

# Healthy Community Design: Recommendations by the Olmsted County Public Health Services Advisory Board

Community Networking Group

January 28, 2016

# Overview

- Background
- Key Concepts
- Draft Recommendations/Suggestions to the PHSAB

# Background

- Role of the Olmsted County Public Health Services Advisory Board (PHSAB)
- Olmsted County Board of Commissioners is “Community Health Board” for Olmsted County

# Background (cont.)

## PHSAB Recommendations to the DMC Plan:

1. Work to leverage and align existing work in the community to the fullest extent possible (Community Health Needs Assessment/Plan; Housing Plan; Statewide Health Improvement Program; many others)
2. Include the “social determinants of health” (housing, education, income, transportation, others) as key factors in evaluating development proposals and future measures for health status and improvement.
3. Incorporate effective community engagement strategies, such as the use of Health Impact Assessments (HIAs) for key future development proposals.

# Background (cont.)

- Expand recommendations for the Rochester Comprehensive Plan
- Determine (if possible) best planning “scenario” for each recommendation
- Develop Healthy Community Design “white paper” as reference/resource for community design decisions into future (for all Olmsted County communities)

# Background (cont.)

Comprehensive Plan “Scenarios”:

1. Continuation of Trends – “Dispersed Growth”
2. Alternative: Multiple Nodes/No Edge Growth
3. Alternative: Super Nodes/Limited Edge Growth

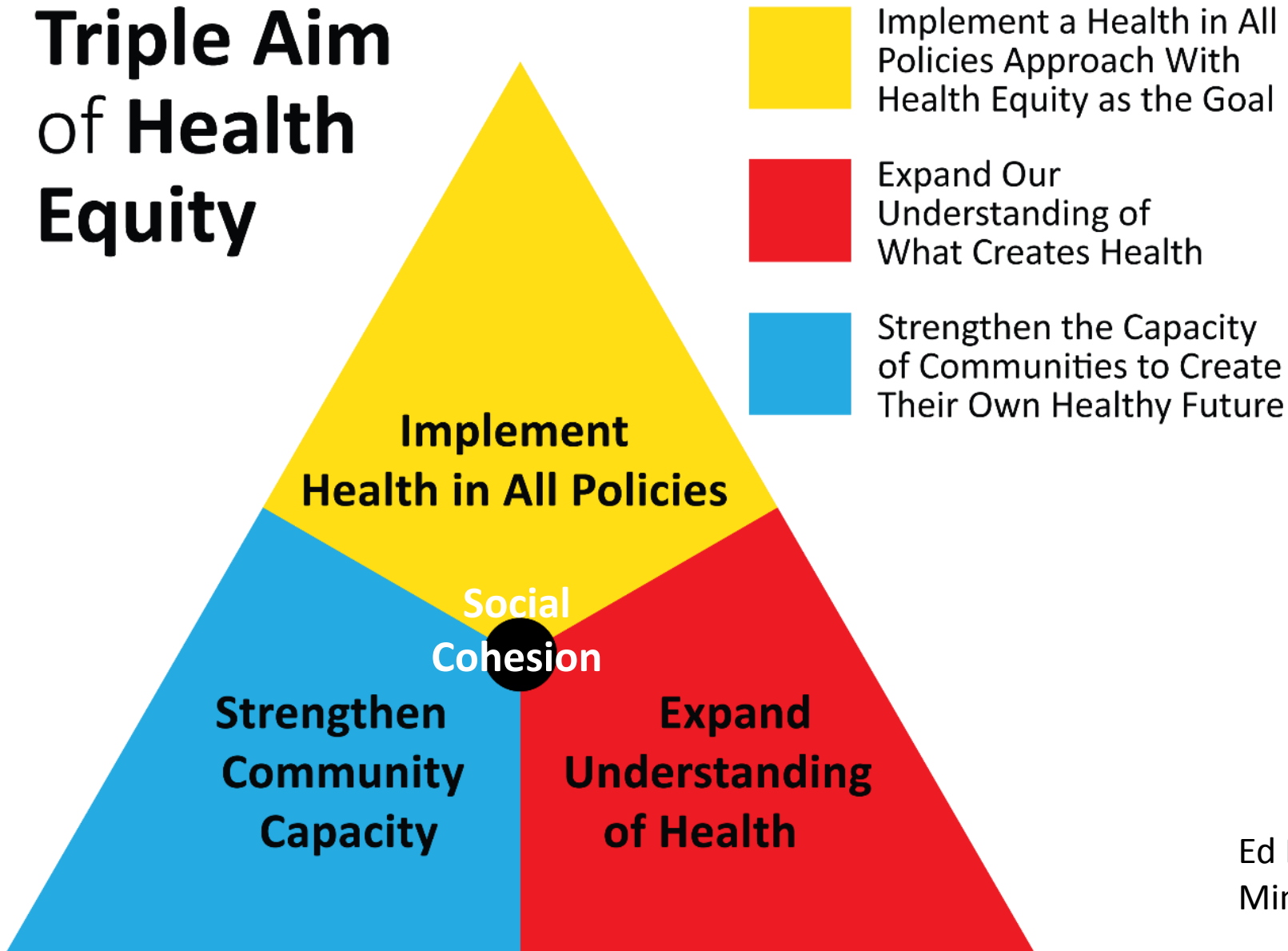
# Key Concepts

“Public Health is what we, as a society, do collectively to assure the conditions in which people can be healthy.

Institute of Medicine, *Future of Public Health*

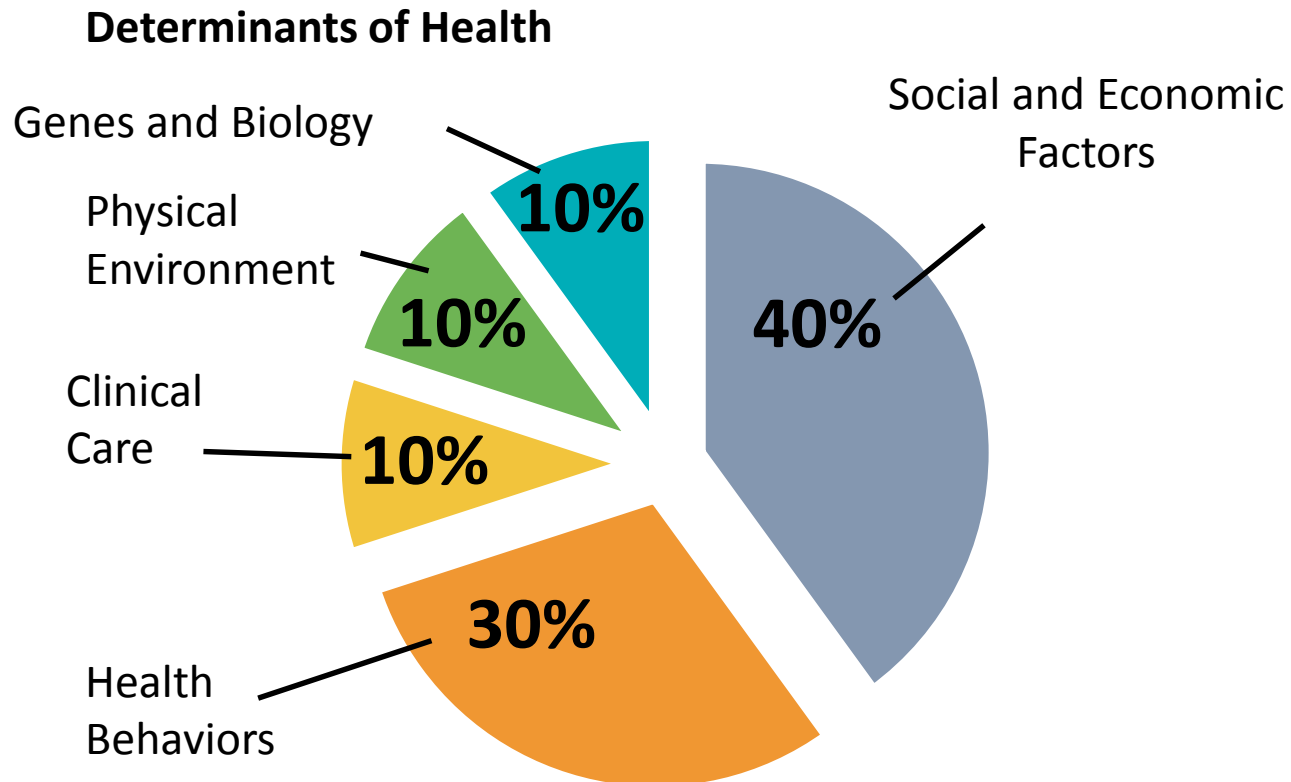
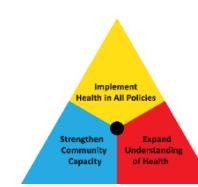


# Triple Aim of Health Equity



Ed Ehlinger, M.D.  
Minnesota Commissioner of Health

# Expand the Understanding of What Creates Health



### Necessary conditions for health (WHO)

- Peace
- Shelter
- Education
- Food
- Income
- Stable eco-system
- Sustainable resources
- Mobility
- Health Care
- Social justice and equity

Determinants of Health Model based on frameworks developed by: Tarlov AR. *Ann N Y Acad Sci* 1999; 896: 281-93; and Kindig D, Asada Y, Booske B. *JAMA* 2008; 299(17): 2081-2083.

World Health Organization. Ottawa charter for health promotion. International Conference on Health Promotion: The Move Towards a New Public Health, November 17-21, 1986 Ottawa, Ontario, Canada, 1986. Accessed July 12, 2002 at <http://www.who.int/hpr/archive/docs/ottawa.html>.

# Communities of Opportunity

- Parks & trails
- Grocery stores
- Thriving small businesses and entrepreneurs
- Financial institutions
- Better performing schools
- Good transportation options and infrastructure
- Sufficient healthy housing
- Home ownership
- Social inclusion
- IT connectivity
- Strong local governance

**Good Health Status**

**Poor Health Status**

Contributes to health disparities:

- Diabetes
- Cancer
- Asthma
- Obesity
- Injury

# Low-Opportunity Communities

- Unsafe/limited parks
- Fast food restaurants
- Payday lenders
- Few small businesses
- Poor performing schools
- Increased pollution and contaminated drinking water
- Few transportation options
- Poor and limited housing stock
- Rental housing/foreclosure
- Social exclusion
- Limited IT connections
- Weak local governance

# Healthy Community



# Draft Recommendations

# References:

- Adapted from: Healthy Community Design Toolkit-Leveraging Positive Change, Massachusetts Partnership for Health Promotion and Chronic Disease Prevention, ([http://www.pvpc.org/sites/default/files/HCDT\\_2ndEdition\\_140903.pdf](http://www.pvpc.org/sites/default/files/HCDT_2ndEdition_140903.pdf))
- University of Minnesota, Design for Health: (<http://designforhealth.net/>)
- CDC's Built Environment and Health Initiative: ([http://www.cdc.gov/nceh/information/built\\_environment.htm](http://www.cdc.gov/nceh/information/built_environment.htm))
- Minnesota Department of Health, Healthy Places: (<http://www.health.state.mn.us/topics/places/>)
- Minnesota Food Charter, Health Equity Guide: (<http://mnfoodcharter.com/category/health-equity/>)
- ChangeLabSolutions – Participating in the Planning Process: (<http://www.changelabsolutions.org/landing-page/participating-planning-process>)

# Draft Recommendations: Main Topic Areas

- Environment
- Safety
- Health and Wellness
- Housing
- Mobility and Accessibility
- Social Fabric and Resiliency

# Draft Recommendations: Environment

- Expand the number of air monitoring stations
- Select transportation plans that reduce (the rate of increase) automobile trips
- Provide bike/ pedestrian trails, parks, and athletic field options away from major roads/traffic areas to help reduce air pollutant exposure.
- Continue to assure adequate oversight of wellhead protection areas and Decorah Edge geology
- Assure the growth of city limits includes connection to public water/sewer (vs. individual septic systems)
- Support alignment with the Olmsted County Water Management Plan
- Include vegetative buffers along water ways



# Draft Recommendations: Safety

- Consider “Crime Prevention through Environmental Design” principles to create a sense of safety

# Draft Recommendations: Health and Wellness

- Increase Physical Activity:
  - Prioritize projects that promote safe walkability and bikeability in the City's Capital Improvement Plan.
  - Design walking, biking and mass transit networks that interconnect with each other.
  - Install bicycle parking facilities at open space locations and transit nodes.

# Draft Recommendations: Health and Wellness (cont.)

- Minimize Mental Health Stresses:
  - Ensure adequate tree canopy, greenery/ vistas, parks and natural areas
  - Align (as appropriate) with “dementia friendly community” and related initiatives

# Draft Recommendations: Health and Wellness (cont.)

- Reduce Injury:
  - Incorporate proven safety interventions in street design (medians, crossing islands, enhanced signals, etc)
  - Ensure a clear distinction between spaces for walking vs. biking
  - Continue support of Safe Routes to School program

# Draft Recommendations: Health and Wellness (cont.)

- Accessibility to Healthy Foods:
  - Ensure mixed use zoning to allow for adequate number of food stores
  - Install and maintain sidewalks, metered cross walks and trails/bike paths on routes that provide access to stores, hunger relief programs, farmers markets, community gardens, and other food sources
  - Put bus routes and other mass transit options near community food sources and coordinate schedules with those sources' open hours
  - Strengthen community food assets including community gardens, farmers markets, community kitchens, food banks and community supported agriculture

# Draft Recommendations: Housing

- Diversify Types and Affordability:
  - Align with the goals of the Olmsted County Housing Plan
  - Encourage siting of housing developments within walking distance of parks, schools, jobs and shopping
  - Establish zoning regulations that allow for a variety of housing types at densities that support walking to commercial services and transit
  - Allow higher density development around transit stops
  - Encourage affordable and senior housing projects to include access (by foot or transit) to public parks, fitness opportunities, and healthy food shopping

# Draft Recommendations: Mobility and Accessibility

- Safe Mobility and Accessibility for elderly/disabled:
  - Ensure street and trail design comply with ADA requirements and meets the needs of people of all abilities
- Transportation
  - Support transit-oriented development (TOD)
  - Ensure transportation plans identify and prioritize the needs of underserved populations (i.e. seniors, children, persons with disabilities, low income persons, etc)

# Draft Recommendations: Social Fabric and Resiliency

- Expand the number and location of community gardens (i.e. in parks)
- Develop recreational opportunities near underserved neighborhoods
- Consider strategies that promote social interaction and gatherings.



## In Addition...

- Adopt the use of Health Impact Assessments (HIAs) in (key) future development proposals
- Others?

Additional Discussion at the next PHSAB meeting,  
February 4, 5:30pm at OCPHS, 2100 Campus Dr SE

Questions/Suggestions/Comments?