

# Health and Planning

## Core Health Topics

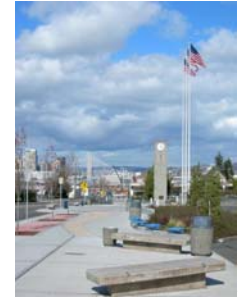
- Accessibility
- Air quality
- *Climate change*
- Environmental and housing quality
- Food
- *Health facility access*
- Mental health
- Noise
- Physical activity
- Safety
- Social capital
- Water quality



# Health and Planning

## 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



# Health and Planning

## 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



# Health and Planning

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**

Connections Between Health Topics and Plan Elements	Access	Air	Hous. g	Env. Food	Mental	PA	Safety	Social	Water
<b>Land Use Plan</b>									
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
<b>Transportation</b>									
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	x	
Transit plan	x	x		x		x	x	x	
Aviation Plan	x	x			x		x		
<b>Water Resources</b>									
Wastewater & sewer				x			x		x
Surface water				x		x			x
Water supply plan				x					x
<b>Reg. Parks and O.S.</b>		x			x	x	x		x

# Health and Planning

## Connecting Planning and Health

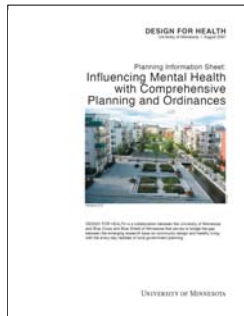
- Four general approaches (Morris 2007)
  - Comprehensive plan update
  - Corrective/Selective Amendments
  - Separate Health-related Plans
  - Revised Codes or Ordinances



## Health and Planning

- 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

### Information Sheets



## Health and Planning

- 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](#)

### Information Sheets



## Health and Planning

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

### Design for Health Resources

- 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

## Health and Planning

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

### Design for Health Resources

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.

## Health and Planning

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

### Design for Health Resources



- 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

## Health and Planning

- 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)



# Health and Planning

## Design for Health Resources

- 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)



# Health and Planning

## 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



# Health and Planning

## Case Studies

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



# Health and Planning

## Local Cases

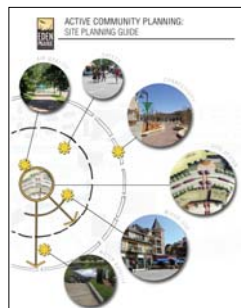
- Example – Eden Prairie Comprehensive Plan
  - Included Active Community Planning Chapter in plan
  - Addressed air and water quality, accessibility, safety, physical activity, mental health
  - Particular focus on mix of land uses and connectivity



# Health and Planning

## 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 environmental quality, it is important to be prepared to respond to potential air quality concerns. The average person is likely to walk or bike to a transit station, and about one-half mile of the proposed LRT station should be adjacent to the site. Best practice will be to ensure that and adjacent to the LRT station. Plans should focus on pedestrian safety, higher density, mixed use development, and shared and reduced parking requirements. Also, should include about three adjacent to all public transit, sidewalks and trails.

Regularly spaced trees along streets help improve air quality.

### Guidelines:

- Plans should include tree, grass and flower plantings and/or green walls.
- Plans should include tree along sidewalks and trails. Be well spaced or create a tree canopy.
- Plans should include pathways in high-use stations and bus stops and connections and adjacent to transit centers.

### Checklist:

- 1. Does the plan include tree and flower plantings and/or green walls?
- 2. Does the plan include pathways for high-use stations and bus stops and connections and adjacent to transit centers?
- 3. Are shaded sidewalks and/or flower plantings adjacent to the plan?

Shaded sidewalks and/or flower plantings adjacent to transit centers.

Shaded sidewalks and/or flower plantings adjacent to transit centers.

### Physical Safety and Mobility

Recognizing the role of the street in shaping the design of transit facilities, the emphasis of urban Community Planning can focus on the design of transit-oriented streets and public spaces to enhance the attractiveness and usability of transit-oriented streets and public spaces. Transit-oriented streets and public spaces should be designed to be attractive, safe, and usable for all modes of transit.

Public transit facilities and transit-oriented streets should be designed to be attractive, safe, and usable for all modes of transit. Transit-oriented streets and public spaces should be designed to be attractive, safe, and usable for all modes of transit.

**Guidelines:**

- Lighting along sidewalks and in open space should be designed to be usable for all modes of transit.
- Proposed streets should have speed limits 20 mph or less.
- Key pedestrian crossings should be clearly indicated with crosswalks, street lighting, and signage.
- Streets should be pedestrian-friendly on street crossings for all modes of transit.
- Safe and usable transit facilities should be provided to all transit-oriented streets.

**Checklist:**

- Is there adequate lighting along sidewalks and in open space?
- Are there any and what are the proposed transit-oriented streets?
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## Health and Planning

### 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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## Health and Planning

### 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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