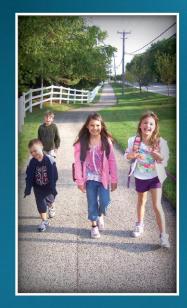


# A Shared Vision

**Healthy People, Healthy Living, Healthy Communities** 











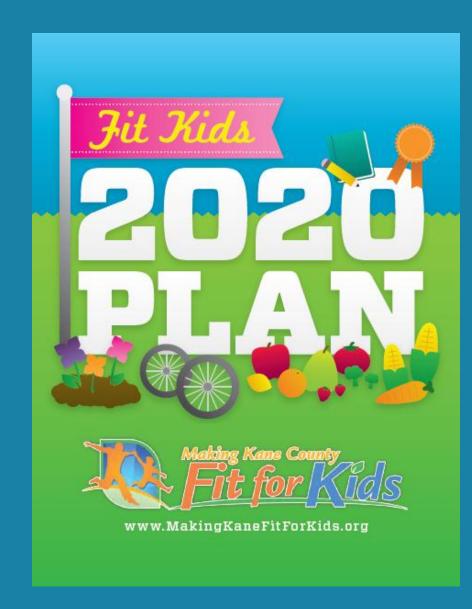
\$360,000 Healthy Kids, Healthy Communities Grant



Grant Funds used for:
Fit Kids 2020 Plan
Community Gardens
2040 Land Use Plan

# Developing the Fit Kids 2020 Plan

- Began with February 2010 Leadership
   Summit
- Nine Sector-specific work groups
  - Built and Natural Environment
  - Economic Strength
  - Faith Community
  - Family, Culture and Community
  - Food Systems
  - Healthcare and Medicine
  - Mobility
  - Recreation and Lifestyle
  - Schools and Education
- 80+ Community Leaders
- 1000 hours over 6 months





**Healthy Kids, Healthy Communities Project** 

# Making Kane County Fit for Kids Strategic Action Principles

- 1. Develop land use, planning, and other public policies that foster and support physical activity for all our communities.
- 2. Assure that fresh fruits and vegetables are affordable and accessible to all families in our communities;
- 3. Support a culture of wellness and health promotion in our workplaces, schools, homes, communities and other institutions;
- 4. Provide parents and children with reliable, up-todate information in multiple settings regarding healthy physical activity and eating habits.









www.MakingKaneFitForKids.org



## Key Sector Strategies Organized by

Workgroup	Provide parents & children with reliable, up-to-date information in multiple settings regarding healthy physical activity and eating habit	Support a culture of wellness and health promotion in our workplaces, schools and other institutions	
Schools & Education	Educate parents about healthy food choices and physical fitness	Strengthen echool wellness policies	
Mobility	Implement Safe Routes to School programs in all schools in Kane County	Create /implement walking and bicycling incentive programs in schools and communities in the county	
Food Policy	Develop marketing material that promotes the benefits of local, fresh and seasonal products including a better culinary experience and higher nutritional value	Publically funded groups will adopt nationally accepted mitrition standards for foods served at meetings or food purchased with public money	
Faith Community	Create a network of faith besed groups to promote healthy living	Adopt healthy food policies for food served at individual faith communities	
\$ Economic Strength	Improve the economic strength of the family through education about nutrition health and fitness	Improve the economic strength of employers by encouraging the implementation of wellness plans for employees	
Family, Culture & Community	Promote the Fit for Kids Initiative through a non-traditional education campaign	Provide incentives for restaurants to offer a healthy children's menu	
Built & Natural Environment	Educate the community on walkability ratings	Conduct Health Impact Assessments that county and municipalities can use to objectively evaluate the potential health effects of a project or policy before it is built or implemented	
Healthcare & Medicine	Increase occurrences of counseling and education on physical activity and mitrition during office visits	Utilize the medical community to contribute to a system of measurement in the community that monitors health indicator and treatment opportunities	
Recreation & Lifestyle	Launch a marketing campaign to communicate the message of healthy living	Address safety issues in the community that may limit safe access and use of parks and recreation facilities	



Kane County has many recreational resources. There are 13 park and recreation districts or departments and the Kane County Forest Preserve manages over 50 forest preserves and parks that account for 18,000 acres across the county. These include expansive trails, land along the Fox River, forest preserves, parks and a variety of permanent recreational facilities; fitness centers, swimming pools, golf courses. Additionally there are private recreation centers throughout the county that provide residents with opportunities to be physically active.

How did we come to the point where children may live shorter and less healthy lives than their parents? At the Fit Kids Leadership Summit

in February, 2010, leaders from Kane County identified many factors that have changed in the last 30 years contributing to the childbood obesity spidemic. Many of the factors identified point to inactivity. Children are

#### Our Mission

Lead a county-wide initiative to build a culture of wellness by providing easy and eafe access to affordable physical activity where people live, work and play.

Recreation

& Lifestyle

#### Workgroup Co-Chair

James Breen
St. Charles Park District
Eric Lee Wilson
Fux Valley Park District

#### Workgroup Members

Rachel Schmit Batavia Park District

Alex Redenius
Fox Valley Special recreation
Association

Jim Reuter South Eigin Park District

Kin Wascher South Elgin Park District

Ken Maurice City of Aurora

Holly Cabel St Charles Park District

Paul Bednar Ekrin Parks Department

Stacey Caragher

Jay Kelly

Conava Park District Bob Geikin

Tri-cities Soccer

Ray Renteral Sol Soziar

Sue Harney Dunder Township

#### Workgroup Staff

Thin Mescher Kans County Development Department

Jane Maxwell
Kane County Health Department

less active. There has been a cultural shift. Children spand time indoors in front of electronic devices rather than being involved in active play. Play is often more organized and done around sports or specific activities. In addition, there are fewer opportunities for activity as a part of averyday life. Fewer children walk or ride their bikes to school.

So, despite the abundance of opportunities to be active in Kane County, the culture of inactivity continues.

"Regular physical activity is associated with enhanced health and reduced risk for all-cause mortality. Beyond the effects on mortality, hypylical activity has multiple health benefits, including reducing the risk for cardiovascular disease, diabetes, obsatty, selected cancers, and musculoskeletel conditions."

How do we engage our community in living an active life? Encouraging everyday activity and healthy and active lifestyles are keys to reversing the childhood obesity spidemin.

\_\_\_\_

\_\_\_\_\_

.....

#### **KEY CHALLENGES**

\_\_\_\_

The key challenge is changing the culture of inactivity. Kane County reflects a national trend towards inactivity. There is more dependence on cars, less activity in schools; less unstructured play and more electronic distractions. There is no easy remedy.

There are already great facilities and opportunities to live an active life in Kane County, but many are underutilized.

Neighborhood safety is a concern. Even where statistics do not support fears about safety, perceptions continue to inhibit activity.

Recreation and lifestyle crosses schools, the faith community, local government, park and recreation agencies, neighborhoods, businesses and residents that are focused on recreation and active living. Many pariners will need to work cooperatively to drive and sustain change.

Resources for recreation are shrinking. The housing hust and economic downturn have left recreation departments and organizations with less working capital as local governments and agencies must decide between providing essential services and recreational apportmittes.

#### **PROFILE**

The Recreation and Lifestyle Work Group largely consists of Parks and Recreation professionals from around the County. The work group also included city and special recreation association staff, recreational sociar teams, the YMCA and community organises. The work group participants represented a diverse cross section of Kane County residents. There were participants from private and public sectors, large and small communities, recreation providers and recreation participants, recreation providers and recreation participants, and population groups throughout the County.

The workgroup raviswed papers and policies on the role of recreation in raversing the childhood obesity spidemic. And through the process, the group expended their view of how their community and organization can impact the obesity spidemic in Kane County.

This Workgroup has formed an energetic partnership that is determined to continue meeting so they can actively partner together to implement the strategies and action steps outlined in this report.

\_\_\_\_

#### STRATEGIES

#### Strategy #1

Provide easier access to parks and playgrounds in new and existing neighborhoods through building and maintaining parks, facilities and trails that are in close, safe walking distance of all residents.

When parks and recreational facilities are in close, safe walking distance of residents they are used more frequently. Locations that need facilities that are in close proximity should be the priority.

Future traff improvements should include amenities such as water, mile markers, play parks, restructus, etc

Amend the current recreation and bike and trail maps to show kid friendly paths for walking and biking, stroller friendly paths, mile markers, play grounds, restrooms and water and food stations.

#### Strategy #2

\_\_\_\_\_

Make healthy, affordable food available in public places.

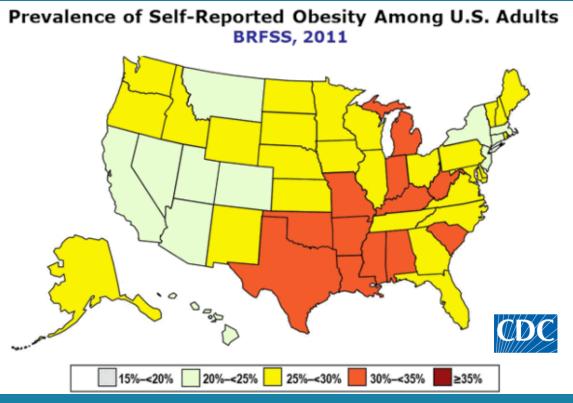
Park and recreation facilities can be leaders in transforming the food choices at public venues. It is not necessary to provide high caloris, less nutritious choices in these venues. Providing healthy food options along with active recreation shows a consistent health message and can make a significant impact on local residents.

46 Fit Kids 2020: Recrestion & Lifestyle Fit Kids 2020: Recrestion & Lifestyle 47

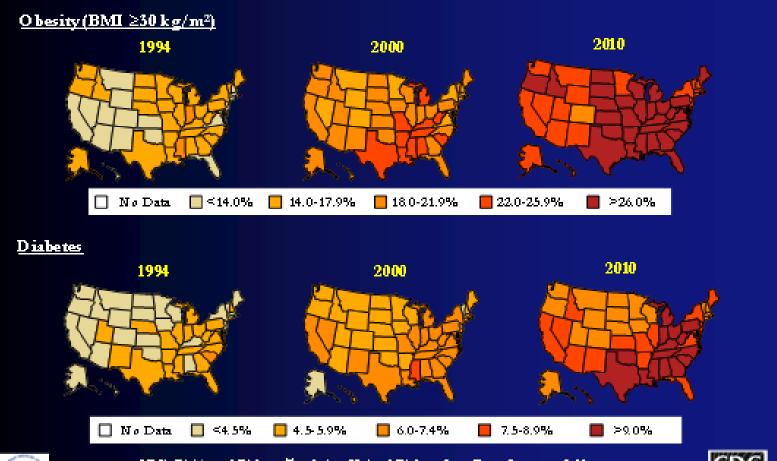


The Epidemic

For the first time in two centuries, the current generation of children in America may have shorter life expectancies than their parents, according to a new report, which contends that the rapid rise in childhood obesity, if left unchecked, could shorten life spans by as much as five years. – Center for Disease Control



# Age-Adjusted Prevalence of Obesity and Diagnosed Diabetes Among U.S. Adults Aged 18 Years or older



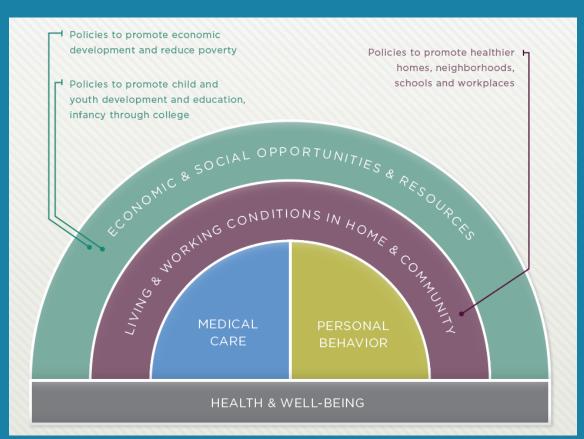


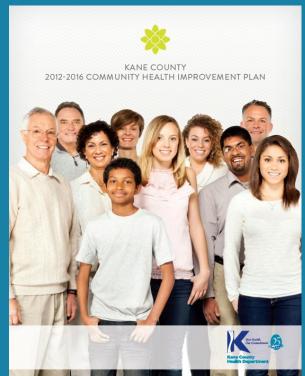
CDC's Division of Diabetes Translation. National Diabetes 5 uveillance System available at http://www.ede.gov/diabetes/statistics



### Kane County's Six Major Health Risks

- ✓ Obesity
- ✓ Chronic Disease
- ✓ Infant Mortality
- ✓ Childhood Lead Poisoning
- ✓ Communicable Disease
- ✓ Poor Social and Emotional Wellness







Healthy People, Healthy Living, Healthy Communities-It's about Quality of Life



### KANE COUNTY

# 2040 PLAN

Opportunities for future generations.

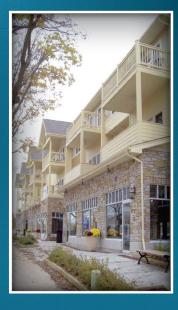


# A Shared Vision

**Healthy People, Healthy Living, Healthy Communities** 







# **Loordinated Integration**

Planning for the healthiest residents in Illinois.

"Kane County's integration of health, transportation and land use places
Kane County at the leading edge of planning in the region and is the
most effective way to plan for the future."

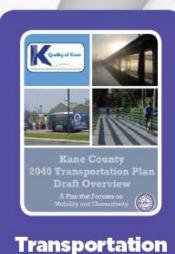
Randy Blankenhorn, Executive Director, CMAP (Chicago Metropolitan Agency for Planning)



The Kane County 2040 Plan is the first Kane County plan to integrate planning for community health with land use and transportation issues and is recognized as the only County in Illinois to integrate health into a comprehensive plan.

# Quality Of Kane

Healthy People, Healthy Living, Healthy Communities-It's about Quality of Life



2040 Transit Plan

IL 47 Corridor Planning Study

**Bus Rapid Transit Study** 

**Route 529 Study** 

2040 Transportation Plan

**Bicycle and Pedestrian Plan** 





#### **Community Health**

Fit Kids 2020 Plan

2012-2016 Community Health Improvement Plan

**Healthy Places Coalition** 

**Community Gardens** 

**Local Coalitions** 



2040 Conceptual Land Use Strategy

IL 47 Corridor Planning Study

2040 Energy Plan Water Resources

Farmland Preservation and Local Foods

Local Planning Coordination / Assistance



# 2040 PLAN: CHALLENGES

Although we have a pause in the rapid growth of the past decades, population projections show that approximately 270,000 more people, 94,000 more households and 144,000 more jobs are coming to Kane County by 2040.



**Water Supply** 



Mobility and Connectivity



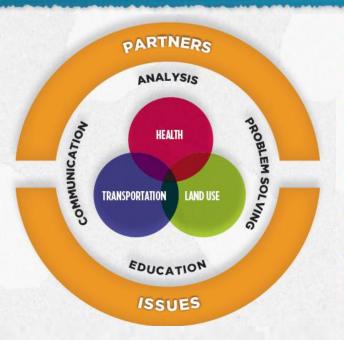




### **IMPLEMENTATION STRATEGIES**

- 1. Kane County Planning Cooperative
- 2. Planning Workshops
- 3. County Funding Decisions Consistent with Plan Goals
- 4. Coordination with Municipalities

# Kane County Planning Looperative





Continue to partner with Kane County on our vision for 2040.

Visit us online at : www.qualityofkane.com



#### **Partners**

- Kane County
- Municipalities
- Park Districts
- Hospitals
- Schools
- Economic Development

#### **Key Issues**

- Stalled developments
- Model ordinances for emerging issues
- Municipalities with no or overextended planning staff
- Inter-jurisdictional development policies and projects

- Forest Preserve
- Council of Mayors
- Townships
- Kane County Farm Bureau
- CMAP
- Exposure to Health Impact Assessments as a planning and policy assessment tool
- Availability of professional planning resources for municipal planning commissions

# "Creating Healthier Communities" Grant Opportunity



# American Public Health Association "Power of Policy" Grant

For 2040 Plan Implementation - one of six awarded out of 121 applications nationally!

- \$40,000 Grant to the Kane County Health Department
- \$9,400 of grant to reimburse Development Department for staff time and expenses
- \$30,600 for County to fund local planning efforts up to \$5,000 per project (100% match required)
- Request for proposals released, due July 31st

# Kane County Planning Cooperative Policy Implementation Project has 3 goals

- 1) Establish the Kane County Planning Cooperative to engage and educate policymakers, planning and development staff, and members of the public in Kane County regarding the 2040 Master Plan
- 2) Provide policy implementation technical assistance for the set of 6 priority policies
- 3) Evaluate the initial work of the Planning Cooperative as a model for local collaborative planning, policy development

# **Creating Healthy Communities Grants**

American Public Health Association "Power of Policy"





**Eligible Projects** 



- Develop bike and walkability plans
- Establish / expand community gardens
- Expand smoke-free campuses
- Expand safe routes to school plans
- Achieve USDA Healthier School standards
- Institute workplace wellness policies

## **Creating Healthy Communities Grants**

# American Public Health Association "Power of Policy" Grant

### **Eligible Project Categories**

- Pre-planning / Readiness
- Planning
- Plan Publication / Social Media
- Plan Implementation







### **Creating Healthier Communities Grant Awardees**

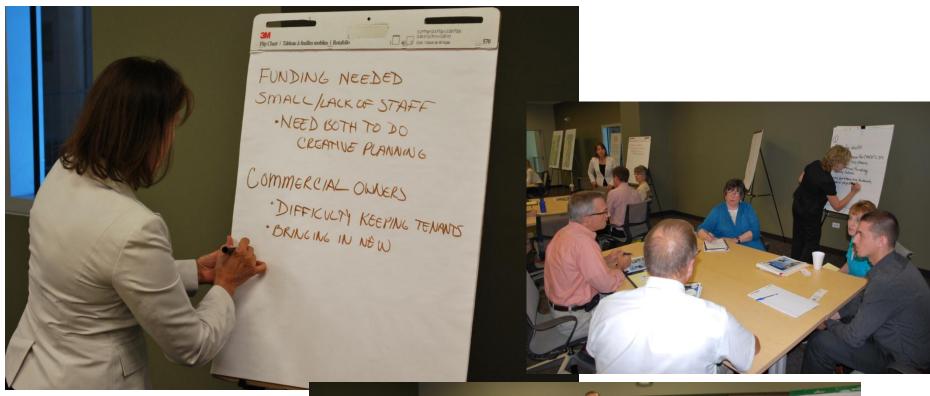
Organization	Project Name	Grant
Village of Campton Hills	<b>Trails Planning:</b> Develop a plan for biking, walking and horse trails to provide connectivity to the Great Western trail as well as to two elementary schools.	\$5,000
Active Transportation Alliance	Complete Stations: Analysis of the seven Metra stations in Kane County to determine if the facilities are completely bicycle and pedestrian accessible.	
Elgin Community Garden Network	Raising Awareness of Elgin's Community Gardens: Raise residents' awareness of the presence of community garden's within walking or biking distance from their homes through the use of social media.	\$5,000
St. Charles Park District	Fit & Free – STCPD Trail Action Plan: Project components include an engineering study to determine exact trail lengths, development of a Quick Response (QR) code of the trail/exercise paths, printed material for distribution, Fitness Kiosks at the four parks, web site enhancement and QR code access in 3 media options.	\$5,000
St. Charles Park District	River Bend Community Garden Water Main Extension: Engineering study to determine cost effective manner to provide essential water system to proposed community gardens at River Bend Park.	
Kane County	Walkability planning in unincorporated Aurora, St. Charles and Dundee Townships Identify needs and develop plans to assist the townships and the municipalities to work together with the County to improve walkability and active living opportunities in unincorporated areas.	\$5,600

# Kane County Planning Looperative













# Kane County Planning Cooperative

### **Partner Identified Topics**

**Launch Meeting – June 2012** 



# Kane Lounty Planning Looperative

#### KANE COUNTY PLANNING COOPERATIVE

Healthy People, Healthy Living, Healthy Communities

#### A Message from Chairman Karen McConnaughay and the Kane County Board...

Creative, cutting-edge planning does not happen in a vaccuum. It isn't the product of any one person, community or county. At the core of Kane County's planning successes over more than 50 years is the quality and longterm dedication of planning staffs, public officials and private citizens. The lasting. cooperative planning relationships that Kane County has forged are testament to the importance we place on an open. continuing discussion about the future. To assure that these relationships continue. the Kane County Board placed the creation of the Kane County Planning Cooperative at the center of its implementation strategy for the 2040 Plan. Read on...

#### Kane County Planning Cooperative Kick-Off Meeting!

Calling all Kane County planning partners! Kane County will be hosting a kick-off meeting to jump start the Kane County Planning Cooperative, the central core of implementing the 2040 Plan and a local forum for education, analysis, communication, problem solving and by integrating health, transportation, and land use planning. We are looking forward to your participation in this countywide partnership as we work toward creating a healthier Kane County!

Please join us on: June 28, 2012, 10:00 a.m. Northem Illinois Food Bank Board Room 273 Dearborn Ct., Geneva (see their LEED Gold Certified building featured in the Triblocal)

#### Discussion topics for the meeting:

- Highlights from the Kane County 2040 Plan and Implementation Strategy, including the Kane County Planning Cooperative
- Roundtable discussion on Issues and Gaps
- Overview of the 2040 Plan Implementation Grants - Creating Healthier Communities
- County assistance for CMAP LTA Grants and RTA Grants

After the meeting, CMAP staff will be available to discuss project ideas for collaborative applications.



"Northern Illinois Food Bank is the first newconstruction food bank in the country to receive LEED Gold certification from the U.S. Green Building Council." -Pete Schaefer, President and CEO, Northern Illinois Food

"This certification illustrates how a non-profit, specifically a food bank, can realize an energy savings of 25 to 30 percent over a traditional energy spend. The savings allows the organization to further its mission of feeding hungry people throughout northern Illinois."

Read the full article here...



View Adopted 2040 Plan



Northern Illinois Food Bank LEED Gold Certified Building

#### 2040 Plan Implementation Grants Creating Healthier Communities

The Creating Healthier Communities Grant application is now available! The grant will provide funding support to initiatives that implement one or more of Kane County 2040 Plan's six high priority health, land use and transportation policy recommendations. Contracts will be entered with organizations for projects ranging between \$1,000.00 and \$5,000.00 with required in-kind or cash contributions from the applicants.

Eligible Applicants: Funding is available to municipalities in Kane County as well as other public and civic organizations, including, but not limited to, park districts, school districts, hospitals, schools, and economic development organizations.

> Application Deadline July 31, 2012, 4:30 p.m.

Please attend the kick-off meeting of the Planning Cooperative on June 28th to discuss project ideas and hear more about the six high priority policies that projects are required to address.

Creating Healthier Communities Grant: 2012 Application Packet, including a fillable Application

Read the press release to learn more about the funding source for these grants.

# Development & Community Services Department Planning & Special Project Division

Kane County Planning Cooperative – 2012/2013 Projects

- Kane County Planning Cooperative
- Local Food Production
- Green Infrastructure Plan
- Transit Study
- Randall/Orchard Bus Rapid Transit Study
- Big Rock Comprehensive Plan
- (2) Homes for a Changing Region Studies with CMAP and 8 municipalities



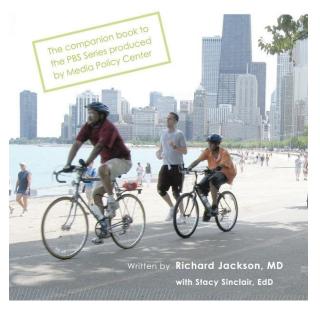


# Planning Workshops/Education



Bring Healthy Living to Your Community
A Healthy Communities Workshop Series









"Health is created in communities. Kane County's focus on planning for health in the places we live, work and play is exemplary and shows the way we should be moving forward to prevent disease and achieve wellness."

-Dr. Richard Jackson, author, *Designing Healthy Communities* 



# Development Dialogue: Solutions for Failed Developments

hosted by Kane County and ULI Chicago

This Wednesday, October 3, 2012!

#### Panelists:

John Carroll, *President*, Ryland Homes Chicago Division
David Galowich, *Principal*, Madison Realty Group, Inc.
Mary Ludgin, *Director of Global Investment Research*, Heitman, LLC
Paul Shadle, *Partner*, DLA Piper LLP (US)
Jon Talty, *Chairman & CEO*, OKW Architects, Inc.

#### Schedule of Events:

5:00 p.m. - Registration & Cocktail Reception 5:30 p.m. - Welcome & Dinner 6:00 p.m. - Program: Presentation & Audience Discussion 8:00 p.m. - Adjourn









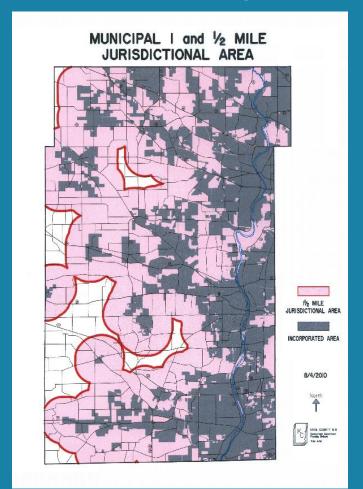


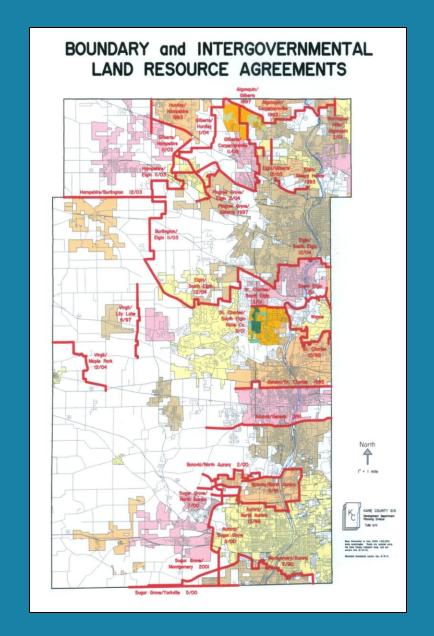
### **Healthy Impact Assessment Training led by Pew Charitable Trust**



# Coordination with Municipalities

90% of the new growth will be due to the land use decisions of our 30 municipalities!





# Coordination with Municipalities



#### Meeting Agenda Kane County and the City of Aurora

September 25, 2012

- Introductions
- Discussion of the Kane County 2040 Plan and efforts integrating health, transportation and land use
- Review of current County initiatives and projects impacting the City of Aurora
- Discussion of issues of importance from the City of Aurora
- Discussion of how the County and the City can work together to develop a strategic action plan for coordinated efforts for 2013



#### Current Integrated Planning Activities Kane County and the City of Aurora

September 25, 2012

#### Health

- · Community Health Improvement Plan (adopted April, 2012)
- Making Kane County Fit for Kids
- Increasing Community Gardens and Farmers Markets

#### Transportation

- 2040 Transportation Plans (roads, transit and bike/ped) adopted March 2012
- Bus Rapid Transit
- Capital Projects
- · Large Transportation Infrastructure Projects

#### Land Use

- 2040 Plan (adopted May 2012)
- · Increase Local Food Production
- · County-wide Green Infrastructure Plan
- · Coordination in unincorporated areas
- Walkability Study for unincorporated Aurora Township

#### Resources

- · Kane County Planning Cooperative
  - Health, KDOT and Development staff assistance
  - o Pass through grants
  - Participation makes Aurora more competitive for grants through County's integrated planning that includes health
- KDOT transportation projects and studies
- · Kane County Riverboat Grants
- · Health Department initiatives

# County Funding Consistent with Plan Goals

- Manage a number of grant and funding programs offered to local municipalities and local units of government.
- Continue coordination of these resources with municipal plans and policies supportive of the 2040 Plan, and other plans and policies supportive of "Healthy People, Healthy Living, Healthy Communities."

County of Kane
Office of the County Board

#### CONTACT:

Karen McConnaughay Chairman (630) 232-5930



ADDRESS: 719 Batavia Avenue Geneva, Illinois 60134

#### FOR IMMEDIATE RELEASE

September 11, 2012

#### Kane County Names Creating Healthier Communities Grant Recipients

Kane County is announcing today the recipients of the Creating Healthier Communities Grants, which will be aimed at addressing the issue of chronic diseases—one of the six major health risks facing Kane County residents identified in the Community Health Improvement Plan. The grant awards were made available to planning organizations through the Kane County Planning Cooperative. Applications were reviewed and approved by the Kane County Regional Plan

Funding was possible by the American Public Health Association. Kane County was one of six Health Departments chosen by the APHA from a competitive, nationwide field of more than 121 applicants. The\$40,000 grant was given in recognition of the potential for the Kane County Planning Cooperative to help the County reach its goal to make Kane County's residents the healthiest in Illinois.

"Part of our Quality of Kane initiative, the 2040 Plan focuses on strengthening the prized qualities of Kane County, the shared values of our residents and the health of our children. Continued, broad-based participation in the Plan's implementation goals will be critical to maintaining the quality of life that we have come to cherish," said Kane County Board Chairman Karen McConnaughay.

Funding was available to municipalities in Kane County as well as other public and civic organizations, including, but not limited to, park districts, school districts, hospitals, schools, and economic development organizations. Notice of the grant opportunity was widely publicized and included personal outreach to municipalities. All recipients will be required to provide a partial match of fifty cents per dollar awarded in either in-kind or cash contributions. The portion of the project that is being funded by the grant will be required to be completed by December 31<sup>th</sup>. 2012.

# Kane County Planning Cooperative Grant Funded Projects Summary for 2012

Project/Goal	Total Grant Award	Grant Funds Remaining	Type/Source of Funding
Kane County Planning Cooperative Goal: To implement the 2040 Plan	\$360, 000	\$30,000	Healthy Communities Grant, Robert Wood Johnson Foundation
Funding for local planning efforts  Goal: To implement the 2040 Plan	\$40,000	\$40,000	Grant through the Power of Policy Contest, American Public Health Association
Evaluation of Land Suitability for Agriculture Goal: To identify evaluation tools and resources to determine land suitability for local farms/local food.	Local Technical Assistance	Local Technical Assistance	CMAP Local Technical Assistance via Federal Grant
Health Impact Assessment – Goal: To determine the health impacts of utilizing farmland preservation to increase local food production and access.	\$125,000	\$125,000	Health Impact Project, Pew Charitable Trust
Green Infrastructure Map and Plan Goal: To create a green infrastructure map and develop specific implementation recommendations.	Phase 1 \$16,000	Phase 1 \$16,000	Phase 1 - Grant from Chicago Wilderness via Boeing.
Remnant Oak Woodland Study & Map Goal: To identify and map the remnant oak woodlands in Kane County	Technical Assistance (consultant)	Technical Assistance (consultant)	Chicago Wilderness via Federal Grant
Create a model transportation overlay ordinance Goal: To implement the Long Range Transit Plan	Local Technical Assistance	Local Technical Assistance	CMAP Local Technical Assistance via Federal Grant
Fall 2012 CMAP Local technical Assistance Awards  2 - Homes for a Changing Region Studies covering 8 municipalities Ferson-Otter Creek Coalition Big Rock Comprehensive Plan South Elgin Bike/Pedestrian Plan	Local Technical Assistance	Local Technical Assistance	CMAP Local Technical Assistance via Federal Grant Combined with Kane County assistance More projects awarded because of Kane County's involvement