

PUBLIC HEALTH AND PLANNING WORKING TOGETHER TO CREATE A HEALTHIER COMMUNITY

61%

Percentage of Santa Barbara County adults overweight or obese (Source: 2016 Community Health Assessment)

69%

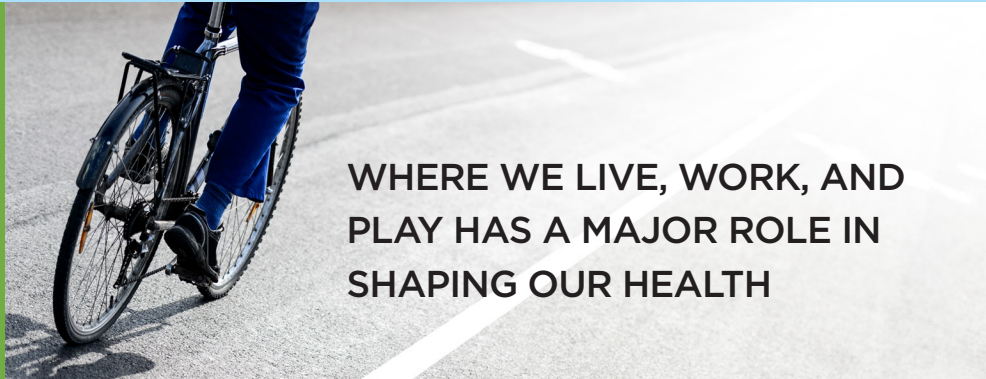
Santa Barbara County residents with a personal car as their primary mode of transportation (Source: 2016 Community Health Assessment)

70.1%

Adults in Santa Barbara County with inadequate fruit/vegetable consumption (Source: 2016 Community Health Assessment)

\$147-\$210 Billion

Annual health care costs due to obesity nationwide



WHERE WE LIVE, WORK, AND PLAY HAS A MAJOR ROLE IN SHAPING OUR HEALTH

Rates of chronic diseases attributable to the design of the built environment — including obesity, diabetes, heart disease, and asthma — are on the rise. The environment also has direct and indirect impacts on mental health, including depression and anxiety.

In support of the Healthy Eating Active Living (HEAL) Resolution adopted by the Santa Barbara County Board of Supervisors in 2016, we encourage you to help create healthier environments by making health a primary consideration in land use, development, and design plans.

DESIGN PLANS

- Operable windows & natural lighting workspaces
- Healthy Interior and exterior materials
- Views of nature and exposure to sunlight
- Centrally placed inviting and accessible stairways
- Edible landscape and community gardens

DEVELOPMENT

- Lockers, bike storage, and places to shower
- Filtered and refrigerated drinking fountains & bottle refill stations
- Edible landscape/rooftop and community gardens
- Identify locations for healthy grocery and farmer's markets
- Gridded street patterns
- Audible crosswalk signals and access ramps

TRANSPORTATION

- Proximity to high-quality and reliable transit service
- Trails and bike paths interconnected from parks to mixed land-use developments (residential, commercial, recreational)
- Urban tree infrastructures to buffer noise, reduce pollution, and provide cover from UV exposure
- Walkable streets that accommodate all users
- Inviting open space/courtyards with outdoor seating and canopies

These examples provide a brief overview of options. For more information we encourage you to visit

www.changelabsolutions.org

www.livewellsbc.org

