

# Plan4Health: Vista Neighborhood Boise, ID

## SUMMARY

Plan4Health connects communities across the country, funding work at the intersection of planning and public health. Anchored by American Planning Association (APA) Chapters and American Public Health Association (APHA) Affiliates, Plan4Health supports creative partnerships to build sustainable, cross-sector coalitions. Boise's Idaho Plan4Health Coalition is committed to improving Vista neighborhood residents' access to healthy food options as well as revitalizing the community. Both can be achieved by understanding the food system needs of the community. Using data and resident feedback, a strategic action plan will be created to promote healthy lifestyles through healthy eating.



## CHALLENGE

Recent research by the University of Idaho indicates that nearly 80 percent of Idaho adults eat less than the recommended five servings of fruits and vegetables per day, and adolescents eat fruit and vegetables two or fewer times per day. In the target neighborhood of Vista, one of Boise's more racially and ethnically diverse areas, a higher proportion of households had earnings below \$15,000, with almost twice as many residents under age 18 living below

the federal poverty level when compared to Boise as a whole. 65 percent of students in both elementary schools in Vista are eligible for free or reduced lunches. The coalition will convene stakeholders already working in the neighborhood on related nutrition issues to reduce duplication and align goals. The Idaho Plan4Health Coalition has used a mix of data collection approaches to build a truer picture of the neighborhood than might typically be possible.

## YOUR INVOLVEMENT IS KEY

Idaho Plan4Health is committed to connecting community members and organizations. Check out the project page to learn more about what's happening in Boise—and what might be applicable to your community.

For more information about all coalitions participating in Plan4Health, visit: [www.plan4health.us](http://www.plan4health.us). Join the national conversation at the intersection of planning and public health on social media by using and following #plan4health.

*"We [planners] continue to learn so much from our public health partners—the Plan4Health project has sparked new conversations and new ways to connect around the issues we care so much about."*

*- Diane Kushlan*

## Contact

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## SOLUTION

Idaho Plan4Health conducted an analysis of the Vista neighborhood, identifying current resources, strengths, gaps and challenges in the local food and nutrition landscape. The coalition has been able to easily access residents and organizations through the City's Energize Our Neighborhoods initiative. The coalition has participated in several community events where project goals were discussed and input on food-related topics was gathered. With Vista in mind, a food access assessment and action place framework, articulating five pillars: food security; food quality; food literacy; food access and infrastructure; and food culture, was developed. The Plan4Health team is evaluating interventions that will most effectively meet the needs of the neighborhood.

## RESULTS

Despite a relatively small geographic area, the neighborhood has many complex patterns, creating a sense that there are two neighborhoods sharing the Vista name. With equity in mind, the coalition is focused on the most vulnerable residents. The coalition has strengthened its understanding food and nutrition systems as a means to improving residents' quality of life, and has helped to link existing organizations and initiatives to work in concert on shared issues. Additionally, the coalition has increased local understanding about methods for and the importance of working with residents to assess their food and nutrition landscape, and identified significant data and information gaps that partners can work to address. Through its partnerships, Idaho Plan4Health has been able to draw on expertise and resources from local health systems, parks and recreation programs, social science researchers, planners, transportation specialists, public health professionals, education teams, and neighborhood leaders as well as national experts.

## SUSTAINING SUCCESS

In partnership with Boise State University, the coalition is preparing to survey the Vista neighborhood to identify which of the five pillars will be the focus of future activities. The coalition continues involvement with the City's Energize our Neighborhood Program. In partnership with the Urban Land Institute and a grant funded by the Robert Wood Johnson Foundation, the coalition continues to examine ways to cross the barrier of Vista Avenue to address infrastructure impacts on food access. Finally, the coalition is working with Let's Move Boise to adopt the Idaho Plan4Health's recommendations into its strategic plan. The coalition is also developing a sustainability plan, emphasizing integration with existing organizations and efforts, and pursuit of previously untapped funding sources. By engaging community-based organizations to house key project outcomes, the coalition will ensure the work of Plan4Health lives beyond the project period. All of these actions will ensure Idaho Plan4Health is part of the larger conversation in Boise.

Plan4Health is made possible with funding from the Centers for Disease Control and Prevention (CDC). The views expressed in this newsletter do not necessarily reflect the official policies of the CDC or imply endorsement by the U.S. Government. Learn more about Plan4Health and the National Implementation and Dissemination for Chronic Disease Prevention project at [www.cdc.gov/communityhealth](http://www.cdc.gov/communityhealth).