SUBCOMMITTEE REPORT

Subcommittee Name	Nutrition and Well Being
Subcommittee Chairperson(s)	Nedra Williams Renee Greenlee (Secretary)
Title of recommendation	Health & Wellness Leadership Initiative: Office of Health & Wellness Promotion
Describe the recommendation	For example, an Office of Health & Wellness Promotion would: 1) Integrate health & wellness initiatives into *all* policies *Health/Opportunity Ladder: The more health someone has, the more opportunities they can take advantage of, and the more opportunities someone has, the more they are likely to be healthy. All policies that improve the opportunities and the living circumstances of people in the "death zones" (see attached) will improve their life chances and increase their health- which will be reinvested back into the life of the city. 2) Create and/or maintain an open source guide to promote available health & wellness resources in Pittsburgh communities 3) Serve as a liaison to connect to local/national initiatives such as FitUnited, Let's Move and Alliance for a Healthier Generation 4) Serve as a liaison to PPS to connect local/national initiatives with school-based initiatives 5) Provide neighborhood grants to break down food deserts in Pittsburgh: Food deserts are communities that are economically underserved where residents do not have access to healthy food and produce. Residents have to travel at least one mile outside of their communities for better food choices. In Pittsburgh, some of these communities are Homewood, East Hills, Northview Heights, Hazelwood and Allentown. -- Create community gathering places that feature gardens and playgrounds -- Incentivize convenience stores to feature produce and healthy options for neighborhood residents -- Consult organizations such as Bridgeway Capital for funding solutions *Please see Appendix A by Dr. Ken Thompson for a review of possible steps for the Mayor to consider in carrying out these recommendations.
Is this an immediate or long term recommendation?	Both: City Government Priority
How will this address our challenges or reach our goals?	1) Health & Wellness is a unifying issue. 2) Breaking down food deserts is an opportunity to reinvest in neighborhoods of need, supported by local community residents to start neighborhood initiatives and workforce development. This will end the plight of death zones and be an economic investment. This in turn will support community based businesses: cooperative community owned and operated businesses that will bring forth a sense of empowerment as we look at developing quality of life. 3) Overall, we want healthy communities where residents have access to affordable and healthy food as well as educational opportunities to improve their lives. The city must set the example by offering employees access to community supported agriculture, farmer's markets, volunteer days in community parks, and wellness initiatives in the work place (i.e. Creative Balance 4Empowering People). Also see notes on Oklahoma City's Mayor Challenge: Building Healthy & Happy Places. 4) Healthy communities are productive and economically vibrant.
What are the obstacles to implementation?	Lack of resources (time, money, designated individuals). Clear communication between all involved parties. Creation of new cultural norms through city-wide behavioral change in regards to health and wellness. The city's current urban agricultural policy.
Who needs to be involved?	The Education and Neighborhood Reinvestment staff, as well as the Mayor and city residents, communicating with: PPS, Greater Pittsburgh Community Food Bank, Allegheny County Health Department, Children's Hospital of Pittsburgh, Southwestern Pennsylvania Food Security Partnership, Just Harvest and the URA for macro initiatives.

Who needs to be involved?	Let's Move Pittsburgh and FitUnited to connect to local nonprofits, corporations, schools, universities and health organizations that are currently implementing health & wellness initiatives (i.e. Mama Africa Green Scouts and Grow Pittsburgh). Financial partners could include Bridgeway Capital, whose mission is to "make western Pennsylvania a thriving region for all by promoting economic opportunity and community revitalization."
What city resources need to be invested?	Staff, time and attention, as well as neighborhood grants (i.e. for creating community spaces with gardens and playgrounds and incentives for convenience stores to become corner grocery stores).
What will be different if the recommendation is adopted?	1) Health and wellness initiatives becoming cultural norms 2) Improved access to better food and nutrition education for all city residents 3) Healthy People = Healthy Communities = Healthy Economy 4) Increased job opportunities and economic development in neighborhoods needing reinvestment 5) Transforming 24,000 empty and blighted lots in Pittsburgh to green community spaces
Describe any background materials that you consulted	The Baltimore Food Policy Initiative (BFPI) is an inter-governmental collaboration with the Department of Planning, Baltimore Office of Sustainability, Baltimore Development Corporation. The goal of BFPI is to increase access to healthy and affordable foods in Baltimore City food deserts. BFPI is doing this through a holistic and comprehensive food systems approach. **http://www.baltimorecity.gov/Government/AgenciesDepartments/Planning/BaltimoreFoodPolicyInitiative.aspx** Shape Up Somerville is a city-wide collective impact campaign to reduce obesity and promote health in the city of Somerville, Massachusetts. This case study provides collective impact backbone organizations, funders, and partners with an overview of the initiative and key lessons learned. **http://www.fsg.org/tabid/191/ArticleId/980/Default.aspx?srpush=true** The Food Trust in Philadelphia: The Food Trust's mission is to ensure that everyone has access to affordable, nutritious food and information to make healthy decisions. Working with neighborhoods, schools, grocers, farmers and policymakers, we've developed a comprehensive approach to improved food access that combines nutrition education and greater availability of affordable, healthy food. http://thefoodtrust.org/ *Health in All Policies: A Guide for State and Local Governments* was created by the Public Health Institute, the California Department of Public Health, and the American Public Health Association in response to growing interest in using collaborative approaches to improve population health by embedding health considerations into decision-making processes across a broad array of sectors. The Guide draws heavily on the experiences of the California Health in All Policies Task Force and incorporates information from the published and gray literature and interviews with people across the country. http://www.phi.org/resources/?resource=hiapguide Gallup-Healthways Well-Being Index (WBI): Developed by Gallup and Healthways, this scientific survey instrument tracks and reports on the well-being of individuals, organizations and communities. Atlanta, Georgia •A prospective and comprehensive HIA on redevelopment plans for the site of the former Hapeville Ford Assembly Plant •Redevelopment projects all represent opportunity for economic revitalization, environmental reclamation, mobility enhancement and health improvement.

Background Materials Continued	•The development of Aerotropolis Atlanta will add more than 10,000 jobs to Hapeville through build-out. Beyond Hapeville, the vision and visibility of the project have begun to reposition Atlanta's south side as an area of economic opportunity. •Since 1996, Atlanta has used $40M EPA Brownfield funding to leverage $75B of development Oklahoma City Mayor Challenge: Building Healthy & Happy Places •"This City is Going On A Diet" •Mayor Mick Cornett challenged the citizens of Oklahoma City to lose One Million Pounds •Losing their Millennials / next generation of workforce •Invested in miles and miles of sidewalks, bicycle lanes •Mayor makes an economic case for investing in Healthy and Safe Communities Other projects/websites reviewed: PHRESH: Pittsburgh Hill/Homewood Research on Eating, Shopping, and Health: http://www.rand.org/health/projects/phresh.html Alliance for a Healthier Generation: https://www.healthiergeneration.org/ Child Obesity 180: http://www.childobesity180.org/ The Edible School Yard Program in San Francisco, which has since been replicated in Pittsburgh at several local schools. See Grow Pittsburgh's site: http://edibleschoolyardpgh.org/ Bridgeway Capital (Financial Partner): http://www.bridgewaycapital.org/ The Ohio State University Extension: http://cuyahoga.osu.edu
Have other cities implemented this recommendation?	Baltimore (Food Policy Initiative); Philadelphia (The Food Trust, specifically transforming convenience stores into corner grocery stores); Somerville, Massachusetts (Shape Up Somerville); Pittsburgh (Edible Schoolyard Pittsburgh); Atlanta (Redevelopment and Neighborhood Reinvestment); Oklahoma City (Mayor Challenge)
Are there any other considerations?	Take advantage of recently created and already existing programs and services programs in the city in regards to health and wellness initiatives (i.e. Creative Balance 4Empowering People: (https://www.facebook.com/groups/356501524487425/). Advocate for increased awareness and participation. Collaborate with the RAND Corporation to initiate a measure of citywide well-being using the validated Gallup-Healthways Well-Being Index (WBI), and a randomized portion of city residents from various neighborhoods. This can serve to identify specific areas of need in specific neighborhoods, as well identify measurable outcome goals.