

12.11 Healthy Community Design

There are many ways that the City of Prescott supports the health of citizens through municipal planning, projects and policies. To ensure Prescott's future is one where all citizens can live healthy lives, this section follows the General Plan's elements and provides relevant strategies.

Rationale

Health care is an obvious part of maintaining one's health. Recent studies, however, also verify the defining role that social and environmental conditions play in determining the health of individuals and communities. For example, the World Health Organization (2008) found that social and environmental conditions accounted for 55% of what determines the health of individuals when compared with genetics (5%), health care (10%) and personal behaviors (30%).

Consider how individuals could maintain their health over time if they lived in a community where social and environmental conditions were barriers to healthy choices. What if they did not have access to: nutritious food; safe places to walk, bike or exercise; community centers; reliable transportation or good employment?

The vision described in the City of Prescott's General Plan is one for a thriving community. It provides for social, economic and environmental conditions that can make the healthy choice the easy choice for Prescott's residents for years to come.

Recommendations

There are many strategies throughout the General Plan that are known to support healthy communities. The following is an outline of recommended strategies. Each recommendation will also indicate if it is in the General Plan or is an additional strategy.

The recommendations are taken from the *Healthy Community Design Toolkit* (2014). The toolkit is produced by the Healthy Community Design Collaborative, which is made up of Arizona leaders in public health and planning.

Land Use Element

- A provision for mixed-use development—*included*
- Increases in residential densities in targeted areas (TOD and infill development)—*included*
- Connectivity of neighborhoods and diverse land uses—*included*
- Walkability and pedestrian infrastructure and amenities—*included*
- Inclusion of design standards that encourage walkable neighborhoods—*included*
- Bikeability and bicycle infrastructure and amenities—*additional strategy*
- Consideration for the provision of opportunities for community gardens, farmers' markets and urban agriculture—*additional strategy*
- Accessibility to healthy food—*additional strategy*
- Consideration of the use of Health Impact Assessments (HIA) as a tool for measuring the health impacts of policies, programs, and projects—*additional strategy*

Circulation Element

- Adoption of a Complete Streets Policy—*included*
- Transit Oriented Development (TOD)—*included*
- Transportation infrastructure that provides for an interconnected system throughout the community that serves all residents and minimizes/mitigates impacts on neighborhoods—*included*
- Action Plan for Bicycle Friendly Communities—*included*
- Safe Routes to School Programs—*additional strategy*

Open Space Element/Recreation

- Preparation of a Healthy Lifestyle Plan that includes a parks and open space master plan, trails master plan, and other components that contribute to a healthy lifestyle—*additional strategy*
- Walkability standards for access to parks/recreational areas—*additional strategy*
- Recreational programs that address the needs and cultures of community residents—*additional strategy*

Environmental Planning Element

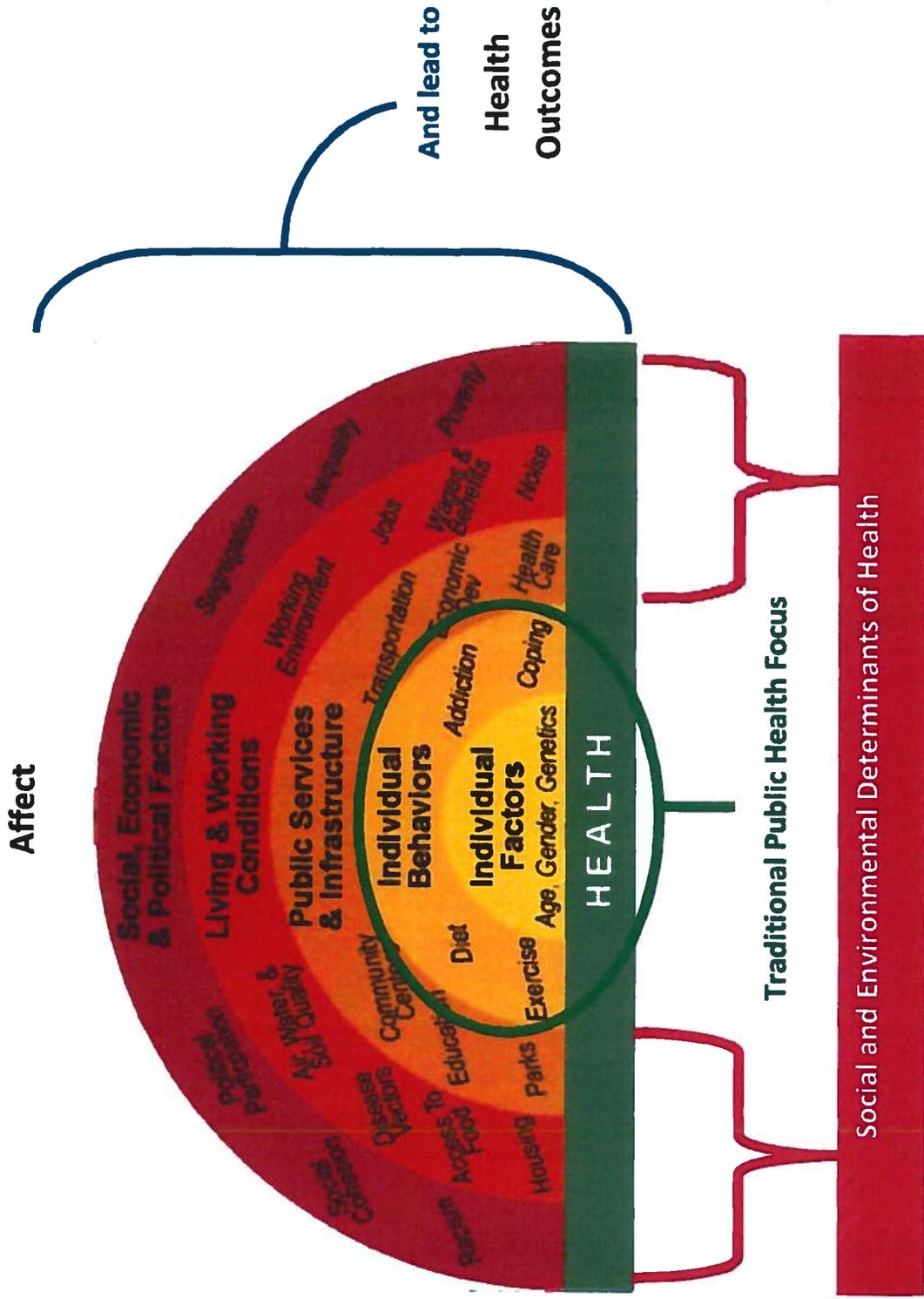
- Strategies for improving air quality—*included*
- Considerations of green building strategies and regulations—*additional strategy*
- Incorporation of LEED building standards for public buildings and for private buildings over a specific size—*additional strategy*
- Preparation of a climate adaptation plan—*additional strategy*

Economic Development Element

- Expand and diversify the local employment base to provide quality jobs—*included*
- Support the emerging recreation and tourism economy by protecting, enhancing and showcasing the natural, cultural and historic resources and asset—*included*
- Promote a range of retail options including regional, neighborhood-serving and street-front retail and grocery stores in mixed-use settings—*included*
- Apply commercial revitalization and business development tools to drive business growth in neighborhoods and help neighborhoods, local business and residents better connect to and compete in the regional economy—*included*
- Encourage a diverse and expanded tax base to protect the community from economic cycles—*additional strategy*
- Develop strategies to attract high-density employers and actively pursue employers that maximize the number of jobs located on a site—*additional strategy*
- Expand partnerships with community-based organizations, foundations, community development financial institutions, business improvement districts and the private sector (generally), to leverage more public investments in neighborhood economic development—*additional strategy*

HIA Asks...

How does the proposed:
Plan, Project,
Policy



What accounts for differences in health?

Genetics (5%) Personal Behaviors (30%) Health Care (10%) Social and Environmental Conditions (55%)

World Health Organization, Commission on the Social Determinants of Health (2008)