

Complete Streets



Addressing Health Equity through Complete Streets
Delaware County

March 24, 2016

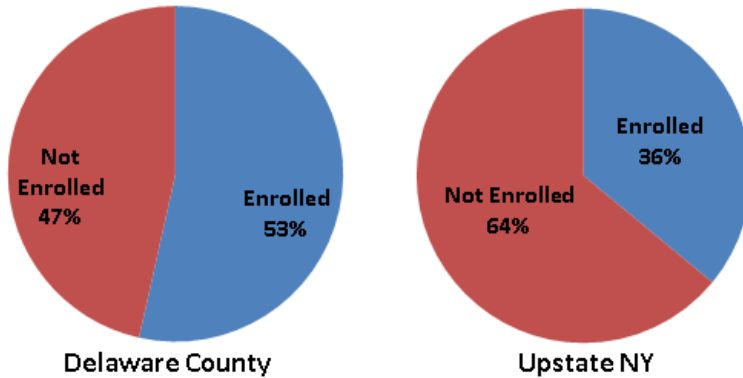
Disparate Population

- *Low Income children and adults of rural areas in Delaware County*
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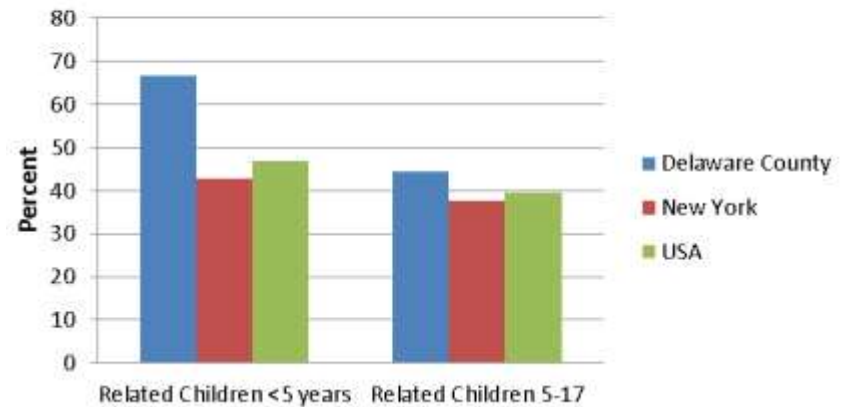
Low Income children and adults of rural areas in Delaware County

- 4th largest county geographically
 - 6th most rural county (pop density 33)
 - Environmentally Protected Catskill/Delaware Watersheds
 - Lack of Public Transportation
 - Limited Access to Specialty Services
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Students Participating in the Free or Reduced Lunch Program in 2012



Percentage of Children Below the Poverty Level in a Family with Female Householder, No Husband



When compared with New York State, Delaware County has 17.5% more children receiving free or reduced price lunch.

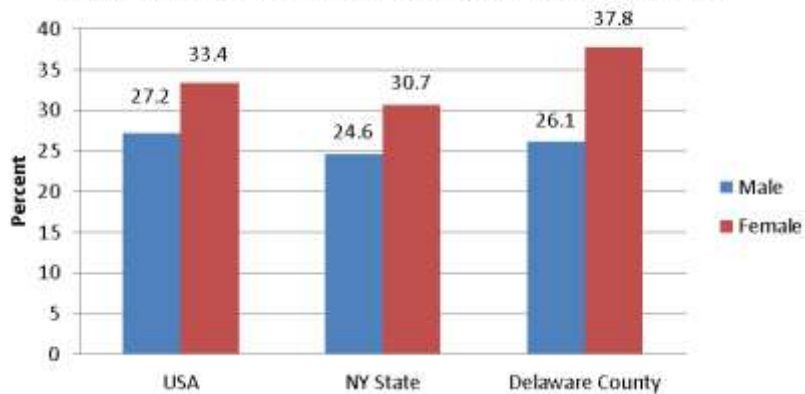
Source: NYS Ed Dept. Child Nutrition Management System, January 2012

2013-2017 Community Health Assessment

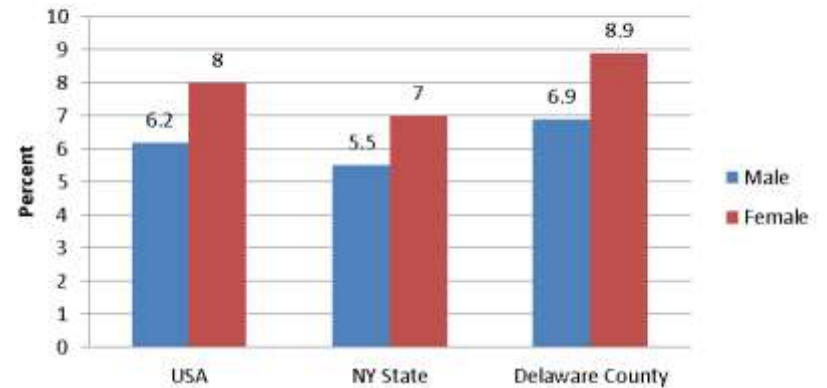
The number of children eligible for free lunch has increased from 2010-2013.

Source: NYS Ed Dept. Child Nutrition Management System 2013-2017 Community Health Assessment

Unemployed Percent Below Poverty Level



Employed Percent Below Poverty Level



Source: U.S. Census Bureau, 2009-2011 American Community Survey, Poverty Status 3 year estimate

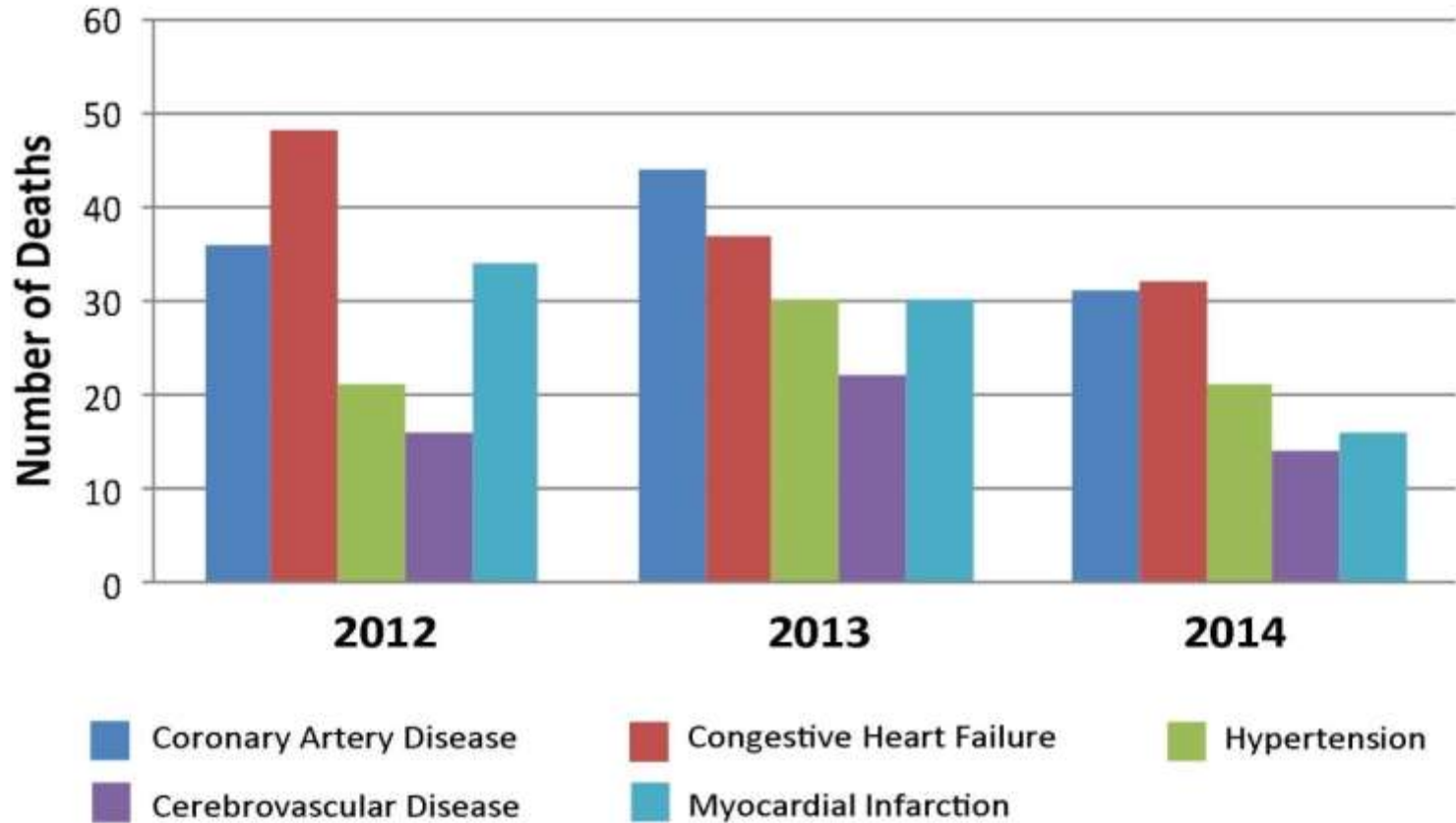
Complete Streets

- Complete Streets: Allowing all users of the road to travel the road safely.
 - Policies require that transportation planners and engineers consistently plan, design, and build the roadway with all users in mind— including bicyclists, public transportation vehicles, and pedestrians of all ages and abilities.
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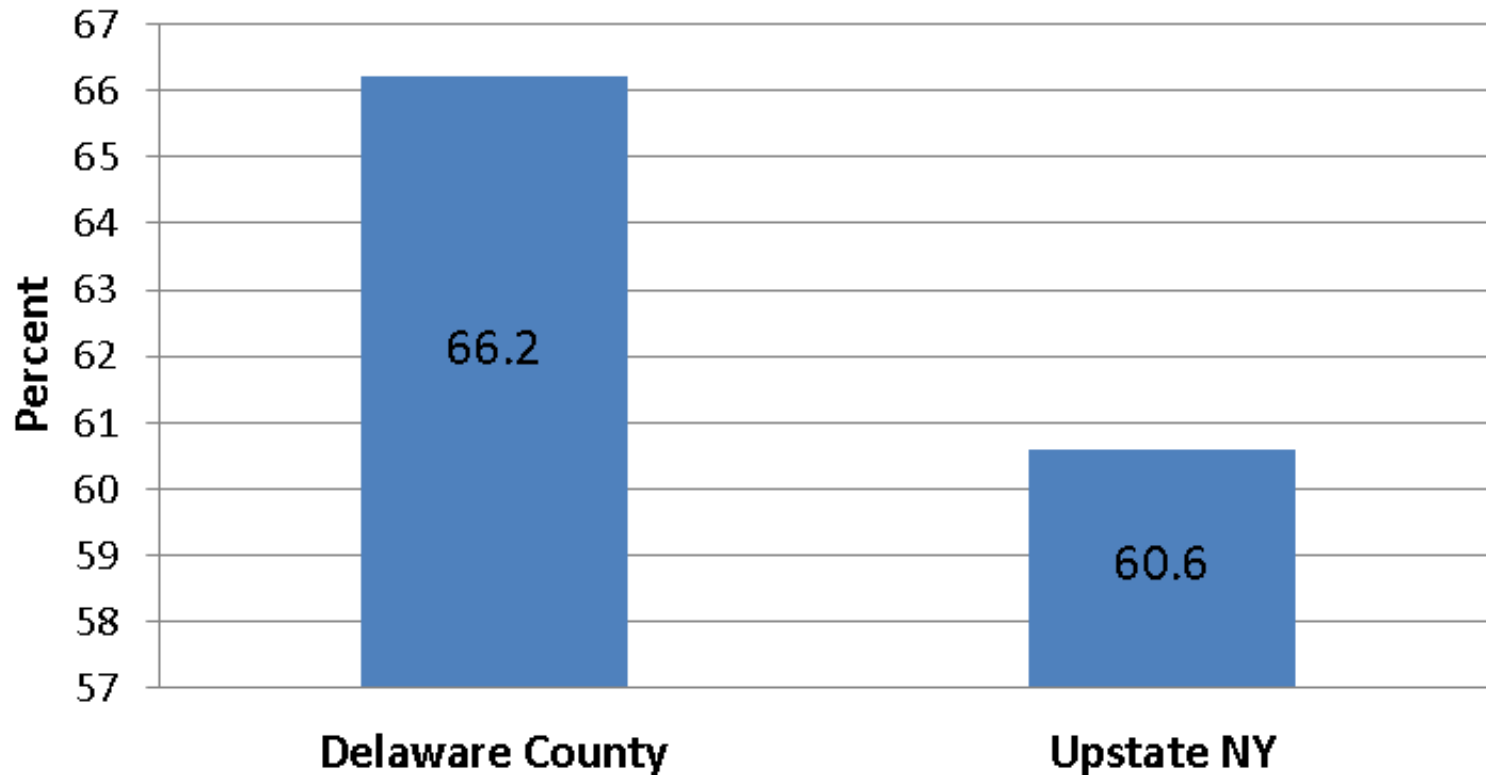
Partners

- O'Connor Hospital
 - Delaware Valley Hospital
 - Tri-Town Regional Hospital
 - Margaretville Memorial Hospital and Wellness Committee
 - Towns/Villages
 - Planning
 - Delaware Cty. DPW
 - SUNY Delhi
 - Delaware County Rural Care Alliance
 - Creating Healthy Schools and Communities
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Delaware County Heart & Circulatory Disease Deaths By Type



Percentage of Adults Overweight or Obese

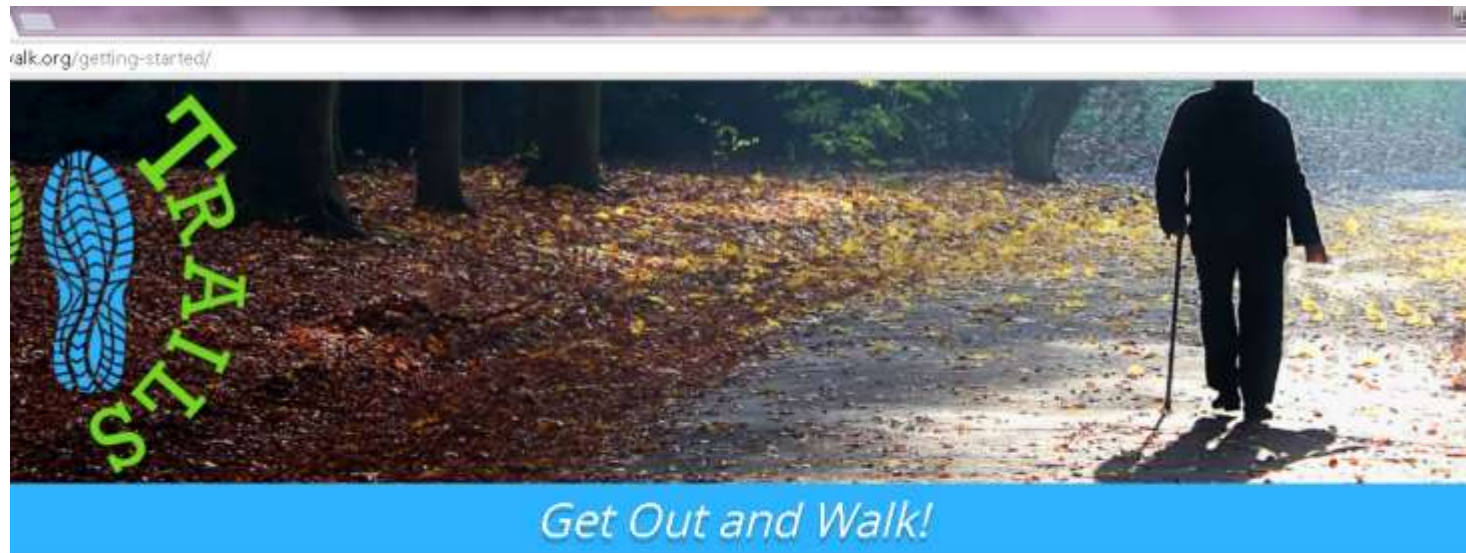


Delaware County has a greater percentage of adults with a BMI of 25+ than Upstate NY.



Complete Streets in Delhi, NY

www.getoutandwalk.org



What is 'Script Trails? | Great Walks for You! | [Getting Started](#) | 1,000 Mile Challenge

Browse: [Home](#) | Getting Started

Getting Started

As always, before you begin a new exercise program, check with your doctor. If you're cleared for exercise, walking for better health and/or weight loss is a great place to start. These tips will help you create a walking fitness plan that fits within your abilities and helps you achieve your health goal.

- 1 Begin slowly.** Even though walking is as natural as breathing, you still need to give your body time to adapt to the increased demands you're putting on it. So don't begin your walking program with a 10-mile hike. If you've been inactive for several years, begin with as little as 15 minutes walking per day, five or six days per week.

[Why Walk?](#)

[Walking Tips](#)

[Miles for Wellness Activity Conversion Chart](#)



Accomplishments/Goals

Accomplishments

- 6 Complete Streets Policies Passed
- 1 Endorsement from SUNY Delhi
- www.getoutandwalk.org

Goals

- County Wide Complete Streets Policy
- Rx Trails to be used in EMR systems



Challenges/Strengths

Challenges

- Educating Elected Officials
- Conservative Policy Climate
- Limited Resources
- Rural-”How does Complete Streets work here?”
- Collecting Metrics

Strengths

- Collaboration!!
 - Diverse Partners
 - Rural/Beautiful County
 - Grant Awards
 - Trainings
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- 1. How can we look at the impact of this project in terms of health equity?
- 2. With limited resources, how can we continue to build upon “Complete Streets”?

