



Healthy Environment & Active Living

Healthy Environment & Active Living

- **Goal 1:** Support the adoption and implementation of policies that increase access to healthy environments and active living.
- **Goal 2:** Build and sustain partnerships and resources to support healthy environments and active living.
- **Goal 3:** Increase participation in programs that foster active lifestyles and community connections.

Healthy Environment & Active Living

- **Goal 1:** Support the adoption and implementation of policies that increase access to healthy environments and active living.
 - **Objective 1.1:** Review, revise, and develop policies and regulations related to land use, development, transportation, parks, and the environment to promote community health and well-being.

Priority Issue: Healthy Environment and Active Living					
Goal 1		Support the adoption and implementation of policies that increase access to healthy environments and active living.			
Objective 1.1		Review, revise, and develop policies and regulations related to land use, development, transportation, parks, and the environment to promote community health and well-being.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
1.1.A ✓	Conduct a review of all functional areas within the Policy Plan of the Fairfax County Comprehensive Plan with a focus on health in all policies to promote healthy lifestyles and well-being.	01/2019 - 12/2020	Lead: Fairfax County Health Department (FCHD) Comprehensive Plan Subcommittee	None identified	<ul style="list-style-type: none"> Completed the Policy Plan review with a multi-sector team and are developing a report. Expanded partnership with the Fairfax Healthy Communities Network, a coalition of Northern Virginia non-profit and advocacy organizations In 2022, worked with co-leads of the Network and other members of the HEAL team on policy mapping. Key policy topics include active transportation, land use and comprehensive plan, equity, and parks. The team developed a priority list of topics to guide content for 2023 meetings, including ideas for presentations and collaborative projects. In 2022, Created HTF sustainability plan. Plans have been developed documenting the process for development and execution of the inaugural HTF event, along with suggestions and revisions to inform the plan for 2023 and future years 2023 event planning is underway
1.1.B ⌚	Integrate the transportation, bicycle, and trails plan maps in the Comprehensive Plan into a unified multimodal transportation system map.	10/2019 - 12/2021	Leads: Fairfax County Department of Transportation (FCDOT)	Fairfax County Board of Supervisors Appropriation \$300,000 03/2020 – 02/2022	<ul style="list-style-type: none"> Received the draft scope for a comprehensive update to bicycle and trails plans by FCDOT. Obtained funding for the first phase of the bicycle plan update and created a draft plan. Developed the Safe Streets Program, adopted the Board of Supervisors fall 2021. See Objective 1.1.A for cross-cutting accomplishment.

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Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
1.1.C ⊘	Collaborate on recommendations for street design, multi-modal transportation components, and maintenance to ensure safe access to community amenities, schools, and employment centers for residents of all ages, abilities, and income levels.*	01/2022 - 12/2023	Lead: FCDOT Potential champions: Department of planning and Development (DPD), FCHD, Fairfax County Public Schools (FCPS) Suggested partner: Virginia Department of Transport (VDOT)	None identified	<ul style="list-style-type: none"> Not started
1.1.D ⊚	Expand and improve bicycle and pedestrian access to ensure safe, comfortable, and convenient connectivity in redeveloping or underserved communities.*	01/2019 - 01/2023	Lead: FCDOT Potential champions: DPD, FCHD, FCPS. Suggested partners: VDOT, Department of Public Works and Environmental Services (DPWES), DPD	None identified	<ul style="list-style-type: none"> Completed multiple white papers for the Parks, Recreation, Open Space and Access (PROSA) Plan. This action is integrated into the draft Active Fairfax Plan.

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Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
1.1.E 🕒	Establish policies, walkability standards, and performance measures and secure resources that increase walkable access to parks, trails, and recreational amenities. *	01/2019 - 01/2023	Lead: FCPA Potential Champions: FCHD, FCDOT, FCPA. Suggested partners: VDOT, DPWES, DPD	None identified	<ul style="list-style-type: none"> Completed multiple white papers for the PROSA Plan.
1.1.F 🕒	Identify evidence-based mechanisms to incorporate health into the county development review process, such as submission requirements and performance standards.	01/2019 - 01/2023	Lead: FCHD	None identified	<ul style="list-style-type: none"> Drafted a checklist for Human Services agencies to use when evaluating development proposals.
1.1.G 🕒	Pursue commitments from developers during the land development process for actions that promote healthy lifestyles and well-being.	01/2019 - 01/2023	Lead: FCHD	None identified	<ul style="list-style-type: none"> Reviewed development proposals and provided comments on potential improvements to plans.

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- **Goal 1:** Support the adoption and implementation of policies that increase access to healthy environments and active living.
 - **Objective 1.2:** Strengthen the implementation of existing policies to enhance opportunities for physical activity.

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Goal 1		Support the adoption and implementation of policies that increase access to healthy environments and active living.			
Objective 1.2		Strengthen the implementation of existing policies to enhance opportunities for physical activity.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
1.2.A 🔄	Assess access and promote equity in the county Field Allocation Policy and in the future development of athletic, recreation, and community facilities and amenities that encourage physical activity, including athletic courts, fields, and playgrounds.	01/2019 - 12/2022	Lead: Fairfax County Neighborhood & Community Services (NCS) Potential Champion: Fairfax County Park Authority (FCPA) Suggested partner: Fairfax County Public Schools (FCPS)	None identified	<ul style="list-style-type: none"> Formed subcommittees of the Fairfax County Athletic Council to assess how equity is approached. See objective 1.1.A for cross-cutting accomplishment Built cohesion in the HEAL team. Held regular monthly meetings with clear agendas. Saw increased engagement from influential members, including members of the Fairfax County Planning Commission and the Fairfax Healthy Communities Network. We also added a new member representing the Dept. of Planning and Development. Held an interactive session on the Park Authority’s PROSA plan, which led to ongoing discussion about team priorities and a simplified work plan for 2023.
1.2.B 🔄	Support efforts that encourage the reporting of pedestrian and bicycling incidents to the Police Department.	01/2019 - 12/2023	Lead: Fairfax County Health Department (FCHD) Potential champions: Fairfax County Department of Transportation (FCDOT) Suggested partners: Fairfax Alliance for Better Bicycling, Families for Safer Streets Police Department	None identified	<ul style="list-style-type: none"> Discussed Board of Supervisors’ offices as the appropriate portal for logging incidents.

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Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
1.2.C	Increase awareness of concussion protocols to support implementation in community settings.	01/2019 - 12/2022	Lead: NCS Suggested partners: Fairfax County Athletic Council, FCPS, Inova Health System	None identified	<ul style="list-style-type: none"> Discussed options for increasing awareness and adoption of these protocols among sports and recreation leagues.

Healthy Environment & Active Living

- **Goal 2:** Build and sustain partnerships and resources to support healthy environments and active living.
 - **Objective 2.1:** Build capacity to facilitate healthy environment and active living initiatives.

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Objective 2.1		Build capacity to facilitate healthy environment and active living initiatives.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.1.A 🔄	Establish a cross-sector leadership structure to promote, inform, and implement healthy environment and active living initiatives.	01/2019 - 12/2023	Lead: Fairfax County Health Department (FCHD) Suggested partners: Fairfax Healthy Communities network, other county agencies	None identified	<ul style="list-style-type: none"> Initiated collaboration with Fairfax Healthy Communities to strategize around advancing healthy environment/active living initiatives. In 2022, Built cross sector leadership structure to engage community-based organizations (CBOs) in co-leading event. Evans Consulting services provided in-kind, FCPA space provided in-kind, Pop Health consulting and marketing/webpage provided in-kind. Formed Healthy Together Fairfax (HTF) planning sub-teams that included additional organizations, including Anthem, NVFS, NCS, Trails for Youth, Girls on the Run. Developed and delivered inaugural Healthy Together Fairfax event. Conducted community engagement for Healthy Together Fairfax Event to identify community needs and solicit feedback on elements for the event. See Objective 1.1 .A for cross-cutting accomplishment.
2.1.B 🔄	Recruit and train ambassadors to spread the principles of health in all policies (HiAP) and provide interdisciplinary guidance and expertise for integrating health considerations into policymaking and environmental design.	01/2019	Lead: FCHD Potential champions: Fairfax County Neighborhood & Community Services (NCS)	None identified	<ul style="list-style-type: none"> Trained staff through the countywide strategic planning process. Held two Health in All Policies (HiAP) workshops for cross-sector staff members. Selected HiAP as topic for the Spring PFHF meeting topic set for April 2020. Due to the pandemic, this was held in November 2020. First Live Healthy Fairfax Award was presented in May 2022.




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Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.1.C	Establish a recognition program for local businesses and organizations to highlight innovative programs that support health and well-being across the lifespan.	01/2019 - 12/2021	Lead: FCPA, the Healthy Environment and Active Living (HEAL) Team, FCHD, Partnership for a Healthier Fairfax Steering Committee	None identified	<ul style="list-style-type: none"> Designed the awards program to include all PFHF Teams; established criteria and determined that the first recognitions would take place at the Fall 2020 Coalition Meeting. PFHF Awards program was placed on hold until 2021 due to the pandemic. Launched applications for awards December 2021.

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- **Goal 2:** Build and sustain partnerships and resources to support healthy environments and active living.
 - **Objective 2.2:** Increase access to resources and information that promote physical activity.

Priority Issue: Healthy Environment and Active Living					
Goal 2		Build and sustain partnerships and resources to support healthy environments and active living.			
Objective 2.2		Increase access to resources and information that promote physical activity.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.2.A	Engage targeted geographic communities to explore and address barriers to active living. *	01/2021 - 12/2023	<p>Lead: Evans Consulting</p> <p>Potential champions: Fairfax County Public Schools (FCPS), Fairfax County Health Department (FCHD), Fairfax County Department of Transportation (FCDOT)</p> <p>Suggested partners: Department of Planning and Development (DPD), Fairfax County Park Authority (FCPA)</p>	None identified	<ul style="list-style-type: none"> Hosted a 4-day virtual summit <i>Healthy Together Fairfax</i> in October 2021 addressing: Environment, Active Transportation, and School Mental Health. Engaged in comprehensive outreach to learn what residents know and want to learn about community health. Planning underway for in-person <i>Healthy Together Fairfax</i> event in October 2022. Held inaugural Healthy Together Fairfax event at Lee District Park on October 2, 2022. Although weather forced the event inside, this was an engaging and well-received inaugural event, and many partners and attendees expressed interest in making this an annual event. 125 (estimated) people participated in the event and visited partner tables. More than 40% of surveyed attendees brought children with them, the majority of whom were elementary school-aged (5-10 years). Whites were the greatest represented race/ethnicity (34.48%), followed by Blacks or African Americans (24.14%) and equal representation from Asian/Pacific Islanders, Hispanics, and Multiple Ethnicity (13.79% each). 30+ volunteers helped make the event a success. 25 organizations were represented, from government agencies, to non-profit community organizations, to private businesses. 6 Healthy Strides Community fitness classes were offered, ranging from yoga to cardio dance, courtesy of Fairfax County Park Authority. 4 Educational Tracks focused on different areas of healthy living (physical, environmental, social and emotional) and had a wide variety of interactive activities, including seed planting, mindfulness exercises, and community feedback boards. 3 VIPs attended and did book readings in the Story Space: Jeff McKay, Fairfax County Chairman; Rodney Lusk, Fairfax County Franconia District Supervisor; and, Dr. Gloria Addo-Ayensu, Director of Fairfax County Health Department. 2 Learning Talks given by community mental health experts. See objective 2.1.A for cross-cutting accomplishment.
Status Legend:		✓ Action Performed	🔄 Action In-Progress	⊘ Action Not Started	
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Goal 2		Build and sustain partnerships and resources to support healthy environments and active living.			
Objective 2.2		Increase access to resources and information that promote physical activity.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.2.B 	Connect community groups/organizations w/ funding and scholarship opportunities to promote greater participation in athletics and active transportation for underserved communities. *	01/2021 - 12/2023	Lead: NCS Suggested partners: FCPS, Parent-Teacher Associations (PTAs), FCPA, Fairfax County Department of Family Services (DFS), School Age Child Care (SACC) program	None identified	<ul style="list-style-type: none"> Not Started

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Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.2.C 	Establish earn-a-bike and bike share programs that serve children and adults in need. *	01/2020 - 12/2022	Lead: FCPS Potential champions: NCS, FCDOT Suggested partners: FCPA	None identified	<ul style="list-style-type: none"> Not Started
2.2.D 	Promote education at schools regarding safe walking, biking, public transit, and driving practices.	01/2019 - 12/2023	Lead: FCPS Potential Champions: FCHD, FCDOT	Partners in Prevention Fund \$2,000 01/2019 – 01/2020 VWAI (VDH) funding \$8,000	<ul style="list-style-type: none"> Conducted a safe teen driving event in January 2019. Established a traffic garden at Hollin Meadows Elementary School in collaboration with Safe Routes to School (SRTS). Discussed possible expansion of traffic gardens into parks. Established partnership with SRTS to promote “Walking Wednesdays” for the 2020-2021 school year. Established a traffic garden at Graham Road Community Building.
2.2.E 	Expand the use of social media to promote active and healthy lifestyle choices.	03/2020 - 12/2023	Lead: FCPA Potential champions:– FCHD, FCHD Communications, FCPA Communications	None identified	<ul style="list-style-type: none"> Anticipate creation of a Healthy Together Fairfax social media presence, through which HEAL can promote both the event (October 2022) and other information related to healthy and active lifestyle choices.

Healthy Environment & Active Living

- **Goal 3:** Increase participation in programs that foster active lifestyles and community connections.
 - **Objective 3.1:** Support and expand programs that connect people to community spaces, facilities, and parks.

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Objective 3.1		Support and expand programs that connect people to community spaces, facilities, and parks.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
3.1.A 	Expand the availability and awareness of outdoor gym equipment and consistent instruction for its use for people of all ages and abilities. *	01/2021 - 12/2023	Lead: FCPA Suggested partners: Fairfax County Health Department (FCHD), Fairfax County Neighborhood & County Department of Transportation (FCDOT)	None identified	
3.1.B 	Encourage the establishment of walking clubs in places of employment and faith-based communities.	12/2019 - 12/2023	Lead: FCPA Potential Champions: FCHD, FCN and FCDOT	U.S. Department of Health and Human Services, Office of Disease prevention and Health Promotion \$35,000 12/2019 – 09/2020	<ul style="list-style-type: none"> Established a walking program in each Supervisory District through FCPA. Received designation to be one of eight pilot communities for the Move Your Way Campaign, an implementation program for the second edition of the Physical Activity Guidelines.

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Objective 3.1		Support and expand programs that connect people to community spaces, facilities, and parks.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
3.1.C 🔄	Facilitate the collaboration of medical practitioners with local park agencies and community organizations to provide park prescriptions to improve health and well-being. *	01/2019 - 12/2023	Lead: FCHD, FCPA	None identified	<ul style="list-style-type: none"> Presented at the Virginia Recreation and Parks Society (VRPS) National Conference on Park Rx. FCPA updated their mapping schema so that website users can find more appropriate park amenities for recreation. The schema also integrated in the ParkRxAmerica.org website; doctors can search and prescribe a specific park to patients for mitigating chronic health conditions. Identified gaps, barriers and needs related to the focus tracks of the event (i.e., Physical, Emotional, Environmental, and Social) including health resource needs (e.g., mobile clinics and screenings), accessibility gaps (access to health screenings, access to mental health services, etc.), barriers to self-advocacy, safe active transportation, and family support resources (e.g., child care assistance, language interpretation, transportation, etc.). Other important discoveries included a gap in knowledge of existing services, mistrust in healthcare and policing, and acknowledging the history in Northern VA and its effect on equity.
3.1.D 🔄	Promote programs such as conservation landscaping, edible landscaping, and environmental monitoring that engage the community and increase awareness of and appreciation for environmental resources.	01/2019 - 12/2023	Lead: HEAL Team Co-chairs Potential champions: Department of Planning and Development (DPD), Fairfax Food Council (FFC) Urban Agriculture Working Group (UAWG), FFC Access Working Group (AWG) Suggested partner: Division of Urban Forestry, DPWES	None identified	<ul style="list-style-type: none"> Supported efforts that resulted in the adoption of a zoning ordinance amendment in June 2019. Discussed with faith-based and nonprofit communities at outreach events. Hosted a workshop on edible landscaping in September 2019.

Status Legend: ✓ Action Performed 🔄 Action In-Progress ⓧ Action Not Started

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