Better Data

We need data to understand and map the factors that make a "healthy place." The movement toward healthy communities can only progress if we can measure how well the built environment supports health.

- Provide chronic disease data to inform decision-making.
- Make data available at smaller geographies.
- Provide shorter turnaround time between data collection and release.
- Include "social determinants of health" and health disparities in data collection and accountability measures.
- Develop standardized indicators for healthy communities.

**Signs of a healthy neighborhood**

<table>
<thead>
<tr>
<th><strong>YES</strong></th>
<th><strong>NO</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Families enjoy the nearby park or recreation area.</td>
<td>There are no safe places to exercise or play.</td>
</tr>
<tr>
<td>Residents can buy groceries nearby to cook healthy meals.</td>
<td>Stores sell mostly snacks, sugary drinks, alcohol, and tobacco.</td>
</tr>
<tr>
<td>People can walk and bike for many everyday trips.</td>
<td>Services are far away or it is hard to travel safely on foot or bike.</td>
</tr>
<tr>
<td>Residents enjoy clean air inside their homes.</td>
<td>Housing exposes residents to mold, smoke, or pollution.</td>
</tr>
</tbody>
</table>

Support Health Where It Starts

Chronic diseases (cardiovascular, diabetes, respiratory and some cancers) result in 75% of all deaths and 80% of all healthcare costs. By improving the places and conditions in which people live, work and play we can support health long before people get sick. Health starts in our neighborhoods, workplaces, schools, and homes—that is where we need to take action.

- Use a Health in All Policies approach that integrates health considerations into organizations' activities and decisions.
- Address disparities in the health of different populations.
- Create funding sources for local health department chronic disease prevention.
- Create resources for community development that supports health, notably in low-income neighborhoods.

Public Health Alliance of Southern California

Public Health Alliance of Southern California is a partnership for healthy places. All Southern California communities are healthy, vibrant and sustainable places to live, work and play.

**OUR VISION:**

All Southern California communities are healthy, vibrant and sustainable places to live, work and play.

**Public Health Alliance of Southern California**

The Alliance is a collaboration between the leaders of local health departments in Southern California.

Collectively, our members are statutorily responsible for the health of nearly 60% of California's population.

Our multi-sector partners include regional agencies, State departments, environmental health leaders, and nonprofit advocates.

**Environment & Behaviors**

- Genetics: 20%
- Access to Care: 10%
- Healthy Transportation: 70%
- Healthy Food Systems: 60%
- Data: 30%

Support Health Where It Starts

The Alliance Priority Initiatives form partnerships to transform the places where people live, work, and play—the places where health begins.

**Factors Influencing Health**

- Genetics
- Access to Care
- Environment & Behaviors
- Healthy Transportation
- Healthy Food Systems
- Data

The Alliance is generously supported by The California Endowment.

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Healthy Transportation

Healthy transportation is a combination of transportation systems, urban design, and land use that promotes active transportation—walking, biking, and transit. Healthy transportation makes it easier for people to fit physical activity into their daily routines, provides access to healthy lifestyle opportunities, allows people to live closer to work, enhances safety, reduces heat islands, and improves air quality.

- Integrate health into transportation and land use funding, planning, and decision-making.
- Incentivize investments in transit, including:
  - Connections to transit
  - Transit-oriented development
  - Infrastructure maintenance
- Increase opportunities for the development of income diverse communities where affordable housing, employment, and healthy destinations are linked by active transportation.
- Prioritize land use and transportation planning that can simultaneously reduce greenhouse gases and improve health.
- Prioritize active transportation infrastructure and programming.
- Make transportation networks safe for all users.
- Improve data collection to understand:
  - How many people are walking, bicycling, and taking transit
  - Funding for active transportation
  - Investment needs

Healthy Food Systems

A healthy local food system supports good nutrition and fosters other social, economic, and environmental conditions that support better health. Healthy food is a readily available, affordable, and appealing choice in neighborhoods, workplaces, schools, and institutions. People purchase food from local farms and food producers, building a more robust local economy.

- Adopt food purchasing policies that increase access to healthy foods and beverages, while promoting sustainable, local food systems.
- Increase access to and marketing of healthy, local foods, especially in parts of the community where it is more difficult to purchase these foods.
- Integrate opportunities for healthy local food access into community design and land use and transportation planning, such as:
  - Healthy food retail
  - Community gardens
  - Agricultural land preservation
- Increase access to food assistance programs.
- Leverage food assistance programs to improve nutrient intake while adding dollars to the local food economy.
- Improve access to healthy food that is locally grown, while still maintaining food safety.
- Improve data collection to understand:
  - Where our food comes from
  - How our food is grown
  - How our food is transported

Healthy food purchasing/procurement policies adopted by government agencies, institutions, and large employers improve food options for employees and people served by meal programs, while increasing local demand for healthy foods. These policies require that food meets minimum nutrition standards, and may include targets for procuring food from local sources.

$3.6 billion

Many people in Southern California are hungry, and not everyone who is eligible for CalFresh benefits is using them. Our region would see a $3.6 billion increase in annual economic activity if all the eligible residents in the Alliance member counties participated in CalFresh.

(Source: California Food Policy Advocates)

Food safety regulations and practices are being improved to encourage consumption of fresh, locally grown food—such as kids eating healthy produce grown from school gardens and local farms.

Strategies and programs that improve safety for all people using the transportation network include Complete Streets, Safe Routes to School, and Safe Routes to Healthy Places.

People who live in neighborhoods with sidewalks on most streets are 47% more likely to be active at least 30 minutes a day.
(Source: Active Living Research)

Public transit users take 30% more steps per day than people who rely on cars.
(Source: Active Living Research)