Olmsted County Public Health Services Advisory Board:
Recommendations to the Rochester City Council for the Comprehensive Plan Update
Draft: 1/26/2016

Health Factors	Comprehensive Plan Scenarios			Recommendations
	1. Continuation of Trends – "Dispersed Growth"	2. Alternative Approach – Multiple Nodes/No Edge Growth	3. Alternative Approach – Super Nodes/ Limited Edge Growth	
Environment				
• Water • Air				- Expand the number of air monitoring stations - Select transportation plans that reduce (the rate of increase) automobile trips - Provide bike/ pedestrian trails, parks, and athletic field options away from major roads/traffic areas to help reduce air pollutant exposure. - Continue to assure adequate oversight of wellhead protection areas and Decorah Edge geology - Assure the growth of city limits includes connection to public water/sewer (vs. individual septic systems) - Support alignment with the County Water Management Plan - Include vegetative buffers along water ways
Safety				
• Land Use				- Consider "Crime Prevention through Environmental Design" principles to create a sense of safety
Health and Wellness				
• Increase Physical Activity				- Prioritize projects that promote safe walkability and bike-ability in the City's Capital Improvement Plan. - Design walking, biking and mass transit networks that interconnect with each other.

				- Install bicycle parking facilities at open space locations and transit nodes.
• Minimize Mental Health Stresses				- Ensure adequate tree canopy, greenery/ vistas, parks and natural areas - Align (as appropriate) with "dementia friendly community" and related initiatives
• Reduce Injury				- Incorporate proven safety interventions in street design (medians, crossing islands, enhanced signals, etc) - Ensure a clear distinction between spaces for walking vs. biking - Continue support of Safe Routes to School program
• Accessibility to healthy foods				- Ensure mixed use zoning to allow for adequate number of food stores - Install and maintain sidewalks, metered cross walks and trails/bike paths on routes that provide access to stores, hunger relief programs, farmers markets, community gardens, and other food sources - Put bus routes and other mass transit options near community food sources and coordinate schedules with those sources' open hours - Strengthen community food assets including community gardens, farmers markets, community kitchens, food banks and community supported agriculture
Housing				-
• Diversify Types and Affordability				- Align with the goals of County Housing Plan - Encourage siting of housing developments within walking distance of parks, schools, jobs and shopping - Establish zoning regulations that allow for a variety of housing types at densities that support walking to commercial services and transit - Allow higher density development around transit stops - Encourage affordable and senior housing projects to include access (by foot or transit) to public parks, fitness opportunities, and healthy food shopping

Mobility and Accessibility				-
• Safe mobility and accessibility for elderly/disabled				- Ensure street and trail design comply with ADA requirements and meets the needs of people of all abilities
• Transportation				- Support transit-oriented development (TOD) - Ensure transportation plans identify and prioritize the needs of underserved populations (i.e. seniors, children, persons with disabilities, low income persons, etc)
Social Fabric and Resiliency				-
				- Expand the number and location of community gardens (i.e. in parks) - Develop recreational opportunities near underserved neighborhoods - Consider strategies that promote social interaction and gatherings.

1. Adapted from: Healthy Community Design Toolkit-Leveraging Positive Change, Massachusetts Partnership for Health Promotion and Chronic Disease Prevention, (http://www.pvpc.org/sites/default/files/HCDT_2ndEdition_140903.pdf)
2. University of Minnesota, Design for Health: (http://designforhealth.net/)
3. CDC's Built Environment and Health Initiative: (http://www.cdc.gov/nceh/information/built_environment.htm)
4. Minnesota Department of Health, Healthy Places: (http://www.health.state.mn.us/topics/places/)
5. Minnesota Food Charter, Health Equity Guide: (http://mnfoodcharter.com/category/health-equity/)