How Public Health and Planning Started Working Together... Again

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Local Government Commission

New Partners for Smart Growth
Healthy Communities Platform

Sacramento, CA
February 4, 2017
Connecting Health and the Built Environment

1997: Meeting convened by CDC to examine links

Some participants:
- Dan Burden, Walkable Communities
- Larry Frank, Georgia Tech School of Urban Planning
- Shelley Poticha, Congress for the New Urbanism
- Harrison Rue, Citizen Planner Institute
- Sharon Sprowls, Local Government Commission
- Harriet Tregoning, US EPA
- Scott Bernstein, Center for Neighborhood Technology

1997 CDC Panel – the problem

“Dependence on the automobile, poor community design, labor saving devices and social norms all conspire to reduce the level of utilitarian and recreational physical activity. These environmental influences also contribute to the public health threat of physical inactivity among Americans. To combat this threat and reduce the burden of chronic disease, population level changes must be achieved. To support this endeavor, several factors must be considered.”

Rich Killingsworth & Dick Jackson
“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.”

THURSDAY, JANUARY 24, 2002
On-site Preregistration Times: 9:30 a.m.–12:30 p.m. and 5:00–8:00 p.m.

Main Conference Program

7:00–9:00

Opening Keynote Session
A Commitment to Smart Growth Comes from “the Top”!
Our opening session will feature state and national leaders whose strong commitment to smart growth inspired them to become partners in this conference. Hear why they believe smart growth to be important to environmental protection, transportation, and public health and safety, and why smart growth is important to the future of America.

- Christie Todd Whitman, Administrator, U.S. Environmental Protection Agency (invited)
- Dr. Richard J. Jackson, Director, National Center for Environmental Health, Centers for Disease Control and Prevention
- Jeff Morales, Director, California Department of Transportation
RWJF Commitment to Reduce Increase in Childhood Obesity by 2015

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 works is linked with 13% reduction in the risk of cardiovascular disease.

People who live in:

NEIGHBORHOODS WITH SIDEWALKS ARE:
50% more likely to meet physical activity guidelines.

MICED-USE NEIGHBORHOODS - WITH WORK, PLAY, AND SHOPPING NEARBY ARE:
33% more likely to meet physical activity guidelines by walking or transportation.

Learn more about how policies impact active travel at activelivingresearch.org/ActiveTravelReview
Higher density and connectivity: lower obesity —
Atlanta study 2004

Probabilily of obesity vs Land use mix

White female
Black female

Average mixed use, Atlanta
Maximum mixed use, Atlanta

Obesity Relationships with Community Design, Physical Activity, and Time Spent in Cars

Lawrence D. Frank, PhD, Martin A. Andresen, MA, Thomas L. Schmid, PhD
The California Story

- 1998-99: Early work by Department of Health Services
  - Collaboration with non-profits
  - Safe Routes to School
  - Walkable Community Workshop training
  - Public Health and the Built Environment Network and mini-grants
  - Guides: 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

- Public Health Trainings on Community Design and Public Health
- Planning invited Public Health to participate in Field Trips
- Caltrans SRTS non-infrastructure grant ($460k)
- Partnered with LGC to get Caltrans Environmental Justice planning grant for Mecca vision plan

Source: Riverside County Health Department
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

TO: BOARD OF SUPERVISORS
FROM: Mark DeSantis
DATE: June 20, 2006
SUBJECT: Built Environment

(1) RECOMMENDATION: Receive and accept presentation from Dr. Richard Jackson, former Public Health Officer for the State of California and author of “Urban Sprawl and Public Health: Designing, Planning, and Building for Healthy Communities”.

(2) RECOMMENDATION: Direct the Ad Hoc Committee on Smart Growth to reconvene to consider the County’s approach to the “built environment”. Ask staff from the Community Development, Public Works, and Health Services Departments to participate to give input into the scope and substance of this effort.

(3) RECOMMENDATION: Direct the Ad Hoc Committee on Smart Growth to convene within 30 days from today. Ask the Community Development, Public Works, and Health Services Departments to work together to develop preliminary recommendations and report back to the Ad Hoc Committee on Smart Growth within 90 of the initial meeting.

FISCAL IMPACT: None to general fund.

BACKGROUND: Aspects of the environment that are human-modified – from our homes, schools, communities, and workplaces, to our parks, industrial areas, roads and highways – are more frequently being referred to as the “built environment”. There is increasing evidence that this built environment affects our health in significant ways. Many modern health problems including obesity, heart disease and stroke, cancer, asthma, stress, and traffic related injuries are impacted by how and where we build our communities.
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
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”
County Public Health sponsored development of Design Manual for Living Streets
Thank You!

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