

# Health Impact Assessment: a Strategy to Optimize Health Promoting Land Use Decisions

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# City of Puyallup, Pierce County, Washington



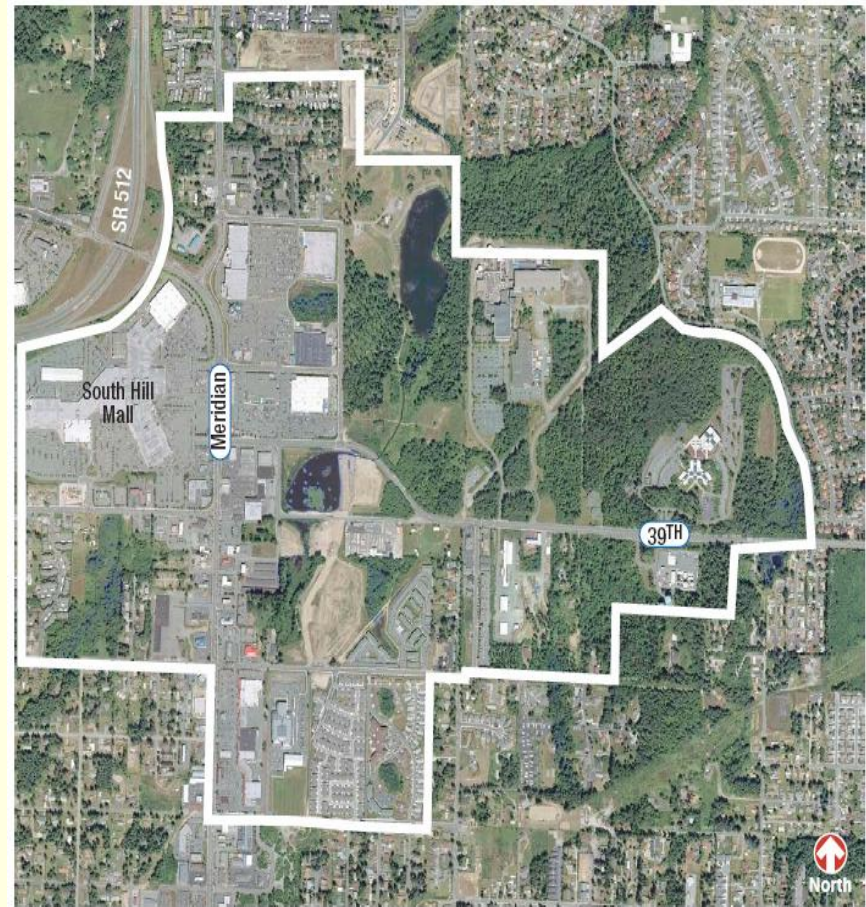
# HIA Public Health/Planning Relationship Building

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- Relationship developed over three years
- HIA initiated because funding assistance secured for plan, and new approach needed
- Attended HIA training in Washington, DC
- Health Department and city relationship ongoing, not just HIA specific

# Puyallup HIA Project Background

- 3<sup>rd</sup> largest city in Pierce County
- Two Regional Growth Centers (RGC) in Puyallup
- South Hill area experiencing tremendous commercial growth
- Doesn't meet RGC requirements for jobs, housing, or urban form



South Hill Regional Growth Center

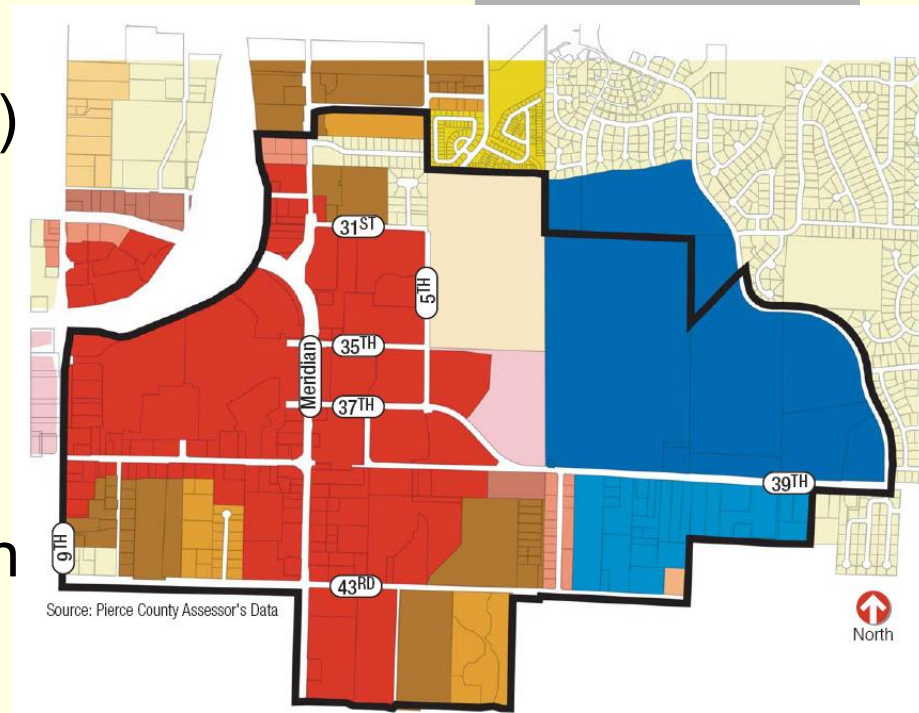
# Puyallup South Hill HIA

- **Assess potential health impacts of proposed redevelopment plan for South Hill**
  - Access to healthy foods
  - Crime and safety
  - Injury
  - Physical activity
  - Sense of Community
  - Transportation
- Use HIA to inform decision-makers and further shape proposed plan



# Existing Conditions

- Area bisected by 6 lane state highway (Meridian)
- Land use dominated by commercial/big box retail and low density single family residential
- Extreme auto-orientation
- 54 acre average block size and few non-motorized facilities



**South Hill Regional Growth Center**

Figure 3 - Existing Zoning

Legend	
Planned Community Development	High Density Multi-Family
Very Low Density Single Family	CB
Low Urban Density Single Family	Limited Commercial
Medium Urban Density Single Family	General Commercial
Urban Density Single Family	Professional Office
High Density Single Family	Limited Manufacturing
Medium Density Multi-Family	Business Park

# HIA Data Sources

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- City of Puyallup
- Tacoma-Pierce County Health Department
- Community Meetings and Charrettes
- AdvantAge Initiative
- Census, Healthy Youth Survey

# Access to Healthy Foods

## ■ Health impacts of food access:

- Obesity, CHD, cancer, stroke, type 2 diabetes
- Food insecurity

## ■ Land use impacts of food access:

- Easy access to grocery stores, gardens, farmers markets promotes health
- Easy access to fast food and convenience stores can be detrimental to health



# Access to Healthy Foods

## ■ Data:

- Fails to meet targets for markets and gardens
- Meets target for supermarkets

## ■ Recommendations:

- Limit new fast food, specialty, convenience
- ↑ number of farmers markets, produce stands, and community gardens

Indicator	Development Target	SHNP
<b>ES.3b</b> - Proportion of households within $\frac{3}{4}$ mile of a farmers market	New residential development has safe access to a farmers market within $\frac{3}{4}$ mile.	No
<b>ES.3c</b> - Proportion of households within $\frac{1}{4}$ mile access to a community garden	Project creates an on-site community garden or provides safe access to off-site community garden within $\frac{1}{4}$ mile.	No
<b>PI.6a</b> - Proportion of population within $\frac{1}{2}$ mile of a supermarket or full service grocery store	New residential development is within $\frac{1}{2}$ mile of a supermarket or full-service grocery store.	Yes (Alts A & B)

# Crime and Safety

- **Health impacts of crime and fear of crime:**
  - ↑ physical injury
  - ↓ mental health
  - ↓ physical activity
- **Land use impacts:**
  - Design has a bigger impact on crime than density.
  - Mixed-use development can reduce crime.



# Sense of Community

Land use actions

Improved community environment  
(changing conditions and behavior)

Long-term health  
outcomes

Create more walkable and bikeable communities

Create well maintained, well-utilized community gathering spaces (farmers market, additional park space, public plazas, gathering spaces)

Use traffic calming measures to reduce traffic speeds

Include variety of housing options appropriate to range of incomes

Encourage horizontal & vertical mixed-use development w/in Regional Growth Center

↑ Opportunity for casual/more frequent interaction with friends/neighbors

↑ Walking/biking

↑ Sense of safety

Individuals at various life stages remain in community

↑ Opportunity to live/work in close proximity

↓ Commute time between home and work

↑ Social ties/social connections  
Change social norms

Contribute to

↓ Cardiovascular Disease risk factors

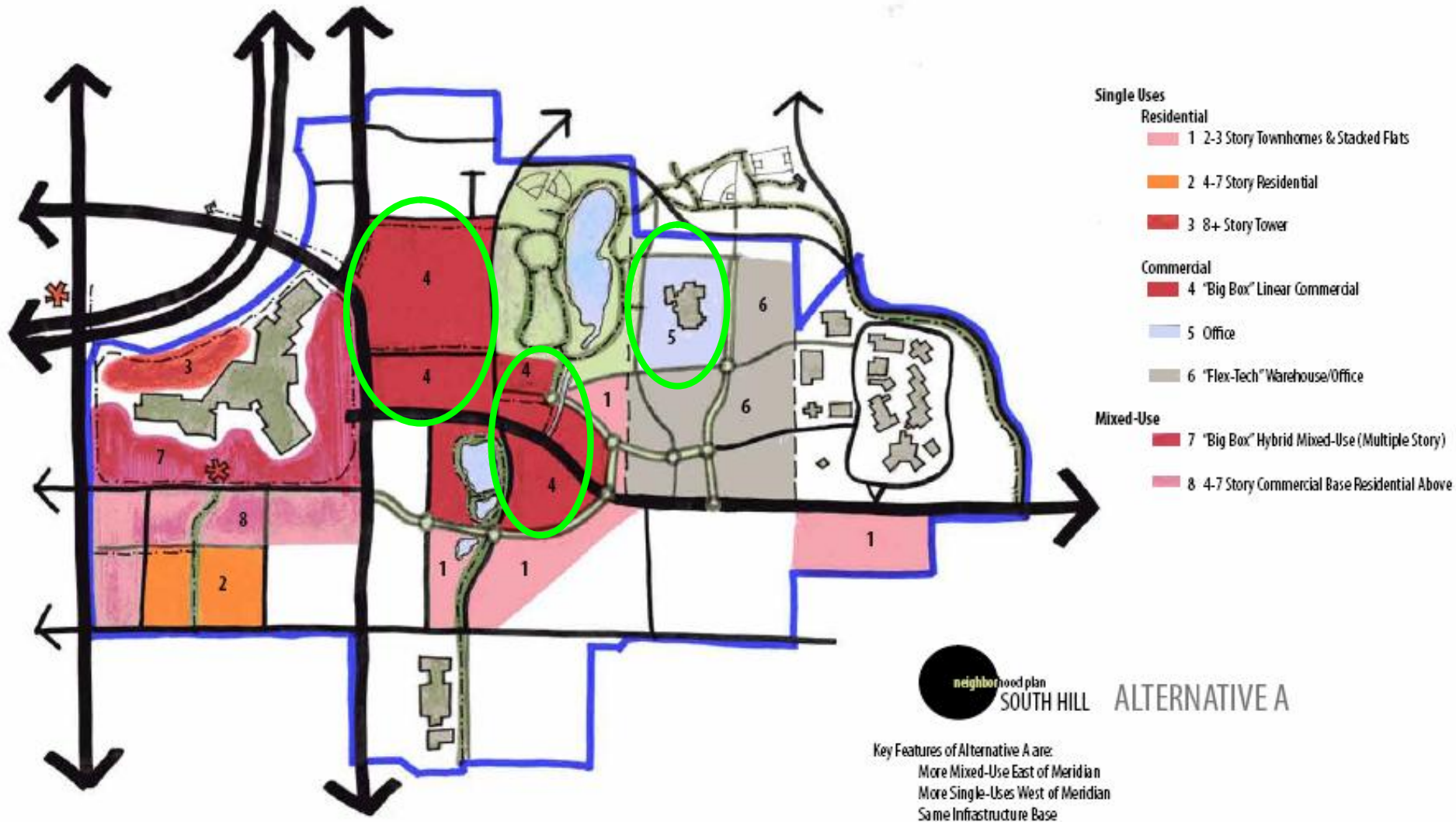
↓ Asthma risk factors

↓ Risk factors for unintentional injury

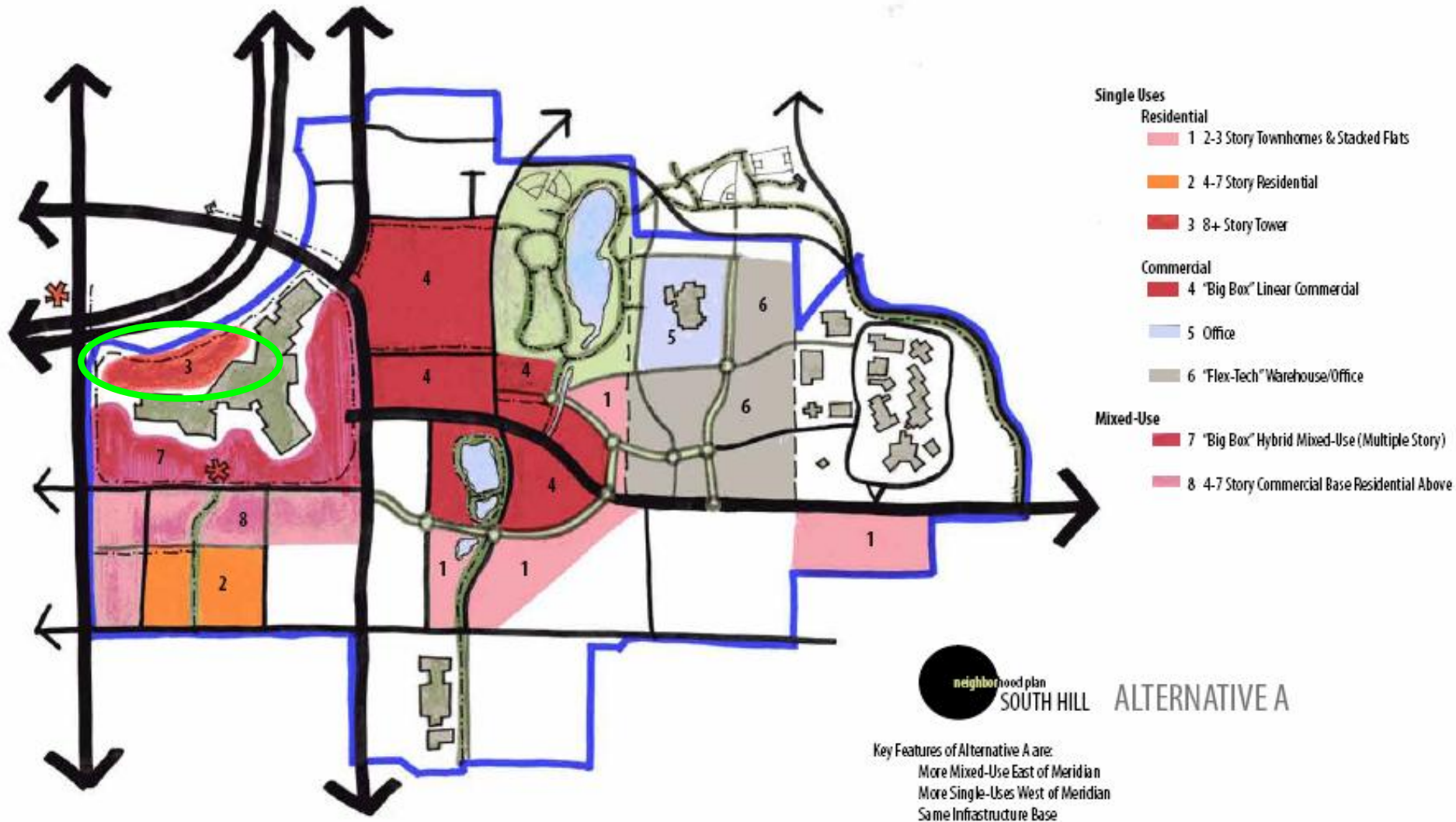
# HIA Recommendations:

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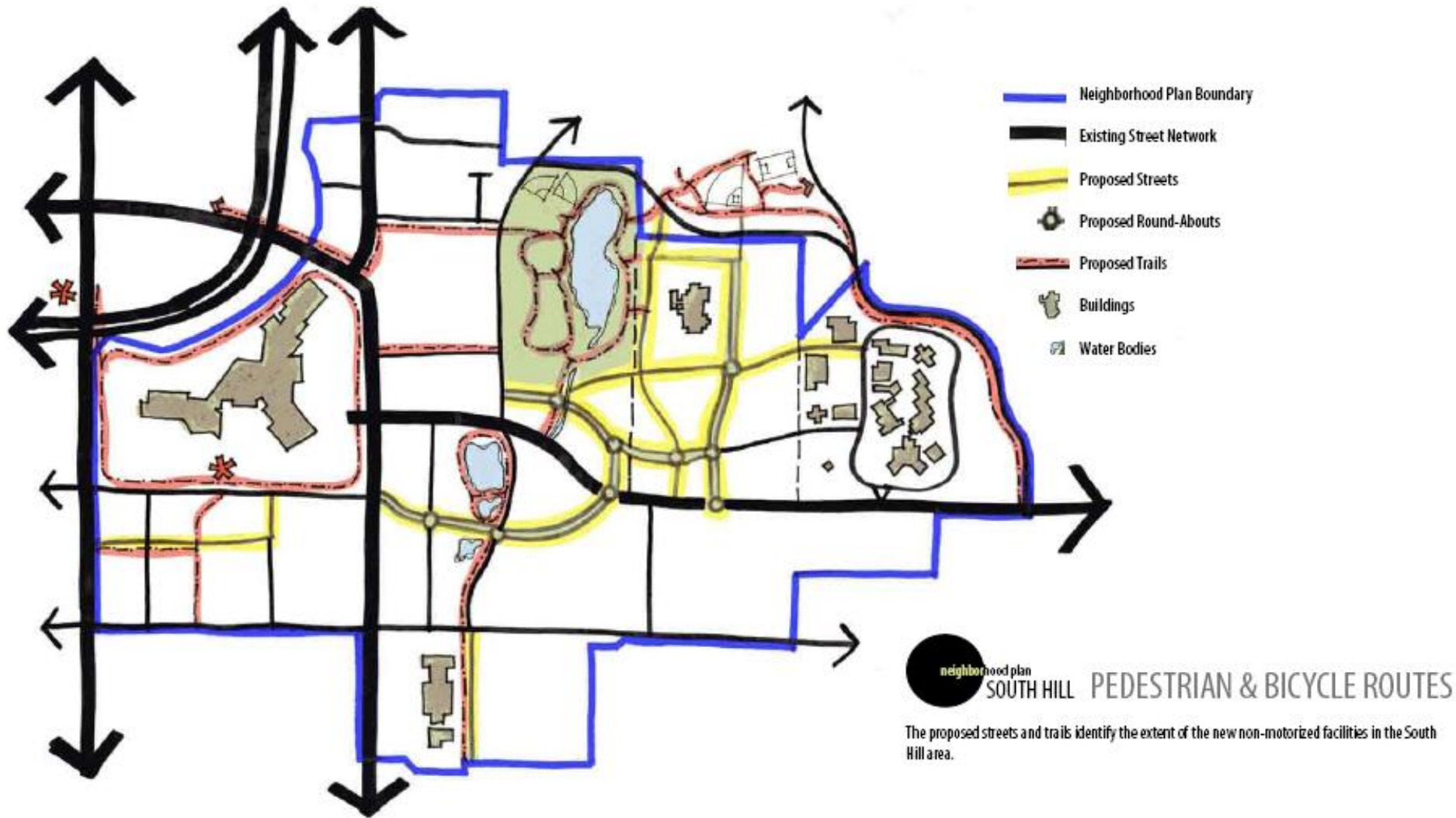
- Encourage horizontal and vertical mixed-use development within the South Hill Regional Growth Center.
- Create more walkable and bikable communities.
- Develop a complete street network that accommodates multiple modes of transportation and simulates a grid pattern.
- Include a variety of housing options appropriate to range of incomes likely to be generated by planned employment growth.
- Shift land use from auto and parking intensive to pedestrian oriented focus.
- Designate “transit oriented development” along major transit routes, or at nodes along a transit route.



- **Suggested land use:** Big Box commercial and office on undeveloped land surrounding City's second largest park
- **Recommendation:** Include residential land uses around park



- **Suggested land use:** Residential tower (8+ stories) between mall and freeway
- **Recommendation:** Change to non-residential land use



- **Concern:** Adequacy of non-motorized transportation facilities
- **Recommendation:** Provide a connected non-motorized transportation network with sidewalks, striped bike lanes\*, trails.

\*requires change in city comprehensive plan

# Lessons Learned

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- Public health implications are not being routinely considered
  - Be in it for the long haul
  - Seek any and all opportunities to cultivate an audience for the health/land use connection
  - The process is political
  - There is no “one size fits all”
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- HIA listserv
    - <http://www.feetfirst.info/phbe/HIA-USA-listserv>

# Questions?

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