Working with Minnesota Local Governments to Increase Access to Healthy Food
Part II – Local Community Planning: Connecting health and local planning efforts
May 16, 2016
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Working with Minnesota Local Governments to Increase Access to Healthy Food
Part II – Local Community Planning: Connecting health and local planning efforts
May 16, 2016
Introductions

Mary Marrow
Staff Attorney
Public Health Law Center
The Public Health Law Center
What does the Public Health Law Center do?

- Legal Research
- Policy Development
- Publications
- Trainings

- Direct Representation
- Lobby
Introductions

Ellen Pillsbury, Active Transportation Coordinator, Minnesota Department of Health
Introductions

Eric Weiss, Community Health Planner, Center for Prevention, BCBS of Minnesota
Introductions

Andy Hubley, Director of Regional Planning Division, Arrowhead Regional Development Commission
Goals for this presentation:

- Understand the historical relationship between public health and planning.
- Discuss current planning trends and opportunities to address present-day public health priorities.
- Recognize how local planning varies between the Twin Cities Metro area and Greater Minnesota.
- Identify opportunities for local planning to address future needs of Minnesota communities.
Brief History of Public Health & Urban Planning

Ellen Pillsbury, Active Transportation Coordinator
City of Washington was designed in 1791 by Pierre L'Enfant
Rapid Industrialization
1900 & 2010
Leading Causes of Death

John Snow's mapping of the 1854 Cholera Outbreak in London, England around the Broad St pump.
America Becomes Urbanized

Source: U. S. Census (adapted)
NYC Metropolitan Board of Health 1865
Housing Reforming 1890

How the Other Half Lives

Jacob A. Riis
New York State Tenement House Act 1901
1st Zoning Resolution - 1916

Map outlined New York's new zoning laws and heights restrictions.
Garden City Movement
late 1800s

Reproduced from the pages of “Peach” November 1920
1\textsuperscript{st} Regional Plan - 1909

Regionalism

“...from Kenosha on the north, around to DeKalb on the west, and thence to Michigan City on the south, all roads lead to Chicago; and this entire [60 mile] region might well be included in a metropolitan area.”
Zoning Enabling Act – 1924

City Planning Enabling Act - 1928
Cincinnati, OH
1\textsuperscript{st} adopted City Plan - 1925
HEALTH AND COMPREHENSIVE PLANNING
Arrowhead Regional Development Commission (ARDC)

- One of 11 regional development organizations in Minnesota
- Provide technical assistance to communities addressing community development, land use, transportation, housing, etc.
- Serve communities in Aitkin, Carlton, Itasca, Koochiching, St. Louis, Lake, and Cook Counties
What is Comprehensive Planning?

- Long term vision for a community along with a plan of action that will help the community satisfy the vision
- Addresses current and future issues and opportunities
- Allows for public participation in the planning process
- Ensures that growth makes the community better, not just bigger

Where we are today → Where we want to be → How we get there
Why Plan?

- Preserve important natural resources, agricultural land
- Identify issues, stay ahead of trends
- Protect property rights and values
- Ensure sustainability
- Opportunity to consider future implications of today’s decisions

What will your City or Town look like in 20 years?
2 Big Takeaways

- Comp Plans serve as a community’s basis for their zoning code
  - Metro = Required
- Comp Plans are the primary time for citizen input
ARDC and Comprehensive Planning

- Significant experience creating and updating Comprehensive Plans throughout NE Minnesota

- Approximately 6-9 month process
  - Average of 4-6 meetings

- Stress importance of public participation and community engagement
  - Community Survey
  - Facilitate two public meetings during process
    - Public Visioning Session
    - Public Review Meeting
ARDC and Comprehensive Planning Cont.

- Work with planning committees and the public to identify assets, issues, opportunities and develop recommendations, and actions items for the following sections/chapters in each community:
  - Housing
  - Transportation
  - Land Use
  - Economic Development
  - Utilities and Community Faculties
  - Mining, Natural, Agricultural or Cultural Resources
  - Recreation, Parks, Open Space, Arts
  - Intergovernmental Cooperation

- An Implementation Checklist provided

- Plans adopted by City Council or Town Board
Opportunity to Integrate Health into Comprehensive Plans

- Iron Range Resources & Rehabilitation Board (IRRRB) Comprehensive Plan Grant Program
  - Provides funding to cities and collaborative organizations to aid development and implementation of plans
- Resulted in ARDC working with approximately 15 communities to develop plans
- Provided an opportunity to pilot the Healthy Community Comprehensive Planning Project
Pilot Project: Healthy Community Comprehensive Planning

- ARDC partnered with:
  - The University of Minnesota
  - Healthy Northland – Community Health Board

- Funded by BlueCross & BlueShield of Minnesota
Pilot Project: Healthy Community Comprehensive Planning

- Project Goals
  - Create a comprehensive planning model that encompasses health equity, food access, and healthy eating language
  - Influence regional funds, i.e. IRRRB Comprehensive Plan Program
  - Regional awareness of economic benefits of communities with health-related policy language
Pilot Project: Healthy Community Comprehensive Planning

- Three pilot communities participating:
  - City of Tower/Breitung Township (completed)
  - City of Proctor (completed)
  - City of Mountain Iron (in-progress)

- Healthy Food Access Study – conducted by the University of Minnesota

- Evaluation
  - ARDC will assist in completing a Rural Community Health and Food Access Policy checklist
Example: Proctor Comprehensive Plan

- Community Health Board presented at Planning Committee meeting to discuss importance of health at community level

- Meeting attendees identified social determinants that hinder and enhance health in Proctor:
  - **Hinders to health**
    - Lack of active transportation infrastructure (i.e. lack of walking/biking trails)
    - Physical infrastructure causing blight/replacing potential recreational areas
    - Lack of community walkability due to major roadways and other obstacles
  - **Enhancement to health**
    - Access to preventative health services (i.e. doctors, dentists, etc.)
    - Presence of nature – trees and gardens
    - Access to active transportation infrastructure and recreation areas
    - Access to quality education
Example: Proctor Comprehensive Plan

Language incorporating health enhancers and hinders in each section/chapter’s goal statements and action steps

- Example – Housing Goal and Objective
  - Proctor will strive to provide housing neighborhoods that offer a selection of affordable, sustainable, and aesthetically-pleasing housing options, including varying sizes of lots and rental and ownership options for residents of all ages, creating equitable housing options with access to facilities that can contribute to a healthy lifestyle.
  - Objective H 4: Explore opportunities for vacant lots currently deemed as unbuildable throughout the community.
    - Objective H 4.1: Areas to explore include creating community gardens, allowing adjacent homeowners to use/maintain space, etc.

- Example – Transportation Goal and Objective
  - Proctor will provide a safe, efficient transportation system that is built for multiple modes of transportation (automobile, bicycle, pedestrian, public transit, etc.) and connects to local and regional destinations, creating a system that enables safe and healthy travel options and promotes equity for all socioeconomic backgrounds of Proctor citizens.
  - Objective T 2: Connect existing and new neighborhoods, public facilities, parks, schools, and other community destinations with the City’s sidewalks and trail system

- Example – Recreation and Cultural Resources Goal Objective
  - Proctor will enhance the recreational and cultural facility/opportunities available by utilizing public input, planning proactively, and implementing projects and programs to provide an array of opportunities to residents of all ability levels by providing equitable access to facilities that promote health and well-being of every member in the Proctor community.
  - Objective RC 7: Evaluate opportunities for Community Supported Agriculture (CSA) activities, which provide healthy food options available within the community
Examples: Proctor Comprehensive Plan Cont.

- **Land Use Goals and Objectives**

  Proctor land use policies will promote sustainable land use by assessing future needs and promoting the most effective use of each property, while balancing cost efficient public services. Proctor’s land use policies will be clear, concise, and easy to administer, contributing to the creation and sustenance of an equitable and healthful environment.

  **Objective LU 7**: Ensure green space and recreational opportunities are available to existing and newly developed neighborhoods.

- **Intergovernmental Cooperation Goal and Objective**

  Proctor will work cooperatively with neighboring communities, St. Louis County, and the State of Minnesota, and other public and private entities to provide cost effective, high quality public services to residents throughout the community on issues of cultural, economic, environmental, equitable, health, and social significance.

  **Objective IGC 3**: Collaborate with regional entities, like Healthy Northland, local Statewide Health Improvement Program (SHIP) coordinators, ARDC, the Duluth Superior Metropolitan Interstate Council, and other stakeholders, to implement active living, public health, and other related improvements and programming to promote healthy lifestyles in the community.
Example: City of Tower/Breitung Township Health Chapter

- A stand-alone health chapter included in the Tower/Breitung Comprehensive Plan Update

- Health recommendations and action steps

  1. Promote improved social and economic factors such as food access, economic prosperity, educational attainments, social clubs, networking, and volunteerism

     **Action Step 1.1:** Tower and Breitung will promote and support food access and agricultural assets such as the local grocery store, food shelf, and farmers market. The communities will promote additional assets such as community gardens and others to provide greater local food access.

  2. Promote improved health behaviors among residents of Tower and Breitung

     **Action Step 2.1:** Tower and Breitung will promote active living among residents of the communities through the creation of an active living plan. The active living plan will help identify improvements to the walking and biking ability for residents.

     **Action Step 2.2:** Tower and Breitung will promote early education program for teaching healthy living behaviors. Programs could include formal programs such as D.A.R.E. and Farm to School, or informal programs offering education on active living, physical activity, and healthy eating. Education on healthy eating will also be considered for adults in the community through programs like healthy cooking classes.

     **Action Step 2.3:** Tower and Breitung will partner with local clinics to promote services available to residents that help improve physical and mental health throughout the community.
Example: City of Mountain Iron Comprehensive Plan Update

- ARDC facilitated Public Visioning Meeting in February 2016 with Community Health Board
- Meeting participants identified enabling and hindering factors to health and wants/desires

<table>
<thead>
<tr>
<th>Hindering Factors:</th>
<th>Enabling Factors:</th>
<th>Wants/Desires:</th>
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</thead>
<tbody>
<tr>
<td>Pollution and blasts from mining activities</td>
<td>Nature</td>
<td>Community gardens</td>
</tr>
<tr>
<td>Water pollution</td>
<td>Less traffic congestion</td>
<td>Finish trail connections throughout the community</td>
</tr>
<tr>
<td>Availability and expense of fresh foods</td>
<td>Fitness clubs</td>
<td></td>
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<tr>
<td>Access to medical</td>
<td>Friendly people</td>
<td></td>
</tr>
<tr>
<td>Hazardous materials</td>
<td>Less stress</td>
<td></td>
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</tbody>
</table>

- Identified factors and wants/desires will be considered and incorporated in the recommendation development phase
Other Project Activities

- **Food Access Survey**
  - Conducted by University of Minnesota as part of the Healthy Food Access Study
  - 1,200 surveys mailed out to households in Tower, Mountain Iron, and Soudan (unincorporated community)
    - 332 respondents (28.9% response rate)

- **Questions asked about:**
  - Demographics
  - Shopping
  - Transportation
  - Food availability
  - Food preparation & storage
  - Other food sources
Other Project Activities

- Rural Healthy Community Checklist
  - Tool to review Comprehensive Plans for health and food access policy language
  - To be used by both Planners and Public Health staff
Challenges/Lessons Learned

- Planners’ familiarity with, and access to, health data
- Planners’ familiarity with health and food access issues within the region
- Continue to learn how to incorporate health data and language into the comprehensive planning process and document
- Need to raise awareness about infusing health into a community’s vision and planning process
Takeaways

- Expanded community engagement strategies
  - Helped show the need to consider health

- Worked health data and social determinants into the planning process

- Learned current food access and planning best practices

- Moved beyond just active transportation towards health in all policies
Thank You

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Comprehensive Planning in the Twin Cities & The Future of Comprehensive Plans

Eric Weiss, AICP, Health Improvement Project Manager, Center for Prevention at Blue Cross and Blue Shield of Minnesota

May 16, 2016
Overview

• Metro-area Planning
  – Regional Plan
  – Local Plans

• 21st Century Planning
  – Scope
  – Process
  – Form
  – Function Outcome-oriented
  – Call to action
Planning in the Twin Cities

• Twin Cities Metro Area
  – Minnesota state law establishes the Met Council as the regional governing body for the 7-county Twin Cities area.
  – State statute requires the Met Council to create a regional comprehensive plan once every ten years.
  – The Met Council is responsible for determining that local plans are prepared in accordance with laws and policies that govern regional systems and comprehensive planning content.
  – Met Council has the authority to force conformity of local comprehensive plans to regional comprehensive plan.
Regional 10-Year Planning Cycle

- **December 31, 2018**: Comprehensive Plan Updates
- **Fall 2015**: Local Planning Handbook
- **2013 - 2014**: Regional Development Guide
- **Fall 2015**: System Statements

Source: Met Council
Thrive 2040

Thrive MSP 2040: One vision, one metropolitan vision. Vision for the next 30 years that reflects concerns and aspirations, anticipates future needs, and addresses responsibility to future generations.

- Population expected to increase by 824,000 residents to 3.7 million (29%). Need for 13,000 new housing units/year
- Jobs expected to expand by 550,000 to 2.1 million (32%)
- Financial resources are inadequate to maintain/expand infrastructure
- Populations are changing – 40% people of color (24% current), 20% senior (11% current)
- Environmental challenges
- Opportunity for a regional approach
Thrive 2040

• Outcomes
  – Stewardship
  – Prosperity
  – Equity
  – Livability
  – Sustainability

• Principles
  - Integration
  - Collaboration
  - Accountability
Comprehensive Plan – Legal Requirements

Regional Planning – Met Council

- Cities
  - Land Use
  - Transportation
  - Community Facilities
  - Development
  - Capital Improvement
  - Urban Growth

- Counties
  - Land Use
  - Transportation
  - Community Facilities
  - Development
  - Local Water Management
  - Open Space

- Met Council
  - Solid Waste
  - Water Resources/Water Supply
  - Development Guide
  - Land Use
  - Transportation
  - Recreation/Open Space
  - Wastewater
  - Liveable Communities (Housing)

System Plans
Met Council Resources

• Local Planning Handbook
  – Individualized checklist, data and maps
  – Planning Elements
  – Local Planning Highlights
  – Resources
21st Century Comp Plans

WELCOME TO THE FUTURE

A Note

## Scope

<table>
<thead>
<tr>
<th>20th Century</th>
<th>21st Century</th>
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<tbody>
<tr>
<td>Land Use</td>
<td>20th Century</td>
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<tr>
<td>Transportation</td>
<td>Health</td>
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<td>Equity</td>
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<td>Resiliency</td>
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<td>Food</td>
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<td>Heritage Preservation</td>
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Process – 20th Century

1. Community Vision
2. Formation of Review Committee(s)
3. Analysis of Existing Conditions
4. Policy Drafting
5. Draft Review
6. Allow for review by adjacent governments
7. Planning Commission and City Council Approval
8. Submittal to Met Council (by December 31, 2018)
9. Met Council Review and Approval
10. City Council Adoption
11. Update Official Controls
12. Amend, as necessary
Process – 21st Century

• Stronger emphasis on community engagement
  – “Take it to them”
  – Internet & other new tools
  – Equity and changing demographics
Form – 20th Century

• Background Chapter:
  – The background chapter sets the stage for the rest of the comprehensive plan. It presents the municipality’s vision of itself: what distinguishes it, what it values and how it will develop in concert with the whole region

• Policy Chapters:
  – Specific policies relating to particular systems (Transportation, Housing, Finance, Economic Development)

• Implementation Chapter:
  – Clearly articulated steps to implement the vision that’s been laid out
Form – 21st Century

- Value-based
- Goal-based
- Active over passive
- Measurable
- Comprehensive
Form – 21\textsuperscript{st} Century

Does food need to be its own, separate component – or is it part of other defined components of local planning?
Function – 20th Century

http://ih2.redbubble.net/image.10135631.3014/flat,550x550,075,f.jpg
Function - 21st Century

- Outcome-oriented
- Putting the comp plan in its rightful spot
- Guiding the “official controls”
  - Zoning, subdivision, and building codes
  - Capital Improvement Program and annual budget
  - Strategic Plan
- Accountability
Function

- Bldg Permits
- Plan Review
- Variances
- Conditional Use Permits
- Subdivision Applications
- Zoning/Subdivision Ordinances
- Comprehensive Plan
Call to Action

- Embrace the 21st Century
- Do things differently! Hopefully, get better outcomes!
- Make health and equity outcomes and principles of the plan
- Build partnerships
- Be accountable and transparent
A SOCIETY GROWS GREAT WHEN OLD MEN PLANT TREES WHOSE SHADE THEY KNOW THEY WILL NEVER SIT IN.

-Greek Proverb
Upcoming Webinar:

Working with Minnesota Local Governments to Increase Access to Healthy Food

Part III: Integrating Food Access into Local Planning Efforts

Date: June 20, 2016, noon – 1:30 pm

Registration link: www.publichealthlawcenter.org/webinars/Mnfoodaccess
Questions?
THANK YOU!!

Contact Information

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