



# HEALTHY COMMUNITY



DATA, INVENTORY, AND ANALYSIS



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## HEALTHY COMMUNITY ELEMENT

### INTRODUCTION

The City of Delray Beach desires to create a community where its residents live in a healthy environment. A healthy city is one that is continually improving those physical facilities, social environments, and community assets that enable people to perform all the functions of life and develop their maximum potential. Many conditions have a profound impact on a community's ability to lead a healthy life. Communities that have access to vital resources, such as recreational facilities, healthy foods, medical services, transportation options, quality and affordable housing, living-wage jobs, safe neighborhoods, and quality educational services experience better health outcomes. To accomplish this goal, a multi-disciplinary approach is required that includes evaluating the impacts of planning and design, transportation, economic development, open space and parks, housing, education, safety, the environment, access to resources, and social equity related to the health and well-being of the residents.

These impacts are evaluated and analyzed to guide the goals, objectives, and policies of the Healthy Community Element.

### PUBLIC INPUT

The Always Delray comprehensive plan reflects the needs and desires of the community that were collected through a variety of public input initiatives. The City posted an on-line survey, hosted booths during public events, and conducted a series of public workshops in 2017. One of those workshops, held on April 29, 2017, focused on the topics of transportation and healthy communities. The results of the public input gathered demonstrated the importance for including a Healthy Community Element in the Comprehensive Plan.

The healthy community portion of the workshop addressed a variety of subjects related to community health, including physical, social and mental wellbeing, chronic diseases, lifestyle issues, access to health care

and healthy food, and how the built environment could contribute to achieving optimal health. Participants provided recommendations for different areas of community health, including access to facilities and services, education and working in partnership with a variety of local, regional, public, and private organizations, and improving walkable routes to grocery stores, schools, parks, restaurants, and retail destinations

Responses to the questions, "What Makes a Community Healthy?" by participants in the public outreach efforts:

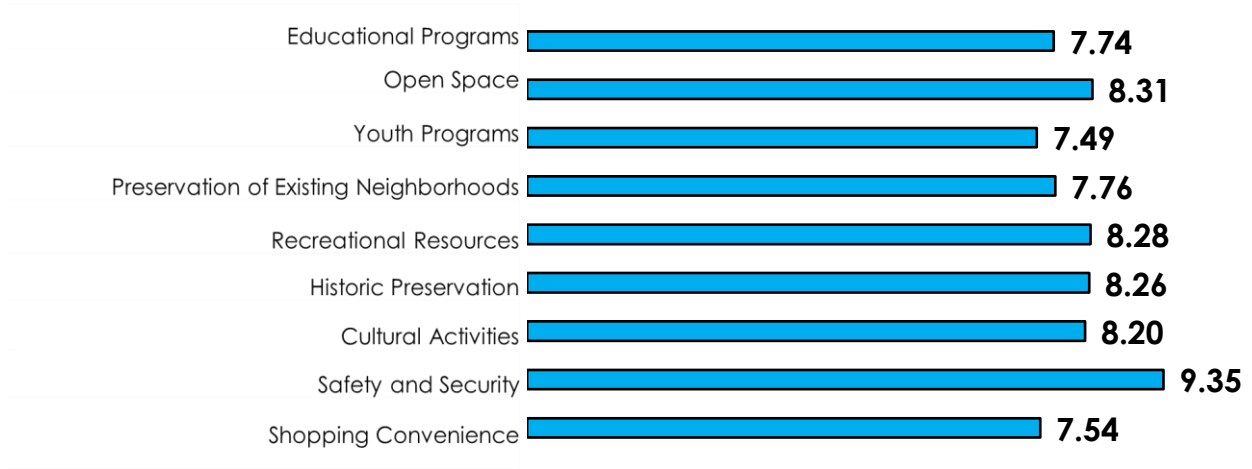
#### What Makes a Community Healthy?

- Basic nutrition
- Access to health care
- Safe routes to school
- Low crime/safe neighborhoods
- Affordable housing
- Talking about the issues

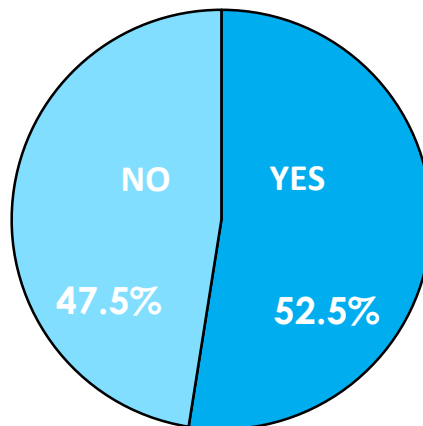




**On a scale of 1-10 how important are the following items to the quality of life in Delray Beach? (1 is not important at all, 10 is very important)**



**Do you think there are enough fresh food sources in the community?**





## HEALTHY COMMUNITY ELEMENT

### INVENTORY & ANALYSIS

Increasingly, communities are integrating measures that address the health and wellbeing of its residents. Public information campaigns promote healthy food and encourage exercise. Well-planned communities connect parks with sidewalk systems, bike trails, greenways, and other amenities to provide exercise opportunities that can help address health issues such as obesity, diabetes, heart disease, attention disorders, and depression in children and adults. Providing an environment that facilitates walking, biking, and visiting nearby parks, shops, and restaurants also provides important social and mental health benefits as residents have more opportunities to interact with each other. Land use and transportation planning provide for access to healthy foods and healthcare and knit these qualities together.

Improvements in the health of the community contribute to the achievement of a better quality of life, reduce the costs for health care for residents, and lead to the reduction or elimination of the disparities that still exist within the city. They can also contribute to a healthier workforce, which leads to economic improvement among other benefits for the residents of Delray Beach. A healthy community is a fundamental goal for the City of Delray Beach.

An inventory and analysis of issues related to the Healthy Community Element has been prepared in compliance with applicable state requirements for an optional element in local governments comprehensive plans as stated in Chapter 163.3177, Florida Statutes. A variety of socio-economic and health-related issues exist in Delray Beach. Health-related issues include chronic illness, substance abuse, access to health care and healthy food, home affordability, homelessness, deficient home maintenance, and lack of certain physical amenities, such as continuous sidewalks, bike paths, urban trails, open space and parks of different size and type, and urban furniture. State, county and local data also indicate rising rates of obesity and diabetes in younger populations as a significant challenge. The

information presented includes the issues, both positive and negative, impacting the achievement of a healthy community, the actions that have been taken to address those issues, as well as the identification of challenges and recommendations for the continued improvement of the health of Delray Beach's residents and visitors.



Delray Beach Children's Garden



### ACCESS TO HEALTHY FOOD AND NUTRITION

#### What is Healthy Food?

Cambridge Dictionary defines healthy food as food that is naturally grown or prepared, without artificial substances or processes. The converse of healthy food may be referred to as “junk food”, which according to WebMD, generally refers to foods that contribute a high number of calories with little nutritional value.

The Centers for Disease Control and Prevention (CDC), Division of Nutrition, Physical Activity and Obesity (DNPAO) specifically identifies healthier foods as fruits, vegetables, whole grains, fat-free and low-fat dairy products, seafood and foods with less sodium (salt), saturated fats, trans fats, cholesterol, added sugars, and refined grains. They further note that healthy beverages include fat-free or low-fat milk and milk products, fortified soy beverages and other lactose free products, 100% juice, and water. The Centers for Disease Control and Prevention points out that the availability of healthy foods most often refers to the physical location or proximity of food retail outlets to residential areas, and the presence of healthy foods within stores. Accessibility includes availability, affordability, and quality of foods.

Food is a crucial part of everyday life. Food quality and access is an important determinant of community health. Factors such as socioeconomic status, geographic barriers, access to transportation, and physical disabilities can impact the ability of an individual or household to obtain healthy foods (Minaker, Fisher, Raine, & Frank, 2011).

The absence of healthy food choices within a community can influence some of the factors that contribute to the likelihood of developing disease and illness. Vulnerable populations are found to be disproportionately affected by poor food access (USDA, 2009). For example, obesity rates are higher among

minorities and individuals with low socioeconomic status (Dannenberg, Frumkin, & Jackson, 2011).

According to the Centers for Disease Control and Prevention, food deserts exist in the United States, which subject some American consumers to limited access to affordable, nutritious foods because they live over a mile from a supermarket or large grocery store and lack easy access to transportation. Some factors that impact food access include income, spending habits, availability of healthy food, and transportation.

#### What is a Food Desert?

“Food desert” is a term used to describe an area with at least 500 residents, or 33% of a census tract’s population, living greater than one mile from a grocery store or supermarket (United States Department of Agriculture (USDA 2016)

The *United States Department of Agriculture (USDA)* interactive index and maps indicate that some areas near the Intracoastal Waterway in southwestern Delray Beach are food deserts. This designation appears to be contrary to local estimates, which identify areas within The Set as potential food deserts, or close to meeting the definition of food desert.

Therefore, a physical and geographic study was conducted to identify the locations of different food markets in the City. The locations of full-service grocery stores in the City were mapped with one-mile radii to analyze the service areas. Portions of the City outside of a one-mile radius from a grocery store were further inventoried for smaller food markets, including Specialty Food Markets and Convenience Stores that may provide access to some food options. Specialty Food Markets tend to have a focus, such as food unique to a specific ethnicity. Convenience Stores tend to have a limited selection. Both types can be more expensive than full-service grocery store chains. In addition, the City has two large



## HEALTHY COMMUNITY ELEMENT

Farmer's Markets that are also mapped. See Map HCE 2 and Table HCE-1

The city has two distinct areas: the area east of I-95 that is the original Delray Beach urban settlement and the area west of I-95 that was generally developed later as a suburban expansion of the City. In terms of food access, the western suburbs are served primarily by full service grocery stores located along Military Trail, including Publix, Winn-Dixie, The Boys Farmers Markets, Aldi, and Walmart Supercenter. Neighborhoods in this section of the City include gated communities and suburban subdivisions typically with higher incomes and access to cars.

Map HCE 2 shows an area west of I-95 in the northernmost part of the City that is not within

one mile of a full-service grocery within the City. However, a Walmart Neighborhood Market is located just north of the City of Delray Beach municipal line in the City of Boynton Beach that serves the northwest corner of that area. This store is listed on Table HCE-1 and shown on the map.

The neighborhoods located west of I-95 on the north and south sides of Lake Ida Road are located within a food desert, with some support by a convenience store and local businesses. This analysis shows the City should support redevelopment efforts in the shopping center at the intersection of Congress Avenue and Lake Ida Road, especially if a new grocery store is proposed. The center previously had a Winn Dixie, which served this area.

**Table HCE-1**  
**Food Stores in Delray Beach by Type and Location**

NAME	TYPE	ADDRESS
<b>ALDI</b>	FULL SERVICE GROCERY	4801 LINTON BOULEVARD
<b>ATLANTIC MEATS</b>	ETHNIC MARKET	1034 W ATLANTIC AVE
<b>BEDNER'S FARM FRESH MARKET</b>	FULL SERVICE GROCERY	381 NE 3RD AVE
<b>BENSON'S OF DELRAY</b>	CONVENIENCE STORE	30 SE 4TH STREET
<b>BI-LOW MARKET</b>	CONVENIENCE STORE	20 NW 8TH STREET
<b>CARIBBEAN GROCERIES</b>	CONVENIENCE STORE	229 SE 2ND AVE
<b>COMMUNITY MARKET</b>	ETHNIC MARKET	1130 W ATLANTIC
<b>DESHI BAZAR</b>	ETHNIC MARKET	2166 W ATLANTIC
<b>LEOGANE MARKET</b>	ETHNIC MARKET	601 W ATLANTIC
<b>PRESIDENTE SUPERMARKET</b>	FULL SERVICE GROCERY	1565 S CONGRESS AVE
<b>PUBLIX SUPERMARKET- N DELRAY COMMONS</b>	FULL SERVICE GROCERY	555 NE 5TH AVE
<b>PUBLIX SUPERMARKET- THE PLAZA</b>	FULL SERVICE GROCERY	1538 S FEDERAL HWY
<b>PUBLIX SUPERMARKET-DELRAY SQUARE</b>	FULL SERVICE GROCERY	4771 W ATLANTIC AVE
<b>THE BOYS FARMERS MARKET</b>	FULL SERVICE GROCERY	14378 S MILITARY TRL
<b>THE FRESH MARKET</b>	FULL SERVICE GROCERY	1727 S FEDERAL HWY
<b>TONY'S MARKET AND DELI</b>	CONVENIENCE STORE	301 W ATLANTIC





**Table HCE-1**  
**Food Stores in Delray Beach by Type and Location**

<b>TRADER JOE'S</b>	FULL SERVICE GROCERY	1851 S FEDERAL HWY #500
<b>WALMART NEIGHBORHOOD MARKET</b>	FULL SERVICE GROCERY	3155 S FEDERAL HWY
<b>WALMART NEIGHBORHOOD MARKET</b>	FULL SERVICE GROCERY STORE	12670 S. MILITARY TRAIL
<b>WALMART SUPERCENTER</b>	FULL SERVICE GROCERY	16205 S MILITARY TRL
<b>WALMART SUPERCENTER</b>	FULL SERVICE GROCERY STORE	3625 N. FEDERAL HIGHWAY
<b>WINN-DIXIE</b>	FULL SERVICE GROCERY	14595 S MILITARY TRL

The area of the City located east of I-95, is better served by full-service grocery stores and fresh food markets than the western suburban section of the City. As indicated on the map, one-mile radii from the diverse full-service groceries, including Publix, Bedner's Farm Fresh Markets, Trader Joe's and Fresh Market cover most of the area. A full-service store located just west of I-95, in the southern portion of the City on Congress Avenue, is within one mile of neighborhoods located both east and west of the interstate and accessed via Linton Boulevard.

Between I-95 and Swinton Avenue, and Lake Ida Road and SW 10<sup>th</sup> Avenue, the City of Delray Beach has neighborhoods collectively known as The Set, indicated on the map with a blue boundary. Neighborhoods in this area are characterized by several minority groups and generally have lower incomes than other areas of the city. Parts of these neighborhoods are beyond the one-mile radius area for access to a full-service grocery store. The neighborhoods are served by small ethnic markets located along and near West Atlantic Avenue. One of the specialty food markets offers fresh produce, fruits and vegetables at accessible prices, but the majority have a limited selection of produce. Convenience stores and fast food restaurants are more prevalent and accessible. A balanced retail food environment enables consumers to access healthy foods and make informed decisions about the meals that would be best for them;

this appears to be missing in this area

Due to these constraints, some areas of The Set, both north and south of West Atlantic Avenue are considered a food desert. Several plans, including The Visions West Atlantic 2003 (1993), The West Atlantic Avenue Redevelopment Plan (1995), The Downtown Master Plan (1995), and The Southwest Area Neighborhood Redevelopment Plan (2003), identify the need for commercial businesses that serve the daily needs of the residents in this area. Most plans specify that a grocery store/supermarket is needed or desired in the area. The Community Redevelopment Agency has issued a Request for Proposals for publicly owned land on the south side of West Atlantic Avenue with a full-service grocery store as a required part of the proposal.

The prevalence of fast food restaurants may also significantly influence the rates of obesity in an area. According to Polsky and colleagues (2016), adults residing within a 10-minute walk of at least five fast food restaurants are 2.5 times more likely to become obese.

Source: Absolute and relative densities of fast-food versus other restaurants in relation to weight status: Does restaurant mix matter? [Polsky JY](#), [Moineddin R](#), [Dunn JR](#), [Glazier RH](#), [Booth GL](#).

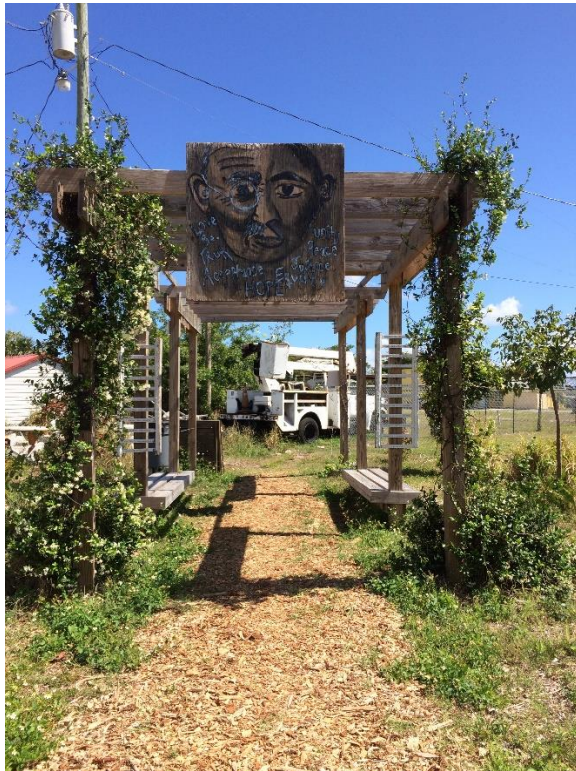


## HEALTHY COMMUNITY ELEMENT

### Sustainable Food Systems

In addition to the traditional food retail outlets, farm and garden scale urban agriculture has benefits for public health, including encouraging people to consume fresh produce and involving residents in social interactions. Urban agriculture also contributes to the creation of safe, healthy, and green environments in neighborhoods through the reuse of otherwise vacant or underutilized land.

Providing a sustainable food system requires the collaboration of both the City and residents. The City of Delray Beach has established policies and regulations that support the expansion of urban farms and community gardens. Several community gardens have been established throughout the City and a community orchard was established within the Catherine Strong Park.



Collaboration with city residents can be accommodated through supporting community events where fruit trees are provided at no cost; allowing community events where residents can offer produce for sale; educating residents how to develop their

own vegetable gardens; encouraging rooftop gardens; and, working with homeowners associations to remove restrictions on the planting of fruits trees within their subdivisions.



### ACCESS TO HEALTH CARE

Good public health is a fundamental quality in a strong society, as high in importance as public education, safety, and equal access to the benefits of a thriving economy and society. Improving the health-related quality of life and well-being of all residents is a fundamental goal of the City of Delray Beach in creating a healthy community.

In 2005, the World Health Organization recognized the importance of evaluating and improving people's quality of life. As people are living longer, researchers have changed the way they examine health, looking beyond causes of death and illness to examine the relationship of health to the quality of an individual life.

**Optimal Health: A state of complete physical, mental, and social well-being and not merely the absence of disease.**

- The World Health Organization

A significant contributing factor to an individual health and quality of life, is access to health care. The City has numerous health care providers with delivery systems that vary. Health care may be provided on an inpatient basis by a hospital or medical center and may include emergency treatment, whereas, outpatient facilities generally provide routine preventative care in a clinic or health center.



## HEALTHY COMMUNITY ELEMENT

A number of health centers in Delray Beach are located on Linton Boulevard east of the Delray Beach Medical Center, primarily between South Military Trail and I-95. Five additional medical clinics are located north of Linton Boulevard, three are west of I-95 and two are east of I-95. Table HCE-2 below provides a comprehensive list of the health centers throughout the city.



Source: MD Now web site, July of 2018

Table HCE -2 Inventory of Health Centers in Delray Beach			
Center	Location	Type	Services
<b>C.L. Brumback Primary Care Clinic (Health Care District Palm Beach County)</b>	225 South Congress Avenue.	Federal Government funded center operating under sliding scale model for free or reduced cost services based on income status.	*Checkups, pregnancy care, immunizations and child care, prescriptions; *Mental/substance abuse treatment, *Homeless health center, *Health Care District dental services.
<b>ExpressDocs Walk-in Urgent Care</b>	14530 South Military Trail	Urgent care facility	Allergic reactions, bloodwork, viruses, physicals, drug screens, wound care, lab services, pre-operative medical clearance, sprains/strains, STD testing, shots/vaccines, wellness exams, workers compensation, X-rays.
<b>MD Now Urgent Care</b>	601 Linton Boulevard	Urgent care facility	EKG, x-ray, lab tests, urine drug test, occupational medicine, physical therapy, urgent care
<b>Delray Medical Center</b>	5352 Linton Boulevard 5130 Linton Boulevard	Hospital	Trauma, behavioral Health, cardiovascular care, emergency services, neurosciences, rehabilitation services, sleep center, surgical services, women's health, wound care, imaging center.
<b>VA Delray Beach CBOC</b>	4800 West Linton Boulevard, Suite E300	Medical clinic	Primary care / internal medicine services, chronic illnesses care, preventive healthcare screenings and evaluations, nutritional consultation and evaluations, outpatient care, mental health assessments, screening, and therapies for a limited number of mental health diagnoses, social services assessments and referrals.



## HEALTHY COMMUNITY ELEMENT

Table HCE -2 Inventory of Health Centers in Delray Beach			
<b>Delray Med</b>	5162 West Linton Boulevard	Medical Clinic	Affiliated with Delray Medical Center
<b>Whole Health</b>	402 Southeast 6 <sup>th</sup> Avenue	Urgent Care, Family Practice	General illness care, minor injuries and sports injuries, wound care, breaks and fractures, wellness and preventive care, lab testing, women's health, addiction treatment.
<b>Minute Clinic</b>	1690 South Federal Highway	Walk-in Clinic	Treatment of minor illnesses, injuries, skin conditions health screenings/monitoring, travel health, vaccinations/injections, physicals, women services.
<b>Women's Wellness Institute</b>	238 Northeast 1 <sup>st</sup> Avenue	Women's Health Clinic	Obstetrics and Gynecology, oncology cancer prevention and treatment.
<b>Outpatient Center</b>	4675 Linton Boulevard	Surgical Services	*Specializes in gastroenterology, pain management, urology
<b>Dr. G's Urgent Care</b>	1425 S. Congress Avenue	Urgent Care Center	Treatment of non-life threatening illnesses and injuries; performs x-rays, labs, and EKGs; provide vaccines, specialized gynecology services, STD testing; and, on-site pharmacy.

Some social and economic factors present deterrents to accessing health care. For school-age children, seniors on fixed incomes, people with disabilities, and those with social and economic disadvantages, the healthy choice is not always the easiest or affordable choice. Racial and ethnic minorities and low-income individuals tend to face greater disease burdens and have shorter lifespans than their nonminority and wealthier counterparts. The physical isolation and lack of access suffered by older people and those with disabilities are linked to early death and disease, and chronic exposure to stress may exacerbate these health disparities.

"Increasing access to healthier living choices among these groups should not be seen as a cost burden. Designing for a variety of abilities and ages, especially in light of Delray Beach's aging population, can generate value from both a real estate and a community health

perspective." Ten Principles for Building Healthy Places, Thomas W. Eitler, Edward T. McHahon, Theodore C. Thoerig.

Table HCE-3 illustrates family size and income based on 200% of the Federal Poverty Level, a measure of income issued every year by the United States Department of Health and Human Services. Federal poverty levels are used to determine eligibility for certain programs and benefits.





## HEALTHY COMMUNITY ELEMENT

Table HCE-3 200% of the Federal Poverty Level Guidelines			
Family Size	Annual	Monthly	Weekly
1	\$24,280	\$2,023	\$467
2	\$32,920	\$2,743	\$633
3	\$41,560	\$3,463	\$799
4	\$50,200	\$4,183	\$965
5	\$58,840	\$4,903	\$1,132
6	\$67,480	\$5,623	\$1,298
7	\$76,120	\$6,343	\$1,464
8	\$84,760	\$7,063	\$1,630
Each Add'l	\$8,640	\$720	\$166

The Delray Medical Center administers a Charity Care Financial Assistance program for households with income below 200% of the federal poverty limit and an Uninsured Discount Program for patients who lack insurance (Delray Medical Center website). Typically, free or discounted medical services require a greater time commitment from patients than medical services provided through self-pay or private insurance. For example, annual earnings of \$50,200 or less for a family of four would qualify for financial assistance at 200% of poverty level at Delray Medical Center.



Delray Medical Center

In 2016, the 5-year census update reported a population of 64,386 in Delray Beach. Of that population total, 21.8% of the City's population were classified as being at less than 125% of the poverty level, suggesting that greater than 21.8% may qualify for hospital financial assistance.

Table HCE-4 125% of the Federal Poverty Level Guidelines			
Family Size	Annual	Monthly	Weekly
1	\$15,175	\$1,265	\$292
2	\$20,575	\$1,715	\$396
3	\$25,975	\$2,165	\$500
4	\$31,375	\$2,615	\$603
5	\$36,775	\$3,065	\$707
6	\$42,175	\$3,515	\$811
7	\$47,575	\$3,965	\$915
8	\$52,975	\$4,415	\$1,019
Each Add'l	\$5,400	\$450	\$104

Source: American Fact Finder Community Survey 2012-2016

Data also indicate that 58.9% of the population has private insurance, 38.1% has public insurance and 17.3% has no insurance suggesting that health services may not be affordable despite having health insurance. This is consistent with a bulletin published by the Health Council of Southeast Florida, where the low income segments of the City of Delray are shown as a medical underserved area specifically for primary care, based on May 2017 data produced by the Health Resource and Service Administration.

The City of Delray Beach provides emergency medical services through its Emergency Medical Services (EMS) Division operated within the Delray Beach Fire-Rescue Department.

The Emergency Medical Services division is responsible for providing pre-hospital emergency medical care and transportation for ill and injured residents and visitors in the City of Delray Beach. This is accomplished by well-trained Paramedics and EMT's, using state of the art equipment and medical protocols. During the period of October 1, 2017 through September 30, 2018 the Emergency Medical Services Division responded to 12,335 calls for medical assistance of which 9,089 patients were transported to hospitals.

Other Services offered by the Emergency Medical Services Division includes the Public



## HEALTHY COMMUNITY ELEMENT

Access Defibrillation programs and blood pressure screenings:



Public Access Defibrillation programs have been very successful, with nearly seventy AED's strategically placed throughout the City. Automatic External Defibrillators (AED) are available in all major City buildings, in all police cruisers, Fire-Rescue staff vehicles and Basic Life Support Engines, at a number of private companies, doctor's offices, and churches. These devices are proven to save lives in the event of cardiac arrest by "shocking" a patient's heart back into a regular rhythm.

- American Heart Association Heartsaver AED/CPR courses are available by appointment for residents and business owners. Information on these courses are provided on the City's website.
- Complementary blood pressure screenings are available Monday through Friday, 8:00 am to 11:30 am and 1:00 pm to 5:00 pm. Residents are encouraged to stop by their local fire station to access this service.

### Chronic Illnesses

#### *Obesity and Diabetes*

The state of Florida is currently ranked fourth in the country for obesity in children from 10 to 17 years old. In Delray Beach, estimates suggest one out of three children is obese.

Table HCE-5 provides a comparison of obesity and diabetes rates between the City of Delray Beach, Palm Beach County and the State of Florida. Adult obesity rates for Delray Beach are not available, but Palm Beach County has a lower obesity rate (19.9%) than the state of Florida (27.4%). The diabetes rates for Delray Beach are also lower (8.7%) than in Palm Beach County (11%) and the state of Florida (11.8%).

**Table HCE-5  
Obesity Rates**

	Delray Beach	Palm Beach County	Florida
Adult obesity rate	NA	19.9%	27.4%
10 yr to 17 yr obesity rate	1 of 3 children	14.3%	36.6%
Adult diabetes rate	8.7%	11%	11.8%

Source: Health Council of Southeast Florida, StateofObesity.org, City of Delray Beach

It is also important to note that being obese or overweight while pregnant can place babies at the risk for health issues. As presented in Table HCE-6, Palm Beach County has seen an increase in the percentages of births to obese mothers, from 18% in 2011 to 19% in 2015. However, this ratio is still lower compared to the state of Florida, 20.6% in 2011 and 21.9% in 2015.

**Table HCE-6  
Births to Obese Mothers  
at the Time of Pregnancy**

	Palm Beach County	Florida
<b>2011</b>	18%	20.6%
<b>2015</b>	19%	21.9%

Source: Florida Department of Health, Health Council of Southeast Florida

### Alcohol and Drug Abuse

Alcohol and drug abuse and exposure to tobacco use creates high risk factors for illnesses and lead to negative health and social consequences. Promoting tobacco-free public events and participating in safe rides directory/parking are efforts that could be undertaken to reduce the health and safety impacts associated with these activities.

The City of Delray Beach has adopted Ordinance No. 25-17, amending the regulations regarding Community Residences, for people with disabilities which include residences for people with developmental disabilities, mental illness, physical disabilities,



## HEALTHY COMMUNITY ELEMENT

the frail elderly, people in recovery from alcohol and/or drug addiction, and others. The amendment is based on the study entitled, "Delray Beach, Florida: Principles to Guide Zoning for Community Residences for People With Disabilities.

The proposed zoning amendments for sober living homes and other community residences for people with disabilities seeks to protect people with disabilities including people in recovery, from exploitation, scam operators, fraud and the many other abuses documented in our local newspapers and the Study. By protecting people with disabilities, these amendments will also protect Delray Beach's neighborhoods from the impacts of unscrupulous operators.

### ACCESS TO MENTAL HEALTH CARE

Affordable and accessible physical and mental healthcare provide timely intervention to reduce the impact of illnesses. Preventive measures such as screening for common health problems have been shown to reduce incidences and severity of illnesses. Stress is associated with increased risk of several chronic and mental illnesses. Anxiety is also associated with increased risk of aggression, depression, and substance abuse. Similarly, attributes of the built environment, including the amount of driving, access to green space and nature, and the condition of the environment, can affect mental health by impacting levels of stress, anxiety and

depression.

Providing access to mental health services and opportunities for social interaction in the community are critical in supporting good mental health for all residents. A number of options for outpatient mental health services are available in the City of Delray Beach, which are described in Table HCE-7 and Table HCE-8.

**Table HCE-7  
Inpatient Mental Health Care Centers**

Facility Name	Facility Type	Occupancy
South County Mental Health Center, Inc. 16158 S. Military Trail	Mental Health	11
Fair Oaks Pavilion	Mental Health	53
Total Inpatient Mental Health Beds		64
Source: City of Delray Beach, 2017		

**Table HCE-8  
Outpatient Service Centers**

Center	Location	Services
South County Mental Health Center, Inc.	16158 S Military Trail, Delray Beach, FL 33484	Provides adult and children's mental health services through licensed psychiatrists, psychologists, mental health counselors, social workers, and therapists
Volen Center	850 N Congress Ave, Delray Beach, FL 33445	Serves seniors, young adults, children, and families through health care and supportive services. Individual counseling is available for adults age 55 and above for issues such as anxiety, depression, caregiver stress,



## HEALTHY COMMUNITY ELEMENT

		bereavement, serious health challenges, and life changes
Source: City of Delray Beach, 2017		

Resources are not limited to the facilities listed in Tables HCE-7 and HCE-8. Resources such as the 2-1-1 crisis hotline is available 24/7.

**2-1-1 is a free 24/7 community helpline and crisis hotline that provides suicide prevention, crisis intervention, information, assessment, and referral to community services for people of all ages.**

[Or Visit The 211 PBC Website \(http://www.211palmbeach.org/\)](http://www.211palmbeach.org/)



Educating residents on how to access information and resources is critical to the provision of mental health services. One these local resources is Healthier Delray Beach. Healthier Delray Beach is a community initiative focused on improving Delray Beach's behavioral health by increasing awareness about behavioral health and how it impacts our daily lives. Promoting the provision of behavioral health services to residents where they are, encouraging acceptance and equity, and building community involvement are key goals of this organization. Healthier Delray Beach utilizes it's website as a platform to share information regarding resources, facilities and organizations that provide mental and physical healthcare, and community services to the residents of Delray Beach. Improving social interactions enhances both the physical and mental health of Delray Beach's residents. Integrated, cohesive neighborhoods build community and provide a sense of belonging and acceptance. Land use development patterns that result in isolated residential developments with a lack

of connectivity between adjacent neighborhoods, and neighborhoods that are not located within walking distance of schools, supermarkets, and employment, encourage the continued reliance on vehicles and, in turn, reduce the likelihood of social interactions.

Poor neighborhood quality with limited or no neighborhood maintenance or upkeep can also undermine a neighborhood's sense of safety and security. Substandard physical characteristics can contribute to anxiety and a lack of well-being.

The provision of parks, natural areas, sports facilities, and other public spaces can have great benefits for physical and mental health. They encourage physical activity by creating a venue for organized or casual recreation. They can also provide opportunities for social interaction, relaxation, and a connection with nature, all of which have well-established links to good mental health.

### **SOCIAL DETERMINANTS OF HEALTH**





## HEALTHY COMMUNITY ELEMENT

Social determinants of health are conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. Conditions (e.g., social, economic, and physical) in these various environments and settings (e.g., school, church, workplace, and neighborhood) have been referred to as “place.” In addition to the more material attributes of “place,” the patterns of social engagement and sense of security and well-being are also affected by where people live. Resources that enhance quality of life can have a significant influence on population health outcomes. Examples of these resources include safe and affordable housing, access to education, public safety, availability of healthy foods, local emergency/health services, and environments free of life-threatening toxins. Source: Office of Disease Prevention and Health Promotion and The Institute of Medicine. *Disparities in Health Care: Methods for Studying the Effects of Race, Ethnicity, and SES on Access, Use, and Quality of Health Care*, 2002.)

### NEIGHBORHOOD AND BUILT ENVIRONMENT

#### Housing Stability and Risk Factors at Home:

Homes provide shelter, personal identity, and collectively form communities; poor housing conditions can threaten the safety and security of dwellings, compromising the health of occupants and neighbors.

Health risks factors at home include older and substandard homes, which may have been built with hazardous materials; also, the lack of adequate ventilation can increase heat exposure and faulty air conditioning systems can create mold both of which exasperate respiratory illness. “Escalated heat exposure during summer months may increase stress on human functions, the occurrence of heat-related illnesses, dehydration and respiratory system stress”. (Florida Department of Health, 2015). Old, leaking roofs create unstable ceilings and roof structures and unrepaired plumbing fixtures can also encourage mold affecting the health of residents. Those that live in substandard housing are particularly affected by substandard conditions, often

experiencing financial difficulty paying for home maintenance or have absentee landlords who neglect maintenance of their rental properties.

Studies from Shimberg Center for Housing Studies, Census/American Fact Finder Survey (2012-2016), estimates that there are 999 units or 3.4% of housing units in Delray Beach that meet the criteria for substandard housing.

While these numbers do not represent a serious problem, as only a small percentage of the housing units have one or more of the identified characteristics to be deemed substandard as presented in Table HCE-9, the ultimate goal of all cities is the total elimination of substandard housing. Addressing these factors would contribute to improving the health of these communities, which in turn result in increased property values and neighborhood improvement.

**Table HCE-9**  
**Housing Unit Condition of Occupied Units | Substandard Indicators**

Condition	# of Units	% of Units
Lacking Complete Plumbing Facilities	227	0.7
Lacking Complete Kitchen Facilities	114	0.3
No Heating System	658	2.4
1.01 or More Persons Per Room (Overcrowded)	858	3.2

Source: Shimberg Center for Housing Studies, from American Community Survey (2012-2016)



Source: Google images



## HEALTHY COMMUNITY ELEMENT

The City of Delray Beach desires that all residents have shelter and feel secure in their housing. Increasing access to quality affordable housing for all residents provides for housing security and stability, which promotes the community health and well-being. The City through its housing policies must promote equity for safe, affordable housing opportunities for all residents. Residents who live in areas that are deteriorating may feel unsafe in their neighborhoods and may be less likely to walk or exercise within their communities. Stable neighborhoods provide a sense of community, safety, and create opportunities for healthy social interaction. The absence or perceived absence of safety and social cohesion can endanger a community's well-being.

### Homelessness

In addition to providing affordable housing options, housing opportunities to ensure the rapid re-housing of the homeless must be explored and participation and coordination with service providers expanded. Members of the Delray Beach Homeless Task Force along with City of Delray Beach Staff participated in the 2017 and 2018 Point-In-Time Study. The Point-In-Time count is generally conducted to identify the number of homeless individuals and families in the county. The count also serves to measure the changing needs of the homeless, as well as provide direction for future development of housing and services. During the 2018 Point in Time Study, 10.2% of the unsheltered individuals surveyed were found within Delray Beach.

As presented in Table HCE-10, Delray Beach has a total population of almost 65,000 with latest counts estimating 110 homeless individuals. For a comparison with other cities in the County, the City of West Palm Beach has a population of nearly 108,000 and 426 homeless people. Delray Beach has a lower ratio of homeless to non-homeless individuals compared to the City of West Palm Beach, but the number is higher than the county's ratios. The City, its local strategic partners, and Palm Beach County continue to coordinate to assist

individuals and families, both to prevent homelessness and to provide aid to those who are. Table HCE-11 lists the strategic partners who are helping the homeless.

**Table HCE-10  
Point in Time Study**

<b>Homeless Data</b>	<b>Delray Beach</b>	<b>West Palm Beach</b>	<b>Palm Beach County</b>
<b>Population</b>	68,750	108,000	1,471,150
<b>Number of homeless people</b>	110	426	1,080
<b>Percentage</b>	0.16%	0.39%	0.07%

Source: 2017 and 2018 Point in Time Study

According to the Homeless Coalition of Palm Beach County, 4,295 homeless students were identified as homeless within the Palm Beach County School District in May of 2017; 198 of those children are in the schools within the City of Delray Beach. According to the HomelessShelterDirectory.org Delray Beach has one homeless shelter, *Family Promise of South Palm Beach County*. The next three closest shelters are located in Boynton Beach.

The Palm Beach County Continuum of Care, the City of Delray Beach and community partners, have been participating on the Delray Beach Homeless Task Force which is evaluating strategies specific to addressing homelessness in Delray Beach. Targeted outreach efforts have been conducted in Delray Beach through a Homeless Project Connect coordinated by the Homeless Coalition of Palm Beach County.

Many factors contribute to homelessness. Lack of affordable housing is one of these factors. As presented in Table HCE-12, median household income for Delray is \$51,829, for Palm Beach County is approximately \$55,000, and for the state of Florida is approximately \$50,000. Median housing value for an owner occupied dwelling units in Delray is approximately \$207,000, while for Palm Beach County is \$269,000, and for the State of Florida is \$197,000. Median rent in Delray Beach is



## HEALTHY COMMUNITY ELEMENT

\$1,444, in Palm Beach County is \$1,154, and in the State of Florida is \$931. The high cost of housing and lagging incomes increasingly place individuals and families at risk for homelessness. Increasing the number of affordable housing, and increasing rent subsidizes offer needed assistance to families at risk.

The population per square mile is also much denser compared to the county or state as well. The population per square mile is approximately 3,900 in Delray Beach, approximately 670 in Palm Beach County, and approximately 350 in the state of Florida. Lower median household income, higher home values, higher rent and higher population density are contributing factors why people end up being below poverty line, which can lead to homelessness.



Source: The Delray Beach Police Department is dedicated to outreach to assist people who are homeless

Table HCE-11 Agencies Helping the Homeless	
Agency/Group/ Organization	Type
Delray Beach Housing Authority	Public Housing Authority
Delray Beach Community Land Trust	Housing
Habitat for Humanity of South Palm Beach county	Housing
Homeless and Housing Alliance of Palm Beach County	Housing, services
Caring Kitchen	Food
Found Care	Healthcare
Community Action Program	Utility payment assistance
Delray Beach Food Pantry	Food

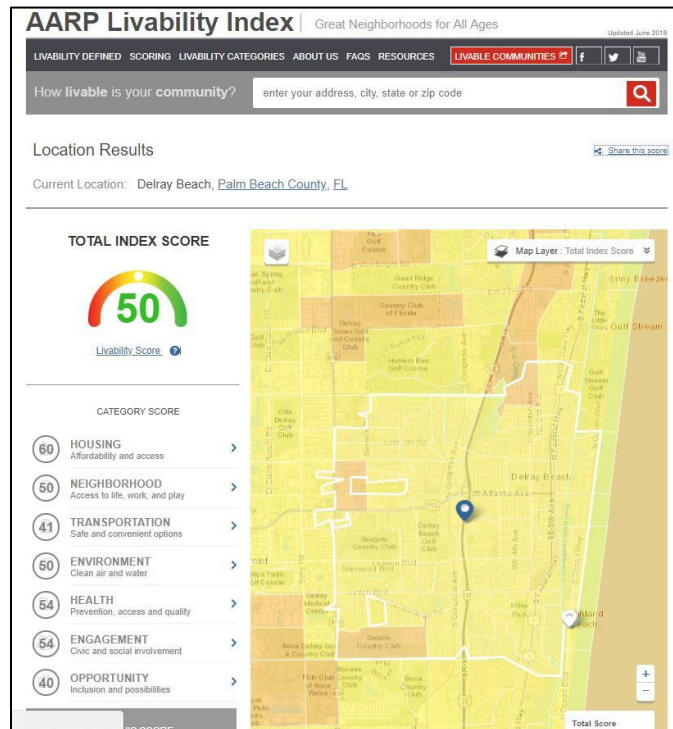
Table HCE-12			
	City of Delray Beach	Palm Beach County	State of Florida
Median household income	\$51,829	\$55,000	\$50,000
Median house value	\$207,000	\$269,000	\$197,700
Median rent	\$1,444	\$1,154	\$931
Population per square mile	3,900	670	350
Persons in poverty (%)	17.2%	12.6%	14.7%



## HEALTHY COMMUNITY ELEMENT

### Livability Index

According to [LivabilityIndex.aarp.org](http://LivabilityIndex.aarp.org), the livability score for Delray Beach is 50 out of 100. The lowest portion of the score was transportation, which received a score of 41. This score tells us that residents are largely dependent on their cars for transportation in Delray Beach. The analysis suggests focusing on providing mobility through a wider range of options. In addition to facilitating access to daily needs, broader mobility choices, such as walking, biking, or riding transit, also increase the amount of physical activity engaged, which has positive health effects as well.



Source: AARP.org web site accessed June 2018

### Physical Activity

Physical activity levels are an important component of maintaining good health and are affected by the quality of the built environment, particularly related to mobility options and recreation opportunities. The characteristics of an area, including adequate infrastructure and aesthetic quality, can either encourage or deter walking or biking as viable alternatives to driving. A network of shaded sidewalks, trails, and bike paths that connect desirable destinations and facilities to exercise, swimming, and playing sports is critical to increasing physical activity. The City of Delray Beach is focused on providing a built environment conducive to physical activity and continues to implement projects and policies expand access and opportunities.

### Mobility

A transportation plan should focus on moving people and goods. Transportation plans have conventionally focused on moving automobiles. Mobility demands are shifting from the automobile to incorporate a wider range of options, including walking, biking, ridesharing, hail services, and expanded transit options. The more travel choices that are available to at risk groups, the more likely they can access healthy foods and mental and physical healthcare. In automobile-dependent communities (those that are designed or located so that a vehicle is necessary to access daily needs), providing choice can be difficult. For those places, establishing connectivity is paramount. Creating a complete sidewalk system, safe bicycle connections, and clear routes to safe





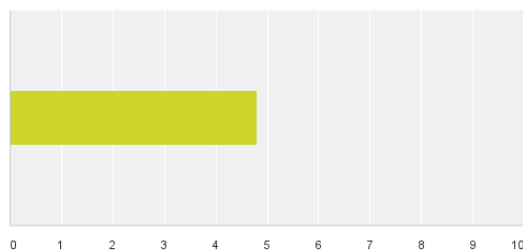
## HEALTHY COMMUNITY ELEMENT

and clean transit stops can increase physical activity and improve access to needs.

As part of this Comprehensive Plan update, a Community Survey was launched to collect public input on various issues. Based on the results of the Community Survey, on a scale from 1 to 10, the residents rated Delray Beach as 4.8 for “bikeable”, and a 6.8 for “walkable”. 61% said that it is “very important” to provide areas exclusively for walking and bicycling, 75% said that there is need for more sidewalks, and 77% responded that there is a need for more bike lanes.

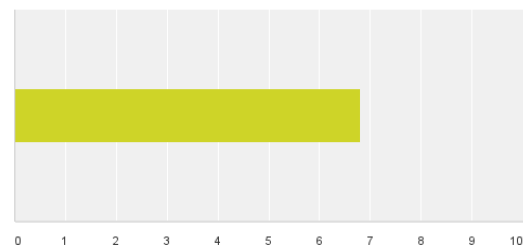
**Q5 On a scale of 1-10 how bikeable do you feel Delray Beach is? (1 is the City is not bikeable, 10 is I bike everywhere and it's great)**

Answered: 456 Skipped: 22



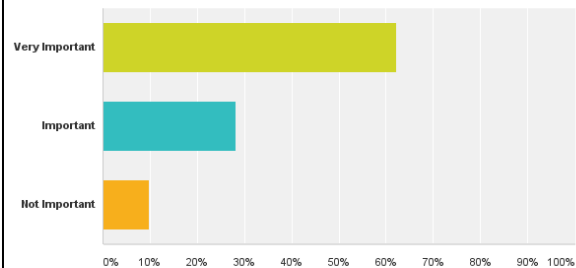
**Q4 On a scale of 1-10 how walkable do you feel Delray Beach is? (1 is the City is not walkable, 10 is I walk everywhere and it is great)**

Answered: 469 Skipped: 9



**Q11 How important is it to provide areas exclusively for walking, bicycling or alternative modes (e.g. golf cart, electric cart, pedicab) throughout Delray Beach?**

Answered: 470 Skipped: 8



The City has made it a priority to have an efficient and effective transportation and mobility system. On November 1, 2016, the City of Delray Beach adopted a Complete Streets policy to advance mobility options. Complete Streets policies support safe, efficient, and convenient mobility for all roadway users – pedestrians, bicyclists, transit riders, and motorists – regardless of their age or ability.

According to Smart Growth America, a national non-profit dedicated to promoting compact, transit supportive development, complete streets help reduce crashes because streets are designed around the needs of pedestrians and bicyclists. The following Complete Streets principles were adopted by the City:

1. Serving all users and modes;
2. Connected travel networks;
3. Beautiful, interesting and comfortable places for people;
4. Requiring best-practice design criteria and context-sensitive approaches;
5. Protecting the City's environment and promoting sustainability;
6. Including the work of all City Departments
7. Including all roadways and all projects and phases;
8. Requiring performance measures.



## HEALTHY COMMUNITY ELEMENT



NE 2<sup>nd</sup> Avenue Improvements

### Walkability

In 2015, the US Surgeon General published a Call to Action that established the importance of walking and walkable communities for healthy living. Chronic diseases such as heart disease and diabetes are preventable through and managed by physical activity. An active lifestyle also reduces the risk of premature death and supports positive mental health and aging. Walking is a simple way to achieve the recommended physical activity to achieve these benefits. (Source: "Step It Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities." Washington, DC: U.S. Dept. of Health and Human Services, Office of the Surgeon General; 2015).

The East Atlantic Avenue area has become a destination for Palm Beach County with shops, restaurants, and community activities. This area of the City presents a 95-walkability index, according to Bob Gibbs, of the Urban Retail Institute. However, the rest of the City generally scores around 40% for walking and 49% for biking, according to the walkscore.com data for Delray Beach. The walkability scale used by this site, which was accessed in June 2018 is shown below.

### Scores for Delray Beach

The Walk Score, Transit Score, and Bike Score of Delray Beach are based on a weighted average of the scores of many addresses in the city.

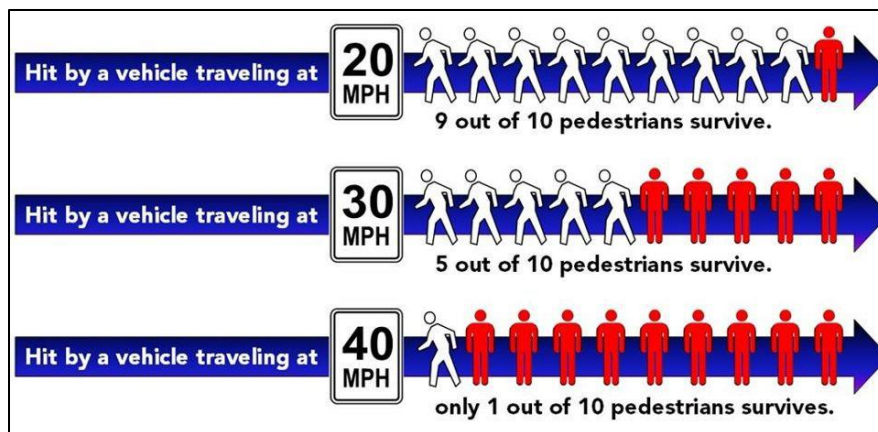


Walk Score	Transit Score	Bike Score
Walk Score measures the walkability of any address based on the distance to nearby places and pedestrian friendliness.		
90-100	<b>Walker's Paradise</b> Daily errands do not require a car	
70-89	<b>Very Walkable</b> Most errands can be accomplished on foot	
50-69	<b>Somewhat Walkable</b> Some errands can be accomplished on foot	
25-49	<b>Car-Dependent</b> Most errands require a car	
0-24	<b>Car-Dependent</b> Almost all errands require a car	

Opportunities for walking should be available and safe for all residents and visitors. Components of a walkable community include a well-connected street network with short block lengths, adequate street lighting, landscaping, street furniture (such as benches and trash cans), and street treatments designed for pedestrians and bicyclists. These treatments need to be context sensitive in design, especially related to protecting pedestrians on higher speed thoroughfares. Numerous sources, including "Dangerous by Design" an annual analysis of pedestrian-vehicle crashes in the United States, demonstrate the pedestrian fatality rate related to vehicle speed. Not surprising, the faster the car, the higher the incident of pedestrian fatality. However, the graphic below demonstrates the significant difference in survival between only 10 miles per hour increments.



## HEALTHY COMMUNITY ELEMENT



Source: theurbanist.org/November 7, 2014

### Bicycle Network

The City has invested in infrastructure to support bicycling. The City has 235 permanent bike rack spaces and 23 temporary spaces, primarily along East Atlantic Avenue and in the downtown area. The City is also evaluating the installation of additional bicycle parking within the existing parking garage facilities. In addition to public bicycle racks, the City's Land Development Regulations require the provision of bicycle parking for all new development within the downtown area, as well as for shopping centers and other larger development throughout the City.

Human Powered Delray, a non-profit citizen advocacy and education group of Delray Beach residents, is an important Strategic Partner in promoting and implementing a bicycle and pedestrian network within the city. Human Powered Delray has developed a master plan for bike-pedestrian infrastructure that consists of a North/South and East/West grid encompassing alleys, greenways, a bike-pedestrian loop in the Central Business District, connection to the Tri-Rail Station, and easy access to the beach.



Source: NZ Consultants Photo



East Atlantic Avenue.

Two areas of the City have recently been analyzed for bike-ped needs. The State Road





## HEALTHY COMMUNITY ELEMENT

A1A Bike/Pedestrian Feasibility Study completed by the Florida Department of Transportation in 2016 provides analysis and inventory of gaps in the sidewalks and bike lanes on SR A1A between East Atlantic Avenue and George Bush Boulevard. The area within a ½ mile radius of the proposed Tri-Rail Coastal Link was analyzed for connections to the future station to prepare for and facilitate using the new transportation option.

Implementation of new bicycle infrastructure is underway. The first green bike lanes were recently celebrated when they were completed on NE 2<sup>nd</sup> Avenue, between NE 4<sup>th</sup> Street and George Bush Boulevard. Several future projects include the installation of more bike lanes including SW 10<sup>th</sup> Street/Lowson Boulevard, NE 2<sup>nd</sup> Avenue from NE 13<sup>th</sup> Street to NE 22<sup>nd</sup> Street, Seacrest Boulevard from NE 22<sup>nd</sup> Street to Gulfstream Boulevard, South Swinton Avenue, and Homewood Boulevard.



NE 2<sup>nd</sup> Avenue

### **Safe Routes to Schools**

The Florida Department of Transportation Safe Routes to Schools program assists communities in making pedestrian and bicycle routes to schools safer and more appealing, through an interdisciplinary approach that integrates safety, traffic relief, health, environmental awareness, and physical activity. The City does not currently have a Safe Routes to Schools Program. The School District of Palm Beach County does not provide bus service within a 2-mile radius of a school, unless there is a hazardous condition, as defined in the Florida Statutes. Further, the Florida State Board of Education defines a permissible walk distance from home to bus stop as up to 1.5 miles (Rule 6A-3.001). Banyan Creek

Elementary School, Carver Community Middle School, Atlantic Community High School, Orchard View Elementary, and Plumosa School for the Arts are all accessible by sidewalk but are part of a limited surrounding sidewalk network.

### **Parks & Open Space**

A multi-use open space network, including parks and trails, promotes recreation and physical activity. The City has a comprehensive park system that includes 309.56 acres of activity-based recreation facilities. Additionally, the City has another 320.03 acres of open space and natural areas, including the beaches, conservation parcels, and golf courses. These parks and open space amenities provide opportunities for recreation, and perform ecological functions that maintain air quality, reduce the heat island effect, and facilitate stormwater runoff.

The City has been recognized twice as a Playful City USA, most recently in 2017, by KaBOOM! a national non-profit dedicated to providing children access to play through advocacy and funding, for its excellence in providing play spaces in underserved communities.

Within the city the highest percentage of children younger than 18 years is located within The SET and the area located around the intersection of Barwick Road and Lake Ida Road, extending to Military Trail. The SET has several neighborhood parks, two community parks (Pompey Park and the Catherine Center Splash Park), a cultural facility (the SD Spady Cultural Arts Museum) and gateway linear parks. The North Barwick Road/Lake Ida Road area is served by Barwick Park, a community park, and Bexley Park, a neighborhood park. Within this area of the city, the city-owned parks facilities are complemented by private recreation facilities that serve the residents of their communities.-





## HEALTHY COMMUNITY ELEMENT



Source: Veteran's Park Playground

The provision and location of open space and recreation facilities in relation to their distance from households based on per capita incomes, do not reveal a disparity in the provision of facilities for those households. Delray Beach's Parks and Recreation program has been successful with the broad span of providing facilities in all income sectors of the city.

"Long distances to parks are a deterrent of park use. Research demonstrates that people who have easy access to parks are 47% more likely to walk at the daily-recommended level than those who do not have easy access. While long distances from parks is a clear barrier to walkability, lack of physical infrastructure is also a deterrent to park use". (Source National Recreation and Park Association (NRPA) Publication: Safe Routes to Parks.)

Disconnected streets and a lack of sidewalks and pedestrian crossings deter access to parks. Currently, the City does not have a trail network. Several parks have walking trails within the facility, but a complete trail network running throughout the City would provide added connectivity and more recreation opportunities, both of which support healthy living.

An additional factor affecting how often people use recreational facilities is the perception of safety. Therefore, providing for safe, well-lighted environments within easy access to residents is also important to create a useful and accessible multi-use open space network.

Through the Parks and Recreation Department, residents are provided a number of opportunities for physical activity and exercise. The City provides opportunity for unprogrammed recreation within staffed parks, as well as programs and leagues for specific activities. Opportunities for physical activities in parks include swimming, golf, trails, shuffleboard, tennis, racquetball/handball, basketball, football, soccer, baseball, softball, volleyball, playgrounds, and pickleball.



Source : Google images

### Environmental Impacts

Natural and man-made events present health risks that are determinants to a healthy community. Natural events such as tropical storms and hurricanes result in the destruction of properties. Less affluent households are at higher risk, due to the substandard quality of their dwellings and the financial burden repairs from these events could create.

Man-made actions affect the environment and pose risks to the health of the community. People today are exposed to an unprecedented amount of harmful substances ranging from particulate matter and emissions from auto and industrial sources to toxic pesticides and ingredients found in every day household and pharmaceutical products. These harmful substances enter into the air and water supplies and accumulate in our bodies, causing a range of health effects, such as increased respiratory illnesses, cancer and



## HEALTHY COMMUNITY ELEMENT

other chronic health problems. Consequently, decisions about the location and mix of land uses, transportation investments, design and building practices and building materials can all have an impact on the environment and human health.



Source: Google images

Air quality affects human health and impacts the social and economic vibrancy of a community. Good air quality in a city is essential to having a healthy community and an attractive place to live. Motor vehicles are the principal source of particulate matter and other pollutants that contribute to poor air quality and associated respiratory illnesses. In general, the more vehicle miles traveled in a region, the worse the air pollution. Therefore concentrated efforts must be made to reduce the dependence automobiles and dependence on fossil fuels.

City efforts to improve the air quality can be accomplished by expanding the city's tree canopy, creating multimodal environments, increasing the number of charging stations that are located in public places, diversifying City fleets, and using sustainable building practices in new facilities.



Source: Google images

The disposal of hazardous materials may also pose a health risk to nearby residents and businesses if the improperly disposed hazardous materials persist in soils or contaminates the potable water supply. Educating the residents and businesses on how to safely dispose of hazardous materials helps in maintaining a healthy community.

### ECONOMIC STABILITY AND EDUCATION

Income is one of the strongest determinants of health status. When people have access to high quality employment that pays a living wage, they are more likely to have access to health care, and more likely to afford necessities such as healthy food and housing. Additionally, people with higher incomes incur less psychosocial stress about how to make ends meet.

Of Delray Beach's residents 17.20% are identified as living in poverty. The area in Delray Beach known as The Set is a concentrated area of poverty where the estimated poverty rate in March 2017, was 29 – 40%. The Set has nearly 5 times the overall unemployment rate as Delray Beach at 18-20%. With high unemployment rates and poverty levels, the area faces higher incidences of crime, which creates unsafe neighborhoods. Residents who often feel unsafe in their neighborhoods are less likely to walk and exercise or visit neighborhood parks.

Reducing poverty is the best way to ensure that all residents have the resources to meet their needs and live healthy lives. Local



## HEALTHY COMMUNITY ELEMENT

residents should be targeted for job creation initiatives to increase financial stability and further expand the local economy.

Helping Delray Beach's youths succeed through quality education is key to the community's future. The education system should prepare all residents to succeed in Delray Beach's workforce or elsewhere. This effort requires that the system of learning goes far beyond the formal K-12 school system.

A city's economy thrives on the well-trained talents of its youth and provides a strong foundation for future growth and development. This foundation is achieved through the development of a rich learning environment. The City must maintain a strong relationship with the Palm Beach County School District and support initiatives for early learning and adult learning opportunities. Strong partnerships between the formal K-12 school system, businesses and non-profit organizations can provide kids with a multitude of hands-on learning experiences. Young adults emerge from the school system ready to pursue college, technical schools, or other forms of professional development and are provided with the tools to follow their dreams, and have economic opportunities to do so locally if they choose.

Education and communication programs by the City and its partners are crucial strategies to promote healthy choices. An active community life and strong social networks also create conditions for a robust economy, and good health of the city's residents.

### SOCIAL AND COMMUNITY

#### Safety

Safety is an important component of a community. Fear of violence is a leading cause of anxiety and is a major reason people choose not to walk, use recreational facilities, or allow their children to play outside. The physical features, layout and design of many aspects of communities influence crime prevention and other crime related outcomes, such as neighborhood deterioration and residents' fear of crime.

The built environment can also contribute to

community safety, by including crime mitigation in redevelopment and revitalization projects; continuation of mixed use development, expansion of regulations and incentives that support mixed use development and the maintenance and rehabilitation of traditional neighborhoods within the City; as well as the use of lighting and strategic landscaping and urban design techniques in the prevention of crime.

#### Drowning Prevention

Florida leads the country in drowning deaths of children ages 1-4 years. Annually in Florida, enough children to fill three to four preschool classrooms drown before their fifth birthday.

In 2013, Florida had the highest unintentional drowning rate in the nation for children ages 1-4 years with a drowning rate of 7.54 per 100,000 population. Florida had the second highest drowning rate in the nation for children ages 1-14 years with a drowning rate of 2.54 per 100,000 population.

The "WaterSmartFL: Pool Safety Is Everyone's Responsibility" initiative educates parents, caregivers and communities about drowning risks and prevention strategies. The campaign identifies three layers to increase pool safety and reduce childhood drowning: supervision, barriers and emergency preparedness. (Florida Health, Drowning Prevention.)

Continuing efforts in educating residents and visitors on the strategies of drowning prevention can be accomplished year-round by placing advisories on the city's website, and brochures in public buildings and places.

Palm Beach County established a Drowning Prevention Coalition in 1996 to reduce drowning, near-drowning and other water-related incidents by educating the public on water safety and basic rescue techniques.

The Drowning Prevention Coalition is a primary resource for all Palm Beach County residents' and visitors' on water safety needs. The Drowning Prevention Coalition offers information on water safety, free swimming lessons to qualified families, guiding group





## HEALTHY COMMUNITY ELEMENT

lessons and special needs programs to area swimming lessons.

The City of Delray Beach Parks and Recreation Department also offers varied swimming programs including parents/child swimming classes at the Pompey Park Pool for children 6 months to 3 years.

### Arts and Culture

Arts and cultural activities are an essential part of a complete, healthy community. Arts and cultural activities contribute to the creation and sense of place, augment local economies, enhance the urban environment and engage citizens in productive dialogue about important issues. Thriving arts and cultural experiences contribute to emotional and social development and provide educational opportunities for residents. The City of Delray Beach has fostered arts and culture as an integral part of the community with funding organizations such as Old School Square, The Spady Museum and The Arts Garage. Increasing active lifestyles is Delray Beach's greatest opportunity to improve the health of its residents.



Source: Google images

### Social Equity

Social equity is experienced when everyone has access to the opportunities necessary to satisfy their essential needs, advance their well-being and achieve their full potential, which will improve overall health and reduced health disparities.

Improving social equity within a residential setting can be achieved through zoning that enhances social connectivity. This tool allows planners to expand access to affordable housing, economic opportunity, as well as other human services such as quality schools.

Enforcing the power of fair housing laws and equitably locating vulnerable populations assists with improved healthy community design (Robert Wood Johnson Foundation Commission to Build a Healthier America, 2008).

Equitable access to basic needs and resources is necessary to build and improve communities within the City. The Set Transformation Plan provided results of studies where residents of The Set stand in terms of income, health, education and equity. The Set Transformation Plan acknowledged that "Overall The Set falls short of the City and County relative to most socio-economic indicators. During the public engagement process, most resident's comments related to socio-economic issues reinforcing the data collected by the planning team. At a fundamental level, residents know that they have not kept pace in terms of opportunities for better jobs or education. Central to The Transformation Plan is developing a community-driven process that provides the tools for residents to improve their lives." The Set Transformation Plan, November 2017

The City of Delray Beach plays a critical role in ensuring that ample opportunities to connect with all of the benefits of an urban life are provided to the residents. This includes access to jobs and economic advancements, social services, recreational facility access, human services, as well as cultural and educational opportunities.

Community design plays an integral part in ensuring access equity. Applying principles of universal design seeks to provide and ensure access to all populations regardless of background or ability. This is especially key when looking to serve vulnerable populations with disabilities and the growing older population. Universal Design seeks to provide a



## HEALTHY COMMUNITY ELEMENT

livable environment in which residents are able to age in place.

In order to consider all community members' needs and concerns, particular efforts must be made to improve communication with traditionally under-represented and under-served groups, including low income communities and minority populations. Consistent with the City's core values and vision for government performance, deep and inclusive community involvement is essential to transparency and equity in long-range planning decisions. It also makes it possible to create and work towards a shared vision for the future.

### Social Capital

Communities that have social capital are healthier and provide a higher quality of life for all residents. Social capital is an integrated system of family, community, and civic networks that is the underpinning and core fabric of social communities. Social capital has a stream of benefits including safety and security, friendship and community, a strong sense of civic identity. Studies show that social connectedness improves cardio-vascular conditions.

In 2010, the Knight Foundation partnered with the Gallup organization to survey 43,000 residents of 26 U.S. cities to determine what attracts people to a place and keeps them there. The study found that the most important factors that create emotional bonds between people and their communities were not jobs, but rather "physical beauty, opportunities for socializing, and a city's openness to all people." The Knight Foundation also found that communities with the highest levels of attachment to place also had the strongest economies. Cohesive communities also report higher levels of safety and security, community activity, and emotional health and well-being.

### COLLABORATION AND COOPERATION ON HEALTHY COMMUNITY ISSUES

According to the Robert Wood Johnson Foundation, one of the nation's largest philanthropic organizations dedicated solely to improving health in communities, removing

the persistent barriers to health and the opportunity to thrive, requires creating or expanding the types of systems that many of the healthiest, most equitable communities have in common. Some of the characteristics of these successful community systems include investments from a wide range of entities, such as banks, hospitals, universities, etc., and networks of people and organizations who understand the factors that shape health and want to make a difference. Bringing about changes to help raise the health of everyone requires the engagement of all sectors of a community, from government and policymakers, to business owners and civic groups, to parents and volunteers.

The City of Delray Beach maintains cooperation and coordination on different aspects related to the health of the community. They include multiple local, county state, and federal agencies, and a variety of other public, private and non-profit organizations, including neighborhood groups. The city considers these groups, agencies and organizations as strategic partners to advance the goals of improving the quality of life for all City residents.

Delray Beach has been identified as a focus area for the **Healthier Together initiative** of the Palm Healthcare Foundation, Inc. This data-driven process is designed to "change long term health outcomes of the residents in Palm Beach County", "increase capacity among individuals, organizations, and systems to impact lasting and sustainable change related to health and well-being, and "establish a learning framework to evaluate the overall impact of the Healthier Together Initiative as well as the impact at the community level."

Several community advocacy groups have a strong role in promoting a healthy community. **Healthier Delray Beach** is a community-initiative focused on improving Delray Beach's behavioral health. Actions of the initiative are directed by residents with the collaboration and the support of other agencies and support groups.

The **Delray Beach Drug Task Force** is a volunteer organization to provide community



## HEALTHY COMMUNITY ELEMENT

leadership and education in the campaign against addiction by maintaining a network and forum to discuss, advocate, and influence issues with regard to public safety, prevention, and rehabilitation related to substance use.

**The Homeless Task Force** is a community-led group of several nonprofit, religious, and volunteer organizations that regularly meet to understand and tackle the complicated issue of homelessness in Delray Beach. The taskforce was established in 2016. Both County and City staff and leaders are invited to participate.



*Source: The Set Transformation Plan, Feb 2018*

One of the collaborative agencies assisting Delray in formulating strategies for meeting the needs of individuals and families who are, or are at risk of, homelessness is the **Palm Beach County Continuum of Care** (a.k.a. Homeless and Housing Alliance of Palm Beach County). The Housing Alliance of Palm Beach County Executive Committee serve as the decision-making body responsible for community planning, coordination and evaluation to efficiently bring an end to homelessness in within Palm Beach County. The Continuum of Care is comprised of representatives from government, businesses, formerly homeless individuals, law enforcement, banking, housing service providers, faith groups, veterans and

health care providers. Planning by the agency occurs through an inclusive process consisting of the following Committees:

- HHA Executive Committee
- HMIS Oversight Committee
- Housing Inventory/Unmet Needs Committee
- Financial Committee
- Youth Focused Committee Standard Policies and Procedures Committee
- Membership Committee
- Training Committee Non-Conflict
- Non-Conflict Grant Review Committee
- Point in Time Committee
- Task Specific Work Groups
  - Homeless Resource Center Workgroup
  - Veterans Coalition

Several non-profits from Delray Beach are long standing members of the Homeless and Housing Alliance and participate in the Continuum of Care and its Sub-Committees as well as all training events. These non-profits organization also participate in the Continuum of Care Homeless Management Information System and Coordinated Entry through the County's only Homeless Resource Center. These agencies also participate in the County's Collective Impact Forums which are held to develop the County's next strategic plan to end homelessness. The Continuum of Care and community partners participate on the Delray Beach Homeless Task Force which continues to evaluate strategies specific to addressing homelessness and target outreach efforts.



## HEALTHY COMMUNITY ELEMENT

### CHALLENGES AND RECOMMENDATIONS

Creating and sustaining a prosperous, healthy and equitable community requires the collaborative and inclusive participation of the City, residents, businesses and stakeholders.

Major challenges in improving the health of all residents are the provision of equal access to healthy food and health care and providing an environment that promotes active, healthy living.

"Research shows that a healthy community is one that engages its residents in their own wellness – meeting them where they are - while also encouraging residents to connect and support the community as a whole. Community wellness then is not just about what we do as individuals but also the ways in which we affect each other, and the collective impact we have on the health of our community. Community wellness refers to the ability and willingness of people to act together – in health and tragedy, celebrating successes and working through challenges - in ways that benefit all."

*The Set Transformation Plan*

### Health Assessment Recommendations:

In promoting a healthy community for all residents, it is important to note the areas where inadequacies persist. Collaborate efforts with City residents, stakeholders, and strategic partners will be needed to identify community health indicators that identify existing quality of life issues and health concerns to provide recommendations for needed improvements or initiatives to enhance residents' well-being.

- Promote collaborative partnerships to create a community health and wellness assessment available in multiple languages and provided through various outlets (door-to-door, web-based) and analyze assessment data with intent to influence future programming. The Set Transformation Plan

### Access to Healthy Foods Recommendations:

The promotion of healthy nutrition requires the elimination of disparities that prevent access to healthy foods. Assessing the City's food environment is an important first step in determining the tools which will be most effective at creating an environment that encourages and supports healthy choices. Communities identified as experiencing food deserts should receive heightened attention in implementing strategies to bring healthy affordable food outlets to those neighborhoods.

- Increase the establishment of grocery stores that provide healthy produce in food desert neighborhoods.
- Support initiatives that inform the community about healthy eating and nutrition.
- Partner with the School District and local organizations/initiatives to distribute information about nutrition and health and wellness in schools, recreation centers, churches, offices and businesses. The Set Transformation Plan
- Encourage local food options by expanding the presence of community gardens, produce stands, and farmers markets.

### Access to Health Care Recommendations:

Advocating greater social equity in accessing medical and mental health resources will improve the health and wellbeing of the community. Early intervention and preventive measures greatly improve health outcomes. The City of Delray Beach can improve access to health care services by supporting health related organizations that work with vulnerable residents in providing information about local services, providing health screenings, behavioral health training and neighborhood and community building.

- 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.





## HEALTHY COMMUNITY ELEMENT

- Support a connected network of community healthcare for residents from prenatal and infancy to end of life that includes education, prevention and early intervention, treatment, and support. The care should be accessible, affordable, and high-quality and work in collaboration with local, county, state and national health programs. The Set Transformation Plan
- Partner and advocate for a physical site for a wellness center within The Set that includes well-care and fitness, integrated healthcare – physical and mental health, social services, education and career support. The Set Transformation Plan

### **Affordable Stable Housing Recommendations:**

Stable housing is a critical foundation to the establishment of a healthy community. The Johns Hopkins Center for Health Equity notes that without affordable and safe housing, families struggle to manage daily living which in turn causes health challenges. For lower income families, a larger percentage of their income is used for rent or mortgage payments which may compromise their ability to afford other vital needs such as food, utilities, or health-related expenses.

Homelessness further compromises the quality of health as healthy eating, attending scheduled doctor visits and storing and taking medication is interrupted by the constant need to find shelter.

- Support the continued development and provision of workforce housing homebuyer assistance program.
- Continue programs providing supporting services for individualized assistance to residents and households that are homeless or at risk of homelessness.
- Continue to offer programs that eliminate substandard housing.

### **Active Living Recommendations:**

Improving the physical, social and cultural environments promote active living experiences which affect the health of individuals. The City of Delray Beach is focused

on providing an environment that is conducive to enhancing the quality of life of its residents.

- Improve streetscapes that enhance pedestrian and bike activities.
- Promote the use of parks and open spaces by expanding physical fitness campaigns.
- Partner with the Palm Beach County School District to implement safe routes to school program.
- Promote cultural and leisure activities.

### **Social Equity**

Cities create a healthy community when the residents experience a sense of belonging. Residents must have equitable opportunities to reach their full potential and share in the benefits of community.

- Partner with residents and organizations to implement equitable practices, policies and procedures and community wellness approaches that improve population health. The Set Transformation Plan.





## HEALTHY COMMUNITY ELEMENT

### DEFINITIONS

#### ACTIVE LIVING:

For the purposes of this element, is a way of life in communities that are walkable with a diverse mix of commercial, residential and open space choices that allow residents access to amenities for healthy living through safe and pleasant bicycle and pedestrian systems that provide transportation choices for both leisure activities and trips of necessity.

#### AUDIBLE PEDESTRIAN SIGNAL (APS):

An accessible pedestrian signal with integrated pushbutton that communicates information about the WALK and DON'T WALK intervals at signalized intersections in non-visual formats such as, audible tones and vibrotactile surfaces, to pedestrians who are blind or have low vision.

#### CHRONIC ILLNESS:

A human health condition or disease that is persistent or otherwise long-lasting in its effects or a disease that comes with time. The term *chronic* is often applied when the course of the disease lasts for more than three months. Common chronic diseases include arthritis, asthma, cancer, obesity, diabetes and viral diseases such as hepatitis C and HIV/AIDS.

#### COMPLETE STREETS:

Is a transportation policy and design approach that requires streets to be planned, designed, operated, and maintained to enable safe, convenient and comfortable travel and access for users of all ages and abilities regardless of their mode of transportation.

#### EQUITABLE ACCESS:

An effective policy addressing social and economic imbalances that allows individuals from diverse backgrounds and social conditions to have fair access to goods and services, including access to health services, healthy food, active living, transportation and mobility systems, jobs and other services.

#### FEDERAL POVERTY LEVEL:

A measure of income issued every year by the United States Department of Health and Human Services. Federal poverty levels are

used to determine eligibility for certain programs and benefits.

#### FOOD DESERT:

According to the United States Department of Agriculture (USDA), are typically low-income areas that lack easy access to transportation, where a substantial number of residents are at least a mile away from the nearest grocery store, resulting in limited access to affordable, nutritious foods.

#### HEALTHY COMMUNITY:

A healthy community is one in which all residents have access to a quality education, safe and healthy homes, adequate employment, transportation, physical activity, and nutrition, in addition to quality health care.

#### HEALTHY FOOD:

Food that is naturally grown or prepared, without artificial substances or processes, specifically fruits, vegetables, whole grains, fat-free and low-fat dairy products, seafood and foods with less sodium (salt), saturated fats, trans fats, cholesterol, added sugars, and refined grains. The Centers for Disease Control and Prevention (CDC) point out that the availability of healthy foods most often refers to the physical location or proximity of food retail outlets to residential areas, and the presence of healthy foods within stores. Accessibility includes availability, affordability, and quality of foods.

#### LIVABILITY INDEX

On a scale from 1 to 10 and based on community survey results, rates a locality as bikeable, and walkable, with access to public and private amenities and open spaces for healthy living and entertainment as indicators of an active and healthy lifestyle.

#### OPTIMAL HEALTH:

According to the World Health Organization is state of complete physical, mental, and social well-being and not merely the absence of disease.

#### PHYSICAL ACTIVITY:

Involves access to open space, parks,



availability of sidewalks, trails, bike paths where people can walk to open space facilities to exercise, swim, play sports or enjoy a day at the beach.

### **POST-TRAUMATIC STRESS DISORDER (PTSD)**

Is a mental health condition that's triggered by a terrifying event - either experiencing or witnessing such an event. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.

### **WALKABILITY:**

The extent to which the built environment is friendly to the presence of people living, shopping, visiting, enjoying or spending time in an area. Walkability is a measure of how friendly an area is to walking and has health, environmental, and economic benefits. Factors influencing walkability include the presence or absence and quality of footpaths, sidewalks, trails or other pedestrian rights-of-way, traffic and road conditions, land use patterns, building accessibility, and safety, among others.

### **WOONERF:**

A street in which pedestrians and cyclists have legal priority over automobile drivers, and which exhibit extremely low design speeds.