



California Healthy Cities and Communities

## Healthy Cities & Smart Growth: Planning for Healthier Communities

The City of Berkeley was the host for the recent CHCC conference, “Healthy Cities and Smart Growth: Planning for Healthier Communities,” held April 21-22. The Honorable Tom Bates, Mayor of Berkeley, issued a warm welcome to participants from a diverse cross-section of disciplines including public health and health care, public administration, social welfare, environmental justice, agriculture and food security, advocacy, transportation, and education.



*Mr. Robert Garcia, J.D., Executive Director, Center for Law in the Public Interest, addressed the conference on the issue of “Healthy Communities, Healthy Children.”*

The conference’s sixteen sessions and interactive discussions focused on topics related to the built environment and health including impacts on physical activity and nutrition; social justice and equity; community participation; mixed use and planned development; and resource development.

Richard Jackson, MD, MPH, State Public Health Officer, gave the opening address, explaining the health impacts of sprawl on Californians. His question of “What can we do to improve the lives of everyday people?” was a thought-provoking call to action for conference participants.

Sessions that followed provided strategies, tools and best practice models such as conducting evidence-based research, enhancing

environmental supports, providing policy-based leadership, and mobilizing community assets.

Robert Garcia, JD, Executive Director of the Center for Law in the Public Interest, and Anthony Iton, MD, JD, MPH, Alameda County Health Officer, were the morning plenary speakers on day two of the conference, focusing on concepts of social justice and equity. The speakers received a standing ovation following an impassioned discussion on the disenfranchisement of low-income communities and people of color by land use decisions, and social justice strategies implemented to enhance equity, access and quality of life.

Sessions that followed included strategies and best practice models

on state and community-based social justice initiatives in transportation and land use planning.

Community participation discussions:

- challenged conference attendees on pre-conceived notions of what it is to be “old” and provided examples of how older adults can actively engage in community efforts to affect policy, programs and services; and
- debated the benefits vs. the challenges of engaging residents in the public decision-making process on land-use issues.

City planning discussions shared strategies and best practice models for:

- connecting urban form, land use and healthy lifestyles; and

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## Annual Conference Quotes

“Public involvement is a means for creating a healthy community. It provides a venue for all ages, races, and backgrounds to participate.”

- *Esmeralda Garcia*  
Senior Project Associate  
Moore Iacofano Goltsman, Inc.

“We must address the fundamental power imbalance that exists in low-income communities. When power and truth become aligned, then justice occurs.”

-*Anthony B. Iton, MD, JD, MPH*  
Health Officer for Alameda  
County and PHI Board Member

“For someone new to healthy city and smart growth principles, I really appreciated the opportunity to hear from both a public health, but most importantly, a city planning/land use perspective.”

-*Conference Participant*

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- developing regional plans incorporating principles of smart growth planning and design.

A session on resource development featured program managers from The California Wellness Foundation and The California Endowment. Strategies for funding were discussed as well as the Endowment’s current initiative focusing on improving healthy eating, physical activity and health disparities.

Senator Tom Torlakson, representing the 7th Senate District, delivered the conference’s closing address with an inspirational discussion on the negative impacts of sprawl on health, and his plans to utilize smart growth principles to enhance transportation, land use, and collaborative partnerships among agencies and organizations.



*The Honorable Tom Torlakson, 7th Senate District, spoke on “State Policy Perspectives on Smart Growth.”*


PowerPoint presentations from many presenters, and informational resources on smart growth are available on our website. Please visit us on the web at [www.civicpartnerships.org](http://www.civicpartnerships.org) and click on the link “2005 Annual Conference.” 

## Conference Themes

### Planning/Development

- Think about *places* instead of *projects*.
- Have the conversation on urban density focus on form, not on numbers.
- Plan development centered around public transportation hubs.
- Make land use decisions that are socially and culturally supportive of neighborhoods.
- Create attractive smart growth incentives for developers such as streamlining the permit process, providing tax breaks for mixed use and affordable housing, etc.
- Plan walkable communities with high quality mixed use development.
- Create and support environmental strategies to improve healthier eating and physical activity.

### Governance

- Develop modes of public involvement that support and include all ages, races, and capabilities.
- Collaborate with a wide variety of stakeholders around core issues.
- Give people choices – as well as knowledge – so that they can make changes to be healthier.
- Have city/organization staff demographics that mirror the community at-large.
- Empower communities to improve residents’ quality of life, health and economic vitality in order to achieve social justice. 




Accepting commemorative plaques from Ms. Shirley Duma, Program Coordinator (pictured 2nd from left), at the CHCC Annual Conference for five years of participation in the CHCC Network were: Cris Gallagher, Queen of the Valley Hospital (St. Josephs Health System), Shirley Duma, Sandra Witt, Alameda County Public Health Department, and William De La Fuente, Vista Townsite Community Partnership (City of Vista).



## Free Sun Safety Kits for Outdoor Worksites

Skin cancer is epidemic and by far the most common cancer statewide. Outdoor workers are at increased risk for skin cancer since they spend many hours in contact with harmful ultra-violet rays found in sunlight.

The California Department of Health Services' Skin Cancer Prevention Program offers a no-cost "Sun Safety Kit for Outdoor-Based Businesses." The kit includes many educational items such as fact sheets, brochures, posters, a video, a sample policy, a quiz, notepads, and stickers, etc.

To order the kit or download some items from the kit, visit [www.dhs.ca.gov/cpns/skin/skin\\_resources.htm](http://www.dhs.ca.gov/cpns/skin/skin_resources.htm). Scroll down several pages and click on "Sun Safety Materials Order Form." Questions regarding the kit can be directed by E-mail to [amanthe@dhs.ca.gov](mailto:amanthe@dhs.ca.gov). 


## It's Time to Join or Renew Your Membership in the California Healthy Cities and Communities Network

If you are a current California Healthy Cities and Communities (CHCC) Network member – or if you are ready to join – now is the time! The CHCC Network is a membership program created for organizations and groups interested in the principles and practices of healthy cities and communities. It provides a means of affiliation with the California program and the international Healthy Cities and Communities movement.

It's easy to join – go to [www.civicpartnerships.org](http://www.civicpartnerships.org) and click on the Network link. Select CHCC Network Brochure, which includes a membership application form and instructions.

Members have access to an array of services including:

- Funding notices and other important resources
- Priority status for CHCC funding opportunities
- Discounts on workshops/skill-building trainings
- Regional and statewide peer networking
- Assistance in addressing local government and community issues.

Annual membership runs from July 1 to June 30. 

## Staff Updates

Shirley Duma, former CHCC Program Coordinator, recently relocated from Sacramento to join her family in South Africa. Over the last seven and a half years, Shirley made significant contributions to the program. She provided technical assistance and program support to cities and communities throughout California, coordinated the CHCC annual conference and Network, and represented the program at numerous events both statewide and nationally. Shirley's many friends and colleagues wish her every success as she pursues new endeavors.

Lori Pelliccia is the new Administrative Manager for the Center for Civic Partnerships. Lori will ensure the Center's fiscal management, coordinate human resources functions, operations, and IT systems, and will be assisting with resource development. Lori brings over 20 years of experience in business administration, financial management, and operations in a variety of settings. Lori holds a B.B.A. in Management from St. Edward's University in Austin, Texas.

After seven years with the Center, Jodi Reagan, Project Assistant, has accepted a marketing and office management position in Elk Grove, CA. Jodi designed the Center's publications over the last two years, including Connections, and has provided invaluable support to program activities, including the CHCC annual conference. In addition to her work at the Center, Jodi recently graduated with a double major (A.A. Degrees) in Marketing and Liberal Arts. We wish Jodi all the best in pursuing her career goals. 