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Subject: Fw: PLANNING & HEALTHY COMMUNITIES SPECIAL EDITION
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On Tuesday, February 16, 2016 8:03 AM, Sacramento Valley Section APA <proevents@wavecable.com> wrote:



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February 16, 2016

PLANNING & HEALTHY COMMUNITIES SPECIAL EDITION

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PLAN4HEALTH APA GRANT ACTIVITIES WELL UNDERWAY

Last fall the Sacramento Valley Section APA announced that the Design 4 Active Sacramento coalition received one of only 17 grants in the amount of \$150,000 that were awarded across the US from the National APA through its Plan4Health project to combat two determinants of chronic disease-lack of physical activity and lack of access to nutritious foods.

Congratulations to the following coalition members:

- California APA
- Sacramento Valley Section APA
- WALKSacramento
- California Public Health Association - North
- Urban Land Institute Sacramento District Council

- Sacramento County Office of Sustainability
- Institute for Local Government
- Echelon Transportation Group
- Sacramento Tree Foundation
- La Familia Counseling Center
- City of Citrus Heights

The goal of the Plan4Health project is to advance healthy communities through creating sustainable change in the way that planning and public health work together. Project also includes an element of community outreach and education around active design. Project area is Sacramento County and the various jurisdictions within. Grant activities are well underway in 2016!

Program Features Include:

- Engaging public health officers, healthcare providers and public health advocates throughout the region on opportunities for collaboration to improve the built environment and active design/transportation options.
- Providing education and training for cross departmental local government staffs, planning commissions, City Councils, Boards of Supervisors, advisory councils/neighborhood groups, and other stakeholders on advancing and implementing healthy community planning and active design/transportation policies.
- Providing education for residents about active design and collecting community priority data.
- Working with interested jurisdictions on reviewing local government plans and policies for revisions to advance active design/transportation implementation and remove barriers.
- Identifying opportunities to better incorporate planning and public health.
- Developing presentations for local government staffs, elected officials, commissions, public health, and community groups.
- Providing training/presentations on intersection of health and the built environment.
- Assisting in policy review.

Plan4Health is an effort that strengthens the connection between planning and public health. The program is implemented in partnership with the American Public Health Association and represents a major new collaboration between planners and public health professionals. Funding for Plan4Health was provided through an award from the Centers for Disease Control and Prevention.

If you'd like more information about activities with the APA grant, please contact Kirin Kumar, Plan4Health Project Manager with WALKSacramento, at kkumar@walksacramento.org.



IMPROVING COMMUNITY WELLNESS THROUGH COLLABORATION - FEB 23 ILG WEBINAR

As local officials and staff grapple with challenging health and social issues, building upon innovative methods maximizes finite economic and human resources. Specifically, collaboration through shared services, joint use or proactive program planning often yields results greater than any one single agency could achieve on its own. Join the [Institute for Local Government](#) on **Tuesday, February 23 at 11:00AM-12:00PM** for a webinar highlighting how collaborative efforts helped stretch limited resources, develop healthier neighborhoods and improve community wellness. Speakers from Placer County and the City of Davis will share their experiences and best practices in collaborating with different agencies while tackling issues such as mental health and restorative justice. [Register today!](#)



UC DAVIS EXTENSION PLANNING TOOLS TO CREATE HEALTHY COMMUNITIES - MARCH 10

Date: March 10, 2016

Time: 9:00 am - 4:30 pm

Location: Sutter Square Galleria Center (2901 K Street, Sacramento CA 95816)

Gain a broad understanding of the relationship between public health and planning in this interactive course. Through hands-on exercises and group discussions, participants will receive an overview of the relationship between features of the physical, social and economic environments in communities-such as patterns of development, urban design, transportation and food systems-and public health outcomes. Discuss relevant tools, including how to incorporate health into general plans and specific plans, healthy zoning code amendments and health impact assessments. A strong emphasis will be placed on incorporating key public health concepts, such as the social determinants of health, vulnerable populations and cumulative impacts, into the planning process. This course is appropriate for anyone who wishes to gain a broad understanding of the emerging field of planning and public health.

Instructor: Matthew Raimi, A.I.C.P., LEED AP ND, founded Raimi + Associates in 2006. He has almost 20 years of experience in planning and has directed the preparation of many general plans, specific plans and corridor plans in California. He focuses on creating livable and sustainable cities and has spoken extensively on applying the principles of new urbanism to comprehensive plans, incorporating public health concerns into the planning process and promoting sustainable development at the local level.

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Fees: \$360.00 Includes morning refreshments, lunch and course materials.

APA Members can receive 10% discount on the course fee by entering the Coupon Code. If you don't have your APA association discount code, contact UC Davis Extension Student Services at (800) 752-0881.



APA PLANNING AND COMMUNITY HEALTH CENTER

The APA Planning and Community Health Center advances practices that improve human environments to promote public health through active living, healthy eating, and health in all planning policies. Learn more about projects and priority areas here:

<https://www.planning.org/nationalcenters/health/>



ULI BUILDING HEALTHY PLACES TOOLKIT

The Urban Land Institute's (ULI) *Building Healthy Places Toolkit: Strategies for Enhancing Health in the Built Environment* outlines evidence-supported opportunities for enhancing health outcomes in real estate developments. Developers, owners, property managers, designers, investors, and others involved in real estate decision making can use the report's recommendations and strategies to create places that contribute to healthier people and communities, and to enhance and preserve value by meeting growing desires for health-promoting places. For more information, link here:

<http://uli.org/research/centers-initiatives/building-healthy-places-initiative/building-healthy-places-toolkit/>



CALIFORNIA PLANNING ROUNDTABLE (CPR) SUPPORTS HEALTHY COMMUNITY INITIATIVES

Planners overwhelmingly agree that an important aspect of planning is to include health considerations into the profession and practice. When the integration of planning and health is carefully applied, positive health outcomes result in the places where people live, learn, work, and play. Over the past five years, the integration of health and planning has gained significant momentum; thanks to the fervent belief of professionals in both fields that "place" is an intrinsic component of individual and community health. The cumulative efforts

advancing this narrative at the national, state, regional, and local levels signal an inevitable paradigm shift in policy and the profession and practice of planning. (CPR Updated: January, 2016). The following links are provided as resources from CPR:

Social Determinants of Health for Planners

<http://www.cproundtable.org/publications/social-determinants-health-planners/>

"This paper is a tool that will help us increase dialogue and collaboration between planning and public health during planning processes," said Miguel A. Vazquez, Co-Chair of CPR Healthy Communities Work Group. "I am happy to share that the bulk of the paper's content deals with numerous concepts that empowers our profession...I believe that every planner who truly cares about the health of the community she or he plans for, should be well versed with the content of our paper."

Healthy Communities Work Group - Defining Healthy Communities and Other Resources:

<http://www.cproundtable.org/publications/healthy-communities-definition/>

CONTACT INFORMATION

If you would like to get more information on the Sacramento Valley Section or to volunteer, please contact Tracey Ferguson, Section Director, at tferguson@nwhm.com or Jeff Henderson, AICP, Secretary, at jhenderson@mbakerintl.com.

Visit our website at <http://www.sysapa.org/>



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