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

- Economic and social opportunities and resources
- Living and working conditions in homes and communities
- Medical care
- Personal behavior
- Interactions between genes and our experiences

Source: Robert Wood Johnson Foundation.
BUILDING HEALTHIER COMMUNITIES INITIATIVE

THE NEXUS BETWEEN
HEALTH & LAND
DEVELOPMENT
PATTERNS

Urban Land Institute
Orange County

whitepaper 2008
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
Breathe Easy Homes
Seattle, WA

TOOLKIT

STRATEGIES FOR ENHANCING HEALTH IN THE BUILT ENVIRONMENT

BUILDING HEALTHY PLACES

TOOLKIT

STRAATEGIES FOR ENHANCING HEALTH IN THE BUILT ENVIRONMENT
PROJECT PARTNERS

- Center for Active Design
- Colorado Health Foundation
- Estate of Melvin Simon
<table>
<thead>
<tr>
<th>PHYSICAL ACTIVITY</th>
<th>HEALTHY FOOD AND DRINKING WATER</th>
<th>HEALTHY ENVIRONMENT AND SOCIAL WELL-BEING</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Design well-connected street networks at the human scale</td>
<td>10. Host a farmers market</td>
<td>15. Use materials and products that support healthy indoor air quality</td>
</tr>
<tr>
<td>4. Provide infrastructure to support biking</td>
<td>12. Support on-site gardening and farming</td>
<td>17. Maximize indoor lighting quality</td>
</tr>
<tr>
<td>5. Design visible, enticing stairs to encourage everyday use</td>
<td>13. Enhance access to drinking water</td>
<td>18. Minimize noise pollution</td>
</tr>
<tr>
<td>6. Install stair prompts and signage</td>
<td></td>
<td>19. Increase access to nature</td>
</tr>
<tr>
<td>7. Provide high-quality spaces for multi-generational play and recreation</td>
<td></td>
<td>20. Facilitate social engagement</td>
</tr>
</tbody>
</table>
APPLYING THE RECOMMENDATIONS

MIXED USE

Recommendations that apply but are not shown: 6 7 8 10 11 13 14 15 16 18
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
- Crafted, pre-fab homes from Vallejo
- “Keeping Cities Weird” in Austin and Portland
- Collaborative Consumption Model in Long Beach
## CONTACT INFORMATION

<table>
<thead>
<tr>
<th>Contact Name</th>
<th>Location</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phyllis Alzamora - OC/IE</td>
<td></td>
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<td>Mary Lydon – SD/Tijuana</td>
<td></td>
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</tr>
<tr>
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<td></td>
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</tr>
<tr>
<td>Elliot Stein – SF</td>
<td></td>
<td><a href="mailto:elliot.stein@uli.org">elliot.stein@uli.org</a></td>
</tr>
<tr>
<td>ULI-the Urban Land Institute</td>
<td></td>
<td>uli.org/health</td>
</tr>
<tr>
<td>ULI Orange County/Inland Empire</td>
<td></td>
<td>orangecounty.uli.org/uli-in-action</td>
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</table>
Healthy Riverside County: Building Health Into Every Day Life

Michael Osur, Deputy Director
County of Riverside Department of Public Health

SCAG Public Health Working Group
April 14, 2015
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.
1. Improve nutrition for all residents by increasing access to and consumption of healthy foods and beverages.

2. 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
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www.healthyriversidecounty.org
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)
We are all a part of the Public Health System
Healthy Riverside County Initiative

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

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Riverside County Department of Public Health
4065 County Circle Drive
Riverside, CA 92503
mosur@rivcocha.org
951-358-5074
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

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

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.

<table>
<thead>
<tr>
<th>PARTICIPATION LEVEL</th>
<th>ACTIONS + PARTICIPATING CITIES</th>
<th>GHG REDUCTION POTENTIAL (MT CO₂e/yr)</th>
</tr>
</thead>
<tbody>
<tr>
<td>PLATINUM LEVEL</td>
<td>Implement a 50% increase in bicycle lane mileage from baseline levels. Riverside</td>
<td>15,905</td>
</tr>
<tr>
<td>GOLD LEVEL</td>
<td>Implement a 25% increase in bicycle lane mileage from baseline levels. No participating jurisdictions at this level.</td>
<td>0</td>
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<tr>
<td>SILVER LEVEL</td>
<td>Implement a 10% increase in bicycle lane mileage from baseline levels. Banning, Canyon Lake, Eastvale, Hemet, Jurupa Valley, Norco, Perris, San Jacinto, Temecula, Wildomar</td>
<td>13,350</td>
</tr>
</tbody>
</table>

PROGRESS INDICATORS

1. 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

04/14/2015 SCAG Public Health Working Group
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
be healthy.
walk more.

HealthyRiversideCounty.org

be healthy.
add color to your diet.

HealthyRiversideCounty.org
Thank you!

Questions or comments?

Jennifer Ward
Program Manager
(951) 955-0186
ward@wrcog.cog.ca.us
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

Public Health

- Health and Health Care
- Neighborhood and Built Environment
- Education
- Economic Stability
- Social and Community Context
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)

- Air Quality
- Accessibility
- Opportunities for Physical Activity
- Economy & Poverty
- Transportation Safety
- Climate Change
SCAG Region Public Health Outcomes

Asthma Trends by County: 2011 CHIS
Overweight and Obesity Trends by County:
2011 CHIS

Prevalence

- Overweight
- Obese

All, Imperial, L.A., Orange, Riverside, S.B., Ventura
SCAG Region Public Health Outcomes

Diabetes and Prediabetes Trends by County: 2011 CHIS

- **Prevalence**
  - **Adults Ever Diagnosed with Diabetes**
  - **Adults Ever Told Have Prediabetes**

<table>
<thead>
<tr>
<th>County</th>
<th>Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>All</td>
<td>8.2%</td>
</tr>
<tr>
<td>Imperial</td>
<td>6.1%</td>
</tr>
<tr>
<td>L.A.</td>
<td>7.8%</td>
</tr>
<tr>
<td>Orange</td>
<td>8.0%</td>
</tr>
<tr>
<td>Riverside</td>
<td>10.5%</td>
</tr>
<tr>
<td>S.B.</td>
<td>13.1%</td>
</tr>
<tr>
<td>Ventura</td>
<td>8.2%</td>
</tr>
</tbody>
</table>
Hypertension Trends by County:
2011 CHIS

Prevalence

<table>
<thead>
<tr>
<th>County</th>
<th>Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>All</td>
<td>25.00%</td>
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<tr>
<td>Imperial</td>
<td>30.00%</td>
</tr>
<tr>
<td>L.A.</td>
<td>25.00%</td>
</tr>
<tr>
<td>Orange</td>
<td>20.00%</td>
</tr>
<tr>
<td>Riverside</td>
<td>30.00%</td>
</tr>
<tr>
<td>S.B.</td>
<td>35.00%</td>
</tr>
<tr>
<td>Ventura</td>
<td>25.00%</td>
</tr>
</tbody>
</table>
Percent Distribution of 5 Leading Causes of Death:
SCAG Region, 2010

- Heart Disease: 34%
- Cancer: 27%
- Stroke: 6%
- CLRD: 6%
- Diabetes: 3%
## Emerging Trend

<table>
<thead>
<tr>
<th><strong>FHWA</strong></th>
<th><strong>Moving Healthy: Linking FHWA Programs and Health</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Caltrans</strong></td>
<td><strong>Safety and Health Goal/Active Transportation Program</strong></td>
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<tr>
<td><strong>DPH</strong></td>
<td><strong>SBCDPh CVS/PLACDPh PLACE/Riverside Healthy Cities</strong></td>
</tr>
<tr>
<td><strong>MPO’s</strong></td>
<td><strong>SANDAG Public Health White Paper/SACOG Public Health Module for Urban Footprint</strong></td>
</tr>
<tr>
<td><strong>Cities</strong></td>
<td><strong>Health Elements/Health Resolutions/Complete Streets/Open Space/Food Access/HiAP</strong></td>
</tr>
</tbody>
</table>
Health in All Policies

Public Health

- Sustainability
- Climate Adaptation
- Land Use
- Transportation
- Economy
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

- Economic Vitality
- Access to Essential Destinations
- Active Transportation
- Safety
- Environmental Justice
- Air Quality
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 uses, transportation, or housing decisions.

**Policy Drivers/Performance Metrics:**
- Accessibility
- Climate Resilience & Adaptation
- Economy
- Environmental Justice
- Mobility
- Public Health
- Social Equity
- Sustainability

**Policy Inputs**

<table>
<thead>
<tr>
<th>Plan Elements - Data Input Categories</th>
<th>Policy Inputs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Land Use Socio-Economic Data (SED) &amp; Housing</td>
<td>Scenario 2: Target 70/30 MFH/Focusing type for new development.</td>
</tr>
<tr>
<td>Farm &amp; Natural Lands Conservation</td>
<td>Scenario 3: Support new development in areas not vulnerable to sea-level rise &amp; Avoid natural hazard areas.</td>
</tr>
<tr>
<td>Highway/Roadway Network (includes freight)</td>
<td>Scenario 4: Plan the environment.</td>
</tr>
<tr>
<td>Transit/High-Speed Rail</td>
<td>Scenario 2: Location &amp; planning focus on centralized locations.</td>
</tr>
<tr>
<td>Active Transportation</td>
<td>Scenario 3: Support new development in areas not vulnerable to sea-level rise.</td>
</tr>
<tr>
<td>Technology/Innovation</td>
<td>Scenario 2: Location &amp; planning focus on centralized locations.</td>
</tr>
<tr>
<td>Finance, Pricing, Incentives</td>
<td>Scenario 2: Location &amp; planning focus on centralized locations.</td>
</tr>
<tr>
<td>Transportation Demand Management (TDM) &amp; Transportation System Management (TSM)</td>
<td>Scenario 2: Location &amp; planning focus on centralized locations.</td>
</tr>
</tbody>
</table>

**Performance Metrics**

- 2040 RTP/SCS As of March 23, 2015
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
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
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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patchan@scag.ca.gov  
Alan Thompson  
thompson@scag.ca.gov