

City of Carpinteria General Plan Update Healthy Community Element



As part of the General Plan update process, the City of Carpinteria is working to prepare a Healthy Community Element based on continuing discussions with the community, stakeholders, and General Plan Committee. The Element will cover topics not already covered in other General Plan elements, and will include the following:

- Active Living - Active lifestyles are associated with healthy weight, improved mental health, and decreased risk of heart disease and diabetes. Opportunities for recreational activities makes a place more livable and attractive to residents and employers. Forms of active transportation such as biking or walking help preserve the natural environment by reducing air pollutant emissions.
- Healthy Food Systems – A major principle to healthy food systems is access to healthy food options. Access includes physical proximity of fresh food retailers (versus fast food) as well as affordability. Nutrition education is also an important mechanism to combat obesity. Local production of healthy foods (e.g., community gardens, farmers markets) can build a sense of community around active living and a healthy lifestyle. It is sustainable, helps increase access to healthy food, and has other social benefits.

- Environmental Exposures – Environmental exposures refer to interactions between humans and the environment that affect and influence health and well-being (e.g., air quality, water quality, etc.).
- Social Capital – Social capital refers to the shared sense of belonging and social interaction within the community. This includes issues such as housing, equity, and public safety. Communities with high social capital are healthier and have a higher quality of life. Benefits include a sense of security, community engagement, and a strong sense of civic identity.
- Health and Mental Health – This topic relates to issues including access to health care facilities and programs, substance abuse, and needs of vulnerable populations. Affordable and accessible healthcare and mental health care provide timely intervention to reduce the impact of illness.

Creating the Healthy Communities Element will involve the following 4-step process. Public outreach will occur throughout the process.

