

Health and Planning

Core Health Topics

- Accessibility
- Air quality
- *Climate change*
- Environmental and housing quality
- Food
- *Health facility access*
- Mental health
- *Noise*
- Physical activity
- Safety
- Social capital
- Water quality



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Planning Overview

- Planning affects numerous health issues
- Comprehensive planning represents an opportunity to address health
 - Long-term
 - Establish community vision
 - Address a wide-range of issues
 - Participatory



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Plans and Plan Implementation

- Plan sets framework for future growth and community character
- Plan implementation can further address health
 - Zoning ordinances
 - Design guidelines
 - Capital improvements



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Metropolitan Council
Requirements 2008

Topics

- Accessibility
- Air Quality
- Environmental and Housing Quality
- Food
- Mental Health
- Physical Activity
- Social Capital
- Safety (crime & traffic)
- Water Quality

Land Use Plan

- Future land use
- Housing plan
- Resource Protection
- Transportation**
- Traffic Analysis Zone (TAZ) Allocation
- Highway & roads plan
- Bike & pedestrian plan
- Special traffic situations
- Transit plan for facilities & service
- Aviation Plan
- Water Resources**
- Wastewater & sewer plan
- Surface water management plan
- Water supply plan
- Parks & Open Space**
- Regional parks and open space
- Optional Elements**

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Connections Between Health Topics and Plan Elements	Access	Air	Env. Hous. g	Food	Mental	PA	Safety	Social	Water
Land Use Plan									
Future land use	x	x	x	x	x	x	x	x	x
Housing plan	x	x	x	x	x	x	x	x	
Resource protection		x			x				x
Transportation									
TAZ allocation	x	x					x	x	
Highway & roads	x	x					x	x	
Bike & pedestrian	x	x		x	x	x	x	x	
Special traffic	x	x		x			x	x	
Transit plan	x	x		x			x	x	
Aviation Plan	x	x			x		x		
Water Resources									
Wastewater & sewer			x				x		x
Surface water			x		x				x
Water supply plan			x						x
Reg. Parks and O.S.		x			x	x	x		x

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Connecting Planning and Health

- Four general approaches (Morris 2007)
 - Comprehensive plan update
 - Corrective/Selective Amendments
 - Separate Health-related Plans
 - Revised Codes or Ordinances



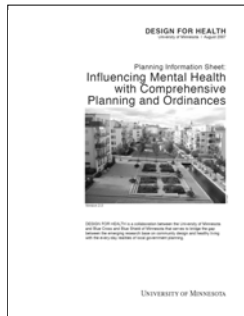
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Information Sheets

- Summary of approaches to integrating health into plans and policies
 - Plan and policy content
 - Best planning practices informed by research
 - Discusses Metropolitan Council requirements
 - Notes types of plans and implementation tools



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Information Sheets

- How can planners use this?
 - Identify and tailor content for local plans and ordinances
 - Learn about alternative approaches to organizing plans
 - ID best practices
 - Example: [Food Access](#)



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- Analysis tools to gather background information
- Community Food Security Assessment (USDA)
- Identify opportunities and constraints related to food access

- Adequacy of supermarkets
- Barriers to food shopping
- Modes of transportation
- Income and poverty levels
- Loss of farmland
- Availability of locally grown food
- Number of community gardens, farmers' markets, and food coops
- Food policies

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- Plan content
 - Goals, policies, and objectives for [food access](#)

Table 1. Improving Food Access - Excerpts from the San Francisco Sustainability Plan

Goal	Long-term Objectives to Reach Sustainability	Objectives for the Year 2001 (Five-year Plan)	Actions
3. To ensure access by all people at all times to enough nutritious, affordable, safe, and culturally-diverse food for an active, healthy life.	3-A. Safe, convenient, reliable, and nonpolluting transportation is available to points of sale that provide nutritious, affordable safe, and culturally-diverse food.	3-A-1. Transportation to points of sale that provide nutritious, affordable, safe, and culturally-diverse food has improved.	3-A-1-a. Establish better and more fixed-route Muni service to enable shopping to be done with public transportation. 3-A-1-b. Improve Muni and special-transit services to enable people with particular transit needs to shop using public transportation.

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- Plan content
 - Goals, policies, and objectives for [food production and distribution](#)



- Dane County, WI – Agricultural, Natural, and Cultural Resources Element**
- Educate farmers and landowners on alternatives to development
 - Establish a "Buy Dane County" farm-products campaign
 - Encourage local purchasing in county food service facilities

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- Planning implementation and policies for [food access](#)
 - Traditional neighborhood development (TND) ordinance (Univ. of WI Extension)
 - Mix of uses within 5 minute walk
 - Allow some food service uses in neighborhoods (e.g. butcher shops, bakeries, grocery stores)



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- Planning implementation and policies for food production and distribution
 - Community gardens zoning district (Boston Redevelopment Authority)
 - No minimum land area
 - May include vacant public land or private land (with consent)



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Case Studies

- Highlight health-focused plans
 - King County, WA Comprehensive Plan
 - General health objectives throughout
 - Fremantle, Western Australia Physical Activity Strategic Plan
 - Focus on a key health issue



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Case Studies

- How can planners use this?
 - Sample plan content
 - Evaluate alternative approaches
 - Institutional arrangements and departmental coordination



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Local Cases

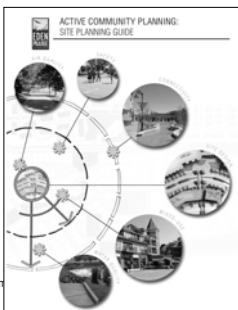
- Example – Eden Prairie Comprehensive Plan
 - Included Active Community Planning Chapter in plan
 - Addressed air and water quality, accessibility, safety, physical activity, mental health
 - Particular focus on mix of land uses and connectivity



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Technical Assistance

- Example – Eden Prairie Active Community Planning: Site Planning Guide
 - Guides implementation of comprehensive plan
 - Addresses multiple health topics
 - Highlights best practices with graphics and checklists for development



Air Quality

Before any quality review for individual health and community-wide physical activity, air quality must be improved to guarantee the use of alternative forms of transportation by other means and during those low winter months. The average person is likely to walk up to 10 miles to a transit station, all other things being equal. The average person will be walking from half mile to the proposed LRT station. Plans should focus on pedestrian paths, higher density, mixed use developments, and shared and reduced parking requirements. Plans should include such measures as all public roads, sidewalks and trails.

Regularly spaced trees lining streets help improve air.

Guidelines:

- Plans should include tree plant and design within walking paths.
- Plans should include tree along sidewalks and trails. Do not plant or create a 20' clear canopy.
- Plans should include pathways in high-traffic areas and low-traffic and recreational and exercise for transit users.

Checklist

- 1. Does the plan include tree and canopy along paths?
- 2. Does the plan include pathways for low-traffic and recreational?
- 3. Does the plan include paths along sidewalks, trails, and transit?
- 4. Are shared and reduced parking requirements in the plan?

Regularly spaced trees lining streets help improve air.

Regularly spaced trees lining streets help improve air.

Physical Safety and Mobility

Recognizing the role of the automobile in shaping the design of formal development, the emphasis of urban Community Planning has been to be support conventional travel and safety. In order to reduce the attractiveness and benefits of driving, several on-foot or bike-based safety strategies need to be considered. Creating accessible, attractive environments for these conditions is important.

Provision of safe lighting and enhanced design principles that ensure sidewalks, trails and other on-foot and bicycle ways of all ages and abilities are functionally desirable for an existing built environment.

Guidelines:

- Lighting along pathways and in open space should be designed to give priority pedestrian travel over other uses.
- Proposed streets should have speed limits 10 mph or less.
- Key pedestrian crossings should be clearly indicated with markings, design and lighting.
- Streets should be pedestrian friendly on their median or side streets.
- Safe and attractive design should be provided to all in safe pedestrian crossing.

Checklist:

- Is there pedestrian lighting along corridors and at crossings?
- Are there active and usable ground level uses to provide "eyes on the street"?
- Are there clear guidelines at crossings for both pedestrians and drivers?
- Does the plan provide for adequate right of way and crossings?
- Does the plan require pedestrian and vehicle safety?

Illustration pedestrian oriented lighting ways to create a safe environment.

Provision of safe lighting and enhanced design principles that ensure sidewalks, trails and other on-foot and bicycle ways of all ages and abilities are functionally desirable for an existing built environment.

Safe design principles that apply to all users.

High walls at street corners reduce visibility, increase and reduce pedestrian safety.

Street trees and on-street parking provide a safe, pleasant pedestrian and traffic environment.

Streets are narrow to provide shorter crossing distance for pedestrians.

11 Urban Community Planning: The Planning Process


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Local Cases

- Example – Victoria Comprehensive Plan
 - Community wide goals include focus on "community health"
 - Parks and open space element includes public health section
 - Addresses wide range of health issues

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Local Cases

- Example – Rochester Complete Streets Ordinance
 - Create a connected network of facilities accommodating each mode of travel
 - Bike, pedestrian, and transit facilities included in construction, reconstruction, repaving, and rehab projects except when:
 - Maintenance, insufficient space, safety risks, disproportionate cost



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