



public health
law & policy

planning for
healthy places

Changing the Built Environment so that the Healthy Choice becomes the Easy Choice

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Congressional Black Caucus
Health Braintrust

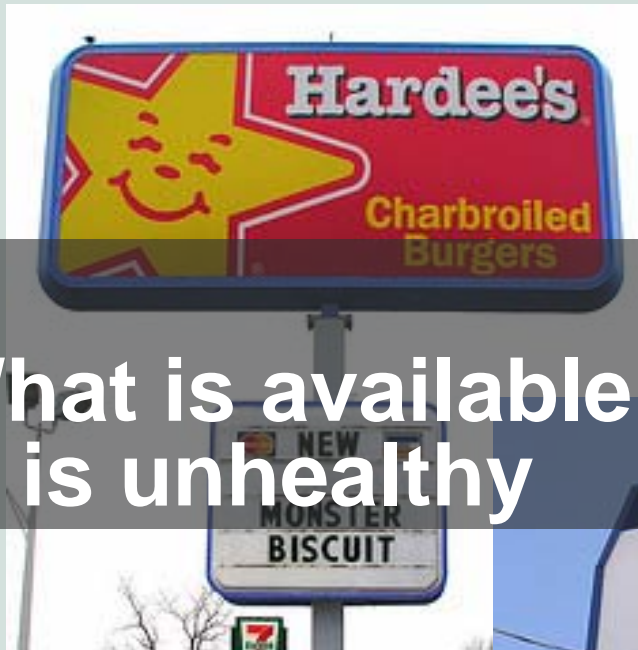
April 28, 2009

An aerial photograph of a complex, multi-level highway interchange. The roads are elevated on concrete pillars and feature multiple lanes in each direction. Numerous cars are visible traveling across the various levels of the interchange. The surrounding landscape is arid and brown, with some buildings and parking lots visible in the background. The text "In too many American places the healthy choice is the hard choice" is overlaid in white on the central part of the image.

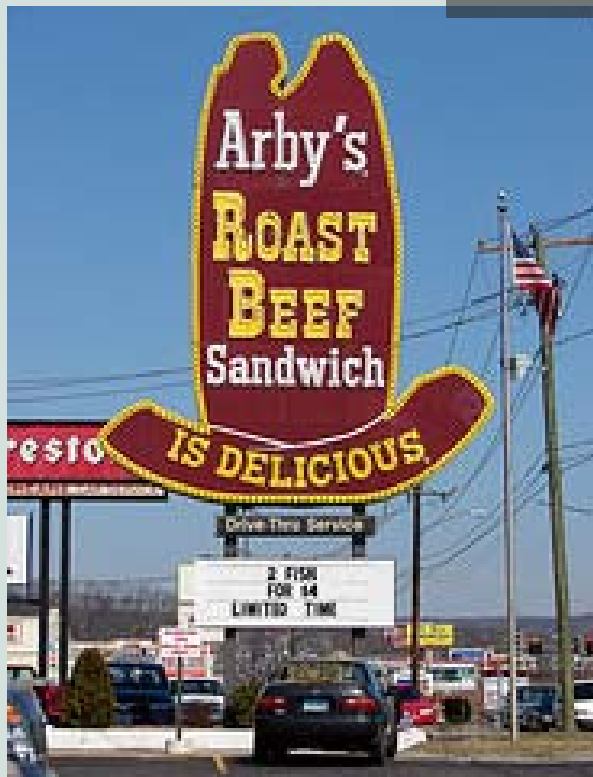
In too many American places the healthy choice is the hard choice



Neighborhoods with no place to buy healthy food



What is available
is unhealthy



A photograph of an outdoor pool area. In the background, there is a blue, irregularly shaped pool surrounded by a chain-link fence. The pool deck is made of concrete and has some weeds growing through the cracks. In the foreground, there is a large, light-colored, cylindrical object, possibly a trash can or a large container, and a white plastic chair. The text "No place in which to be physically active" is overlaid on the image in a black, serif font.

No place in which to be physically active

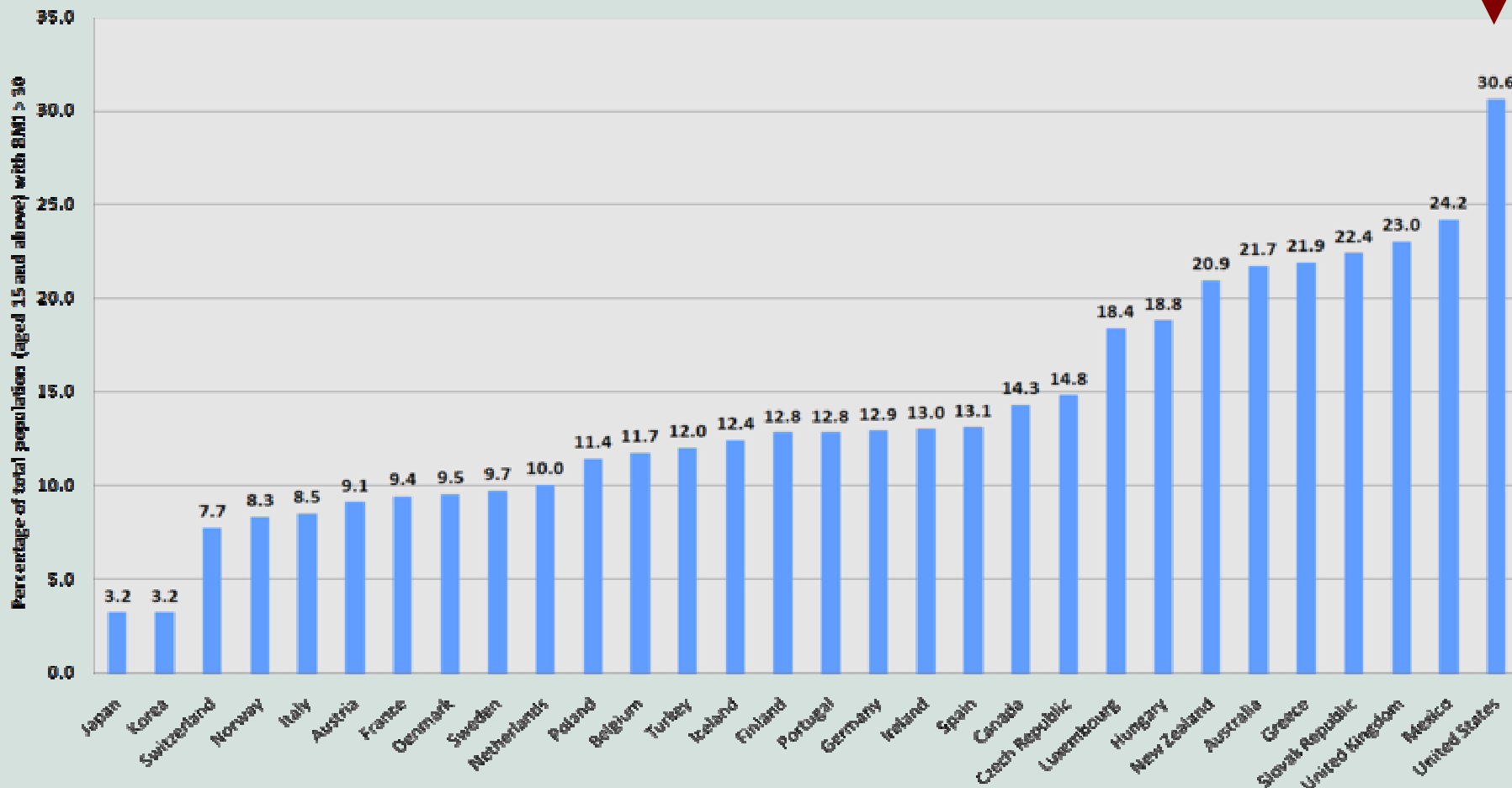


**NO LOITERING ON CAMPUS
VIOLATORS MAY BE SUBJECT
TO ARREST**

**FAIRMEAD SCHOOL
BUSINESS HOURS
7:45 AM - 4:00 PM**



Obesity rates in the developed world



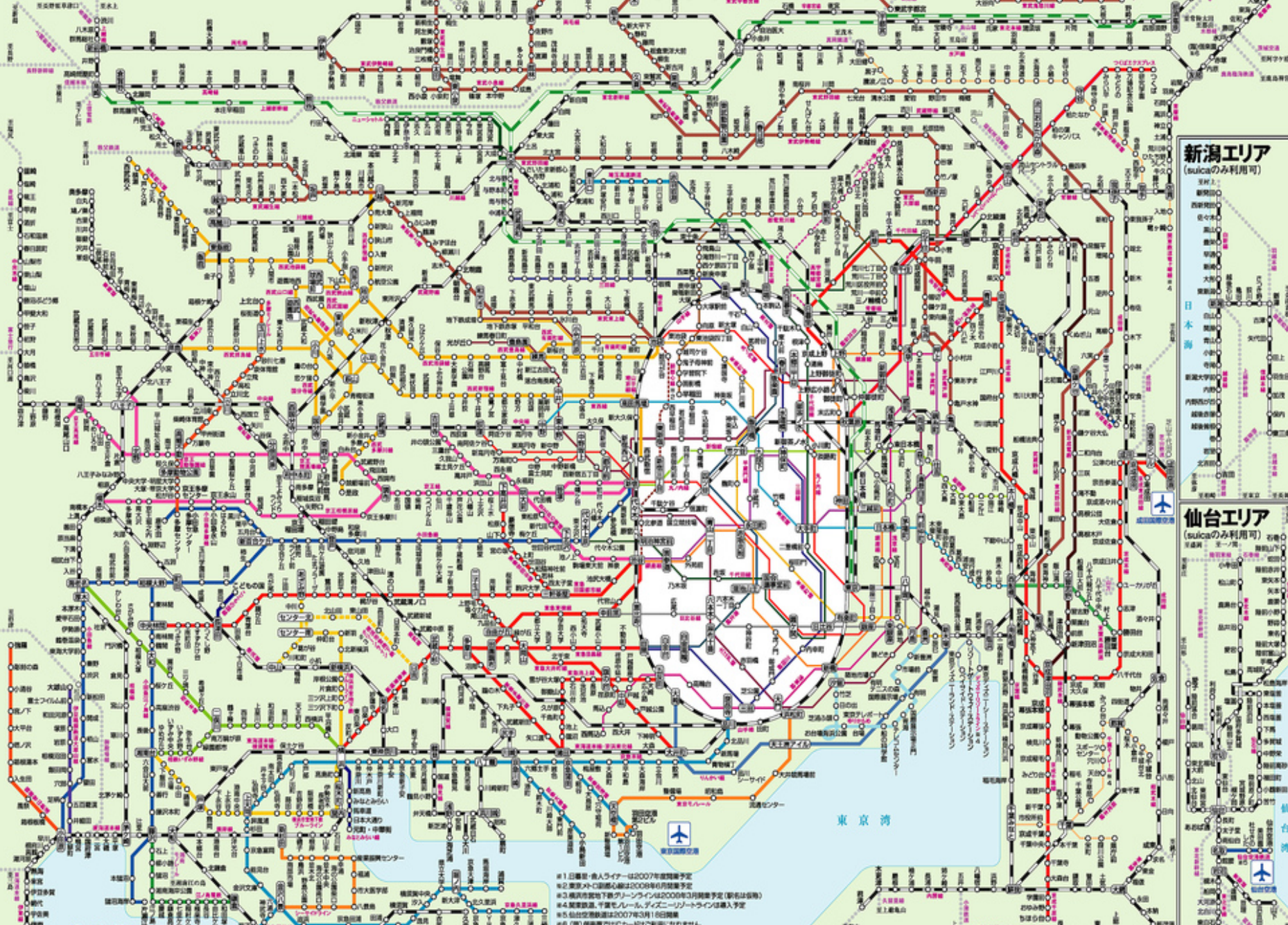
Public policy tools: Land Use Plans & Zoning

Summary: Land Use plans are the legal bedrock of a local government's actions influencing land use.

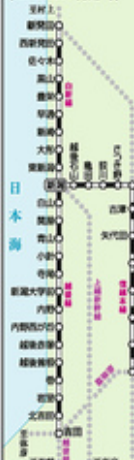
A plan could establish polices that:

- Ensure that sources of healthy foods are [accessible in all neighborhoods](#)
- Avoid a [concentration of fast food](#) and other unhealthy retail
- Create dense, mixed use, attractive, walkable environments
- Create [safe routes to school](#).
- Prioritize [transit oriented development](#)
- Establish [CPTED principles](#)
- Encourage [Joint Use of School recreational facilities](#)

Suica・PASMO ご利用路線図



新潟エリア (suicaのみ利用可)



仙台エリア (suicaのみ利用可)



- ※1 日暮里・舎人ライナーは2007年度開業予定
- ※2 東京メトロ副都心線は2009年6月開業予定
- ※3 横浜市営地下鉄グリーンラインは2009年3月開業予定 (駅は仮称)
- ※4 東武東上線、平塚支線・大宮支線・大宮線は2007年度開業予定
- ※5 仙台空港線は2007年度開業予定
- ※6 国土交通省のICカードは利用にはなりません

Smart Codes & Design Guidelines

Design guidelines for specific zones

Design guidelines for specific sites

Single-family Residential


19 Access Ramps

Multi-family Residential


SITE DESIGN

Multi-family Residential

The Multi-family Design Guidelines outline good design practices for infill multi-family development (defined as residential structures with three or more units). Emphasis is given to design that will allow multi-family near established single-family homes to complement those homes without appearing too massive or out of scale. Mixed-use development on or in the immediate vicinity of Del Paso Boulevard may be designed to complement adjacent or nearby commercial development.



A multi-family structure with a gate and paths.



This multi-family development has been designed with architectural features similar to those in single-family homes.

NORTH SACRAMENTO DESIGN GUIDELINES
CITY OF SACRAMENTO


pg 31

Watsonville Livable Community Residential Design Guidelines

4.3 Medium Density Infill Site

This RM-2 site is located in the Airport Road area. It is a corner site that can be developed as a gateway to the neighborhood. There are a variety of uses around the site including commercial, residential and a utility company yard area. The concept plan features:

- Single family units facing existing single family
- Secondary alley units over garages
- Two-story four flat building at the corner



Sketch of Alley Housing

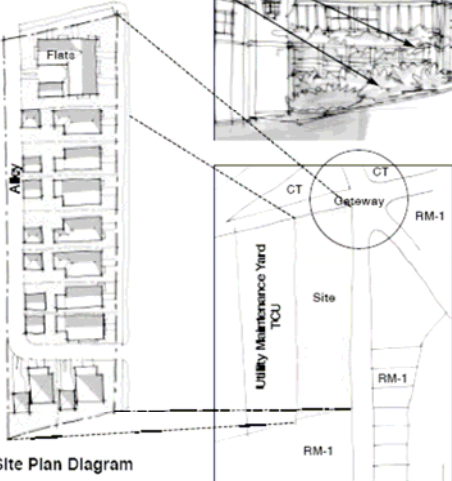
Rear yard private open space, landscaping and trees

Dormer windows

Landscaped screen wall

6' fence, 48" opaque

40% of alley edge landscaped



Site Plan Diagram

Site Description

Zoning: RM-2
 Site Size: 560' x 165'
 Site Area: 92,400 SF (2.12 acres)
 Adjacent Zoning:
 RM-1
 TCU
 TC

Development Program Summary

Primary Single Family Units	9
Secondary Alley Units	7
Corner Flats	4
Total Units	20

Density: 10 DU/A

Public policy tools: Economic Development & Redevelopment

- **Business attraction and retention from healthy food**
 - Market analysis and **feasibility studies**
- **Real estate development – for dense & walkable neighborhoods**
 - Land acquisition and location assistance
 - Expedited permitting and review process
- **Workforce development**
 - Job referrals
 - Work readiness training
- **Commercial district revitalization**
 - Façade improvement and streetscape improvements
 - Public safety

Mixed-Use/ Smart Growth Developments



Attract grocery stores to low-income neighborhoods



Creating safe and attractive streets



Building parks and neighborhood centers

Kennington Park Fitness Trail



The map shows a yellow trail with 8 numbered stations (1-8) arranged in a loop. Station 1 is at the bottom left, 2 is at the bottom, 3 is at the top left, 4 is at the top, 5 is at the top right, 6 is at the right, 7 is at the bottom right, and 8 is at the bottom.

Play Area

- 1 HORIZONTAL LADDERS
- 2 OVER & UNDER HOPOLES
- 3 PARALLEL BARS
- 4 BEAM WALK
- 5 HORSE SHOE
- 6 BENCH SIT UPS
- 7 OVER UPS
- 8 DEEP UPS & FREED UPS

Make every day a healthy one and feel great! Kennington Park Fitness Trail is a free, self-guided trail for all ages. The trail is located in Kennington Park, Lambeth, London. The trail is a loop of 8 stations, each with a different fitness activity. The trail is suitable for all ages and fitness levels. The trail is a great way to get some exercise and enjoy the outdoors. The trail is a great way to get some exercise and enjoy the outdoors. The trail is a great way to get some exercise and enjoy the outdoors.

Lambeth Parks

Local land use and economic development decisions have multiple health implications



Source: <http://flickr.com/photos/rikajenzhomekitchen/1641568>



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Opening School Grounds to the Community After Hours

A Toolkit on Joint Use

In many communities, safe places to exercise and play are few and far between.

Walking and bicycling can be dangerous on roads made for cars. Parks and playgrounds are often located in remote areas or poorly maintained. And many streets and other popular destinations are too far for children and their families to reach on foot.

Neighborhood schools feature a variety of recreational facilities, from gymnasiums and running tracks to sports fields and playgrounds. But districts often close their property to the public after school hours. In an era of increasingly tight budgets, they don't have the resources or capacity to run programs, and some are concerned about vandalism, security, maintenance, and liability in case of injury.

The good news is that local governments and community-based organizations can partner with school districts through joint use agreements, allowing them to share the costs and responsibility of opening school property to the community after hours.

Public Health Law & Policy (PHLP) has developed a new toolkit to help communities and school districts work together to increase access to recreational facilities on school grounds. The toolkit includes practical information and tools for advocates and public makers:

- The benefits communities can reap from joint use partnerships.
- Basic requirements for joint use agreements.
- Ways to overcome barriers that can stand in the way of negotiating and enforcing agreements.
- Case studies from urban, rural, and suburban communities, illustrating some of the keys to successful partnerships.
- Model language to serve as templates for different types of joint use agreements.



To receive an alert when PHLP's new joint use toolkit is released, sign up at www.healthyplanning.org/newsletter.html



How to Use Economic Development Resources to Improve Access to Healthy Food

Every street is a viable route to a community, not only as they create healthy food access, but they also can provide living or high-rise, with the idea of community, including and serving, and other additional resources to be implemented.

Public health officials and advocates can partner with economic development and other city agencies to help bring one food retail and food access opportunities. This toolkit is designed to provide a broad spectrum of food access development program ideas, highlighting a variety of ways for advocates to influence the process.



How to Use Redevelopment to Create Healthier Communities

Rebuilding abandoned neighborhoods through the formal process is an redevelopment and investment in communities, bringing an array of benefits that restore healthy health.

Redevelopment efforts are driven by local agencies with the funds and expertise to plan and finance a range of projects that create stronger communities, foster economic growth and vibrant living, and improve access to health, housing, and recreation. Public health officials and advocates can work with redevelopment agencies to ensure that plans consider and fund projects that improve access to healthy food and physical activity.

This toolkit is designed to give advocates a general overview of how redevelopment works and explore ways for advocates to engage in the process.



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Economic Development and Redevelopment

A Toolkit for building world-class communities

How to Create and Implement Healthy General Plans

A Guide for setting healthy, smart communities

General Plans and Zoning

A Guide for creating healthy, vibrant communities

