

DESIGNWORKSHOP

Asheville

Aspen

Austin

Denver

Salt Lake

Tahoe



CODIFYING HEALTH



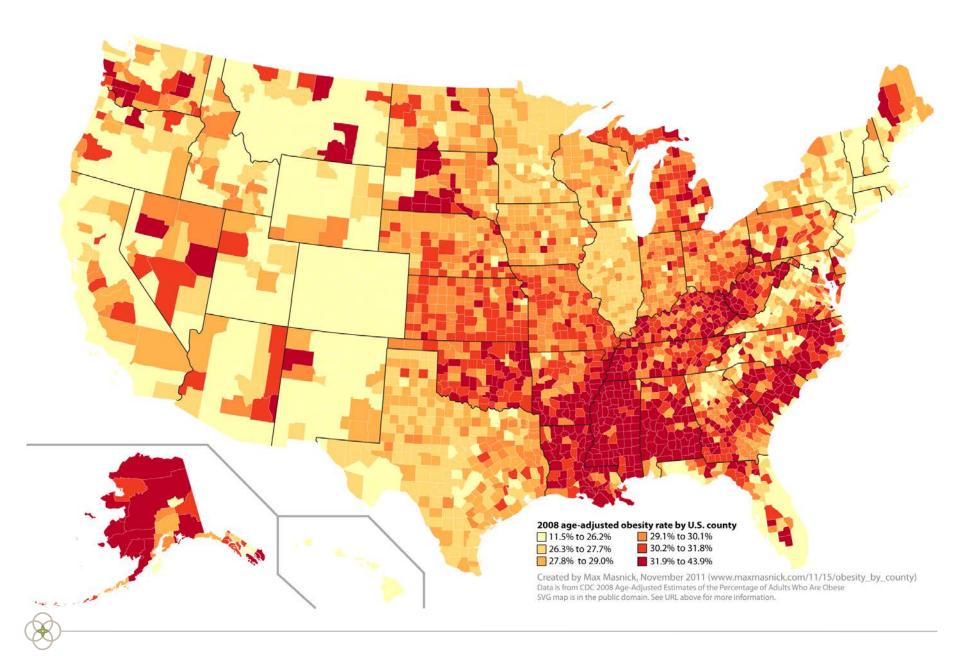


A HEALTH CRISIS





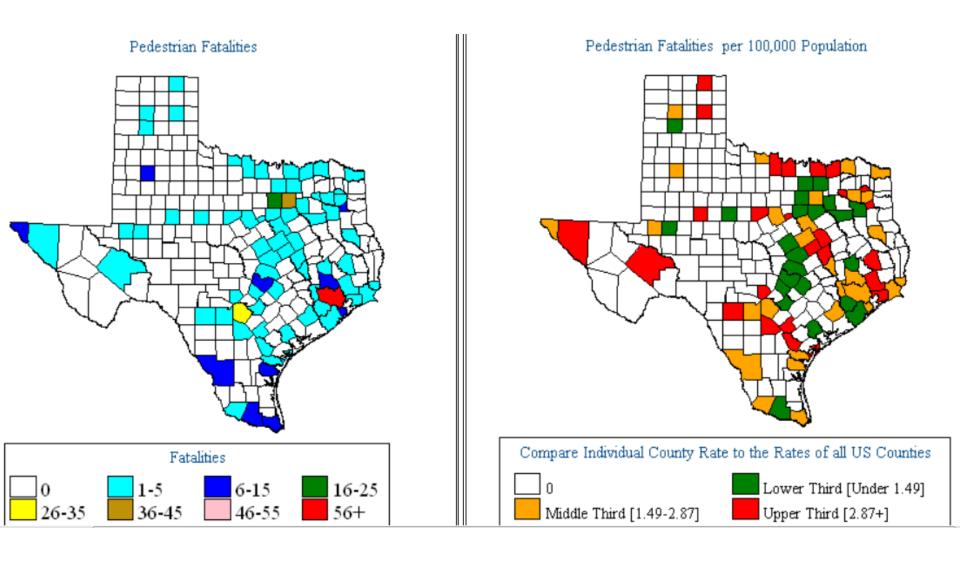
A HEALTH CRISIS



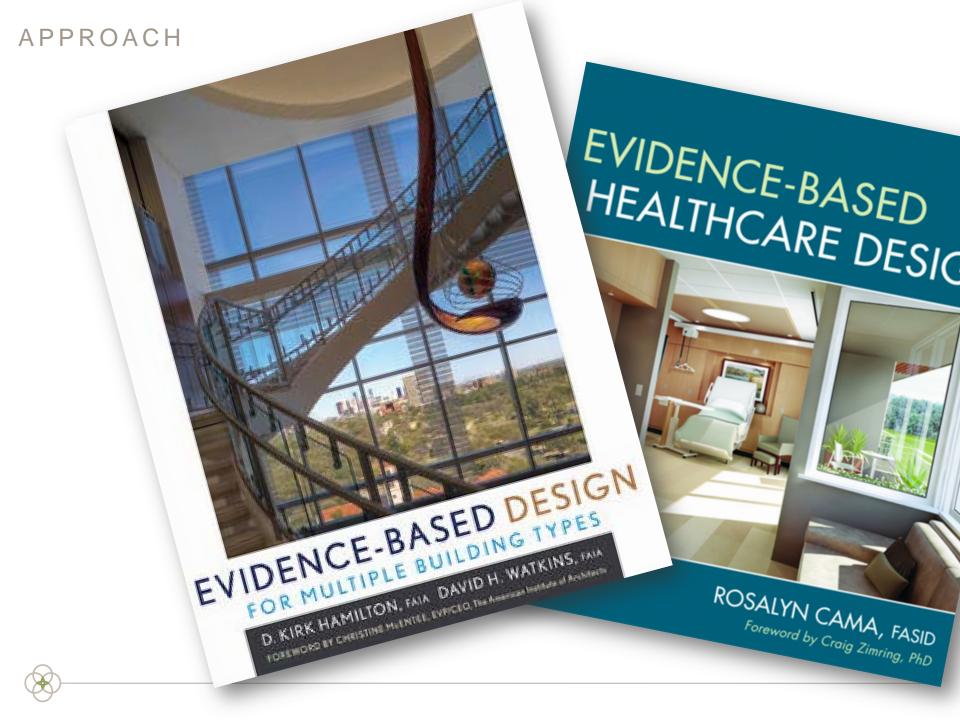
	10 MOST OBESE CITIES IN THE U.S.	ESTIMATED COSTS HEALTHCARE IN MILLIONS
38.8%	MCALLEN-EDINBURG-MISSION, TX	\$411
37.6%	BINGHAMTON, NY	\$131
36.0%	HUNTINGTON-ASHLAND, WV-KY-OH	\$147
35.5%	ROCKFORD, IL	\$179
33.8%	BEAUMONT-PORT ARTHUR, TX	\$183
33.8%	CHARLESTON, WV	\$147
33.5%	LAKELAND- WINTER HAVEN, FL	\$279
33.3%	TOPEKA, KS	\$110
33.2%	KENNEWICK-PASCO-RICHLAND, WA	\$117
32.7%	READING, PA	\$190

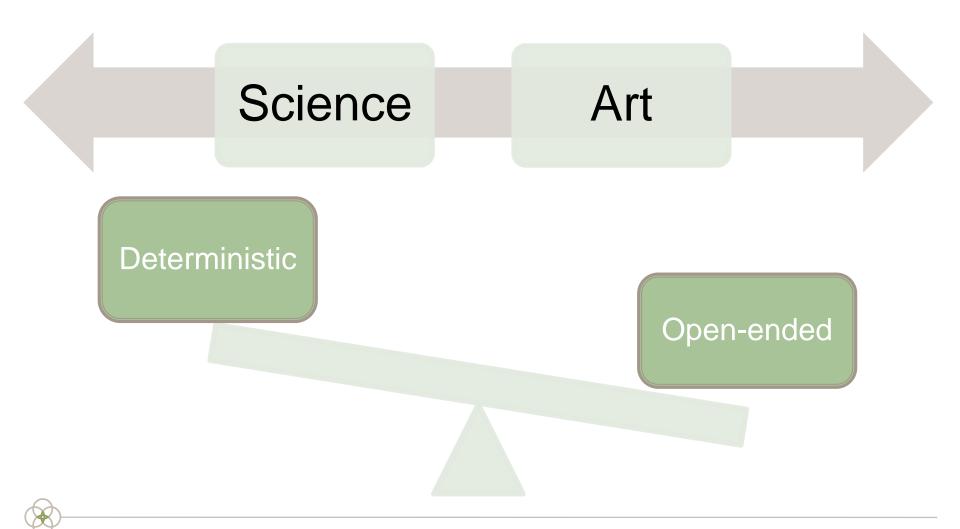


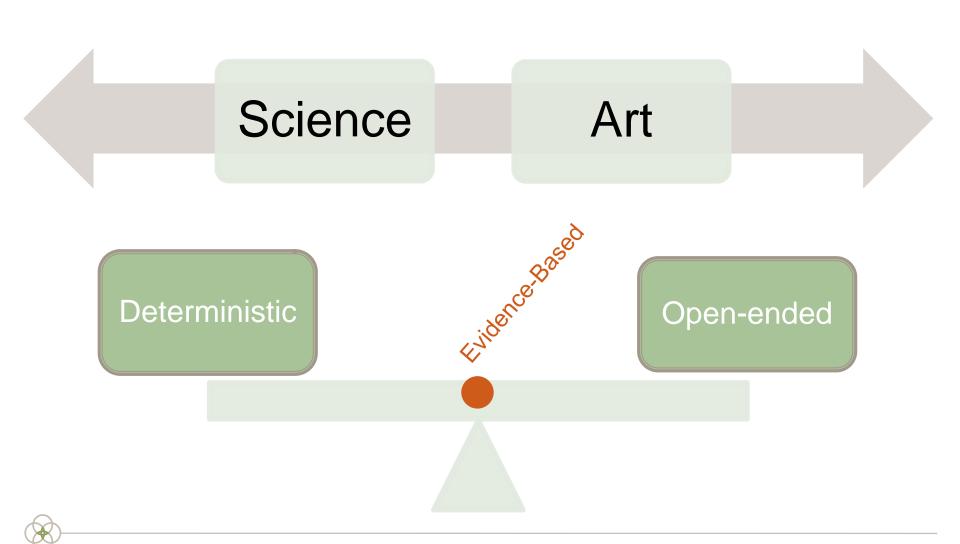
A HEALTH CRISIS











APPROACH

Create a Goal

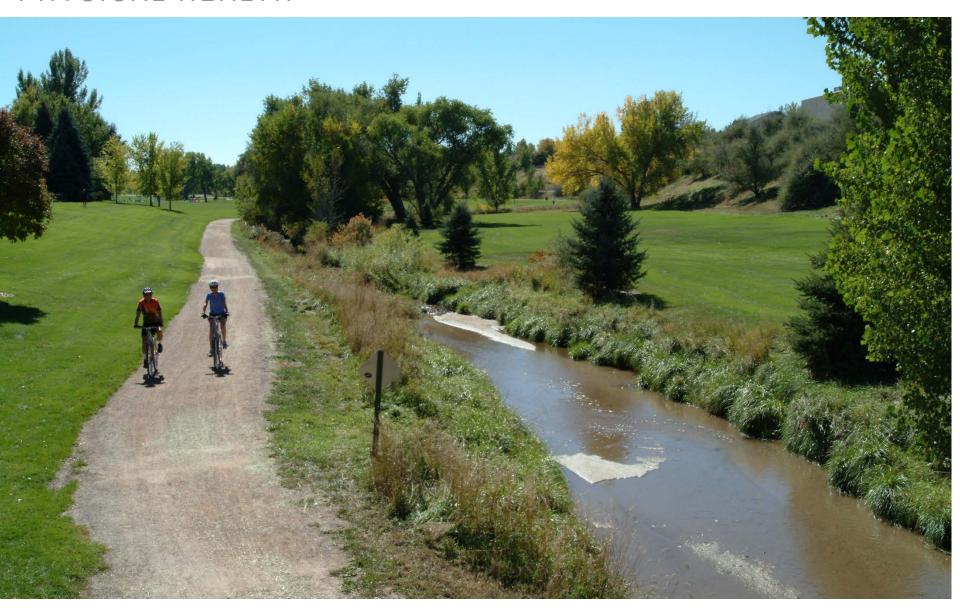
- Measure
- Benchmark
- Target
- Monitor

Identify Barriers

Link Tools



PHYSICAL HEALTH





PHYSICAL HEALTH: LAFITTE GREENWAY



PHYSICAL HEALTH: LAFITTE GREENWAY

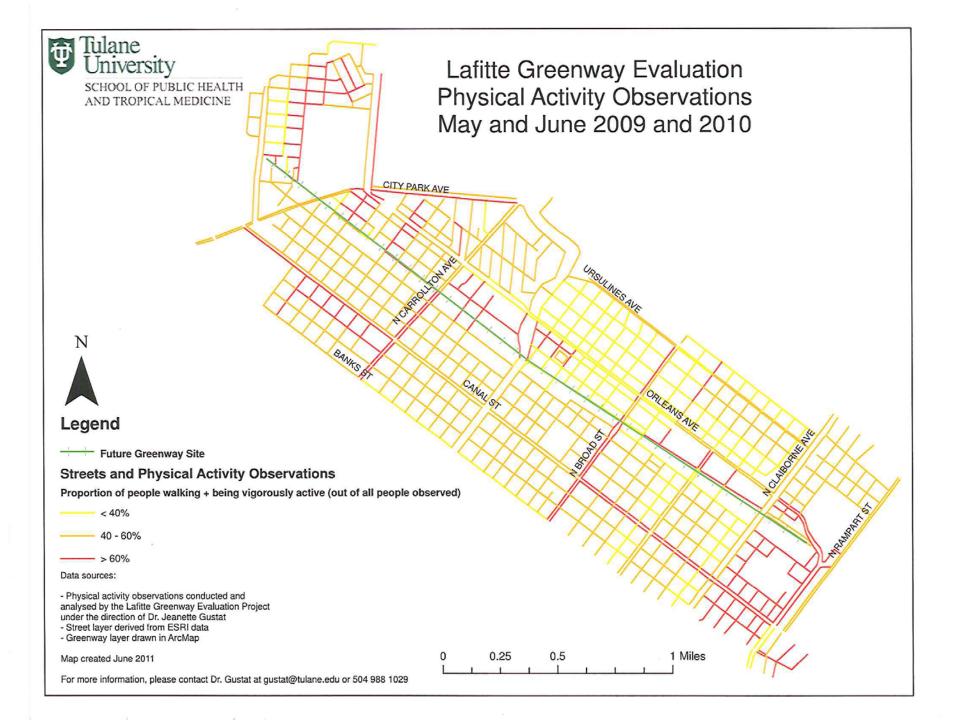


APPROACH

Goal: Increase physical activity of the Corridor.

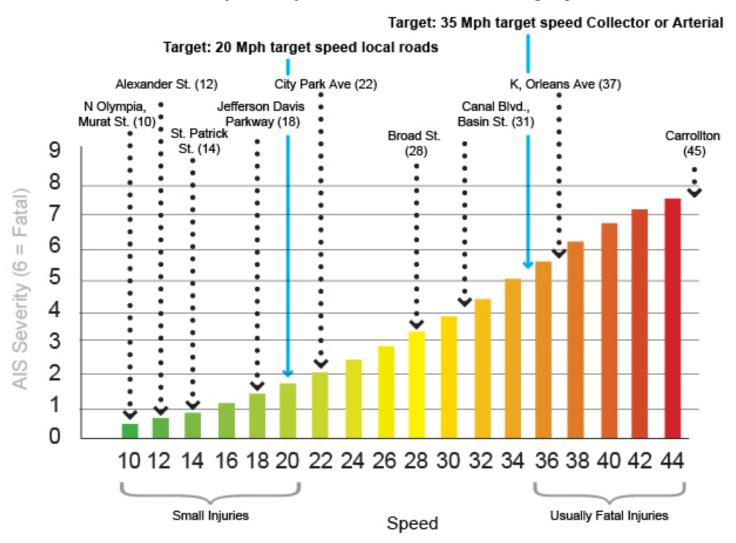
- Measure
- Benchmark
- Target
- Monitor





PHYSICAL HEALTH: LAFITTE GREENWAY

Vehicle Impact Speed vs. Pedestrian Injury in Lafitte





PHYSICAL HEALTH: LAFITTE GREENWAY





BARRIERS TO PHYSICAL HEALTH

- Lack of sidewalks, trails, and safe crossings
- High vehicular speeds
- Pollution
- Lack of land use mix
- Lack of recreation lands
- Poor access to fresh foods
- Lack of perceived safety





APPROACH

Goal: Increase physical activity of the Corridor.

- Measure
- Benchmark
- Target
- Monitor

Barrier: Poor pedestrian accessibility and lack of desirable destinations nearby.



TOOLS TO ENHANCE PHYSICAL HEALTH

- Hold pedestrian & bicycle infrastructure to the same standards as vehicular infrastructure (sidewalk LOS, bicycle parking, parking discounts, etc.)
- Revise thoroughfare plans to include pedestrian considerations (include pedestrian connectivity, reduce crossing distance and block lengths, etc.)
- Strengthen environmental ordinances (tree preservation, water quality, LEED, etc.)
- Allow (and encourage) land use mix (mixed-use zone, form-based codes, etc.)

- Allow for uses that provide fresh produce in all zones (community gardens, farmers markets, etc.)
- Weave CPTED principles into code (glazing at the street level, landscaping ordinances, orientation, etc.)
- Allow for transit-friendly population and employment density
- Increase parkland quantities and improve distribution through tweaks to parkland dedication ordinances



Goal: Increase physical activity of the Corridor.

- Measure
- Benchmark
- Target
- Monitor

Barrier: Poor pedestrian accessibility and lack of desirable destinations nearby.

Tool: Crime
Prevention Through
Environmental Design
(CPTED) strategies,
complete streets and
a greater mix of land
uses.



EMOTIONAL/MENTAL HEALTH





BARRIERS TO EMOTIONAL/MENTAL HEALTH

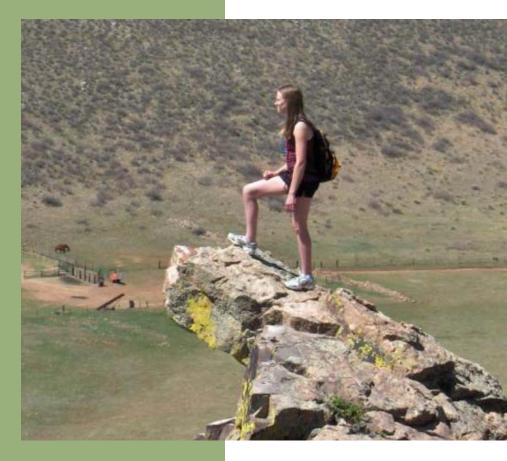
- Isolating environments
- Long commutes
- Lack of affordable housing
- Lack of emergency housing
- Lack of other needed services (day cares, medical facilities, transportation choices, senior centers, etc.)







Finding Connections to the Outdoors for Youth and Families in Larimer County

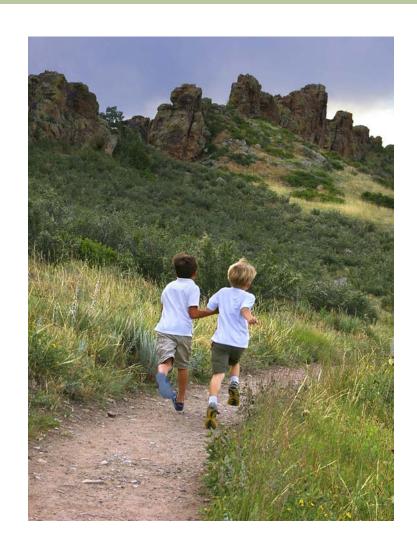




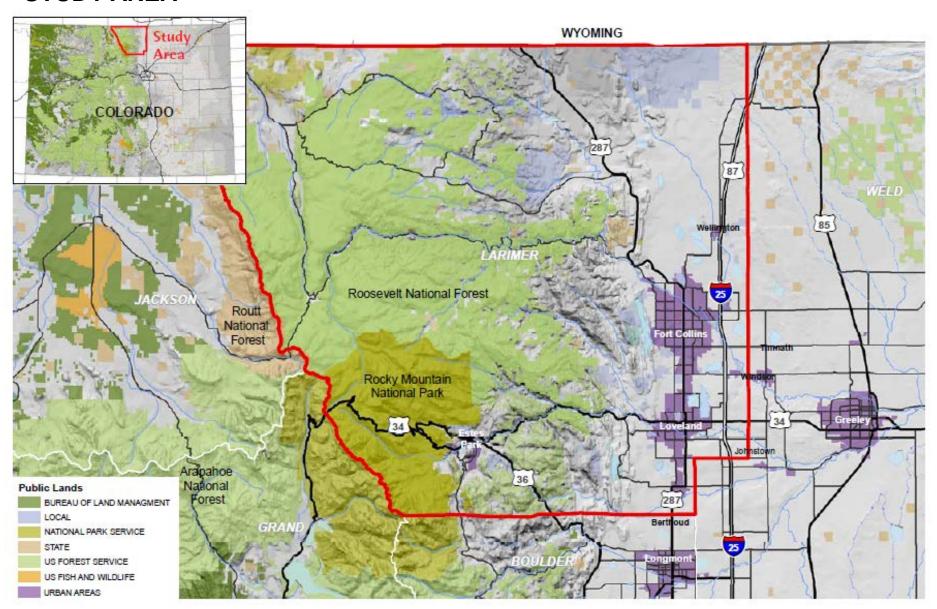


Study Purpose:

- Determine current levels of connectedness between families and the natural world
- Reveal gaps and barriers that may prevent such connections
- Identify opportunities to connect more people to nature



STUDY AREA



Connections to Nature Spectrum



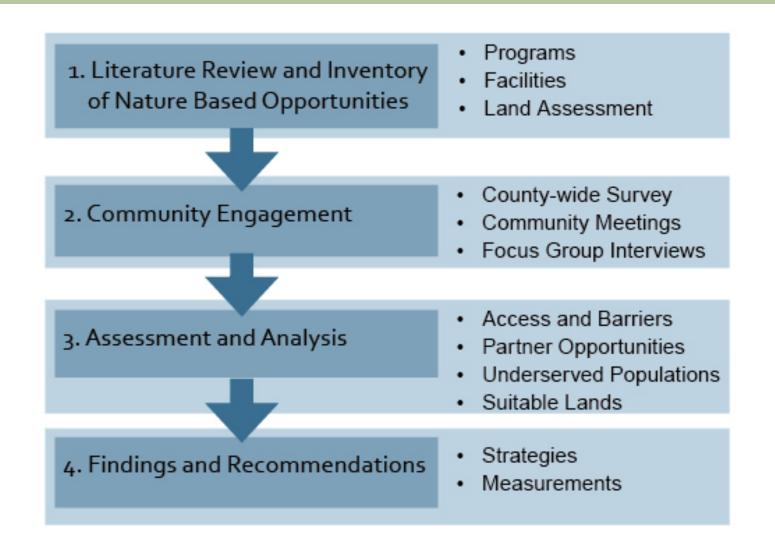
Youth can enjoy the benefits that nature provides in an array of places ranging from their backyard to wilderness.

Spending Time In Nature Can Enhance:

- Emotional and social development
- School performance
- Physical health
- Positive environmental attitudes

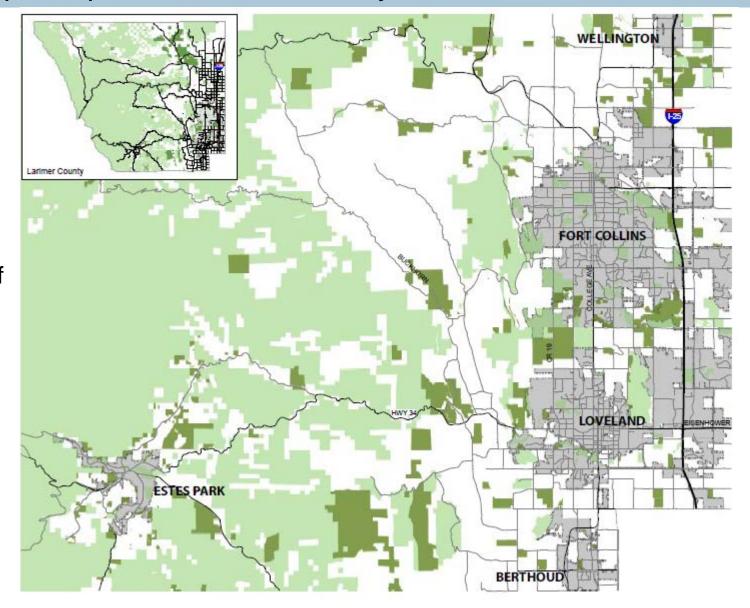


Project Process

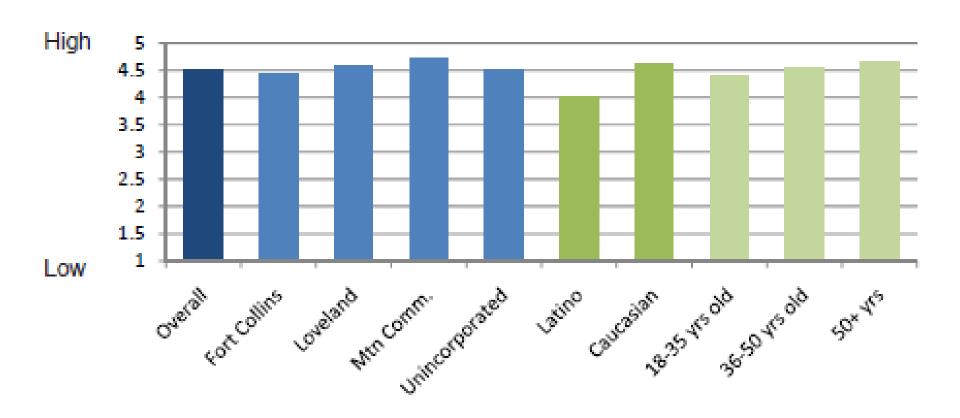


Parks and Open Space Lands Inventory

944,550 acres of parks and open space allowing public access (56% of the County)

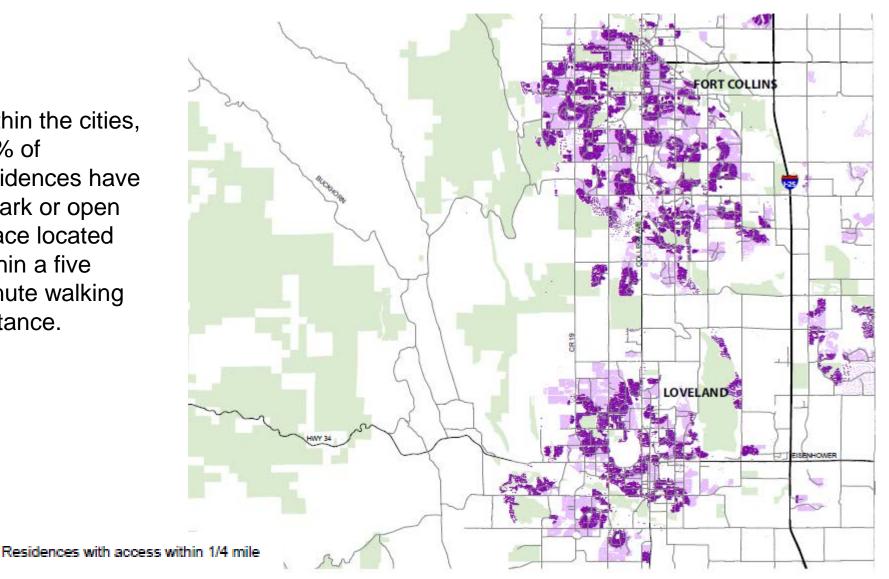


County-wide Survey: Residents Nature Connection



Resident Proximity to Parks and Open Space

Within the cities, 51% of residences have a park or open space located within a five minute walking distance.



- Residences without access within 1/4 mile
- Public Access to Parks and Open Space

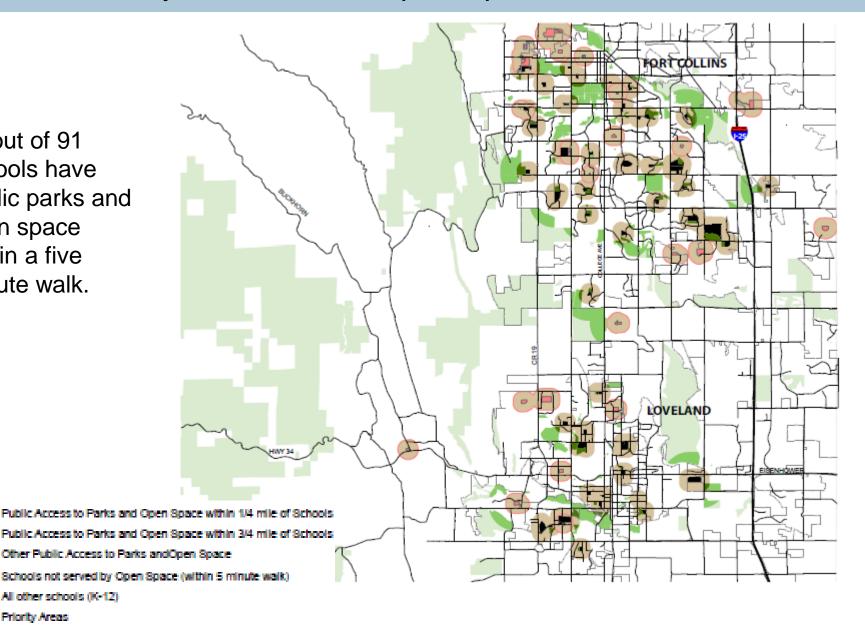
School Proximity to Parks and Open Space

57 out of 91 schools have public parks and open space within a five minute walk.

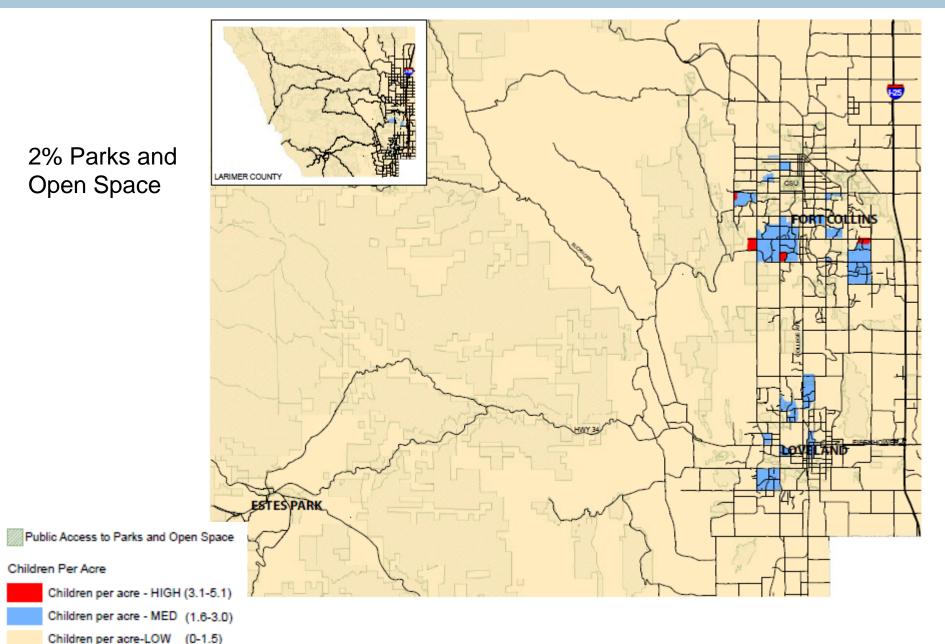
All other schools (K-12)

5 Min. Walking Distance (1/4 mile) from Schools

Priority Areas



Parks and Open Space within Areas of High Concentration of Children



Barriers

Barriers to Larimer County Residents are NOT:

- Safety
- Cultural or language
- Lack of interest

Barriers ARE:

- Physical
- Disconnected parks and open space
- Awareness
- Lack of close proximity to parks and open space

1. Enhance Outdoor Programs

- Target better program coordination
- Add programs to fill gaps



2. Integrate with School Programs

- Integrate outdoor learning into school curricula.
- Promote partnerships between schools, families, and the community.
- Explore a possible new curriculum commitment by school districts that includes experiential outdoor education.



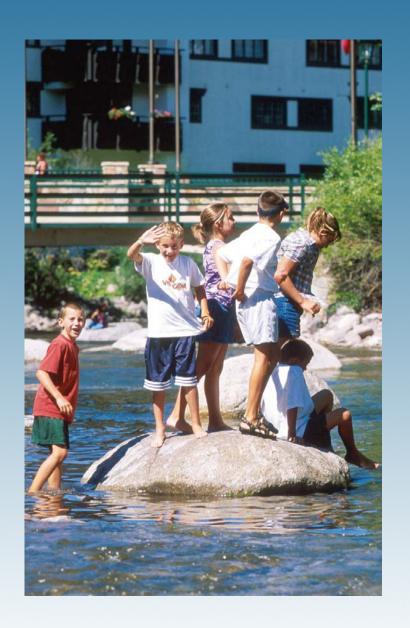
3. Integrate with Early Childhood Programs

- Plan, fund, and build nature areas, gardens, or green playgrounds at child care centers.
- Schedule multiple programs throughout the year near child care centers.



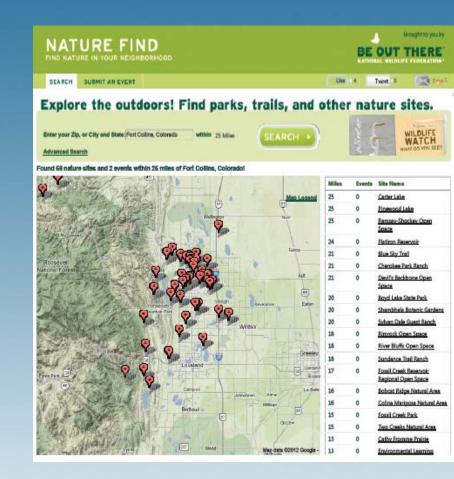
4. Improve Accessibility

- Improve safe access to parks and open space in urban places.
- Improve transportation options.
- Ease financial barriers.
- Locate parks and open space near those that are underserved.



5. Improve Awareness

- Implement a coordinated information campaign.
- Create a single website for information about County events, activities, and places to go.



6. Infill for Nature Experiences

- Transform properties to include nature play areas.
- Develop an initiative for parks and open space to be a catalyst for urban redevelopment.
- Explore "redeveloping" nature in urban areas surrounded by a large population with limited access to nature.



7. Acquire Additional Lands for Public Access

- Target the acquisition of lands that have high natural resource qualities and are located in the areas of demographic focus.
- Use a comprehensive greenprint approach to gain coordination and greater value.



8. Accommodate Future Needs

 Plan for the acquisition of parks and open space in advance of new development.





www.larimer.org/plugintonature



TOOLS TO ENHANCE EMOTIONAL/MENTAL HEALTH

- Revise codes to include standards for the front yards/setbacks (minimize setbacks, encourage/require porches, require high levels of glazing, etc.)
- Plan for adequate parks and open spaces including senior centers and day cares.
- Revise codes to allow and encourage mixed uses.
- Plan for a greater jobs/housing balance (economic development, affordable housing, etc.)

- Encourage/require provision of affordable housing in areas where the market is not enough.
- Allow all necessary services in each zone district (day cares, medical facilities, transportation choices, senior centers, etc.)



Goal: Encourage community interaction.

- Measure
- Benchmark
- Target
- Monitor

Barrier: Isolating environments and lack of gathering places.

Tool: Design standards for porches and glazing; allow all community services.



SPIRITUAL HEALTH



BARRIERS TO SPIRITUAL HEALTH

- Lack of acceptance
- Access to houses of worship
- Lack of places to meditate or pray
- Limited protection for inspirational landscapes
- Lack of post-life land uses (e.g. cemeteries and mausoleums)





TOOLS TO ENHANCE SPIRITUAL HEALTH

- As Religious Institutions are essentially allowed anywhere based on the Religious Land Use and Institutionalized Persons Act (RLUIPA), most implementation tools for spiritual health fall into the category of programs or capital improvement strategies than policy changes.
- Enhance preservation ordinances to better protect historic and inspirational landscapes.
- Plan for adequate post-life land uses



Goal: Protect cultural landscapes.

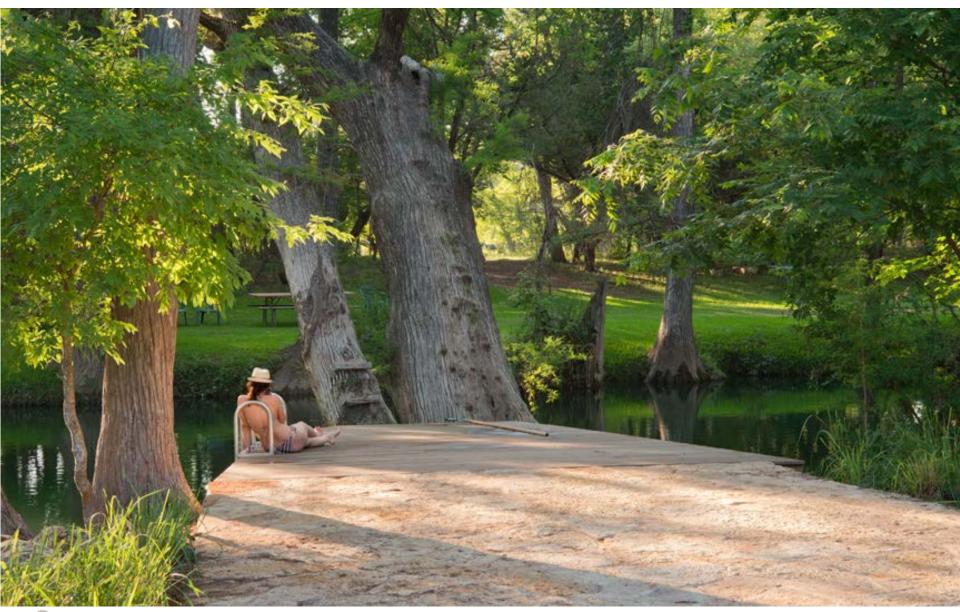
- Measure
- Benchmark
- Target
- Monitor

Barrier: Lack of protection for culturally significant landscapes.

Tool: Enhance preservation ordinances to require protection of designated landscapes.



CONCLUSION



HOW HEALTHY IS YOUR CODE?

- Are developers required to build, extend or develop off-road trails greenways or other networks for biking and walking?
- Are developers required to expand, improve or increase the number of public recreation facilities?
- Does the code establish a high level of service for parks? (lighting, cleanliness, etc.)
- Are "complete street" or other traffic calming measures (e.g. reorient street geometry, lower speed limits, drinking fountains) required?
- Does the code include design standards related to pedestrian, bicycle, and transit access that support active transport modes for people of all abilities?
- Does the code encourage transit-supportive densities for residences and jobs?
- Does the code require/encourage developers to establish/extend transit networks or otherwise encourage greater use of existing public transport?
- Does the code require/encourage developers to provide "safe routes to school" for children or other mechanisms that support children walking or bicycling to school, including locating schools closer to residential areas?
- Does the code restrict smoking?



HOW HEALTHY IS YOUR CODE? (CON'T)

- Does zoning allow for neighborhood commercial and/or mixed-use development (e.g. density minimums) to encourage transportation related walking?
- Does the code include Transit-Oriented Development districts/overlay zones?
- Are developers required to provide certain amount and distribution of public recreation/park space in the community (e.g., X% of population lives within 10 minute walk of a park)?
- Are there policies that reduce parking requirements for developments near transit stops and also provide facilities for walking, biking, and disability access?
- Does the code include a pedestrian overlay zone or establish a walkability standard?
- Does the code encourage clean up of brownfield sites?
- Does the code allow for and encourage local food production and sale?
- Does the code include CPTED standards?
- Does the code require provision of affordable housing or remove barriers to non-traditional housing types such as cohousing, ADUs, etc.?
- Does the code cap impervious and reflective surfaces?



SOURCES FOR MORE INFORMATION

- Form-based Codes Institute: www.formbasedcodes.org
- American Planning Association: www.planning.org
- Congress of New Urbanism: <u>www.cnu.org</u>
- Trust for America's Health: www.healthyamericans.org
- Active Living Network: <u>www.activeliving.org</u>
- Active Living by Design: www.activelivingbydesign.org





"Be careful about reading health books. You may die of a misprint." - Mark Twain

