Healthy Communities Through Collaboration: Advantages of Working Together

Paul Zykofsky, AICP, Assoc. AIA
Local Government Commission

Planning Directors and Public Health Officers Convening

Sacramento, CA
May 26, 2016
We are a nonprofit organization that fosters innovation in local environmental sustainability, economic prosperity and social equity.
The Ahwahnee Principles, 1991

- Planning complete and integrated communities with mix of uses
- Different uses should be in walking distance of one another
- Within walking distance of transit stops
- Should contain a diversity of housing types
- Should have a center focus
Connecting Health and the Built Environment

- 1998: Meeting convened by CDC to examine links
- California DHS staff begin work on health/built environment

How Land Use and Transportation Systems Impact Public Health:

A Literature Review of the Relationship Between Physical Activity and Built Form

ACES: Active Community Environments Initiative Working Paper #1
“Reliance on physical activity as an alternative to car use is less likely to occur in many cities and towns unless they are designed or retrofitted to permit walking or bicycling. The location of schools, work sites, and shopping areas near residential areas will require substantial changes in community or regional design.”

An American Epidemic
Diabetes

The silent killer: Scientific research shows a ‘persistent explosion’ of cases—especially among those in their prime
BY JERRY ADLER AND CLAUDIA KALB

SOMETHING TERRIBLE WAS HAPPENING TO YOLANDA BENTLER'S EYES. They were being poisoned; the fragile capillaries of the retina attacked from within and were leaking blood. The first symptoms were red lines, appearing vertically across her field of vision; the lines multiplied and merged into a haze that shut out light entirely. "Her blood vessels inside her eye were popping," says her daughter, Jannette Romani, a Chicago college student. Bentler, who was in her late 40s when the problem began four years ago, was a cleaning woman, but she had to stop working. After five surgeries, she has regained vision in one eye, but the other is completely useless. A few weeks ago, awakening one night in a hospital bed, she walked into a dust, setting off a paroxysm of pain and nausea that hasn’t let up yet. And what caused this catastrophe was nothing as exotic as pesticides or emerging viruses. What was poisoning Bentler was sugar.

Statistics, prevalence, by age

<table>
<thead>
<tr>
<th>Year</th>
<th>Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>1990</td>
<td>5%</td>
</tr>
<tr>
<td>1995</td>
<td>7%</td>
</tr>
<tr>
<td>2000</td>
<td>9%</td>
</tr>
<tr>
<td>2005</td>
<td>11%</td>
</tr>
</tbody>
</table>
The perfect invention for the most OBESE NATION on EARTH...THE SEGWAY TRANSPORTER!

DONT WALK

By Martha T. Moore
USA TODAY

Why don't Americans walk anywhere? Old answer: They're lazy. New answer: They can't. There is no sidewalk outside the front door, school is 3 miles away, and there's a six-lane highway between home and the supermarket.

Many experts on public health say the way neighborhoods are built is to blame for Americans' physical inactivity -- and the rising epidemic of obesity.

The health concern is a new slant on the issue of suburban sprawl, which metro regions have been struggling with for a decade. These health experts bring the deep-pocketed force of private foundations and public agencies into discussions about what neighborhoods should look like.

The argument over whether suburbs are bad for your health will hit many Americans precisely where they live. In a home with a big lawn or cul-de-sac.

"The potential for actually tackling some of these things, with the savvy of the folks who have tackled tobacco, is enormous," says Ellen Landerer, head of America Walks, a pedestrian advocacy group based in Portland, Ore.

A study by the national Centers for Disease Control and Prevention is tracking 8,000 residents of Atlanta to determine whether the neighborhoods they live in influence their level of physical exercise. The Robert Wood Johnson Foundation in New Jersey

The way cities and suburbs are developed could be bad for your health

September 2008

Cover Story

By Scott Packer, USA TODAY

Please see COVER STORY next page
RWJF’s Active Living Research

Moving research into action.

Run errands on foot or bike:
A remedy for adult inactivity.

Experts recommend 150 minutes of physical activity per week. Only 50% of U.S. adults meet the guideline.

Walking or biking:
- to transit stops provides an average of 12-15 minutes of daily activity.
- to work is linked with 11% reduction in the risk of cardiovascular disease.

People who live in:
Neighborhoods with sidewalks are 50% more likely to meet physical activity guidelines by walking for transportation.

Mixed-use neighborhoods with work, play, and shopping nearby are 33% more likely to meet physical activity guidelines to bike.

SLOWING DOWN TRAFFIC REDUCES CRASHES THAT CAUSE INJURIES BY:
10% on main roads
25% on residential streets

Infographic: Run Errands on Foot or Bike - A Remedy for Adult Inactivity
Infographic shows solutions to increase physical activity and

Learn more about how policies impact active travel at activelivingresearch.org/Activetravelreview.

http://activelivingresearch.org/
Higher density and connectivity: lower obesity — Atlanta study 2004
Aspects of Built Environment that Impact Active Living/Health

- Land Use Mix
- Density/Compactness
- Site Design
- Connectivity
- Street Design
The California Story

- 1998-99: Early work by Department of Health Service
  - Collaboration with non-profits
  - Safe Routes to School
  - Walkable Community Workshops
  - Public Health and the Built Environment Network and mini-grants
  - Teleconferences, Trainings
  - Guides: Public Health Institute’s “General Plans and Zoning: A Toolkit on Land Use and Health”

Safe Routes to Schools

- Education, Engineering and Enforcement for California Communities

Why We Need Safe Routes:

- Children are at risk from unsafe streets.
- Children are walking with their neighborhood instead than people and the outdoors.
- Children are not engaging in the active outdoor activities.
- Children are not engaging in the active outdoor activities.

Children are losing their independence.

- Children need to know where they can walk and play.
- Children need to know where they can walk and play.

Children are less active.

- Children are less active.
- Children are less active.

Our Environmental is Degraded.

- Our Environmental is Degraded.
- Our Environmental is Degraded.

Children are at risk from unsafe streets:

- In California, as many as 3,000 children are injured every year.
- Children are at risk from unsafe streets.
- Children are at risk from unsafe streets.

Walking + Biking = Healthy, Alert Children

- Moderate to vigorous physical activity such as walking and biking positively affects academic performance and skill development.
- Children who walk and bike to and from school are more likely to develop into healthy adults.
- Children who walk and bike to and from school are more likely to develop into healthy adults.

General Plans and Zoning: A Toolkit on Land Use and Health

- Guidelines for Public Health Institute’s “General Plans and Zoning: A Toolkit on Land Use and Health”
- Guidelines for Public Health Institute’s “General Plans and Zoning: A Toolkit on Land Use and Health”

- Guidelines for Public Health Institute’s “General Plans and Zoning: A Toolkit on Land Use and Health”
- Guidelines for Public Health Institute’s “General Plans and Zoning: A Toolkit on Land Use and Health”
The California Story

- April 2004: Dr. Richard Jackson appointed State Health Officer
  - Gained support from Governor Schwarzenegger
  - Obesity task force
  - Educational work
The California Story

- County workshops on health and community design, early to mid 2000s
  - Contra Costa
  - Riverside
  - San Mateo
  - Shasta
  - Humboldt
  - Alameda
  - Los Angeles
  - San Diego
  - San Bernardino
  - Solano
  - Sacramento
  - Yolo
  - Amador
  - Calaveras
  - San Luis Obispo
  - San Joaquin
  - Kings
  - Fresno
  - Mendocino
  - Butte
  - Others…
Riverside County

- Health Strategic Plan 2003 – 2006
  - Goal #5 Creating more “Livable Communities”
  - Work with planners, transportation agencies, developers, schools and community organizations to ensure that health and safety factors are considered in community design

Source: Riverside County Health Department
Riverside County — Collaboration with Planning: Public Health Sponsored Trainings

- Community Design and Public Health
- LGC presented Pedestrian Design Standards
- Planning invited Public Health to participate in Field Trips

Source: Riverside County Health Department
Riverside County: Funding to Further Health Goals

- Program Coordinator funded by County General Fund
- California Center for Physical Activity – Mini Grants and Technical Assistance
- Caltrans SRTS non-infrastructure grant ($460k)
- Caltrans Environmental Justice transportation planning grant for Mecca
San Francisco Bay Area

- Alameda, Contra Costa, San Mateo and Solano Counties
  - Held educational workshops on health/community design

- Contra Costa County
  - Board Resolution
  - Walkable Community Workshops in low-income, Spanish-speaking neighborhoods

- San Francisco County
  - Health Impact Assessments

- City of Richmond
  - First to develop Health Element of General Plan
Shasta County

- January 2006
  - Educational workshops with County medical association, Local Government Commission, private sector

- Public Health department created an internal Public Health Development Checklist to evaluate development proposals
Los Angeles County

- Policies for Livable Active Communities and Environments (PLACE)
  - Grant program to partnership of local jurisdiction and community organization
    - 5 grants of $100,000 for three years, $25,000 for physical project
- Conferences in 2006 and 2007
- Providing health information to cities
County funded Mobility Coordinator in Long Beach. Implemented vision to make it “the most bicycle-friendly city in America”
Collaborating with Public Health — 2005

- Credible voice
- Neutral and skilled convener
- Provide the “public health” rationale
- Bring the health data and scientific rigor
- Link to under-represented groups
- Access to new funding streams

Courtesy: Tina Zenzola, Safe and Healthy Communities Consulting (SHCC)
Benefits of Collaborating with Public Health

- Public Health has relationships with community residents and CBOs and is able to get their feedback on planning processes
- Public Health provides portal into equity and advocacy planning
- Often are already in the field with boots on the ground (e.g. doing nutrition classes, parenting classes, etc.)
- Can coordinate with NGOs and other organizations that may not be in the Planner’s realm (e.g. Diabetes, Lung and Heart Associations)
- Planning Commissioners/City Council look to them as experts
- Increasingly funding sources, like Caltrans, SACOG, MTC etc., are requiring a public health perspective in applications for funding
Challenges to Collaborating with Public Health

- Public Health practitioners need to learn about the planning process and how they can interject themselves into the process.

- Public Health continues to be perceived as health care.

- Planners sometimes feel that Public Health is not a planning issue per se, or that it is already implicit in what they do.

- Sometimes advocacy groups will do an end run around the planners to accomplish their objectives if government perceived as being non-responsive.
Benefits of Collaborating with Planning

- Planning is the best public health ally for addressing upstream approaches and root causes of inequities through policy.

- Keepers of the General Plan which contains goals and objectives all jurisdiction staff should be working toward.

- Have authority to develop new ordinances that have potential to improve health.

- Can help bridge conversations with other departments — like Public Works — that might be a little more difficult to partner with.

- Real opportunity to put Health in All Policies into practice.

- Planners, in general, have similar values to public health professionals and have similar visions for a healthy community.
Challenges to Collaborating with Planning

- Planners sometimes feel that “this is my turf” when talking about General Plan, Zoning, etc.

- Planners sometimes want public health staff to focus on health education rather than contributing to the conversation with policies and practices.

- Including public health and community education and outreach into planning discussions can drag them out, making the process longer and more cumbersome.

- Local elected officials and city staff may not be comfortable with health equity messages that public health brings.
Mutual Benefits

- Broadens the way both professions see their work – integrate health in planning and built environment issues in health
- Maximize limited resources by working together to combat an issue or issues
- Allows you to approach an issue in multiple ways with area experts
- Expands our tool kits — learn from each other
- Policymaking developed by the two disciplines can be more powerful than if drafted independently
Thank you!