

City of Shasta Lake Health Impact Assessment (HIA)

Goals, Objectives and Policy Recommendations

CHRONIC DISEASE PREVENTION GOAL:

Prevent obesity and reduce the incidence of associated chronic diseases, like heart disease, diabetes and cancer, among the residents of the City of Shasta Lake.

Chronic Disease Prevention Objective #1:

Ensure that residents have the opportunity to walk, bike or use public transportation to meet their daily needs.

Policy Recommendations	HC Element	Other Elements or Placement
1. Establish minimum standards for the ratio of bike lanes and paths to miles of road.		C, AQ
2. Ensure new roadways and facilities can accommodate public transit.		C, AQ
3. Ensure new public and private development accommodates public transit.		C, AQ
4. Provide bicycle and pedestrian corridors in heavy traffic areas and incorporate design elements such as shade trees and other plantings, street furniture, attractive building frontages and other pedestrian oriented elements to encourage alternative transportation.		C, AQ
5. Bicycle and pedestrian routes shall lead to schools, shopping areas, areas of employment and recreational areas and shall connect with regional bikeway systems.		C, AQ
6. Establish a policy to provide incentives for mixed use, pedestrian and transit-oriented development.		LU, AQ
7. Establish a policy to provide incentives for urban infill development on vacant and underutilized parcels.		LU
<u>Implementation Measures</u>		
1. Update the city's bike plan every five years.		C ; Updated in 2009.
2. During the development review process, coordinate with public transit on appropriate standards for bus turnouts, bus shelters and other public transit amenities.		C, AQ
3. Explore potential locations for Park-and-Ride facilities in the City.		C, AQ
4. Give mixed use development priority in application processing.		HE
5. Adopt density minimums (as opposed to density maximums) for residential, commercial and retail development to ensure development that supports transit and walkable/bikable environments.		LU, C, AQ
6. Identify suitable areas and consider adopting mixed-use residential, commercial, and office zoning to encourage active circulation (walking and bicycling) to reduce dependence on cars, improve access to daily goods and services, promote small business development and increase opportunities for social interaction and natural surveillance.		LU, AQ
7. Enhance and support walking and bicycling activities, especially walking to and from jobs, thus reducing automobile dependency and demands upon the transportation system.		LU, C
8. Work with transit providers to improve transit routes, frequency and level of service to adequately serve the mobility needs of Shasta Lake residents, including those dependent on public transit in a cost-effective manner.		C, AQ

Chronic Disease Prevention Objective #2:

New neighborhoods will include access to high-quality parks and recreational opportunities.

Policy Recommendations	HC Element	Other Elements or Placement
1. Establish a Parks and Recreation Department.		OS
2. Ensure that the city has adequate recreational facilities and programs.		OS
3. During the development review process, consider the development of multiuse trails that connect to regional trails and link neighborhoods to schools, shopping areas, areas of employment and recreational areas.		OS

Implementation Measures

1. Increase and market the diversity of recreational programs offered to residents.		OS
2. For new development, require new parks and recreational facilities and the establishment of Landscaping and Lighting districts, homeowner’s associations or other funding mechanisms to maintain those facilities.		OS
3. Consider the possibility of establishing a citywide Landscaping and Lighting District for maintenance of existing parks.		OS
4. Consider use of redevelopment funds and grants to improve existing parks.		OS
5. Require the dedication of trail easements as appropriate for new development.		OS

Chronic Disease Prevention Objective #3:

All new school locations will be developed as an integral part of the community.

Policy Recommendations	HC Element	Other Elements or Placement
1. Encourage future school sites to be centrally located near neighborhoods.		LU
2. Promote joint-use projects to facilitate Parks and Recreation programs in collaboration with the School District.		LU

Implementation Measures

1. During the development review process, coordinate with the School District to identify the need for new schools and the possibility of renovating existing buildings to be used as school sites.		LU
2. Identify possibilities for establishing joint-use parks on school sites and using school facilities for after school use by the community for recreational, cultural and other compatible uses.		LU

Chronic Disease Prevention Objective #4:

The number of opportunities for residents to purchase fresh fruits and vegetables will be increased by ensuring that sources of healthy foods are accessible to all neighborhoods.

Policy Recommendation	HC Element	Other Elements or Placement
1. Develop a policy requiring the creation of community gardens throughout the City.		LU
2. Encourage the operation of at least one farmers’ market in the City of Shasta Lake at least one time per week from May to September.		LU
3. Promote farmers’ market, farm stands, and community gardens in the city.		LU

Implementation Measures

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| 1. Establish a community garden standard of at least one community garden for every 2,500 households. | LU |
| 2. Prioritize the establishment of new community gardens in neighborhoods that are underserved by other open space and healthy eating opportunities. | LU |
| 3. Review zoning and opportunities for mixed-use development to ensure residents have easy access to a full-service grocery store, fresh produce market, an ethnic market or a convenience store that stocks fresh produce. | LU |
| 4. Identify existing and potential community garden sites including parks; recreation and senior centers; public easements and right-of-ways; and surplus property, and give high priority to community gardens in appropriate locations. | LU |
| 5. Adopt zoning regulations that establish community gardens as a permitted use in appropriate locations. | LU |
| 6. Identify potential farmers' market sites on public property, including parks, school and other institutions; on private property, including medical clinics and commercial centers; and, where feasible, on streets using street closure. | LU |
| 7. Work with local public health professionals to disseminate information about healthful eating habits. | LU |

Chronic Disease Prevention Objective #5:

A concentration of unhealthy food providers within neighborhoods will be avoided.

Policy Recommendations

HC Element Other Elements or Placement

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| 1. Reduce the density of fast food restaurants in the city. | LU |
| 2. Encourage restaurants that serve healthy food options. | |

Implementation Measures

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| 1. Adopt zoning regulations that establish a density maximum of fast food restaurants allowed in the city and encourage healthier retail food outlets. | LU |
| 2. Adopt zoning regulations that limit the number of drive-through food outlets or those within certain geographic areas (e.g., near schools). | LU |
| 3. Require conditional use permits for all fast food restaurants. | LU |

Chronic Disease Prevention Objective #6:

Chronic diseases associated with problem drinking will be reduced among all age groups in the City of Shasta Lake.

Policy Recommendations

HC Element Other Elements or Placement

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| 1. Reduce the density of retail alcohol outlets. | LU |
| 2. Reduce the availability of alcohol to minors. | LU |

Implementation Measures

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| 1. Adopt zoning regulations that require separation between alcohol outlets and residences, schools, parks and playgrounds. | LU |
| 2. Require conditional use permits for facilities that wish to begin selling alcohol, including limiting the hours of operation. | LU |
| 3. Consider adopting a social host ordinance (a city law that would hold youth and adults accountable for allowing underage drinking parties on their premises). | |

INJURY PREVENTION GOAL: The incidence of injury and fatalities incurred by city residents due to motor vehicle collisions will be reduced.

Injury Prevention Objective #1:

Create a balanced transportation system that provides for the safety and mobility of pedestrians, bicyclists, those with strollers, and those in wheelchairs at least equal to that of auto drivers.

Policy Recommendations

HC Element Other Elements or Placement

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| 1. Identify minimum bicyclist and pedestrian level of service standards throughout the city. | C |
| 2. Require new developments to comply with safe street design standards. | C |

Implementation Measures

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| 1. Update the Circulation Element of the General Plan to ensure a balanced, multimodal transportation network that meets the needs of all users of streets, roads and highways, including motorists, pedestrians, bicyclists, children, persons with disabilities, seniors, movers of commercial goods and users of public transportation. | C |
| 2. Complete an assessment of the current level of bicycle service throughout the City. | C |
| 3. Complete an assessment of the current level of pedestrian service throughout the City. | C |
| 4. Create Class II bike lanes that run East/West and North/South throughout the city. | C |
| 5. During the development review process, identify appropriate traffic calming techniques such as medians, traffic circles, and bulb outs in residential areas. | C |
| 6. Consider adding medians with trees to Shasta Dam Boulevard. | C |
| 7. Require traffic impact studies for new development to analyze level of service standards for pedestrians and bicyclists as well as automobiles. | C |

Injury Prevention Objective #2:

Motor vehicle injuries associated with alcohol use will be reduced.

Policy Recommendations

Other Elements or Placement

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| 1. Reduce the density of retail alcohol outlets. | LU |
| 2. Reduce the availability of alcohol to minors. | LU |

Implementation Measures

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|--|----|
| 1. Adopt zoning regulations that require separation between alcohol outlets and residences, schools, parks and playgrounds. | LU |
| 2. Require conditional use permits for indoor and outdoor facilities that wish to begin selling alcohol, which should include limiting the hours of operation. | LU |
| 3. Consider adopting a social host ordinance (a city law that would hold youth and adults accountable for allowing underage drinking parties on their premises). | LU |

MENTAL WELLNESS GOAL:

Support development efforts that promote community mental well-being.

Mental Wellness Objective #1:

Existing parks, trails and open space opportunities within city limits will be expanded.

Policy Recommendations

HC Element	Other Elements or Placement
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| 1. Encourage new development that avoids sensitive open space areas. | LU |
| 2. Encourage greenways, trails and open space in all new developments. | LU |

Implementation Measures

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| 1. Establish a policy allowing for a density transfer when new development preserves open space areas and/or natural resources. | LU |
| 2. Require conservation easements for new development to ensure the long-term preservation and maintenance of open space areas. | LU |
| 3. Work with an public land trust organizations and conservation organizations to conduct a green-print of the city to assess the current available acreage of open space and develop strategies to maintain it. | LU |

Mental Wellness Objective #2:

Diverse opportunities will be created for residents to congregate and explore different venues of art and cultural diversity.

Policy Recommendations

HC Element	Other Elements or Placement
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| 1. Develop stronger art, cultural and volunteer programs. | LU |
| 2. Identify areas throughout the city that could be developed as a square or plaza. | LU |

Implementation Measures

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| 1. Work with local volunteer organizations (e.g., Shasta Lake Garden Project and service clubs) and explore funding opportunities for development of public art, culture and volunteer programs. | LU |
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Mental Wellness Objective #3:

Reduce preventable mental distress by ensuring residents have adequate housing, education and job opportunities.

Policy Recommendations

HC Element	Other Elements or Placement
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| 1. Partner with other agencies and organizations in the county to provide college education opportunities. | LU |
| 2. Attract and maintain quality jobs in the city. | LU |
| 3. Ensure a strong workforce that can compete in the regional economy. | LU |
| 4. Promote locally owned and cooperative enterprises and businesses in the city. | LU |
| 5. Promote mixed income neighborhoods. | LU, HE |
| 6. Support healthy aging in place and childhood development by promoting safe, "complete" streets and a range of housing types and affordability within neighborhoods. | LU, C, H |
| 7. Promote housing practices that support aging in place (e.g., universal design and multiple housing types available within neighborhoods). | LU, C, H |
| 8. Recognize street trees as an important technique for stress and crime reduction. | |

Implementation Measures

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| 1. Collaborate with educational institutions to bring satellite classes to Shasta Lake residents. | |
| 2. Consider adopting a local first hire ordinance that provides incentives to new businesses that hire local residents. | |
| 3. Work with the Shasta County Economic Development Corporation and Shasta County Superior Economic Development Corporation to attract quality businesses and industries, provide job training, disseminate information on tax credits and provide other workforce development programs. | |
| 4. Work with the small business development center to market their programs to Shasta Lake residents. | |
| 5. Consider development of an incentive program that encourages mixed-use development and the inclusion of affordable housing units in all neighborhoods throughout the city. | LU, HE |
| 6. Establish design standards that promote social interaction such as rear entry garages, front porches and set backs that establish a relationship between the house and surrounding neighborhood. | LU, HE |

Mental Wellness Objective #4:

Reduce preventable mental distress by pursuing an integrated strategy to reduce street crime.

Policy Recommendations

HC Element	Other Elements or Placement
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| 1. Work with local law enforcement agencies on implementation of programs designed to reduce street crime. | |
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Implementation Measures

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| 1. Collaborate with local law enforcement to disseminate information on programs that engage community residents (e.g., neighborhood watch, citizens’ patrol). | |
| 2. Consider adoption of street design guidelines that incorporate strategies for Crime Prevention Through Environmental Design (CPTED) (e.g., defensible space, “eyes on the street,” and pedestrian-friendly lighting) without creating barriers that disconnect neighborhoods. | LU, C |

Mental Wellness Objective #5:

Reduce preventable mental distress by protecting residents from major sources of noise pollution.

Policy Recommendations

HC Element	Other Elements or Placement
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| 1. Maintain acceptable noise levels in the community, both indoor and outdoor. | N |
| 2. Prevent and mitigate noise impacts from new development, roadways and railroads on residential areas and sensitive uses (e.g., schools, parks) in the community. | |

Implementation Measures

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| 1. Adopt a noise ordinance establishing noise limits for sensitive receptors (e.g., residential uses, schools and parks) and providing for enforcement of violations. | N |
| 2. As part of the development review process, require completion of a noise analysis and identify mitigation measures necessary to minimize noise impacts. | N |
| 3. Require projects to consider site planning and building orientation principles as well as state-of-the-art noise-abating materials, technology and construction standards to minimize noise. | N |

RESPIRATORY DISEASE PREVENTION GOAL: Respiratory disease will be reduced among the residents of the City of Shasta Lake.

Respiratory Disease Prevention Objective #1:

Prioritize “greening” efforts to keep air clean.

Policy Recommendations	HC Element	Other Elements or Placement
1. Develop a city broad leaf tree plan to protect and increase the number of shade and windbreak trees in the city. This plan would include an inventory of broad leaf deciduous trees in the city limits and an update of the current tree conservation ordinance.		LU, AQ
<u>Implementation Measures</u>		
1. Explore funding options for completion of an inventory of shade trees currently in the city (include types of trees, diameter, and health condition).		LU, AQ
2. Consider amending the Shasta Lake Tree Conservation Ordinance to require the planting of female street trees where feasible to reduce pollen, especially in the most populated areas (e.g., trees like weeping willow and Royal Empress trees reduce the risk to those with asthma).		LU, AQ
3. Explore funding options for adding medians with street trees to Shasta Dam Boulevard.		LU, AQ

Respiratory Disease Prevention Objective #2:

Protect homes, schools, workplaces and stores from major sources of outdoor air and water pollution.

Policy Recommendations	HC Element	Other Elements or Placement
1. Locate sensitive uses, such as residential uses, schools and parks at least a quarter mile from Interstate-5.		LU, AQ
2. Adopt a policy to purchase only high fuel efficiency/ very low emission vehicles for the cities fleet.		AQ
3. Reduce the city’s overall energy footprint and “waste.”		AQ, Conservation
4. Encourage new development and redevelopment projects to be LEED certified.		LU, AQ, Conservation
5. Attract and retain green businesses within the city.		LU
6. Locate stationary emitters (e.g. incinerators, factories, refineries) downwind from homes and schools.		LU, AQ
<u>Implementation Measures</u>		
1. Work with Shasta County Air Quality Management District to ensure accurate data collection from monitoring sites in the City.		AQ
2. Explore funding options to create natural vegetation barriers between development and Interstate-5.		AQ, N
3. As part of the development review process, require completion of an air quality analysis and identify appropriate mitigation measures (e.g., establishing minimum setbacks between residences, schools, parks, and Interstate-5).		AQ
4. Consider conducting an energy and water consumption audit for the city. The audit could include government agencies, private businesses and residents. Money saved from energy conservation could fund other programs.		Conservation
5. Establish a policy providing energy rebates and incentives to consumers who want to install solar energy systems.		Conservation

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| 6. Consider adoption of green standards and practices for all new development (public and private) including, but not limited to, use of green streets and landscaping, pervious surfaces, native planting, and the requirement for LEED certification where feasible. | LU, AQ, Conservation |
| 7. Through zoning, designate a green industrial zone for manufacturing and research offices and consider development of an incentives program to attract and retain green businesses. Coordinate with workforce development, training and recruitment programs to ensure that green jobs benefit Shasta Lake residents. | LU, AQ, Conservation |

Respiratory Disease Prevention Objective #3:

Promote healthy indoor air quality.

Policy Recommendations

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Element | Other Elements or
Placement |
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| 1. Educate and incentivize builders and developers regarding the role they play in creating healthy indoor air quality. | | AQ |

Implementation Measures

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| 1. Disseminate information to builders and developers and encourage builders to use techniques that are consistent with the American Lung Association’s Health House Home program. | | LU, AQ |
| 2. As part of new development review, identify mitigation measures for reducing indoor air emissions (e.g., use of low or no VOC paint and carpet, windows for natural light, and heating with minimal need for furnace-combustion). | | AQ |
| 3. Disseminate information about methods for reducing mold growth. | | AQ |

Respiratory Disease Prevention Objective #4:

Reduce the harmful health effects of secondhand smoke.

Policy Recommendations

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Element | Other Elements or
Placement |
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| 1. Prohibit the possession of a burning tobacco product, including, but not limited to cigarettes and cigars, within the boundaries of any City park, playground, or recreation center. | | AQ |
| 2. Prohibit smoking within outdoor areas of restaurants | | AQ |
| 3. Adopt an entryway smoking ban that places a non-smoking buffer within 20 feet of all public and private buildings. | | AQ |

Implementation Measures

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| 1. Work with Shasta County Public Health Tobacco Program to provide community education to city residents. | | AQ |
| 2. Consider adoption of an ordinance to eliminate exposure to secondhand smoke by creating smoke-free environments for all workplaces, multi-unit housing and outdoor areas such as parks, playgrounds, recreation areas, other public gathering places and restaurants that offer outdoor dining areas. | | AQ |
| 3. Require signage to be posted in all areas where smoking is prohibited. | | AQ |

Other Recommendations

Objective:

Work with medical service providers to ensure that a range of health services (e.g. urgent care, pharmacies, substance abuse treatment and counseling, dental care, etc.) are accessible to community residents.

Policy Recommendations

HC Element	Other Elements or Placement
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1. Locate human service facilities on sites that have adequate acreage for short term needs, but which can also accommodate expansion, if expansion is anticipated or projected.
2. Ensure that all current and future medical facilities are directly served by public transit and other alternative transportation options.

LU

LU

Implementation Measures

1. Allow and encourage public facilities no longer being used for their original purpose to be used for provision of human services.
2. Collaborate with transit providers to adequately serve people who are transit dependent.
3. As part of the development review process, require new health service facilities to provide adequate infrastructure (i.e. complete streets including bicycle lanes and sidewalks) and appropriate design elements to improve connectivity and access.

LU

LU

LU