

Healthy Food Access

Active Transportation



Safe Routes to Healthy Food:
Where Food Access and Active Travel Intersect

December 1, 2016



About the National Partnership

We are a nonprofit organization that improves the quality of life for kids and communities by promoting **active, healthy lifestyles** and safe infrastructure that **supports bicycling and walking.**

Equity is at the forefront of our work.

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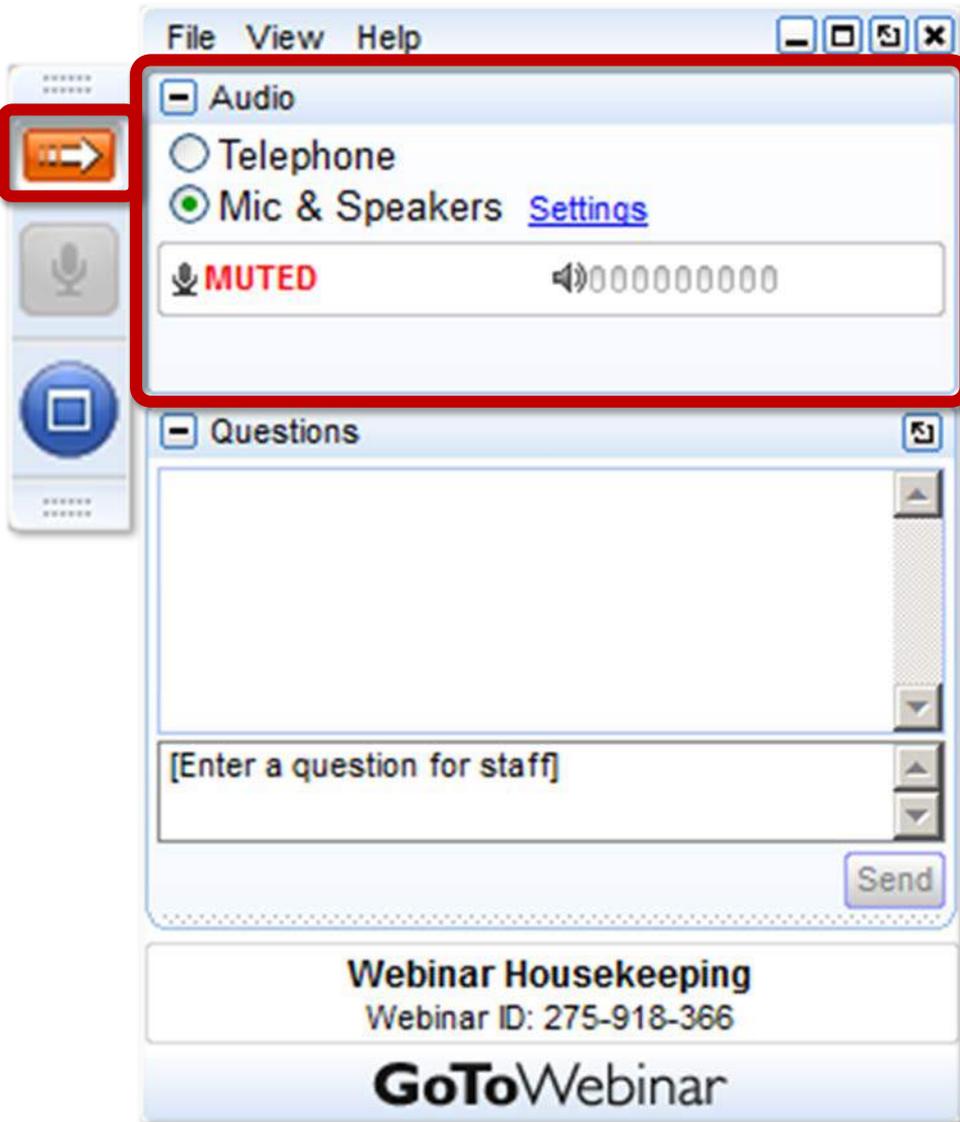
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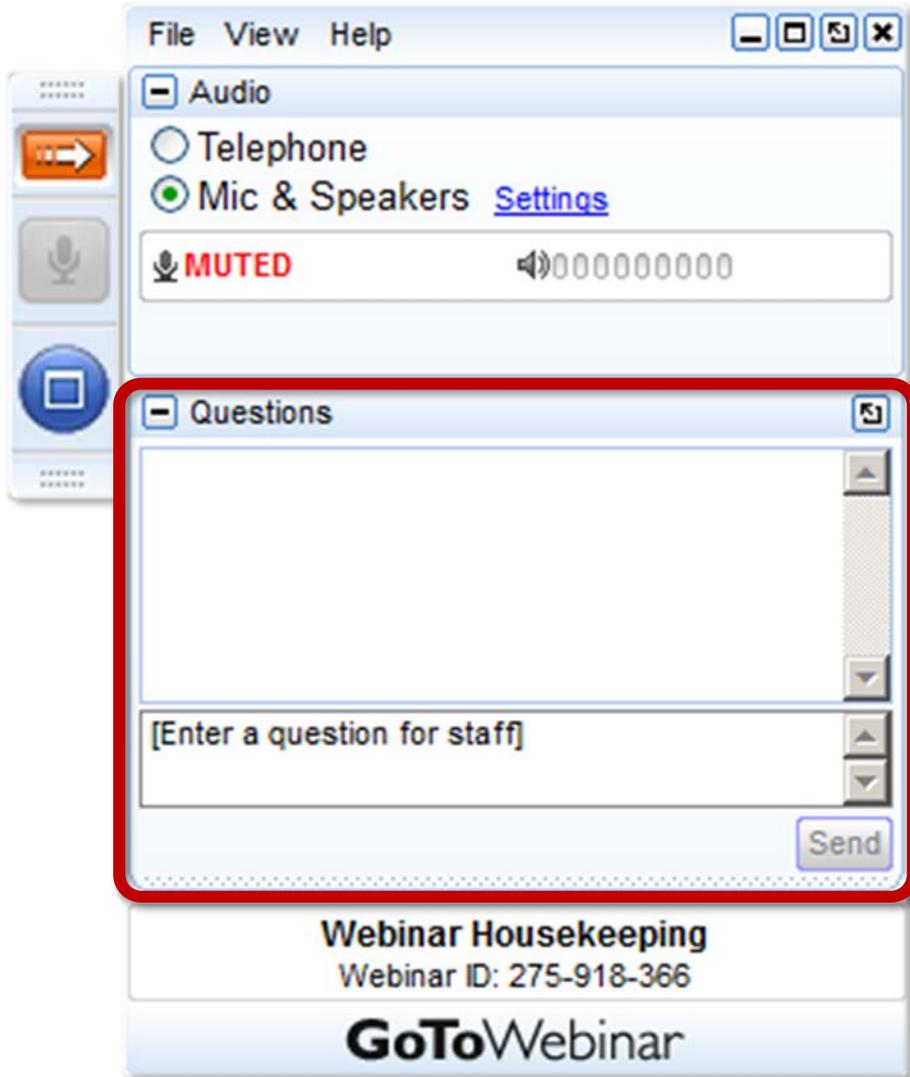
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HAVE A QUESTION?



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QUESTIONS & COMMENTS

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Healthy Communities



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Webinars

One of the great ways that we love to share resources and expertise is through our regular webinars. Our webinars feature our staff and incredible advocates, Safe Routes to School program staff, government officials, elected leaders, and others from around the country sharing their knowledge and learning on a diverse range of topics.

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TODAY'S SPEAKERS



Marisa Jones

Nutrition and Physical Activity Manager
Safe Routes to School National
Partnership



Caroline Harries

Associate Director
The Food Trust



Safe Routes
to School
National
Partnership

The Food Trust

Ensuring that everyone has access to affordable, nutritious food and information to make healthy decisions.



The Food Trust
THEFOODTRUST.ORG

ShopRite



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215-992-7888
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56 Torresdale-Cottman

R Henry-Midvale & Wissahickon Transportation Center

STOP I.D. #31720

STOP





Census Tracts With Over 100 Households with No Vehicle Access and are More Than ½ Mile from Closest Grocery Store

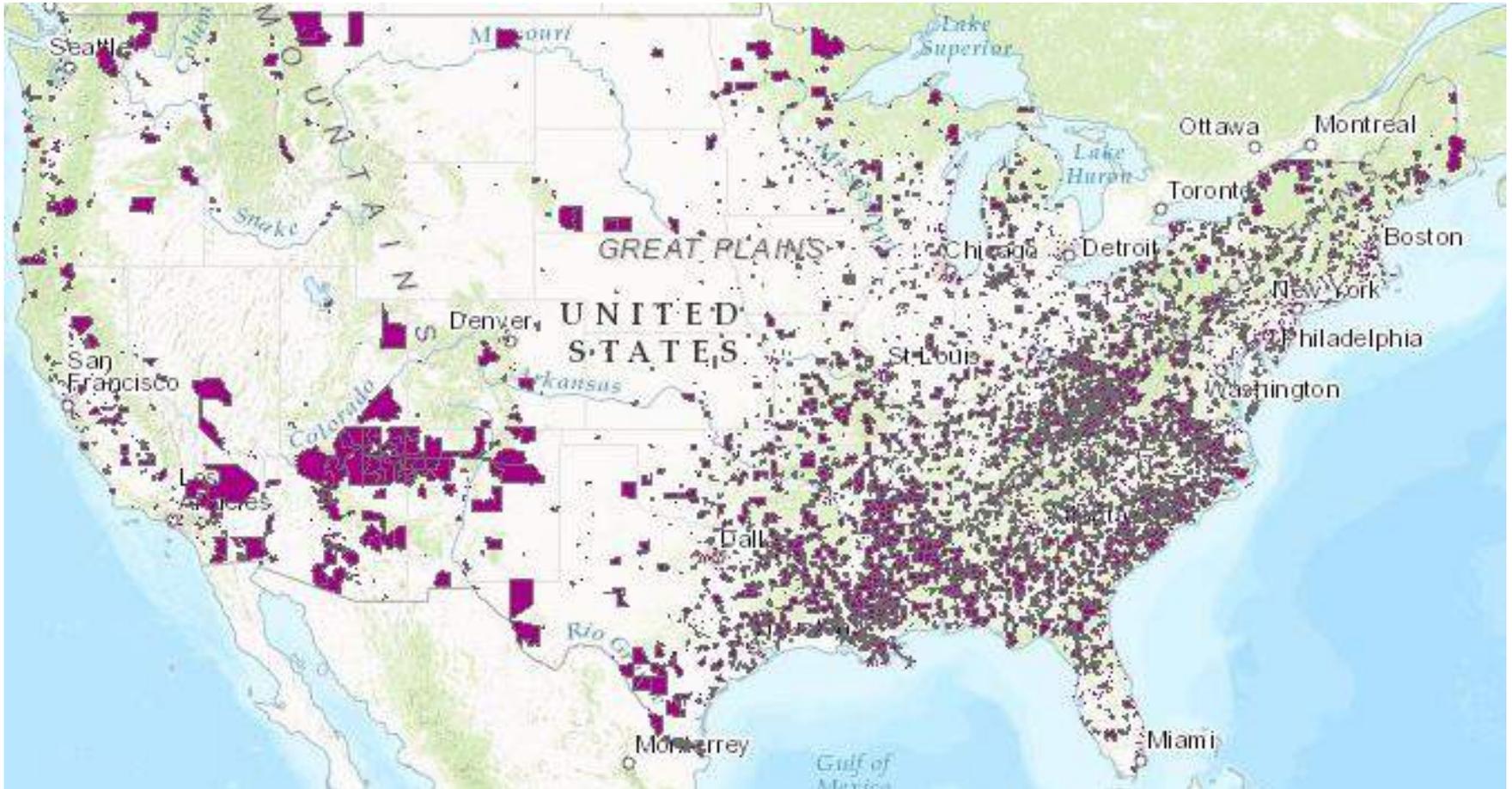




Photo Credit: Micah Bales







Photo Credit: Karen Beate Nøsterud - norden.org via [WikiMedia Commons](https://commons.wikimedia.org)



Safe Routes
to School
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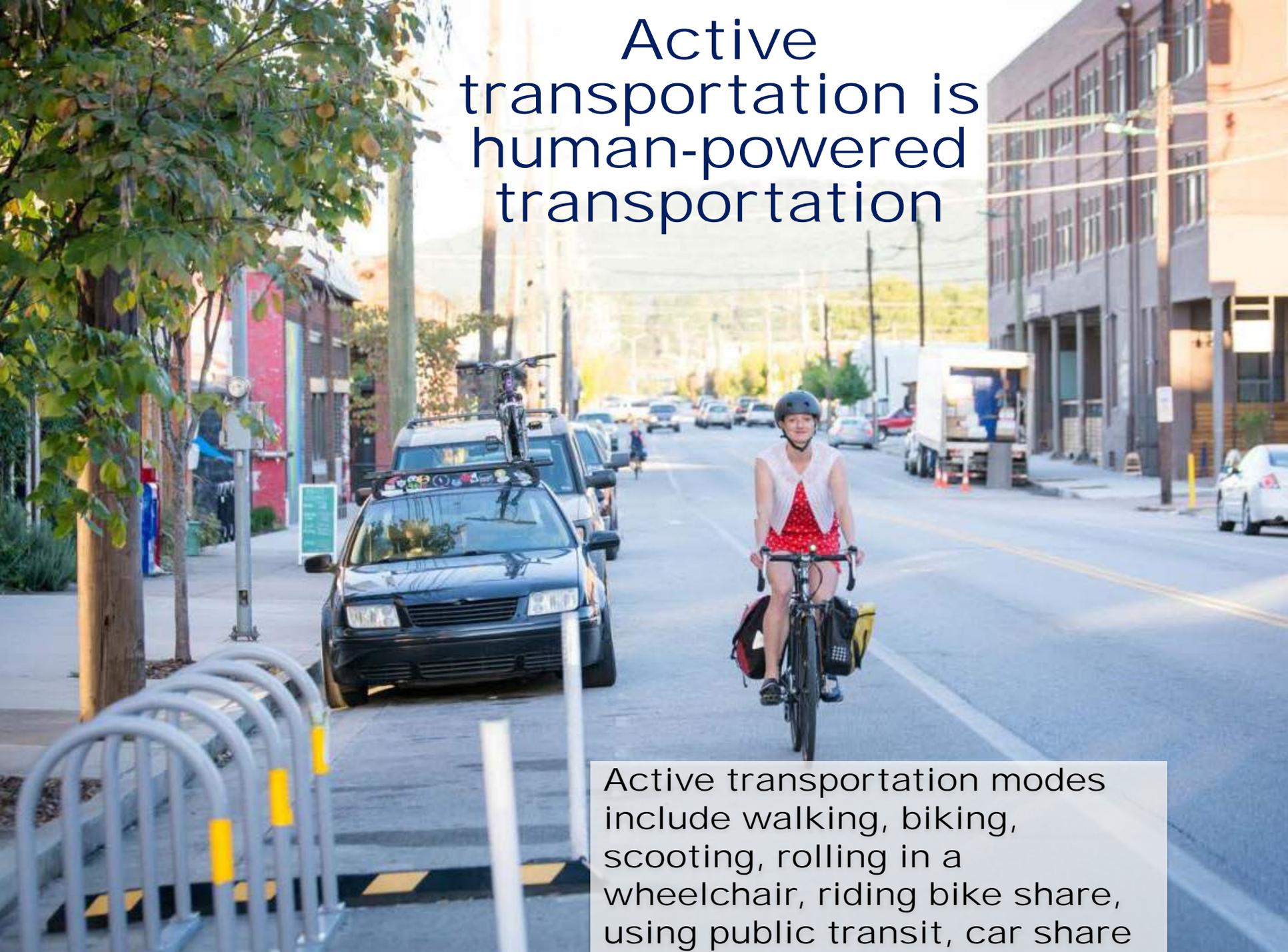
Safe Routes to Healthy Food



Safe
Routes
to
Healthy
Food



Active transportation is human-powered transportation

A woman wearing a black helmet, a white sleeveless top, and red patterned shorts is riding a bicycle towards the camera on a city street. She has a black bag on the front and a yellow bag on the back of her bike. The street is lined with parked cars, including a dark SUV with a bicycle mounted on its roof rack. In the foreground, there are grey metal bike racks with yellow reflective strips. The background shows a multi-story brick building and a white delivery truck parked on the right side of the street. The scene is set during the day with soft lighting.

Active transportation modes include walking, biking, scooting, rolling in a wheelchair, riding bike share, using public transit, car share



Photo Source: <http://stories.kera.org/inside-neighborhood/around-here-fresh-food-is-hard-to-find/>



Food Access Research



Accessing healthy food is a challenge for many Americans – particularly in low-income neighborhoods, communities of color, and rural areas.

Available at: <http://thefoodtrust.org/food-access/publications>



The alternatives in many places





Only 66% of SNAP households use their own vehicle to get to the store where they usually shop for groceries, compared to 95% of households not participating in SNAP.



Only 49
percent of low-
income
communities
have sidewalks

Whereas 90 percent of high-income communities have sidewalks





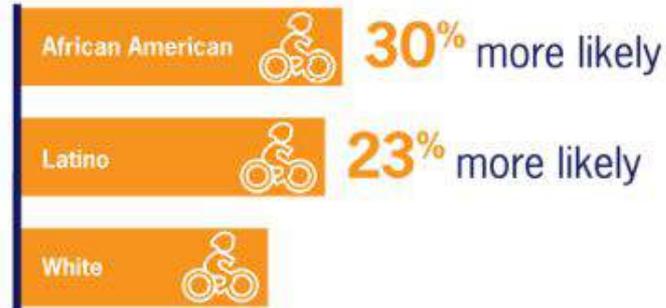
Racial Disparities in Bicycling and Pedestrian Fatalities

People Killed While Walking



Governing, August 2014

People Killed While Bicycling

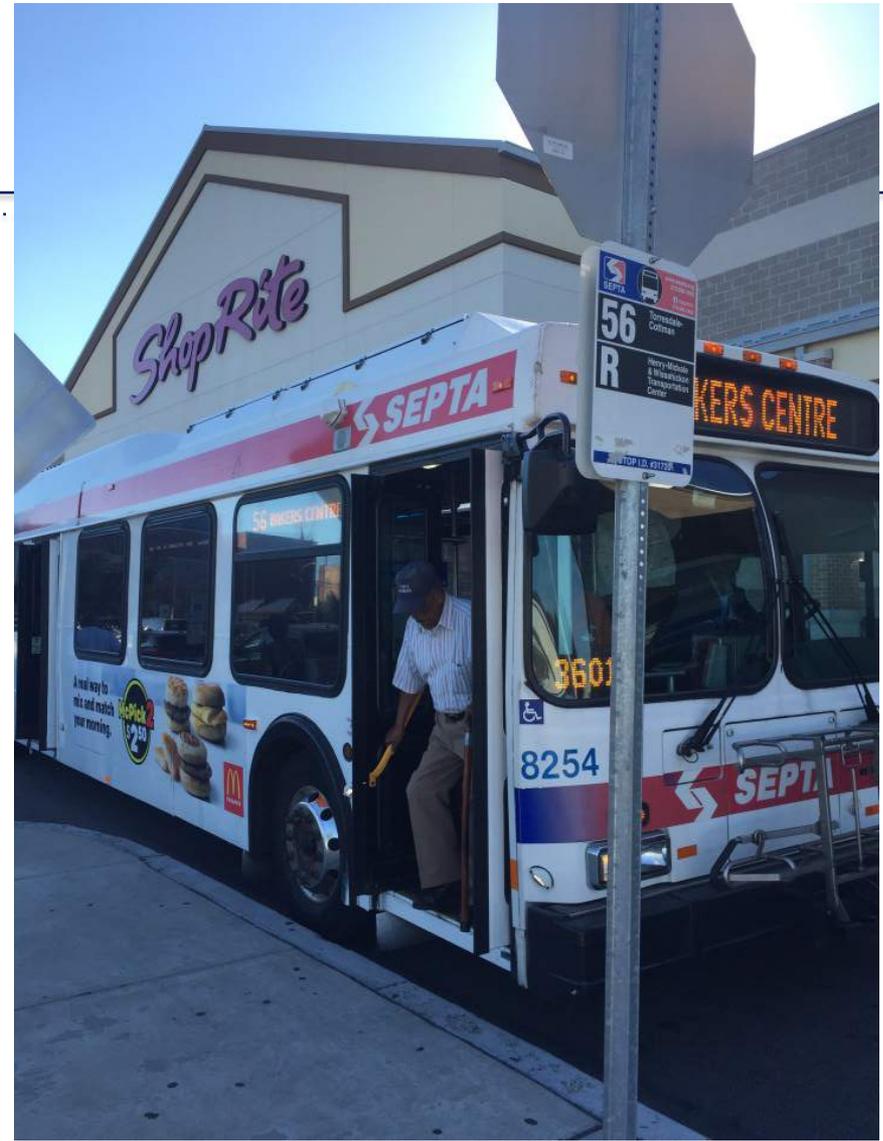


Centers for Disease Control and Prevention, 2001



Safe Routes
to School
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Black residents are six times more likely to use public transit than whites and Latinos are three times more likely.





Safe Routes to Healthy Food are needed in rural areas, too

More than 1.6
million rural
households in
the U.S. do
not have
access to a
car



Photo credit: http://irjci.blogspot.com/2015_03_01_archive.html



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Safe Routes to Healthy Food



Healthy Food
Access

Safe
Routes
to
Healthy
Food

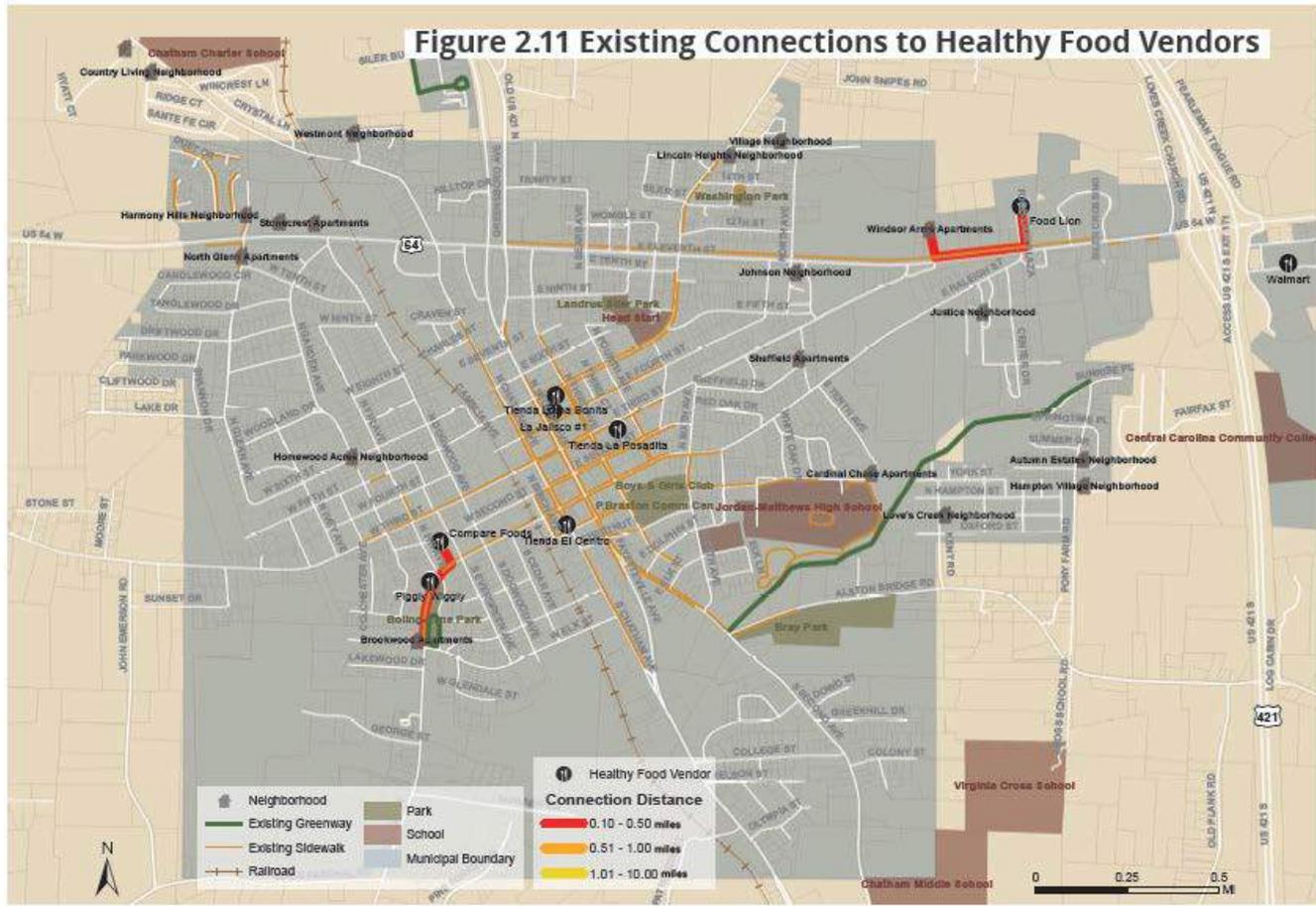


Active
Transportation





Incorporating healthy food access into pedestrian master plan Siler City, North Carolina





Analyzing food environments as part of regional transportation planning

Nashville, Tennessee

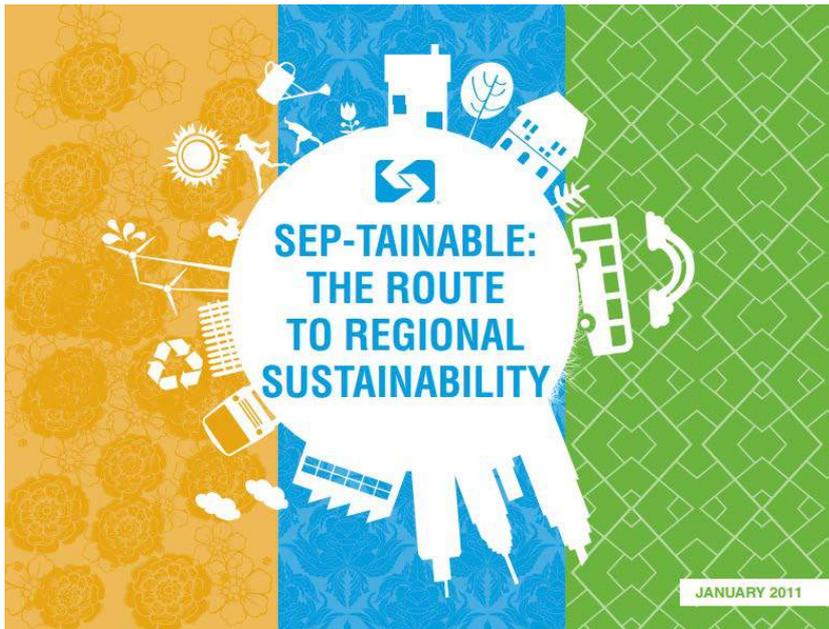


Photo Credit: www.walkbikenashville.org



Setting food access as a goal for a transit system

Philadelphia, Pennsylvania



- Southeastern Pennsylvania Transportation Authority (SETPA) identified “Improving Access to Local Food Via Transit” as a goal in its Sustainability Plan.
- The stated goal is to bring fresh food within 10 minutes of 75% of residents.



Connecting food assets with active transportation infrastructure

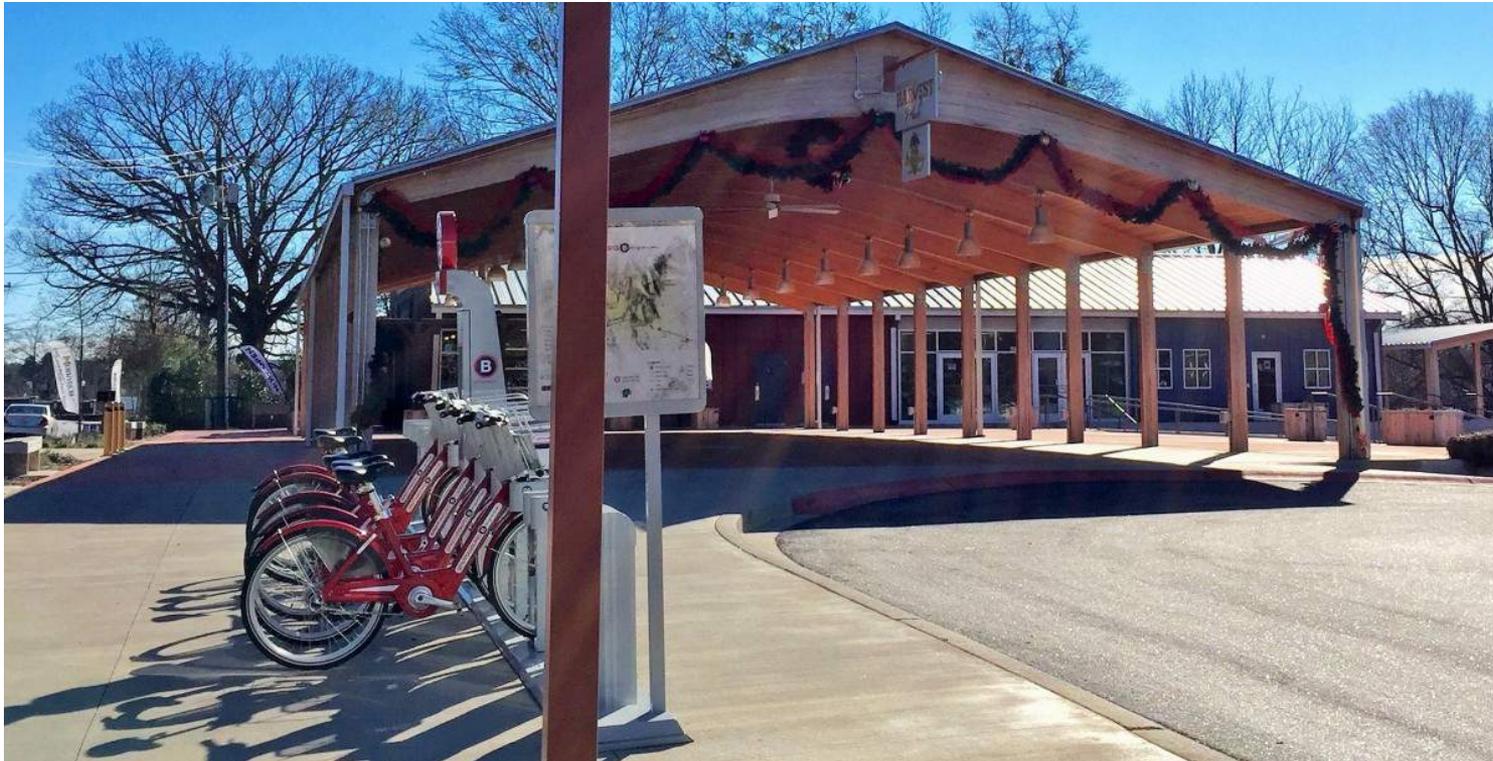
Rosebud Indian Reservation, South Dakota



Site plan photo credit: REDCO (Rosebud Economic Development Corporation <http://www.sicanguscribe.com/keya-wakpala.html>)



Incentivizing walking & biking to farmers markets Spartanburg, South Carolina





Co-locating edible foods along multi-modal trail Palmer, Alaska





Providing accommodations & services for people on bikes

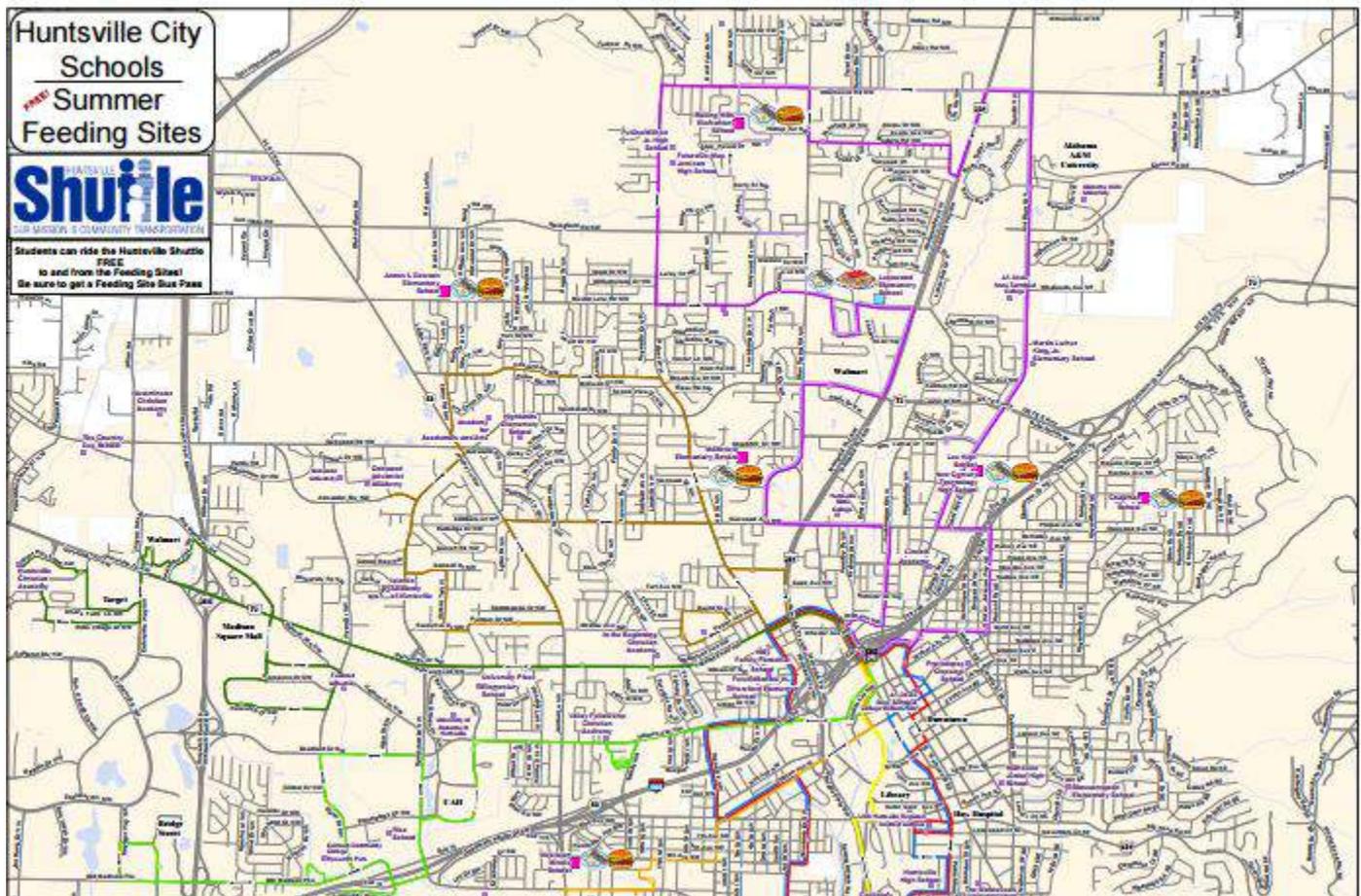
Portland, Oregon





Providing free public transit to summer meal sites

Huntsville, Alabama



Source: <http://www.fns.usda.gov/sites/default/files/sfsp/SMT-Transportation.pdf>

Improve
health



A photograph of a ShopRite pharmacy building. The building has a textured, light-colored facade. A large yellow banner is mounted on the wall, advertising 'Double Min. Coupons .99' with 'UP TO' and 'See some by default.' written on it. The word 'PHARMACY' is visible on the building's facade. In the foreground, there is a bike-sharing station with several blue bicycles docked. The text 'Promote economic equity and vitality' is overlaid in large yellow font across the bottom half of the image.

Promote
economic equity
and vitality

Increase efficiency



Can the park be healthy?

What do you see in this park?

Bike path
more benches
restroom

healthier, I need

We the People
of the United States,
in Order to form a more perfect Union,
establish Justice, insure domestic Tranquillity,
provide for the common defence, promote the
general Welfare, and secure the Blessings of
Liberty to ourselves and our Posterity,
do ordain and establish this Constitution
for the United States of America.

RANCHO LAS POSITAS COMMUNITY GARDEN



Improve connectivity

Build social capital







Safe Routes
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Work to date



American
Heart
Association

Robert Wood Johnson
Foundation

TAKING ACTION TO PREVENT OBESITY



Voices
for Healthy Kids



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Safe Routes to Healthy Food



Everyone has to eat; it's not an option to go without food. Whether people shop at a supermarket or corner store, access food at a food pantry, eat at a local restaurant, order takeout, or pick up produce at a farmers market or community garden, everyone needs a safe and reliable way to get to the places where they obtain foods – ideally healthy foods. Not everyone has a car, and many people rely on walking, bicycling, or public transportation to access food. Everyone deserves a transportation system that can conveniently, safely, and affordably link them to the places they need to go, especially to healthy food.

Increasing access to healthy food can be achieved not only by bringing healthy foods closer to people, but also by making walking, biking, and transit a safer and more viable option to link people to where they get or shop for food. The work of overcoming the transportation challenges to getting healthy food is called Safe Routes to Healthy Food. Safe Routes to Healthy Food aims to strengthen policies and practices that make it safer and more convenient to walk, bike, and use transit to healthy foods.

What's the Problem?

In many neighborhoods, local stores may not sell fresh produce or other healthy options, and unsafe conditions for walking or biking, inaccessible or unaffordable public transit service, and lack of access to cars can make getting to healthy foods dangerous, time-consuming, and expensive.¹

2016

www.saferroutespartnership.org | [Facebook.com/saferroutespartnership](https://www.facebook.com/saferroutespartnership) | [Twitter @SafeRoutesNow](https://twitter.com/SafeRoutesNow)

Perspective transformation

IN GRATITUDE TO OUR 2016 SPONSORS
Celebrating 13 Years!



Saucon Valley Farmers' Market
Water Street Park
@ Saucon Rail Trail

Sundays
May 1 - Nov 20
9 a.m. - 1 p.m.
sauconvalleyfarmersmarket.com

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- Hellertown Dental Group
- Hellertown Family Chiropractic
- Hellertown Historical Society
- Hellertown Lions Club
- JCL Administratives
- Jim Gardner Agency - State Farm
- Law Office of David W. Tidd
- Law Offices of Mark P. Allright
- Lighthouse Laundry on Main
- Lost River Tavern
- Lower Saucon Township Historical Society
- McCart's of Hellertown
- Physical Therapy at St. Luke's
- Saucon Valley B&B
- Saucon View Apartments
- Sayers & Co
- Yoga Plus
- FRISBIS
- Cherrybrook Water
- DMW's
- Debra's Events of Hellertown
- Handy Jim Dharma & Sons, Realtors
- Saucon Square
- Saucon Truck Wash Hellertown
- St. Janssen's Services
- St. Vincent's
- The Bug Company of PA
- The Original Hellertown Store
- Yo Kashi Yogurt Cafe of Hellertown





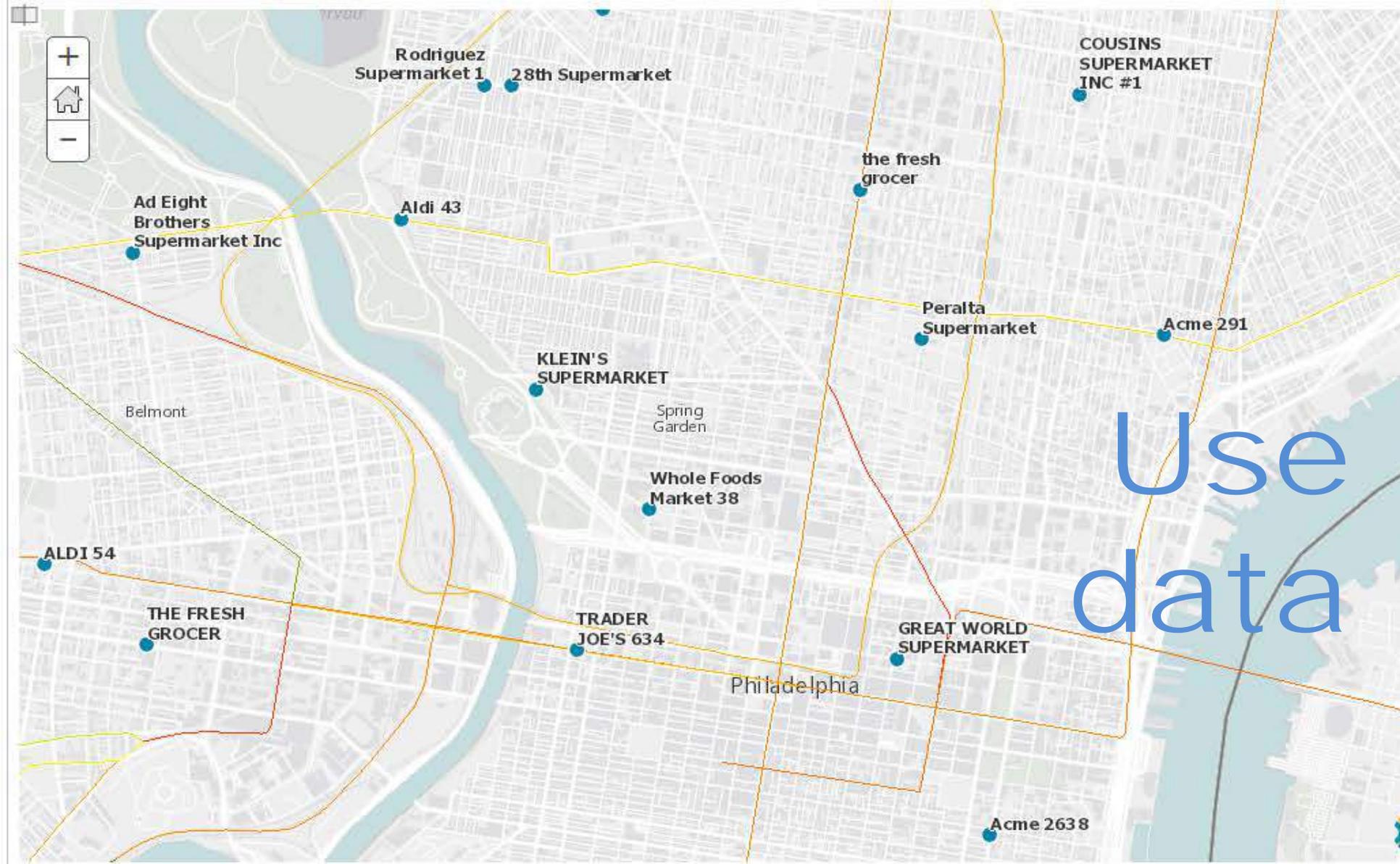
Convene
stakeholders



Add Data

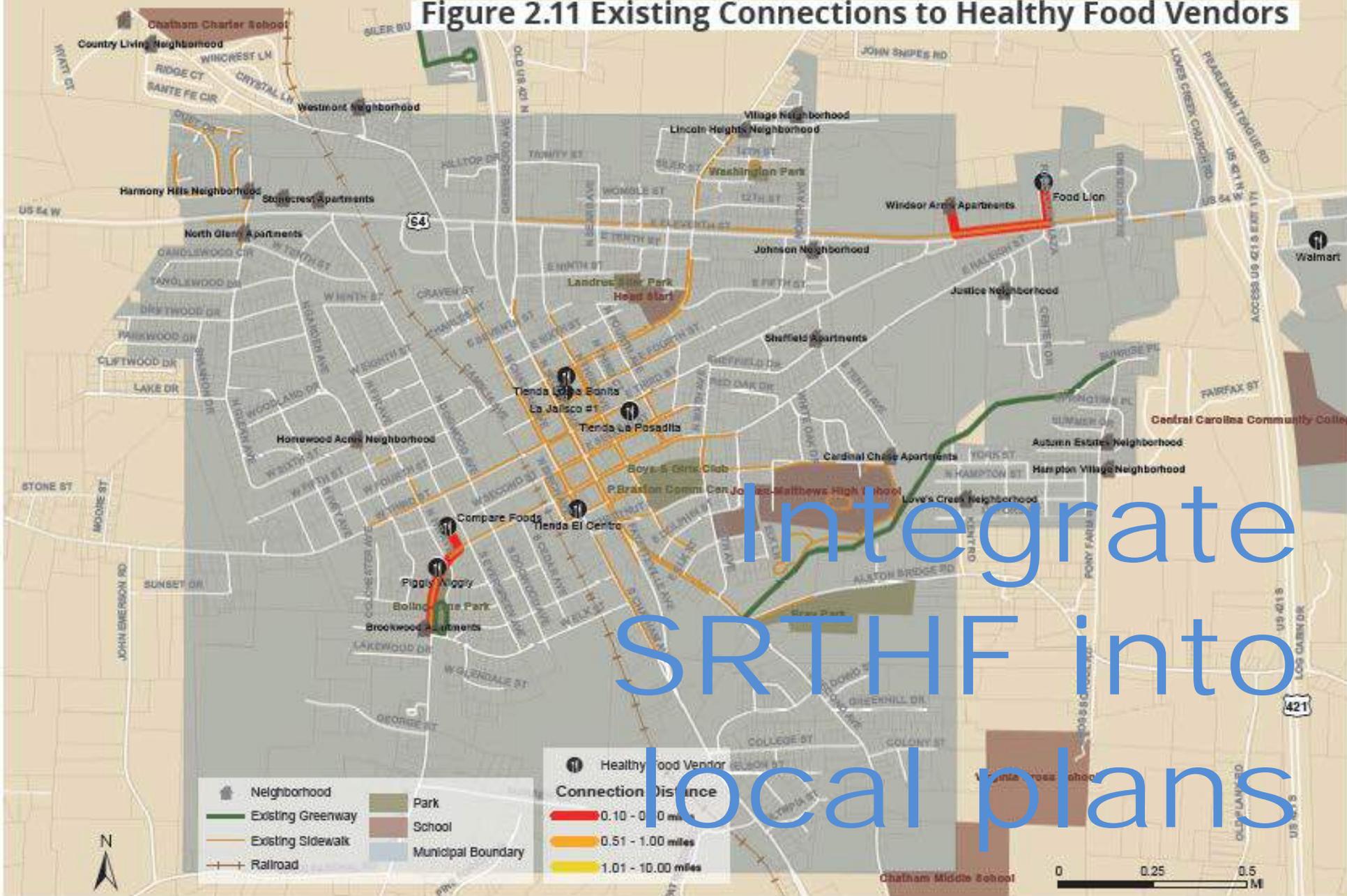
Map Gallery

Tools



Use data

Figure 2.11 Existing Connections to Healthy Food Vendors



Seek community input on site accessibility



Work with transit planners



Photo credit: R Moreno



Join us for a
#MoveEquity Tweetchat

Safe Routes to Healthy Food

Making it easy, safe, and convenient to access healthy food by foot, bike, or transit

Wednesday, December 14
1 pm Eastern

@SafeRoutesNow @TheFoodTrust
@AmericaWalks @SaludToday
@Voices4HK @AL_Research

Join the conversation

Questions?

grow
LOCAL FOOD FOR EVERYONE

Rhubarb

Rhubarb stalks should be approximately 10 - 15 inches long when ready to harvest. Pull slowly but firmly while twisting the stalk at the base, then break off the leaf.



Brussel Sprouts

Harvest sprouts from the bottom of the stalk when they reach about 1 inch in diameter. Brussel Sprouts increase in flavor after a light frost or two.



Kale

Kale leaves can be harvested throughout the summer. They should have a firm stalk texture and may have flat or curled leaves. The leaves may be deep green, blue-green, or purple. Kale flavor is best in cool weather.





Contact Info

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Safe Routes to School National
Partnership

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Please take our survey!



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Thank you!

Join us for our next
webinar on our
Walking School Bus
Toolkit

January 11th
at 10am PT/1pm ET



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