Institutionalizing Active Design through Cross-Sector Collaboration

Kirin Kumar, Executive Director
WALKSacramento

Friends and Allies of the Walking Movement
Design 4 Active Sacramento (D4AS), a cross sector health team, working at all scales to imbed health and active design into the built environment.

- Cross sector team of professional land use and transportation planners, public health and private healthcare physicians. Experts on the impacts of the environment on human health.

- Solutions focused team addressing the changes necessary to improve community health through partnerships & collaboration.

- Part of a nationwide collaborative of health and built environment experts. Providing training and technical assistance on health benefits of active design.
Who is D4AS?

- Judy Robinson, Principal Planner at Sacramento County
- Olivia Kasirye MD, Public Health Officer at Sacramento County
- Teri Duarte, Planner at Sacramento Metropolitan Air Quality Management District
- Adrian Engel, PE Civil Engineer at Fehr & Peers
- Monica Hernández, Public Information Officer - SACOG
- Mark Horton MD, NLAPH Coach – UC Berkeley School of Public Health
- Edie Zusman MD, Neurosurgeon – Eden Medical Center
- Sara Jensen Carr, PhD – Assistant Professor at University of Hawaii
- Charlene Hauser, MD, Family Medicine – Sutter Health
- Glennah Trochet, MD, Retired Public Health Officer at Sacramento County
- Caroline Peck, MD, Chronic Disease Director at CA Department of Public Health
- Kirin Kumar, Executive Director of WALKSacramento

Design 4 Active Sacramento
Our Mission is to...

Influence decisions about the built environment in order to promote health.

Our vision is...

An environment that enables residents to incorporate healthy activities into their daily lives.
Why is chronic disease reduction through design important?

<table>
<thead>
<tr>
<th>County</th>
<th>Leading Causes #1</th>
<th>Leading Causes #2</th>
<th>Leading Causes #3</th>
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</thead>
<tbody>
<tr>
<td>Sacramento</td>
<td>Heart Disease</td>
<td>Cancer</td>
<td>Stroke</td>
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<tr>
<td>Nevada</td>
<td>Cancer</td>
<td>Heart Disease</td>
<td>Chronic Lower Respiratory Disease</td>
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<tr>
<td>Yolo</td>
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<tr>
<td>Yuba</td>
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<tr>
<td>Sutter</td>
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<td>Heart Disease</td>
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<tr>
<td>El Dorado</td>
<td>Cancer</td>
<td>Heart Disease</td>
<td>Unintentional Injury</td>
</tr>
</tbody>
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**IN-ACTIVITY IS THE NEW SMOKING!**

**PREVENTABLE THROUGH ACTIVE DESIGN**
Adults in Sacramento County

- Physical inactivity = 17%
- High blood pressure = 27.7%
- High cholesterol = 37.90%
- Diabetes = 8.1%
- Overweight or obese = 63.9%

What Makes Us Healthy

- Genetics 20%
- Environment 20%
- Healthy Behaviors 50%
- Access to Care 10%

What We Spend On Being Healthy

- 88% Medical Services
- Healthy Behaviors 4%
- Other 8%
Project: Sacramento County Active Design Guidelines & Collaboration

Sacramento County codified health into their Comprehensive Code, Zoning Code and Design Guidelines to reduce chronic disease. The County created and utilized a cross-sector collaborative to accomplish this, and created a walking person icon to call attention to design guidelines that advanced health across all land uses.
Plan4Health – An Opportunity to Grow!

Plan 4 Health – a joint APA/APHA program to inspire deeper collaboration between public health and planning.

Project Strategies:

- Develop and implement Active Design policies
- Catalyze lasting collaboration between health and planning professionals
- Train planning and health professionals - Active Design and health/built environment
- Educate and empower community residents in underserved areas
- Widely share best practices and local successes
- Create a sustainable model
Fostering Cross-Sector Collaboration

First Annual Public Health Officer and Planning Director Convening – May 26th 2015
Technical Assistance Tailored to each community

Active Design Technical Assistance:

• Policy scans
• Commission and staff-level trainings
• Grant development assistance
• Community engagement and outreach
• Sharing of best practices

“WALKSacramento’s (D4AS) technical assistance in strengthening our public health section, is one reason Roseville was able to secure a $4.5 million ATP award for the Dry Creek Greenway.”

-Mike Dour, City of Roseville
Community Engagement and Capacity Building
Successes!

- Public Health representation on County Design Review Advisory Committee
- 2016 Speaker Series – all about health!
- Played an active role in over $15 million in Active Transportation Grant applications
- Engaged over 250 youth
- Center for Active Design and APA County Planning Awards
THANK YOU

Kirin Kumar, Executive Director
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kkumar@walksacramento.org

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