

Vita Health and Wellness District: Priority Initiatives
Collaborating for a Health Community in Stamford, Connecticut

23-Apr-15

Responsible	Resources	Vita Plan	Programs	Implementation	Description	Impact Areas*									
						Walkability Fitness	Public Safety	Economic Opportunity	Anti-Displacement	Affordable Housing	Green Housing	Social Cohesion	Green Space	Environmental Improvement	Access to Healthy Food
Entities	Funding Sources	Strategic Goals	Initiatives	Status	Description	Walkability Fitness	Public Safety	Economic Opportunity	Anti-Displacement	Affordable Housing	Green Housing	Social Cohesion	Green Space	Environmental Improvement	Access to Healthy Food
Charter Oak Communities; Family Centers	Local capital (COC, City, State); private equity (LIHTC); public and private debt	1.) b, c	Public Housing Revitalization	80%	Mixed-income, lower-density revitalization of obsolete public housing; demolition of physically and functionally obsolete housing projects	New Urbanism designs; built in transit-friendly neighborhoods; safe communities encourage healthy lifestyles; after-school programs for physical activity	Old models of PH = a "no-man's-land"; new models = defensible space; fosters "ownership"; resident stakeholders; manned security; CCTV systems	Controls rents at 30% of income; enables saving for career, college, business ownership; support for self-sufficiency objectives; diverse mix of incomes	One-for-One replacement of original units; built new before demolition; case-managed relocation assistance; choice-based mobility options	Replenishes affordable housing resource for decades; high quality, contemporary design standards; well managed; reduces socio-economic isolation, stigma	Energy Star certified; sustainable materials; low/non-VOC and other toxic compounds; new housing is "non-smoking"	Opportunities/support for resident participation and community engagement; incorporates COC Community Building initiative; on-site resident services	Urban planned for community activities: age-appropriate playgrounds, individual yards and patios; community garden	Remediation of former contaminated sites (lead, asbestos, VOC); reduction or elimination of asthma-causing building materials; sustainable "green" design; low-carbon footprint	
Charter Oak Communities; Boys & Girls Club; Stamford Hospital	Internal (COC) sources; public and private grant funding; SH programming; in-kind provider assistance	1.) a,b,c	Communal Urban Agriculture	80%	Fairgate Farm (multiple programs and outreach) including Pre-K Children's Garden; all-volunteer labor; nutritional education; cooking classes; community pantry donations	An all-volunteer labor initiative; 100+ volunteers log in 1,000's of hours performing all farm tasks from tilling to cultivating to harvesting						Has become the acknowledged center if not the "soul" of the WS neighborhood; egalitarian; ethnically diverse; culturally relevant produce; scheduled seasonal programs	Converted blighted residential properties into one-acre "open field" farm and hydroponic greenhouse; programmed and open uses	Demolished environmentally contaminated properties; removed soils with high lead/metals/ACM; converted to organic farm with imported, certified topsoil; eliminates future chemical fertilizer contamination; natural composting reduces carbon footprint	7,000# annual produce goes to volunteers as a "sweet equity" Community Supported Agriculture program; significant quantities distributed to low income Stamford residents; soup kitchens, homeless shelters
Family Centers; Child Care Learning Centers; Neighbors Link	Realignment of existing program resources; limited private grant dollars for Case Mgmt, Evaluation, Admin, Gaps	1.) a,b,c	Early Childhood/Foreign Born: "Co-Educators in an Emerging Population"	5%	Intended to improve outcomes in the early childhood education, and in the health and economic achievement, of at-risk Vita residents by engaging foreign-born parents as "co-educators" of their young children.			Improves economic status, of immigrant residents and their children through improvements in learning and literacy, intended to help close Achievement Gap in cohort population				Aids in cultural integration (acculturation) of socio-economically isolated and disadvantaged residents; improves connection to local resources and educational options			Children's Garden offshoot of Fairgate Farm will "hook" pre-K children on fresh vegetables; culturally relevant cooking classes teach healthy recipes for familiar foods and tastes
West Side Neighborhood Revitalization Zone; Women's Business Development Council	Public funding through CDBG grants; private foundation grants; small business investment	3.) c,d	Jobs/Small Business Development	35%	Business outreach, technical assistance and organizing of indigenous businesses utilizing "EPA Building Blocks for Equitable Development" roadmap; prevents displacement resulting from economic expansion of neighborhood			Strengthen West Side small business community with TA, improved access to capital; create Merchants Association; expand market to evolving population and visitors with discretionary income	Preserve indigenous ("mom and pop") businesses as market partially evolves from "captive" to more discretionary; develop tools and resources to serve residents			Strengthen tightly knit small business community; improve competitiveness; Merchants Association for advocacy, improved conditions, infrastructure improvements			Increase healthy food offerings (i.e. fresh produce) at bodegas and small groceries; link to programs and resources at Fairgate Farm
West Side Neighborhood Revitalization Zone; City of Stamford; Charter Oak Communities	Public funding by city of Stamford; federal grants (HUD, EPA); local sources by COC and Stamford Hospital	2.) a,b,c,d, 4.) a	City Infrastructure Improvement	50%	Transportation planning; re-zoning/master planning of WS to Village Commercial District; Stillwater Corridor Plan; parking improvements to support economic development; conducted Walkability Audit; significant public parkland investment	Stillwater Corridor Implementation Plan set goals and strategies for a walkable neighborhood with Complete Streets, transit connections, green corridors, traffic calming	Traffic calming, intersection and roadway improvements, sidewalk development and reduction of blighted properties improve public safety	Rezoning of WS neighborhood draws economic reinvestment by increased density, clear zoning standards, improved parking availability, public space beautification	Moderate density corridor scheme provides for affordable housing development and subsidized retail opportunities to retain existing residents and merchants			Walkable neighborhood, improved public safety, lively retail sector improves resident quality of life and community engagement		Village Commercial District targets remediation of blighted properties; assistance/attention from federal EPA and state DEEP has provided resources for environmental cleanup	
Charter Oak Communities; Family Centers; Fairgate Farm; WBDC	Internal (COC) sources; grant funding; SH programming; in-kind provider assistance	1.) b,c	Community Building Initiative	50%	Resident-led initiatives including public housing resident-to-resident community service programs, West Side Neighborhood Revitalization Zone, local Merchant's Association, Fairgate Farm Garden Club volunteer-led initiatives	Multiple stakeholder initiatives incorporate physical activity and personal fitness including Farm participation, group walking/dancing and health and wellness programming	Improved neighborhood retail sector and heightened activity levels promote safe streets; demolition of public housing led to major crime reduction (drugs, gang activity, personal assaults)	WS Merchants Association and technical assistance provided by WBDC will improve access to capital, marketability and business planning	Residents become community "stakeholders"; elimination of stereotypical public housing reduces socio-economic isolation and chronic/historic stigma	Resident participation in public housing revitalization, from planning through operations, strengthens transition to mixed-income communities		Community Building initiatives provide tools, technical support and resources to strengthen bonds between formerly disengaged residents			Community volunteers grow healthy food to feed their more needy neighbors through direct donations; resident initiatives have created community food pantries
Stamford Hospital; AmeriCares; Optimus; Community Health Centers; Vita Community Collaborative	Public and private grants; limited payments by Medicaid-insured residents	1.) b,c	Primary Health Care Access and Clinical Coordination	50%	Redevelopment of Stamford Hospital (improved facilities and access); Vita strategic partnership (FQHCs, AmeriCares free clinic, SH outreach); improvements in population lifestyle, care access, clinical coordination; focus on prevention, detection and management of chronic disease	Improved resident access to primary care facilities, for detection and prevention, encourages increased levels of physical activity to prevent many chronic diseases (diabetes, heart disease, hypertension)		Improved levels of health and wellness reduce employee/student absenteeism, and promote stable employment and reductions in economic inequality							Health service providers encourage consumption of healthy fruits and vegetables; nutritional outreach by Stamford Hospital (supported by FQHCs) reinforces messaging; launched Oncology gardening/nutrition program

*Impact Areas: Derived from Health Impact Assessment model of National Research Council (2011) to define the potential population health effects of plans, policies and programs.

Visit:
www.VitaStamford.com
www.CharterOakCommunities.org
www.StamfordHospital.org
www.FamilyCenters.org

Key:	
CDBG	Community Development Block Grant
COC	Charter Oak Communities
DEEP	CT Dept. of Energy and Environmental Protection
EPA	US Environmental Protection Administration
FQHC	Federally Qualified Health Center
HUD	US Department of Housing and Urban Development
LIHTC	Low Income Housing Tax Credits
SH	Stamford Hospital
TA	Technical Assistance
WBDC	Women's Business Development Council
WSNRZ	West Side Neighborhood Revitalization Zone