

Policy Plan Amendment: Parks & Recreation and Healthy Communities

January 16, 2025



PLANNING & DEVELOPMENT



Policy Plan Amendment

Agenda

- 1 Important Dates
- 2 Parks and Recreation - 30 minutes
- 3 Healthy Communities - 60 minutes



Policy Plan Amendment: Important Dates 2025

Date & Time	Meeting Title	Details	Important Deadlines
January 16 th	PC Policy Plan Committee	Discussion: Parks & Recreation and Healthy Communities	Preliminary feedback requested by: February 14, 2025
January 28 th	BOS Land Use Policy Committee	Discussion: Healthy Communities	N/A
February 5 th 6 - 8 p.m.	Community Meeting: Lorton Library	Discussion: All Phase I topics	Deadline for feedback to be incorporated into Community Feedback Report: February 14, 2025
February 8 th 10 a.m. - 12 p.m.	Community Meeting: Chantilly Regional Library	Discussion: All Phase I topics	
February 10 th 12 - 1 p.m.	Community Meeting: Virtual	Discussion: All Phase I topics	
February 11 th 6:30 - 8:30 p.m.	Community Meeting: George Mason Regional Library	Discussion: All Phase I topics	
February 13 th 7 - 8 p.m.	Community Meeting: Virtual	Discussion: All Phase I topics	
March 6 th	PC Policy Plan Committee	Discussion: Introduction and Equity	
March 11 th	BOS Land Use Policy Committee	Discussion: TBD	N/A
April 3 rd	PC Policy Plan Committee	Discussion: Community Feedback Report and Environment	Deadline for feedback to be incorporated into discussion: March 20, 2025
May 8 th	PC Policy Plan Committee	Discussion: Land Use and Transportation	Deadline for feedback to be incorporated into discussion: April 24, 2025
May 20 th	BOS Land Use Policy Committee	Discussion: Environment, Land Use, and Transportation	N/A
Deadline for feedback to be incorporated into Staff Report: May 31, 2025			

Fairfax County Planning Commission

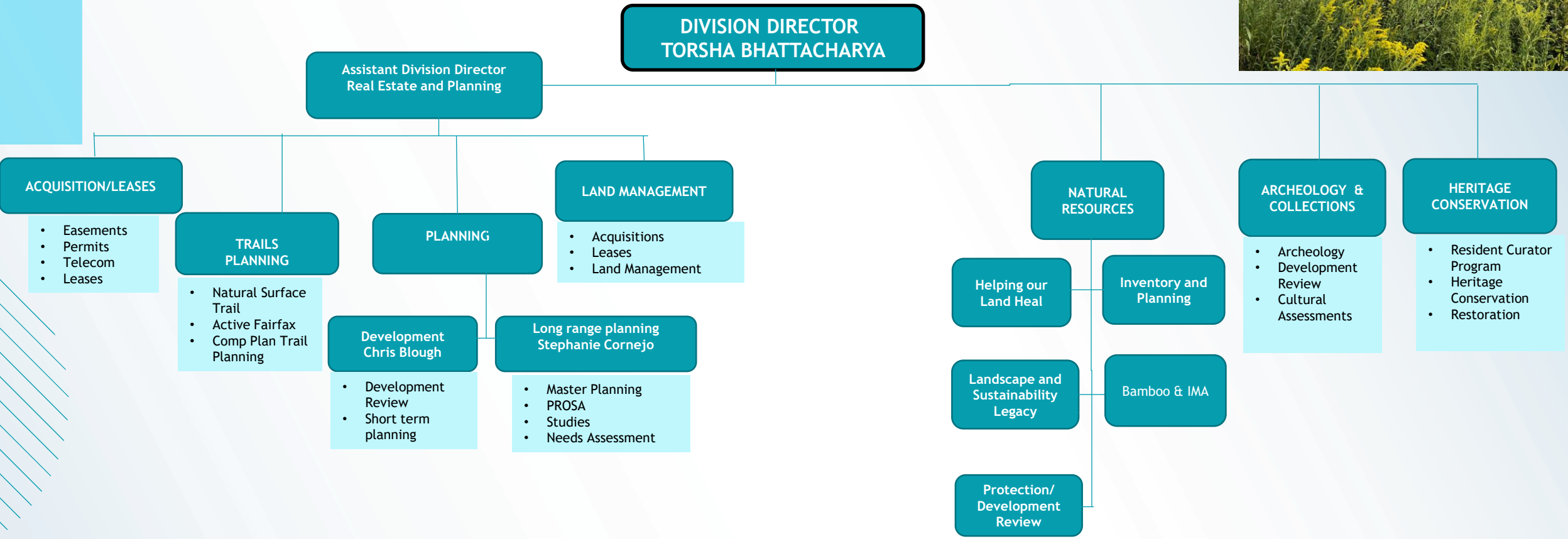


Comprehensive Plan Phase 1 FCPA updates

Thursday, January 16, 2025



Stewardship and Planning Division



Policy Plan Amendment

Parks and Recreation



Fairfax County's park system plays a vital role in shaping the landscape and quality of life for county residents. Parks and recreation policies focus on the provision of parks and rec facilities and services, natural and cultural resource conservation and management, ensuring that parks and recreation are considered in urban growth development processes, and fostering equity and inclusion so that all county residents and visitors can benefit from the park system.



Updates:

- **Phase 1: Incorporating the Parks, Recreation, Open Space, and Access (PROSA) Strategy into relevant plan sections and policies**
- Phase 2: Updates to level of service standards, park classifications, urban parks policies and guidelines, resource management





Policy Plan Amendment

Parks and Recreation

- Need for the update: recent and upcoming changes
 - Park System Master Plan
 - Strategic Plan
 - Needs Assessment (ongoing)
 - Parks Recreation Open Space and Access (PROSA) Strategy
 - Natural Resource Management Plan
 - Cultural Resource Management Plan
- Equity
- Service delivery
- Resource Protection/Management
 - Environmental
 - Heritage
- Healthy communities
- Walkability to parks/trail strategy





Policy Plan Amendment -PROSA

Parks and Recreation

Parks, Recreation, Open Space, and Access (PROSA) Strategy

The PROSA Strategy is a data-driven approach to help achieve equitable park access countywide. It is intended to be a high-level approach to identify and prioritize areas for park investments and improvements.



Improve 10-minute walk access to FCPA Parks



Enrich habitat connectivity between environmental corridors



Enhance access to complete park experiences



Analyze and prioritize recreation needs and projects with an equity lens

2026 Bond Strategy

PROSA in action

PROSA will inform the 2026 bond and advance County Strategic Plan priorities:

- **Analyze and prioritize** projects that serve the PROSA equity lens.
- **Prioritize** sites that improve walk access to parks.
- **Enhance** park experiences to provide a balance of recreational experiences to all residents.
- **Improve** tree canopy and habitat quality at park sites.



Serve PAREI opportunity areas and high and very high population density areas



Improve 10-minute walk access to FCPA parks



Enhance access to complete park experiences



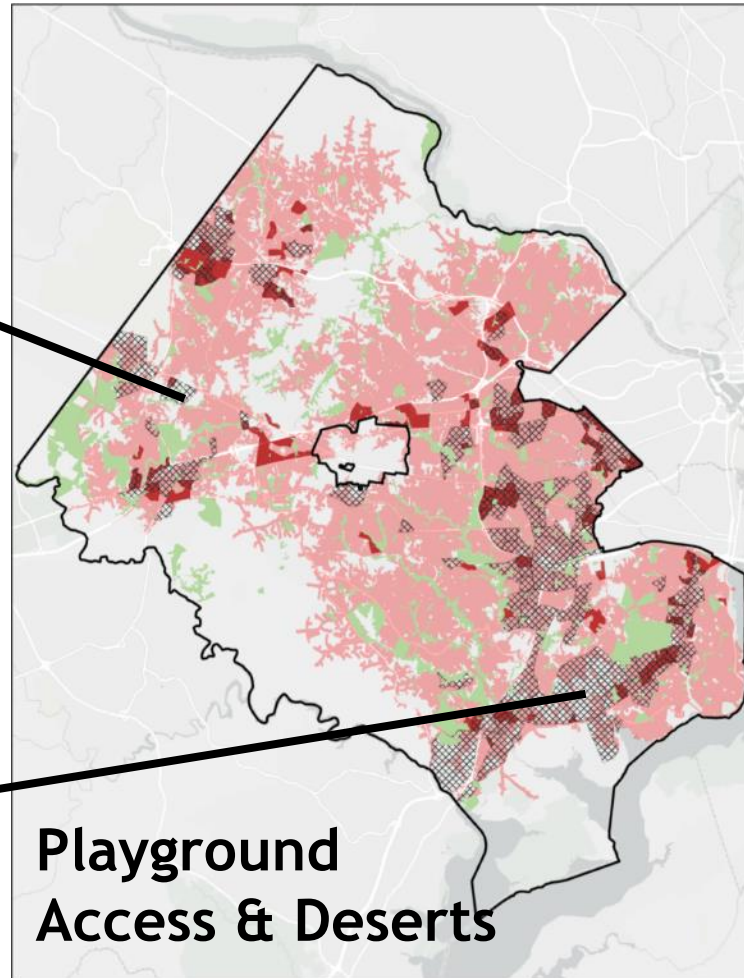
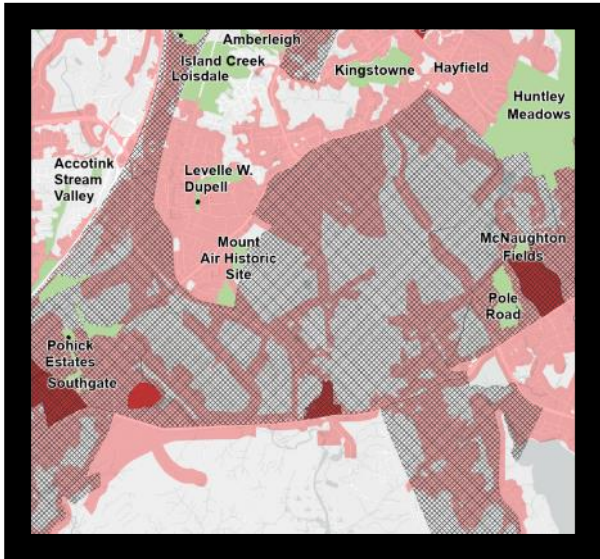
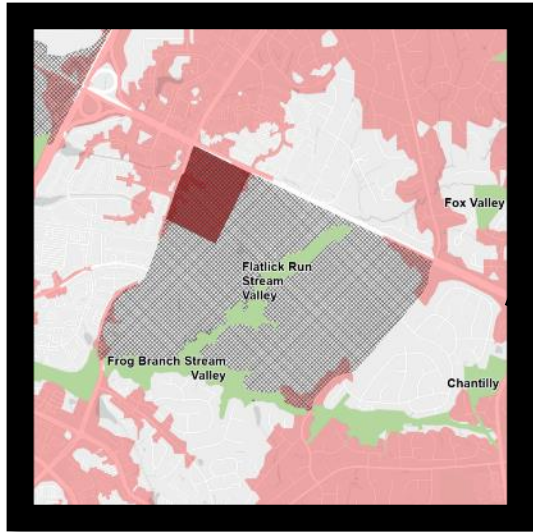
Enrich habitat connectivity between environmental corridors









Identifying Playground Deserts/Needs

PROSA in action

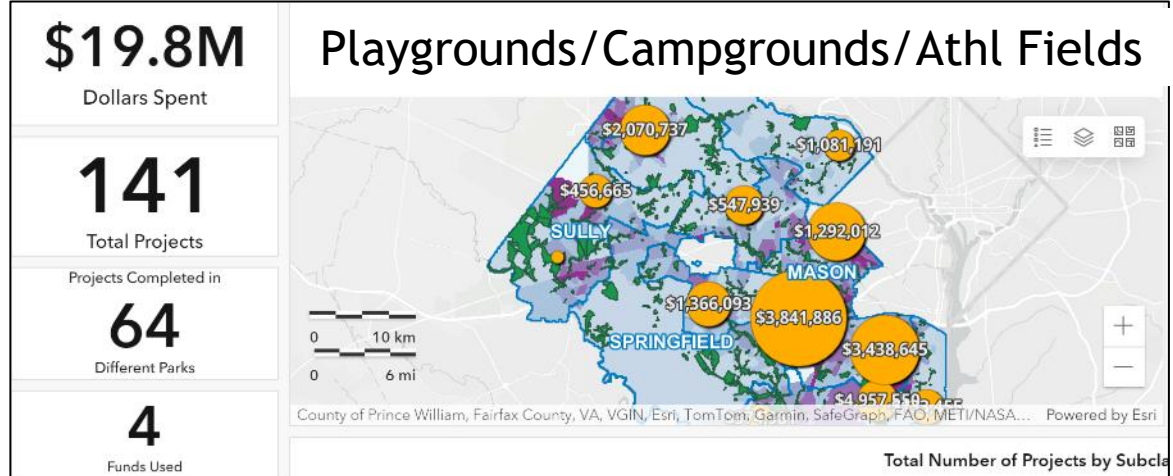
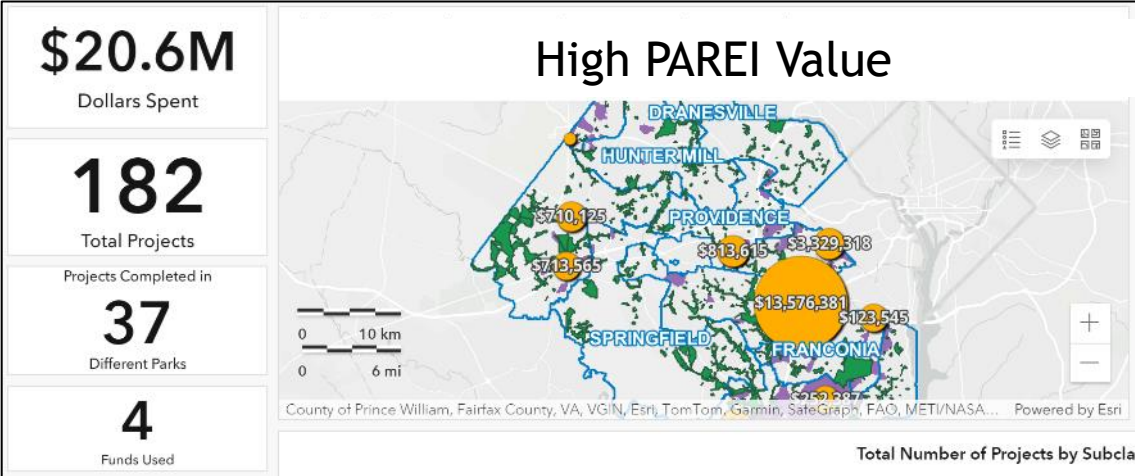
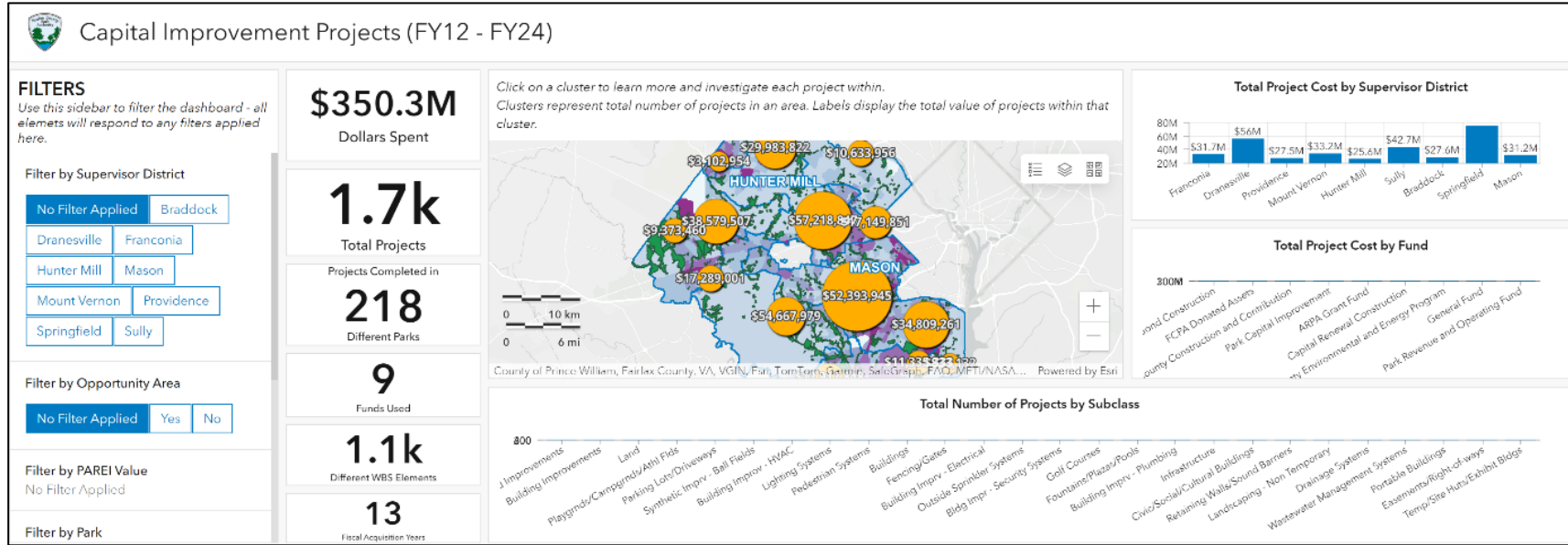


Legend

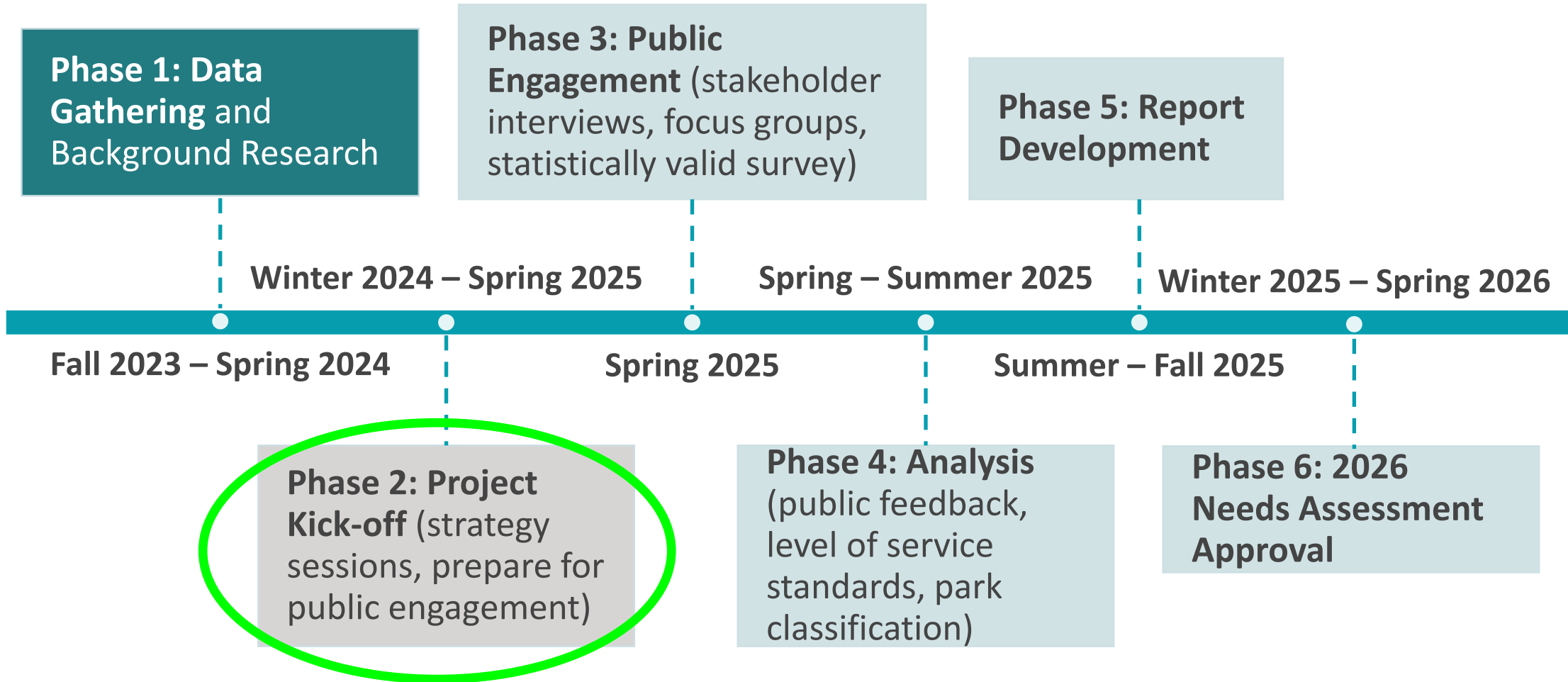
-  FCPA Parks
-  Opportunity Areas
-  High & Very High Population
-  Density 5-minute driveshed to playgrounds

CIP Investment Mapping Tool

PROSA in action



Needs Assessment 2026-2031



Questions?



Community Health in the Policy Plan

January 16, 2025



PLANNING & DEVELOPMENT



Agenda



1. Why health?
2. Community Health and Human Services History
3. National and Local Trends
4. Conclusion and Policy Recommendations
5. Discussion

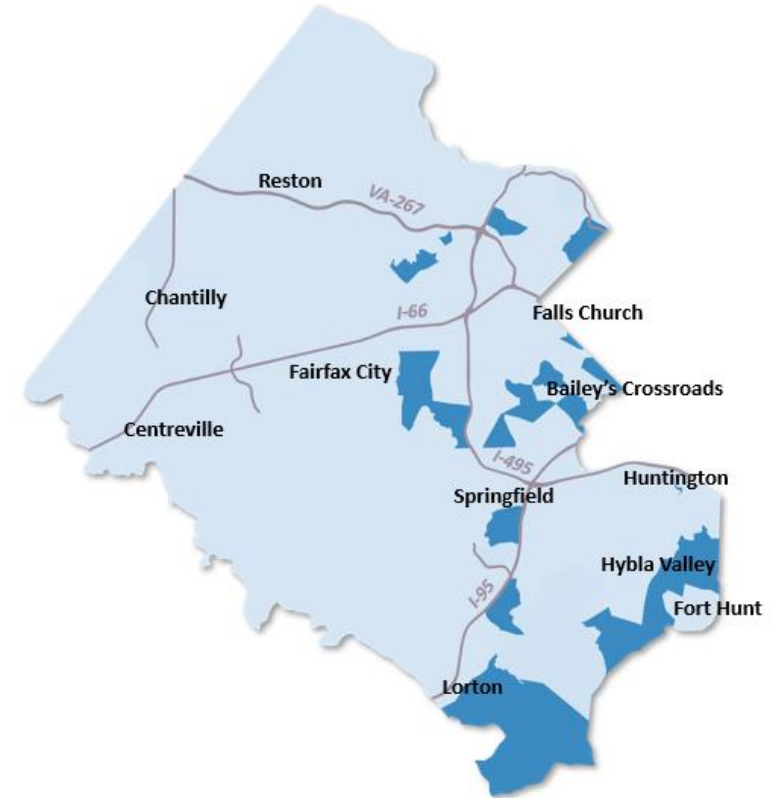
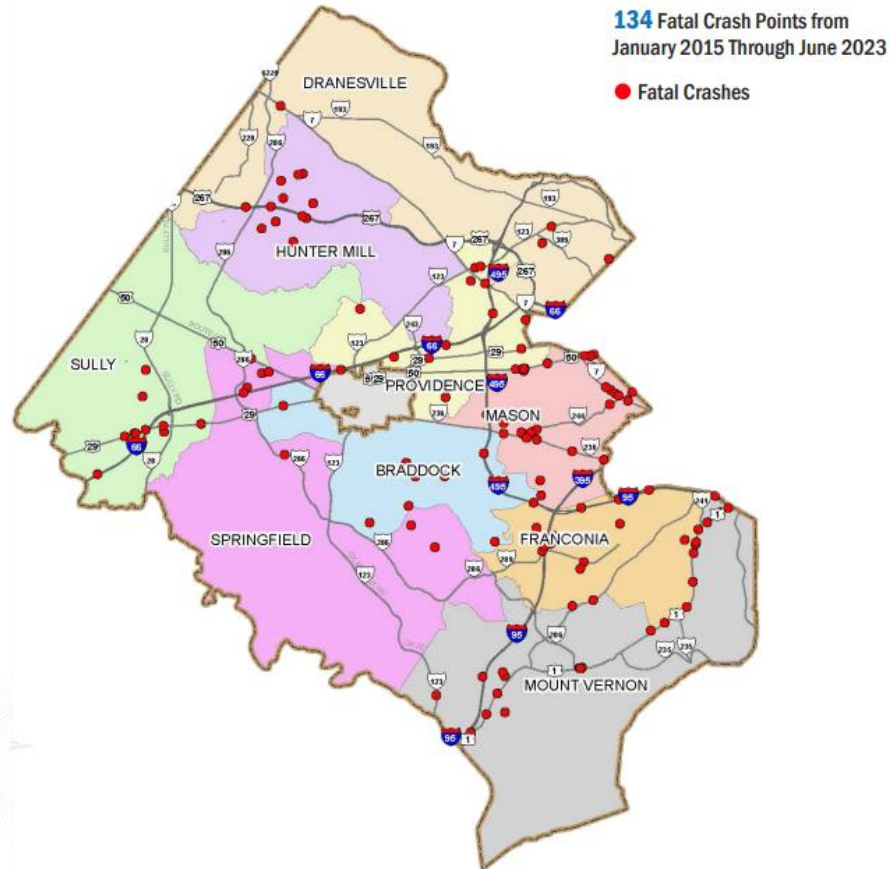
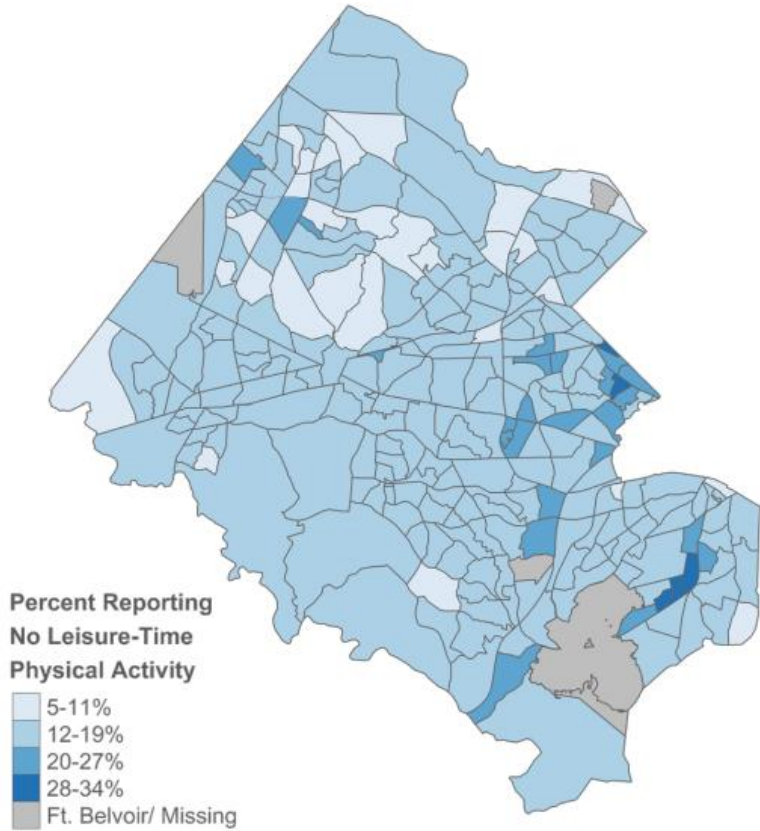


Why health?

- Public health and urban planning have a shared history
 - Tenement Act of 1901 - a land use law aimed at healthy living conditions
 - Later, zoning developed to as a legal structure to separate land uses for public health reasons
- Today, evidence shows that planning and urban design can determine health behaviors and long term health outcomes
 - Exercise and physical activity
 - Food choices
 - Air and water quality
 - Community connections

Land use can influence health behaviors and outcomes

Percent of Adults 18 and Older that Reported no Leisure-Time Physical Activity by Census Tract, Fairfax County (2021 BRFSS)



The 5 neighborhoods with the largest percent of people with heart disease:

Neighborhood(s)	Percent
Montebello - Huntington	8%
Fair Vernon - Springfield	8%
Skyline Plaza - Bailey's Crossroads	6%
Gum Springs - Hybla Valley/Fort Hunt	6%
Pohick - Lorton	6%

Policy Alignment: A mandate for community health

The Countywide Strategic Plan provides clear direction:

HC1. Integrate considerations of health, well-being and equity into the development, implementation and evaluation of land use, transportation and housing policies and ordinances.

HNL23. Link the county's public health and equity agenda to a public space agenda by updating the Comprehensive Plan to create healthier environments where access to basic needs, transit, affordable housing and healthy food is available.



Objectives to promote Healthy Communities also included in:

- Resilient Fairfax plan
- Community-wide Energy and Climate Action Plan (CECAP)
- Community Health Improvement Plan (CHIP)



Community Health and Human Services History

A brief history of health and human services in the Policy Plan

- The initial Policy Plan was published in 1990 and included a Human Services element.
 - This element resulted from the Board of Supervisors’ goal that Fairfax County should provide a range of services and facilities for all residents and the element drew heavily from the [Principles of Human Service](#) as developed by the Human Services Council in 1989.
 - The Human Services goal states that all residents “may sustain a secure and productive lifestyle.”
 - Much of the text is focused on facilities and organized by county departments, which have changed over time. As a result, this policy element has not been used by Health and Human Services agencies for many years.



Trends in Planning for Healthy Communities

American Planning Association (APA)

– Healthy Communities Policy Guide (2017)

Broadly defines healthy communities as “places where all individuals have access to healthy built, social, economic, and natural environments that give them the opportunity to live their fullest potential regardless of their race, ethnicity, gender, income, age, abilities, or other socially defined circumstance.”

Communities should be designed so that:

- Physical activity is part of everyday activities
- Placemaking strategies and policies advance equitable, healthy public spaces that create safe, comfortable places for people of all ages and abilities
- Policies, incentives, and design guidelines expand access to healthy food
- Unconventional settings for health care services improves health care access for underserved communities

Examples of healthy communities planning



Reston

- Updated Reston Comprehensive Plan (2023) includes a set of principles including health approved by the community.
 - *“Health and wellness for all are high priorities for the Reston community.”*
 - Five sub-bullets outline specific priorities for residents’ health.
 - These principles represent the first time that health was explicitly included in an Area Plan in Fairfax County.

Prince George's County

- Comprehensive Plan includes Healthy Communities Element, which contains objectives and policies and strategies to improve the health of residents.
- Healthy Communities Policy 1: *Integrate community health into the master plan and development review processes.*

Examples of healthy communities planning

- City of Fairfax
 - Policy framework includes Environment and Sustainability chapter.
 - Environment & Sustainability:
 - *Sustainability Initiatives Goal 2: Support Healthy Lifestyles and regionally-grown food.*
 - *Outcome SI2.1: Access to healthy, affordable, regionally-grown foods.*
 - *Action SI2.1.1 Encourage and support the development of community gardens and educational growing spaces on public and private land.*
 - *Action SI2.1.2 Work with Fairfax County to develop a healthy and affordable food access plan.*
- City of Charlotte
 - Comprehensive Plan includes Policy framework with 10 overarching, cross-sectoral goals.
 - Goal 6 focuses on health:
 - *Healthy, Safe, and Active Communities: All Charlotteans will live and work in safe and resilient neighborhoods that enable healthy and active lifestyles by*
 - *reducing exposure to harmful environmental contaminants,*
 - *expanding and improving the quality of tree canopy cover,*
 - *encouraging investment in walking, cycling, and recreation facilities, and*
 - *providing access to healthy food options and health care services.*



Conclusion and Policy Recommendations

Vision for Community Health

Establish a stand-alone Healthy Communities Element with five interrelated categories:



Healthcare &
Human Services



Active Living



Green Infrastructure
& Climate Health



Food
Systems



Social
Cohesion

We can build upon existing structures in the Policy Plan and One Fairfax

- Many existing plans implicitly (if not explicitly) promote health - e.g. multimodal objectives, park plans
- Some features of Healthy Communities (sidewalks, trees) fall under the umbrella of other subjects
 - They should be primarily addressed in their traditional section but referenced and supplemented in the Healthy Communities element
- The plan will aim to identify the root causes of poor health
 - Plan objectives will prioritize addressing these health inequities



PLANNING & DEVELOPMENT



Community Health in the Policy Plan

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