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Building a Healthier Fontana



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This element identifies a shared vision and set of values for addressing health and wellness within Fontana, including goals for the future physical development that will result in a healthier city. As a chapter of the General Plan Update, the Health and Wellness Element provides high-level goals; policies, strategies and performance measures to achieve the goals; and an implementation program of actions to improve health. Since 2004, the City's Healthy Fontana program has made health and wellness a priority, especially with efforts to promote healthy eating and physical activity, as well as development patterns that support a healthy lifestyle. Based on community input, identified health concerns and needs, and the Fontana Forward Vision and Principles this element has four comprehensive strategies for incorporating health considerations into various City processes and decision making:

1. Development of systems and processes for a Health in All Policies (HiAP) approach in which considering health is the norm at every level of City government.
2. Systematic consideration of health impacts and benefits as a part of major public and private investments in Fontana.

3. Updating of the City's codes, standards, and guidelines to promote healthier development patterns and transportation systems proactively.
4. Creating a tracking and reporting system of health indicators by area of the city to better inform decision making and investments.

Using a HiAP approach to promote better public health outcomes by definition means that the City should evaluate the health consequences of decision making across all aspects of city life. Achievement of many of the health goals in this element are linked to strategies that appear in other elements of the plan—for example, Community and Neighborhoods, Circulation and Mobility, and Land Use. Those elements should be consulted for recommended actions to implement the strategies.

A. Healthy Lifestyles in the Fontana Forward Vision And Principles

VISION

We have become one of the healthiest and most sustainable cities in San Bernardino County. We have taken many steps to improve our health indicators, which meet and, increasingly, surpass state averages. Our local infrastructure is resource-efficient and well-maintained. We work with our water and energy providers to establish the highest possible levels of resource conservation and efficiency.

PRINCIPLES



Make healthy lifestyles easy and fun. Create policies and physical conditions that promote healthy lifestyles through easy access to physical activity, healthy food, and medical care.



Pursue goals through partnerships. Connect city government with businesses, institutions, regional agencies, nonprofits, and citizens to accomplish goals.

B. Goals and Policies

GOALS	POLICIES
1. The average lifespan in Fontana consistently ranks within the top ten of all Southern California cities.	<ul style="list-style-type: none"> • Provide proactive city leadership in developing efforts to improve residents' health and extend their lifespans. • Support programs and strategies to reduce obesity and related diseases in Fontana. • Support local and regional initiatives to improve air quality in order to reduce asthma while actively discouraging development that may exacerbate asthma rates. • Encourage programs to raise awareness of the dangers of alcohol and drug abuse. • Continue economic development efforts to develop a greater number and range of jobs in Fontana so as to reduce residents' need to commute out of the City. • Support transit efforts that reduce residents' need for automobile-based travel. • Support a wide range of strategies and actions to increase residents' opportunities for physical activity. • Strongly encourage efforts to improve the safety of all roadway users, especially pedestrians and bicyclists. • Support initiatives that reduce inequity and social isolation of residents.
2. Fontana has healthy and safe development patterns.	<ul style="list-style-type: none"> • Support the planning, regulatory, and funding initiatives needed to provide a healthy, safe city with safe streets, safe public spaces, highly accessible parks, highly accessible healthy food, and a clean environment.
3. The City of Fontana considers health at all levels of decision making.	<ul style="list-style-type: none"> • Encourage the incorporation of health initiatives and improvements in health conditions as goals in all City policies, programs, procedures, and actions. • Improve health for all residents by incorporating "Health in All Policies" into policies, programs, and practices affecting all aspects of the built environment. • Support policies to advance equitable and non-discriminatory policies and consequences in Fontana.
4. The City of Fontana incorporates health considerations into the development review process.	<ul style="list-style-type: none"> • Support including Healthy Fontana development analysis in relevant development project reviews.
5. Fontana is a city in which all residents' basic needs are met.	<ul style="list-style-type: none"> • Encourage the development of a wide variety of housing sizes and types to meet the needs of residents through all life stages and ranges of affordability. • Link and promote regional efforts to expand health care options to Fontana residents. • Encourage programs that improve opportunities for educational attainment by Fontana's residents to help break the cycle of poverty. • Ensure that new policies, services, and programs support and are responsive to community members who are most in need

C. Findings and Challenges

FINDINGS

- Research shows that approximately 60 to 70% of our health status is determined by our environment, meaning the physical, social, and economic environment in our surroundings. Factors that can contribute to health status include; nutritious diets, active lifestyles, clean air and water, education, jobs, and access to quality medical care. Source: U.S. Centers for Disease Control, 2014
- Development that encourages active lifestyles such as parks, open space and walkable neighborhoods are linked to improvements in rates of obesity and heart disease. Source: Action Strategies Toolkit, 2009
- Communities that provide greater access to healthy foods can lead to improved diets and reduced rates of obesity, heart disease, and cancer, while improved air quality corresponds with lower incidences of respiratory disease and asthma. Sources: U.S. Centers for Disease Control, 2010 and U.S. Centers for Disease Control, 2009
- San Bernardino County as a whole has a life expectancy of 77.6 years, slightly lower than both California at 80.8 years, and the United States at 78.9 years. Sources: Kaiser Family Health Foundation, 2009; HealthData, 2013
- The city has a low property crime rate (12.0) and average violent crime rate (3.9) compared to San Bernardino County cities. Source: Community Vital Signs, 2013

CHALLENGES

- Fontana is an automobile dependent bedroom community. The city has high average daily vehicle miles traveled—115.3 miles per day, ranked 4th-highest of 24 cities in San Bernardino County. Source: Community Vital Signs, 2013
- Fontana has higher-than-average rates of asthma, 16.6% diagnosed as compared to 14.2% in California and 13.4% across the United States. Sources: CHS Neighborhood Data, 2014; California Department of Public Health, 2013
- In 2009, motor vehicle collisions resulted in 19 fatalities, and bicycle or pedestrian collisions resulted in 3 fatalities. Source: Community Vital Signs, 2013
- Fontana residents struggle to meet physical activity and fitness standards. The city of Fontana has recorded lower-than-average physical activity with 18.6% of the population having recorded no leisure time physical activity compared to 16.6% of California residents and 22.6% of the nation. (Source: Kaiser Permanente CHNA, 2016) The percentage of students meeting physical fitness standards is low (38.5% in 5th grade, 44.5% in 7th grade, 50.2% in 9th grade). Source: Community Vital Signs, 2013
- Fontana has a high rate of adult obesity, 28.7% as compared to 22.3% in California, and a high rate of diabetes, 13.1% reported compared to 10.3% in San Bernardino County, and 8.4% in California. Source: CHS Neighborhood Data, 2014
- While the City has a relatively low number of retail alcohol outlets per 1,000

population (ranked 20 out of 24 San Bernardino County cities), the community has a high percentage of students reporting alcohol consumption or drug use (26% in 7th grade, 38% in 9th grade, 41% in 11th grade compared to the Healthy People 2020 objective of 16.6%). Source: Community Vital Signs, 2013

- Fontana has a high number of miles of bike routes (32.49) but a low number per 1,000 population (0.2) compared to San Bernardino County cities. Source: CHIS Neighborhood Data, 2014
- Fontana has a number of very high geographic health disparities across ZIP codes, with central Fontana reporting some of the worst health data. Source: U.S. Centers for Disease Control, 2014 (See Appendix One—Background Report.)

D. What the Community Said

During the public participation process, Fontana residents and stakeholders identified a range of public health issues most important to them.

Healthy Eating

- Expand opportunities for healthy eating and make healthy retailers more accessible
- Find ways to address the high cost of healthy eating

Development Patterns and Transportation

- Improve the incomplete sidewalk and bicycle-lane networks to improve walking and bicycling conditions
- Expand Safe Routes to School networks
- Improve ADA accessibility
- Create walkable districts
- Create more parks and expand park amenities

Pollution

- Exposure to pollutants, particularly air pollution from trucking

Youth

- Expand youth programs to help kids keep active

Security

- Perception of unsafe situations such as stray animals and lack of police presence
- Increase sidewalk and park lighting to improve the feeling of safety

Other

- The lack of healthcare options other than Kaiser Permanente
- The lack of housing for all incomes and all life stages

- Preventing cancer
- A desire for more health education, including substance abuse awareness
- Improving school district test scores
- Offer free community childcare for lower-income parents
- Improve higher education and trade school opportunities
- Engaging non-English speaking communities

E. Policies and Actions to Achieve the Goals

Goal 1: The average lifespan in Fontana is consistently within the top ten of all southern California cities.

POLICIES

- Provide proactive city leadership in developing efforts to improve residents' health and extend their lifespans.
- Support programs and strategies to reduce obesity and related diseases in Fontana.
- Support local and regional initiatives to improve air quality in order to reduce asthma while actively discouraging development that may exacerbate asthma rates.
- Encourage programs to raise awareness of the dangers of alcohol and drug abuse.
- Continue economic development efforts to develop a greater number and range of jobs in Fontana so as to reduce residents' need to commute out of the City.
- Support transit efforts that reduce residents' need for automobile-based travel.
- Support a wide range of strategies and actions to increase residents' opportunities for physical activity.
- Strongly encourage efforts to improve the safety of all roadway users, especially pedestrians and bicyclists.
- Support initiatives that reduce inequity and social isolation of residents.

ACTIONS

- A. Continue to develop a health indicators monitoring and reporting system to integrate health considerations into City decision making.
- B. Continue to collaborate with San Bernardino County Public Health to develop a local health indicators monitoring and reporting program.

- ▶ Consider including social determinants of health in the monitoring and reporting program to better understand and define residents' basic needs.
- C. Establish a system to measure the impact of Healthy Fontana programs on residents' health through surveys and other means.
- ▶ The Healthy Fontana program does not consistently track the impact of the programs on participants' lives in promoting healthy lifestyles and improving health outcomes. Starting with simple surveys, the program can check in regularly with participants to evaluate progress. Understanding the impact of the program will also provide information to make programs more effective. The City will continue to work with San Bernardino County Public Health to develop a local health indicators monitoring and reporting program. Healthy Fontana will manage the program, and results would be published on at least an annual basis, providing City decision makers at all levels with information on the health conditions of the community. To better understand health trends in Fontana, Healthy Fontana would supplement this program with regular community surveys and surveys of Healthy Fontana program participants.
- D. Promote lifelong healthy lifestyles through parks and amenities.
- E. Update the city's Parks Master Plan to reflect needed improvements to service in the community.
- F. Create or update park design guidelines to improve existing parks and open space facilities and expand recreational programs as a means of improving the health of Fontana residents.
- ▶ Address landscaping and cosmetic improvements that will appeal to community members, increase shading, increase the feeling of safety and security through more lighting, visibility from streets, and access to emergency call towers, and specify that active play structures and/or amenities should be designed to accommodate a range of ages and abilities.
- G. Collaborate with the school districts to design joint-use facilities.
- H. Explore regulatory or financial incentives in the zoning code and development approval process to encourage the location of private/non-profit recreation facilities (e.g., gyms, yoga or dance studios, martial arts, etc.).
- I. Adopt the Active Transportation Plan (ATP).
- ▶ The City will continue to promote healthy lifestyles through the provision of recreational areas and opportunities for increased physical activity. Development patterns that provide good access to park trails and open space are linked to improvements in rates of obesity and heart disease. Ensuring that most residents have good access to such facilities will help improve health in Fontana.

Goal 2: Fontana has healthy and safe development patterns.

POLICIES

- Support the planning, regulatory, and funding initiatives needed to provide a healthy, safe city comprised of safe streets, safe public spaces, highly accessible parks, highly accessible healthy food, and a clean environment.

ACTIONS

- A. Facilitate development patterns that enhance walking and biking access within a three-mile radius to neighborhood-serving retail, services, parks and recreation and amenities.
- B. Update the city Zoning and Development Code and Subdivision Ordinance to prioritize neighborhood-serving retail, services, parks and recreation and amenities within three-mile neighborhood areas.
- C. Continue to evaluate and improve infrastructure around schools to ensure schools are highly connected to neighborhoods with safe access for pedestrians and bicyclists.
 - Nearly all active transportation trips cover short distances, ideally of three miles or less. If the City can realize a greater offering of services and amenities within three miles of most residences, the potential opportunities for walking and bicycling to meet daily needs (and meet daily activity goals) can be enhanced. (See Chapters 9 and 15 for more details.)
- D. Develop a system of zoning, subdivision standards, roadway standards, and funding allocation that will lead to the development of a safe, walkable city.
 - One of the easiest methods of achieving a healthy and safe community is to write the City's rules for development for healthy, safe development patterns comprised of walkable neighborhoods and human scaled streets. To do so, the City should update its Zoning and Development Code, subdivision standards, roadway standards, and funding allocation mechanisms so as to make walkable neighborhoods and safe streets the standard for design (See Chapter 4—Community and Neighborhoods Element; Chapter 9 Community Mobility and Circulation Element; Chapter 15—Land Use, Zoning, and Urban Design Element.)
- E. Update the city Zoning and Development Code and Subdivision Ordinance to reflect walkable urban development patterns.
- F. Adopt/use the National Association of City Transportation Officials (NACTO) Urban Streets Guide to inform complete streets design.
- G. Revise roadway standards to incorporate complete streets principles into all of the City's roadway classifications.
- H. Create funding-allocation guidelines to prioritize capital funding toward the creation of complete streets and improved active transportation facilities.
- I. Enhance existing streets of all types by adding shade structures or shade trees to improve the walking comfort of existing neighborhood streets.
- J. Support pedestrian and bicyclist education, encouragement, and

enforcement activities.

- ▶ Encourage bicyclists to be aware of bicycling issues and lawful/responsible riding. Support bike-education events and classes that help new and experienced bike riders become more knowledgeable and effective at bike riding and bike maintenance. Educate drivers about the rights of pedestrians and bicyclists and respectful ways to share the road.
- K. Develop traffic-calming policies, such as clearly marked bike and pedestrian zones, bike boulevards, bulb-outs, median islands, speed humps, traffic circles, speed tables, center island narrowings, raised crosswalks, blinking crosswalks, chicanes, chokers, raised intersections, realigned intersections, and textured pavements, among other effective enhancements.
 - ▶ Apply these traffic-calming techniques to both new and existing streets, as necessary, to maintain quality of life for residents. (See Appendix Two—Mobility Best Practices)
- L. Update the Zoning and Development Code to add incentives to encourage health attributes on the sites of new commercial developments.
- M. Create a program to work with markets to promote healthier eating choices
- N. Update the Zoning and Development Code to encourage development of health food stores, both large-format and small-scale neighborhood stores.
- O. Establish a Healthy Eating Menu Initiative that will set healthy menu criteria and standards and will encourage existing and new restaurants to add healthier menu options.
 - ▶ Options that cater to dietary restrictions can market themselves as a participant in the 'healthy menu initiative.'

Goal 3: The city of Fontana considers health at all levels of decision making.

POLICIES

- Encourage the incorporation of health initiatives and improvements in health conditions as goals in all City policies, programs, procedures, and actions.
- Improve health for all residents by incorporating a "Health in All Policies" (HiAP) framework into policies, programs, and practices affecting all aspects of the built environment.

ACTIONS

- A. Incorporate health as a goal in all policies, programs, procedures, and actions by working across departments and agencies to ensure that city actions support improved health outcomes.
- B. Identify and address health inequities in Fontana on a regular basis and share the outcomes with City policy makers and staff on a regular basis.
- C. Report on City-wide health conditions to City Council on an annual basis.
- D. Train key staff on the social determinants of health and HiAP.

- E. Engage and collaborate with community members and public agencies in the development and implementation of plans and projects that promote health.
- F. Work with community partners to develop funding announcements, cooperative agreements, and contracts that include health criteria; coordinate investments; and review and score funding applications that weight the inclusion of health objectives.
- G. Create new and foster existing health-related partnerships and collaborations with community groups and other public agencies to implement the Health and Wellness Element and pursue other healthy communities programs.
- H. Enhance the health and well-being of City employees through workplace wellness programs and policies to increase employee productivity, improve morale, decrease incidence of accidents and injuries and decrease medical costs.
 - ▶ Aspire to become a model healthy city government for other cities in the region.
- I. Continue to identify and pursue funding streams that support improved community health outcomes.
- J. Continue to identify and pursue funding opportunities, working with community partners that support improved community health outcomes.
 - ▶ Local government activities have far reaching impacts on a great many of the determinants of health. As our understanding of the social determinants of health has expanded, it is becoming clearer that government decision making oriented towards health can have beneficial impacts on residents' health conditions and resulting lifespans. Incorporating this awareness into decision making is referred to a Health in all Policies approach. Health in all Policies (HiAP) is a change in the systems that determine how decisions are made and implemented by local, state, and federal government to ensure that policy decisions have neutral or beneficial impacts on the determinants of health. HiAP emphasizes the need to collaborate across sectors to achieve common health goals, and is an innovative approach to the processes through which policies are created and implemented. These strategies and associated actions are intended to put the City on a path towards incorporating health considerations into all levels of decision making.

Goal 4: The City of Fontana incorporates health considerations into the development review process.

POLICIES

- Support including Healthy Fontana development analysis in relevant development project reviews.

ACTIONS

- A. Establish a Healthy Fontana Project Review process for substantive projects, such as large infrastructure projects, non-residential projects of at least 100,000 square feet, residential projects of at least 25 units, and mixed-use projects of similar scale.
- B. Create Healthy Development Guidelines and a Checklist for reviewing new development. The Checklist could be prepared by staff for projects that go to the Development Advisory Board for review and be made available at public hearings.
 - ▶ Healthy development review checklists are helpful tools for considering health impacts and benefits of changes to the built environment as part of a Health in All Policies framework. They provide a transparent mechanism that will help ensure health is a part of development considerations.

Goal 5: Fontana is a city in which all residents' basic needs are met.

POLICIES

- Encourage the development of a wide variety of housing sizes and types to meet the needs of residents through all life stages.
- Support planning and economic development efforts to expand health care options in Fontana.
- Link and promote regional efforts to expand health care options to Fontana residents.
- Encourage programs that improve opportunities for educational attainment by Fontana's residents to help break the cycle of poverty.
- Ensure that new policies, services, and programs support and are responsive to community members who are most in need.

ACTIONS

Creating a healthy, equitable City requires consideration of all residents' basic needs and policies and programs that can help address those basic needs. Such a menu of options is especially important for helping to break the cycle of poverty affects so many in the region.

- A. Housing. See Chapter 4 Communities and Neighborhood Element and Chapter 5 Housing Element (and Appendix Three) for housing-specific strategies and actions.
- B. Balance investment and physical improvements based on the geographic distribution of positive amenities and services as well as the concentration of harmful land uses.

Healthy Development Review Checklist

WHAT IT IS

A Healthy Development or Community Review Checklist is a tool used to help guide land use decisions for inclusion of health considerations in the built environment. This tool offers standards and best practices that have proven benefits to community health and wellbeing. Planners, public health professionals, developers, city officials, and the general public can access this resource that demonstrates positive decisions for health in the built environment. Cities or Public Agencies can use a Healthy Development Review Checklist as a tangible evaluation tool that also offers examples for projects that are under-performing on health considerations.

WHY IT'S GOOD

Providing a health metric tool or checklist offers an important resource for developers, architects, community and transportation planners, advocates, and public health officials who might not otherwise know or understand what changes

in the built environment are needed for healthier communities. Including Healthy Development Review as part of project evaluation will increase the likelihood of health provisions in the built environment.

WHERE TO FIND EXAMPLES

Humboldt County Healthy Development Checklist:
<http://c.ymcdn.com/sites/www.safestates.org/resource/resmgr/Livability/LSG28.pdf>

Department of Public Health City and County of San Francisco (not solely health):
http://www.sfindicatorproject.org/etc/Development_Checklist_Sept_2014_Version_4.03_final.pdf

CDC Active Neighborhood Checklist:
http://activelivingresearch.org/files/Protocol_ActiveNeighborhoodChecklist.v2.pdf

Philadelphia2035 Planning & Health Indicator List & Assessment Tool:
http://phila2035.org/wp-content/uploads/2011/02/Phila2035_Healthier_City_Report.pdf

- C. Reduce disparities in life expectancy among different race/ethnicities and income levels by working closely with the County to track trends and support targeted wellness programs.
- D. Create programs to expand the provision of a range of health and mental health services (including but not limited to primary, preventive, specialty, prenatal, dental care, mental health, and substance abuse treatment/counseling) in a manner accessible to residents through partnerships with community groups and the County Department of Public Health.
- E. Encourage small medical practices, physicians, and pharmacies to locate in Fontana.
- F. Create a monitoring system to track the geographic disparities that occur across the City's neighborhoods and zip codes and utilize that information in decision making.
- G. Continue to partner with local districts, regional agencies, and County departments to provide social services and educational programs to meet the diverse needs of the city.
- H. Prevent chronic diseases and cancers by explicitly focusing City efforts on improving the primary modifiable risk factors of an unhealthy diet, physical inactivity, tobacco use, and alcohol abuse.
- I. Create or support programs that educate residents on how to achieve and maintain a healthy body weight and prevent obesity through healthy eating and physical activity, while maintaining a positive and healthy body image.
- J. Expand community gardens and develop community orchards with fruit-bearing trees.
- K. Expand drug and alcohol awareness and education programs.
- L. Create or support programs that offer job skills training to Fontana residents,

ideally providing training for jobs in demand locally and that would pay a living wage.

F. Getting Started

ACTION	RESPONSIBLE PARTY
Establish a local health indicators monitoring system.	Healthy Fontana with County Health Department
Create a system to track the impact of Healthy Fontana programs.	Community Services Department
Create a Healthy Development Checklist for use in evaluating development projects and public infrastructure projects.	Community Services Department
Research grants as funding for improvement projects and needed programs.	Community Services Department