

Seattle Healthy Living Assessment Pilot Implementation Report

Created for the City of Seattle Department of Planning and Development

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Executive Summary

The life expectancy of a child can be predicted by the zip code where they grow up. The places we live, work, do business and go to school play a role in whether or not we will develop diabetes or heart disease, how connected we feel to our communities, and even how long we live

When we plan neighborhoods with an eye toward the people who use them, we can direct our activities (regulations and construction) that impact the built environment to strengthen the people and communities who live there. Since undertaking the first neighborhood plans in 1995, the City of Seattle has looked to residents to help guide the growth of our communities. In 2010, the City received a Communities Putting Prevention to Work Healthy Eating and Active Living grant from Public Health - Seattle King County to go one step further and look at how our communities shape our health.

To look at the opportunities that our neighborhoods offer to eat healthy, be active, and reach our fullest potential, the neighborhood planning team worked with a consultant to develop the Healthy Living Assessment (HLA) tool and pilot its use in two communities. This report provides an overview of the HLA, data gathered through its implementation in the pilot communities, outcomes of the pilot implementation, and recommendations for the HLA's future use.

The HLA builds on the success of Seattle's neighborhood planning, putting people at the front and center of the discussion. The HLA focuses on how people use their neighborhoods, specifically addressing areas of built and social infrastructure that have clear connections to people's health. The information about community health factors gathered through the HLA helps planners to see interconnections between various aspects of the built and social environments and to recommend actions that can improve the health of community members.

A healthy community includes **strong community and organizations, healthy people and families**, and a **supportive physical environment**. A strong and interconnected community contains diverse households, supported by strong social and cultural institutions and services. A healthy neighborhood provides access to resources such as healthy food retail and commercial destinations necessary to meet personal needs. A supportive physical environment includes a natural and man-made environment that contains infrastructure supporting healthy activities such as parks, sidewalks, playgrounds, transit, shopping and services.

The Healthy Living Assessment increases equity and improves health

Research has shown that our neighborhoods have clear impacts on our health that range from obesity and diabetes to mental health and life expectancy. The HLA is a tool for uncovering these findings and translating them into actions that may improve community health.

If we learn that residents do not have adequate access to healthy, affordable, culturally appropriate food, and instead depend on stores without healthy options for their groceries, we can help them improve their diets by supporting businesses that bring healthy food to the neighborhood. If missing sidewalks or limited destinations keep people from walking around their neighborhoods, residents are missing an opportunity for physical activity. Improving the pedestrian environment can also allow neighbors to meet one another and improve the neighborhood's safety by getting more eyes on the street. If we find that affordable housing is not being preserved, individuals may be uprooted from communities and lose ties to important community institutions. We can take steps to change this pattern.

Using a health lens in community planning allows planners to preserve and strengthen health-promoting assets of communities and identify gaps that can be addressed to improve the neighborhood's health. Without using a health lens, these opportunities may be missed.

What is the Healthy Living Assessment?

The Healthy Living Assessment can be incorporated into planning processes to help planners take health elements into account. The HLA includes three data gathering tools that can be used to identify health assets and health gaps in a community and a template for synthesizing data. These tools include sixteen health indicators, a neighborhood questionnaire, and a set of community discussion questions. Use of the HLA necessitates engagement with the community, and people who live and work in a neighborhood are best able to identify assets and gaps. The HLA can be used by planners seeking to identify areas where infrastructure improvements, community initiatives, or city incentives can improve the health of the community, and where health-promoting assets of a community can be identified for preservation or strengthening.

Indicators

Sixteen health indicators available at the neighborhood level identify assets and gaps in the health-promoting infrastructure of a neighborhood and can be used to screen neighborhoods for health improvement opportunities, to describe the relationship of built environment factors to health, and to track progress toward neighborhood improvement.

Neighborhood questionnaire

Much of the information about neighborhood factors influencing health is not available through existing data. The questionnaire collects additional data about how people use their neighborhoods and elements that shape the healthiness of the neighborhood environment.

Neighborhood discussion questions

All community planning processes include opportunities for community engagement. The HLA uses these opportunities to ask in-depth questions of the community about elements of the neighborhood that contribute to good health and elements that can be improved.

Pilot neighborhoods implementation

The neighborhood planning team piloted the HLA during the 2011 neighborhood plan updates in Broadview – Bitter Lake – Haller Lake (BBH) and Rainier Beach. Using the HLA increased the community's engagement in the neighborhood planning process, and helped the neighborhood planning team to identify neighborhood priorities that impact the community's health. For example, in BBH, the HLA discussion questions helped us understand that though BBH is rich in shops and services, it lacks a neighborhood-scale commercial center that serves as a location for community-building. In Rainier Beach, the mapping exercise during the neighborhood discussions helped us to identify the various ethnic community nodes that exist in the neighborhood, enabling us to focus on strengthening and connecting these assets.

Outcomes of Pilot Implementation

Development of the HLA helped build institutional capacity for engaging in the health and built environment connection through interdepartmental collaboration. Dedicated funding for staff from multiple departments to participate in the tool's development, and the engagement of a consultant specializing in health and planning, helped to build capacity to view planning through a health lens.

Implementation of the HLA increased integration between traditional areas of physical planning.

Organizing the planning process into the themes of strong community and organizations, healthy people and families, and supportive physical environment helped staff from multiple departments put people into neighborhoods.

The HLA provided new insights on plan recommendations. Many elements of a healthy community are not new to planners. Walkable neighborhoods, strong commercial cores, and access to transit are all planning staples. The HLA was able to add nuance to these areas and highlight importance in others, such as access to healthy food and playgrounds for kids, that hadn't previously been prioritized.

Implementation of the HLA led to the inclusion of more community-based recommendations in plans.

Neighborhood plans in Seattle have included activities that city departments and communities can act on. The people-centered view provided by the HLA led to the inclusion of more actions that lie outside the realm of city departments, and showed how increasing the capacity for community members to step up to move these projects forward is in itself an important outcome with benefits to the strength of the community.

Community members were engaged in the planning process in a genuine and productive way. Because the HLA questions focused on people – where they shop for food, how they get where they need to go, where they go to meet neighbors – it was easy for participants to engage in the process.

Using the HLA can drive actions that improve the lives of low income communities and communities of color. The poor suffer most from unhealthy community conditions. They are least able to leave the community to seek out better food, social activities, and opportunities to be active. For example, adding or improving a park in a community is likely to have a larger positive impact on the elderly, children and others with limited mobility and limited income. The HLA pilot highlighted a desire to build collaboration between diverse ethnic communities in Rainier Beach – acting on this priority can have a large impact on these communities' ability to leverage resources and political influence into the future, a predictor of their health^{1,2,3}

Recommendations for future use

Integrate the HLA from the beginning of a planning process. The Healthy Living Assessment is best used as early as possible in the planning process. At the latest, indicators should be used as part of an existing conditions report. Indicators can even be used as a screening tool to evaluate the planning needs of multiple neighborhoods. Unhealthy community infrastructure is not evenly or randomly distributed in our communities. Identifying communities with gaps in health-promoting areas and using the HLA to prioritize improvements in these areas promotes equity. Once a neighborhood has been selected, indicators can help inform the priority areas for planning.

Incorporate health explicitly when talking to the key allies and the planning team. The HLA provides an opportunity for the planning team and community leaders to think about the neighborhood in an integrated manner, and to talk about it in ways that are relevant to people. Provide an overview of the connections between the built and social environments and health at the start of a planning process.

Share the elements that make up a healthy neighborhood with the community. Sharing this framework early provides an opportunity for participants to think about planning differently. For example, residents who drive to grocery stores out of the neighborhood may not be aware that a lack of local healthy food retail options makes it difficult for people who rely on foot or public transportation to eat healthy foods.

The HLA can elevate the importance of this issue to the entire community, not only to those who travel by transit or foot.

Incorporate pieces of the HLA into other planning processes. In order for communities to improve their health, issues addressed by the HLA should be included in all planning processes. The HLA provides a framework, and planners can select appropriate tools from the HLA and modify as needed according to their areas of focus and their planning goals.

Introduction

Background

Since beginning the first neighborhood plans in 1995, neighborhood planning in Seattle has incorporated community input to guide the growth of neighborhoods and meet the housing needs of new residents, ensure appropriate public infrastructure like roads, sidewalks, schools, and parks, and preserve the character of communities.

In 2010, the City of Seattle received a Communities Putting Prevention to Work (CPPW) Healthy Eating Active Living grant from Public Health – Seattle & King County to incorporate health into neighborhood planning. Between October 2010 and December 2011, an interdepartmental working group with representatives from DPD, SDOT, and DON worked with Healthy Communities Consulting to develop the Healthy Living Assessment (HLA) tool and incorporate it into the neighborhood plan update process. In 2011, the HLA tool was piloted in two neighborhoods undergoing neighborhood plan updates, Rainier Beach and Broadview-Bitter Lake-Haller Lake.

The HLA builds on the success of the neighborhood planning process, putting people at the front and center of the discussion. The HLA focuses on how people use their neighborhoods, specifically addressing areas of built and social infrastructure that have clear connections to people's health. The information about community health factors gathered through the HLA helps planners to see interconnections between various aspects of the built and social environments and to recommend actions that can improve the health of community members.

The Healthy Living Assessment increases equity and improves health

The life expectancy of a child can be predicted by the zip code where they grow up. The places we live, work, do business and go to school play a role in whether or not we will develop diabetes or heart disease, how connected we feel to our communities, and even how long we live. For the health of all of our communities, planners should strive to create neighborhoods where eating good food, being physically active and engaging with our neighbors are the easy things to do.

Research has shown that:

- People who have easier access to healthy, fresh food have lower rates of obesity and chronic disease.⁴
- People who live in mixed use neighborhoods with access to goods and services walk more.^{5,6}
- Having parks, playgrounds, and walking and cycling trails nearby increases levels of physical activity.^{7,8}
- Safe neighborhoods increase participation in community life and outdoor physical activity.^{9,10}
- Income is one of the greatest predictors of overall health status. For every incremental increase in income, health status improves.^{11,12}
- Access to jobs and transportation to major job and education centers can make the difference between stability and poverty.^{13,14}
- Access to safe, healthy, affordable housing leads to better health.^{15,16}

These research findings can lead to tangible benefits to our neighborhoods if we take the time to evaluate these aspects of our communities and neighborhoods. If we learn that residents do not have adequate access to healthy, affordable, culturally appropriate food, and instead depend on stores without healthy options for their groceries, we can help them improve their diets by supporting businesses that bring

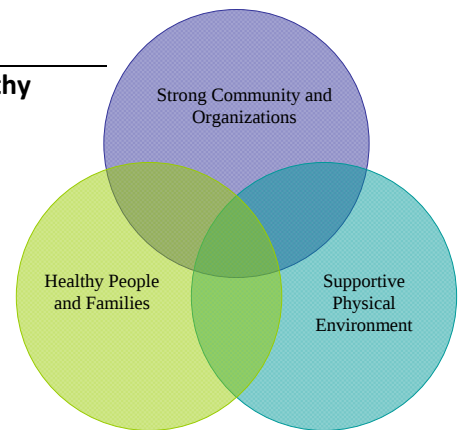
healthy food to the neighborhood. If missing sidewalks or limited destinations keep people from walking around their neighborhoods, residents are missing an opportunity for physical activity. Improving the pedestrian environment can also allow neighbors to meet one another and improve the neighborhood's safety by getting more eyes on the street. If we find that affordable housing is not being preserved, individuals may be uprooted from communities and lose ties to important community institutions. We can take steps to change this pattern.

Using a health lens in community planning allows planners to preserve and strengthen health-promoting assets of communities and identify gaps that can be addressed to improve the neighborhood's health. Without using a health lens, these opportunities may be missed.

What makes a healthy community?

A healthy community includes **strong community and organizations**, **healthy people and families**, and a **supportive physical environment**.

A strong and interconnected community contains diverse households, supported by strong social and cultural institutions and services. A healthy neighborhood provides access to resources, such as healthy food retail and commercial destinations necessary to meet personal needs. A supportive physical environment includes a natural and man-made environment that contains infrastructure supporting healthy activities such as parks, sidewalks, playgrounds, transit, shopping and services.



How can we plan for a healthy community?

The Healthy Living Assessment can be incorporated into a planning process to help planners take health elements into account. The HLA includes three data gathering tools that can be used to identify health assets and health gaps in a community and a framework for synthesizing data. These tools include sixteen health indicators, a neighborhood questionnaire, and community discussion questions. The toolkit is available in Appendix A. Use of the HLA necessitates engaging the community; people who live and work in a neighborhood are best able to identify assets and gaps. The HLA can be used by planners seeking to identify areas where infrastructure improvements, community initiatives, or city incentives can have the greatest benefit by improving the health of the community, and where health-promoting assets of a community can be identified for preservation or strengthening. Each of the three tools involves gathering data on the elements of a healthy community described above.

Indicators

Sixteen health indicators available at the neighborhood level should be gathered at the start of the planning process. Indicators come from available city, county, and census data and can be tracked over time. Indicators identify assets and gaps in the health-promoting infrastructure of a neighborhood and can be used to screen neighborhoods for health improvement opportunities, to describe the relationship of built environment factors to health, and to track progress toward neighborhood improvement. Indicators range from the percent of residences within ½ mile of a supermarket and percent of residences within ½ mile of a transit stop, to acres of parkland per 1,000 residents. Indicators are based on demonstrated links between neighborhood factors and public health. The indicators section also includes selected demographic and health data that can inform interpretation of the indicators.

Neighborhood questionnaire

Much of the information about neighborhood factors influencing health is not available through existing data. Additional data about elements that shape the healthiness of the neighborhood environment are collected through a community questionnaire. The questionnaire gathers information about how people move around their neighborhoods and get to the grocery store, their perceptions of neighborhood safety, their connections to the community, and whether they grow their own food. Questionnaires can be conducted online, in person at community meetings, or distributed in a written format.

Neighborhood discussion questions

All community planning processes include opportunities for community engagement. The HLA uses these opportunities as a means to gather additional qualitative information. The HLA discussion questions ask residents about elements of the neighborhood that contribute to good health and elements that could be improved to increase opportunities for healthy living. These elements include important cultural centers, destinations for neighborhood gatherings, availability of culturally appropriate food, and questions about community change.

The following sections provide summaries of the data gathered through use of the HLA in two pilot neighborhoods, Rainier Beach and Broadview – Bitter Lake – Haller Lake, and recommendations for future use of the HLA.

Pilot neighborhoods implementation

The neighborhood planning team piloted the HLA during the 2011 neighborhood plan updates in Broadview – Bitter Lake – Haller Lake (BBH) and Rainier Beach. Using the HLA increased the community's engagement in the neighborhood planning process, and helped the neighborhood planning team to identify neighborhood priorities that impact the community's health. For example, in BBH, the HLA discussion questions helped us understand that though BBH is rich in shops and services, it lacks a neighborhood-scale commercial center that serves as a location for community-building. In Rainier Beach, the mapping exercise during the neighborhood discussions helped us to identify the various ethnic community nodes that exist in the neighborhood, enabling us to focus on strengthening and connecting these assets.

The summaries below include a synthesis of data gathered through the three HLA data collection tools and recommendations that emerged from the data synthesis. Recommendations are also summarized at the end of each section. Synthesized data can be found in Appendices B and C.

Data Gathering

During the neighborhood plan update process, the neighborhood planning team used the HLA to collect data on community assets and priorities through three primary methods. In order to assess the current health status of the community, we collected quantitative indicators that would help us identify assets and gaps in the community's infrastructure and demographics that would fill in our picture of the community. Much of the data that we know impacts the health of a community was not available as existing data. To bridge this gap, we gathered additional data through a community questionnaire that was administered at a neighborhood planning town hall meeting, meetings with community groups, and as an on-line survey. Additionally, we gathered qualitative data during conversations at the neighborhood plan update town hall meeting and meetings with community groups. Data gathered through these methods in Rainier Beach can be found in Appendix B. Data gathered in BBH can be found in Appendix C.

We gathered data around the three core areas of a healthy community: Strong Community and Organizations, Healthy People and Families, and a Supportive Physical Environment. Within each of these, we focused on access to healthy food, opportunities for physical activity, and neighborhood diversity and stability because of their direct impacts on community health. Together, all of these data paint a picture of the neighborhood that helps us to understand the community factors that impact residents' opportunities and barriers to being healthy. This understanding allows the neighborhood plan update to incorporate strategies that will have direct impacts on the health of the neighborhood and its residents.

Rainier Beach Data Summary

Strong Community and Organizations

A strong and interconnected community contains diverse households, supported by strong social and cultural institutions and services.

Community Character, Gathering and Support Networks

A diverse, supportive community where all people feel welcome is an important factor in creating a healthy neighborhood. Community centers, places to gather, and a strong network of connections provide opportunities for leadership development and neighborhood problem solving. Communities with strong networks have higher capacity for mobilization, civic engagement, and access to political power, as well as social support and access to economic opportunities. Group membership, political participation, and social networking are significantly associated with a range of physical and mental health outcomes. Collective action and political engagement help secure resources for a community that can improve health.

Rainier Beach has a strong identity with a rich diversity of races and cultures. There are many cultural community centers and churches in the neighborhoods that support families and maintain strong ties within cultural groups. Rainier Beach scores well with 10 out of 11 services identified as components of a healthy community. Many cultural organizations provide a bridge to these services, creating opportunities for collaboration and helping to expand their reach. There is a longevity in Rainier Beach - 44% of people who answered our questionnaire have lived in the neighborhood for six or more years. Of those, over 2/3 have lived in the neighborhood for 10 years or more. Strong family and social connections are built in a neighborhood with this type of stability.

In order to further strengthen the networks in the Rainier Beach community, the neighborhood can strive to build more relationships between the many active groups in the area, and increase the participation of those who are not currently active in neighborhood groups. This may be achieved through events celebrating the best from each culture, the co-location of services or community resources, the creation of new centers of activity that can bring together people from multiple cultures, sectors, and organizations, or the identification of common goals and opportunities that necessitate people and groups to working together in order to achieve.

Community Character, Gathering and Support Networks Recommendations

- Increase relationships between the many active groups in the area, and increase the participation of those who are not currently active in neighborhood groups.
- Explore opportunities to create new centers of activity that can bring together people from multiple cultures, sectors, and organizations around a common goal or activity.
- Engage an organizational consultant to assist the neighborhood with identifying ways to improve the capacity of the community to attract funding and undertake priority projects.

Youth and Education

A supportive network for youth is an essential component of a healthy community. This network includes schools that challenge students to achieve, activities that engage youth outside of the school day, and a culture that supports and values the positive contributions that youth make to the community.

In recent years Rainier Beach has received new investments in school infrastructure, with two new school buildings since 2008, and a community center that is in the process of being rebuilt. These new investments provide the architecture for a strong educational system supporting youth both during and out of school time, and can be leveraged to create a strong, supportive environment for the neighborhood's youth. At the same time, 42% of Rainier Beach High School students are not graduating within 4 years, and under half of these graduates are enrolling in post-secondary education within one year of graduation. Many youth who we spoke to stressed the need for more opportunities for them to be involved in the community outside of school time, including jobs, sports, and other positive activities. Parents desired stronger connections between the community and schools.

Rainier Beach can build on its assets through increased programming to fully utilize its infrastructure. The community center and local parks are important places for teens to gather, engage in positive activities, and be physically active. There is an opportunity for teens to have more positive roles in the community, and build relationships with local organizations and businesses. The neighborhood can continue to strengthen relationships with Seattle Public Schools to improve educational outcomes for Rainier Beach youth, and to increase the use of school facilities for additional educational programs for youth and adults. The neighborhood can also continue to work with Seattle Parks and Recreation to guide youth programming at the community center and local parks. Increasing opportunities for youth to take leadership roles in their communities will also help to diminish the perceived connection between youth and violence.

Youth and Education Recommendations

- Create jobs for youth, especially within neighborhood businesses.
- Increase opportunities for youth to take leadership in their communities.
- Strengthen relationships with Seattle Public Schools to improve educational outcomes for Rainier Beach youth, and to increase the use of school facilities for additional educational programs for youth and adults.

Shops and Services

Research shows that the existence of everyday retail destinations accessible by walking increases physical activity. Retail development in a mixed-use neighborhood also generates natural public surveillance, which reduces crime and improves residents' feelings of safety. A broad range of goods available in the neighborhood allows residents to meet their needs locally, reducing travel, building social cohesion, and keeping money circulating within the neighborhood.

In an assessment of retail completeness, Rainier Beach scores well with 11 out of 13 common retail services. Rainier Beach residents take pride in the diversity of small mom & pop stores that cater to different cultures and needs. Rainier Beach is also home to two supermarkets which provide convenient access to healthy foods. Residents would like to see an increase in the diversity of shops and restaurants, as well as an improvement in the pedestrian shopping experience – a goal that would improve feelings of safety and also strengthen currently existing businesses. Additionally, increasing youth employment in local businesses would help provide out of school time opportunities for the neighborhood's youth.

Shops and Services Recommendation

- Support existing small businesses and attract additional small and locally owned businesses to support the local economy and provide more diversity of shops, full-service restaurants, and services.
- Work with neighborhood business districts to improve pedestrian appeal.

Safety

Research consistently shows that fear of crime limits mobility and physical activity in a neighborhood and inhibits social interactions. The perception of safety can be as important as any actual measure of safety in impacting people's use of a neighborhood and its facilities. Perception of safety impacts people's physical activity, their ability to walk or bike around the neighborhood, access parks, or use transit. Because of these impacts on mobility, perceived safety also impacts residents' use of local businesses.

In Rainier Beach, nearly every element of the community is affected by concerns for safety. Over half (57%) of residents who responded to the questionnaire felt safe walking around Rainier Beach during the day, with only 7% feeling safe at night. Over 1/3 of residents who responded (36%) never felt safe walking around the neighborhood. Rainier Beach had over four times the number of personal crime incidents with police involvement in 2010 compared to the city as a whole. This indicates that safety, in addition to perceived safety, is an important concern in Rainier Beach and plays a key role in limiting pedestrian activity in the neighborhood.

Because feelings of safety derive from a neighborhoods' overall health, they should be addressed from a holistic perspective that includes improvements to all areas of the neighborhood. These may include economic development, access to jobs, improvements in the retail and pedestrian environments, increased programming at parks, community centers, and schools, a sense of opportunity, and a strengthening of the community fabric. Methods to address safety from a holistic perspective should be incorporated into all aspects of the plan update process.

Safety Recommendation

- Incorporate methods to address safety from a holistic perspective into all aspects of the plan update process.

Healthy People and Families

A healthy neighborhood provides access to resources necessary to live a healthful life.

Walking and Bicycling

Walking and bicycling are easily accessible methods of physical activity that have been shown to improve overall physical and mental health. Walking around a neighborhood has the increased benefit of building relationships and strengthening the community fabric. Increased pedestrian activity improves the safety and friendliness of a neighborhood as more people claim public space for positive uses. Compared to driving, walking and bicycling, either alone or in combination with transit use, decrease a neighborhood's impact on the environment, reducing greenhouse gas emissions as well as other forms of air, water, and noise pollution.

Rainier Beach has good pedestrian infrastructure, with sidewalks on over 80% of its roadway. Residents make use of this infrastructure, with 30% of residents walking around the neighborhood to travel to shops, restaurants, parks, community centers, or friends' houses, 22% walking for exercise or recreation, and an additional 20% walking to transit or directly to work.

Residents suggested that improvements in the pedestrian environment would increase the number of people who choose to walk in the neighborhood and the frequency with which they do. Sixty-five percent of residents who responded to our questionnaire said that safer streets would encourage them to walk more, and 21% said their walking would be increased by having more local places to go.

Key pedestrian corridors such as Henderson Street and Rainier Avenue can feel unsafe due to aggressive vehicle traffic, inactive uses such as parking lots and chain link fences along much of the street, and parked buses that create a corridor effect. Numerous pedestrian and bicycle collisions have occurred along Rainier Avenue in the planning area. Perception of personal safety impacts residents' willingness to walk around the neighborhood. Many of the neighborhood's shopping destinations, including supermarkets and smaller shops, are auto-oriented, with large parking lots facing the street, making them less appealing as pedestrian destinations. Strengthening the pedestrian appeal of the neighborhood's small businesses and increasing the diversity of businesses would help to increase pedestrian activity while strengthening the neighborhood's economy.

Only 1 in 4 questionnaire respondents answered that they ride a bicycle around their neighborhood, suggesting that bicycle ridership in Rainier Beach could be increased. Those who ride do so to travel to destinations as well as for exercise or recreation. Bicycle infrastructure seems to be an important element in these choices, with respondents noting that more trails and more bike lanes would encourage them to ride more frequently. Rainier Beach has more bicycle facilities per mile of roadway than the city overall, so if bicycling is to be encouraged in Rainier Beach, more specific information about the neighborhood's bicycle needs should be gathered from the community.

Walking and Bicycling Recommendation

- Improve pedestrian connections between existing elements of the community, including the town center, schools, shopping, parks, and the light rail station and create a safer environment for pedestrians and cyclists, and for children who walk to school.

Healthy Food Access

Consuming the recommended level of fruits and vegetables is associated with lower rates of many chronic conditions. People who have access to healthy, culturally appropriate foods at an affordable price are more likely to consume them at higher levels. Common access points for healthy foods include supermarkets, grocery stores, farmers markets, community gardens, and farms. In some neighborhoods less common points for food access, such as mobile markets or farm box deliveries, can be important sources of fresh food.

In Rainier Beach, all residences within the urban village are within ½ mile of a supermarket that accepts SNAP (food stamp) benefits and provides healthy food. There are also smaller ethnic markets that provide culturally appropriate food that may not be as available at the larger supermarkets. Still, some Rainier Beach residents would like to see more food shopping options. There is no farmers market in Rainier Beach, but the weekly Columbia City farmers market is a short 2.5 mile bus or bike ride away. The Columbia City farmers market accepts SNAP benefits as well as WIC/Senior Farmers Market Nutrition Vouchers.

There are no P-Patches in the Rainier Beach urban village, but there is one community garden, and a new urban farm and additional community garden under development. There is also a P-Patch just outside the urban village boundary. While community gardens rarely provide all of the produce a family needs for the year, they benefit gardeners through increased physical activity and fruit and vegetable consumption. They also bring neighbors together, reduce social isolation, and build community cohesion and empowerment. People who live near many fast-food restaurants and convenience stores have a higher prevalence of obesity and diabetes compared to people who live near grocery stores and fresh produce vendors. Students with fast food restaurants within ½ mile of their schools have been found to eat fewer fruits and vegetables, consume more soda, and have higher rates of being overweight compared to students who do not have fast-food restaurants within ½ mile of their schools.

Rainier Beach has a higher density of fast food restaurants than the city overall. As Rainier Beach grows and expands its commercial sector, emphasis should be placed on attracting full service, rather than fast food restaurants, particularly given the number of schools in the urban village.

Healthy Food Access Recommendations

- Ensure that stores providing affordable and culturally appropriate healthy food are supported and strengthened.
- Explore opportunities to include a greater diversity of healthy food retail options.

Supportive Physical Environment

A natural and man-made environment that includes infrastructure supporting healthy activities provides for a healthy community.

Town Center

A town center is a natural gathering place that allows residents to meet informally, gather, and fulfill their retail or service needs. A town center should provide a range of businesses and services, be welcoming to all, and reflect the character of the community.

Rainier Beach has a strong foundation of community facilities – the community center, library, and schools, as well as retail markets – that provide important services. Despite the availability of services, many residents feel that Rainier Beach lacks a “center.” Improving the pedestrian environment around current stores and facilities, building on cultural diversity, and improving connections between existing positive elements can all help to improve Rainier Beach’s commercial infrastructure. There are opportunities to add more small and locally owned businesses to support the local economy, provide a greater diversity of shops and services, and increase the pedestrian appeal of the town center.

Town Center Recommendations

- Improve the pedestrian shopping experience in the commercial center.
- Explore opportunities to create temporary, street-fronting micro-businesses that will draw more people to the town center and improve the pedestrian experience.

Parks and Recreation

Parks provide no-cost opportunities for physical activity for people of all ages and abilities. Parks also improve environmental quality by filtering air and water, provide opportunities for rest and relaxation, and increase interaction between neighbors. Having a park located within ¼ mile increases park usage,

especially among children and the elderly. Children who have outdoor places to play are more likely to exercise regularly and face lower risks for diabetes, obesity, and asthma.

Rainier Beach is well-endowed with parks and open space, and residents appreciate and use these open spaces. Over 80% of questionnaire respondents report using parks and community centers for exercise, recreation, relaxation, informal gathering, or taking children to play. All residences in the planning area are within ½ mile of a public park, and the neighborhood has more park acreage per person than the city benchmark. Beer Sheva park provides a strong identity with the water, but water access there could be improved. There are gaps in access to children's play areas open to the public, and this may be improved by ensuring that play areas at schools are made available to the public outside of school hours. Connections to and circulation within public spaces could also be improved. The community center provides opportunities for indoor activities for people of all ages, and residents would like to see increased programming when the center re-opens.

Parks and Recreation Recommendations

- Further study identified gaps in access to children's play areas open to the public. If significant gaps exist, explore opportunities to fully utilize school play areas and evaluate opportunities to add play areas in other public parks.
- Improve connections to and circulation within public spaces.
- Increase programming to fully utilize parks and community center.

Transportation

Research has shown that people who live closer to a transit stop are more likely to use transit for their commutes. Many people who use transit to get to work meet their daily physical activity requirements from the walk associated with taking transit. For the elderly and the disabled, access to public transit decreases barriers to participation in community and civic life and can decrease feelings of depression and alienation. Transit provides access to jobs, stores, cultural centers, and services in other parts of the city.

The new light rail station in Rainier Beach provides convenient access to downtown, and buses provide access to surrounding areas. 100% of residences in the urban village are within ½ mile of a bus or rail stop. Improving bus connections to the light rail station would support transit riders making connections between bus and rail. Reductions in bus service and increases in fares have made it harder for some residents who rely on transit. Pedestrian improvements in the community would improve navigation between the town center, schools, shopping, parks, and the light rail station and create a safer environment for pedestrians and cyclists, and for children who walk to school.

Transportation Recommendations

- Improve linkages between bus and light rail.
- Improve pedestrian connections between existing elements of the community, including the town center, schools, shopping, parks, and the light rail station and create a safer environment for pedestrians and cyclists, and for children who walk to school.

Housing

A quality neighborhood provides safe, healthy housing affordable to households in a full range of incomes. High housing costs can result in spending a high proportion of income on housing, sharing housing in

overcrowded conditions, living in substandard housing, or displacement out of the community. Spending a high proportion of income on housing means fewer resources for food, heating, transportation, health care, and child care.

Rainier Beach has a good range of housing types and affordability levels, and residents feel strongly about maintaining housing affordability in the neighborhood. Even so, 60% of renters and 30% of home owners are paying more than 30% of their income on housing costs, a level that is considered unaffordable. Ten percent of households live in overcrowded conditions – a percentage 5 times higher than in the city of Seattle overall. Additionally, some housing stock is in need of upgrades.

Rainier Beach should strive to maintain its stock of affordable housing, and add additional housing affordable to a range of incomes and family sizes. There are opportunities to develop more dense residential units along Henderson and the light rail station area, and to ensure that this housing is built with the demographics of Rainier Beach residents in mind – housing should include units with 4 or more bedrooms to accommodate large families, and options to create new home mortgage products that meet the needs of Rainier Beach’s many immigrant families should be explored. Opportunities to leverage federal funding for energy efficiency to improve housing stock in need of upgrades should also be considered.

Housing Recommendations

- Maintain affordable housing stock and add additional housing affordable to a range of incomes and family sizes.
- Develop more dense residential units along Henderson and the light rail station area.
- Ensure that new housing is built with the demographics of Rainier Beach residents in mind, including units with 4 or more bedrooms to accommodate large families.
- Explore options to create new home mortgage products that meet the needs of Rainier Beach’s many immigrant families.
- Identify opportunities to leverage federal funding for energy efficiency to improve housing stock in need of upgrades.

Summary of Recommendations

Strong Community and Organizations

- Increase relationships between the many active groups in the area, and increase the participation of those who are not currently active in neighborhood groups.
- Explore opportunities to create new centers of activity that can bring together people from multiple cultures, sectors, and organizations around a common goal or activity.
- Create jobs for youth, especially within neighborhood businesses.
- Increase opportunities for youth to take leadership in their communities.
- Strengthen relationships with Seattle Public Schools to improve educational outcomes for Rainier Beach youth, and to increase the use of school facilities for additional educational programs for youth and adults.

- Support existing small businesses and attract additional small and locally owned businesses to support the local economy and provide more diversity of shops, full-service restaurants, and services.
- Work with neighborhood business districts to improve pedestrian appeal.
- Incorporate methods to address safety from a holistic perspective into all aspects of the plan update process.

Healthy People and Families

- Improve pedestrian connections between existing elements of the community, including the town center, schools, shopping, parks, and the light rail station and create a safer environment for pedestrians and cyclists, and for children who walk to school.
- Ensure that stores providing affordable and culturally appropriate healthy food are supported and strengthened.
- Explore opportunities to include a greater diversity of healthy food retail options.

Supportive Physical Environment

- Improve the pedestrian shopping experience in the commercial center.
- Explore opportunities to create temporary, street-fronting micro-businesses that will draw more people to the town center and improve the pedestrian experience.
- Further study identified gaps in access to children's play areas open to the public. If significant gaps exist, explore opportunities to fully utilize school play areas and evaluate opportunities to add play areas in other public parks.
- Increase programming to fully utilize parks and community center.
- Improve connections to and circulation within public spaces.
- Improve linkages between bus and light rail.
- Maintain affordable housing stock and add additional housing affordable to a range of incomes and family sizes.
- Develop more dense residential units along Henderson and the light rail station area.
- Ensure that new housing is built with the demographics of Rainier Beach residents in mind, including units with 4 or more bedrooms to accommodate large families.
- Explore options to create new home mortgage products that meet the needs of Rainier Beach's many immigrant families.
- Identify opportunities to leverage federal funding for energy efficiency to improve housing stock in need of upgrades.

Broadview – Bitter Lake – Haller Lake Data Summary

Strong Community and Organizations

A strong and interconnected community contains diverse households, supported by strong social and cultural institutions and services.

Community Character, Gathering and Support Networks

A diverse, supportive community where all people feel welcome is an important factor in creating a healthy neighborhood. Community centers, places to gather, and a strong network of connections provide opportunities for leadership development and neighborhood problem solving. Communities with strong networks have higher capacity for mobilization, civic engagement, and access to political power, as well as social support and access to economic opportunities. Group membership, political participation, and social networking are significantly associated with a range of physical and mental health outcomes. Collective action and political engagement help secure resources for a community that can improve health.

The Broadview - Bitter Lake - Haller Lake (BBH) neighborhood is a stable community with growing diversity. Residents love its trees, parks, and open spaces, its convenient access to downtown and to goods and services, and its affordability. 55% of residents who responded to our questionnaire have lived in the neighborhood for 6 years or more, and of those 42% have lived in the neighborhood for 20 years or more. BBH has many community clubs, centers, and associations which knit together members of the neighborhood who participate in these activities. Newer senior and multifamily units are increasing the neighborhood's diversity, and it is a priority for the community to guide development in a way that supports the needs of long-time and new residents, while maintaining the neighborhood's affordability. Residents stressed the need for more Informal gathering places where residents can run into neighbors while walking to and from businesses or fulfilling basic retail and service needs. Residents would also like to see BBH create an identity to generate neighborhood pride and encourage the neighborhood's diverse groups to work together to achieve shared goals.

Community Character, Gathering and Support Networks Recommendations

- Create neighborhood commercial centers that serve as informal gathering places where residents can run into neighbors and fulfill basic retail and service needs.
- Create a neighborhood identity to generate neighborhood pride and encourage the neighborhood's diverse groups to work together to achieve shared goals.

Shops and Services

Research shows that the existence of everyday retail destinations accessible by walking increases physical activity. Retail development in a mixed-use neighborhood also generates natural public surveillance, which reduces crime and improves residents' feelings of safety. A broad range of goods available in the neighborhood allows residents to meet their needs locally, reducing travel, building social cohesion, and keeping money circulating within the neighborhood.

Aurora Avenue is a regional shopping destination, providing access to many goods and services that meet BBH residents' needs. As a regional destination, it is auto-oriented, and not an easy place to fulfill needs on foot. BBH exceeds the HLA benchmark with 11 out of 13 common retail destinations within the urban village; however the commercial businesses on Aurora are not the type to increase physical activity or create natural public surveillance and neighborhood connections. BBH residents would like to see a smaller, neighborhood scale commercial district with more neighborhood-scale, independent stores that

would support the needs of residents and function as places to run into a neighbor or get to know a business owner. BBH residents would also like to see a greater variety of grocery stores, including a store that is more natural foods oriented.

While the character of the existing commercial district is not ideal for promoting walking and neighborhood connections, 34% of questionnaire respondents do walk to shops and services to meet their needs. Among seniors and renters, who tend to live closer to the commercial district, this percentage jumps to over 50%. In addition, 82% of renters and 35% of seniors who responded walk to shop for food. Strategies should be taken to improve pedestrian safety in this commercial area, while also creating a neighborhood-serving retail corridor that will also be a town center and gathering place.

Shops and Services Recommendation

- Create a pedestrian-oriented neighborhood 'town center' with independent retail that serves as an informal gather place and a place to meet neighborhood retail needs.

Safety

Research consistently shows that fear of crime limits mobility and physical activity in a neighborhood and inhibits social interactions. The perception of safety can be as important as any actual measure of safety in impacting people's use of a neighborhood and its facilities. Perception of safety impacts people's physical activity, their ability to walk or bike around the neighborhood, access parks, or use transit. Because of these impacts on mobility, perceived safety also impacts residents' use of local businesses. Feelings of safety derive from a neighborhoods' overall health, and should be addressed from a holistic perspective that includes improvements to all areas of the neighborhood. These may include economic development, access to jobs, improvements in the retail and pedestrian environments, increased programming at parks, community centers, and schools, and a strengthening of the community fabric.

The rate of crimes against persons per square mile in the BBH neighborhood planning area is less than half of the rate for the city overall, indicating that although traffic safety remains a concern, the neighborhood is generally a very safe place to walk around from a crime perspective. The rate increases dramatically along Aurora, where prostitution and drug sales contribute to a less safe feeling environment for pedestrians. Even so, three-quarters of residents who responded to our questionnaire indicated that they feel safe walking around BBH during the day, with just over one quarter indicating that they also feel safe walking around the neighborhood at night. Safer streets were the most highly prioritized strategy to increase walking in the neighborhood, with a particular focus on traffic safety. Safety issues in parks were also raised as a concern. Improving pedestrian safety should be a high priority.

Safety Recommendation

- Take steps to improve pedestrian safety through street design and amenities, and by attracting pedestrian scale destinations.

Healthy People and Families

A healthy neighborhood provides access to resources necessary to live a healthful life.

Walking and Bicycling

Walking and bicycling are easily accessible methods of physical activity that have been shown to improve overall physical and mental health. Walking around a neighborhood has the increased benefit of building relationships and strengthening the community fabric. Increased pedestrian activity improves the safety and friendliness of a neighborhood as more people claim public space for positive uses. Compared to driving, walking and bicycling, either alone or in combination with transit use, decrease a neighborhood's

impact on the environment, reducing greenhouse gas emissions as well as other forms of air, water, and noise pollution.

BBH residents enjoy using the interurban trail and walking in parks. While many (34%) also walk to shops, restaurants, community centers, parks, or friends' houses, the lack of sidewalks and the unfriendly pedestrian environment along major arterials decreases feelings of safety while walking and decreases residents' desire to walk to meet basic needs. Only 25% of roads in BBH have complete sidewalks, and east/west connections to the major arterials, where shops and buses are located, are not pedestrian friendly. In 2008, nine collisions between vehicles and pedestrians or bicyclists occurred within the urban village. There are a large number of senior housing units in the neighborhood, and many of the crossings are missing curb cuts or have signals too short for a person in a walker or a wheelchair. While the trails within parks provide beautiful opportunities for walking, many residents drive to the parks because of the poor pedestrian connections to get there.

Many bicyclists in the neighborhood enjoy using the interurban trail, but few of those who responded to our questionnaire cycle outside of parks or for reasons other than recreation. Bicycle facilities (bike lanes and paths, shared bicycle routes) in the planning area are limited, and of questionnaire respondents, 31% said adding more bike lanes or trails would encourage them to ride more often.

The plan update provides an opportunity to create a network of complete streets that improve pedestrian and bicycle safety through street design and amenities, especially those that connect to major neighborhood assets, including parks, schools, shopping districts, and transit corridors.

Walking and Bicycling Recommendation

- Create a network of complete streets that improve pedestrian and bicycle safety through street design and amenities.

Healthy Food Access

Consuming the recommended level of fruits and vegetables is associated with lower rates of many chronic conditions. People who have access to healthy, culturally appropriate foods at an affordable price are more likely to consume them at higher levels. Common access points for healthy foods include supermarkets, grocery stores, farmers markets, community gardens, and farms. In some neighborhoods less common points for food access, such as mobile markets or farm box deliveries, can be important sources of fresh food.

The BBH planning area has two supermarkets, and 82% of residences in the planning area are within ½ mile of a supermarket or grocery store that accepts SNAP (food stamp) and WIC benefits and sells healthy food. Still, many residents travel outside of the neighborhood for their grocery shopping, indicating that their preferences are not being met within the neighborhood. Many noted shopping at Central Market in Shoreline. 90% of residents who responded to our questionnaire travel 20 minutes or less to the place they shop most often for food – most of those trips (69%) are made by car. Among seniors and renters, many more shop for food on foot – 82% of renters and 35% of seniors who responded walk to the place they most often shop for food.

Many BBH residents would like to see smaller, independent food retail stores and stores that sell more natural foods and high quality groceries. There is currently no farmers market in the planning area, and residents would like to see a farmers market in the district to expand access to locally grown food and provide an opportunity for community building and neighborhood gathering.

BBH meets Seattle’s comprehensive plan goal for P-Patches with one P-Patch for 2,473 residents. 44% of residents who responded to our questionnaire grow some of their own food. Still, many residents would like to see more opportunities to garden. Questionnaire respondents living in apartments were much less likely to grow some of their own food. With the projected increase in multi-family units in the planning area, additional P-Patches would facilitate gardening opportunities for those without land of their own. While community gardens rarely provide all of the produce a family needs for the year, they benefit gardeners through increased physical activity and fruit and vegetable consumption. They also bring neighbors together, reduce social isolation, and build community cohesion and empowerment.

People who live near many fast-food restaurants and convenience stores have a higher prevalence of obesity and diabetes compared to people who live near grocery stores and fresh produce vendors. Students with fast food restaurants within ½ mile of their schools have been found to eat fewer fruits and vegetables, consume more soda, and have higher rates of being overweight compared to students who do not have fast-food restaurants within ½ mile of their schools.

BBH has a 2.6 times as many fast food restaurants as the city overall. Many of these are located in the regional retail corridor along Aurora. As BBH develops new commercial nodes, more emphasis should be placed on attracting full service, rather than fast food restaurants, in addition to smaller coffee shops, bakeries, and other gathering places.

Healthy Food Access Recommendations

- Explore opportunities to create a farmers market to expand access to locally grown food and provide an opportunity for community building and neighborhood gathering.
- Explore opportunities to create more community gardens in the urban village, especially near multi-family units.

Supportive Physical Environment

A natural and man-made environment that includes infrastructure supporting healthy activities provides for a healthy community.

Town Center

A town center is a natural gathering place that allows residents to meet informally, gather, and fulfill their retail or service needs. A town center should provide a range of businesses and services, be welcoming to all, and reflect the character of the community.

BBH has a strong regional retail center along Aurora, but residents feel that there is not a town center intended to serve the neighborhood. There are individual gathering places – the community center, library, and parks – but residents would like to see a walkable neighborhood shopping destination with small scale, independent retail and gathering spaces.

Town Center Recommendation

- Create a pedestrian-oriented neighborhood ‘town center’ with independent retail that serves as an informal gather place and a place to meet neighborhood retail needs.

Parks and Recreation

Parks provide no-cost opportunities for physical activity for people of all ages and abilities. Parks also improve environmental quality by filtering air and water, provide opportunities for rest and relaxation, and

increase interaction between neighbors. Having a park located within ¼ mile increases park usage, especially among children and the elderly. Children who have outdoor places to play are more likely to exercise regularly and face lower risks for diabetes, obesity, and asthma.

Residents of BBH love their parks and open spaces, and the area is well-endowed. The lakes, reservoir, interurban trail, and other parks provide opportunities for physical activity, rest, and relaxation for people of all ages and abilities. The planning area has nearly 8 acres of parkland per 1,000 residents, nearly 8 times the Seattle Parks Department's benchmark for a neighborhood. 86% of residences are within ½ mile of a park or open space, and nearly 80% of residents who responded to our questionnaire report using neighborhood parks. At the same time, more than half of the urban village area is within a parks gap area based on the Department of Parks and Recreation 2006 Gap Report.

Primary usages at parks are split fairly evenly between exercise, relaxation, informal gathering, and taking children to play. Only 18% of residences are within ¼ mile of a children's play area. Further study is needed to assess the number of children in these areas, but if children are present, opportunities should be explored to incorporate more children's play areas into existing parks. Residents noted the difficulty in accessing parks on foot, and many drive to parks, even though they are located close by, because walking routes feel unsafe. Improved connections to parks and lakes would decrease travel to parks by car and increase park usage among neighbors. Similarly, areas with park gaps should be evaluated for opportunities to create smaller neighborhood parks, possibly with play areas.

Parks and Recreation Recommendations

- Evaluate opportunities to create smaller neighborhood parks in areas with park gaps.
- Evaluate the need for additional children's play areas in existing parks or as new parks are created.

Transportation

Research has shown that people who live closer to a transit stop are more likely to use transit for their commutes. Many people who use transit to get to work meet their daily physical activity requirements from the walk associated with taking transit. For the elderly and the disabled, access to public transit decreases barriers to participation in community and civic life and can decrease feelings of depression and alienation. Transit provides access to jobs, stores, cultural centers, and services in other areas.

BBH residents have good access to bus service to downtown, with 97% of residences within ½ mile of a bus stop. Many residents use bus lines along Aurora and Greenwood Avenues to access downtown and other parts of the city. Still, the percentage who use active means (transit, biking, or walking) to commute to work is lower than for the city overall. The new Rapid Ride service along Aurora may increase transit ridership. Residents requested improvements to the pedestrian infrastructure on the east/west connections that take them to bus stops on Aurora and Greenwood. Pedestrian improvements along corridors that link neighborhood centers, transit, parks, and other community assets are a high priority for the community.

Transportation Recommendation

- Improve pedestrian connections between schools, housing, transit, parks, lakes, retail, and other community assets to improve safety and increase pedestrian activity.

Housing

A quality neighborhood provides safe, healthy housing affordable to households in a full range of incomes. High housing costs can result in spending a high proportion of income on housing, sharing housing in

overcrowded conditions, living in substandard housing, or displacement out of the community. Spending a high proportion of income on housing means fewer resources for food, heating, transportation, health care, and child care.

BBH currently has a range of housing types and affordability levels, and should strive to maintain a diversity of single family homes as well as multi-family units affordable to households with the full range of incomes. Currently, 33% of owners and 52% of renters are paying more than 30% of their income on housing costs, a level that is considered unaffordable. With good transit already in place and Rapid Ride under development, nodes near transit stops provide opportunities to create additional affordable housing. New multi-family housing should contribute to the character of the surrounding environment.

Housing Recommendations

- Explore opportunities to create affordable housing near new Rapid Ride stops.
- Ensure that new development contributes to the character of the surrounding environment.

Summary of BBH Recommendations

Strong Community and Organizations

- Create neighborhood commercial centers that serve as informal gathering places where residents can run into neighbors and fulfill basic retail and service needs.
- Create a neighborhood identity to generate neighborhood pride and encourage the neighborhood's diverse groups to work together to achieve shared goals.
- Take steps to improve pedestrian safety through street design and amenities, and by attracting pedestrian scale destinations.

Healthy People and Families

- Create a network of complete streets that improve pedestrian and bicycle safety through street design and amenities.
- Explore opportunities to create a farmers market to expand access to locally grown food and provide an opportunity for community building and neighborhood gathering.
- Explore opportunities to create more community gardens in the urban village, especially near multi-family units.

Supportive Physical Environment

- Create a pedestrian-oriented neighborhood 'town center' with independent retail that serves as an informal gather place and a place to meet neighborhood retail needs.
- Evaluate opportunities to create smaller neighborhood parks in areas with park gaps.
- Evaluate the need for additional children's play areas in existing parks or as new parks are created.
- Improve pedestrian connections between schools, housing, transit, parks, lakes, retail, and other community assets to improve safety and increase pedestrian activity.
- Explore opportunities to create affordable housing near new Rapid Ride stops.
- Ensure that new development contributes to the character of the surrounding environment.

Outcomes of Pilot and Recommendations for Future

Outcomes

Development of the HLA helped build the City's capacity for connecting the health and built environment through interdepartmental collaboration. Dedicated funding for staff from multiple departments to participate in the tool's development, and the engagement of a consultant specializing in health and planning, helped to build capacity to view planning through a health lens. In addition to the creation of the tool, the process resulted in city staff who will bring their understanding of the connections between built and social environments and health back to their departments and into other work.

Implementation of the HLA increased integration between traditional areas of physical planning. Organizing the planning process into the themes of strong community and organizations, healthy people and families, and supportive physical environment allowed planning team members to take a people-centered view of neighborhoods. Instead of a department's traditional focus on zoning or sidewalks, the HLA brought into view how people use communities and lifted up the importance of linkages between community assets.

The HLA provided new insights on plan recommendations. Many elements of a healthy community are not new to planners. Walkable neighborhoods, strong commercial cores, and access to transit are all planning staples. Even in these areas the HLA was able to add nuance – decisions on where to invest limited transportation funds were informed by community input on the routes that they travel to get to shops, services, schools, and parks. Access to playground facilities – a factor in children's physical activity levels – hadn't been prioritized by planners before the HLA.

Implementation of the HLA led to the inclusion of more community-based recommendations in plans. Neighborhood plans in Seattle have included activities that city departments and communities can act on. The people-centered view provided by the HLA led to the inclusion of more actions that lie outside the realm of city departments, and showed how increasing the capacity for community members to step up to move these projects forward is in itself an important outcome with benefits to the strength of the community.

Community members were engaged in the planning process in a genuine and productive way. Because the HLA questions focused on people – where they shop for food, how they get where they need to go, where they go to meet friends and neighbors – it was easy for participants to engage in the process. The input they provided gave specific and detailed information that could be used by the neighborhood planning team to guide traditional planning issues such as zoning, building heights, and park facilities.

Using the HLA drives actions that improve the lives of the most vulnerable. In any community, the poor suffer most from unhealthy community conditions. They are least able to leave the community to seek out healthier food, places to connect with others, and opportunities to be active. Adding or improving a park in a community is likely to have a larger positive impact on people with limited mobility, be they children, the elderly, or low-income individuals. The HLA highlighted a need to build collaboration between diverse ethnic communities in Rainier Beach – this can have a large impact on these communities' ability to leverage resources into the future, a predictor of their health.

Recommendations

Integrate the HLA from the beginning of a planning process. The Healthy Living Assessment is best used as early as possible in the planning process. At the latest, indicators should be used as part of an existing conditions report. Indicators can even be used as a screening tool to evaluate the planning needs of multiple neighborhoods. Once a neighborhood has been selected, indicators can help inform the priority areas for planning energy. If indicators show that food access in the neighborhood is limited, planners may want to include additional food access questions on the questionnaire or in meetings. If housing affordability emerges as a key challenge when reviewing the indicators, the community's attention can be directed to this issue during the planning process.

Incorporate health explicitly when talking to the key allies and the planning team. The HLA provides an opportunity for the planning team and community leaders to think about the neighborhood in an integrated manner, and to talk about it in ways that are relevant to people. Providing an overview of the connections between the built and social environments and health to key neighborhood allies (like the neighborhood advisory committee) at the start of a process will inform their thinking and give them the tools to continue those conversations with neighbors. Sharing the HLA lens with the planning team early on helps everyone to be on the same page about where their area of focus fits into the integrated whole that is a healthy neighborhood.

Share the elements that make up a healthy neighborhood with the community. Sharing this framework early provides an opportunity for participants to think about some areas of planning in a different way. For example, some residents may not be personally concerned about housing affordability. Providing an understanding of why a mix of housing affordable to all income levels supports the fabric of the community as a whole may encourage them to prioritize affordable housing more highly. In a similar way, residents who drive to grocery stores out of the neighborhood may not be aware that a lack of local healthy food retail options is making it difficult for people who rely on foot or public transportation to eat healthy foods. Using the HLA can help elevate this issue to a level of importance to the entire community, not only to those who travel by transit or foot.

Incorporate pieces of the HLA into other planning processes. In order for communities to improve their health, issues addressed by the HLA should be included in all planning processes. The HLA provides a framework, and planners can select appropriate tools from the HLA and modify as needed according to their areas of focus and their planning goals.

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Appendix A. Healthy Living Assessment Toolkit

Toolkit Overview

The Healthy Living Assessment is a tool to help planners take health elements into account during planning processes. The HLA includes three data gathering tools that can be used to identify health assets and health gaps in a community and a template for synthesizing data. These tools include sixteen health indicators, a neighborhood questionnaire, and community discussion questions. Use of the HLA necessitates engagement with the community, and people who live and work in a neighborhood are best able to identify assets and gaps. The HLA can be used by planners seeking to identify areas where infrastructure improvements, community initiatives, or city incentives can improve the health of the community, and where health-promoting assets of a community can be identified for preservation or strengthening. This toolkit includes an overview of each of the three HLA tools and suggestions on how to use each element.

Healthy Living Assessment Tools

HLA Indicators

Overview

Health indicators available at the neighborhood level can be used to educate the public on the relationship of built environment factors to health, and to track progress toward neighborhood improvement. Indicators can be used as part of the HLA, and can also be used as a screening tool to select neighborhoods most in need of planning attention. For either purpose, indicator data should be gathered and analyzed before starting the community engagement process.

Indicators come from available data and are able to be tracked over time. Indicators are based on research suggesting linkages between core community factors and population health outcomes.

There are many indicators that have a relationship to health and that could have been included in this toolkit. In order to keep the number of indicators manageable for incorporation into existing planning processes, this toolkit includes only indicators that meet the following criteria:

1. **Based on existing data.** This allows the users to track progress on indicators over time without requiring new data collection. This placed a limit on the types of data available for use as indicators.
2. **Presence of health research suggesting linkages between indicator and population health outcomes.** Indicators included have a clear relationship with population health. Some demographic data that do not have clear linkages with population health are included because they provide context that aids in the interpretation of indicators.
3. **Available at the neighborhood, as well as the city level.** Indicators must be available at the neighborhood level in order for the information to be useful to planning in small geographic areas.

Because of these criteria, many indicators come from census data or other data routinely collected by city or county departments. These data are generally collected based on a geographic area. Because they are tied to a geography, rather than to a community of people, tracking indicators over time requires us to ask whether changes reflect improvements in the status of the people who were living in the community at baseline, or whether they reflect movement into and out of the community. With community stability as a core goal of neighborhood planning, additional community change factors should be incorporated into the interpretation of indicator change over time.

All indicators have an associated benchmark or reference point. Indicator benchmarks are aspirational. In some cases, the aspirational benchmark may not be feasible given other community needs or characteristics. While improvements in these areas could increase opportunities for health, they may not be priorities for a given community. In this sense falling short of a benchmark may not be a negative outcome. Scoring below the benchmark suggests the need for further exploration of the factor and evaluation of whether improvement in a given area is important for that neighborhood. For some indicators, a comparison to a citywide average is provided as a point of reference, rather than a benchmark.

Also included in this section are selected demographic and health data. These data help planners identify areas where health can be improved and target interventions to the areas with most room for improvement. Most demographic data are gathered from the US Census and health data are accessible

from King County Public Health. Data can be compared to city or county-wide data in order to create a point of reference.

How to use this element

Indicators are based on publicly available data or data from other city agencies. Some require manipulation or analysis of the data. Data should be gathered and analyzed as early as possible in the planning process. Indicator data help to provide a baseline picture of determinants of health in the neighborhood at the start of a plan update process. Data can be gathered as part of the existing conditions report or even earlier for use as a screening tool to decide which neighborhoods to prioritize for planning investments. In this case, priority may be given to neighborhoods where indicators show more opportunities to improve health status. Data should be collected at every plan update in order to track progress. Select indicators may be tracked between plan updates to assess changes in identified critical health determinants.

HLA Indicators

Food Access

Indicator FA.1 Percent of residential area within ½ mile of a supermarket/grocery store that accepts EBT (food stamps) and WIC
Rationale
Having a supermarket within ½ mile of one's home is associated with lower rates of obesity and overweight compared to not having a supermarket close to home. ¹
Benchmark /Established standards
All residences have a supermarket or other healthy food store within ½ mile.
Data Source
US Census, Seattle King County Public Health (Food Store Permits)
Method
1. Using ArcMap create a half mile buffer around grocery stores that accept EBT and WIC 2. Select census blocks whose centroids are contained within the 1/2 mi grocery store buffer zones 3. Calculate the total population within those census blocks 4. Divide that number by the total population within the neighborhood planning area.

Indicator FA.2 Number of P-Patches for each 2,500 households
Rationale
Community Gardens benefit gardeners through increased physical activity and fruit and vegetable consumption. They can also bring neighbors together, reduce social isolation, and build community cohesion and empowerment. ²
Benchmark /Established standards
City of Seattle Comprehensive Plan ³ : One dedicated community garden for each 2,500 households in the Urban Village
Data Source
Department of Neighborhoods P-Patch Program
Method
Divide number of community gardens in an Urban Village by the number of dwelling units in the same area.

Indicator FA.3 Farmers market located in the neighborhood FA.3.1

Farmers market that accepts WIC/Senior Farmers Market Nutrition Vouchers and EBT¹ in the neighborhood	
Rationale	Farmers markets provide access to healthy food. While they have limited hours of operation, they can also function as a neighborhood commons, promoting neighborhood pride and connectivity. ⁴ Farmers markets that accept WIC/Senior Farmers Market Nutrition Vouchers and EBT provide additional access for low-income residents.
Benchmark	Presence of a farmers market in the planning area.
Data Source	Seattle Office of Economic Development (Farmers Market Permits) www.data.seattle.gov
Method	Presence or absence of a farmers market in the neighborhood planning area boundary.

Indicator FA.4 Fast food restaurants per 100,000 residents	
Rationale	People who live near many fast-food restaurants and convenience stores have a higher prevalence of obesity and diabetes compared to people who live near grocery stores and fresh produce vendors.^{5,6} Students with fast food restaurants within ½ mile of their schools have been found to eat fewer fruits and vegetables, consume more soda, and have higher rates of being overweight compared to students who do not have fast-food restaurants within ½ mile of their schools.⁷
Benchmark /Established indicators	Compare to citywide fast food restaurant density.
Data Source	Reference USA, NAICS 722211, Census 2010 Note: Fast food restaurants (FFR) are defined as national chains/franchises that do not have a wait staff. Not counted were coffee shops, ice cream shops, or other stores whose product would not constitute a "meal." For instance neither Starbucks, Baskin and Robins, nor Jamba Juice were counted. Free access to Reference USA is available through Seattle Public Library. Go this site to access for free http://www.spl.org/library-collection/articles-and-research/business-finance-and-fundraising. Using the service requires a library card.
Method	1. Use the site reference USA to obtain the total number of FFRs in Seattle searching using the NAICS 722211 2. Choose only the national chains as per the definition listed below 3. Divide the total restaurants by total population and then multiply by 100,000 4. Repeat for the planning area

Food Access Demographic and Health Data		
Data	Benchmark/Reference point	Source
Percentage of students accessing free and reduced price lunch at schools within planning area	Compare to district-wide percentage	Seattle Public Schools School Reports
Percent overweight/obese	Compare to citywide percent	Seattle - King County Public Health
Diabetes prevalence/mortality	Compare to citywide percent	Seattle - King County Public Health
Heart disease deaths	Compare to citywide percent	Seattle - King County Public Health

Average fruits and vegetables eaten daily	Compare to citywide percent	Seattle - King County Public Health
Did not consume 5 or more fruits and vegetables daily	Compare to citywide percent	Seattle - King County Public Health

Mobility and Physical Activity

Indicator PA.1
Percentage of residences within ½ mile of a bus or rail stop
Rationale
Research has shown that people who live closer to a transit stop are more likely to use transit for their commute. ⁸ Transit service that arrives more frequently also contributes to people's choice to use transit for their commute. ⁹ Twenty- nine percent of people using transit to get to work meet their daily physical activity requirements from the walk associated with taking transit. ¹⁰ Health benefits of physical activity include a reduced risk of premature mortality and reduced risks of heart disease, hypertension, colon cancer, and diabetes. ¹¹ For the elderly and the disabled, access to public transit decreases barriers to participation in community and civic life which can decrease feelings of depression and alienation. ¹²
Benchmark /Established indicators
All residences within ½ mile of bus or rail stop. Also compare to percentage citywide.
Data Source
King County Bus Stops shapefile, 2010 Census Data, Blocks.
Method
1. Select bus stops within the neighborhood planning area 2. Put a 1/2 mile buffer around bus stops within the planning area 3. Select census blocks whose centroid is within the 1/2 mile bus stops buffer 4. Calculate the total population within the selected census blocks 5. Divide that number by the total population within the planning area.

Indicator PA.2
Ratio of miles of bike facilities per miles of roadway
Rationale
Walking or biking to work helps people meet minimum requirements for physical activity. Increased physical activity reduces risk of premature mortality and heart disease, hypertension, colon cancer, and diabetes. Regular participation in physical activity reduces depression and anxiety, and enhances an individual's ability to perform daily tasks throughout the life span. ¹³
Benchmark /Established indicators
Compare to citywide ratio.
Data Source
SDOT Bike Facilities Shapefile, SDOT Streets Shapefile
Method
1. Calculate total length of streets in Seattle. Exclude streets classified as "Highway" or "Freeway" 2. Calculate total length of bike facilities in Seattle 3. Divide the bike facilities total length by the streets total length 4. Select street segments and bike facilities segments that are contained within the planning area and repeat steps 1 through 3.

Indicator PA.3
Percentage of roadway with complete sidewalks
Rationale
A high quality pedestrian environment can support walking both for utilitarian purposes and for pleasure. Recent studies in the United States have demonstrated that people walk on average 70 minutes longer in pedestrian-oriented communities. ^{14,15} In addition, walkable neighborhoods help create social cohesion. Residents living in neighborhoods they considered walkable were significantly more likely to know their neighbors, trust others, be politically active, and participate in social activities. ¹⁶ Missing sidewalks are a key indicator of a pedestrian

environment that is not high quality. Parental concerns of a lack of sidewalks, traffic lights, and controlled street crossings contributed to the likelihood of their children walking to school. ¹⁷
Benchmark /Established indicators
All roadways have sidewalks. Also compare to citywide percentage.
Data Source
SDOT Sidewalk Inventory Shapefile
Method
1. Calculate total sidewalk inventory for the planning area 2. Calculate total improved sidewalk areas (this is defined as having complete sidewalks) 3. Divide improved sidewalks by total sidewalk inventory. Note: The shapefile for this data counts each side of the street separately for sidewalk inventory. Unimproved sidewalk is defined as no sidewalk present.

Indicator PA.4
Personal crime incidents with police involvement per square mile per year
Rationale
Fear of crime limits mobility and physical activity in a neighborhood and inhibits social interactions. ¹⁸ Many studies have linked the amount an individual walks with both actual and perceived safety. ¹⁹
Benchmark /Established indicators
Compare to citywide average.
Data Source
Police incident data is available from the Seattle Police Department via www.data.seattle.gov , dataset entitled 'Seattle Police Department Police Report Incident'.
Method
Note: Crimes considered are ones that involve the police and that happen in the right of way. Crimes included in the analysis are ones known to deteriorate the pedestrian environment. They are broken up into two groups. Group 1 crimes include hostile and violent crimes (assault, drive-by, homicide, robbery, purse-snatching) . Group 2 crimes are non-physical but have an effect on the pedestrian environment (liquor violation, narcotics, other vice, prostitution, disorderly conduct, weapons violation if it includes weapons discharge).
1. Filter data to include one calendar year 2. Filter data to select crimes that fall into the categories listed above 2. Select crimes that occurred within the specified area 4. Divide crimes by total square mi within the specified area.

Indicator PA.5
Neighborhood service completeness
Existence of at least 8 out of 11 common public services within the urban village (childcare/daycare, community garden, public health clinic, library, parks or open spaces, performance space or cultural center, place of worship, post office/mail drop box, public art, recreational facility, and public school)
Rationale
The existence of everyday service destinations that are accessible by walking increases physical activity. ²⁰ A broad range of services available in the neighborhood also allows residents to meet their needs locally, reducing travel and building social cohesion within the neighborhood.
Benchmark /Established indicators
Existence of 8 out of 11 common public services
Data Source
Seattle's My Neighborhood Map: http://web5.seattle.gov/mnm/
Method
1. Center the map on the area under review 2. Select the categories on the left-hand toolbar that fit the services above 3. Count the number of services that exist 4. Note which services are missing.

Indicator PA.6
Neighborhood retail completeness
Existence of at least 9 out of 13 common retail services within the urban village (auto repair, banks/credit unions, beauty salon/barber shop, bike repair, coffee shop, dry cleaner, eating establishments, gym/fitness center, hardware store, laundromat, pharmacy, retail food market (including supermarket, produce store, and other retail food stores), entertainment
Rationale
The existence of everyday retail destinations that are accessible by walking increases physical activity. ²¹ Retail development in a mixed-use neighborhood also generates natural public surveillance, which reduces crime and improves levels of perceived safety. ²² A broad range of goods available in the neighborhood also allows residents to meet their needs locally, reducing travel and building social cohesion within the neighborhood.
Benchmark /Established indicators
Existence of 9 out of 13 common retail services
Data Source
Walkscore.com, google maps
Method
1.Using walkscore.com, choose an address in the center of the area under review to center the search 2. Select 'more amenities' 3. Check as many of the amenities in the above list as possible. 4. Record the number of retail services that exist 5. Note which retail services are not present 6. Using google maps, use the same address to center a map 7. Search for the retail destinations that are not included in the walkscore search. 8. Record the number of additional destination that exist within the area of interest 9. Note which services are not present 10. Add the existing retail services from walkscore and google maps to reach a total.

Indicator PA.7
Acres of parkland per 1,000 residents
PA.7.1
Percentage of residences within ½ mile of a park
Rationale
Parks provide no-cost opportunities for physical activity for people of all ages and abilities. ^{23,24,25} Parks also provide shade, improve environmental quality by filtering air and water, provide opportunities for rest and relaxation, and increase interaction between neighbors. ^{26,27} Having a park within ¼ mile increases park usage, especially among children and the elderly. ²⁸
Benchmark /Established indicators
Compare to citywide average (9.1/1000) ²⁹
City of Seattle Comprehensive Plan goal ³⁰ : ¼ to ½ acre of usable open space within ¼ to ½ mile of every residence.
Data Source
PA.7 DPR web site-http://seattle.gov/parks/listall.asp, 2010 Census Data, Blocks
PA.7.1 DPR Parks Shapefile, 2010 Census Block Level
Method
PA.7 1. Locate all the parks in the planning area 2. Find there total acreage on the parks web-site 3. Divide acres by total persons and multiplied by 1,000
PA.7.1 1. Select parks within ½ mi of the neighborhood planning area 2. Select parks that are defined as useable. This excludes natural area and green space, and only includes land (no waterways) 3. Create a half mile buffer around those parks 3. Select the census block within the neighborhood planning boundary whose centroid is within the ½ mile buffer 4. Calculate the total population within the buffered area 5. Divide the population within a 1/2 mile of a park by the total population within the neighborhood planning area.

Indicator PA.8
Percent of residences within ¼ mile of a public playground
Rationale
Without outdoor places to play, children are less likely to exercise regularly and may face elevated risks for diabetes, obesity, and asthma. ³¹
Benchmark /Established indicators
Compare to citywide percentage
Data Source
DPR Playareas shapefile, 2010 Census Data, Block Level
Method
1.Selected play areas within ¼ mile of the neighborhood planning area 2. Create a ¼ mile buffer around play areas 3. Select census blocks within the neighborhood planning area whose centroid is within the ¼ mile buffer 3. Calculate total population within the selected census blocks 4. Divide population within ¼ mile of a playground by total population in the neighborhood planning area. Note: This shapefile does not include semi-private or school structures, only facilities maintained by Parks. Included in the shapefile are any areas with play equipment, including ball fields or play structures. School playgrounds could be included in this analysis if it is known that they are open to the public during non-school hours.

Indicator PA.9
Presence of a community center that provides opportunities for indoor activity or recreation in the urban village
Rationale
In cold and wet climates, opportunities for low-cost indoor physical activity play an important role in promoting physical activity year-round.
Benchmark /Established indicators
Every urban village contains at least one community center or low-cost health club.
Data Source
My Neighborhood Maps: http://web5.seattle.gov/mnm/
Method
1. Choose neighborhood 2. Filter for 'Community Centers' 3. Assess whether a community center exists in the urban village.

Mobility and Physical Activity Demographic and Health Data		
Data	Benchmark/Reference point	Source
Proportion of commute trips made by walking	Compare to citywide proportion	American Community Survey table B08301
Proportion of commute trips made by bike	Compare to citywide proportion	American Community Survey table B08301
Proportion of commute trips made on transit	Compare to citywide proportion	American Community Survey table B08301
Percent of households without a vehicle	Compare to citywide percent	American Community Survey table B08141
Percent with 30 minutes or longer commute	Compare to citywide average	American Community Survey table B08303
Percent who engage in no physical activity	Compare to citywide percent	Seattle - King County Public Health
Collisions including pedestrians	Compare to citywide percent	Seattle - King County Public Health
Collisions including cyclists	Compare to citywide percent	Seattle - King County Public Health
Percent overweight/obese	Compare to citywide percent	Seattle - King County Public Health
Diabetes prevalence/mortality	Compare to citywide percent	Seattle - King County Public Health
Heart disease deaths	Compare to citywide percent	Seattle - King County Public Health

Community Stability

Indicator CS.4

Proportion of households paying greater than 30% of their income on housing

Rationale

High housing costs relative to income can result in spending a high proportion of income on housing, sharing housing in overcrowded conditions, living in substandard housing, moving to a location where housing costs are lower, or becoming homeless.

Spending a high proportion of income on rent or a mortgage means fewer resources for food, heating, transportation, health care, and child care. Sharing housing can mean crowded conditions, with risks for infectious disease, noise, and fires. Lower cost housing is often substandard with exposure to waste and sewage, physical hazards, mold spores, poorly maintained paint, cockroach antigens, old carpeting, inadequate heating and ventilation, exposed heating sources and wiring, and broken windows. Moving away can result in the loss of job, difficult school transitions, and the loss of health protective social networks.³²

Benchmark /Established indicators

Compare to citywide proportion

Data Source

American Community Survey 2005-09 Table B25070

Method

Divide number of households in planning area who spend more than 30% of their income on gross rent by the total number of households in the area.

Indicator CS.5

Proportion of households living in overcrowded conditions

Rationale

Overcrowded housing increases the risks of infectious disease, noise, and fires. Overcrowding may also lead to depression and decrease children's abilities to focus on school work.

Benchmark /Established indicators

Compare to citywide proportion

Data Source

American Community Survey 2005-09, Table B25014

Method

Divide households with one or more occupants per room by the total number of households in the area.

Community Stability Demographic and Health Data

Data	Benchmark/Reference point	Source
Percent foreign-born	Compare to citywide percent	American Community Survey table B06003
High school graduation rate at local schools	Compare to district rate	American Community Survey table B08301
Life expectancy	Compare to citywide expectancy	Seattle - King County Public Health
Percent of adults reporting fair or poor health	Compare to citywide percent	Seattle - King County Public Health

Community Questionnaire

Overview

The community survey fills in information left out of the indicator process because it is not routinely collected and/or publicly available at the neighborhood scale. Data collected in the community survey is intended to broaden understanding of how residents use their neighborhoods and their priorities for stability and change. This survey was developed to be used with an instant polling system, which necessitated using only multiple choice questions. In the case where use of an instant polling system is not necessary, some questions may be modified to gather additional information (i.e., where do you shop for food) or allow for the selection of multiple options. Other questions may be added to the questionnaire based on conditions identified by the indicators and other neighborhood factors.

How to use this element

The Questionnaire should aim to reach as broad a sample as possible. The questionnaire is administered as a convenience sample (those who choose to fill it out) so data gathered from the questionnaire will not be statistically representative of the neighborhood's population. However, the more time and effort spent engaging priority segments of the community, the more useful and representative the information will be.

Questionnaire administration will depend on the community engagement involved in the planning process. It is recommended to make the questionnaire available in as many formats as possible. Making the questionnaire available in an online format may engage residents who are not able to come to community meetings, and allows for easy tabulation of responses. An instant polling system can be used to gather information in an interactive format during community meetings, and this may reach some who would not fill the survey out online. If meetings are held with historically underrepresented communities, responses to the questionnaire should be gathered at these meetings as well. An instant polling system can be helpful for these meetings. Paper surveys can be distributed to community organizations or businesses, and liaisons at these organizations who are engaged in the planning process can be partners in recruiting people to fill out the questionnaires.

Data from the survey should be tabulated and analyzed as part of the planning process. If data is gathered at specific community meetings, it is useful to code this data separately to learn more from the data that is gathered. For example, if the questionnaire is administered to a group of seniors, it is useful to be able to view their data separately if they are a big demographic within the community – you may learn some interesting things about seniors' mobility patterns that can inform the planning process. Gathering demographic information also allows for more detailed data analysis.

Neighborhood Survey Questions

1. Which of the following best describes your connection to the neighborhood?

- A. Live
- B. Work
- C. Own a business/Rent Commercial Space
- D. Go to school
- E. I am involved in a church or community organization
- F. Other

2. How long have you lived, worked, or owned a business, rented commercial space, or otherwise been connected to this community?

- A. 0-1 year
- B. 2-5 years

- C. 6-10 years
- D. 10-20 years
- E. 20 years or more
- F. I'm not connected to the neighborhood
- G. My whole life

3. What kind of transportation do you most often use?

- A. Walk/Pedestrian
- B. Bike
- C. Ride the Bus
- D. Light Rail
- E. Drive
- F. Friends

4. If you use light rail, how do you most often travel to the station nearest to where you live?

- A. Walk/Pedestrian
- B. Bike
- C. Ride the bus
- D. Drive your car and park nearby
- E. Someone else gives you a ride to the light rail station

5. Do you most often walk in the neighborhood to...?

- A. Travel to light rail station/bus stop
- B. Travel to work
- C. Travel to shops, restaurants, parks, community centers, friends' house, or other places
- D. Exercise or recreation
- E. Walk in local parks
- F. I don't walk around my neighborhood

6. Do you feel safe walking around the neighborhood...?

- A. At night
- B. During the day
- C. Both at night and during the day
- D. None of the above/neither

7. What would encourage you to walk more around the neighborhood?

- A. Places to go
- B. More trails
- C. Closer parks
- D. Safer streets (more people, lighting, sidewalks)
- E. Other

8. Do you ride a bicycle around the neighborhood to...?

- A. Travel to light rail or bus stop
- B. Travel to work
- C. Travel to shops, restaurants, parks, community centers, friend's house, other
- D. Exercise or recreation
- E. In local parks or on bike trails
- F. I don't ride a bike around my neighborhood

9. If you do ride your bike around the neighborhood, what would make you bike more often?

- A. More places to go
- B. More trails
- C. Closer parks
- D. More bike lanes

- E. More bike parking and/or bike lockers
- F. Other

10. What do you do when you visit city-operated parks and recreation community centers in the neighborhood? (Please select all that apply)

- A. Exercise
- B. Take children to play
- C. Relax
- D. Informal gatherings/community meeting
- E. Other
- F. I don't use parks or community centers in my neighborhood

11. How long does it take you to travel to the place where you shop most often for food you prepare at home (grocery store, farmer's market, corner store, etc)?

- A. Less than 10 minutes
- B. 10-20 minutes
- C. 20-30 minutes
- D. 30-60 minutes
- E. Other

12. What primary mode of transportation do you use when traveling to the place where you shop for food that you prepare at home?

- A. Walk
- B. Bike
- C. Ride the bus/transit
- D. Drive
- E. Other

13. Do you grow some of your own food? If yes, where?

- A. In my yard
- B. On my balcony or patio
- C. In a p-patch or community garden
- D. In someone else's yard (neighbor or friend)
- E. Other
- F. I don't grow my own food

14. How old are you?

- A. 18 or younger
- B. 19-30
- C. 31-50
- D. 51-65
- E. 66-80
- F. Over 80

15. What is your race/ethnicity?

- A. White/Caucasian
- B. Black/African American
- C. American Indian or Alaska Native
- D. Asian or Southeast Asian
- E. Hawaiian Native/Pacific Islander, Samoan
- F. Latino/Hispanic
- G. African/African Immigrant
- H. Filipino
- I. Mixed Race
- J. Other

16. What is the primary language spoken in your home?

- A. Spanish
- B. English
- C. Afa-Somali
- D. Afan-Oromo
- E. Tigrinya
- F. Tagalog
- G. Vietnamese
- H. Cantonese/Mandarin
- I. Khmer
- J. Laotian
- K. Samoan
- L. Korean
- M. Arabic
- N. Burmese
- O. Hmong
- P. Amharic

Neighborhood Discussions

Overview

Large community meetings and meetings with historically underrepresented communities provide opportunities to gather additional information not gathered by quantitative methods. These meetings provide an opportunity to ask residents about elements of the neighborhood that contribute to good health and elements that could be improved to increase opportunities for healthy living. These questions fall into the same categories as the indicators and survey questions, but have been organized differently for use in discussions. These questions allow residents to share in-depth information about how they use their communities and their visions for the future. They also help planning staff to pinpoint specific geographic locations where targeted improvements can be made.

How to use this element

Discussion questions can be used in multiple formats. The method of gathering data you choose should be tailored to the specific community where the discussion is taking place. Two formats are presented here, but tool users can modify the format to meet the needs of the community.

Format 1. Seat participants at tables with maps and flip charts. Each table has a facilitator and a scribe. Facilitators lead discussions at each table based on the questions below and scribe writes notes on flip chart.

Format 2. Set up stations for each question area. Each station should have a map, a flip chart, and one or more facilitator/scribes (depending on meeting attendance). Participants are asked to travel around to all stations, and facilitators engage participants in discussions of the questions below. Participants and facilitators can both place dots and draw on maps.

A system for note-taking on both maps and flip charts is essential in order to translate the large volume of data into usable information for analysis. Color-coded dots and markers for the maps are one way to facilitate this interpretation. After meetings, data from all of the flip charts and maps should be compiled and synthesized by planning staff and themes identified.

HLA Discussion Questions

Section 1. What's Good? What Needs Improving? What's Missing?

1. Where do you live, work, shop, or play.
2. Why did you choose to live, work, shop, play, own a business, etc in the neighborhood?
3. What is working well?
 - a. Stores (goods) and services?
 - b. Your environment– buildings, streets, parks, and scenery?
 - c. Housing?
 - d. Parks and recreation programs?
 - e. Getting around?
 - f. Community?
4. What isn't working well and what positive changes would you like to see in the neighborhood as it grows?
 - a. Stores and services?
 - b. Your environment?
 - c. Housing?
 - d. Parks and recreation programs?
 - e. Getting around?
 - f. Community?

Section 2. Town Center –Shopping & Services, Community Character

1. Where do you go for goods and services?
 - a. Where do you buy food? (include stores, farmers markets, CSAs/produce deliveries, etc)
 - b. What is important in choosing where you shop for food?
 - c. Where do you find the goods and services necessary to sustain your cultural identity?
 - d. How do you get there?
2. Where/What do you consider to be the town center of the neighborhood?
3. What unique characteristics of the commercial (business) district give it its identity and what would you like to see preserved or remain in the neighborhood
4. Looking to the future, what do you want improved?

Section 3. Community - Social & Physical

1. Is there an active cultural, faith-based or other community organization or association in the neighborhood that you participate in?
 - a. What role do these groups play in your relationship to your neighborhood?
 - b. Where are they located? How do you get there?
2. Are there places in the neighborhood where you go to meet friends or gather? Where are they?
 - a. Are additional gathering spaces needed? Where?
3. Which parks, community centers, or playgrounds do you regularly visit?
 - a. Where are new parks/open spaces needed?

Section 4. Getting Around

1. Do you walk, bike or take transit? Note areas described as less safe and locations and reasons for safety concern – traffic speed, crime, missing sidewalks, etc.
 - a. Is it safe and easy to get where you want to go by walking or biking? Note areas described as less safe and reasons for safety concern – traffic speed, crime, missing sidewalks, etc.

- b. How about for your children getting to school? Is it safe and easy for them to walk or bike?
 - c. How do you get to parks?
 - d. What would make it easier for you to choose to walk, bike, or take transit more?
2. Do you use light rail/bus rapid ride? If yes, how do you get to the station?

Data Synthesis and Plan Development

Overview

Using all elements of the HLA tool generates a large amount of data. A template is useful to organize data gathered using various methods, and to be able to view all data in one topic area together.

Tool users should review compiled and synthesized data to determine which elements of the HLA are most highly prioritized by the community and which are likely to have the most impact on improving the health of the community. It may be useful to create a narrative summary or pull out the most relevant data elements. Tool users should look for opportunities to make planning investments in areas that hold the most potential for making health improvements, as identified by the HLA.

Data synthesis template

HLA Issue Area	Community Discussion feedback			Healthy Living Assessment Indicators	Key community survey findings	Relevant health or demographic data	Planning Direction
	What's Good	What needs improving	Key Issues to be Addressed During Update (Vision for the Future)				
RESILIENT COMMUNITY AND ORGANIZATIONS							
A resilient and interconnected community contains diverse households, supported by strong social and cultural institutions and services.							
Community Character					- Demographic information (age, race/ethnicity, language spoken at home) - Length of tenure and type of relationship to neighborhood	Percent foreign-born	
Youth & Education						High School graduation rate at local schools	
Gathering & Support networks	<i>Note: Include Important community institutions</i>			PA.5 Neighborhood service completeness: Existence of at least 8 out of 11 common public services within the urban village (childcare/daycare, community garden, public health clinic, library, parks or open spaces, performance space or cultural center, place of worship, post office/mail drop box, public art, recreational facility, and public school)		- Life expectancy - Percent of adults reporting fair or poor health	
Shops & Services				PA.6 Neighborhood retail completeness Existence of at least 9 out of 13 common			

HLA Issue Area	Community Discussion feedback			Healthy Living Assessment Indicators	Key community survey findings	Relevant health or demographic data	Planning Direction
	What's Good	What needs improving	Key Issues to be Addressed During Update (Vision for the Future)				
				retail services within the urban village (auto repair, banks/credit unions, beauty salon/barber shop, bike repair, coffee shop, dry cleaner, eating establishments, gym/fitness center, hardware store, Laundromat, pharmacy, retail food market (including supermarket, produce store, and other retail food stores), entertainment (e.g., video store or movie theater)			
Safety				PA.4 Personal crime incidents with police involvement per year	Perceptions of safety		
HEALTHY PEOPLE AND FAMILIES							
A healthy neighborhood provides access to resources necessary to live a healthful life.							
Walking				- PA.3 Percentage of roadway with complete sidewalks - PA.4 Personal crime incidents with police involvement per year - PA.5 Neighborhood service completeness: Existence of at least 8 out of 11 common public services within the urban village - PA.6 Neighborhood retail completeness Existence of at least 9 out of 13 common retail services within the urban village	- Do you walk around the neighborhood to...? - Perception of safety for walking - What would encourage you to walk more often?	- Proportion of commute trips made through walking - Percent of households without a vehicle - Percent who engage in no physical activity - Collisions including pedestrians - Percent overweight/obese - Diabetes prevalence/mortality - Heart disease deaths	
Biking				- PA.2 Ratio of miles of bike facilities per miles of roadway - PA.5 Neighborhood service completeness: Existence of at least 8 out of 11 common public services within the urban village - PA.6 Neighborhood retail completeness Existence of at least 9 out of 13 common	- Do you ride a bicycle around the neighborhood to...? - What would encourage you to bike more often?	- Proportion of commute trips made on bike - Percent of households without a vehicle - Percent who engage in no physical activity - Collisions including cyclists	

HLA Issue Area	Community Discussion feedback			Healthy Living Assessment Indicators	Key community survey findings	Relevant health or demographic data	Planning Direction
	What's Good	What needs improving	Key Issues to be Addressed During Update (Vision for the Future)				
				retail services within the urban village		- Percent overweight/obese - Diabetes prevalence/mortality - Heart disease deaths	
Healthy Food Access	<i>Note: Include where residents shop for food</i>			- FA.1 Percentage of residences within ½ mile of a supermarket/grocery store that accepts EBT (food stamps) and WIC - FA.2 Number of P-Patches for each 2,500 households - FA.3 Farmers market (that accepts WIC/SNAP) located in the neighborhood - FA.4 Fast food restaurants per 100,000 residents	- Travel time and mode for food shopping - Growing food for personal use	- Percent of students accessing free/reduced lunches at schools within planning area - Percent overweight/obese - Diabetes prevalence/mortality - Heart disease deaths - Average fruits and vegetables eaten daily - Did not consume 5 or more fruits and vegetables daily	
SUPPORTIVE PHYSICAL ENVIRONMENT							
A natural and man-made environment that includes infrastructure supporting healthy activities provides for a healthy community.							
Town Center				•			
Parks & Recreation	<i>Note: Include parks and opens spaces frequently used and for what purposes</i>			- PA.7 Acres of parkland per 1,000 households in Urban Village - PA.7.1 Acres of parkland per 1,000 residents (in urban village?) - PA.7.1 Percentage of residents within ¼ to ½ mile of a park - Reported gaps in DPR gaps analysis - PA.8 Percentage of residences within ¼ mile of a public playground - PA.9 Presence of a community center that provides opportunities for indoor activity or recreation in the urban village	What do you do when you visit city-operated parks and recreation community centers in the neighborhood?		
Transportation				PA.1 Percentage of residences within ½	Mode of travel to transit	Percent with 30 min or	

HLA Issue Area	Community Discussion feedback			Healthy Living Assessment Indicators	Key community survey findings	Relevant health or demographic data	Planning Direction
	What's Good	What needs improving	Key Issues to be Addressed During Update (Vision for the Future)				
				mile of bus or rail stop	stations	longer commute - Percent of households without a vehicle - Percent of commute trips made on public transit	
Housing			.	- CS.5 Proportion of households paying greater than 30% of their income on housing - CS.6 Proportion of households living in overcrowded conditions		- Average household size (owner) - Average household size (renter) - Percent foreign-born	

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Appendix B.

Rainier Beach Healthy Living Assessment Data

HLA Indicators – Rainier Beach

The Healthy Living Assessment (HLA) indicators were developed based on research suggesting linkages between core community factors and population health outcomes. Benchmarks associated with the indicators are aspirational. In some cases, the aspirational benchmark may not be feasible given other community needs or characteristics. While these improvements in these areas could increase opportunities for health, they may not be priorities for a given community, and in this sense not meeting a benchmark may not be a negative outcome. Scoring below the benchmark suggests the need for further exploration of the factor and evaluation of whether improvement in that area is important for that neighborhood. For some indicators, a comparison to a citywide average is provided as a point of reference, rather than a benchmark.

In order to be included, HLA indicators were required to meet the following criteria:

1. **Based on existing data.** This allows the neighborhood planning team to track progress on indicators over time without necessitating new data collection. This placed a limit on the types of data available for use as indicators.
2. **Presence of health research suggesting linkages between indicator and population health outcomes.** Indicators were chosen because of their relationship with population health. Some demographic data that do not have clear linkages with population health are included because they provide context that aids in the interpretation of indicators.
3. **Available at the neighborhood, as well as the city level.** Indicators must be available at the neighborhood level in order for the information to be helpful in the neighborhood planning process.

Because of these criteria, many indicators come from census data or other data routinely collected by city or county departments. These data are generally collected based on a geographic area, allowing us to use them in neighborhood planning. Because they are tied to a geography, rather than to a community of people, tracking indicators over time requires us to ask whether changes reflect improvements in the status of the people who were living in the community at baseline, or whether they reflect movement into and out of the community. With community stability as a core goal of neighborhood planning, additional community change factors should be incorporated into the interpretation of indicator change over time.

Rainier Beach Healthy Living Assessment Indicator Scores 2011

Indicator	Benchmark	Source	Indicator Score	
Food Access			Rainier Beach	Seattle (Where applicable)
*Percent of residential area within ½ mile of a supermarket/grocery store that accepts SNAP (food stamps) and WIC	All residences have a healthy food store within ½ mile or a bus or train route to a healthy food store within ¼ mile	OED	100%	
Number of P-Patches for each 2,500 households	Seattle Comp Plan goal = 1 per 2,500 residents in Urban Villages	DON	No P-Patches in planning area, but there is one Community Garden	
Percent of students accessing free/reduced price lunches	Compare to district average	SPS: 2009-2010 School Reports	70%	39%
Farmers market that accept EBT located in the neighborhood	Farmers market located in neighborhood	data.seattle.gov	No farmers market in Planning Area	
*****Fast food restaurants (FFR) per 100,000 residents	Compare to Citywide average	Reference USA (NAICS: 7722211)	62.2 per 100,000 Residents	24.2 per 100,000 residents
Physical Activity				
Active Transportation				
Proportion of commute trips made through active means (cycling, walking, or transit)	Compare to citywide average	Census Block Groups Table B08301	22%	31%
Travel time to work	Compare to citywide average	Census Block Groups Table B08303	28.4 minutes	24.7 minutes
Percent of households without a vehicle	Compare to citywide average		22%	16%
Percent of residences within ½ mile of a bus or rail stop	All residences within 1/2 mile of a bus or rail stop	King County: Bus Stops Shape File	100%	
Ratio of miles of bike facilities per miles of roadway	Compare to citywide average	SDOT	13%	
Percent of roadway with complete sidewalks	All streets have sidewalks	SDOT	81%	
Personal crime incidents with police involvement per year	Compare to citywide average	data.seattle.gov	252 crimes per sq. mi.	60 crimes per sq mi.
services that support the local economy				
Neighborhood service completeness: Existence of at least 8 out of 11 common public services within the urban village (childcare/daycare, community garden, public health clinic, library, parks or open spaces, performance space or cultural center, place of worship, post office/mail drop box, public art, recreational facility, and public school)	Existence of 8 out of 11 public services	Walkscore/Google Earth	10 out of 11 (no post office)	

Rainier Beach Healthy Living Assessment Indicator Scores 2011

Indicator	Benchmark	Source	Indicator Score	
Neighborhood retail completeness: Existence of at least 9 out of 13 common retail services within the urban village (auto repair, banks/credit unions, beauty salon/barber shop, bike repair, coffee shop, dry cleaner, eating establishments, gym/fitness center, hardware store, laundromat, pharmacy, retail food market (including supermarket, produce store, and other retail food stores), entertainment (e.g., video store or movie theater)	Existence of 9 out of 13 retail services	Walkscore/ Google Earth	11 out of 13 (no bike repair, hardware store)	
*Recreation		Rainier Beach		Seattle (Where applicable)
Acres of parkland per 1,000 households in Urban Village	1 acre for every 1,000 households in the urban village	DPR Gaps Analysis Report	1.37	
Acres of parkland per 1,000 residents	Compare to citywide average (9.1/1000 per TPL report)	DPR-Parks Shape File	18.1	
Reported Gaps in DPR Gaps Analysis	All residents w/ in the urban village are w/ in 1/8 mi. of a park	2011 Gaps Analysis Update	No major gaps reported	
Percent of residences within a ¼ to ½ mile of a park	All residences within ¼ mile of a park	DPR-Parks Shape File	100%	
*Percent of residences within ¼ mile of a public playground	All residences within ¼ mile of a playground	DPR-Play area shape file	34%	
Percent of residences within 1 mile of a community center that provides opportunities for indoor activity or recreation	All residences within 1 mile	DPR-Community Center Shape file	94%	
Equitable Development				
Access to Economic Opportunities				
Unemployment rate			5.60%	4.30%
High school graduation rates at local schools			58% in 4 yrs 68% in 6yrs	67% in 4yrs 69% in 6yrs (District)
*Access to high-quality affordable housing				
Proportion of households paying greater than 30% of their income on housing	Compare to citywide average	Census (ACS 05-09) Census Blk Grp/Seattle/King County B25070	30% of owner BG; 63% Census Tract 60% of renters BG; 54% Census Tract	41.6% of owners and 36% of renters
Proportion of households living in overcrowded conditions	Compare to citywide average	Census (ACS 05-09) BG Census Tract 118/Seattle Table B25014	10% BG; 7% Census Tract	2%
Average household size (Owner)		ACS 05-09	2.31 persons per household	2.31 persons per household
Average household size (Renter)		ACS 05-09	2.94 persons per household	1.82 persons per household
Percent foreign-born	Compare to citywide average	ACS 05-09	35.40%	17.30%

HLA Community Questionnaire Results – Rainier Beach

The community questionnaire was developed to fill in information left out of the indicator process because it is not routinely collected and/or publicly available. Data collected in the community questionnaire is intended to broaden our understanding of how residents use their neighborhoods and their priorities for stability and change. The questionnaire was administered at a neighborhood planning town hall meeting and meetings with community groups through an instant polling system, and was also collected as an on-line survey. In total, 451 individuals responded to the questionnaire.

Rainier Beach HLA Community Questionnaire Results

includes responses from:

March 19, 2011 community meeting, Filipino POL mtg, Somali POL mtg, Amharic POL mtg, Latino POL mtg, Oromo POL mtg, Laotian POL mtg, Seniors POL mtg, African American POL mtg, RB High Students, Business Survey, On-line Surveys (on-line and general)

respondents
451

NOTE: Somali POL mtg had 65 attendees, there was equipment for only 33 responders

Report

of response: % responses

SAMPLE QUESTIONS: Where did you hear about today's Rainier Beach Neighborhood Plan Update Workshop?	247	100%
A. Planning Outreach Liaison	88	36%
I received an email invitation	14	6%
B.I received an invitation in the mail	38	15%
C. Announcement at a community meeting, church, etc	28	11%
D. Neighborhood Advisory Committee member	16	6%
E. City of Seattle Neighborhood Planning Website	5	2%
F. Other/Word of Mouth	58	24%

Which of the following best describes your connection to Rainier Beach Neighborhood?

A. Live	451	100%
B. Work	156	35%
C. Own a business/Rent Commercial Space	36	8%
D. Go to school in Rainier Beach	29	6%
E. I am involved in a church or community organization	108	24%
F. Other	64	14%
	58	13%

The Rainier Beach community wants to become a pleasant and safe neighborhood. Bringing this about is our challenge and responsibility. The

A. Strongly Agree	227	100%
B. Agree	159	70%
C. Neither Agree or Disagree	46	20%
D. Disagree	11	5%
E. Strongly Disagree	6	3%
	5	2%

We the people of Rainier Beach should "Promote education as a way of improving the present and future for the Rainier Beach Community's youth,

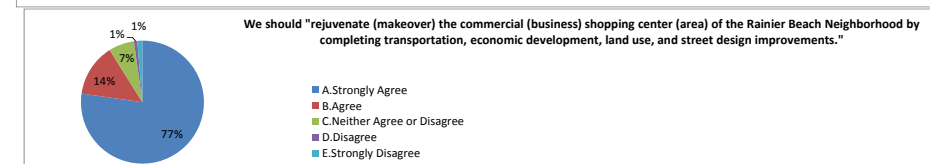
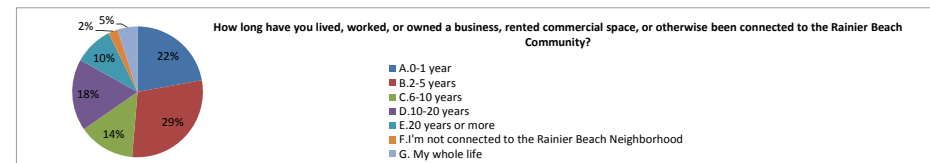
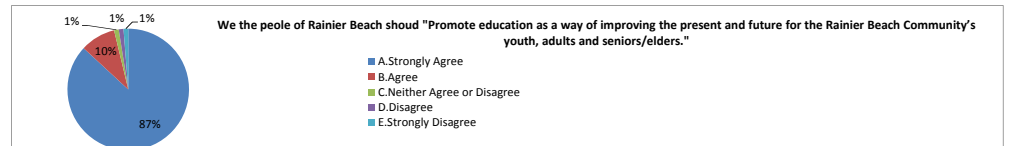
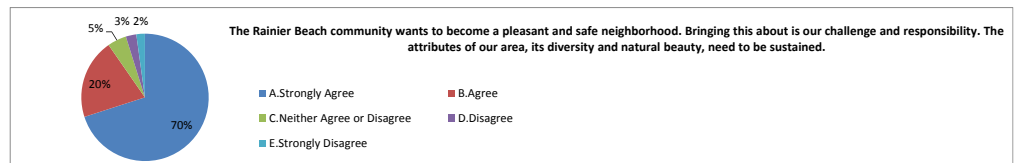
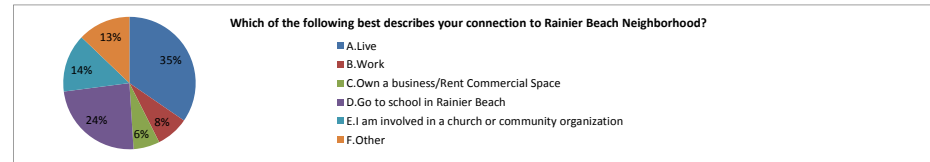
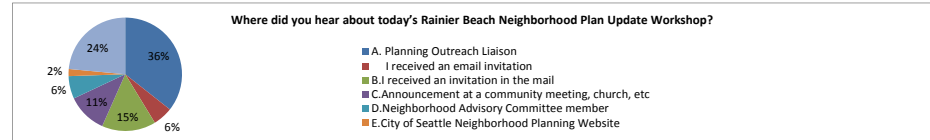
A. Strongly Agree	160	100%
B. Agree	139	87%
C. Neither Agree or Disagree	15	9%
D. Disagree	2	1%
E. Strongly Disagree	2	1%

How long have you lived, worked, or owned a business, rented commercial space, or otherwise been connected to the Rainier Beach Community?

A. 0-1 year	326	100%
B. 2-5 years	76	23%
C. 6-10 years	100	31%
D. 10-20 years	48	15%
E. 20 years or more	61	19%
F. I'm not connected to the Rainier Beach Neighborhood	33	10%
G. My whole life	8	2%
	17	5%

We should "rejuvenate (makeover) the commercial (business) shopping center (area) of the Rainier Beach Neighborhood by completing

A. Strongly Agree	224	100%
B. Agree	173	77%
C. Neither Agree or Disagree	31	14%
D. Disagree	15	7%
E. Strongly Disagree	2	1%
	3	1%



We should "bring new life and activity to Henderson Street by connecting the community's commercial (business) and civic center (South Henderson

A.Strongly Agree	221	100%
B.Agree	143	65%
C.Neither Agree or Disagree	47	21%
D.Disagree	21	9%
E.Strongly Disagree	5	2%

What kind of transportation do you most often use?

A.Walk/Pedestrian	416	100%
B.Bike	49	12%
C.Ride the Bus	76	18%
D.Light Rail	43	10%
E.Drive	28	7%
F. Friends	185	44%
	35	8%

If you use light rail, how do you most often travel to the station nearest to where you live?

A.Walk/Pedestrian	194	100%
B.Bike	92	47%
C.Ride	4	2%
D.Drive your car and park nearby	13	7%
E.Someone else gives you a ride to the light rail station	70	36%
	15	8%

Do you most often walk in the Rainier Beach Neighborhood to...?

A.Travel to light rail station/bus stop	220	100%
B.Travel to work	27	12%
C.Travel to shops, restaurants, parks, community centers, friends' house, or other places	18	8%
D.Exercise or recreation	66	30%
E.Walk in local parks	49	22%
F.I don't walk around my neighborhood	25	11%
	35	16%

Do you feel safe walking around the Rainier Beach Neighborhood...?

A.At night	244	100%
B.During the day	18	7%
C.Both at night and during the day	83	34%
D.None of the above/neither	56	23%
	87	36%

What would encourage you to walk more around the Rainier Beach Neighborhood?

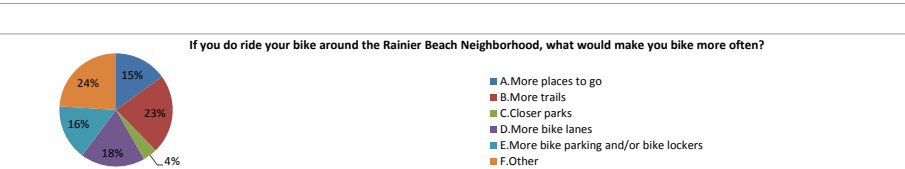
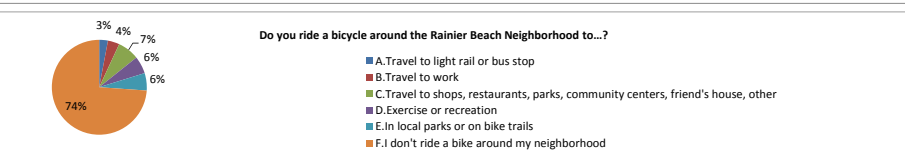
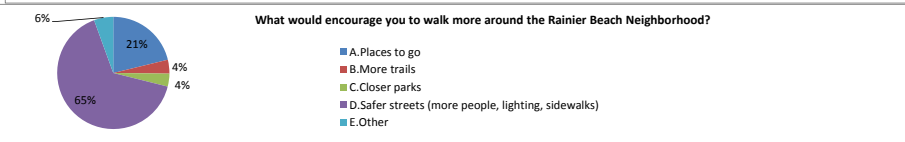
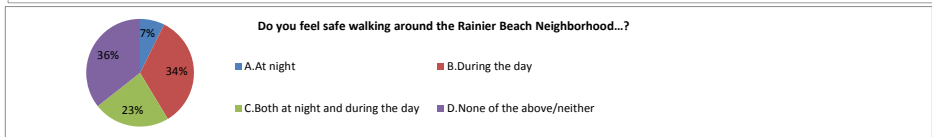
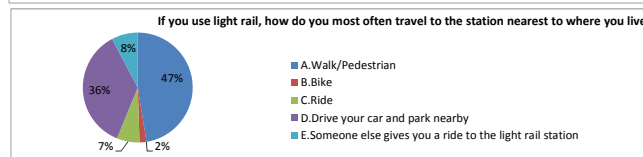
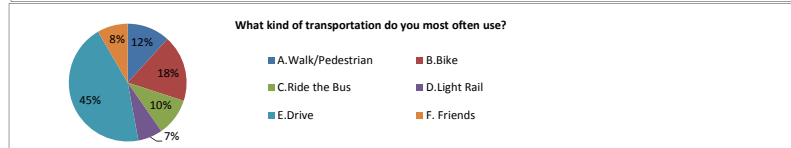
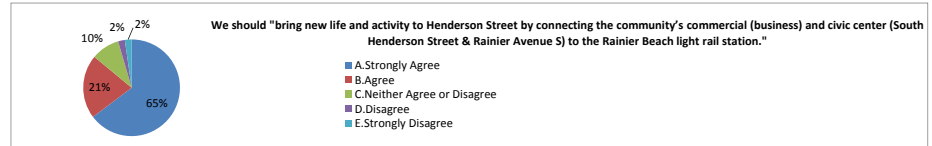
A.Places to go	377	100%
B.More trails	80	21%
C.Closer parks	15	4%
D.Safer streets (more people, lighting, sidewalks)	14	4%
E.Other	247	66%
	21	6%

Do you ride a bicycle around the Rainier Beach Neighborhood to...?

A.Travel to light rail or bus stop	203	100%
B.Travel to work	6	3%
C.Travel to shops, restaurants, parks, community centers, friend's house, other	8	4%
D.Exercise or recreation	15	7%
E.In local parks or on bike trails	12	6%
F.I don't ride a bike around my neighborhood	12	6%
	150	74%

If you do ride your bike around the Rainier Beach Neighborhood, what would make you bike more often?

A.More places to go	146	100%
B.More trails	22	15%
C.Closer parks	33	23%
D.More bike lanes	6	4%
E.More bike parking and/or bike lockers	27	18%
F.Other	23	16%
	35	24%



What do you do when you visit city-operated parks and recreation community centers in the Rainier Beach Neighborhood? (Please select all

A.Exercise	307	100%
B.Take children to play	66	21%
C.Relax	44	14%
D.Informal gatherings/community meeting	49	16%
E.Other	94	31%
F.I don't use parks or community centers in my neighborhood	4	1%
	50	16%

How long does it take you to travel to the place where you shop most often for food you prepare at home (grocery store, farmer's market, corner store,

A.Less than 10 minutes	223	100%
B.10-20 minutes	95	43%
C.20-30 minutes	73	33%
D.30-60 minutes	36	16%
E.Other	11	5%
	8	4%

What primary mode of transportation do you use when traveling to the place where you shop for food that you prepare at home?

A.Walk	202	100%
B.Bike	14	7%
C.Ride the bus/transit	1	0%
D.Drive	25	12%
E.Other	162	80%
	0	0%

Do you grow some of your own food? If yes, where?

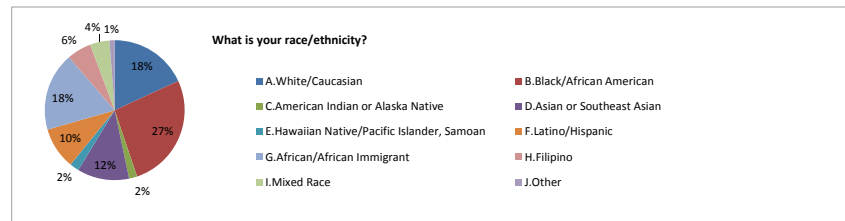
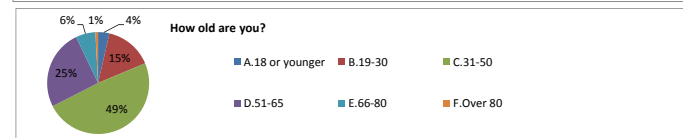
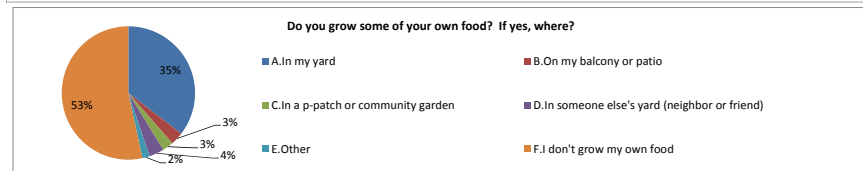
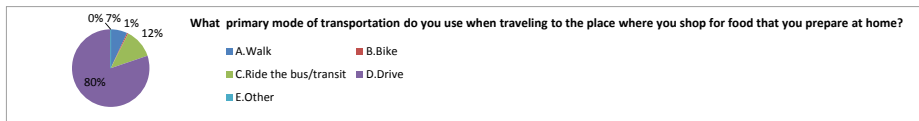
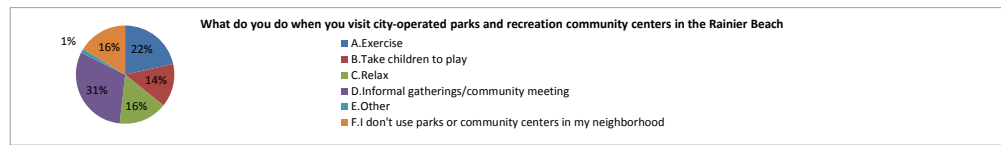
A.In my yard	223	100%
B.On my balcony or patio	79	35%
C.In a p-patch or community garden	7	3%
D.In someone else's yard (neighbor or friend)	6	3%
E.Other	8	4%
F.I don't grow my own food	4	2%
	119	53%

How old are you?

A.18 or younger	225	100%
B.19-30	8	4%
C.31-50	34	15%
D.51-65	110	49%
E.66-80	57	25%
F.Over 80	14	6%
	2	1%

What is your race/ethnicity?

A.White/Caucasian	424	100%
B.Black/African American	77	18%
C.American Indian or Alaska Native	113	27%
D.Asian or Southeast Asian	8	2%
E.Hawaiian Native/Pacific Islander, Samoan	51	12%
F.Latino/Hispanic	9	2%
G.African/African Immigrant	41	10%
H.Filipino	77	18%
I.Mixed Race	24	6%
J.Other	19	4%
	5	1%

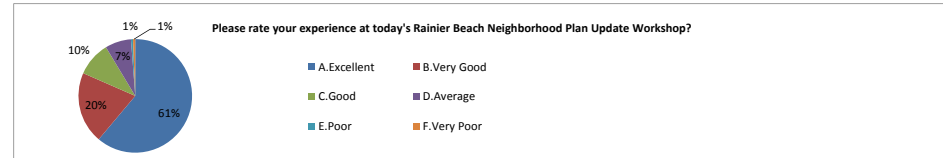
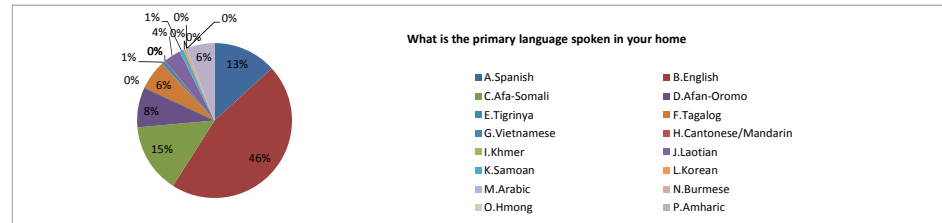


What is the primary language spoken in your home?

	227	100%
A.Spanish	30	13%
B.English	104	46%
C.Afa-Somali	33	15%
D.Afan-Oromo	19	8%
E.Tigrinya	0	0%
F.Tagalog	14	6%
G.Vietnamese	2	1%
H.Cantonese/Mandarin	0	0%
I.Khmer	0	0%
J.Laotian	8	4%
K.Samoan	2	1%
L.Korean	1	0%
M.Arabic	1	0%
N.Burmese	0	0%
O.Hmong	0	0%
P.Amharic	13	6%

Please rate your experience at today's Rainier Beach Neighborhood Plan Update Workshop?

	162	100%
A.Excellent	99	61%
B.Very Good	33	20%
C.Good	16	10%
D.Average	12	7%
E.Poor	1	1%
F.Very Poor	1	1%



HLA Neighborhood Discussions – Rainier Beach

Community meetings provided an opportunity for residents to share their priorities for the growth of their neighborhoods with the City. HLA elements were incorporated into the first neighborhood planning town hall meeting. Questions aimed to gather qualitative feedback from the community on neighborhood elements important to them, and to fill in specific HLA information that was not available through the indicators or survey. This summary includes feedback from the first neighborhood town hall meeting, as well as seven small group meetings with members of communities who are historically underrepresented in the neighborhood planning process. These communities included: Latino community, Lao community, seniors and people living with disabilities community, Afan-Oromo speaking Ethiopian community, Amharic-speaking Ethiopian community, African-American community, Filipino community.

At the neighborhood planning town hall meeting, four stations were set up to gather the information below. Each station included a large map of the neighborhood planning area and a flip chart for collecting feedback. Each station was staffed by 2-3 staff from city departments participating in the neighborhood plan update process, who engaged participants and recorded participant feedback on maps and flipcharts. Meeting attendees rotated around all stations and discussed the questions with facilitators and fellow community members.

At the small group meetings, a member of the community acted as convener, facilitator, and note-taker for the meeting. Maps were available and notes were recorded on flip charts. A modified set of questions was asked at some meetings.

The questions asked are presented below, followed by a summary of responses. The summary aims to present the most common themes that emerged from the meetings. Also included are lists of responses to questions about specific locations or institutions that are relevant to HLA topic areas, and for which having specific responses may be useful for developing next steps on community priorities.

Neighborhood Discussion Questions

What's Good? What Needs Improving? What's Missing?

1. Why did you choose to live, work, shop, play, or own a business, in the neighborhood?
2. What is working well in the neighborhood in the following areas?
 - a. Stores (goods) and services?
 - b. Your environment– buildings, streets, parks, and scenery?
 - c. Housing?
 - d. Parks and recreation programs?
 - e. Getting around?
 - f. Community?
3. What isn't working well and what positive changes would you like to see in the neighborhood as it grows?
 - a. Stores and services?
 - b. Your environment?
 - c. Housing?
 - d. Parks and recreation programs?
 - e. Getting around?
 - f. Community?

Town Center –Shopping & Services, Community Character

1. Where do you go for goods and services?
 - a. Where do you buy food? (include stores, farmers markets, CSAs/produce deliveries, etc)
 - b. What is important in choosing where you shop for food?
 - c. Where do you find the goods and services necessary to sustain your cultural identity?
 - d. How do you get there?
2. Where/What do you consider to be the town center of the neighborhood?
3. What unique characteristics of the commercial (business) district give it its identity and what would you like to see preserved or remain in the neighborhood
4. Looking to the future, what do you want improved?

Community - Social & Physical

1. Is there an active cultural, faith-based or other community organization or association in the neighborhood that you participate in?
 - a. What role do these groups play in your relationship to your neighborhood?
 - b. Where are they located? How do you get there?
2. Are there places in the neighborhood where you go to meet friends or gather? Where are they?
 - a. Are additional gathering spaces needed? Where?
3. Which parks, community centers, or playgrounds do you regularly visit?
4. Where are new parks/open spaces needed?
5. What type of housing would you like to see in the future?
6. Do you believe this will affect current residents in Rainier Beach? Why?

Getting Around

1. Do you walk, bike or take transit? Note areas described as less safe and locations and reasons for safety concern – traffic speed, crime, missing sidewalks, etc.
 - a. Is it safe and easy to get where you want to go by walking? Note areas described as less safe and reasons for safety concern – traffic speed, crime, missing sidewalks, etc.
 - b. Is it safe and easy to get where you want to go by biking?
 - c. How about for your children getting to school? Is it safe and easy for them to walk or bike?
 - d. How do you get to parks?
 - e. What would make it easier for you to choose to walk, bike, or take transit more?
2. Do you use Light rail? If yes, how do you get to the station?

Summary of Neighborhood Discussion Input		
What's Good	What needs improving	Key Issues to be Addressed During Update (Vision for the Future)
RESILIENT COMMUNITY AND ORGANIZATIONS		
A resilient and interconnected community contains diverse households, supported by strong social and cultural institutions and services.		
Community Character - Strong identity with existing diversity of race and cultures - Strong and lengthy family and social connections		- Multicultural identity - Celebrate what each culture brings - Create a positive reputation
Youth & Education New investments in schools and community center	- Perceived connection between youth and violence in proximity of schools - Increase opportunities for youth employment	- Develop more programs for youth and families - Create more places for teens to gather - Increase collaboration between community and schools around teens education and culture - Goal – Rainier Beach High School should have a great reputation
Gathering & Support networks - Energetic and involved community - Places of Worship - Family		
<i>Specific cultural and community institutions called out by participants:</i> - Ethiopian Church - Public Library - Sports and other high school programs - MedhaneAlem Evangelical Church - Ethiopian Community Center - Lao temple - Southeast Seattle Senior Center - Youth program at Filipino Community Center - Oromo Community Center - Filipino Community Center - Bible study with Filipino and African American families - Community agriculture projects – community garden/farming - Rainier Beach Community Empowerment Coalition - Rainier Beach Neighborhood Association - MLK Business Association - SouthEndSeattle.com - Rainier Health and Fitness - Rainier Beach Block Watch - Rainier Beach Community Center - King Donut (place to gather informally)		
Shops & Services - Diverse, mom & pop stores - Restaurants representing a diversity of cultures - Bank - Community health center - Library - King Donut (place to gather informally)	- Range of stores - Choice of grocery stores	- Increase range of stores; particularly shops and restaurants - Attract more informal gathering places, e.g. coffee shops, bookstores, restaurants.
Safety Feels safe in neighborhoods	- Nearly every activity or element of the community is affected by concerns for safety - Don't feel safe at night - More restaurants and active street uses could improve safety	- Police presence and responsiveness - Violence; particularly gang-related - More activities/programs to decrease crime

Summary of Neighborhood Discussion Input		
What's Good	What needs improving	Key Issues to be Addressed During Update (Vision for the Future)
HEALTHY PEOPLE AND FAMILIES		
A healthy neighborhood provides access to resources necessary to live a healthful life.		
Walking - Safe in neighborhoods - Safe during the day	- Aggressive drivers - Poor safety; especially at night - High traffic speeds on arterials - Need more community-serving, pedestrian-friendly destinations	- Safe walking environment - Less crime on streets - Traffic calming - Improved sidewalk lighting
Biking ¹ - Safe off major streets - Chief Sealth trail is appreciated	- Biking facilities need improving "Bad drivers" pose risk - Note: Many community members/cultures don't ride bikes	
Healthy Food Access Safeway and Saars are close	- Choice of grocery stores - Many people leave the neighborhood to shop for groceries - Too many fast food restaurants	- More variety of quality food stores - More restaurants and gathering places
<i>Specific food shopping destinations called out by neighborhood residents:</i> - Safeway (Rainier Beach, Othello, and Genessee were mentioned) - Saars - Viet Wah - Renton Fred Meyers - QFC - Columbia City Farmers market - PCC in Seward Park - Red Apple - Trader Joes in Capitol Hill - MacPhersons - Costco		
SUPPORTIVE PHYSICAL ENVIRONMENT		
A natural and man-made environment that includes infrastructure supporting healthy activities provides for a healthy community.		
Town Center - Henderson and Rainier = stores and schools/community center/library - Community facilities = community center, schools and library - Presence of ethnic and small "mom&pop" stores	- There is no center - The core area business and institutions is not pedestrian friendly –safety and street design - Community leaving Rainier Beach to shop and dine - Lack of choices for shopping	- Create a Center - Build on cultural diversity - Build on and improve connections between existing positive elements including business, parks and community facilities - Increase breadth of small, locally-owned businesses within the center
Parks & Recreation - Strong identity with water and Beer Sheva - Community Center is an asset (missed) and central to community	- Parks & Open Space - Safety & lighting - More play areas for kids needed - More sports fields/basketball court desired - More community gardens	- More parks - Better access to water - Improve park furnishings - Increase park programming for all ages.
<i>Specific parks and recreation areas called out by the community as frequently used (many are outside of planning area but still relevant to HLA):</i> - Rainier Beach Community Center - Kubota Gardens - Lakeridge Park - Seward Park - Beer Sheva Park - Pritchard Beach		

¹ The topic of biking issues was raised in the meetings and questionnaires, but was not a significant concern of many participants.

Summary of Neighborhood Discussion Input		
What's Good	What needs improving	Key Issues to be Addressed During Update (Vision for the Future)
- Pritchard Wetlands - Chief Sealth Trail - Sports and high school programs - Youth program at Filipino Community Center - Southeast Seattle Senior Center - Dead Horse Canyon - Othello Park		
Transportation - Convenient access to surrounding areas - Light rail and transit service	- Quality of streets - Reduced bus service - Many streets not pedestrian friendly - Poor access to light rail = bus, parking bike - High traffic speeds on arterials - Need more community-serving, pedestrian-friendly destinations	- Improve pedestrian connections especially in commercial core - Create a safer environment for pedestrians and bicyclists - Establish good bus connection to light rail - Accommodate parking for light rail
Housing - Affordable - Good location - Appreciate older housing/architecture, variety of housing types	- More housing - Quality of housing stock - Some housing in need of repairs	- Maintain access to affordable housing - Continue providing housing types affordable to full range of incomes - Improve programs and access to programs supporting home ownership.

Appendix C.

Broadview – Bitter Lake – Haller Lake Healthy Living Assessment Data

HLA Indicators – Broadview – Bitter Lake – Haller Lake

The Healthy Living Assessment (HLA) indicators were developed based on research suggesting linkages between core community factors and population health outcomes. Benchmarks associated with the indicators are aspirational. In some cases, the aspirational benchmark may not be feasible given other community needs or characteristics. While these improvements in these areas could increase opportunities for health, they may not be priorities for a given community, and in this sense not meeting a benchmark may not be a negative outcome. Scoring below the benchmark suggests the need for further exploration of the factor and evaluation of whether improvement in that area is important for that neighborhood. For some indicators, a comparison to a citywide average is provided as a point of reference, rather than a benchmark.

In order to be included, HLA indicators were required to meet the following criteria:

1. **Based on existing data.** This allows the neighborhood planning team to track progress on indicators over time without necessitating new data collection. This placed a limit on the types of data available for use as indicators.
2. **Presence of health research suggesting linkages between indicator and population health outcomes.** Indicators were chosen because of their relationship with population health. Some demographic data that do not have clear linkages with population health are included because they provide context that aids in the interpretation of indicators.
3. **Available at the neighborhood, as well as the city level.** Indicators must be available at the neighborhood level in order for the information to be helpful in the neighborhood planning process.

Because of these criteria, many indicators come from census data or other data routinely collected by city or county departments. These data are generally collected based on a geographic area, allowing us to use them in neighborhood planning. Because they are tied to a geography, rather than to a community of people, tracking indicators over time requires us to ask whether changes reflect improvements in the status of the people who were living in the community at baseline, or whether they reflect movement into and out of the community. With community stability as a core goal of neighborhood planning, additional community change factors should be incorporated into the interpretation of indicator change over time.

Broadview, Bitter Lake, Haller Lake Healthy Living Assessment Indicator Scores

Indicator	Benchmark	Source	Indicator Score	
Food Access			BBH	Seattle (Where applicable)
Percent of residential area within ½ mile of a supermarket/grocery store that accepts SNAP (food stamps) and WIC	All residences have a healthy food store within ½ mile or a bus or train route to a healthy food store within ¼ mile	OED	82%	
Number of P-Patches for each 2,500 households	Seattle Comp Plan goal = 1 per 2,500 households in Urban Villages	DON P-Patches Shapefile	1/2,473	
Percent of students accessing free/reduced price lunches	Compare to district average	SPS:2009-2010 School Reports	56%	39%
Farmers market that accept EBT located in the neighborhood	Farmers market located in neighborhood	data.seattle.gov	None in the planning area	
Fast food restaurants (FFR) per 100,000 residents	Less than 2x citywide density	Reference USA (NAICS: 7722211)	64 per 100,000 residents	24 per 100,000 residents
Physical Activity				
Active Transportation				
Proportion of commute trips made through active means (cycling, walking, or transit)	Compare to citywide average	Census Block Groups Table B08301	19%	30%
Percent of residences within ½ mile of a bus or rail stop	All residences within ½ mile of a bus or rail stop	SDOT	97%	
Ratio of miles of bike facilities per miles of roadway	Compare to citywide average	SDOT	5%	8%
Percent of roadway with complete sidewalks	All streets have sidewalks	SDOT	25%	
Personal crime incidents with police involvement per year	Compare to citywide average	data.seattle.gov	26 crimes per sq. mi.	60 crimes per sq mi.
Availability of a broad range of goods and services that support the local economy and meet the needs of the community				
Neighborhood service completeness: Existence of at least 8 out of 11 common public services within the urban village (childcare/daycare, community garden, public health clinic, library, parks or open spaces, performance space or cultural center, place of worship, post office/mail drop box, public art, recreational facility, and public school)	Existence of 8 out of 11 public services	data.seattle.gov	9 out of 11 (no childcare, public art)	

Broadview, Bitter Lake, Haller Lake Healthy Living Assessment Indicator Scores

Indicator	Benchmark	Source	Indicator Score	
Neighborhood retail completeness: Existence of at least 9 out of 13 common retail services within the urban village (auto repair, banks/credit unions, beauty salon/barber shop, bike repair, coffee shop, dry cleaner, eating establishments, gym/fitness center, hardware store, laundromat, pharmacy, retail food market (including supermarket, produce store, and other retail food stores), entertainment (e.g., video store or movie theater)	Existence of 9 out of 13 retail services	Walkscore/Google Earth	11 out of 13 (no bike repair, laundromat)	
*Recreation				
Acres of parkland per 1,000 households in Urban Village	1 acre of park per 1,000 households in Urban Village (Seattle comp plan)	2006 Gaps Analysis Report	2.01	
Acres of parkland per 1,000 residents	1 acre of park per 1,000 households	SP&R	7.77	
Reported Gaps in DPR Gaps Analysis	All residents withn urban village are 1/8 mi away	2006 Gaps Analysis	More than half of the urban village is in a gap.	
Percent of residences within a ¼ to ½ mile of a park	¼ to ½ acre of park within ¼ to ½ mi of each resident	SP&R	86%	
*Percent of residences within ¼ mile of a public playground	All residences within ¼ mile of a playground	SP&R	18%	
Percent of residences within 1 mile of a community center that provides opportunities for indoor activity or recreation	All residences within 1 mile	SP&R	55%	
Equitable Development				
Access to Economic Opportunities		BBH		Seattle
High school graduation rates at local schools			70% in 4 years 78% in 6 years	67% in 4yrs 69% in 6yrs (District)
*Access to high-quality affordable housing				
Proportion of households paying greater than 30% of their income on housing	Compare to citywide average	Census: ACS 05-09 at block group level, Table B25070	Owner: 33% Renter: 52%	Owner: 42% Renter: 46%
Proportion of households living in overcrowded conditions	Compare to citywide average	Census: Block Group Level B25014 Occupied Rooms by Tenure	1%	2%
Average household size (Owner)			1.9	2.3
Average household size (Renter)			1.6	1.8

HLA Community Questionnaire Results

Broadview – Bitter Lake – Haller Lake

The community questionnaire was developed to fill in information left out of the indicator process because it is not routinely collected and/or publicly available. Data collected in the community questionnaire is intended to broaden our understanding of how residents use their neighborhoods and their priorities for stability and change. The questionnaire was administered at a neighborhood planning town hall meeting and meetings with community groups through an instant polling system, and was also collected as an on-line survey. In total, 451 individuals responded to the questionnaire.

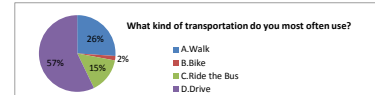
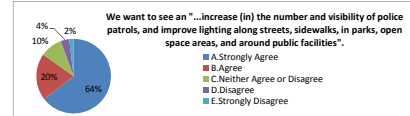
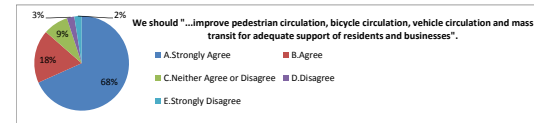
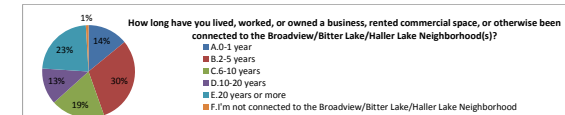
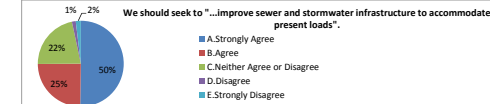
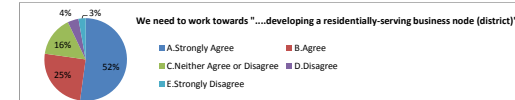
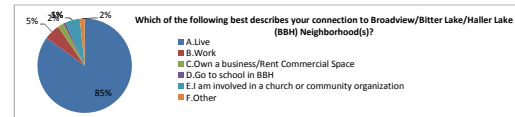
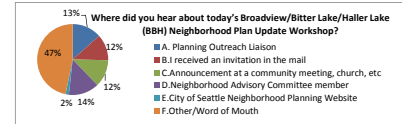
Broadview - Bitter Lake - Haller Lake HLA Community Questionnaire Results

Includes:

March 12, 2011 mtg,
Seniors (Northgate Plaza, Four Freedoms, Ida Culver, Northhaven, New Haven)
Renters (Tressa, Cambridge, Library)
On-line survey (online questions slightly different from other polling)

REPORT

	March 12th Mtg Total		Seniors		Renters		On-line Survey		Total
	Total number		Total number		Total number		Total number		Total number
	48		98		30		56		232
REPORT									
	# of responses	% of question responses	# of responses	% of question responses	# of responses	% of question responses	# of responses	% of question responses	
SAMPLE QUESTIONS: Where did you hear about today's Broadview/Bitter Lake/Haller Lake (BBH) Neighborhood Plan Update Workshop?	34	100%	79	100%	24	100%	64	100%	201
A. Planning Outreach Liaison	1	3%	23	29%	3	12%	0	0%	27
B.I received an invitation in the mail	9	27%	2	3%	2	8%	11	17%	24
C.Announcement at a community meeting, church, etc	7	21%	11	14%	3	12%	4	6%	25
D.Neighborhood Advisory Committee member	10	29%	2	3%	0	0%	16	25%	28
E.City of Seattle Neighborhood Planning Website	0	0%	0	0%	3	12%	0	0%	3
F.Other/Word of Mouth	7	21%	41	52%	13	54%	33	52%	94
Which of the following best describes your connection to Broadview/Bitter Lake/Haller Lake (BBH) Neighborhood(s)?	49	100%	82	100%	27	100%	83	100%	241
A.Live	48	98%	80	98%	21	78%	56	67%	205
B.Work	0	0%	1	1%	2	7%	10	12%	13
C.Own a business/Rent Commercial Space	0	0%	0	0%	0	0%	5	6%	5
D.Go to school in BBH	0	0%	0	0%	1	4%	1	1%	2
E.I am involved in a church or community organization	1	2%	1	1%	1	4%	9	11%	12
F.Other	0	0%	0	0%	2	7%	2	2%	4
BBH NEIGHBORHOOD PLAN STATEMENT: We need to work towards "....developing a residentially-serving business node (district)".	49	100%	82	100%	24	100%	56	100%	211
A.Strongly Agree	28	57%	45	55%	10	42%	27	48%	110
B.Agree	15	31%	22	27%	1	4%	15	27%	53
C.Neither Agree or Disagree	2	4%	10	12%	9	38%	12	21%	33
D.Disagree	4	8%	1	1%	2	8%	2	4%	9
E.Strongly Disagree	0	0%	4	5%	2	8%	0	0%	6
BBH NEIGHBORHOOD PLAN STATEMENT: We should seek to "....improve sewer and stormwater infrastructure to accommodate present loads".	49	100%	81	100%	25	100%	56	100%	211
A.Strongly Agree	34	69%	39	48%	11	44%	22	39%	106
B.Agree	11	22%	18	22%	4	16%	19	34%	52
C.Neither Agree or Disagree	4	8%	23	28%	7	28%	12	21%	46
D.Disagree	0	0%	1	1%	0	0%	2	4%	3
E.Strongly Disagree	0	0%	0	0%	3	12%	1	2%	4
How long have you lived, worked, or owned a business, rented commercial space, or otherwise been connected to the Broadview/Bitter Lake/Haller Lake Neighborhood(s)?	49	100%	83	100%	22	100%	59	100%	213
A.0-1 year	2	4%	15	18%	11	50%	2	3%	30
B.2-5 years	13	27%	32	39%	3	14%	17	29%	65
C.6-10 years	6	12%	15	18%	4	18%	15	25%	40
D.10-20 years	10	20%	6	7%	1	5%	10	17%	27
E.20 years or more	18	37%	15	18%	1	5%	15	25%	49
F.I'm not connected to the Broadview/Bitter Lake/Haller Lake Neighborhood	0	0%	0	0%	2	9%	0	0%	2
BBH NEIGHBORHOOD PLAN STATEMENT: We should "...improve pedestrian circulation, bicycle circulation, vehicle circulation and mass transit for adequate support of residents and businesses".	49	100%	74	100%	21	100%	55	100%	199
A.Strongly Agree	40	82%	49	66%	13	62%	34	62%	136
B.Agree	7	14%	11	15%	3	14%	15	27%	36
C.Neither Agree or Disagree	1	2%	10	14%	3	14%	3	5%	17
D.Disagree	0	0%	3	4%	0	0%	2	4%	5
E.Strongly Disagree	1	2%	1	1%	2	9%	1	2%	5
BBH NEIGHBORHOOD PLAN STATEMENT: We want to see an "...increase (in) the number and visibility of police patrols, and improve lighting along streets, sidewalks, in parks, open space areas, and around public facilities".	47	100%	83	100%	25	100%	56	100%	211
A.Strongly Agree	26	55%	63	76%	21	84%	26	46%	136
B.Agree	14	30%	11	13%	2	8%	16	29%	43
C.Neither Agree or Disagree	6	13%	4	5%	0	0%	10	18%	20
D.Disagree	1	2%	2	2%	1	4%	4	7%	8
E.Strongly Disagree	0	0%	3	4%	1	4%	0	0%	4
What kind of transportation do you most often use?	49	100%	83	100%	24	100%	59	100%	215
A.Walk	6	12%	33	40%	12	50%	5	8%	56
B.Bike	2	4%	0	0%	0	0%	2	3%	4
C.Ride the Bus	3	6%	20	24%	5	21%	4	7%	32
D.Drive	38	78%	30	36%	7	29%	48	81%	123



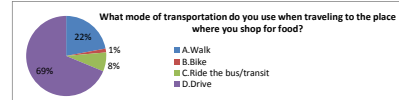
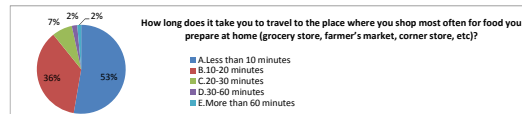
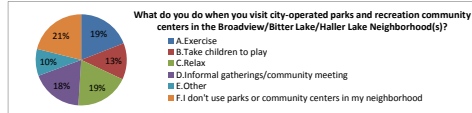
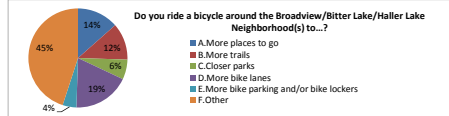
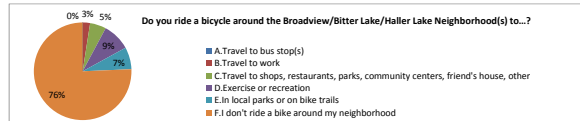
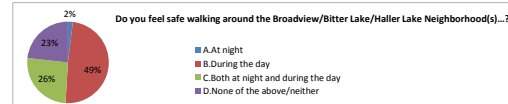
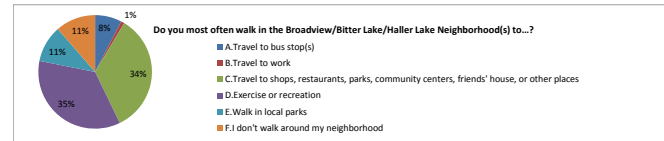
Broadview - Bitter Lake - Haller Lake HLA Community Questionnaire Results

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	48		98		30		56		232
REPORT									
	# of responses	% of question responses	# of responses	% of question responses	# of responses	% of question responses	# of responses	% of question responses	
Do you most often walk in the Broadview/Bitter Lake/Haller Lake Neighborhood(s) to...?	48	100%	76	100%	29	100%	57	100%	210
A.Travel to bus stop(s)	5	10%	4	5%	3	10%	4	7%	16
B.Travel to work	1	2%	0	0%	0	0%	1	2%	2
C.Travel to shops, restaurants, parks, community centers, friends' house, or other places	9	19%	41	54%	17	59%	5	9%	72
D.Exercise or recreation	24	50%	17	22%	3	10%	30	53%	74
E.Walk in local parks	5	10%	1	1%	4	14%	12	21%	22
F.I don't walk around my neighborhood	4	8%	13	17%	2	7%	5	9%	24
Do you feel safe walking around the Broadview/Bitter Lake/Haller Lake Neighborhood(s)...	49	100%	78	100%	28	100%	0	#DIV/0!	155
A.At night	1	2%	1	1%	1	4%	0	#DIV/0!	3
B.During the day	24	49%	42	54%	10	36%	0	#DIV/0!	76
C.Both at night and during the day	20	41%	16	21%	4	14%	0	#DIV/0!	40
D.None of the above/neither	4	8%	19	24%	13	46%	0	#DIV/0!	36
What would encourage you to walk more around the Broadview/Bitter Lake/Haller Lake Neighborhood(s)?	48	100%	77	100%	27	100%	155	100%	307
A.Places to go	21	44%	13	17%	4	15%	30	19%	68
B.More trails	1	2%	6	8%	1	4%	18	12%	26
C.Closer parks	2	4%	3	4%	1	4%	8	5%	14
D.Safer streets (more people, lighting, sidewalks)	20	42%	46	60%	21	78%	95	61%	182
E.Other	4	8%	9	12%	0	0%	4	3%	17
Do you ride a bicycle around the Broadview/Bitter Lake/Haller Lake Neighborhood(s) to...	47	100%	74	100%	28	100%	57	100%	206
A.Travel to bus stop(s)	0	0%	0	0%	0	0%	0	0%	0
B.Travel to work	1	2%	0	0%	0	0%	4	7%	5
C.Travel to shops, restaurants, parks, community centers, friend's house, other	4	9%	3	4%	2	7%	2	4%	11
D.Exercise or recreation	6	13%	0	0%	3	11%	10	18%	19
E.In local parks or on bike trails	7	15%	1	1%	0	0%	7	12%	15
F.I don't ride a bike around my neighborhood	29	62%	70	95%	23	82%	34	60%	156
Do you ride a bicycle around the Broadview/Bitter Lake/Haller Lake Neighborhood(s) to...	42	100%	75	100%	18	100%	65	100%	200
A.More places to go	7	17%	2	3%	2	11%	16	25%	27
B.More trails	6	14%	0	0%	3	17%	15	23%	24
C.Closer parks	3	7%	1	1%	5	28%	4	6%	13
D.More bike lanes	9	21%	4	5%	2	11%	22	34%	37
E.More bike parking and/or bike lockers	2	5%	1	1%	1	6%	5	8%	9
F.Other	15	36%	67	89%	5	28%	3	5%	90
What do you do when you visit city-operated parks and recreation community centers in the Broadview/Bitter Lake/Haller Lake Neighborhood(s)?	49	100%	76	100%	22	100%	0	#DIV/0!	147
A.Exercise	14	29%	8	11%	6	27%	0	#DIV/0!	28
B.Take children to play	8	16%	5	7%	6	27%	0	#DIV/0!	19
C.Relax	8	16%	14	18%	6	27%	0	#DIV/0!	28
D.Informal gatherings/community meeting	11	22%	14	18%	2	9%	0	#DIV/0!	27
E.Other	6	12%	6	8%	2	9%	0	#DIV/0!	14
F.I don't use parks or community centers in my neighborhood	2	4%	29	38%	0	0%	0	#DIV/0!	31
How long does it take you to travel to the place where you shop most often for food you prepare at home (grocery store, farmer's market, corner store, etc)?	48	100%	72	100%	24	100%	59	100%	203
A.Less than 10 minutes	32	67%	26	36%	13	54%	36	61%	107
B.10-20 minutes	12	25%	32	44%	9	37%	21	36%	74
C.20-30 minutes	2	4%	9	13%	2	8%	2	3%	15
D.30-60 minutes	1	2%	3	4%	0	0%	0	0%	4
E.More than 60 minutes	1	2%	2	3%	0	0%	0	0%	3
What mode of transportation do you use when traveling to the place where you shop for food?	48	100%	71	100%	17	100%	59	100%	195
A.Walk	3	6%	25	35%	14	82%	1	2%	43
B.Bike	2	4%	0	0%	0	0%	1	2%	3
C.Ride the bus/transit	1	2%	14	20%	0	0%	0	0%	15
D.Drive	42	88%	32	45%	3	18%	57	97%	134



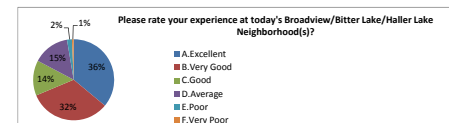
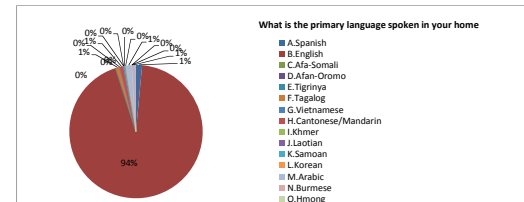
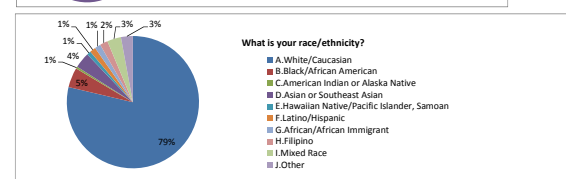
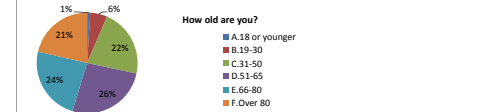
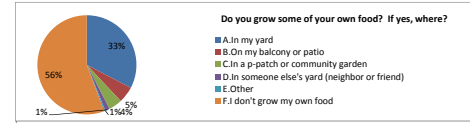
Broadview - Bitter Lake - Haller Lake HLA Community Questionnaire Results

Includes:

March 12, 2011 mtg,
Seniors (Northgate Plaza, Four Freedoms, Ida Culver, Northhaven, New Haven)
Renters (Tressa, Cambridge, Library)
On-line survey (online questions slightly different from other polling)

REPORT

	March 12th Mtg Total		Seniors		Renters		On-line Survey		Total
	Total number		Total number		Total number		Total number		Total number
	48		98		30		56		232
REPORT									
	# of responses	% of question responses	# of responses	% of question responses	# of responses	% of question responses	# of responses	% of question responses	
Do you grow some of your own food? If yes, where?	47	100%	74	100%	24	100%	60	100%	205
A. In my yard	29	62%	1	1%	2	8%	35	58%	67
B. On my balcony or patio	1	2%	5	7%	3	12%	2	3%	11
C. In a p-patch or community garden	2	4%	7	9%	0	0%	0	0%	9
D. In someone else's yard (neighbor or friend)	0	0%	2	3%	1	4%	0	0%	3
E. Other	0	0%	1	1%	0	0%	0	0%	1
F. I don't grow my own food	15	32%	58	78%	18	75%	23	38%	114
How old are you?	47	100%	75	100%	23	100%	56	100%	201
A. 18 or younger	0	0%	0	0%	2	9%	0	0%	2
B. 19-30	2	4%	0	0%	3	13%	6	11%	11
C. 31-50	12	26%	0	0%	8	35%	24	43%	44
D. 51-65	18	38%	8	11%	7	30%	20	36%	53
E. 66-80	12	26%	30	40%	0	0%	6	11%	48
F. Over 80	3	6%	37	49%	3	13%	0	0%	43
What is your race/ethnicity?	52	100%	77	100%	26	100%	51	100%	206
A. White/Caucasian	40	77%	66	86%	8	31%	48	94%	162
B. Black/African American	2	4%	1	1%	7	27%	0	0%	10
C. American Indian or Alaska Native	1	2%	0	0%	0	0%	0	0%	1
D. Asian or Southeast Asian	1	2%	4	5%	0	0%	3	6%	8
E. Hawaiian Native/Pacific Islander, Samoan	0	0%	0	0%	2	8%	0	0%	2
F. Latino/Hispanic	0	0%	0	0%	3	12%	0	0%	3
G. African/African Immigrant	1	2%	2	3%	0	0%	0	0%	3
H. Filipino	1	2%	3	4%	0	0%	0	0%	4
I. Mixed Race	3	6%	1	1%	3	12%	0	0%	7
J. Other	3	6%	0	0%	3	12%	0	0%	6
What is the primary language spoken in your home?	45	100%	80	100%	24	100%	53	100%	202
A. Spanish	0	0%	0	0%	3	13%	0	0%	3
B. English	45	100%	76	95%	15	62%	53	100%	189
C. Afa-Somali	0	0%	0	0%	0	0%	0	0%	0
D. Afa-Oromo	0	0%	0	0%	0	0%	0	0%	0
E. Tigrinya	0	0%	0	0%	0	0%	0	0%	0
F. Tagalog	0	0%	2	2%	0	0%	0	0%	2
G. Vietnamese	0	0%	0	0%	0	0%	0	0%	0
H. Cantonese/Mandarin	0	0%	1	1%	1	4%	0	0%	2
I. Khmer	0	0%	0	0%	0	0%	0	0%	0
J. Laotian	0	0%	0	0%	0	0%	0	0%	0
K. Samoan	0	0%	0	0%	1	4%	0	0%	1
L. Korean	0	0%	0	0%	0	0%	0	0%	0
M. Arabic	0	0%	0	0%	3	13%	0	0%	3
N. Burmese	0	0%	0	0%	0	0%	0	0%	0
O. Hmong	0	0%	0	0%	0	0%	0	0%	0
P. Amharic	0	0%	1	1%	1	4%	0	0%	2
Please rate your experience at today's Broadview/Bitter Lake/Haller Lake	46	100%	81	100%	23	100%	0	#DIV/0!	150
A. Excellent	4	9%	33	41%	17	74%	0	#DIV/0!	54
B. Very Good	20	43%	25	31%	4	17%	0	#DIV/0!	49
C. Good	11	24%	8	10%	2	9%	0	#DIV/0!	21
D. Average	9	20%	13	16%	0	0%	0	#DIV/0!	22
E. Poor	2	4%	1	1%	0	0%	0	#DIV/0!	3
F. Very Poor	0	0%	1	1%	0	0%	0	#DIV/0!	1



HLA Neighborhood Discussions

Broadview – Bitter Lake – Haller Lake

Community meetings provided an opportunity for residents to share their priorities for the growth of their neighborhoods with the City. HLA elements were incorporated into the first neighborhood planning town hall meeting. Questions aimed to gather qualitative feedback from the community on neighborhood elements important to them, and to fill in specific HLA information that was not available through the indicators or survey. This summary includes feedback from the first neighborhood town hall meeting, as well as five small group meetings with residents of housing for seniors and people with disabilities, two meetings with renters, and one meeting with youth.

At the neighborhood planning town hall meeting, participants were divided into table groups of four to eight people to gather the information below. Each table included a large map of the neighborhood planning area and a flip chart for collecting feedback. Each table was staffed by two staff from city departments participating in the neighborhood plan update process, who facilitated discussion with participants and recorded participant feedback on maps and flipcharts.

At the small group meetings, a member of the community acted as convener, facilitator, and note-taker for the meeting. Maps were available and notes were recorded on flip charts. A modified set of questions was asked at some meetings.

The questions asked are presented below, followed by a summary of responses. The summary aims to present the most common themes that emerged from the meetings. Also included are lists of responses to questions about specific locations or institutions that are relevant to HLA topic areas, and for which having specific responses may be useful for developing next steps on community priorities.

Neighborhood Discussion Questions

What's Good? What Needs Improving? What's Missing?

1. Why did you choose to live, work, shop, play, or own a business, in the neighborhood?
2. What is working well in the neighborhood in the following areas?
 - a. Stores (goods) and services?
 - b. Your environment– buildings, streets, parks, and scenery?
 - c. Housing?
 - d. Parks and recreation programs?
 - e. Getting around?
 - f. Community?
3. What isn't working well and what positive changes would you like to see in the neighborhood as it grows?
 - a. Stores and services?
 - b. Your environment?
 - c. Housing?
 - d. Parks and recreation programs?
 - e. Getting around?
 - f. Community?

Town Center –Shopping & Services, Community Character

1. Where do you go for goods and services?
 - a. Where do you buy food? (include stores, farmers markets, CSAs/produce deliveries, etc)
 - b. What is important in choosing where you shop for food?
 - c. Where do you find the goods and services necessary to sustain your cultural identity?
 - d. How do you get there?
2. Where/What do you consider to be the town center of the neighborhood?
3. What unique characteristics of the commercial (business) district give it its identity and what would you like to see preserved or remain in the neighborhood
4. Looking to the future, what do you want improved?

Community - Social & Physical

1. Is there an active cultural, faith-based or other community organization or association in the neighborhood that you participate in?
 - a. What role do these groups play in your relationship to your neighborhood?
 - b. Where are they located? How do you get there?
2. Are there places in the neighborhood where you go to meet friends or gather? Where are they?
 - a. Are additional gathering spaces needed? Where?
3. Which parks, community centers, or playgrounds do you regularly visit?
4. Where are new parks/open spaces needed?
5. What type of housing would you like to see in the future?
6. Do you believe this will affect current residents in Rainier Beach? Why?

Getting Around

1. Do you walk, bike or take transit? Note areas described as less safe and locations and reasons for safety concern – traffic speed, crime, missing sidewalks, etc.
 - a. Is it safe and easy to get where you want to go by walking? Note areas described as less safe and reasons for safety concern – traffic speed, crime, missing sidewalks, etc.
 - b. Is it safe and easy to get where you want to go by biking?
 - c. How about for your children getting to school? Is it safe and easy for them to walk or bike?
 - d. How do you get to parks?
 - e. What would make it easier for you to choose to walk, bike, or take transit more?
2. Do you use Light rail? If yes, how do you get to the station?

Summary of Neighborhood Discussion Input		
What's Good	What needs improving	Key Issues to be Addressed During Update (Vision for the Future)
RESILIENT COMMUNITY AND ORGANIZATIONS		
A resilient and interconnected community contains diverse households, supported by strong social and cultural institutions and services.		
Community Character - Stable community with growing diversity - Age diversity - Natural assets - Affordable - Convenient to goods and services, transportation, downtown - Parks - Rich with places of worship - Library - Rich with history, Playland, cemetery - Many community institutions (see below) 145th and greenwood coffee shop and area - Affordable - Good senior housing, multi-family housing	- No cultural center/activities - Need services to support housing - Need places to meet up with neighbors - Neighborhood gathering places - Events to promote the neighborhood - More art like whirligigs at substations - Business district needs its unique identity - Needs destination spot – with coffee shops, small restaurants, boutiques, etc - Need activities for youth like bowling, skate park, movie theater	Support Resilient Community - Support the strong “single family” and growing “multifamily” households - Plan for growing diversity (age, household types, ethnicity) - Support social, recreational and cultural programs / institutions - Maintain affordability - Build on assets of convenience – proximity to services, jobs & nature - Create an identity – so this area can be known as ___ neighborhood. To nurture neighborhood pride and motivate groups of people to get together to achieve the neighborhood’s goals. - More community events that are inviting to diverse communities
Specific cultural and community institutions called out by participants: Broadview Library Bitter Lake Community Center Broadview Community Council Haller Lake Community Club Granite Curling Club Cascade Swim Club Creative Cancer Center Alzheimer discussion group for spouses/caretakers -- meets at Ida Culver Senior programs at Community Center P-Patch Friends of Dunn Garden YMCA in Shoreline Special Olympics		
Goods & Services Accessible shopping	- Though goods and services are available, the existing commercial district on Aurora lacks the small, neighborhood feel – that supports getting to know your neighbors - Lack of options; particularly grocery stores - Few small, independent stores	Create a neighborhood scaled commercial district - Support greater range and more neighborhood-serving shops and services - Improved selection of grocery stores - Small independent shops
Safety GAIN (Greenwood Aurora Involved Neighbors)	Prostitution and drug sales along Aurora Ave	- Safety issues in parks - Crime along Aurora - Speeding on residential streets and pedestrian safety
HEALTHY PEOPLE AND FAMILIES		
A healthy neighborhood provides access to resources necessary to live a healthful life.		
Walking Interurban Trail	- Pervasive lack of sidewalks makes it less safe and more difficult to walk - Bad pedestrian on Aurora – where shops are - Bad east/west connections to Aurora and Greenwood – where busses are - Can’t get to Carkeek Park except by car	Balance Transportation System - Networks - Complete streets (on arterials?) - Walkable to destinations like Carkeek and Bitter Lake - Redeveloped Aurora - BRT Planning

Summary of Neighborhood Discussion Input		
What's Good	What needs improving	Key Issues to be Addressed During Update (Vision for the Future)
	- Lack of walkability inhibits informal "bumping into neighbors" - Interurban Trail being used as a dog park	- Walkable Places - Commercial nodes - Community places
Biking Interurban Trail	Bikes compete for space	Balance Transportation System - Networks - Complete streets (on arterials?) - Bikeable to destinations like Carkeek and Bitter Lake - Redeveloped Aurora - BRT Planning - To Northgate
Healthy Food Access Central Market in Shoreline	Lack of options; particularly grocery stores and farmers market	Support greater range and more neighborhood-serving shops and services - Improved selection of grocery stores - Small independent shops - Expand access to locally grown food
Specific food shopping destinations called out by neighborhood residents: <i>Within planning area:</i> Albertsons Grocery Outlet Sams Club Amazon Fresh <i>Out of planning area:</i> HT Market (Just south of 105 th) Central Market (Shoreline) Safeway (Shoreline) QFC (Shoreline or Holman) Trader Joes (U-District or Ballard) Lenny's Produce (on Greenwood) PCC (Greenlake) Ballard Farmers Market Fred Meyer (Shoreline) Costco Thriftway		
SUPPORTIVE PHYSICAL ENVIRONMENT		
A natural and man-made environment that includes infrastructure supporting healthy activities provides for a healthy community.		
Town Center - Have convenience of Aurora but not a place to relax and get together with neighbors - Community center, library and parks as "town center" - Neighborhood scaled commercial center - Convenient access to goods and services – both locally and short drive - Support for "neighborhood" shopping areas	- No town center. Town center is different from shopping center. - Not walkable - Missing amenities - Missing small-scale, independent retail - Missing gathering spaces - Needs neighborhood scaled businesses	Define neighborhood-Scaled Commercial "Node(s)" - Town Center (Urban Village?) or Neighborhood Commercial focus - Town center has local businesses the support neighborliness - Town center should be connected to amenities such as park, community center, library - Town center to include places that promote informal gatherings and events - Create identity 20 Minute Neighborhood Centers (Greenwood/Linden Ave?) - Define character - Walkability - Community Gathering Spaces - Neighborhood Identity - Breadth of shops and services

Summary of Neighborhood Discussion Input		
What's Good	What needs improving	Key Issues to be Addressed During Update (Vision for the Future)
		May need economic development technical assistance and support
Development - Independent, small businesses - Inclusion of natural environment (green space, lakes, views)	- Poor design of buildings - Poor pedestrian environment along Aurora and within developments (parking lots) and between stores - Poor appearance of Aurora streetscape as a whole	Guide Development - Maintain SF character in those areas. - Create design guidelines - Define neighborhood character for mixed-use areas - Included amenities with new development
Parks & Gathering Spaces - Beauty of trees, lake views - Sense of spaciousness - Parks and lakes valued - Growing role of trails	- It can be difficult to walk to parks - There are areas where there are no parks within walking distance - Real and perceived safety issues - Parks remain “unfinished” – needing amenities	Reinforce Parks & Open Spaces - Improve variety and availability of recreational programming for all age groups. - Add smaller gathering spaces - Improve connections to the parks and lakes - Built on the “natural” character of large trees, lakes and views - Improve park amenities - Broad range of recreation – for seniors and teens as well as young children
<i>Specific parks and recreation areas called out by the community as frequently used:</i> Bitter Lake Park Haller Lake Park Bitter Lake Community Center Carkeek Park North Acres Park Green Lake Interurban Trail YMCA in Shoreline Broadview Community Church Llandover woods park Reservoir Cemetery Helene Madison Pool		
Transportation - Convenient access to downtown - Good bus service along Aurora and Greenwood	- Bad east/west connections to Aurora and Greenwood – where busses are - Parking issues growing with development	- Networks - Complete streets (on arterials?) - Walkable to destinations like Carkeek and Bitter Lake - Redeveloped Aurora - BRT Planning
Infrastructure Some improvements	- Haphazard provision of drainage and sewer infrastructure - No plan for completion of drainage, sewer and sidewalks throughout the neighborhood	Plan and provide for Adequate Infrastructure - Drainage and infrastructure issues addressed with new development - Spot improvements to address specific needs

Appendix A. Healthy Living Assessment Toolkit

Toolkit Overview

The Healthy Living Assessment is a tool to help planners take health elements into account during planning processes. The HLA includes three data gathering tools that can be used to identify health assets and health gaps in a community and a template for synthesizing data. These tools include sixteen health indicators, a neighborhood questionnaire, and community discussion questions. Use of the HLA necessitates engagement with the community, and people who live and work in a neighborhood are best able to identify assets and gaps. The HLA can be used by planners seeking to identify areas where infrastructure improvements, community initiatives, or city incentives can improve the health of the community, and where health-promoting assets of a community can be identified for preservation or strengthening. This toolkit includes an overview of each of the three HLA tools and suggestions on how to use each element.

Healthy Living Assessment Tools

HLA Indicators

Overview

Health indicators available at the neighborhood level can be used to educate the public on the relationship of built environment factors to health, and to track progress toward neighborhood improvement. Indicators can be used as part of the HLA, and can also be used as a screening tool to select neighborhoods most in need of planning attention. For either purpose, indicator data should be gathered and analyzed before starting the community engagement process.

Indicators come from available data and are able to be tracked over time. Indicators are based on research suggesting linkages between core community factors and population health outcomes.

There are many indicators that have a relationship to health and that could have been included in this toolkit. In order to keep the number of indicators manageable for incorporation into existing planning processes, this toolkit includes only indicators that meet the following criteria:

1. **Based on existing data.** This allows the users to track progress on indicators over time without requiring new data collection. This placed a limit on the types of data available for use as indicators.
2. **Presence of health research suggesting linkages between indicator and population health outcomes.** Indicators included have a clear relationship with population health. Some demographic data that do not have clear linkages with population health are included because they provide context that aids in the interpretation of indicators.
3. **Available at the neighborhood, as well as the city level.** Indicators must be available at the neighborhood level in order for the information to be useful to planning in small geographic areas.

Because of these criteria, many indicators come from census data or other data routinely collected by city or county departments. These data are generally collected based on a geographic area. Because they are tied to a geography, rather than to a community of people, tracking indicators over time requires us to ask whether changes reflect improvements in the status of the people who were living in the community at baseline, or whether they reflect movement into and out of the community. With community stability as a core goal of neighborhood planning, additional community change factors should be incorporated into the interpretation of indicator change over time.

All indicators have an associated benchmark or reference point. Indicator benchmarks are aspirational. In some cases, the aspirational benchmark may not be feasible given other community needs or characteristics. While improvements in these areas could increase opportunities for health, they may not be priorities for a given community. In this sense falling short of a benchmark may not be a negative outcome. Scoring below the benchmark suggests the need for further exploration of the factor and evaluation of whether improvement in a given area is important for that neighborhood. For some indicators, a comparison to a citywide average is provided as a point of reference, rather than a benchmark.

Also included in this section are selected demographic and health data. These data help planners identify areas where health can be improved and target interventions to the areas with most room for improvement. Most demographic data are gathered from the US Census and health data are accessible

from King County Public Health. Data can be compared to city or county-wide data in order to create a point of reference.

How to use this element

Indicators are based on publicly available data or data from other city agencies. Some require manipulation or analysis of the data. Data should be gathered and analyzed as early as possible in the planning process. Indicator data help to provide a baseline picture of determinants of health in the neighborhood at the start of a plan update process. Data can be gathered as part of the existing conditions report or even earlier for use as a screening tool to decide which neighborhoods to prioritize for planning investments. In this case, priority may be given to neighborhoods where indicators show more opportunities to improve health status. Data should be collected at every plan update in order to track progress. Select indicators may be tracked between plan updates to assess changes in identified critical health determinants.

HLA Indicators

Food Access

Indicator FA.1 Percent of residential area within ½ mile of a supermarket/grocery store that accepts EBT (food stamps) and WIC
Rationale
Having a supermarket within ½ mile of one's home is associated with lower rates of obesity and overweight compared to not having a supermarket close to home. ¹
Benchmark /Established standards
All residences have a supermarket or other healthy food store within ½ mile.
Data Source
US Census, Seattle King County Public Health (Food Store Permits)
Method
1. Using ArcMap create a half mile buffer around grocery stores that accept EBT and WIC 2. Select census blocks whose centroids are contained within the 1/2 mi grocery store buffer zones 3. Calculate the total population within those census blocks 4. Divide that number by the total population within the neighborhood planning area.

Indicator FA.2 Number of P-Patches for each 2,500 households
Rationale
Community Gardens benefit gardeners through increased physical activity and fruit and vegetable consumption. They can also bring neighbors together, reduce social isolation, and build community cohesion and empowerment. ²
Benchmark /Established standards
City of Seattle Comprehensive Plan ³ : One dedicated community garden for each 2,500 households in the Urban Village
Data Source
Department of Neighborhoods P-Patch Program
Method
Divide number of community gardens in an Urban Village by the number of dwelling units in the same area.

Indicator FA.3 Farmers market located in the neighborhood FA.3.1

Farmers market that accepts WIC/Senior Farmers Market Nutrition Vouchers and EBT¹ in the neighborhood	
Rationale	Farmers markets provide access to healthy food. While they have limited hours of operation, they can also function as a neighborhood commons, promoting neighborhood pride and connectivity. ⁴ Farmers markets that accept WIC/Senior Farmers Market Nutrition Vouchers and EBT provide additional access for low-income residents.
Benchmark	Presence of a farmers market in the planning area.
Data Source	Seattle Office of Economic Development (Farmers Market Permits) www.data.seattle.gov
Method	Presence or absence of a farmers market in the neighborhood planning area boundary.

Indicator FA.4 Fast food restaurants per 100,000 residents	
Rationale	People who live near many fast-food restaurants and convenience stores have a higher prevalence of obesity and diabetes compared to people who live near grocery stores and fresh produce vendors.^{5,6} Students with fast food restaurants within ½ mile of their schools have been found to eat fewer fruits and vegetables, consume more soda, and have higher rates of being overweight compared to students who do not have fast-food restaurants within ½ mile of their schools.⁷
Benchmark /Established indicators	Compare to citywide fast food restaurant density.
Data Source	Reference USA, NAICS 722211, Census 2010 Note: Fast food restaurants (FFR) are defined as national chains/franchises that do not have a wait staff. Not counted were coffee shops, ice cream shops, or other stores whose product would not constitute a "meal." For instance neither Starbucks, Baskin and Robins, nor Jamba Juice were counted. Free access to Reference USA is available through Seattle Public Library. Go this site to access for free http://www.spl.org/library-collection/articles-and-research/business-finance-and-fundraising. Using the service requires a library card.
Method	1. Use the site reference USA to obtain the total number of FFRs in Seattle searching using the NAICS 722211 2. Choose only the national chains as per the definition listed below 3. Divide the total restaurants by total population and then multiply by 100,000 4. Repeat for the planning area

Food Access Demographic and Health Data		
Data	Benchmark/Reference point	Source
Percentage of students accessing free and reduced price lunch at schools within planning area	Compare to district-wide percentage	Seattle Public Schools School Reports
Percent overweight/obese	Compare to citywide percent	Seattle - King County Public Health
Diabetes prevalence/mortality	Compare to citywide percent	Seattle - King County Public Health
Heart disease deaths	Compare to citywide percent	Seattle - King County Public Health

Average fruits and vegetables eaten daily	Compare to citywide percent	Seattle - King County Public Health
Did not consume 5 or more fruits and vegetables daily	Compare to citywide percent	Seattle - King County Public Health

Mobility and Physical Activity

Indicator PA.1
Percentage of residences within ½ mile of a bus or rail stop
Rationale
Research has shown that people who live closer to a transit stop are more likely to use transit for their commute. ⁸ Transit service that arrives more frequently also contributes to people's choice to use transit for their commute. ⁹ Twenty- nine percent of people using transit to get to work meet their daily physical activity requirements from the walk associated with taking transit. ¹⁰ Health benefits of physical activity include a reduced risk of premature mortality and reduced risks of heart disease, hypertension, colon cancer, and diabetes. ¹¹ For the elderly and the disabled, access to public transit decreases barriers to participation in community and civic life which can decrease feelings of depression and alienation. ¹²
Benchmark /Established indicators
All residences within ½ mile of bus or rail stop. Also compare to percentage citywide.
Data Source
King County Bus Stops shapefile, 2010 Census Data, Blocks.
Method
1. Select bus stops within the neighborhood planning area 2. Put a 1/2 mile buffer around bus stops within the planning area 3. Select census blocks whose centroid is within the 1/2 mile bus stops buffer 4. Calculate the total population within the selected census blocks 5. Divide that number by the total population within the planning area.

Indicator PA.2
Ratio of miles of bike facilities per miles of roadway
Rationale
Walking or biking to work helps people meet minimum requirements for physical activity. Increased physical activity reduces risk of premature mortality and heart disease, hypertension, colon cancer, and diabetes. Regular participation in physical activity reduces depression and anxiety, and enhances an individual's ability to perform daily tasks throughout the life span. ¹³
Benchmark /Established indicators
Compare to citywide ratio.
Data Source
SDOT Bike Facilities Shapefile, SDOT Streets Shapefile
Method
1. Calculate total length of streets in Seattle. Exclude streets classified as "Highway" or "Freeway" 2. Calculate total length of bike facilities in Seattle 3. Divide the bike facilities total length by the streets total length 4. Select street segments and bike facilities segments that are contained within the planning area and repeat steps 1 through 3.

Indicator PA.3
Percentage of roadway with complete sidewalks
Rationale
A high quality pedestrian environment can support walking both for utilitarian purposes and for pleasure. Recent studies in the United States have demonstrated that people walk on average 70 minutes longer in pedestrian-oriented communities. ^{14,15} In addition, walkable neighborhoods help create social cohesion. Residents living in neighborhoods they considered walkable were significantly more likely to know their neighbors, trust others, be politically active, and participate in social activities. ¹⁶ Missing sidewalks are a key indicator of a pedestrian

environment that is not high quality. Parental concerns of a lack of sidewalks, traffic lights, and controlled street crossings contributed to the likelihood of their children walking to school. ¹⁷
Benchmark /Established indicators
All roadways have sidewalks. Also compare to citywide percentage.
Data Source
SDOT Sidewalk Inventory Shapefile
Method
1. Calculate total sidewalk inventory for the planning area 2. Calculate total improved sidewalk areas (this is defined as having complete sidewalks) 3. Divide improved sidewalks by total sidewalk inventory. Note: The shapefile for this data counts each side of the street separately for sidewalk inventory. Unimproved sidewalk is defined as no sidewalk present.

Indicator PA.4
Personal crime incidents with police involvement per square mile per year
Rationale
Fear of crime limits mobility and physical activity in a neighborhood and inhibits social interactions. ¹⁸ Many studies have linked the amount an individual walks with both actual and perceived safety. ¹⁹
Benchmark /Established indicators
Compare to citywide average.
Data Source
Police incident data is available from the Seattle Police Department via www.data.seattle.gov , dataset entitled 'Seattle Police Department Police Report Incident'.
Method
Note: Crimes considered are ones that involve the police and that happen in the right of way. Crimes included in the analysis are ones known to deteriorate the pedestrian environment. They are broken up into two groups. Group 1 crimes include hostile and violent crimes (assault, drive-by, homicide, robbery, purse-snatching) . Group 2 crimes are non-physical but have an effect on the pedestrian environment (liquor violation, narcotics, other vice, prostitution, disorderly conduct, weapons violation if it includes weapons discharge).
1. Filter data to include one calendar year 2. Filter data to select crimes that fall into the categories listed above 2. Select crimes that occurred within the specified area 4. Divide crimes by total square mi within the specified area.

Indicator PA.5
Neighborhood service completeness
Existence of at least 8 out of 11 common public services within the urban village (childcare/daycare, community garden, public health clinic, library, parks or open spaces, performance space or cultural center, place of worship, post office/mail drop box, public art, recreational facility, and public school)
Rationale
The existence of everyday service destinations that are accessible by walking increases physical activity. ²⁰ A broad range of services available in the neighborhood also allows residents to meet their needs locally, reducing travel and building social cohesion within the neighborhood.
Benchmark /Established indicators
Existence of 8 out of 11 common public services
Data Source
Seattle's My Neighborhood Map: http://web5.seattle.gov/mnm/
Method
1. Center the map on the area under review 2. Select the categories on the left-hand toolbar that fit the services above 3. Count the number of services that exist 4. Note which services are missing.

Indicator PA.6
Neighborhood retail completeness
Existence of at least 9 out of 13 common retail services within the urban village (auto repair, banks/credit unions, beauty salon/barber shop, bike repair, coffee shop, dry cleaner, eating establishments, gym/fitness center, hardware store, laundromat, pharmacy, retail food market (including supermarket, produce store, and other retail food stores), entertainment
Rationale
The existence of everyday retail destinations that are accessible by walking increases physical activity. ²¹ Retail development in a mixed-use neighborhood also generates natural public surveillance, which reduces crime and improves levels of perceived safety. ²² A broad range of goods available in the neighborhood also allows residents to meet their needs locally, reducing travel and building social cohesion within the neighborhood.
Benchmark /Established indicators
Existence of 9 out of 13 common retail services
Data Source
Walkscore.com, google maps
Method
1.Using walkscore.com, choose an address in the center of the area under review to center the search 2. Select 'more amenities' 3. Check as many of the amenities in the above list as possible. 4. Record the number of retail services that exist 5. Note which retail services are not present 6. Using google maps, use the same address to center a map 7. Search for the retail destinations that are not included in the walkscore search. 8. Record the number of additional destination that exist within the area of interest 9. Note which services are not present 10. Add the existing retail services from walkscore and google maps to reach a total.

Indicator PA.7
Acres of parkland per 1,000 residents
PA.7.1
Percentage of residences within ½ mile of a park
Rationale
Parks provide no-cost opportunities for physical activity for people of all ages and abilities. ^{23,24,25} Parks also provide shade, improve environmental quality by filtering air and water, provide opportunities for rest and relaxation, and increase interaction between neighbors. ^{26,27} Having a park within ¼ mile increases park usage, especially among children and the elderly. ²⁸
Benchmark /Established indicators
Compare to citywide average (9.1/1000) ²⁹ City of Seattle Comprehensive Plan goal ³⁰ : ¼ to ½ acre of usable open space within ¼ to ½ mile of every residence.
Data Source
PA.7 DPR web site- http://seattle.gov/parks/listall.asp , 2010 Census Data, Blocks PA.7.1 DPR Parks Shapefile, 2010 Census Block Level
Method
PA.7 1. Locate all the parks in the planning area 2. Find there total acreage on the parks web-site 3. Divide acres by total persons and multiplied by 1,000 PA.7.1 1. Select parks within ½ mi of the neighborhood planning area 2. Select parks that are defined as useable. This excludes natural area and green space, and only includes land (no waterways) 3. Create a half mile buffer around those parks 3. Select the census block within the neighborhood planning boundary whose centroid is within the ½ mile buffer 4. Calculate the total population within the buffered area 5. Divide the population within a 1/2 mile of a park by the total population within the neighborhood planning area.

Indicator PA.8
Percent of residences within ¼ mile of a public playground
Rationale
Without outdoor places to play, children are less likely to exercise regularly and may face elevated risks for diabetes, obesity, and asthma. ³¹
Benchmark /Established indicators
Compare to citywide percentage
Data Source
DPR Playareas shapefile, 2010 Census Data, Block Level
Method
1.Selected play areas within ¼ mile of the neighborhood planning area 2. Create a ¼ mile buffer around play areas 3. Select census blocks within the neighborhood planning area whose centroid is within the ¼ mile buffer 3. Calculate total population within the selected census blocks 4. Divide population within ¼ mile of a playground by total population in the neighborhood planning area. Note: This shapefile does not include semi-private or school structures, only facilities maintained by Parks. Included in the shapefile are any areas with play equipment, including ball fields or play structures. School playgrounds could be included in this analysis if it is known that they are open to the public during non-school hours.

Indicator PA.9
Presence of a community center that provides opportunities for indoor activity or recreation in the urban village
Rationale
In cold and wet climates, opportunities for low-cost indoor physical activity play an important role in promoting physical activity year-round.
Benchmark /Established indicators
Every urban village contains at least one community center or low-cost health club.
Data Source
My Neighborhood Maps: http://web5.seattle.gov/mnm/
Method
1. Choose neighborhood 2. Filter for 'Community Centers' 3. Assess whether a community center exists in the urban village.

Mobility and Physical Activity Demographic and Health Data		
Data	Benchmark/Reference point	Source
Proportion of commute trips made by walking	Compare to citywide proportion	American Community Survey table B08301
Proportion of commute trips made by bike	Compare to citywide proportion	American Community Survey table B08301
Proportion of commute trips made on transit	Compare to citywide proportion	American Community Survey table B08301
Percent of households without a vehicle	Compare to citywide percent	American Community Survey table B08141
Percent with 30 minutes or longer commute	Compare to citywide average	American Community Survey table B08303
Percent who engage in no physical activity	Compare to citywide percent	Seattle - King County Public Health
Collisions including pedestrians	Compare to citywide percent	Seattle - King County Public Health
Collisions including cyclists	Compare to citywide percent	Seattle - King County Public Health
Percent overweight/obese	Compare to citywide percent	Seattle - King County Public Health
Diabetes prevalence/mortality	Compare to citywide percent	Seattle - King County Public Health
Heart disease deaths	Compare to citywide percent	Seattle - King County Public Health

Community Stability

Indicator CS.4

Proportion of households paying greater than 30% of their income on housing

Rationale

High housing costs relative to income can result in spending a high proportion of income on housing, sharing housing in overcrowded conditions, living in substandard housing, moving to a location where housing costs are lower, or becoming homeless.

Spending a high proportion of income on rent or a mortgage means fewer resources for food, heating, transportation, health care, and child care. Sharing housing can mean crowded conditions, with risks for infectious disease, noise, and fires. Lower cost housing is often substandard with exposure to waste and sewage, physical hazards, mold spores, poorly maintained paint, cockroach antigens, old carpeting, inadequate heating and ventilation, exposed heating sources and wiring, and broken windows. Moving away can result in the loss of job, difficult school transitions, and the loss of health protective social networks.³²

Benchmark /Established indicators

Compare to citywide proportion

Data Source

American Community Survey 2005-09 Table B25070

Method

Divide number of households in planning area who spend more than 30% of their income on gross rent by the total number of households in the area.

Indicator CS.5

Proportion of households living in overcrowded conditions

Rationale

Overcrowded housing increases the risks of infectious disease, noise, and fires. Overcrowding may also lead to depression and decrease children's abilities to focus on school work.

Benchmark /Established indicators

Compare to citywide proportion

Data Source

American Community Survey 2005-09, Table B25014

Method

Divide households with one or more occupants per room by the total number of households in the area.

Community Stability Demographic and Health Data

Data	Benchmark/Reference point	Source
Percent foreign-born	Compare to citywide percent	American Community Survey table B06003
High school graduation rate at local schools	Compare to district rate	American Community Survey table B08301
Life expectancy	Compare to citywide expectancy	Seattle - King County Public Health
Percent of adults reporting fair or poor health	Compare to citywide percent	Seattle - King County Public Health

Community Questionnaire

Overview

The community survey fills in information left out of the indicator process because it is not routinely collected and/or publicly available at the neighborhood scale. Data collected in the community survey is intended to broaden understanding of how residents use their neighborhoods and their priorities for stability and change. This survey was developed to be used with an instant polling system, which necessitated using only multiple choice questions. In the case where use of an instant polling system is not necessary, some questions may be modified to gather additional information (i.e., where do you shop for food) or allow for the selection of multiple options. Other questions may be added to the questionnaire based on conditions identified by the indicators and other neighborhood factors.

How to use this element

The Questionnaire should aim to reach as broad a sample as possible. The questionnaire is administered as a convenience sample (those who choose to fill it out) so data gathered from the questionnaire will not be statistically representative of the neighborhood's population. However, the more time and effort spent engaging priority segments of the community, the more useful and representative the information will be.

Questionnaire administration will depend on the community engagement involved in the planning process. It is recommended to make the questionnaire available in as many formats as possible. Making the questionnaire available in an online format may engage residents who are not able to come to community meetings, and allows for easy tabulation of responses. An instant polling system can be used to gather information in an interactive format during community meetings, and this may reach some who would not fill the survey out online. If meetings are held with historically underrepresented communities, responses to the questionnaire should be gathered at these meetings as well. An instant polling system can be helpful for these meetings. Paper surveys can be distributed to community organizations or businesses, and liaisons at these organizations who are engaged in the planning process can be partners in recruiting people to fill out the questionnaires.

Data from the survey should be tabulated and analyzed as part of the planning process. If data is gathered at specific community meetings, it is useful to code this data separately to learn more from the data that is gathered. For example, if the questionnaire is administered to a group of seniors, it is useful to be able to view their data separately if they are a big demographic within the community – you may learn some interesting things about seniors' mobility patterns that can inform the planning process. Gathering demographic information also allows for more detailed data analysis.

Neighborhood Survey Questions

1. Which of the following best describes your connection to the neighborhood?

- A. Live
- B. Work
- C. Own a business/Rent Commercial Space
- D. Go to school
- E. I am involved in a church or community organization
- F. Other

2. How long have you lived, worked, or owned a business, rented commercial space, or otherwise been connected to this community?

- A. 0-1 year
- B. 2-5 years

- C. 6-10 years
- D. 10-20 years
- E. 20 years or more
- F. I'm not connected to the neighborhood
- G. My whole life

3. What kind of transportation do you most often use?

- A. Walk/Pedestrian
- B. Bike
- C. Ride the Bus
- D. Light Rail
- E. Drive
- F. Friends

4. If you use light rail, how do you most often travel to the station nearest to where you live?

- A. Walk/Pedestrian
- B. Bike
- C. Ride the bus
- D. Drive your car and park nearby
- E. Someone else gives you a ride to the light rail station

5. Do you most often walk in the neighborhood to...?

- A. Travel to light rail station/bus stop
- B. Travel to work
- C. Travel to shops, restaurants, parks, community centers, friends' house, or other places
- D. Exercise or recreation
- E. Walk in local parks
- F. I don't walk around my neighborhood

6. Do you feel safe walking around the neighborhood...?

- A. At night
- B. During the day
- C. Both at night and during the day
- D. None of the above/neither

7. What would encourage you to walk more around the neighborhood?

- A. Places to go
- B. More trails
- C. Closer parks
- D. Safer streets (more people, lighting, sidewalks)
- E. Other

8. Do you ride a bicycle around the neighborhood to...?

- A. Travel to light rail or bus stop
- B. Travel to work
- C. Travel to shops, restaurants, parks, community centers, friend's house, other
- D. Exercise or recreation
- E. In local parks or on bike trails
- F. I don't ride a bike around my neighborhood

9. If you do ride your bike around the neighborhood, what would make you bike more often?

- A. More places to go
- B. More trails
- C. Closer parks
- D. More bike lanes

- E. More bike parking and/or bike lockers
- F. Other

10. What do you do when you visit city-operated parks and recreation community centers in the neighborhood? (Please select all that apply)

- A. Exercise
- B. Take children to play
- C. Relax
- D. Informal gatherings/community meeting
- E. Other
- F. I don't use parks or community centers in my neighborhood

11. How long does it take you to travel to the place where you shop most often for food you prepare at home (grocery store, farmer's market, corner store, etc)?

- A. Less than 10 minutes
- B. 10-20 minutes
- C. 20-30 minutes
- D. 30-60 minutes
- E. Other

12. What primary mode of transportation do you use when traveling to the place where you shop for food that you prepare at home?

- A. Walk
- B. Bike
- C. Ride the bus/transit
- D. Drive
- E. Other

13. Do you grow some of your own food? If yes, where?

- A. In my yard
- B. On my balcony or patio
- C. In a p-patch or community garden
- D. In someone else's yard (neighbor or friend)
- E. Other
- F. I don't grow my own food

14. How old are you?

- A. 18 or younger
- B. 19-30
- C. 31-50
- D. 51-65
- E. 66-80
- F. Over 80

15. What is your race/ethnicity?

- A. White/Caucasian
- B. Black/African American
- C. American Indian or Alaska Native
- D. Asian or Southeast Asian
- E. Hawaiian Native/Pacific Islander, Samoan
- F. Latino/Hispanic
- G. African/African Immigrant
- H. Filipino
- I. Mixed Race
- J. Other

16. What is the primary language spoken in your home?

- A. Spanish
- B. English
- C. Afa-Somali
- D. Afan-Oromo
- E. Tigrinya
- F. Tagalog
- G. Vietnamese
- H. Cantonese/Mandarin
- I. Khmer
- J. Laotian
- K. Samoan
- L. Korean
- M. Arabic
- N. Burmese
- O. Hmong
- P. Amharic

Neighborhood Discussions

Overview

Large community meetings and meetings with historically underrepresented communities provide opportunities to gather additional information not gathered by quantitative methods. These meetings provide an opportunity to ask residents about elements of the neighborhood that contribute to good health and elements that could be improved to increase opportunities for healthy living. These questions fall into the same categories as the indicators and survey questions, but have been organized differently for use in discussions. These questions allow residents to share in-depth information about how they use their communities and their visions for the future. They also help planning staff to pinpoint specific geographic locations where targeted improvements can be made.

How to use this element

Discussion questions can be used in multiple formats. The method of gathering data you choose should be tailored to the specific community where the discussion is taking place. Two formats are presented here, but tool users can modify the format to meet the needs of the community.

Format 1. Seat participants at tables with maps and flip charts. Each table has a facilitator and a scribe. Facilitators lead discussions at each table based on the questions below and scribe writes notes on flip chart.

Format 2. Set up stations for each question area. Each station should have a map, a flip chart, and one or more facilitator/scribes (depending on meeting attendance). Participants are asked to travel around to all stations, and facilitators engage participants in discussions of the questions below. Participants and facilitators can both place dots and draw on maps.

A system for note-taking on both maps and flip charts is essential in order to translate the large volume of data into usable information for analysis. Color-coded dots and markers for the maps are one way to facilitate this interpretation. After meetings, data from all of the flip charts and maps should be compiled and synthesized by planning staff and themes identified.

HLA Discussion Questions

Section 1. What's Good? What Needs Improving? What's Missing?

1. Where do you live, work, shop, or play.
2. Why did you choose to live, work, shop, play, own a business, etc in the neighborhood?
3. What is working well?
 - a. Stores (goods) and services?
 - b. Your environment– buildings, streets, parks, and scenery?
 - c. Housing?
 - d. Parks and recreation programs?
 - e. Getting around?
 - f. Community?
4. What isn't working well and what positive changes would you like to see in the neighborhood as it grows?
 - a. Stores and services?
 - b. Your environment?
 - c. Housing?
 - d. Parks and recreation programs?
 - e. Getting around?
 - f. Community?

Section 2. Town Center –Shopping & Services, Community Character

1. Where do you go for goods and services?
 - a. Where do you buy food? (include stores, farmers markets, CSAs/produce deliveries, etc)
 - b. What is important in choosing where you shop for food?
 - c. Where do you find the goods and services necessary to sustain your cultural identity?
 - d. How do you get there?
2. Where/What do you consider to be the town center of the neighborhood?
3. What unique characteristics of the commercial (business) district give it its identity and what would you like to see preserved or remain in the neighborhood
4. Looking to the future, what do you want improved?

Section 3. Community - Social & Physical

1. Is there an active cultural, faith-based or other community organization or association in the neighborhood that you participate in?
 - a. What role do these groups play in your relationship to your neighborhood?
 - b. Where are they located? How do you get there?
2. Are there places in the neighborhood where you go to meet friends or gather? Where are they?
 - a. Are additional gathering spaces needed? Where?
3. Which parks, community centers, or playgrounds do you regularly visit?
 - a. Where are new parks/open spaces needed?

Section 4. Getting Around

1. Do you walk, bike or take transit? Note areas described as less safe and locations and reasons for safety concern – traffic speed, crime, missing sidewalks, etc.
 - a. Is it safe and easy to get where you want to go by walking or biking? Note areas described as less safe and reasons for safety concern – traffic speed, crime, missing sidewalks, etc.

- b. How about for your children getting to school? Is it safe and easy for them to walk or bike?
 - c. How do you get to parks?
 - d. What would make it easier for you to choose to walk, bike, or take transit more?
2. Do you use light rail/bus rapid ride? If yes, how do you get to the station?

Data Synthesis and Plan Development

Overview

Using all elements of the HLA tool generates a large amount of data. A template is useful to organize data gathered using various methods, and to be able to view all data in one topic area together.

Tool users should review compiled and synthesized data to determine which elements of the HLA are most highly prioritized by the community and which are likely to have the most impact on improving the health of the community. It may be useful to create a narrative summary or pull out the most relevant data elements. Tool users should look for opportunities to make planning investments in areas that hold the most potential for making health improvements, as identified by the HLA.

Data synthesis template

HLA Issue Area	Community Discussion feedback			Healthy Living Assessment Indicators	Key community survey findings	Relevant health or demographic data	Planning Direction
	What's Good	What needs improving	Key Issues to be Addressed During Update (Vision for the Future)				
RESILIENT COMMUNITY AND ORGANIZATIONS							
A resilient and interconnected community contains diverse households, supported by strong social and cultural institutions and services.							
Community Character					- Demographic information (age, race/ethnicity, language spoken at home) - Length of tenure and type of relationship to neighborhood	Percent foreign-born	
Youth & Education						High School graduation rate at local schools	
Gathering & Support networks	<i>Note: Include Important community institutions</i>			PA.5 Neighborhood service completeness: Existence of at least 8 out of 11 common public services within the urban village (childcare/daycare, community garden, public health clinic, library, parks or open spaces, performance space or cultural center, place of worship, post office/mail drop box, public art, recreational facility, and public school)		- Life expectancy - Percent of adults reporting fair or poor health	
Shops & Services				PA.6 Neighborhood retail completeness: Existence of at least 9 out of 13 common			

HLA Issue Area	Community Discussion feedback			Healthy Living Assessment Indicators	Key community survey findings	Relevant health or demographic data	Planning Direction
	What's Good	What needs improving	Key Issues to be Addressed During Update (Vision for the Future)				
				retail services within the urban village (auto repair, banks/credit unions, beauty salon/barber shop, bike repair, coffee shop, dry cleaner, eating establishments, gym/fitness center, hardware store, Laundromat, pharmacy, retail food market (including supermarket, produce store, and other retail food stores), entertainment (e.g., video store or movie theater)			
Safety				PA.4 Personal crime incidents with police involvement per year	Perceptions of safety		
HEALTHY PEOPLE AND FAMILIES							
A healthy neighborhood provides access to resources necessary to live a healthful life.							
Walking				- PA.3 Percentage of roadway with complete sidewalks - PA.4 Personal crime incidents with police involvement per year - PA.5 Neighborhood service completeness: Existence of at least 8 out of 11 common public services within the urban village - PA.6 Neighborhood retail completeness Existence of at least 9 out of 13 common retail services within the urban village	- Do you walk around the neighborhood to...? - Perception of safety for walking - What would encourage you to walk more often?	- Proportion of commute trips made through walking - Percent of households without a vehicle - Percent who engage in no physical activity - Collisions including pedestrians - Percent overweight/obese - Diabetes prevalence/mortality - Heart disease deaths	
Biking				- PA.2 Ratio of miles of bike facilities per miles of roadway - PA.5 Neighborhood service completeness: Existence of at least 8 out of 11 common public services within the urban village - PA.6 Neighborhood retail completeness Existence of at least 9 out of 13 common	- Do you ride a bicycle around the neighborhood to...? - What would encourage you to bike more often?	- Proportion of commute trips made on bike - Percent of households without a vehicle - Percent who engage in no physical activity - Collisions including cyclists	

HLA Issue Area	Community Discussion feedback			Healthy Living Assessment Indicators	Key community survey findings	Relevant health or demographic data	Planning Direction
	What's Good	What needs improving	Key Issues to be Addressed During Update (Vision for the Future)				
				retail services within the urban village		- Percent overweight/obese - Diabetes prevalence/mortality - Heart disease deaths	
Healthy Food Access	<i>Note: Include where residents shop for food</i>			- FA.1 Percentage of residences within ½ mile of a supermarket/grocery store that accepts EBT (food stamps) and WIC - FA.2 Number of P-Patches for each 2,500 households - FA.3 Farmers market (that accepts WIC/SNAP) located in the neighborhood - FA.4 Fast food restaurants per 100,000 residents	- Travel time and mode for food shopping - Growing food for personal use	- Percent of students accessing free/reduced lunches at schools within planning area - Percent overweight/obese - Diabetes prevalence/mortality - Heart disease deaths - Average fruits and vegetables eaten daily - Did not consume 5 or more fruits and vegetables daily	
SUPPORTIVE PHYSICAL ENVIRONMENT							
A natural and man-made environment that includes infrastructure supporting healthy activities provides for a healthy community.							
Town Center				•			
Parks & Recreation	<i>Note: Include parks and opens spaces frequently used and for what purposes</i>			- PA.7 Acres of parkland per 1,000 households in Urban Village - PA.7.1 Acres of parkland per 1,000 residents (in urban village?) - PA.7.1 Percentage of residents within ¼ to ½ mile of a park - Reported gaps in DPR gaps analysis - PA.8 Percentage of residences within ¼ mile of a public playground - PA.9 Presence of a community center that provides opportunities for indoor activity or recreation in the urban village	What do you do when you visit city-operated parks and recreation community centers in the neighborhood?		
Transportation				PA.1 Percentage of residences within ½	Mode of travel to transit	Percent with 30 min or	

HLA Issue Area	Community Discussion feedback			Healthy Living Assessment Indicators	Key community survey findings	Relevant health or demographic data	Planning Direction
	What's Good	What needs improving	Key Issues to be Addressed During Update (Vision for the Future)				
				mile of bus or rail stop	stations	longer commute • Percent of households without a vehicle • Percent of commute trips made on public transit	
Housing			.	• CS.5 Proportion of households paying greater than 30% of their income on housing • CS.6 Proportion of households living in overcrowded conditions		• Average household size (owner) • Average household size (renter) • Percent foreign-born	

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Appendix B.

Rainier Beach Healthy Living Assessment Data

HLA Indicators – Rainier Beach

The Healthy Living Assessment (HLA) indicators were developed based on research suggesting linkages between core community factors and population health outcomes. Benchmarks associated with the indicators are aspirational. In some cases, the aspirational benchmark may not be feasible given other community needs or characteristics. While these improvements in these areas could increase opportunities for health, they may not be priorities for a given community, and in this sense not meeting a benchmark may not be a negative outcome. Scoring below the benchmark suggests the need for further exploration of the factor and evaluation of whether improvement in that area is important for that neighborhood. For some indicators, a comparison to a citywide average is provided as a point of reference, rather than a benchmark.

In order to be included, HLA indicators were required to meet the following criteria:

1. **Based on existing data.** This allows the neighborhood planning team to track progress on indicators over time without necessitating new data collection. This placed a limit on the types of data available for use as indicators.
2. **Presence of health research suggesting linkages between indicator and population health outcomes.** Indicators were chosen because of their relationship with population health. Some demographic data that do not have clear linkages with population health are included because they provide context that aids in the interpretation of indicators.
3. **Available at the neighborhood, as well as the city level.** Indicators must be available at the neighborhood level in order for the information to be helpful in the neighborhood planning process.

Because of these criteria, many indicators come from census data or other data routinely collected by city or county departments. These data are generally collected based on a geographic area, allowing us to use them in neighborhood planning. Because they are tied to a geography, rather than to a community of people, tracking indicators over time requires us to ask whether changes reflect improvements in the status of the people who were living in the community at baseline, or whether they reflect movement into and out of the community. With community stability as a core goal of neighborhood planning, additional community change factors should be incorporated into the interpretation of indicator change over time.

Rainier Beach Healthy Living Assessment Indicator Scores 2011

Indicator	Benchmark	Source	Indicator Score	
Food Access			Rainier Beach	Seattle (Where applicable)
*Percent of residential area within ½ mile of a supermarket/grocery store that accepts SNAP (food stamps) and WIC	All residences have a healthy food store within ½ mile or a bus or train route to a healthy food store within ¼ mile	OED	100%	
Number of P-Patches for each 2,500 households	Seattle Comp Plan goal = 1 per 2,500 residents in Urban Villages	DON	No P-Patches in planning area, but there is one Community Garden	
Percent of students accessing free/reduced price lunches	Compare to district average	SPS: 2009-2010 School Reports	70%	39%
Farmers market that accept EBT located in the neighborhood	Farmers market located in neighborhood	data.seattle.gov	No farmers market in Planning Area	
*****Fast food restaurants (FFR) per 100,000 residents	Compare to Citywide average	Reference USA (NAICS: 7722211)	62.2 per 100,000 Residents	24.2 per 100,000 residents
Physical Activity				
Active Transportation				
Proportion of commute trips made through active means (cycling, walking, or transit)	Compare to citywide average	Census Block Groups Table B08301	22%	31%
Travel time to work	Compare to citywide average	Census Block Groups Table B08303	28.4 minutes	24.7 minutes
Percent of households without a vehicle	Compare to citywide average		22%	16%
Percent of residences within ½ mile of a bus or rail stop	All residences within 1/2 mile of a bus or rail stop	King County: Bus Stops Shape File	100%	
Ratio of miles of bike facilities per miles of roadway	Compare to citywide average	SDOT	13%	
Percent of roadway with complete sidewalks	All streets have sidewalks	SDOT	81%	
Personal crime incidents with police involvement per year	Compare to citywide average	data.seattle.gov	252 crimes per sq. mi.	60 crimes per sq mi.
services that support the local economy				
Neighborhood service completeness: Existence of at least 8 out of 11 common public services within the urban village (childcare/daycare, community garden, public health clinic, library, parks or open spaces, performance space or cultural center, place of worship, post office/mail drop box, public art, recreational facility, and public school)	Existence of 8 out of 11 public services	Walkscore/Google Earth	10 out of 11 (no post office)	

Rainier Beach Healthy Living Assessment Indicator Scores 2011

Indicator	Benchmark	Source	Indicator Score	
Neighborhood retail completeness: Existence of at least 9 out of 13 common retail services within the urban village (auto repair, banks/credit unions, beauty salon/barber shop, bike repair, coffee shop, dry cleaner, eating establishments, gym/fitness center, hardware store, laundromat, pharmacy, retail food market (including supermarket, produce store, and other retail food stores), entertainment (e.g., video store or movie theater)	Existence of 9 out of 13 retail services	Walkscore/ Google Earth	11 out of 13 (no bike repair, hardware store)	
*Recreation			Rainier Beach	Seattle (Where applicable)
Acres of parkland per 1,000 households in Urban Village	1 acre for every 1,000 households in the urban village	DPR Gaps Analysis Report	1.37	
Acres of parkland per 1,000 residents	Compare to citywide average (9.1/1000 per TPL report)	DPR-Parks Shape File	18.1	
Reported Gaps in DPR Gaps Analysis	All residents w/ in the urban village are w/ in 1/8 mi. of a park	2011 Gaps Analysis Update	No major gaps reported	
Percent of residences within a ¼ to ½ mile of a park	All residences within ¼ mile of a park	DPR-Parks Shape File	100%	
*Percent of residences within ¼ mile of a public playground	All residences within ¼ mile of a playground	DPR-Play area shape file	34%	
Percent of residences within 1 mile of a community center that provides opportunities for indoor activity or recreation	All residences within 1 mile	DPR-Community Center Shape file	94%	
Equitable Development				
Access to Economic Opportunities				
Unemployment rate			5.60%	4.30%
High school graduation rates at local schools			58% in 4 yrs 68% in 6yrs	67% in 4yrs 69% in 6yrs (District)
*Access to high-quality affordable housing				
Proportion of households paying greater than 30% of their income on housing	Compare to citywide average	Census (ACS 05-09) Census Blk Grp/Seattle/King County B25070	30% of owner BG; 63% Census Tract 60% of renters BG; 54% Census Tract	41.6% of owners and 36% of renters
Proportion of households living in overcrowded conditions	Compare to citywide average	Census (ACS 05-09) BG Census Tract 118/Seattle Table B25014	10% BG; 7% Census Tract	2%
Average household size (Owner)		ACS 05-09	2.31 persons per household	2.31 persons per household
Average household size (Renter)		ACS 05-09	2.94 persons per household	1.82 persons per household
Percent foreign-born	Compare to citywide average	ACS 05-09	35.40%	17.30%

HLA Community Questionnaire Results – Rainier Beach

The community questionnaire was developed to fill in information left out of the indicator process because it is not routinely collected and/or publicly available. Data collected in the community questionnaire is intended to broaden our understanding of how residents use their neighborhoods and their priorities for stability and change. The questionnaire was administered at a neighborhood planning town hall meeting and meetings with community groups through an instant polling system, and was also collected as an on-line survey. In total, 451 individuals responded to the questionnaire.

Rainier Beach HLA Community Questionnaire Results

includes responses from:

March 19, 2011 community meeting, Filipino POL mtg, Somali POL mtg, Amharic POL mtg, Latino POL mtg, Oromo POL mtg, Laotian POL mtg, Seniors POL mtg, African American POL mtg, RB High Students, Business Survey, On-line Surveys (on-line and general)

respondents
451

NOTE: Somali POL mtg had 65 attendees, there was equipment for only 33 responders

Report

of response: % responses

SAMPLE QUESTIONS: Where did you hear about today's Rainier Beach Neighborhood Plan Update Workshop?	247	100%
A. Planning Outreach Liaison	88	36%
I received an email invitation	14	6%
B.I received an invitation in the mail	38	15%
C.Announcement at a community meeting, church, etc	28	11%
D.Neighborhood Advisory Committee member	16	6%
E.City of Seattle Neighborhood Planning Website	5	2%
F.Other/Word of Mouth	58	24%

Which of the following best describes your connection to Rainier Beach Neighborhood?

A.Live	451	100%
B.Work	156	35%
C.Own a business/Rent Commercial Space	36	8%
D.Go to school in Rainier Beach	29	6%
E.I am involved in a church or community organization	108	24%
F.Other	64	14%
	58	13%

The Rainier Beach community wants to become a pleasant and safe neighborhood. Bringing this about is our challenge and responsibility. The

A.Strongly Agree	227	100%
B.Agree	159	70%
C.Neither Agree or Disagree	46	20%
D.Disagree	11	5%
E.Strongly Disagree	6	3%
	5	2%

We the people of Rainier Beach should "Promote education as a way of improving the present and future for the Rainier Beach Community's youth,

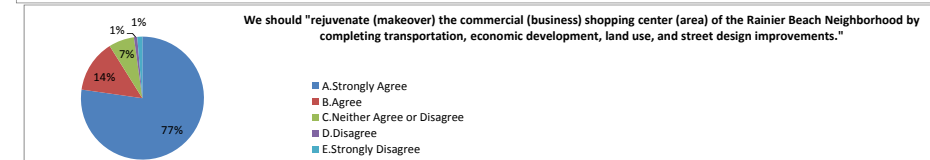
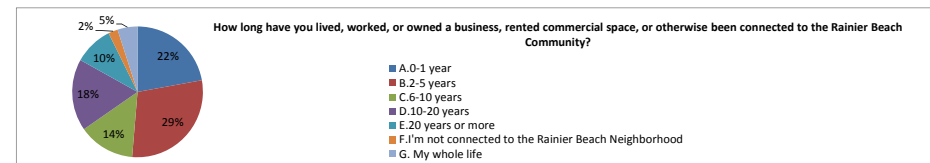
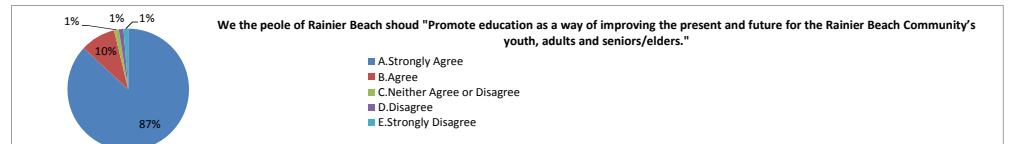
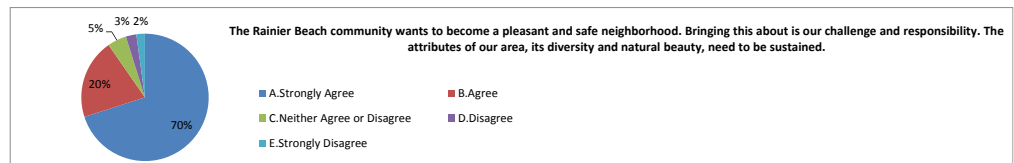
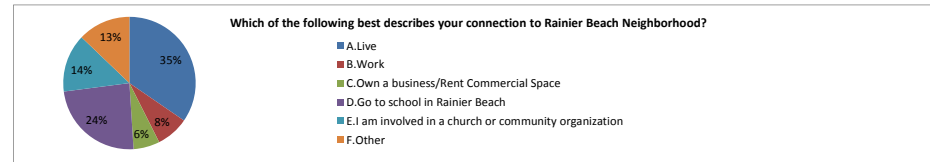
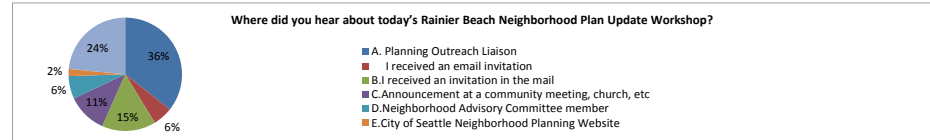
A.Strongly Agree	160	100%
B.Agree	139	87%
C.Neither Agree or Disagree	15	9%
D.Disagree	2	1%
E.Strongly Disagree	2	1%

How long have you lived, worked, or owned a business, rented commercial space, or otherwise been connected to the Rainier Beach Community?

A.0-1 year	326	100%
B.2-5 years	76	23%
C.6-10 years	100	31%
D.10-20 years	48	15%
E.20 years or more	61	19%
F.I'm not connected to the Rainier Beach Neighborhood	33	10%
G. My whole life	8	2%
	17	5%

We should "rejuvenate (makeover) the commercial (business) shopping center (area) of the Rainier Beach Neighborhood by completing

A.Strongly Agree	224	100%
B.Agree	173	77%
C.Neither Agree or Disagree	31	14%
D.Disagree	15	7%
E.Strongly Disagree	2	1%
	3	1%



We should "bring new life and activity to Henderson Street by connecting the community's commercial (business) and civic center (South Henderson

A.Strongly Agree	221	100%
B.Agree	143	65%
C.Neither Agree or Disagree	47	21%
D.Disagree	21	9%
E.Strongly Disagree	5	2%

What kind of transportation do you most often use?

A.Walk/Pedestrian	416	100%
B.Bike	49	12%
C.Ride the Bus	76	18%
D.Light Rail	43	10%
E.Drive	28	7%
F. Friends	185	44%
	35	8%

If you use light rail, how do you most often travel to the station nearest to where you live?

A.Walk/Pedestrian	194	100%
B.Bike	92	47%
C.Ride	4	2%
D.Drive your car and park nearby	13	7%
E.Someone else gives you a ride to the light rail station	70	36%
	15	8%

Do you most often walk in the Rainier Beach Neighborhood to...?

A.Travel to light rail station/bus stop	220	100%
B.Travel to work	27	12%
C.Travel to shops, restaurants, parks, community centers, friends' house, or other places	18	8%
D.Exercise or recreation	66	30%
E.Walk in local parks	49	22%
F.I don't walk around my neighborhood	25	11%
	35	16%

Do you feel safe walking around the Rainier Beach Neighborhood...?

A.At night	244	100%
B.During the day	18	7%
C.Both at night and during the day	83	34%
D.None of the above/neither	56	23%
	87	36%

What would encourage you to walk more around the Rainier Beach Neighborhood?

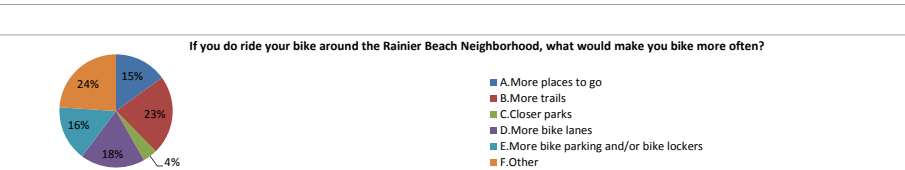
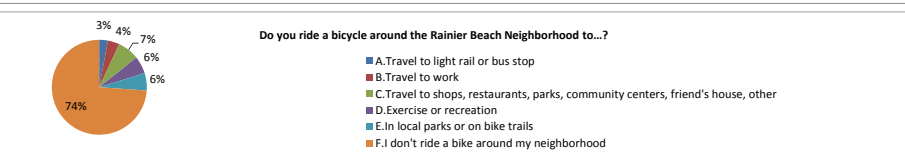
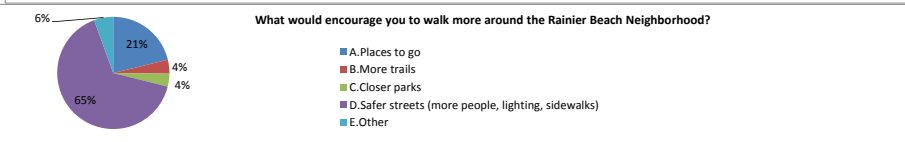
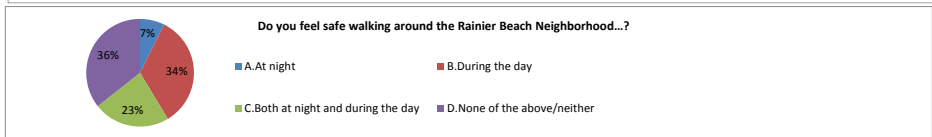
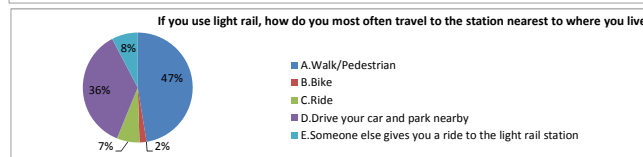
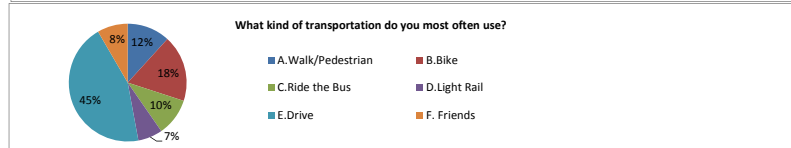
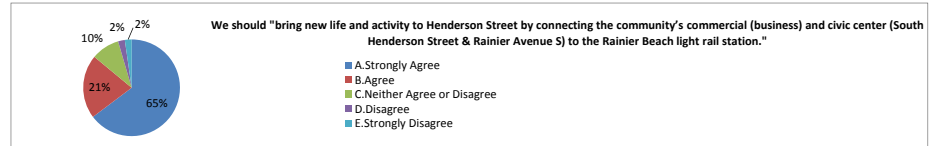
A.Places to go	377	100%
B.More trails	80	21%
C.Closer parks	15	4%
D.Safer streets (more people, lighting, sidewalks)	14	4%
E.Other	247	66%
	21	6%

Do you ride a bicycle around the Rainier Beach Neighborhood to...?

A.Travel to light rail or bus stop	203	100%
B.Travel to work	6	3%
C.Travel to shops, restaurants, parks, community centers, friend's house, other	8	4%
D.Exercise or recreation	15	7%
E.In local parks or on bike trails	12	6%
F.I don't ride a bike around my neighborhood	12	6%
	150	74%

If you do ride your bike around the Rainier Beach Neighborhood, what would make you bike more often?

A.More places to go	146	100%
B.More trails	22	15%
C.Closer parks	33	23%
D.More bike lanes	6	4%
E.More bike parking and/or bike lockers	27	18%
F.Other	23	16%
	35	24%



What do you do when you visit city-operated parks and recreation community centers in the Rainier Beach Neighborhood? (Please select all

A.Exercise	307	100%
B.Take children to play	66	21%
C.Relax	44	14%
D.Informal gatherings/community meeting	49	16%
E.Other	94	31%
F.I don't use parks or community centers in my neighborhood	4	1%
	50	16%

How long does it take you to travel to the place where you shop most often for food you prepare at home (grocery store, farmer's market, corner store,

A.Less than 10 minutes	223	100%
B.10-20 minutes	95	43%
C.20-30 minutes	73	33%
D.30-60 minutes	36	16%
E.Other	11	5%
	8	4%

What primary mode of transportation do you use when traveling to the place where you shop for food that you prepare at home?

A.Walk	202	100%
B.Bike	14	7%
C.Ride the bus/transit	1	0%
D.Drive	25	12%
E.Other	162	80%
	0	0%

Do you grow some of your own food? If yes, where?

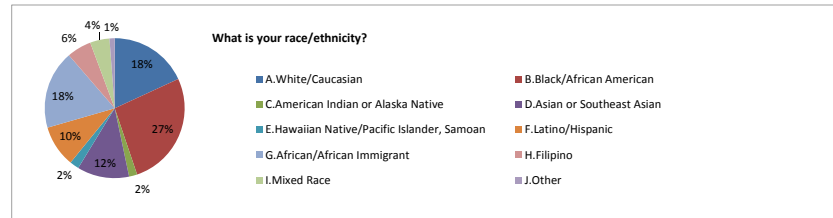
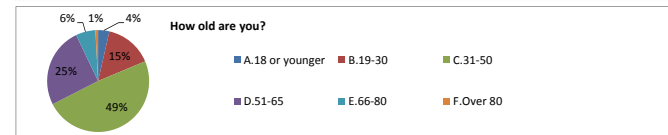
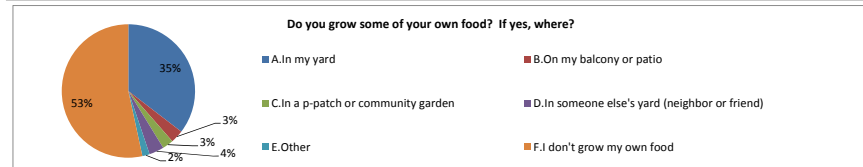
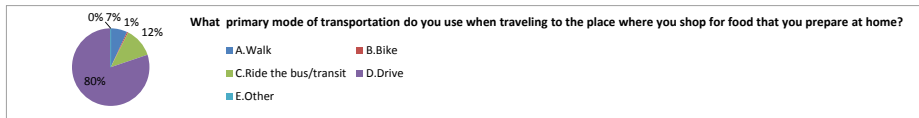
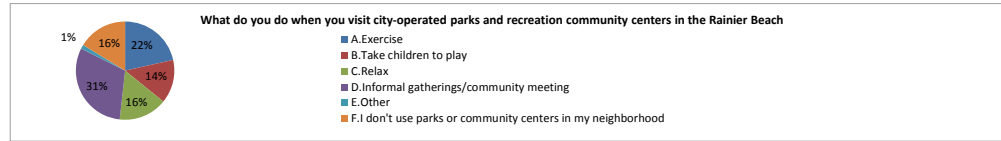
A.In my yard	223	100%
B.On my balcony or patio	79	35%
C.In a p-patch or community garden	7	3%
D.In someone else's yard (neighbor or friend)	6	3%
E.Other	8	4%
F.I don't grow my own food	4	2%
	119	53%

How old are you?

A.18 or younger	225	100%
B.19-30	8	4%
C.31-50	34	15%
D.51-65	110	49%
E.66-80	57	25%
F.Over 80	14	6%
	2	1%

What is your race/ethnicity?

A.White/Caucasian	424	100%
B.Black/African American	77	18%
C.American Indian or Alaska Native	113	27%
D.Asian or Southeast Asian	8	2%
E.Hawaiian Native/Pacific Islander, Samoan	51	12%
F.Latino/Hispanic	9	2%
G.African/African Immigrant	41	10%
H.Filipino	77	18%
I.Mixed Race	24	6%
J.Other	19	4%
	5	1%

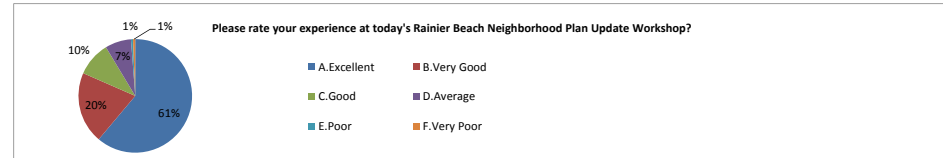
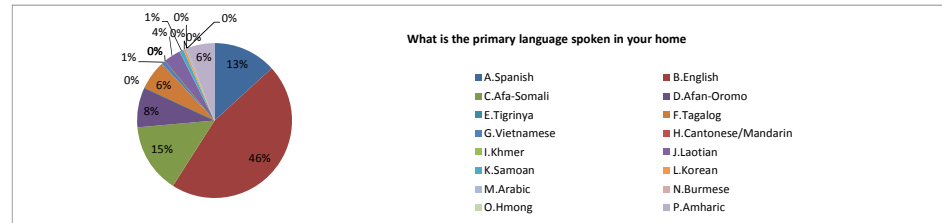


What is the primary language spoken in your home?

	227	100%
A.Spanish	30	13%
B.English	104	46%
C.Afa-Somali	33	15%
D.Afan-Oromo	19	8%
E.Tigrinya	0	0%
F.Tagalog	14	6%
G.Vietnamese	2	1%
H.Cantonese/Mandarin	0	0%
I.Khmer	0	0%
J.Laotian	8	4%
K.Samoan	2	1%
L.Korean	1	0%
M.Arabic	1	0%
N.Burmese	0	0%
O.Hmong	0	0%
P.Amharic	13	6%

Please rate your experience at today's Rainier Beach Neighborhood Plan Update Workshop?

	162	100%
A.Excellent	99	61%
B.Very Good	33	20%
C.Good	16	10%
D.Average	12	7%
E.Poor	1	1%
F.Very Poor	1	1%



HLA Neighborhood Discussions – Rainier Beach

Community meetings provided an opportunity for residents to share their priorities for the growth of their neighborhoods with the City. HLA elements were incorporated into the first neighborhood planning town hall meeting. Questions aimed to gather qualitative feedback from the community on neighborhood elements important to them, and to fill in specific HLA information that was not available through the indicators or survey. This summary includes feedback from the first neighborhood town hall meeting, as well as seven small group meetings with members of communities who are historically underrepresented in the neighborhood planning process. These communities included: Latino community, Lao community, seniors and people living with disabilities community, Afan-Oromo speaking Ethiopian community, Amharic-speaking Ethiopian community, African-American community, Filipino community.

At the neighborhood planning town hall meeting, four stations were set up to gather the information below. Each station included a large map of the neighborhood planning area and a flip chart for collecting feedback. Each station was staffed by 2-3 staff from city departments participating in the neighborhood plan update process, who engaged participants and recorded participant feedback on maps and flipcharts. Meeting attendees rotated around all stations and discussed the questions with facilitators and fellow community members.

At the small group meetings, a member of the community acted as convener, facilitator, and note-taker for the meeting. Maps were available and notes were recorded on flip charts. A modified set of questions was asked at some meetings.

The questions asked are presented below, followed by a summary of responses. The summary aims to present the most common themes that emerged from the meetings. Also included are lists of responses to questions about specific locations or institutions that are relevant to HLA topic areas, and for which having specific responses may be useful for developing next steps on community priorities.

Neighborhood Discussion Questions

What's Good? What Needs Improving? What's Missing?

1. Why did you choose to live, work, shop, play, or own a business, in the neighborhood?
2. What is working well in the neighborhood in the following areas?
 - a. Stores (goods) and services?
 - b. Your environment– buildings, streets, parks, and scenery?
 - c. Housing?
 - d. Parks and recreation programs?
 - e. Getting around?
 - f. Community?
3. What isn't working well and what positive changes would you like to see in the neighborhood as it grows?
 - a. Stores and services?
 - b. Your environment?
 - c. Housing?
 - d. Parks and recreation programs?
 - e. Getting around?
 - f. Community?

Town Center –Shopping & Services, Community Character

1. Where do you go for goods and services?
 - a. Where do you buy food? (include stores, farmers markets, CSAs/produce deliveries, etc)
 - b. What is important in choosing where you shop for food?
 - c. Where do you find the goods and services necessary to sustain your cultural identity?
 - d. How do you get there?
2. Where/What do you consider to be the town center of the neighborhood?
3. What unique characteristics of the commercial (business) district give it its identity and what would you like to see preserved or remain in the neighborhood
4. Looking to the future, what do you want improved?

Community - Social & Physical

1. Is there an active cultural, faith-based or other community organization or association in the neighborhood that you participate in?
 - a. What role do these groups play in your relationship to your neighborhood?
 - b. Where are they located? How do you get there?
2. Are there places in the neighborhood where you go to meet friends or gather? Where are they?
 - a. Are additional gathering spaces needed? Where?
3. Which parks, community centers, or playgrounds do you regularly visit?
4. Where are new parks/open spaces needed?
5. What type of housing would you like to see in the future?
6. Do you believe this will affect current residents in Rainier Beach? Why?

Getting Around

1. Do you walk, bike or take transit? Note areas described as less safe and locations and reasons for safety concern – traffic speed, crime, missing sidewalks, etc.
 - a. Is it safe and easy to get where you want to go by walking? Note areas described as less safe and reasons for safety concern – traffic speed, crime, missing sidewalks, etc.
 - b. Is it safe and easy to get where you want to go by biking?
 - c. How about for your children getting to school? Is it safe and easy for them to walk or bike?
 - d. How do you get to parks?
 - e. What would make it easier for you to choose to walk, bike, or take transit more?
2. Do you use Light rail? If yes, how do you get to the station?

Summary of Neighborhood Discussion Input		
What's Good	What needs improving	Key Issues to be Addressed During Update (Vision for the Future)
RESILIENT COMMUNITY AND ORGANIZATIONS		
A resilient and interconnected community contains diverse households, supported by strong social and cultural institutions and services.		
Community Character - Strong identity with existing diversity of race and cultures - Strong and lengthy family and social connections		- Multicultural identity - Celebrate what each culture brings - Create a positive reputation
Youth & Education New investments in schools and community center	- Perceived connection between youth and violence in proximity of schools - Increase opportunities for youth employment	- Develop more programs for youth and families - Create more places for teens to gather - Increase collaboration between community and schools around teens education and culture - Goal – Rainier Beach High School should have a great reputation
Gathering & Support networks - Energetic and involved community - Places of Worship - Family		
<i>Specific cultural and community institutions called out by participants:</i> - Ethiopian Church - Public Library - Sports and other high school programs - MedhaneAlem Evangelical Church - Ethiopian Community Center - Lao temple - Southeast Seattle Senior Center - Youth program at Filipino Community Center - Oromo Community Center - Filipino Community Center - Bible study with Filipino and African American families - Community agriculture projects – community garden/farming - Rainier Beach Community Empowerment Coalition - Rainier Beach Neighborhood Association - MLK Business Association - SouthEndSeattle.com - Rainier Health and Fitness - Rainier Beach Block Watch - Rainier Beach Community Center - King Donut (place to gather informally)		
Shops & Services - Diverse, mom & pop stores - Restaurants representing a diversity of cultures - Bank - Community health center - Library - King Donut (place to gather informally)	- Range of stores - Choice of grocery stores	- Increase range of stores; particularly shops and restaurants - Attract more informal gathering places, e.g. coffee shops, bookstores, restaurants.
Safety Feels safe in neighborhoods	- Nearly every activity or element of the community is affected by concerns for safety - Don't feel safe at night - More restaurants and active street uses could improve safety	- Police presence and responsiveness - Violence; particularly gang-related - More activities/programs to decrease crime

Summary of Neighborhood Discussion Input		
What's Good	What needs improving	Key Issues to be Addressed During Update (Vision for the Future)
HEALTHY PEOPLE AND FAMILIES		
A healthy neighborhood provides access to resources necessary to live a healthful life.		
Walking - Safe in neighborhoods - Safe during the day	- Aggressive drivers - Poor safety; especially at night - High traffic speeds on arterials - Need more community-serving, pedestrian-friendly destinations	- Safe walking environment - Less crime on streets - Traffic calming - Improved sidewalk lighting
Biking ¹ - Safe off major streets - Chief Sealth trail is appreciated	- Biking facilities need improving "Bad drivers" pose risk - Note: Many community members/cultures don't ride bikes	
Healthy Food Access Safeway and Saars are close	- Choice of grocery stores - Many people leave the neighborhood to shop for groceries - Too many fast food restaurants	- More variety of quality food stores - More restaurants and gathering places
<i>Specific food shopping destinations called out by neighborhood residents:</i> - Safeway (Rainier Beach, Othello, and Genessee were mentioned) - Saars - Viet Wah - Renton Fred Meyers - QFC - Columbia City Farmers market - PCC in Seward Park - Red Apple - Trader Joes in Capitol Hill - MacPhersons - Costco		
SUPPORTIVE PHYSICAL ENVIRONMENT		
A natural and man-made environment that includes infrastructure supporting healthy activities provides for a healthy community.		
Town Center - Henderson and Rainier = stores and schools/community center/library - Community facilities = community center, schools and library - Presence of ethnic and small "mom&pop" stores	- There is no center - The core area business and institutions is not pedestrian friendly –safety and street design - Community leaving Rainier Beach to shop and dine - Lack of choices for shopping	- Create a Center - Build on cultural diversity - Build on and improve connections between existing positive elements including business, parks and community facilities - Increase breadth of small, locally-owned businesses within the center
Parks & Recreation - Strong identity with water and Beer Sheva - Community Center is an asset (missed) and central to community	- Parks & Open Space - Safety & lighting - More play areas for kids needed - More sports fields/basketball court desired - More community gardens	- More parks - Better access to water - Improve park furnishings - Increase park programming for all ages.
<i>Specific parks and recreation areas called out by the community as frequently used (many are outside of planning area but still relevant to HLA):</i> - Rainier Beach Community Center - Kubota Gardens - Lakeridge Park - Seward Park - Beer Sheva Park - Pritchard Beach		

¹ The topic of biking issues was raised in the meetings and questionnaires, but was not a significant concern of many participants.

Summary of Neighborhood Discussion Input		
What's Good	What needs improving	Key Issues to be Addressed During Update (Vision for the Future)
- Pritchard Wetlands - Chief Sealth Trail - Sports and high school programs - Youth program at Filipino Community Center - Southeast Seattle Senior Center - Dead Horse Canyon - Othello Park		
Transportation - Convenient access to surrounding areas - Light rail and transit service	- Quality of streets - Reduced bus service - Many streets not pedestrian friendly - Poor access to light rail = bus, parking bike - High traffic speeds on arterials - Need more community-serving, pedestrian-friendly destinations	- Improve pedestrian connections especially in commercial core - Create a safer environment for pedestrians and bicyclists - Establish good bus connection to light rail - Accommodate parking for light rail
Housing - Affordable - Good location - Appreciate older housing/architecture, variety of housing types	- More housing - Quality of housing stock - Some housing in need of repairs	- Maintain access to affordable housing - Continue providing housing types affordable to full range of incomes - Improve programs and access to programs supporting home ownership.