

Plan4Health: Design 4 Active Sacramento Coalition Sacramento, CA

Summary

Plan4Health connects communities across the country, funding work at the intersection of planning and public health. Anchored by American Planning Association (APA) chapters and American Public Health Association (APHA) affiliates, Plan4Health supports creative partnerships to build sustainable, cross-sector coalitions. Design 4 Active Sacramento (D4AS) seeks to create communities built for health and unites a range of professions to create streets that are conducive to safely walking, biking, and living through active design.

Challenge

Sacramento County is a diverse community with nearly 1.5 million residents. Health disparities exist not only when comparing Sacramento to the rest of California, but also among racial groups and locations within Sacramento. In 2012, the prevalence of diabetes in Sacramento was higher than the state average. Projections estimated that nearly 97,000 adults living in Sacramento would receive a diabetes diagnosis in their lifetime. Additionally, Sacramento County's lifetime prevalence of asthma rate of 15 percent was six percent higher than the rest of California. In 2013, South Sacramento was identified as a "Focus Community," indicating health disparities, such as higher rates of death from diabetes, more emergency room visits for asthma, and higher rates of obesity when compared to the rest of Sacramento County. South Sacramento was also identified as having high rates of poverty and low rates of educational attainment.

Solution

Design 4 Active Sacramento seeks to improve the way communities are designed and built to improve community health and livability as well as to build on the progress that has been made in Sacramento County and the community of South Sacramento over the past few years. Through collaboration and engagement, the coalition will work to encourage dialogue across sectors and between decision-makers to ensure health is a consideration in policy recommendations and implementation strategies. Community education will help enact change and will allow the voices of residents to be heard.



Your Involvement is Key

To learn more about the Design 4 Active Sacramento Coalition and all coalitions participating in Plan4Health, check out the project website (www.plan4health.us).

Join the national conversation at the intersection of planning and public health on social media by using and following #plan4health.

Results

Through partnerships between WALKSacramento, the APA California Sacramento Valley Section of the American Planning Association (SVS APA), the California Public Health Association – North (CPHAN), and the D4AS Coalition, Plan4Health in Sacramento is bringing together planning directors and public health officers from the six-county Sacramento region. This momentous meeting will be framed around relationship building, shared objectives, opportunities for collaboration, and best practices for incorporating health into the planning processes. By convening leaders in their respective fields, the coalition hopes to catalyze immediate and lasting action toward communities that are designed for health.

Contact

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"By focusing on the collective strengths and shared goals of the planning and public health professions, Plan4Health is creating a unique collaborative opportunity to improve the health and vitality of all communities here in the Sacramento Region."

- Tracey Ferguson, The New Home Company, APA California, Sacramento Valley Section Director

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