Implementing Comprehensive Healthy Community Design Plans

From the

Division of Community Health Webinar Series
Webinar Description

The purpose of this webinar is to advise awardees on how to establish and implement equitable, comprehensive healthy community design plans that incorporate best practices in land use and development, multi-modal transportation networks, and site designs, with a goal of encouraging physically active travel and access to healthy food choices. The webinar will address the value of formally planning for healthy designs as well as explore the range of planning options - from city-wide comprehensive plans to more specific efforts such as a trails and open space, Safe Routes to School, or Complete Streets implementation plans. Presenters will share how their coalitions, community leaders, municipal and regional agencies, and other stakeholders work together to implement their plans.
Learning Objectives

By the end of this Webinar, participants are expected to be able to:

• Identify at least one core principle of healthy community design.
• Determine the most useful approach in advancing healthy design in their own community.
• Provide key decision makers with at least one reason for the importance of implementing healthier community design in plans, ordinances, and routine practice.
Mark Fenton is a national public health, planning, and transportation consultant, an adjunct associate professor at Tufts University’s Friedman School of Nutrition Science and Policy, and former host of the “America’s Walking” series on PBS television. He’s author of numerous books including the “Complete Guide to Walking for Health, Weight Loss, and Fitness.” He currently provides technical assistance on healthy community design as an independent consultant to a range of clients, from local health and planning departments to YMCA of the USA and the Centers for Disease Control and Prevention.
Leslie Meehan is Director of Healthy Communities for the Nashville Area Metropolitan Planning Organization. She specializes in active transportation and the relationship between transportation and health. She works closely with the public health community and is a member of the American Institute of Certified Planners and the Institute of Transportation Engineers.
Laura Garrett is the Community Initiatives Lead for REACH Healthy Communities, a broad-based community collaboration with the goal of improving the health and quality of life of all residents in Bartholomew County, Indiana. Laura works collaboratively with the local government, businesses, not for profits, schools, and residents to encourage the community to build environments, policies, and programs that support a healthier, happier, and more physically active population. She graduated with a Bachelor of Landscape Architecture from Clemson University and obtained a Master in Public Affairs with a concentration in Sustainable Communities and a Master in Environmental Science with a concentration in Applied Ecology from Indiana University.
This webinar is supported in part by Contract No. GS-23F-9777H (200-2011-F-42017). The findings and conclusions in this webinar are those of the authors and do not necessarily represent the views or official position of the U.S. Department of Health and Human Services or the Centers for Disease Control and Prevention (CDC). In accordance with U.S. law, no federal funds provided by CDC were permitted to be used by community grantees for lobbying or to influence, directly or indirectly, specific pieces of pending or proposed legislation at the federal, state, or local levels. Links to non-federal organizations found in this presentation are provided solely as a service. These links do not constitute an endorsement of these organizations or their programs by CDC or the federal government, and none should be inferred. CDC is not responsible for the content of the individual organization web pages found at these links.
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Planning for Healthy Communities

DCH TACTIC Webinar

June 17, 2015
CDC Disclaimer

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Our flow:

• Elements of healthy community design.
• Types of plans that guide design.
• Examples . . .
  – Nashville TN
  – Columbus IN
• Questions
Social Ecology Model

Determinants of behavior change

Individual
motivation, skills

Interpersonal
- family, friends, colleagues

Institutional
- school, work, health care & service providers

Community
- networks, facilities

Public Policy
- laws, ordinances, permitting practices & procedures

A physician’s take on the socio-ecological approach.


**FIGURE 1**—The health impact pyramid.
Four Elements of Healthy Community Design:

- Mix of land uses
- Site design
- Ped, bike, & transit network
- Safety & access

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Types of plans:

• **State.** E.g. pedestrian & bicycle plans.

• **Regional** (Metropolitan Planning Organization county). E.g.:
  – Long Range Transportation Plan (LRTP)
  – Transportation Improvement Plan (TIP)

• **Local/Community.** E.g.
  – Comprehensive, Master, Growth plans
  – Active Transportation, SRTS, Trails/Open Space Complete Streets