

# Plan4Health Nashua

A collaborative project integrating planning and public health  
where we live, learn, work, and play.

## About Nashua's Plan4Health Project

- Began in early 2015 with a national Plan4Health grant award of \$125,000
- Supports a healthy, economically vibrant community with roads that provide safe access for all users
- Focuses on Complete Streets philosophy and guidelines to encourage bicycle and pedestrian transportation in Nashua
- A priority strategy of the 2015-2018 Community Health Improvement Plan (CHIP), supported by the Greater Nashua Public Health Advisory Council

## Planned Activities

- Identify and convene partners
- Conduct street mapping and data analysis
- Audit current regulations and ordinances
- Develop Complete Streets training guide
- Educate about Complete Street strategies
- Engage partners and community through strategic communications



## Short-Term Outcomes

- Build on strong multi-agency efforts to reduce chronic disease in Nashua through the Greater Nashua Community Health Improvement Plan (CHIP)
- Grow coalition by engaging more partners with a wide range of expertise and influence
- Improve perceptions about physical activity within the community
- Establish support and tools for a Complete Streets way of thinking

## Long-Term Outcomes

- Make it more convenient for people to be physically active by increasing access to safe active transportation
- Decrease the burden of obesity and chronic disease in the City of Nashua
- Support a healthy, economically vibrant community

**COMPLETE STREETS:** Planning and design process that ensures roads provide safe access for all users, regardless of age, ability, or mode of transportation.

**PLAN4HEALTH:** National collaboration between American Planning Association (APA) and American Public Health Association (APHA) that awarded grants in 18 U.S. communities, including the City of Nashua. Plan4Health is a 15-month program supported by the Centers for Disease Control and Prevention (CDC).

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