Planning Healthy Communities

CITY OF SOUTH GATE GENERAL PLAN CASE STUDY

PRESENTATION BY MONICA VILLALOBOS

RAIL~VOLUTION CONFERENCE
OCTOBER 31, 2009
Building Healthy Communities

- Health
  - Obesity & Chronic Disease
  - Physical Health
  - Prevention

- Planning
  - Built Environment
  - Walkability & Exercise
  - Transit and Land Use Planning

- Healthy Built Environment

- Community Involvement
  - Planning Workshops
  - Information and Engagement
  - Healthy City Element
“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
## Health & Planning

<table>
<thead>
<tr>
<th>Health Issues</th>
<th>Planning Tools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increased Rates of Obesity</td>
<td>Healthy Urban Form</td>
</tr>
<tr>
<td>Preventing Chronic Disease</td>
<td>Create Walkable, Transit Oriented Environments</td>
</tr>
<tr>
<td>Environmental Health Impacts</td>
<td>Increase Access to Healthy Foods</td>
</tr>
<tr>
<td></td>
<td>Regulatory Policies and Plans</td>
</tr>
</tbody>
</table>
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

How to Create and Implement Healthy General Plans

General Plan & Public Outreach

Health Education Workshops

Healthy Community Element

TLUC
TRANSPORTATION AND LAND USE COLLABORATIVE OF SOUTHERN CALIFORNIA

raimi+ associates
the nature of community
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

LA County: 20.6%
South Gate & surrounding cities: 26.4%
Existing Conditions

LA County

- Overweight: 35.5%
- Obese: 20.9%

South Gate & Surrounding Cities

- Overweight: 39.5%
- Obese: 33.1%

Overweight and Obese Adults
Health Trends

Childhood Obesity Over Time

South Gate+

LA County

1999  2001  2002  2003  2004  2005

%  

15  17  19  21  23  25  27  29  31  33

18.9  21.2  23.3  29.1
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

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
Healthy General Plans Toolkit

Raimi + Associates
www.raimiassociates.com

Public Health Law and Policy
www.healthyplanning.org/toolkit_healthygp.html

Monica Villalobos
villalobosma@cdm.com

Thank you!!