SOUTH CAROLINA
HEALTH + PLANNING TOOLKIT

A HEALTHY EATING AND ACTIVE LIVING POLICY GUIDE

dhec
Healthy People. Healthy Communities.

eat smart move more
SOUTH CAROLINA

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How to use this Toolkit

This toolkit is a compilation of information about planning and public health in South Carolina. While the focus in on comprehensive plans, the toolkit can also be used more broadly to help develop public policy related to planning and public health for a wide range of planning projects. The overall goal is to provide a policy resource to understand, evaluate, and impact local planning policy in South Carolina.

The sections that follow provide an overview for how different stakeholders can use this toolkit, how the toolkit can be used to evaluate plans, and a summary of how the toolkit is organized. For more detailed information about specific topics, see the Table of Contents or the appropriate chapter.

Toolkit Users

This toolkit was developed to meet the needs of a variety of interested users. This diagram can be used to help you find your starting point.

I AM A ...

Planner/Engineer/Designer for a Local Government

Public Health Professional

Elected Official

Advocate/Interested Citizen

HOW CAN I USE THIS TOOLKIT?

YOU LIKELY KNOW ABOUT THE PLANNING REQUIREMENTS IN SOUTH CAROLINA.

If you need a refresher, see the *Planning Requirements in South Carolina* chapter. Otherwise, you may want to go directly to the *Healthy Eating and Active Living Policy Guide* chapter or the *Resources* chapter.

YOU LIKELY HAVE A GOOD UNDERSTANDING OF PUBLIC HEALTH AND THE BUILT ENVIRONMENT, BUT DON'T HAVE A STRONG UNDERSTANDING OF COMMUNITY PLANNING AND THE PLANNING REQUIREMENTS IN SOUTH CAROLINA.

Start with the *Planning Requirements in South Carolina* chapter and then move on to the *Healthy Eating and Active Living Policy Guide*.

YOU ARE A LEADER IN YOUR COMMUNITY, PROVIDE DIRECTION TO GOVERNMENT STAFF, AND HELP MAKE POLICY DECISIONS.

If you want to know more about the connection between community planning and public health, see the *Why Public Health and Planning are Important in South Carolina* chapter. Beyond the importance of the topic, you can use the *Planning Requirements in South Carolina* and *Healthy Eating and Active Living Policy Guide* chapters to lead public discussion and direct staff to guide policy development in your community.

YOU CARE ABOUT THE HEALTH OF YOUR COMMUNITY BUT DON'T KNOW MUCH ABOUT THE COMMUNITY PLANNING PROCESS OR PUBLIC HEALTH.

Start at the beginning with the *Why Public Health and Planning are Important in South Carolina* and *Planning Requirements in South Carolina* chapters. You can use the *Healthy Eating and Active Living Policy Guide* and *Resources* chapters to learn about specific planning and public health topics or where to find more information about a particular topic.

Plan Review Process

Every community in South Carolina is required to have a comprehensive plan adopted by their county, municipality, or both. Additionally, some communities have additional plans that they have adopted to guide decision-making. This toolkit is primarily focused on reviewing comprehensive plans, but it can also be used to assess other plans too.

Below is a diagram of the general process you can use to review your community's comprehensive plan or other plans. The exercise can help you and others understand how planning decisions impact public health and how plan updates or new plans can integrate public health analysis, goals, and action items.

01

Get Your Plan

Every county and local government has an adopted comprehensive plan.

Contact your county or municipal planning or public works department to get a copy.

02

Review and Score

Review your comprehensive plan using the metrics used in this toolkit.

See the *Healthy Eating and Active Living Policy Guide* chapter for details about how to review and score your plan.

03

Analyze and Identify Areas for Improvement

Use your own data or information from the *Resources* chapter to analyze your community, set goals, and identify geographically where to take action.

Use the *Healthy Eating and Active Living Policy Guide* chapter to craft goals, policies and action steps that are appropriate for your community's needs.

04

Collaborate

Work with stakeholders that have an interest in healthy eating and active living in your community. Key groups include government departments, such as health departments or planning departments, non-profit or advocacy groups, elected officials, and business groups.

Work with your locally developed planning process to update plans or create new ones that focus on healthy eating and active living.

Document Organization

This document is organized to provide a variety of information related to community planning and public health. If this is your first time learning about these topics, start at the beginning of the toolkit. If you are familiar with community planning and public health in South Carolina, find the specific section you need. The intent is that this toolkit can serve as an introduction to new topics as well as a reference resource. The diagram below provides a visual summary of the "tools," or chapters, included in the document.

South Carolina Health + Planning Toolkit

PP **5-11**

How to use this Toolkit

Provides an overview of ways people can use this toolkit.

PP **13-17**

Why Public Health and Planning are Important in South Carolina

Provides an introduction to the connection between community planning and public health.

PP 19-23

Planning Requirements in South Carolina

Provides an overview of planning laws and requirements in South Carolina.

Provides a summary of common elements of Comprehensive Plans.

PP 25-87

Healthy Eating and Active Living Policy Guide

Provides information about how to analyze a comprehensive plan.

Provides information about specific topics related to healthy eating and active living policy.

Provides checklists to use to assess your comprehensive plan or other policy document.

PP 89-91

Resources

Provides an introductory list of funding, organizational, and data resources that can help you focus on healthy eating and active living.

Why Public Health and Planning are Important in South Carolina

Comprehensive plans are an important tool used by local governments to make decisions about future development. In South Carolina, comprehensive plans are required by state law and help local governments define their vision for future growth and change. Because of the broad nature of comprehensive plans and their universal requirement in South Carolina, the potential exists to provide a consistent policy document to evaluate how local governments are incorporating a variety of community factors into their decision-making related to private development and public infrastructure and services. This toolkit focuses on how planning decisions can impact public health and, in particular, how planning decisions impact healthy eating and active living.

While health-specific policy in South Carolina comprehensive plans is not required, many of the required elements directly impact public health. Site design and locations for private developments, schools, and recreation facilities, such as parks, can impact how easy, safe, and convenient it is to walk or bike for transportation or recreation. Likewise, land use policy can influence how easily people have access to healthy food options or how effectively land for agricultural purposes is preserved, promoted, and valued. Local policy decisions that rely on a comprehensive plan can, and do, impact public health.

The facts and figures on the subsequent pages present some of the state trends associated with healthy eating and active living in South Carolina.

South Carolina is a state in need of improved health, particularly related to diet and physical activity. Overall, South Carolina…

Ranks in the bottom 10 states in the US for overall health (43rd) as of 2013.

Has one of the highest rates of diabetes at 11.6% of the adult population.

Ranks 43rd in the country for **levels of physical activity**.

Source: United Health Foundation, America's Health Rankings 2013

Healthy Eating in South Carolina

Healthy eating and its impact on health is influenced by a variety of factors including personal choices and genetic history as well as community factors such as where food is grown and where people can purchase fresh produce.

Overall as a state, South Carolina is experiencing increasing levels of obesity and diet-related chronic diseases such as heart disease and diabetes. Below is a snapshot of South Carolina facts related to diet and obesity.

Healthy Eating is the production, process, distribution, access, and consumption of food that limits the risk of diet-related chronic diseases such as obesity, diabetes, and heart disease.

DIET-RELATED TRENDS FOR ADULTS

In 2012, three of every five (63%) adults in South Carolina were either **overweight or obese.** [1]

90.7%
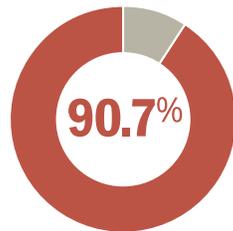
90.7 percent of adults **did not meet the fruit and vegetable recommendation** of consuming both two or more fruits per day and three or more vegetables per day. [1]

Source: CDC 2009 State Indicator Report

DIET-RELATED TRENDS FOR HIGH SCHOOL STUDENTS

In 2011, 29.6 percent of South Carolina high school students were **overweight or obese.** [1]

92.2%
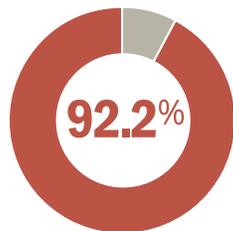
92.2 percent of high school students **did not meet the fruit and vegetable recommendation** of consuming both two or more fruits per day and three or more vegetables per day. [1]

[1] *2011 South Carolina Obesity Burden Report. 2012. South Carolina Department of Health and Environmental Control.*

ECONOMIC IMPACT OF HEALTH TRENDS

30% HIGHER COSTS

Individuals with a Body Mass Index, or BMI, greater than or equal to 30 accrued costs approximately **30 percent higher** than their peers with a BMI of less than 25. [1]

$1.06 BILLION

In South Carolina, the obesity-attributable medical expenditures were estimated at **$1.06 billion** in 2003. More than half of these expenses were paid by taxpayer dollars through Medicaid and Medicare programs. [1]

$1,505 DOLLARS PER ADULT

In 2009, it is estimated that $1.2 billion dollars were spent due to obesity in South Carolina, with the projected increase to $5.3 billion dollars in 2018 or about **$1,505 dollars per adult** in South Carolina. [1]

$3 BILLION

If South Carolina were to halt the increase in the prevalence of obesity at today's (2011) levels, we could **save $858 per adult** in 2018, a total of **$3 billion**. [1]

$169 DOLLARS PER TAXPAYER PER YEAR

South Carolina spends **$169 dollars per taxpayer per year** on obesity-related costs. [2]

$86 MILLION DOLLARS PER YEAR

South Carolina could save **$86 million dollars per year** if 1 in 10 adults started a walking program. [2]

$1.2 BILLION OF NEW FARM INCOME

If each South Carolina resident purchased an additional $5 of food each week directly from some farm in the state, **$1.2 billion of new farm income** would be generated. [3]

FOOD ACCESS

GROCERY STORE | **FAST FOOD OUTLET**

The Retail Food Environment Index (RFEI) is a ratio describing the abundance of healthy food outlets in relation to unhealthy food outlets in a given area. South Carolina's RFEI is 5.9, meaning that **on average for every grocery store within the state, there are almost 6 fast food outlets or convenience stores.** [1]

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[1] *2011 South Carolina Obesity Burden Report. 2012. South Carolina Department of Health and Environmental Control.*

[2] *2012 Benchmarking Report: Bicycle and Walking in the United States. 2012. Alliance for Walking and Biking.*

[3] *Making Small Farms into Big Business: A plan for infrastructure investments to connect small farms in South Carolina to local markets. 2013. Crossroads Resource Center.*

Active Living in South Carolina

The opportunity to walk or bike for transportation or recreation as part of a daily routine is important for personal and community health. Walking and biking should also be a safe and convenient way to get around one's neighborhood or area of work. The benefits of incorporating these activities into daily routes include increased physical activity, connection to the outdoors and one's community, and opportunities to socialize, among others.

Overall as a state, South Carolina ranks low in terms of physical activity rates and levels of walking and biking relative to other states. Below is a snapshot of South Carolina facts related to active living.

Active Living is a way of life that integrates physical activity, such as walking and biking, into daily routines.

PHYSICAL ACTIVITY: ADULTS & HIGH SCHOOL STUDENTS

25.1%

56.6%
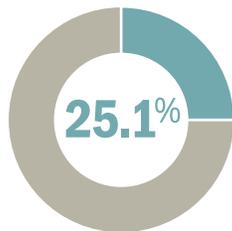
In 2012, **25.1 percent** of South Carolina adults engaged in **no leisure-time physical activity.** [1]

In 2011, **56.6 percent** of South Carolina high school students were **not physically active** at least 60 minutes per day on five or more days. [1]

ACTIVE TRANSPORTATION FUNDING

0.6%

South Carolina spends just **0.6 percent of its federal transportation dollars on biking and walking**, ranking 46th among states for investing in biking and walking. [2]

[1] *2011 South Carolina Obesity Burden Report. 2012. South Carolina Department of Health and Environmental Control.*

[2] *2012 Benchmarking Report: Bicycle and Walking in the United States. 2012. Alliance for Walking and Biking.*

ACTIVE TRANSPORTATION RATES

#44

In 2012, South Carolina ranked **#44** nationwide on its **bicycling and walking levels.** [2]

1.9%

The share of **commuters who walk to work** in South Carolina in 2012 was **1.9 percent** (58% male and 42% female). The national average was 2.9%. [2]

0.2%

The share of **commuters who bike to work** in South Carolina in 2012 was **0.2 percent** (79% male and 21% female). The national average was 0.5%. [2]

ACTIVE TRANSPORTATION FACILITIES & PLANNING

68% OF RESIDENTS DON'T HAVE SIDEWALKS
In 2009, **68 percent** of South Carolina residents report **no sidewalks** in their neighborhood. [1]

TRAIL PLANNING
South Carolina has adopted a **state level Trails Master Plan.** [2]

COMPLETE STREETS
South Carolina has adopted a **Complete Streets policy.** [2]

14% SRTS PARTICIPATION
South Carolina has a full time Safe Routes to School (SRTS) coordinator. **14 percent** of state schools are **participating in SRTS programs.** [2]

ACTIVE TRANSPORTATION SAFETY

#49
BICYCLING SAFETY

10.3%
1.6%

11.9%
TRAFFIC-RELATED FATALITIES

South Carolina ranks **49th** among states for **bicycling safety**. [2]
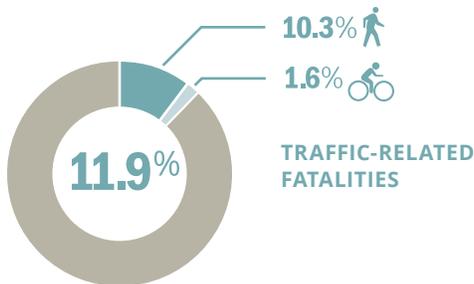
While 2.1 percent of work trips in South Carolina are by bicycle or on foot, bicyclists and pedestrians account for **11.9 percent of traffic fatalities** in the state. [2]

The percent of total **traffic-related fatalities that are pedestrians** in South Carolina is **10.3%** (5% under 16 years old and 11% over 65). [2]

The percent of total **traffic related fatalities that are bicyclists** in South Carolina is **1.6%** (9% under 16 years old and 9% over 65). [2]

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[1] *2011 South Carolina Obesity Burden Report. 2012. South Carolina Department of Health and Environmental Control.*

[2] *2012 Benchmarking Report: Bicycle and Walking in the United States. 2012. Alliance for Walking and Biking.*

Planning Requirements in South Carolina

Comprehensive planning by local governments in South Carolina is required by state legislation. Comprehensive plans are developed and administered by municipal or county planning commissions which are created by local ordinance. Additionally, comprehensive plans are adopted by the governing body of a local government and must be reviewed and updated periodically.

Under the enabling legislation, comprehensive plans must address elements that promote, among other items, public health and safety. Comprehensive plans are implemented by a variety of land development regulations and comprehensive plan policies. Comprehensive plan policy that addresses public health can be used to support decisions about private development and public infrastructure and services. Additionally, it can be used to support changes to implementation measures, such as zoning or a capital improvements program.

The information in this chapter summarizes the planning requirements in South Carolina as well as the basic administrative procedures to implement planning requirements in the state.

OVERVIEW OF COMPREHENSIVE PLANNING IN SOUTH CAROLINA

In South Carolina, the authority for local governments to undertake planning and to adopt zoning and land development regulations is granted by the General Assembly. The General Assembly authorized municipal planning and zoning in 1924 and county planning in 1942.

In 1994, the Local Government Comprehensive Planning Enabling Act replaced the 1967 Act and repealed all of the above statutes. The 1994 act required all local comprehensive plans and zoning and land development ordinances to conform to the 1994 act by December 31, 1994. The 1994 Act, with subsequent amendments, is codified at S.C. Code Title 6, Chapter 29.

To begin comprehensive planning in South Carolina, local governments must establish a local planning commission. Planning commissions are created by ordinance with the duty to engage in a continuous planning program for the physical, social and economic growth, development, and redevelopment of the area within its authority. A municipal planning commission may exercise the powers in the 1994 Act in the entire area within its corporate limits, and a county has the flexibility to exercise these powers in the total unincorporated area or in the specifically designated parts, such as a joint planning commission that covers the incorporated and unincorporated areas within a county.

State Legislation Enables ...

PLANNING

Comprehensive Plan

Must be reviewed every five years

Must be completely updated every ten years

IMPLEMENTATION

Zoning ordinances

Regulations for the subdivision or development of land

An official map and appropriate revisions showing the exact location of existing or proposed public streets, highways, utility rights-of-way, and public building sites

Landscape ordinance

Capital improvements program

Policies and procedures to implement the adopted comprehensive plan elements

Planning Commissions

Specific planning activities that a planning commission may exercise under the 1994 Act include the preparation and periodic revision of plans as well as implementation measures including the following:

» **Zoning ordinances**

» **Regulations** for the subdivision or development of land

» **An official map and appropriate revisions** showing the exact location of existing or proposed public streets, highways, utility rights-of-way, and public building sites.

» **Landscape ordinance**

» **Capital improvements program**

» **Policies and procedures** to implement the adopted comprehensive plan elements.

In South Carolina, comprehensive plans must be reviewed every five years and updated every ten years.

Updating Comprehensive Plans

Comprehensive plans in South Carolina can be amended at any time by the planning commission. However, they must be updated at a minimum according to the following timeframes:

» **Five Year Review** – A planning commission must re-evaluate the comprehensive plan elements at least every five years.

» **Ten Year Update** – A planning commission must update all elements of a comprehensive plan at least every ten years. The new comprehensive plan must be prepared and recommended by the planning commission and adopted by the governing body of the local government, or governments, depending on the jurisdictional coverage of the planning commission.

Elements of a SC Comprehensive Plan

Comprehensive plans in South Carolina have, at a minimum, nine elements. These elements include:

» **Population Element**
» **Economic Development Element**
» **Natural Resources Element**
» **Cultural Resources Element**
» **Community Facilities Element**
» **Housing Element**
» **Land Use Element**
» **Transportation Element**
» **Priority Investment Element**

9

Number of required elements of a comprehensive plan in South Carolina

These nine elements and any additional elements in the comprehensive plan must be designed to promote public health, safety, morals, convenience, prosperity, or the general welfare, as well as the efficiency and economy of its areas of concern.

Additionally, the structure of the comprehensive plan and its elements must include, at a minimum the following items:

» **Inventory of Existing Conditions**
» **A Statement of Needs and Goals**
» **Implementation Strategies with Time Frames**

These items are used to identify current conditions and projected needs for each element, establish goals to work towards, and establish steps that, when implemented, will help the local government achieve its goals.

Comprehensive Plan Policy Continuum

Comprehensive plan policy can vary from broad, long-term statements such as vision statements to very specific statements related to action items. Healthy eating and active living policy can be incorporated into all elements of a comprehensive plan. Below is a summary of comprehensive plan policy continuum.

COMPREHENSIVE PLAN POLICY CONTINUUM	
VISION STATEMENT	Broad statement about the long-term outcome for a community. Often this statement describes how a community will look, feel, and function ten or more years in the future. *Example: The city/county will be a community where residents enjoy a great quality of life with access to healthy, locally grown food and the ability to walk and bike to destinations in their neighborhood.*
GOALS	Broad outcomes (which can be supported by an evidence-based rationale) to be achieved by implementing the general plan. *Example: The city/county will support access to healthy food options. The city/county will create streets and neighborhoods that are walkable and bikeable.*
OBJECTIVES	Outcomes, more specific than goals, describing an (ideally measurable) end state. *Example: Ensure sidewalks are safe, connected, and well-maintained.*
POLICIES	Statements that set out standards and guidelines to inform decisions made by city staff, the planning commission, and local elected officials on an ongoing basis. *Example: Prioritize filling gaps between sidewalks so that the city/county has a complete and connected sidewalk network.*
STANDARDS/ TARGETS	Numeric objectives that define a desirable level or value of an indicator. (Standards can also serve as policies.) *Example: All households are within a ten-minute bike ride of a park.*
PLANS/ PROGRAMS/ ACTIONS	Governmental actions taken in pursuit of a goal. *Example: Adopt a farmers' market ordinance to support and encourage neighborhood markets that sell fresh, locally-grown produce and value-added products.*
INDICATORS/ BASELINES/ BENCHMARKS	Measurable ways to assess progress toward a goal. (A baseline provides a current measurement of a given indicator against which future progress can be measured; a benchmark sets a target for the indicator as the general plan's goals and policies are implemented.) *Example: Currently there is one farmers' market in the city/county. Implementation of this plan will strive to ensure that there are five farmers' markets in the city/county within five years.*

Source: ChangeLab Solutions. (2012). Healthy Planning Policies: A Compendium from California General Plans.

Healthy Eating and Active Living Policy Guide

The policy guide is organized to present policy information about a variety of topics related to healthy eating and active living. Additionally, analysis of existing comprehensive plans is included to identify current trends related to healthy eating and active living in South Carolina comprehensive plans.
The analysis, combined with the best practices and policy checklist, provide planners, local officials, and community leaders with resources to incorporate health policy into the planning process at the local level.

THE POLICY GUIDE IS ORGANIZED INTO THREE SECTIONS INCLUDING:

(1) **Comprehensive Plan Evaluation Process** - Provides an overview of the analysis and scan of a select number of South Carolina Comprehensive Plans.

(2) **Healthy Eating Policy Guide** - Provides details about healthy eating topics and associated policy best practices.

(3) **Active Living Policy Guide** - Provides details about active living topics and associated policy best practices.

Collectively, each of these sections provides an assessment of existing practice and presents best practices to help local communities address the environmental factors that influence healthy eating and active living.

Comprehensive Plan Evaluation Process

A sample of comprehensive plans was evaluated for this project to analyze overall trends and policy best practices related to public health and comprehensive plans. Of the 46 counties in South Carolina, 11 county comprehensive plans were selected based on their geography and other characteristics, such as population size and the extent of rural and urban coverage. The comprehensive plan selection process is summarized in the subsequent subsection of this chapter.

The comprehensive plans were analyzed using two public health themes: healthy eating and active living. For the purposes of this analysis, healthy eating is defined as the production, process, distribution, access, and consumption of food that limits the risk of diet-related chronic diseases such as obesity, diabetes, and heart disease. Likewise, active living is defined as a way of life that integrates physical activity, such as walking and biking, into daily routines. Policy indicators were identified, developed, and used to score each of the selected comprehensive plans. The health policy indicators and scoring criteria are also summarized in the subsequent subsections of this chapter.

Scoring Criteria

The scoring criteria used for this effort is from the American Planning Association's (APA) publication *Healthy Planning: An Evaluation of Comprehensive and Sustainability Plans Addressing Public Health*. The publication is a best practice tool for evaluating comprehensive plans and the scoring criteria used for the APA analysis was used for this analysis.

The scoring criteria address whether a public health indicator is present and, if it is, how explicitly the indicator is addressed or how specific or action-oriented the policy is stated. Below is a summary of the criteria.

- » **0** – Indicator is absent from the plan
- » **1** – Indicator is present but limited in scope
- » **2** – Indicator is present, comprehensive and/or specific

There are some limitations to using these scoring criteria. Comprehensive plans have many different components and policy elements that vary in specificity. A vision statement or goals can be very broad in scope and specificity. Likewise, action statements can be very narrow and specific in focus. Each level of policy in a comprehensive plan serves an important purpose in defining the overall policy intent of a comprehensive plan. For the purposes of the analysis, the entire comprehensive plan and all of its policy elements were assessed on how comprehensively or specifically the indicators were presented.

Healthy eating is defined as the production, process, distribution, access, and consumption of food that limits the risk of diet-related chronic diseases such as obesity, diabetes, and heart disease.

Active living is defined as a way of life that integrates physical activity, such as walking and biking, into daily routines.

Comprehensive Plan Selection

The 11 plans selected for review are intended to serve as a representative sample of South Carolina's county comprehensive plans. The intent of selecting these plans is to reflect the current "state of the practice" of incorporating health principles into comprehensive plans in South Carolina.

The following is a list of characteristics used to identify the 11 comprehensive plans reviewed.

» Geographic region (based on Department of Health and Environmental Control (DHEC) regions)
» Population size
» Target community (as identified by the project advisory committee)
» Evidenced public sector/policy support for healthy lifestyles
» Active Eat Smart Move More (ESMMSC) local coalition
» Significant healthy eating or active living community-based programs

The final selection was confirmed by the project advisory committee established for this project by ESMMSC and DHEC.

The table below lists the 11 county comprehensive plans reviewed. The table provides further information regarding the characteristics that make each county suitable for comprehensive plan review.

County Comprehensive Plans Reviewed

County	DHEC Region	Population Size	Target Community	Public Sector Support	ESMMSC Local Coalition	Community Programs
Aiken	Midlands	51,000-199,000 (160,099)		x	x	
Bamberg	Lowcountry	0-50,000 (15,987)	x			
Beaufort	Lowcountry	51,000-199,000 (162,233)		x		
Charleston	Lowcountry	300,000+ (350,209)		x	x	
Colleton	Lowcountry	0-50,000 (38,892)	x		x	x
Fairfield	Midlands	0-50,000 (23,956)	x		x	
Florence	PeeDee	51,000-199,000 (136,885)				x
Greenville	Upstate	300,000+ (451,225)				x
Horry	PeeDee	200,000-299,000 (269,291)		x	x	
Spartanburg	Upstate	200,000-299,000 (284,307)				x
York	Midlands	200,000-299,000 (226,073)		x	x	

Overall Assessment of Comprehensive Plans in South Carolina

During the review process, several key themes were identified. These key findings relate to overall comprehensive planning and public health policy in South Carolina, as well as specific policy related to healthy eating and active living.

OVERALL TRENDS

(1) **Comprehensive plans are oriented towards private development and public infrastructure and services.** Comprehensive plans are primarily focused on future growth, development and economic development. When they do focus on health-related topics, it is often done indirectly and not explicitly.

(2) **References to public health are often related to public safety.** When public health is referenced in comprehensive plans, it is often related to public safety services, such as police and fire services.

(3) **Metrics and action items related to public health in comprehensive plans are rarely, if ever, stated.** Action steps with performance metrics or goals related to healthy eating or active living are severely lacking in comprehensive plans. Without specific action items to guide implementation efforts, it will be difficult to track policy performance over time.

(4) **Access to and understanding of health data may be a limiting factor for public health policy in comprehensive plans.** Health data related to healthy eating and active living is not incorporated well into comprehensive plans and most often is not included as part of the data collection and analysis elements of the plan. Improving access and understanding of health-related data could improve public health policy in comprehensive plans.

(5) **Local governments are not reviewing and updating their comprehensive plans consistently.** Access to comprehensive plans and their adoption information varies greatly. Additionally, local governments are not consistently reviewing and updating their comprehensive plans in line with state requirements.

OVERALL PUBLIC HEALTH POLICY TOPIC PRESENTATION

Is public health explicitly addressed in the comprehensive plan vision statement or introduction?
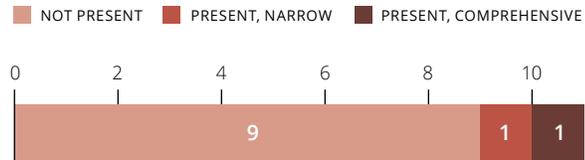
9 | 1 | 1

Is improving nutrition explicitly addressed in the comprehensive plan vision statement or introduction?

11

Is improving active living explicitly addressed in the comprehensive plan vision statement or introduction?

4 | 6 | 1

OVERALL HEALTHY EATING POLICY TOPIC PRESENTATION

Explicitly identifies improved nutrition, healthy eating or healthy food access, or reduction of chronic diseases related to poor nutrition

11

Explicitly discusses how the built environment can affect the availability of and access to healthy foods and the subsequent impact on public health

11

Uses imagery, particularly maps, to convey information about the distribution of resources related to healthy eating/healthy foods

11

Uses public health data and statistics as it relates to healthy eating or the current distribution and accessibility of healthy foods

11

OVERALL ACTIVE LIVING POLICY TOPIC PRESENTATION

Explicitly identifies improved physical activity, active transportation, and/or active living for public health
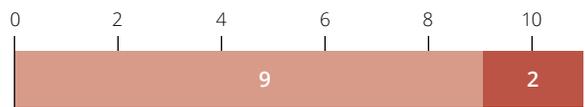
9 | 2

Explicitly discusses how the built environment can affect the availability of and access to opportunities for physical activity and the subsequent impact on public health

10 | 1

Uses imagery, particularly maps, to convey information about the distribution of resources related to active living

5 | 4 | 2

Uses public health data and statistics as it relates to active living or the current distribution and accessibility of opportunities for physical activity

11

COMPREHENSIVE PLAN CHECKLIST FOR HEALTH AND PLANNING

Overall Assessment

☐ Does your comprehensive plan's vision statement or introduction include explicit references to public health, healthy eating, or active living?

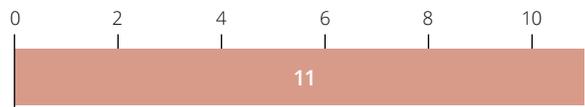☐ Is improving nutrition explicitly addressed in your comprehensive plan's vision statement or introduction?

☐ Is improving active living explicitly addressed in your comprehensive plan's vision statement or introduction?

Healthy Eating

☐ Does your plan explicitly identify nutrition, healthy eating or healthy food access, or reduction of chronic diseases related to poor nutrition?

☐ Does your plan explicitly discuss how the built environment can affect the availability of and access to healthy foods and the subsequent impact on public health?

☐ Does your plan use imagery, particularly maps, to convey information about the distribution of resources related to healthy eating/healthy foods?

☐ Does your plan use public health data and statistics as it relates to healthy eating or the current distribution and accessibility of healthy foods?

Active Living

☐ Does your plan explicitly identify physical activity, active transportation, or active living improvements for public health?

☐ Does your plan explicitly discuss how the built environment can affect the availability of and access to opportunities for physical activity and the subsequent impact on public health?

☐ Does your plan use imagery, particularly maps, to convey information about the distribution of resources related to active living?

☐ Does your plan use public health data and statistics as it relates to active living or the current distribution and accessibility of opportunities for physical activity?

Introduction

Policy Guide for Healthy Eating

There have been significant changes in local and global food systems in past decades, which have contributed to dietary changes for many Americans. Public health experts are concerned about these changes. The average American is at risk for preventable chronic diseases associated with consuming excess calories, inadequate consumption of fruits, vegetables, whole grains, and some micronutrients, and overconsumption of added products such as refined sugar and preservatives. Many of the changes to the food system have roots in changes related to urbanization and industry as well as corresponding changes in how land is developed, how people work and live, where people shop, and how food prices are established.

Within the comprehensive planning process, access to healthy food may be affected by a variety of policy topics such as land use, transportation, natural resources and environment, housing and community development, agriculture, economic development, and community facilities such as parks or municipal buildings. Planning can also help determine whether healthy food is more readily accessible in some areas or for some residents, or whether all residents have easy access.

These policy topics are presented on the subsequent pages:

» *Food Production*

» *Food Processing*

» *Food Distribution*

» *Food Access and Consumption*

» *Implementation/ Evaluation*

ADDITIONAL RESOURCES

Kimberley Hodgson. (2012). *Planning for Food Access and the Community-Based Food System: A National Scan and Evaluation of Local Comprehensive and Sustainability Plans.* American Planning Association, Planning and Community Health Research Center.

Rebecca Flournoy. (2011.). *Healthy Food, Healthy Communities.* PolicyLink.

Mary Story, Karen M. Kaphingst, Ramona Robinson-O'Brien, and Karen Glanz. (2008). Creating Healthy Food and Eating Environments: Policy and Environmental Approaches. *Annual Review of Public Health, 29*, 253-272.

U.S. Department of Agriculture and U.S. Department of Health and Human Services. (2010). *Dietary Guidelines for Americans*, 2010 (7th Edition). Washington, DC: U.S. Government Printing Office. Accessed from http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf

Policy Guide for Food Production

Food production includes commercial farms in rural or urban settings, and non-commercial food gardens on private or shared/leased property. Produce can include fruits, vegetables, nuts, eggs, milk, and meat. In urban areas, which should be defined by the comprehensive plan, there may be restrictions on the size and operation of agricultural activities. These restrictions often address the type of animals which may be kept in areas, including the species, number, and amount of space needed. However, these guidelines should be evidence based.

County comprehensive plans, in particular, can have considerable influence over food production opportunities based on the amount of land zoned or officially preserved for agriculture, the robustness of policies to direct future residential growth into existing developed areas (rather than conversion of agricultural land), land usage objectives to preserve the quality of water and soil, and specific allowances or restrictions regarding the location of food gardens. In particular, land use objectives can enable food gardens in front yards, on vacant properties (including publicly-owned property), and in open spaces in multi-family or conservation developments. Gardens can also be promoted in public parks. There is some evidence to support community gardens as a strategy to improve health. Community gardens, especially a widespread network, may be particularly important for renters, low-income households, residents of multi-family housing, and entire neighborhoods.

ADDITIONAL RESOURCES

County Health Rankings & Roadmaps. (2013). *What Works for Health - Community Gardens.* University of Wisconsin Population Health Institute, Robert Wood Johnson Foundation. Accessed from http://www.countyhealthrankings.org/policies/community-gardens

Food Production Policy Best Practices

RURAL AGRICULTURE		
INDICATOR	**BEST PRACTICE**	**SC EXAMPLE**
Supports preservation of rural agricultural land	**Sample Goal:** Preserve and sustain regional farmland as a significant source of locally grown food that is beneficial for residents of the County. **Sample Policy:** Maintain agricultural production as the principal use on agricultural lands by limiting residential development, preventing conversion to non-agricultural uses, increasing the acreage under conservation easements, and prohibiting uses that are incompatible with long-term agricultural production.	**Beaufort County Comprehensive Plan** Rural Policy Goal: Beaufort County will promote the long-term viability of agricultural uses. pg. 4-19, 4-20
Supports preservation of soil and water quantity and quality	**Sample Goal:** Protect and preserve agricultural land and resources, including soil, water, and forage. **Sample Policy:** Prohibit non-agricultural buildings, impermeable surfaces, or other non-agricultural uses on soils classified by the Natural Resources Conservation Service as prime farmland soils of statewide importance.	**York County Comprehensive Plan** Regulate stormwater discharge in York County's urban areas in accordance with Federal regulations. pg. NR-12
Supports sustainable farming and ranching practices	**Sample Goal:** Promote environmentally and economically sustainable agriculture through which the industry of farming is protected, agricultural soils are conserved, and agriculture is maintained as an economically viable land use. **Sample Policy:** Develop technical assistance programs or market-based solutions that enable farmers to protect natural resources.	**Florence County Comprehensive Plan** Economic Element: Support and encourage best management practices for silviculture and agriculture. pg. 37 Implementation Strategy: Incorporate best management practices into County operations and policies. pg. 37
Ensures a prepared and protected agricultural workforce	**Sample Goal:** Create an Agriculture Workforce Strategy to Grow Green Jobs. **Sample Policy:** Promote programs and strategies, especially cooperative solutions that create better living conditions for farm laborers, including labor housing standards that are federally compliant, living wages, affordable healthcare, and human services for workers and their families.	**Charleston County Comprehensive Plan** Support individuals, farmers and organizations involved with local food production and implement the strategies developed by the Charleston County Council Agriculture Issues Advisory Committee to promote agriculture in the area. pg. 133

RURAL AGRICULTURE (continued)

INDICATOR	BEST PRACTICE	SC EXAMPLE
Supports access to rural agricultural employment	**Sample Goal:** Ensure affordable housing and transportation for farm workers and farming families. **Sample Policy:** Allow the permitting and construction of on-site farm employee housing uses that are incidental to an existing commercial farming operation.	**Beaufort County Comprehensive Plan** Beaufort County should evaluate its ZDSO to provide more flexibility and overcome obstacles to the establishment of compatible rural businesses. pg. 4-39
Supports diversification of crop and livestock species	**Sample Goal:** Improve nutrition, stabilize income, and support sustainable growing practices by increasing the different types of crops grown. **Sample Policy:** Develop incentives that help farmers diversify their crop and livestock production.	**Florence County Comprehensive Plan** Economic Element: Agriculture may be expected to decline somewhat as it is throughout the country. Tobacco, traditionally a staple for agriculture, has been greatly reduced. Local farmers may be forced to find an alternative crop to satisfy the needs of urban markets along the East Coast. Being centrally located puts Florence in an accommodating position. Furthermore, values for crops utilized for biofuels such as soybean, corn and switchgrass may have stronger futures. pg. 26
Supports small farms	**Sample Goal:** Expand access to locally produced food through Community Supported Agriculture (CSA) programs. **Sample Policy:** Create dedicated pickup areas for Community Supported Agriculture (CSA).	**Charleston County Comprehensive Plan** Local opportunities include Community Supported Agriculture (CSA), a program that provides a direct connection between the farmer and the consumer, the Sustainable Seafood Initiative, a program designed to promote the use of local and sustainable seafood in South Carolina's restaurants, and GrowFood Carolina, a program that will provide distribution and marketing services for small- and mid-sized farms. pg. 131

Food Production Policy Best Practices

URBAN AGRICULTURE		
INDICATOR	**BEST PRACTICE**	**SC EXAMPLE**
Supports equitable opportunities for noncommercial urban agriculture (e.g., community gardens)	**Sample Goal:** Protect existing and establish new urban agriculture sites, including home gardens, community gardens, and urban farms as important community resources. **Sample Policy:** Adopt zoning regulations that establish community gardens as a permitted use in appropriate locations.	**Charleston County Comprehensive Plan** Support individuals, farmers and organizations involved with local food production and implement the strategies developed by the Charleston County Council Agriculture Issues Advisory Committee to promote agriculture in the area. pg. 133
Supports commercial urban agriculture (e.g., urban farms)	**Sample Goal:** Allow and encourage urban farms to grow and sell food. **Sample Policy:** Adopt zoning regulations that establish urban farms as a conditional [or permitted] use in appropriate locations.	None in plans reviewed.
Supports preservation of urban agricultural land	**Sample Goal:** Increase the percentage of land under cultivation for agricultural purposes. **Sample Policy:** Increase the number of urban farms and gardens in parks, on vacant lots, school grounds, and other appropriate and available areas.	None in plans reviewed.
Recommends adoption of local food ordinance	**Sample Goal:** Develop a food strategy to coordinate all aspects of the food system. **Sample Policy:** Develop guidelines for local institutions to increase purchase of locally grown produce.	**Beaufort County Comprehensive Plan** Beaufort County should encourage the use of locally grown produce by adopting a local food purchasing program. pg. 6-28

PRIVATE AGRICULTURE		
INDICATOR	BEST PRACTICE	SC EXAMPLE
Supports private and semi-private gardens	**Sample Goal:** Provide opportunities for community gardens and local food production. **Sample Policy:** The city/county supports the use of public and private vacant lots, including school yards, for community gardens.	None in plans reviewed.
Supports limited amounts of domestic livestock in urbanized areas	**Sample Goal:** Protect property owners' rights to keep and maintain fowl or livestock in designated portions of the City through land development regulations, without constituting a nuisance or public health hazard. **Sample Policy:** Amend the zoning ordinance to allow limited keeping of livestock in residential districts.	None in plans reviewed.

Photo by Eat Smart Move More South Carolina

Food Production Analysis in SC Comprehensive Plans

FOOD PRODUCTION:
RURAL AGRICULTURE

Legend: ■ NOT PRESENT ■ PRESENT, NARROW ■ PRESENT, COMPREHENSIVE

Category	Not Present	Present, Narrow	Present, Comprehensive
Supports preservation of rural agricultural land		5	6
Supports preservation of soil and water quantity and quality		5	6
Supports sustainable farming and ranching practices	6	5	
Ensures a prepared and protected agricultural workforce	9	2	
Supports access to rural agricultural employment	9	2	
Supports diversification of crop and livestock species	10	1	
Supports small farms	10	1	

FOOD PRODUCTION:
URBAN AGRICULTURE

Category	Not Present	Present, Narrow	Present, Comprehensive
Supports equitable opportunities for noncommercial urban agriculture (e.g., community gardens)	10		1
Supports commercial urban agriculture (e.g., urban farms)	11		
Supports preservation of urban agricultural land	11		
Recommends adoption of local food ordinance	10	1	
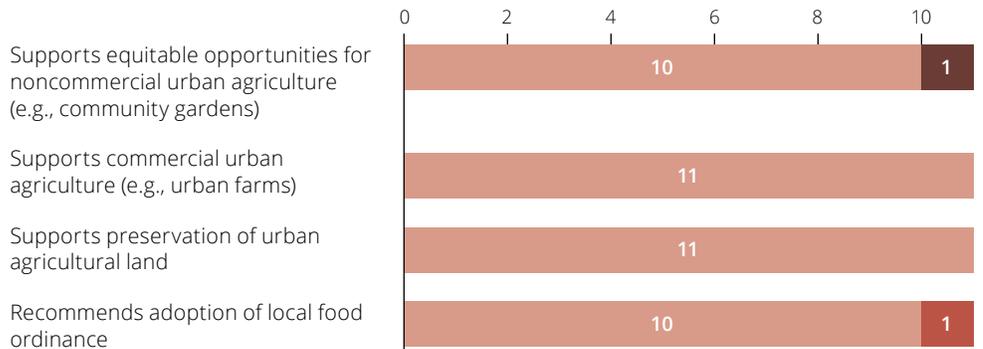
FOOD PRODUCTION:
PRIVATE AGRICULTURE

Category	Not Present	Present, Narrow	Present, Comprehensive
Supports private and semi-private gardens	11		
Supports limited amounts of domestic livestock in urbanized areas	10	1	

Legend: ■ NOT PRESENT ■ PRESENT, NARROW ■ PRESENT, COMPREHENSIVE
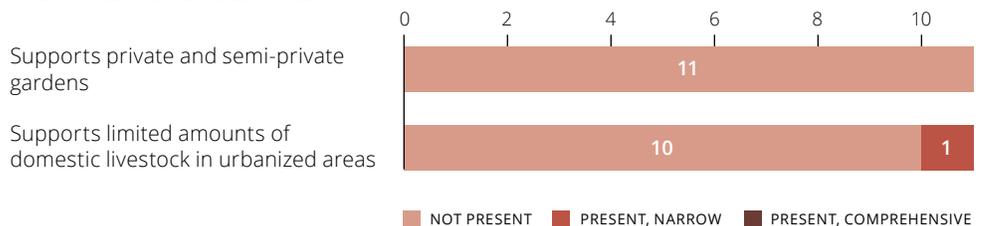
COMPREHENSIVE PLAN FOOD PRODUCTION CHECKLIST

Rural Agriculture

☐ Does your plan support preservation of rural agricultural land?

☐ Does your plan support preservation of soil and water quantity and quality?

☐ Does your plan support sustainable farming and ranching practices?

☐ Does your plan ensure a prepared and protected agricultural workforce?

☐ Does your plan support access to rural agricultural employment?

☐ Does your plan support diversification of crop and livestock species?

☐ Does your plan support small farms?

Urban Agriculture

☐ Does your plan support equitable opportunities for noncommercial urban agriculture (e.g., community gardens)?

☐ Does your plan support commercial urban agriculture (e.g., urban farms)?

☐ Does your plan support preservation of urban agricultural land?

☐ Does your plan recommend adoption of local food ordinance?

Private Agriculture

☐ Does your plan support private and semi-private gardens?

☐ Does your plan support limited amounts of domestic livestock in urbanized areas?

Policy Guide for Food Processing and Distribution

Food processing is the act of transforming raw food products to make them safe or consumable, or to add value. Examples of food processing range from pasteurizing milk to making cheese, and from grinding wheat into flour to baking pies, as well as packaging foods for retail sale.

Comprehensive planning can support local food processing by ensuring that all appropriate type and scale of processors (often designated as industrial uses) can locate within a reasonable distance of agricultural activity or retail outlets. This may range from small bakeries in town to large processing plants in rural areas. Carefully crafted policies to increase food processing while controlling potential negative externalities can also support job growth, especially in underserved areas, particularly in locations with good transportation access.

Food distribution is the system by which freshly grown, processed, or packaged foods are transferred from their original source, such as a farm, to the consumer. In some cases, distribution can be quite direct, such as a farmer selling her produce at a farmers' market or distributing it through a CSA (Community Supported Agriculture) program. In other cases, food may travel thousands of miles, even to or from another country, and be handled at several warehouses or silos, intermodal transfer centers, processing plants, or distribution centers before reaching its final retail sales destination. Additional distribution steps may increase the cost, reduce freshness (which can affect nutritional value), or require the use of additional preservatives.

Comprehensive planning can promote shorter food distribution systems by ensuring that all of the elements of the distribution chain (farms, storage, transportation, and processing) can operate locally at an economically productive scale, as well as supporting retail outlets that carry local products (farmers' markets, locally-owned grocery stores, produce stands). The plan may recommend

zoning changes, business permitting changes, and new approaches to public facilities to support food distribution. There may also be recommendations for enhanced programs, such as an initiative to 'brand' and promote local produce, an initiative to establish more farmers' markets, or the creation of a food policy council that includes farmers and distributors to identify and remove barriers to local distribution.
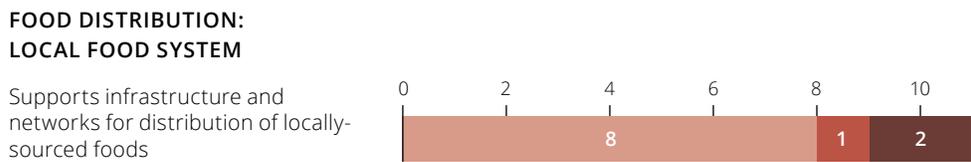
ADDITIONAL RESOURCES

James Barham, Debra Tropp, Kathleen Enterline, Jeff Farbman, John Fisk, and Stacia Kiraly. (2012). *Regional Food Hub Resource Guide*. U.S. Dept. of Agriculture, Agricultural Marketing Service. Washington, DC. <http://dx.doi.org/10.9752/MS046.04-2012>

Food Processing and Distribution Policy Best Practices

FOOD PROCESSING		
INDICATOR	**BEST PRACTICE**	**SC EXAMPLE**
Supports local food processing	**Sample Goal:** Improve the infrastructure and regulations that support processing and packaging of crops and livestock. **Sample Policy:** Agricultural processing, packing, and direct sales are considered agricultural activities and should be allowed at a size and scale appropriate to the zone in which they are operating. County shall work with local and state health departments to develop regulations supporting these activities.	**Charleston County Comprehensive Plan** The Rural Industrial areas are designated to accommodate low impact industrial uses. Industries that support the rural economy and provide employment opportunities for rural residents, such as warehousing, agricultural processing, agricultural manufacturing, farm equipment sales, repair and rental services, welding services and other services to support the rural population, are encouraged. pg. 40

FOOD DISTRIBUTION		
INDICATOR	**BEST PRACTICE**	**SC EXAMPLE**
Supports infrastructure and networks for distribution of locally-sourced foods	**Sample Goal:** Create a public farmers' market to provide a permanent site for local food processing, distribution and sale. **Sample Policy:** Develop a food-related incubator to facilitate development of local food businesses by providing space for the assembly, storage, processing, and distribution of food from local farms.	**Florence County Comprehensive Plan** Economic Development Element - Regardless of it's declining value, agriculture continues to be an important part of the County's economy. Even though a smaller percentage of the Pee Dee population owns farms today, the importance of farming as well as the challenges the farmers face are significant County issues. The Pee Dee Farmers Market located on US 52 as well as various specialty farms offering meats, fruits and vegetables have proven to be a success. Perhaps similar markets would benefit other areas of the County. pg. 30

FOOD PROCESSING & DISTRIBUTION ANALYSIS
IN SC COMPREHENSIVE PLANS

■ NOT PRESENT　　■ PRESENT, NARROW　　■ PRESENT, COMPREHENSIVE

FOOD PROCESSING

Supports local food processing

0	2	4	6	8	10

5	4	2

**FOOD DISTRIBUTION:
LOCAL FOOD SYSTEM**

Supports infrastructure and
networks for distribution of locally-
sourced foods

0	2	4	6	8	10

8	1	2
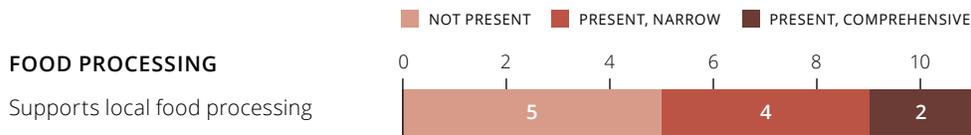
FOOD PROCESSING & DISTRIBUTION CHECKLIST

☐ Does your plan support local food processing?

☐ Does your plan support infrastructure and networks for distribution of
locally-sourced foods?

Photo by Eat Smart Move More South Carolina

Policy Guide for Food Access and Consumption

Food access and consumption refers to the food environment in which people live on a daily basis, including stores and restaurants, marketing, and cultural influences. Cost and convenience are a driving force behind the food choices that people make, with additional influences from advertising, knowledge, and culture. Even if individuals are seeking to eat more healthfully, their food selections can be influenced if healthy foods are more expensive, or if additional effort is repeatedly required to visit stores or restaurants that offer healthier selections. Studies have found that lower-income and minority communities are less likely to have a full-service grocery store and more likely to have fast food restaurants. Healthy selections at stores and restaurants in these communities are often pricier than unhealthy options.

Comprehensive planning plays an important role in food access. Plans may recommend zoning updates that would make it easier to locate grocery stores in existing, developed areas where site assemblage makes it harder to meet requirements regarding parking or floor area ratios. Communities can also set distance or per capita limits on fast food establishments, similar to restrictions on alcohol outlets found in many jurisdictions, especially around schools. Planning can also facilitate an adequate supply and distribution of public space where farmers' markets can operate, recommend ways to accommodate produce stands and mobile food sellers, and seek healthier food vendors at county-owned facilities (such as parks and sports arenas). Finally, a plan may set goals for incentivizing healthy food sales through initiatives that reduce costs or administrative requirements, or encouraging use of SNAP/EBT, WIC or Senior Farmers' market nutrition benefits at local retailers.

ADDITIONAL RESOURCES

Centers for Disease Control and Prevention. (2013). *State Indicator Report on Fruits and Vegetables.* National Center for Chronic Disease Prevention and Health Promotion - Division of Nutrition, Physical Activity, and Obesity.

Christine Fry, Zoe Levitt, Amy Ackerman, Hannah Burton Laurison. (2013). *Health on the Shelf: A Guide to Healthy Small Food Retailer Certification Programs*. ChangeLab Solutions.

Heather Wooten and Amy Ackerman. (2013). From the Ground Up: Land Use Policies to Protect and Promote Farmers' Markets. ChangeLab Solutions. Accessed from http://changelabsolutions.org/publications/land-use-farmers-markets

County Health Rankings & Roadmaps. (2013). What Works for Health - Farmers' markets/stands in low income neighborhoods. University of Wisconsin Population Health Institute, Robert Wood Johnson Foundation. Accessed from http://www.countyhealthrankings.org/policies/farmers-marketsstands

Food Access and Consumption Policy Best Practices

GROCERY STORES		
INDICATOR	BEST PRACTICE	SC EXAMPLE
Supports equitable distribution of supermarkets	**Sample Goal:** Develop a business attraction strategy to bring more healthy food choices to the County. **Sample Policy:** Create an incentive program to locate, establish, and expand grocery stores and other healthy food purveyors in many areas in the County.	None in plans reviewed.
Supports small or neighborhood healthy food stores	**Sample Goal:** Promote neighborhood retail outlets that sell produce and other healthy food options. **Sample Policy:** The County will seek to increase county-wide access to healthy food choices, such that every residential parcel is within a quarter-mile of a healthy food outlet.	**Beaufort County Comprehensive Plan** Community commercial uses typically serve nearby residential areas, such as a shopping district anchored by a grocery store. pg. 4-24
Supports incentives to increase healthy affordable alternatives in neighborhood stores	**Sample Goal:** Encourage distribution of healthy food in neighborhood stores. **Sample Policy:** Amend the zoning code to include definitions for specific food retail types (including large grocery store, small grocery store, neighborhood market, and convenience store), and increase access to fresh food by allowing small grocery stores as a permitted use in all the city's commercial zoning districts.	None in plans reviewed.
Supports healthy mobile food vendors (fresh/packaged)	**Sample Goal:** Increasing access to fresh produce by creating a permit program for sidewalk produce vendors. **Sample Policy:** Adopt produce cart or mobile food vendor ordinance to allow fresh produce vending.	None in plans reviewed.

FARMERS' MARKETS

INDICATOR	BEST PRACTICE	SC EXAMPLE
Supports creation and expansion of farmers' markets	**Sample Goal:** Expand the number of neighborhood farmers' markets. **Sample Policy:** Conduct a farmers' market assessment to identify barriers to operations and opportunities for improvement.	**Beaufort County Comprehensive Plan** Work with the municipalities to provide support for a market manager for the local farmers' market. pg. 6-28
Supports use of SNAP/EBT, WIC and/ or Senior nutrition benefits	**Sample Goal:** Expand SNAP/EBT and WIC use at farmers' markets. **Sample Policy:** Conduct effective outreach and promotion for the federal food programs.	None in plans reviewed.
Supports availability of farmers' market locations	**Sample Goal:** Ensure that the majority of residents live within a ten-minute walk of a farmers' market. **Sample Policy:** Identify opportunities to incorporate open spaces suitable for new farmers' markets into larger development projects.	None in plans reviewed.
Supports success of farmers' markets	**Sample Goal:** Enhance and expand existing farmers' markets. **Sample Policy:** Create local purchasing incentives for schools to support local farmers.	**Beaufort County Comprehensive Plan** Beaufort County should encourage the use of locally grown produce by adopting a local food purchasing program. pg. 6-28

Food Access and Consumption Policy Best Practices

RESTAURANTS AND PREPARED FOOD		
INDICATOR	BEST PRACTICE	SC EXAMPLE
Discourages access to fast-food restaurants	**Sample Goal:** Avoid concentrations of unhealthy food retailers and liquor stores within the County. **Sample Policy:** Control the location and density of fast food restaurants and other food retailers that promote low-nutrient-dense foods.	None in plans reviewed.
Supports healthy food sales and service in public facilities	**Sample Goal:** Encourage and support healthy eating habits and healthy eating messages. **Sample Policy:** The City should provide healthy food options at all municipal buildings and at city events where food is made available by the City.	**Beaufort County Comprehensive Plan** Enact a policy that requires, where feasible, the County to purchase and serve local produce (grown and processed within 100 miles of Beaufort County) at the detention center and other County facilities where food is served. pg. 6-28
Supports healthy mobile food vendors (prepared)	**Sample Goal:** Create locations for mobile food vendors to produce and sell food to customers. **Sample Policy:** Create a Mobile Food Vendor ordinance to control the location and operation of mobile food vendors.	None in plans reviewed.
Supports increased availability of local options	**Sample Goal:** Increase public awareness about the importance of locally-produced food and agricultural products. **Sample Policy:** Identify and implement City and County strategies to encourage local food production and distribution, including providing incentives and removing regulatory obstacles.	**Charleston County Comprehensive Plan** The availability of locally grown products affords our state and county the ability to provide food that is more fresh, costs less to transport, and reduces energy costs. The County encourages agricultural uses through the goals and strategies of this Plan, the requirements of the Zoning & Land Development Regulations Ordinance, and through the Greenbelt Program, which has protected approximately 4,400 acres of farmland to date. pg. 131

OTHER		
INDICATOR	**BEST PRACTICE**	**SC EXAMPLE**
Discourages unhealthy food advertising	**Sample Goal:** Encourage and support healthy eating habits and healthy eating messages. **Sample Policy:** Enact an ordinance to restrict the placement of off-premise billboards in residential areas or near schools, playgrounds, and child care centers.	None in plans reviewed.

Photo by Alta Planning + Design

Food Access and Consumption Analysis in SC Comprehensive Plans

FOOD ACCESS AND CONSUMPTION:
GROCERY STORES

Legend: NOT PRESENT | PRESENT, NARROW | PRESENT, COMPREHENSIVE

Category	Values
Supports equitable distribution of supermarkets	10 / 1
Supports small or neighborhood healthy food stores	9 / 2
Supports incentives to increase healthy affordable alternatives in neighborhood stores	11
Supports healthy mobile food vendors (fresh/packaged)	11

FOOD ACCESS AND CONSUMPTION:
FARMERS' MARKETS

Category	Values
Supports creation and expansion of farmers' markets	9 / 2
Supports use of SNAP/EBT, WIC, and/or Senior nutrition benefits	11
Supports availability of farmers' market locations	11
Supports success of farmers' markets	10 / 1

FOOD ACCESS AND CONSUMPTION:
RESTAURANTS AND PREPARED FOOD

Category	Values
Discourages access to fast-food restaurants	11
Supports healthy food sales and service in public facilities	9 / 2
Supports healthy mobile food vendors (prepared)	11
Supports increased availability of local options	7 / 3 / 1
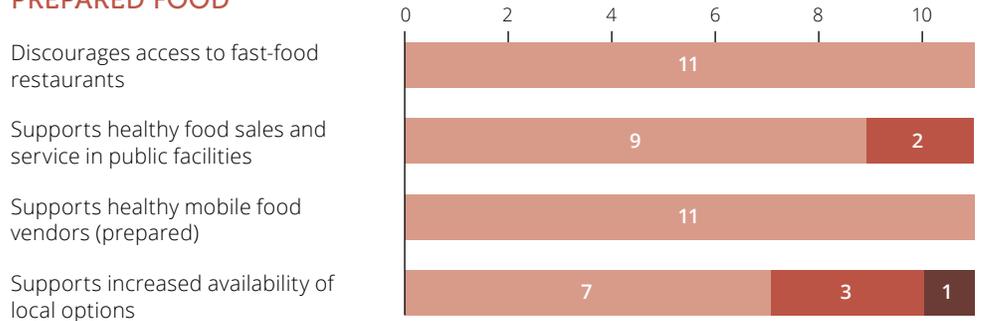
FOOD ACCESS & CONSUMPTION:
FARMERS' MARKETS

Category	Values
Discourages unhealthy food advertising	11

Legend: NOT PRESENT | PRESENT, NARROW | PRESENT, COMPREHENSIVE
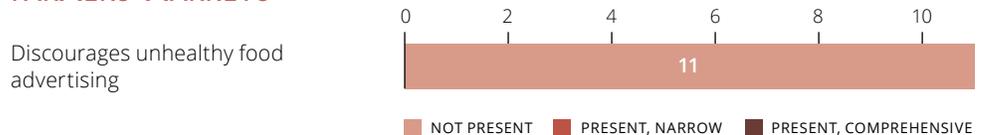
FOOD ACCESS AND CONSUMPTION CHECKLIST

Grocery Stores

☐ Does your plan support equitable distribution of supermarkets?

☐ Does your plan support small or neighborhood healthy food stores?

☐ Does your plan support incentives to increase healthy affordable alternatives in neighborhood stores?

☐ Does your plan support healthy mobile food vendors (fresh/packaged)?

Farmers' Markets

☐ Does your plan support creation and expansion of farmers' markets?

☐ Does your plan support use of SNAP/EBT, WIC, and/or Senior nutrition benefits?

☐ Does your plan support availability of farmers' market locations?

☐ Does your plan support success of farmers' markets?

Restaurants and Prepared Food

☐ Does your plan discourage access to fast-food restaurants?

☐ Does your plan support healthy food sales and service in public facilities?

☐ Does your plan support healthy mobile food vendors (prepared)?

☐ Does your plan support increased availability of local options?

Other

☐ Does your plan discourage unhealthy food advertising?

Policy Guide for Healthy Eating Implementation and Evaluation

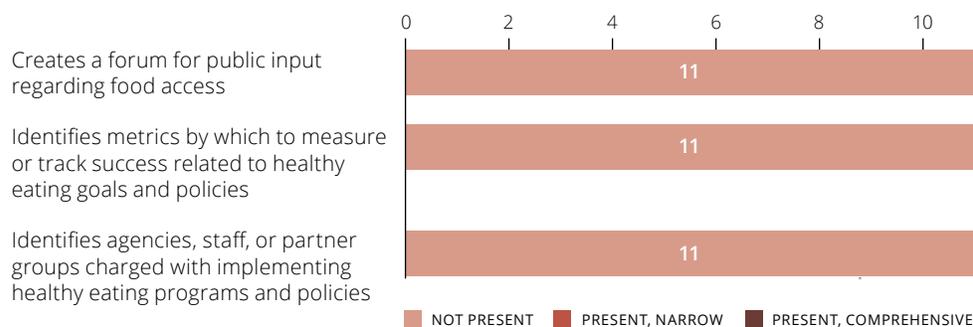To ensure successful outcomes in the food environment, comprehensive planning needs to move beyond a vision and goals and into action. Plans should detail the steps to be taken, assign them to a particular organization or department, and define metrics for evaluating whether progress is made toward goals. For more information about implementation and evaluation resources, see the Resources chapter of this toolkit.

HEALTHY EATING IMPLEMENTATION AND EVALUATION ANALYSIS IN SC COMPREHENSIVE PLANS

	0	2	4	6	8	10
Creates a forum for public input regarding food access				11		
Identifies metrics by which to measure or track success related to healthy eating goals and policies				11		
Identifies agencies, staff, or partner groups charged with implementing healthy eating programs and policies				11		

NOT PRESENT   PRESENT, NARROW   PRESENT, COMPREHENSIVE

HEALTHY EATING IMPLEMENTATION AND EVALUATION CHECKLIST

☐ Does your plan create a forum for public input regarding food access?

☐ Does your plan identify metrics by which to measure or track success related to healthy eating goals and policies?

☐ Does your plan identify agencies, staff, or partner groups charged with implementing healthy eating programs and policies?

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Policy Guide for Active Living

Health and well-being are influenced by the communities where people live, work, play, and learn, through the interplay of a community's physical, social, and cultural environment. Over the past decade, research has demonstrated links between the built environment and eating and physical activity behaviors, which in turn impact health outcomes.

Active living is a way of life that integrates physical activity into daily routines. Increasing physical activity is a powerful way to prevent chronic disease and promote health among children and adults. Active living is a multi-disciplinary approach that brings together practitioners, advocates, and policy-makers to create healthier communities that support active lifestyles.

Below are some additional resources related to the topic of planning and active living.

These policy topics are presented on the subsequent pages:

» *Bicycle and Pedestrian Connectivity*

» *Access to Open Space, Parks, and Trails*

» *Safe Routes to Schools*

» *Land Use and Transportation*

» *Support Facilities, Policies, and Programs*

» *Implementation and Evaluation*

ADDITIONAL RESOURCES

U.S. Department of Health and Human Services (HHS). (2008). *2008 Physical Activity Guidelines for Americans*. Washington, DC: Physical Activity Guidelines Steering Committee. Accessed from http://www.health.gov/paguidelines/pdf/paguide.pdf

Robert Wood Johnson Foundation. (2009). *Active Transportation: Making the Link from Transportation to Physical Activity and Obesity* (Research Brief | Summer 2009). San Diego, CA: Active Living Research.

American Public Health Association. (2009). *At the intersection of public health and transportation: Promoting healthy transportation policy*. Washington DC.

Policy Guide for Bicycle and Pedestrian Connectivity

Policies that require bicycle and pedestrian facilities and promote active transportation support health by encouraging physical activity. Interconnected streets and pathways help create a safe and viable active transportation network. With well-planned connectivity and circulation, individuals can choose to walk and bike for more trips. Many communities establish on- and between-site circulation standards in order to provide safe and efficient movement for pedestrians and bicyclists within and between developments. The intent is to ensure a consistent, reliable pedestrian and bicycle network throughout the jurisdiction as development occurs.

ADDITIONAL RESOURCES

Institute of Transportation Engineers (ITE). (2010). *Designing Walkable Urban Thoroughfares: A Context Sensitive Approach* (RP-036A). Washington, DC: Institute of Transportation Engineers.

Transportation Research Board. (2012). *Traveler Response to Transportation System Changes Handbook, Third Edition; Chapter 16, Pedestrian and Bicycle Facilities* (Transit Cooperative Research Program (TCRP) Report 95). Washington, DC: National Academy of Sciences.

Bicycle and Pedestrian Connectivity Policy Best Practices

INDICATOR	BEST PRACTICE	SC EXAMPLE
Prioritizes new sidewalks, bike lanes, greenways, etc., that connect to existing facilities	**Sample Goal:** Modify the transportation infrastructure to provide bicycle/pedestrian access to and between significant destinations and neighborhoods and enhance connections with the network of other bicycle/pedestrian facilities. **Sample Policy:** Develop bicycle and pedestrian facilities in urban communities in order to promote cycling and walking as transportation modes to connect neighborhoods and community services.	**Fairfield County Comprehensive Plan** Action: Provide annual budgeting to go towards sidewalk and trail development and local matches for regional, state and federal trail grants. pg. 81 **Horry County Comprehensive Plan** Connect new sidewalks and bike trails to existing facilities to create connectivity and nonmotorized alternatives of transportation (short term to intermediate). pg. 107
Recommends bicycle (bike lanes, shoulders, racks, etc.) and pedestrian (sidewalks, crosswalks, etc.) accommodations during new development and redevelopment	**Sample Goal:** Provide access to public transit and safe active transportation. Ensure that all residents have access to adequate and safe public transit and active transportation options that reduce dependence on fossil fuels, increase physical activity, reduce air and noise pollution, and make streets safe for people of all ages. **Sample Policy:** Require new development and redevelopment projects to provide pedestrian and bicycle amenities.	**Beaufort County Comprehensive Plan** Residential and commercial developments shall be required to include pedestrian and bicycle facilities to provide connectivity within their development and adjacent areas. pg. 10-32 **Fairfield County Comprehensive Plan** To foster bicycle and pedestrian access and mobility in all transportation and development projects at local, regional, and state levels of government and in all project phases, including planning, design, construction, and maintenance. p.80 **York County Comprehensive Plan** Modify subdivision and commercial development standards and regulations to support an integrated transportation system that incorporates: - Integration of pedestrian and bicycle facilities that are safe, convenient, and attractive. pg. T-14

INDICATOR	BEST PRACTICE	SC EXAMPLE
Recommends cross-access between adjacent land parcels	**Sample Goal:** Ensure that all new residential and commercial development will support pedestrian and bicycle connectivity between parcels. **Sample Policy:** The City shall promote active living (e.g., a lifestyle that incorporates physical activity into the routines of daily life) by establishing pedestrian and bicycle connections between neighborhoods, centers, corridors, and transportation facilities.	**Beaufort County Comprehensive Plan** Commercial Development Guidelines: Off-street connections between adjacent parcels should be established for vehicular, pedestrian, and bicycle traffic; pg. 4-24 Non-motorized Transportation: New Development: Residential and commercial developments shall be required to include pedestrian and bicycle facilities to provide connectivity within their development and adjacent areas. pg. 10-32
Discourages/ recommends limits to dead end streets and cul-de-sacs	**Sample Goal:** Ensure that all land use and transportation development provides interconnected streets and pathways that provide safe, efficient, and reliable movement for pedestrians (and bicyclists) within and between developments. **Sample Policy:** Through the zoning and subdivision codes, incorporate trails as part of the overall transportation network and not solely for recreation. Pedestrian ways are required through the approximate middle of each block having a length of more than 700 feet. Subdivisions must provide an interconnected network of streets, trails or other public passageways. Streets must be designed to encourage pedestrian and bicycle travel by providing short routes to connect residential uses with nearby commercial services, schools, parks, and other neighborhood facilities. Streets do not need to form an orthogonal grid but must connect to other streets.	**Fairfield County Comprehensive Plan** Action: Encourage the use of "neo-traditional" design standards, featuring grid-like street patterns and sidewalks. Discourage use of one-way-in and one-way-out cul-de-sac development, except where dictated by geographic conditions or safety concerns. pg. 79 **York County Comprehensive Plan** Modify subdivision and commercial development standards and regulations to support an integrated transportation system that incorporates: - Effective spacing and connectivity of collector roads; - Adequate connectivity of the local street system (minimize the number of cul-de-sacs, allowing them only where environmental constraints preclude interconnectivity, or if other roadway enhancements are provided instead). pg. T-14

Bicycle and Pedestrian Connectivity Policy Best Practices

INDICATOR	BEST PRACTICE	SC EXAMPLE
Addresses bicycle and pedestrian access to outlets for healthy foods	**Sample Goal:** Provide safe and convenient access to healthy foods for all residents. **Sample Policy:** New development and redevelopment should provide pedestrian and bicycle access to healthy food sources within one-half mile.	None in plans reviewed
Addresses bicycle and pedestrian access to opportunities for physical activity	**Sample Goal:** Provide opportunities for active recreation and transportation for all residents. **Sample Policy:** Provide a park experience within a half mile (10 to 15 minute walk) of every resident.	None in plans reviewed

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BICYCLE AND PEDESTRIAN CONNECTIVITY ANALYSIS IN SC COMPREHENSIVE PLANS

Prioritizes new sidewalks, bike lanes, greenways, etc., that connect to existing facilities — 5 | 2 | 4

Recommends bicycle (bike lanes, shoulders, racks, etc.) and pedestrian (sidewalks, crosswalks, etc.) accommodations during new development and redevelopment — 7 | 2 | 2

Recommends cross-access between adjacent land parcels — 9 | 2

Discourages/recommends limits to dead end streets and cul-de-sacs — 7 | 1 | 3

Addresses bicycle and pedestrian access to outlets for healthy foods — 11

Addresses bicycle and pedestrian access to opportunities for physical activity — 9 | 2

NOT PRESENT PRESENT, NARROW PRESENT, COMPREHENSIVE

BICYCLE AND PEDESTRIAN CONNECTIVITY CHECKLIST

☐ Does your plan prioritize new sidewalks, bike lanes, greenways, etc., that connect to existing facilities?

☐ Does your plan recommend bicycle (bike lanes, shoulders, racks, etc.) and pedestrian (sidewalks, crosswalks, etc.) accommodations during new development or redevelopment?

☐ Does your plan recommend cross-access between adjacent land parcels?

☐ Does your plan discourage/recommend limits to dead end streets and cul-de-sacs?

☐ Does your plan address bicycle and pedestrian access to outlets for healthy foods?

☐ Does your plan address bicycle and pedestrian access to opportunities for physical activity?

Policy Guide for Access to Open Space, Parks and Trails

Parks and public spaces like playgrounds, plazas, and gardens not only make a neighborhood more beautiful, they also attract a variety of people at all times of the day, help break up long blocks, and encourage physical activity. When these public spaces border the streets and sidewalks and are accompanied by other commercial enterprises, they increase the use of the public spaces, add to the character of an area, and create a sense of place for pedestrians.

Physical inactivity increases risk factors for chronic illnesses such as heart disease and diabetes, and is, by itself, a leading cause of death, claiming more than 200,000 lives annually. The Centers for Disease Control and Prevention (CDC) estimates "that creating and improving places to be active can result in a 25 percent increase in the percentage of people who exercise at least three times per week." Those with access to built and natural facilities were 43% more likely to exercise than those with poor access. Because those who walk and bike to parks engage in more physical activity once they have arrived, safe, convenient walking, cycling, and transit options to parks can help combat inactivity and obesity.

ADDITIONAL RESOURCES

McCormack, G. R., Rock, M., Toohey, A. M. & Hignell, D. (2010). Characteristics of urban parks associated with park use and physical activity: A review of qualitative research. *Health & Place, 16*(4), 712-726.

Lachowycz, K. & Jones, A. P. (2011). Greenspace and obesity: a systematic review of the evidence. *Obesity Reviews*, 12(5), e183-e189.

Mowen, Andrew, J. PhD (2010). *Parks, Playground and Active Living. Active Living Research, Research Synthesis*. February 2010. activelivingresearch.org.

Giles-Corti, B. & Donovan, R.J. (2002). The relative influence of individual, social, and physical environment determinants of physical activity. Social Science and Medicine, 54, 1793-1812.

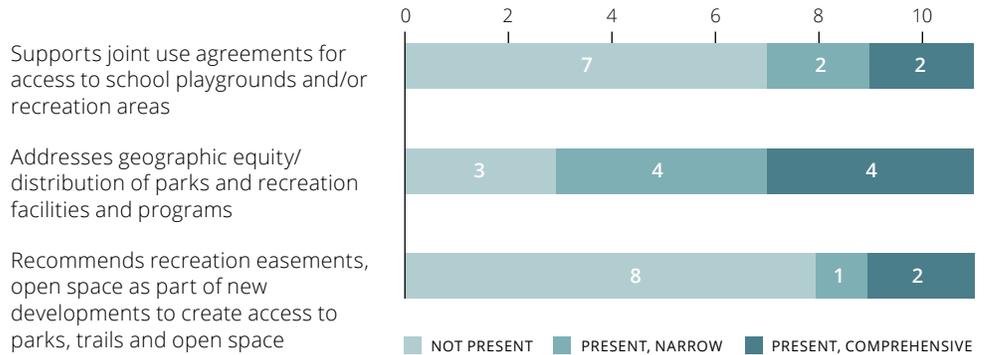**Access to Open Space, Parks, and Trails Policy Best Practices**

INDICATOR	BEST PRACTICE	SC EXAMPLE
Supports joint use agreements for access to school playgrounds or recreation areas	**Sample Goal:** Ensure that all residents have access to adequate and quality recreation opportunities and open space that supports increased physical activity, improved mental health, and greater social cohesion in the community. **Sample Policy:** Work with school officials to promote the use of schools as recreation facilities.	**Spartanburg County Comprehensive Plan** Need to negotiate pragmatically workable schedule for co-use of school recreation facilities in the interest of maximizing use of such facilities and optimizing return on investments (taxes) in recreation facilities, with clear division of maintenance and financial responsibility, and an "understanding of availability" for county use. pg. 6-66 **York County Comprehensive Plan** Continue to coordinate with the municipalities to ensure that all County residents have access to adequate recreational opportunities...Support and pursue cost-sharing/co-location and joint-use agreements through coordinated planning. pg. CF-39
Addresses geographic equity and distribution of parks and recreation facilities and programs	**Sample Goal:** Provide a wide variety of high quality recreation services and opportunities for all residents. **Sample Policy:** Provide a park experience within a half mile (10 to 15 minute walk) of every resident. *Definition: Park experience includes developed parks (parks with, at a minimum, grass, trees, open play areas and seating) and accessible natural areas over one-sixth of an acre in size.* **Sample Policy:** Encourage the development of parks and open space, as well as a network of pedestrian walkways for physical activity in all neighborhoods. **Sample Policy:** Provide convenient access to a variety of recreation opportunities. As many types of recreation space as possible should be provided in the city in order to serve all age groups and interests. Some recreation space should be within walking distance of every dwelling, and in more densely developed areas some sitting and play space should be available in nearly every block.	**Aiken County Comprehensive Plan** Recreation Goal: Develop an equitable countywide system of parks, recreation facilities and programs to meet the diverse needs of county residents and visitors. pg. 86

INDICATOR	BEST PRACTICE	SC EXAMPLE
Recommends easements or open space as part of new developments to create access to internal or external parks, trails, or open space	**Sample Goal:** Ensure all new development supports access to parks, trails, and open space. **Sample Policy:** Require new large residential and commercial development to set aside an easement, provide in lieu fees or provide non-motorized access to existing parks, trails, and open space within one-quarter mile. **Sample Policy:** Consider requiring a dedication in fee or by easement for trails as a condition of approval of subdivisions. **Sample Policy:** Require the provision of private play space for recreation in multifamily developments, gated communities, on each lot, or in common open space areas as part of the development project.	**York County Comprehensive Plan** Modify subdivision and commercial development standards and regulations to support an integrated transportation system that incorporates: - Integration of pedestrian and bicycle facilities that are safe, convenient, and attractive. pg. T-14

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ACCESS TO OPEN SPACE, PARKS AND TRAILS ANALYSIS IN SC COMPREHENSIVE PLANS

Supports joint use agreements for access to school playgrounds and/or recreation areas: 7 (Not Present), 2 (Present, Narrow), 2 (Present, Comprehensive)

Addresses geographic equity/distribution of parks and recreation facilities and programs: 3 (Not Present), 4 (Present, Narrow), 4 (Present, Comprehensive)

Recommends recreation easements, open space as part of new developments to create access to parks, trails and open space: 8 (Not Present), 1 (Present, Narrow), 2 (Present, Comprehensive)

NOT PRESENT   PRESENT, NARROW   PRESENT, COMPREHENSIVE

ACCESS TO OPEN SPACE, PARKS, AND TRAILS CHECKLIST

☐ Does your plan support joint use agreements for access to school playgrounds or recreation areas?

☐ Does your plan address geographic equity and distribution of parks and recreation facilities and programs?

☐ Does your plan recommend recreation easements or open space as part of new developments to create access to parks, trails, and open space?

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Policy Guide for
Safe Routes to Schools

Over the past few decades, a number of social and environmental changes have limited children's access to safe places where they can walk, bike, and play. As a result, children and adolescents are less physically active than they were a generation ago.

Safe Routes to School (SRTS) is a federal program that creates safe, convenient, and fun opportunities for children to bicycle and walk to and from their schools, and aims to help children be more physically active. One of the main goals of most SRTS programs—along with increasing safety—is to increase the number of children who walk and bicycle to school. Some local SRTS programs are expanding that goal to include encouraging healthy, active lifestyles from an early age.

SRTS focuses on increasing the number of children walking and bicycling to school and improving pedestrian and bicycle travel by building infrastructure such as sidewalks, crosswalks, and bicycle lanes. The program also encourages changes in travel behavior, supports increased enforcement of traffic laws around schools, and educates communities on the benefits and safety aspects of active transport.

ADDITIONAL RESOURCES

State of Oregon School Siting Handbook: http://www.oregon.gov/LCD/TGM/docs/schoolsitinghandbook.pdf.

National Center for Safe Routes to School. (2010). *Safe Routes to School and Health: Understanding the Physical Activity Benefits of Walking and Bicycling to School.*

Karina Pont, Jenny Ziviani, David Wadley, Sally Bennett, and Rebecca Abbott. (2009). Environmental correlates of children's active transportation: *A systematic literature review. Health & Place,* 15(3), 849-862.

Alexander et al., *The broader impact of walking to school among adolescents.* BMJonline. Accessed at bmj.bmjjournals.com.

Cooper et al., *Commuting to school: Are children who walk more physically active?* Am J Prev Med 2003: 25 (4).

American Heart Association. Exercise (Physical Activity and Children). Accessed at www.americanheart.org/presenter.jhtml?identifier=4596.

Centers for Disease Control and Prevention. *The Importance of Regular Physical Activity for Children.* Accessed at http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm.

California Department of Education. *A study of the relationship between physical fitness and academic achievement in California using 2004 test results.* Accessed at http://www.cde.ca.gov/ta/tg/pf/documents/2004pftresults.doc.
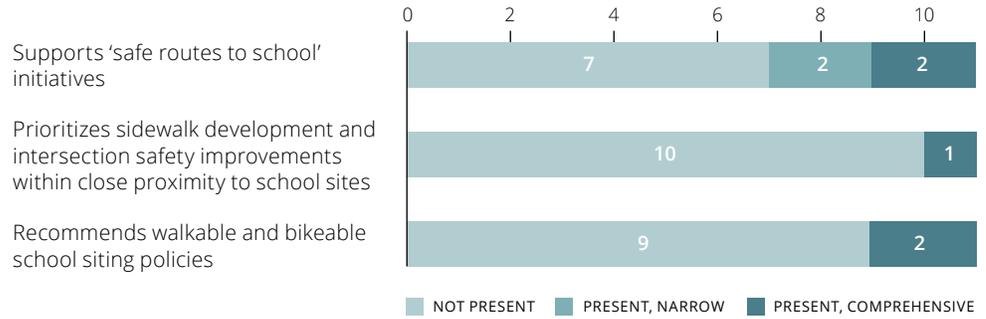
Huttenmoser M. Children and Their Living Surroundings: *Empirical Investigations into the Significance of Living Surroundings for the Everyday Life and Development of Children.* Children's Environments 1995 December; 12(4), Available at http://www.colorado.edu/journals/cye/CYE_BackIssues/.

Hillman M. *The Impact of Transport Policy on Children's Development.* Presentation at the Canterbury Safe Routes to Schools Project Seminar, London U.K. May 29, 1999. Available at http://www.spokeseastkent.org.uk/mayer.htm. Accessed: January 17, 2006.

Safe Routes to Schools Policy Best Practices

INDICATOR	BEST PRACTICE	SC EXAMPLE
Supports 'safe routes to school' initiatives	**Sample Goal:** Create an environment where residents can walk and bike to meet their daily needs. **Sample Policy:** Identify areas of the community with projected increases in student populations and identify potential school site locations within one-half mile.	**Beaufort County Comprehensive Plan** Transportation Element -- Recommendation 10-10: Non-motorized Transportation: Safe Routes to School Program: "Beaufort County will work with the School District to promote making walking and bicycling a safe option for children traveling to school." pg. 10-32
Prioritizes sidewalk development and intersection safety improvements within close proximity to school sites	**Sample Goal:** Create an environment where residents can walk and bike to meet their daily needs. **Sample Policy:** Prioritize pedestrian facility improvement on school routes within one-quarter mile of schools.	**Fairfield County Comprehensive Plan** 2. Near Schools. Not every school-aged child rides a bus to school. For kids that live near their school and walk to school, they must have a safe place to travel. Areas within ¼ mile of schools should be the highest priority for sidewalk improvements – ¼ mile is generally estimated as a 5-minute walk, a distance that people will usually choose to walk. pg. 75-76
Recommends walkable and bikeable school siting policies	**Sample Goal:** Create an environment where residents can walk and bike to meet their daily needs. **Sample Policy:** Prioritize development of school sites where the majority of potential students are within one-half mile of the school site.	**Beaufort County Comprehensive Plan** Pedestrian Friendly Schools: Beaufort County should coordinate with the School District to organize public policy and public infrastructure commitments to promote neighborhood and pedestrian friendly schools. pg. 11-44 **Florence County Comprehensive Plan** Land Use Element- "Schools should be built closer to populated areas where infrastructure already exists as well as multiple options for transportation. Schools built in sparsely populated rural areas lead to students being transported from their communities. Making new schools the center to existing communities would allow the community to grow as a walkable, bike-friendly neighborhood, increasing safety and mitigating air quality issues." Pg. 27

SAFE ROUTES TO SCHOOLS ANALYSIS IN SC COMPREHENSIVE PLANS

	0	2	4	6	8	10
Supports 'safe routes to school' initiatives	7				2	2
Prioritizes sidewalk development and intersection safety improvements within close proximity to school sites	10					1
Recommends walkable and bikeable school siting policies	9					2

■ NOT PRESENT   ■ PRESENT, NARROW   ■ PRESENT, COMPREHENSIVE

SAFE ROUTES TO SCHOOL CHECKLIST

☐ Does your plan support 'safe routes to school' initiatives?

☐ Does your plan prioritize sidewalk development and intersection safety improvements within close proximity to school sites?

☐ Does your plan recommend walkable and bikeable school siting policies?

Photo by Eat Smart Move More South Carolina

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Policy Guide for Land Use and Transportation

The design choices we make in our homes, schools, workplaces, communities, and transportation systems can have major effects on health, which is defined by the World Health Organization as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." A healthy community protects and improves the quality of life for its citizens, promotes healthy behaviors, minimizes hazards for its residents, and preserves the natural environment.

Increasing evidence suggests that land-use and transportation decisions can facilitate or obstruct the creation and maintenance of healthy communities. People who engage in active travel (walking or bicycling) instead of driving to commute or run errands have lower rates of obesity and diabetes and get more physical activity. Patterns of low-density and poorly connected development can often result in auto-centered communities that discourage residents from walking. Land use development patterns – including the location and density of uses – affect automobile use and contribute to the form and character of the community. Note that land use is affected by both the zoning code as well as comprehensive plans. In order for a community to maximize the potential health promotion of their land use patterns, zoning/regulatory code changes should be combined with the creation of a policy framework for health supporting policies through general plan updates and amendments. Crafting a health-friendly land use element is critical to overall health of the community.

ADDITIONAL RESOURCES

National Research Council Committee on Physical Activity, Land Use, National Research Council. (2005). *Does the Built Environment Influence Physical Activity?: Examining The Evidence* (No. 282). Transportation Research Board & Institute of Medicine, National Academy of Sciences.

Brian E. Saelens, James F. Sallis, and Lawrence D. Frank. (2003). Environmental correlates of walking and cycling: findings from the transportation, urban design, and planning literatures. *Annals of Behavioral Medicine*, 25(2), 80-91.

Brian E. Saelens and Susan L. Handy. (2008). Built environment correlates of walking: a review. *Medicine and Science in Sports and Exercise*, 40(7 Suppl), S550-S566.
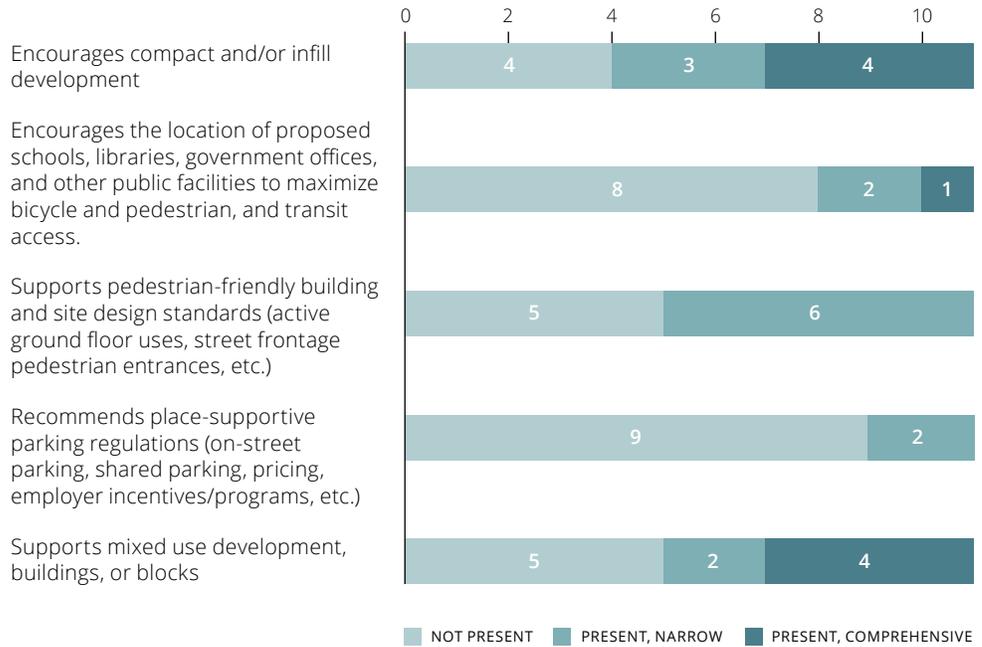
Lawrence D. Frank. PhD and Mr. Peter Engelke. *How Land Use and Transportation Systems Impact Public Health: A Literature Review of the Relationship Between Physical Activity and Built Form.*

Land Use and Transportation Policy Best Practices

INDICATOR	BEST PRACTICE	SC EXAMPLE
Encourages compact or infill development	**Sample Goal:** New growth should be encouraged in areas that are already developed and served by existing utility services. **Sample Policy:** The City shall promote and provide incentives (e.g., focused infill planning, zoning/rezoning, revised regulations, provision of infrastructure) for infill development, redevelopment, mining reuse, and growth in existing urbanized areas to enhance community character, optimize City investments in infrastructure and community facilities, support increased transit use, promote pedestrian- and bicycle-friendly neighborhoods, increase housing diversity, ensure integrity of historic districts, and enhance retail viability.	**York County Comprehensive Plan** Maximize the efficiency of existing infrastructure by encouraging growth in areas where services and facilities are available. pg.CF-23 **Florence County Comprehensive Plan** Land Use Element: Compact development manages density and intensity of development through design to conserve land, reduce impacts on traffic and storm water for a given amount of development, and make maximum use of existing infrastructure. It also places varied but complementary land uses in proximity to each other. Compact development promotes a mix and arrangement of land uses that are conducive to pedestrian activity and alternative modes of transportation. With well-designed compact development, more everyday destinations such as shops, churches and schools are within convenient walking distance. pg. 11
Encourages the location of proposed schools, libraries, government offices, and other public facilities to maximize bicycle and pedestrian, and transit access	**Sample Goal:** New public facilities should be located in areas that are accessible by walking, biking and public transportation. **Sample Policy:** Provide a comprehensive system of active transportation modes in the city. Improve mobility for populations that do not have access to a car by connecting major destinations including, parks, civic facilities, education institutions, employment centers, shopping, and recreation areas.	**York County Comprehensive Plan** Establish an ongoing Countywide facility planning system to identify and prioritize needs and locations for community facilities and services. pg. CF-21 Integrate community facilities and infrastructure provision into the pattern of land uses. pg. CF-23 Work cooperatively with the schools districts to identify appropriate sites for new schools. pg. CF-33 Consider adopting a program for the dedication of land from larger developments to the school district for development as possible future schools. pg. CF-36

INDICATOR	BEST PRACTICE	SC EXAMPLE
Supports pedestrian-friendly building and site design standards (active ground floor uses, street frontage pedestrian entrances, etc.)	**Sample Goal:** New buildings downtown and along commercial corridors should be designed to make walking and biking access comfortable, safe and convenient. **Sample Policy:** Promote street life through attractive building design with street level activity and façade windows, public art, trees, fountains, and other landscaping elements that are pedestrian friendly.	**Charleston County Comprehensive Plan** Building Orientation: Primary entrances should face streets not internal site areas or parking lots. pg. A-36. Pedestrian Flows: Require sidewalks on all sides of the lot that abut a public street, and continuous internal pedestrian walkways of a certain width connect parking areas and the primary entrance. pg. A-37
Recommends place-supportive parking regulations (on-street parking, shared parking, pricing, employer incentives/ programs, etc.)	**Sample Goal:** Attractive and functional streets and parking areas. Design automobile use areas to fit the character of the community, and comfortably accommodate travel by pedestrians and bicyclists, while still meeting health, safety, and emergency access needs. **Sample Policy:** Achieve streetscape compatibility. Ensure that roadways, parking areas, and pedestrian and bike movement are functionally and aesthetically appropriate to the areas they serve.	**York County Comprehensive Plan** Modify subdivision and commercial development standards and regulations to support an integrated transportation system that incorporates: Parking standards modified to promote shared use of parking and interconnectivity, particularly along commercial corridors and within mixed-use centers. pg. T-14 **Horry County Comprehensive Plan** Revisit "Parking Regulations" to determine the best site design requirements concerning vehicular ingress and egress, proximity to congested intersections, lateral access between separate but adjacent sites, and forward motion design (short term). pg. 222
Supports mixed use development, buildings, or blocks	**Sample Goal:** Land use and transportation have a strong influence on people's lifestyles and in promoting healthy communities. Land use arrangements and mixes that provide access to daily needs, conveniences, and employment in a safe, inviting, and walkable environment create the potential for increased physical activity. **Sample Policy:** Promote neighborhood retail and community nodes in residential areas. Provide a range of essential, local-serving retail and public amenities and services to residents within walking distance.	**Charleston County Comprehensive Plan** Encourage master plans for mixed-use developments; Promote mixed-use developments and a general land use pattern that includes a variety of housing types, retail, service, employment and civic uses, as well as open space and includes linkages to public transit in a walkable environment. pg. 45 **Beaufort County Comprehensive Plan** Residential Development Guidelines: Mixed-use developments are encouraged to promote pedestrian access to services and facilities while providing internal trip capture to minimize the traffic impact of these developments. pg. 4-23

LAND USE AND TRANSPORTATION ANALYSIS IN SC COMPREHENSIVE PLANS

	0	2	4	6	8	10
Encourages compact and/or infill development	4		3		4	
Encourages the location of proposed schools, libraries, government offices, and other public facilities to maximize bicycle and pedestrian, and transit access.	8				2	1
Supports pedestrian-friendly building and site design standards (active ground floor uses, street frontage pedestrian entrances, etc.)	5			6		
Recommends place-supportive parking regulations (on-street parking, shared parking, pricing, employer incentives/programs, etc.)	9					2
Supports mixed use development, buildings, or blocks	5		2		4	

■ NOT PRESENT ■ PRESENT, NARROW ■ PRESENT, COMPREHENSIVE

LAND USE AND TRANSPORTATION CHECKLIST

☐ Does your plan encourage compact or infill development?

☐ Does your plan encourage the location of proposed schools, libraries, government offices, and other public facilities to maximize bicycle and pedestrian, and transit access?

☐ Does your plan support pedestrian-friendly building and site design standards (active ground floor uses, street frontage pedestrian entrances, etc.)?

☐ Does your plan recommend place-supportive parking regulations (on-street parking, shared parking, pricing, employer incentives/programs, etc.)?

☐ Does your plan support mixed use development, buildings or blocks?

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Policy Guide for Support Facilities, Policies, and Programs

Increasing walking and biking rates in a community requires more than bike lanes and sidewalks. To make walking and biking a convenient choice often requires encouragement, education and policy support too.

Education and encouragement programs can provide incentives to walk and bike for recreation, such as a wellness program, or transportation, such as a commute rewards program. These types of programs can also be used to educate children and adults about safety considerations, such as how to ride a bike In the street or safely cross a street by foot.

Likewise, what to do with your bike at the end of a trip, how you make an easy transfer between biking and a bus connection, or finding a place to rest during a walk are subtle yet important factors that can influence walking and biking rates. Addressing these needs through development regulations, engineering requirements, or adopted policy can make walking and biking more convenient and pleasant.

ADDITIONAL RESOURCES

Bicycle Parking Guidelines: Executive Summary. Association of Bicycle and Pedestrian Professionals. http://c.ymcdn.com/sites/www.apbp.org/resource/resmgr/bpg_exec_summary_4-21-10.pdf

NACTO Urban Street Design Guide - Interim Design Strategies. 2013. http://nacto.org/usdg/interim-design-strategies/

Support Facilities, Policies and Programs Best Practices

INDICATOR	BEST PRACTICE	SC EXAMPLE
Recognizes or recommends locally adopted 'complete streets' policies or resolutions	**Sample Goal:** Provide safe and comfortable routes for walking, bicycling, and public transportation to increase use of these modes of transportation, enable convenient and active travel as part of daily activities, reduce pollution, and meet the needs of all users of the streets, including children, families, older adults, and people with disabilities. **Sample Policy:** Integrate Complete Streets infrastructure and design features into street design and construction to create safe and inviting environments for all users to walk, bicycle, and use public transportation. **Sample Policy:** In all street projects, include infrastructure that improves transportation options for pedestrians, bicyclists, and public transportation riders of all ages and abilities.	**Greenville County Comprehensive Plan** Develop an integrated transportation system that ensures accessibility, safe and efficient movement, and connectivity through all parts of the County and accommodates a range of transportation choices such as public, pedestrian, bicycle, and vehicular. This includes a "Complete Streets" initiative in the urban areas of the County. pg. 35
Recommends bicycle parking requirements and standards	**Sample Goal:** Promote the development of end of trip facilities for bicycles to ensure a complete network and system. **Sample Policy:** Provide bicycle parking for all commercial and multifamily residential development over 2,500 square feet.	None in plans reviewed.
Encourages showers, lockers, secure bicycle parking and other amenities for active commuters	**Sample Goal:** Increase commuter amenities, like showers and secure bicycle parking, at local businesses. **Sample Policy:** Amend the zoning ordinance to require amenities that support commuters walking and biking to work.	**Beaufort County Comprehensive Plan** Provide support facilities at County buildings to promote walking and cycling to work. Support facilities may include bike racks, lockers, changing areas and showers. pg. 9-19
Establishes policies or metrics related to reducing bicyclist and pedestrian traffic injuries and fatalities	**Sample Goal:** By 2015, reduce the number of injuries and fatalities to bicyclists and pedestrians by 50%. **Sample Policy:** Develop a bicycle and pedestrian safety plan to guide safety improvements to address high crash areas.	None in plans in reviewed.

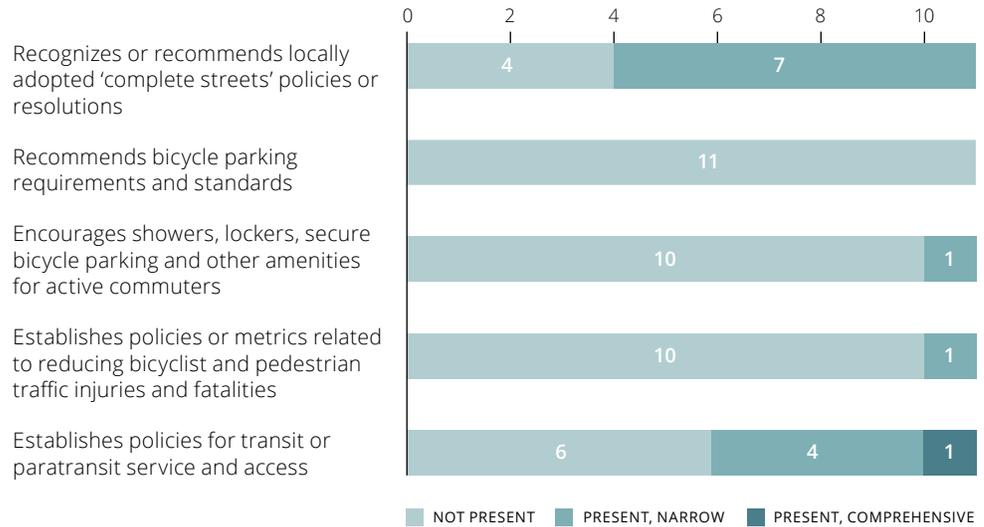| INDICATOR	BEST PRACTICE	SC EXAMPLE
Establishes policies for transit or paratransit service and access	**Sample Goal:** Ensure that all residents have access to adequate and safe public transit and active transportation options that reduce dependence on fossil fuels, increase physical activity, reduce air and noise pollution, and make streets safe for people of all ages. **Sample Policy:** Ensure that all education institutions, community facilities, and major commercial corridors and areas are served by public transit. Ensure that they are served by a local public transit stop or are located within a half-mile of a regional public transit stop.	**Spartanburg County Comprehensive Plan** Provide convenient, coordinated, accessible and affordable transit service under the administration of a single transit agency, controlled by a Joint Transit Commission appointed by city and county government. - Interface the Transit System with other transportation modes including highways, airports, rail, intercity bus, school buses, and bikeway/trail systems. -Develop alternative funding sources. -Promote public transit as a low cost alternative to the automobile and as a means of lessening traffic congestion. pg. 6-16
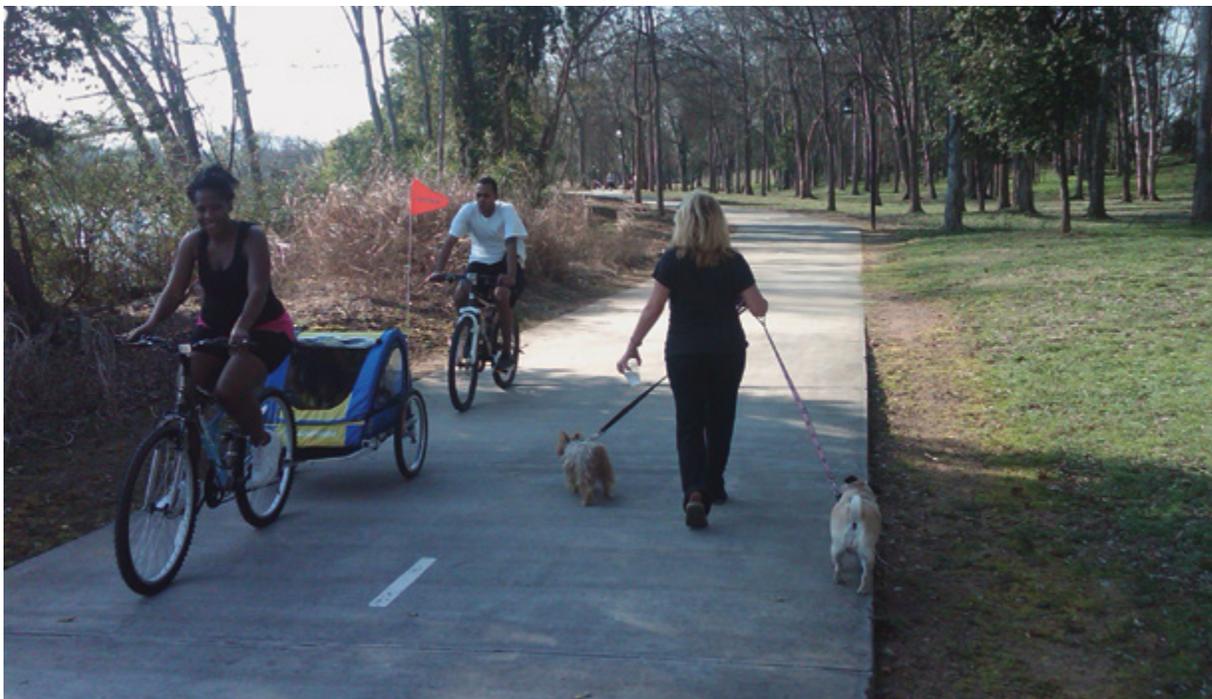
Photo by Alta Planning + Design

SUPPORT FACILITIES, POLICIES AND PROGRAMS ANALYSIS IN SC COMPREHENSIVE PLANS

	0	2	4	6	8	10
Recognizes or recommends locally adopted 'complete streets' policies or resolutions		4		7		
Recommends bicycle parking requirements and standards			11			
Encourages showers, lockers, secure bicycle parking and other amenities for active commuters			10			1
Establishes policies or metrics related to reducing bicyclist and pedestrian traffic injuries and fatalities			10			1
Establishes policies for transit or paratransit service and access		6		4		1

■ NOT PRESENT ■ PRESENT, NARROW ■ PRESENT, COMPREHENSIVE

SUPPORT FACILITIES, POLICIES AND PROGRAMS CHECKLIST

☐ Does your plan recognize or recommend locally adopted 'complete streets' policies or resolutions?

☐ Does your plan recommend bicycle parking requirements and standards?

☐ Does your plan encourage showers, lockers, secure bicycle parking and other amenities for active commuters?

☐ Does your plan establish policies or metrics related to reducing bicyclist and pedestrian traffic injuries and fatalities?

☐ Does your plan establish policies for transit or paratransit service and access?
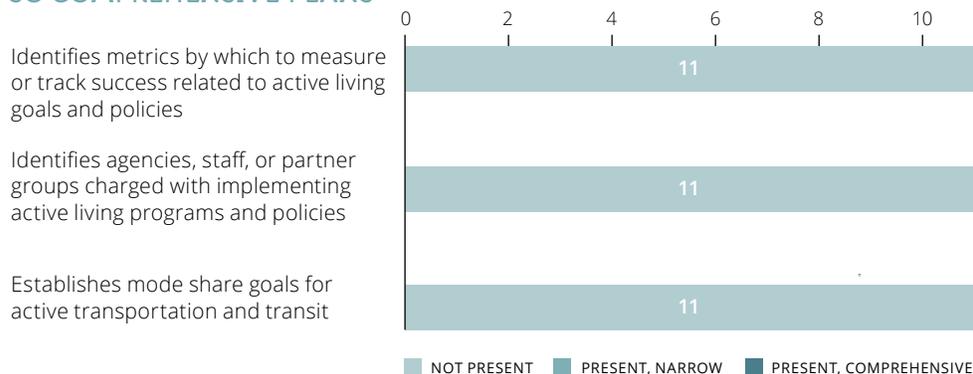
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Policy Guide for Active Living Implementation and Evaluation

To ensure successful active living outcomes, comprehensive planning needs to move beyond a vision and goals and into action. Plans should detail the steps to be taken, assign them to a particular organization or department, and define metrics for evaluating whether progress is made toward goals. For more information about implementation and evaluation resources, see the Resources chapter of this toolkit.

ACTIVE LIVING IMPLEMENTATION AND EVALUATION ANALYSIS IN SC COMPREHENSIVE PLANS

Identifies metrics by which to measure or track success related to active living goals and policies — 11

Identifies agencies, staff, or partner groups charged with implementing active living programs and policies — 11

Establishes mode share goals for active transportation and transit — 11

NOT PRESENT   PRESENT, NARROW   PRESENT, COMPREHENSIVE

ACTIVE LIVING IMPLEMENTATION AND EVALUATION CHECKLIST

☐ Does your plan identify metrics by which to measure or track success related to active living goals and policies?

☐ Does your plan identify agencies, staff, or partner groups charged with implementing active living programs and policies?

☐ Does your plan establish mode share goals for active transportation and transit?

Photo by Alta Planning + Design

Resources

Organizations, data, and funding resources related to healthy eating and active living provide critical support for advancing the goals of healthier planning processes. Having access to these resources can inform decision-making, enhance implementation efforts, and help communities track progress over time.

To help implement the policy recommendations in this toolkit, a list of resources is provided in the subsequent sections of this chapter. These resources include:

(1) **Organizations** - There are many public, private and non-profit organizations that can provide resources to help with implementation.

(2) **Data** - Having adequate data can help identify need, changes over time and strategies for community improvement. Data can also help support decision making.

(3) **Funding** - Funding to help implement healthy eating and active living can come from public and private resources. Grants, technical assistance programs and other funding opportunities are available from a variety of organizations in South Carolina and from around the country.

ORGANIZATIONS

South Carolina Organizations

» Eat Smart Move More South Carolina | *www.eatsmartmovemoresc.org*

» South Carolina Community Loan Fund | *www.sccommunityloanfund.org/*

» Palmetto Cycling Coalition | *www.pccsc.net*

» South Carolina Department of Agriculture | *www.agriculture.sc.gov/*

» South Carolina Department of Health and Environmental Control (DHEC) | *www.scdhec.gov*

» South Carolina Institute of Medicine and Public Health | *www.imph.org*

» South Carolina Safe Routes to School Resource Center | *www.scsaferoutes.org/*

National Organizations

» Bicycle Friendly America, League of American Bicyclists | *www.bikeleague.org/bfa*

» CDC Healthy Community Design Initiative | *www.cdc.gov/healthyplaces/default.htm*

» ChangeLab Solutions: Healthy Planning: | *www.changelabsolutions.org/healthy-planning*

» County Health Rankings and Roadmaps | *www.countyhealthrankings.org/roadmaps*

» Healthy Food Access Portal | *www.healthyfoodaccess.org*

» National Center for Safe Routes to School | *www.saferoutesinfo.org*

» Planning and Community Health Research Center | *www.planning.org/nationalcenters/health*

» Slow Food USA | *www.slowfoodusa.org*

» Walk Friendly Communities | *www.walkfriendly.org*

» Wallace Center National Good Food Network | *www.ngfn.org*

South Carolina Resources

» DHEC Epidemiological Data & Reports

    » County and Regional Factsheets |
http://www.scdhec.gov/Health/SCPublicHealthStatisticsMaps/County-SpecificEpidemiologicalData/

    » Obesity, Diabetes and Physical Inactivity by country |
http://www.scdhec.gov/Health/SCPublicHealthStatisticsMaps/PrevalenceRateAmongAdults/

    » Children's Health Assessment Survey (CHAS) |
http://www.scdhec.gov/Health/SCPublicHealthStatisticsMaps/CHAS/

» South Carolina GIS Data Portal | *www.gis.sc.gov/data.html*

National Resources

» Alliance for Walking and Biking - Bike & Ped Advocacy Resource Library |
www.peoplepoweredmovement.org/site/index.php/members/C20

» County Health Rankings | *www.countyhealthrankings.org/app/home*

» Food Access Research Atlas | *www.ers.usda.gov/data-products/food-access-research-atlas.aspx*

» Food Environment Atlas | *www.ers.usda.gov/data-products/food-environment-atlas.aspx*

» Healthy People 2020 - Nutrition, Physical Activity, and Obesity |
www.healthypeople.gov/2020/LHI/nutrition.aspx?tab=data

» The League of American Bicyclists - Advocacy Resources | *www.bikeleague.org/reports*

» Pedestrian and Bicycle Information Center | *www.pedbikeinfo.org*

» State Indicator Report on Fruits and Vegetables |
www.cdc.gov/nutrition/downloads/State-Indicator-Report-Fruits-Vegetables-2013.pdf

» USDA's Economic Research Service (ERS) | *www.ers.usda.gov/data-products.aspx#.Uo-VKCembCw*

» US Census Bureau | *www.census.gov*

FUNDING

South Carolina Resources

» Healthy Food Retail Loan Products |
www.sccommunityloanfund.org/loan-programs/view/healthy_food

» Transportation Alternative Program |
http://www.scdot.org/getting/community_transportation_alternatives.aspx

» Recreational Trails Program | *www.scprt.com/our-partners/grants/trails.aspx*

National Organizations

» Kellogg Foundation | *www.wkkf.org/grantseekers*

» Robert Wood Johnson Foundation | *www.rwjf.org/en/grants/calls-for-proposals.html*

» USDA/HUD/CDC/NIH/USDOT | *www.grants.gov/web/grants/search-grants.html*

» USDA Rural Development Loan Assistance | *www.rurdev.usda.gov/RD_Loans.html*

» USDA Rural Development Grant Assistance | *www.rurdev.usda.gov/RD_Grants.html*

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