

Plan4Health

LINCOLN COUNTY WORKSHOP COMMUNITY PLANNING ASSISTANCE TEAM

WHAT DOES PLANNING HAVE
TO DO WITH HEALTH?

OPPORTUNITIES

CHALLENGES



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- About half of Oregonians have a chronic disease
- Chronic diseases are responsible for 7 out of 10 deaths every year
- In 2015, 16% of households were food insecure at some point (compared to almost 14% in 2011)
- Over 25% of adult Oregonians live with obesity
- Only ¼ Oregon 11th graders get the recommended hour of physical activity each day



QUESTIONS FOR ATTENDEES

Key Question: What are you currently working on that has the potential to improve health through plans or programs to change the built environment?



CHALLENGES

Based on your knowledge and experience, what are the primary **challenges** to improving health outcomes through the work you do?



OPPORTUNITIES



Based on your knowledge and experience, what are the primary **opportunities** to improving health outcomes through the work you do?

PRIORITIES

If you had the capacity to **do any one thing tomorrow** to improve health outcomes through the work you do, what would you do and why?



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RECOMMENDATIONS



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PLANNING FOR HEALTH

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CHALLENGES

Recommendations: **Build Awareness, Make the Connection**

- a. **Public health and planning speaker series:** For community education and awareness, targeted to decision-makers (city councils, planning commissioners, board of commissioners, Oregon Transportation Commission) and stakeholders such as developers and business community
- b. **Youth-to-Youth peer program:** For active living and healthy lifestyles, schools
- c. **Tell the story:** Personal profiles, communications highlighting positive outcomes from demonstration projects, such filling a critical gap in a sidewalk connection
- d. **Leverage existing resources:** Tsunami evacuation routes and trails

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Recommendations: Broaden the Assessment

- a. **Combine and interpret health outcomes and planning maps:** Health outcomes, food access, transportation, jobs, housing
- b. **Inventory and track planning activities:** Identify City and County planning projects and schedules, match with opportunities for public health involvement in planning for active living
- c. **Assess committee and work group membership:** Do you have the right people? Who else could deepen understanding?
- d. **Include mental health indicators:** What are baseline indicators from County (that can be measured, have data)?
- e. **Perform pre- and post- evaluation:** Progress since the last CHIP? How will public health and planners measure performance?

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Recommendations: Be the Convener

- a. **Networking and communication:** get professionals together to make change happen – who do you talk to? Learn from community engagement
- b. **Develop a county-wide advocacy agenda for ODOT:** identify consensus on one or two items that all jurisdictions will advocate for on Hwy 101 (lit crossings?)
- c. **Network with others who have impact on your community's health:** public safety, regional solutions team
- d. **Connect vulnerable populations to planning:** Bring planner into community health classes to hear about people's needs for to live healthier lives; planners integrate input into plans

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Recommendations: Share and Collaborate on Policies

- a. **Teach one another about plans and policies:** CHIP, CHA, Comprehensive Plan, Transportation System Plan, Parks Master Plans, Development Codes
- b. **Cross-pollinate boards:** ex officio or appointment of health professional on planning commission(s)
- c. **Embody health and planning goals in HR Performance Evaluations:** example, City of Tigard Walkable City goal
- d. **Health in All Policies:** Consider adopting a Health in All Policies approach to improving health outcomes

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Recommendations: **Prioritize Funding**

- a. **Fund programs, assessment, evaluation:** Fund activities that help inform decision-making, understand outcomes
- b. **Explore joint funding opportunities:** Partner with planners on grants and projects to leverage resources and staff
- c. **Active transportation gap analysis and prioritization:** Cities (and the County) should study bike/pedestrian/transit gaps and prioritize infrastructure improvements that improve health outcomes

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Recommendations: **Make the Business Argument**

- a. **Sell the vision:** Talk about economic development co-benefits of planning for health. Good for health and good for the economy
- b. **Support Coast Trail and Bicycle Tourism:** Active transportation tourism supports local businesses and improves transportation for locals
- c. **Competition is good:** Cities can support challenges to promote healthy living. Also see Tillamook County Year of Wellness

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Recommendations: **Champions Ensure Success**

- a. **Champion programs:** Programs such as Farmer's Markets, community gardens, school programs and Safe Routes to School are much more successful with dedicated staff (or volunteers) to champion the program and organize efforts.

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Recommendations: **Housing is a Health Issue too**

- a. **Healthy Housing:** Our homes shouldn't make us sick. Support policies and promote education to rehabilitate housing to address mold, energy efficiency, leaks, etc.
- b. **Affordable and workforce housing:** Money spent on housing can't be spent on transportation, health care, medicine, or food. Work with cities to promote policies and programs to increase affordable and workforce housing

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