What is Health?

Health is the state of complete physical, mental and social well-being and not merely the absence of disease or infirmity

- World Health Organization
What Factors Determine Our Health?

- Family Health History
- Environment
- Behaviors/Lifestyles
What is community design?
What is Healthy Community Design?

- Planning and designing communities that make the healthy choice the easy choice.
- Healthy community design works to link the fields of health and planning to ensure that those designing the built environment consistently consider health outcomes and those seeking to improve public health consider the physical environment.
How Can Community Design Affect Our Health?

- Air Quality
- Physical Activity Levels
- Access to Healthy Foods
- Traffic-related Crashes
- Social Connections
- Social Equity
- Climate Change/Extreme Weather
- Water Quality
Social Equity

- Everyone has access and the ability to meet their needs in their community

- Everyone has the ability to remain in their community throughout their lives

- Everyone has many housing options at different price levels

- Everyone has access to neighborhood centers that support jobs, commercial activity, and amenities
AICP Code of Ethics

A:1 -  Our Overall Responsibility to the Public

A:1  b) We shall have special concern for the long-range consequences of present actions.

c) We shall pay special attention to the interrelatedness of decisions.

f) We shall seek social justice by working to expand choice and opportunity for all persons, recognizing a special responsibility to plan for the needs of the disadvantaged and to promote racial and economic integration. We shall urge the alteration of policies, institutions, and decisions that oppose such needs.
Healthy Communities in PA

- The Healthy Communities in PA task force focuses on the overlapping needs and resources of the planning and health of communities in Pennsylvania.
- A network of Planning and Health professionals and advocates from around Pennsylvania.
- Advises the American Planning Association (APA) Pennsylvania Chapter on healthy community design priorities.
- Serves as a resource on healthy community design to Pennsylvania’s communities.
Healthy Communities in PA Vision

▶ Vision
The Healthy Communities in PA task force envisions communities in all parts of Pennsylvania being built in a way that makes the healthy choice the easy choice for every resident.

▶ Mission
The Healthy Communities in PA task force combines the expertise of planning and health professionals and advocates to encourage healthy community design implementation in Pennsylvania by providing tools and resources through the American Planning Association, Pennsylvania Chapter.
American Planning Association Pennsylvania Chapter (APA PA) sought a Planners4Health grant in late 2016

Initial outreach to include at least one planner and one health profession from each of the APA PA’s six sections
Planners4Health National Team

- Funding is from a Centers for Disease Control and Prevention (CDC) and led by APA’s Planning and Community Health Center.

- Third round of the Plan4Health project, the first two rounds were more project specific, with this third being a capacity building grant for APA Chapters to connect with health partners.

- Allows access to national resources through APA and the 28 peer Chapters participating in the program.
Assessment

- Pennsylvania is a large State with a diverse population and fragmented structures that make it difficult to reach everyone.
- Particular need to reach rural, small, and distressed communities that don’t have the resources to be active in healthy community design.
- There are many existing resources, experts, and advocates to improve healthy community design.
- Not a Statewide forum to share healthy community design ideas, resources, and best practices.
- Need to prioritize particular healthy community design concerns of particular interest in Pennsylvania.
Fragmentation

Health Districts

PennDOT Districts

DCED Regional Offices

APA PA Sections

MPO / RPO
Duties of Counties and Municipalities

- Generally municipalities (townships, boroughs, and cities) control planning in PA, with counties able to advise.

- Every municipality has a different variety of authorities and capacities depending on type, class, and adoption of home rule charter.
Role of MPOs and RPOs

Metropolitan Planning Organizations (MPOs) and Rural Planning Organizations (RPOs) are federally mandated and funded transportation policy-making organizations that are made up of local government and governmental transportation authorities to:

- Facilitate collaboration of governments, interested parties, and residents in the planning process
- Create plans that reflect the region’s shared vision for the future
- And allocate federal funds appropriately.
Pennsylvania does not require county or municipal level health departments.
There are many private and non-profit health care providers in the commonwealth.
Getting to Solutions

Healthy Communities in PA

- Surveys to better understand needs and available resources... with emphasis on reaching every part of Pennsylvania.
- Create a forum for information and resource sharing and making partners more active and effective in promoting healthy community design.
- Create a continuing organization for resource and information sharing.
## Municipal and Organizational Character

| Community Character | • Rural  
|• Suburban  
|• Urban  |
| Population Character | • Growing  
|• Stable  
|• Shrinking  |
| Municipal Capacity | • Large  
|• Medium  
|• Small  |
Healthy Communities in PA engages partners to become more active.

Active Partners engage the public.
County Planning Directors Survey

- Survey was released through County Planning Directors Association of Pennsylvania.
- Best way to reach every county.
- Incentivized through raffle for APA PA conference registration.
County Planning Director Survey
Survey Results

Opinion of County Community Character

<table>
<thead>
<tr>
<th>Type</th>
<th>Number of Responses</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Urban</td>
<td>18 (58.1%)</td>
<td></td>
</tr>
<tr>
<td>Suburban</td>
<td>15 (48.4%)</td>
<td></td>
</tr>
<tr>
<td>Rural</td>
<td>29 (93.5%)</td>
<td></td>
</tr>
<tr>
<td>Growing</td>
<td>12 (38.7%)</td>
<td></td>
</tr>
<tr>
<td>Shrinking</td>
<td>12 (38.7%)</td>
<td></td>
</tr>
<tr>
<td>Stable</td>
<td>4 (12.9%)</td>
<td></td>
</tr>
</tbody>
</table>
Survey Results

Opinion of County Size

- Geographic Size
- Population
- Capacity (resources in terms of budget or staff time)

Legend:
- Large
- Medium
- Small
- Very Small
Survey Results

County Planning Director Familiarity With Healthy Communities Concept

- Actively Familiar: 35.5%
- Almost Active: 9.7%
- Somewhat Familiar: 9.7%
- Unfamiliar: 6.5%
- Unrelated: 38.7%
Prioritizing Activities

- Desired Tools
- Pressing Needs
- Strengths

Healthy Community Design Priorities
### Survey Results

#### Most Helpful Tools to Learn About Healthy Communities

<table>
<thead>
<tr>
<th>Tool</th>
<th>Count (Percentage)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online Training Sessions</td>
<td>22 (71%)</td>
</tr>
<tr>
<td>Model Resolutions/ Ordinances</td>
<td>19 (61.3%)</td>
</tr>
<tr>
<td>White Papers/ Research Documents</td>
<td>18 (58.1%)</td>
</tr>
<tr>
<td>Adaptable Presentation Materials</td>
<td></td>
</tr>
<tr>
<td>Talking Points for Meeting With Partners</td>
<td>16 (51.6%)</td>
</tr>
<tr>
<td>In Person Roundtable Discussions</td>
<td>14 (45.2%)</td>
</tr>
<tr>
<td>In Person Training Sessions</td>
<td>12 (38.7%)</td>
</tr>
<tr>
<td>Videos</td>
<td>11 (35.5%)</td>
</tr>
<tr>
<td>Press Releases</td>
<td>8 (25.8%)</td>
</tr>
<tr>
<td>Virtual Round Table Discussions</td>
<td>7 (22.6%)</td>
</tr>
<tr>
<td>Other (Resource Library)</td>
<td>1 (3.2%)</td>
</tr>
</tbody>
</table>
Pressing Issues v. What Planners Believe they Can Change

- Substance Abuse
- Obesity
- Increasing Physical Activity
- Elderly Care/ Aging Population
- Traffic Safety
- Tick Borne Diseases
- Access to Healthy Food
- Water Quality
- Access to Health Care
- Health Inequalities
- Air Quality
- School Health
- Health In All Policies
- Stopping Smoking in Public Places
- Disease Control
- Ability to Grow Local Food
- Multi-Modal Transportation
- Housing-homelessness
- Healthy Housing
Healthy Communities Round table

- Discussion of healthy community design priorities related to the agency(ies) or related topics
- Greater understanding of agency roles and limitations related to healthy community design
- Sharing innovative programs that can be replicated around PA
- Identifying partnerships and connections that can be made after the round table
- Identify action items, tools or research needs related to the agency(ies)
Current Working groups

▶ Active Transportation
Action oriented group to further active transportation implementation

▶ Healthy Aging
Listserv for sharing resources while deciding on the best actions to take

▶ Healthy Food Access
Identify and/or develop content to share; an audience to share it with; and a format to share it broadly.

▶ Opioid Epidemic and Planning
National group focusing on research needs over monthly phone calls
Website

- APA Pennsylvania’s Website
- Resources for webinars, training, and in person meetings around Pennsylvania.
- planningpa.org/advocacy/healthy-communities-in-pa
General Survey

- Open now at bit.ly/HealthyComPA
- Social media share kit available to help with sharing on your social media pages!
- Help us get the word out to other partners in health, planning, or other fields!
What’s next?

- Continued coordination with Pennsylvania Interagency Health Equity Team
- Coordinate healthy community design resources with the PA Department of Health’s Live Healthy PA database
- Regularly update website resources for webinars, training, and in person meetings around Pennsylvania
- Activities at APA Pennsylvania 2017 conference (and beyond!)
Call to action

- Check out our website by searching “Healthy Communities in PA” and use the resources provided
  - Complete and encourage others to complete our survey at bit.ly/HealthyComPA
  - Use healthy community design concepts in your projects and work
  - Give a presentation or training to your peers
  - Join or start a working group on a topic of interest to you to provide more resources

- Next orientation and information sharing call is tomorrow, Wednesday, October 25 at 2pm.
Thank You!

Healthy Communities in PA