

The Built Environment:

Making the Healthy Choice... The Easy Choice

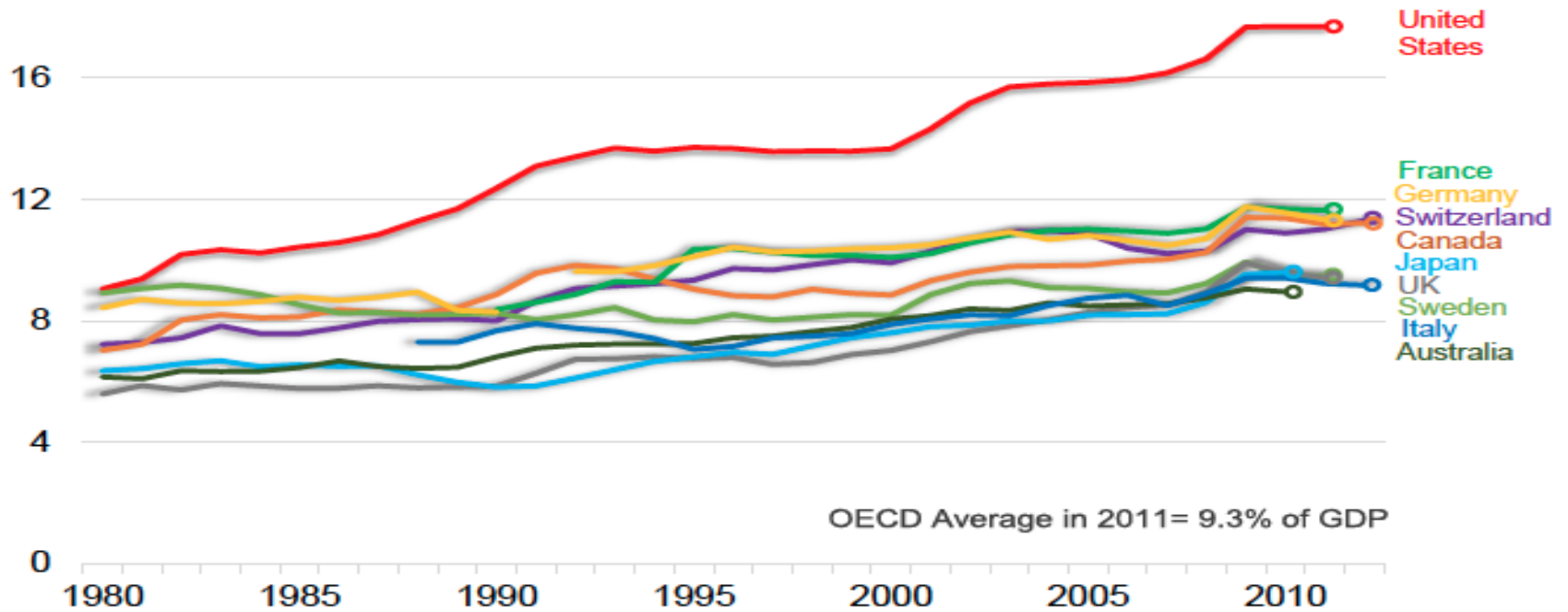
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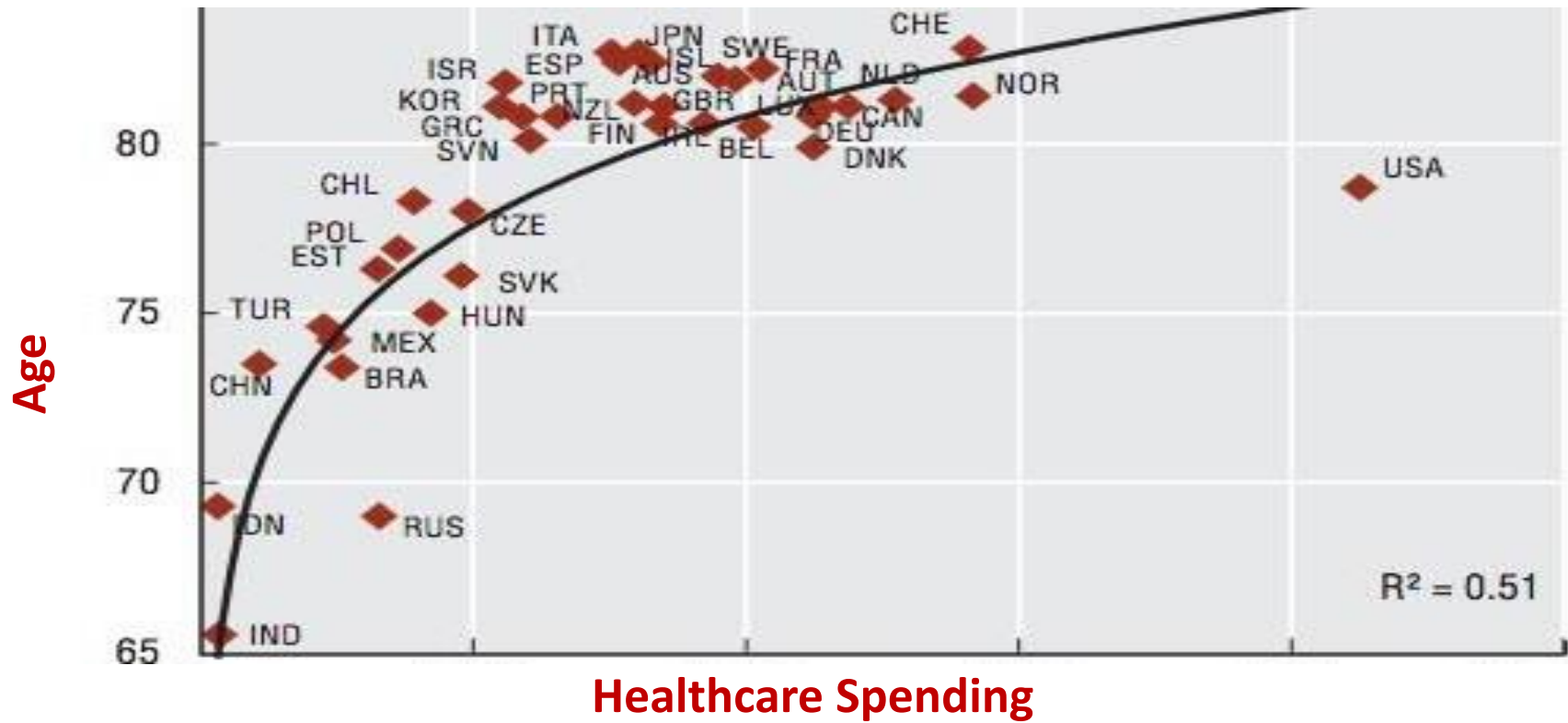
Why should we incorporate Health Policies into Community Planning?



US Health Care Spending as Percent of GDP



More Expensive, but.....



COUNTRY RANKINGS

Top 2*
Middle
Bottom 2*

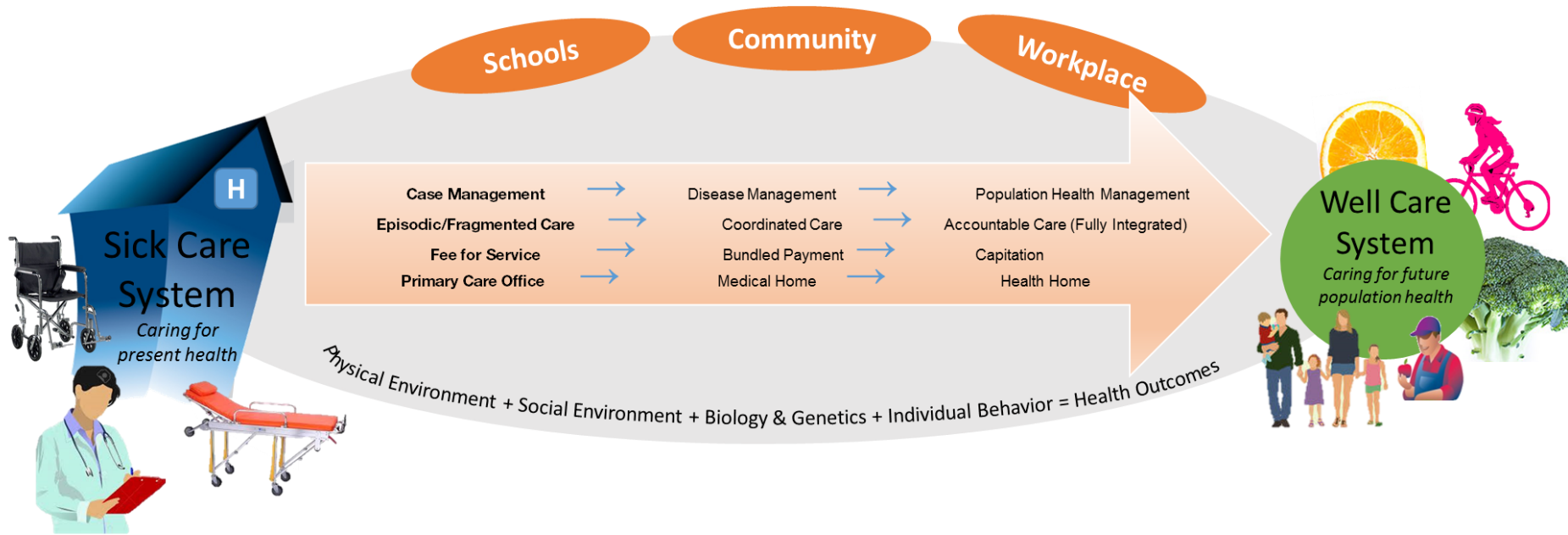


	AUS	CAN	FRA	GER	NETH	NZ	NOR	SWE	SWIZ	UK	US
OVERALL RANKING (2013)	4	10	9	5	5	7	7	3	2	1	11
Quality Care	2	9	8	7	5	4	11	10	3	1	5
Effective Care	4	7	9	6	5	2	11	10	8	1	3
Safe Care	3	10	2	6	7	9	11	5	4	1	7
Coordinated Care	4	8	9	10	5	2	7	11	3	1	6
Patient-Centered Care	5	8	10	7	3	6	11	9	2	1	4
Access	8	9	11	2	4	7	6	4	2	1	9
Cost-Related Problem	9	5	10	4	8	6	3	1	7	1	11
Timeliness of Care	6	11	10	4	2	7	8	9	1	3	5
Efficiency	4	10	8	9	7	3	4	2	6	1	11
Equity	5	9	7	4	8	10	6	1	2	2	11
Healthy Lives	4	8	1	7	5	9	6	2	3	10	11
Health Expenditures/Capita, 2011**	\$3,800	\$4,522	\$4,118	\$4,495	\$5,099	\$3,182	\$5,669	\$3,925	\$5,643	\$3,405	\$8,508

Notes: * Includes ties. ** Expenditures shown in \$US PPP (purchasing power parity); Australian \$ data are from 2010.

Source: Calculated by The Commonwealth Fund based on 2011 International Health Policy Survey of Sicker Adults; 2012 International Health Policy Survey of Primary Care Physicians; 2013 International Health Policy Survey; Commonwealth Fund *National Scorecard 2011*; World Health Organization; and Organization for Economic Cooperation and Development, *OECD Health Data, 2013* (Paris: OECD, Nov. 2013).





When “Honey, go outside and play” ...

Name _____
Address _____ Date _____

R_x

Walk 5 days a week
for at least 30
minutes

MD _____
Signature _____

...isn't enough



Why should we incorporate Health Policies into Community Planning?

- Increase opportunities for residents to buy fresh foods
- Ensuring they can walk and bike safely to meet daily needs
- Reducing crime
- Reducing pollution
- Encouraging social connections

...and more??



Health & Community Planning

	Health Outcomes
Access to active transportation	Increased physical activity; reduced obesity, diabetes, cardiovascular disease; improved mental health
Access to public transit for vulnerable populations	Access to goods and services that promote health, such as grocery stores and health care facilities
Connectivity & mixed use development	Improved physical activity, access to goods and services, social connections
Green space	Improved social capital and physical activity
Traffic safety	Injuries and fatalities to pedestrians, cyclists, and auto drivers
Emissions/Air pollution	Increase respiratory disease/illness (such as asthma), cardiovascular disease, certain cancers
Noise pollution	Reduced quality of life



Tools to incorporate health into policymaking

- General plans and area plans
- Zoning
- Criteria for providing funding
- Health impact assessment
- Ordinances and resolutions



Tools to incorporate health into policymaking

General Plans and Area Plans

Plans offer opportunities to set a vision for the future that connects planning with health and well-being. Plans should include specific community health goals that are related to aspects of the build environment, and should include health indicators that will be used to measure progress (examples: percentage of people who bike/walk to work, percentage who live near a full-service grocery store)

- Include community health goals and indicators related to physical and mental health
- Prioritize transit-oriented and compact, mixed-use development
- Include specific goals to increase access to healthy foods in underserved areas
- Set a goal for a transportation system that provides for the safety of all road users (Complete Streets), and consider a separate Pedestrian and Bicycle element to focus on active transportation
- Prioritize safe and affordable high-quality housing for all ages in neighborhoods that promote social interaction



Tools to incorporate health into policymaking

Zoning

Zoning ordinances can be used to encourage healthy community design: traditional neighborhoods, developments, and open spaces that promote walking, bicycling, and social interaction. They can also be used to discourage problems: concentrations of alcohol and unhealthy food retail, disruption of environmentally sensitive places, noise, traffic congestion and crime.

- Adopt mixed use zoning where appropriate
- Create Complete Streets design guidelines and require bicycle/pedestrian/wheelchair facilities in new development
- Provide fast-track permitting for healthy food outlets and markets in underserved areas and avoid concentrating unhealthy food retail within neighborhoods and near schools
- Require developers to provide for a mix of housing types and affordability
- Update building codes to incorporate green building principles and separate industrial and transportation corridors from sensitive environmental sites



Tools to incorporate health into policymaking

Criteria for providing funding (e.g., Smart Growth Transportation Program)

- The project provides an alternate means of transportation by creating a new connection, connecting to an existing facility, or filling in a gap between two existing alternative transportation facilities.
- Implementation of the project will have significant regional impact on facilitating/increasing, encouraging alternative transportation use
- The project will connect residential, shopping, institutional, and recreation facilities
- Bonus points for: Complete Streets Ordinance; TND, Density Bonus, Official Map, Access Management Ordinance



Tools to incorporate health into policymaking

Health Impact Assessment

Health Impact Assessments consider the health implications of policies, plans, and projects and offer ways to reduce negative health impacts and increase positive health impacts. Partner with health systems, community members, academics, and non-profits with health experience to complete an HIA.

- Identify criteria for projects that should incorporate HIA (e.g, large projects; projects in high-poverty areas)
- Identify partners with health expertise and community outreach experiences
- Assess risks and benefits of planning projects, identifying which people may be affected and how they may be affected
- Suggest changes to proposals to promote health effects or to minimize adverse health effects



Tools to incorporate health into policymaking

Ordinances and resolutions

(e.g. Complete Streets Policies)

A resolution of the Borough of Elizabethtown, Lancaster County, Pennsylvania, adopting a Complete Streets Policy to better integrate physical activity into the daily lives of those who live in and visiting the Borough of Elizabethtown through an increased emphasis on various active transportation modes which will ultimately contribute to improved health, reduced traffic congestion which will improve air quality, reduce harmful environmental impacts and create an economically vibrant twenty-first century community.

Elizabethtown Sample:

<http://lancastercountyplanning.org/DocumentCenter/View/413>



Example:

Goals of Health in All Policy Statements

1. Residents have the option to safely walk, bicycle or take public transit to school, work and essential destinations
2. Residents live in safe, healthy, affordable housing..
3. Residents have access to places to be active, including parks, green space, and healthy tree canopy.
4. Residents have access to healthy, affordable foods at school, at work, and in their neighborhoods.



BACKGROUND

- **Mission: Increase the number of adults and children maintaining a healthy weight**
- Convened by Lancaster General Health in 2007, Lighten Up involves over 100 community partners from multiple sectors to improve access to healthy food and safe spaces for physical activity
- Our priorities:
 - Improve the built environment for walking and bicycling
 - Improve the food environment through school and community gardens and healthy corner stores
 - Support comprehensive wellness programs and healthy environments in workplaces and schools



Healthy Corner Stores



- Ensuring underserved communities have equal access to healthy foods.
 - Store owners commit to adding 4 healthier food items from 2 food categories
 - If store owners comply, they receive a \$100 incentive, along with healthy inventory marketing materials
 - LGH provides ongoing in-store training and technical assistance



Young Lungs at Play (YLAP)

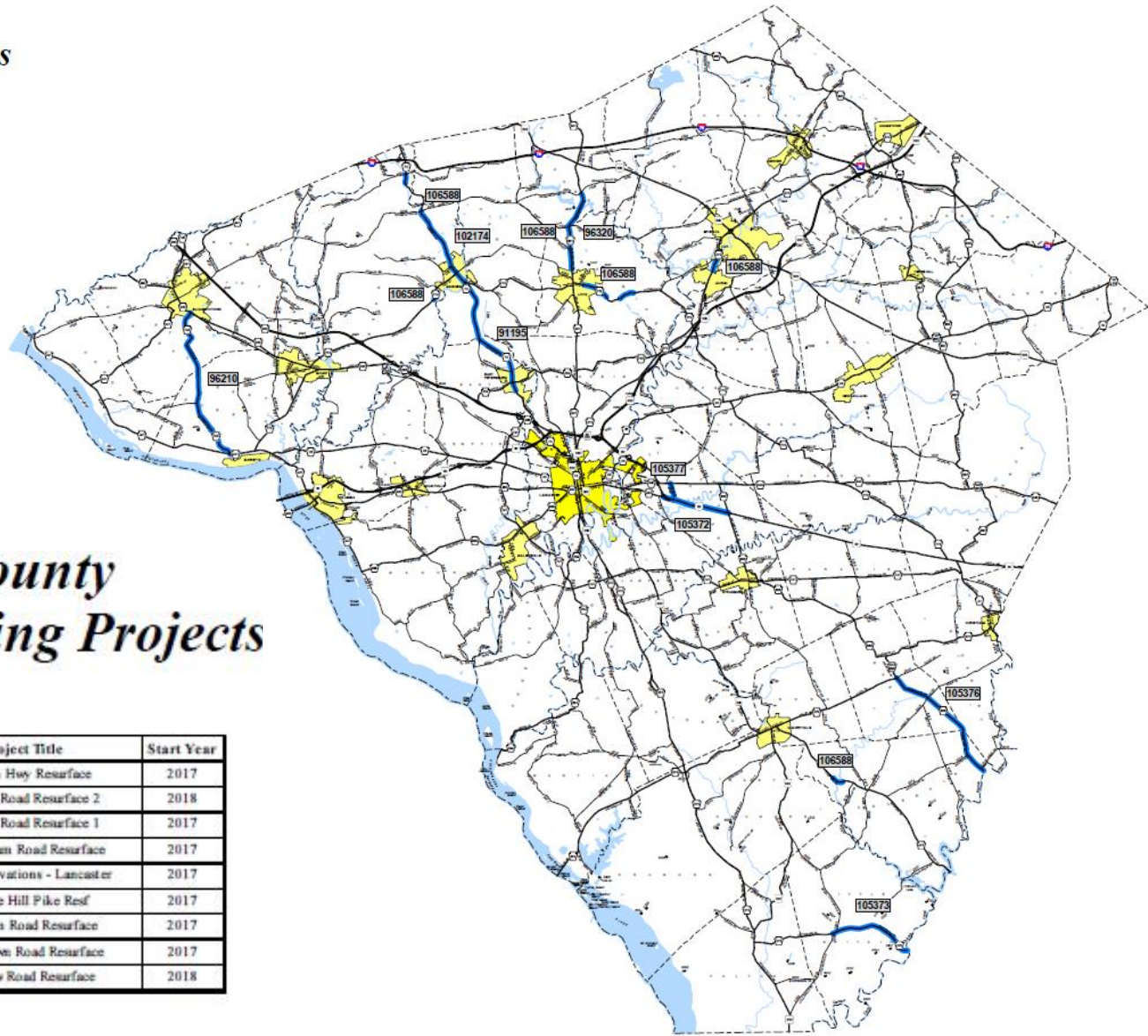
A tobacco free play area initiative

27 of 60 municipalities have adopted a YLAP resolution

Protecting close to 350,000 residents

17 organizations have adopted smokefree policies





Lancaster County 2017 TIP Resurfacing Projects

County	Project	S.R.	Sec.	Project Title	Start Year
Lancaster	105372	30	125	Lincoln Hwy Resurface	2017
Lancaster	102174	72	052	Lebanon Road Resurface 2	2018
Lancaster	91195	72	053	Lebanon Road Resurface 1	2017
Lancaster	105373	272	044	Nottingham Road Resurface	2017
Lancaster	106588	472	0	Deep Excavations - Lancaster	2017
Lancaster	96320	501	022	Furnace Hill Pike Resf	2017
Lancaster	96210	743	033	Maytown Road Resurface	2017
Lancaster	105376	896	012	Georgetown Road Resurface	2017
Lancaster	105377	2043	004	Oakview Road Resurface	2018



Lancaster *on the move!*



A guide to free and low cost physical activity for you and your family with additional wellness resources.



Lighten Up
LANCASTER COUNTY
In partnership with Lancaster General Health

Coordination and printing
provided by

Lancaster General Health

www.LancasterGeneralHealth.org





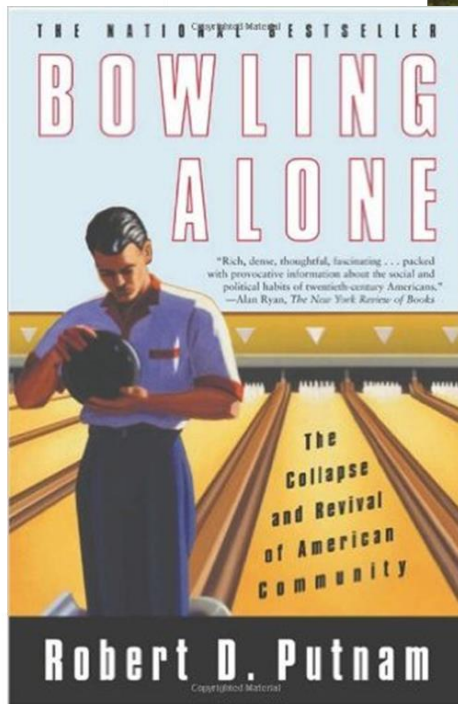
Loneliness, urban design, and form-based code



Let's Talk, Lancaster

changing the conversation
about mental health





YOUR Work is the real Healthcare Reform



Questions??



Resources

Lighten Up Lancaster County
www.lightenuplancaster.org

Public Health Institute, A Guide for State and Local Government
www.phi.org

Association of State and Territorial Health Officials (HiAP Toolkit)
<http://www.astho.org/Programs/HiAP/>

ChangeLab Solutions, How to Permanently Improve Government through Health in all Policies
http://www.changelabsolutions.org/publications/HiAP_Start-to-Finish

Pew Charitable Trusts, Health Impact Project
<http://www.pewtrusts.org/en/projects/health-impact-project>

Comprehensive Course on HIA (approx. 6 hours):
<http://advance.captus.com/planning/hia2/home.aspx>

APA's Planning and Community Health Center:
<https://www.planning.org/nationalcenters/health/>

An HIA toolkit will be available later this year:
<https://www.planning.org/nationalcenters/health/planninghia/>

