



# CITY OF LONG BEACH

# R-10

DEPARTMENT OF DEVELOPMENT SERVICES

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October 14, 2014

HONORABLE MAYOR AND CITY COUNCIL  
City of Long Beach  
California

## RECOMMENDATION:

Adopt the City's Healthy Communities Policy. (Citywide)

## DISCUSSION

On June 7, 2011, the City Council accepted a \$100,000 grant from The California Endowment to prepare a policy document related to health and wellness concepts. It was envisioned that these guiding principles would become the basis for inclusion in the City's various high level strategic plans, which would then support a healthy and active lifestyle for all sectors of the community. Through this grant, the departments of Development Services, Health and Human Services, and Parks, Recreation and Marine, have worked collaboratively with the community to create the guiding principles for the Healthy Communities Policy (Exhibit A).

The Healthy Communities Policy includes policies for the built environment, health and wellness, and health equity and safety. The document also includes a description of existing City policy documents and programs that affect community health. This is the first comprehensive compilation of existing City efforts to address health and wellness within the community.

The formation of this policy document was augmented through a series of community outreach and awareness meetings over the past two years with various commissions, community stakeholder groups, and community collaboratives, all of whom focus on improving public or community health. Additionally, in accordance with the grant requirements, on October 2, 2014, the Planning Commission reviewed the policy compendium and recommended that the City Council adopt the document.

If adopted by the City Council, it is expected that the Healthy Communities Policy will be the first step in developing the Healthy Long Beach Plan spearheaded by the Health and Human Services Department. The Healthy Communities Policy document will also influence the upcoming General Plan updates of Land Use and Urban Design Elements, as well as programs and policies on topics such as urban agriculture and healthy food access, environmental quality, and community safety. Collectively, these efforts are closely linked to, or overlap with, on-going violence prevention and sustainability efforts, as well as other efforts intended to improve public health.

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This matter was reviewed by Assistant City Attorney Michael Mais on September 29, 2014, and by Budget Management Officer Victoria Bell on September 25, 2014.

TIMING CONSIDERATIONS

City Council action is requested on October 14, 2014, in order to comply with the grant requirements, which expires November 30, 2014. Timely adoption of the Policy will also allow for inclusion of these principles in the pending Land Use and Urban Design elements of the General Plan.

FISCAL IMPACT

The requested action will have neither a fiscal impact nor an impact on job creation.

SUGGESTED ACTION:

Approve recommendation.

Respectfully submitted,



AMY J. BODEK, AICP  
DIRECTOR OF DEVELOPMENT SERVICES

AJB:JW:slg

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Attachments: Exhibit A – Healthy Communities Policy

APPROVED:



PATRICK H. WEST  
CITY MANAGER

**City of Long Beach  
Healthy Communities Policy  
October 2014  
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## **Introduction**

The City of Long Beach has a bold vision for a vibrant, safe, and healthy community for those who live, work, and play in Long Beach. The Healthy Communities Policy establishes a framework for developing each neighborhood into a healthy, prosperous and livable community. The Policy also aims to strengthen links between new trends in land use, mobility, environmental quality, healthy food access, and safe neighborhoods to improvements in community health, through collaboration, engagement and implementation.

Healthy communities are the result of the influences of a variety of factors, many of which are directly impacted by local governments. The built environment, including the land use pattern, distribution of parks and open space, and the transportation network has a direct impact on community health. Additionally, the services that cities provide, including police, fire protection, water, sewer, and waste management are influential in health and wellness. The City has made great strides in creating an environment that promotes health and wellness. City departments have developed and implemented a variety of plans, programs, and policies that contribute to a healthy, vibrant, and active City for current residents and future generations to enjoy.

The Healthy Communities Policy recognizes that our greatest health challenges are complex, interconnected and closely associated with the social and environmental determinants of health, such as access to healthcare, education and jobs, community support, economic conditions, transportation, and public safety. Aligned with the United States Centers for Disease Control and Prevention (CDC), developing policies through a planning and public health lens improves quality of life, encourages healthy options, and provides more opportunities for Long Beach residents and visitors.

This document serves as a compendium to illustrate the City's efforts to develop a healthy and sustainable community. These plans, programs, and policies are listed categorically by land use, mobility, environmental quality, raising the profile of public health, physical health and wellness promotion, healthy food access, health equity, and community safety. Through interdepartmental collaboration, the Healthy Communities Policy will be the first step in developing the Healthy Long Beach Plan spearheaded by the Health and Human Services Department.

## **I. Built Environment**

The built environment, the roads, homes, buildings, parks, plazas and other human-built components of a city, play an integral role in the health, safety and wellness of the community. The built environment is shaped by many factors, including land use and mobility plans, policies, and regulations (PP&Rs). Land use and mobility PP&Rs create a framework for the location, intensity and connections amongst and between various land uses in a community. The framework that is created impacts a number of health determinants including daily physical activity, access to services and air quality.

### **1. Land Use**

The development and implementation of land use PP&Rs can create both opportunities and barriers to the health, wellness, and safety of the community. Many of our neighborhoods developed throughout the 20<sup>th</sup> Century have created more barriers than opportunities to health, wellness, and safety. These neighborhoods and communities are characterized by a development pattern that separates land uses, such as residences, jobs, schools, and commercial or personal services. This separation has led to a reduction in children walking or biking to school, longer commutes for workers, decreased social interaction, and a lack of physical activity, all of which negatively impact the health, and wellness of the community.

A growing recognition of the connection between land use and health has led to increased opportunities to improve health and the overall quality of life of residents. For example, a neighborhood consisting of compact, mixed-use development, where goods and services are in walking or biking distance to homes, jobs, and transit, provides residents with the opportunity to incorporate physical activity into their daily routine. A growing body of evidence confirms that a community that promotes healthy food retailers, community gardens, and local farmers' markets, provides equal opportunities for all residents to access fresh, healthy foods. These opportunities can be provided through the development and implementation of updated land use plans, policies, and regulations. Below are examples of land use plans, policies, and regulations that the City of Long Beach could explore to improve community health.

Land Use Goal: Ensure that land use plans, policies and regulations promote health and wellness and reduce barriers to healthy living.

Objective 1: Develop complete neighborhoods characterized by a range of housing, transportation and retail options.

Objective 2: Encourage walkable neighborhoods and retail districts and corridors.

Objective 3: Enhance access to safe open space and recreation facilities for all residents.

## **2. Mobility**

Mobility, defined by the City of Long Beach Mobility Element as “the ability to move people, goods, and resources within and through a city or region,” greatly affects a community’s overall quality of life and the health, wellness and safety of residents. A safe, convenient, and balanced transportation system and mobility network provides opportunities for residents of all ages and abilities to travel throughout the community using the method of their choice. A balanced mobility network allows residents to incorporate physical activity into their daily routine, whether it is a child walking to school, or a commuter walking to a transit stop. By providing alternatives to the private automobile helps reduce emissions, we can collectively have a positive impact on air quality and associated respiratory health.

Just as there are connections between land use and health and mobility and health, land use and mobility are themselves closely connected. Transit Oriented Development (TOD) involves the clustering of development, typically mixed-use residential and commercial, around existing or planned transit services to increase ridership and decrease automobile reliance. The mixed-use nature of TODs allows residents to access basic goods and services by alternative modes of transportation, even when not utilizing transit. PP&Rs such as Complete Streets and Safe Routes to Schools, help connect land use and mobility planning. Below are examples of Mobility PP&Rs that the City of Long Beach could explore to improve community health.

Mobility Goal: Promote health and wellness through a multi-modal transportation system that provides all residents expanded access and mobility.

Objective 1: Expand active transportation infrastructure to encourage physical activity in daily activities.

Objective 2: Connect residences, local destinations, employment centers and activity areas through multiple transportation networks.

Objective 3: Develop nodes of compact, high-density development around existing and proposed multi-modal transit hubs.

## **3. Healthy Food Access**

Great strides have been made in understanding the relationship between the built environment and access to healthy food. Access to affordable, healthy foods is an essential component of a healthy community. Lack of access to good food contributes to a number of health issues, including obesity, diabetes, and heart disease. PP&Rs related to the built environment can address many of the issues related to healthy food access and overall health. Conventional zoning often separates communities into different land use categories, creating significant distances and barriers between residential areas and food providers, such as grocery stores, markets, and restaurants. Furthermore, PP&Rs related to the built environment can provide opportunities for increased local food production, including removing regulatory hurdles for growing and producing healthy food. Finally, communities can play an influential role in attracting grocery stores and markets that provide healthy food to underserved areas. Below are

examples of Healthy Food Access PP&Rs that the City of Long Beach could explore to improve community health.

Healthy Food Access Goal: Ensure all residents have access to a healthy food environment.

Objective 1: Ensure all residents have access to fresh and healthy foods. Identify and remove barriers to building new grocery stores and supermarkets.

Objective 2: Encourage the clustering of healthy food and beverage options near schools, residential areas and recreation facilities.

Objective 3: Encourage the use of temporary vacant and/or open space for urban agriculture.

Objective 4. Encourage increased marketing and advertising signage for healthy products in local businesses.

## **II. Health and Wellness**

Improving the health of individuals and communities requires educating people, making healthy living options more convenient, and supporting physical and behavioral healthcare. Communities, including homes, schools, public spaces, and work sites, can be transformed to support well-being and make healthy choices easy and affordable.

### **1. Raising the Profile of Public Health**

Public health identifies problems and opportunities to improve individual and community health, strategizes to create a culture of health, and catalyzes action by sectors that are typically considered health-related and non-health related. Public health seeks to prevent chronic disease and poor health outcomes, promote healthy behaviors and healthy communities, and protect the health of all populations, particularly the most vulnerable—children, the elderly, low-income, and the underserved. This is accomplished through effective partnerships, planning, data monitoring and analysis, community engagement, evidence-based practices, and policies.

Raising the Profile of Public Health Goal: Public Health and Human Services, through its leadership and innovation, is recognized as a critical partner in the City's quest to become healthier, in conjunction with healthcare providers and non-profit organizations.

Objective 1: Promote multi-sector collaboration to strengthen the City's local public health system.

Objective 2: Strengthen capacity and infrastructure for a robust public health data system to inform and develop health-promoting policies.

### **2. Health and Wellness Promotion**

Prevention and healthcare work hand-in-hand to facilitate a healthy community. Individual health includes both physical and mental health. Public health focuses on preventing disease and promoting physical and behavioral health at the population level, while healthcare focuses on maintaining and improving physical and behavioral health by providing individualized services. Preventive measures, such as health education and promotion, screenings, behavioral health screenings, and vaccinations reduce incidences and severity of illness. Effective referral systems between public health and healthcare systems are important to support and make connections to needed services as identified in the screenings.

Health and Wellness Promotion Goal: Create an integrated and coordinated approach to support healthy people and communities in Long Beach.

Objective 1: Improve the health of a community through the neighborhood-by-neighborhood approach.

Objective 2: Improve coordination between medical providers, public health, and behavioral health services to support building and maintaining healthier behaviors.

### **III. Health Equity and Safety**

Reducing environmental hazards, prioritizing healthy equity, and increasing community safety allow people to live healthier lives.

#### **1. Environmental Quality**

Where people live, in relation to their daily activities and the location of homes, schools, parks and places of employment in proximity to producers of sources pollution are among the key factors in determining the environmental quality of an urban area. The environment and the programs, plans and policies that shape the environment affect each of these factors. Residents living in neighborhoods located in close proximity to major transportation corridors or industrial land use areas are directly impacted by these activities.

Environmental Quality Goal: Reduce exposure of environmental hazards to improve overall health outcomes.

Objective 1: Build and maintain environmentally healthy buildings and property. Prevent exposure to hazardous materials and chemicals.

Objective 2: Continue to promote policies to evaluate and reduce the siting of sensitive receptors near heavy industrial and hazardous materials sites and known sources of air pollution.

Objective 3: Increase access to case management and resources to improve the health and well-being of children, youth, adults and seniors impacted by asthma and other chronic conditions caused by environmental factors.

#### **2. Health Equity**

Where a person lives has the greatest impact on their long-term health. Differences in the built environment and safety of neighborhoods are determining factors in shaping patterns of healthy living. Healthy communities that support health equity provide for the basic needs of individuals, including food, shelter, economic sustainability, and safety within a cohesive environment. Healthy communities offer basic services that are available within easy walking distance; and promote physical activity, healthy nutrition, and social engagement. A concentrated effort is needed to develop and maintain health equity in neighborhoods. In order to increase health equity in the City, efforts must be made to improve employment prospects, provide opportunities for recreational and social connectedness, and revitalize blighted areas into areas of opportunity for business investments through revitalized centers or nodes.

Health Equity Goal: Health equity is prioritized in all neighborhoods.

Objective 1: Identify neighborhoods with health needs.

Objective 2: Provide existing resources in identified neighborhoods.

Objective 3: Coordinate the development of "complete neighborhoods" that provide for health, safety and improvement for residents across the City.

### **3. Community Safety**

While many variables influence violence and crime in communities, aspects of the physical environment can both significantly affect the occurrence of street crime. Research suggests that the physical features, layout, and design of neighborhoods can influence crime prevention, such as neighborhood deterioration and residents' fear of crime. In addition, community engagement builds social infrastructure and capacity to develop collective solutions to prevention crime. Crime prevention requires a strong public safety collaboration of residents, Police, City departments, faith leaders, and community based groups. Safe environments can encourage residents to leave their households and participate in outdoor physical, social, civic, and community activities, strengthening their social connections. This collective network of support contributes to safe neighborhoods.

Community Safety Goal: People feel safe and connected to their community.

Objective 1: Develop a strong collaboration between neighborhoods, businesses, Police Department and other City departments to eliminate blight and proactively reduce crime in neighborhoods.

Objective 2: Encourage implementation of neighborhood beautification projects and outdoor recreational activities to enhance the safety of those who live, work, and play in Long Beach.

## **Description of Existing City Policy Documents**

The City of Long Beach has adopted or approved a number of policy documents that specifically address the health of the community. Below is a list of those policies, including the date of adoption or approval and a brief summary of the policy. Additionally, the Existing Policy Matrix (page 19) provides a list of the strategies related to health in each of the policies, organized by the three Healthy Communities Policy components.

### **Bicycle Master Plan (Originally Prepared in 2002, Update in Progress)**

The Bicycle Master Plan (BMP) serves as a planning document that is used to guide future investments in the City's bicycle programs, so that Long Beach can become "The Most Bicycle-Friendly City in the United States". The BMP is a working policy document, which is currently in the process of being updated to include new projects and new goals, such as:

- New proposed separated bikeways and bike paths, bike lanes, and a network of neighborhood bike boulevards;
- Proposed bike facilities, such as shower/changing stations and bike share locations at schools, parks, transit stations and park and ride locations;
- Programs to encourage bicycling via bicycle education for school children, bicycle friendly business districts, and others; and,
- Ideas for proposed signage and bike racks.

### **Community Health Improvement Plan 2014-2020 (Approved by the Board of Health and Human Services, 2014)**

The Community Health Improvement Plan (CHIP) is a long-term, systematic Plan to address priority health issues identified through a comprehensive and collaborative community health assessment process. The purpose of the Plan is to describe how the Long Beach Department of Health and Human Services (LBDHHS) and the community will work together to advance healthy and safe places for all neighborhoods in Long Beach.

### **Downtown Plan (Adopted by City Council, January 2013)**

The purpose of the Downtown Plan is to protect and maintain successful elements in Downtown Long Beach, while providing guidance on development and design standards to ensure that future developments will build on those successes. The Downtown Plan creates a more streamlined, equitable process. The Plan balances the needs and desires of Downtown residents and businesses.

### **Healthy Long Beach Plan 2014-2019 (Approved by the Board of Health and Human Services, 2014)**

The Healthy Long Beach Plan provides a roadmap for the Health and Human Services Department to align its programs and services to address key health issues for Long Beach and galvanize resources to strengthen its organizational infrastructure from 2014

to 2019. The Plan was developed using data from the Community Health Assessment (CHA), feedback from staff and community stakeholders, and the Community Health Improvement Plan (CHIP).

**Healthy Snack Food & Beverage Policy** (Adopted by City Council, effective January 1, 2012)

The City's Healthy Snack Food & Beverage Policy applies to all snack foods and beverages served at youth-oriented meetings and classes, and to all snacks offered in vending machines located in public areas. Although not mandatory for adult-oriented meetings and classes, or employee meetings and trainings, all departments are encouraged to voluntarily adopt the policy, or at a minimum, encourage City employees to implement the policy on their own.

**I-710 Livability Plan** (Adopted by City Council, 2008)

A variety of public agencies have documented the impacts that the I-710 has on individuals who live adjacent to this active goods movement corridor. These impacts—including traffic, noise, emissions, air quality, as well as associated public health implications—are of considerable concern to the community and its leadership. The City therefore conceived of this project to identify and prioritize the community's collective vision for livability improvements that can and should be made in I-710 corridor neighborhoods.

**Land Use Element** (Update in Progress)

In conjunction with the Mobility (Transportation) Element, the Land Use Element (LUE) defines the future land uses for the City, and provides direction for changes to long-range land-use planning and the Zoning Code. The LUE is being drafted to recognize that much of Long Beach is built out, so the focus is on infill development and conversion of a few key areas into more jobs-rich and moderate intensity residential land uses over time, with an emphasis on active ground floors. These areas include the Downtown and the Long Beach Boulevard corridor, and areas near the Traffic Circle and Long Beach Airport. Another primary consideration is the corridors along major streets, again in conjunction with the Mobility Element, to create more vibrant commercial districts and better transition to the adjacent established neighborhoods.

**Long Beach Boulevard Midtown Specific Plan** (Update in Progress)

The Long Beach Boulevard Midtown Specific Plan is an update to the Planned Development District (PD-29) zoning to provide more design guidance, flexibility to mixed uses, and offer more incentives for certain types of transit-oriented development for properties near the existing Metro Blue Line light rail transit stations and other transit-rich corridors, such as Anaheim Street. The plan focuses on land uses that encourage nearby residents and workers to have healthy lifestyles by creating destinations that encourage walking and bicycling, adding open space and recreational spaces of all sizes where opportunities present themselves, and by improving connections to existing parks and healthcare facilities along the corridor, including the Memorial Medical Center complex and St. Mary's Medical Center.

**Metro Blue Line Bicycle and Pedestrian Access Improvement Plan** (Adopted by City Council, March 2011)

The City of Long Beach is striving to become the most bike-friendly city in America, a place where cycling is a safe, viable, and preferred mode of transportation. The City initiated the Metro Blue Line Bicycle and Pedestrian Access plan to assess and recommend physical infrastructure and safety improvements to increase bicycling and walking to nine Metro Blue Line light rail transit stations in Long Beach.

**Mobility Element** (Adopted by City Council, November 2013)

Through the Mobility Element, the City established an overview of the transportation infrastructure and multimodal strategies for the movement of people and goods. The document includes details of the existing conditions, regulatory context, the movement of goods and resources, and capital improvement projects. The mobility element addresses walking, bicycling, riding transit and driving. In addition, related topics are discussed including parking, transportation demand management, neighborhood enhancements and funding. Through this award-winning Plan, Long Beach hopes to emphasize a balanced transportation network with meaningful travel choices: walking, bicycling, public transit, and driving.

**Open Space and Recreation Element** (Adopted by City Council, 2002)

The City's Open Space and Recreation Element addresses the requirements of open space planning with a special emphasis on planning for public recreation. Four topical areas are covered by Open Space Elements in California: open space for the preservation of natural resources, open space for the managed production of resources, open space for public health and safety, and open space for outdoor recreation. Additional recreation open space is needed in Long Beach in closer proximity to residents, especially in the west, central and north areas of the city. The Open Space Plan also calls for improvements along the rivers and shore, implementation of the master plan for the El Dorado Nature Center, and restoration of the Los Cerritos Wetlands between Studebaker Road and Pacific Coast Highway.

**Safe Long Beach Violence Prevention Plan** (Adopted by City Council, May 2014)

Safe Long Beach Violence Prevention Plan (LBVPP) was approved by the City Council in May 2014. Rather than accepting that violence exists and trying to prevent it, Safe Long Beach addresses violence at its roots, intervening before a potentially violent situation can occur in homes, at schools, and in communities. The Plan draws upon the City's many existing assets, including strong neighborhoods and neighborhood organizations, a thriving Downtown, award winning schools, and economic development opportunities to attain its goal of building a safer Long Beach by 2020.

**Southeast Area Development and Improvement Plan (SEADIP)** (Adopted by City Council in 1978, Update in Progress)

The SEADIP update (Southeast Area Specific Plan) is a vital effort that reflects the community's desire to comprehensively address land use, design, mobility, infrastructure, and resource conservation in a holistic and coordinated manner. This significant undertaking, guided by extensive public participation and community involvement, offers a unique opportunity to creatively balance responsible growth with resource preservation, and establish a thoughtful framework to guide strategic changes in this important gateway into our City. The Plan maintains valuable natural resources, customizes land uses and development standards, and identifies locations for future development and expanded transportation options. The Plan also includes an update of the City's Local Coastal Plan.

**West Long Beach Livability Implementation Plan** (In Progress)

The West Long Beach Livability Implementation Plan aims to improve the quality of life in West Long Beach and expeditiously bring to fruition the community's vision of a healthy, vibrant, and livable neighborhood through land use plans and policies and capital improvement projects. The Plan identifies and prioritizes projects, programs, and policies contained in existing planning documents and develop a coordinated implementation strategy to minimize the impacts of Port and industrial related operations on West Long Beach neighborhoods, and improve the quality of life and neighborhood livability of residents of this region of the City.

## **Description of Existing City Programs**

### **Asthma Life Skills Academy for Adults (ALSAA) Program**

Air pollution in Long Beach exacerbates the symptoms of many residents with asthma and leads to more than one in five persons having poorly controlled asthma. Poorly controlled asthma leads to decreased quality of life. The Asthma Life Skills Academy for Adults (ALSAA) Program assists adults living with asthma that are affected by port-related air pollution by utilizing in-home case management visits and stress-free living techniques.

### **Child Health Disability Prevention Program (CHDP)**

The Child Health and Disability Prevention (CHDP) Program is a preventive well-child screening program for low-income children under 21 years of age. The goal of the CHDP Program is the early detection and prevention of disease and disabilities in children and youth as well as ongoing healthcare. The Health and Human Services Department administers the CHDP program in Long Beach through resource and provider development to ensure that high quality services are delivered and available to eligible children/youth. The program informs the target populations to increase their participation, community agencies, and residents to increase the knowledge and acceptance of preventive services.

### **Childhood Lead Poisoning Prevention Program (CLPPP)**

The Childhood Lead Poisoning Prevention Program (CLPPP) is a state-funded program dedicated to lead poisoning prevention through health education and advocacy for timely lead screenings for children in our community. The two main components of the CLPPP are case management, and education and outreach. Public Health Nurses provide case management for children with elevated blood lead levels who have been referred to the program. Services include: development of an individual service plan, lead exposure prevention and nutrition education, referral to a Registered Environmental Health Specialist (REHS) in the Health and Human Services Department Environmental Health Bureau, and collaboration with the primary healthcare provider.

### **Code Enforcement**

The City of Long Beach is committed to maintaining and improving the quality of life in our neighborhoods, commercial corridors, and industrial areas. The Code Enforcement Division responds to complaints of violations of the Long Beach Municipal Code that include substandard buildings, property maintenance, and inoperative vehicles, weed abatement and land use violations. When violations are identified, the responsible parties are contacted and requested to abate the conditions. Failure to correct violations could result in a citation or a referral to the City Prosecutor's office. Under the direction of Code Enforcement Division, the Multi-Housing Habitability Inspection Program ensures that rental-housing units are maintained in a decent, safe and sanitary condition in compliance with state and local laws through routine periodic inspections. The Program helps to reduce blight and safeguards the stock of rental housing in the City in partnership with owners, tenants, the City and the community.

### **Commercial Improvement Rebate Program**

The Commercial Improvement Rebate Program provides rebates of up to \$2,000 per business to commercial property owners and business owners to improve the exterior of their commercial properties along designated business corridors. Exterior improvements such as painting, signage, exterior tile or brick veneer, window replacement, and security lights are some of the typical exterior improvements.

### **Community Asthma & Air Quality Resource Education (CAARE) Program**

The Community Asthma and Air Quality Resource Education (CAARE) Program strives to improve the health and well-being of adults and seniors with asthma and assist communities in Long Beach to reduce and/or eliminate indoor and outdoor air pollutants that may contribute to asthma, allergies, and other respiratory illnesses. CAARE provides an intensive asthma education and in-home case management intervention for adults and seniors.

### **Community Garden Program**

Community gardens can grow anything from flowers to vegetables. They provide access to fresh foods, promote social interaction, healthy living, cultural awareness, sustainable land uses, and strengthen community bonds. The gardens also create therapeutic and recreational opportunities as well as provide food for the hungry. The City encourages community gardening in an effort to raise environmental awareness, provide an opportunity for community education and encourage a healthy, sustainable community.

### **Community Watch**

Community Watch is a crime prevention program that involves individual groups working with the police to reduce crime. Crime prevention resources are available online regarding current crime trends, crime prevention, and safety techniques. Community Watch encourages participants to keep a watchful eye, not only on the block where they live but the community as a whole, and report suspicious and potential criminal behavior. Community Watch begins with a block approach and expands to include others in the surrounding area and scope of influence. Participants are encouraged to reach out to businesses, nearby schools, and non-profit organizations to get to know each other and communicate.

### **Epidemiology Program**

The Epidemiology Program receives over 5,000 communicable disease reports each year. Epidemiologists collect this data through integrated surveillance systems to detect, monitor, report, and evaluate public health threats. In the event of an outbreak, the Epidemiology Program, under direction of the City Health Officer, coordinates an appropriate response with other Health Department programs such as Environmental Health, the Public Health Laboratory, and Public Health Nursing, to identify and eliminate the source of the outbreak. The Epidemiology Program collaborates with Long Beach hospitals, local healthcare providers, veterinarians, laboratories, schools, colleges, State and local public health agencies, and the community to immediately identify and respond to unusual occurrences of disease and protect the public's health.

### **Fresh Air Dining LB Program**

The Fresh Air Dining Program is designed to provide smoke-free outdoor dining options for Long Beach residents and visitors in partnership with local business associations, restaurants and community groups. In Long Beach, all indoor restaurant dining rooms must be smoke-free, and two-thirds of all outdoor dining areas also must be smoke-free. The Fresh Air Dining Long Beach partnership encourages and helps promote restaurants for creating 100 percent smoke-free outdoor dining areas.

### **Hazardous Materials and Spill Emergency Response Program**

Hazardous Materials are stored throughout the City at business and residential locations, and could pose a health risk to Long Beach residents if not properly managed. The Hazardous Materials and Spill Emergency Response Program addresses preventative measures to ensure hazardous materials are stored, handled, and disposed of properly. Chemical spills and illegal disposal of chemicals is monitored and cleaned up immediately to protect the residents and the environment.

### **Health Promotion and Wellness Program**

The Department of Health and Human Services offers a number of health promotion and wellness opportunities, including community forums around health topics; tobacco prevention, diabetes management classes; immunizations, and Woman, Infant & Children's program offering food vouchers, nutrition education, and breast feeding support.

### **Healthy Active Long Beach**

Healthy Active Long Beach is an obesity and chronic disease prevention program providing opportunities to learn healthy lifestyles through enrichment activities. Healthy Active Long Beach provides information for residents to learn about:

- Eating a variety of colorful fruits and vegetables every day.
- Healthy eating on a budget.
- Tips for decreasing sugar sweetened foods and beverages.
- Fun and easy ideas for getting you and your family, to be more active.

### **North Long Beach HEAL (Healthy Eating Active Living) Zone**

The HEAL Zones are designed to help make healthy choices accessible to more people, in turn preventing diseases such as diabetes and heart disease that often result from obesity. The overall vision of the HEAL Zone initiative is to support people to "eat better and move more" as part of daily life.

### **Lead Hazard Control Program**

Much of the housing stock in Long Beach was built prior to 1978 and contains lead-based paint. Lead from paint, including lead contaminated dust, is one of the most common causes of lead poisoning in children. The Lead Hazard Control Program strives to eliminate lead-based paint hazards, especially in low-income housing units. Lead hazard control activities include interior and exterior painting, window and door replacement, cleaning, and other renovations. The Program also addresses additional safety and health-related repairs like fixing trip-and-fall hazards, removing mold, and

repairing holes in floors and walls.

### **Home Improvement Rebate Program**

The Home Improvement Rebate Program reimburses eligible owners of residential properties up to \$2,000 to improve the exterior of their properties. Since 1987, property owners have received rebates to pay for improvements including painting or new stucco, doors, and driveways, repairing porches and windows, and new landscaping. Property owners of both single-family and multi-family owner occupied and rental property with exterior code violations visible from the street are eligible. Income limits apply for property occupants.

### **Neighborhood Clean-Up Assistance Program**

The Neighborhood Clean-Up Assistance Program provides materials and supplies to community organizations and volunteer groups to clean up their neighborhoods. Activities can include graffiti paint out, alley clean-up, or trash and weed removal from vacant lots. The City will provide the paint, materials, tools, and even a dumpster to help facilitate clean-up projects.

### **Neighborhood Partners Program**

The Neighborhood Partners Program (NPP) is available to established neighborhood/community groups within designated Community Development Block Grant (CDBG) target zones. Eligible groups must be formally established organizations having designated officers and membership rosters and a history of neighborhood involvement. The NPP will provide matching grants of up to \$5000 in goods and services to accomplish approved projects. No actual cash will be provided. The match provided by the applicant must be equal to at least 50 percent the total project cost and may be supplied in the form of cash, goods and services, and volunteer work hours (volunteer work hours may not be the sole match). NPP can assist a variety of improvements and beautification projects. Applicants are encouraged to be creative. Projects must have a public benefit, and must have support of the organization's governing body and the affected neighborhood. Projects may include tree plantings or landscape projects, adopting and improving neighborhood parks or schools, and creating community gardens/landscaped open space.

### **Parks and Open Space**

Recreational programs offered, including 162 publicly accessible parks and 26 community centers.

### **Recreational Water Testing Program**

Swimming and other water-related activities are excellent ways to get physical activity and health benefits needed for a healthy life. However, it is important to be aware of recreational water illnesses. Long Beach has approximately seven (7) miles of public beach and is visited by over 50,000 people during summer months. The Water Quality Program ensures these recreational waters are free from contamination and safe for public contact. Monitoring, testing, and public notification and education are key to ensuring the protection of all residents and visitors who use this precious resource.

**Safe Routes to School**

Safe Routes to School (SRTS) programs are sustained efforts by parents, schools, community leaders and local, state, and federal governments to improve the health and well-being of children by enabling and encouraging them to walk and bicycle to school. In Long Beach, bike and pedestrian safety education and bike rodeos are provided at all elementary and middle schools in Long Beach and in the community. SRTS programs also examine conditions around schools and conduct projects and activities that work to improve safety and accessibility, and reduce traffic and air pollution in the vicinity of schools. As a result, these programs help make bicycling and walking to school safer and more appealing transportation choices thus encouraging a healthy and active lifestyle from an early age.

**Smoke-Free Multi-Unit Housing Program**

The Smoke-Free Multi-Unit Housing Program is a voluntary program encouraging landlords, condominium boards, and property management companies to make their apartments and condos smoke-free. The goal of the Program is to increase the number of smoke free living options for the 85 percent (85%) of Long Beach residents who do not smoke and to assist residents suffering from drifting smoke in their apartments and condos. Through this Program, resources are available to interested landlords and condominium associations including the Long Beach Smoke-Free Apartments Public Service Announcement (PSA), toolkits, lease addendums, and free technical assistance.

**Tobacco Retail Program**

The Tobacco Retail Enforcement Program (TREP) reduces the availability of tobacco products and/or tobacco paraphernalia to minors in Long Beach. The Program encourages responsible tobacco retailing, provides education, and inspects for violations of state and city tobacco laws, especially those that pertain to minors. Long Beach had an illegal tobacco sales rate to minors of 36 percent (36%) several years ago (more than twice the State average rate). After the implementation of this Program, the illegal sales rate to minors has decreased in Long Beach to eight percent (8%).

**Urban Forestry Program**

The City of Long Beach Forestry Program is a collaborative effort between neighborhood associations, community groups, the Conservation Corps of Long Beach and the Neighborhood Services Bureau to plant trees in Long Beach neighborhoods. The Neighborhood Services Bureau partners with interested neighborhood and community groups to apply for funding, utilizing Federal Community Development Block Grant (CDBG) funds as a required match. As a result, almost 10,000 trees have been planted in the neighborhoods of Long Beach. Trees must be selected from State and local established lists of non-root invasive, drought tolerant trees. The areas to be planted must be in City approved parkways (not private property). Plantings usually are scheduled in early spring and continue to late fall.

**Vector Control Program**

Outdoor activity is encouraged for a healthy community. Many activities may occur during peak times where vectors (such as rodents and mosquitos) that can cause direct harm or transmit diseases to humans and animals are most abundant. The Vector Control Program controls mosquito populations that transmit diseases such as West Nile Virus by monitoring and treatment. The Program also controls the spread of flea-borne Typhus through education and public outreach, and bee populations that can cause bodily harm to humans and animals.

**Women, Infants and Children (WIC)**

The WIC special supplemental nutrition program is funded by the United States Department of Agriculture and administered through the Long Beach Department of Health and Human Services. Targeted populations who are low-income and at nutritional risk being served by the WIC Program include pregnant, postpartum and breastfeeding women, infants and children up to their 5<sup>th</sup><sub>[CF1]</sub> birthday. Services provided include vouchers for nutritious foods, parenting, nutrition education classes, individual counseling, breastfeeding support and referrals to health, community and social service agencies.

**Youth Sports Programs**

Youth programs offer the opportunity to engage in organized sports programs at no cost, the sports include basketball, indoor soccer, T-ball, volleyball, and flag football.

**Existing City Policies Matrix**

<b>I. THE BUILT ENVIRONMENT</b>	
<b>Community Health Improvement Plan 2014-2020</b>	
Policies	Support integrated services at parks such as co-location of libraries, tutoring programs, and social and learning activities provided by community agencies.
	Support complete streets and active transportation policies and programs.
<b>Downtown Plan</b>	
Policies	Incorporate mid-block connections, paseos, or small plaza spaces to enhance the pedestrian realm, and provide pedestrian gathering places and stopping points.
	Maintain the historic street grid to promote the greatest number of mobility options, retain the historic scale of the streets, and preserve and/or establish new view corridors. Prohibit and discourage any interruption of the street grid.
	Create new connections and corridors as larger sites are redeveloped.
	Require full vehicle and pedestrian access in new connections. Encourage pedestrian circulation by including mid-block connections in new developments, where feasible.
	Promote shared parking, shared transit, and pedestrian and cyclist use on key transit streets.
	Enhance the attractiveness of these streetscapes to raise user awareness and comfort.
	Provide active retail and pocket parks along pedestrian zones to encourage eyes on the street and active uses.
	Include lighting along all streets, sidewalks, pedestrian connections, and on private property to ensure comfort and safety.
	Establish pedestrian and bicycle priority zones in primary and secondary streets within Downtown. Use traffic-calming measures to ensure safety for bicyclists riding in the street, and at pedestrian crosswalks.
Ensure that entryways to all parking structures do not disrupt the pedestrian right-of-way on primary walking streets.	
<b>Land-Use Element</b>	
Policies	Long Beach anticipates the population and economic growth and intends to guide that growth to have an overall beneficial impact upon the City's quality of life.
	Long Beach will continue to take the actions that are necessary to preserve an adequate supply of water for domestic, commercial and industrial purposes.
	Long Beach will maintain or improve the current ability to move people and goods to and from development centers while preserving and protecting residential neighborhoods.
	Long Beach will support efforts aimed at preserving its significant historic and cultural buildings and sites.

<b>I-710 Livability Plan</b>	
Policies	Develop a series of action strategies and design solutions to improve the physical environment for residents in those neighborhoods.
	Establish safe-routes to schools programs.
	Improve crosswalks.
<b>Metro Blue Line Bicycle and Pedestrian Access Improvement Plan</b>	
Policies	Add high visibility crosswalks and countdown signals at new and redesigned intersections.
	Develop a comprehensive way finding plan.
	Prioritize roadway resurfacing on designated bikeways.
	More bike parking at stations and surrounding destinations.
<b>Mobility Element</b>	
Policies	MOP Policy 1-1: To improve the performance and visual appearance of Long Beach’s streets, design streets holistically using the “complete streets approach” which considers walking, those with mobility constraints, bicyclists, public transit users, and various other modes of mobility in parallel.
	MOP Policy 1-2: Where streets are too narrow to accommodate all modes of travel, consider parallel routes working together to accommodate all modes in a “complete corridors” strategy.
	MOP Policy 1-3: Improve auto-oriented streets (such as Pacific Coast Highway and Lakewood Boulevard) so that pedestrians using the stores or local services can walk comfortably and feel safer navigating the busy thoroughfare, regardless of their point of origin — from the surrounding neighborhoods or via transit.
	MOP Policy 1-5: Recognize the important function of alleys in the transportation network. Consider alleys, especially continuous alleys, a valuable resource for pedestrian connectivity, access to abutting properties for loading and unloading, locate utilities, and store/dispose of waste.
	MOP Policy 1-6: Involve citizens in transportation planning and project design decisions for improving the City’s “complete streets” and bicycle and pedestrian networks.
	MOP Policy 1-8: Acquire public rights-of-way dedication and improvements as development occurs.
	MOP Policy 1-9: Increase mode shift of transit, pedestrians, and bicycles.
	MOP Policy 1-13: Increase multimodal access to major employers and educational institutions, including Long Beach Community College.
	MOP Policy 1-17: Develop land use policies that focus development potential in locations best served by transit.
	MOP Policy 2-1: Design streets to have a specific role and identity that contributes to the neighborhood’s character, while supporting specific functional requirements.

Policies (cont'd)	MOP Policy 2-2: Design the character and scale of the street to support its street type and place-type designation and overlay networks (for example, create a bike boulevard or bicycle-friendly retail district, transit street, or green street).
	MOP Policy 2-7: Treat streets as an important part of the public open space system, and integral part of the City's urban forest.
	MOP Policy 2-10: Support the temporary closure of streets for community and commercial activity that encourages residents to see their streets as public spaces and promote biking and walking in the City.
	MOP Policy 2-11: Consider every street in Long Beach as a street that bicyclists and pedestrians will use.
	MOP Policy 2-12: Identify and analyze roadways where it may be possible to preserve the level of service while eliminating a vehicle travel lane to create a bike lane, or adding width to the curb lane for a new or improved bike lane.
	MOP Policy 2-13: Continue to use innovative designs to expand and enhance the bikeway network and increase public safety.
	MOP Policy 2-14: Regularly update the Bicycle Master Plan to maintain a comprehensive plan to vigorously expand bicycle facilities throughout Long Beach to create a full network of connected, safe, and attractive bikeways and supporting facilities for both transportation and recreation.
	MOP Policy 2-15: Ensure that all new development is consistent with the applicable provisions of the Bicycle Master Plan.
	MOP Policy 2-16: Close gaps in the existing bikeway system.
	MOP Policy 2-18: Provide adequate sidewalk widths and clear path of travel as determined by street type classification, adjoining land uses, and expected pedestrian usage.
	MOP Policy 2-19: Where feasible, widen sidewalks to improve the pedestrian environment by providing space for necessary infrastructure, amenities, and streetscape improvements.
	MOP Policy 2-21: Designate a system of bicycle boulevards with increased amenities and safety features such as bicycle detectors at signalized intersections.
	MOP Policy 2-22: Pursue the development of streetcar lines in areas for targeted development intensification and to connect major destinations.
	MOP Policy 2-23: Expand green color pavement at selected bike facilities to alert motorists and bicyclists of conflict areas and share the right-of-way with bicyclists.
MOP Policy 2-24: Facilitate convenient and timely transfers between various travel modes. Emphasis should be on transfers between alternative transportation modes that minimize the need for use of single-occupant vehicles.	

	MOP Policy 3-4: Ensure that all interchange reconfiguration projects, grade separation improvements, and bridge widening projects are designed and implemented in a manner that provides positive benefit to the pedestrian and bicycle circulation.
	MOP Policy 4-1: Consider effects on overall mobility and various travel modes when evaluating transportation impacts of new developments or infrastructure projects.
	MOP Policy 9-3: Encourage non-motorized transportation services, such as pedi-cabs, bicycle, and other non-motorized vehicle rentals.
<b>Parks and Open Space Element</b>	
Policies	Promote the creation of new and reestablished natural habitats and ecological preserves including wetlands, woodlands, native plant communities and artificial reefs.
	Protect and improve the community's natural resources, amenities and scenic values including nature centers, beaches, bluffs, wetlands and water bodies.
	Preserve, enhance and manage open areas to sustain and support marine life habitats.
	Create additional recreation open space and pursue all appropriate available funding to enhance recreation opportunities.
	Protect public parkland from intrusive, non-recreational uses.
	Keep parklands open and green by limiting the amount of parking lot and building coverage areas within parks.
	Ensure that the general plan and zoning are consistent for all recreation open space locations and uses.
	Encourage the provision of non-City-owned recreation resources to supplement what the City is able to provide.
	Require all new developments to provide usable open space tailored to the recreational demands they would otherwise place on public resources.
	Identify and increase the use of all underutilized potential public recreation resources to best serve the community; and work with the Long Beach Unified School District to enhance community recreational opportunities at Long Beach schools.
	Develop an open space linkage/trails plan.
Ensure that the City's Parks, Recreation and Marine Advisory Committee review all development proposals on City parklands prior to any City action to approve such projects.	
<b>Southeast Area Development and Improvement Plan (SEADIP)</b>	
	A minimum of thirty percent (30%) of the site shall be developed and maintained as usable open space.

Policies	Developers shall construct public open space, trails, pathways, and bicycle trails for each development in such a manner that they will be generally accessible to the public and interconnect with similar facilities in adjacent developments so as to form an integrated system of open space and trails connecting major points of destination.
<b>II. HEALTH AND WELLNESS</b>	
<b>Community Health Improvement Plan 2014-2020</b>	
Policies	Monitor the impact of health reform in Long Beach and document successes, challenges and opportunities for improvement.
	Monitor and track implementation of health and other elements that contribute to healthy living in the City's General Plan.
	Collaborate with the Long Beach Health Access Collaborative to identify and address barriers and solutions, including advocacy at Statewide level, for healthcare resources for the residual population including by not limited to undocumented individuals.
	Collaborate with the Long Beach Health Access Collaborative to identify barriers to access and advocate for improved access to prevention-oriented services in accessible locations such as school-based clinics.
	Collaborate with the Los Angeles County Department of Mental Health and other agencies to ensure provision and funding of mental health services in Long Beach as prescribed in the Mental Health Services Act of 2004 (Proposition 63).
	Support City-sponsored workplace wellness programs that provide opportunities for physical activity breaks and healthy nutrition in the workplace.
	Support the Long Beach Continuum of Care to improve service delivery coordination, develop educational and policy recommendations, and promote workforce development to advance a comprehensive and coordinated approach to addressing mental health in the City.
	Collaborate with the Long Beach Health Access Collaborative to identify characteristics of client-centered and culturally/linguistically competent medical homes and develop recommendations for regional and statewide implementation of standards of optimal care for patient-centered medical homes (PCMH). The PCMH model is designed around patient needs and aims to improve access to care (e.g. through extended office hours and increased communication between providers and patients via email and telephone), increase care coordination and enhance overall quality, while simultaneously reducing costs.
	Support and expand City policies promoting healthy snacks and beverages at City sponsored meetings and activities or City-owned vending machines.
	Increase access to affordable fresh fruits and vegetables by creating incentives for local storeowners.
<b>Downtown Plan</b>	
Policies	Provide pedestrian-oriented uses and pocket parks along pedestrian zones

	to encourage “eyes on the street” and active uses.
<b>Healthy Snack Food &amp; Beverage Policy</b>	
Policies	If snacks and/or beverages are served at meetings/classes where youth are present, the products are required to be healthful.
	Snack food vending machines in public areas will be required to stock healthful items.
<b>Mobility Element</b>	
Policies	MOP Policy 3-2: Design and manage Long Beach’s streets to support public health and safety.
<b>Parks and Open Space Element</b>	
Policies	Reserve, at a minimum, the existing amount of open space for community gardens and strive to create more.
	Give preference to children's sports leagues over adult sports leagues over adult sports leagues in neighborhood parks.
<b>III. HEALTH EQUITY AND SAFETY</b>	
<b>Community Health Improvement Plan 2014-2020</b>	
Policies	Advocate for local, state and national policies that advance the recommendations from the Safe Long Beach Violence Prevention Plan (LBVPP).
<b>Downtown Plan</b>	
Policies	Strengthen existing pedestrian connections and streetscapes where possible, through the use of lighting, street furniture, landscape, and signage.
<b>Metro Blue Line Bicycle and Pedestrian Access Improvement Plan</b>	
Policies	Work with the I-710 corridor neighborhoods to identify and develop plans to address the impacts they are experiencing from the operation of the I-10 freeway.
	Improve street and sidewalk lighting.
<b>Mobility Element</b>	
Policies	MOP Policy 1-7: Maintain all roadways, paths, and sidewalks in a good state of repair.
	MOP Policy 1-14: Use universal design techniques to accommodate pedestrians of all ages and abilities and ensure compliance with the Americans with Disabilities Act.
	MOP Policy 2-3: Maintain all transit vehicles, stops, and centers in a clean, safe, and attractive condition.
	MOP Policy 2-8: Provide distinctive design treatments for streets with important Citywide functions
	MOP Policy 2-9: Identify streets or street segments where special design treatments are desired to achieve community goals.
	MOP Policy 2-17: Ensure safe, convenient, and adequate, on- and off-street bicycle parking facilities to accommodate and encourage residents to cycle for commuting and daily needs.

	MOP Policy 5-1: Incorporate “green infrastructure” design and similar low impact development principles for storm water management and landscaping in streets.
	MOP Policy 5-2: Reduce vehicle miles traveled (VMT) and vehicle trips through the use of alternative modes of transportation and Transportation Demand Management (TDM).
	MOP Policy 5-3: Encourage the use of low- or no-emission vehicles to reduce pollution.
	MOP Policy 5-4: Promote car-sharing and Neighborhood Electric Vehicle ownership as an important means to reduce traffic congestion.
	MOP Policy 5-5: Sustain the recent improvements in air quality and achieve further significant progress in such improvements to meet State and federal mandates.
	MOP Policy 5-6: Support the development of a network of public and private alternative fuel vehicle charging/fueling stations Citywide.
	MOR Policy 19-5: Implement low-impact development techniques to reduce and improve the quality of storm water runoff.
<b>Parks and Open Space Element</b>	
Policies	Replace any displaced publicly owned recreation open space on an acre per basis, in kind, within areas of the City most underserved by recreation open space per the adopted policy.
	With the help of the community, plan and maintain park facilities at a level acceptable to the constituencies that they serve.
	Continue to solicit citizen participation in the creation of new park space and recreation facilities.
	In creating additional recreational opportunities, priority shall be given to areas of the City that are most underserved.
	Give special consideration to handicapped and disadvantaged residents in accessing public recreation resources.
	Incorporate environmentally sustainable practices in City programs and projects.
	Promote and assist with the remediation of contaminated sites.
	Protect and wisely-manage groundwater recharge areas and groundwater aquifers.
	Manage oil, water and natural gas extraction sites and operations to extend the life of these resources.
Maintain open space buffers adequate to keep property and lives safe from natural and man-made disasters within the City including: unstable soil areas, known active fault zones, low-lying flood prone lands, airport flight paths, and areas of physical and noise contamination.	
<b>Safe Long Beach Violence Prevention Plan</b>	
Policies	Increase safety in and around schools.
	Increase community resident safety through resident engagement and the development of community watch.

	Reduce Part 1 Crimes (homicides, rapes, robberies, aggravated assaults, gang-related homicides).
<b>Southeast Area Development and Improvement Plan (SEADIP)</b>	
Policies	Developers shall make provision for the continued private maintenance of all common areas that are not to be dedicated and accepted by the City, and of all ways not to be dedicated and accepted by the City, including maintenance of street lighting, walks, curbs, storm drainage, water lines, fire hydrants, and street trees. Such provisions shall be perpetuated by their inclusion in the covenants, conditions, and restrictions of the property owners.
	All developments shall be open and inviting to the public; the public shall not be excluded from use of private streets and bicycle and pedestrian trails, although the public may be excluded from private yard areas, private recreation areas designed for the use of residents of the development, and private drives serving parking lots and garage structures reserved for residents and their guests.
	All development shall be designed and constructed to be in harmony with the character and quality of surrounding developments in an effort to create community unity within the entire area.
	Developers shall construct, in accordance with plans approved by the Director of Public Works, all necessary sanitary sewers to connect with existing public sewers, and shall provide easements to permit continued maintenance of these sewers by the City, where the City accepts responsibility for such maintenance.