

Healthy by Design

Planning & Development for Vibrant Communities



October 9, 2013

State House, Boston, MA

Sponsored by

Massachusetts Public Health Association

Partners HealthCare

Metropolitan Area Planning Council

Act FRESH Campaign

Pioneer Valley Planning Commission

Alliance of Massachusetts YMCAs

SPONSORS

Rep. Stephen Kulik, Sen. Harriette Chandler,
Rep. Jason Lewis, Sen. James Eldridge,
Sen. Dan Wolf



FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL
AND MASSACHUSETTS GENERAL HOSPITAL



MASSACHUSETTS SMART GROWTH ALLIANCE



PROGRAM

WELCOME

Maddie Ribble, Massachusetts Public Health Association

Representative Stephen Kulik

Senator Daniel Wolf

KEYNOTE ADDRESS

Mark Fenton

Mark Fenton is an internationally-renowned public health, planning, and transportation consultant, who works frequently with the CDC, national transportation and health organizations, and states and municipalities across the nation. Mark is the former host of "America's Walking" on PBS, the author of numerous books and scholarly articles, and an Associate Adjunct Professor at Tufts University Friedman School of Nutrition. He studied biomechanics at MIT, was a researcher at the Olympic Training Center's Sports Science Laboratory, and manager of Reebok's Human Performance Lab.

Introduction by **Senator James Eldridge**

REMARKS

Senate President Therese Murray

"HEALTHY BY DESIGN" COMMUNITY LEADERSHIP AWARDS

Presented by

Senator Hargett Chandler & Representative Jason Lewis

Chairs, Prevention for Health Caucus

CALL TO ACTION

Joel Berrera, Metropolitan Area Planning Council



LEGISLATION

Promote Healthy & Active Streets

“Complete streets” can encourage residents to lead more active, healthier lifestyles by supporting active transportation such as walking and cycling. **“An Act Relative To Active Streets & Healthy Communities” (S68/H3091)**, sponsored by Sen. Chandler and Rep. Lewis, will support cities and towns to implement Complete Streets by providing financial support to certified communities, similar to the successful and popular Green Communities Act. Experience shows that when communities invest in complete streets, residents and visitors take advantage of it. This is true in rural, suburban, and urban areas alike. Complete Streets contribute to quality of life – supporting local businesses, helping to attract and retain workplaces and employees, and increasing real estate values. Many cities and towns have already taken steps to implement Complete Streets but are faced with limited resources. Learn more at bit.ly/GIh1J4. #ActiveSts

Reform Antiquated Zoning & Planning Laws

Local zoning codes are the DNA of communities. However, state zoning and planning laws are outdated and do not provide cities and towns the tools they need to create healthy and thriving neighborhoods. **“An Act to Support Planning & Development of Sustainable Communities” (H1859)**, sponsored by Sen. Wolf and Rep. Kulik will promote smarter zoning and planning that supports mixed use districts that encourage walking and biking; protection of open space for active recreation and conservation; improved access to healthy food; and reduced exposure to pollution – features that help make our state healthy and prosperous. Learn more at www.mphaweb.org/ZoningReform.htm and bit.ly/12V5URV. #MAZoningReform



COMMUNITY LEADERSHIP AWARDS

Town of Barnstable

With a population of about 48,000 people, Barnstable is the largest community on Cape Cod. Barnstable is being honored in recognition of Main Street Hyannis's adoption of flexible zoning changes that promote mixed-use development while preserving historical character, as well as streetscape improvements that encourage walking and link downtown Hyannis to Hyannis Harbor.

City of Fitchburg

Located in northern Worcester County, Fitchburg is home to approximately 41,000 people. The City is being honored in recognition of brownfields redevelopment as parks and gardens and for conducting a thorough public health analysis of land use bylaws and regulations.

City of Gloucester

America's oldest seaport, Gloucester is a city on Cape Ann in Essex County, with a population of about 29,000 people. Gloucester is being honored in recognition of demonstrated commitment to walking and biking through the city bike ordinance, expansion of bike lanes and bike facilities, and promotion of the Harborwalk.

Town of Hull

Settled on a long, narrow peninsula in Plymouth County, Hull has a population of about 10,000 people. The smallest town in Plymouth County, Hull is being honored in recognition of the role of the Nantasket Beach Overlay District in supporting walking and biking, reducing sprawl, and reducing greenhouse gas emissions.



COMMUNITY LEADERSHIP AWARDS

Town of Natick

Located in Middlesex County, Natick is home to approximately 32,000 people. Natick is being honored in recognition of the town's efforts to accommodate pedestrians, cyclists, and public transit riders in Natick Center, improving the accessibility of the downtown Commuter Rail station, and improving pedestrian and bicycle connectivity between downtown Natick and the Commuter Rail station.

Town of Plymouth

The oldest municipality in New England, Plymouth has a population of about 52,000 and is located in Plymouth County. Plymouth is being honored in recognition of progress and partnerships to advance complete streets and for passage of a landmark complete streets policy.

City of Quincy

Quincy, located in Norfolk County with a population of approximately 93,000 people, is being honored in recognition of major mixed-use redevelopment that promotes walking and biking in downtown Quincy.

City of Revere

Located in Suffolk County, Revere is home to a diverse population of approximately 55,000 people. "A city on the rise," Revere is being honored in recognition of two Urban Trails as tools to promote safe walking on existing pathways throughout the city.



COMMUNITY LEADERSHIP AWARDS

City of Salem

Salem is situated in Essex County with a population of approximately 42,000 people. Salem is being honored in recognition of progress on the Essex Pedestrian Mall, improvements in bike lane striping, and progress towards identifying mixed-use zoning scenarios for the Bridge Street Neck neighborhood.

Town of Shutesbury

Shutesbury is a rural town in Franklin County with a population of about 1,800 people. Shutesbury is being honored in recognition of passing zoning reforms that seeks to diversify housing choices to meet the needs of individuals and families of all ages and means, to protect open space, and to promote rural business development.

City of Springfield

The city of Springfield is located in Hampden County and is home to approximately 153,000 people. The cultural urban center of western Massachusetts, Springfield is being honored in recognition of western Massachusetts' first municipal bicycle and pedestrian planning process and adoption of the Zoning Ordinance Modernization Project – which encourages pedestrian-oriented mixed-use development and improved healthy food access through urban agriculture and farmers markets.

LEARN MORE & GET INVOLVED!



MPHAWeb.org

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