

# **Integrating Public Health and Community Design:**

## **A Range of Actions for Healthy, Active Living Neighborhoods**

A spectrum of opportunities is available to increase public health and community design collaboration. These can range from addressing overarching policies and organizational practices to small-scale community projects.

### **Policy and Organizational Practices (timeframe: 6 months – multi-year) \***

#### **The General Plan**

- Integrate Public Health as a stated goal in the General Plan
- Include Public Health representatives as members of the Advisory Committee
- Promote Public Health rationale for walkable/bikable communities; incorporate Smart Growth policies
- Implement efforts to engage underserved communities in the General Plan update process

#### **Zoning Codes**

- Promote adoption of form-based codes vs. function-based codes
- Adopt bicycle lane or walking path zoning requirements to connect residential areas and parks, recreation facilities, schools, and recreation centers

#### **Regional Transportation Plan (RTP)**

- Integrate Public Health as a goal in the RTP
- Include local Public Health representatives in the development of the RTP
- Formally include the health department on a Technical or Policy Advisory Committee to the RTP
- Promote incorporation of goals and policies that promote multi-modal transportation and Smart Growth design
- Promote adoption of a “Complete Streets” policy in the RTP

### **Street Design Standards**

- Promote the update of existing city/county street standards so as to provide safer, more accessible pedestrian and bicycling environments (including narrower lane widths, fewer lanes, wider sidewalks with parkways and landscaping, more and improved street crossings, and pedestrian lighting)
- Advocate that cities/county develop and adopt Traffic Calming programs and policies (examples include cities of San Diego, Oceanside, Carlsbad, Encinitas, La Mesa and Vista).

### **Area Specific Plans and Redevelopment Plans**

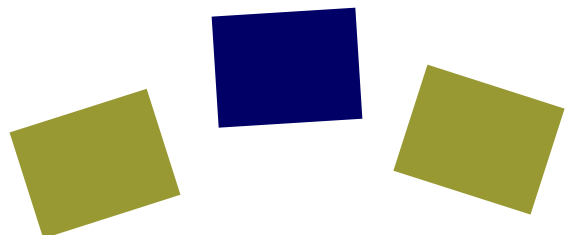
- Include local Public Health representatives on Advisory Committees
- Adopt pedestrian-oriented and Smart Growth building and street design standards/guidelines (e.g., includes promoting mixed-use development)
- Adopt form-based codes
- Implement efforts to engage underserved communities in the Specific Planning process

### **Major Development & Redevelopment Projects**

- Expand public health review of development projects so as to provide developers with early input on how to make their projects more walkable
- Promote formation of citizen design review committees, or other means of meaningful input from residents on major development/redevelopment projects

### **Neighborhood Improvement Projects (timeframe: 3 months – 1 ½ years)**

- Create a Median Beautification Project
- Collaborate with schools and Parks and Recreation to open playgrounds for after-hours use
- Establish community gardens
- Establish sports leagues in low-income areas
- Increase physical safety awareness
- Promote local farmers' markets



### **Neighborhood Improvement Projects (timeframe: 1 month – 1 year)**

- Conduct a community “Walkathon”
- Create an educational campaign on walkable environments
  - Educate community members on the health/built environment connections and how to create more walkable, health-promoting neighborhoods
  - Educate fire/police departments on the health and safety benefits of walkable communities and traffic calming
- Create a Slow Down campaign
- Establish a walking school bus
- Conduct landscaping projects in neighborhoods
- Install activity-friendly structures
- Conduct neighborhood clean-up projects
- Promote active events in community calendar
- Sponsor walk audits
- Establish a crime watch program

