

2nd Regional Convening of Public Health Officers and Planning Directors

Presented by Design 4 Active Sacramento & Planners for Health

Plan 4 Health and Planners 4 Health

Kirin Kumar
Executive Director, WALKSacramento

PLAN4Health

An American Planning Association Project

- A joint CDC funded program between the American Planning Association (APA) and American Public Health Association (APHA)
- Building stronger collaboration between the health and planning sectors at a local level
- Focused on coalition building and technical assistance



Design 4 Active Sacramento Coalition

- Expanded upon the original D4AS Team
- Representatives include public health, private health care, local government, planning, engineering, sustainability, and other sectors



Accomplishments to Date

- State's first PHO/Planning Director Convening
- Workshops and trainings with diverse partners
- Youth engagement and community empowerment
- Expanding the data toolkit
- Technical assistance





ON THE PULSE OF PLANNING FOR HEALTHY AND EQUITABLE COMMUNITIES 2016 SPEAKER SERIES



American Planning Association
**California Chapter
Sacramento Valley**
Making Great Communities Happen

Grab your data, put on your Fitbit, warm up your stethoscope, and join our coalition of community planners, designers, and public health professionals to discuss how to keep our communities vital and fit now and into the future!

Planners and public health officials and practitioners have long understood that community design impacts the health of community members. As the importance of environmental health and equity is increasingly recognized, there are new opportunities for planners, public health professionals, government, and community stakeholders to collaborate on advocating for and creating healthier places while advancing the shared goals of livable, inclusive communities; increased mobility and access to resources; economic vitality and opportunity; and reduced pollution and greenhouse gas emissions. The SacValley APA 2016 Speaker Series will utilize all six sessions to examine how planning and public health can integrate resources and actions to diagnosis, treat, prevent, benchmark, and celebrate the success of communities as they strive to improve the health of their residents, as well as that of their infrastructure and economy. Let us help cure what ails you; register now!

**All sessions will be held from 8:30-10:30 a.m. Join us for coffee & networking from 8:00-8:30 a.m.
West Sacramento Community Center, 1075 West Capitol Avenue, West Sacramento
Free, Unrestricted Parking at 1271 West Capitol Avenue (behind Walgreens)**

COLLABORATING PARTNERS



Friday, May 13 **Taking the Temperature for Community Health and Well-Being**

Presenters: Dan Woo, California Department of Public Health; Jonathan London, UC Davis; Brian Cole, UCLA; Ken Blankinship / Clint Kellar, Esri

What are the connections between the public health and planning professions? What instruments are available to check a community's "vital signs?" Public health and planning have shared a long and intertwined history, and despite each broadening their practice to different areas of expertise, there has been an increased "re-convergence" between the two, particularly surrounding health, the built environment, and climate change. Join us for this session to understand the connections between public health, planning, and the environment, with specific focus on climate change and health impacts; learn what the social determinants of health are and how to measure them; and acquire the access to the toolkit of data related to public health, for example GIS mapping, indicator projects, and other innovative tools to take a community's "temperature."

Friday, June 24 **Road to Recovery: How to Overcome the Diagnosis**

Presenters: Katie Valenzuela Garcia, Valenzuela Garcia Consulting; Phoebe Seaton, Leadership Counsel for Justice & Accountability; Miguel A. Vazquez, AICP, Riverside County Department of Public Health

This session will examine why some communities are healthier than others and the role that planning processes have played in creating these health disparities. How do we change these systems to increase not only health equity, but also support healthier communities for everyone? Speakers will discuss three current strategies for shifting planning policy and practices to increasingly integrate health outcomes, including community engagement, engaging the next generation, and state and local policy change.

Y-PLAN program pushes students to change local policy

BY NATASHA VONKAENEL

When Anastasia Thanpeeng's classmates in the Health and Medical Sciences track at Hiram W. Johnson High School first heard about Y-PLAN, the junior says there was a chorus of grumbling. Students were initially skeptical because, "Nobody really listened to students or our voices. They just wanted to hear what adults said," Thanpeeng says.

In Y-PLAN, or Youth - Plan, Learn, Act, Now, students choose a problem, are matched up with a civic organization, then conduct research and surveys that are presented to local leaders and policy makers.

With the help of local nonprofit WALKSacramento, students divided into groups and explored the urban environment around their school, documenting areas needing improvement or attention. The Health and Medical Sciences track, Y-PLAN and WALKSacramento are all supported by funding from The California Endowment, which supports community health programs in South Sacramento.

Thanpeeng's group honed in on a regularly used bus stop on 65th Expressway and Lemon Hill Avenue. The sign was hidden behind overgrown bushes and there was no place for students to sit while waiting for the bus to arrive.

"They are all scattered and they aren't talking to each other," Thanpeeng explains, emphasizing how a bench would encourage the students to congregate.

Her group conducted surveys of students, administrators and community members and

found that an overwhelming majority would be more likely to use the bus if they felt safer at bus stops and if the stops were more aesthetically pleasing.

"OUR VOICE, US STUDENTS, WE CAN BE HEARD. WE CAN MAKE WHAT WE WANT TO HAPPEN, HAPPEN."

Anastasia Thanpeeng
11th grade student at Hiram W. Johnson High School

They presented this data and other research to district staff, community members, fellow students and teachers, recommending that two benches be installed, one on each side of the street.

Then summer hit and Y-PLAN was put on pause until school started again in September. But not for Thanpeeng. She forged on, continuing to work with WALKSacramento and reaching out directly to Regional Transit.

By September, the two benches were finally installed and the overgrown shrubbery cut back, revealing the bus stop sign. The success of Thanpeeng's group has made it clear to her



Anastasia Thanpeeng sits on the bench her Y-PLAN group helped get installed in the bus stop on 65th Expressway and Lemon Hill Avenue. Seeing the bench for the first time makes Thanpeeng feel "proud and excited" about her work with the program. Photo by Natasha Vonkaenel

peers how much adults value the opinions and concerns of youth.

"Our voice, us students, we can be heard. We can make what we want to happen, happen," she says, adding that Y-PLAN also helped elevate student conversations around health.

"Ever since we started Y-PLAN, I feel like my peers are more educated about health in the community. We actually talk about health in our community and educate others."

BUILDING HEALTHY COMMUNITIES

In 2010, The California Endowment launched a 10-year, \$1 billion plan to improve the health of 14 challenged communities across the state. Over the 10 years, residents, community-based organizations and public institutions will work together to address the socioeconomic and environmental challenges contributing to the poor health of their communities.



Your ZIP code shouldn't predict how long you'll live - but it does. Staying healthy requires much more than doctors and diets. Every day, our surroundings and activities affect how long - and how well - we'll live.

Health Happens in Neighborhoods. Health Happens in Schools.
Health Happens with Prevention.

Learn more about starting
Y-PLAN at your school by visiting
y-plan.berkeley.edu.



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KS	10.06.16	JVK
FILE NAME		REV. DATE
CAENDOW100616R1		09.22.16

USP (BOLD SELECTION)
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PLEASE CAREFULLY REVIEW YOUR ADVERTISEMENT AND VERIFY THE FOLLOWING:

- AD SIZE (COLUMNS X INCHES)
- SPELLING
- NUMBERS & DATES
- CONTACT INFO (PHONE, ADDRESSES, ETC.)
- AD APPEARS AS REQUESTED
- APPROVED BY:

Technical Assistance

- Building sustainable partnerships between local government and D4AS through ATP Cycle
- Brought planning/engineering together with public health on over 17 ATP applications
- 9 of the 10 highest ranked regional applications + 3 of the 4 applications funded by the state



Planners 4 Health

- The next iteration of Plan4Health expands local health in the built environment to the statewide level
- Cross disciplinary task force to develop further policies, partnerships, and place-based programs that connect health and planning
- Look for training and other workshop opportunities!

Contact:

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What's Next Locally?

- Working together to address health inequities in the Sacramento Region
- Understanding and addressing the health impacts of climate change on communities throughout the region
- Continue building fruitful cross-sector collaboration



Thank you!

- To learn more about this work and available technical assistance, contact:

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