



Healthy Community Environments

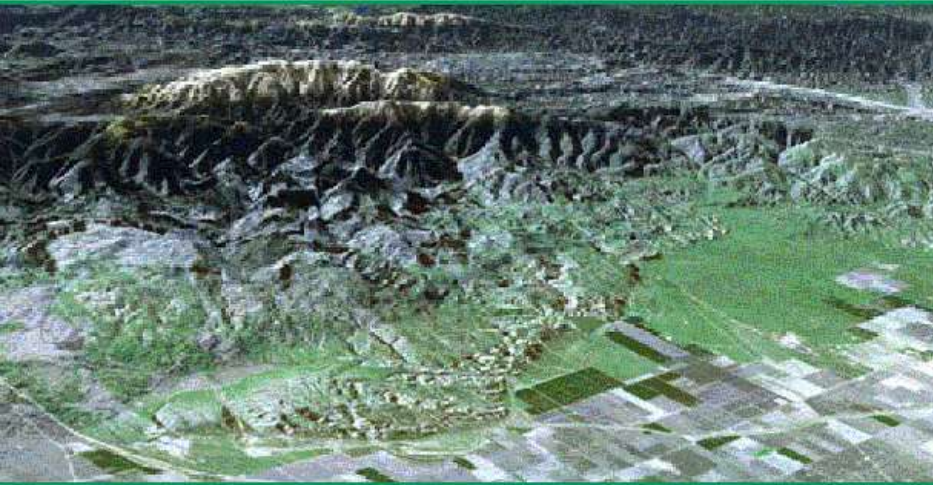
Public Health's Role and Strategies for Working with Local Governments

NSAPPH Meeting
June 9, 2008

Tina Zenzola, MPH
Safe & Healthy Communities Consulting

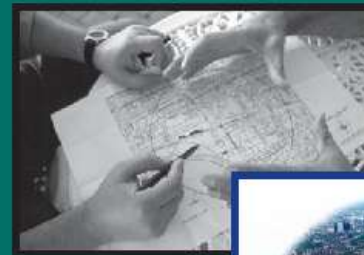
Defining Public Health's Role

The Role
for **Local Public Health Agencies** in



Land Use Planning & Community Design

Health and the Built Environment
Opportunities, Barriers, and Needs for Promoting Collaboration Between Public Health, Land Use Planning and Community Design Professionals



A FOCUS GROUP REPORT

May 28, 2013

Developed by Lisa M. Zwickle, MPH
for the National Association of County
and City Health Officials

Today's Topics

- 3 levels for collaborating to create “Healthy Places”
- Relational strategies
- Getting a place at the table

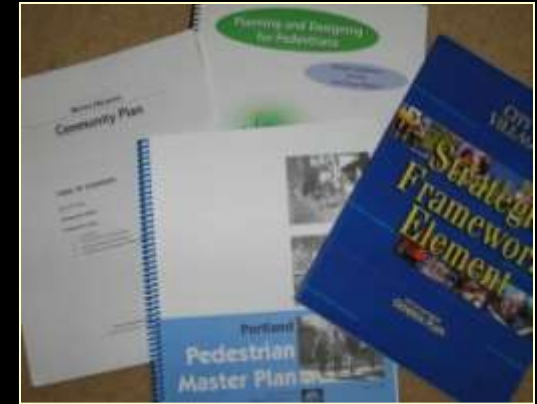
Healthy Places Collaboration **1-2-3**



1. Healthy
Neighborhood
Improvements



2. Healthy
Development
Projects



3. Healthy
Plans, Policies &
Standards



Partnering with communities and municipalities to improve existing physical and social conditions that prevent physical activity and healthy eating

1. Healthy Neighborhood Improvements

Safe and Healthy Routes to Schools, Parks, Healthy Food, Seniors



From abandoned lots to community gardens.....



West Chula Vista, CA





What Was Accomplished

- Awarded over \$1.5 million in Caltrans grants
 - Install traffic/street improvements
 - Replicate project with all elementary schools
- School routes now used as basis for prioritizing infrastructure improvements
- City formed new “healthy communities” Task Force

Bringing Attention to Underserved Neighborhoods

“WalkSanDiego’s work with the community was an ‘eye-opener’. The neighborhoods selected to participate are neighborhoods that the City generally ‘never hears from’.”

“Neighborhoods that have been underserved are now being funneled information and support to build a safer, healthier community. This has increased neighborhood cohesiveness.”

Interview with City Traffic Engineer

City as a key partner



City's
Senior
Traffic
Engineer
identifies
walkability
issues

Promotora's (Lay Health Workers): a key link to engaging the community



Shasta County Public Health & City of Anderson: GIS Mapping Project and Walking Guide

- SCPH provided grant to City of Anderson
- Subcontract for consultant to GIS map non-motorized transportation data
- Partnered with local coalition to work with community and collect data on trail, pedestrian and bike facilities and gaps
- Involved youth and seniors
- 8-month data collection process, over 10 trails/walks covering 20 miles

Outcomes

- GIS mapped inventory of trail/sidewalk gaps and conditions
- City leveraged project into a \$400,000 state SR2S grant
- Data informed Circulation Element

Because of the grant funding, I was able to justify putting some of my time and staff time into this project.
John Stokes, Anderson Planning Director

Produced Walking Guide

Walk Redding



5. LEMA RANCH

Location: 800 Shasta View Dr. Access to parking located off Hemingway Rd.

Length: 4¾ miles total and loops of various lengths.

Quiet, serene paths among ponds, birds and water fowl, a persimmon orchard, and views of mountain ranges. Trails are mostly un-shaded and flat with gentle hills on some loops. Trail surface is chip seal for safety and comfort.

Other: Perfect for walkers and runners as no pets, bicycles, or skateboards are allowed. Picnic tables, toilet and drinking fountain at parking lot. Benches can be found along the trail. For a map see: www.mcconnellfoundation.org

Make Walking A Habit For Life

- Before you start a walking program, check with your doctor if you have a health or safety concern.
- Warm up and cool down with 5 minutes of slow walking and some light stretching to prevent injuries and increase flexibility.
- Wear comfortable, sturdy shoes with good arch support, a firm heel, and plenty of room for your toes.
- Walk briskly, but make sure you can maintain a conversation while walking. Stop if you feel pain, severe fatigue, lightheadedness, dizziness, or significant shortness of breath.
- Set goals to walk for a specified amount of time rather than distance. An average pace of brisk walking is one mile in 18-20 minutes. Beginners should strive for a 30-minute, per-mile pace.
- Work up to a minimum of 30 minutes a day, 5 days a week of walking or other moderate physical activity.
- Drink plenty of water before, during, and after you exercise. Don't wait until you feel thirsty to take a drink.
- Fuel your body with a healthy diet that includes plenty of fruits, vegetables, and whole grains.
- Protect yourself from the sun with a hat, sun screen, and sunglasses with UV protection.

For more information about walking groups

throughout Shasta County contact:

Shasta County Public Health

(530) 245-6457

www.shastapublichealth.net



Walk Redding

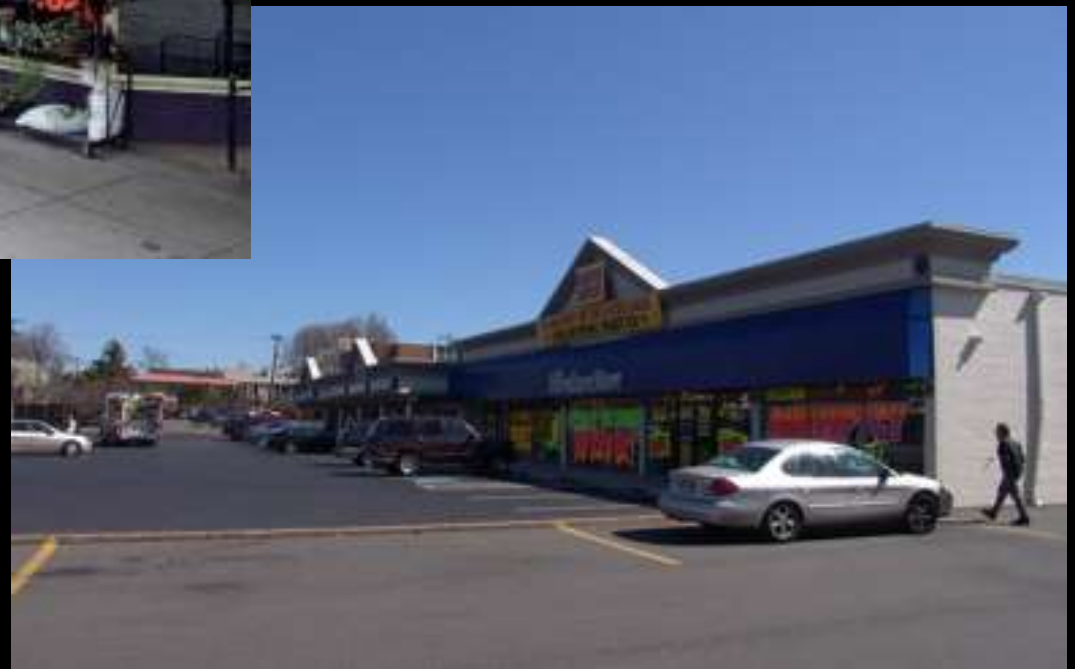
Produced by
Shasta County Public Health



*Promoting healthy
development and
redevelopment projects in
neighborhoods*

2. Healthy Development Projects

Helping Communities get Developments Designed for “Health”



Trails and Trail Access Points



“Developers will do more for many reasons: to get the project approved....to build trust with the community....to add additional value to the project....to respond to political forces....and based on the values/conscience of the developer.”

San Diego Developer

Natomas, Sacramento, CA



WalkSacramento & the Natomas Neighborhood Association Design Review Committee



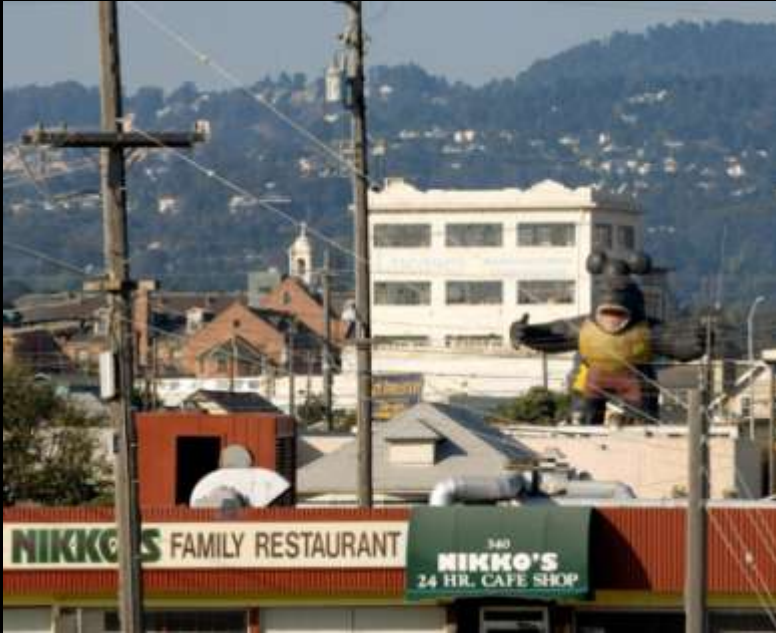
Building Natomas' capacity to get "healthy" development projects

- Training & technical assistance
- New partners (bike/ped expertise & health dept.)
- Earlier input to developer
- Letters and testimony at City Council meetings

Are they making a difference?

- **More projects that use compact, mixed-use design**
- **More schools sited at center of community**
- **Fewer cul-de-sacs/more grid pattern**
- **More sidewalks with separated parkways**
- **“Unofficial policy” is becoming the norm**

Eliminating Food Deserts - *Attracting a Grocery Store into East Oakland, CA*





Partners: East Oakland Diabetes Work Group, Alameda County Department of Public Health, Network for a Healthy California

Expand Public Health Agency's Input into Development Review

- Shasta County, CA
- TriCounty, CO
- San Francisco, CA
- Riverside, CA

Public Health Development Checklist

TYPE: Subdivision Site Map Commercial Site Map Other: _____

1. Neighborhood Streets:

<p>A. Connectivity</p> <input type="checkbox"/> Grid <input type="checkbox"/> Curvilinear <input type="checkbox"/> Cul-de-sac	<p>B. Street widths</p> <input type="checkbox"/> ≤26ft. <input type="checkbox"/> ≥26ft.	<p>C. Block length</p> <input type="checkbox"/> ≤500 <input type="checkbox"/> ≥500
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2. Traffic Calming:

	Yes	No
A. Bulb outs	<input type="checkbox"/>	<input type="checkbox"/>
B. Traffic circles	<input type="checkbox"/>	<input type="checkbox"/>
C. Raised street crossings	<input type="checkbox"/>	<input type="checkbox"/>
D. Pedestrian island	<input type="checkbox"/>	<input type="checkbox"/>
E. Pedestrian signals	<input type="checkbox"/>	<input type="checkbox"/>
F. Pedestrian crossings every 300-600ft.	<input type="checkbox"/>	<input type="checkbox"/>
G. Shared (naked) street design	<input type="checkbox"/>	<input type="checkbox"/>

Other: _____

3. Commercial Project Features:

<input type="checkbox"/> Public plaza <input type="checkbox"/> Trees <input type="checkbox"/> Clustered parking	<input type="checkbox"/> Pedestrian walkways <input type="checkbox"/> Lighting
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4. Sidewalk Characteristics:

<p>A. Continuity</p> <input type="checkbox"/> Yes <input type="checkbox"/> No	<p>B. Planter strips w/trees</p> <input type="checkbox"/> Yes <input type="checkbox"/> No	<p>C. Width</p> <input type="checkbox"/> ≤5ft. <input type="checkbox"/> ≥5ft.	<p>D. Sidewalks on both sides</p> <input type="checkbox"/> Yes <input type="checkbox"/> No
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5. Trails:

	Yes	No		
A. Present	<input type="checkbox"/>	<input type="checkbox"/>	Width _____	Surface Type _____
B. Connects surrounding uses	<input type="checkbox"/>	<input type="checkbox"/>		
C. Trees present	<input type="checkbox"/>	<input type="checkbox"/>		
D. Lighting	<input type="checkbox"/>	<input type="checkbox"/>		
E. Signs	<input type="checkbox"/>	<input type="checkbox"/>		

Healthy Design:
Streets with a grid pattern that have a width of less than 26 ft. which includes curb, gutter, and informal parking and block length minimum of 200 ft and maximum of 500ft.

Healthy Design:
Streets in and around residential areas incorporate traffic calming measures that make pedestrian and bicyclist safety a priority.

Healthy Design:
Commercial projects offer clustered parking, public places, and pedestrian walkways that are clearly marked.

Healthy Design:
Sidewalks are on both sides of the street and continuous throughout development. They are 5ft or greater in width, and contain planter strips that are no less than 6ft wide.

Healthy Choice:
Trails are present, linked to surrounding uses, are 8-14ft wide with a 3ft clearance zone on either side, offer shade trees and contain a surface type such as decomposed granite or asphalt that allows for multiple uses.

Created by Mimmie Sagar, MPH Shasta County Public Health. <https://www.shastacounty.org/health-services/public-health/branch-coip-masphi/healthy-communities/development/checklist>



Promoting healthy government, school and worksite policies and plans that support physical activity, healthy eating and tobacco-free environments

3. Healthy Plans, Policies & Standards

Healthy Plans, Policies & Standards

- Land use & transportation planning
 - Comprehensive/General Plans
 - Zoning Codes
 - Street Design Standards
 - Pedestrian, Bike & Park Master Plans
 - Regional Transportation Plans

Improve Public Engagement in Planning Processes

- Ensure City/Town consultant has experience working with racial/ethnic communities
- Help engage under-represented groups
- Example: Shasta County Public Health



Public health can build capacity & help ensure meaningful input and involvement from underserved communities

City of Richmond General Plan Update



City of Richmond Health and Wellness Element

Policy Framework



Healthy Plans, Policies & Standards

- Affordable housing policies
- Regional Food Systems & Urban Agriculture
- Worksite Wellness policies
- **Government Wellness policies**
- School Wellness policies

La Mesa Community Health & Wellness Program



- Developing design strategies that support an active lifestyle.
- Expansion of park green spaces by improving the quality, access to and, possibly increasing park acreage in La Mesa.
- Promoting varied recreational opportunities for citizens of all ages.
- Publicizing awareness of low and no cost health insurance programs by supporting the League of Cities, “Cities for Healthy Kids Program.”

La Mesa Community Health & Wellness Program



- Healthy snack choices.
- Encouraging wellness opportunities for City employees.
- Creating accommodations for breastfeeding.
- Support efforts to educate the public regarding the existence of smoke-free parks in La Mesa.
- Evaluating La Mesa's Wellness program

Local Health Departments in Action: *Case Studies from California*

- Funded by the California Center for Physical Activity, CA Dept of Public Health
- Produced by Safe & Healthy Communities Consulting
- Expand our understanding of the roles, strategies, and lessons learned by LHDs

Strategies & Lessons Learned from California Local Health Departments



Contra Costa County



Los Angeles County



Shasta County

New Partners, New Relationships

Taking a respectful tone of approach

- *“We really need to understand and respect the other perspective and understand the realities”*
Minnie Sagar, SCPH
- *“Public health needs to be careful about how they come across to planners who’ve been doing this work for years. They need to make sure that the message isn’t ‘everything you’ve been doing is wrong’.”* John Stokes, City of Anderson

Being a friendly pest

- *“I had money to offer the City of Shasta Lake, but they weren’t ready for our help. It took almost two years of keeping in touch with their Planning Director. Every three to four months I would call or stop by and ask, how’s it going, anything we can do?”* Minnie Sagar, SCPH
- Staying on their radar: running into each other at meetings; sharing news; and serving as an informational resource.

Walk in the door with something they can use

- *“You get a place at the table when you come to the table and you have things to offer. You need to become an agency that people want to have there.”* Tracy Rattray, CCHS
- Provide data and expertise on public health impacts & healthy community design
- Provide grants and help with securing grants

New Politics, New Agency Roles

Healthy Shasta County 2010 A Long Term Strategic Plan

Shasta County Public Health
September 2004
Updated March 2007

Marta McKenzie, RD, MPH, Health & Human Services Agency Director
Donnell Ewert, MPH, Director of Public Health
Andrew Deckert, MD, MPH, Health Officer
Shasta County Public Health Advisory Board

Physical Environment Work Group (Participants listed in Attachment 1)
June 16, 2006

Preliminary Public Health Action Plan: Physical Environment

Background

The Physical Environment Work Group was established as part of Public Health's strategic planning initiative to increase years of healthy life while reducing health disparities in the county population. The specific charge to the work group was to develop a preliminary action plan for addressing elements of the physical environment to improve population health and reduce disparities. The work group included 27 PH staff from 13 programs and four area health offices. The full group met eight times in March-October, 2005. Additional sub-group meetings were also convened.

To more easily identify opportunities for intervention, the work group classified the elements of the physical environment into the following potential focus areas, recognizing that these areas in some cases overlap:

1. Air quality
2. Water quality (drinking and recreational)
3. Community design/built environment (land use and transportation)
4. Nutritional environment (including both food safety and accessibility of nutritious foods)
5. Landfills
6. Brownfields
7. Work environment
8. Home environment
9. School environment
10. Specific toxic exposures (e.g., lead, mercury, and pesticides)
11. Sustainable energy
12. Natural resources

In prioritizing these focus areas for action, the work group considered the breadth of potential health impacts and overall disease burden. For example, a transportation focus was considered a priority given its potential for increasing physical activity (thereby reducing heart disease, stroke, diabetes, and obesity); decreasing stress (thereby reducing cardiovascular disease, improving mental health, and reducing road rage-related violence); improving air quality (thereby reducing asthma, other chronic respiratory disease, and heart disease); creating safer communities (thereby reducing pedestrian and motor vehicle occupant injuries); and reducing social isolation (thereby improving mental health). This analysis was limited by the lack of data on the effectiveness of specific policies or other physical environment-related interventions.

The work group also considered the degree to which Public Health is currently working in a given focus area and whether that activity is a legal mandate. In addition, the group considered the degree to which Public Health could add value in addressing each focus area, how well prepared we are to work in a given area (e.g., technical expertise, staffing, and other infrastructure), and the feasibility and likelihood of success

Shasta County Public Health's "Healthy Development Principles"

Principles of Healthy Land Use Development:

A Public Health Perspective

Creating communities that offer healthy and safe places for people to live, work, and play is a primary strategy in the prevention of childhood obesity, heart disease, stroke, some cancers, asthma and pedestrian and bicycle injuries.

Land use development that looks at the big picture & considers all the options while emphasizing fairness, community improvement, and citizen participation can lead to communities that have long term health & wellness benefits for all citizens.

Healthy Communities Incorporate The Following Principles:

Growth is Managed and Directed Towards Existing Communities

Growth that is centrally focused allows communities to save money on infrastructure costs, preserve prime agricultural lands, preserve open space, and decrease the amount of vehicle miles traveled. A decrease in vehicle miles traveled results in better social, mental, and physical health.

Development Emphasizes a Mix Of Uses that Include a Range of Housing Opportunities

Development that offers a mix of land uses provides a central location for shopping, housing, office space, plazas, restaurants, and other services that meet the needs of a neighborhood. Housing for a variety of incomes incorporated into mixed use areas makes it easier for people to incorporate physical activity into daily routines.

Create Walkable Neighborhoods

Neighborhoods that are well lit, have continuous sidewalks, have safe street crossings, and are connected to services and other recreational activities are a key component to healthy development.

Provide a Variety of Transportation Options

Communities that provide people with options to walk, bicycle, or take transit increase the quality of life for people both young and old who for physical reasons or personal choice no longer depend on the automobile as the sole source of transportation.

Preserve Open Space, Farmland, Natural Beauty and Critical Environmental Areas

Green space provides community members opportunity for recreation and relaxation. In addition, the ability of these natural areas to filter water runoff, improve emotional well being, and provide local food production makes the preservation of green space a crucial element to both the physical and mental health of a community.

Encourage Meaningful Citizen Participation

Growth that responds to a community's sense of how and where it wants to grow can result in healthy and safe places to live, work, and play.

Construct Schools Close to Neighborhoods

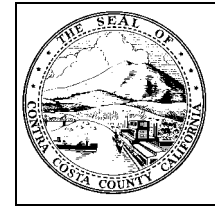
Schools that are accessible by walking and bicycling increase the level of children's physical activity, provide a recreational resource to the community, have a positive impact on air quality, and have lower infrastructure and transportation costs.

New Politics, New Agency Roles

- Targeting cities rather than unincorporated areas
- *“We force ourselves to be grounded in health. When we talk about this issue, we always lead with ‘health’ and end with ‘health’.”* Andrew Deckert, SCPH
- Developing a communications plan and messaging on community, environmental, and policy actions

Supervisor's Order Public Health to be at the Table

TO: BOARD OF SUPERVISORS
FROM: Mark DeSaulnier
DATE: June 20, 2006
SUBJECT: Built Environment



Contra
Costa
County

(2) RECOMMENDATION: Direct the Ad Hoc Committee on Smart Growth to reconvene to consider the County's approach to the "built environment". Ask staff from the Community Development, Public Works, and Health Services Departments to participate to give input into the scope and substance of this effort.

(3) RECOMMENDATION: Direct the Ad Hoc Committee on Smart Growth to convene within 30 days from today. Ask the Community Development, Public Works, and Health Services Departments to work together to develop preliminary recommendations and report back to the Ad Hoc Committee on Smart Growth within 90 of the initial meeting.

Taking time to build a reputation

- *“We’ve been sitting at a variety of tables and have built the expectation that public health should be there and has something to contribute. Nancy has done a lot of the down in the trenches, low visibility work of building relationships and a reputation of the health department as an expert. She’s developed a reputation as someone who knows what she’s talking about, is persistent and has ideas that are useful.”*
Wendell Bruner, CCHS



Thank You!

Safe & Healthy Communities Consulting
*Integrating public health into community design
through technical assistance, training and
consultation.*

Tina Zenzola, Executive Director

Tel: 619.281.1656 * Email: tzenzola@sbcglobal.net