

**Sonoma State University
Center for Sustainable Communities**



**MEETING WITH VALLEJO
GENERAL PLAN WORKING GROUP
OCTOBER 26, 2015**





- **Tom Jacobson, Director, Center for Sustainable Communities**
- **Alex Hinds, Managing Consultant, CSC**
- **Beth Armentano, MPH, Solano County Public Health**

Agenda



- Background – “Planning for Healthy Communities”
- Existing Health Conditions
- Outreach: Vallejo’s health concerns
- Healthy community elements – other general plans
- Existing community health resources in Vallejo
- Recommended topics for Vallejo

Today's public health problems: chronic disease



- Heart disease
- Stroke
- Cancer
- Obesity
- Diabetes
- Asthma

Clinic Scenario

- Mother comes to clinic
- 4 yo male
 - Elevated BMI
 - Elevated triglycerides
 - Normal BP

RX

- **Increase Activity**
- **Eat healthier foods**

Planning Response



- **Planning: Part of the solution**
- **Collaboration between planners and public health professionals**

Why Does Place Matter for Health?



Communities of Opportunity

- Parks
- Safe/Walkable Streets
- Grocery Stores and Healthy Foods
- Good Schools
- Clean Air
- Quality Housing
- Public Transportation
- Good Jobs
- Strong Local Businesses
- Financial Institutions

Good Health Status

Poor Health Status

Disinvested Communities

- Limited/Unsafe Parks
- Crime
- Fast Food Restaurants
- Liquor Stores
- Poor Performing Schools
- Pollution and Toxic Exposures
- Transportation Barriers
- Absence of High Quality Financial Institutions
- Predatory Lenders



Key Questions Identified With GPWG



- What goes in Vallejo's Healthy Community Element?
- How to integrate health with rest of General Plan?

Existing Health Conditions



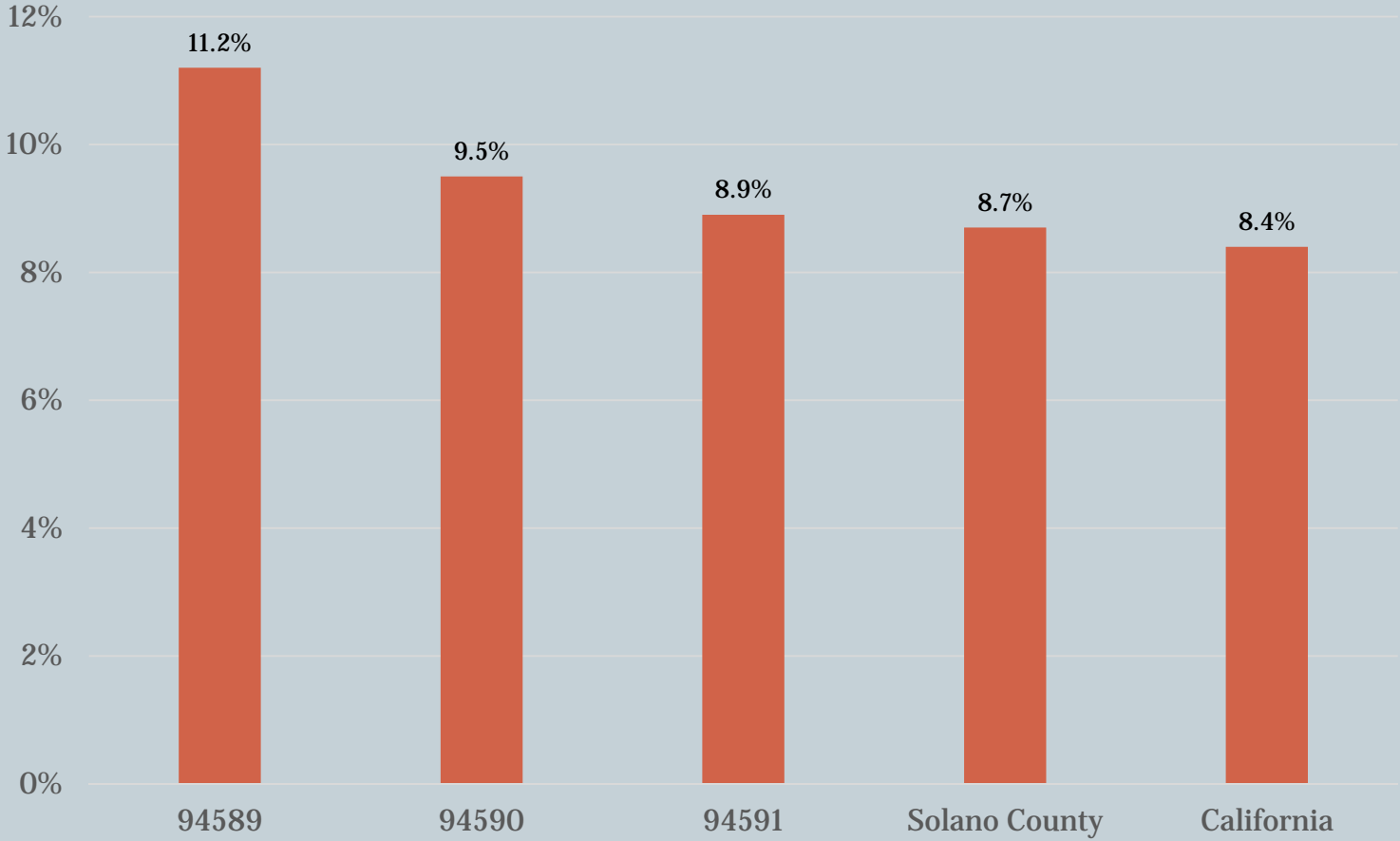
- Beth Armentano, MPH, Solano County Public Health

How healthy is Solano County?



- According to RWJ's County Health Rankings, Solano County ranks 32 out of 57 California counties
- How we rank as a county or a city does not always tell the story of the individual

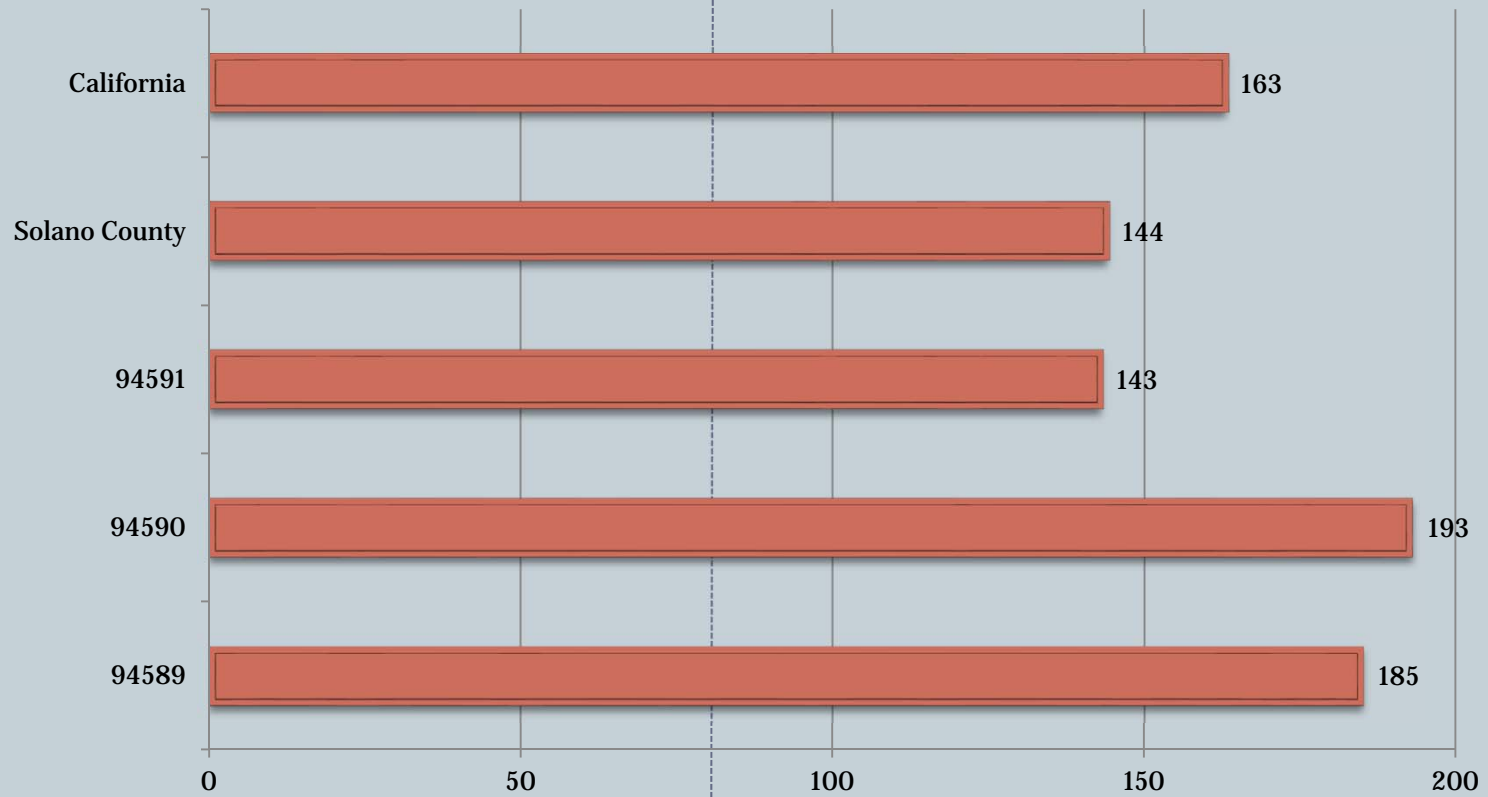
Prevalence of Diabetes



Heart Disease Mortality



Rate per 100,000



THE ROLE OF Communities IN PROMOTING PHYSICAL ACTIVITY

WALKABLE COMMUNITIES

People who live in walkable neighborhoods are

2
times

as likely to get enough physical activity as those who don't.

JOINT USE

The number of children who are physically active outside is

84% higher when schoolyards are kept open for public play.

RECREATIONAL FACILITIES

Teens who live in poor or mostly minority neighborhoods are

50% less likely to have a recreational facility near home.

TRAILS

People who live near trails are

50% more likely to meet physical activity guidelines.

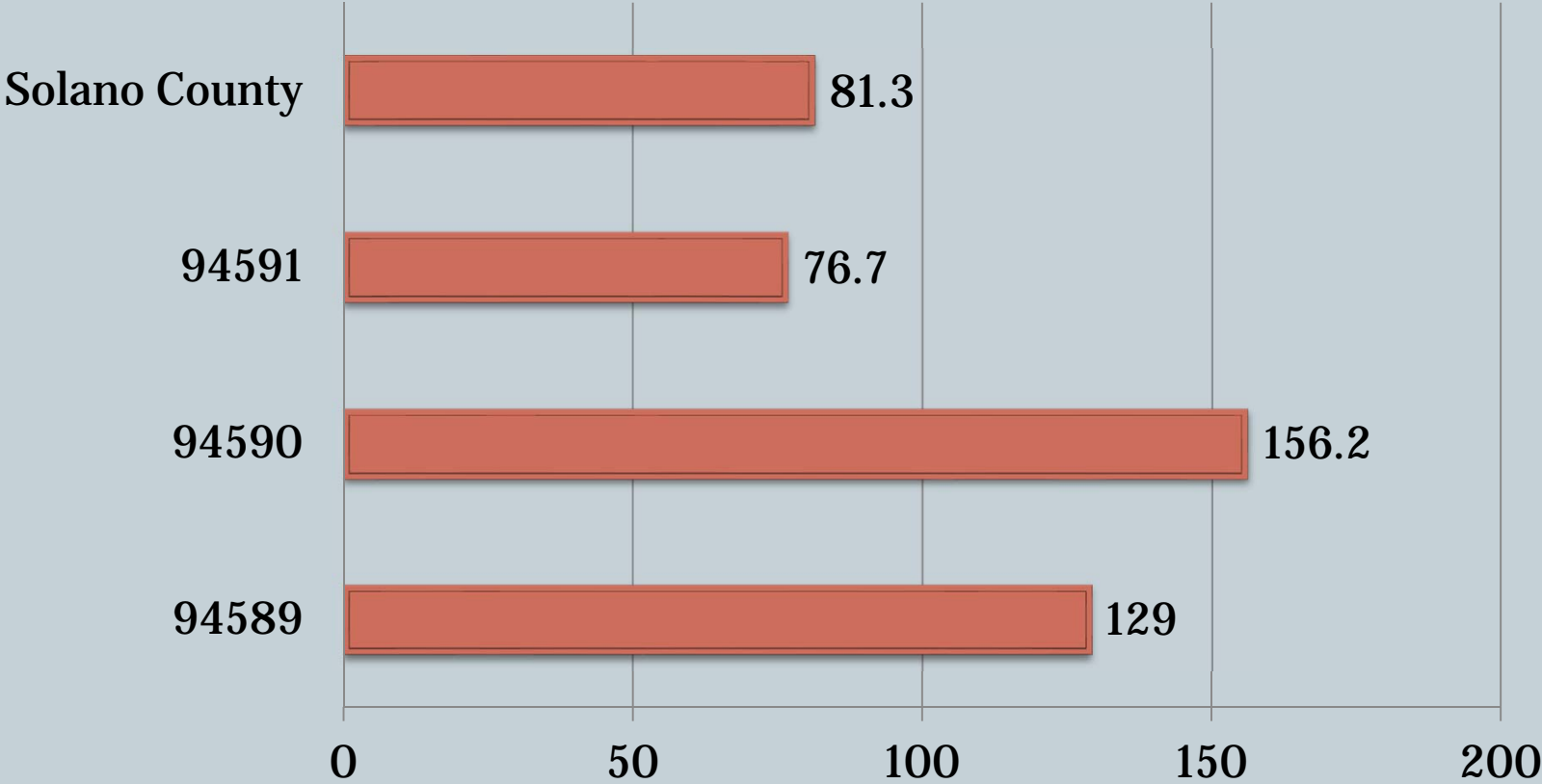
Active Living Research
www.activelivingresearch.org

Sources: TRAILS: Huston S, Evenson K, Bars P, et al. "Neighborhood Environment, Access to Places for Activity, and Leisure-Time Physical Activity in a Diverse North Carolina Population." *American Journal of Health Promotion*, 18(1): 58-66, September/October, 2003. WALKABLE COMMUNITIES: Frank LD, Schmid TL, Sallis JF, Chapman J, Saelens BE. Linking objectively measured physical activity with objectively measured urban form. Findings from SMARTRAQ. *American Journal of Preventive Medicine* 2005; 29(2S2):117-125. JOINT USE: Farley T, Meriwether R, Baker E, Watkins L, Johnson C, Webber L. Safe play spaces to promote physical activity in inner-city children: Results from a pilot study of an environmental intervention. *Am J Pub Health*. 2007;97:1623-1631. RECREATIONAL FACILITIES: Gordon-Larsen P, Nelson MC, Page P, Popkin BM. "Inequality in the Built Environment Underlies Key Health Disparities in Physical Activity and Obesity." *Pediatrics*, 117(2): 417-424, 2006.

Rates of Asthma-Related Emergency Room Visits



Rates per 10,000

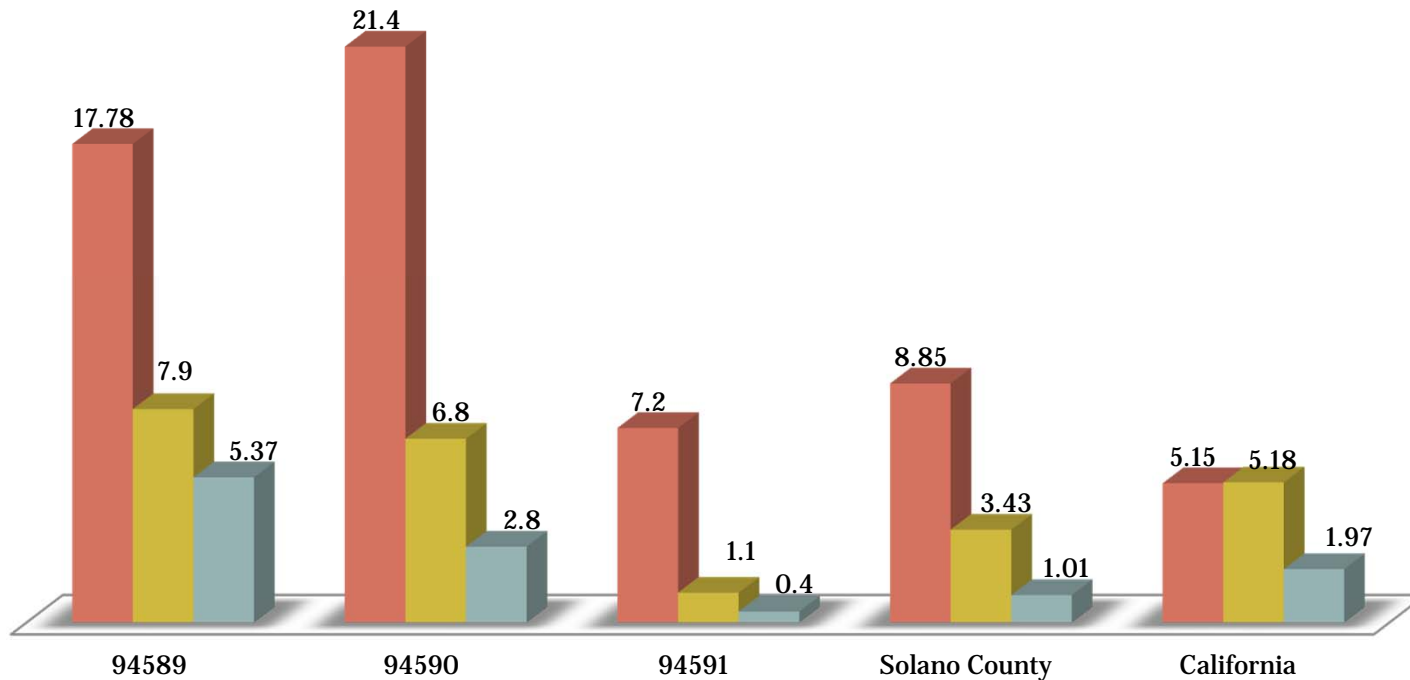


Mortality from Homicide, Motor Vehicle, and Pedestrian Accidents



Mortality per 100,000

■ Homicide ■ Motor Vehicle ■ Pedestrian



Health promoting schools support health and education

Food skills taught through community programs

Community gardens where everyone can grow their own food

Bike lanes encourage active transportation

Physical activities offered after school

Active and safe routes to school

Swimming is taught for safety and enjoyment



Recreational facilities encourage free, unstructured play

Affordable healthy food is available at farm stands and markets

Everyone can walk on safe, connected routes between where they live, learn, play and work

Outdoor physical activity is encouraged year round

Breastfeeding is supported everywhere



Outreach: Vallejo's Health Concerns



- Community Workshops for Guiding Principles
- Guiding Principles
- Meeting with the General Plan Working Group, October 2014
- Health Impact Assessment for South Vallejo
- Solano County Department of Public Health Surveys

Interviews



- Vallejo Housing Authority
- Emmanuel Temple Apostolic Church
- City of Vallejo Police Department
- Greater Vallejo Recreation District
- Fighting Back Partnership
- St. Vinnie's Garden
- Vallejo Together
- Pricilla VanLiew, MPH, Registered Environmental Health Specialist and South Vallejo resident

Other Health Community Elements



- City of Richmond
- City of San Pablo
- Riverside County
- Santa Clara County

Looked At



- Topics addressed
- Data sources used
- Noteworthy policies and implementation actions
- Integration with other general plan elements
- Approaches to collaboration
- Aspects of particular interest to Vallejo

Existing Community Resources: Access to Healthy Food



- Emmanuel Temple Apostolic Church of Vallejo
- Food Bank of Contra Costa & Solano
- Vallejo's Participatory Budgeting program
- Vallejo People's Garden
- Pacific Coast Farmers' Market Association
- Solano County Food Policy Council

Existing Community Resources: Active Recreation/Safety



- Greater Vallejo Parks and Recreation District
- Vallejo's Participatory Budgeting program
- Fighting Back Partnership
- Neighborhood Watch

Existing Community Resources: Active Transportation/Safety



- Solano Transportation Authority
- Vallejo City Unified School District/‘Safe Routes to School’ Program
- Fighting Back Partnership
- Neighborhood Watch
- Vallejo Housing Authority

Existing Community Resources



- **Smoking and Exposure to Tobacco Smoke**
 - Solano County Department of Public Health

- **Urban Greening and Mental Health**
 - Solano Resource Conservation District

Recommended Topics: Underlying Concepts



- Commitment to a healthy community
- Health a function of various “general plan” factors
- Community health can support economic prosperity
- Collaboration part of Vallejo culture
- Co-benefits of healthy community planning

Vallejo Committed to a Healthy Community



- City Council adopted HEAL (Healthy Eating Active Living) Resolution 2011 – general plan that promotes health and wellness
- Guiding Principle 7:
“Vallejo promotes the health of its residents and recognizes the value of a proactive, preventative approach to health. All Vallejo neighborhoods have easy access to healthy food, including organic food and locally grown food from school and community gardens.”

Health and “General Plan” Factors



- **Built environment**
 - Land use patterns
 - Transportation infrastructure
 - Open space
 - Etc.
- **Community programs (Safe Routes to Schools, recreation, etc.)**
- **Social, economic, educational, etc., factors**

Community Health Supports Economic Prosperity



- Competitive advantage in attracting employers
- Supports education
- Reduces costs for public health and social services

Collaboration Part of Vallejo Culture



- Government agencies
- Nonprofits and community groups
- Medical services sector of the Vallejo economy
- Solano County Department of Public Health
- Faith-based community
- Agriculture and other food-related groups

Co-Benefits of Healthy Community Planning



- Policies and actions related to health can have other community benefits
- Example: Active transportation can have benefits for air quality, economic development, energy use, community vitality

Recommended Topics: Primary Treatment in Healthy Community Element



- Access to healthy food
- Active recreation facilities and programs
- Safety of recreation facilities
- Active transportation network and programs
- Safety of active transportation network
 - Pedestrians/bicycles and autos
 - Crime and perceptions of safety
- Tobacco use and exposure to tobacco smoke
- Urban greening and mental health

Recommended Topics: Discussed in Healthy Community Element, Reference to Other General Plan Elements



- **Employment and vocational training**
- **Access**
 - distribution of facilities and programs
 - transportation to health care
- **Housing**
- **Climate change**
- **Social cohesion – connection among community members, civic engagement**