

Florida State Surgeon General
Healthy Weight Community Champion
Recognition Submission Form
2015



Background & Purpose

Obesity rates in the U.S. have increased dramatically over the last 30 years, and obesity is now epidemic in the United States. In Florida, only 35% of adults are at a healthy weight. Additionally, 6 out of 10 children born today will be obese by the time they graduate from high school. For this reason, Florida's State Surgeon General, John Armstrong, MD, FACS, has declared healthy weight as a top priority.

Florida's county and municipal governments play an important role in decreasing the prevalence of unhealthy weight in their jurisdictions. Local governments can implement a variety of policies that have been shown to increase physical activity levels and improve nutrition. These "best practice" policies are reflected in this submission form. These best practices also align with the [State Health Improvement Plan](#). By implementing policies like the ones recommended in the submission form, local governments promote community environments where the healthy choice is the easier choice.

Acknowledging that many jurisdictions have already made progress in these types of policy changes, Dr. Armstrong established the *Healthy Weight Community Champion Recognition Program* to highlight communities for their important efforts. As Healthy Weight Community Champions, local governments will be able to share their progress and lessons learned while implementing best practice policies.

Eligibility

Florida's 410 active municipalities (cities, towns and villages) and 67 counties are eligible to submit best practices. Submissions must be made by a municipal or county official. Unincorporated areas may submit under the sponsorship of the county in which they are located.

Timeline

August 6, 2014: Submission Window Opens

November 14, 2014: Submission Window Closes

January 5, 2015: Best Practices Posted and Communities Recognized

How to Submit

- 1) Download this form.
- 2) Complete the contact information below.
 - a. For each component of the four sections, check "Yes" or "No" to indicate whether or not your jurisdiction has implemented the policy suggestion and provide a brief explanation of your policy, program or project. (The four sections are: Physical Activity; Nutrition; Leadership and Innovation; and Other Awards, Recognitions, & Designations)
- 3) Once the submission form is complete, save it with your jurisdiction name in the title (e.g., Marion_County_Submission.doc; City_of_Clearwater_Submission). Upload it to an email.
- 4) Please upload your resolution or proclamation signed by the authorized elected official.
- 5) Email the submission form to healthiestweight@flhealth.gov on or before **November 14, 2014**.

SUBMISSION FORM

Please complete the information below. If you have any questions about the application or the submission process, email us at healthiestweight@flhealth.gov.

Jurisdiction Name: City of Fort Lauderdale

Jurisdiction Level: ☐ County ☒ City ☐ Unincorporated Area

Contact Name: Guy Hine

Contact Title: Risk Manager

Contact Email: ghine@fortlauderdale.gov

Contact Phone: 954-828-5494

Contact Mailing Address: 100 N. Andrews Avenue, Fort Lauderdale, FL 33301

Date Resolution or Proclamation Adopted: December 17, 2014

☒ I certify that I am able to make this submission on behalf of my jurisdiction.

Questions regarding the submission?

Email healthiestweight@flhealth.gov

Physical Activity	Yes	N/A
<p>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></p> <p>Our City has adopted a Complete Streets policy that requires that all modes of transportation are provided for in any redeveloped or new streets, including bicycle facilities. http://www.fortlauderdale.gov/transportation/policies.html</p> <p>The availability of bicycle facilities within neighborhoods makes it easier for people to walk and bike within their own neighborhoods and to other places they need to go. Presently, 54.32% of the City’s parks have bicycle racks to encourage bicycling to the parks. The Parks and Recreation Department has a 5-year target to have bicycle racks in 100% of the City’s parks.</p>	X	
<p>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></p> <p>The City Commission adopted a Complete Streets Policy and Manual in October 2013 which won national recognition from Smart Growth America’s National Complete Streets Coalition, who ranked the city 3rd in policies adopted in 2013. http://www.smartgrowthamerica.org/complete-streets-2013-analysis</p> <p>Neighborhood planners designed streets that were not pedestrian friendly, encouraging folks to remain indoors and traditional patterns of development caused a dependence on automobiles. With the collaboration of the Environmental Protection Agency, the City has worked to create the building blocks for sustainable communities. Broward County and the Broward County Metropolitan Organization collaborated with the City to transform roadways into Complete Streets, leading the way for the implementation of a vision of a connected community. A grant was awarded by the Center for Disease Control's Community Transformation Grant Program to fund the development of the Compete Streets Guidelines. The grant is recognized locally as Transforming Our Community's Health (TOUCH) initiative.</p> <p>The goal of the Smart Growth Partnership is to help each City in Broward County to be recognized as a Smart Growth Healthy City. After numerous community input meetings, the City drafted its first comprehensive Complete Streets Policy. The policy will enable Fort Lauderdale to set investment priorities to make streets safe and appealing to all users.</p>	X	
<p>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></p> <p>The City completed a multimodal transportation implementation plan titled Connecting the Blocks which identifies the gaps in the pedestrian system and prioritized those improvements. http://www.fortlauderdale.gov/transportation/plans.html</p>	X	
<p>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></p> <p>The City has developed a digital system called Lauderserve that allows residents to submit hazards to walking and biking. Generators and attractors are a</p>	X	

ranking factor in the prioritization of bicycle and pedestrian improvements within the Connecting the Blocks Program.		
<p>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></p> <p>The Department’s Mission is “To provide the opportunity to experience fun and rewarding recreation programs, events and leisure activities, in an aesthetically pleasing and safe environment, accessible to all. The Department holds, as one of its core values – FUN – “Provide and enjoy innovative programming and events that captivate and direct our youth, motivate and reinvigorate adults and stimulate all to get “More Out of Life” in a safe, comfortable environment. The City maintains an 876-acre system of parks for both actives and passive uses. The community is engaged in healthy physical activity in our parks, ball fields, and playgrounds and through the use of exercise equipment as contained in 53% of the City’s parks.</p> <p>The percentage of Fort Lauderdale residents residing within a 10-minute walk of a park has improved from 62% to 71%. These parks provide additional access to play in the City and improve accessibility to our City’s public places and natural amenities.</p>	X	
<p>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></p> <p>Our regional Activity Centers focus on this as intent and we have adopted standards in Master Plans that drive the success of building and streetscape design standards that create livable communities. In addition mixed -use provisions can also be applied along major commercial corridors to allow residential in close proximity to commercial uses and services.</p>	X	
<p>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></p> <p>The City maintains a comprehensive transit network that includes intercity bus service, local community transit service, commuter rail, intercity rail, water trolley service and soon to include a modern streetcar and All Aboard Florida rail service. The local transit options create a significant network for residents to be able to access their daily needs connecting residential and commercial districts in the city. The system has just received upgrades with 166 new bus shelters that are equipped with solar lighting and 23 new benches by the Broward County Transit which runs the regional transit network. The city has park and ride facilities along I-95 and the TriRail Commuter Rail system.</p>	X	
<p>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></p> <p>The City adopted a Complete Streets Manual in October 2013 that calls for elements that improve safety and enable residents to be physically active such as road diets, narrow lanes, roundabouts, wide sidewalks, enhanced crosswalks, etc. and has implemented these elements. http://www.fortlauderdale.gov/transportation/policies.html</p>	X	
<p>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></p>		

<p>The City utilizes strategies to enhance access to safe physical activities including the addition of pedestrian scale lighting in roadway projects, the addition of new crosswalks in areas where people currently jaywalk, completing painted intersections, adding enhancements such as rapid flashing beacons and in-ground LED lighting in crosswalks to increase the safety of pedestrians crossing streets within the city. http://www.fortlauderdale.gov/transportation/plans.html</p>	X	
<p>10. Other: Has your jurisdiction implemented any other policy that promotes or supports physical activity? Provide a brief description or enter N/A for “No action at this time.”</p> <p>After-school programs fill the invaluable role of providing essential services such as enriched activities, healthy snacks and meals. The Parks and Recreation Department has concentrated resources on education, health and overall wellness as its vision is “<i>to inspire all to experience more out of life</i>” and promote healthy, active lifestyles. Programs such Wise Kids, Presidential Challenge, First Lady Michelle Obama’s Let’s Move Campaign, and the Fit Kidz Club are a few of the initiatives currently benefiting the City’s youth. Benefits include Improvements in the area of mental and physical health, as well as measurable decreases in rates of crime and other detrimental activities.</p> <p>As part of the City’s wellness initiative, the City and the Parks and Recreation Department offer discounts on select programs to City employees and their immediate family. Employees may use the Osswald Park Fitness Center for free to achieve their designed weight and health goals. The facility provides a variety of machines and free weights for self-motivated workout sessions.</p> <p>The City additionally supports physical activity for seniors as well as disabled. The City’s programs provide seniors with opportunities to engage in social and fitness activity such as yoga, Pilates, nature walks. The Department also provides seniors with wellness workshops geared towards being healthy such as Living Healthy, Living with Diabetes etc.</p> <p>The Parks and Recreation Department provides wheelchair tennis and wheelchair basketball to engage those with mobility limitations in sports. The department purchased sports chairs and trained instructors to teach the Wheel Chair Tennis program allowing for the inclusion of adaptive tennis in the Department’s programming. Handicapped patrons use the sports chairs for free. Wheelchair sports has enabled those with mobility limitation to maintain healthy and active lives.</p>	X	

Nutrition	Yes	No
<p>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></p> <p>Within the NPF CRA Five-Year plan retail uses such as grocery stores and markets are listed as eligible uses to apply for funding. Any of this type of retailer can use the CRA incentive programs to lower the cost of opening, expanding or building this type of retail facility. Grocers and other food stuff retailers can also take advantage of the Enterprise Zone program to lower the cost of hiring locally and get tax breaks on machinery and equipment purchases.</p>	X	
<p>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></p> <p>Free land, financial incentives (grants and loans), and access to brownfield designations have been used and are available to attract this type of retail use to the NPF CRA district. More supportive zoning is on the way with the proposed zoning amendments for the Sistrunk corridor. The retail recruitment strategy developed within the Economic Development Strategic Plan also identifies the need for this type of retail use, particularly in the downtown and Sistrunk area to serve the new residential developments and the increasing populations in the surrounding neighborhoods.</p>	X	
<p>3. Does your jurisdiction allow zoning for mobile produce cart vending (selling only whole, uncut fresh fruits and vegetables) or sidewalk produce vendors? <u>This does not include restaurant type food trucks. Provide a brief description or enter N/A for “No action at this time.”</u></p> <p>N/A</p>		X
<p>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></p> <p>A couple of years ago the City of Fort Lauderdale adopted an ordinance to permit the creation of community gardens and urban farms city-wide. This action by the City Commission legally permits the activity, where before it was not legal in most areas of the city.</p>	X	
<p>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></p> <p>N/A</p>		X
<p>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></p> <p>N/A</p>		X

<p>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></p> <p>Yes can refer them to our urban farm/community gardens ordinance, discuss weekly farmer’s market event on Las Olas, and recent efforts to expand vendor opportunities and events along places like Riverwalk. The NPF CRA has supported the construction of a community garden with \$30k of funding, has partnered with the Housing Authority to host a weekend farmers market and currently supports the Flagler Village Night Owl Market via special event funding in the NPF CRA FY 2015 operating budget.</p>	X	
<p>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></p> <p>A key strategy for obesity prevention is improving access to healthy foods and beverages. Applying nutrition standards for foods and beverages in vending machines can improve access to healthier selections. The City provides healthy vending machine services for the City of Fort Lauderdale at several locations and governmental offices and recreation facilities in the City. The vending machines contain all natural and healthy snacks such as NO Trans fats, artificial flavors, preservatives, artificial sweeteners or high fructose corn syrup foods. The Parks and Recreation Department also participates in the Summer Food Service Program providing healthy meals to children during summer programs.</p>	X	
<p>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></p> <p>The Parks and Recreation Department has promoted healthy food sponsors at select events. For example, Whole Foods provided healthy alternatives during the City’s well-attended St. Patty’s day event. The department has plans to expand this provision.</p>	X	
<p>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></p> <p>N/A</p>		X
<p>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></p> <p>N/A</p>		X
<p>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></p> <p>We have implemented Michelle Obama’s Let’s Move Campaign at Parks and Recreation Department programs. This initiative is aimed at getting our children active with physical activity and teaching them healthy eating and healthy habits. In addition, healthy meals and nutrition programs are provided during Summer Camp programs; it is a requirement that the provided meals are healthy in nature. Children enrolled in the Department’s aftercare programs also have access to healthy food and nutrition facts, while healthy meals may be unavailable in some homes, and can now make informed meal decisions.</p>	X	

Leadership and Innovation: Does your jurisdiction participate in any of the following?	Yes	No
School Health Advisory Committee (SHAC)		X
Community Health Improvement Plan (check with your county health department)		X
Mobilizing Action through Planning Partnerships (MAPP)		X
Mayor's Fitness Challenge	X	
<p>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.</p> <p>Glued to televisions and electronic media, youth were not engaged in physical activity, nor were they afforded the opportunity for positive interactions. Certain racial and ethnic minority groups were disproportionately affected and are at a greater risk of being overweight or obese due to eating fewer fruits, vegetables and living sedentary lives. To reverse this trend, the Parks and Recreation Department participates in the President's Challenge with a focus on pre and post fitness assessments that are beneficial for our youth. This program provides fitness education within a structured environment.</p> <p>Our after-school programs fill the invaluable role of providing essential services such as enriched activities, healthy snacks and meals. After-school and youth camps continue to incorporate one hour of active play into daily activity schedules. Since the program's introduction, youth participating in daily fitness activities has increased by 43%.</p> <p>The Parks and Recreation Department has concentrated resources on education, health and overall wellness as its vision is "to inspire all to experience more out of life" and promote healthy, active lifestyles. Programs such the Presidential Challenge, First Lady Michelle Obama's Let's Move Campaign, the Fit Kidz Club and Wise Kids, are a few of the initiatives currently benefiting the City's youth. Benefits include Improvement in the area of mental and physical health, as well as measurable decreases in rates of crime and other detrimental activities.</p>	X	

Other Awards, Recognitions & Designations: Does the jurisdiction have any of the following?	Yes	No
Walk Friendly Community Designation		X
Bicycle Friendly Community Designation		X
American Planning Association Award		X
Healthy School District Award		X
AARP Age-Friendly Community		X
EPA's Building Healthy Communities for Active Aging Award		X
LEED Certified Buildings or Neighborhoods	X	
Alliance for Healthy Cities Recognition Award		X
STAR Community for Sustainability Rating		X
Gold Medal for Excellence in Parks	X	
<p>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.</p> <p>Through participation in Michelle Obama Let's Move Campaign, the Parks and Recreation Department has earned 11 medals (gold, silver and bronze) to date. The goal of First Lady Michelle Obama's Let's Move Campaign is to educate youth on healthy eating habits and lifestyles.</p>	X	

<p>The City of Fort Lauderdale was honored to receive the All-America City designation by The National Civic League (NCL). The NCL commended Fort Lauderdale for numerous projects that demonstrate outstanding civic engagement, cross sector collaboration, inclusiveness, and innovation. An array of Parks and Recreation programs that promote healthy active lifestyles were recognized including: Wise Kids, the Presidential Challenge, First Lady Michelle Obama's Let's Move Campaign, the Fit Kidz Club, and the City's after-school programs and youth camps.</p> <p>The City of Fort Lauderdale received the designation of Playful City USA as a result of efforts to support outdoor activity and play. Playful City USA is a recognition program that honors cities and towns that are taking action to ensure that children in their communities, particularly for low-income children, get the active play they need to become healthy and successful adults. Through policy changes, programs or infrastructure investments participating Playful City USA cities and their partners are driving a deeper understanding of the importance of play and engaging their citizens in increasing access to and opportunities for play. The City's fun and rewarding recreation programs continue to promote healthy lifestyles and ensure that participants get "more out of life." We say Fort Lauderdale is THE place to play. The Playful City serves as recognition of this.</p> <p>The City's Complete Streets Policy recently earned Fort Lauderdale recognition from the National Complete Streets Coalition in 2013, a program of the national non-profit, Smart Growth America. The City's policy received the highest score in the state of Florida and the third highest score in the nation!</p> <p>The City of Fort Lauderdale has received the Fit Friendly platinum status award from the American Heart Association. In order to receive this award worksites offer employees physical activity support, increasing healthy eating options at work and promoting a wellness culture. Worksites also implement at least nine criteria outlined by the American Heart Association in the areas of physical activity, nutrition and culture. The City of Fort Lauderdale also demonstrated at least one behavior change, cost savings outcome or positive return on investment.</p>		
<p>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.</p>		

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

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