Infusing Health into Planning Decisions and Policies: *Tools Included; Some Assembly Required*

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Built Environments and Health

Foundational research linking:

- Physical activity with urban form/sprawl
- Local food environments with obesity and diabetes
- Mixed-use neighborhoods with public safety
- Childhood obesity with proximity to parks & recreation
- Social isolation with mental illness
- Zip codes/place with life expectancy
## Emerging Public Health and Urban Planning Trends

<table>
<thead>
<tr>
<th>Smart Growth Principles</th>
<th>Public Health Priorities</th>
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<tbody>
<tr>
<td>Mix land-uses and walkable neighborhoods</td>
<td>Improve physical activity</td>
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<td>Increase social interactions</td>
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<td>Attractive communities with choices and a sense of place</td>
<td>Close health disparity gap</td>
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<td>Increase social cohesion</td>
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<td>Open space, farmland and the natural environment</td>
<td>Clean air, water and soil</td>
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<td>Improve mental wellness</td>
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<td>Fair development decisions and community collaborations</td>
<td>Achieve health equity</td>
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<td>Reduce displacement</td>
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Creating Healthy Places for All
What’re Planners Saying?

• Not enough resources
• Need evidence and policy language
• No political will or support
• Who are the underserved?
• What does it mean to wear a health lens?
• Where should we start integrating health?
Evidence-based Toolbox

**Best Practice — Health in All Decisions**
Process tools provide a health lens for your planning decisions.

**Policy Intervention — Health in All Policies**
Policy tools provide policy language to address health disparities, and physical and mental health priorities.

[www.tpchd.org/HealthyCommunityPlanningPlanningToolbox](http://www.tpchd.org/HealthyCommunityPlanningPlanningToolbox)
Inside the Toolbox: Process Tools

Comprehensive Planning Process Steps

- Visioning
- Community Assessment /Existing Conditions Update
- Goal Formulation
- Policy Development
- Draft Plan Review
- State Environment Policy Act Review
- Final Plan Adoption
- Plan Implementation
- Plan Monitoring and Performance Management
Process Tools—The Health Lens

Wearing a Health Lens in Visioning

• Amend vision statement to represent collective aspirations of diverse communities

• Identify community health priorities with diverse groups
Policy Tools—Defining Outcomes

**Increases**
- Community Connections
- Social Skills / Networks
- Human Capital
- Mental Health & Wellbeing
- Safety & Security

**Supports**
- Stronger Communities
- Crime Prevention

**Reduces**
- Heart Disease
- Injury
- Diabetes
- Risk of Stroke
- Obesity / Overweight
- Depression
- Stress
- Health Disparity

![Diagram showing the interplay between people, prosperity, and planet through healthy communities.]

**Increases**
- Economic Activity
- Property Values
- Employment

**Supports**
- Local Business
- Attracting Workforce

**Reduces**
- Vandalism Costs

**Healthy Communities**
- Equitable social environment
- Livable natural & built environment
- Viable economic development

**People**
**Prosperity**
**Planet**
Policy Tools: Six Policy Areas

Interventions Through Comprehensive Plan Elements

- Land-Use
- Housing
- Transportation
- Capital Facilities
- Natural Environment
- Economic Development
- Parks and Recreation
- Health and Well-Being*

Built Environment Outcomes

- Increased Physical Activity
- Increased Access to Healthy Foods
- Increased Safety & Reduced Injury
- Stronger Placemaking
- Increased Access to Opportunity
- Improved Natural Environment

Healthy Community Outcomes

- people
- prosperity
- planet

* Integrate health into existing comprehensive plan elements or as a separate element
Policy Tools: Placemaking

PLACEMAKING

GMA Elements with Tools
- Land-Use
  - Mixed-use
  - Place types
  - Urban design & healthy places
  - Community identity

- Capital Facilities
  - Siting & location

- Parks & Recreation
  - Community building

Policy Intervention
- Mixed-use
- Place types
- Urban design & healthy places
- Community identity

Built Environment Outcomes
- Public spaces for community & cultural use
- Safe, comfortable streets
- Well-maintained public & private facilities

Placemaking Outcomes
- Increased social interaction in public places & walkable streets
- Increased number of cultural & community events, festivals & celebrations that bring people together
- Strong, place-based physical identity

- Centrally located public facilities

- Increased social interaction in public facilities & places
- Revitalized community
- Increased civic engagement through parks & recreation opportunities

Diverse, accessible, safe parks, open spaces & recreation facilities
Tools for Assembly

- Analyze your demographic data
- Maximize your community assessment process
- Identify health priorities with the public
- Turn health priorities into performance measures
- Use logic models to identify policies
Health Department Is Ready to Help....

• Partner with you
• Assist in community visioning, public engagement and environmental scan
• Provide evidence-based research and data, definition of terms
• Help craft or review policies
• Assist with HIA or integrating health in EIS
• Provide letters of support, make presentations
Thank You!

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www.tpchd.org/HealthyCommunityPlanningToolbox