



# Bringing Health into the Decision Making Process

Arizona Nutrition Network (AzNN)

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## Goal: Health in All Policies

AALC's mission is to educate, engage, and encourage communities and decision makers to transform cities and towns in ways that improve health, livability, and well being.





## **ADVOCACY – Focus on Public Policy that Impacts the Design of the Physical Environment**

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- **Partners, Allies and Champions**
- **Role in the Decision Making Process**
- **Examples of Opportunities for Participations**

# YOUR PARTNERS, ALLIES AND CHAMPIONS

## Decision Makers

- Board of Supervisors
- City/Town Council
- School Board
- Metropolitan Planning Organizations
- State Legislation

## Policy Makers

- Planning & Zoning Commission
- Parks & Recreation Board
- Transportation Advisory Board
- Other Boards & Commissions

## Local Government Agencies

- Planning
- Transportation
- Parks & Recreation
- Housing
- Economic Development

## State Agencies

- ADHS
  - ADWR
  - ADEQ
  - ADOT
  - Legislature
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# Your Role in the Decision Making Process

## Potential Roles

- Create partnerships & collaborate with critical local government agencies
  - Planning
  - Transportation
  - Parks & Recreation
  - Others
- Be a resource
- Educate policy makers & decisions makers
- Serve as an “expert witness” during policy presentations

## Your Potential Contribution

- Identify data sources
  - Interface/interact with other staff within your government agency
  - Sign-up for agenda email lists for Boards & Commissions of local governments
  - Attend public meetings and discuss healthy community issues as appropriate
  - Interact and educate policy makers and decision makers
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# Advocacy for Healthy General Plans

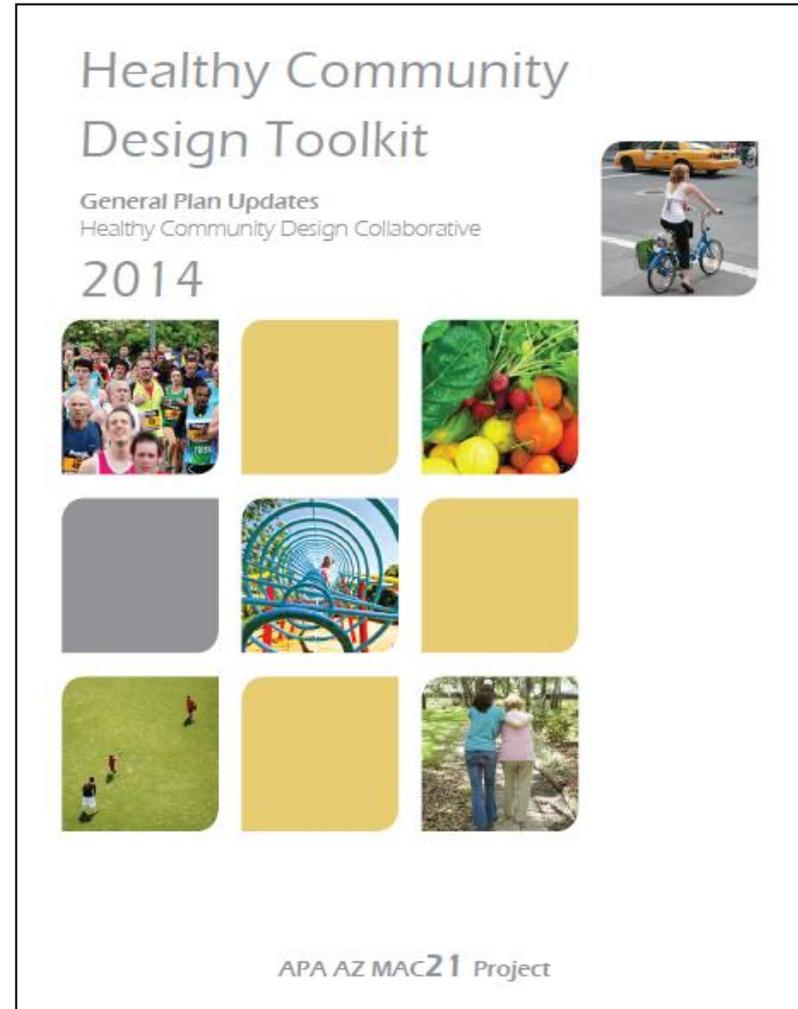
## AALC Advocacy Efforts

### Healthy General Plans

- Avondale
- Goodyear
- Tempe
- Mesa
- Chandler
- Phoenix
- Globe

### Healthy Comprehensive Plans

- Pima County
- Maricopa County





# ADVOCACY FOR HEALTHY COMPREHENSIVE PLANS

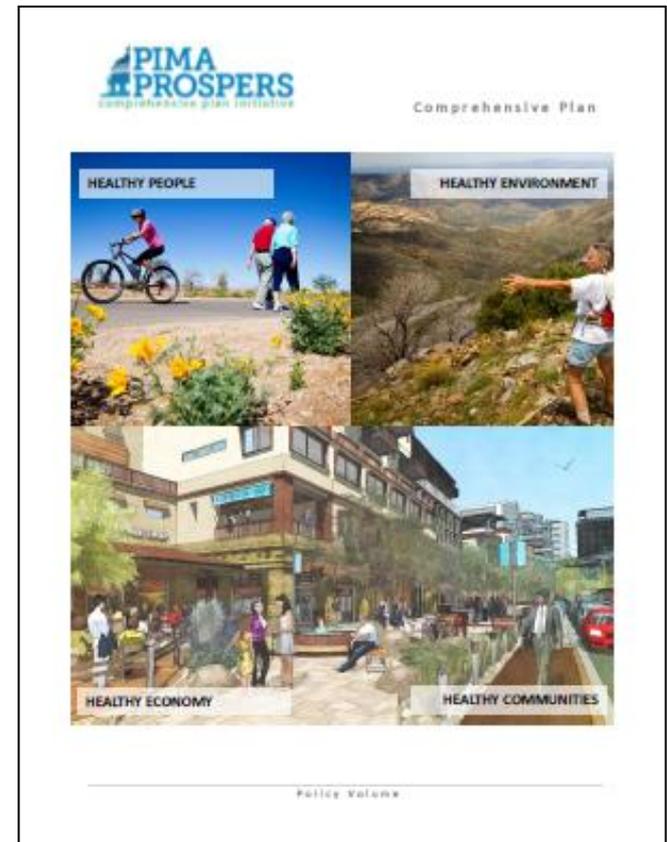
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# Advocacy for Healthy Comprehensive Plans

## What is a Comprehensive Plan?

...comprehensive plans are a statement of visions, goals and policies for a county... The county must advance on multiple fronts.

- Our economy must assuredly prosper and grow...
- Our environment must be nurtured to prosper...
- Our people must have the tools to allow them to individually prosper as well...
- We must create opportunities in which our people can prosper...
- We want to celebrate and capitalize on what we love about our county....our diversity, our culture, our arts and our natural beauty...
- We must seek to improve our overall quality of life and standard of living...



# Advocacy for Healthy Comprehensive Plans

## 5.3 Parks and Recreation Element

- **Goal 1: Support healthy lifestyles through the provision of parks and recreation**
    - Policy 1: Promote the establishment of a comprehensive and integrated system of parks, plazas, and playgrounds, and a trails system that provides connectivity to residential areas, employment, services, schools, libraries, activity centers and other community amenities.
    - Policy 2: Promote joint-use facilities that permit access to non-jurisdictionally operated parks and recreational facilities.
    - Policy 3: Continue to provide a diverse range of park types, functions and recreational opportunities to meet the physical and social needs of county residents.
    - Policy 9: Explore opportunities for integrating community gardens, green houses, green roofs and gardening/permaculture education programs in parks and recreation facilities.
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# Advocacy for Healthy Comprehensive Plans

## 5.8 Food Access Element

- **Goal 1: Enhance the local production, processing, and affordable distribution of healthy foods**
    - Policy 1: Work collaboratively among County departments, the University of Arizona, UA/Pima County Cooperative Extension Service, community organizations such as food banks, 4-H and Future Farmers of America and others to secure the availability of healthy affordable food and eliminate food deserts
    - Policy 2: Explore the provision of incentives for retailers providing access to healthy foods.
  - **Goal 2: Measure the health impacts of policies, programs and projects to ensure affordable access to healthy foods**
    - Policy 1: Utilize health impact assessments (HIA) as a tool for measuring the health impacts of public and publically funded policies, programs and projects.
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# ADVOCACY FOR HEALTHY GENERAL PLANS

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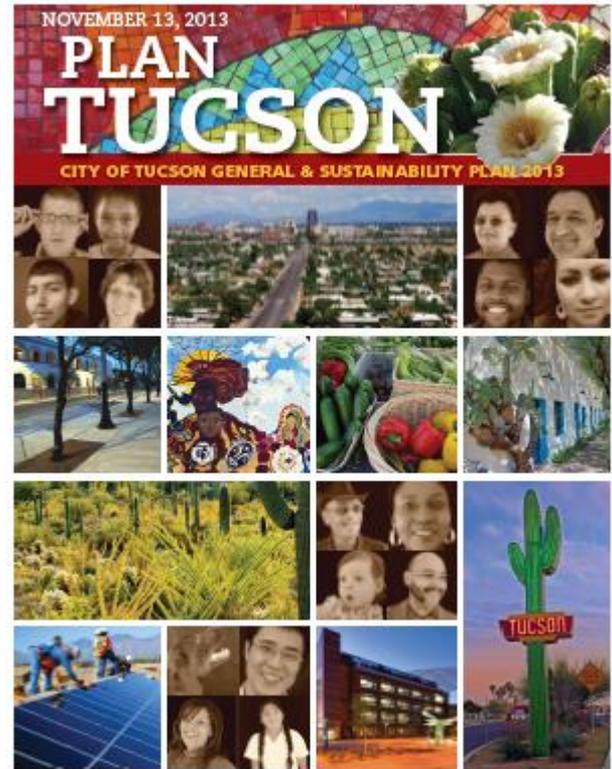
# Advocacy for Healthy General Plans

## What is a General Plan?

Plan Tucson is a long-term **policy document** intended to guide decisions affecting elements that shape the city, such as housing, jobs, land use, transportation, water, and energy resources.

Key to the Plan are **goals and policies** that provide a framework to guide future actions with the understanding that how the city has grown in the past will not necessarily work in the future.

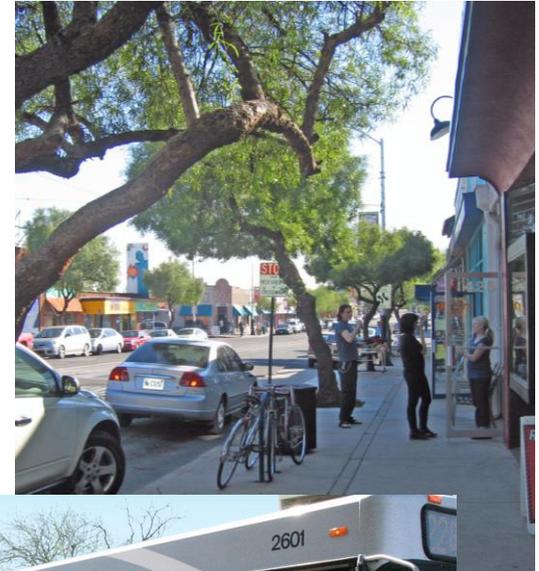
Used to best advantage, **the Plan provides both a place to start and a place to end for the public, staff, and decision makers involved in developing or approving actions.**



# Advocacy for Healthy General Plans

## Public Health Policies

- **PH1 Pursue land use patterns; alternate mode transportation systems, including multipurpose paths; and public open space development and programming that encourage physical activity, promote healthy living, and reduce chronic illness.**
- **PH2 Improve access to healthy, affordable food particularly in underserved areas of the city.**
- **PH3 Coordinate with nongovernmental health and preventive service providers to make healthcare accessible to the most vulnerable and in-need populations, including finding new ways to provide access to healthcare at home.**
- **PH4 Increase access to healthcare services through provision of reliable, affordable transportation options.**
- **PH5 Support educational programs that promote healthy living.**
- **PH6 Collaborate with the Pima County Health Department on emergency service preparedness and to improve knowledge about and service to the many mental and physical health services offered through the Pima County Health Department.**
- **PH7 Continue to provide and support workforce wellness programs.**
- **PH8 Support streetscape and roadway design that incorporates features that provide healthy, attractive environments to encourage more physical activity.**



# Advocacy for Healthy General Plans

## Urban Agriculture Policies

- AG1 Reduce barriers to food production and to food distribution, including home and community gardens, and facilitate access to new markets for small-scale farmers and gardeners.
- AG2 Adopt zoning and land use regulations that promote and facilitate the safe, equitable growth and distribution of locally produced food.
- AG3 Facilitate community food security by fostering an equitable, healthy local and regional food system that is environmentally and economically sustainable and accessible to all.
- AG4 Collaborate with key partners to facilitate new opportunities for urban-scale gardens, farms, gleaning, and distribution systems.



# Advocacy for Healthy General Plans

## Example of Type of Information You Can Provide

### EXHIBIT PH-1 Leading Causes of Death in Pima County, 2010 & Interventions\*

#### Causes of Death

1. Cardiovascular disease

2. Malignant neoplasms

3. Accidents (motor vehicle, poisoning, drowning, falls)

4. Chronic lower respiratory illness

5. Cerebrovascular disease

6. Drug induced deaths

7. Diabetes

• Access to healthy food

8. Alzheimer's Disease

9. Suicide

10. Injury by firearms

#### Environmental Interventions

• Built environment that provides opportunity for physical activity

• Access to healthy food

• Access to prevention and treatment services

• Reduced exposure to environmental toxins

• Built environment that provides opportunity for physical activity

• Access to healthy food

• Access to prevention and treatment services

• Safe environments

• Clean air (indoor and outdoor)

• Access to prevention and treatment services, including smoking cessation

• Access to healthy food

• Built environment that provides opportunity for physical activity

• Access to prevention and treatment services

• Opportunities for physical activity

• Access to prevention and treatment services

• Unknown

• Access to mental health services

• Built environment that provides opportunities for physical activity (stress reduction)

• Access to mental health services



# ADVOCACY FOR COMPLETE STREETS

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# Advocacy for Complete Streets



# Advocacy for Complete Streets



# Advocacy for Complete Streets



**DOWNTOWN CHANDLER**





# ADVOCACY FOR URBAN AGRICULTURE

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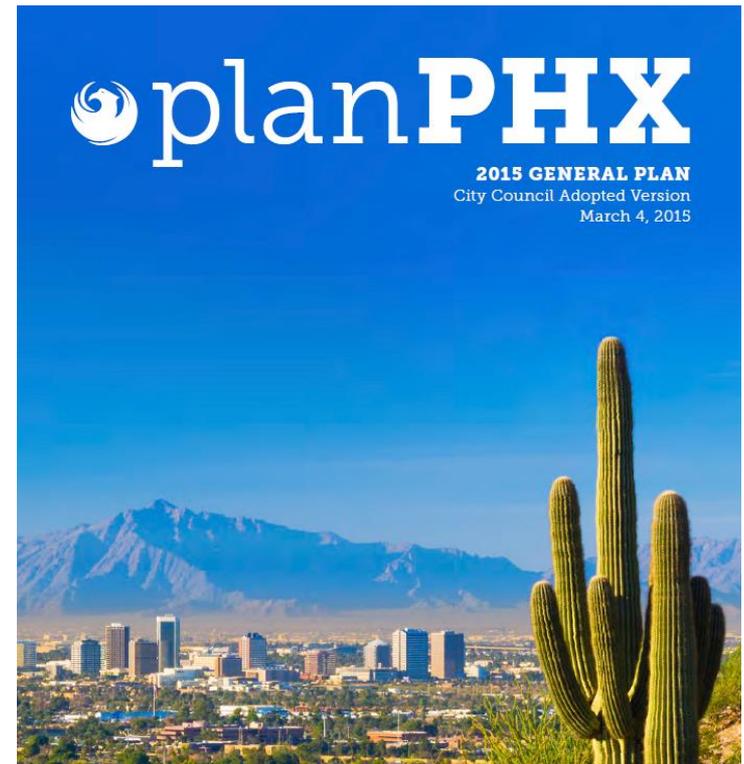
# ADVOCACY FOR URBAN AGRICULTURE

## HEALTHY FOOD SYSTEM

- A sustainable food system increases Phoenix resident's ability to access healthy, affordable food and blurs the lines among growers, distributors, and consumers. The healthy food system encourages consumers to grow their own food and provides opportunities for urban farmers to produce locally grown food. A healthy food system supports all options for furthering access to healthy food including community gardens, urban farms, farmers markets, community supported agriculture, healthy food retailers.

### Land Use and Design Principles

- Support the growth of land uses that contribute to a healthy and sustainable food system (i.e. grocery stores, community gardens, urban farms and other urban agriculture elements).
- Encourage the development of agricultural land as a buffer between incompatible land uses as a means of enhancing the function of landscape setbacks throughout Phoenix.
- Explore the utilization of city of Phoenix-owned parcels as opportunities for urban agriculture.
- Encourage neighborhood designs that incorporate community gardens, urban farms and other urban agriculture elements.

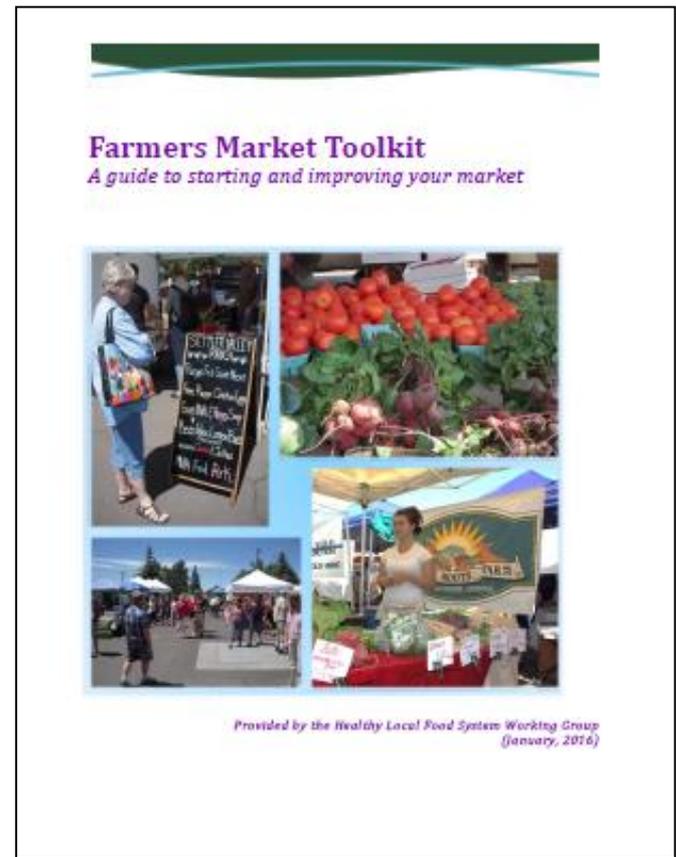


# ADVOCACY FOR URBAN AGRICULTURE

## Purpose for Toolkit

The Farmers Market Toolkit is designed to help individuals and small groups who want to strengthen their community's access to food by creating a farmers market or improving an existing one in their local community. The information in the toolkit is based on the experiences of successful farmers market organizers and managers in Arizona and across the country.

This step-by-step process outlines how you can realistically create a farmers market or improve your existing one in Maricopa County. You will learn how to navigate state, county, and municipal regulations, and find links to further reading resources and points of contact to access more detailed information. Checklists are provided throughout the toolkit to help make the process of starting or improving a farmers market easier as well as more transparent and engaging.



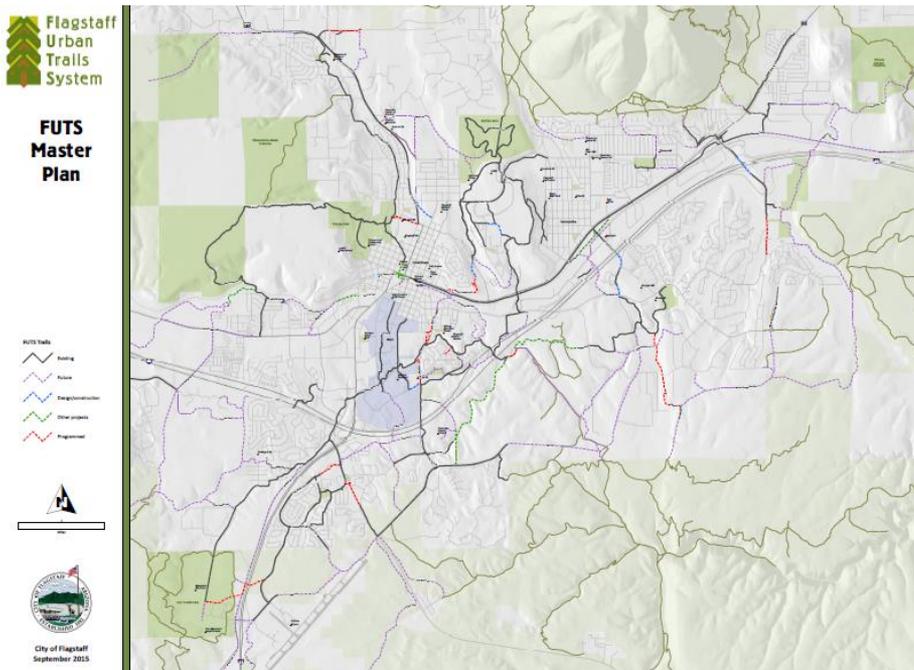


# ADVOCACY FOR PARKS, RECREATION, OPEN SPACE & TRAILS

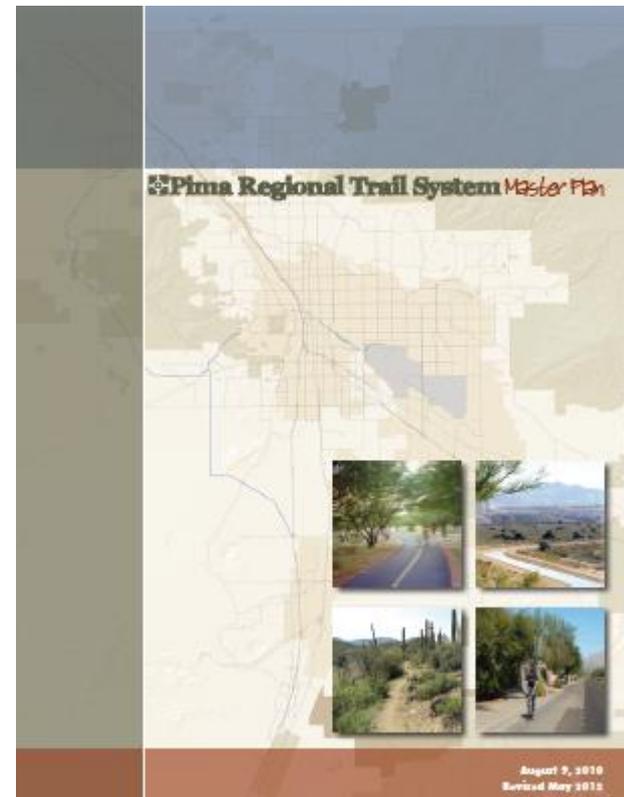
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# Advocacy for Parks, Recreation, Open Space & Trails

## Flagstaff Urban Trails System



## Pima Regional Trail System



# Advocacy for Parks, Recreation, Open Space & Trails

## Flagstaff Urban Trails System FUTS

FUTS trails offer an incredibly diverse range of experiences; some trails are located along busy streets, while others traverse beautiful natural places - canyons, riparian areas, grasslands, meadows, and forests - all within the urban area of Flagstaff. The **system connects** neighborhoods, shopping, places of employment, schools, parks, open space, and the surrounding National Forest, and **allows users to combine transportation, recreation and contact with nature.**

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## Pima County Trails

### E. Benefits of Trails

#### Health and Exercise

Trails are great, low impact recreational opportunities that don't require special equipment to use and enjoy. They provide great opportunities to **get out and exercise, contributing to the community's fitness and health.** This is particularly important as the area's population continues to have **issues with weight control, childhood obesity, and related diseases.** A few minutes or a few hours on a recreational trail helps relieve the stresses of modern life.



# ADVOCACY FOR HEALTH IMPACT ASSESSMENT

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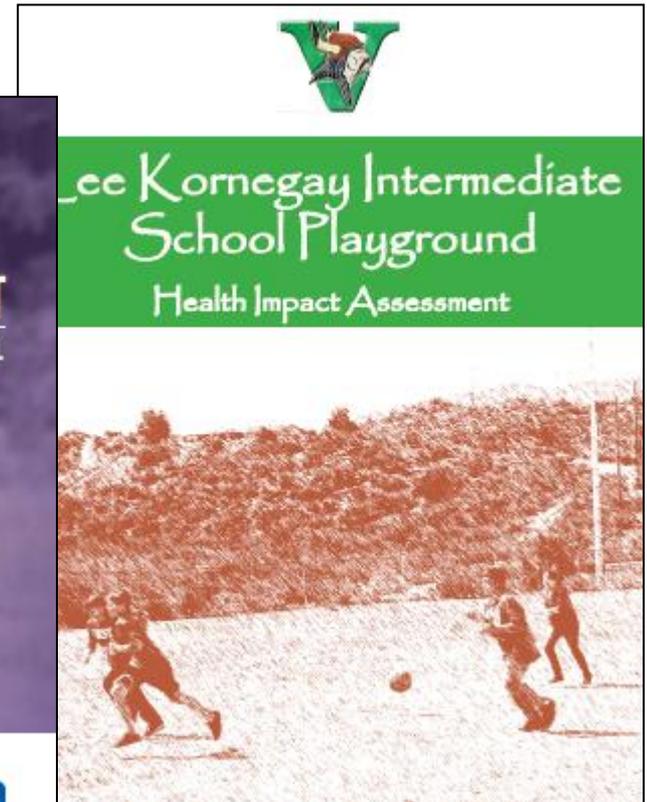
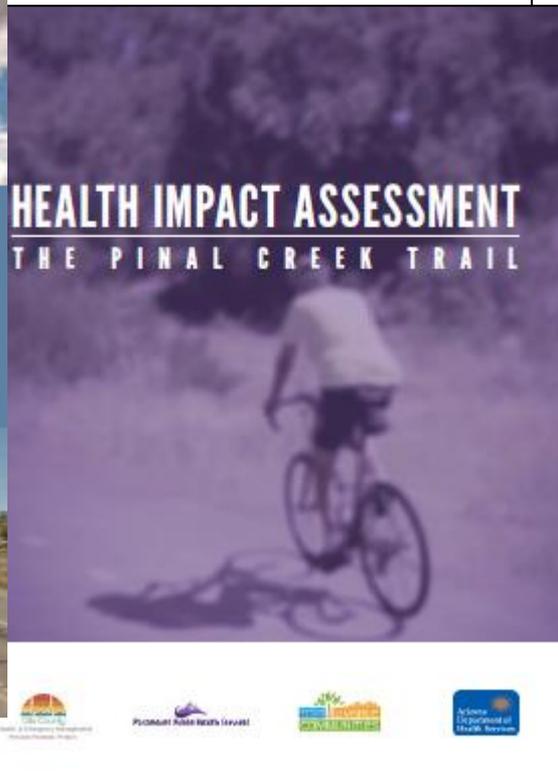
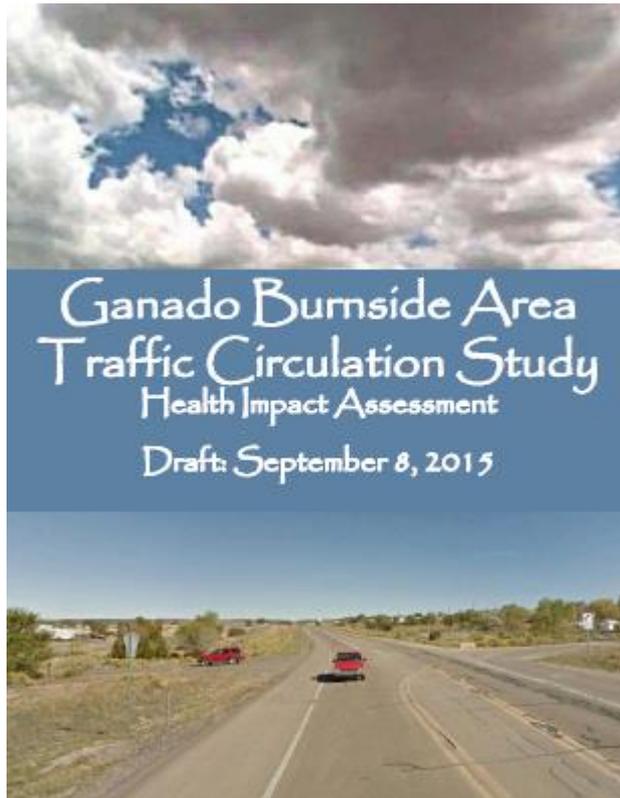
## What is an HIA?

“A **systematic process** that uses an array of data sources and analytic methods and considers input from stakeholders to determine the **potential effects of a proposed policy, plan, program, or project on the health of a population** and the **distribution of those effects** within the population.”

## Why do an HIA?

- To **identify harms & benefits** before decisions are made.
  - To inform **discussions of the trade-offs** of a policy/plan/project/program.
  - To identify **evidence-based strategies** to promote health & prevent disease.
  - To **increase transparency**, support inclusiveness, democracy, and community engagement in the policy decision-making process.
  - To help shift decision making from an economic to **quality of life** framework.
  - To meet regulatory requirements.
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# ADVOCACY FOR HEALTH IMPACT ASSESSMENT



**Addressing Community Health Issues by Identifying Positive Community Health Outcomes**

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## *Other AALC Services:*

### **Grant Coordination**

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### **HIA - Training and Technical Assistance**



**Thank You!**

**QUESTIONS**

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