

Health Impact Assessments

Applications for Local Government Planning

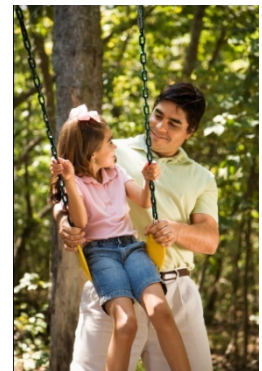
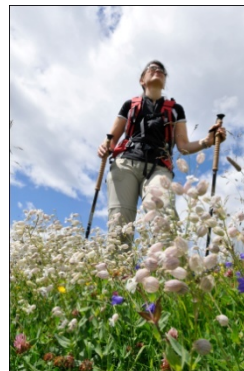
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Kirsten Frandsen

Integrating Planning and Public Health

- What do our professions have in common?
- Different research methods and vocabularies
- Different perspectives
- **What are ways to integrate health into planning to improve public health?**



Roles of the Tacoma-Pierce County Health Department

- Provide population based health services-
Prevention- Chronic Disease
Environmental Health
Communicable Disease
Strengthening Families
Assessment and Evaluation
- Less programming. More policies, systems and environmental changes
- Greater emphasis on Healthy Communities

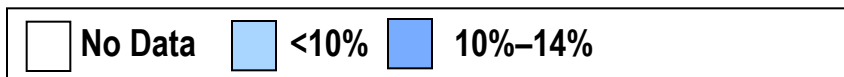
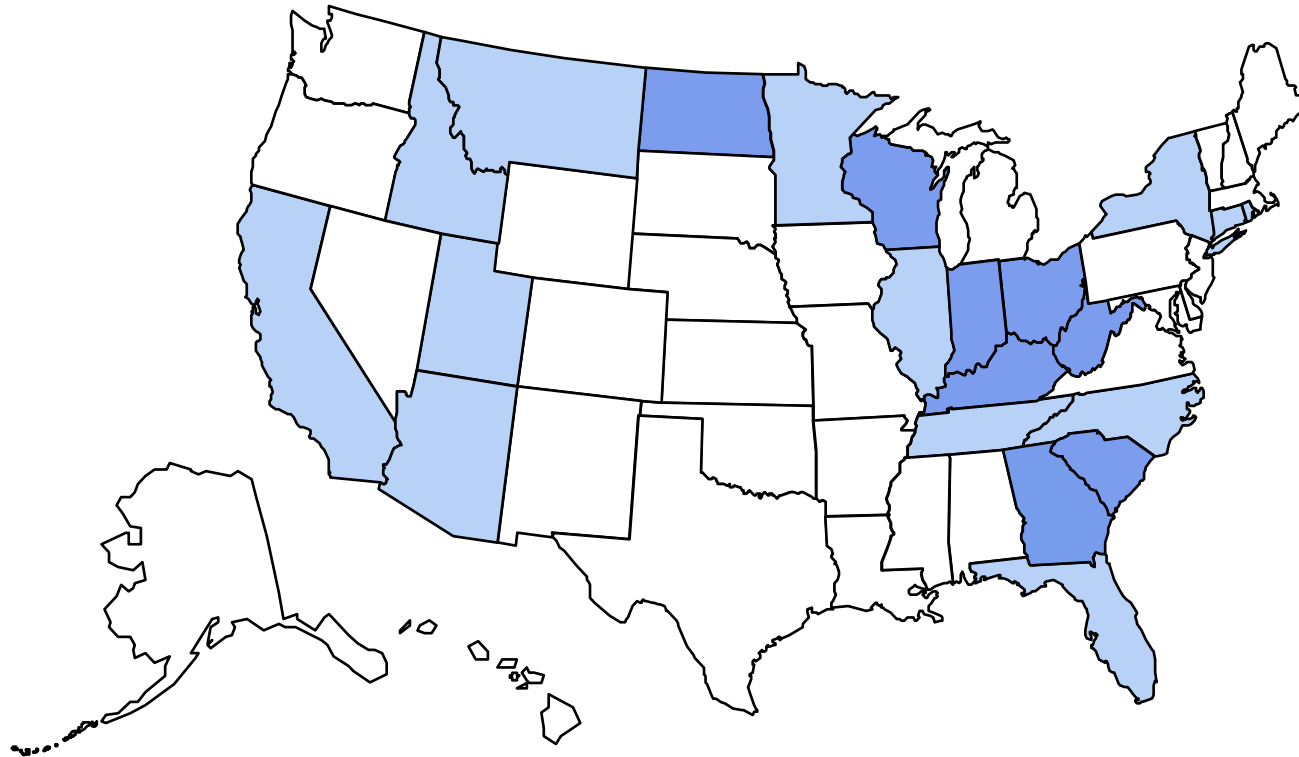
Address Obesity Epidemic

- Decrease risk of chronic diseases and premature morbidity and mortality
- Build communities where people can be physically active in daily life
- Provide access to healthy foods
- Increase safety, reduce injury risk
- Distribution of health-supportive land uses

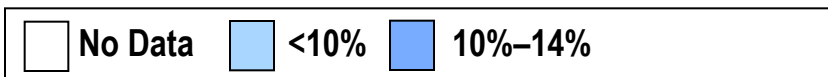
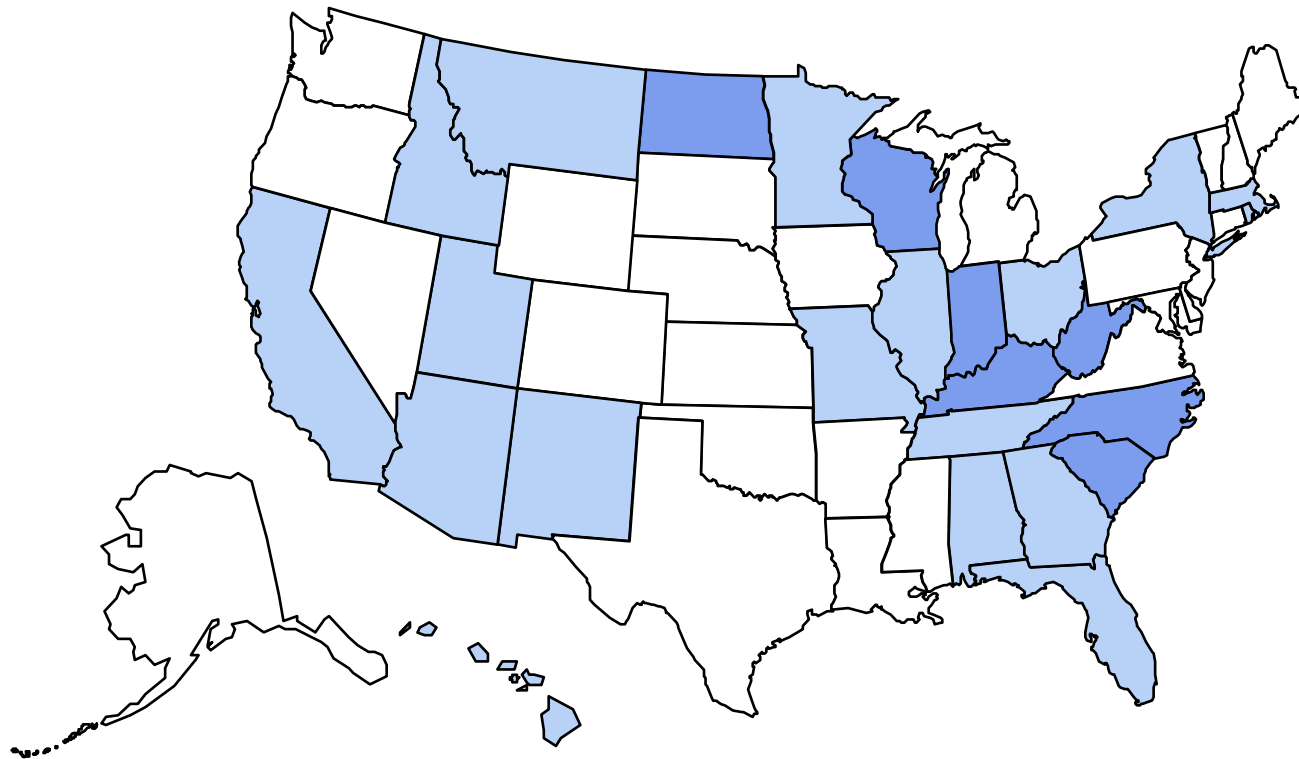
Obesity Trends* Among U.S. Adults

BRFSS, 1985

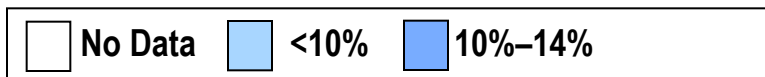
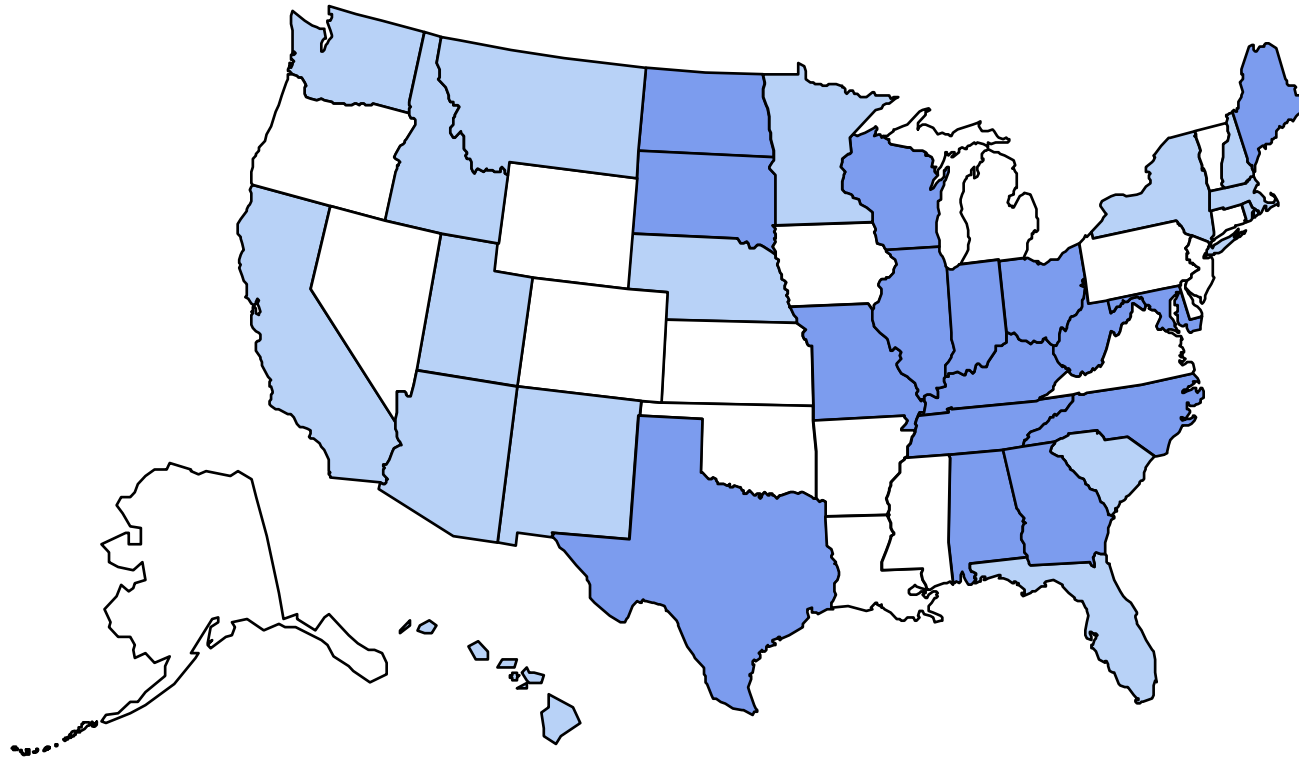
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



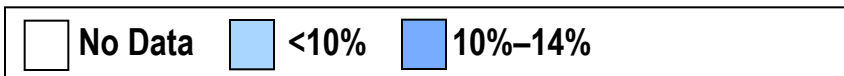
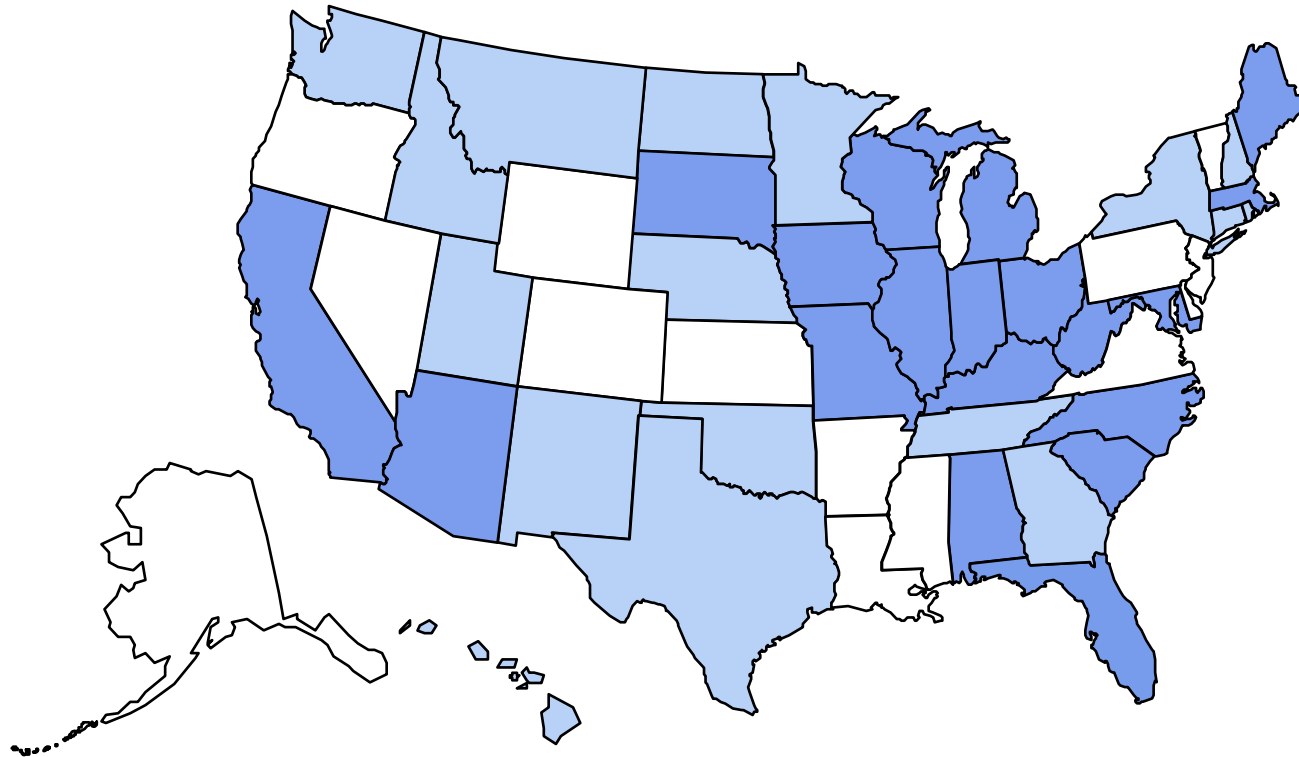
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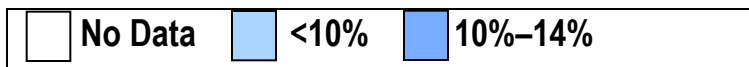
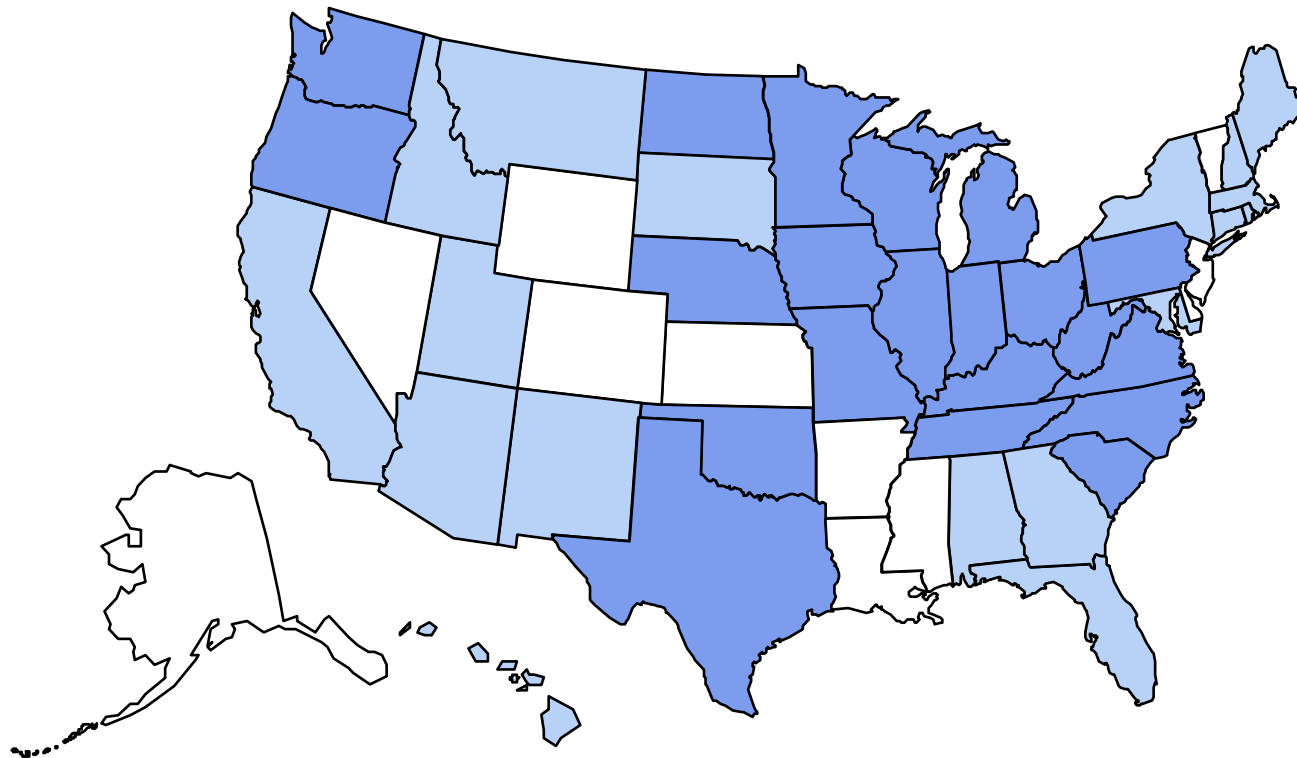
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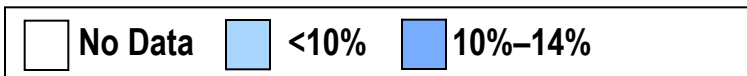
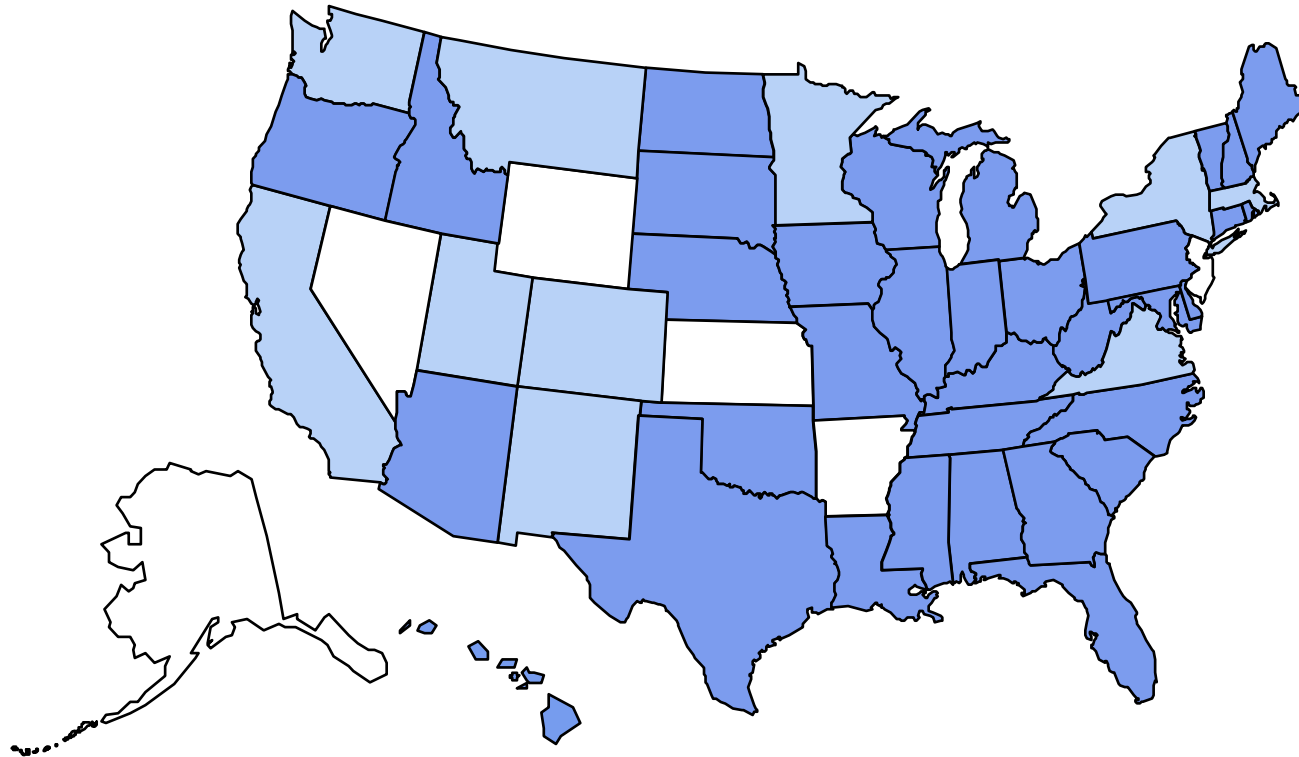
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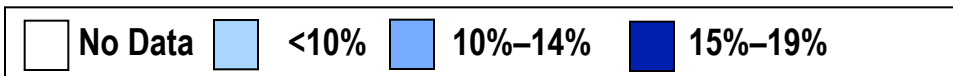
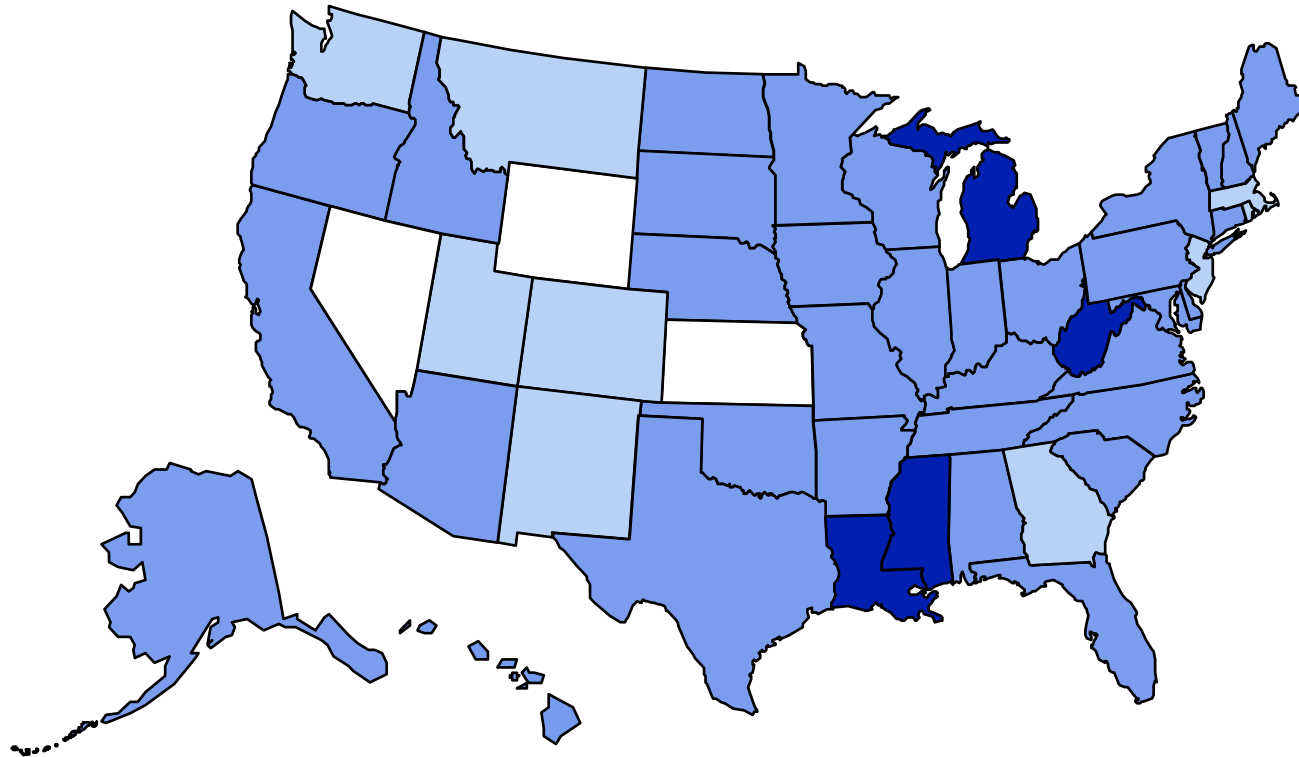
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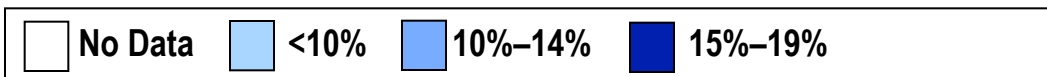
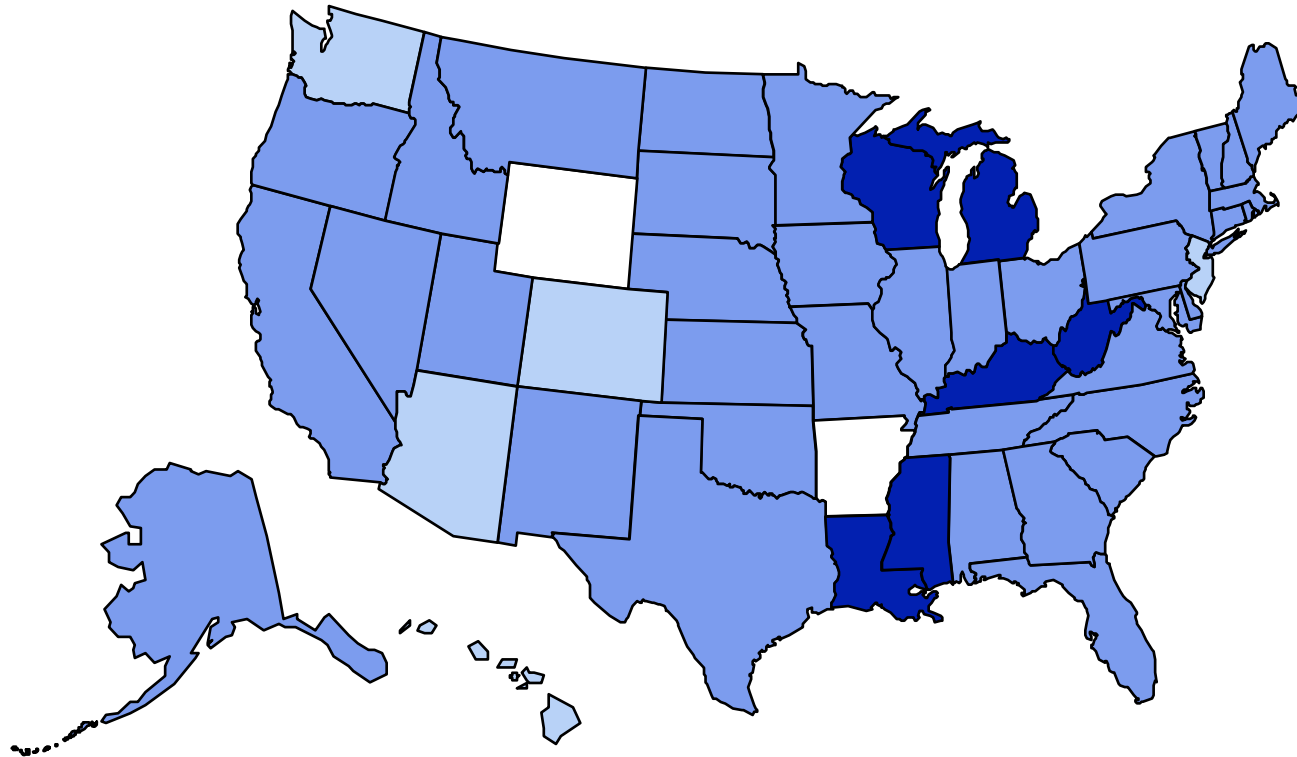
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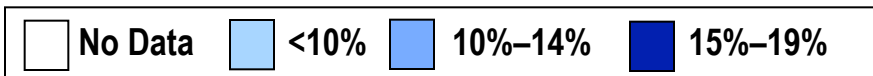
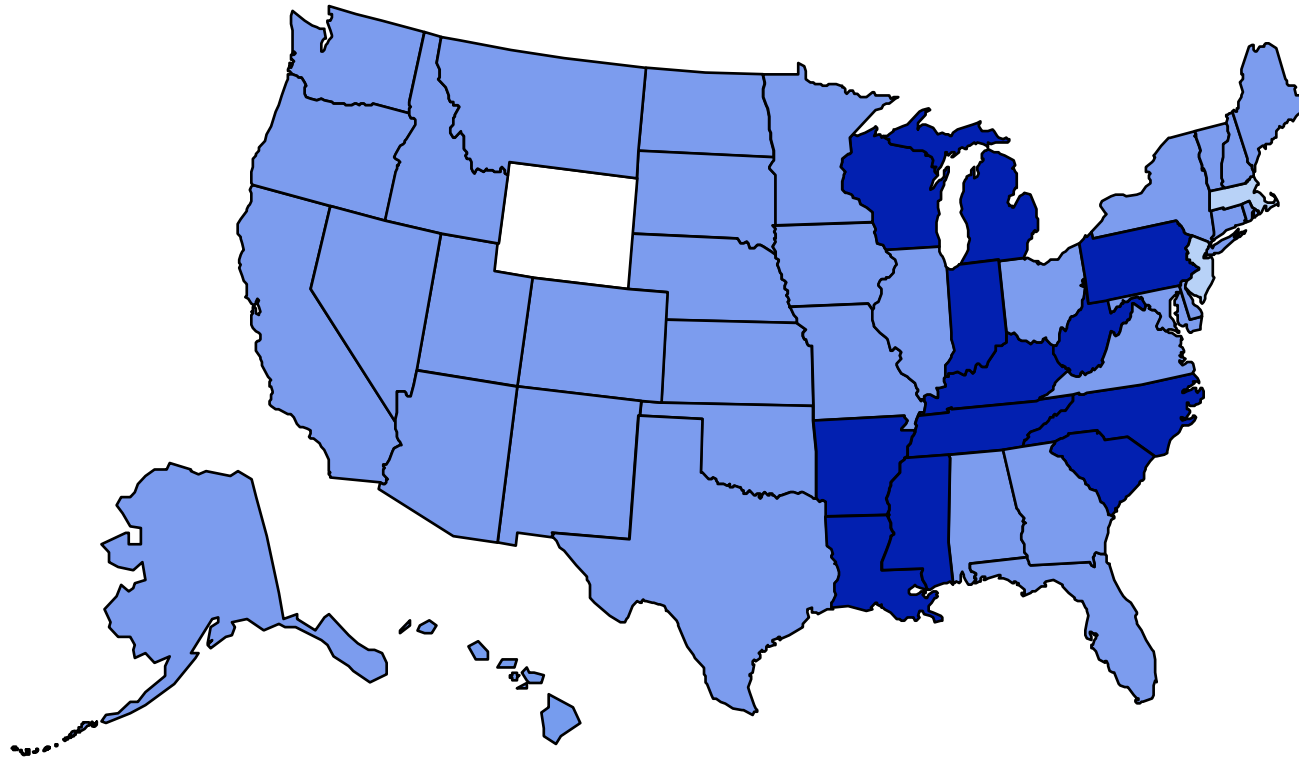
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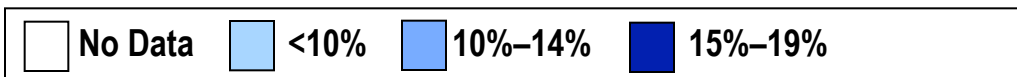
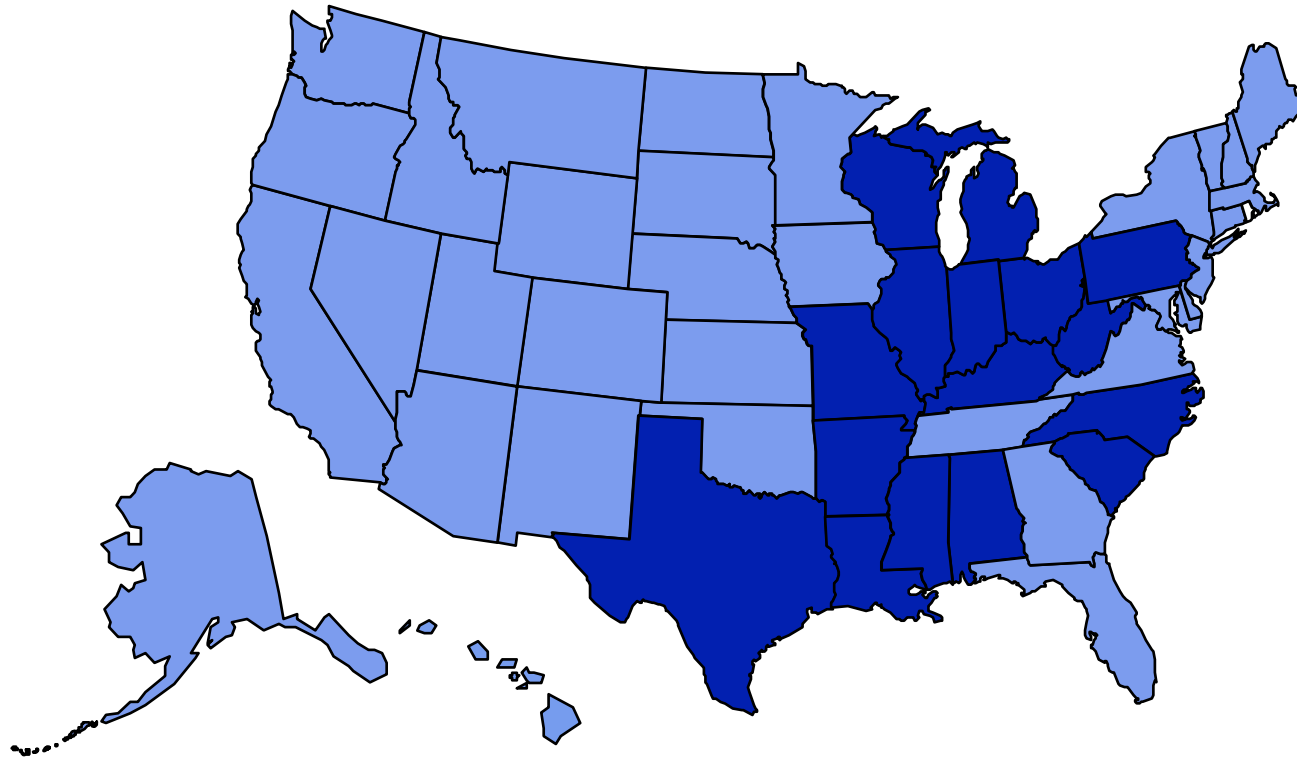
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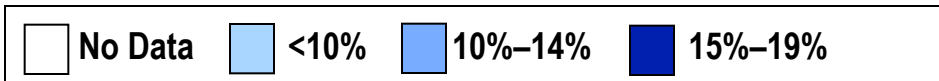
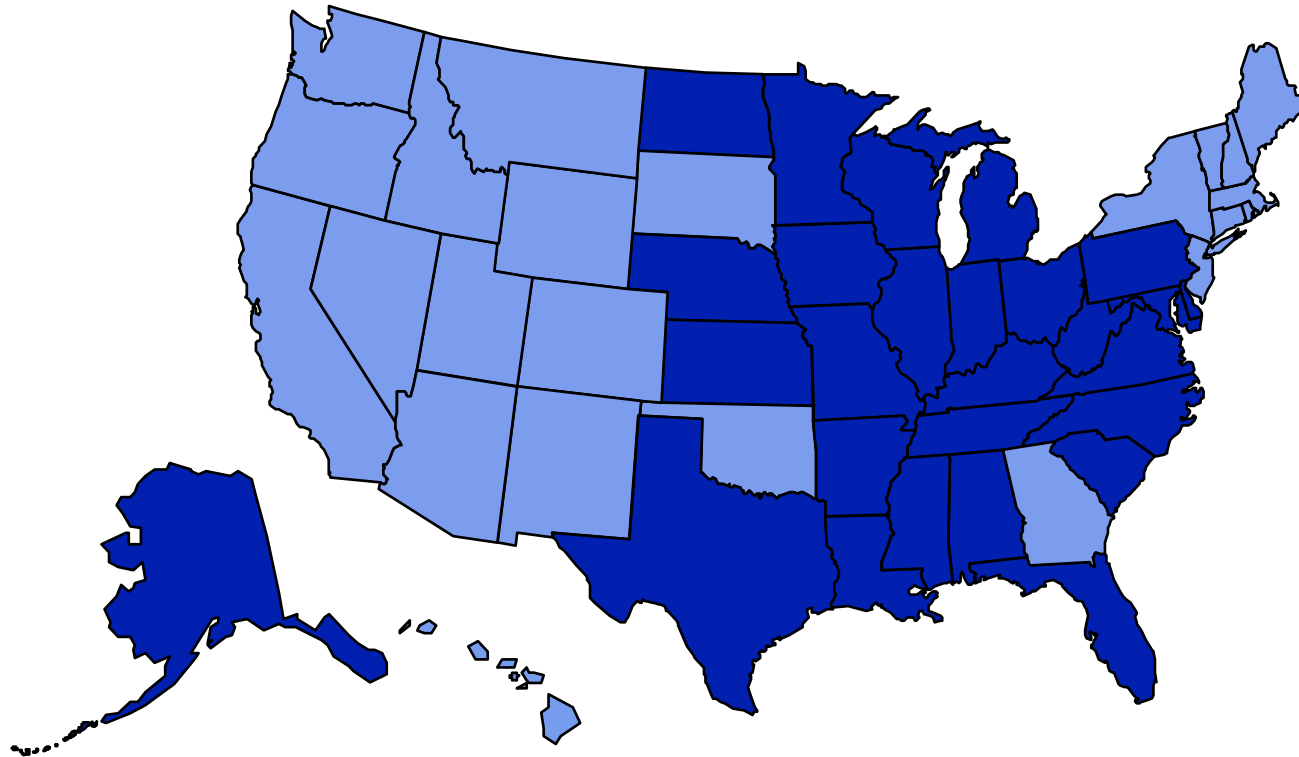
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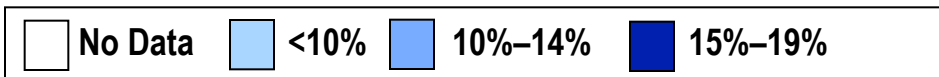
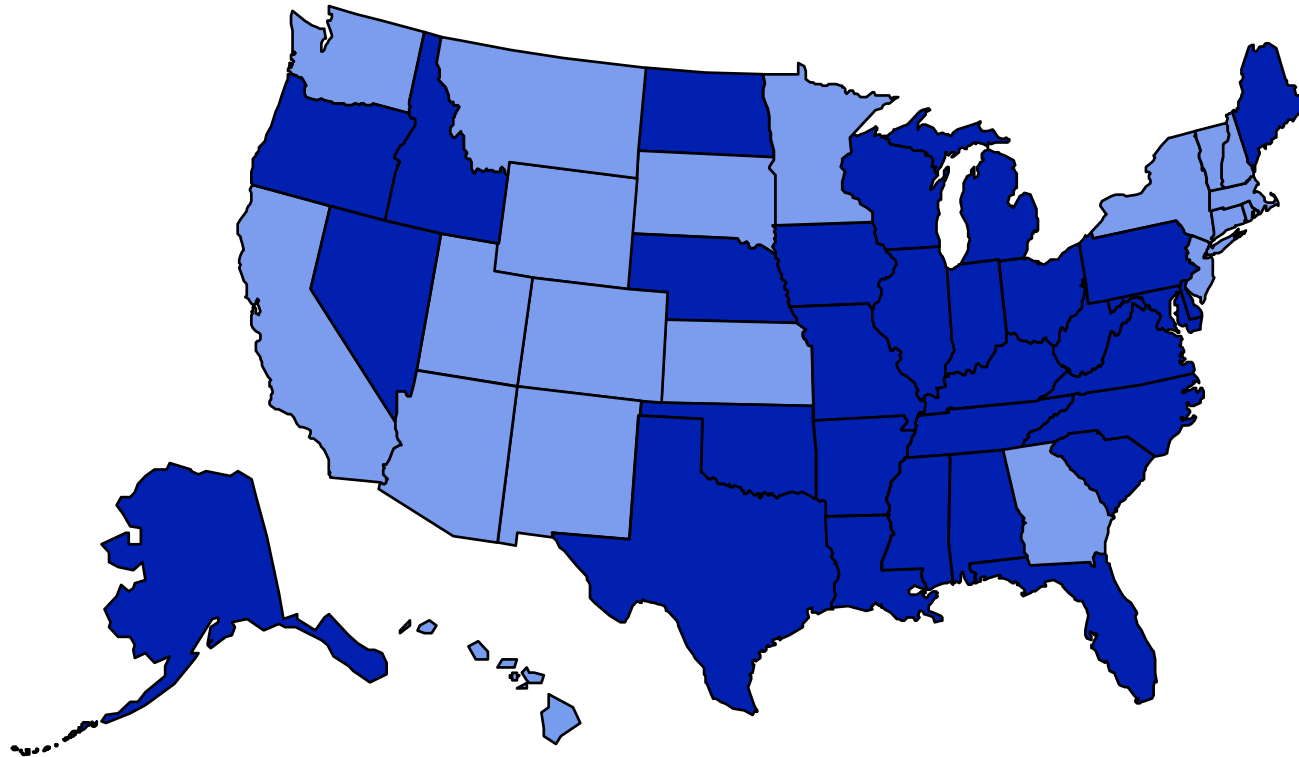
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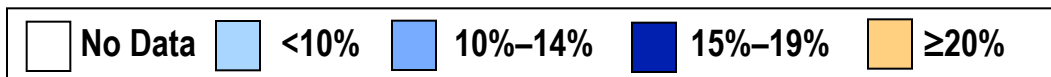
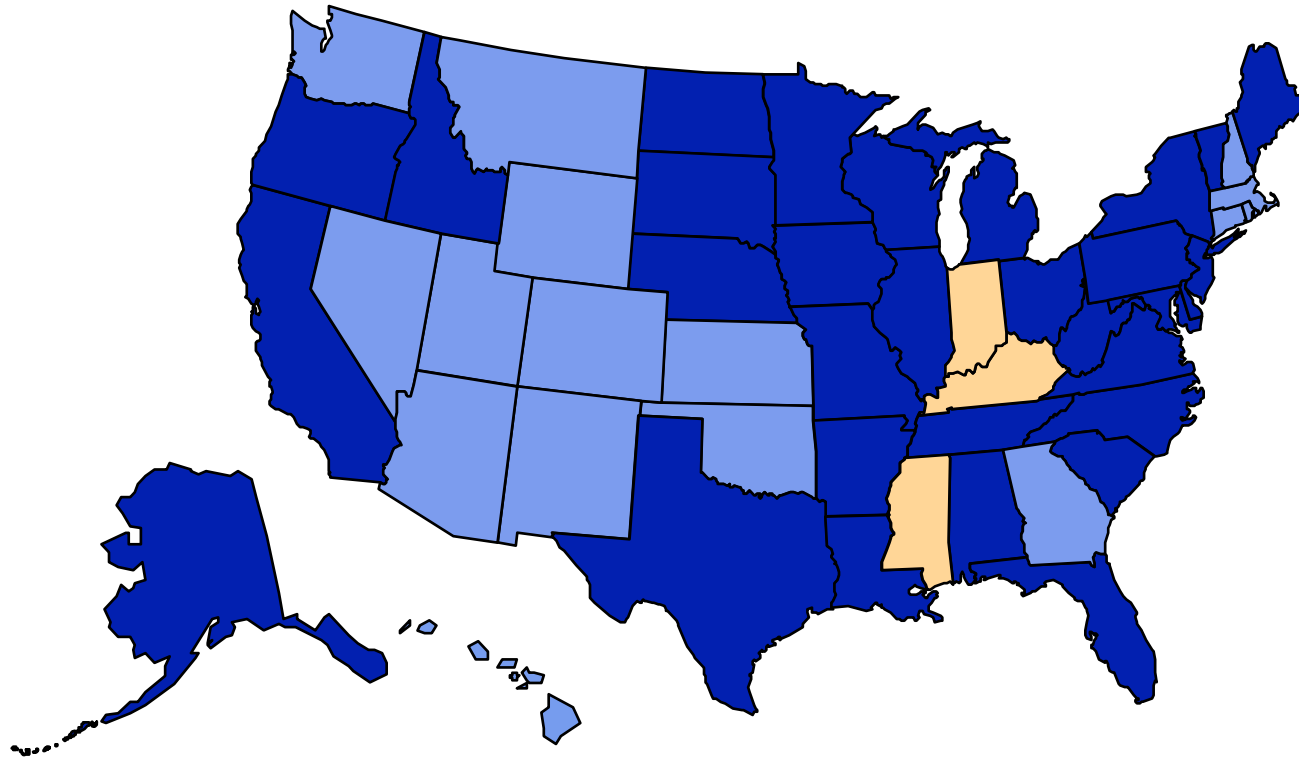
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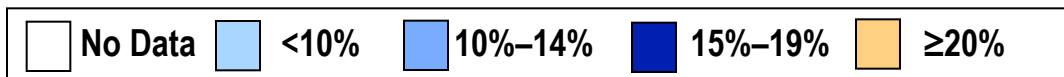
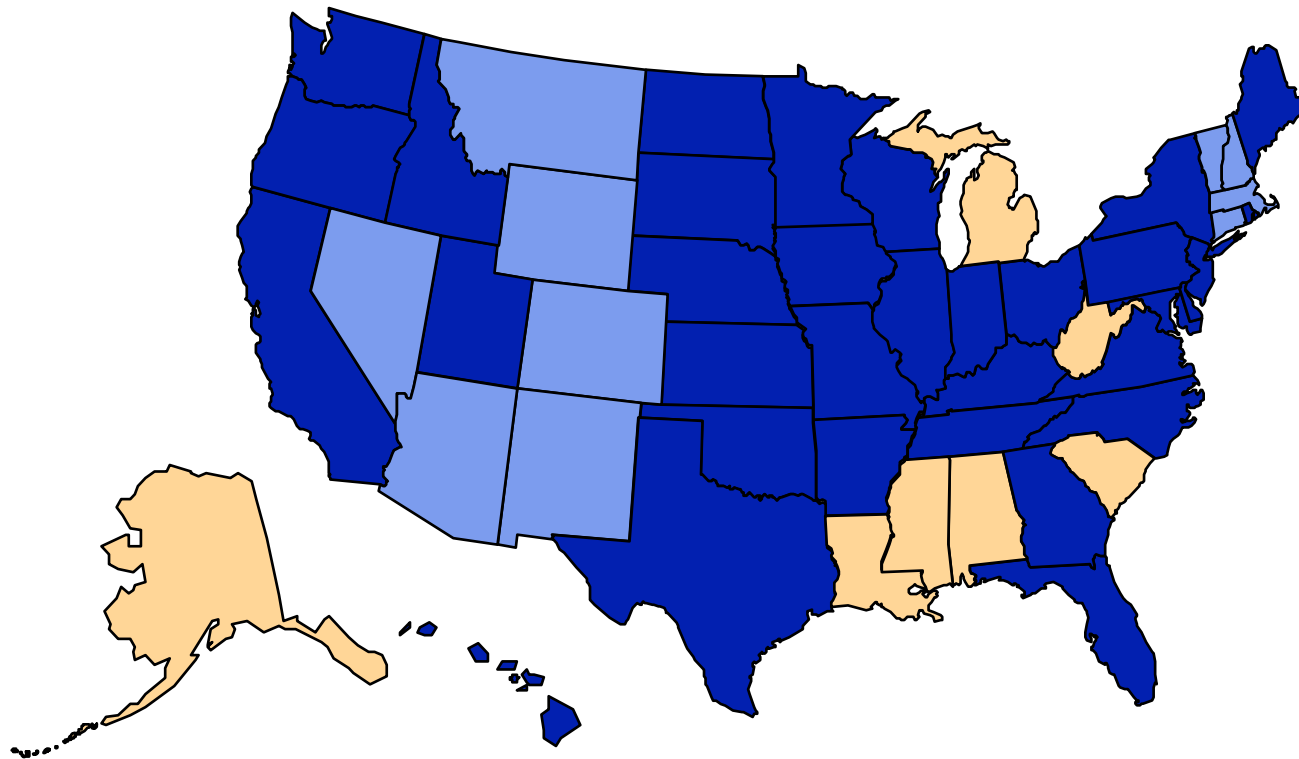
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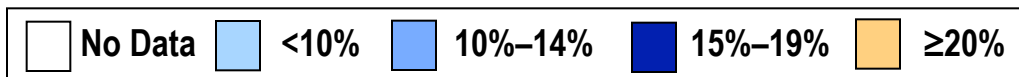
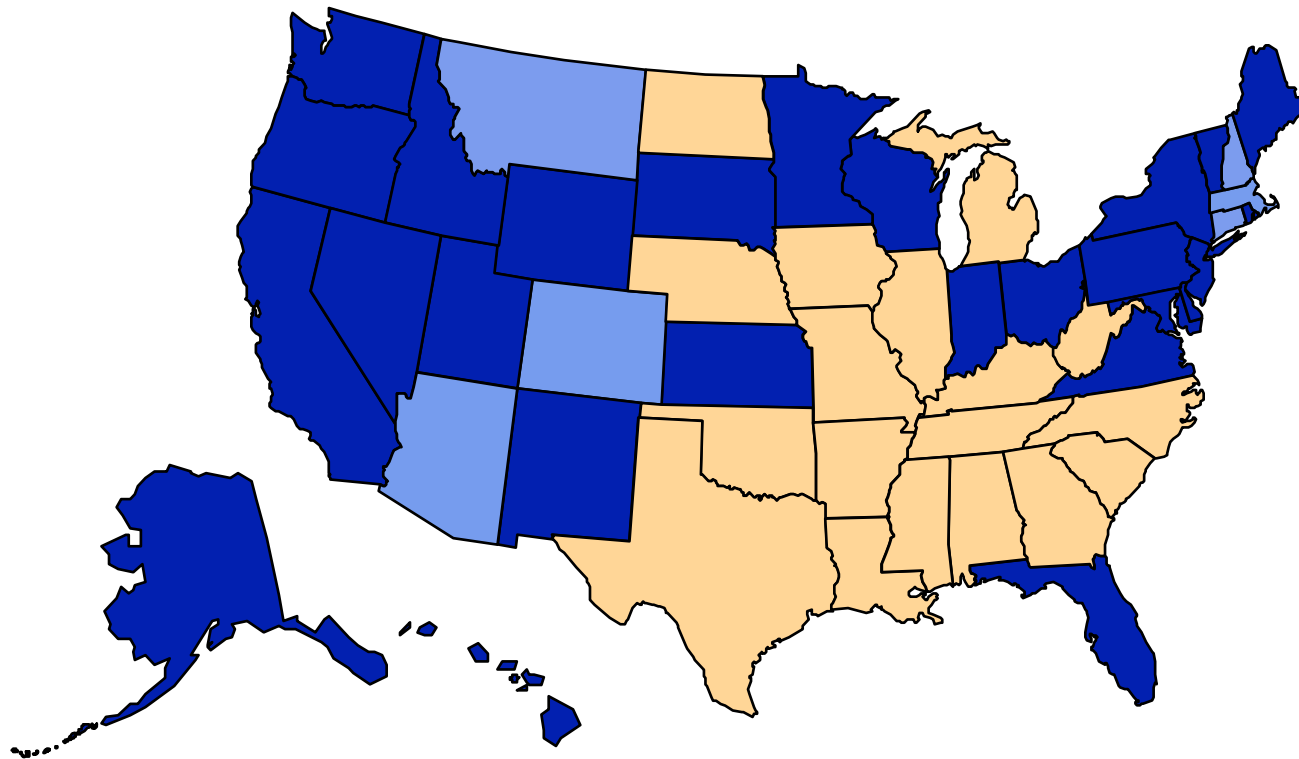
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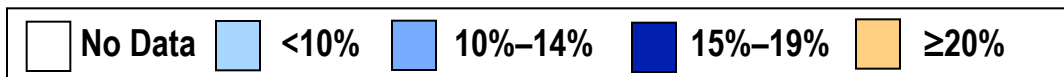
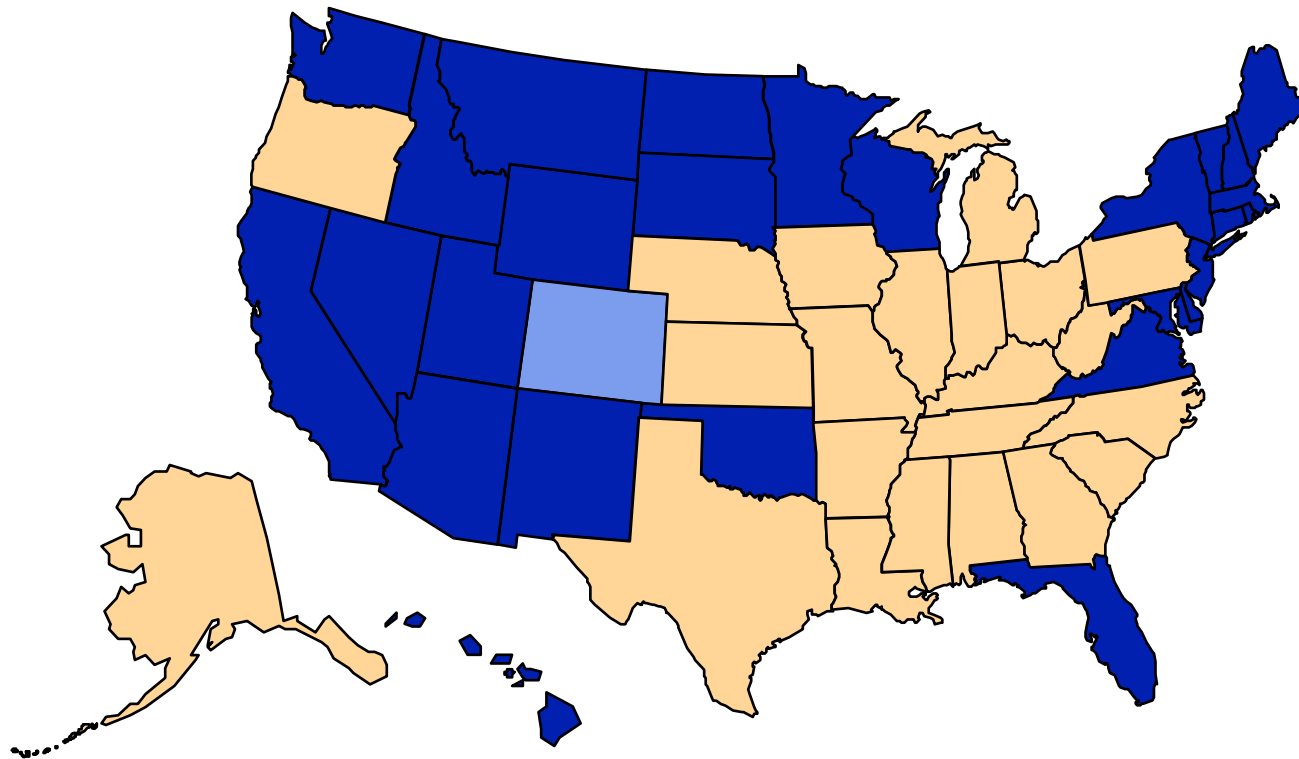
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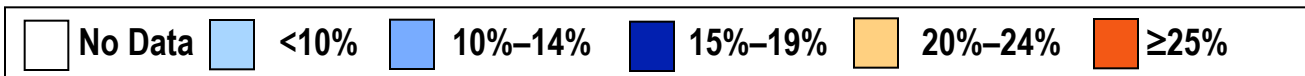
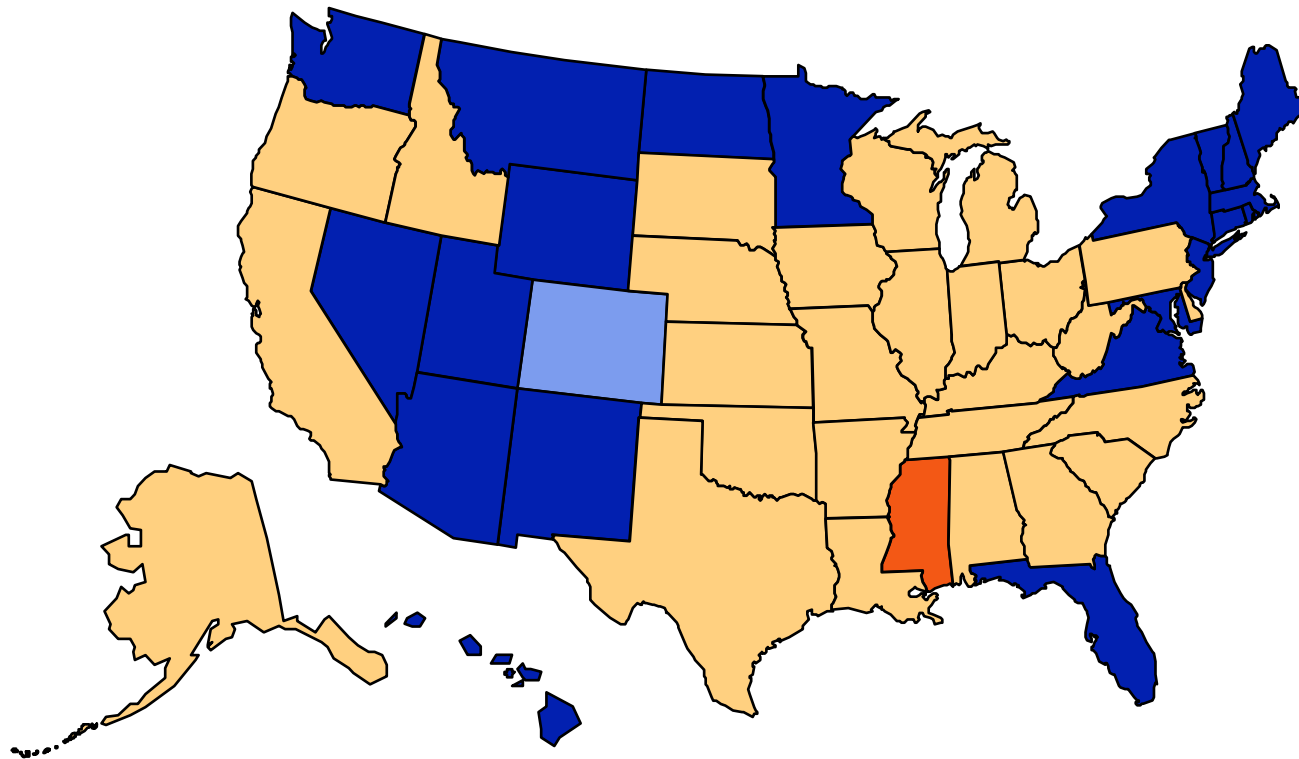
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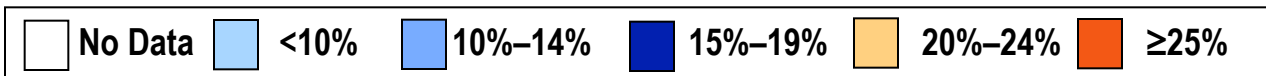
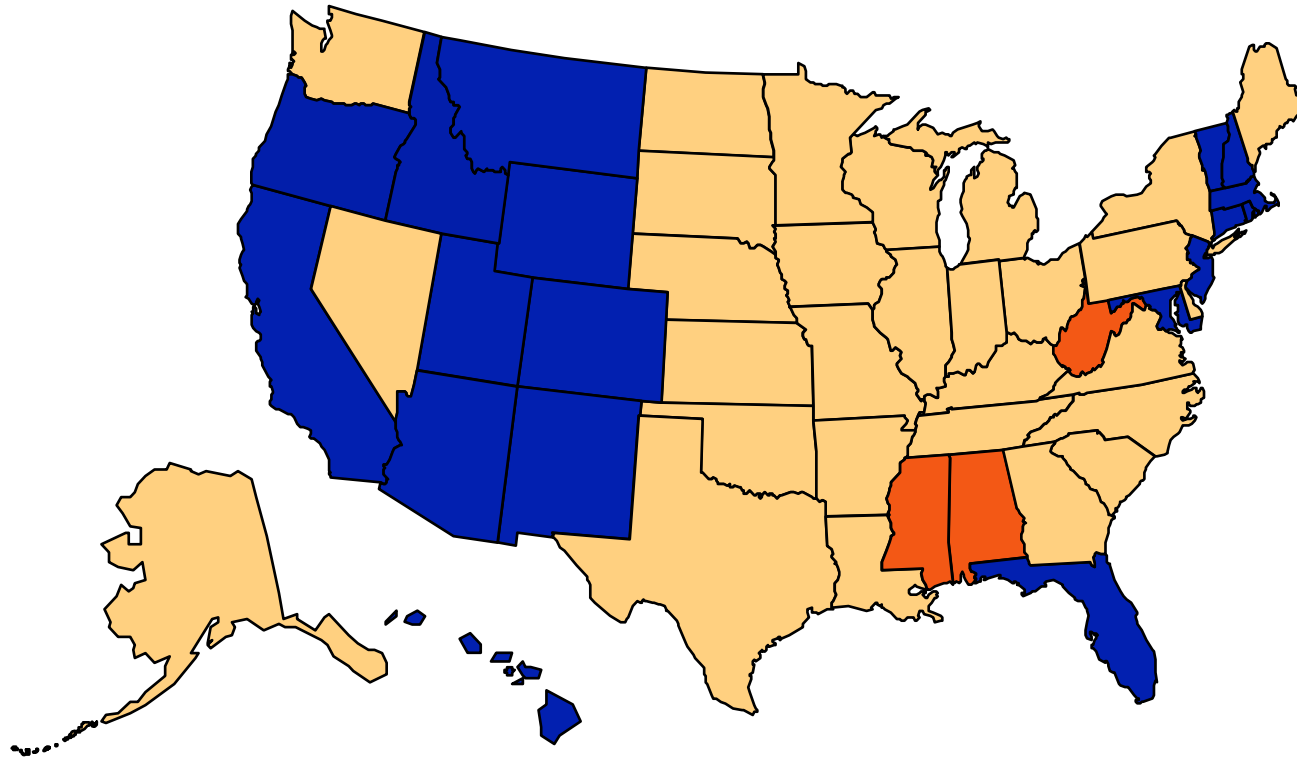
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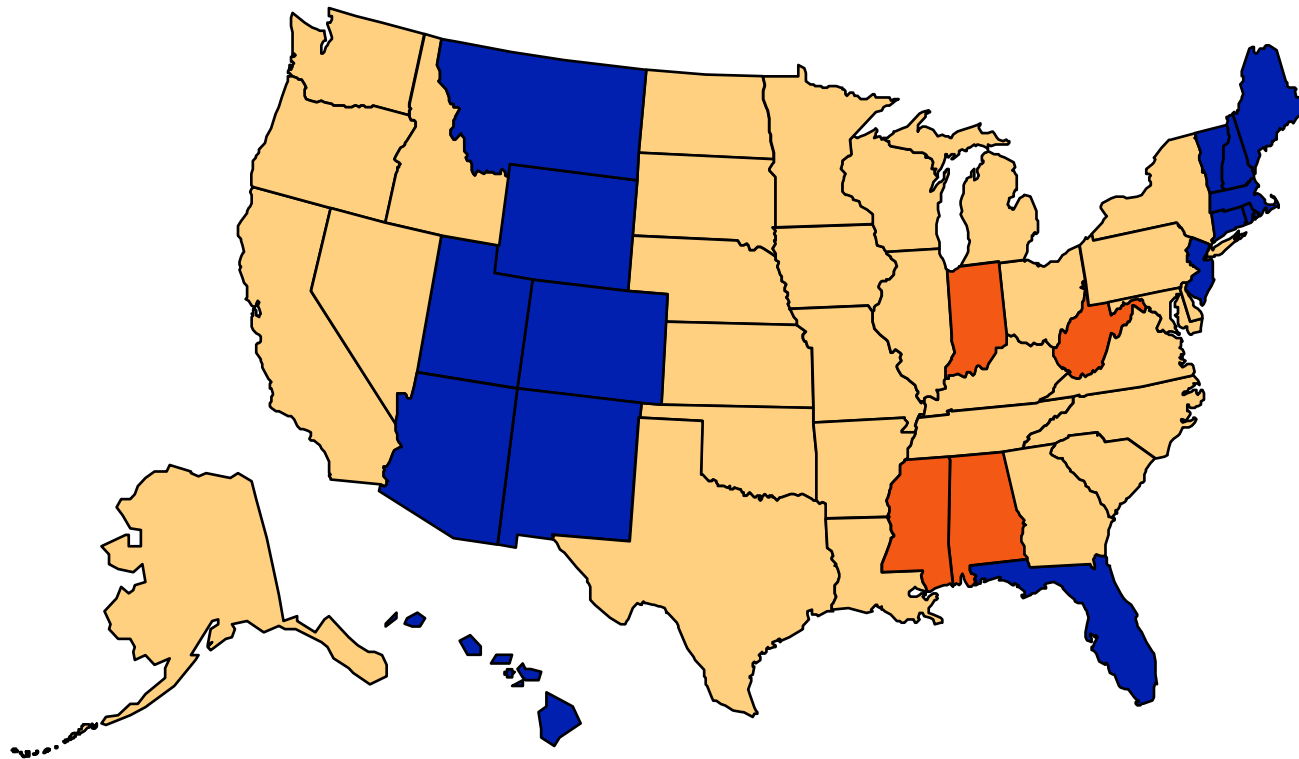
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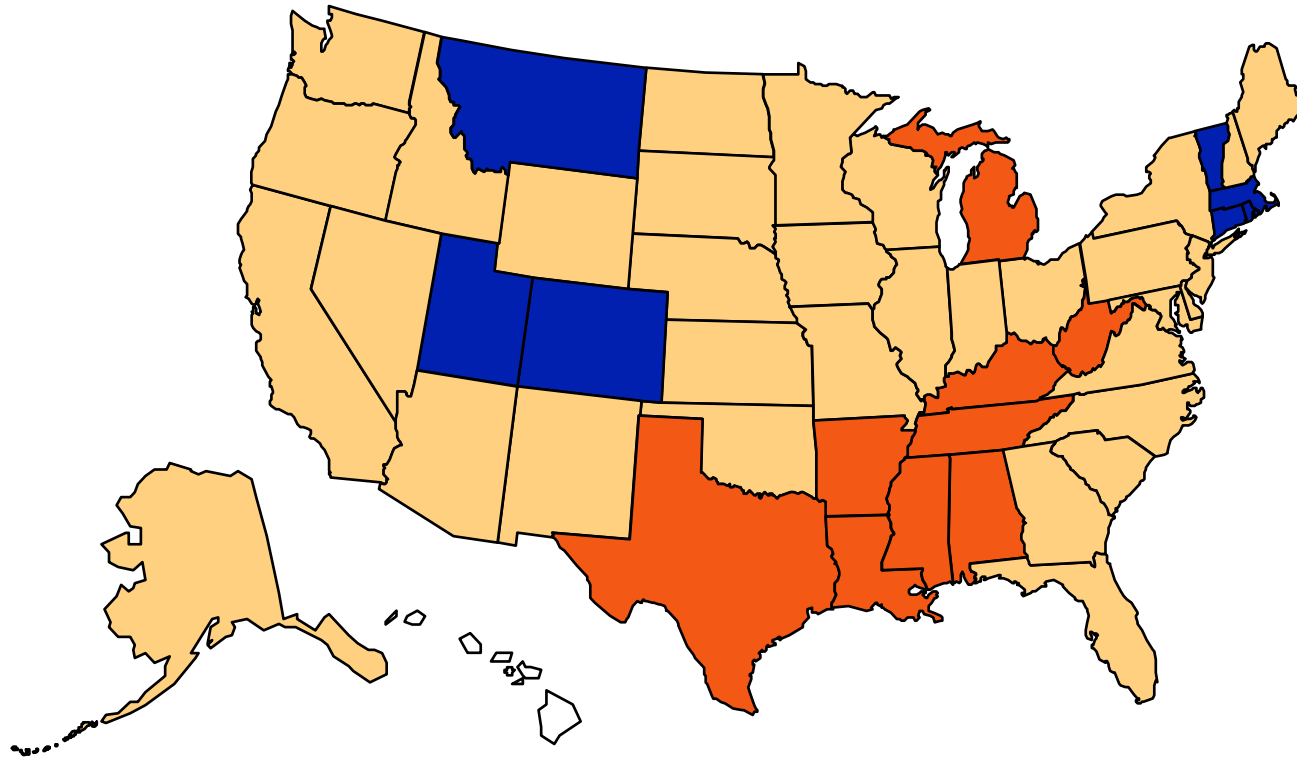
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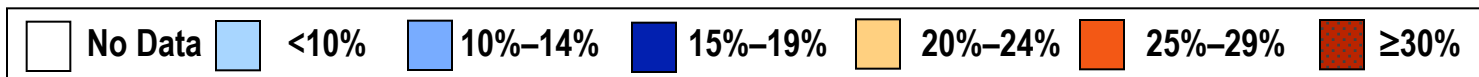
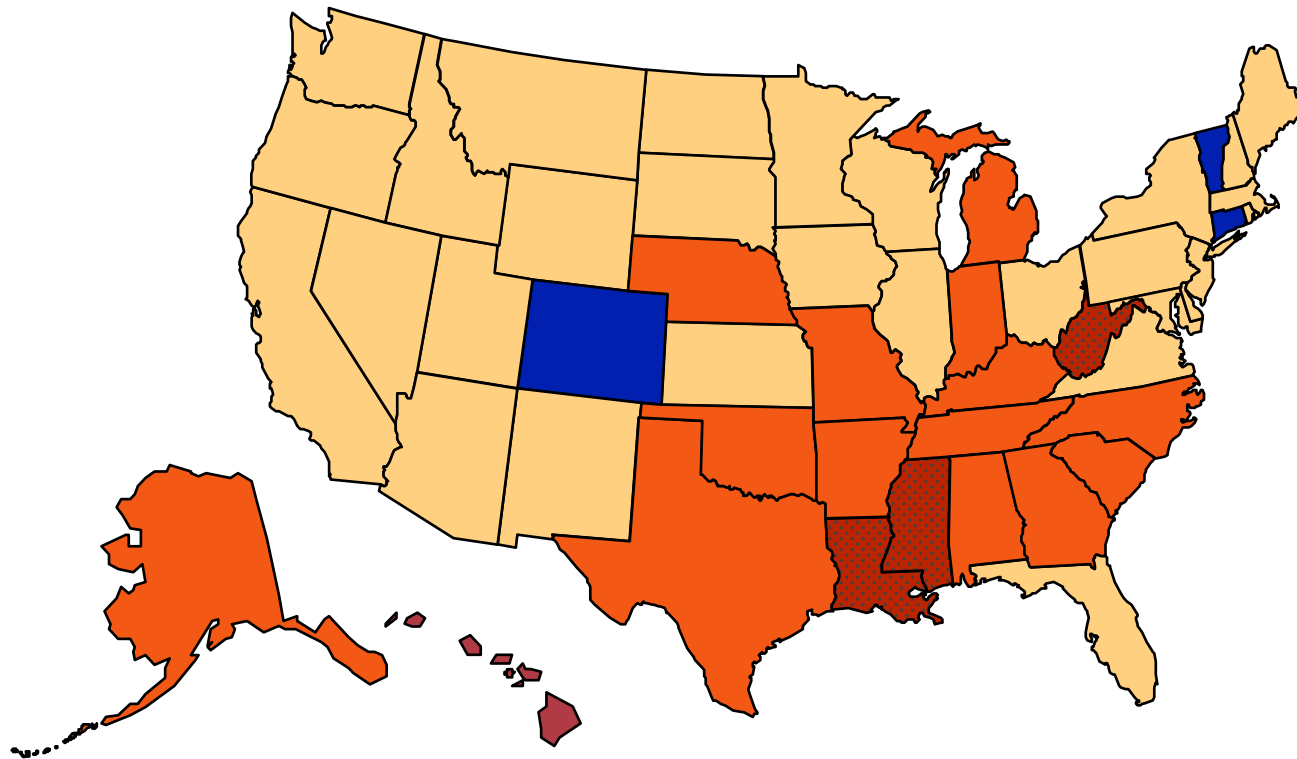
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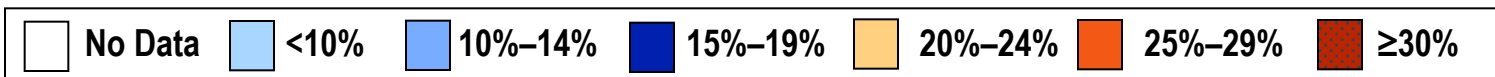
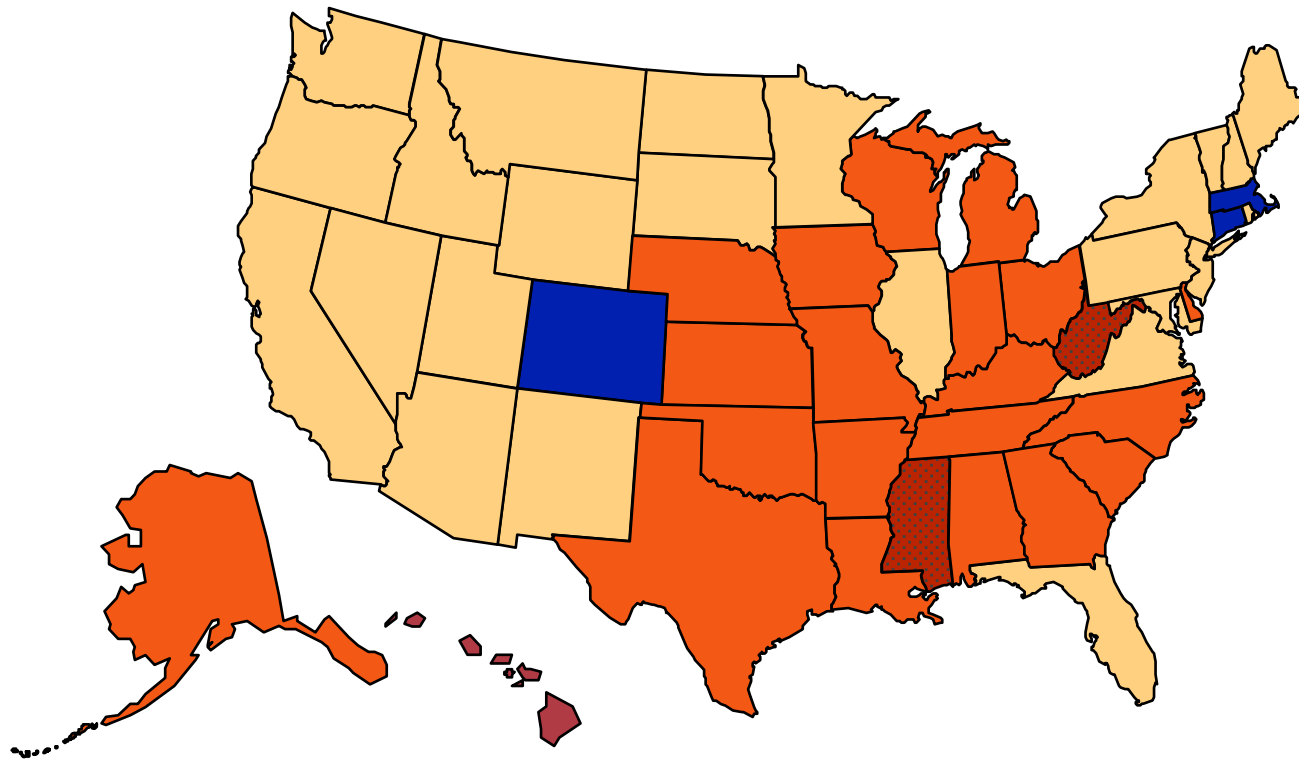
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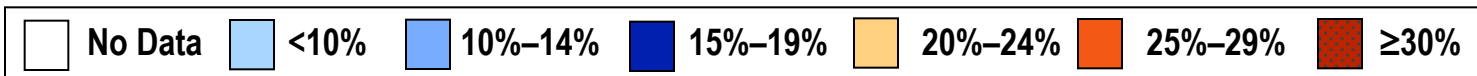
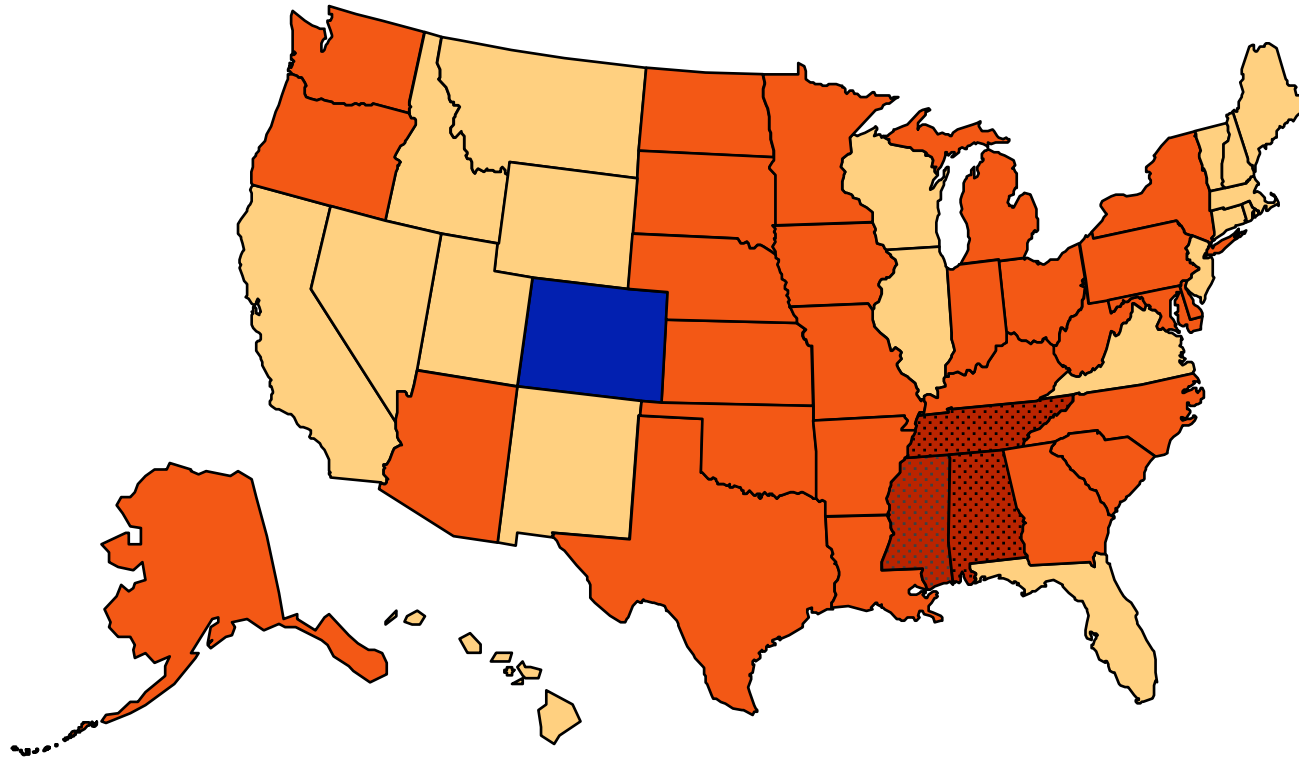
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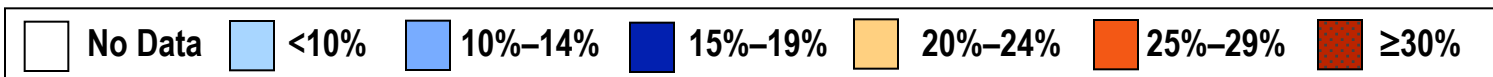
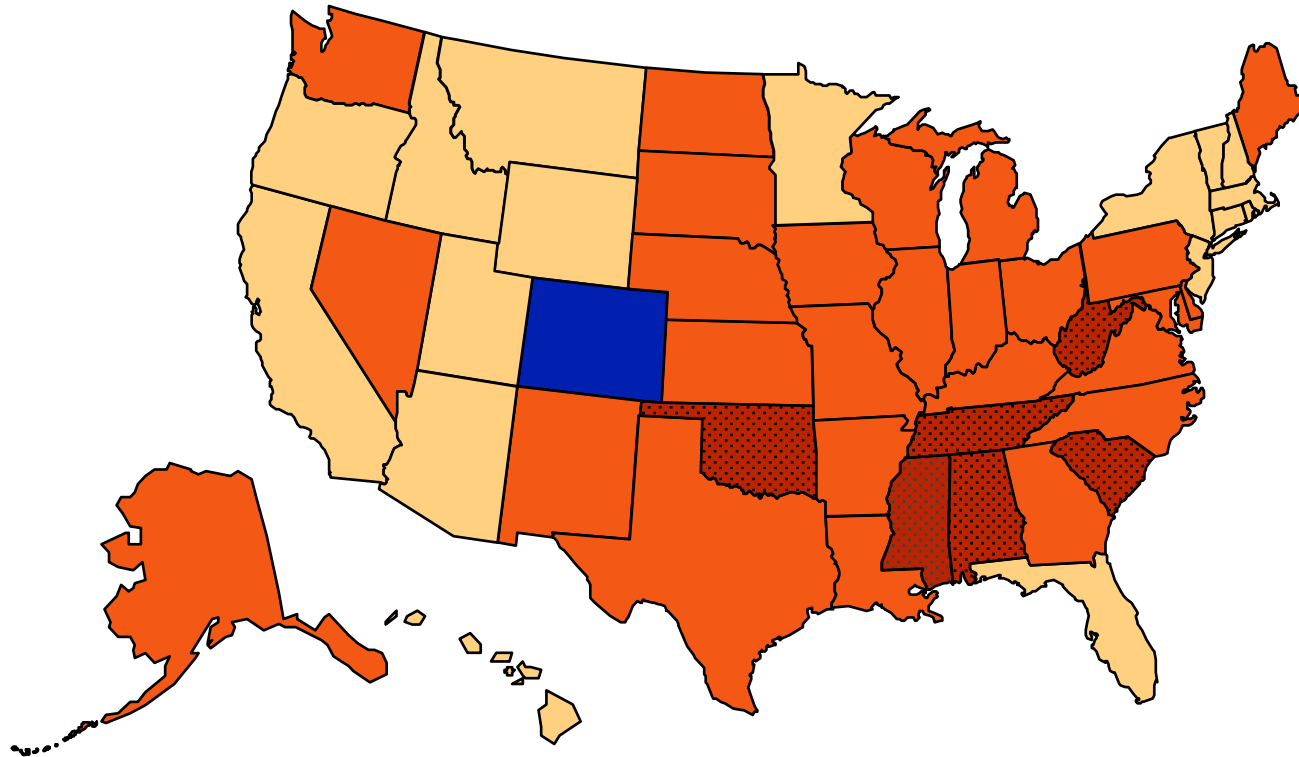
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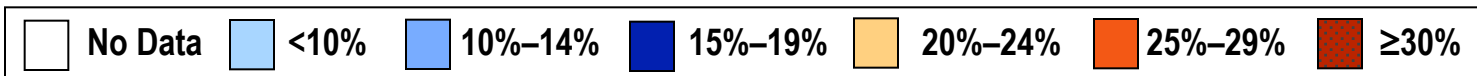
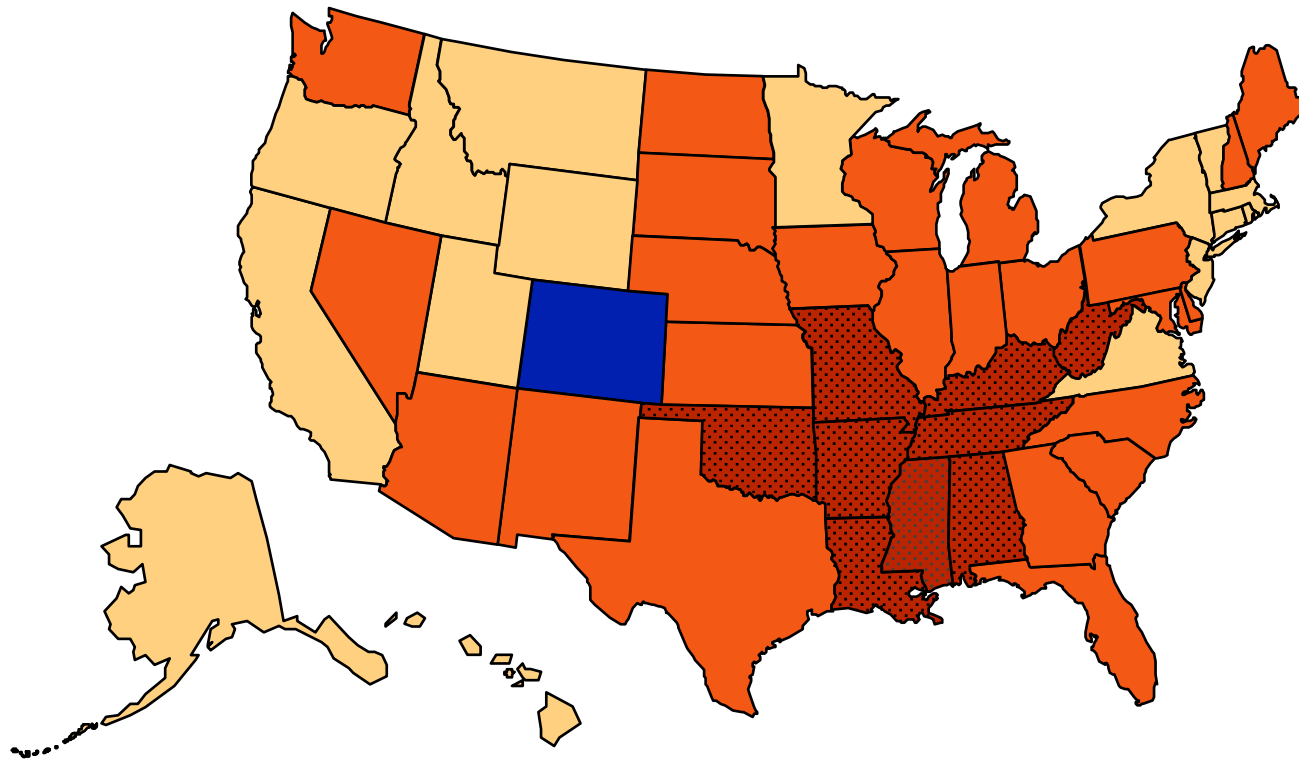
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2008



2009



Current Focus of Public Health

Chronic Disease Prevention

- Obesity Prevention (Active Living and Healthy Eating) and Tobacco
- Priority Areas:
 - Physical Activity as part of daily life
 - Access to affordable, healthy foods
- Focus on “access” and “elimination of barriers”.

Analysis of Health Elements & South Hill Neighborhood Policies

Healthy Food

Access to Healthy Foods: Community Gardens, Farmers Markets and Supermarkets/Grocery Stores

In order to determine how readily healthy food is available to residents, a GIS analysis was used (Figures 20 and 21: Map of Key Multi-Family Housing Units in Proximity to Healthy Food Outlets and Commercial Centers). The proximity of healthy foods to key residential and commercial areas was analyzed. Network distances between key residential areas (defined as multi-family developments and/or senior housing) and the nearest food outlet offering access to healthy food, which are defined above. The same methodology was used for key commercial areas, which for the purposes of this analysis were limited to three high intensity uses: the South Hill Mall, the Bonaroya Property, and the South Hill Transit Center. These uses have a significant number of employees, and in the case of the South Hill Transit Center, generate pedestrian traffic.

Table 4 shows the network distances between origins (key residential and commercial areas) and destinations (nearest healthy food outlet). Healthy food outlets are remote from where most South Hill Neighborhood residential areas are located. Of the key multifamily housing sites identified, only one in 5 of these housing units meets the standard of living within a 1/2 mile of a grocery store. Additionally, none of these housing units meets the Healthy Development Measurement Tool standards of living within one quarter of a mile to a community garden or three quarters of a mile to a farmers market. The Highland Adult Community is just under three quarters of a mile, and the Meridian Flrs apartment complex is just less than a quarter mile distance from a healthy food outlet. The Glenbrooke Apartment complex, which are subsidized units, Highland Apartments Adult Community (senior housing), and Harvest Willow Garden Retirement Community (senior housing), likely have a high number of residents who do not drive, and thus are more likely to walk and/or use transit.

It is worth noting that there are major gaps in the sidewalk network between these three apartment complexes and the nearest store offering access to healthy foods, which both creates unsafe walking conditions and likely discourages walking.

Transportation: Transportation should be considered in food planning as it can be a barrier to accessing healthy food venues, especially for individuals without cars. This would include both the design of streets and the adequate provision of pedestrian walkways through large parking lots typically associated with grocery stores. Public transportation in the South Hill Neighborhood to most supermarkets and grocery stores is somewhat limited. Only Pierce Transit bus route 402 provides access to these stores. Although the bus runs approximately every 30 minutes on weekdays and hourly on weekends, it does not run through any residential areas, requiring users to make at least one transfer in order to get from their homes to the stores.

Farmers Markets: Puyallup currently operates one farmers market in the Downtown area, just over 1 1/4 miles north of the South Hill

RGC boundary. The market operates each Saturday and Sunday from May through October and accepts WIC checks, Senior Farmers' Market checks, and food stamps. Pedestrian and bicycle access from the South Hill neighborhood to the market is limited because the primary route (Meridian) is a state highway with sidewalks that meet only minimum standards, no bicycle lanes, and a large hill. Again, only Pierce Transit bus route 402 provides access to the farmers' market, running every hour on the weekend. However, as previously stated, users would be required to make at least one transfer since the route does not run through any residential areas.

Community Gardens: Puyallup currently has one 40-plot community garden on an undeveloped City owned parcel called the Brown Property. The site is located 1 1/4 miles northwest of the South Hill neighborhood in a low density residential area and managed by the Puyallup Recreation Center. In addition to the garden, the site contains fruit and nut orchards, and berry fields. Recent work by City staff and community volunteers on the site over the

Figure 20: Map of Key Multi-Family Housing Units in Proximity to Healthy Food



Figure 21: Proximity of Healthy Foods to Key Residential Areas



Health Department Interest in the Built Environment

- Potential impact for health and number of people affected
- Use HIA to advocate for change
- Community priority (CAP)
- How we got started

Appendix

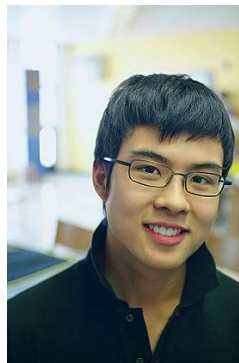
Land Use Designation Outcomes

Long Term Results

Policies	Mix of Uses		Increased Intensity		Circulation & Access		Pedestrian Orientation		
	Broader Mix of Uses Area-wide	Mixed Use Over Larger Physical Area	Increased Residential Population & Densities	Increased Employment & Densities	Area-wide Improved Non-motorized safety & access	Area-wide Increased Circulation Facilities & Connectivity All Modes	Visible & Accessible Storefronts	Pedestrian-oriented Development, Sites & Buildings	Ground Floor Commercial, Entrances, Facing Street - Required on Key Arterials
ILB.1 Land Use Designations and Policies									
MU 1 - Main Area	X	X	X	X	X	X	X		
MU 2 - Large Commercial Parcels on Arterials	X	X	X	X	X	X		X	X
MU3 - Primarily High Density Residential including mixed use - smaller/non-large format retail sites	X	X	X	X				X	
Business/Industrial, Light Manufacturing/Warehousing, Public Facilities* - East 39th area			X	X		X			
High Density Residential									
ILB.2 Policies Common to All Designations									
Land Use Intensity that encourages walking, biking and engaging the community	X	X	X	X		X	X	X	X
Densities to support High Capacity Transit	X	X	X	X			X	X	
ILB.3 Use Policies	X			X					
ILB.4 Adjacent Land Uses									
Transitions between higher and lower density areas									
ILB.5 Public Spaces									
Public realm includes public spaces, sidewalks, trails, and parks								X	
Visible public spaces									
Solar Access									
Significant public space 39th & Meridian									
Acquire Willows Pond as green node, for trails, etc									
Protect Wetlands									

Understand Health Needs & Risks

- Educate the public, staffs and elected officials about health needs and disparities
- Provide health data on health status and disparities of communities
- Low-income = Greatest health disparities



Improve Health Equity

- Address specific disparities, prevent risks, and reduce incidence of chronic disease
- Prioritize needs of those most vulnerable
- Provide equitable distribution of resources in the community such as schools, community facilities, affordable housing, access to health foods, medical care, parks and transportation

Addressing Health-specific uses

- Enabling, promoting, incentivizing equitable distribution of health-promoting uses such as healthy food and medical care
- Limiting uses which increase health risks and disparities such as fast food restaurants and liquor stores

How Can Planning Address These Issues?

- Comprehensive Plan Policies & Elements
- Sub-area Plans
- Bike/Ped Planning
- Comprehensive Food Planning
- Development Codes
- White Papers
- **Health Impact Assessments**

How do We Know if a Project/Plan/ Program Will Impact the Public Health?

One tool: Health Impact Assessments (HIA's)

- Often applied to areas/projects with health inequities
- Applying data-driven, predictive causalities between project's features and health

Definition of HIA

“A combination of procedures, methods and tools by which a policy, programme or project may be judged as to its potential effects on the health of a population, and the distribution of those effects within the population”

WHO, European Centre for Health Policy. Gothenburg Consensus Paper, Health Impact Assessment- main concepts and suggested approach. Brussels, 1999.

Are HIA's New?

- Have been utilized internationally for the past decade or so
- California is at the forefront, but other states are also leading the charge
- Not many full HIAs have been completed
- All types of projects – private developments, subarea plans, pipelines, light rail line

How Do You Conduct an HIA?

Six steps:

1. Screening
2. Scoping
3. Assessing Risks and Benefits
4. Developing Recommendations & Drafting Report
5. Evaluation and follow-up

Types of HIAs

Based on complexity, resources and time:

- Rapid HIA – “desktop” HIA
 - Literature review
 - Public workshop, stakeholder interviews
 - Few days or weeks
- Full HIA – “comprehensive” HIA
 - Detailed study
 - Months to complete
 - More resources

HIAs in Washington State

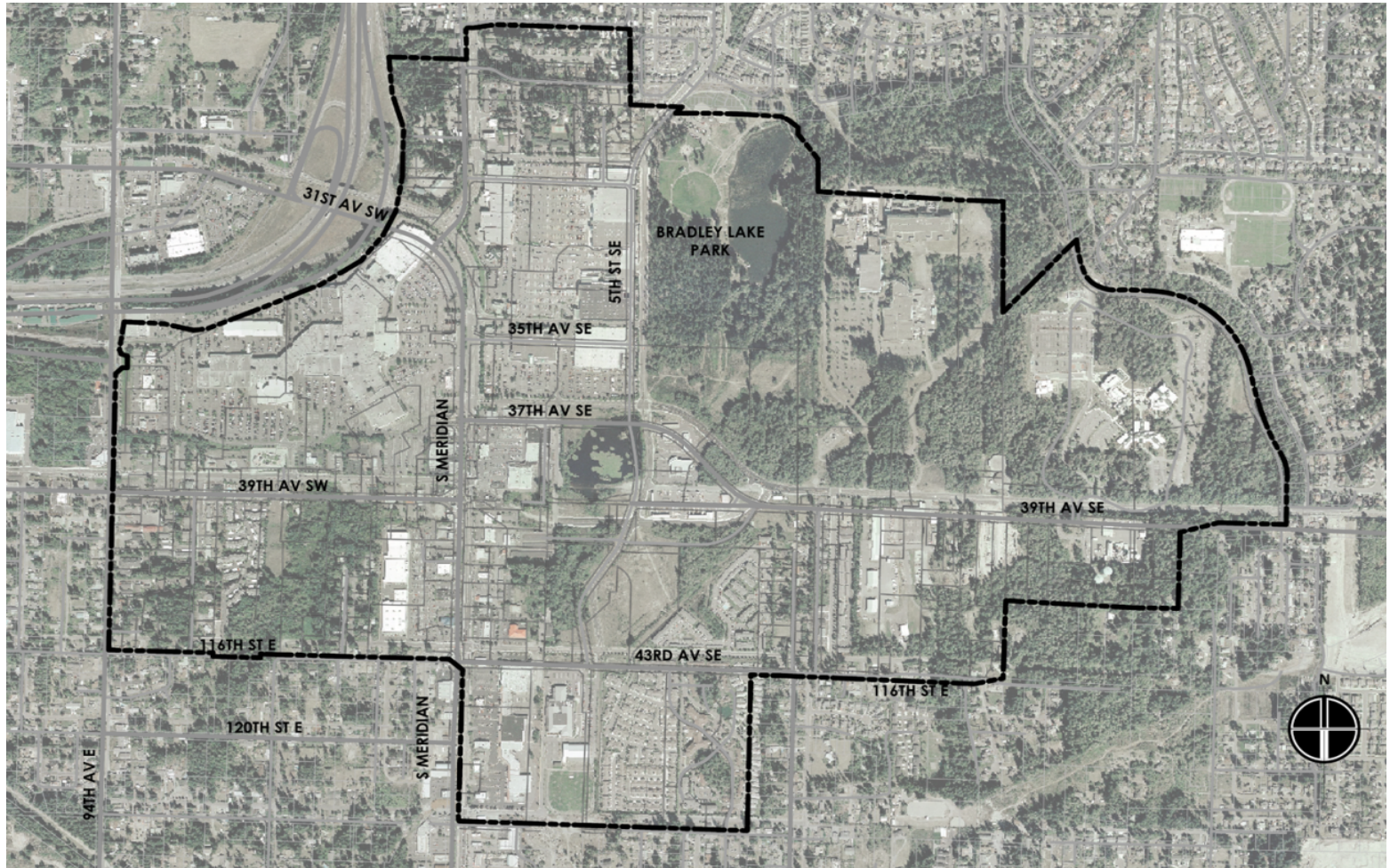
- SR 520 Bridge Replacement
- South Hill Neighborhood Plan, Puyallup
- SR 99 Subarea Plan, Vancouver
- Spokane Downtown Plan - Bike and Pedestrian Improvements

South Hill HIA

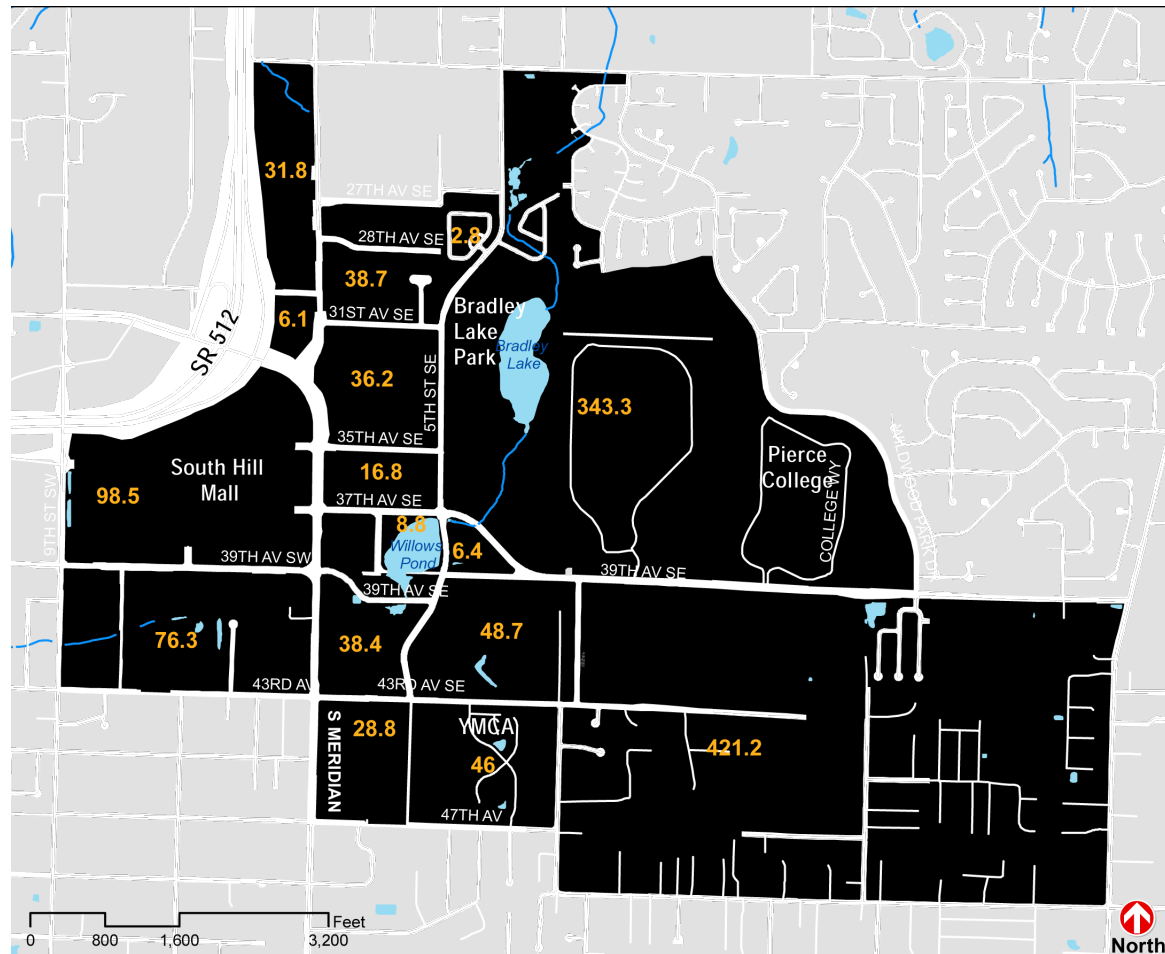
ADDRESSED:

- Physical Activity
- Injury
- Crime and Safety
- Access to Healthy Food
- Social Networks & Community Identity

Puyallup South Hill HIA



Average Block Size: 54 acres



HIA Scope & Intended Use

- Started 4 years ago as comprehensive HIA
- Staff changes at Health Department & changing Puyallup priorities delayed the project

2010

- Qualitative analysis of adopted South Hill policies
- Add policies where there gaps & influence implementation

South Hill RGC – Ambitious Vision

- **A Complete Community**
- Thriving Retail Core
- Close Knit Vibrant Neighborhoods
- Educational Opportunities
- Employment Opportunities
- Public Open Space
- Pedestrian-friendly Building Design
- Multi-Modal Transportation – Walking, Biking, Transit and Driving
- Active and Appealing Streets

Planning & Health Elements

How Do You Establish the Nexus?

POLICY TOPICS

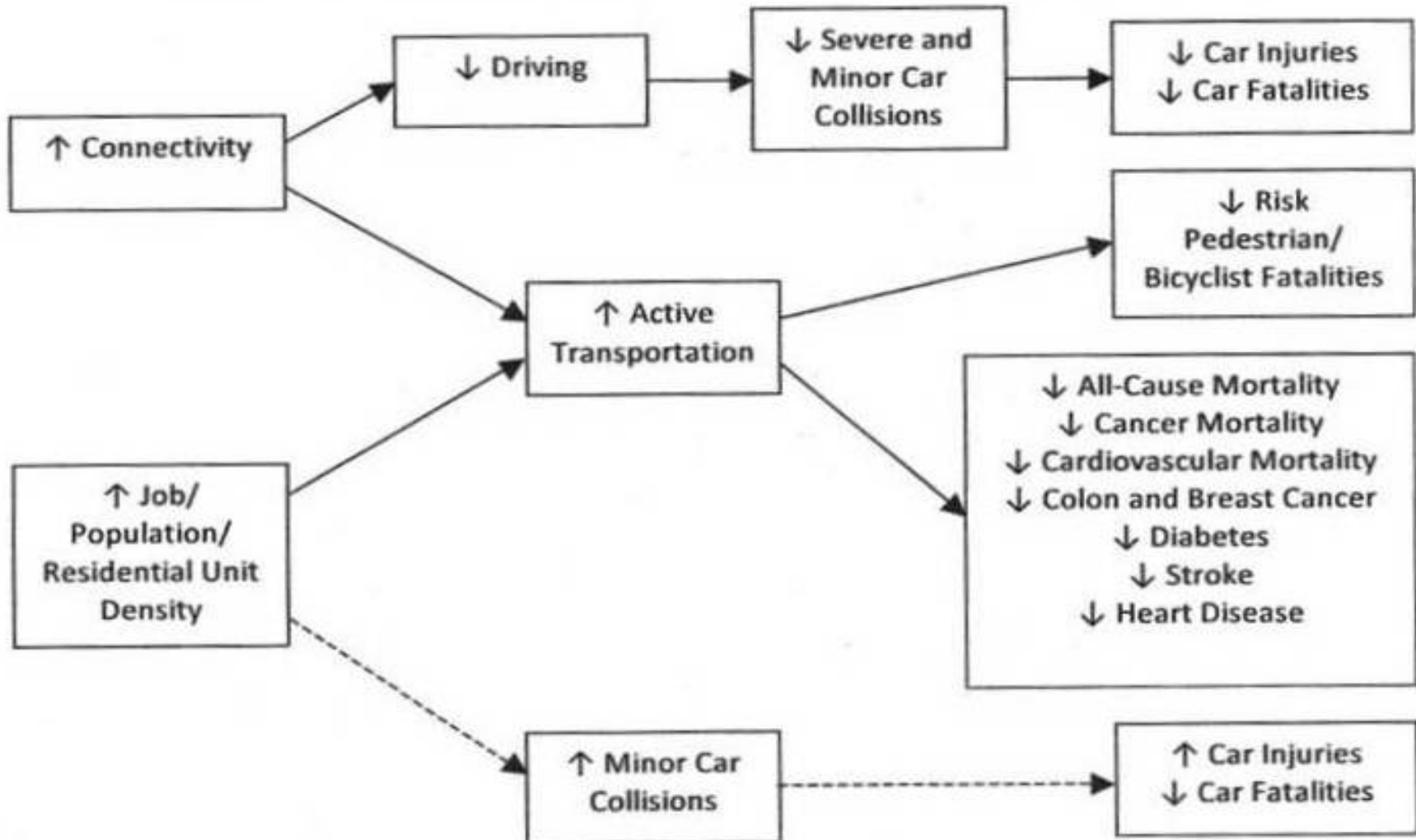
- Future Land Use Designations
- Urban Form & Design
- Green Infrastructure Framework
- Transportation & Concurrency

HIA ELEMENTS

- Physical Activity
- Crime & Safety
- Injury
- Access to Healthy Foods
- Social Networks & Cohesion

Logic Model – Not Used

Figure 6. Pathway between the built environment and less driving and collisions.



Establish Pathways

DEFINE LIKELY POLICY RESULTS

- “Reduced Visual Prominence of Parking”

DEFINE PATHWAY TO HEALTH IMPACT

- Perceived safety

DEFINE DIRECTION OF IMPACT

- Positive, negative or neutral

Outcomes – Pathways- Impacts

POLICY RESULTS & OUTCOMES Land Use and Urban Form	PATHWAYS	HEALTH-RELATED IMPACTS				
		Physical Activity	Injury	Crime & Safety	Access to Healthy Foods	Social Networks & Cohesiveness
Broader Mix of Uses Area-wide	Shorter trips to services					
	Locates housing near employment					
	Comfortable walking environment	++	+	+	+	+
	Ability to walk & bike to stores					
	Reduces risk factors for chronic disease associated with low levels of physical activity					
Cohesive Urban Form	Creates community identity	+	0	+	+	++
	Comfortable walking environment					
Increased Residential Population & Employment Densities	Population & employment base:					
	Makes transit viable					
	Creates “eyes on the street”					
	Supports broad base of services	+	0	+	+	++
	Creates resident community that cares for the area					
	Creates ability to walk & bicycle to work					
Direct Routes to Visible, Accessible Storefronts	Decreases commute stress					
	Safe, easy direct walking trips	++	+	+	+	+
	Vibrant streets with accessible services					
Reduced Visual Dominance of Parking	Reduces risk of ped or bike injury					
	Perceived safety	+	+	+	+	+
Centrally-located Public Gathering Places	Strengthens community character					
	Increased community activity & ownership					
	Provides a location for local cultural activities	+	0	+	0	++
	Community interaction & mental wellbeing					
	Provides space for increased community connections & interaction					

HIA Findings – Policy Analysis

- Overwhelmingly positive impacts in the long term when policies are implemented
- There are key health areas where the policies are silent
- New policies were recommended to address silent areas

HIA Findings – Disparities

- Concentration of senior housing lacked pedestrian network to healthy foods and recreation
- Most bike injuries occurred to males under 25 at driveways to commercial establishments

HIA Recommendations – Existing Policies

ADDED DETAIL

- Complete Streets Network
- Safety Audits in Parks
- Green Infrastructure Plan
- Require Master Plans for Large Properties such as the Mall

HIA Recommendations – Silent Areas

- Healthy Foods Element of Comprehensive Plan
- Establish Neighborhood Association (for stewardship)
- Build public gathering spaces for community events
- Establish a Neighborhood Service Center

HIA Recommendations - Disparities

- Prioritize pedestrian improvements at concentration of senior housing to provide access to food sources and the YMCA

What' s Next?

- Publish Final HIA
- Forward Recommendations to City Council
- Establish HIA implementation and monitoring committee

Toolkits/Resources Available

- www.who.int/hia
- www.cdc.gov/healthyplaces/hia
- www.healthimpactproject.org/hia
- www.designforhealth.net

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