



Access to Health through Healthy Active Built Environments (AHHABE Grants)

Grant Amount: \$20,000

Contract: June 1, 2019-May 31, 2020

Timeline:

- **February 28, 2019 – Final work plans due to leslie.meehan@tn.gov**
- **April 1, 2019 – Contracts available for local signatures**
- **April 30, 2019- Signed contracts due to Regional Office***
- **June 30, 2019 – Due date for local government to submit invoice**

***Metros will submit contracts to leslie.meehan@tn.gov**

Background:

In order to improve the health of Tennesseans, the Tennessee Department of Health (TDH) has increased its primary prevention efforts over the last few years - understanding that we cannot rely on health care alone to improve health outcomes. County and metro health departments continue to provide essential clinical services, but are also working alongside health care and non-health care partners outside the clinic walls to build healthier, more equitable and more livable communities. To that end, TDH offered the first round of the Rural Access to Health through Healthy Active Built Environments grants in 2017. The grants support cross-sector work that enables people to make healthy choices where they live, learn, work, play and pray. They are intended to encourage collaboration between local health departments, local governments and other stakeholders to plan, develop, implement and assess projects and programs which increase public access to physical activity and healthy eating. Renamed the **Access to Health through Healthy Active Built Environments** grants and offered to all counties in Tennessee, the 2019 grants are to help communities:

- Improve health outcomes by enhancing programming for and access to physical activity, particularly for young children who may have no or few other opportunities;
- Enhancing the built and natural environments of public places and spaces so that people have access to healthy food, and access to safe places for physical activity, time in nature, and socializing.; and
- Enabling shared learning about the projects and programs among leaders and communities across the state.

By supporting targeted and sustainable physical activity and healthy eating programming and active and healthy built environments, communities will create a culture of health and provide opportunities for social and community engagement. Additional benefits may include enhancing the attractiveness, pride and economic strength of the community by providing opportunities and amenities that are valued by residents and businesses.

Funding Overview:

\$20,000 Grants for each County/Metro Health Department

Each of the 89 rural county governments and 6 metro health departments will receive \$20,000 in the current fiscal year to be used for convening, programming, planning, or construction. The intent of the funds is to provide an opportunity to convene partners and leverage additional resources around healthy and active built environment programs, create plans and projects, and to provide funding

towards implementation of amenities such as paths/greenways, walking tracks, greenways or parks master plans, parks, playgrounds and splash-pads, farmers markets and community gardens.

Work Plan

Each county government or metro health department will submit a brief work plan for the \$20,000 grant funds. Please see the **Access to Health through Healthy Active Built Environments Project Proposal** template. The work plans should be developed by a cross-sector team, including community organizations and elected officials, to identify project(s) located in a city(s) or county.

Talking Points

The **Access to Health through Healthy Active Built Environments** funds are an opportunity for each county and metro to initiate and/or to add capacity to planning and programming for active and healthy built environments to increase physical activity or healthy eating. What is a built environment? Simply put, built environments are the man-made places around us that include the buildings where we work, our homes, stores and restaurants; the streets we drive on; sidewalks and walking paths, etc. *Where* our streets and buildings are located greatly influences our health. Examples:

- A greenway is an example of a path that is separated from vehicles. Whether we use the greenway to commute to work or as a place to take a mental break, to get exercise and/or to spend time with family and friends, this built environment feature is a valued community amenity.
- Schools that are built close to where students live may mean that students can walk or bicycle to school. Even in a rural area, a community can coordinate plans for where new homes will be built and where the school is located, so that over time a neighborhood can grow up around a school.
- Many of our communities have parks. Building amenities in parks such as playgrounds, walking tracks, skate/bike features, tennis courts, splash-pads, community gardens and farmers markets provide incentive for people to come to the park and be physically active.
- A main street with a variety of restaurants, stores, shops, homes and apartments is attractive to us because we can go many places within the same small area. Where there are sidewalks, we are more likely to walk for these short trips.

The **Access to Health through Healthy Active Built Environments** grants give each county and metro health department funding to convene stakeholders and the public, to travel to neighboring communities to learn from best practices, and have some seed money to put 'skin in the game'. This money can be combined with cash or in-kind match from other sources for built environment projects or programs.

[Rural Access to Health through Healthy Active Built Environments Grant Map](#)

A new interactive map provides information about each of the 106 local projects funded through the 2017 Rural Access to Health through Healthy Active Built Environment grants. These grants include construction, improvement, or planning of playgrounds, trails, walking tracks, sports facilities, and greenspace, among others. The map can be useful to brainstorm potential projects and see other grant activities across the state. Each project contains a photo, project description, location, total dollar amount, partners and the project contact. Please [click here](#) to access the map.

Eligible Expenses:

Examples of eligible activities for the Access to Health through Healthy Active Built Environments grants include:

- Planning and public meetings (including meeting materials and refreshments)

- Travel expenses for site-visits or in-state technical trainings/conferences related to the built environment, for the purposes of gaining knowledge to develop plans, programs or projects
- Technical assistance (meeting facilitation, drawings, renderings, drafting of plans/visions for sidewalks, bikeways, etc.)
- Trail head signs on greenways
- Match for an infrastructure grant such as a grant to build a playground, park, greenway, sidewalk, bikeway, etc.
- Wayfinding signs in a downtown area showing walk times to reach particular destinations
- Run Clubs (and similar types of sustainable sports and fitness clubs/programs)- activities and materials
- Support for educational activities that encourage people to walk, bicycle, or be active
- Joint Use agreements to open facilities such as gyms, playgrounds and parks for public use
- Policy adoption (Complete Streets executive order or ordinance; subdivision regulations requiring sidewalks, increasing sidewalk width or requiring bicycle parking facilities; changes to a zoning code allowing for mixed-use zoning; joint use agreements, etc.)
- Construction of farmers' markets, community gardens, playgrounds, splash pads, outdoor exercise equipment, cross walks, trail heads, and amenities such as water fountains, shade trees, public art, fountains and benches to make a greenway, park or public space more accessible, attractive and user friendly.

Examples of ineligible activities:

- Any project/proposal that would not be open for public use
- One-time events such as running races
- Health fairs or similar educational events (unless the event will gather public input on a built environment plan or project)
- Any activity whose purpose is not to increase physical activity or healthy eating opportunities

Q&A

Can this money be spent in more than one community? Yes. The grant contracts will be between the TN Department of Health and the county or metro governments. If a county would like to sub-allocate money to a specific city(s), the county may do so through a local process. Counties will indicate in the work plan which city(s), what types of activities, and funding amounts.

What if I have a question about how to get started or if an idea is a good one? Your region's Healthy Development Coordinator and the Office of Primary Prevention staff are available to help.

When does the money need to be spent and the project complete? May 31, 2020.

What if the money is not spent by this time? Grantees should submit a project carryover request using the approved template. Requests are submitted to the Primary Prevention Executive Committee via Leslie Meehan at leslie.meehan@tn.gov. Unspent funds or funds for work not authorized for carryover will be returned to the TN Department of Health and may be provided to other projects in other localities.

Does the project need to be ADA compliant? Communities should make every effort to ensure that projects are accessible for all.