Upper Valley Lake Sunapee Regional Planning Commission
HUD Community Challenge Grant
- Food Mapping
- Housing Needs Assessment
- Policy/Regulatory Audits
Upper Valley Lake Sunapee Regional Planning Commission
HUD Community Challenge Grant
• Where are food sources located in our region?
  ✓ Surveys in the field

• Where is housing located within walking distance of food sources?
  ✓ Conduct Regional Housing Needs Assessment

• How can these two resources be better positioned in the future?
  ✓ Complete Regulatory/Policy Audits
About NEMS

NEMS Measures Development

The aims of the original Nutrition Environment Measures Study were to:

1. Develop measures of nutrition environments and survey retail and food service outlets (stores and restaurants)
2. Test the inter-rater and test-retest reliability of NEMS instruments
3. Examine sampling and generalizability issues

The NEMS measures focus on surveying community and consumer nutrition environments which include the type and location of food outlets, availability of healthful choices and information, pricing, promotion, and placement of healthier food products.

The third aim of NEMS is still in process as more data is collected for the NIK Study (Neighborhood Influences on Kids).

Ensuring Reliability

When raters are well trained and quality control is enhanced, the NEMS measures have demonstrated high reliability and validity. Proper training is necessary to ensure proper use of and/or adaptation of the measures.

To assess inter-rater reliability, two trained raters independently visited food outlets to complete the same set of assessments on the same day. To assess test-retest reliability, outlets...
Upper Valley Lake Sunapee Regional Planning Commission
HUD Community Challenge Grant
Upper Valley Lake Sunapee Regional Planning Commission
HUD Community Challenge Grant
Types of Food Stores in the Upper Valley Lake Sunapee Region

Legend
- Supermarkets
- Convenience Stores
- Other Food Stores
- Interstate 89
- State Primary Roadways
- State Secondary Roadways
- Town Boundaries
- Major Waterbodies

Upper Valley Lake Sunapee Regional Planning Commission
HUD Community Challenge Grant
Are healthier food choices available at food sources in our region?

Availability of Healthier Food Choices at Food Sources in
Upper Valley Lake Sunapee Region, NH

Availability of Healthier Food Choices (NEMS)
- Less availability of healthier choices
- Greater availability of healthier choices

- Grocery Stores
- Convenience Stores

DRAFT ANALYSIS - JUNE 2012
Upper Valley Lake Sunapee Regional Planning Commission
HUD Community Challenge Grant
How many food sources are available to people in our region?

Food Stores, Farmers' Markets and Farm Stands in
Newport, NH - Population 6,507

- Farmers' Markets
- Farm Stands/Pick-Your-Own
- Supermarkets
- Convenience Stores

Upper Valley Lake Sunapee Regional Planning Commission
HUD Community Challenge Grant
17% of the town’s population (approximately 1,102 people) live within walking distance of one or more of these food stores in downtown Newport.
Are healthier food choices available at food sources in our region?

Availability of Healthier Food Choices at Food Sources in Downtown Newport, NH

Availability of Healthier Food Choices (NEMS)
- Less availability of healthier choices
- Greater availability of healthier choices

Upper Valley Lake Sunapee Regional Planning Commission
HUD Community Challenge Grant
# Level of Service

**TABLE 1  Bicycle and Pedestrian Level-of-Service Performance-Measure Point System**

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>CRITERION</th>
<th>POINTS</th>
<th>PEDESTRIAN CATEGORY</th>
<th>CRITERION</th>
<th>POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BICYCLE</strong></td>
<td></td>
<td></td>
<td><strong>PEDESTRIAN</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FACILITY PROVIDED</td>
<td>Outside Lane 3.66m (12')</td>
<td>0</td>
<td>FACILITY PROVIDED</td>
<td>Not Continuous or Non-existent</td>
<td>0</td>
</tr>
<tr>
<td>(Max Value = 10)</td>
<td>Outside Lane &gt;3.66m-4.27m (&gt;12'-14')</td>
<td>5</td>
<td>(Max Value = 10)</td>
<td>Continuous on One Side</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Outside Lane &gt;4.27m (&gt;14')</td>
<td>6</td>
<td>Continuous on Both Sides</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Off-Street / Parallel Alternative Facility</td>
<td>4</td>
<td>Min. 1.53m (5') Wide &amp; Barrier Free</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td><strong>CONFLICTS</strong></td>
<td>Driveways &amp; Sidestreets</td>
<td>1</td>
<td>Ped Signal Delay 40 Sec. or 0.5</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>(Max Value = 4)</td>
<td>Barrier Free</td>
<td>0.5</td>
<td></td>
<td>0.5</td>
<td></td>
</tr>
</tbody>
</table>
Goals of the New Hampshire Healthy Eating Active Living Initiative

- Increase health and wellbeing of citizens in the state of New Hampshire
- Decrease negative health care outcomes and their associated cost
- Support access to and safety of bicycle and pedestrian spaces
- Support incorporation of physical activity into common activities and daily living
- Increase access to fresh fruits and vegetables
- Increase access and affordability of healthier food options
- Increase access to free and potable water supplies
Land Use

Are areas that are intended, now or in the future, to be community spaces/downtowns or village settings, designed to accommodate multiple uses?

Why is this important?
Creating a mix of uses in downtown and village settings can be more effective than health interventions for reducing obesity issues within communities. The built environment has significant impacts on people’s interest in walking. We continue to learn that the design of the area not only influences, but affects travel choices and amount of time spent walking or biking for research to support this question:

According to a study completed in 2004, with an increase in uses of land there is an associated reduction in the odds of being obese. A 12.2% reduction was associated with each quartile increase. Land use mix was clearly the most important aspect of the built environment related to obesity. (Obesity Relationships with Community Design, Physical Activity, and Time Spent in Cars, Frank, 2004)

Potential recommendations that correlate to this question:
Establish where neighborhoods, downtowns are located.
Provide mixed-use ‘by right’ in these areas.
Identify the opportunities for in-fill with these areas.
Identify the current uses and barriers that exist for multiple uses.
Upper Valley Lake Sunapee Regional Planning Commission
HUD Community Challenge Grant

Contact Information:
Christine Walker
10 Water Street, Lebanon NH 03766 * 603-448-1680
cwalker@uvlsrpc.org
www.uvlsrpc.org