

# Planning for Healthy Communities: What Cities Can Do

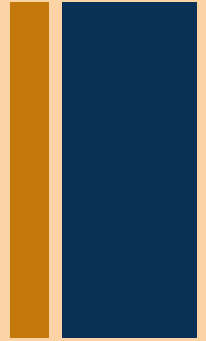


**SAFE & HEALTHY  
COMMUNITIES**  
CONSULTING

Orange County Planning Officials Forum  
October 20, 2011

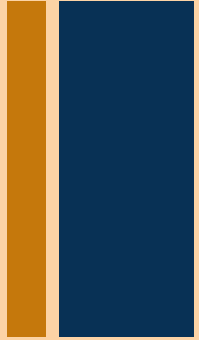
Tina Zenzola  
Safe & Healthy Communities Consulting

# Baseline for a Healthy City



- Pedestrian Master Plan
- Bike Master Plan
- Updated Street/Sidewalk Design Manual
- Traffic Calming Program
- “Complete Streets” Policy

# Complete Streets Policies



Dan Burden, Walkable and Livable Communities Institute, Inc.

Complete Streets are safe, comfortable and convenient streets for everyone.

# 7 Ways to Plan for a Healthy City

1. General plans
2. Specific and area plans
3. Development review
4. Design standards and guidelines
5. Zoning
6. Safe Routes Programs
7. Health Impact Assessment (HIA)





# Healthy General Plans

1

County of Riverside General Plan - GPA 1096  
Healthy Communities Element - March 23, 2011



## Chapter 10: Healthy Communities Element

Introduction

### HEALTHY COMMUNITIES CONCEPTUAL FRAMEWORK

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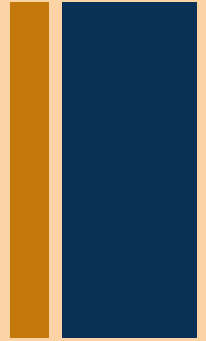


### Element II | Community Health and Wellness

The Community Health and Wellness Element sets a critical path for improving the physical health and emotional well-being of Richmond residents. The Element defines healthy living determinants, reviews current conditions in Richmond relative to healthy determinants, and outlines the policies and implementing actions necessary to improve community health.

Artist: "Richmond's Vision" by Lauren Art, Richmond Resident

# Integrated or Stand-Alone?



## Health Elements

- City of Sacramento
- City of Chino
- City of Anderson
- City of National City
- Riverside County
- Solano County

## Integrated

- City of Azusa
- City of Chula Vista
- City of Paso Robles
- City of Ventura
- City of Watsonville

# Place-based Health Indicators



- Proportion of population within  $\frac{1}{2}$  mile of a supermarket
- Density of fast food outlets
- Proportion of population within  $\frac{1}{4}$  mile of a neighborhood or regional park
- Density of off-sale alcohol outlets
- Proportion of commute trips made by transit

# Healthy Public Outreach

City of South Gate Health Element





# Engaging hard-to-reach groups



“We typically have a hard time engaging renters. Public health’s door-to-door outreach was really effective.”

John Stokes,  
City of Andersen Planning Director

# Public health participation



# Health Policy Framework

- Access to healthy foods
- Access to complete neighborhoods
- Access to active transportation/  
physical activity
- Access to open space & recreation
- Access to affordable housing
- Access to safe communities

# access to healthy foods

**Kings County Policy HS-B1.2.3.** Encourage the establishment of restaurants in community districts that serve locally grown foods and products.

**City of Chino Policy P1.** The City shall restrict approvals of new liquor and convenience stores in areas with an existing high concentration of such stores.



# access to complete neighborhoods

## **City of Santa Rosa Policy LUL-E.**

Promote livable neighborhoods to ensure that everyday shopping, park and recreation facilities, and schools are within easy walking distance of most residents.

# access to open space & recreation

## **City of Richmond Policy HW1.5**

*Promote shared access to non-City operated parks and recreational facilities.*

As the City works toward accomplishing an integrated system of parks that equitably span residential neighborhoods, existing resources operated by the school district, faith-based community or others may support residents' needs for convenient access to parks and community centers.

# Healthy Specific/Area Plans

## 2

### *Vision for Healthy Neighborhood*

To transform a former industrial area of North Richmond into an attractive, safe, healthy, and vibrant new neighborhood of residential, commercial, public, park, and open space uses.

*North Richmond Specific Plan*

# North Richmond Specific Plan

## public health and safety goals

- Promote healthy living and lifestyles by providing residents with opportunities for physical activity....to help reduce incidences of chronic disease among residents...
- Improve the community's access to fresh and healthy foods.
- Integrate CPTED by incorporating community design guidelines and development standards.....
- Locate residential and other sensitive uses so that they are protected from potential health and safety risks related to truck and train traffic...



# Healthy development

# 3



## Public Health Development Checklist

TYPE:  Subdivision Site Map  Commercial Site Map  Other: \_\_\_\_\_

### 1. Neighborhood Streets:

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

**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.

### 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"/> |

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

Other: \_\_\_\_\_

### 3. Commercial Project Features:

- |  |  |
|--|--|
| <input type="checkbox"/> Public plaza      | <input type="checkbox"/> Pedestrian walkways |
| <input type="checkbox"/> Trees             | <input type="checkbox"/> Lighting            |
| <input type="checkbox"/> Clustered parking |  |

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

### 4. Sidewalk Characteristics:

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

**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.

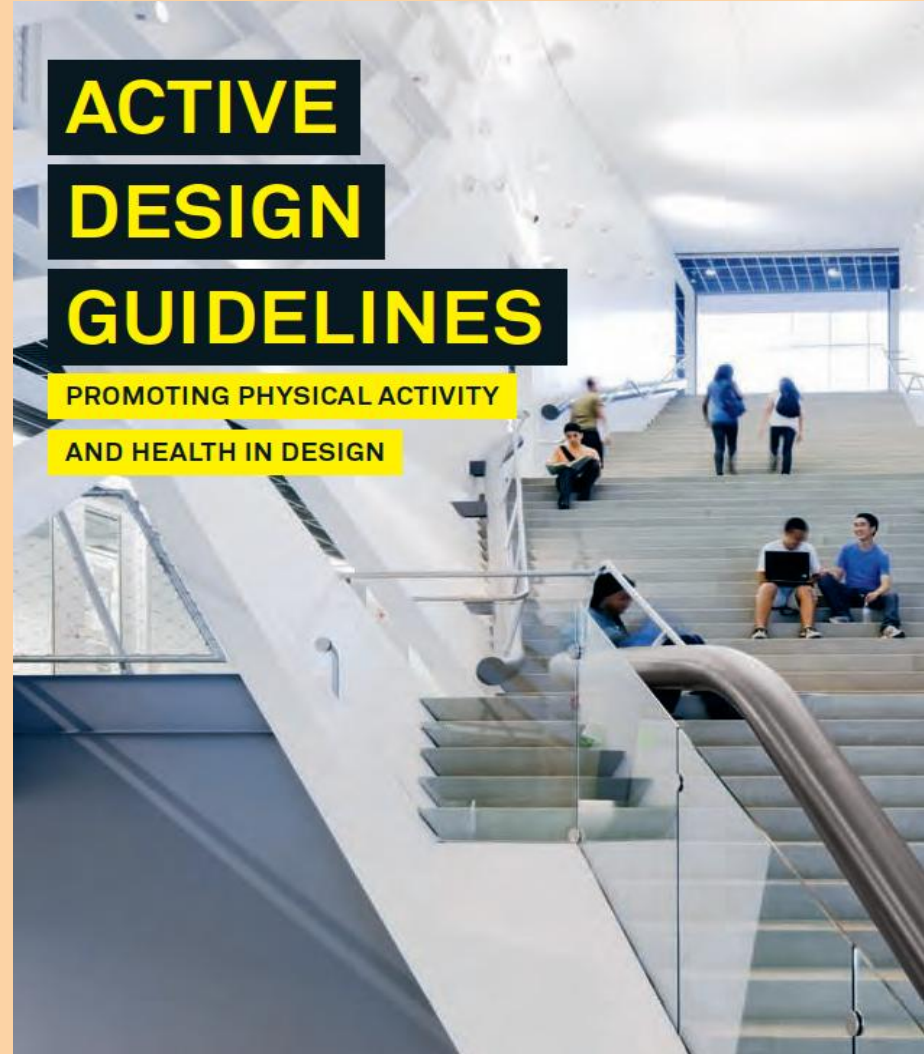
### 5. Trails:

- |                              |                          |                          |       |              |
|------------------------------|--------------------------|--------------------------|-------|--------------|
|                              | Yes                      | No                       | Width | Surface Type |
| A. Present                   | <input type="checkbox"/> | <input type="checkbox"/> |       |              |
| 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 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.

# Design Guidelines and Standards

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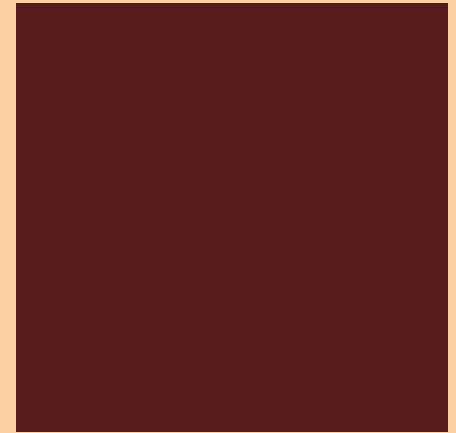
# Safe Routes Projects

## Safe Routes to School

6



# Other “Safe Routes” Projects





# Health Impact Assessment (HIA)

## 7

“A combination of procedures, methods, and tools by which a policy, program, or project may be judged as to its potential effects on the health of a population, and the distribution of those effects within the population.”

# Health Impact Assessment (HIA)



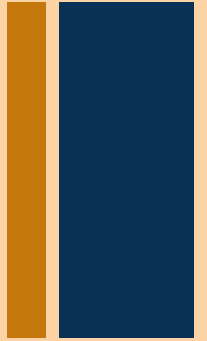
SANDAG 47<sup>th</sup> Street Trolley Station HIA

# Partnering with Public Health

- Health data
- Health message
- Facilitators & conveners
- Educators
- Engage community
- Access to funding



# Funding Healthy Planning



- More competitive for traditional planning and transportation sector funding
- Funding from health sector
  - The California Endowment
  - Kaiser Permanente
  - Local foundations
  - Centers for Disease Control and Prevention (County Public Health Departments)





**SAFE & HEALTHY  
COMMUNITIES**

CONSULTING

We help communities create  
healthy built environments

**Thank you!**

**Tina Zenzola, MPH**

**Owner/Director**

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**[www.safehealthycommunities.com](http://www.safehealthycommunities.com)**