Health

A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

WHO
Social Determinants of Health

Health Care
20%

Source: CountyHealthRanking.org
Social Determinants of Health

Health Care  
20%

Physical Environment  
10%

Healthy Behaviors  
30%

Source: CountyHealthRanking.org
Everyday experiences are everything.

“We only spend maybe 30 minutes a year with a doctor. The other 365 days, 24/7, we spend outside the hospital.”

Leanna Wen, Baltimore City Health Commissioner
Physical Environment
Health

A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

WHO

Healthy Neighborhoods

Places that contributes to physical, mental and social well-being
Different places contribute to different health outcomes

Unhealthy Places ≠ Healthy Places
Trends in planning for health: Yesterday

- Obesity rates
- Healthy eating and active living (HE/AL)
- Built Environment

https://healcitiescampaign.org/
Social Determinants of Health

- Social & Economic: 40%
- Healthy Behaviors: 30%
- Health Care: 20%
- Physical Environment: 10%

Source: CountyHealthRanking.org
Systems, Policies, and Norms

- Regulations, Law enforcement, City Services
- Market demand, investment trends
- Clean air, water, soil, biodiversity, Climate
- Safety, trauma, community
- Childcare, senior care, mental health support, violence prevention
- Bias, equality, art, media representation
## History of Inequitable Laws, Policies, Practices

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<th>Discriminatory housing policies</th>
<th>Redlining</th>
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<td>Racial covenants</td>
<td>Infrastructure Disinvestment</td>
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<td>Highway Construction</td>
<td>School District Segregation</td>
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Place, race, wealth, and health are linked.
Baltimore

1. Park Heights Neighborhood
   - Median home price: $25K–$90K
   - Unemployed: 13%–17%
   - Income: Less than $40K
   - No vehicle available: 39%
   - Distance from supermarket: More than ½ mile
   - Bachelor’s degree: 14%
   - Students with a suspension: 6.6%
   - Rate of violent victimization: More than 40 per 1,000 persons
   - COPD: 10%
   - Coronary heart disease: 9%
   - Life expectancy: 67–69 years

To learn more, see ChangeLab Solution’s
Long-Range Planning for Health, Equity & Prosperity

2. Guilford Neighborhood
   - Median home price: $465K–$590K
   - Unemployed: 3%–5%
   - Income: More than $120K
   - No vehicle available: 3%
   - Distance from supermarket: Less than ½ mile
   - Bachelor’s degree: 33%
   - Students with a suspension: 1.4%
   - Rate of violent victimization: Less than 20 per 1,000 persons
   - COPD: 5%
   - Coronary heart disease: 4%
   - Life expectancy: 79–90 years
Trends in planning for health: Today

- Structural inequities & discrimination
- Shifting “upstream” to systemic issues
- Beyond health to equity
Health Equity
No person is disadvantaged in attaining their full health potential because of systemic or structural issues such as social [or economic] position, education, employment, housing, income, or self-determination.

Environmental Justice
“the fair treatment of people of all races, cultures, and incomes with respect to the development, adoption, implementation, and enforcement of environmental laws, regulations, and policies.” State of CA Assembly Bill No.1628
Differences in community prosperity and health are rooted in 5 Fundamental Drivers of Inequity.
Comprehensive Plans can address the social determinants of health and equity.
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Comprehensive Plans can address the social determinants of health and equity.
The State of California now requires cities to address Environmental Justice in their General Plan to reduce the unique or compounded health risks in disadvantaged communities.
Step 1: Identify Disadvantaged Communities

Poor Environmental Conditions
High levels of environmental hazards that can lead to negative public health effects, exposure, or environmental degradation.

Socially or economically burdened groups of people
Concentrations of people that are of low income, high unemployment, low levels of homeownership, high rent burden, sensitive populations, or low levels of educational attainment.

CA State definition of Disadvantaged Community per SB1000
Step 2: Understand the “compounded health risks” in identified neighborhoods
Step 3: Plan for Health Equity / Environmental Justice
## How do planners play a role in shaping health and equity outcomes?

### Engagement
- Inform & consult
- Involve
- Collaborate & empower
- Follow-up

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<th>Surveys</th>
<th>Workshops, charettes, CAC</th>
<th>Hearings</th>
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### Planning
- Learn & evaluate
- Envision
- Draft & Adopt Plan
- Act

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### Capacity Building
- Convene
- Collaborate
- Coordinate

### Stakeholders & Partners
- Community
- Advocates
- Organizers
- Elected Officials
- City Staff & Consultants
- Stakeholders
- Partners

The content of planning policies + the process of creating, adopting, and implementing them.
Equity in comprehensive plans across the country
Memphis, TN

1. Priority neighborhoods defined using an equity lens
2. Neighborhood asset-based strategies
Dubuque, IA

1. A local network of community leaders dedicated to advancing justice and social equity
2. Community Equity Profile informed comprehensive plan policies
3. Equity is woven throughout the plan
1. Policies organized by both goals and topics
2. Goals include “Eliminate Disparities” and “Equitable Civic Participation System”
3. Civic Engagement based on a set of adopted core principles
Denver, CO

1. Equitable, Affordable, and Inclusive Element
2. Health and equity also woven through other elements
3. The city uses an equity atlas to prioritize where to allocate resources for planning and investment
1. The results of a Growth and Equity Analysis was used to shape the Plan’s preferred pattern of growth
2. Equity is woven throughout the plan
3. Community engagement-driven neighborhood snapshots
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Timeframes of Change

Long
Systemic Equity

Medium
Some Equitable Plans & Processes

Short
Making Equitable Decisions
1. Complete Park
2. Complete Streets
3. Healthy Housing
4. Healthy Food Retail
5. Worksite Wellness
6. School Wellness
Disclaimer

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