Healthy Community Design Toolkit

General Plan Updates
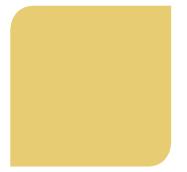Healthy Community Design Collaborative

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Healthy Community Design Collaborative

Questions about the Toolkit:? Need more information or need assistance with the General Plan Update? Contact Dean Brennan, FAICP, at dbrennan.plc@cox.net.

SPECIAL THANK YOU

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Additionally, The Healthy Community Design Collaborative recognizes the contribution of the cities of Richmond, California and Portland, Oregon and the excellent jobs done by both communities to address healthy community design. Example policies have been incorporated from the *Richmond General Plan Update* and from the *Portland Plan* into the Healthy Community Design Toolkit.

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Introduction

One of the most critical issues confronting communities in Arizona today is the impact that the physical environment has on public health. Research studies have consistently shown that the design of the physical environment contributes to chronic diseases such as obesity, type II diabetes and heart related disease. Designing healthy communities that facilitate an active lifestyle is critical to the long term health of Arizona communities. It is important to identify what needs to be discussed in the public forum and how Arizona communities can contribute to the solutions that will respond to the major health issues confronting society.

This Toolkit has been prepared to assist Arizona communities make changes what will result in the creation of a healthy physical environments for our residents. The first step is to focus on policies that guide new development, redevelopment and retrofitting of those communities. The General Plan (cities and towns) and Comprehensive Plan (counties) - both referred to as the "PLAN" - should serve as community visions for the future. That vision must address the issues of community health – healthy eating and active living - and put in place goals and policies that respond to the need of residents to have opportunities for a healthy lifestyle.

This toolkit is not necessarily a how-to with a step-by-step process for informing the reader on how to update the PLAN – that process is the responsibility of the local jurisdiction. But rather, the Toolkit is a guide for local residents who wish to participate in the process. The Toolkit provides a general overview of the process – explanation of the requirements and purpose for the Plan; who to talk to in local government; how to get involved; a checklist for what policy topics should be addressed; and example policies that may be considered for incorporation into the Plan.

Neighborhoods: The Basic Community Building Block

In the best designed neighborhoods, residents live in an identifiable community; recognize one another and count friends and family among their neighbors. They have a sense of concern and responsibility for the neighborhood and its people that is often translated into action. They live in homes surrounding a neighborhood center where the elementary school is the principal anchor, and where other facilities can cluster to provide an easily accessible assembly of facilities--a community center, small shops, medical services, recreation opportunities, and connection to public transit.

Beneficial impacts to such neighborhoods occur when:

- The elementary/middle school site is the central place. Where in addition to its educational role, human service agency staffs can collaborate to address needs of the community. Residents are welcome to use the gym, recreational fields, auditorium, library and meeting rooms.
- Accessibility and convenience is optimized by putting most of the housing in higher density developments--mixed use, condominium, townhomes - adjacent to and within easy walking or biking distance (1/4 mile) to the neighborhood center.
- Housing options exist for people in different stages of life and income levels; affordable housing for starters, conventional housing to accommodate growing family needs and capacities, and larger lot housing for those have lived in the neighborhood and would like more commodious accommodations. Long term sustainability of the community makeup is supported by this diverse choice of housing, encouraging families to maintain community identity and continued associations.
- Pathways for pedestrians and bicyclists provide safe, convenient access from homes to the neighborhood facilities, thereby encouraging a more healthful, physically active life style and allaying the need for the automobile for short neighborhood trips.

Using the Toolkit

The Engaged Particpant/Resident Planner

The information included in this highlighted section is specifically included as background information for the Resident Planner. Becoming familiar with the current plan and the public participation process as well as getting to know the local planning staff are important steps to successfully participate in the General Plan Update process. Don't feel the need to review the entire plan if there is a specific interest in a focus topic – the toolkit is designed to make it easy to focus on a specific topic or topics.

Review the Local Plan

Take time to read the sections of the Arizona Revised Statutes (ARS) that identify the requirements for General Plans for cities and towns (ARS 9-461.05) and Comprehensive Plans (ARS 11.804) for counties. Depending on the size of the jurisdiction, different requirements are in place relating to elements to be included in the General Plan or the Comprehensive Plan. If questions arise, please contact your local planning department.

Plan Format

Elements or – "chapters" addressing specific community topics are incorporated as required by Arizona Revised Statutes. Some communities list the elements as specifically set forth in State Statute while other communities group elements by categories or themes (See *City of Avondale Draft General Plan update*). One approach is not necessarily better than the other as long as all of the prescribed elements are addressed.

Get a copy of your community's (town, city, county) "Plan" and if there is time to review the entire document, become familiar with the update/amendment process and how the plan is formatted. Most community Plans are available on the community's website.

How to Contact Your Local Government

Who to contact
- Planning Department
- Planning Commission
- City/Town Council or Board of Supervisors

Prepare to Engage

Schedule a Meeting
- Prepare an Agenda
- Create Talking Points
- Enjoy the Process

Support Materials
- Briefing Paper/Talking Points
- Power Point Presentation(s)
- Education/Training Materials

Tips for Success

Understanding the following concepts will provide a great launching pad for success.

Healthy Community Talking Points

As an increasing number of Americans suffer from chronic diseases like obesity, diabetes, heart disease, and asthma, research shows that the built environment – the way American cities and towns are developed – contributes to the epidemic rates of these diseases. Consider the following:
- Places built exclusively for automobiles, where walking and biking are not only challenging but frequently dangerous
- Neighborhoods known as "food deserts" because it is so difficult to buy fresh fruits and vegetables
- Neglected, garbage-strewn streets that contribute to violence and mental distress
- Housing that promotes asthma and other respiratory diseases because it is poorly maintained or located near freeways and other pollution sources

Since 1980, the number of obese Americans has doubled to more than one-third of the population, and the prevalence of type 2 diabetes has doubled. The asthma rate among children has more than doubled. Based on current obesity trends, for the first time in American history, children are not predicted to live as long as their parents.

Design of the Built Environment

Healthy Community issues like asthma and obesity are linked to the built environment through numerous pathways. In the U.S., an average of 16% of children and 66% of adults are overweight or obese. Obesity is a disease that is also linked to chronic health conditions like heart disease, high blood pressure, cancer, stroke, and type 2 diabetes. Indeed, rates of type 2 diabetes have significantly risen in recent decades; this, coupled with a lack of adequate health insurance coverage or access to health care in general, places additional burdens on families and households.

Obesity in the United States can be attributed to multiple factors, and is consistently linked to a lack of opportunities for physical activity in the neighborhood context. Opportunities for

physical activity can depend on neighborhood connectivity, the amount of air pollution in an area, street safety, wealth and social cohesion.

Toolkit Structure and Resources

In Arizona, cities and town prepare "General Plans" and counties prepare "Comprehensive Plans." Throughout the Toolkit, the terms "general plan" and "plan" will be used and it should be understood that in most cases that the term also references "comprehensive plans" except in certain instances where specific differences exist in State Statute. For example, counties are not required to get voter approval for a comprehensive plan and there are differences between the elements required for cities and towns and the elements required for counties.

Please use the checklist identified for each of the plan elements as a guide for identifying what key areas should be addressed. A General Plan Checklist is included in the Appendix and is a compilation of the various checklists included throughout the toolkit.

Chronic Diseases Associated with Design of the Built Environment			
Disease	National	Arizona	Maricopa County
Obesity - Adult	33.8% (2010)	24.3% (2010)	22.0-26.2% (2008)
Obesity - Children	17% (2-19 yr) (2010)	14.6% (2-5 yr old) (2008) 30.6% (10-14 yr old) (2007)	
Diabetes (Type 1 & 2)	8.3% (2011)	n/a	7.4-8.3% (2008)
Heart Disease	428/100,000 (2006)	338/100,000 (2006)	356/100,000 (2006)
Asthma	Adult 8.2% (2009); Child (0-17 yr old) 9.6%(2009)		
(See resource guide for additional detail)			

REVIEWING THE GENERAL PLAN

The General Plan is the "Community Vision" and as such should include a vision statement. Review the vision statement in the community General Plan to determine whether it, or the general discussion relating to the vision statement makes reference to "healthy living", "healthy lifestyle", or some other terminology that references "resident health".

COMMUNITY VISION

Sample Vision Statement: "This community is committed to promoting the health and well-being of all its residents. We strive to be an active, inclusive, and responsive city/county, where healthy habits are encouraged rather than discouraged by the environments we build. Achieving this vision requires acknowledging previously ignored links between built environments and health, particularly the influence that patterns of land use, density, transportation strategies, and street design have on chronic diseases and health disparities."
Source: Avondale General Plan

The following are excerpts from the draft of the City of Avondale General Plan Update Vision Statement and Guiding Principles. For the purposes of this section, only the portions of the Vision Statement and the Guiding Principles that specifically address healthy lifestyle are included. The full text of the Avondale GP Update is available at *http://az-avondale.civicplus.com/index.aspx?NID=1353*.

Avondale Vision Statement
"A city of variety, vitality and values, whose citizens pursue an active role in molding a great place to live, work, and play, in a manner respectful of the City's rich history, growing culture, and invaluable natural resources.

"The foundation for this vision is based on the following principles:
*   A great place to live, work, and play where people share the values of a healthy community and respect for individuals."

Avondale Guiding Principles
"The following principles are intended to clarify the intent of the shared vision statement and establish the context for the land use categories, goals, objectives, and implementation strategies for each of the elements.

"The principles are grouped in seven categories that arose from the visioning process.
*   Healthy Community: We flourish as a community by caring about everyone's needs, supporting efforts to reach our full potential, fostering healthy and resilient individuals, and valuing our community's unique lifestyle and character."

ARIZONA GENERAL PLAN REQUIREMENTS (ARS 9-461-05)

Arizona State Statute requires that a General Plan contain a prescribed set of "elements" or chapters. The number of elements is dependent on the population size of the community. What follows are examples of General Plan elements and identification of goals and policies that can be incorporated into the General Plan to address healthy community design.

Depending on community size (Refer to ARS 9-461-05 General Plans) General Plans are required to include some or all of the following elements:

Land Use
Circulation
Open Space
Growth Area
Environmental Planning
Cost of Development
Water Resources
Conservation
Recreation
Public Buildings and Services
Housing
Conservation, Rehabilitation
   and Redevelopment
Safety
Bicycle
Energy
Neighborhood Preservation
   and Redevelopment

PUBLIC PARTICIPATION PROCESS (ARS 9-461-06)

The Arizona Revised Statutes require that every community prepare a Public Participation Plan that will serve to guide the General Plan Update/Amendment Process.

"Adopt written procedures to provide effective, early and continuous public participation in the development and major amendment of general plans from all geographic, ethnic and economic areas of the municipality." (ARS 9-461-06)

The Public Participation Process identifies the procedures and public notification efforts that should be undertaken in the review of the General Plan. It should promote neighborhood

meetings, public notifications and public hearings in order to attract public opinion and action as a part of the Smart Growth Principle, which encourages community and stakeholder collaboration.

Goals for the Public Participation Process should include:
- Obtain broad-based resident/citizen participation in the planning process.
- Provide information to the citizens and general public throughout the process.
- Understand the resident attitudes and opinions regarding the direction of growth and development, key issues facing the community, and their hopes for the future of the community.
- Keep the update/amendment process accessible and understandable.
- Promote intergovernmental and interagency cooperation and collaboration.
- Meet the requirements of Growing Smarter Act as amended through the Arizona Revised Statutes.
- Keep the Plan in the public eye throughout the process and establish programs to increase their understanding of the plan recommendations.

To ensure that these goals are followed, a community should include policies addressing public participation in land use and development decisions.

Public Participation Checklist
- ☐ Verify that the community has an adopted Public Participation Plan for the General Plan Update/Amendment process.
- ☐ The community has a defined public participation program which implements the adopted Public Participation Plan.

Sample Policy Initiatives
- The participation of individuals, organizations, and businesses in supporting community health and the planning process is encouraged.
- Proponents of development or other major projects in the jurisdiction that will affect the health of the community should initiate early and frequent communication with community residents.
- Local government agencies, including planning and public health, will work collaboratively with neighborhood associations and other similar organizations to address health issues of concern in neighborhoods.
- Regular updates will be provided regarding the progress of general plan implementation and other planning-related activities through a variety of mechanisms, such as the city website, flyers in utility bills, or local newspapers.
- A yearly town hall type meeting will provide regular updates on major city/county activities and the extent to which the city/county is meeting the guiding principles established in the general plan, including those related to health.

INCORPORATING HEALTHY COMMUNITY DESIGN POLICIES

Issues relating to Healthy Community Design can potentially be addressed in every element of a General Plan. This approach was used by the City of Avondale in the Avondale General Plan Update. An alternative approach used by communities in California as well as by the City of Surprise, is to prepare a stand-alone element (a "healthy community" element is currently not required in Arizona) that addresses healthy community design in one primary location in the General Plan. It is not the intent of this Toolkit to recommend one approach over the other, but rather to provide the basic components of how a community can incorporate community design into its General Plan.

The following is a list of policies categorized by individual elements or in some cases a grouping of related elements. The policies included are examples only and can be used as written or as a starting point for policies that are more focused on the issues in a specific community. The list of policies is far from exhaustive, but a sample of some of the most commonly used healthy community design policies.

At the beginning of each series of policies there is a checklist which can be used to determine whether the existing or proposed policies for inclusion in a General Plan Update reflect the desired outcomes to healthy community design as identified by a community during the public participation process.

A. Land Use Element; Growth Area Element

Checklist

The General Plan addresses:

- ☐   A provision for mixed-use development
- ☐   Increases in residential densities in targeted areas (TOD and infill development)
- ☐   Connectivity of neighborhoods and diverse land uses
- ☐   Walkability and pedestrian infrastructure and amenities
- ☐   Bikeability and bicycle infrastructure and amenities
- ☐   Consideration for the provision of opportunities for community gardens, farmers' markets and urban agriculture
- ☐   Accessibility to healthy food
- ☐   Inclusion of design standards that encourage walkable neighborhoods
- ☐   Consideration of the use of Health Impact Assessments (HIA) as a tool for measuring the health impacts of policies, programs, and projects

Example Policies

Walkability and Connectivity

- Establish a communitywide walkability standard of ¼ mile for access to neighborhood services, transit and recreational facilities.
- Require all mixed-use development to include design elements that facilitate walkability and bikeability.
- Promote walking and bicycling as a safe and convenient mode of transportation.
- Establish locational standards in cooperation with local school districts that will provide for walkable and bikeable access.
- Require transit oriented development (tod) to satisfy minimum density and intensity development standards to support the local transit system.
- Require new development, and where appropriate, existing development to satisfy local complete streets design standards
- Encourage block size limits that are conducive to walking.
- Encourage appropriate location of key community destinations to increase connectivity for pedestrians and bicyclists.
- Identify and implement land use patterns that are conducive to connectivity for pedestrians and bicyclists.
- Promote safe and walkable neighborhoods and inter-connected streets through the design of streetscapes, public gathering places and all types of physical development.

Land Use Growth Management
- Promote equitable distribution of community facilities and infrastructure.
- Encourage, and when appropriate, provide incentives for infill development.
- Promote walkability and public transit by encouraging mixed-use, higher-density development close to community amenities.
- Work with the appropriate local, state, and federal agencies to promote the clean-up and reuse of contaminated sites to protect human and environmental health.
- Promote a balanced mix of uses in major activity centers, community nodes and gateways, in neighborhood nodes (corner commercial clusters), and along key corridors as well as in industrial areas.
- Provide higher-density and infill mixed-use development affordable to all incomes on vacant and underutilized parcels.
- Promote mixed-use infill development on vacant and underutilized parcels along commercial corridors.
- Minimize conflicts between land uses to protect human and environmental health and safety, preserve community character and retain job generating activities that have long-term viability.
- Promote development standards and land use patterns that encourage long-term sustainability.
- Promote efficient growth in existing urban areas and protection of open space.
- Participate in ongoing multi-jurisdictional regional transportation planning efforts.
- Encourage a range of housing types that meet the diverse needs of the community.
- Maintain high-quality facilities and infrastructure to serve diverse community needs.
- Require new development to pay costs attributable to that development including impacts on: local streets; local and regional transportation systems; and public facilities such as parks and recreation, schools and emergency services.
- Use health impact assessments (hia) to identify mitigation techniques for addressing health related impacts relating to the design of the physical environment.
- Minimize conflicts between land uses to protect human and environmental health and safety, preserve community character and retain job generating activities that have long-term viability.

Urban Agriculture and Access to Healthy Food
- Amend the zoning regulations to allow community gardens, farmers' markets, and urban agriculture in all zoning districts.
- Establish a database of public and private land available for community gardens.
- Establish a communitywide standard for walkable access to a community gardens.
- Establish local nutrition education programs and partner with educational institutions and non-profit groups to provide information for establishing home gardens and community gardens.
- Identify potential locations and promote establishing farmers' markets and Community Supported Agriculture (CSA).
- Adopt specific zoning regulations for farmers' markets and Community Supported Agriculture (CSA).
- Review, and where appropriate, modify transit system routes to ensure underserved

neighborhoods have access to transit options
- Provide incentives for the preservation of farmland used for local food production.
- Work with local food producers to provide options/incentives to protect agricultural land from urban development.

Economic Development
- Encourage existing businesses and industries to become increasingly environmentally progressive and continue making positive contributions to the community.
- Expand and diversify the local employment base to provide quality jobs.
- Support the emerging recreation and tourism economy by protecting, enhancing and showcasing the natural, cultural and historic resources and assets.
- Encourage a diverse and expanded tax base to protect the community from economic cycles.
- Promote a range of retail options including regional, neighborhood-serving and street-front retail and grocery stores in mixed-use settings.
- Promote and support locally owned and cooperative enterprises and businesses, particularly along major corridors, to maximize economic and community benefits
- Develop strategies to attract high-density employers and actively pursue employers that maximize the number of jobs located on a site.
- Apply commercial revitalization and business development tools to drive business growth in neighborhoods and help neighborhoods, local business and residents better connect to and compete in the regional economy.
- Use a community-driven neighborhood economic development approach to build local capacity to achieve economic development outcomes, minimize involuntary displacement and spur commercial activity in underserved neighborhoods.
- Improve access to jobs in priority neighborhoods through frequent transit, active transportation, workforce development training and employment growth in neighborhoods.
- Expand partnerships with community-based organizations, foundations, community development financial institutions, business improvement districts and the private sector (generally), to leverage more public investments in neighborhood economic development.
- Invest in underserved areas with disadvantaged populations, incorporating tools to reduce displacement.
- Promote the efficient and productive use of industrial and commercial land resources to maximize jobs and revenue.
- Encourage expansion of regional commercial uses to capture retail revenue and provide amenities for residents.
- Promote local-serving retail and public amenities at key locations within residential neighborhoods along key corridors.
- Provide a range of high quality infrastructure and public services for residents and visitors.

B. Neighborhood Preservation and Redevelopment Element; Housing Element; Conservation, Rehabilitation and Redevelopment Element

Checklist

The General Plan addresses:

☐ Neighborhood connectivity for access to both internal and external uses
☐ Neighborhood walkability and bikeability
☐ Provisioning of public spaces available to every neighborhood
☐ Joint-use of neighborhood amenities such as schools and parks
☐ Consideration of incentives for the provision of healthy food in underserved neighborhoods
☐ Provision of safe and healthy housing for all resident
☐ Provision of a diverse mix of housing units/types throughout the community

Example Policies

Walkability and Public Spaces

- Prepare joint-use agreements between school districts and local government to share school facilities for community uses such as neighborhoods meetings and recreational activities.
- Identify potential parcels that could be developed for recreational uses in underserved neighborhoods.
- Ensure safe pedestrian connectivity within neighborhoods and with adjacent neighborhood services.
- Identify opportunities to establish public/private partnerships to help fund public park improvements and long term maintenance.
- Establish a jobs-to-housing ratio that focuses on identification of employment opportunities in proximity to neighborhoods with multi-modal options.
- Promote local-serving retail and public amenities at key locations within residential neighborhoods.
- Improve access and connectivity within neighborhoods and to major destinations in the City.
- Promote local-serving retail and public amenities at key locations within residential neighborhoods.

Neighborhood Design

- Promote equitable distribution of community facilities and infrastructure.
- Develop and support strategies and programs that will provide universal access to facilities, amenities and infrastructure.
- Encourage joint use or co-location of public and private facilities to maximize educational,

cultural and recreational opportunities.
- Invest in local-serving facilities to support revitalization of neighborhoods and improve the quality of life for residents
- Promote the use of community facilities as neighborhood centers.
- Promote walkability and public transit by encouraging mixed-use, higher-density development close to community amenities.
- Protect and enhance defining places and features of neighborhood centers, including historic resources, with special attention to redevelopment areas.
- Integrate parks, plazas or other gathering places into neighborhood centers to provide places for community activity and social connections.
- Design civic spaces to include public art and to highlight the culture of neighborhoods and diverse communities.
- Invest in improvements to public facilities that provide social, economic and community benefits in underserved neighborhoods including: educational facilities, parks, playgrounds, libraries and community centers; streetscape improvements such as pedestrian-scale lighting, safe pedestrian and bicycle routes, landscaping and traffic calming; and programs for community gardens and urban agriculture.

Neighborhood Safety
- Develop a community policing program.
- Adopt street design guidelines that incorporate strategies for Crime Prevention Through Environmental Design (CPTED) and SafeScape Principles without creating barriers that disconnect neighborhoods.
- Consider limiting approvals of new liquor licenses in target neighborhoods.
- Utilize nuisance enforcement to close liquor stores that fail to operate in a way that upholds community health, safety, and welfare.
- Pursue a graffiti abatement program to clean up residential and commercial properties.
- Encourage private landowners to maintain and upgrade their property in neighborhoods, commercial corridors and industrial areas.
- Protect viable neighborhoods and commercial areas from adverse impacts of vacant and underutilized sites and blighted buildings and structures.
- Promote safe and walkable neighborhoods and inter-connected streets through the design of streetscapes, public gathering places and all types of physical development.
- Reduce crime and violence and maintain safe and clean neighborhoods and public spaces.
- Promote a safe and comfortable walking environment along key commercial corridors and neighborhood streets.

Housing Location, Affordability and Diversity
- Promote the integration of affordable housing in new infill development.
- Amend the zoning ordinance to allow alternative housing options.
- Provide a range of house types and affordable housing units within walking distance of schools and other community facilities (libraries, transit centers, community centers, health clinics and similar facilities).
- Maintain neighborhood continuity by encouraging access to new affordable housing developments for existing residents.
- Maintain the availability of an adequate AND DIVERSE supply of quality housing units to

meet the needs of all income levels and continue to encourage development of additional quality and affordable housing units.

- Support and encourage development of a range of housing types that meet the needs of a broad range of population groups including seniors, large and small families, low and middle-income households and people of all abilities.
- Promote mixed-income development and a range of affordable housing options in all neighborhoods (e.g., Land Trusts, cohousing and supportive housing).
- Protect public health and safety in all affordable housing units within the community whether privately or public/non-profit owned and managed.
- Support development and rehabilitation of homes to protect children and vulnerable populations from housing-related health and safety hazards (e.g., lead-based paint; asbestos-containing materials and other demonstrated health and safety concerns).
- Encourage development and rehabilitation of healthy homes that address health concerns including lead based paint mitigation, mold and moisture reduction, dust control, radon and carbon monoxide control, indoor air quality improvement, integrated pest management, and smoke-free housing.
- Promote mixed-income development and inclusion of affordable housing units in all neighborhoods.
- Require developers to provide a range of housing types and residential densities to meet the needs of all age groups, income levels, and household sizes.
- Promote active use of public spaces in neighborhoods and commercial areas at all times of day to provide "eyes-on-the-street."

C. Circulation Element; Bicycle Element

Checklist

The General Plan addresses:

- ☐ Adoption of a Complete Streets Policy
- ☐ Safe Routes to School Programs
- ☐ Transit Oriented Development (TOD)
- ☐ Transportation infrastructure that provides for an interconnected system throughout the community/region that serves all residents and minimizes/mitigates impacts on neighborhoods
- ☐ Action Plan for Bicycle Friendly Communities

Example Policies

<u>Physical Environment Design</u>

- Incorporate the Complete Streets elements as the guiding principles for a community based Complete Streets Policy.
- Adopt a Complete Streets Policy using the Complete Streets elements as guiding principles.
- Require all transportation projects in the Capital Improvements Plan (CIP) to meet Complete Streets design guidelines.
- Require new development be consistent with Complete Streets design guidelines with a specific focus on pedestrian and bicycle facilities.
- Develop and implement street design guidelines that create walkable, pleasant environments.
- Require Complete Streets design guidelines address creating walkable, bikeable physical environment.
- Promote an interconnected system of streets that adequately serves current and future travel needs.
- Create a community-wide greenway network of trails and pedestrian and bike-friendly green streets.
- Locate neighborhood greenways to serve currently underserved communities, improve accessibility, and make connections to the central city, neighborhood hubs, major employment and cultural centers, schools and universities, community centers, parks, and natural areas.
- Identify street trees as an important technique for stress- and crime-reduction.
- Require incorporation of shade (natural and/or structural) in all public and private development projects to encourage walking.
- Enhance pedestrian and bicyclist safety through the incorporation of street calming as a component of new street construction and retrofitting of existing streets.
- Identify specific funding sources to satisfy the adopted complete streets design guidelines for pedestrian and bicycle improvements.
- Provide funding for transportation improvements to be made in conjunction with the Safe Routes to School program.
- Balance parking requirements for transit oriented development based on access and proximity to light rail stations.
- Incorporate parking minimums in the zoning regulations to discourage vehicle use and help mitigate the urban heat island effect by reducing paved surfaces.
- Adopt the Bike Friendly Communities Program Scorecard as a guide for the local bicycle infrastructure system.
- Plan, construct and maintain a safe, comprehensive and integrated bicycle and pedestrian system.
- Enhance connections and linkages between activity centers and major destinations in the City and the region.
- Enhance circulation linkages within the City and region.
- Require concurrent infrastructure development for new and redevelopment projects that may have a significant impact on the existing circulation system including streets, trails, sidewalks, bicycle paths and public transit.
- Provide higher-density and infill mixed-use development affordable for all incomes on vacant and underutilized parcels throughout the jurisdiction.

Transportation Improvements
- Collaborate with transit agencies to facilitate opportunities for residents of underserved neighborhoods to access employment, education, and service destinations.
- Provide incentives for new transit oriented development to locate in proximity to major transit nodes.
- Enhance safety and accessibility for pedestrians, bicyclists and public transit users.
- Promote mixed-use "Complete Streets" that balance public transit, walking and bicycling with other modes of travel.
- Locate sensitive uses, such as schools and residential units, at least 500 feet from highways
- Consider the potential impacts on new development when identifying land uses adjacent to transportation corridors.
- Develop programs to help mitigate air quality issues by minimizing the number of drive-thru facilities reduce
- Incorporate the use of multimodal level of service measures in transportation departments.
- Encourage use of pedestrian/bicycle route analysis as part of site and building concept development.
- Encourage adoption of pedestrian-friendly vehicle design standards.
- Strengthen Safe Routes to School Programs and improve infrastructure that supports those programs.
- Encourage use of street design and facilities that increase pedestrian and bicyclist safety and comfort levels.
- Encourage bicycle boulevards which are specifically designed to safely accomodate large volumes of bicycle traffics.
- Encourage use of signage, maps, and other wayfinding methods for pedestrians and bicyclists.
- Promote walking and bicycling as a safe and convenient mode of transportation and an opportunity to encourage an active lifestyle.
- Promote the development of street design elements that incorporate natural stormwater drainage and landscaping in new and retrofitted streets.
- Increase the use of transit, bikes, walking, carpooling and telecommuting to reduce both wear and demand on the transportation system.
- Collaborate with neighboring jurisdictions to plan improvements along key corridors.
- Ensure adequate maintenance of transportation facilities such as streets, trails, sidewalks, bicycle paths, bus stops, and street furniture.
- Promote mixed-use urban streets that balance public transit, walking and bicycling with other modes of travel.

Transit Considerations
- Coordinate with regional transportation agencies and support enhanced and expanded public transit to improve mobility options for residents and visitors.
- Promote mixed-use urban streets that balance public transit, walking and bicycling with other modes of travel.
- Promote transportation demand management strategies among residents and businesses to reduce reliance on automobiles.
- Promote the use of renewable energy and clean technology for transportation including public transit and goods movement.
- Enhance connections and linkages between activity centers and major destinations in the City and the region.

- Promote walkability and public transit by encouraging mixed-use, higher-density development close to community amenities.
- Increase the use of transit, bikes, walking, carpooling and telecommuting to reduce both wear and demand on the transportation system.
- Transform prominent transit streets, streetcar and light rail corridors into distinctive civic places of community pride that serve future multi-modal mobility needs and are models of ecological design.
- Link housing to transportation at the local level by including housing strategies as part of planning major transit investments.
- Expand access to affordable transportation options, including sidewalks, frequent service transit, bicycle networks, car and bike sharing, and other alternatives that allow households to function without a car or with one car.
- Link neighborhood centers to each other, employment areas, the central city and the broader region through a multi-modal transit system.
- Prioritize safe and attractive frequent transit service, bikeways and accessible pedestrian connections.
- Support and encourage the expansion of para-transit and public transit service to neighborhood and regional medical facilities.
- Pursue strategies including partnerships with other transportation providers to provide a comprehensive system of para-transit service for seniors and people of all abilities, and enhance service within the city and to regional destinations.
- Encourage multiple circulation options and work with transit operators to ensure equitable access for all members of the community.
- Develop corridor-specific housing strategies as a component of major transit investments.

D. Recreation Element; Open Space Element

Checklist

The General Plan addresses:

☐ Preparation of a Healthy Lifestyle Plan that includes a parks and open space master plan, trails master plan, and other components that contribute to a healthy lifestyle

☐ Walkability standards for access to parks/recreational areas

☐ Recreational programs that address the needs and cultures of community residents

Example Policies

Active Lifestyle

- Prepare a "Active Lifestyle Plan" that provides a comprehensive and integrated system of parks, plazas, playgrounds, trails and open space and provides connectivity with community amenities such as schools, libraries and other cultural amenities.
- Implement walkability and level of service standards for parks and recreation areas.
- Continue to provide a diverse range of park types, functions and recreational opportunities to meet the physical and social needs of all residents.
- Expand and tailor recreational programs and services to meet evolving community needs.
- Provide a range of quality recreational facilities that are well maintained, have adequate lighting, signage, hours of operation and represent the multi-ethnic and multicultural needs of the community.
- Promote joint use facilities that permit access to parks and recreational facilities operated by other jurisdictions such as a school district.
- Protect visitors to parks and recreational facilities from exposure to structural and safety hazards, crime and other human-induced incidents.
- Promote park and facility design that discourages vandalism, deters crime, provides natural surveillance and creates a safe and comfortable environment.
- Improve access to large-scale natural areas such as natural preserve areas.
- Expand park and recreation opportunities in all neighborhoods and ensure that they are provided within comfortable walking distance (generally a 10 minute walk) of homes, schools and businesses in order to encourage more physically and socially active lifestyles.
- Develop a comprehensive network of multi-use trails including to enhance bicycle and pedestrian connectivity throughout the City and the region.
- Improve connections to parks, open space and recreational facilities through an interconnected network of pedestrian-friendly green streets, multimodal corridors and trails.
- Increase opportunities to incorporate green space as part of the urban environment.
- Expand and tailor recreational programs and services to meet evolving community needs.
- Conserve, protect and enhance natural and cultural resources
- Preserve open space areas to help protect natural habitat.
- Promote flexibility in the design and programming of public facilities to accommodate changing needs.

E. Environmental Planning Element, Conservation Element

Checklist

The General Plan addresses:

☐ Mitigation of the Urban Heat Island Effect (UHI)
☐ Preparation of a climate adaptation plan
☐ Strategies for improving air quality
☐ Considerations of green building strategies and regulations
☐ Incorporation of LEED building standards for public buildings and for private buildings over a specific size

Example Policies

Environment

- Address mitigation of the Urban Heat Island Effect (UHI) specifically relating to the impacts on the health of residents.
- Examine the potential long term impacts of Climate Change and prepare a climate adaptation plan.
- Address environmental justice issues for both existing development and for new development.
- Work with the appropriate local, state, and federal agencies to promote the clean-up and reuse of contaminated sites to protect human and environmental health.
- Encourage existing businesses and industries to become increasingly environmentally progressive and continue making positive contributions to the community.
- Promote climate-friendly standards, practices, technologies and products in all City facilities and operations.
- Develop the network of habitat connections, neighborhood greenways and plan for civic corridors as a spine of Phoenix's civic, transportation and green infrastructure systems. Enhance safety, livability and watershed health and catalyze private investment and support livability.
- Design neighborhood greenways and civic corridors to integrate safe and accessible facilities for pedestrians and cyclists, sustainable stormwater facilities, tree planting and community amenities.

Air Quality

- Support regional policies and efforts that improve air quality to protect human and environmental health and minimize disproportionate impacts on sensitive population groups.
- Prepare a tree planting plan that focuses on protecting and developing tree cover as a priority for helping to improve air quality and mitigate the Urban Heat Island Effect (UHI).

- Incorporate green infrastructure standards into new public projects and retrofit of existing infrastructure.
- Continue developing regulations that reduce exposure to harmful effects of second-hand smoke in indoor and outdoor areas.

Green Building and Construction
- Adopt a building code that incorporates "green building" standards.
- Provide incentives such as fast track permitting to encourage the construction of "green" buildings.
- Develop design standards for use of green roofs for new buildings and for the retrofit of existing buildings.
- Develop educational programs to educate residents to the benfits of rainwater harvesting.
- Promote green building practices that support "healthy homes".
- Promote green building practices that positively benefit at-risk populations.
- Promote green and sustainable practices and approaches in planning, design, construction, renovation and maintenance of public facilities.
- Promote ecologically-sensitive approaches in landscaping, stormwater drainage, groundwater recharge and flood control.
- Require energy and resource efficient buildings and landscaping in all public and private development projects.
- Develop green infrastructure standards that rely on natural processes for stormwater drainage, groundwater recharge and flood management.
- Plan, fund and manage green infrastructure as part of the City's capital systems.

Conservation
- Continue to work with the appropriate local, state, and federal agencies to promote the clean-up and reuse of contaminated sites to protect human and environmental health.
- Work with public and private land owners to protect natural habitat and biodiversity and preserve biological resources.
- Work with regulatory agencies to monitor and enforce noise standards in the community.

F. Energy Element

Checklist

The General Plan addresses:

☐ Facilitating the development of distributive energy generation
☐ Developing a plan for reducing the community carbon footprint
☐ Developing green infrastructure standards for new and retrofit street projects
☐ Consideration of providing incentives for Net Zero Development (NZD)

Example Policies

Energy Use

- Work toward reducing the overall energy carbon footprint from residential, industrial, transportation and city operations.
- Require energy and resource efficient buildings and landscaping in all public and private development projects.
- Encourage the use of green and sustainable development standards and practices in planning, design, construction and renovation of public facilities.
- Promote the use of green streets that incorporate extensive landscaping, pervious surfaces and native plantings.
- Encourage new development and redevelopment projects to be LEED-certified (or similar) green buildings; and promote ecologically-sensitive approaches to landscaping.
- Adopting green standards and practices will improve the quality of the built environment, reduce environmental impacts and support economic development goals for creating a green economy.
- Develop green infrastructure standards that rely on natural processes for stormwater drainage, groundwater recharge and flood management.
- Promote the generation, transmission and use of a range of renewable energy sources such as solar and wind power to meet current and future demand.
- Encourage new development and redevelopment projects to generate their energy needs through on-site renewable sources (Net Zero Development).
- Encourage the development of distributive energy generation as a component of new development.
- Identify opportunities for installation of distributive energy generation facilities in existing development.
- Encourage the use of available climate-friendlier vehicles and equipment to reduce energy use and carbon emissions and support the use of low-emission or renewable fuel vehicles by residents and businesses, public agencies and City government.

G. Safety Element

Checklist

The General Plan addresses:

☐   Neighborhood policing to reduce demand for police services and encourage interaction among the residents of contiguous neighborhoods

Example Policies

- Promote active use of public spaces in neighborhoods and commercial areas at all times of day to provide "eyes-on-the-street".
- Minimize the flood hazard risks to people, property and the environment.
- Require safe production, transportation, handling, use and disposal of hazardous materials that may cause air, water or soil contamination.
- Encourage best practices in hazardous waste management and ensure consistency with city, county. state and federal regulations.
- Protect existing and future neighborhoods and natural resources from accidental occurrences by controlling the location of new, and the expansion of, hazardous waste facilities.
- Minimize the potential risk from electromagnetic fields generated by electrical distribution lines and monitor ongoing research to evaluate and reduce risks.
- Promote crime prevention strategies and provide a high level of response to incidents.
- Provide a high level of police and fire service in the community.
- Emphasize prevention and awareness of fire safety guidelines to minimize risk and potential damage to life, property and the environment.
- Provide a comprehensive range of programs to aid in natural surveillance.
- Work with regulatory agencies to monitor and enforce noise standards in the community.
- Monitor changes in technology that will prevent and mitigate transportation related noise impacts on residential and sensitive uses in the community.

H. Water Resources Element

Checklist

The General Plan addresses:

☐   Consideration of green infrastructure standards to reduce stormwater runoff and recharge the aquifer

☐   Encourage use of grey water and on-site harvesting of stormwater runoff

Example Policies

- Work with public and private property owners to reduce stormwater runoff and facilitate the recharge of groundwater aquifers.
- Promote water conservation and recycled water use.

I. Cost of Development Element

Checklist

The General Plan addresses:

☐   New development required to pay for the cost of development

Example Policies

- Require new development to provide proportionate facilities and infrastructure improvements as it occurs.

J. Public Buildings and Services

Checklist
The General Plan addresses:
☐   Joint-use agreements with other public entities
☐   When appropriate, joint-use agreements with private and non-profit entities

Example Policies
Investment in Public Facilities
- Invest in improvements to public facilities that provide social, economic and community benefits in underserved neighborhoods including: educational facilities, parks, playgrounds, libraries and community centers; streetscape improvements such as pedestrian-scale lighting, safe pedestrian and bicycle routes, landscaping and traffic calming; and programs for community gardens and urban agriculture.
- Maintain high-quality facilities and infrastructure to serve diverse community needs.
- Continue to promote equitable distribution of community facilities and infrastructure to be located near residents in order to serve as neighborhood centers and maximize use.
- Protect the quality of life for residents, businesses and visitors.
- Consider health, safety and aesthetic impacts of siting new or existing infrastructure and utilities and ensure that impacts and benefits are not disproportionately distributed to any parts of the jurisdiction.
- Develop and support strategies and programs that will provide universal access to facilities, amenities and infrastructure.
- Encourage joint use or co-location of public and private facilities to maximize educational, cultural and recreational opportunities.
- Promote flexibility in the design and programming of public facilities to accommodate changing needs and cultural diversity.
- Encourage the public use of property owned and operated by local school districts, other educational institutions, and private facilities to maximize multiple functions.
- Maintain infrastructure and facilities.

Green Infrastructure
- Promote green and sustainable practices and approaches in planning, design, construction, renovation and maintenance of public facilities.
- Promote ecologically-sensitive approaches in landscaping, stormwater drainage, groundwater recharge and flood control.

Neighborhood Facilities and Centers
- Invest in local-serving facilities to support revitalization of neighborhoods and improve the quality of life for residents.
- Promote the use of community facilities as neighborhood centers.

K. Healthy Eating Active Lifestyle Element
(This element not required by State Statute)

Checklist

The General Plan addresses:

☐ Limitations on fast food restaurants

☐ Consideration of incentives for retailers providing access to healthy food

☐ Zoning regulations that accommodate community gardens, farmers' markets and urban agriculture

☐ Walkability standards for access to healthy food

☐ Programs to identify opportunities for establishing community gardens and farmers markets

☐ Programs that address food security by establishing a comprehensive food program that focuses on a local system for growing, transporting and delivering healthy food

☐ Consideration of the use of Health Impact Assessments (HIA) as a tool for measuring the healthy impacts of policies, programs, and projects

Example Policies

Support Accessibility to Healthy Food
- Prepare a healthy lifestyle plan and establish a healthy food advisory committee.
- Adopt policies in public documents that support communitywide access to healthy food.
- Amend zoning regulations to restrict the number and location of fast food restaurants and drive-thru restaurants.
- Provide incentives for establishing healthy food access in underserved neighborhoods.
- Establish a communitywide walkability standard of ¼ mile for access to healthy food.
- Work with local food growers to expand access to the food distribution system and local marketing opportunuities.
- Promote the availability of fresh fruits and vegetables and quality foods, especially in low-income and underserved neighborhoods.
- Attract a wide range of healthy food sources such as full-service grocery stores, ethnic food markets, farm stands, community gardens, edible school yards and farmers' markets.
- Encourage convenience stores, supermarkets, liquor stores and neighborhood and ethnic

markets to carry fresh produce, meats and dairy, 100% juices and whole-grain products especially in low-income and underserved neighborhoods.
- Support sustainable local food systems including farmer's markets, community supported agriculture, urban agriculture, federal food assistance programs and healthy food retailers.

Facilitate Site Identification and Development for Healthy Food Growers and Retailers
- Support local agriculture on vacant land and provide land for small farm operations.
- Reclaim abandoned properties for urban agriculture.
- Clean-up brownfields and greyfields as potential sites for grocery stores in underserved neighborhoods.
- Support farmers' markets, fresh food stands and community gardens to supplement the availability of healthy food.

Nutrition Programs
- Encourage restaurants to serve healthy foods and work with the local health department to provide nutritional information to customers.
- Develop and implement a program to encourage new and existing convenience stores, supermarkets, liquor stores and neighborhood and ethnic markets to stock fresh produce, meats and dairy, 100% juices and whole-grain products.
- Develop information that assists residents in evaluating nutrition, sugar, salt and trans-fat content of local food choices.
- Develop and adopt an ordinance requiring nutrition standards for vending machine beverages and snacks sold on jurisdiction-owned property.
- Increase profit margins by selling to traditionally non-served markets.

Healthy Food Incentive Programs
- Provide grants, low-interest loans, and services as incentives for providing healthy food.
- Provide financing support for local and regional producers that provide healthy food access to underserved communities.
- Link small retailers with local farmers and farmers' markets.
- Provide business development and marketing assistance to vendors.
- Provide incentives to encourage local businesses to provide access to healthy fodd in underserved neighborhoods.
- Strengthen the City's internal capacity to support and implement health-related policies and programs.

Active Lifestyle
- Consider policies identified for the Recreation Element and Open Space Element

L. Organizational Policies

Checklist

The General Plan addresses:

☐   Strategies and recommendations for implementation

☐   Implementation program that identifies responsibilities and implementation timelines and deadlines

☐   Establishes a measurement and annual review process to determine implementation success

☐   Flexibility to provide for changes to plans when needs arise

Example Policies

- Strengthen the City's internal capacity to support and implement health-related policies and programs.
- Partner with public health professionals, community-based organizations, foundations and other regional agencies to build capacity among staff, boards and commissions and elected officials with regard to health and its relationship with the design of the built environment.
- Promote the use of health criteria in reviewing and approving new development and redevelopment projects to maximize their health benefits and minimize or eliminate health impacts.
- Support ongoing monitoring and tracking of health outcomes and their relationship with policies and programs.
- Health Impact Assessments (HIA) should be considered for use for all projects, programs, and policies that have a potential impact on resident health.

RESOURCE GUIDE

Examples of Healthy Community Design General Plan
Arizona
Avondale General Plan Update
http://az-avondale.civicplus.com/index.aspx?NID=1353

Surprise General Plan Update
Health & Safety Element
http://www.surpriseaz.gov/index.aspx?NID=1632

California
Richmond, CA
Community Health and Wellness Element
http://www.cityofrichmondgeneralplan.org/docs.php?ogid=1000000647

San Francisco, CA
San Francisco Parks and Open Space Element
http://www.sf-planning.org/ftp/General_Plan/13_Rec_and_Open_Space.htm

Oregon
Portland Plan, Portland, Oregon
http://www.portlandonline.com/portlandplan/

PUBLICATIONS

General
HOW TO CREATE AND IMPLEMENT HEALTHY GENERAL PLANS – A TOOLKIT FOR BUILDING HEALTHY, VIBRANT COMMUNITIES
Public Health Law & Policy
http://www.phlpnet.org/healthy-planning/create_implement_gp

HEALTHY PLANNING POLICIES – A COMPENDIUM FOR CALIFORNIA GENERAL PLANS PUBLIC HEALTH LAW & POLICY
http://www.phlpnet.org/healthy-planning/products/healthy-planning-policies

GENERAL PLANS AND ZONING – A TOOLKIT FOR BUILDING HEALTHY, VIBRANT COMMUNITIES
Public Health Law & Policy
http://www.phlpnet.org/healthy-planning/products/general-plans-and-zoning

HEALTHY PLANNING GUIDE
Public Health Law & Policy
http://www.phlpnet.org/sites/phlpnet.org/files/BARHII_Healthy_Planning_Guide_FINAL_web_090821_0.pdf

INTEGRATING PLANNING AND PUBLIC HEALTH – TOOLS AND STRATEGIES TO CREATE HEALTHY PLACES
AMERICAN PLANNING ASSOCIATION
http://www.planning.org/

MULTIPLE PUBLICATIONS AVAILABLE
Center for Disease Control and Prevention – Designing and Building Healthy Places
http://www.cdc.gov/healthyplaces/default.htm

Transportation
GETTING INVOLVED IN TRANSPORTATION PLANNING – AN OVERVIEW FOR PUBLIC HEALTH ADVOCATES
Public Health Law and Policy
www.phlpnet.org

TRANSPORTATION AND HEALTHY – POLICY INTERVENTIONS FOR SAFER, HEALTHIER PEOPLE AND COMMUNITIES
Partnership for Prevention
http://www.prevent.org/Additional-Pages/Transportation-and-Health.aspx

KIDS WALK TO SCHOOL – IMPROVES THE BUILT ENVIRONMENT
Center for Disease Control and Prevention
http://www.cdc.gov/nccdphp/dnpa/kidswalk/

SAFE ROUTES TO SCHOOL LOCAL POLICY GUIDE
Safe Routes to School National Partnership
http://www.saferoutespartnership.org/home

COMPLETE STREETS POLICY ANALYSIS 2010
National Complete Streets Coalition
www.completestreets.org

MODEL COMPREHENSIVE PLAN LANGUAGE ON COMPLETE STREETS
National Policy and Legal Analysis to Prevent Childhood Obesity – Public Health Law & Policy
www.nplan.org or *www.phlpnet.org*

HEALTHY, EQUITABLE TRANSPORTATION POLICY - RECOMMENDATIONS AND RESEARCH
PolicyLink; Prevention Institute; Convergence Partnership
http://www.convergencepartnership.org/site/c.fhLOK6PELmF/b.5327643/k.BF0B/Transportation_RX.htm

AT THE INTERSECTION OF PUBLIC HEALTH AND TRANSPORTATION – PROMOTING HEALTHY TRANSPORTATION POLICY
American Public Health Association
http://www.apha.org/NR/rdonlyres/0ECFA0F5-1C85-4323-A051-903513BE3B30/0/ AttheIntersectionPHandTransportationNewCover.pdf

DANGEROUS BY DESIGN 2011 – SOLVING THE EPIDEMIC OF PREVENTABLE PEDESTRIAN DEATHS
Transportation for America
http://t4america.org/resources/dangerousbydesign2011/

Healthy Eating Acive Living
ICMA COMMUNITY HEALTH AND FOOD ACCESS – THE LOCAL GOVERNMENT ROLE
http://icma.org/en/icma/knowledge_network/documents/kn/Document/7598/Community_Health_and_ Food_Access_The_Local_Government_Role

HEALTHY FOOD, HEALTHY COMMUNITIES – PROMISING STRATEGIES TO IMPROVE ACCESS TO FRESH, HEALTHY FOOD AND TRANSFORM COMMUNITIES
Policy Link
www.policylink.org

F AS IN FAT: HOW OBESITY THREATENS AMERICAS FUTURE 2011
Trust for America's Health
www.healthyamericans.org

OBESITY AND ITS RELATION TO MORTALITY AND MORBIDITY COSTS
Society of Actuaries
http://www.soa.org/files/pdf/research-2011-obesity-relation-mortality.pdf

Joint-Use
LIABILITY RISKS FOR AFTER-HOURS USE OF PUBLIC SCHOOL PROPERTY TO REDUCE OBESITY
National Policy and Legal Analysis to Prevent Childhood Obesity
http://www.nplanonline.org/nplan/products/liabilitysurvey

OPENING SCHOOL GROUNDS TO THE COMMUNITY AFTER HOURS - A TOOLKIT FOR INCREASING PHYSICAL ACTIVITY THROUGH JOINT USE AGREEMENTS
Public Health Law and Policy
http://www.phlpnet.org/healthy-planning/products/joint_use_toolkit

OPENING SCHOOL PROPERTY AFTER HOURS - A PRIMER ON LIABILITY
Public Health Law and Policy
www.nplan.org or *www.phlpnet.org*

WEBSITES

Active Living Network
http://www.activeliving.org/

Active Living By Design
http://www.activelivingbydesign.org/

American Planning Association
Community Health Research Center
http://planning.org/research/publichealth/index.htm
http://planninghealthycommunities.webs.com/

American Public Health Association
http://www.apha.org/

American Society of Landscape Architects
http://www.asla.org/livable.aspx

Arizona Health Survey
http://www.arizonahealthsurvey.org/

Center for Disease Control and Prevention
http://www.cdc.gov/healthyplaces/

Childhood Obesity – Robert Wood Johnson Foundation
http://www.rwjf.org/childhoodobesity/

Complete Streets
http://www.completestreets.org/

Design For Health
http://www.designforhealth.net/resources/internet.html

Environmental Protection Agency
http://www.epa.gov/agingepa/bhc/guide/

Growing Smarter, Living Healthier: A Guide to Smart Growth and Active Aging
http://www.epa.gov/aging/bhc/guide/
Health Impact Project
http://www.healthimpactproject.org/

Healthy Cities Campaign
http://www.healcitiescampaign.org/general_plan.html

Healthy Communities
http://www.lgc.org/issues/healthycommunities.html

Healthy Kids, Healthy Communities
http://www.healthykidshealthycommunities.org/

League of American Bicyclists
http://www.bikeleague.org/index.php

League of Michigan Bicyclists – Advocacy Toolkit
http://www.lmb.org/index.php/Advocacy-Toolkit/Advocacy-Toolkit/

National Policy & Legal Analysis Network to Prevent Childhood Obesity
http://www.nplanonline.org/nplan/focus/community-environment

Participating in the Planning Process
http://www.phlpnet.org/healthy-planning/participating-planning-process

Policy Link
http://www.policylink.org/

Trust for Americas Health
www.healthyamericans.org

Walk Friendly Communities
http://www.walkfriendly.org/index.cfm; http://www.walkinginfo.org/

Walkable and Livable Communities
http://www.walklive.org/

NATIONAL ORGANIZATIONS

The National Association of City and County Health Officials (NACCHO) has a "Community Design and Land Use Program" web portal, which includes fact sheets, profiles, a flowchart for collaboration between planners and health departments, a planning/health jargon glossary, and other resources
www.naccho.org/topics/hpdp/Land_Use_Planning.cfm

The U.S. Green Building Council has published a report, "Understanding the Relationship Between Public Health and the Built Environment", which compiles extensive research on the health impacts of various land use patterns and transportation designs.
www.usgbc.org/ShowFile.aspx?DocumentID=1480

Design for Health is a collaboration between the University of Minnesota and Blue Cross and Blue Shield of Minnesota aiming to connect local governments with new research into the health influences of built environments. The website includes a technical assistance library, fact sheets, and case studies.
www.designforhealth.net

Active Living by Design is a national program sponsored by the Robert Wood Johnson Foundation and the University of North Carolina at Chapel Hill School of Public Health. The website contains useful statistics and case studies on efforts to promote physical activity via environmental changes.
www.activelivingbydesign.org

Active Living Research is a national program sponsored by the Robert Wood Johnson Foundation that supports research to examine how environments and policies influence active living for children and their families. The website includes an online research database and policy-related case studies.
www.activelivingresearch.org

The Community Food Security Coalition provides information on food systems, assessing food security, and protecting local produce suppliers.
www.foodsecurity.org

TOOLS AND TOOLKITS

AARP – Complete Streets Policy Inventory and Evaluation
http://assets.aarp.org/rgcenter/il/2009_02_streets_5.pdf

AARP – Livable Communities: An Evaluation Guide
http://assets.aarp.org/rgcenter/il/d18311_communities.pdf

CDC Transportation Health Impact Assessment Toolkit
http://www.cdc.gov/healthyplaces/transportation/HIA_toolkit.htm
Checklist for Developing a Joint Use Agreement (JUA)
www.phlpnet.org

Community Self-Assessment
http://www.epa.gov/agingepa/bhc/guide/#assessment

(The) Community Toolbox
http://ctb.ku.edu/en/tablecontents/index.aspx

Healthy Community Design/Land Use Planning Toolbox
http://www.naccho.org/topics/environmental/landuseplanning/index.cfm

Healthy Development Measurement Tool
http://www.thehdmt.org/

Leadership for Healthy Communities - Advancing Policies to Support Healthy Eating and Active Living
Action Strategies Toolkit - A Guide for Local and State Leaders Working to Create Healthy Communities and Prevent Childhood Obesity

Leadership for Healthy Communities
http://www.leadershipforhealthycommunities.org/

Model Design Manual for Living Streets
http://www.modelstreetdesignmanual.com/

NACTO Urban Bikeway Design Guide
National Association of City Transportation Officials (NACTO)
http://nacto.org/cities-for-cycling/design-guide/
Portal to Various Assessment, Audit, and Checklist Tools
http://www.walkinginfo.org/problems/audits-general.cfm

Transportation and Health Toolkit
http://www.apha.org/advocacy/priorities/issues/transportation/Toolkit.htm

US DOT – Bikeability Checklist
http://www.nhtsa.gov/people/injury/pedbimot/bike/Bikeability/index.htm

WEBINARS

The Power of Policy: A Cost-Effective Tool for Improving Public Health
http://www.apha.org/programs/cba/CBA/webinars/

Using the General Plan Update to Address Access to Physical Activity and Healthy Food
http://www.healcitiescampaign.org/webinars.html

Healthy People, Healthy Places Webinar Series
http://www.convergencepartnership.org/site/c.fhLOK6PELmF/b.6216573/k.225F/Healthy_People_Healthy_Places_Webinar_Series.htm

FACT SHEETS AND TALKING POINTS

Complete Street Fact Sheets

Active Facts: Complete Streets for Active Communities - The Active Living Resource Center provides guidance on making the streets meet the needs for all transportation users.

Complete Streets/Calles Completas - Planning for Healthy Places, a program of the Public Health Institute's Public Health Law & Policy project, offers general fact sheets in both English and Spanish.

Making the Case for Active Transportation - The Canadian Fitness and Lifestyle Research Institute has developed this series of fact sheets focused on designing communities to move people, not cars. Publications include Health Benefits, Barriers to Active Transportation, Increasing Social Capital, and the Role for Municipal Decision Makers.

Complete Streets in Station-Area Plans - The Great Communities Collaborative developed a comprehensive fact sheet on the need to integrate complete streets concepts in transit station area plans, as well as general information on the need to create streets for all users.

Other Fact Sheets

Community Environmental Health Assessment in Peru
http://www.cdc.gov/nceh/ehs/Docs/Factsheets/Community_Environmental_Health_Assessment_in_Peru.pdf

Designing and Building Healthy Places
http://www.cdc.gov/healthyplaces/factsheets/Designing_and_Building_Healthy_Places_factsheet_Final.pdf

Funding Sources for Healthy Retail
http://www.phlpnet.org/sites/phlpnet.org/files/editor/FoodRetailPrograms.pdf

Getting to grocery: Tools for attracting healthy food retail to underserved neighborhoods
http://www.phlpnet.org/system/files/Getting_to_Grocery_FINAL_090909.pdf

Getting Involved in Transportation Planning - An Overview for Public Health Advocates
Public Health Law and Policy
www.phlpnet.org

Health Impact Assessment Fact Sheet
http://www.cdc.gov/healthyplaces/publications/Health_Impact_Assessment2.pdf

Health Issues related to community design
http://www.cdc.gov/healthyplaces/factsheets/Health_Issues_Related_to_Community_Design_factsheet_Final.pdf

Impact of the Built Environment on Health
http://www.cdc.gov/nceh/publications/factsheets/ImpactoftheBuiltEnvironmentonHealth.pdf

Joint Use Fact Sheet
www.nplan.org

Joint Use - 50 State survey (Overview)
http://www.nplanonline.org/sites/phlpnet.org/files/Overview_JointUse_Final_SP_20100713.pdf

Liability risks for after hours use of public school property: A 50 State survey. (AZ)
*http://www.nplanonline.org/sites/phlpnet.org/files/AZ_JointUse_Final_SP_scs_20090311_
revised_20111117.pdf*

Public health terms for planning and public health professionals
http://www.planning.org/research/healthy/pdf/jargonfactsheet.pdf

Protocol for assessing community excellence in environmental health
http://www.cdc.gov/nceh/ehs/Docs/Factsheets/PACE_EH_CEHA.pdf

Tools for assessing health impacts of land use policies and programs
http://www.cdc.gov/healthyplaces/factsheets/Tools_to_Assess_Health_Impacts_factsheet_Final.pdf

Using Redevelopment to create Healthier Communities
http://www.phlpnet.org/sites/phlpnet.org/files/Redev_factsheet_FINAL_web_090303.pdf

Working with elected officials to promote healthy land use planning and community design
http://www.planning.org/research/healthy/pdf/electedofficialsfactsheet.pdf

Zoning: Talking points
http://www.phlpnet.org/sites/phlpnet.org/files/PHLP_Zoning_0.pdf

CHRONIC DISEASE DATA

Percent of adults age 18 and over with a BMI of 30 or above (obese)

Source	Year	US	AZ	Maricopa
BRFSS	2010*	27.6	25.2	22.9

Percent of high school students with BMI at or above 95th percentile (obese)

Source	Year	US	AZ	Maricopa
YRBS	2009	12.0	13.1	NA

Percent of adults age 18 and over with a BMI between 25-29 (overweight)

Source	Year	US	AZ	Maricopa
BRFSS (Adult)	2010*	36.2	39.7	41.7

Percent of high school students with BMI between 85th and 95th percentile (overweight)

Source	Year	US	AZ	Maricopa
YRBS (High School)	2009	15.8	14.6	NA

Percent of adults who have ever been told that they have asthma by a health care provider

Source	Year	US	AZ	Maricopa
BRFSS	2010*	13.8	15.6	13.6

Percent of high school students who have been told they have asthma by a health care provider

Source	Year	US	AZ	Maricopa
YRBS	2009	22.0	20.9	NA

Percent of adults who have ever been told by a health care provider that they have asthma and currently still have asthma.

Source	Year	US	AZ	Maricopa
BRFSS	2010*	9.1	10.3	9.4

Percent of high school students who have ever been told by a health care provider that they have asthma and currently still have asthma.

Source	Year	US	AZ	Maricopa
YRBS	2009	10.8	8.6	NA

Percent of adults age 18 and over who have been told they have diabetes (non-gestational) by a health care provider

Source	Year	US	AZ	Maricopa
BRFSS	2010*	8.7	9.0	7.7

Age adjusted death rate from heart disease

Source	Year	US	AZ	Maricopa
CDC	2007	190.9/100,000	NA	NA
AZDHS	2009	N/A	145/100,000	143.3/100,000

*Year data collected, not published

GLOSSARY OF TERMS

APA AZ MAC21 PROJECT - Making Arizona Competitive in the 21st Century (MAC21), is an initiative of the American Planning Association Arizona Chapter (APA AZ). MAC21 is a process of defining the 21st Century Infrastructure components. This group, the MAC21 Committee, has discussed what comprises 21st Century Infrastructure and how to establish a statewide strategy that will benefit both urban and rural communities. This is the opportunity for members of the Arizona Planning Association to assume a leadership role and help shape the future of Arizona.

COMPLETE STREETS - Complete Streets are designed and operated to enable safe access for all users. Pedestrians, bicyclists, motorists and transit riders of all ages and abilities must be able to safely move along and across a complete street. Complete Streets make it easy to cross the street, walk to shops, and bicycle to work. They allow buses to run on time and make it safe for people to walk to and from train stations.

Through Complete Streets policies, communities direct their transportation planners and engineers to design and operate the entire street right of way to enable safe access for all users, regardless of age, ability, or mode of transportation. This means that every transportation project will make the street network better and safer for drivers, transit users, pedestrians, and bicyclists.

CPTED - Crime Prevention Through Environmental Design (CPTED) is a multi-disciplinary approach to deterring criminal behavior through environmental design. CPTED strategies rely on the ability to influence offender decisions that precede criminal acts.

SAFESCAPE – SafeScape is an approach for understanding how the design of the physical environment impacts the safety and health of community residents. Once those impacts are identified, SafeScape takes the approach of addressing these impacts by working with the community to focus on creating a sense of community. SafeScape is about changing how people think of, and interact with, the physical environment and how the physical environment influences physical, social and economic health. SafeScape is about enabling a sense of community as well as maintaining and sustaining livability.

SAFE ROUTES TO SCHOOL PROGRAM - Safe Routes to School (SRTS) programs are sustained efforts by parents, schools, community leaders and local, state, and federal governments to improve the health and well-being of children by enabling and encouraging them to walk and bicycle to school.

SRTS programs examine conditions around schools and conduct projects and activities that work to improve safety and accessibility, and reduce traffic and air pollution in the vicinity of schools. As a result, these programs help make bicycling and walking to school safer and more appealing transportation choices thus encouraging a healthy and active lifestyle from an early age.

SMART GROWTH – Growth is smart when it gives us great communities, with more choices and personal freedom, good return on public investment, greater opportunity across the community, a thriving natural environment, and a legacy we can be proud to leave our children and grandchildren.

GENERAL PLAN CHECKLIST

A. Land Use Element; Growth Area Element

☐ A provision for mixed-use development
☐ Increases in residential densities in targeted areas (TOD and infill development)
☐ Connectivity of neighborhoods and diverse land uses
☐ Walkability and pedestrian infrastructure and amenities
☐ Bikeability and bicycle infrastructure and amenities
☐ Consideration for the provision of opportunities for community gardens, farmers' markets and urban agriculture
☐ Accessibility to healthy food
☐ Inclusion of design standards that encourage walkable neighborhoods

B. Neighborhood Preservation and Redevelopment Element; Housing Element; Conservation, Rehabilitation and Redevelopment Element

☐ Neighborhood connectivity for access to both internal and external uses
☐ Neighborhood walkability and bikeability
☐ Provisioning of public spaces available to every neighborhood
☐ Joint-use of neighborhood amenities such as schools and parks
☐ Consideration of incentives for the provision of healthy food in underserved neighborhoods
☐ Provision of safe and healthy housing for all resident
☐ Provision of a diverse mix of housing units/types throughout the community

C. Circulation Element; Bicycle Element

☐ Adoption of a Complete Streets Policy
☐ Safe Routes to School Programs
☐ Transit Oriented Development (TOD)
☐ Transportation infrastructure that provides for an interconnected system throughout the community/region that serves all residents and minimizes/mitigates impacts on neighborhoods
☐ Action Plan for Bicycle Friendly Communities

D. Recreation Element; Open Space Element

☐ Preparation of a Healthy Lifestyle Plan that includes a parks and open space master plan, trails master plan, and other components that contribute to a healthy lifestyle
☐ Walkability standards for access to parks/recreational areas

☐   Recreational programs that address the needs and cultures of community residents

E. Environmental Planning Element, Conservation Element

☐   Mitigation of the Urban Heat Island Effect (UHI)
☐   Preparation of a climate adaptation plan
☐   Strategies for improving air quality
☐   Considerations of green building strategies and regulations
☐   Incorporation of LEED building standards for public buildings and for private buildings over a specific size

F. Energy Element

☐   Facilitating the development of distributive energy generation
☐   Developing a plan for reducing the community carbon footprint
☐   Developing green infrastructure standards for new and retrofit street projects
☐   Consideration of providing incentives for Net Zero Development (NZD)

G. Safety Element

☐   Neighborhood policing to reduce demand for police services and encourage interaction among the residents of contiguous neighborhoods

H. Water Resources Element

☐   Consideration of green infrastructure standards to reduce stormwater runoff and recharge the aquifer
☐   Encourage use of grey water and on-site harvesting of stormwater runoff

I. Cost of Development Element

☐   New development required to pay for the cost of development

J. Public Buildings and Services

☐   Joint-use agreements with other public entities
☐   When appropriate, joint-use agreements with private and non-profit entities

K. Healthy Eating Active Lifestyle Element
(This element not required by State Statute)

- ☐ Limitations on fast food restaurants
- ☐ Consideration of incentives for retailers providing access to healthy food
- ☐ Zoning regulations that accommodate community gardens, farmers' markets and urban agriculture
- ☐ Walkability standards for access to healthy food
- ☐ Programs to identify opportunities for establishing community gardens and farmers markets
- ☐ Programs that address food security by establishing a comprehensive food program that focuses on a local system for growing, transporting and delivering healthy food
- ☐ Consideration of the use of Health Impact Assessments (HIA) as a tool for measuring the healthy impacts of policies, programs, and projects

L. Organizational Policies

- ☐ Strategies and recommendations for implementation
- ☐ Implementation program that identifies responsibilities and implementation timelines and deadlines
- ☐ Establishes a measurement and annual review process to determine implementation success
- ☐ Flexibility to provide for changes to plans when needs arise.

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