

Healthy Eating and Active Living Policy Assessment Interview

GOVERNMENT OFFICIAL QUESTIONS

Introduction

Thank you for meeting with me today. As stated in the consent form, I will be asking you questions today related to healthy eating and active living policies in [name jurisdiction]. If you have consented to being tape-recorded, but would prefer to answer a question off the record, please let me know and I will temporarily stop the recording.

1. Let's start by having you tell me something about yourself such as how long have you been in the city/county government? How long have you been in your current position?
2. How do healthy eating and physical activity policies fit into your political agenda and what you would like to accomplish during your term as [fill in official's title here]?
3. How important is healthy eating to the public in this community?
4. How important is active living to the public in this community?
5. What are some of the greatest assets or strengths of this community? (i.e. Some of the things that make Grant County such a great place to live and allow the people here to work together to get things done.)

Current Policies and Programs

6. Have policies been proposed or enacted in this community to prevent childhood obesity?
 - a. Probe: When thinking about childhood obesity, please consider policies/efforts that address better access to healthy foods and physical activity among children and families.
 - b. Probe: Have you heard about proposals related to...
 - i. Before/after school programs or activities (e.g., improved nutrition in childcare centers, walk to school programs etc.)
 - ii. Transportation (e.g., complete streets initiatives, bicycle lanes, transportation plans)
 - iii. Zoning bylaws, which make cities more accessible by foot or bicycle (e.g., bicycle rack requirements for new buildings) or improve accessibility to healthy food (e.g., grocery stores, farmer's markets, community gardens)
 - iv. Public safety (e.g., improved park or street lighting, visibility, natural surveillance)
 - v. Increasing equitable access to parks, trails, and greenways and indoor recreation facilities
 - vi. Evaluating or taking an inventory of recreation facilities or programs are meeting the needs and preferences of disadvantaged users?
7. Are you aware of current programs related to healthy eating in this community?
 - a. If "yes", ask what programs are available? Did any of these programs result from a change in policy?
 - b. If "no", what potential programs they would like to see available in this community? What policies could make that happen?

8. Are you aware of current programs related to physical activity in this community?
 - a. If “yes”, ask what programs are available? Did any of these programs result from a change in policy?
 - b. If ‘no’, what potential programs they would like to see available in this community? What policies could make that happen?

Exploring the Feasibility and Barriers to Potential Policies

Now I would like to ask you a series of questions related to potential policy solutions to reduce childhood obesity in [name jurisdiction] through healthy eating and active living initiatives. I will first ask about policies related to healthy eating and follow up with questions about policies related to active living.

- 9. Would you support the adoption of policies encouraging healthy eating among our children and families related to:**
 - a. Encouraging the expansion local agriculture through the adoption of—
 - i. Right-to-farm laws
 - ii. Agricultural zoning districts or farm-friendly ordinances
 - iii. A county-wide agricultural and farmland protection plan that would be compatible with the county-wide comprehensive plan
 - iv. Adding a chapter on Agriculture and County Food Production to the updated comprehensive plan
 - v. Supporting the development of local farmer’s markets and community gardens
 - vi. Encouraging agricultural-tourism in Grant County
 - vii. Tax abatement program for landowners who agree not to develop their land for a period of years
 - viii. Cluster zoning
 - ix. Conservation easements
 - x. TDR program
 - b. Providing political and financial support for the adoption of a Grant County Food Policy Council
 - c. Providing support through tax incentives or other incentives to our local food vendors to encourage the accessibility and availability of healthy foods
 - d. Making available or working with local partners to create a central cold storage distribution facility
 - e. Instituting policies to improve the availability of affordable healthier food and beverage choices and smaller portion sizes in public services venues such as local government offices, hospitals, schools etc.
 - f. Adopting policies to limit advertisements of less healthy food and beverages
 - g. Discourage consumption of sugar-sweetened beverages and snacks high in fat and salt content in licensed child care facilities
 - h. Support breastfeeding by creating environments in public venues for mothers to comfortably breastfeed their children

***Note: along with each proposal, ask about potential funding sources, the pros/cons of each proposal, feasibility and potential challenges each proposal would face from the community and/or political constituents*

10. Would you support the adoption of policies encouraging physical activity among our children and families related to:
- a. Joint use agreements between government-owned recreational facilities/ land and local school districts?
 - b. Adopting a county-wide complete streets policy or adding a complete streets study to the transportation element in city/county comp. plan
 - c. Support bicycle and pedestrian infrastructure such as shared-use paths, bike lanes relative to the total street miles
 - d. County-wide trail plan in conjunction with transportation/mobility element
 - e. Ordinances and policies related to community safety such as—
 - i. Banning pit bulls or placing leash restrictions on pets
 - f. Limit screen time in public service venues such as child care facilities
 - g. Land use policies that link residential neighborhoods to schools and parks via walking and biking paths
 - h. Increase the quality and maintenance of current recreational facilities and encourage new parks, paths, and safe and accessible recreational areas for children to play
 - i. Specific zoning ordinance for community gardens and local agriculture
 - j. Create a mixed-use zoning designation that could be applicable to rural areas
 - k. Enhance traffic safety in areas where person are or could be physically active (look at hot spots/ routes in transportation plan element?); Safe Routes to School program

***Note: along with each proposal, ask about potential funding sources, the pros/cons of each proposal, feasibility and potential challenges each proposal would face from the community and/or political constituents*

Partnerships and Methods of Communication

11. How could this administration/board/office work with other agencies and organizations in the community to support healthy eating and active living?
12. Do you know of any specific community members or groups who are or could be “champions” for healthy eating policies?
13. Do you know of any specific community members or groups who are or could be “champions” for active living policies?

Conclusion

14. How can the Grant County Community Health Council further partner with you to provide resources, educational awareness, or other means of support to increase healthy eating and active living policies in Grant County? What healthy eating and active living outcomes would you like to see for [jurisdiction] in the next 5-10 years?

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PLANNER/CLERK QUESTIONS

Introduction

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15. Let's start by having you tell me something about yourself such as how long have you been in the city/county government? How long have you been in your current position?
16. What are some of the greatest assets or strengths of this community? (i.e. Some of the things that make [your jurisdiction] such a great place to live and allow the people here to work together to get things done.)

Current Policies and Programs

17. Has your jurisdiction already completed studies or enacted policies related to reducing childhood obesity through healthy eating and active living?
18. What policies or policy goals does the [jurisdiction] have in place to:
 - a. Protect and expand local agriculture? Expand community gardens? Expand and support Farmer's Markets?
 - b. Affect food production, distribution, and consumption? (e.g., zoning rules that affect supermarket development, food purchasing regulations for schools or institutions, water restrictions, policies on the use of city-owned land for community gardens)?
 - c. Offer incentives to food vendors to provide healthy foods in underserved areas?
 - d. Bring destinations and activities close together? (e.g. zoning for increased residential and employment density and greater mix of uses, establishment or reinforcement of activity centers such as main streets and downtowns, form based codes etc.)
 - e. Diversify and connect transportation networks (e.g., complete streets initiatives, bicycle lanes, multi-use paths, transportation plan element with multi-user considerations, sidewalk improvements, lighting, amenities for pedestrian and bicyclists)
 - f. Zoning bylaws, which make cities more accessible by foot or bicycle (e.g., bicycle rack requirements for new buildings) or improve accessibility to healthy food (e.g., grocery stores, farmer's markets, community gardens)
 - g. Public safety (e.g., improved park or street lighting, visibility, natural surveillance, uniformed police or security, neighborhood watch groups, crossing guards, hospitality patrols, community design "eyes on the street")
 - h. Improve before/after school programs or activities (e.g., improved nutrition in childcare centers, walk to school programs, reduced screen time, etc.)

19. Are there certain neighborhoods or geographic areas that would benefit from policy changes related to healthy eating and active living opportunities? Ask them to *be specific*.

Exploring the Feasibility and Barriers to Potential Policies

Now I would like to ask you a series of questions related to potential policy solutions to reduce childhood obesity in [name jurisdiction] through healthy eating and active living initiatives. I will first ask about policies related to healthy eating and follow up with questions about policies related to active living.

20. Do you believe there is political and community support to adopt policies encouraging healthy eating among our children and families by:
- a. Encouraging the expansion local agriculture through the adoption of—
 - i. Right-to-farm laws
 - ii. Agricultural zoning districts or farm-friendly ordinances
 - iii. A county-wide agricultural and farmland protection plan that would be compatible with the county-wide comprehensive plan
 - iv. Adding a chapter on Agriculture and County Food Production to the updated comprehensive plan
 - v. Supporting the development of local farmer's markets and community gardens
 - vi. Encouraging agricultural-tourism in Grant County
 - vii. Tax abatement program for landowners who agree not to develop their land for a period of years
 - viii. Cluster zoning
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 - b. Providing political and financial support for the adoption of a Grant County Food Policy Council
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 - e. Instituting policies to improve the availability of affordable healthier food and beverage choices and smaller portion sizes in public services venues such as local government offices, hospitals, schools etc.
 - f. Adopting policies to limit advertisements of less healthy food and beverages
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 - h. Support breastfeeding by creating environments in public venues for mothers to comfortably breastfeed their children

***Note: along with each proposal, ask about potential funding sources, the pros/cons of each proposal, feasibility and potential challenges each proposal would face from the community and/or political constituents*

21. Do you believe there is political and community support to adopt policies encouraging active living among our children and families by:
- a. Implementing joint use agreements between government-owned recreational facilities/ land and local school districts?
 - b. Adopting a county-wide complete streets policy or adding a complete streets study to the transportation element in city/county comp. plan
 - c. Supporting bicycle and pedestrian infrastructure such as shared-use paths, bike lanes relative to the total street miles
 - d. Developing a County-wide trail plan in conjunction with transportation/mobility element
 - e. Ordinances and policies related to community safety such as—
 - i. Banning pit bulls or placing leash restrictions on pets
 - f. Limiting screen time in public service venues such as child care facilities
 - g. Adopting land use policies that link residential neighborhoods to schools and parks via walking and biking paths
 - h. Increasing the quality and maintenance of current recreational facilities and encourage new parks, paths, and safe and accessible recreational areas for children to play
 - i. Creating a specific zoning designation for community gardens and local agriculture
 - j. Creating a mixed-use zoning designation that could be applicable to rural areas
 - k. Enhancing traffic safety in areas where person are or could be physically active (look at hot spots/ routes in transportation plan element?); Safe Routes to School program

***Note: along with each proposal, ask about potential funding sources, the pros/cons of each proposal, feasibility and potential challenges each proposal would face from the community and/or political constituents*

Partnerships and Methods of Communication

22. How does this administration/board/office work with other agencies and organizations in the community to support healthy eating and active living?
23. Do you know of any specific community members or groups who are or could be “champions” for healthy eating policies?
24. Do you know of any specific community members or groups who are or could be “champions” for active living policies?

Conclusion

25. How can the Grant County Community Health Council further partner with you to provide resources, educational awareness, or other means of support to increase healthy eating and active living policies in Grant County?
- a. GIS Mapping
 - b. Website announcements
 - c. Grant writing
 - d. Other?