YOUNG MINDS MATTER:
Communities Connecting for Well-being

WED., OCTOBER 23
HOUSTON, TEXAS
HILTON GALLERIA AREA
6780 Southwest Fwy

#YoungMindsMatter19
Exploring Pathways Between Mental Well-being and Land Use Issues

Like Parks, Housing, and Transportation

#YoungMindsMatter19
Goals of Today’s Workshop

• 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.
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
86.5 or more
82.5 to less than 86.5
78.5 to less than 82.5
74.5 to less than 78.5
70.5 to less than 74.5
Less than 70.5
Not shown

Source: UT Southwestern Medical Center
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

Image Source: Rice Design Alliance, Rice University
Highways Destroyed and Bypassed

Image Source: CalTrans
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

Source: LA Progressive
...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.

Source: Los Angeles County Supervisor Hilda Solis
From Challenge...

Land is valued for financial profit over public good

Source: Pilsen-Humboldt Park Anti-Gentrification Group
Mental health, equity, and community well-being are central to the value of land.
From Challenge...

Residents are engaged haphazardly

Source: Curbed Seattle
...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

Comprehensive, multi-sector action breaks down silos
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.”

Source: Office of New York State Senator Brad Hoylman
Lessons learned from good projects and land use innovations are scaled up and systematized through policy and practice change.

Source: Los Angeles City Councilmember Jose Huizar
What is Equity?
Equity in Decisions

- Procedural Equity
- Distributional Equity
- Structural Equity
Equity in Infrastructure Investment

Past Disadvantage  Current Participation  Future Consequences

Source: USC Program for Environmental and Regional Equity
Four strategies to embed equity in land use policies to improve mental health and well-being
Strategy 1

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

Image Source: Los Angeles Neighborhood Land Trust
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.

Image Source: Healthy City
...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,
Local Outreach Standards

Seattle, Washington

• Inclusive Outreach and Public Engagement Guide

• Establishment of the Community Involvement Commission

Image Sources: City of Seattle
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

Foster cross-government collaboration to embed health and equity in all land use decisions.
Richmond, CA Health in All Policies

Health in All Policies Report

City of Richmond, California
www.richmondhealth.org

Image Source: City of Richmond, CA
Moving Forward: Building Mental Health and Well-being into Land Use Practices and the Built Environment

Image Source: Los Angeles Neighborhood Land Trust
Activity: Embedding Mental Health & Well-being in Land Use Decisions
If there is no struggle, there is no progress.

--Frederick Douglass, 1857
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 united 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.
Healthy Development
Without Displacement
Realizing the Vision of Healthy Communities for All

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Countering the Production of Health Inequities
Ensuring the Opportunity for Health for All

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Manal J. Aboelata, MPH
Deputy Executive Director
Manal@preventioninstitute.org
323-294-4527 x 310

Jasneet Bains, MPH MURP
Program Coordinator
Jasneet@preventioninstitute.org
323-294-4527 x 338

PreventionInstitute.org   @preventioninst