



City of Carpinteria Memorandum

TO: General Plan/Coastal Plan Update Committee
FROM: Steve Goggia, Community Development Director
CC: Dave Durlinger, City Manager
SUBJECT: Committee Discussion Items for the Meeting of July 17, 2017
DATE: July 14, 2017

June 19, 2017 Meeting Action Minutes

The Draft Action Minutes are included as Attachment A

Healthy Communities Element

Amec Foster Wheeler is launching work on the preparation of the Administrative Draft Healthy Community Element based on the policy framework and discussions with the community, stakeholders, the General Plan Committee, and the City. The Element will cover topics not already covered in other General Plan elements.

Key stakeholders from the community have been invited to participate in this meeting and share their ideas regarding what a 'Healthy Community' looks like for Carpinteria. Input from stakeholders early in the process is important to quickly understand diverse perspectives on community health-related issues and opportunities, build relationships for the outreach process, and disseminate information about the project and participation opportunities. The July 17th General Plan Committee meeting will focus on the identification of health-related issues and challenges, and feedback related to the following topic areas:

- a) 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.

- b) **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, is It is sustainable, helps increase access to healthy food, and has other social benefits.
- c) **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.).
- d) **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 provide a higher quality of life and benefits include sense of security, community engagement and a strong sense of civic identity.
- e) **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 illnesses.
- f) **Other** – We encourage stakeholders and members of the public to share other health-related topics that are important to the community.

ATTACHMENTS

Attachment A June 19th meeting DRAFT Action Minutes

Attachment A

June 19th meeting DRAFT Action Minutes

Committee Members

*Councilmember Al Clark
Councilmember Brad Stein
Commissioner David Allen
Commissioner John Callender*



Location

*City Council Chambers
5775 Carpinteria Avenue
Carpinteria, CA 93013*

CITY OF CARPINTERIA

General Plan/Coastal Plan Update Committee June 19, 2017 Draft Meeting Action Minutes

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1. Call to Order: 5:30 pm
 2. Roll Call: Clark, Stein and Callender present
 3. Public Comment: None
 4. Amec Foster Wheeler Presentation: Introduction of Amec Foster Wheeler team and General Plan/LCP Update Presentation.
 5. Public Outreach: The City working on a Public Workshop schedule for the Healthy Communities Element of the General Plan/LCP update. City will reach out to the school district, public health department, as well as advertise in newspapers and online.
 6. Healthy Communities Workshop: Next Committee meeting will be a working meeting focused on healthy communities in Carpinteria.
 7. Adjournment: 6:15 p.m.

