Community Technical Assistance, Inc. (CTA)

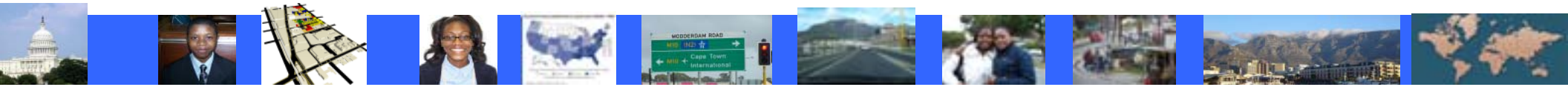
Community Technical Assistance, Inc. (CTA) mission as a New Jersey based 501(c)(3) non-profit organization is to provide technical assistance in low-to-moderate income neighborhoods in order for youth, residents, community-based and faith-based organizations to transform their distressed community.

Objective:
Our objective is to empower young citizens to create their own environments, improve their quality of life, and become leaders in their community.

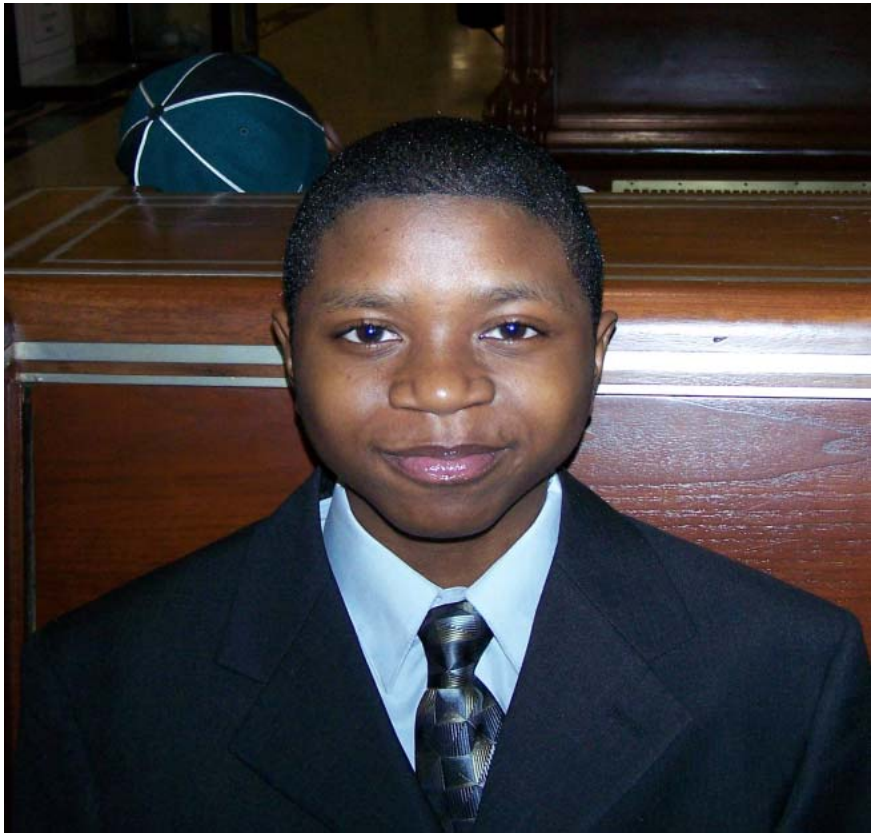
To achieve our objective, CTA has established four (4) technical assistance sections.

- Community and Economic Development
- Public Health
- Housing and Neighborhood Stabilization
- Technical Assistance

Executive Director: Roland Whitley, Jr.



Community Technical Assistance, Inc. (CTA)



Raymond Giddings- Former TDC Student Intern

Currently Attending: St. John's University

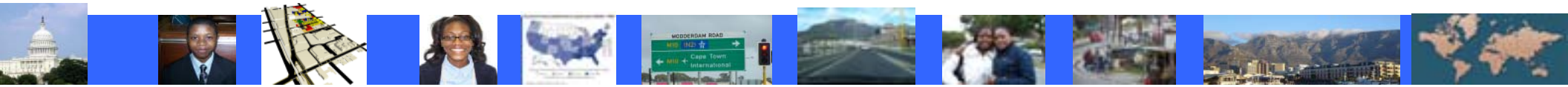
Education First Initiative (EFI) will offer continued academic development, increased academic performance, and develop critical thinking through applied learning methods. EFI will be available to students in the summer and during the academic school year.

The EFI's goals are proven to be achievable and result in realistic outcomes that will:

1) **Improve students' academic performance,**

2) **Expose youth to a heighten sense of student achievement, and**

3) **Connect students to their community with a domestic and international focus.**



Education First Initiative (EFI) Graphic Organizer

The purpose of the organizer is to provide a brief overview of relationship of the our initiative and the STEM Academy HS.

STEM Academy HS

CTA Community Partner
Education First Initiative (EFI)

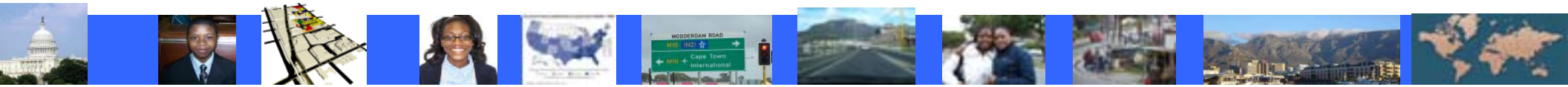
Summer Learning Camp
(6-7 wks)

- Academic Intervention
- Project Base Applied Learning
- Critical Thinking

EFI
In School
(40 wks)

- Prof. Career Mentoring
- College Readiness
- Critical Thinking
- Global Citizen
- Profes. Dev
- Tech. Skill Dev

EFI Global Scholar
STEM Academy Graduate
Obtain Bachelor
Obtain Master
Obtain Post Doctoral



Education First Initiative (EFI) Administration

Tiffaine Stephens former TDC Student Interns

Currently attending Howard University (HBCU)

Who:

- Rising 9th & 10th Graders Admitted into STEM Academy HS
- 50 EFI Student Interns Accepted
- 20 Potential EFI Student Interns on Waiting List

What:

EFI Students will have the opportunity to participate in our extended summer learning camp and continue as student interns as part of our in-school initiative.

When

Pre Camp-

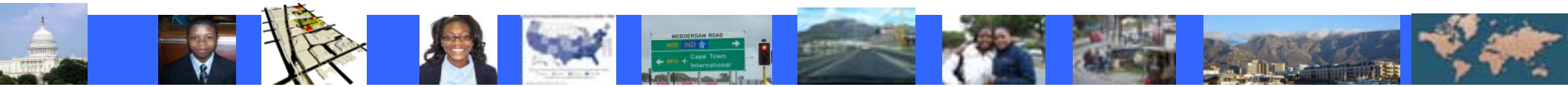
- 2 Days (June 23 and 24)
- 9 am to 4 pm

Summer Camp-

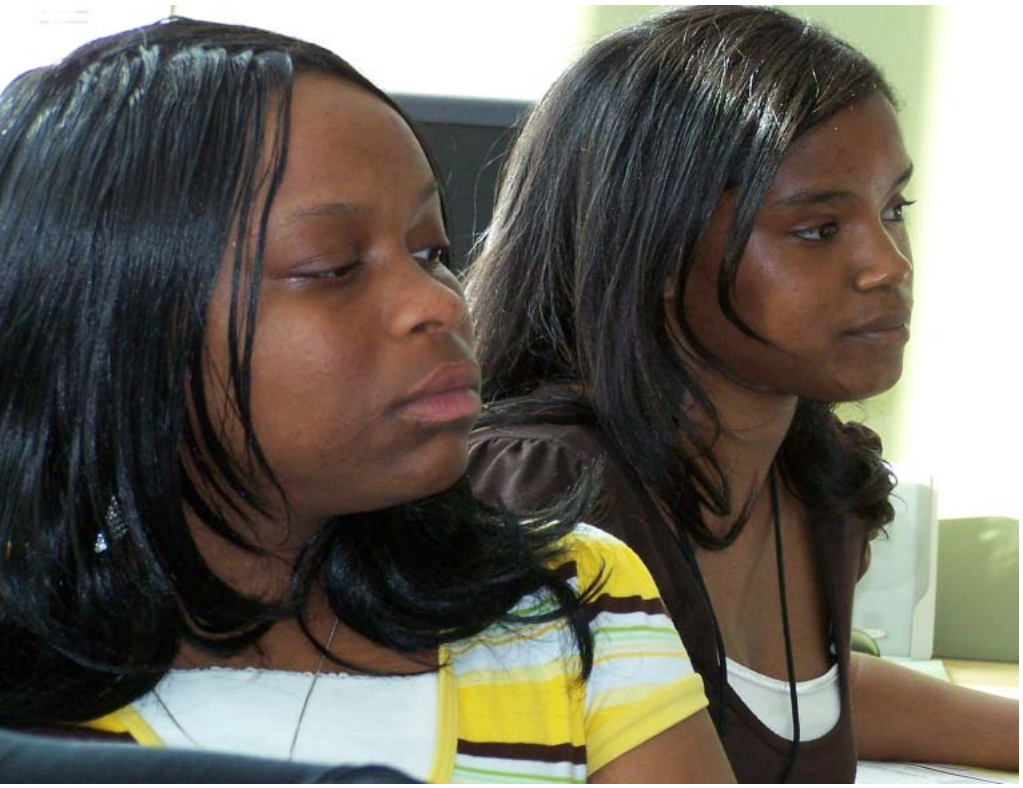
- 6 Weeks (July 5 thru August 12)
- 2 Camping Trips (Camp Glen Gray)
- 2 Field Trips
- 8:30 am to 4 pm

Where:

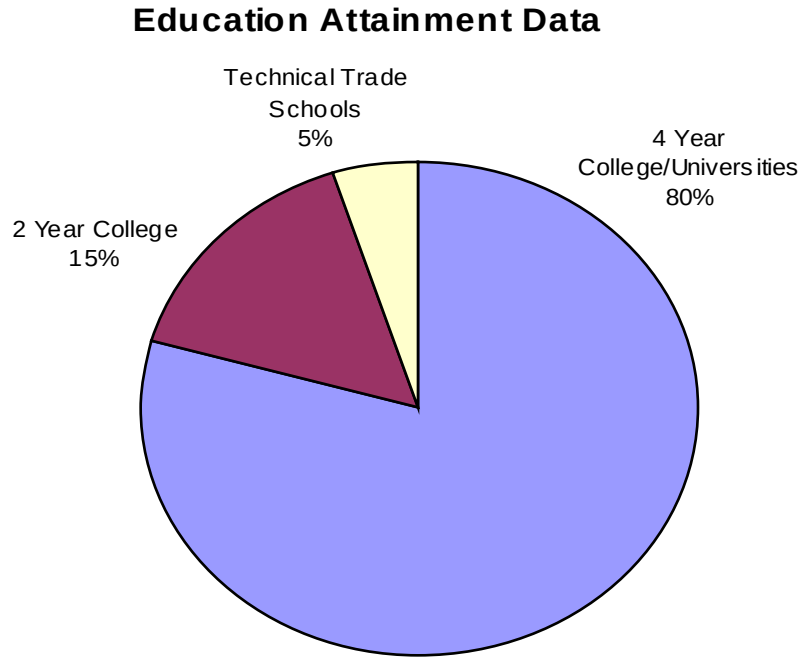
STEM Academy High School



Goal 1: EFI Improve Student's Academic Performance

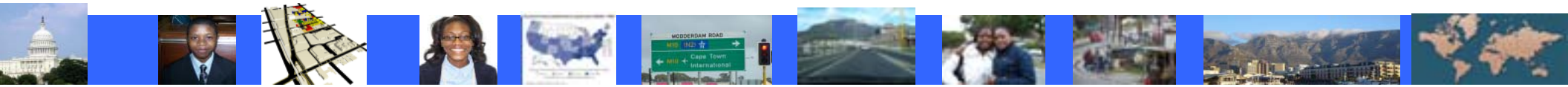


Jevonna Morrison & Lasheema Edwards former TDC Student Interns
Both are currently attending Rutgers University, New Brunswick



School	Year 1	Year 2	Year 3	Year 4	Total
Rutgers University	21,996.50	22,571.50	23,120.00	27,494.00	95,182.00

Grade Level Averages	Reading Pre-test	Reading Post-Test	Point (+/-) Reading
8th Grade Average	5.23	5.8	0.6
9th Grade Average	3.8	5.8	2.0



Goal 2: EFI Increased Student Achievement

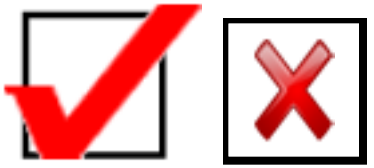
Jasmaude Wreh & Nasir Davis former TDC student Interns

Jasmaude Wreh currently attending St. Peter's College

Nasir Davis is a Junior at Campus High School

Final Report Cards

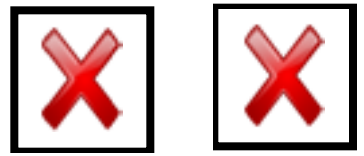
NJ Standardized Scores

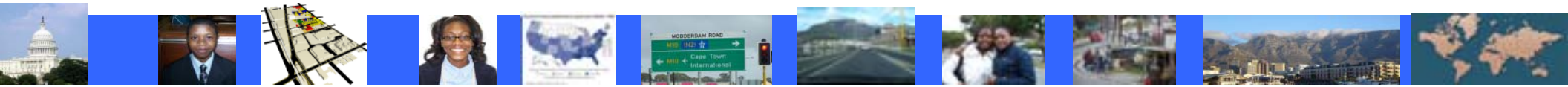


Student Review

Class Ranking

Grade Point Avenge





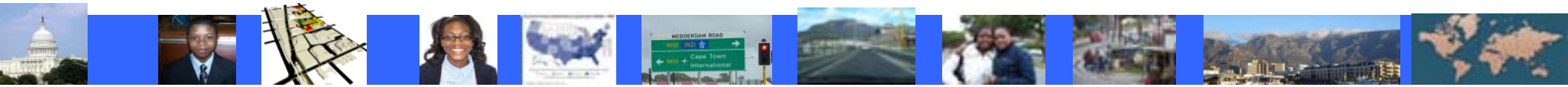
Goal 3: Connect students to their community with a domestic and international focus

Mr. Whitley engaging members of the US Congress.

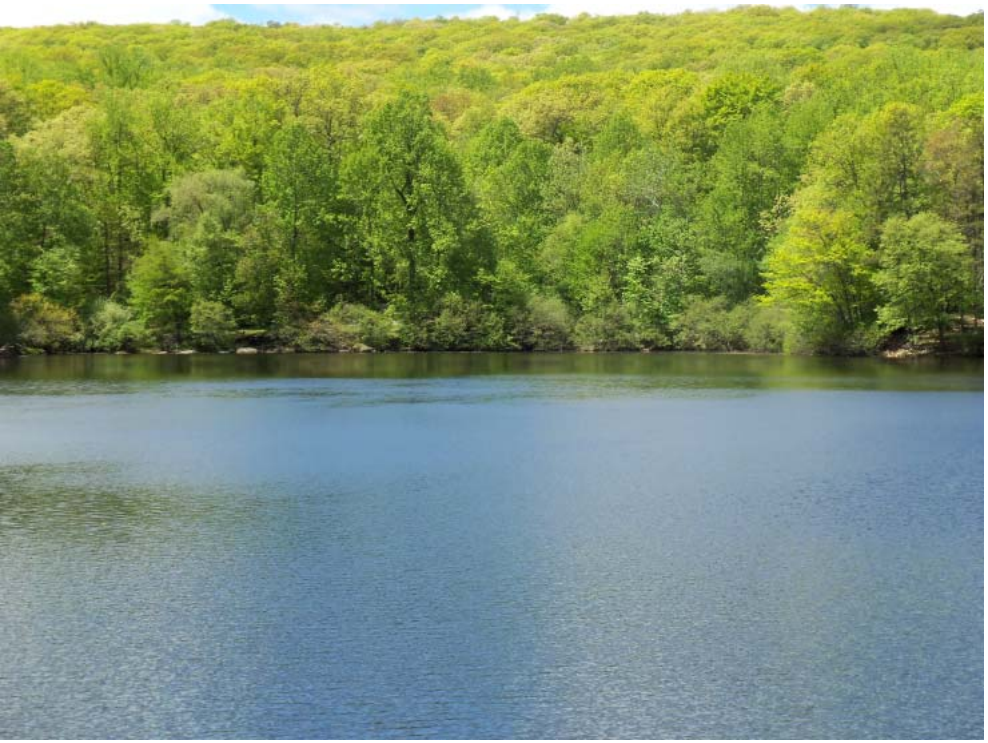
US Congressman- Donald M. Payne

US Senator – Robert Menendez

Mr. Whitley & Amelia Jones in South Africa planning for EFI.



Goal 3: Connect students to their community with a domestic and international focus



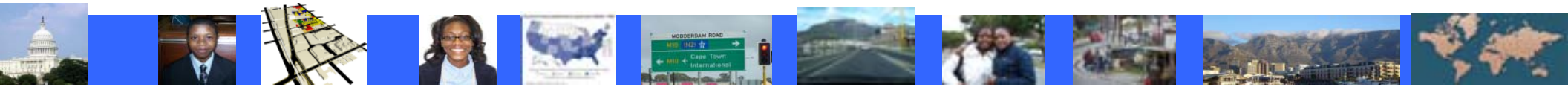
EFI Student Presentation Contents:

1. Geographical and Political Boundaries

2. Data Gathering Methods

3. Research Methods

4. Critical Thinking Methods



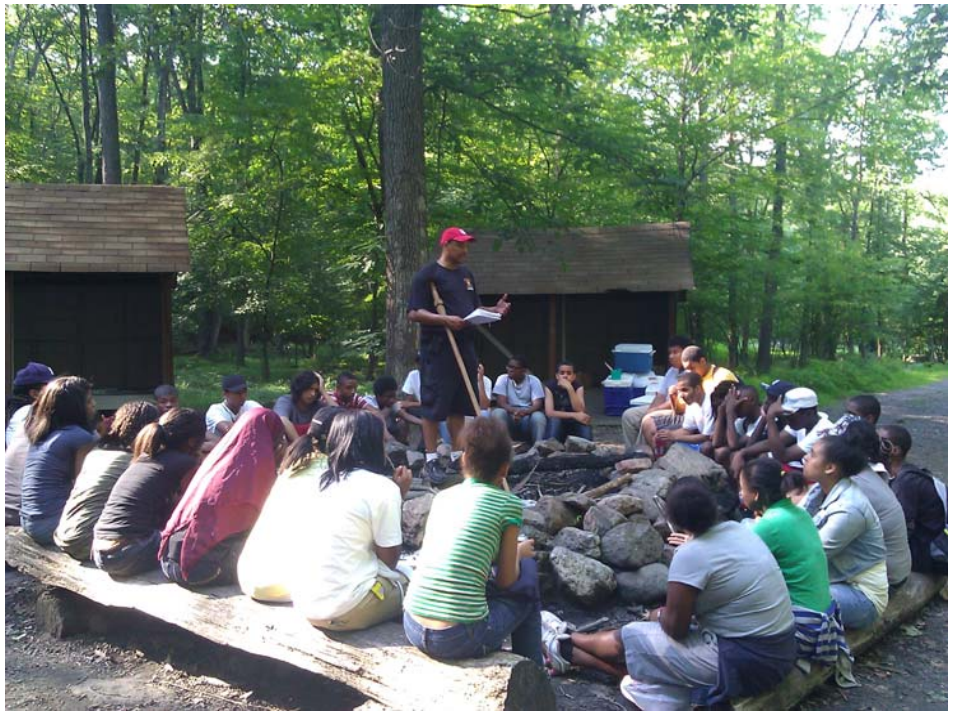
Geographical Location & Political Boundaries

Goal:

Identify the Political Representatives & Possible Relationships to the Project Site

Objective:

Present each political representative's district boundary, offices, committees, and possible relationships to your Project Site.



Executive Director Roland Whitley Jr. talking to EFI Students at Camp Glen Gray

EFI Student: Justin Walcott preparing to go home from Camp Glen Gray Trip

Geographical & Political Boundaries Training

National Level

United States President Barack Obama (D)

Office: U.S. President
Total for Nation: 1
Total for State: 1
Total for Project Site:1
District Boundary: United States of America

United States Map

Legend

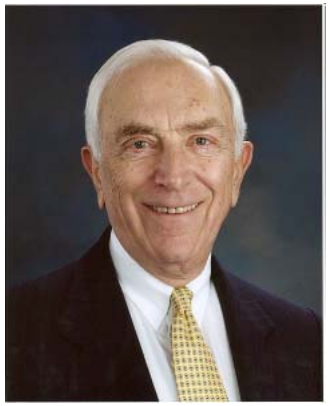
Project Site: 1

North Arrow:

New Jersey

Sources: http://www.whitehouse.gov/administration/president-obama

National & State Level



U.S Senator: Frank R. Lautenberg (D)

Total for nation: 100
Total for state: 2
Total for project site:2

U.S Senator: Robert E. Menendez (D)

Total for nation: 100

Total for state: 2

Total for project site:2

N.J Governor: Chris Christie (R)

Total for nation:50

Total for state: 1

Total for project site:1

Legend

North Arrow

Project site

Geographical & Political Boundaries Training

State Level

State Senator: Nia H. Gill (D)

Office: State Senate
Total for State: 40
Total for Project Site: 1
Political Boundary:
Legislative District 34

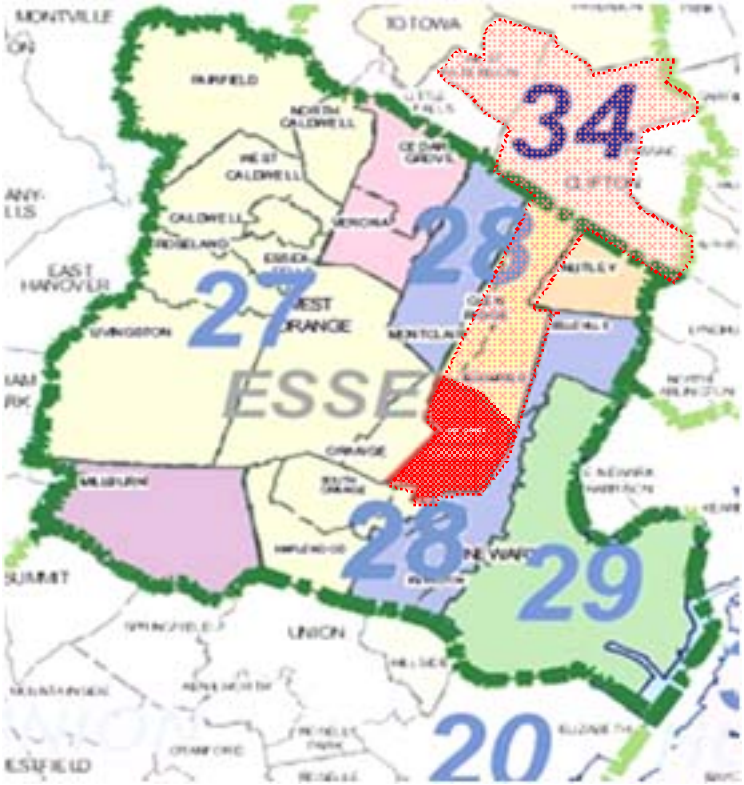
Assemblyman: Thomas P. Giblin (D)

Office: Assemblyman
Total for State: 80
Total for Project Site: 2
Political Boundary:
Legislative District 34

Assemblywoman: Sheila Y. Oliver (D)

Office: Assemblywoman
Total for State: 80
Total for Project Site: 2
Political Boundary:
Legislative District 34

Political Boundary: Legislative District 34



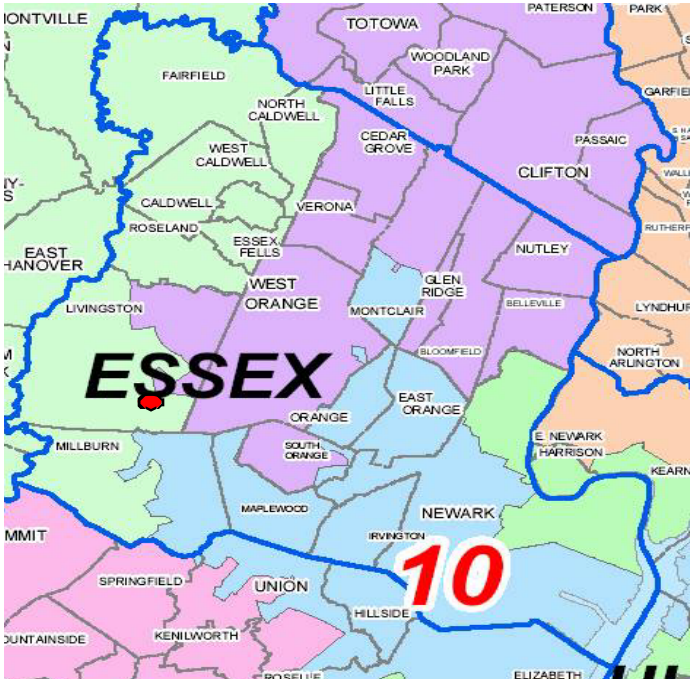
Geographical & Political Boundaries Training

National Level

Congressmen Donald M. Payne (D)

Office: U.S. Congressman
Total for State: 13
Total for Nation: 435
Total for Project site: 1
District Boundary: Congressional District 10

10th Congressional District Map



Legend

Project Site:

North Arrow:

Source: http://payne.house.gov/

County Level

Freeholder Carol Y. Clark (D)

Office: Board of Chosen Freeholders
Total For County: 9
Total For Project Site: 1
District Boundary: District 3

Source: http://www.essex-countynj.org/freeholders/site/index.php

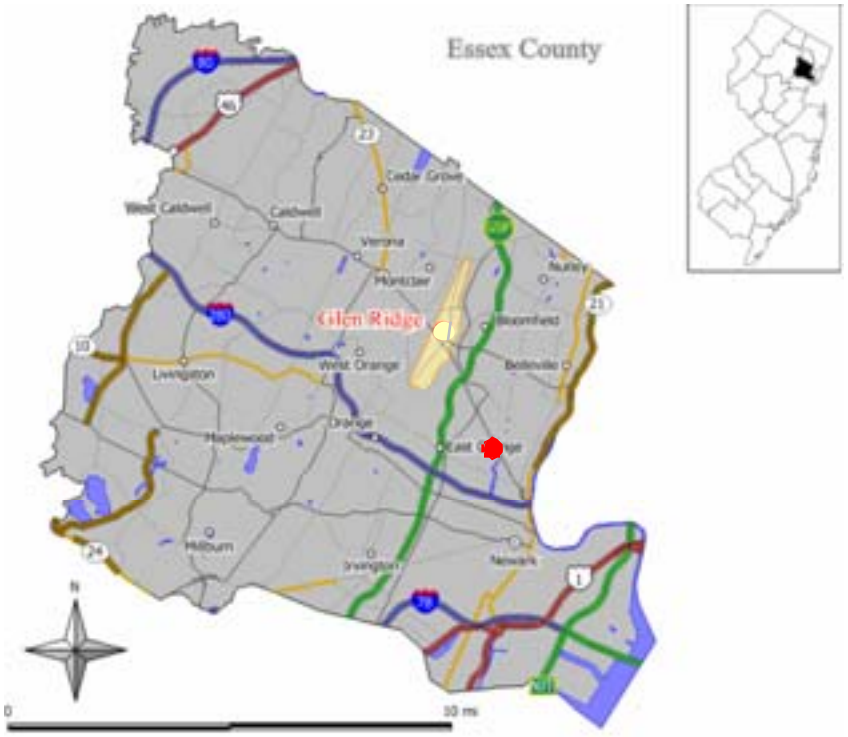
Geographical & Political Boundaries Training

County Level

Joseph N. DiVincenzo County Executive (D)

Total for Nation: 3,077
Total for State: 21
Total for Project Site: 1
District Boundary: Essex County

Essex County Map



Legend

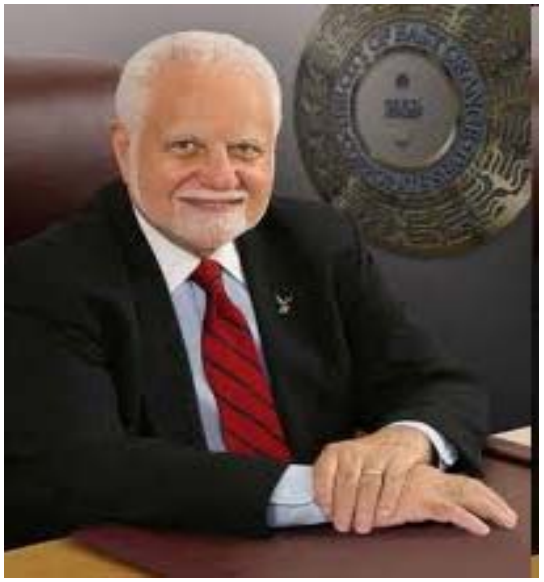
Project Site:

North Arrow:

Sources: Google Maps. Google/US Counties. Google/Essex County.

Local Level

Mayor Robert L. Bowser (D)



Office: Mayor of East Orange

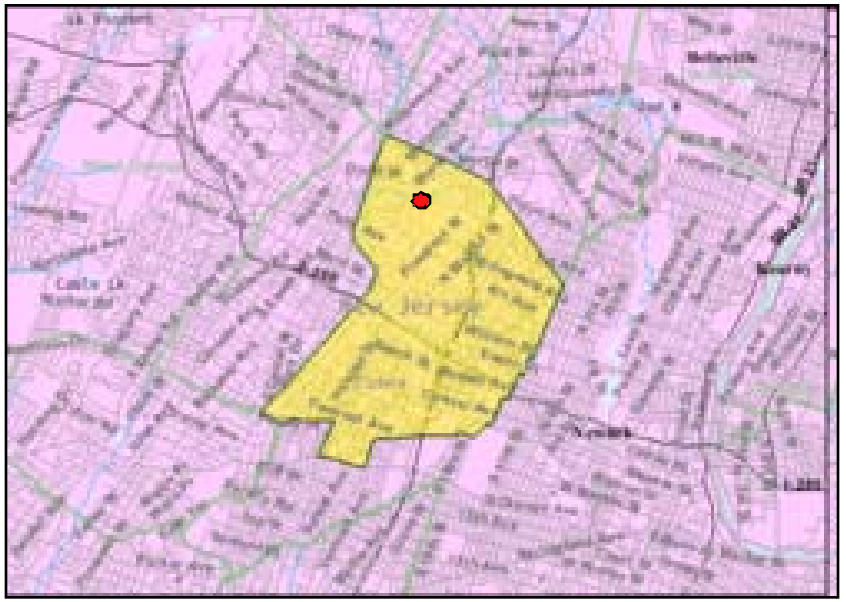
District Boundary: City of East Orange

Total for State: 37

Total for Project Site: 1

•Supported the TDC Program for the last 5 Years

City Of East Orange



Legend

East Orange

Project Site

North Arrow

Geographical & Political Boundaries Training

Local Level

Councilman: Jamal S. Barnes (D)

Office: Office Of The City Council

Total for City: 10

Total for Project Site: 2

Political Boundary: Ward 1

Legend

Ward 1

Project Site

Councilwoman: Andrea D. McPhatter (D)

Office: The City Council

Total for City: 10

Total for Project Site: 2

Political Boundary: Ward 1

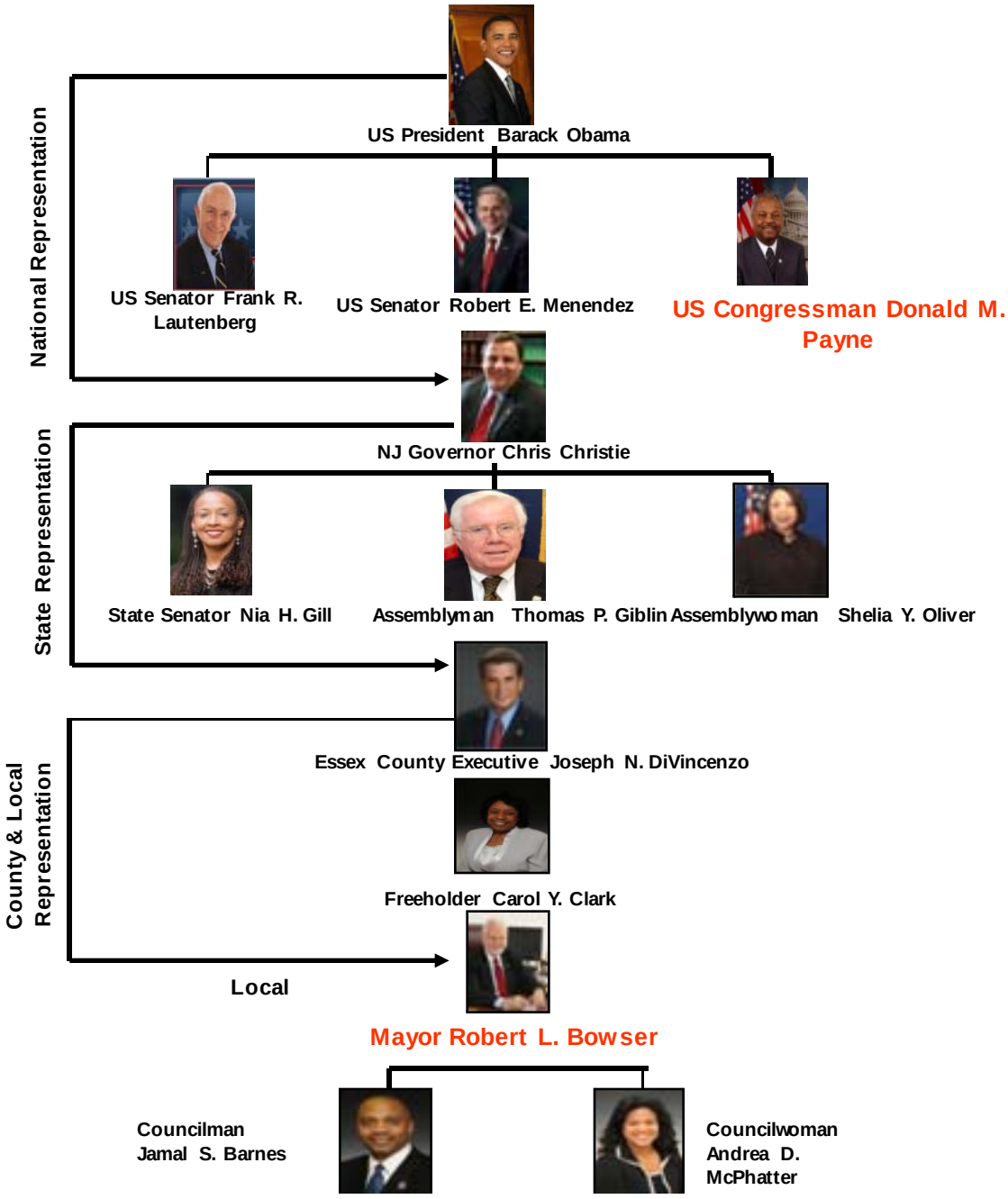
Geographical & Political Boundaries

Geographical Location

•Refers to a project site within the context of street and natural boundaries, ward, city/municipality, county, state and nation

Political Boundaries

•Refers to human devices for portioning areas which often follow physical features, such as rivers or mountains. States, counties and wards are political units separated by imaginary lines.



National Level

U.S. Congressman Donald M. Payne (D)

Office: U.S. Congressman
Total for State: 13
Total for Nation: 435
Total for Project site: 1
District Boundary: Congressional District 10

Possible Relationship to Project Site:

- Building upon the momentum of its public health initiatives, the Congressional Black Caucus Foundation (CBCF) will launch its Spirit of Healthy Living (SOHL) program, a diabetes awareness
- Rep. Payne is taking the helm as CBCF is expanding its brand and stands on solid financial ground.

Congressman Payne and Student Interns

The Rayburn House

Independence Avenue and
South Capitol Street
Washington, DC 20003

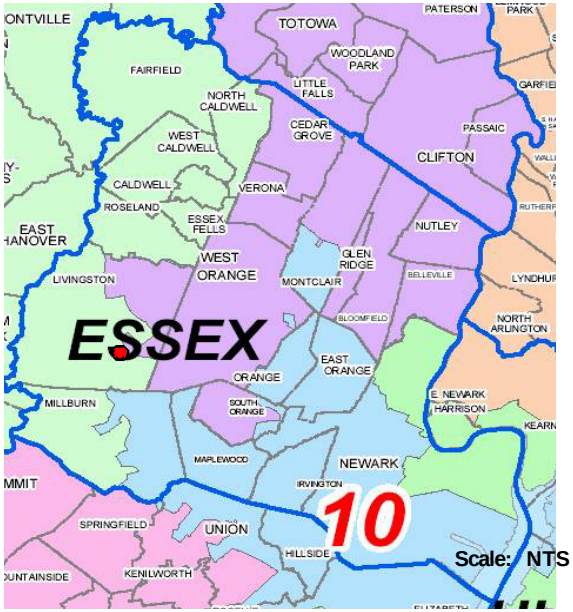
Legend

PROJECT SITE

ESSEX COUTY

NORTH ARROW

10th Congressional District Map



http://www.govtrack.us/congress/findyourreps.xpd?state=NJ&district=10

www.cbcfinc.org/2010-archive/448-cbcf-brings-spirit-of-healthy-living-to-newark.html

Local Level

Mayor Robert L. Bowser (D)

Office: Mayor of East Orange
Total for State: 37
Total for Project Site: 1
District Boundary: City of East Orange

City Of East Orange City Hall

44 City Hall Plaza, East Orange, NJ 07017-4191

Map of East Orange

Legend
City of East Orange
Project Site

Possible Relationship to the Project Site:
- Supported the TDC Program for the last 5 Years
- Robert L. Bowser is the president of NCBM (National Conference of Black Mayors) which provides culturally appropriate educational materials about exercise, fitness, obesity.

Sources:
http://www.njslom.org/magart_0108_p4.html
http://en.wikipedia.org/wiki/File:East_Orange_City_Hall_Lincoln_jeh.jpg
http://upload.wikimedia.org/wikipedia/en/c/c8/Census_Bureau_map_of_East_Orange,_New_Jersey.gif

Geographical and Political Boundaries

Significant Findings
In order to began and/or complete a project to change our community, support from political representatives is required.
Goal
Raise awareness about EFI project among the governmental leaders that represent our project site.
Solution
Contact officials to establish business relationship, and possibly gain support for our project

- Identify the governmental leaders that can be possible stakeholders.
- Write letters to each political representative that explains our project.
- Set up meetings with political representative at their national, state, county, and local offices to discuss our project's goals in person.

US Senator Robert Menendez & Former TDC Student Joseph Littlejohn discussing pervious project

Left to Right: CM: Jevonna Morrison, US Congressman Donald M. Payne, & EFI Student: Lincoln Dunn

Geographical & Political Boundaries Summary

Training:

- National level
- State level
- County level
- Local Level

Former TDC Students Presentations:

- To target political Representatives who has a direct relationship to their project site

Implementations:

- To Expand on Former TDC Students Significant Findings, Goals, & Solutions by thinking critical & analytical of the training and the former TDC Students Presentations to create their own Implementations

US Congressman Donald M. Payne speaking at Summer learning Youth Submit at Rutgers Newark

Data Gathering Methods

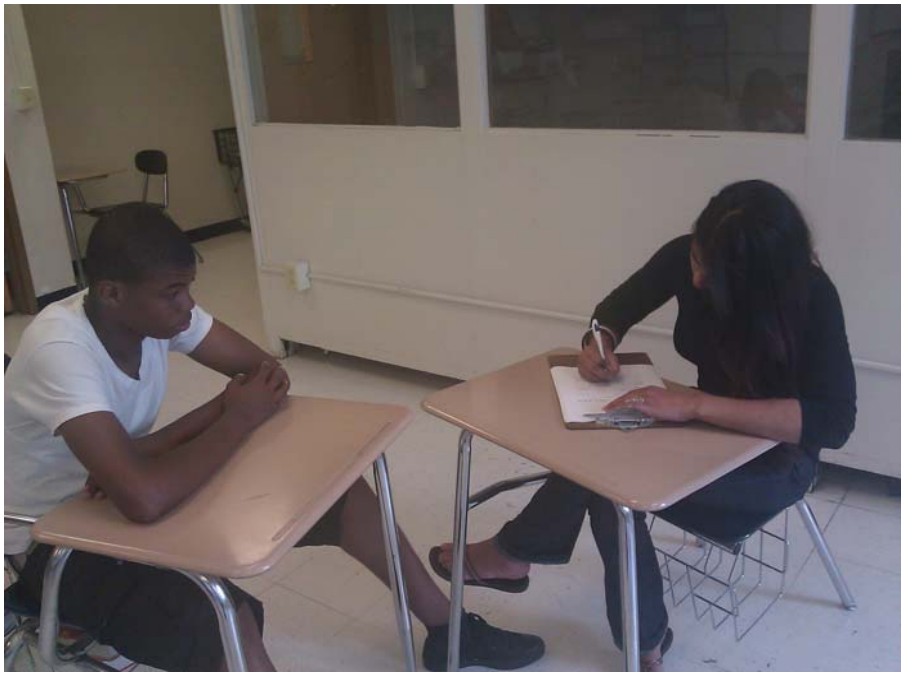
Goal:

To focus on Quantitative Research and Types of Data illustrating Planning and Public Health Areas of Interest

Objective

- Identify Background Information
- Analyze Raw Data
- Produce Tables and Charts
- Identify the type of research method the students would be using to expand on their research

CTA Photo of Camp Glen Gray



EFI Student: Fedson Joseph being interviewed by CM: Vanessa Baez for EFI SLC1

American Community Survey Training

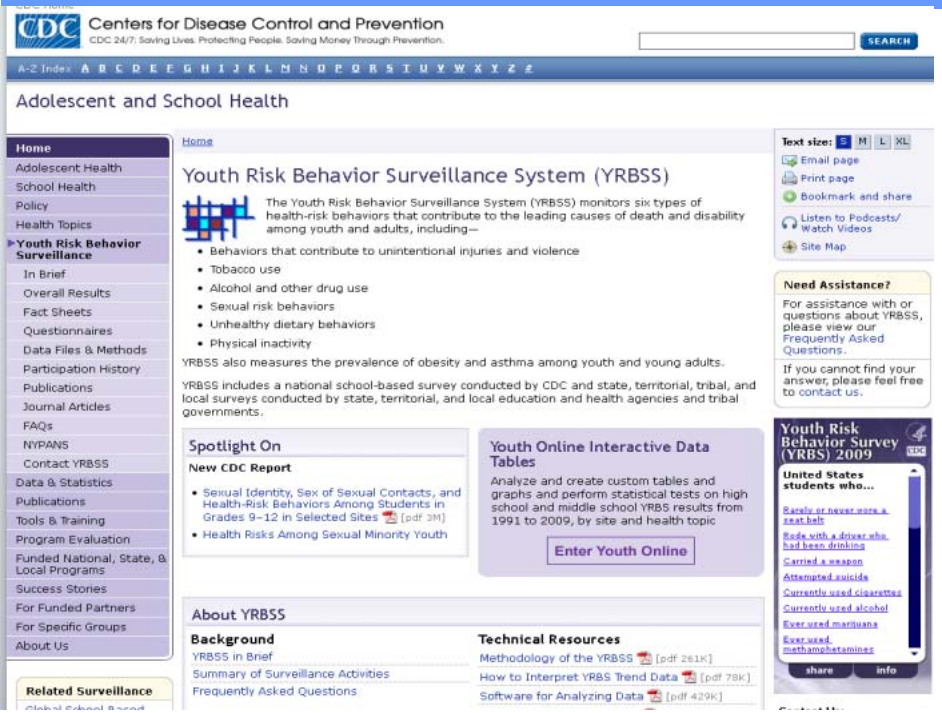
A large demographic survey conducted by the U.S. Census Bureau that will eventually provide accurate and up-to-date profiles on America community every year.

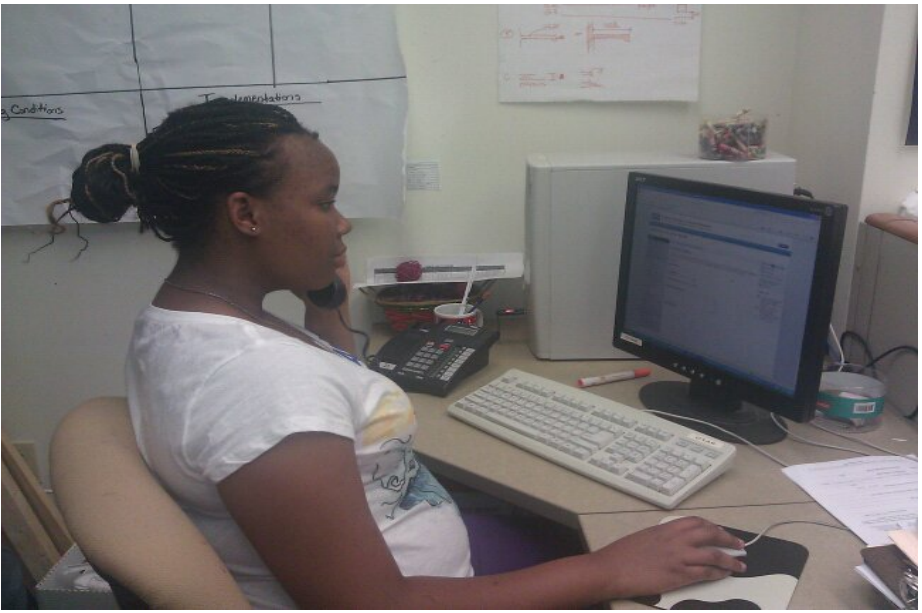
- Congress mandated that there would no longer be the use of the Summary File 3 in the 2010 Census. It would be replaced by the American Community Survey (ACS).
- Summary File 3 which was and is updated every 10 years is exact amount of data.
- ACS is estimated data every year and is less accurate than Summary File 3, which the ACS uses what's called the Margin of Error (MOE).
- It's now known that the ACS (2005-2009) has updated the Census (2000).

	United States		New Jersey		East Orange city, Essex County, New Jersey	
	Estimate	Margin of Error	Estimate	Margin of Error	Estimate	Margin of Error
Total:	**301,461,533**	*****	**8,650,548**	*****	**65,785**	**+/-43**
Male:	148,535,646	**+/-6,574**	4,231,941	**+/-470**	29,839	**+/-826**
Under 5 years	10,663,983	**+/-3,725**	287,342	**+/-172**	2,787	**+/-419**
5 to 9 years	10,137,130	**+/-15,577**	287,781	**+/-2,399**	2,237	**+/-350**
10 to 14 years	10,567,932	**+/-16,183**	299,320	**+/-2,390**	2,294	**+/-346**
Source: U.S. Census Bureau, 2005-2009 American Community Survey						

Source: (2005-2009 American Community survey

Youth Risk Behavioral Surveillance System Training





Steps to Find More Information on YRBSS

- Visit www.cdc.gov/HealthyYouth/yrbs/
- On the YRBSS home page it was noticed that YRBSS monitors six health risk behaviors that contributes to death and disabilities for children 1-17 years old.
- It was also noticed that the home page has 2009 data. The YRBSS data is updated every two years.
- Lisa was contacted at CDC Info (800-232-4636).
- On the phone call Lisa informed us that the 2011 data has not been release, but it will be release soon.

Source:
www.cdc.gov/healthyyouth/yrbs/

Youth Risk Behavioral Surveillance System

Executive Branch	Cabinet	US Dept. of Health and Human Services	Center for Disease Control and Prevention Services	Behavioral Risk Factors Surveillance System
•The Executive Branch includes the President, the Vice President and the Cabinet. •The President must be 35 years of age and born in America. He is elected by the electoral college. •The Vice President is president of the U.S Senate. •The Cabinet is appointed by the President and confirmed by the Senate.	**•The Cabinet includes the heads of 15 departments, including the head of the Department of Health and Human Services and the heads of 7 offices.** •In addition to running major federal agencies the cabinet plays an important role in the Presidential line of succession.	**•The Dept. of Health and Human Services has many services, including the Center for Disease Control and Prevention Services.** •This Dept. is the US government's principal agency for protecting the health of all Americans and providing essential human services, especially for those who are least able to help themselves.	**•The Center for Disease Control and Prevention Services houses many different systems, including BRFSS.** •CDC collaborates to create the expertise, information, and tools that people and communities need to protect their health – through health promotion, prevention of disease, injury and disability, and preparedness for new health threats.	**•The Behavioral Risk Factor Surveillance System is identical to YRBSS, but BRFSS only includes ages 18+, while YRBSS includes children 1-17 years old.** •BRFSS is a state-based system of health surveys that collects information on health risk behaviors, preventive health practices, and health care access primarily related to chronic disease and injury.

Members of the Executive Branch

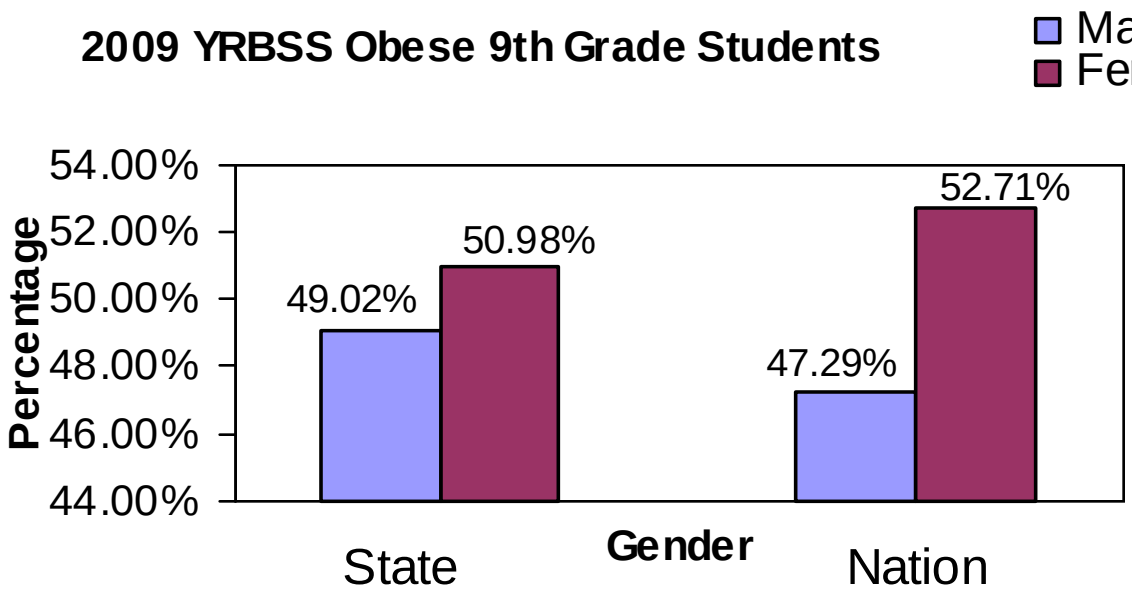
Kathleen Sebelius, The Secretary for the US Department of Health and Human Services

Thomas R. Frieden, MD, MPH Director, Centers for Disease Control and Prevention

Thomas R. Frieden, MD, MPH Director, Centers for Disease Control and Prevention

Youth Risk Behavioral Surveillance System

Gender	9th Grade for State	Percentage for State	9th Grade for Nation	Percentage for Nation
Male	1,843	49.02%	183	47.29%
Female	1,917	50.98%	204	52.71%
Total	**3,760**	**100%**	**387**	**100.00%**



Relationship to the Project Site: Public Health is studying obesity in children and adolescents

Significant Findings	Goal	Solution
There are about or close to 50% of both males and females who are obese in the 9th grade on a national and state level	To reduce poor nutrition that leads to overweight and obesity	Raise awareness about poor nutrition that leads to obesity

Source: 2009 YRBSS

Population Characteristics

Executive Branch	The Cabinet	Dept. of Commerce
•The Executive Branch includes the President, the Vice President and the Cabinet. •The President must be 35 years of age and born in America. He is elected by the electoral college which has a total of 538 members. •The Vice President's main responsibility is to be ready to take over the President's position if he is not able to fulfill his duty. He is also elected by the electoral college and president of the U.S Senate. •The Cabinet is appointed by the President and confirmed by the Senate.	**•The Cabinet includes the heads of 15 departments, including the head of the Department of Commerce and the heads of 7 offices.** •In addition to running major federal agencies the cabinet plays an important role in the Presidential line of succession. •All the members in the cabinet take the title Secretary, except the head of the Justice Department, who is styled Attorney General.	**•The Department of Commerce has 12 Commerce Bureaus including the US Census Bureau.** •This department promotes job creation, economic growth, sustainable development and improved standards of living for all Americans by working in partnership with businesses, universities, communities and our nation's workers. •The head of the Department of Commerce is Secretary Gary Locke.

Members of the Executive Branch

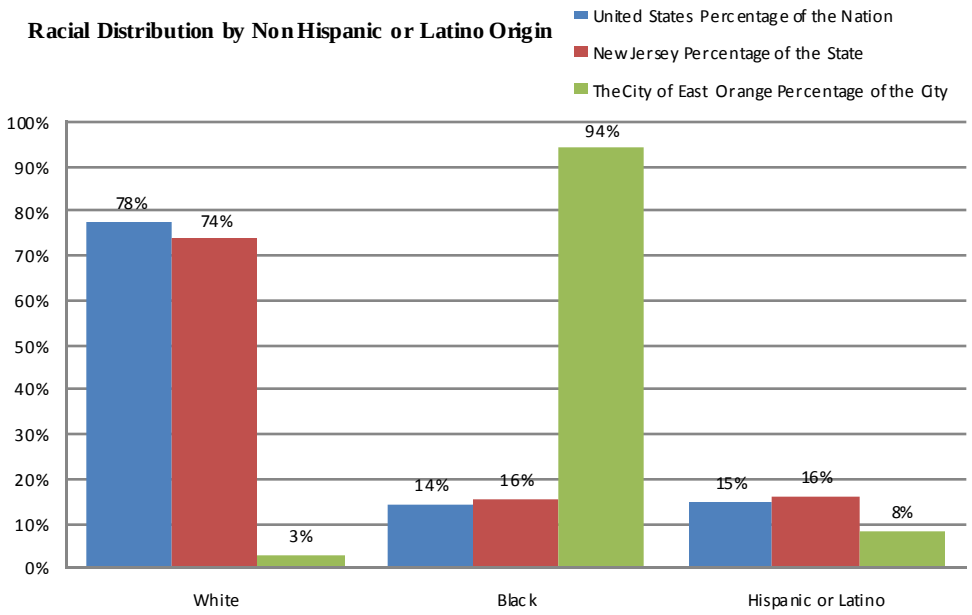
The US Cabinet

Mr. Gary Locke, The Secretary of the Department of Commerce

Source: www.whitehouse.gov, www.commerce.gov

Racial Distribution by Non Hispanic or Latino Origin

Racial Distribution	United States	United States Percentage of the Nation	New Jersey	New Jersey Percentage of the State	City of East Orange	The City of East Orange Percentage of the City
Non Hispanic or Latino	255,984,595	85%	7,274,760	84%	60,334	92%
White	**198,415,102**	**78%**	**5,365,228**	**74%**	**1,804**	**3%**
Black	**36,496,027**	**14%**	**1,127,738**	**16%**	**56,842**	**94%**
American Indian	2,030,476	1%	10,635	0%	106	0%
Asian	13,043,433	5%	637,873	9%	702	1%
Others	10,846,299	4%	229,160	3%	1,604	3%
Hispanic or Latino	**45,476,938**	**15%**	**1,375,788**	**16%**	**5,451**	**8%**
Total:	**301,461,533**	**100%**	**8,650,548**	**100%**	**65,785**	**100%**



Significant Finding	Goal	Solution
•Blacks are the dominant race in the City of East Orange •Incomparison to the state and nation, Whites are the dominant race	Address and inform Whites, Blacks, and Hispanics about Nutrition and healthy eating	Raise Awareness about Nutrition and healthy eating

Source: U.S Census Bureau (2005-2009 American Community Survey)

Implementations

Significant Findings

Blacks are the dominant race in the City of East Orange. In comparison to the state and nation, Whites are the dominate race

Goal

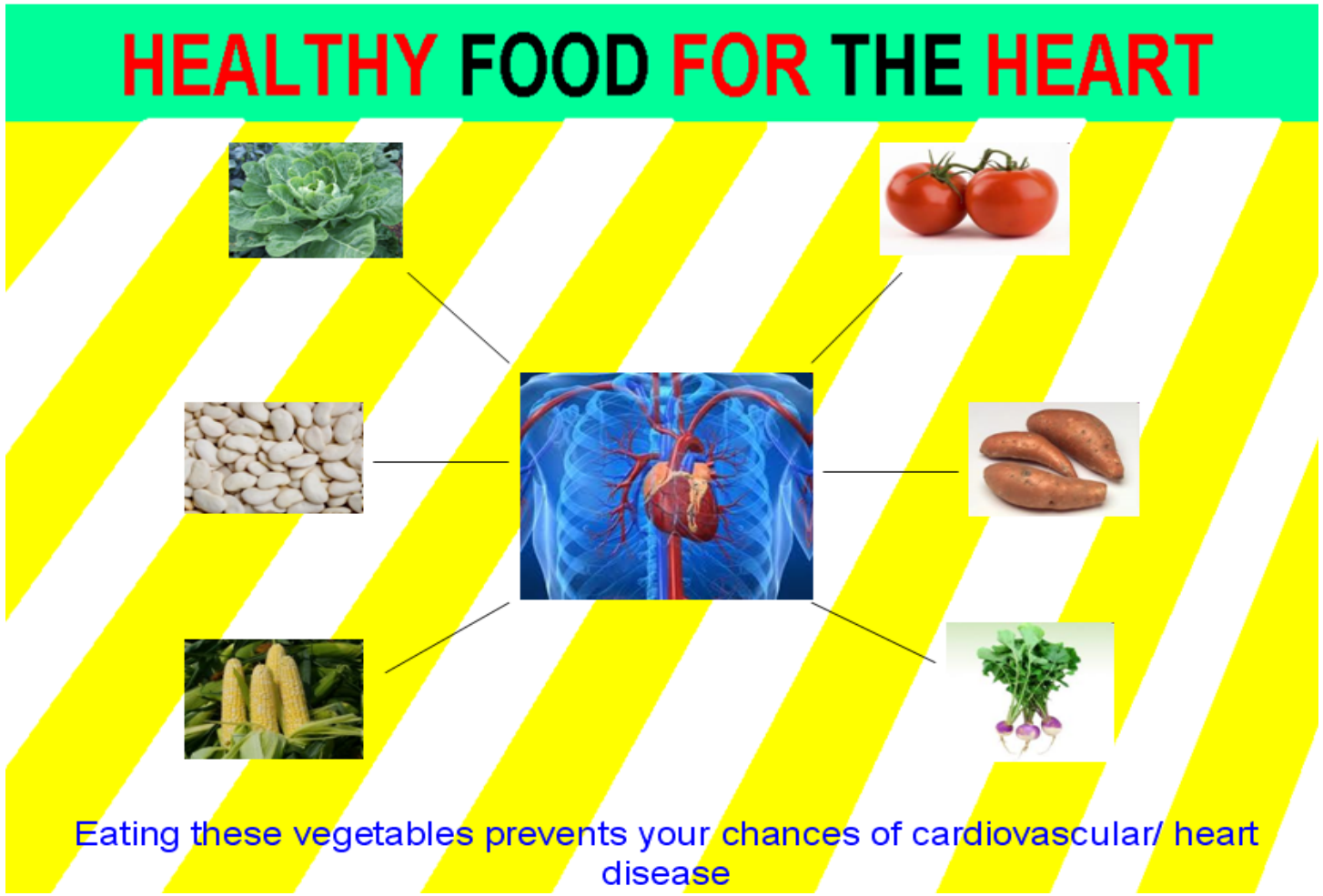
Address and inform Whites, Blacks and Hispanics about Nutrition and healthy eating

Solution

Raise awareness about Nutrition and healthy eating

Where: Our goal is to have our posters in all East Orange High Schools.

Aim: To target 9th graders to inform them about the health issues associated with obesity and the benefits of eating fruits and vegetables.



Implementations

Significant Findings

Blacks are the dominant race in the City of East Orange in comparison to the state and nation, Whites are the dominant race

Goal

Address and inform Whites, Blacks and Hispanic about nutrition and healthy eating

Solution

Raise awareness about nutrition and healthy eating

Aim of Website: To target civilians within local communities, especially 9th graders, to inform them about health issues involved with obesity and chronic diseases, and the benefits of fruits and vegetables.

EFI-East Orange Work it Out!

Education First Initiative (EFI)

will offer continued academic development, increased academic performance, and develop critical thinking through applied learning methods. EFI will be available to students in the summer and during the academic school year

.

1) Aim of Website

To target civilians within local communities, especially 9th graders, to inform them about health issues involved with obesity and chronic diseases, and the benefits of fruits and vegetables.

2) Benefits of having a membership

The user will be able to keep their personal information to themselves e.g. weight status. The user will be able to track their progress

3) How the website works

The website will be created in a way in which public users will be able to have access to the information about obesity and the benefits of fruits and vegetables, but members will be able to track their progress through their own personal account.

Implementations

Significant findings

There are about or close to 50% of both males and females who are obese in the 9th grade on a national and state level

Goals

To reduce poor nutrition that leads to overweight and obesity

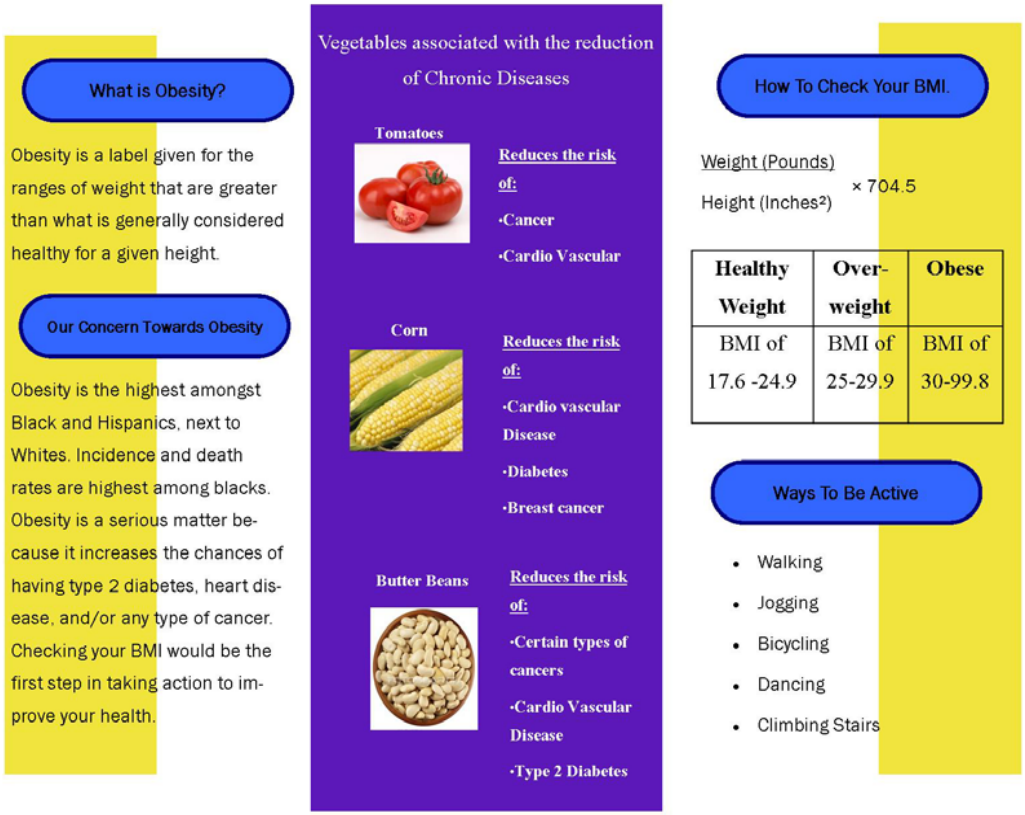
Solutions

Raise awareness about poor nutrition that leads to obesity

•Create a Facebook group under the CTA page that will promote health awareness to all residents within the nation, state, and city for those who have facebook accounts.

•Create Brochures for Obesity awareness and hand them out to all schools in the nation, but starting with all schools in the City of East Orange

•Advertise on commercials the statistics of the obese 9th graders in New Jersey and in the United States.



Inside of the obesity awareness brochure

Implementations

Significant Findings

There are about or close to 50% of both males and females who are obese in the 9th grade on a national and state level

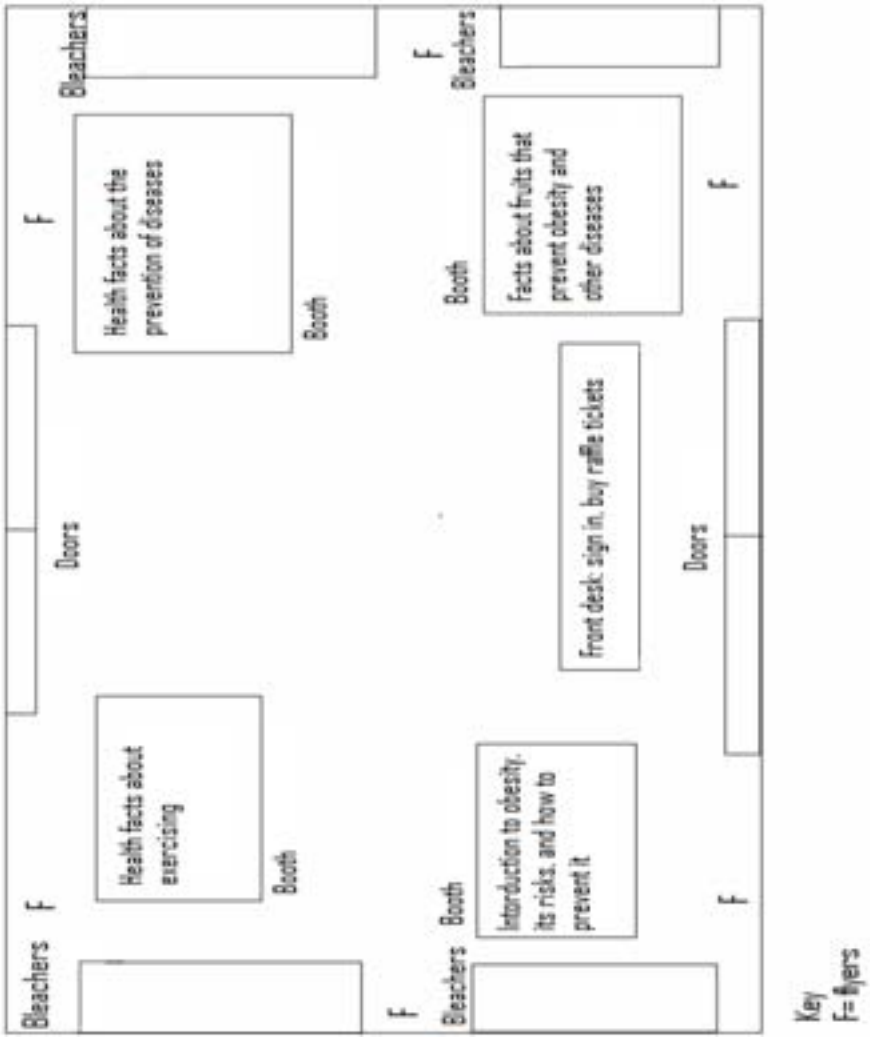
Goals

To reduce poor nutrition that leads to overweight and obesity

Solutions

Raise awareness about poor nutrition that leads to obesity

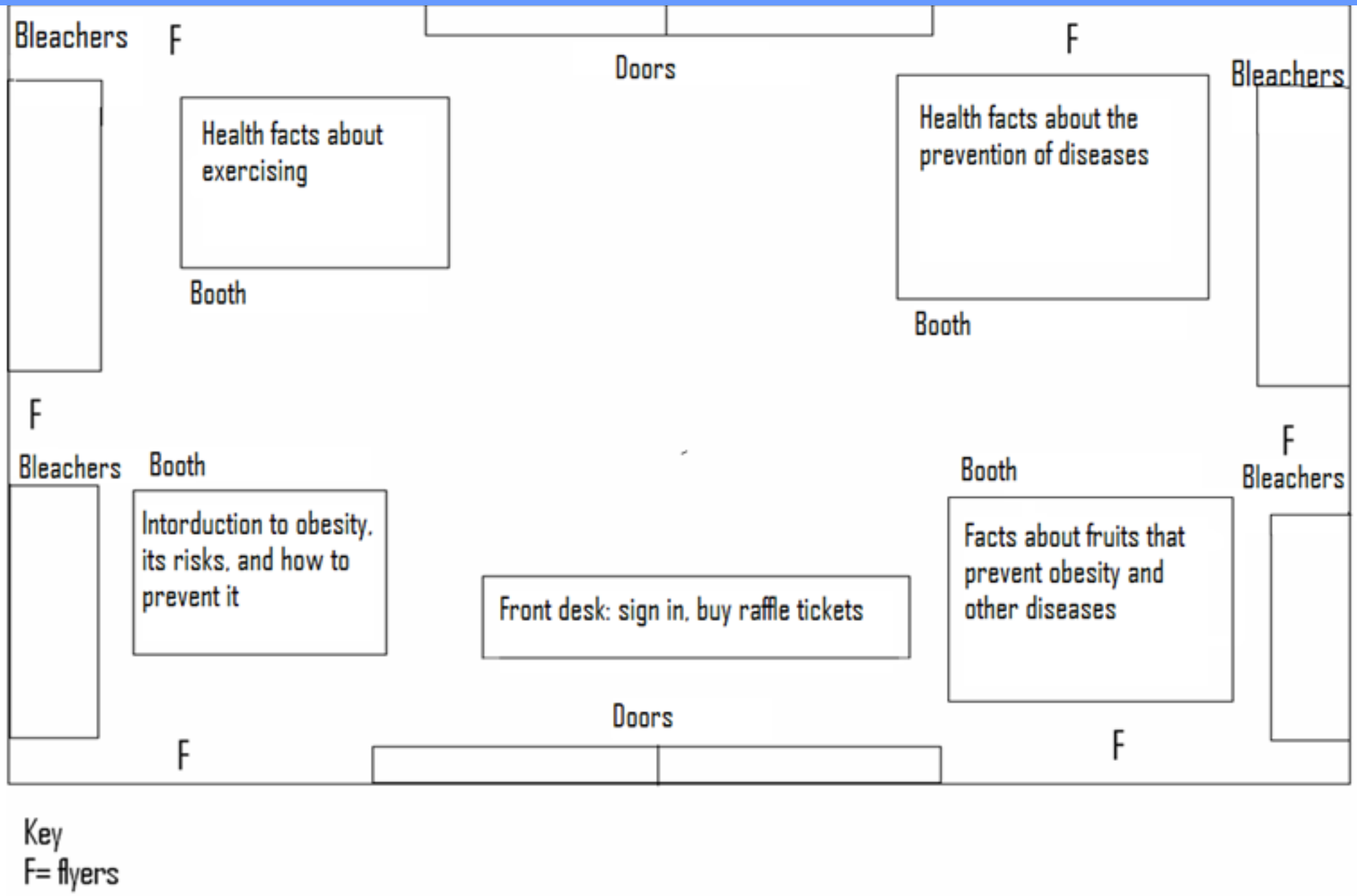
•Create flyers and place them around the school promoting the health fair.
•Conduct a health fair/program.



Health Fair Layout

Flyer Layout

Implementations: Health Fair Layout



Data Gathering Summary

Training:

- Quantitative research
- American Community Survey
- Youth Risk Behavioral Surveillance System

Former TDC Students Presentations:

- Analyze raw data & Produce tables and charts
- To identify directors of the governmental data they used
- Produced Significant Findings, Goals, & Solutions based on their research

Implementations:

- To Expand on Former TDC Students Significant Findings, Goals, & Solutions by thinking critical & analytical of the training and the former TDC Students Presentations to create their own Implementations

EFI Students

Research Methods

Goal:

- To focus on Qualitative Research Methods illustrating Architectural, Planning and Public Health Areas of Interest

Objective

- Review Case Studies & Literature review
- Analyze and review maps as well as governmental websites for accurate research

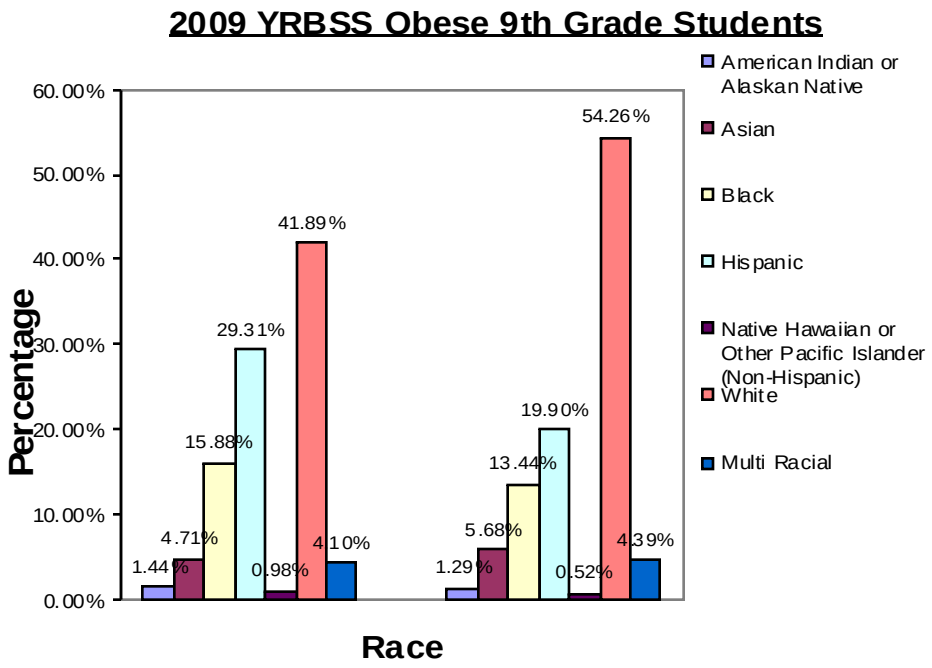
Source: CTA Photo of Camp Fire at Camp Glen Gray

Types of Research Methods

Quanitative research:
-survey methods
-bio-statistics
-laboratory experiments

Qualitative research:
Is used to explore and understand people's beliefs, experiences, attitudes, behavior and interactions. It generates non-numerical data.

i.e. Quantitative research:



i.e. Qualitative research:

Case Study 1: Eat Right Montana

Location: Montana

When: March 2010

Overview:

•Optimal health through nutrition, fitness and wellness for Montanans

Significant Findings:

•Not enough Montanans are participating in daily fitness, and eating nutritionally

• It started as a small scale project and turned into a state wide initiative

Recommendations:

•To inform children and their families in Montana about growing vegetables while reusing and recycling materials to explore nutrition from the ground up

•To encourage kids to grow nutrient-rich produce themselves, thus teaching them good eating habits for a lifetime of good health

EAT RIGHT MONTANA
A coalition promoting healthy eating and active lifestyles

Three Sisters

Source: CTA Training Manual & Former TDC Presentation

Research Methods Training

Literature review :

An account of what has been publish on a topic by accreted scholars & researchers .
Ex: Strategic Plan & Healthy People 2020

Case Study :

An empirical inquiry that investigates a comtempory Phenomenon within its real-life context
i.e. : Eat Right Montana & Lets Move by: First Lady Michelle Obama

Case Study 1: Eat Right Montana

Location: Montana

When: March 2010

Overview:

•Optimal health through nutrition, fitness and wellness for Montanans

Significant Findings:

•Not enough Montanans are participating in daily fitness, and eating nutritionally

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EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

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Recommendations:

•To inform children and their families in Montana about growing vegetables while reusing and recycling materials to explore nutrition from the ground up

•To encourage kids to grow nutrient-rich produce themselves, thus teaching them good eating habits for a lifetime of good health

Source: CTA Training Manual, HealthyPeople.gov

Urban Context Training

Buildings

i.e.:

Campus 9 High School

Campus 9 High School

Streetscapes

i.e.:

Right-of-Ways

•Property Lines

•Sidewalk (2)

•Parkway (2)

-Amenities

•Roadway

-Curb

-On Street Parking

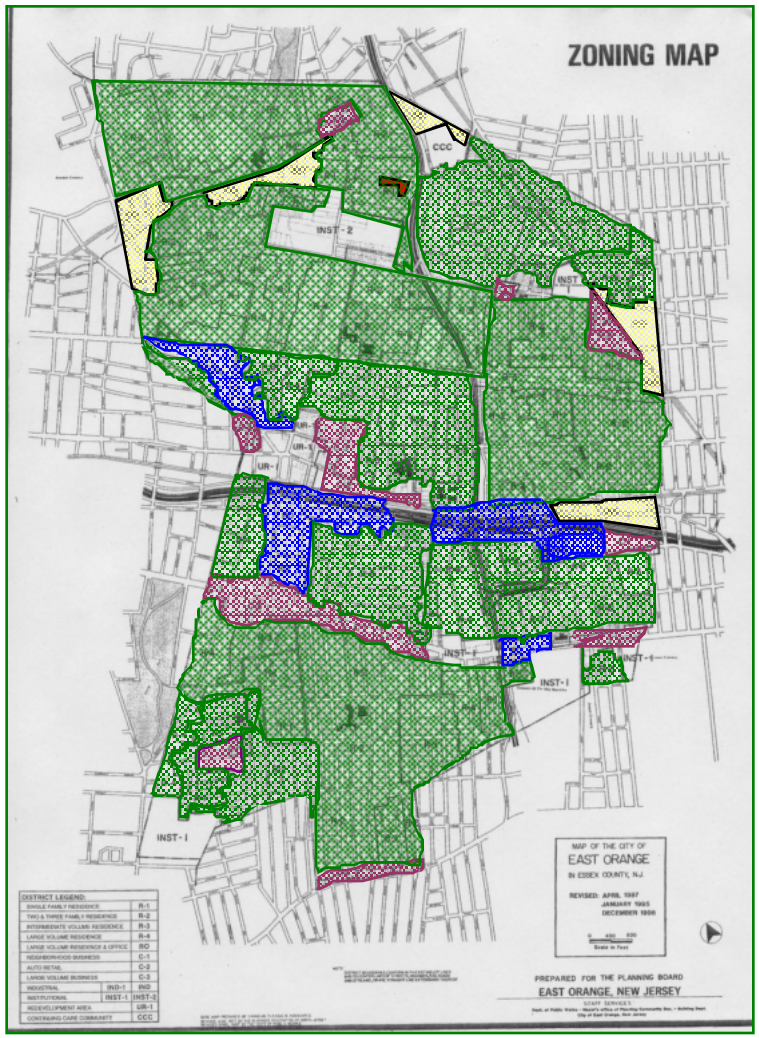
-Travel lanes

Aerial Section of Streetscape

Source: Urban Planning training Manual

Zoning Training

Zoning- is the delineation of districts governing the use, placement, spacing, and size of land and buildings.



Zoning Ordinance:

City of East Orange - ARTICLE XVI, Schedule A, District Regulations

DISTRICT	PRINCIPAL PERMITTED USES	MIN. LOT SIZE			MIN. YARD DIMENSIONS (FT)					MAX. LOT COVERAGE	MAX. BLDG. HEIGHT	MAX. DENSITY	MAX. FLR. AREA RATIO
		AREA SQ.FT	WIDTH FT	DEPTH FT	FRONT	ONE SIDE	BOTH SIDES	COMBINED SIDE	REAR		STORIES	UNITS PER AC.	
R-0	1. High-rise multi-family structures	1 acre	200	100	Avg of bldgs within 200ft on each side	1/3 of bldg height	2/3 of bldg height	20	1/3 of bldg height	20%	Max. of 4 stories	60	2.0
	2. Business, professional & government offices, excluding drive-in establishments	1 acre	200	100									

Principle Permitted Uses:

PRINCIPAL CONDITIONAL USES

1. Public utility installations
2. Townhouse cluster option
3. Garden apartment cluster option
4. Clubs, eleemosynary & philanthropic institutions
5. Commercial service facilities within a multi family structure
6. Recreational facilities within high rise dwelling or high rise office structure
7. Hotels & motor inns
8. Commercial parking lots & structures
9. Accessory parking facilities off-site
10. Any permitted use which exceeds certain specified size limits.

Land Uses:

-Residential

-Commercial

-Industrial

-Mixed Use

Source: Urban Planning training Manual

Built Environment Training

Building Classifications

- **Residential**
- **Institutional**
- **Educational**
- **Business**
- **Mixed Use**

Figure Ground Diagram

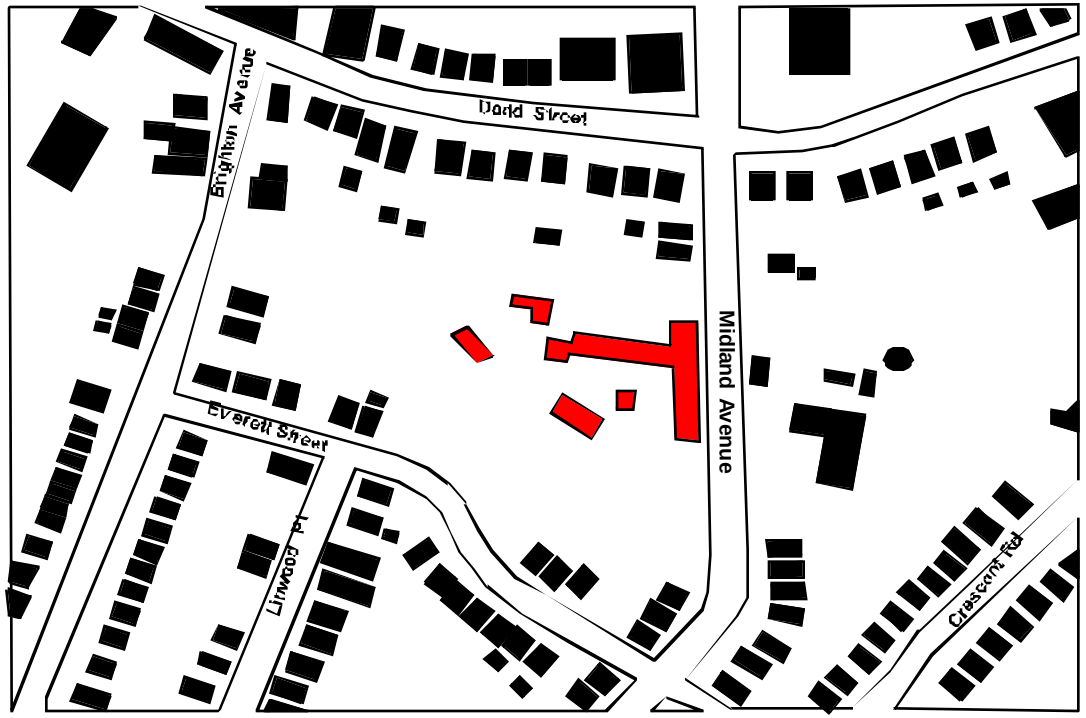
- **Project Site**
- **Un-built Space**
- **Built Space**

LEED

- **Founded by USGBC**
- **Certification system**
- **Point System**

Existing Industrial Vacant Building Site

Figure Ground Diagram



Built Spaces Un-Built Spaces Existing Industrial Vacant Building Site

Source: Architectural Training Manual

Project Site Boundaries

North: Dodd Street

South: Everett Street

West: Brighton Avenue

East: Midland Ave

N

Healthy People 2010

Public Health Objective 1:

To review Healthy People 2010 and the New Jersey Strategic plan to establish the need for the increase of the intake of fresh fruits and vegetables that lower chronic diseases

Healthy People 2010 is a set of health objectives for the nation to achieve over the first decade of the new century

Significant Findings:

- Too much consumption of saturated fat
- Too little vegetables and fruits intake
- To reduce chronic diseases associated with overweight and obesity

Connecting Goal:

Improve health, fitness, and quality of life through the intake of fresh vegetables.

Sources:

Chapter 19, Nutrition and Overweight, Healthy People 2010

http://www.healthypeople.gov/

Healthy People 2010

Weight Status and Growth

19-3. Overweight or obesity in children and adolescents

- Reduce the proportion of children and adolescents who are overweight or obese

Listed below are the chronic (lifelong) diseases associated with overweight and obesity

Asthma

High Blood Pressure

Diabetes

Heart Disease and Stroke

Food and Nutrient Consumption

19-6 Vegetable Intake

-Increase the proportion of persons age 2 yeas and older who consumed three daily serving of vegetables with at least 1-3 being dark green or orange vegetable

Vegetables associated with the reduction of Chronic Diseases

Tomatoes

Reduces the risk of:

- Cancer
- Cardio Vascular Disease
- Asthma

Green beans

Reduces the risk of:

- Asthma

Corn

Reduces the risk of:

- Cardio vascular Disease
- Diabetes
- Breast cancer

Butter Beans

Reduces the risk of:

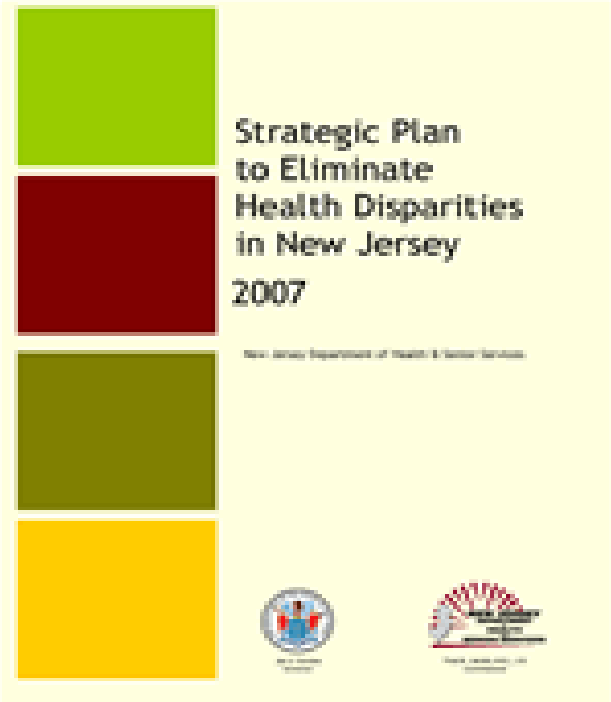
- Certain types of cancers
- Cardio Vascular Disease
- Type 2 Diabetes

Sources: Chapter 19, Nutrition and Overweight, Healthy People 2010

The Strategic Plan to Eliminate Health Disparities in New Jersey 2007

Public Health Objective 1:

To review Healthy People 2010 and the New Jersey Strategic plan to establish the need for the increase of the intake of fresh fruits and vegetables that lower chronic diseases



The Strategic Plan to Eliminate Health Disparities is a roadmap guiding comprehensive effort to reduce, and ultimately end health disparities.

The plan was made by the New Jersey Department of Health and Senior Services.

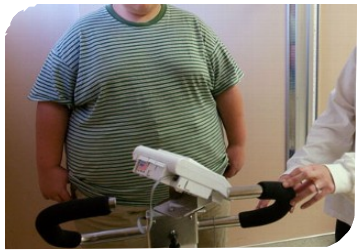
Connecting Goal:

To decrease disparities in obesity and increase healthy eating and lower health risks

Sources:

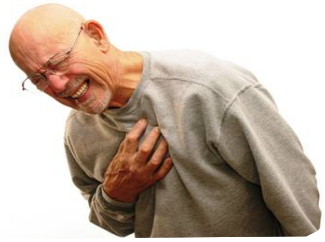
http://www.nj.gov/health/omh/plan/index.shtml

The Strategic Plan to Eliminate Health Disparities in New Jersey 2007



Obesity

Adult obesity is the highest among black and Hispanic and Asian and Pacific Islanders. Incidence and death rates are highest among blacks.



Cardiovascular Disease

Blacks have the highest death rates from heart disease and from stroke.

Diabetes

The prevalence of the disease is highest among blacks. Death are 2 times more likely among blacks and blacks are more likely than any other group to develop end stage renal disease or have a lower limb amputated as a result of the disease.

Sources:

The Strategic Plan to Eliminate Health Disparities in New Jersey 2007

http://www.nj.gov/health/omh/plan/index.shtml

Case Study 2: Let's Move

Location: United States of America

When: February 2, 2010 – 2030

America's Move to Raise a Healthier Generation of Kids

Overview:

•Childhood Obesity Action Plan

•To increase the health in children in the nation over the next few years

Significant Findings:

•Deep fryers are being used in schools

•Children today consume a substantial amount of added sugars through a whole range of products Many children in this nation are obese

Recommendations:

•Analyze the effect of state and local sales taxes on less healthy, energy-dense foods

•Having pediatricians measure children's Body Mass Index in order to track healthy weight

•Entertainment and technology companies should continue to develop new approaches for using technology to engage children in physical activity

•Pair chefs with interested schools in the community so together they can create healthy meals that meet the school's dietary guidelines and budgets, while teaching young people about nutrition and making balance and healthy choices

http://www.treehugger.com/michelle-obama-garden.jpg http://blakparent.com/wp-content/uploads/2010/02/lets-move.jpg
http://the44diaries.files.wordpress.com/2010/02/p021910lj-0479.jpg?w=500&h=280

Identifying the Neighborhood Characteristics

Zoning

•Zoning divides the community into districts (zones) and imposes different land use controls on each District, specifying the allowed uses of land and buildings, the intensity or density of such uses, And the bulk of building on the land.

•A Zoning Map can be retrieved from East Orange City Hall in the Department of Public Works.

The International Code Council (ICC)

•The International Code Council (ICC) is a membership association dedicated to building safety and fire prevention. ICC develops the codes and standards used to construct residential and commercial buildings, including homes and schools.

•The ICC has developed and made available an impressive inventory of comprehensive and coordinated International Codes, including the International Building Codes.

United States Green Building Council (USGBC)

•United States Green Building Council (USGBC) mission is to transform the way buildings and communities are designed, built and operated, enabling an environmentally and socially responsible, healthy, and prosperous environment that improves the quality of life.

•Developed by the U.S. Green Building Council (USGBC) in March 2000, Leadership in Energy and Environmental Design (LEED) provides building owners and operators with a framework for identifying and implementing practical and measurable green building design, construction, operations and maintenance solutions.

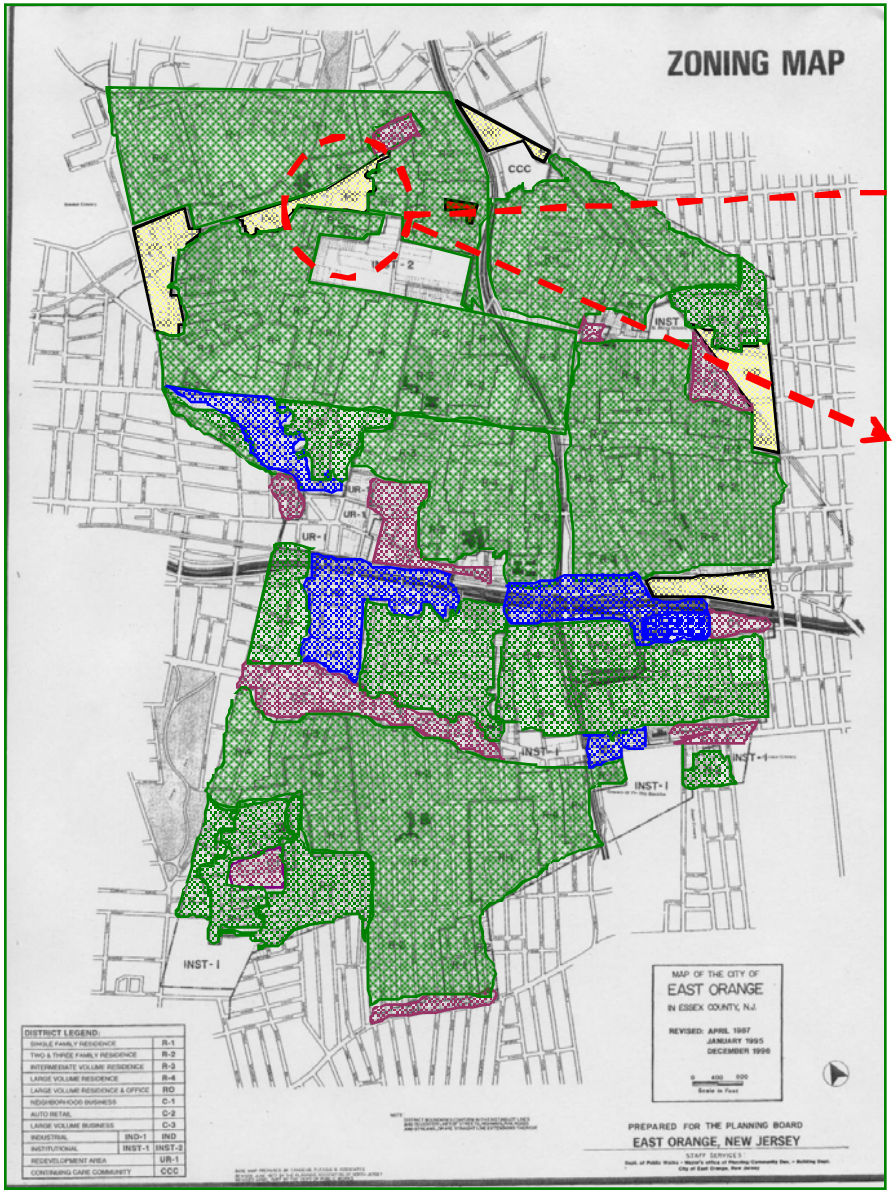
East Orange City Hall

Mr. Michael Johnson, Director of the Department of Public Works

Mr. James L. Brothers, President of the International Code Council Board of Directors

Zoning

The City of East Orange Zoning Map



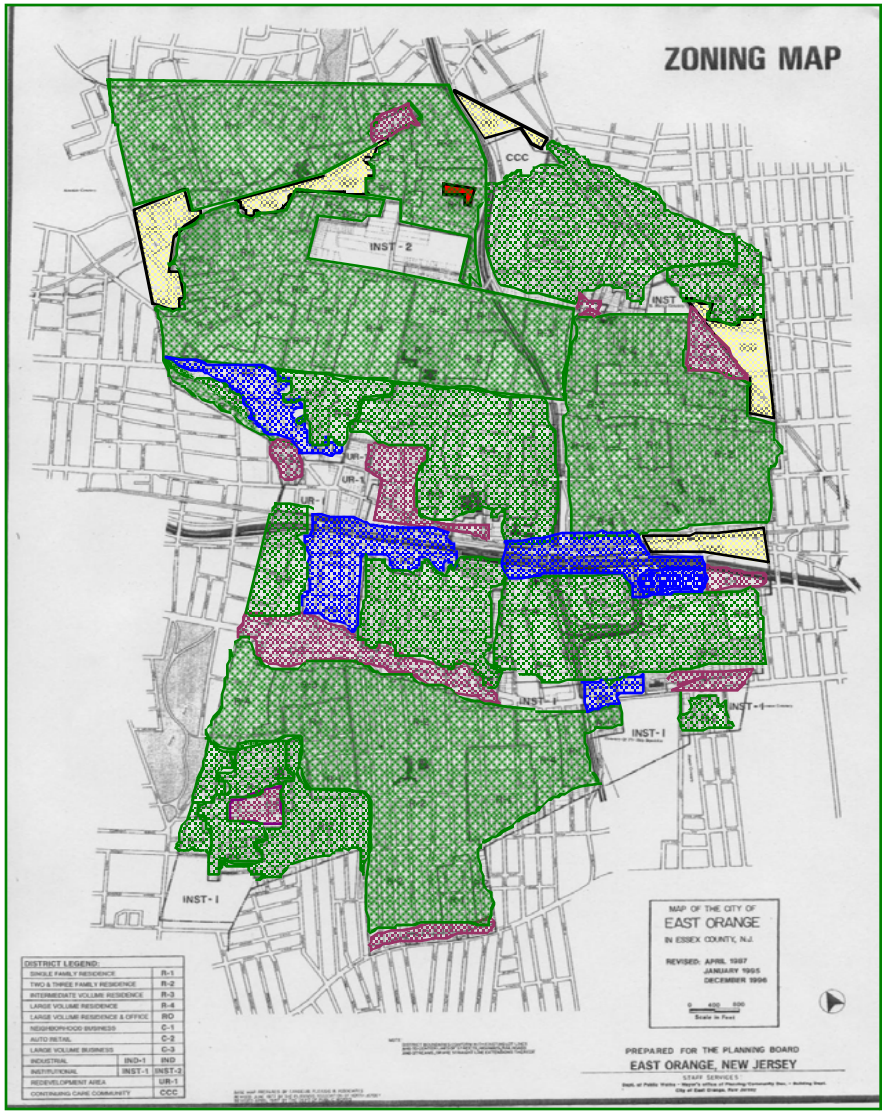
Legend
Industrial District

Existing Industrial Vacant Building Site

District	Principal Permitted Uses	Principal Conditional Uses
IND	1. Permitted Industrial uses	1. Public utility installations 2. Commercial parking lots and structures 3. Accessory parking facilities off site 4. Retail factory outlets 5. Accessory commercial uses 6. Advertising signs (billboards) 7. Any permitted use which exceeds certain specified size limits (4)

Significant Finding	Goal	Solution
The best and highest use of land does not include vertical agriculture	Include agriculture in the zoning ordinance	To become an established district in the zoning ordinance

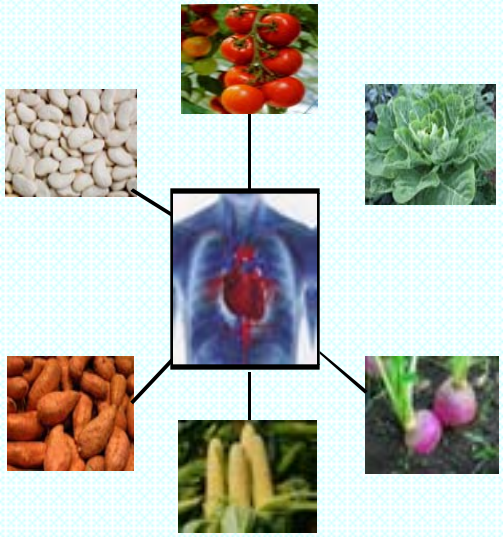
Built Environment



Significant Finding	Goal	Solution
Majority of buildings are vertical to address the population for people to live and work	Identify types of uses that can be utilized for agriculture production	Target industrial districts and underutilized land that can possibly be used for urban farming

Courtyards

Courtyard 2



Vegetables Associated with the Reduction of Chronic Disease

Asthma
Cucumbers
String Beans

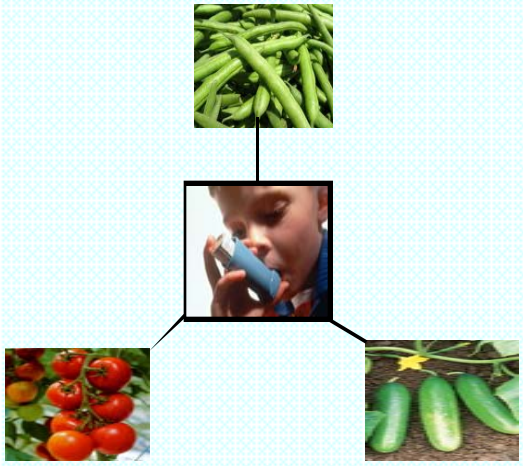
Cancer
Tomatoes
Okra
Bell Peppers

Cardiovascular disease
Peas
Mustards
Collard Greens

Colon Cancer
Cabbage

Diabetes
Turnips

Courtyard 3



Vegetables Associated with the Reduction of Chronic Disease

Prostate Cancer
Butter Beans

Asthma
String Beans
Cucumbers

Cardiovascular Disease
Collard Greens
Mustard

Case Study 3: Vertical Farming

Overview:

- Vertical farms, many stories high, will be situated in the heart of the world's urban centers. If successfully implemented, they offer the promise of urban renewal, sustainable production of a safe and varied food supply (year-round crop production), and the eventual repair of ecosystems that have been sacrificed for horizontal farming.

Issue:

- The earth Population will reside in urban centers

Advantages:

- Year-round crop production; 1 indoor acre is equivalent to 4-6 outdoor acres or more, depending upon the crop
- No weather-related crop failures due to droughts, floods, pests
- All VF food is grown organically: no herbicides, pesticides, or fertilizers
- VF virtually eliminates agricultural runoff by recycling black water
- VF returns farmland to nature, restoring ecosystem functions and services
- VF greatly reduces the incidence of many infectious diseases that are acquired at the agricultural interface
- VF dramatically reduces fossil fuel use (no tractors, plows, shipping.)
- VF converts abandoned urban properties into food production centers
- VF creates sustainable environments for urban centers
- VF creates new employment opportunities
- VF could reduce the incidence of armed conflict over natural resources, such as water and land for agriculture

"Living Tower" by SOA Architects

Implementations

Significant findings
•Certain fruits and vegetables that the Past TDC students identified, reduce the risks of chronic diseases
Goals
• Create local Gardens in the Community
Solutions
• To utilize unused land in the City of East Orange to grow fresh fruits and vegetables in order to reduce the risks of chronic diseases

• To Expand on Past TDC Recommendations by planting, growing and maintaining Fruits & Vegetables in Courtyards 2 & 3

•To sale fresh produce that will be grown in the Courtyards to the local community in order to reduce the risk of chronic diseases effecting the people in our community

EFI Students working in Courtyard 4

Implementations

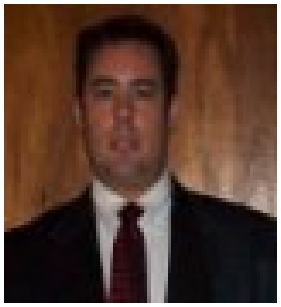
Significant findings
•The best and highest use of land does not include agriculture.
Goals
•Include agriculture in the zoning ordinance.
Solutions
•To become a established district in the zoning ordinance.

•Review the zoning map to identify all industrial districts located in the city of East Orange.

•Visit city hall to meet with the Director of the planning department to identify the process to change the zoning ordinance in order for the ordinance to reflect agriculture uses

Existing Condition

District	Principal Permitted Uses	Principal Conditional Uses
IND	1. Permitted Industrial uses	1. Public utility installations 2. Commercial parking lots and structures 3. Accessory parking facilities off site 4. Retail factory outlets 5. Accessory commercial uses 6. Advertising signs (billboards) 7. Any permitted use which exceeds certain specified size limits (4)



Policy, Planning & Development
44 City Hall Plaza
East Orange, NJ
07017

Telephone: 973-266-5140
Fax: 973-673-4077

Alex Dambach, Director
E-mail: AlexD@ci.east-orange.nj.us

Source:
www.eastorange-nj.org,
The City of East Orange Zoning Ordinance

Implementations

Significant Findings

Majority of buildings are vertical to address the population for people to live and work

Goal

Identify types of uses that can be utilized for agriculture production

Solutions

Target industrial districts and underutilized land that can possibly be used for urban farming

- **Identifying local professionals that can impact our project**
- **Establishing professional meetings**
- **Identify underutilized land owned by the City of East Orange.**

Estimated Space Required to Meet the Needs of Fresh Produce

- Average American eat 200 pounds of fresh produce each year
- 200 pounds of fresh produce = 10 square feet of land
- 43,560 square feet = 1 acre of land

$$\frac{\text{total pop x square feet of land need for the average American per year}}{\text{The number of square feet equal to one acre}}$$

$$\frac{69{,}904 \times 10 \text{ sf}}{43{,}560 \text{ sf}} = \frac{699{,}040 \text{ sf}}{43{,}560 \text{ sf}} = 16.05 \text{ acres}$$

- **City of East Orange Owns 26.6381 Acers of Vacant Land that can possibly be used for urban farming**

- **Existing Industrial Vacant Building Site – estimated 3.78 acres**

EFI Students working on vertical farming project

Research Methods Summary

Training:

- Quantitative research
- Qualitative research
- Literature review
- Case Studies
- Identifying the Neighborhood Characteristics

  -Urban Context
  -Zoning
  -Built Environment

Former TDC Students Presentations:

- Analyzed Literature Reviews & Case Studies based on their project

- Produced Significant Findings, Goals, & Solutions based on their research

Implementations:

- To expand on Former TDC Students Significant Findings, Goals, & Solutions by thinking critical & analytical of the training and the Former TDC Students Presentations to create their own Implementations

EFI Student: Bryan Howard picking wood for camp fire at Camp Glen Gray

Critical Thinking Methods

Goal:

To do perform a charrette within a two week period

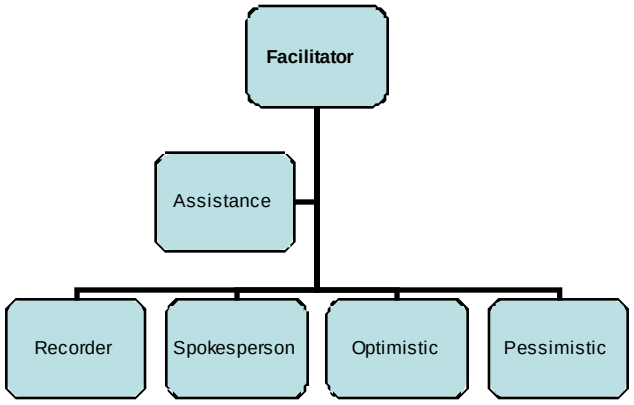
Objective:

Identify roles, stakeholders, and the charrette problem in order to produce their implementations

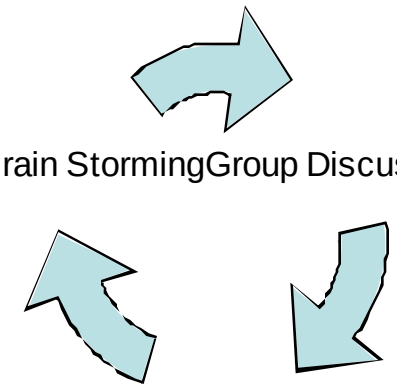
Source: CTA Photo of Students & Camp Glen Gray

Critical Thinking Methods Training

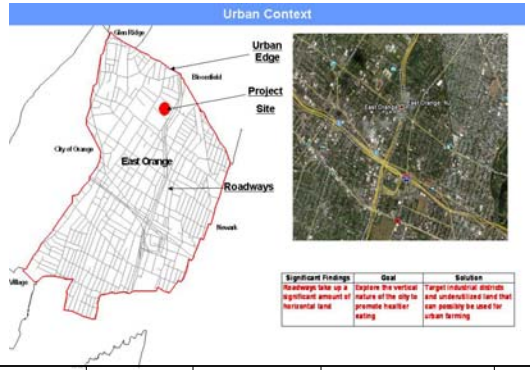
Phase 1: Research, Education, and Charrette Preparation	Phase 2: The Charrette	Phase 3 :Implementation
•Established the information and people infrastructure for the project . • Establishing the information infrastructure includes the identification, creation, and collection of all base data necessary to perform the projects planning and design during a charrette.	•The charrette is the catalytic event of the dynamic planning process. •It is a collaborative event that lasts four to seven days. **•The goal of the charrette is to produce a feasible plan that benefits from the support of all stakeholders through its implementation.**	•The first is product refinement, during which the charrette team test and refine the final charrette plan to assure its feasibility **•The second is based on a relationship strategy in which the project sponsor continues to work with the stakeholders to maintain their support of the plan.**



Roles of a Charrette



Review and Comment



Significant Findings	Goals	Solutions	Implementation	Outcomes
Roadways take up a significant amount of horizontal land	Explore the vertical nature of the city to promote healthier eating. eating	Target industrial districts and underutilized land that can possibly be used for urban farming	To put into effect according to or by means of a definite plan or procedure.	Measurable results to be achieved during the charrette process

Final Charrette Presentation

Source: www.charretteinstitute.org, and http://www.criticalthinking.org

Critical Thinking Methods Training

Stakeholder Levels of Involvement	
Stakeholder Level	Example Positions
Primary  	Elected and appointed (city Council , planning commissioner , steering committee member), agency staff (departments of transportation , EPA, transit authorities) , site property owners .
Secondary  	Non-governmental organizations (historic and art groups , churches , synagogues), individuals with businesses or residence directly affected .
General 	Community members

Source: EFI Training Manual

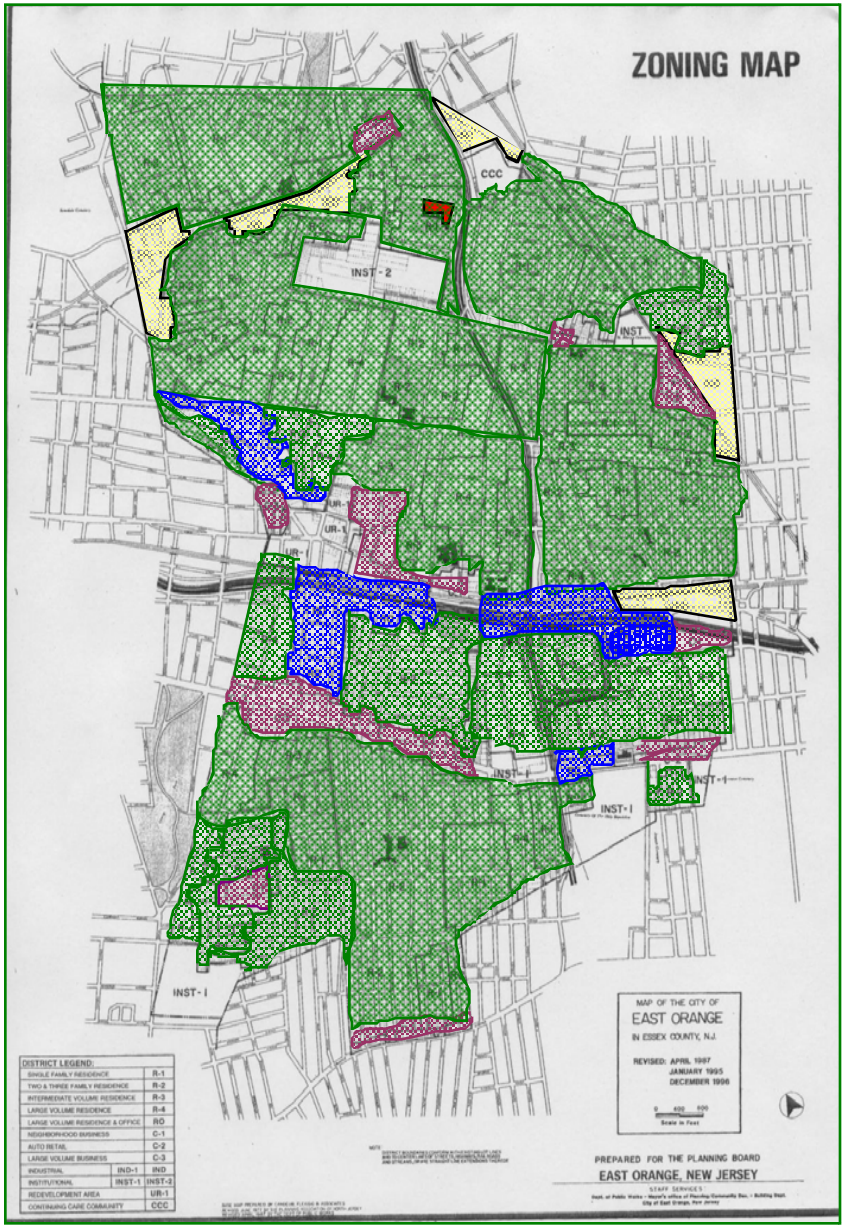
Phase 2: Area Assessment

Area Assessment- information collected about an area and event or circumstances that may affect a project.

Category of information includes:
- Physical – (Land Use)
- Social – (Community Attributes)
- Demographics – (Population Characteristics)
- Narrative – (History of an Area)

Existing Land Use: The existing pattern of land use is one of the most crucial items of information in planning. Land use is a description of how land is occupied or utilized.

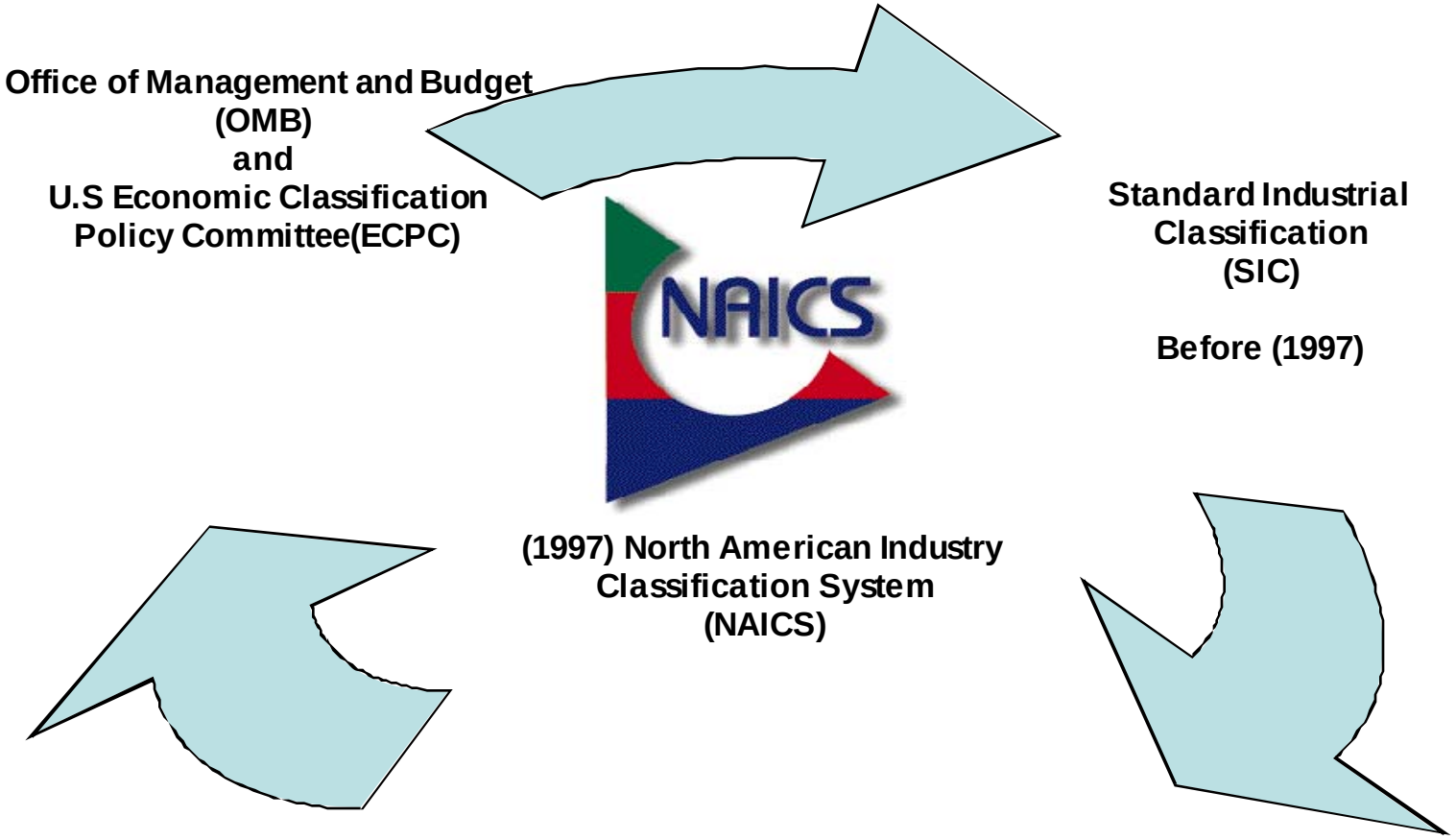
Zoning: The local government designate every part of land with a certain zoning category, which identifies what uses are permitted on that piece of land.



Source: EFI Training Manual

Critical Thinking Methods Training

NAICS- Is the standard used by Federal statistical agencies in classifying business establishments for the purpose of collecting, analyzing ,and publishing statistical data related to the U.S. business economy.



Source: EFI Training Manual

Critical Thinking Methods Training

NAICS Codes	NAICS Description of Codes	NAICS Examples
722211	Limited Service Definition (Carryout restaurants, Drive-in restaurants, Fast-food restaurants)	 
445120	Convenience Stores (Convenience food stores)	 
446191	Food (health) supplements stores (Food supplement stores, Nutrition stores, Vitamin stores)	 
7220410	Drinking places Alcoholic beverages, drinking places, Nightclubs, Bars)	 

Source: EFI Training Manual

Phase Three: Implementation

- Final Charrette Presentation
  - Presentation of Significant Findings, Goals, Solution, and Implementation
  - Digital Presentation Format
- Post Charrette
  - Outcome of Implementation

i.e.:

Significant Findings	Goals	Solutions	Implementation	Outcome
Roadways take up a significant amount of horizontal land	Explore the vertical nature of the city to promote healthier eating	Target industrial districts and underutilized land that can possibly be used for urban farming	To put into effect according to or by means of a definite plan or procedure	Measurable results to be achieved during the charrette process

Source: CTA Student Training Manual

Recommendations

Recommendation 1 - Provide Nutrition facts in fast food restaurants in the community

BK Whopper

Nutrition Facts

Serving Size: (291g)

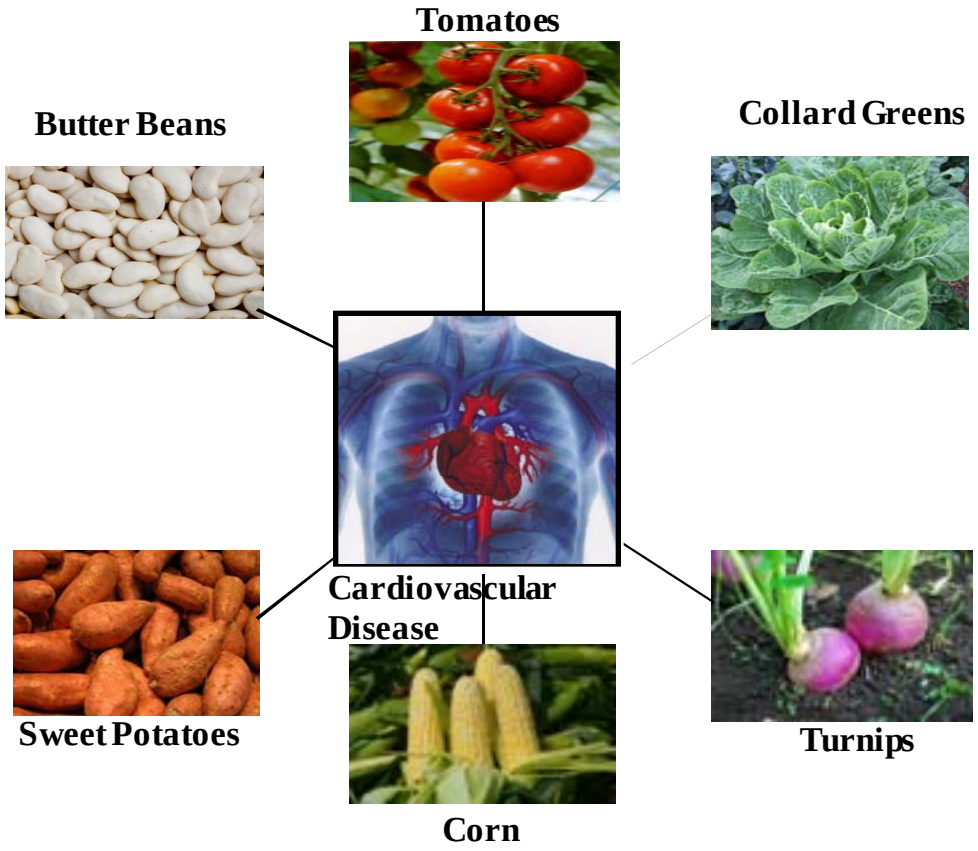
Amount Per Serving	
Calories 700	Calories from Fat 370
	% Daily Value*
Total Fat 42 g	**65%**
Saturated Fat 13 g	**65%**
Trans Fat	
Cholesterol 85 mg	**28%**
Sodium 1020 mg	**42%**
Potassium	
Total Carbohydrate 52 g	**17%**
Dietary Fiber 4 g	**16%**
Sugars 8 g	
Sugar Alcohols	
Protein 31 g	
Vitamin A 1000 IU	20%
Vitamin C 9 mg	15%
Calcium 100 mg	10%
Iron 5.4 mg	30%

According to Healthy People 2010 there is too much consumption of saturated fat

Sandwiches 6 grams of fat or less 6 Grams of Fat or Less	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
6" Ham (Black Forest, without cheese)	225	290	40	4.5	1.0	0	20	1200	47	5	7	18	8	20	4	20
6" Oven Roasted Chicken	239	320	40	4.5	1.5	0	25	750	49	5	7	23	8	30	6	15
6" Roast Beef	239	310	40	4.5	1.5	0	25	840	46	5	6	26	8	20	4	25
6" Turkey Breast	225	280	30	3.5	1.0	0	20	910	47	5	6	18	8	20	6	15
6" Veggie Delite®	169	230	20	2.5	0.5	0	0	410	45	5	5	8	8	20	4	15

Recommendations

Recommendation 2 - Inform the community on the benefits of vegetables



Tomatoes

Nutrition Facts
Amount Serving: 1 cup (149g)
Calories: 27
Calories from Fat: 2g
Total Carbohydrate: 6g
Dietary Fiber: 2g
Sugars: 4g
Vitamin A: 25%
Calcium: 2%
Vitamin C: 32%
Iron: 2%

- A review of 72 different studies showed consistently that the more tomatoes and tomato products people eat, the lower their risks of many different kinds of cancer

Implementations

Significant Findings

•Overweight and obesity is the fifth leading risk for global deaths.

Goal

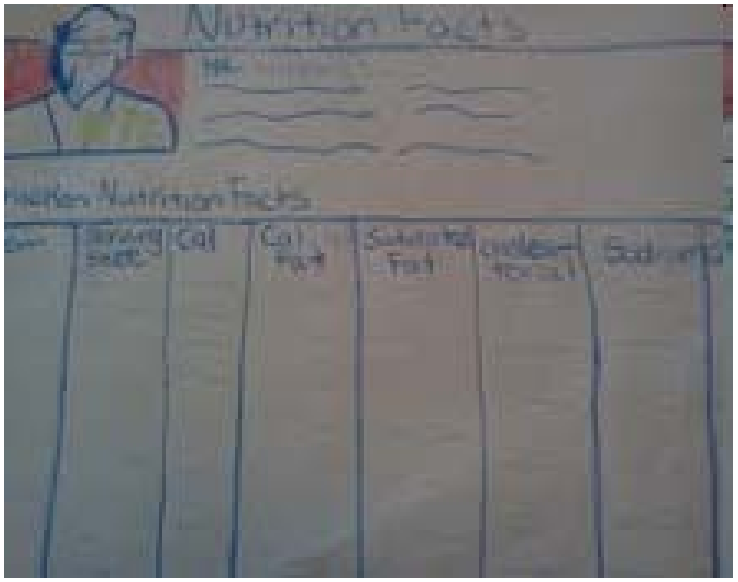
•Reduce obesity in the city of East Orange

Solution

•Provide fast food restaurants with nutrition facts for the community.

•To provide our community with nutrition facts by creating posters that will explain fast food restaurants nutrition facts.

•We plan to post these posters around the City of East Orange lamp posts, bus shelters, trees, mailboxes, and on cars wind shields wipers.



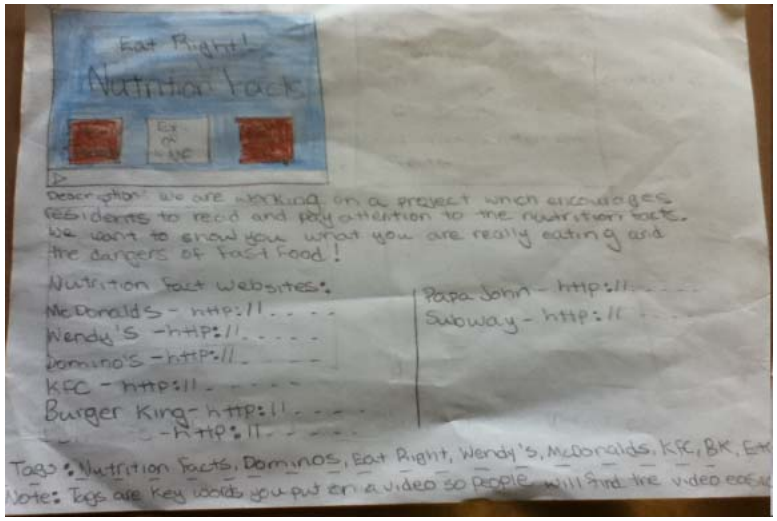
Posters Example

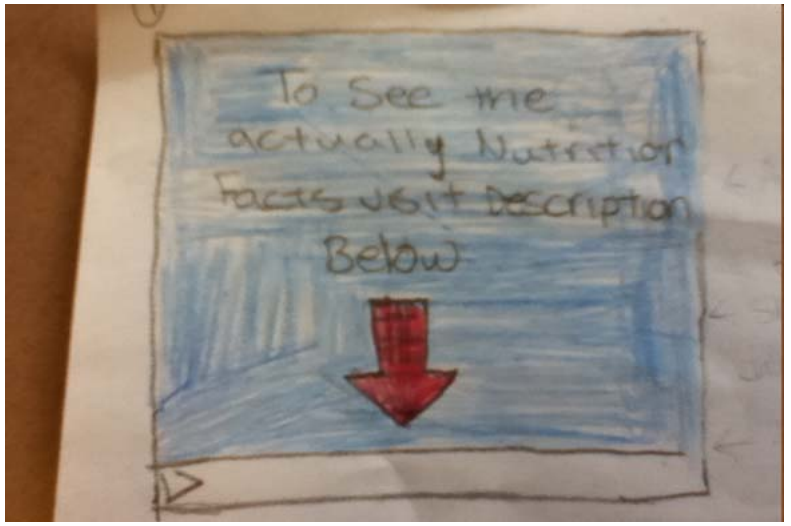
Posters Example

Implementations

Significant Findings
•Overweight and obesity is the fifth leading risk for global deaths.
Goal
•Reduce obesity in the city of East Orange.
Solution
•Provide fast food restaurants with nutrition facts for the community.

•To provide our community with nutrition facts from fast food restaurants by making a YouTube video with links of fast food restaurants nutrition facts and also a brochure to advertise the YouTube video.





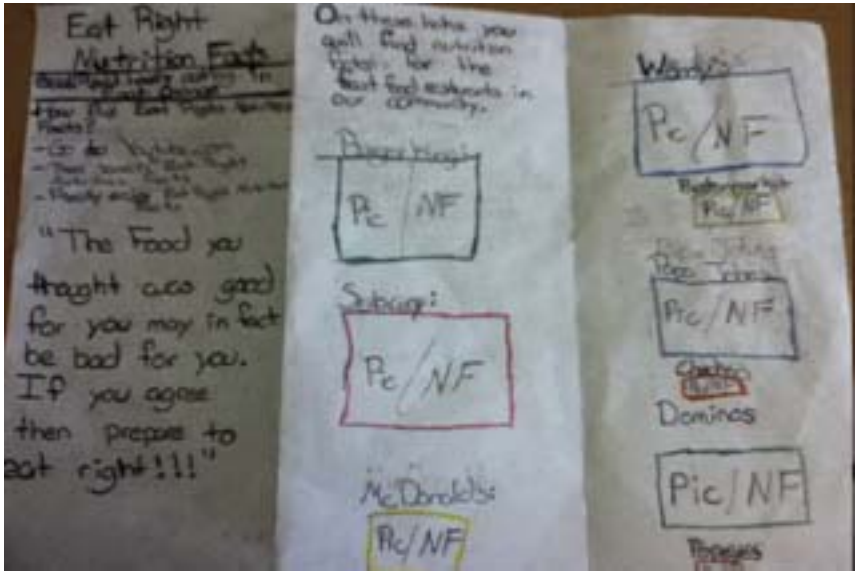
Examples of sketched outlines for publication of our YouTube Videos

Implementations

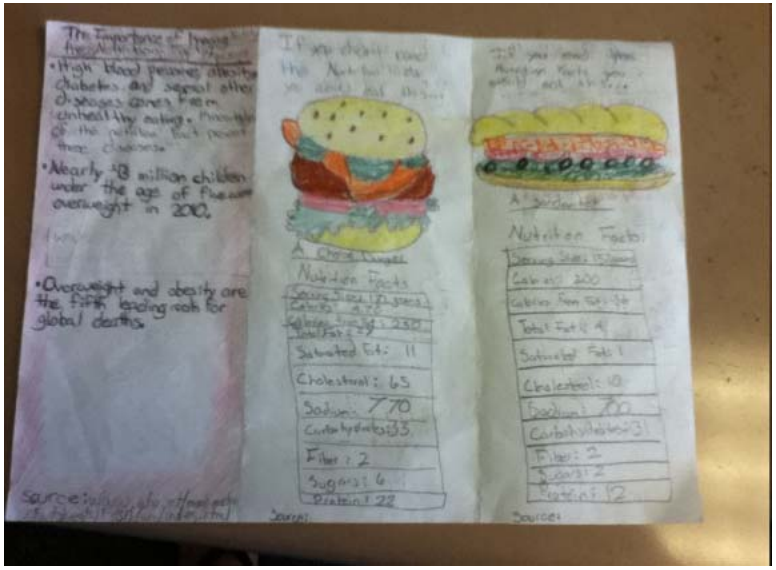
Significant Findings
• Overweight and obesity is the fifth leading risk for global deaths.
Goal
• Reduce obesity in the city of East Orange
Solution
• Provide fast food restaurants with nutrition facts for the community.

•To create brochures that will advertise our proposed YouTube Video outside of local fast food restaurants in the community

•We plan to hand out the brochures in the 5 different wards within the City of East Orange, door to door.



Sketched Example of Brochure



Sketched Example of Brochure

Implementations

Significant Findings

•There are too many people suffering from chronic diseases in urban communities.

Goals

•Inform the community on the benefits of vegetables.

Solutions

•To create a brochure to bring awareness to obesity and other chronic diseases

•To create a brochure that will be passed out to all students in the City of East Orange, and to the community at either the local supermarkets or farmers markets.

TEAM LETS GET FIT!

Are You Obese?

- Many people don't know if they are obese. Obesity is an excess amount of fat. You can not really look at a person and tell if they are obese. There is a certain calculation on how to determine this.

BMI (Body Mass Index)- The measurement of choice as an indicator of healthy weight, overweight and obese

How to Calculate your BMI?

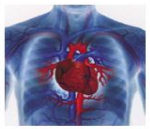
$$\frac{\text{Weight (Pounds)} \times 704.5}{\text{Height (Inches}^2\text{)}}$$

Healthy Weight	Overweight	Obese
BMI of 17.6 - 24.9	BMI of 25-29.9	BMI of 30-99.8

Recommendations

- Vegetables that prevent chronic diseases .

*Cardiovascular Disease



-Tomatoes
-Collard Greens
-Turnips

*Asthma

-Green beans
-Cucumbers
-Broccoli

*Cancer

-Pumpkin
-Red pepper
-Carrots

*Diabetes

-Okra
-Cauliflower
-Onion

Reducing Calorie In-Take

- Always read Nutrition Facts.

Nutrition Facts

Serving Size: (291g)

Amount Per Serving	
Calories 700	Calories from Fat 370
	% Daily Value*
Total Fat 42 g	**65%**
Saturated Fat 13 g	**65%**
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Potassium	
Total Carbohydrate 52 g	**17%**
Dietary Fiber 4 g	**16%**
Sugars 8 g	
Sugar Alcohols	
Protein 31 g	
Vitamin A 1000 IU	20%
Vitamin C 9 mg	15%
Calcium 100 mg	10%
Iron 5.4 mg	30%

Critical Thinking Methods Summary

Training:

- Charrette Phases 1,2, & 3
- Critical Thinking Methods
  - -Brainstorming
  - -Group Discussion
  - -Consensus Building
- Stakeholders
- Area Assessment
- NAICS

Former TDC Students Presentations:

- Produced recommendations based off of their research found in research methods

Implementations:

- Expanded on Former TDC Students Presentation of their Significant Findings, Goals, & Solutions by thinking critical & analytical of the training and the former TDC Students work to create their own Implementations

EFI Students: Males & Females