

# Implementing Healthy City Initiatives through Community-based Advocacy



**PUBLIC HEALTH**  
**ADVOCATES**  
EVERYONE HAS THE RIGHT TO BE HEALTHY



HEALTHY EATING  
ACTIVE LIVING  
**CITIES**  
**CAMPAIGN**

# Diabetes & Prediabetes in CA



## California adults with

- **Diabetes:** 9%
- **Prediabetes:** 46%

55%

# Prediabetes in CA Cities

Central Coast	46%
Ventura	47%
Santa Barbara	47%
Santa Cruz	45%
San Luis Obispo	46%
Monterey	45%
San Benito	47%

## Health Policy Brief

October 2013

### Still Bubbling Over: California Adolescents Drinking More Soda and Other Sugar-Sweetened Beverages

Susan H. Babey, Joelle Wolstein and Harold Goldstein

**SUMMARY:** This policy brief examines changes in consumption of soda and other sugar-sweetened beverages among youth in California. Using data from the California Health Interview Survey, this study found that although the percent of children under the age of 12 who drink at least one sugar-sweetened beverage (SSB) per day dropped between 2005

*Sugar-sweetened beverage consumption is increasing among adolescents."*

**S**oda and other sugar-sweetened beverages (such as energy and sports drinks) are the largest source of added sugar in the diets of both children and adults in the U.S.<sup>1</sup> Consumption of sugar-sweetened beverages has increased considerably since the 1970s. Between 1977 and 2002 Americans increased their caloric intake from soft drinks by more than 200%.<sup>2</sup> Recent research suggests that consumption declined between 2000 and 2010.<sup>3</sup> Nevertheless, sweetened beverages, which lack essential nutrients, continue to be a significant contributor to total caloric intake, especially for children and adolescents.<sup>4,5</sup> Despite recent declines, both adults and children still consume at least 150 calories from SSBs on any given day.<sup>6</sup> Because liquid calories do not satiate as well as solid foods, sweetened beverages tend to add to the calories people consume rather than replace them.<sup>6,7</sup>

Drinking sweetened beverages that have added caloric sweeteners (such as sucrose or high fructose corn syrup) is associated with less healthy diets as well as health problems, including overweight and obesity, type 2 diabetes and dental decay.<sup>8,9</sup> Numerous

studies have shown that consumption of sugar-sweetened beverages is associated with increased risk of obesity, type 2 diabetes, and dental decay in children and adolescents.

This policy brief was developed in partnership with the California Center for Public Health Advocacy and the California Endowment.



This policy brief was developed in partnership with the California Center for Public Health Advocacy and the California Endowment.

Corta Mesa

25.8

2001 California Health Interview Survey  
Note: Includes only those in which the population of children and adolescents ages 5-17 was at least 20,000.  
\*Indicates census-designated place

Brown, Miller Communications, Inc.

HEAL

### Overweight and Obesity among Children by California County

Susan H. Babey, Joelle Wolstein, Allison L. Diamant, A. UCLA Center for Health Policy Research and California

Data from the 2010 California Physical Fitness Test (PFT) was vital in the Fitnessgram data, mandated by the State, provides a snapshot of the physical fitness of California's youth. The Body Mass Index (BMI) information used to compute obesity and overweight

#### Background

During the last three decades, the prevalence of overweight and obesity in the United States has increased dramatically in both adults and children.<sup>1</sup> In the 1970s, about 15 percent of adults were obese; by 2004, the rate had climbed to 32 percent.<sup>1</sup> Although the prevalence of obesity among children is lower than among adults, the rates among children and adolescents have increased considerably more. Between the early 1970s and 2003-2004, the prevalence of obesity nearly tripled among youth ages 12 to 19, from 6 percent to 17 percent, and more than quadrupled among children ages 6 to 11, rising from 4 percent to 19 percent.<sup>1,4</sup>

More positively, recent data from the National Health and Nutrition Examination Survey indicated that, between 2003-2004 and 2007-2008, there has been no significant change in the prevalence of obesity among children, suggesting that the prevalence of childhood obesity could be leveling off nationally. Nevertheless, rates remain high, with approximately 36 percent of 6- to 11-year-olds and 34 percent of 12- to 19-year-olds considered to be overweight or obese. Among these youth, 20

percent of 6- to 19-year-olds

Overweight and obesity are health risks that can lead to an increased risk of high blood pressure, high cholesterol, and type 2 diabetes.

Children who are overweight or obese are at a higher risk of developing type 2 diabetes, heart disease, and other health problems. The risk of these conditions increases as the child's weight increases.

Although the prevalence of obesity is high among all children regardless of race/ethnicity,

## Health Policy Brief

March 2016

### Prediabetes in California: Nearly Half of California Adults on Path to Diabetes

Susan H. Babey, Joelle Wolstein, Allison L. Diamant, Harold Goldstein

*More than 13 million California adults—nearly half of the state's adult population—are estimated to have prediabetes."*

**SUMMARY:** In California, more than 13 million adults (46 percent of all adults in the state) are estimated to have prediabetes or undiagnosed diabetes. An additional 2.5 million adults have diagnosed diabetes. Altogether, 15.5 million adults (55 percent of all California adults) have prediabetes or diabetes. Although rates of prediabetes increase with age, rates are also high among young adults, with one-third of those ages

18-39 having prediabetes. In addition, rates of prediabetes are disproportionately high among young adults of color, with more than one-third of Latino, Pacific Islander, American Indian, African-American, and multiracial Californians ages 18-39 estimated to have prediabetes. Policy efforts should focus on reducing the burden of prediabetes and diabetes through support for prevention and treatment.

**D**iabetes, particularly type 2 diabetes, is a significant and growing health problem that affects both adults and children and can cause a number of serious complications, including blindness, kidney disease, cardiovascular disease, amputation, and premature death. Nationally, the prevalence of diabetes among adults has nearly tripled over the past 30 years.<sup>1</sup> In 2014, 29.1 million people in the U.S., or 9.3 percent of the population, had diabetes (including 8.1 million with undiagnosed diabetes).<sup>2</sup> In California, the prevalence of diabetes among adults increased by 35 percent between 2001 and 2012.<sup>3</sup>

Prediabetes, also referred to as impaired glucose tolerance or impaired fasting glucose, is a condition in which blood glucose levels are higher than normal but not high enough for a diagnosis of diabetes. People with prediabetes have a much higher risk of developing type 2 diabetes, as well as an increased risk for cardiovascular disease. Results from the Diabetes Prevention Program (DPP) clinical trial indicated that

among those with prediabetes, increased physical activity, improvements in diet, and weight loss can prevent or delay the onset of diabetes significantly more than placebo or medication.<sup>4</sup> Results also indicated that medication, while effective, is not as effective as lifestyle changes.

Nationally, more than one in three adults is estimated to have prediabetes, and 90 percent of these individuals are not aware that they have the condition.<sup>5</sup> Between 1999 and 2010, the prevalence of prediabetes among adults in the U.S. increased from 29 percent to 36 percent.<sup>6</sup> Moreover, between 1999 and 2008, the prevalence of diabetes and prediabetes among adolescents in the U.S. rose dramatically, from 9 percent to 23 percent.<sup>6</sup> Without intervention efforts, up to 30 percent of people with prediabetes will develop type 2 diabetes within five years, and up to 70 percent will develop diabetes within their lifetime.<sup>7</sup> There are very effective interventions available, including lifestyle modification programs recognized by the CDC's National Diabetes Prevention



This policy brief was developed in partnership with the California Center for Public Health Advocacy and the California Endowment.



# Obesity Prevention Policies in CA

Soda / Junk Food Out of Schools

Physical Education Funding

Menu Labeling in Chain Restaurants

Water in Schools

Human Right to Safe Drinking Water

Soda & Other Sugary Drinks

✓ Nutrition Standards

✓ Hospitals

✓ Kids Meals!

✓ Schools

✓ Taxes

✓ Parks

✓ Warning Labels

**Obesity Prevention 2.0 = DIABETES**

# 192 HEAL Cities and counting...



HEALTHY EATING  
ACTIVE LIVING  
**CITIES**  
CAMPAIGN





# Community-based advocacy in Baldwin Park









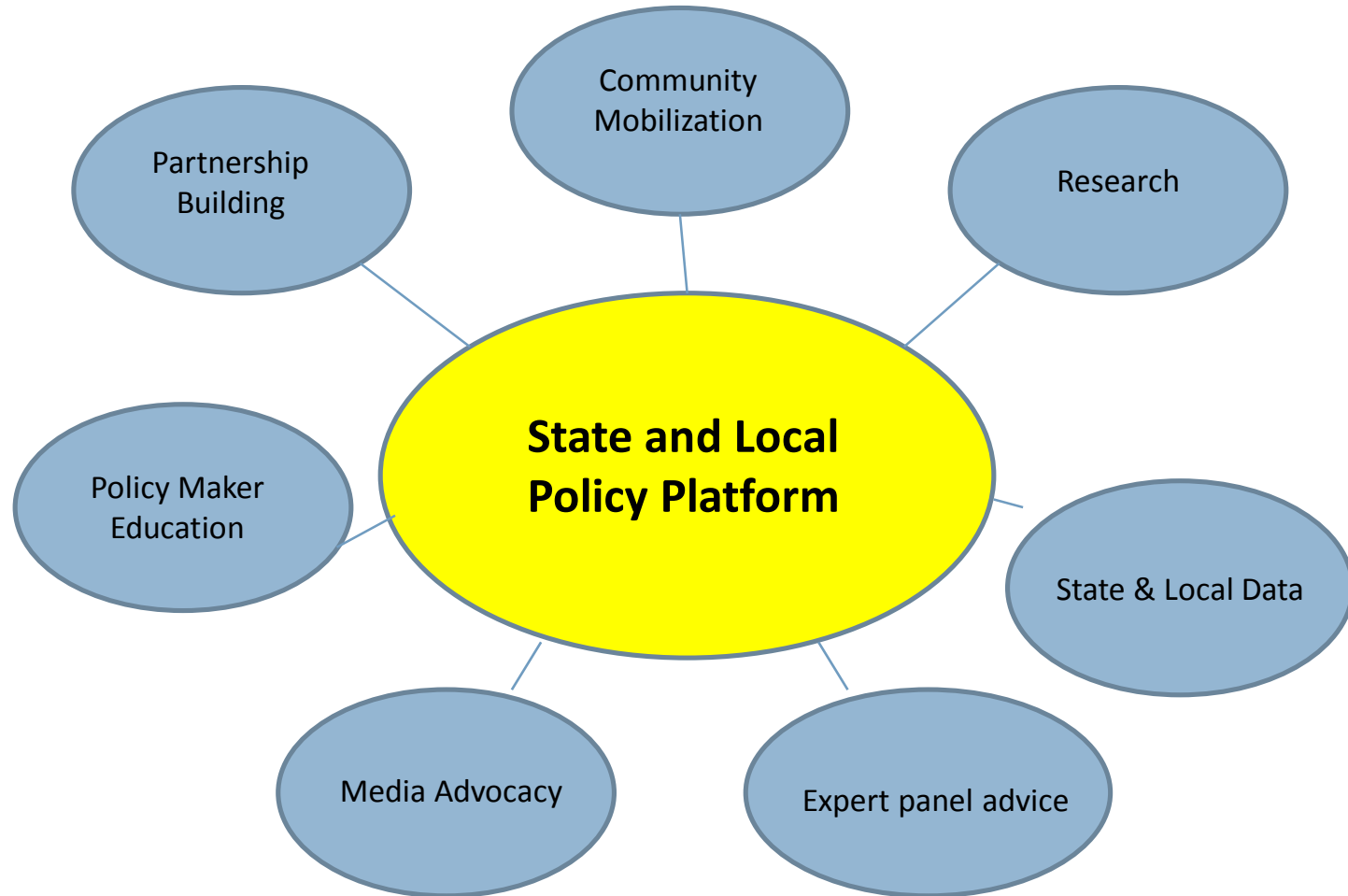
# Creating People on the Move



KAISER PERMANENTE®



# People on the Move: Connection to a Larger Vision



# Recruiting Advocates



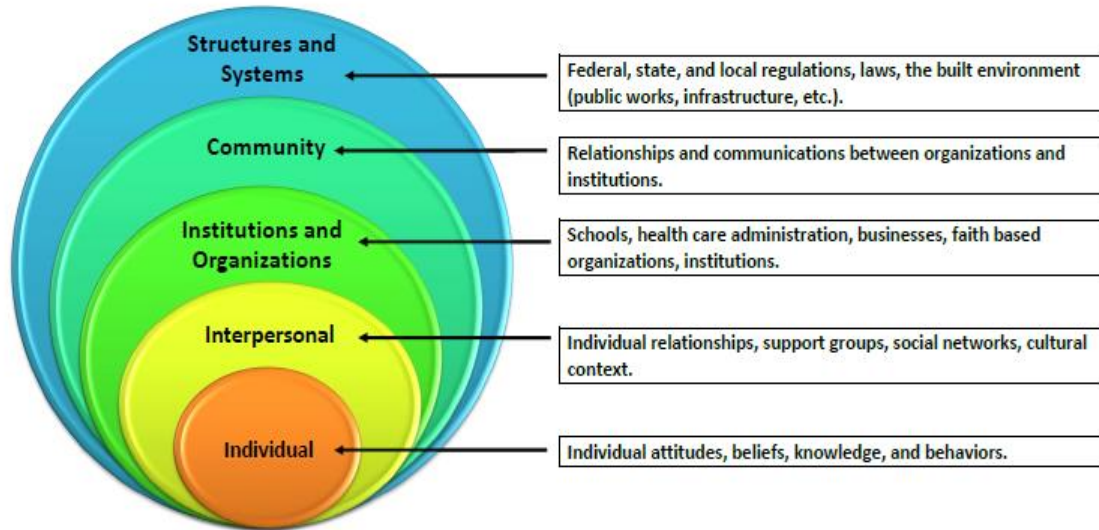
- Community events
  - Health fairs
  - City council meetings
  - Community forums
  - Concerts in the park

- Introduction by partners
  - Preschool and childcare organizations
  - Other CBO's
  - Community Leaders



# Preparing Advocates For Action

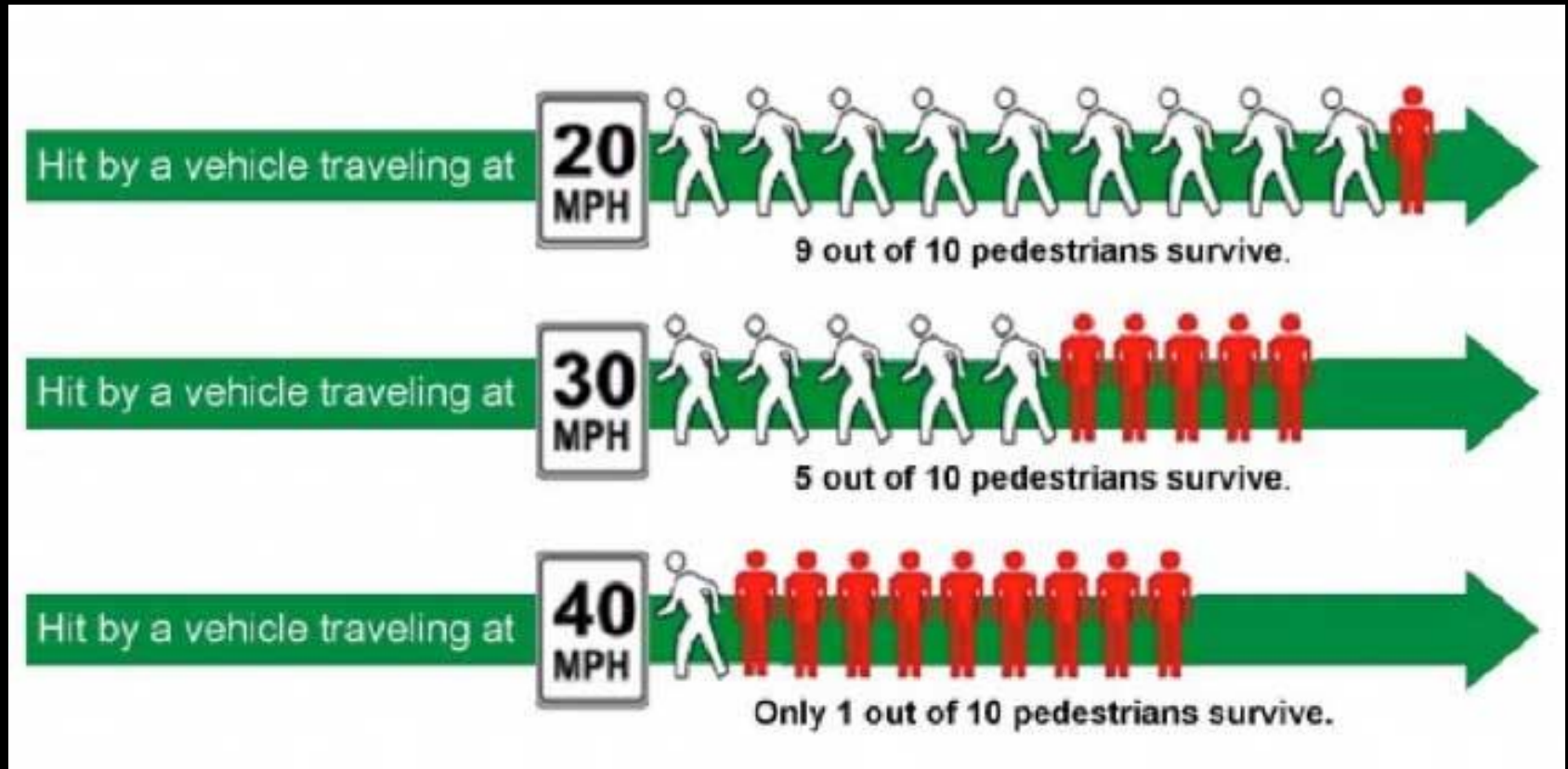
## Health Equity Model





## BACKGROUND & BASICS

### Speed Affects Crash Severity



# THE COMPLETE STREETS TOOLBOX



## PEDESTRIAN AMENITIES

Providing amenities for people walking helps create a safe and comfortable environment. Street trees, benches, trash cans, and pedestrian-scaled lighting are some of the preferred amenities that enhance the pedestrian experience.



## INTERSECTION ENHANCEMENTS

Intersections can be enhanced to increase the safety of all road users. Enhanced intersection treatments may include special crosswalk markings, bulb-outs that reduce the crossing distance, leading pedestrian intervals, and other signal, signing and striping treatments.



## BIKE NETWORK

A well thought out bike network increases safety and allows cyclists to plan preferred routes to specific destinations. Locations for bike racks, bike lockers, and bike stations should also be considered.



## GREEN STREETS

Green Streets capture storm water runoff and return it to the aquifer. Most green streets use bioswales and landscaped bulb-outs to retain water, allowing it to slowly permeate back into the ground. These treatments also create opportunities for landscaping which can improve aesthetics and benefit the environment.



## TRAFFIC CALMING

Traffic calming reduces vehicular speeds that may discourage active street life. Reducing the number of lanes encourages slower speeds. Other treatments include roundabouts, chicanes, bulb-outs, or planted medians.



## SIGNAGE/WAYFINDING

Signage and wayfinding devices help all street users navigate the city. Signage and wayfinding devices should be clear and legible. They can also be branded with a consistent color palette and graphic look to create a sense of place.



## ENHANCED PUBLIC TRANSPORTATION

There are various ways to enhance public transportation on a complete street. Dedicated bus lanes, enhanced bus shelters, and real-time transit information can help improve the user experience.



## PUBLIC SPACES

Public places on the street provide safe and comfortable places for people to gather. Parklets and plazas are affordable ways to incorporate new public spaces into the streetscape. They also have the ability to protect pedestrians by creating a buffer between the sidewalk and the roadway. Public spaces can catalyze community revitalization and promote economic development.

# THE TOOLBOX FOR HUNTINGTON PARK

## Who are we planning for?





# Community Driven Data Approaches

When advocates use photographs and evaluation tools to assess the conditions and problems “from the eye of the community” to define for themselves what works and needs to be changed, they develop a deeper level of ownership and investment in the process and outcomes.

- Testimonials
- Walkability Assessments
- Crime and Safety Park Audits
- School Campus Marketing Audits
- PhotoVoice
- Resident and youth focus groups



Through the e  
"As a student  
and investiga  
being sold in l  
selections out



# Complete Streets Plan

- 6 community meetings
- 2 meetings with City Council
- 2 community assessment planning meetings
- Several meetings to discuss potential changes to streets and side walks



# Safe Routes to School (SRTS) Plan

- Hosted 2-, 3- or 4-day mini-charrettes (a meeting in which all stakeholders in a project attempt to resolve conflicts and map solutions).
- Public workshop regarding walkability and design elements/strategies
- Classroom-based exercises with fifth and sixth grade students.
- Resident input focused on all 17 elementary and middle schools in Baldwin Park
- Advisory Group to help guide the process:
  - School district representatives
  - Community advocates
  - Local CBO's
  - Other key stakeholders



CITY OF  
BALDWIN PARK

SAFETY

INFRASTRUCTURE

FISCAL RESPONSIBILITY

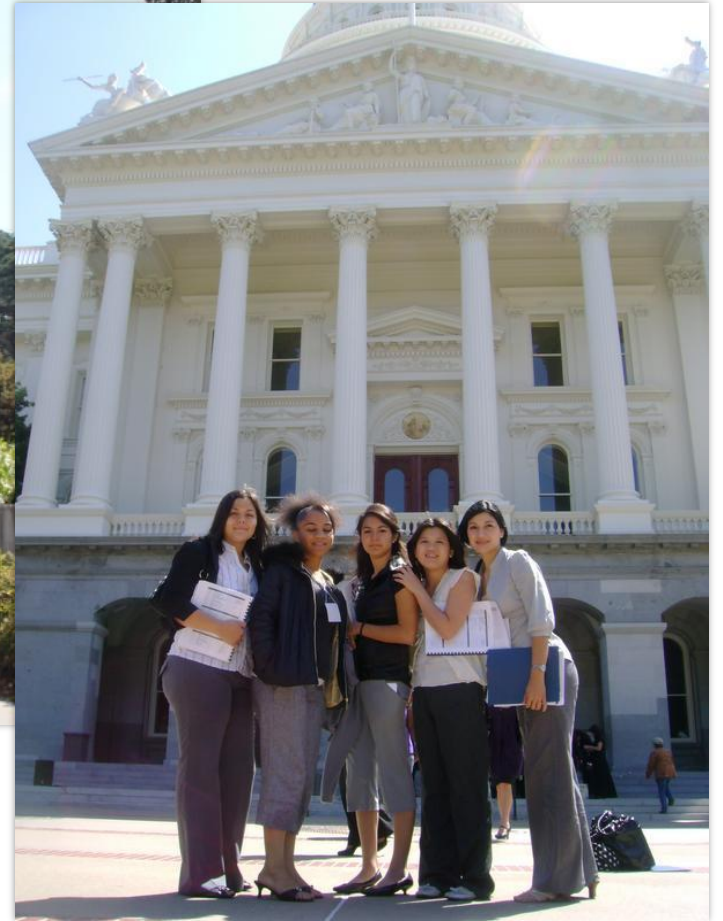
HEALTH

THE FUTURE





# To Long Term Opportunities For Growth





# Community-based advocacy in Huntington Park

## BACKGROUND & BASICS

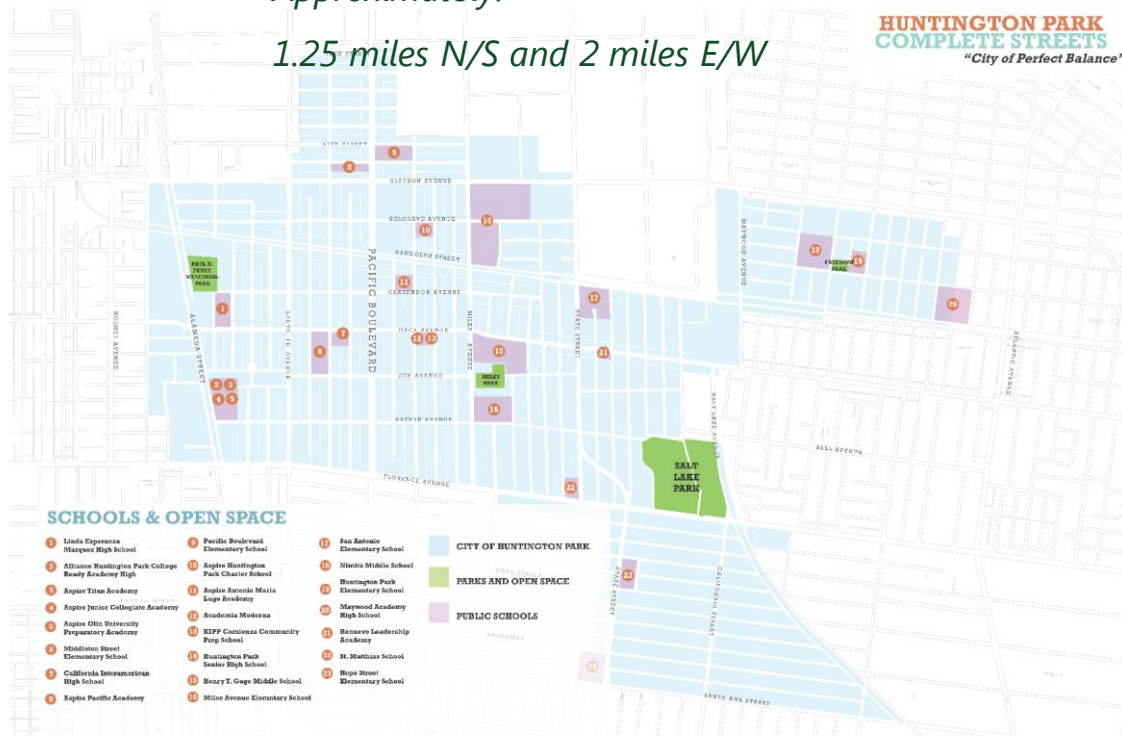
### Land Uses and Context

Majority of residents within 1 mile of destinations within Huntington Park:

- *Schools*
- *Parks*
- *Pacific Boulevard*
- *Gage Ave*
- *Florence Ave*
- *Miles Ave (civic)*
- *Existing and future transit service*

*Approximately:*

*1.25 miles N/S and 2 miles E/W*



Regional Considerations:

- *Metro Blue Line*
- *Eco-Rapid*
- *Freeways*
- *Neighboring Plans*
- *Rail*
- *Goods Movement*



What if...

Everything we did in

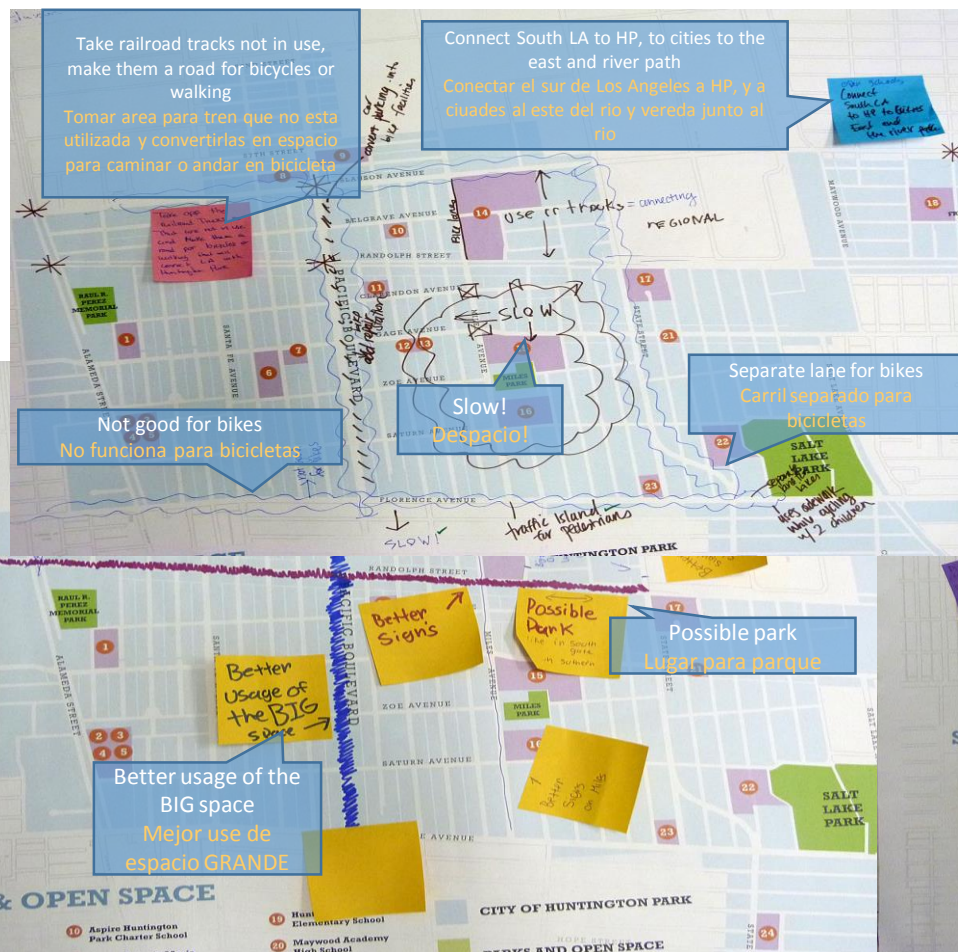
**City of Huntington Park**

Streets, Side-walks,  
Parks, other Public Spaces

had to be fantastic for  
the 8 and the 80 year olds?







January 2015 Workshop  
Design table maps





Senior Focus Group meeting



Pop-Up Event at Middleton Elementary



Pop-Up Event at Middleton Elementary





Nimitz Middle School and Huntington Park Elementary School Walks



Bicycle Audit





Pop-Up Event at Gage Middle School



Pop-Up Event at Gage Middle School



Pop-Up Event at Zoe and Pacific



Pop-Up Event at Zoe and Pacific



# Takeaways



## COMMUNITY DESIGN CHARRETTE SCHEDULE

	Tuesday, Jan. 20	Wednesday, Jan. 21	Thursday, Jan. 22	Friday, Jan. 23	Saturday, Jan. 24
7:00 AM		<b>Pop-Up Event (Outdoors)</b> 7:15am-8:30am Middletown Elementary School			
8:00 AM			<b>Parent/Student Focus with School Walk Audit</b> 8:00am-9:30am Freedom Park Recreation Center		
9:00 AM					
10:00 AM	Project Team Working Session 10:00am-12:00 Salt Lake Park Club Room#1	Project Team Working Session 9:00am-11:30am Salt Lake Park Club Room#1		Project Team Working Session 9:00am-12:00pm Salt Lake Park Club Room#1	
11:00 AM			Project Team Working Session 10:00am-2:30pm Salt Lake Park Club Room#1		<b>Closing Workshop</b> 11:00am-1:00pm City Hall
12:00 PM		<b>Senior Focus Stakeholder Meeting</b> 12:00pm-1:30pm Huntington Park Community Center			
1:00 PM					
2:00 PM	<b>Invitation-Only Opening Presentation</b> Keynote Speaker: Gil Peñalosa 1:30pm-3:00pm Salt Lake Park Lounge Room	<b>Guided Transit/Walking Tour &amp; Discussion</b> 2:30pm-4:00pm Salt Lake Park Lounge Room		<b>Pop-Up Event (Outdoors)</b> 2:30pm-4:00pm Gage Middle School	
3:00 PM			<b>Bicycle Audit Focused on Planned Facilities</b> 3:00pm-4:30pm Huntington Park High School		
4:00 PM				<b>Open House Pop-Up Event (Outdoors)</b> 4:30pm-6:00pm Zoe Ave & Pacific Blvd	
5:00 PM	<b>Opening Presentation and Community Design Workshop</b> Keynote Speaker: Gil Peñalosa 5:00pm-8:00pm Salt Lake Park Lounge Room		<b>Business Group Stakeholder Meeting</b> 5:00pm-6:30pm Huntington Park Chamber of Commerce		
6:00 PM					
7:00 PM					
8:00 PM					

# THANK YOU



**PUBLIC HEALTH**  
**ADVOCATES**

EVERYONE HAS THE RIGHT TO BE HEALTHY

**Alfred Mata, Jr., MPA**  
**AM@PHAdvocates.org**  
**PHAdvocates.org**  
**844.962.5900 X360**