

OUR HEALTHY COMMUNITY

GOAL

Make South Pasadena a healthy and safe place where everyone feels they can be active in family, community, and neighborhood life; where they help each other, contribute to the vitality of the city, and create a sense of belonging among all residents; and have access to nutritious food.

INTRODUCTION

Good health is central to human happiness and well-being. Health makes an important contribution to economic progress, as people live longer, are more productive, and save more. South Pasadena invests in people so that all families and individuals can meet their basic needs, share in our economic prosperity, and participate in building a safe, healthy, educated, just and caring community.

Genes, diet, and physical activity influence health. Where we live and what we eat are better predictor of long-term health than genetic code.

Streets and land use patterns that promote walking, network of complete streets, access to nature, clean water and air, and healthy food can directly improve health and indirectly influence behavioral choices. The social relationships formed around common values, arts and culture, education, family, and age groups is also important to health of the residents.

Improvements to the built and natural environment, education, and marketing strategies can nudge people towards healthy behavior. This section will address building community capacity through programs, services, activities, and citizen involvement to make the places we live, work and play, healthy, welcoming, safe, and engaging.

Public health requires an interdisciplinary approach. The Goals and Policies and Action included in this section are interrelated and support the implementation of many other General Plan priorities.

125 total deaths					
369 years of life lost before age 75					
Leading cause of death			Leading causes of premature death among persons aged 1-74 years		
Rank	Cause of Death	Nos. of Death*	Rank	Cause of Death	Yrs. of Life Lost Before 75
1	Coronary heart disease	31	1	Coronary heart disease	76
2	Stroke	8	2	Lung Cancer	56
3	Alzheimer's disease	7	3	Suicide	n/a
4	Lung cancer	6	4	HIV	n/a
5	Pneumonia/Influenza	6	5	Birth defect	n/a

SOUTH PASADENA HEALTH

Leading Causes of Death and Premature Death in South Pasadena, 2013. Source: Los Angeles County Department of Public Health (DPH), OHAE, Linked 2013 California DPH Death Statistical Master File for LAC residents.

Adults 18+years old who are obese

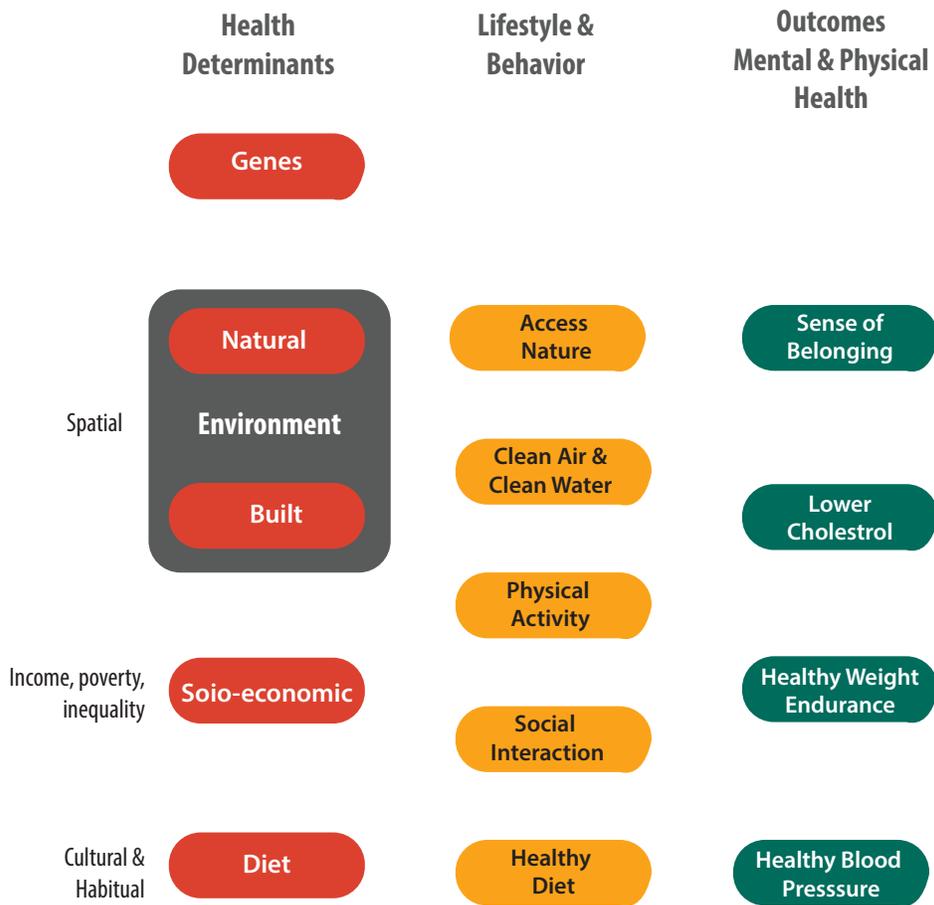
LA County: 23.6%

South Pasadena: 7.1%

Childhood Obesity

South Pasadena: 7.3%

Health indicators for South Pasadena are better than LA County and most cities in San Gabriel Valley.



FOCUS AREAS

1. Active Living

Active living is a way of life that integrates physical activity into daily routines. Active living can lengthen and improve the quality of life of its residents. Active lifestyle can reduce risks of being overweight, or suffering from cardiovascular diseases, Type 2 diabetes and a range of physical and mental ailments.

South Pasadena will make active living the easy choice. Physical activity occurs in many ways:

- Functional Activity (everyday home and work activity such as gardening, cleaning, or work to earn a living);
- Active Transportation (walking or biking to school, work, park, or to shop); and
- Active Recreation (playing sports, and walking for enjoyment or to get in shape).

The design of natural and built environment can facilitate active transportation and recreation while promoting a lifestyle wherein the healthy behavior also carries forth into daily private functional activity.

The South Pasadena Unified School District (SPUSD) recognizes that athletics play an integral role in the mental and physical development of young adults. During the 2016-17 school year over 400 different students participated in 46 different teams as part of South Pasadena's athletic program. Overall, SPHS varsity teams amassed 5 league team championships. The SPUSD provides a planned, sequential health education curriculum for students in grades K-12 that is research based and age appropriate. Each year, hundreds of elementary and middle school students attend After School Enrichment program classes ranging from visual and performing arts, sports, science and technology. These classes provide physical and mental enrichment opportunities for interested students.

The SPUSD actively promotes walk to school days and walking school bus. A walking school bus is a group of children walking to school with one or more adults. A variation on the walking school bus is the bicycle train, in which adults supervise children riding their bikes to school.

As life expectancy exceeds the age at which many residents typically stop or significantly limit driving, the need for increased and enhanced mobility options to enable residents to age in place will become more urgent. For many older residents, a lack of multi-modal mobility options poses a challenge to remaining independent.

A well-planned, multi-modal, and efficient transportation system supports social connections, delivers proper means to respond to daily needs, and minimizes social isolation for older people. Walking on sidewalks and pathways that are safe, well

designed, connected, and free from physical barriers represents a crucial way of moving around and across cities for older people.

Dial-A-Ride is a transportation service for South Pasadena residents who are over 55 years of age, and/or residents with a disability. The vehicles consist of two large CNG buses and three CNG vans. Wheelchair lifts are available in all vehicles. Registration is required and all rides are by appointment only. Transportation is provided to and from any location within the South Pasadena City limits, and some medical offices in adjacent cities.

The South Pasadena Senior Center currently offers a comprehensive range of health education and awareness programs such as periodic screening of blood pressure, glucose, hearing, vision, bone density; Stroke Awareness and Coping Support Groups; two to three lectures per month on healthy living; podiatry foot clinic; workshops on hospice and palliative care and Braille Institute lectures. The Spring Health Fair brings 45+ vendors offering information on maintaining independence in the home (*Aging in Place*); variety of health screenings and lectures by physicians. Over 350 seniors attend the Health Fair.

POLICIES AND ACTIONS

P6.X Promote higher density mix of uses that encourage physical activity.

A6.X Provide a mix of land uses within new infill projects in the downtown area and neighborhood centers.

A6.X Activate the ground floor with retail and service uses with attractive and engaging store frontages.

P6.X Lead with roadway design that prioritizes safety. Promote safe networks of complete streets that facilitate safe and comfortable walking and biking.

A6.X Create safe and well-connected street networks for walking and biking to improve access to destinations, school zones, and other community services. **SE**

A6.X Provide infrastructure to support biking.

A6.X Teach children safe walking and biking behaviors. Implement walk to school days, walking school buses, and similar other events.

A6.X Expand multi-modal mobility choices residents need to remain independent as they age. **AP, SE, VZ**

A6.X Partner with law enforcement and community groups to reduce the frequency of crime and traffic safety problems.

2. Mental Well-Being

Engaging in physical activity not only improves fitness but also makes us feel better. Health benefits from social interaction include reduced risks for health issues such as depression, high blood pressure, and cardiovascular problems. Through involvement in civic and neighborhood activities, people see the impact of their actions, recognize the difference they make, and can build supportive relationships with the people around them. This reinforces the understanding that personal well-being and connection to community are crucial to the development of a vibrant, growing community. South Pasadena can support relationship-building by encouraging the participation of all members of the community.

Social and personal factors such as fulfilling relationship with family and friends, job, personal outlook and interest in others, and good physical health play a significant role in mental wellness.

In addition, urban environmental conditions such as stress from commute, street danger, lack of physical activity, or contact with nature affect mood. Because people spend approximately 90 percent of their time indoors, buildings play a critical role in minimizing exposure to toxins and protecting the health of occupants. Noise pollution and poor lighting can take their toll on stress levels, whereas the restorative effects of natural environments, daylighting, and quiet spaces can positively affect physical and mental health.

Social Services Program: The South Pasadena Senior Center provide one-on-one counseling to assist with depression, coping the loss; adjusting to a retirement; getting involved with Senior Center programs.

In 2017, the City conducted a needs assessment survey with home bound adults and from the findings put together program guidelines for implementing a “Home Visitor Program” to meet the socio-emotional needs of the population. The program seeks to reduce some of symptoms of being home bound i.e.: loneliness, lack of socialization; loss of Nutrition; and depression.

Brief findings of the needs assessment survey:

- 70% surveyed wanted someone to speak/socialize with;
- 40 %surveyed wanted a visitor at least two times per month;
- 40% surveyed had difficulty moving around their home;
- 40% surveyed need help with daily tasks in their home.

Schools: Students presenting with social-emotional and/or behavioral needs in the educational setting are provided with appropriate school-based counseling support. Students experiencing social-emotional and/or behavioral needs at home or in the community, but not at school, are provided with mental health referrals to outside agencies.

Unique among most CA districts, SPUSD’s three elementary school sites are staffed with School Counselors available to provide immediate, short-term supports. The middle school has three full-time Counselors, and high school has six full-time Counselors.

Initiated in 2014 at South Pasadena Middle and High Schools, *Train Your Brain* (TYB) is a coordinated social-emotional and behavioral care program designed to support the needs of our adolescent students. Based upon a number of research-based strategies, including Positive Behavior Interventions & Supports, Mindfulness & Self-Regulation, and Cognitive-Behavioral Therapy, TYB implementation has already contributed to a more positive atmosphere at both sites and a greater sense of acceptance, competence, belonging, and connectedness – all powerful “antidotes” to the many stressors experienced by young people today.

Elementary and secondary students requiring higher levels of counseling support may be referred for a special education evaluation and provided more-formalized services.

The West San Gabriel Valley Mental Health Evaluation Team (WSGV MET) is a joint effort between Arcadia, Irwindale, Monrovia, South Pasadena Police Departments and the LA County Department of Mental Health. The WSGV MET was created to assist patrol officers in their contacts with those suffering with mental illness and provide support, field intervention and if needed, placement into a mental health facility. Each police department provides an officer to partner with a mental health clinician on a rotating basis, and handles calls involving mental health crises or assist those in need of social services throughout the partnered cities.

Noise

Sounds can be pleasant and relaxing such as sounds from birds, water, leaves rustling, or children playing at a distance. Natural sounds enhance the appreciation of a place and should be encouraged.

Sounds can also become unwanted noise. Chronic noise from traffic, trains, commercial and entertainment uses, noisy neighbors can adversely affect mental tranquility. Noises should be reduced at the source or mitigated with careful design and placement of uses and noise barriers.

The purpose of this section is to identify noise-sensitive land uses and the most predominant sources of noise in the community, and limit the exposure of the community to excessive noise levels.

Context

Insert Existing Noise Contours map

Federal, State, and City Criteria

Insert Examples of daytime outdoor noise levels. Source: Community Noise, EPA, 1971.

Insert Environmental Protection Agency Noise Guidelines
Insert Federal Highway Administration Noise Criteria
Insert Typical Noise Levels. Source: Caltrans's Technical Noise Supplement to the Traffic Noise Analysis Protocol

Potential Impacts

Insert Future Noise Contours map

Recommended Mitigations

Insert South Pasadena Land Use/Noise Compatibility Matrix

POLICIES AND ACTIONS

P6.X Promote opportunities for people to build connections with their peers, neighbors, and the greater community supporting inter-generational and inter-cultural programs, activities, and events. **AP, SE**

A6.X Engage residents in community conversations and volunteer opportunities so they can find fulfillment in ways that benefit themselves and the community.

P6.X Facilitate contact with nature through network of public and private green space.
AP, SE, VZ

A6.X Prioritize new parks in areas underserved by parks and open space.

A6.X Remove barriers and enhance access to existing parks.

A6.X Amend development regulations to require new development to provide a range of public and private open spaces.

PX.6 Harnesses naturally occurring power of the sun, direction of wind and other climatic effects to maintain consistent indoor temperatures and occupant comfort.

A6.X Encourage correct orientation of buildings with appropriate fenestration that bring natural light into buildings.

P6.X Reduce the prevalence of unpleasant noise and smell.

A6.X Manage relationship between homes and major noise sources through zoning and environmental review and design measures.

A6.X Provide educational materials and programs that inform the public about noise and pollution risks of gas powered outdoor maintenance and encourage use of alternative environmentally sensitive solutions.

3. Access to Nutritious and Affordable Food

Our food system has become largely invisible to us and we have become complacent about food supply. What we eat and drink directly affects our health. Unhealthy foods and drinks tend to be cheaper and readily available and are contributing to obesity and cardiovascular disease trends. Thoughtful integration of strategies that promote access to healthy food can bolster health, sustainability, and the appeal of neighborhoods.

To bring food back into our lives, we will need to retool skills such as sourcing local food (both shopping and foraging wild edibles), cooking from scratch, home and community gardening, and canning and preserving.

The South Pasadena Community Garden brings together people of all generations and cultures to learn about and participate in growing their own organic fruits, vegetables and flowers. The garden has 36 plots available for lease.

All five schools in South Pasadena have edible gardens. School gardens paired with nutrition education reinforce classroom learning with hands-on learning and inculcates life-long healthy eating habits. The high school students occasionally prepare their meals using produce grown at schools. The school food service program offers affordable nutritious food within the age specific calorie requirements. South Pasadena Education Foundation has provided a grant for middle school students of culinary and engineering classes to work together to design, build, and maintain a FarmBot Greenhouse. FarmBot is an open source precision farming robot that is installed atop and around a small garden to plant, water, monitor growth, and remove weeds.

For almost two decades, the Award-Winning South Pasadena Farmers Market located next to the Gold Line Station brings local produce to the community. Every Thursday evening, the Farmers Market gives all people access to fresh fruits and vegetables through Nutritional Assistance Programs, WIC (Women, Infants, Children,) and the Senior Farmers' Market Nutritional Program as well as Cal Fresh (EBT).

The Senior Center has worked with many local food establishments that are interested in participating in a food bank. The key to continued success of the program depends on having sustained volunteer pick-up and deliver food to home-bound seniors.

Policies and Actions

P6.X Support efforts to expand access to affordable and nutritious food for all people in South Pasadena. **AP, SE**

A6.X Collaborate with local advocates to identify sites with urban agriculture potential. Support local agriculture on vacant land identified for urban agriculture development.

P6.X Encourage local food production, processing, and distribution to the greatest extent possible. **SE**

A6.X Continue to support farmers' market, fresh food stands, community gardens, community kitchens, and other collaborative initiatives to provide healthy foods, promote food security, and build community.

A6.X Encourage restaurants to serve locally sourced foods. Support businesses that offer healthy foods.

P6.X Encourage healthy eating habits and healthy eating messages. **AP, SE**

A6.X Prepare and distribute information about healthy eating habits.

A6.X Encourage restaurants to provide nutritional information for menu items.