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PLANNING FOR HEALTHY COMMUNITIES

Lorton Comprehensive Plan Study
Task Force Meeting
July 19, 2021

Why is health an important value for planning?

- Health is part of our humanity – a state of being we all share
- Critical for learning, working, and caring for others
- Poor health makes it difficult to be a productive member of society
- Healthy activities promote social connection and help build community
- *We live out our lives, and our health, in places*



What is health?



Health is a state of complete physical, mental and social well-being – not merely the absence of disease or infirmity.

(WHO, 1948)

Public Health is what we do together as a society to **ensure the conditions** in which everyone can be healthy.



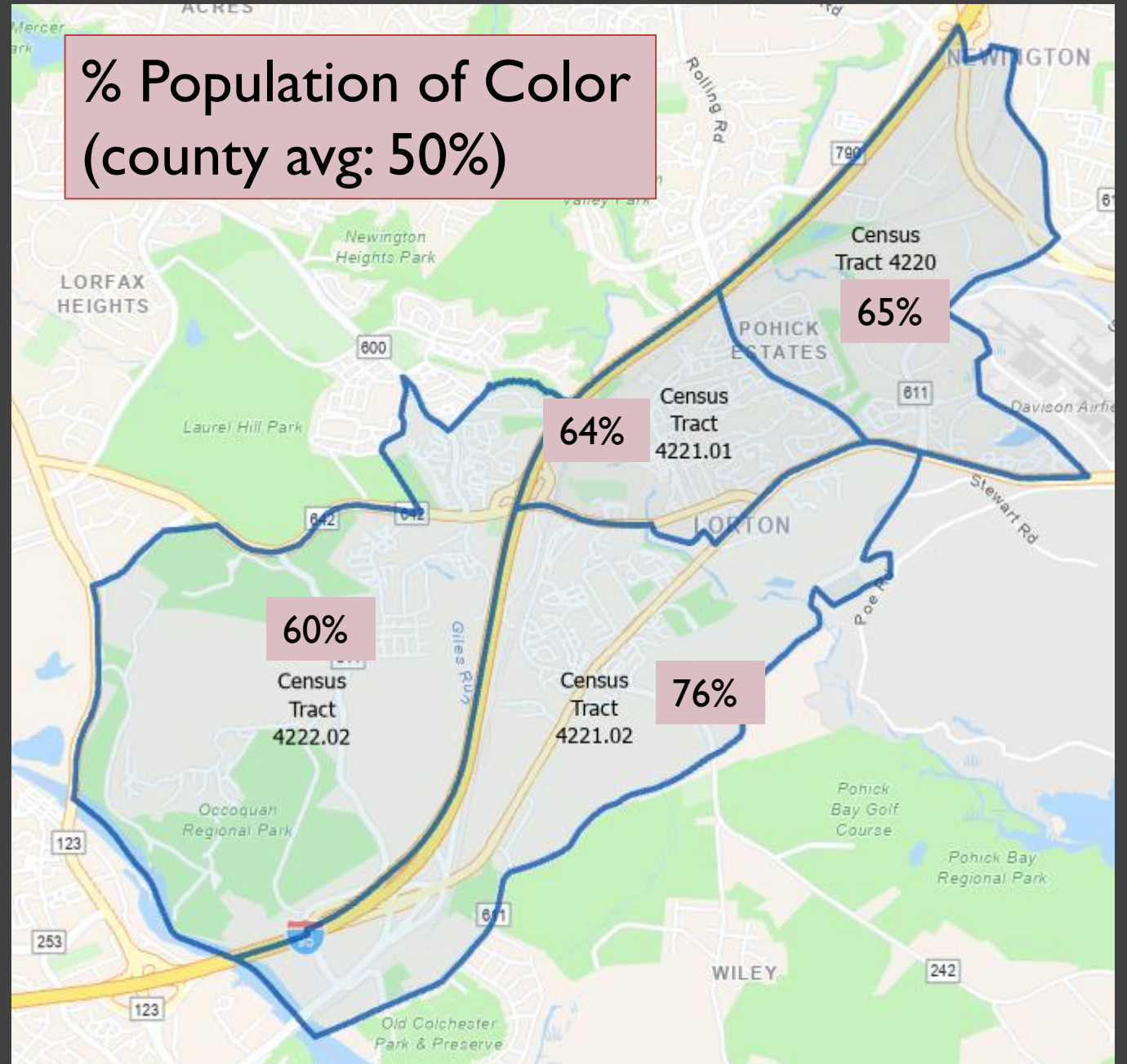
Health and place

Zip code > Genetic code

- Our health is shaped over a lifetime of living in homes, using transportation, accessing services, and participating in the economy
- Other than income, health is one of the most tangible ways to measure equity among different racial and ethnic groups living in the same place or nearby places

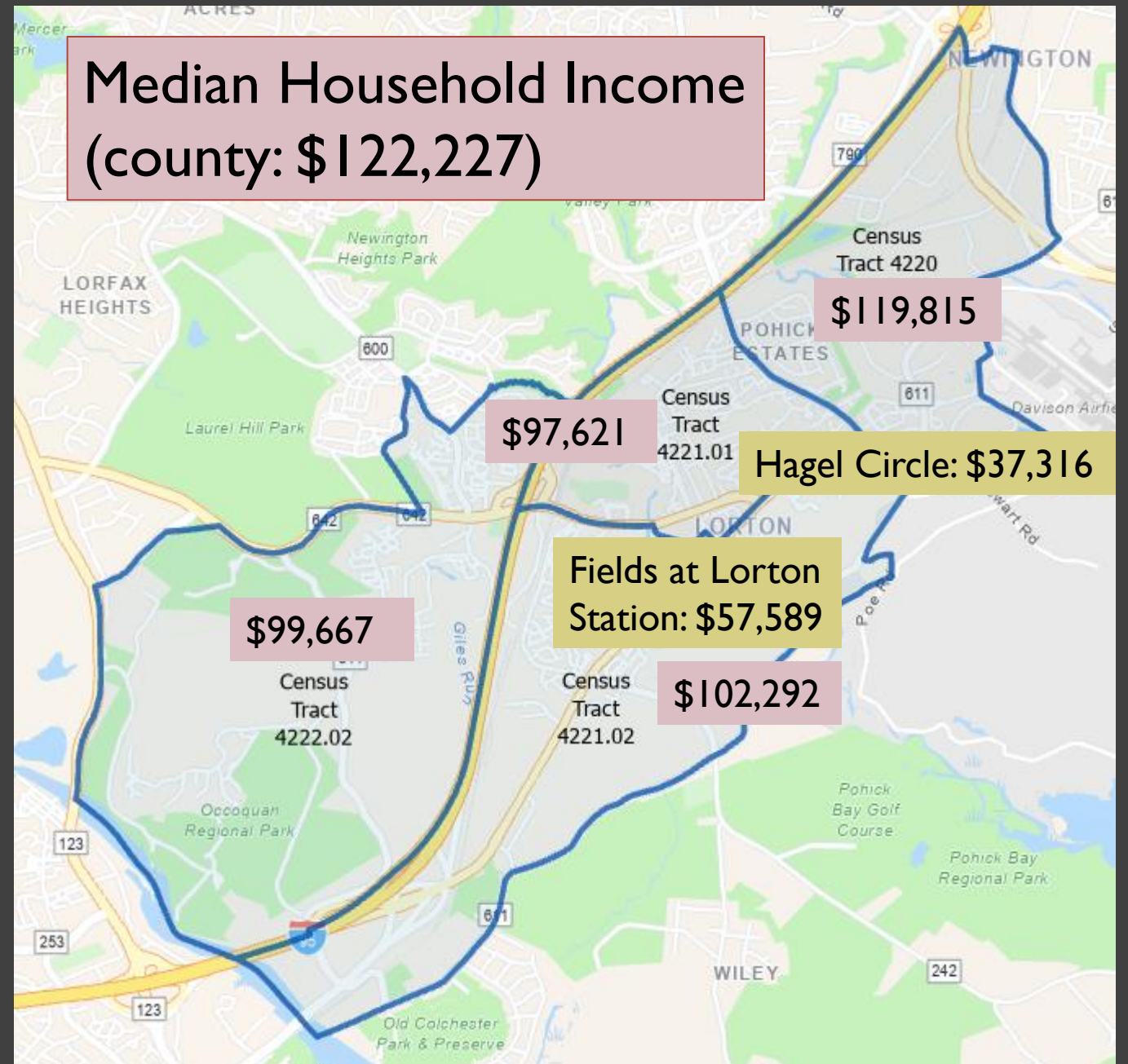
WHAT WE
SEE IN
LORTON:
**GREAT
DIVERSITY**

% Population of Color
(county avg: 50%)



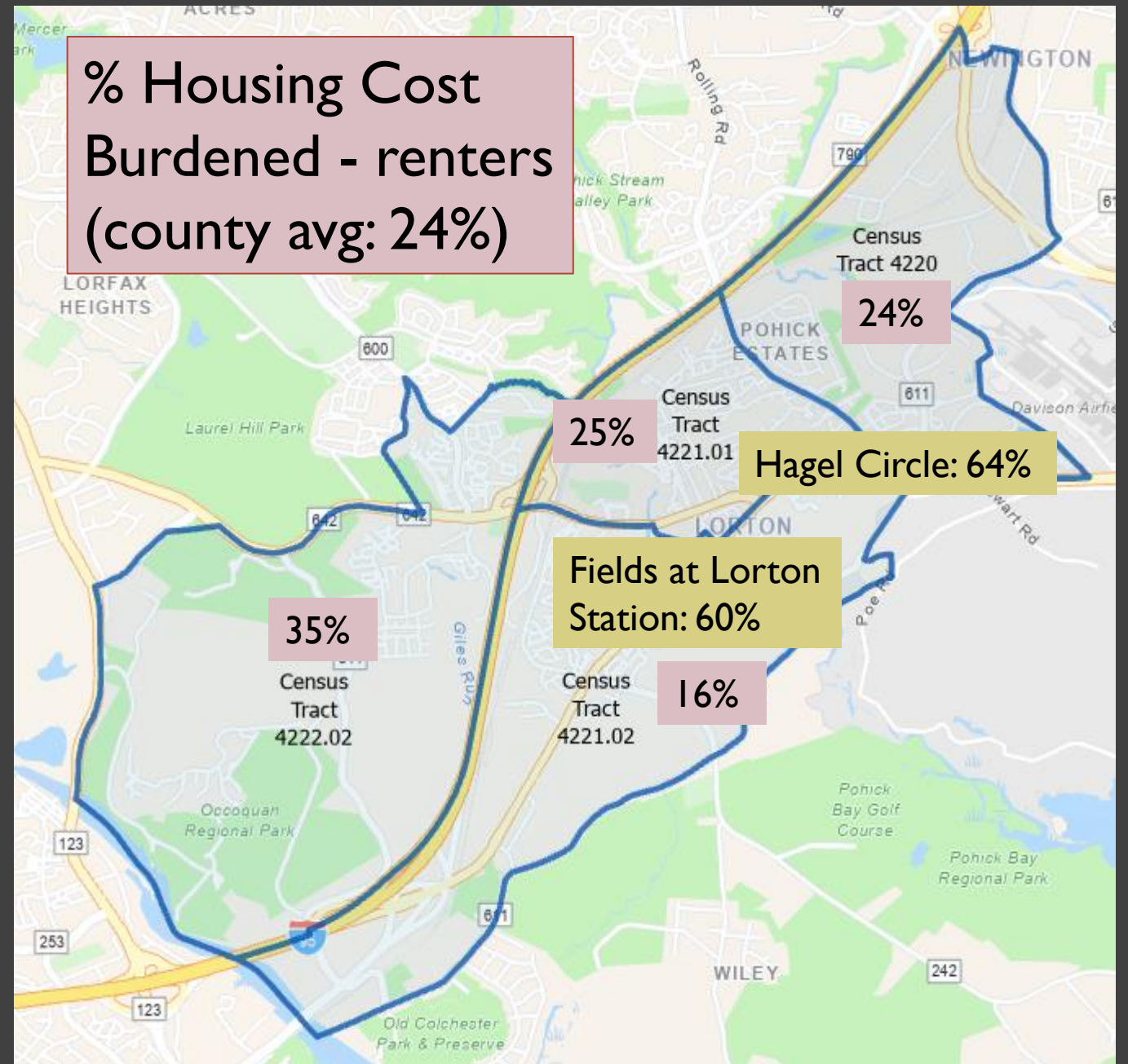
WHAT WE SEE
IN LORTON:
OVERALL
WEALTH
WITH
POCKETS OF
HIGH NEED

Median Household Income
(county: \$122,227)

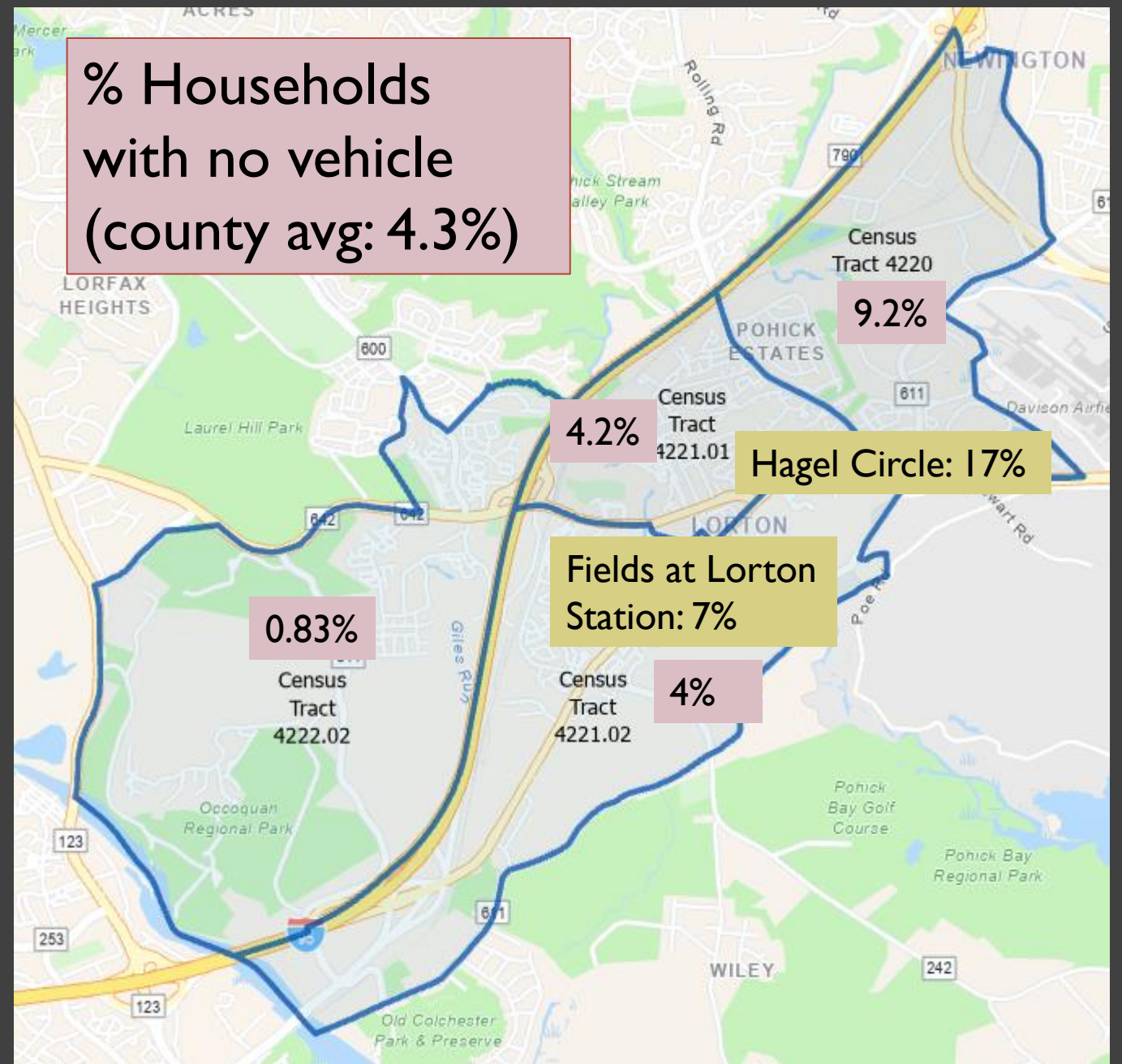


WHAT WE SEE IN LORTON: VARIABLE HOUSING COSTS

% Housing Cost Burdened - renters
(county avg: 24%)



WHAT WE
SEE IN
LORTON:
VARIABLE
ACCESS TO
TRANSPORT



COVID-19 in Lorton

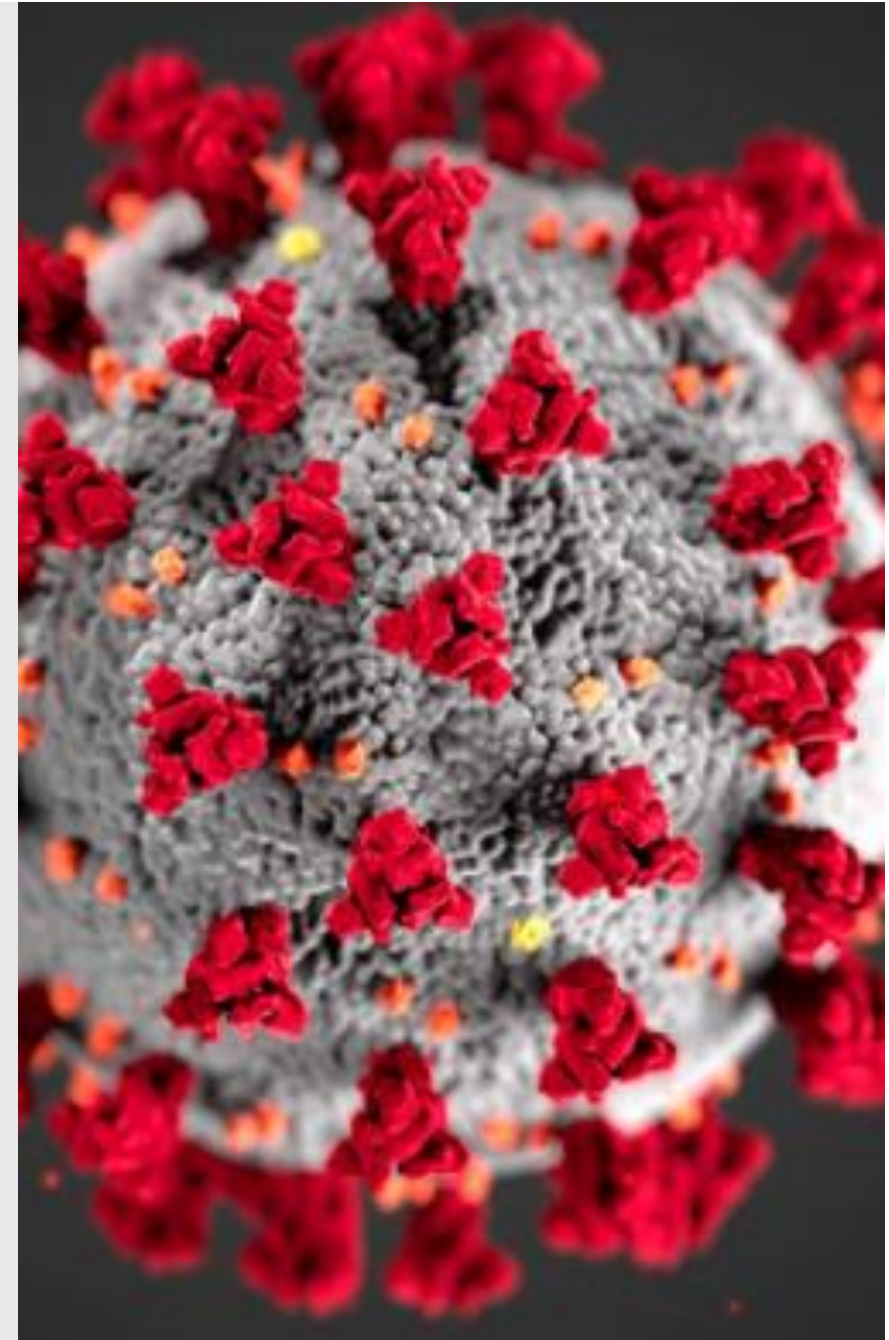
Rate of covid-19 infection in zip code 22079 (where the study area falls): **8,175 cases per 100,000***

County average: 6,338 cases per 100,000*


Higher cases occurred in places with:

- higher percentages of essential workers
- lower income households
- higher rates of overcrowding.

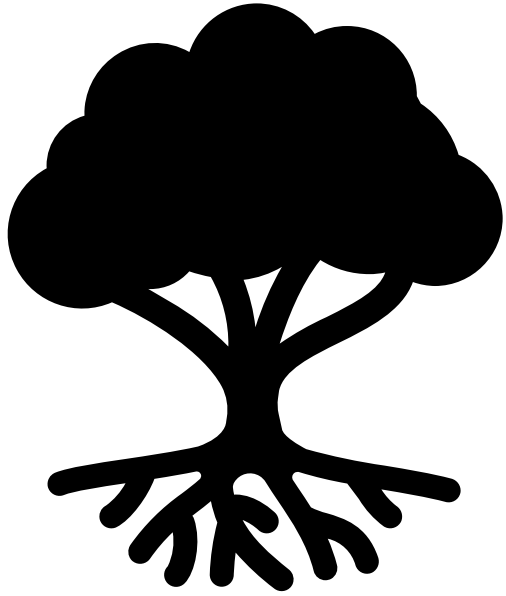
Data as of April 9, 2021



Potential health impacts of our built environment

Factor	Direct impacts	Indirect or longer term impacts
 Environment	<ul style="list-style-type: none">• Respiratory illness• Water quality• Cardiovascular health• Mental health	<ul style="list-style-type: none">• Community and social cohesion• Learning

Amount of impervious surfaces
Trees and green space
Green building




Environment in Lorton

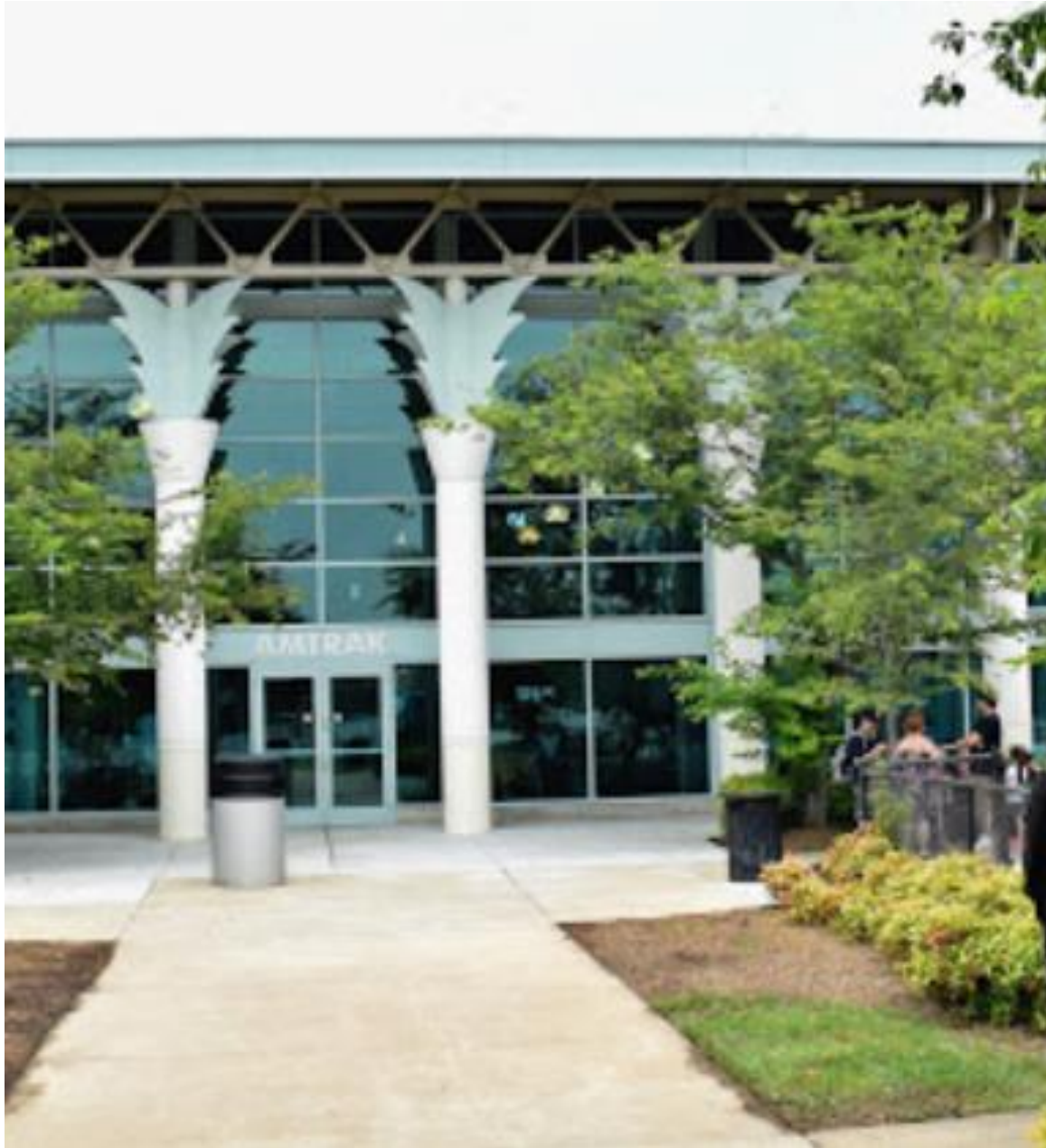
Examples to consider as we think about ***Health & Recreation and Equity & Access:***

- How can we ensure public accessibility to our high-quality open spaces and recreation facilities?
- Think about larger facilities like Pohick Creek, as well as creating a system of urban parks.
- How can we buffer residential and other sensitive uses from and the Noman J. Cole plant and other industrial uses?

Potential health impacts of our built environment

Factor	Direct impacts	Indirect or longer term impacts
 Transportation	<ul style="list-style-type: none">• Respiratory illness• Crashes and injuries• Cardiovascular health	<ul style="list-style-type: none">• Mental health• Community and social cohesion• Access to education, jobs, services (grocery, healthcare)

Pedestrian infrastructure and connectivity to transportation choices
Considerations for land uses near major roads
Road design




Transportation in Lorton

Examples to consider as we think about ***Access & Connectivity and Equity & Access:***

- What Improvements need to be made for safe, convenient bike, ped, and transit access to employment and services throughout the community?

Potential health impacts of our built environment

Factor	Direct impacts	Indirect or longer term impacts
 Housing	<ul style="list-style-type: none">• Ability to afford basic needs (food, childcare)• Injuries• Respiratory illness• Maternal and child health• Mental health	<ul style="list-style-type: none">• Family stability• Educational attainment• Job opportunity• Access to parks and transportation options• Life expectancy

Proportion of affordable units for existing and future residents
Housing/jobs balance
Recreation opportunities near residential




Housing in Lorton

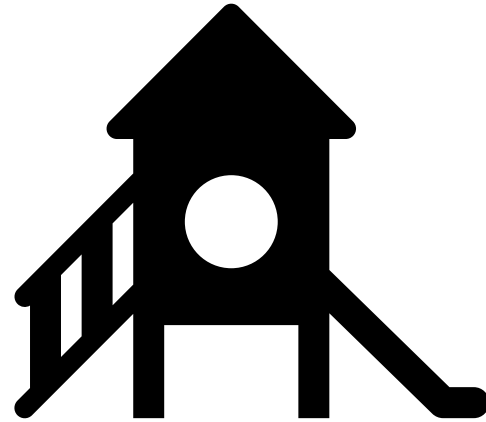
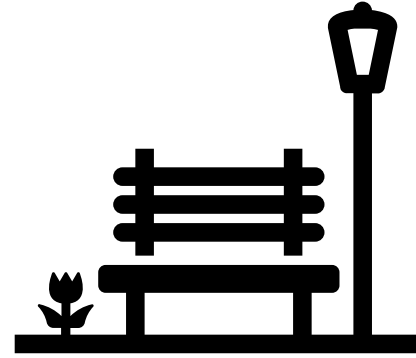
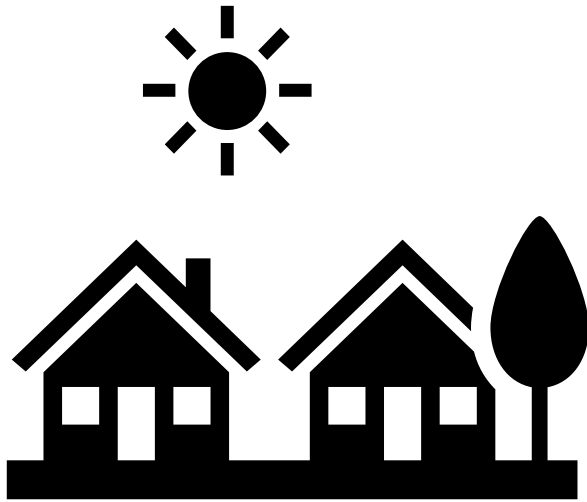
Examples to consider as we think about ***Housing & Neighborhood Stability***:

- What is the existing availability of housing available at different income levels?
- How can that inform our need for additional housing and preservation of the affordability we do have?

Potential health impacts of our built environment

Factor	Direct impacts	Indirect or longer term impacts
 <p>Community Design</p>	<ul style="list-style-type: none">• Community and social cohesion• Mental health• Public safety	<ul style="list-style-type: none">• Access to education, jobs, services (grocery, healthcare)• Educational attainment• Life expectancy

Urban design guidance
Town centers and TOD
Mixed use development



Community design in Lorton

Examples to consider as we think about ***Placemaking and Health and Recreation:***

- How can we include community services – like childcare – along with commercial uses, cultural facilities and amenities in the Town Center?
- As we grow, how can we design welcoming public spaces that consider the needs of everyone, no matter age, income, race, etc.?
- Consider ways to link the design and use of the Community Center and new Town Center.



Thoughtful planning promotes health: Lorton Plan



Strong foundation



Vision and Planning
Principles



Plan Sections

Integration and next steps

Co-benefits and prioritization – health-promoting features can provide co-benefits for equity and economic goals

Avoid unintended consequences – as you update the plan, ask:

- What are benefits to health and equity?
- What are potential negative health impacts?
- Who does it benefit?
- Who could be left out?







Thank you!

Anna Ricklin

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Summary: Potential health impacts of our built environment

Factor	Direct impacts	Indirect or longer term impacts
 Transportation	Respiratory illness; Crashes and injuries; Cardiovascular health	Mental health; Community cohesion; Access to education, jobs, services (grocery, healthcare)
 Housing	Ability to afford other basic needs (food, childcare); Injuries; Respiratory illness; Maternal and child health; Mental health	Family stability; Educational attainment; Job opportunity; Access to parks and transportation options; Life expectancy
 Community Design	Community and social cohesion; Mental health; Public safety	Access to education, jobs, services (grocery, healthcare); Educational attainment; Life expectancy
 Environment	Respiratory illness; Drinking water; Cardiovascular health; Mental health	Community cohesion; Learning