

# *Let's Get Humboldt Moving: A PLAN FOR ACTION*

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*HUMBOLDT COUNTY PHYSICAL INACTIVITY PRIMER*

*HUMPAL STRATEGIC PLAN*

**HUM  
PAL**

*Humboldt Partnership for Active Living*



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## INTRODUCTION

Physical inactivity plays a significant role in many of escalating health problems in the U.S. and in Humboldt County. Coronary heart disease, stroke, diabetes, depression, osteoporosis, obesity and overweight are all strongly influenced by rates of physical activity.

The way in which many communities were designed and built has reduced opportunities for physical activity and options for mobility. This trend has negatively impacted community health. Opportunities to be physically active in daily life have been decreasing, while rates of chronic disease and overweight have been steadily increasing. Both nationally and locally there is a critical need to reverse this trend of physical inactivity. An 'active living' movement is developing throughout the county to address the need to remove barriers and increase opportunities for daily physical activity.

In response to this growing health issue a number of organizations and individuals have taken up the challenge to strive for an active community - the Humboldt Partnership for Active Living (HumPAL) began meeting in early 2003. The partnership came together with an understanding that community design and the built environment have a direct impact on public health and that collaboration of diverse disciplines is critical to encourage active living community wide. HumPAL is now a *ad hoc* collaborative partnership working toward our long term goal of physical activity that is seamlessly integrated into daily life and results in better overall health for everyone in Humboldt County.

This document serves two functions

- The ***Humboldt County Physical Inactivity Primer*** outlines factors in the built environment, status of residents' physical health and the relationship between the two.
- The ***Humboldt Partnership for Active Living Strategic Plan*** is a vision for the next 5 years and a framework to guide HumPAL's actions for the next 2 years.

**Active Living: a way of life that integrates physical activity into daily routines.**



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# HUMBOLDT COUNTY PHYSICAL INACTIVITY PRIMER

**Edited by staff of**  
Natural Resources Services Division  
Redwood Community Action Agency

**With Funding from**  
The California Endowment

**Written by the HumPAL Research**

**Subcommittee**

Dana Dickman

Joyce Houston

Ron Largusa

Ann Lindsay

Tina Manos

Beth Shipley

Steven Steinberg

**HUM  
PAL**

*Humboldt Partnership for Active Living*

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## Obesity and physical inactivity is rising

Humboldt County, like the rest of the nation and California, is facing a growing health crisis of overweight, obesity, and related chronic diseases. An alarming national trend of increasing obesity rates has occurred over a short fifteen period (Figure 1). This report outlines some of the factors contributing to this trend and its implications for our community and families.

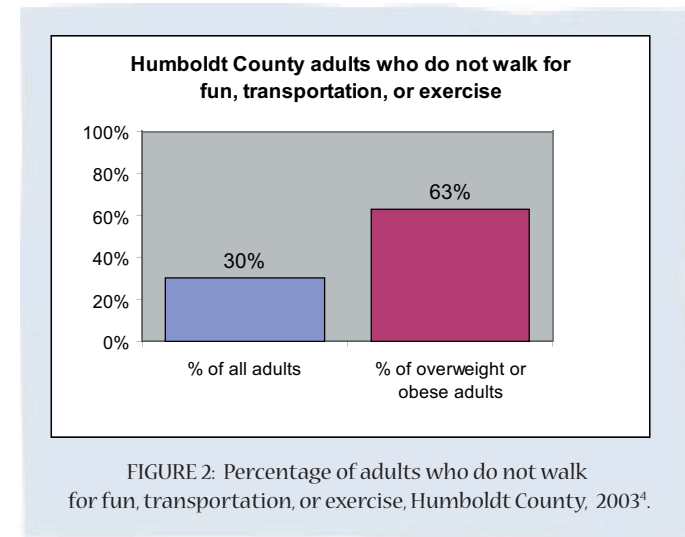
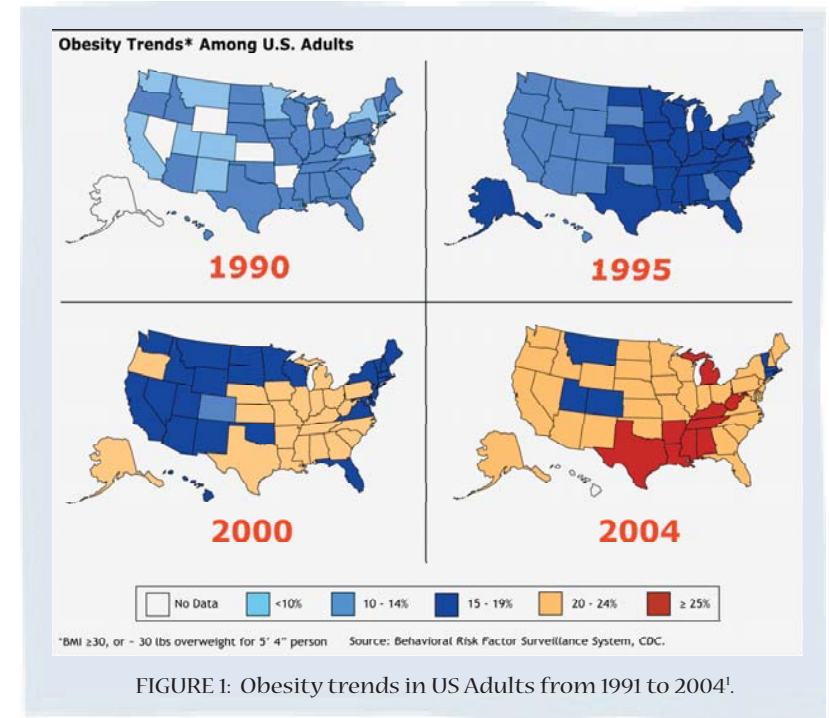
Physical inactivity is a major cause of overweight and obesity that raises the risk of preventable chronic disease such as heart disease, stroke, diabetes, high blood pressure, cancer, depression, and osteoporosis.

Physical activity is essential to good health, but people are less active now than ever before. Regular physical activity throughout life can help maintain a healthy body, enhance psychological well-being, and prevent premature death. The life expectancy of children born now may be less than that of their parents unless obesity and physical inactivity are reduced<sup>2</sup>.

Rates of overweight and obesity (see glossary for definitions) among adults and children have climbed significantly in the past two decades. More than half of adults in the United States are estimated to be overweight or obese. The percentage of adolescents who are overweight has tripled in the last 25 years<sup>3</sup>. Between 1990 and 2002, the percentage of obese adults in California doubled from 10 to 20 percent<sup>2</sup>. More than 28 percent of California youth in fifth, seventh, and ninth grade are overweight or obese<sup>3</sup>.

### Are people less active than ever before?

Work lives and leisure time activities have become more sedentary. Residents of rural regions and places with sprawling development patterns are generally dependent on an automobile for transportation -- they have fewer opportunities for active transportation. Many (if not most) residential areas lack inviting opportunities for safe walking, bicycling and other exercise close to home.



One in four adults in California do not walk for fun, transportation or exercise in an average week and close to half walk for less than an hour<sup>5</sup>. In Humboldt County, 30 percent of adults report that they do not walk for fun, transportation, or exercise. Among people who are overweight or obese (see Glossary), the rate jumps to 63 percent who do not walk for any reason other than getting around as part of daily life (Figure 2)<sup>4</sup>.

Humboldt County has one of the highest rates of diabetes and cardiovascular disease-related deaths in the state, particularly among the Native American community. There is indication that over 80 percent of Native American adults in Humboldt are overweight or at risk for overweight -- this is a major potential impact on the Native American population<sup>5</sup>.

### How does transportation and land use affect health?

The way communities are designed and built determines opportunities for physical activity and ease of access to opportunities for walking and bicycling, access to services, employment, recreation, and social activities. Since World War II, the dominance of automobile-centered development has greatly diminished opportunities for routine physical activity. Spread out, single use (sprawl) land development patterns reduce transportation choice, access to services and employment, and can diminish air quality - further discouraging regular daily physical activity<sup>6</sup>.

There is evidence that access to a place to exercise, safe neighborhoods, and living in compact, walkable neighborhoods may increase physical activity. Land use and transportation planning can support public health by helping to design communities that make it easy for resident to be physically active in the course of their daily lives<sup>7</sup>.

In 2004, 3.4 million miles per day were driven in Humboldt County. Compared to seven counties similar in population size and demographics, density, and degree of “urban-ness”, Humboldt has the third highest daily vehicle miles traveled per person (Figure 3)<sup>8</sup>.

According to the 2000 Census, Humboldt County residents use walking as a form

*Compared to 10 years ago, we are seeing probably ten times the amount of Type 2 Diabetes in the children in our practice and it's likely there are a lot we haven't diagnosed. This is a phenomenal increase; an epidemic.*

Chris Cody, MD practicing medicine in Humboldt County for 25 years with Eureka Pediatrics

County	Daily vehicle miles traveled per capita
San Luis Obispo	9.0
Butte	10.0
Kings	10.6
El Dorado	12.5
San Benito	14.4
Humboldt	18.8
Tehama	28.3
Del Norte	28.7

Figure 3: Number of daily vehicle miles traveled per capita in eight California counties, 2004<sup>8</sup>.

of transportation to get to work more often than the state average - 6.5 verses 2.9 percent. However, due to a variety of issues related to the rural environment, post WWII land use patterns and long travel distances, many people are deterred from using active forms of transportation.

Environments dominated by motor vehicles can be dangerous to pedestrians and cyclists. The perceived or real risk of injury is a barrier to people seeking physical activity. The more time and miles traveled by motor vehicle, the higher the risk of injury and death from crashes<sup>9</sup>. When a pedestrian or cyclist crashes with a moving vehicle, the odds for injury or fatality are high, resulting in a relatively high casualty rate per travel mile compared with automobile travel<sup>10</sup>. Humboldt County is no exception, and in fact, is in some ways more dangerous for pedestrians and cyclists than a number of other rural counties in California<sup>11</sup>.

In 2004, Humboldt County ranked *sixth* highest out of 58 California counties for rate of pedestrian deaths and injuries and *tenth* highest for bicyclist deaths and injuries<sup>11</sup>. Out of 99 cities its size, Eureka ranked third highest in the state for rate of pedestrian and eighth highest for bicyclist deaths and injuries<sup>11</sup>. Humboldt County is 21st when compared to 58 California counties' rate of death due to motor vehicle crashes<sup>12</sup>. Whether they be the physical environment or fear of injury, the disincentives to walk or ride for transportation or for pleasure are real.

## How does physical inactivity effect the bottom line?

It is estimated that obesity-related health care conditions accounted for about 12 percent of the nation's total health care spending in 2002<sup>3</sup>. Obese adults have 30 to 50 percent more chronic medical problems than those who smoke or drink heavily<sup>3</sup>.

The economic impact of physical inactivity in Humboldt County is estimated to be as high as \$173.5 million annually, or about \$1,758 per person (Figure 4)<sup>13</sup>.

If five percent of inactive individuals became more active, the annual cost to Humboldt County citizens could be reduced by \$8.7 million.

*During the past twenty years, the time we collectively spent in traffic grew 12 times as fast as the population, while the number of trips taken by foot dropped by 42 percent.*

*People who report having access to sidewalks are 28% more likely to be physically active.*

*Mixed land use increase the number and percentage of walking and biking trips; for trips less than one mile, mixed use communities generate up to four times as many walking trips.*

Robert Wood Johnson Foundation, Active Living by Design Primer, 2004

*I used to drive my kids places so they could ride their bikes in a safe area. They didn't really enjoy riding and missed out on the exercise until we moved a block from the Hammond Trail. Now they are confident on their bikes and they ride almost every day.*

Humboldt County mother, 2006

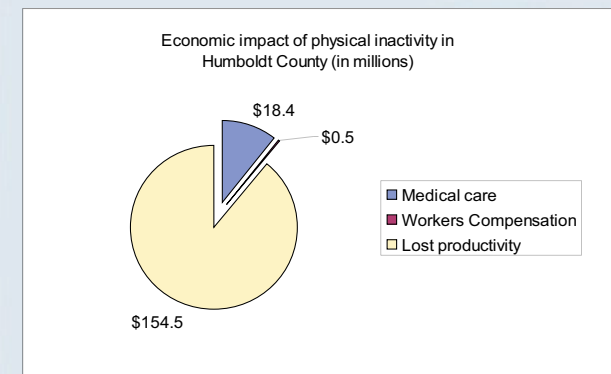


FIGURE 4: Economic impact of physical inactivity, Humboldt County<sup>13</sup>.

## How are school children impacted by physical inactivity?

The average school-aged child spends a quarter of their waking hours in front of the TV or computer—more than any other activity<sup>1</sup>. Physical education opportunities in schools are dwindling. The average third-grader gets only 25 minutes of moderate physical activity per week during school hours<sup>3</sup>.

The number of children who walk to school has plummeted from 80 percent to 10 percent over one generation<sup>3</sup>. Rising rates of overweight and obesity are leading to an increase in Type 2 Diabetes in children—a disease previously seen only in adults. Children born in 2000 or later have about a 30 percent or higher lifetime risk of developing diabetes<sup>3</sup>.

### Youth in Humboldt County are at risk

In Humboldt County, 37 percent of school age children ages six to 19 are overweight or at-risk for overweight, compared to 15 percent nationally (Figure 5)<sup>14</sup>. In 2002, Humboldt ranked 11<sup>th</sup> highest out of 58 California counties for overweight in low income children between the ages of five and 20 -- with 43 percent overweight or at risk for overweight (Figure 6)<sup>16</sup>.

There are indicators that among Humboldt's Native American community, almost 50 percent of youth ages 15 to 19 are overweight or at risk for overweight. Data from 'Fitnessgram', a statewide fitness survey required in the fifth, seventh, and ninth grades, indicates that between 2001 and 2005, the percentage of Humboldt County ninth graders in the Healthy Fitness Zone for body composition declined at a greater rate than in ninth graders statewide<sup>15</sup>.

### Community design that supports 'Active Living' can promote better public health

Active Living is a way of life that integrates physical activity into daily activities -- a practical way to achieve the recommended 30 minutes of physical activity per day. Community design that provides safe and appealing opportunities for bicycling and walking for transportation, gardening, playing in the park and other recreational pursuits can help combat the problems associated with rising obesity and chronic disease. Active Living is a proactive approach for individuals and community to pursue better health.

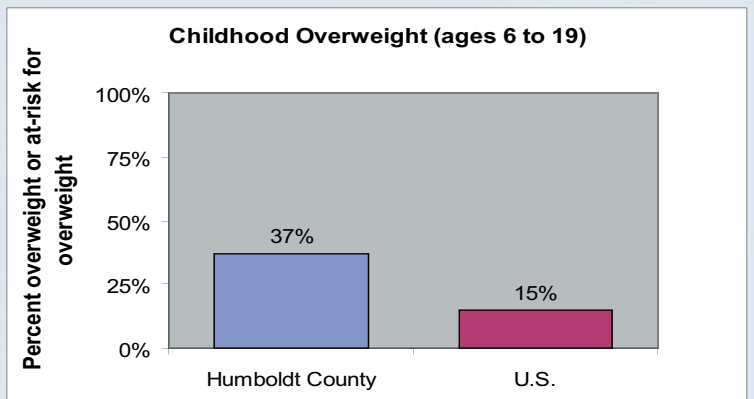


FIGURE 5: Percentage of overweight children (Humboldt County and United States, 2003)<sup>14</sup>.

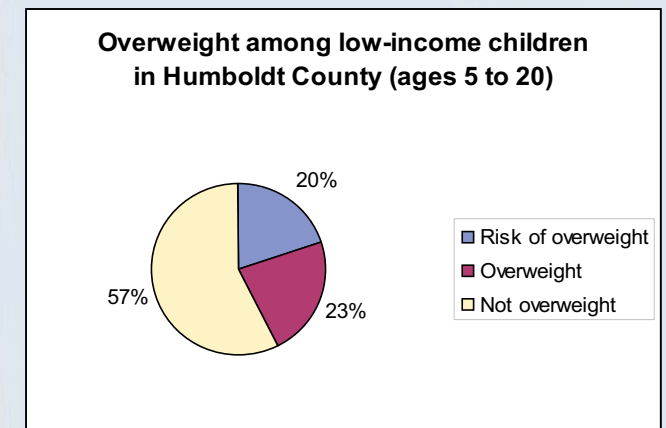


FIGURE 6: Percentage of overweight and at risk for overweight low-income children, Humboldt County, 2002<sup>16</sup>.

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# STRATEGIC PLAN

**Written and Edited by staff of**  
Natural Resources Services Division  
Redwood Community Action Agency

**With Funding from**  
The California Endowment

## **HumPAL Steering Committee**

Tom Conlon  
Dana Dickman  
Scott Kelly, PE  
Ann Lindsay, MD  
Mark Lovelace  
Jennifer Rice  
Jim Test

## **HumPAL Strategic Plan Committee**

Tom Conlon  
Dana Dickman  
Ann Lindsay  
Mark Lovelace  
Jan Mathews  
Scott Menzies  
Rudy Ramp  
Jennifer Rice  
Brooke Sayre  
Beth Shipley  
Nancy Reichard - Facilitator

**HUM PAL**

*Humboldt Partnership for Active Living*

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## Mission

The mission of the Humboldt Partnership for Active Living is to improve individual, family and community health and well-being through the seamless integration of routine physical activity into daily life (“active living”). HumPAL accomplishes this through education, policy change and support of community design that encourages active living.

## Who We Are

The Humboldt Partnership for Active Living is a coalition of individuals and organizations with a common interest in making it easier for everyone in Humboldt County to better integrate and increase physical activity in their daily lives as a pathway to greater overall health.

The partnership includes community members, organizations and professionals from diverse disciplines such as public health, transportation engineering, community development, economic development, environmental consultants, social services and others.

Currently, the HumPAL operates as a project of Redwood Community Action Agency, via a grant from the California Endowment. HumPAL is coordinated by staff of the Natural Resources Services Division of RCAA, a core steering committee and three active subcommittees.

### Steering Committee Roles

- Act as primary decisionmaking body
- Serve as members of subcommittees
- Monitor implementation of the Strategic Plan
- Update Strategic Plan
- Address HumPAL management and long-term organizational structure needs

### Subcommittees’ Roles

- Monitor implementation of relevant community action goal/s in Strategic Plan
- Detail and define tasks and responsibility for implementing goal/s of strategic plan
- Report to Steering Committee

*Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.*

- John F. Kennedy



## Vision for 2025:

Residents of Humboldt County engage in physical activity on a daily basis. People have the time, resources and inclination to allow for physical activity for themselves and their children in their daily rhythms. Physical activity is something that people both want and have to do. Health problems caused or exacerbated by inactivity are almost nonexistent.

Communities work on a human scale – people of all ages and abilities have the means and opportunities to safely and enjoyably get around and between communities for daily needs and for fun. Cities and communities are interconnected for bicycle and pedestrian access.

Humboldt County’s cities and larger communities each have mixed-use urban centers with dedicated pedestrian streets and a variety of businesses, services, and residences in close proximity. The central cores and neighborhood centers draw residents to accomplish daily tasks and to interact with neighbors.

Communities have common development standards. All communities have adopted bike and pedestrian plans. Any new residential development is focused within easy walking distance of a variety of services.

Active transportation is a primary form of transportation. It is easy to get around without a car. People can go days at a time without getting into one. The vast majority of residents live within compact communities and use public transportation combined with walking or biking for daily commutes.



*Traveling by foot can broaden your mind,  
while having the opposite effect on other  
parts of the anatomy.*

- Georgia V. Alan

## GUIDING PRINCIPLES

HumPAL will interpret the term ‘active living’ generously, understanding that ‘active living’ refers to physical activity in some form.

HumPAL will balance efforts between solving short term problems and working on larger policy issues.

HumPAL will focus on the environment, not on individuals.

HumPAL will encourage physical activity through support of events that motivate others toward active living without imposing judgement.

HumPAL participants strive to be efficient and effective by strategically sharing resources and contributing to each others’ efforts.

HumPAL will look for ways to make it easy for developers, decision-makers and elected officials to plan and provide for active living.

### **Beliefs upon which we base our actions:**

People have the right to access minimum levels of exercise, basic services and daily needs at no cost and reasonable convenience.

Providing natural, convenient opportunities for exercise is the best way to get people to exercise regularly and sustainably.



*As a pediatrician and public health doctor, it amazes me that good people who would never dream of abusing or endangering their children think so little about the dangers embedded in their communities.... parents spend long hours chauffeuring children, white-knuckled on crowded freeways, inhaling a host of noxious pollutants. Meanwhile, the elderly live in fear of the inevitable loss of driving privileges because of how pedestrian-hostile and car-dependent our environments have become.*

- Dr. Richard Jackson, Former California Public Health Officer

## CHALLENGES and BARRIERS

Many factors contribute to physical inactivity. The following is a partial list of some of the environmental and social barriers to active living in Humboldt County.

### Community

- Lack of understanding about the importance of daily physical activity among those most at risk (e.g. youth, low income, seniors, mobility-impaired)
- Lack of understanding about the effect of poor public health on the economy
- Need to overcome the ‘humboldt dream’ - the desire for isolated country homes and large lot subdivisions, which contribute to sprawl and decreased walkability
- Higher than state average health problems

### System

- Recreational sites are difficult to access other than by automobile
- Geographically dispersed populations
- Few rural models for active community designs exist
- Lack of coordination between land use and transportation planning efforts
- Limited opportunities for integrating walkability/bikeability into design of new neighborhoods (e.g. limited new development)
- Limited public transit services
- Existing public policy which limits ability to plan and develop for active living

### Process

- Health, community development and public works professionals do not have a history of or process for working together
- Auto centered and dependent culture and development patterns



## OPPORTUNITIES and ASSETS

The following is a partial list of things that can be built upon to overcome the barriers to active living.

### Community

- Increasing awareness of obesity issues
- Many active people in the county who provide leadership and examples
- Many opportunities to participate in active events
- Humboldt State University and College of the Redwoods research resources
- Potential new alliances between community organizations and public agencies and between public agencies with little prior cooperation history
- Increasing interest in walkability audits and educational events
- Local agencies' interest in improving transportation infrastructure design and safety
- Significant public support for non-motorized transport facilities

### System

- Increasing incentives to seek alternatives to single occupancy vehicle transport
  - Rising gasoline prices
  - Increases in traffic congestion
- Multi-use trail network options in the bay region



## GOALS AND OBJECTIVES

### Definitions:

**Goal** – Long term statement about desired change based on the vision

**Objective** – Description of desired change; short term and measurable

### Long Term Goal

Routine physical activity is seamlessly integrated into daily life, resulting in better overall individual, family and community health and well-being, and improved economic and environmental health.

### Organization: Goal 1.0

Create and sustain a diverse, non-partisan, non-political partnership that strategically shares resources and contributes to each others' efforts regarding active living

### Research: Goal 2.0

Ascertain and document the degree of seriousness of the active living problems to be addressed, identify the causes of the problems (such as the barriers to inactivity), and potential solutions appropriate for Humboldt County.

### Education and Outreach: Goal 3.0

Raise public and policymaker awareness of, interest in, and commitment to the importance of active living. Highlight the role of community design and planning in achieving a seamless integration of routine physical activity into daily life.

### Policy: Goal 4.0

Ensure regional, neighborhood, and transportation planning, design and redevelopment processes consider active living principles, including elimination of barriers to bicycle and pedestrian travel and increased opportunities for all types of daily physical activity.



*The sovereign invigorator of the body is exercise, and of all the exercises walking is the best.*

- Thomas Jefferson

## 2006 - 2008 OBJECTIVES

Between 2006 and 2008 HumPAL will use the following objectives to strive toward the long term goal and reach organizational, research, education and outreach, and policy goals. Objectives are not listed in order of importance or implementation. Subcommittees will recommend additional objectives as needed.

HumPAL is striving towards increasing awareness of the importance of Active Living for a vibrant and healthy community and on defining necessary policy changes. Our two year objectives reflect a focus on organizational preparation, promotion and policy change. HumPAL is working towards support of both short term and long term changes that promote active living through multiple strategies. Strategies and objectives are developed and reviewed annually as part of a comprehensive approach to increasing physical activity in our community.



A National Homebuilders Association survey in 2000 found walking and jogging trails to be the most desired community amenities for active and older adults – second, third and fourth most desired amenities are outdoor spaces, public transportation and open spaces, respectively.

Boomers on the Horizon: Housing Preferences of the 55+ Market. Margaret Wylde, 2001

## Organization Goal 1.0

*Create and sustain a diverse, non-partisan, non-political partnership that strategically shares resources and contributes to each others' efforts regarding active living*

### Objectives

- 1.1 By the end of 2006, establish organizational structure of HumPAL and establish a long term core descionmaking body.
- 1.2 Identify appropriate stakeholder categories and representatives - identify who's miss- ing from HumPAL participation in regards to attaining desired goals.
- 1.3 Seek participation and commitment from key organizations, staff and active commu- nity members who are interested in active living, public health or community design.
- 1.4 Address how to function as a coalition of engaged organizations vs. a group of inter- ested individuals
- 1.5 Secure adequate and reliable financial and in kind support for two years.
- 1.6 Decide whether or not to incorporate as an independent non-profit.

### Monitoring and Evaluation

- 1.7 Steering Committee will evaluate progress on plan annually with subcommittee up- dates of objectives by one subcommittee quarterly or every other meeting.
- 1.8 Select community members will also be asked for informal annual evaluation of HumPAL progress and effectiveness.
- 1.9 Evaluate effectiveness of events and activities with participant surveys.
- 1.10 Conduct a bi-annual review and update of Strategic Plan and (see Goal 2.0) Active Living indicators.



*If you want to drive down the cost of health care... drive less.*

- Alan Joseph

**Research: Goal 2.0**

*Ascertain and document the degree of seriousness of the active living problems to be addressed, identify the causes of the problems (such as the barriers to inactivity), and potential solutions appropriate for Humboldt County.*

**Objectives:**

- 2.1 By the end of 2006, collect existing data to assist in developing a clear/precise understanding of the problem(s) related to physical inactivity in Humboldt County.
- 2.2 Develop a report documenting the problem, that can be shared with partners and community.
- 2.3 Identify potential indicators that can be used to determine progress, changes to the built environment and/or increases in levels of physical activity.
- 2.4 Identify possible research activities and potential funding sources and in kind contributions.
- 2.5 Identify potential funding sources for social marketing research to identify ‘best messages’ for behavior change towards active living.
- 2.6 Develop a social marketing research plan in coordination with Education and Outreach Subcommittee.
- 2.7 Inventory bicycle and pedestrian facilities to assist in evaluation of changes to the built environment.
- 2.8 Establish Active Living Indicators for measuring improved physical activity.

*To say that obesity is caused by merely consuming too many calories is like saying that the only cause of the American Revolution was the Boston Tea Party.*

- Adelle Davis, American Nutritionist and writer



### Education and Outreach: Goal 3.0

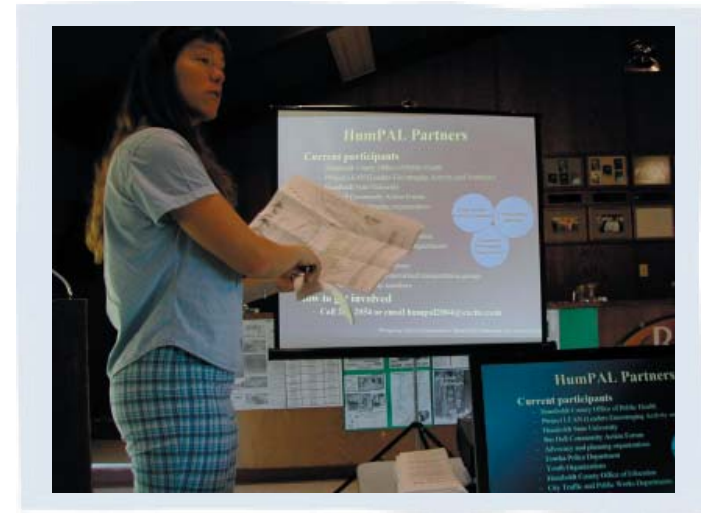
*Raise public and policymaker awareness of, interest in, and commitment to the importance of active living including; the role of community design and planning in achieving a seamless integration of routine physical activity into daily life.*

#### Objectives:

- 3.1 Create a clear, concise and compelling HumPAL message based on sound data of existing understandings, attitudes and barriers. Revise as other information becomes available through social marketing research.
- 3.2 Develop and utilize diverse outreach mechanisms including; website, quarterly newsletter and brochure.
- 3.3 Provide multi disciplinary ‘active living’ educational opportunities to improve the understanding and support of active transportation modes and the related positive effect on public health.
- 3.4 Communicate with elected officials and staff about the importance of promoting physical activity through community planning and design projects by making annual presentations to elected bodies and key staff.
- 3.5 Revise/redevelop ‘walkability audit’ format that provides better information to applicable public works staff about neighborhood level needs.
- 3.6 Partner with schools, local elected officials and community members to conduct neighborhood audits/assessments that identify opportunities for and barriers to active living.
- 3.7 Work with school site councils and administrations, school districts, and the Office of Education to increase support and coordination of Safe Routes to Schools Programs, begin an organized county-wide Walk to School program and develop bicycle and pedestrian safety skills classes for youth.
- 3.8 Encourage and support the incorporation of ‘active living’ lessons into school curricula.



- 3.9 Work with employers to develop incentives for encouraging use of active transportation (e.g. parking cash out programs, employer sponsored bicycle education).
- 3.10 Work with ‘downtown’ business communities to promote shopping walkability.
- 3.11 Identify community interest in additional types of training and skill building for active living advocates.

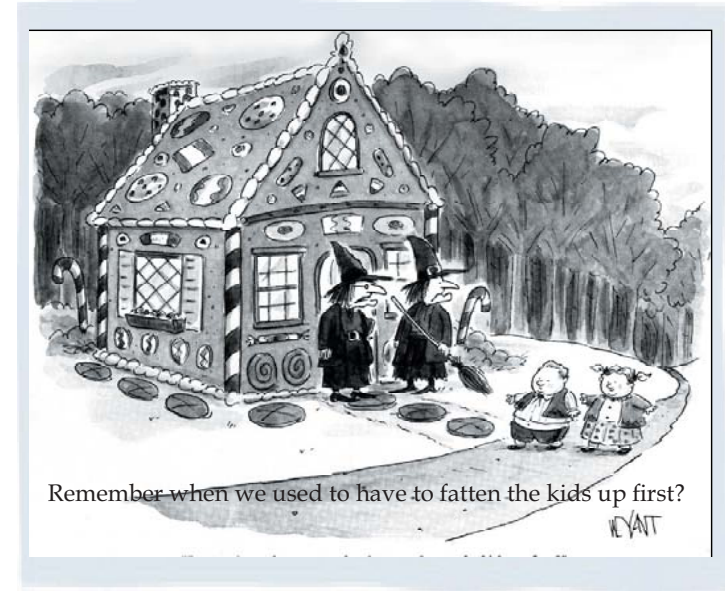


### Policy: Goal 4.0

*Ensure regional, neighborhood, and transportation planning, design and redevelopment processes consider active living principles. This includes elimination of barriers to bicycle and pedestrian travel and increased opportunities for all types of daily physical activity.*

#### Objectives:

- 4.1 Identify, evaluate and provide input on current planning documents, ordinances and design guidelines that affect active living in Humboldt County
- 4.2 Contribute to community and transportation design and redevelopment efforts which help to ensure inclusion of active living principles into sustainable community design
- 4.3 Provide examples or best practices for pedestrian-scale planning models.
- 4.4 Identify liaisons or other methods to collaborate with planners to ensure community design includes places that are inviting to walk and provide for opportunities for safe multi-modal transportation.
- 4.5 Work with Education and Outreach Subcommittee to host forums on land use code barriers to Active Living and/or land use and transportation plan integration.
- 4.6 Work with local planners to ensure a consistent link between land use and transportation plans and policies – specifically the Humboldt County General Plan Update, 2006 and 2008 Regional Transportation Plan updates and pedestrian and bicycle plans.



## FIVE -YEAR OUTLOOK

In 2010 -11 HumPAL will have been striving towards a healthier and more livable Humboldt County for five years. HumPAL members know that community design and social norms do not change overnight, however we are optimistic that in a short five years we will begin to see positive change in our community. The following outlook is organized in two parts: the first section is directly related to achievement of strategic plan goals and objectives and is a reflection of what we hope to accomplish through its implementation over the next four to five years. The second section outlines monitoring methods for indicators used to evaluate the progress of the partnership and change in the community.

### Strategic Plan Implementation

#### Funding

- Stable funding secured by HumPAL to support one full time staff member in a coordinating role and in support of partners and collaborative programs.
- Funding is from a diversity of sources

#### Resources

- Active living materials/resources available to the community via the HumPAL website and library
- HumPAL has compiled and made available health data

#### Collaboration Building

- HumPAL participants/members reflect the diversity of organizations and individuals in Humboldt County
- HumPAL supports a grassroots county-wide walk to school and safe routes program
- Humboldt County's children are learning life skills related to physical activity and active transportation
- Active Living principles are incorporated into all levels of education, elementary through university.



**Policy Support**

- City and County Planning staff know to and are using HumPAL as a resource for information on policy and best practices for active living
- Business community is engaged in supporting active transportation and active living principles with support of HumPAL and events that promote access and physical activity

**Health Statistics**

- California Health Interview Survey: rates of physical activity, bicycling and walking for transportation and other applicable chronic disease data
- BMI data from ten schools collected every two years

**Built Environment**

- Infrastructure projects are incorporating active living principles
  - How many new developments include bicycle and pedestrian facilities?
  - Are they locating near services?
  - Is there common gardening space in high density development?
- Increased miles of bike lane and sidewalk in urban areas of the county
- Improved rural accommodations for active transportation

**Policy/Social Change**

- Planning documents contain policy language that promotes active living and identify the connection between land use, transportation and health
- Schools are promoting physical activity and health as part of ongoing policy
- At least ten schools actively participating in Walk to School efforts
- Numbers of children walking to school has increased compared to Spring 2006 school survey



## TERMINOLOGY/GLOSSARY

### **Active Living**

A way of life that integrates physical activity into daily routines

### **Community Health**

#### **Obese:**

Defined as those with 20% (or more) extra body fat for the age, height, sex, and bone structure determined by the Body Mass Index (BMI), or a BMI of 30 or more.

#### **Overweight:**

Defined as those with a BMI of 25 to 29.9.

#### **Placemaking:**

Local efforts involving city government, the business community, residents and other stakeholders to identify and revitalize underutilized public spaces. The process upgrades existing public spaces through small-scale, short-term projects such as traffic calming, pedestrian improvements and street furniture.

#### **Smart growth:**

Growing a community in a way that protects farmland and open space, revitalizes neighborhoods, keeps housing affordable and provides more transportation choices.

#### **Walkable:**

Refers to a single route, or a system of routes, between points that is relatively short, barrier free, interesting, safe, well-lighted, comfortable and inviting to pedestrian travel.

