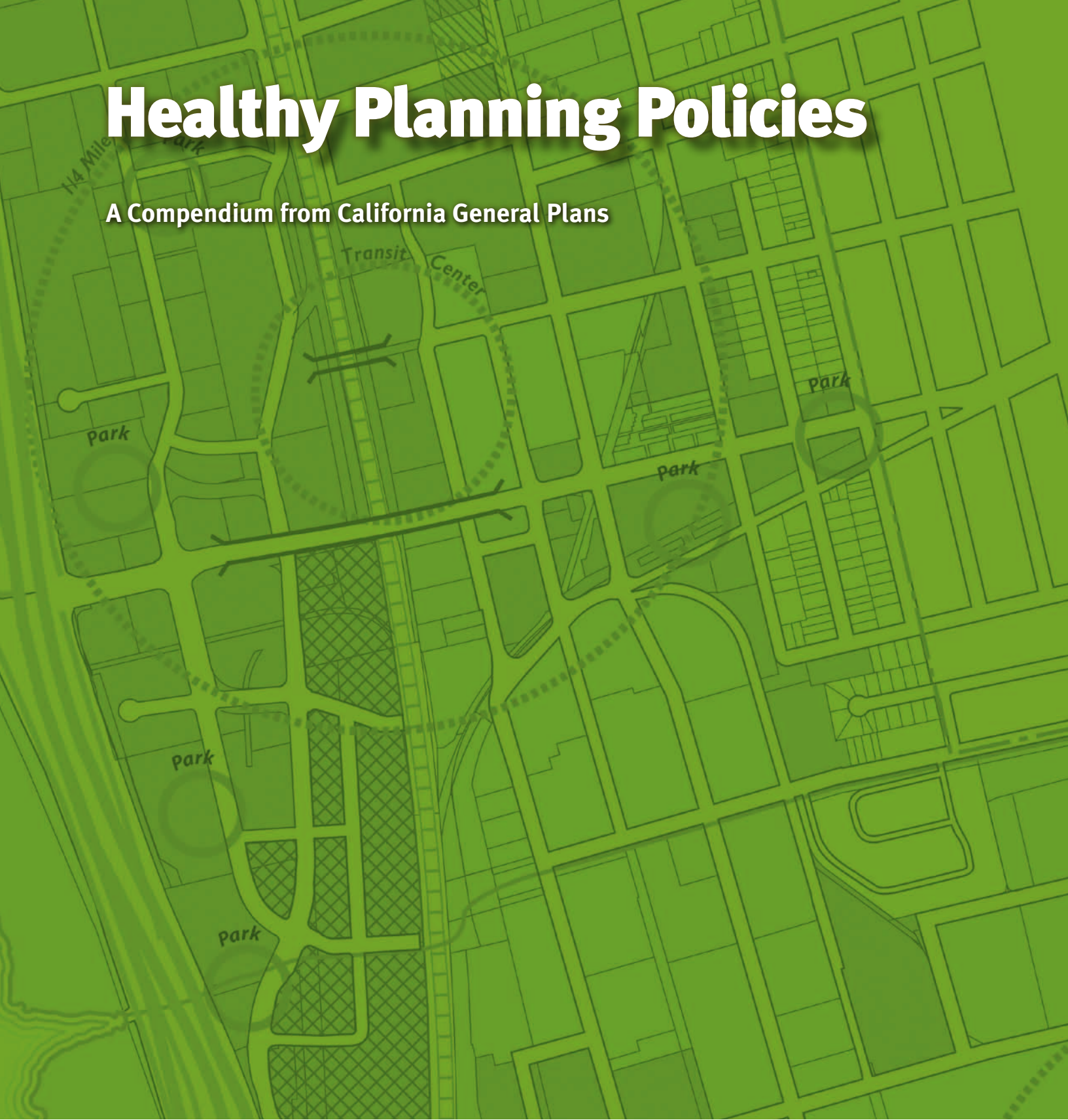


Healthy Planning Policies

A Compendium from California General Plans



ChangeLab Solutions
Law & policy innovation for the common good.



Healthy Planning Policies

A Compendium from California General Plans



This publication was developed by ChangeLab Solutions.

ChangeLab Solutions is a nonprofit organization that provides legal information on matters relating to public health. The legal information provided in this document does not constitute legal advice or legal representation. For legal advice, readers should consult a lawyer in their state.

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Introduction

As communities look to promote residents' health through local planning and development, one strategy with the greatest impact may lie in their general plans.

California state law requires every county and city to adopt a *general plan*, a comprehensive, long-term plan for its physical development.¹ As the “constitution” of a community, the general plan underlies all decisions about how land is used. Legally, all local government land use policies must rest on the principles and goals of the general plan.²

Language for a healthy general plan comes in many forms: a stand-alone “health element” devoted to the topic, language interweaved throughout various other elements of the document, or a combination of both. It may include overarching guiding principles and goals, as well as specific policies and actions. Policies can support healthy changes to the community without directly addressing their health benefits (in other words, they can be *health implicit*), or they can provide a health context to clarify their purpose and significance (*health explicit*).

California general plans span the range of these options. All address health at least minimally, through traditional topics such as environmental protection, hazard mitigation, parks and recreation, housing and building standards, and zoning (in fact, the earliest zoning measures were intended to separate land uses to reduce the spread of disease). In the last few years, however, a new understanding of the built environment's impact on health has brought the public health community and planners together to develop and implement innovative health-related land use policies.

This guide excerpts language from general plans that have gone a step beyond the traditional to promote health. Some may not explicitly reference health but do much to support it by calling for walkable and bikeable, dense, mixed-use communities. Other general plans specifically include health rationale, helping current and future decision makers understand the intent and implement policies accordingly.

Outside of California, legal requirements vary as to whether comprehensive plans are required and, if so, whether development must conform to the policies and standards laid out within them. Still, most urban communities do use land use planning to shape and prioritize development. Check with your local planning department to learn about your community's specific requirements.

This compilation reflects a growing diversity of strategies for integrating health into planning, but these examples are still probably best considered the work of “early adopters.” By sharing them more broadly, we hope to spur innovation and emerging best practices in the integration of health into land use policy.

This compilation is a living document. If your general plan includes innovative health language that should be included here, please contact us at **info@changelabsolutions.org**.

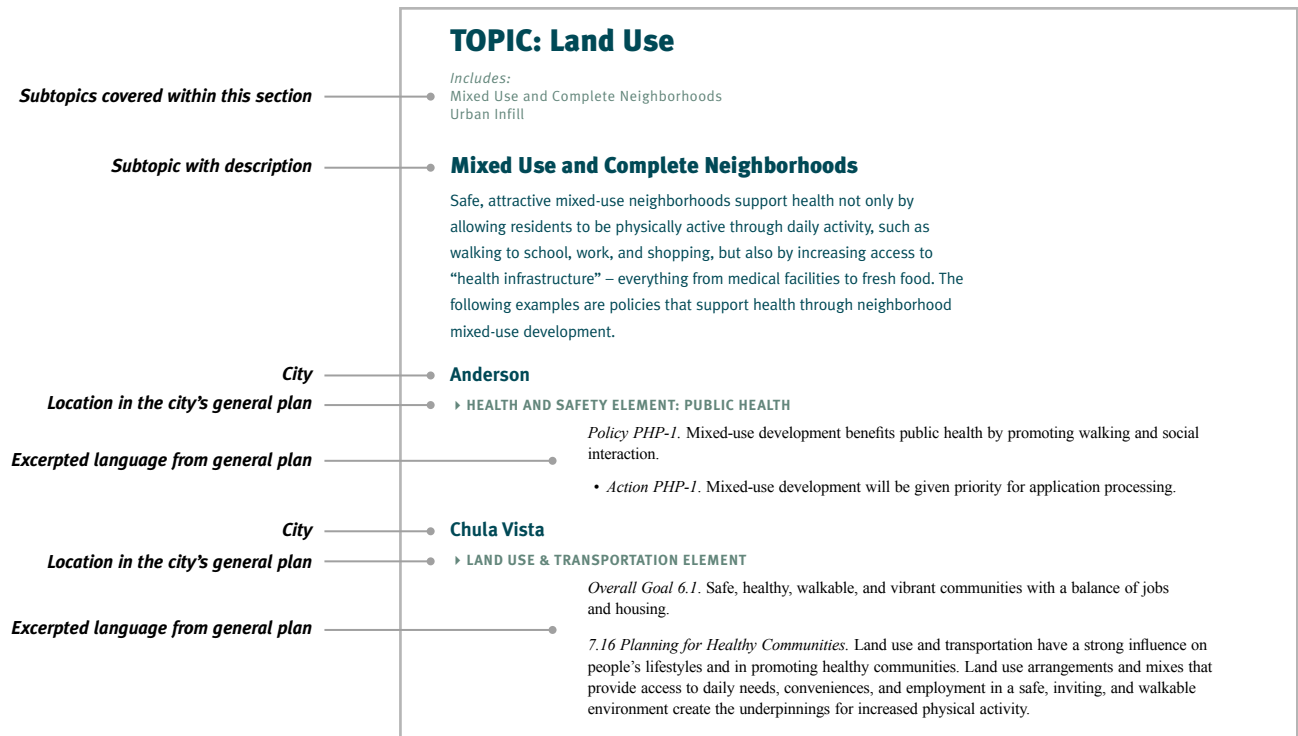
¹ California Gov't. Code § 65300.

² Planning for Healthy Places. *How to Create and Implement Healthy General Plans*, “Section III: Writing a Healthy General Plan.” Available at: www.healthyplanning.org/toolkit_healthygp.html.

How to Use This Guide

The policies in this compilation are grouped into two main categories: *traditional* and *innovative*. “Traditional” planning topics are those commonly found in land use plans that may not always carry an explicit connection to health. “Innovative” topics are relatively novel in land use planning and usually make explicit references to health.

Within these two categories, policies are organized by the topic they address (for example, *Healthy Food Access*). They are presented as they appear in the general plan from which they are cited and broken down into specific subtopics or goals (*Agricultural Preservation, Farmers’ Markets*, and so on). Some policies support several goals; in this case, they are excerpted in the first instance of their relevance and cross-referenced in subsequent sections.



As you peruse the collection of policies in this booklet, you might notice how different plans address the same topic in different ways. While most land use plans follow a typical hierarchy of policy statements (see “Glossary of General Plan Terms” next page), not all communities use these policy terms in the exact same way. The level of detail or specificity – and the extent to which specific standards, targets, or other indicators are used – also varies.

While mining these policies for ideas on how to create a healthy general plan in your own community, remember that details matter. A policy that makes a broad statement supporting walkability, for example, but that lacks any specific standards or actions to support that statement (such as creating mixed-use districts that integrate commercial and residential uses, or updating design guidelines with pedestrian-friendly requirements) will be difficult to implement. At the end of the day, any land use plan is only as effective as its ability to shape real, on-the-ground development – so paying attention to implementation is critical.

Public health advocates and planners should ask the following questions to assess whether any land use policy will help achieve a community’s vision for a healthy community:

- **Does the policy reflect the community’s vision?** Was a broad and diverse set of stakeholders involved in identifying needs the policy aims to address?
- **Does the policy include locally relevant health data?** Benchmarks (existing conditions) as well as standards and targets (goals for future conditions) can reflect health and built environment data.
- **How will we implement the policy?** Does it identify actions and programs (such as updating zoning codes or securing funding for an infrastructure investment) that will guide us from vision to action? Does it name implementation partners so that local government agencies and the community know who will play what role?
- **How do we know if the policy has been successful?** Are there identified standards or targets that can be measured to highlight where policies have achieved a vision and where they may need to be reworked?
- **Does the policy make progress toward eliminating health disparities?** Does it specify that underserved, low-income, or communities of color receive priority for funding or infrastructure development?

Each of these questions points to an overarching principle in land use policy development: Place matters. No policy, no matter its merits, works in every community; local needs, appropriate standards, and implementation strategies will vary. Feel free to borrow ideas, but resist the temptation to copy and paste wholesale.

Glossary of General Plan Terms

| | |
|--------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Goals | Broad outcomes (which can be supported by an evidence-based rationale) to be achieved by implementing the general plan. <i>Example: The city/county will support walkable streets and neighborhoods. Community design that promotes walkability encourages physical activity and promotes healthy behaviors.</i> |
| Objectives | Outcomes, more specific than goals, describing an (ideally measurable) end state. <i>Example: Ensure that all neighborhoods have well-maintained, well-lighted pedestrian facilities.</i> |
| Policies | Statements that set out standards and guidelines to inform decisions made by city staff, the planning commission, and local elected officials on an ongoing basis. <i>Example: Prioritize the development of safe, well-maintained walking routes along streams, rivers, and waterfronts.</i> |
| Standards / Targets | Numeric objectives that define a desirable level or value of an indicator. (Standards can also serve as policies.) <i>Example: All households are within a quarter-mile of a recreational facility.</i> |
| Plans / Programs / Actions | Governmental actions taken in pursuit of a goal. <i>Example: Update the zoning ordinance to provide for mixed residential and commercial use along a neighborhood commercial corridor.</i> |
| Indicators / Baselines / Benchmarks | Measurable ways to assess progress toward a goal. (A <i>baseline</i> provides a current measurement of a given indicator against which future progress can be measured; a benchmark sets a target for the indicator as the general plan's goals and policies are implemented.) <i>Example: Currently, 60 percent of households live within a quarter-mile of a recreational facility. Implementation of this plan will strive to ensure that 85 percent of households live within a quarter-mile of a recreational facility.</i> |

Additional resources available online at www.changelabsolutions.org:

- **General Plans and Zoning: A Toolkit on Land Use and Health**, a primer on how to get involved in land use planning in your community
- **How to Create and Implement Healthy General Plans**, a toolkit featuring additional ideas on model general plan policies that support healthy communities, including implementation strategies

Types of Healthy General Plan Policies, by Location

The table on the following page shows which California jurisdictions have adopted (or are in the process of adopting) particular types of health-promoting policies in their general plan. All plans included in this table have already been adopted or are publicly available in draft form. Communities that are in the process of updating their general plans to include health language but have not posted a public draft of their plan are not listed.

Please note that this table does not represent a comprehensive survey of all California General Plans; it is merely a selection designed to offer examples of a range of strategies for integrating health goals into land use plans. The categories reflect general topic areas addressed by these policies, not necessarily the location in the plan from which policies are cited. This compilation is a living document. Additions or corrections to this table should be submitted to info@changelabsolutions.org.

| | Anderson | Azusa | Chula Vista | Marin County | Oakland | Paso Robles | Richmond | Riverside County | Sacramento | San Francisco | Santa Rosa | Solano County | Sonoma County | Union City | Ventura | Walnut Creek | Watsonville | |
|---------------------------------------------|----------------------------------------------------|-------|-------------|--------------|---------|-------------|----------|------------------|------------|---------------|------------|---------------|---------------|------------|---------|--------------|-------------|---|
| Traditional Topics – Health Language | Land Use | | | | | | | | | | | | | | | | | |
| | Mixed Use and Complete Neighborhoods | ■ | ● | ■ | ● | ● | ● | ■ | ● | | ● | ■ | ● | | | ● | | |
| | Urban Infill | ■ | | | ■ | | | ● | ● | | | | ● | | ● | | | |
| | Transportation | | | | | | | | | | | | | | | | | |
| | Transit Access | | | | | | | ■ | ■ | ● | ● | | ■ | ● | | | | |
| | Transit-Oriented Development | ■ | | | ● | | | ■ | ■ | | | | | ● | | | ● | ● |
| | Traffic Reduction | | | | ■ | | | ■ | ■ | | | | ■ | ● | | | | ■ |
| | Traffic Safety | | | | | | | ■ | ■ | | | | | ■ | | | | |
| | Physical Activity | | | | | | | | | | | | | | | | | |
| | Bicycle Facilities | ■ | ● | ■ | ● | ■ | ● | ■ | ■ | ● | ■ | ● | ■ | ● | | | ■ | |
| | Pedestrian Facilities | ■ | ● | ■ | ● | ■ | ● | ■ | ■ | ■ | ■ | ● | ■ | ● | | ■ | ■ | ■ |
| | Parks and Recreation | ■ | | ■ | ■ | | | ● | ■ | ■ | ● | ● | ■ | ■ | | | ■ | ■ |
| | Joint Use | | | | | | | ■ | ■ | | ■ | ● | ■ | | | | | |
| | Environmental Quality | | | | | | | | | | | | | | | | | |
| Pollution | | | ■ | ■ | | | ■ | ■ | | | | | ■ | | ■ | | | |
| Brownfield Cleanup | | | | ■ | | | | | | | | | ● | | ■ | | | |
| Innovative Topics – Health Language | Raising the Profile of Public Health | | | | | | | | | | | | | | | | | |
| | Independent Health Element | ■ | | | | | | ■ | ■ | ■ | | | ■ | | | ■ | | |
| | Health Guiding Principle | | | | ■ | | | ■ | | | | | ■ | | | | | |
| | Health Rationale | ■ | | ■ | ■ | ■ | | ■ | ■ | | | | ■ | | | ■ | ■ | |
| | Considering Health in Planning Processes | | | | | | | ● | | | | | ■ | | | | | |
| | Health Care and Prevention | | | | | | | | | | | | | | | | | |
| | Funding and Support for Health Services | | | | | | | ● | | | | | ■ | | ■ | ■ | | |
| | Access to Health Care and Health Services | | | | ■ | | | ■ | ■ | | ■ | | ■ | ■ | ■ | ■ | ■ | ■ |
| | Alcohol, Drugs, and Tobacco | | | | ■ | | | | | | | | ■ | | | ■ | | |
| | Mental Health | | | | ■ | | | | ■ | | | | ■ | | | | | |
| | Nutrition and Physical Activity Consumer Education | | | | ■ | | | | | | | | | | | ■ | | ■ |
| | Healthy Food Access | | | | | | | | | | | | | | | | | |
| | Agricultural Preservation | | | | ■ | | | ■ | ■ | | | | ■ | ■ | | | | ■ |
| | Local Food | | | | ■ | | | | ■ | | | | ■ | ■ | | | | |
| | Urban Agriculture | | | | | | | ■ | | | ■ | ● | | ■ | | | | ■ |
| | Farmers' Markets | | | ■ | ■ | | | ■ | | | | | ■ | | | | | ■ |
| | Healthy Food Retail | | | | | | | ■ | ■ | ■ | | ● | ■ | | | | | ■ |
| | Emergency Food and Food Assistance | | | | ■ | | | ■ | | | | | | | | | | ■ |
| | Equity | | | | | | | | | | | | | | | | | |
| | Equitable Distribution of Opportunity and Risk | | | | ■ | | | ■ | ■ | ■ | ■ | ■ | | | | | | |
| Vulnerable Populations | | | | ■ | | | ■ | ● | | ■ | ● | | ● | ■ | | ■ | | |
| Environment | | | | | | | | | | | | | | | | | | |
| Climate Change | | | | ■ | | | | ● | | | | | ● | | | | | |
| Green Building and Development | | | | | | | ■ | ● | | | | | ● | | | | | |

■ "Health Explicit" policy language includes health rationale
● "Health Implicit" policy language does not include specific health rationale

SECTION I

Health-Promoting Policies in Traditional Planning Topics

The policies included in this section address public health either explicitly or implicitly. The policies that do not reference health benefits directly nonetheless reflect an understanding of how community structure and design contributes to residents' quality of life. Other policies draw explicit connections to their associated health benefits – indicating not only an increased awareness of the effect planning decisions can have on residents' health but also the potential for greater impact. In general, elected officials, planning agencies, and others are more accountable for the health consequences of land use decision-making and implementation when general plan language *explicitly* references health concerns.

TOPIC: Land Use

Includes:

Mixed Use and Complete Neighborhoods

Urban Infill

Mixed Use and Complete Neighborhoods

Safe, attractive mixed-use neighborhoods support health not only by allowing residents to be physically active through daily activity, such as walking to school, work, and shopping, but also by increasing access to “health infrastructure” – everything from medical facilities to fresh food. The following examples are policies that support health through neighborhood mixed-use development.

Anderson

▶ HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH

Policy PHP-1. Mixed-use development benefits public health by promoting walking and social interaction.

- *Action PHP-1.* Mixed-use development will be given priority for application processing.

Azusa

▶ THE BUILT ENVIRONMENT ELEMENT: CITY DESIGN

Land Use Vision: Achieving Azusa’s future vision rests on improving the connections between pleasant, safe, and walkable neighborhoods and distinct districts offering the stores. Residential areas will emphasize a “sense of place” by strengthening or introducing the physical structures of healthy neighborhoods, including improving safety and well-being through the provision of lighting, sidewalks, street trees, traffic calming measures, and other human-scale amenities that foster pedestrian activity but do not create traffic congestion.

Chula Vista

▶ LAND USE AND TRANSPORTATION ELEMENT

Overall Goal 6.1. Safe, healthy, walkable, and vibrant communities with a balance of jobs and housing.

7.16 Planning for Healthy Communities. Land use and transportation have a strong influence on people’s lifestyles and in promoting healthy communities. Land use arrangements and mixes that provide access to daily needs, conveniences, and employment in a safe, inviting, and walkable environment create the underpinnings for increased physical activity.

Marin County

▶ BUILT ENVIRONMENT ELEMENT: COMMUNITY DESIGN

Goal DES-2. Transit-Oriented Development. Locate mixed-use, medium- to higher-density development in appropriate locations along transit corridors.

Policy DES-2.1. Enhance transit nodes. Concentrate commercial and medium- to high-density residential development near activity centers that can be served efficiently by public transit and alternative transportation modes. Carbon monoxide emissions from mobile sources in urban areas can be as high as 90 percent of all emissions.

- *Action DES-2.a.* Designate target nodes. Work with cities and towns and the Transportation Authority of Marin to identify transit nodes appropriate for mixed-use development, and promote transit-oriented development through means including the following:
 - rezoning of commercial properties to residential and/or mixed use;
 - expanded zoning for multifamily housing;
 - flexible parking and building height limitations;
 - density bonus programs;
 - design guidelines for private and public spaces; and
 - incentives for redevelopment of underutilized areas, such as surface parking lots (see other Community Development, Housing, and Transportation programs).
- *Action DES-2.b.* Encourage flexible-use building types. Encourage more mixed uses, and enable prototype structures for use in neighborhood center zones that can be adapted to new uses over time with minimal internal remodeling, avoiding the need for expensive and energy-intensive demolition and reconstruction.
- *Action DES-2.c.* Allow mixed use in commercial districts. Amend the Development Code to allow residential and mixed-use development in commercial zoning districts, including through infill development and redevelopment of surface parking lots, and employing techniques such as those listed in DES-2.a. (See other Community Development, Housing, and Transportation programs.)

Paso Robles

► LAND USE ELEMENT

Goal LU-2. Image/Identity. Maintain/enhance the City’s image/identity.

Policy LU-2D. Neighborhoods. Strive to maintain and create livable, vibrant neighborhoods and districts.

Policy LU-2G. Specific Plans. Require for large, vacant and/or underutilized areas, as well as for areas with special planning needs. Within the scope of a specific plan, the Planning Commission and City Council have the authority to ... provide flexibility in terms of ... allowable land uses by providing an opportunity for mixed use provisions (e.g., neighborhood serving commercial land uses) within the overall residential densities anticipated in the General Plan.

Richmond

► COMMUNITY HEALTH AND WELLNESS ELEMENT

Goal HL-G. Completeness of Neighborhoods. Ensure complete neighborhoods that provide proximity to daily goods and services within walking distance of homes and a setting for building community cohesion.

Policy HL-31. Encourage mixed-use, pedestrian-, and transit-oriented development. Focus on major corridors and key intersections. Provide a concentration of neighborhood, community, and retail amenities and services in close proximity to residential neighborhoods. Collaborate with other jurisdictions to develop appropriate plans, standards, and guidelines.

Policy HL-32. Promote neighborhood retail and community nodes in residential areas. Provide a range of essential, local-serving retail and public amenities and services to residents within walking distance.

Riverside

▶ HEALTHY COMMUNITIES ELEMENT: LAND USE AND COMMUNITY DESIGN

Land use patterns – how the land uses are arranged and the urban form is constructed – are critical to the health and well being of residents because they affect such things as levels of physical activity, access to nutritious food, and the creation of and exposure to pollutants. Healthy land use patterns can be achieved by encouraging infill; focusing development in mixed-use districts and along major transit corridors; avoiding leap frog development; constructing a diverse mix of uses throughout the County; and encouraging land use patterns that promote walking, bicycling, and transit use.

▶ HEALTHY COMMUNITIES ELEMENT: COMMUNITY DEVELOPMENT LAND USES

Community Development Areas are described in the Land Use Element as “the appropriate location for urban and suburban development” and are intended to include: “a breadth of land uses that foster variety and choice; accommodate a range of lifestyles, living, and working conditions; and accommodate diverse community settings.” They are also intended to provide a quality physical environment achieved through a range of community design options that respond to varied lifestyle choices with a high regard for the environment, community character, and safety. These areas are intended to have a balance of jobs, housing, and services within each community to help achieve mobility, open space, and air quality goals described in the General Plan vision. Many of these same characteristics are important for creating healthy environments for living and working.

Policy HC 3.1. Recognize and actively promote policies that achieve positive health outcomes in the Community Development areas. These include policies that:

- *Action HC 3.1.a.* Promote and support high-density, mixed use development near existing and proposed high-frequency transit service.
- *Action HC 3.1.b.* Promote the creation of communities with a balanced mix of uses and regional transportation facilities within walking distance where residents will be able to walk to meet their daily needs.
- *Action HC 3.1.c.* Encourage pedestrian oriented design and the use of bicycles and walking as alternatives to driving and as a means of increasing levels of physical activity.
- *Action HC 3.1.d.* Provide for a range of housing options to accommodate a range of income levels and household types.
- *Action HC 3.1.e.* Foster a robust, sustainable economy that provides an adequate balance of jobs and housing, and a decent living wage for all residents.

▶ HEALTHY COMMUNITIES ELEMENT: COMPLETE COMMUNITIES

Policy HC 5.1. Encourage the development of complete neighborhoods that provide for the basic needs of daily life and for the health, safety, and mental well-being of residents.

Policy HC 5.6. Allow neighborhood retail, service, and public facilities within walking distance of residential areas, whenever appropriate.

Sacramento

▶ LAND USE ELEMENT: CITYWIDE LAND USE AND URBAN DESIGN

Goal LU 2.1. City of Neighborhoods. Maintain a city of diverse, distinct, and well-structured neighborhoods that meet the community’s needs for complete, sustainable, and high-quality living environments, from the historic downtown core to well-integrated new growth areas.

Policy LU 2.1.3. Complete and Well-Structured Neighborhoods. The City shall promote the design of complete and well-structured neighborhoods whose physical layout and land use mix promote walking to services, biking, and transit use; foster community pride; enhance neighborhood identity; ensure public safety; are family-friendly; and address the needs of all ages and abilities.

Complete neighborhoods promote livability and safety for residents of all ages, incomes, and cultural backgrounds. Characteristics of complete neighborhoods include the following:

- A mix of housing types and housing affordability
- One or more nodes or districts of vibrant commercial or civic activity that provide identity for the neighborhood (e.g., shopping district, collection of public buildings)
- Neighborhood services and facilities including schools, parks, retail (e.g., grocery store, drug store), restaurants and cafes, and community centers or other public meeting hall
- Employment opportunities accessible by transit
- Sustainable designs and green infrastructure that respond to climatic demands and conserve scarce resources
- Extensive tree canopy and attractive landscaping
- A sense of personal safety (e.g., low crime rate, short police- and emergency-response times)
- An interconnected street network with short blocks and few cul-de-sacs
- Convenient access to public transportation (e.g., light rail and bus)
- A complete network of pedestrian, bicycle, transit, and roadway facilities that are connected to adjacent neighborhoods, centers, corridors, and employment
- Well-maintained housing and public facilities

Policy PHS 5.1.7. Healthy communities. The City shall encourage the planning of new communities and revitalization of existing urban areas to achieve improvements in overall public health by encouraging a healthier living environment that includes walkable neighborhoods, access to recreation and open space, healthy foods, medical services, and public transit.

Santa Rosa

▶ LAND USE AND LIVABILITY ELEMENT

Policy LUL-E. Promote livable neighborhoods to ensure that everyday shopping, park and recreation facilities, and schools are within easy walking distance of most residents.

Solano County

▶ PUBLIC HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH: PLANNING CONTEXT

Integrating land uses such as retail, office, residential, open space, schools, and child care allows people to easily accomplish basic needs using active transportation such as bicycling or walking rather than having to drive for every trip.

Sonoma County

▶ LAND USE ELEMENT

Policy LU-11e. Encourage use of compact and mixed-use development that minimizes the need to drive, reuses existing infill and brownfield sites that have been reclaimed and remediated before using open land, and avoids sprawl.

Walnut Creek

▶ BUILT ENVIRONMENT ELEMENT: LAND USE

Built Environment Goal 3. Encourage housing and commercial mixed-use development in selected locations that enhances pedestrian access and reduces traffic.

Policy 3.1. Create opportunities for mixed-use developments.

Urban Infill

Sprawl limits people's transportation choices and presents challenges to living a healthy, active lifestyle. Infill policies direct new development to vacant or underutilized urban areas, often near transit and services, instead of developing sprawling areas on the urban edge. Urban infill also offers opportunities to invest in communities that may be underserved in terms of access to healthy food, affordable housing, or good jobs. The following examples support health by promoting urban infill.

Anderson

▶ HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH

Policy PHI-3. Urban infill will take advantage of existing infrastructure.

Marin County

▶ BUILT ENVIRONMENT ELEMENT: COMMUNITY DEVELOPMENT

Goal CD-6. Confinement of Urban Development. Concentrate new medium- to high-intensity land uses at infill areas where services can be provided.

Equity: People who live in areas with a high degree of sprawl are more likely to report chronic health problems such as high blood pressure, arthritis, headaches, and breathing difficulties, compared with residents in less-sprawled-out areas. Concentrating development expands affordable housing and employment options and improves the quality of life for residents.

Riverside

▶ HEALTHY COMMUNITIES ELEMENT: COUNTYWIDE LAND USES

Policy HC2.2. Promote increased physical activity, reduced driving, and increased walking, cycling, and transit use. Such policies include those which:

- *Action HC 2.2.a.* Target new growth to existing, urbanized areas while reducing new growth in undeveloped areas of the County.
- *Action HC 2.2.b.* Minimize the conversion of county agricultural lands to urban uses.
- *Action HC 2.2.c.* Support the development of compact, transit-adaptive, and pedestrian- and bicycle-friendly development patterns.
- *Action HC 2.2.d.* Reduce driving and increase opportunities for active transportation (walking and biking) and transit use.
- *Action HC 2.2.e.* Increase access to nutritious foods.
- *Action HC 2.2.f.* Reduce air and water pollution.
- *Action HC 2.2.g.* Require the incorporation of pedestrian and bicycle facilities in new development and on all new and renovated transportation facilities built and/or managed by the County.
- *Action HC 2.2.h.* Evaluate development based on its impacts to the environment, economy, infrastructure, and services.

See also:

- ▶ SECTION I: LAND USE: MIXED USE AND NEIGHBORHOOD ORIENTATION: RIVERSIDE: HEALTHY COMMUNITIES ELEMENT: LAND USE AND COMMUNITY DESIGN
- ▶ SECTION I: TRANSPORTATION: TRAFFIC REDUCTION: RIVERSIDE: ACTION HC 9.1.A

Sacramento

▶ LAND USE ELEMENT: GROWTH AND CHANGE

Goal LU 1.1. Growth and Change. Support sustainable growth and change through orderly and well-planned development that provides for the needs of existing and future residents and businesses, ensures the effective and equitable provision of public services, and makes efficient use of land and infrastructure.

Policy LU 1.1.5. Infill Development. The City shall promote and provide incentives (e.g., focused infill planning, zoning/rezoning, revised regulations, provision of infrastructure) for infill development, redevelopment, mining reuse, and growth in existing urbanized areas to enhance community character, optimize City investments in infrastructure and community facilities, support increased transit use, promote pedestrian- and bicycle-friendly neighborhoods, increase housing diversity, ensure integrity of historic districts, and enhance retail viability.

Sonoma County

See:

- ▶ SECTION I: LAND USE: MIXED USE NEIGHBORHOODS: SONOMA COUNTY: POLICY LU-11E

Ventura County

▶ OUR WELL-PLANNED COMMUNITY ELEMENT

Our “Infill First” strategy for Ventura means avoiding suburban sprawl by directing new development to vacant land in the City and Sphere of Influence (with the exception of SOAR land), and by focusing new public and private investment in carefully selected districts, corridors, and neighborhood centers where concentrated development and adaptive reuse will improve the standard of living and quality of life for the entire community.

TOPIC: Transportation

Includes:

Transit Access

Transit-Oriented Development

Traffic Reduction

Traffic Safety

Transit Access

Increasing transit access is a key strategy to creating healthy communities.

It promotes physical activity through daily exercise, reduces air pollution by encouraging alternatives to automobile use, and connects residents to needed services such as jobs, housing, education, healthy food, recreational opportunities, and medical facilities.

Richmond

► HEALTH AND WELLNESS ELEMENT

Goal HL-D. Access to Public Transit and Safe Active Transportation. Ensure that all residents have access to adequate and safe public transit and active transportation options that reduce dependence on fossil fuels, increase physical activity, reduce air and noise pollution and make streets safe for people of all ages.

Policy HL-17. Enhance public transit service in the city. Ensure that the current level of service is maintained and enhanced, and at least 95 percent of the housing units and employers in the city are served by public transit; they are within a quarter-mile of a local public transit stop or a half-mile of a regional public transit stop. Provide adequate service at night and on weekends, for people with disabilities and for low-income populations.

Policy HL-18. Ensure that all education institutions, community facilities and major commercial corridors and areas are served by public transit. Ensure that they are served a local public transit stop or are located within a half-mile of a regional public transit stop.

Policy HL-19. Provide a comprehensive system of active transportation modes in the city. Improve mobility for populations that do not have access to a car, by connecting major destinations including, parks, civic facilities, education institutions, employment centers, shopping, and recreation areas. Promote shared roadways through a pedestrian and bicycle network.

Policy HL-20. Require new development and redevelopment projects to provide pedestrian and bicycle amenities. Require projects to provide pedestrian and bike amenities including bike lanes, sidewalks, secured bicycle parking, signage, and other streetscape improvements.

Riverside

► HEALTHY COMMUNITIES ELEMENT: HEALTHY TRANSPORT SYSTEM

The County aspires to create a multimodal transportation system that supports active living and healthy lifestyles. The transportation system should promote walking, cycling, and transit use while also minimizing the need to drive long distances to get basic daily needs or to get to work. The transportation system should be designed in close coordination with land use patterns and the urban form so that all transportation facilities encourage people to drive less, walk more, and have greater access to jobs, healthy food, and community resources. In addition to focusing development in community development areas and clustered rural settlements, and locating near major transit corridors, healthier transportation networks can also be achieved by creating attractive and safe

facilities for all users, including vehicles, pedestrians, and bicyclists, and by promoting high-quality transit service.

Many transportation policies relevant to health are included in other elements of the General Plan, especially in the Circulation Element. The following policies are intended to supplement language elsewhere with a focus on health related transportation issues.

▶ **HEALTHY COMMUNITIES ELEMENT: SCHOOLS, RECREATIONAL CENTERS AND CHILD DAY CARE CENTERS**

Policy HC 13.4. Child day care centers, senior centers, schools, and other recreational centers should be equitably located throughout the County and should be easily accessible by public transportation.

See also:

- ▶ SECTION I: PHYSICAL ACTIVITY: PARKS AND RECREATION: RIVERSIDE: ACTION HC 10.3.B
- ▶ SECTION II: HEALTH CARE AND PREVENTION: ACCESS TO HEALTH CARE AND HEALTH SERVICES: RIVERSIDE: POLICY 12.2

Sacramento

See:

- ▶ SECTION I: LAND USE: MIXED USE AND NEIGHBORHOOD ORIENTATION: SACRAMENTO: POLICY LU 2.1.3

San Francisco

▶ **CIRCULATION ELEMENT**

In 1973, the San Francisco City Planning Commission and Board of Supervisors adopted the “Transit First Policy,” giving top priority to public transit investments as the centerpiece of the city’s transportation policy and adopting street capacity and parking policies to discourage increases in automobile traffic. This policy encourages multi-modalism including the use of transit and other transportation choices, including bicycling and walking, rather than the continued use of the single-occupant vehicle.

Solano County

▶ **PUBLIC HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH: PLANNING CONTEXT**

Public transportation that is efficient, enjoyable, and extensive alleviates residents’ reliance on the automobile, and makes combinations of transportation modes that include active means more likely.

Sonoma County

▶ **CIRCULATION AND TRANSIT ELEMENT**

Policy CT-2d. Require major traffic-generating projects on existing or planned transit routes to provide fixed transit facilities, such as bus turnouts, passenger shelters, bike lockers, and seating needed to serve anticipated or potential transit demand from the project.

Policy CT-2m. Provide a system of bus routes that is responsive to intercity commuters, transit-dependent groups, and persons with low mobility. Select route alignments to provide convenient access to major job centers, retail and recreational areas, high- and medium-density residential areas, and major health care and educational facilities.

Policy CT-2r. Encourage measures that divert automobile commute trips to transit whenever possible, including:

- 1) Establishment of standards for site design to allow for transit access, bus turnouts and passenger shelters, sidewalks between transit stops and buildings, secure bicycle lockers and shower facilities, complementary street layouts and geometrics that accommodate buses and bicycles, exclusive bus lanes, land dedication for transit, and transportation kiosks for tenants of business and industrial parks;

- 2) Programs that promote transit use to existing job centers and schools, such as transit information centers, on-site sale of transit tickets and passes, shuttles to transit stations or stops, transit ticket subsidies for employees and students, private or subscription transit service, parking fees and transportation allowances; and
- 3) Street and highway design and geometrics to accommodate transit vehicles and bicycles, bus turnouts and passenger shelters, sidewalk access to transit stops, park-and-ride lots, HOV lanes on major highways, signal preempting for buses, and transit centers at rail stations and major focal points in the bus route network.

Transit-Oriented Development

Transit-oriented development policies address not just the availability of transit services, but also a land use scheme to direct new development to areas that already have or plan to have public transit access.

Anderson

▶ HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH

Policy PHP-2. Transit-oriented development will be encouraged in all land-use designations.

Marin County

▶ BUILT ENVIRONMENT ELEMENT: COMMUNITY DESIGN

Goal DES-2. Transit-Oriented Development. Locate mixed-use, medium- to higher-density development in appropriate locations along transit corridors.

Policy DES-2.1. Enhance transit nodes. Concentrate commercial and medium- to high-density residential development near activity centers that can be served efficiently by public transit and alternative transportation modes. Carbon monoxide emissions from mobile sources in urban areas can be as high as 90 percent of all emissions.

- *Action DES-2.d.* Require parking “cash-out” program. Require new office developments with more than 50 parking spaces to offer a parking “cash-out” program [providing compensation to employees who opt out of having a parking space]. Consider the feasibility of a parking cash-out program for other new developments located in the City-Centered Corridor.

See also:

- ▶ SECTION I: LAND USE: MIXED USE AND NEIGHBORHOOD ORIENTATION: MARIN COUNTY: ACTIONS DES-2.A-C

Riverside

See:

- ▶ SECTION I: LAND USE: MIXED USE AND NEIGHBORHOOD ORIENTATION: RIVERSIDE: LAND USE AND COMMUNITY DESIGN
- ▶ SECTION I: LAND USE: URBAN INFILL: RIVERSIDE: POLICY HC 2.2
- ▶ SECTION I: LAND USE: MIXED USE AND NEIGHBORHOOD ORIENTATION: RIVERSIDE: ACTION HC 3.1
- ▶ SECTION I: TRANSPORTATION: TRAFFIC REDUCTION: RIVERSIDE: ACTION HC 7.2

Solano County

▶ PUBLIC HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH: PLANNING CONTEXT

Compact residential development allows more people to walk to parks, schools, transit, shops, and services. With more people in the same area able to reach these services, compact residential development helps provide greater demand for those services, increasing their long-term availability.

Sonoma County

► CIRCULATION AND TRANSIT ELEMENT

Policy CT-1d. Work with the Cities to provide jobs, housing, shopping, and coordination of local transit along the SMART [Sonoma Marin Area Rail Transit] passenger rail corridor in order to reduce the need for automobile travel to and from work and shopping centers.

Policy CT-1e. Support development, implementation, and operation of a passenger rail system and contiguous north-south pedestrian and bicycle path along the SMART passenger rail corridor, including the funding necessary to support a multimodal feeder system.

Policy PF-3n. Site new public facilities that provide youth, family and senior services near transit stops when feasible.

► PUBLIC FACILITIES AND SERVICES ELEMENT

Policy PF-3n. Site new public facilities that provide youth, family and senior services near transit stops when feasible.

Walnut Creek

► QUALITY OF LIFE ELEMENT: COMMUNITY SERVICES

Goal QL-7. Promote strong community support systems for families and individuals of all ages.

Policy 7.4. Facilitate the provision of safe, accessible youth activities, facilities, and services.

- *Action 7.4.2.* Plan youth facilities and programs in locations accessible by transit or close to schools and bicycle trails.

Watsonville

► GUIDING PRINCIPLE

Guiding Principle: Human Scale

Encourage pedestrian-friendly neighborhoods, a vibrant downtown, and great streets, parks, and plazas by leveraging public investments and guiding private actions. Safe and comfortable settings should be a goal in both urbanized and new growth areas.

Performance Goals [include]:

- Provide a high proportion of homes within a quarter-mile of parks, schools, retail conveniences, and transit.
- Reduce vehicle miles traveled per household.

Traffic Reduction

Traffic reduction has health implications by reducing the potential for injuries and fatalities resulting from crashes, as well as improving air quality through reduced vehicle emissions. Traffic-reduction strategies include both traffic-calming measures and measures to reduce vehicle miles traveled.

Marin County

► BUILT ENVIRONMENT ELEMENT: COMMUNITY DEVELOPMENT

Goal CD-3. Low-Vehicle-Use Employment Opportunities. Facilitate employment opportunities that minimize the need for automobile trips, such as live/work, telecommuting, satellite work centers, and home occupations, in addition to mixed-use development strategies.

Equity: Adults are almost twice as likely to die from heart or lung disease when they live in high-traffic areas. Quality of life improves as more residents find services closer to home, roadways less crowded, and more time available for personal pursuits.

Riverside

▶ HEALTHY COMMUNITIES ELEMENT: OPEN SPACE, RURAL COMMUNITY AND AGRICULTURAL LAND USES

Policy HC 4.2. Consider services that reduce the need for residents to drive to meet their daily needs. Such services might include: shopping shuttles to nearby retail districts, retail near residential, and mobile or virtual health clinics.

▶ HEALTHY COMMUNITIES ELEMENT: MULTIMODAL TRANSPORTATION NETWORK

Many areas of the county experience severe traffic congestion. A large portion of county residents experience long commute times, and the hours and miles spent driving continue to rise. Increased driving rates are a source of physical, economic, and environmental stress. Driving has been linked with negative health impacts, including higher rates of traffic crashes and increased levels of stress and anxiety. In addition, more vehicle miles and vehicle hours spent traveling by motor vehicle translate into greater amounts of air pollution, which in turn has health impacts.

Driving is likely to remain the main form of transportation in Riverside County for the near future, particularly in the rural areas of the County. However, the County is also striving to create a balanced, multi-modal transportation system, one which gives people choices about how to get to their destinations and at the same time increase their physical activity and reduce pollution. To do this, the following policies and those in the Land Use, Circulation, Air Quality, and Multi-Purpose Open Space elements of the General Plan endeavor to improve access to and the effectiveness of alternative transportation modes, such as bus, train, bicycles and walking, for all parts of the County. As a result, a high priority should be placed on transportation projects that are expected to improve the multi-modal network and encourage transit use, bicycles and walking as major forms of transportation.

Policy HC 7.1. Improve access to multi-modal transportation options throughout the County, including public transit.

Policy HC 7.2. Make key civic uses – such as schools and government buildings, commercial corridors, and medical facilities – accessible by public transit.

Policy HC 7.3. Provide public transportation facilities that are located a convenient distance from residential areas.

Policy HC 7.4. Incorporate pedestrian and bicycle components in to all Area Plans and new specific plans.

Policy HC 7.5. Develop policies that reduce residents’ reliance on cars while encouraging the use of transit, bicycles and walking as alternatives to driving and as a means of increasing levels of physical activity.

▶ HEALTHY COMMUNITIES ELEMENT: SOCIAL CAPITAL

Policy HC 9.1. Promote social capital through development patterns and policies that:

- *Action HC 9.1.a.* Reduce commute times.

See also:

▶ SECTION I: LAND USE: URBAN INFILL: RIVERSIDE: ACTION HC 2.2.D

▶ SECTION I: ENVIRONMENT: POLLUTION: RIVERSIDE: ACTION HC 14.3.B

San Francisco

► CIRCULATION ELEMENT: TRANSPORTATION DEMAND MANAGEMENT

The purpose of Transportation Demand Management (TDM) is to reduce the number of private automobile trips and to bring about an overall reduction in automobile dependency through education, assistance, and incentives. TDM strategies are most successful where they are integrated with land use policies and where the private and public sectors both assist individuals in managing their travel needs. The implementation and administration of these programs should be streamlined to ensure a maximum level of coordination between the public and private sectors.

Objective 12. Develop and implement programs in the public and private sectors, which will support congestion management and air quality objectives, maintain mobility, and enhance business vitality at minimum cost.

Develop and implement strategies which provide incentives for individuals to use public transit, ridesharing, bicycling, and walking to the best advantage, thereby reducing the number of single occupant auto trips. Such strategies may include the provision of secure bicycle parking and shower facilities for bicyclists and walkers, subsidized transit passes, and “cash-out” parking programs for persons who do not drive to facilities where automobile parking is subsidized.

Solano County

► PUBLIC HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH

- *Action HS.I-53.* Adopt a trip-reduction ordinance and encourage employers to develop practices that reduce employees’ vehicle trips. Such practices include telecommuting, provision of bicycle facilities, and provision of shuttles to public transit.

Sonoma County

► CIRCULATION AND TRANSIT ELEMENT

Policy CT-1k. Encourage development that reduces VMT, decreases distances between jobs and housing, reduces traffic impacts, and improves housing affordability.

Policy CT-1l. Work with the Cities to develop incentives and programs, such as workforce housing, targeted mixed use, etc., that would place housing in close proximity to the place of employment for a household member in order to reduce the need for automobile travel to and from work.

Goal CT-2. Increase the opportunities, where appropriate, for transit systems, pedestrians, bicycling, and other alternative modes to reduce the demand for automobile travel.

Objective CT-2.1. Increase ridership on public transit systems.

Objective CT-2.2. Increase the share of home-based work or commute trips taken by public transit and home businesses to 10 percent by 2020.

Objective CT-2.3. Coordinate regional, express, and local bus transit services and integrate them with passenger rail service.

Objective CT-2.4. Improve bus headway to 30 minutes or less in the Cities and unincorporated urban areas to support urban-centered growth.

Policy CT-2e. Require major employment centers and employers to provide facilities and Traffic Demand Management (TDM) programs that support alternative transportation modes, such as bike and shower facilities, telecommuting, flexible schedules, etc. These programs may apply to existing employers as well as to new development. Establish measurable goals for these programs, and utilize a transportation coordinator that will provide information, select TDM measures, and monitor

and report on program effectiveness. If voluntary TDM measures do not effectively reduce peak congestion, impose mandatory TDM measures by ordinance.

Policy CT-2q. Promote a Traffic Demand Management program for County Government and schools.

Policy CT-2s. Encourage measures that increase the average occupancy of vehicles, including:

- 1) Vanpools or carpools, ridesharing programs for employees, preferential parking, parking subsidies for rideshare vehicles, and transportation coordinator positions; and
- 2) Preferential parking space and fees for rideshare vehicles, flexibility in parking requirements, HOV lanes on freeways, and residential parking permit restrictions around major traffic generators.

Policy CT-2t. Encourage measures to modify the timing of peak commute and school trips to reduce congestion, including reduced work weeks and flexible, variable, or staggered work hours. Consider adoption of standards requiring Traffic Demand Management programs and telecommuting for new businesses and employment centers.

Watsonville

▶ GUIDING PRINCIPLE

Guiding Principle: Human Scale

Encourage pedestrian-friendly neighborhoods, a vibrant downtown, and great streets, parks, and plazas by leveraging public investments and guiding private actions. Safe and comfortable settings should be a goal in both urbanized and new growth areas.

Performance Goals [include]:

- Reduce vehicle miles traveled per household.

Traffic Safety

A community can encourage active transportation and reduce the number of collisions by providing safe conditions for pedestrians and cyclists.

Riverside

▶ HEALTHY COMMUNITIES ELEMENT: COMPLETE COMMUNITIES

Policy HC 5.5. Promote safe neighborhoods and streets by implementing policies that improve the safety and perceptions of safety of the built environment, such as: providing adequate lighting, eyes on the street, and designing for defensible space.

▶ HEALTHY COMMUNITIES ELEMENT: SAFE TRANSPORTATION SYSTEM

Motor vehicle crashes are one of the leading causes of death in Riverside County and there is a high number of pedestrian/vehicle accidents along the County's largest streets. This is especially true of areas with high pedestrian and vehicle traffic. Rural areas also experience safety issues, particularly on rural roads where drivers do not expect to encounter pedestrians or bicyclists but where these users may be present. A safe transportation system is one in which all users – motor vehicles, pedestrians, bicyclists, wheelchairs, strollers – of the roads and public transportation facilities feel safe. The goal of these policies is to improve the overall safety of the transportation system by encouraging context-sensitive design solutions and improving access for and visibility of non-motorized roadway users.

Policy HC 6.1. Provide a balanced transportation system that provides for the safety and mobility of all users through:

- *Action HC 6.1.a.* Roadway design improvements for safety.

- *Action HC 6.1.b.* Evaluation of the transportation system to identify traffic safety issues and locations with a high degree of traffic incidents.
- *Action HC 6.1.c.* Prioritizing funding and completion of Transportation Improvement Program projects that reduce the risk of pedestrian/vehicle and bicycle/vehicle collisions, particularly in areas that have a high incidence of traffic accidents, particularly pedestrian/motor vehicle and bicycle/motor vehicle crashes.

Policy HC 6.2. Consider pedestrian safety, comfort and crime prevention in the design of transportation facilities, major transit centers and high pedestrian traffic areas, as well as connections to the surrounding area.

Policy HC 6.3. Support education campaigns on traffic, bicycle and pedestrian safety.

Policy HC 6.4. Create targeted pedestrian safety polices for children.

Policy HC 6.5. Proactively implement the requirement for adequate and safe sidewalks on all new streets because sidewalks are an important safety measure.

Policy HC 6.6. Implement “context sensitive solutions” for traffic calming and traffic slowing measures on roads with a high level of pedestrian activity.

► **HEALTHY COMMUNITIES ELEMENT: SCHOOLS, RECREATIONAL CENTERS AND CHILD DAY CARE CENTERS**

Policy HC 13.2. Ensure the safety of children travelling to school by foot or bicycle by:

- *Action HC 13.2.a.* Implementing “Safe Routes to School” programs whenever applicable.
- *Action HC 13.2.b.* Implementing traffic calming in areas immediately around schools.
- *Action HC 13.2.c.* Identifying areas around schools with a high incidence of traffic crashes, particularly those with pedestrians and cyclists.

See also:

► SECTION I: PHYSICAL ACTIVITY: PARKS AND RECREATION: RIVERSIDE: POLICY HC 10.6

TOPIC: Physical Activity

Includes:

Bicycle and Pedestrian Facilities

Parks and Recreation

Joint Use

Bicycle and Pedestrian Facilities

Policies that require bicycle and pedestrian facilities and promote active transportation support health by encouraging physical activity. Exemplary policies are excerpted here. In addition to integrating these kinds of policies in the general plan, some plans require an additional bicycle or pedestrian master plan (Oakland, for instance, has both).

Anderson

► HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH

Trails for biking and/or walking can promote increased activity with smaller amounts of land than large parks and can often use “leftover” or unwanted land. Promotion of trails is necessary to gain the full public health benefits of increased use. All sections of the General Plan include provisions to promote the health of Anderson residents. The implementation of bicycle and pedestrian trails has been demonstrated to promote a healthy lifestyle.

Azusa

► BUILT ENVIRONMENT ELEMENT: CITY DESIGN

Goal 3. Provide a connected, balanced, and integrated transportation system that enables Azusans to walk, bike, and take transit, rather than using their car.

Policy 3.3. Provide pedestrian amenities (such as benches, seats, water fountains, shady street trees, etc.) and conditions that enhance the pedestrian experience along the pedestrian network.

Chula Vista

► LAND USE AND TRANSPORTATION ELEMENT

Goal 7.16. Planning for Healthy Communities. Land use arrangements and mixes that provide access to daily needs, conveniences, and employment in a safe, inviting, and walkable environment create the underpinnings for increased physical activity. Easy and convenient access to transit and other non-auto modes of travel, especially between residential and employment centers, reduces auto usage, congestion, and the attendant impacts to air quality.

Objective LUT34. Support healthy lifestyles among residents through increasing opportunities for regular physical activity.

Policy LUT34.1. Encourage the development of parks and open space, as well as a network of pedestrian walkways for physical activity in all neighborhoods.

Policy LUT34.2. Provide adequate lighting for streets; parks; recreation facilities; sidewalks; and bike paths to promote their use.

Marin County

▶ BUILT ENVIRONMENT ELEMENT: COMMUNITY DESIGN

Goal DES-5. Attractive and Functional Streets and Parking Areas. Design automobile use areas to fit the character of the community, and comfortably accommodate travel by pedestrians and bicyclists, while still meeting health, safety, and emergency access needs.

Policy DES-5.1. Achieve streetscape compatibility. Ensure that roadways, parking areas, and pedestrian and bike movement are functionally and aesthetically appropriate to the areas they serve.

- *Action DES-5.a.* Adopt streetscape design standards. Prepare appropriate location- and use-specific standards for streetscape design that address sidewalk width and surface type, bicycle lanes, height-to-width ratio of buildings, streets and “outdoor rooms,” height of streetlights, glare, number and spacing of benches and other pedestrian amenities, and distances between doors facing the street. Complete specific design standards for low-traffic-volume roads.

Paso Robles

▶ CIRCULATION ELEMENT

Goal CE-1. Establish a safe, balanced, and efficient circulation and pedestrian system serving all segments of the community, preserving the City’s small town character and quality of life, and planning for anticipated growth.

Policy CE-1A. Circulation Master Plan. Revise/update the City’s Circulation Master Plan to address the existing and projected needs, including: Establishing safe paths to school for pedestrian and bicycle traffic.

Policy CE-1F. Pedestrian access and general coordination. Provide safe and convenient pedestrian access to all areas of the city and cooperate with other agencies regarding transportation planning.

Riverside

See:

- ▶ SECTION I: LAND USE: MIXED USE AND NEIGHBORHOOD ORIENTATION: RIVERSIDE: LAND USE AND COMMUNITY DESIGN AND ACTION HC 3.1.C
- ▶ SECTION I: LAND USE: URBAN INFILL: RIVERSIDE: ACTIONS HC 2.2.C, HC 2.2.D, AND HC 2.2.G

Sacramento

▶ LAND USE ELEMENT: CITYWIDE LAND USE AND URBAN DESIGN

Goal LU 2.1.3. Complete and Well-Structured Neighborhoods. The City shall promote the design of complete and well structured neighborhoods whose physical layout and land use mix promote walking to services, biking, and transit use; foster community pride; enhance neighborhood identity; ensure public safety; are family-friendly; and address the needs of all ages and abilities.

▶ PUBLIC HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH AND HUMAN SERVICES

Goal PHS 5.1. Human Services and Healthy Communities. Improve the provision of human services and promote public health and safety.

Policy PHS 5.1.9. Active living. The City shall promote active living (e.g., a lifestyle that incorporates physical activity into the routines of daily life) by establishing pedestrian and bicycle connections between neighborhoods, centers, corridors, and transportation facilities.

San Francisco

► URBAN DESIGN ELEMENT: NEIGHBORHOOD ENVIRONMENT

Human Needs:

Studies show that the outstanding concerns of people today in their neighborhood environment are matters of health and safety. Traffic is the leading issue, with automobiles moving through residential areas in large volumes and at high speeds, producing noise and pollutants and putting pedestrians in constant danger. With each increase in traffic the streets become less a part of the living environment and more a world of their own. Residents find the streets unsafe and unpleasant, and try to shut them out.

Objective 4. Improvement of the neighborhood environment to increase personal safety, comfort, pride, and opportunity. San Francisco draws much of its strength and vitality from the quality of its neighborhoods. Many of these neighborhoods offer a pleasant environment to residents of the city, while others have experienced physical decline, and still others have never enjoyed some of the amenities common to the city as a whole. Measures must be taken to stabilize and improve the health and safety of the local environment, the psychological feeling of neighborhood, the opportunities for recreation and other fulfilling activities, and the small-scale visual qualities that make the city a comfortable and often exciting place in which to live.

Health and Safety:

Policy 4.3. Provide adequate lighting in public areas. In order to reduce the hazards of traffic at night, and to provide security from crime and other dangers, public areas should have adequate lighting. Although the need for lighting is general, special attention should be given to crosswalks and to pathways in parks and around public buildings. Care should be taken to shield the glare of any such lighting from residential properties.

Policy 4.4. Design walkways and parking facilities to minimize danger to pedestrians. Pedestrian walkways should be sharply delineated from traffic areas, and set apart where possible to provide a separate circulation system. Where necessary and practical, the separation should include landscaping and other barriers, and walkways should pass through the interiors of blocks. Walkways that cross streets should have pavement markings and good sight distances for motorists and pedestrians.

Driveways across sidewalks should be kept to a practical minimum, with control maintained over the number and width of curb cuts. Barriers should be installed along parking lots to avoid encroachments on sidewalks, with adequate sight distances maintained at driveways. Truck loading should occur on private property rather than in roadways or on the sidewalks, and sidewalk elevators should be discouraged. Residential parking should be as close as possible to the dwelling served, with adequate lighting along the walking route from the parking to the dwellings.

► CIRCULATION ELEMENT

Objective 1. Meet the needs of all residents and visitors for safe, convenient, and inexpensive travel within San Francisco and between the city and other parts of the region while maintaining the high-quality living environment of the Bay Area.

Policy 1.2. Ensure the safety and comfort of pedestrians throughout the city. Safety is a concern in the development and accommodation of any part of the transportation system, but safety for pedestrians (which includes disabled persons in wheelchairs and other ambulatory devices) should be given priority where conflicts exist with other modes of transportation. Even when the bulk of a trip is by transit, automobile, or bicycle, at one point or another nearly every person traveling in San Francisco is a pedestrian.

Policy 6.1. Designate expeditious routes for freight trucks between industrial and commercial areas and the regional and state freeway system to minimize conflicts with automobile traffic and incompatibility with other land uses. It is very important to coordinate truck route and bicycle route

network planning. Trucks and bicycles should be routed to separate streets where possible. Trucks' greater width and length, obstructed rear sight lines, large turning radius, and the tendency for rear wheels to follow a smaller circle than front wheels all present special concerns to cyclists.

Policy 8.2. Clearly identify the Citywide Pedestrian and Bicycle Networks where they intersect with the Coast, Bay, and Ridge Trails.

Objective 9. Improve bicycle access to San Francisco from all outlying corridors.

Policy 9.1. Allow bicycles on regional transit facilities and important regional transportation links, such as the City's light rail vehicles, whenever practical. Many commuters to San Francisco work outside of downtown and drive alone, contributing to peak hour congestion. If regional transit expanded peak-hour bicycle capacity and reduced peak hour bicycle time restrictions, these commuters could bicycle to and from transit at one or both end of their transit trip - an attractive alternative to driving alone. This would also reduce parking demand at BART and Caltrain stations, ferry terminals, and park-and-ride lots.

Policy 9.2. Where bicycles are prohibited on roadway segments, provide parallel routes accessible to bicycles or shuttle services that transport bicycles.

Objective 10. Develop and employ methods of measuring the performance of the city's transportation system that respond to its multi-modal nature.

Policy 10.1. Assess the performance of the city's transportation system by measuring the movement of people and goods rather than merely the movement of vehicles. There are a variety of indexes that measure the comprehensive variety of travel modes in San Francisco better than Level of Service or Vehicle-Miles of Travel, including Modal Split, Person Throughput, Accessibility (proximity of people to activities).

Policy 14.8. Implement land use controls that will support a sustainable mode split, and encourage development that limits the intensification of automobile use.

Land use controls that will lead to a sustainable mode split and reduced congestion could include:

- Establishing parking caps for residential and commercial uses
- Encouraging increased bicycle use by providing bicycle parking and related facilities, including showers and lockers at employment centers
- Requiring secure bicycle parking in new multifamily housing developments

Pedestrian Section:

Objective 23. Improve the city's pedestrian circulation system to provide for efficient pleasant and safe movement.

Objective 24. Improve the ambience of the pedestrian environment.

Objective 25. Develop a citywide pedestrian network.

Objective 26. Consider the sidewalk area as an important element in the citywide open space system.

Bicycle Section:

The bicycle is a desirable alternative to the automobile as a means of urban transportation in San Francisco. It can successfully be used for most transportation needs, including commuting, shopping, errands, and recreation. Active encouragement of bicycle use as an alternative to automobile use, whenever possible, is essential in light of the continually increasing traffic congestion caused by motorized vehicles which aggravates air pollution, increases noise levels and consumes valuable urban space. The bicycle is a practical and economical transportation alternative which produces

no emissions or noise. In addition, each bicycle user enjoys health benefits through increased physical activity.

Objective 27. Ensure that bicycles can be used safely and conveniently as a primary means of transportation, as well as for recreational purposes.

Objective 28. Provide secure and convenient parking facilities for bicycles.

Objective 29. City government should play a leadership role in increasing bicycle use.

Santa Rosa

► LAND USE AND LIVABILITY ELEMENT

Policy LUL-E-2. Urban design should allow for easy access to vital locations within the city, including pedestrians and bicyclists.

Policy LUL-IH. In designing South Santa Rosa Avenue, ensure that it is hospitable to pedestrians and bicyclists.

Policy LUL-L-2. Improve pedestrian, bicycle, and bus transit connections from surrounding areas to the downtown SMART station site, as well as between neighborhoods surrounding the SMART station site.

Policy LUL-M. Ensure new development and streetscape projects provide pedestrian and bicycle circulation improvements.

Policy LUL-M-1. Coordinate with SMART to implement the regional pedestrian/bicycle trail along the rail right-of-way.

Policy LUL-M-3. Give priority to pedestrian and bicycle improvements in the Railroad Square and Railroad Corridor Sub-Area to promote use of these travel modes by those living or working in closest proximity to the station site.

Policy LUL-P-4. Use techniques such as special lighting, public art, and widened sidewalks to make the Sixth Street highway underpass area more attractive and comfortable for the pedestrian to use.

Policy LUL-S-2. Provide for pedestrian walkways on all major roads and in all highway over-crossing designs.

Policy LUL-S-3. Link pedestrian and bicycle paths to community destinations (parks, etc.), the surrounding rural countryside trail system, and the downtown area.

Policy LUL-W. Encourage pedestrian activity at the community shopping center and neighborhood center and establish the neighborhood center as a visual focal point and center of social activity for local residents.

Policy LUL-Y-1. Widen sidewalks as specified in the Sebastopol Road Urban Vision and Corridor Plan to ensure a safe, pleasant pedestrian environment.

► URBAN DESIGN ELEMENT

Policy UD-B-5. Promote street life in the downtown through attractive building design with street level activity and façade windows, public art, trees, fountains, and other landscaping elements that are pedestrian friendly.

Policy UD-B-8. Orient buildings along Santa Rosa Creek within downtown toward the creek to enhance pedestrian and bicycle activity.

Policy UD-B-9. Seek opportunities to develop small public spaces throughout downtown that will provide for the comfort of pedestrians, enhance street life, and provide protection from sun and rain.

Policy UD-D-4. Provide continuous sidewalks and bicycle lanes on both sides of major regional/arterial streets.

Policy UD-E-2. Santa Rosa – Provide an open space network that is linked by pedestrian and bicycle paths, and that preserves and enhances Santa Rosa’s significant visual and natural resources.

Policy UD-E-3. Santa Rosa – Restore Santa Rosa Creek as a linear park throughout the city for pedestrians and cyclists.

Policy UD-E-4. Enhance pedestrian activity and safety by designing streets, buildings, pathways, and trails to provide a visual connection with public spaces such as parks and Santa Rosa Creek.

Policy UD-G-4. Provide through-connections for pedestrians and bicyclists in new developments; avoid cul-de-sac streets, unless public pedestrian/bikeways interconnect them.

► TRANSPORTATION ELEMENT

Policy T-K. Develop a safe, convenient, and continuous network of pedestrian sidewalks and pathways that link neighborhoods with schools, parks, shopping areas, and employment centers.

Policy T-K-1. Link the various citywide pedestrian paths, including street sidewalks, downtown walkways, pedestrian areas in shopping centers and work complexes, park pathways, and other creekside and open space pathways.

Policy T-K-3. Orient building plans and pedestrian facilities to allow for easy pedestrian access from street sidewalks, transit stops, and other pedestrian facilities, in addition to access from parking lots.

Policy T-K-4. Require construction of attractive pedestrian walkways and areas in new residential, commercial, office, and industrial developments.

Policy T-K-5. Ensure provision of safe pedestrian access for students of new and existing school sites throughout the city.

Policy T-L-7. As part of street and intersection projects constructed by private developers, install and construct bicycle facilities, including: Class I paths, Class II lanes, Class III route signs; signal detectors; showers; bike storage/parking facilities; and/or other facilities.

Policy T-L-8. Require new development to dedicate land and/or construct/install bicycle facilities where a rough proportionality to demand from the project is established.

Solano County

► PUBLIC HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH: PLANNING CONTEXT

Current research on the relationships between transportation, land use, and public health can be distilled into a few strategies. All of these strategies can increase the amount of bicycling and walking that occurs, thereby increasing physical activity levels and social networks and reducing likelihood of obesity. Increasing the number of walking and bicycling trips also diminishes the need to drive. In turn, this reduces per capita air pollution and the rates of diseases such as asthma that are associated with localized air pollution, and decreases the stress and health risks associated with traffic crashes.

Integrating land uses such as retail, office, residential, open space, schools, and child care allows people to easily accomplish basic needs using active transportation such as bicycling or walking rather than having to drive for every trip.

Compact residential development allows more people to walk to parks, schools, transit, shops, and services. With more people in the same area able to reach these services, compact residential development helps provide greater demand for those services, increasing their long-term availability.

Streets and buildings that address the street and are built at a pedestrian scale create places that are safe, vital, and interesting for walkers, bicyclists, and transit users.

Street and trail networks that accommodate pedestrians and bicycles and are highly interconnected reduce the time and distance needed for pedestrians and cyclists to get from one place to another and make these forms of active transportation more viable.

Coordination with Other Agencies and Organizations:

- *Action HS.I-52.* Work with local community groups to initiate walking, cycling, and recreation clubs; sports leagues; and educational speakers discussing issues in public health.

Sonoma County

► CIRCULATION AND TRANSIT ELEMENT

Objective CT-2.9. Develop bicycle and pedestrian facilities in urban communities in order to promote cycling and walking as transportation modes to connect neighborhoods and community services.

Policy CT-2u. Work with school districts and private school developers to provide safe pedestrian access to public and private schools.

Policy CT-2v. Provide for pedestrian-friendly and safe design features in unincorporated communities, including sidewalks, street crossings, landscaping, and related amenities, that are consistent with the character of the community.

Policy CT-2w. In unincorporated communities, provide for pedestrian, bicycle, and other alternative transportation mode connections among commercial, service, public (such as schools, libraries, etc.), and transit uses where compatible with community character and consistent with the Vehicle Code.

Policy CT-2x. Promote pedestrian, bicycle, and other alternative transportation modes. Educate motorists, bicyclists, pedestrians, and users of other alternative transportation modes regarding safety, rights, and responsibilities associated with use of the County transportation system.

► OPEN SPACE AND RESOURCE CONSERVATION ELEMENT

Goal OSRC-18. Establish a Bikeways Network that provides a safe and supportive environment for bicyclists in Sonoma County, recognizing that bicycling is a viable mode of transportation and popular form of recreation.

Policy OSRC-17f. Consider requiring a dedication in fee or by easement for trails as a condition of approval of subdivisions.

Policy OSRC-18a. Sonoma County – Use the adopted Sonoma County Bikeways Plan as the detailed planning document for existing and proposed bikeways.

Policy OSRC-18d. In designing bicycle facilities in the unincorporated areas, the Department of Transportation and Public Works and the Regional Parks Department shall adhere to the design provisions outlined in the “Bikeways Planning and Design” chapter of the Caltrans Highway Design Manual.

Policy OSRC-18i. Wherever possible, upgrade existing traffic signals on County roadways so the most sensitive spot on signal detector loops identifies and is adjusted to detect bicycles; design and adjust all new traffic signal detector loops installed on County roads to detect bicycles.

Policy OSRC-18k. Whenever opportunities for acquisition arise, review the status of abandoned railroad rights-of-way, natural waterways, flood control rights-of-way, and public lands for potential designation as new Class I bikeways; review railroad rights-of-way proposed for transit use for potential multiple use as Class I bikeways.

Policy OSRC-18l. Review the design of all new road widening projects in order to minimize, to the extent feasible, hazards and barriers to bicycle travel on all County roads.

Policy OSRC-18m. To the extent permitted by maintenance funding, provide for the routine maintenance of designated Bikeways, including patching and/or sweeping of paved shoulders where gravel, glass or other debris has accumulated, and trimming of foliage where it encroaches into the paved shoulder.

Policy OSRC-18o. Encourage the dedication of Class I bikeways as part of open space requirements for development, when a nexus can be established between the proposed development and the need for bikeways in the affected area.

Policy OSRC-18s. Consider amending County regulations to provide for more flexible parking, circulation, and other design standards for:

- Projects that incorporate higher-density mixed land uses that allow the bicycle to be an effective alternative mode of transportation to the automobile.
- New industrial, office, institutional, and commercial projects that provide employee showers and locker rooms.

Policy OSRC-18v. Department of Transportation and Public Works shall continue to review accidents involving bicycles in unincorporated areas; the Department of Transportation and Public Works and the Bicycle Advisory Committee shall review this data annually to identify problem areas that require immediate attention.

Ventura

► OUR HEALTHY AND SAFE COMMUNITY ELEMENT

Goal 7. Our goal is to build effective community partnerships that protect and improve the social well-being and security of all our citizens.

Community Wellness: Adequate shelter, sufficient medical services, walkable neighborhoods, and proper nutrition create an essential foundation for a healthy community.

Walnut Creek

► QUALITY OF LIFE ELEMENT: COMMUNITY HEALTH

Providing comfortable walking and bicycling environments and destinations can be an effective and natural method of ensuring that people are active – a first step toward improved public health.

Goal 11. Promote a healthy community.

Policy 11.2. Promote health and fitness for all members of the community through healthy community design.

- *Action 11.2.1.* Encourage pedestrian- and bike-friendly development and redevelopment that encourages physical activity.

Watsonville

▶ GUIDING PRINCIPLE

Guiding Principle: Human Scale

Encourage pedestrian-friendly neighborhoods, a vibrant downtown, and great streets, parks, and plazas by leveraging public investments and guiding private actions. Safe and comfortable settings should be a goal in both urbanized and new growth areas.

Performance Goals [include]:

- Provide a high proportion of streets with sidewalks, low design speeds, tree canopy, street furnishings and themed elements.
- Provide a high proportion of homes within one-quarter mile of parks, schools, retail conveniences, and transit.
- Provide a high proportion of streets lined by building façades with windows and entrances.
- Reduce the proportion of street frontages lined by parking lots or blank walls.
- Reduce vehicle miles traveled per household.
- Increase street connectivity.
- Provide a park within one-quarter mile of most homes, by retrofitting urbanized areas and setting aside land in new growth areas.
- Create attractive plazas where densities are high, and design and program them to be active, safe, and comfortable.

Parks and Recreation

Because communities must address open space in their general plans through a required open space element, most communities address parks and recreation. The examples below, however, connect health with physical activity and promote equitable access to parks and open space.

Anderson

▶ HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH

Parks can provide opportunities for family recreation, play areas, and sports fields. Parks located close to residential areas and/or schools can increase opportunities for biking and walking.

Recreation can either be active or passive. Active recreation is activity that requires the use of organized play areas including, but not limited to, softball, baseball, football, and soccer fields, tennis and basketball courts, and various forms of children's play equipment. Passive recreation is activity that does not require the use of organized play areas such as nature observation.

Trails for biking and/or walking can promote increased activity with smaller amounts of land than large parks and can often use "left-over" or unwanted land. Promotion of trails is necessary to gain the full public health benefits of increased use.

Recreation programs promote a sense of community and good health. Open space and preservation of scenic vistas all contribute to good health.

- *Action PHI-4.* Recreation programs will be developed with new sources of revenue.
- *Action PHI-5.* Trails will be required to be included in new development plans.

Chula Vista

▶ LAND USE AND TRANSPORTATION ELEMENT

The availability of safe, convenient, and connected walking paths, trails, and bikeways, and neighborhood-based park and recreational options, also promote physical activity and exercise.

Goal LUT-34. Support healthy lifestyles among residents through increasing opportunities for regular physical activity.

Policy LUT-34.1. Encourage the development of parks and open space, as well as a network of pedestrian walkways for physical activity in all neighborhoods.

Policy LUT-34.2. Provide adequate lighting for streets, parks, recreation facilities, sidewalks, and bike paths to promote their use.

Marin County

▶ BUILT ENVIRONMENT ELEMENT: COMMUNITY DESIGN

Goal DES-3. New Development in Built Areas. New construction should occur in a compact form in developed locations whenever feasible.

Policy DES-3.2. Promote green spaces. Encourage the creation of high-quality community plazas, squares, greens, commons, community and neighborhood parks, and rooftop gardens.

Equity:

Carefully designed infill and green spaces positively influence public health by encouraging people to walk, thus promoting healthy lifestyles for all segments of the community and providing amenities accessible to everyone.

Richmond

▶ COMMUNITY HEALTH AND WELLNESS ELEMENT

Goal HL-A. Access to Recreation and Open Space. Ensure that all Richmond residents have access to adequate and quality recreation opportunities and open space that supports increased physical activity, improved mental health, and greater social cohesion in the community.

Policy HL-1. Ensure that the city has an extensive system of parks, playgrounds and open space. Adequately serve current and future needs of residents. Ensure that more than 75 percent of the households in the city live within a quarter-mile and 100 percent of the households live within a half-mile of an active community park or open space. Ensure that each sub-region in the city meets the General Plan standard of 3.0 acres per (1,000) capita of active community parkland. Ensure that parks, playgrounds, and open spaces are well maintained and safe for families, children, and seniors.

Policy HL-2. Ensure that the city has adequate recreational facilities and programs. Adequately serve current and future needs of residents. Ensure that 100 percent of the households in the city live within a half-mile of a public recreation facility.

Policy HL-3. Upgrade existing facilities and intensify programming. Maximize the use of existing resources to serve current and future needs. Conduct needs assessment for recreation programs and services with local residents.

Policy HL-4. Improve transportation connections to regional parks and open space. Improve access for residents who have limited opportunities for parks, recreation and open space in their neighborhoods.

Policy HL-5. Improve public access to creeks, shoreline and other natural areas for recreation, education, and restoration activities. Promote pedestrian, bicycle, and public transit access where

feasible. Develop a community transportation plan that addresses safe pedestrian, bicycle, and transit connections between residential neighborhoods and regional parks and open space.

Policy HL-6. Promote “green” streets. Incorporate landscaping and native planting in the design of mix-use streets. Use green streets to connect activity areas in the city.

Policy HL-8. Adopt design and planning guidelines that enhance safety in parks, playgrounds, streets and public places. Require new development, redevelopment, and public works projects to incorporate these guidelines when developing streets, parks, playgrounds, and other public places.

Riverside

▶ HEALTHY COMMUNITIES ELEMENT: COMPLETE COMMUNITIES

Policy HC 5.3. Build neighborhoods with safe and attractive places for recreational opportunities.

▶ HEALTHY COMMUNITIES ELEMENT: PARKS, TRAILS AND OPEN SPACE

Increasing access to parks, trails and open space amenities is an important healthy community strategy to increase physical activity. Physical activity reduces the risk of chronic diseases, including heart disease, cancer, stroke, diabetes, Alzheimer’s disease, and obesity – all major health issues affecting Riverside County residents. Additional health benefits of easy access to physical activity include increased mental health and psychological development. Studies show that people who live within a quarter-mile of a park are 25 percent more likely to meet the minimum weekly physical activity.

An additional indicator of how much people use recreational facilities is the perception of safety. Therefore, providing for safe, well-lighted environments within easy access of a wide range of people is also important to create a useful and accessible multi-use open space system.

Riverside County has many diverse open space resources ranging from national and regional open spaces to local and neighborhood parks. However, access to these resources differs throughout the county. The following policies articulate the County’s commitment to providing a sustainable, accessible multi-use open space system that is accessible, safe and enjoyable for every Riverside County resident.

Policy HC 10.1. Create convenient and safe opportunities for physical and recreational activities for residents of all ages and income levels.

Policy HC 10.2. Recognize that the multi-use open space network provides critical resources to improve health benefits in the County, particularly related to obesity, diabetes and mental health.

Policy HC 10.3. Increase access and use of open space resources, through policies that:

- *Action HC 10.3.a.* Encourage a diversity of passive and active open spaces throughout the County.
- *Action HC 10.3.b.* Increase transportation routes to existing recreational facilities.
- *Action HC 10.3.c.* Locate parks in close proximity to homes and offices.
- *Action HC 10.3.d.* Require the development of parks, trails, and open space resources as part of the development process.

Policy HC 10.4. Promote physical and community activities through the expansion of recreational programming and facilities. Such efforts could:

- *Action HC 10.4.a.* Support recreational programs for all residents, especially for youth seniors and disabled populations.
- *Action HC 10.4.b.* Expand or add new facilities and amenities in neighborhood and regional parks, where appropriate.

Policy HC 10.5. Incorporate design features in parks, trails and open space resources that reflect the sense of place and unique characteristics of their community, as directed by the local jurisdiction.

Policy HC 10.6. Address both actual and perceived safety concerns that create barriers to physical activity by providing adequate lighting, eyes on the street, and designing for defensible space.

Policy HC 10.7. Encourage collaboration between regional and local open space providers.

Policy HC 10.8. Consider locations where new parks can be located with other community facilities such as schools, senior centers, recreation centers, etc.

Policy HC 10.10. Seek opportunities to construct new parks and open spaces in existing urbanized areas.

Policy HC 10.11. Where appropriate, work with public entities to use public easements as parks and trails.

▶ **HEALTHY COMMUNITIES ELEMENT: SOCIAL CAPITAL**

Policy HC 9.1. Promote social capital through development patterns and policies that:

- *Action HC 9.1.e.* Build diverse public spaces that provide places for people to congregate and interact socially.
- *Action HC 9.1.f.* Provide safe and attractive environments.

Sacramento

See:

▶ SECTION I: PHYSICAL ACTIVITY: BICYCLE AND PEDESTRIAN FACILITIES: SACRAMENTO: POLICY PHS 5.1.7

San Francisco

▶ **URBAN DESIGN ELEMENT: NEIGHBORHOOD ENVIRONMENT: HEALTH AND SAFETY**

Objective 4. Improvement of the neighborhood environment to increase personal safety, comfort, pride, and opportunity.

Policy 4.8. Provide convenient access to a variety of recreation opportunities. As many types of recreation space as possible should be provided in the city, in order to serve all age groups and interests. Some recreation space should be within walking distance of every dwelling, and in more densely developed areas some sitting and play space should be available in nearly every block. The more visible the recreation space is in each neighborhood, the more it will be appreciated and used.

Santa Rosa

▶ **PUBLIC SERVICES AND FACILITIES ELEMENT: PARKS AND RECREATION**

Goal PSF-A. Parks and Recreation. Provide recreational facilities and parks for all sectors of the community.

Policy PSF-A-1. Provide recreational facilities and services needed by various segments of the population – including specific age groups, persons with special physical requirements, and groups interested in particular activities – and making these facilities and services easily accessible and affordable to all users.

Policy PSF-A-3. Continue planning efforts to acquire and develop small neighborhood park facilities within a 10-minute (half-mile) walking distance of all Santa Rosa residences. Such facilities will have varying levels of improvements. Some may include play equipment, landscaping, seating or picnic areas, or just turf.

Policy PSF-A-4. Give highest priority for park development to neighborhoods with the greatest park deficiencies.

Policy PSF-A-5. Developed areas of the city (e.g., Southwest Santa Rosa) should be given a higher priority for new park development, and underserved neighborhoods should be given priority during redevelopment and renovation of the park system; priority for park development should also be given to areas of greatest density, areas that allow for safe and easy access and visibility, and locations that minimize impacts to sensitive environmental resources.

Policy PSF-A-15. Santa Rosa – Require the provision of private play space and/or recreation centers for children, families, and older adults in small lot subdivisions, multifamily developments, and gated communities, on each lot or in common open space areas as part of the development project.

Solano County

▶ PUBLIC HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH: PLANNING CONTEXT

Parks that are easily accessible by all neighborhoods provide opportunities for active recreation.

- *Action HS.I-47.* Continue implementing public health programs and services that decrease obesity rates and increase easy access to healthy foods, parks, and recreation opportunities.

See also:

- ▶ SECTION I: PHYSICAL ACTIVITY: BICYCLE AND PEDESTRIAN FACILITIES: SOLANO COUNTY: ACTION HS.I-52

Sonoma County

▶ PUBLIC FACILITIES AND SERVICES ELEMENT

Policy PF-3g. Encourage opportunities for safe physical activity as an important component in the design and development of parks and public spaces.

Walnut Creek

See:

- ▶ SECTION I: PHYSICAL ACTIVITY: BICYCLE AND PEDESTRIAN FACILITIES: WALNUT CREEK: POLICY 11.2

Watsonville

▶ GUIDING PRINCIPLE

Guiding Principle: Human Scale

Performance goal:

Provide a park within a quarter-mile of most homes, by retrofitting urbanized areas and setting aside land in new growth areas.

▶ RECREATION, PARKS, AND OPEN SPACE ELEMENT

Parks and other recreational features offer places to play, to rest, and to gather, and are essential to the physical and mental well-being of individuals and communities.... They are an important ingredient for enhancing the health and character of residents, especially youth.

Joint Use

In many communities, safe places to exercise and play are few and far between. One way communities can maximize their existing or newly developed infrastructure is to support joint use agreements, which can open schoolyards and gymnasiums to community use, allow schools to share recreation space in community parks, or ensure community residents have access to recreation and play facilities constructed as part of a private development. While local governments do not have the ability to unilaterally require joint use in general plans, they can encourage partnerships with school districts and others.

Richmond

▶ COMMUNITY HEALTH AND WELLNESS ELEMENT

Goal HL-A. Access to Recreation and Open Space. Ensure that all Richmond residents have access to adequate and quality recreation opportunities and open space that supports increased physical activity, improved mental health, and greater social cohesion in the community.

Policy HL-7. Promote joint use projects and programs in collaboration with the School District. Improve and maximize the use of existing parks and recreation facilities. Ensure that schools have adequate play and activity areas. Develop similar agreements with private schools in the city.

Riverside

▶ HEALTHY COMMUNITIES ELEMENT: SCHOOLS, RECREATIONAL CENTERS AND CHILD DAY CARE CENTERS

Policy HC 13.1. Work with school officials to promote the use of schools as recreation facilities.

- *Action HC 13.1.a.* Work with local school boards to locate and design schools to be focal points of community life.
- *Action HC 13.1.b.* Advocate for school siting requirements that allow smaller neighborhood schools and allow new schools to be constructed in existing urbanized areas.
- *Action HC 13.1.c.* Wherever appropriate, consider entering into joint-use agreements with school districts to open school properties for public use during non-school hours.

See also:

- ▶ SECTION I: PHYSICAL ACTIVITY: PARKS AND RECREATION: RIVERSIDE: PARKS, TRAILS, AND OPEN SPACE: POLICY HC 10.9

San Francisco

▶ URBAN DESIGN ELEMENT: NEIGHBORHOOD ENVIRONMENT: HEALTH AND SAFETY

Objective 4. Improvement of the neighborhood environment to increase personal safety, comfort, pride, and opportunity.

Policy 4.10. Encourage or require the provision of recreation space in private development. As the city grows more intensive, much of the new area for recreation will have to be provided on private property, whether for individual developments or for the public at large. This recreation space may be of many types. Recreation space should be provided in large developments, especially in areas of high population and building density. In the downtown area, well-designed plazas with public access and good exposure to sunlight serve this function. In apartment developments, some of the recreation needs of the occupants should be satisfied on the site itself, if necessary by joint use of space by several properties in the block. New developments along the shoreline of the Bay should whenever possible provide recreation space or general public access to the Bay.

Santa Rosa

▶ PUBLIC SERVICES AND FACILITIES ELEMENT: PARKS AND RECREATION

Policy PSF-A-7. Acquire park sites adjacent to existing and proposed schools, where possible, and develop these sites as joint use facilities; develop joint use agreements to ensure public access and provide for sustainable resources to maintain parks.

Solano County

▶ HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH

- *Action HS.I-50.* Partner with the cities, school districts, and civic organizations to facilitate joint use of schools and other public areas for public services such as child care and recreation.

TOPIC: Environmental Quality

Includes:

Pollution

Brownfield Cleanup

Pollution

While it is not uncommon for general plans to address air, water, and soil pollution in some form, the general plan policies here address the built environment's relationship to pollution, the impact of pollution on health, and the inequities in health associated with pollution.

Chula Vista

▶ LAND USE AND TRANSPORTATION ELEMENT

Goal 7.16. Planning for Healthy Communities. Easy and convenient access to transit and other non-auto modes of travel, especially between residential and employment centers, reduces auto usage, congestion, and the attendant impacts to air quality. Auto emissions are the single largest source of air pollution, and air quality is a major environmental health factor.

Marin County

See also:

▶ SECTION I: TRANSPORTATION: TRAFFIC REDUCTION: MARIN COUNTY: GOAL CD-3 AND ITS EQUITY RATIONALE

Richmond

▶ COMMUNITY HEALTH AND WELLNESS ELEMENT

Goal HL-I. Environmental Quality. Improve the quality of the built and natural environment in the city to support a thriving community and to reduce disparate health and environmental impacts, especially on low-income and disadvantaged communities.

Policy HL-38. Protect the population from impacts of stationary and non-stationary sources of pollution. Monitor and assess the impact of air pollution on health. Avoid locating new sensitive uses such as schools, childcare centers, and housing in proximity to polluting mobile and stationary sources of pollution. Design buildings to mitigate poor air quality. Sources of pollution include heavy industry, port, truck routes, and busy roadways.

Policy HL-39. Require industry to reduce emissions that negatively impact public health and the natural environment. Revise and strengthen the existing ordinance that defines penalties and mitigation measures for toxic releases and accidents. Encourage County, State, Federal environmental regulators to increase penalties for toxic releases and accidents to prevent lax adherence to regulations.

Policy HL-40. Ensure that contaminated sites in the city are adequately remediated before allowing new development. Engage the community in overseeing remediation of toxic sites and the permitting and monitoring of potentially hazardous industrial uses. Develop a response plan to address existing contaminated sites in the city. Coordinate with regional, state, and federal agencies. Include guidelines for convening an oversight committee with community representation to advise and oversee toxic site cleanup and remediation on specific sites in the city. Address uses such as residential units, urban agriculture, and other sensitive uses.

Policy HL-41. Ensure adequate buffers or noise mitigation measures between sensitive uses. Sensitive uses include residential units and major noise polluters such as roadways, railroads, port, and heavy industry.

Policy HL-44. Protect sensitive areas in the city from harmful effects of pesticide use. Develop an Integrated Pest Management (IPM) Plan to restrict the use of harmful pesticides, especially in sensitive areas on city-owned property. Sensitive areas include creeks, wetlands, other natural habitat, and urban agriculture. Develop an incentives program to encourage private land owners to restrict the use of pesticides, especially in sensitive areas.

Policy HL-46. Reduce surface water run-off in urban areas. Protect water quality in the creeks and the San Francisco Bay. Revise guidelines for project review to address the amount of pervious surfaces in the city. Develop an incentives program to increase pervious surfaces for existing development.

Riverside

► HEALTHY COMMUNITIES PLAN: ENVIRONMENTAL HEALTH

People today are exposed to an unprecedented amount of harmful substances ranging from particulate matter and emissions from auto and industrial sources to toxic pesticides and ingredients with some toxicity found in every day household and pharmaceutical products. These harmful substances enter into our air and water supplies and accumulate in our bodies causing a range of health effects such as increased incidences of respiratory illnesses, cancer and other chronic health problems. Consequently decisions about the location and mix of land uses, transportation investments, design and building practices and building materials can all have an impact on the environment and human health. Policies in this section address air quality (both indoor and outdoor), water quality, and exposure to industrial waste products and toxic products used by households and farms.

Motor vehicles are the principal source of particulate matter and other pollutants that contribute to poor air quality and associated respiratory illnesses. In general, the number of vehicle miles traveled in a region, the worse the air pollution. Factories, concentrated in heavily industrial areas are equally problematic. Heavy industrial areas have the potential for toxic releases resulting in increased incidences of cancer, respiratory illness, reduced school performance, or other negative health impacts.

Even building materials can impact human health. There is growing research linking many of the chemicals in building products with negative human health effects. Some of the commonly used building materials in health care facilities may contain formaldehyde (a known human carcinogen), be made from PVC (implicated in dioxin formation during production, manufacture, and disposal) and/or include toxic chemicals found increasingly in human breast milk, blood, and urine. Recognizing this, health care providers, such as Kaiser Permanente, are taking the lead in addressing this issue by adopting policies to use materials in their structures that do not contain these toxic products.

Ground water and the environment are affected by the products that we use to maintain landscaping. The widespread use of pesticides and herbicides to maintain parks, roadsides, and other public spaces may result in unhealthy levels of exposure to toxins over time for the people – particularly children – who use these public spaces. The misuse of pesticides can contribute to the contamination of rivers and streams.

Policy HC 14.1. Pursue a comprehensive strategy to ensure that residents breathe clean air and drink clean water in adequate quality and quantity.

Policy HC 14.2. Reduce air pollution and the incidence of respiratory illness through the land use planning process.

- *Action HC 14.2.a.* Strive to avoid siting homes, schools and other sensitive receptors near known or expected new stationary sources of air pollution.
- *Action HC 14.2.b.* Evaluate and consider alternative siting of new municipal populations.
- *Action HC 14.2.c.* Promote the construction of new buildings that provide for healthier indoor air quality.

Policy HC 14.3. Recognize and actively promote policies in the Land Use, Air Quality, Circulation and Multipurpose Open Space Element that:

- *Action HC 14.3.a.* Reduce emissions of air pollution and improve air quality and respiratory health.
- *Action HC 14.3.b.* Recognize and actively promote policies to create a multimodal transportation system that reduces solo driving.
- *Action HC 14.3.c.* Protect sensitive uses from the encroachment of land uses that would result in impacts from noxious fumes or toxins.
- *Action HC 14.3.d.* Encourage the reduction of air pollution from stationary sources.
- *Action HC 14.3.e.* Ensure conservation of and access to clean and adequate drinking and surface water.
- *Action HC 14.3.f.* Continue to minimize Riverside County residents' and employees' exposure to the harmful effects of hazardous materials and waste.

Policy HC 14.4. Improve air quality and respiratory health through County programs and operations that reduce overall energy use and increase the use of clean and renewable energy sources through programs such as:

- *Action HC 14.4.a.* Encourage energy conservation such as maximizing the use of nature lighting and motion sensing lighting
- *Action HC 14.4.b.* Providing on-site clean energy generation such as solar panels.

See also:

▶ SECTION I: LAND USE: URBAN INFILL: RIVERSIDE: ACTION HC 2.2.F

Santa Rosa

▶ NOISE AND SAFETY ELEMENT

Policy NS-F. Minimize dangers from hazardous materials.

Solano County

▶ PUBLIC HEALTH AND SAFETY ELEMENT

[A] major strateg[y] in the Health and Safety chapter [is] improving air quality on a regional scale through partnerships with other Bay Area organizations.

Goal HS.G-2. Improve air quality in Solano County, and by doing so, contribute to improved air quality in the region.

Goal HS.G-4. Protect important agricultural, commercial, and industrial uses in Solano County from encroachment by land uses sensitive to noise and air quality impacts.

Air Quality:

Simply stated, ambient air quality is a measure of how healthy or clean is a region's air. Poor air quality can have negative health effects on residents, especially sensitive groups such as children, the elderly, and people with pre-existing respiratory conditions. Concentrations of air pollutants, primarily generated by human activity, contribute to poor air quality. Natural factors in Solano County such as terrain, wind, and sunlight can cause poor air quality conditions to persist even if regional emissions decline. Other factors, such as the presence of certain industries, can produce localized areas of poor air quality. The policies and implementation programs included in this section are intended to allow population and economic growth while improving the air quality in Solano County.

- *Action HS.I-58.* Encourage agricultural best management practices regarding herbicide and pesticide use, odor control, fugitive dust control, and agricultural equipment emissions to minimize air quality impacts.

- *Action HS.I-59.* Require the implementation of best management practices to reduce air pollutant emissions associated with the construction of all development and infrastructure projects.
- *Action HS.I-60.* Require environmentally responsible government purchasing. Require or give preference to the purchase of products that reduce or eliminate indirect greenhouse gas emissions (e.g., giving preference to recycled products over products made from virgin materials).

See also:

▶ SECTION I: TRANSPORTATION: TRAFFIC REDUCTION: SOLANO COUNTY: ACTION HS.I-53

Sonoma County

▶ PUBLIC SAFETY ELEMENT

Policy PS-4h. Avoid siting hazardous materials and waste facilities in seismic areas or near schools.

Policy PS-4i. Avoid siting hazardous waste facilities in residential or agricultural areas.

▶ OPEN SPACE AND RESOURCE CONSERVATION ELEMENT

Policy OSRC-16i. Ensure that any proposed new sources of toxic air contaminants or odors provide adequate buffers to protect sensitive receptors and comply with applicable health standards. Promote land use compatibility for new development by using buffering techniques such as landscaping, setbacks, and screening in areas where such land uses abut one another.

Policy OSRC-16k. Require that discretionary projects involving sensitive receptors (facilities or land uses that include members of the population sensitive to the effects of air pollutants such as children, the elderly, and people with illnesses) proposed near the Highway 101 corridor include an analysis of mobile source toxic air contaminant health risks. Project review should, if necessary, identify design mitigation measures to reduce health risks to acceptable levels.

Ventura County

▶ OUR HEALTHY AND SAFE COMMUNITY ELEMENT

Goal 7. Build effective community partnerships that protect and improve the social well-being and security of all our citizens. A healthy Ventura community requires thorough protection from crime and freedom from pollution, unwanted noise, and the threat of hazardous materials.

Policy 7D. Minimize exposure to air pollution and hazardous substances.

- *Action 7.20.* Require air pollution point sources to be located at safe distances from sensitive sites such as homes and schools.
- *Action 7.21.* Require analysis of individual development projects in accordance with the most current version of the Ventura County Air Pollution Control District Air Quality Assessment Guidelines and, when significant impacts are identified, require implementation of air pollutant mitigation measures determined to be feasible at the time of project approval.
- *Action 7.22.* In accordance with Ordinance 93-37, require payment of fees to fund regional transportation demand management (TDM) programs for all projects generating emissions in excess of Ventura County Air Pollution Control District adopted levels.
- *Action 7.23.* Require individual contractors to implement the construction mitigation measures included in the most recent version of the Ventura County Air Pollution Control District Air Quality Assessment Guidelines.

Brownfield Cleanup

Cleaning contaminated properties (brownfields) may improve the health of nearby residents and encourages economic development in urban infill areas that may be most in need of economic opportunities and new services.

Marin County

▶ SOCIOECONOMIC ELEMENT: ENVIRONMENTAL JUSTICE

Goal EJ-1. Environmental Justice. Ensure that all persons in Marin live in a safe and healthy environment.

- *Action EJ-1.b.* Create a brownfield map. Work with the Environmental Protection Agency and local jurisdictions to identify and create a map of brownfield sites in Marin County.
- *Action EJ-1.c.* Conduct brownfield education. Provide education to elected officials and agency staff regarding the brownfield cleanup and development process and associated funding sources.

Solano County

▶ PUBLIC HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH

Hazardous Materials: Brownfields

Brownfields are properties that are contaminated, or thought to be contaminated. Many are located in urban areas and are underused because of perceived remediation costs and liability concerns. Redeveloping brownfield properties optimizes the use of existing infrastructure, saving tax dollars and protecting natural resources. It also preserves agricultural and green spaces by slowing their conversion to residential, commercial, and industrial uses. Solano County maintains a list of all of the approximately 500 brownfield sites located within the county and works with federal and state agencies to ensure their proper cleanup or maintenance.

Sonoma County

See:

▶ SECTION I: LAND USE: MIXED USE NEIGHBORHOODS: SONOMA COUNTY: POLICY LU-11E

Ventura County

▶ OUR HEALTHY AND SAFE COMMUNITY ELEMENT

Goal 7. Build effective community partnerships that protect and improve the social well-being and security of all our citizens.

Policy 7D. Minimize exposure to air pollution and hazardous substances.

- *Action 7.26.* Seek funding for cleanup of sites within the Brownfield Assessment Demonstration Pilot Program and other contaminated areas in West Ventura.

SECTION II

Health-Promoting Policies in Innovative Land Use Topics

There are a number of community health topics general plans have not traditionally addressed, including access to health care, access to healthy foods, health equity promotion, and environmental issues such as climate change. The examples included here break new ground in planning for healthy communities. They go beyond the traditional scope of land use and propose new ways for local government to use local planning tools to support community health and equitable access to health resources.

TOPIC: Raising the Profile of Public Health

Includes:

Health Guiding Principle / Overall Vision

Health Rationale

Considering Health Issues in the Planning Process

There are a number of ways to integrate public health into general plans – for instance, by creating a separate public health element (or chapter), developing a health “guiding principle” for the entire general plan, and including health rationale to support specific policies. All of these strategies help create a health frame for the specific goals, objectives, and strategies the plan promotes. The following examples highlight the different ways communities are creating a health frame or focus for their plans.

Health Guiding Principle / Overall Vision

General plan update committees will often begin with a set of guiding principles or an overall vision that provides a framework for the entire plan.

Marin County

Framework: Planning Sustainable Communities: Guiding Principles

Guiding Principle #12: Support public health, safety, and social justice.

We will live in healthy, safe communities and provide equal access to amenities and services. We will particularly protect and nurture our children, our elders, and the more vulnerable members of our community.

Richmond

► COMMUNITY HEALTH AND WELLNESS ELEMENT: OVERARCHING GOAL/VISION

Richmond is a healthy community and is recognized as a leader in promoting public health, environmental sustainability, and livable communities. Richmond encourages and promotes healthy living and lifestyles by ensuring equitable access to recreation facilities such as parks and community centers that promote physical activity; grocery stores and healthy foods, safe active transportation options such as biking and walking, health services, affordable housing, economic development opportunities, healthy environmental quality, and safe public spaces.

Solano County

Guiding Vision Statement: [We will] promote public health, safety and security, and environmental justice as part of an equitable society.

Health Rationale

A *health rationale* is a statement connecting a policy or set of policies to health outcomes. Some plans include a discussion of health rationale separately from the policies themselves as an introduction or a frame. Other plans place health rationale within individual policy statements. A health rationale provides grounding for a plan's health policies, and it is one indicator that the community has explicitly acknowledged the role that land use plays in community health.

Anderson

► HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH

From the beginning, town planning involved issues of public health. Urban planning and public health professions both came out of a desire to prevent urban outbreaks of infectious disease. Recently, health professionals have taken a new look at urban design and have become advocates for designing and building healthy places, especially those designs which will promote increased physical activity. Land use policies and programs that support active living include the following:

- Mixed-use development
- Transit-oriented development
- Urban infill
- Parks
- Recreation
- Trails

These policies are said to ameliorate many medical conditions including respiratory and cardiovascular diseases (heart disease and stroke), cancer, obesity, diabetes, depression and anxiety. According to the Surgeon General, as little as 30 minutes of moderate exercise each day, including brisk walking, can bring significant health benefits.

Mixed-use development allows planning and zoning to site residential, retail, office, and educational facilities within close proximity to each other to encourage walking and biking as a routine part of everyday life.

Transit-oriented development includes bus and paratransit options and gives residents and commuters more opportunities to combine biking and walking with other means of getting to work, school, or shopping centers. Public transit does not replace walking or biking, but integrates them into the transportation mix.

Urban infill is often associated with mixed-use development, which results in compact communities that can encourage walking and biking opportunities to jobs, schools, and shopping centers.

Parks can provide opportunities for family recreation, play areas, and sports fields. Parks located close to residential areas and/or schools can increase opportunities for biking and walking.

Recreation can either be active or passive. Active recreation is activity that requires the use of organized play areas including, but not limited to, softball, baseball, football, and soccer fields, tennis and basketball courts, and various forms of children's play equipment. Passive recreation is activity that does not require the use of organized play areas such as nature observation.

Trails for biking and/or walking can promote increased activity with smaller amounts of land than large parks and can often use "leftover" or unwanted land. Promotion of trails is necessary to gain the full public health benefits of increased use.

All sections of the General Plan include provisions to promote the health of Anderson residents. The implementation of bicycle and pedestrian trails has been demonstrated to promote a healthy lifestyle. The Housing Element promotes adequate shelter for all.

Chula Vista

► LAND USE AND TRANSPORTATION ELEMENT

Goal 7.16. Planning for Healthy Communities. Land use and transportation have a strong influence on people's lifestyles and in promoting healthy communities. Land use arrangements and mixes that provide access to daily needs, conveniences, and employment in a safe, inviting, and walkable environment create the underpinnings for increased physical activity. Easy and convenient access to transit and other non-auto modes of travel, especially between residential and employment centers, reduces auto usage, congestion, and the attendant impacts to air quality. Auto emissions are the single largest source of air pollution, and air quality is a major environmental health factor. In addition, the availability of safe, convenient and connected walking paths, trails and bikeways, and neighborhood-based park and recreational options also promote physical activity and exercise.

Other parts of the General Plan also relate to the notion of healthy and safe communities and address topics such as police, fire, and emergency medical facilities and services; park and recreation facilities and services; sustainable development; protection of the environment and people from air and water pollution and hazardous materials; and the close relationship between land use and transportation. For instance, Section 3.2 of the Public Facilities and Services Element (Chapter 8) addresses Police, Fire Protection, and Emergency Services; Section 3.5 of the Public Facilities and Services Element deals with Parks and Recreation, and includes an objective and policies on Joint Use of Park and School Facilities; the Environmental Element (Chapter 9) contains sections on Sustainable Development; Promoting Clean Air, Protecting Water Quality, and Hazardous Materials and Waste; and other sections of this Land Use and Transportation Element address Land Use and Transportation Integration, Improving Vehicular and Transit Mobility, and Increasing Mobility Through Use of Bicycles and Walking.

Rather than repeat all relevant discussions and policies here, this section augments and supports these related topics in order to emphasize the growing importance of promoting healthy lifestyles in a coordinated and integrated manner. It also helps respond to regional, state, and federal initiatives on this topic.

Marin County

► SOCIOECONOMIC ELEMENT: PUBLIC HEALTH: KEY TRENDS AND ISSUES

Community Health Survey results indicated that Marin shares in the national obesity epidemic. The county is a long way from achieving the U.S. Healthy People 2010 goal of no more than 5 percent of children and adolescents being overweight and 15 percent of adults being obese. Chronic diseases associated with obesity are also increasing. Factors contributing to obesity include poor eating habits, lack of physical activity, and school and community environments that make it difficult to access healthy foods and physical activity. For the senior population, concerns with obesity and unhealthy lifestyles are also alarming. The Marin Community Health Survey (2001) found that 50.7 percent of Marin adults over the age of 60 are overweight or obese, and only 34.7 percent of seniors eat five servings of fruits and vegetables daily. The survey also indicates that 17.2 percent of seniors 60 and older never get moderate physical activity.

Oakland

Note: Oakland’s general plan focuses on transit-oriented development and neighborhood activity centers, which contributes to walkability and potentially to healthy food retail, but this connection is not explicitly made. However, the general plan directs the city to create bicycle and pedestrian master plans, and the authors of these plans make the connection with health in the documents.

► BICYCLE MASTER PLAN: BENEFITS OF BICYCLING: PUBLIC HEALTH

Bicycling is healthy transportation. Physical inactivity and poor nutrition are the root causes of the obesity epidemic in the United States. In the Oakland Unified School District, 20 percent of students are physically unfit and 36 percent of students are overweight or obese (California Department of Education 2005). Over 40 percent of the leading causes of death in Oakland, including heart disease, cancer, stroke, and type 2 diabetes are related to physical inactivity. These deaths contribute to a lifespan that is 2.5 years shorter than that of Alameda County residents as a whole. Oakland’s African Americans have a lifespan that is five years shorter than the citywide average (Alameda County Public Health Department 2004). Thirty minutes of moderate physical activity per day is an effective prevention measure against these leading causes of death (US Department of Health and Human Services 2005). Building physical activity into people’s daily lives is one of the most sustainable interventions to promote healthy lifestyles. Bicycling for recreation is an aerobic and low-impact form of exercise. Bicycling for transportation is an ideal means for integrating physical activity into daily life.

► PEDESTRIAN MASTER PLAN: BENEFITS OF A WALKABLE CITY: HEALTH

Walkable cities promote healthy citizens. Health professionals recommend walking as a form of physical activity to help prevent a host of diseases including obesity, heart disease, and some forms of cancer.

Drawing on the success of the public health model in reducing smoking, cities are recognizing that good places to walk help promote healthy citizens.

In the United States, 300,000 deaths per year are associated with obesity and the number of overweight adolescents almost tripled in the last 20 years. While almost two-thirds of children walked or biked to school only 30 years ago, less than 10 percent do today (STPP 2000a, p. 6). According to the Surgeon General, encouraging at least 30 minutes of walking per day and creating walkable environments are recommended methods for reducing overweight and obesity (US Department of Health and Human Services 2001).

Riverside

► HEALTHY COMMUNITIES ELEMENT: ISSUES AND POLICIES

A primary role of government is to protect the health and safety of its citizens. The Healthy Communities Element not only seeks to avoid harm to citizens through the prevention of crime and injuries, it takes the County’s role further to espouse a goal of fostering the overall health and well-being of residents. In this role, the County has taken up the task of encouraging the creation of a built environment that supports healthy choices and, whenever possible, preventing the conditions that cause chronic health conditions. The following policies address countywide issues that are general in nature and may apply to various locations. These policies address the multidisciplinary nature of health issues and recognize that the efforts of many different County departments and agencies affect health outcomes. Policies also anticipate the need to understand the nature and extent of health issues and to track trends over time in order to maintain effective policies and programs to promote public health.

Policy HC 1.1. Foster the overall health and well-being of County residents, particularly the most vulnerable populations.

Policy HC 1.2. Promote an understanding of the connections between the built environment and the on-going health challenges in Riverside County.

Policy HC 1.3. Educate the public about the health benefits of physical activity, nutrition, and other healthy lifestyle issues.

Policy HC 1.4. Use County activities to improve the overall health conditions in Riverside County.

Policy HC 1.5. Encourage healthy living through County-sponsored programs and events.

Policy HC 1.6. Promote the adoption of wellness programs and practices.

Solano County

► PUBLIC HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH: PLANNING CONTEXT

According to the 2005 California Health Institute Survey, obesity rates in Solano County decreased slightly between 2001 and 2005, but were still higher than the average rate in California. Of Solano County respondents, 54 percent were overweight or obese in 2005, while 57 percent were overweight or obese in 2001. This rate was slightly greater than for California as a whole at 51 percent in 2005. The high number of Solano County residents that are overweight or obese demonstrates that obesity is a significant issue in the county which can lead to a variety of other health problems and concerns.

Obesity not only affects one's comfort and mobility, but also has serious related health consequences, including diabetes, heart disease, stroke, and a number of different cancers. Out of the 10 leading causes of death shown in Solano County, five are obesity related: heart disease, cancers, stroke, diabetes, and hypertension. Nearly two-thirds of all deaths in the county in 2005 were attributed to obesity-related causes.

Public health and urban planning professionals recognize that increasing individuals' physical activity is paramount for the nation's health, and that planning environments that are more conducive to active modes of transportation can have an enormous effect on increasing physical activity rates.

Current research on the relationships between transportation, land use, and public health can be distilled into a few strategies. All of these strategies can increase the amount of bicycling and walking that occurs, thereby increasing physical activity levels and social networks and reducing likelihood of obesity. Increasing the number of walking and bicycling trips also diminishes the need to drive. In turn, this reduces per capita air pollution and the rates of diseases such as asthma that are associated with localized air pollution, and decreases the stress and health risks associated with traffic crashes.

In the unincorporated area of Solano County, communities are small, and agricultural land uses occupy most of the landscape. Many of the public health strategies listed [in the Solano County General Plan, also listed in this document] are most applicable in the incorporated areas of the County where different land uses can be located near one another and density can be modified. Consequently, it is important for the County to coordinate efforts with the incorporated cities to accomplish goals of integrating public health into planning practice. The agricultural nature of the county also presents important opportunities for access to healthy foods. In order to increase access to fresh, locally grown produce in the county, some farms need to focus on growing produce for the local market and have a mechanism for selling their products to local residents.

Each chapter's policies and implementation strategies strive to encourage active, healthy lifestyles. This section contains policies and implementation programs for issues not addressed in other parts of the General Plan. Policies and implementation programs in other sections and chapters that are important in relation to public health are not duplicated in this section, but are referenced.

Ventura

▶ OUR HEALTHY AND SAFE COMMUNITY ELEMENT: COMMUNITY WELLNESS

Keeping the small town feel of Ventura depends on working together as a community to look out for the well-being of all residents, especially those most at risk. Community wellness requires comprehensive preventative care, as well as careful preparation for and response to dangers within the built environment and to risks posed by natural processes.

Adequate shelter, sufficient medical services, walkable neighborhoods, and proper nutrition create an essential foundation for a healthy community. Reducing as much as possible the threat to people and property from earthquakes, landslides, floods, and fires further enhance the collective wellness of the city. In addition, a healthy Ventura community requires thorough protection from crime, and freedom from pollution, unwanted noise, and the threat of hazardous materials.

Walnut Creek

▶ QUALITY OF LIFE ELEMENT: COMMUNITY HEALTH

There is a growing understanding that good health can be promoted through community design. Past practice of relegating schools, stores, employment, recreation, and homes to scattered locations accessible only by automobile has had some unintended community health consequences, including obesity and frailty.

Providing comfortable walking and bicycling environments and destinations can be an effective and natural method of ensuring that people are active – a first step toward improved public health. An active lifestyle is also encouraged by the provision of a variety of easily accessible, passive and active recreation programs and facilities.

Considering Health Issues in the Planning Processes

The public health community has an important role to play in the planning process, including implementing the general plan policies. Institutionalizing the role of public health in ongoing planning processes ensures that the health considerations will continue to be addressed as development decisions are made. Policies that require public health departments' participation or create the infrastructure for acquiring their input help establish a sustained partnership.

Riverside

▶ HEALTHY COMMUNITIES ELEMENT: COUNTYWIDE LAND USES

These policies are relevant to all land uses in the County and apply to all types of communities. They articulate the overarching land use policies the County is undertaking to improve the health and well being of residents, wherever they live.

Policy C. Incorporating health as an important criterion for approving new development applications and other County policies.

Solano County

▶ HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH

Policy HS.P-38. Integrate public health concerns into land use planning and decision making.

- *Action HS.I-45.* Conduct meetings, workshops, or public hearings to solicit input from interested individuals and organizations on opportunities and recommendations for integrating public health concerns into local land use planning.
- *Action HS.I-46.* Provide an annual report to the Board of Supervisors recommending ways that the County may continue to integrate planning and public health.
- *Action HS.I-48.* Actively support implementation of health service strategic plans, including the Health and Social Services Strategic Plan and the Solano County Health Access Strategic Plan.
- *Action HS.I-49.* Coordinate with public health agencies to provide public outreach and education on how lifestyle changes can affect health.

TOPIC: Health Care and Prevention

Includes:

Funding and Support for Health Services
Access to Health Care and Health Services
Alcohol, Drugs, and Tobacco
Mental Health
Nutrition and Physical Activity Consumer Education

Funding and Support for Health Services

Community health organizations augment health and human services departments' programs. The following examples are policies that make ongoing support of those organizations a part of the general plan.

Solano County

▶ PUBLIC HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH

Policy HSP-39. Coordinate with public health agencies and groups to provide outreach and services, especially for special needs populations.

Union City

▶ YOUTH, FAMILIES, SENIORS, AND HEALTH ELEMENT

Goal YFSH-A.1. To continue to place high priority on programs and facilities that serve youth, families, and seniors.

Policy YFSH-A.1.2. The City shall continue to use public funds to assist community and health services provided by non-profit agencies.

Goal YFSH-B.1. To meet the quality-of-life needs of Union City's youth and families through recreational, educational, housing, health care, and child care opportunities.

Policy YFSH-B.1.14. The City shall support Tiburcio Vasquez Health Clinic in [its] efforts to provide health services to youth, teens, and families.

Goal YFSH-C.1. To meet the quality-of-life needs of Union City's seniors through recreational, educational, housing, health care, and day care opportunities.

Policy YFSH-C.1.1. The City shall pursue partnerships with local health service providers to provide programs such as health screening, medication monitoring, senior abuse education/prevention, adult day care/support for care givers, and in-home assistance.

Ventura

▶ OUR HEALTHY AND SAFE COMMUNITY ELEMENT

Goal 7. Build effective community partnerships that protect and improve the social well-being and security of all our citizens.

Policy 7A. Encourage wellness through care and prevention.

- *Action 7.2.* Provide technical assistance to local organizations that deliver health and social services to seniors, homeless persons, low-income citizens, and other groups with special needs.

Access to Health Care and Health Services

Access to health care through expanded medical center resources, transit connections to health services, health insurance programs, and consumer education is a basic building block for community health.

Marin County

► SOCIOECONOMIC ELEMENT: PUBLIC HEALTH

Despite the general good health of county residents, some disturbing concerns face the Marin population. The breast cancer rate in Marin is among the highest in the United States, and other cancer rates are high, including that for prostate cancer. Obesity is prevalent among both adults and children. Targeted health issues in the county also include hepatitis C, heart disease, asthma, and environmental illnesses. Recent changes in Medicare may impact insurance coverage for the increasingly aging county population, who, along with other special needs groups, face a shortage of accessible and affordable care services.

The Vision: Preventive treatment and universal access to care will be promoted by working with local health care agencies. Healthy lifestyles and living and work environments will be a primary focus of these programs.

Goal PH-3. Adequate Access to Quality Health Care. Ensure that all community members have affordable and convenient access to a full range of primary, preventive, and specialty health care, including mental health, vision, and dental care.

Policy PH-3.1. Increase provider capacity. Ensure that additional health care services are provided in a way that is culturally sensitive and linguistically appropriate for the diverse communities of Marin.

Policy PH-3.2. Increase health insurance options. Enhance funding for health insurance products for children and adults not eligible for publicly funded health programs, including support for state and national single payer systems.

Policy PH-3.3. Enhance access to public benefit programs. Create integrated access to all health and public benefit programs in the community.

Policy PH-3.4. Increase awareness of preventive health care. Promote and support cross-cultural education and awareness of the importance of a regular health care provider and preventive health care.

Policy PH-3.5. Enhance access to mental health programs. Ensure a full range of mental health services – from outpatient to acute care – for the mentally ill.

- *Action PH-3.a.* Foster collaboration. Facilitate collaborative partnerships between County Health and Human Services, medical professionals, community-based agencies, and service providers, schools, and local funding agencies.
- *Action PH-3.b.* Support health educational opportunities. Support and encourage training and educational opportunities in the health professions to meet the needs of an increasingly diverse population.
- *Action PH-3.c.* Improve access to health care. Improve access to health care for underserved populations by expanding the children's health initiative; transitioning that initiative as feasible to include other underserved populations; developing a one-stop electronic application process that can be used to enroll clients in health insurance and other public benefit programs; and supporting State and national proposals for a single payer system.
- *Action PH-3.d.* Improve service delivery and utilization. Develop proactive outreach and enrollment programs for insurance benefits; integrate case management services with primary

medical care; support electronic medical record portability to improve utilization and quality of services; promote preventive care; and ensure insurance retention.

- *Action PH-3.e.* Support disease prevention education programs. Promote chronic disease self management education, and support prevention programs, including prenatal services, tailored to the social and cultural perspectives of a diverse population.
- *Action PH-3.f.* Employ a precautionary approach. To guide disease prevention efforts in the county, utilize the Precautionary Principle, which calls for taking precautionary measures when an activity may threaten human health.
- *Action PH-3.g.* Support mental health programs. Encourage adequate funding to provide a full range of mental health treatment programs, support services, and psychiatric beds for the mentally ill, particularly for the severely and emotionally disturbed.

Richmond

► COMMUNITY HEALTH AND WELLNESS ELEMENT

Goal HL-C. Access to Medical Services. Ensure that all Richmond residents have access to primary and emergency health care facilities and medical services.

Policy HL-15. Ensure that medical facilities in the city are directly served by public transit. Ensure service especially from neighborhoods with higher proportion of transit-dependent population such as low-income households, seniors, and people with disabilities.

Riverside

► HEALTHY COMMUNITIES ELEMENT: HEALTH CARE AND MENTAL HEALTH CARE

Affordable and accessible healthcare and mental health care provide timely intervention with health issues and preventive services to reduce the impact of illnesses. Preventive measures – such as screening for common health problems like diabetes and respiratory illnesses, dental care, vaccinations – have been shown to reduce incidences and severity of illnesses. Stress and high blood pressure are associated with increased risk of several chronic illnesses including stroke, obesity, diabetes and heart disease. Anxiety is also associated with increased risk of aggression, depression and substance abuse. Similarly, attributes of the built environment, including the amount of driving, access to green space and nature, and the condition of the built environment, can affect mental health by impacting levels of stress, anxiety and depression. The following policies articulate the County’s program for increasing access to healthcare and mental health care.

Policy HC 12.1. Improve access to health care, medical, and mental health facilities for County residents.

- *Action HC 12.a.* Coordinate with public transit agencies to improve transit access to health clinics and hospitals.
- *Action HC 12.b.* Explore the use of mobile or remote health care (e.g., E-Health Care; Clinics on Wheels, co-location of new facilities, one stop health care centers).
- *Action HC 12.c.* Create an impact fee or land dedication program to offset the costs of constructing new, county-sponsored healthcare and mental health facilities.

Policy HC 12.2. Locate a wide range of healthcare and mental health facilities throughout the County that are equitable, transit-accessible and pedestrian-friendly as well as in fast-growing areas of the community.

► HEALTHY COMMUNITIES ELEMENT: HEALTHCARE AND MENTAL HEALTH CARE

Policy HC 12.3. Provide social and mental health care support that reduce recidivism and prevent criminal behaviors.

San Francisco

▶ COMMUNITY FACILITIES ELEMENT

Objective 3. Assure that neighborhood residents have access to needed services and a focus for neighborhood activities.

Policy 3.1. Provide neighborhood centers in areas lacking adequate community facilities.

Some San Francisco neighborhoods lack adequate physical facilities for needed services and for neighborhood activities. Therefore, the City should undertake programs to provide multipurpose centers in neighborhoods where they are lacking or inadequate. Centers need not be new, independent buildings, but can be additions to existing community facilities such as schools, libraries, health centers, and recreation centers. Rehabilitation and renovation of such existing public buildings can result in useful neighborhood centers.

Solano County

▶ PUBLIC HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH

Policy HS.P-41. Ensure access to health care and social services for all residents, including the elderly and underserved populations. Encourage the provision of health care and the construction of health care facilities.

Coordination with Other Agencies and Organizations:

- *Action HS.I-48.* Actively support implementation of health service strategic plans, including the Health and Social Services Strategic Plan and the Solano County Health Access Strategic Plan.
- *Action HS.I-51.* Investigate possible strategies for increasing the number of health clinics and medical facilities and health care access for uninsured and low-income families.

Sonoma County

▶ HOUSING ELEMENT

Policy HE-5a. Review the current zoning regulations for group homes, transitional housing, and the full range of licensed healthcare programs and facilities in order to determine whether or not they can be changed to encourage additional use of residences or construction of new facilities for these purposes.

▶ PUBLIC FACILITIES ELEMENT

Policy PF-3e. Encourage and support the availability of sites for community based health services, including school based health services and facilities.

Policy PF-3f. Encourage and support the availability of sites for alcohol, drug and mental health treatment, as well as housing for persons receiving such treatment.

Union City

▶ YOUTH, FAMILIES, SENIORS, AND HEALTH ELEMENT

Goal YFSH-F.1. To facilitate the provision of accessible and affordable health care to all Union City residents.

Policy YFSH-F.1.2. The City shall provide information on health care services in the area, including hospice care and home health care, through newsletters, the website and published inventories.

Policy YFSH-F.1.3. The City shall provide a representative to the [public hospital board] to help ensure adequate emergency services and facilities are provided for the community.

Policy YFSH-F.1. The City shall conduct a campaign to provide information about the City’s various health services and programs through such means as newsletters, the City website, and published inventories.

Ventura

▶ OUR HEALTHY AND SAFE COMMUNITY ELEMENT

Goal 7. Our goal is to build effective community partnerships that protect and improve the social well-being and security of all our citizens.

Policy 7A. Encourage wellness through care and prevention.

- *Action 7.2.* Provide technical assistance to local organizations that deliver health and social services to seniors, homeless persons, low-income citizens, and other groups with special needs.

See also:

- ▶ SECTION II: HEALTH CARE AND PREVENTION: FUNDING AND SUPPORT FOR HEALTH SERVICES: VENTURA: ACTION 7.2

Walnut Creek

▶ QUALITY OF LIFE ELEMENT: COMMUNITY HEALTH

Goal QL-11. Promote a healthy community

Policy 11.1. Strive to retain vital health care providers within the city.

- *Action 11.1.1.* Facilitate the availability of high-quality health care – routine and advanced – including trauma and other clinical services in appropriate locations close to Walnut Creek residents.
- *Action 11.1.2.* Working cooperatively with local health care and civic organizations, promote community health care programs.

Watsonville

▶ A DIVERSE POPULATION ELEMENT

Goal 10.4. Promote Health, Wellness, and Safety: Enhance the quality of life for City residents by promoting health, wellness, and safety through programs and services which increase healthy nutrition, physical activity, and strengthen safety and security.

Policy 10.4.1. The City shall provide opportunities and programs that promote the physical and emotional health and safety of residents.

- *Action 10.4.11.* Health and Wellness: The City shall provide various recreation programs and after-school programs that offer physical activity options, promote healthy nutrition and physical activity, and reflect the interest and diversity of residents, children, youth, seniors, adults, and families. The City shall promote community awareness of children, youth, and adult mental health issues and support community efforts that address these quality-of-life issues.

Alcohol, Drugs, and Tobacco

The general plan policies here provide an example of how general plans may address the unhealthy prevalence of tobacco and other drugs, both by limiting access and providing treatment services for those dependent on them.

Marin County

► SOCIOECONOMIC ELEMENT: PUBLIC HEALTH

Goal PH-2. Communities Free of Tobacco and Alcohol Dependency, and Other Drug Abuse Problems. Reduce alcohol, tobacco, and other drug use by creating a social and physical environment that supports healthy choices, ensuring access to treatment services and enforcing existing regulations.

Policy PH-2.1. Adopt and enforce tobacco control laws. Continue updating and enforcing tobacco control laws that pertain to location and retailing practices of tobacco stores (that sell to underage youth), smoking restrictions, and smoke-free home and workplace laws.

Policy PH-2.2. Reduce youth access to alcohol. Make alcohol less available, accessible, and acceptable to youth, and restrict promotion and placement of alcohol targeted at youth through updating and enforcing underage drinking laws, especially those that pertain to retail establishments and social settings.

Policy PH-2.3. Raise awareness of alcohol and other drug issues. Reduce positive associations and increase perceptions of harm among youth by changing social norms through supporting a comprehensive, evidence-based prevention approach that includes media, enforcement, education, and policy.

Policy PH-2.4. Expand evidence-based prevention and treatment programs. Ensure that alcohol and substance abuse prevention and treatment programs utilize best available practices.

Policy PH-2.5. Increase tobacco cessation services. Ensure that smoking cessation services are available to Marin residents.

Policy PH-2.6. Improve access to treatment services. Ensure that Marin residents have access to affordable, high-quality, culturally relevant, linguistically, geographically, and age-appropriate treatment services that reflect the needs of the population and drug abuse trends.

- *Action PH-2.a.* Support alcohol policy development. Promote policies that restrict the availability, accessibility, promotion, and placement of alcohol in proximity to youth. Collaborate with local law enforcement agencies, community coalitions, and Health and Human Services to consider adopting land use and alcohol policies such as Social Host ordinances [which make it an infraction or misdemeanor for social hosts, such as parents, to knowingly allow minors to obtain, possess, or consume alcoholic beverages at parties held at private residences or private premises], conditional use permit ordinances, or related approved ordinances.
- *Action PH-2.b.* Encourage enforcement of alcohol laws. Coordinate and collaborate with local law enforcement to conduct merchant education and compliance checks of establishments licensed with Alcohol Beverage Control.
- *Action PH-2.c.* Conduct media activities. Provide regular submissions to local radio, print, and televised media highlighting significant issues and trends related to alcohol and other drug use, as well as available prevention and treatment services.
- *Action PH-2.d.* Implement responsible beverage service programs. Form a local coalition of youth, parents, health advocates, the business community, law enforcement, and interested community members to establish and advocate for Responsible Beverage Service programs and policies, and

train event hosts and establishments licensed with Alcohol Beverage Control in responsible sales and service practices.

- *Action PH-2.e.* Provide training and technical assistance. Increase the capacity of service providers and other community partners by providing regular and ongoing training and technical assistance in areas including, but not limited to, the following: best practices for alcohol and other drug prevention and treatment, problem identification and referral, dual diagnosis, working with diverse populations, media advocacy, program evaluation, trends in alcohol and other drug use, and policy advocacy.
- *Action PH-2.f.* Develop and maintain community partnerships. Participate in and support collaborative relationships that address relevant and related public health issues and are inclusive of nontraditional partners.
- *Action PH-2.g.* Provide tobacco education. Support public education programs regarding the hazards of tobacco use and secondhand smoke through media and educational events, and by encouraging incorporation of cessation and prevention programs into the protocols of community-based organizations.
- *Action PH-2.h.* Enhance youth tobacco prevention programs. Increase school- and college-based prevention programs to discourage tobacco addiction among youth and 18- to 24-year olds, the fastest-growing group of smokers in California.
- *Action PH-2.i.* Provide smoking cessation programs. Support efforts to provide residents with access to smoking treatment programs at hospitals and clinics, and through substance abuse treatment providers' community-based organizations, schools, colleges, and employers.
- *Action PH-2.j.* Enforce tobacco control laws. Maintain and enhance the partnership between local law enforcement and the County Environmental Health and Health and Human Services Tobacco Education Program to enforce regulations pertaining to smoking and selling tobacco to minors.
- *Action PH-2.k.* Seek funding for substance abuse prevention. Maintain a continuum of care and expand services using available funding sources to address prevention and treatment gaps.
- *Action PH-2.l.* Conduct regular and ongoing evaluations. Perform program monitoring and evaluation to assess substance abuse prevention program performance, effectiveness, and alignment with desired outcomes.

Sonoma County

► PUBLIC FACILITIES AND SERVICES ELEMENT

Policy PF-3d. In considering applications for Use Permits, consider the potential negative impacts of proposed projects involving alcohol, tobacco, or marijuana in proximity to youth-serving facilities.

Ventura

► OUR HEALTHY AND SAFE COMMUNITY ELEMENT: COMMUNITY WELLNESS

Goal 7. Build effective community partnerships that protect and improve the social well-being and security of all our citizens.

Policy 7A. Encourage wellness through care and prevention.

- *Action 7.3.* Participate in school and agency programs to combat tobacco, alcohol, and drug dependency.

Mental Health

Mental health is an oft-neglected but important health issue to consider including in general plans. Mental illness is a disease in its own right, and can contribute to physical illness and other community concerns such as substance abuse and homelessness.

Marin County

See:

- ▶ SECTION II: HEALTH CARE AND PREVENTION: ACCESS TO HEALTH SERVICES AND HEALTH CARE: MARIN COUNTY: POLICY PH-3.5 AND ACTION PH-3.G

Nutrition and Physical Activity Consumer Education

Along with increasing access to opportunities for physical activity and healthy food retail, communities can support health by encouraging and developing campaigns that increase consumer awareness of healthy eating and active living, as well as awareness of emergency food and state and federal food assistance programs.

Marin County

▶ SOCIOECONOMIC ELEMENT: PUBLIC HEALTH

Goal PH-1. Reduced Rates of Obesity, Eating Disorders, and Chronic Disease Such as Heart Disease and Breast Cancer. Improve individual and community health through prevention, screening, education, and treatment strategies regarding nutrition and physical activity related health issues.

Policy PH-1.e. Support school and community physical fitness and nutrition education programs. Develop and sustain the Marin Nutrition Wellness and Physical Activity Collaborative, comprising schools, community groups, and organizations that can help implement and support school- and community-based nutrition and physical fitness programs and policies. Develop a strategic plan around funding and support for sustainable programs.

Policy PH-1.1. Promote nutrition education and access to healthy foods. Provide affordable healthy foods, and fresh, locally grown fruits and vegetables in schools and other public places.

- *Action PH-1.a.* Implement policies that promote healthy eating and physical activity. Advocate and support policies that do the following: encourage sound nutrition, physical activity, and education programs in all schools, senior centers, and community-based organizations; work with local vendors and agricultural forums to develop access to and availability of affordable, quality, locally grown foods for schools and the community, especially for individuals with limited income or at risk of disease; promote organizational policies around providing healthy food options at meetings, in vending machines, and food concessions, and providing opportunities to engage in physical activity; support land use policies, zoning, and conditional use permit regulations to control the location and density of food and physical activity choices, including sidewalks, safe routes to schools, parks, gardens, etc., to promote healthier communities; advocate and support policies that restrict the availability, accessibility, placement, and promotion of low-nutrient-dense foods.
- *Action PH-1.d.* Improve access to early prevention – screening and treatment. Promote reimbursement for and mobilize physicians, registered dietitians, and other qualified health care workers to screen and treat behaviors that may lead to obesity and/or eating disorders, breast cancer, and other preventable diseases. Make public education, social marketing, and media campaigns about the prevention and treatment of obesity and disordered eating a countywide priority. Continue public education regarding the risk factors for and early identification of breast cancer.

- *Action PH-1.e.* Support school and community physical fitness and nutrition education programs. Develop and sustain the Marin Nutrition Wellness and Physical Activity Collaborative, comprising schools, community groups, and organizations that can help implement and support school- and community-based nutrition and physical fitness programs and policies. Develop a strategic plan around funding and support for sustainable programs.
- *Action PH-1.f.* Provide reliable information, training, and technical assistance. Support schools, senior centers, and community organizations in efforts to develop and implement nutrition and physical education standards and policies.

Solano County

▶ PUBLIC HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH

- *Action HS.I-49.* Coordinate with public health agencies to provide public outreach and education on how lifestyle changes can affect health.

Ventura

▶ OUR HEALTHY AND SAFE COMMUNITY ELEMENT: COMMUNITY WELLNESS

Goal 7. Build effective community partnerships that protect and improve the social well-being and security of all our citizens.

Policy 7A. Encourage wellness through care and prevention.

- *Action 7.3.* Participate in school and agency programs to [provide] healthy meals [and] distribute information about the benefits of proper nutrition and exercise.

Watsonville

▶ A DIVERSE POPULATION ELEMENT

Goal 10.4. Promote Health, Wellness, and Safety: Enhance the quality of life for City residents by promoting health, wellness, and safety through programs and services which increase healthy nutrition, physical activity, and strengthen safety and security.

Policy 10.4.2. Promote healthy nutrition. The City shall work with various organizations to promote awareness of healthy choices related to nutrition and exercise, including: obesity prevention, food security, access to healthy food, malnutrition alleviation, and physical activity programs.

TOPIC: Healthy Food Access

Includes:

Agricultural Preservation

Local Food

Urban Agriculture and Community Gardens

Farmers' Markets

Healthy Food Retail

Emergency Food and Food Assistance

Unhealthy eating habits are a primary risk factor for chronic diseases like diabetes, heart diseases, and obesity. Many California communities have “unbalanced food environments” – that is, far more opportunities to buy junk food and fast food than healthy food. The following general plan policies promote sources of healthy food like local agriculture, farmers’ markets, community gardens, grocery stores, healthy corner stores, and access to food assistance programs.

Agricultural Preservation

Preserving and protecting local farmland creates opportunities to link consumers to sources of fresh, healthy food and can improve local food access.

Marin County

▶ NATURAL SYSTEMS AND AGRICULTURE ELEMENT: AGRICULTURE AND FOOD

Goal AG-1. Preservation of Agricultural Lands and Resources.

Equity: Local agricultural production provides consumers with additional, often healthier food choices, and strengthens the cultural heritage and sense of community that stem from a working landscape.

Solano County

▶ PUBLIC HEALTH AND SAFETY ELEMENT

[A] major strateg[y] in the Health and Safety chapter [is] maintaining distance between hazards and humans with agricultural lands and open space.

The agricultural nature of the county also presents important opportunities for access to healthy foods. In order to increase access to fresh, locally grown produce in the county, some farms need to focus on growing produce for the local market and have a mechanism for selling their products to local residents.

The provision of local healthy food establishments including grocery stores, produce markets, fruit stands, and healthy restaurants encourages people to maintain a healthy diet.

Sonoma County

▶ LAND USE ELEMENT

Goal LU-8. Protect lands currently in agricultural production and lands with soils and other characteristics which make them potentially suitable for agricultural use. Retain large parcel sizes and avoid incompatible non-agricultural uses.

Objective LU-8.1. Avoid conversion of lands currently used for agricultural production to non-agricultural use.

Objective LU-8.2. Retain large parcels in agricultural production areas and avoid new parcels less than 20 acres in the “Land Intensive Agriculture” category.

Objective LU-8.3. Agricultural lands not currently used for farming but which have soils or other characteristics which make them suitable for farming shall not be developed in a way that would preclude future agricultural use.

Objective LU-8.4. Discourage uses in agricultural areas that are not compatible with long term agricultural production.

Objective LU-8.5. Support farming by permitting limited small scale farm services and visitor serving uses in agricultural areas.

Policy LU-8b. Apply a base zoning district of agriculture for any land area designated on the land use plan map for agriculture. Other overlay zoning districts may be applied where allowed by the agricultural land use category. Add an agricultural services zoning district or combining district to the zoning ordinance.

Policy LU-8c. Use rezonings, easements, and other methods to insure that development on agricultural lands does not exceed the permitted density except where allowed by the policies of the Agricultural Resources Element.

Policy LU-8d. Deny general plan amendments which convert lands outside of designated urban service areas with Class I, II, or III soils (USDA) to an urban or rural residential, commercial, industrial, or public/quasi-public category unless all of the following criteria are met:

- 1) The use is not in an agricultural production area and will not adversely affect agricultural operations.
- 2) The supply of vacant potential land for the requested use is insufficient to meet projected demand.
- 3) No areas with other soil classes are available for non-resource uses in the planning area.
- 4) An overriding public benefit will result from the proposed use.

Amendments to recognize a pre-existing use are exempt from this policy. Public uses such as parks and sewage treatment plants may be approved if an overriding public benefit exists.

Local Food

Locally sourced food is generally more fresh and nutritious than food shipped from a distance and stored for long periods of time. Promoting local food is also an economic development opportunity to bring income and jobs to a local community.

Marin County

▶ NATURAL SYSTEMS AND AGRICULTURE ELEMENT: AGRICULTURE AND FOOD

Goal AG-2.2. Support Local, Organic, and Grass-Fed Agriculture. Encourage and protect local, organic, grass-fed, and other ecologically sound agricultural practices, such as dry farming, including field crops and animal agriculture, as a means to increase on-farm income, diversify Marin agriculture, and provide healthy food for the local supply.

Policy AG-2.j. Promote local foods. Promote the distribution of local foods through the Community Food Bank. Continue to offer farmers' market food coupons to food stamp and WIC recipients but increase the individual allotment.

Goal AG-3. Community Food Security. Increase the diversity of locally produced foods to give residents greater access to a healthy, nutritionally adequate diet.

Equity: Locally available, fresh, organic food provides numerous health benefits and can be more readily accessed in the event of an emergency.

- *Action AG-3.d.* Use locally grown and/or organic foods in county services. Develop and adopt a food policy and procurement program that incorporates organic and locally grown foods into cafeteria services, the jail, and County-sponsored events.

Riverside

▶ HEALTHY COMMUNITIES ELEMENT: OPEN SPACE, RURAL, RURAL COMMUNITY AND AGRICULTURAL LAND USES

These policies are intended for Open Space, Rural, Rural Community, and Agriculture areas, which were designated in this General Plan to preserve the rural lifestyle that is an integral part of the character and appeal of Riverside County. Agriculture defines the unique character of many communities in Riverside County, and helps to define the edges of and provide separation between developed areas. Widespread and diverse agricultural lands are one of Riverside County's most important land uses in terms of historic character, economic strength and human health. When local agricultural products are grown and distributed locally, people have better access to high quality, nutritious food. In addition, local food sources are closer to local retailers and thus require less in terms of transportation costs and fossil fuel. The goal of this section is to encourage development patterns in Rural and Agricultural areas that are consistent with the vision in the RCIP and which promote healthy lifestyles.

Policy HC 4.1. Implement the policies that encourage healthy land use patterns in the open space, rural and agricultural areas of the County. These policies include:

- *Action 4.1.a.* Preserving rural, agricultural and open space areas, where possible.
- *Action 4.1.b.* Preserving land for local agriculture and scenic resources.
- *Action 4.1.c.* Preventing inappropriate development in areas that are environmentally sensitive or subject to severe natural hazards.
- *Action 4.1.d.* Creating incentives, such as transfer of development rights, clustered development, development easements, and other mechanisms, to preserve the economic value of agricultural and open space lands.

▶ HEALTHY COMMUNITIES ELEMENT: ACCESS TO HEALTHY FOODS AND NUTRITION

Policy HC 11.3. Encourage the production and distribution of locally grown food.

See also:

- ▶ SECTION I: LAND USE: URBAN INFILL: RIVERSIDE: ACTION HC2.2.E

Solano County

▶ PUBLIC HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH

Planning Context:

The agricultural nature of the county also presents important opportunities for access to healthy foods. In order to increase access to fresh, locally grown produce in the county, some farms need to focus on growing produce for the local market and have a mechanism for selling their products to local residents.

Urban Agriculture and Community Gardens

Community gardens help increase the availability and appreciation for fresh fruits and vegetables, in addition to providing green space, an opportunity for exercise, and a place for community gatherings.

Richmond

► COMMUNITY HEALTH AND WELLNESS ELEMENT

Goal HL-B. Access to Healthy Food and Nutrition. Ensure that all Richmond residents have access to affordable and nutritious food to support improved nutrition, reduced incidence of hunger, and healthy eating choices.

Policy HL-11. Support and promote urban agriculture on publicly owned, noncontaminated vacant land in the city. Explore the potential for designating an urban agriculture zone in the city. Identify and revise ordinances that may limit or restrict urban farm stands and urban agriculture.

Policy HL-12. Promote farmers' markets, farm stands, and community gardens in the city. Supplement the availability of fresh produce in the city while encouraging social cohesion, supporting local farmers, and reducing greenhouse gases.

San Francisco

► RECREATION ELEMENT: THE CITYWIDE SYSTEM

Policy 2.12. Expand community garden opportunities throughout the City. Community gardens are a valuable use of open space in dense urban areas. They improve the quality of life in the city by revitalizing neighborhoods, and stimulating social interaction and neighborhood cooperation. In addition, they provide opportunities for recreation and exercise for those who work in the gardens, and provide visual interest to the general public.

There are many existing community gardens in the City. They are located on private property, undeveloped street [rights-of-way] and underused (vacant) public property, public parkland, rooftops, etc. Acknowledging the values community gardens have for the City, the Board of Supervisors passed a resolution encouraging a minimum of 100 community gardens to be established in the City by 1996.

City departments should fully cooperate with neighborhood organizations and nonprofit organizations, such as the San Francisco League of Urban Gardeners (SLUG) to establish, maintain, and administer community gardens at sites throughout the City. The City should also investigate opportunities to preserve existing gardens, in order to maximize the opportunity for San Franciscans to use, enjoy, and benefit from community gardens.

Santa Rosa

► PUBLIC SERVICES AND FACILITIES ELEMENT: PARKS AND RECREATION

Policy PSF-A-11. Community gardens are encouraged within city parks and on city-owned property. As part of the master plan process for new parks, the city shall consider implementing new community gardens based on input from residents.

Sonoma County

► LAND USE ELEMENT

Objective LU-6.8. Encourage food production as an integral part of institutional land uses on public lands where such uses and lands have the capacity to grow food products.

Policy LU-6f. Where feasible and appropriate, encourage food production and recommend curricula related to food production issues as part of the County’s review of permits for institutional land uses such as day care centers, private schools, places of religious worship, etc.

Policy LU-6g. Where appropriate, encourage and support the use of public lands for community gardens and expanding agricultural opportunities.

Watsonville

▶ A DIVERSE POPULATION ELEMENT

Goal 10.4. Promote Health, Wellness, and Safety. Enhance the quality of life for City residents by promoting health, wellness, and safety through programs and services which increase healthy nutrition, physical activity, and strengthen safety and security.

Policy 10.4.2. Promote healthy nutrition. The City shall work with various organizations to promote awareness of healthy choices related to nutrition and exercise including: obesity prevention, food security, access to healthy food, malnutrition alleviation and physical activity programs.

- *Action 10.4.21.* Encourage community gardens. The City will continue to work with organizations that are interested in creating community gardens and to consider City surplus lands for temporary placement of community gardens.

Farmers’ Markets

Farmers’ markets can provide fresh, local food and create opportunities for consumers to connect directly with farmers and learn more about their food source. General plans can support local farmers’ markets by establishing appropriate locations, prioritizing markets as an activity on those sites (through zoning and use approvals), providing financial support, and encouraging the use of food assistance programs at markets.

Chula Vista

▶ LAND USE AND TRANSPORTATION ELEMENT

Goal 7.16. Planning for Healthy Communities

Policy LUT34.3. Promote access to healthy foods through opportunities such as farmers’ markets.

Marin County

▶ SOCIOECONOMIC ELEMENT: PUBLIC HEALTH

Goal PH-1. Reduced Rates of Obesity, Eating Disorders, and Chronic Disease Such as Heart Disease and Breast Cancer. Improve individual and community health through prevention, screening, education, and treatment strategies regarding nutrition and physical activity related health issues.

Policy PH-1.1. Promote nutrition education and access to healthy foods. Provide affordable healthy foods, and fresh, locally grown fruits and vegetables in schools and other public places.

- *Action PH-1.b.* Increase access to healthy foods/beverages. Support neighborhood-oriented, specific sources of healthful foods, such as farmers’ markets and local outlets. Support food banks, pantries, and other sources that help provide federal food assistance to low-income residents so that all families, seniors, schools, and community-based organizations are able to access, purchase, and increase intake of fresh fruits, vegetables, and other nutritious foods.

Richmond

See:

- ▶ SECTION II: HEALTHY FOOD ACCESS: URBAN AGRICULTURE AND COMMUNITY GARDENS: RICHMOND: POLICY HL-12

Solano County

▶ PUBLIC HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH

- *Action HS.I-43.* Promote the establishment of farmers' markets using locally grown produce. Revise the County Zoning Ordinance to allow licensed farmers' markets in unincorporated locations and fruit stands in agricultural areas. Remove barriers to siting of farmers' markets.

Watsonville

▶ A DIVERSE POPULATION ELEMENT

Goal 10.4. Promote Health, Wellness, and Safety. Enhance the quality of life for City residents by promoting health, wellness, and safety through programs and services which increase healthy nutrition, physical activity, and strengthen safety and security.

Policy 10.4.2. Promote healthy nutrition. The City shall work with various organizations to promote awareness of healthy choices related to nutrition and exercise including: obesity prevention, food security, access to healthy food, malnutrition alleviation, and physical activity programs.

- *Action 10.4.22.* Encourage Farmers' Market: The City will continue to support the Farmers' Market to encourage community access to healthy foods and promote continued access to programs designed to help families such as the WIC, food stamp, the summer lunch and the Senior Farmers' Market Coupon programs.

Healthy Food Retail

Many communities are creating programs and changing land use regulations to support restaurants and convenience stores to provide more healthy options and limit fast food franchises or restaurants that serve high-calorie, low-nutrient foods.

Marin County

See:

- ▶ SECTION II: HEALTH CARE AND PREVENTION: NUTRITION AND PHYSICAL ACTIVITY CONSUMER EDUCATION: MARIN COUNTY: ACTION PH-1.A
- ▶ SECTION II: HEALTHY FOOD ACCESS: FARMERS' MARKETS: MARIN COUNTY: ACTION PH-1.B

Richmond

▶ COMMUNITY HEALTH AND WELLNESS ELEMENT

Goal HL-B. Access to Healthy Food and Nutrition. Ensure that all Richmond residents have access to affordable and nutritious food to support improved nutrition, reduced incidence of hunger, and healthy eating choices.

Policy HL-9. Provide adequate healthy food options in the city. Ensure that more than 75 percent of the households in the city live within a half-mile of a full-service grocery store, fresh produce market, an ethnic market, or a convenience store that stocks fresh produce.

Policy HL-10. Encourage convenience stores, liquor stores and ethnic food markets to carry fresh produce. Develop an incentives program to encourage liquor stores and convenience stores to convert

to fresh produce markets or carry fresh produce in their stores. Target low-income and disadvantaged communities that have limited access to full-service grocery stores.

Policy HL-13. Encourage restaurants that serve healthy food options. Limit the amount of trans fat in restaurant food in the city. Make new chain retail stores a conditional land use.

Riverside

▶ HEALTHY COMMUNITIES ELEMENT: ACCESS TO HEALTHY FOODS AND NUTRITION

A healthy, varied diet is a critical component to a healthy life. Poor diet is a primary risk factor in many of the major chronic health issues facing Riverside County, California and the nation, including: heart disease, diabetes, obesity, cancer and stroke. Nearly 2 out of 3 adults and 15 percent of youth are overweight or obese in Riverside County. There are many adults and children that live with diabetes in the County as well. As of 2005, there were over 115,000 adults diagnosed with diabetes living in Riverside County, an increase of roughly 40,000 people since 2003. At the same time, 80 percent of teens, 50 percent of adults, and 50 percent of children do not eat the recommended five fruits and vegetables a day and over 40,000 teens and children report eating fast food two or more times a day.

Residents in Riverside County often do not have access to local, affordable healthy food outlets. Convenience stores, fast food restaurants, gas stations and car-oriented strips are more prevalent and accessible large parts of Riverside County. The average community in Riverside County has nearly twice as many fast food outlets and convenience stores as grocery stores and produce stands and several communities have more than 3 times as many unhealthy food choice options as healthy options. A balanced retail food environment provides choices and adequate nutritional information so that consumers can access healthy foods and make informed decisions about the meals that would be best for them.

In addition to the traditional food retail outlets, farm- and garden-scale urban agriculture has benefits for public health, including encouraging people to consume fresh products and involving city dwellers in healthy, active work and recreation. Urban agriculture also contributes to the creation of safe, healthy, and green environments in neighborhoods and the reuse of otherwise vacant or underutilized land.

The following policies articulate the County's program for increasing access to and information about healthy food choices. These policies are intended to complement policies in the Land Use and Circulation Elements.

Policy HC 11.1. Promote access to healthy food and nutrition throughout the County.

Policy HC 11.2. Encourage safe, and convenient opportunities to purchase fresh fruits, vegetables and healthy foods.

Policy HC 11.4. Encourage an increase in the number of food establishments that provide healthy food options.

Sacramento

See:

▶ SECTION I: PHYSICAL ACTIVITY: BICYCLE AND PEDESTRIAN FACILITIES: SACRAMENTO: POLICY PHS 5.1.7

Santa Rosa

▶ LAND USE AND LIVABILITY ELEMENT

Policy LUL-C-6. Attract a grocery store to the downtown area.

Solano County

▶ PUBLIC HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH: PLANNING CONTEXT

The provision of local healthy food establishments including grocery stores, produce markets, fruit stands, and healthy restaurants encourages people to maintain a healthy diet.

Watsonville

▶ LAND USE AND COMMUNITY DEVELOPMENT ELEMENT

Goal 3.5. Preserve Character of Established Neighborhoods. Encourage preservation and protection of long-established neighborhood qualities.

Policy 3.5.2. Promote healthy neighborhoods and community by encouraging neighborhood convenience stores to carry healthy food such as fresh fruits and vegetables.

- *Action 3.5.21.* Condition neighborhood markets (convenience stores) at the time of development review to incorporate the sale of fresh fruits and vegetables.

Emergency Food and Food Assistance

Many households are unable to access nutritious, culturally appropriate foods because they lack the income to purchase these foods. The policies excerpted here address emergency food sources such as food banks, as well as increasing participation in food assistance programs at farmers' markets, grocery stores, and other food outlets.

Marin County

See:

- ▶ SECTION II: HEALTHY FOOD ACCESS: LOCAL FOOD: MARIN COUNTY: POLICY AG-2.J
- ▶ SECTION II: HEALTHY FOOD ACCESS: FARMERS' MARKETS: MARIN COUNTY: POLICY PH-1.1

Richmond

▶ COMMUNITY HEALTH AND WELLNESS ELEMENT

Goal HL-B. Access to Healthy Food and Nutrition. Ensure that all Richmond residents have access to affordable and nutritious food to support improved nutrition, reduced incidence of hunger, and healthy eating choices.

Policy HL-14. Increase resident participation in federal food programs. Federal assistance to eligible individuals can be spent in Richmond at local food stores, reduce dependence on emergency food programs, and improve the overall health of community through better nutrition. Federal programs include food stamps, WIC, and school lunch programs.

Watsonville

▶ A DIVERSE POPULATION ELEMENT

Goal 10.4. Promote Health, Wellness, and Safety: Enhance the quality of life for City residents by promoting health, wellness, and safety through programs and services which increase healthy nutrition, physical activity, and strengthen safety and security.

Policy 10.4.1. The City shall provide opportunities and programs that promote the physical and emotional health and safety of residents.

- *Action 10.4.14. Access to Food for All Children, Youth, Families, Seniors, and Adults:* The City shall cooperate and partner with appropriate agencies to provide and increase access to nutritious and healthy food and meals to children, youth, families, seniors and adults essential for daily survival and during times of emergencies and natural disasters.

TOPIC: Equity

Includes:

Equitable Distribution of Opportunity and Risk

Vulnerable Populations

Equitable Distribution of Opportunity and Risk

Land uses that support health, such as retail opportunities, parks, transit, and affordable quality housing, are unevenly distributed in many communities – typically according to the neighborhood’s socioeconomic status and often its racial composition. Uses that have a detrimental impact on health (such as liquor stores, industrial uses, landfills, ports and freeways) are also disproportionately distributed. The general plan policies cited here acknowledge this inequity and provide policies to alleviate existing disparities, supporting access for those with the greatest need.

Marin County

▶ SOCIOECONOMIC ELEMENT: ENVIRONMENTAL JUSTICE

Environmental injustice is indicated by the disproportionate level of toxins and other health hazards affecting lower-income communities. People in these areas are less able to afford pesticide-free food, and children are more likely to be exposed to lead-based paint and pollutants in the air, soil, and water. Some of the hazardous materials present in Marin (such as fuel and batteries) are produced and disposed of elsewhere, thereby creating additional health impacts in other (often less affluent) communities.

Goal EJ-1. Environmental Justice. Ensure that all persons in Marin live in a safe and healthy environment.

Policy EJ-1.4. Encourage County participation in decision making. Significantly increase the role and influence in land use and environmental decisions of residents from disproportionately impacted communities.

See also:

- ▶ SECTION II: RAISING THE PROFILE OF PUBLIC HEALTH IN GENERAL PLANS: HEALTH GUIDING PRINCIPLE / OVERALL VISION: MARIN COUNTY: GUIDING PRINCIPLE 12

Riverside

▶ HEALTHY COMMUNITIES ELEMENT: COMPLETE COMMUNITIES

Policy HC 5.7. Recognize that poverty, affordable housing and access to economic opportunity for all citizens are critical public health issues and take steps to address these issues through ongoing County plans, programs and funding.

▶ HEALTHY COMMUNITIES ELEMENT: SOCIAL CAPITAL

Policy HC 9.2. Support social service programs that reduce homelessness, and ensure that children have safe and stable homes.

Policy HC 9.3. Implement the policies of the Housing Element that promote a range of housing types and affordable housing units integrated into mixed-income neighborhoods throughout the County.

Policy HC 9.4. Support cohesive neighborhoods, especially with lifecycle housing opportunities.

▶ **HEALTHY COMMUNITIES ELEMENT: SCHOOLS, RECREATIONAL CENTERS AND CHILD DAY CARE CENTERS**

Policy HC 13.5. Support the provision of child day care services, employment training, rental assistance, and other supportive services to enable households to be self-sufficient.

See also:

- ▶ SECTION I: LAND USE: MIXED USE AND NEIGHBORHOOD ORIENTATION: RIVERSIDE: ACTION HC 3.3.E
- ▶ SECTION I: TRANSPORTATION: TRAFFIC REDUCTION: RIVERSIDE: ACTION HC 9.1.B
- ▶ SECTION I: PHYSICAL ACTIVITY: PARKS AND RECREATION: RIVERSIDE: POLICY HC 10.1
- ▶ SECTION I: TRANSPORTATION: TRANSIT ACCESS: RIVERSIDE: POLICY HC 13.4
- ▶ SECTION II: HEALTH CARE AND PREVENTION: ACCESS TO HEALTH CARE AND HEALTH SERVICES: RIVERSIDE: POLICY HC 12.2

Sacramento

▶ **PUBLIC HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH AND HUMAN SERVICES**

Goal PHS 5.1. Human Services and Healthy Communities. Improve the provision of human services and promote public health and safety.

Policy PHS 5.1.1. Facilities Location. The City shall work with the County on identifying adequate sites for health and human services facilities within the city to ensure that such facilities are easily accessible, distributed equitably throughout the city in a manner that makes the best use of existing facilities, and are compatible with adjoining uses.

San Francisco

▶ **COMMUNITY FACILITIES ELEMENT**

Objective 3. Assure that neighborhood residents have access to needed services and a focus for neighborhood activities.

Policy 3.6. Base priority for the development of neighborhood centers on relative need. The general level of need for and access to community services varies among neighborhoods. The types and mix of services desired also varies. In determining priorities, consideration should be given to neighborhoods in greatest need of centers, with special emphasis for the disadvantaged.

Income is a key indicator of service need, since lower-income people do not have the financial ability to purchase services such as child care, health care, recreation, and personal development/career enrichment programs. Likewise, existing facilities in lower-income neighborhoods tend to be older and inadequate for needed services.

Another major consideration is access to services. Many people, particularly lower-income and elderly people, are denied needed services because these services are virtually inaccessible. Facilities should be first provided in those neighborhoods where basic livability services are needed and where people are being denied these services due to poor access.

▶ **URBAN DESIGN ELEMENT: NEIGHBORHOOD ENVIRONMENT: HEALTH AND SAFETY**

Objective 4. Improvement of the neighborhood environment to increase personal safety, comfort, pride, and opportunity.

Opportunity for Recreation:

Policy 4.8. Provide convenient access to a variety of recreation opportunities. As many types of recreation space as possible should be provided in the city, in order to serve all age groups and interests. Some recreation space should be within walking distance of every dwelling, and in more densely developed areas some sitting and play space should be available in nearly every block. The more visible the recreation space is in each neighborhood, the more it will be appreciated and used.

Santa Rosa

See:

▶ SECTION I: PHYSICAL ACTIVITY: PARKS AND RECREATION: SANTA ROSA: POLICY PSF-A-4

Richmond

▶ COMMUNITY HEALTH AND WELLNESS ELEMENT

Goal HL-H. Safe Neighborhoods and Public Spaces. Ensure safe neighborhoods and public spaces throughout the city that promote social interactions and foster a sense of identity and pride in the community.

Policy HL-33. Prioritize projects that significantly address social and economic needs of the economically vulnerable populations. Address and reverse the underlying socioeconomic factors and residential social segregation in the community that contributes to crime and violence in the city.

Vulnerable Populations

Communities have a responsibility to protect the health and well-being of the most vulnerable members of their population, whether regarding income level, age, medical status, or other vulnerabilities. The general plan policies below direct policymakers to include populations such as youth and seniors in the planning process, provide child care centers, multigenerational recreation centers, and universal design that allows disabled residents equal access to services and all residents to “age in place.”

Marin County

▶ SOCIOECONOMIC ELEMENT: PUBLIC HEALTH

Adequate and affordable health care for everyone is essential to the functioning and health of the entire community. Increasingly, older adults are forced to leave the county to find affordable housing that includes appropriate care, and people with lower incomes or special needs encounter difficulty obtaining and paying for medical services and finding appropriate housing. Quality home care can make the difference between whether a person stays in his or her own home or whether he or she must move to a more restrictive housing environment, such as an assisted-living facility or a nursing home. Without adequate and affordable home care, increasing numbers of older persons will have to be institutionalized at much greater societal and personal cost.

Economy: The lack of affordable assisted living in Marin leaves older persons living in affordable senior housing complexes without adequate support and with no choice but nursing home care as they age and need more services. Rent for self-sufficient seniors at one of Marin County’s retirement residences costs an average of \$3,207 per month. Assisted-living facilities that provide protective oversight cost an average of \$3,689 per month or \$44,268 per year. Convalescent or nursing homes that provide full medical support can cost an average of \$54,000 a year. In contrast, home and community care with minimal supervision is more cost effective at only \$5,820 per year.

Equity: There is little to no affordable assisted living in Marin County. Prices for retirement residences and assisted-living facilities on average cost over \$3,000 a month. For the over 1,000 low-income older persons living in senior housing in Marin, nursing home care may be the only choice when they need more assistance. Providing low-cost preventive services in senior housing complexes is more cost effective. It also supports an individual’s right to live as independently as possible.

Universal design promotes usability by all persons through features like the following:

- Entrances to homes without steps
- Hallways and doors that comfortably accommodate strollers and wheelchairs
- Lever door handles and doors of the appropriate weight
- Electrical outlets that can be accessed without having to move furniture
- Rocker-action light switches to aid people with a loss of finger dexterity
- Showers that can accommodate a wheelchair, and that have adjustable shower heads to accommodate people of different heights
- Kitchens with varying counter heights

Goal PH-4. Increase Access to Care and Services for Seniors Who Reside in Their Own Homes and Residents of Affordable Housing. Improve access to health care for individuals and groups that traditionally have difficulty obtaining adequate care and appropriate housing.

Policy PH-4.1. Enhance low-income independent housing for seniors. Continue to develop and expand senior housing services, such as the Division of Aging’s demonstration program, Healthy Mackey Terrace, at the Environmental Association for Housing’s (EAH) senior apartment complex in Novato.

Policy PH-4.2. Improve linkage between housing and services. Advocate for improved linkages between housing providers and the County Health and Human Services Department.

Policy PH-4.3. Expand access to private home care. Ensure that seniors and persons with special housing needs obtain adequate, affordable, in-home health care services.

Policy PH-4.4. Promote care for seniors and lower-income households. Encourage expansion of in-home care, assisted-living opportunities, and services to Healthy Families and Medi-Cal patients.

Policy PH-4.5. Provide opportunities to “age in place.” Provide increased opportunities for seniors and persons with disabilities to remain in their homes and communities.

- *Action PH-4.a.* Co-locate adult day health care with senior housing. Encourage efforts by EAH and Senior Access or others to develop new senior housing with on-site health care services.
- *Action PH-4.b.* Improve service linkages. Explore the financial feasibility of providing all residents in low income housing with access to a Service Coordinator.
- *Action PH-4.c.* Expand senior services. Amend the Development Code to allow senior day care services as a permitted use in residential zones, and use inclusionary housing requirements to develop a fund for services in existing low-income housing.
- *Action PH-4.d.* Advocate for affordable assisted living. Advocate for level of care reimbursement methodologies to increase affordable assisted living, including for persons with mental illness.
- *Action PH-4.e.* Improve balance of community and institutional care. Seek a Home- and Community-Based Services waiver to redress any inappropriate balance of community versus institutional care.
- *Action PH-4.f.* Expand affordable housing for seniors and people with special needs. Advocate for the development of shared housing and other strategies and encourage universal design as an operating principle for housing providers, [Community Development Block Grants], and the Marin Community Foundation.
- *Action PH-4.g.* Develop models for shared in-home supportive services. Explore options for in-home support services such as clustering provision times within a senior or disabled residence, and simplify approval procedures for shared services consumers.
- *Action PH-4.h.* Expand home care registry. Maintain and expand the home care registry in Marin.

- *Action PH-4.i.* Expand home care services. Pursue funding to subsidized home care for low-income seniors, support wage increases, and offer training opportunities for home care workers, create an On-Call Emergency Home Care Back-Up System, and develop an assisted-management home care model.
- *Action PH-4.j.* Lobby for increased Medi-Cal options. Advocate for waivers to allow Medi-Cal payments for home- and community-based services.
- *Action PH-4.k.* Provide prescription drug assistance. Continue Adult Social Service referrals for seniors to access resources for low-cost prescriptions via the intake information referral unit.
- *Action PH-4.l.* Promote universal building designs. Encourage universal building design techniques that enable seniors and persons with disabilities to remain in their homes by implementing the recommendations within the Marin County Single Family Residential Design Guidelines and considering additional requirements when updating the Development Code.

Richmond

See:

- ▶ SECTION II: EQUITY: EQUITABLE DISTRIBUTION OF OPPORTUNITY AND RISK: RICHMOND: POLICY HL-33

Riverside

See:

- ▶ SECTION I: PHYSICAL ACTIVITY: PARKS AND RECREATION: RIVERSIDE: ACTION HC 10.4.A

San Francisco

- ▶ URBAN DESIGN ELEMENT: NEIGHBORHOOD ENVIRONMENT: HUMAN NEEDS

With respect to the many improvements in environment that can be made by public and private actions, the needs of the city's neighborhoods are by no means uniform. Some neighborhoods have serious deficiencies in one or more elements affecting neighborhood quality, while others are more fortunate. Some neighborhoods have greater needs because their residents live in conditions of greater density, or because the residents include more children and older people, who tend to live within a smaller world in which the resources close at hand are the most important. People of low income, too, especially renters who have little direct role in maintaining their own physical environment, have special needs that characterize certain neighborhoods where the danger of physical decline is already very apparent.

Santa Rosa

- ▶ HOUSING ELEMENT

Objective HE-1.5. Strive to ensure that 15 percent of the affordable housing units produced pursuant to the County's quantified objectives are available to persons with special housing needs, e.g., the elderly.

Policy H-D-14. Provide incentives for development of housing for the elderly, particularly for those in need of assisted and skilled nursing care (e.g., density bonuses, reduced parking requirements, or deferred development fees).

Policy H-D-15. In new senior housing built receiving any development incentives or money from the city, require that a substantial portion, at least 25 percent, be available to low income seniors.

Policy H-D-16. Encourage development of senior housing not receiving city funding or concessions to provide a substantial number of units affordable to low income seniors.

▶ YOUTH AND FAMILY ELEMENT

Policy YF-E. Establish and continue to pursue programs, mechanisms, and liaison activities that will increase the provision of modern senior citizen services in the community, in accordance with local and state codes.

Policy YF-E-1. Continue to develop, manage, and expand the city’s senior services and programs as an important social service within the community.

Policy YF-E-2. Continue monitoring and analyze the overall needs of the city’s senior citizen population in order to investigate and implement new and additional programs and activities and meet the needs of this segment of the community in an aggressive and effective manner.

Policy YF-E-3. Specifically investigate and pursue, principally through the Community Development Department, Recreation and Parks Department, and other departments as appropriate, the provision of programs and services for the “frail” elderly.

Policy YF-E-4. Continue to pursue and assist in the assemblage of land, planning, funding, and construction of affordable senior housing.

Sonoma County

▶ CIRCULATION AND TRANSIT ELEMENT

Objective CT-2.5. Design, implement, and maintain a transit system that serves seniors, persons with disabilities, youth, and persons with limited incomes so that they may participate in a full range of activities.

Policy CT-2a. Provide convenient, accessible transit facilities for youth, seniors, and persons with disabilities, and paratransit services as required by the American Disabilities Act (ADA). Promote efficiency and cost effectiveness in paratransit service such as use of joint maintenance and other facilities.

▶ PUBLIC FACILITIES AND SERVICES ELEMENT

Policy PF-3o. Consider the needs and limitations of senior citizens and persons with disabilities when planning for public transit routes and equipment.

See also:

- ▶ SECTION I: TRANSPORTATION: TRANSIT-ORIENTED DEVELOPMENT: SONOMA COUNTY: POLICY PF-3N
- ▶ SECTION I: POLLUTION: SONOMA COUNTY: POLICY OSRC – 16K

Walnut Creek

▶ QUALITY OF LIFE ELEMENT: COMMUNITY SERVICES

Youth, too, have specific needs. The Youth Council, RealWC, and the City’s summer interns actively contributed in providing ideas for General Plan 2025. A key idea that emerged, for both youth and seniors, was the need for activities that can be reached by public transportation.

Goal QL-7. Promote strong community support systems for families and individuals of all ages.

Policy 7.1. Use Community Development Block Grants and Community Service grants to support projects that meet the needs of lower-income community members and those with special needs.

Policy 7.4. Facilitate the provision of safe, accessible youth activities, facilities, and services.

- *Action 7.4.1.* Involve youth in planning for youth services and programs.
- *Action 7.4.2.* Plan youth facilities and programs in locations accessible by transit or close to schools and bicycle trails.

- *Action 7.4.3.* Encourage youth involvement in such programs as the Youth Council, RealWC, and Police Explorer.
- *Action 7.4.4.* Work with businesses to make available safe, youth-oriented venues.
- *Action 7.4.5.* Work with businesses to make jobs available for area youth.
- *Action 7.4.6.* Serve as a role model for local businesses by providing summer jobs for local youth.
- *Action 7.4.7.* When events advance City goals, look for areas where the City can co-sponsor programs and share resources with schools and nonprofits.
- *Action 7.4.8.* Support the availability of affordable youth activities.

Policy 7.5. Facilitate the provision of safe, accessible senior activities, facilities, and services.

- *Action 7.5.1.* Pursue partnerships with local healthcare and service organizations to provide health, leisure, recreational, and other programs and services to meet the needs of Walnut Creek’s seniors.
- *Action 7.5.2.* Promote the provision of safe, affordable, high-quality adult care facilities and services to families who live or work in Walnut Creek.

Policy 7.6. Promote multigenerational programming where appropriate.

- *Action 7.6.1.* Co-sponsor multigenerational programs between schools, youth organizations, the Senior Center, senior living facilities, and Rossmoor.

Goal QL-8. Make Walnut Creek a community accessible to all.

Policy 8.1. Partner with community organizations to help remove barriers to mobility and access to public and private facilities and services.

- *Action 8.1.1.* Consider developing a “universal design” program that encourages new residential development to go beyond federal and State accessibility requirements.
- *Action 8.1.2.* As part of the City’s project review processes, consider the needs of persons of all abilities.

Union City

► YOUTH, FAMILIES, SENIORS AND HEALTH ELEMENT

Goal YFSH-A.1. To continue to place high priority on programs and facilities that serve youth, families, and seniors.

Goal YFSH-B.1. To meet the quality-of-life needs of Union City’s youth and families.

Policy YFSH-B.1.5. The City shall continue to provide programs for at-risk youth.

Policy YFSH-B.1.6. The City shall provide access to City programs for the disabled population.

Goal YFSH-C.1. To meet the quality-of-life needs of Union City’s seniors through recreational, educational, housing, health care, and day care opportunities.

Policy YFSH-C.1.5. The City shall facilitate the development of a range of housing types, including affordable housing, independent living and assisted living for Union City seniors.

TOPIC: Environment

Includes:

Climate Change

Green Building and Development

Climate Change

Climate change is a new topic to be addressed in general plans, but under California's recent climate change legislation, climate change impact (both mitigation and adaptation) will be necessary considerations in all general plan updates. Community health may be impacted in many ways by climate change, from increased risk of heat-related deaths, to flooding and hazard mitigation, changing patterns of infectious disease, decreased air quality, drought, crop failure, and food insecurity.

Marin County

► SOCIOECONOMIC ELEMENT: PUBLIC HEALTH

Policy PH-4.6. Plan for Climate Change. Plan for the public health implications of climate change, including disease and temperature effects.

- *Action PH-4.m.* Identify Potential Responses to Climate Change. Work with the Intergovernmental Panel on Climate Change (IPCC) and other leading health organizations to identify critical public health issues and identify potential responses necessary related to climate change.

Solano County

► PUBLIC HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH

[A] major strateg[y] in the Health and Safety chapter [is] promoting development that works with nature to slow global climate change and its impact on nature, and to reduce human risks associated with environmental hazards, including hazards created or increased by climate change.

Goal HS.G-5. Recognize the multiple functions of the natural environment for safety, recreation, protection from climate changes, and economic uses.

Goal HS.G-6. Increase awareness of the effect humans have on the environment and encourage individuals and organizations to modify habits and operations that cause degradation to the environment and contribute to climate change.

Goal HS.G-7. Prepare for and adapt to the effects of climate change.

Climate Change:

The California Climate Change Center, a research arm of the California Energy Commission, has found that climate change will result in new flooding concerns throughout California. Climate change-induced sea level rise (SLR) is likely to create significant impacts in the San Francisco Bay and Delta. The 2007 projections from the International Panel on Climate Change estimate that sea level will increase by 7 to 23 inches by 2100. The San Francisco Bay Conservation and Development Commission (BCDC) and other state agencies are evaluating expected impacts using these projections. While uncertainty exists regarding the extent of SLR, there is consensus that it will increase the frequency, duration, and magnitude of flood events in the San Francisco Bay and Sacramento–San Joaquin Delta (Bay-Delta) area. Given a one-foot rise in sea level, as predicted in low-end SLR projections, the occurrence of a 100-year storm surge-induced flood event would shift to once every 10 years. In other words, the frequency of a 100-year event could increase tenfold. Sea

level rise and the associated increases in flood events would place greater strain on existing levee systems and will likely expand floodplains into unprotected areas of the county. In addition to the pressure resulting from sea level rise, climate change will result in increased severity of winter storms, particularly in El Niño years. Such weather events will result in higher levels of seasonal flooding than those currently experienced. This too will strain levees and increase floodplain areas.

▶ PUBLIC HEALTH AND SAFETY ELEMENT: CLIMATE CHANGE

The effects of climate change include increased global average temperature, subsequent altered precipitation patterns, thermal expansion of the ocean, and loss of polar and global sea ice extent. In Solano County, these changes would translate to sea level rise with possible coastal flooding, water- and energy-supply issues, and increased risk of wildfire. Global average temperature rise and indirect impacts associated with climate change could increase distribution of diseases or cause other public health problems; increase hazards such as flooding, storms, and wildfires; cause habitat loss and species endangerment and extinction; and negatively affect agricultural operations.

Sonoma County

▶ LAND USE ELEMENT

Goal LU-11. Promote a sustainable future where residents can enjoy a high quality of life for the long term, including a clean and beautiful environment and a balance of employment, housing, infrastructure, and services.

Policy LU-11a. Encourage reduction in greenhouse gas emissions, including alternatives to use of gas-powered vehicles. Such alternatives include public transit, alternatively fueled vehicles, bicycle and pedestrian routes, and bicycle- and pedestrian-friendly development design.

▶ OPEN SPACE AND RESOURCE CONSERVATION ELEMENT

Policy OSRC-14g. Develop a Greenhouse Gas Emissions Reduction Program, as a high priority, to include the following:

- 1) A methodology to measure baseline and future VMT and greenhouse gas emissions.
- 2) Targets for various sectors including existing development and potential future development of commercial, industrial, residential, transportation, and utility sources.
- 3) Collaboration with local, regional, and State agencies and other community groups to identify effective greenhouse gas reduction policies and programs in compliance with new State and Federal standards.
- 4) Adoption of development policies or standards that substantially reduce emissions for new development.
- 5) Creation of a task force of key department and agency staff to develop action plans, including identified capital improvements and other programs to reduce greenhouse gases and a funding mechanism for implementation.
- 6) Monitoring and annual reporting of progress in meeting emission reduction targets.

Green Building and Development

Environmentally sustainable development practices not only protect the environment, but they protect citizens from the detrimental health effects of pollution, climate change, and lack of access to natural areas.

Richmond

► COMMUNITY HEALTH AND WELLNESS ELEMENT

Goal HL-I. Environmental Quality. Improve the quality of the built and natural environment in the city to support a thriving community and to reduce disparate health and environmental impacts, especially on low-income and disadvantaged communities.

Policy HL-42. Encourage planting of vegetation and trees in the city. Develop an urban forest plan to protect and increase the number of trees in the city. Establish guidelines for the type of trees planted in the city. Factors for consideration include safety, maintenance, and appropriateness to the context. Areas for vegetation include public land include [sic]: on streets, in parks and civic places, and in redevelopment projects.

Policy HL-43. Encourage the use of native plants and trees for landscaping in the city. Develop guidelines for the use of native plants and trees for landscaping in the city.

Policy HL-45. Protect, restore and enhance natural resources. Natural sources include creeks, shoreline, hillsides, natural habitat, tree canopy, and open space, especially in new development and redevelopment projects. Develop a conservation plan and funding mechanism to identify, protect and enhance natural resources in the city.

Goal HL-J. Green and Sustainable Development and Practices. Promote green and sustainable development in the city to support a healthy local economy, protect the environment, and improve the quality of life of all residents.

Policy HL-47. Reduce the city's overall 'energy footprint' and waste. Modest savings from lower energy consumption and reduced waste may fund other more needed programs and services. Conduct an energy and water consumption audit for the city. The audit may include city government, other agencies and governmental organizations operating in the city, private businesses and residents.

Policy HL-48. Promote "green" infrastructure in the city that relies on natural processes. Green infrastructure may include storm water drainage and flood control, thereby reducing environmental impacts and energy consumption.

Policy HL-49. Promote the use of hybrid and electric vehicles in the city. Vehicles may include city-owned cars, trucks and ships at the port, and public transit and school buses to reduce air emissions.

Policy HL-50. Encourage new development and redevelopment projects to be LEED certified. Require all new development and redevelopment projects in the city that receive city funding or assistance to be certified for LEED Silver Rating.

Policy HL-51. Attract and retain green businesses in the city. Designate a green industrial zone for manufacturing and research offices. Develop an incentives program to attract and retain green businesses, and for existing businesses to become clean and green. Coordinate with the workforce development, training, and recruitment programs to ensure that green jobs benefit Richmond residents. Collaborate with the local chambers of commerce and other city agencies.

Policy HL-52. Encourage the use of recycled water for landscaping and other uses, especially in new development and redevelopment projects. Set a citywide target of 10 percent. Collaborate

with the [municipal water agencies]. Develop guidelines for the use of recycled water in residential, commercial and public facilities.

Policy HL-53. Encourage conservation of energy and water use. Set a citywide target of 10 percent. Collaborate with [municipal water and power agencies].

Policy HL-54. Encourage the production of renewable energy in the city. Collaborate with [municipal power agencies] and local businesses.

Riverside

See:

▶ SECTION I: ENVIRONMENT: POLLUTION: RIVERSIDE: ACTION HC 14.2.C AND POLICY 14.4

Solano County

▶ PUBLIC HEALTH AND SAFETY ELEMENT: PUBLIC HEALTH

Development Review:

- *Action HS.I-44.* Promote the use of healthy building materials such as low-toxicity paint and nontoxic carpeting.

Sonoma County

▶ OPEN SPACE AND RESOURCE CONSERVATION ELEMENT

Policy OSRC-14e. Develop energy conservation and efficiency design standards for new development.

Policy OSRC-14f. Use the latest green building certification standards, such as the Leadership in Energy and Environmental Design (LEED) standards, for new development.

SECTION III

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