

OUR HEALTHY COMMUNITY

The focus group discussions identified three health related topics for the General Plan and the Downtown Specific Plan: active living, mental well-being and access to nutritious and affordable food.

1. Active Living

Design of downtown streets, alleys, open spaces, and buildings can make a significant impact by increasing opportunities for physical activity in daily life. Good pedestrian and bicycle infrastructure; access to parks and open spaces; and building designs that encourage regular stair use can increase physical activity and lower body weight and risk of cardiovascular diseases.

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.

A6.X Activate the ground floor uses along Mission Street and Fair Oaks Avenue with attractive and engaging store frontages, and maximize transparency of facades at ground level to increase visual interest and promote walkability.

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

A6.X Repurpose Mission Street and Fair Oaks Avenue to include safe and well-connected street networks for walking and biking, and to improve access to destinations and other community services.

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

A6.X To augment pedestrian activity and social interaction along Mission Street, and to provide more sidewalk space, provide a series of parklets distributed throughout the street.

A6.X For blocks over 400 feet long on Mission Street, provide mid-block crossings that encourage pedestrian activity along and across the street.

A6.X Pave and enhanced with string lights Pico Alley, east of the Gold Line station, so it becomes a quiet gathering space as well as an important pedestrian connection from the station to the eastern blocks, without getting onto Mission Street.

A6.X Pave and enhance with trees and string lights Edison Alley, behind the Rialto, so it becomes a distinct north-south pedestrian connection, connecting the Rialto to Mission Street.

P6 X Increase infrastructure that supports biking. **SE, VZ**

A6.X Encourage existing and new development to provide secure indoor bicycle parking in the form of indoor racks or storage rooms to ensure security and weather protection, and provide outdoor bike racks.

A6.X Set up a bike-share program in the downtown area to provide access to bikes for residents or tenants on an as-needed basis.

P6 X Repurpose vacant and underutilized spaces that detract from the vitality in the Downtown area for active living.

A6.X Collaborate with downtown residents and merchants to leverage and repurpose vacant and underutilized lots with temporary or permanent active living and mental well-being activities such as community gardens, open spaces, or pop-up events and festivals.

P6.X Promote a healthy community by providing for Aging in Place in residential development designs. **AP**

A6.X Encourage a mix of housing types and housing units that increase the proportion of areas usable by a wide spectrum of people, regardless of age or ability.

P6.X Design buildings to encourage physical activity.

A6.X Require new development to provide open stairs near the entrance; use aesthetic treatments such as vivid colors, artwork, and music; and treat stairs with the same finishing standards as other public corridors in the building.

Mental Well-Being

Social interaction builds self-esteem, self-confidence, and increases sense of belongingness in a community, which helps us cope with life's challenges, and mitigates feelings of loneliness, anxiety and isolation. A walkable Downtown provide opportunities for natural, daily social interaction. Mixed-land use with welcoming shopfronts and nearby amenities, allow people to browse and interact with other people. Parklets and

benches along street and multi-use public open spaces where people can get together for cooperative community events, increase opportunities for participation and volunteering.

Nature, when provided as parks and tree-lined walkways and incorporated into building design, provides calming and inspiring environments and encourages learning, inquisitiveness, and alertness.

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. Landscape maintenance machines (mowers, leaf blowers) operate at levels up to 110 decibels — clearly worker health is a concern, as is that of the residents that are subjected to this excessive noise, often for long periods.

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

P6.X Expand the opportunities in the Downtown area to interact with nature within the streets, open spaces, and buildings. **AP, SE**

A6.X Incorporate street trees, street side planters, parklets into street and alley design.

A6.X Encourage contact with nature through network of public and private green space.

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. **AP, SE**

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

Food is as essential to health and well-being as air and water. People choose among foods that are readily available. Information about nutrition helps residents make healthier food choices. The downtown area has access to several grocery stores located on Fair Oaks Avenue and Mission Street.

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).

Community gardens help increase the availability and appreciation for fresh fruits and vegetable, in addition to providing an opportunity for exercise, green space, and a place for community gatherings.

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 Encourage the use of vacant lots for community gardens.

A6.X Identify and inventory potential community garden/urban farm sites on existing parks, public easements and right-of-ways, and schoolyards, and prioritize site use as communities gardens in appropriate locations.

A6.X Encourage new building construction to incorporate green roofs, and encourage conversions of existing roof space to green roofs, to maximize opportunities for gardening.

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 Downtown restaurants to serve locally sourced foods and provide nutritional information. Support businesses that offer healthy foods.

P6.X Avoid a concentration of unhealthy food providers within the Downtown area. **SE**

A6.X Ban drive-through food outlets within Downtown area.

A6.X Restrict approvals of new liquor stores or retailers that sell alcohol for off-site consumption.