Land Use & Health Fundamentals

Ohio Department of Health
Creating Healthy Communities Webinar Series
Thursday March 21, 10:00 – 11:00
Agenda

- Introductions
- Upcoming Events
- Land Use and Health 101
- Land Use and Environmental Design Strategies
- Implementation
- Equity Considerations
- Q&A
Introductions

Presenter: Michael Blau AICP
Project Planner, Toole Design Group
Funding Support

- Centers for Disease Control and Prevention
- Division of Nutrition, Physical Activity and Obesity
Upcoming Events

Webinars
- May 22 – Small town/rural land use policies and public health outcomes
- June 13 – Urban land use policies and public health outcomes

Workshops
- May 14 – Independence
- June 19 – Dayton
- July – Marietta
- August – Lima
- August – Central Ohio
- September – Southern Ohio
Land Use and Health Best Practices Report

- Land use 101
- Ohio case studies
- Implementation toolkit
- Equity considerations
What is your experience with land use?

Go to menti.com and use the code 64 45 6

Remember to click “submit” when your response is ready.
Land Use and Health 101
Land Use 101

- Land use is the practice of how communities manage and modify their physical space.
- Its main purpose is to ensure a community’s economic, social, and environmental strength.
Land Use 101

- Land use policies can determine where different kinds of activities, such as living, working, and recreating, best fit in a community.
- These policies can also regulate how buildings and sites should be laid out and configured.
Land Use 101

- In Ohio, land use is the responsibility of village, township, city, or county governments.
- Decisions about land use are often made as part of an extensive public process with input from community members.
The Intersection of Land Use and Public Health

- Land use planning is a crucial opportunity for local governments to shape public health outcomes.
- It shapes the way that people live, what forms of transportation are available to them, and what amenities they can access.
Land use determines whether I can walk to the grocery store...
…or whether I drive
The Intersection of Land Use and Public Health

- Land use can also affect environmental health.
- Allowing noxious land uses to locate near residential areas can cause major hazards to community health.
Health issues in different land use contexts

- Suburban: Areas outside large or medium-sized cities
- Small Town/Rural: Small towns, villages, isolated development
- Urban: Large or medium-sized cities
Health issues in different land use contexts

**Urban**
- Large or medium-sized cities

**Suburban**
- Areas outside large or medium-sized cities

**Small Town/Rural**
- Small towns, villages, isolated development
### Health issues in different land use contexts

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<th>Common Health Challenges</th>
<th>Urban</th>
<th>Suburban</th>
<th>Small Town/Rural</th>
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What type of community do you live in?

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Remember to click “submit” when your response is ready
What health challenges does your community face?

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Remember to click “submit” when your response is ready
4 tools to impact public health with land use

- Design to increase physical activity
- Design for mental health
- Design for children
- Design for environmental justice
Design to increase physical activity

- Encourage physical activity by making it safe, easy, and comfortable to walk or bicycle for both recreation and transportation.
Design for mental health

- Improve residents’ access to parks, recreation centers, or community facilities.
- This strategy gives people:
  - Recreational activities
  - Contact with nature
  - Increased social interaction
Design for children

- Create opportunities to play in a safe environment by providing parks close to where people live.
- Children who have safe places to play are shown to have faster physical and mental development and to have better health outcomes as adults.
Design for environmental justice

- Land use decisions should not place environmental hazards near historically marginalized populations.
- These groups often have worse health outcomes than the general population.
Land Use and Environmental Design Strategies
Two approaches

- Pedestrian or Bicycle Transportation Systems
  - Street pattern and connectivity
  - Pedestrian infrastructure
  - Bicycle infrastructure
  - Public transit infrastructure and access

- Land Use and Environmental Design
  - Proximity to destinations
  - Mixed land use
  - Residential density
  - Parks and recreational facilities
Two approaches

**Activity-Friendly Routes**

A direct and convenient connection with everyday destinations, offering physical protection from cars, and making it easy to cross the street.

**Everyday Destinations**

Places people can get to from where they live by walking, bicycling, or public transit, i.e. grocery stores, schools, worksites, parks, restaurants, etc.
1. Proximity to destinations

- Place daily needs where people can reach them by foot or bike, such as:
  - Grocery stores
  - Schools
  - Job centers
  - Medical centers
  - Parks

- Make walking useful, safe, comfortable, and interesting.
2. Mixed-use development

- Placing housing, commercial, and public amenities within the same development or even the same building
- Vertical mixed use (housing over shops)
- Horizontal mixed use (housing near shops)
3. Residential density

- Placing homes closer together can create more compact communities.
- Providing a mix of housing types allows people of different ages, household types, and income levels to live in the same community.
New Albany, OH
3. Residential density

- Many communities only allow single-family homes, which makes them more spread out.

- "Missing middle" homes can provide a mix of housing types at a scale that fits into many different kinds of communities.
“Missing middle” house types

- Accessory Apartment
- Duplex
- Townhome
- 2-Over-2 Townhome
- Cottages
4. Parks and recreational facilities

- Ensure that parks and recreational facilities are accessible to residents of all socioeconomic levels.
- Connect parks and recreational facilities to active transportation networks.
Implementation Strategies
Create incentives for healthy development

- Municipalities often locate public amenities at the edge of town where land is cheap.
- Require that public buildings and amenities be located in pedestrian- and bicycle-accessible locations.
Create incentives for healthy development

- Use financial incentives for private development to advance public health goals.
- Focus tax subsidies, special financing, and streamlined permitting in established, compact areas.
Create a land use plan that prioritizes physical activity

- Local municipalities control zoning, development and design review, parking codes, and open space requirements.
- These tools can be used to create better public health outcomes for residents and visitors.
Create a land use plan that prioritizes physical activity

- Zoning changes should prioritize compact, walkable development:
  - Reducing or eliminating building setbacks
  - Parking maximums
  - Removing single-family zoning districts
Create a land use plan that prioritizes physical activity

- Zoning changes should prioritize compact, walkable development:
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Planning and zoning that supports walkable communities

- Allowing mid-rise, mixed-use development along main thoroughfares and transit corridors.
- Creating mixed-use nodes along neighborhood collector streets.
Build relationships with different sectors

- Public health officials
- Transportation officials
- Land use planners
- Local businesses
- Elected officials
- Community members and advocates
Build relationships between public health and land use officials

- Meet them where they are and find common ground
- Speak the language of land use
- Become an expert they trust
Implementation Resources

APA Guidance for Health in the Development Review Process

Healthy Comprehensive Plan Assessment Tool
- http://healthyplanning.org/

Tools & Practices for Land Use Integration - Linking Planning & Public Health

Statewide Transportation Planning for Healthy Communities
Equity Considerations
Negative consequences

- Land use and environmental design strategies that improve health outcomes often have negative consequences for underserved groups.
Negative consequences

- Land use and environmental design strategies that improve health outcomes often have negative consequences for underserved groups.
An equitable approach

- Inclusionary zoning
- Community-led planning
- Inclusive public engagement
What immediate action can you take to improve health via land use strategies?

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Thanks! Questions?

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