

Creating Healthy Communities

SHASTA COUNTY HEALTH & HUMAN SERVICES AGENCY
PUBLIC HEALTH

AMY PENDERGAST, MPH

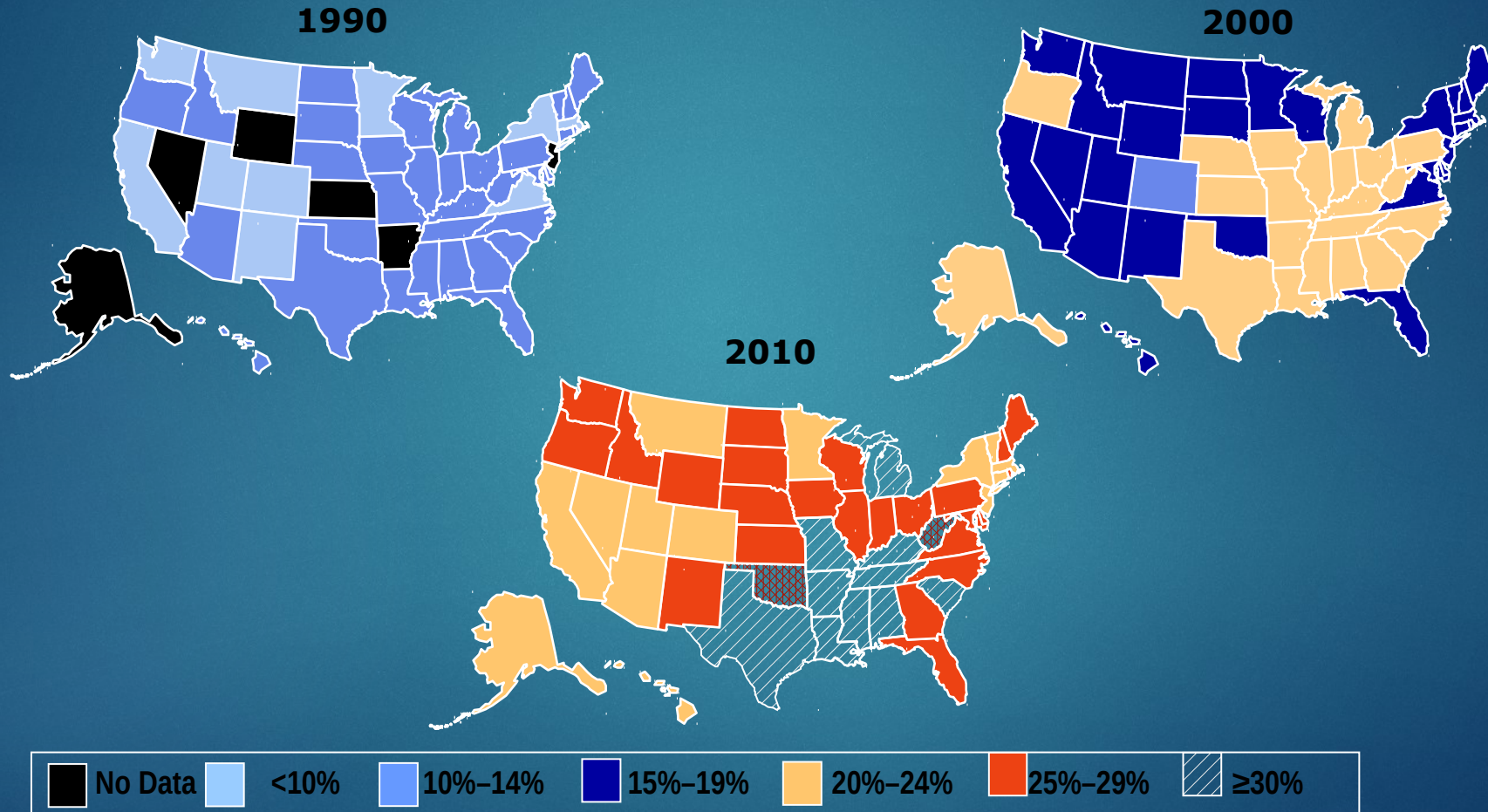




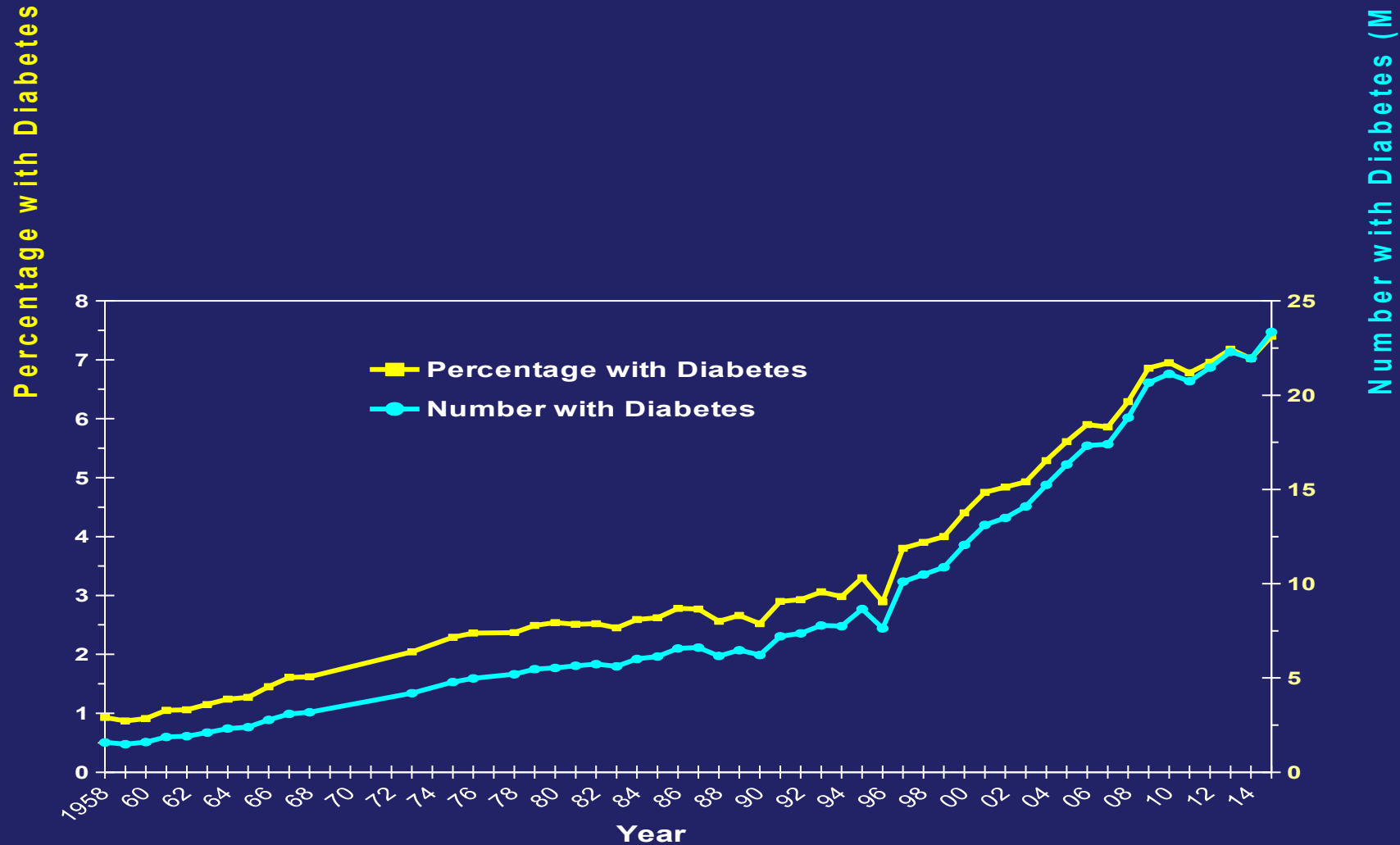
Obesity Trends* Among U.S. Adults

BRFSS, 1990, 2000, 2010

(*BMI ≥ 30 , or about 30 lbs. overweight for 5'4" person)



Number and Percentage of U.S. Population with Diagnosed Diabetes, 1958-2015



CDC's Division of Diabetes Translation. United States Diabetes Surveillance System
available at <http://www.cdc.gov/diabetes/data>

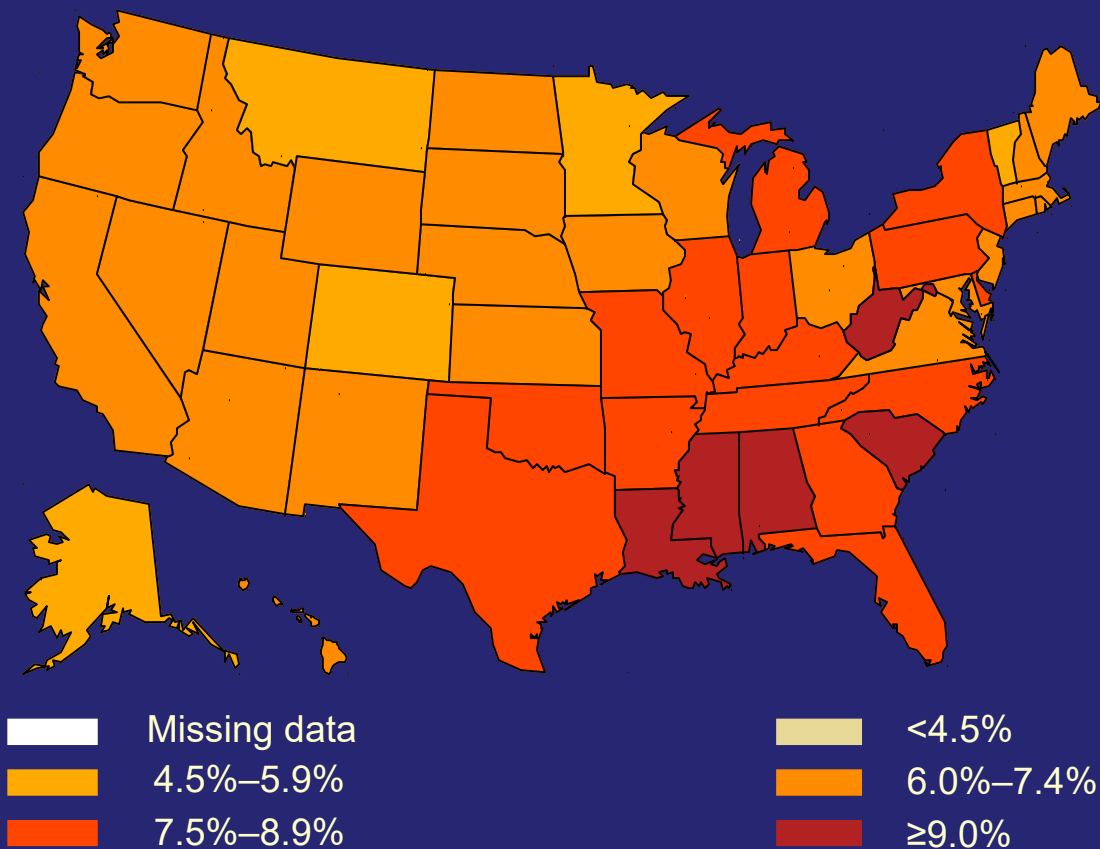


1995



Age-Adjusted Prevalence of Diagnosed Diabetes Among US Adults

2005

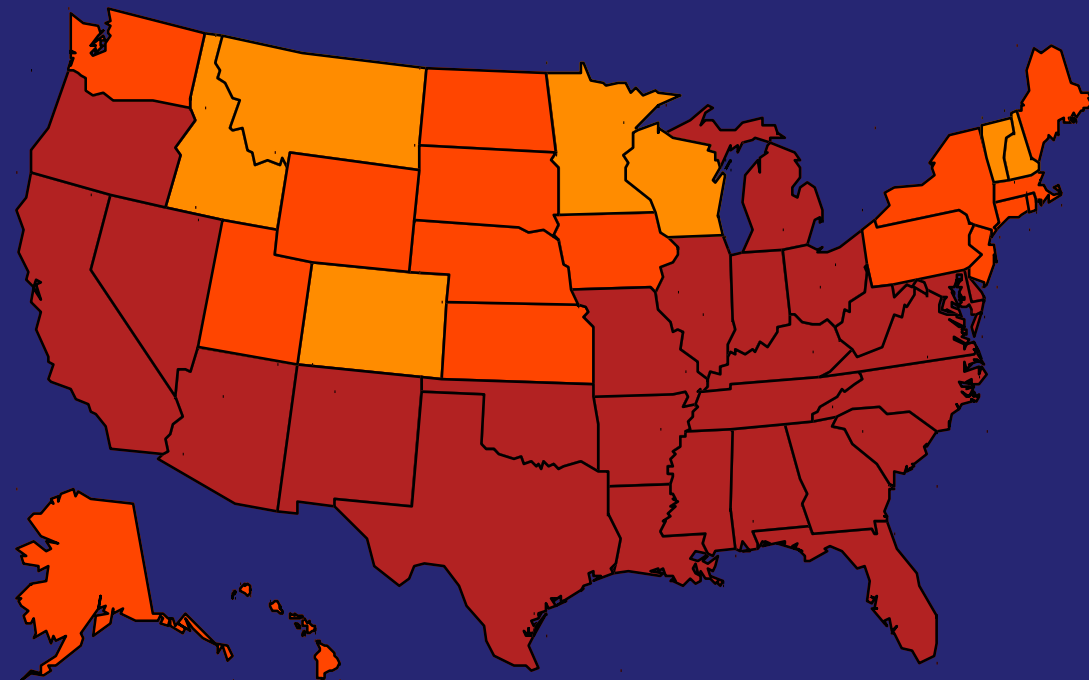


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Age-Adjusted Prevalence of Diagnosed Diabetes Among US Adults

2015



CDC's Division of Diabetes Translation. United States Surveillance System available at <http://www.cdc.gov/diabetes/data>



Consequences of Diabetes

- ▶ Life-Threatening Complications
 - ▶ 1.7 times higher risk of death from cardiovascular disease
 - ▶ 1.8 times higher risk of being hospitalized for a heart attack
 - ▶ 1.5 times higher risk of being hospitalized for a stroke
 - ▶ Infections
- ▶ Leading cause of:
 - ▶ kidney failure
 - ▶ lower limb amputations
 - ▶ blindness
- ▶ 2016: 57 Shasta County residents had amputations due to diabetes

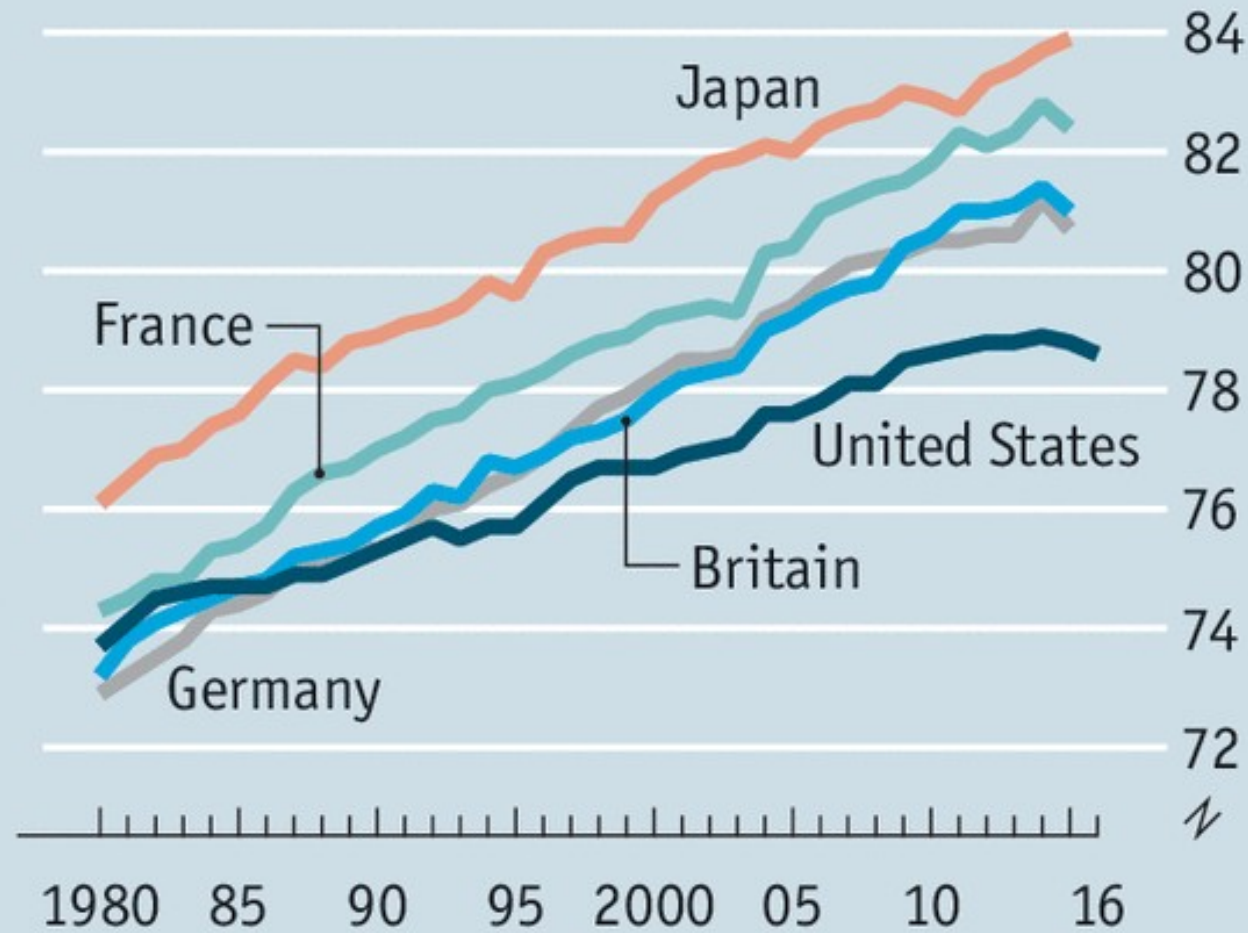


Financial Costs of Diabetes

- ▶ In 2012, diabetes cost the USA \$245 billion
 - ▶ \$176 billion in direct medical costs
 - ▶ \$69 billion in lost productivity
- ▶ People with diabetes spend about \$7,900 on diabetes-related health expenses per year
- ▶ People with diabetes spend 2.3 times more on medical expenses

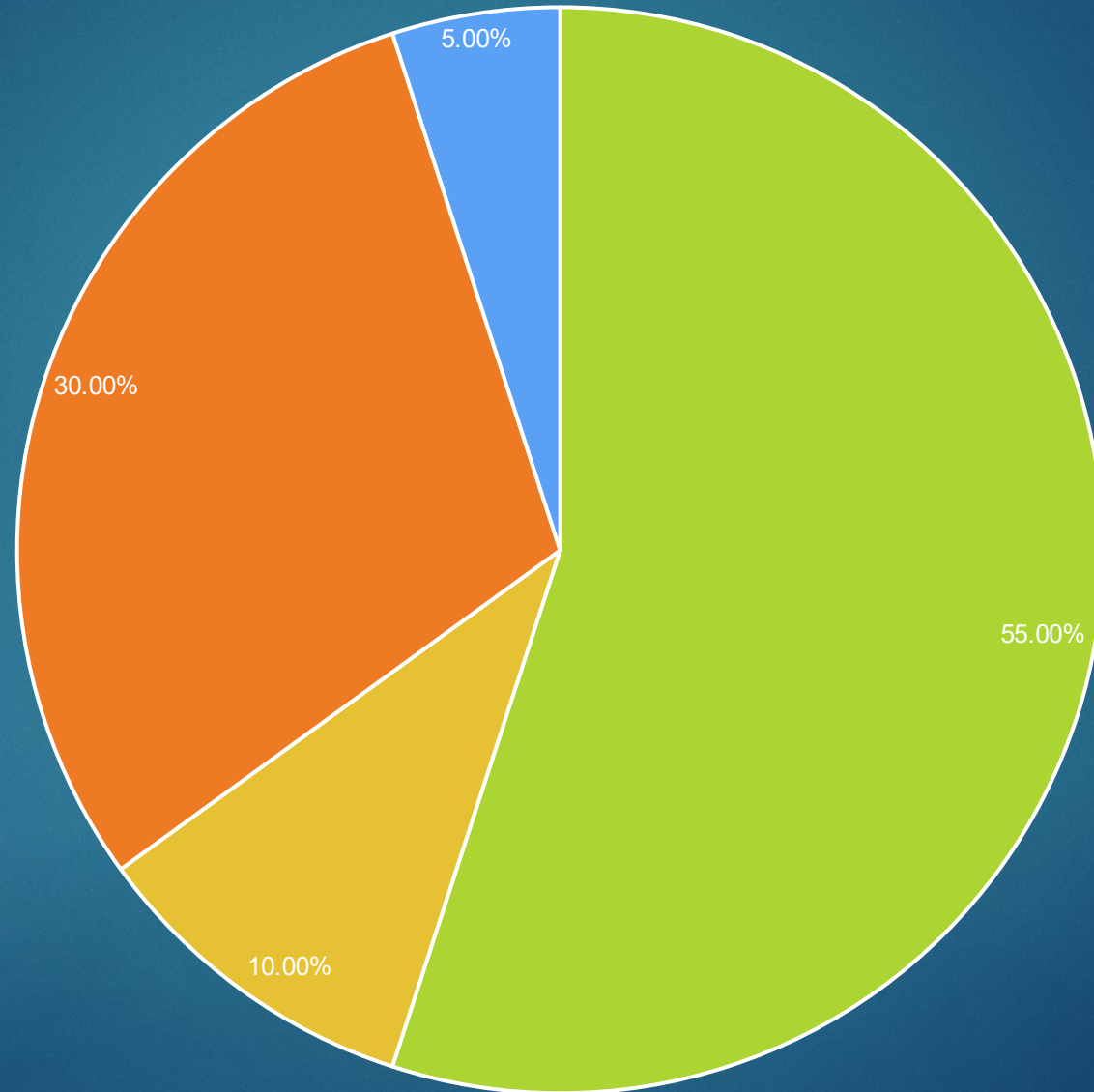
Wrong turn

Average life expectancy at birth, years

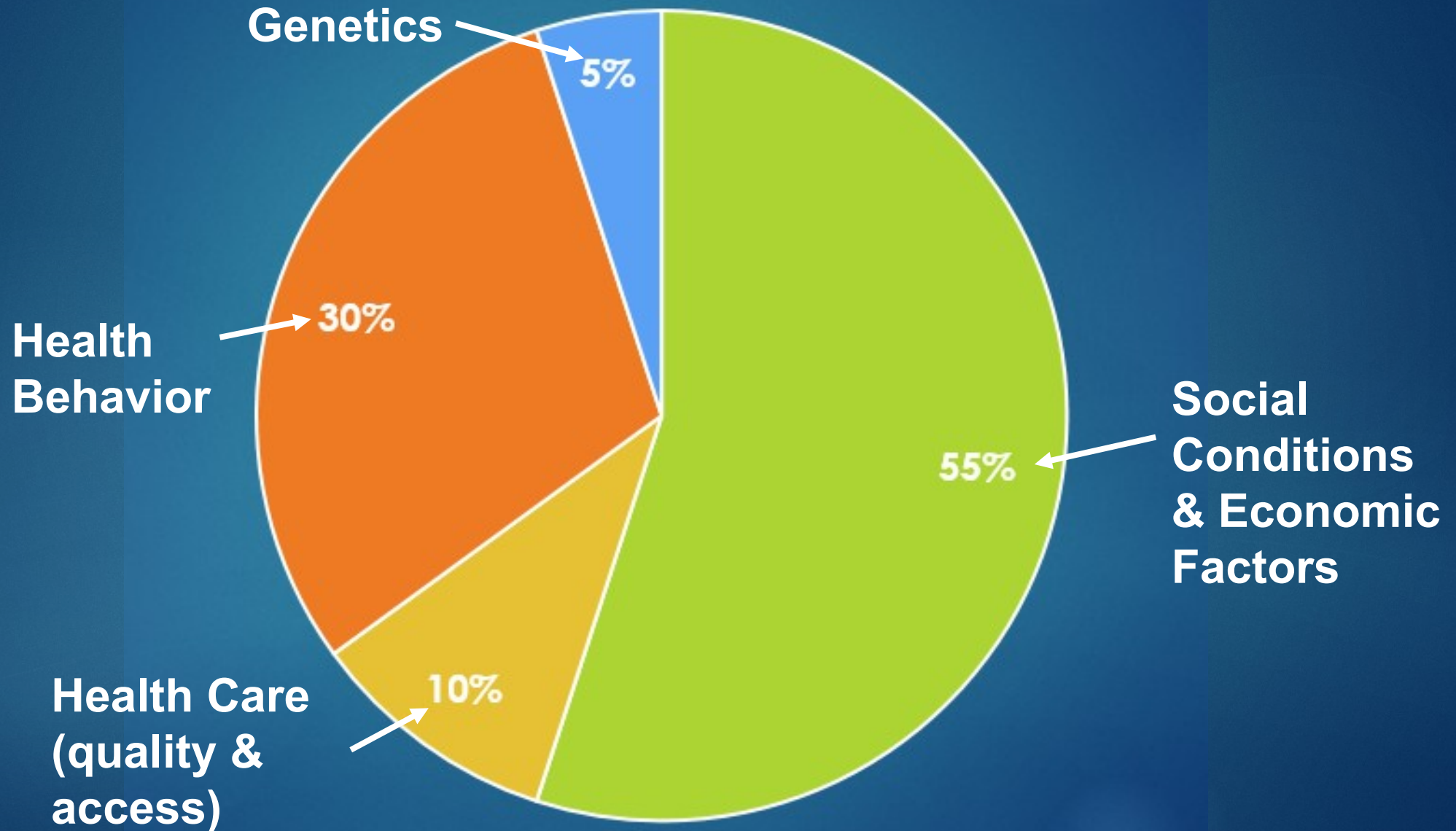


Sources: OECD; CDC

What determines health status?

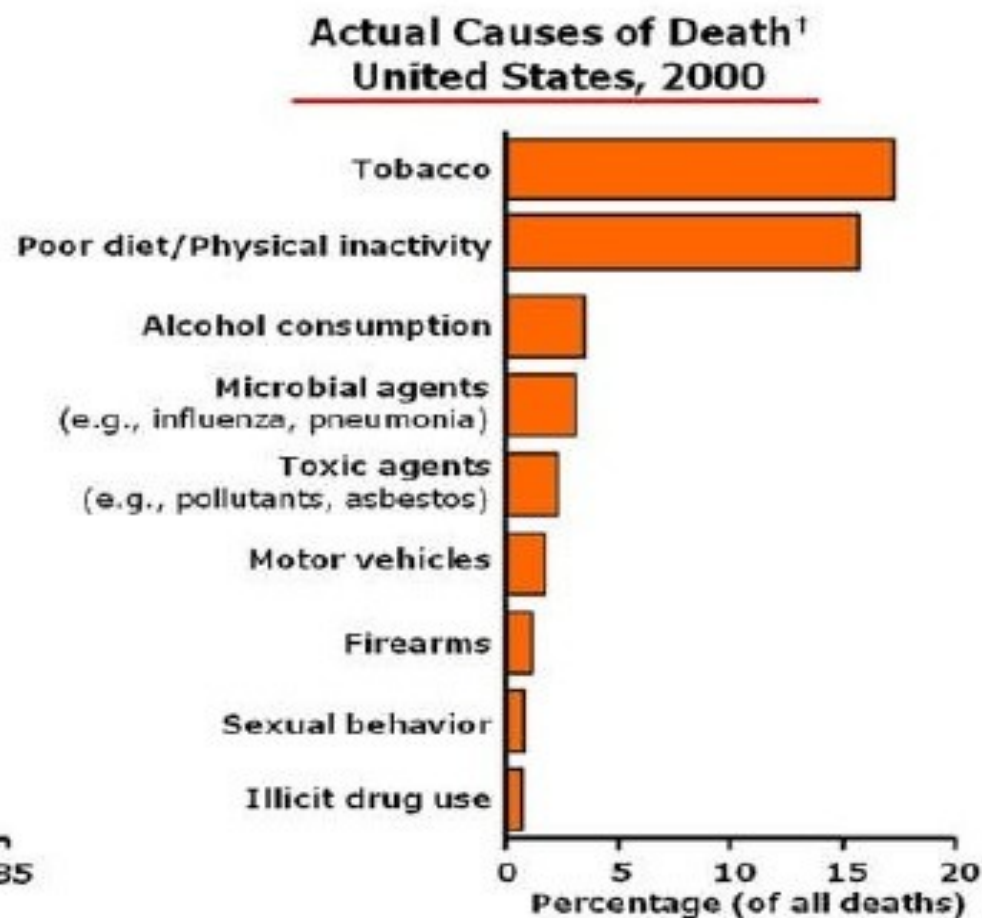
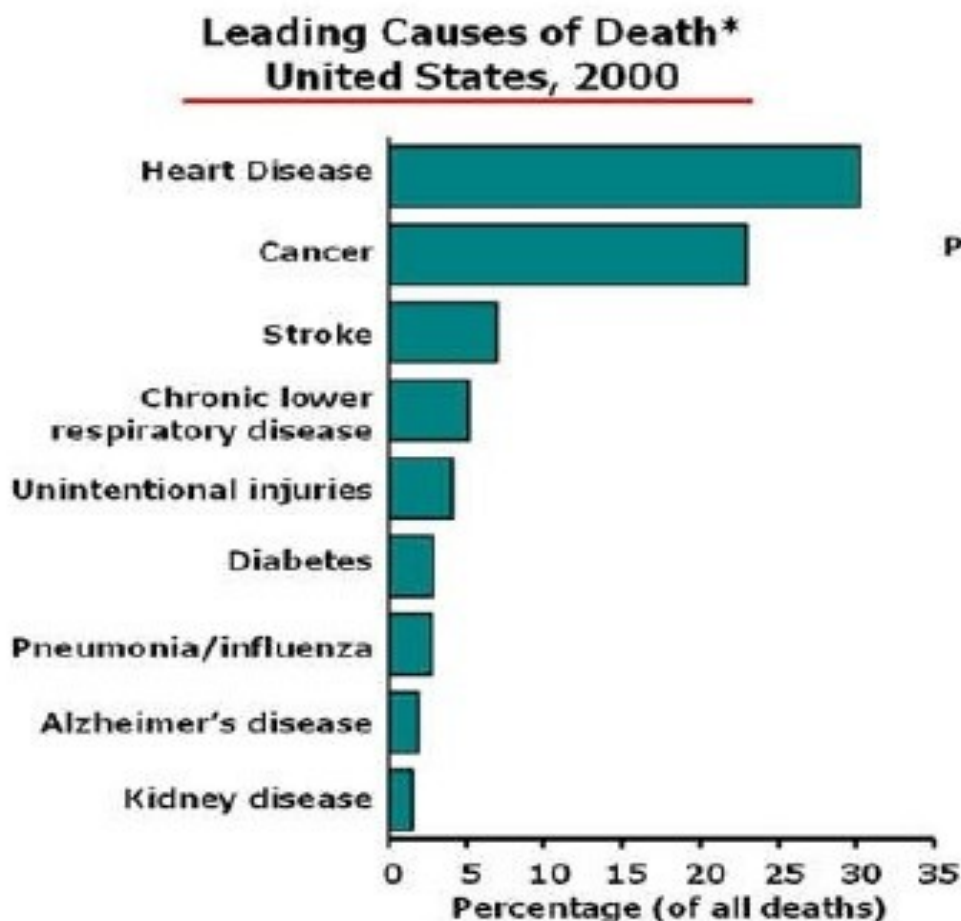


Not what people usually think...



Actual Causes of Death

Behavioral factors that contribute to leading killers



* Miniño AM, Arias E, Kochanek KD, Murphy SL, Smith BL. Deaths: final data for 2000. National Vital Statistics Reports 2002; 50(15):1-120.

† Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual causes of death in the United States, 2000. JAMA. 2004;291(10):1238-1246.

RWJ County Health Rankings

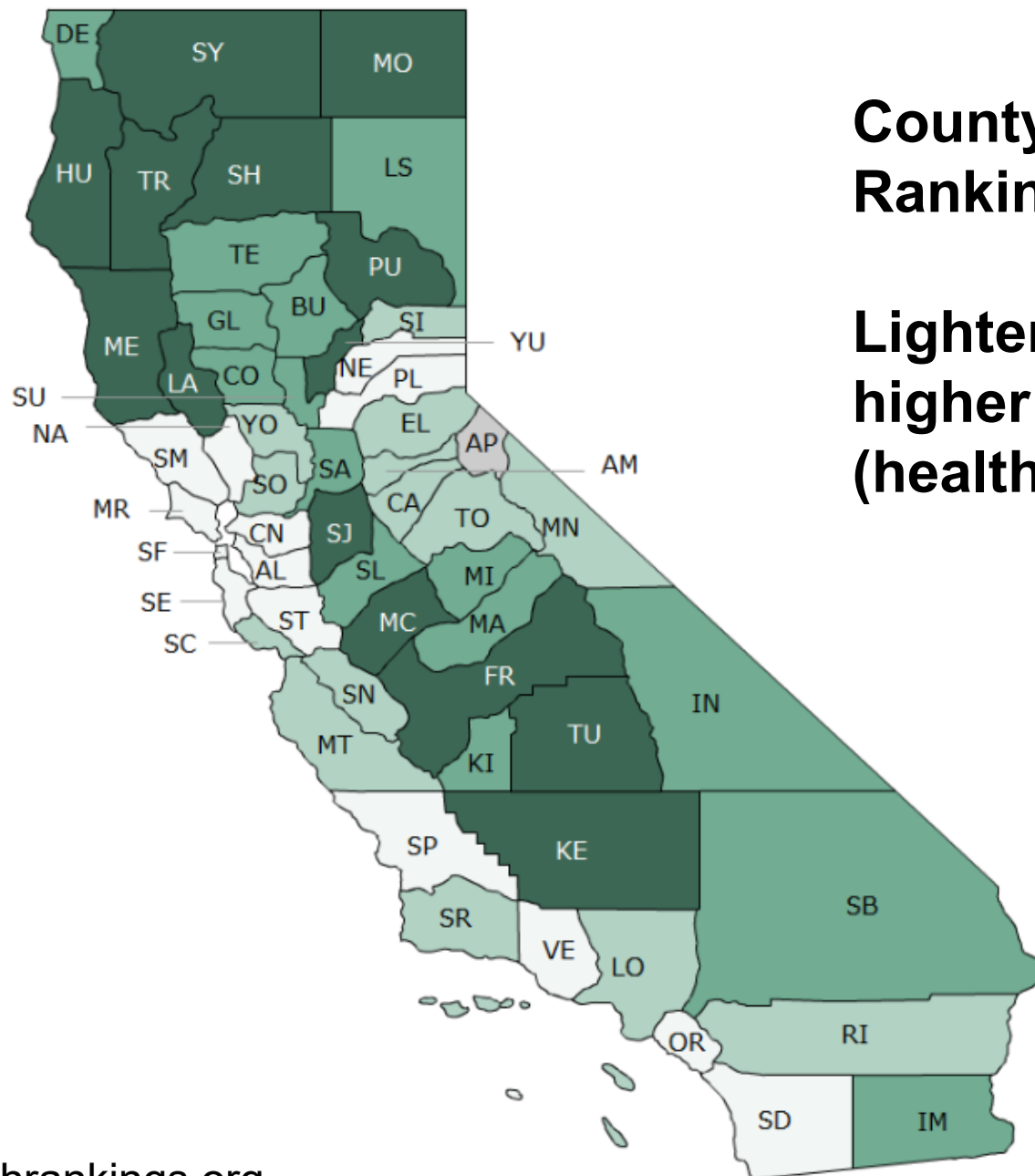
- ▶ Data for each County
- ▶ Emphasizes the factors that, if improved, can help make communities healthier places to live, learn, work, and play

*“where you live...
can deeply impact your
ability to live a healthy
life”*



County Health Rankings:

**Lighter color =
higher ranking
(healthier)**



Factors:

- Premature death
- Unhealthy days (physically/mentally)
- Low birthweight

www.countyhealthrankings.org

Rank 1-14 Rank 15-28 Rank 29-43 Rank 44-57 Not Ranked

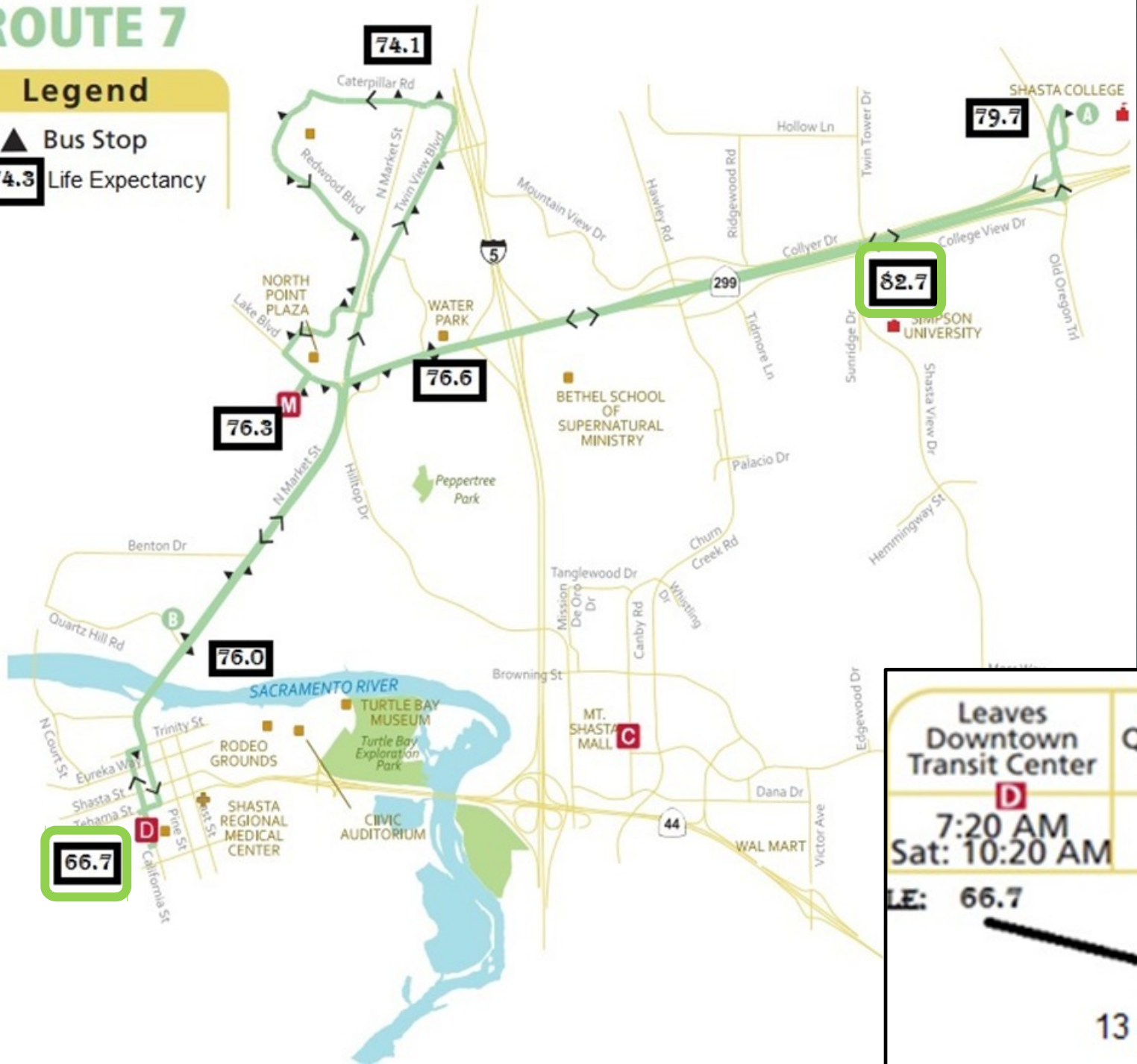
ROUTE 7

Legend

▲ Bus Stop

74.3

Life Expectancy



Leaves Downtown Transit Center D	Market/Quartz Hill	Masonic Transfer Station M	Shasta College A	Redwood (Opportunity Center)
7:20 AM Sat: 10:20 AM	:26	:37	:45	:58
LE: 66.7	76.0	76.3	79.7	74.1

13 years in 25 minutes

Healthy Shasta Vision:

A community where the
healthy choice is the easy
choice.



Walking & Bicycling

....for recreation and transportation

Resulting in better physical & mental health, disease prevention, more energy, injury prevention, equitable access, cost savings...



Anderson's 1st Ped Plan

- ▶ Only 1 resident at public workshop
- ▶ New approach...
 - ▶ Public Health offered online survey
 - ▶ Community Organizer set up focus groups
 - ▶ Seniors, business community, youth, Spanish-speaking...
 - ▶ Received input from ~2% of adult population



Anderson's 1st Ped Plan Public Engagement

- ▶ Confirmed consultant's recommendations
- ▶ Identified a few important omissions
- ▶ Helped prioritize proposed projects
- ▶ Documented public input
- ▶ Top priority was soon funded



Shasta College - Active Transportation

- ▶ Asked “what would make the healthy choice the easy choice?”
- ▶ Campus transportation survey (2012)
- ▶ Public Health pulled together partners & facilitated the process
- ▶ Hired consultant for Bikeway Feasibility Study (2014)
- ▶ Partnership is key!
 - ▶ Co-wrote ATP proposal with Public Works as lead
 - ▶ Multiple agencies provided match
 - ▶ Joint agreement for construction and maintenance
- ▶ Construction scheduled for 2019



Active Transportation & Health

Chronic Disease

People are more physically active when it is safe, convenient and inviting.



Regular physical activity prevents chronic disease and has a positive impact on both physical and mental health.

Safety

Prevent injuries and fatalities from crashes.



More 'eyes on the street' and strategies such as lighting improves personal safety.

Opportunity

Increased transportation options give people more control over their budgets & ways to get where they need to go.



Provides additional places to walk or bicycle for recreation.

Building Healthy Places Toolkit

Urban Land Institute

- Strategies for enhancing health through the built environment

- 21 evidence based strategies

- Physical activity
- Healthy food
- Drinking water
- Healthy environment
- Social well-being

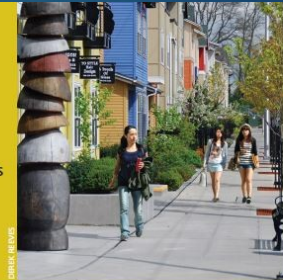
www.bhptoolkit.uli.org

PHYSICAL ACTIVITY

- 1 Incorporate a mix of land uses
- 2 Design well-connected street networks at the human scale
- 3 Provide sidewalks and enticing, pedestrian-oriented streetscapes



- 4 Provide infrastructure to support biking
- 5 Design visible, enticing stairs to encourage everyday use
- 6 Install stair prompts and signage



- 7 Provide high-quality spaces for multigenerational play and recreation
- 8 Build play spaces for children

HEALTHY FOOD AND DRINKING WATER



- 9 Accommodate a grocery store
- 10 Host a farmers market
- 11 Promote healthy food retail



- 12 Support on-site gardening and farming
- 13 Enhance access to drinking water



HEALTHY ENVIRONMENT AND SOCIAL WELL-BEING

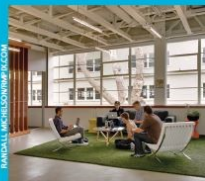
- 14 Ban smoking
- 15 Use materials and products that support healthy indoor air quality
- 16 Facilitate proper ventilation and airflow



- 17 Maximize indoor lighting quality
- 18 Minimize noise pollution
- 19 Increase access to nature



- 20 Facilitate social engagement
- 21 Adopt pet-friendly policies



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Stairwells



HEALTHY FOOD AND DRINKING WATER



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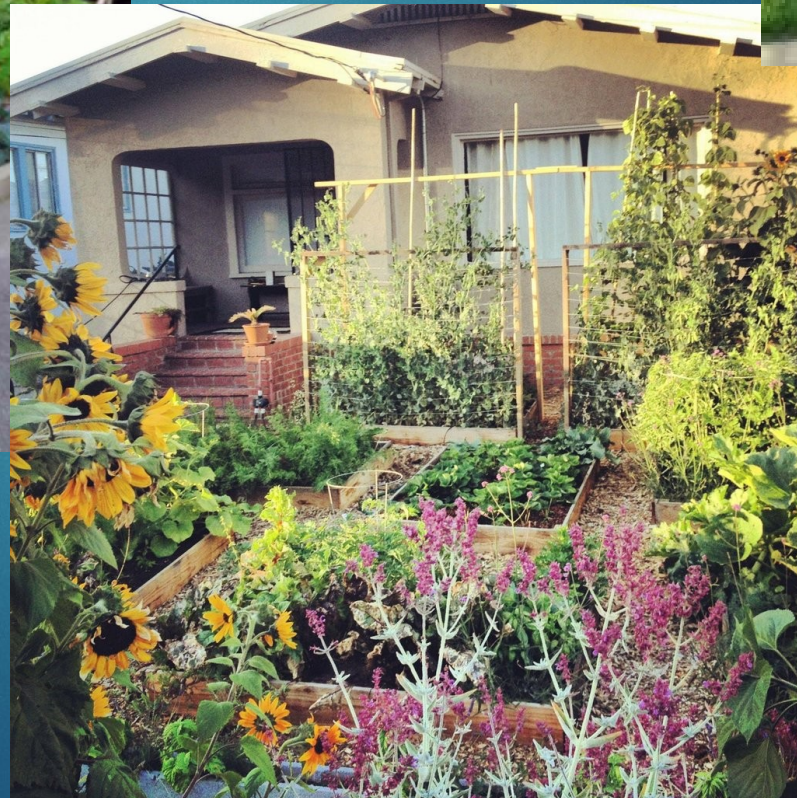


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Edible Landscaping



HEALTHY ENVIRONMENT AND

- 14** Ban smoking
- 15** Use materials and products that support healthy indoor air quality
- 16** Facilitate proper ventilation and airflow



- 17** Maximize indoor lighting quality
- 18** Minimize noise pollution
- 19** Increase access to nature

SOCIAL WELL-BEING



- 20** Facilitate social engagement
- 21** Adopt pet-friendly policies



CA General Plan Guidelines from OPR

▶ Chapter 6: Healthy Communities

- ▶ Incorporating health related goals, language, and policy into your General Plan
 - ▶ Adding a health element to your General Plan
 - ▶ Utilizing health related data
 - ▶ Sample policies from communities of all sizes
-
- ▶ Chapter for each required Element – each with health related examples

“The health and well-being of California’s residents are fundamental to their quality of life and economic vitality”



ChangeLab Solutions

- ▶ **HCPAT: Healthy Comprehensive Plan Assessment Tool** (beta)

- ▶ Tool to assess General Plan for health

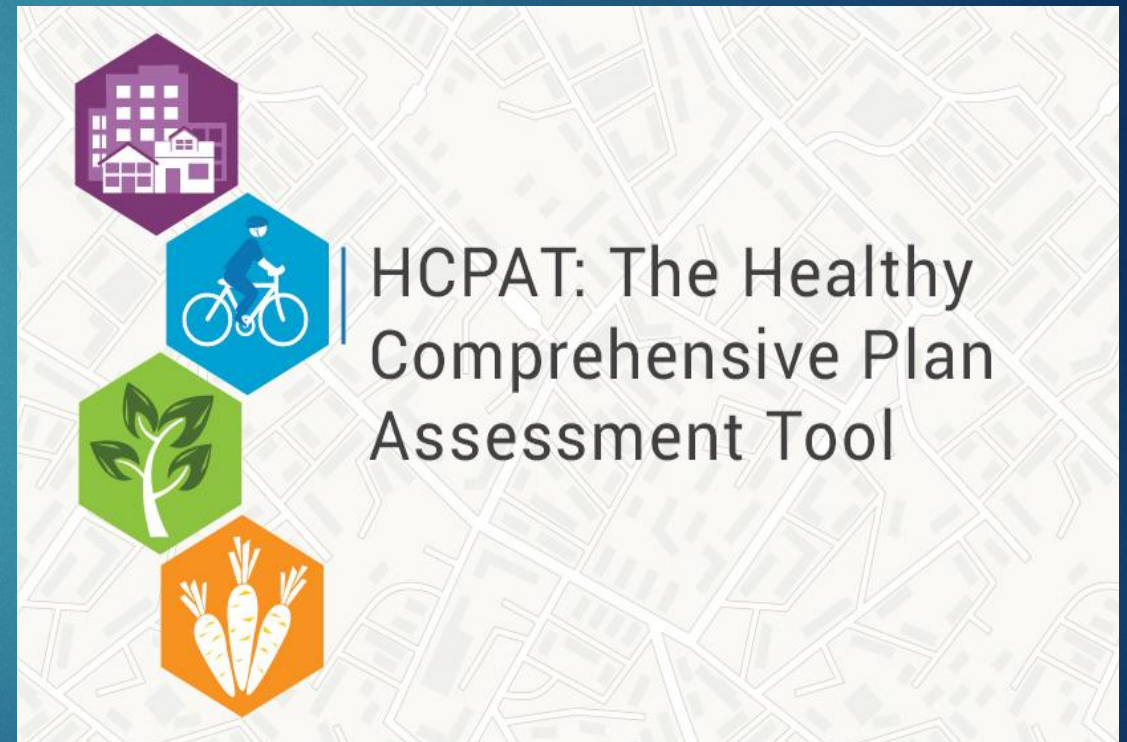
- ▶ Complete streets
 - ▶ Neighborhoods
 - ▶ Environmental Health
 - ▶ Healthy Food Systems

- ▶ www.HealthyPlanning.org

- ▶ ChangeLab resources & model policy

- ▶ Health in General Plans
 - ▶ Healthy Housing

- ▶ www.ChangeLabSolutions.org



Healthy Development Review

- ▶ Checklists ~ things to consider when reviewing development proposals and EIRs
- ▶ Health Department or local organizations may offer development review with a health (or active transportation) lens
 - ▶ We don't support nor oppose specific developments
- ▶ Same concepts can be into code



Healthy Development Checklist



Public Health Development Checklist

TYPE: ☐ Subdivision Site Map ☐ Commercial Site Map ☐ Other: _____

1. Neighborhood Streets:

- A. Connectivity ☐ Grid ☐ Curvilinear ☐ Cul-de-sac
- B. Street widths ☐ ≤26ft. ☐ ≥26ft.
- C. Block length ☐ ≤500 ☐ ≥500

Healthy Design:

Streets with a grid pattern that have a width of less than 26 ft. which includes curb, gutter, and informal parking and block length minimum of 200 ft and maximum of 500ft.

2. Traffic Calming:

- A. Bulb outs ☐ Yes ☐ No
- B. Traffic circles ☐ Yes ☐ No
- C. Raised street crossings ☐ Yes ☐ No
- D. Pedestrian island ☐ Yes ☐ No
- E. Pedestrian signals ☐ Yes ☐ No
- F. Pedestrian crossings every 300-600ft. ☐ Yes ☐ No
- G. Shared (naked) street design ☐ Yes ☐ No

Healthy Design:

Streets in and around residential areas incorporate traffic calming measures that make pedestrian and bicyclist safety a priority.

Other: _____

3. Commercial Project Features:

- ☐ Public plaza ☐ Pedestrian walkways
- ☐ Trees ☐ Lighting
- ☐ Clustered parking

Healthy Design:

Commercial projects offer clustered parking, public places, and pedestrian walkways that are clearly marked.

4. Sidewalk Characteristics:

- A. Continuity ☐ Yes ☐ No
- B. Planter strips w/trees ☐ Yes ☐ No
- C. Width ☐ ≤5ft. ☐ ≥5ft.
- D. Sidewalks on both sides ☐ Yes ☐ No

Healthy Design:

Sidewalks are on both sides of the street and continuous throughout development. They are 5ft or greater in width, and contain planter strips that are no less than 6ft wide.

5. Trails:

- A. Present ☐ Yes ☐ No
- B. Connects surrounding uses ☐ Yes ☐ No
- C. Trees present ☐ Yes ☐ No
- D. Lighting ☐ Yes ☐ No
- E. Signs ☐ Yes ☐ No
- Width _____ Surface Type _____

Healthy Design:

Trails are present, linked to surrounding uses, are 8-14ft wide with a 3ft clearance zone on either side, offer shade trees and contain a surface type such as decomposed granite or asphalt that allows for multiple uses.

6. Bicycle Access:

- A. Class ☐ I ☐ II ☐ III
- B. Bike amenities ☐ Bike racks ☐ Bike storage facilities

Healthy Design:

Bicycle access and amenities are provided and they enhance/support the existing bicycle circulation pattern.

7. Class II Bike Lane Design:

- A. Width without parking ☐ ≤5ft ☐ ≥5ft
- B. Lane width with parking ☐ ≤13 ft ☐ ≥13ft
- C. Signage present ☐ Yes ☐ No

Healthy Design:

Class II bike lanes are present well marked and have optimal widths contingent upon parking.

8. Pedestrian/Bicycle Connectivity to Services within one mile:

- A. Grocery/restaurants ☐ Yes ☐ No
- B. Public transportation ☐ Yes ☐ No
- C. Centrally located schools/daycare ☐ Yes ☐ No
- D. Open space/parks/recreation centers ☐ Yes ☐ No
- E. Services/shopping/entertainment ☐ Yes ☐ No

Healthy Design:

Services and amenities are within a one mile radius of residential development.

9. Park Development:

- A. Land dedication ☐ Yes ☐ No
- B. On-site park ☐ Yes ☐ No
- _____ acre

Healthy Design:

Park development is supported at a level that is steady with the city/county's growth and is consistent with any existing parks, trails, and open space plan.

10. Other

- A. Centrally focused growth ☐ Yes ☐ No
- B. Mixed Use ☐ Yes ☐ No
- C. Energy Efficient ☐ Yes ☐ No

Healthy Design:

Growth Management that avoids sprawl, incorporates a mix of uses and employs energy efficient technologies are a key factor in promoting the health of communities.

Active Design Guidelines: Promoting Physical Activity & Health in Design

- ▶ Specific strategies, degree of evidence, case studies, quick glance checklists...to support healthy active lifestyles
- ▶ Checklists for Urban Design & Building Design

Urban Design

- Land use mix
- Parks, open space, recreation
- Public plazas
- Traffic calming, streetscapes
- Walkability, bikability
- Fresh food access

Building Design

- Stairwells, elevators
- Walking routes
- Exteriors that contribute to pedestrian environment
 - Transparency, awnings...



Healthy Development Checklist Riverside

- ▶ Focus on health equity
 - ▶ So people have access to opportunities that enable them to live healthy lives
- ▶ Checklist & evidence based rational
- ▶ Looks at:
 - ▶ active design
 - ▶ transportation
 - ▶ public safety
 - ▶ environmental health
 - ▶ access to jobs, healthy food, etc

SUMMARY CHECKLIST

ACTIVE DESIGN

- 1. NEIGHBORHOOD AMENITIES.** How well does the project support access to neighborhood amenities (e.g., convenience store, dry cleaning, community center, café, etc.) within reasonable walking distance from residential developments?
- 2. PARKS AND OPEN SPACE.** How well does the project incorporate a park or open space within reasonable walking distance of all residential development?
- 3. PEDESTRIAN ENVIRONMENT.** How well does the project contribute to creating a safe and comfortable pedestrian environment for residents of all ages?
- 4. SIDEWALKS.** How well does the project create or contribute to a complete network of sidewalks?
- 5. FRONTAGE DESIGN.** How well does the project incorporate attractive, pedestrian-scale exteriors and massing to encourage walkability for people of all ages?

Complies with all criteria	Complies with some criteria	Does not comply	N/A
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AARP Livable Communities

- ▶ California's population is aging
...especially in rural areas
- ▶ Most people prefer to 'age in place'
 - ▶ Is your community set up to support that?

www.aarp.org/livable-communities/

In a Livable Community, people of all ages can ...



Go for a walk



Cross the streets



Ride a bike



Get around without a car



Live safely and comfortably



Work or volunteer



Enjoy public places



Socialize



Spend time outdoors



Be entertained



Go shopping



Buy healthy food



Find the services they need



... and make their city, town or neighborhood a lifelong home.



aarp.org/livable



**As a Planning
Commissioner...**

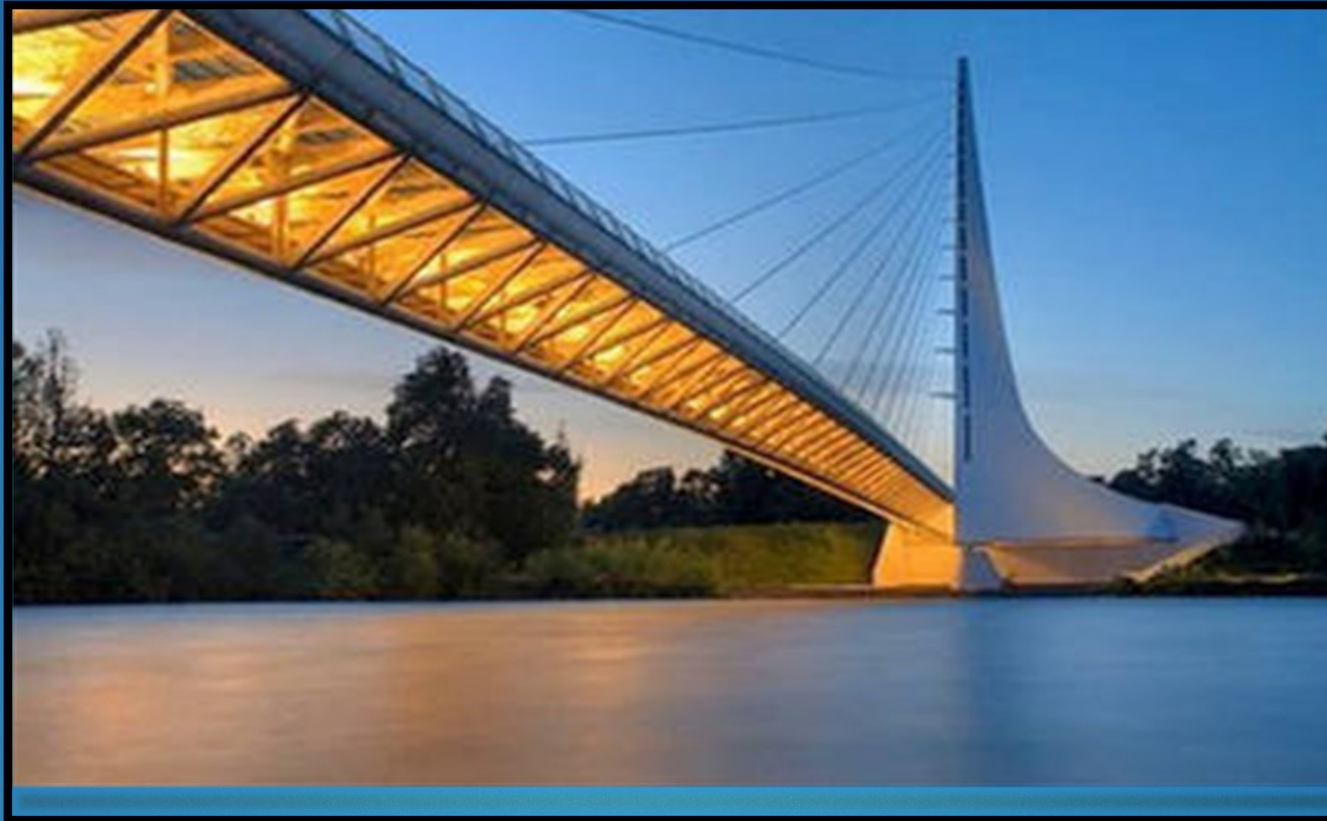
**What can you do to
foster healthy
communities?**

What can you do?

- ▶ Consider long term health impacts when making planning decisions. Set a precedent for health.
- ▶ Encourage planning staff to work with public health
- ▶ Ask staff or project proponents to explain the health implications of projects
- ▶ Recognize that small changes (remove a barrier wall, add a walkway) can have long term impacts on community health
- ▶ Embed health related metrics, language and policy into long range planning documents...and put it into code

What can you do?

- ▶ Ensure active transportation options and look for solutions that have many benefits (health, quality of life, economic development, aging in place...)
- ▶ Consider how populations with unique needs may be impacted (ex: seniors, children with disabilities, people unable to drive...)
- ▶ Build relationships with people at your local health department and non-profits
- ▶ Seek regular trainings, webinars and workshops for fellow commissioners and staff
- ▶ Check out the tools, checklists & resources we shared today (see handout)



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