Healthy Planning: A review of developed community comprehensive plans

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MDH & Comprehensive Planning

MDH Mission: Protect, maintain and improve the health of all Minnesotans

MDH Framework:
1. Promote health throughout the lifespan
2. Make physical environments safe and healthy
3. Prepare for and respond to disasters and emergencies
Factors responsible for population health

Health status is determined by: genetics 30%; health care 10%; social, environmental conditions, and behavior 60%

Health/Planning Intersections

- Car-friendly communities have almost double the rate of obesity as pedestrian-friendly communities and higher injury costs.
- Access to public parks and recreational facilities has been linked to reductions in crime and juvenile delinquency.
- Children with Attention Deficit Disorder do better in school when they play outside in green spaces.
MDH Recent Activities

- Collaborate with Metropolitan Council (Council), EQB, DNR, MNDOT, Agriculture, PCA

- Provide education/training
  - City/Regional Planning & Public Health Roundtable (2010)
  - Five trainings on health impact assessment (HIA) (2009-2011)
  - Presented to the Community Development Committee (May 21)
  - Presented to Council staff (July 26)
  - Presenting at MN APA Conference (Sept 28)

- Develop reports/tools on EAW process, health indicators for local planning, planning for extreme heat events
Health Assessment Reviewed:

- 53 Developed Community Comp Plans
- 11 Health Indicators
Process

- **Scoping:** MDH selected 11 health and climate change indicators based on two existing tools:
  1. Design for Health’s *Comprehensive Plan Review Checklist, 2007*
  2. San Francisco Department of Health’s *Healthy Development Measurement Tool Development Checklist, Version 3.02*

- **Assessment:** MDH used best available evidence from literature to describe health influence of indicators

- **Recommendations:** Each indicator had its own recommendations
## Overview & Table of Results

11 Health Indicators

- Yes = Indicator addressed in plan
- No = Indicator was not addressed in plan

<table>
<thead>
<tr>
<th>Health Indicator</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Support Mixed Use</td>
<td>43</td>
<td>10</td>
</tr>
<tr>
<td>Affordable Housing</td>
<td>53</td>
<td>0</td>
</tr>
<tr>
<td>Life-Cycle Housing</td>
<td>45</td>
<td>8</td>
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<tr>
<td>Complete Streets</td>
<td>8</td>
<td>45</td>
</tr>
<tr>
<td>Transit Oriented Development</td>
<td>19</td>
<td>34</td>
</tr>
<tr>
<td>Pedestrian/Bike Safety</td>
<td>30</td>
<td>23</td>
</tr>
<tr>
<td>Park Needs</td>
<td>31</td>
<td>22</td>
</tr>
<tr>
<td>Access to Trails</td>
<td>41</td>
<td>12</td>
</tr>
<tr>
<td>Climate Change</td>
<td>13</td>
<td>40</td>
</tr>
<tr>
<td>Green House Gases</td>
<td>11</td>
<td>42</td>
</tr>
<tr>
<td>Severe Rain Events</td>
<td>0</td>
<td>53</td>
</tr>
</tbody>
</table>
Indicator 6: Pedestrian/bike safety

Importance of indicator:

- Traffic accidents are the leading cause of death from ages 1 to 34
  - In 2010, 808 vehicular crashes; 824 injured peds & 36 ped deaths

Results: 30 yes | 23 no

- 30 provided language that supports ped/bike safety or traffic calming techniques, by providing road design flexibility

Recommendations:

- Provide stronger emphasis on ped/bike safety, by incorporating design standards, such as traffic calming techniques and designated bike routes, within policy documents
Indicator 7: Park needs

Importance of indicator:

- Parks promote physical activity among children and adults
- Parks are more likely to be used if they provide activities appropriate to the community

Results: 31 yes | 22 no

- 19 developed master plans, 11 policy statement, 1 included language on park needs

Recommendations:

- Encourage local agencies to establish park plans that address local needs and coordinate with regional systems
Indicator 8: Access to trails

Importance of indicator:

- Trails promote physical activity, access
- Trail proximity important for usage

Results: 41 yes | 12 no

- All comp plans inventoried existing trail systems, 19 developed master plans, 22 map depicting existing and future trails

Recommendations:

- Encourage plans to clearly identify future needs and link trails to residential areas.
- Coordinate local trail systems and adjacent community trail systems with regional system
Why is MDH interested in climate change?
Temperature & dew point changes

- Since 1970, Minnesota is the 3rd fastest warming state in the US
- Overnight lows are rising almost twice as fast as the daytime highs
- The number of days with high dew point temperatures (≥ 70 °F) may be increasing
- In July 2011, Moorhead MN hit a dew point of 88°F with an air temp of 93°F, creating a heat index of 130°F
Extreme heat & increases in illnesses

Average summer temperatures (May-September) and count of emergency room visits and hospitalizations directly related to heat from 2000-2010*

*Data provided by MN Environmental Public Health Tracking
Precipitation changes

- Greatest increase in very heavy precipitation in the past 50 years occurred in the Northeast and the Midwest (Karl et al. 2009)

- Total precipitation in the Midwest and Northeast is expected to increase the most with the largest increases in heavy precipitation events (Karl et al. 2009)

Very heavy precipitation is defined as the heaviest 1% of daily events from 1958 to 2007 for each region.
Public health issues & precipitation

Extreme Precipitation

- Increased runoff: sediment, contaminants, nitrate, etc.
- Sewage overflows
- Contamination of surface and groundwater
- Physical injuries and destruction of property
- Waterborne disease outbreaks from drinking water or recreational contact (beachgoers): Giardiasis, E coli, Cryptosporidium
Indicator 9: Climate Change

Importance of indicator:

- Extreme heat, extreme precipitation, drought, wildfires, change in infectious diseases

Results: 13 yes | 40 no

- 4 recognized US conference of Mayors Climate Protection Agreement, 3 had specific policies related to climate change, 6 stressed climate uncertainties or challenges posed by climate change

- 2010 Master Water Supply Plan, 2030 WRMPP, and 2030 TPP address climate change

Recommendations:

- Continue to explore ways climate change can be incorporated into comprehensive planning
Indicator 10: GHGs

Importance of indicator:

• Prevent or mitigate public health issues associated with climate change

Results: 11 yes | 42 no

• Provided policy statements that addressed reductions via mass transit and sustainable site design
• 2030 TPP provides strategies to reduce transportation emissions and overall reduction of GHG emissions

Recommendations:

• Request comp plans to discuss strategies to reduce GHG emissions in transportation and land use chapters
Additional Health & Planning Activities

• Healthy Planning “Suite”:
  • Second report on 12 additional indicators (2013)
  • “Minnesota Healthy Planning Training: Addressing Health in Comprehensive Plans” (Sept 28)
    • 8 desired health goals
    • 20 planning strategies to achieve desired health goals
  • “Minnesota Healthy Planning How-To Guide”
    • Detailed guidance on implementing strategies to achieve health goals as outlined in the training

• MN APA brown bags

• Collaboration with National APA
Healthy Planning: Health Goals

1. Healthy housing for all household sizes and incomes
2. Access to affordable healthy foods
3. Reduced exposure to air pollutants, hazardous materials, and/or nuisances
4. Increased physical activity
5. Increased availability of greenery
6. Increased safety of pedestrians, bicyclists and motorists
7. Secure communities
8. Climate resilient communities
Example: Access to affordable healthy foods

- **↑ consumption of healthy food**
- **→ obesity & diabetes**
- **↑ local food production**
- **↓ food travel & fossil fuel use**
- **↑ physical activity & mental health benefits from gardening**
- **↑ community investment**

- **Local food production and sales**
- **Housing-cost burden**
- **Traditional neighborhood development (TND)**
Council’s role in health promotion

- Continue collaboration with MDH to have comprehensive planning more explicitly include public health and climate change

- Consider recommendations from MDH 2012 Healthy Planning report into future Metropolitan Council policy plans, especially the Thrive MSP 2040 Framework

- Promote recognition that comprehensive planning and public health are related and synergistic
Thank you!

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