



Center for Civic Partnerships

California Healthy Cities and Communities

Chino's General Plan Update and Walking Program Underway

Chino is embarking on an exciting and challenging process - a \$1.4 million, multi-year effort to update its General Plan, the City's principal planning document and blueprint for the next 20 years.

The General Plan Update process began in 2005, led by the City's Community Services and Community Development Departments as well as the Healthy Chino Coalition, a diverse group of stakeholders who advance Healthy Cities principles, ideals, and programs in Chino. The effort is a collaboration of many entities including residents, community-based organizations, and the San Bernardino County Department of Public Health. In addition, a team of consultants from the private sector has been hired to facilitate the process.

California state law requires each city and county to adopt a general plan, elements of which must be updated periodically. Though some of the required elements include housing, open space, safety and land use, there is no mandate that the plan address the impact that a community's design has on public health. Chino will be among the first cities in the state to include an in-depth focus on health in its General Plan, addressing the relationship

between public health and the built environment as a means of promoting lasting population-based health improvement. The effort to include the health element is being facilitated by a grant from California Healthy Cities and Communities. Among the issues to be addressed are affordable housing, parks and recreation



Participants provide input during the public health workshop for the General Plan Update.

facilities, police and fire protection, traffic congestion, preservation of Chino's small town character, and opportunities for physical activity and public health.

According to Linda Reich, Deputy Director of the City's Community Services Department, "recognizing the direct correlation between the manner in which a community is designed and its effect on health is paramount to making a community healthy. Whether it is the integration of bicycle paths and shopping areas or the inclusion of accessible public transit in order to reduce automobile emissions, the City

is addressing health issues through its General Plan Update."

Five public education workshops were held in 2006 with a specific workshop addressing the connection between public health outcomes and land use decisions. Residents can give input during planning Commission and City Council meetings as well as through written surveys. The City has also created a General Plan update website and a phone hotline to promote the effort. The General Plan Update is scheduled for completion and adoption by the City Council in early 2008.

In addition to the General Plan Update, Chino is implementing a City-wide walking program led by the Community Services Department and the Healthy Chino Coalition.

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The program, *Chino Walks*, seeks to increase daily physical activity among Chino residents by engaging them in structured walking events at various City locations. The ultimate goal is to increase residents number of steps traveled per day by 50%. Participants measure their daily number of steps/miles walked and report the number to the City each month. The mileage is tabulated for the entire group and compared to a map of the world. Over 150 residents are participating and as of this printing, they have traveled a cumulative 14,000 miles, the equivalent of walking to Germany.

Recognition and encouragement is given to participants via certificates and fitness tips that are e-mailed and posted on the City's website. Many local businesses and service organizations are supporting the program by providing food donations, education, and volunteers. Finally, through a grant received from San Bernardino County, the City has replaced Chino High School's dirt track with an all-weather track to allow for year-round use.

One participant describes how she has benefited from the program. "I suffer from social anxiety disorder and also panic disorder, which makes me afraid to be around people. Since the first community walk, I have walked in every walk and enjoyed socializing with all the other members. My doctor said my condition has improved quite a bit since joining the Chino Walks."

For more information contact Linda Reich, Deputy Director, Community Services Department at (909) 591-9832. 

Report on Land Use, Mobility and Public Health

Last summer, the Center for Civic Partnerships hosted a dialogue on land use, mobility and public health to identify promising strategies involving multi-sectored collaboration. The participants represented a cross-section of geography, disciplines, and population demographics.

The City of Chino served as a case study. Their General Plan update process included a recommendation that a health element be added. As such, it will be one of the first in the State. (See feature article.)

Discussion points included defining "health" holistically, looking at existing elements for their health implications, and framing the discussion around "how to best be sure that health considerations are included?"

Participants agreed a wider net must be cast for involvement in local planning processes. Standards that benefit some aspects of community life might need to be balanced with potential detrimental effects. Finally, implementation is as important as development

The convening proceedings can be accessed at www.civicpartnerships.org.




New Member Feature: Rio Linda - Elverta Parks District

Rio Linda-Elverta Recreation and Park District is one of the newest members of the CHCC Network. The Rio Linda-Elverta region, located in an unincorporated area of northwestern Sacramento County, is home to about 30,000 residents.

The District works with the Sacramento County Sheriff and the Grant School District to provide morning and after school programs, parks, recreation opportunities, sports clinics and dance classes for all age groups. The District also offers special


events for the community, such as a Halloween carnival and a community yard sale.

Don Schatzel, administrator for the district, worked with CHCC when he served as Director of Parks and Community Services for the City of West Sacramento. He is excited to continue this relationship in his new position with Rio Linda-Elverta.

"We have a prior relationship with CHCC and have enjoyed working with Joan Twiss and her staff. I believe in what CHCC stands for and the work they do. Joining the Network will benefit the District." 

National League of Cities Presentation

Joan M. Twiss, Executive Director of the Center for Civic Partnerships, presented to over 100 attendees at the National League of Cities, Congress of Cities and Exposition on

December 7, 2006 in Reno, Nevada. The presentation, entitled, "Strategies for Dealing with the Aging Populations in Small Cities" was delivered at the League's Small Cities Council Membership Meeting. 

~ Housing ~

Burbank Senior Artists Colony

Editor's note: This article is the second in a series on innovative and promising practices that expand upon six domains featured in our recent publication, "A Healthy Community Perspective on Aging Well." The domains are Varied Housing Options, Transportation, Community Involvement, Employment, Lifelong Learning, and Supportive Services.

Eschewing resort-style retirement in traditional venues such as Florida and Arizona, the residents of the Burbank Senior Artists Colony embrace the opportunity to continue their creative exploits in the city many of them have



Visual artists can practice their craft in the arts studio at the Burbank Artists Colony.

worked in for years. Located in northern Los Angeles County and often called the "Media Capital of the World," Burbank is home to many Hollywood studios and other creative management organizations.

The City of Burbank partnered with a local non-profit organization, More than Shelter for Seniors, and the Meta Housing Corporation to leverage the creative capital in the City in the provision of healthy and creative aging programs. The resulting Burbank Senior Artists Colony offers programs and services that contribute

to the self-actualization of seniors.

The Burbank Senior Artists Colony combines amenities such as a 45-seat theatre and screening room, arts studios and classrooms, a computer media arts center, digital filmmaking and editing equipment and facilities, outdoor performance areas and an art gallery and sculpture garden with traditional 55-and-over services. At the Colony, residents write and direct films, perform in music ensembles, paint works of art and act in plays, among other creative pursuits. Many, though not all, of the residents have retired from careers in the entertainment industry.

The Senior Artists Colony is sensitive to the needs of older adults, many of whom live on a fixed income. Meta Housing Corporation works to provide affordable and market-rate housing alongside one another. The 141-unit community offers 70 percent of the units at market-rate rent, while 30 percent are reserved for low-income residents. Additionally, the Colony takes advantage of local amenities in addition to those in the complex.

One block from downtown Burbank, residents can walk to many shops and restaurants.

The Burbank Senior Artists Colony represents a new approach to senior housing, one that incorporates healthy aging elements such as lifelong learning and community involvement. Involvement in participatory arts programs has been shown to improve mental health in seniors and reduce need for doctor visits. The Colony was recently recognized by the National Endowment for the Arts as a model for creative aging.



A street-side view of the Burbank Senior Artists Colony.

Tim Carpenter, the organization's Executive Director, specifically wanted to create an innovative community that would encourage artistic seniors to continue to collaborate and create. When asked if he plans to create similar communities of interest elsewhere, he replied: "Each community we work



The courtyard at the Colony features a fountain, a fireplace and ample seating.

in and help create takes on its own personality – we are great believers in helping to guide a community and how seniors live and engage inside it – not forcing it. We are looking mainly here in Los Angeles County but considering other areas in the west as we expand."

For more information on the Burbank Senior Artists Colony, visit: <http://www.mtsfs.org/colony.html>



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California Healthy Cities and Communities assists cities and communities with developing, implementing and evaluating inclusionary, community-driven programs, policies and plans, which address environmental, social and economic determinants of health. CHCC advocates a broad definition of health: a shared vision; widespread community participation; system reform; collaborative partnerships engaging local assets; and a means to measure progress and base improvements upon results.

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Connections

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A Center of the Public Health Institute

Events & Resources

Events

6th Annual New Partners for Smart Growth: Building Safe, Healthy and Livable Communities

February 8-10, 2007

Los Angeles, CA

<http://www.newpartners.org/>

ACHI Spring Training for Healthcare Champions

March 7-9, 2007

New Orleans, LA

http://www.communityhlth.org/communityhlth_app/conference/annual07.jsp

California & Pacific Southwest Recreation & Park Training Conference

March 8-10, 2007

Sacramento, CA

Joan M. Twiss will be presenting at a session entitled "The Aging Boom: Planning for the Next Generation of Older Adults" on Friday, March 9th.

<http://www.cprs.org>

Publications

The Community Indicators Handbook, 2nd Edition.

This Handbook integrates the basics of building an indicator project to meet your community's needs with the best practices of projects around the country. Details and ordering

information can be found at: <http://redefiningprogress.org/cihb/#cih>

Skill Improvement among Coalition Members in the California Healthy Cities and Communities Program.

A study of skill development and improvement among CHCC participants was posted to the Health Education Research web site on October 4, 2006. This study evaluated the effectiveness of participation in CHCC programs in developing community capacity with respect to health promotion. To read the study, visit: <http://her.oxfordjournals.org/cgi/content/abstract/cyl109?ijkey=ZE1NtOoVMdbzzNj&keytype=ref>

New Center Publication on Innovative, Community-Based Nutrition Education - Due Late Spring

This upcoming guide provides communities with innovative approaches to helping youth and adults make healthier food choices and become more active. It profiles five California Healthy Cities' efforts to implement education programs to support residents in developing healthier nutrition and physical activity practices.

Support for the guide is being provided by the *California Nutrition Network*, Cancer Prevention and

Nutrition Section.

Web Sites

School Wellness Policy Tools from Project LEAN. The collection includes an implementation guide, a tool for evaluating school nutrition guidelines and ways to provide healthy snacks in schools. To view these resources, visit: <http://www.californiaprojectlean.org/resourceLibrary/genResourceLibraryCategoryList.asp?CATNID=1057&CATNGUID={D74538AF-C1DA-438C-8986http://www.pedbikeinfo.org/-4A75010ABF09}>

The Pedestrian and Bicycle Information Center. This collection of web sites serves anyone interested in pedestrian and bicycle issues, including planners, engineers, private citizens, advocates, educators, police enforcement and the health community. To learn more, go to: <http://www.pedbikeinfo.org/>

The Project for Public Spaces.

This web site provides resources for anyone seeking to create public spaces that promote healthy communities. Interested parties can also sign up for newsletters that focus on childhood obesity, public spaces, better buildings, urban parks and public markets. To review the site, visit: <http://www.pps.org/>