

Background

The Longmont Area Comprehensive Plan presents a comprehensive view of the community, defining the visions of the City's future, and establishing general methods by which to realize those visions. This plan may be updated as the community's collective interests, desires, and vision evolve. The last major update occurred in 2003. Since that time, the City has continued to change. The concepts of sustainability, local agriculture, and active living, among other things, are now priorities for the community. The role of economic development is being refined and strengthened. Transportation priorities have shifted to include a greater emphasis on multi-modal planning.

At the 2009 City Council retreat, staff presented information on sustainability strategies for Longmont, which included updating the LACP; part of this discussion centered on local agriculture and active community environments. Active community environments are places where people can be physically active on a routine, daily basis. Based on the direction provided at the retreat, staff identified an opportunity to more prominently incorporate elements focused on community health into the LACP.

Public health and planning are inextricably linked; health concerns were the basis for many of the early planning regulations. Over time, the fields of planning and public health became more separated; however, recently, there has been a renewed interest in the relationship of the built environment and public health. Specifically, what are the health outcomes and effects of land use and transportation policies that are put into place in communities? This topic has gained much interest in the Longmont community as well as evidenced by increasing participation in community initiatives and programs like Livewell Longmont, Safe Routes to School, and the Longmont Farmers Market among others.

In August 2007, Longmont was one of 18 communities selected as a Pioneering Healthier Communities (PHC) community as part of the YMCA's and the Centers for Disease Control (CDC) national Activate America initiative. This initiative provided grant funding to mobilize and coordinate a community-wide effort to promote healthy eating and active living among people who live in Longmont.

Subsequent to being designated as a PHC community, Longmont was also selected as a Livewell Colorado community. Livewell communities work toward developing a collaborative and inclusive process for making increased physical activity and improved nutrition an accessible choice for all. Since being awarded a Planning and Mobilization Grant through Livewell in 2008, a vision, mission, goals and specific outcomes have been developed. Please see Attachment 1 for more detail on the vision, mission, and goals for Livewell Longmont.

In 2009 Livewell Longmont was awarded approximately \$150,000 to implement identified strategies aimed at meeting Livewell's goals. Strategy 2c was to

“Increase awareness of and access to active community environments and influence development in the City of Longmont.”

One of the planned implementation steps under this specific strategy was to support the City in reviewing the LACP and participate in updating the LACP to support healthy community outcomes.

More specific information about the Livewell Colorado and the Livewell Longmont initiative can be found at: <http://www.livewellcolorado.org/community-initiatives/livewell-colorado-communities/livewell-longmont>.

Updates to the Longmont Area Comprehensive Plan (LACP)

Included in Council's 2009 work plan were items related to updating the Comprehensive Plan and looking at local agriculture. In the summer of 2009, a working group formed to begin identifying recommendations to incorporate community health into the LACP. This working group consists of members of the Livewell Longmont Coalition, other interested residents, and City staff. The group has worked at a strategic level to identify core concepts that could be incorporated into the LACP to address healthy eating and active living at a community-wide level. These focus areas include:

- **Built & Natural Environment** (including land use and design)
- **Transportation** (including multi-modal transportation with an emphasis on active transportation and connectivity)
- **Food** (including local food production/distribution, accessibility and economic development)

In order to get additional input on these concepts and the general idea of including community health goals in the LACP, staff has scheduled a public open house. The open house will be held Wednesday, January 27, 2010 at the Longmont Senior Center from 6 p.m. to 8 p.m.

Staff will be sending notification of this meeting to interested members of the public via email in addition to advertising it on the City's website and in the paper. In conjunction with the open house, Livewell Longmont will be sponsoring a guest lecture immediately prior to the open house. An expert from Public Health Law & Policy (PHLP) will provide an overview on how communities can address community health through comprehensive planning. PHLP is a national expert in developing policies to support community health and well-being. Staff anticipates this lecture will provide valuable education on the topics of transportation, the environment and food policy.

Next Steps

Staff expects to get general and specific suggestions, comments, feedback and input concerning community health and the LACP at the January open house. This information will be used, in combination with research, best practices, and examples from other communities, to draft language for the LACP amendment.

Resources provided by the Livewell grant, will supplement and complement City staff resources by funding additional technical assistance provided by PHLP. The Planning for Healthy Places team at PHLP has extensive experience in land use and policy development as they relate to community health. PHLP is currently evaluating the LACP to identify opportunities for incorporating goals, policies and strategies aimed at increasing opportunities for health eating and active living. The information prepared by PHLP will be used in conjunction with work done by the City's working group and input from the public to prepare draft language that incorporates community health into the LACP. Once an initial draft is prepared, there will be additional

review and input from the public, the City working group, PHLP, as well as interested advisory boards. Staff anticipates bringing back a final recommendation to Council in early summer 2010.

ATTACHMENTS:

1. Livewell Longmont overview document

CC:

Planning & Zoning Commission
Parks & Recreation Advisory Board
Transportation Advisory Board

Vision

Longmont, Colorado – the healthiest community in the healthiest state.

Mission

LiveWell Longmont is a movement designed to ensure that healthy lifestyle choices are always available and convenient for all who work, live, play, and learn in our community.

Goals

1. In five years, LiveWell Longmont will increase the percentage of Longmont residents eating five fruits and vegetables each day from 42% to 62%.
2. In five years, there will be a 25% increase in the number of people in Longmont who incorporate biking, walking, and other physical activity into daily life.
3. In the area of physical activity and nutrition, in five years, Longmont will be a highly informed community, leading to healthy lifestyles.
4. LiveWell Longmont will be a sustainable community movement with the diverse resources and capacity necessary to accomplish our goals.

Goal 4 maintains a unique role for LiveWell Longmont, as this is the development of our coalition, considered a priority by our Steering Committee, and a way to achieve Goals 1 – 3.

Uniting our vision, mission, and goals through the formation and development of the LiveWell Longmont Coalition, we will work to *inspire* the people of Longmont to make healthier choices supported through the environment in which they are a part.

Goal 1: In five years, LiveWell Longmont will increase the percentage Longmont residents eating 5 fruits and vegetables each day from 42% to 62%.

<i>Strategy</i>	<i>2009 Strategy</i>	<i>Task Force Responsible</i>	<i>Amount Allocated to Strategy</i>
1A	Partner, assist and provide technical assistance within the St. Vrain Valley School District elementary schools to increase the number of children who consume the recommended servings of fruits and vegetables each day.	Schools	\$16330 (\$2000 Match from City of Longmont)
1B	Annual Objective: Conduct a Food Systems Assessment to gauge need and interest around where to build community gardens, and to understand the best ways to ensure better access to fruits and vegetables in Longmont.	Community/Schools	\$9020 (\$2000 Match from City of Longmont)

Goal 2: In five years, there will be a 25% increase in the number of people in Longmont who incorporate biking, walking, and other physical activity into daily life.

<i>Strategy</i>	<i>2009 Strategy</i>	<i>Task Force Responsible</i>	<i>Amount allocated to Strategy</i>
2A	Facilitate adoption of a comprehensive worksite wellness program utilizing WELCOA principles among six employers in Longmont.	Worksite	\$20526 (\$2000 Match from City of Longmont)
2B	Identify and eliminate barriers to a comprehensive Safe Routes to Schools (SRTS) Program in St. Vrain Valley School District elementary schools.	Schools/Community	\$3300 (\$2000 Match from City of Longmont)
2C	Increase awareness of and access to active community environments and influence development in the City of Longmont.	Community/Schools	\$10450 (\$2000 Match from City of Longmont)

Goal 3: In the area of physical activity and nutrition, in five years, Longmont will be a highly informed community, leading to healthy lifestyles.

	*This goal is integrated in building our community capacity through coalition development, as well as each strategy identified for Goals 1 and 2. At this time, there are no separate strategies associated with this goal. This provides a cross-cutting approach to the action plan.	All	
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LiveWell Longmont 2009 Meeting Dates

	Coalition Meeting	Community Task Force	School Task Force	Worksite Task Force	Healthcare Task Force
Day	Fourth Thursday of every other month (March, May, July, September) <i>Exception:</i> November 19	Second Wednesday of the Month – Quarterly (July 2009, October 2009, January 2010, April 2010)	First Thursday of the Month	Second Thursday of the Month	To Be Determined in 2010
Time	11:30 AM – 1:00 PM	11:45 AM – 1:00 PM	11:45 AM – 1:00 PM	7:45 – 9:00 AM	
Location	Varies	Twin Sisters Room 385 Kimbark	BOCES 830 South Lincoln Conference Room D	Longmont United Hospital	
Special Working Group Areas	Not Applicable	<ul style="list-style-type: none"> Longmont Area Comprehensive Plan (LACP) Update Community Gardens Safe Routes to School 	<ul style="list-style-type: none"> Safe Routes to School School Gardens Comprehensive School Wellness Grants 	<ul style="list-style-type: none"> Worksite Wellness Networking Group Worksite Wellness Grants 	
Purpose	Provides an overview of all LiveWell Longmont Activities occurring in Task Forces; Provides direction for the coalition	Action oriented group whose responsibility is to complete our strategies for the year	Action oriented group whose responsibility is to complete our strategies for the year	Action oriented group whose responsibility is to complete our strategies for the year	
Who should attend?	Supporters of LiveWell Longmont and/or those looking to learn more	Individuals interested in being an <i>active</i> participant in the community sector	Individuals interested in being an <i>active</i> participant in the school sector	Individuals interested in being an <i>active</i> participant in the worksite sector	

For more information please contact:
Melissa Trecoske Houghton, LiveWell Longmont Manager
mhoughton@longmontymca.org or 720.652.4721