



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# South Kingstown Healthy Places by Design Community Healthy Living Index Final Report

Prepared by the YMCA of Greater Providence

## Introduction

At the Y, strengthening community is our cause. Throughout our history we have responded to the nation's most pressing social needs. YMCA of the USA created Community Healthy Living Index (CHLI) in response to our nation's rising chronic disease rates. The CHLI assessment process is a way of understanding one's stage of development within the process of creating sustainable change in support of healthy living. The CHLI compares this process to the work of planting an apple orchard. Just as a farmer starts small by planting seeds and then provides appropriate care for each state of the trees' development until harvest, the Y believes that all communities have the potential to be nourished through the process of change until they become an environment that strongly supports healthy eating and active living. CHLI can help communities transform themselves to provide the best opportunities for individuals and families to be active, eat right and live healthier.

Here in Rhode Island, the YMCA of Greater Providence partnered with the Rhode Island Department of Health to include the Community Healthy Living Index (CHLI) tool within the community assessment process for the RI Healthy Places by Design project. As part of South Kingstown Healthy Places by Design, the YMCA of Greater Providence collaborated with their colleagues at the South County YMCA to implement the CHLI with community members. Overall, those who live and work in South Kingstown feel very positive about their community, however they also recognize the potential to improve the level at which the community supports a healthy lifestyle for all community members.

## Methodology

The CHLI assessment tools were developed in partnership with experts from Stanford, Harvard, and St. Louis Universities with support from the Center for Disease Control (CDC) and Robert Wood Johnson Foundation (RWJF). Reviewed by an advisory task force, tools were pilot tested using scientific methods to ensure reliability and validity<sup>1</sup>.

In South Kingstown, Rhode Island the South County branch of the Greater Providence YMCA, convened six groups of adult residents, youth residents and community stakeholders; fifty-six people total, to complete the CHLI assessment process. Participants were selected to be geographically/demographically representative of the town, and to be representative of difference stakeholder groups: community leaders, business owners and residents, etc.

The following three groups completed the CHLI Neighborhood Assessment: Peace Dale residents (organized by Johnnycake Center), Wakefield residents (organized by Thundermist Health Center) and South Kingstown Youth (organized by the YMCA). The following two groups completed the CHLI Community At Large assessment: Town of South Kingstown employees, comprised of staff from multiple departments; and a community stakeholders group, comprised of business owners/managers and residents. Each group of participants met once to learn about the CHLI, completed a week-long observation and then reconvened to complete the CHLI

---

<sup>1</sup> <http://www.ymca.net/chli-about/>

assessment. Each group gave the Town or neighborhood assessed a score and then scores were averaged together to reflect the overall score for the Town.

The power of the CHLI tool is in the process of the assessment. The CHLI process is centered around the participation of community residents and stakeholders assessing their own environment and reflecting on their experiences within their own environment. In order to complete the CHLI assessment, each group of residents and community stakeholders must review every CHLI assessment indicator and come to consensus on the score that is best reflective of their community. The indicator categories are *Neighborhood Design, Physical Environment related to Physical Activity, Physical Environment related to Food/Nutrition, Safety and Collaborative Capacity/Community Engagement*.

The benefit of this approach is the depth of community engagement and authentic voice that residents and community leaders have within the assessment process. The CHLI measures the health of a neighborhood as its residents and stakeholders experience it, resulting in both useful data and also an empowering process for residents. For example, if we are looking at the number of public spaces available for residents to use to engage in physical activity, the CHLI looks at not only if such spaces are available, but also explores the extent to which they may or may not be utilized and why. Overall, this approach results in a comprehensive understanding of the intricacies of a community's health as experienced by those living and working in that community. It also builds a group of empowered residents and stakeholders who are positioned to begin brainstorming resident-driven solutions to challenges that may have emerged through the assessment process.

The *CHLI Scores* shared in this report were calculated by Y-USA's national CHLI data tool. The *CHLI Findings* are a summary of the individual indicator responses included in the CHLI assessments. The CHLI scores shared in this report were calculated by Y-USA's national CHLI data tool. Each assessment has an individual score and all scores were then averaged to find the overall Town score. The *Emerging Community Issues* shared in this report are compiled through a synthesis of CHLI assessment responses, CHLI observation tool summary and discussion items shared by participants. They are framed in terms of the focus areas of the South Kingstown Healthy Places by Design project: Walking and Biking, Access to Healthy Food, Access to Recreation and Villages.

# Community Health Living Index (CHLI) Results Summary

Assessment Period: October 6–October 26, 2011

The Town of South Kingstown, working with the South County YMCA, sought to assess the community's support for healthy living in the places where people live, work, learn, and play through the administration of a Community Health Living Index (CHLI) assessment. The CHLI specifically assesses access to healthy food and opportunities for physical activity. The information collected through this process will be used to develop policies that are supportive of healthy lifestyles as part of the Healthy Places by Design project. Information gathered will be kept anonymous.

## CHLI Process:

- 56 participants/6 groups
- One training meeting/week long observation period/final debrief meeting

## About the CHLI

The CHLI assessment process is a way of understanding one stage of development within the process of creating sustainable change in support of healthy living. The CHLI compares this process to the work of planting an apple orchard. Just as a farmer starts small by planting seeds and then provides appropriate care for each state of the trees' development until harvest, so too can you nourish through the process of change until you create an environment that strongly supports healthy eating and active living.



## South Kingstown's Assessment Results

**Nourishing a Root System**– Efforts up to this point have provided roots for growth such that half the time there are opportunities for health eating and physical activity. At this stage of development, it's important to celebrate these successes. But to continue encouraging the growth necessary for a rich harvest, there is still a lot of work ahead.



## What You Told Us...

### *Walking and Biking*

- Sidewalks in the town center are in good condition; however there is a need for improved & additional sidewalks, especially near schools & recreation areas.
- The bike path is seen as an important community asset.
- Speed of drivers is a concern.
- There is a need for increased walking/biking options between villages.

### *Access to Recreation*

- There are a variety of parks & recreation areas available throughout the town but many are not accessible by walking, biking or public transit.
- There is a demand for additional public restroom facilities and bubblers at recreation areas.
- There is a need for more affordable, indoor recreation options.
- Financial aid & scholarship options for recreational programming need to be publicized.

### *Healthy Food*

- There are fresh fruits & vegetables available in South Kingstown, but they are not affordable for all residents.
- The majority of local restaurants do not support healthy choices.
- Farmers markets & farm stand are a valuable community asset, however many residents consider them to be more expensive than food stores.

## Individual CHLI Assessment Scores

### Village of Wakefield Neighborhood Assessment

**Nourishing a Root System** – Celebrate these successes, but to continue encouraging the growth necessary for a rich harvest, you still have a lot of work ahead of you. Based on your assessment, there is an even balance between aspects of your environment that provide strong supports for people to be active and eat healthy foods and other areas that do not and need more work. You are at a midpoint in a developmental process.



### Village of Peace Dale Neighborhood Assessment

**Nourishing a Root System** – Celebrate these successes. But to continue encouraging the growth necessary for a rich harvest, you still have a lot of work ahead of you. Based on your assessment, there is an even balance between aspects of your environment that provide strong supports for people to be active and eat healthy foods and other areas that do not and need more work. You are at a midpoint in a developmental process.



### South Kingstown Youth Neighborhood Assessment

**Cultivating Healthy Fruit** – There are opportunities to eat healthy food and be active. You are in the fourth state of a developmental process. For those in your environment, the healthy choice is often the easy choice. Soon, with a bit more work you will harvest the full rewards of your efforts. Long-term, sustainable growth requires multiple, diverse stakeholders and real commitment.



### Town of South Kingstown Community at Large Assessment

**Nourishing a Root System** – Celebrate these successes. But to continue encouraging the growth necessary for a rich harvest, you still have a lot of work ahead of you. Based on your assessment, there is an even balance between aspects of your environment that provide strong supports for people to be active and eat healthy foods and other areas that do not and need more work. You are at a midpoint in a developmental process.



## South Kingstown Community Stakeholders Community at Large Assessment

**Nourishing a Root System** – Celebrate these successes. But to continue encouraging the growth necessary for a rich harvest, you still have a lot of work ahead of you. Based on your assessment, there is an even balance between aspects of your environment that provide strong supports for people to be active and eat healthy foods and other areas that do not and need more work. You are at a midpoint in a developmental process.



## Overall South Kingstown CHLI Score



Nourishing  
a Root System

**Nourishing a Root System** – Celebrate these successes. But to continue encouraging the growth necessary for a rich harvest, you still have a lot of work ahead of you. Based on your assessment, there is an even balance between aspects of your environment that provide strong supports for people to be active and eat healthy foods and other areas that do not and need more work. You are at a midpoint in a development process, Nourishing a Root System, which will one day reward your work with a rich harvest: a healthy environment.

A successful change process requires multiple, diverse stakeholders and real commitments to ensure its sustainability. Your environment has developed some key supports for healthy eating and active living. Let that root system foster further growth.

## CHLI Findings

### Assessment Results, Community At Large

- Programs and activities (i.e., walking, biking or other physical activity events, networks, or groups) that support physical activity are offered in neighborhood venues throughout the community.
- Physical activity programs/activities in the community almost always (81-100%) make provisions (i.e., scholarships, financial aid) for people with limited resources (i.e., low-income families, children and/or older adults, people with disabilities) to gain access.
- Programs and activities that support healthy eating (i.e., healthy cooking clubs, educational gardens, farmers markets, agricultural programs such as Farm to School) are offered in neighborhood venues throughout about half (41-60%) of the community.
- 21-40% of community healthy eating programs and activities make provisions (i.e., scholarships, financial aid) for people with limited resources (i.e., low-income families, children and/or older adults, people with disabilities) to gain access.
- Less than 20% of community-wide promotions or communication efforts encourage healthy living (i.e., physical activity and/or healthy eating) through promotional materials, educational events, and/or an inventory of opportunities for physical activity and healthy eating.
- Federal food assistance program resources (i.e., Food Stamp Program; School Breakfast Program; National School Lunch Program; Child and Adult Care Food Program; Women, Infants, and Children [WIC]; food banks) are available throughout the community to ensure food security.
- CHLI participants felt that 61-80% of community residents who are eligible for federal food assistance programs are using them.
- In the past five years, the community has raised funds (i.e., passed bonds, allocated funds) to finance the building or the enhancement of the following: public-use exercise facilities (shared-use paths or trails), pedestrian and/or bicycle enhancements (sidewalks, crosswalks, etc.)
- CHLI participants felt that less than 20% of the community is redeveloping existing roads to accommodate walking and bicycling.
- 21-40% of walking routes (i.e., sidewalks and trails) and biking routes in the community are accessible to people with disabilities due to the fact that they are mostly flat, have smooth transitions (i.e., curb cuts, ramps, etc.) from routes to the street, and are free of impassable features (i.e., trees, light poles, etc.)

- CHLI participants felt that 21-40% of new developments (i.e., housing, subdivisions, commercial) and street infrastructure enhancements include sidewalks, bike lanes, and recreational and/or open spaces.
- Zoning regulations support mixed land use (i.e., mixing of residential and commercial land uses in the same area).
- 21-40% of school sites have walking and biking infrastructure so the majority of students can walk and/or bike to school.
- In 21-40% of the community, steps are being taken to correct hazards or improve conditions around major barriers (i.e., freeways, railroad lines, rivers) that make it hard to safely walk or bike from place to place.
- Less than 20% of food stores and restaurants in the community that offer healthy foods and menu options (i.e., fresh produce, whole grain products, nonfat and low-fat dairy products, moderate portions, shared entrées) are easily accessible by foot, bike, and/or public transportation. **Note:** *Food stores are stores that predominantly sell food, including grocery stores, supermarkets, ethnic and specialized markets, some corner stores, and some convenience stores.*
- 21-40% of the community has a network of unobstructed, well-maintained, and level sidewalks and pathways, including in the downtown area and shopping centers, that allow for walking and biking.
- 81-100% of public and/or private parks are available and convenient to people of all income levels in the community.
- In 61-80% of the community, people who walk and bike in the community feel safe and unlikely to become victims of crime.
- In addition to local food stores and supermarkets, vegetables and fruits are available from alternative sources in the 60-80% community, such as farmers markets, roadside vegetable and fruit stands, farm stands, and community gardens.
- Less than 20% of vegetables and fruits from alternative sources are available at comparable prices.
- Low-fat products (i.e., such as low-fat milk or lean meats) and whole-grain products are readily available in local food stores and supermarkets in more than 80% the community.
- Less than 20% of local food stores and supermarkets promote healthy eating by providing price incentives (i.e., coupons, low-price promotions) for healthy foods and beverages (i.e., vegetables, fruits, water, low-fat milk), and/or using promotional displays and signage to promote healthy foods.

- Less than 20% of restaurants in the community promote healthy eating by providing nutrition information on the menu, identifying healthy menu options, serving moderate portions, and/or highlighting healthy foods.
- Public facilities in the community (i.e., schools, parks, libraries) have functioning water fountains that are overseen by city or local government to ensure their upkeep and the safety of the water supply.
- If vending/concessions are available at community parks, healthy food and beverage options are provided less than 20% of the time.

## CHLI Findings

### Assessment Results, Neighborhood

- Approximately 50% of the town has a network of walkable sidewalks that are unobstructed, well-maintained, and level.
- The majority (80-100%) of sidewalks in the Wakefield area are considered to be in good condition (no significant level changes, break or gaps; smooth transitions from routes to streets; free of impassable features, etc.) and accessible by people with disabilities.
- Approximately 80% of walking/biking routes outside of Wakefield are considered to lack sidewalks, be in disrepair and not as easily accessible for youth, seniors and people with disabilities.
- Participants felt that less than 40% of the town utilizes street safety measures to support walking and biking, such as traffic calming (speed bumps, road narrowing, etc.) and crosswalk counters.
- Crossing guards are consistently present in over 80% of the community to ensure the ability of students to cross the street safely near their schools.
- 80% of the town's parks, roads and trails are free significant air pollution, noise pollution, litter, and physical disorder.
- 80% of the parks and playgrounds in the town are consistently overseen and taken care of by town staff and are free significant pollution.
- Although 100% of playgrounds were reported to have accessible parking available, however less than 20% of playgrounds were reported to have either accessible, elevated play components (with ramps or transfer equipment) or a selection of ground-level play components.
- Basketball courts, Baseball/Softball fields, Soccer fields, Tennis courts, Parks and Playgrounds with Play Structures were consistently reported to be available throughout the town to people of all income levels.
- Swimming pools, Golf courses, Snow and Ice sport areas, and facilities open for walkers during off-hours were reported to be less available in the community in terms of both physical presence and accessibility by people of all income levels.
- The town has numerous public recreation facilities (i.e., basketball courts, tennis courts, baseball fields, etc.) that are open year round and accessible to people of all income levels.

- 100% of stores have fresh fruits and vegetables of acceptable quality, low-fat products and whole grain products available.
- 70% of food stores offering healthy foods are easily accessible by foot, bike, and/or public transportation.
- Food stores were reported to usually (61-80% of the time) provide price incentives (i.e., coupons, lower prices) for healthy foods and drinks (i.e., vegetables, fruits, water, low-fat milk, etc.).
- In addition to grocery stores, vegetables and fruits are available from alternative sources such as farmers markets, roadside vegetable and fruit stands, farm stands, and community gardens. However, their prices are comparable to prices at food stores less than 50% of the time.
- Although some restaurants do promote healthy choices, the majority of restaurants do not include nutritional information on their menus, promote displays of healthy foods or encourage moderate portions.
- If vending/concessions are available at neighborhood parks, predominantly healthy food and beverage options are provided less than 20% of the time.
- Less than 20% of neighborhood parks offer on-site gardens and/or farmers markets.
- CHLI participants felt that motor vehicle speed restrictions are enforced in approximately 20% of the community.
- Drivers of motor vehicles obey the speed limit and yield for pedestrians to cross the street in approximately 20% of the community.

## Emerging Community Issues

### Walking and Biking

- Sidewalks in the town center are in good condition; however there is a need for improved & additional sidewalks, especially near schools & recreation areas.
- The bike path is seen as an important community asset.
- Speed of drivers is a concern.
- There is a demand for traffic calming measures in the villages.
- There is a need for increased walking/biking options between villages.

### Access to Recreation

- There are a variety of parks & recreation areas available throughout the town but many are not accessible by walking, biking or public transit.
- There is a demand for additional public restroom facilities and bubblers at recreation areas.
- There is a need for more affordable, indoor recreation options.
- Financial aid & scholarship options for recreational programming need to be publicized more widely.

### Healthy Food

- There are fresh fruits & vegetables available in South Kingstown, but they are not affordable for all residents.
- The majority of local restaurants do not support healthy choices.
- Farmers markets & farm stand are a valuable community asset, however many residents consider them to be more expensive than food stores.
- Residents would like more advertisements and coupons for healthy food.

### Villages

- People feel positive about villages.
- Litter is a town-wide issue.

## APPENDIX A

### CHLI Discussion Notes

#### Walking/Biking

- Sidewalks in the town center are in good condition, however there is a need for improved and additional sidewalks, especially near schools and recreation areas.
- The bike path is seen as an important community asset.
- Speed of drivers is a concern.
- There is a need for increased walking/biking options between villages.

#### *Walkability*

Sidewalks are in good condition, where they are present.

Sidewalks are good, but uneven.

Need sidewalks on both sides of Broadrock School

Need sidewalk on Saugatucket for students to walk

Not enough sidewalks for safe walking to amenities

Spring Street – Stepping Stone preschool sidewalks are in poor shape. It is sad because that preschool is run by the town and sidewalks are poor. Every day you can watch a student fall on sidewalk.

Older neighborhoods have terrible sidewalks

High Street is deplorable

Newer neighborhoods have excellent sidewalks.

Many sidewalks can't be walked, never mind using a wheelchair

Disabilities – sidewalks poorly maintained – flat

Middle of main street is flat, no sidewalks in West Kingston

Not enough sidewalks in good condition

Speed limits need to be enforced near URI.

Robinson Street from bike path west – the sidewalk is being encroached upon by debris and weeds, making it less wide.

There are good sidewalks where sidewalks are appropriate

Sidewalks need repairs.

Curb cuts are steep.

Telephone poles are in the middle of sidewalks

ADA standards – Once they get in their house, they are great, but getting to the park is not great

Sidewalks on South Road other half, 108, Curtis Corner other half, Broadwalk Road, Saugatucket;

Sidewalks anywhere you want kids to walk to school – there is not a sidewalk outside the police station.

Vast majority of town does not have sidewalks – town is so big

New sidewalks are ADA, but not old

Walking – in downtown, but it's limited to downtown

Clearing sidewalks there is always something in the way

Huge landmass, Succotash needs more sidewalks, and other perimeters

Road surrounding URI was 'not great'

They have done a lot of side roads

The sidewalks are impassable hard for handicap, but appealing for character

Sidewalk aren't quite smooth, catch feet and trip (a woman who had a stroke has difficulty)  
North Road got sidewalks, not great, but at least they got one, neighborhood between Guild and bowling alley no sidewalks; River Street/Columbia Street big tree in middle of sidewalk.  
No sidewalks on Saugatucket or part between Police Station and bikepath/school  
In Saugatucket area, they put a lot of development in but still not sidewalks  
Need sidewalks to get to bike path  
Peacedale House and PeaceDale Estates for seniors; and Watson Farm – need sidewalks  
Above should also go other way to get kids to Broad Rock Middle School  
There no sidewalks North of Broad Rock Middle School  
Lots of dips  
Trips every time walking towards Old Mountain Field  
Could not get up ramp – sidewalk curb cut is steep in some places and narrow  
Everyone that she sees on street in wheelchair, they are being pushed because they can't do it themselves.  
A man from Peace Dale House rides a motorized scooter because in the road because he can't use sidewalks.  
Town Hall sidewalks awful  
No sidewalks north of Broad Rock Road  
High Street is terrible.  
Main Street is good.  
High Street sidewalks are too narrow – two people can't walk by each other  
More rural areas don't have sidewalks – can be dangerous to walk/bike on  
Sidewalk south of Broad Rock has trees obstructing view and is too close to road some

### ***Walking and Biking: Street Safety***

Many streetlights are out or just not there  
Broad Rock has very poor road lighting  
Drivers hardly ever yield to pedestrians, even on Main Street  
Saugatucket speed limit is too high – very fast drivers.  
Lower speed limits are a must!  
There are only speed bumps on side roads or places with blind turns or driveways  
You take your life in your hands crossing the street some days – even in crosswalks.  
Certain intersections are really bad and Rte. 1  
I have never seen traffic stop on my road – lots of speeding.  
Rte. 108 is a prime example – it is a speedway at times.  
Drivers often ignore pedestrians on crosswalks.  
Drivers yield to pedestrians on Main Street in Wakefield only because they have crosswalks.  
People speed.  
Speeding is widespread and growing  
You feel safe from crime during the day when walking/biking but NOT from cars.  
Perryville cops are everywhere  
There are speed traps all over Broad Rock  
They speed all day long on Broad Rock  
The cops are speeding themselves, but not for emergencies, one put on lights to get by her and then turned off lights.  
Crosswalk signs on Main Street saying it's a law haven't slowed people down or made them stop. Rarely  
Speed limits are not enforced, especially near Kingston Pizza on Rte. 108  
Wanted speed bumps in Matunuck but couldn't get the because of snow removal. Offered to take in speed bumps, please put you're going x speed signs, they said no.

Old Mountain Field – crosswalk in center of field, Michael slows down because there is always a young kid testing. Flashing light or remove cars around the walk so that you can see crossers better.  
Traffic calming measures– poor man’s speed bumps are potholes and they are well maintained.  
Wants speed bumps in Wakefield and Peace Dale  
People need to pay attention to yield sign and signage for Peace Dale roundabout needs to be improved – there is coverage of sign and not advance notice  
People are flying down 108.  
License plates – students whipping through from Narragansett to URI, she can time it to URI start of class  
Police are mostly responsive – if you complain they will put a car out, but for a day.  
She has seen police at High Street Fire Station  
We need a speed bump at Kingston Pizza before rotary. Cars are dangerous when mixed with people, especially when taking into consideration that there is a bike path crossing and that is a route to school  
Should be a push button light at Kingston pizza, not just a flasher  
Susan said there is a crossing guard at Kingston Pizza cross walk during school in and out times  
Only one crosswalk counter at Dale Carlia Corner  
A lot of the crosswalk counters don’t work  
Roads are not bike friendly- too much traffic – fast out of state and student drivers  
Make the streets safer – slow the traffic, give space for bicycles, more sidewalks.  
There is no shoulder on the roads.  
Flags, Main Street Crosswalk barrier are good  
Group felt that people on cell phones were issues because they weren’t paying great attention and were speeding.

### ***Bikability***

Bike path is accessible.  
Biking on roads isn’t terribly safe.  
You can feel safe biking on the bike path with no traffic, not biking on roads.  
Wouldn’t bike on the bike path in dark – no lighting.  
Bike path needs trimming.  
The bike path is maintained and clear.  
I think safety depends on a person’s ability to bike.  
Could use more garbage cans around the bike path.  
Biking on streets is dangerous.  
We need more places to rest along the way (bike path).  
No biking on bike path at night.  
Would like a bike lane on Tucker Town Road – would bike to work.  
Need designated bike lanes – roads are not safe to bike/walk  
The light on bike path is good  
You can get anywhere by bike – However you are taking your life in your hands to cross route 1  
Need to be careful at night.  
Bike path was originally supposed to be used for cross country skiing – could we do a section of it or just do half a side.  
Bike Path needs parking – you have to park in woods and walk.

### ***Public Transportation***

No easy access to Tuckertown Park without a car – dangerous road to walk/bike on and there is no bus access.  
There are many amenities within walking distance in town – not as easy access if out of town without a car.

Path behind senior center/YMCA to Commons would be an easy fix.  
Sprawl has occurred away from businesses.  
Most people do not live near public transportation.  
Poor bus system.  
Trolley efforts over the last 2 years are good.  
Public transportation is minimal and we have found it leaves before designated pick up time.  
RIPTA and Trolley – free, but not on fringe of the town, RIPTA and Senior Center will pick you up.

### ***Walkability & Bikability Near Schools***

Schools that students should be able to walk to: High School, Broad Rock, Curtis Corner and Peace Dale Elementary  
Children have to walk to Curtis Corner Middle School, but there are no sidewalks  
Suicide strip – Saugatucket Road, North Road, 108 – those kids from URI...  
If you want to get anywhere in the morning, you may as well leave an hour early because the school buses stop everywhere because no one will let their kids walk to school. Beth – paying for all the buses and gas is crazy because they stop at every house and there's only 2 kids on each bus. There is plenty of room on the side of the road for sidewalks  
Need to clear sidewalks near school.  
Kids walking on un-cleared sidewalks is dangerous.  
Promote students walk to school rather than the bus.  
Everywhere cross guards  
There are only crossing guards at the elementary school (x2)  
Drains on Highland St are easily enterable for small children.

### **Villages**

- **People feel positive about villages**
- **Litter is a town-wide issue.**

Matunuck Beach Road sign 'flashing bulb sign' motorcycles contributing to noise populations will be fined accordingly – Near Land Trust.  
We have villages and that makes a difference, she doesn't know neighbors, but if there is an issue, they come out  
Peace Dale is neglected.  
Peace Dale needs a face lift  
Wakefield/Peacedale – lots of potential  
Reminds me of an old mill town (positive)  
Thought that the Jonnycake area was very nice  
Trash cans/recycle bins would be good if monitored and well lit and word of the street is to be respectful.  
Cages on trashcans make a difference (to avoid dumping)  
Kersey Road – Apartment style house – trash and not mowed – always – Same side as the school.  
Law in Oregon that penalizing people for not picking up trash, even if it wasn't there – should look into that.  
Discussed two car places on Rotary that is unsightly. Also, they are not supposed to have that many cars unregistered.  
Also discussed empty parking lot – is it a problem piece of land. Horrible looking – maybe they could put up fence to hide cars.  
Local stores are great for shopping.  
Litter is a problem town wide

Lots of trash along the roadside

## **Access to Recreation**

- **There are a variety of parks, recreation areas, etc. available throughout the town.**
- **There is a demand for additional public restroom facilities and bubblers at recreation areas.**
- **There is a need for more affordable, indoor recreation options.**
- **Financial aid and scholarship options for recreational programming need to be publicized more widely throughout the community.**

## ***Transportation***

You have to drive to the park, but once you get there you are fine.

Not all recreation facilities are accessible by walking/biking, some are on roads without sidewalks or paths.

Transportation to some playing fields difficult w/out car

Matunuck – Green Hill Playground is two miles from his house – no sidewalks to get there.

Neighborhood parks – Connected some by bike, but not by foot

Indian Run Apartments – they built a path and bridge to get to Old Mountain Field.

All parks have parking

Can't get places unless she drives.

Old Mountain Field – crosswalk in center of field, Michael slows down because there is always a young kid testing. Flashing light or remove cars around the walk so that you can see crossers better.

Cuts through the mill to get to the Guild – she is worried about safety

Guild – More parking or make it more walkable

There is a path that connects Old Mountain Field to Broadrock Rock

The general walking areas (for travel on streets) were not well lit.

Group felt some areas for walk/bike at night were safer than others, but overall did not feel comfortable doing it themselves.

## ***Cost***

ALL families use the playgrounds.

Guild not as inexpensive as it used to be

The YMCA has a program for low-income families but is still not affordable for many families.

URI is not low cost ice rink

If the average family has three kids, they can't afford the YMCA for their families.

URI is cost prohibitive

People can use all parks

Not low cost at Beach

YMCA and Guild have financial aid. Some equipment and transportation issues prevent people from participating.

The Guild is the only low-cost recreation center but it is not a walk-in free rec center.

Group felt that if the groups below had financial aid information and staff to help clients fill them out that they would be more likely to sign up and less intimidated to fill out paperwork:

- Welcome House
- South County Community Action
- Jonny Cake Center
- Thundermist Health Center

Need financial aid at Guild

The Guild has scholarship money.

Guild is expensive, but has money that is subsidized

Seniors who need to maintain brain and body function, but they can't afford YMCA/Senior Center

People are intimidated by filling out financial aid forms or ashamed.

Financial aid is an issue; even at 40% it is still too expensive. A lot of people who didn't need it, now need it.

### ***Amenities***

Great bike path

We do not have a community center for all ages together. We need a non-profit center that is FREE.

There are no low-cost swimming pools unless you join YMCA or can get to URI – timing of swim is sometimes not convenient

Skating park – free

Roller skating rink – low cost

Skiing/Snowboarding – expensive

No playground at Old Mountain Field

Neighborhood playgrounds: Volunteer groups, nonprofits, adopt-a-spot take care of these

The Village Green is beautiful

The Baseball field on South Road Mosquito Alley.

Wildlife refuge

Trustom

Tuckertown

Old Mountain Field

Potter's Pond is free but is not maintained ice

Warden's Pond, you're at your own risk

Curtis Corner Track

The public can use the tracks inside at URI

Finish all proposed bike trails to URI and Commons

Police Used to use playground area/bike path behind Pump House to teach bike lessons.

Need trash cans around bike path, but we need to make sure they are emptied.

Playgrounds – are they being overseen – usually – group thought that they are overseeing, Guild and Fagan are good; Old Mountain needs to be more consistent.

Guild is nice, but you have to sign up – kids who really need it, don't have parents who will sign them up.

They should have a meeting place that they can go, and maybe they can have a nonprofit run it, but they need the space. Seniors who put on art show can also use it. Indoor facilities – there is nothing to do during winter – basketball outside during summer. – Free

Town offered programs very good

Group didn't feel that indoor facilities such as Guild and Y were being used to full potential. They are the only places other than school that indoor recreation space.

Wakefield Mall- opens at 6 am for walkers

Publicizing all the actual walking trails

Tri-pond park walking paths

Old Mountain Field – Lights go out on basketball court at 8; Tennis lights still on – Broad Rock Road – Baseball lights

Baseball lights

Would like the Guild to open at 5am or even 5:30 for gym

Guild – there are just some people – kids, teenagers example – it's very controlled and welcoming, uninviting.

### ***Water & Restrooms***

Fagan and Old Mountain have bubblers  
Need public bathroom in Peace Dale – right around center, flats  
Wants bus stop covered in Rotary  
Peace Dale needs a public comfort station.  
No bubbler on bike path except at Kingston.  
Green Hill Playground doesn't have a bathroom facility  
Comfort Station is a great addition (x2)  
No water fountain, on courts, building found is dirty and dated.  
Function water fountain (bubblers) – Fagan, Old Mountain Field, Guild indoors, Library inside, schools.  
On the entire bike path the only place to drink is Fagan Park  
Vending machines at parks, not healthy  
Concession stands at Tuckertown and Old Mountain Field - Rarely/never healthy choices

### ***Wheelchair Accessibility***

Wheelchairs can't get through woodchips  
Peace Dale needs to move through sand, child in wheelchair would have to be carried  
Guild and YMCA  
The Guild has one handicap swing  
Very little for people with disabilities  
The only playground for handicapped is at the Hazard School  
There are playground options for people with disabilities.  
There is a handicap swing at Guild

### ***Recreation at Schools***

A big problem is the schools in SK do not have much if any outdoor recreation time. By 5<sup>th</sup> grade-8<sup>th</sup> grade, gym is only about 2x per week for half the year. In SK High, gym is two out of four quarter of the year.  
Students need more daily recess and daily gym time. Depending on where you live, recreation is accessible by walking/biking.  
20 minutes to each lunch; gym is short and only offered during certain part of the day; Broad Rock does not have recess.

## Access to Healthy Food

- There are fresh fruits and vegetables available in South Kingstown, however they are not always affordable for all residents.
- The majority of local restaurants do not support healthy choices.
- Farmers markets and farm stand are a valuable community asset, however many residents consider them to be more expensive than food stores.

### *Availability of Healthy Food*

All food stores have fresh fruits and veggies

There are coupons and sales on unhealthy and healthy foods.

Fresh fruit signs are everywhere

Shaws, Belmont and Stop & Shop all have fresh fruits, veggies, low-fat and whole grain products

The problem is the prices.

Fresh fruit and veggies are still expensive after coupons/sales.

The bus goes to Stop & Shop and Shaw but not Belmont

I only buy organically grown produce and the three grocers do not have much of a selection.

Alternative Food Co-Op is good

Produce at Belmont and Stop & Shop is usually high quality

Fresh fruits and veggies are very expensive

Stores mostly have coupons for junk food.

Reduced-fat dairy is not healthy believe it or not.

Good variety of fresh fruits and vegetables available

Organic should not be a choice

Big markets display junk food first

Would like to see more coupons/sales for eggs, milk and fresh vegetables

The store displays are set to sell and are not health-driven

Peace Dale does not have a local store for healthy food.

Fruits and vegetables are damned expensive

Coupons are not usually healthy

Every week they have sales

With incentive, food is still more expensive

Alternative food coop and Food for Thought – No advertising

Fruits and veg only are promo

Cheaper to get 'crap'

Food stores are only in some neighborhoods

Not many mom and pop stores

If you want milk, you're all set, but not fruits and veg

Never, promote unhealthy

SK is not a food desert

Not enough coupons/promotions for healthy food

All 'junk' right at counter

'Junk' is at eye level

Stores had whole grain products.

Church suppers

Pantry express – Vegetables – group felt that if you weren't involved in Jonnycake Center, you wouldn't know about vegetables they offer

Good farmers market/farm stands in summer

There are a TON of great farmers markets

Farmer's markets/fruit stands are seasonal

In the summer the farmers market are a wonderful addition to the community  
Farmers markets are very expensive  
Farmer's market in summer – no sidewalks to get there, must drive or walk in road.  
Farmers Market is year round  
Farm stands - South Road guy, Curtis Corner guy  
Carpenters opens in May  
Lots of farms stands  
Farm stands are more expensive, they don't mind paying it for local (x3)  
Farm stands – a few months, average 3 months  
They ran out of plots at Broad Rock Community Garden  
We need community gardens sprinkled throughout community  
Community garden  
Farmer's markets  
Needs a community garden right in Peace Dale

### ***Healthy Choices at Restaurants***

Some restaurants have nutrition information online  
Friendly's, Burger King or McDonald's have healthy options  
Applebees and McDonald's have healthy options  
Applebees and Crazy Burger have healthy choices  
Fresh items come at higher price and are difficult to afford on limited income  
Applebees seems to be the only restaurant with healthy choices  
Subway, Fast Food and Applebees have healthy options  
Seafood restaurant have healthy choices but are more at the coast and not as easy to reach without a car – public transportation is not good.  
Restaurants that have healthy food in area – rarely.  
You have to ask them in a lot of restaurant  
Only says healthy choice  
When restaurants note healthy things, they only note the healthy things, not noting the other things that are not healthy.  
Applebee's 2 for 20 portion is enough, moderate meal, you're not taking things home, but you're full  
Mews Tavern – huge portions. Then you get asked steak fries, curly fries,  
Substitute for salad – you pay extra  
Pick pockets where there is a healthy restaurant, it is accessible

### ***Transportation***

In town it is much easier to access shops and healthy choices.  
If you are dependent on public transportation you are limited by what you can carry and where you can get to.  
Could use a driving program to drop food  
If you use bike path to get to the store without a car, can only get a few things because you can't carry them back home.  
Senior housing or people without cars cannot access stores.

### ***Nutrition Education & Awareness***

Guild cooking class  
Senior center cooking Class  
Hospital has nutrition classes

School level – healthy eating – Chartwells; no vending machines, farm to school program, connecting everything we do to healthy food initiative in schools.  
Longer lunch periods - there is only enough time for students to eat lunch. Belmont could not provide food for the Compass school based on money requirement and still be healthy and not cut corners  
Should be gardens at all the schools, learning how to grow, self-sustaining.  
Limited opportunities for nutrition education in some neighborhoods.  
Healthy info from school goes home  
Healthy habits go to school  
Kids get a choice at school, but you can only hope that they make the good choice  
The schools is some support  
Almost always stores offer healthy foods.  
Healthy food at neighborhood gatherings is more and more likely to have healthy food options.

## **Miscellaneous**

I live on 108 – the motorcycle noise in this area is so loud – there should be laws passed restricting how loud that can be – if my car sounded like that I would be cited. If a tree gets too big then cut it down, people who are hooked up to breathing machines, trees go down then ambulance can't get to people.  
Likes archway of trees up north and thinks it's beautiful.  
The trees on left coming out of Peace Dale House need to be cut back, they form a blind spot.  
More fire hydrants. 1 or 2 on South Road. Beth calls the fire department the Cellar savers because that's all that will be left.  
We don't have a big homeless population, they are in the Welcome House – people not living on street.  
Pat says there are more than you think.  
People are sometimes afraid to ask for help.  
100% low income housing they know how to get it.  
Seniors – sometimes don't want handouts, under porch  
Some are new to low income  
Everywhere Thundermist and Jonnycake have help applying for federal assistance  
Jonnycake says people who are eligible for benefits do not access them; Thundermist referred to Kids Count information

## **Town Support of Health & Wellness**

Wellness committee, who is full time people, but entire job is not dedicated to wellness.  
Parks & Recreation Director –job is dedicated to improving health and wellness in community; Parks Department salary is percent is out of town.  
Bond was passed for Tuckertown, but not built  
New leg of bike path  
New comfort station – discussion resulted town v. state money  
Nature Center at school–  
St Dominics Property was purchased  
Calming devises on Main Street  
In highway budget we have sidewalk replacement  
Extension of bike path  
138 construction in works, but hasn't happened  
Macarthur Blvd – Signs and bike markings are planned – Rex

## APPENDIX B CHLI Observation Tool Summaries

### Programs, Environment, Policy, Promotion & Safety

	Almost Everywhere	Usually	About Half	Some places	Rarely and N/A
Sidewalks are in good condition, maintained, level & clear	3	15	8	12	5
Bike routes are maintained & clear	14	20	1	3	3
Sidewalks & bike routes are accessible to people with disabilities	9	16	6	8	4
Are there curb cuts in the sidewalks?	7	15	4	11	1
Neighborhood parks, open spaces and bike/walking paths are available near public transit	4	14	5	11	6
You can walk/bike to neighborhood parks, open spaces and bike/walking paths.	7	16	8	7	5
There are many parks, playgrounds, stores, community centers, etc. within walking distance of public transit.	12	11	5	10	5
Sidewalks, parks & parking areas are well lit.	1	13	7	11	9
Speed limits are enforced in the neighborhood.	6	5	6	8	14
Drivers obey speed limits and yield to pedestrians.	1	7	13	10	10
People who walk/bike during the day feel safe.	4	17	9	10	4
People who walk/bike during the night feel safe.	0	8	7	12	13

## Food & Nutrition

	Almost Always	Usually	About Half	Sometimes	Rarely and N/A
Local food stores have a variety of fresh veggies & fruits of good quality.	26	13	1	2	0
Local food stores have low-fat products.	25	15	1	0	1
Local food stores have whole-grain products.	24	14	1	0	1
Food stores that DO have fresh fruits & veggies, low-fat foods & whole-grains are easily accessible by walking/biking or public transit.	16	10	8	3	6
Food stores have coupons, sales & bargains for healthy foods & drinks (vegetables, fruits, water, low-fat milk, etc.)	15	7	8	8	7
Food stores use displays & signs to help people choose healthy food.	6	9	8	9	8
Fresh fruits & vegetables are also available from farmers markets, community gardens and fruit & veggie stands.	18	14	4	4	3
Local restaurants print nutrition information on their menu.	1	6	4	13	17
Local restaurants use photos of healthy foods in signs & menus.	0	2	7	17	13
Local restaurants that do support healthy eating are available by walking/biking/public transit.	5	6	4	8	17
Neighborhood parks offer on-site gardens and/or farmers markets.	1	8	8	6	15

## Physical Activity

	Almost Everywhere	Usually	About Half	Some places	Rarely and N/A
Are there speed bumps, road, islands or roundabouts?	0	5	2	15	10
Are there crosswalk counters with timer countdowns?	1	3	2	8	13
Are there crossing guards before & after school?	15	10	2	2	1
The neighborhood has attractive landscaping, attractive buildings, views of the city, etc.	6	14	3	7	1
Parks & roads are free of significant air pollution, noise pollution & litter.	6	13	4	3	3
Parks & recreation centers are available to people of ALL ages.	12	13	4	3	0
Parks & recreation centers are accessible to people with disabilities: parking, entrances, bathrooms, etc.	13	11	0	4	1
Playgrounds are accessible to people with disabilities.	9	9	4	3	2
Playgrounds have ramps or ground-level play components.	8	7	4	5	3
Playgrounds have space around them.	13	11	0	4	1
Playgrounds are at an appropriate height for people in wheelchairs.	3	6	5	3	5
There are free or low-cost public swimming pools.	1	2	0	5	22
There are free or low-cost public basketball courts.	9	13	1	6	1
There are free or low-cost public baseball/softball fields.	8	14	1	6	1
There are free or low-cost public tennis courts.	13	10	2	10	1

There are free or low-cost public recreation centers.	7	9	2	13	5
There are free or low-cost public golf courses.	2	1	4	10	16
There are free or low-cost public places for walkers (shopping malls, tracks at schools).	8	13	3	7	3
There are free or low-cost public playgrounds with play structures.	13	10	3	8	0
There are free or low-cost public parks.	15	10	1	5	2
There are free or low-cost public staking rinks, ski slopes, etc.	1	1	4	5	19
The above facilities are accessible by walking/biking.	4	9	3	7	7
The above facilities are used by residents of ALL income levels.	8	9	6	4	4
The above facilities are available all year.	7	13	3	6	4
The above facilities have functioning water fountains.	2	9	0	7	6
If vending machines are available at these facilities, the machines have healthy food & beverage options.	1	1	3	8	14