

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

Like Parks, Housing, and Transportation

#YoungMindsMatter19



Prevention Institute



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

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.

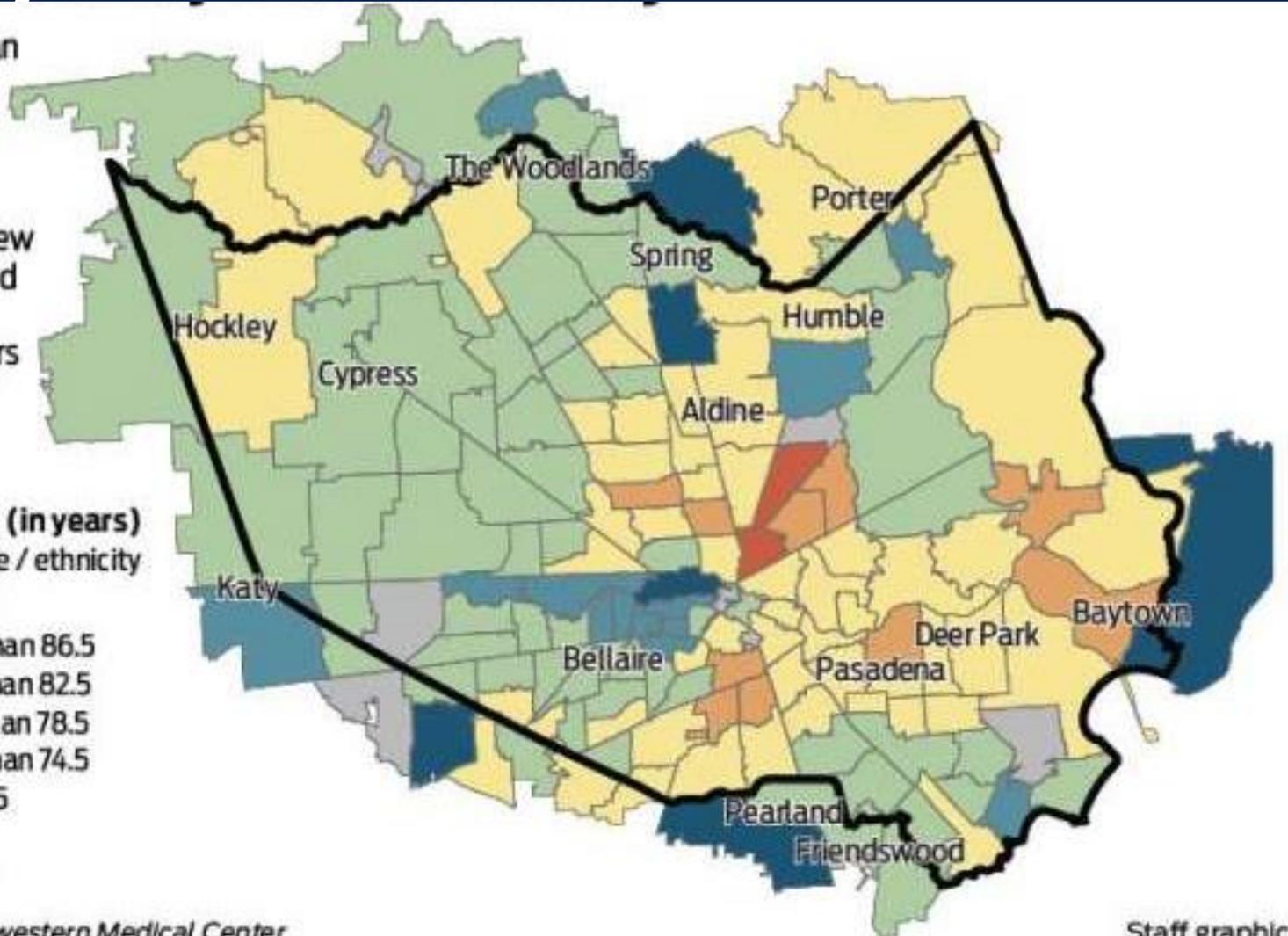
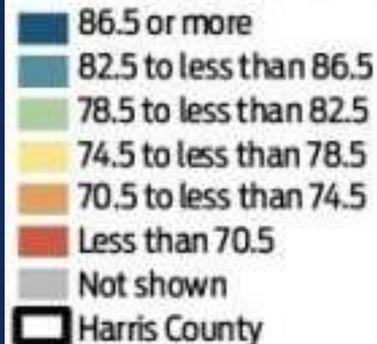
-- Robert Wood Johnson Foundation



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.

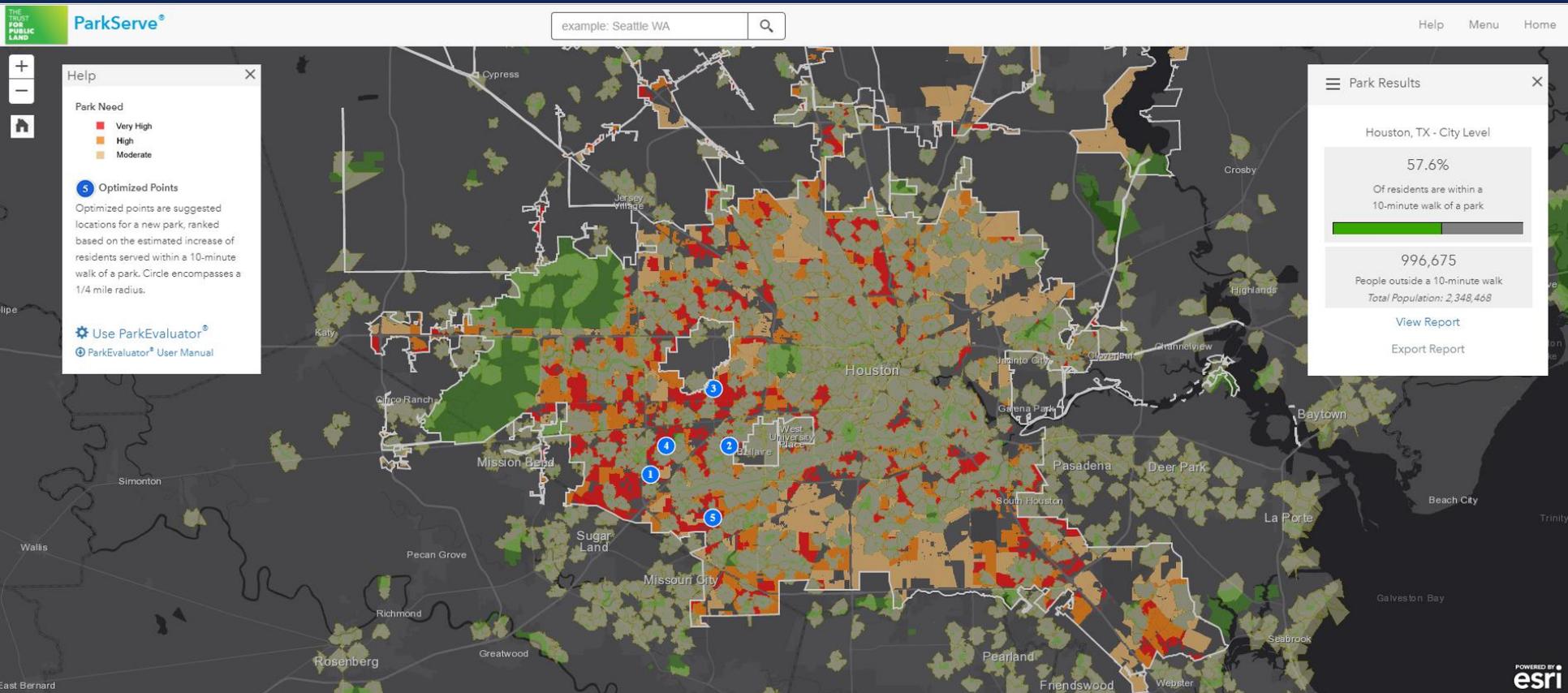
Life expectancy (in years)
Combined | All race / ethnicity



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

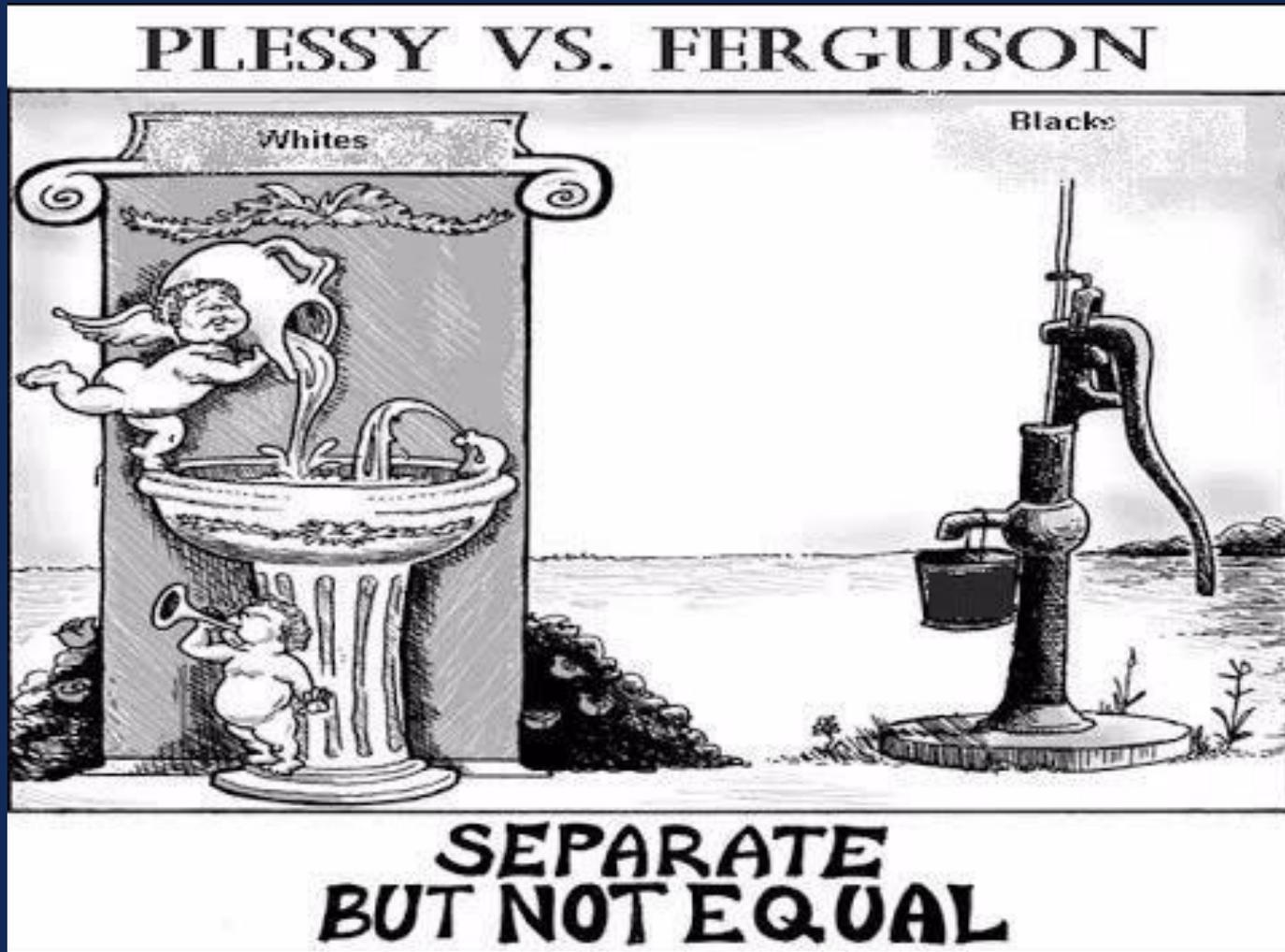


**“The built environment is social policy
in concrete.”**

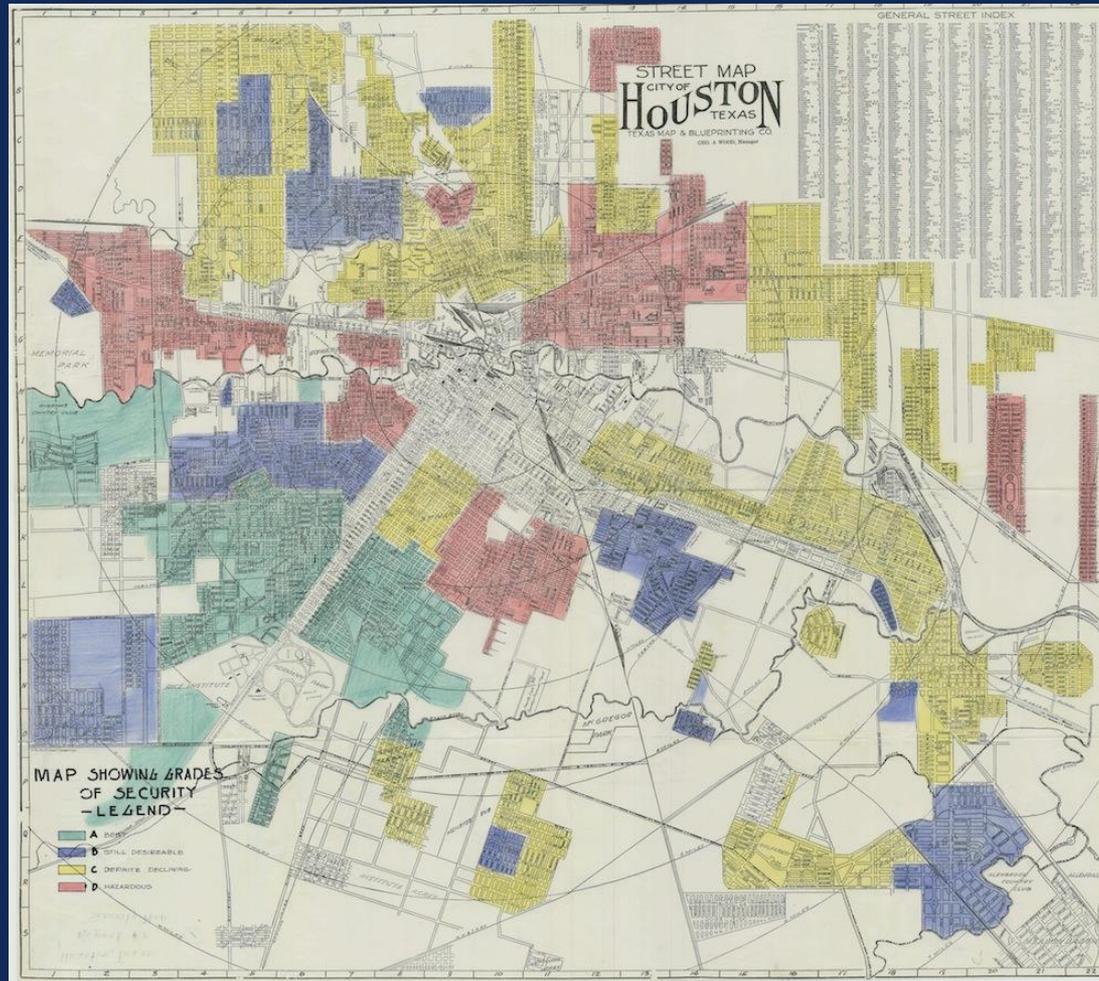
-Dr. Richard J. Jackson

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...

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

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

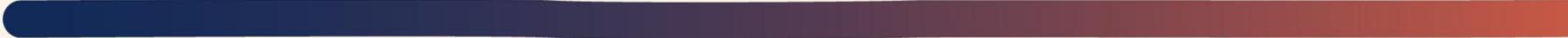


Equity in Decisions

- 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



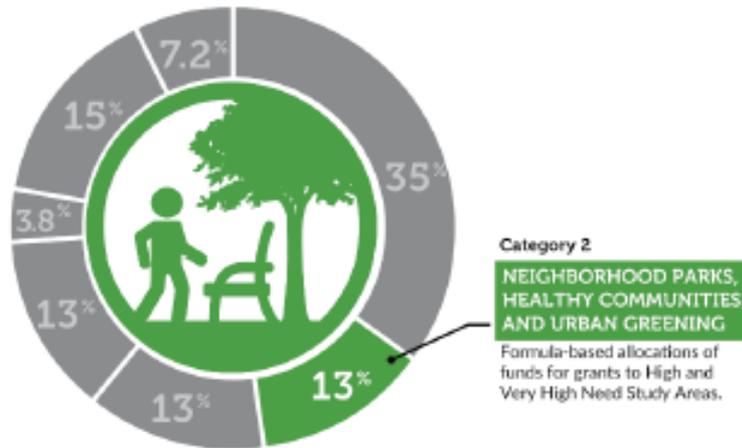
Strategy 1



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



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

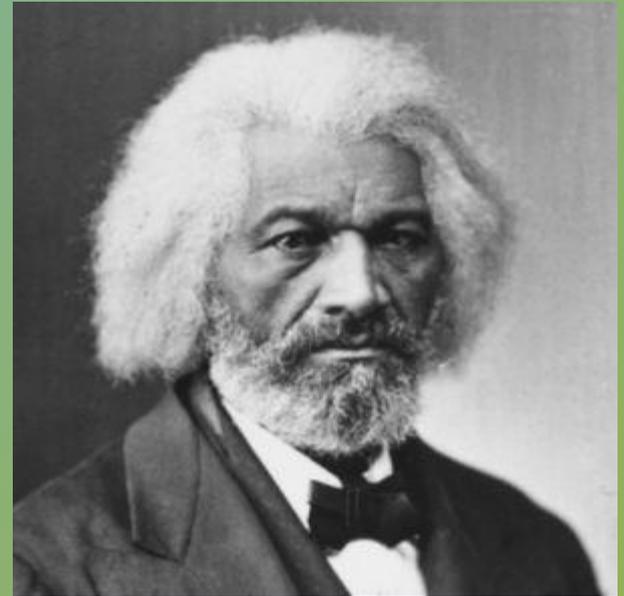
Activity:
Embedding
Mental Health &
Well-being in Land
Use Decisions



“

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.





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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