

# YOUNG MINDS MATTER:

Communities Connecting for Well-being

HOUSTON, TEXAS  
WED., OCTOBER 23

HILTON GALLERIA AREA  
6700 Southwest Fwy



Hogg Foundation  
for Mental Health



PREVENTION  
INSTITUTE

#YoungMindsMatter19

# Exploring Pathways Between Mental Well-being and Land Use Issues

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Like Parks, Housing, and Transportation

*#YoungMindsMatter19*



Prevention Institute





# Goals of Today's Workshop

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- Describe how land use policies, decisions and investments shape the built environment and impact mental health and well-being of children and historically excluded groups.
- Discuss challenges in the land use system that reinforce inequities for historically excluded groups and the new norms needed to support community health, safety and well-being.
- Summarize four strategies to embed equity in land use policies to improve mental health and well-being of children and historically excluded groups

# Warm Up & Introductions



**Have you or do you currently live, work, or play in a neighborhood where:**

- 1) ... you can walk 15 mins or less to a park, open space, or recreation facility where you feel safe exercising, playing or socializing?
- 2) ... there is a high concentration of alcohol outlets, marijuana dispensaries, or polluting land uses?
- 3) ... your grandparents would have been prevented from living in because of their race / ethnicity or religion?



# Debrief







# Not all neighborhoods are created equally





People living just a few blocks apart may have vastly different opportunities to live a long life in part because of their neighborhood. Unfortunately, significant gaps in life expectancy persist across many United States cities, towns, ZIP codes and neighborhoods.

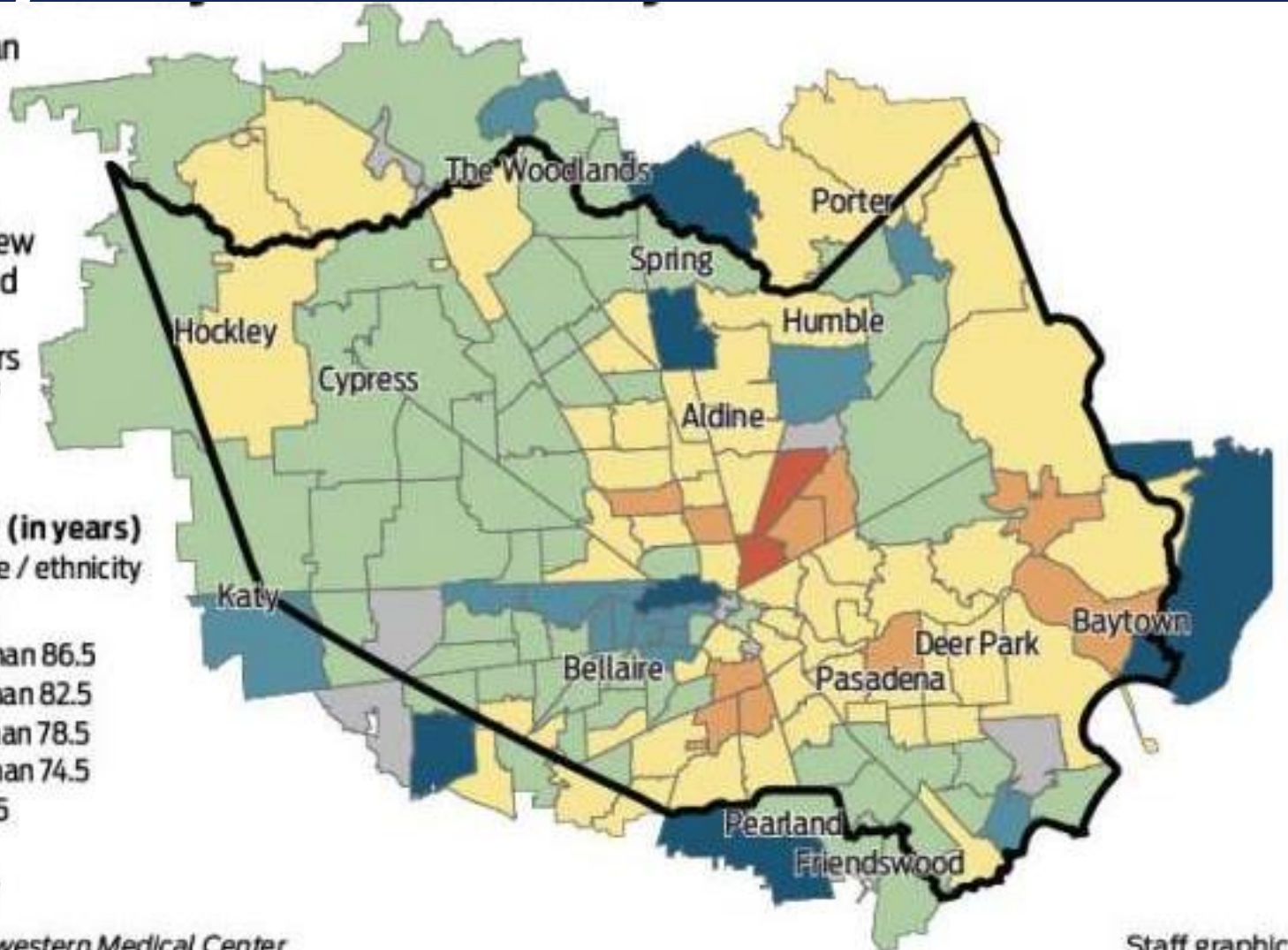
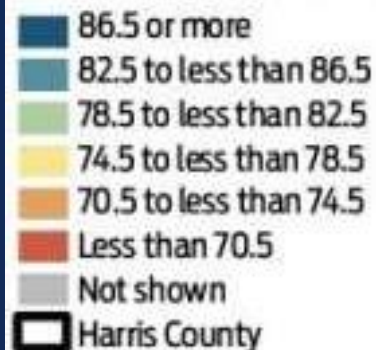
-- Robert Wood Johnson Foundation



# Life Expectancy Variations in Harris County

How long you can expect to live depends on where in Harris County you live, according to a new report that found life expectancy varies by 20 years in some parts of Harris County.

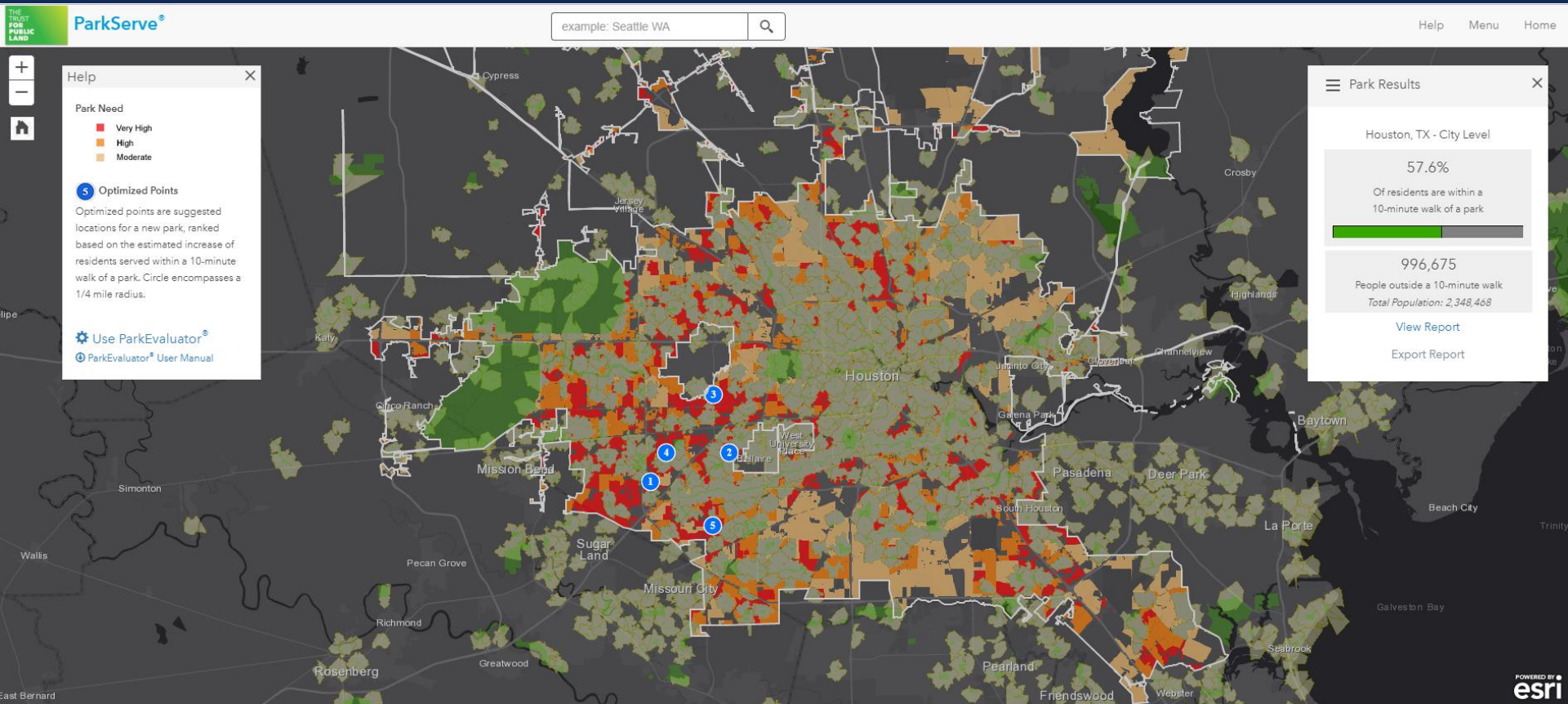
**Life expectancy (in years)**  
Combined | All race / ethnicity



Source: UT Southwestern Medical Center

Staff graphic

# Park Need in Houston







The unfair and unjust differences (inequities) we see in neighborhoods impact mental health, safety, and community well-being



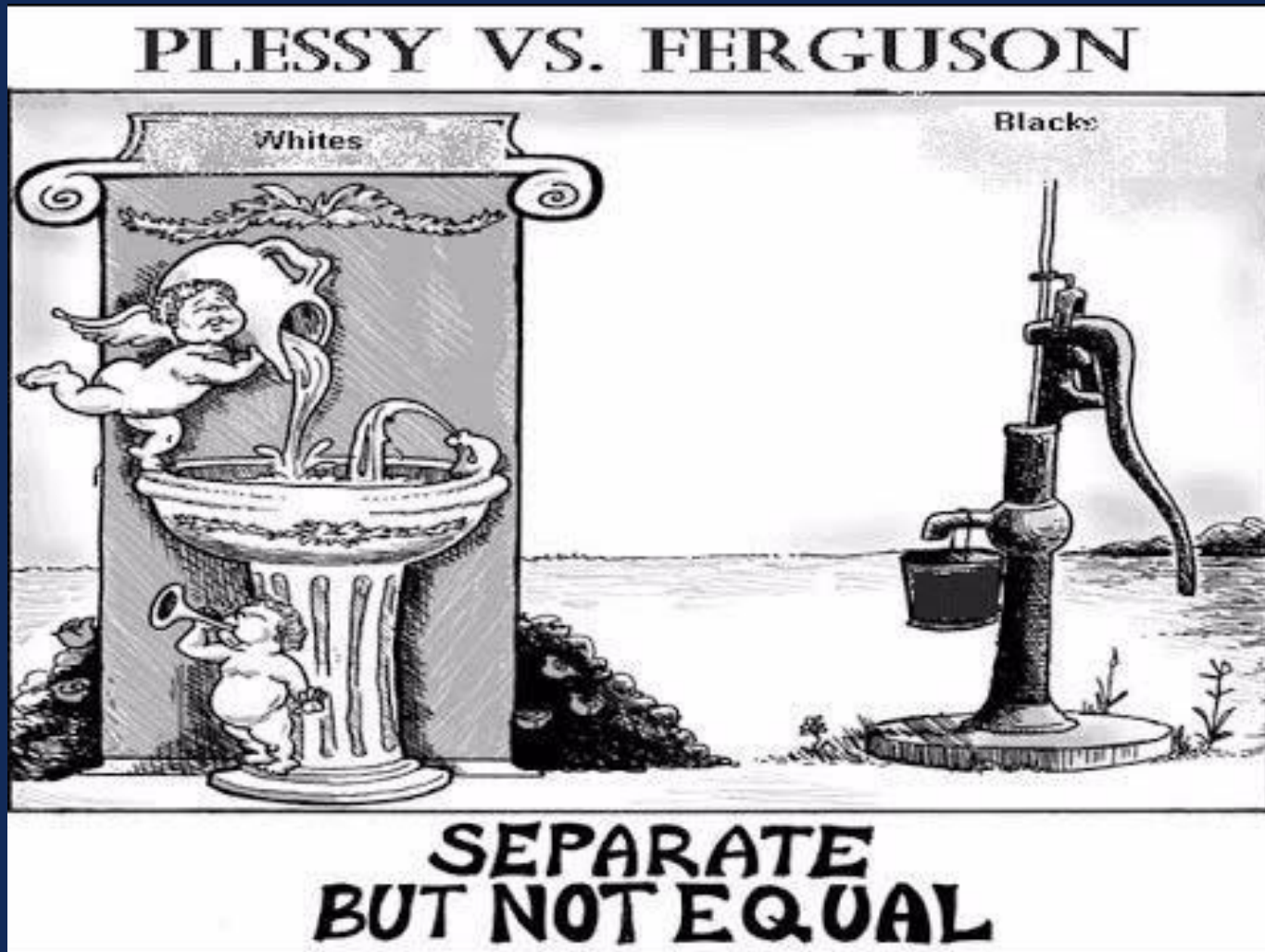
**“The built environment is social policy  
in concrete.”**

-Dr. Richard J. Jackson

Former Director, National Center for Environmental Health,  
U.S. Centers for Disease Prevention and Control

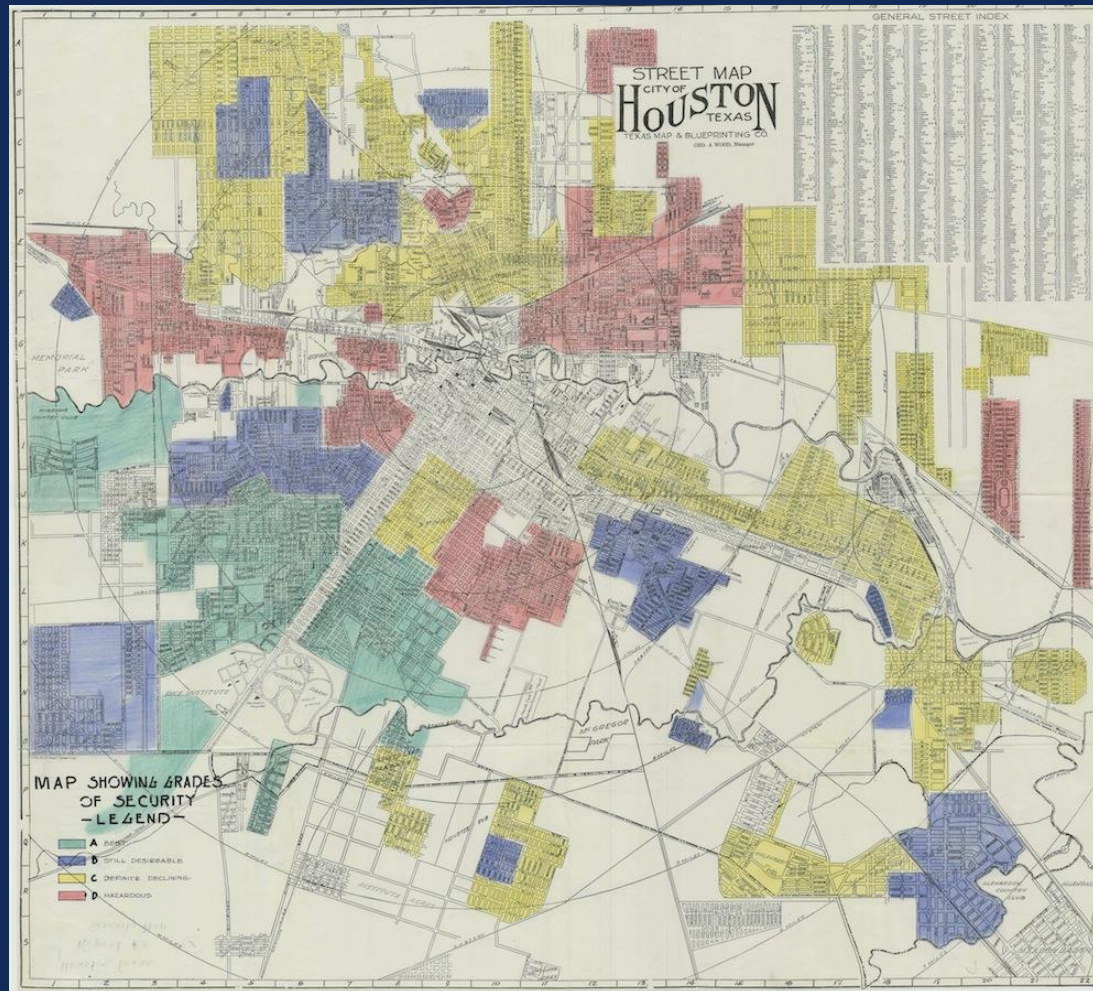


# Segregation at the Heart of Urban Policy





# Redlining Codified Segregation



# Highways Destroyed and Bypassed






# Suburbs Created “Sorted Out” Cities





# Foreclosure Crisis Erased Ownership





Health inequity is related both to a legacy of overt discriminatory actions on the part of government and the larger society, as well as to present day practices and policies of public and private institutions that continue to perpetuate a system of diminished opportunity for certain populations.

--Larry Cohen & Dr. Anthony Iton,

A Time of Opportunity: Local Solutions to Reduce Inequities in Health and Safety







# New Norms and Underlying Values in the Land Use System



# From Challenge...

Inequitable planning and development contribute to health inequities



# ...to New Norm

Policies, practices, and investments are designed and implemented to support mental health, safety, and well-being, especially for children and historically excluded groups



# From Challenge...

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Land is valued for financial profit over public good





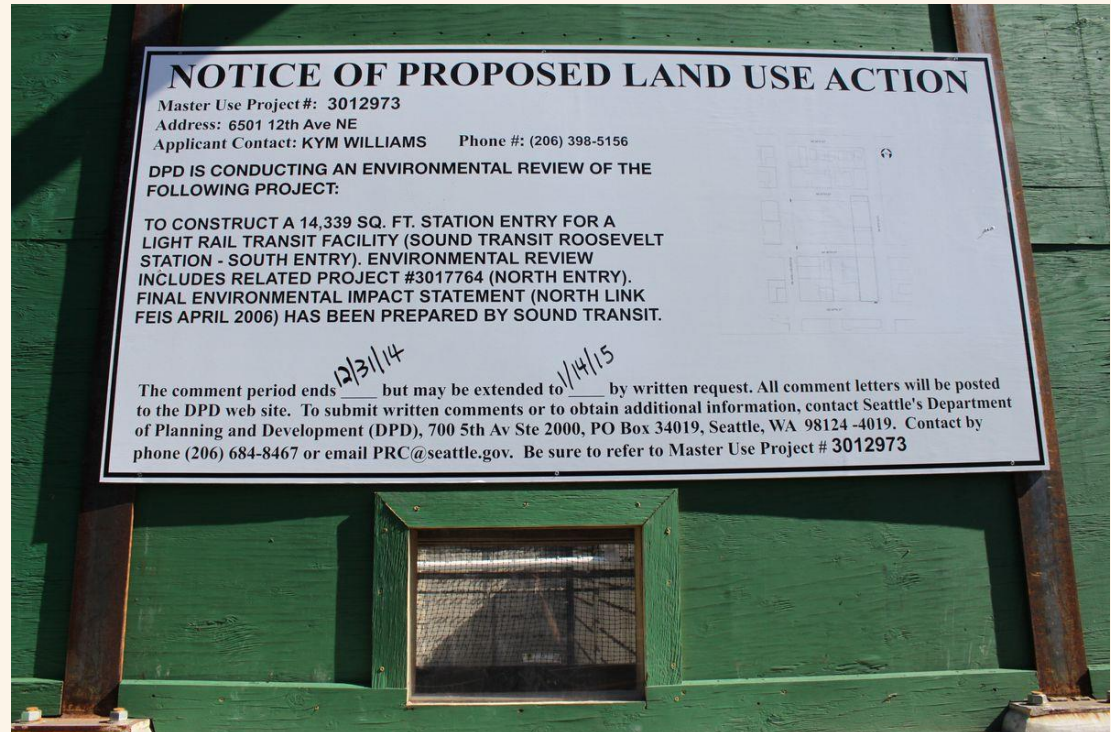
## ...to New Norm

Mental health, equity, and community well-being are central to the value of land



# From Challenge...

Residents are engaged haphazardly



# ...to New Norm

Broad-based, inclusive community engagement guides all land use decisions





# From Challenge...

Issues are approached and funded in silos



# ...to New Norm

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Comprehensive, multi-sector action breaks down silos



# From Challenges...

Vested interests benefit from the status quo and make reform challenging

Advocates and CBOs spend time and energy fighting bad development on a project-by-project basis and implementing “work arounds”

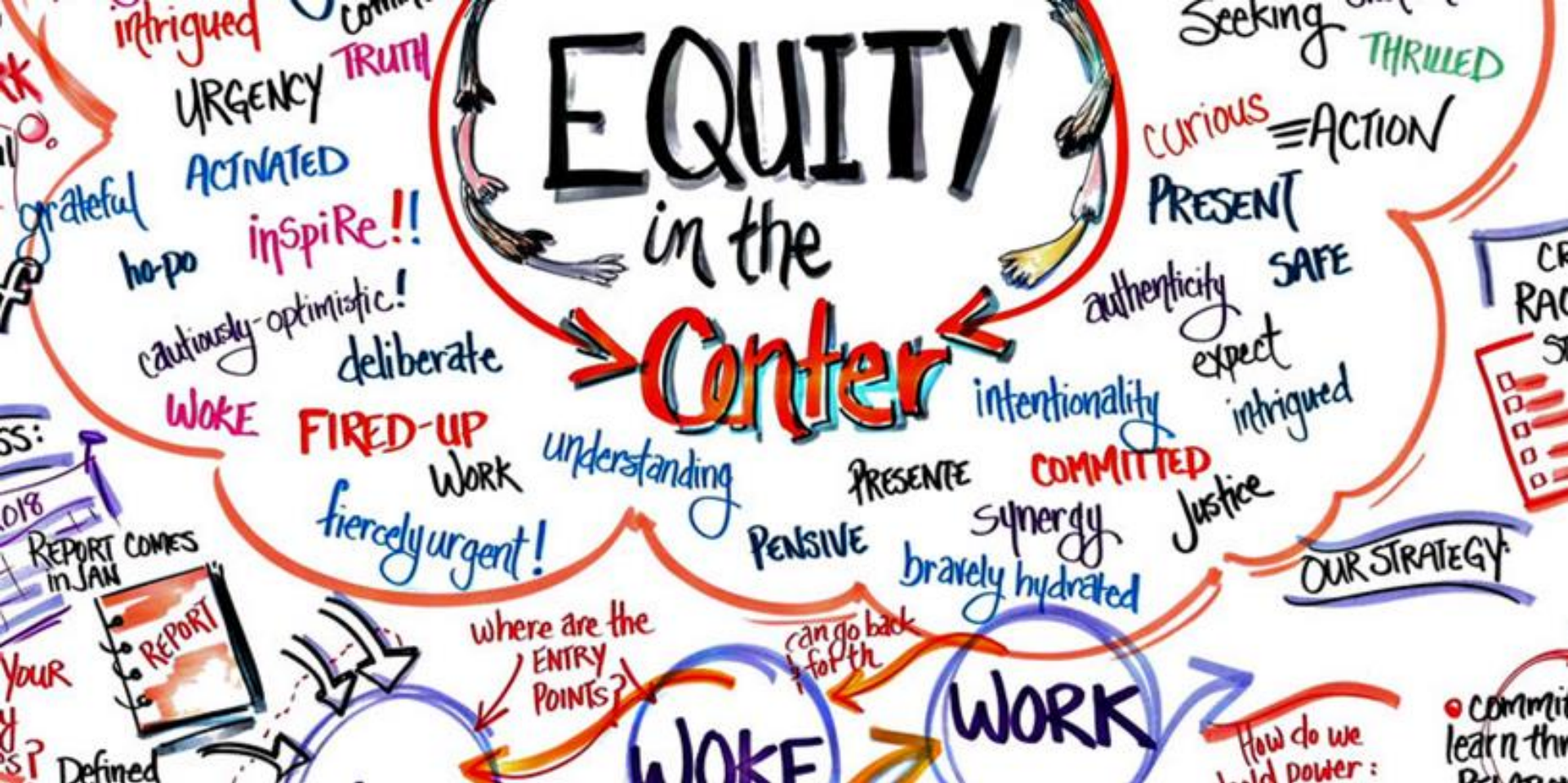




# ...to New Norm

Lessons learned from good projects and land use innovations are scaled up and systematized through policy and practice change





# What is Equity?

Image Source: Equity in the Center

# Equity in Decisions

- Procedural Equity
- Distributional Equity
- Structural Equity





# Equity in Infrastructure Investment



# Four strategies to embed equity in land use policies to improve mental health and well-being



# Strategy 1

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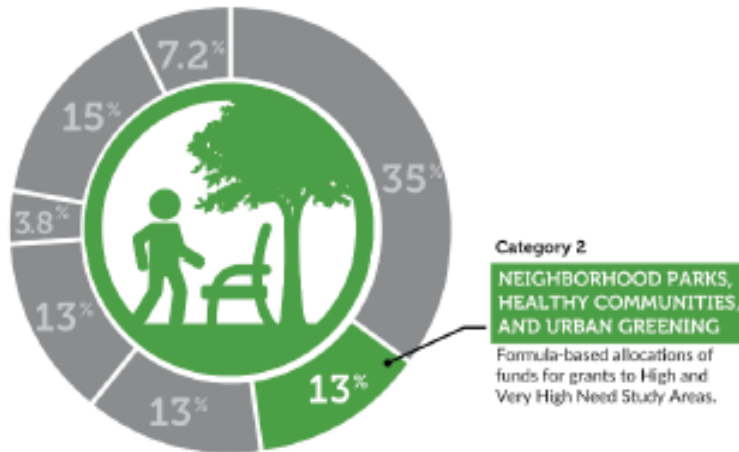


Increase the percentage of public funds invested in health-promoting infrastructure in low-income communities of color



# Los Angeles County Measure A

## Funding Amount and Cycle Frequency



Annual allocation: 13% of Measure A expenditure plan.

Grant Cycle: Annual

Recipients: High-Need or Very-High-Need Study Areas as identified in the most current PNA or UPNA.

Study Area Allocation Amount:  
Calculated by Study Area using the Per Capita Improvements formula as

# Strategy 2



Build capacity in government, the private sector, and community-based organizations for broad-based and inclusive community engagement in land use planning & policymaking



...The goal here is to enable full and ongoing participation in meaningful, respectful forums that level the playing field with those who have traditionally benefited from professional, technical, or economic advantage.

--Prevention Institute,

A Time of Opportunity: Water, Health and Equity in the Los Angeles Region (2017)





# Local Outreach Standards

Seattle, Washington

- Inclusive Outreach and Public Engagement Guide
- Establishment of the Community Involvement Commission



# Strategy 3



Accelerate land use innovations and demonstration policies and projects in low-income communities of color, and scale up successful pilots to drive policy change





**Medellin, Colombia**



# Strategy 4

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Foster cross-government collaboration to embed health and equity in all land use decisions

# Richmond, CA Health in All Policies





# Moving Forward: Building Mental Health and Well-being into Land Use Practices and the Built Environment



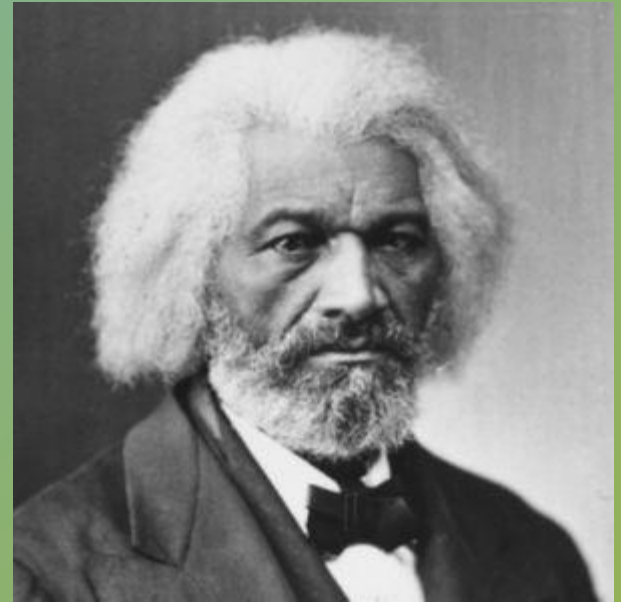
Activity:  
Embedding  
Mental Health &  
Well-being in Land  
Use Decisions



“

If there is no struggle,  
there is no progress.

--Frederick Douglass, 1857



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# Strategic Opportunities to Create a Healthy, Equitable Land Use System in Los Angeles



**About the HEALU Network:** The Healthy, Equitable, Active Land Use Network (HEALU Network) was formed to promote policies and practices in Los Angeles' land use system that support health and social equity. The HEALU Network represents broad topical expertise—active transportation, parks and open space, affordable housing, environmental law, public health, and more—and varying approaches, from grassroots organizing to community development to strategic policy advocacy, across Los Angeles' diverse landscape. We are joined by a shared belief that healthy, equitable land use can be intentionally produced through strategic multi-sector action. Together, we are committed to building a healthier, more equitable land use system in Los Angeles.

*This brief was prepared by Prevention Institute on behalf of the Healthy, Equitable, Active Land Use Network (HEALU Network) and represents a broad vision for achieving health equity through land use.*

*For a full list of HEALU Network partners and to learn more please visit [www.preventioninstitute.org](http://www.preventioninstitute.org).*







## Healthy Development **Without Displacement**

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Countering the Production of Health Inequities

## Ensuring the Opportunity for Health for All

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