

# HEALTHY WORKS FACT SHEET



Healthy Works/Communities Putting Prevention to Work (CPPW) was a \$373 million nationwide grant program of the U.S. Center for Disease Control and Prevention to reduce obesity and tobacco use. Under this program, the County of San Diego’s Health and Human Services Agency (HHS) received \$16.1 million to address obesity through projects that support physical activity and access to healthy food and nutrition. Collectively, these projects fall under the county’s Healthy Works: Paths to Healthy Living initiative. HHS partnered with SANDAG to implement regional planning, active transportation, and Safe Routes to School projects and programs that address the design of the built environment. This work was supported by \$3 million in grant funds.

### Program Schedule

The grant program was funded for a two year period through the federal American Recovery and Reinvestment Act and was completed in March 2012. There were several opportunities for local agencies and organizations to get involved in the program. A Public Health Stakeholder Group and Safe Routes to School coordination team were formed to help SANDAG with the following projects.

### Grant Funded Projects and Opportunities Health Impact Assessment and Forecasting

» Developed a Healthy Communities Atlas that mapped existing data

on social and physical determinants of health;

- » Developed a health module for SANDAG’s CommunityViz sketch planning tool that can quantify health co-benefits and impacts of proposed plans and projects at the local and regional level;
- » Developed recommendations for enhancing the SANDAG activity-based regional transportation demand forecasting model to better account for active transportation trips, and quantify health co-benefits and impacts of proposed transportation and land use plans and projects at the regional level.

### Regional Comprehensive Planning Policies

- » Developed recommendations for a health and wellness policy framework and performance metrics that may be included in regional transportation and land use plans;

### Healthy Communities Campaign

- » Provided technical assistance and trainings to local agencies on healthy and active community design and complete streets.
- » Developed and implemented two pass-through grant programs:
  - (1) Healthy Communities Planning grants to local agencies and tribal governments to add public health components to local planning efforts;
  - (2) Active Community Transportation grants to local agencies to develop comprehensive approaches for creating bicycle- and pedestrian-friendly neighborhoods.

*(Continued on reverse)*



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- » Assessed the feasibility of developing comprehensive, evidence-based design guidelines to promote physical activity and healthy communities in the San Diego region;
- » Developed a Pilot Health Impact and Benefit Assessment (HIA) process to evaluate how SANDAG could integrate health considerations in planning and project development;
- » Provided training to agency staff, community-based organizations, health advocates, consultants, and education institutions on conducting HIAs.

#### **Safe Routes to School**

- » Developed a Regional Safe Routes to School Strategic Plan to guide future SANDAG involvement in promoting walking and bicycling to school as safe and attractive travel choices.
- » Developed and implemented two pass-through grant programs for local jurisdictions, school districts and community based organizations:
  - (1) Safe Routes School Planning and Capacity Building grants supported comprehensive Safe Routes to School planning;
  - (2) Safe Routes to School Education, Encouragement, and Enforcement grants funded programs that encouraged and educated students, parents,

school officials, and other community stakeholders to walk and bicycle to school safely.

- » Partnered with local jurisdictions, public health agencies, school districts, and community-based organizations to establish a Regional Safe Routes to School Coalition that meets bi-monthly to collaboratively address Safe Routes to School related issues.

#### **Active Commuter Transportation Campaign**

Expanded Bike to Work Day promotions to include the entire month of May (2011) and implemented the Walk, Ride, and Roll to School Campaign in 22 schools across the region.

#### **Regional Bicycle Plan Implementation**

- » Developed bicycle wayfinding signage plans for several regional bicycle corridors to encourage biking for practical purposes, such as commuting to work, for shopping, and connecting to transit;
- » Produced promotional materials about the regional bicycle network to encourage utilitarian bicycling and to communicate the public health, environmental, and quality of life benefits of bicycling.

#### **For more information**

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