

**PLANNING AND DEVELOPMENT DEPARTMENT
MEMORANDUM 16-12**

DATE: May 23, 2016
TO: Honorable Mayor Joyce Downing and City Council Members
FROM: James A. Hayes, AICP, City Manager *JH*
Brook Svoboda, Director of Planning and Development *BS*
Becky Smith, City Planner *BS*
SUBJECT: CR-58 Northglenn Food Access Assessment

BACKGROUND

Data shows that the prevalence of diabetes and obesity is higher for people who live in neighborhoods where fast-food restaurants and convenience stores are more prevalent than grocery stores and produce vendors. Increasing access to healthy food options encourages Northglenn residents to live healthier lifestyles. Healthy food access can be encouraged through public policy in several ways including, promoting farmers markets, encouraging community gardens, incentivizing healthy food retail, creating partnerships with organizations that provide food to lower income people and increasing access for all residents.

In February 2015 the City of Northglenn responded to a request for proposals from LiveWell Colorado to conduct Food Access Assessments in two municipalities. Northglenn was one of the City's selected for the study. The report looks at the availability of healthy foods and the ease of access to them for children, parents, and individuals in the community. The goal of the report is to identify gaps in the community where healthy food access is lacking or limited, suggest additional study and/or outreach to bolster the data, and ultimately provide guidance to decision makers regarding policies and programs the City can adopt that improves access to healthy, affordable foods for everyone in the community. Staff received direction to prepare a resolution bring to City Council to formally adopt the Report at the March 3, 2016 Study Session.

HOW THE REPORT WILL BE USED

The Northglenn HEAL Committee has integrated several of the recommendations into their work plan to ensure that the findings and recommendations from the assessment will be used as a guiding document moving forward. As Northglenn develops new policies through current long-range planning projects including New Code Northglenn, Northglenn Station Master Plan, and a Bicycle and Pedestrian Master Plan, the findings and recommendations in the assessment should be considered. Below are the 8 recommendations from the report

- Develop & Disseminate Monthly Community HEAL Messages
- Promote Home Gardening
- Enhance the Visibility of Existing Markets & Gardens
- Develop & Adopt Healthy City Procurement Policies
- Allow Residential Food Sales
- Increase the Availability of Fresh Produce at Schools
- Explore Healthy Retail Partnerships with Corner Stores
- Assess Primary Barriers to SNAP Enrollment

RECOMMENDATION

Staff recommends approval of Council Resolution 58 adopting the Northglenn Food Access Assessment as a policy-guiding document.

STAFF REFERENCE

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ATTACHMENTS

N/A

SPONSORED BY: MAYOR DOWNING

COUNCILMAN'S RESOLUTION

RESOLUTION NO.

No. CR-58
Series of 2016

Series of 2016

A RESOLUTION APPROVING THE CITY OF NORTHGLENN FINAL HEAL CITIES & TOWNS FOOD ACCESS ASSESSMENT REPORT

WHEREAS, the City of Northglenn joined LiveWell Colorado's Healthy Eating, Active Living (HEAL) Cities and Towns Campaign in July of 2014; and

WHEREAS, becoming a HEAL City affirmed the Northglenn City Council's commitment to put healthy food opportunities and choices within reach of all residents in the community; and

WHEREAS, the City was awarded technical assistance by LiveWell Colorado to conduct a Food Access Assessment; and

WHEREAS, the Food Access Assessment (the "Assessment") provides the City recommendations on how it can play a role to advance access to and the consumption of healthy foods; and

WHEREAS, the Northglenn HEAL Committee has integrated several of the recommendations into its work plan to ensure that the findings and recommendations from the assessment will be used as a guiding document moving forward; and

WHEREAS, the City Council has reviewed the Assessment and has determined that it is in the public interest that the report be adopted for the purpose of guiding new programs as well as new policies being developed in long-range planning projects, including New Code Northglenn, Northglenn Station Master Plan and a Bicycle and Pedestrian Master Plan by considering the findings and recommendations in the Assessment.

NOW, THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL OF THE CITY OF NORTHGLENN, COLORADO, THAT:

Section 1. The City of Northglenn Final HEAL Cities & Towns Food Access Assessment Report, attached hereto as **Exhibit 1**, is hereby approved as a guiding document.

DATED at Northglenn, Colorado, this ____ day of _____, 2016.

JOYCE DOWNING
Mayor

ATTEST:

JOHANNA SMALL, CMC
City Clerk

APPROVED AS TO FORM:

COREY Y. HOFFMANN
City Attorney

EXHIBIT 1

CITY OF NORTHGLENN FINAL HEAL CITIES & TOWNS FOOD ACCESS ASSESSMENT REPORT

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I. BACKGROUND

A. FOOD ASSESSMENT GOALS

This assessment is the product of a partnership between the City of Northglenn and LiveWell Colorado’s HEAL Cities & Towns Campaign (<http://livewellcolorado.org/healthy-policy/heal-cities-and-towns>). In January 2015, the HEAL Cities & Towns Campaign issued a Request for Proposals (RFP) to all Campaign participants to work with a food policy consultant on a food assessment.

The RFP emerged from the recognition that food systems efforts are of significant interest to many municipalities and their residents, but starting policy work in this area is more challenging, with less precedence, than other efforts such as active living and worksite

wellness. In late 2014, the Campaign surveyed all participants about their involvement with and interest in healthy food access policies. The survey revealed an interest and need for more awareness building and education about food systems issues for local electeds as well as staff and the broader population. Thus, through the RFP the Campaign aimed to achieve the following:

- Document new, useful and usable information about participating municipalities' food environments.
- Identify feasible, politically palatable local policies that participating municipalities can adopt to ensure their food environments are more health-promoting.
- Develop a replicable model for municipal food environment assessments.
- Share data and other learning across Campaign participants.
- Learn about how to approach healthy food access policy in ways that are more comfortable and relevant to municipalities.

The HEAL Cities & Towns Campaign awarded the RFP to the City of Lakewood and the City of Northglenn, for assessments to be conducted from March 1st through June 30th 2015. Both assessments are focused on issues of access to healthy foods. The Northglenn assessment aims to help address the following primary questions:

- What elements of our food environment provide which residents with healthy food that they choose to eat?
- What is missing from our food environment that could positively influence healthy food consumption?
- What role can the city play to advance access to and consumption of healthy foods?

B. FOOD ENVIRONMENTS & HEALTH

According to the 2015 County Health Rankings¹, Adams County ranks 34th out of 60 ranked counties in Colorado in health outcomes² and 53rd out of 60 ranked counties in health behaviors, which include adult obesity, smoking, inactivity, excessive drinking, and the food environment. Data from area health providers (discussed more below) also indicate that over 35% of children and youth are considered overweight or obese in Northglenn.

Diet is a significant contributor (or protective factor) related to many chronic diseases, including obesity and other health outcomes outlined in the County Health Rankings. Food environments and community characteristics interact to influence food choices and dietary quality³.

The food environment is composed of a variety of food outlets in the community, including grocery stores, gas stations, convenience stores, full-service restaurants, fast food restaurants, farm stands, etc. Their abundance, location, storage and stock, proximity to residential areas, connection to transportation, ability to accept Supplemental Nutrition

¹ County Health Rankings and Roadmap, <http://www.countyhealthrankings.org>

² The overall rankings in health outcomes represent how healthy counties are within the state. The healthiest county in the state is ranked #1. The ranks are based on two types of measures: how long people live and how healthy people feel while alive.

³ Economic Research Service. United States Department of Agriculture. 2009. Report to Congress. Access to Affordable and Nutritious Food: Measuring and Understanding Food Deserts and Their Consequences. June 2009.

Assistance Program (SNAP) and Women, Infants, and Children (WIC) benefits, and prices, among other things, all affect how healthy and accessible the environment is.

When discussing “food environments”, other commonly-used terms include “food desert” and occasionally “food swamp”. Food desert is a term brought into popularity by the federal government many years ago to refer to census tracts (neighborhoods) that lack access to full-service grocers. The USDA, US Treasury and US Department of Housing & Human Services have defined a food desert as “a census tract with a substantial share of residents who live in low-income areas that have low levels of access to a grocery store or healthy, affordable food retail outlet”.

Recently, the USDA and many others have shifted away from this term and now refer to census tracts as “low-income and low-access”⁴, meaning neighborhoods with high concentrations of low-income households and limited access to a full-service grocer (greater than a mile in urban areas or than 10 miles in rural).

Food swamp is also a term made popular by the USDA in a 2009 publication⁵ in which they quoted Tulane Professor Donald Rose as coining a “food swamp” as “neighborhoods that have relatively easy access to less healthy foods compared with access to healthy foods”.

A growing body of research shows that food environments impact our health, for good or bad. The report *Access to Healthy Food and Why It Matters: A Review of the Research* by Policy Link and The Food Trust⁶ documents that healthy food access is a particular challenge for rural, low-income and communities of color, that living closer to healthy food retail is among the factors associated with better eating habits and decreased risk of obesity, and that healthy food retail stimulates economic activity.

Here in Colorado, the Denver Department of Environmental Health’s December 2014 Food System Policies and Population Health: Moving Toward Collective Impact in Denver⁷ outlines the most common best practices recommended for addressing food insecurity and/or childhood obesity, which include promoting healthy food retail, increasing participation in federal food assistance programs, encouraging local agriculture, increasing healthy institutional procurement and vending, and decreasing sugar-sweetened beverages.

Additionally, the Harvard School of Public Health Obesity Prevention Source provides a comprehensive inventory of research on “Toxic Food Environments”⁸. They highlight

⁴ USDA Agricultural Marketing Service, <http://apps.ams.usda.gov/fooddeserts/fooddeserts.aspx>

⁵ USDA, Economic Research Service, June 2009. *Access to Affordable and Nutritious Food: Measuring and Understanding Food Deserts and Their Consequences*

⁶ Access to Healthy Food and Why It Matters, http://www.policylink.org/sites/default/files/GROCERYGAP_FINAL_NOV2013.pdf

⁷ Food System Policies and Population Health, http://www.denvergov.org/Portals/746/documents/Food_System_Policy_Scan_Report_FINAL_12.15.2014.pdf

⁸ Harvard School of Public Health Obesity Prevention Source Toxic Food Environment, <http://www.hsph.harvard.edu/obesity-prevention-source/obesity-causes/food-environment-and-obesity/>

research that shows how current food environments make it challenging to choose healthy foods and too easy to choose unhealthy foods, especially in low-income communities and communities of color where there are also higher rates of obesity.

C. NORTHGLENN AND THE HEAL CITIES & TOWNS CAMPAIGN

The City of Northglenn joined the Healthy Eating Active Living (HEAL) Cities and Towns Campaign through LiveWell Colorado in the fall of 2014. This was City's first important step toward improving public health for its residents and workforce. By passing the HEAL Resolution, the City has made a commitment to look at ways policies can improve the built environment to make access to a healthy lifestyle easy and convenient for all people in Northglenn.

The City formed a HEAL Committee, comprised of seven residents and business owners in Northglenn and eight city staff from different departments. The purpose of the committee is to identify and influence policy areas that will contribute to overall health in the Northglenn Community. The Committee will work to accomplish this by engaging the community and making recommendations to decision makers for further advancing Northglenn's commitment to improving access to healthy food and active living.

Under the HEAL initiative, the City has reached out to natural partners, including Tri-County Health Department (TCHD). Together the two agencies have been actively seeking funding to complete a Health Impact Assessment (HIA) on the rewrite of the City's Development Regulations. TCHD is also supporting the City initiative for HEAL by providing education to staff and the HEAL committee about Health in all Policies, understanding how the built environment impacts health and also providing baseline data to the city when available.

In 2015-2016 the City plans to undertake several planning projects that will directly influence the *Active Living* aspect of HEAL, including a Bicycle and Pedestrian Master Plan, a Station Area Master Plan and Civic Campus and Civic Corridor Study. The *Healthy Eating* side of HEAL is more challenging to integrate into a clear policy objective that can directly influence food access. This Food Access Assessment is the City's first step into understanding the food environment and where gaps in access to healthy foods exist in the community. The findings and recommendations from this report will give the City direction on how to pursue policies, projects and future studies to improve healthy food access for the residents and employees.

D. NORTHGLENN'S FOCUS ON FOOD SYSTEMS & FOOD ACCESS

The City of Northglenn has not historically had many conversations specifically around food policy. Recently, however, the City has begun public discussions with the residents about allowing backyard bees and chickens. The City's decision makers recognize that regionally and nationwide cities have been considering and adopting ordinances that permit Food Producing Animals (FPA) in urban environments. The City hosted three (3) public forums in June 2015, will have a short survey open through the month of July 2015, and will be receiving comments via social media, mail and email to gauge the citizen's interest in moving forward with a proposed chickens and/or bees ordinance. The City will

decide whether or not an ordinance should be brought forward for a City Council decision based on the feedback received as a result of this public discussion period.

It is anticipated that this public discussion could lead to more with the community regarding urban agriculture and FPAs, as well as ordinances surrounding the sale of backyard produced foods, and other policy discussions around food.

E. USE OF ASSESSMENT FINDINGS

The City is kicking off several projects in 2015-2016 that the Food Access Assessment will inform. The list of projects that the City will be working on includes the Development Regulations rewrite, Citywide Economic Sustainability Model and Bicycle and Pedestrian Master Plan. The assessment will also be used by the HEAL Committee to develop a Work Plan for moving forward to influence policy decisions that are currently planned to go before City Council, as well as recommend new policy considerations to these decision makers.

Findings and recommendations from the assessment will be considered during the Development Regulations rewrite process. The assessment will inform this process by providing recommendations on how the City can integrate land use and zoning tools to encourage uses that have a focus on healthy foods. In addition, with TCHP, the City is trying to obtain funding for a HIA on the Development Regulations rewrite. If funding for this project is secured, the Food Access Assessment will provide valuable data and information that can be used in this process.

The Citywide Economic Sustainability Model primary objective is to consider current and future land uses in the City and how those impact the fiscal bottom line. The project will result in redevelopment/development priorities for the City. The Food Access Assessment findings can influence the discussion about future land uses for these sites, especially in the context of creating better opportunities for healthy food access.

The goal of the Bicycle and Pedestrian Master Plan is to improve connections for multimodal transit to amenities in Northglenn and regionally. An important component of this is making sure that everyone, including those who do not have access to an automobile or choose not to drive, have easy and convenient access to healthy food sources. The Bicycle and Pedestrian Master Plan will use findings from the assessment to understand where connections to healthy food access are missing in the community.

II. PROCESS

A. METHODS

Maps

A wide variety of data sources were used to create the maps in this report. The maps were developed to show how food retail and resources are distributed throughout Northglenn and how that distribution looks when overlaid on populations in the City that are

considered *at risk*, such as those in poverty, seniors and children. The maps were created to show connectivity to commercial amenities in the city as well as opportunity sites for potential city initiatives regarding food policy. The maps are meant to serve as a visual source of information and do not include official designations of property boundaries, private or public. Maps should be used to inform additional assessment activities or to highlight potential areas for further attention. Data presented in maps cannot be used to draw scientific conclusions such as direct correlation between two or more indicators.

The data resources for creating the maps include:

- Demographic data from the US Census
- Women Infant and Children (WIC) data from Tri-County Health Department (TCHD)
- Community Gardens data from TCHD
- Supplemental Nutrition Assistance Program (SNAP) data from US Department of Agriculture (USDA)
- Northglenn Food Retailers data from the Northglenn Economic Development Department
- Northglenn Food Pantries data from the Northglenn Community Outreach Coordinator
- Bus routes and stops data from the Regional Transportation Department (RTD)
- Northglenn streets, trails, parks, public lands from the Northglenn Public Works Department

Community Survey

With feedback from City staff and based on other surveys conducted around the state, the HEAL Cities & Towns food policy consultant developed a resident survey (available in English and Spanish) for on-line distribution through SurveyMonkey. The survey included questions about food shopping, shopping for fruits and vegetables, challenges to accessing and eating fruits and vegetables, community and personal factors that could make consuming fruits and vegetables easier, household information, as well as a series of questions about walking and biking. See Appendix A for the survey tool.

The survey was distributed through the following means:

- City Communications department will identify City-related email lists and listservs
- Northglenn Connection (paper that goes out in the water bills) advertisement with survey link in July
- June 18: Silver Sneakers Classes
- June 19: Senior Picnic
- June 26: Northglenn Senior Organization (NSO) Business Lunch
- July 1: Immaculate Heart of Mary Food Bank
- July 4: City HEAL Booth
- July 8: Good Shepard Food Bank
- July 14: Ward IV meeting
- Distribution at swim lessons at the Northglenn Recreation Center in July

Secondary Data

A variety of secondary data is referenced throughout this report. Primary sources include socioeconomic data from the US Census, health data from the Tri-County Health

Department and the Colorado Department of Public Health and Environment, and food environment maps from USDA Capacity Builder, Denver Regional Equity Atlas, and The Reinvestment Fund's PolicyMap.

Focus Groups

City staff and the food policy consultant met with two different groups to discuss traditions around food, assets and barriers regarding access to healthy foods, and shopping and eating patterns in Northglenn. See Appendix B for questions. Staff and the consultant led a 45-minute discussion during a regular monthly meeting of the HEAL Committee (see description, above). Staff and the consultant also worked with the City liaison to schedule and lead a 75-minute discussion with the Northglenn Youth Commission. The Northglenn Youth Commission provides youth between the ages of 13 and 18 a voice in government. The Commission makes recommendations to City Council and staff about programs, activities and facilities. Members must be Northglenn residents or enrolled in an Adams 12 Five Star District school.

Key Informant Interviews

City staff from the Planning & Development Department, Parks, Recreation and Cultural Services Department, and Community Engagement staff worked with the consultant to develop a list of public and private partners that could provide information on food programs, food access challenges and opportunities, and ideas for reaching residents through focus groups and surveys. The consultant communicated via phone and email with each stakeholder to collect program data where relevant, request existing plans or assessments, and capture ideas on reaching Northglenn residents through primary data collection.

B. OVERVIEW OF PARTICIPANTS

Survey Participants

Table 1: Survey Respondents

Total Respondents	233 (221 were Northglenn residents)
Gender	% of Respondents
Male	29%
Female	70%
Income	
Less than \$10,000	3%
\$10,000-\$14,999	5%
\$15,000-\$24,999	9%
\$25,000-\$34,999	7%
\$35,000-\$49,999	18%
\$50,000-\$74,999	12%
\$75,000-\$99,999	18%

\$100,000-\$149,999	12%
\$150,000 and above	3%
Chose not to respond	14%
Age	
Under 18	2%
18 - 24	4%
25 - 30	9%
31-35	11%
36-40	9%
41-45	8%
46-50	7%
51-55	7%
56-60	7%
61-70	13%
71-80	12%
Over 80	12%
Education	
Less than high school graduate	1%
High school graduate/GED	18%
Some college, no degree	23%
Associate's degree	13%
Bachelor's degree	22%
Graduate or professional degree	20%
Chose not to respond	3%
Race/Ethnicity	
White	81%
Black, African American	1%
Hispanic/Latino	13%
American Indian or Alaska Native	1%
Asian Indian	0%
Asian	2%
Native Hawaiian or Pacific Islander	0%
Other	1%
Chose not to respond	5%

Focus Groups

Nine women (three from City staff, four residents) and four men (one from City staff, three residents) participated in the HEAL Committee discussion on shopping patterns and food access.

Six youth (three males, three females) between the ages of 15 and 18 years old participated in the Youth Commission discussion on shopping patterns and food access.

Additionally, staff and the food policy consultant reviewed and discussed maps and other preliminary findings with Mayor Joyce Downing and Council Member Leslie Carrico.

Key Informants

The following organizations provided insight into the food environment in Northglenn, particular challenges for vulnerable populations, key data sets, and ideas for survey and focus group outreach:

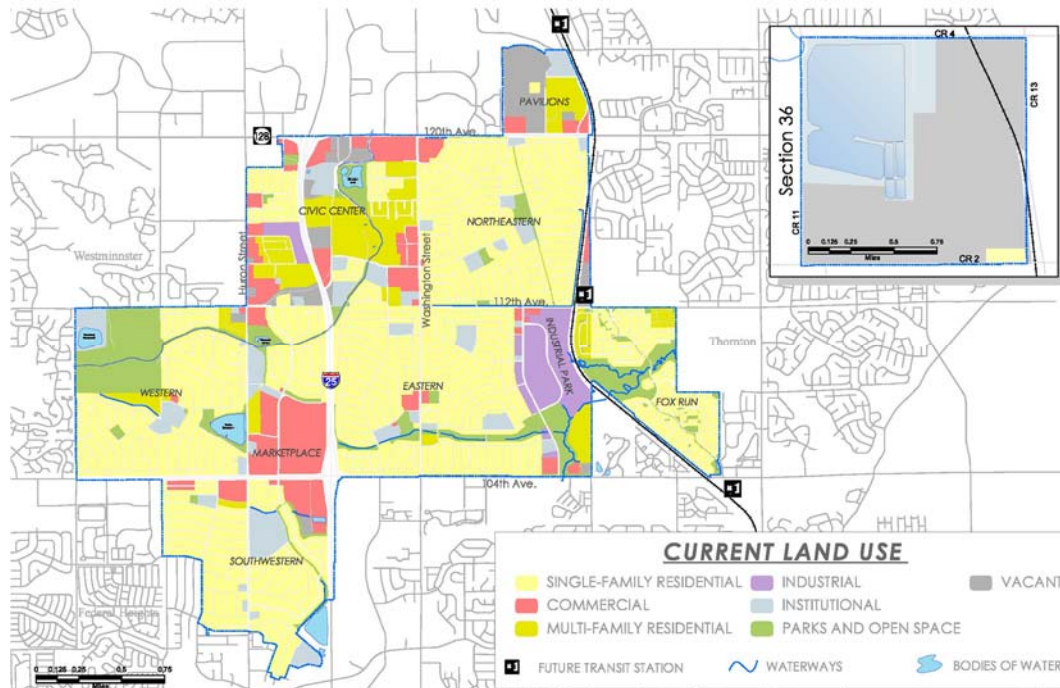
- Northglenn Senior Center
- Immaculate Heart of Mary Roman Catholic Church
- Good Shepherd Presbyterian Church
- The Senior Hub, Inc.
- Adams 12 Five Star Schools (School Wellness Coordinator)
- Tri County Health Department (Epidemiology, Nutrition, and Land Use staff)
- Northglenn Recreation Center
- Colorado Department of Human Services

III. PRIMARY RESULTS

A. NORTHGLENN COMMUNITY PROFILE

Figure 1, below, shows the primary land uses in the City of Northglenn. The City is primarily single-family residential, with several prominent commercial areas, along 104th Ave, Huron St, 120th Ave, and Washington St. This map provides important context for the rest of the maps that follow in this report, as most food retail is located within the red commercial areas.

Figure 1: Northglenn Land Uses, 2015



Source: Northglenn Planning & Development Department

Table 2, below, includes demographic and socioeconomic data from the US Census. Northglenn’s population is majority White (76.6%) with a growing Hispanic population (30.6%, of any race). Northglenn’s population is younger than the state’s, on average, and live in slightly larger households, reflecting a significant population of young families in Northglenn. According to the 2010 US Census, the median age was 33 years compared to 36.1 for Colorado.

Table 2: Northglenn Demographics & Socioeconomics

	Northglenn	Colorado
2010 Population & 2013 Estimate		
Population (2013 estimate)	37,499	5,272,086
Population (2010 estimates base)	35,769	5,029,324
Population, percent change April 1, 2010 to July 1, 2013	4.8%	4.8%
Persons under 5 years	7.5%	6.8%
Persons under 18 years	25.5%	24.4%
Persons 65 years and over	11.3%	10.9%
2010 Race & Ethnicity		
White alone	76.6%	81.3%
Black or African American alone	2.3%	4.0%
American Indian and Alaska Native alone	1.3%	1.1%
Asian alone	3.7%	2.8%
Native Hawaiian and Other Pacific Islander alone	0.1%	0.1%

Two or More Races	4.2%	3.4%
Hispanic or Latino, percent (of any race)	30.6%	20.7%
2009-2013 Household Composition Estimates		
Foreign born persons	9.0%	9.7%
Language other than English spoken at home, age 5+	19.5%	16.8%
2009-2013 Education Estimates		
High school graduate or higher, persons age 25+	85.7%	90.2%
Bachelor's degree or higher, persons age 25+	16.4%	37.0%
2009-2013 Homeownership & Income Estimates		
Homeownership rate	58.0%	65.4%
Housing units in multi-unit structures	31.5%	25.9%
Median value of owner-occupied housing units	\$183,600	\$236,200
Persons per household	2.71	2.53
Median household income	\$52,886	\$58,433
Persons below poverty level	15.1%	13.2%

Source: US Census Bureau State & County QuickFacts

The median household income (MHI) in Northglenn is \$52,886 while the “Self-Sufficiency Standard” for Adams County has been set at \$50,719 (more than three times the poverty level) for only *one adult & one preschooler*. This standard is what is required to make ends meet and cover basic living expenses such as child care, transportation, housing and food. This standard jumps to \$76,359 for a family with two adults, one infant, and one preschooler⁹ – a fairly common household.

Housing costs in Northglenn, are, however, much more in line with local MHI than in other areas. For example, the MHI in Lakewood, CO is \$56,492 (almost \$4,000 above Northglenn) but the median housing price is \$238,500 (about \$55,000 higher). In Denver, the MHI is \$50,313 while the median housing price is \$249,100¹⁰. This might partially explain the higher number of young households with children – possibly first-time homebuyers – living in Northglenn.

Table 3, below, includes the leading causes of death for Northglenn and the state. Health-related diseases constitute the top two leading causes of death in all places. Contributing factors to these primary causes of death include poor nutrition and poor nutritional environments. As the maps in this report show, areas with access to less healthy food coincide with lower-income areas. These indicate potential areas for further study.

Table 3: Leading causes of death by region of residence, Colorado residents, 2011-2013

	Colorado		Northglenn
Rank	Cause of Death	Rank	Cause of Death

⁹ Colorado Center on Law and Policy, *Self Sufficiency Standard for Adams County, 2014*. Available at: <http://cclponline.org/wp-content/uploads/2014/04/Adams.pdf>

¹⁰ US Census Bureau State & County QuickFacts

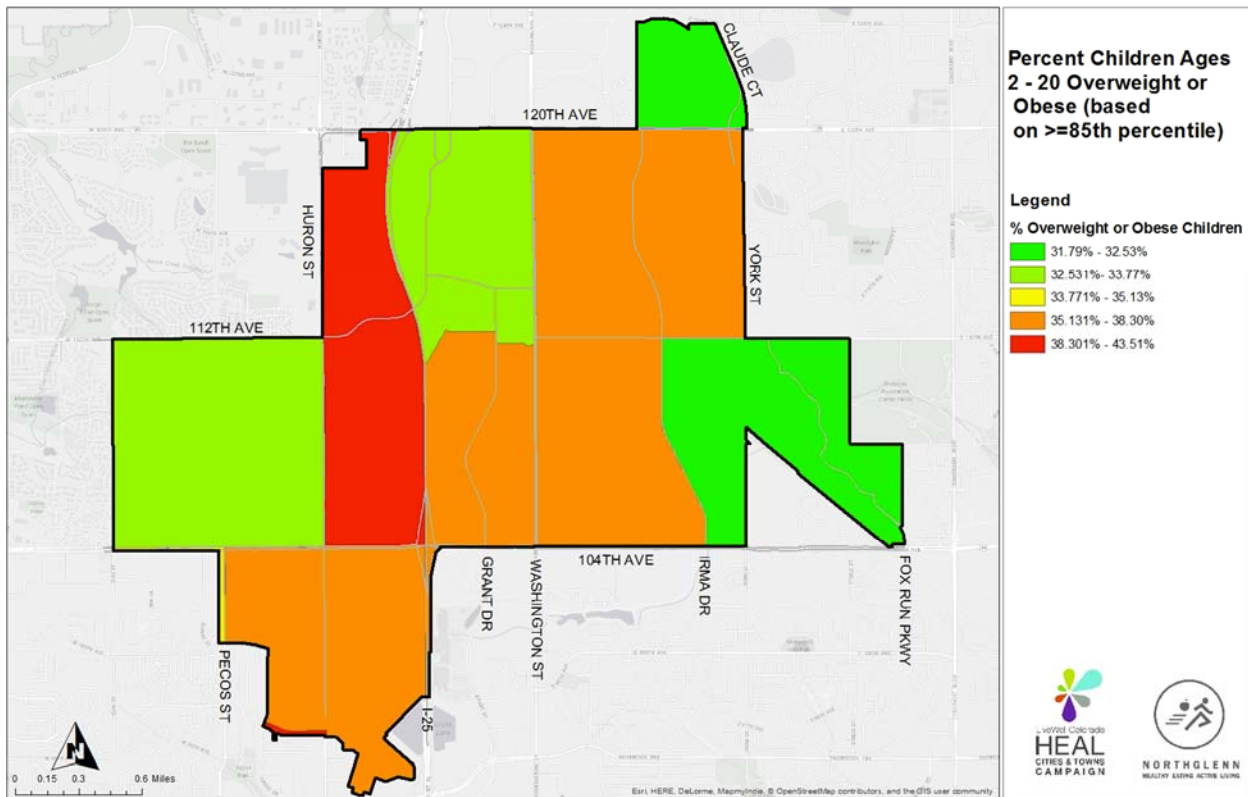
1	All Cancers	1	Heart Disease
2	Heart disease	2	All Cancers
3	Unintentional injuries	3	Chronic lower respiratory diseases
4	Chronic lower respiratory diseases	4	Unintentional injuries
5	Stroke	5	Alzheimer's disease
6	Alzheimer's disease	6	Stroke
7	Suicide	7	Suicide
8	Diabetes mellitus	8	Nephritis, nephrotic syndrome, nephrosis
9	Chronic liver disease and cirrhosis	9	Diabetes mellitus
10	Influenza and pneumonia	10	Chronic liver disease and cirrhosis

Source: Colorado Department of Public Health & Environment, Vital Statistics, 2013

Additionally, Body Mass Index (BMI) data collected by area health care providers shows alarmingly high rates of overweight and obesity of children and youth throughout Northglenn¹¹. According to this health data collected, 36% of all Northglenn 2-20 year olds surveyed are overweight or obese, compared to 27% of this population in Lakewood (overweight or obese is a BMI of over 25, measured with a >85th percentile confidence interval through this data collection). In each census tracts in the City, over 30% of the surveyed population is overweight or obese, with over 40% considered so in two census tracts. Please see Figure 2, below, for a geographic display of overweight and obesity prevalence.

¹¹ The system combines objectively measured BMI data collected between 2009-2013 from multiple health care delivery systems. BMI data are obtained from each systems' electronic health record. The data only includes individuals who have interacted with the health care delivery system and had their BMI measured during routine health care visits. Therefore, the individuals captured may not be representative of the total population. The current partners contributing BMI data are Kaiser Permanente Colorado (KPCO), Denver Health (DH), Children's Hospital Colorado (CHC), and High Plains Community Health Center (HPCHC).

Figure 2: Children & Youth, Overweight and Obese



Source: Northglenn Planning & Community Development Department

While we do not have detailed health and weight data for Northglenn students alone, Adams 12 Five Star Schools has started to collect such data for middle and high school students across the district that provide some indication of nutrition and overweight amongst area youth. Results from a 2013 student survey show:

- 21% of high school students were overweight or obese
- 28.1% percent of high school students ate fruit two or more times day within the previous week
- 25.5% percent of high school students ate vegetables two or more times day within the previous week
- 24% of middle school students described themselves as slightly or very overweight
- 38.2% percent of middle school students ate fruit two or more times day within the previous week
- 29.4% percent of middle school students ate fruit two or more times day within the previous week

B. NORTHGLENN FOOD ENVIRONMENT

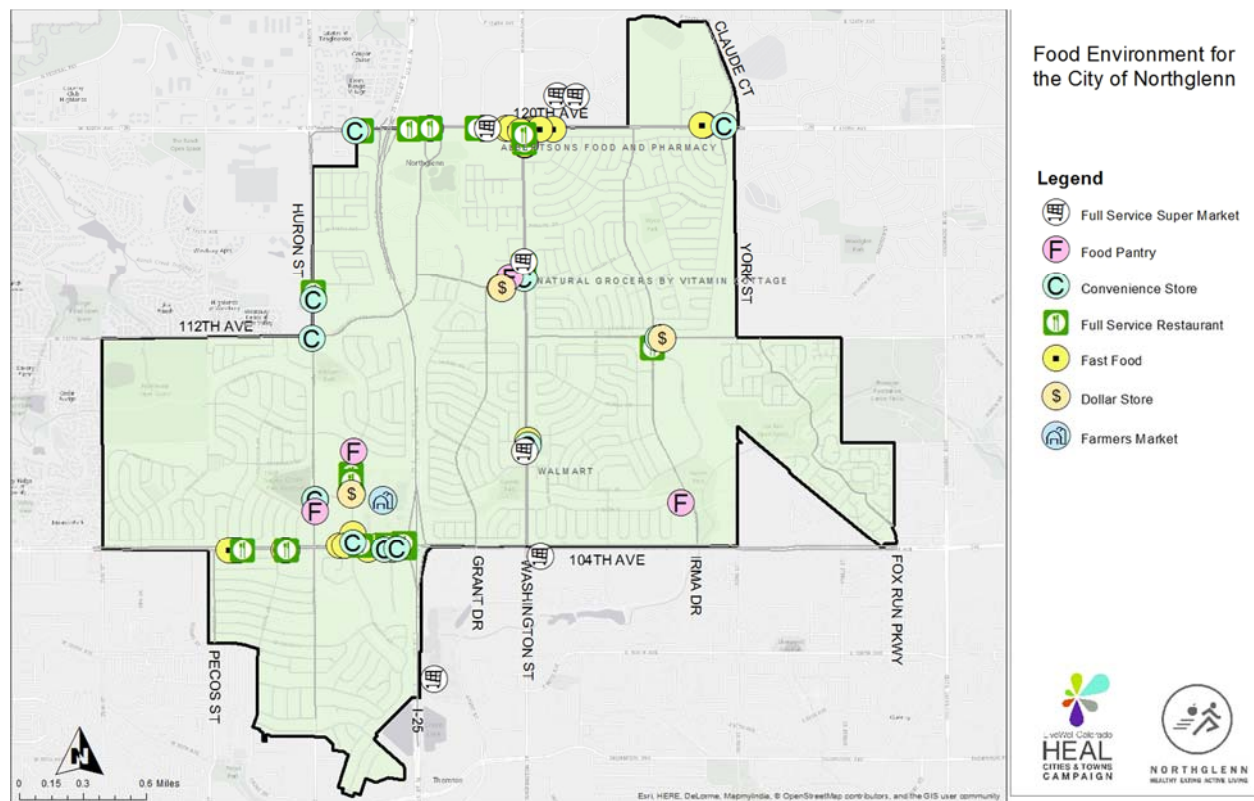
This section includes several food environment maps. It is important to remember throughout this report that maps should be used to inform additional assessment activities or to highlight potential areas for further attention or inquiry. Data presented in maps cannot be used to draw scientific conclusions such as direct correlation between two or

more indicators.

Figure 3, below, shows Northglenn's entire food environment – where anyone can access any type of food. The map also includes some full-service grocery stores that lie just outside the city boundaries. Within Northglenn, there are three full-service grocery stores, 59 restaurants, 16 convenience stores, and one farmers market.

As this map (and the land use map) shows, food retail development clearly aligns with areas of commercial development and commuting corridors within the City. This is likely beneficial for several reasons, including convenience for commuters to do their shopping, separation of busy commercial centers from quiet residential areas, and alignment with public transportation.

Figure 3: Northglenn's Food Environment



Source: Northglenn Planning & Development Department

Different types of food retail can contribute to different community health outcomes, however. The USDA has defined typically “healthy” and “less healthy” food retailers. These categories are broad and imperfect, but can help provide a general sense of where residents can access the foods they need to feed themselves and their families three healthy, balanced meals a day.

Healthy Food Facility = full-service grocer with available fresh produce, or a fresh produce market. Includes grocery, club, and specialty stores and supercenters. □

Less Healthy Food Facility = convenience stores (e.g., 7-11) or small variety stores that sell a limited groceries and stock little to no fresh produce, or a facility (e.g., fast food) that primarily sells foods with high levels of sugar, fat, and sodium. □

Given these definitions, following are ratios of typically healthy versus typically less healthy food retailers to population, given the 37,499 US Census 2013 population estimate for Northglenn:

- 0.423 Convenience stores per 1,000 residents
- 0.11 healthy retailers per 1,000 residents
- 2.0 less healthy retailers (including ALL restaurants) per 1,000 residents
- Overall ratio of less healthy to healthy of 19:1

Table 4, below, includes results from the community survey about resident perceptions of their food environment. Even with very high ratios of less healthy to healthier retail, survey respondents in general report availability of all foods – not just less healthy foods.

Table 4: Neighborhood Food Availability

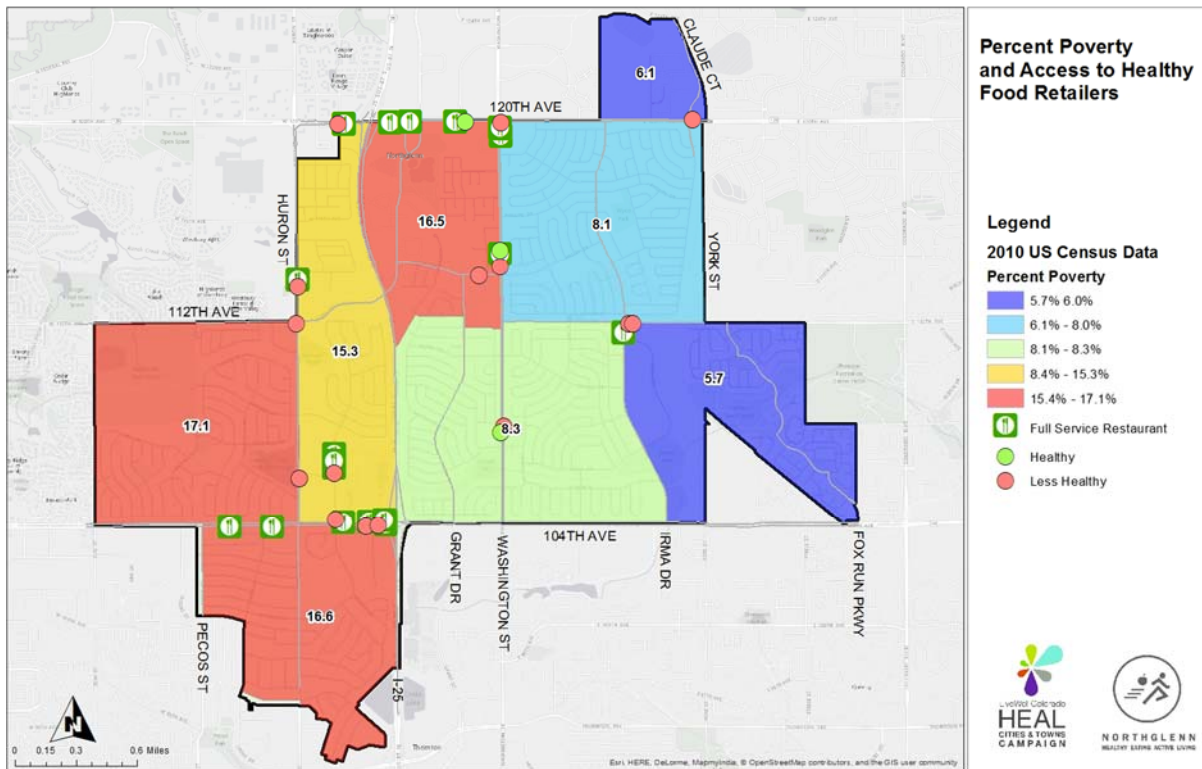
Do you think there are stores in your neighborhood that sell:			
	Yes	No	Not Sure
Fruits and vegetables	204	12	1
Locally-grown products	145	23	20
Whole grain products like whole wheat breads or brown rice	186	11	3
Low-fat dairy products like milk, yogurt, cheese	187	7	2
Junk food and sugary drinks	196	3	2

Disparities in the Food Environment

When we look closer at the food environment – particularly at how the availability of typically less healthy food retail may affect certain populations – we begin to see potential challenges and solutions for promoting health through the food environment.

Figure 4: Poverty and Access to Healthy Food Retail, below, shows that food retail locations track to income – for ALL food retail, however. Almost all food retail – healthy or less healthy – are located in census tracts with the highest poverty rates. What healthy food retail exists appears to be surrounded by less healthy retailers, an issue discussed later in the assessment.

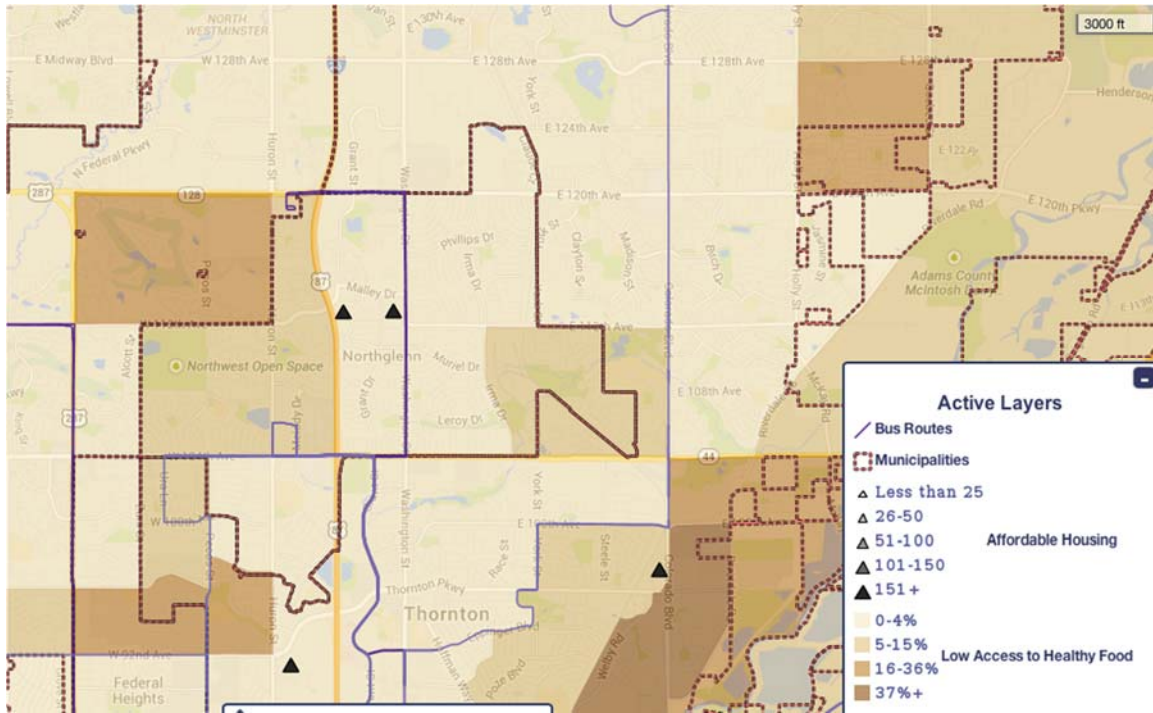
Figure 4: Poverty and Access to Healthy Food Retail



Source: Northglenn Planning & Development Department

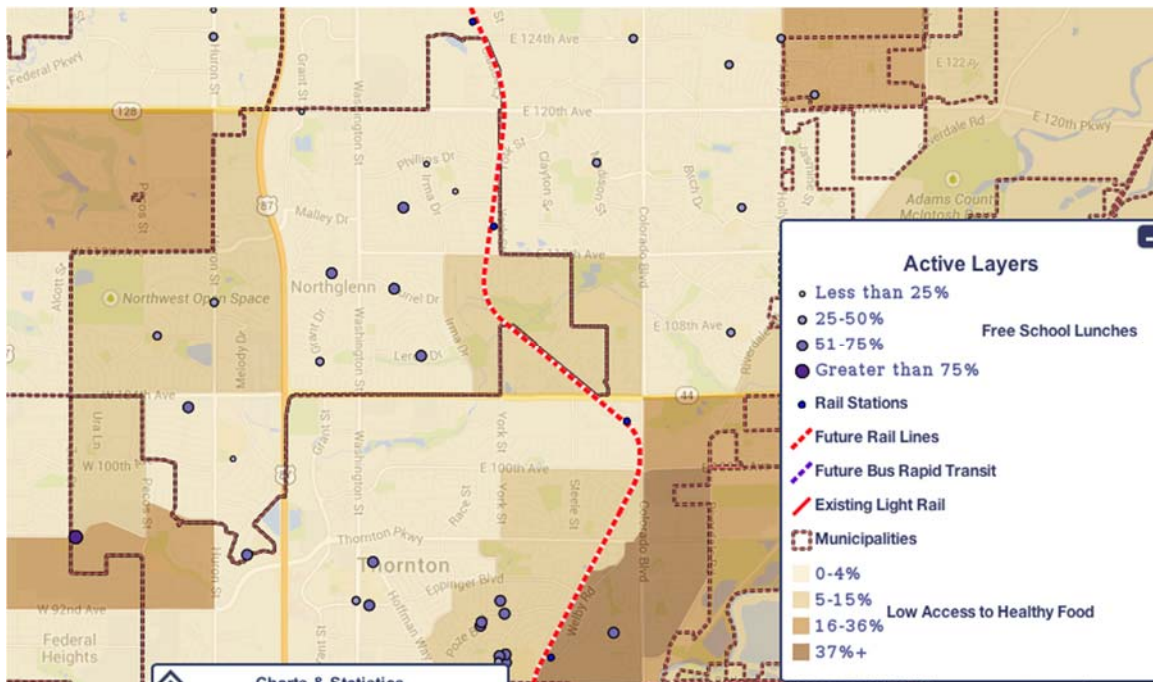
This also confirms something that we have heard throughout this assessment: that availability of grocery stores does not pose the biggest challenge for residents, at least concerning dietary intake, but access to all types of food retail – mostly unhealthy - might. Figure 5: Affordable Housing and Low Food Access and Figure 6: Free and Reduced Lunch Students and Low Food Access from Denver Regional Equity Atlas, below provide additional indicators of income and how it relates to food access. Neither map indicates a relationship between housing sites or FRL students and low food access areas.

Figure 5: Affordable Housing & Low Food Access



Source: Denver Regional Equity Atlas

Figure 6: Free and Reduced Lunch Students and Low Food Access

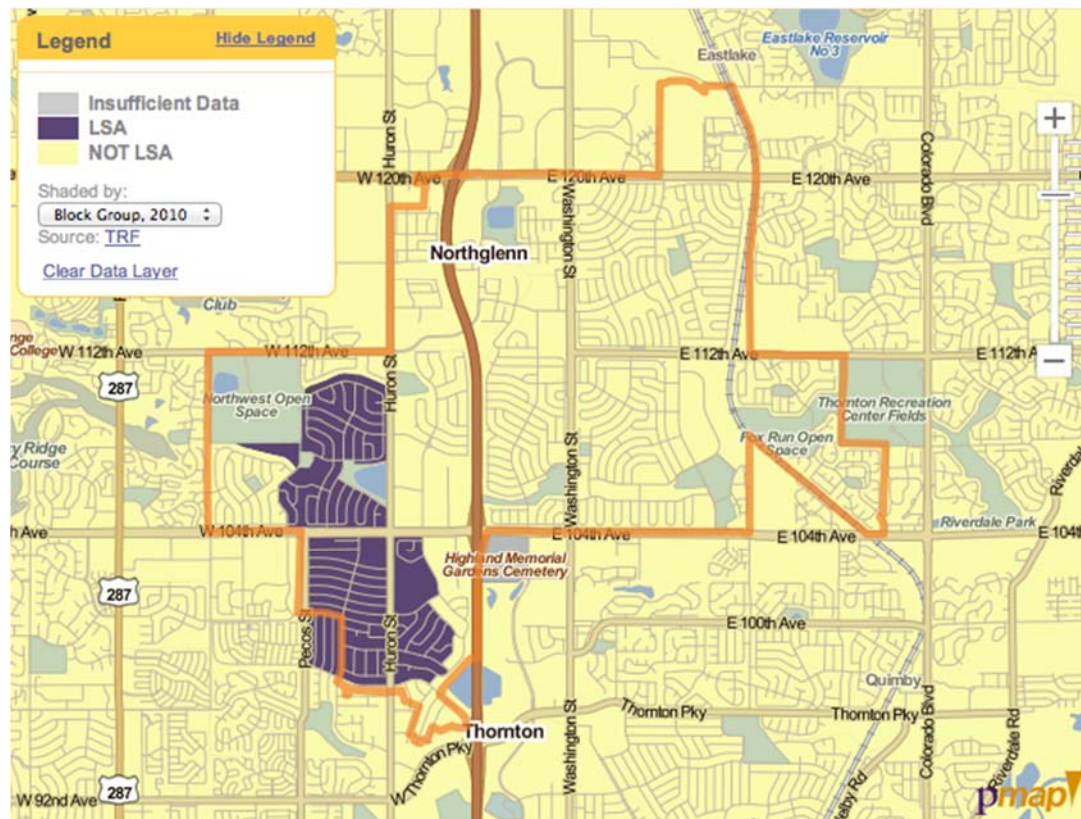


Source: Denver Regional Equity Atlas

A small distance can be critical to lower-income households, however. Figure 7: Limited Supermarket Access Areas shows national data collected by The Reinvestment Fund in their Limited Supermarket Access Areas study. This map does highlight some areas where low-

income households may face particular challenges in accessing grocery stores¹². This map shows that for some households that may lack financial means and transportation, grocers may be a little out of reach. This map also highlights the concern raised throughout primary data collection for this assessment that I-25 may act as a critical barriers to residents on the west side of I-25 in accessing grocery stores, especially those that lack consistent access to a vehicle or have limited funds for transportation.

Figure 7: Limited Supermarket Access Areas

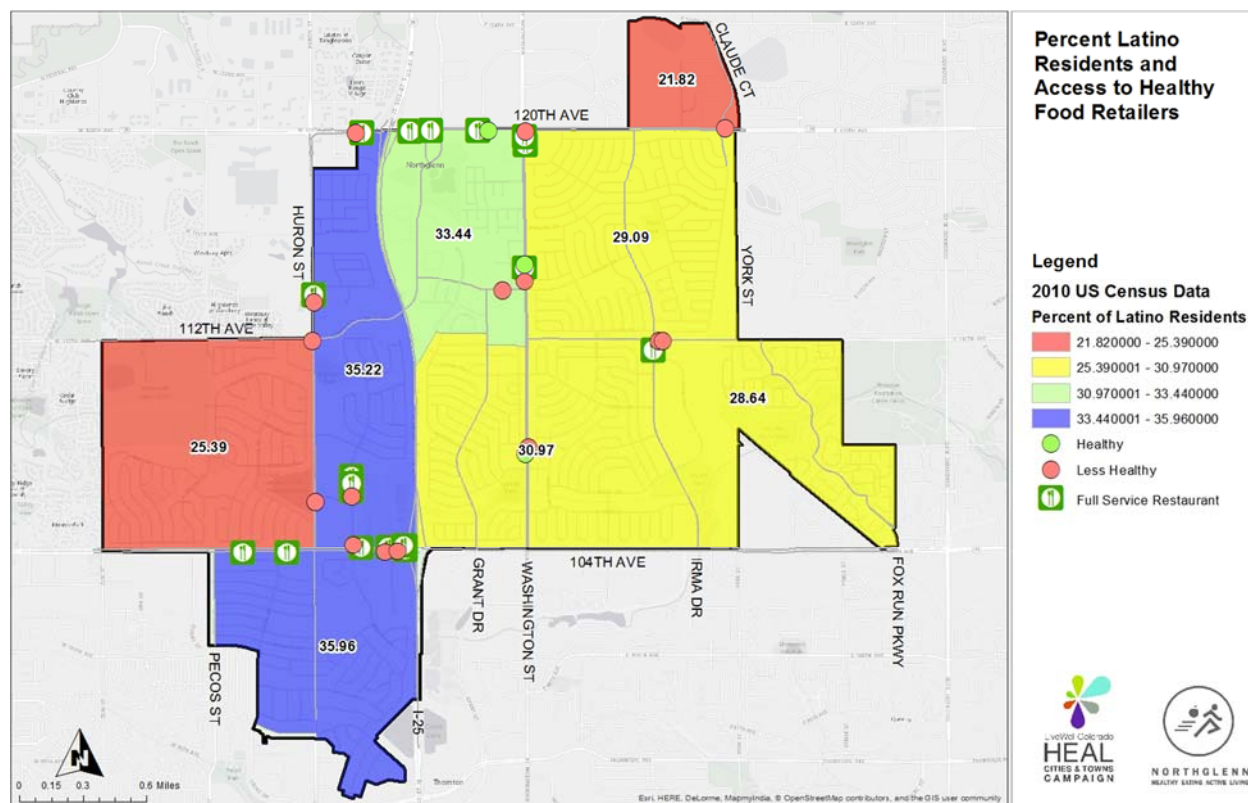


Source: The Reinvestment Fund Limited Supermarket Access Analysis Mapping Tool

Figure 8: Latino Residents and Access to Healthy Food Retail shows significant overlap between Latino populations and higher concentrations of poverty (shown above). This map also shows an overlap between higher concentrations of Latino residents and all food retail. The census tracts with the largest Latino populations also contain or border most of the City’s food retailers.

¹² All block groups included in the Limited Supermarket Access analysis are designated as either 'LSA' (within a Limited Supermarket Access area) or 'Not LSA' (not within a Limited Supermarket Access area) according to TRF's analysis. TRF's methodology is designed to identify areas where residents travel longer distances to reach supermarkets when compared to the benchmark (average) distance traveled by residents of non-low/moderate income areas. Comparative areas are grouped based on similar values for population density and car ownership rates. Data sources include US Census (2010) for population living in households and residential land area; US Census 2008-2012 ACS for household income and car ownership rates; and Nielsen Trade Dimensions (July 2013) data for supermarket locations.

Figure 8: Latino Residents and Access to Healthy Food Retailers



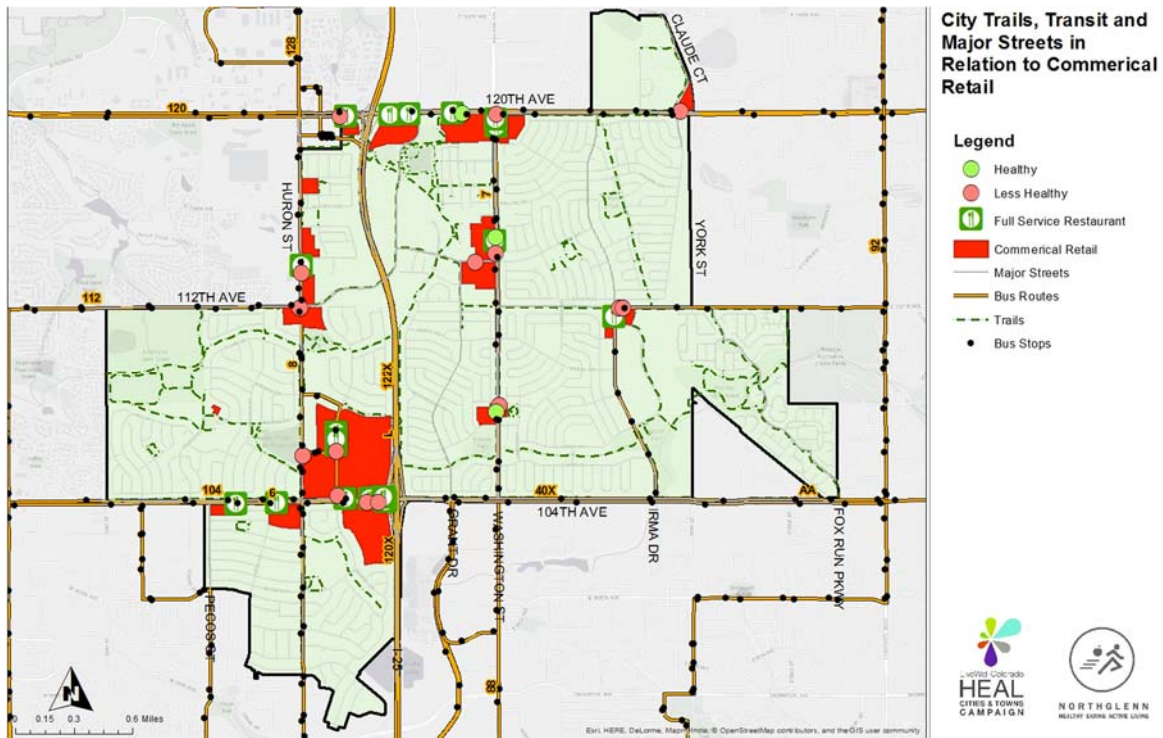
Source: Northglenn Planning & Development Department

Focus group participants provided insight into the food environment in Northglenn as well, confirming ample access to food retail – but primarily less healthy. The Youth Commission pointed out that Northglenn High School is far from any grocery store. Youth, who attend a variety of different high schools, could easily name the following as being within walking distance to their school: Tamale Kitchen, McDonald’s, Taco Bell, a gas station, Dairy Queen, Starbucks, and King Soopers (from Horizons, which is in Thornton).

C. PHYSICAL ACCESS TO THE FOOD ENVIRONMENT

Figure 9, below, shows connectivity to all food retail, with a few exceptions for neighborhoods that may be far from a bus stop. The map shows that there is at least one bus stop at each of the City’s three full-service grocers. Also, bike paths go to one of the grocery stores and very close to the other two. All three stores are located along Washington St, making them easily accessible by car. All major corridors have at least one bus route. For families with limited vehicle access in Fox Run or in the Western neighborhood, however, distances to bus routes could pose a barrier to easily and consistently getting to a store. While trails/paths are common, bus routes are not available within these neighborhoods. Additionally, there could be more bike path connectivity from within neighborhoods to Washington St. Table 5, below, shows that the majority of survey respondents report living within three miles of where they get most of their foods, though 15% live between three and five miles which could limit regular shopping trips.

Figure 9: Car, Bike, and Transit Access to Retail



Source: Northglenn Planning & Development Department

Table 5: Distance to Food Source

About how far do you live from where you get MOST of your foods?	
	Response Percent
One to 5 blocks (less than a half mile)	15%
Between half mile and a mile	19%
Between 1.1 mile and 3 miles	45%
Between 3.1 miles and 5 miles	15%
Between 5.1 miles and 10 miles	5%
Between 10.1 miles and 30 miles	1%

Focus group participants also discussed physical access to food retail as well. While several of the adults and youth pointed out that residents living on the west side of I-25 may face challenges due to distance from a grocery store, no focus group participant reported personal challenge in accessing a grocery store. Participants also identified Fox Run as being particularly isolated from healthy food access. Participants noted that it is likely a five-minute drive to get to any commercial area, but there is a Dollar Store within an approximate ten-minute walk from the neighborhood.

Both adults and youth expressed challenges in trying to consistently bike to get grocers, though several reported still doing it, out of commitment or necessity. Youth reported clear boundaries about how far they would be willing to walk to get food. They discussed being

willing to walk 0.5 miles to 1.5 miles to get food they need, but no more, unless it was for something they really liked. They discussed personal preferences as well. Some would prefer to walk for 20 minutes, while some would prefer to bike it in five minutes. All youth reported walking or biking to some degree (much more often than taking the bus) to get food or snacks, even when it was not the easiest option.

D. GARDENING IN NORTHGLENN

Table 6 and Figure 11, below, show the locations of current and potential community gardens. Also see Section III-F, below, for extensive information about food donation programs run out of these gardens.

Current community gardens in the City include those listed in Table 6, below.

Table 6: Community Gardens in Northglenn

Garden	Location
Crossroads of Northglenn Assisted Living	415 Malley Drive
Stonehocker Historic Park	10950 Fox Run Parkway
Immaculate Heart of Mary (small private garden on their property)	11385 Grant Dr.
St. Stephens Lutheran (small private garden on their property)	10828 Huron St.
Federal Heights Community Garden	(on Northglenn border may draw Northglenn residents)
STEM School Community Garden	11700 Irma Dr, Northglenn, CO 80233

Table 7 includes survey responses regarding gardening practices. Results indicate that about a third - 38% - of survey respondents garden, most of those in their own backyard. Results do *not* demonstrate significant interest in sharing or selling what residents are growing themselves, though about half of all respondents report wanting to garden more than they do, primarily in a backyard or community garden.

Table 7: Resident Food Production

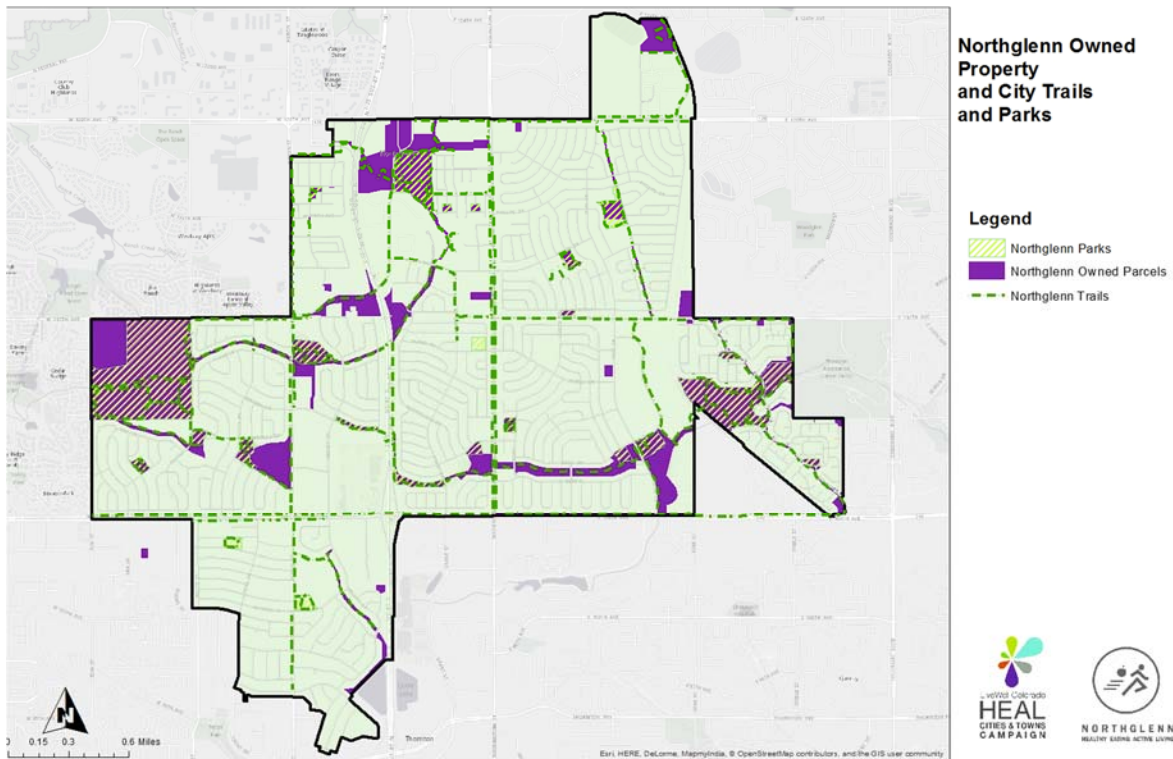
Do you/someone in your household grow any of your own food?	
	Response Percent
Yes	38%
No	62%
(If so,) Where do you grow your own food?	
Community garden	1%
Backyard garden	68%
Container garden	21%
Community farm	0%
Front yard garden/garden as landscaping	6%
Nowhere else	19%

Other	6%
Are you interested in <i>selling or sharing</i> food you grow in any of the following:	
	Response Percent
Food pantries or meal programs	8%
At a stand in front of my house	7%
At a neighborhood produce stand	10%
Not currently interested	82%
Other (please specify)	4%
Are you interested in <i>growing any or more</i> of your own food through the following:	
Community garden	25%
Backyard garden	32%
Container garden	18%
Community farm	13%
Frontyard garden/garden as landscaping	13%
Not currently interested	48%

Potential Food Production Sites

The city has already identified several additional community garden sites, after analyzing publicly-owned parks and open space, shown below in Figure 10.

Figure 10: City-Owned Properties

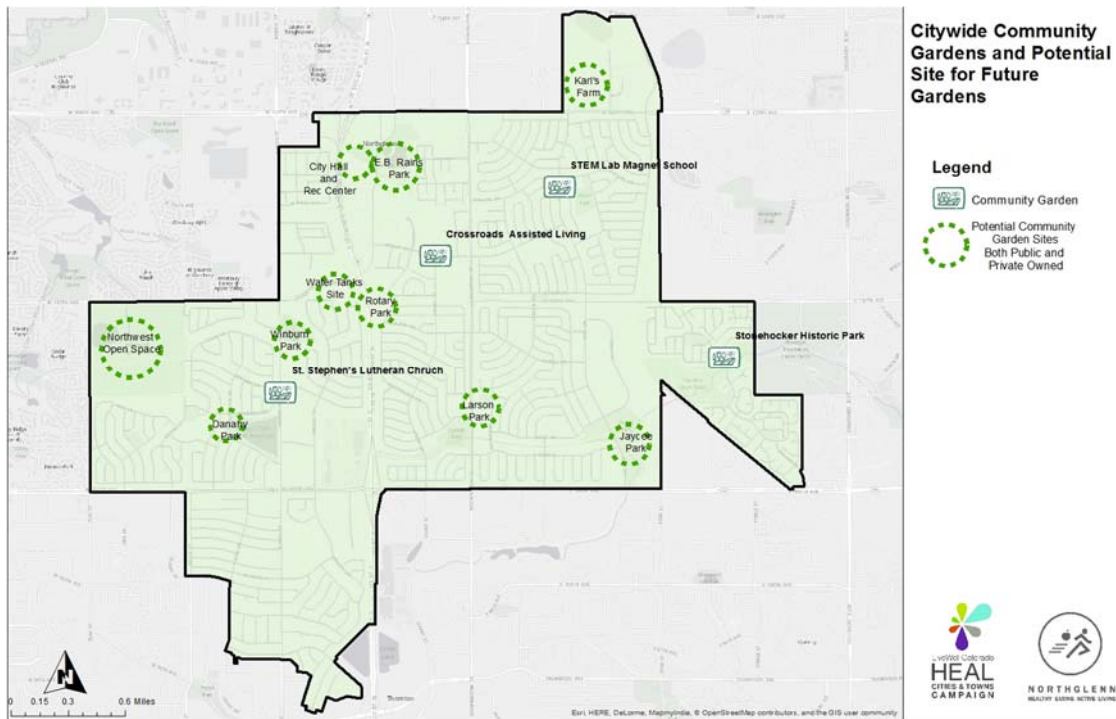


Source: Northglenn Planning & Development Department

Potential gardens sites, this far identified by the City, are described below, and shown in Figure 11, below, along with all existing community gardens:

- Karl's Farm – Privately owned land that is currently zoned agriculture. It is the City's last large greenfill development opportunity. The Family that owns the property and the City have partnered to create a Master Development Plan. As part of the planning process, community and civic amenities, such as community gardens, will be considered.
- E.B. Rains Jr. Memorial Park – City Owned Park East side: West of 117th Ave. & Lincoln St.; West side: East of City Hall Community Center Drive
- City Hall and Recreation Center – City Owned Government/Institutional Facilities located at Community Center Drive
- Northwest Open Space – City Owned Park and Open Space at North: W. 112th & Ranch Dr.; South: North of Pecos St. & Roseanna Dr.
- Larson Park – City Owned Park at E 108th Ave. & Larson Dr.
- Jaycee Park – City Owned Park at Leroy Dr. & Irma Dr.
- Rotary Park – City Owned Park at Pecos St. & Roseanna Dr.
- Charles C. Winburn Park – City Owned Park at Huron St. & W. 112th Ave.
- Hugh Danahy Park – City Owned Park at Roseanna Dr. & Livingston Dr.
- Water Tanks Site – City Owned land that is currently mostly undeveloped. The property is currently zoned residential. There are water tanks existing on the site. It is located south of Community Center Drive and West of I-25.

Figure 11: Current and Potential Community Gardens



Source: Northglenn Planning & Development Department

E. FEDERAL FOOD ASSISTANCE

Tables 8 and 9, below, reflect very high rates of food security within the population that responded to the community survey. This is not surprising given that the survey over-sampled middle- to upper- income households, women, and Whites, and older adults as compared to the actual Northglenn population. While these results indicate low levels of food insecurity and low usage of food assistance programs (82% of respondents report accessing no food assistance of any kind), other indicators such as WIC and SNAP participation data presented later in this section demonstrate unmet food access needs in the community and potential undetected food insecurity.

Table 8: Resident Food Security

In the past 12 months, how often were you unable to feed your household all that you wanted because of cost?	
Always	7%
More than half of the time	6%
Half of the time	7%
Less than half of the time	16%
Never	65%
How often do you have to compromise on healthy or balanced food items because of budget concerns?	
Always	4%
More than half of the time	11%
Half of the time	13%
Less than half of the time	25%

Never	46%
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Table 9: Use of Food Assistance

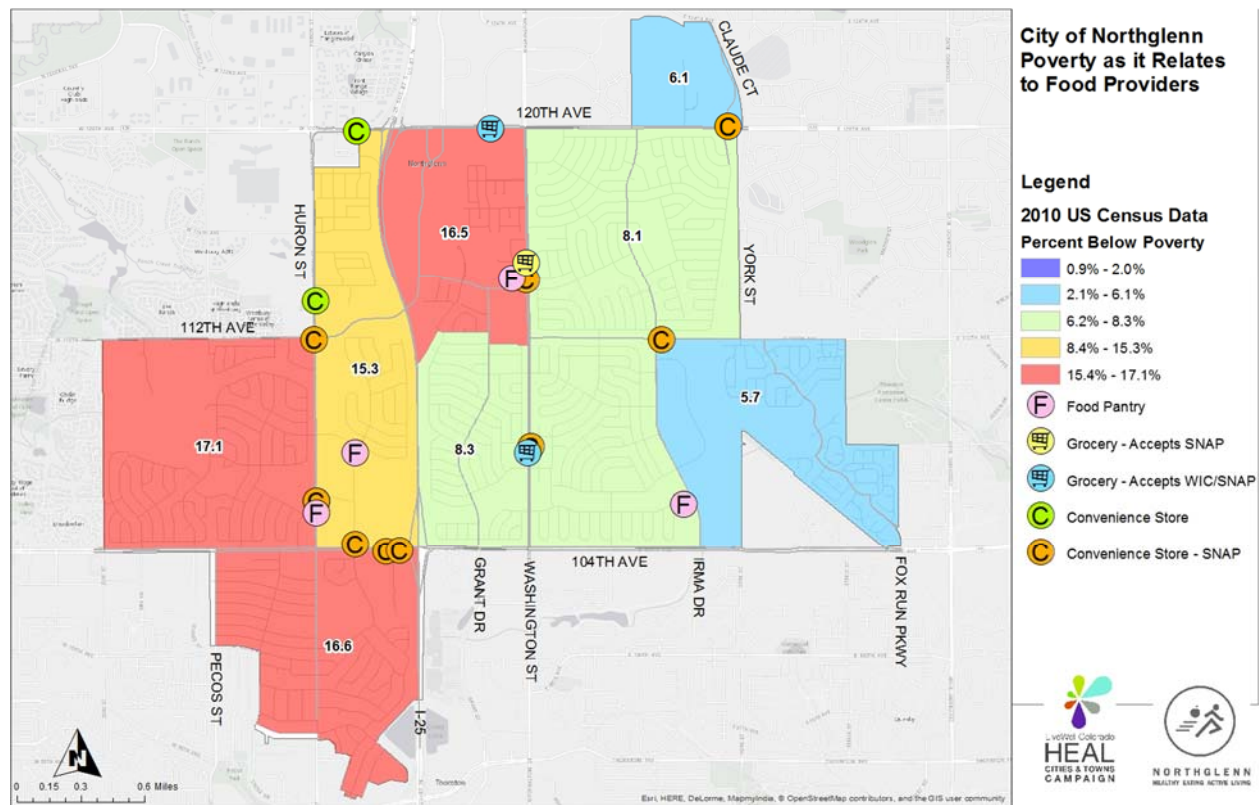
Which food assistance programs have you or someone in your household participated in, in the past year?	
SNAP (Supplemental Nutrition Assistance Program, formerly food stamps)	5%
WIC (Women, Infant & Children program)	3%
Children participate in the Free or Reduced meal program at school	5%
Meals on Wheels	1%
Visits to food banks or food pantries	11%
Meals at a church or other congregate meal site	3%
None	82%

Availability of and Community Participation in Food Assistance Programs

This section provides an overview of where some of the federal food programs such as Supplemental Nutrition Assistance Program (SNAP), Women, Infant and Children’s Program (WIC), and school Free and Reduced Lunch (FRL) programs are available to Northglenn residents and participation rates in those programs where they are known. Federal food assistance programs are not only critical to ensure low-income families have consistent food to put on their tables, but can also be bridges to healthier eating, are often accompanied by nutrition education, and can bring in significant federal dollars to local communities as every \$5 of SNAP benefits spent generates up to \$9 of economic activity.

For a map of where both federal food assistance programs are accepted/available along with community food assistance (food pantries), see Figure 12: Where We Provide Food for Low-Income Residents.

Figure 12: Where We Provide Food for Low-Income Residents



Source: Northglenn Planning & Development Department

This map shows that all three grocery stores accept SNAP, but only Albertson’s and Walmart (not Natural Grocers) accepts WIC. This map also highlights that most of the retailers that accept SNAP (seven of them) are actually convenience stores, whose stock is most likely limited in fresh food offerings and healthy cooking staples. These SNAP stores are also much more accessible to low-income neighborhoods than the full-service grocery stores. All but one of the food pantries is located in a low-income neighborhood, and along a major corridor and bus route.

School Food Programs

The Adams 12 Five Star Schools Wellness Coordinator provided Table 10, below. The table summarizes a variety of school food program that increase access to healthy foods for Northglenn students. The average Free and Reduced Lunch (FRL) percentage for Northglenn elementary schools is 56.12% and the average for middle/high schools is 55.17%, both considerably higher than the entire district’s average of 37.94%. Northglenn schools do, however, provide several programs to provide additional access to food for their students. Five of the schools provide a “backpack” program that send students home with food items for the weekend, two host a summer feeding site, two have school gardens, and five provide additional or after-school meals or snacks.

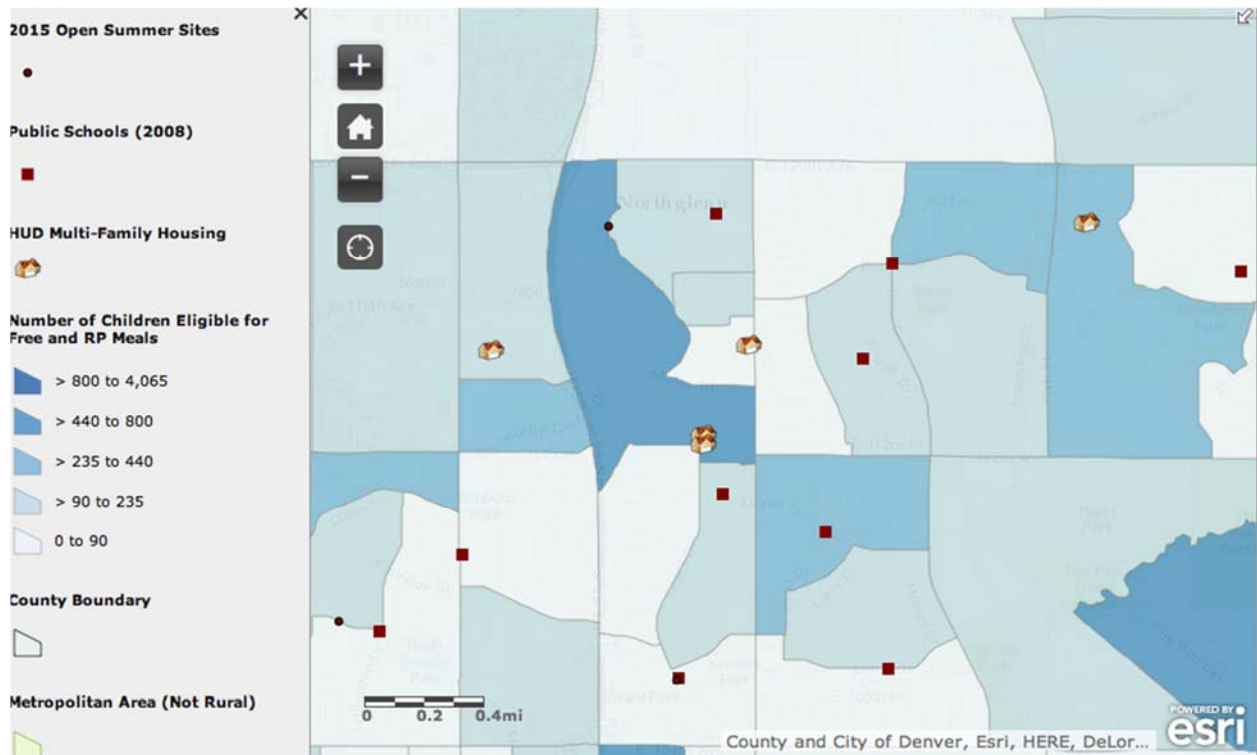
Table 10: School Food Programs Available in Northglenn

School	FRL %	Backpack Program (Totes For Hope)	Summer Feeding Site	After School Meal Programs	Garden Programs
Adams 12	37.94%				
ELEMENTARY SCHOOLS/K-8					
All schools offered nutrition ed. via wellness coordinators and Cooking Matters (Cooking Matters requires FRL% over 50%), http://www.adams12.org/nutrition_resources					
Hillcrest	79.74	Yes			
Hulstrom K-8	7.61				Garden Offsite-Shared with STEM Lab K-8
Leroy Drive	67.23			Snack	
Malley Drive	78.39	Yes		Snack	
North Mor	78.67			Snack, Fresh Fruit and Veggie Grant	
STEM Lab K-8	12.94				Garden Offsite-Shared with Hulstrom K-8
Studio School	37.8		Yes		
Stukey	82.49	Yes		Fresh Fruit and Veggie Grant	
Westview	60.2		Yes	Snack	
MIDDLE/HIGH					
All schools offered nutrition ed. via wellness coordinators and Cooking Matters (Cooking Matters requires FRL% over 50%), http://www.adams12.org/nutrition_resources					
Crossroads MS	64.29	Yes			
Northglenn MS	73.2				
Northglenn HS	38.35				
Vantage Point HS	44.83	Yes			

Figure 13, below, from the USDA shows concentrations of Free and Reduced Lunch (FRL) eligible students, school locations, and summer feeding site locations. Note that summer feeding sites are being added or changed regularly and the USDA does not always have the most current data. The map shows, however, a need for more summer feeding sites. Many

additional neighborhood schools (or other public sites) could be providing summer feeding sites in neighborhoods with a high percentage of eligible students.

Figure 13: Schools & FRL Eligibility



Source: USDA Capacity Builder

Early Childhood Food Programs

There are currently four early childhood education sites that participate in the USDA Child and Adult Care Feeding Program (CACFP) in Northglenn. See Table 11, below. CACFP reimburses centers at free, reduced-price, or paid rates for eligible meals and snacks served to enrolled children, targeting benefits to those children most in need.

Table 11: CACFP Sites in Northglenn

CACFP Site	Location
Buttercups Learning Center	10700 Pecos St.
KinderCare #301174	701 W. 114th Ave.
Little Sailors CDC	11840 Delaware Ct.
Step by Step Child Development Center	10689 Melody Dr.

Figure 14 below, also from the USDA, shows neighborhoods that are eligible at an area level for participation in CACFP. The map reveals a need and opportunity to provide more early childcare programs that participate in CACFP, particularly in the Western and Southwestern neighborhoods. The same USDA Capacity Builder maps also include data on low-income preschooler obesity rates from the Centers for Disease Control & Prevention

(2009-2011 data). However, all census tracts in Northglenn fall into the lowest category, which is under 10% obesity rates for low-income preschoolers.

Figure 14: Head Start & CACFP Eligibility



Source: USDA Capacity Builder

Other Food Programs for Children & Youth

The City Recreation Center runs three programs for low-income children and youth in Northglenn, see Table 12 below.

Table 12: Northglenn Recreation Center Youth Food Programs

Program	Availability	Eligibility	Provisions
Kids Cafe	M-F from 4:30-6:30pm each day during the school months (September thru May)	All youth up to 18; Free; "No question" program (only a name required).	40 sack meals that are nutritionally balanced each day
Kids Cafe-Summer Program	Lunch time, 11am-1pm (June-August)	All youth up to 18; Free; "No question" program (only a name required). City can continue to run program as surrounding schools have over 75% FRL	
Family/Youth Totes for Hope	Provides families a sack full of food every Thursday	Free "No question" program; City can continue to run program as surrounding schools have over 75% FRL	50 totes are given out each Thursday

Women, Infants, and Children Program (WIC)

Figure 15, below, shows the distribution of WIC clientele and WIC-certified grocery stores in and around Northglenn. In addition to what is on the map, there is now a Walmart on Washington St at the south end of town that accepts WIC. This map shows that areas with high numbers of WIC clients live in fairly close proximity to a WIC-certified store in Northglenn, except for those living on the west side of I-25 and perhaps the eastern edge of the City. Given that several stores accept WIC in Thornton and Westminster, this may or may not pose a challenge for WIC moms. The City could work with Tri-County Health Department to better understand where WIC clients are choosing to shop, to ensure that access to a store is not a barrier to participating.

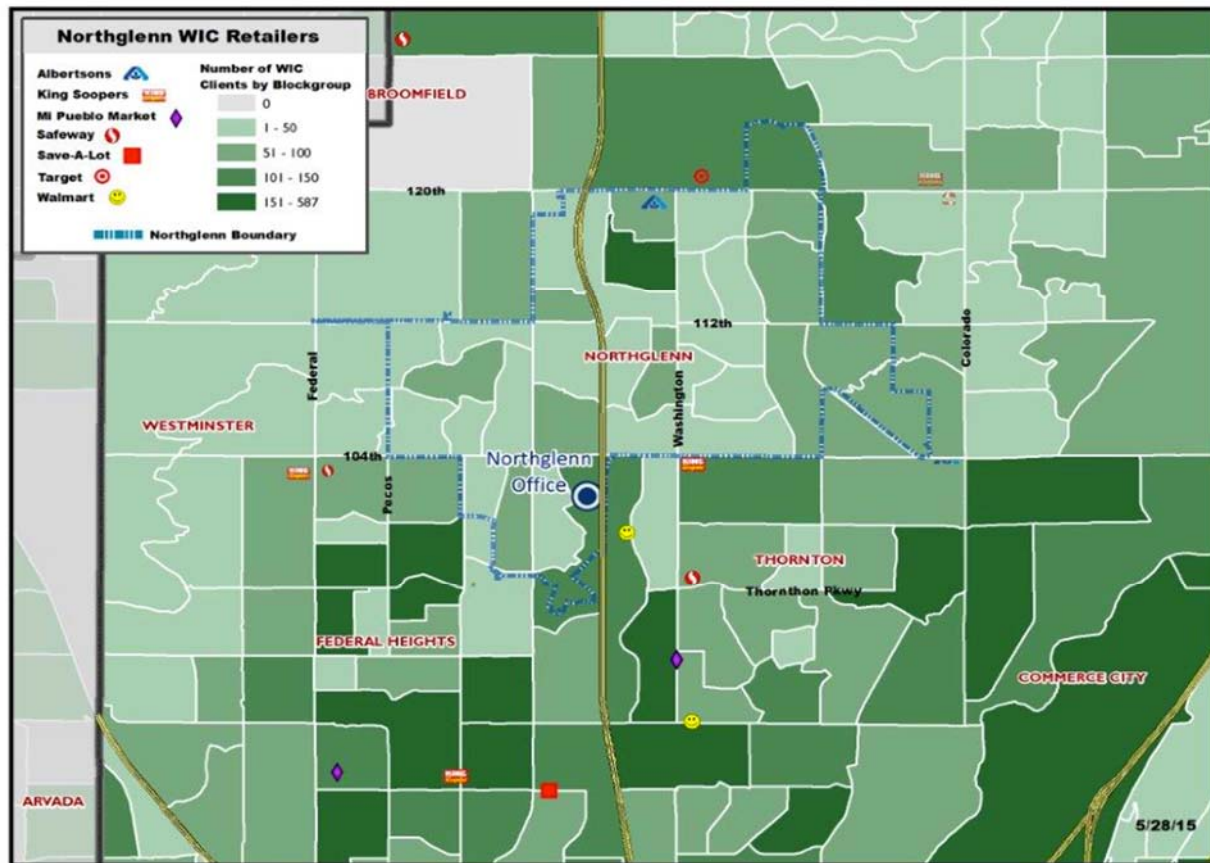
Table 13, below, shows that there are almost 5,000 enrolled individual in WIC in Northglenn (this includes children) and the vast majority of those individuals are actively using their benefits. County data, however, shows that only 62% of eligible clients are even enrolled, county-wide. The City could partner with Tri-County Health to better understand who might be eligible and what their barriers are to enrollment across the city.

Table 13: WIC Participation in Northglenn

Northglenn WIC	
Total Women accessing benefits	958
Total Children accessing benefits	1,927
Total Infants accessing benefits	1,006
Total accessing benefits	3,891
Total enrolled	4,728
% enrolled using benefits	82.3%
Tri-County (Adams, Arapahoe, Douglas, Elbert)	
Total eligible population	29,874
Total enrolled	24,503
% of eligible	61.45%

Source: Tri-County Health Department

Figure 15: Location of WIC Clients & WIC Stores



Source: Tri-County Health Department

Supplemental Nutrition Assistance Program (SNAP)

The nearest Department of Human Services (DHS) to Northglenn is in Commerce City. If a SNAP eligible person wants to apply for assistance they have the following options to do so:

- Apply in person at the Commerce City DHS office
- Apply online and upload their income verification
- Apply on the phone and upload income verification to the DHS website interface

All of these methods for applying for assistance could pose barriers to eligible residents that do not have access to transit that can get them to Commerce City or that do not have access to a computer with the internet. This indicates a need for deeper exploration by the City into what barriers potential SNAP clients might be facing, and how the City can encourage more enrollment, and thus, more federal dollars infused into the City.

The Colorado Department of Human Services (CDHS) has identified the following seven (out of a total of 17 in Northglenn) census tracts as having “significant” numbers of “Eligible but Not Enrolled” (EBNE) residents in SNAP. Table 14, below lists these tracts along with data on SNAP clientele as well as an estimate of how many might be eligible but not enrolled. In five of the Census Tracts, the estimated number of EBNE persons is more than the number actually enrolled in SNAP – sometimes almost twice as many.

Table 14: SNAP Eligible But Not Enrolled Data

Census Tract	Population 2012 ACS 5-year estimates	Average Monthly Persons Receiving Snap Jan-June 2013	Rough Estimate of EBNE Persons
92.03	4,077	615	1,201
93.22	3,514	193	660
93.23	3,927	569	647
93.27	4,429	334	506
85.06	5,282	943	458
602	3,934	225	250
93.04	5,295	2,105	U/K due to population shifts

Source: Colorado Department of Human Services, Office of Children Youth & Families

The information in Table 14 is based on a comparison of the number of persons below 125% of poverty as reported in the 2012 5-Year American Community Survey compared to SNAP enrollment data for January - June of 2013. "Significance" means that CDHS can identify with some certainty (90% statistically) that there are at least some SNAP EBNE persons within that Census Tract. The estimates use ACS data, which, as a survey, has survey sampling error. The Census Bureau also provides information on the Standard Error. CDHS then uses this information to calculate the 90% confidence interval around our estimate of SNAP EBNE persons.

Older Adult Food Programs

The City runs the Senior Totes for Hope program out of the Senior Center every third Tuesday of the month. The program provides a bag full of non-perishable food from Food Bank of the Rockies. This is also a "no questions" program, so anyone who visits the Senior Center could take a bag, regardless of income. The City currently provides 50 bags but is currently applying for 2015 and a total of 60 bags per month.

In general, City staff report that the majority of older adults that visit the Senior Center are fairly active and financially secure. The older adults that might truly be underserved are more likely isolated and cannot afford consistent transportation. Older adults can call RTD Call & Ride or A-Lift (primarily medical or getting older adults to a meal site) through Adams County and AccessiRide, but the City does not run its own transit programs for older adults or adults with limited mobility.

While Northglenn does not have a regular meal program, it does provide nutritional classes on a regular basis. Also, a hot meal program is offered Monday through Friday in Thornton, and anyone can go and pay the (low-cost) non-resident rate to eat there. Accessing the program would likely be the biggest challenge. Senior Hub also provides Meals on Wheels throughout Northglenn.

The biggest challenge facing older adults now in Northglenn, according to Senior Center staff, is to maintain independence in their own homes and find ways to get fresh foods, consistently, at home. Senior Center staff also point out the assisted living homes in Northglenn cater more to upper income older adults, and the low-income apartments for

older adults have a waiting list of up to two years. This raises concerns that those truly isolated older adults who still live alone may not be accessing fresh, healthy foods on a regular basis.

F. COMMUNITY FOOD ASSISTANCE

Table 15, below, lists all known current food pantries operating in Northglenn. Northglenn residents most likely also access other large, nearby food pantries such as the Thornton Food Bank.

Table 15: Food Pantries in Northglenn

Food Pantry	Location	Hours
Community of Faith United (COFU)	10530 Huron St., Northglenn 303-452-2727	Emergency food when unable to drive to another food bank
Crossroads Church Community Outreach	10530 Huron St., Northglenn 303-962-5712	Tues & Thurs Noon – 5pm, and Sat 9am - Noon
Good Shepherd Presbyterian Food Pantry	10785 Melody Dr., Northglenn 303-452-5478	10-11:45am, T-F 6:30-8pm , 1st Th of each month, from
Immaculate Heart of Mary Food Bank	11385 Grant Dr., Northglenn 303-452-2041	Mon, Wed, Fri 9am – 11:30am
Northglenn Christian Church	1800 East 105th Place, Northglenn 303-452-3787	Tues & Thurs 10am - Noon

Below are detailed overviews of the largest food assistance programs in Northglenn.

Immaculate Heart of Mary (IHOM)

In 2014, their Emergency Outreach Assistance program served 176,336 pounds of food, valued at \$387,939 to a total of 11,080 adults and children in 3,190 households, 2,052 of which were from Northglenn. Additional households that were served were from primarily from Thornton. Food distribution varied from month to month, with November being the busiest month and December the least busy. Registered clients can pick up a prepared food “basket” once per month through the program.

Additionally, through the “Bread Room”, IHOM served 337,821 pounds of food to 48,810 people in 13,454 households in 2014. The Bread Room is also open Monday, Wednesday, or Friday from 9-11:30am to anyone (no application is required). Participants receive one bag of food once each week. IHOM receives, and provides, a wide variety of products through the Bread Room – fresh pizzas, Starbucks pastries, fresh produce and dairy, rescued food from groceries and restaurants, etc. Registered clients can also visit the Bread Room once per week, in addition to receiving their monthly basket.

IHOM has a partnership with Adams 12 Five Star Schools food services, which saves breakfast and lunch leftovers in freezer bags for the food pantry. These frozen, ready-made meals are picked up on Tuesdays and available on Wednesdays, so Wednesdays are a very busy day in the Bread Room.

In order to distribute more fresh produce, IHOM also has a vegetable garden on site that is run by volunteers June through October. All produce goes straight to the food pantry.

The Good Shepherd Food Pantry

The food pantry serves residents of zip codes 80234 and 80260, and requires proof of address and verification of household income to qualify. Registered clients can select a basket with four to five days worth of food from a variety of available options.

The pantry services approximately 400-500 people per month. White, older adults comprise a significant portion of their clientele (approximately 30%), as do Latinos (approximately 30-40%). Pantry staff point out that older adults often have to choose between buying medicine or food, so opt to get their food at the pantry. The pantry also provides a 40-lb box of food once each month for approximately 25, extremely low-income, older adults a month through a federal program, The Emergency Food Assistance Program (TEFAP).

The pantry receives its food through a variety of private and public sources, including federal commodities from Food Bank of the Rockies (FBR), and donations from Safeway, Thornton Rotary Club, City of Northglenn, produce from the Senior Hub program (see below), and individuals. They also purchase food from FBR, use vegetables from their own garden, and purchase foods using a City of Thornton Neighborhood Assistance Grant. The pantry reports that other than the Senior Hub program and their own garden, they receive very little produce from anyone.

The food pantry is also now registering interested clients in a free, eight week cooking class, sponsored by Food Bank of the Rockies and Colorado State University (CSU). Participants learn to cook a certain dish and go home with a box of ingredients to be able to cook this dish, or another, at home. At each class, everyone will get a kitchen utensil, and at the 8th class, those who have attended all classes will get a cookbook.

Adams County Garden CO-OP (Senior Hub)

The Adams County Community Gardens CO-OP is run by Senior Hub and emerged out of the 2006 Food Security Study done by Adams County, which highlighted the opportunity and need to get more fresh produce into food pantries. The CO-OP is coordinated as a program of the Retired and Senior Volunteer Program (RSVP, a Federal grant) of Adams/E. Arapahoe, and any volunteer gardeners 55 or older who enroll as RSVP members may be counted in Senior Hub's monthly volunteer hours in their federal grant reports.

The program works with gardeners across Adams County to grow food specifically to be donated to area food pantries and meal programs. RSVP volunteers comprise about one out of ten of all 587 volunteer gardeners who come from over 20 gardens (a number expected to grow in 2015). Gardeners harvest June through October and make several deliveries a week to recipient entities. In 2014, the CO-OP donated 51,258 servings or nearly 12,814 lbs of produce to area food pantries.

The Master Gardener Program of the Adams County CSU Extension provides gardening training to CO-OP member gardeners and the Tri-County Health Department supports the program in a variety of ways, including providing interns, tools and equipment, and of their WIC families participate as gardeners and recipients. The program also receives support from Keep Thornton Beautiful, which provides up to \$200 to participating gardeners to cover water or supply costs. This support is not currently available in Northglenn.

Gardeners must sign a waiver and a release to participate for the entire season and receive a share of the fresh produce they or their gardens raise, with a substantial amount donated to the area food banks. There are plans to expand our supply network to also include donations from home gardens willing to “plant a row” to be donated to the food banks. The program also sees room for recruiting more church-based gardens into the program.

The two participating gardens (see Table 16) in Northglenn are on a church and assisted living site.

Table 16: Adams County Garden CO-OP Members in Northglenn

2014 Tallies from CO-OP Gardens				
Garden	Pounds Donated	Servings Donated	Gardeners Participating	Recipients
Crossroads of Northglenn ALC	375	1500	8	Half of what is grown goes in to Assisted Living meals and half is given to IHOM
Stonehocker Thurs.-Sat. Groups	984	3936	102	IHOM, Good Shepherd, Northglenn Christian Food Bank, and to Thornton Food Bank, and COFU
Stonehocker Tuesday Group	320	1280	2	

Senior Hub staff identified many benefits of the program, including the multi-cultural, multi-age, non-threatening, community building environment that leads to many benefits outside of the garden as well. Senior Hub also conducted a survey of food pantry clientele (not just in Northglenn) and 325 of 334 answered that, yes, “by providing additional food to us, the fresh garden produce from the community gardens increases food security for me and my family”.

G. SHOPPING PATTERNS OF NORTHGLENN RESIDENTS

The two tables below include survey results of the types of places residents get most of their food and the specific grocery stores visited most often. Table 17 only includes the most common responses, showing that a significant number of Northglenn residents rely on fast food or other restaurants as a primary food source. Table 18 shows a spread across all of Northglenn’s grocery retailers.

Table 17: Where Residents Shop

Where do you get most of the foods you or your family eat? Please pick up to 3, with #1 being where you go the most often.

	# of Respondents Who Selected this In Their Top Three (out of 220 Respondents)
Grocery store (e.g., Albertson's)	199
Other restaurant	88
Fast Food	75

Table 18: Where Residents Shop: Specific Stores

Do you regularly (twice a month or more) shop for food at the following Northglenn grocery stores?		
	Yes	No
Albertson's (120th Ave & Pennsylvania)	97	105
Natural Grocer by Vitamin Cottage (Washington St & E. 115th Ave)	37	143
Neighborhood Walmart (Washington St & Garland Dr)	105	103

Adult focus group participants discussed shopping at several different grocery stores around Northglenn as well. However, none reported doing their primary shopping at any of the three Northglenn grocery stores. Most participants identified several stores they go to regularly, including King Soopers and Safeway, which are located outside of Northglenn. Participants discussed shopping at Northglenn grocers when they needed to or it is convenient, such as when driving past Albertson's or looking for a particular item that is found at Natural Grocer's. Participants reported a good deal of flexibility in their shopping, indicating that they would drive where they needed to in order to get the best quality foods at the best prices. There was a strong commitment to healthy, quality food items, but little concern about where grocery stores were located.

Youth focus group participants discussed their own shopping patterns. Most youth reported a good deal of autonomy for shopping for their own food, throughout the week. Most areas high schools have an open-campus policy that allows students to eat lunch off-campus. Youth reported that a lot of students will get their own lunch at places such as McDonald's, Tamale Kitchen, Taco Bell, or even the gas station. Some youth reported walking to King Soopers after school to get a drink or snack.

Assets of Healthy Food Access

Several youth and adult focus group participants reported benefits from the new "neighborhood" Walmart Neighborhood Market on the south side of the city. The store seems to have addressed a gap in access, and people like to shop there. Participants also mentioned program they have such as free grocery delivery that provides less mobile, older adults with more consistent food access. Some of the youth discussed now being able to walk to Walmart on a nice walking path. Some youth reported being able to walk to King Soopers on 104th, but not liking the big hill they have to walk up. Youth reported liking being close to Walmart in order to be able to choose what they want, prepare their own meals, as well as having other options beyond fast-food close to their house. They also

pointed out that Walmart places their fruits and vegetables up front in nice displays at the store, which makes them more appealing.

Barriers to Healthy Food Access

The table of survey responses below includes challenges to getting more fruits and vegetables. While most respondents report no barriers, cost and quality were selected often as well.

Table 19: Barriers to Fruit & Vegetable Consumption

Think just about fruits and vegetables (fresh, frozen, canned). What are your primary barriers to getting fruits and vegetables to feed you/your family? Please pick up to 3, with #1 being the biggest challenge.	
	# of Respondents Who Selected this In Their Top Three (out of 223 Respondents)
I have no barriers	125
Cost of Food	108
Quality of food	60

Adult focus group participants raised some concern about easy access to grocery stores for those families living on the west side of I-25, and discussed how the freeway can feel like a barrier to accessing services on the east side, even if travel does not take any longer.

Youth focus group participants discussed several gaps in healthy food access in Northglenn. Primarily, they discussed the lack of tasty and healthy options at school. The schools, they felt, promote healthy foods but do not provide them. They felt that the schools like to “pretend” to offer healthier options, but they are few and far between and not presented well, are hidden, or are just too expensive. They believed that almost all of their cafeteria food is prepared off site. They discussed the popularity of the DECA café, which is run by students and no actual chef who makes food.

Youth felt that there are no grocery stores, where they could easily grab healthy options, within easy walking distance to any school in Northglenn. They pointed out that you could walk far to Subway, which is likely the best option. Youth discussed efforts to provide healthier options, such as bananas at gas stations or salads at McDonald’s, but pointed out that these options tend to be expensive and the produce tends to be bruised, spoiled or unappealing. They pointed out that in any store, the unhealthy option is at eye level and the healthier items are not, which makes the less healthy items more accessible.

Opportunities to Improve Healthy Food Access

When asked about what changes they would like to see in their food system, survey respondents identified several ways of improving food access, including greater access to locally-grown products, as shown in Table 20.

Table 20: Desired Food System Changes

What would you like to see change in your neighborhood and community's food system? (choose up to three)	
	# of Respondents Who Selected this In Their Top Three (out of 221 Respondents)
More farmers' markets (more locations, market days, year round markets)	101
Grocery store in the neighborhood	60
More produce or farm stands	59

Youth focus group participants had plenty of ideas about how to improve their access to healthy foods in Northglenn in ways that might change their shopping and eating patterns as well. They discussed the importance of promoting healthy food environments everywhere, but stressed that they make most of their decisions in and around school, and are most influenced by people at school.

They also discussed how community gardens would be nice at school, in their neighborhood, and how they appeal to “healthy, outdoorsy” Coloradans, but that they might work best for adults and older adults. They did point out that they would get involved in gardens if they were at school, integrated within their daily activities, and were located where they spend a lot of their time. They have noticed some gardens around town, but have assumed they were only for the church or the food pantry, and mentioned that they seemed hidden or not available to the public.

Both youth and adult participants discussed a desire for more, easily-accessible farmers markets that focus on fresh, local foods. Youth discussed that they have seen the market, but it does not look very busy so they have never thought about going. They recommended integrating arts and crafts and prepared foods as well, but discussed how nice it would be to have some fresh options in town.

Finally, the youth participants had several ideas about how to improve the food environment around schools. Some Northglenn High students mentioned that it would be nice to have a Whole Foods, or someplace with healthy food that actually tastes good, in the Huron Commercial Center, located near the school. Others pointed out a good deal of unused space near their schools (e.g., the empty parking lot of the Huron Center) that could be used for a fresh-food market that would employ youth and offer student discounts and promote appealing fruits and vegetables, healthy pre-made salads, healthier alternatives to chips and snack foods, and drinks with less sugar. They stressed that such a place should have a nice area to sit down and eat lunch, but could be quick enough so they could grab something and get back to class.

H. FOOD RETAIL LEAKAGE IN NORTHGLENN

Table 21 below indicates potential food retail leakage from Northglenn, and may indicate the potential to recapture some of that leakage through new food retail development within Northglenn. Almost half of all survey respondents (47%) reported shopping

regularly at one King Soopers outside of Northglenn alone, with significant numbers of respondents indicating shopping at other stores as well.

Table 21: Food Shopping Outside of Northglenn

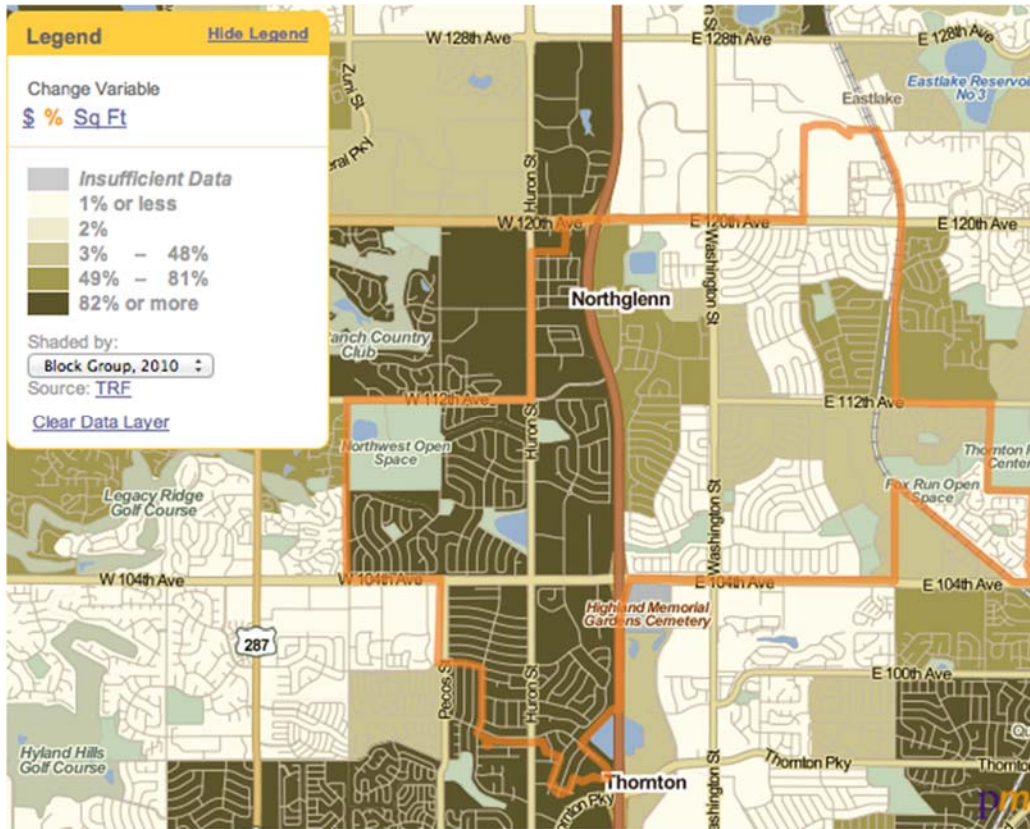
Do you regularly (twice a month or more) shop for food at the following grocery stores located outside of Northglenn?		
	Yes	No
King Soopers at 104th & Federal	26%	50%
Safeway at 104th & Federal	15%	53%
King Soopers at 104th & Washington	47%	34%
King Soopers at 120th & Colorado	17%	51%
Safeway at 120th & Colorado	4%	58%
Sprouts at 120th & Washington	46%	31%
Target Super Center at 120th & Washington	33%	40%

The adult focus group participants discussed how gaps in full-service grocery options have led to residents shopping for groceries in Thornton and Westminster. Residents living west of I-25 specifically reported shopping almost exclusively outside of Northglenn. This findings is confirmed by Figures 16 and 17 from The Reinvestment Fund, below, that show estimated grocery retail leakage and grocery retail demand in Northglenn. These figures confirm a great deal of retail leakage from all neighborhoods west of I-25 and some areas of unmet demand in the Fox run and Civic Center neighborhoods.

The Reinvestment Fund estimates the grocery retail *leakage* rate as the percentage of a block group's grocery retail demand that is being "leaked" or lost to stores located in other areas. The leakage rate is defined as the leakage amount divided by the total grocery retail demand within each block group. Estimated grocery retail *demand* is the dollar amount of grocery demand within a block group. Grocery retail demand is calculated using household income (2008-2012 Census ACS) and percent of income spent on food prepared at home (Bureau of Labor Statistics), weighted by number of households. This is expressed in both dollars and square feet.

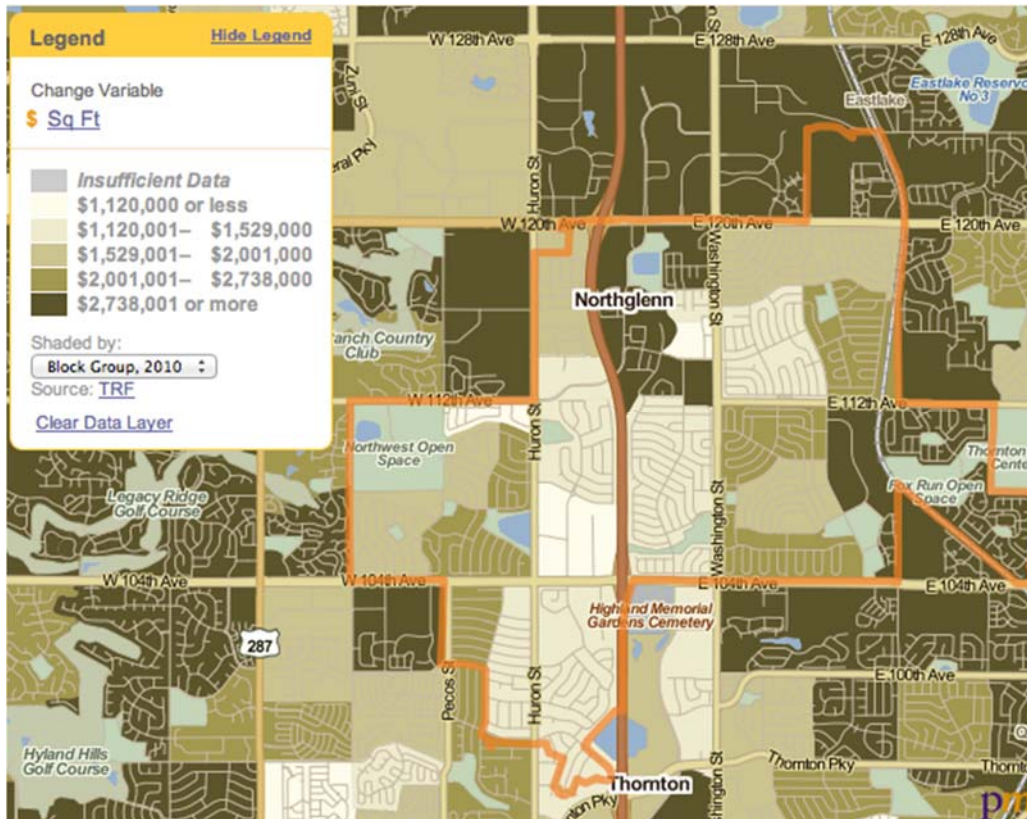
Improving grocery options in Northglenn could possibly contribute to increased local revenue by encouraging residents to stay in the City to get their groceries.

Figure 16: Northglenn Grocery Retail Leakage, 2014



Source: The Reinvestment Fund, Limited Supermarket Access Analysis Mapping Tool

Figure 17: Northglenn Grocery Retail Demand, 2014



Source: The Reinvestment Fund, Limited Supermarket Access Analysis Mapping Tool

I. EATING PATTERNS OF NORTHGLENN RESIDENTS

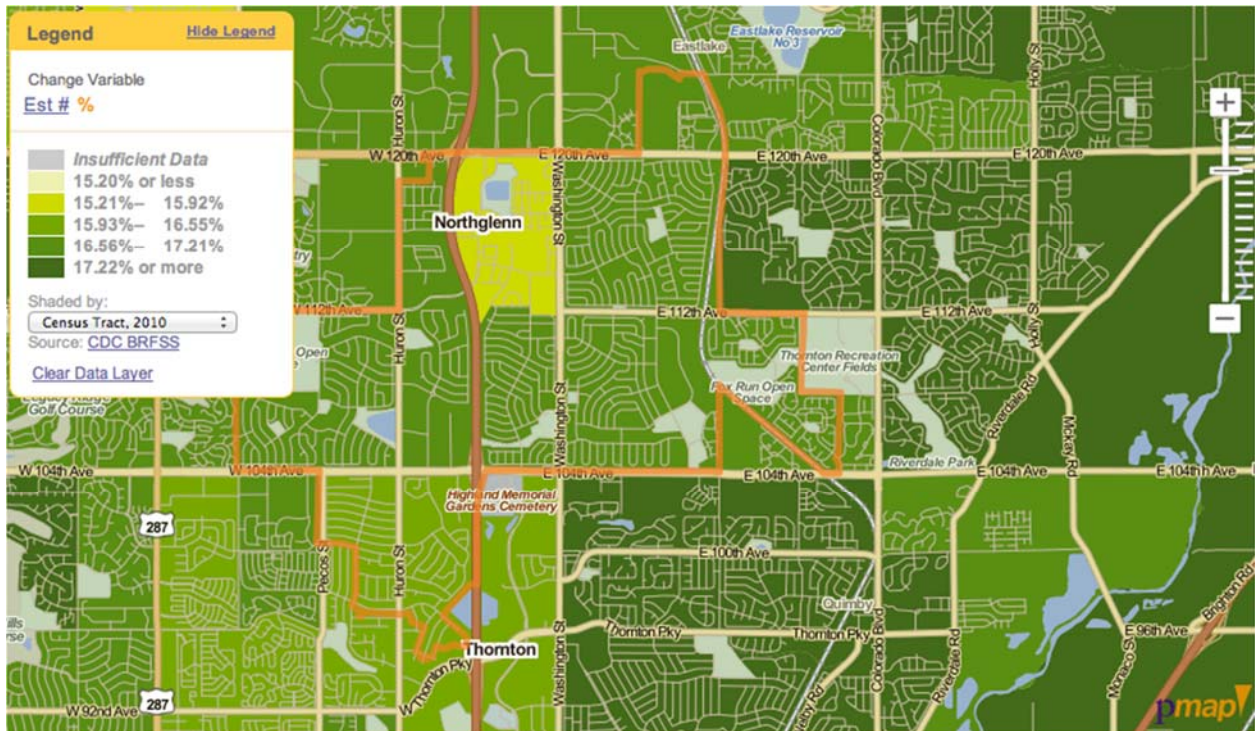
Despite over-sampling middle- to upper- income, White, female, residents, survey respondents still report low fruit and vegetable intake, as demonstrated in Table 22. Seventy percent (70%) report eating 3 or fewer fruits and vegetables a day.

Table 22: Fruit and Vegetable Consumption

How many servings of fruits and vegetables do you eat every day, usually? Examples of a serving size is a small apple; two big handfuls of lettuce/greens; a small handful of dried fruit.	
	Response Percent
None	1%
1	13%
2	27%
3	29%
4	13%
5	11%
6 or more	8%

Figure 18, below, confirms that residents in Northglenn, like most of the country, consume far fewer fruits and vegetables than are recommended. The map shows that no census tract

has more than 17% of residents reporting eating five a day or more. It also shows that neighbors to the east in Thornton report significant more fruit and vegetable consumption. **Figure 18: % of Residents Consuming Five or More F&Vs/Day, 2013**



Source: Healthy Food Access Portal, Research Your Community

Another indicator of overall healthy eating habits is the amount of home-prepared meals one eats. Table 23 below shows that by far most respondents are cooking at least four dinners a week at home.

Table 23: Dinners Made at Home

How many DINNERS do you/someone in your household cook at home per week, on average?	
# of Dinners	Response Percent
0	1%
1	3%
2	5%
3	9%
4	20%
5	28%
6	17%
7	19%

Half of the youth focus group participants reported shopping for themselves and doing their own cooking. They stressed that they have a good deal of autonomy (about 80% of the time) over what they eat, and a good deal of choice out of what is provided in their house, and a lot of freedom outside of the home. On weeknight evenings they reported “you get

what you get”, as the majority reported eating family dinners several times a week, depending on school activities. They all discussed the impacts of budget on their eating, and the sense that healthier eating was more expensive. They discussed that food at home was pretty good at meal time, with healthy options and produce, but that healthy snack options are limited everywhere.

All of the youth reported preferring to bring their own food to school, but that some need to eat breakfast and lunch there out of necessity since it is free. One youth reported being “the weird one” for bringing healthy leftovers like brown rice and vegetables. All youth reported liking easy and quick options.

When asked what helped promote healthy eating, the youth discussed the importance of human nutrition education and support from others. They discussed a Biomed class that some of them had taken. This class taught them details about how food affects their bodies and how nutrition works. This class was reportedly more impactful than just being told to eat healthier because it helped them to learn why it is important to feed their body healthy foods.

IV. KEY FINDINGS

1. Food-Related Health Issues Exist

As with elsewhere, two of the top three causes of death in Northglenn are food-related diseases. Mapping of CDC data on fruit and vegetable consumption show that under 17% of residents report eating the recommended five or more servings of fruits and vegetables a day and survey results indicate 19% of residents eat five or more a day. Additionally, area BMI data shows alarmingly high rates of overweight and obesity for children and youth.

2. Food Environments Could Better Support Youth Health

School district data also shows that only about a quarter of all youth in Adams 12 Five Star schools are consuming the recommended servings of fruits and vegetables per day, while close to a quarter of high school students are overweight or obese according to their Body Mass Index. As the maps show, and youth focus group participants discussed at length, youth have access to less healthy food retailers and limited access to fresh, healthy options in or around the school environment. Youth report a good deal of autonomy in shopping and eating, but very low satisfaction with what they can access, with the exception of when they can easily walk or bike to a grocery store.

3. Residents Have Access to Significant Numbers of Less Healthy Food Options

The imbalance in the food environment was indicated through our maps, focus groups, and key informant interviews. The maps show that there are a significant number of less healthy food options available in low-income and non-white neighborhoods. This availability of less healthy food retailers may be particularly impactful on lower-income households, not simply due to their abundance, but because of their convenience and prices.

We are learning more all the time about how chemically limiting it can be to live with the constant stress of poverty and have very little mental bandwidth to absorb new information and shift decision-making (see “Poverty Impedes Cognitive Function,” <http://www.sciencemag.org/content/341/6149/976> and Harvard’s School of Public Health overview of “Toxic Food Environments” <http://www.hsph.harvard.edu/obesity-prevention-source/obesity-causes/food-environment-and-obesity/>). To work, be a parent, and try to get something healthy put on the table, when you have easy access to fast food or to convenience stores that carry limited fresh food or cook-from-scratch options is a real problem. This is hard for older adults or young people who are cooking for one person, and difficult for well-resourced, two-parent families as well. So, we are just making something that is hard for all of us, that much harder for communities where bandwidth may already be limited.

4. The Food Environment May Cater More to Travelers than Residents

As mentioned above, the imbalance in the food environment (a healthy to less healthy retailer ratio of 19:1) is greatly due to the large number of restaurants in Northglenn. Northglenn surrounds I-25, and roads through Northglenn provide access to neighboring suburbs so it is not surprising that its food environment has developed to cater to travelers wanting convenience and commuters. Paired with the findings from primary data collection that many Northglenn residents do not consistently shop at one of the three Northglenn grocery stores indicates that the Northglenn food environment is not addressing residents’ needs above others, even though residents are often finding the foods they need or want elsewhere.

5. Connectivity to Food Could be Expanded

Maps and primary data collection all indicate that a few neighborhoods – notably Fox Run, Western, and Northeastern – feel disconnected from all food retail options, particularly in terms of walk, bike, and bus access but also vehicular access. The resident survey also indicates that 15% of respondents live at least 3 miles from where they do their primary shopping.

6. Opportunity Exists to Enhance Nutritious School Food Programs

There are much higher percentages of FRL-qualifying students in Northglenn than District-wide, and a higher number of young families than surrounding cities. While the City Recreation Center and some schools are providing additional services, there is still a need and many opportunities to expand programs such as school gardens, weekend/backpack food programs, after-school meals, summer feeding sites, farmers markets or Community Supported Agriculture (pre-paid, weekly boxes of produce from area farms) at schools, and more.

7. Northglenn Has Few Healthy or Culturally Relevant Food Options for the Latino Population

The food environment maps show overlap between areas of higher concentration of Latino populations and significant numbers of less healthy food retail. There may be opportunities to expand food retail business or to work with existing convenience stores to provide more options for fresh, healthy, and culturally-relevant foods and shopping experiences.

8. Residents Feel Disconnected from Fresh Food Options Such as Gardens, Markets

Most focus group participants and key informants discussed the health and social benefits of community gardens and farmers markets, but expressed concern that they were hidden from the public, inaccessible, not well-promoted, and not integrated into community programming or activities as much as they could be. When asked to identify ways to strengthen their food environment, 72% of survey respondents selected more farmers markets or produce stands in their neighborhood.

9. Federal Food Assistance Programs Can be Leveraged

The number of SNAP-eligible but not enrolled residents is considerable in Northglenn. Participation in other federal programs such as Child and Adult Care Food Program, Women, Infants & Children (WIC), and even The Emergency Food Assistance Program (TEFAP) older adult meal program could be increased across the City. These programs can help build bridges to consistent, healthier eating and bring in extra federal dollars to Northglenn.

10. There may be additional Food Insecure Populations that are not identified in this report that the City may want to continue to explore

Northglenn has a fairly low home-ownership rate and a slightly higher poverty rate when compared to the state. The City may want to study if food insecurity is prevalent in populations that are currently hidden, which could include those older adults that do not come to the Senior Center and those low-income families whose incomes are just slightly too high to qualify for federal food assistance programs due to incomes slightly above the poverty level. Northglenn may want to explore if food insecurity, lower fruit and vegetable intake, and more pressing health concerns may be more present in residents that are not accessing any services and are therefore eating diets low in nutritional value.

V. RECOMMENDATIONS

Before moving forward with any of these recommendations, the City could engage in a critical next step of bringing the information collected in this assessment back to the community. The findings presented here could be shared with all those who participated in this process as well as the broader community. Capturing community feedback will help inform City priorities and actions, and will help ensure they truly address the most pressing needs and opportunities within the community.

Recommendations that emerge from the findings in this report, in order as prioritized by the City's HEAL Advisory Team, are:

1. Develop & Disseminate Monthly Community HEAL Messages

- Develop a month-by-month schedule of HEAL-related messages to demonstrate the City's leadership and commitment to a healthy Northglenn.
- Provide tangible tips, tools, and resources for residents to access (and afford) healthier eating options.

- Give priority to issues raised in this report such as availability and benefit of food assistance programs for residents of all ages, and existing availability of community gardens, farmers markets, and other healthy community options.
- Use the City’s Facebook page, water bills, and Northglenn Connection to disseminate monthly messages.
- Work with community partners to ensure monthly messages reach older adults, lower-income residents, and youth.
- Addresses Key Findings # 1, 8, 9, and 10.

2. Promote Home Gardening

- Use the new monthly HEAL messages in the late winter/early spring to increase awareness about when and how to start backyard gardening.
- Partner with Loews to provide free lumber (and perhaps compost) for raised gardens for Northglenn residents.
- Explore the possibility of City-provided “gardens in a box” which could include seeds, soil, planting calendars and tips, and other materials.
- Consider sponsoring volunteer days for City staff to build raised beds for residents who may need extra support due to limited financial, time, or physical resources.
- Support more community gardens that can include low-income families as gardeners and grow more produce for distribution to food pantries and meal programs. Potential actions could include:
 - Connect new gardens with the Adams County Garden CO-OP.
 - Pay water fees associated with any gardens that donate food.
 - Reimburse gardens for supply costs (e.g., like Keep Thornton Beautiful).
 - Coordinate a network of community gardeners and home gardeners to increase donations.
- Addresses Key Findings # 1, 8, and 10.

Examples:

- See the body of this report for information on the Adams County Garden CO-OP run through the Senior HUB.
- See case studies on backyard gardening networks (including ReVision, <http://www.revisioninternational.org/about>) here: http://livewellcolorado.org/healthy-policy/food-systems-toolbox/production#backyard_gardens
- For strategies on how to review regulatory impediments to urban agriculture and strengthen support for backyard gardens in suburban and urban communities, see pages 13 and 15 of the Guide to Integrating Healthy Eating and Active Living into Colorado’s Suburban and Urban Communities http://livewellcolorado.org/uploads/ckfinder/userfiles/files/LiveWell_ImpGuide_Online%20Version_FINAL_0.pdf

3. Enhance the Visibility of Existing Markets & Gardens

- Consider developing a branding and marketing campaign for community- or locally-grown foods in and around Northglenn such as community gardens and farmers markets.

- Improve signage around existing farmers market as well as all publically available community gardens.
- Advertise existing paths and bus routes to gardens or markets.
- Work with community partners to ensure all residents of all ages and ethnicities are aware of opportunities to use gardens and markets and tailor them to their unique needs.
- Use City marketing and communications channels to regularly advertise public community gardens and the farmers market. Highlight a “farmer (or gardener) of the month” as well as special, seasonal deals on fresh produce.
- Addresses Key Findings #1, 2, 4, 8, and 10.

Examples:

- See “business plans” and strategic plans for community gardens such as those in Portland and Seattle: <https://www.portlandoregon.gov/parks/article/473894> and <http://www.seattle.gov/Documents/Departments/Neighborhoods/PPatch/P-Patch-Final-Levy-Brochure-2014.pdf>.

4. Develop & Adopt Healthy City Procurement Policies

- Healthy Meetings Policy: Develop and formally adopt guidelines for healthy meetings for all staff and council meetings.
- Healthy Vending Policy: Develop and adopt vendor guidelines stipulating nutritional requirements for products in all city-managed vending machines.
- Healthy Events Policy: Develop and adopt goals for offering healthy options at all city-sponsored community events.
- Healthy Procurement Policy: Develop and adopt nutritional guidelines for any food purchased for any occasion using public funds.
- Addresses Key Findings #1 and 3.

Examples:

- City of Lakewood Fit Pick:
The City of Lakewood will be implementing healthy vending options at the six vending machines in the four Recreation Centers using the JeffCo Public Schools healthy eating guidelines. The guidelines listed below will be applied to 40% of the vending options, which will then be labeled with a “Fit Pick” sticker:
 - Calorie limits: Snack items: < 200 calories
 - Sodium limits: Snack items: < 230 mg
 - Fat limits: Total fat: < 35% of calories
 - Saturated fat limits: < 10% of calories
 - Trans fat limits: zero grams
 - Sugar limits: < 35% of weight from total sugars in foods
- City of Boulder Healthy Meetings: Policy available upon request.
- Healthy Meetings Toolkit: <http://www.cspinet.org/nutritionpolicy/healthy-meeting.html>

- Healthy vending resources: http://livewellcolorado.org/uploads/ckfinder/userfiles/files/Healthy%20Vending_Handouts.pdf

5. Allow Residential Food Sales

- Develop and adopt a city ordinance that would allow the sale of cottage foods by the grower, at their place or residence. Items could include produce, eggs, and honey.
- Develop means for tracking participation by requiring applications or permits or other communication.
- Require annual reporting from all participants on items sold and gross revenue.
- Promote and encourage the use of the ordinance through monthly HEAL messages and other communications.
- Amend existing Special Sales section of the Zoning Ordinance, Section 11-19-3(d), to allow fruit and vegetable stands on commercial properties.
- Encourage additional neighborhood-level produce markets including multi-stall farmers markets that focus on locally-grown foods as well as neighborhood produce stands.
- Addresses Key Findings # 3, 4, and 8.

Examples:

- City of Denver Residential Sales Ordinance: <https://www.denvergov.org/Portals/771/documents/Fresh%20Produce-Cottage%20Residential%20Sales%20Handout%20-%20English.pdf>
- Cottage Foods information and resources: <http://cofarmtomarket.com/value-added-products/cottage-foods/>

6. Increase the Availability of Fresh Produce at Schools

- Partner with a food Co-op or other organization, such as Bountiful Baskets, to develop a school-site drop for weekly baskets of produce for staff, families, and youth.
- Work with Northglenn High students to develop, pilot, promote, and evaluate a mobile (healthy) food truck or weekly mobile fresh produce market to the high school.
- Work with schools to bring a garden to every school (including high schools) that sources direct to its cafeteria and includes nutrition education programming.
- Work with students of all ages to explore the potential for a youth-run farmers market that could integrate produce grown in a school garden.
- Addresses Key Findings # 6 and 8.

Examples:

- RootDown LA: <http://www.rootdownla.org>
- Denver Youth Farmers Markets: <http://dug.org/youth-farmers-markets/>
- Youth Farmers Markets resources: <http://gardens.slowfoodusa.org/youth-farmers-markets>

7. Explore Healthy Retail Partnerships with Corner Stores

- Identify areas of most concern due to low access, low income, and high concentrations of convenience stores and conduct additional in-store analysis on the nutritional environment, marketing and promotion, and ability to make changes.
- Identify corner or convenience stores that make up the food environment in low-income communities and Latino communities.
- Approach store managers about potential partnerships to assess the in-store nutritional environment and survey existing and potential clientele about shopping habits and needs.
- Discuss potential incentives for store owners with Tri County Health Department.
- Adopt policies that focus on neighborhood-level improvements to strengthen healthy food access. Improvements surrounding retailers could include walkability, bikability, lighting and other safety measures, to ensure that residents feel safe and welcomed in areas around healthy retail.
- Provide incentives to healthy food retail and transit to locate nearby low-income housing.
- Addresses Key Findings #: 3, 4, and 7.

Examples:

- City of Denver Healthy Corner Store Initiative:
<https://www.denvergov.org/content/denvergov/en/environmental-health/community-health/healthy-corner-stores.html>
- Pueblo City-County Health Department healthy convenience stores:
<http://county.pueblo.org/loaf-'n-jug-leading-way-healthier-convenience-stores-pueblo>
- ChangeLab Solutions healthy corner store resources:
<http://www.changelabsolutions.org/publications/healthy-corner-stores>
- Minneapolis Healthy Corner Stores:
<http://www.minneapolismn.gov/health/living/new%20cornerstores> and case study here: <http://www.healthycornerstores.org/wp-content/uploads/2012/07/Licensing-Zoning-Tools-for-Public-Health.pdf>

8. Assess Primary Barriers to SNAP Enrollment

- Develop and administer a survey and/or focus group of SNAP clientele and potential SNAP clientele through the community center, senior center, and local food pantries in order to better understand primary motivators and barriers to enrollment for different demographic populations.
- Query residents about their experience in applying for and receiving SNAP benefits.
- Interview county human services staff to understand their goals for enrollment and how the city can support them.
- Work with Hunger Free Colorado to tailor outreach and enrollment efforts to Northglenn: <http://www.hungerfreecolorado.org/snap-benefits/>.
- Addresses Key Findings # 9.

VI.APPENDICES

Appendix A: Survey Tool

PDF to be inserted by the City

Appendix B: Focus Group Tools

Youth Focus Group Questions

1. Introductions:
 - First name, age, school
 - Favorite tradition/memory around food
2. Food choices:
 - How much autonomy/freedom do you have about where and when you eat?
3. When you choose:
 - When do you get to choose? (when do you have that freedom)
 - Where do you get food?
 - What do you like to get?
 - What would you like to be different?
 - What do you like about it?
 - What do you not like about it?
4. When you have no choice:
 - When does someone else decide what you eat (school, parents, etc)?
 - What do you typically eat?
 - Who are you with?
 - Describe a typical family meal
 - What do you like about it?
 - What would you like to be different?
5. Describe the places that you can get food that are close to you (home, school)
 - What do you like about it?
 - What do you not like about it?
 - What would you like to be different?
 - Is there anything you think "should" be different?

Adult Focus Group Questions

- What do you value about food?
- What influences your values, and the decisions you make?
- Where do you currently shop?
 - For most groceries?
 - For produce?
 - For other specialty items?
- How long does it take you to get to your primary store?
- What challenges do you face in getting to your primary store as much as you need?
- What do you like about your current store?
- What do you dislike about your current store?
- What would make it easier for you to access and consume more, healthy food items?
- What makes it hard for you to access and consume healthy food items?