

Healthy Planning in Philadelphia

American Planning Association Webinar
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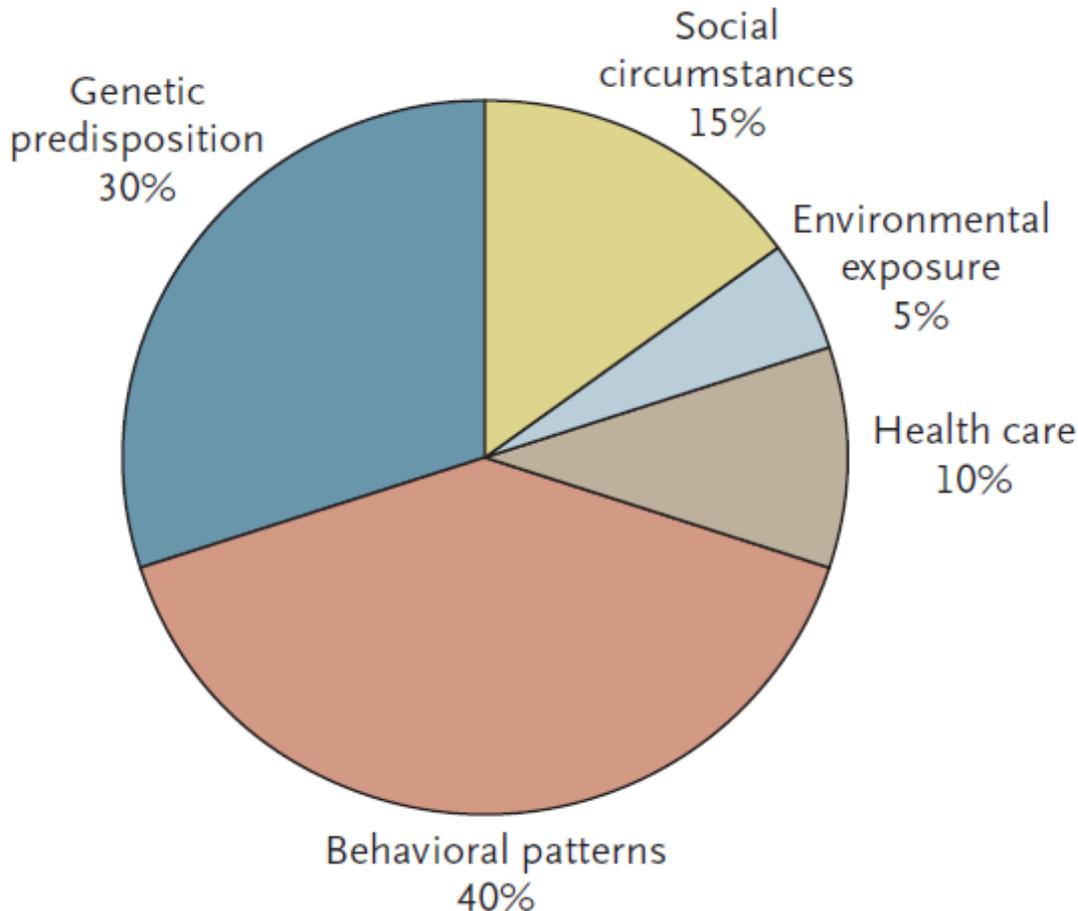
Agenda

- Partnership Development
 - Why Health and Planning?
 - Get Healthy Philly Framework
- Phila2035 Development
- Phila2035 Implementation
- Next Steps



Planning and the Built Environment

Proportional Contribution to Premature Death



Schroeder S. We Can Do Better – Improving the Health of the American People. NELM;2007;357;1221-8.

Get Healthy Philly Framework

We can make the healthy choice,
the easy choice in multiple environments...



LIVE



WORK



LEARN



SHOP



PLAY

to prevent chronic disease and improve health.



OBESITY



DIABETES



HYPERTENSION



HEART
DISEASE



CANCER



RESPIRATORY
DISEASE



STROKE

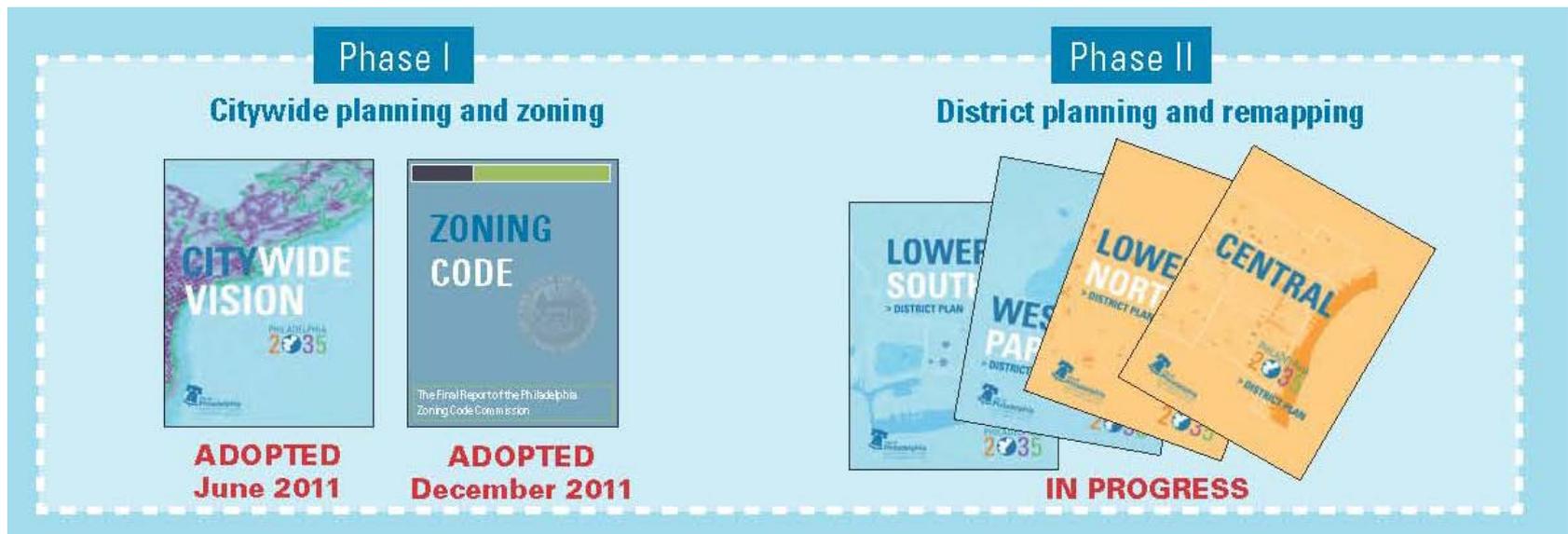
Health in All Policies – 3 measures of success:

1. Incorporating health in policy across disciplines – *Philadelphia2035 (comprehensive plan, 18 district plans)*
2. Incorporating health in decision making (implementing health based policy) – HIAs
3. Addressing health outcomes / reducing health disparities by effecting physical and social determinants of health – *“PhilaTool”*



Health and Planning - Intersections to Date

- Healthy Communities Coordinator
- Phila2035 Citywide Vision
- Zoning Code Reform
- District Plans
- Citizen's Planning Institute
- PDPH's data aggregation



PHILADELPHIA 2035

Citywide Vision
(Completed 2011)



18 District Plans leading to
zoning map revisions
(5-year process)



Health in Phila2035 Citywide Vision

- Health not a separate chapter but explicitly included in the context section, and the benefits measures.
- 70 plan objectives → 20+ have evidence based connections to public health, including access to healthy food, walkability, transit-oriented development, open space.

OBJECTIVE		ECONOMIC BENEFITS						HEALTH AND WELL-BEING BENEFITS					ENVIRONMENTAL BENEFITS			
		↑ Tax Base	↑ Property Value	↑ Land Utilization	↑ State of Repair	↓ Travel Times	↓ Poverty	↑ Access to Opportunities	↑ Safety	↑ Affordability	↓ Chronic Disease	↓ Obesity Rate	↑ Air Quality	↑ Water Quality	↑ Resilience to Natural Hazards	↓ Nonrenewable Energy Consumption
Neighborhoods	1.1.1 Strengthen neighborhood centers by clustering community-serving public facilities.			●	●	●	●	●		●	●	●				●
	1.1.2 Strengthen neighborhood centers by developing viable commercial corridors.	●	●	●		●	●	●					●			●
	1.1.3 Strengthen neighborhood centers by promoting transit-oriented development around stations.	●	●	●		●	●	●		●	●		●			●
	1.1.4 Provide convenient access to healthy food for all residents.							●	●	●	●					●

“Improvements are needed to the built environment to provide equitable access to services and to reduce barriers to healthy living.”

PHILADELPHIA 2035

Citywide Vision
(Completed 2011)

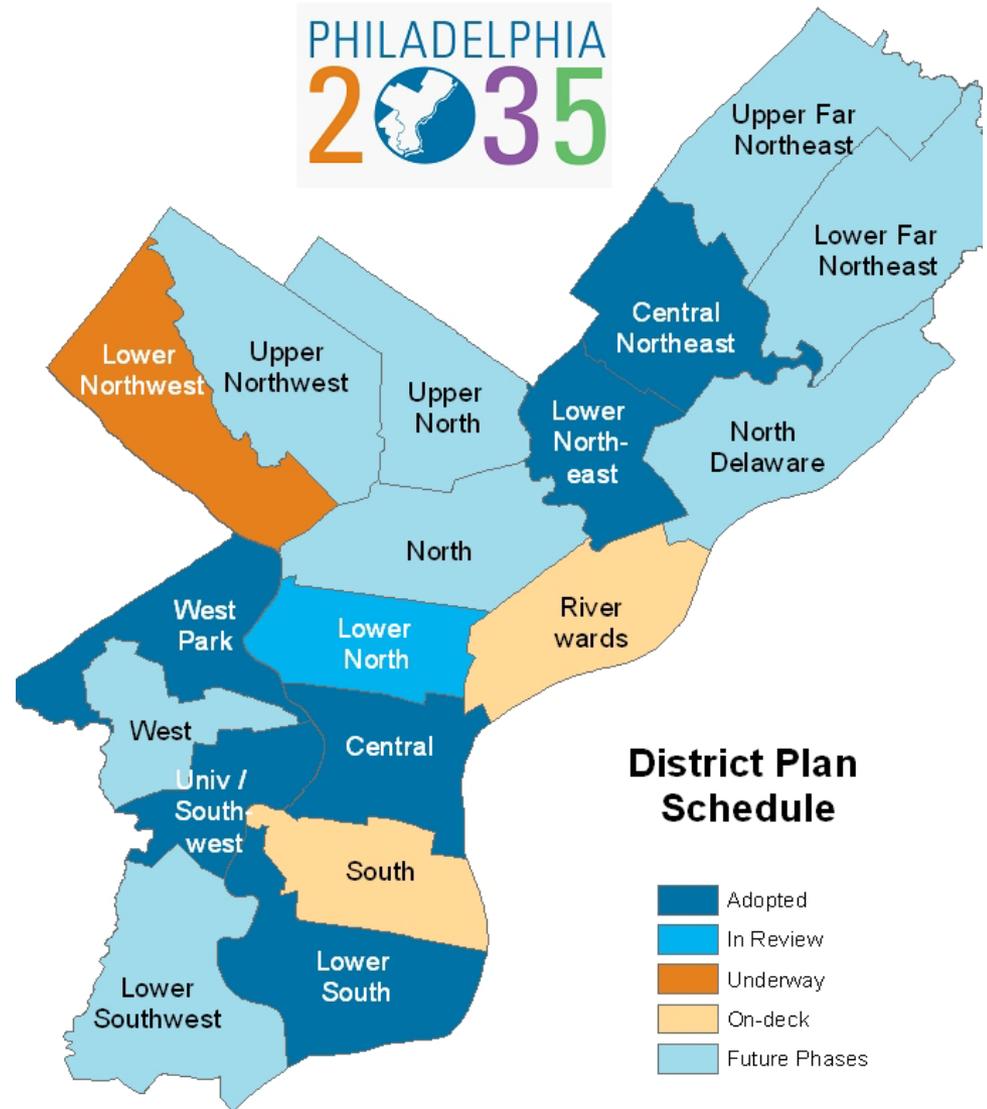


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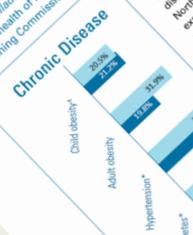
Health in District Plans to Date

- 8 adopted; 1 in review; 2 underway; 7 more
- Incorporate Health in variety of ways
 - Health specific recommendation
 - Health profile
 - Health Impact Assessment
 - Separate Health Assessment



Health Profile as Context for the District Plans' Recommendations

Health link to built environment. The built environment influences how we interact with the world, what we eat, how we often we play and exercise. These behaviors directly affect our risk for developing disease conditions, including, but not limited to heart disease, obesity, asthma, and diabetes of Philadelphia residents, and the sustainability of the Lower Northwest depend on the continued health of its residents. The Philadelphia Department of Public Health is the Planning Commission to create healthy communities that promote healthy living.



Source: 2013 PHDC survey
 * as a comparison of the 20-year period to 2007-2010 PHDC data.
 Chronic diseases are preventable. Chronic disease has increased significantly in the U.S. While there is a genetic predisposition to having a chronic disease, a healthy lifestyle and first defense in managing

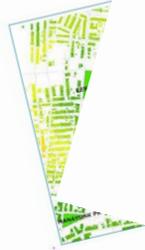
Summary of Health Conditions
 With a vibrant entertainment district, and an extensive network of hiking trails, the Northwest does not lack in recreational choices in other districts. District public health concerns. District and heart disease are high in the neighborhood of choice. The District resources abound.

Chronic disease management through programing and accessibility of resources of childhood obesity. These are our priorities.



appropriate drainage and lighting outside, increase the resiliency of the facilities to closing services due to extreme weather events, and seasonal changes, enabling individuals and families to depend on them more (Page 61, Recs # 35, 36).

Attention to park and recreation center programming might increase usage.



Palm Market, 115 Levering Street, near Main Street, Manayunk. location supports shoppers, community.



In our survey, riding daily fitness requirements was positively correlated with public health information strategies, like this Oregon wayfinding sign. These signs visitors to navigate the district's hidden sidepaths.

improved amenities (e.g., toilets, interactive playground equipment) should be considered to promote



Frank, Lawrence, Andrew, Merritt, School Tom, 2014, Obesity Relationships With Smart City. American Journal of Preventive Medicine, Vol 47, No. 2

Active Living by Design

Active living is a way of life that integrates physical activity into our daily routines. Living in a mixed use environment, within walking distance to shops, is the best urban form predictor of obesity (Frank, 2001). A transportation network that uses mode transfer networks, complete street designs, and promotes a healthy lifestyle, promotes a healthy lifestyle, and partnering fitness goals with

Residents in East Falls transportation community via the regional commuter River Trail - Center. However, to improve overall walkability, retail presence pedestrian corridor Avenue with Manayunk's

- I. Health outcomes
- II. Determinants of health
 - A. Access to rec facilities and open space
 - B. Active Living by Design
 - C. Availability of Healthy Foods
- III. Link to Planning Strategies / Recs

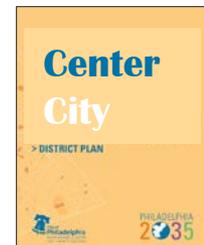
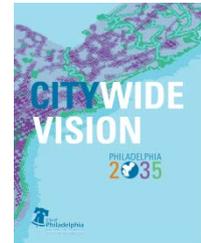
Health in the Citywide Plan and New Zoning Code

Health-Promoting Comp Plan Strategy: Neighborhood Centers - promotes clustering of community-based amenities to support walkability.

Citywide Vision Objective 1.1.2. *Strengthen neighborhood centers by developing viable commercial corridors*

Health and Well-Being Benefits. Access to Opportunities, Safety, Affordability

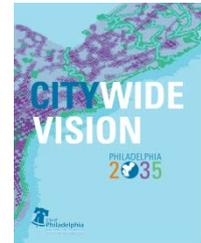
Implementation: Center City District Plan, Rec # 8. *“Implement CMX zoning on Callowhill & Pennsylvania Ave to reinforce commercial corridors”, Status: In progress.*



Health in the Citywide Plan and New Zoning Code

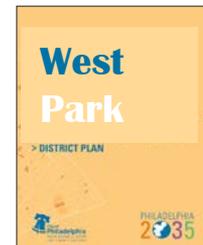
Health-Promoting Comp Plan Strategy: Age-Friendly Neighborhoods

Citywide Vision Objective 1.2.2. Ensure a wide mix of housing is available to residents of all income levels. **Strategy d.** Provide a wider variety of housing options for an aging population such as aging in-place programs and accessory housing options.



Health and Well-Being Benefits. Access to Opportunities, Safety

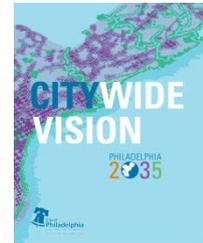
Implementation: West Park District Plan, Rec # 24. *“Provide new housing for the elderly near services and amenities, such as transit and commercial corridors”, Status: In progress*



Health in the Citywide Plan and New Zoning Code

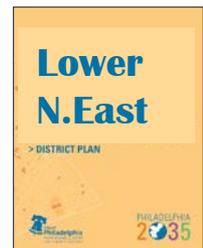
Health-Promoting Comp Plan Strategy: Transit Oriented Development
- promotes active living.

Citywide Vision Objective 1.1.3. *Strengthen neighborhood centers by promoting transit-oriented development around identified stations*
CV Obj 4.3.2 *Control Automobile congestion through traffic management and planning*



Health and Well-Being Benefits. Access to Opportunities, Safety, Affordability, Chronic Disease

Implementation: Lower Northeast District Plan, Rec # 4. *“Add a Transit Oriented Development Overlay District to portions of Frankford Avenue”, Status: In progress.*



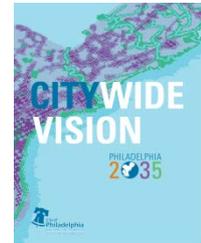
Health in the Citywide Plan and New Zoning Code

Health-Promoting Comp Plan Strategy: Parking maximums, Car-share priority, and Bicycle parking – balances city amenities to promote multimodal transportation

Citywide Vision Objective 4.2.2. *Expand on- and off-street networks serving pedestrians and bicyclists.*

Health and Well-Being Benefits. Access to opportunities, Safety, Affordability, Obesity rate

Implementation: West Park District Plan, Rec # 62. *“Create a Bike station facility in the eastern section of the Centennial District, where roads and trails are well—suited for biking”, Status: Not Started.*

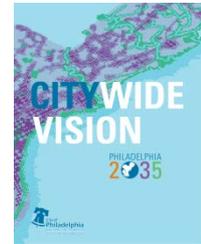


Health in the Citywide Plan and New Zoning Code

Health-Promoting Comp Plan Strategy: Food access

Citywide Vision Objective 1.1.4. Provide convenient access to healthy food for all residents.

Health and Well-Being Benefits. Access to Opportunities, Affordability, Chronic Disease



Implementation: **West Park District Plan, Rec # 12.** *“Seek funding to design and implement improvements to the park West Town Center to provide better ped access to fresh food. . .”, Status: Not Started*

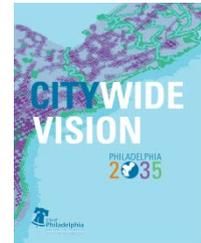


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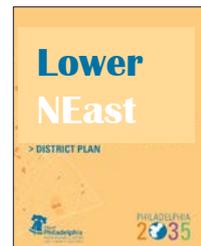
Health-Promoting Comp Plan Strategy: Open Space Access

Citywide Vision Objective 6.3.1. Ensure that all Philadelphians live within a 10-minute walk of a neighborhood park or a recreation center

Health and Well-Being Benefits. Access to Opportunities, Chronic Disease



Implementation: Lower Northeast District Plan, Rec # 28. *“Complete the extension of the Tacony Creek trail from Roosevelt Blvd to I and Ramona Streets at Juniata Park. Include stream bank restoration and stormwater mgmt where feasible”, Status: Complete*

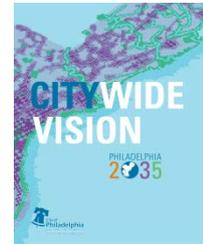


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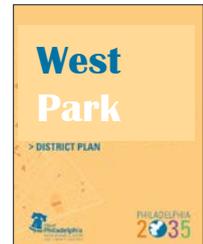
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Creating Healthy Communities – *Philadelphia2035* and Beyond

- **Step 1. Department of Public Health’s *Community Health Assessment*** – identify disparities in health outcomes across geographies and populations
- **Step 2. Planning Commission’s *Philadelphia2035 Comprehensive Plan*** – Support the development of land use and zoning goals & recommendations that address the determinants of health linked to the disparate health outcomes. Ensure health benefits are highlighted in decision making.
- **Step 3. Health Impact Assessment** - assess plan, policy, and project proposals for their ability to right the health disparities; develop recommendations towards the above goals; establish community partnerships to build capacity for conducting assessments
- **Step 4. Institutionalize Health in All Policies** – explore policy and decision making venues for integrating health consideration into policy. Promote healthy development by keeping the development community informed of health disparities and strategies for addressing (a la, adoption of San Francisco’s Healthy Development Measurement Tool)



Other Next Steps

- Identify additional areas for incorporating health into decision making
 - Capital Planning Budget: Develop a geo-database of determinants of health to inform capital projects
 - Master Trail Planning
 - Zoning Code Re-Mapping Ordinances to Council
 - Civic Design Review for Larger Developments



Thank You!

www.phila2035.org

www.gethealthyphilly.org

www.foodfitphilly.org

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