Public Health Working Group

April 14, 2015

Rye Baerg
Active Transportation and Special
Programs



Agenda

- Introductions
- Local and Regional Best Practices
 - Building Healthy Places Toolkit (ULI)
 - Local to Regional Health Integration (WRCOG)
- Public Health Analysis Framework for the 2016 RTP/SCS
- Next Steps

Website Updates







Mission: Provide leadership in the responsible use of land and in creating and sustaining thriving communities worldwide.

Membership: Over 32,000 individual members in the Americas, Asia, Europe and the Middle East, representing the public and private sectors in real estate and land use planning. ULI Orange County/Inland Empire ranks among the 10 largest District Councils worldwide, growing to 1,000 members.



Leverage the power of ULI's global networks to shape projects and places in ways that improve the health of people and communities.

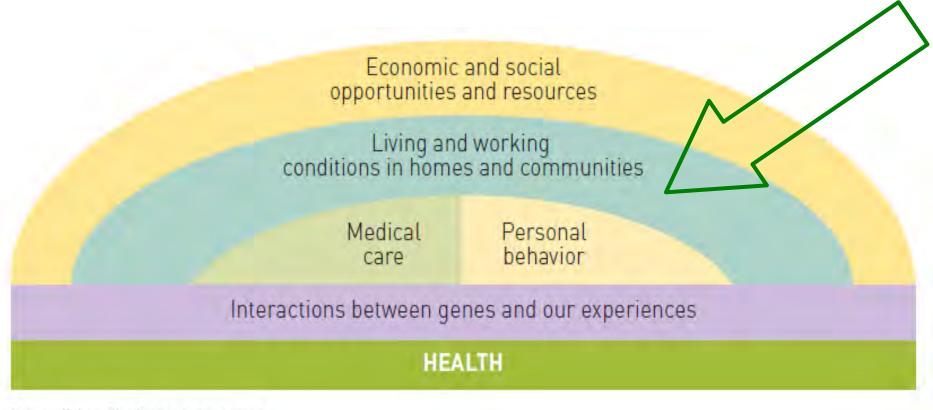
#ulihealth

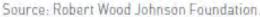
www.uli.org/health

health@uli.org



Factors Influencing Health

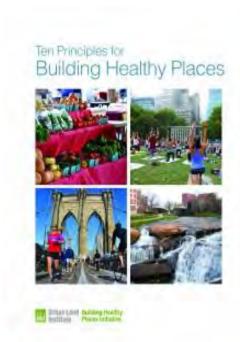












Ten Principles for Building Healthy Places

- 1. Put People First
- 2. Recognize the Economic Value
- 3. Empower Champions for Health
- 4. Energize Shared Spaces
- 5. Make Healthy Choices
- 6. Ensure Equitable Access
- 7. Mix It Up
- 8. Embrace Unique Character
- 9. Promote Access to Healthy Food
- 10.Make It Active

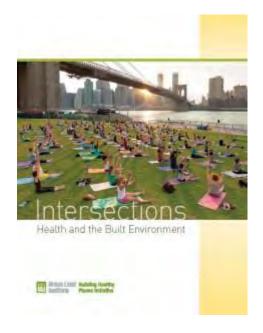
Health and the Built Environment

Ch. 3 - Aging in Place

Ch. 4 – Transportation That Gets Us Moving

Ch. 5 - Reworking Workplaces

Ch. 6 – Urban Agriculture





STRATEGIES FOR **ENHANCING HEALTH**IN THE **BUILT ENVIRONMENT**





PROJECT PARTNERS

- Center for Active Design
- Colorado Health Foundation
- Estate of Melvin Simon





The Colorado Health Foundation™



PHYSICAL ACTIVITY

- 1. Incorporate a mix of land uses
- 2. Design well-connected street networks at the human scale
- 3. Provide sidewalks and enticing, pedestrian-oriented streetscapes
- 4. Provide infrastructure to support biking
- 5. Design visible, enticing stairs to encourage everyday use
- 6. Install stair prompts and signage
- 7. Provide high-quality spaces for multi-generational play and recreation
- 8. Build play spaces for children

HEALTHY FOOD AND DRINKING WATER

- 9. Accommodate a grocery store
- 10. Host a farmers market
- 11. Promote healthy food retail
- 12. Support on-site gardening and farming
- 13. Enhance access to drinking water

HEALTHY ENVIRONMENT AND SOCIAL WELL-BEING

- 14. Ban smoking
- 15. Use materials and products that support healthy indoor air quality
- 16. Facilitate proper ventilation and airflow
- 17. Maximize indoor lighting quality
- 18. Minimize noise pollution
- 19. Increase access to nature
- 20. Facilitate social engagement
- 21. Adopt pet-friendly policies

APPLYING THE RECOMMENDATIONS

MIXED USE

Recommendations that apply but are not shown: [6]





















What is cutting edge, today?

- Open Space in New York City
- Intermodal mobility in Denver
- Hi-rise office building w/composting toilets in Seattle
- Older and Smaller in San Francisco
- o Crafted, pre-fab homes from Vallejo
- "Keeping Cities Weird" in Austin and Portland
- o Collaborative Consumption Model in Long Beach













Health and the Built Environment



Housing America

INTEGRATING HOUSING, HEALTH, AND RESILIENCE IN A CHANGING ENVIRONMENT







www.uli.org/health

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ULI-the Urban Land Institute uli.org/health

ULI Orange County/Inland Empire orangecounty.uli.org/uli-in-action



Healthy Riverside County: Building Health Into Every Day Life

Michael Osur, Deputy Director

County of Riverside Department of Public Health





Healthy Riverside County Initiative



Our goal is to build health into everyday life and make the healthy choice the easy choice!



Healthy Riverside County Board of Supervisors Resolution

- Adopted in April 2011
- Encourages county departments to work together to support active transportation, physical activity and access to healthy and affordable foods.













Initiative Priorities

- Improve nutrition for all residents by increasing access to and consumption of healthy foods and beverages.
- Increase daily physical activity rates in the community, workplace, school and other settings.
- 3. Reduce tobacco exposure and limit or discourage tobacco use where people live, work, play and study.
- 4. Create a healthy and safe physical/built environment that promotes walkability, bikability and active transportation.



Riverside County Health Coalition

- Goals
 - Mobilize at least 15 cities to adopt Healthy City resolutions
 - Increase access and availability of healthy food outlets with fresh, nutritious, affordable food
 - 1. Local food delivery cooperative Subcommittee
 - 2. Healthy Retail Guidance Subcommittee



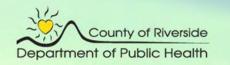
COALITION

Healthy Riverside County: Building Health Into Every Day Life

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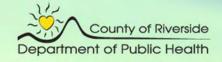






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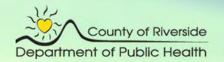


Riverside County Health Coalition



Goals

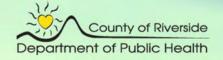
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Healthy City Resolution Toolkit:

A Practical Guide to Adopting a Healthy City Resolution in Riverside County



Healthy City Resolution Elements

- Built Environment
- Healthy Food Access
- Employee Wellness
- Implementation



Benefits of living in a "Walkable Community"

(According to the CDC)

- People who live in walkable neighborhoods are 2 ½ times more likely to get the recommended amount of physical activity.
- Walkable community residents weigh 6 pounds less than those in sprawling communities!
- Increase life expectancy by 4 years (due to decrease in weight, obesity, diabetes, and cardiovascular disease)









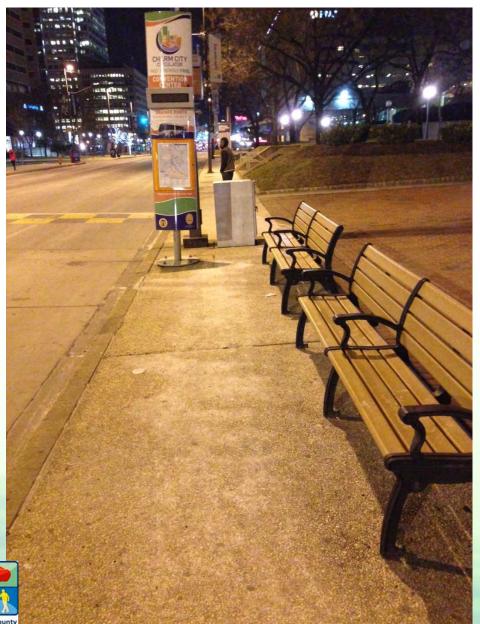




County of Riverside

Riverside County Public Health Irrtment of Public Health







We are all a part of the Public Health System



Department of Public Health

Healthy Riverside County Initiative



Our goal is to build health into everyday life and make the healthy choice the easy choice!



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CAPtivate: A Healthy Western Riverside County













SCAG Public Health Working Group April 14, 2015

Health in the WRCOG Sustainability Framework



Adopted December 2012

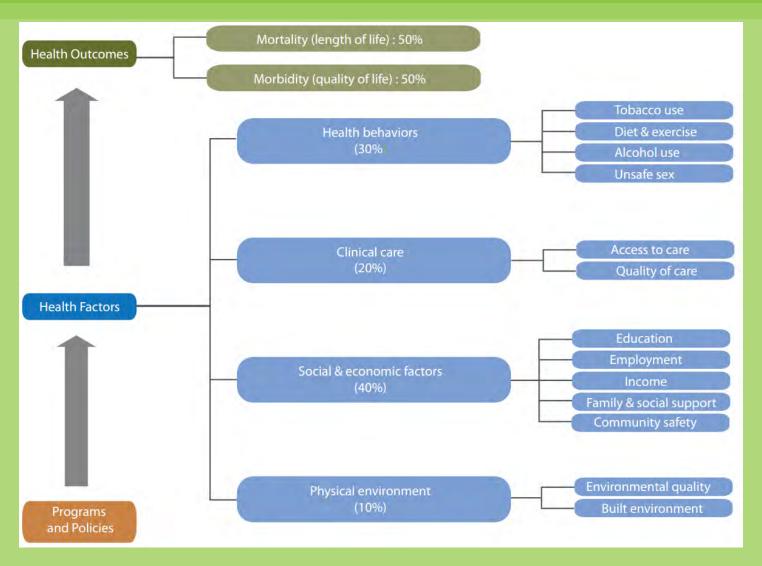
WRCOG's Health Goals

- + Goal 1: Health Care Access: Facilitate the conditions needed for a growing, viable, and integrated health care system in Western Riverside County
- + Goal 2: Health Care Workforce: Advocate for a trained, home-grown workforce to serve the healthcare needs Western Riverside County.
- + Goal 3: Healthy Environment: Support efforts of local jurisdictions, business, and region government to improve the health of our region's environment
- + Goal 4: Community Design: Facilitate local efforts to improve the opportunities and choices for a healthy and active lifestyle
- + Goal 5: Implementation & Action: Facilitate local strategic planning that improves the health and wellness of residents and communities.

WRCOG's Health Activities

- + Healthy Communities Resolution: Serve as a resource to members and the Riverside County Health Coalition
- + SCAG Grant: To examine the "co-benefits" of the Climate Action Plan
- + Health Subcommittee: Meetings with elected officials/executive staff to unify region on health issues and strategies
- + Health Indicators: Identify indicators for tracking health benefits
- + Monitoring tool: Develop tool for tracking progress towards health goals
- + Healthy Communities briefs: Educational tool on relevant health issues and strategies for change
- + Be Healthy Campaign: Positive health messages displayed on electronic billboards throughout WRCOG region
- + Social vulnerability index and climate adaptation study

SCAG Grant: Health Model



Source: Los Angeles County Public Health Department, Social Determinants of Health: How Social and Economic Factors Affect Health

Climate Action Plan Co-benefits

| Strategy to Reduce GHG Emissions | Potential Health Co-Benefitss |
|---|---|
| Reduce vehicle miles traveled | Increase physical activityReduce chronic diseaseImprove mental healthReduce air pollution |
| Reduce emissions through land use changes | Increase physical activity Reduce chronic disease Increase local access to essential services (affordable housing, jobs, amenities) Enhance safety |
| Reduce residential building energy use | Reduce household energy costs (especially beneficial for low-income households) Promote healthy homes (see <i>Resources</i>, page 32) Create local green jobs Promote cooler communities (e.g., white roofs) |
| Urban greening | Reduce temperature and urban heat island health effects Reduce air pollution Reduce noise Enhance safety |

Source: California Department of Public Health, Integrating Public Health into Climate Action Planning



Measure T-1: Bicycle Infrastructure Improvements

Expand on-street and off-street bicycle infrastructure, including bicycle lanes and bicycle trails.

2020 GHG Reduction Potential: 29,255 MT CO₂e/yr

By providing more bicycle lanes and better connections between existing bicycle lanes, WRCOG jurisdictions can increase the viability of bicycling as an emission-free commute option. Several WRCOG jurisdictions have adopted or are preparing bicycle master plans. Implementing these plans will increase alternative transportation options in the sub-region and can reduce vehicle miles traveled and congestion for vehicles. Community health benefits from increased bicycling include improved air quality and exercise.

| PARTICIPATION LEVEL | ACTIONS + PARTICIPATING CITIES | GHG REDUCTION POTENTIAL (MT CO ₂ e/yr) |
|--|--|---|
| PLATINUM LEVEL | Implement a 50% increase in bicycle lane mileage from baseline levels. Riverside | 15,905 |
| GOLD LEVEL | Implement a 25% increase in bicycle lane mileage from baseline levels. No participating jurisdictions at this level. | 0 |
| SILVER LEVEL | Implement a 10% increase in bicycle lane mileage from baseline levels. Banning, Canyon Lake, Eastvale, Hemet, Jurupa Valley, Norco, Perris, San Jacinto, Temecula, Wildomar | 13,350 |
| PROGRESS INDICATORS | | YEAR |
| Annual percentage increase in bicycle lane mileage from baseline levels. | | 2020 |

Community Benefits





Health Subcommittee: Priority Indicators













Health Status

Adult health status

Mortality

- Heart disease
- Chronic lower respiratory disease
- Diabetes

Asthma

- Asthma prevalence
- Asthma hospitalizations

Weight & Physical Activity

- Adult physical activity
- Adult obesity
- Child body composition

Environment

- Air quality
- Collisions with pedestrians and cyclists

Built Enviro.

- Street connectivity
- Park level of service
- Retail Food Index

Healthy Communities briefs

- + Educational tool for key members on relevant health issues outlined in the Health Subcommittee
- + These bi-monthly health briefs provide a short overview of the selected health issue, as well as methods for change and examples of success in other communities



TOPIC: Active Transportation



Class II bike lane and crosswalk in Downtown Riverside.

Cyclist on the Santa Ana River Trail, an expansive multi-use trail connecting San Bernardino with If Southern Californians were to list the most important things they can't do without, their car would certainly be at or near the top. It's safe to say that many of us would be lost without our cars. They help connect us to far-off destinations, like the grocery store that is less than a mile away. Cars do more than just provide us with quick method of transportation; they impact

our air quality and discourage us from being as active as we could be.

Due to the growing concern for our planet and our health, there has been a national effort to get people out of their cars and into more active ways of transport. In 2013 Governor Brown approved Senate Bill 99 and Assembly Bill 101, which created the Active Transportation Program. This program was developed in hopes of encouraging jurisdictions to establish active

in the car takes away from time spent engaging in physical activity. This is problematic as a lack of physical activity is linked to chronic diseases like obesity. In Riverside County 26% of adults are overweight or obese. Additionally, only 30% of adults reported being physically active for at least 150 minutes per week. Providing safe walking and biking paths creates more opportunities for people to engage in physical activity, and can further reduce health issues like heart disease, diabetes, and obesity.

Active transportation also mitigates challenges facing low-income populations. People who have lower incomes are more likely to experience health issues due to social barriers. According to the American Public Health Association, one third of Americans face barriers to transportation. These people experience difficulties in accessing healthy food outlets, health services, places of employment, and schools. Lack of access negatively influences health

Be Healthy Campaign

- + Promote simple, positive health messages on electronic billboards in the WRCOG region
- + Billboards will connect residents to health resources via the healthyriversidecounty.org









Thank you! Questions or comments?













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Public Health Analysis Framework

March 5, 2015

Rye Baerg
Active Transportation & Special
Programs



Moving Upstream

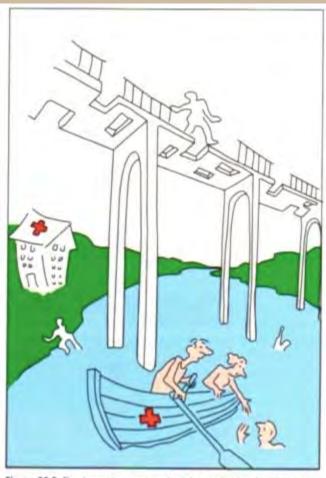
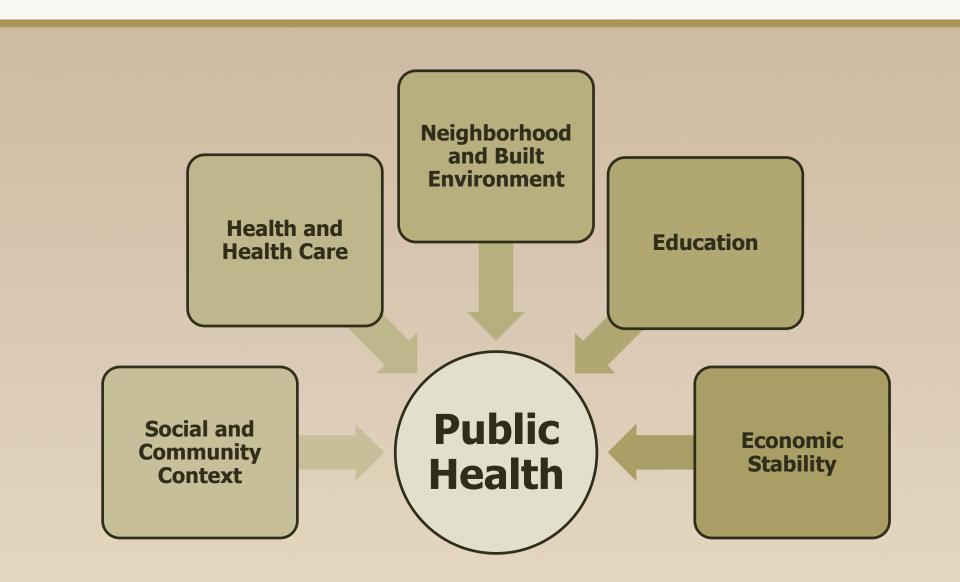


Figure 28.5 The downstream approach to the prevention of caries. Victims are pulled out of the river and resuscitated, when they flow by, but no attention is paid to the upstream reasons why people have fallen into the river.

Social Determinants of Health

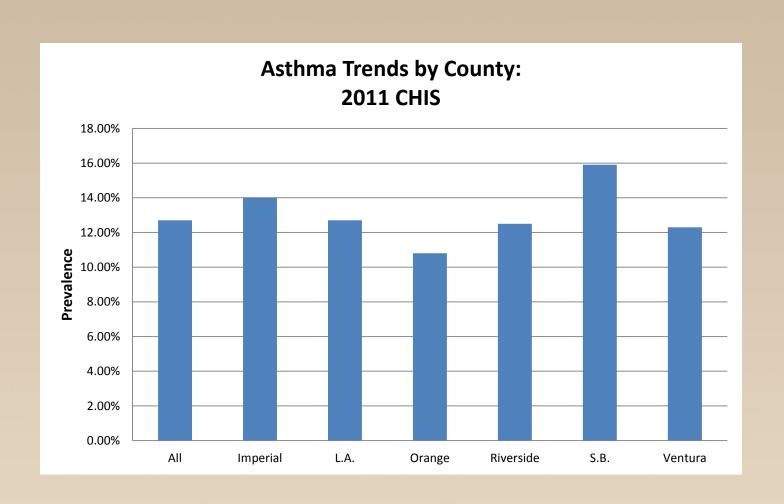


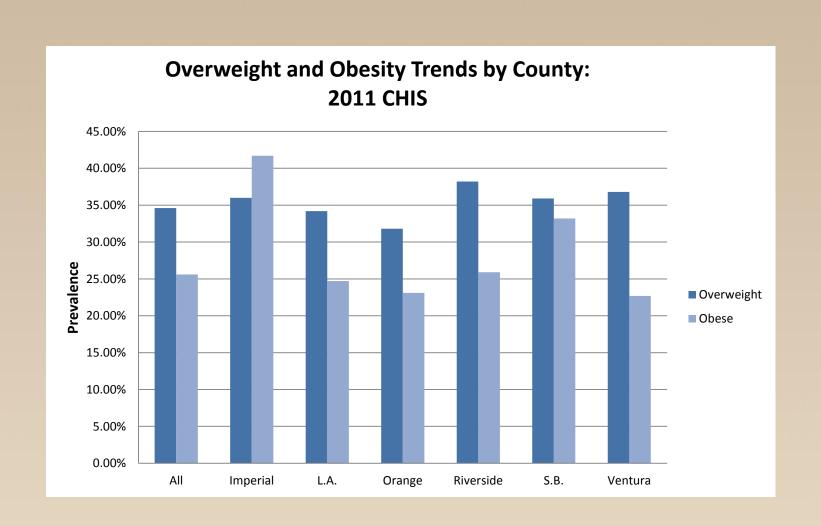
Place Matters

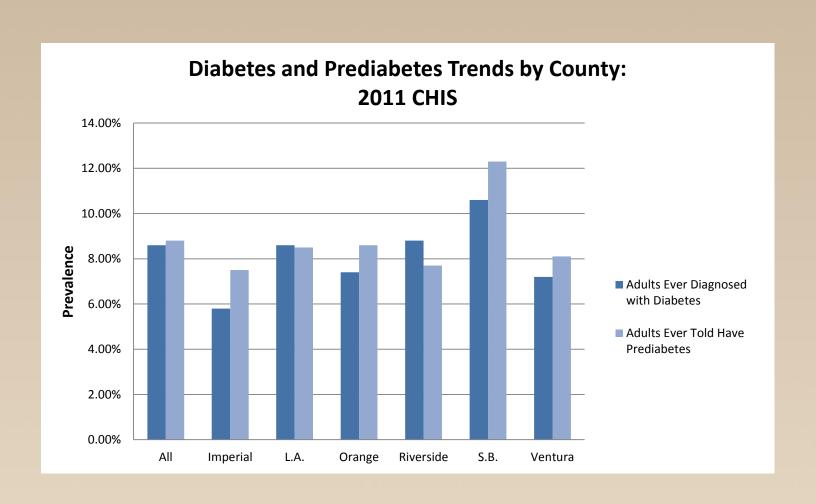
- "Evidence now suggests that medical care accounts for only 10 to 15 percent of preventable early deaths."
- Some Americans will die 20 years earlier than others who live just a few miles away because of differences in education, income, race, ethnicity and where and how they live."

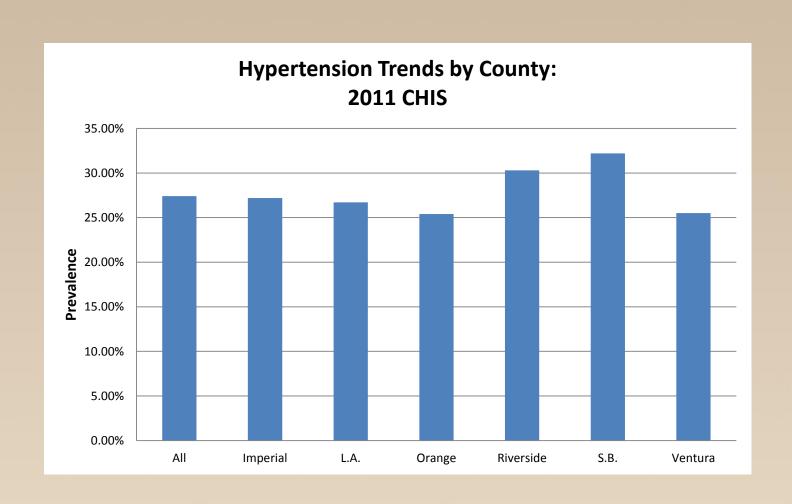
Public Health (Built Environment)

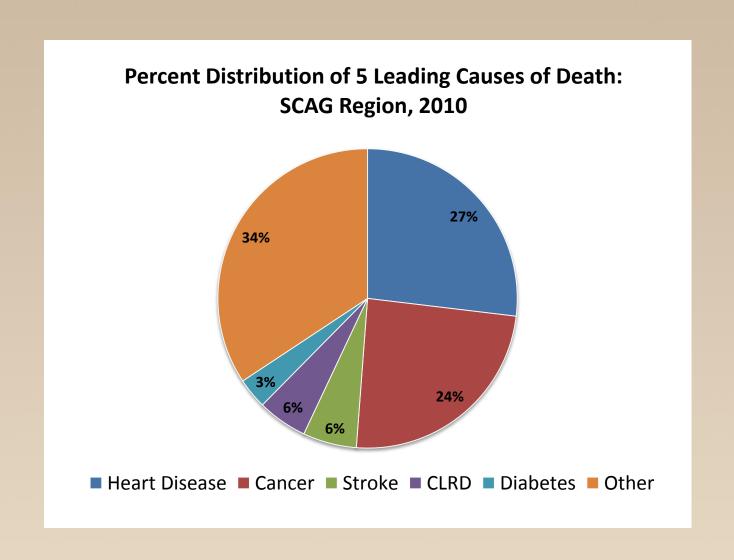












Emerging Trend

FHWA

Moving Healthy: Linking FHWA Programs and Health

Caltrans

Safety and Health Goal/Active Transportation Program

DPH

SBCDPH CVS/PLACDPH PLACE/Riverside Healthy Cities

MPO's

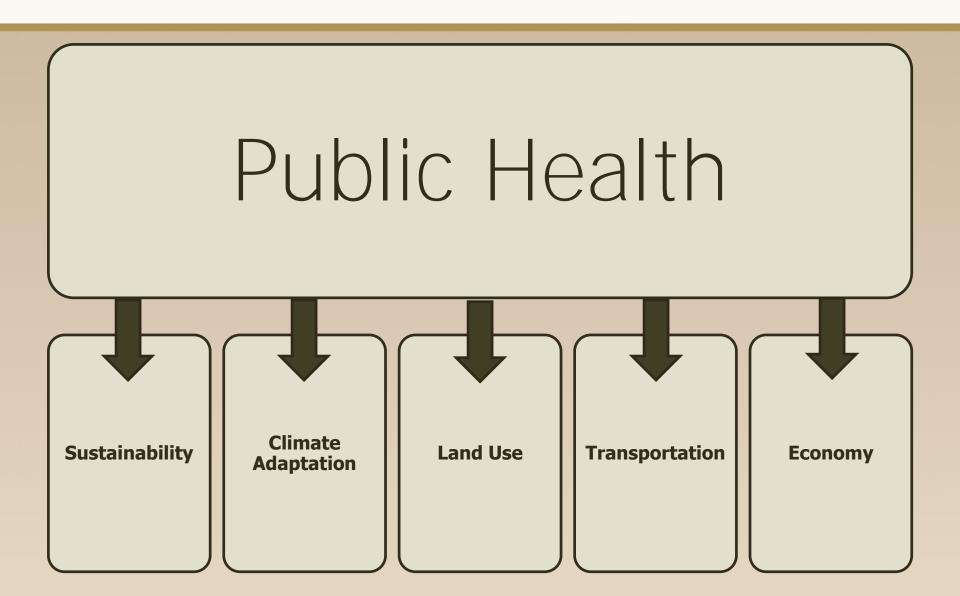
SANDAG Public Health White Paper/SACOG Public Health

Module for Urban Footprint

Cities

Health Elements/Health Resolutions/Complete Streets/Open Space/Food Access/HiAP

Health in All Policies



2012 RTP/SCS Goals



"Protect the environment and health of our residents by improving air quality and encouraging active transportation"

2012 RTP/SCS and Health



2016 RTP/SCS Public Health Analysis Framework

- Outline strategy for integration
 - Engagement
 - Education
 - Policy Development and Analysis

Analysis Framework (Engagement)

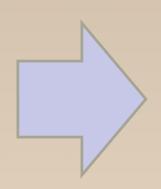
- Public Health Working Group
- Technical Working Group
- Policy Committees
- Stakeholder Meetings

Analysis Framework (Education)

- Use Plan as an Educational Tool
 - Vignettes (Local Successes)
 - Public Health Appendix
 - Summarize Public Health Analysis
 - Outreach Activities

Analysis Framework (Policy Analysis & Development)

- Existing Conditions
- Scenario Development
- PEIR
- Environmental Justice Analysis
- Performance Measures
- Plan Appendices
- Active Transportation Analysis
- Draft Plan



2016 RTP/SCS Public Health Appendix

Existing Conditions

- Heart Disease (CHIS)
- Stroke (CHIS)
- Diabetes (CHIS)
- Injuries and Fatalities (SWITRS)
- Asthma (CHIS)
- Overweight/Obesity (CHIS)
- Hypertension (CHIS)

Scenario Development

- Scenario Planning Matrix
- Scenario Planning Model Outputs
 - Physical Activity/Weight-Related
 Disease Incidence & Costs/Mode
 - Respiratory/pollution-related disease incidence & cost
 - Pedestrian and Auto Collisions and associated costs

Scenario Development

Preliminary Scenario Planning Matrix

To help facilitate policy discussions during the development of the draft Regional Transportation Plan/Sustainable Communities Strategy, SCAG will develop one baseline and three additional scenarios to evaluate how each performs in terms of sustainability, mobility and other performance metrics. In response to stakeholder input, scenarios A and B include expanded policy concepts to target health, social equity and reflect advancements in technology. The policy concepts refer to visioning for new land use, transportation, or housing decisions.



POLICY DRIVERS/PERFORMANCE METRICS: ACCESSIBILITY I CLIMATE RESILIENCE & ADAPTATION I ECONOMY I ENVIRONMENTAL JUSTICE I MOBILITY I PUBLIC HEALTH I SOCIAL EQUITY I SUSTAINABILITY

POLICY INPUTS Update 2012 Policies for Active Transportation, public health, Environmental Justice (EJ), technology, millennials. Belance GHG, air, livability benefits with transportation capacity efficiency PLAN ELEMENTS -"Push the envelope." Comprehensive "short trip" strategy, Maximize GHG, air quality, livability NO BUILD/BASELINE No build network and trend SED Updated growth forecast DATA INPUT CATEGORIES public health, EJ, affordability benefits. Assume cenario 2 + 2012 land use (LU) policy updated. Land Use Socio-Economic Data (SED) hasize multi-family.Target 70/30 Multi-Family /Single-Family (SF) housing type for new Scenario 3 + Target 70/30 MF/SF housing type & Housing for new development development. Focus on rail corridors and HOTAs. Scenario 2 + encourage land preservation Scenario 3 + Support new development in areas Protect resource areas (farmlands and natural Protect resource areas (farmlands and natural techniques including Transfer of Development not vulnerable to sea-level rise + Avoid natural. Farm & Natural Lands Conservation lands) based on local input. lands) based on local input hazard areas + Exclude unprotected, high quality habitat areas 2012 plan amendment 2+ Highway/Roadway Network Baseline New County Transportation Commission (CTC) Scenario 3 Additional emphasis on sustem preservation (includes freight) input for 2016 plan Scenario 2 + Add additional high quality (HO) transit corridors based on feedback from transit operators + Livable Blvd/Complete Corridors 2012 plan amendment 2+ Transit/High-Speed Rail Assume up to 50% decrease in peak period New CTC input for 2016 plan bus headways, eliminated bus fares (transit + Active Transportation (AT) + LU Strategu Scenario 2 + Focus on AT for regional trips. Expanded Regional Corridors. First/last Mile Implementation. Livable Blvd/Complete Corridors 2012 plan amendment 2+ Comprehensive "short trip" strategy, including Active Transportation Baseline New CTC input for 2016 plan AT + shared-use, Neighborhood Electric Vehicle (NEV), etc. Assume a modest rate/depth of penetration of Assume an aggressive rate/depth of penetration 2012 plan amendment 2+ of new transportation innovations; Public & private investment; Technology/Innovation New CTC input for 2016 plan Supportive public policy More supportive public policy 2012 plan amendment 2+ Scenario 2 + Any further modifications reflecting Unconstrained recent economic trends and legislative initiative New CTC input for 2016 plan Pricing/Incentives Transportation Demand Management 2012 plan amendment 2+ Assume additional (aggressive) benefits -(TDM) & Transportation System Baseline e.g. 2-3% reduction HBW trips; 7% speed, New CTC input for 2016 plan e.g. 5% speed, capacity increase Management (TSM) capacity increase



PEIR

- Public Health is not a listed CEQA topic area
- Expand the 2012 RTP/SCS PEIR Health Risk Assessment
- Analyze PEIR topics from a public health lens, where applicable

Environmental Justice

- 2012 RTP/SCS Included
 - Jobs-Housing Fit, Accessibility, Gentrification/Displacement, Environmental Impact Analysis, Rail Related Impacts, and Others
- 2016 Anticipated Topic Area
 - Active Transportation Safety

Active Transportation Analysis

- Number of Collisions by Mode
- Number of Trips by Mode
- Physical Activity Benefits
- Economic Benefits

Plan Performance Measures

- 2012 RTP/SCS Included
 - Collision Rates by severity and mode
 - Air Quality
 - Economic Well Being
- Ongoing Monitoring
 - Asthma, pre-mature death, access to parks, 500-foot near roadway development, daily amount of walking & biking

Plan Performance Measures

- 2016 RTP/SCS Proposed to Add
 - Physical activity/weight-related disease incidence & costs
 - Respiratory/pollution-related disease incidence & costs
 - Mode share of walking & biking

Economic Analysis

- 2012 RTP/SCS Included
 - Job Creation from RTP/SCS projects
 - Improved Economic Competitiveness
 - Benefits from Air Quality and Health Costs

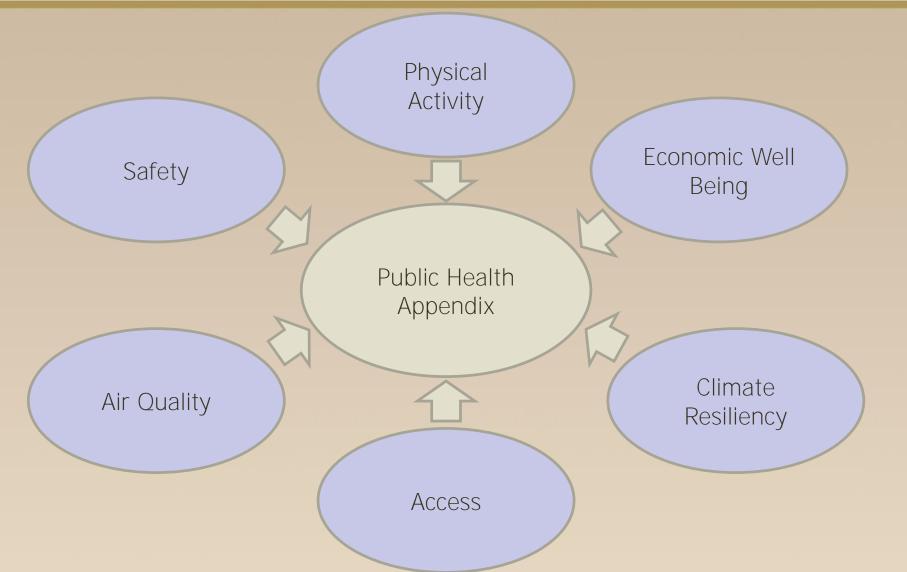
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2016 RTP/SCS Public Health Appendix

2016 RTP/SCS Health Appendix Proposed Analysis Areas



Schedule and Next Steps

- Modeling (April)
- Scenarios Outcomes (May)
- Outreach to TWG and PHWG (May June)
- RTP/SCS Workshops (May June)
- Refined RTP/SCS Policies and Strategies (June)
- Draft Active Transportation Plan to TC (September)
- Draft RTP/SCS out for Public Review/Comment (October)

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