



Health Chapter Comprehensive Plan

2nd Meeting: Issue Development

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

Submit Information/Comments

Submit [here](#) comments, issues, ideas, and the Neighborhood Health Screening Worksheet if you choose to complete it as part of the first meeting's task. If you cannot make the meetings, you can submit your ideas anytime. You may also call Associate Planner, Ned Noel, at 715-839-4914 [or](#) with any questions or comments.

Learn More:

[Take the Eau Claire County Community Health Improvement Plan Survey](#)

[Nutrition, Physical Activity and Obesity Prevention State Program](#)

[Eau Claire City-County Health Department](#)

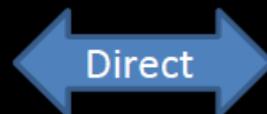
Purpose Statement

o 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.

THE RELATIONSHIP

Planning Issues

- Disconnected Land Use Patterns
- Land Fragmentation (Loss of farmland, open space, wetlands, etc...)
- Low Density
- Auto-Exclusive
- Auto Dependency
- Congestion
- Trail/Sidewalk Gaps
- Limited Choices
- Failing Infrastructure



Health Issues

- Physical Inactivity
- Poor Diet & Nutrition
- Mental Health Issues
- Decreased Social Capital
- Poor Air Quality
- Increase in Car Crashes
- Increase in Bike/Ped Injuries
- Poor Water Quality
- Obesity
- Increase in Health Care Cost

Screening Worksheet Results

o Physical Activity/Active Living

- o 1/3 said they are not able to walk or bike to work or do errands in their neighborhood.
- o 2/5 said city parks are not adequately developed in their neighborhood to encourage usage or they did not know for sure.
- o 2/3 said they did not know where their child's Safe Route to School was located.

o Food/Nutrition

- o Almost 3/4 said their child's school is located where fast food restaurants and gas-station convenient stores abound.

Screening Worksheet Results

o Housing/Land Use/Transportation

- o 2/5 said their neighborhood does not contain a variety of housing options for differing life- stages and socio-economic backgrounds.
- o 1/4 said City bus routes are not within convenient access from their home/workplace.

o Crime/Safety

- o 1/3 said there are places they know that lend themselves to potential loitering, panhandling and crime.
- o 3/4 said there are intersections they know of that are very dangerous and lack safety measures such as pedestrian crossing signs, crosswalks, audible crossing signals, etc.
- o 2/3 said public infrastructure (sidewalks, streets, trails, etc.) are not designed in their neighborhood where people with disabilities can use them (i.e. audible sounds, textured surfaces, ramps, etc.)

Screening Worksheet Results

o Drug Use

- o 1/10 said they find second-hand smoking in the parks they frequent a reoccurring problem.
- o 1/10 said that the concentration or amount of alcohol selling-establishments in their neighborhood is causing health problems/crime.

o Environmental

- o Less than 1/3 said there are problem areas in the city that have higher levels of ambient heat
- o 1/4 said exposure to other pollutants such as water, light, noise, lead, landfill, etc.) is a concern.
- o 2/5 said their workplace has occupational hazards such as unclean air, mold, concern of fire, lack of daylight, etc.



To what extent does the community?:

	2010		2011	
	Policy Response #	Environment Response #	" "	" "
3. Require bike facilities (e.g., bike boulevards, bike lanes, bike ways, multi-use paths) to be built for all developments	2	2	3	2
5. Maintain a network of walking routes (e.g., institute a sidewalk program to fill gaps in the sidewalk)?	2	3	5	3
6. Maintain a network of biking routes (e.g., institute a bike lane program to repave bike lanes when necessary)?	5	3	5	3
7. Maintain a network of parks (e.g., establish a program to repair and upgrade existing parks and playgrounds)?	5	4	5	4
8. Provide access to parks, shared-use paths and trails, or open spaces within reasonable walking distance of most homes?	5	4	5	4
9. Institute mixed land use?	5	3	4	3
10. Require sidewalks to comply with the Americans with Disabilities Act (ADA)	5	4	5	4
11. Provide access to public recreation facilities (e.g., parks, play areas, community and wellness centers) for people of all abilities?	5	4	5	4
12. Enhance access to public transportation (e.g., bus stops, light rail stops, van pool services, subway stations) within reasonable walking distance?	5	4	5	4
13. Provide street traffic calming measures (e.g., road narrowing, central islands, speed bumps, etc.) to make areas where people are or could be physically active (e.g., walk, bike) safer?	5	3	5	3
14. Adopt strategies (e.g., neighborhood crime watch, lights) to enhance personal safety in areas (e.g., playgrounds, parks, bike lanes, walking paths, neighborhoods)	1	4	1	4
COLUMN TOTAL:	56	49	60	49
PHYSICAL ACTIVITY SCORE:	80%	71%	86%	71%

Community Health Needs Survey Results

Top Health Areas that are most in need of improvement
in Eau Claire County (in no particular order):

- o Physical activity
- o Healthy nutrition
- o Mental health
- o Alcohol and drug use

Community Health Needs Survey Results

Community Needs Assessment Survey revealed these issues:

- o Lack of neighborhood grocery stores with fresh/whole food
- o Would like more transportation options for safe rides (alcohol related)
- o Rivers/lakes used for fishing, swimming and play are not always safe
- o Many workers not satisfied with the building conditions they work in
- o Too many trails across roadways – EC motorists are not biker friendly
- o Would like to see more downtown activities and businesses that can be walked to
- o More trails/paths
- o Trail/path maps
- o Ability to use a school or nearby building for exercise
- o More public exercise equipment
- o Alcohol is easily available
- o Secondhand smoke is an issue outdoors and in living spaces

Next Steps Tonight

1. Form sub-groups
2. Talk about the issues you think important
3. Recorder writes these issues down on sheets
4. Post sheets on wall and report
5. Discuss the similarities
6. Place your sticky dots on the sheets
7. Note interesting outcomes

Framing the Issues

Remember: To help improve human health in the built environment.

- o What should the City do _____?
- o Should the City study _____ to learn more for possible further action?
- o Should the City consider _____?

Next Meeting

- **December 18th @ RCU, 7 p.m. to 9 p.m.**
- **Take issues to form goals and policy considerations (answer the questions)**

Contact Info

- o City of Eau Claire Community Development Department
 - o Darryl Tufte, Director
 - o Ned Noel, Associate Planner
 - o Both @ 715.839.4914
- o City/County Health Department
 - o Shayna Schertz, Community Health Educator
 - o @ 715.839.4729