

Promoting Health Through the Planning Process

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Outline of Presentation

- APA's Health and Comprehensive Planning Analysis
- Philadelphia 2035
- Imagine Austin
- Q&A

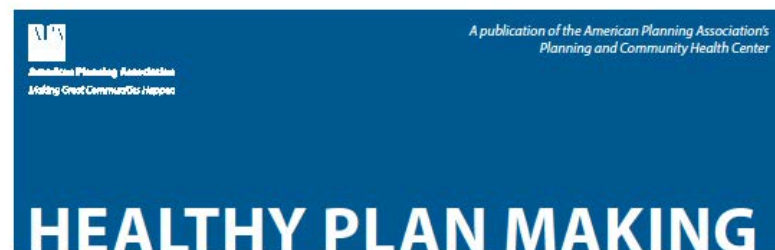
- This seminar and materials are supported by funds from the Centers for Disease Control and Prevention's Healthy Community Design Initiative.
- All presentation slides and a recording will be available following the webinar.
- If you have a question for one of our presenters, please use the Q&A box on the lower right section of your screen.

APA and the Planning and Community Health Center

- National membership organization with nearly 40,000 members dedicated to making great communities happen
- Planning and Community Health Center: *advancing plans and policies for improving the built environment to promote public health*
 - Conducts sponsored research projects, convenes stakeholders, promote leadership in community health planning

Healthy Plan Making

- Planning Framework
- Plan Components:
 - Active Living
 - Emergency Preparedness
 - Environment Health
 - Food and Nutrition
 - Health, Human, and Public Services
 - Social Cohesion and Mental Health



The comprehensive plan and the planning process can be used as tools for creating an environment that makes the healthy choice the easiest choice. A comprehensive plan is a guide for improving quality of life, promoting economic development, and creating livable spaces, all of which improve community health. The plan and the resulting regulatory changes, capital investments, and other implementation actions can set the foundation for land-use and development patterns that promote positive health outcomes and prevent chronic disease.

In 2010, the American Planning Association, with funding from the Centers of Disease Control and Prevention, began a three-year study to assess the integration of public health into comprehensive plans and their development process. This fact sheet lists strategies commonly used in the planning process to create vibrant communities, shows their connection to public health, and identifies best practices from across the country.

PLANNING FRAMEWORK

Community Engagement+Partnerships +Evidence Base=Effective Implementation

Planning Strategies:

- Include reference to health in the plan's vision, mission, engagement strategy, and approach
- Engage the public and local public health professionals in defining priority health issues
- Involve key partners in plan development and implementation:
 - Health department, schools, community groups, nonprofit organizations, real estate community, elected officials, local and regional leaders
- Establish a sound evidence base for plan recommendations and use metrics to track and demonstrate progress:
 - local health department data, local land-use databases, U.S. Census Bureau, USDA Agriculture Census, Community Commons, local school district data, etc.
 - Include Health Impact Assessments in establishing evidence base for plan monitoring and evaluation



PLAN COMPONENTS

ACTIVE LIVING: a way of life that integrates physical activity into daily routines

Planning Strategies:

- Promote partnerships and coordination among related agencies/stakeholders in plan development and implementation
- Use data-driven decision making to incorporate biking, walking, parks and recreation, and infrastructure into specific elements such as Parks and Open Space, Transportation/Circulation, Urban Design, Subdivision, and Site Plan
- Locate community facilities such as schools and parks to promote connectivity between places where we live, work, and play



Healthy Plan Making

Planning Framework:

- Involve key partners in plan development and implementation:
 - Health Department, Schools, Community Groups, Nonprofit Organizations, Real Estate Community, Elected Officials, Local and Regional Leaders
- Establish a sound evidence base for plan recommendations and use metrics to track and demonstrate progress:
 - local Health Department data, local land use databases, US Census Bureau, USDA Agriculture Census, Community Commons, local school district data, etc.
 - Include Health Impact Assessments in establishing evidence base for plan monitoring and evaluation

Healthy Plan Making

Food and Nutrition:

- Promote access to clean water and public drinking fountains
- Promote the availability of healthy, fresh foods in identified food deserts and food swamps

Food and Nutrition: a food system designed to facilitate healthy eating

Planning Strategies:

- Promote access to clean water and public drinking fountains
- Designate areas in urban as well as rural communities for agricultural use and allow community gardens within all residential neighborhoods
- Promote the availability of healthy, fresh foods in identified food deserts and food swamps



Food and Nutrition Examples

Philadelphia; Seattle
Oneida Nation,
Wisconsin

Philadelphia:

Amanda Wagner, MCP, MGA

Nutrition and Physical Activity Program Manager

Get Healthy Philly

Philadelphia Department of Public Health

Keith Davis

Healthy Communities Coordinator

Philadelphia City Planning Commission

Austin:

Carol Haywood

Planning Manager, Comprehensive Division

Planning and Development Review Department

Cassandra DeLeon

Chronic Disease Prevention and Control Program Manager

City of Austin Health and Human Services



Healthy Planning in Philadelphia

American Planning Association Webinar
November 6, 2014

Keith Davis

Healthy Communities Coordinator
Philadelphia Planning Commission

Amanda Wagner

Program Manager,
Get Healthy Philly
Department of Public Health

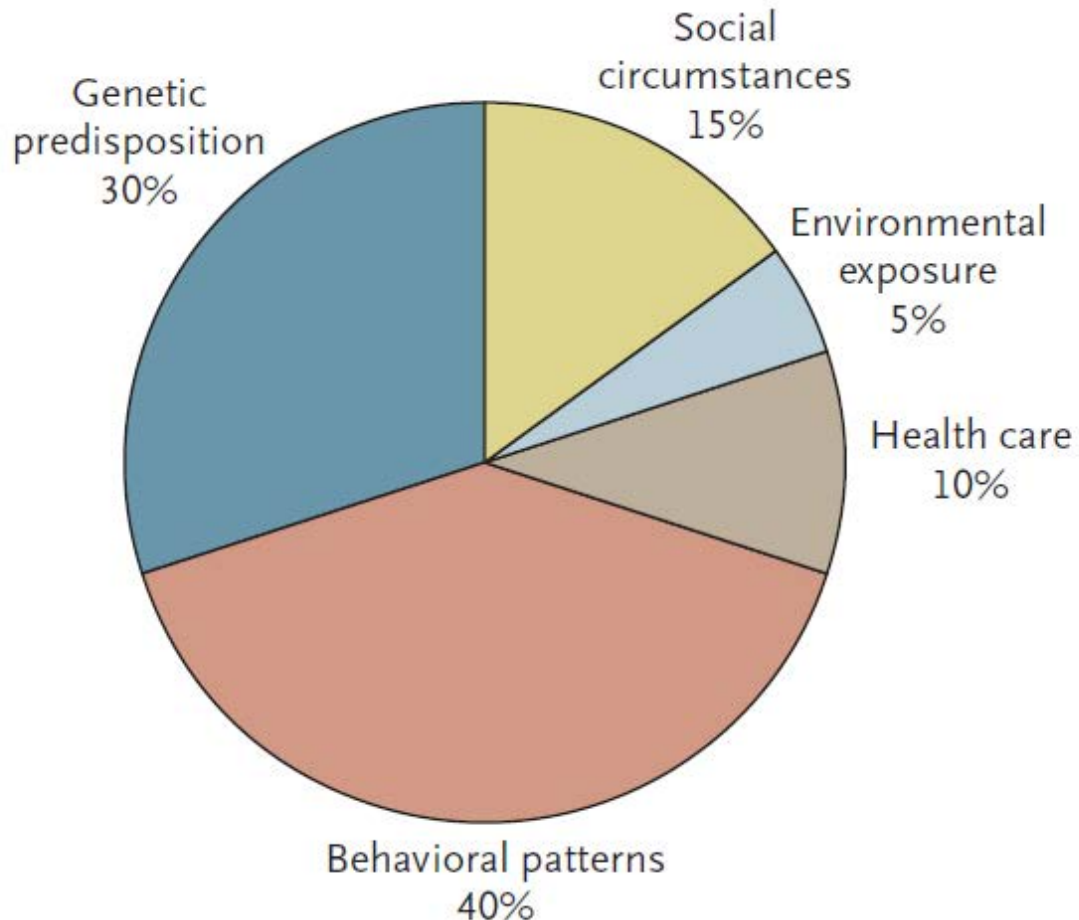
Agenda

- Partnership Development
 - Why Health and Planning?
 - Get Healthy Philly Framework
- Phila2035 Development
- Phila2035 Implementation
- Next Steps



Planning and the Built Environment

Proportional Contribution to Premature Death



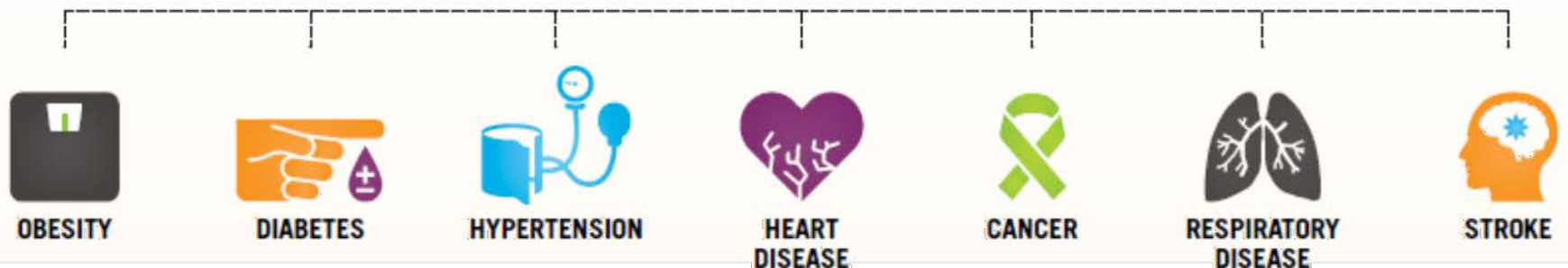
Schroeder S. We Can Do Better – Improving the Health of the American People. NELM;2007;357;1221-8.

Get Healthy Philly Framework

We can make the healthy choice,
the easy choice in multiple environments...



to prevent chronic disease and improve health.



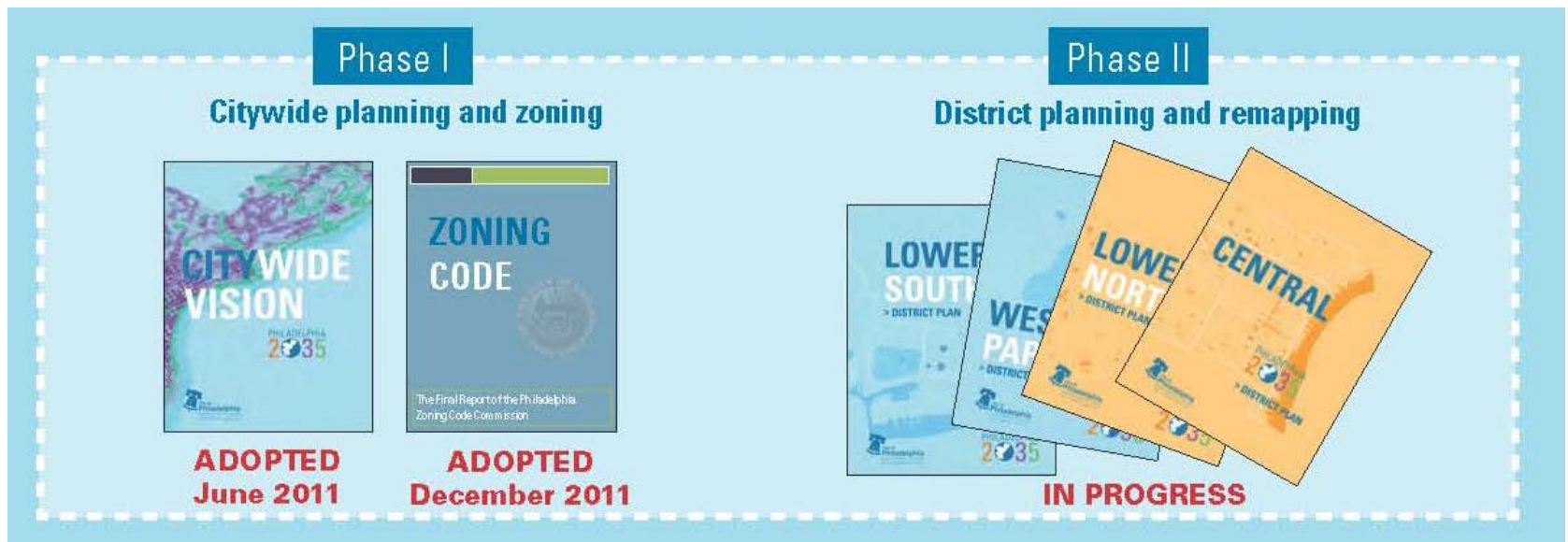
Health in All Policies – 3 measures of success:

1. Incorporating health in policy across disciplines – *Philadelphia2035 (comprehensive plan, 18 district plans)*
2. Incorporating health in decision making (implementing health based policy) – HIAs
3. Addressing health outcomes / reducing health disparities by effecting physical and social determinants of health – “*PhilaTool*”



Health and Planning - Intersections to Date

- Healthy Communities Coordinator
- Phila2035 Citywide Vision
- Zoning Code Reform
- District Plans
- Citizen's Planning Institute
- PDPH's data aggregation



PHILADELPHIA 2035

Citywide Vision
(Completed 2011)



18 District Plans leading to
zoning map revisions
(5-year process)



Health in Phila2035 Citywide Vision

- Health not a separate chapter but explicitly included in the context section, and the benefits measures.
- 70 plan objectives → 20+ have evidence based connections to public health, including access to healthy food, walkability, transit-oriented development, open space.

OBJECTIVE		ECONOMIC BENEFITS						HEALTH AND WELL-BEING BENEFITS					ENVIRONMENTAL BENEFITS			
		↑	↑	↑	↑	↓	↓	↑	↑	↑	↓	↓	↑	↑	↑	↓
		Tax Base	Property Value	Land Utilization	State of Repair	Travel Times	Poverty	Access to Opportunities	Safety	Affordability	Chronic Disease	Obesity Rate	Air Quality	Water Quality	Resilience to Natural Hazards	Nonrenewable Energy Consumption
Neighborhoods	1.1.1 Strengthen neighborhood centers by clustering community-serving public facilities.			●	●	●		●	●		●	●	●			●
	1.1.2 Strengthen neighborhood centers by developing viable commercial corridors.	●	●	●		●	●	●	●	●			●			●
	1.1.3 Strengthen neighborhood centers by promoting transit-oriented development around stations.	●	●	●		●		●	●	●	●	●	●			●
	1.1.4 Provide convenient access to healthy food for all residents.							●		●	●	●				●

“Improvements are needed to the built environment to provide equitable access to services and to reduce barriers to healthy living.”

PHILADELPHIA 2035

Citywide Vision
(Completed 2011)

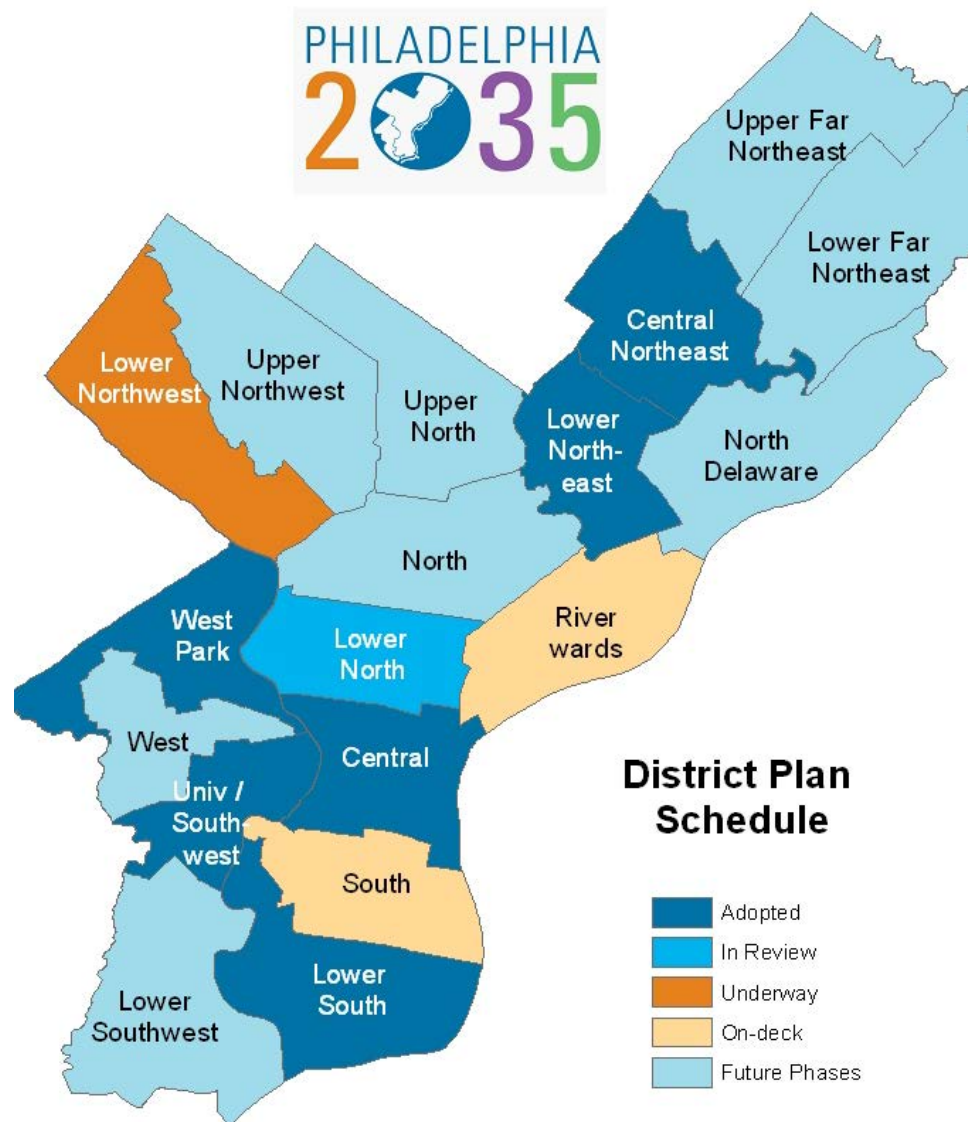


18 District Plans leading to
zoning map revisions
(5-year process)



Health in District Plans to Date

- 8 adopted; 1 in review; 2 underway; 7 more
- Incorporate Health in variety of ways
 - Health specific recommendation
 - Health profile
 - Health Impact Assessment
 - Separate Health Assessment



Health Profile as Context for the District Plans' Recommendations



- I. Health outcomes
- II. Determinants of health
 - A. Access to rec facilities and open space
 - B. Active Living by Design
 - C. Availability of Healthy Foods
- III. Link to Planning Strategies / Recs

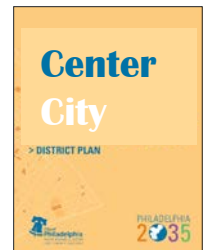
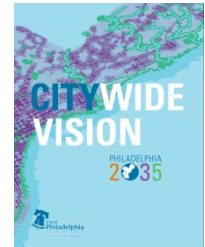
Health in the Citywide Plan and New Zoning Code

Health-Promoting Comp Plan Strategy: Neighborhood Centers - promotes clustering of community-based amenities to support walkability.

Citywide Vision Objective 1.1.2. *Strengthen neighborhood centers by developing viable commercial corridors*

Health and Well-Being Benefits. Access to Opportunities, Safety, Affordability

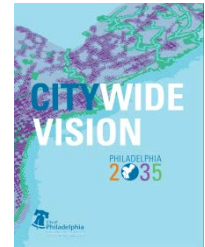
Implementation: Center City District Plan, Rec # 8. *“Implement CMX zoning on Callowhill & Pennsylvania Ave to reinforce commercial corridors”, Status: In progress.*



Health in the Citywide Plan and New Zoning Code

Health-Promoting Comp Plan Strategy: Age-Friendly Neighborhoods

Citywide Vision Objective 1.2.2. Ensure a wide mix of housing is available to residents of all income levels. **Strategy d.** Provide a wider variety of housing options for an aging population such as aging in-place programs and accessory housing options.



Health and Well-Being Benefits. Access to Opportunities, Safety

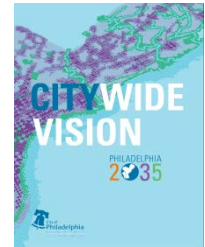
Implementation: West Park District Plan, Rec # 24. *“Provide new housing for the elderly near services and amenities, such as transit and commercial corridors”, Status: In progress*



Health in the Citywide Plan and New Zoning Code

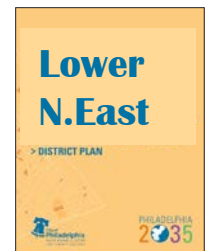
Health-Promoting Comp Plan Strategy: Transit Oriented Development
- promotes active living.

Citywide Vision Objective 1.1.3. *Strengthen neighborhood centers by promoting transit-oriented development around identified stations*
CV Obj 4.3.2 *Control Automobile congestion through traffic management and planning*



Health and Well-Being Benefits. Access to Opportunities, Safety, Affordability, Chronic Disease

Implementation: Lower Northeast District Plan, Rec # 4. *“Add a Transit Oriented Development Overlay District to portions of Frankford Avenue”, Status: In progress.*



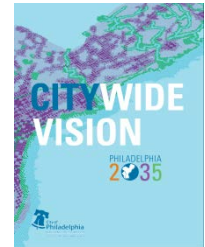
Health in the Citywide Plan and New Zoning Code

Health-Promoting Comp Plan Strategy: Parking maximums, Car-share priority, and Bicycle parking – balances city amenities to promote multimodal transportation

Citywide Vision Objective 4.2.2. *Expand on- and off-street networks serving pedestrians and bicyclists.*

Health and Well-Being Benefits. Access to opportunities, Safety, Affordability, Obesity rate

Implementation: West Park District Plan, Rec # 62. *“Create a Bike station facility in the eastern section of the Centennial District, where roads and trails are well—suited for biking”, Status: Not Started.*

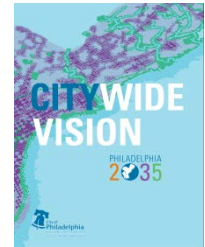


Health in the Citywide Plan and New Zoning Code

Health-Promoting Comp Plan Strategy: Food access

Citywide Vision Objective 1.1.4. Provide convenient access to healthy food for all residents.

Health and Well-Being Benefits. Access to Opportunities, Affordability, Chronic Disease



Implementation: West Park District Plan, Rec # 12. *“Seek funding to design and implement improvements to the park West Town Center to provide better ped access to fresh food. . . ”, Status: Not Started*

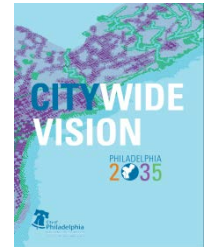


Health in the Citywide Plan and New Zoning Code

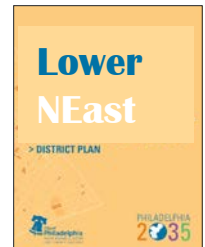
Health-Promoting Comp Plan Strategy: Open Space Access

Citywide Vision Objective 6.3.1. Ensure that all Philadelphians live within a 10-minute walk of a neighborhood park or a recreation center

Health and Well-Being Benefits. Access to Opportunities, Chronic Disease



Implementation: Lower Northeast District Plan, Rec # 28. *“Complete the extension of the Tacony Creek trail from Roosevelt Blvd to I and Ramona Streets at Juniata Park. Include stream bank restoration and stormwater mgmt where feasible”, Status: Complete*

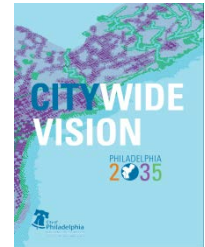


Health in the Citywide Plan and New Zoning Code

Health-Promoting Comp Plan Strategy: Food access

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Health and Well-Being Benefits. Access to Opportunities, Affordability, Chronic Disease



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Creating Healthy Communities – *Philadelphia2035* and Beyond

- **Step 1. Department of Public Health's *Community Health Assessment*** – identify disparities in health outcomes across geographies and populations
- **Step 2. Planning Commission's *Philadelphia2035 Comprehensive Plan*** – Support the development of land use and zoning goals & recommendations that address the determinants of health linked to the disparate health outcomes. Ensure health benefits are highlighted in decision making.
- **Step 3. Health Impact Assessment** - assess plan, policy, and project proposals for their ability to right the health disparities; develop recommendations towards the above goals; establish community partnerships to build capacity for conducting assessments
- **Step 4. Institutionalize Health in All Policies** – explore policy and decision making venues for integrating health consideration into policy. Promote healthy development by keeping the development community informed of health disparities and strategies for addressing (a la, adoption of San Francisco's Healthy Development Measurement Tool)



Other Next Steps

- Identify additional areas for incorporating health into decision making
 - Capital Planning Budget: Develop a geo-database of determinants of health to inform capital projects
 - Master Trail Planning
 - Zoning Code Re-Mapping Ordinances to Council
 - Civic Design Review for Larger Developments



Thank You!

www.phila2035.org
www.gethealthyphilly.org
www.foodfitphilly.org

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Promoting Health through the Planning Process

I imagine Austin...



More
Bike Routes



Greener and Safer

More Lakes, Parks,

and Alternative
Transportation



City of Austin

Carol Haywood

**Planning & Development
Review**

Cassie DeLeon

Health and Human Services

Nov. 6, 2014

- How Health is incorporated in the plan
- Implementation following plan adoption
- Healthy Austin Priority Program



Today's Presentation

“Austin’s greatest asset is its people: passionate about our city, committed to its improvement, and determined to see this vision become a reality.”



- Austin will be livable, safe, and affordable
- Promote physical activity, community engagement, and inclusion
- Ensure that amenities and services are easily accessible to all
- Contribute to Austin's unique spirit



Inside the plan: Complete communities



Investing in Compact and Connected Places



Regional Center



Activity Corridor



Activity Corridor



Town Center



Neighborhood Center



Centers & Corridors

Community Engagement

Internal Alignment

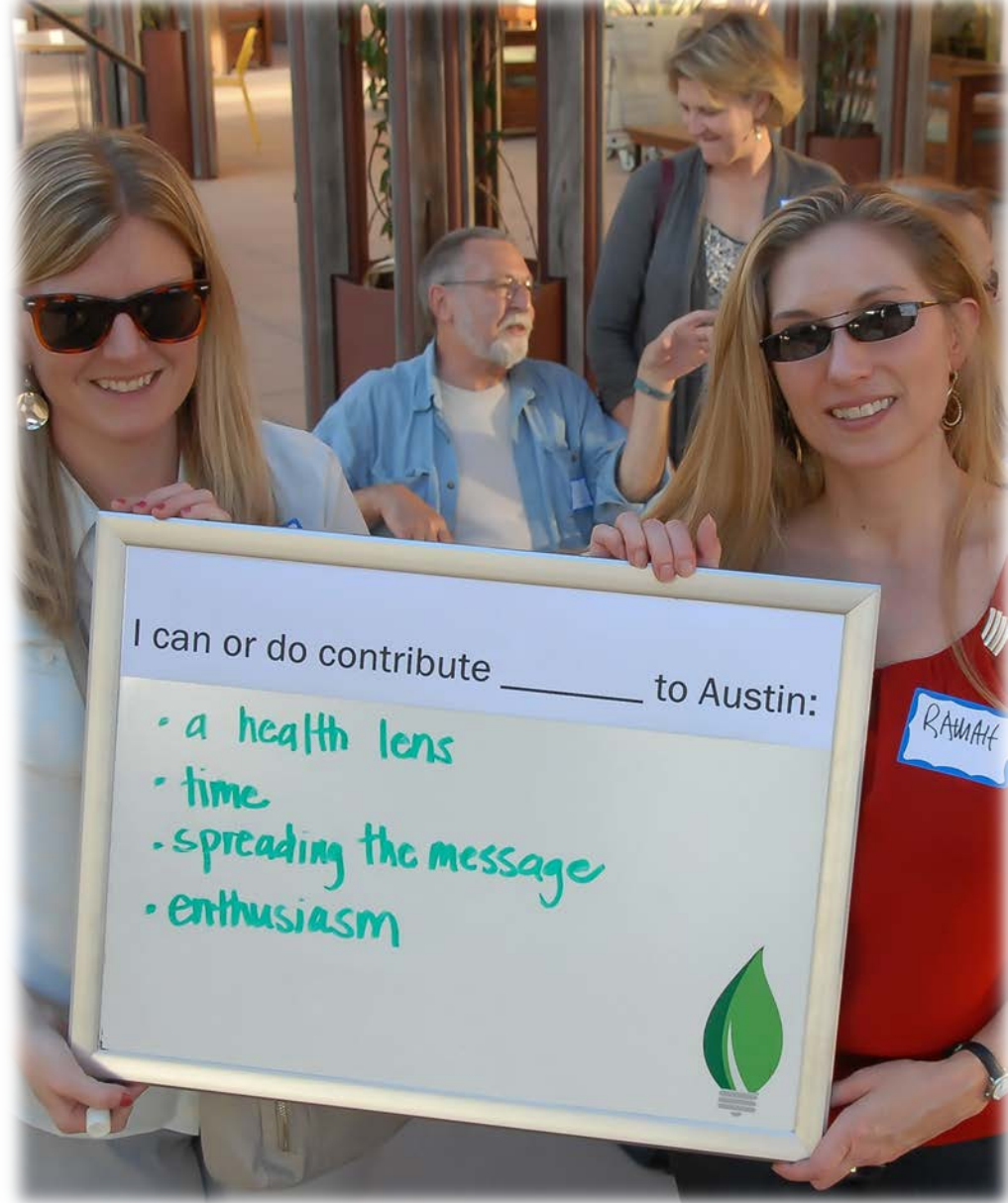
Capital Investments

Regulations

Partnerships

Implementing *Imagine Austin*

- **Meet-ups**
- **Speaker Series**
- **Online Outreach**
 - Website
 - Social Media
 - YouTube Channel
 - City Shaping News
- **Compact & Connected Training Course**
- **BookPeople**
- **Book Club**



IMPLEMENTATION = ENGAGEMENT | ALIGNMENT | REGULATIONS | INVESTMENT | PARTNERSHIPS

Community Engagement

TOPIC GROUPS

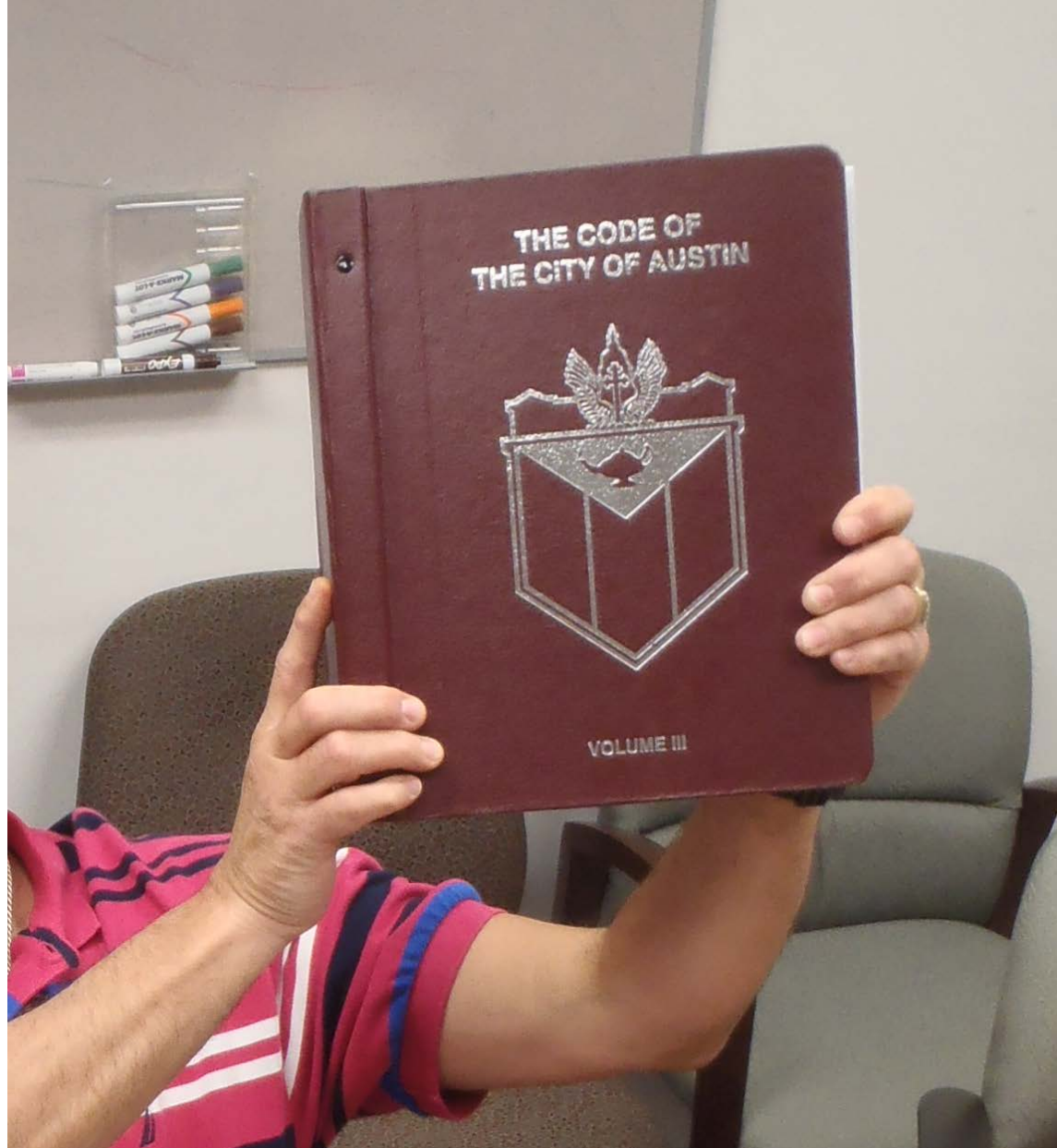
PRIORITY PROGRAMS

Compact and Connected	1. Compact and Connected 8. CodeNEXT
Nature and City	2. Sustainable Water 4. Green Infrastructure
Creativity and Economy	3. Workforce Development 5. Creative Economy
Healthy and Affordable	6. Healthy Austin 7. Household Affordability

IMPLEMENTATION = ENGAGEMENT | ALIGNMENT | REGULATIONS | INVESTMENT | PARTNERSHIPS

Internal Alignment

- **Land Development Code Revision Code NEXT**
- Airport Boulevard Form-Based Code Initiative
- South Austin Combined Neighborhood Plan
- Downtown Density Bonus
- Colony Park Initiative
- South Central Waterfront
- North Central Austin Planning Area



IMPLEMENTATION = **ENGAGEMENT** | **ALIGNMENT** | **REGULATIONS** | **INVESTMENT** | **PARTNERSHIPS**

Regulations

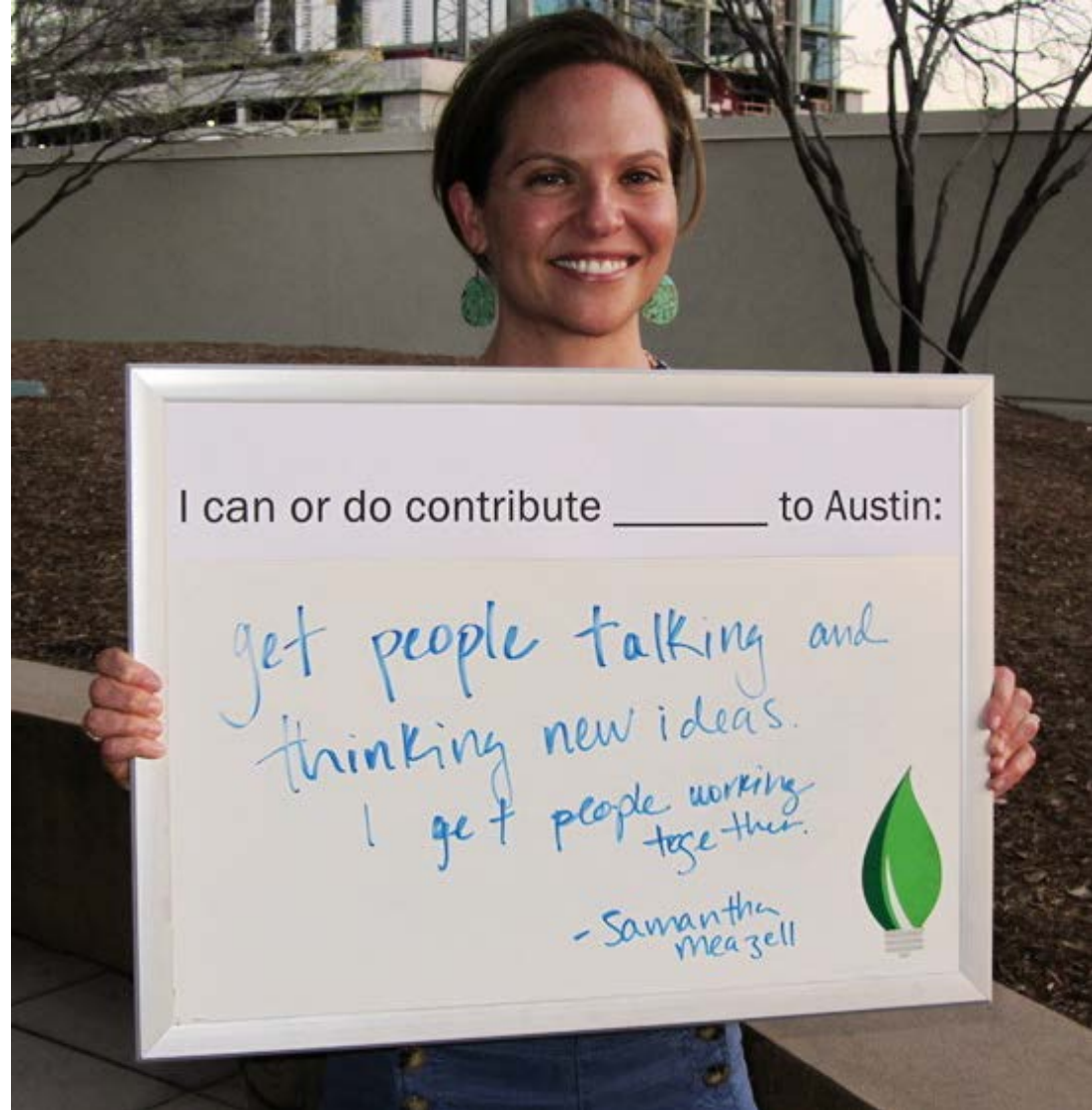
- Long-Range CIP Strategic Plan
- Enhanced communication and reporting on CIP investments
- CIP Program Management
- Small Area Plan Implementation



IMPLEMENTATION = ENGAGEMENT | ALIGNMENT | REGULATIONS | INVESTMENT | PARTNERSHIPS

Capital Investments

- Developing a framework to expand resources.
- Foster partnerships between the City and private sector, governmental, non-profit and community based groups.
- Achieve mutual aspirations



A participant at a Meet-up understands the importance of partnerships.

IMPLEMENTATION = ENGAGEMENT | ALIGNMENT | REGULATIONS | INVESTMENT | PARTNERSHIPS

Partnerships

TOPIC GROUPS

PRIORITY PROGRAMS

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Healthy Austin Priority Program

Community Health Improvement Plan (CHIP) is coordinated with Imagine Austin focusing on:

- **Obesity**
- **Access to healthy foods**
- **Transportation**
- **Access to primary care and behavioral health services**



Healthy Austin Priority Program

Promoting Active Transportation



**Viva
Street
Better
Block
Demo**



**Cycle track, Rapid Bus,
and B-Cycle**

Healthy Austin Priority Program

Promoting Active Transportation

Pedestrian Advisory Council (PAC) meeting



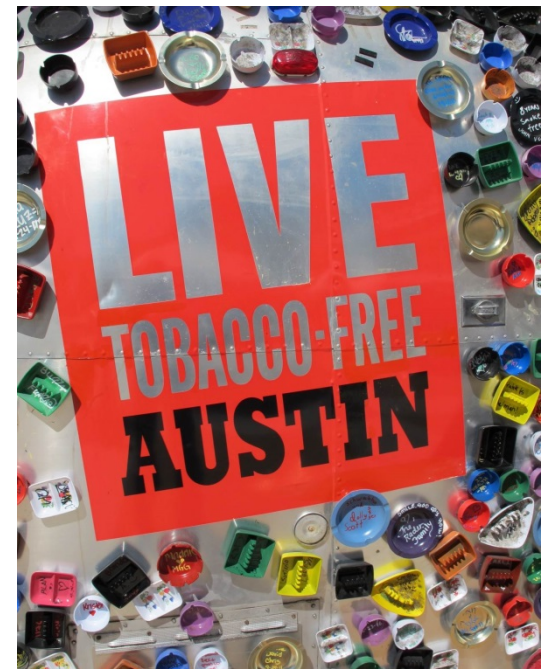
Healthy Austin Priority Program

Tobacco Cessation



Healthy Austin Priority Program

Tobacco Cessation



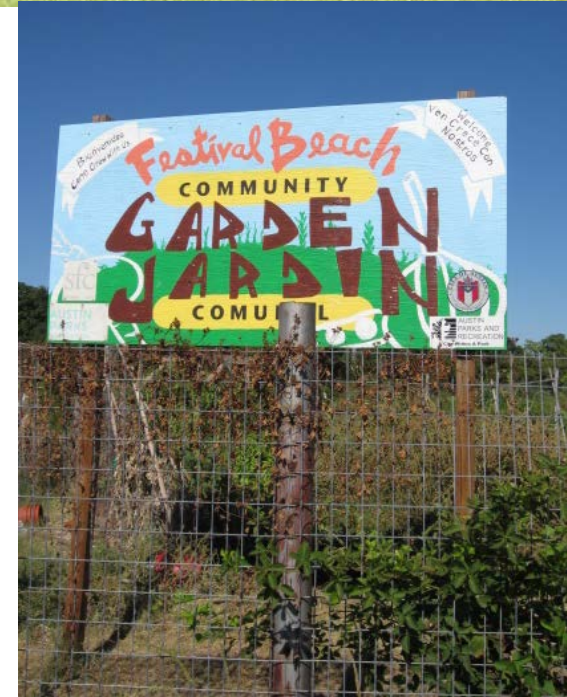
Healthy Austin Priority Program

Access to Healthy Food



Healthy Austin Priority Program

Access to Healthy Food



Healthy Austin Priority Program

Enhancement of Public Spaces



Before



After

Healthy Austin Priority Program

2014 Annual Report

The Way Forward

DRAFT



Second Annual
Report just
released

<http://austintexas.gov/imagineaustin>

Thank you



IMAGINEAUSTON

Vibrant. Livable. Connected.