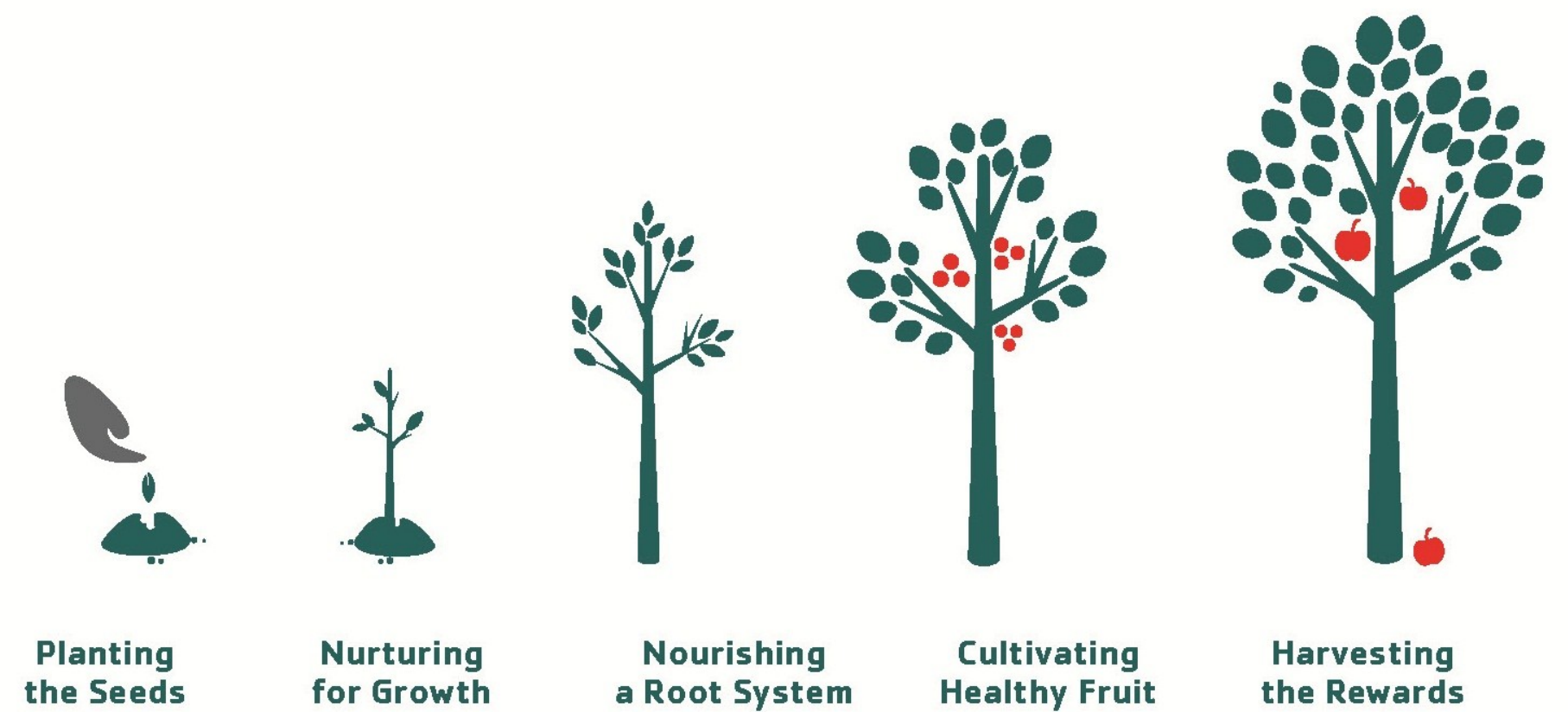
Survey Administration and Outreach:

- . 31 participants/4 different groups
- . One training meeting/week long observation period/final debrief meeting

About the CHLI

From Seeds to an Orchard...Stages of Development

The CHLI assessment process is a way of understanding one's stage of development within the process of creating sustainable change toward healthy living. The CHLI compares this process to the work of planting an apple orchard. Just as a farmer starts small by planting seeds and then provides appropriate care for each stage of the trees' development until the harvest, so too can you nourish through the process of change until you create an environment that strongly supports healthy eating and active living.



REMEMBER, TREES DON'T GROW OVERNIGHT. GROWTH TAKES TIME AND COMMITMENT.

North Kingstown's Assessment Results...

Nurturing for Growth—Some seeds of change have already been planted in the community, but there's still ample work to be done and many gaps to fill to help nurture growth.

- . The Town has started to nurture the sapling, which will help build a root system to sustain future efforts.
- . There are only some aspects of the Town that strongly support healthy eating and physical activity.



What you told us...

Key Issues Identified...

Walking/Biking

- . Lack of sidewalks, especially near schools, parks, businesses, etc.
- . Additional crossing guards are needed to facilitate safe walking/biking to school
- . Condition of sidewalks make it difficult to walk/run, especially for people with disabilities
- . Speed of drivers is a concern
- . Route 1A/Post Road are major barriers for walking/biking
- . More crosswalks/counters are needed with longer walk times

Access to Healthy Food

- . Cost of healthy food
- . Most people feel quality fruits and vegetables are available, but would like more local, organic food
- . Accessibility of grocery stores/markets via walking/biking/public transit is needed
- . Those eligible for federal food assistance program may not be taking advantage of these resources
- . Majority of local restaurants do not support healthy choices

Public Spaces

- . Variety of parks are available but they are not accessible via walking, biking or public transportation
- . Not many indoor facilities available for physical activity
- . Cost is a barrier to program participation
- . The availability of scholarship/financial aid for program (s) is not known by some community members
- . There seems to also be a perception barrier for public space use/program participation – lower income participants said they felt they could not access the same opportunities for physical activity as higher income people in North Kingstown.



North Kingstown
Rhode Island

