

Opportunities for Collaboration Using HIAs

Overview

- Understanding relevant health research
- Using impact information
- Integrating health and planning
- * **Collaboration between public health and planning staff is central**



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Health Research

Why People Die, 2002 Figures

	US (CDC)	World (WHO)
1. Heart Disease	28.5%	12.4% (#1)
2. Cancer	22.8%	2.2% (#10, lung)
3. Stroke	6.7%	9.2% (#2)
4. Emphysema, chronic bronchitis	5.1%	4.5% (#5)
5. Accidents	4.4%	2.3% (#9, road)*
6. Diabetes	3.0%	
7. Flu & pneumonia	2.7%	6.9% (#3)
8. Alzheimer's/senility	2.4%	
9. Kidney disease	1.7%	
10. Septicemia/systemic infection	.4%	

Other top 10 in the world: HIV/AIDS 5.3% (#4), perinatal (#6), diarrhea (#7), tuberculosis (#8)

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Health Research

How do you know how to make the connection between health and planning, policy, environments?



- Accessibility
- Air quality
- Climate change
- Environmental & housing quality
- Food
- Health facility access
- Mental health
- Noise
- Physical activity
- Safety
- Social capital
- Water quality

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Health Research

- Needs careful assessment of research as there are often:
 - Few studies on a topic
 - Studies looking at only part of the picture
 - Studies that define key variables differently
 - Limitations to data and analysis
 - Publications bias—studies that find effects are more likely to be published than those that find no/inconclusive effects



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Health Research

Key Questions Research Summaries

- Summarize fast-moving and contradictory research
- Built environment and social issues related to planning
 - Accessibility, Air Quality, Environmental and Housing Quality, Food, Healthcare Access, Mental Health, Physical Activity, Safety, Social Capital, and Water Quality
- Areas in which planners can create change



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Health Research

Things for Certain (or semi-certain) About Air Quality

- Motor vehicles primary source of most fine and ultra fine particles
- Many pollutants decrease with distance from roadways
- Living above dry cleaners increases exposure to perchloroethylene
- Vehicle-related pollution associated with higher levels of certain diseases
- Living near factories can increase risk of preterm birth, respiratory and other diseases
- Certain sub-groups are more vulnerable



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Health Research

Things Up In the Air About Air Quality

- Concentration of some pollutants does not decrease much with distance—how much? under what conditions?
 - Geographic scale of pollutants
 - Establishing a recommended buffer distance is difficult
 - Extent growing trees as buffers can mitigate pollution
- * For sources and more see the Key Questions research summary in your packet



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Health and Planning Information

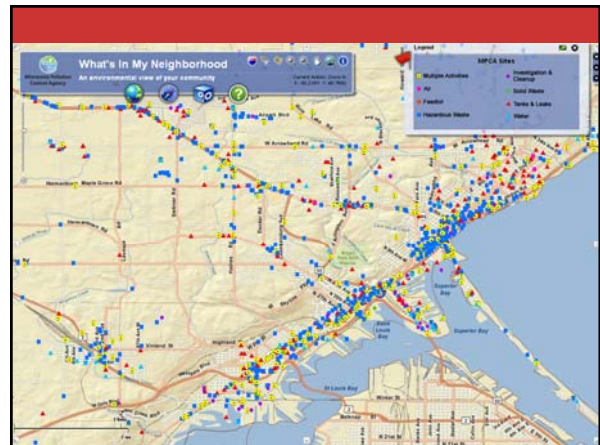
Sample Data Sources:

1. US Census (<http://www.census.gov/acs/www/>)
2. Behavioral Risk Factor Surveillance System (<http://www.cdc.gov/BRFSS/>)
3. Minnesota Uniform Crime Reports (<http://www.bca.state.mn.us/CJIS/Documents/Page-15-02.html>)
4. What's in My Neighborhood? (<http://www.pca.state.mn.us/wimn/>)
5. Traffic Volumes (<http://www.dot.state.mn.us/traffic/data/html/volumes.html>)

* For a list of these and other data sources see Resources handout in your packet

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Health and Planning

Planning Overview

- Planning affects numerous health issues
- Comprehensive planning represents an opportunity to address health
 - Long-term
 - Establish community vision
 - Address a wide-range of issues
 - Participatory



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Corinne Sotonyi/Bloomberg

Health and Planning

Plans and Plan Implementation

- Plan sets framework for future growth and community character
- Plan implementation can further address health
 - Zoning ordinances
 - Design guidelines
 - Capital improvements



Courtesy: Sonoma State University

Health and Planning

Metropolitan Council Requirements 2008

Land Use Plan

- Future land use
- Housing plan
- Resource Protection
- Transportation**
 - Traffic Analysis Zone (TAZ) Allocation
 - Highway & roads plan
 - Bike & pedestrian plan
 - Special traffic situations
 - Transit plan for facilities & service
 - Aviation Plan
- Water Resources**
 - Wastewater & sewer plan
 - Surface water management plan
 - Water supply plan
- Parks & Open Space**
 - Regional parks and open space
- Optional Elements**

Topics

- Accessibility
- Air Quality
- Environmental and Housing Quality
- Food
- Mental Health
- Physical Activity
- Social Capital
- Safety (crime & traffic)
- Water Quality

Connections Between Health Topics and Plan Elements	Access	Air	Hous:g	Env:	Food	Mental	PA	Safety	Social	Water
Land Use Plan										
Future land use	x	x	x	x	x	x	x	x	x	x
Housing plan	x	x	x	x	x	x	x	x	x	x
Resource protection		x				x				x
Transportation										
TAZ allocation	x	x					x	x		
Highway & roads	x	x					x	x		
Bike & pedestrian	x	x		x	x	x	x	x	x	
Special traffic	x	x		x	x	x	x	x	x	
Transit plan	x	x		x			x	x	x	
Aviation Plan	x	x				x		x		
Water Resources										
Wastewater & sewer				x				x		x
Surface water				x		x				x
Water supply plan				x						x
Reg. Parks and O.S.		x				x	x	x		x

Health and Planning

Connecting Planning and Health

- Four general approaches (Morris 2007)
 - Comprehensive plan update
 - Corrective/Selective Amendments
 - Separate Health-related Plans
 - Revised Codes or Ordinances

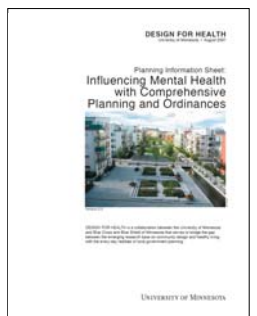


Courtesy: Sonoma State University

Health and Planning

Information Sheets

- Summary of approaches to integrating health into plans and policies
 - Plan and policy content
 - Best planning practices informed by research
 - Discusses Metropolitan Council requirements
 - Notes types of plans and implementation tools



Health and Planning

Information Sheets

- How can planners use this?
 - Identify and tailor content for local plans and ordinances
 - Learn about alternative approaches to organizing plans
 - ID best practices
 - Example: Food Access



Health and Planning

Design for Health Resources

- Analysis tools to gather background information
 - **Community Food Security Assessment (USDA)**
 - **Identify opportunities and constraints related to food access**

- Adequacy of supermarkets
- Barriers to food shopping
- Modes of transportation
- Income and poverty levels
- Loss of farmland
- Availability of locally grown food
- Number of community gardens, farmers' markets, and food coops
- Food policies

Health and Planning

Design for Health Resources

- Plan content
 - **Goals, policies, and objectives for food access**

Table 1. Improving Food Access - Excerpts from the San Francisco Sustainability Plan

Goal	Long-term Objectives to Reach Sustainability	Objectives for the Year 2001 (Five-year Plan)	Actions
3. To ensure access by all people at all times to enough nutritious, affordable, safe, and culturally-diverse food for an active, healthy life.	3-A. Safe, convenient, reliable, and nonpolluting transportation is available to points of sale that provide nutritious, affordable, safe, and culturally-diverse food.	3-A-1. Transportation to points of sale that provide nutritious, affordable, safe, and culturally-diverse food has improved.	3-A-1-a. Establish better and more fixed-route Muni service to enable shopping to be done with public transportation. 3-A-1-b. Improve Muni and special-transit services to enable people with particular transit needs to shop using public transportation.

Health and Planning

Design for Health Resources

- Plan content
 - **Goals, policies, and objectives for food production and distribution**



Metropolitan Design Center

Dane County, WI – Agricultural, Natural, and Cultural Resources Element

- Educate farmers and landowners on alternatives to development
- Establish a "Buy Dane County" farm-products campaign
- Encourage local purchasing in county food service facilities

Health and Planning

Design for Health Resources

- Planning implementation and policies for food access
 - **Traditional neighborhood development (TND) ordinance (Univ. of WI Extension)**
 - Mix of uses within 5 minute walk
 - Allow some food service uses in neighborhoods (e.g. butcher shops, bakeries, grocery stores)



Census Bureau Scorebook

Health and Planning

Design for Health Resources

- Planning implementation and policies for food production and distribution
 - **Community gardens zoning district (Boston Redevelopment Authority)**
 - No minimum land area
 - May include vacant public land or private land (with consent)



Ken Froyen

Health and Planning

Local Cases

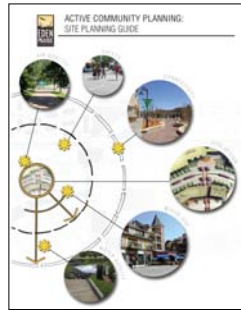
- Example – Eden Prairie Comprehensive Plan
 - **Included Active Community Planning Chapter in plan**
 - **Addressed air and water quality, accessibility, safety, physical activity, mental health**
 - **Particular focus on mix of land uses and connectivity**



Census Bureau Scorebook

Health and Planning

- Example – Eden Prairie Active Community Planning: Site Planning Guide
- Guides implementation of comprehensive plan
- Addresses multiple health topics
- Highlights best practices with graphics and checklists for development



Physical Safety and Mobility

Managing the role of the automobile in shaping the design of current developments, the completion of Active Community Planning, site layout is to suggest some fundamental street and safety. To refer to better the performance and benefits of existing street on foot on the site, basic safety standards must be considered. Creating a sustainable, alternative environment for these regulations is required.

Redesigning with lighting and street-level design principles that reduce accidents, traffic and other are easily accepted by people of all ages and abilities are essential standards for enhancing safety and mobility.

Guidelines:

- Lighting plans and lighting and to each street should be designed to have a minimum of 15 foot-candle illumination.
- Proposed streets should have speed limits 35 mph or less.
- Any pedestrian crossing should be clearly indicated with markings, design, and lighting.
- There should be pedestrian crossings on street medians in wide streets.
- Both sides of intersections should be provided to aid in safe pedestrian crossing.

Checklist:

- 1. Do these pedestrian lighting designs include and address?
- 2. Are there color and width painted from users to provide "eyes on the street"?
- 3. Are there clear guidelines for drainage for both pedestrians and drivers?
- 4. Does the plan provide for adequate light at intersections?
- 5. Does the plan indicate pedestrian and vehicle right-of-way?

Illustration annotations:

- Illustration annotations: street lighting, signs to create a safe environment.
- Pedestrian crossings are indicated with enhanced design and markings.
- Site design provides clear paths to destinations.
- Pedestrian crossings are indicated with enhanced design and markings.
- Both sides of streets feature crossing stripes and enhanced pedestrian safety.
- Street lines and on-street parking provide a pedestrian and safety.
- Details are shown to provide design solutions for the pedestrian.

Air Quality

Better air quality means better individual health and community-wide physical activity. Air quality can be improved by promoting the use of alternative forms of transportation to reduce emissions and planting trees near major roadways. The average person is willing to walk up to 1/2 mile in a round-trip, all sites within a half mile of the proposed LRT station should be planned with the idea that people will be walking there and depending on the LRT station. Plans should focus on pedestrian paths, higher density, mixed use development, and shared and reduced parking requirements. Plans should include shade trees adjacent to all public roads, sidewalks and trails.

Guidelines:

- Plans should include trees, plants and shrubs within active planning areas.
- Plans should include trees along sidewalks and trails that will provide shade and improve water quality.
- Plans should include signage to light up stations and the site and be representative and desirable to transit users.

Checklist:

- 1. Does the plan include trees near transit and other areas?
- 2. Does the plan include signage for the pedestrian and bicyclist?
- 3. Does the plan include trees and plants adjacent to transit stations and trails?
- 4. Are current and future transit facilities accounted for in the plan?

Illustration annotations:

- Pedestrian-oriented lighting.
- Planted water retention basins.
- Pedestrian-oriented lighting.

Health and Planning

Local Cases

- Example – Victoria Comprehensive Plan
- Community wide goals include focus on “community health”
- Parks and open space element includes public health section
- Addresses wide range of health issues



Health and Planning

Local Cases

- Example – Rochester Complete Streets Ordinance
- Create a connected network of facilities accommodating each mode of travel
- Bike, pedestrian, and transit facilities included in construction, reconstruction, repaving, and rehab projects except when:
 - Maintenance, insufficient space, safety risks, disproportionate cost

