



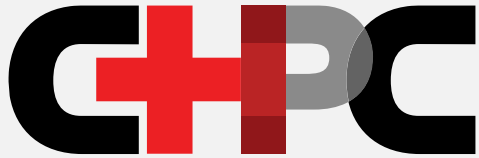
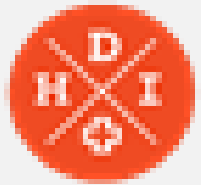
Health + Design Initiative
Colorado Healthy Places Collaborative

resources for creating healthy places

October 9, 2019

**Webinar in Collaboration with ICLEI USA
and University of Colorado Denver's
Health+Design Initiative**





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Colorado Center for
Sustainable Urbanism



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CHPC Partner



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ICLEI USA

COMMITMENTS

SCALE UP
AND EXPAND THE MODEL OF
SUSTAINABLE
CITIES AND REGIONS

MAKE SUSTAINABILITY A
FUNDAMENTAL
PART OF ALL LOCAL AND
GLOBAL DEVELOPMENT

TACKLE THE MOST
PRESSING ISSUES
OF OUR TIME TO PROTECT THE
LONG-TERM INTERESTS OF
CITIZENS

UNDERTAKE A
COLLECTIVE
EFFORT
FOR GLOBAL CHANGE ACROSS ALL
SECTORS AND LEVELS OF GOVERNMENT

PATHWAYS

LOW EMISSION
DEVELOPMENT



RESILIENT
DEVELOPMENT



CIRCULAR
DEVELOPMENT



EQUITABLE AND
PEOPLE-CENTERED
DEVELOPMENT



NATURE-BASED
DEVELOPMENT




POLICY

OUR POLICY APPROACHES
TO DRIVE GLOBAL
TRANSFORMATION

SUSTAINABLE GOVERNANCE
& MANAGEMENT: SUSTAINABLE
DEVELOPMENT IS A
COLLECTIVE EFFORT

INNOVATION & SCIENCE:
SUSTAINABLE DEVELOPMENT
MUST WORK WITH
AND FOR ALL

FINANCE: SUSTAINABLE
DEVELOPMENT NEEDS
INNOVATIVE
MODELS OF FINANCE

creating healthy places webinar



Today's Agenda

- Overview
 - CU Denver's Health + Design Initiative
 - Call-to-Action: Colorado Healthy Places Collaborative
- Creating Healthy Places - products
 - Health Design Website
 - Creating Healthy Places Guidebook
 - GuideBox to Healthy Places
 - Health Assessment Lens
- GuideBox in Action
 - Training | Neighborhood-Based Efforts | Other
- Health Assessment Lens *(if time allows)*





HEALTH + DESIGN INITIATIVE



University of Colorado Denver Research and Creative Activities

build on success of *Creating Healthy Places* project

- ❖ 2016-2019, funded by Colorado Health Foundation
- ❖ engaged more than 110 graduate students & faculty
- ❖ developed interventions to improve health in communities
- ❖ created series of state-of-the-art resources for addressing health in planning & design
- ❖ established a statewide network of organizations dedicated to collaborating on making communities healthier



Health Studios



bringing together urban planning, urban design,
architecture, sociology, landscape architecture

Health Studios

Areas of Focus

- design interventions to existing development patterns
- corridors, green streets, public places, diverse blocks, courtyards, walkability
- community engagement, economic inclusion, housing security, food access, mobility for all
- neighborhood survey | healthy homes, healthy connections, human well-being, economic resiliency
- health & industrial development, streetscapes, infill development
- ecosystem approaches, green infrastructure





Call-to-Action to Promote Healthy Communities in Colorado

in response to:

Colorado Health Foundation: *Creating Healthy Places grant product*

American Planning Association: *PLAN4Health*



Colorado Healthy Places Collaborative



HEALTH+DESIGN
INITIATIVE



AIA
Colorado



THE ALLIANCE
CENTER



American Planning Association
Colorado Chapter



ASLA
COLORADO

CALPHO
COLORADO ASSOCIATION OF LOCAL PUBLIC HEALTH OFFICIALS



CENTER FOR
HEALTH PROGRESS

Center for Health, Work & Environment
colorado school of public health



COLORADO
Department of Public
Health & Environment



"The Colorado
Health Foundation"



COLORADO HEALTH INSTITUTE




METRO DENVER NATURE ALLIANCE



MileHigh Connects
Department of Transportation



REGIS
UNIVERSITY



RMLUI
ROCKY MOUNTAIN
LAND USE INSTITUTE



Urban Land
Institute
Colorado



COLORADO



Call-to-Action to Promote Healthy Communities in Colorado

CHPC Mission Statement

*The mission of the **COLORADO HEALTHY PLACES COLLABORATIVE** is to catalyze creative actions and strategies that will make Colorado communities healthier and more vibrant.*



COLORADO HEALTHY PLACES COLLABORATIVE



Values

- ☐ Collaboration
- ☐ Leverage professional expertise
- ☐ Innovation and best practices
- ☐ Equity
- ☐ Community engagement

Focus Areas

- ☐ Information sharing
- ☐ Coordinating resources
- ☐ Maximizing programs and initiatives
- ☐ Offering expertise and experiential assets

CREATING HEALTHY PLACES: PRODUCTS

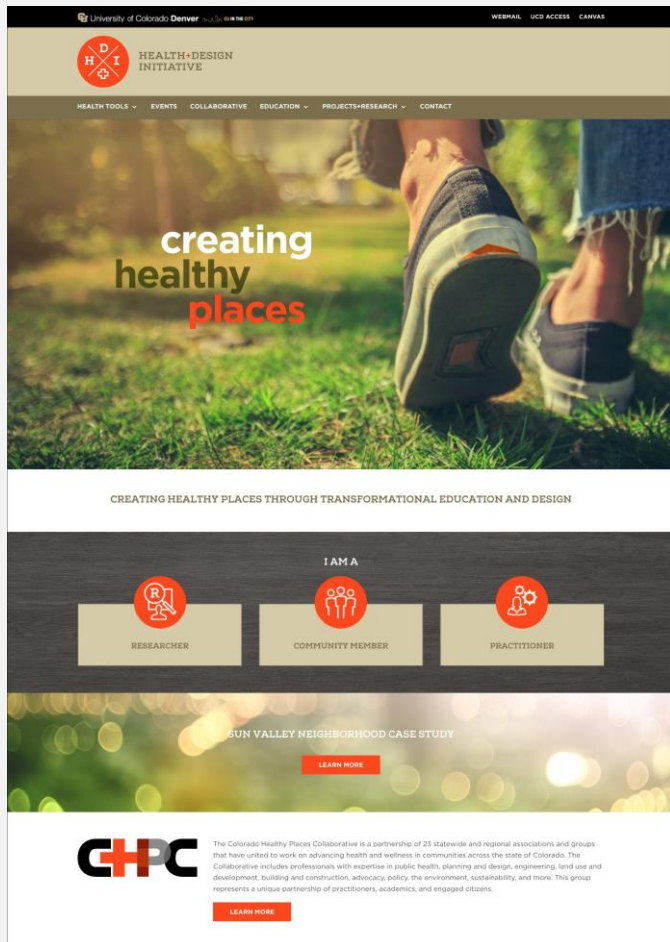


- **Health Design Websites**
 - ❖ Health + Design Initiative
 - ❖ Colorado Healthy Places Collaborative
- **Healthy Places Guidebook**
 - ❖ Best Practices
 - ❖ Case Studies
 - ❖ Health Assessment Lens
 - ❖ Model Health Element
- **GuideBox to Healthy Places**
 - ❖ WalkGuide to Healthy Places
 - ❖ Topic Booklets
 - ❖ Card Deck
 - ❖ Health Assessment Lens
- **Health Assessment Lens**

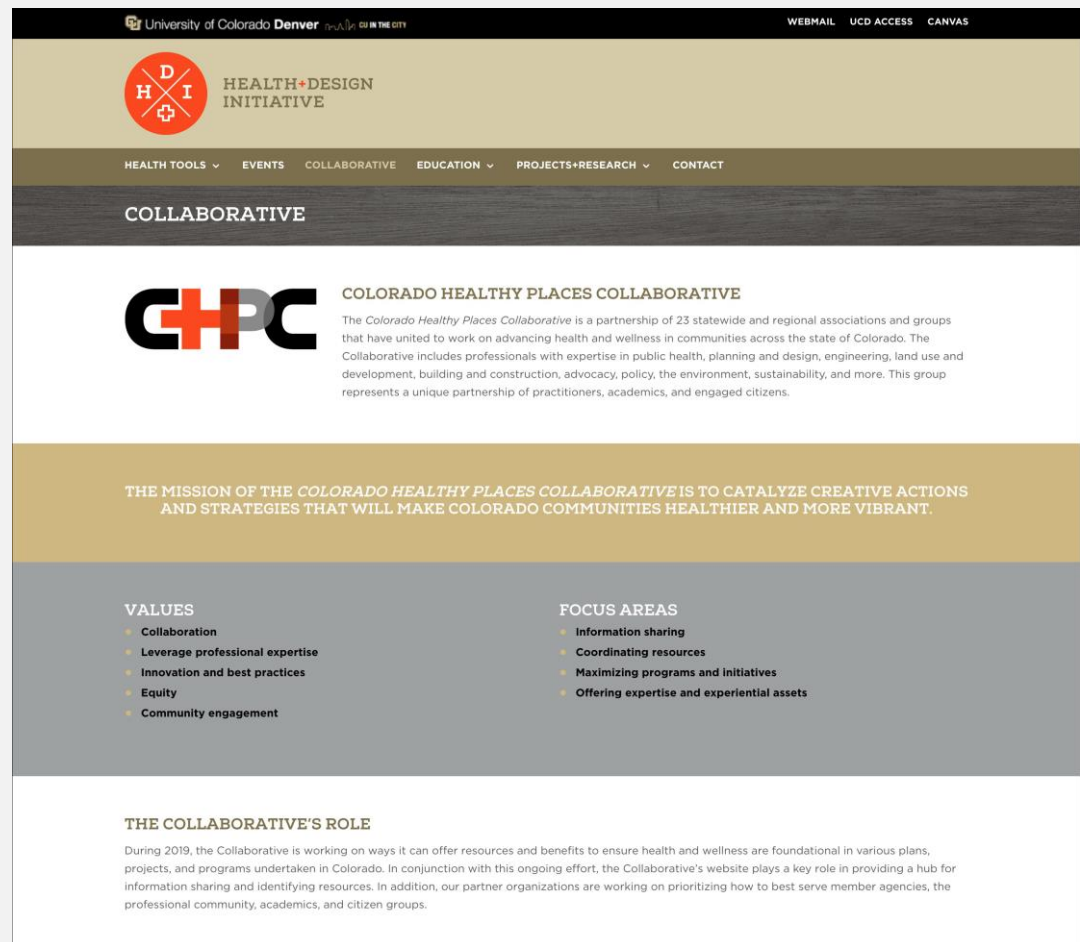


HEALTH DESIGN WEBSITES

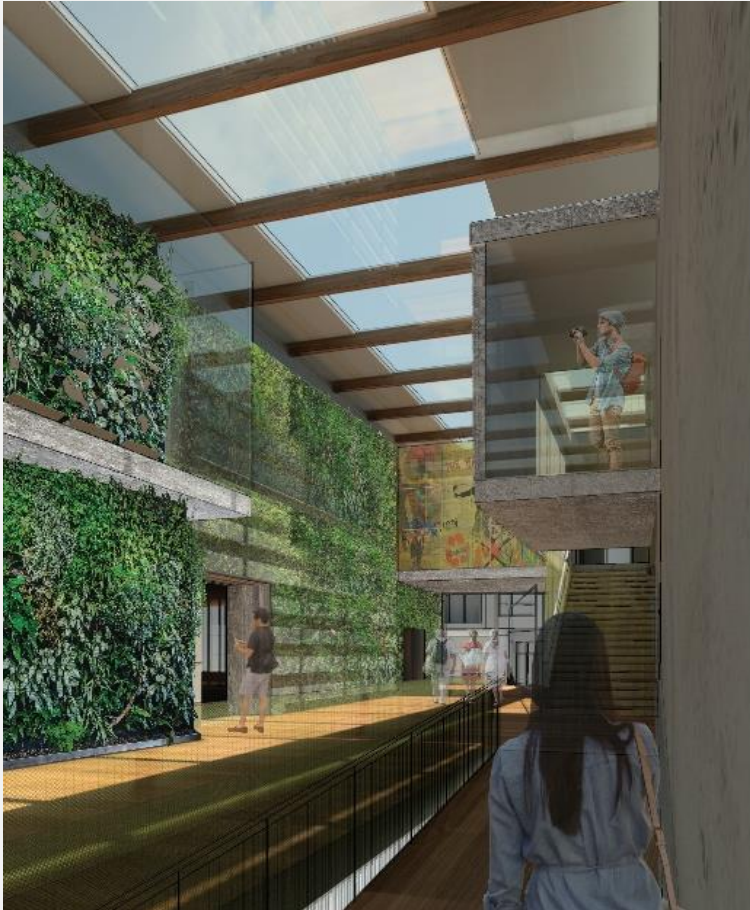
<https://healthdesigncolorado.org/>



<https://coloradohealthyplaces.org/>



CREATING HEALTHY PLACES GUIDEBOOK



Best Practices & Tools Resource

draws from work by student research teams & studios

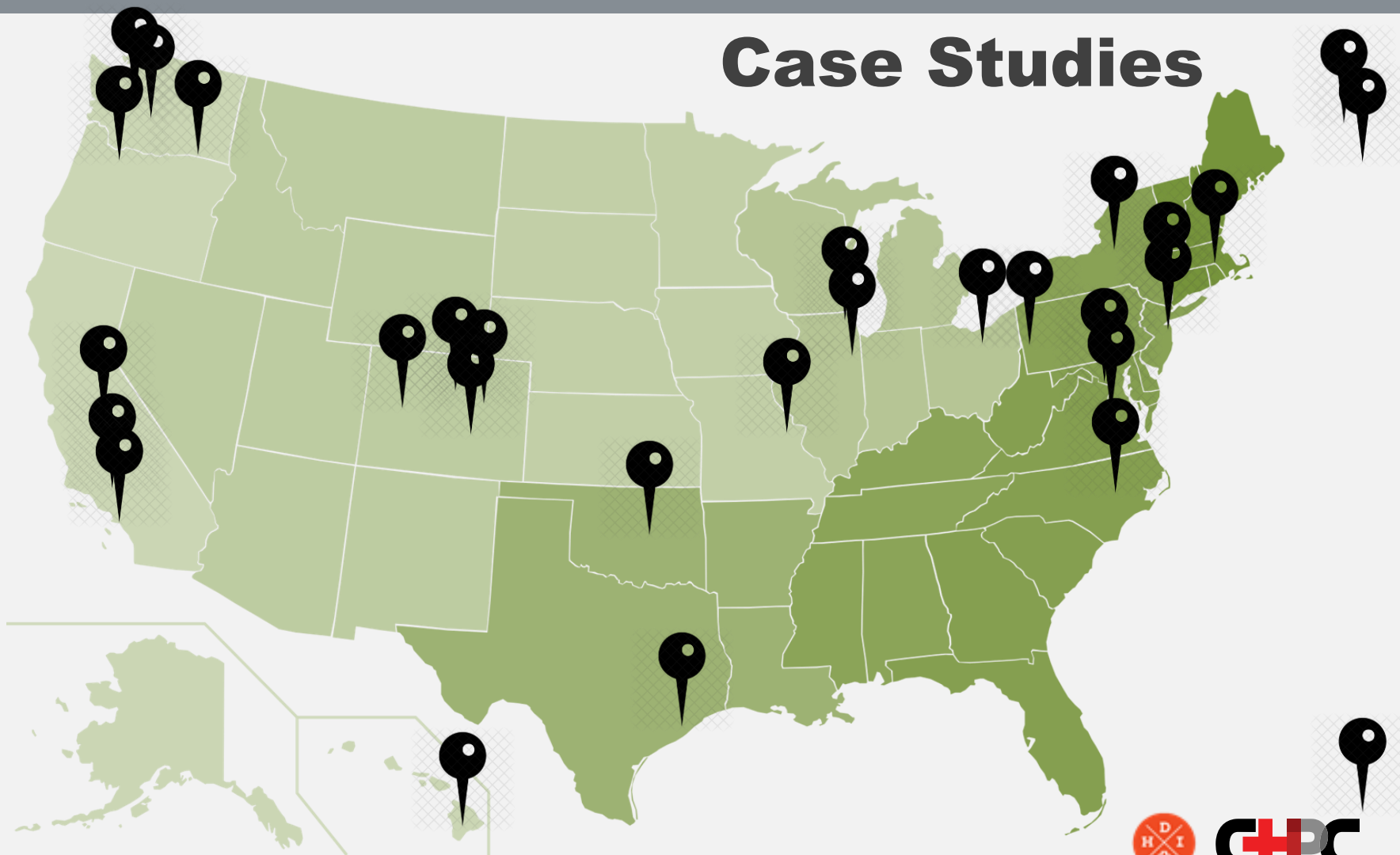
- **Community Engagement**
- **Environment**
- **Water**
- **Food**
- **Homes & Design**
- **Places & Spaces**
- **Mobility**

24 Practices

20 Case Studies

Creating Healthy Places Guidebook

Case Studies



Creating Healthy Places Guidebook

HEALTH + DESIGN INITIATIVE 1

SECTION 1

Community Engagement and Health

Overview

Engaging communities in planning for health includes education and information-sharing, but also requires active public participation. Community engagement involves early and ongoing interaction with neighborhood groups, community leaders, residents, and various local interests. Authentic engagement requires outreach and involvement by as much as the community as is possible—and not just a select group.

A particular focus of citizen engagement needs to be on social equity and efforts to create healthy places for all people. Designers, planners, public health professionals, and decision-makers need to understand both past and current conditions within a community.

There are four practices in this section, including: (1) Citizen Participation, (2) Economic Inclusion, (3) Leveraging Public Health Agency Relationships, and (4) Education on Health and Personal Wellness.



1.1 CITIZEN PARTICIPATION

Snapshot

Citizen participation—or public engagement—involves working genuinely and collaboratively with residents and interested persons and groups on all aspects of planning, design, and decision-making. With regard to health and wellness, it involves public and transparent processes for addressing issues affecting the public health and personal wellbeing.

Detailed Description

To address public health issues within the built environment, citizen participation should involve reaching out to an entire community to work on scoping out key issues and challenges, developing programs or solutions, participating in implementation and carrying out actions, and monitoring progress. We know that the types of health issues impacting communities are influenced by the physical, social, and economic situations where people live, work and play—with low-income and minority populations affected disproportionately. Engaging citizens provides the opportunity to learn about and understand health issues, and take action as individuals and as a community to create healthier environments. Public health agencies, planning offices, design agencies, and decision-makers should make every effort to engage the community members in problem identification, the development of solution, and participating in action steps.



University of Colorado Denver | College of Architecture and Planning

for each Best Practice:

- Connection to Health Lens Topics
- Snapshot
- Detailed Description
- Health + Design Considerations
- Implementation Consideration

Creating Healthy Places Guidebook

Community Engagement

- ❖ Public Participation
- ❖ Economic Inclusion Plan
- ❖ Community-wide Campaigns
- ❖ Health Education



Environment

- ❖ Improving Air Quality
- ❖ Heat Mitigation
- ❖ Noise Reduction

Creating Healthy Places Guidebook

Water

- ❖ One Water Roadmap
- ❖ Drinking Water
- ❖ Green Infrastructure
- ❖ Greywater



Food

- ❖ Access to Healthy Food
- ❖ Local Production, Processing + Distribution

Creating Healthy Places Guidebook

Buildings and Homes

- ❖ Mix of Uses
- ❖ Building Design
- ❖ Sustainable Design



Public Space and Streetscapes

- ❖ Open Space
- ❖ Pedestrian-Oriented Streets
- ❖ Safe Sidewalks

Creating Healthy Places Guidebook

Mobility



- ❖ Street Connectivity
- ❖ Transportation Demand Management
- ❖ Access to Transit
- ❖ Access to Parks
- ❖ Bicycle Infrastructure

MODEL HEALTH ELEMENT



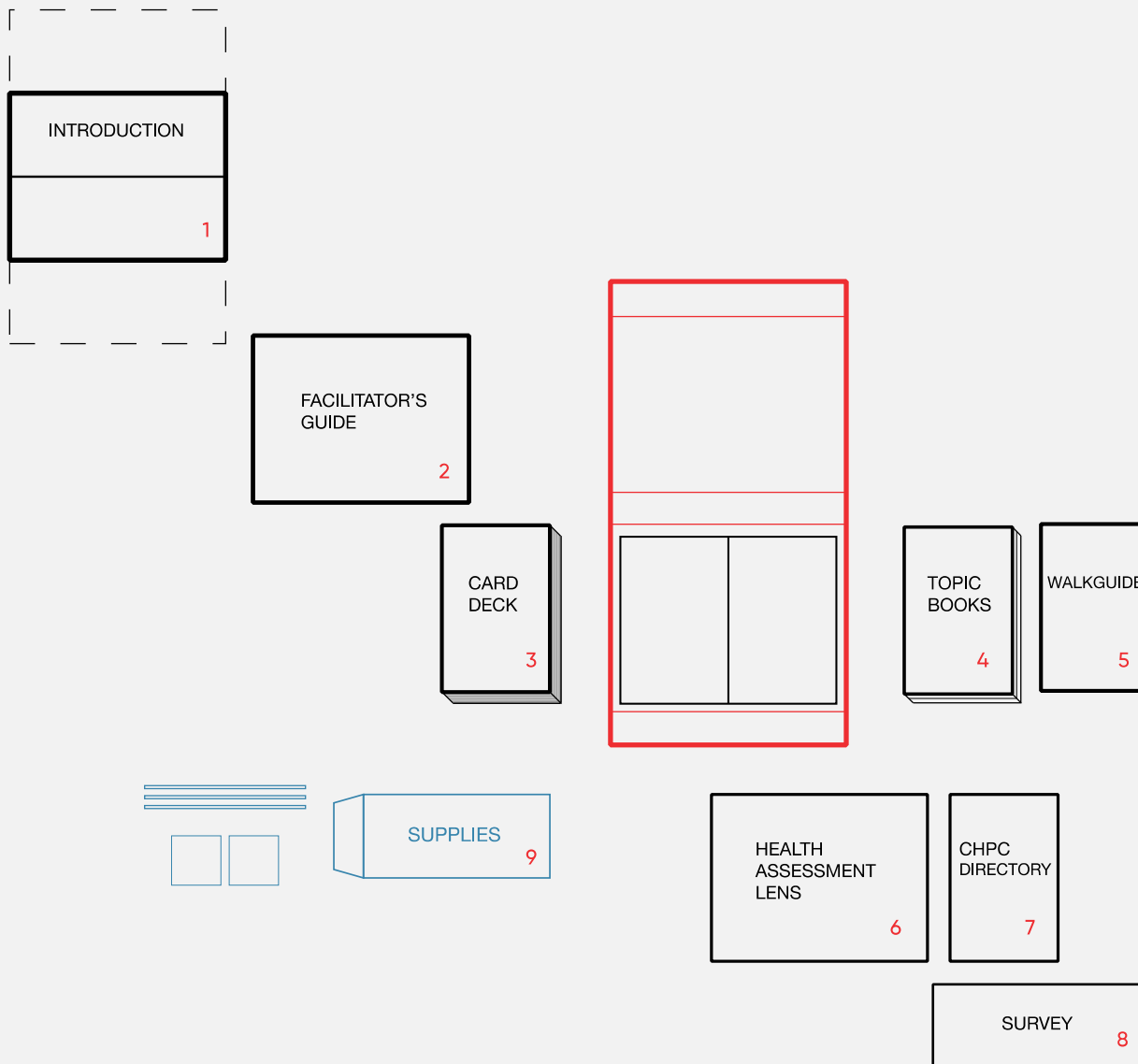
BRINGING HEALTH INTO
YOUR COMPREHENSIVE PLAN

H0



GUIDEBOX TO HEALTHY PLACES





GuideBox

to healthy places

- 1 INTRODUCTION**
An overview and instructions to the *GuideBox* and its contents.
- 2 FACILITATOR'S GUIDE**
A guide for organizers planning a meeting or session with the *GuideBox*.
- 3 CARD DECK**
A creative-thinking game.
- 4 TOPIC BOOKS**
Brief resources to assist with discussions on specific health-related issues.
- 5 WALKGUIDE**
A resource for observing health issues during a walk through the community.
- 6 HEALTH ASSESSMENT LENS**
A tool for conducting an in-depth evaluation of health factors in a community.
- 7 CHPC DIRECTORY**
An overview and contact list on organizations and associations working together to make Colorado communities healthier.
- 8 SURVEY**
A questionnaire for reflecting on outcomes from the meeting or session.
- 9 SUPPLIES**
2 Sticky Note Pads + 3 Pencils



Topic Books

GuideBox
to healthy places

Integrating
Health & Accessibility

Healthy
Buildings

Healthy
Environment

Healthy
Equity

GuideBox

Box

Box

Box



CHPC



HEALTH ASSESSMENT LENS



included in Guidebook

also on-line version

can be used as DIY tool



GUIDEBOX IN ACTION

Autumn 2019



➤ **Colorado Department of Public Health & Environment**

- ❖ training session
- ❖ Wheat Ridge | incl. Arvada, Boulder, Lakewood | Tri-County Public Health

➤ **Neighborhood Based Efforts**

- ❖ Denver | Sloan Lake, Jefferson Park
- ❖ Aurora | E470 neighbors (metropolitan district)

➤ **Other**

- ❖ Westminster
- ❖ Walsenburg | Huerfano-Las Animas Health Department



COLORADO DEPARTMENT OF PUBLIC HEALTH & ENVIRONMENT

Training Session

- ❖ Metro area planning & public health staff
- ❖ Richard Hart Estate Park | Wheat Ridge
| former orchard
- ❖ “unpacked” the GuideBox | card deck | 2
topic booklets | abbreviated GuideWalk
assessment
- ❖ picked apples!



SLOAN LAKE NEIGHBORHOOD

The “Lemon-Aid Stand”

- ❖ Neighborhood based approach for authentic community engagement
- ❖ Experiential | Engagement
- ❖ Arts | Outreach | Sustainability | Built Environment

H0



Denver's Sloan Lake Neighborhood

- ❖ ~8000 residents
- ❖ 63% White | 28% Latino | 5% African-American | 2% Asian | 1% American Indian
- ❖ 42% between 25 & 44 years of age
- ❖ 43% of housing built before 1939
- ❖ gentrifying



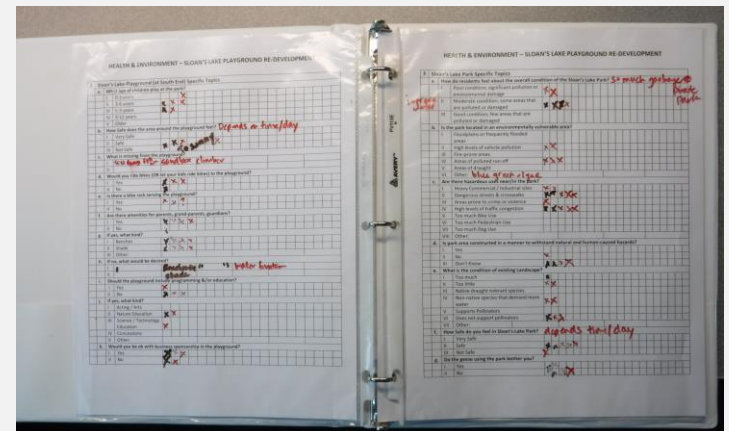
SLOAN LAKE NEIGHBORHOOD

Sloan's Lake South Playground

- ❖ Proposed investments in playground equipment, landscape & accessibility

Applying the GuideBox – takeaways

- ❖ 70% of respondents < 50 years old
- ❖ Playground feels safe to less safe, has amenities for supervising adults, but missing additional amenities
- ❖ Concern for health of lake & park, areas damaged, seasonal algae blooms
- ❖ Water and air polluted
- ❖ Traffic, street-crossings are hazardous
- ❖ Support for environ. friendly solutions, including education & infrastructure



JEFFERSON PARK NEIGHBORHOOD

Denver's Jefferson Park Neighborhood

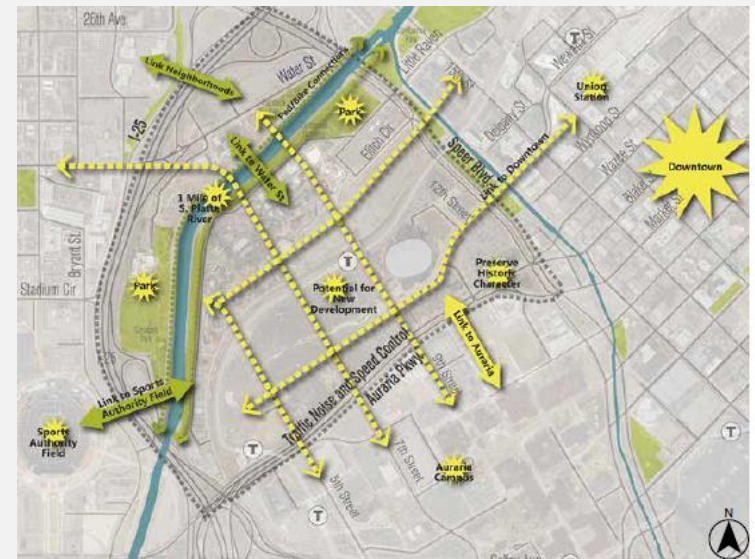
- ❖ ~3200 residents
- ❖ 47% White | 47% Latino | 1% African-American | 2% Asian | 1% American Indian
- ❖ 50% between 25 & 34 years of age
- ❖ Gentrifying | displacement H0
- ❖ Bisected by I-25 (under study for widening)
- ❖ Adjacent to Central Platte Valley redevelopment | Downtown Aquarium | Children's Museum
- ❖ Adjacent to Bronco Stadium at Mile High



JEFFERSON PARK NEIGHBORHOOD

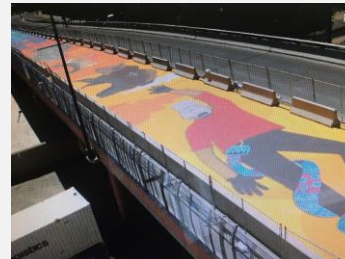
23rd Avenue to Water Street & I-25 Bridge Replacement

- ❖ Opportunity for bike/walk connectivity via Art-led Community Engagement



Opportunities Diagram

- Yellow starburst icon: Opportunity Area
- Yellow dashed line: Extension of Grid & Street Connection
- Yellow dotted line: Ped/Bike River Trails
- Yellow arrow icon: Opportunity for New Ped/Bike Link



CITY AND COUNTY OF DENVER

HIGH COMFORT BIKEWAYS

23RD AVENUE / WATER STREET: Federal Boulevard to Speer Boulevard

JOIN US

Come to our open house to engage with us and provide input on how we can best tailor the project to your community!

Date & Time
Thursday,
May 30th,
2019
5 to 7:00 p.m.

Location
Denver Elks,
2475 W. 26th Ave.
Denver, CO 80211

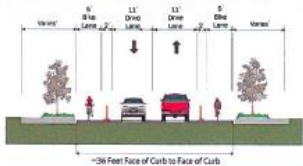


Existing Bike Facilities

Bike Facility Type

Input Needed on Proposed High Comfort Bikeway Options

West 23rd Avenue/Water Street is an important bicycling connection between Jefferson Park, Sloan Lake and Downtown, with connections to the Cherry Creek and South Platte River Trails. In segments 2, 3, and 5, the distance from curb to curb is 36 feet. Recognizing that this is the most constrained width of the roadway, three high-level concepts were developed to meet the 36-foot existing pavement width limits. The design team is looking for community input on the following concepts:

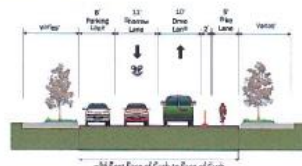


Option 1 - Protected Bike Lanes on Both Sides

Bike Facility: 5-foot protected bike lane on each side of the corridor with 2-foot vertical buffer

Vehicle Lanes: Both vehicle lanes are 11 feet wide

Parking Lanes: Remove all on-street parking along the corridor (113 spaces).

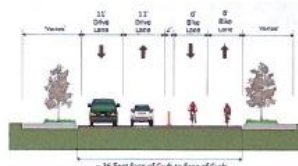


Option 2 - Protected Bike Lane 1 Side with Sharrow

Bike Facility: One protected bike lane in westbound direction, 5 feet with 2-foot vertical buffer. Eastbound vehicle lane includes sharrow.

Vehicle Lanes: Eastbound lane is striped at 11 feet with sharrow, westbound lane is 10 feet.

Parking Lanes: 35 parking spaces from the westbound direction would be removed. Between 56 and 78 parking spaces stay in eastbound direction; dependent on removing parking in Segment 5.



Option 3 - 2-Way Cycle Track on One Side

Bike Facility: 2 Way Cycle Track on one side of the street. Cross section outlines westbound direction. Each bike lane is 6 feet wide for a total of 12 feet with a 2-foot vertical buffer.

Vehicle Lanes: Both vehicle lanes are 11 feet wide

Parking Lanes: Remove all on-street parking along the corridor (113 spaces).

E470 NEIGHBORS | METRO DISTRICT

E470 Neighbors | Aurora

- ❖ Coalition of Communities along the E-470 beltway corridor that help one another in order to strengthen & improve the operations and futures of our respect.



A Coalition of Communities



WALSENBURG | HUERFANO-LAS ANIMAS COUNTIES

Incorporating Arts into Health Facilities *through CU Denver's Health & Design Initiative* *partner: 2-county health agency*

- ❖ Huerfano County | 6400 residents ^{H0}
 - 35% Latino
 - 15% below poverty line
- ❖ Las Animas County | 15,000 residents
 - 41% Latino
 - 17% below poverty line



HEALTH ASSESSMENT LENS



included in Guidebook

also on-line version

can be used as DIY tool



EQUITY AND JUSTICE

Achieving social equity and environmental justice are critical to creating healthy places for all people. It is critical to understand an area's past and current conditions to accurately address equity and justice.

Address past environmental, social, and economic damage. Any new project, plans, or programs should provide opportunities to repair past damage in the area and introduce new benefits into these communities.



EQUITY AND JUSTICE

- a. *damage (social, environmental, or other) as a result of past actions or projects?*
- b. *communities vulnerable to negative health impacts?*
- c. *opportunities to repair past damage?*
- d. *opportunities introduce new benefits?*
- e. *initiatives to mitigate any negative impacts of past and future decisions?*
- f. *local social justice advocate groups?*



HUMAN WELL-BEING

Environmental psychology tells us that healthy living is not simply a result of the presence of resources and absence of threats. Human wellbeing must be approached holistically.

- Be informed about existing health conditions in the area in which they are working, as well as existing health policies or provisions that could be applied to their work. Physical, mental, and social wellness should be factored into any project from the outset.*

HUMAN WELL-BEING

- a. Health policy framework in place to guide design, planning, and decision-making?*
- b. Information on existing health conditions – both physical & mental, including stress?*
- c. Access to services for health and wellness?*
- d. Access to local healthy and affordable food?*
- e. Opportunities for physical activity, such as walking and biking, or access to recreation?*
- f. Information on safety, crime, and/or violence?*

HARMONY WITH NATURE

Know about the condition of the natural environment, including contaminated soils, water pollution, and air toxins. Projects, plans, and programs should contribute to restoring damaged ecosystems to a more functional state.



HARMONY WITH NATURE

- a. Information on existing conditions of ecosystem, including land, water, air, climate, flora & fauna?*
 - b. Ecosystem approach in place for designing, planning, and decision-making?*
 - c. Effort to connect built environment with surrounding natural environment, including addressing vulnerable ecosystems?*
 - d. Information on soil quality & conditions of land?*
 - e. Are there superfund sites? If yes, are there plans to remediate?*
- (+10 more questions)*

EDUCATION AND WELLNESS

Education impacts the health and wellness of all people. Cultural differences matter as well—cultural knowledge can trump formal education in many lifestyle choices—for better or worse. This includes physical accessibility to educational facilities, as well as opportunities for residents to have the means and opportunities for education.

EDUCATION AND WELLNESS

- a. Information on educational conditions and accessibility to education?*
- b. Is there a variety of educational opportunities available, including K-12 schools, higher education, and training programs?*
- c. Are there opportunities to learn about health?*
- d. Are there mechanisms for news & information-sharing?*



ECONOMIC RESILIENCY

Economics play a role in human health. The built environment can support the creation of business and encourage economic opportunities, which can provide health benefits.

- *Know the economic and employment conditions. Projects, plans, and programs can bridge economic disparities and enhance opportunities for residents.*



ECONOMIC RESILIENCY

- a. *Information on economic & employment conditions, including existing business & job opportunities?*
- b. *Are there businesses & job opportunities missing?*
- c. *Are there locally owned businesses?*
- d. *Are there vacant or underutilized lots?*
- e. *Information on current property and home values?*

HEALTHY HOMES AND BUILDINGS

Sound housing is essential to a person's ability to deal with every other aspect of his or her life.

Site and orient structures to maximize health benefits. Building materials should be appropriate for the climate and context and meet health standards to prevent exposure to toxins. Home design should factor in “universal housing principles” to all residents of all ages to have maximum accessibility and freedom from hazards within the home.

HEALTHY HOMES AND BUILDINGS

- a. Information on current condition of housing stock, including whether homes are in state of good repair?*
 - b. Is displacement of existing residents occurring?*
 - c. Gaps in housing for all demographic groups – and home needs & types?*
 - d. Are there mechanisms for affordable housing?*
- (+3 more questions)*



HEALTHY COMMUNITY

Develop projects, plans, and programs that contribute to creating more “complete” communities that contribute to and reinforce the existing character of place. In addition, minimize exposure to hazards and potential disasters, such as flooding, steep slopes, environmentally sensitive areas, and more.

HEALTHY COMMUNITY

- a. Information on existing community character?
Information on cultural aspects & conditions?*
- b. Is there a mix of uses?*
- c. Are there civic spaces and public places?*
- d. Are there “champions for health?”*
- e. Are there hazards issues? f yes, is there a
resiliency and mitigation plan?*
- f. Are there adequate resources to respond to
disasters?*

HEALTHY CONNECTIONS

Mobility and accessibility can impact the physical and mental wellbeing of people in the area.

Advance state-of-the-art solutions for healthy infrastructure and services. Attention should be given to maximize easy connections to sidewalks and bicycling facilities, as well as to transit stops and stations.

HEALTHY CONNECTIONS

- a. Existing conditions of infrastructure? (utilities, stormwater systems, streets & alleys, sidewalks & bikeways)*
 - b. Do utilities and infrastructure and infrastructure follow green infrastructure principles?*
 - c. Are low impact development practices employed?*
 - d. Information on the transportation use patterns?*
 - e. Gaps in mobility and accessibility system?
(connections to transit, missing links, transit headways)*
- (+5 more questions)*

RESOURCES AVAILABLE ON-LINE

Health + Design Initiative (CU Denver)

<https://healthdesigncolorado.org/>

Colorado Healthy Places Collaborative website:

<https://coloradohealthyplaces.org/>

Health Tool: Creating Healthy Places Guidebook

- https://coloradohealthyplaces.org/wp-content/themes/Divi-child/files/Creating-Healthy-Places-Guidebook_FullBook_Web.pdf

Health Tool: GuideBox to Healthy Places

<https://coloradohealthyplaces.org/guidebox/>

Health Tool: Health Assessment Lens

<https://coloradohealthyplaces.org/health-assessment-lens/>

HEALTH & DESIGN INITIATIVE COLORADO HEALTHY PLACES COLLABORATIVE

RESOURCE SUPPORT OVER PAST 3 YEARS



CREATING HEALTHY PLACES THROUGH TRANSFORMATIONAL EDUCATION + DESIGN
Colorado Health Foundation Grant



PLAN4Health COLORADO + CALL-TO-ACTION
American Planning Association CO Grant



Health + Design Initiative
Colorado Healthy Places Collaborative

creating healthy places
THANK YOU

for more information, contact:

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Robin Kerns | CHPC Partner

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