

Bonnery Ferry Community Snapshot

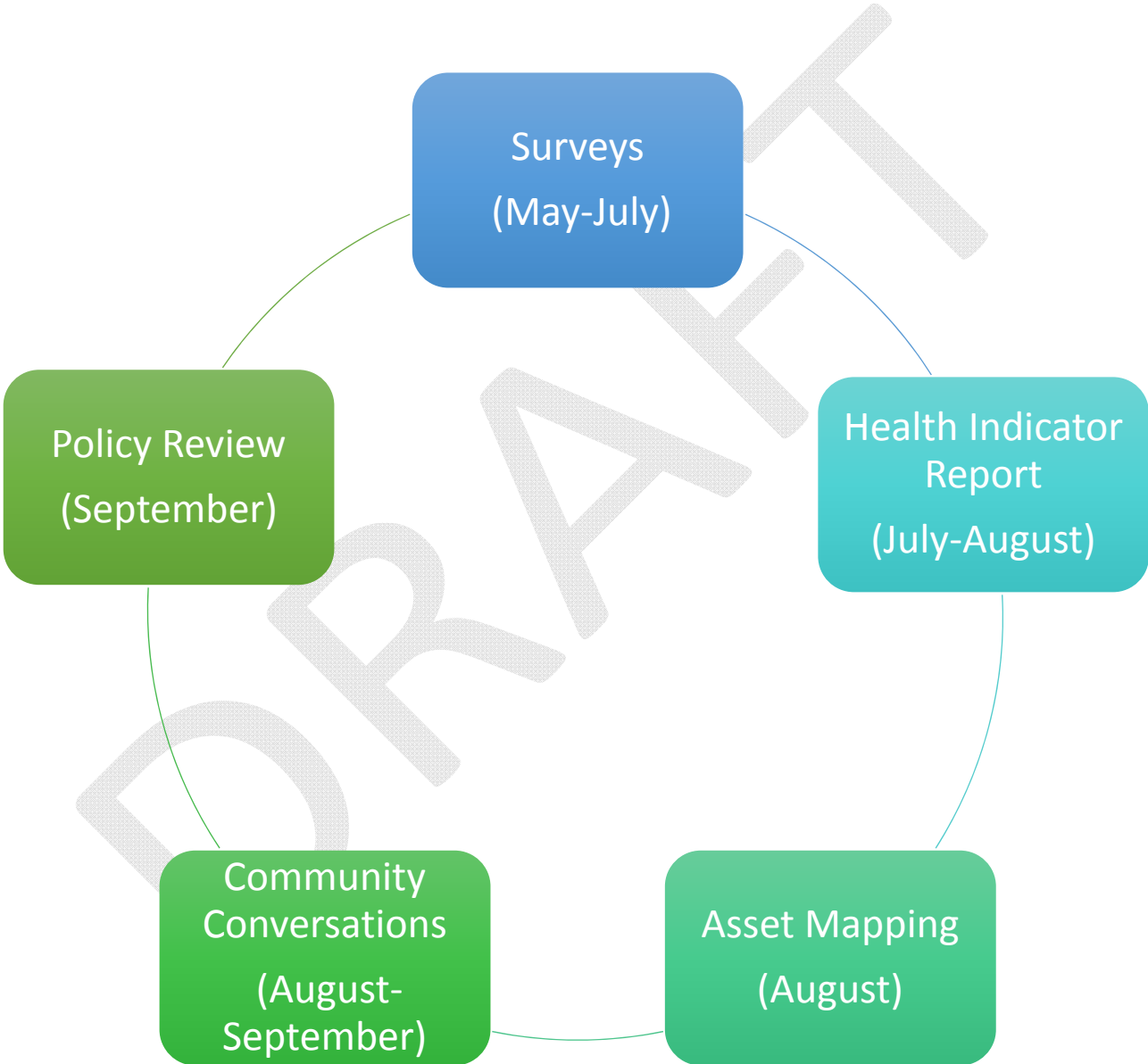
High Five! Community Transformation Grant
May 2017- October 2017

Table of Contents

Health Indicator Report	3
Community Survey Summary	4
Student Survey Summary	6
Partner Community Conversations Summary	7
Student Community Conversations Summary.....	9
Asset Map	13
Policy Review Summary.....	16

DRAFT

Community Snapshot Overview



Health Indicator Report

Purpose: To identify key health indicators in Bonners Ferry such as obesity and chronic disease rates, access to healthy foods, access to recreation opportunities, access to health care, and engagement in health behaviors impacting physical activity and nutrition for children and families.

Method: Quantitative data gathered from Community Commons Community Health Needs Assessment (CHNA) Report, as well as the Blue Cross of Idaho Foundation for Health's Community Health Management (CHM) Hub.

DRAFT

Community Survey Summary

Purpose: To determine how well Bonners Ferry residents feel they are able to eat healthy and be physically active; to determine the greatest barriers and supports to eating healthy and being physically active.

Method: Paper surveys disseminated at a community health fair in May; Online surveys disseminated through the City's social media

Respondents: 319 total between July 9th-August 7th, 2017

- 55% had children in school
- 78% female
- 83805 (221/302)
- 83845 (25/302)
- 83847 (41/302)
- 83865 (5/302)

Healthy Eating

- A majority of respondents reported consuming fruits and vegetables at least once per day (68%, 70%)
- Most respondents reported consuming sugary drinks, including soda, 1-3 times per week (36%)
- Respondents were split as to whether they have a difficult time with healthy eating habits (48% yes, 52% no)
- Largest barriers to eating healthy:
 - Limited healthy options at school, work, or out to eat
 - Cost (healthy foods more expensive, less healthy foods more affordable)
 - Time to prepare
 - I like less healthy foods (they taste good, willpower, peers eat less healthy)
 - Dietary restrictions
 - Kids/family don't like the healthy options
 - Finding healthy food in town- lack of stores in downtown, north end of town, lack of food choices in winter months
- Biggest support in eating healthy:
 - Options at home
 - Options at the store
 - Personal choice/desire to be healthy
 - Grow or hunt own food
- 25% of respondents would like to buy healthier foods, but cannot afford to

Physical Activity

- Most respondents do not feel they have a hard time being physically active (62%)

- Most respondents reported their family participated in physical activity at least 2-3 times per week or more (83%)
- 75% respondents reported they had not participated in a county rec program in the past 2 years- most who did reported participating in youth sports programs
- Most respondents reported they did not use the city pool in the past year (66%)
- Largest barriers to participating in recreational activities:
 - Work conflicts
 - Weather
 - Time of day activities are offered
 - Cost

DRAFT

Student Survey Summary

Purpose: To determine the knowledge and behaviors of students in Bonners Ferry around eating healthy foods and being physically active.

Method: Online surveys disseminated to students during class periods between 3rd-12th grades.

Respondents: 354 total between June 5th-June 7th, 2017
Majority of participants were in 7th, 8th and 10th grades

Eating and Drinking Behaviors

- Majority of students ate fruits, vegetables and sugary foods most, and in similar amounts
- Majority of students (75%) did not consume energy drinks
- Majority of students eat breakfast, but only half ate every day

Health Ed in School

- 75-92% of students learned about the health topics in school
- Only 67% of students reported learning about the problems of being overweight

Identifying Healthy and Unhealthy Beverages

- Majority of students were able to identify water, milk and fruit juice as healthy
- Capri Sun and Gatorade were divided as to whether students thought they were healthy or unhealthy

Food Security

- 23% of students reported they can “sometimes” find food at home, and 2% reported they “never” can
- 25% of students reported they had gone a whole day without eating because there was no food at home- though the comments reflect that many students forgot to eat, didn’t want to eat, or were sick and couldn’t eat. Some also indicated that they didn’t know how to prepare the food that was available to them and had to wait for a parent to get home. Only 3 comments reflected that their family didn’t have food in the house, that their food stamps had run out, or that they waited to get free lunch at school the next day

Physical Activity

- 31% of students were active 7 days in the past week, only 4.5% were not active at all
- Majority of students (97%) feel it is important to be physically active
- Students are active an average of 4 days a week in cold weather and 5 ½ days in warmer weather

Screen Time

- Majority of students engage in screen time daily, between 2-3 hours

Partner Community Conversations Summary

Purpose: To garner partner feedback on potential opportunities to improve physical activity and access to healthy, affordable food for youth and families in Bonners Ferry

Method: Spark! facilitated an initial community conversation with the Community Assessment Committee on August 29, 2017.

Participants: High Five Community Assessment Team

Bonners Ferry- healthiest city for youth. What does this look like?

- Abundance of activity facilities
- New markets- Whole Foods, affordable
- Year-round swim team
- More competitive things for kids and adults- skating, softball, tennis
- Bike paths
- Walking paths
- People walking and biking safely
- Connection to Brush Lake trails
- Better use for space where the mill used to be- rec course, event center, etc. Use what students have already begun to envision
- A town that believed in itself, and youth to support it
- There is a vision there, make it a reality
- Regular public transportation
- Mini golf
- Youth listened to- expansion of skate park with better lighting, safety, etc. Involve disenfranchised youth
- Accessible food choices
- Lawns in schools- garden plots for students through the summer, growing things they would eat

What can we do?

- Recommendations from the city vs. policy
- Educate the restaurants to move toward healthy options rather than restricting
- Involve restaurants in this process to join in making the community healthier
- Show them there is a payoff
- Look at what you get from fast food for the money- believe that healthy food is good
- Education- for youth and restaurants on healthy options
- Marketing- believe the community can be better and convince the community they can be better too
- We are only Bonners, we don't deserve _____. Whole region reflects this sentiment.
- Create the belief, create the dream
- More youth/family oriented events (A Taste of Bonners Ferry, piggy back on basketball tournament, street fairs, homecoming, health fair)
- Physical improvements to demonstrate the commitment first- will build momentum
- Adults challenge each other (i.e. master gardener competitions)

Misc. Comments

- What about food in the winter during non-growing season?
- Network people together to mine ideas and find out who is already doing these things
- Define healthy foods
- Ask the youth how they find out what is going on

DRAFT

Empathy Map

Who are we empathizing with?

- Families – multigenerational (3)
 - grandparents
- at risk youth (3)
- low income teens
- families inclusive of children with disabilities
- youth birth to age 21
- active people from age 60 and under

What do they need to do?

- Food security
- Quality nutrition
- Availability to access
- Health education (through schools and in the community for youth and adults)
- They need to think it's important to be healthy
- Have access to information and modeling
- Education and re-learning for better health
- Act independently
- Access better food and activities
- Make decisions to seek out these things
- They need to know that someone believes in them!
- Access to local fresh products (fruit, veggie, meat)
- Market for local products (synergy)
- Success will be reduced juveniles in the hospital, drug use, etc.

What do they see?

- Exercise and recreation opportunities
- Would like to see the overall health of the community improve through recreation and education
- Strong community support
- You know the reached it when they themselves can teach, embody or model good behavior
- They see access to activities for K-12, but not beyond that age
- Community focused on “old people”
- Outdoor opportunities (hunting, fishing, etc.)
- Hard to get places
- Hard to let people know what is going on
- Lack of cohesive access
- Roads that kids and cars share but are not equal
- That cars are the only safe way to get from here to there
- Opportunities to give great ideas to help problem solve

- A community that wants to keep them here, but doesn't know all the ways to support them staying
- That is a good question to ask them- not for me to say. Will they be honest?
- Lack of physical sports oriented things to do (i.e. year-round swimming pool, biking, jogging trails, etc.) with boredom comes obesity
- Silo effect- isolation of groups
- Limited opportunities compared to other areas (i.e. facilities, parks, etc.)
- Lack of youth culture (perceived retirement community)
- They don't see- visualize. Notable reaching out to give support

What do they say?

- There is nothing to do here. The activities we do have here are not the same as urban environment
- Little talk about food
- Not satisfied with options for physical opportunities
- I love to hunt and fish and camp with my family
- My parents come home tired from work and we don't do much
- There is no future here
- We need a place to hang out- especially in winter
- Depends on the person, the time, the family background and family make up
- They don't say enough
- I don't feel comfortable riding my bike from one end to the other end

What do they do?

- Winter activities for kids and families with money
- Schweitzer in the winter
- Summer at the fairgrounds
 - At the fair, teens being very social with each other
- Families at the playground (2)
- Winter- cooped up!
- School gyms are packed
- Swimming at the pool
- Electronic devices
- 4-H projects (2)
- don't see kids eating very healthy
- a lot of sugar
- they want to be in activities (large increase in participation in youth sports)
- I see kids learning in the BCL FAB LAB

What do they hear?

- They see a lot of older people on TV who are eating better because of weight, diabetes and age related problems
- National advertising
- Can't afford recreation

- It depends on their social group (hunters, gear heads, sports kids, video gamers, robotics kids)
- Kids want healthy food on TV, but not in Bonners
- K-12 Health ed, PE in all schools
- Some health education in schools
- They need a rec center to be active

What do they think and feel?

Pains

- Financial stability of families
- Loneliness- kids at home undirected while parents work; eat as a substitute
- Poverty, hunger, want nice clean clothes
- Healthy food is not as convenient as unhealthy food
- Multi-generations in the same household
- Not enough food
- Not enough good food
- Hard to be healthy with parents who aren't

Gains

- Love, respect
- Food legacy recipes
- Want to be healthy
- Like to do some activities and remain open to new ones
- No matter the decade, kids want a stable, healthy home and life!!!
- Fresh, clean air
- Safety and comfort in the built environment

Student Community Conversations Summary

Purpose: To harness the youth voice in Bonners Ferry to identify barriers and opportunities to improve physical activity and access to healthy, affordable foods for youth and families.

Method:

Participants:

DRAFT

Asset Map

Purpose: To determine the current resources that already exist within Bonners Ferry that contribute to children and families being able to access healthy, affordable foods and engage in physical activity. To identify opportunities to reach additional partners and stakeholders to learn more about lesser or unknown assets. To identify opportunities to fill gaps in existing programs, services, projects, and policies.

Method: Spark! facilitated an initial asset mapping session with the Community Assessment Committee on August 29, 2017.

Participants: High Five Community Assessment Team

Physical Activity

Infrastructure

- New separated sidewalks coming along Hwy 95
- Community pool
- Hiking trails
- Golf course
- Parks
- Playgrounds
- Ball fields
- Small skate park
- Tennis courts
- River access

Programs and Events

- The Fair (4-H)
- Youth Soccer
- Youth sports Programs (BoCo Parks & Rec)
- 3 on 3 Basketball Tourney (BoCo Parks & Rec)
- 4th of July Celebration (BoCo Parks & Rec)
- Turkey Trot
- Polar Plunge
- Kayaking
- Biking
- Outdoor activity opportunities
- Annual equine trail challenge (open to all ages- Selkirk Valley Back Country Horsemen)
- Cooking and nutrition programs (4-H)
- Many food and health focused classes held monthly (U of I Extension)
- Free fishing day
- Kootenai River Days
- PE (BCSD)

- Health classes (BCSD)
- K-5 3x's daily recess (BCSD)
- Outdoor play areas (BCSD)
- Gym at all schools (BCSD)
- Extracurricular activities and co-curricular activities for students (BCSD)
- Nerf Wars (Boundary Co Library)
- JRR Tolkien Day Celebration (Boundary Co Library)
- Horse and animal projects (4-H)
- Village projects- work with kids from Hops Farm migrant workers during summer, a lot of physical activity (4-H)
- Day camps for 5-9year olds (4-H)
- Health Fair (BCH)
- Fun Run (BCH)
- Bike Rodeo (BCH)
- Free sports physicals (BCH)

Partners and Champions

- Active and engaged Mayor and City Council
- Active and engaged community and school district
- BEDC Bike and Trail Committee
- Kootenai Tribe of Idaho
- Selkirk Valley Back Country Horsemen
- Boundary Community Hospital- many staff are coaches for various sports teams; largest employer in the community
- University of Idaho Extension
- Hospital
- Schools
- Rotary
- FFA
- 4-H
- Chamber of Commerce
- City of Bonners Ferry
- Parks and Rec
- Boundary County Library
- US Forest Service

Policies

- Comprehensive Plan- opportunity for policy changes
- Future Bike/Ped Plan
- Updated Transportation Plan

Funding

- Community Block Grant opportunities
- High Five funding- leverage for other grants

Nutrition

Infrastructure

- GROW Community Garden
- Farmers market
- Farm to market grain mill
- BCH permaculture garden to feed hospital staff and residents
- Food bank
- Food truck
- High school greenhouse

Programs and Events

- Extension classes- canning, cooking, health, etc.
- Farm to Table Dinner
- Local farmers donate fresh produce for use at BCH
- BCH nursing home residents grow vegetables on their patios
- BCH Christmas tree to raise funds for BoCo Backpacks
- BoCo Backpacks supplemental weekend food for 160 children at Early Head Start, grade school and middle school
- K-5 students support the food bank before Thanksgiving
- 6-12 students Fill the Basket
- Katie Painter (U of I) map of local produce and where to buy

Partners and Champions

- GROW Community Garden
- University of Idaho Extension
- BCSD #101 Leadership Class
- Ministerial Association

Policies

- None listed

Funding

- None listed

Policy Review Summary

Purpose: To identify strengths and opportunities within existing municipal policies and plans within Bonners Ferry to improve access to healthy, affordable foods and opportunities for physical activity for youth and families.

Method: Spark! Strategic Solutions collected existing policies and plans from the City, and reviewed them using a framework modified from the ChangeLab Solutions Healthy Comprehensive Plan Assessment Tool.

Comp Plan Review Recommendations

Safe Routes to School

- Promote active transportation near schools
 - Encourage or set goals and policies to support safe routes to schools concepts such as educating children on safe walking/biking behaviors through events, increasing enforcement of unsafe driver behaviors, and improving infrastructure for people walking and biking near schools
- Promote partnerships/collaboration with the school district to promote active transportation and safe routes to schools

Green Streets

- Support street trees, landscaping, and/or storm water management systems
 - Establish strategies such as street design guidelines/low-impact development guidelines, zoning regulations, to increase the prevalence of street trees, landscaping, and/or green storm water management systems

Pedestrian Facilities and Design

- Encourage the development of a street network to include pedestrian-priority streets, areas, and/or corridors
 - Establish pedestrian-priority streets, areas, and/or corridors that support comfort and safety for people walking (e.g. speed limits 25mph or less, speed hump/bump/table, chicane, traffic circle/roundabout, mixed-use, neighborhood commercial, etc.) and commit to developing and maintaining a street network that includes pedestrian routes that link land uses (e.g. residential, employment, commercial, civic, parks, schools, etc.)
- Mention pedestrian-oriented land uses (e.g. housing types that accommodate a variety of incomes, mixed-use development, community activity centers, etc.)
 - Identify strategies to enhance safety and comfort for people walking through land use (e.g. revise zoning codes to establish pedestrian-oriented land uses)
- Encourage safety and access for people walking in parking areas
 - Establish strategies (e.g. reviewing and revising design guidelines and zoning codes, project review processes/checklists, etc.) to require amenities that enhance the safety and accessibility of people walking in and around parking lots and structures (e.g.

walking paths, pedestrian-oriented lighting, trees or other shade structures, landscaping and the orientation of parking behind the building)

- Establish strategies (e.g. reviewing and revising design guidelines and zoning codes, project review processes/checklists, etc.) to create pedestrian-oriented streets (e.g. short block lengths, sufficiently sized continuous sidewalks, highly visible crosswalks, mid-block crossings for longer blocks, pedestrian islands/refuge, bulb-outs, pedestrian countdown traffic signals, etc.)
- Considers safety and access of people walking, including children, seniors, people with disabilities, and transit-dependent populations
- Encourages a reduction in single occupancy vehicle trips
 - Establish specific strategies (e.g. transit-oriented developments, transit expansion, promote walking and biking, park and ride, carpool)
- Encourages Transportation Demand Management (e.g. shuttles, free transit passes, car share services, bike parking, etc.)

Bicycle Facilities and Design

- Encourage a connected bicycle network using a variety of bicycle infrastructure (protected bike lanes, buffered bike lanes, bike lanes, and bicycle boulevards)
 - Commit to the development of a connected bicycle network through specific strategies (e.g. designate a lead agency, require new development or redevelopment projects to include bicycle infrastructure, etc.)
- Encourage bike parking
 - Establish short and long-term bike parking requirements for development (specifies x amount of bike parking per x square feet), address design, security and protection from weather
- Address safety and access for people biking
 - Establish requirements for bike infrastructure, such as paths separated from traffic, bicycle traffic signals, bike boxes at intersections, green painted lanes, bicycle actuated signals, increase safety, access and comfort for people of all ages and abilities

Transit Friendly Design

- Encourage transit-friendly design
 - Establish street design guidelines with standards for transit access and use

Schools

- Encourage schools to locate in areas accessible by walking, biking and transit
 - Establish policies and plans to ensure schools are accessible to students and the community (e.g. Safe Routes To School programs, joint/shared use)
- Encourage supportive uses to locate near schools (e.g. parks, clinics, libraries, food outlets)
 - Establish “healthy schools zone” near schools, limiting uses with a detrimental effect on the health of children such as fast food, convenience stores, liquor stores, tobacco businesses, etc.

Parks, Open Space and Recreation

- Encourage equitable distribution of parks, open space, and/or recreation throughout the community
 - Establish a standard (e.g. all residents live within ½ mile of a park or open space) and prioritize the development of new parks in neighborhoods where there is a lack of facilities

- Encourage a diverse range of ongoing recreational programming throughout the community
 - Identify sustainable local funding for ongoing programming; designate a lead agency and/or partner agencies
- Encourage a variety of recreational facilities and establish an action plan to prioritize the development of diverse facilities in underserved areas
- Encourage a parks and rec system that provides a diverse range of active and passive recreation and open space opportunities for all neighborhoods
 - Require standards to provide adequate parks and recreation space (e.g. at least one park within ½ mile of residential developments; minimum of 5 acres of park per 1,000 residents)

Smart Growth

- Encourage health-promoting uses in mixed-use areas (e.g. school, health care, healthy food, employment)
 - Prioritize health-promoting uses in mixed-use zone areas through defined land use or economic development incentives (e.g. density bonuses, streamlined permitting, flexible and reduced parking requirements)
- Prioritize infill projects in locations/zones that are mixed-use, mixed-income, and/or transit oriented; provide specific land use and economic development incentives for attracting infill (e.g. density bonuses, financing infrastructure development, streamlined permitting)
- Encourage transit-oriented development (TOD) near and along high-frequency transit corridors

Agricultural Preservation and Local Food

- Encourage agricultural preservation
 - Commit to maintaining agricultural land with actions for doing so (e.g. agricultural zoning, green belt/urban growth boundary, land trust, easements, transfer of development rights)
- Support connection between local farms to local markets
 - Identify specific strategies to connect local farms to local markets (e.g. farm-to-institution programs, community supported agriculture, food hubs, local food purchasing by public agencies, small business support, grants/loans)
- Encourage urban agriculture
 - Allow urban agriculture activities in designated land use/zones (e.g. home gardens, community gardens, urban/retail farms); provide incentives (e.g. allow urban agriculture to count for open space requirements in new development)
- Support the development of new urban agriculture sites
 - Identify existing sites where urban agriculture is occurring; commit to establishing an inventory of potential sites
- Support equitable distribution of urban agriculture
 - Establish a performance standard target (e.g. provide one community garden of no less than 1 acre for every 2,500 households; prioritize underserved neighborhoods for new gardens)
- Encourage the city to support urban agriculture (e.g. offer staffing, tools, water, mulch, etc.)
 - Designate a lead agency or partner organization to work on urban ag

Farmers' Markets

- Encourage farmers' markets

- Establish farmers' markets as an allowed use in designated zones without a special permit
- Mention equitable access to farmers' markets
 - Establish a standard (e.g. 75% of residents live within 1 mile of a farmers' market); prioritize underserved neighborhoods for new markets
- Consider or recommend requiring EBT/WIC to be accepted at farmers' markets
 - Identify community outreach strategies (e.g. marketing, incentive/coupon programs)

Corner Stores, Grocery, and Supermarkets

- Encourage food retailers to offer healthy items
 - Include specific strategies for food retailers to offer healthy items (e.g. healthy retail certification program, healthy retailer licensing program)
- Encourage development of new healthy food retailers
 - Identify potential healthy food retail development sites; identify specific strategies for developing them (e.g. healthy food financing, performance zoning, business development support, streamlined permits)
- Mention equity in healthy food retail or related concepts (e.g. food deserts)
 - Establish an equity standard (e.g. 75% of residents will live within ½ mile of a healthy food retailer); prioritize underserved neighborhoods for new healthy retail food development
- Encourage transit agencies to coordinate routes to link residents to healthy food retail
 - Identify specific strategies for improving safe routes to like residents to healthy food retail (e.g. encourage transit coordination; identify priority pedestrian and bicycle routes to healthy food retailers; prioritize infrastructure improvements along these routes)

Restaurants

- Encourage restaurants to offer healthy items
 - Establish a healthy restaurant licensing or certification program, or offer specific incentives (e.g. performance zoning); require restaurants to offer healthy options through licensing or other regulations
- Consider addressing unhealthy food retail
 - Identify neighborhoods with an overconcentration of unhealthy food retailers (e.g. fast food, convenience stores); limit new fast food in areas near child-sensitive uses (e.g. schools, child care, playgrounds and in areas of overconcentration through zoning or licensing)

Emergency Food Assistance

- Encourage use and acceptance of food assistance (EBT and WIC) at retail food outlets
 - Include strategies to increase the number of retailers accepting food assistance (e.g. provide technical assistance to retailers)

Procurement and Purchasing

- Encourage healthy food on city-owned or operated property
 - Establish nutrition standards for vending and/or food served in public facilities
 - Encourage local food to be purchased for public facilities
- Encourage the provision of fresh, clean drinking water in indoor and outdoor public places
 - Include specific strategies for improving access to drinking water (e.g. developing a marketing campaign, installing bottle refilling stations)

Nutrition Education

- Encourage nutrition education
 - Identify partners and/or designate a lead agency to lead nutrition efforts; identify specific actions to take (e.g. sponsor or support nutrition education campaign, cooking classes, taste tests)

General Recommendations:

- Goal: Promote the consideration of health impacts associated with development projects during the permit review process. (See COMPASS design checklist)
Policy: Proposed development (residential, commercial, industrial or governmental) should be evaluated for potential health impacts in accordance with City policy and mitigation measures should be implemented, as feasible and appropriate.
- Nothing in the current plan refers to the food environment- zoning for retail food outlets (grocery, c-stores, food stands, and/or fast food), permitting or city support for farmers markets, preservation of farmland, city-supported efforts to keep local food localized, etc. Include the healthy food environment where applicable throughout the plan.
- No reference to a bike/ped plan and/or trail system plan; which could all be elements of the Comp Plan rather than stand alone documents. Weave concepts of active transportation, multimodal transportation considerations, walkability, bikability, and connectivity in throughout the plan as appropriate.
- Statement about municipal joint use agreements- allowing city property to be utilized for other community organizations at low or no cost for programs and activities that promote health and wellbeing

Ordinance Review

- No mention of required curb/gutter/sidewalks/green space for new developments
- No mention of garden space- public or residential
- No mention of bike facilities
- No mention of the sale of homemade foods, sale of fresh dairy/meat/produce- public health district food safety regulations
- Could have Complete Streets policy as ordinance or resolution
- Could have healthy city resolution or health in all policies resolution
- Didn't see any regulations for gardening and small-scale agriculture, either on city property or for backyard use aside from livestock counts per acre (i.e. what about roosters, bees, etc.)