



Chapter 9 Improving Health and Well-Being For All

We will strive to meet the needs of all residents for physical activity, education, mobility, social interaction and sense of community, healthy food, health care, and public safety. We will do so by helping residents where their needs are the greatest.

Goals and Strategies for Improving Health and Well-Being For All

Goal 9-1. Health and well-being will be integrated into municipal decision-making, with a focus on providing for the equitable distribution of services.

- ▶ **Strategy 9-1.1:** In Town department, board, and committee decision-making, consider health, well-being, **diversity**, **equity**, and **inclusion** impacts.
- ▶ **Strategy 9-1.2:** Promote **diversity**, **equity**, and **inclusion** in the Town's provision of services.
- ▶ **Strategy 9-1.3:** Implement health-supporting changes to the Town's land use regulations with specific consideration given to multi-family and **workforce housing**, the geographic distribution of land uses, and mixed-use development.
- ▶ **Strategy 9-1.4:** Adopt policies to improve health and wellness of Town employees.
- ▶ **Strategy 9-1.5:** Conduct a Health, Well-Being, **Diversity**, **Equity**, and **Inclusion** Survey to inform municipal decision-making.
- ▶ **Strategy 9-1.6:** Ensure that diverse perspectives, including those belonging to people of color and younger persons, are involved in decision-making.



Goal 9-1. Performance Metrics: (1) Review land use regulations and implement changes to support community health; (2) Review the demographic composition of Town departments, boards, and committees to better understand groups represented in municipal decision-making; (3) Implementation of a Health, Well-being, Diversity, Equity, and Inclusion survey

Goal 9-2. Physical activity and other beneficial health behaviors will be prioritized.



- ▶ **Strategy 9-2.1:** Guided by the current Walk Bike Plan, improve walkability and [active transportation](#) options.
- ▶ **Strategy 9-2.2:** Consistent with the Americans with Disabilities Act of 1990 (ADA), address the shortage of accessible public restrooms; continue to implement ADA compliant streetscape and sidewalks; and modify municipally-owned outdoor gathering spaces and furnishings to be ADA-accommodating.
- ▶ **Strategy 9-2.3:** Support ADA compliance and improvements to privately-owned commercial and retail properties.
- ▶ **Strategy 9-2.4:** Connect existing non-governmental organizations with people who face food insecurity.
- ▶ **Strategy 9-2.5:** Explore the implementation of free universal school breakfasts and lunches with focus on healthy foods.
- ▶ **Strategy 9-2.6:** Improve access to healthy foods by supporting the distribution of fresh produce at local food shelves.

- ▶ **Strategy 9-2.7:** Expand the presence of farm stands throughout the community and make sure people know where they can buy locally produced food.
- ▶ **Strategy 9-2.8:** Expand the local community garden program.
- ▶ **Strategy 9-2.9:** Promote regionally grown food by encouraging residents to participate in community supported agriculture (CSA) programs.
- ▶ **Strategy 9-2.10:** Increase intergenerational opportunities for health care, social gathering, and education.

Goal 9-2. Performance Metrics: (1) Number of Walk Bike Plan recommendations implemented; (2) Length and percent of ADA non-compliant sidewalks; (3) Number of ADA accessible public restrooms in the downtown; (4) Report on possibility of free universal school breakfasts and lunches; (5) Number of outlets for locally grown produce; (6) Number of residents participating in regional CSAs; (7) Number of local community gardening plots; (8) Number of intergenerational community events

Goal 9-3. Partnerships will provide better outcomes with regard to determinants of community health, well-being, equity, diversity, and inclusion.

- ▶ **Strategy 9-3.1:** Work with Dartmouth Health to help realize their community goals within Hanover, including food, shelter, and health care.
- ▶ **Strategy 9-3.2:** Create programs to strengthen food security, such as working with the Dartmouth Organic Farm.



- ▶ **Strategy 9-3.3:** Facilitate public access to local recreation facilities not owned by the Town.
- ▶ **Strategy 9-3.4:** Work with SAU 70 to enable greater and more convenient use of community-owned spaces and athletic fields for both organized and informal recreational purposes.
- ▶ **Strategy 9-3.5:** Work with all large institutions in transitioning away from fossil fuels to reduce localized stationary source air pollutants.
- ▶ **Strategy 9-3.6:** Support regional non-governmental organizations that provide necessities to underserved populations.
- ▶ **Strategy 9-3.7:** Provide information about the health risks of radon, monitoring its presence and remediation.



Goal 9-3. Performance Metrics: (1) Number of hours community-owned recreation facilities are open to the public for organized or informal events; (2) Amount of community-generated greenhouse gas emissions (carbon dioxide equivalents [CO₂e]) within the stationary source sector; (3) Number of radon remediation systems installed

Goal 9-4. Town-owned recreational facilities and Town-run programs will be enhanced.

- ▶ **Strategy 9-4.1:** Create new recreation opportunities in places where residents have more than a 5- to 10-minute walk to a public [open space](#) or trail.

- ▶ **Strategy 9-4.2:** Enhance trail access and connectivity.
- ▶ **Strategy 9-4.3:** With both hard copy and digital materials, provide more information to residents regarding the availability of recreational facilities, including parks, trails, and drop-in activities.
- ▶ **Strategy 9-4.4:** Ensure that the community's diversity is reflected in its recreational offerings.
- ▶ **Strategy 9-4.5:** Redesign the Hanover Parks and Recreation's programming for residents, but especially school-aged children and their after-school options.
- ▶ **Strategy 9-4.6:** Recognize that non-profits have stepped up to provide recreation facilities and programs and that many families cannot afford to participate.
- ▶ **Strategy 9-4.7:** Assure that community-owned facilities are available for use during as many hours as there is demand for their use.
- ▶ **Strategy 9-4.8:** Provide after-school transportation so that all students can participate in after-school sports and programs.
- ▶ **Strategy 9-4.9:** Develop a comprehensive recreational facility plan that assesses accessibility and safety (e.g., sidewalk presence/maintenance, crosswalks, lighting, provision of shaded spaces, etc.).
- ▶ **Strategy 9-4.10:** In collaboration with Dartmouth College, increase public access to the Connecticut River for swimming and car top boats.



Goal 9-4. Performance Metrics: (1) Percent of residents able to access a public park within 5/10 minutes by walking; (2) Number of reservations made via the Department Parks and Recreation's website; (3) Percent of Hanover residents participating in a Parks and Recreation event and/or class; (4) Number of students accessing after-school programs using publicly provided bus or van options; (5) Number of new recreational facilities or programs; (6) Findings of public recreational facilities assessment; (7) Creation of a Connecticut River park for swimming and car top boat launching

