South Gate General Plan: Addressing Health and Climate Change

22 January 09
About Raimi + Associates

- Comprehensive Planning
- Sustainable Development
- Public Health and Planning
  - LEED-ND Public Health Criteria Study, USGBC
  - How to Create and Implement Healthy General Plans, Public Health Law & Policy
  - Design for Healthy Living, Coachella Valley Assoc. of Govts
  - South Gate General Plan, South Gate CA
  - Riverside County Public Health Element, Riverside County, CA
What is a General Plan?

- “General Plan” = Comprehensive Plan in California
- “General Plan Element” = Chapter
- Required General Plan topics:
  - Land Use
  - Circulation
  - Housing
  - Conservation and Open Space
  - Safety and Noise
- A natural place to address health and climate change
South Gate: An Overview

- 8 miles southeast of downtown LA
- Population: 115,000 to 125,000
- 7.5 square miles
- > 95% Latino
- Median age 26 years of age
- Working class
General Plan Process

- Existing Conditions
- Visioning
- 12 public workshops
- General Plan Development
Addressing Health and Climate

- Vision and Guiding Principles
- General Plan Elements
  - Community Design
  - Mobility
  - Green City
  - Healthy Community
General Plan
Vision
Vision Statement & Guiding Principles

“We, the citizens of South Gate, are shaping a proud, new vision for the City that will build a better tomorrow for future generations of South Gate residents.”

A Green City
A City that Grows
A Family-Oriented City
Strong Neighborhoods
Transportation Choices
Economic Vitality
Vibrant Tweedy Mile and Corridors
Life Long Learning
A Beautiful City
A Healthy Environment
Community Participation
Community Design Element
Key Community Design Goals

Create “neighborhood nodes” within walking distance of residents

Redevelop major corridors with mixed use

Create mixed use districts

Build around transit

Address urban form and character in land use designations
Mobility Element
Key Mobility Goals and Policies

- Streets as public space
- Prioritize moving people not cars
- Integrate land use and transportation - context-sensitive roadway classifications
- Safety improvements in neighborhoods
- Identified pedestrian and bicycle infrastructure
- Promote transit improvements
Healthy Community Element
Key Healthy Community Goals

Overall health and well-being
Land use patterns that support physical activity
Active and safe transportation
Access to healthy foods
Access to health care
Preventing air pollution
Improved social capital and mental health
Conventional safety topics (seismic, emergency preparedness)
Sample Policies

Overall Health:

“Improving overall health conditions in South Gate will be a city priority.”

Access to Healthy food:

“The City will seek to increase access to healthy food choices, such that every residential parcel is within ¼ mile of a healthy food outlet.”

Land Use and Urban Design:

“The City should make land use and urban design decisions that promote physical activity, improve access to nutritious foods, and reduce air pollution.”

Municipal Operations:

“The City should offer healthy food options at all municipal buildings and events where it provides food.”
Sample Actions

- “Review city codes and ordinances for their impact on health.”
- “Develop a business attraction strategy targeted towards hospitals and health care facilities.”
- “Adopt a city ordinance to limit diesel truck idling.”
- “Establish bike parking standards.”
Healthy Community Mapping
Green City Element
Key Green City Goals

Address climate change

Implement green building

Improve access to parks, trails, and open space

Increase greenery, trees, and landscaping
Climate Change Policies

- Commitment to assist state with AB 32
- Commitment to create a climate action plan and pursue efforts in the following areas:
  - Energy
  - Land use
  - Buildings
  - Waste
  - Ecology
  - Government Operations
  - Communication and Programs
South Gate Per Capita Community Emissions

- Buildings: 2.86 Metric Tons CO2eq per Capita/Year
- Transportation: 2.30 Metric Tons CO2eq per Capita/Year
- Waste: 0.39 Metric Tons CO2eq per Capita/Year

Community GHG Inventory
Conclusions from South Gate
Health and Climate: Key Joint Strategies

- Mix of uses
- Compact development
- Urban form and character
- Access to transit
- Connectivity
- Bicycle and pedestrian facilities
- Enhance parks and open space
- Public safety and disaster Preparedness
- Reduce vehicle emissions
Lessons Learned

Comprehensive Plans are a natural place to address health and climate.

Health and climate planning share many strategies.

Health and climate policy should be both integrated and called out specifically.

Develop community relationships to implement health and climate planning.
for additional information

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Healthy General Plans Toolkit:
www.healthyplanning.org/toolkit_healthygp.html
Extra slides are below
Active and Safe Transportation

Promote transit service throughout the city

Improve bicycle and pedestrian connections

Monitor areas with high-frequency injuries and accidents

Promote safe routes to schools

Reinforces and references policies in Mobility Element
Land Use Patterns

Support land use patterns that promote physical activity – mixed use development, TOD, corridor development

Improve neighborhoods with pedestrian and bicycle facilities

Improve park and recreation facilities

Reinforces policies in Community Design Element
Community Workshops
Workshop #2: Healthy Eating 101
Workshop #3: A Walkable South Gate
Taking South Gate’s Temperature

7 out of 10 adults are overweight or obese
5 out of 10 children are overweight or obese
Higher rates of adult diabetes (9.7% vs. LAC 8.1%)

<table>
<thead>
<tr>
<th>Rank</th>
<th>South Gate</th>
<th>LA County</th>
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<tbody>
<tr>
<td>1</td>
<td>Heart Disease</td>
<td>Heart Disease</td>
</tr>
<tr>
<td>2</td>
<td>Stroke</td>
<td>Stroke</td>
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<tr>
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<td>Diabetes</td>
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General Plan
Making the Connection

Policy Decisions
Urban Form,
Transportation System, and
Land Use

Built Environment
Access to Goods and Services
Travel Choices
Street Design

Health Indicators
Physical Activity Levels, Time spent driving,
Access to Nutrition and Healthcare
Pollution, Stress

Health Outcomes
Diabetes, Obesity
Traffic Accidents, Respiratory Illness
Crime, Mental Health Issues
A Healthy General Plan

Health included in the vision statement
Regulates land use and urban form
Requires “healthy” transportation and infrastructure systems
Layers health policies throughout
Includes a stand-alone “Healthy Community” Element
Healthy Community Element

Stand-alone Healthy Community “element”

- Overall health and well-being
- Land use patterns that support physical activity
- Active and safe transportation
- Access to healthy foods
- Access to health care
- Air pollution
- “Traditional” safety element topics (seismic, emergency preparedness)
Data Challenges

Creating connections between land use and health outcomes

Many data sources – difficult to get info

Obtaining accurate city-level and sub-city level information (LA County is the exception)
Public Health Issues

Data Sources: 2000 BRFSS, 2002 NHANES, Powell 1994, Pratt et. al. 2000; CDC
### Leading Causes of Death

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Adults with Fair or Poor Health

LA County: 20.6%
South Gate & surrounding cities: 26.4%
Overweight and Obese Adults

LA County

- Overweight: 35.5%
- Obese: 20.9%

South Gate & Surrounding Cities

- Overweight: 39.5%
- Obese: 33.1%
Obese Children Over Time

South Gate+

LA County

% |
-----|
33 |
31 |
29 |
27 |
25 |
23 |
21 |
19 |
17 |
15 |

1999 | 21.2 |
2001 | 21.2 |
2002 | 23.4 |
2003 | 25.6 |
2004 | 27.9 |
2005 | 29.1 |

Obese Children Over Time
Food Sources (healthy, not so much)
Proximity to Freeways and Truck Routes
Vision Statement

HEALTHY ENVIRONMENT: South Gate supports public health through a healthy environment that includes and promotes walkable communities, safe neighborhoods, enhanced recreational and cultural amenities, reduced noise and air pollution, water and energy conservation, and an attractive natural environment.
Overall Health

Take health into consideration in city’s decisions
Monitor health conditions
Focus on preventive care
Build and maintain partnerships
Access to Healthy Foods

Encouragement of healthy food stores

Promote and support farmers markets

Create community gardens and support “edible” school yards

Avoid concentrations of unhealthy food, particularly around schools
Respiratory Health

Siting of “sensitive receptors”

- Freeways (I-710)
- Truck routes
- Heavy industrial areas

Addresses tension between density and air pollution

Promotes reduction of auto trips
Additional Topics

Access to health care
- Partnerships with local health providers
- Incentives for hospitals and clinics
- Full range of health care, including mental health

Seismic safety

Emergency preparedness

Hazardous materials
Proximity to Parks

3,998 of 14,114 (28.3%) residential parcels are located within one-quarter mile of parks in South Gate.
Community Design Element

- Redevelop major corridors with mixed use
- Create mixed use districts
- Create “neighborhood nodes” within walking distance of residents
- Build around transit
- Revise land use designations to address urban form and character
Making the Health Connection

Policy Decisions
Urban Form, Transportation System, and Land Use

Built Environment
Access to Goods and Services
Travel Choices, Street Design

Health Conditions
Physical Activity Levels, Time spent driving,
Access to Nutrition and Healthcare, Pollution, Stress

Health Outcomes
Diabetes, Obesity
Traffic Accidents, Respiratory Illness
Crime, Mental Health Issues
CO2 Emissions Comparison

CO2 Per Sq. Mile

CO2 Per Household
A Healthy General Plan

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