

Healthy Design Ordinance

**PROMOTING WALKING, BIKING AND EXERCISE
THROUGH CHANGES IN THE BUILT ENVIRONMENT**



January 26, 2011



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Seizing the Moment and the Momentum:
Building Healthier Communities



Suzanne Bogert, MS, RD
Mom, Wife, Teacher, Friend, Daughter,
Project Director, Community Member,
Role Model, Change Agent

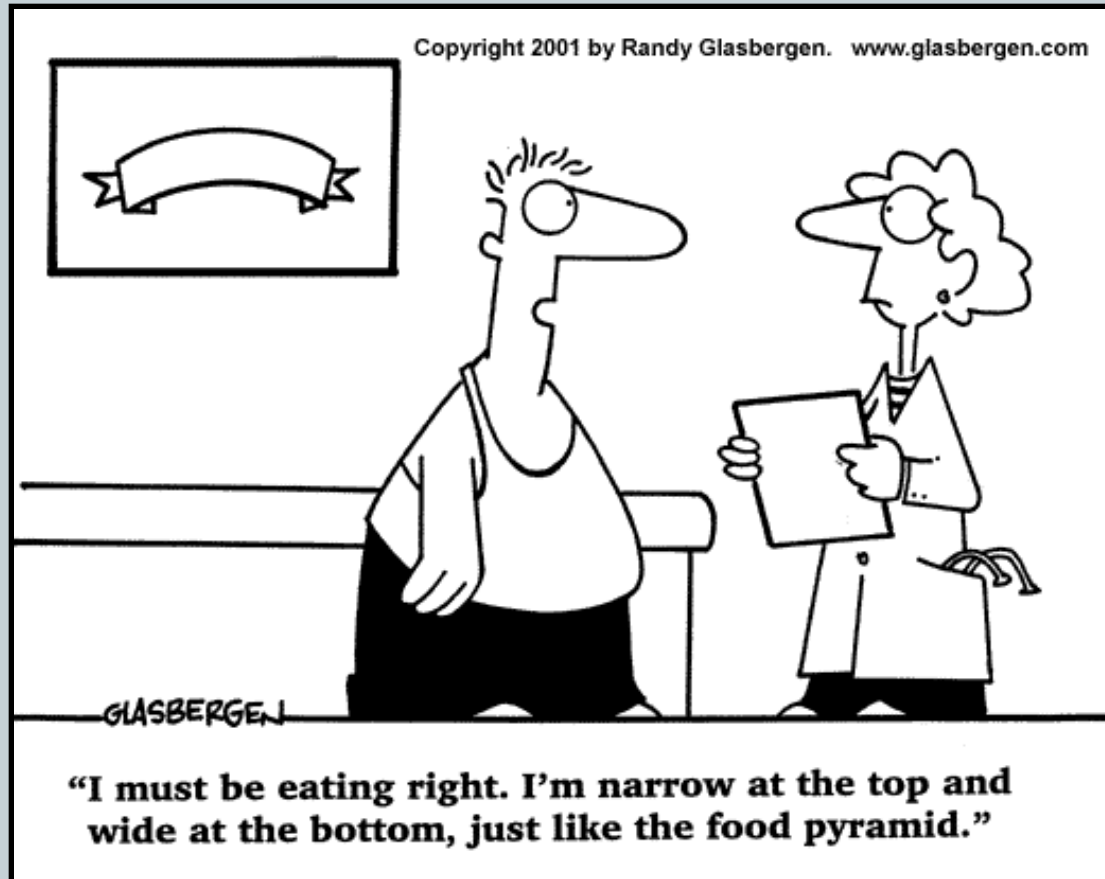
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Who I am...

...Just like you

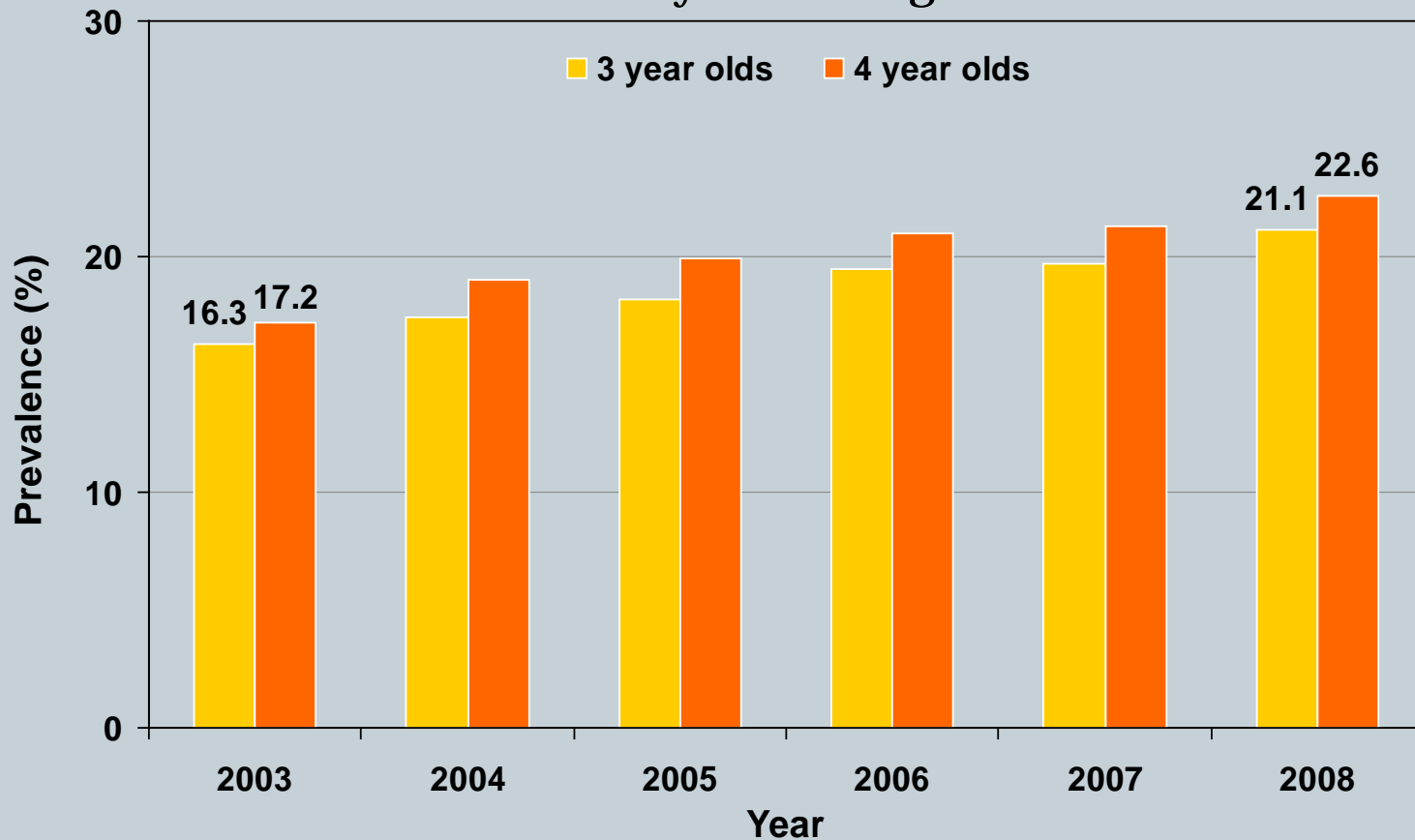
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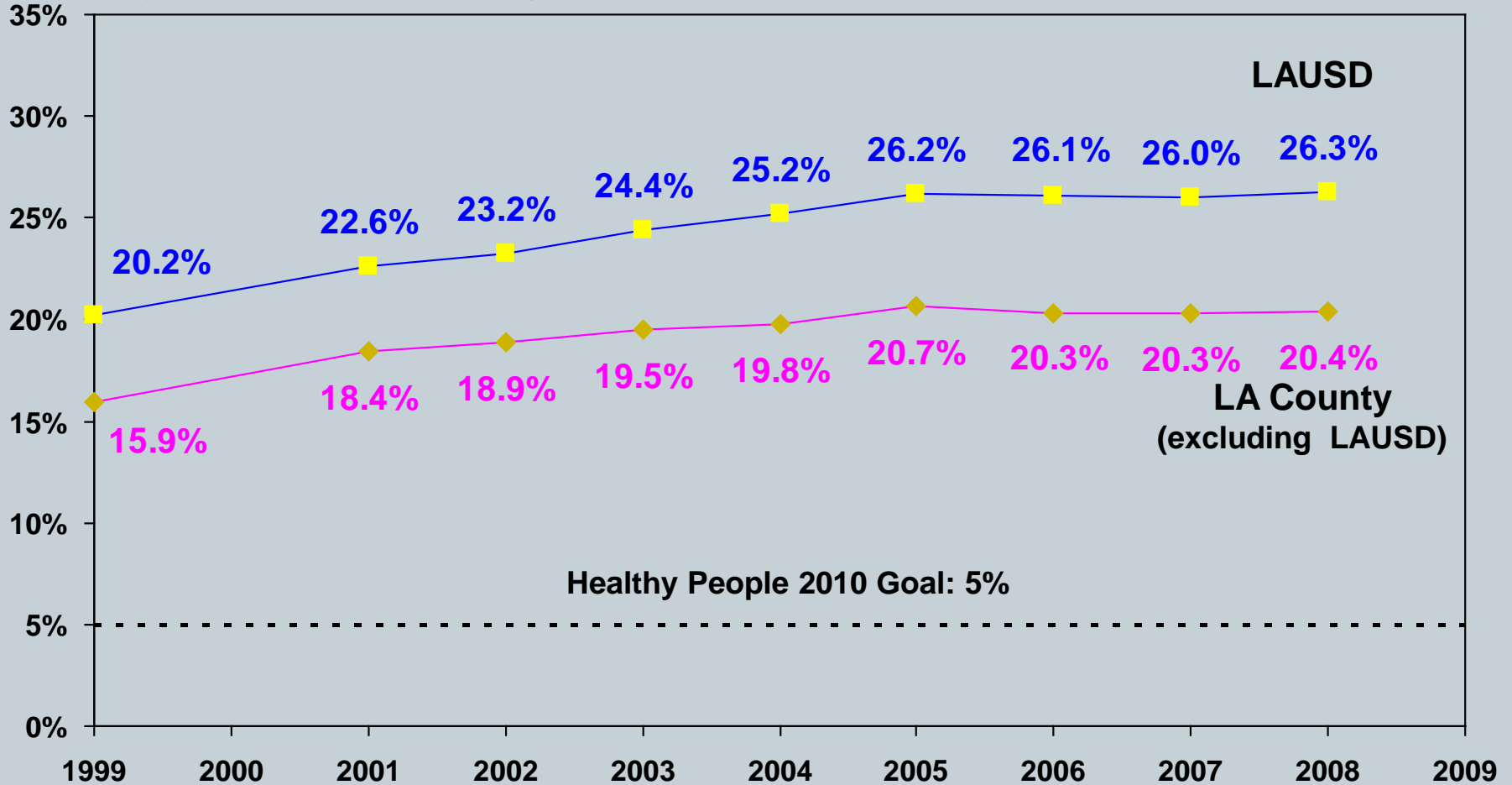
Trend in Obesity Prevalence Among 3-4 Year olds in the LA County WIC Program



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Obesity Prevalence Among School Children: LAUSD vs. County, 1998-2008



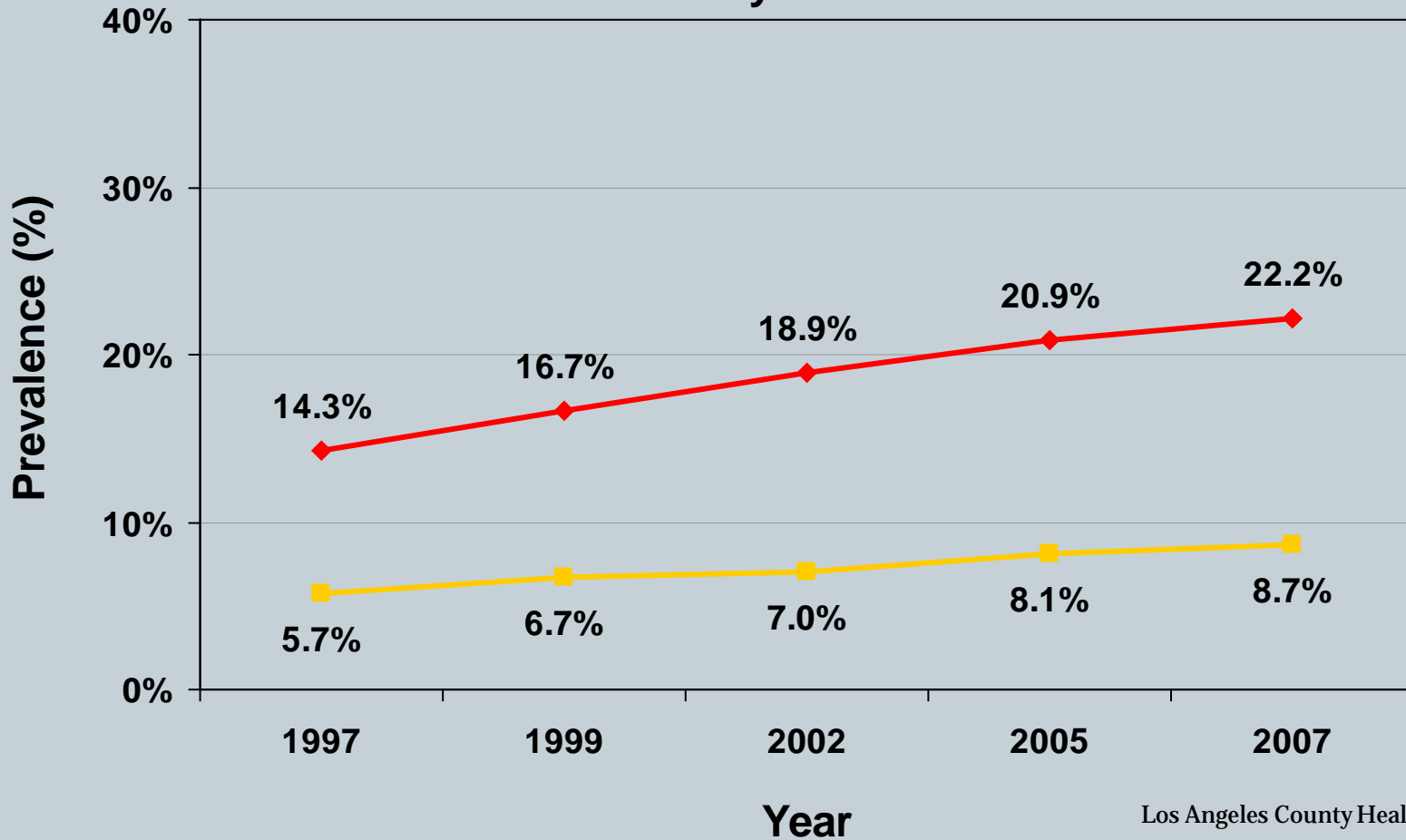
Source: California Physical Fitness Testing Program, California Department of Education. Includes 5th, 7th, and 9th graders enrolled in Los Angeles County public schools.

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Prevalence of Obesity and Diabetes Among Adults, LA County 1997-2007

—◆— Obesity —■— Diabetes



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Economic Costs of Overweight, Obesity & Physical Inactivity Among Adults in LA County, 2006

	Overweight and Obesity Billions	Physical Inactivity Billions
Health Care	\$3.60	\$2.39
Lost Productivity	\$2.38	\$3.51
Total:	\$5.98	\$5.90

Total Cost:

\$11.88 BILLION

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Cities/Communities with Lowest and Highest Childhood Obesity Prevalence, 2005

Top 10*

Bottom 10*

City/Community Name	2005 Youth Obesity Prevalence (%)	Rank of Economic Hardship (1 - 128)	City/Community Name	2005 Youth Obesity Prevalence (%)	Rank of Economic Hardship (1 - 128)
Manhattan Beach	4.2	2	Cudahy	29.4	123
Palos Verdes Estates	6.3	5	West Whittier-Los Nietos	29.7	81
Beverly Hills	6.9	19	West Puente Valley	30.0	90
San Marino	7.1	15	Bell	30.2	115
Agoura Hills	7.3	10	Willowbrook	30.5	116
Calabasas	8.0	8	Huntington Park	30.6	122
South Pasadena	9.0	17	East Los Angeles	31.9	117
La Canada Flintridge	11.4	18	Florence-Graham	32.0	128
Rancho Palos Verdes	11.6	13	San Fernando	32.9	103
Arcadia	12.3	35	Maywood	37.4	121
Average 10 lowest	8.0%		Average 10 highest	31.5%	

*Table excludes cities/communities where number of students with BMI data < 500.

Source: California Physical Fitness Testing Program, California Department of Education. Includes 5th, 7th, and 9th graders enrolled in LA County public schools.

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Community Action Plan

- 1) Adopt healthy food and beverage policies in eight cities
- 2) Adopt healthy food/beverage policies in three L.A. County departments
- 3) Improve school meal nutrition in four local districts, including LAUSD
- 4) Adopt nutrition and physical activity guidelines for preschools
- 5) Adopt policies to support breastfeeding in county and private firms
- 6) Increase teacher capacity to implement physical education requirements
- 7) Adopt or strengthen joint-use policies in school districts
- 8) Adopt land use policies to increase pedestrian activity and biking

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Partnerships are key

- Policy change requires political will and community support
- Can't do this work alone
- Momentum is building for a healthier environment
- **YOUR SUPPORT IS CRITICAL!**



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Contact Information

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Introduction

Promoting physical activity to help curb obesity in L.A. County



Definition of Healthy Design

Features of the built environment that promote physical activity in the form of walking, bicycling and exercise

Principles

- Safety
- Convenience
- Pleasantness

Healthy Design Features

Creating safe, convenient and pleasant places



1. Pathways and trails

Trail thru-access



Thru-connections for cul-de-sacs

2. Mix of land uses



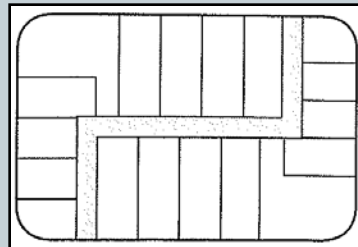
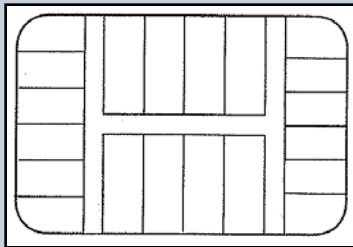
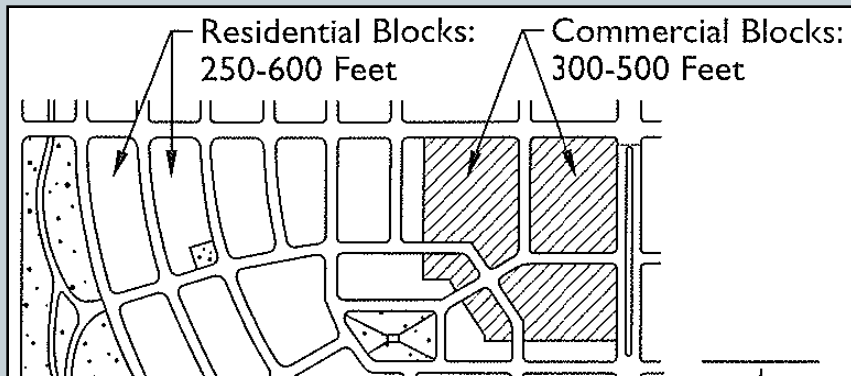
Mixed uses within buildings and block

Healthy Design Features

Creating safe, convenient and pleasant places



3. Block design



Maximum block perimeters

4. Street design

Charlotte, NC



New public, private street standards

Healthy Design Features

Creating safe, convenient and pleasant places



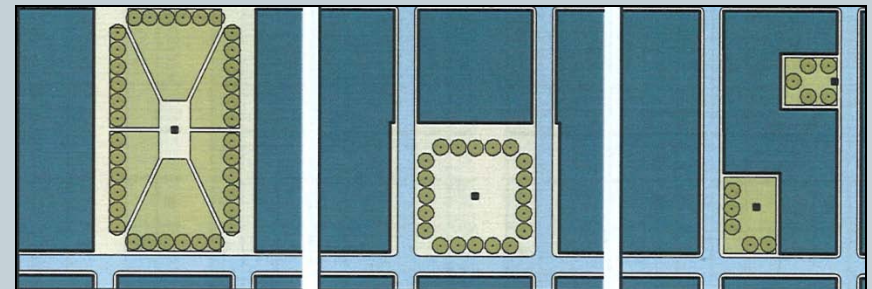
5. Transit facilities

New York City



Bike amenities near transit

6. Parks/civic spaces



squares

plazas

playgrounds

Smaller decentralized spaces

Healthy Design Features

Creating safe, convenient and pleasant places



7. Buildings

Old Town Pasadena



Minimum 2 stories, minimal setback

8. Landscaping



Berkeley, CA

Appropriate type, interval for shade

Healthy Design Features

Creating safe, convenient and pleasant places



9. Parking



*Trader
Joe's
(Chicago)*



Cars in back, bikes in front

10. Walls, fences, porches



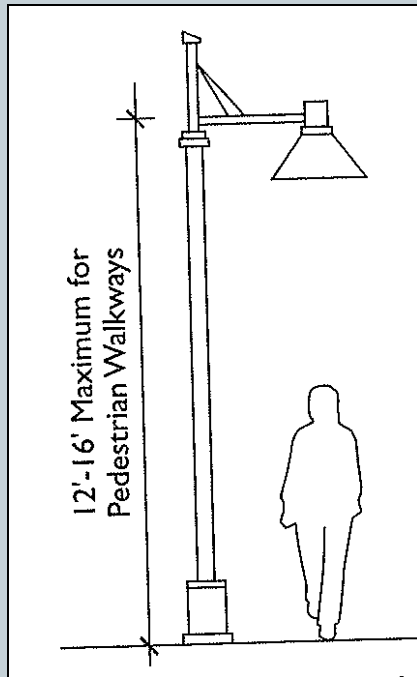
Clearly defined public, private space

Healthy Design Features

Creating safe, convenient and pleasant places



11. Lighting



Shorter, lower wattage, more frequent

12. Signs

London



Smaller size near sidewalks

Alta Planning + Design

Project Consultant



Work Products

- Case study review
- Healthy design best practices
- Environmental assessment
- Cost analysis
- Healthy communities report

Conclusion

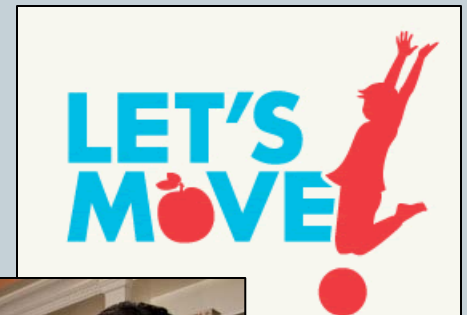
A healthier, more sustainable L.A. County



State and County Initiatives

By encouraging more connected, pedestrian and bike-friendly neighborhoods, project supports implementation of the following Federal, State and County initiatives:

- White House Task Force on Childhood Obesity
- AB 32 (Global Warming Solutions Act)
- SB 375 (Steinberg Act)
- AB 1358 (Complete Streets Act)
- Countywide General Plan Update
- Countywide Master Trails Plan Update
- TOD Ordinance Update
- Mixed Use Ordinance



let's complete america's streets

Staff Recommendation

A healthier, more sustainable L.A. County



Initiate amendments to Title 21 and Title 22 for the Healthy Design Ordinance



Project Team: Susie Tae, Josh Huntington, Jodie Sackett