Health Chapter Comprehensive Plan

3rd Meeting:

Policy Development

Purpose Statement

- *The purpose of this community effort is to create a Health Chapter in the City of Eau Claire's Comprehensive Plan to help improve human health relative to our built environment.*

Eau Claire Health Chapter
Comprehensive Plan

- Community Development
  - Planning
    - Application Forms
    - Citizens Advisory Committee
    - Comprehensive Plan
      - Health Chapter - Eau Claire Comprehensive Plan
    - Conceptual Plan Alternatives
    - Historic Preservation
    - Planning Division
    - Neighborhoods
    - Other Plans
    - Redevelopment Area
    - Resource Links
    - Zoning Board of Appeals
    - Zoning Maps
    - Zoning Ordinances
  - Sustainability

Health Chapter - Eau Claire Comprehensive Plan

The City of Eau Claire will be developing a new Comprehensive Plan Chapter related to the promotion of human health in the built environment (places shaped by man). Sidewalks, bike trails, parks and community food gardens in a city are examples of how the built environment can play a positive role in reducing health risk factors. The Centers for Disease Control and Prevention says that today, 7 out of the 10 leading causes of death in the U.S. are chronic diseases (heart disease, stroke, diabetes, cancer, obesity, and arthritis) and almost 50% of Americans live with at least one chronic illness. Treatment for people with chronic conditions accounts for more than 75% of the $2 trillion spent annually on medical care in U.S.
In Eau Claire County, between 2000-2002 the Eau Claire City-County Health Department estimates that 55% of the County's population was either overweight (32%) or obese (23%). In 2008, 29% of children were either overweight or at risk. Eau Claire County recently ranked 56th out of 72 counties in the 2012 County Health Rankings for a quality built environment. The ranking gives pause to consider why and to ask deeper questions in order to reach possible solutions. Accordingly, that is what this planning effort is all about! We hope the community and all stake-holders from the general public, health and design professionals, and others take part in this exciting project to help make Eau Claire an even more healthy place.

EAU CLAIRE COMPREHENSIVE PLAN – HEALTH CHAPTER PROCESS

The planning process will involve four public meetings which staff will facilitate. An Advisory Committee, representing key members of the community, has been formed to help shape the chapter. All four public meetings will take place from 7 p.m. to 9 p.m. at Royal Credit Union's Corporate Headquarters at Phoenix Park, in the 1st floor "Eau Claire River Room". Under each meeting topic below, there is a set of supporting documents you can download. This includes the agenda and relevant material.

Meeting 1: Organize & Educate, September 18th
Review Material: Agenda, Comprehensive Plan Baseline Policies, Presentation, Neighborhood Health Screening Worksheet

Meeting 2: Identify Important Issues, October 18th
Review Material: Agenda, Issues Memo, Screening Summary

Meeting 3: Develop Policies & Actions, December 18th
Review Material: Agenda, Committee Memo, Issues Summary, Supporting Docs., Policy Research

Meeting 4: Review Draft Chapter, January 31st, 2013
Review Material: TBA

Internet 100%

Lessons Learned

12/6/2012

WELCOME!

Wisconsin Active Community Action Institute

WISCONSIN
NUTRITION, PHYSICAL ACTIVITY & OBESITY PROGRAM

APA WI

Change the Conversation

- Mark Fenton on the epidemic of obesity:

*"It's not just an obesity epidemic. It's twin epidemics of physical inactivity and poor nutrition."**

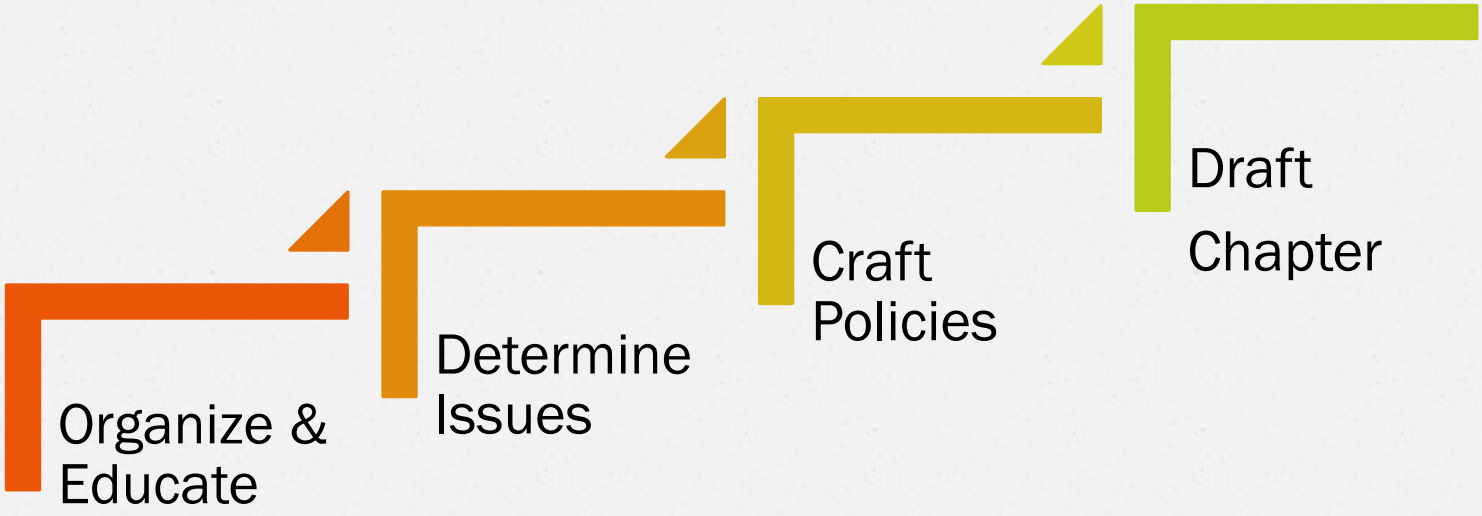
(*two of the three biggest drivers of skyrocketing healthcare costs)

Healthy Community Design

- **Five elements of healthy community design**
  - Mix of destinations (homes, stores, parks, schools, etc.)
  - Pedestrian, bicycle and transit network
  - Site/building design that is human-friendly
  - Safety and access
  - Healthy affordable food

http://activelivingresearch.org

Chapter Process



Homework

- Issues & Supporting Docs. (5)
  - Issue Summary
  - ACHIEVE's Community Assessments
  - County Health Needs Assessment
  - Park's 2011 Survey
  - Staff's Input
- "Health Chapter Policy Research for the City of Eau Claire" by UW-Madison grad student

Six Topic Areas

- Active Living/Physical Activity
- Food & Nutrition
- Land Use/Housing/Transportation
- Crime & Safety
- Drug Use
- Environmental Exposures

Issues Covered

- Increasing bicycle and pedestrian travel
- Increasing Safe Routes to School
- Increasing park development
- Increasing mixed-use development/density
- Increasing green buildings and clean energy
- Improving water quality

Priority Issues

<u>Active Living/Physical Activity</u>

- Received less attention at Oct. 18th mtg.
  - Mainly because much groundwork has been already laid
- Therefore, reference & continuing existing policies in 2005 Comp. Plan, Bike & Pedestrian Plan, Safe Routes to School, Park's 5-Year Plan, etc.
- Could improve "Active Community Environments" (ACEs) (e.g. joint use facilities, "EauClaireFit" info website)
- Worksite/School Wellness Initiatives – physical activity (e.g. Chamber, program, etc.)

Priority Issues

<u>Food & Nutrition</u>

- Encourage sustainable business development for food production
- Access to fast food is too easy
- Promote “farm-to-school”/“to-work” programs
- Encourage urban agriculture
- More community gardens
- Research food deserts

Priority Issues

<u>Land Use/Housing/Transportation</u>

- Health Impact Assessments (HIA) to screen future developments/projects/plans for their health impact.
- Increase quality/enforcement on rentals (e.g. licensing)
- Include a mix of life-stage housing (e.g. granny-flats).
- Improve health in workplaces/schools.
  - Health/green building codes which may exceed existing construction codes.
- Consider commuter programs (e.g. transit)/incentives to reduce vehicle-miles-traveled (VMT) within city.

Priority Issues

<u>Crime & Safety</u>

- Safety and crime prevention policy (e.g. reducing potential for criminal activity, traffic violations like speeding, protecting pedestrians/bicyclists, children and people with disabilities).
- Improve lighting to increase security/usage of trails and parks, especially during winter months.

Priority Issues

<u>Drug Use</u>

- Research relationships related to the density of alcohol-selling establishments and associated health impacts/crimes. Regulate or program more if strong correlations exist.
- More options for safe rides (alcohol-related)
- Tobacco regulations to eliminate second-hand smoke in parks and in apartments.

Priority Issues

<u>Environmental Exposures</u>

- Possible noise and air quality ordinances (e.g. sand mining, adjacent land uses).
- Emergency Preparedness/adaptation measures related to natural catastrophes, or warming trends (e.g. floods, designate "cooling centers", climate change impacts).

Next Steps Tonight

1. Form sub-groups
2. Talk about the issues you think are important enough to address with new policy.
3. Recorder writes these issue with policies down on paper
4. Report back to full committee
5. Discuss any similarities, trends or items of interest

Crafting Policies

<u>Remember</u>: To help improve human health in the built environment.

**Be as broad or specific as you want.*

- What should the City do to learn more first?
- What should the City do educate?
- What should the City do to partner?
- What should the City do to program?
- What should the City build?
- What should the City do to regulate?

Last Steps in Process

- Plan Commission (PC) will review the draft chapter on January 14th at 7 p.m.
- Committee's final meeting, January 31st @ RCU, 7 p.m. to 9 p.m.
  - Review draft chapter from the input you gave in your policy meeting and the PC's direction

Contact Info

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