American Planning Association Pennsylvania Chapter
Making Great Communities Happen

PLAN4Health
An American Planning Association Project

Healthy Communities in PA

1-866-499-7054, conference code 735 289 0020
Information Sharing and Orientation calls – typically the fourth Tuesday of each month at 2 PM
Steering Committee calls – typically the second Thursday of each month at 10 AM
https://planningpa.org/advocacy/healthy-communities-in-pa/

Healthy Community Design Topic Resources

Access to Healthcare

One of the primary elements of a healthy community is equity; equitable healthcare is essential for maintaining a healthy community for everybody. Finding ways to make healthcare more affordable and more dispersed is a crucial piece when creating a healthy community. Follow this link to access the google doc: http://bit.ly/AccesstoHealthcareHCPA

Active Transportation

There are many ways to promote a more active lifestyle. Creating bike lanes, safer sidewalks, city centers to walk to, and greenery or other things to admire while walking or biking can inspire people to use healthier forms of transportation. Other things such as open space and parks and walking groups or other active group activities can also endorse a healthier lifestyle. Follow the link here to access the google doc: http://bit.ly/ActiveTransportationHCPA

Aging Population

The country's population of older residents has grown significantly over the past few decades and is projected to continue growing. "Aging in place" is the ability remain in one's home and communities as they grow older. To do this, communities must be designed to allow convenient access to community destinations through safe pedestrian routes, access to various modes of transportation, and more places to attract the elderly population. These methods can promote a more active and healthy lifestyle for the older residents of the community. Follow this link to access the google doc: http://bit.ly/AgingPopulationHCPA

Air Quality

Pollution in the air has huge impacts on the health of communities, so ensuring good air quality is essential in promoting health. Improved air quality can prevent a number of health problems such as respiratory and cardiovascular diseases. Planning can improve air quality by reducing the number of cars on the streets, increasing green space, and other methods. Follow this link to access the google doc: http://bit.ly/AirQualityHCPA

Health in all Policies

Health in all Policies is the practice of making health a priority in all disciplines. It seeks to prevent health problems through policy in fields such as government, planning, nonprofits, and others. Follow this link to access the google doc: http://bit.ly/HealthinallPoliciesHCPA

Health Inequities Among Populations

The Healthy Communities in PA mission involves health for all, resolving health inequities among populations is essential in achieving this end. Follow this link to access the google doc: http://bit.ly/HealthInequitiesHCPA

Healthy Foods

Creating healthy food opportunities is a large component to a healthy community. Community gardens, farmer's markets, and accessible corner stores that provide affordable healthy food options are all ways a community can promote healthy living. Follow the link here to access the google doc: http://bit.ly/HealthyFoodsHCPA

Housing

Housing quality has many impacts on health. Overcrowding, ventilation, airborne diseases, pollution, lead contamination, and other factors are all examples of aspects of housing that may lead to poor health. All of these health problems may be remedied with planning and zoning. Additionally, the location of housing can lead to housing that is far from destinations, which discourages active transportation. Follow this link to access the google doc: http://bit.ly/HousingHCPA

School Health

It is very important to consider the health of school children in a holistic way. Planning for school health may involve providing for special needs and illnesses and improved sanitation. School health may also be improved with physical activity such as creating safe walking routes to school, good gym classes, and improving playgrounds. Follow this link to access the google doc: http://bit.ly/SchoolHealthHCPA

Stopping Smoking in Public Places

Smoking in public places is detrimental to the health of smokers and those who surround them. To limit the amount of second hand smoke, it is important to plan non-smoking areas. There are also many organizations that exist to stop smoking which may be useful. Follow this link to access the google doc: http://bit.ly/StoppingSmokingHCPA

Substance Abuse

The opioid epidemic has been quickly spread throughout the country and has become a public health crisis. Thinking about the epidemic from a planning perspective is important in focusing efforts to stopping this crisis. Planners can help through managing vacant spaces, promoting safety, and minimizing drug marketplaces. Follow the link here to access the google doc: http://bit.ly/OpioidEpidemicandPlanning

Water Quality

Water quality is essential in ensuring public health. Toxins in the water can have detrimental health effects ranging from stomach and liver illness to permanent brain damage. It is important to plan for good quality by managing runoff, safe drinking water sources, and safe and quality water infrastructure. Follow this link to access the google doc: http://bit.ly/WaterQualityHCPA