

Healthy Communities Element Riverside County General Plan



About Raimi + Associates

- ◆ Comprehensive Planning
- ◆ Sustainable Development
- ◆ Public Health and Planning
 - LEED-ND Public Health Criteria Study, USGBC
 - How to Create and Implement Healthy General Plans, Public Health Law & Policy
 - Design for Healthy Living, Coachella Valley Assoc. of Govts
 - South Gate General Plan, South Gate CA
 - Riverside County Healthy Communities Element, Riverside County, CA





How Healthy Are These Places?



Source: CDC

How Healthy Are Our Buildings?



Public Health Issues

Health Issues in Riverside Co.

- ◆ County ranked 53rd (out of 58) in heart disease mortality
- ◆ 115,000 adults had diabetes in 2005 (an increase of 40,000 from 2003)
- ◆ 2/3 of adults are overweight/obese
- ◆ Pct of overweight/obese increased by 2% from 2003-2005
- ◆ Poor air quality costs an estimated \$1,500 to \$1,600 per person in Riverside County
- ◆ 40,000 teens and children eat fast food 2 or more times per day
- ◆ Nearly 70% of deaths from unintentional injury among children (1-14) were a result of a motor vehicle crash



Policy Decisions
Urban Form,
Transportation System, and
Land Use



Built Environment
Access to Goods and Services
Travel Choices
Street Design
Environmental Quality



Health Indicators
Physical Activity Levels, Time spent driving,
Access to Nutrition and Healthcare
Pollution, Stress



Health Outcomes
Diabetes, Obesity
Traffic Accidents, Respiratory Illness
Crime, Mental Health Issues

A National Evidence Base

A 5% increase in walkability is associated with:

- ◆ 32 % increase in minutes of walking and biking
- ◆ A ¼ pt reduction in BMI (about ½ kilogram)
- ◆ A 6.5 % reduction in per capita vehicle kilometers traveled
- ◆ A 5.5 percent reduction in ozone precursors (NO_x, VOCs)

Built Environment Characteristics

Regional location

Density / Intensity

Mix of uses

Transit access and availability

Roadway design

Roadway connectivity



Built Environment Characteristics

Urban form and character

Bicycle network

Pedestrian environment

Access to parks and open spaces

Access to healthy foods





A PRESCRIPTION FOR A HEALTHY PLAN

Approach

Healthy Communities Working Group

Existing Conditions/Key Indicators Analysis

Vision Statement and Guiding Principles

General Plan

- Healthy Communities Element
- Recommendations for policies/actions in other Elements

Vision Statement

Over the next 20 years, Riverside County will address these key health issues facing its citizens - high rates of obesity, chronic illness, air pollution, lack of access to health foods and lack of access to health care and mental health services - and become a county that actively promotes a sustainable and healthy living environment for all residents.

Guiding Principles

- ◆ Focus on preventive care
- ◆ Provide support for vulnerable populations
- ◆ Distribute community facilities equitably throughout the county
- ◆ Increase opportunities for physical activity
- ◆ Improve access to nutritious and locally grown foods
- ◆ Measure health outcomes over time
- ◆ Develop partnerships between the County, cities, regional agencies, and the community
- ◆ Develop and maintain a safe and efficient transportation system that provides multi-modal choices
- ◆ Invest in active transportation facilities
- ◆ Pursue healthy and environmentally-sound development practices
- ◆ Create complete and compact communities, with a mix of housing, jobs, retail and community facilities
- ◆ Understand the health impacts of land use and transportation decisions

Healthy Communities Topic Areas

Overall health

Healthcare and mental health

Parks, trails and open space

Schools, community facilities and childcare

Air quality and respiratory health

Water quality

Hazardous materials and waste

◆ Environmental Justice



Healthy Communities Topic Areas

Land use and community design

- ◆ Safe, complete neighborhoods
- ◆ Socio-economic stability
- ◆ Jobs

Healthy transportation systems

Nutrition and healthy foods

Public safety

Arts and culture

Social Capital and Civic Engagement



for additional information

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