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Abstract

Los Angeles wants to decrease health inequalities, chronic disease and obesity amongst the community. As a result, the ULI Los Angeles' Healthy Community Implementation Toolbox was created for local governments and officials in public works, planning, and private developers. The goal of this toolbox is to create a healthy environment with creative active living design plans, incorporating fast food regulations and healthy retail incentives, along with farmers' markets and community gardens. The toolbox outlines twelve tools for developing healthy communities; general plans, zoning, specific plans, specialized or topic specific plans, design guidelines, public works, building codes, ordinances, programs, data collection and monitoring, project evaluation and community engagement.

Resource

Healthy Community Implementation Toolbox

Our Mission

At the Urban Land Institute, our mission is to provide leadership in the responsible use of land and in creating and sustaining thriving communities worldwide. ULI Los Angeles, a district council of the Urban Land Institute, carries forth that mission as the preeminent regional real estate organization providing inclusive and trusted leadership influencing public policy and practice.

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Table of Contents

INTRODUCTION

Why a Healthy Community Implementation Toolbox?

In the last 10 years, the four leading causes of death in Los Angeles County have remained unchanged: coronary heart disease, stroke, lung cancer, and chronic obstructive pulmonary disease.1 Coronary heart disease is the leading cause of death and premature death (before age 75) across all races. All four of these the leading causes of death in LA County are associated with environmental and socioeconomic factors that are impacted through the built environment.

While there is no single cause for these and other significant health issues including asthma, obesity and diabetes, there is a growing awareness that social determinants – such as income, education, access to housing, healthy food and a health-supportive physical environment – have more of an impact on our health and wellbeing than genetics and health behaviors combined. As a result, there has been a shift in the public health profession from a singular focus on disease control to a broader approach to the social, economic, and physical/environmental factors that impact health outcomes. One of the topics that has received significant attention is the impact that the built environment – including neighborhoods, buildings, roads, food systems and environmental pollution – has on a person's health.

Land use and land development are critical in their impact on health. Among other things, land use and land development, and decisions regarding these, shape a community's access to health promoting resources such as jobs, schools, affordable and adequately sized and placed housing, healthy food, safe places to play and study, and a range of means of travel to access them.

The intersection of public health and the built environment presents an extraordinary opportunity for urban planners, designers and the urban development profession at large to link health to the realms of land use planning and real estate development, and to affect health outcomes by implementing well-thought-out environmentally sound solutions through improved building designs and site layouts; expanded mobility; increased access to safe, affordable and appropriately sized housing; enhanced community awareness and involvement in decision making; and expanded access to usable open space.

In 2013, the Urban Land Institute (ULI) launched the "Building Healthy Places" Initiative in recognition of the growing research and interest in the link between public health and the built environment. With a diverse membership comprised of

1 Mortality in Los Angeles County, 2012 Leading Causes of Death and Premature Death with Trends for 2003-2012. Los Angeles County Department of Public Health.
2 Centers for Disease Control and Prevention. 2014. Social Determinants of Health: Frequently Asked Questions. Available at: http://www.cdc.gov/nchhstp/socialdeterminants/faq.html

government leaders, academic researchers, and real estate developers, ULI is poised to help communities transform the built environment to create healthier places. The Urban Land Institute Los Angeles District Council (ULI LA) is working to implement the national Building Healthy Places initiative by applying locally relevant principles and recommendations developed by ULI to communities throughout Los Angeles County. The implementation of the Building Healthy Places initiative in Los Angeles is being achieved in multiple ways: by developing this toolbox of implementation-focused policy, programmatic and regulatory initiatives; by working with local communities on specific projects that help create healthier communities; and by building and strengthening networks of like-minded professionals.

Who will use the Healthy Community Implementation Toolbox?

ULI Los Angeles' Healthy Community Implementation Toolbox is intended to serve as a resource and guide for a wide variety of users that have the potential to address community health. The primary user of the document is government staff at the city or county level, including staff from various departments including public works, public health, planning, parks and recreation, transportation, schools, and more. However, the Toolbox can also be used by real estate developers who want to contribute to building healthy communities, by community-based organizations and advocacy groups who want to promote healthy communities in the region and by academic, policy or research institutions both to further an understanding of the link between health and the built environment and to identify additional policies and programs that advance a healthier environment.

How should the Healthy Community Implementation Toolbox be implemented?

The ULI Los Angeles Healthy Community Implementation Toolbox identifies 12 tools (including strategies, policies, and regulations) that are being used by local jurisdictions in the Los Angeles Region to create healthier and more equitable communities. Many of the tools identified in this report are used by jurisdictions on a regular basis and include tools such as General Plan, Specific Plans, ordinances, and community engagement. However, these tried and true tools are being used in new ways to promote communities that reduce health disparities, promote social equity and encourage healthier lifestyles through planning, design and implementation.

The toolbox also identifies best practices for applying these tools to key health areas. Those looking to address particular health issues can find examples of California cities that have successfully implemented various tools to develop healthy communities. These topics include:

1. Community engagement
2. Health Elements
3. Active living
4. Parks and open space
5. Anti-displacement
6. Healthy food
7. Healthy Development Guidelines
8. Smoking

12 TOOLS FOR DEVELOPING HEALTHY COMMUNITIES

GENERAL PLANS

ZONING CODES

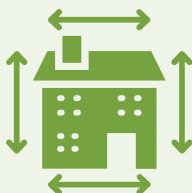**SPECIFIC PLANS & SMALL AREA PLANS**

SPECIALIZED OR TOPIC-SPECIFIC PLANS

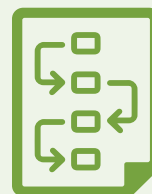**DESIGN GUIDELINES**

PUBLIC WORKS & STREET STANDARDS

BUILDING CODES & STANDARDS

ORDINANCES

PROGRAMS

DATA COLLECTION, MONITORING AND ANALYSIS

PROJECT EVALUATION

COMMUNITY ENGAGEMENT

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1 General Plans

General plans are the "constitution" of a local government and provide both the vision and policy direction that a local jurisdiction must follow. As such, they are an ideal planning tool to promote healthy community design. General plans are also the basis for zoning (addressed below), which sets the regulations for the use, intensity and design of what is allowed on each parcel in a local jurisdiction. General plans often identify "big moves" for areas of the community that are undergoing change, providing an opportunity to introduce concepts of equity and health into a community's most important decisions about its future. General plans can have a powerful influence on health-related topics like access to parks, access to healthy food, active transportation, the creation of walkable neighborhoods, affordable and equitable housing, environmental sustainability, social cohesion and mental health, and the cultivation of well-designed public space.

There are three primary ways that health can be addressed in a general plan.

1. A jurisdiction may decide to incorporate health policies and actions into its general plan through a stand-alone Health Plan or Element, such as has been done in, among others, Richmond and Los Angeles, CA. A Health Element elevates public health as a priority issue and provides a jurisdiction with the opportunity to address the social and physical determinants of health.

2. A general plan can include an overall vision of health and include health policies throughout the general plan, and in the topic-specific elements such as in the Land Use, Circulation, Environmental, or other elements, and identify policies and actions relevant to health by an icon or in a summary table. These health-relevant topics may include urban agriculture,

healthy food access, affordable housing, healthy buildings, active transportation, environmental health, healthcare access, clean water, displacement, education, economic development, safety and social equity.

3. A general plan can address health through land use designations. Including mixed use land use designations, expanding diversity of uses and increasing density in certain locations in the City (such as near transit stations), which increases walkability and livability while providing added opportunities for economic development. More walkable locations tend to provide opportunities for more physical activity and consequently better health. Additionally, separating incompatible land uses such as high volume streets and heavy industrial areas from residential areas and schools can reduce negative environmental impacts that result from the juxtaposition of such uses.

Among the concepts that can be addressed through General Plans are:

1. Encouraging adequately sized and priced housing to reduce stress levels that result from overcrowding or burdensome housing costs.

2. Facilitating the placement of adequate open space, both active and passive, and through both public and private development of such open space, to support exercise and sports that can reduce stress and provide alternatives to gang activity among youth.

3. Fostering residential densities that can be effectively served by public transit, reducing automobile dependency, vehicle miles travelled, greenhouse gas emissions and automobile accidents and injuries.

4. Adding local serving retail and community services integrated into residential communities to facilitate walking and make access to such facilities and services more convenient and less expensive to residents.

5. Encouraging multiple use of school buildings and grounds to facilitate educational and recreational opportunities to the wider community.

6. Modifying transportation right-of-way standards to ease use of such rights-of-way by a multitude of travel modes and to facilitate such multiple use through landscaping, natural greenery, shade and storm water treatment.
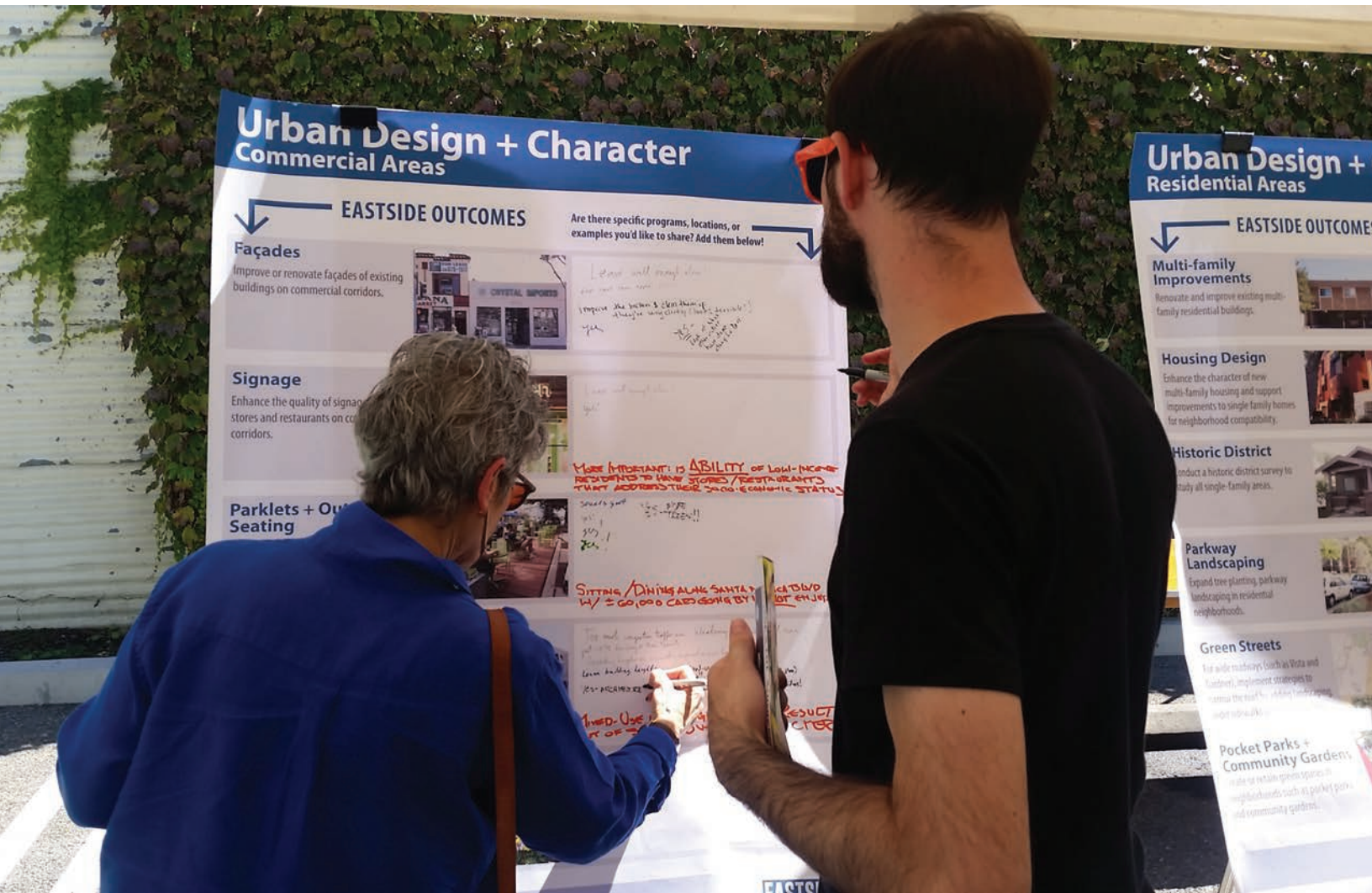
2 Zoning codes

When a local government adopts a General Plan, the zoning code is one of the most important legal devices used to implement the plan, and thus the vision of the community. A zoning code divides a community into districts, or zones, and regulates the use of land and buildings, the intensity of development, and the bulk and scale of buildings, along with appurtenant uses such as parking. Inherent in drafting the zoning code is the grouping of uses permitted in each zone (and in zones that are applied adjacent to one another). Uses permitted in a given zone are in effect deemed to be compatible with each other such as residential uses at certain intensities, specific public uses such as schools and parks, and certain local service consumer services. Uses excluded would, by the same thinking, be deemed not compatible, thus their placement into other zones.

Traditionally, the zoning code has been used to create a separation of land uses to protect property values and, as noted above, to shield certain land uses (such as homes) from incompatible land uses (such as industrial ones). While zoning has had many positive effects in protecting sensitive uses from noxious ones, the separation of otherwise compatible uses, such as local serving retail and residential, has resulted in creating communities where it is difficult to walk or bike to daily destinations such as shopping, schools or work and where homes are too spread out to support viable and frequent transit service. The result is a reliance on driving and less active lifestyles, and increased environmental effects such as more vehicle miles of travel, more greenhouse gas production, and more injuries from traffic accidents. Additionally, zoning codes have been used to prohibit or limit certain activities – such as gardens or street vending – for aesthetic reasons. The zoning code can be an important tool for enabling (rather than inhibiting) healthy community design and allowing activities (and uses) that promote healthy lifestyles.

The following are ways that zoning can be used to promote healthy communities.

Regulations on uses and mixed uses. Mixed use zoning can increase physical activity such as walking and bicycling and reduce driving by locating uses such as parks, schools, and retail in close proximity to residential and office uses. Residential zoning uses can be expanded to include allowing neighborhood-oriented uses in residential development (places of worship, corner markets, farmer's markets, beauty salons, etc.) and to allow a broader range of residential uses, at higher intensities, or with smaller setbacks and yards that make a community less averse to walking. Often, also, the placement of such uses within a residential area induces additional economic activity, enhancing a community's job base and income. Mixed use zoning, especially coupled with reductions in yard or setback requirements and increases in allowable density, can also reduce overall land consumption, reducing urban sprawl and the removal of land from agricultural use.

Transitional zoning. Transitional zoning can serve as a mitigation between incompatible uses such as industrial and residential to reduce exposure to pollution by providing benign activities that are themselves compatible with both the nearby industrial and residential uses. Such zoning might also include site development standards to separate parking and vehicle storage areas from occupied portions of buildings, or limit the locations of entries and windows on sides of structures exposed to freeways, high volume roadways, rail lines or other sources of mobile pollutants.

Healthy food zoning. Healthy food zones may include restrictions on fast food outlets, liquor stores and other food outlets identified as unhealthy in particular areas such as near schools. The restrictions may be on numbers of such uses, proximity to sensitive uses (such as where children congregate), proximity to one another, or may be on operating conditions such as hours, requirements for

security mechanisms, or limitations on sizes of containers in which certain beverages can be sold or distributed. They may also include incentives to promote healthier food options such as community agriculture or farmer's markets by reducing parking requirements, allowing more flexible use of setback and yard areas or providing bonus density for inclusion of certain types of retail outlets or to cover the costs of additional refrigeration for fresh meats, fruit and vegetables, and for training retail staff on proper preparation, storage and merchandising of fresh and healthy foods.

> **The zoning code can be an important tool for enabling (rather than inhibiting) healthy community design and allowing activities (and uses) that promote healthy lifestyles.**

Gardening and urban agriculture. Surprisingly, many zoning codes prohibit individuals from gardening on their property and do not allow community gardens in neighborhoods. There are many examples of communities that have modified the zoning codes to allow for growing fruits and vegetables, to allow a limited number of farm animals such as chickens, and to allow for a wider range of urban agricultural activities in and around residential areas. Changing the requirements and limitations for front yards – which are often unused other than for decorative landscaping – can contribute to reduced water consumption as well as facilitating crop production and more efficient land use.

Form-based Codes. Form-based codes focus more on the overall physical form and character of a community and less on the specific uses within individual structures. By promoting building type, the frontage character and the relationship between buildings, form-based codes can create vibrant public spaces that encourage walking, safety, and social well-being.

Performance based Codes. Performance based codes step beyond form-based codes and look at operations of activities within spaces rather than specific uses, and control for impacts such as excessive noise, emissions or truck traffic that might cause adverse impacts on other uses. These impacts can be affected by standards as to locations of driveways and entrances for different uses, requirements for filtration of air entering or leaving buildings to mitigate harmful emissions from nearby or on-site sources, limiting hours of operation of certain uses in mixed use configurations, or different standards for sound transmission insulation. To the extent that uses meet the established performance standards, all such uses may be allowed.

Transit Oriented District (TOD) Overlay Zones. Compact, mixed-use development is strongly desired near high-frequency transit service since it encourages transit ridership and maximizes public investment in transit. To achieve this end, some communities have developed transit-oriented development zoning. These zoning districts allow for higher density and mixed use development (with retail on the ground floor and office or residential above) within walking distance of transit. Some such overlays also reduce or cap the amount of parking required, move parking to locations that reduce pedestrian-vehicle conflicts, establish higher widths for sidewalks and other pedestrian spaces, require bike lanes and parking, set standards for transparency in non-residential ground floor uses to promote "window shopping", or set minimum requirements for ground floor retail occupancy. Walking is a simple form of exercise that has demonstrable health benefits and creating an environment that encourages walking is an important and inexpensive health-encouraging effect. In addition, more pedestrians mean more sales potential for retail outlets in these districts, improving the overall local economy.

3   Specific Plans and Small Area Plans

Planning for small areas of a city, such as a neighborhood, district or corridor, is a common tool that can also be used to promote health and equity and create more livable, walkable and vibrant communities. As with comprehensive plans and other planning tools, health can be integrated into the planning process at a variety of scales and for a number of topics, from land use, transportation, and open space to urban design, architecture, and building programming.

Tools commonly used to prepare plans for sub-areas of a community are master plans, specific plans or small area plans that can be tailored to local opportunities or conditions such as unique topography, geology or hydrology. Establishing resident and community health as a project goal at the beginning of the process can help frame a project's overall development program. It can also establish a cross-cutting design imperative for a project's planners, designers, and community stakeholders, creating criteria for project success that can be shared by all involved with the project. As with general plans, specific and area plans establish density and intensity of development, the mix of uses, street and public facility standards for the area, and public improvements, and allow the community to define standards applicable to that area that may be more flexible than or otherwise different from what zoning in other parts of the jurisdiction allow.

One emerging type of plan is a plan for the area around hospitals that establish hospitals as centers of community health and wellness, not just a place where people go when they are sick or injured. These plans, known as "health district plans," aim to promote synergies between health care facilities and their surrounding communities. They aim to support community health and equity through a health facility's programming, partnerships, physical design, and integration with the neighborhood.

4 Specialized or Topic-Specific Plans

Topic specific plans are plans for a singular function in the city. Communities commonly create such plans for roadways, parks, pedestrian systems, bicycle systems, food and urban agriculture and even health. This tool has been used by jurisdictions for years but the focus has shifted in recent years to target outcomes to support a healthier community.

Some examples of topic specific plans are listed below.

Active Transportation Plans. Active Transportation Plans encourage walking, bicycling, and transit use. They identify areas to develop and improve active transportation infrastructure and include policies and actions to promote active transportation use among community members. They often address unique situations such as safety, either as a community issue broadly or specific to the configurations of streets and highways, promote continuity of pathways for walking and bicycling, and may limit parking or relegate parking to peripheral locations. They can address specifics such as lighting, designs that support safety and surveillance (see Crime Prevention Through Environmental Design below), and use of paving materials that promote storm water infiltration while not adversely affecting walking or bicycle use.

Streetscape Master Plans. A Streetscape Master Plan can encourage social cohesion and active lifestyles by promoting the safety, walkability, and livability of a corridor through landscape design, street and sidewalk dimensions, and zoning standards. They can also be coupled with Active Design Guidelines and Landscape Design Guidelines, described more fully below.

Parks and Open Space Plans/ Parks Standards. Parks improve health not only by providing opportunities for people to engage in physical activity, but by providing well-designed space for people to engage with each other and with nature, thereby improving social cohesion and well-being and reducing stress. A Parks Master Plan identifies a community's open space and recreational needs and provides specific guidance and standards for site selection, distribution of sites around the community, access, specific types of recreational uses and other improvements to be placed in parks and open spaces, and mechanisms to facilitate safe access to and use of such parks and open spaces.

Housing Plans. A housing plan can identify the mix of housing types and price ranges to be made available, establish areas for different housing densities, and specifically address the needs for and mechanisms to facilitate affordable housing at a variety of locations, sizes and costs. In addition to identifying appropriate locations for housing at different scales and intensities, a housing plan may also set forth incentives to assure a broad range of affordability, or couple affordable housing production in time with expanded market rate housing production. The State of California requires a Housing Element to be part of each community's General Plan, and for demonstrating means to facilitate implementation of the housing identified in mandated periodic Regional Housing Needs Assessments.

5 Design Guidelines

Design guidelines provide a way for jurisdictions or other entities to suggest, encourage, and sometimes require certain design approaches in different contexts – building rehabilitations in historic areas, streetscape design in pedestrian districts, or home additions in single-family neighborhoods, to name a few. They are a mechanism for implementing aspects of General Plans, Specific Plans, Small Area Plans and Specialized or Topical Plans described above. However, design guidelines can also be a powerful tool for promoting physical activity and health through the design of buildings, streets, and public space, along with their placement and orientation.

There are several ways in which health can be addressed through design guidelines.

Building Design Guidelines. Building design guidelines can include indoor strategies such as natural lighting, accessible bicycle storage, ventilation and building materials to ensure high indoor air quality and on site recreational opportunities. They can provide for use of natural shading to reduce building heat loads through tree cover, or artificial mechanisms such as awnings and cool roofs. Establishing exercise, rest or refuge areas, both indoor and outdoor, can facilitate stress reduction and provide places to store and prepare healthy meals for on-site consumption. Building orientation to reduce exposure of high-occupancy portions of buildings to emissions from parking lots or garages or from proximate highways can also be addressed. Healthy Development Design Guidelines expand beyond just the building and address health through the development process.

Active Design Guidelines. Active design guidelines recommend designing and developing communities to increase physical activity as part of daily life. Active design principles range from staircase placement and stair access, to improving bicycle and pedestrian access and infrastructure, reducing parking or moving parking to remote locations to promote walking, making pathways more inviting to stimulate use, providing for transit vehicles to access and circulate on-site and providing weather protection at transit stops.

Crime Prevention Through Environmental Design (CPTED). Crime Prevention Through Environmental Design guidelines improve safety and deter crime by creating physical environments that discourage criminal behavior and encourage healthier use of space through mechanisms such as visibility, clear passages with identifiable destinations, lack of dead end routes and spaces, lighting and wayfinding signage, and the placement of occupied portions of buildings from which there can be surveillance of outdoor areas. Safe spaces can not only increase physical activity but also improve mental health through reduced stress.

Landscape Design Guidelines. These guidelines can address health by promoting a walkable environment through shade trees and attractive plants or can promote healthy food access through edible landscapes. In addition, certain types of landscape materials can reduce noise, absorb certain pollutants and facilitate storm water retention.

6 Public Works and Street Standards

With anywhere from 20 to 35 percent of city space dedicated to roads, traditional street standards historically have dictated street patterns that prioritize automobiles, and disperse and disconnect neighborhoods. Autocentric street standards are still driven by traffic engineering imperatives such as automobile level of service which prescribe high speed limits, wide roads and/or uneccessarily wide lanes to faciltiate automobile movement, but at the expense of place-making, walkability, bicycle facilities and even safety. Street design standards are ripe for re-imagining with a healthy community lens. Through street standards, new concepts may be introduced such as multi-modal streets, pedestrian- and bicycle-priority streets, and traffic calming into local jurisdictions' street standards.

Below are some of the primary ways in which health can be addressed through street standards.

Complete Streets Policy. Complete Streets are streets designed and operated to enable safe access for all users, including pedestrians, bicyclists, motorists and transit riders of all ages and abilities. Complete Streets make it easy to cross the street, walk to shops, and bicycle to work. Every complete street looks different, according to its context, community preferences, the types of road users, and their needs. Typically, Complete Streets embrace some or all of the following: fewer and sometimes narrower through traffic lanes to slow traffic; signalized or signed pedestrian crossings, occasionally with a different material and elevation to make them clearly visible; bicycle lanes or paths; widened sidewalks; pedestrian- as well as vehicle-scaled street lighting; longer signal times for pedestrians to safely cross streets; street trees and seating; on-street commercial patron parking; and bus stop shelters. Inclusion of Complete Streets policies in general plans is required by California Assembly Bill 1358.

Traffic Calming. Traffic calming strategies can reduce the speed and amount of traffic, thereby improving pedestrian and bicyclist safety and comfort. These strategies may include visual cues (such as speed bumps, signals or signage, speed trailers, median islands, textured crosswalks or bulb outs at intersections or crosswalks) or they may include educational or enforcement strategies such as signage or increased police monitoring or physical solutions such as use of on-street parking to separate pedestrians from travel lanes.

Green Streets and Green Infrastructure.
Storm water is the number one source of water pollution in Southern California. The purpose of green infrastructure is to capture, clean, and store storm water. New designs for sidewalks and other landscape areas can capture runoff and infiltrate it through landscaped and paved areas, utilizing permeable materials and drought tolerant plants. Green streets and green infrastructure have additional benefits including increased shade and vegetation for a cooler, more walkable and more attractive community. They can also include seating, exercise equipment and other amenities to encourage healthful activities.

Street Lighting Standards and Guidelines.
Street lighting is an often overlooked area of street design, but plays a critical role in promoting walking, bicycling and transit use by creating a greater sense of safety from both traffic and crime. Good street lighting standards provide detailed guidance on proper equipment and illumination levels for stairways, bikeways, sidewalks, streets, tunnels, parking lots, transit stops and more, while reducing energy consumption, and assuring that light is not wastefully directed into the sky or into residential spaces.

7 Building Codes and Standards

Building codes establish a building's quality, safety and energy performance for years to come, because initial design and construction decisions determine operational and maintenance costs for the life of the building. Building codes (and design and construction decisions) affect a community's population every day: buildings can have a profound effect on an individual's health. According to the U.S. Environmental Protection Agency, most people spend up to 90 percent of each day inside of buildings. Codes address health-related topics like air quality, physical activity, natural light exposure, use of materials that can release toxic emissions, and energy and water usage and efficiency. While building codes are designed to protect health, safety, and welfare, they often set standards which may make it difficult for implementing innovative building design and systems, such as limitations on roofing materials that preclude cool or green roofs, on exterior mounted air handling equipment or use of shade devices such as awnings or overhangs to reduce heat load on walls and windows.

Primary ways in which health can be addressed through building codes and standards are as follows:

Active design. Building standards can promote physical activity through the location, design, access and signage for stairways and entrances, locations of conference and food dispensing areas, allowance for kitchens for storage and preparation of healthy foods and the placement of driveways and parking.

Building materials. Building codes can prohibit the use of building materials that can cause adverse health impacts such as those that can emit noxious fumes or gases.

Air Quality. Building codes can improve air quality through standards on filtration and ventilation systems, and more innovative ways such as allowing living walls with air-filtrating plants, requiring operable windows for natural ventilation or limiting window openings adjacent to freeways, heavy traffic roadways or large parking areas.

Lighting. Building codes can improve mental mood and well-being by including standards on windows and skylights to maximize natural light, establish appropriate levels and colors for artificial light, provide vistas to open space and greenery and reduce energy consumption.

Food. Building codes can allow and provide standards for onsite and rooftop gardens which not only provide access to healthy foods, but can also increase mental well-being and social interaction.

8 Ordinances

An ordinance refers to regulations adopted at the city or county level that targets issues at the local jurisdiction level. As such, ordinances can cover a very wide range of topics related to health ranging from parks and open space (both public and private), landscaping and plant material selection, pollution control, land use and preservation, parking, business operations, farmers' markets, sidewalks and more. All of these can address nutrition, improve air quality, increase physical activity and reduce negative health impacts. Ordinances can be written to apply to only certain geographical areas or entities such as developers or the municipality. Zoning codes for example are typically adopted as ordinances.

9 Programs

Programs are a coordinated series of actions a jurisdiction or organization undertakes in order to advance a vision for a healthy community. Programs may take many forms, although they broadly fall into four categories: educational, behavioral change, municipal mandates, and programs for special populations (in many cases these programs can overlap). Educational programs may include traffic safety or healthy cooking classes for community members or skills training classes for city staff (such as implementing general plan health policies). Healthy behavioral change programs target modifying individual behavior to lead to a healthier lifestyle. Weight loss challenges, smoking cessation programs and walking clubs are examples of programs that can lead to healthier lifestyles. Municipal mandates often include programs that serve as a stepping stone before citywide implementation and represent a jurisdiction's desire to "lead by example." Examples of health-oriented municipal programs may include edible landscaping on city property, healthy vending in city facilities and weight loss programs for staff. Finally, many healthy programs target the unique needs of special populations such as school children, seniors, and the physically disabled. Healthy programs tend to be implemented through the Department of Parks and Recreation, Community Development, senior centers, schools, and libraries.
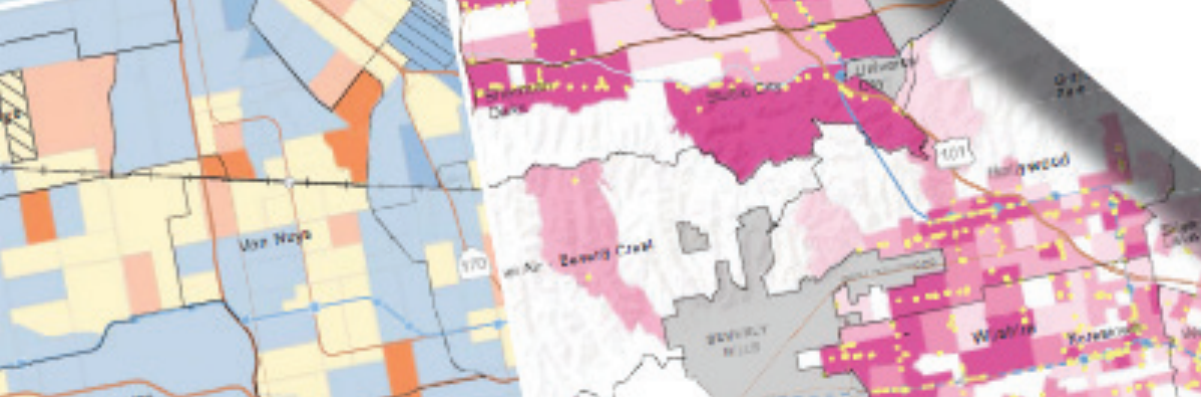
10 Data Collection, Monitoring and Analysis

Health data and analysis are critical components of healthy community planning and design. Evidence is often needed to build awareness of the multiple factors that influence health, empower community members with information, and help identify opportunities to improve health. Data can demonstrate that a need or concern exists or that an impact is occurring in order to identify measures to address them. Data can also help examine the relationships between exposures (i.e. air quality impacts from a housing development near a busy roadway) and health outcomes (i.e. increase in acute respiratory illnesses), or predict changes that would occur as the result of a plan or design change. Finally, health data can allow for better assessment of the outcomes of particular strategies, validate their use or provide the basis for making adjustments in them.

Health data can be used to better understand the context of an individual development project during the site design phase, introducing community health and equity as project goals, design imperatives, and criteria for success. This can inform project design decisions, beginning early in the schematic design process with site plan review and continuing through design drawings and even construction drawings.

Data collection and evaluation tends to occur prior to starting a project, plan or policy, or near the beginning of a project, to establish a base line to measure, monitor and evaluate after implementation. Data collection and evaluation at the beginning of a project often takes the form of a community health or needs assessment. A community health assessment describes and compares the existing health conditions of a neighborhood, community, city, or county. It helps depict the health needs, issues, or concerns of a community, including both actual and potential inequities for certain communities or populations. The impacts of alternative designs, layouts or courses of action can be modeled and anticipated. After a project is complete, data collection and evaluation typically involve data monitoring, identifying measurable, key health indicators and tracking them, and providing a comparison of actual results to those projected or anticipated at the outset (see Project Evaluation below).

Data may include a vast range of health-related indicators or data points from disease incidence by demographics, number of participants, greenhouse gas emissions, or levels of civic participation. There are many sources of data that Los Angeles County jurisdictions can use.

The most commonly used data sources are:

Los Angeles County Department of Public Health. The County collects a significant amount of health data at the County and sub-county level.

HealthyCity.org. This website provides an easy-to-use mapping tool that provides a variety of County, City and neighborhood-specific data sources. Data can be downloaded or maps can be produced on-line.

Community Health Information Survey (CHIS). This is a State-wide health survey conducted every few years. Data can be downloaded at the County or neighborhood level.

California Health Disadvantage Index. This tool, sourced to the Public Health Alliance of Southern California, can be used in conjunction with the CalEnviroScreen tool, and helps to identify "disadvantaged communities" which are eligible for targeted funding under California laws. http://phasocal.org/data/hdi.

Healthyplan.la. The website presents infographics and maps for the City of Los Angeles and compares the City's 35 planning areas using over 60 indicators.

Some jurisdictions, including Los Angeles, have begun designating staff as "health equity officers" to work both within and across departmental lines to assure that health is factored into most decision making. Such individuals are responsible for integrating and tracking health and health equity indicators, promoting the implementation of health components of General, Specific, Small Area, Master, and Specialized or Targeted Plans.
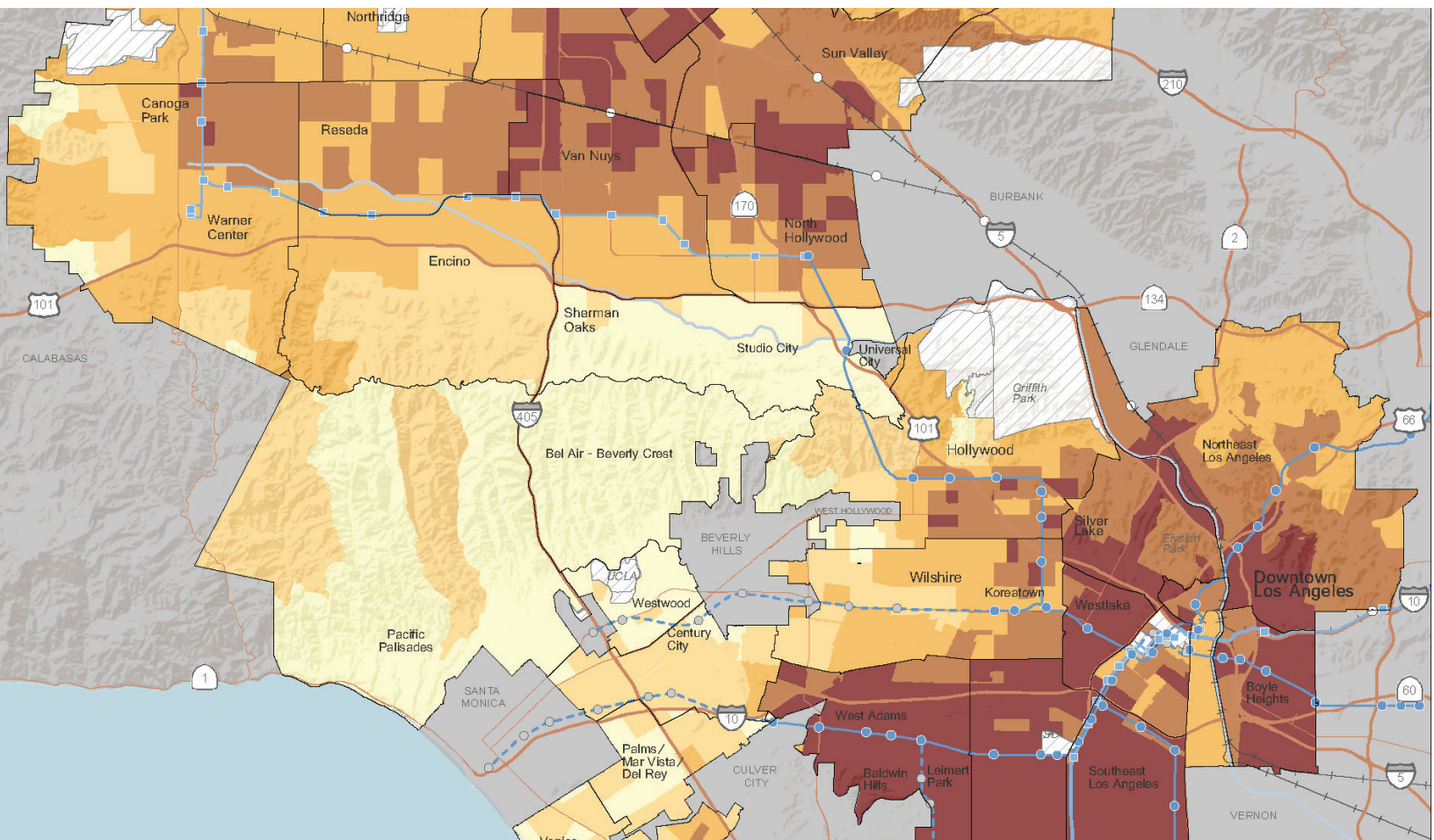
11 Project Evaluation

Another important tool is to evaluate a project, plan or policy prior to approval from a jurisdiction. The common tools used are environmental review, health impact assessments, healthy development checklists and 3rd party rating systems that have public health as a stated outcome. The evaluation can play a number of important roles in a project's development. First, it allows decision-makers and the public to understand the range of expected positive and negative impacts of a project. Second, it allows project sponsors and decision-makers to make modifications to a project to improve health outcomes. Third, for projects that use rating systems, it allows for a 3rd party verification of the health performance of a project.

The following are three common project evaluation tools.

Environmental Review. Most development projects undergo some level of environmental review pursuant to the California Environmental Quality Act (CEQA) and/or the National Environmental Protection Act (NEPA). Typically, a project is first examined via a "check list" of potential impacts, most of which assess impacts on the natural environment (air and water quality, storm water runoff, generation of sewage, effects on natural habitats, light and shadow impacts on nearby structures) and public services (changes in need for police and fire protection, schools, libraries and parks for example). Both short term (during construction, such as noise and dust from construction activity and truck movements for disposal of site material) and long term (continuing effects of having the new development in place on its surroundings) impacts are analyzed. Projects may be deemed to have no or minimal impact, have impacts that can, with specified steps taken, be mitigated, or to have impacts that are adverse and that cannot be fully mitigated. In the last case, steps to minimize adverse impacts (including examining doing no project or doing a smaller project) must be explored and analyzed. While limited social impacts may be considered (such as displacement of a site's occupants to accommodate new development) the health issues covered in an environmental review are minimal.

Health Impact Assessments. A Health Impact Assessment (HIA) is defined by the World Health Organization as "a combination of procedures, methods, and tools by which policy or project may be judged as to its potential effects on the health of the population, and the distribution of those effects within the population." HIAs can be used to understand the health impacts and benefits of a wide range of projects from transportation improvements (such as a new roadway, including safety, mobility, emissions or greenhouse gas production as examples) to policy changes to a specific development plan or project. A mix of quantitative and qualitative methods are used to identify potential (and sometimes unintended) positive and negative health impacts of a project, policy, or program and how those effects are distributed within the population. Ideally, the HIA team will engage potentially impacted stakeholders throughout the process.

Community Impact Analyses. Community Impact Analyses generally look at the specific impact of site development proposals on issues not covered by an Environmental Impact Report and focus on particulars such as removal of housing units, population characteristics of occupants of such units (age cohorts, income, impacts of displacement on jobs and school attendance), removal of local-serving retail (types of uses, number of such businesses, employment loss, availability of alternative comparable retail services) and other socio-demographic factors.

Rating Systems. Rating systems have become a commonly used tool to evaluate the environmental performance of an individual building, a multi-building project or a plan for a neighborhood or entire jurisdiction. Health outcomes are both implicitly and explicitly identified in many rating systems. Common strategies include walkable communities, mixed use development, multi-modal streets, healthy and high-performance buildings, access to parks and public facilities, and access to farmers' markets and supermarkets.

There are dozens of rating systems but some of the most commonly used are:

- Leadership in Energy and Environmental Design (LEED)
- WellBuilding
- Living Building Challenge
- STAR Communities

Some of these systems, such as LEED, assign points for the inclusion or exclusion of certain of these features.

Others are more qualitative in their analysis.

Healthy Development Checklists. Some communities have developed unique healthy development checklists to evaluate individual development projects. These checklists can be helpful tools to provide current and long range planners with a way to provide feedback on project applications and for developers to understand the expectations of a jurisdiction. The City of Los Angeles, for example, has a walkability checklist it uses to evaluate projects and local areas.

12 Community Engagement

Community engagement plays an integral part in all planning processes. Successful community participation involves a mutual exchange of information, ideas, and resources between the community and government. It can include levels of participation, decision-making, and control.

Too often, the public is brought into the decision making process for a development project or a plan at the end of the process and the communication is limited to the "usual suspects" – those that have been involved in the planning process in the past. This can lead to a lack of trust in the process, changes to the project after it is through a significant portion of the design process, and a lack of diverse voices in decision-making.

The desired outcome of community engagement is not only to empower residents but to build capacity for the long-term implementation of the plans and projects. Additionally, authentic engagement will include broad demographic and geographic representation. This aspect of engagement is often challenging since it is much more

difficult to reach out to individuals and organizations who have rarely or never been involved in the process. Some strategies for engaging new voices is to reach out through existing, established organizations in the community, including churches, hospitals, advocacy organizations, social service groups, and school PTAs. The end result of the engagement is to achieve broad community support and ownership. Finally, stakeholders and the general public should be involved throughout the decision-making process starting at the visioning or project initiation stage and continuing through to project completion. It is particularly important to be cognizant of populations least likely to participate, including those with physical handicaps or those with language barriers. Creating healthy communities requires a multidisciplinary effort involving many stakeholders including planners, health care professionals, public health departments, researchers, transportation experts, parks and recreation advocates, housing advocates, developers and builders, and, of course, elected and appointed officials.

The following are several key coalition-building and engagement activities for developing healthier communities:

Citizen task force. In some communities these groups have already formed and are meeting regularly, while in others such coalitions have not been established. Citizens can meet with local public health departments, advocacy organizations working on healthy community-related issues and planners to identify existing activities and explore ways to get involved. If no such coalition exists, community leaders or stakeholders can convene one.

Convening. Sometimes the best way to explore new ideas and put ideas into action is to bring a diverse group of stakeholders together to meet and discuss critical issues, organizing a one- or two-day conference or "convening" that is focused on healthy communities. Local experts can present case studies of existing programs and the group can collectively learn and organize a platform for action.

Targeted Interviews. Small group meetings and one-on-one meetings with community leaders and organizations can help to engage in conversations and to receive stakeholder feedback on key issues in the planning process.

Workshops. Public workshops can be a good way to obtain feedback on a project or plan or to understand the issues in a community related to health outcomes. To make workshops successful they must be engaging and fun, allow for constructive feedback, and be held at a convenient time and location. Additionally, significant noticing to individuals and organizations is required to bring diverse voices into the process. Since evening or weekend workshops will only appeal to a relatively small percentage of community members, another option is to hold a "pop-up" workshop. For these workshops the project team will develop one or several interactive exercises and then attend community events and festivals or just set up on a busy street. This approach can allow for a large number of people to become informed about the project or process and give their input without attending a public meeting.

Focus Groups. Focus groups can be used to address specific topics of concern and have more informal conversations about the project or plan. These can be with a mixed group of stakeholders or with demographically-similar groups, such as youth, seniors, or different ethnic populations. Focus groups can be a good way to incorporate the opinions of individuals who are not typically part of the process.

Health in All Policies (HiAP) Approach. Health in All Policies (HiAP) is a fundamental approach to healthy community design and planning. It is a collaborative approach to improving the health of all people by incorporating health considerations into decision-making across sectors and policy areas. HiAP helps ensure that all decision-makers are informed about the health, equity, and sustainability consequences of various policy options during the policy development process. The HiAP approach identifies the ways in which decisions in multiple sectors affect health, and how better health can support the achievement of goals from multiple sectors. It engages diverse governmental partners and stakeholders to work together to improve health and simultaneously advance other goals, such as promoting job creation and economic stability, transportation access and mobility, a strong agricultural system, environmental sustainability, and educational attainment. While groups can successfully implement targeted one-time HiAP collaborations, the HiAP approach ultimately seeks to institutionalize considerations of health, equity, and sustainability as a standard part of decision-making processes across a broad array of sectors.

APPLYING BUILDING HEALTHY COMMUNITIES TOOLS: PROJECT EXAMPLES

Jurisdictions and organizations throughout Los Angeles County and California have developed a large number of specific plans, programs and projects that achieve healthy communities using the 12 tools described in this report. This section highlights a few of the examples so that communities can see how the tools are applied at the local level. Unlike the above sections, which is organized by the tools, this section is organized by the desired healthy community outcome. The categories for the examples are as follows:

1. Community engagement
2. Health Elements
3. Active living
4. Parks and open space

5. Anti-displacement
6. Healthy Food
7. Healthy Development Guidelines
8. Smoking

COMMUNITY ENGAGEMENT

Government Task Force
The California Health in All Policies (HiAP) Task Force was created by Executive Order S-04-10 in 2010 because the health and well-being of Californians is impacted by the policies and practices of many agencies and departments, not just health services and public health. The HiAP Task Force is housed under the Strategic Growth Council (SGC), and brings together 22 state agencies, departments, and offices, with a common goal of working together to support a healthier and more sustainable California.

Community Advisory Committee
City of Baldwin Park supported an active and engaged Baldwin Park Resident Advisory Council using a five-step community-driven model focused on building community capacity to address health disparities through the mobilization of city leaders and residents. Resident advocates were engaged and trained with the skills and resources needed to design, analyze, develop, execute, monitor and sustain various projects. Resident leaders were key players in the passage of the complete streets policy and the successful Healthy Selection program.

HEALTH ELEMENTS

City of Los Angeles adopted the Plan for a Healthy LA in 2015. This innovative plan contains an innovative anti-displacement policy to address the harmful and inequitable impacts of displacement on individuals, businesses and communities.

County of Santa Clara County adopted a new General Plan Health Element to address a number of community health and wellness topics from the neighborhood- to regional-scale including environmental quality, healthy food systems, public safety and social networks, sustainable transportation, parks and recreation, health care and prevention, equity, healthy urban design, healthy housing, and sustainability.

City of Coachella adopted a Community Health and Wellness Element as part of their General Plan update in 2015. The Community Health and Wellness Element (and the general plan) identify ways to improve health and equity for residents within the context of the City's suburban, rural, and agricultural character. The plan includes a detailed and policy-relevant health existing conditions analysis, and the development of a standalone General Plan Element and implementation program.
Health Elements were also prepared for the following jurisdictions:
- El Monte
- South Gate
- Baldwin Park
- Monterey Park

ACTIVE LIVING

Bicycle Plan
In 2012, County of Los Angeles passed a regional Bicycle Master Plan which recommends over 800 miles of bikeways and bicycle infrastructure to support first and last mile connectivity.

Bike Share
In 2014, City of Santa Monica approved of a bike share program which now includes access to 500 bikes at 75 stations citywide.

Complete Streets
In 2011, City of Baldwin Park adopted a complete streets policy and was nationally recognized by the National Complete Streets Coalition as having the strongest implementation component of any policy nationwide. The policy language was also noted for including a community engagement component after policy adoption to ensure implementation. Their first complete street redevelopment project is underway.

Street Standards
City of Sacramento's Pedestrian Friendly Street Standards codify the complete streets approach for biking and walking.

City of Red Bluff incorporated the California Department of Transportation's AASHTO Guide for Bike Paths into its engineering standards.

Vision Zero Policy

In 2015, City of Los Angeles passed a Vision Zero Policy via Mayoral Executive Directive. Vision Zero is a road safety policy that promotes smart behaviors and roadway design that anticipates mistakes so that collisions do not result in severe injury or death. The City will implement a multi-faceted approach to reach these targets, with a commitment to: engineering and planning, enforcement, education, evaluation and monitoring, and partnerships with government agencies and the people of Los Angeles – all with a specific emphasis on equity and our most vulnerable road users.

Pedestrian Plan

City of Santa Monica adopted a Pedestrian Action Plan to create a complete, safe, healthy citywide pedestrian system, incorporating planning, design, and programmatic implementation.

Sidewalk Master Plan

City of La Mesa created a prioritized list for adding sidewalks along routes to schools and recreational facilities as part of a Walkability Plan in 2005, and obtained grants to improve sidewalks at a high school and at all of the elementary and middle schools in the City.

Streetscape Plan

City of Los Angeles approved of the Broadway Streetscape Master Plan which reduces traffic lanes, and includes design and infrastructure to activate pedestrian activity.

Transit Oriented Development

LA Metro has funded many TOD plans in jurisdictions throughout the County. Jurisdictions who have received funding and prepared TOD plans include the City of Los Angeles, Santa Monica, Inglewood, Hawthorne, Los Angeles County and many others.

HEALTHY DEVELOPMENT GUIDELINES

Healthy Building Guide

The City of Santa Monica's Green Building Guide: Healthy Home, Healthy Planet serves as a resource for residents undertaking remodeling or new construction projects to ensure creation of a healthier and more environmentally sound home.

Heathy Design Ordinance

In 2012, Los Angeles County Healthy Design Ordinance was approved. The Healthy Design Ordinance rewrites planning regulations in unincorporated parts of the county to "modify and establish uses, development standards, and permit requirements to encourage more walking, bicycling and exercise, and encourage better access to healthy foods."

PARKS AND OPEN SPACE

Parks and Open Space Analysis

The County of Los Angeles conducted a countywide assessment of the need for parks and recreation in both cities and unincorporated areas. The assessment determines, identifies, prioritizes and outlines costs for potential park projects within each study area.

Park Funding

In 2015, the City of Los Angeles proposed an update to their Quimby Ordinance (parks fee ordinance and addition of a park mitigation fee for projects not subject to Quimby) in order to increase park access in underserved, park-poor communities. The update facilitates appropriate expenditures, modernizes fees in accordance with citywide housing priorities, and encourages land dedication.

Joint-use agreements

City of Berkeley contains joint use goals and policies in its general plan. The City and the Berkeley Unified School District (BUSD) have developed joint-use agreements for seven school playgrounds. Under the specific terms of each agreement, the maintenance and capital improvements of the particular park is proportionally divided between the two parties.

City of Richmond adopted an "umbrella" joint use agreement resolution, which allows for the City and school district to employ various strategies for sharing recreational space. The term of the Agreement is for three years with an option to extend for two years. Each party will pay a use fee equal to the direct costs of that party's use. Fee schedules for each entity are incorporated in the Agreement.

HEALTHY FOOD

Fast Food Regulations

City of Los Angeles imposed a moratorium on fast food in South LA, the area of the city with some of the highest health inequities. The moratorium restricted fast food chains opening up new franchises in the area. The law was successful in stopping new fast food establishments, however, studies on its direct impact on health are inconclusive.

City of Cotati adopted an ordinance to protect public health, safety and welfare that prohibits fast-food restaurants in particular zoning areas.

City of Arcata limits the number of chain restaurants in the city to no more than 9 at one time.

City of Seaside discourages fast food restaurants by requiring use permit for fast food restaurants in Commercial Mixed Use and Regional Commercial Zoning Districts.

Healthy Food Retail Incentives

To complement the fast food moratorium, City of Los Angeles put together an incentive package to attract new food retail to South Los Angeles.

Healthy Corner Store Policy

In 2014, City of Baldwin Park adopted the Healthy Corner Market policy. The Healthy Corner Market policy establishes guiding principles and practices for corner stores to contribute to a healthy economy through marketing strategies, promotions and floor plans conducive to healthy eating choices.

Vending Machines

County of Los Angeles established healthy vending machine guidelines for all County-contracted vending machines.

Nutritional Guidelines

City of San Leandro's Recreation and Human Services Department established a wellness policy that sets nutritional guidelines for meals and snacks at its youth and senior programs. Recommended snacks include fresh fruits and vegetables; nuts and dried fruits; multi-grain breads, tortillas and crackers; and low-fat and no-sugar spreads.

Farmers' Markets

City of Los Angeles reduced restrictions on certified farmers' markets and allows them to operate in residential areas and as a Public Benefit project in agricultural, commercial, manufacturing, and parking zones without hearings.

City of San Francisco's Municipal Code allows farmers' markets to be held on properties under jurisdiction of the park and recreation commission, and requires its farmers' markets to accept Electronic Benefits cards (EBT) and WIC and senior nutrition coupons.

Bee-Keeping

City of Redondo Beach allows bee-keeping by permit and includes details and regulations on bee-keeping within city limits

Community Gardens

City of Escondido adopted a zoning amendment to allow community gardens in vacant land.

City of Sacramento's Front Yard Landscape Ordinance allows for fruit and vegetable gardens in front yards.

County and City of San Francisco amended its zoning code to allow for community gardens in city park space.

Urban Agriculture
County and City of San Francisco has established an Urban Agriculture Incentives Zone in accordance with the Urban Agriculture Incentives Zone Act (California Government Code 51040). An Urban Agriculture Incentive Zones Contract ("Contract") is a voluntary contract between the City and a property owner where the property owner agrees to keep their property in active agricultural use for a set period of time in exchange for a tax benefit from the City. Applicants for a Contract must demonstrate that they will benefit the larger community through produce distribution and/or sales, open house days, educational tours, or other public programs.

ANTI-DISPLACEMENT

Anti-Displacement Strategies
City of Walnut Creek implemented affordable housing and anti-displacement strategies as part of their Downtown Specific Plan.

First Source Hiring Ordinance
City and County of San Francisco approved of a First Source Hiring Ordinance as part of the administrative code. The intent of First Source is to connect economically disadvantaged San Francisco residents with entry-level jobs that are generated by the City's investment in contracts or public works; or by business activity that requires approval by the City's Planning Department or permits by the Department of Building Inspection.

Inclusionary Housing
City of San Jose approved an Inclusionary Housing Ordinance which requires that all new for-sale residential developments of 20 or more units include housing affordable and price-restricted for moderate-income purchasers. Developers may satisfy their Inclusionary Housing requirement by providing 15 percent affordable homes on-site within their projects, or through a variety of developer options including off-site construction of 20 per cent affordable units, payment of the in-lieu fee, dedication of qualifying land in lieu of construction, purchasing surplus inclusionary housing credits from another developer, acquisition and rehabilitation of existing units, providing deed-restricted units that are available to lower-income households through agreement between the developer and the U.S. Department of Housing and Urban Development, or any combination of these methods that will achieve the requisite amount of affordable housing.

Jobs Housing Linkage Fee Ordinance
In 2015, City and County of San Francisco adopted a Jobs-Housing Linkage Fee Ordinance. The fees apply to particular types of development and are based on the square footage or number of units in the developments to develop or preserve affordable housing.

Rent Stabilization
City of West Hollywood adopted a Rent Stabilization Ordinance to expand renter's rights and prevent the loss of affordable housing.

SMOKING

Smoking Bans
City of Manhattan Beach adopted one of the most restrictive smoking bans in the country. Breathe Free Manhattan Beach: Smoke-free City allows smoking only in the following locations: 1) Private residential property, other than those used as a child-care or health-care facility subject to State licensing requirements. 2) In up to twenty percent of guest rooms in any hotel or motel that meets certain conditions. 3) Within a moving vehicle.

City of Hermosa Beach prohibits smoking in outdoor dining areas, the beach, parks, all city-owned vehicles, all public parking lots. The ordinance includes language on no smoking signage and enforcement.