



City of Des Moines, IA, Des Moines University, Aging Resources of Central Iowa, AARP-Iowa

# City of Des Moines, Iowa 'Great Places for All Ages' Phase One Progress Report

Des Moines, Iowa

USA

T. Franklin Cownie – Mayor

Project Co-Chairs

Dr. Yogesh Shah, Des Moines University

Dr. Joel Olah, Aging Resources of Central Iowa

Douglas Romig, City of Des Moines

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7/5/2013

# Age-Friendly City Progress Report - Phase I (Planning) – Des Moines, IA

The Greater Des Moines ‘Great Places for All Ages’ is a community based effort designed to foster creation of an Age-Friendly City and an Age-Friendly Region in Central Iowa where public officials, elder service providers, community leaders, businesses and community members:

- Recognize the great diversity among the 50+ populations,
- Promote the civic and social inclusion and contribution of the 50+ population in all areas of community life,
- Plan, design and build infrastructure improvements that anticipate and accommodate the changing needs and uses by the 50+ populations,
- Respect the changing lifestyle choices of the 50+ populations, and
- Anticipate and respond flexibly to aging-related needs and preferences.

In an Age-Friendly community, policies, programs, services and infrastructure related to the physical and social environment are designed to enable the 50+ populations to live in security, enjoy good health and continue to participate in employment, civic, cultural and social life in a meaningful way. It takes into account the biological, psychological, behavioral, economic, social and environmental factors that operate over the course of a person’s life to determine health and well-being as we age.

## 1. Age-Friendly City (AFC) Project Team

### 1.1 Contact details of project team members

**Designated Contact Person** for the WHO Global Network:

- Dr. Yogesh Shah
- Academia
- Des Moines University – Associate Dean Global Health
- [yogesh.shah@dmu.edu](mailto:yogesh.shah@dmu.edu)
- (515) 271-1369
- Des Moines – Great Places for All Ages - Project Co-Chair

### 1.2 Overview of project team

In August 2011, Dr. Yogesh Shah, associate dean of global health at Des Moines University, and Dr. Joel Olah, executive director of Aging Resources of Central Iowa, met with AARP Iowa State Director Kent Sovorn to outline the WHO Age-Friendly Cities program and request AARP Iowa to become a member of the leadership team for the City of Des Moines WHO Age Friendly City project. AARP agreed to join the effort. The City of Des Moines applied for and was accepted into WHO Network of Age-Friendly Cities (AFC) in October 2011. The City of Des Moines appointed Douglas Romig, Housing Services Director as the staff lead for the Age-Friendly City project.

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One of the first activities of the leadership team was to build community support for the effort by recruiting a broad cross-section of civic leaders to high-level strategic advisory committee (Attachment A). The Advisory Council is Co-Chaired by Dr. Shah and Dr. Olah and the members include the leading civic, business, government, and service provider groups in the region and the project leadership team.

The Advisory Council recommended that the findings and recommendations of the City of Des Moines AFC project be integrated into three key regional strategic planning efforts underway in central Iowa. The project leadership team recruited leaders of the [Capital Crossroads: A Vision for Greater Des Moines](#), a five-year strategic plan comprised of strategic elements for community development; [The Tomorrow Plan](#), a regional effort focused on sustainable development; and [DART Forward 2035](#), a blueprint for redesigning the entire transit system for greater Des Moines to sit on the Advisory Council and to become work group team members.

Day-to-day management of the project resides with the AARP Iowa staff; Kent Sovern, State Director.

- Project 'Advisory Council' and 'Leadership Team' – See Attachment A

## **2. Mechanisms to involve older people in all stages of the Age-Friendly cities and communities process (Milestone 1)**

### **2.1 – Description of mechanisms**

In order to gain baseline data community response to the Age-Friendly template, a major effort of the autumn of 2011 involved a series of organized neighborhood “meet-ups” for AARP member engagement in each of the four wards of the city of Des Moines. Invitations to the neighborhood ‘meet-up’ sessions were sent to every AARP member household (About 12,000) in the city of Des Moines.

The meet-ups were designed to introduce the participants to the AFC project, gather feedback on the areas of priority, and recruit volunteers interested in engaging on the project. To gauge viability of the project and facilitate instant audience feedback and discussion, AARP used Meridia audience response technology to record participant reactions to some of the criteria in each of the three work group areas. The meet-up sessions were well attended and the format worked extremely well to help accomplish our early project objectives. The leadership team learned that AARP Iowa members embraced the project design and they welcomed the opportunity to have their voices heard and to participate in the work groups.

Following the neighborhood ‘Meet-up’ sessions, the project team created an organizational structure that includes three work groups in order to more efficiently manage analysis of existing conditions in the greater Des Moines area and to compare findings to the WHO-AFC criteria. (Attachment B) Most of the work group team members are 50+ years of age.

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### 2.1.1 – ‘Great Places for All Ages’ Project Work Groups

- The **Infrastructure** work group will address the focus areas of Outdoor Spaces and Buildings, Transportation, and Housing.
  - **Charge:** The Infrastructure Work Group performs research and analysis of the current condition of Des Moines built environment and infrastructure planning as it impacts the quality of life for 50+ residents. Through this effort the project team will engage residents in order to create a more livable community; capitalize on existing Des Moines neighborhood-based and Regional planning efforts and make ‘Age-Friendly’ policy recommendations to public sector, private sector and not for profit institutions, businesses and organizations.
- The **Social Capital** work group includes the focus area of Social Participation, Respect and Inclusion, and Civic Participation and Employment.
  - **Charge:** The Social Capital Work Group performs research and analysis of the current condition of selected WHO Age-Friendly City criteria including Social Participation, Respect and Social Inclusion, Civic Participation and Employment as they impact the quality of life for 50+ residents. Through this effort the project team will engage residents in order to create a more livable community; capitalize on existing Regional Planning efforts and make ‘Age-Friendly’ policy recommendations to public sector, private sector and not for profit institutions, businesses and organizations.
- The **Community Support/Health Services** work group includes the areas of Community Support, Health Services, Communication and Information services.
  - **Charge:** The Community Support/Health Services Work Group performs research and analysis of the current condition of selected WHO Age-Friendly City criteria including Community Support, Health Services, Communication and Information services as they impact the quality of life for 50+ residents. Through this effort the project team will engage residents in order to create a more livable community; capitalize on other Regional planning efforts and make ‘Age-Friendly’ policy recommendations to public sector, private sector and not for profit institutions, businesses and organizations.

### 2.1.2 – Neighborhood Associations

The City of Des Moines has 58 recognized neighborhood associations. The ‘Great Places for All Ages’ leadership team recognized that a successful AFC project demands the participation of neighborhood leaders and integration of their neighborhood plans and recommendations into the broader AFC template. Throughout 2012 and 2013 ‘Great Places for All Ages’ project leadership provided orientation sessions for the neighborhood leaders and is providing engagement sessions at their regular meetings.

### 2.2 – Milestone #1 Supporting materials

- Project ‘Table of Organization’ – See Attachment B
  - Project ‘Work Group’ Roster – See Attachment C
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### 2.2.1 See the following hot-links for 'Great Places for All Ages' - Des Moines Articles and Project Updates:

- **AARP The Journal - What Affects Your Ability to Live Your Best Life...?**  
<http://journal.aarpinternational.org/a/b/2012/04/What-affects-your-ability-to-live-your-best-life-in-your-community>
- **League of Iowa Cities Journal**
- **Des Moines University – Building an Age Friendly World**  
<http://www.dmu.edu/magazine/winter-2013/building-an-age-friendly-world/>
- **AARP The Journal - Age-Friendly Cities**  
<http://journal.aarpinternational.org/a/b/2013/02/age-friendly-communities>

## 3. Baseline assessment of the age-friendliness of the city or community (Milestone 2)

### 3.1 Methods used

#### 3.1.1 – Environmental Scan / What others are saying

##### Selected Literature and Relevant Indexes (Appendix D)

**Milken Institute 'Best Places for Successful Aging** - <http://successfulaging.milkeninstitute.org/>

Rankings for Des Moines/West Des Moines, Iowa (6<sup>th</sup> in USA for Large Metros)

<http://successfulaging.milkeninstitute.org/bcsa.taf?page=metro&mcode=C1978&pop=large>

Best Cities for Successful Aging is a comprehensive index that generates a composite ranking for each metro area. The composite ranking is based on eight subcomponents (general indicators, health care, wellness, living arrangements, transportation/convenience, financial well-being, employment/education, and community engagement). Each of the eight subcomponents is composed of multiple individual indicators—78 individual indicators in all.

Milken Key Findings for Des Moines/ West Des Moines

**NAILED IT:** 

#### Available, affordable care

- Geriatric, Alzheimer's, hospice, and rehab services are readily available.
- Nursing and assisted-living facilities are relatively inexpensive.
- Happy-go-lucky population has low incidence of mental distress.

#### Ready employment

- Des Moines has high employment growth.
- A relatively large service sector offers job opportunities for seniors.
- The average commute time is short.

#### Cultural, educational, and community engagement

- As Iowa's cultural center, Des Moines boasts museums and other venues.
- The metro has an active senior volunteer scene.

**NEEDS WORK:** 

#### Lack of quality health care

- While care is available and affordable, Des Moines lacks magnet and long-term hospitals.
- Few seniors are engaged in regular leisure-time physical activity.
- Caregivers are in short supply.



**MILKIN STUDY TAKE AWAY:**

Des Moines has dynamic financial services and insurance industries, and its economic outlook is bright. However, the car is still king in this mid-size Midwestern city, making it difficult for seniors who no longer drive. Des Moines ranks 45th out of 100 in the transportation/convenience indicator. Detailed analysis of each indicator can be accessed by clicking on the hot link embedded in each heading.



<u>GENERAL INDICATORS</u>	RANK	SCORE	AVERAGE SCORE
Cost of Living	33	59.81	52.04
Crime Rate	27	55.98	48.86
Neighborhood	84	59.81	25.92
Employee Growth	10	91.34	86.26
Unemployment Rate	4	85.26	56.59
Income Distribution	26	88.53	85.97
Weather	80	40.44	54.23
Fatal Car Crashes	69	33.53	44.54



<u>FINANCIAL INDICATORS</u>	RANK	SCORE	AVERAGE SCORE
Number of banks and financial institutions	4	55.38	37.01
Total bank deposits	24	12.01	11.03
Tax burden	46	72.61	69.32
Dependency Ratio	60	82.80	83.27
Index Growth of Small Businesses (2004-2009)	32	85.96	84.36

% of 65+ below poverty	3	98.14	66.99
Capital Gains as % of AGI	73	42.02	56.30
Indexed Income Growth	33	87.53	86.58
Amount of Reverse Mortgages	14	11.21	8.09



<u>TRANSPORTATION INDICATORS</u>	RANK	SCORE	AVERAGE SCORE
Mean Commute Time to Work	8	94.50	80.22
Number of Passenger Trips	61	4.52	10.2
Mean Fare for 65+	51	11.76	21.3
Investment in Public/Senior Transportation	74	78.80	81.71
Number of Grocery, etc.	42	53.68	52.72
% of Households with Proximity to Grocery	64	98.05	98.15



<u>COMMUNITY ENGAGEMENT INDICATORS</u>	RANK	SCORE	AVERAGE SCORE
% of Population over 65	66	42.22	46.92
Number of Museums, cultural, etc.	7	61.27	42.00
Senior Volunteer Rates	5	92.61	59.21
Number of Public Libraries	2	73.73	35.40
Number of YMCAs	71	13.86	31.40
Funding for Seniors	6	97.13	92.18



<b>EMPLOYMENT/EDUCATION INDICATORS</b>	<b>RANK</b>	<b>SCORE</b>	<b>AVERAGE SCORE</b>
Number 65+ Employed	2	97.15	65.21
65+ Unemployment Rate	69	3.75	9.53
Employment growth in health, education, leisure and hospitality	22	87.46	84.62
Output of service/manufacturing	9	44.05	22.93
College Enrollment	93	42.62	55.18
Community Colleges	85	14.14	30.92
Number of Universities	3	69.12	32.42



<b>LIVING ARRANGEMENTS INDICATORS</b>	<b>RANK</b>	<b>SCORE</b>	<b>AVERAGE SCORE</b>
Median House Price	46	44.32	42.74
Median Rental Price	53	15.56	17.69
% of Houses with 65+ Residents	83	47.26	56.03
Number of Nursing Beds	8	59.58	26.11
Median Price Semi-Private Nursing Room	14	91.43	68.25
Number of People Providing Home health-care services	25	9.86	9.44
Continuing Care Facilities	15	27.95	20.33
Assisted Living Cost	9	80.94	67.41
Nursing-home rating	29	59.72	51.79



<u>HEALTH CARE INDICATORS</u>	RANK	SCORE	AVERAGE SCORE
Number of Doctors	83	36.41	54.29
Availability of Hospital Beds	44	33.54	33.63
% of Hospitals with JCAHO Accreditation	36	66.67	62.38
Expenses per Inpatient Day	1	100.00	64.99
Number of Long-Term Hospitals	100	.00	22.77
% of Hospitals with Geriatric Services	2	98.36	33.86
% of Hospitals with Rehabilitation Services	3	80.75	41.03
% of Hospitals with Alzheimer's Units	8	32.79	9.93
% of Hospitals with Hospice	1	100.00	29.78
% of Hospitals with Medical School Affiliation	17	64.81	41.59
% of Magnet Hospitals	100	.00	10.73
Number of Orthopedic Surgeons	77	46.61	60.58
Number of Mental Health Professionals	69	18.60	25.48
Number of Dialysis Centers	28	39.25	34.28
Number of MRI	79	38.05	50.91
Number of Service Professionals (Nurses)	10	79.47	59.46
Number of Physical Therapists	52	63.52	62.79



<u>WELLNESS INDICATORS</u>	RANK	SCORE	AVERAGE SCORE
Medicare Enrollment	23	94.71	91.06
Medicaid Eligible	11	80.28	65.49
Obesity Rate	56	43.18	46.06
Smoking Rate	55	44.32	48.92
Diabetes Rate	33	71.92	67.33
Alzheimer's Cases	98	35.63	63.45
Number of Caregivers	91	59.46	71.91
Life Expectancy at 65	42	82.67	82.99
% of Seniors Living in Family Households	80	76.92	81.69
% of Older Americans with frequent mental distress	4	77.78	45.03
% of Older Americans with no physical activity	97	53.75	68.96
% Walking to Work	59	29.87	38.51
Number of Fitness Centers	6	70.25	51.2
Number of fast food outlets	66	42.32	47.3
Soda Consumption	55	74.24	77.77
Number of Golf courses, skiing, marinas, bowling	15	54.00	37.77

## Assessment Methods Used (continued):

### 3.1.2 – AARP Iowa Household Survey

In October 2012, AARP in Iowa commissioned a survey to explore the perceptions of residents age 50 and older living in Greater Des Moines/Polk County Iowa regarding their local community in terms of attributes services, accessibility, and activities. The survey also collected information about their work status, health status, modes of communication, and demographics. AARP purchased a sample from SSI, Inc. of household addresses in Greater Des Moines/Polk County where at the age of head of household is 50 year or older. Surveys were designed by staff at AARP and administered by mail from AARP to people age 50+ residing in the Greater Des Moines/Polk County area of Iowa.

An initial notification letter went to all potential respondents informing them of the pending survey and the value their input will have in helping decision makers improve communities in Greater Des Moines/Polk County. Approximately a week later, the first survey along with a post-paid return envelope was mailed to all potential respondents from AARP in Washington D.C. Approximately two weeks after the initial survey was mailed, a reminder post card complete the survey was sent, shortly followed by a second mailing of the survey and subsequently, another reminder postcard. All completed and usable surveys were and received by AARP in Washington D.C. and sent in bulk at Questar for data cleaning, entry, and tabulation.

In order to balance the sample, weights were applied to the sample based on age and gender of the 50 and older population residing in Des Moines/Polk County. The annotated survey reflects the weighted percentage of respondents marking each response.

### 3.1.3 – On-line surveys

The AARP Household survey was re-formatted and placed on-line for use by each of the Great Places work groups. The hot links for the on-line surveys are distributed to the general 50+ populations through the City of Des Moines publications, the Des Moines Neighborhood Associations' communications organs and through new and traditional media. The surveys are located on-line at:

- Infrastructure
- Social Capitol
- Community Supports / Health & Communications

The AARP on-Line surveys will remain active throughout 2013.

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## 3.2 AARP Survey / Key findings

### The Community

- ✓ On average, residents of Greater Des Moines/Polk County indicate they have lived in their neighborhood for 23 years and in Polk County for 41 years. Additionally, while most reside in Greater Des Moines/Polk County year round, slightly more than one in ten (12%) say they reside outside the county during a particular season or temporarily.
- ✓ Most (70%) residents of Greater Des Moines/Polk county age 50+ say it is *not* likely they move to a different home *outside* of the county, and over half (59%) say it is *not* likely they will move to a different home *within* Greater Des Moines/Polk County.
- ✓ Not surprising then, is that most (74%) residents of Greater Des Moines/Polk County age 50+, say it is important to them to remain in their neighborhood as they grow older with four in ten (41%) saying it is extremely or very important to them.
- ✓ Moreover, the majority of residents of Greater Des Moines/Polk County age 50+ say it is important to them to remain in their home as they age, with nearly two-thirds (64%) saying it is extremely or very important to them.
- ✓ However, almost two thirds (63%) of residents of Greater Des Moines/Polk County age 50+ say they would rate their neighborhood as a good or fair place for people to live as they age while just one in ten (10%) say their neighborhood is an excellent or very good place to live as they age. Nearly one quarter (23%) rate their neighborhood as a poor place to grow older.

### *Summary of the key findings in each of the eight domains covered in the WHO Guide*

- **Infrastructure – Outdoor Spaces & Buildings**
    - Most residents of Greater Des Moines/Polk County age 50+ agree there is a sufficient number of public parks in their neighborhood (Strongly agree: 42%; Somewhat agree: 37%), that they are well maintained and clean (Strongly agree: 42%; Somewhat agree: 36%), and that public buildings are well maintained and clean (Strongly agree: 36%; Somewhat agree: 40%). Most also agree that streets are adequately lit at night (Strongly agree: 31%; Somewhat agree: 41%), public safety is actively promoted (Strongly agree: 30%; Somewhat agree: 39%), public buildings are handicap accessible (Strongly agree: 35%; Somewhat agree: 34%), and there are enough sidewalks (Strongly agree: 33%; Somewhat agree: 35%).
  - **Infrastructure - Housing**
    - Over half agree that home prices overall are affordable (Strongly agree: 12%; Somewhat agree: 42%), and about four in ten agree that many homes are for sale (Strongly agree: 14%; Somewhat agree: 37%).
    - Another half or more agree that home repair contractors in their neighborhood do quality work (Strongly agree: 13%; Somewhat agree: 43%), are trustworthy (Strongly agree: 12%; Somewhat agree: 42%), and there are many from which to choose (Strongly agree: 18%; Somewhat agree: 31%). Still, one in five or more say they are not sure if they agree or disagree with each of these statements (21%; 22%; 24%, respectively).
    - Just one in five 50+ residents in Greater Des Moines/Polk County agree that the low-income housing in their neighborhood is well maintained (Strongly agree: 6%; Somewhat agree: 12%) but thirty-one percent say there are not sure if they agree or disagree, and another quarter (25%) indicate this feature does not exist in their neighborhood.
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- **Infrastructure – Transportation**
    - Most residents age 50+ residing in Greater Des Moines/Polk County agree that in their neighborhood traffic signs are easy to read (Strongly agree: 46%; Somewhat agree: 41%) and streets are well maintained (Strongly agree: 32%; Somewhat agree: 45%).
    - About six in ten agree speed limits are enforced and drivers yield to pedestrians (Strongly agree: 18%; Somewhat agree: 41%). While just over a third agree that pedestrian crossings have hearing and visually disabled cues (Strongly agree: 15%; Somewhat agree: 21%), one quarter (25%) of residents say they are not sure if this feature exists in their neighborhood.
    - At least one third agree that public transportation is affordable (Strongly agree: 16%; Somewhat agree: 24%), stops are conveniently located (Strongly agree: 17%; Somewhat agree: 23%), and the vehicles are clean (Strongly agree: 16%; Somewhat agree: 18%). Few agree that driver education or refresher courses are available in their neighborhood (Strongly agree: 12%; Somewhat agree: 16%).
    - Up to forty-four percent of residents say they are not sure about each of the transportation features tested in the survey question.
    - About two-thirds of Greater Des Moines/Polk County residents age 50+ agree that their neighborhood multi-use trails for running, walking or biking are convenient (Strongly agree: 37%; Somewhat agree: 31%), there is sufficient public parking (Strongly agree: 25%; Somewhat agree: 40%), and public transportation is available (Strongly agree: 31%; Somewhat agree: 32%).
  
  - **Social Capital – Respect & Inclusion**
  
  - **Social Capital – Volunteerism**
    - Six in ten older residents of Des Moines/Polk County say they belong to a religious or faith based organization, and well over one-third of them say they attend religious services at least once a week. About one in ten say they attend religious services at least once a month (12%) and seven percent say they attend only on major holidays (7%). Four in ten (43%) did not respond to this question.
    - When asked to consider the types of services or opportunities their faith-based organization offers, over four in ten (43%) say it offers volunteer opportunities and over a third (35%) says it offers fundraisers or community fairs or events.
  
  - **Social Capital – Employment**
    - After considering what they have seen or experienced, almost two-thirds of all respondents say they think people over the age of 50 face age discrimination in the work place. Additionally, 30 percent say they or someone they know has faced discrimination in the workplace in the last four years. Thirty-eight percent say they nor anyone they know has faced age discrimination in the last four years, and over one-quarter (27%) are not sure.
    - So not surprisingly, most say they strongly or somewhat agree that Iowa needs to do more to ensure people age 50 and older continue to have equal opportunity to work for as long as they want or need to regardless of their age.
  
  - **Community Support - Health Services**
    - Over half of all residents of Des Moines/Polk County age 50+ rate their health as excellent (20%) or very good (34%) with another thirty-one percent rating their health as good. One in ten residents personally rates their health as fair or poor.
    - When asked how important it is to them to remain physically active for as long as possible, most say it is extremely (65%) or very (27%) important to them.
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- **Community Support - Communications**

- Over half of all older residents of Des Moines/Polk County indicate that local TV affiliates (like KCCI, WHO, WOI, or Fox17) (73%), the daily newspaper (Des Moines Register) (56%), public television (57%), and local radio stations (54%) are extremely or very helpful sources for news and information in their local community. Somewhat fewer find other community organization newsletters (39%), local city/county newspaper (31%), or Weekly Shopper news (23%) extremely or very helpful sources of news and information.
- Most residents of Des Moines/Polk County age 50 and older have a working cell phone, and just over one quarter indicate it's a smart phone such as a blackberry, iPhone, or Droid. So it is not surprising that about one quarter indicate they receive all (15%) or most (9%) calls on their cell phone. Most continue to use landline phones for some to all of their calls coming into the household.
- Most (90%) older residents of Des Moines Polk County communicate with family living outside the household by phone and another half communicate via face to face visits (52%) or through email (50%).
- Phone, face to face visits, and email are also the preferred modes of communication for older residents of Des Moines/Polk County with their family, friends and neighbors *in* their community, friends and neighbors *outside* their community, and colleagues or coworkers.
- Almost three-quarters (72%) of all Des Moines/Polk County residents age 50+ say they own a computer with internet access and nearly two-thirds (64%) of all respondents access the internet at least once a day with half (49%) saying they access it several times a day.
- Among those who access the internet, most say they send and receive email or text (72%) when they use the Internet. About half (54%) seek/read local, state, or national news and information or buy a product online such as books, music, toys, clothing, etc. and just under half (47%) say they perform online banking or other financial services and seek local community events, entertainment, and dining options (45%). Others engage in activities such as buying reservations online for travel (41%) and to use Facebook (36%).
- When considering communication with clubs or organizations, phone and email are preferred by at least thirty-seven percent of these older residents while phone and face to face visits with local businesses or services are preferred by at least one-third.

### 3.3 Baseline assessment report

AARP Household Survey - Attachment E

WHO Age-Friendly Criteria Analysis – Attachment F

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## 4. Action Plan (Milestone 3)

### 4.1 Priorities

Please outline the priority areas for action identified in the action plan, indicating which areas have emerged from the Age-Friendly assessment conducted.

### 4.2 Implementation timeline

*The WHO Network Cycle suggests a three-year implementation period. This may vary from city to city depending on local planning cycles.*

When was the plan of action approved?

How long is the implementation period for the action plan?

### 4.3 Budget

What budget has been allocated to the implementation of action plan?

### 4.4 Responsibility for implementation

Please indicate which department / entity is responsible for overseeing the implementation of the plan

### 4.5 Age-friendliness as a cross-cutting issue in municipal planning

The action plan may link to other municipal instruments to ensure that age-friendliness becomes a core responsibility for all municipal departments. Please provide a short description of these linkages as applicable.

Please attach your action plan.

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## 5. Indicators to monitor progress against this plan (Milestone 4)

*Phase 2 of the Network Cycle requires cities and communities to implement their plan of action and to monitor their progress over time. As part of the planning phase, indicators should be identified for each area of the action plan to make progress measurable over time.*

### 5.1 List of indicators

Please provide the list of identified indicators or indicate if these are included in the action plan. These may include tangible measurements (i.e. the number of new park benches provided) or opinions (i.e. the number of residents [65+] who report that roads in their neighborhood are suitable for walking).

### 5.2 Monitoring strategy

Briefly describe your monitoring strategy, i.e. how you intend to monitor and assess progress against your own goals as outlined in the action plan

*Please submit this form as well as all supporting documentation to the Network Secretariat in electronic format: [gnafcc@who.int](mailto:gnafcc@who.int) with the subject line: Phase I Review (+ city/community name).*

*If you have any questions or comments, please do not hesitate to contact us.*

GNAFCC Secretariat

World Health Organization

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## Attachment – A

### Great Places for All Ages Executive Committee

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### Great Places for All Ages – Leadership Team

In addition to the Advisory Council members listed in [Blue](#), The Greater Des Moines leadership team includes:

*Christine Pardee*  
Co-Chair, Infrastructure Work Group,  
Waveland Park Neighborhood Association President  
Member, Des Moines Plan & Zoning Commission, Polk County Housing Trust Board,  
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*Suzette Jensen*  
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## Greater Des Moines 'Great Places for All Ages' Advisory Council

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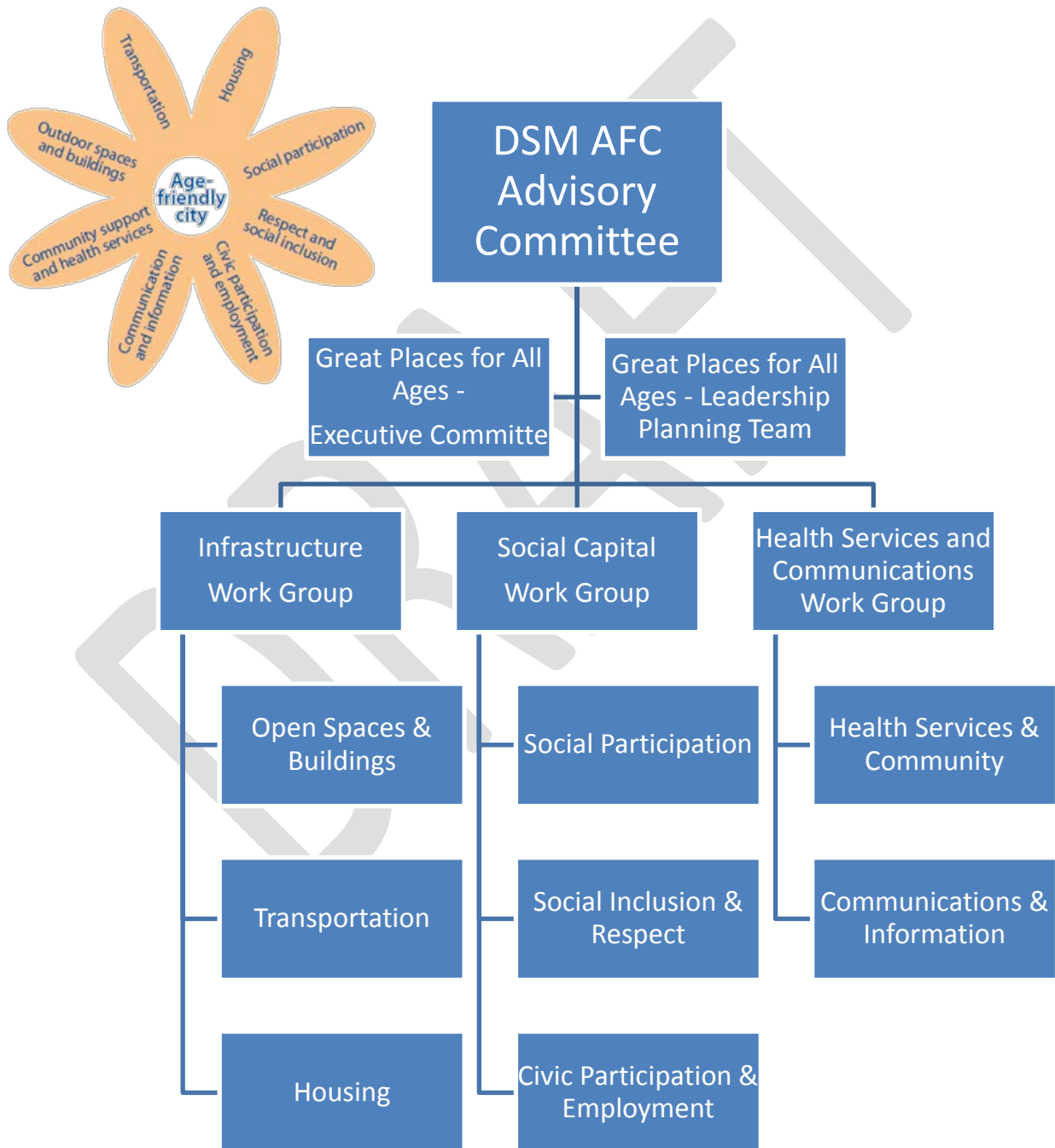
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## Great Places for All Ages

### Greater Des Moines / WHO Age Friendly Cities

#### Organizational Structure



## Greater Des Moines Age Friendly Cities Collaborating Organizations



Des Moines Neighbors



Metropolitan  
Advisory Council



## Greater Des Moines Age Friendly Cities – Coordinated State & Regional Planning Efforts



healthiest  
— state —  
initiative



BLUE ZONES PROJECT

# Attachment - C

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#### General Indicators

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