

Plan4Health: Tarrant County

SUMMARY

Plan4Health connects communities across the country, funding work at the intersection of planning and public health. Anchored by American Planning Association (APA) chapters and American Public Health Association (APHA) affiliates, Plan4Health supports creative partnerships to build sustainable, cross-sector coalitions. Plan4Health Tarrant County aims to build on existing efforts and improve access to local, fresh food in Southeast Fort Worth through partnerships, new initiatives and incorporating a public health perspective into planning efforts.



CHALLENGE

The target areas of Southeast Fort Worth have a combined population of more than 100,000. Residents are predominantly African American and Latino/Hispanics, with these two demographics comprising 78 percent and 18 percent of the population, respectively. Residents tend to have lower income levels and lower education levels compared to the county as a whole. Chronic disease rates are higher compared to the rest of the county as well. Recent data

revealed higher rates of diabetes (12.6 percent), heart disease (6.4 percent), high blood pressure (29.9 percent), and overweight or obesity (71 percent). Community leaders have recognized chronic disease as a major concern and recent feedback found that the top five priorities to address chronic disease disparities included food access.

YOUR INVOLVEMENT IS KEY

To learn more about Plan4Health Tarrant County and all coalitions participating in Plan4Health, check out the project website (www.plan4health.us). Join the national conversation at the intersection of planning and public health on social media by using and following #plan4health.

"With our eyes focused on better health, we as a community are collaborating with our schools, area leaders and retail to enhance the collective health of our neighborhood."

- SaJade Miller, Principal, Paul Lawrence Dunbar High School and Shae Roundtree, Project Coordinator, Plan4Health Tarrant County

SOLUTION

Plan4Health Tarrant County will increase the availability of healthy foods by promoting retail policies and practices, including piloting food carts and a mobile food market as well as recruiting stores to participate in a Healthy Corner Stores program. These efforts will serve as a model for other municipalities within Tarrant County and beyond. Additionally, the coalition will work to incorporate health considerations into the city's planning and zoning efforts and use media campaigns to increase engagement and to improve the dialogue between the community, partners, and stakeholders.

RESULTS

Plan4Health Tarrant County is working with the new owners of Ramey Market to transform their store into the first healthy corner store pilot in the county. The previous owner stocked some fresh fruits and vegetables, but they were hidden at the back of the store behind many rows of shelves. With the help of the grant, the store will be re-arranged on the inside to make it easier for customers to find fresh produce and other healthier foods and beverages. On the outside, the store will receive some fresh paint, including a mural painted on one full wall. Students from Dunbar High School will help design and paint the mural. We are working toward a grand re-opening of the store in early November 2016.

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