

Globe 2035 General Plan Newsletter

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>Healthy Lifestyles Initiative

Globe is a healthy, environmentally sustainable city that actively pursues strategies to improve air and water quality. Globe has a long history as a mining community which, for those not familiar with the community, may contribute to the perception that Globe is an unhealthy place to live. However, as a result of federal and state water quality and air quality regulations, Globe is far ahead of most Arizona cities when it comes to a healthy environment. As a result, Globe residents are stewards of the local environment and have a deep sense of respect and caring for the surrounding natural environment.

One area in need of improvement is community health. As is true in most American communities and based on information collected by the Gila County Health Department, Globe residents suffer from chronic diseases like obesity, diabetes, asthma, and cardiovascular disease. Research shows that the built environment– the way cities and towns are planned, designed and developed – contributes to the epidemic rates of these diseases.

Planning and design elements that impact a healthy lifestyle:

- Cities and towns have been designed and built primarily for automobiles resulting in walking and biking being both challenging and frequently dangerous;
- Neighborhoods are “food deserts” because it is difficult to buy healthy food such as fresh fruits and vegetables;
- Communities lack adequate parks and open space making it difficult for residents to be active;
- Inadequate housing promotes asthma and other respiratory diseases because it is poorly maintained.

Since the mid-20th century, American communities have been planned, designed and built in an auto-centric fashion. In Globe, this can be best illustrated by comparing the development in Old Globe as opposed to East Globe. The development in Old Globe includes small lots, a mix of uses and small, walkable blocks. In East Globe, development is characterized by larger lots, longer block lengths and separated uses. Each development type, whether Old Globe or East Globe, has its advantages and disadvantages. Therefore, through the use of Character Area planning, the Globe 2035 General Plan tries to embrace the advantages while minimizing the disadvantages.

>Arizona Communities

In recent years, the dramatic rise in chronic disease rates has resulted in Arizona communities placing a greater emphasis on identifying how the physical environment can be modified to provide more opportunities for residents to be active. The general plan is the primary tool used by planners and public health officials in Arizona to create healthier communities.

Globe is not specifically required by State Statute to address healthy community issues in the General Plan. However, during the public outreach process, residents identified health as a critical local issue. In response to resident concerns, the General Plan incorporates goals and policies that establish direction for providing residents with healthy lifestyle choices.



“Come Home to Globe, the Best Small City in Arizona”

Great Landscapes • Family Values • Friendly Neighborhoods • Rich History



Following are examples of healthy community concepts addressed in the Globe General Plan:

- Pedestrian-friendly Neighborhoods - Neighborhoods should have well maintained sidewalks or shoulders and should contain an array of neighborhood services including, schools and recreational destinations that can be comfortably reached by walking, bicycling and in the future, by public transit;
- Access to Healthy Food - Globe residents should enjoy a broad selection of healthy food choices provided by full-service grocery stores, community gardens and farmers' markets;
- Access to Active Lifestyle - The City should provide high-quality, clean and well-maintained parks and community facilities should support residents' active lifestyles and provide safe places for social interaction;
- Local Schools and Community Programs- Globe should work with neighborhood schools and develop community programs and thriving centers that educate children and parents about healthy eating;
- Healthy Affordable Housing - Globe should work with local and State housing agencies to identify strategies to attract new housing and rehabilitate older housing. Working with the private and public sector, a wide range of affordable housing options will improve the quality of life for community residents; and
- Healthy Lifestyle - The City should partner with local health organizations and groups to educate its residents on how to enjoy a healthy lifestyle and how to be committed to making healthy food choices and being active.

The General Plan not only incorporates healthy community goals and policies, but will include healthy lifestyle-supporting implementation strategies. The implementation strategies will provide the direction for ensuring that the health of Globe residents remains a long term focus for the community.

