POLICY DOCUMENT PART 2

HEALTHY COMMUNITY ELEMENT

More and more communities are facing the challenges of childhood obesity, asthma, type two diabetes, and other health issues resulting from an unhealthy and sedentary lifestyle. Past efforts to address these issues focused solely on changing individual behaviors and have not succeeded in reversing the obesity epidemic. Recent research has found that people’s environments – where they live and work, how they travel, what they eat, and where and when they are physically active – have a major impact on their health and well-being. Therefore, many of today’s efforts focus more on the community than the individual. A healthy community promotes a positive physical, social, and economic environment that supports the well-being of its residents.

By adopting this Healthy Community Element, the City of West Sacramento has recognized that health is a serious community issue and has made a commitment to creating a healthy living environment where residents can thrive. The Healthy Community Element addresses factors that influence physical and mental health including, physical activity, nutrition, and access to health care. The Element also addresses issues of health disparities and equal access to public participation, recognizing that a healthy community is one in which citizens are empowered to participate in decisions about the future of their community. Finally, the Healthy Community Element includes a section addressing child care needs in the city, recognizing that safe and affordable child care is essential to healthy child development.

Because health is a universal issue, the policies related to creating healthy communities are contained in nearly every General Plan Element, including Mobility, Land Use, Urban Form and Structure, Parks and Recreation, and Safety.
Community Equity
A healthy community is one in which all residents have equal access to the services they need to live a healthy and prosperous life. Unfortunately, there are health disparities within communities, with some areas lacking access to healthy food, safe and affordable housing, medical care, and a healthy physical environment. The City of West Sacramento is committed to ensuring equity for all residents and to building the capacity of all residents to understand, organize around, and influence policy and decision-making on the environmental conditions in their daily lives. Policies in this section promote a healthy living environment for all residents of West Sacramento.

GOAL HC-1
To eliminate health disparities by promoting equal access to health care services, healthy food, safe and affordable housing, job opportunities, safe neighborhoods, and a healthy environment.

HC-1.1   Environmental Justice ☉
The City shall ensure the fair treatment of people of all races, cultures, and incomes with respect to the development, adoption, implementation, and enforcement of land use and environmental laws, regulations, and policies. (SO)

HC-1.2   Geographic Disparities ☉
The City shall strive to ensure that no part of the community suffers disproportionately from adverse human health or environmental effects, and to enable all residents to live in a clean and healthy community. (RDR/SO)

HC-1.3   Equitable Distribution of New Public Facilities and Services
When updating public facilities master plans, the City shall strive for the equitable distribution of new public facilities and services that increase and enhance quality of life for the entire community. (MPSP)

HC-1.4   Social Equity in the Workplace
The City shall encourage employers to provide fair compensation, adequate benefits, and a safe work environment for their employees. (PSP)

HC-1.5   Community Participation
The City shall continue to ensure that everyone interested in participating in the decision-making process is provided with the information necessary to contribute to informed decisions and has convenient access to meeting locations. (PI)

HC-1.6   Broad Representation on Committees and Commissions
The City shall encourage broad and diverse membership on all City committees and commissions, and seek to include those who are traditionally underrepresented. (SO)

HC-1.7   Promote Volunteerism ☉
The City shall engage community members, especially older adults and youth, as volunteers to promote community involvement and strengthen the sense of community. (PSP)
Active Living
The design of the built environment has a significant impact on the opportunities residents have to remain active and healthy and avoid chronic diseases. Adults living in walkable neighborhoods are more physically active and youth get more regular physical activity when they have opportunities to walk or ride a bicycle from home to school. Studies have shown that residents living in communities with a mix of shops and businesses within easy walking distance, as well as an accessible network of trails and open space, have a lower risk of obesity than residents of communities that do not have these services within easy walking distance. Since children spend much of their time in the classroom and adults spend a great deal of time at work, schools and employers also have the opportunity to promote physical fitness. Policies in this section promote active living through a well-designed built environment, access to open space, and programs that encourage physical fitness.

GOAL HC-2
To support active living through a built environment, a network of parks and open space, and programs that promote physical activity, connectivity, and reduce vehicle miles traveled.

HC-2.1 Physical Activity and the Built Environment
The City shall make land use and urban design decisions that promote physical activity. (RDR)

HC-2.2 School Physical Fitness
The City shall support physical fitness programs at schools. (JP)

HC-2.3 Open Space
The City shall ensure that parks, trails, open spaces, and green spaces provide facilities that encourage physical activity. (SO)

HC-2.4 Programs to Encourage Physical Activity
In designing its parks and recreation programs, the City shall promote fitness and enjoyment of the outdoors so that people become more physically active. (PSP/SO)

HC-2.5 Collaboration for Healthy Recreation
The City shall encourage public and private recreation providers to collaborate with the City, Yolo County Public Health Department, and other public health agencies in designing healthy recreation programs that encourage physical activity. (JP/IGC)

HC-2.6 Safe Routes to School
The City shall develop and implement a Safe Routes to School (SRTS) program. (JP)

HC-2.7 Physical Activity in the Workplace
The City shall encourage employers to provide fitness facilities, support facilities (e.g., bike lockers, showers), flexible policies (e.g., flexible schedules, longer breakers), and programs (e.g., walking and cycling clubs) to promote physical activity in the workplace. (JP)
Healthy Foods
The American diet has grown increasingly unhealthy. Several factors determine what people choose to eat, but access is a major factor. Studies have found that people buy food that is readily available. Today, communities with the highest rates of obesity are typically places where residents have few opportunities to conveniently purchase nutritious food. A healthy, nutritious diet can reduce the risk of obesity and associated chronic diseases, directly improving one's health and well-being and minimizing health care costs for local governments. While food is a personal choice, the City of West Sacramento recognizes the need to create an environment in which all residents have access to affordable and healthy food. Policies in this section promote healthy eating habits in West Sacramento by increasing access to farmers' markets, community gardens, and other sources of healthy food; promoting nutrition education; and limiting sources of unhealthy food.

GOAL HC-3
To promote healthy eating habits.

HC-3.1 Access to Healthy Foods
The City shall strive to ensure that all residents and employees are within walking distance of sources of fresh food (e.g., grocery stores, healthy corner stores, farmers' markets, and community gardens) and shall encourage new healthy food suppliers in underserved areas. (RDR/PSP)

HC-3.2 Food Policy Council
The City will consider forming a food policy council with local partners including health professionals, school district representatives, retail industry leaders, farmers, non-profit organizations, economic development officials, and interested citizens. (IGC/JP)

HC-3.3 Nutrition Education
The City shall promote nutrition education through City communications to foster healthy eating habits and work with local public health professionals to disseminate information about healthy eating habits at community facilities. (PI)

HC-3.4 Local and Organic Food Purchase
The City shall promote the purchase of locally-produced and/or organic food at government and school facilities. (SO)

HC-3.5 Healthy Corner Stores
The City shall encourage small grocery or convenience stores to offer healthy food options in underserved areas. (PSP/PI)

HC-3.6 Healthy Restaurants
The City shall encourage restaurants to serve healthy foods, provide nutritional information to customers, and voluntarily eliminate unhealthy ingredients from their menus. (PSP/PI)

HC-3.7 Enhance Farmers' Markets
The City shall maintain and enhance existing farmers' markets and explore ways to expand farmers' markets to underserved areas. (PSP)

HC-3.8 Sites for Farmers' Markets
The City shall identify potential farmers' market sites on public and private property and, where feasible, on streets using street closures. (PSR)

HC-3.9 Access to Farmers' Markets
The City shall locate farmers' markets on sites that have convenient pedestrian, bike, and public transit access and sufficient off-street parking. (RDR)
HC-3.10 Partnerships for Farmers’ Markets
The City shall strive to increase the number of farmers’ markets by encouraging partnerships between organizers of farmers’ markets and the Washington Unified School District, neighborhood groups, the senior center, and business groups. (JP)

HC-3.11 Payment Options at Farmers’ Markets
The City shall encourage vendors at farmers’ market to accept electronic benefit transfer (EBT) cards and food stamps. (PI/PSP)

HC-3.12 Affordable Housing Developments
The City shall encourage all new affordable housing developments to contain a designated yard or other shared spaces for community gardens. (RDR)

HC-3.13 Support for Community Gardens & Urban Farms
The City shall strive to increase the number of community gardens and urban farms by encouraging local government agencies and private institutions including the Washington Unified School District, neighborhood groups, and the Senior Center to develop and maintain community gardens and urban farming programs. (IGC/JP)

HC-3.14 School Nutrition
The City shall encourage the Washington Unified School District to establish strong nutritional standards for school lunches, offer locally-grown foods in school breakfast and lunch programs, phase out unhealthy snacks and sugar sweetened beverages, and include nutrition education, such as school gardens and farm-to-school programs, in school curricula. (JP)

HC-3.15 Restrict Unhealthy Food Options
The City shall discourage new liquor stores and fast food restaurants in areas with an existing high concentration of such stores. (RDR)

Health Care
While there are numerous hospitals and other health facilities immediately across the Sacramento River in the City of Sacramento, West Sacramento itself is significantly underserved by health care facilities. A lack of access to health care can exacerbate chronic diseases such as heart disease or diabetes. Policies in this section promote the expansion of health care facilities and services to meet the health needs of West Sacramento residents.

GOAL HC-4
To promote access to health care and medical services for all residents and employees.

HC-4.1 Adequate Health Care Facilities
The City shall encourage the development and maintenance of a full range of health care facilities, including hospitals, acute care facilities, and mental health facilities to meet the needs of all residents and employees in West Sacramento. (RDR)

HC-4.2 Public Transit Access to Medical Facilities
The City shall work with transit service providers and healthcare providers to ensure adequate service for people who are transit-dependent by improving connections to local and regional health care facilities. (JP)
HC-4.3 Adequate Health Coverage
The City shall encourage employers to provide adequate health coverage and benefits to employees. (*PI/PSP*)

HC-4.4 Elderly Care Facilities
The City shall encourage the development of quality health care facilities for the elderly, including assisted-living, hospice, and other care-provision facilities. (*RDR*)

HC-4.5 Obesity Prevention
The City shall support cross-cultural education, social marketing, and media campaigns about the prevention and treatment of obesity, and encourage physicians, registered dietitians, and other qualified health care workers to screen and treat behaviors that may lead to obesity and other preventable diseases. (*PI*)

HC-4.6 Culturally-Sensitive Health Programs
The City shall encourage health care providers to provide equitable and culturally-sensitive health programs for all communities regardless of income level. (*PI*)

HC-4.7 Combating Drug and Alcohol Dependency
The City shall coordinate with Yolo County and participate in community service programs that aim to combat tobacco, alcohol, and drug dependency. (*PSP*)

HC-4.8 Tobacco Education
The City shall support public education programs regarding the hazards of tobacco use and secondhand smoke through media and educational events, and by encouraging community-based organizations to provide treatment and prevention programs. (*PI*)

HC-4.9 Tobacco Control Laws
The City shall continue to update or enforce tobacco control laws that pertain to location and retailing practices, smoking restrictions, and smoking-free home and workplace laws. (*SO*)

**Child Care**

The availability, accessibility, and quality of child care are frequently pressing concerns for contemporary families. Yet child care and early education have not traditionally been considered public responsibilities in American society. The impact of child care shortages — and the shortage of financial resources to support qualified, long-tenured child care workers — is felt most acutely at the local level. There is a gap between child care demand and child care supply in West Sacramento and the need will grow as the city grows in the future. The City of West Sacramento recognizes that a healthy community is one in which all children have access to safe, affordable, and high-quality child care. Policies in this section promote the provision of adequate child care facilities for all residents and employees in the city.

**GOAL HC-5**

To ensure an adequate, affordable, and diverse supply of child care facilities and services is available to parents and caregivers who live or work in West Sacramento.

**HC-5.1 Range of Service**

The City shall encourage the development of a range of child care facilities and arrangements (e.g., family day care homes, public and private child care centers, and recreation activities) to provide alternatives to fulfill the needs of West Sacramento residents and employees. (*RDR*)

**HC-5.2 Facilitate Development**

The City shall facilitate the development of new child care facilities by:
Providing information to assist child care providers in getting started and licensed;
Streamlining processing and permit regulations; and
Exempting family child care homes from payment of City business license fees. (PI/RDR)

**HC-5.3 Organizational Cooperation**
The City shall work with the Washington Unified School District, Yolo County Office of Education, Yolo County Department of Social Services, Yolo County Resource and Referral and Child Care Subsidy, and other public and private organizations to support and promote child care facilities and services. (IGC/JP)

**HC-5.4 High Quality Early Learning**
The City shall continue to participate in partnership with the Washington Unified School District, First 5 Yolo, and First 5 California to support and promote high quality zero to five care, and affordable, voluntary, high-quality preschool for children in West Sacramento. (IGC/JP)

**HC-5.5 Coordinated Programs**
The City shall coordinate and integrate child care programs with housing and social programs wherever feasible. (RDR)

**HC-5.6 Recreation Programs**
The City shall incorporate child care programs into City-sponsored recreation programs wherever feasible and appropriate. (SO)

**HC-5.7 Funding**
The City shall pursue available funding sources for the development of child care facilities and programs. (FB)

**HC-5.8 Low and Moderate Income Households**
The City shall encourage the development of child care facilities within those areas of the City with significant numbers of low- and moderate-income households. (RDR)

**HC-5.10 Legislation**
The City shall support and advocate State and Federal legislation to promote affordable child care, raising and monitoring high quality standards, and increased funding for child care facility training and technical assistance for programs. (IGC)

**HC-5.11 Office/Industrial Development**
The City shall encourage the provision of child care facilities within employee-intensive office/industrial developments and employer and corporate contributions towards employee child care costs. (RDR)

**HC-5.12 Information to Employers**
The City shall provide information about child care services in West Sacramento to major employers, developers, and others. (PI)

**HC-5.13 Public Buildings**
The City shall consider inclusion of child care facilities in the development of public buildings. (SO/RDR)

**HC-5.14 Environmental Review**
The City shall consider the impacts on the demand for child care in its environmental review of development projects, and shall encourage developers to mitigate these impacts. (RDR)

**HC-5.15 Mitigation**
The City shall require new developments to mitigate the impacts on child care demand in West Sacramento by either paying the Child Care Development Fee or providing for child care facilities through alternate means. (RDR)
HC-5.16 Child Care Coordinator
The City shall continue to maintain a management level position (e.g. Early Learning Services Director), to work with child care providers in West Sacramento and administer the City's preschool and child care programs. (SO)

HC-5.17 Training
The City shall encourage and promote training and education programs for early childhood professionals in West Sacramento, such as child development classes and related child care courses offered at local community colleges and universities and certified CPR courses and other health and safety training. (PSP/PI)

HC-5.18 Licensing Standards
The City shall work with the State Department of Social Services and the Yolo County Department of Social Services to ensure that child care providers in West Sacramento meet State licensing standards. (IGC)

HC-5.19 After School Care
The City shall encourage the development of school-age child care to meet existing shortfalls. (IGC)

HC-5.20 Employer Child Care Contributions
The City shall encourage employer and corporate contributions toward employee child care costs. (PI)
### Table 3-10 Healthy Communities Implementation Programs

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1. The City shall join the California Healthy Cities and Communities Network to gain access to technical assistance, grants, and other resources that support healthy community programs. *(PSP)*

2. The City shall conduct a study to identify areas of the city with health disparities, such as lack of access to healthy foods, parks, and health care services; proximity to known toxins and health-threatening pollutants; and design features that inhibit walkability and active living. Based on the findings of the study, the City shall develop strategies to eliminate health disparities. *(PSR)*

3. The City shall adopt a Safe Routes to School (SRTS) program, which includes the 5Es (evaluation, education, encouragement, enforcement, and engineering) and support "walking school buses" – a group of children walking to school together with supervision by more than one adult, particularly along unsafe routes. *(PSP/JP)*

4. To encourage local stores and restaurants to offer healthy food options, the City shall develop a citywide marketing campaign that advertises convenience stores and restaurants that provide healthy options. *(P)*
### Table 3-10 Healthy Communities Implementation Programs

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5. The City shall develop a program to facilitate produce purchasing partnerships between local farmers and grocery stores and restaurants. *(PSP)*

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6. The City shall identify existing and potential community garden and urban farm sites including parks, recreation and senior centers, public easements and right-of-ways, and surplus property. *(PSR)*

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7. The City shall amend the Zoning Ordinance to limit concentrations of liquor stores and fast food restaurants. *(RDR)*

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<td>8. The City shall monitor child care supply and demand at least every five years and implement programs to address shortfalls as necessary. (PSR)</td>
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