

Planning as Public Health Intervention



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American Planning Association
Making Great Communities Happen

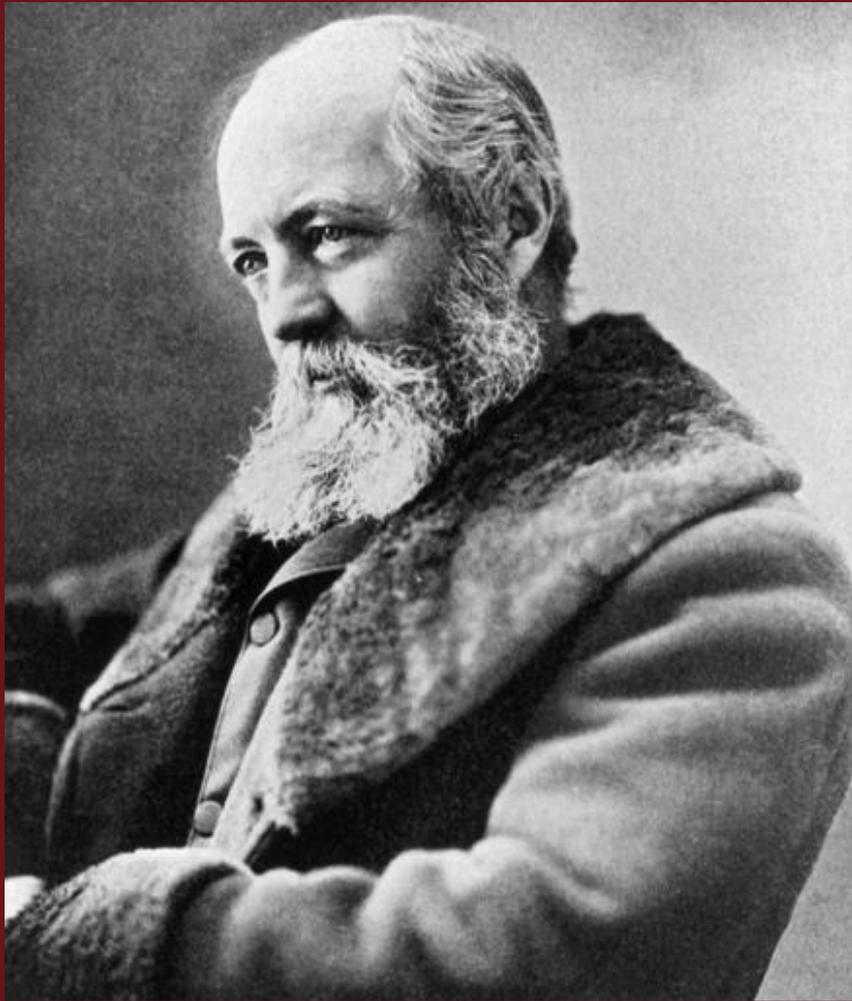
Themes

Policy, process, and people

Supporting local change

Reuniting planning and health for the 21st century





Frederick Law Olmsted



Jane Addams

Creating healthy places – what comes first?



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Planning and Community Health Center

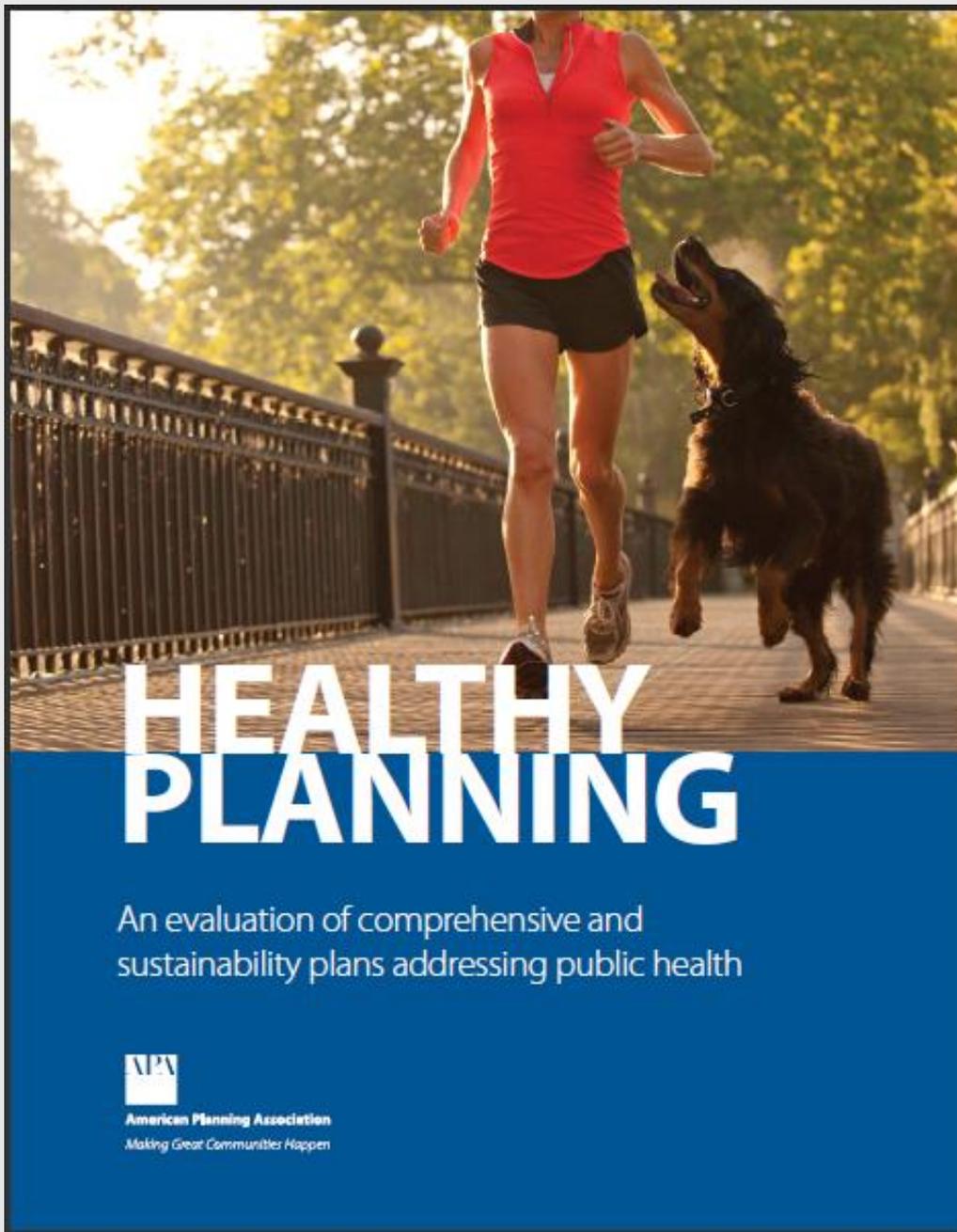
- **Active Living**
- **Food Systems**
- **Health in all planning policies**



Research Priorities

<https://www.planning.org/nationalcenters/health/>

Healthy Planning Research



HEALTHY PLANNING

An evaluation of comprehensive and
sustainability plans addressing public health



American Planning Association
Making Great Communities Happen

- National survey
- Plan evaluation
- Case study analysis

Plan Strengths

#1: Active Living

#2: Environmental Health

#3: Emergency Preparedness (when included)

#4: Food and Nutrition (when included)

#5: Public Health Element

#6: Accessible and easy to follow language



Areas for Improvement



#1: Increase coverage of Food & Nutrition, Emergency Preparedness, Health & Human Services, and Social Cohesion & Mental Health.

#2: Use data and maps to show the distribution of health status, SES, or environmental health risks for populations across the jurisdiction.

#3: Identify metrics to track goals and policies for health

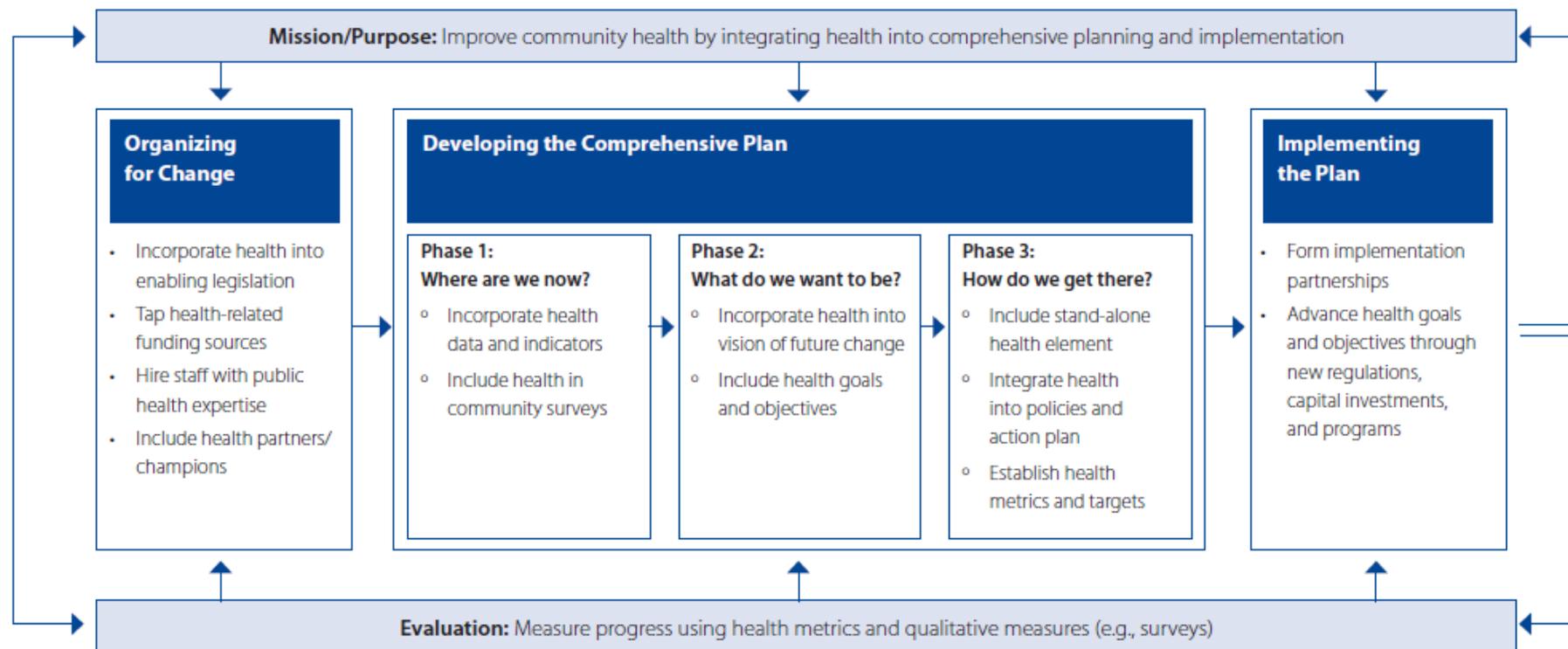
Grand Rapids, MI

The quality of our green infrastructure will determine the health of our citizens, the economic vitality of our community and the biodiversity of our natural systems.

- For every element of the plan, identified: **Environmental, Economic, Quality of Life Benefits**
- Used planning process as opportunity to collect baseline data
- “Quality of life” instead of “Public health” when engaging public
- Local foundation invested in plan making – now investing in implementation

A NEW MODEL TO INTEGRATE PUBLIC HEALTH INTO THE COMPREHENSIVE PLANNING PROCESS

Figure 2. Comprehensive Planning for Health Process Model

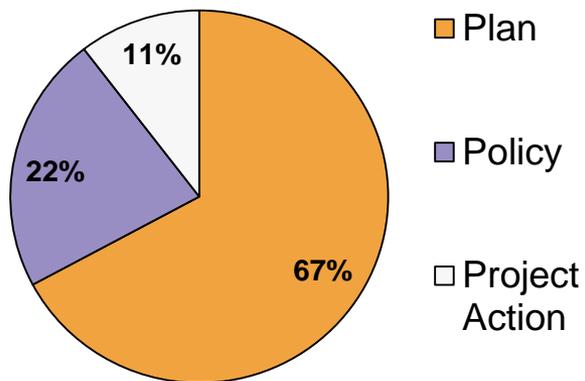


Healthy Planning Research

Role of Health Impact Assessment in Planning

Planning HIAs make up 1/3 of the 350+ HIAs completed or in progress in the United States

Plan, Policy, or Project



Primary Planning Topic Addressed by HIAs

	#
Land Use	70
Comprehensive Plan	12
Development Regulations	10
Transportation	9
Alcohol and Food	7
Public Finance	6
Environmental	5
Regional	4
Disaster Mitigation	2
Housing	2
Growth Management	2
Community Services	2
Climate Change	2
Infrastructure	1

Value of HIA to the field of planning

1. HIA questions the status quo.
2. The HIA process often mirrors best planning practices.
3. HIA illustrates a number of connections between health and planning.
4. HIA catalyzes and fosters cross-sector collaboration.
5. HIA is evolving.

Local Examples

PLAN4Health

An American Planning Association Project

- APA received a three-year commitment from the CDC in 2014
- \$4.5 million sub-granted to 35 local coalitions in 27 states
- Key partnership:



Plan4Health Grantees



Vision

PLAN4Health

An American Planning Association Project

- Promote health equity
- Reduce disparities in implementation, access and outcomes
- ***Full integration of planning and public health actions to benefit people where they live, work, and play***

Core Values

Plan4Health leverages **cross-sector collaborations** and **member expertise** to build **local capacity** for the implementation of **policy, systems, and environment strategies.**



Focus Areas

Nutrition

Increased access to environments with healthy food or beverage options.

Physical Activity

Increased access to physical activity opportunities



Coalition Partners



Coalition Members:

American Lung Association of the Midland States
Central Ohio Area Agency on Aging
City of Groveport Parks and Recreation
CoGo Bike Share
Columbus City Schools
Columbus Community Relations Commission
Columbus Planning Division
Columbus Recreation and Parks Department
Columbus State Community College
Columbus-Franklin County Metro Parks
Franklin County Economic Development & Planning
Franklin County Public Health
Healthy Worthington
LSS Food Pantries
Mid-Ohio Foodbank
Mount Carmel Health Systems

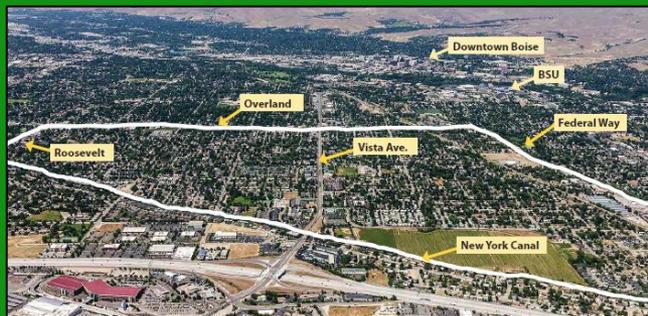
Nationwide Children's Hospital
Ohio Department of Health
Ohio Department of Transportation
Ohio State University College of Pharmacy
Ohio State University College of Public Health
Ohio State University Extension
Osteopathic Heritage Foundation
Rails-to-Trails Conservancy
Safe Routes to School National Partnership
The Ohio State University Comprehensive Cancer Center
The Ohio State University Wexner Medical Center
TransSystems
United Way of Central Ohio
Wellness Collective
YMCA of Central Ohio

Planning Departments
Local Health Departments
Parks and Recreation
Transportation
Schools
Universities
Clinics
Community groups
Non-profit organizations

Cross-Sector Collaboration

“We continue to learn so much from our public health partners—the Plan4Health project has sparked new conversations and new ways to connect around the issues we care so much about.”

—*Idaho Plan4Health June 2015*



Planning and Public Health:
Partnerships in Boise

Healthy Eating

Kenton County Plan4Health Coalition

Kenton County Plan4Health Coalition Kenton County, KY



Learn more about how the coalition utilized **GIS mapping** and **data analysis** to help inform and guide the work being done by their **corner store** program.

Kenton County Plan4Health Coalition Kenton County, KY



Learn more about the coalition's approach to **community engagement** and how they administered surveys at **corner store** patrons and **WIC** clients at a local health center.

Kenton County Plan4Health Coalition Kenton County, KY



Learn more about the coalition's **outreach** approach, including the **application** process and **recruitment** materials, for their **corner store** program.

Kenton County Plan4Health Coalition Kenton County, KY



Learn more about how the coalition utilized a **community-based marketing** approach to develop bi-lingual **signage** to be displayed in **corner stores** that targets both **adults** and **children**.

November 12, 2015 10:07 PM Category: [Nutrition](#)

Healthy Corner Stores

by [Elizabeth Hartig](#) - Project Coordinator, Planning and Community Health Center

The [Kenton County Plan4Health Coalition](#) (KCP4H) is tackling food systems — and access to healthy food — in northern Kentucky. The coalition is integrating planning and public health to support healthy, vibrant communities for the 40,000 residents living just south of Cincinnati.

Recently, Kenton County was able to address public health through official planning efforts. The inclusion of the topics of health and access to healthy foods in the county-wide comprehensive planning was completed with significant community support.



Building on the momentum of these initial efforts as well as the success of community gardens and urban farms, the KCP4H coalition is increasing the availability of fruits and vegetables in underserved neighborhoods in Covington. With the overarching goal of strengthening connections between rural producers and urban markets—and plans to develop a food policy council framework — the coalition is targeting key corner store retailers to increase underserved neighborhoods.

KCP4H has thoughtfully selected Covington area to invite to join *H* a range of variables, coalition me

from both planners and public health professionals — along with their own kno — to map access and need.

The coalition's phased application process means that corner store owners hav concerns, plans, and ideas with coalition members. Placing bananas instead of register is more than a simple swap. Small changes are about making consciou:

Kenton County PLAN4Health



Farmland Preservation: *Growing for Kane*



- HIA on proposed amendment to Kane County's farmland protection program
- Kane County has implemented the "Growing for Kane" Ordinance, which is a direct result of the HIA
- Currently, as part of **Plan4Health**, Kane County is conducting Phase 2 of a feasibility study for a food hub, which was an HIA recommendation



Active Living

Indianapolis, IN

Focus on the neighborhoods. That's where the people are, where they walk, and where the impact is.

We really need help on the south side. We look longingly at the Monon [Trail]. We want that!

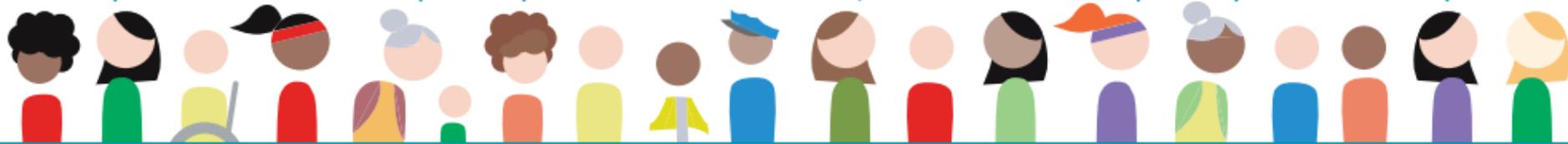
There are people that can't even walk along the side of the road because there are drainage ditches. So people often walk in the center of the road!

We want our children involved in after school activities. Children have no safe way to walk to and from school. This limits the types of activities that students can take part in.

Some placemaking is the spark that catalyzes neighborhoods.

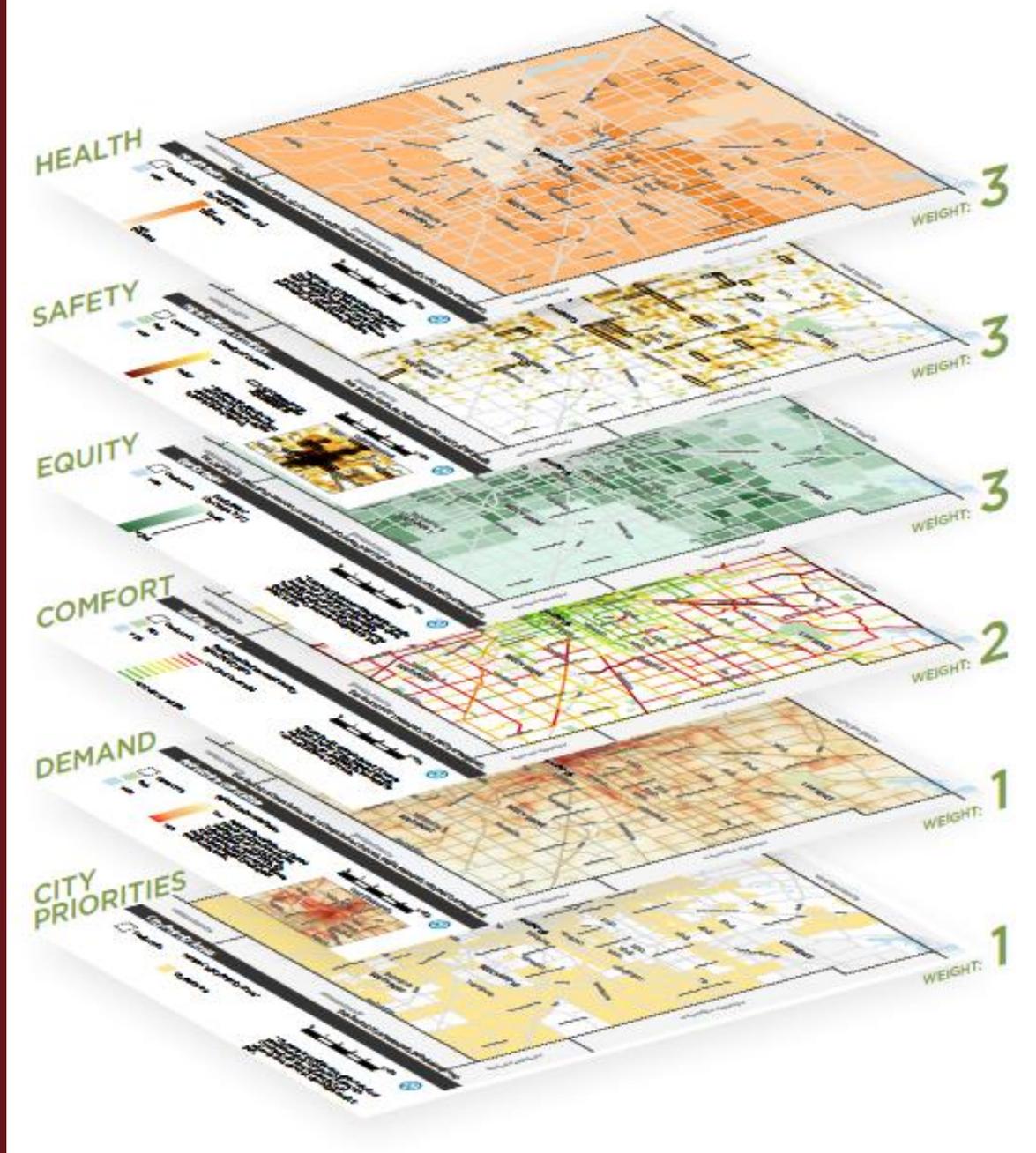
People will walk if they can walk safely.

Make this city accessible all year round!



WALKWAYS

moving INDY forward



Nashua, NH

Level of Traffic Stress Data

Segments, approaches, and intersections are given an LTS score from 1 to 4, with 4 being the most "stressful" – or least suitable for bicyclists

The five neighborhoods that show high LTS scores represent 50% of the Nashua population, and include areas with the greatest social, economic, and environmental disparities

Community Map with LTS data overlay:
Orange and red indicate higher levels of traffic stress for bicyclists

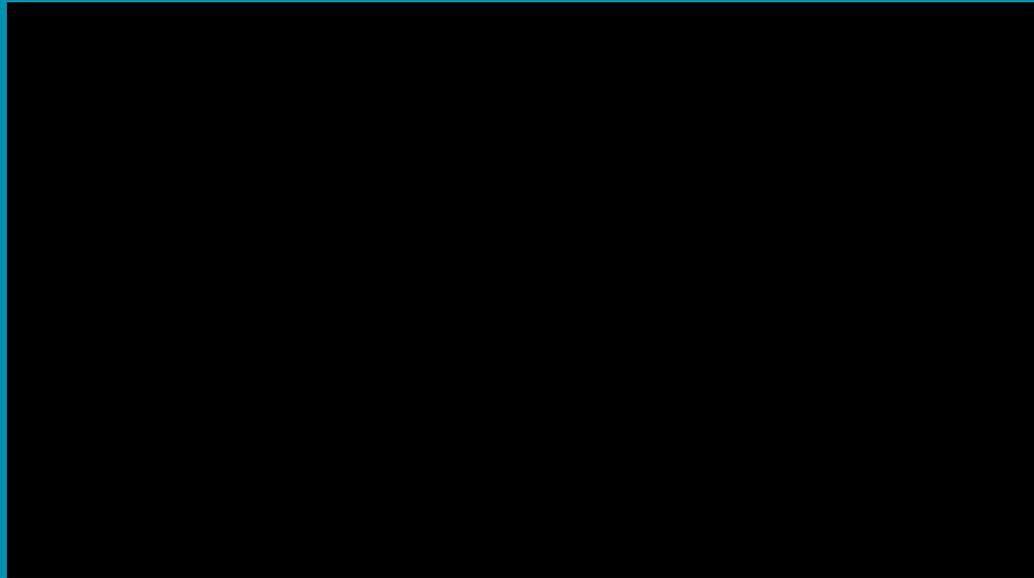


COMPLETE STREETS
IN NASHUA NH



a guide

Healthy Eating, Active Living (HEAL) Partnership- Active Living Workgroup St. Louis, MO





Rural Communities

Eastern Highlands Health District, CT



[HOME](#) [LAND USE QUICK GUIDE](#) [PHYSICAL ACTIVITY](#) [HEALTHY FOODS](#) [FUNDING & PARTNERSHIPS](#) [CONTACT US](#)

WELCOME TO THE HEALTHY COMMUNITIES TOOLKIT

Resources for small, rural communities in New England and beyond.



Ajo, AZ



Figure 1: Food Deserts in Shawano and Menominee Counties according to USDA (<http://www.ers.usda.gov/data-products/food-access-research-atlas.aspx>)

Shawano and Menominee Counties, WI

Norms

Moving Forward

- Models for institutionalizing planning and public health
- Broader concept of cross-sector collaboration: move beyond language of active living and healthy eating to *social/environment justice, emergency preparedness, social cohesion and mental health*
- Engaging healthcare in planning and land use decisions

Defining Success

- Integrated health and planning goals and initiatives that include most sectors – e.g. united comprehensive and health improvement process **and** plans
- Recognition there are **many** manifestations of a “healthy community”
- Health services invest in planning

Metrics

Moving forward

- Better illustrate links between built environment features and individual and population health outcomes – often mediated by factors above
- Identify key place-based health metrics to be included in plan making

Defining Success:

- Common place-based health metrics used across jurisdictions for planning and tracking – e.g. implementation indicators, benchmarks, and targets

Leadership

Moving Forward:

- Recognize and uplift local, cross-sector leaders
- Support risk-taking
- Advance formal and informal cross-sector education

Defining Success

- Cross-sector leaders valued and supported
- Robust cross-sector trained workforce

Healthy Communities Interest Group

A network of APA members (and non-members) interested in or actively engaged in the planning and development of healthy, sustainable communities.





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