HEALTH AND WELLNESS

**Goal 1: Empower** access to healthy, active lifestyles for all residents, regardless of income, ability, or employment.

**Target:** Expand public park access and programming to promote healthy lifestyles through physical exercise by providing a public park within a 10 minute walk.

Action HW 1.1: Capture usage and visitor data to develop metrics for increasing the use of parks, recreation centers, and open spaces.

**Target:** Promote programs and policies to support walking where people live, work, learn, and play. (needs metric – walkability index?)

Action HW 1.2: Utilize built environment approaches combining transportation system interventions with land use and environmental design approaches to increase opportunities for physical activity among District residents.

Action HW 1.3: ’Play Everywhere‘ - Bring play to unexpected but everyday spaces, making it easy and available for physical activity in a variety of places.

**Goal 2: Create safe environments that are conducive to healthy living.**

**Target:** By 2032, improve health and human experience through built environment interventions that have documented links to health impacts for all existing and new affordable housing projects.

Action HW 2.1: Require all existing and new affordable housing projects to adhere to industry best practices relating to health impacts with priority focus in low-income and underserved neighborhoods.

Action HW 2.2: Improve public safety through an integrative strategy involving design, programming, maintenance and citizen involvement.

Action HW 2.3: Strengthen the link between the quality of open space and population mental health outcomes.

**Target:** By 2032, eliminate all brownfields in the District.

Action HW 2.4: Continue to pursue and invest in grant and other programs which provide funding for brownfields assessment, cleanup, revolving loans, and environmental job training.

**Target:** By 2032, eliminate the environmental factors leading to disparities in asthma prevalence and morbidity in high-risk communities.
Action HW 2.5: (missing)

**Target:** Require all bus stops, parks and public housing developments be smoke-free.

Action HW 2.6: Strengthen policies that regulate advertising of tobacco products.

**Goal 3: Ensure every District resident has access to affordable, person-centric, and quality healthcare services in an appropriate setting.**

**Target:** Increase percentage of residents who receive preventative care to 85%.

Action HW 3.1: Increase access to homecare services, clinics, and programs to promote wellness and active aging.

Action HW 3.2: Establish and implement an evidence-based falls prevention program.

Action HW 3.3: Reduce asthma related emergency department visits by promoting respiratory health through initiatives to improve asthma management for at risk populations.

**Target:** Reduce coronary heart disease death to 99 (# of coronary heart disease-related deaths x 100,000 (ICD 10 & 20-25)/total population) & reduce coronary heart disease deaths in non-Hispanic Black adults to 125 (# of coronary heart disease-related deaths x 100,000 (ICD 10 & 20-25)/total population).

Action HW 3.4: (missing)

**Goal 4: Reduce premature deaths and adverse health events from chronic diseases (including heart disease, stroke, diabetes, HTN, asthma)**

**Target:** Increase early detection for all cancers to 60%.

Action HW 4.1: Expand and support screening & treatment programs & services as well as overall capacity.

**Target:** Ensure all hospitals and clinics offer lifestyle change and chronic disease prevention programs.

Action HW 4.2: Develop policies supporting reimbursement of lifestyle change and chronic disease programs.

**Target:** Reduce the proportion of persons with diabetes with AIC values greater than 9% (No Data) by expanding and supporting evidence-based prevention programs

Action HW 4.3: Increase access and support to evidence-based self-management programs including Chronic Disease, Diabetes Self-Management Education Programs and Diabetes Prevention Programs

**Target:** Increase the proportion of adults with hypertension whose blood pressure is under control to 70%.
Action HW 4.4: Increase participation in hypertension prevention and treatment programs.

Action HW 4.5: Increase health systems reporting for clinical quality measures.

**FOOD**

**GOAL 1:** Increase and improve agricultural spaces within the District through a variety of methods.

**Target:** By 2032, put 20 additional acres of land under cultivation for growing food.

Action FD 1.1: Implement the Urban Farming and Food Security Act and make public lands available for a variety of urban agriculture uses.

Action FD 1.2: Streamline the process to find and use land for community agriculture projects, including a more transparent inventory of land for community agricultural projects.

Action FD 1.3: Collaborate with the University of the District of Columbia to provide financial and technical support to local farmers and gardeners.

**Target:** Develop orchards or other food-producing landscaping on 5 acres of DC's public spaces in each ward.

Action FD 1.4: Identify, install, and maintain public spaces for food producing landscapes.

**GOAL 2:** Ensure that all DC residents are food secure with universal nutritious and affordable food education and access

**Target:** By 2032, reduce the proportion of adults in Washington, D.C. who are considered obese to less than 20%. Children and adolescents who are considered obese to less than 10%.

Action FD 2.1: Invest in a community-driven public health campaign to promote the benefits of healthy eating and active living.

Action FD 2.2: Increase transparency and knowledge about food nutritional content, health risks, and expiration dates, including the posting of calorie labels in fast food and local restaurants.

**Target:** By 2032, ensure 75% of DC residents live within ¼ mile of a community garden, farmers’ market, and full-service grocery store.

Action FD 2.3: Build upon the successes of the DC Healthy Corner Store Partnership Program by developing and implementing new approaches that help committed small retailers further expand healthy food sales and better meet the needs of consumers.

Action FD 2.4: Support mobile farmers markets, and food vendors in neighborhoods with low access to fresh foods.
Action FD 2.5: Support community-driven cooperative food purchasing systems, with an emphasis on Wards 7 and 8.

Action FD 2.6: Expand the community food benefits like Produce Plus or Produce Prescription program to grocery stores, farmers' markets, and corner stores citywide.

**Target:** Install and maintain educational gardens at 100% of DC Public and Charter Schools and provide 100% of students with access to food educators.

Action FD 2.7: Incorporate best practices in healthy and local menus in all DC Public and charter schools and develop curricula that affirm the continuity between student nutrition programs/gardening and lunch menus.

**GOAL 3: DEVELOP AND SUPPORT THE FOOD INDUSTRY AS A STRONG, VIBRANT, AND EQUITABLE SECTOR OF THE LOCAL ECONOMY**

**Target:** By 2032, support local food businesses and expand the food sector of the economy by 2%.

Action FD 3.1: Complete a comprehensive study of DC food supply systems.

Action FD 3.2: Collaborate regionally through a systemic ‘food web’ approach, which includes the creation of a Local Food Hub for consolidation and distribution of local produce integrated with small business food processing incubator centers.

Action FD 3.3: Allow incidental sales of food from community gardens.

Action FD 3.4: Designate staff, and operating budget to support the Food Policy Council.

Action FD 3.5: Increase government and institutional procurement of local foods.

**GOAL 4: MEASURE AND REDUCE FOOD WASTE ALONG POINTS OF THE WASTE PROCESS**

**Target:** (missing)

Action 4.1: (missing)