Pima County Communities Putting Prevention to Work Initiative

Target Area Report

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Prepared by the Evaluation Team

University of Arizona College of Public Health

For
The Communities Putting Prevention to Work Initiative

Pima County Health Department

Contents

Introduction

In creating optimal conditions for health, public health efforts historically have sought to eradicate causes of disease. Water purification, immunization and food quality regulation are examples of public health practices to improve population health. In the latter half of the 19th century, as chronic disease became a major cause of morbidity and mortality in the U.S., public health focus shifted from social and environmental factors to individual and personal lifestyle choices (1). Individual responsibility in the elimination of tobacco use, nutritional changes and moderate exercise became the emphasis of public health interventions. In more recent years, alarming health disparities between economic and ethnic groups have led to growing recognition of the complex interactions between individuals and their environment and their impact on health behavior (2).

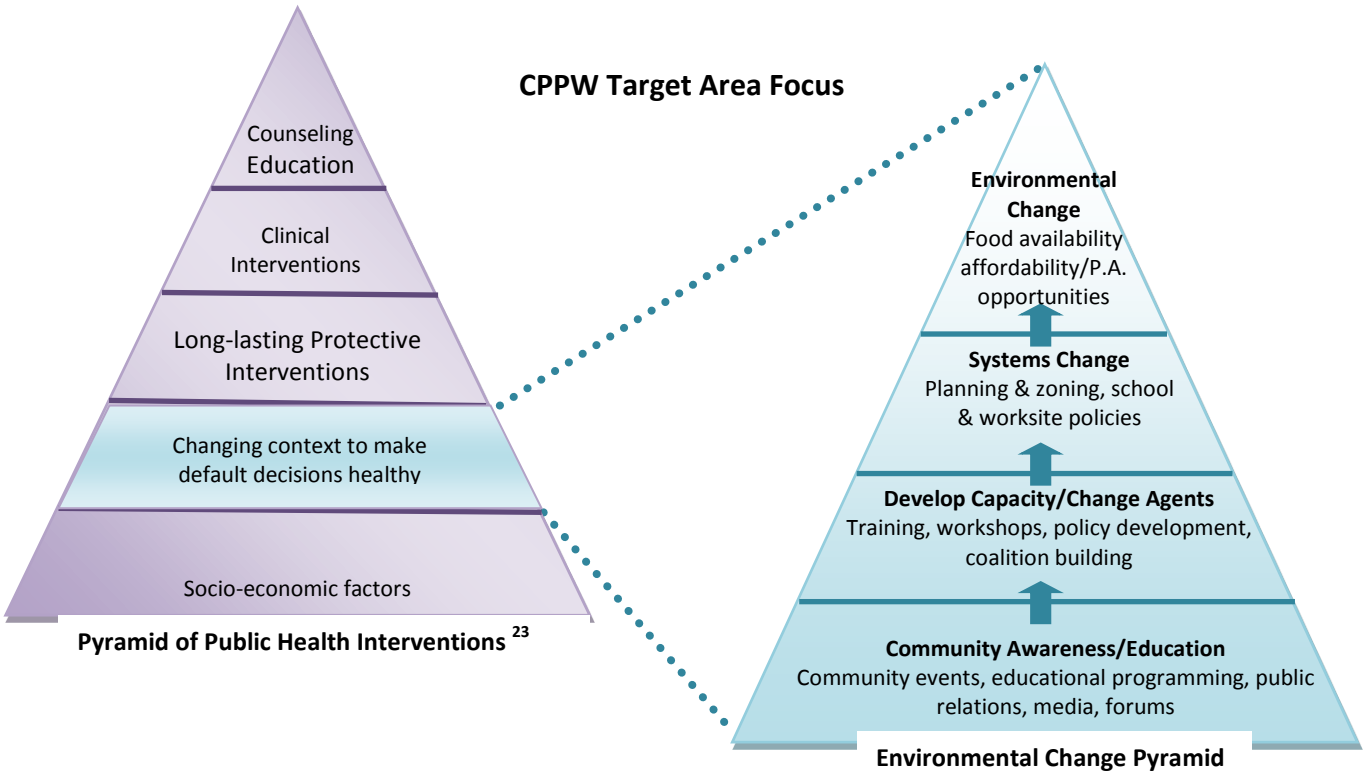
The current obesity epidemic illustrates the significance of the relationship between individuals and the context in which they work, live and play. Obesity has major implications for general quality of life and is a risk factor for chronic diseases (3). Obesity also has a disproportionate impact on low-income and ethnic minority groups in the U.S. along with related disease outcomes (4-5). Healthy eating and physical activity are modifiable risk factors of obesity (6); however there is broad recognition that individual health behaviors are greatly influenced by the opportunities that are available to them (2). Experts recommend that one important strategy in addressing obesity is to transform communities into places where healthy choices are easy and affordable (7-9).

Conversely, unsupportive food environments act as a barrier to a healthful diet (10), which in turn has negative implications for health (11). Low socio-economic and ethnic minority communities in the US are more likely to experience inequities in their immediate food and physical environments (12-13). Latinos and African Americans are more likely to live in food deserts, or areas "that lack access to affordable fruits, vegetables, whole grains, low-fat milk and other foods that make up the full range of a healthy diet" (14). These communities also tend to be characterized by low socioeconomic status, racial segregation, a lack of infrastructure for transportation, and housing deprivation and vacancies (12). Fast food sources and convenience stores with limited healthy food options predominate over larger grocery stores or supermarkets that carry greater quantity and variety of nutritious foods (15).

Communities that suffer from health disparities also have lower access to neighborhood parks and other recreational facilities. Wolch, Wilson, and Fehrenbach (2002) determined that low income areas and neighborhoods dominated by ethnic minorities had markedly lower levels of access to parks when compared to white-dominated areas of Los Angeles (16); a finding that has been replicated nationally (17-18). Crime and pedestrian safety are two other inequitably distributed conditions that negatively impact physical activity environments in ethnic minority communities (19-20). Given that living near parks, playgrounds and recreational areas has been shown to be related to physical activity in both children (21) and adults (22), equitable distribution of healthy food and physical activity opportunities are key components of healthy communities.

Theoretical Framework

In a recent publication, Frieden (2010) describes the potential impact of public health interventions as a 5-tier pyramid in which population-based efforts that require policy change and redistribution of resources have the greatest potential health impact and are at the bottom of the pyramid, while efforts focused on individual behavior change have the least potential for health impact and are at the top of the pyramid (23). Interventions addressing the environment in which people make health decisions make up the second tier on the pyramid, infrequent preventive interventions the third, and ongoing clinical care the fourth. Recognizing the difficulty of tackling socio-economic factors related to the first tier because it requires political will and redistribution of resources, the bulk of CPPW interventions sought to target incremental policy and environmental changes that would facilitate the healthy choices of community members.



The environmental change pyramid shown in the Figure above illustrates an ascending series of strategies through which changes in the environment might be achieved. The base of the pyramid is made up of various efforts required to build public awareness about the importance of healthy food choices and physical activity opportunities. The second tier of the pyramid consists of targeted strategies designed to increase the capacity of the community to create structural and environmental change. These strategies include training of change agents, policy development and coalition building. These efforts are necessary to achieve results on the third tier of the pyramid, in which policies that support physical activity and nutrition are instituted in schools and worksites, and city and county planning efforts emphasize alternative modes of transportation, for example. On the top of

the pyramid are changes in the context of individuals that make the default decision the healthy decision, for example, making healthy foods the cheaper option or building a convenient public transportation system. This report describes efforts of Pima County Communities Putting Prevention to Work to address the four tiers of the environmental and systems change pyramid.

Pima County Communities Putting Prevention to Work

With funding from the American Recovery and Reinvestment Act of 2009, the Communities Putting Prevention to Work Initiative (CPPW) asserted that achieving change in social and physical environments, or in the second tier of the pyramid of public health interventions, had the greatest potential for reducing childhood obesity.[8] In 2010, the Pima County Health Department received a CPPW grant from the Centers for Disease Control and Prevention to create policy, systems and environmental changes (PSE) to increase access to physical activity and improve nutrition in Pima County through a broad spectrum of community agencies representing education, urban planning, agriculture, community development and health and human services. While the broader focus of CPPW funding was to address obesity, the emphasis on systems and environmental changes offered an opportunity to address the context of health behaviors rather than the behaviors themselves. In an effort to address health disparities as well as broad health outcomes, CPPW partners concentrated resources on geographical areas experiencing inequities in access to healthy food and physical activity opportunities.

CPPW Target Communities

Pima County is diverse demographically, with a large Latino population (33.7%), and geographically, with both rural and urban areas (United States Census Bureau, 2009). In an effort to concentrate resources in areas of greatest need and health disparity, the Pima County CPPW team used Geographical Information System (GIS) mapping to identify census tracts characterized by relatively low socioeconomic status (per capita income less than $20,000) and high density of ethnic minority residents (greater that 25%). Areas with both characteristics were then drawn based on neighborhood boundaries, which varied slightly from the census tracts. Additionally, the CPPW team selected areas in both urban and rural areas of Pima County. Of those neighborhoods that fit the criteria, 15 target areas were selected based on existing relationships between CPPW partners in order to increase the potential for CPPW impact over the 2-year grant period.

This report is a presentation of the culmination of efforts of the CPPW Neighborhoods, Built Environment, Food Systems, Schools and Faith-based Teams on targeted communities during the two-year period of the grant. The environmental change pyramid provides a framework through which to analyze CPPW efforts and their impact on the following:

> How do locally-driven efforts to bring multi-faceted strategies, resources and connections to communities impact environmental and systems-level factors related to nutrition and physical activity?

CPPW Team Interventions

CPPW efforts addressed obesity on a county level in schools, worksites, faith-based agencies, and health and human resources, as well as through social marketing campaigns. This report focuses on those efforts that were channeled towards the areas of high need. The interventions, or services provided by the relevant CPPW teams are described below.

Neighborhoods Team

There is substantial evidence that interventions focusing on the neighborhood context can positively influence determinants of health. Studies have demonstrated that health is associated not only with individual characteristics but also the characteristics of the neighborhoods we live in (1). Neighborhoods that are characterized by low socio-economic status, ethnic segregation, poverty and undesirable commercial establishments suffer from social disorder which is associated with negative health outcomes (2). Conversely, neighborhoods distinguished by high income, access to quality education, strong community ties and foreign nativity have lower mortality rates (1). Given that fruit and vegetable consumption varies across neighborhoods (3), the neighborhood built environment may serve as a mediating factor in health behaviors. Further, the fact that neighborhood attachment and emotional bonds with the built environment impact the use of everyday places (3), community gardens and neighborhood parks may more specifically foster social attachment and subsequently healthy behaviors (3). These strategies are in line with the National Prevention Strategy that encourages increased access to healthy, affordable food options and safe, accessible places for physical activity (4).

Consideration of changes to the neighborhood context immediately raises questions regarding neighborhood priorities and concerns. Lack of efficacy on a neighborhood level can best be addressed through the active involvement of residents in policies and programs that affect them and this involvement in improving the local context may be achieved if residents work with churches, schools and local organizations to improve their environment (5). Furthermore, building community resources and capacity and involving community members as key members of community interventions is essential to long term sustainability (6).

Pima County CPPW partner **PRO Neighborhoods** is a Pima County organization that offers training workshops, project development and small grants to help Pima County residents build a common vision and "mobilize the resources necessary to enhance their own neighborhoods." In CPPW PRO Neighborhoods led the Neighborhoods Team and identified and supported a neighborhood connector, or community representative, in each CPPW target area tasked with engaging residents in prioritizing and designing projects in their communities. Potential connectors were contacted by PRO Neighborhoods based on previous relationships such as previous work on a neighborhood project or attendance at a PRO Neighborhoods workshop or training. Approximately half of the connectors were members of their neighborhood association, while others were recruited through local events and agencies. PRO Neighborhoods provided the connectors with a small stipend, training and staff support, and an allocation of $6,000 for a neighborhood project.

Built Environment Team

While there are many personal and social factors that influence individual activity levels and food choice, the built environment can serve to either promote or hinder physical activity and healthy eating habits. In their review of 103 research studies on the built environment and physical activity, Ding et al. (2011) conclude that the environmental influence on physical activity is domain and context specific (1). Some of the features of the built environment/community design that might impede physical activity and healthy eating are:

- Poor upkeep and security in local parks, or lack of suitable outdoor spaces for play and exercise
- Lack of affordable indoor recreation facilities
- Urban sprawl/communities that are designed for driving rather than walking or biking
- High traffic speed or volume
- Lack of public transportation
- Lack of adequate sidewalks and street lighting
- Lack of measures to promote pedestrian and bike safety
- Lack of shade and vegetation
- The existence of fresh food deserts and fast-food gluts
- Zoning laws that separate commercial from residential uses

Ultimately, the incorporation of local residents in the planning and implementation process can result in enhanced social capital (networks of trust, interaction, and reciprocity among people) (2). Neighborhood social capital is characterized by a shared willingness to intervene in support of the common good and strong ties within the community. Higher levels of neighborhood social capital have been associated with higher physical activity levels and lower obesity risks among children (3).

The Drachman Institute at the College of Architecture and Landscape Architecture at the University of Arizona was the lead organization for the CPPW Built Environment Team. As a partner within the larger CPPW project, the Drachman Institute worked with schools, neighborhoods, and faith-based communities in the target areas to create and implement projects to improve the built environment and encourage physical activity within each local context. The Drachman Institute approached each project from the perspective that community engagement in the planning and implementation process would result in local ownership of each project and local pride in the results, thus building social capital for sustainable community change.

Food Systems Team

Several studies have found that socioeconomic status can determine both availability and intake of fresh produce (1-3). A study by the National Cancer Institute (NCI) found that average daily consumption of fruit and vegetables for the lowest-income group surveyed is 3.1 servings compared with 3.7 servings for those in the highest-income group (4). The price of produce is an obstacle to increased intake of produce because fruits and vegetables are typically far more expensive than processed and unhealthy alternatives (3).

In homes in which at least one member participates in gardening, consumption of fruits and vegetables by all household members is 1.4 times greater than in homes in which no member participated in gardening (5). Community gardens can be even more effective than home gardens in increasing consumption; in one study community gardeners consumed fruits and vegetables an average of 5.7 compared to 4.6 among home gardeners and 3.9 among non-gardeners (6). In addition to positively affecting consumption of fruits and vegetables (7-19) home, school and community gardens also have positive impacts on food security, availability, and affordability (9, 16-19, 20-27). Community gardens contribute to social support and capital (28-30) and respect for the community and community members (20, 22, 31). Additionally, studies have found that participation in garden activities improves mental and emotional health including reduction of stress (17, 20, 23, 25, 32-33), increased activity and exercise (10,17-18) and spiritual fulfillment (13). Many of these studies touched on the concept of improved aesthetics of the community and some in some cases improved property value.

The Community Food Resource Center at the **Community Food Bank of Tucson** (CFB) works to build a community where all people at all times have access to sufficient food for a healthy life. The CFB's Home Garden program is in place to assist low-income community members in increasing food availability and affordability. CFB provided gardening workshops to residents of the CPPW target areas, provided home garden instillations, and ongoing technical support to gardeners through their gardening cooperative. The gardening workshop provided information on garden design, soil and compost, composting with worms, rainwater harvesting, and irrigating with grey water. In many homes and community sites, such as faith-based organizations, the food bank installed self-watering containers for growing vegetables. The CFB assisted in the instillation of school gardens that impacted the target area communities.

Schools Team

The physical and emotional wellbeing of a child is linked to educational and social outcomes. After the family, schools play the most important role in childhood health and development, and school health policies and programs may be the best way to reduce risk behaviors and prevent health problems in young people, ultimately leading to academic success. Policies form the basic foundation for schools to implement positive health promoting practices. They can be used as communication tools to support personnel, assure families, provide legal protection, and help maintain transparency and positive relations with the broader community. The Coordinated School Health Model (CSH) is recommended by the Centers for Disease Control and Prevention as a strategy to address the school environment and improve the health and educational outcomes of students.

The CPPW School Team was led by the **Center for Physical Activity and Nutrition (CPAN)** at the University of Arizona College of Agriculture and Life Sciences. The Schools Team was by far the largest CPPW team, both in terms of internal staff and resources allocated for schools. It was the intent of the Schools Team to reach all traditional public schools in the county, i.e. private, charter, or parochial schools were not actively recruited. These schools included rural, urban, tribal, single-school districts and the second largest district in Arizona, Tucson Unified. As such it was critical that schools be exposed to evidenced based and promising practices, and that CPPW utilize as many local, regional, and national resources as possible. Wellness Coordinators (WCs) were recruited to form School Health Advisory Councils (SHACs), complete the School Health Index (SHI), and develop and implement action plans. Significant resources and training opportunities were provided to assist the WCs and SHACs with the process. Also, District Wellness Coordinators were recruited to assess and improve Local Wellness Policies (LWPs). A county-wide Wellness Coalition was created and District WCs were required to participate and share progress on LWP improvements, issues and ideas.

Many schools were provided assistance in coordinating Student Wellness Advocacy Teams (SWATs), who lead many of the school activities and events. Student involvement was critical to the success of many efforts, including Wellness Weeks. Schools applied for a "Healthy School Zone" status by demonstrating they had implemented one physical activity and one nutrition strategy. Healthy School Zone schools received a banner that was designed and created by students, through a county-wide school competition. Also the Schools Team allocated a significant amount of monies for each of the 15 designated Pima County CPPW Focus Areas. Many of these projects were conducted in partnership with other CPPW teams including the Built Environment Tea to work on school gardens and/or landscape design that promote physical activity such as shade structures, walking and biking paths.

Faith-based Team

Faith-Based Organizations (FBOs) have been recognized for their ability to assist communities in various efforts that resulted in improved health conditions (1). FBOs play a key role in the success of community-based health promotion and prevention programs (2). These well-established institutions are resources where communities can overcome personal crises and barriers – including those related to health (3). Due to their central role in spiritual guidance, communication, social support and networking, FBO's can make important contributions to any health promotion effort (2). Various health promotion efforts that have partnered with FBOs have been successful in addressing a number of health-related risk factors and behaviors such as smoking cessation, obesity prevention/reduction, and sexual/reproductive health (2-7). Within each of these efforts spirituality and faith have been often used as resources to help establish a sense of personal responsibility and respect for one's own life. FBOs are hubs where communities gather for social activities and are excellent outlets for providing social services to much needed individuals. Trust is well established within these institutions and is vital to any community-based effort. Cultural appropriateness and effectiveness amongst the community in health promotion efforts can be ensured by having a faith-based approach in

addressing health disparities and needs of a community. Lastly, FBOs have the capacity to contribute resources (i.e. people, buildings, and gardens) that encourage and promote healthy behaviors (7, 8), which makes them ideal partners to collaborate in community organizing efforts around health promotion.

The Faith- based Team, led by the **Carondelet Community Foundation,** focused specifically on promoting healthy nutrition and physical activity to faith-based organizations. The team offered guidance and wellness support to faith-based organizations by working with the organizations to 1) conduct an assessment of their wellness policies and activities, 2) identify strengths and weaknesses in the area of nutrition and physical activity, and to identify priority areas they wanted to improve. The team then worked with partner organization to facilitate access to resources and support from the various CPPW teams and partner organizations.

Policy Team

The policy team, led by the **University of Arizona Zuckerman College of Public Health** provided a supportive role to other CPPW teams in working to affect policy, systems, and environmental changes across Pima County to prevent and reduce obesity and chronic disease. The policy team utilized various strategies to create awareness and promote policy change across Pima County, and in the target areas. The Policy Team participated in various community health affairs by tabling events to promote the mission and goals behind CPPW, and asking individuals around Pima County to sign up as individual advocates to support healthy food and built environment policy. In order to develop capacity within the county, the Policy Team worked with county agencies, the five incorporated municipalities, and local organizations to implement and work on the various strategies and projects to create systems and environmental change within Pima County. These efforts, which often focused on City and County ordinances related to food production and distribution, corresponded to needs identified by the CPPW teams, as well as the concerns of residents in the target areas.

Evaluation Methods

Pima County CPPW united a broad array of individuals, organizations and interventions under a common purpose. While the strength and diversity of CPPW strategies being implemented was monumental, the multiplicity of efforts also presented a challenge to evaluation. The evaluation team within the Arizona Prevention Research Center (AzPRC) at the University of Arizona Zuckerman College of Public Health therefore utilized several strategies that included surveillance data, team documentation and monitoring, secondary and primary data collection.

CPPW Team Monitoring and Documentation

The CPPW teams provided information on their activities to Pima County on a regular basis. These reports describe activities of each of the partners in the first and second tier of the environmental change pyramid such as training of community members and organizations, collaboration between community members, organizations and decision makers, and development of plans for policy or environmental changes that are intended to impact intermediate and long term health outcomes. The team data tell the story of how change occurs- who comes to the table, and how policy is prioritized and pursued. The specific team-based data included in this report are described in the table below.

Neighborhood	Built Environment	Food Systems	Schools	Faith based
• Number of neighborhood connectors identified • Number of residents involved in community planning & design Number of assessments Number of plans developed • Number of Projects • Proportion of plans with identified funding sources • Number and type of environmental changes • Number of sites with expanded hours, programs, facilities or use agreements	• Number of collaborative plans developed • Number and type of plan funding source • Number of trees planted by geographical area. • Number of transit routes identified for places that people go. • Number and type of other incremental changes made.	• Number of people trained who start a garden • Number of new community gardens • Proportion of schools starting & maintaining gardens.	• Number of school projects that benefit community members • Number and types of plans developed by schools • Number and type of environment-tal changes	• Number of faith-based organizations that complete wellness assessment and develop wellness policy.

Neighborhood Interviews

Community Organizers: The CPPW evaluation team conducted semi-structured interviews with the five community organizers from ProNeighborhoods who provided technical assistance to the neighborhood connectors. These discussions focused on those factors that facilitated successful project development, barriers to project development, partners and resources leveraged for the project, and policy issues that were addressed in creating the environmental change.

Neighborhood Connectors: The evaluation team also conducted baseline and follow up interviews with the neighborhood connectors in the majority of target areas. These structured interviews addressed the same issues as the organizer interview, but also identified activities related to capacity building of the connectors and neighborhood members and perceived benefits of CPPW involvement.

Neighborhood Profiles

The CPPW evaluation team developed neighborhood profiles using secondary data, on-line mapping techniques, neighborhood observations and neighborhood surveys to develop a baseline of the target neighborhoods. Data from these profiles are presented along with the BRFSS data to describe the specific needs and priorities of these 15 areas.

Pima County Behavioral Risk Factor Surveillance System (BRFSS)

The BRFSS is an annual random digit dial telephone health survey system that tracks state and national information on health conditions and risk behaviors related to chronic disease, injuries, and infectious disease. On a national level, the BRFSS is maintained by the Centers for Disease Control and Prevention, and in Arizona it is administered by the Arizona Department of Health Services. In 2010, with resources from the CDC, ADHS conducted the BRFSS with a sample of 1500 residents in Pima County that included questions related to tobacco, physical activity and nutrition. For the purposes of Pima County CPPW the survey sample was concentrated in rural and urban areas characterized by ethnic diversity and low socioeconomic status in order to evaluate the impact of Pima County CPPW efforts on health disparities. The BRFSS will be conducted again in 2012. The BRFSS results for the 15 CPPW target area have been compiled for this report.

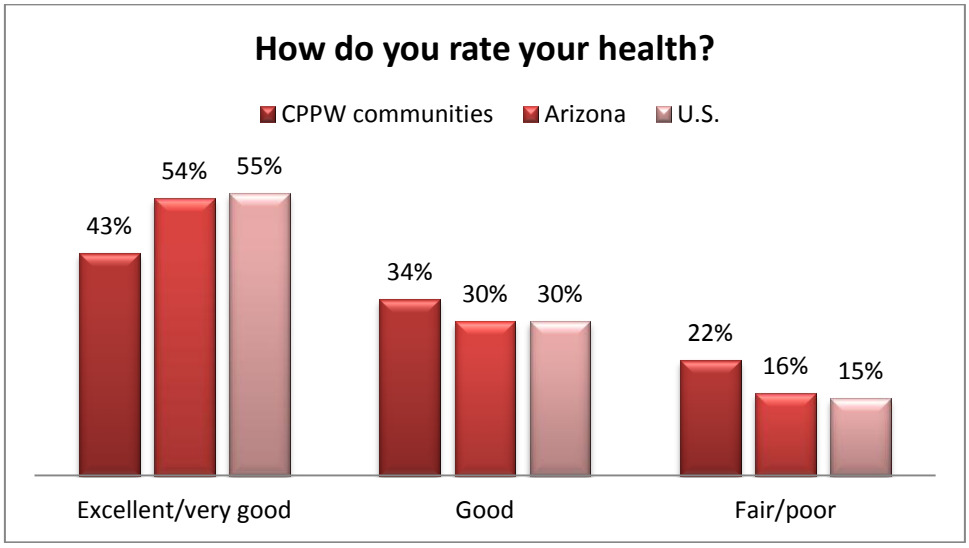
CPPW Target Area Descriptions

This section provides information and data on the fifteen CPPW target areas drawn from several data sources.

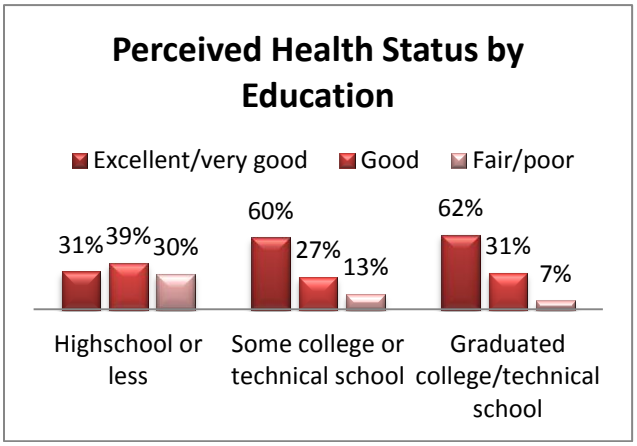
1. Behavioral Risk Factor Surveillance System: The data presented in this section provide a picture of health status and behaviors for the 15 CPPW target areas that are the focus of this report.
   - Risk And Protective Factors
     - Perceived Health Status
     - Fruit and Vegetable Consumption
     - Tobacco Use
     - Health Care Access
   - Chronic Disease
     - Diabetes
     - Obesity
   - Emotional Wellbeing
     - Depression
     - Support
   - Neighborhood Perception
     - Changes in the Built Environment to Support Physical Activity
     - Physical Activity Opportunities
     - Healthy Food Access and Affordability
2. Neighborhood Profiles Secondary Data: Select data from the U.S. 2010 Census and American Community Survey.
   - Population, size, political districts
   - Population Characteristics
   - Families and Households
3. Neighborhood Profiles Observational and Neighborhood Survey Data
   - Physical Activity Environment
   - Food Environment
4. Neighborhood Profiles: Neighborhood Survey data describing resident priorities for environmental change.

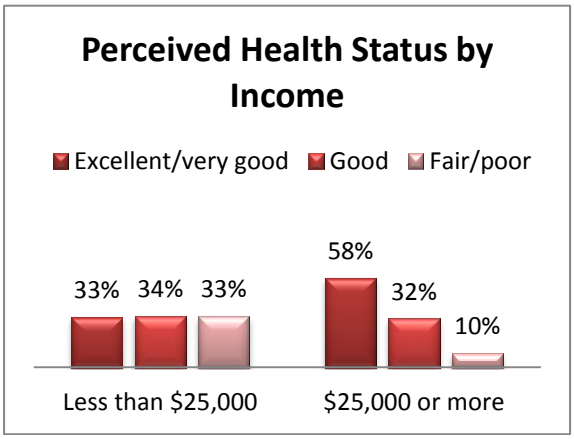
Behavioral Risk Factor Surveillance System
CPPW Target Areas

Risk and Protective Factors



Perceived health status is a measure of general health across a population. In the CPPW target areas, perception of health is lower than in Arizona or the U.S. A lower percentage of residents (43%) describe their health as good or very good compared to Arizona (54%) and the U.S. (54%). Men more often related their health as excellent/very good compared to women (51% vs. 36%), as did non-Hispanic Whites when compared to Hispanics (54% vs. 35%).

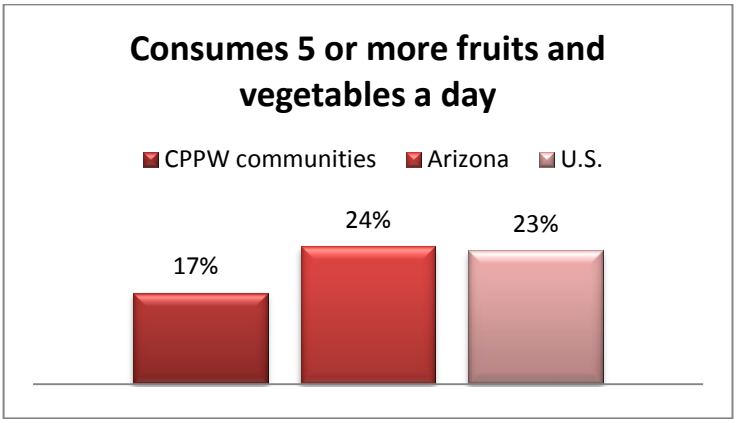




Self-rated health varies most dramatically by education, with 62% of those with college or technical education rating their health as excellent/very good compared to those with a high school education or less (31%). Those who made less than $25,000 a year more often rated their health as fair or poor (33% vs. 10%).

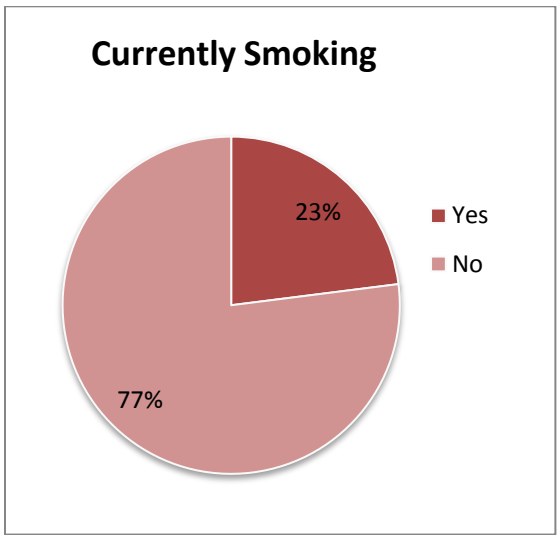
Fruit and Vegetable Consumption

Respondents in CPPW communities are less likely to meet nutritional guidelines for fruits and vegetables (17%) than in Arizona (24%) or the U.S. (23%). A slightly larger percentage of men (reported meeting nutritional guidelines for fruits and vegetables than women (20% vs.14%).



Tobacco Use

A larger percentage of those living in CPPW target areas smoke (23%) compared to Arizona (14%) and the U.S (17%).

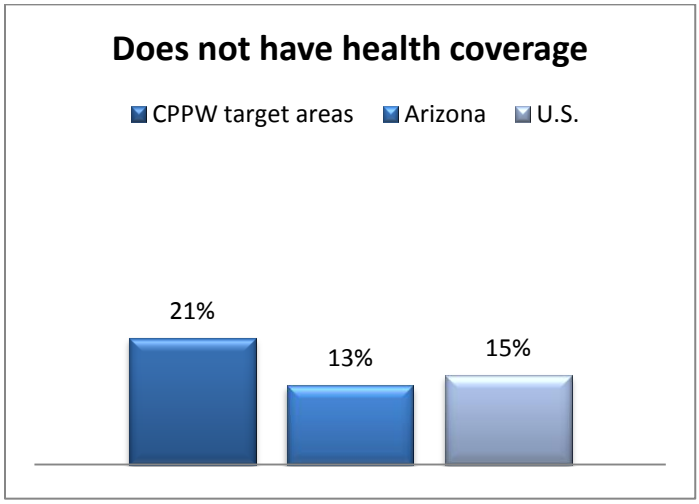


Twenty-three percent (23%) of those living in a CPPW target area are currently smoking. A higher percentage of men smoke (27%) compared to women (19%).Those with a high school education or less are more likely to smoke (25% vs. 19%), compared to those with more than a high school diploma. Those with an income below $25,000 were more likely to smoke compared to those with an income of $25,000 or more (29% vs. 13%).

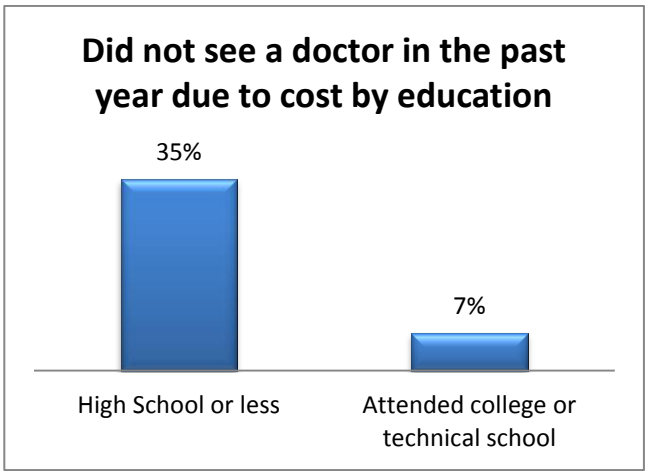
Of those who smoke, 63% take advantage of a promotional tobacco offer sometimes, often, or every time they see one.

Health Care Access

Health care access is another important indicator of the overall health of a community. Approximately One in five (21%) survey respondents from CPPW target areas did not have health care coverage at the time of the survey, a higher percentage than reported in Arizona (13%) and the U.S. (15%).

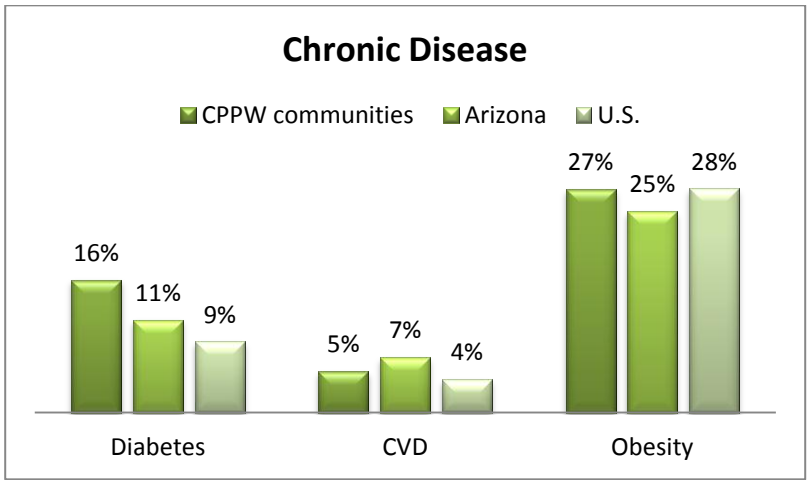


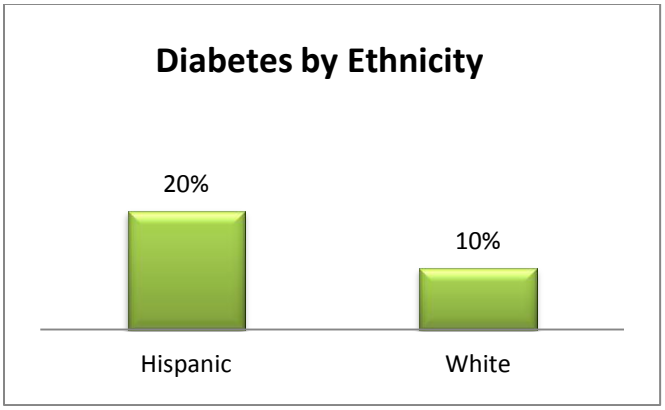
Approximately One fifth (24%) of residents in CPPW focus areas did not see a doctor in the past year due to the cost. Those with a high school education or less were more likely not to have seen a doctor because of cost than those with some college or technical education (35% vs.7%).



Chronic Disease

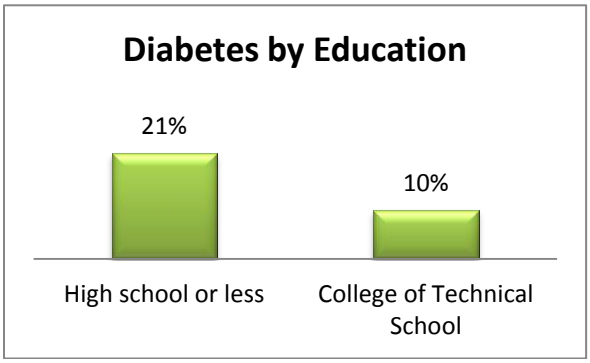
Residents of CPPW target areas have a higher prevalence of diabetes than in Arizona and the U.S.. Prevalence of cardiovascular disease and obesity are similar.

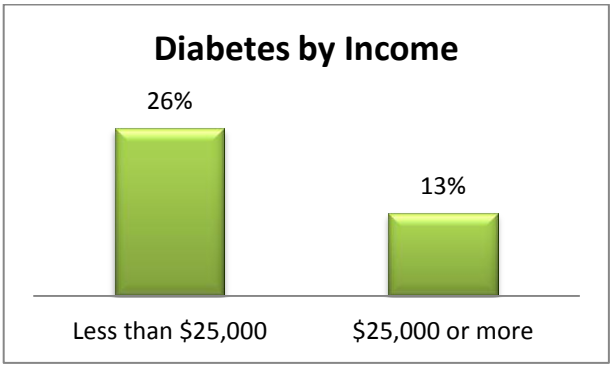




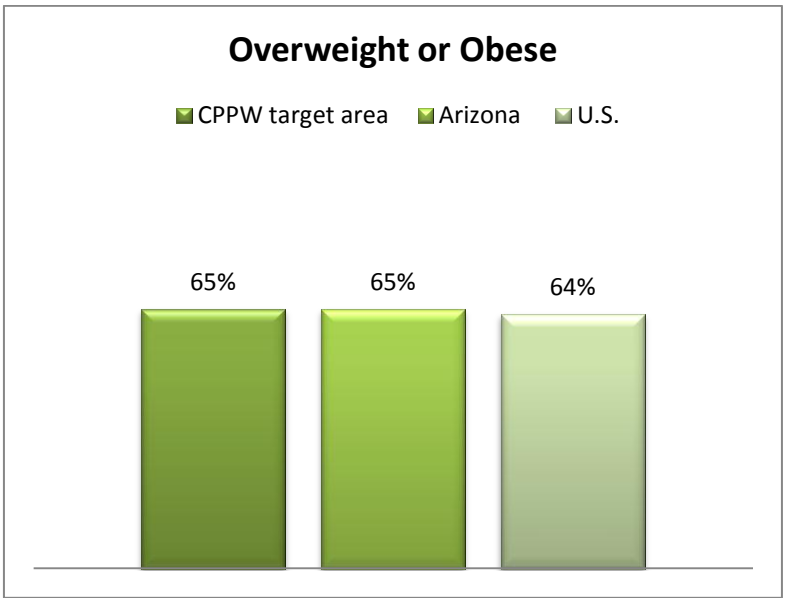
Those with diabetes were more likely to be female than male (18% vs. 14%) and Hispanic than White (20% vs. 10%). There were a higher percentage of respondents with diabetes among those with a high school education or less (21% vs. 10%).

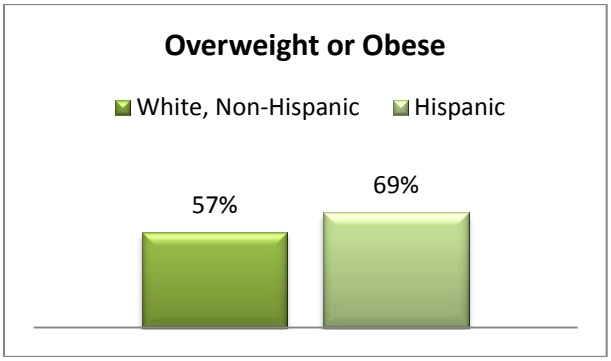
The largest difference in diabetes was reported between those who made less than $25,000 when compared to those who earn more than $25,000 (26% vs. 13%).



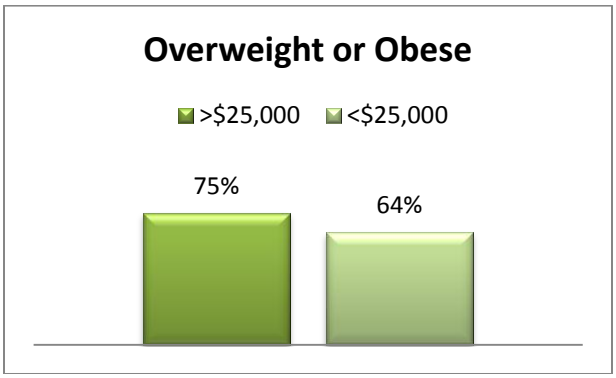


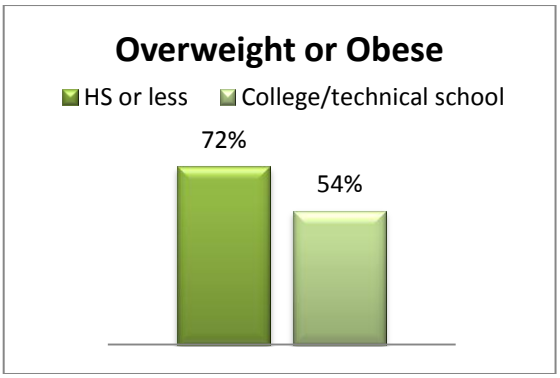
Combined obesity/overweight prevalence is similar in the CPPW target areas (65%) to Arizona (65%) and the nation (64%).





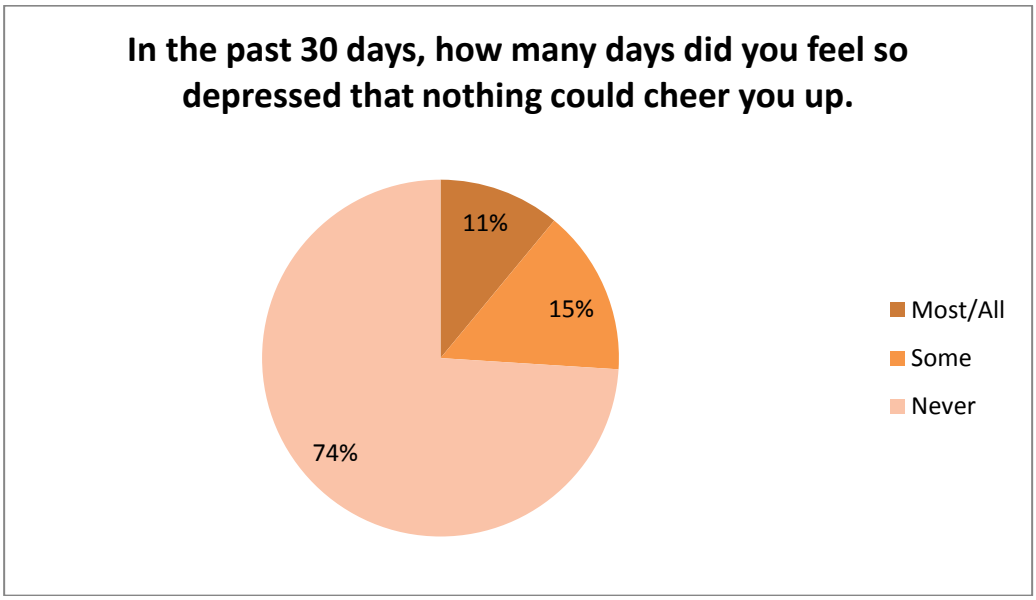
- Obesity/overweight is higher among Hispanics vs. White non-Hispanic (69% vs. 57%).
- The greatest difference in obesity rates is by education. A higher percentage of those with a high school education or less were overweight or obese (72%) compared to those more than high school education (53%).
- There was little difference in overweight/obesity by gender.

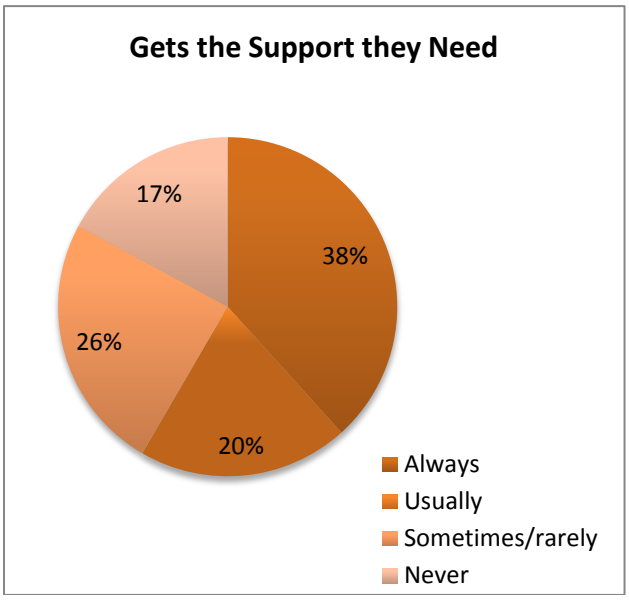


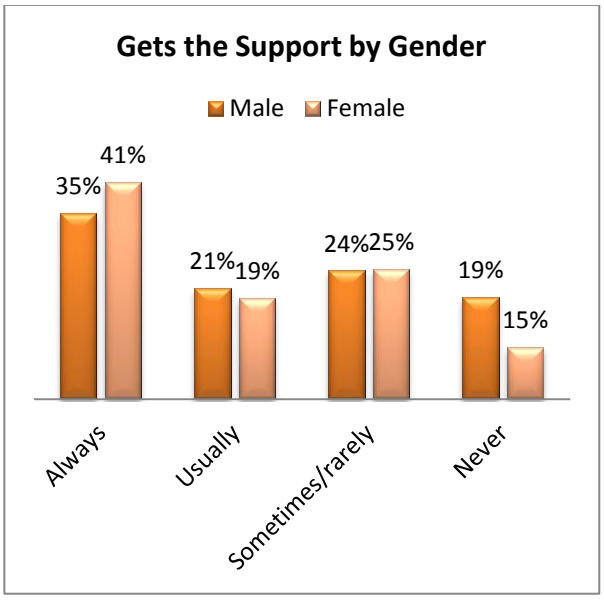


Emotional Health

Approximately one-fourth of respondents reported feeling depressed in the last 30 days some or all of the time. Fifty-eight percent (58%) state they get the support that they need to deal with problems.

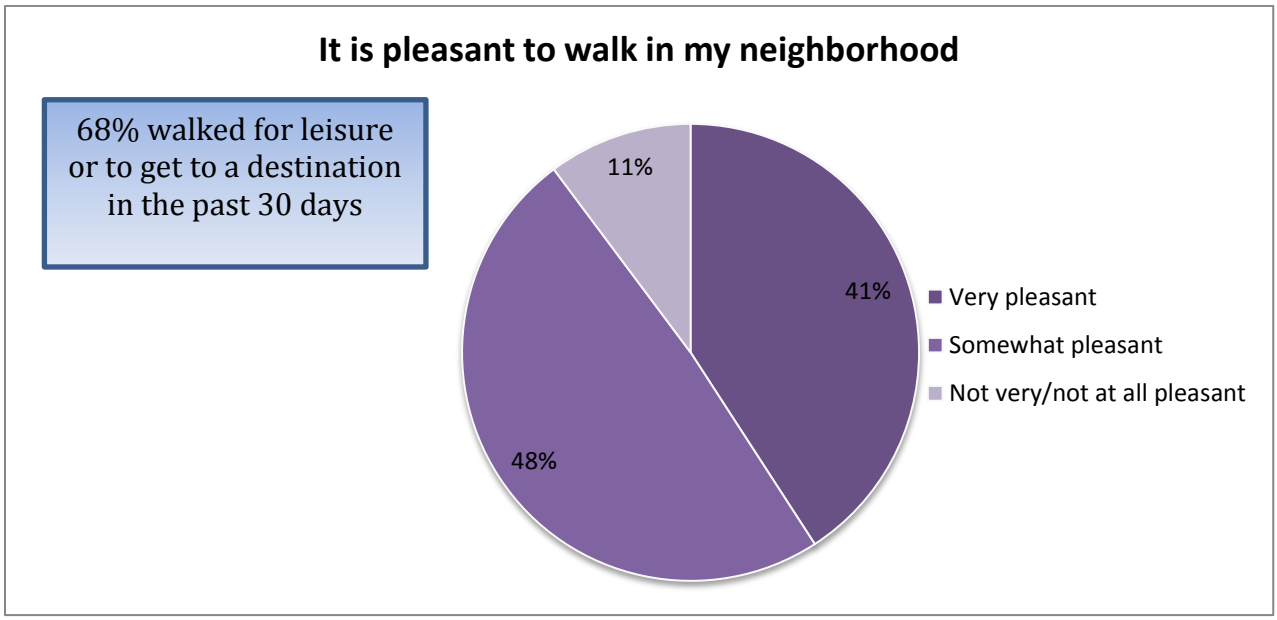


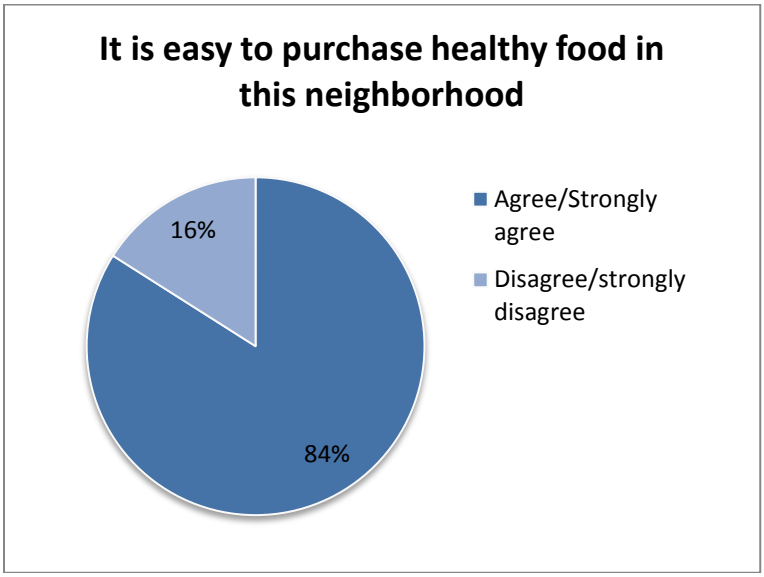




Neighborhood Perception

The majority of residents in CPPW target areas believe that it is somewhat or very pleasant to walk in their neighborhood (89%). In fact, 68% of residents reported walking for leisure or to get to a destination in the past 30 days. Slightly more men walked than women in their neighborhood (71% vs. 64%) and more Hispanics reported walking than White non-Hispanic (70% vs. 61%)





The majority of CPPW target areas agreed or strongly agreed that it was easy to purchase healthy foods in their neighborhoods.

Neighborhood Profiles

Select Data

CPPW Target Area 2010 Census Data

	U.S.	Pima County	Ajo	Amphi Mtn View	Bal. Keeling Coron.	Doolen-Fruit. Dodge Flower	FW	Garden District	Marana	Menlo Park	Sahuar.	S. Park LVistas Pueblo Gdns	South Tucson	Summit View	Sunny. Elvira	Vail	Wake-field
Population	301,461533	990,213	3,253	11,678	14,815	5,342	23,991	12,457	48,155	7,792	19,809	13,954	5,918	8,125	33,084	6,185	11,099
Approx. Land Area (square miles)	-	-	9	1.5	1.6	0.5	6	1	200	1	35	3	1.3	1.5	4.3	21	1
Colonia	-	-	Yes	No	No	No	No	No	Yes	No	Yes	No	Yes	No	No	No	No
Congressional District	-	-	7	7, 8	7	8	7, 8	8	7, 8	7	8	7	7	7	7	8	7
Board of Supervisors District	-	-	3	3	3, 5	3	1, 3	5	1, 3	5	2, 3	2	2	2	2, 5	4	2, 5
Population Characteristics																	
Male (%)	49.3	49.	49.30	50.2	54.1	51.30	47.8	49.8	49.7	56.80	48.6	47.2	57.8	66.0	49.4	51.9	54.6
Female (%)	50.	51.0	50.70	49.8	45.9	48.70	52.2	50.2	50.3	43.20	51.4	52.8	42.2	34.0	50.6	48.1	45.4
Age																	
Median Age	36.5	36.8	50.4	-	-	-	-	-	-	-	34.5	-	31.8	31.3	-	-	-
Under 5 Years	6.9	6.9	4.40	8.4	7.5	11.20	6.9	8.2	7.7	6.10	10.2	9.4	10.4	4.5	9.0	5.7%	9.0
18 Years and Over	75.4	76.3	80.6	76.9	78.4	73.5	77.4	76.5	73.5	84.2	70.5	67.1	68.8	76.5	65.6	71.9 %	71.9
≥65 Years	12.6	14.7	32.7	6.0	8.1	3.8	17.4	9.9	12.3	10.5	13.6	8.0	8.3	5.9	9.5	8.1%	11.9
Households & Families																	
Household size	2.6	2.62	2.32	2.23	2.75	2.29	2.53	2.38	2.86	2.34	3.04	3.53	3.15	3.97	3.78	2.98	3.63
Family size	3.19	3.3	2.97	3.32	3.63	-	3.21	3.33	3.24	-	3.33	4.07	4.25	4.39	4.21	3.34	4.26
Per capita income	$27,041	$24,556	$19,472	$13,969	$12,798	$14,646	$17,104	$17,053	$25,556	$12,429	$27,647	$11,910	$7,849	$7,334	11,808	28,618	$12,944
% in labor force	65	61	43	62	60	-	59	69	61	-	64	61	52	26	63	72%	58%

Neighborhood Profiles
Select Data

CPPW Target Area 2010 Census Data																	
	U.S.	Pima County	Ajo	Amphi/ Mtn View	Bal Keel Cor	Doolen-Fruit. Dodge Flower	FW	Garden District	Marana	Menlo Park	Sahuarita	S. Park Vistas Pueblo Gdns	South Tucson	Summit View	Sunny side Elvira	Vail	Wake-field
Ethnicity (%)																	
Hispanic/ Latino	15.1	32.8	47.1	48.6	45.7	25.2	35.0	26.7	21.7	61.1	28.4	76.3	71.9	58.6	89.4	16.7	81.6
White	65.8	57.2	45.7	39.4	37.5	49.9	60.3	59.8	71.5	27.2	63.1	13.9	18.2	32.4	6.5	76.8	9.9
Black/African American	12.1	3.1	0.6	3.0	6.5	23.0	1.5	7.7	2.8	6.5	2.5	6.3	0.6	6.7	0.8	2.1	1.1
American Indian/ Alaska Native	0.7	2.5	2.6	2.9	2.8	0.2	0.4	0.2	0.3	4.0	0.5	1.9	6.8	2.0	1.6	1.1	5.0
Asian	4.3	2.4	2.7	1.8	5.0	0.4	1.4	1.8	2.5	0.2	1.1	0.0	0.2	0.2	0.4	1.3	0.0
Nativity/Language																	
Foreign Born	12.4	13.2	17.1	27.7	27.5	-	17.5	17.3	7.8	-	7.7	25.6	24.9	25.5	33.3	6.0	32.7
Other than English at spoken at home (%)	19.6	28.0	49.5	41.8	44.8	-	26.4	30.5	15.6	-	20.2	61.5	61.0	53.7	79.2	11.0	74.9
% in labor force	65	61	43	62	60	-	59	69	61	-	64	61	52	26	63	72	58

Neighborhood Profiles
Select Data

Neighborhood Profiles* Indicators of the Physical Activity and Nutrition Environment													
Target area	Ajo	Amphi Mt. View	Balboa/ Keeling/ Coro=.	Doolen Fruitvale Flower	Flowing Wells	Garden District	Menlo Park	S. Park/ Las Vistas/ Pueblo Gardens	S. Tucson	Summit View	Sunny side Elvira	Wake field	Pima County
Neighborhood survey # respondents	43	43	93	72	42	134	34	71	N/A	65	58	253	N/A
Demographics (Census data)													
Population	3,253	11,678	14,815	5,432	23,991	12,457	7,792	13,954	5,918	8,125	33,084	11,099	990,213
Land area (square mile)	9	1.5	1.63	0.5	6	1	1	3	1.3	1.5	4.3	1	
Hispanic	47.1%	48.6%	46.7%	25.2%	35.0%	26.7%	61.1%	76.3%	71.9%	58.6%	89.4%	83.6%	32.8%
Other than English at home	49.5%	41.8%	44.8%	-	26.4%	30.5%	-	61.5%	61.0%	53.7%	79.2%	74.9%	28.0%
Home ownership	68%	20%	27%	27%	70%	28%	33%	66%	35%	74%	65%	56%	66%
Per capita income	$19,472	$13,969	$12,798	$14,646	$17,104	$17,053	$12,429	$11,910	$7,849	$7,334	$11,808	$12,944	$24,556
Physical Activity Environment (Observational Assessment; Neighborhood Survey)													
Public rec. sites per sq. mile	0.33	0.67	2.5	6	0.33	1	3	2	3.08	1.3	0.7	3	-
Bus stops	no	26	22	12	N/A	17	12	53	34	0	43	11	-
Most frequent type of business	N/O	Auto shop 18%	Auto shop 24%	Other service* 30%	N/A	Other service * 31%	Restaurant 25%	Abandoned Vacant lot 22%	Auto shop 22%	N/A	Other service* 22%	Other service* 28%	-
Bike route	no	yes	yes	yes	yes	yes	yes	yes	yes	no	yes	yes	-
Bus routes	no	6	5	4	4	5	4	4	3	no	7	7	-
Walk or bike in neighborhood	84%	77%	60%	74%	74%	80%	33%	13%	N/A	40%	72%	N/A	-
Nutrition Environment (Observational Assessment; Neighborhood Survey)													
Large grocery	0	1	4	0	2	4	2	0	1	0	1	1	-
Convenience mart	5	4	3	2	11	2	3	3	5	2	8	1	-
Farmer's Market	2	0	0	0	1	0	0	0	0	0	1	1	-
Want/able to grow food?	49%	51%	64%	28%	38%	48%	N/A	N/A	N/A	55%	50%	37%	-

*Data not available for all target areas
**salon/beautician, lawyer, laundry; N/A-Not documented

Neighborhood Profiles
Select Data

Neighborhood Priorities (Neighborhood Survey) N=10*		
What do you like most about your neighborhood? (top 3) n=8	Quiet	63%
	Friendly Neighbors	63%
	Location/Close to resources	38%
What is your greatest concern when you are OUTSIDE in your neighborhood n=9	Traffic	67%
	Garbage/Litter	44%
	No sidewalks	44%
	Stray dogs	44%
What improvements would you like to see in your neighborhood? n=10	Night lighting	90%
	Walking paths	70%
	Park/playground	30%
	More trees	30%
	Neighborhood projects/events	30%
What do you think would help people (to get the food they need) to eat more healthily? n=9	Healthier foods in local store	89%
	Community gardens	78%
	Cooking/gardening classes	44%
	Affordable food	44%
***Not available for all target areas, not all surveys included the same questions**		

CPPW Target Area Environmental and Systems Change

This section provides an analysis of the results and outcomes of CPPW activities over the two-year period.

1. Environmental Change Pyramid. Data for this analysis is drawn from program documentation, community organizer interviews, and neighborhood connector interviews. Results correspond to the activities and achievements on each tier of the pyramid.

   - Education and Awareness
     - Community Events
     - Educational Programming

   - Capacity Building
     - Collaborations Established
     - Resources Leveraged
     - Plans Developed
     - Neighborhood Development
     - Change Agents

   - Systems Change
     - Organizational Policies and Partnerships
     - Systems Integrated
     - City and/or County Ordinance/Planning

   - Environmental Change
     - Changes in the Built Environment to Support Physical Activity
     - Physical Activity Opportunities
     - Healthy Food Access and Affordability

2. CPPW Collaborative Projects. A comprehensive compilation of the collaborative efforts of neighborhood associations and residents, CPPW teams, and community organizations to impact environmental and systems-level factors related to nutrition and physical activity on a neighborhood level.

3. CPPW Target Area Highlights
   - Summit View
   - Ajo
   - Menlo
   - Wakefield
   - Balboa/Keeling/Coronado Heights

Environmental Change Pyramid

Education and Awareness

Building awareness and providing education on healthy

"What I have heard over the past year is bringing up awareness about choices. We talked about the gardens, and the family network and the farmers' market, I whole heartedly agree that those things need to happen, but you still need to be able to make basic choices within families."

Community Events

- Fit Fest for Families ROTC
- Cycolovia
- Mayor's Healthy Habits Fair

"A good way for community members to know what is out there"

Educational Programming

- Workshops on how to implement their project
- Workshops as part of the project itself (i.e. Native food preparation workshops; BICAS bike safety, repair and maintenance, dance and exercise).
- Creating learning spaces for community members

"I realized how little our young people know about nutrition. I told the facilitator he needed to break down the concepts and have more questions and answers."

"It's education along with working on the project, involving the kids, for example this weekend one of the youth explained how to make a solar oven and how to use mesquite pods."

Capacity Building

Developing the resources for change

Collaborations Established and Resources Leveraged

"They created a soccer league for middle school students and they were able to utilize CPPW resources to help develop their soccer field…then they were able to leverage funding from local physicians to put out money for the actual league. I see it like the blue diamonds of a jewel box. CPPW is like the blue diamonds. Putting those blue diamonds and then other people started putting in their resources and make the next part possible.

Target Area	*Collaboration Established*	*Resources Leveraged*
Doolen **Fruitvale** **Flower**	1. La Frontera 2. Watershed Management Group 3. Doolen Middle School	1. Play area construction & maintenance 2. Curb cuts; Green Stewards training 3. Community Garden space
Ajo	1. Gardener Network 2. Resident Landowner 3. Desert Senita CHC	1. Website to share gardening advice 2. Provided space for garden and orchard 3. Exercise Facility
Balboa **Keeling** **Coronado Heights**	1. Ironwood Experience 2. Iskashitaa Refugee Harvesting Network 3. Scrapies 4. BICAS	1. Mapping neighborhood food resources 2. Finding food in the community off of landscapes 3. Workshop for teenagers on graffiti art 4. Workshops on bike safety and repair
Menlo Park	1. BICAS 2. San Agustin Market 3. One Stop at El Banco	1. Bike repair classes 2. Location for bike repair classes 3. Space for tool storage and workshops
Sahuarita	1. Rancho Sahuarita 2. Sahuarita High School 3. Iglesia Apostolica	1. Facilities opened up for the community 2. Volunteer coaches 3. Land for walking path and recreational area
Sunnyside **Elvira**	1. Watershed Management Group 2. St. Monica Parish & San Miguel HS 3. Tohono O'Odham Nation	1. Walkway construction 2. Plans for garden & walkway 3. Funding for the built environment
Wakefield	1. Wakefield Food Network	1. Food sharing
Flowing Wells	1. R.O.T.C.	1. Plans for fitness course
Garden District	1. Watershed Management Group 2. City of Tucson 3. Private Apartment Complex	1. Green Street Stewards 2. Waived permit fee 3. Collaborating on walking path
South Tucson	1. House of Neighborly Service 2. Los Vecinos	1. Land for walking path 2. Plans for the neighborhood

Plans Developed

"And then a group formed here called Los Vecinos, 10-12 neighbors, true neighbors who live right there and a couple of outside neighbors who grew up here but don't live here now, and the group formed and so then we went through the process with them and talked about it. It was kind of a visioning process."

Built upon plans already initiated

- *"Ajo planning process included several small businesses, landscaping, along with CSA and gardening people, general store manager, clinic the schools, the PCHD, parks and recs. – all had done this prior to the grant and reaffirmed."*
- "*Doolen garden has been talked about for a while, but the Doolen visioning process engaged new members of t the community in identifying a project."*

The survey process contributed to the planning process

- *"In Menlo Park, the survey revealed that they residents had a lot of interest in biking"*
- *"The process of doing the survey resulted in the ideas put together by the Balboa/Keeling/Coronado Heights community. The residents were very involved in the planning stages through the neighborhood association, adults and businesses in the area and since a huge focus was safe access to the bus routes, the youth were also involved"*

Plans set the stage for the future

- *"Coronado Heights developed a plan with Drachman Institute that allows them to continue to with projects more easily."*
- *"Wakefield developed the first alleyway project so the City liaison had to look at the private/public property issues…it sets the stage for future efforts."*

Drachman Institute was a resource for planning

- *"In the Garden District the Drachman Institute was a magnificent resource."*
- *"In Sunnyside/Elvira, we did use one of the interns there at Drachman with the planning for the garden; because he had already been working there it was an added plus to have someone drawn up the plan."*

Collaborating with schools leveraged funding

- *"In Sahuarita, the connector went to the initial kick off and volunteered on the school committee."*

Neighborhood Development

Neighborhood connectors and organizers provided numerous examples of neighborhood development that occurred during the two years of CPPW, as well as challenges that they faced moving forward.

Benefits and Successes	
Theme	**Examples**
The development process resulted in a process that directly addressed the concerns of neighbors. CPPW, it got me out and engaged neighborhoods so I appreciate that	■ Parents that were saying that they do not trust their kids to get out in our neighborhood and play. So with that in mind, our focus was making the neighborhood more friendly, more aesthetic, more welcoming, and try to get rid of that stigma that our neighborhood is dangerous and unavailable. ■ Project is response to what residents were saying; this is a high crime area, this is an area that is dangerous, and this is an area that is bringing negative factors into our community.
Neighbors were engaged in the process of visioning and doing a project. There is motivation from the people from the neighborhood, they came to the meeting; they told everybody that if we do it, it will improve our health, it will improve the health of our children, so people are really motivated.	■ Older leaders that were active many years ago came out of the woodwork like historians. In Wakefield they are very multigenerational, so the older folks share their stories with the younger leadership that has a lot of energy. ■ The exciting thing was finding people within the neighborhood and pulling them out just in very little ways. That happens over and over again and is what gives me the inspiration to get going. ■ Many people are involved and know about the program and are talking about the walkway, the garden, planting trees. ■ Retired people – these are the people who really worked here in the planting and garden project and building the wall.
Residents Empowered to do more in their neighborhoods So that was really powerful for them to see that transformation happened of the alley way; and to see that people were listening and to see the impact	■ Now residents are aware that they can change those issues. Although that may not be easy and although they may not be heard the first time; but there is an opportunity for them to speak up…they can say something and impact what their community looks like. ■ As the project started making improvements to their garden it was visually so beautiful, other residents started taking interest. They were going to have a beehive, but a neighbor had one, they got a sink from someone else. You can see the transformation to the land, it is just beautiful
The process identified internal Resources	■ We will put together a map for neighbors that are willing to share food. There is somebody, a quarter of a mile away, that wants to start a business with farmer's market and we are very excited about it. We will help promote that once it gets going. ■ Our first workshop, we went around and it is really amazing what you can find in just a small area.

Challenges	
Theme	**Examples**
Limited availability of neighbors The connector really was interested in getting community input in deciding what the project should be, but having a team of residents has been a challenge.	■ There are only 3-4 people that really want you to do the work. It's not that people are disinterested, a lot are really too busy or they're overwhelmed with their needs and cannot contribute. ■ People in this neighborhood, it is almost impossible to get them engaged because there are two parents and they both work. I am trying but it is virtually impossible.
Grant focus was not the priority of the neighborhood	■ They don't have a grocery store so a walking path was not on the top of their list. ■ *The neighborhood* was most interested in a bridge and fixing the roads. This was not their choice of a project.
The process needed to be more neighborhood and grassroots oriented	■ It would have been good to have neighborhood people at the table in the very beginning, but it was only agency people. ■ I would like to see more effort on the grassroots part of it; conceptually it's in place, when people who came in, get up and go away. That's where the challenge is, from the bottom up.

Change Agents

"For me it was very exciting to be able to bring more resources into my community, I felt like the things I didn't know there were people I was able to contact and ask."

CPPW supported community development

- *"For me, it validated the work that I was already doing. That is something that is a huge benefit for my mind. I didn't have to argue to say that it is something important. CPPW is already saying, yeah, we recognize that is something that is important and that we are going to support that piece of work."*
- *"I benefitted because it overcame inertia, I wanted to do things where if I worked through the umbrella of just the Parks and Rec I met resistance."*
- *"But we did a lot with aesthetics in one small block that so many people have commended on. I think it really lift so many people up and made them feel, OK, this is not such a bad place after all. If we continue that momentum and that work, I think in the long term we can change the neighborhood. It takes time, it takes a while."*

Provided connectors with new ways of working

- *"This gave an opportunity for a lot of people to move outside of their comfort zone…traditionally, my work was directly with residents to see with whatever we had available; whatever resources were there to work with. This provided a different avenue to understanding that resources are available, but when resources are available there are stipulations, requirements or limitations in accessing them."*

Provided flexibility in how the change agents worked

- *"I was allowed the time, the space, and the freedom to make the connection, and to focus on the issues that the community really wanted to focus on with the parameters that we had."*

Builds on the change agent's send of personal responsibility to their community

- *"The role of the connectors or advocates is just ongoing."*

The structure and resources provided by CPPW created new leaders

- *"New leaders were motivated to get involved."*
- *"But CPPW has led to new people coming forward….the Butanese community.*
- *"A lot of opportunity to bring new leadership and young leadership out."*
- *"The older folks share their stories with the younger leadership that has a lot of energy."*
- *"I did connect with one individual who will be proactively working to make the neighborhood more green."*

Systems Change

Creating systems that are supportive of healthy living

Organizational Policies and Partnerships

- Tucson Community Food Bank began delivering fresh food to the Ajo community
- Sahuarita Parks and Recreation voted to address obesity in their programs
- Desert Senita Community Health Center is initiating the process of opening prevention programs and exercise facilities to the general public.
- Rancho Sahuarita opened their facility to the surrounding community
- Iglesia Apostólica provided land for a walking path for the community
- La Frontera expanded insurance coverage to open up a play area to the community.
- Sahuarita Neighborhood Association was formed.

Systems Integration

South Tucson: South Tucson Mayor and Council adopted healthy city proclamations. "*The things that CPPW did were it created some changes in a different way because it was not program oriented. Changes were broad……..taken on bigger by the mayor and council, the schools, after school. In general, it is seen as something we should support not see as specific to any gender or group*."

Ajo: "*The grant from the Community Foundation was used to integrate all of the activities related to the food distribution system. Now there is a monthly farmer's market- year ago they tried a farm stand and got 10 people and last month we had 100-150 people. We are exclusively focusing on Ajo grown produce and all the people selling are from the Ajo*."

Sunnyside/Elvira: "*The Farmers Market, they worked with CPPW….And I think it's helped with involvement city-wide, county-wide. There's that constant feeding of CPPW because of childcare and schools. And I think also like the senior citizens center…with the garden there at the church also with the Catholic school*."

Wakefield: "*The other piece is something that came out from this work is that they are a lot of institutions in the area that see themselves as a community within themselves…connecting with them and helping them meet the needs…something that we did, we created the Wakefield Food Network*."

City and/or County Ordinance/Planning

Ajo: "*Pima County approved the Community Supported Agriculture refrigerator if it was only for fruits and vegetables and no dairy*."

Menlo Park: "*Pima County supported efforts to rebuild the garden, doing the shade structure and bringing back the railroad ties that were there."*

Wakefield: "*First alleyway project that the City of Tucson has dealt with, so the liaison has to look into whether there are issues with planting and private versus public property. It sets the stage for future efforts.*"

Approved Food Source: "*An issue related to schools being able to serve food grown in school gardens to the children. The CPPW Policy Team did extensive research on the Pima County Code and no language prohibited using food grown in local gardens in licensed food establishments. This was confirmed after various meeting with the Pima County Health Department and meeting with State Department of Health Services, and the County accepted the opinion and changed its practices."*

School Gardens/Composting: "*The CPPW Policy team reviewed a draft document of best practices for school gardens that prohibited composting on school grounds. The forwarded regulations in other states that permit composting to the to the State Department of Health Services along with comments about why it is important to include composting in school gardens as an educational as well as agriculture benefit. The final recommendations permit composting in school gardens."*

Changes in the built environment to support physical activity	▸ Community Walking Paths South Tucson, Sahuarita, Summit View, Vail ▸ Play areas and exercise facilities Doolen, Ajo ▸ Greener, more aesthetic, more walkable neighborhood Doolen, Garden District, Balboa/Keeling/Coronado, Wakefield
Physical Activity Opportunities	▸ Sports Camp Sahuarita ▸ Fitness Course Flowing Wells ▸ Community Dance classes South Park/Las Vistas
Food Access and Affordability	▸ Community/School Gardens Ajo, Doolen, Menlo Park, Sunnyside/Elvira, South Tucson, Garden District, Coronado/Keeling/Balboa, Flowing Wells ▸ Farmer's Market Sunnyside/Elvira, Ajo ▸ Gardening Network Wakefield, Ajo ▸ Chicken Coops South Tucson ▸ Home Gardens Ajo

CPPW COLLABORATIVE PROJECTS DESIGNED TO IMPACT NUTRITION AND PHYSICAL ACTIVITY CONTEXTS

TARGET AREA	PROJECT	CPPW TEAMS*	ORGANIZATIONAL COLLABORATORS INVOLVED	AREA ADDRESSED
AJO	1. Loma Bonita Orchard:	NE		• Healthy Food Access • Built Environment to support Physical Activity
	2. Desert Senita Community Health Center: Get Fit.	NE	Desert Senita CHC	• Built Environment to support Physical Activity
	3. Ajo Schools Walking Path and exercise stations	SCH BE	Ajo School District & Pima County Dept. of Natural Resources	• Built Environment to support Physical Activity • Opportunities for Physical Activity
	4. Bud Walker Park exercise station circuit	SCH BE	Pima County Dept. of Natural Resources	• Built Environment to support Physical Activity • Opportunities for Physical Activity
	5. CSA Gardening: How Do I Do It?	NE		• Healthy Food Access & Affordability
	6. ISDA Courtyard Demonstration/Youth Garden	NE	International Sonoran Desert Alliance	• Healthy Food Access & Affordability
	7. Ajo Regional Food Partnership Commercial Kitchen Equipment	NE SCH		• Healthy Food Access & Affordability
	8. Community Garden #2	NE BE	Desert Senita CHC	• Healthy Food Access & Affordability
	9. Faith-based Organization Wellness Policy Effort (1)	FB		• Healthy Food Access • Opportunities for Physical Activity
Balboa/ Keeling Coronado	1. Castro Kids Corridor	NE BE	Ironwood Tree & Watershed Management Group (WMG)	• Built Environment to support Physical Activity
	2. Keeling Garden		Community Gardens of Tucson (CGT)	• Healthy Food Access
	3. Mansfield Park Garden		(CGT)	• Healthy Food Access
	4. S.A.R.G. Garden		(CGT)	• Healthy Food Access

	5. Home gardens (3)	FS		• Healthy Food Access & Affordability
	6. Faith-based Organization Wellness Policy Effort (2)	FB		• Healthy Food Access • Opportunities for Physical Activity
Amphi Mountain View	1. Pedestrian corridor enhancements.	NE BE	City of Tucson	• Built Environment to support Physical Activity
	2. Home Gardens (4)	FS		• Healthy Food Access & Affordability
	3. Faith-based Organization Wellness Policy Effort (1)	FB		• Healthy Food Access • Opportunities for Physical Activity
Doolen, Fruitvale, Flower	1. Glenn Verde Natural Play Area	NE BE	La Frontera	• Built Environment to support Physical Activity
	2. Flower Street Bicycle Boulevard	NE BE	WMG Pima Association of Governments City of Tucson	• Built Environment to support Physical Activity
	3. Flower Street Gateway.	NE	BICAS Southwest University of Visual Arts Sonoran Permaculture Guild	• Built Environment to support Physical Activity
	4. Doolen Community Garden at Doolen MS	BE SCH	Doolen MS Doolen-Fruitvale Neighborhood Assoc. Boys & Girls Club CGT	• Healthy Food Access and Affordability
	5. Doolen MS Track improvements with trees	BE	Doolen MS/TUSD Bond	• Built Environment to support Physical Activity • Opportunities for Physical Activity
	6. Doolen MS Community Park – Energi Systems 15-station exercise ciricuit	BE	Doolen MS/TUSD Boys & Girls Club Tucson Parks & Rec	• Built Environment to support Physical Activity
	7. Doolen MS Activity Courtyard seating and vegetation	SCH BE	Doolen MS	• Built Environment to support Physical Activity

	8. Catalina HS shade, trees & basins, butterfly garden	BE SCH	Catalina HS	• Built Environment to support Physical Activity
	9. Home Gardens (3)	FS		• Healthy Food Access & Affordability
	10. Faith-based Organization Wellness Policy Effort (1)			• Healthy Food Access • Opportunities for Physical Activity
Flowing Wells	1. Flowing Wells HS Fitness Course opened to the community)	NE	Flowing Wells HS ROTC	• Built Environment to support Physical Activity
	2. Flowing Wells JHS greenhouse	SCH BE FS	Flowing Wells HS/ FWUSD	• Healthy Food Access
	3. Community park and fitness path with shade trees, benches, and 15 station shade circuit	SCH BE	Flowing Wells HS FWUSD Trees for Tucson	• Built Environment to support Physical Activity • Physical Activity Opportunity
	4. Flowing Wells JHS Outdoor Classroom	SCH BE	Flowing Wells HS FWUSD Trees for Tucson	• Built Environment to support Physical Activity.
	5. Laguna bike course and bicycles	BE	Laguna ES	• Built Environment to support Physical Activity • Physical Activity Opportunity
	6. Homer Davis Community Garden		CGT	• Healthy Food Access and Affordability
	7. Youth On Their Own Garden		CGT	• Healthy Food Access and Affordability
	8. Home Gardens (4)	FS		• Healthy Food Access & Affordability
	9. Faith-based Organization Wellness Policy Effort (3)	FB		• Healthy Food Access • Opportunities for Physical Activity
Garden District	1. Project SHAPE (Shade Helps All People Exercise)	NE BE	City of Tucson WMG	• Built Environment to support Physical Activity
	2. GD2 Garden		CGT	• Healthy Food Access & Affordability
	3. Home Gardens (5)	FS		• Healthy Food Access & Affordability
	4. Faith-based Organization Wellness Policy Effort (3)	FB		• Healthy Food Access • Opportunities for Physical Activity

Marana	1. Roadrunner ES: shade trees, drinking fountain	BE SCH	Roadrunner ES	• Built Environment to support Physical Activity
	2. Desert Winds ES: shade trees hand washing station, sandbox, trees and seat wall	SCH BE	Desert Winds ES	• Built Environment to support Physical Activity
	3. Picture Rocks MS: new gates, path, trees, playground fill, seatwalls	BE SCH	Picture Rocks MS	• Built Environment to support Physical Activity
	4. Marana High School , Sand Volleyball court	SCH BE		• Built Environment to support Physical Activity
	5. Mountain Vista Garden – Ina & Thornydale		CGT	• Healthy Food Access & Affordability
	6. Home Gardens (7)	FS		• Healthy Food Access & Affordability
Menlo Park	1. Plaza Linda Demonstration Garden	NE	Pima County	• Healthy Food Access
	2. Menlo Mobile Bike Repair.	NE	BICAs Menlo ES El Banco	• Built Environment to support Physical Activity
	3. Manzo ES: cistern & chicken coop	BE SCH	Manzo ES	• Healthy Food Access
	4. Gin Family Garden	OST	Southwest Conservation Corps	• Healthy Food Access • Built Environment to support Physical Activity
	5. Davis ES: Fruit trees, gardening tools, water harvesting, ramada	SCH BE	Davis ES	• Healthy Food Access
	6. Tully ES Garden, walking path, Recreation Area	BE SCH	Tully ES TUSD	• Healthy Food Access • Built Environment to support Physical Activity
Sahuarita	1. First All-Sahuarita Tennis Camp	NE	Rancho Sahuarita	• Physical Activity Opportunity
	2. Church walking path and recreation area	NE	Iglesia Apostólica	• Built Environment to support Physical Activity

	3. Fitness Circuit at Walden Grove HS	BE SCH	• Pima County • SUSD • Town of Sahuarita • Walden Grove HS	• Built Environment to support Physical Activity
	4. Faith-based Organization Wellness Policy Effort (5)	BS		• Healthy Food Access • Opportunities for Physical Activity
South Park/Las Vistas/Pueblo Gardens	1. Fit to Dance Zumba	NE		• Physical Activity Opportunity
	2. Home Gardens (5)	FS		• Healthy Food Access & Affordability
	3. Community Garden	FS		• Healthy Food Access & Affordability
	4. Borton ES School Garden	FS		• Emily Mescther Early Learning Center
	5. Faith-based Organization Wellness Policy Effort (4)			• Healthy Food Access • Opportunities for Physical Activity
South Tucson	1. House of Neighborly Service Los Vecinos running path, trees & patio	NE BE SCH	• House of Neighborly Service	• Built Environment to support Physical Activity
	2. AzCA Early Childhood Play Structure	BE	• AZCA • City of S. Tucson • UA 5th year Architecture studio	• Built Environment to support Physical Activity
	3. AzCA Community Garden	BE	• CGT • City of S. Tucson	• Healthy Food Access and Affordability
	4. Southside Presbyterian gray water system orchard, playground, ramada.	BE FS	Southside Presbyterian	• Built Environment to support Physical Activity
	5. Ochoa ES: chicken coop, cistern, garden, patio & shade	BE SCH	Ochoa ES	• Built Environment to support Physical Activity
	6. Borton ES Community Garden	BE SCH	Borton ES	• Healthy Food Access
	7. Home Gardens (6)	FS		• Healthy Food Access & Affordability
	8. Drachman ES School Garden	FS	Drachman ES	• Healthy Food Access & Affordability
	9. Mujer Sana Community Garden La Frontera Community Garden	FS		• Healthy Food Access & Affordability

	House of Neighborly Service CG			
	10. Faith-Based Organization Wellness Policy Effort (2)	FB		• Healthy Food Access • Opportunities for Physical Activity
Summit View	1. Summit View Park Enhancements, shade trees, benches, lights, signage, horseshoe pit	NE SCH BE	Summit View ES	• Built Environment to support Physical Activity
	2. Home Gardens (3)	FS		• Healthy Food Access & Affordability
	3. School/Community Garden	FS		• Healthy Food Access & Affordability
Sunnyside Elvira	1. St. Monica Parish Garden	NE BE	San Miguel HS St. Monica Parish	• Healthy Food Access & Affordability
	2. Apollo MS perimeter walking path with shade trees	BE SCH	SUSD	• Built Environment to support Physical Activity
	3. Apollo MS Community Garden	BE SCH	Apollo MS CGT	• Healthy Food Access and Affordability
	4. Liberty Ave. water harvesting & trees	BE	WMG	• Built Environment to support Physical Activity
	5. Challenger MS: straw bale wall, neighborhood garden, activity courtyard, volleyball court	BE SCH FS	Challenger MS Sonoran Permaculture	• Healthy Food Access • Built Environment to support Physical Activity
	6. Challenger MS exercise circuit, 15 station Energi System	BE SCH	Challenger MS	• Built Environment to support Physical Activity • Opportunities for Physical Activity
	7. Ocotillo Preschool playground equipment and cafeteria tables	BE SCH OST	SUSD	• Opportunities for Physical Activity
	8. Home Gardens (5)	FS		• Healthy Food Access & Affordability
	9. Emily Mescther Early Learning Center School Garden	FS	Emily Mescther Early Learning Center	• Healthy Food Access & Affordability
	10. Faith-Based Organization Wellness Policy Effort (3)	FB		• Healthy Food Access • Opportunities for Physical Activity
Vail	1. Walking path with exercise stations along perimeter Ocotillo	NE BE		• Built Environment to support Physical Activity

	Ridge Elementary School	SCH		
Wakefield	1. Wakefield Walkable Alleys Project	NE	Tierra y Libertad City of Tucson	• Built Environment to support Physical Activity
	2. Wakefield MS garden, trees.	BE SCH	Wakefield MS	• Healthy Food Access & Affordability • Built Environment to support Physical Activity
	3. Pueblo HS walking circuit with shade & fitness, community garden	BE SCH	Pueblo HS TUSD CGT	• Healthy Food Access & Affordability • Built Environment to support Physical Activity
	4. Home Gardens (2)	FS		• Healthy Food Access & Affordability
	5. TYLO Community Garden	FS	TYLO	• Healthy Food Access & Affordability
	6. Faith-Based Organization Wellness Policy Effort	FB		• Healthy Food Access • Opportunities for Physical Activity

***NE=Neighborhoods; BE=Built Environment; SCH=Schools; FS=Food Systems; OST= Out of School Care; FB=Faith-Based**

Highlights: Doolen-Fruitvale/Dodge-Flower

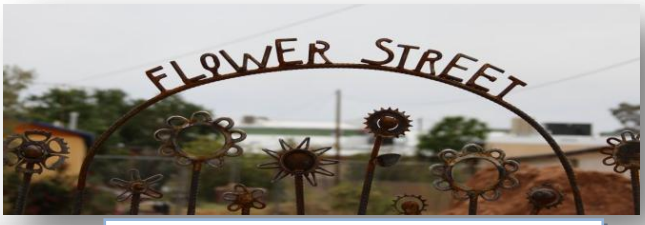
Visioning Process

There is motivation from the people from the neighborhood… they came to the meeting, they told everybody that if we do it, it will improve our health, it will improve the health of our children, so people are really motivated.

Doolen Community Garden at Doolen Middle School to address healthy food access and affordability

Doolen Middle School
Energi Systems 15-Station Exercise Circuit

Doolen Middle School
Track Improvements



Flower Street Gateway

Highlights: Summit View

- *Summit View Park Enhancements, shade trees, benches, lights, signage, horseshoe pit to support physical activity*
- *Collaboration with Neighborhoods, Schools and Built Environment project teams and community partner, Summit View Elementary School*

Highlights: Menlo Park

Gin Family Garden Project

- Out of School Time Team and Southwest Conservation Corps
- Project addressed built environment to support physical activity and increase access to healthy food

Highlights: Built Environment Projects to Support Physical Activity

Wakefield

Walkable Alleys Project
Collaboration with Neighborhoods team, Tierra y Libertad and the City of Tucson

Balboa/Keeling/Coronado Heights

Castro Kids Corridor Project
Collaborative Project with Neighborhoods and Built environment teams and Ironwood Tree & Watershed Management Group (WMG)

Sustainability

The CPPW funding provided Pima County communities and organizations with a rare opportunity to focus efforts primarily on policy, systems, and environmental changes designed to facilitate and create a supportive context for healthy behavior. The infusion of resources on multiple levels presented both opportunities and challenges, particularly given the expectations for policy change in a 2-year period. CPPW efforts were monumental in seeking to address the many environments that individuals interact with on a daily basis in their work and play. This report focuses specifically on the efforts of neighborhoods as well as some of those everyday places that constitute the resources of neighborhoods, such as schools, churches and community agencies. This report documents numerous examples of the following:

- Concrete environmental changes to the built and food environments that can directly impact the daily lives of neighbors.
- Systems changes related to food production and distribution that over time can continue to support neighborhood efforts in home, community and school gardening.
- Collaborations between agencies and neighborhoods that have resulted in increased access to places for physical activity close to home, as well as for community gardening opportunities.
- Increased capacity of neighborhood members to work together to develop projects and to access existing resources through the city and county government, schools and community organizations to enhance the scope and impact of those projects.

The evaluation process also revealed issues that hindered the target area approach, many related to the structure of the CPPW funding. These included:

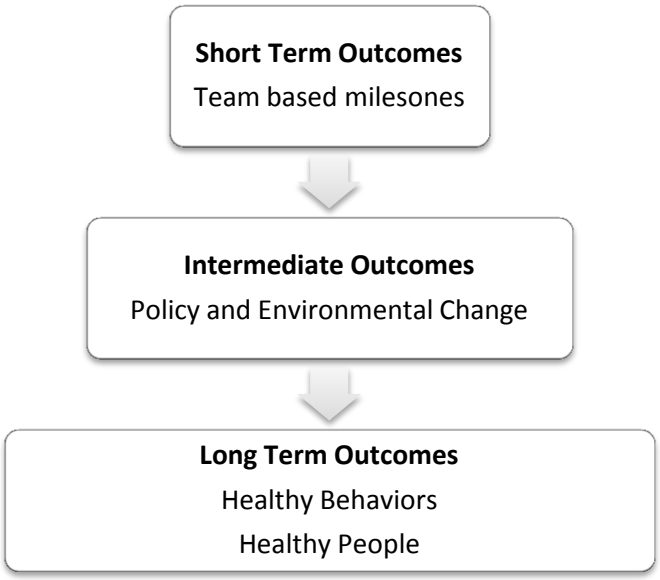
- The two-year timeline made it difficult for both the neighborhoods and the organizations involved in CPPW to maximize the potential for policy and systems change.
- Limitations on the use grant funding, for example on certain types of construction, stymied the neighborhood planning process and those limitations were not always clear at the outset.
- Obesity was not at the forefront of neighborhood concerns in many cases. While neighborhood safety and aesthetics are related to creating an environment conducive to physical activity, other priorities such as basic infrastructure could not be addressed by the grant.

Given that the time frame for Pima County CPPW, intermediate and long term systems and environmental change outcomes cannot be fully captured. There are several recommendations that may increase our ability to understand how to replicate this process on a smaller scale in the future, as well as to sustain the efforts of many neighborhoods.

- Tailor the expectations of the grant to the neighborhoods themselves. Neighborhoods that were the most successful were already organized so that they could take advantage

of grant funding, and in some cases they already initiated efforts and were able to leverage other funding with CPPW resources. Allowing neighborhoods some flexibility in what their objectives should be based on their level of community organization would help them move along in a sustainable process.

- CPPW neighborhood projects provided a rich environment in which to identify systemic barriers and facilitate to neighborhood development and projects. It would be beneficial in future efforts to work more specifically with City and County entities to address these issues as they are identified.
- Communication was sometimes confusing for neighborhood residents regarding the CPPW funding and the objectives of the project. Communication was also difficult among team members in terms of strategies for working with neighborhoods. Designing a process for sharing information in future efforts between neighborhood liaisons, community organizations, and governmental institutions could improve the efficiency and effectiveness of targeted efforts.



Short term outcomes resulting from the work of CPPW partners included capacity building and planning activities as well as collaborations and resources that were leveraged in order to achieve intermediate outcomes. **Intermediate outcomes** documented by the grant include numerous environmental changes and some systems level changes that have the potential to positively impact the availability and affordability of healthy food. Pima County CPPW focused on several Pima County communities that were experiencing health disparities related to socio-economic factors. In order to ascertain **long-term outcomes** towards healthy behaviors and healthy people that occurred over the two-year grant period, the BRFSS will be again conducted in the fall of 2012. Ultimately, as described in the public health intervention pyramid, improving the overall health of a community will require continued focus on systems and environmental change that will facilitate healthy behaviors.

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