

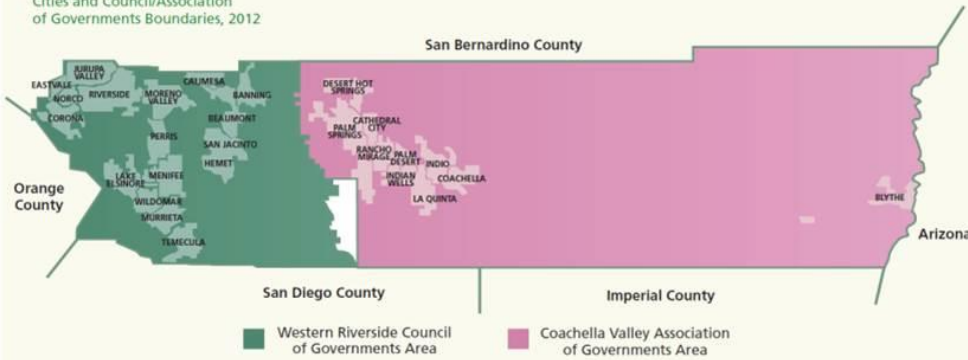


# Healthy Development Checklist

**Michael Osur, MBA, Assistant Director**

**Riverside University Health System-Public Health**

Riverside County  
Cities and Council/Association  
of Governments Boundaries, 2012



Note: The white area is outside of the jurisdiction of a council or association of governments.

28  
Cities

> 7,000  
Square miles

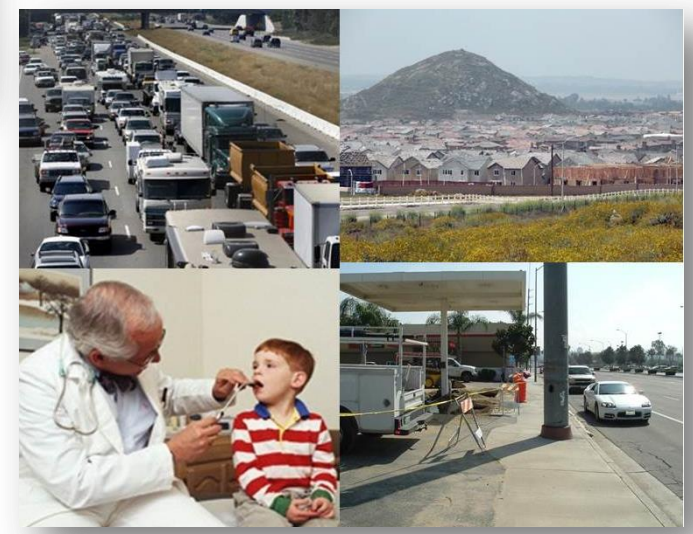
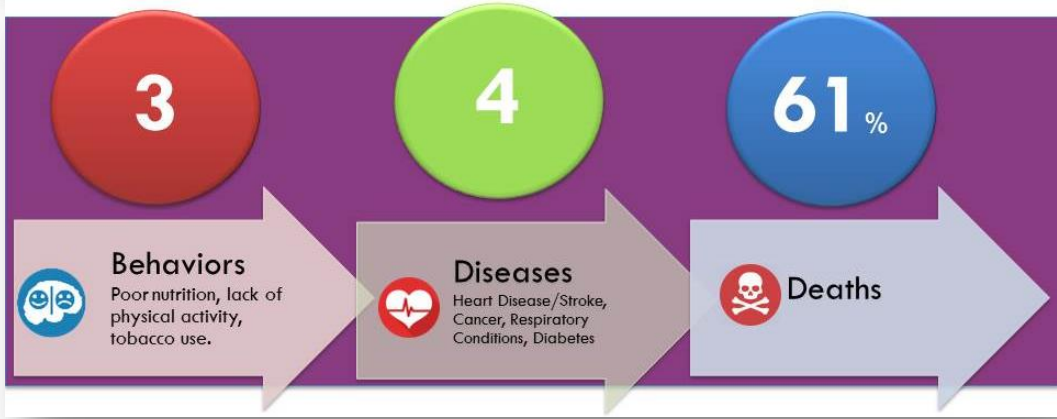
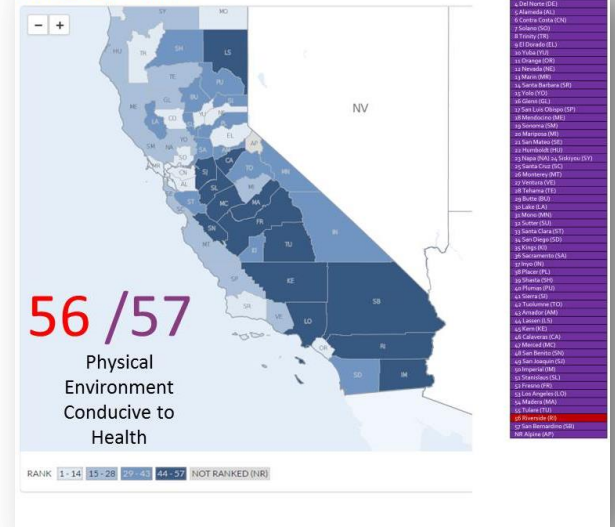
> 2.3  
Million People

~59-4,370  
Persons/square mile

35  
Median Age

Source: Riverside Community Foundation

Physical Environment



**SUBMITTAL TO THE BOARD OF SUPERVISORS  
COUNTY OF RIVERSIDE, STATE OF CALIFORNIA**



**FROM:** Department of Public Health, Community Health Agency      **SUBMITTAL DATE:** April 6, 2011  
**SUBJECT:** Healthy Riverside County

**RECOMMENDED MOTION:** Move that the Board adopt the attached Resolution 2011-025 - Healthy Riverside County.

**BACKGROUND:** The Community Health Agency (CHA) actively works to improve the health and wellness of all Riverside County residents and visitors. Riverside County is ranked 35<sup>th</sup> out of 58 California counties in its rate of adult obesity, and ranks 52<sup>nd</sup> for its physical environment conducive to health. Our health is affected by where we live, work and play. To this end, the CHA is working closely with Transportation and Land Management Agency (TLMA)/Planning Department to develop a Community Health Element for the next General Plan update which will help ensure that future development provides for healthy eating and active living. The CHA-sponsored Riverside County Joint Health Coalition includes community partners, county departments and schools working together to find ways to reduce the rates of obesity and chronic disease in our county.

The Resolution will support these efforts by encouraging county departments to work together to support active transportation, physical activity and help to provide access to healthy and affordable foods.

*[Signature]*  
 Eric Fryman, MD  
 Director Community Health Agency

*[Signature]*  
 Carolyn Syms Iuna  
 Planning Director

<b>FINANCIAL DATA</b>	Current F.Y. Total Cost: \$ 0	In Current Year Budget: N/A
	Current F.Y. Net County Cost: \$ 0	Budget Adjustment: N/A
	Annual Net County Cost: \$ 0	For Fiscal Year: 10-11

**SOURCE OF FUNDS:** N/A

Positions To Be Deleted Per A-30   
 Requires 4/5 Vote

**C.E.O. RECOMMENDATION:** APPROVE

*[Signature]*  
 Debra Cournoyer  
 County Executive Office Signature

**MINUTES OF THE BOARD OF SUPERVISORS**

On motion of Supervisor Buster, seconded by Supervisor Benoit and duly carried by unanimous vote, IT WAS ORDERED that the above matter is approved as recommended.

**Ayes:** Buster, Tavaglione, Stone, Benoit and Ashley  
**Nays:** None  
**Absent:** None  
**Date:** April 26, 2011  
**xc:** CHA/Public Health, Planning

Kecia Harper-Ihem  
 Clerk of the Board  
 By *[Signature]*  
 Deputy

**Prev. Agn. Ref.:**      **District:**      **Agenda Number:** **3.12**

FOR OFFICIAL USE ONLY  
 COUNTY CLERK  
 DATE

Policy  
 Policy  
 Comment  
 Comment  
 Date Received: \_\_\_\_\_  
 Per Exec. Dir.

**S LIGHTS**

County of Riverside General Plan - GPA 1096  
 Healthy Communities Element - March 23, 2011



**Chapter 10: Healthy Communities Element**

*Introduction*

**HEALTHY COMMUNITIES CONCEPTUAL FRAMEWORK**

The General Plan Vision speaks of the importance of promoting a healthy living environment for all residents. The Healthy Communities Element provides a framework for translating the General Plan vision for a healthy Riverside County into reality by identifying policies to achieve that vision. The Healthy Communities Element addresses areas where public health and planning intersect, including transportation and active living, access to nutritious foods, access to health care, mental health, quality of life, and environmental health.

**BACKGROUND**

Riverside County is geographically the fourth largest county in California, stretching nearly 300 miles across and covering 7,200 square miles. The population is currently estimated at 2.1 million, after increasing 44% in the last decade. Riverside County has frequently been ranked as the fastest growing county in the state. If current projections hold true, the County population will reach 4.7 million by 2050, making it the second most populous county in the state. Much of this growth has occurred in unincorporated areas as commuters and retirees from neighboring counties have come in search of affordable housing.

While infectious diseases often receive much publicity, the real and continuously growing threat to our community's health is due to chronic disease. The diseases and health conditions that currently reduce the productivity and quality of life of Riverside County residents are intricately entwined with daily routines. Daily routines are shaped by the circumstances our residents encounter in their homes and by the neighborhoods and streets that surround and connect our residents to their jobs, retail outlets, and each other. The risks from being physically inactive, eating poorly, breathing bad air, and having stress and depression do not immediately result in poor health. However, data shows that the presence of these risks over a number of years is associated with the leading causes of death and illness in our community.

For example, when obesity levels rise, so too will the number of Riverside County residents who die from the current leading causes of death: 1) heart



# HEALTHY DEVELOPMENT CHECKLIST

# AUDIENCE

- Developers
- City staff
- Decision-makers
- Community members

# TOPIC AREAS

- 1) Active Design
- 2) Connectivity
- 3) Public Safety
- 4) Environmental Health
- 5) Community Cohesion
- 6) Access to Food, Services, and Jobs

# EVALUATION

- “COMPLIES WITH ALL CRITERIA” (if a project meets all criteria)
- “COMPLIES WITH SOME CRITERIA” (if the project meets some, but not all of the bulleted criteria)
- “DOES NOT COMPLY” (if the project does not meet any of the criteria)
- “N/A” (if the criteria does not apply to this project)

## ACTIVE DESIGN

**1. NEIGHBORHOOD AMENITIES.** How well does the project support access to neighborhood amenities (e.g., convenience store, dry cleaning, community center, café, etc.) within reasonable walking distance from residential developments?

Complies with all criteria

Complies with some criteria

Does not comply

N/A

**2. PARKS AND OPEN SPACE.** How well does the project incorporate a park or open space within reasonable walking distance of all residential development?

**3. PEDESTRIAN ENVIRONMENT.** How well does the project contribute to creating a safe and comfortable pedestrian environment for residents of all ages?

**4. SIDEWALKS.** How well does the project create or contribute to a complete network of sidewalks?

**5. FRONTAGE DESIGN.** How well does the project incorporate attractive, pedestrian-scale exteriors and massing to encourage walkability for people of all ages?

**6. PHYSICAL ACTIVITY.** How well does the project incorporate design features to promote the physical activity of all building occupants?

# DETAILED HEALTHY DEVELOPMENT CRITERIA

## ACTIVE DESIGN

- 1. NEIGHBORHOOD AMENITIES.** How well does the project support access to neighborhood amenities (e.g., convenience store, dry cleaning, community center, café, etc.) within reasonable walking distance from residential developments?

### RATIONALE:

Neighborhoods that include destinations within reasonable walking distance are linked to increased total physical activity of residents. A “walk shed” radius is a useful measure to delineate the area from which a place is reachable by a short walk, commonly understood as up to one half mile.<sup>2</sup> An effective circulation system links people to key neighborhood destinations efficiently and safely.

### CRITERIA:

*Review the project for the following features:*

- *Access to one or more existing or planned transit stops (including bus, streetcar, informal transit stop, rapid transit, light or heavy rail stations, commuter rail stations) within a ½ mile walk distance; and*
- *At least two destinations within a ½ mile walking distance of all or most residents, including parks, schools, commercial centers, and offices.*

### EVIDENCE:

*Congress for New Urbanism. 2001. “Ped Sheds.” Transportation Tech Sheet. Retrieved from: [http://cnu.civicactions.net/sites/www.cnu.org/files/CNU\\_Ped\\_Sheds.pdf](http://cnu.civicactions.net/sites/www.cnu.org/files/CNU_Ped_Sheds.pdf)*

*Frumkin, H. and L. Frank, R. Jackson. 2004. Urban Sprawl and Public Health: Designing, Planning, and Building for Healthy Communities. Washington, DC: Island Press.*

*Klingerman M. and J. Sallis, S. Ryan, L. Frank, P. Nader. 2007. “Association of neighborhood design and recreation environment variables with physical activity and body mass index in adolescents.” American Journal of Health Promotion 21(4): 274-77.*

*Mouzon, S. 2012. “Walk Appeal.” Better Cities and Towns. Retrieved from: <http://bettercities.net/news-opinion/blogs/steve-mouzon/18645/walk-appeal>*

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- Boodlal, L. 2003. "Accessible Sidewalks and Street Crossings - an informational guide." US Department of Transportation, Federal Highway Administration. Retrieved from: [http://www.bikewalk.org/pdfs/sopada\\_fhwa.pdf](http://www.bikewalk.org/pdfs/sopada_fhwa.pdf)*



Healthyriversidecounty.org

Michael Osur, MBA

Assistant Director

[mosur@rivcocha.org](mailto:mosur@rivcocha.org)

(951) 358-5074