

# Planning Healthy Communities



**CITY OF SOUTH GATE GENERAL PLAN  
CASE STUDY**

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**RAIL~VOLUTION CONFERNECE  
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# Building Healthy Communities



# Health



**“Chronic diseases, such as heart disease, stroke, cancer, chronic respiratory diseases and diabetes, are by far the leading cause of mortality in the world, representing 60% of all deaths. Out of the 35 million people who died from chronic disease in 2005, half were under 70 and half were women.”**

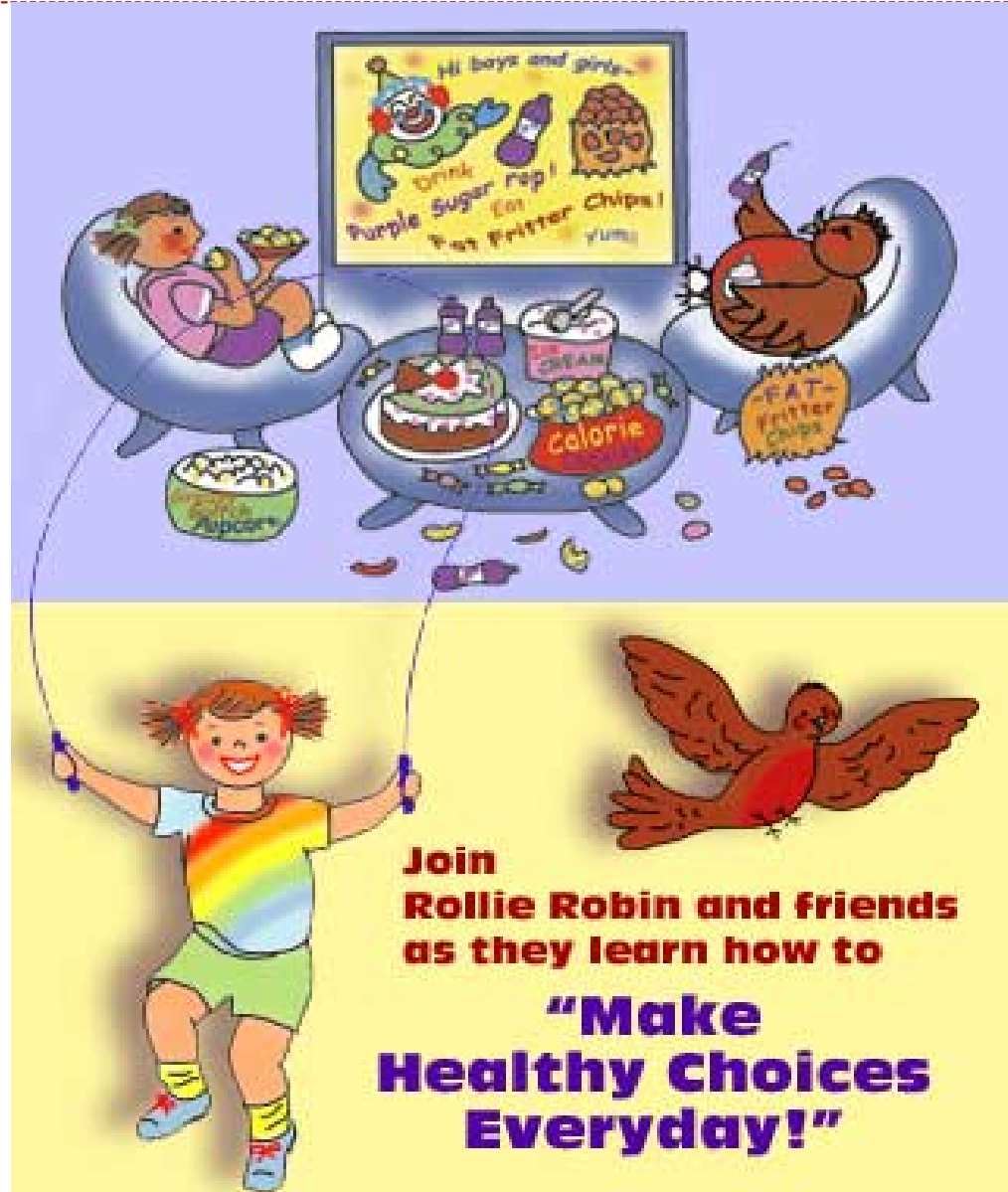
*- World Health Organization, 2008*

# Childhood Obesity

**Shift in diet-** high in fat and sugars, low in vitamins

**Decreased physical activity-** sedentary forms of work, transportation and urbanization

- World Health Organization, 2008



**Join  
Rollie Robin and friends  
as they learn how to**

**“Make  
Healthy Choices  
Everyday!”**

# Health & Planning



## Health Issues

- Increased Rates of Obesity
- Preventing Chronic Disease
- Environmental Health Impacts

## Planning Tools

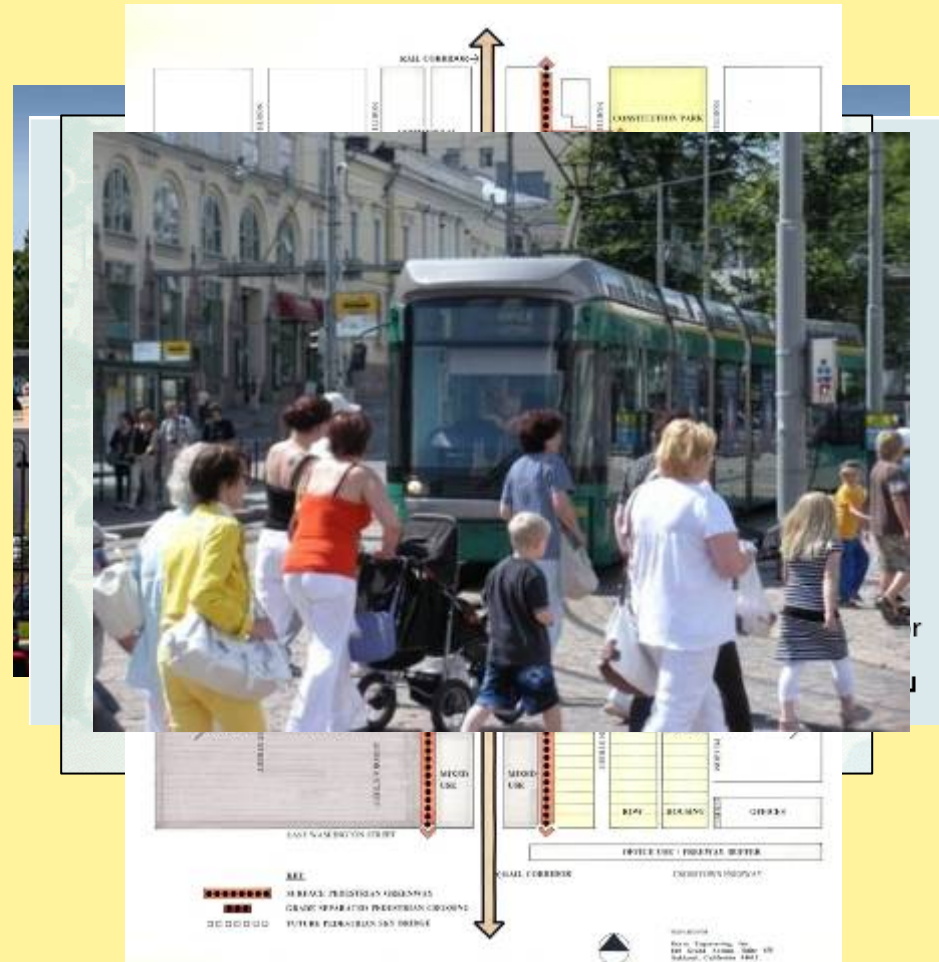
- Healthy Urban Form
- Create Walkable, Transit Oriented Environments
- Increase Access to Healthy Foods
- Regulatory Policies and Plans

# Health Matters



Use Health to discuss:

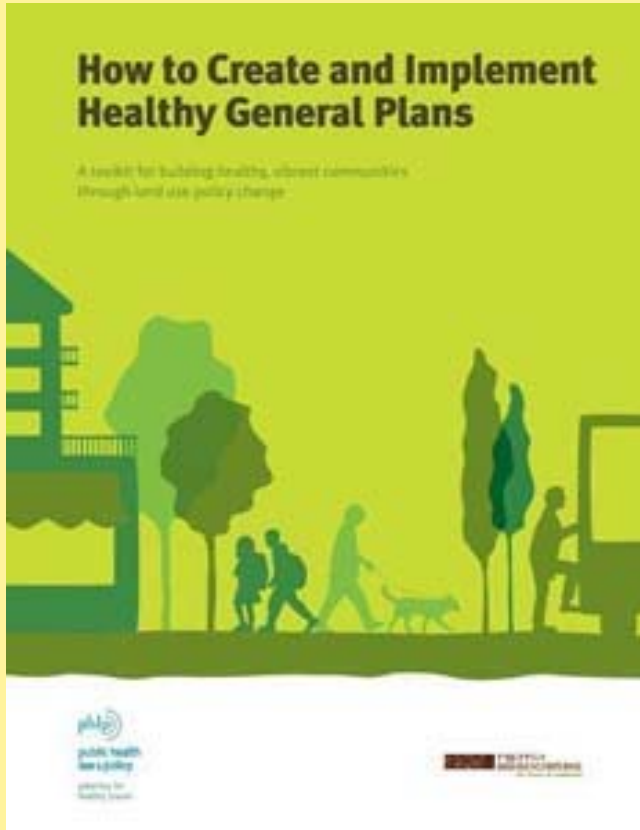
- Mobility + Land Use
- Compact Development
- T.O.D
- Reduction in VMT
- Decrease in CHG emissions
- Improved Quality of Life



# Planning



## City of South Gate General Plan



# Role of General Plans



- **Blueprint for local planning**
- **Required by CA State Law**
- **7 Traditional Elements**
  - Land Use
  - Circulation
  - Housing
  - Conversation
  - Open Space
  - Noise
  - Safety
- **Public Health has an emerging area of interest**



# South Gate



City in Los Angeles County

Total Population: **103,547**

Population Density: 13,084

Area of the City: 7.5 square miles

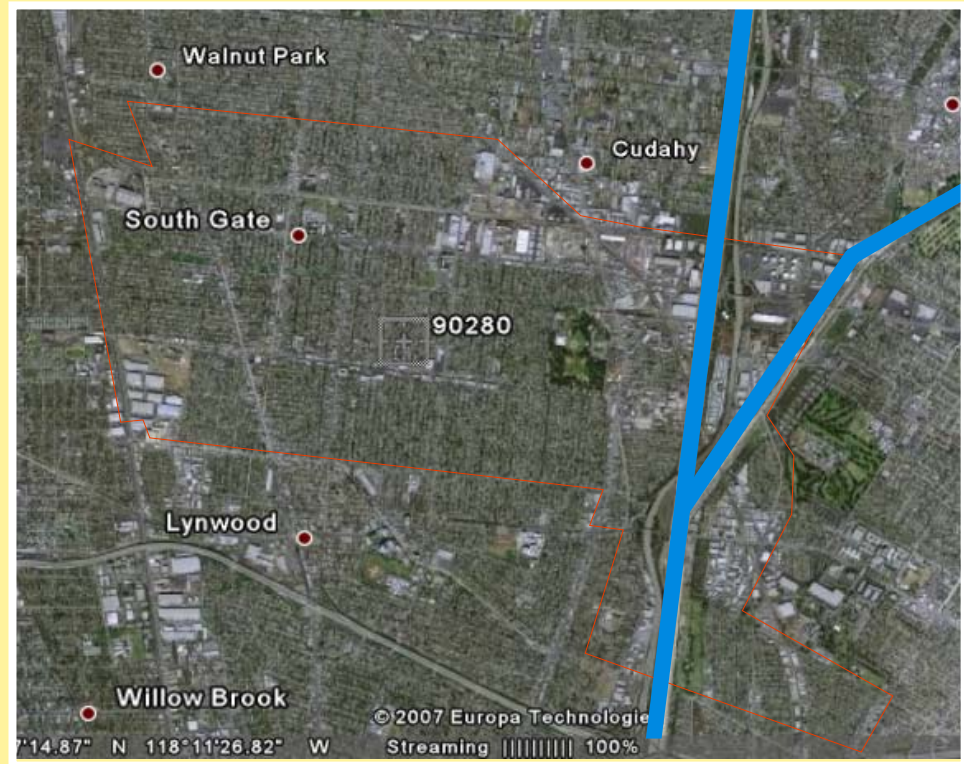
Incorporated in 1923

**92% Hispanic** (LA 44.6%)

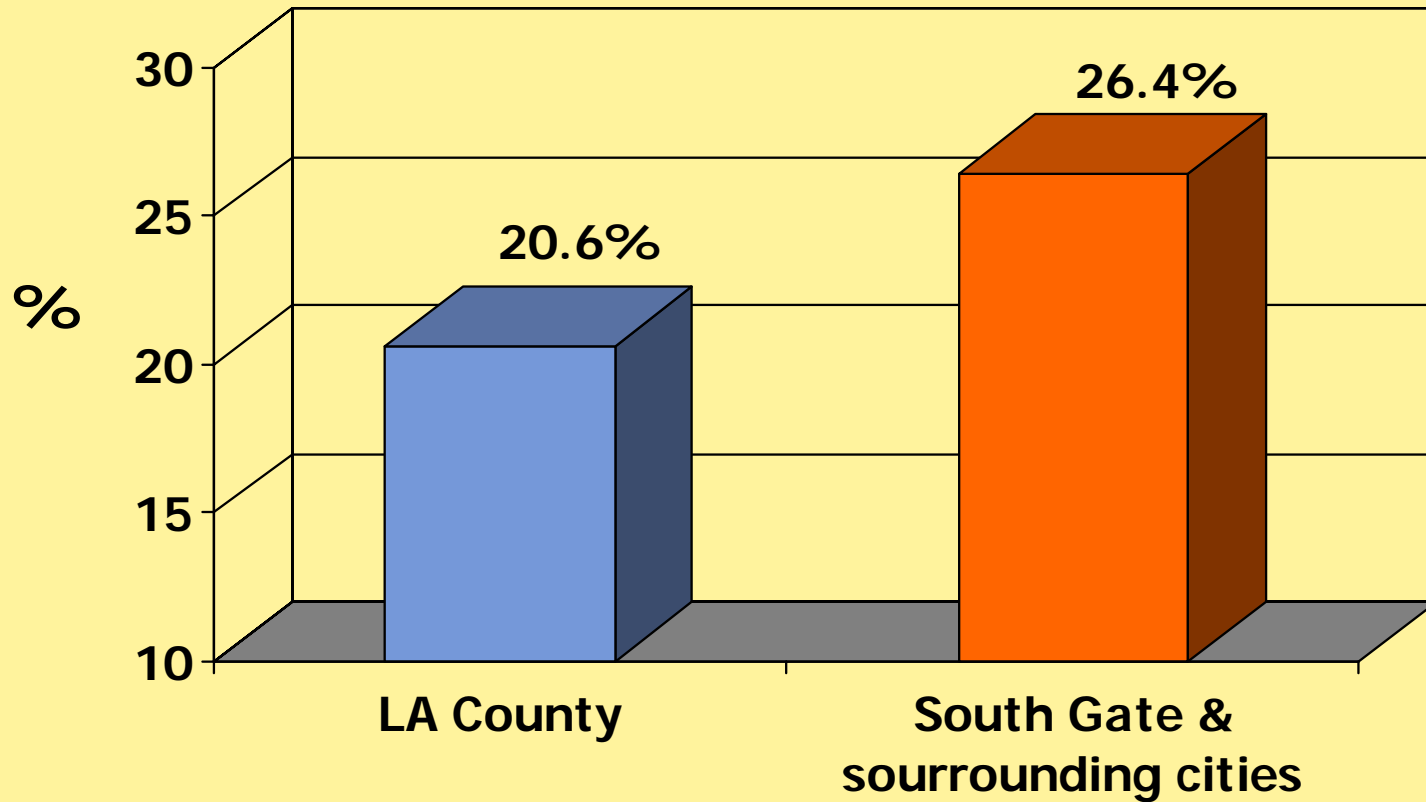
Average household size = **4.15**  
(LA 2.98)

Families with children = **58%**  
(LA 36.8%)

Female Head of HH =  
**18.4%** (LA 14.7%)



# Existing Conditions

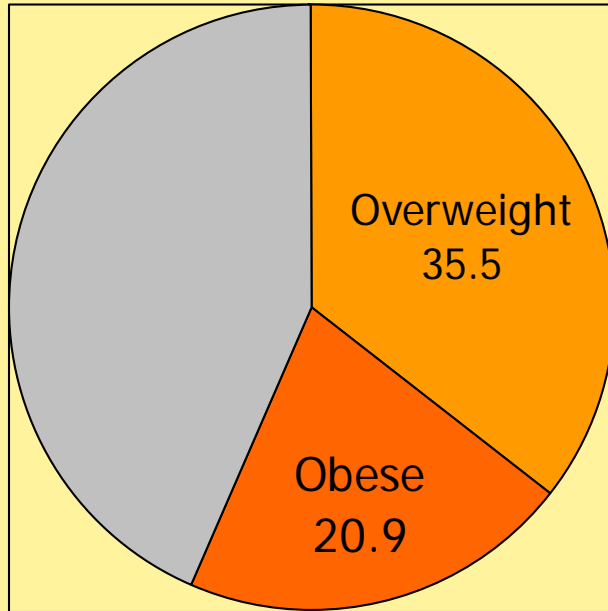


Adults with Fair or Poor Health

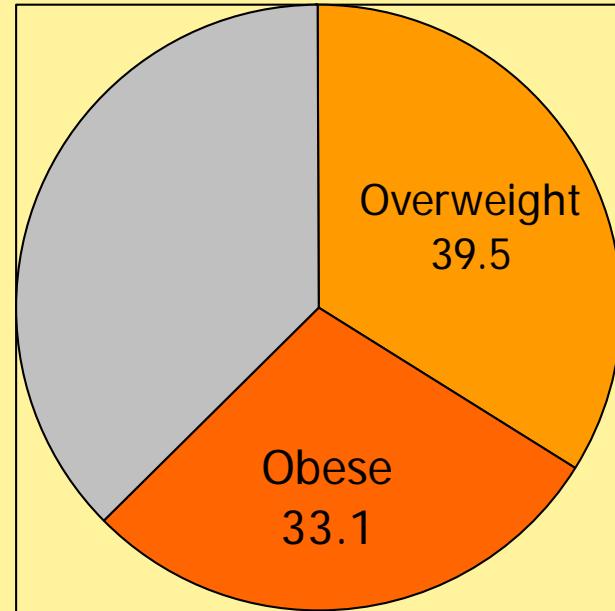
# Existing Conditions



LA County

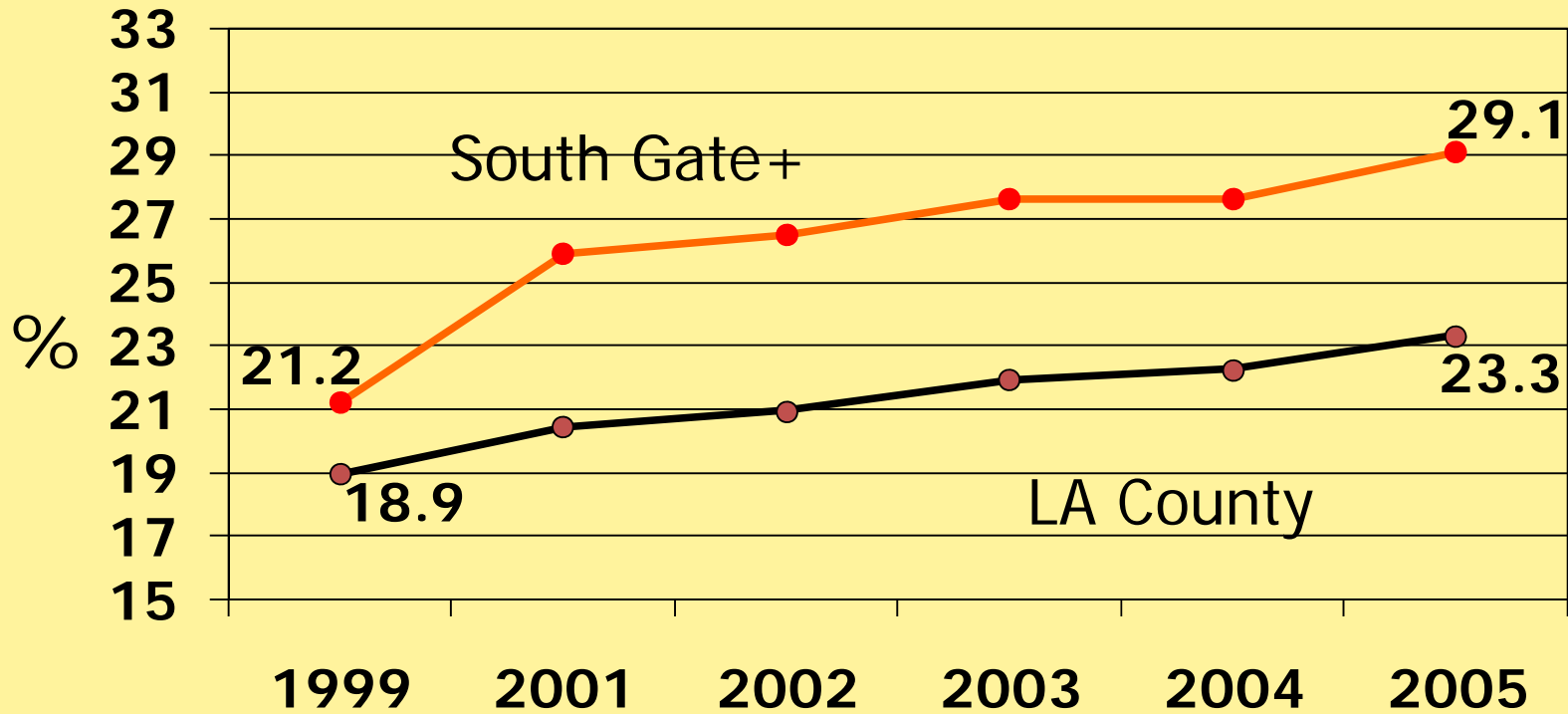


South Gate & Surrounding Cities



Overweight and Obese Adults

# Health Trends



Childhood Obesity Over Time

# South Gate General Plan



- Smart Growth Approach
- New Urbanist Principles
- Extensive and Inclusive Outreach
- New Approach to General Plan Policies
  - ✦ Community Design (Land use/urban design)
  - ✦ Transportation
  - ✦ Housing
  - ✦ Economic Development
  - ✦ Green City
  - ✦ Public Facilities and Services (including parks, schools, police, fire, etc.)
  - ✦ Public Health and Safety



# General Plan Community Engagement



- Stakeholder Interviews
- Grassroots Outreach
- 6 Public Workshops
- Vision Statement
- Guiding Principles
- Los Angeles APA Award

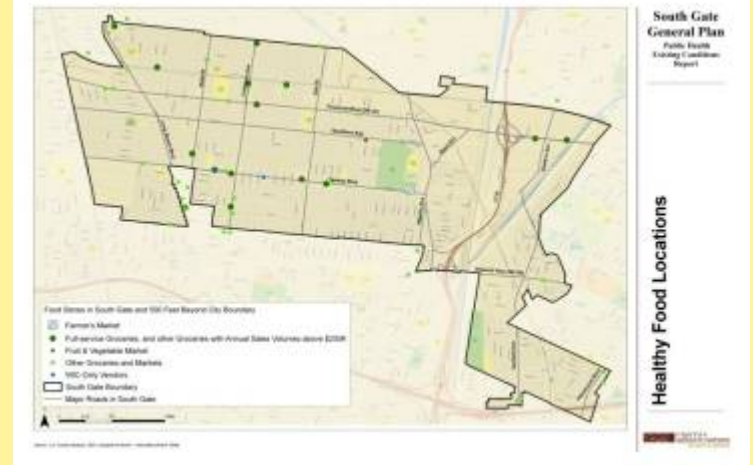


# What We Heard



## Public Health was a priority

- Air Quality and Asthma
- Transit and Transportation
- Access to Healthy Foods
- Access to Parks & Green Space
- Need for Recreation and Exercise
- Safety concerns around Schools



# Health Education



## Healthy Eating 101 La Cocina Saludable

Thursday, March 27, 2008

6:00 pm - 8:30 pm

South Gate Girls Clubhouse

4940 Southern Avenue

(at South Gate Park)



Help make South Gate a Healthy, Active Community.  
Share *your* thoughts.

Contribuya al desarrollo saludable de *su* comunidad.  
¡Comparta *sus* sugerencias!

What is healthy eating?

and

Where can it be found in South Gate?

- Interactive Activities •
- Dinner Provided •
- On-site Childcare •

¿Qué es comida saludable?

y

¿Dónde se encuentra en South Gate?

- Ejercicios Interactivos •
- Se proveerá cena •
- Cuidado de Niños •

For more info call / Para más información favor de llamar al: (213) 613-0800



## 3 Workshops funded by a Kaiser Foundation H.E.A.L. Grant

Designing a Healthy Active South Gate  
*South Gate residents envisioned clean and walkable streets; quality fresh foods; improving safety around schools; and addressing traffic throughout the city.*

## Healthy Eating 101

*South Gate Residents identified the need for organic grocery stores, high quality produce at affordable prices, less fast food and liquor stores, and health education in the city.*

## South Gate Walks

*South Gate Residents will join with public officials to address safety and walkability of their city. They will identify barriers and opportunities.*



# Creating a Healthy General Plan



- Integrate Health & Community Vision
- Health as avenue to discuss comprehensive planning
- Requires “healthy” transportation and infrastructure systems
- Identify opportunity areas to maximize transit, land and walkability throughout city
- Layer health policies throughout
- Includes a stand-alone “Healthy Community” Element

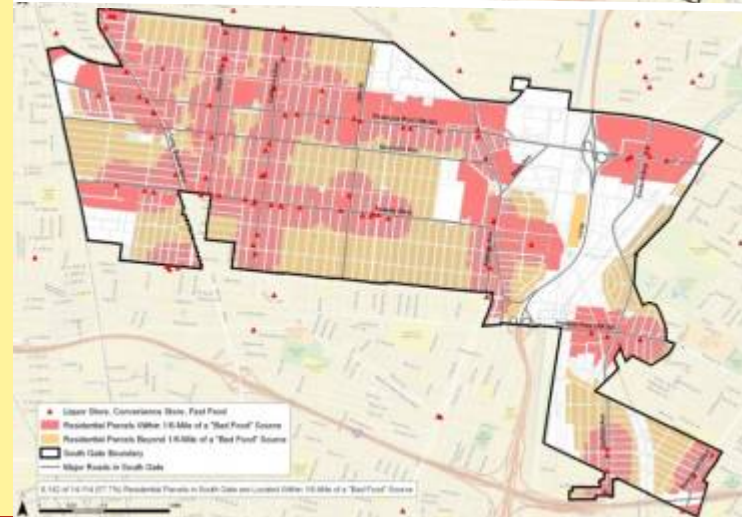
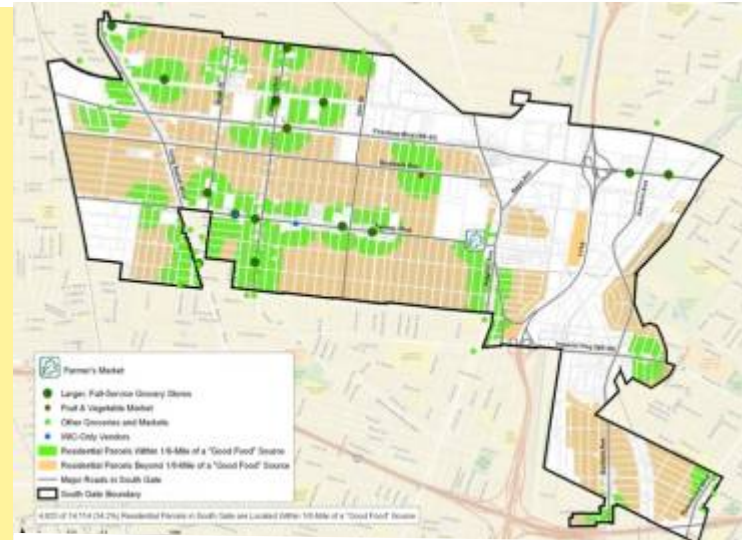


# Healthy Community Element



## Stand-alone Healthy Community “element”

- Overall health and well-being
- Land use patterns that support physical activity
- Active and safe transportation
- Access to healthy foods
- Access to health care
- Air pollution
- “Traditional” safety element topics (seismic, emergency preparedness)



# Planning your Healthy Community...



- **Building Non-Traditional Partnerships**
  - NGOs, Public Health Department, Health Providers, and Community Members
- **Health is an integral part of comprehensive planning**
- **Reinforce good land use and transportation decisions with health**
- **Health policies differ based on local conditions, tailor needs to your community**
- **Separate Element important but not essential**

# More Information



Healthy General Plans Toolkit

Raimi + Associates

[www.raimiassociates.com](http://www.raimiassociates.com)

Public Health Law and Policy

[www.healthyplanning.org/toolkit\\_healthygp.html](http://www.healthyplanning.org/toolkit_healthygp.html)

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**Thank you!!**