Creating Livable Communities
The Public Health Partnership

Part II
Do incidental walking trips matter? Imagine:

Eliminate 20 minutes of walking, 5 days a week (2 kcal/min vs. 4 kcal/min).
Net loss of 40 kcal/day.

200 kcal/week = 10,400 kcal/year~ 3 lbs./year (30 lbs./decade!)
Why Take The Stairs?

• Just one minute a day of climbing up stairs, could mean the loss of one pound a year!

• Just two minutes a day of climbing up stairs, could mean the loss of ????

Jim Sallis, PhD, SDSU
The healthy choice needs to be the easy choice.
Key Components of a Livable Community that Impact Health

- Pedestrian Friendly
- Safety (walking and bike routes)
- Sense of Place (town squares)
- Sense of Community
- Schools at the center of the community
- Access to health care and other services
- Open Space (parks and trails)
- Mixed land uses
Image Survey
Public Health Activities and Projects focusing on Livable Communities
Riverside County
Department of Public Health

Vision:
To build a healthy community.

Mission:
To promote and protect the health of all county residents and visitors.
How did Public Health become involved in Livable Communities?

The Strategic Plan
Riverside County Background

- 7300 square miles area
- Current population of 2 million
- 24 incorporated cities
- With 1/3 population living in the unincorporated areas
Riverside County Context

- #1 in urban sprawl
- #1 in poor air quality
- 2nd fastest growing region in the US
- Population expected to increase by 1 million over next 20 years
Creating more “Livable Communities” includes:

- Working with planners, transportation agencies, developers, schools and community organizations to ensure that health and safety factors are considered in community design.
Walkable Community Workshops

- Learn about pedestrian design, safety and education
- Participate in a walking audit
- Identify obstacles to walking
- Identify opportunities to eliminate barriers
- Build consensus on what needs to be done
City of Pedestrian Master Plan and Riverside Routes and Trails Guidebook

Conduct Walkability Assessments

Developed a trails and Walking Maps Guide Booklet
Click the *Link* from any website to open the map.
Type in your address to put yourself on the map.
You can navigate to the nearest point to get information or use the navigation bar on the left side.
Clicking on a point gives you information about the park and route, as well as the option to get directions to the park.
Sounds Good! Now let’s see the route. “Double Click” on the map near the point to zoom in.
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Walking Routes

The City of Riverside is abundant with beautiful neighborhoods and scenery just waiting to be explored. Located near city parks, in neighborhoods or in downtown, these safe walking routes provide an excellent opportunity for you and your family to exercise and enjoy all that Riverside has to offer. Blue Pins = 1/2 mile trails Yellow Pins = 3/4 mile trails Click on a point on the map for details about the route, including the distance, terrain and parking information.

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Orange Terrace Park Walking Route

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Unlisted - Edit title/settings
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- Bunwell Park
  This is where you would insert the text and
- Bunwell Park Trail
  1,000 steps = 1/2 mile
- Orange Terrace Park
  Insert Park description
- Orange Terrace Park Trail
  1,500 Steps = 3/4 Mils

Orange Terrace Community Park

Google Maps - Mozilla Firefox

wrharris@gmail.com | Saved Locations | Help | My Account | Sign out

Search the map Find businesses Get directions

Search Maps

KML Print Email

Traffic Map Satellite Hybrid

Done
Bordwell Park Walking Route

Located near city parks, in neighborhoods or in downtown, these safe walking routes provide an excellent opportunity for you and your family to exercise and enjoy all that Riverside has to offer. Blue Pins = 1/2 mile trails, Yellow Pins = 3/4 mile trails. Click on a point on the map for details about the route, including the distance, terrain and parking information.

Unlisted - Edit title/settings
Created by Wayne Harris on Apr 17 - Last saved at 9:20 AM

- **Bordwell Park**
  This is where you would insert the text and

- **Bordwell Park Trail**
  1,000 steps = 1/2 mile

- **Orange Terrace Park**
  Insert Park description

- **Orange Terrace Park Trail**
  1,500 Steps = 3/4 Mile

- **Villas Park Walking Route**
  1,500 Steps = 3/4 Mile

- **Villas Park**
  About the Route: This route takes you along

Done
Walk to School Day Events

• Organized numerous Walk to School Day events during National Walk to School Week

• Over 2,000 children participated

• Low cost bike helmets distributed

• Fruit served to start the day!
Public Health Sponsored Workshops

- Walkable Community Workshops
- Health Impact Assessment Training with Planning
- CDC Physical Activity and Public Health
- Community Design & Public Health
- Pedestrian Design Standards
- Economic Benefits of Walkable Communities
- Street Smart Fire Design
- Context Sensitive Street Design
- Field Trips with Planning
Current Planning Projects

• Livable Communities Workshops to Board of Supervisors and Planning Commission

• Development of Context Sensitive Design Guidelines

• South Valley and Lakeview Specific Plans

• Health Impact Assessments

• Ongoing education to planners, transportation engineers, elected officials, and other stakeholders
• Growth Areas in the County

- Lakeview Nuevo – Approx. 30,000 new homes
- Ave. 62 (South Valley) – Approx. 50,000 new homes
South Valley Implementation Plan - 30 square miles, 150K population at build-out in 2025
Conceptual Land Use Plan - Trails
South Valley Implementation Goals

Conceptual Land Use Plan that provides

- Variety of housing opportunities
- Adequate commercial & industrial
- Community Separators
- Cohesive Trails/Parks System
- Integrated Transit System and roadway network
- Facilities Matrix Phasing & Funding Strategy
Lakeview/Nuevo Master Plan
20 square miles, 100K population at build-out, 2025
Lakeview / Nuevo Area Facilities Plan in Relations to the General Plan
Influencing Community Design
Collaborations

- Developers – Lewis Operating Cos
- Cities – Riverside, Banning, Coachella, Desert Hot Springs
- County Planning
- County Agencies – Planning, Transportation, Fire, EDA, Parks
- Elected Officials
- Local Government- CVAG
- Schools
- Transit Agencies
What Needs to Happen Next?

• Revise codes and ordinances to support smart growth
• Convene stakeholders, partners and the community
• Conduct Health Impact Assessments
• Continue to build the partnership between Planning and Public Health
• Continue to Make a Difference… One Planner at a Time!
Riverside County: “Creating Livable Communities – The Public Health Partnership” 2005 CSAC Challenge Award Winner! & APHA 2006 Blue Ribbon Model Community
“Build Health Into Everyday Life”
For more information on Livable Communities Contact:
http://www.rivco-buildhealth.org

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