



Introduction to Health and Wellness

The places where people live, work, and play profoundly shape the health of a community. Transportation options, accessible parks, crosswalks, the availability of grocery stores, and real or perceived levels of crime and safety are a few examples of physical indicators that provide a framework for a community, sculpt the daily routines of residents, impact lifestyle choices, and ultimately affect public health and longevity. Working with local and regional partners, the City of Lake Forest can support an active and healthy lifestyle for people who live and work in our community.

Addressing public health and wellness in the Lake Forest General Plan acknowledges the profound effects of the built environment on travel choices, access to food, levels of physical activity, and exposure to risk from accidents or pollution. Each of these has a health impact, and the General Plan provides an opportunity to sustain healthy lifestyle choices for Lake Forest residents. While this Health and Wellness Element is not required by State Law, it has been prepared to reflect the City of Lake Forest's commitment to supporting a healthy and well community for generations to come.

Organization of Element

The Health and Wellness Element will address each of the topics below as they relate to Lake Forest. The goals and policies of this element are organized around the following topics:

- *Active Living*
- *Healthy Lifestyles*
- *Community Building*

Contents:

- + Active Living
- + Healthy Lifestyles
- + Community Building

Environmental Justice and SB 1000

Senate Bill 1000, also known as The Planning for Healthy Communities Act, is a comprehensive state legislation that requires California cities to include an Environmental Justice element or a set of environmental justice policies into their General Plans to address the specific needs of disadvantaged communities (DACs). To effectively meet the mandates of the bill, cities must formally identify DACs within their jurisdiction and work to reduce health risks specific to these communities by outlining methods and programs within their plan that address the needs of DACs.

The City of Lake Forest is committed to prioritizing the health and wellness of all community-members. The City has actively worked to ensure that the community is equitably engaged and that all individuals are afforded a hospitable environment in which to live. Lake Forest has utilized the optimal standard practice of identifying local disadvantaged communities using the CalEnviroScreen 3.0 map tool. The City of Lake Forest does not contain any DACs.

Although the City of Lake Forest does not have any DACs, the City values the role of planning for environmental justice and community health and wellness in its General Plan for all community members. The City has used a framework for community planning that considers strategies for promoting environmental justice as it relates to all residents. In this Element we have identified and evaluated a number of goals, policies, and actions that deal with these issues so the City can be better prepared to address issues related to environmental justice and community health and wellness over the next twenty years.

DISADVANTAGED COMMUNITIES (DACs)

The term 'Disadvantaged Community' is a broad designation that may include any community that lacks appropriate resources or is confronted with any exceptional economic, health, or environmental burden. In relation to environmental justice, disadvantaged communities are typically those communities that disproportionately face the burdens of environmental hazards.

Using the CalEPA definition of a disadvantaged community, Senate Bill 1000 provides stakeholders with the CalEnviroScreen 3.0 map to identify communities that are disproportionately disadvantaged by environmental hazards. The CalEnviroScreen 3.0 map is a science-based tool developed by the Office of Environmental Health Hazards Assessment on behalf of CalEPA that uses existing environmental, health, and socioeconomic data to rank all census tracts in California with a CalEnviroScreen score.

Based on this score, the map identifies where DACs are located within each city. Lake Forest has no DACs within its Planning Area.

GOAL HW-1 ACTIVE LIVING

A community environment that fosters opportunities for people living and working in Lake Forest to enjoy healthy lifestyles and active living.

HW-1 Policies

- HW-1.1 **Development Pattern.** Encourage mixed-use, pedestrian-, and transit-oriented development in select locations such as along major roadways and around key activity centers to enhance nonmotorized access and reduce traffic.
- HW-1.2 **Trails and Walkability.** Enhance the built environment and maintain a trail system that supports walkability and an interconnected active infrastructure system.
- HW-1.3 **Open Space.** Maintain the City's existing public spaces which provide valuable opportunities for exercise, gathering, community enrichment, and youth development.
- HW-1.4 **Multimodal Access.** Consider access to multimodal transportation options, including walking, biking, and transit, when making decisions regarding where future growth should occur.
- HW-1.5 **Public Transit.** Work with public transit service providers to encourage direct paratransit and public transit service to community facilities, public spaces, and regional medical facilities.
- HW-1.6 **Pedestrian Safety.** Consider strategies to calm traffic and increase pedestrian safety on City streets.
- HW-1.7 **Events and Program.** Develop and support events and City programs that facilitate active living for people living and working in Lake Forest.
- HW-1.8 **Special Needs Residents.** Address the accessibility requirements of special needs residents of Lake Forest by supporting and partnering with organizations working with these unique groups.

HW-1 Actions

- HW-1a Continue to assess the quality of accessible facilities and amenities for use by seniors and disabled residents at parks and public spaces.

GOAL HW-2 HEALTHY LIFESTYLES

A City that promotes healthy living options for people of different ages, incomes, and abilities.

HW-2 Policies

- HW-2.1 **Regular Physical Activity.** Support healthy lifestyles among residents by increasing opportunities for a variety of regular physical activities for people of all ages.
- HW-2.2 **Housing Options.** Promote a land use plan that allows for a range of housing types and affordability options to support healthy living for families of various incomes and sizes.
- HW-2.3 **Housing Conditions.** Evaluate housing and neighborhood conditions as the housing supply ages in order to proactively address issues that may be detrimental to public health.
- HW-2.4 **Seniors.** Ensure that senior residents of Lake Forest have adequate resources including but not limited to City programs, accessible community infrastructure, and social/emotional support opportunities.
- HW-2.5 **Work Force Wellness.** Work with the business community to encourage the prioritization of employee wellbeing through programs, events, and other strategies focused on mental and physical health.
- HW-2.6 **Healthcare Programs.** Engage with regional and local healthcare providers to support access to a full range of health care facilities and services, including hospitals, acute care facilities, neighborhood health portals/clinics, and mental health facilities for Lake Forest residents.
- HW-2.7 **Healthy Food Access.** Support sustainable and affordable local food systems including farmer's markets, federal food assistance programs, and healthy food retailers.
- HW-2.8 **Schools.** Collaborate with the school district to promote healthy lifestyle choices on campus.
- HW-2.9 **Environmental Justice.** Assess the disproportionate impacts of environmental pollution and work to remedy these disproportionate impacts.
- HW-2.10 **Public Education.** Educate the public about the health benefits of physical activity, nutrition, and other healthy lifestyle issues and healthy lifestyle opportunities and programs in Lake Forest.

HW-2 Actions

- HW-2a Promote local healthy food sources and regional farmers markets.
- HW-2b Assess the proximity of public transit to local health facilities and advocate for mobility and transportation improvement where necessary.

GOAL HW-3 COMMUNITY BUILDING

A welcoming and family-friendly community with a sense of neighborly pride and civic responsibility.

HW-3 Policies

- HW-3.1 **Neighborhoods.** Support neighborhoods that sustain physical and mental health, create a sense of community, foster safe public spaces, and support lifecycle housing opportunities.
- HW-3.2 **Public Participation.** Encourage public participation in local decision making, especially by those that are traditionally underrepresented.
- HW-3.3 **Public Spaces.** Encourage incorporation of design features in new construction that can provide accessible venues and public spaces for community programs and activities.
- HW-3.4 **Aging in Place.** Promote community building and a high quality of life in Lake Forest by supporting housing options and neighborhood amenities that allow residents to age in place.
- HW-3.5 **Cultural Diversity.** Promote an inclusive environment that respects and celebrates the cultural diversity of Lake Forest.
- HW-3.6 **Community Services.** Provide services to the community and evolve programs to meet changing community needs over time.
- HW-3.7 **Partnerships.** Build effective community partnerships that protect and improve the social well-being and security of all our citizens.
- HW-3.8 **Volunteers.** Utilize homeowner associations, community groups, and business groups as sources of individual volunteers for important appointed positions on City commissions, boards, and task forces.
- HW-3.9 **Public Communication.** Develop appropriate contemporary vehicles, such as social media posts, printed or digital newsletters, information brochures, cable television programming and announcements, and other creative methods, to communicate important information to the population of Lake Forest.

HW-3 Actions

- HW-3a Develop a resource guide for City residents focused on neighborhood upkeep, home maintenance, and community safety.
- HW-3b Promote and encourage local crime watch programs within City neighborhoods.
- HW-3c Continue community policing efforts and other relationship-building programs that have been put in place.
- HW-3d Ensure that low income and minority populations have equal influence in the land use decision-making process by utilizing culturally appropriate approaches to public participation and involvement.

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Policy Set Review - PUBLIC