

Physical Activity	Yes	N/A
1. Does your jurisdiction require bike facilities (e.g., bike boulevards, bike lanes, bike ways, multi-use paths) to be built for all <i>new</i> and <i>redeveloped</i> roadway and park projects? <u>Provide a brief description or enter N/A for "No action at this time."</u> See Attached	Yes	
2. Has your jurisdiction adopted a Complete Streets approach to support walking and biking infrastructure or incorporated design specifications into your rules and standards that make streets safe for users of all abilities and ages? <u>Provide a brief description or enter N/A for "No action at this time."</u> See Attached	Yes	
3. Does your jurisdiction prioritize the support and maintenance of a network of walking trails or routes (e.g., establish a program to identify and fill connection gaps and make repairs in the system of sidewalks)? <u>Provide a brief description or enter N/A for "No action at this time."</u> See Attached	Yes	
4. Does your jurisdiction support and maintain bicycling routes that are connected and lead to destinations such as markets, commercial uses and residences (e.g., a program to identify potholes and other hazards and repave bike lanes when necessary)? <u>Provide a brief description or enter N/A for "No action at this time."</u> See Attached	Yes	
5. Does your jurisdiction maintain a system of parks (e.g., a program to repair, maintain, and upgrade existing parks)? If so, what percentage provides active facilities like ball fields, exercise equipment and playgrounds? <u>Provide a brief description or enter N/A for "No action at this time."</u> See Attached	Yes	
6. Does your jurisdiction incorporate zoning and building standards to allow mixed land use where appropriate? <u>Provide a brief description or enter N/A for "No action at this time."</u> See Attached	Yes	
7. Does your jurisdiction enhance access to public transportation (e.g., bus stops and stations, van pool services) within reasonable walking distance (1/2 mile radius from most residential areas? (In a rural context, this includes park and ride facilities, van pool and car pool activities.) <u>Provide a brief description or enter N/A for "No action at this time."</u> See Attached	Yes	
8. Has your jurisdiction adopted street design standards that slow traffic (e.g., road diets, narrow road lanes, central islands, roundabouts, speed bumps, lower speed limits, sidewalks and bus stops separated from traffic) and improve safety, to enable residents to be physically active? <u>Provide a brief description or enter N/A for "No action at this time."</u>		N/A
9. Has your jurisdiction adopted strategies to enhance personal safety (e.g., neighborhood crime watch, people-scale street lights) in areas where people are or could be physically active? <u>Provide a brief description or enter N/A for "No action at this time."</u> See Attached	Yes	
10. Other: Has your jurisdiction implemented any other policy that promotes or supports physical activity? <u>Provide a brief description or enter N/A for "No action at this time."</u> See Attached	Yes	

### Physical Activity

- 1) Does your jurisdiction require bike facilities (e.g., bike boulevards, bike lanes, bike ways, multi-use paths) to be built for all *new* and *redeveloped* roadway and park projects?
  - The recently approved ENCPA is a Sector Plan which by Florida Statute must be designed to encourage flexible and innovative development strategies which provide for preservation and compact development. This development also uses mixed use so that every element necessary for living is contained within the development including recreation and transportation (with a focus on bicycle and pedestrian). The ENCPA is the only area in the County “required” to include these types of projects in their master plan.
- 2) Has your jurisdiction adopted a Complete Streets approach to support walking and biking infrastructure or incorporated design specifications into your rules and standards that make streets safe for users of all abilities and ages?
  - ENCPA only
- 3) Does your jurisdiction prioritize the support and maintenance of a network of walking trails or routes (e.g., establish a program to identify and fill connection gaps and make repairs in the system of sidewalks)?
  - Sidewalk Repair Program provides for \$50,000 annually to be used to repair existing sidewalks to keep them safe.
  - The County assumed maintenance of a newly constructed Amelia Island Trail which was constructed by FDOT.
- 4) Does your jurisdiction support and maintain bicycling routes that are connected and lead to destinations such as markets, commercial uses and residences (e.g., a program to identify potholes and other hazards and repave bike lanes when necessary)?
  - Actively seeking grants for the Safe Routes to Schools Program (SRTS) and Transportation Alternative Project (TAP)
    - Awarded \$1,988,396 in 2014 for the Simmons Road Trail (TAP). Commencement set for 2017.
    - The Amelia Island Trail, Phase II, selected as the #1 priority by the North Florida Transportation Planning Organization to receive \$2,500,000. Currently pending review/programming by FDOT. (TAP) Commencement estimated to begin in 2019/2020.
    - Awarded \$256,203 in July 2012 for SRTS for Emma Love Hardee Elementary School. Completed August 2012.
    - Awarded \$676,789 in July 2013 for SRTS for Southside Elementary. Completed July 2014.

- 5) Does your jurisdiction maintain a system of parks (e.g., a program to repair, maintain, and upgrade existing parks)? If so, what percentage provides active facilities like ball fields, exercise equipment and playgrounds?
- 33% of the facilities maintained and repaired by the County are related to Parks & Recreation. The County currently has:
    - Four ballparks, one of which contains a gymnasium, basketball court, and tennis courts
    - Five beach accesses containing boardwalks/walkovers
    - A large park with fishing pier, boat ramp, nature trails, and playground
    - An ecological park with an elevated boardwalk nearly 500 feet in length with four observation areas
- 6) Does your jurisdiction incorporate zoning and building standards to allow mixed land use where appropriate?
- Newly revised language in the County's Planned Unit Development (PUD) encourages mixed-use development.
- 7) Does your jurisdiction enhance access to public transportation (e.g., bus stops and stations, van pool services) within reasonable walking distance (1/2 mile radius from most residential areas? (In a rural context, this includes park and ride facilities, van pool and car pool activities.)
- The County was recently awarded a funded transit study to analyze existing transit and evaluate the County's needs
  - Council on Aging has designated bus-stops throughout the county, many of which are in walking distance from residential areas
- 8) Has your jurisdiction adopted street design standards that slow traffic (e.g., road diets, narrow road lanes, central islands, roundabouts, speed bumps, lower speed limits, sidewalks and bus stops separated from traffic) and improve safety, to enable residents to be physically active?
- n/a
- 9) Has your jurisdiction adopted strategies to enhance personal safety (e.g., neighborhood crime watch, people-scale street lights) in areas where people are or could be physically active?
- The Nassau County Sheriff's Office has created neighborhood watch programs in various communities.
  - The Sheriff's Office has also created five (5) Community Advisory Teams (one in each District) to involve citizens in crime prevention and to advise the Sheriff's Office on community concerns with regards to crime. The Sheriff's Office provides

these groups with up-to-date information on any crime trends or schemes affecting the county as a whole, as well as any special events that would benefit from community involvement. The teams meet monthly to discuss issues related to their area of the county and plan solutions. Topics of concern may include but are not limited to: drug problems, traffic issues, home security, and community education.

10) Other: Has your jurisdiction implemented any other policy that promotes or supports physical activity?

- Local County Government has adopted numerous programs to encourage healthy eating and exercising habits for its employees
  - Annual Health Fairs which include biometric screening, PSA for men, bone density for women, BMI information, nutritional information and cooking demonstrations, mammograms, hearing tests, and more.
  - Free Quit Smoking Classes
  - Monthly Aetna and Florida Blue Newsletters
  - Free Wellness Programs such as yoga, Zumba, and jazzercise
  - Free Flu Shots
  - Cardiovascular Screenings
  - Reimburses employees for attending Heartwise Nutrition Classes at Baptist Health
  - Health at Every Size Walking Program in which employees were awarded for their participation and meeting their weekly goal/steps.
  - Completed in Team Walking Challenge organized by FL Dept of Health
- The County Extension Office organizes the “Walk with Me” health initiative where Master Food and Nutrition Volunteers meet weekly with any community members wishing to increase their physical activity. Participants are taught how to walk properly, and encourage to walk for 50 minutes. Each week they are also encourage to walk faster and increase their distance, and are provided weekly tips on following the 2010 Dietary Guidelines.

Nutrition	Yes	No
1. Does your jurisdiction provide incentives (e.g., expedited permit fees or tax breaks) to food retailers in underserved areas to carry healthy, affordable food items? <u>Provide a brief description or enter N/A for "No action at this time."</u>		N/A
2. Does your jurisdiction provide incentive programs to attract supermarkets and grocery stores to underserved neighborhoods (e.g., brownfield redevelopment or other loans or grants to cover start-up and investment costs, economic development programs, supportive zoning)? <u>Provide a brief description or enter N/A for "No action at this time."</u>		N/A
3. Does your jurisdiction allow zoning for mobile produce cart vending (selling only whole, uncut fresh fruits and vegetables) or sidewalk produce vendors? This does not include restaurant type food trucks. <u>Provide a brief description or enter N/A for "No action at this time."</u>		N/A
4. Does your jurisdiction encourage community garden initiatives (e.g., grants providing vacant lots or other public lands for use by public or private organizations, supportive zoning)? <u>Provide a brief description or enter N/A for "No action at this time."</u> See attached	Yes	
5. Does your jurisdiction locate public transportation stops, trails, greenways or sidewalks that connect residents to opportunities to purchase healthy food (including retailers, farmers markets and community gardens) easily and affordably? <u>Provide a brief description or enter N/A for "No action at this time."</u> See Attached	Yes	
6. Does your jurisdiction provide equitable access to farmers markets by locating farmers markets in low-income/low-access areas, or by implementing federal food assistance programs (e.g. SNAP/EBT)? <u>Provide a brief description or enter N/A for "No action at this time."</u>		N/A
7. Does your jurisdiction promote farmers markets, farm/produce stands, mobile markets, and community gardens as venues for healthy foods? <u>Provide a brief description or enter N/A for "No action at this time."</u> See Attached	Yes	
8. Does your jurisdiction provide healthy food and beverage options at government office vending machines or at concession stands located at parks and/or recreational facilities? <u>Provide a brief description or enter N/A for "No action at this time."</u>		N/A
9. Does your jurisdiction provide healthy food and beverage options at city/county-sponsored events? <u>Provide a brief description or enter N/A for "No action at this time."</u>		N/A
10. Has your jurisdiction adopted strategies that limit fast-food restaurant density? <u>Provide a brief description or enter N/A for "No action at this time."</u>		N/A
11. Does your jurisdiction promote and support breastfeeding in public places? <u>Provide a brief description or enter N/A for "No action at this time."</u> See Attached	Yes	
12. Has your jurisdiction implemented any other policy that promotes or supports healthy nutrition? <u>Provide a brief description or enter N/A for "No action at this time."</u> See Attached	Yes	

## **Nutrition**

- 1) Does your jurisdiction provide incentives (e.g., expedited permit fees or tax breaks) to food retailers in underserved areas to carry healthy, affordable food items?
  - n/a
- 2) Does your jurisdiction provide incentive programs to attract supermarkets and grocery stores to underserved neighborhoods (e.g., brownfield redevelopment or other loans or grants to cover start-up and investment costs, economic development programs, supportive zoning)?
  - n/a
- 3) Does your jurisdiction allow zoning for mobile produce cart vending (selling only whole, uncut fresh fruits and vegetables) or sidewalk produce vendors? This does not include restaurant type food trucks
  - The County has a license for roadside vending of fresh produce
- 4) Does your jurisdiction encourage community garden initiatives (e.g., grants providing vacant lots or other public lands for use by public or private organizations, supportive zoning)?
  - Nassau County Extension uses Master Gardeners to teach homeowners how to plant and care for vegetables
  - County Extension offers free classes related to small farm topics including fruit and vegetable crops
- 5) Does your jurisdiction locate public transportation stops, trails, greenways or sidewalks that connect residents to opportunities to purchase healthy food (including retailers, farmers markets and community gardens) easily and affordably?
  - The newly constructed Amelia Island Trail connects residents to farmers markets and roadside produce vendors
  - Transportation by Council on Aging does provide pick up and drop off at several major retailers that sell fresh produce
- 6) Does your jurisdiction provide equitable access to farmers markets by locating farmers markets in low-income/low-access areas, or by implementing federal food assistance programs (e.g. SNAP/EBT)?
  - n/a

7) Does your jurisdiction promote farmers markets, farm/produce stands, mobile markets, and community gardens as venues for healthy foods?

➤ Nassau County only allows outdoor vending for produce. All other outdoor vending is prohibited.

8) Does your jurisdiction provide healthy food and beverage options at government office vending machines or at concession stands located at parks and/or recreational facilities?

➤ n/a

9) Does your jurisdiction provide healthy food and beverage options at city/county-sponsored events?

➤ n/a

10) Has your jurisdiction adopted strategies that limit fast-food restaurant density?

➤ n/a

11) Does your jurisdiction promote and support breastfeeding in public places?

- The WIC Program through our local health department provides free breastfeeding education and support to all WIC clients in the County. Clients are also informed of the Florida law allowing breastfeeding in public places without penalty.
- Nassau County's Employee Policies & Procedures has a section dedicated to lactation breaks and provides for break times, a place to store the milk, and a specific location for the employee to express milk in private.

12) Has your jurisdiction implemented any other policy that promotes or supports healthy nutrition?

- The County Extension Office and School Board host the "Eat Smart, Be Active" Class Series designed to teach participants how to plan healthy snacks & meals, portion control, how to keep food safe to eat, and how to become more physically active

- The County Extension Office holds Master Food and Nutrition Volunteer Education Training in which Nassau County residents can participate in a 9 week training to learn about health, nutrition, food safety. Since 2014, 8 volunteers have been trained to teach this series and have provided over 200 hours of volunteer service to help citizens in our community.
- The County Extension is a recipient of a USDA SNAP-Ed Grant which allows for a full-time paraprofessional to provide education to elementary school students about nutrition, health, and physical activity. Over 700 1<sup>st</sup> and 2<sup>nd</sup> grade students are reached utilizing the “Youth Understanding MyPlate (YUM) curriculum developed by UF.
- School Board partners with UF, County Extension, Baptist Health, Corporate Works, and Florida Blue to promote healthy eating classes/workshops/resources
- County Government and School Board partner with Baptist Health to offer Heartwise Series in which participants sample healthy Mediterranean style foods, and learn how to prepare their own healthy snacks and meals



Leadership and Innovation: Does your jurisdiction participate in any of the following?	Yes	No
<u>School Health Advisory Committee (SHAC)</u>		No
<u>Community Health Improvement Plan (check with your county health department)</u>		No
<u>Mobilizing Action through Planning Partnerships (MAPP)</u>		No
<u>Mayor's Fitness Challenge</u>		No
Has your jurisdiction participated in any other health planning related to increased physical activity and improved nutrition? Please list them below and provide a brief description. <u>See #10 on Physical Activity. See #12 on Nutrition</u>	Yes	

Other Awards, Recognitions & Designations: Does the jurisdiction have any of the following?	Yes	No
<u>Walk Friendly Community Designation</u>		No
<u>Bicycle Friendly Community Designation</u>		No
<u>American Planning Association Award</u>		No
<u>Healthy School District Award</u>	Yes	
<u>AARP Age-Friendly Community</u>		No
<u>EPA's Building Healthy Communities for Active Aging Award</u>		No
<u>LEED Certified Buildings or Neighborhoods</u>		No
<u>Alliance for Healthy Cities Recognition Award</u>		No
<u>STAR Community for Sustainability Rating</u>		No
<u>Gold Medal for Excellence in Parks</u>		No
Has your jurisdiction received any other award, recognition, or designation related to increased physical activity and improved nutrition? Please list them in this section with a brief description. <u>Nassau County placed 2nd in the Florida Walk Competition in 2014</u>	Yes	

In order to provide you with opportunities to expand your support of healthy weight in your community, please choose one policy or program to work on in the next year. It can be one from the list above or it can be something of your choosing. The Healthiest Weight Florida Team will provide technical assistance and work with you in order to achieve this goal over the next year.

Currently drafting the County's First Recreation Plan. Also hoping to request the North Florida TPO to conduct a bike study for future request to be designated as "Bike Friendly Community".

Thank you for completing this submission form for the Healthy Weight Community Champion Recognition Program!

To submit your form, save it with your jurisdiction name in the title (e.g., Marion\_County\_Submission.doc; City\_of\_Clearwater\_Submission) and email it with your proclamation or resolution to [healthiestweight@flhealth.gov](mailto:healthiestweight@flhealth.gov) on or before **November 14, 2014**.