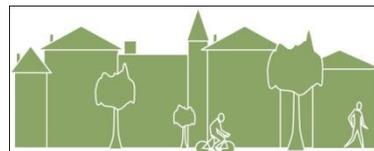


HEALTHY PLACES by DESIGN

NORTH KINGSTOWN



“Building a healthier community through partnerships.”



Healthy Places by Design Action Plan
May 15, 2012



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INTRODUCTION

The attractiveness of North Kingstown as a place to live continues to be a stimulus for growth. As the Town continues to grow, it is important to direct growth to the right places, utilize less land area by embracing compact development, and set preservation and protection priorities for agricultural and open space properties. Whether or not the town will grow is not the question...it is growing. The important question is 'How and where should the town grow?' Over the years, the town has worked proactively to develop the mechanisms necessary to guide the town's growth in a manner that is complementary with its historic character, sensitive natural lands, and more importantly, with the needs of the community.

As we continue to observe the positive transformative changes occurring throughout the town, it is just as important we also recognize our overall health and well-being as a condition of our built environment. Access to healthy foods, safe streets for bicycling, sufficient sidewalks for walking, places for active recreation and supportive neighborhoods affects our health. Recognizing this community need, the Town of North Kingstown seized the opportunity to work with the Rhode Island Department of Health (HEALTH) and West Bay Family YMCA to be one of the pilot communities under the state's new Healthy Places by Design initiative.



Healthy Places by Design (HPbD) Project

The Town of North Kingstown has partnered with the charitable organization, the West Bay Family YMCA to deliver its HPbD Project. This project, funded by the Rhode Island Department of Health (HEALTH) seeks to strengthen land use, transportation and urban design policies and local ordinances that guide the decision making process for the built environment to be more supportive of health, particularly as it relates to physical activity and healthy eating. North Kingstown was selected to be one of three pilot communities in March 2011 (the other communities being South Kingstown and Pawtucket) and project work began in August 2011.

This pilot project allowed the town and YMCA to collaborate to address North Kingstown's challenges related to the built environment and how it relates to public health and included an extensive public engagement process, discussed throughout this report. HEALTH provided training and technical assistance for North Kingstown throughout the project which included developing tools to implement policy changes through revisions to the comprehensive plan that improve the built environment's affect on health. HEALTH assisted the YMCA to create change and build capacity for healthier communities by empowering them to evaluate their environments, through assessments such as the Community Healthy Living Index (CHLI).

This report outlines the existing conditions, challenges, issues, opportunities and recommendations related to public health and the built environment. Constant feedback loops were utilized to validate emerging issues, test solutions, and build consensus, also discussed throughout this report. The last section of the report includes an Action Plan for the town and YMCA to continue the efforts initiated as part of the HPbD project. Presentations, findings and graphics developed throughout the evolution of the project can be viewed at:

www.horsleywitten.com/healthynorthkingstown



NORTH KINGSTOWN FACTS

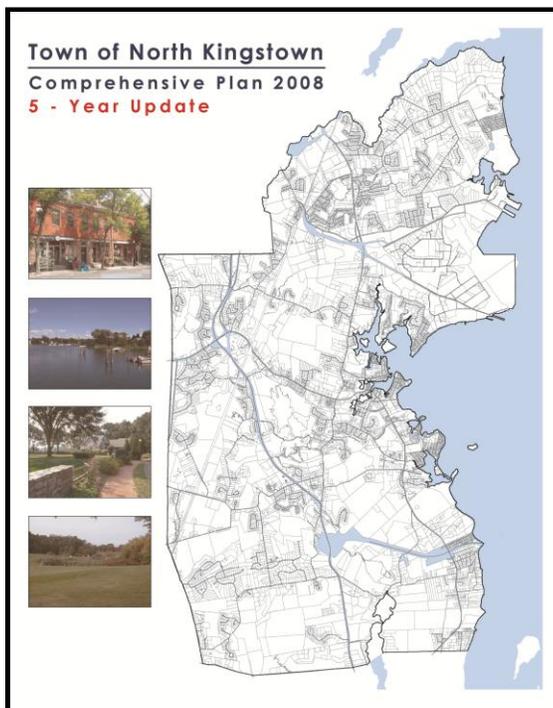
SIZE: 58.3 square miles.
POPULATION: 26,486
HOUSEHOLDS: 10,436 (US Census 2010).
MEDIAN HOUSEHOLD INCOME: \$77,477 (US Census 2010).
MEDIAN SINGLE FAMILY HOME SALES PRICE: \$304,505 (RIEDC)
FOOD STAMP RECIPIENTS: 5.1% of population (2.9 % with Food Stamp/SNAP benefits in past 12 months (Healthy Community Survey).
WIC RECIPIENTS: 2.8% of population (Healthy Community Survey).
TENANCY OF HOUSING UNITS: Owner-occupied 7,869/20,927 of population, renter-occupied 2,567/5,366 of population (US Census 2010).
COMMUNITY GARDENS: 0

BIKE PATH MILES: 8.93 completed.
PARKS/RECREATION: Percent of residents within half mile of an outdoor recreation facility 68%/17,962. Percent outside half mile radius 32%/8,524 (RIGIS 2010).
RATIO OF OUTDOOR RECREATION TO POPULATION: 1,789 acres of designated recreational facilities, 0.07 acres recreational areas/person, 67.5 acres recreational areas per 1,000 population (RIGIS 2010).
FOOD: 35 restaurants, 13 convenience/gas stations, 11 fast food chains, 11 donut/pastry shops, 4 ice cream shops, 3 Community Supported Agriculture (CSA) operations, 7 retailers, 2 farmer's markets (HPbD Food Venue Survey).

PROCESS

HEALTH Comprehensive Plan Assessment

Through HPbD, HEALTH aims to demonstrate that effective community planning must include a community needs analysis related to health. This analysis would be based on assessments that include aspects of the built environment that affect health evidenced in the comprehensive plan. HEALTH's score of the North Kingstown comprehensive plan was a total score of 92 points, out of 192 total available points (approximately 49% in compliance with the Healthy Communities Plan/HCP).



HEALTH has provided the town with recommendations bring the Plan into compliance with the goals and objectives of HCP that are supportive of physical health and access to healthy foods. The proposed amendments to the comprehensive plan were based on these recommendations and balanced by the needs of the community. These amendments are included in this plan.

HEALTH's **Memo of Findings**, the **North Kingstown Score Summary**, and **Comprehensive Plan Review Notes** are available on the project website, under the Community Assessments section.

Project Goals

One of the goals of the HPbD project is to demonstrate that effective community planning must include a community needs analysis related to health and its relationship to the existing and future built environment (policies and programs) as defined in the Comprehensive Plan and Zoning Ordinance. The Town of North Kingstown was well-positioned to take on this challenge. Concurrently with the HEALTH project, the Town is working to secure funds to rewrite its Comprehensive Plan. In addition, numerous, recently-completed planning projects reflect the core values/tenets of the HCP including the ongoing Villages/TDR project.

Early on in the project, the HPbD project team identified the following objectives for the project:



- Support all non-motorized modes of transportation to facilitate community connectivity.
- Expand access to healthy food choices to support healthy living.
- Utilize compact, mixed use development techniques to strengthen communities.
- Create a system/network of community spaces.



Outreach

The project team sought to empower and improve opportunities for the public to voice their values, ideas and concerns regarding North Kingstown's built environment and its impact on health – critical to the success of this project. A variety of public engagement techniques were employed to achieve diverse representation of residents and stakeholders, including surveys, educational forums, workshops/public meetings, Facebook, and a project web page.

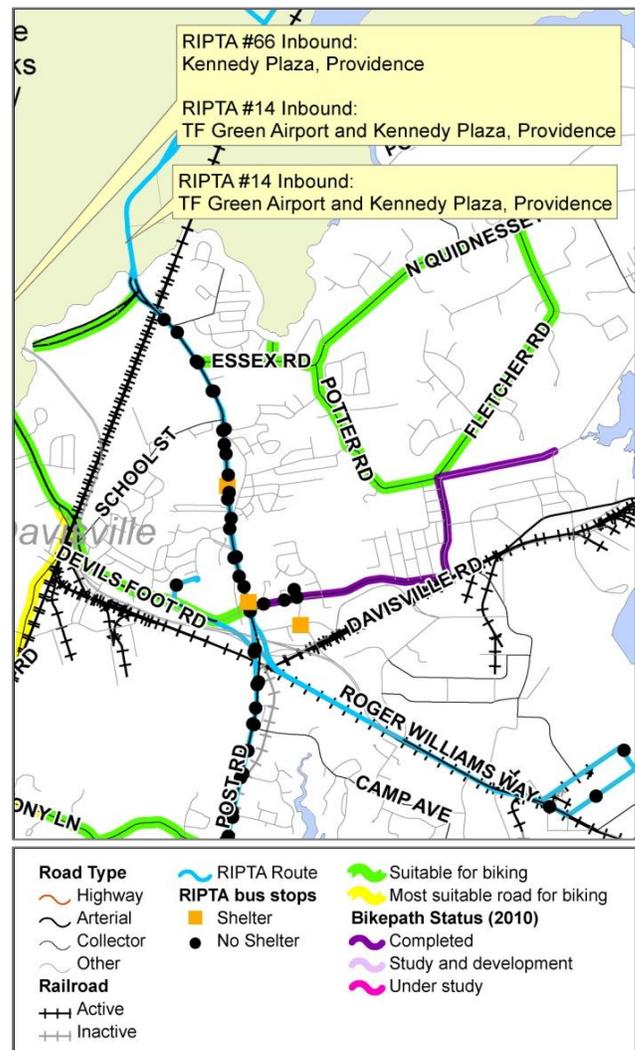


Project Web Page

Since the inception of the project, a web page has been maintained at: www.horsleywitten.com/healthynorthkingstown

Visualization

The consultant team included the services of the Horsley Witten Group, Loon Environmental and Dodson Associates charged with developing maps and scenario planning concept sketches, respectively. Effective visualization techniques were critical in testing potential solutions, building consensus, and developing informed policies to address the gaps identified by residents, stakeholders and HEALTH.



Circulation Map developed for the Community Design Event to better understand existing circulation modes and connectivity.

Stakeholder Coordination

The North Kingstown HPbD process consistently utilized stakeholder feedback loops from a diverse range of groups. Coordination was managed by various members of the team, and reported back to the larger project team through weekly meetings/teleconferences.

Media

Local media was utilized to inform, educate and engage community members early-on, throughout the project, and after the close of the Community Design event. The *North Kingstown Patch* followed the HPbD project closely, posting information for upcoming meetings/outreach initiatives, getting the word out on HEALTH's Healthy Community Survey, and providing a feedback loop after project events. The *North Kingstown Standard Times*, *Villager*, and the *NorthEast Independent* also ran feature articles promoting awareness of the project.

Facebook/E-Blasts

A Facebook 'Place' account was established by the town in early October 2011 to primarily promote and communicate upcoming project events and to post photos of interest. In addition, the project team maintained an e-blast list of over 175 residents, businesses, and community organizations who indicated interest at the outset of the project, which enabled engagement throughout the life of the project.

Youth and Teens

The HPbD outreach process included the inclusion of North Kingstown's youth, typically an under-represented demographic, who were engaged throughout the week-long Community Design Event. Project team members from the YMCA joined high school civics, history, and health classes for facilitated conversations related to youth and teen health as a result of the built environment.

Surveys

An effective way to engage the public on health-focused community planning is through the use of a health survey. The project team collected and analyzed input from a variety of stakeholders and the general public early in the planning process through HEALTH's community at large survey and the YMCA's CHLI.

Participants stated the following regarding Food Behaviors and Access (HEALTH Community Survey)...

- *On average, respondents eat 2 or more servings of fruits on 5 days per week.*
- *Respondents on average eat 3 or more servings of vegetables 4 days per week.*
- *Survey respondents eat fast food on average less than one day a week and drink sugar sweetened beverages about a day a week).*
- *75 (42%) of respondents garden at home and 1 respondent (.56%) in a community garden.*

Public Meetings



The HPbD process included a series of meetings and workshops throughout the evolution of the project aimed to:

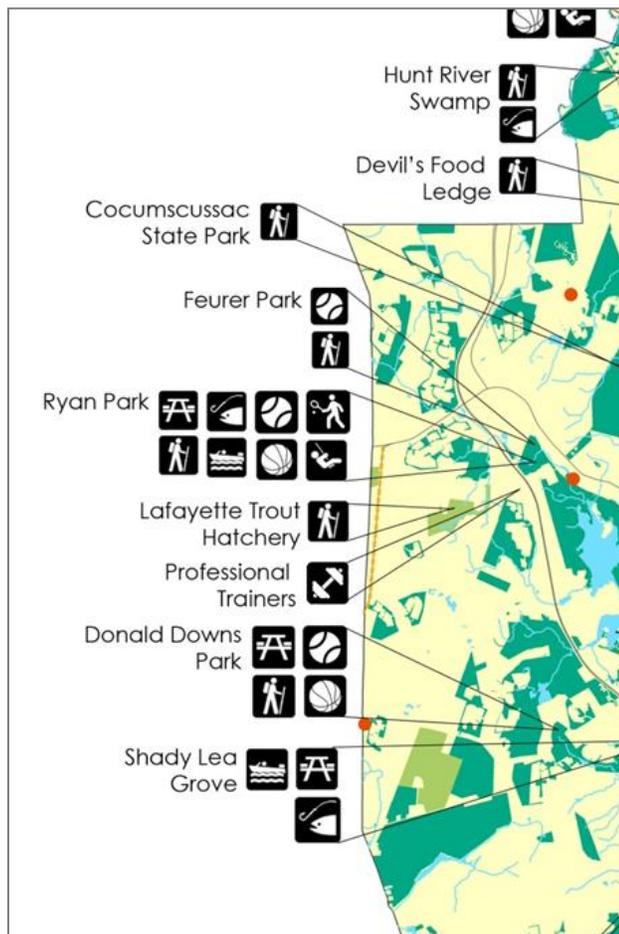
- Inform and educate the public about the project.
- Obtain consensus on the major objectives of the project, and related strengths, weaknesses, obstacles and threats to its success.
- Facilitate community visioning focused on supporting the overall health of the community through smart growth principles.



Community Assessments

HEALTH Community Survey

The Town of North Kingstown, working with West Bay Family YMCA and HEALTH sought to understand residents' exercise and eating behaviors, attitudes and beliefs through the administration of a ten-minute survey. The information collected through the survey was used to develop policies that are supportive of healthy lifestyles as part of the HPbD project.



An excerpt from the Town's Recreation Map which identifies recreational area locations and amenities.

An emailed survey link from HEALTH was sent to 2,200 West Bay Family YMCA members. The survey link was also emailed to residents already participating in the project to date, posted on the project web page, featured in the *North Kingstown Patch*, referenced on the project's Facebook page, as well as hard copies distributed in 5 locations across town. A 'Letter

to the Editor' was published in the *North Kingstown Standard Times*, while an additional 30 hard copies were distributed at the Beechwood Senior Center Men's Breakfast. The survey was open for responses from October 7 to 31, 2011. In all, 180 complete surveys were returned.

Residents told us (HEALTH Community Survey)...

- 82% of those who took the Community Survey did not agree that there are sidewalks on most of the streets in their neighborhoods.
- 72% of Community Survey respondents did not agree that there are places to walk to for services like dry cleaning, groceries, etc.



Post Road existing pedestrian and bicycle environment.



Concept rendering of a re-imagined Post Road incorporating provisions for pedestrian and bicycle networks.

The **Healthy Community Survey Demographics Comparison, Healthy Community Survey Summary, and Survey Summary** snapshot graphic are available on the project website, under the Community Assessments section.

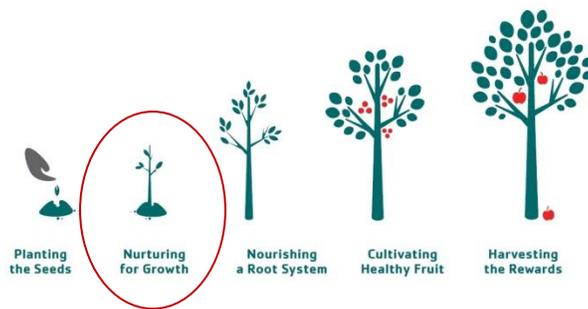


Community Healthy Living Index (CHLI)

The Town of North Kingstown, working with West Bay Family YMCA, sought to assess the community's support for healthy living in the places where people live, work, learn, and play through the administration of a CHLI assessment. The information collected through the survey was used to develop policies that are supportive of healthy lifestyles as part of the HPbD project.

The power of the CHLI tool is the manner in which the assessment is conducted. The CHLI process is centered around the participation of community residents and stakeholders assessing their own environment and reflecting on their experiences within their own environment. In order to complete the CHLI assessment, each group of residents and community stakeholders must review every CHLI assessment indicator and come to consensus on the score that is best reflective of their community. The indicator categories include:

- Neighborhood Design;
- Physical Environment related to Physical Activity;
- Physical Environment related to Food/Nutrition; and
- Safety and Collaborative Capacity/Community Engagement.



CHLI Assessment stages of development within the process of creating sustainable change in support of healthy living.

North Kingstown's Assessment Results...

Nurturing for Growth – *Some seeds of change have already been planted in the community, but there's still ample work to be done and many gaps to fill to help nurture growth. Based on this assessment, there are only some aspects of the Town that strongly support healthy eating and physical activity. You are in the second stage of a developmental process, Nurturing for Growth, which will one day reward your hard work with a rich harvest: a healthy environment.*

The **CHLI Survey Final Report** and **CHLI Summary** graphic are available on the project website, under the Community Assessments section.

Residents told us (CHLI)...

- *Participants in the Community Healthy Living Index (CHLI) reported that the community is redeveloping existing roads to accommodate walking and biking in less than 20% of the Town.*
- *Participants in the CHLI reported that less than 20% of school sites have walking and biking infrastructure so the majority of students can walk and/or bike to school.*
- *According to participants in the CHLI process, less than that 20% of the community has a network of unobstructed, well-maintained and level sidewalks and pathways, including in the shopping centric areas.*
- *CHLI participants felt that less than 40% of the time, steps are being taken to correct hazards or improve conditions around major barriers that make it hard to safely walk or bike from place to place in the Town.*

Food Outlets/Availability of Food Assessments

Town-wide Food Outlets and Availability of Food assessments were conducted to better understand residents'



behavior accessing food in regards to location, variety, quality and cost of offerings available. For instance, the Availability of Food assessment looked at whether food is fresh, frozen or canned, white versus whole wheat options, and whether dairy or protein is available. The Food Outlets assessment revealed the type, and in some instances concentration, of food venues available including, restaurants, grocery stores, convenience stores or fast food chains.

Food outlets were categorized as follows: community-supported agriculture/farm stands/farmers markets; supermarkets; food retailers; restaurants; coffee/pastry shops/ice cream shops; and fast food/convenience store/gas stations.

Food outlets were assessed and reported based on the availability of the following healthy food offering categories: fresh, canned and frozen fruit; fresh, canned and frozen vegetables; white, wheat bread; dairy; and fresh eggs, meat, and fish, canned and frozen protein. The Food Outlet and Availability of Food assessments revealed that the Post Road corridor is inundated with fast food venues and convenience stores/gas stations (food swamps). Although the healthy food offerings screening revealed healthy foods are in fact offered, the variety, amount, and cost are barriers towards purchase and consumption. It was also acknowledged that the more rural areas in town are underserved by supermarkets or healthy food outlets (food deserts).



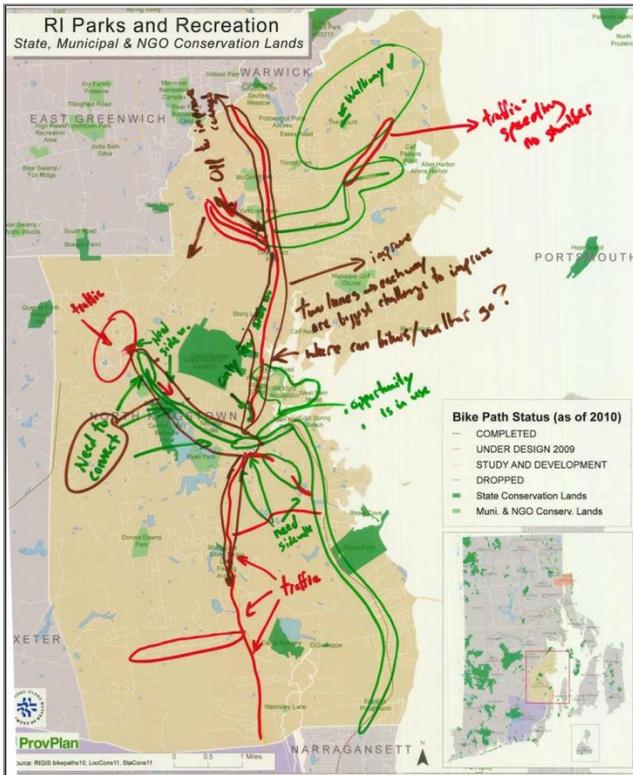
Food Outlet Types	
Community Supported Agriculture/Farm Stand; Farmers Markets	Restaurants
Markets	Coffee/Pastry Shops
Retailers	Ice Cream Shops
Restaurant/Retailers	Fast Food
	Convenience Store/Gas Station

Food Outlet Assessment graphic developed for the Community Design Event to better understand the types and concentration of food venues.

The **Food Outlets** and **Availability of Food** maps, in addition to the **Outlet/Venue Listing** are available on the project website, under the Community Assessments section.

Bikeability Assessment

Active recreation and physical activity were considered in the Bikeability Assessment (Handlebar Survey). Four residents participated by cycling sections of town including the 2.5-mile Quonset Bike Path, which connects the York Town Shopping Center with Calf Pasture Beach via Perimeter Road (closed to motor vehicles), and continued onto Wilson Park, then Wickford Village. The Post Road corridor was also scheduled for the assessment. Unfortunately even North Kingstown's most committed cyclists did not feel comfortable cycling along the corridor. The Handlebar Survey gathered both qualitative and quantitative information regarding existing cycling conditions in North Kingstown. The Handlebar Survey team (volunteers) found a variety of built and natural conditions that make bicycling both pleasant and challenging.



Participants at the Walking and Biking forum marked up town-wide maps to identify barriers and opportunities to walking and biking.

Strengths

- A variety of walkers, runners, and bicyclists were observed using the bike path facility.
- Wilson Park’s proximity makes it a natural bicycle-trip generator, which also features several bicycle parking racks.
- Wickford Village’s compact scale, slow traffic, and mix of commercial/residential/civic land uses puts desirable destinations in close proximity for people walking/biking — a “park once” strategy that reduces automobile trips.



Weaknesses

- Quonset Bike Path, Wickford Village and Wilson Park are disconnected from each other.

- Few breaks in the fencing along the Quonset Path limits access to/from the neighborhood to the north.
- Western end of the Quonset Path terminates in an auto-dominated area that lacks on-street facilities for bicyclists.
- There is a strong need for connected, context-appropriate on-street bikeways between this area of town and the south (Wilson Park, Wickford Village) and the neighborhoods to the west of Post Road.
- Bicycle parking and wayfinding should be expanded all over town, especially at key destinations and along Brown Street in the Wickford Village area.

Opportunities

- A network of various bikeway types, including paved shoulders/shared use lanes/bicycle boulevards/buffered bike lanes may be incrementally developed, making cycling more appealing and safer for a broader demographic.



Conceptual photo of Ten Rod Road with a dedicated bike lane (identified quick win).

- Low-cost opportunities such as adding bicycle parking facilities and wayfinding signs at key junctures could make the network more transparent and welcoming
- Land use and transportation decisions should be coordinated to support bicycle/pedestrian trips.

The **Handlebar Survey** and **Bikeability Assessment Summary** graphic are available on the project website, under the Community Assessments section.

Walkability Assessment

Conditions for walking in North Kingstown were considered in the Walkability Assessment (Walk Audit), where challenges and opportunities related to walking and physical activity were identified. Seven residents and community decision-makers participated, led by national expert Mark Fenton, of America's Walking. Areas walked included Post Road, Davisville Road, a segment of the Quonset Bike Path (through the Kohl's and Dave's Market Place parking lot) and Wickford Junction. The walkabout assessed five attributes considered necessary to encourage environments for healthy behaviors: land use patterns; active transportation facilities; functional site designs; safety and access; and healthy food offerings.



Observations

- During this economic downturn is the time to ensure the five key principles to healthy design are integrated into design/redevelopment plans.
- Route 1 (Post Road) is a critical corridor that can either redefine and connect the community, or continue to divide it and make it feel like a 'pass through' area.
- Development can and must be focused in areas with existing or potential services and densities of development, ideally with quality transit access. The emerging Wickford Junction and Quonset Gateway projects have great potential to accomplish this.

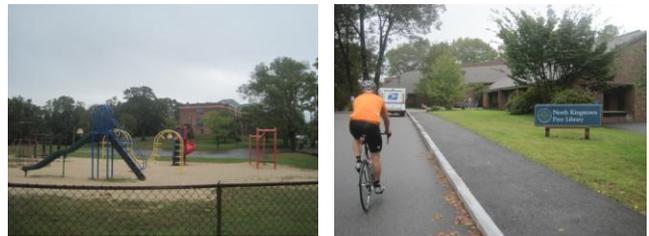
Potential Action Areas

- Previous visioning and planning exercises have already detailed many areas for improvement – it is critical for these ideas to be converted into specific policy and design actions...including decisions such as requirements on roadway lane widths and

the inclusion of bicycle lanes, or standards for a five foot minimum width sidewalk, with a planting strip.

Potential First Steps/Quick Wins

- Create 'adopt a spot' and 'adopt a trail' program to provide financial and in-kind support to initiate civic engagement.
- Conduct a series of walkabouts at schools to develop specific 'Safe Routes to School' plans to encourage more active transportation.
- Identify appropriately scaled existing roadways for bicycle lane accommodations as a secondary task for future roadway improvement projects.
- Require 'multi-modal transportation analyses' for development projects to include pedestrian, bicycle, transit, and motor vehicle assessments.
- Pass a Complete Streets resolution stating the intent to build and maintain complete streets that consider pedestrian, bicycle, transit and motor vehicle shared use.



The **Walk Audit** is available on the project website, under the Community Assessments section.



ProvPlan Mapping

HEALTH contracted with the non-profit organization Providence Plan to assist in the development and collection of performance measure data for the HCP to indicate how the integration of the HCP into local comprehensive plans affects the built community. The information provided was intended to establish a baseline understanding of North Kingstown's existing conditions related to the performance measures analyzed.

The full suite of performance measures, demographics and maps developed by the Providence Plan are available on the project website, under the Community Assessments section.

Community Educational Forums

Throughout October, five community educational forums were held facilitated by GrowSmart RI. Topic areas and brief summaries are provided below. These forums served to not only educate residents and stakeholders on the topic areas, but also provided the project team some insight into residents' needs. Free child care was offered at the West Bay Family YMCA for the majority of the forums. The Walking and Biking forum attracted over 50 interested community members, who stayed into the evening to mark-up town-wide 'barriers and opportunities' maps with the forum facilitator. Full **Forum Presentations** and **Summaries** are available on the project website, under the Community Educational Forums section.

Expanding Recreational and Active Living Opportunities Workshop...

Designing for Safety - when people use the facility, they feel confident that they will come to no physical harm from hazards like tripping, falling, or running into something. Safety can be enhanced through:

- *Limiting conflict points between autos and pedestrians.*
- *Separating uses to avoid conflicts.*
- *Using traffic calming techniques to slow traffic.*

Expanding Recreational and Active Living Opportunities... led by Peter Flinker from Dodson Associates. The workshop focused on various strategies that North Kingstown could use to build upon the recreational resources that already exist in the town (such as ballfields, playgrounds, parks, etc). The strategies are intended to ensure that all populations have easy access to safe, well maintained recreation opportunities.

Keeping Farms and Local Food in Our Future... led by Sheila Brush of The Rhode Island Agricultural Partnership. In this workshop participants discussed Rhode Island's definition of a farm, farm types, the good and bad news for farms today and options for supporting farms and land from a community and municipal perspective.



Making It Easier to Get Healthy Food... led by Katherine Brown, Southside Community Land Trust, Kathleen Gorman, URI Feinstein Center for a Hunger Free America and Nate Kelly, The Horsley Witten Group. In this workshop participants discussed food systems and how food affects health and explored what's happening in North Kingstown and what can be done to improve access to healthy food.

Residents told us they find few opportunities to walk or bike to stores that offer healthy foods.

What Residents told us...

- *Residents identified cost as the primary barrier to buying fruits and vegetables, and to healthy eating in general.*
- *Residents also indicated that, while healthy food is available, they need more information about how to prepare it.*
- *Residents find few opportunities to walk or bike to stores that offer healthy food.*



Making Our Community More Walkable and Bikeable... led by Mike Lydon, from the Street Plans Collaborative. In this workshop, participants discussed a variety of physical changes that can be made to neighborhoods and roads to make biking and walking safer and more enjoyable for all residents.



Planning and Designing Mixed Use Centers... led by Donald Powers, from Donald Powers Architects. In this workshop, participants discussed the importance of developing compact centers that include a variety of destinations (such as shops, libraries, schools, parks, etc) to make walking and biking more convenient.



Project Kickoff

A variety of public meetings were held, commencing with a Project Kick-Off in September 2011 with 35 residents and community decision-makers in attendance. The concept of 'Guiding Principles' was introduced as the primary focus of the meeting.

Participants circulated through four facilitated workgroups: Walking and Biking; Access to Healthy Foods; Villages/Neighborhoods; and Public Spaces. Groups were asked to participate in facilitated discussions, contributing words or phrases that would be combined to craft the ideal 'Guiding Principle' for their specific topic. Once all participants had the opportunity to contribute, they rotated around the room and sat in on all four of the discussion topics.



Following the meeting, the project team met during a work session and fine-tuned the **Guiding Principles** (outlined below) developed by the general public. These were then posted on the project web page and validated at the Community Design Event.

Walking/Biking

- North Kingstown should have walking/biking resources that create a safe, attractive, sustainable environment to support healthier modes of transportation and to enhance the quality of life for all residents.
- We believe in utilizing walking/biking resources as a way to better connect neighborhoods to each other and other community assets, including opportunities to work, shop, and play.

"I just want to be able to walk to my friend's house without my mom having to drive me there"

Resident – Age 9

Access to Healthy Food

- North Kingstown should have access to healthy food that is locally grown, fresh, affordable, easily accessible, and offers variety.
- We believe that providing education about healthy foods will result in cultural changes to generate healthier minds, bodies and communities.

Public Spaces

- North Kingstown should develop and maintain a network of connected public spaces that provides the community with the following benefits:
 - Supports healthy, active lifestyles;
 - Accessible to all ages and abilities;
 - Draws people together and increases social relationships;
 - Connects to neighborhoods and other community assets;
 - Increases safety for families and children; and
 - Showcases the natural beauty of the Town.

Neighborhoods

- In order to realize their full potential for quality of life, North Kingstown neighborhoods should be a collection of unique community assets that exemplify the following qualities:
 - Safe for all residents;
 - Offers economic diversity and opportunity;
 - Supports social interaction and civic involvement;
 - Provides recreation and education opportunities;
 - Accessible by a network of varied multi-modal transportation alternatives; and
 - Families are strengthened and youth are supported.

The Project Kickoff **Agenda**, full **Presentation** (PowerPoint), **Summary**, and **Facilitated Exercise Guide** are available on the project website, under the Project Kickoff section.

Community Design Event

Opening Meeting

Post-card invitations were mailed to 10,500 North Kingstown households and businesses and a banner placed across West Main Street announcing the week-long Community Design Event. Jon Reiner, North Kingstown Planning Director, opened the meeting, followed by Nate Kelly of the Horsley Witten Group. Mr. Kelly provided the community with an overview of the process completed to date, including: development of draft Guiding Principles; data collection; and issues identification.

You're invited to a...

Community Design Event!

The North Kingstown Healthy Places by Design project believes it is time for us—as a community—to take a look around us, identify what's working, decide what we would like to improve, and together develop a shared vision for what physical activity and access to healthy food means to us.

We can't do this without you! You—as decision-makers, residents, employees, business owners, activists and community leaders—have the insight, experience, ideas, perspective, commitment and leadership to make this happen. The success of this project depends on your involvement and support. You CAN make a difference!

Light dinner provided FREE. Child care and meal offered at no cost at the West Bay Family YMCA—please call in advance to register.

When: November 4, 6:30-8:30 pm
November 10, 6:30-8:30 pm
Friday and Thursday evenings

Where: Beechwood Senior Center

Who: All residents of North Kingstown and invited guests. Come for any part of either evening or all of both.

Visit: www.northkingstown.org/healthy-places-design
Call: 295-6501

Email: dkaplin@gpym.ca.org or dmclean@northkingstown.org

Chime in: If you cannot join us, please visit us on facebook or at the website above to get involved.

Led by: The Town of North Kingstown and the West Bay Family YMCA.

Take our ten-minute health survey here:
<http://northkingstown.org/healthy-places-design-community-survey>

Participants were then provided the opportunity to circulate the room to view, discuss, and vet draft Guiding Principles



and project findings to date, organized into stations under the four topic areas; Walking and Biking, Access to Healthy Foods, Villages/Neighborhoods, and Public Family Spaces. Project team members solicited participants to provide solutions to challenges and opportunities.

The Opening Meeting **Agenda**, full **Presentation** (PowerPoint), **Facilitated Exercise Guide**, and **Emerging Issues Summary** are available on the project website, under the Community Design Event section.

Open House

Midweek during the Community Design Event, an Open House was held to allow the community to view works in progress (solutions), gather feedback, and remain engaged in the process. The format for this public meeting was an informal, casual forum where community members were encouraged to engage in one-on-one conversations with project team members.



Concept plans were presented during the Open House to gauge residents' opinions of density and mixed use development elements.

The Open House **Working Drawings/Graphics** utilized by the project team are available on the project website, under the Community Design Event section.



Teen/Youth Outreach

"I could get a healthy meal at school lunch, but I don't get enough food. I have to buy two lunches to get the amount of food I need."

- Student

Teen input was solicited during the week of the Community Design Event through several outreach efforts, including the YMCA Leader's Club (14 members) and North Kingstown High Schools' physical education and health classes (115 students).

North Kingstown High School Wellness and Healthy Living Class...

What are barriers or obstacles to getting healthy food?

- *Cost/expense*
- *Value*
- *Time*

All of the discussions centered on the needs of the teen population, including access to healthy food, biking and walking, and public spaces. From these teen touch points, the following were identified as points of teen interest: finding healthy offerings available in schools and local dining venues; participating in instructional classes around cooking/shopping/budgeting; and, finding walking and biking connections around the high school and throughout town. Many also expressed the need for a teen/community center offering after school, evening, and weekend activities/programs.

Summaries for the Teen/Youth Outreach sessions (**9th Grade - Walking and Biking, 9th Grade - Public Spaces, Healthy Living Class – Healthy Eating, Healthy Living Class – Neighborhoods, and YMCA Leaders' Club – Public Spaces**) are available on the project website, under the Community Design Event, Teen-Youth Outreach section.



Stakeholder Coordination

Throughout the Community Design Event (November 4 – 10, 2011) multiple stakeholder meetings were conducted. Each meeting had the purpose of presenting solutions, programs and policies as suggested by the community. Stakeholders were asked to validate the issues presented and test ideas for viability and consensus building. The range of stakeholder meetings included:

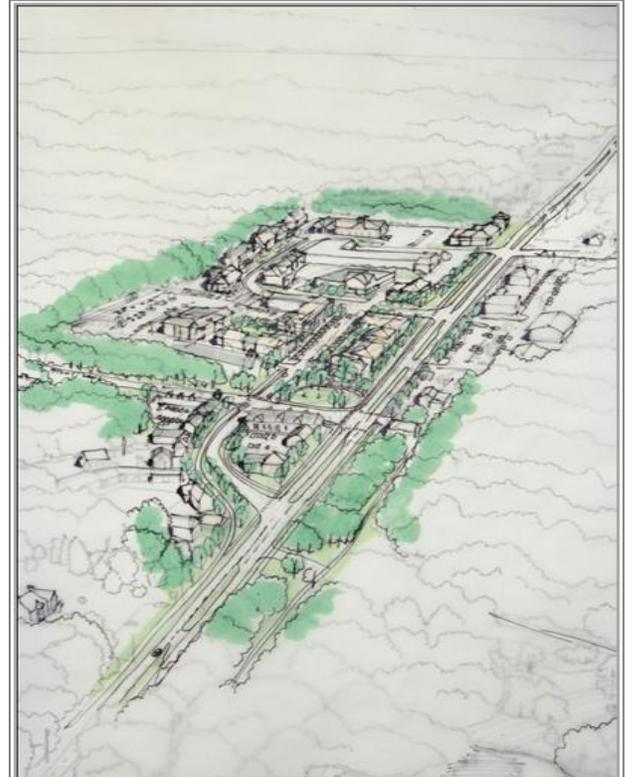
- North Kingstown Chamber of Commerce Board
- North Kingstown Food Services
- Developers
- Social Services/Wellness
- North Kingstown School Committee
- North Kingstown Municipal/Decision-Makers
- West Bay Family YMCA Board

In addition, in-person interviews were conducted to introduce the project, garner input, and vet policy and program recommendations. Project team members met with the Rotary Club, the North Kingstown Leisure Services/Recreation Departments, West Bay Family YMCA group exercise staff, Crossroads Rhode Island staff, the North Kingstown Superintendent of Schools, various media outlets, and the North Kingstown School District Wellness Committee.

Closing Meeting

The week-long Community Design Event culminated with the Closing Meeting, bringing together the various feedback loops and community touch points that occurred throughout the week. Design products and next steps policy and program recommendations were presented. Residents were solicited to remain engaged by signing up for a topic area 'Working Group'.

The Closing Meeting full **Presentation** (PowerPoint) and various topic area/outreach **Next Steps** graphics are available on the project website under the Community Design Event section.



Conceptual perspective rendering of the Stony Lane/Post Road reconfiguration re-imagined, presented at the Closing meeting.



Conceptual plan of the Devil's Foot Road/Post Road area re-imagined, also presented at the Closing Meeting.

Outreach Summary

A comprehensive summary of the North Kingstown HPbD outreach efforts and engagement of community members is provided below. It should be noted that the same participants may have attended multiple meetings throughout the evolution of the project.

Date	Event	Participation
Workshops/Public Forums		
9/21/2011	Project Kick-Off Meeting	35
10/5/2011	Expanding Recreational and Active Living Opportunities	11
10/12/2011	Planning and Designing Mixed Use Centers	9
10/19/2011	Making Our Community More Walkable and Bikeable	Over 50
10/27/2011	Making It Easier to Get Healthy Food	6
10/29/2011	Keeping Farms and Local Food in Our Future	13
In-Person Interviews		
10/18/2011	NK Rotary Meeting	20
10/18/2011	YMCA Leaders Club	14
10/20/2011	NK Leisure Services	12
10/27/2011	North Kingstown High School classes (Teen/Youth)	238
10/28/2011	Senior Center Men's Breakfast	45
Surveys		
10/11/2011	HEALTH Community Survey	180
10/11/2011	Community Healthy Living Index (CHLI)	31
Stakeholder Meetings		
10/11-11/5	North Kingstown Chamber of Commerce Board	7
	Food	9
	Developers	7
	Social Services/Wellness	4
	North Kingstown School Committee	9
	Municipal/Decision-Makers	1
	West Bay Family YMCA Board	14
Community Design Events		
11/4/2011	Opening Meeting	35
11/8/2011	Open House	25
11/10/2011	Closing Meeting	35

PROJECT FINDINGS AND RECOMMENDATIONS

Cross-Cutting Themes

Typically, the protection and promotion of public health has generally been left out of most local comprehensive plans. Effective community planning must be based on thorough assessments that include aspects of the built environment that affect health. Through this HPbD project, the Town of North Kingstown has recognized several themes that reach across public health goals of enhancing Walking and Biking, Access to Healthy Foods, Villages/Neighborhoods, and Public Spaces. Identified themes include:

- Consensus building and policy development across all municipal departments, boards and commissions, and the general public;
- Public outreach and education to support policy development that fosters improved public health/healthy lifestyles;
- Need for community/volunteer-based 'Working Groups' or 'Champions' to advance recommended policies, objectives, and strategic actions; and
- Coordination on a local, regional and statewide level.

Walking and Biking



North Kingstown contains a diverse mix of physical environments including rural landscapes, traditional villages, and modern suburban development. Each of these environments supports varying levels of walkability and bikeability. Wickford Village is easily one of the most attractive and inviting pedestrian locations within the state of Rhode Island. Other centers including the Post Road

corridor, provide a much more inhospitable environment to anyone not traveling in a car. Through the HPbD project, the town has learned a great deal about resident's desires to connect to various areas of town by walking or biking and the current barriers in the built environment that prevent them from doing so.

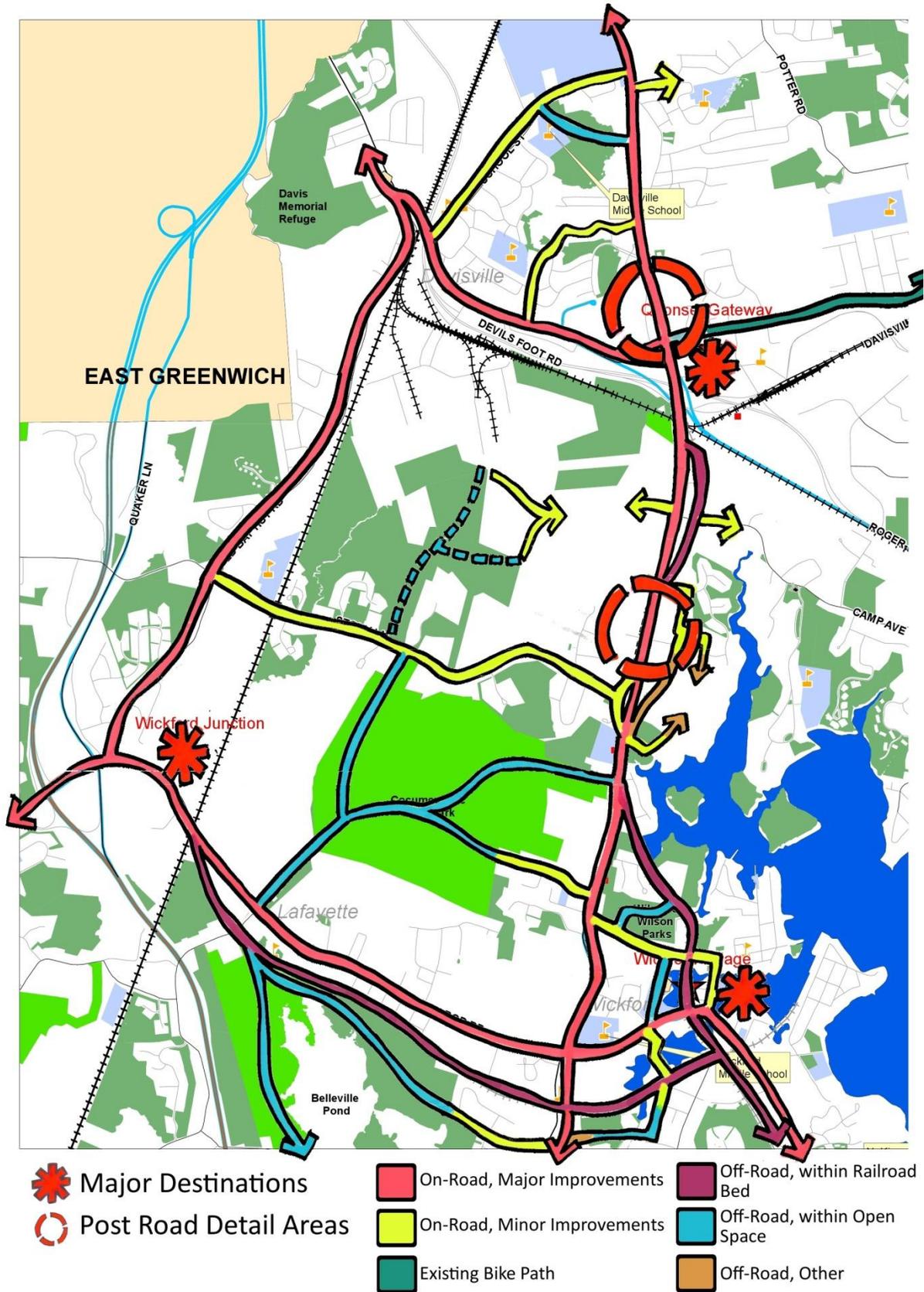
Emerging Issues

Residents understand the necessity of biking and walking for transportation, recreation and physical activity. Over and over, we heard residents express that North Kingstown is a place of wonderful neighborhoods and villages, but with limited pedestrian connectivity between them.

Specifically, residents identified the major destinations in town as Wickford Village, Quonset Gateway/Davisville, and the emerging Wickford Junction. The major thoroughfares connecting these destination points present many challenges to walking and biking. Post Road connects Wickford Village to both the Quonset Gateway and Davisville area and is the major corridor connecting the north and south ends of town. Post Road supports a large number of businesses that have adapted to the auto-oriented conditions. Residents who wish to walk or bike on Post Road for transportation or for physical activity are met with considerable barriers.

The Bikeability Assessment conducted in October 2011 revealed that even North Kingstown's most committed cyclists don't feel comfortable cycling along Post Road. Residents living in Davisville neighborhoods on the north side of town express biking and walking as a vital means of transportation for day-to-day activities and have difficulty traveling along and crossing Post Road. Vehicle speed is too fast, shoulder width is marginal, sidewalks are missing along many segments of the road, and crosswalks are lacking at many intersections or are not very visible.

The following map was developed from public feedback regarding major destination points in town and potential corridors for connecting them.





Ten Rod Road/Route 102 connects Wickford Village with the emerging Wickford Junction and is one of the major corridors connecting the east and west ends of town. The road has broad shoulders and contains less auto-

oriented business than Post Road but is missing sidewalks along much of its length. Residents like the idea of improving pedestrian connectivity between Wickford Village and Wickford Junction but are unclear as to how it can be completed.

Near the North Kingstown High School (between the villages of Allenton and Hamilton), athletes train, practice and compete on the roads around the school. These roads are used daily by school teams and by students designated as walkers. Students, parents, and residents in the area do not feel the roads offer adequate space for athletes and are concerned about student and pedestrian safety. Additionally, the students mentioned the fact that there is only one bike rack located on school property and it is located at the athletic center, not the school entrance.

Recommendations

Multiple locations were identified throughout North Kingstown where the pedestrian network could be improved through new sidewalk construction or adding new crosswalks.

- Short-Term: Evaluate priority areas for sidewalks and improve crossing signage and stripping.
- Long-Term: Construct sidewalks at critical locations and construct imprinted or textured crosswalks.



Several roads were acknowledged as being adequate for bike lane improvements.

- Short-Term: Add bicycle parking facilities and wayfinding signs at key junctures.
- Long-Term: Improve bicycle signage town-wide and add on-road bike markings and lane stripping where appropriate.

Some of the ideas for establishing better connectivity include the following:

- Explore options for creating new bike paths along old rail way beds between Wickford Village and Quonset Gateway and between Wickford Junction and Wickford Village.
- Increase connectivity to underutilized resources such as Cocumscussoc State Park with improved trail head access and clearly defined pathways.
- Explore options for extending the Quonset Bike Path from Calf Pasture Point to the shoreline through improvements to existing pavement, signage, and pathway maintenance.
- Increase pedestrian access and safety in the neighborhood surrounding the North Kingstown High School.
- Review pedestrian access around the elementary and middle schools in North Kingstown to determine improvement needs.



- Require 'Complete Streets' design approaches in town, particularly along Post Road corridor, Ten Rod Road, and within Quonset Business Park.
- Extend the Quonset bike path to the shoreline.

Access to Healthy Foods

Residents of North Kingstown associate healthy eating with fruits and vegetables that are fresh, local and organic. Almost all respondents in the CHLI assessment stated they have access to fresh fruits and vegetables of acceptable quality, available locally. CHLI respondents also believe healthy eating involves portion control and limiting unhealthy fats and excessive sugar. Residents identified cost as the primary barrier to buying fruits and vegetables, and to healthy eating. Alternative modes of transportation (walking, bicycling, and public transit) are also desired by residents, and considered complimentary to healthy lifestyles, as almost all CHLI respondents stated they drive to a market for access to healthy food.

Although the in-town farmer's market is viewed as a positive alternative to traditional supermarkets, most feel it is too expensive, has limited accessibility, and is not open during convenient times or days for most residents.

Town-wide food assessments were conducted to better understand residents' behavior accessing food, with regard to location, variety, quality and cost of offerings available. The Food Outlet and Availability of Food assessments revealed that the Post Road corridor is inundated with fast food venues and convenience stores/gas stations (food swamps). Although the healthy food offerings screening revealed healthy foods are in fact offered, the variety, amount, and cost are barriers towards purchase and consumption. It was also acknowledged that the more rural areas in town are underserved by supermarkets or healthy food outlets (food deserts).

Policy Recommendations

Develop a network of bikeways and pedestrian paths/routes to connect existing and planned recreational facilities, open spaces, pocket parks and other destinations throughout the community that are safe, attractive, inviting and efficient.

- Identify/assess existing paper streets for opportunities as pedestrian walkway, roadway, or bicycle path connectors.
- Reconsider the feasibility of the Wickford to Quonset Bike Path.
- Maintain roadways, bicycle and pedestrian networks to ensure safe conditions.
- Include bicycle and pedestrian networks in the town's Pavement Management Program.
- Complete a town-wide assessment of roadway conditions, pavement conditions, driving lane width, presence of on-street parking, presence of street trees, presence of pedestrian scale lighting, and traffic speed.
- Prioritize infrastructure improvements focused on enhancing the pedestrian/bicyclist experience.
- Consider in-town shuttles and/or regional transportation options to connect existing commercial and employment centers to the new village growth centers.
- Require bike racks at all municipal, commercial, and recreational destinations.

To comprehensively address access to healthy foods, residents feel education and awareness is needed. Across all demographics, youths, teens, adults and older adults, more programs are needed to inform and educate residents around nutrition and cooking.



One North Kingstown farmer stated...
"I can grow all the cabbage North Kingstown wants, but unless they express an interest or know what to do with it, it's a total waste"

Emerging Issues

Keeping Farms and Local Food in Our Future Workshop...

The Good News -

- *Number of farms in RI increased by 32% between 2002 and 2007.*
- *Farmers are forming cooperatives, using new marketing approaches.*
- *RI restaurants seeking local produce.*
- *New coalition initiatives promoting agriculture and food security.*
- *Increase in number of farmers' markets.*
- *Increases in institutional use.*
- *Federal assistance programs make local food accessible for lower income households.*
- *Non-profits supporting farmers.*

A combination of outreach efforts (Project Kickoff, Community Assessments, Educational Forums, Community Design Event, and project Webpage) provided residents and decision-makers with the forum to share local knowledge on emerging issues related to enhancing access to healthy foods in North Kingstown, including:

- Healthier options are seen as being available but expensive;
- Lack of community gardens in North Kingstown;
- Limited time/day farmer's market is open;
- Lack of educational resources on how/where to access healthy foods;
- Lack of people entering farm careers; and
- Lack of community resources for new farmers (processing kitchen, equipment, taxes, land costs)

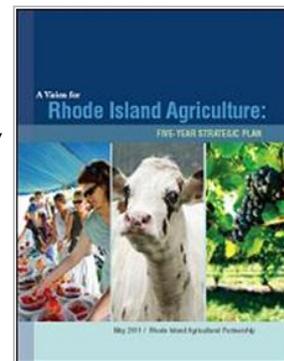
Recommendations

Opportunities and challenges associated with access to healthy foods have been identified and prioritized as one outcome of the HPbD project. The proposed next steps include amendments to regulatory documents (Comprehensive Plan, Zoning Ordinance and Land Development Regulations), as well as the creation of a Villages Working Group to facilitate the advancement of the regulatory amendments.

Policy Recommendations

Preserve, protect and, where practicable, restore the viability of farming and forestry to ensure the continued provision of healthy foods.

- Support the implementation of the Rhode Island Agricultural Partnerships' Five Year Strategic Plan.
- Consider Zoning amendments that encourage private retention of open space for agricultural and forestry uses.



- Support the establishment of new farm operations: identify town-owned land that can support farming activities and community gardens; identify existing farmers with excess land available for lease or rent that can support farming activities; and identify resource-sharing opportunities for equipment and labor for new start-ups.
- Conduct a full food system needs assessment and inventory from cultivation to production, distribution, and waste reuse, including: analysis of facilities; providers and mechanisms available at all stages in the system; identification of existing barriers; and analysis and perception of food security within the town.
- Support short-term, public events, such as fairs, farmers markets and sporting events that support local business.



- Locate subsidized rental and affordable-rate housing in neighborhoods with access to healthy food outlets, in proximity to public transit and within a 1/2 mile of an outdoor public recreation facility.
- Organize a Post Road Business Association that incorporates healthy living and access to healthy foods as a marketing tool and means to revitalize the corridor.

Support and encourage the provision of and access to locally grown, fresh, affordable, and easily accessible healthy foods for all residents.

- Educate eligible residents as to their rights for access to Women, Infants and Children (WIC) and Supplemental Nutrition Assistance Program (SNAP) benefits at local farmers markets.
- Expand EBT technology to more farmer's markets, farm stands and Community Supported Agriculture farms to facilitate purchase by WIC and SNAP recipients.
- Establish mobile food markets.



Encourage programs that provide North Kingstown residents with access to a reasonable basic standard of health and welfare services, including healthy foods and active recreation.

- Develop multi-generational healthy foods education through outreach, town/corporate-sponsored programs, and school curriculum.
- *School Curriculum:* require menu nutritional labeling in the school system; explore potential for more healthy option offerings through school lunch program; and develop healthy eating, cooking, and food budgeting and shopping strategy programs.

- *Town-wide:* lobby support for menu nutritional labeling at all restaurants town wide; work with **Farm Fresh RI** to identify funding opportunities to expand *Fruit & Vegetable Prescriptions, Healthy Foods/Healthy Families, and Healthy Servings for Seniors* programs into North Kingstown (South County).
- Participate in programs that provide transportation assistance to healthy food outlets, active recreation facilities and other social and health service agencies.



Villages/Neighborhoods

Enhancing existing villages and neighborhoods, while also establishing a vision for future development and redevelopment, has always been a priority for residents in North Kingstown. Neighborhoods provide the framework that define our villages, be it strictly residential in nature, a commercial corridor, business park, or mixed-use village. The HPbD project revealed that residents strongly associate themselves with the village or neighborhood in which they reside. Residents also acknowledged their personal health and lifestyle habits as a factor of where they choose to live, a direct correlation to the Walking and Biking, Healthy Foods, and Public Spaces topic areas.

Emerging Issues

A combination of outreach efforts (Project Kickoff, Community Assessments, Educational Forums, Community Design Event, and project Webpage) provided residents and decision-makers with the forum to share local knowledge

on emerging issues related to enhancing villages and neighborhoods in North Kingstown. Some of those emerging issues include:

- North Kingstown is a collection of separate, distinct neighborhoods;
- A network of connected multimodal transportation alternatives are desired.
- Quonset is ripe with opportunity for both QDC and the town overall.
- The Post Road corridor, with mixed-use development and pedestrian/bicycle improvements, could become a series of activity nodes and destinations to connect the northern sections of town with the rest of the community;
- Wickford Junction is presently automobile-dependent; and
- Residents are open to small-scale, context-sensitive mixed –use development.

Observations from a Visual Preference Survey conducted at the Community Design Event – Opening Meeting overwhelmingly indicated that participants are open to smaller-scale (some preferring cottage style) residential development and context-appropriate mixed use development in existing villages or new growth centers.



Planning and Designing Mixed Use Centers Workshop...

Public Health Benefits of Mixed Use Development:

- *Measurable increase in walking and active recreation = decrease in obesity-related illness.*
- *Decrease in vehicle miles traveled = lower pollutants and less respiratory-related illness.*
- *Emerging link between community design and mental health.*

Recommendations

Opportunities and challenges associated with enhancing villages or neighborhoods have been identified and prioritized as one outcome of the HPbD project. Recommendations or next steps include amendments to regulatory documents (Comprehensive Plan, Zoning Ordinance and Land Development Regulations), as well as the creation of a villages working group to facilitate the advancement of the regulatory amendments and related programs.



Groundbreaking ceremony - Wickford Junction Commuter Rail Station.



Conceptual rendering – completed Wickford Junction Commuter Rail Station.

Images courtesy of wickfordjunction.com

Policy Recommendations

Strengthen the decision-making capacity of neighborhood/community groups.

- Advance recommendations targeted at preserving and enhancing the unique characteristics of individual neighborhoods, while also incorporating access to healthy foods and active recreation.

Encourage Traditional Neighborhood Development (TND) principles.

- New neighborhoods should be designed to support walking and biking.
- Private open space/trails should include public access for connectivity.
- Development impact assessments should also consider walkability
- Require vegetative buffers to separate the pedestrian from vehicular experience.
- Ensure amenities are pedestrian-scale and oriented, and enhance the safety and experience of pedestrians.
- Require the interconnection of neighborhoods/subdivisions to nearby commercial centers, schools, parks and other destinations.
- Promote land use patterns that encourage the use of rail and other means of mass/alternative transportation.
- Require business development plans to consider active recreation opportunities for employees, which can also serve a public health benefit.

Public Spaces



Residents told us (Healthy Community Survey)...

- *63% of respondents agree there are places to be physically active in their neighborhood.*
- *46% of respondents disagreed with the statement that parks, playgrounds, and trails are well maintained.*
- *44% of respondents agreed bike trails are easy to access.*
- *82% disagreed that there are sidewalks on most of the streets in their neighborhoods and 38% of respondents disagreed that sidewalks were well maintained.*

There are a variety of public spaces in North Kingstown offering residents and visitors a range of options for passive and active recreation. Public feedback gathered during the HPbD community engagement process indicates that residents often feel that access to these resources is limited. Some of the barriers identified include: lack of neighborhood parks and playgrounds within a walkable distance, gated entranceways to trails and open spaces, lack of suitable signage, and lack of awareness of existing resources. In general, it is believed that there are more activities that happen throughout town than residents know about while program cost is perceived as a barrier to participation.

CHLI respondents told us...

- *There are a variety of parks available, but they are not accessible via walking, biking, or public transportation.*
- *Cost is a barrier to many for private, commercial program participation, while the availability of scholarships/financial aid is not known/unclear for some residents.*

Emerging Issues

Many of the issues that emerged regarding Public Spaces overlap with the issues identified for Walking and Biking described previously. Residents expressed a strong desire for improving connectivity between the town's public spaces and existing and proposed higher density residential neighborhoods and village areas. These connections should be made more walkable and bikeable wherever possible in order to provide an integrated system for passive and active recreation throughout town. Residents want to be able to utilize multi-use paths for commuting and to access goods and services, not just for recreation.

Some of the specific feedback from the community included:

- Provide access to running and biking trails throughout Town as a top priority;
- Provide small "pocket parks" and playgrounds to facilitate amenities within walking distance of every neighborhood in town;
- Provide better connections to public fishing areas and the shoreline;
- Provide "way finding" signage to existing resources; and
- Provide a new teen center with community pool.

Residents also identified a number of underutilized public spaces in North Kingstown and provided potential reasons why the spaces were underutilized. For example, Cocumscussoc State Park is currently being used as hunting grounds, however, with the addition of clear access points and improvements to walking trails this park could serve as an important pedestrian destination and connector. Ryan Park contains a beautiful trail system but many residents do not know about it. This park could be better publicized and include wayfinding signage to facilitate trail usage. The trail extending from the current Quonset Bike Path to

Calf Pasture Point could be improved for walking, biking, and active recreation. Other public spaces such as Wilson Park, the Town Beach, and school grounds were listed as resources that many residents know about but feel they could be better utilized outside of existing programs. Overall, residents felt there was not enough shared knowledge about the amenities of existing public spaces.

Rhode Island Department of Environmental Management's description for Cocumcussoc State Park...

"Undeveloped, hunting permitted according to regulations in Section 16 of the Parks and Management Area Regulations and Current Wildlife Hunting Abstract."

Recommendations

Moving forward, the most immediate objective for the community is to conduct an inventory of all public spaces in order to determine improvements for accessibility and increase town-wide awareness. This objective can be broken down into the following smaller action items:

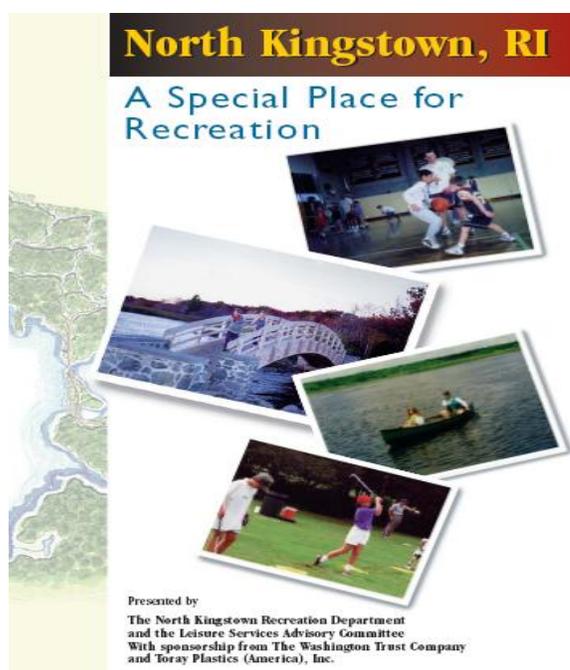
CHLI respondents told us...

- *The town needs more indoor facilities for physical activity.*
- *There seems to be a perception barrier to public space utilization/program participation – sensitive population respondents said they felt they had more limited access to the same opportunities for physical activity than higher income residents.*

Short-Term:

- Complete a town-wide assessment to identify all town, state, public and other protected lands or recreational facilities.

- Document existing conditions at entry points and pedestrian connections to all public spaces.
- Implement improvements needed to address the emerging issues identified through the public engagement process.
- Identify all current information regarding recreation program availability, cost, and scholarships or financial assistance.
- Update Town Recreation Department brochure to improve community awareness.
- Develop interactive web-based map of all recreation facilities to improve community awareness.



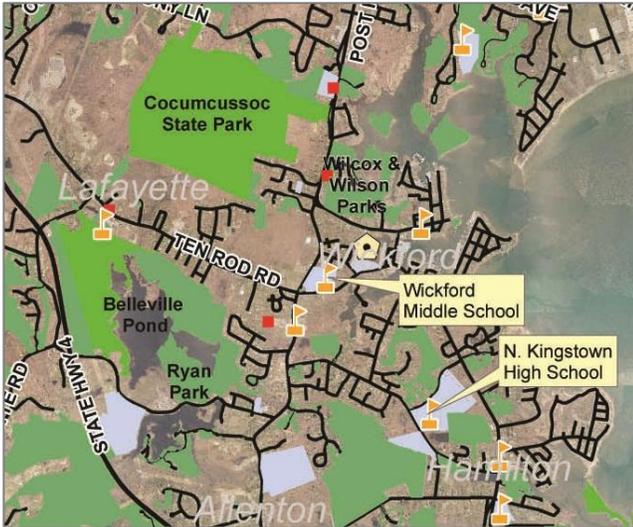
Long-Term:

- Conduct education campaign to inform residents about existing resources and provide details on what activities are available.
- Develop a consistent signage program for recreation facilities.
- Conduct a field study of Cocumcussoc State Park to inventory environmental and archeological resources in order to delineate potential new trail areas.

Policy Recommendations

Protect, Preserve and Connect unique resources along the Post Road Corridor.

- Utilize the historic landmarks, existing open space and unique natural resources in the Post Road Corridor as the framework to establish a pedestrian network
- Facilitate healthy living and active recreational activities supported by educational and passive recreation amenities.
- Continue to encourage the use of both passive and active protected open space throughout the corridor to facilitate healthy living and separate activity nodes along Post Road.



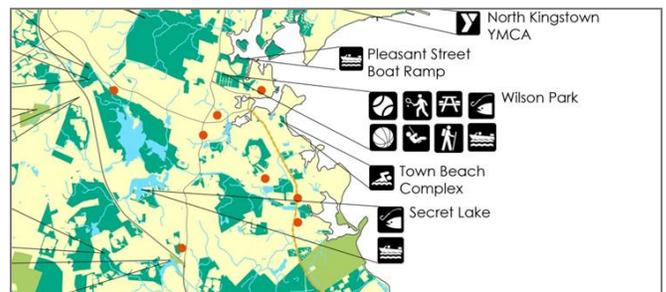
Public Spaces graphic developed for the Community Design Event.

Preserve, design and maintain recreational areas and facilities that are safe and attractive places for physical activity and that are functional for a variety of users.

- Work with the Public Spaces Working Group and Leisure Services Advisory Committee to ensure North Kingstown develops and maintains a network of connected spaces.
- Work with RIDEM to develop a low impact plan for Cocumcussoc Park which includes

access to the park, parking areas, walking/hiking trails, and a user pamphlet to expand active recreation activities in Town.

- Consider the development of a blue trail network along the coast of the town for active coastal recreation alternatives.
- Foster the creation of pocket parks in commercial areas to complement land use, relieve intensity of development, and support pedestrian connections and active recreation between developments.
- Expand the impact fee structure for new residential development to more accurately meet changing municipal needs, targeted at improving public health such as provisions for adequate recreational areas and increased pedestrian and bicycle safety enhancements.
- Explore the development of a multi-use indoor/outdoor community teen recreation center.
- Explore the utilization of user fees to offset costs of town services and facilities that have a limited user base (such as a swimming pool, ice rink, and teen center) and dedicate these fees to the development, maintenance and update of these facilities.
- Implement a Recreation Facilities Management Program for the proper maintenance of recreation areas and equipment.



ACTION PLAN

Town and YMCA - Immediate Action Items

Healthy Community Survey...

- 96% of survey respondents agree that their community is a good place for them to live.
- 83% of respondents agree that they would be willing to work with policy makers to make changes to improve access to places to be physically active.



The North Kingstown HPbD project has identified numerous opportunities, as well as revealed existing barriers, to improving public health through changes to the built environment. In an effort to address some of these barriers and capture opportunities, the town and YMCA have identified the following strategy to accomplish the low-hanging fruit or 'quick wins' to improve access to healthy food and active living opportunities: Establish 'Working Groups' responsible for advancing necessary research and inventories to facilitate the town's implementation of recommendations identified from the Walking and Biking, Access to Healthy Foods, Neighborhoods/Villages, and Public Spaces topic areas.

The immediate action item for the town and YMCA is to establish the framework within which the working groups can effectively accomplish the research and inventories necessary to advance recommendations and build consensus across residents, business owners and municipal staff and decision-makers. The beginnings of these working groups have already been established as one outcome of the HPbD project. Throughout the evolution of the project, community members participating in the various educational forums, community assessments, and public meetings naturally gravitated towards topic areas they are passionate about. Through continuous feedback loops, public meetings, and the project web page, the HPbD project team sought to maintain the engagement of these community champions. The closing meeting of the Community Design Event culminated with a 'Ways to Stay Involved' recruitment of these community champions. The project team asking for a level of commitment based on interest and availability. Priorities and quick wins for the various working groups, identified through the HPbD project, are identified in Section 4.



Congressman Langevin engaging students on 'Farm to School Day' at Hamilton Elementary School.

Another immediate action item was for representatives from the town and West Bay Family YMCA to follow up on the January 10, 2012 round-table forum on the North Kingstown's Farm to School meal program. Congressman Langevin, Senator Reed, USDA representatives, local food providers and community supporters were all in attendance to raise awareness of current efforts and assess ongoing needs. Congressman Langevin hosted the United States Department of Agriculture (USDA)'s top official in the region at North Kingstown's Hamilton Elementary School, to

highlight the success of the program, which offers healthy meals to students in a cost-effective way. Trish Cawley, North Kingstown School Department Food Service Director and active participant in the HPbD project, provided the group with an overview of the North Kingstown HPbD's connection to the work of her department.

Town of North Kingstown Next Steps: Regulatory Amendments

Comprehensive Plan Amendments

This section identifies proposed Comprehensive Plan amendments related to Walking and Biking, Access to Healthy Foods, Villages/Neighborhoods, and Public Spaces. Due to the fact that the town is in the process of seeking funding for the next comprehensive plan rewrite, proposed amendments have been developed in preparation of the plan's update (a less immediate next step). These proposed amendments emerged through the identification of barriers, opportunities and recommendations of the HPbD project, while also considering the goals, policies and key components of HEALTH's HCP. As previously discussed, although many of the North Kingstown Comprehensive Plan's goals, objectives, and implementation actions are in line with HEALTH's goals, there is little to no mention of how these strategies are supportive of public health. Supporting the recommendations of the HPbD project represents the town's commitment to prioritize how the comprehensive plan update can equitably affect the health of the population.

Walking and Biking, Neighborhoods/Villages, and Public Spaces are addressed throughout the elements that comprise the North Kingstown Comprehensive Plan, with an emphasis on context-specific goals, objectives, and strategic actions in the Quonset Business Park and Post Road Corridor elements.

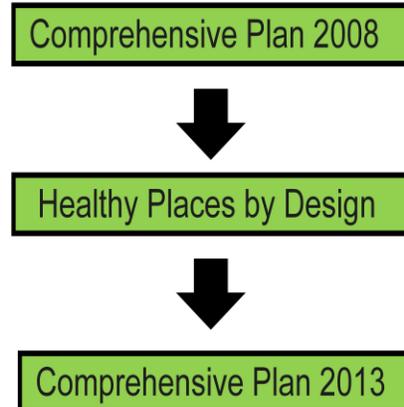
The topic of **Access to Healthy Foods** is less prevalent in the plan. Although recreation is indicative of health, the goals, objectives and action items listed in the Open Space and Recreation element do not explicitly support public health or access to healthy foods. New goals, objectives, and strategic actions targeted at access to healthy foods are proposed in the Action Plan within the Housing, Community Services and Facilities and Land Use elements, including the following new objective proposed for the Land Use element:

- *Conduct a full food system needs assessment and inventory from cultivation to production, distribution, and waste reuse, including:*
 - *Analysis of facilities;*
 - *Providers and mechanisms available at all stages in the system (production, processing, wholesale distribution, retail sales, consumption, and resource recovery);*
 - *Identification of existing barriers; and*
 - *Analysis/perception of food security within the Town.*

In addition, a number of revised goals, objectives, and actions (from the existing plan) that emphasize and encourage active recreation and access to healthy foods are proposed to facilitate improved public health through the built environment.

In considering **Walking and Biking**, the existing plan generally supports pedestrian and bicycle activity, and is in line with many of the goals and objectives of the HCP. However, HEALTH conducted a comprehensive assessment and identified a gap in services related to the existing and future conditions of the pedestrian and bicycle network and the needs of the community. To address this gap, proposed

Implementation



amendments from the HPbD project include revisions to the existing plan, to better incorporate the needs of the community. The following goal from the Economic Development element is one example of how this is achieved:

- *Promote compatible, high quality development that is pedestrian and bicycle friendly through proper siting, and use of well-written development standards implemented through an efficient review process.*

The existing plan goes further to address **Villages/Neighborhoods** in considering the provision of compact, mixed use centers, including the designation of growth centers and a prioritization of infill and redevelopment projects within the Urban Services Boundary. Several areas that could be expanded to further emphasize Villages/Neighborhoods include value-added components such as the incorporation of civic buildings, multi-modal transportation alternatives, and supportive residential unit types into mixed use centers. One proposed, revised objective targeted to address this gap includes the following:

- *Encourage development and redevelopment in existing neighborhoods/villages based upon the concept of Traditional Neighborhood Development (TND) to emphasize pedestrians, bicyclists and transit riders to facilitate universal accessibility, sustainability and active recreation for residents and visitors.*

Lastly, the discussion of **Public Spaces** in the existing plan is centered primarily on the acquisition and promotion of open space, in contrast to areas that have been planned and developed for recreational use. An assessment of where recreational areas are needed, what the barriers to access are and what the current protocol is for new development in the provision of recreational areas will enhance planning for public spaces and contribute to active recreational opportunities in support of improved public health. The following is one proposed strategic action aimed at accomplishing the first step to planning and developing recreational areas:

- *Complete a town-wide assessment of the existing passive and active recreation facilities in town to identify the gaps in the greenspace and recreational area network, identify what and where recreational areas are needed, and what the barriers to access and use are (utilizing the standard guidelines of the National Recreation and Park Association as compared to the needs of the community) including:*
 - *Type of facility*
 - *Demographic served*
 - *Activities/amenities available*
 - *Safety considerations (equipment)*
 - *Landscaping*
 - *Maintenance needs*

Many of the goals, objectives, and strategic actions identified in this action plan encompass components of all four of the topic areas. Several in particular address the utilization of the various 'Working Groups' established as one outcome to the HPbD project.



The following tables summarize the proposed amendments in preparation of the comprehensive plan update, to further advance the recommendation from the HPbD project. The applicable comprehensive plan element, proposed timeframe and responsible party/partner have been identified to facilitate implementation.

KEY

Comprehensive Plan Element Timeframe Responsible Party/Partner

LU	Land Use	Short term 0 – 3 months	Municipal Department/Board/Commission/Advisory Group, Community Partner, State Agency/Program, Non-Profit Organization
CSF	Community Services and Facilities	Medium term 3- 12 months	
NCR	Natural and Cultural Resources	Long term 12 months +	
ED	Economic Development	Ongoing	
QBP	Quonset Business Park		
H	Housing		
PRC	Post Road Corridor		
C	Circulation		
OSCR	Open Space, Conservation and Recreation		

Villages/Neighborhoods

GOALS	
LU	Strengthen the capacity of neighborhood/community groups to influence decisions that affect their neighborhood/town overall.
LU	Encourage development and redevelopment in existing neighborhoods/villages based upon the concept of Traditional Neighborhood Development (TND) with an emphasis on pedestrians, bicyclists and transit riders to ensure/facilitate universal accessibility, sustainability and active recreation for residents and visitors.
LU	Encourage the use of special design concepts for new development that accomplish the goal of protecting the environment and community character while also enhancing the overall physical health of the community.
OBJECTIVES	
LU	Work with the HPbD Villages Working Group to ensure North Kingstown neighborhoods exemplify the following qualities: safe for all residents, offers economic diversity and opportunity, supports social interaction and civic involvement, provides recreation and education opportunities, accessible by a network of varied multi-modal transportation alternatives, families are strengthened and youth are supported
LU	Encourage new neighborhoods be designed to support active transportation and recreation.
LU	Prepare a design manual for all town buildings that promotes design of civic buildings.
LU	Encourage the interconnection of neighborhoods by requiring adequate pedestrian, bicycle and vehicular access to nearby subdivisions and between commercial centers, schools, parks and other local and regional destinations.
LU	Continue to promote land use patterns that encourage the use of rail and other means of mass/alternative transportation (Transit Oriented Development).
LU	Encourage development that results in high-quality mixed use projects and create site designs that contribute to overall village character and achieve the various objectives of infrastructure efficiency, use of alternative transportation modes, open space preservation, and improved public health.

STRATEGIC ACTIONS			
Element	Action	Timeframe	Responsible Parties, Partners
LU	Support/work with the HPbD Villages and Healthy Eating Working Groups to advance recommendations targeted at preserving and enhancing the unique characteristics of individual neighborhoods, while also incorporating access to healthy foods/active recreation.	Ongoing	Planning Dept., HPbD Villages/Healthy Eating Working Groups
LU	Modify legal agreements to enable public access to trails within private dedicated open space in residential developments which is contiguous with trail networks in adjacent publicly owned natural open space to facilitate continuous, public-accessible greenways/greenspace networks.	As presented	Planning Dept., Town Solicitor
LU	Further develop the impact assessment methodology that evaluates the potential impact new development may have on nearby properties to also include positive elements.	Short term	Planning Dept.
LU	Consider the addition of buffers that physically separate the pedestrian experience from vehicular travel lanes, such as on-street parking and planted areas, in roadway requirements for village centers and along transit corridors.	Ongoing	Planning Dept.
LU	Continue to ensure that streetscape amenities in villages are compatible with the unique character of each village, are pedestrian-scaled/oriented, and enhance the safety/experience of pedestrians.	Ongoing	Planning Dept.
LU	Continue to develop design guidelines and performance standards that promote high quality mixed use development in commercial areas with an emphasis on the pedestrian/bicyclist experience and public health.	Ongoing	Planning Dept.
LU	Utilize conservation development techniques, PUDs, conservation easements and/or preferential tax assessment tools to preserve natural resources, unique landscapes, open space, greenway/greenspace networks, historic structures, archeological sites, and existing agricultural lands.	Ongoing	Planning Dept.
LU	Prepare design guidelines for all commercial, industrial and business uses that consider employee amenities that support active transportation and recreation.	Ongoing	Planning Dept., Consultant

Healthy Foods

GOALS	
LU	Protect, Preserve, and Enhance the Agricultural Character/Resources of the Town.
LU	Support/encourage the provision of/access to locally grown, fresh, affordable, and easily accessible healthy foods.
CSF	Encourage programs that provide access for North Kingstown residents to health and welfare services, including healthy foods and active recreation, to a reasonable basic standard.
OBJECTIVES	
NCR	Preserve, protect and, where practicable, restore the viability of farming and forestry, to ensure the continued provision of healthy foods.
LU	Work with the HPbD Healthy Eating Working Group to encourage new farmers to establish operations.
ED	Continue to support fairs, farmers markets and sporting events that support local business.
QBP	Encourage the establishment of mobile food markets.
CSF	Expand the knowledge of and access to Women, Infant and Children Program (WIC) and Supplemental Nutrition Assistance Program (SNAP) benefits for eligible residents.
H	Consider the siting of subsidized rental housing in neighborhoods with access to healthy food outlets and proximity to public transit and within a ½ mile of an outdoor public recreation facility.
H	Consider the siting of affordable-rate homes in neighborhoods with access to healthy food outlets and proximity to public transit and within a ½ mile of an outdoor public recreation facility.

OBJECTIVES CONTINUED			
PRC	Encourage the organization of a Post Road Business Association that incorporates healthy living and access to healthy foods (mobile food markets, walking/fitness trails for employees) as a marketing tool/revitalization of the corridor.		
QBP	Integrate healthy living and active recreation opportunities at QBP with the surrounding neighborhoods.		
H	Encourage multi-generational healthy foods education.		
CSF	Participate/cooperate on a regional basis in programs designed to deliver low cost health care, support services, access to healthy foods and active recreation and other social services.		
CSF	Increase participation in local and regional programs that provide transportation assistance to area healthy food outlets, active recreation facilities and other social and health service agencies.		
QBP	Encourage tenants to form a QBP business association to increase communication and address common needs such as transportation management, recreational sports leagues, social events, and also incorporates additional common needs such as healthy living and access to healthy foods as a marketing tool.		
STRATEGIC ACTIONS			
LU	Support the implementation of the Rhode Island Agricultural Partnerships' Five Year Strategic Plan to ensure the viability of farming and forestry, to ensure the continued provision of healthy foods.	Medium term	Planning Dept., Healthy Eating Working Group, RI Ag. Part.
LU	Consider Zoning Ordinance amendments that encourage private retention of open space for agricultural and forestry uses.	Short term	Planning Dept., Healthy Eating Working Group, RI Ag. Part.
LU	Identify town-owned and existing farm land that can support farming activities/community gardens/resource-sharing.	Ongoing	Planning Dept., Healthy Eating Working Group, RI Ag. Part.
LU	Conduct a full food system needs assessment and inventory from cultivation to production, distribution, and waste reuse.	Short term	Planning Dept., Healthy Eating Working Group, RI Ag. Part.
LU	Investigate additional use/performance standards to expand the continued viability of farms/farming operations.	Short term	Planning Dept.
CSF	Educate eligible residents as to their rights for access to (WIC) and (SNAP) benefits at local farmers markets.	Short term	Human Services Dept., Healthy Eating Working Group
CSF	Expand EBT technology to more farmer's markets, farm stands and Community Supported Agriculture farms to enable healthy food options to more WIC and SNAP recipients.	Short term	Human Services Dept., Healthy Eating Working Group
QBP	Identify potential users and logistics (i.e. expenses, insurance needs, liabilities, distribution points). Explore YMCA's Providence Youth Services model for additional community engagement.	Medium term	Planning Dept., Healthy Eating Working Group, QDC, West Bay Family YMCA
CSF	Facilitate menu nutritional labeling, healthier food options, and healthy eating/cooking/food-budgeting programs in the school system.	Short term	School Administration
CSF	Work with Farm Fresh RI to expand their programs into South County.	Short term	Senior/Human Services Dept.

Walking and Biking

GOAL	
ED	Promote compatible, high quality development that is pedestrian and bicycle friendly through proper siting, and use well-written development standards implemented through an efficient review process.
OBJECTIVES	
C	Develop a network of bikeways and pedestrian paths/routes to connect existing and planned recreational facilities, open spaces, pocket parks and other destinations throughout the community that are safe, attractive, inviting and efficient.
CSF	Work to maintain the Town's roadways, bicycle and pedestrian networks to ensure safe conditions.
C	Encourage private roads to be built and maintained to meet the needs of pedestrians in order to promote physical activity and public health.

OBJECTIVES CONTINUED			
CSF	Prioritize suggested/recommended infrastructure improvements focused on enhancing the pedestrian/bicyclist experience.		
C	Where practicable, site new municipal/civic buildings within village centers/along transit routes for better access.		
C	Develop a circulation plan (Circulation Improvement Zone/Village Growth Center) for the Post Road corridor which incorporates 'Complete Streets' design elements within which a variety of pedestrian, parking and vehicular improvement strategies can be implemented in an effort to minimize automobile trips within the village center and maintain a pedestrian scale in the villages.		
PRC	Continue to develop the Land Use Plan with zoning districts along Post Road that encourage land use diversity with a mix of pocket parks and service, professional, commercial, residential uses.		
QBP	Encourage QDC to develop a circulation plan for the QBP that considers adopting a 'Complete Streets' policy.		
STRATEGIC ACTIONS			
C	Identify existing paper streets and assess their potential as pedestrian walkways, roads, or bicycle paths.	Short term	Planning/Engineering Dept., Walking/Biking Workgroup
PRC	Reconsider the feasibility of the Wickford to Quonset Bike Path.	Medium term	Planning/Engineering Dept.
C	Work with the Walking/Biking Working Group to ensure North Kingstown develops and maintains walking and biking resources.	Ongoing	Planning Dept./Walking and Biking Working Group, West Bay Family YMCA
C	Implement a cyclical Pavement Management Program.	Ongoing	Planning/Engineering/DPW Dept.
C	Complete a town-wide assessment of the condition of roadways, including pavement conditions, driving lane width, presence of on-street parking, presence of street trees, presence of pedestrian scale lighting, and traffic speed.	Short term	Planning/Engineering/DPW Dept./Police Dept.
C	Advance the circulation/connectivity recommendations identified from the <i>HPbD Walking and Biking Working Group</i> .	Medium term	Planning/Engineering Depts.
PRC	Consider options that connect the existing commercial and employment centers to the new Village Growth Centers.	Long term	Planning/Engineering Dept., Statewide Planning
PRC	Working with RI Department of Transportation and local developers to develop a reconstruction plan for Camp Avenue.	Long term	Planning/Engineering Dept.
C	Require bike racks at all municipal, commercial, and recreational destinations that are placed in visible locations.	Short term	Planning/DPW Dept.
PRC	Encourage sidewalks and pedestrian paths leading to Post Road from adjacent residential developments.	Long term	Planning/Engineering Dept., RIDOT
PRC	Work with RIDOT to provide striped 'ladder' crosswalks, pedestrian-activated crossing signals, pedestrian refuge areas, and pedestrian-scaled lighting that will allow for the safe crossing of Post Road.	Medium term	Planning/Engineering Dept., RIDOT
PRC	Work with RIDOT to retain Post Road as a primary arterial.	Ongoing	Planning/Engineering/Police Depts., RIDOT
QBP	Support use of vacant, available QBP property for public active recreational use.	Short term	Planning Dept., QDC
QBP	Work with QDC to extend the Quonset bike path to create a clear continuation from Calf Pasture Point to the shoreline, in addition to multiple 'connectors' from the bike path to development parcels, historic areas and scenic vistas.	Medium term	Planning Dept., QDC, RIDOT

Public Spaces

GOALS			
PRC	Protect, Preserve and Connect unique resources in the Post Road District.		
OSCR	Preserve, design and maintain recreational areas and facilities that are safe and attractive places for physical activity and that are functional for a variety of users.		
OBJECTIVES			
PRC	Create a more 'pedestrian scale' of development along Post Road.		
OSCR	Update the Town's Recreation Department User Guide for 2012.		
OSCR	Work with the Public Spaces Working Group/Leisure Services Advisory Committee to ensure North Kingstown develops and maintains a network of connected spaces.		
CSF	Explore the use of user fees to offset costs of town services and facilities that have a limited user base and dedicate these fees to the development, maintenance and improvement of these facilities.		
STRATEGIC ACTIONS			
PRC	Utilize the historic landmarks, existing open space and unique natural resources in the Post Road Corridor as the framework to establish a pedestrian network/trail to facilitate healthy living/active recreational activities supported by educational and passive recreation amenities.	Short term	Planning Dept., West Bay Family YMCA
PRC	Continue to encourage the use of both passive and active protected open space parcels throughout the corridor to facilitate healthy living while also separating activity nodes along Post Road.	Short term	Planning Dept.
OSCR	Identify all Town, State, and Federal recreational facilities/open space parcels.	Short term	Planning Dept.
OSCR	Develop a web-based GIS interactive map located on the Town's website that provides a photograph and listing information for each identified site.	Short term	Planning Dept., HPbD Consultant
OSCR	Complete a Town-wide assessment of the existing passive and active recreation facilities in town to identify the gaps in the greenspace and recreational area network, identify what and where recreational areas are needed, and what the barriers to access and use are.	Short term	Planning Dept., NK Leisure Services Advisory Comm., Public Spaces/Walking and Biking Working Groups
OSCR	Work with RIDEM to develop a low impact plan for Cocumcussoc Park which includes access to the park, parking areas, walking/hiking trails, and a user pamphlet to expand active recreation activities in Town.	Short term	Planning Dept., NK Leisure Services Advisory Committee, Public Spaces/Walking and Biking Working Groups, West Bay Family YMCA
OSCR	Consider the development of a blue trail network along the coast of the Town for active recreation alternatives.	Short term	Planning Dept., NK Leisure Services Advisory Committee, Public Spaces/Walking and Biking Working Groups
OSCR	Implement recommendations of Calf Pasture Point and Yorktown Park Master Plans.	Short term	Planning Dept., NK Leisure Services Advisory Committee, Public Spaces/Walking and Biking Working Groups
PRC	Foster the creation of pocket parks in commercial areas to complement land use, relieve intensity of development, and support pedestrian connections/active recreation between developments.	Ongoing	Planning Dept., NK Leisure Services Advisory Committee, Public Spaces Working Group
OSCR	Explore the development of a multi-use indoor/outdoor community teen recreation center.	Medium term	Planning Dept., NK Leisure Services Advisory Comm., Public Spaces Working Group, YMCA
OSCR	Implement a Recreation Facilities Management Program for the proper maintenance of recreation areas and equipment.	Short term	Planning Dept.

Zoning/Land Development Amendments

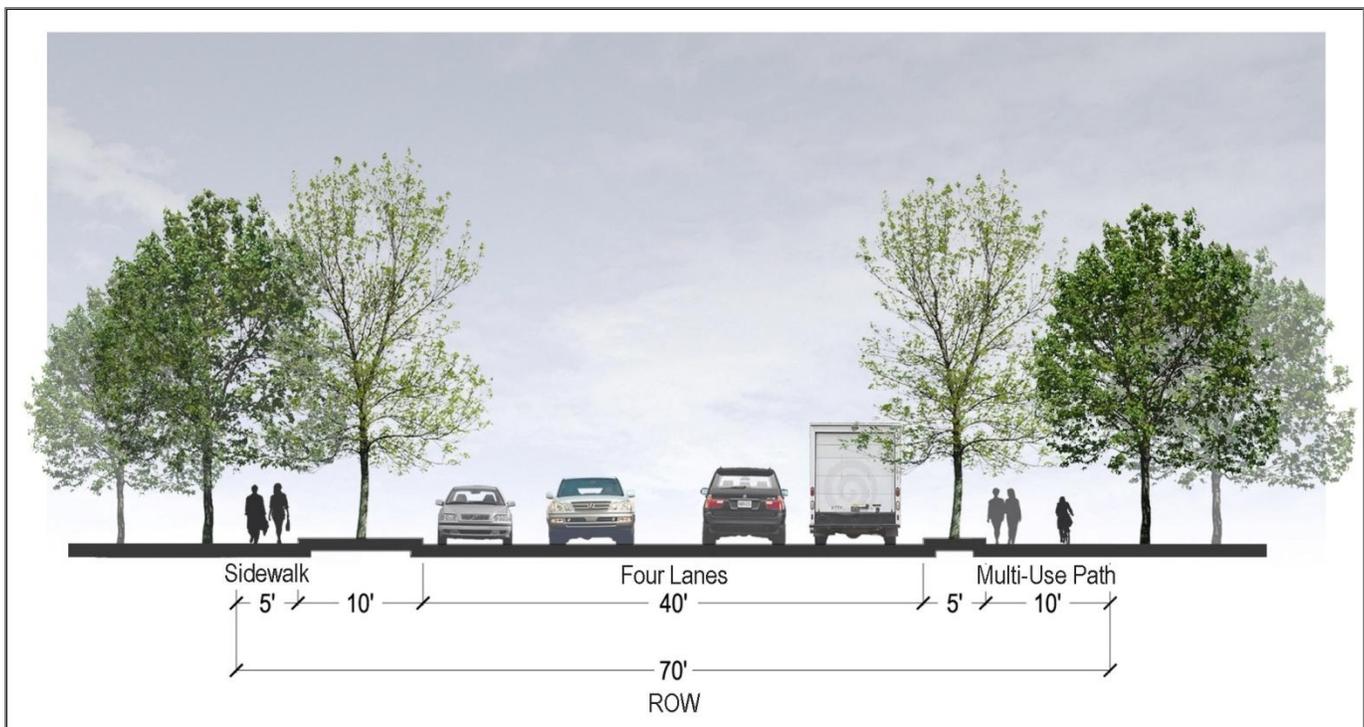
Amendments to the Zoning Ordinance and Land Development Regulations will be clarified and refined from the goals, objectives, and strategic actions prepared as part of the comprehensive plan update. Amendments will seek to achieve the following objectives:

- Require pedestrian and bicycle oriented design
- Expand access to healthy food
- Expand agricultural uses/opportunities
- Require elements of traditional neighborhood design in new development and redevelopment
- Expand the provision of public spaces

Require Pedestrian and Bicycle Oriented Design

The Bikeability Assessment (Handlebar Survey) and Walkability Assessment (Walk Audit) revealed the primary barrier to walking and bicycling throughout the town is the lack of a continuous network of interconnected paths/trails/systems. Provisions for pedestrian and biking amenities, as well as improved safety from vehicular traffic were also identified as key community needs to enhancing the pedestrian and bicyclist experience.

Amendments not necessarily targeted at, yet supportive of, Complete Streets design elements are proposed. These amendments are aimed at closing the gaps in the paths/trails/systems, as well as enhancing the safety and functionality of existing systems. The development of design guidelines for all commercial, industrial and business uses could represent mutually beneficial goals for both residents and employees. These guidelines could include provisions for walking paths, fitness trails, and bike racks as amenities.



Conceptual streetscape section – Post Road near Intrepid Drive, based on the incorporation of 'Complete Streets' design elements.

Expand Access to Healthy Food

The Food Outlet and Availability of Food assessments revealed that the primary commercial corridor (Post Road corridor), also the primary public transit corridor and high density concentration of sensitive populations, are inundated with fast food venues and convenience stores/gas stations. Although the healthy food offerings screening revealed healthy foods are in fact offered, the variety, amount, and cost are negative factors towards purchase and consumption.

Amendments around expanded agricultural opportunities on vacant municipal land (community gardens, community-supported agriculture), allowing mobile food trucks, and encouraging support or corporate sponsorship for existing and new programs centered on healthy food access, education, and support represent the beginnings of equitable approaches to expanding access to healthy food.

Expand Agricultural Uses/Opportunities

The lack of locational proximity to local farm stands/farmer's markets reinforces another barrier to healthy food for sensitive populations concentrated along commercial corridors. Also, the lack of a shared community-commercial kitchen, year-round production of food, and next generation of farmers jeopardizes the future of farming and food security for residents and the town overall.

The recent release of the Rhode Island Agricultural Partnership's Five Year Strategic Plan is very timely and if supported, will prove beneficial to ensure the viability of farming, the overall food security of the state, and improve the nutritional health of the town's residents. The public and private discussions around partnerships and mutually supportive programs initiated by stakeholder coordination through the HPbD project should also be continued with an emphasis on implementation.

Require Elements of Traditional Neighborhood Design in New Development and Redevelopment

Residents stated North Kingstown is a collection of separate, distinct neighborhoods. Most stated a lack of interconnected multi-modal transportation alternatives, and thus, feel they need to travel by automobile to access goods and services necessary for daily living, as well as for access to civic and cultural destinations. Compact, mixed use development is limited to downtown Wickford and interspersed along the Post Road corridor.

The Town has consistently worked to direct new development and redevelopment towards existing mixed use areas, villages and identified growth centers. Continued utilization of development approaches such as TDR, Transit Oriented Development (TOD), design guidelines, and growth centers, expanded to specifically address improved public health, will achieve the various objectives of infrastructure efficiency, use of alternative transportation modes, open space preservation, and protection of village character.

Expand the Provision of Public Spaces

Residents feedback during the HPbD community engagement process revealed that lack of neighborhood parks and playgrounds within a walkable distance, gated entranceways to trails and open spaces, lack of suitable signage, and lack of awareness of existing resources were just some of the barriers to accessing public spaces. Lack of connectivity and underutilization of existing public spaces were also heard throughout the engagement process. Overall, residents felt there was not enough shared knowledge about the amenities of existing public spaces.

A number of next steps for outreach and research necessary to comprehensively approach the barriers to accessing public spaces have already been initiated through coordination with the town's Leisure

Services Committee. Some of the 'quick wins' moving this piece of the HPbD project forward include the following: update and upgrade of the Recreation Map to be informative and engaging; and recommendations to coordinate with RIDEM on ways to better utilize Cocumscussoc State Park.

Site-Specific Master Plan Amendments

Reflecting on the nature of the built environment of North Kingstown and on the town's relationship with the Quonset Development Corporation, several amendments from the HPbD project transcend just the Comprehensive Plan, Zoning Ordinance, and Land Development Regulations. Given the early stage of development at the Quonset Business Park, opportunities abound to incorporate many of the recommendations from the HPbD project into Quonset Development Corporation's Master Land Use and Development Plan.

ADDITIONAL RESOURCES

The reference materials below are available to assist the Town of North Kingstown in becoming a healthier community. The project web page, hosted on the Town's website serves as the primary project resource at: <http://northkingstown.org/healthy-places-design>.

State Programs

- RI DOH HPbD program website
<http://www.health.ri.gov/programs/healthyplacesbydesign/>

Town Policies and Plans

- Town of North Kingstown Comprehensive Plan 2008
Digital copy available at <http://northkingstown.org/sites/northkingstown.org/files/basic-page-images/Final%20Document%20-%20Print.pdf>
- Town of North Kingstown Zoning Ordinance
Digital version available at <http://library.municode.com/index.aspx?clientId=11995>

Miscellaneous

- Rhode Island Agricultural Partnership 5-Year Strategic Plan
<http://rhodyag.com/>
- Rhode Island Department of Environmental Management
<http://www.riparks.com/>
- West Bay Family YMCA
<http://www.ymcagreaterprovidence.org/tabid/284/Default.aspx>
- Active Living Research Organization
<http://www.activelivingresearch.org>.



Please visit the project website to view additional project documents and materials at:
<http://www.northkingstown.org/healthy-places-design>.