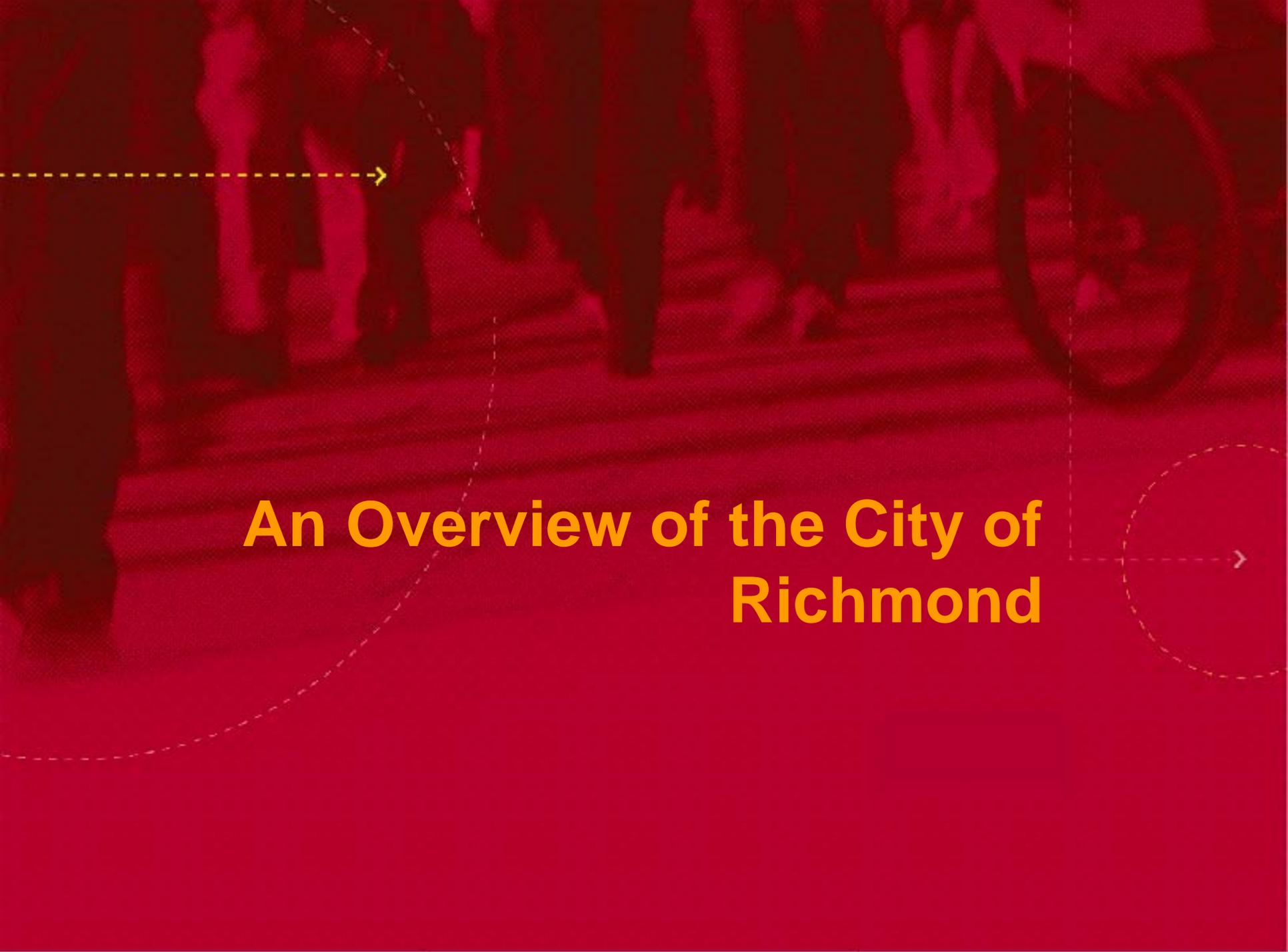


# **Health and Wellness Element of the City of Richmond General Plan**

**Richard Mitchell, City of Richmond**

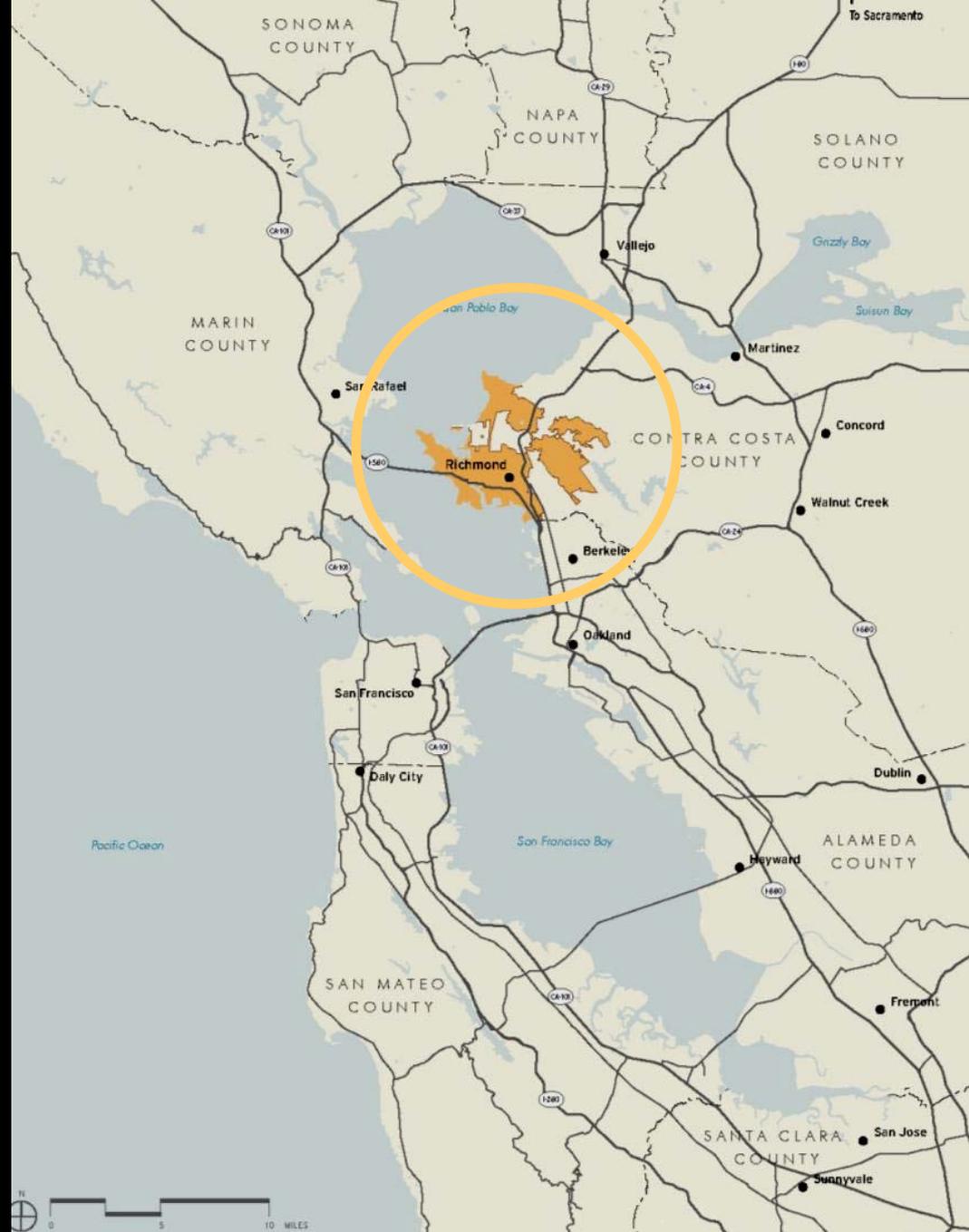
**Public Health in a Changing Environment  
Newport Beach, CA**

**May 13, 2010**



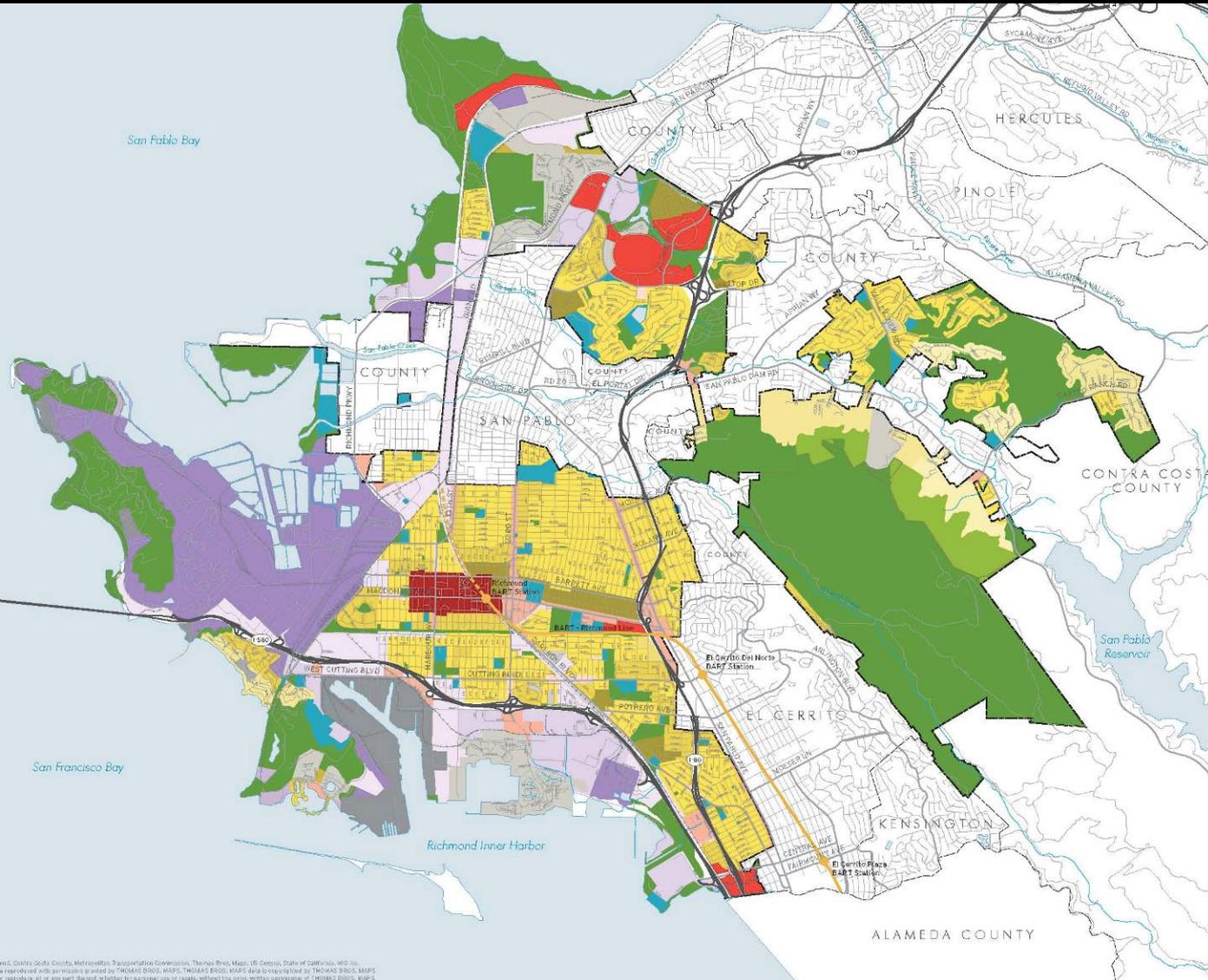
# **An Overview of the City of Richmond**

# City of Richmond, California



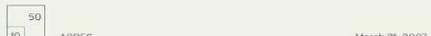
The San Francisco Bay Area

# Current Zoning Map



## City of Richmond Zoning

-  City of Richmond
-  Single Family: Rural Residential
-  Single Family: Very Low Density Residential
-  Single Family: Low Density Residential
-  Low Density Residential/Exclusive Agricultural
-  Multi-Family: Residential
-  Multi-Family: Medium Density Residential
-  Multi-Family: High Density Residential
-  Neighborhood Commercial
-  General Commercial
-  Regional Commercial
-  Central Business
-  Coastline Commercial
-  Research and Manufacturing
-  Light Industrial
-  Heavy Industrial
-  Marine Industrial
-  Public and Civic Uses
-  Exclusive Agricultural
-  Community and Regional Recreation
-  Planned Area
-  Tiscornia Estates Specific Plan




© 2007 Contra Costa County Metropolitan Transportation Commission, The City of Richmond, California. All rights reserved. This map is a reproduction of the City of Richmond's zoning map. It is not to be used for any other purpose without the written consent of the City of Richmond.



# Neighborhoods









27<sup>TH</sup> ST. 430' ←

NEVIN  
AVE  
100'



NO LEFT TURN  
ON RED LIGHT

27<sup>TH</sup> ST.



STOP

LIT

STREET

MAISON

Center for Integrated Studies

124







MARINA  
BAY









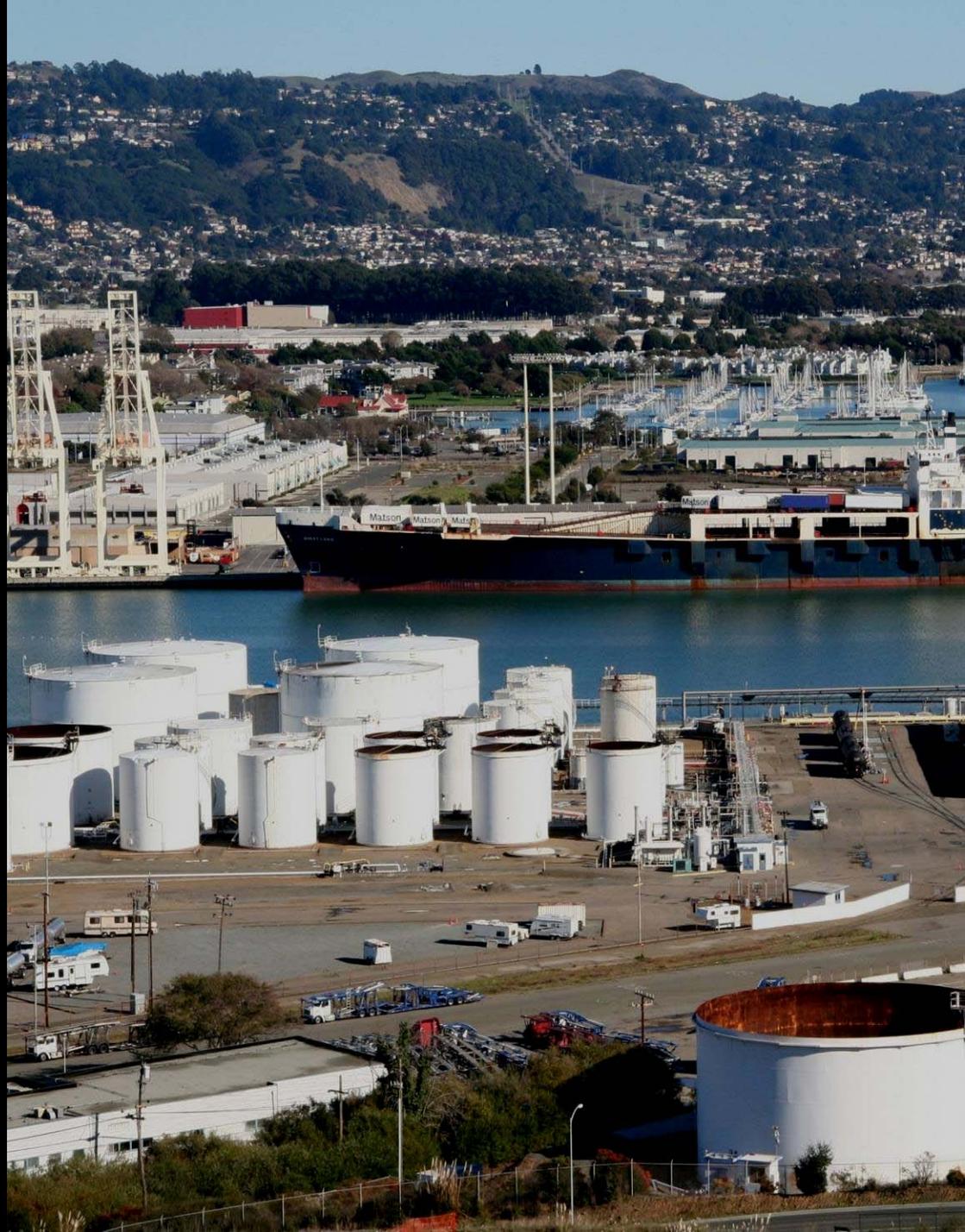


# Old downtown bypassed by I-80





# Public and private seaports





# Diversity and Demographic Shifts



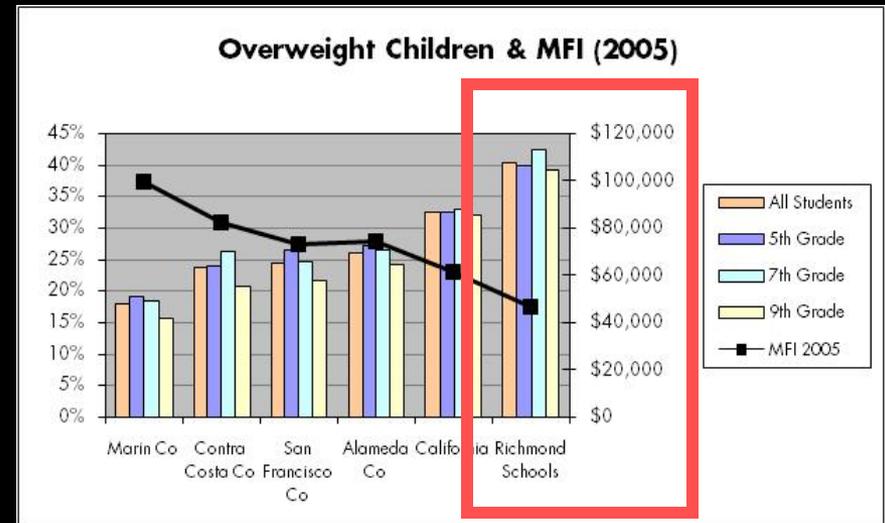




# Pressing Issues

# Pressing Issues

- **Chronic diseases**
  - **Obesity**
  - **Asthma**
- **Lack of economic opportunities**
  - **Poverty**
  - **Unemployment**
  - **Displacement**
- **Crime and violence**
- **School funding crisis**
- **Foreclosure crisis**



*Median Family Income (MFI) and Overweight Children*







A black and white rectangular sign with a white border is attached to a silver chain-link fence. The sign features the words "BEWARE OF THE DOG" in large, bold, white, sans-serif capital letters on a black background. The fence is supported by a vertical wooden post painted in a faded orange or red color. To the right of the post is a grey metal pipe with a cap. The background consists of dense green foliage and trees, with a large tree trunk visible on the far right. The scene is brightly lit, suggesting a sunny day.

**BEWARE  
OF THE DOG**



STREET SWEEPING



# Pressing Issues

- **Poor environmental quality**
  - **Contamination**
  - **Air and water quality**
  - **Physical blight**





# Street Standards revised to accommodate fast moving traffic



# Park Funding Reductions



# Foreclosure





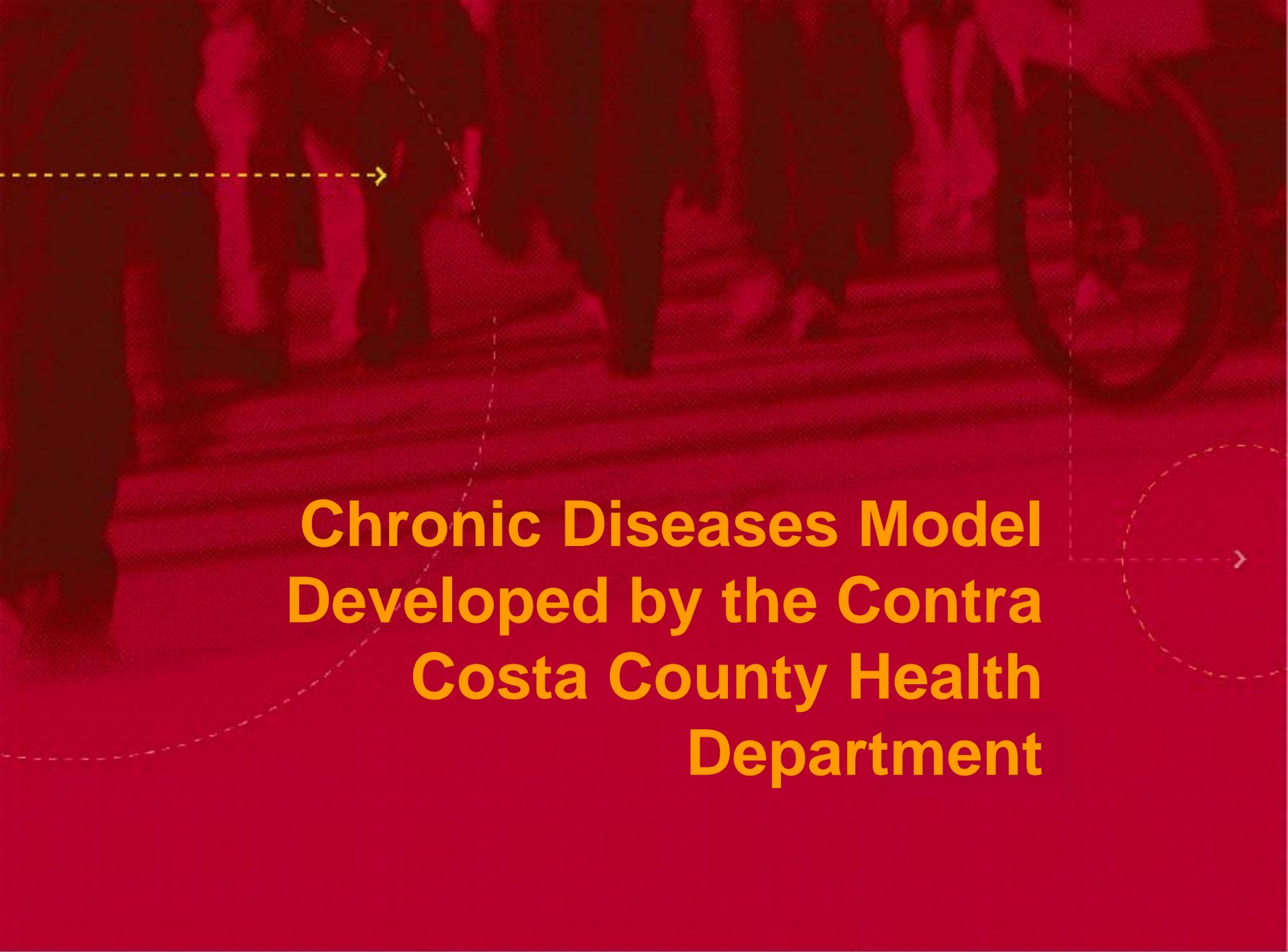
1001

1001



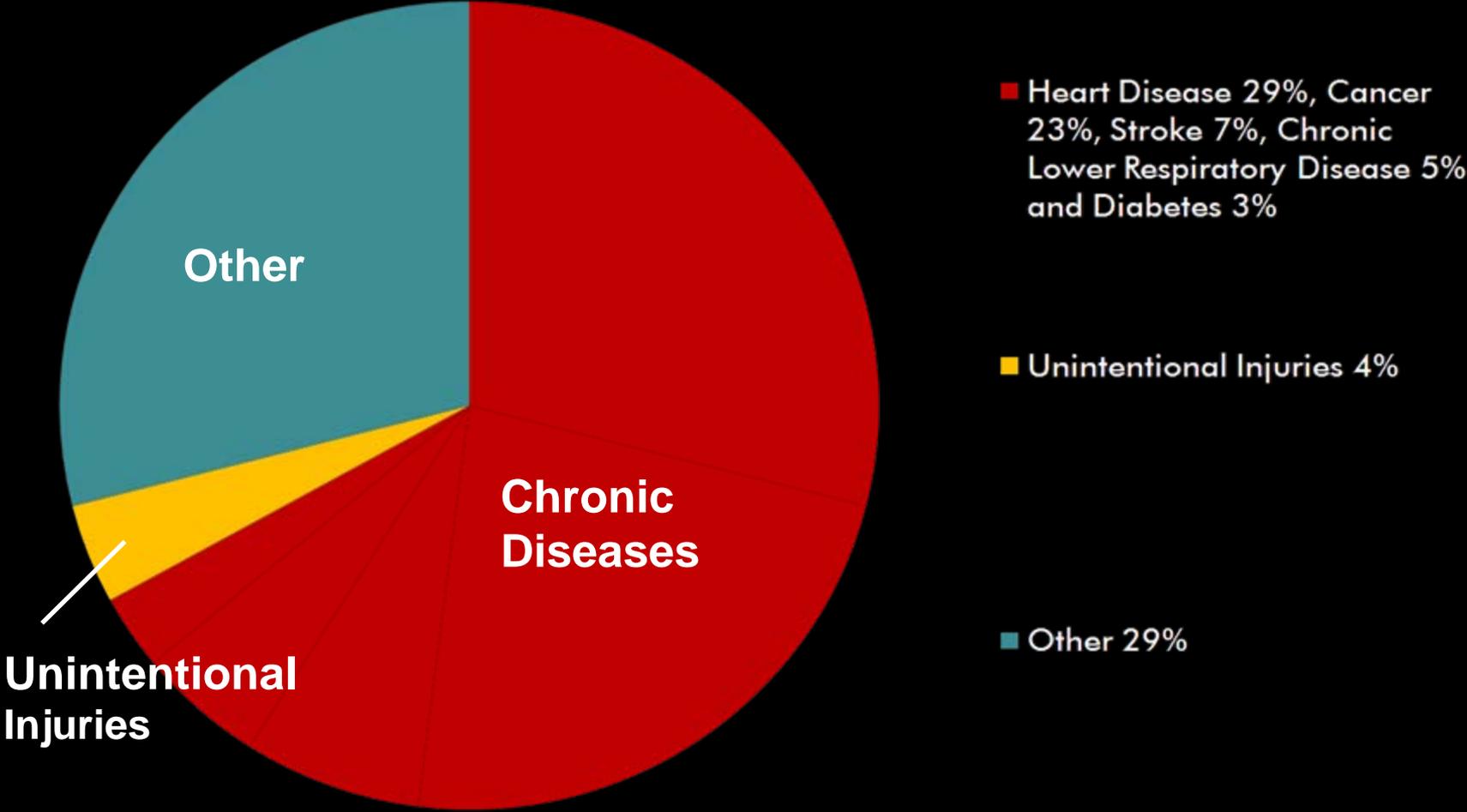
CHEVROLET

ONE'S



**Chronic Diseases Model  
Developed by the Contra  
Costa County Health  
Department**

# Leading Causes of Death in Contra Costa County



## 4.E.i. Pedestrian Collisions

Locations of pedestrian collisions

**Pedestrian Collisions (Jan 2002-July 2005)**

1 Collision

7 Collisions and Up

Source: City of Richmond, Statewide Integrated Traffic Records System (SWITRS), California Highway Patrol  
Map Prepared By: MIG, Inc. (April 2007)



0 0.5 1 2 Miles

**RICHMOND**  
CELEBRATING THE NEW 100 YEARS

# Risk Factors

- Tobacco
- Poor nutrition
- Lack of physical activity
- Unhealthy environment

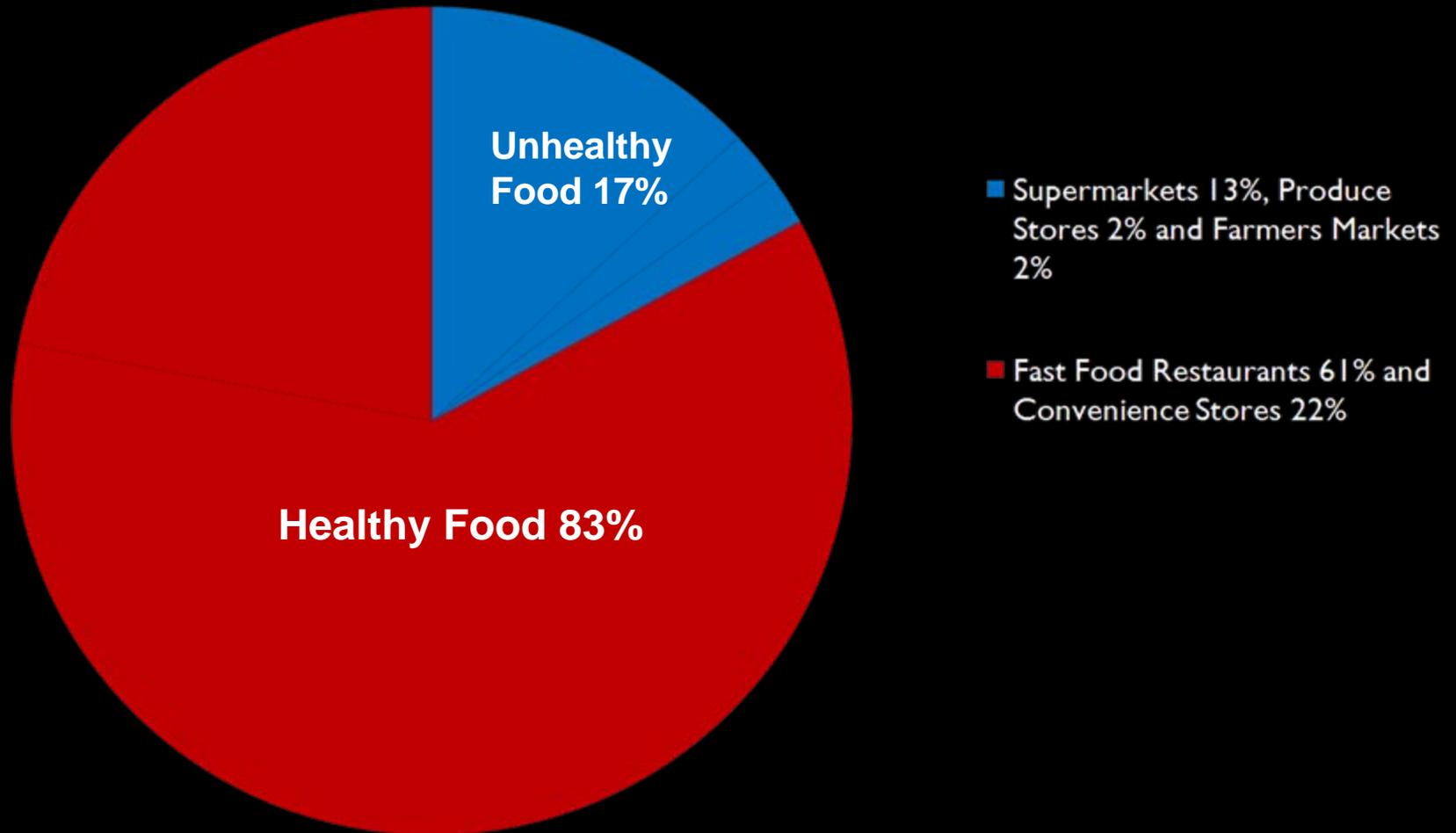


*Hooker Chemical Plant, Love Canal, NY*

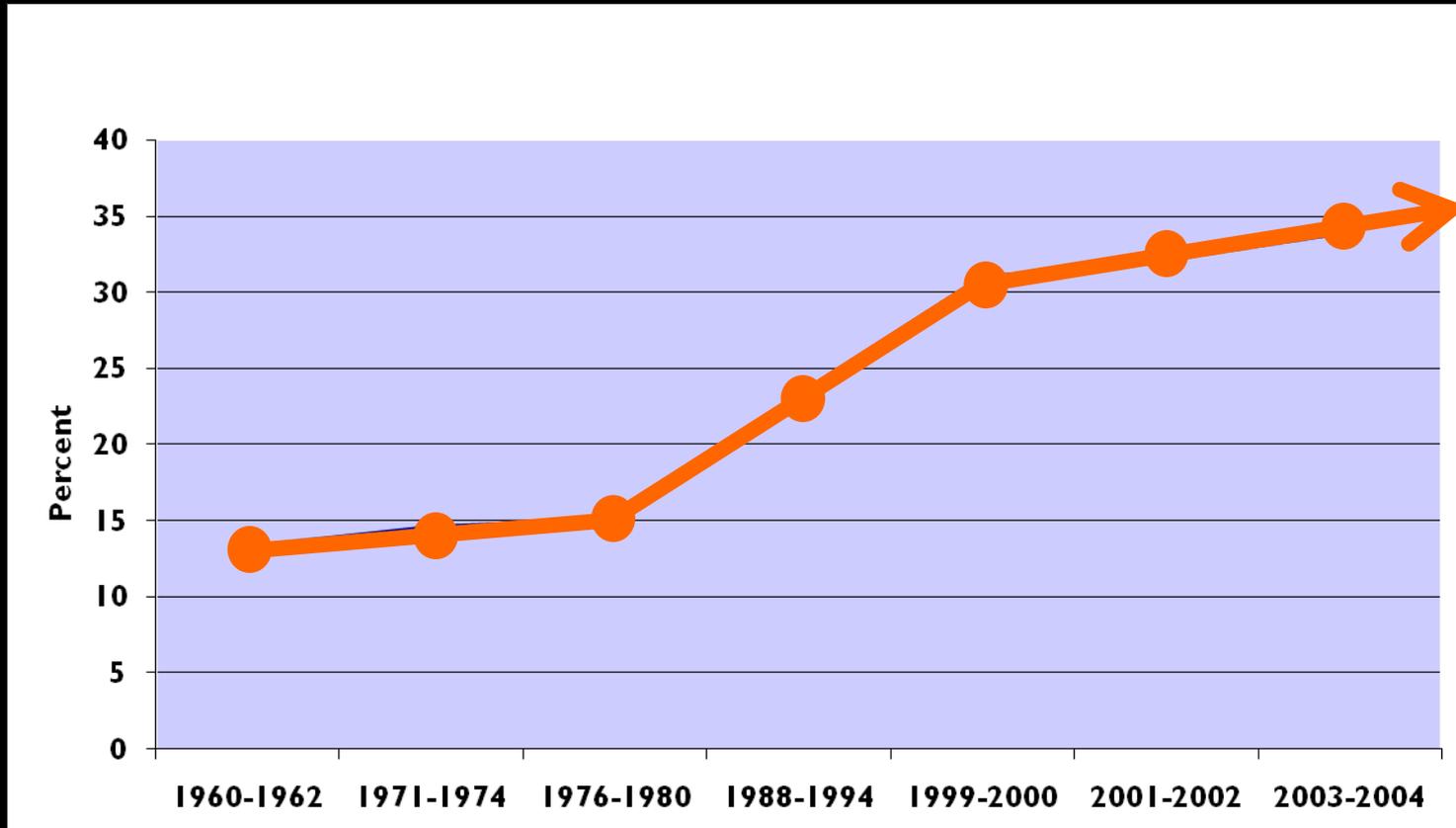


*Freeway Interchange, Milwaukee*

# Retail Food Outlets in Contra Costa County

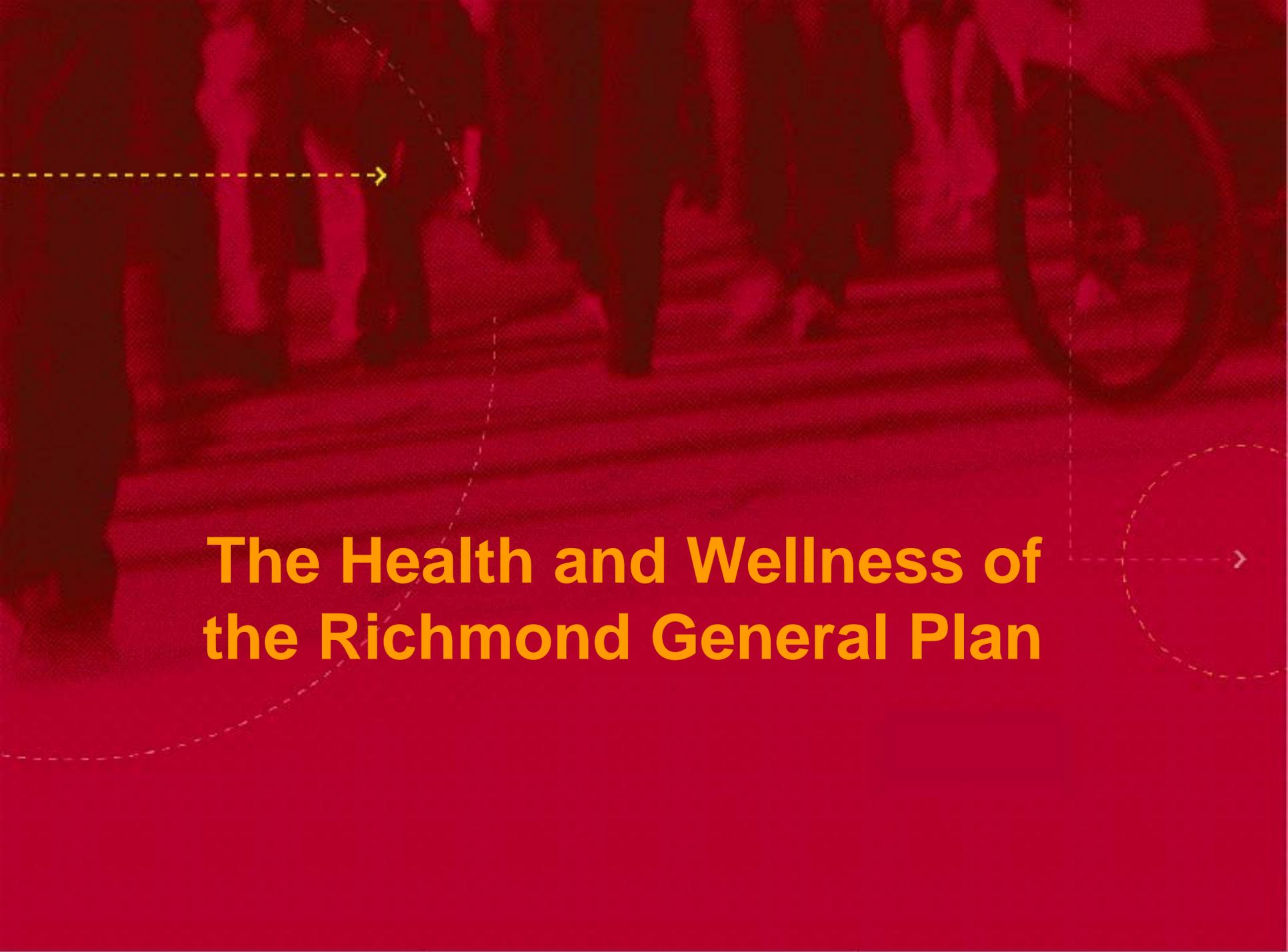


# Obese Adults (20 to 74 years old) in the US 1960-2004



Source: National Center for Health Statistics, Health, United States, 2006.

Notes: Data include the civilian non-institutionalized population and are from the Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Examination Survey and National Health and Nutrition Examination Survey. Estimates are age-adjusted to the 2000 standard population using five age groups: 20-34 years; 35-44 years; 45-54 years; 55-64 years; and 65-74 years. Obese is defined as a BMI greater than or equal to 30. Pregnant women 20 years of age and over were excluded in all years.



# **The Health and Wellness of the Richmond General Plan**





 DOCTOR



ON CALL



1  
4

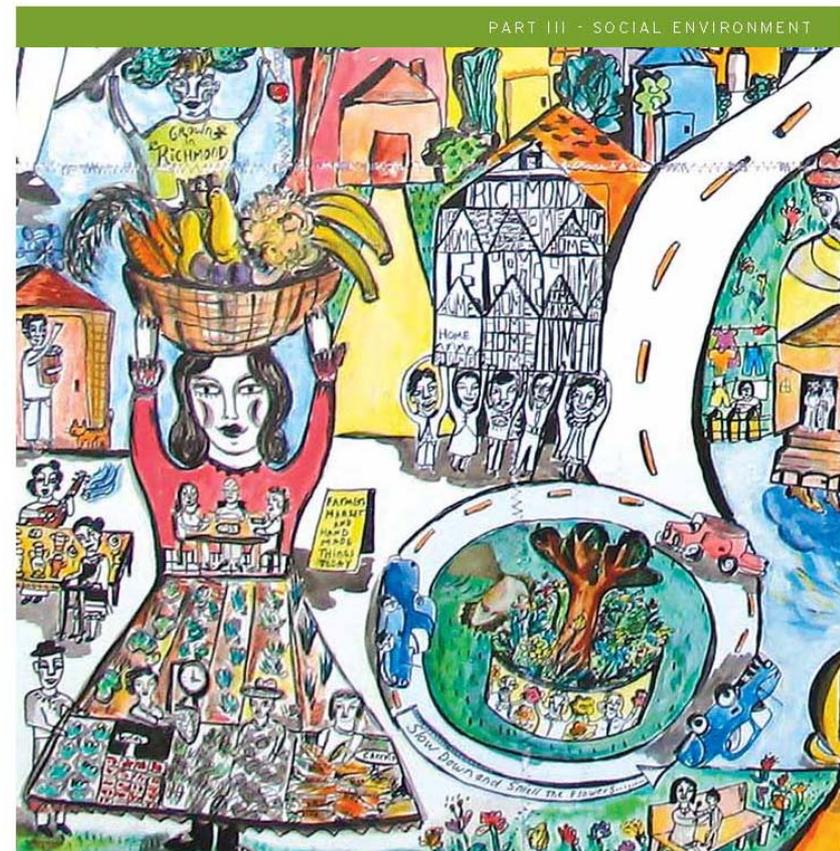
# Emphasize Health

## Anatomy of a General Plan



# The Health Element . . .

- A separate, stand-alone element in the general plan
- Funded in part by The California Endowment
- Based on technical analysis and community input



## Element 11 | Community Health and Wellness

The Community Health and Wellness Element sets a critical path for improving the physical health and emotional well-being of Richmond residents. The Element defines healthy living determinants, reviews current conditions in Richmond relative to healthy determinants, and outlines the policies and implementing actions necessary to improve community health.

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## COMMUNITY PLANNING OBJECTIVES





Convenient access to open space can improve physical health and facilitate stress reduction.

### Goals

#### GOAL HW1

#### GOAL HW2

#### GOAL HW3

#### GOAL HW4



### GOAL HW1

Improve Access to Parks, Recreation and Open Space

### IMPLEMENTING ACTIONS

#### Policy HW1.1

#### Policy HW1.2

#### Policy HW1.3

#### Policy HW1.4

#### Policy HW1.5

#### Action HW1.A

#### Park Master Plan

Regularly update the comprehensive long-range parks master plan to address changing recreation interests, trends, needs and priorities. The parks master plan should:

- Identify long-term goals for the Parks and Recreation Department and the community;
- Describe current and future needs, interests and community preferences for improving new parks and community facilities, and expanding or initiating new programs and services;
- Present a long-range plan for physical park and community facility improvements;
- Refine performance standards and further develop park design guidelines and criteria;
- Prioritize projects; and
- Outline funding mechanisms and strategies for managing the City's commitments so that new requests and initiatives are considered in light of existing commitments.

The City should seek input from residents of diverse backgrounds during preparation of the Plan (see also Park and Recreation Element, Action PR1.C).

#### Action HW1.B

#### Parkland Dedication and Fees and Parkland Loss Prevention

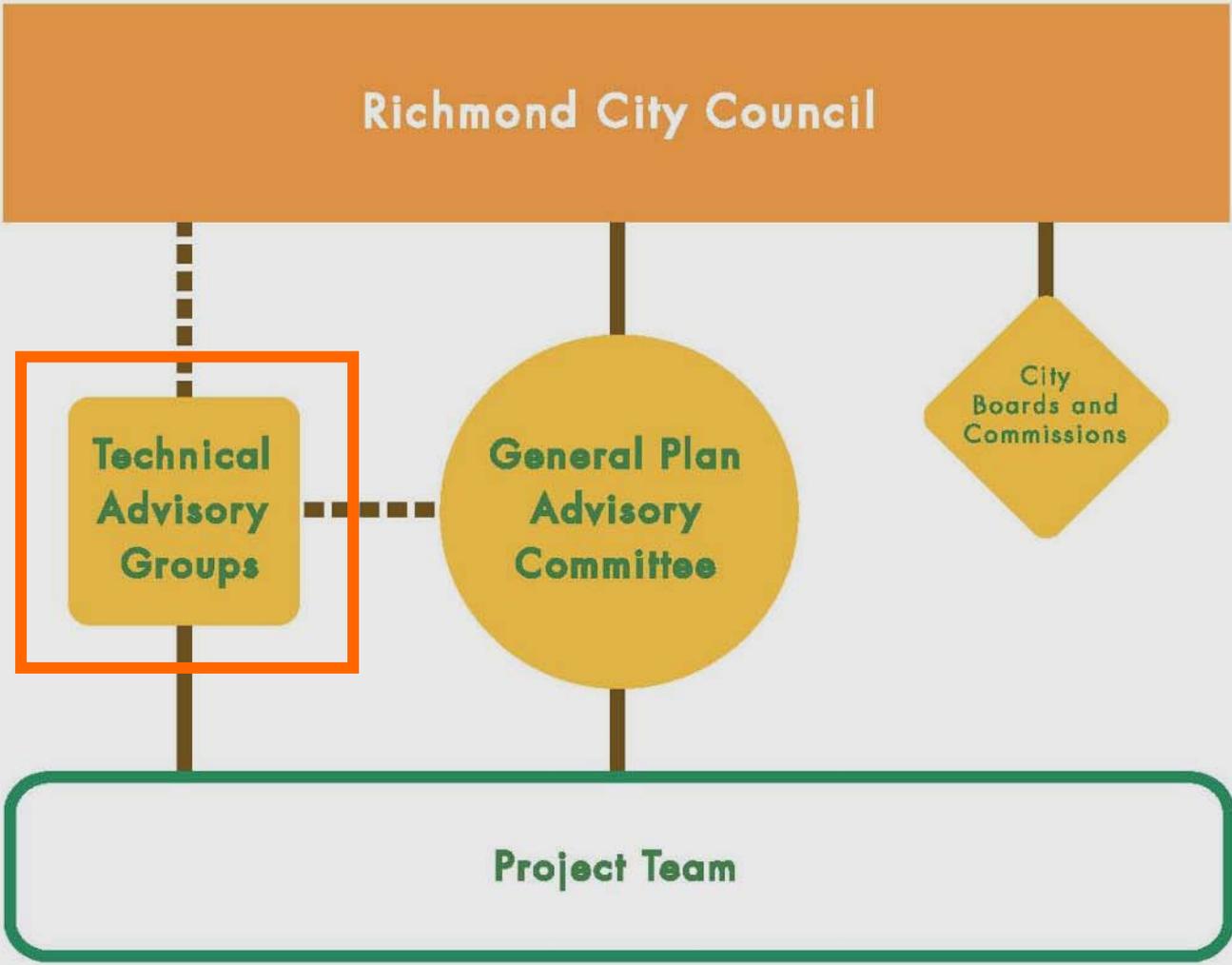
Revise the Subdivision Ordinance to require new development and redevelopment projects to provide park and recreation opportunities to maintain a 3.0 acres per 1,000 population standard in applicable planning areas through a combination of parks as defined in the Parks and Recreation Element. Parkland dedication should be given priority over impact fees.

Include provisions that prevent a net loss of parklands in the City. Require at least a 1:1 replacement if there is any loss of public open space or parkland due to redevelopment (see also elements: Park and Recreation, Action PR1.H; Conservation, Natural Resources and Open Space, Action CN2.C).

# **A Collaborative Approach . . .**

- **City of Richmond – Planning; Redevelopment; and City Manager’s Office**
- **Contra Costa County Health Services**
- **Community Leaders and Organizations**
  
- **University of California, Berkeley**

**Community-At-Large**



# **TAG Members**

- **Richard Jackson, MD, MPH**
- **Richard Kreutzer, MD, EHIP**
- **Wendel Brunner, MD, County HSD**
- **Poki Namkung, MD, MPH, NACCHO**
- **Dennis Barry, County Community Development**
- **Richard Mitchell, City of Richmond**
- **Victor Rubin, PolicyLink**
- **Sharon Fuller, Ma'at Academy**
- **Sheryl Lane, Urban Habitat**
- **Delphine Smith, Communities for Better Environment**
- **Barbara Becnel, HEAL**

SHAPING  
THE NEW  
100 YEARS



THE CITY OF  
**RICHMOND**  
GENERAL PLAN UPDATE

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welcome  
the city of richmond invites you!

Welcome to the Richmond General Plan Update, where you can help shape the kind of place our city will be for generations to come. Check back often for updated information on meetings, draft plans, and community discussions—the shape of Richmond's new 100 years is in your hands!



**FEATURES**

**Revised Draft Plan Released for Public Review (December 2009)**



The Revised Draft of the General Plan is now available for public review. The Planning Commission will review the Plan on December 9, 2009. The City Council will review the Plan on December 15, 2009. Adoption Hearings for the General Plan and EIR will be scheduled in the first quarter of 2010. The City of Richmond General Plan Update is the culmination of a comprehensive community planning process that started in February 2006. It describes Richmond's vision for the future and how that vision will be achieved through City policies over the next two decades. The public draft includes the following chapters: [Learn more...](#)

**Housing Element Update!**



Like many cities across the Bay Area, Richmond is updating its housing element to reflect changing housing conditions, new data, and the new community vision for the General Plan. Over the coming weeks, the General Plan team will be refining and expanding the 2006 housing element to meet new state requirements and regional goals. The City looks forward to feedback and ideas from community members and other key stakeholders as the process moves forward. Community meetings will likely be held in late spring 2009. Check back soon for more information on the housing element update process!

**What is a General Plan?**



Find out what a General Plan is, and how it can help to shape the future of Richmond. How will the General Plan process affect you, and how can you get involved? [Learn more...](#)

[www.CityOfRichmondGeneralPlan.org](http://www.CityOfRichmondGeneralPlan.org)

# A Healthy Environment Supports:

- Every day exercise
- Access to healthy food
- Clean air

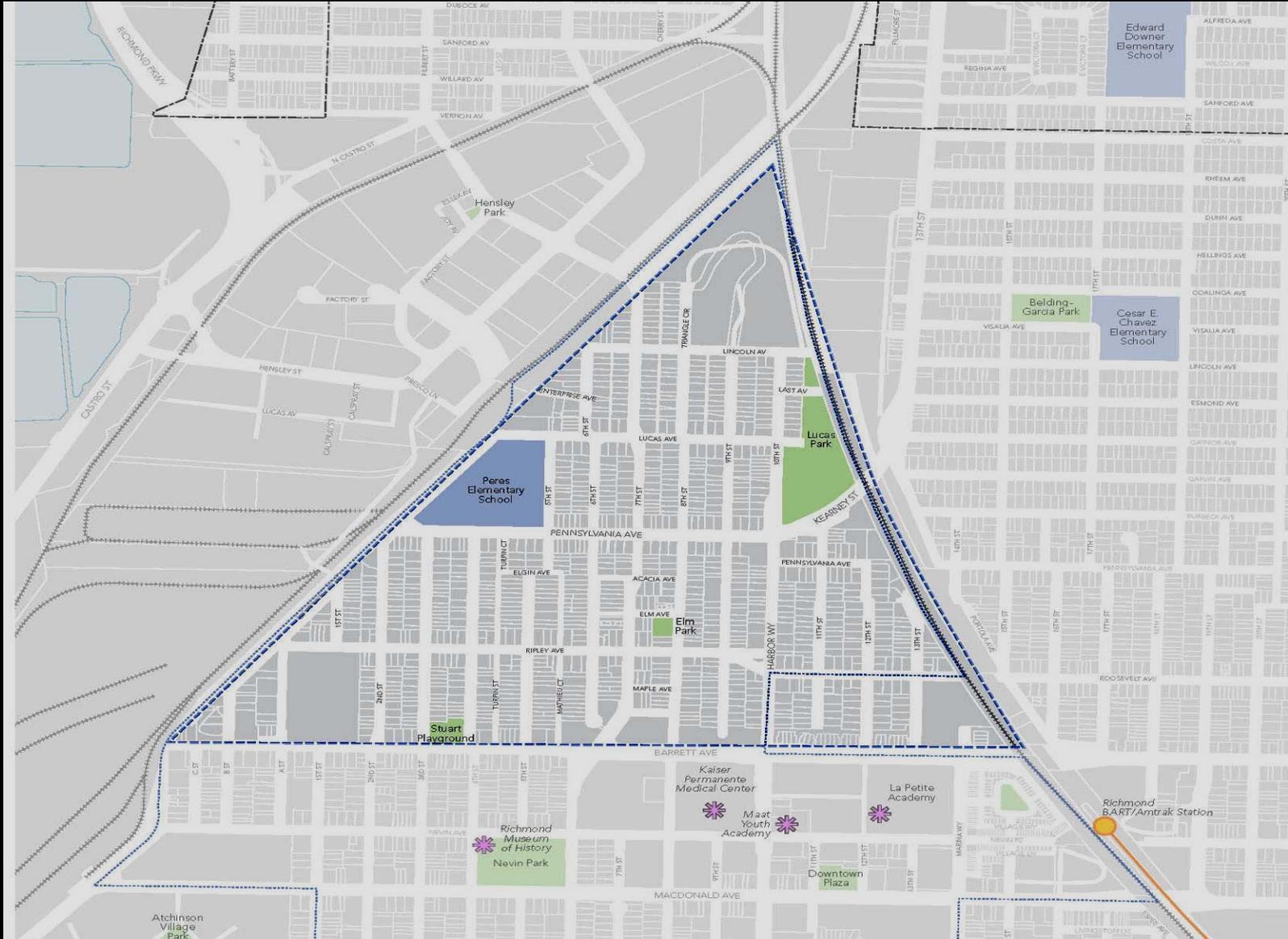


# Healthy Environment

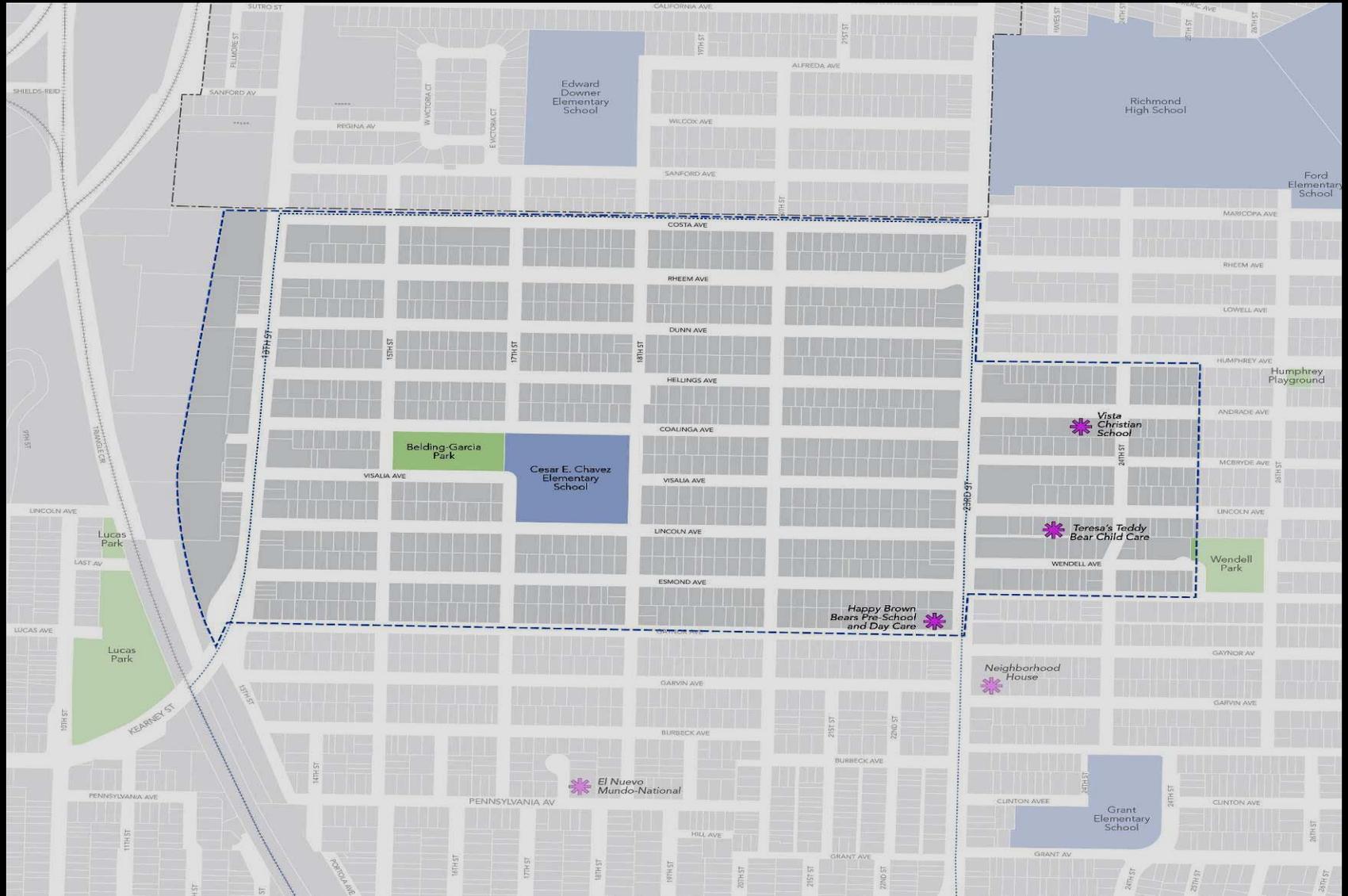
- Safety from violence and injury hazards
- Free from marketing of tobacco, junk food, liquor, and other unhealthy items.



# Neighborhood Focus: “The Triangle”



# Neighborhood Focus: “Belding Woods”



# Getting Started

- **Meet with City Departments:**
  - **Planning**
  - **Redevelopment**
  - **Public Works**
  - **Engineering**
  - **Police**
  - **Fire**
  - **Parks and Recreation**

# Getting Started

- **Share your data**
- **Show operating departments how you can add value**
- **Invite community input**

# Getting Started

- **What are the pressing health and wellness issues in your community?**

# How do popular concepts in Planning and Redevelopment relate to new concepts in Community Health?

Concept	Description	Public Health Impact
<b>TND: Traditional neighborhood design</b>	Describes compact traditionally designed neighborhoods designed on a traditional grid	<ul style="list-style-type: none"> <li>• Encourages walking</li> <li>• Human scale</li> <li>• 'Eyes on the street' increases safety</li> </ul>
<b>TOD: Transit oriented development</b>	Neighborhoods are intensified around transit stations, bus stops and ferry terminals	<ul style="list-style-type: none"> <li>• Encourages walking and bicycling</li> <li>• Increases use of public transportation</li> </ul>
<b>'Smart growth'</b>	A cross between TND and TOD	<ul style="list-style-type: none"> <li>• Encourages walking and bicycling</li> <li>• Makes better use of existing resources</li> </ul>
<b>Infill development</b>	Encourages development within existing areas of the City	<ul style="list-style-type: none"> <li>• Encourages walking and bicycling</li> </ul>
<b>'Complete' communities</b>	Refers back to TND, TOD, Smart Growth, Infill	<ul style="list-style-type: none"> <li>• Encourages walking and bicycling</li> </ul>
<b>Grid street pattern</b>	Traditional layout of Cities and neighborhoods	<ul style="list-style-type: none"> <li>• Encourages walking and bicycling</li> <li>• Reduces vehicle speeds and pedestrian injuries</li> </ul>
<b>'Sustainable' development</b>	Refers to concepts above plus addition of a range of initiatives related to energy conservation	<ul style="list-style-type: none"> <li>• Encourages walking and bicycling</li> <li>• Improves neighborhood quality of life</li> </ul>
<b>FBC: Form Based Code</b>	A method of regulating construction in order to create more attractive 'walk-able' streets	<ul style="list-style-type: none"> <li>• Encourages walking and bicycling</li> <li>• Improves neighborhood quality of life</li> <li>• Encourages development of small businesses</li> </ul>

# Public Works, Engineering, Code Enforcement

Step	Description	Health Impact
<b>'Community clean up' Dismantle old industrial buildings, remediate brown fields, haul away inoperative vehicles</b>	Many neighborhoods that are experiencing a high incidence of chronic illness and crime, also contain blighted conditions related to closed industrial facilities and neglected properties	<ul style="list-style-type: none"> <li>• Blighted conditions have adverse psychological impacts.</li> <li>• Decommissioned industrial sites can contaminate air and water in adjacent communities</li> <li>• Inoperative vehicles contribute to community blight</li> </ul>
<b>Repair broken sidewalks and curbs</b>	Many neighborhoods that contain a high incidence of chronic illness also have poorly maintained streets and sidewalks	<ul style="list-style-type: none"> <li>• Increases sense of investment and permanence</li> <li>• Encourages walking and bicycling</li> </ul>
<b>Repair existing parks and recreation centers</b>	Poorly maintained parks and recreation facilities discourage use.	<ul style="list-style-type: none"> <li>• Encourages fitness, walking, community participation</li> </ul>
<b>Sponsor home repair programs</b>	Many older dwelling contain deteriorated carpets, floor coverings, asbestos, and lead paint.	<ul style="list-style-type: none"> <li>• Removal of obsolete materials can reduce health related illness resulting from 'sick' buildings</li> </ul>
<b>Plant trees, flowers and encourage community gardens</b>	Trees add shade, absorb emissions, and improve overall neighborhood appearance.	<ul style="list-style-type: none"> <li>• Cleaner air reduces respiratory illness</li> </ul>
<b>Review and revise street design standards</b>	Existing street standards can prevent construction of narrower traditional streets with planted parking strips. Work with Engineering and related departments (Fire) to revise standard	<ul style="list-style-type: none"> <li>• Reduction in pedestrian-auto collision</li> <li>• Reduction in street noise</li> <li>• Encourages neighbors to use front yards</li> </ul>

# Getting Started

- **Select a technical advisory committee (Health professionals, County and/or City Staff)**
- **Develop a phased approach**
- **Work with:**
  - **Schools**
  - **City Departments**
  - **Boards and Commissions**
  - **Local Businesses**