

Sacramento, California



American Planning Association

Making Great Communities Happen

DESIGN 4 ACTIVE SACRAMENTO PLAN4Health

Background and Purpose

Design 4 Active Sacramento is a multidisciplinary Coalition of planners, health professionals, physicians, advocates, and local government partners. Our work is at the intersection of chronic disease prevention and urban planning and design. Adopting principles from the New York City Active Design Guidelines, D4AS works to build cross sector collaboration and implement planning and design approaches throughout Sacramento County that encourage and facilitate more regular physical activity in order to address growing rates of chronic disease in California. D4AS's first major success was in embedding healthy communities policies into Sacramento County's General Plan and Design Guidelines. Plan4Health would help us expand this work throughout the rest of County.

Project Description

Through Plan4Health, Design 4 Active Sacramento worked at several levels (elected, staff, and community) to build lasting collaborative relationships, embed Active Design into policies and guidelines, engage and empower community residents, and educate members of the public as well as public health and planning professionals on ways to more intentionally address health and the built environment through their work. Our approach was to dramatically shift how planning decisions were being made in communities, especially in underserved areas, in order to make planning for health the rule rather than the exception.

Program Elements

- Develop and implement Active Design policies
- Catalyze lasting collaboration between health and planning professionals
- Train planning and health professionals on Active Design and health/built environment
- Educate and empower community residents in underserved areas
- Widely share best practices and local successes
- Create a sustainable model



Left to right: Working with over 100 students across South Sacramento high schools to explore the connections between community design and health; A walking man icon used to highlight Active Design within policies and guidelines.



Through Plan4Health Design 4 Active Sacramento held the State's first convening of regional Public Health Officers and Planning Directors. Realizing that many of these important community decision makers had never met, let alone collaborated, D4AS worked through APA Sac Valley and CPHA-N to spur regional and local dialogue around the ways that health and planning departments could be working together to advance shared goals. The event led to short and long term wins including health/planning collaboration on over \$25 million in grant applications, statewide replication of this work, and ongoing cross-sector dialogue throughout the region.

About Sacramento



Sacramento County is one of the most diverse communities in the U.S. In 2011 it was estimated that 97,000 adults living in Sacramento were diagnosed with diabetes sometime in their lives. Chronic diseases account for a significant number of premature deaths in the Sacramento Region.

Engaging Youth

Through Plan4Health, D4AS empowered over 120 high school aged youth to explore how the design of their communities could affect their health as teenagers. This has led to changes in the way we engage youth in the planning process in Sacramento.

Speaker Series

Through a partnership with the Sacramento Valley APA Section, D4AS helped frame this year's professional development speaker series entirely around health and the built environment, reaching over 200 health and planning professionals from a number of different sectors.