

# HEALTHY COMMUNITY ELEMENT

## ELEMENT DESCRIPTION FOR HOMEPAGE

Our health is one of the most important qualities we have. Secure employment, good neighborhoods, or quality housing—though important to residents and the community—mean little if we are in poor health. In recent years, the medical professional and urban planning field have found that our environment—where we live and work, how we travel, what we eat, and where and when we play, socialize, and are physically active—has a major impact on health and well-being. Because health is affected by how we plan our community, improving public health through policy and action is a desirable goal for Upland.

The Healthy Community Element is intended to promote a living and working environment that improves the health and well-being of residents, families, and community. This element's goals and policies are directed at the natural environment, community design, health care facilities and access, and lifestyle choices. They span and complement the goals and policies of other general plan elements that are implicitly related to public health. This element also intends to break new ground and establish an agenda centered on the health and wellness of Upland residents, workforce, and visitors.

## OVERARCHING GOAL

A community that promotes a positive physical, social, and economic environment that supports the health and well-being of its members, quality of life, and long-term sustainability.

## GOALS, POLICIES, AND ACTIONS SECTIONS

- Land Use, Transportation, and Design
- Active Living Environment
- Environmental Quality
- Food and Beverage Environment
- Alcohol, Tobacco, and Drug Use
- Health Facilities and Services
- Safe Community

## BACKGROUND DOCUMENTS AND RESOURCES

- Technical Memorandum
- Parks and Recreation Master Plan
- Bicycle and Pedestrian Master Plan
- Upland Unified School District
- CDC Healthy Communities Program
- National Prevention Strategy
- Healthy People 2020 Objectives

## LAND USE, TRANSPORTATION, AND DESIGN

<b>Goal HC-1</b>	<b>A City that incorporates and prioritizes health and wellness principles in City planning decisions affecting land use, housing, transportation, parks, neighborhoods, services, and the environment.</b>
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Upland’s built environment—its transportation, land use, parks, housing, and urban design—affects our quality of life and the opportunities to choose a healthy lifestyle. Complete streets and safe transportation routes encourage walking, bicycling, and transit use. Complete neighborhoods with parks, recreation, food stores, and services improve our choices to be active and healthier. An appropriate balance of land uses and services creates a more complete community. And a diverse range of housing types and prices for residents of all ages and abilities help satisfy the life-stage housing needs of residents. Upland will implement the following land use, transportation, and design policies that further health.

### Policies

- Policy HC-1.1      **Health in All Policies.** Consider how all City land use, development projects, regulations, permitting processes, and other decisions impact community health, and prioritize decisions that positively contribute to the health of residents, workforce, and the community.
- Policy HC-1.2      **Complete Neighborhoods.** Encourage new development to create complete neighborhoods and districts where residents can live within an easy and safe walking distance to daily services, recreational opportunities, and other community amenities that are part of a healthy lifestyle (cf: CC-4).
- Policy HC-1.3      **Complete Streets.** Enhance and improve the safety, convenience, and accessibility of roadways with trees, sidewalks, bicycle lanes, and other amenities to encourage pedestrian, bike, and transit activity for residents of all ages and abilities.(cf: CIR-3)
- Policy HC-1.4      **Life-Stage Housing.** Provide a diversity of housing types by location, tenure, type of unit, and price level throughout the City; support housing accommodations or living arrangements that can accommodate people and households of all ages and abilities.

## ACTIVE LIVING ENVIRONMENT

<b>Goal HC-2</b>	<b>An active living environment that offers ample parks, community facilities, recreation activities, and multiuse pedestrian and bicycle trails, and development types that encourage a healthy and active lifestyle.</b>
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Being physically active on a regular basis is a key way to improve and maintain our health. In combination with healthy eating, physical activity helps to maintain a healthy weight, improve mental health, and reduce the risks and costs of chronic disease. Making available safe, accessible, and affordable parks, recreational facilities, age-appropriate recreational programs as well as other community amenities, such as shopping centers and places of employment, can help encourage people to build exercise into their daily routines and choose healthier lives. Bicycle routes, sidewalks with trees, and trails also encourage residents to bicycle and walk to and from community

destinations rather than drive. Upland will encourage an environment that fosters active living through the following policies.

**Policies**

- Policy HC-2.1     **Parks and Open Space.** Improve the availability and accessibility of parks resources through joint use agreements, alternative forms of parks, and other opportunities for recreation. (cf: OSC-2)
- Policy HC-2.2     **Recreational Facilities.** Support the availability and accessibility of age-appropriate recreational facilities, both private or publicly owned, to meet the diverse recreational needs of Upland residents. (cf: OSC-2)
- Policy HC-2.3     **Recreation Programs.** Provide and/or sponsor recreational programs, and services that are accessible and affordable to residents of all ages and abilities and encourage active and healthy living. (cf: OSC-2)
- Policy HC-2.4     **Bicycle and Pedestrian Routes.** Expand and maintain safe bicycle and pedestrian trails, facilities, crosswalks, and connections to various community amenities to encourage residents to be physically active and exercise. (cf: CIR-2)
- Policy HC-2.5     **Health Education.** Provide and/or support the provision of educational campaigns that teach residents about the health benefits of exercise and physical activity and that motivate lifestyle changes.

**ENVIRONMENTAL QUALITY**

<b>Goal HC-3</b>	<b>Clean and healthful natural environment that promotes the health and well-being of Upland residents and workforce and distinguishes Upland as a healthful place to live and work.</b>
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Residents choose to live in Upland because of our natural environment, trees and landscape features, and the health benefits they offer. The water we drink, the air we breathe, and the noise we hear influence our health, wellness, and quality of life. In southern California, we are surrounded by environmental pollutants that affect our health and well-being. While we cannot eliminate all environmental pollutants—and some are beyond our control, such as regional air quality—Upland recognizes and values the importance of a clean environment that promotes the health and well-being of residents. The City is committed to providing a clean and healthful natural environment through the following policies.

**Policies**

- Policy HC-3.1     **Air Quality.** Improve indoor and outdoor air quality through land use siting, appropriate mitigation, education, enforcement, and coordinated planning with business, government, and residents. (cf: OSC-3)
- Policy HC-3.2     **Water Quality.** Improve and maintain the quality of water resources by controlling runoff, managing the watershed, and implementing other best management practices. (cf: PFS-7)
- Policy HC-3.3     **Noise Levels.** Protect the health of residents from excessive interior and exterior noise through the enforcement of noise standards, land use siting criteria, and appropriate mitigation. (cf: SAF-1)

Policy HC-3.4      **Hazardous Waste.** Work with government agencies, private industry, and stakeholders to manage the generation, transport, and use of toxic and/or hazardous wastes, and reduce their accidental release. (cf: SAF-5)

## FOOD AND BEVERAGE ENVIRONMENT

<b>Goal HC-4</b>	<b>A balanced retail food and beverage environment that offers a wide variety of foods and beverages that are affordable and culturally appropriate and that encourage healthy lifestyle choices.</b>
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Nutritious food and beverages contribute to our health and well-being. However, which foods and beverages are consumed is largely determined by availability and cost. As is the case for cities in the Inland Empire, Upland has an abundance of unhealthy food and beverage stores compared to healthier alternatives. In combination with lack of physical activity, this may contribute to poorer food choices and poorer health. A balance of healthy and unhealthy retail food and beverage stores, coupled with a better understanding of the benefits of good nutrition, can encourage residents to choose healthier food alternatives. Upland will implement the following policies to encourage healthier lifestyle choices.

### Policies

- Policy HC-4.1      **Healthy Food Sources.** Attract and support a wider range and number of healthy food sources, including full-service grocery stores, ethnic food markets, healthy restaurants, and farmers’ markets.
- Policy HC-4.2      **Sit-down Restaurants.** Attract sit-down restaurants that offer a broader choice of foods, including healthier options, as an alternative to convenience food establishments.
- Policy HC-4.3      **Community Education.** Support programs that educate residents about healthy eating habits and lifestyles, including topics such as nutrition, healthy cooking, life-stage nutrition needs, and similar topics.

## ALCOHOL, TOBACCO, AND DRUGS

<b>Goal HC-5</b>	<b>A community free of alcohol dependency, tobacco use, and drug abuse by creating an environment that supports healthy choices, provides access to prevention and treatment services, and enforces laws that protect residents and the community.</b>
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Many Upland residents know there is no better place to live or raise a family. This quality is not accidental, but evolved through proactive policies and actions that create community and institutional structures to support families and children. Cities must continually address the availability of alcohol, tobacco, and drugs to limit not only the harm to individuals but also the far-reaching consequences to families, school and job performance, and our community. The causes of alcohol, tobacco, and drug use are many and require an approach aimed at environmental prevention, intervention, treatment, and enforcement. Upland will implement the following policies to address these issues:

## Policies

- Policy HC-5.1 **School Programs.** Support programs of the Upland Unified School District to educate students and change social norms in an effort to involve youth, parents, and educators in developing programs that prevent and treat alcohol, tobacco, and drug use among youth.
- Policy HC-5.2 **Public Education.** Work with local organizations to educate residents, businesses, and others about the harmful effects of tobacco, alcohol, and drug use and the need for effective control strategies; support organizations that educate the community.
- Policy HC-5.3 **Land Use/Permitting.** Consider the concentration of alcohol and/or tobacco retail outlets in land use decisions; consider regulating the permitting of additional alcohol and/or tobacco retail outlets where an undue concentration exists.
- Policy HC-5.4 **Social Services.** Continue to support the permitting of sites and services for substance abuse treatment, rehabilitation services, mental health services, or other social service programs that reach individuals and families commensurate with the need in Upland.

## HEALTH FACILITIES AND SERVICES

<b>Goal HC-6</b>	<b>A community where all members have convenient access to a full range of quality primary, preventative, and specialty health care, including mental health, vision, and dental care.</b>
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Access to health and wellness services is an important part of a healthy community. Upland residents benefit from affordable and quality dental, medical, and specialty care services that provide prevention and treatment services in the community. This includes private, public, and nonprofit organizations providing health and auxiliary services affordable to residents of all income levels, ages, families, and abilities. Many of these social, health, and community organizations also educate Upland residents about how to make healthier lifestyle choices. Because of the importance of health in the community, Upland is committed to encouraging and supporting health facilities and services through both policies and programs:

## Policies

- Policy HC-6.1 **Hospital Facilities.** Support and facilitate the periodic plans for expansion, rehabilitation, and renovation of San Antonio Community Hospital to meet the diverse needs of Upland and the greater region.
- Policy HC-6.2 **Health Services.** Support the relocation and availability of organizations providing a broad range of health prevention and treatment services commensurate with the diverse needs of Upland residents.
- Policy HC-6.3 **School Health Programs.** Support community groups, the San Bernardino County Public Health Department, and Upland Unified School District to support school health education and services.
- Policy HC-6.4 **Special Needs.** Support organizations serving the health needs of seniors and disabled people; ensure that land use, zoning, and permitting standards encourage the siting of special needs facilities in Upland.

Policy HC-6.5      **Community Needs Collaboration.** Foster collaboration among community based organizations, education and faith based sectors, businesses, and clinicians to identify community needs and ensure that prevention-focused healthcare and services are available, integrated, and mutually reinforcing.

## SAFE ENVIRONMENTS

<b>Goal HC-7</b>	<b>A community that is safe and welcoming to residents of all ages and contributes to a healthy and active lifestyle.</b>
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A healthy community is fundamentally one that is safe for all residents living in Upland. It provides safe, attractive, and clean neighborhoods and public spaces. Roadways and pedestrian connections are safe for residents to walk, bicycle, and travel on. Residents feel safe from crime and can take walks during the evening or walk around town. Schools provide a safe environment for children to learn and be active. Residents are safe from environmental hazards that lead to poor health and diminish quality of life. Although Upland is known as a safe community, efforts need to be continued. The City will continue to implement policies and programs to make Upland a safe place for residents.

### Policies

- Policy HC-7.1      **Safe Streets.** Incorporate improvements to street designs, pedestrian routes, and enforcement that make it safer to walk and bicycle to activity centers, including shopping, schools, parks, and other destinations.
- Policy HC-7.2      **Safe Schools.** Support efforts at the Upland Unified School District to maximize the safety of students during school hours and after school through education and enforcement of regulations.
- Policy HC-7.3      **Safe Neighborhoods.** Support safe and healthy neighborhoods through neighborhood watch efforts, community policing techniques, and targeted efforts in certain neighborhoods or apartments.
- Policy HC-7.4      **Safe Community Planning.** Apply Crime Prevention Through Environmental Design principles when reviewing new development and addressing crime prevention opportunities within the community.
- Policy HC-7.5      **Safe Environment.** Continue to support policies and programs that ensure an environment that is safe from air, water, noise, hazardous waste, and other manmade environmental hazards (cf: HC-2).