



HEALTHY COMMUNITY

LIVE



GOALS, OBJECTIVES, AND POLICIES

GOAL HCE 1 Enhance the Quality of Life for All Residents

GOAL HCE 2 Collaborate and Coordinate to Address Health Needs of All Residents

GOAL HCE 3 Reduce Health Risk Factors

WORK



PLAY



GROW



WHAT IS THE HEALTHY COMMUNITY ELEMENT?

The inclusion of the Healthy Community Element demonstrates that improving and maintaining overall health for the residents of the City is an important factor in providing a high quality of life. The American Planning Association defines “healthy communities” as places where all individuals have access to healthy built, social, economic, and natural environments that give them the opportunity to live their fullest health potential regardless of their race, ethnicity, gender, income, age, abilities, or other socially defined circumstance. This element provides the goals, objectives and policies for the City of Delray Beach to be a healthy community for all.

HEALTHY COMMUNITY GOALS

GOAL HCE 1	Enhance the Quality of Life for All Residents IMPROVE THE QUALITY OF LIFE FOR ALL RESIDENTS BY PROVIDING AN ENVIRONMENT FOR ACTIVE LIVING, CULTURAL OPPORTUNITIES AND EQUITABLE ACCESS TO HEALTHY FOOD AND HEALTH CARE.
GOAL HCE 2	Collaborate and Coordinate to Address Health Needs of All Residents COLLABORATE AND COORDINATE WITH RESIDENTS, STAKEHOLDERS AND STRATEGIC PARTNERS TO ADDRESS THE HEALTH NEEDS OF ALL RESIDENTS.
GOAL HCE 3	Reduce Health Risk Factors REDUCE EXPOSURE TO HEALTH RISK FACTORS AT HOME, THE ENVIRONMENT AND SOCIETY.



HCE 1 ENHANCE THE QUALITY OF LIFE FOR ALL RESIDENTS

IMPROVE THE QUALITY OF LIFE FOR ALL RESIDENTS BY PROVIDING AN ENVIRONMENT FOR ACTIVE LIVING, CULTURAL OPPORTUNITIES AND EQUITABLE ACCESS TO HEALTHY FOOD AND PHYSICAL AND MENTAL HEALTH CARE.

Performance Measures: Success in addressing Objectives and Policies of **Goal HCE 1** shall be measured utilizing the following performance indicators:

-  Decrease chronic illness and obesity rates.
-  Increase the consumption of healthy foods.
-  Increase the number of year-round green markets.
-  Increase mental health through promoting early intervention measures.
-  Increasing the number of community gardens and urban farms.
-  Reducing the disparities in access to health and mental healthcare.
-  Increasing bus routes and ridership.
-  Implementation of a safe route to school program

OBJECTIVE HCE 1.1 Health Assessment

Create a Community Health Assessment Plan that identifies existing quality of life issues and health concerns, and provides recommendations for needed improvements or initiatives to enhance residents' well-being. [Complete by 2024].

Policy HCE 1.1.1

Collaborate with city residents, stakeholders, and strategic partners to identify specific community health indicators by utilizing existing health data and studies.

Policy HCE 1.1.2

Evaluate community design impacts by conducting walkability and cycling audits, identifying needs for complete street improvements, and assessing the provision of universal design elements in parks, public buildings, and private development.

Policy HCE 1.1.3

Map existing resources and analyze areas with future land use designations that allow the provision of physical and mental health services and businesses providing access to healthy food to identify any gaps in needs, and identify areas that require amendments to the future land use designation and zoning to accommodate additional facilities.

Policy HCE 1.1.4

Assess health policies, procedures, access, and programming in terms of equity among Delray

Beach's diverse community.

Policy HCE 1.1.5

Include specific recommendations and strategies that address identified social inequities in the Community Health Assessment Plan.

Policy HCE 1.1.6

Determine a strategy and schedule programs and activities to implement the recommendations of the Community Health Assessment Plan.



OBJECTIVE HCE 1.2 Access to Healthy Food

Improve access to healthy foods throughout Delray Beach.

Policy HCE 1.2.1

Encourage local food options by expanding the presence of community gardens, including exploring the feasibility of creating community gardens in City owned lots and public spaces.

Policy HCE 1.2.2

Encourage the establishment of new grocery stores and support neighborhood and Farmer's markets to provide healthy food choices within a mile of all residential areas.

 **Economic Prosperity Element**



HCE 1 ENHANCE THE QUALITY OF LIFE FOR ALL RESIDENTS

Policy HCE 1.2.3

Utilize economic development tools including public/private partnerships, and site facilitation, to promote location of grocery stores, neighborhood markets, and Farmers Markets in proximity to areas identified as food deserts.

 Economic Prosperity Element

Policy HCE 1.2.4

Support the provision of green markets year-round within the city with varying locations to reach all residents.

Policy HCE 1.2.5

Incorporate provisions in the Land Development Regulations to allow food production and the growing of fruits, vegetables, and herbs in front, back, or side yards.

Policy HCE 1.2.6

Provide sufficient areas with future land use designations that allow for the provision of business providing access to healthy food.

Policy HCE 1.2.7

Coordinate with strategic partners to support and provide healthy food options in schools, including meals, vending machines, aftercare programs, weekend and summer food programs, and school gardens.

Policy HCE 1.2.8

Encourage businesses to make surplus fresh fruits and produce available to service organizations and agencies that provide assistance to vulnerable population groups experiencing poor nutrition.



OBJECTIVE HCE 1.3 Access to Health and Wellness Care

Improve access to physical and mental health care.

Policy HCE 1.3.1

Allow wellness centers and physical and mental health offices and clinics along corridors and within commercial districts.

Policy HCE 1.3.2

Encourage co-location of wellness centers and physical and mental health offices and clinics with each other and/or in proximity with job centers, schools, and community centers to improve access and create efficiencies in providing care.

Policy HCE 1.3.3

Encourage co-location of wellness centers and physical and mental health providers with the hospital.

Policy HCE 1.3.4

Analyze the feasibility of providing incentives to attract providers in close proximity to job centers, schools, and community centers, transit stations and bus stops.

Policy HCE 1.3.5

Collaborate with local health care providers and strategic partners to support health fairs available to the public.

Policy HCE 1.3.6

Support the Public Health Department and its efforts to prevent and combat the spread of infectious diseases.

Policy HCE 1.3.7

Collaborate with private, non-profit, and other governmental entities to establish and implement a method for recruiting and retaining physical and mental health providers in underserved areas.

Policy HCE 1.3.8

Support efforts to increase housing options as a means of attracting healthcare practitioners.



OBJECTIVE HCE 1.4 Mental Health

Encourage psychological and emotional well-being.

Policy HCE 1.4.1

Continue to coordinate with Healthier Delray Beach and other strategic partners to support efforts to build awareness of mental health and wellness and to provide information and assistance in finding appropriate care.



HCE 1 ENHANCE THE QUALITY OF LIFE FOR ALL RESIDENTS

Policy HCE 1.4.2

Continue and expand activities of the Community Advocacy Response Education Service of the Delray Beach Police Department in assisting persons in need and their families in finding needed services.

Policy HCE 1.4.3

Coordinate with Palm Beach County's Sheriff Office Crisis Intervention Program to assist officers in dealing with individuals in need of mental health support.

Policy HCE 1.4.4

Coordinate with organizations, such as the National Alliance on Mental Illness of Palm Beach County in providing support, education and advocacy to empower persons with mental illness and their families.

Policy HCE 1.4.5

Continue to provide counseling and support for first responders to prevent and treat mental health challenges, such as Depression, Anxiety, and Post Traumatic Stress Disorders

Policy HCE 1.4.6

Support the availability of mental health counseling and programming in local schools.

Education Element

Policy HCE 1.4.7

Support local health initiatives, such as Healthier Delray Beach to improve health equity and access for all residents and encourage resident capacity building and outreach programs.

HCE Policy 1.4.8

Support the provision of a wellness center with a focus on mental health in The Set, through collaboration with strategic partners, such as the Palm Beach County Department of Health, Florida Atlantic University, Healthier Delray Beach, and other appropriate community organizations.



Objective: 1.5 Recovery

Support recovery and sobriety.

Policy HCE 15.1

Continue to enforce regulations that establish a healthy environment that supports recovery and sobriety.

Policy HCE 1.5.2

Continue to coordinate with the Delray Beach Drug Task Force and other strategic partners to support efforts to build awareness of substance abuse and to provide information and assistance in finding appropriate care.

Policy HCE 1.5.3

Continue and expand activities of the Community Advocacy Response Education Service of the Delray Beach Police Department in assisting persons in finding substance abuse treatment and services.



OBJECTIVE HCE 1.6 Obesity & Chronic Illnesses

Reduce obesity and the chronic illnesses associated with obesity.

Policy HCE 1.6.1

Support programs geared to raising awareness of the benefits of good nutrition and physical activity.

Policy HCE 1.6.2

Support and promote educational programs on the prevention of obesity and associated chronic illnesses, such as diabetes, and heart problems.



OBJECTIVE HCE 1.7 Physical Activity

Promote physical activity to increase quality of life, reduce chronic illnesses, and maintain a healthy lifestyle.

Policy HCE 1.7.1

Encourage and support recreation and physical activity by continuing to provide a system of open space, activity-based parks, resource-based recreation facilities, and diverse programming options for all ages.

Open Space, Parks, and Recreation Element



HCE 1 ENHANCE THE QUALITY OF LIFE FOR ALL RESIDENTS

Policy HCE 17.2

Continue to provide physical activities in after school and summer camp programs.

 **Education Element**

Policy HCE 1.7.3

Continue to require that early childhood education providers provide recreational activity areas for all students, and encourage programs to integrate play into daily programming.

 **Education Element**

Policy HCE 1.7.4

Seek grant funding to provide recreational opportunities for children who do not have access to summer camp or after care programs.

Policy HCE 1.7.5

Promote biking and walking through the provision of complete streets and a connected system of greenways and trails that encourages recreation, physical activity and exposure to the natural environment.

 **Mobility Element**

 **Open Space, Parks, and Recreation Element**

Policy HCE 1.7.6

Promote volunteer opportunities in community projects that promote community health such as community gardens, school health education programs, beach cleanup activities or green markets.



OBJECTIVE HCE 1.8 Health Education

Encourage and Support school-based health promotion and activities.

Policy HCE 1.8.1

Partner with education and governmental organizations to encourage community access to health information and education.

Policy HCE 1.8.2

Support efforts of the School District of Palm Beach County to promote healthy foods and to limit marketing of unhealthy snacks and beverages.

Policy HCE 1.8.3

Support trauma-informed care and behavioral health trainings provided by health related organizations.

Policy HCE 1.8.4

Support the School District of Palm Beach County's efforts to promote the Safe Routes to Schools program.

 **Education Element**

Policy HCE 1.8.5

Identify and pursue the joint use of schools and parks facilities through joint use agreements.



OBJECTIVE HCE 1.9 Sustainable Health & Design

Create, develop and maintain programs and infrastructure designed to support sustainable community health.

Policy HCE 1.9.1

Continue to provide Land Development Regulations which facilitate the provision of complete streets throughout the City.

Policy HCE 1.9.2

Maintain provisions in the City's Land Development Regulations for mixed use districts to allow co-location of nursing homes and assisted living facilities in proximity to health services.

Policy HCE 1.9.3

Study existing neighborhoods to determine if residents can easily access commercial retailers to obtain daily necessities, and if public facilities such as schools, parks, and transit stops are less than a five-minute walk from residents.

Policy HCE 1.9.4

Educate developers, property owners, neighborhood associations, and other building permit applicants for major projects on the connection between the built environment and public health.



HCE 1 ENHANCE THE QUALITY OF LIFE FOR ALL RESIDENTS

Policy HCE 1.9.5

Improve streetscapes to encourage reduced vehicular speeds, so that traffic speeds are reduced and pedestrians' and cyclists' comfort and safety is increased.

Policy HCE 1.9.6

Design new neighborhoods and modify existing ones to be amenity-rich, mixed-use, interconnected, with and low-design speeds.

Policy HCE 1.9.7

Transform existing streets to safely accommodate pedestrians and cyclists by incorporating traffic calming that is built into the street design, and which increases the sense of spatial enclosure.

Policy HCE 1.9.8

Integrate walkable neighborhood design with transit stations and bus stops.

Policy HCE 1.9.9

Work with Palm Tran to provide additional routes for mass transit and encourage the use of transit by providing well-lit and clean, bus stops and shelters.

Policy HCE 1.9.10

Collaborate with Palm Beach County and the Florida Department of Transportation to provide connectivity for non-motorized traffic across barriers through a shorter and more convenient route.

Policy HCE 1.9.11

Collaborate with Palm Beach County and the Florida Department of Transportation to invest in recreational infrastructure that provides an alternative to car trips, such as trails (multi-use, hiking, equestrian, jogging), bike lanes, parks, and restored or conservation areas.

Policy HCE 1.9.12

Integrate fixed, durable outdoor fitness equipment in City-owned parks that allow for flexibility and resistance training.

Policy HCE 1.9.13

Encourage workplace fitness by including fitness centers within or in close proximity to employment centers.

Policy HCE 1.9.14

Encourage employers to provide financial incentives to cycling, transit, and walking as a commuting alternative.

Policy HCE 1.9.15

Encourage the inclusion of showers, lockers, and changing areas at places of employment.

Policy HCE 1.9.16

Create "visitable" building types for the disabled that also satisfy the goal of creating walkable street frontages.

Policy HCE 1.9.17

Continue efforts in educating residents and visitors on the strategies of drowning prevention by placing advisories on the city's website, and brochures in public buildings and places.

Policy HCE 1.9.18

Encourage public and private schools to allow their recreational fields to be open for community sponsored sport events after school hours and on weekends.

Policy HCE 1.9.19

Continue to support outdoor community health events which incorporate physical activity such as running, walking, biking, and swimming, and work to increase the community involvement.





HCE 2 COLLABORATE AND COORDINATE TO ADDRESS HEALTH NEEDS OF ALL RESIDENTS

COLLABORATE AND COORDINATE WITH RESIDENTS, STAKEHOLDERS, AND STRATEGIC PARTNERS TO ADDRESS THE HEALTH NEEDS OF ALL RESIDENTS.

Performance Measure: Success in addressing Objectives and Policies of **GOAL HCE 2** shall be measured utilizing the following performance indicators:

- Successful neighborhood partnerships in participating in active living initiatives.
- Successful partnerships with the health community in sharing and dissemination of information.

OBJECTIVE HCE 2.1 Strategic Collaboration

Promote coordination among residents, stakeholders, strategic partners and health providers.

Policy HCE 2.1.1

Communicate the results of the Florida Health Assessment, Palm Beach County's Health Assessment, and Delray Beach's Community Health Assessments.

Policy HCE 2.1.2

Facilitate dialogue platforms for community conversations regarding community health, data and metrics, resources and resident needs.

Policy HCE 2.1.3

Support efforts to raise awareness of the prevention of health-related problems and promote healthy living activities through public outreach, including social media, community workshops, and informational brochures.

Policy HCE 2.1.4

Promote and support community health by coordinating with national, state, county and local health programs in the provision of health services.

Policy HCE 2.1.5

Encourage collaboration among strategic partners in seeking grant funding to provide physical and mental health support and services.

Policy HCE 2.1.6

Support efforts for each facet of healthy community living and help communicate these resources through the City's website, email and social media platforms.

Policy HCE 2.1.7

Support faith-based organizations to partner with agencies that offer social services to residents.

Policy HCE 2.1.8

Encourage local employers to adopt healthy living/healthy employee programs and practices such as health challenges (e.g., weight loss contests, stop smoking programs, lunchtime/worktime sponsored events, bike to work days), healthy food choices, and healthy work environments.

Policy HCE 2.1.9

Utilize the Delray Beach City Library in efforts to provide informational resources about health.

Policy HCE 2.1.10

Collaborate with local universities to promote healthcare related education.



HCE 3 REDUCE HEALTH RISK FACTORS

REDUCE EXPOSURE TO HEALTH RISK FACTORS AT HOME, THE ENVIRONMENT AND SOCIETY

Performance Measure: Success in addressing Objectives and Policies of **GOAL HCE 3** shall be measured utilizing the following performance indicators:

-  Increasing the walkability and biking scores above 50%.
-  Increasing the number of charging stations located within public places.
-  Increasing the number of bike spaces provided throughout the city.
-  Increasing the number of green and healthy buildings.
-  Reducing the number of homeless individuals.
-  Reducing the number of substandard homes.
-  Increasing the tree canopy within the city.

OBJECTIVE HCE 3.1 Home Risk Factors

Implement strategies to improve conditions at home to help reduce health risk factors

Policy HCE 3.1.1

Support strategic partners in monitoring levels of radon and educate residents on how to test for and mitigate radon gas.

Policy HCE 3.1.2

Educate households, contractors, and real estate professionals on how to identify, remove, or stabilize lead-based paints and other sources of lead in construction.

Policy HCE 3.1.3

Develop strategies and innovative funding programs, grants, to finance home improvements for energy efficiency, working air conditioning systems, and removal of toxic materials.

Policy HCE 3.1.4

Continue supporting programs and strategies that provide permanent and safe housing options for residents and households who are homeless or at risk of homelessness.

 Housing Element

Policy HCE 3.1.5

Continue to support programs that provide supportive services for individualized assistance to residents and households that are homeless or at risk of homelessness, including access to food, shelter, social services and health.

 Housing Element

Policy HCE 3.1.6

Continue to offer programs that reduce substandard housing, such as housing rehabilitation and assistance programs.

 Housing Element

Policy 3.1.7

Continue to provide programs, regulations and enforcement to ensure the health and safety and the continued maintenance of all housing.

Policy HCE 3.1.8

Promote aging in place strategies that allow residents to live comfortably and safely within the community regardless of age or ability.



OBJECTIVE HCE 3.2 Environmental Health Risk Factors

Address health risk factors arising from environmental conditions

Policy HCE 3.2.1

Collaborate with strategic partners to improve air pollution by providing alternatives to motorized vehicles, such as walking, cycling and riding transit to reduce vehicle miles traveled.

Policy HCE 3.2.2

Reduce exposure to excess ultraviolet rays by providing shade along sidewalks and pedestrian pathways and on playgrounds, and educating residents on the importance of sunscreen, clothing, avoiding peak sunlight hours for outdoor activity, and the need for adequate exposure to sunlight in order to avoid Vitamin D deficiencies without other health risks.



HCE 3 REDUCE HEALTH RISK FACTORS

Policy HCE 3.2.5

Seek to improve sleep by reducing light and acoustical pollution by implementing a Dark Sky Ordinance.

Policy HCE 3.2.6

Advocate to maintain or shift school start times to 8:30am or later for middle and high school students.



Education Element

Policy HCE 3.2.7

Continue land development regulations that require lower lighting standards for commercial uses that have intrusive levels of lighting when located adjacent to residential land uses.

Policy HCE 3.2.8

Encourage residents and property owners to plant and maintain trees on their own property to increase air quality.



OBJECTIVE HCE 3.3 Mobility Risk Factors

Reduce risk of injury and fatality due to vehicular accidents.

Policy HCE 3.3.1

Implement the City's adopted complete streets policy.

Policy HCE 3.3.2

Consider converting signalized or geometrically complex intersections located in areas with high pedestrian activity to modern roundabouts or fully-circulating intersections in order to reduce or eliminate turn lanes, slow traffic while improving flow, and reduce the incidence of broadside and head-on collisions, where feasible.

Policy HCE 3.3.3

Study increasing the frequency of crosswalks and the duration pedestrian crossing time on multi-lane arterials and other major streets and within the Central Business District.

Policy HCE 3.3.4

Analyze the sidewalk network on routes to all existing and proposed schools and prioritize improvements to create safe routes to school.

Policy HCE 3.3.5

Promote the use of woonerf (a woonerf is a street in which pedestrians and cyclists have legal priority over automobile drivers, and which exhibit extremely low design speeds), shared spaces, curbsless streets, and stripe-free zones as ways to create very traffic calmed residential streets that need less right-of-way than conventional streets. Use highly textured road beds to slow traffic.

Policy HCE 3.3.6

Expand the City's use of Audible Pedestrian Signals to assist blind pedestrians at intersections and crosswalks.

Policy HCE 3.3.7

Accommodate pedestrian circulation through mixed-use and commercial projects with sidewalks and internal pathways.



OBJECTIVE HCE 3.4 Access to safe water

Secure access to safe water sources throughout the City

Policy HCE 3.4.1

Inspect and monitor business premises, to ascertain that facilities and procedures exist and are utilized to properly manage hazardous materials and wastes commonly occurring as a result of existing or proposed activities in compliance with the Wellfield Protection Program, Industrial Pretreatment Program, and Fire department inspections. (Conservation Element Policy A-2.2 carried forward)

Policy HCE 3.4.2

Continue water resource monitoring and protection programs and proactively address potential impacts on the coastal aquifer from increased chlorides due to a changing climate and sea level rise.



Conservation, Sustainability, and Resiliency Element

Policy HCE 3.4.3

Educate residents, businesses, and visitors on practices that reduce groundwater pollution, such as proper disposal of medicines, chemicals, batteries, and hazardous materials.



HCE 3 REDUCE HEALTH RISK FACTORS

OBJECTIVE 3.5 Electrical Grid Health Risks

Reduce risks associated with the electrical grid.

Policy HCE 3.5.1

Continue to circulate instructions provided by Florida Power and Light on how to respond to downed power lines.

Policy HCE 3.5.2

Coordinate with Florida Power and Light to strengthen the electrical distribution grid and underground utilities.

Policy HCE 3.5.3

Promote the location of electrical service either underground, in the rear of properties, or within alleys or rear easements to lessen conflicts between street trees and electrical infrastructure and reduce the visual blight caused by poles and wires. Continue implementing the City's Right tree Right place initiative.

Policy HCE 3.5.4

Continue to require the relocation of existing above ground electrical service to underground areas for new construction

Policy HCE 3.5.5

Continue to locate residences at a safe distance from high voltage transmission lines and easements.



OBJECTIVE HCE 3.6 Design & Social Interaction

Encourage new developments to promote social interaction through site design

Policy HCE 3.6.1

Continue to encourage the development of high quality common open spaces and gathering places for social interaction and entertainment within new and existing residential and mixed-use developments.

Policy HCE 3.6.2

Promote social cohesiveness by encouraging commercial developments to create spaces for social interaction and entertainment through design and place making.

Policy HCE 3.6.3

Encourage the provision of public art and preserve and increase access to cultural resources.

Policy HCE 3.6.4

Continue promoting the use of public facilities and parks for public gatherings and use by non-profit organizations, community groups and other entities.



OBJECTIVE HCE 3.7 Sense of Place

Foster identity and community pride by creating a sense of place in neighborhoods and public spaces

Policy HCE 3.7.1

Continue encouraging the creation of neighborhood districts and associations, providing the opportunity for each neighborhood district to define and foster their unique identity and character.

Policy HCE 3.7.2

Provide regular public forums for community leaders, nonprofit organizations and foundations, law enforcement agencies and youth groups.



OBJECTIVE 3.8 Built Environment Design & Safety

Promote safety through the design of the built environment

Policy HCE 3.8.1

Utilize Crime Prevention Through Environmental Design (CPTED) strategies to facilitate a safer built environment for its citizens.

Policy HCE 3.8.2

Prioritize redevelopment and revitalization projects to mitigate potential crime and violence within blighted areas.

Policy HCE 3.8.3

Continue promoting mixed-use development and traditional neighborhood design principles to increase pedestrian activity and eyes on the street.



HCE 3 REDUCE HEALTH RISK FACTORS

Policy HCE 3.8.4

Incorporate strategic landscaping techniques to maintain visibility and deter crime.

Policy HCE 3.8.5

Encourage Street Lighting in residential neighborhoods, corridors and alleys.

