



PLANNING FOR PUBLIC HEALTH

Reston Comprehensive Plan Study
Task Force Meeting
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Why is health an important value for planning?

- Health is part of our humanity – a state of being we all share
- Critical for learning, working, and caring for others
- Poor health makes it difficult to be a productive member of society
- Healthy activities promote social connection and help build community
- *We live out our lives, and our health, in places*



What is health?



Health is a state of complete physical, mental and social well-being – not merely the absence of disease or infirmity.

(WHO, 1948)

Public Health is what we do together as a society to **ensure the conditions** in which everyone can be healthy.




Health and place

Zip code > Genetic code


- Health is shaped over a lifetime of living in homes, using transportation, accessing services, and participating in the economy
- Other than income or wealth, health is one of the most tangible ways to measure equity among different racial and ethnic groups living in the same place or nearby places

Potential health impacts of our built environment

Factor	Direct impacts	Indirect or longer term impacts
 Transportation	<ul style="list-style-type: none">• Respiratory illness• Crashes and injuries• Cardiovascular health	<ul style="list-style-type: none">• Mental health• Community and social cohesion• Access to education, jobs, services (grocery, healthcare)


Pedestrian infrastructure and connectivity to transportation choices
Considerations for land uses near major roads
Road design

Potential health impacts of our built environment

Factor	Direct impacts	Indirect or longer term impacts
 Housing	<ul style="list-style-type: none">• Ability to afford basic needs (food, childcare)• Injuries• Respiratory illness• Maternal and child health• Mental health	<ul style="list-style-type: none">• Family stability• Educational attainment• Job opportunity• Access to parks and transportation options• Life expectancy


Proportion of affordable units for existing and future residents
Housing/jobs balance
Recreation opportunities near residential

Potential health impacts of our built environment

Factor	Direct impacts	Indirect or longer term impacts
 <p>Community Design</p>	<ul style="list-style-type: none">• Community and social cohesion• Mental health• Public safety	<ul style="list-style-type: none">• Access to education, jobs, services (grocery, healthcare)• Educational attainment• Life expectancy

Urban design guidance
Village Centers and TOD
Mixed use development

Potential health impacts of our built environment

Factor	Direct impacts	Indirect or longer term impacts
 Environment	<ul style="list-style-type: none">• Respiratory illness• Water quality• Cardiovascular health• Mental health	<ul style="list-style-type: none">• Community and social cohesion• Learning

Amount of impervious surfaces
Trees and green space
Green building



Thoughtful planning promotes health: Reston Plan



Strong foundation



Vision and Planning
Principles



Sub-sections

Integration and next steps

Co-benefits and prioritization – health-promoting features can provide co-benefits for equity and economic goals

Avoid unintended consequences – as you consider how to amend the plan, ask:

- What are benefits to health and equity?
- What are potential negative health impacts?
- Who does it benefit?
- Who could be left out?

Forthcoming updates to the Policy Plan







Thank you!

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Summary: Potential health impacts of our built environment

Factor	Direct impacts	Indirect or longer term impacts
 Transportation	Respiratory illness; Crashes and injuries; Cardiovascular health	Mental health; Community cohesion; Access to education, jobs, services (grocery, healthcare)
 Housing	Ability to afford other basic needs (food, childcare); Injuries; Respiratory illness; Maternal and child health; Mental health	Family stability; Educational attainment; Job opportunity; Access to parks and transportation options; Life expectancy
 Community Design	Community and social cohesion; Mental health; Public safety	Access to education, jobs, services (grocery, healthcare); Educational attainment; Life expectancy
 Environment	Respiratory illness; Drinking water; Cardiovascular health; Mental health	Community cohesion; Learning