PLANNING FOR HEALTHY COMMUNITIES: MAKING THE HEALTHY CHOICE THE EASY CHOICE

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Penn State **Extension**

PSE State Team: Economic & Community Development (ECD)

Our programs target
- Citizen participation
- Effective organizations
- Local government decision-making
- Land use education

Ag Biz & Entrepreneurship

- Enterprise budgets through marketing plans
- Farmers Markets, Food Hubs, CSA
- Supply Chain Optimization
- Market Making
- Small scale wholesale
- Food System Development
- Urban Ag / Zoning Policy

Session Objectives

- Understand what affects the health of our communities

- Integrate healthy communities into all levels and activities of planning

- Foster opportunities for relationship building, dialogue & collaboration
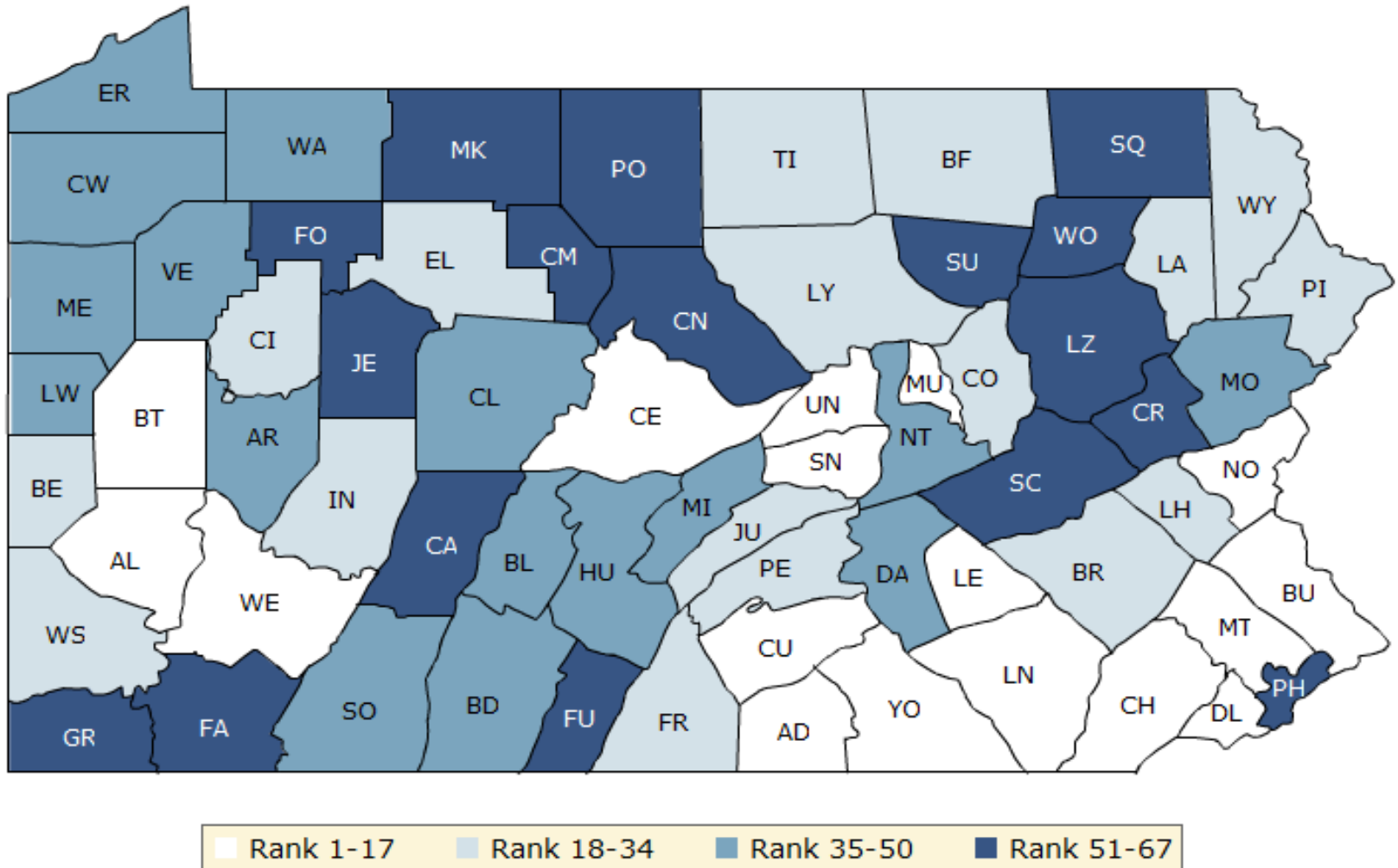
What is Healthy Community Design?

- Less dependence on cars by having homes , businesses, schools, churches & parks close to each other to allow more people to walk or bike

- Parks & recreation facilities that provide opportunity for people to be physically active and socially engaged

- Allow people, if they choose, to age in place and remain in their communities

- Access to affordable and healthy foods

HEALTH OUTCOMES RANKS - 2014
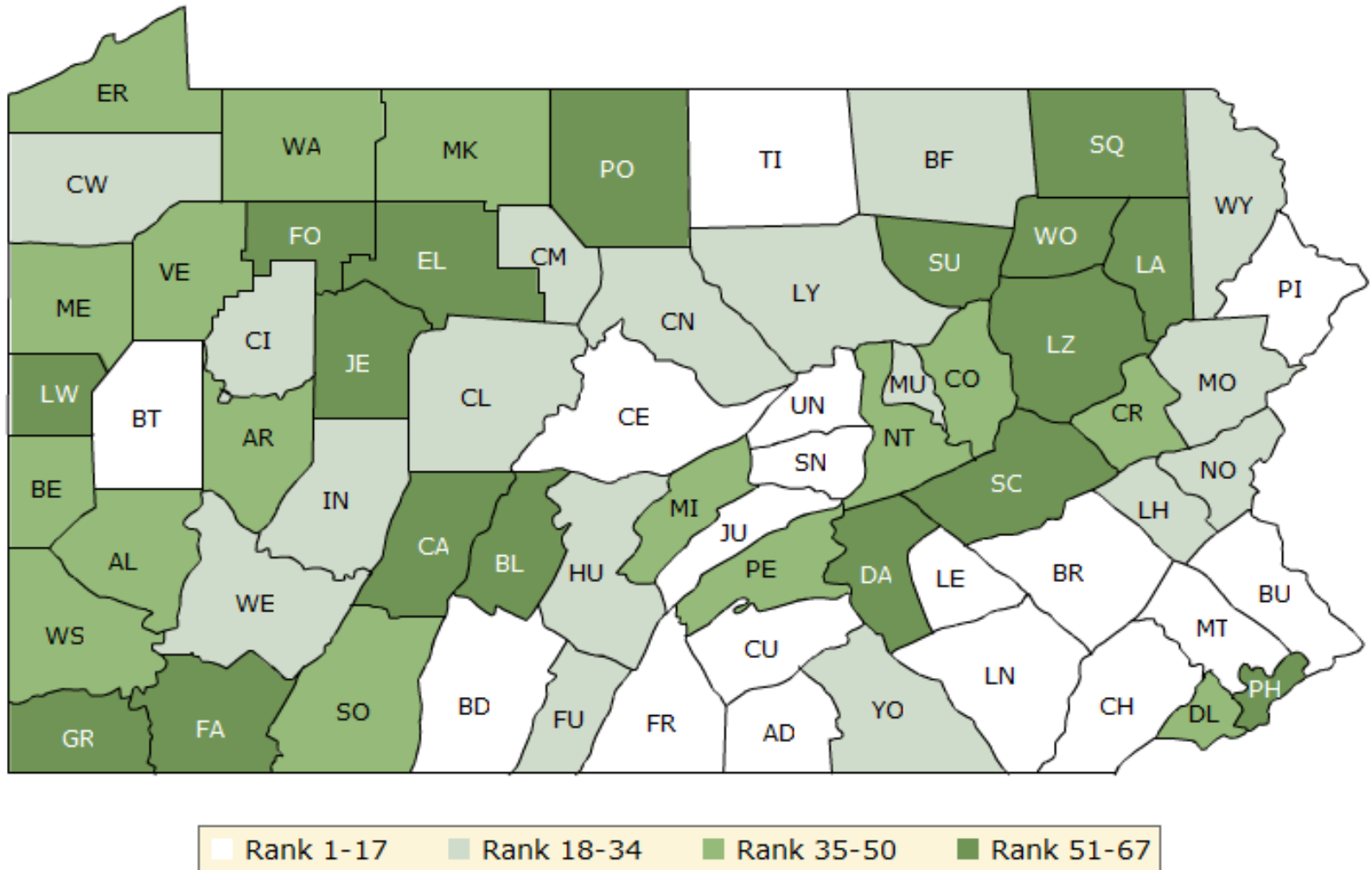
Rank 1-17 | Rank 18-34 | Rank 35-50 | Rank 51-67

SOURCE: University of Wisconsin Population Health Institute in collaboration with Robert Wood Johnson Institute

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HEALTH FACTORS RANKS - 2014

SOURCE: University of Wisconsin Population Health Institute in collaboration with Robert Wood Johnson Institute

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Planning and Health Resource Guide for
Designing and Building Healthy Neighborhoods

National Center for Environmental Health
Division of Emergency and Environmental Health Services

Healthy Community Design

Health starts where you live, learn, work, and play

Your address can play an important role in how long you live and how healthy you are. The physical design of your community affects your health every time you step out your front door. Sometimes making healthy choices is not easy—being physically active is hard if you do not have access to sidewalks or parks, and eating right is hard if healthy foods are not available.

You can help make the healthy choice the easy choice. Attend community meetings where decisions are made about how land will be used, talk with elected officials, and work for policy change. Your actions can help:

- Reverse adult and childhood obesity
- Reduce your risk of heart disease, high blood pressure, and diabetes
- Lower air pollution
- Reduce traffic injuries
- Make the community stronger and more enjoyable for everyone
- Increase safety and reduce crime

A simple checklist is on the back of this sheet. The checklist can help you make decisions about land use in your community that will make everyone happier and healthier. For more information on healthy community design, go to the following Web sites:

Centers for Disease Control and Prevention:

- Healthy Places: www.cdc.gov/healthyplaces
- LEED-ND and Healthy Neighborhoods: http://www.cdc.gov/healthyplaces/factsheets/LEED-ND_tabloid_Final.pdf
- Physical Activity and Health: http://www.cdc.gov/physicalactivity/everyone/health/index.html
- Community Guide to Preventive Services. Environmental and Policy Approaches to Increase Physical Activity: Community–Scale Urban Design Land Use Policies: http://www.thecommunityguide.org/pa/environmental-policy/communitypolicies.html

U.S. Environmental Protection Agency Smart Growth:
www.epa.gov/smartgrowth/

University of Minnesota Design for Health:
www.designforhealth.net

New York City Department of Design+Construction Active Design Guidelines:
http://www.nyc.gov/html/ddc/html/design/active_design.shtml

National Center for Environmental Health
Division of Emergency and Environmental Health Services

CS240921

https://drive.google.com/file/d/0B2IxNAjJwb
zyM0dlaHU3MmxOQzQ/view?usp=sharing

https://drive.google.com/file/d/0B2IxNAjJw
bzyUnd3bkhyLU5SNlE/view?usp=sharing

"I want my community to be a good place for all people to live regardless of age, abilities & income"

Creating social bonds and sense of community through

- Social interaction
- Civic engagement
- Personal recreation

Increasing social connections through

- Parks, public spaces
- Mixed-use communities

Social Equity

- <u>Everyone</u> has access and the ability to meet their -needs in their community

- <u>Everyone</u> has the ability to remain in their community throughout their lives

- <u>Everyone</u> has many housing *options* at different price levels

- <u>Everyone</u> has access to neighborhood centers that support jobs, commercial activity, and amenities
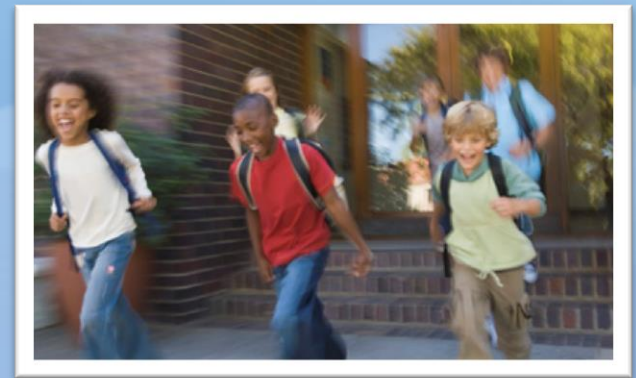
Lines of segregation in Pittsburgh

1 dot = 1 person · White · Black · Asian · Hispanic · Other

Railroad

279

Source: U-Va. Cooper Center analysis of 2010 Census data

THE WASHINGTON POST

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Social Mobility & Poverty

- The Equality of Opportunity Project

- Pittsburgh ranked high

- The difference between high-mobility and low-mobility communities: early education, family structure, physical geography of metropolitan areas.
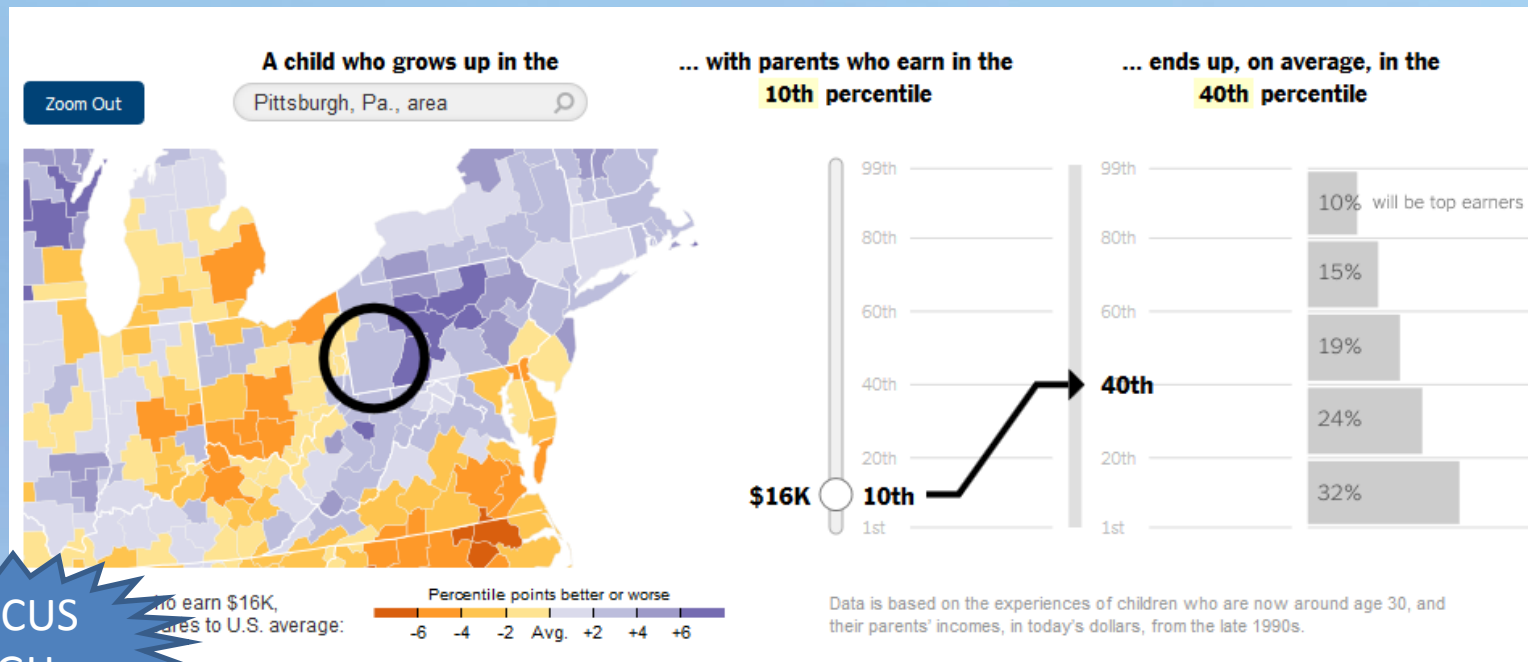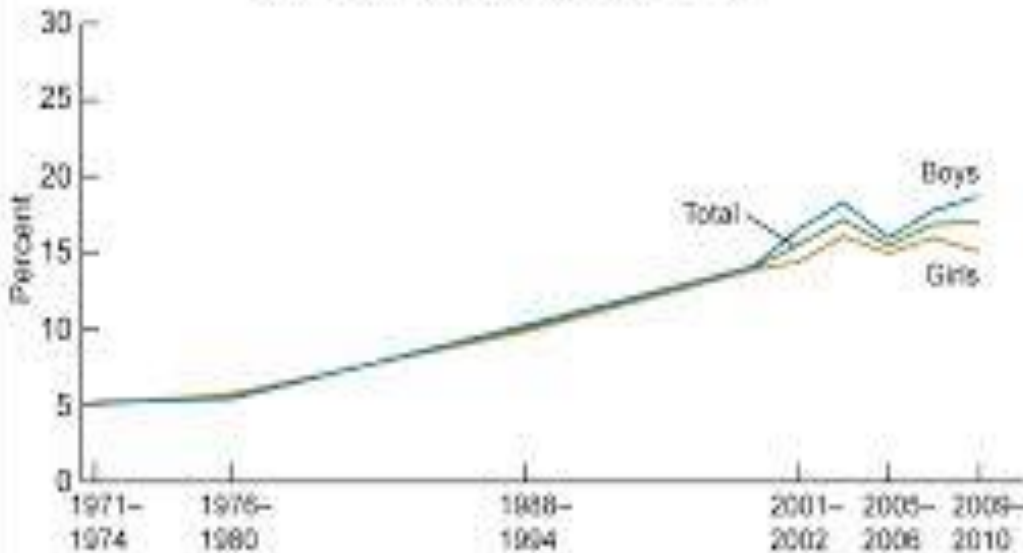

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Source: NY Times & The Equality of Opportunity Project 2013

Health Is About Places To Play: Addressing Sedentary Lifestyles

Figure 1: Trends in obesity among children and adolescents aged 2–19 years, by sex: United States, 1971–1974 through 2009–2010
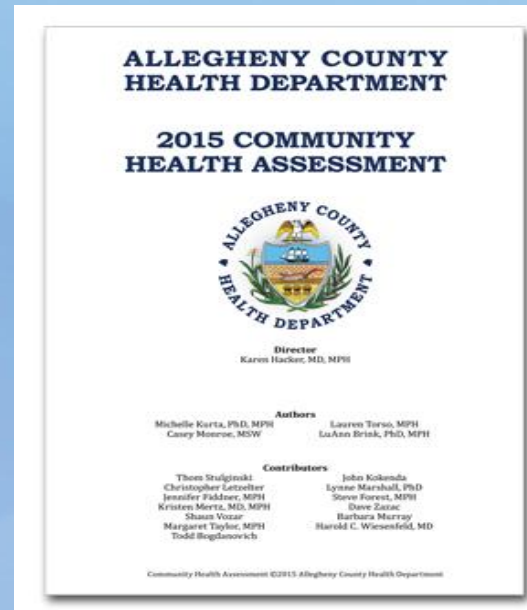
Planning & Building Quality Play Areas

- Better in school
- Better mental health
- Better physical fitness

ACHD Community Health Assessment

- Survey, community meetings, secondary data

- "Our Health, Our Voice"

- (STD) rates, air quality data, mortality statistics, chronic disease and health disparities.

ALLEGHENY COUNTY HEALTH DEPARTMENT

2015 COMMUNITY HEALTH ASSESSMENT

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Community Health Assessment ©2015 Allegheny County Health Department

Source: http://www.achd.net/cha/

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"I want more options to help me get outside & be more active"

- Living close to parks and other recreation facilities is consistently related to higher physical activity levels for both adults and youth.

  American Journal of Preventive Medicine; President's Council on Physical Fitness and Sports Research Digest

- Lower-income populations & some racial and ethnic populations have limited access to parks and recreational facilities. These disparities partially explain lower physical activity levels among these populations.

  Active Living Research, Parks, Playgrounds & Active Living, February 2010

Improving Access to Parks

Planning for Greenspace

- **OpenSpacePGH:** Comprehensive plan for open space, parks and recreation (City)

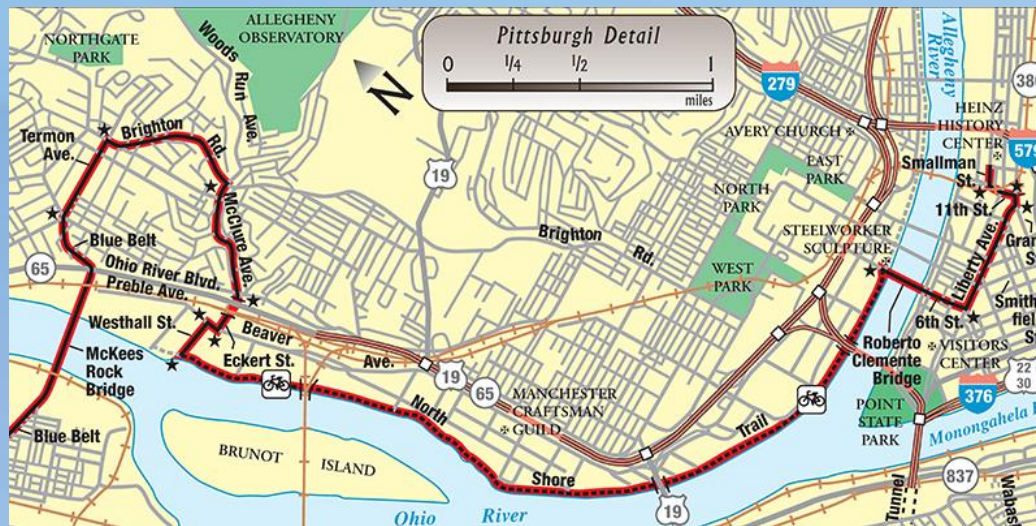- **OSNAP:** Open Space Neighborhood Advisory Panel (URA led with City)

Image: www.greenway.ohiorivertrail.org

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"I want to get around in my community easily without a car"

THE ROLE OF

Transportation
IN PROMOTING PHYSICAL ACTIVITY

TRAFFIC CALMING
Medians, speed bumps and other traffic-calming efforts can reduce the number of automobile crashes with pedestrian injuries by up to

15%

PUBLIC TRANSPORTATION
Public transit users take

30%
more steps per day than people who rely on cars.

SIDEWALKS
People who live in neighborhoods with sidewalks on most streets are

47%
more likely to be active at least 30 minutes a day.

BIKE FACILITIES
In Portland, Ore., bicycle commuters ride

49% of their miles
on roads with bike facilities, even though these are only 8% of road miles.

BUS

Active Living Research
www.activelivingresearch.org

Sources: SIDEWALKS: Sallis J, Bowles H, Bauman A, et al. "Neighborhood Environments and Physical Activity among Adults in 11 Countries." American Journal of Preventive Medicine, 36(6): 484–490, June 2009. BIKE LANES: Dill J et al. Bicycling for Transportation and Health: The Role of Infrastructure. Journal of Public Health Policy (2009) 30, 595–S110. doi:10.1057/jphp.2008.56). TRAFFIC CALMING: Bunn F, Collier T, Frost C, et al. "Area-Wide Traffic Calming for Preventing Traffic Related Injuries." Cochrane Database of Systematic Reviews (1), January 2003; Elvik R. "Area-Wide Urban Traffic Calming Schemes: A Meta-Analysis of Safety Effects." Accident Analysis and Prevention, 33(3): 327–336, May 2001. PUBLIC TRANSPORTATION: Edwards R. "Public Transit, Obesity, and Medical Costs: Assessing the Magnitudes." Preventive Medicine, 46(1): 14–21, January 2008.

Shift from a model that **moves cars** to an active transportation model that **moves people** with health as a co-benefit

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Planning and Health Resource Guide for Designing and Building Healthy Neighborhoods

National Center for Environmental Health
Division of Emergency and Environmental Health Services

CDC Recommendations for Improving Health through Transportation Policy

The U.S. transportation system has been shaped by multiple policy inputs and concrete actions which have arisen from transportation and community planners, funding agencies and others at Federal, state and local levels. Today, the system is designed to move people and goods efficiently; however, there is a growing awareness across communities of the impact that transportation systems have on quality of life and health. Government and non-government agencies are seeking innovative policies and programs that promote health while allowing for the efficient transportation of goods and people.

The Opportunity

Expanding the availability of, safety for, and access to a variety of transportation options and integrating health-enhancing choices into transportation policy has the potential to save lives by preventing chronic diseases, reducing and preventing motor vehicle-related injury and deaths, improving environmental health, while stimulating economic development, and ensuring access for all people.

Recommendations

The document **CDC Recommendations for Improving Health through Transportation Policy** (http://www.cdc.gov/transportation) gives specific recommendations for including the consideration of public health within transportation issues. Key high-level areas include:

- Reduce injuries associated with motor vehicle crashes. Examples of interventions include:
  - Restraint laws; alcohol-impaired driving laws;
  - Comprehensive graduated driver licensing systems;
  - Community designs that promote reduced traffic speeds in neighborhoods; and
  - Addressing roadway safety issues through community design, and policies which improve driver behavior.
- Promote active transportation. Examples of interventions include:
  - Well-lit sidewalks, shared-use paths, and safe roadway crossings;
  - Bicycle-supporting infrastructure such as shared-use paths, protected bikeways, cycletracks and programs that reduce motor vehicle traffic and vehicle speed on neighborhood streets (e.g. bicycle boulevards);
  - Creating safe pedestrian and bicycling connections to schools, public transportation and public park and recreation areas;
  - Reducing vehicle miles traveled per capita;
  - Using comprehensive street design measures, such as "complete streets";
  - Safe Routes to Schools programs; and
  - Federal guidelines for the inclusion of active transportation infrastructure in building and development efforts.

www.pedbikeimages.org/ Carl Sundstrom

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

http://www.cdc.gov/transportation/docs/transportation-fact-sheet.pdf

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Bicycle Friendly Ranking

PA. -#12 BICYCLE FRIENDLY State

- 5 BICYCLE FRIENDLY Communities
- 63 BICYCLE FRIENDLY Businesses
- 7 BICYCLE FRIENDLY Universities

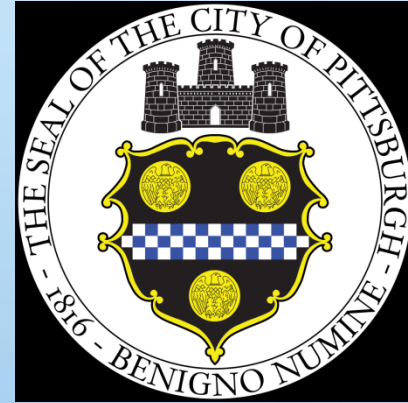## http://bikeleague.org/bfa

BUILDING
A **BICYCLE**
FRIENDLY
AMERICA℠

A roadmap to transforming states, communities, businesses and universities

THE LEAGUE
OF AMERICAN BICYCLISTS
since 1880

THE LEAGUE »» BICYCLE FRIENDLY AMERICA

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Source: bikepgh.org

Source: bghbikeshare.org

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Walkability Audits

http://www.walkableameric
a.org/walkingchecklist.pdf

http://www.cdc.gov/nccdph
p/dnpao/hwi/downloads/w
alkability_audit_tool.pdf

Walkability Checklist

How walkable is your community?

Take a walk with a child and decide for yourselves.

Everyone benefits from walking. But walking needs to be safe and easy. Take a walk with your child and use this checklist to decide if your neighborhood is a friendly place to walk. Take heart if you find problems, there are ways you can make things better.

Getting started:

First, you'll need to pick a place to walk, like the route to school, a friend's house or just somewhere fun to go.

The second step involves the checklist. Read over the checklist before you go, and as you walk, note the locations of things you would like to change. At the end of your walk, give each question a

Safe Routes to School

http://www.saferoutespa.org/
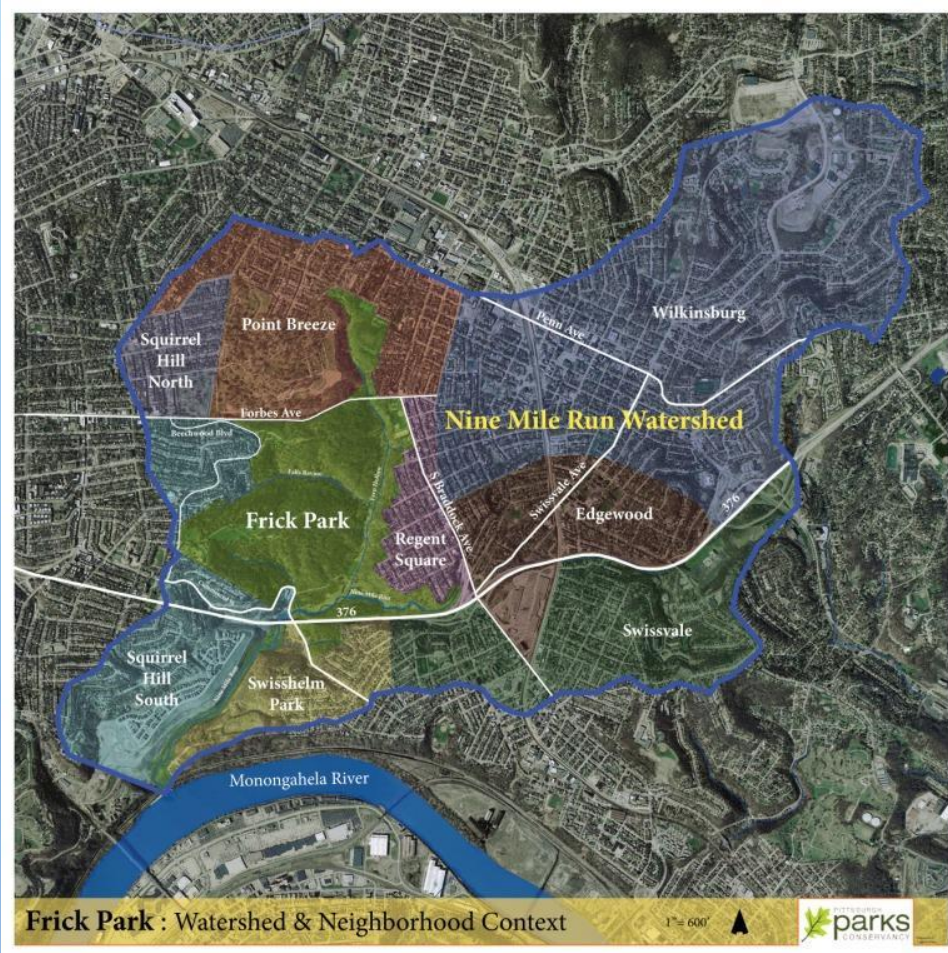
Image: pittsburghparks.org

Image: WTAE

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PGH

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Health Is About Access To Quality Education

A Mom's Education, A Baby's Chances of Survival

Babies born to mothers who did not finish high school are nearly twice as likely to die before their first birthdays as babies born to college graduates.

Years of School Completed by Mother, All Ages

- 0–11 years
- 12 years
- 13–15 years
- 16 or more years

INFANT MORTALITY RATES (PER 1,000 LIVE BIRTHS)

8.1
7.6
6.2
4.2

Prepared for the Robert Wood Johnson Foundation by the Center on Social Disparities in Health at the University of California, San Francisco.
Source: Mathews TJ, MacDorman MF. Infant mortality statistics from the 2004 period linked birth/infant death dataset.
National Vital Statistics Reports; vol 55 no 14. Hyattsville, MD: National Center for Health Statistics, 2007.
© 2008 Robert Wood Johnson Foundation

www.commissiononhealth.org

Community Siting

- Enhances
  - Walkability
  - Bikability
- Less traffic
- Less air pollution
- Safe routes to school

Health Is About Equitable Access To Quality Housing

Health Is About Equitable Access To Affordable Nutritious Foods

Address food deserts

- Planning
- Zoning
- Regulation & fiscal incentives
- Food assistance policy

Food Access at Farmers Markets

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Ag & ECD – perfect together

Credit: CS Mott at Michigan State University and Virginia Farm to Table

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CONVENE → CONNECT → CATALYZE

Urban Ag Case Study

❖ School Gardens

❖ Community Gardens

❖ Urban Farms

❖ Guerilla Gardens

❖ Incubator Farms

Pittsburgh Urban Ag Zoning Snapshot

- February 2011 – Modern zoning passed
    - With eye that revision was needed.

- July 2015 – Updated revision passed:
    - Provisions for chickens and bees and goats
    - Provisions for sales of produce sales from community gardens
    - Ease of permit acquisition vs. public hearing
    - Reduced fees

Hilltop Urban Incubator Farm

- 6 acre CSA Farm

- 1 acre Youth Farm

- Farmland Preservation

- 15 acres of Incubator Farm

- Jobs, life skill training, improve food access

Hilltop Infrastructure Savings (projected)

- Water: 10 - 58 M gallons = $41K/acre or $2.8M

- Air: $18-80 per acre = $1,260 to $12,950

- Property Value = 4.9% increase w/ forested view

- Agritourism = 7% WPA economy (PA DCED 2004)

Geographical Context

- Urban
- Peri- Urban
- Rural
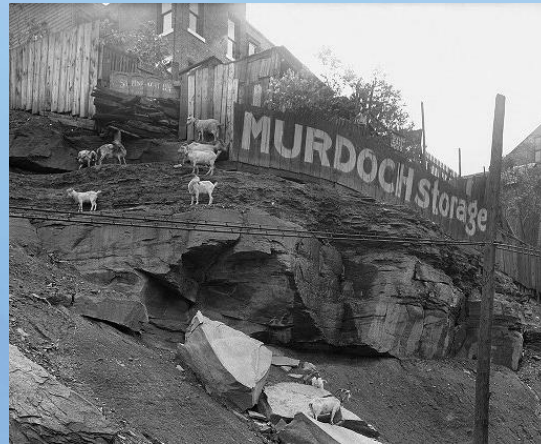
Starting points to consider

- Toolkits for elected and citizen use
- Collaborative relationships
  - Funders
  - Practitioners
  - Elected Officials
  - Citizens
- Cross pollinate disciplines
- Connect with regional and national networks

Land Consumed – Greater Pittsburgh Region
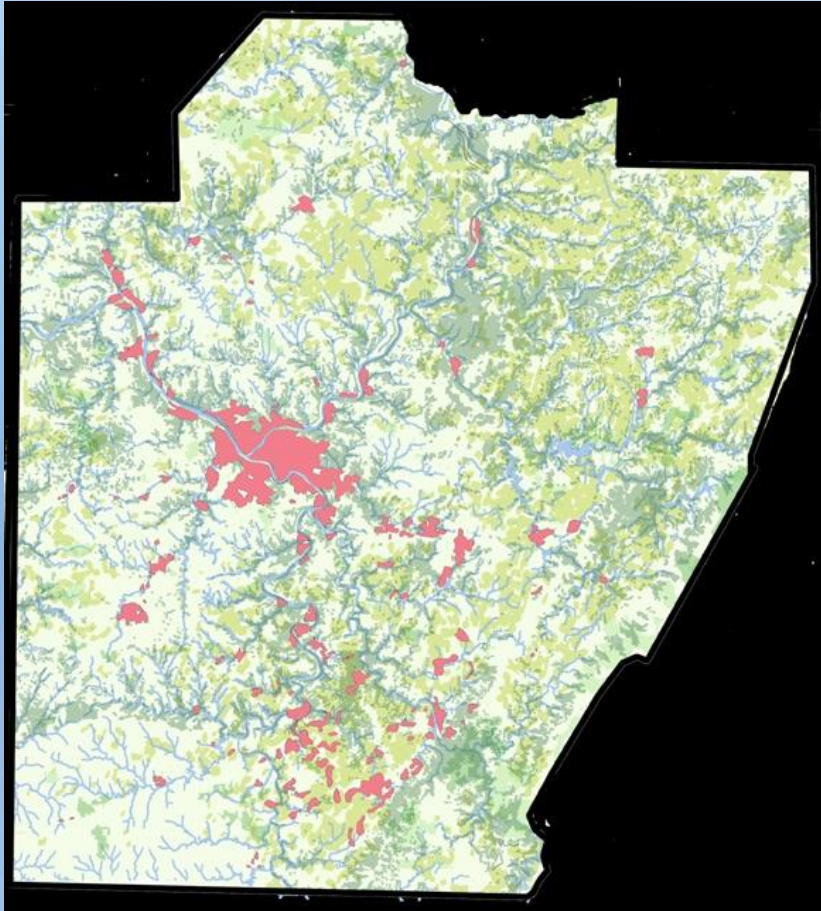
1940
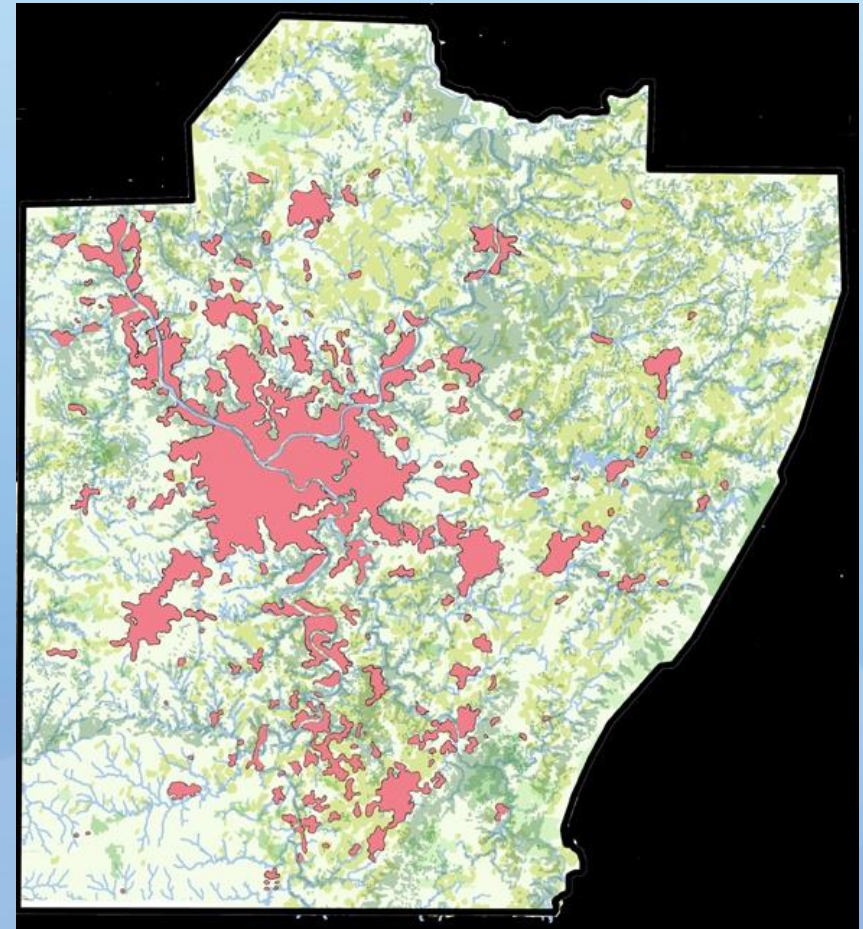
Today

Population remained constant at 2.5 Million

Figure 3: 2010-2020 Pennsylvania Population Growth Forecast
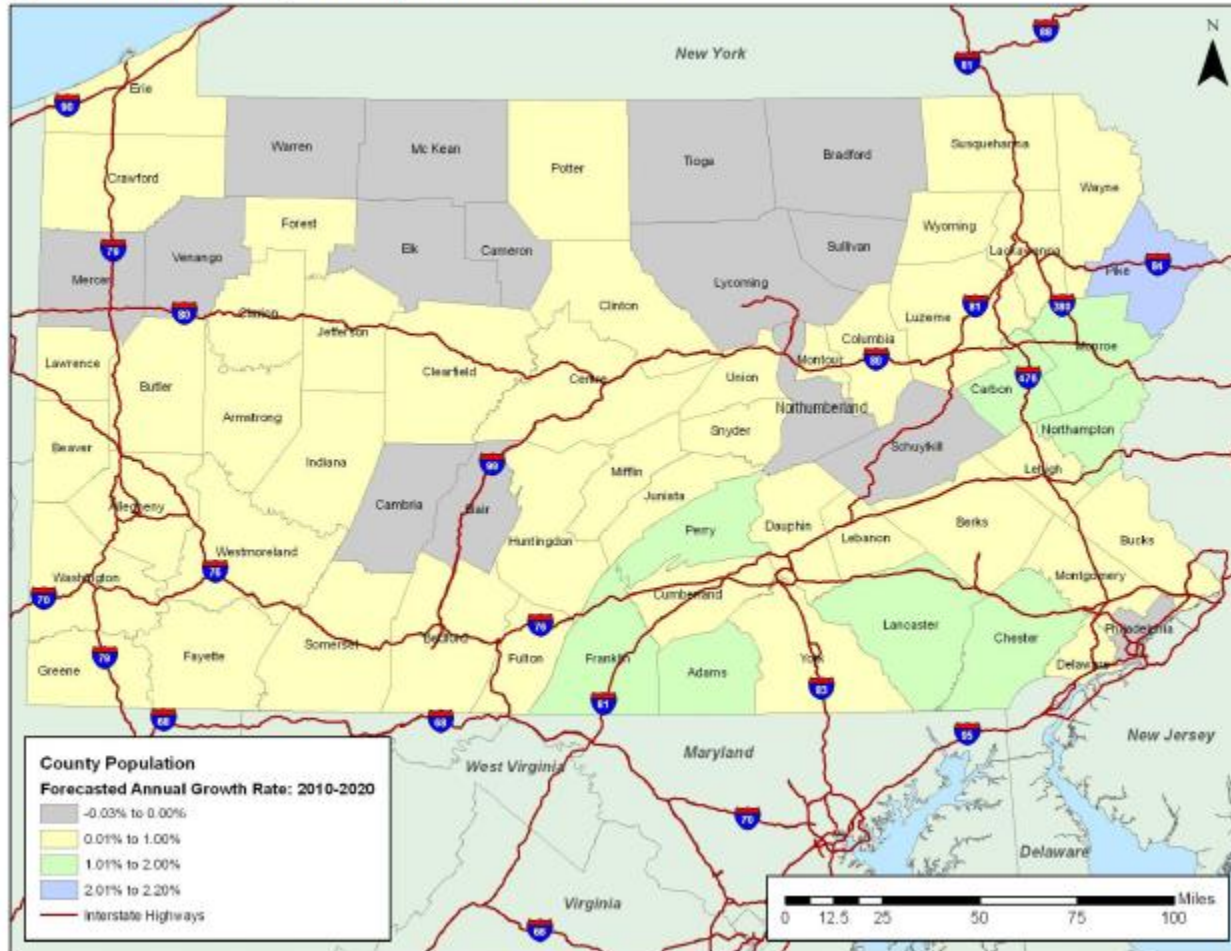
Source: Wilbur Smith Associates; Woods & Poole Economics, Inc.

Principles of Smart Growth

- One way used to start the discussion about alternative means of accomplishing community development and sustainable economic development on a regional basis

Strengthen and Direct Development Towards Existing Communities

Foster Distinctive, Attractive Communities with a Strong Sense of Place

Create a Range of Housing Opportunities and Choices

Take Advantage of Compact Building Design

Mix Land Uses

Provide a Variety of Transportation Choices

Create Walkable Neighborhoods

Make Development Decisions Predictable, Fair, and Cost Effective

Encourage Community and Stakeholder Collaboration in Development Decisions

Preserve Open Space, Farmland, Natural Beauty, and Critical Environmental Areas

COMPACT BUILDING DESIGN

Conventional Development
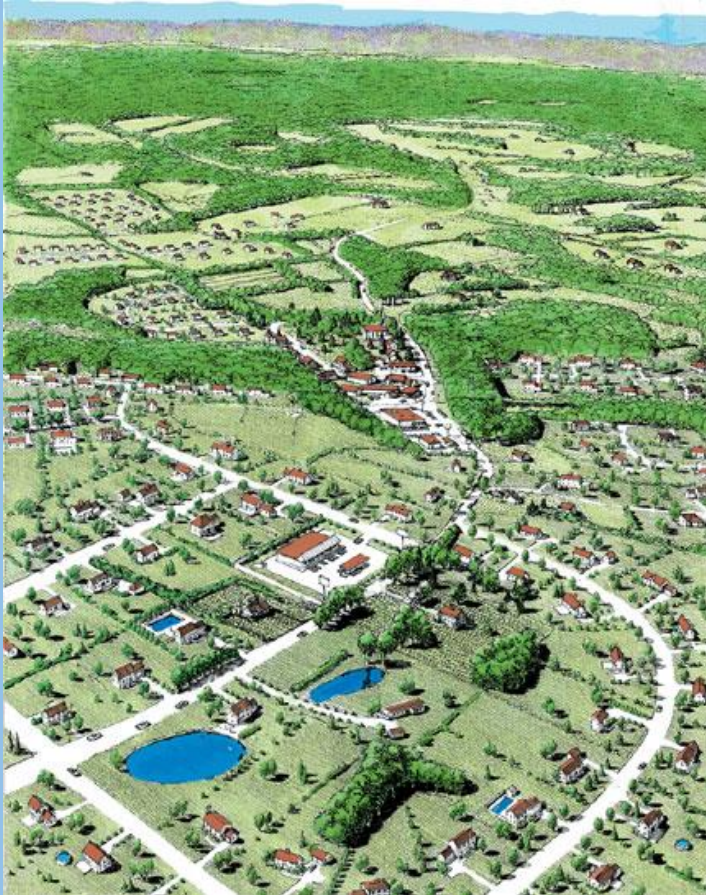
Smart Growth Development

Engage

"Civic engagement should be a priority in every person's mind. It's important to get people involved in the democratic process at an early age, helping them build practical skills to be better able to participate throughout their lives."

- Ramona Mullahey, Author APA report <u>Youth in Community Planning</u>

PRINCIPLES OF SMART GROWTH

Encourage community and stakeholder collaboration in development decisions

http://extension.psu.edu/community/ecd/courses/land-use-planning

My Community: *What's the Plan?*
Students understand how communities are planned.
http://extension.psu.edu/ecd/land-use/my-community-whats-the-plan

Developing Effective Citizen Engagement:
www.smartgrowthpa.org/news_detail.asp?ID=865

Sustaining Public Engagement
www.smartgrowthpa.org/news_detail.asp?ID=866

US ROUTE 30 DEMONSTRATION PLAN
Unity Township, Pennsylvania
"The model process utilized to create the model land development for Route 30"

February 2008

prepared for: SMART GROWTH PARTNERSHIP OF WESTMORELAND COUNTY
prepared by: RENAISSANCE PLANNING GROUP
In association with Michael Baker, Jr. Inc, Pashek Associates, and Oltzak Management

http://www.route30plan.com/docs/FinalDemo022808LoRes.pdf

Students identify assets in their community

https://meeting.psu.edu/p5k9xzleavt/?launcher=false&fcsContent=true&pbMode=normal

Smart Growth
May 5
http://akvnews.com/build-a-better-block-looked-good-in-new-kensington/

Build a Better Block looked good in New Kensington
© Hotshot Images by AKVNEWS/Paul R. Lowes/Staff Photographer 11:58 pm New Kensington, Pa. - Great weather and a good crowd was on hand this past Saturday in New Kensington as a grassroots community revitalization program was...
AKVNEWS.COM

Like · Comment · Share

Jessica Levine, Gina Abdallah, Ozz PA and 52 others like this.

Websites, Social Media, and other E-Tools

Are you using them to the fullest extent possible?

http://extension.psu.edu/community/ecd/news/2015/social-media-community-media

Have you created a Blog?

http://extension.psu.edu/community/ecd/news/2014/diamonds-rough-or-not..

How about Video?

To see how to use film to create enthusiasm for community projects, watch this
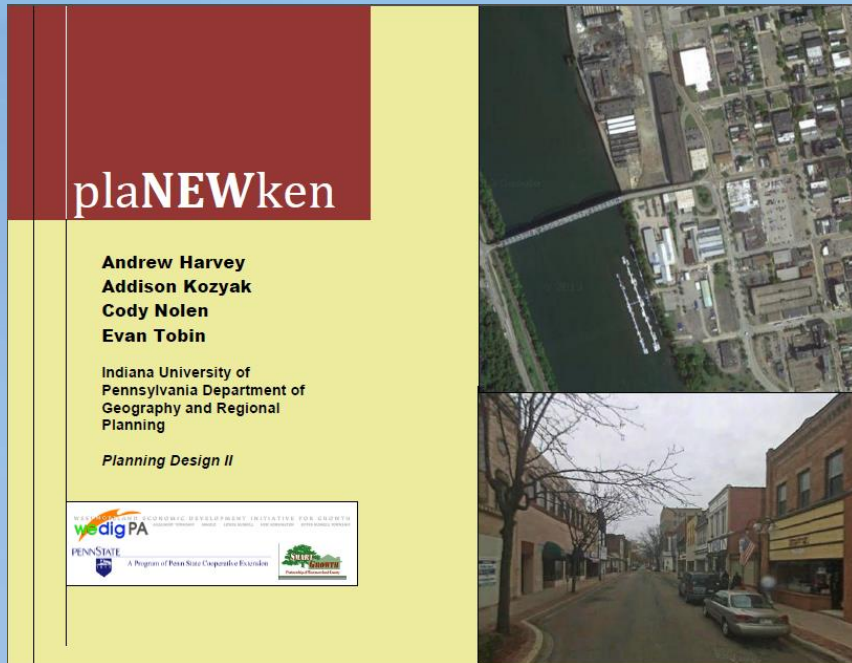
Rough Diamond Trail Project, Phase II Vimeo –

http://vimeo.com/109631612

Trail Planning through Semi-Urban and other Barriers

In the New Kensington area the community discussion/deliberation for the potential of a trail system and better bike/pedestrian accommodation is just beginning.

plaNEWken

Andrew Harvey
Addison Kozyak
Cody Nolen
Evan Tobin

Indiana University of
Pennsylvania Department of
Geography and Regional
Planning

Planning Design II

we dig PA
PENNSTATE
A Program of Penn State Cooperative Extension

- Communities and their organizations use the reports from visioning efforts at their local festivals and other events, to engage their community citizenry in further plan creation and action step implementation

- The Cities of New Kensington and Arnold held Better Block style events this year to energize additional interest. **To learn more** –

- https://www.facebook.com/groups/newkenbetterblock/

- **http://aese.psu.edu/research/centers/cecd/engagement-toolbox/facilitation/engagement-and-governance-strategies-and-considerations**

We'd love to have you involved!

Engage Your Local Service Organizations/Associations

Better Block Events

The video by Better Block founder Jason Roberts is both entertaining and enlightening –

https://www.youtube.com/watch?v=ntwqVDzdqAU

Opposite to the 'top down' concept of urban design is BETTER BLOCK, founded in Dallas' Oak Cliff by Jason Roberts and Andrew Howard. The Better Block project is a demonstration tool that temporarily re-visions an area to show the potential to create a walkable, vibrant, neighborhood center.

Create a Project Work Plan!

WORK PLAN

Fish Habitat Enhancement Committee

Submitted by Chairpersons: John/Frank   Dates: _____

Project Title   Kunkle Park Pilot Project – Nature Trail Entrance Stream Bank Restoration and Jac Project#: KP#1 _____

Task	Timetable	Responsibility	Budget
Create drawing of property boundaries	September		
"Ground Truth" the drawing	September		
Develop Drawing/Plan of the Enhancement	October		
Review Drawing with Conservation District (and Fish Commission?)	October		
Develop Budget	October-November		
Verify Township Approval	November		
Fundraise	September-May		
Cultivate Volunteers and Sponsors for Materials and Labor	September-February		
Apply for permits	October		
Begin Construction	March? (weather permitting)		
Complete Project, Stock Stream, and Hold Ribbon-Cutting Event	April-May?/July-September? (or at next year's festival)		

Planning Grid

1. Identify actions needed (via small group discussion or using sticky notes) for project or goal
   a. Specify final outcome, final step and its product
   b. Identify starting point and its product
   c. Brainstorm list of actions to move from starting point to final step
2. Refine list of actions needed
   a. clarify
   b. identify major steps and supporting activities
   c. sort major steps and supporting activities into chronological order
   d. identify milestones for each major step
3. Transfer information (step numbers, major steps, supporting activities, and milestones) to Planning Grid
4. Work through remainder of Grid, identifying
   a. Leader or contact for the activity
   b. Time needed to complete the activity
   c. Any comments
   d. If needed, columns for additional information may be added

Project or Goal: _____

Major Step #	Major Step	Supporting Activities	Milestone	Leader or Contact	Time Needed to Complete Activity	Comments

adapted from *The Team Handbook*, Peter R. Scholtes
Planning Grid - generic.doc

More Tools for "Connecting"

- **Local Community Planning Events**
- **Adopted Official Maps**
- **Community Volunteers**
- **Grants**
- **Regional Trails**
- **Click the graphics at right for more**

- ***You!***

We write blogs about other tools and projects that you may find interesting --

- **Municipal Budgets and Comprehensive Plans -- What's the relationship?**

- **Community Champions –** **Where Would Our Communities Be Without Them?;**
- **http://extension.psu.edu/community/ecd/news**
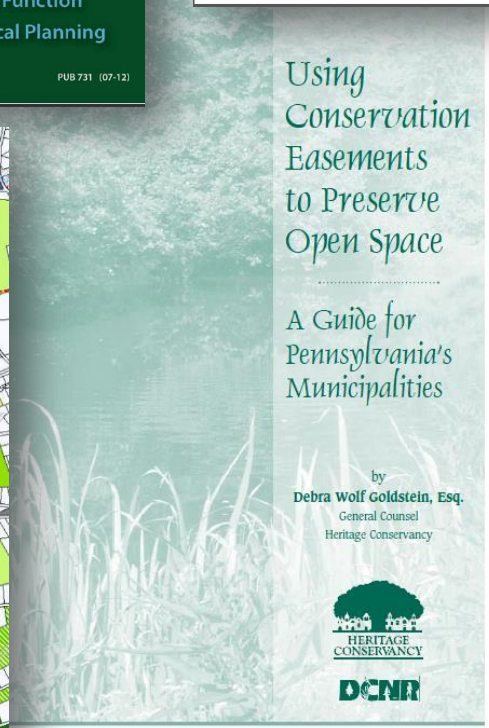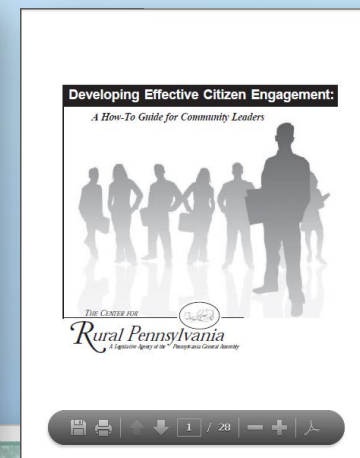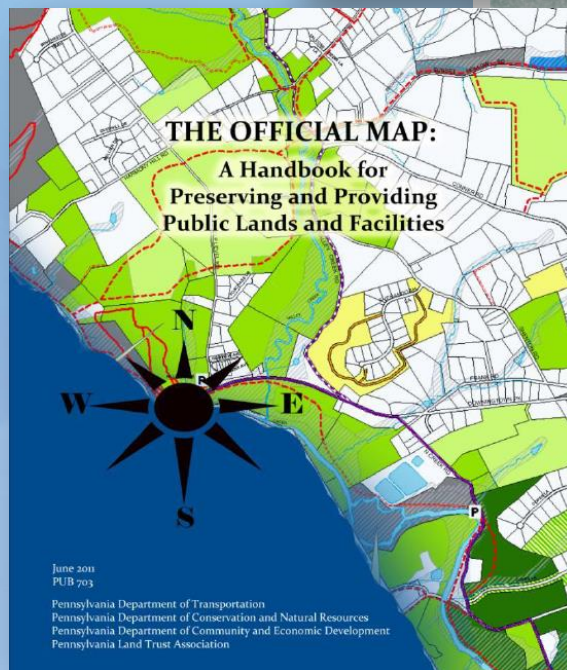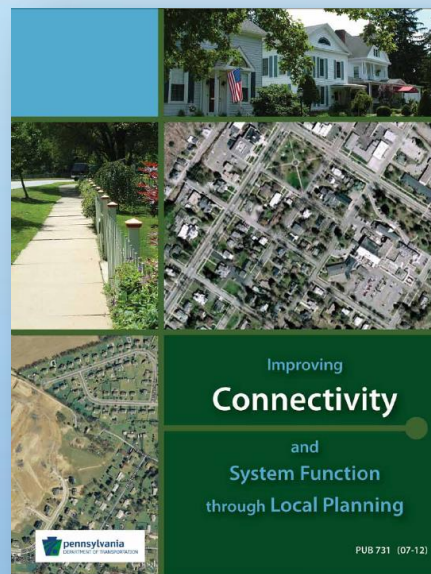
Last Thoughts...

"I'm not sure what [the community's] new strategic planner is aiming for, but I would hope that his process includes community visioning and meetings. (Not presentations where people are "talked to," not where people just sit and complain like a city council meeting, but where stakeholders have some sort of voice through active planning and participation.)

We're in the time/era of what's called the New Public Service, where it is going to be integral for many people on a variety of levels get involved in these types of things." **-- Millennial-Age Community Member**

What Communities Can Do

- Promote active transportation
- Expand public transportation
- Healthy community design
- Design to minimize adverse safety & health consequences
- Partner with state & local health agencies
- Assist organizations conducting health impact assessments

Contact Information

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Penn State Extension

Ag Entrepreneurship – Farm and Food Biz

http://extension.psu.edu/business/farm

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Email: jdt15@psu.edu

Phone: (724) 837-1402

http://extension.psu.edu/community/ecd

> **Route 30 Master Plan**

> **www.route30plan.com**

http://www.route30plan.com/docs/FinalDemo022808LoRes.pdf

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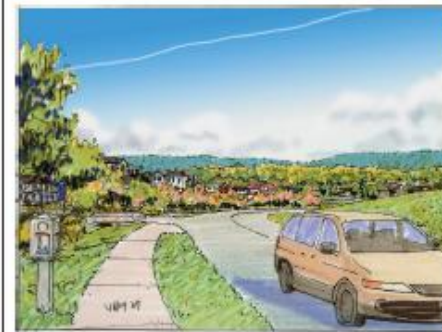

http://www.route30plan.com/

The Trend

"If development continued along its current trajectory, it is reasonable to assume that the existing pattern of the surrounding area would continue to replicate itself on the site. Both logic and the market say the future of the site is more big box retail, disconnected parking, more curb cuts on Route 30, and franchised base architecture. Current plans for the expansion of Wildcat Commons demonstrate this trend. It is, therefore, important NOT to compare the site to what's there now, but to compare the site to what will happen if you do not do anything."
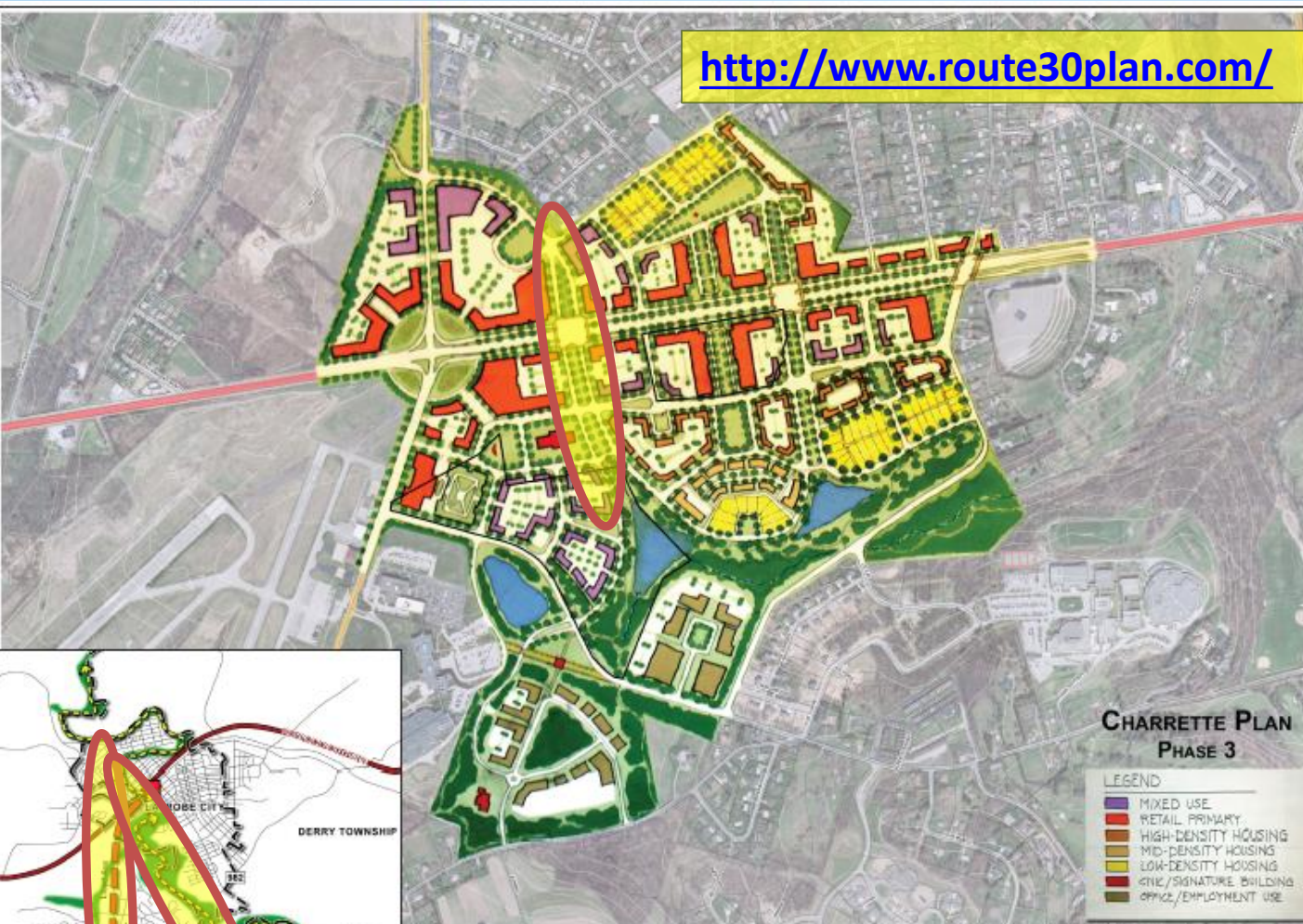
Penn State **Extension**

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Existing view along Arnold Palmer Drive.

Enhanced views to the Chestnut Ridge along Arnold Palmer Drive.

CHARRETTE PLAN
PHASE 3

LEGEND
- MIXED USE
- RETAIL PRIMARY
- HIGH-DENSITY HOUSING
- MID-DENSITY HOUSING
- LOW-DENSITY HOUSING
- CIVIC/SIGNATURE BUILDING
- OFFICE/EMPLOYMENT USE

CONCEPT DESCRIPTION

- Greenways define development areas and connections to rural context
- Mixed use development with highest density is centered on Route 30
- Public open space provides gathering places throughout the site
- Gateway at intersection of Route 30/981 serves as an arrival point to Latrobe and the Laurel Highlands
- Route 30 corridor remains a regional connector with parallel roads to provide local circulation

Aerial view of new gateway.

U.S. ROUTE 30 MASTER PLAN
DEMONSTRATION PLAN CHARRETTE - October 22-26, 2007

THE SMART GROWTH PARTNERSHIP OF WESTMORELAND COUNTY + RENAISSANCE PLANNING GROUP + MICHAEL BAKER JR, INC. + PASHEK ASSOCIATES + OLSZAK MANAGEMENT

http://www.route30plan.com/docs/WS3Handout.pdf

CHARRETTE PLAN PHASE 3

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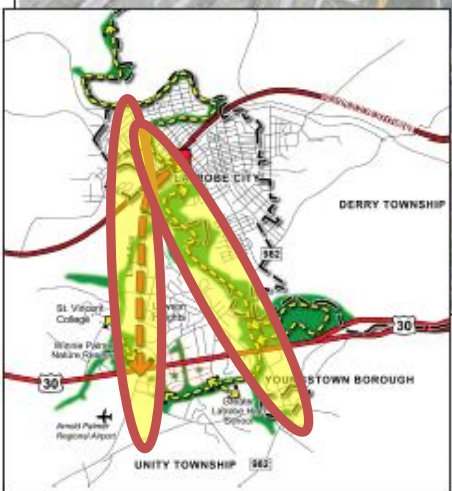CONCEPT DESCRIPTION
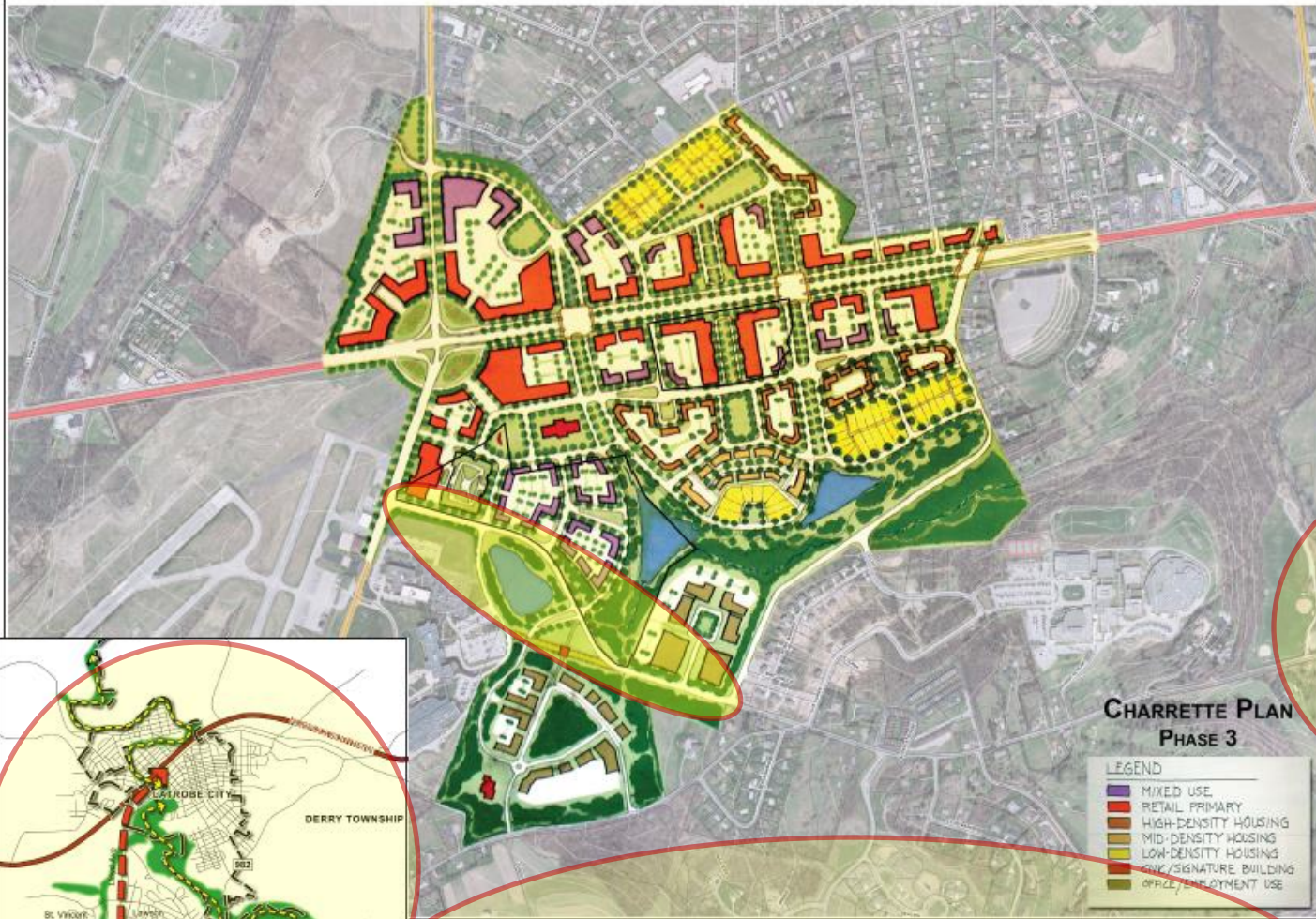- Greenways define development areas and connections to rural context
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Defining features of the Charrette plan include neighborhood parks, preserved natural areas and innovative stormwater management. Proposed McKenna Square (below) is ringed by housing providing safe oversight and activity in the adjoining park.

38

McKenna Square

Connectivity, Quality of Life, and Storm Water Management!

US ROUTE 30 DEMONSTRATION PLAN