Advances practices that improve human environments in order to promote public health. Priorities are:

- Active living
- Food systems
- Health in all planning policies
- Others...
PLANNING AND COMMUNITY HEALTH CENTER AT APA
METRICS FOR PLANNING HEALTHY COMMUNITIES
Metrics Domains (topic areas)

1. Active Living
   • Active transportation, Recreation, Traffic safety

2. Healthy Food System
   • Access, Production

3. Environmental Exposures
   • Air quality, Water quality, Soil contamination

4. Emergency Preparedness
   • Natural hazards, Climate change, Infectious disease

5. Social Cohesion
   • Green infrastructure, Housing and community development, Public safety
## ACTIVE LIVING DOMAIN

**Table 1: Metrics for Planning Healthy Communities**

<table>
<thead>
<tr>
<th>Domain</th>
<th>Sub-domain</th>
<th>Built Environment Assessment Indicators</th>
<th>Planning Policies</th>
</tr>
</thead>
</table>
| Active Transportation |            | • Commute mode share  
• Ratio of sidewalk and/or bicycle lanes to roadway miles  
• Percentage of population living within a half-mile distance of frequent-service transit stops  
• Street intersection density | Transportation demand management policies  
Legislation prioritizing funding for pedestrian/bike facilities |
| Active Living    |            |                                                                                                         | Complete streets policies                                                          |
| Recreation       |            | • Network distance to park entrances and other usable public open spaces  
• Acres of park land per 1,000 population  
• Percentage of sites implementing shared use agreements | Policies prioritizing equitable investment in parks and open space  
Shared use policies between local governments, school districts, faith-based organizations, etc. |
| Traffic Safety   |            | • Annual rates of fatal and serious pedestrian and cyclist injuries | Vision Zero or a similar initiative to end traffic fatalities  
Traffic calming policies and related design guidelines |
PLAN4Health
An American Planning Association Project
Plan4Health leverages **cross-sector collaborations** and **member expertise** to build **local capacity** for the implementation of policy, systems, and environment strategies.
FOCUS AREAS

1. Nutrition
Increased access to environments with healthy food or beverage options.

2. Physical Activity
Increased access to physical activity opportunities.
Cohorts One and Two
Full integration of planning and public health in local communities to benefit people where they live, learn, work, and play.

- Over the three-year project period, **35 coalitions in 27 states** reached more than **3,800,000 community members**.

- The national organization model furthered this potential impact by disseminating lessons learned to the nearly **60,000 peer professionals** of APA and APHA.
Planners4Health

Full integration of planning and public health at APA to:

• Sustain momentum for healthy communities work at the chapter-level.

• Disseminate experiences and lessons learned from Cohorts One and Two.
Healthy Communities Collaborative: Interest Group

“The Healthy Communities Collaborative is an American Planning Association Interest Group of planners and allied professionals who are interested in fostering cross-sector collaboration and increasing capacity to support building healthy communities through the local, regional, state, or national level.”

Email: health@planning.org

Join through Facebook: https://www.facebook.com/groups/HealthyCommunitiesCollaborative/
Bensenville, IL

- **B-Well Bensenville** worked to increase opportunities for physical activity.

- Key coalition partners:
  - DuPage County Health Dept.
  - Village of Bensenville
  - Bensenville Park District
  - Active Transportation Alliance

https://www.bwellbensenville.com/
The coalition launched a community-wide survey to determine specific policy recommendations and to prioritize community needs.

All materials were available in Spanish and English.
Bensenville, IL

- The coalition created an Active Transportation Plan—and the Village passed a Complete Streets policy.

- The coalition also developed a series of PSAs, a Bike-to-Metra Guide, and an app.
St. Louis, MO

- Neighborhood-scale implementation
- The collaboration highlighted the possibilities of creating a better pedestrian experience through pop-up temporary traffic calming demonstrations and working with the community to shift the culture to one that values the pedestrian experience.
Indianapolis, IN

• Focus Area: Physical Activity
  • Pedestrian master plan
  • Communications campaign

• Health by Design is aimed at making Indianapolis safer and more accessible for pedestrians. Strategies include developing a comprehensive pedestrian program and master plan, promoting community walkability and walking, and providing education and training for planning and public health professionals and students.
The Process: Within the overall project framework, the coalition identified key goals:

- ongoing community engagement,
- comprehensive communications campaign – WalkWays moving INDY forward, and
- rigorous data analysis.

The Outcome: The three final products were released by Health by Design and Plan4Health project partners in early 2016:

- The Indianapolis/ Marion County Pedestrian Plan;
- Appendix A: State of Walkability — A Companion Piece to the Indianapolis/Marion County Pedestrian Plan; and
- Appendix B: Prioritization Methodology.
Indianapolis, IN
Indianapolis, IN
Ajo, AZ

- Focus Area: Physical Activity

- Bike Ajo has created a sustainable bicycling hub that educates, trains, provides resources, and builds health-based partnerships with the Ajo community.

- A community bicycling and public health assessment serves as a blueprint for the project.
Project Resources
What’s Next?

• Sharing lessons learned
• Building the movement – Healthy Communities Collaborative
• National partnership – Joint Call to Action

Promote Healthy Communities
Joint Call to Action


THE IMPERATIVE FOR HEALTHIER PLACES

Where we live, work, and play has a major role in shaping our health. Rates of chronic diseases attributable to the design of the built environment—including obesity, diabetes, heart disease, and asthma—are on the rise. The built environment also has direct and indirect impacts on mental health, including depression and anxiety. This is true for everyone, but it is felt even more among vulnerable populations who are less likely to have access to nutritious, affordable food and opportunities for physical activity and are more likely to be exposed to environmental pollutants and circumstances that increase stress.

Addressing growing health challenges and inequities requires new partnerships and collaboration between built environment and public health practitioners, and a health-focused approach to landscapes, buildings, and infrastructure. As signatory organizations to this Joint Call to Action, we encourage our combined 450,000 individual members to embrace collaboration across professions to promote healthier, more equitable communities. When professionals in the fields of the built environment and public health work together, we multiply our potential to improve health.

We, the signatory organizations, challenge our members—comprising architects, urban planners, landscape architects, developers, engineers, and professionals from public health, parks, and green building—to do the following: