



# Fostering Healthy Lifestyles in Chelsea

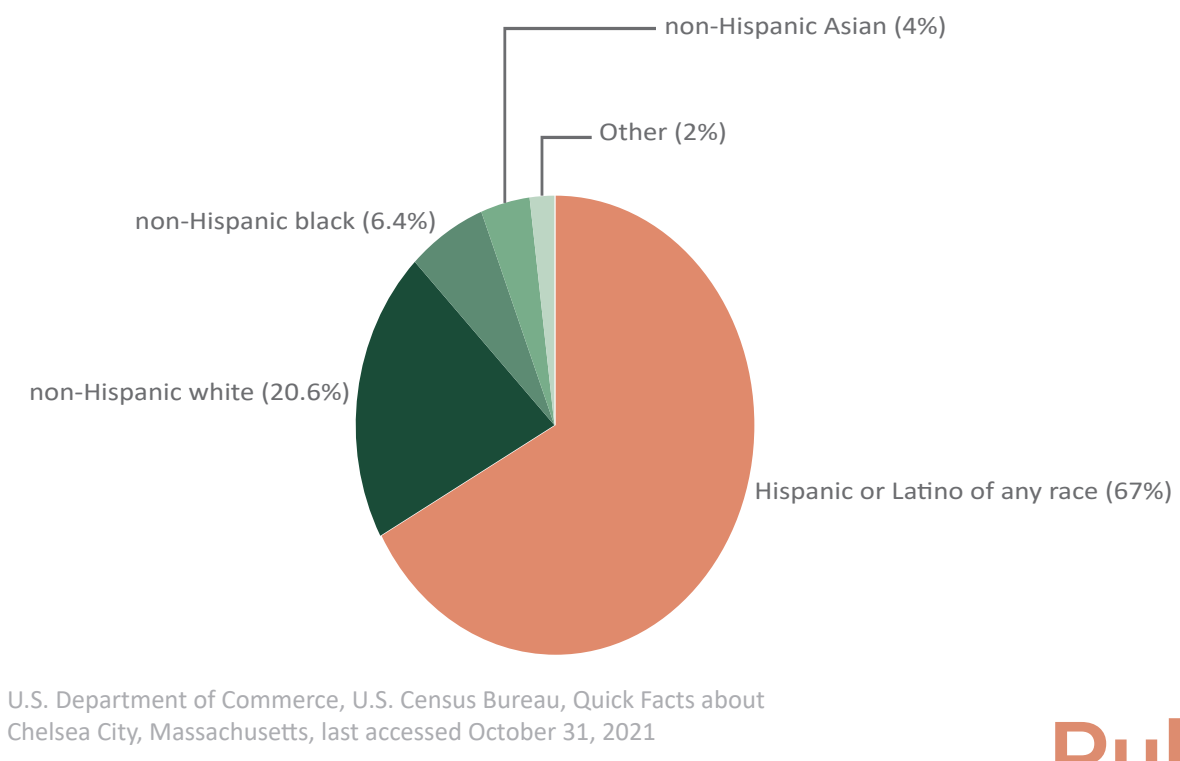
Centering Community, Commerce, and Environment at the Waterfront

By Bertrand Mpigabahizi, Femi Olamijulo

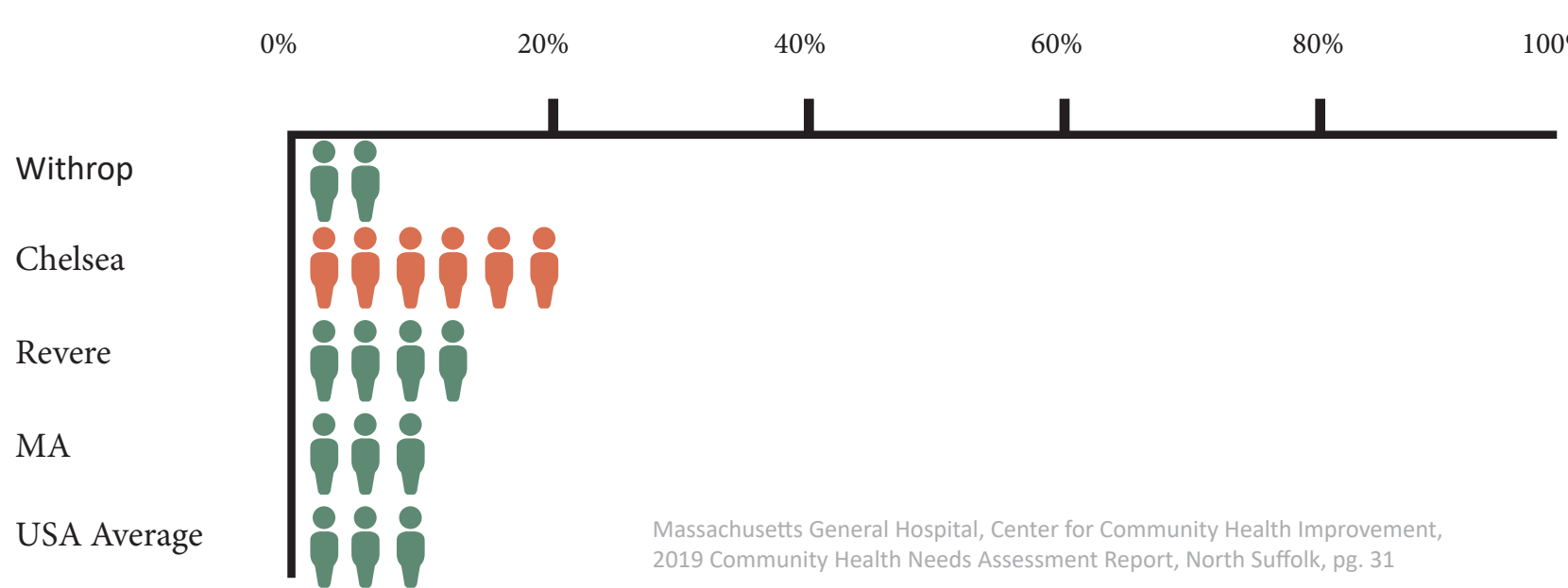
chelsea

## Local Context - Demographics and Economy

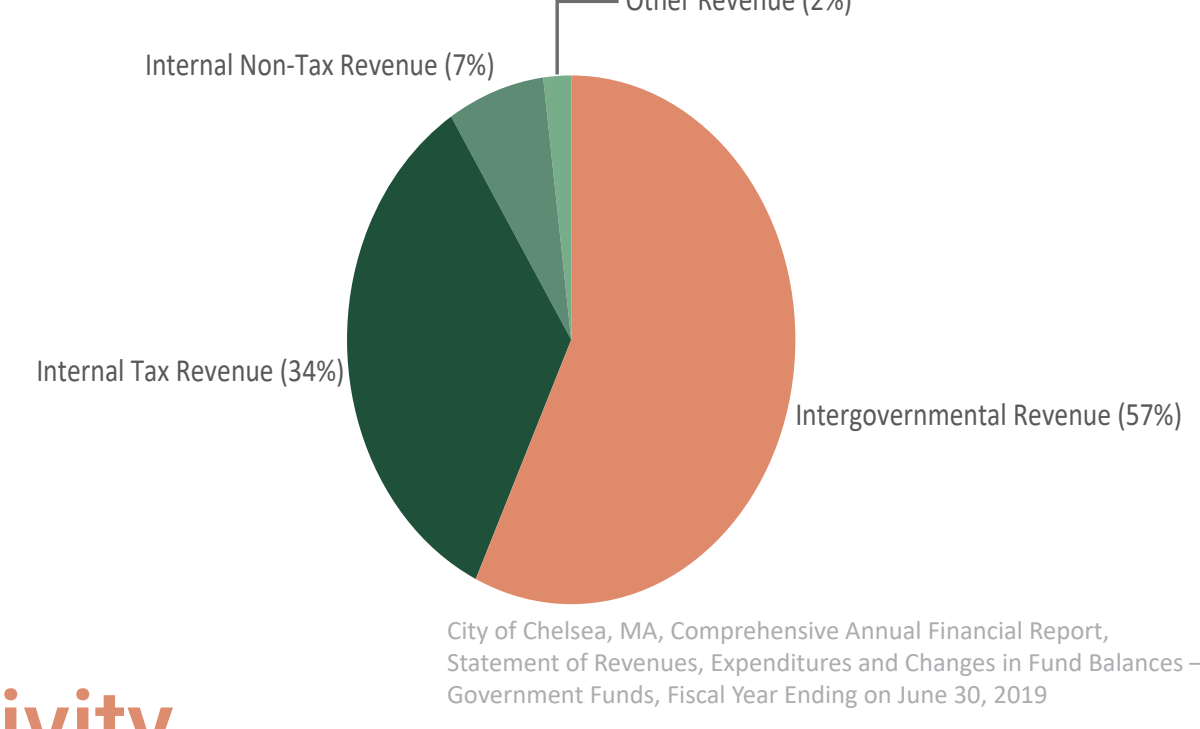
### A Diverse Community



### Poverty as a Public Health Crises



### Capital Matrix



## Public Health Challenges - Barriers to Physical Activity



### Negative Perceptions of Community Health

- 50% of surveyed residents in Chelsea reported "lacking regular physical activity"
- 80% of surveyed residents in Chelsea ranked their community as "unhealthy" or "very unhealthy"
- 3% of land in Chelsea is public green space, compared to the national average of 15%

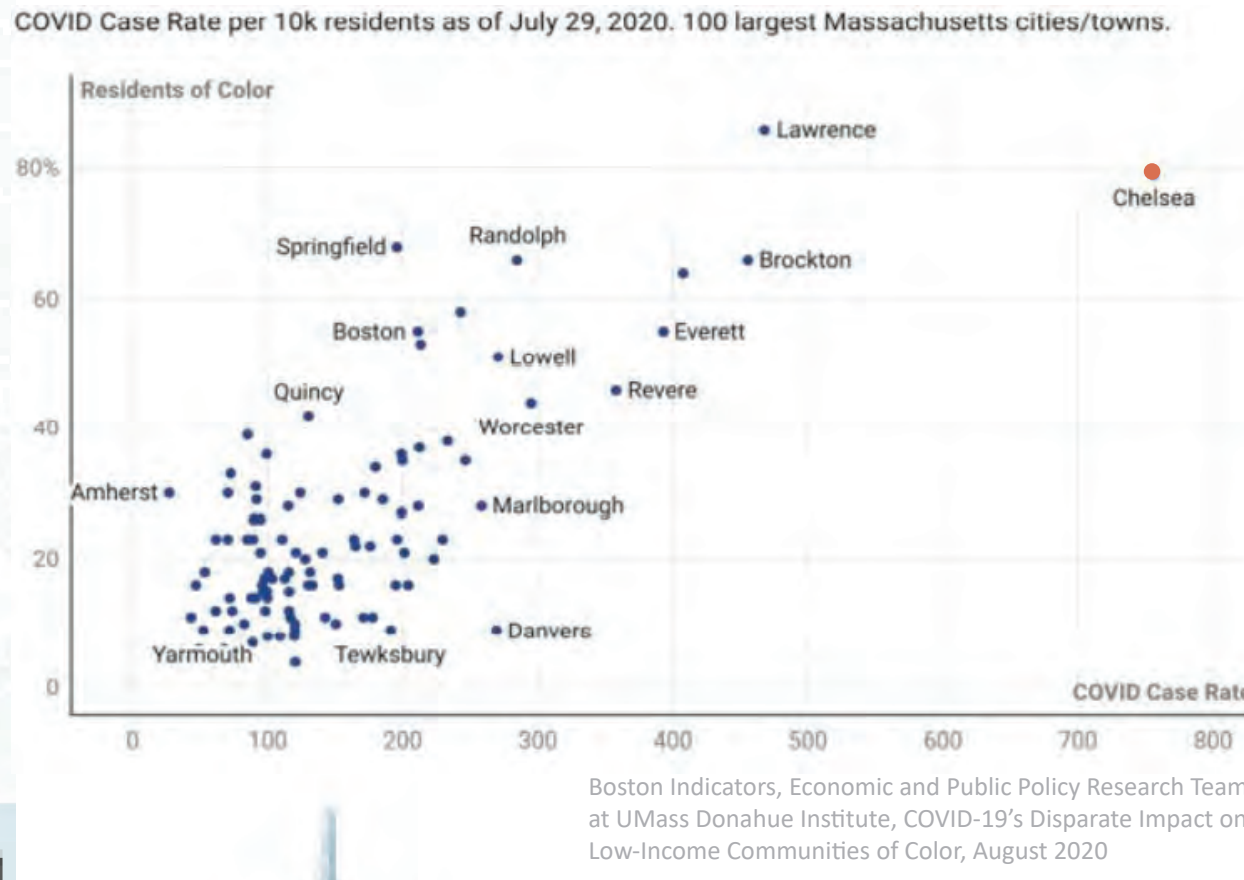
Green Roots, COVID-19 in Chelsea: A Glimpse into one of the Hardest HIT Cities and the Role of Intersecting Social Determinants of Health, October 2021, pg. 47

### Commuting Patterns in Chelsea

- 64% by Car
- 24% by Transit
- 9% by Walking
- 0.4% by Biking
- 2.6% Other

Metropolitan Area Planning Council, Chelsea Silver Line Corridor Transit-Oriented Development Action, January 2017, pg. 23

### COVID-19 Vulnerability



Boston Indicators, Economic and Public Policy Research Team at UMass Donahue Institute, COVID-19's Disparate Impact on Low-Income Communities of Color, August 2020

## Pathway to Scale Up Local Public Health Interventions

CHELSEA RECORD | CHELSEA MASSACHUSETTS NEWSPAPER | NEWS

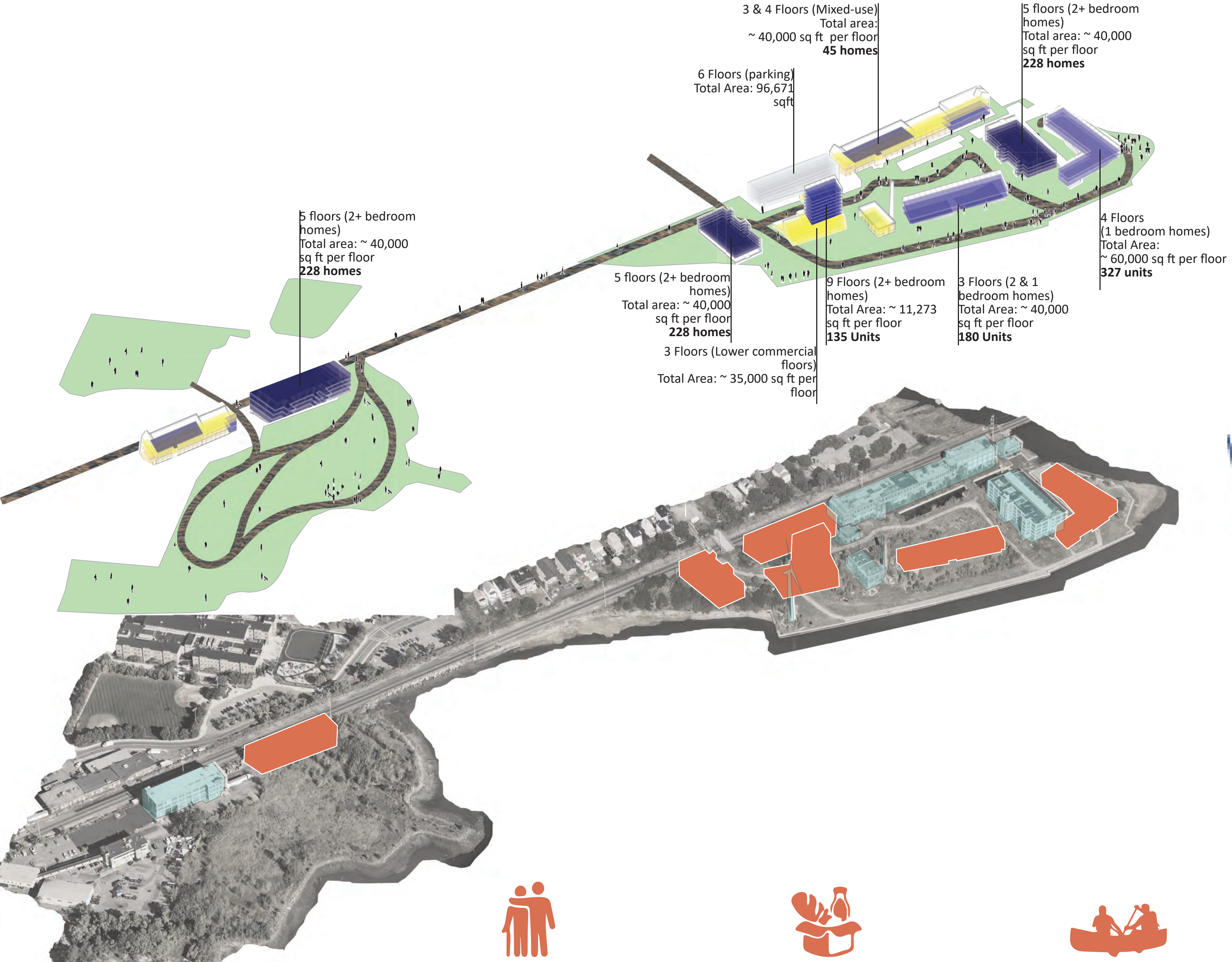
### Forbes Park Developers Do Not Plan to Move Forward on Project

by Seth Daniel  
March 25, 2021

City Manager **Tom Ambrosino** informed City Council on Monday that the developers [awarded the] large residential project [at the] vacant Forbes [Park] campus have indicated they will not move forward on the project.

The **Chelsea Waterfront** will be an integral and accessible part of Chelsea to be enjoyed by community members, business owners, and outdoor enthusiasts. We will foster an enabling environment for healthier lifestyles in Chelsea by scaling up existing public health interventions and centering community, commerce, and the natural environment.

- Transform vacant property into **mixed-use development** with extensive and integrated residential, commercial, and recreational space
- Extend Chelsea Greenway and Mill Creek Riverwalk, expand bike lane network, and open more bike share stations to encourage **physical activity**, improve **urban mobility**, promote **alternative transportation methods**
- Reinforce waterfront with salt marches to mitigate coastal erosion and flooding and preserve **local ecosystems** and **habitats**



The Chelsea Waterfront is an 18-acre opportunity for Health and Housing in Chelsea

Tom Acitelli, Curbed Boston, Chelsea's Forbes Park Could Finally See Redevelopment Under Advancing Plan, March 2019

