

# Healthy Places by Design

## Town of South Kingstown Rhode Island



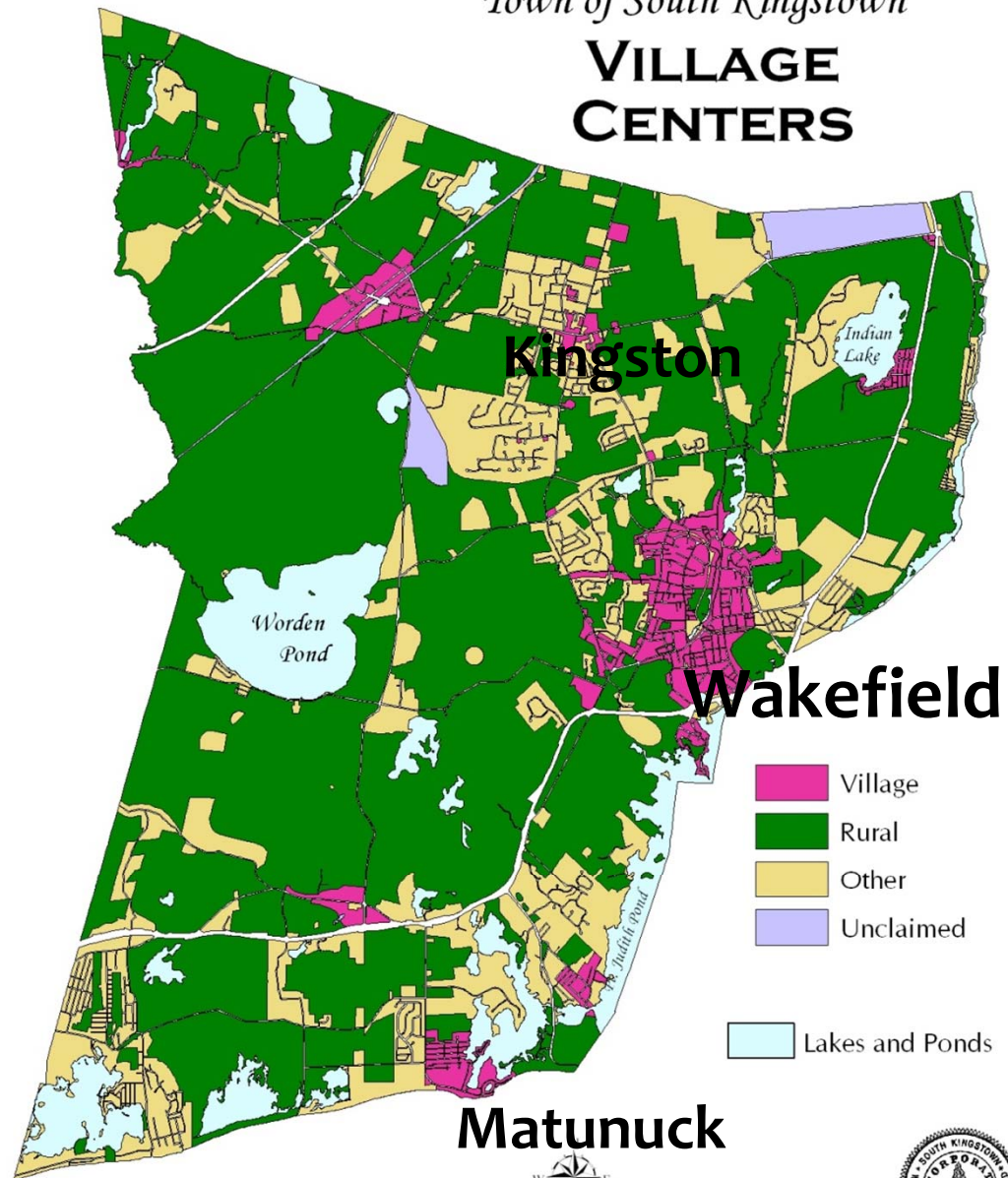
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



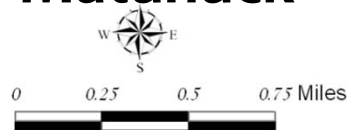


*Town of South Kingstown*

## VILLAGE CENTERS



Source of Data:  
An Inventory and Analysis of the Village  
and Rural Qualities of South Kingstown  
URI Working Group on Growth Management  
Volunteers in Eleven Districts



# Wakefield Village





# Healthy Places by Design Project Team:

- Town of South Kingstown
- South County YMCA
- Rhode Island Department of Health



# Project Mission

Healthy Places by Design seeks to strengthen land use, transportation and urban design policies and local ordinances that guide the decision making process for the built environment to be more supportive of health, particularly as it relates to physical activity and healthy eating.





# The bad news in just three numbers:

**30 minutes of daily physical activity recommended by national guidelines.**

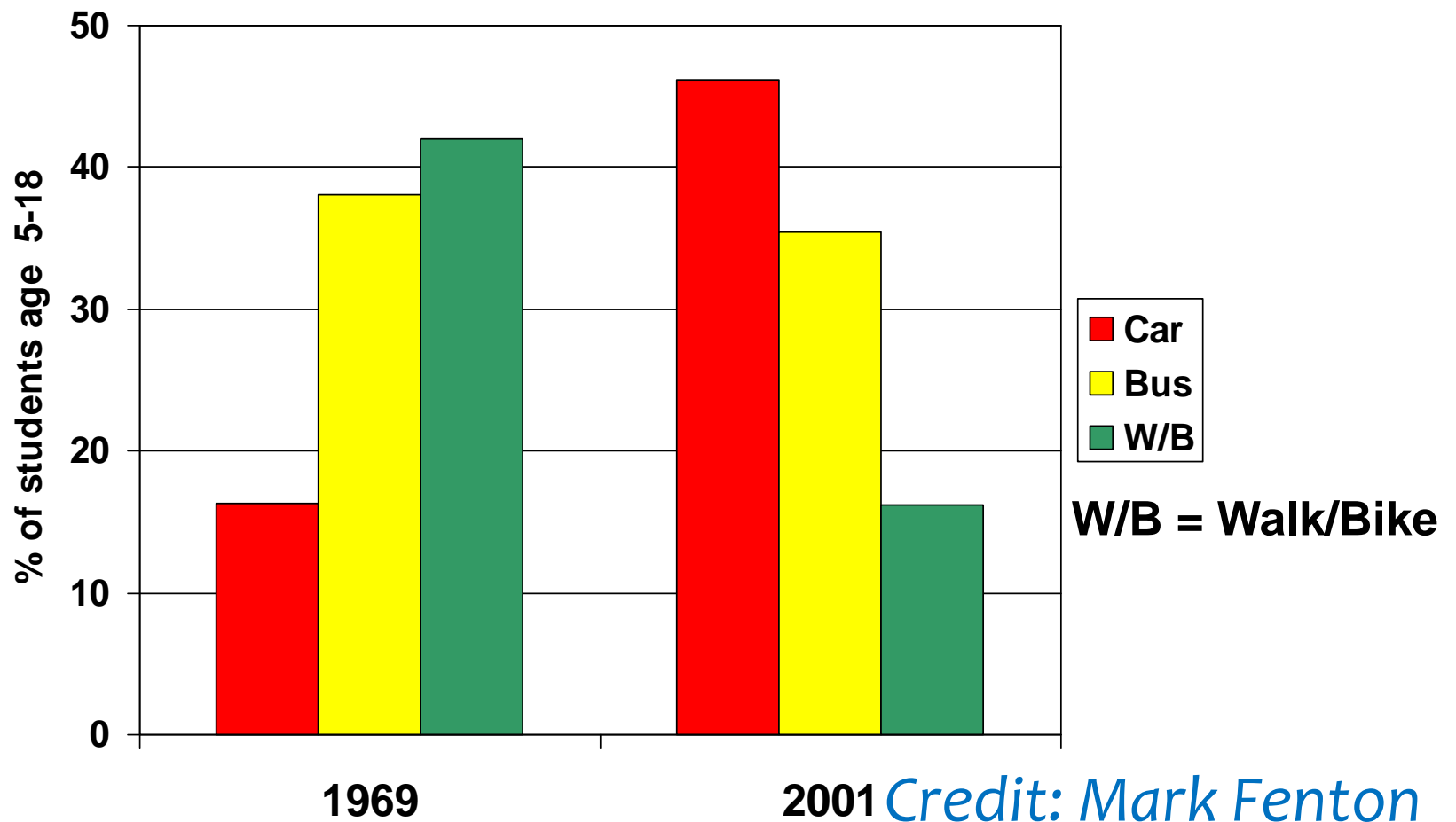
**25 % of American adults actually meet these recommendation.**

**365 ,000 Estimated annual deaths in America due to physical inactivity & poor nutrition. (2<sup>nd</sup> only to tobacco.)**

*Credit: Mark Fenton*

# Changes in walking & biking to school, 1969 to 2001

Ham et.al., *Jour. of Physical Activity & Health*, 2008, 5, 205-215

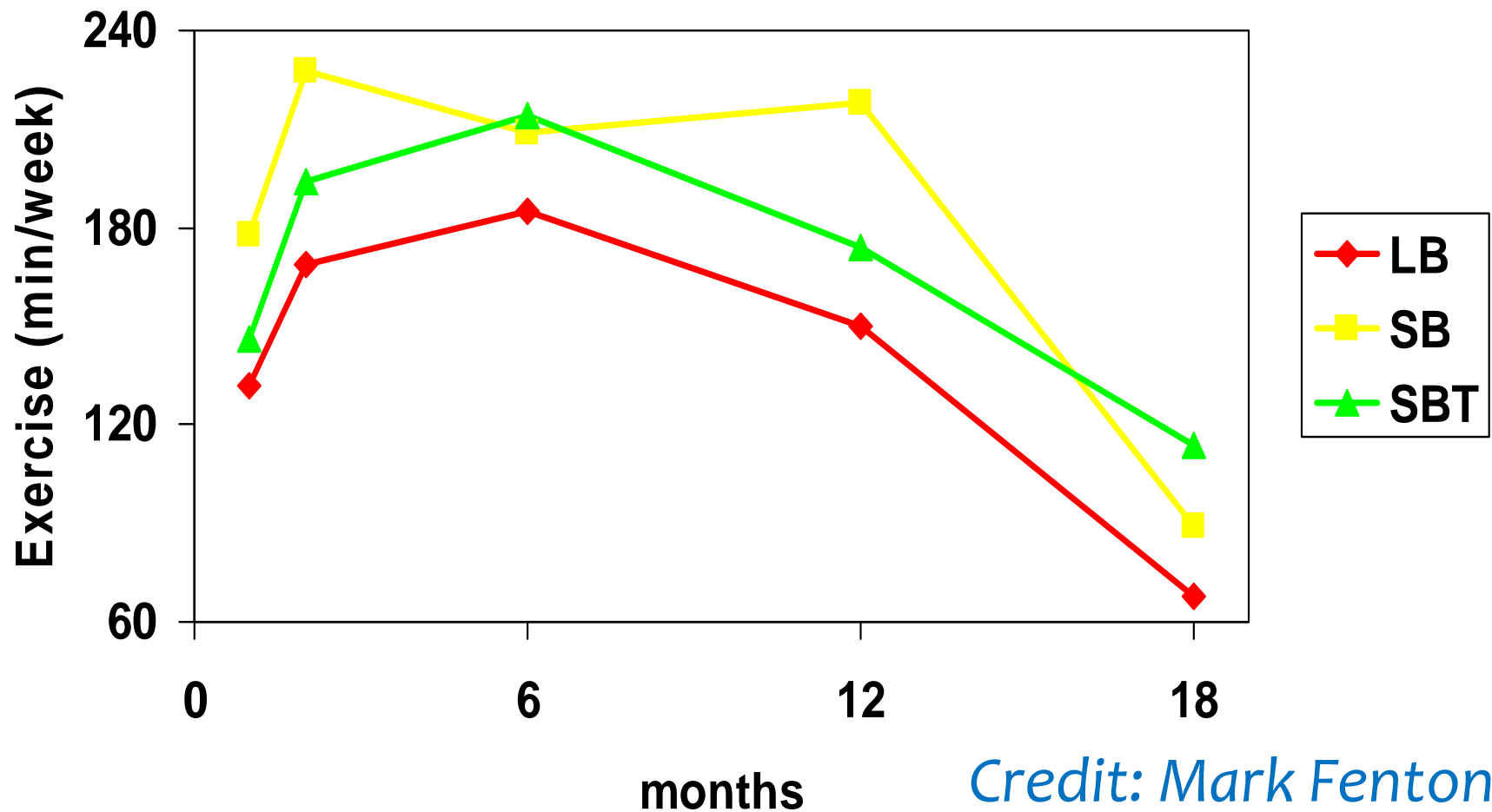




# Exercise Participation

## Effect of Short Bouts, Home Treadmills

(Jakicic et.al., *J. Amer. Med. Assoc.*, 282, 16)



Sallis & Owen,  
*Physical  
Activity &  
Behavioral  
Medicine.*

**Easier to  
Implement**

**Individual**  
motivation, skills

**Interpersonal** - family,  
friends, colleagues

**Institutional** - school, work,  
health care & service providers

**Community** - networks, facilities

**Public Policy** - laws, ordinances,  
permitting practices & procedures

**Greater  
Impact**



# Process

```
graph TD; A[Community Assessments] --> B[Healthy Community Summit]; B --> C[Project Recommendations]; C --> D[Programs / Working Groups]; C --> E[Comp. Plan Amendments];
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Community Assessments



Healthy Community Summit



Project Recommendations



Programs /  
Working Groups

Comp. Plan  
Amendments

# Community Assessments

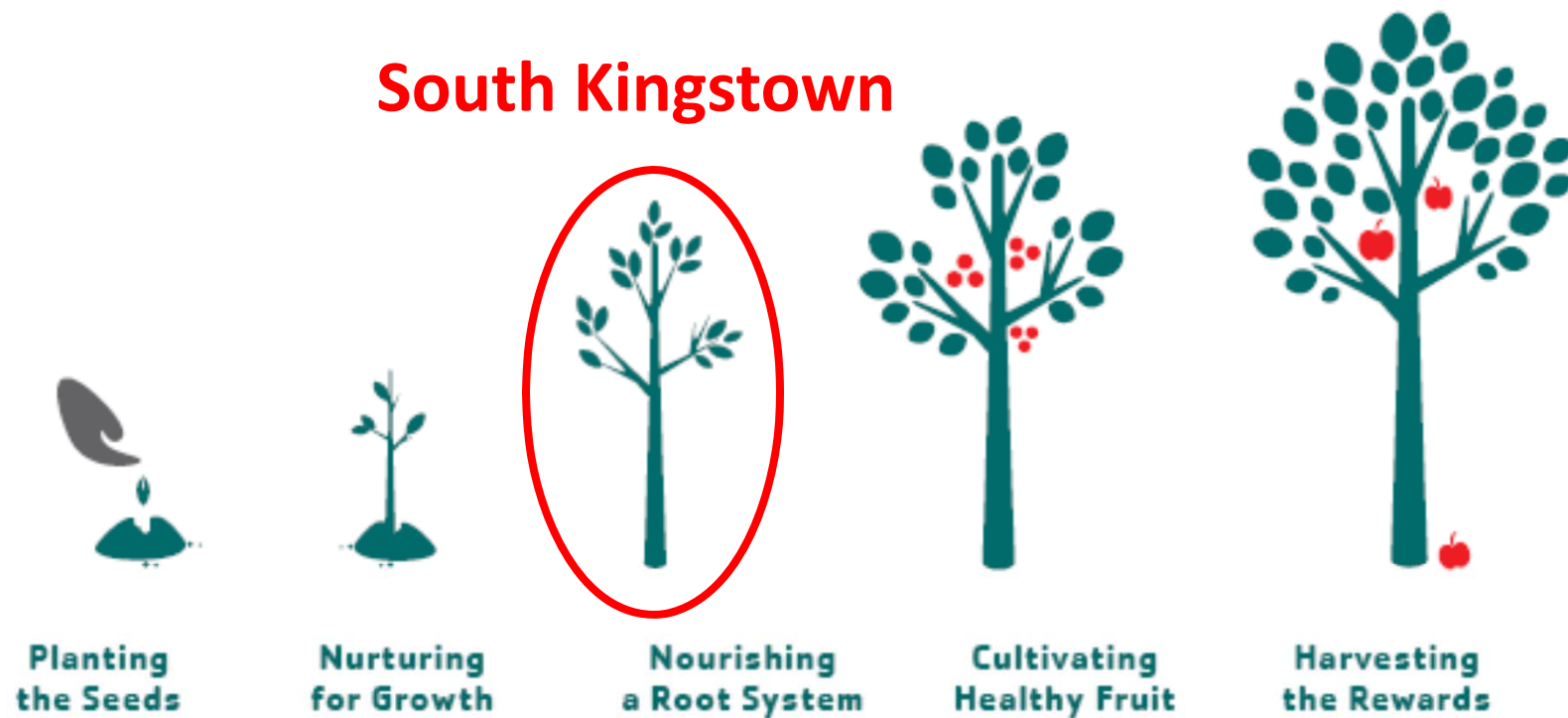
- Community Healthy Living Index (CHLI)
- Health Survey
- Bikeability Assessment
- Walkability Assessment





# Community Healthy Living Index (CHLI)

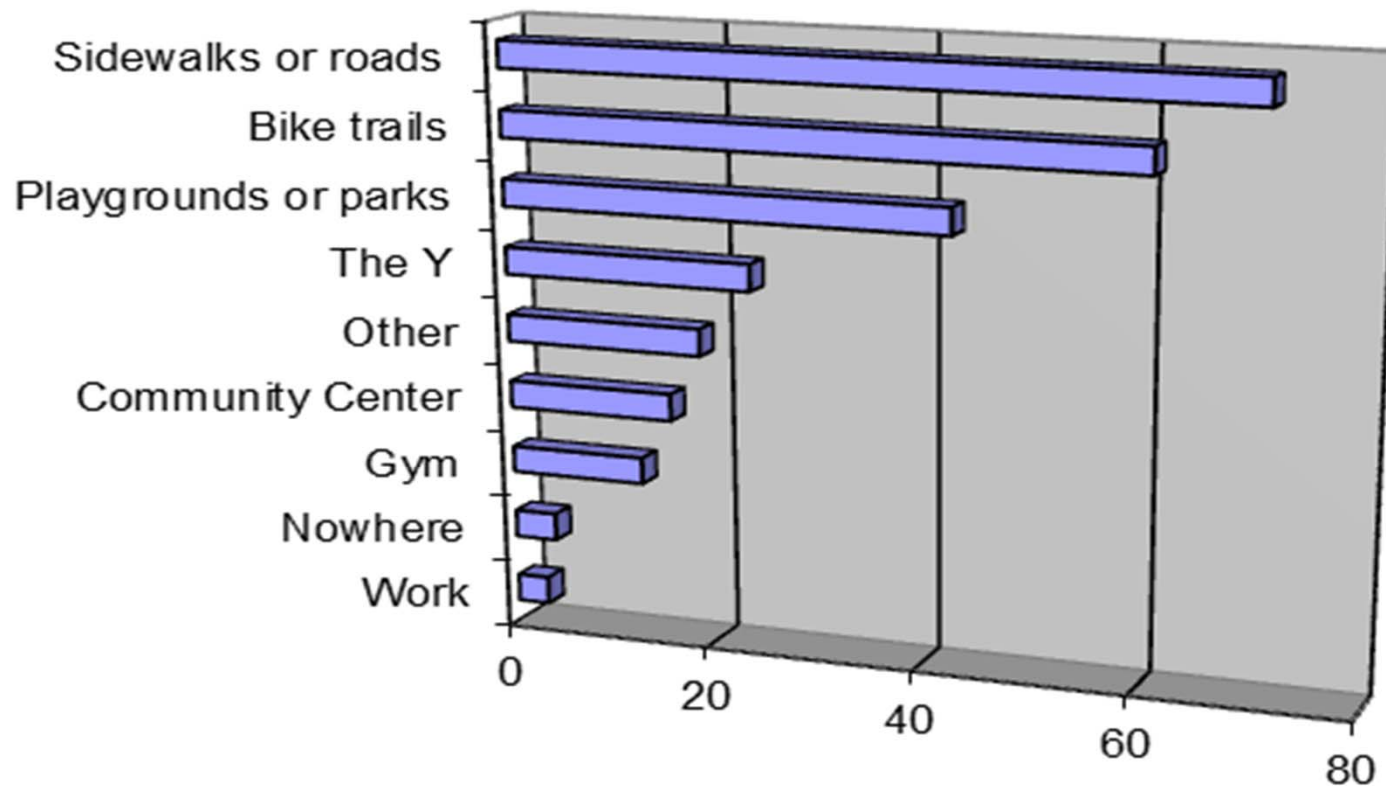
## South Kingstown



REMEMBER, TREES DON'T GROW OVERNIGHT. GROWTH TAKES TIME AND COMMITMENT.

# Health Survey

## Percentage of Respondents Indicating Where in Neighborhoods They can be Physically Active





# Health Survey

## Respondents Perceptions of Safety in Neighborhoods



# Bikability Assessment



Credit: Mike Lydon



# Walkability Assessment



*Credit: Mark Fenton*



# Healthy Community Summit





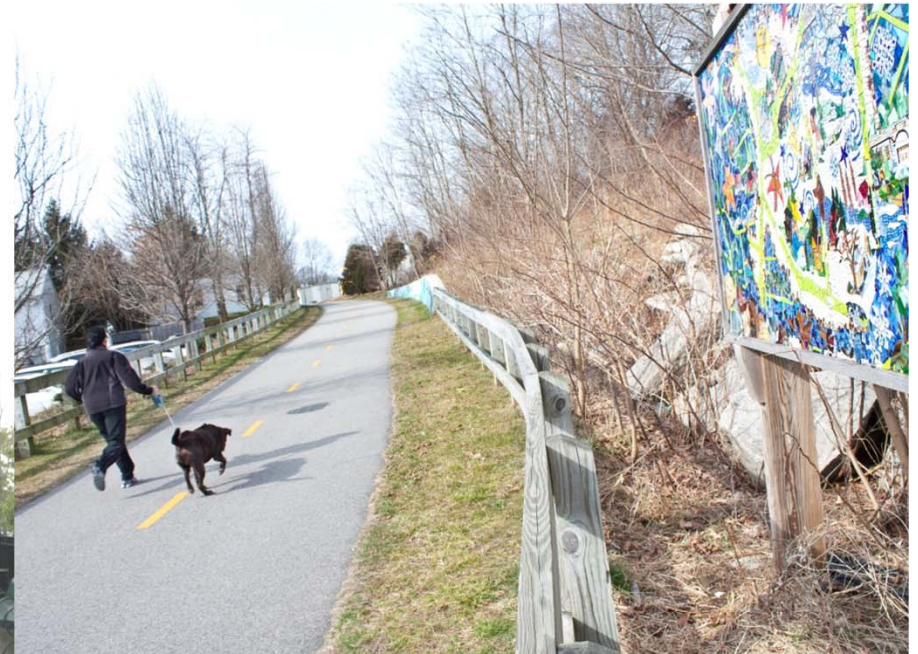
# Project Recommendations

- Walking and Biking
- Access to Recreation
- Access to Healthy Food
- Village and Neighborhood Design



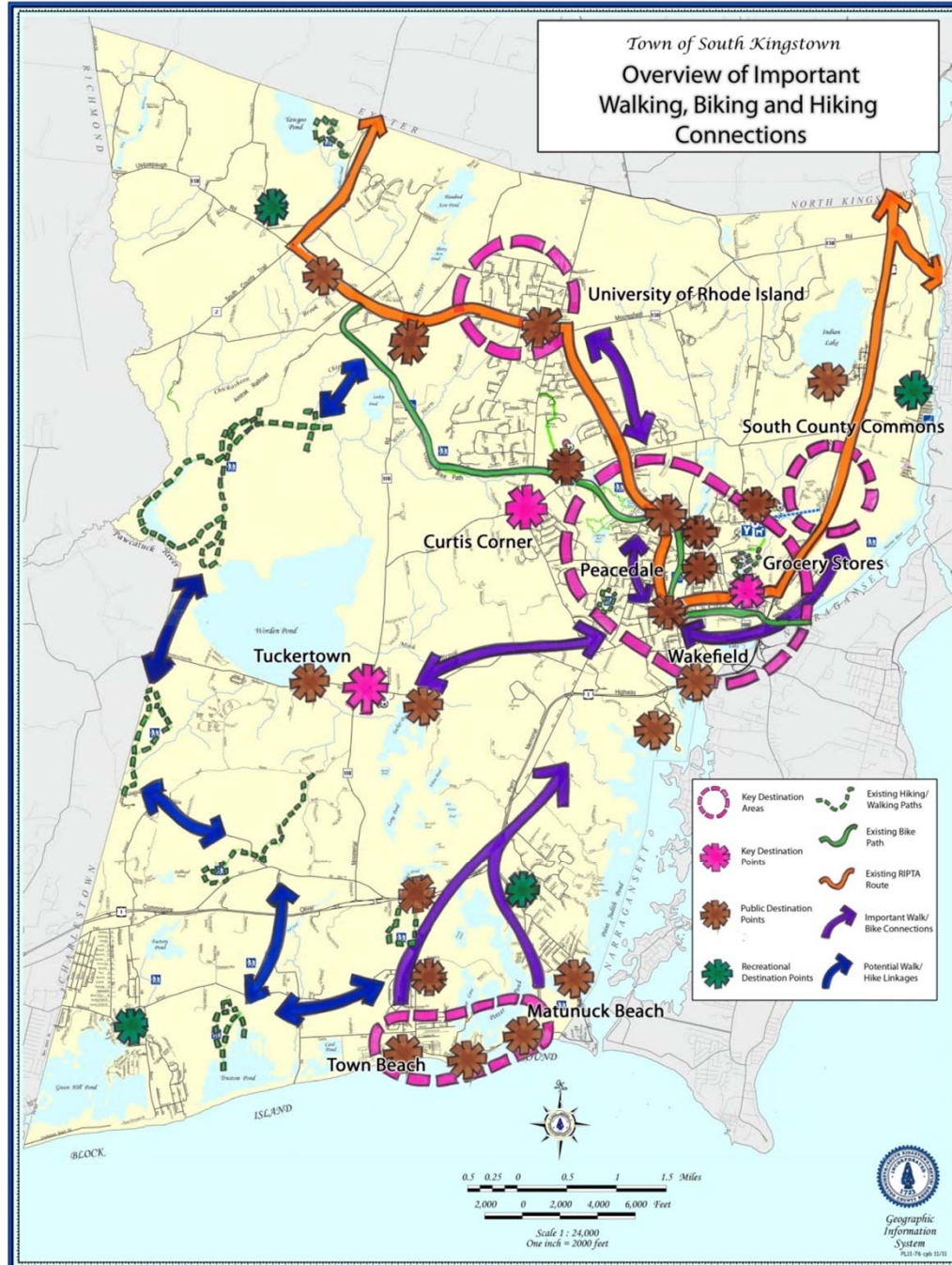
# Walking and Biking

Goal 1: Increase safety and connectivity of pedestrian and bicycle networks.





Town of South Kingstown  
Overview of Important  
Walking, Biking and Hiking  
Connections



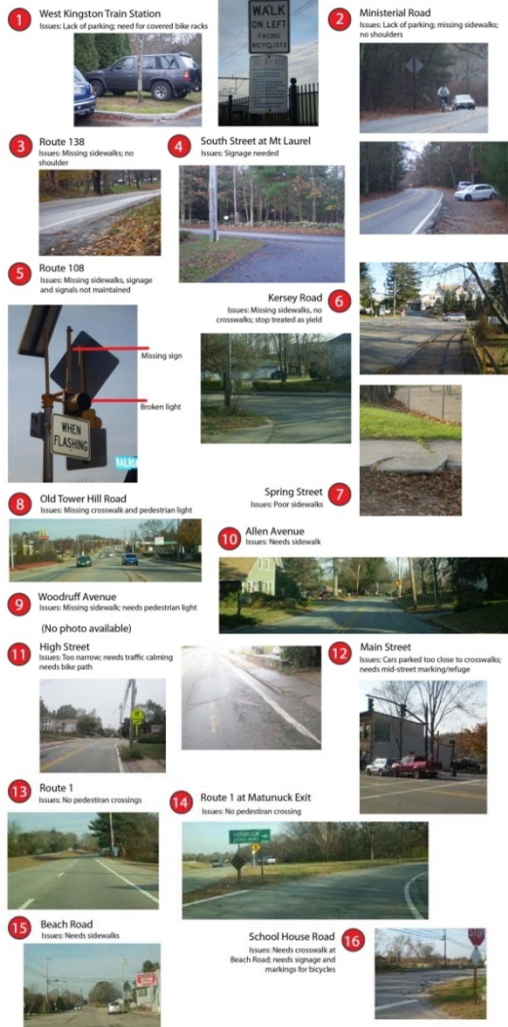
# Walking and Biking Cont.



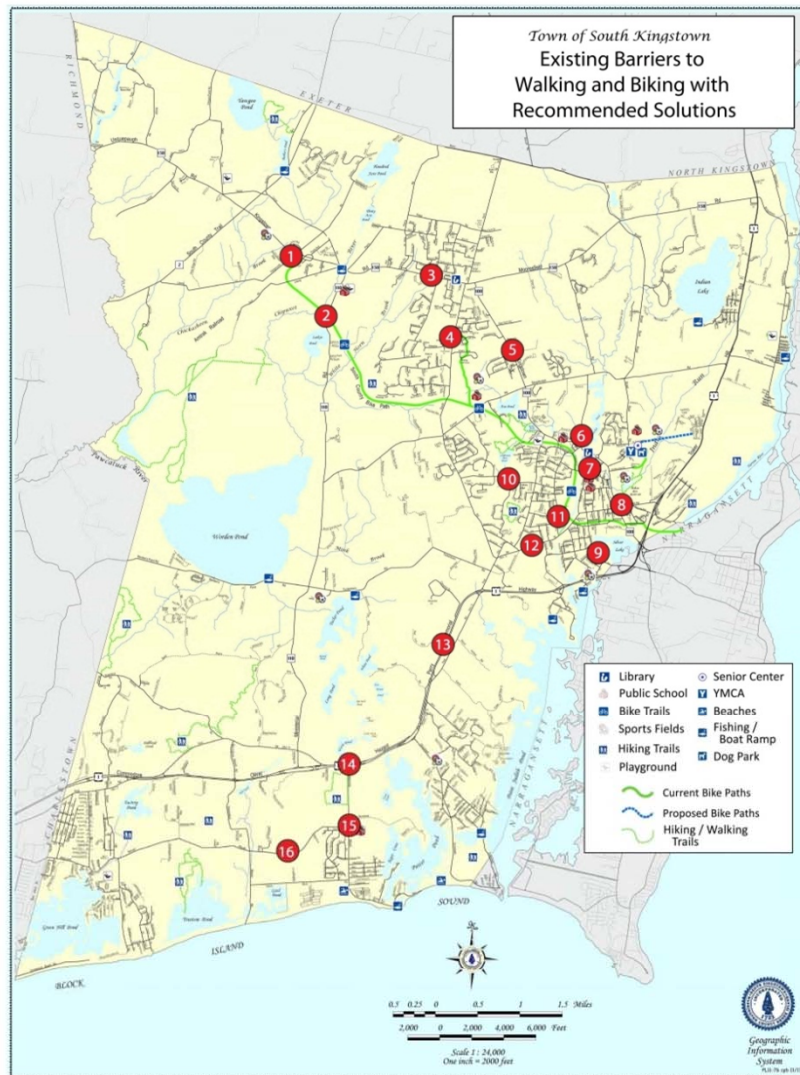
Goal 2: Promote street design that is safe, attractive and efficient for pedestrians, bicyclists and transit riders.







Existing Conditions



Recommended Solutions

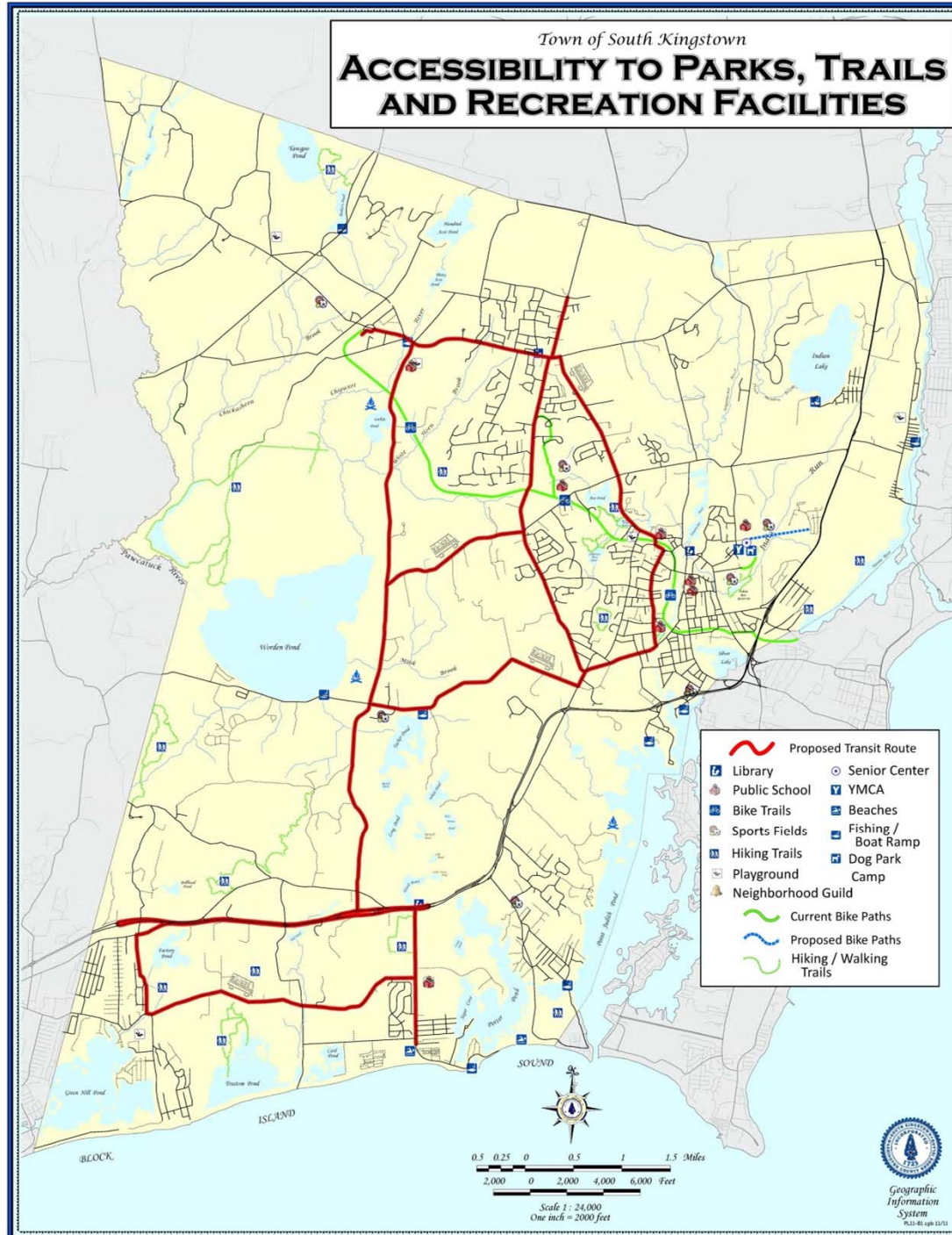


# Access to Recreation

Goal 1: Plan for and implement strategies for a greenway network that is accessible by all residents.



# Town of South Kingstown ACCESSIBILITY TO PARKS, TRAILS AND RECREATION FACILITIES





# Access to Recreation Cont.

Goal 2: Plan for and implement strategies to raise awareness of resources and design/redesign existing and future facilities to be safe and functional for all users.





Healthy Places Map | Town of South Kingstown, Rhode Island

www.southkingstownri.com/healthyplaces/

Google | Inbox | Web Access | Town of South Kingstown | BOA | Dropbox | LinkedIn | APA 206387 | Statewide Planning | FIRM Maps | Vision Appraisal | RIDEM Water Resources

## TOWN OF SOUTH KINGSTOWN, RHODE ISLAND

### Healthy Places Map

As you view the map below, click on the blue icons to learn more information about the location you wish to explore.

#### Town Parks

- Abbie Perry Park
- Broad Rock Playfields
- Brousseau Park
- Curtis Corner Playfields
- Fagan Park
- Green Hill Park
- Hazard Memorial Garden
- Marina Park
- Old Mountain Field
- Saugatucket Park
- Town Farm
- Treaty Rock Park
- Tri-Pond Park
- Tuckertown Park
- West Kingston Park
- Village Green

#### Indoor Facilities

- Neighborhood Guild
- The Center

#### Hiking Trails

- Browning Trail
- Crawley Preserve Trail
- DuVal Trail
- Old Mountain Field
- Thewlis Woods Trail
- Tri-Pond Park
- Weeden Trail
- Yawgoo Pond Trail

#### Fishing Access

- All Areas

#### Bike Path

- South County Bike Path

#### Recreation Resource Areas

- Town of South Kingstown
- Rhode Island Department of Environmental Management
- South Kingstown Land Trust
- National Wildlife Refuge

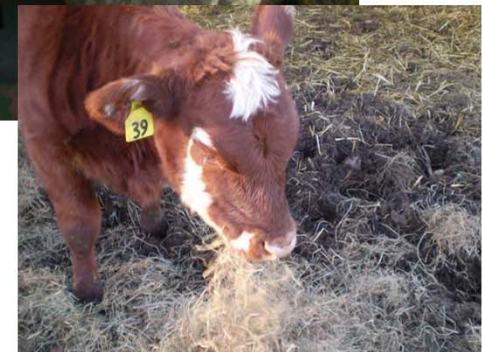
#### Recreational Activities

- Bike Trails
- Sports Fields
- Hiking Trails
- Playground
- YMCA
- Beaches
- Fishing Access / Boat Ramp
- Dog Park
- Wildlife Observation

start | Sent Item... | 2 Google... | Presentati... | URI-Town... | 2 Micros... | Search Desktop | Doug | 11:36 AM

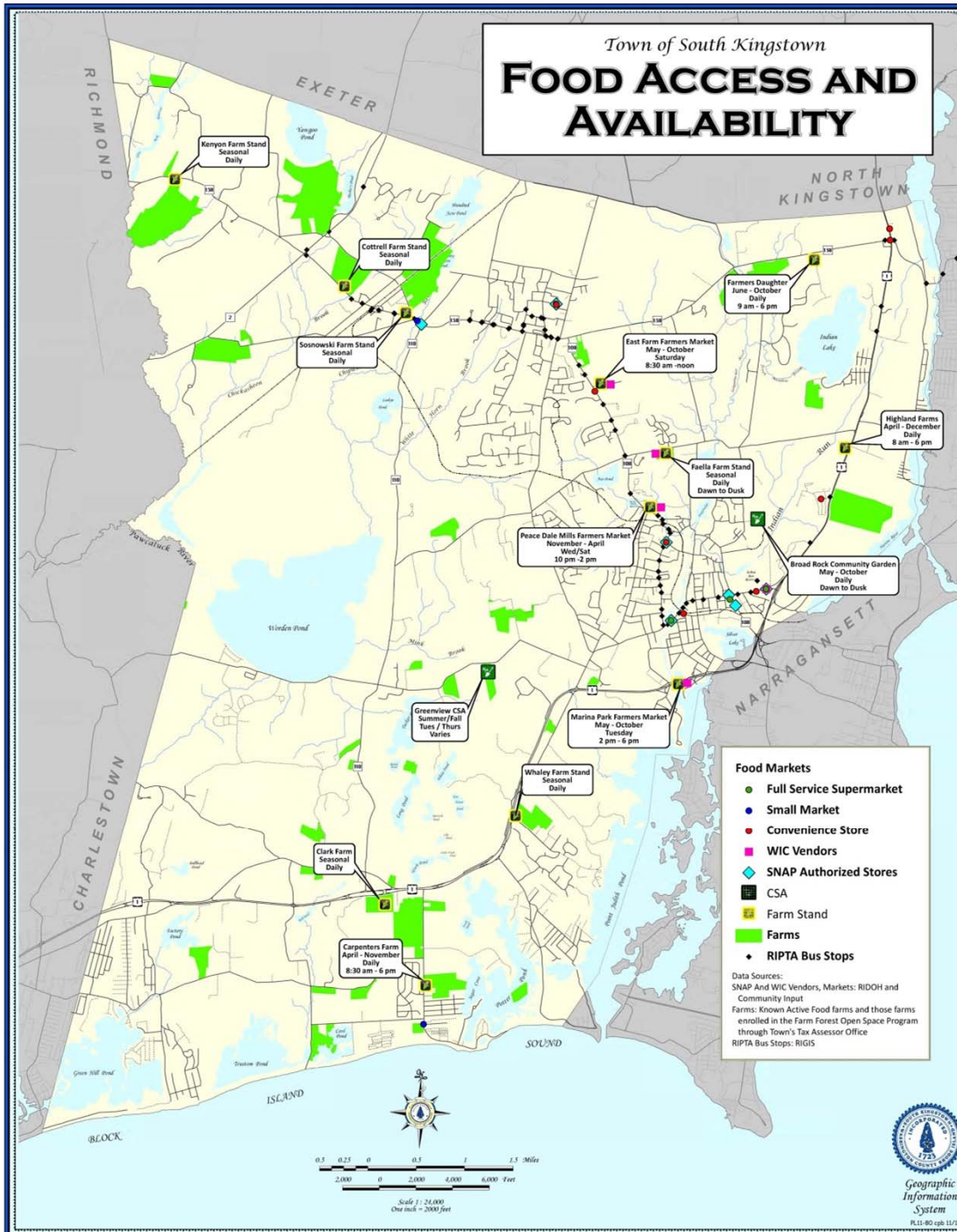
# Access to Healthy Food

Goal 1: Maintain and expand allocations for agricultural lands and agricultural uses within the community.





# Town of South Kingstown FOOD ACCESS AND AVAILABILITY



# Access to Healthy Food Cont.

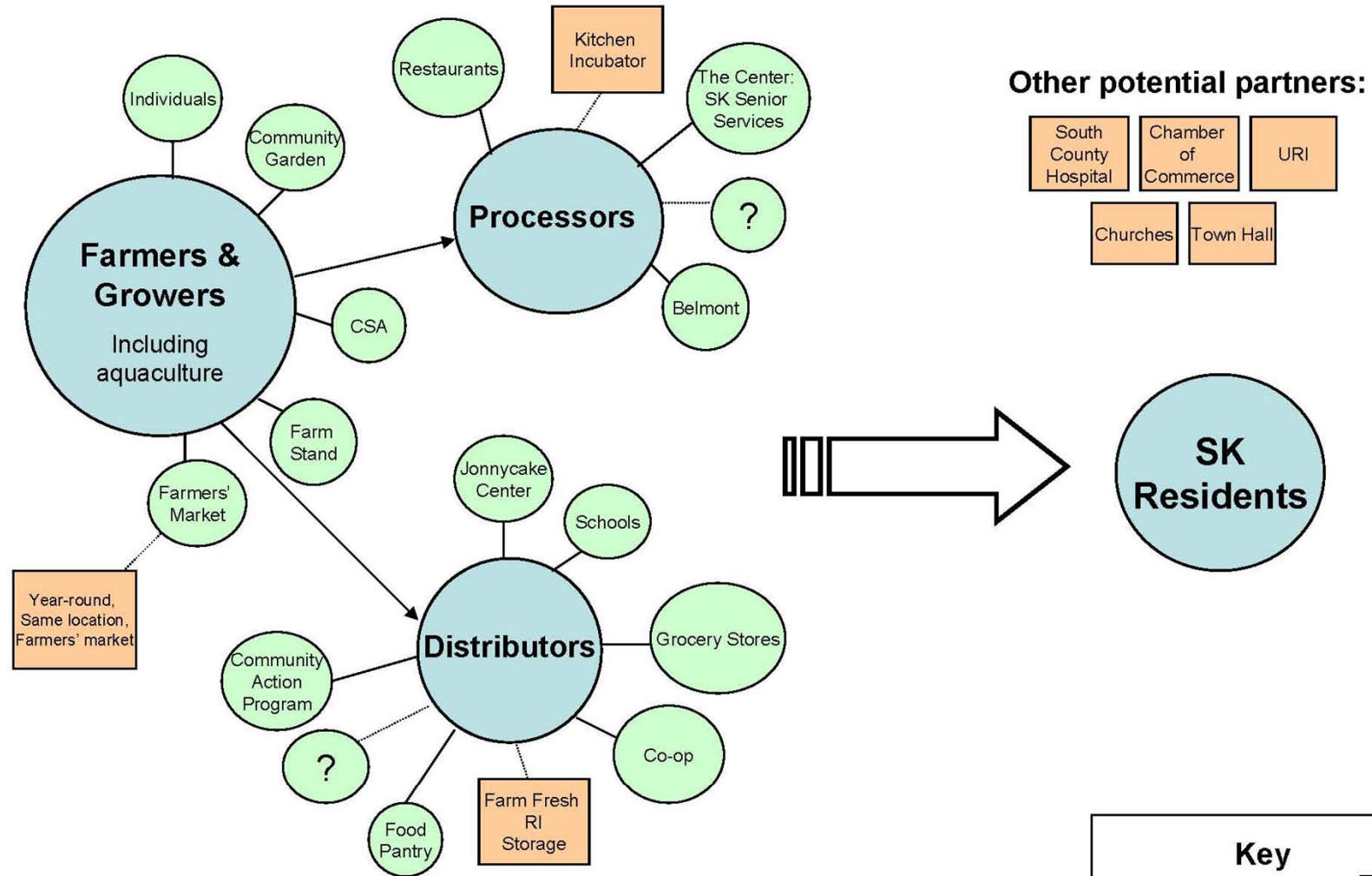


Goal 2: Promote and encourage the development of healthy food resources.





# Existing Food Network in South Kingstown



Healthy Food Access is about connections between local agriculture, affordability, and access. By expanding opportunities that currently exist and creating additional partnerships, the food system in South Kingstown can grow. The above players are currently involved: farmers and growers, processors (people who cook or prepare food), distributors (people who sell or distribute food), and residents (people who eat). New partnerships can be fostered and connections made to increase access for all residents.

# Village and Neighborhood Design

Goal 1: Encourage a compact mixed-use development pattern within the existing village areas as appropriate.





## Healthy Places by Design, South Kingstown

### Positive examples of **EXISTING BUILDINGS** in SOUTH KINGSTOWN

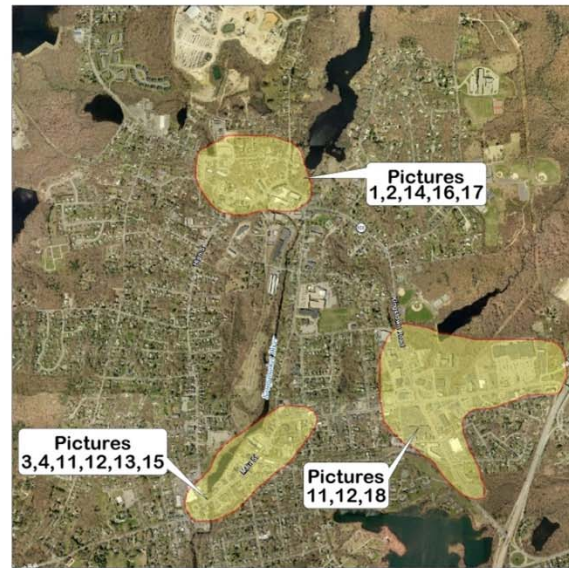


### Positive examples of **RESIDENTIAL DESIGN** from Other Areas



Images 7 - 10 represent types of residential development most appropriate for "infill" development within the village core areas (circled on map) and surrounding neighborhoods.

## VILLAGE DESIGN



This graphic was developed from public feedback received during the South Kingstown Healthy Community Summit on November 15th, 2011. Community members selected images representing the types of development they would like to see in South Kingstown and the locations where those development types are most appropriate in town.

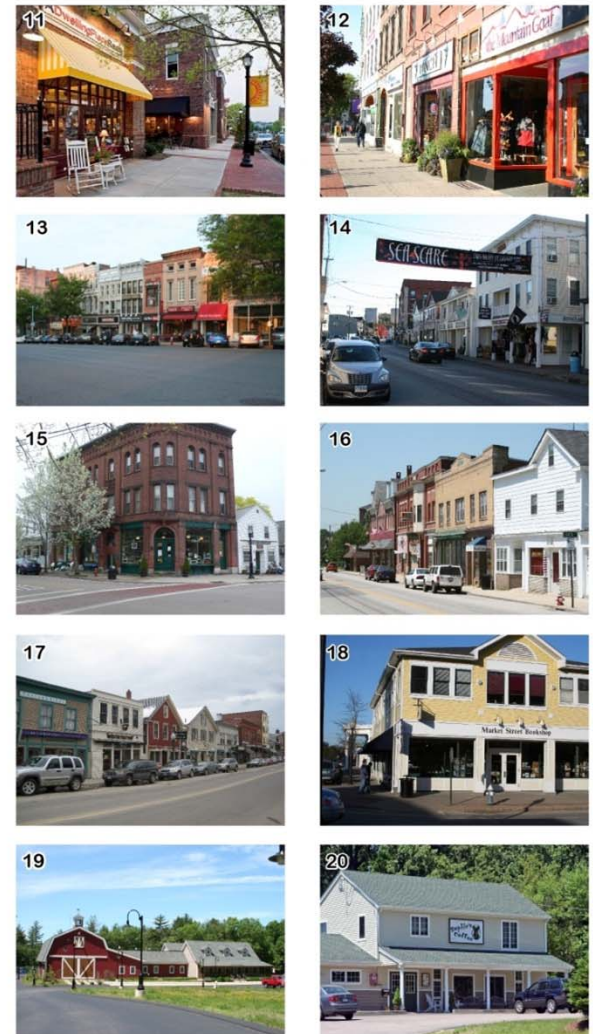
Public comments regarding design elements for mixed-use/commercial development:

- Create inviting, walkable environment with sidewalk amenities such as landscaping, street trees, benches, awnings, lighting, etc.
- Small-scale commercial spaces to support "mom and pop" businesses.
- The use of "traditional" architectural styles and materials (brick and wood) promotes a good fit without our 'sense of place'.
- Promote multi-purpose trips in which many stores can be reached from one parking spot.
- 3-4 story mixed-use, "infill" development may be appropriate for Wakefield.
- 2-3 story mixed-use, "infill" development may be appropriate for Peace Dale.
- Large-scale redevelopment and infrastructure upgrades can improve pedestrian conditions and community character on Old Tower Hill Road.

Public comments regarding design elements for residential development:

- Integrate protected open space as part of development.
- Promote inviting architectural features such landscaping and porches.
- Install sidewalks in new developments as appropriate.

### Positive examples of **MIXED-USE DESIGN** from Other Areas



Images 19-20 above represent types of mixed-use/commercial development most appropriate for location outside the village core areas (circled on map).

Photo Credits: Dodson Associates, Ltd and Horsley Witten Group, Inc.



# Village and Neighborhood Design Cont.

Goal 2: Encourage building and site design that supports pedestrian, bicycle and transit activity in an uninterrupted fashion.




# Project Implementation

- Comprehensive Plan Amendments
- Program Improvements
- Healthy Places by Design Working Groups



# Comprehensive Plan Amendments

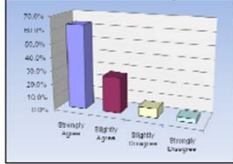
- Developed from Project Recommendations
- Town Council approval in March 2013
- State approval in April 2014.



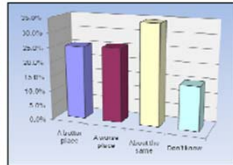
**SOUTH KINGSTOWN**  
Comprehensive Plan  
2011-2020

**Land Use Element**

- Managing the rate of residential growth continues to be an important objective to the community as over 60 percent of respondent strongly agreed that this should continue to be a focus and an additional 25 percent slightly agreed. The Town continues to address this issue by promoting a sustainable manner of development through its multi-faceted Growth Management Program.
- Citizens have diverse perspectives as to whether the Town development regulations (zoning, subdivision, etc.) are too restrictive or too lenient. More respondents currently feel that the Town development regulations are "too lenient" (23 percent) as compared to "too restrictive" (13 percent), however most of the respondents feel the regulations are "just about right" (35 percent).
- The large majority of respondents feel that agricultural activities such as active farming, agricultural tourism, and farmers markets should be promoted, with over 70 percent that strongly agree with this concept and 20 percent that slightly agree.
- The community's perspective on the future of South Kingstown is improving. While there is currently an even divide between respondent who feel South Kingstown will be a "better place" or "worse place" to live in 20 years, this represents an improvement over the responses from the same question in the 2003 survey. In 2003, more respondents answered "worse place" (39 percent) as compared to "better place" (15 percent).



*The Town should continue its efforts to manage the rate of residential growth in the community.*



*Looking ahead ten years to the year 2020, do you think that South Kingstown will be a better place to live than it is today, a worse place to live, or about the same?*

**Visioning Process**

The visioning process for the 2011 Comprehensive Plan Update occurred through a series of information gathering techniques including:

- Two public workshops focused on comprehensive planning issues held on April 6, 2010 and May 24, 2011;
- Informational interviews with key community members and board members;
- The use of Planning Board work sessions to discuss and refine Comprehensive Plan concepts; and
- The use of a project website to provide updates and draft materials to the community.

The following section summarizes the concepts and ideas that emerged from the process regarding Open Space and Recreation. These ideas were organized into the following basic groupings: Protecting and Enhancing South Kingstown's Identity, Villages as a Model for Growth, Regulatory Improvements, and Planning Processes and Communication.

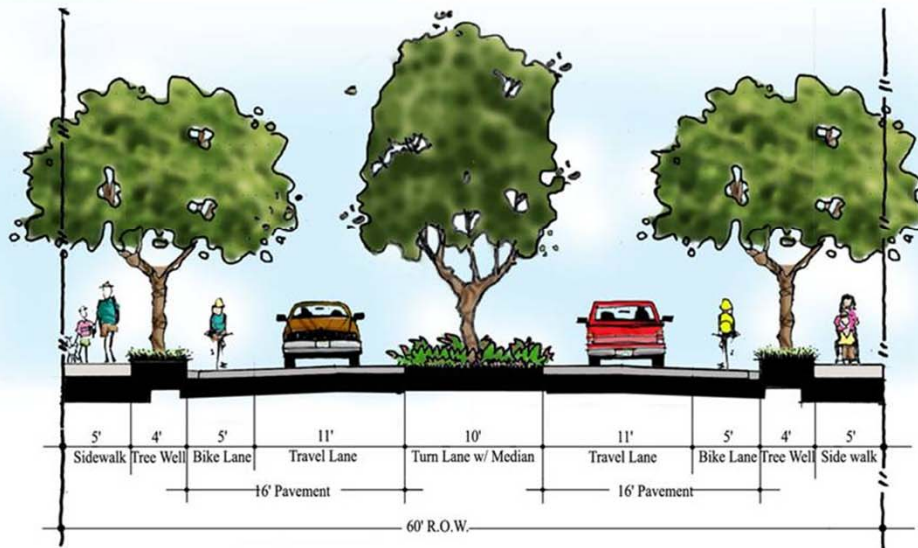
May 5, 2011

4

DRAFT-Land Use Element



# Complete Streets



# Comprehensive Plan Amendments

## Sample Language...

**Circulation Element:** “The Town shall explore regulation amendments to encourage new development, redevelopment, and roadway improvements that are consistent with the Complete Streets concept as supported by the South Kingstown Town Council Resolution. The Town will reference the Institute of Transportation Engineers report “Designing Walkable Urban Thoroughfares: A Context Sensitive Approach” for Complete Street standards where appropriate.”

# Comprehensive Plan Amendments Cont.

## Sample Language...

**Circulation Element:** “The Town shall amend regulations to require the installation of attractive bicycle parking facilities for residential developments of six units or greater or for any commercial development requiring development plan review.”

**Circulation Element:** “The Town shall promote pedestrian safety and connectivity in village areas through encouraging traffic calming and street crossing improvements where appropriate on [public] right-of-ways such as bulb-outs, mid-crossing signage, mid-crossing refuge island, raised crosswalks, chatter strips, and ladder striping of crosswalks...”



# Comprehensive Plan Amendments Cont.

## Sample Language...

**Land Use Element:** “The Town will encourage subdivision design and redevelopment projects that support active, healthy lifestyles through providing pedestrian-oriented environments, connectivity to nearby recreation resources, bicycle amenities, access to public transit, and home-based food production, where appropriate.”

**Land Use Element:** “The Town shall amend regulations and development review decision criteria to incorporate design standards for infrastructure improvements regarding pedestrian and bicycle circulation for both on-site facilities and connections to adjoining neighborhoods and villages.”

# Comprehensive Plan Amendments Cont.

## Sample Language...

**Economic Development Element:** “The Town shall explore ordinance and regulatory amendments for its Central Core Villages and adjacent commercial areas to encourage innovative commercial design, such as adopting form-based codes, commercial design standards, or a commercial development design manual for appropriate areas to support pedestrian-oriented building design, the integration of a mix of uses, and the reuse of underutilized or vacant structures and parcels.”

# Comprehensive Plan Amendments Cont.

## Sample Language...

**Economic Development Element:** “The Town shall inventory all existing healthy food resources throughout the community such as farmers’ markets, community gardens, sites available for small-scale agriculture, community kitchens, food pantries, food-based business incubators, locally owned grocery stores, roadside stands, and compost facilities. This inventory shall be made available to the public to increase awareness of healthy food resources and promote linkages between local growers, processors, distributors, institutions (e.g., URI and South County Hospital) and other food stakeholders.”



# Program Improvements

- Foster local collaborations
- Raise awareness of resources
- Expand and develop new programs





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## South Kingstown Bike Day!

The Town of South Kingstown and the YMCA are partnering to offer a **FREE** community event on April 14<sup>th</sup> to make sure South Kingstown residents are ready to get out and bike!

### JOIN US FOR:

Bike Helmet Giveaway  
Bike Path tours  
Bike Tune Ups  
Helmet fittings  
Safety workshops for youth and adults  
Free Food  
...And much more!!

### When

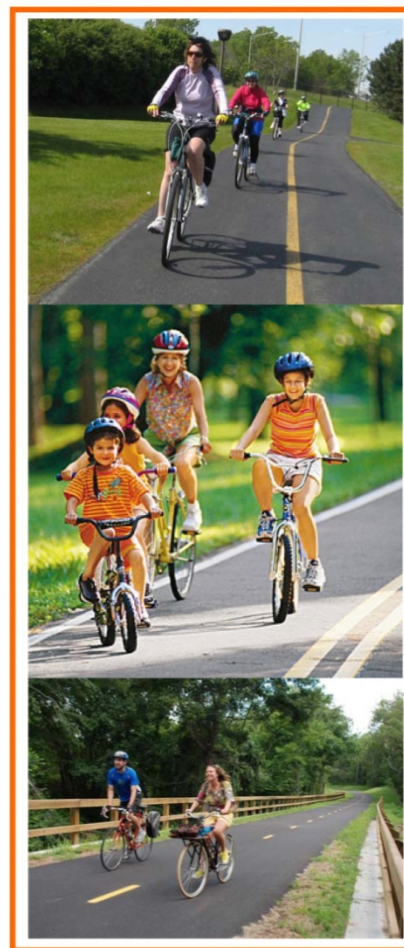
Saturday, April 14<sup>th</sup>  
10am – 2pm

### Where

South County YMCA  
165 Broad Rock Road, Peace Dale

### Additional Info:

Andy Glidden  
South County YMCA  
783-3900



# Healthy Places Working Groups



- Informal “grass roots” working groups
- Support program implementation
- Maintain community dialog
- Continue to meet on regular basis



# University of Rhode Island Memorandum

- Sharing of resources
- Emerged from URI participation in working groups
- Goal is to connect URI faculty and students with “real world” community projects/contacts

# Questions

**Doug McLean, AICP**

Town of South Kingstown

401-789-9331 X1245

[dmclean@southkingstownri.com](mailto:dmclean@southkingstownri.com)