

Promoting Healthy Environments via City/County Partnerships

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April 23rd, 2009



Mission: PLACE Program

To foster policy change that supports the development of healthy, active environments for county residents



Benefits of collaboration on land use and community design

- Reduce driving and greenhouse gas emissions
- Reduce congestion and air pollution
- Improve quality of life and mental health
- Increase opportunities for physical activity
- Reduce obesity and chronic disease rates
- Reduce incidence of asthma and lung disease
- Reduce health disparities and protect vulnerable populations



PLACE Program built environment grants

- Policy change that facilitates physical activity and along with aligned physical project
- Grantees are either cities or non-profit organizations who form “city-CBO” partnerships
- Five grantees receive approximately \$100,000 per year over a three year period
- Grantees receive a one-time award of \$20,000 toward a physical project
- Technical Assistance Coordinator provides direct assistance & sub-contracts with additional experts as needed



PLACE Grantee Initiatives

City of Culver City

Policy: Develop the City's first Bicycle and Pedestrian Master Plan.

Project: Link downtown Culver City to Expo station with cyclist and pedestrian friendly route

City of Long Beach

Policy: Update the Bicycle and Pedestrian Master plan and update the Mobility Element of the General Plan

Project: Create two Bicycle Boulevards

City of El Monte

Policy: Develop a Health and Wellness Element in the General Plan

Project: Develop an attractive, one mile circuit walking path



PLACE Grantee Initiatives

Los Angeles County Bicycle Coalition

Policy: Create the “Safe and Healthy Streets Plan” to implement policies from the city’s Bike Master Plan, Pedestrian Hikeaway Plan and General Plan

Project: Create a prototype bike and pedestrian-friendly loop in a low income area of southern Glendale

Pacoima Beautiful

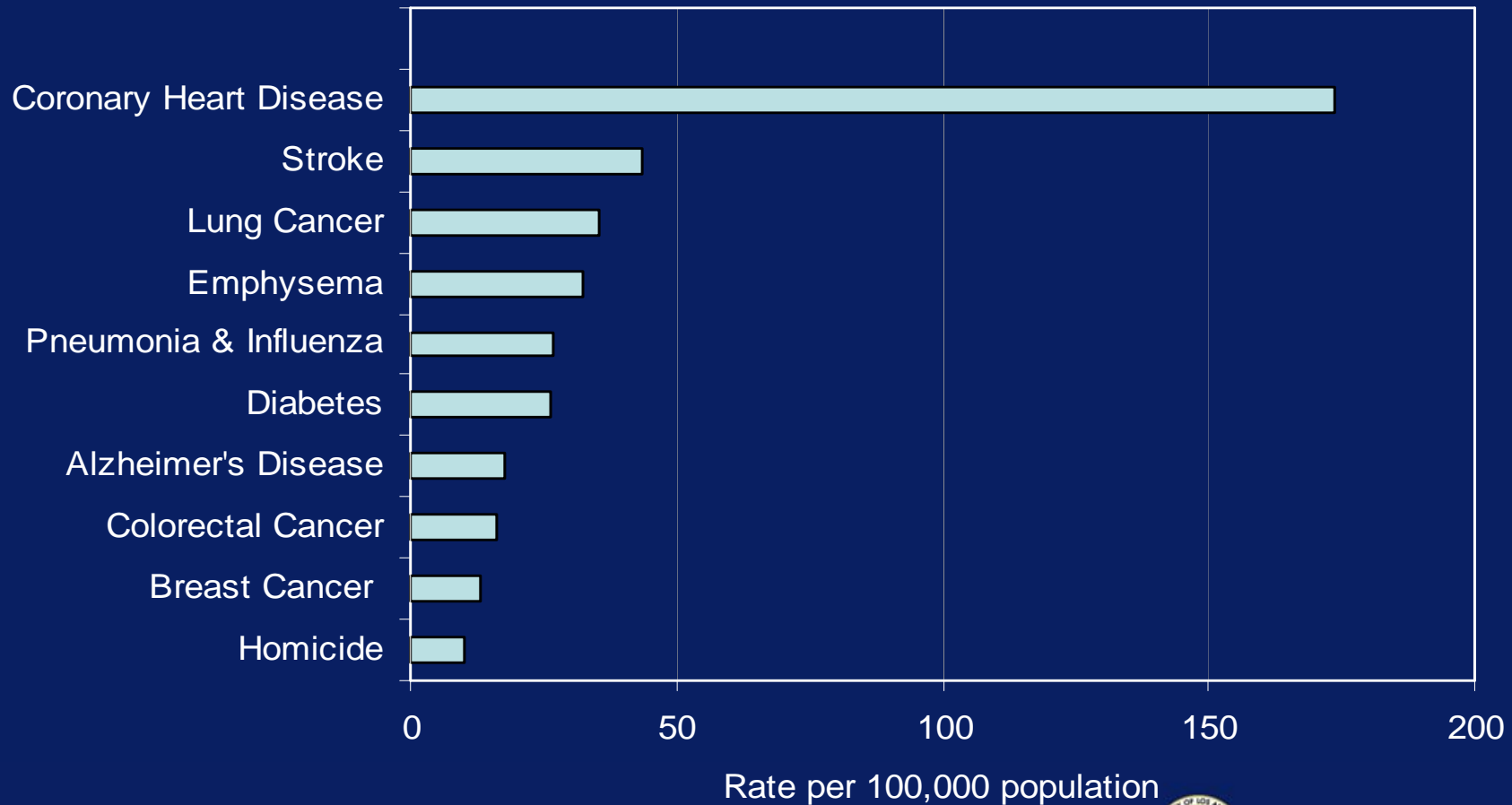
Policy: Create a vision plan for the Pacoima Wash, to include networks of parks and trails, and include language in LA City community plan updates

Project: Create clean, well-lit paths along sections of Pacoima Wash



Leading Causes of Death in LA County, 2005

■ LA County

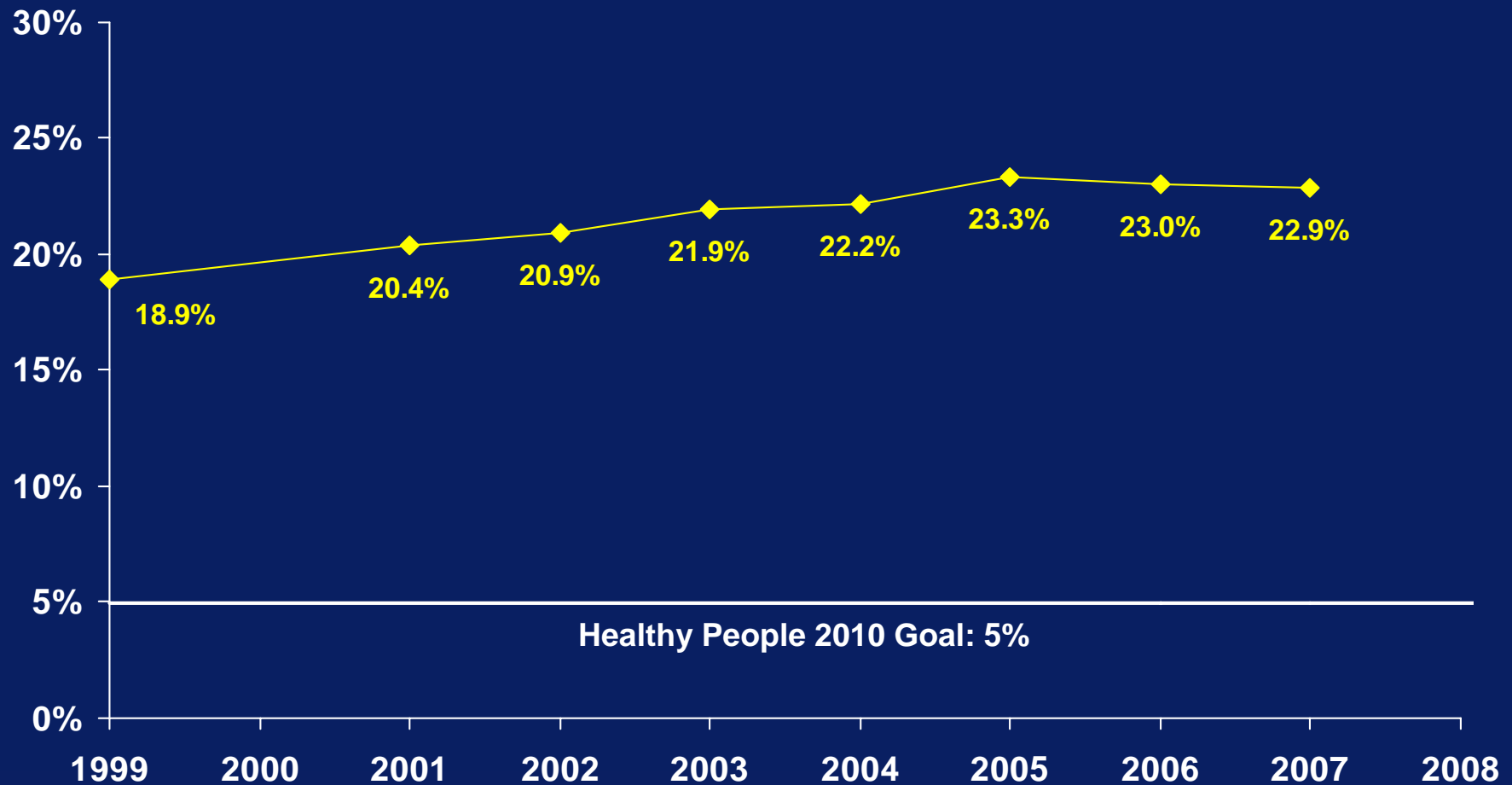


* age-adjusted to year 2000 U.S. standard population



COUNTY OF LOS ANGELES
Public Health

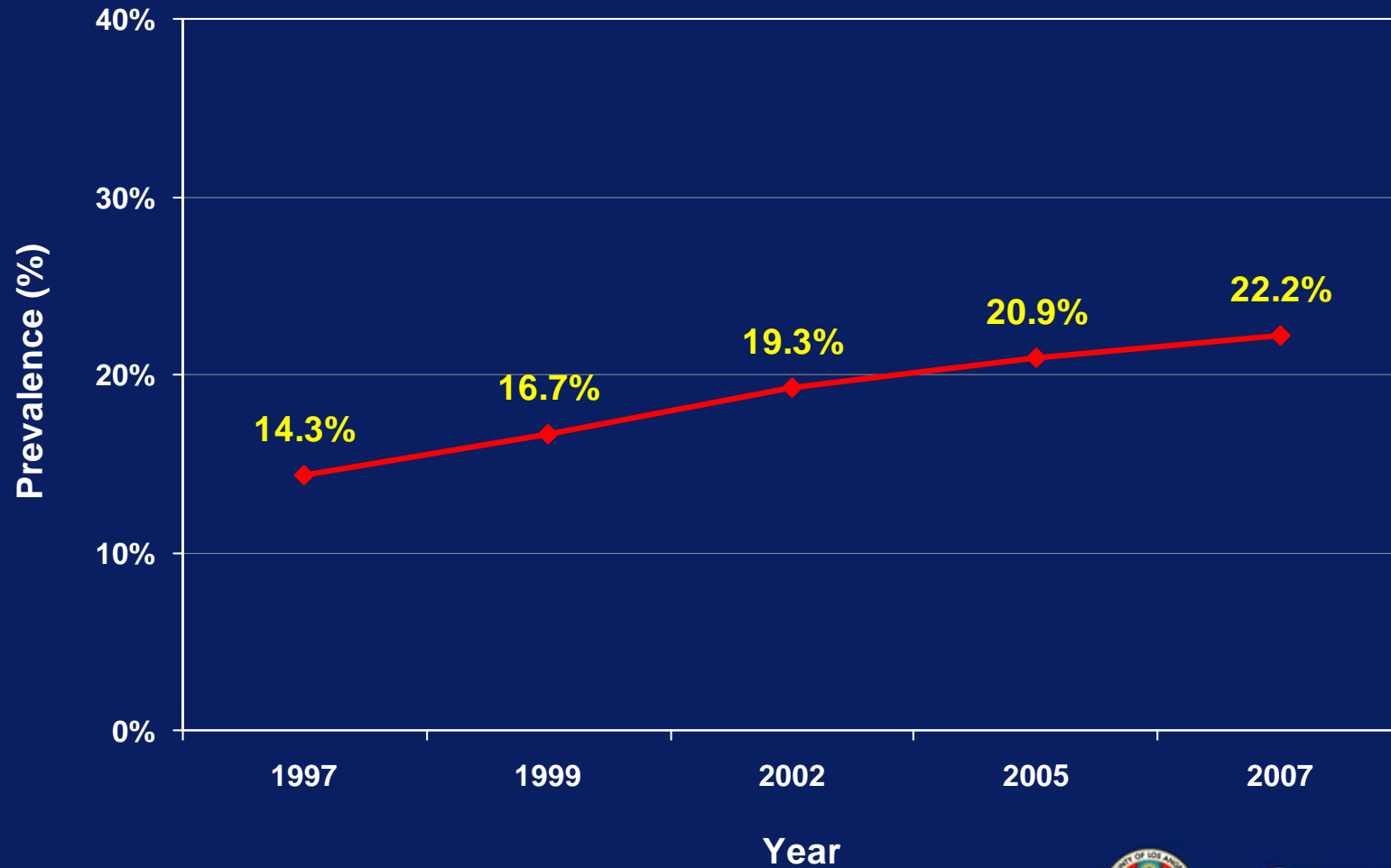
Prevalence of Obesity among School Children in LA County, 1999-2007



Source: California Department of Education Physical Fitness Testing Program. Includes 5th, 7th, and 9th graders enrolled in LA County public schools. Data not collected in 2000.



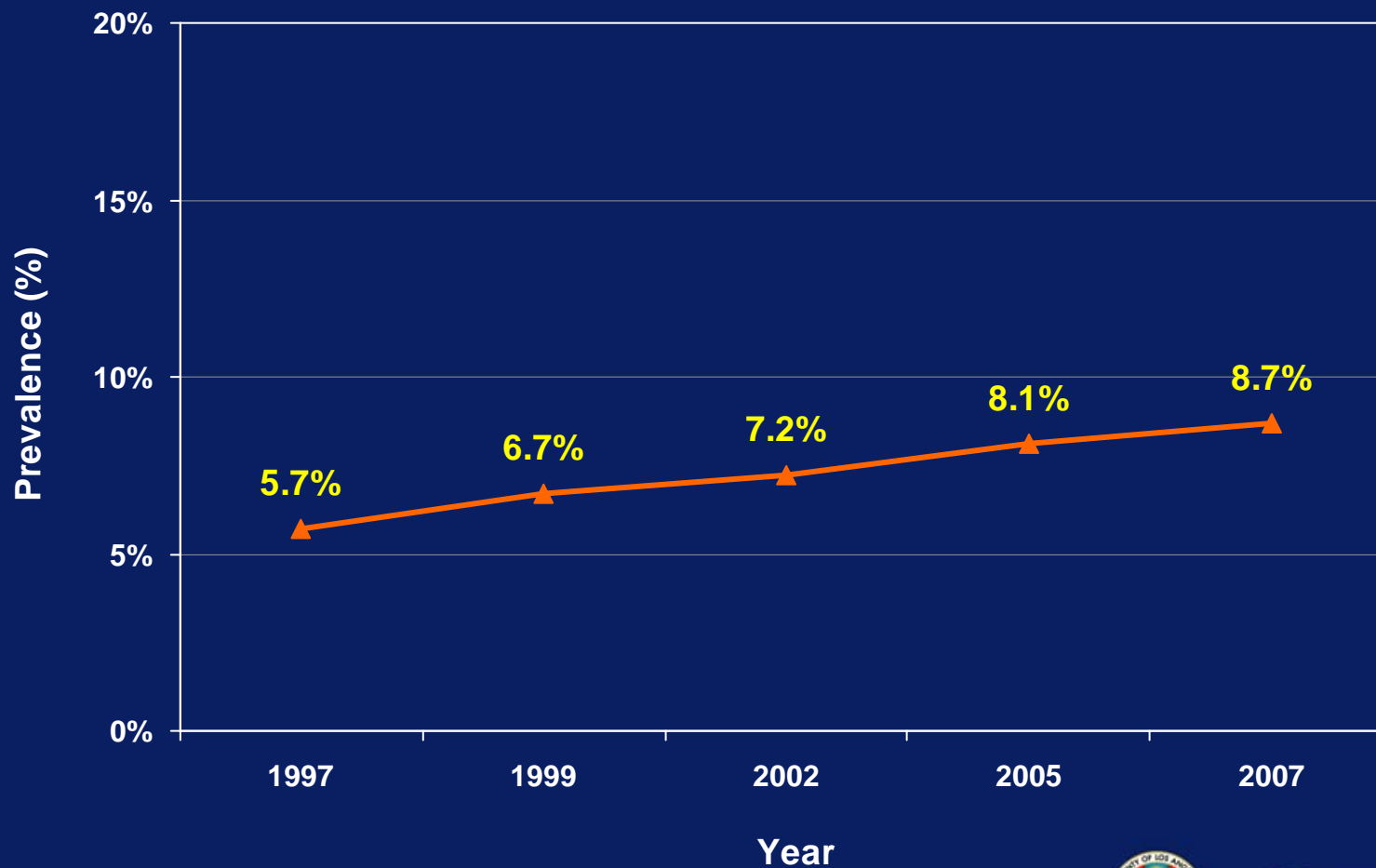
Prevalence of Obesity Among Adults in LA County, 1997-2007



Data Source: Los Angeles County Health Survey (LACHS)



Prevalence of Diabetes Among Adults in LA County, 1997-2007



Data Source: Los Angeles County Health Survey (LACHS)

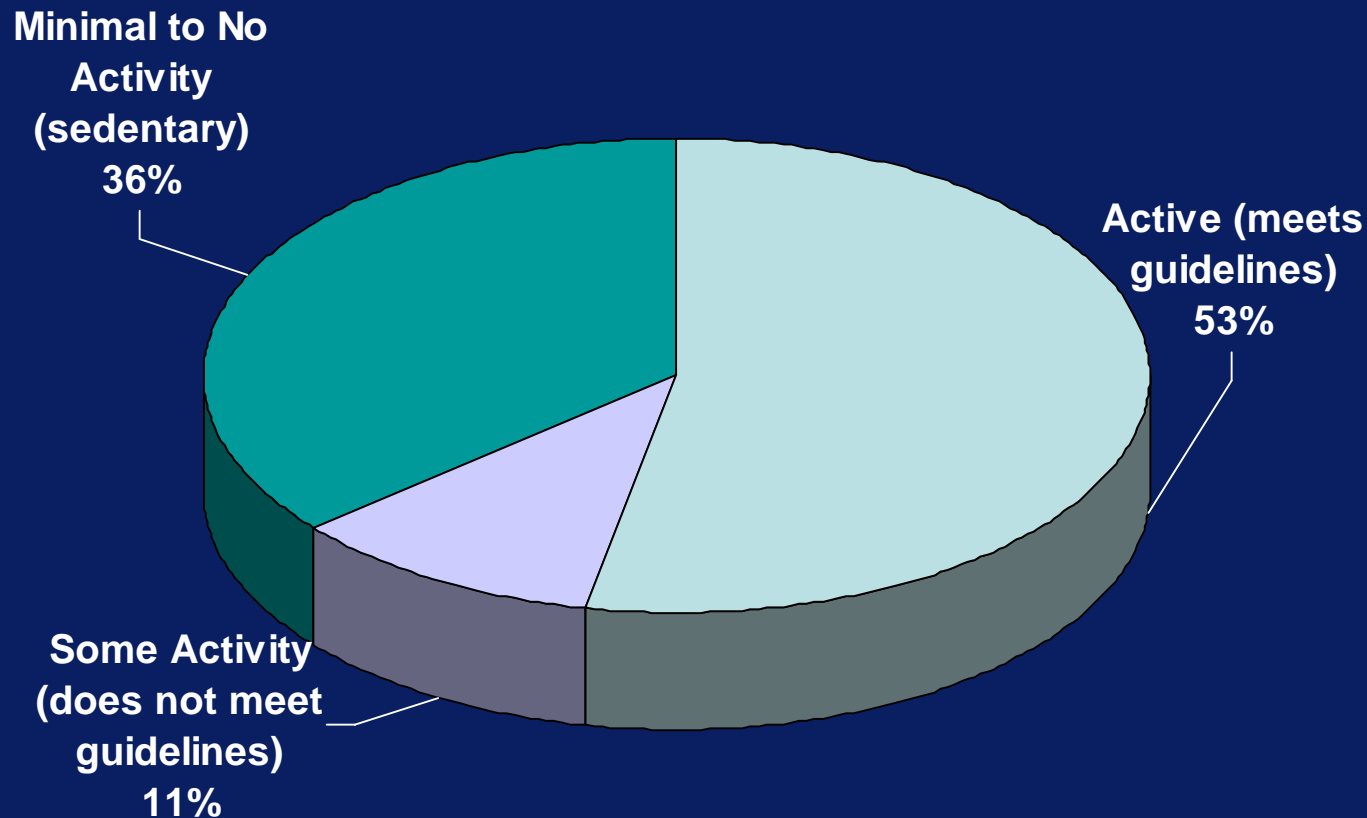


2008 Adult Physical Activity Guidelines

- At least:
 - 2 hours and 30 minutes a week of moderate physical activity OR
 - 1 hour and 15 minutes a week of vigorous physical activity
- Additional health benefits with:
 - 5 hours a week of moderate physical activity OR
 - 2 hours and 30 minutes a week of vigorous physical activity



Do Adults in LA County Exercise?





www.pedbikeimages.org/Dan Burden





[www.pedbikeimages.org/Dan Burden](http://www.pedbikeimages.org/Dan_Burden)



Can improving the built environment improve health?

- The more time people spend in their cars, the more likely they are to be obese

- Frank, L. et al (2004). *American Journal of Preventive Medicine*

- People in neighborhoods with well-maintained sidewalks and bike routes are more likely to reach recommended levels of physical activity

- Sharpe, P.a.. et al (2004). *American Journal of Health Promotion*

- Residents in highly walkable neighborhoods take twice as many walking trips as people in less walkable neighborhoods

- Saelens, B.E. et al (2003). *Annals of Behavioral Medicine*



Power of Partnerships

- Between:
 - County Public Health Departments
 - City Planning/ Public Works/ other depts
 - Community-based organizations



Traditional Roles

- Public Health:
 - Collect, analyze, share science-based health data
 - Promote policy change to improve public health
 - Partner with community-based organizations, others
- Cities:
 - Oversee land use policies and practices
 - Develop and approve planning/policy documents
 - Review/approve development projects
- CBOs:
 - Organize, advocate on behalf of community



Early Successes

- Bike data counts in Long Beach – establishing baseline data
- Strong partnership between Bike Coalition and City of Glendale
- Synergy between PLACE grants and other city activities (bike festivals, bike rides)
- Provision of technical assistance
 - Walk audit and visioning meeting in El Monte
 - Training for Culver City traffic engineers



Emerging Challenges

- Defining DPH role
 - We're new to land use – learning but not experts
 - We're the funder – creates “power” imbalance
 - Help grantees see what Public Health has to offer
- Land use issues are controversial
 - Businesses, residents, homeowners may oppose
 - Opposition can prevent policy from passing
 - Policy change is slow and iffy



Emerging Challenges

- Range of approaches to community advocacy
 - Because of success in tobacco, DPH is comfortable working in coalition with community advocates
 - Some city grantees are eager to partner with advocates because they've seen policies fail due to a lack of community support
 - Other city grantees are hesitant to partner with advocates because they feel they need to be seen as a neutral party



Summary

- Land use policy change is controversial
- We must do it anyway to address: poor health outcomes, climate change, air pollution etc.
- Cities, communities and Public Health each have a role in creating healthier environments
- Making use of different yet complementary skill sets can help achieve goals faster
- Collaboration is hard but worth the effort



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