

Incorporating a Health Lens in Planning

WI APA Conference, Oct. 9, 2018

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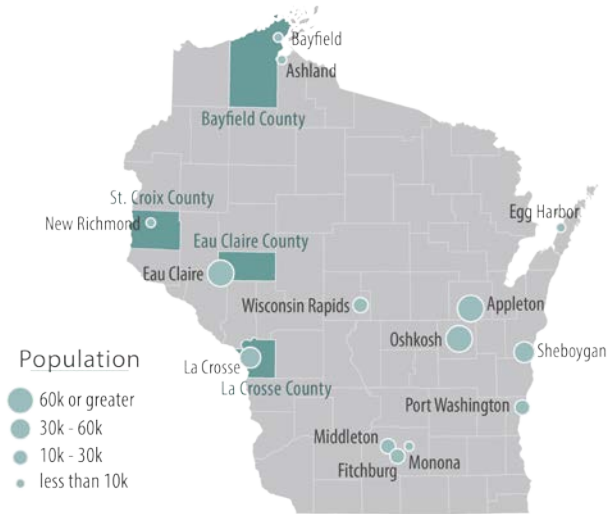
TOM BARON, EAST CENTRAL REGIONAL PLANNING COMMISSION

SCOTT ALLEN, CITY OF EAU CLAIRE

MADELINE PETZ, CITY OF WISCONSIN RAPIDS

KAREN HARKNESS, CITY OF APPLETON

Legacy Community Alliance for Health



- A collaboration between UW, Wisconsin nonprofits, and Wisconsin cities, villages, and counties aimed at increasing capacity of local governments to understand, consider, and address health equity through policy making.
- More info at www.cows.org/health-in-all-policies
- Contact Project Coordinator Katya Szabados, at COWS, for more: 608.262.5831 or knszabados@cows.org

Lisa Charron

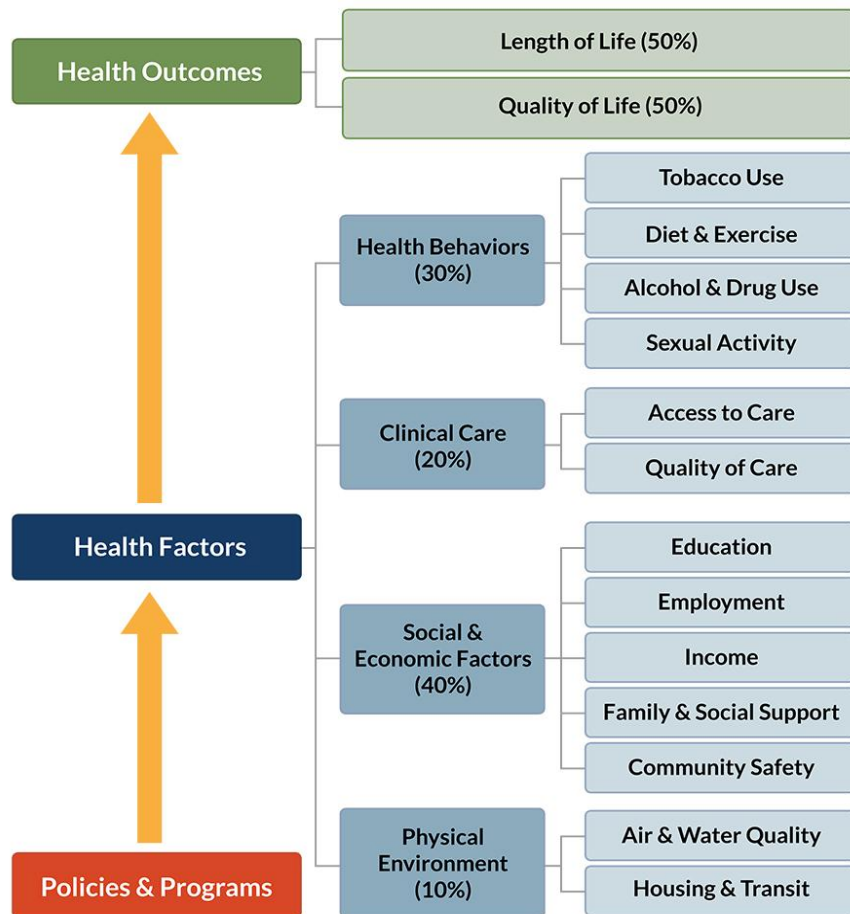
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Find my work at wihealthatlas.org/comprehensive-plans



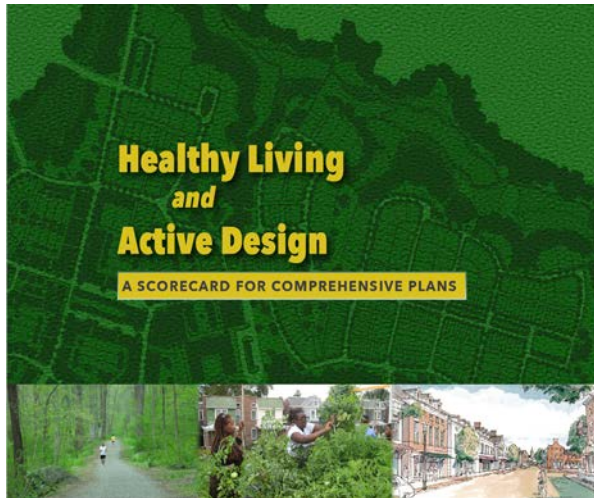
Which of these
health factors does
planning impact?





Comprehensive plan scorecards

Urban and Suburban



Rural





Comprehensive plan scorecards

A. Overall plan, vision, and strategy

B. Healthy living

I. How we move around

II. How we eat and drink

III. How we play and get our exercise

IV. How we get and stay well

C. Active design

14

Safe Routes to School:
A national movement aimed at creating safe, convenient, and fun opportunities for children to bicycle and walk to and from schools.¹⁴

Scoring help: Many communities have a standalone Safe Routes to School Plan. If this is the case, this item can score a 2.

12.	The plan supports " <u>Safe Routes to School</u> " for children or other mechanisms that support children walking and/or riding bikes to schools.
0	Not mentioned
1	Includes an aspirational goal for more students to walk or bike to school
2	Includes specific policy and program goals

Examples of policies and programs to implement SRTS in rural areas include:

- Working with school districts, public safety, transportation, and/or education agencies
- Remote drop-off programs
- Remote pick up programs
- Policies that site schools near residential areas
- Requirements for enhanced walk- and bike-ability near schools

The **Safe Routes to School National Partnership** has great resources for [making SRTS work in rural communities!](#)

4

student coders

15

months of coding

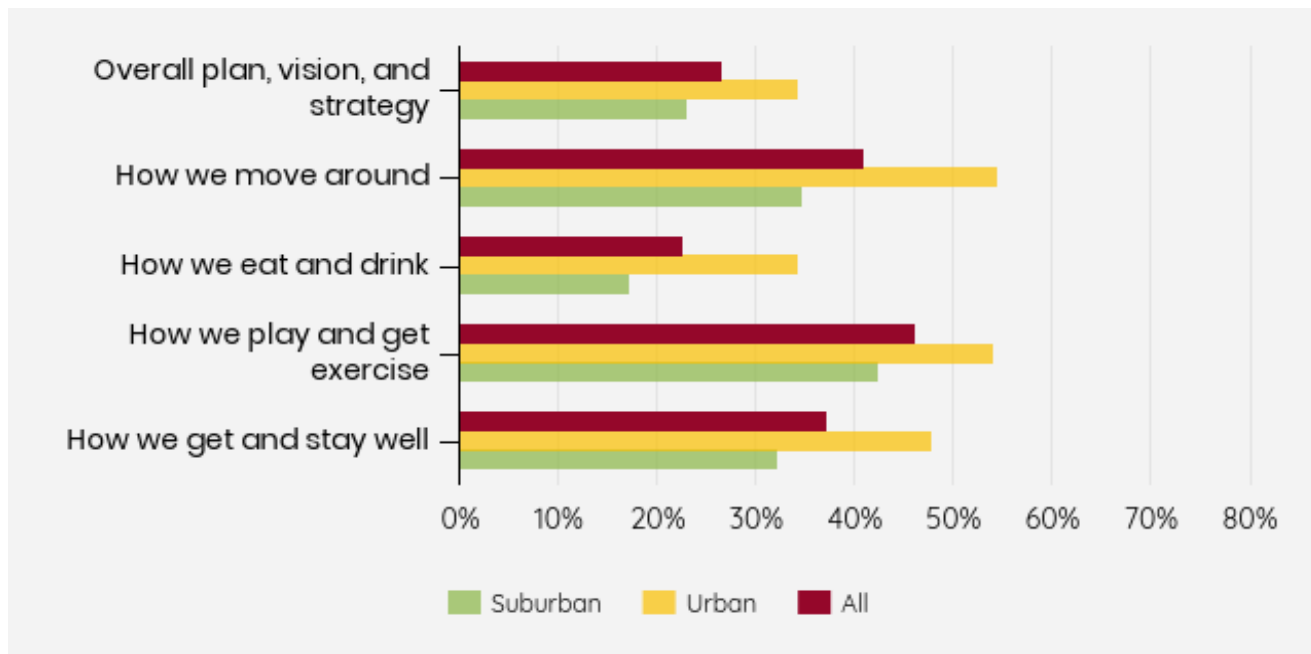
118

urban and suburban comprehensive plans





Statewide strength scores



Preliminary findings.
Not for redistribution.

Incorporating a Health Lens in Planning

10/9/18

History of our work



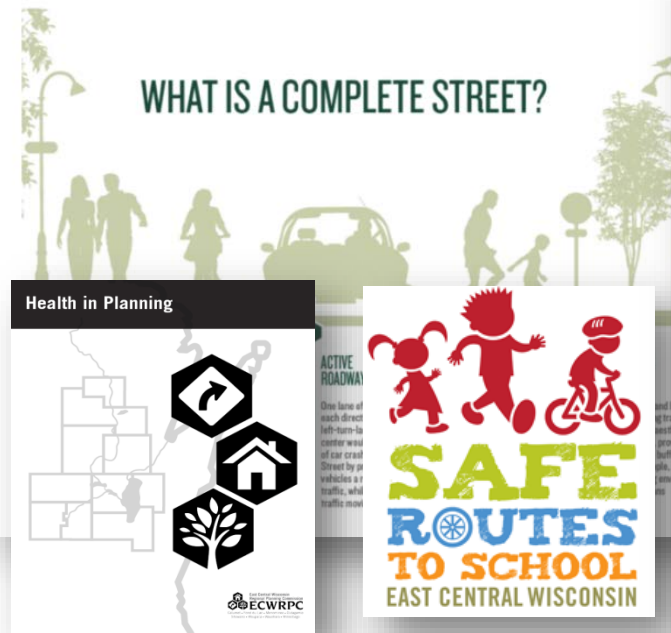
Activity	Policy Impact	Systems Impact	Environmental Impact	Regional
Safe Routes to School	X	X	X	X
Transform Wisconsin	X	X		
Appleton (Fox Cities) TMA and Oshkosh MPO Bicycle and Pedestrian Plan	X	X	X	X
Healthy Wisconsin Leadership Institute (Community Teams)		X		X
Healthy Wisconsin Leadership Institute (COACH)		X		X
Transportation and Health	X	X		X

History of our work



Activity	Policy Impact	Systems Impact	Environmental Impact	Regional
Complete Streets Technical Assistance	X			X
Planners4Health		X		X
Fox Valley Thrives	X	X		
Wayfinding Signage		X	X	
College Ave Corridor		X	X	
CORP work	X	X	X	

Current work



HEALTHY WISCONSIN
LEADERSHIP INSTITUTE

Objectives

Objective 1: ECWRPC Active Communities staff will proactively communicate with internal and external stakeholders.

Objective 2: ECWRPC staff will develop and include a health element into East Central's Regional Comprehensive Plan and three local comprehensive plans by 2023.

Objective 3: ECWRPC Active Communities staff will develop a toolkit for incorporating planning into Community Health Assessments and Community Health Improvement Plans.

Objective 4: ECWRPC staff will continue to include a health chapter within the Comprehensive Outdoor Recreation Plans.

Objective 5: ECWRPC Transportation staff will build upon existing health chapter in the Long Range Land Use Transportation Plans (LRTP) for Metropolitan Planning Organizations within the East Central Region by 2019.

Objective 6: ECWRPC Transportation staff will review and update Transportation Improvement Plan (TIP) application and evaluation process to further identify and include health.

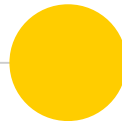
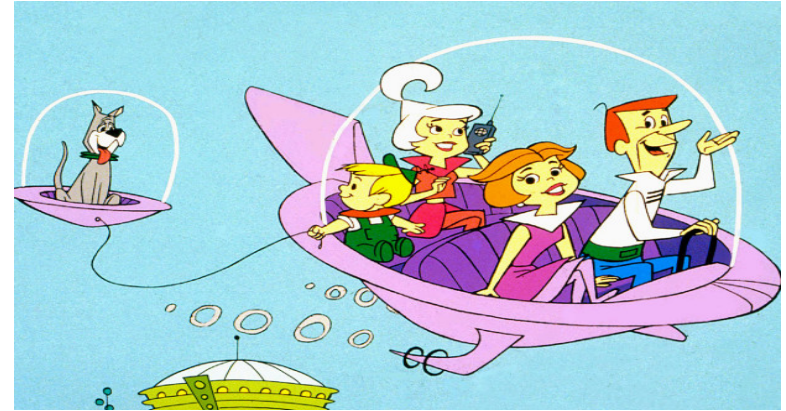
Objective 7: ECWRPC will utilize GIS resources to visualize our health in planning work.

Objective 8: ECWRPC Active Communities staff will develop and implement a sustainability plan for the health in planning program.

Where we see health in planning going



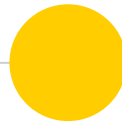
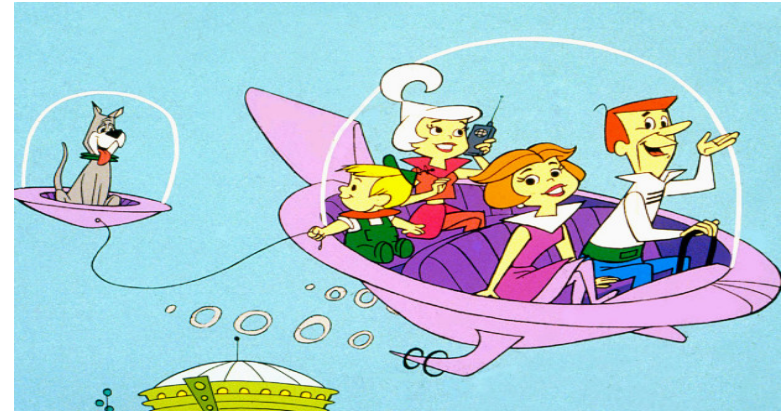
- Continued focus on physical activity
- Continued focus on food
- Opioid epidemic
 - High usage in parks
 - Safe Injection Sites
- Transportation
 - Federal policy



Where we see health in planning going



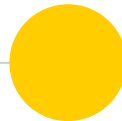
- Economic Development
 - Talent attraction
- Equity
- Health in All Policies
- Dementia Friendly communities
- Increased connections with Public Health



Lessons learned

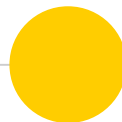


- Regional approach has same goals but slightly different focus then local approach
- Public Health is a great partner
- Health in Planning services and resources exist
- Collaboration isn't easy, but not as hard as you might think
- Staff transitions
- Funding tends to drive action
- Public participation, public participation, public participation
- Health and planners have a different approach to planning
- Limitations to data



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City of Eau Claire

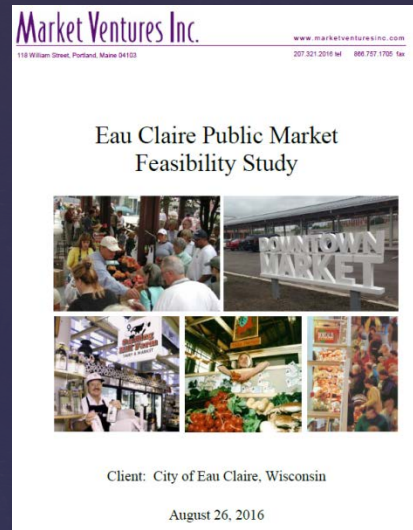
{ Comprehensive Plan ~ Health Chapter

- ⌘ Active Living
- ⌘ **Food & Nutrition**
- ⌘ Land Use
- ⌘ Safety & Crime
- ⌘ Drug Abuse
- ⌘ Environmental Exposures

Eau Claire Health Chapter



Food & Nutrition



Recommendation 4: Access to Fresh Foods

1. Build grocery store in the West Bank District.
2. Establish year round public market.
3. Implement community gardens.

Food & Nutrition





Land Use



Step It Up!: Action Plan to Increase Walking and Walkability for City of Eau Claire



City of Eau Claire

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WISCONSIN RAPIDS — PLANNING FOR HEALTH

Rapid Health Impact Assessments and Health Matrix

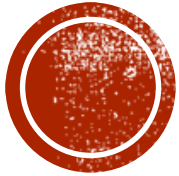


OUR PROCESS



- LCAH grant
- What projects are ongoing? Downtown focus.
 - Unique stakeholder approach
- Option to conduct multiple Rapid HIAs
 - Gain experience, build capacity
 - Different types of projects, different teams
- Framework to support the HIAs / other health work --- Matrix
 - Tool to gain support, show health lens

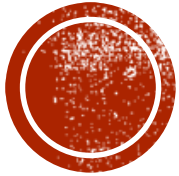
HIA UPDATES



- **Part way through first project**
 - Research questions, literature review, key informants, community input, findings and dissemination
- **Senior housing development downtown**
 - Housing lens
 - Working with developer
 - Where is the space for community input and influence?
- **Forecasting 2 additional Rapids HIAs in the next year**
 - Additional downtown projects
 - Different focus areas



MATRIX CONCEPT



- Co-Created with ample stakeholder input
 - CHA/CHIP
 - Community Survey
 - Health orgs throughout community
- 5 key areas: Local Food, Active Living, Housing, Economics, Social Cohesion
- Framework for assessing health with any project
- Dictates need or baseline for (Rapid) HIA
- Tangible tool to use going forward
 - Adopted into policy?

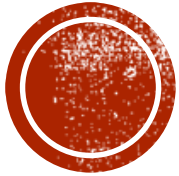


1 HOUSING

Assessment Criteria <i>Does the proposal...</i>		Details, Data, Evidence	Potential Health Impact?	Recommended mitigation or enhancement actions
Promote connectivity between housing and quality of life amenities like services, programs, parks and trails?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> NA		<input type="checkbox"/> Positive <input type="checkbox"/> Negative <input type="checkbox"/> Neutral <input type="checkbox"/> Uncertain	
Provide access/proximity to basic daily needs such as food, shopping, etc.?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> NA		<input type="checkbox"/> Positive <input type="checkbox"/> Negative <input type="checkbox"/> Neutral <input type="checkbox"/> Uncertain	
Increase downtown housing accessibility and availability?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> NA		<input type="checkbox"/> Positive <input type="checkbox"/> Negative <input type="checkbox"/> Neutral <input type="checkbox"/> Uncertain	
Promote a range of housing types and sizes, including affordable housing responding to local housing needs?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> NA		<input type="checkbox"/> Positive <input type="checkbox"/> Negative <input type="checkbox"/> Neutral <input type="checkbox"/> Uncertain	
Increase access to and sustained availability of quality housing stock and associated environment?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> NA		<input type="checkbox"/> Positive <input type="checkbox"/> Negative <input type="checkbox"/> Neutral <input type="checkbox"/> Uncertain	
Increase availability of housing options for multiple generations?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> NA		<input type="checkbox"/> Positive <input type="checkbox"/> Negative <input type="checkbox"/> Neutral <input type="checkbox"/> Uncertain	



KEY LESSONS SO FAR...



- Get the right people involved
 - Wide variety of committee members
 - Bringing conflicting parties together
- Keep timelines flexible
- We are all learning HiAP approach...
- We want a tangible component (matrix)
- Nice local baseline data set important

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HEALTH IN ALL POLICIES ORDINANCE

ADOPTED BY CITY OF APPLETON IN 2018

Considering the environment and circumstances in which we live to ensure optimal health and applying lessons learned to devise creative solutions



Collaborative approach to improving the health of all people by incorporating health considerations into decision-making across sectors and policy areas



HEALTH IN ALL POLICIES

Creating a healthier, more vibrant and equitable Appleton

What is Health in All Policies?

Health in All Policies is a collaborative approach to improving the health of all people by incorporating health considerations into decision-making across sectors and policy areas.

Why we need Health in All Policies:

Health in All Policies is a response to a variety of complex and often inextricably linked problems such as chronic illness epidemics, growing inequality and health inequities, rising healthcare costs, an aging population, climate change and related threats to our natural resources, and lack of efficient strategies for achieving governmental goals with shrinking resources. Addressing these complex problems requires innovative solutions, a new policy paradigm, and structures that break down siloed nature of government to advance trans-disciplinary and intersectional thinking.

How do we know that Health in All Policies works?

Public health professionals have known for a long time that we need to consider the environment and circumstances in which we live to help ensure optimal health. Appleton and other local, state and national governments worldwide have been using a Health in All Policies approach (even before it had a name) in order to devise creative solutions to seemingly intractable health problems. Public health worked with public works agencies to build sewage and sanitation systems that reduced infectious disease and simultaneously reduced rodent populations and prevented flooding. Public health also worked with transportation agencies to introduce seat belts, safer road designs, and other innovations that together have led to major declines in rates of automobile crash deaths. Health in All Policies applies the lessons learned from those experiences to today's key health challenges.

We're all so stressed out and busy already—why should other city departments and agencies get involved in health when that's the job of the Appleton Health Department?

Of course, the Health Department has a big role to play. But we've known for a long time that community environments have a huge impact on health—even more than the effect of medical care. In the Health Department, we don't have the expertise or authority to change those environments. We can only do this with all departments working together. We all have a role to play in creating healthy environments to solve some of our most pressing health problems. If we work together, we can find solutions that will be win-wins and move us all toward shared goals. For example, we know that building bike and pedestrian infrastructure creates more jobs, decreases air pollution and greenhouse gas emissions, and increases physical activity which improves both health and academic performance for students. And we know that "farm-to-fork" activities help to protect agricultural lands, support local economies, and increase healthy eating. Leadership and innovation aren't always easy, but we owe it to the people we serve to work together to find the best ways to solve complex problems, and Health in All Policies is one strategy that will help us do this.

Won't Health in All Policies be expensive? Why should other city departments and agencies spend their precious resources on issues outside their purview?

We can't afford not to use a Health in All Policies approach. These days, social and environmental problems are so complex that lasting solutions require everyone in government to work together. The consequences of city planning, sanitation, transportation, or food systems policies can include lifelong effects on the health of the whole communities. In part, siloed approaches got us into this problem in the first place, and the poorest communities have borne the brunt of this inefficient approach. We can do better. By investing the time and creativity now to consider how health will be impacted, we can prevent expensive problems from happening in the first place. It is not only in our best interest to consider how all policies affect health, but it is our job.

Aren't these health problems really just the result of people making bad decisions?

People in the United States have always believed in the idea of opportunity, but some people don't have many opportunities for health. It makes sense that it's easier to exercise if you have a safe park or playground nearby, or nice, well-lit sidewalks to walk on. Government does have a role in protecting and serving its people, especially when it's hard for people to do something by themselves. One way Appleton is already affording all people opportunities for health is by building safe places to play, like Erb Pool, inviting in new food sources, like Downtown Appleton farmers' markets and creating safer routes to work and school. Using a Health in All Policies approach gives all government agencies the opportunity to think big-picture about how their work will have lasting impacts, and to find the best possible solutions that serve everyone.

ADO
PUBL

15-18

AN ORDINANCE CREATING ARTICLE V OF THE
CODE OF THE CITY OF APPLETON, RELATING TO
(Ordinance of Health - 12-20-2017)

The Common Council of the City of Appleton does ordain

Section 1: That Article V of Chapter 7 of the
relating to health in all policies, is hereby created to read

ART. V. HEALTH IN A

Sec. 7-206. Findings.

- Health starts where we live, learn, & work. The City of Appleton can promote greater health and well-being for all residents.
- All Appleton residents should have the opportunity to live a long, healthy life, regardless of age, education, immigration status, sexual orientation, or income.
- Good health enhances quality of life and the capacity for learning, strengthens family and community, and helps reduce overall economic costs.
- In the city of Appleton, those with the lowest life expectancy are those with the lowest income.
- Appleton residents are primarily of color.
- Recognizing the presence of health disparities, the City of Appleton has the opportunity to intervene on health outcomes through the City Comprehensive Plan.
- Health in All Policies is a strategy that is used by all City departments and in the community.
- In developing strategies that are at its heart, promoting equity is a goal.
- It is also about how we

(i) The Health in All Policies strategy guides the City of Appleton on how to address the social determinants of health, or the root causes of current health disparities in the community, development, prioritization and delivery of these services and policies.

Sec. 7-201. Definitions.

The definitions in this section apply throughout this ordinance unless the context clearly requires otherwise:

(b) **Health in All Policies (HIAP)** is both a process and a goal.

- The goal of HIAP is to address inequities at the systems, policy and structural levels to eliminate the resulting health disparities.
- At the root of HIAP is an approach to improving health of all people by incorporating health considerations into collaborative decision-making across sectors, agencies, and departments. HIAP brings city departments and community groups together to identify ways in which all policies can take health outcomes into consideration. The HIAP process places health at the center of all work, and through discussion and compromise, gains stakeholder buy-in from all agencies, groups, and departments.
- Health in All Policies works to create a new policy and organizing framework within city government and beyond in the community. It emphasizes the consequences of public policies, plans, and programs on health determinants, and aims to improve health outcomes at all levels of government within the city and those agencies responsible for serving Appleton residents.
- Stakeholder engagement is essential for ensuring that Health in All Policies is responsive to community needs. Community-based knowledge provides important information about opportunities and barriers for health and insight into the ways in which policies may impede or promote health.
- Health is not simply the absence of disease, but the state of complete physical, mental, cultural and social well-being. HIAP is based on the premise that good health is fundamental for a strong economy and vibrant society, and that health outcomes are largely dependent on the social determinants of health, which in turn are shaped by decisions made within the health sector and internally and externally outside of the health sector.
- Health equity refers to efforts to ensure that all people have full and equal access to opportunities that enable them to lead healthy lives, while respecting differences that include ability, age and religion.
- Health equity entails focused societal efforts to address avoidable inequalities by equalizing the conditions for health for all groups, especially for those who have experienced socioeconomic disadvantage or historical injustices.

These communities include, but are not limited to women, people of color, low-income individuals and families, individuals who have been incarcerated, individuals with disabilities, individuals with mental health conditions, youth and young adults, seniors, immigrants and refugees, individuals who are limited-English proficient (LEP), and lesbian, gay, bisexual, transgender, questioning, intersex and asexual (LGBTQIA+) communities, or combinations of these populations.

Disparities are differences of presence of disease, health outcomes, or distinct segments of the populations, including differences that occur by identity, sexual orientation, education or income, immigration status, racial inequity, or geographic location, or the combination of any of

Disparities are health disparities resulting from factors that are systemic and considered unjust or unfair.

Factors of health equity include the social, economic, geographic, political, environmental conditions that lead to the creation of a fair and just

Health in All Policies refers to everything outside of direct health care in the environment in which people are born, live, learn, work, and play. It includes a wide range of health, functioning, and quality of life outcomes and health determinants, but are not limited to:

- Availability of resources to meet our daily needs (e.g., safe housing, healthy and affordable food).
- Educational, economic, and job opportunities that lead to employment.
- Food safety and communities free of crime, violence, and social inequity (e.g., presence of trash and other forms of blight); and
- Built environments that promote health and safety, including pedestrian, bicycle, and automobile safety, parks and green spaces, healthy school siting.
- Attitudes (e.g., discrimination and racism), socioeconomic status (e.g., concentrated poverty and the chronically stressful and accompanying it).
- Prolonged and repeated exposure to multiple negative health factors. Contributing factors include, but are not limited to, racial segregation and economic insecurity. Toxic stress has been shown to be a host of chronic conditions such as heart disease, diabetes, and asthma, and has also been shown to have negative intergenerational

not refer to individual stressful events, but rather the unresolved stressors that impact one's life.

Implementation.

To maintain Health in All Policies, the City shall:

Integrate health into City actions and endeavor to integrate these into all City departments, divisions, management and reporting systems, and budgets in order to eliminate inequities and health disparities.

Develop a Health in All Policies Strategy Document as a guide for implementing HIAP. The strategy document will outline the vision, mission and goals to reach these goals. The strategy document will be updated over time as progress is made and the needs of the community change.

Establish a Health in All Policies Team. The team shall consist of representatives from departments within the City of Appleton.

Develop equity indicators for each department to track and measure progress aligned with existing goals, but not limited to the Comprehensive Plan.

Interdepartmental Team meetings led by the Health in All Policies Team.

Form a team on progress and challenges from the Health in All Policies Team.

Develop a department to integrate and track health equity training, such as health equity training, such as health equity training.

Annual HIAP Report and provide a report to the City Council.

Health equity training, such as health equity training.

Annual HIAP Report and provide a report to the City Council.

Health equity training, such as health equity training.

Indicators, the Tri-Annual Report will include a health equity document.

Community engagement plan to work directly with HIAP strategy development and implementation. The plan will be considered, and reflected in decisions, and reflected in decisions.

Section, subdivision, paragraph, sentence, or portion of this ordinance, such as each section, subsection, subdivision, paragraph, sentence, clause or phrase.

Five 30 days after its final passage and adoption.

Karen Lynch, City Clerk

WHAT ARE THE DELIVERABLES?

- Design and publish a tri-annual report on the status of health and health equity in the City of Appleton
- Implementation will be measured based on health and health equity indicators selected by Interdepartmental HiAP team
- Develop and implement an ongoing community engagement plan to work directly with stakeholders throughout the process of the HiAP strategy development and implementation

HIAP STRATEGY DOCUMENT

Intervention Area: 2018 Transportation Action Plan

Health in All Policies Committee

Document	Action/Plan/Policy/Program	Social Determinants	Performance Measure/Metric	Health Equity Component	Baseline Metric	Timeline	Partners*	Notes
C.P. 6.1.12	Evaluate dimensional criteria for truck routes for the need to design for larger vehicles without significantly impacting pedestrian movements.	Community Safety	Number of redesigns that improve pedestrian and trucking movements.	By anticipating conflict between necessary truck traffic and needs for non-motorized forms of transportation, high-risk neighborhoods will be provided consideration on how this affects their ability to improve their health.	DIPW Road Design	2019	Department of Public Works, Community & Economic Development, East Central Planning District, Registered Neighborhoods	
C.P. 6.1.4	Design streets utilizing the City of Appleton's Complete Streets Policy.	Community Safety	Miles of streets designed using complete streets philosophy.	To provide an environment that meets all modes of transportation.	Miles of streets designed using complete streets philosophy.	2018	Department of Public Works, Community & Economic Development, East Central Planning District, Fox Cities Greenways, Bike Federation, Registered Neighborhoods	Continue to prioritize bicycle and pedestrian improvement projects that make destinations more accessible, including but not limited to greater connectivity between important destinations within the community, and to regional bicycle and pedestrian networks.
C.P. 6.3.5	Continue to implement the City's On-Street Bike Lane Plan and the Sidewalk Installation Policy as approved by the Common Council to ensure multi-modal transportation opportunities.	Community Safety		To create an environment that provides a safe and inviting bike and pedestrian experience.	Miles of sidewalk, bike lanes, and bike parking options. Traffic calming installations, such as bumpouts. Number of installed rapid-flashing beacons.	2018	Department of Public Works, Community & Economic Development, East Central Planning District, Fox Cities Greenways, Bike Federation, Registered Neighborhoods	Continue to prioritize bicycle and pedestrian improvement projects that make destinations more accessible, including but not limited to greater connectivity between important destinations within the community, and to regional bicycle and pedestrian networks.
S.P. 1. Energy Independence Action 2	Adopt and begin to implement a City Wide on-street bike lane plan	Community Safety	Miles of new bike lanes added	Greater access for people to walk and bike, improve physical activity, improved air quality through reduction of CO2	Number of miles of bike lanes in the city	2018	Department of Public Works, Community & Economic Development, Health, Park & Recreation, Valley Transit, Bike Federation, Greenways, East Central Planning District, Weight of the Fox Valley	
S.P. 1. Energy Independence Action 4 & 8 & 9	Reduce motor fuel consumption in City vehicles	Community Safety	Quantity of GPS units on CEA vehicles, fuel consumption of CEA vehicles, fuel type for CEA vehicles	Improved air quality through reduction of CO2	Quantity of GPS units on CEA vehicles, fuel consumption of CEA vehicles, fuel type for CEA vehicles	2018	Department of Public Works, All City departments utilizing CEA vehicles	
S.P. 3 Air Quality Action 1	Increase bike and pedestrian non-street trails	Community Safety	Miles of new bike and pedestrian non-street trails	Greater access for people to walk and bike, improve physical activity, improved air quality through reduction of CO2	Miles of new bike and pedestrian non-street trails	2018	Park & Recreation, Department of Public Works	
S.P. 3 Air Quality Action 2	Install additional sidewalks to provide alternative means of transportation resulting in less creation of carbon dioxide emissions. Continue implementation of sidewalk poeetrv program	Community Safety	Miles of new sidewalks added or existing sidewalks replaced or enhanced. Quantity of sidewalks incorporating poetry	Improved air quality through reduction of CO2, creating greater access for people to walk and bike	Miles of new sidewalks added or existing sidewalks replaced or enhanced. Quantity of sidewalks incorporating poetry	2018	Department of Public Works, Community & Economic Development, Park & Recreation	

THANK YOU

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Questions?
