



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

North Kingstown Healthy Places by Design Community Healthy Living Index Final Report

Prepared by the YMCA of Greater Providence

Healthy Places by Design, North Kingstown, Rhode Island Community Health Living Index (CHLI)

Assessment Period: October 4–October 28, 2011

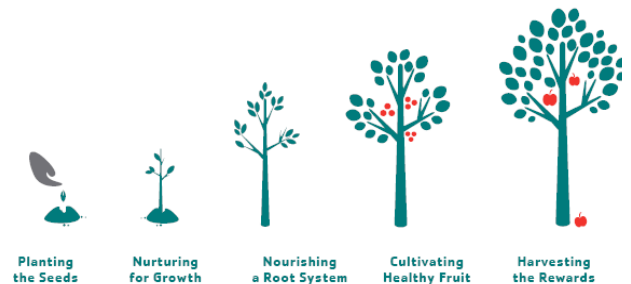
The Town of North Kingstown, working with the West Bay Family YMCA, sought to assess the community's support for healthy living in the places where people live, work, learn, and play through the administration of a Community Healthy Living Index (CHLI) assessment. The CHLI specifically assesses access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

CHLI Process:

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

About the CHLI

The CHLI assessment process is a way of understanding one stage of development within the process of creating sustainable change in support of 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 state of the trees' development until harvest, so too can you nourish through the process of change until you create an environment that strongly supports healthy eating and active living.



South Kingstown's Assessment Results

Nurturing for Growth– Some seeds of change have already been planted at this stage of development, and there are some opportunities for healthy eating and physical activity. But there's still ample work to be done and many gaps to fill to help nurture growth.

What You Told Us...

Walking and 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 and 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
- Greater accessibility of grocery stores/markets via walking, biking and public transit is needed
- Those eligible for federal food assistance programs may not be taking advantage of these resources
- The majority of local restaurants do not support healthy choices

Public Spaces

- There are a variety of parks available, but they are not accessible via walking, biking or public transit
- 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 unknown by some community members
- There seems to be a perception barrier for public space use/program participation – lower income participants felt they could not access the same opportunities for physical activity as higher income people



**Nurturing
for Growth**

Methodology

At the Y, strengthening community is our cause. Throughout our history we have responded to the nation's most pressing social needs. YMCA of the USA created Community Healthy Living Index (CHLI) in response to our nation's rising chronic disease rates. CHLI can help communities transform themselves into ones that provide the best opportunities for individuals and families to be active, eat right and live healthier. Our hope is that this resource will advance the larger healthy communities movement across the nation.

The CHLI assessment tools were developed in partnership with experts from Stanford, Harvard, and St. Louis Universities with support from the Center for Disease Control (CDC) and Robert Wood Johnson Foundation (RWJF). Reviewed by an advisory task force, tools were pilot tested using scientific methods to ensure reliability and validity¹.

In North Kingstown, Rhode Island the West Bay Family branch of the Greater Providence YMCA, convened four groups of residents and stakeholders, thirty one people total, to complete the CHLI assessment process. Participants were selected to be geographically/demographically representative of the town, and to be representative of different stakeholder groups: community leaders, business owners and residents, etc. One group, from the *Kingston Crossing* section of North Kingstown, completed the CHLI Neighborhood Assessment. The other groups completed the CHLI Community At Large assessment.

Each group of participants met once to learn about the CHLI, completed a week-long observation and then reconvened to complete the CHLI assessment. Each group gave the Town or neighborhood assessed a score and then scores were averaged together to reflect the overall score for the Town.

The CHLI scores shared in this report were calculated by Y-USA's national CHLI data tool. The Emerging Community Issues shared in this report are compiled through a synthesis of CHLI assessment responses, CHLI observation tool summary and discussion items shared by participants.

¹ <http://www.ymca.net/chli-about/>

CHLI Scores

Kingston Crossing Neighborhood Assessment

Nurturing for Growth – You have started to nurture the sapling, which will help build a root system to sustain your work. Based on your assessment, there are only some aspects of your environment that strongly support healthy eating and physical activity. You are in the second stage of a developmental process, Nurturing for Growth, which will one day reward your hard work with a rich harvest: a healthy environment.



Nurturing
for Growth

West Bay Family YMCA Staff Community at Large Assessment

Nurturing for Growth – You have started to nurture the sapling, which will help build a root system to sustain your work. Based on your assessment, there are only some aspects of your environment that strongly support healthy eating and physical activity. You are in the second stage of a developmental process, Nurturing for Growth, which will one day reward your hard work with a rich harvest: a healthy environment.



Nurturing
for Growth

North Kingstown Stakeholders, Group #1: Community at Large Assessment

Nurturing for Growth – You have started to nurture the sapling, which will help build a root system to sustain your work. Based on your assessment, there are only some aspects of your environment that strongly support healthy eating and physical activity. You are in the second stage of a developmental process, Nurturing for Growth, which will one day reward your hard work with a rich harvest: a healthy environment.



Nurturing
for Growth

North Kingstown Stakeholders, Group #2: Community at Large Assessment

Nourishing a Root System – Celebrate these successes. But to continue encouraging the growth necessary for a rich harvest, you still have a lot of work ahead of you. Based on your assessment, there is an even balance between aspects of your environment that provide strong supports for people to be active and eat healthy foods and other areas that do not and need more work. You are at a midpoint in a developmental process. Nourishing a Root System, which will one day reward your work with a rich harvest: a healthy environment.



Nourishing
a Root System

Emerging Community Issues

Walking & Biking:

- Lack of sidewalks, especially near schools, parks, businesses, etc.
- Many older sidewalks are in disrepair and have weeds/trees growing in them.
- Walking routes rarely meet ADA standards.
- There is great concern that children cannot walk/bike safely to school due to lack of infrastructure and speed of drivers. Schools specifically mentioned were North Kingstown High School, Stony Lane, Davisville and Quidnesset and Fairview.
- Additional crossing guards are needed to facilitate safe walking/biking to school
- Speed of drivers is a concern
- Route 1A/Post Road are major barriers for walking/biking
- Participants felt that a bike lane should be included in the Route 2 road improvement project
- More crosswalks/counters are needed with longer walk times

Access to Healthy Food:

- Most people feel quality fruits and vegetables are available, but would like more local, organic food
- The healthy food that is available in the community is expensive and not accessible by low income populations
- Farmers markets are seen as a positive alternative to food stores, but are considered to be too expensive and not held at times when people can attend
- Greater 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
- There are not many nutrition education programs available

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
- Playgrounds are not accessible by people with disabilities
- Cost is a barrier to program participation
- The availability of scholarship/financial aid for program(s) is unknown by some community members
- There seems to be a perception barrier for public space use/program participation – lower income CHLI participants felt they could not access the same opportunities for physical activity as higher income people

Overall North Kingstown CHLI Score

Nurturing for Growth - You have started to nurture the sapling, which will help build a root system to sustain your work. Based on your assessment, there are only some aspects of your environment that strongly support healthy eating and physical activity. You are in the second stage of a developmental process, Nurturing for Growth, which will one day reward your hard work with a rich harvest: a healthy environment.

A successful change process requires the involvement of multiple, diverse stakeholders and real commitments to ensure its sustainability. Now that you have completed this assessment, use the CHLI Discussion and Improvement Plan Guide to nurture growth. Remember, early development needs gentle care. Focus on setting achievable goals that will sustain the future.



**Nurturing
for Growth**

APPENDIX A

CHLI Discussion Notes

Walking and Biking

- Lack of sidewalks, especially near schools, parks, businesses, etc.
- There is great concern that children cannot walk/bike safely to school due to lack of infrastructure and speed of drivers. Schools specifically mentioned were North Kingstown High School, Stony Lane, Davisville and Quidnesset and Fairview.
- Many older sidewalks are in disrepair and have weeds/trees growing in them.
- Additional crossing guards are needed to facilitate safe walking/biking to school
- Speed of drivers is a concern
- Route 1A/Post Road are major barriers for walking/biking
- Participants felt that a bike lane should be included in the Route 2 road improvement project.
- More crosswalks/counters are needed with longer walk times

- May be putting in sidewalks near CVS on Post Road.

- Just re-did Route 2 from Wickford Junction to the East Greenwich town line. Before, when there were two lanes and break down lane, you could run down Route, now you can't run down Route 2 at all. - They have put grass on the sides of Route 2 where they should have put a bike path.

- This is mostly happening around Route 2

- Where we have sidewalks, they are fairly level but we have sidewalks in less than 20% of the town.

- Wilson Park, Bike path, sidewalks.

- Saw someone in motorized wheelchair drive on the street because there is no sidewalk.

- Trees growing out of the sidewalk on the line of EG/NK. On the Bridge- South Road (State Rd)

- Can't run on sidewalk because of trees growing on sidewalk

- New developments going in do not include sidewalks

- They are not required in suburban developments

- New developments must have open space

- Walking trails are encouraged in new developments

- Stony Lane- absolutely cannot. The school won't allow walkers. Rail roads tracks that run near 2 neighborhoods, children in those neighborhoods cannot walk to school. It is discouraged.

- Davisville- kids do walk and there are sidewalks

- Quidnesset- there are no sidewalks

- High school- curb cuts, only on one side of the road, don't go that far out.

- 200 yrd max away from school and then it ends.

- Fairview has sidewalks right in front of school, beyond school property there is no sidewalks

- High school to neighborhood near Wickford market- no sidewalks, curvy road, students walk home

- Route 1A and Post Road are major barriers

- The sewer project should include new sidewalks

- Wickford is great for walking

- Even when there are sidewalks, there are weeds, uneven ground and even trees growing in them

- Where there ARE sidewalks

- Crosswalk counters need more walking time

- Only see Crosswalk counters near Post/Devils
- Not enough crosswalks
- Haven't seen any crossing guards
- Kids only get crossing guards until the 5th grade
- Only seen them on my kid's bus
- Only been to the bike path a couple of times
- Bike path is great
- Only one bike route
- No sidewalks
- I don't know where bus stops are
- The bike path is close to a bus stop but not the parks
- People don't stop at stop signs either... Our neighborhood is a cut-through and people don't stop at any signs!
- Not on Rte 1a; C-If you're not a teenager/black male
- Not on Rte 1A
- Never
- People shouldn't walk or bike at night unless they REALLY Have to
- If you're not a teenager/black male
- don't know, see some people walking in my neighborhood

Access to Healthy Food

- **Cost of Healthy Food**
- **Most people feel quality fruits and vegetables are available, but would like more local, organic food**
- **Greater 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**
- **There are not many nutrition education programs available**

- Restaurants that offer healthy food: Great Harvest, Dave's, Stop and Shop, D'Angelos, Subway
- Bus does not run very often and is not cheap.
- If you can walk to post road then you can take public transit otherwise you can't get to it.
- You can access the two Dave's and the two Stop & Shop via RIPTA or the Senior Shuttle
- An indoor soccer field might possibly be going in at Quonset
- Two Dave's and two Stop & Shops carry a variety of fresh fruits & vegetables
- Farmers markets (only open 9-12 on sat) carry a variety of fresh fruits & vegetables
- Too expensive
- Farmers markets are only one day a week – It's hard to get to them when they are open
- There is only one roadside stand
- Stop and Shop does have coupons and sales for healthy food
- Daves- 90% of coupons are for healthy foods, which are often associated with a well-rounded healthy recipe.
- Greggs offers some, Seven Moons, Subway does because it's a chain
- The school has policies
- Quidnesset- funding for the 21st Century, funding because it is a low income area
- Resources exist but the question is whether people take advantage of them

- Free breakfast program
- There are school gardens and farmers markets
- Casey Farm & Coastal Growers both do program activities connected to healthy eating.
- The SNAP program is a great program and they do a lot of outreach.
- It's hard to tell how many people use SNAP/WIC, many people may not take advantage of what they can because they are too proud to do so, or do not know they can qualify for it.
- One participant has work experience in this area – she said there is much greater need than there are people who are accessing benefits.
 - We only have one grocery and one corner store near Kingston Crossing
 - Chemicals and pesticides are an issue with produce
 - High prices (x3)
 - People tend not to walk to the store;
 - You can walk to Dave's you but have to cross a main intersection;
 - The stores with organic natural foods are hard to find
 - Dave's has coupons
 - Food is still expensive with coupons/sales or you have to buy more than one
 - Dave's has some local produce

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
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Parks are available/convenient to people of all income levels:

- Wilson, Ryan Park (cant get there) Davisville Middle- can get to by public transit
- Rome Point, Wilson Park, McGuinn, Ryan, Slocum ball field
- My landlord cleans up the local park

The community offers a variety of free or low-cost publicly available activities:

- NK high school swim team kids go to Middletown to swim because there are no other pools.
- The Y is the only recreation center
- YMCA and the community center

Physical Activities/Programs:

- The Y offers outdoor programming that goes in to the neighborhoods;
- Park and Recreation Department - all the way down Post Road to Saunderstown offers programs
- Ocean State does scholarships
- No yoga or ballet studios offer scholarship. Less than 20% of programs in the town offer financial aid/scholarship.
- Slocum doesn't have many programs/activities
- There are more activities that happen across the town than people actually know are available

- Many places cost money
- There should be some kind of weekend programs or small (free) parties for teenagers. Could use good grades to get prizes
- There are no recreation centers
- There are no bathrooms
- No access to the track if you are not in HS

General Practices in Support of Healthy Living

- Would like to see more Mixed-Use Zoning
- When it is clean the neighborhood is attractive
- My neighborhood has nice landscaping/view but many do not
- There is a Wellness Committee for the schools, includes physical activity and eating healthy. They are called "Working Together for Wellness" and do work across the town. Most people were unsure of who is on the committee and what exactly they do. General thought is that they work on programs and policies. For example, they advised on no more Allie's Donuts cakes for birthday celebrations in school or bring something that is not food.
- General perception of the Wellness Committee is that it is the "health and wellness" police and will tell you what you can't do (ie: can't have soda in a lunchbox, cant have cookies in a lunchbox, etc.). Most people did not want to be involved with the group. Parents did not want to follow the group, did not want to be told what they can and cannot give their children. Perception of group not positive, but they are still operating.
- There is a partnership with the Town Planning Department and the YMCA through the Healthy Places by Design project
- School Department partners with Shape Up RI
- Community-wide promotion of Healthy Living:
 - School promote activities for all student body
 - Recreation Department and the YMCA promote activities town-wide
 - The Y has town-wide promotional campaigns
- Local Media cover stories, have ad, etc. that support healthy living:
- Standard Times, Northeast Independent, Patch
- A lot of coverage of sports

Public Transportation

- Senior shuttle, Ride, RIPTA are the main public transportation option
 - Only 2 "Park and Rides"
 - Public transportation only runs on Post Road and Rte 2
- Community groups work with transportation official to improve transit options:
- Washington County Regional Planning Council is working on this
- The community/town has guideline/rules/policies regarding public transportation systems?
- In development, train station going in, may be something they are working in, bus stops at the park and ride, which is ½ mile from train, but there is no sidewalks and you can't cross the road

Primary Healthcare Providers

- Doctors don't want to be in Rhode Island, keep leaving because of low reimbursement rates.
- One participant has been through 4 different doctors in 8 years.
- People can't find a doctor that they can stay with in North Kingstown and have to go to different towns for a doctor – often either Southward to Wakefield or Northward to Providence.
- Doctors do not ask about physical activity or nutrition.
- People go to Walk In Clinics because they don't have a primary doctor here. There are not enough primary doctors in north Kingstown to serve people

APPENDIX b

CHLI Observation Tool Summaries

Programs, Environment, Policy, Promotion & Safety

	Almost Everywhere	Usually	About Half	Some places	Rarely and N/A
Sidewalks are in good condition, maintained, level & clear	2	1	3	4	6
Bike routes are maintained & clear	1	3	0	4	7
Sidewalks & bike routes are accessible to people with disabilities	3	2	0	5	7
Are there curb cuts in the sidewalks?	1	4	2	6	3
Neighborhood parks, open spaces and bike/walking paths are available near public transit	1	5	3	4	5
You can walk/bike to neighborhood parks, open spaces and bike/walking paths.	1	4	1	10	2
There are many parks, playgrounds, stores, community centers, etc. within walking distance of public transit.	1	1	2	9	4
Sidewalks, parks & parking areas are well lit.	1	1	2	7	6
Speed limits are enforced in the neighborhood.	1	5	1	5	5
Divers obey speed limits and yield to pedestrians.	1	3	3	4	6
People who walk/bike during the day feel safe.	1	4	3	4	4
People who walk/bike during the night feel safe.	1	2	0	6	8

Food & Nutrition

	Almost Always	Usually	About Half	Some Places	Rarely and N/A
Local food stores have a variety of fresh veggies & fruits of good quality.	10	5	1	2	0
Local food stores have low-fat products.	9	7	1	0	1
Local food stores have whole-grain products.	8	8	0	1	0
Food stores that DO have fresh fruits & veggies, low-fat foods & whole-grains are easily accessible by walking/biking or public transit.	5	2	5	3	2
Food stores have coupons, sales & bargains for healthy foods & drinks (vegetables, fruits, water, low-fat milk, etc.)	3	5	3	5	2
Food stores use displays & signs to help people choose healthy food.	2	4	4	4	3
Fresh fruits & vegetables are also available from farmers markets, community gardens and fruit & veggie stands.	2	3	5	3	4
Local restaurants print nutrition information on their menu.	0	2	4	4	6
Local restaurants use photos of healthy foods in signs & menus.	0	4	2	2	8
Local restaurants that do support healthy eating are available by walking/biking/public transit.	3	0	0	4	10
Neighborhood parks offer on-site gardens and/or farmers markets.	0	0	3	4	9

Physical Activity

	Almost Everywhere	Usually	About Half	Some places	Rarely and N/A
Are there speed bumps, road, islands or roundabouts?	0	1	1	8	7
Are there crosswalk counters with timer countdowns?	0	1	1	10	6
Are there crossing guards before & after school?	1	1	0	2	16
The neighborhood has attractive landscaping, attractive buildings, views of the city, etc.	0	3	1	8	4
Parks & roads are free of significant air pollution, noise pollution & litter.	0	5	4	4	4
Parks & recreation centers are available to people of ALL ages.	0	6	1	4	4
Parks & recreation centers are accessible to people with disabilities: parking, entrances, bathrooms, etc.	0	4	0	4	7
Playgrounds are accessible to people with disabilities.	0	1	1	9	4
Playgrounds have ramps or ground-level play components.	0	0	3	5	6
Playgrounds have space around them.	0	5	1	7	2
Playgrounds are at an appropriate height for people in wheelchairs.	0	0	1	6	7
There are free or low-cost public swimming pools.	0	1	1	2	12
There are free or low-cost public basketball courts.	0	4	0	8	2
There are free or low-cost public baseball/softball fields.	1	1	2	8	3
There are free or low-cost public tennis courts.	0	0	0	7	8
There are free or low-cost public recreation centers.	0	0	0	4	10
There are free or low-cost public golf courses.	0	0	0	3	11
There are free or low-cost public places for walkers (shopping malls, tracks at schools).	0	2	3	7	4
There are free or low-cost public playgrounds with play structures.	2	2	2	8	1
There are free or low-cost public parks.	1	2	4	7	1

There are free or low-cost public skating rinks, ski slopes, etc.	0	0	0	2	13
The above facilities are accessible by walking/biking.	0	0	0	5	10
The above facilities are used by residents of ALL income levels.	0	1	0	5	10
The above facilities are available all year.	0	1	3	3	8
The above facilities have functioning water fountains.	0	1	1	6	8
If vending machines are available at these facilities, the machines have healthy food & beverage options.	0	1	0	3	12