A Roadmap to Healthier
General Plans

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General Plans

“The Blueprint for Future Development”
What will my community look like when I’m in middle school?
New Guidelines

- Environ. Justice
- Public Outreach
- Air Quality
- Health
- Safety
- Econ. Develop
- Circulation
- Climate Change
- Open Space
Steps to a Healthy General Plan

- Engage others and build partnerships
- Assess built environment conditions that impact public health
- Update plans and policies to include public health considerations
- Support implementation of healthy planning goals
1. Engage
Healthy Housing

Safe Streets

Vote Vote Vote
Healthy Eating 101
La Cocina Saludable
Thursday, March 27, 2008
6:00 pm - 8:30 pm
South Gate Girls Clubhouse
4940 Southern Avenue
(at South Gate Park)

Help make South Gate a Healthy, Active Community.
Share your thoughts.

Contribute to the development of a healthy and active community.
¡Share your thoughts!

What is healthy eating?
and
Where can it be found in South Gate?

- Interactive Activities
- Dinner Provided
- On-site Childcare

¿Qué es comida saludable?
y
¿Dónde se encuentra en South Gate?

- Ejercicios Interactivos
- Se proveerá cena
- Cuidado de Ninos

For more info call / Para más información favor de llamar al: (213) 613-8800

South Gate
What’s your ideal street in 50 years?
Photo from John Oshimo
COMMUNITY HEALTH ELEMENT

Introduction

The City of Arvin, a small town that is driven by its agricultural community, is located in one of the most productive areas of California. However, the City faces numerous environmental challenges and health-related issues. Arvin, as well as many communities in Kern County and the San Joaquin Valley, are struggling to address these interrelated issues, such as how the community's health is impacted by air and water pollution, dependency on cars, lack of physical activity and accessibility to medical care and healthy food. Recognizing that there are critical health risks in the community and that the City can take a proactive approach solving these issues, the City has developed a Community Health Element for its General Plan. This Community Health Element primarily addresses concerns that relate to the built environment, as well as identifying programs that will educate, support, and encourage a healthy lifestyle.

Authority

The State of California has mandated that city and county governments adopt a General Plan. The General Plan consists of seven required elements and gives the flexibility to include optional elements. The California Governmental Code Section 65365 enables a county or city to adopt "any other elements or address any other subjects, which, in the judgment of the legislative body, relate to the physical development of the county or city." The Community Health Element is not a required element in the General Plan, but including the Community Health Element enhances and supports the City's vision of a sustainable and prosperous future.
How far do you live from the market?

<table>
<thead>
<tr>
<th>Distance</th>
<th>Dots</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 1</td>
<td></td>
</tr>
<tr>
<td>1-5 miles</td>
<td></td>
</tr>
<tr>
<td>5+ miles</td>
<td></td>
</tr>
<tr>
<td>I do not live</td>
<td></td>
</tr>
<tr>
<td>in the DC</td>
<td></td>
</tr>
<tr>
<td>metro area</td>
<td></td>
</tr>
</tbody>
</table>

How long have you been shopping at this market?

<table>
<thead>
<tr>
<th>Years</th>
<th>Dots</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-15 years</td>
<td></td>
</tr>
<tr>
<td>5-10 years</td>
<td></td>
</tr>
<tr>
<td>Fewer than 5</td>
<td></td>
</tr>
<tr>
<td>I am new here!</td>
<td></td>
</tr>
</tbody>
</table>

Do you shop here regularly?

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Dots</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes - regularly</td>
<td></td>
</tr>
<tr>
<td>Yes - once a</td>
<td></td>
</tr>
<tr>
<td>week/month</td>
<td></td>
</tr>
</tbody>
</table>

2. Assess
“We needed the epidemiology. It was easy to go to meetings and say, ‘If you live in cities where you can walk around, you can lose weight.’ But when you can show numbers, it’s a better story.”

– Advocate
MEASURING ACCESS TO HEALTHY FOOD

District of Columbia | Office of Planning
MEASURING WALKABILITY

Northeast Corner of Five Points

Theoretical 5 min. walk (1/4 mi)

Theoretical 10 min. walk (1/2 mi)

Actual 5 min. walk (1/4 mi)

Actual 10 min. walk (1/2 mi)

Source: City of Ventura. Created for the Midtown Ventures Design Charette, March 2005
3. Policy & Implementation
Q: What makes a strong policy?

- Think big
- Addresses disparities
- Measurable
- Actionable
Vision Statement

“Healthy RC inspires a lifestyle that embraces a Healthy Mind, Body and Earth, through lifelong learning and enrichment, active and healthy living, and environmental sustainability.”
Good:
Ensure that pedestrian routes and sidewalks are integrated into continuous networks.

Better:
This document strives to address the needs of [southwest Rancho Cucamonga] in particular, so that all citizens have equal access to alternative modes of transportation.
Good:

Encourage the development of bike infrastructure.

Better:

Plan and install bicycle facilities adjacent to schools, except where parking and/or loading zones are prohibitive.
Policy Language

- Equity
- Connected to schools
- Reduce collisions

Table 8.3. Proposed Off-Street Shared Use Paths by Rank
Steps to a Healthy General Plan

- Engage others and build partnerships
- Assess built environment conditions that impact public health
- Update plans and policies to include public health considerations
- Support implementation of healthy planning goals
Thank You!

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