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**City of Shasta Lake**  
Planning for a Healthier Community

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Areas of focus:

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Injury prevention

Mental well being

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## Acknowledgments

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# City of Shasta Lake

## Planning for a Healthier Community

Land use decisions directly affect the mental and physical well-being of a community. Land use policies that foster sedentary lifestyles and create social isolation have been linked to higher rates of obesity, cardiovascular disease, diabetes, asthma, injury, lack of employment and decreased mental well-being.

Alternatively, communities that protect open space, reduce air pollution, improve access to healthy foods, encourage physical activity and foster social and cultural networks ensure maximum health for their residents and their economy.

The City of Shasta Lake has already demonstrated a commitment to health by promoting physical activity and becoming a Healthy Shasta Partner.

The General Plan update offers an opportunity to continue this commitment to health.



# What is this?

## Purpose and background

The purpose of this document is to provide you, the citizens and decision makers of the City of Shasta Lake, with an overview of some health data and policy recommendations that can guide land use development and design decisions now and into the future.

In 2007, Shasta County Public Health and the City of Shasta Lake's planning department collaborated to conduct a citywide health assessment. This assessment used health data to evaluate 43 health indicators that research has shown can be linked to land use and transportation decisions. The data has been categorized into four areas: Chronic Disease, Injury Prevention, Mental Well Being and Respiratory Health.

A copy of the full report, "Community Health Assessment: City of Shasta Lake," is available at the city planning department or at [www.shastapublichealth.net](http://www.shastapublichealth.net) (click on "Healthy Communities Initiative" on the right).



## How can we help... **prevent chronic disease?**

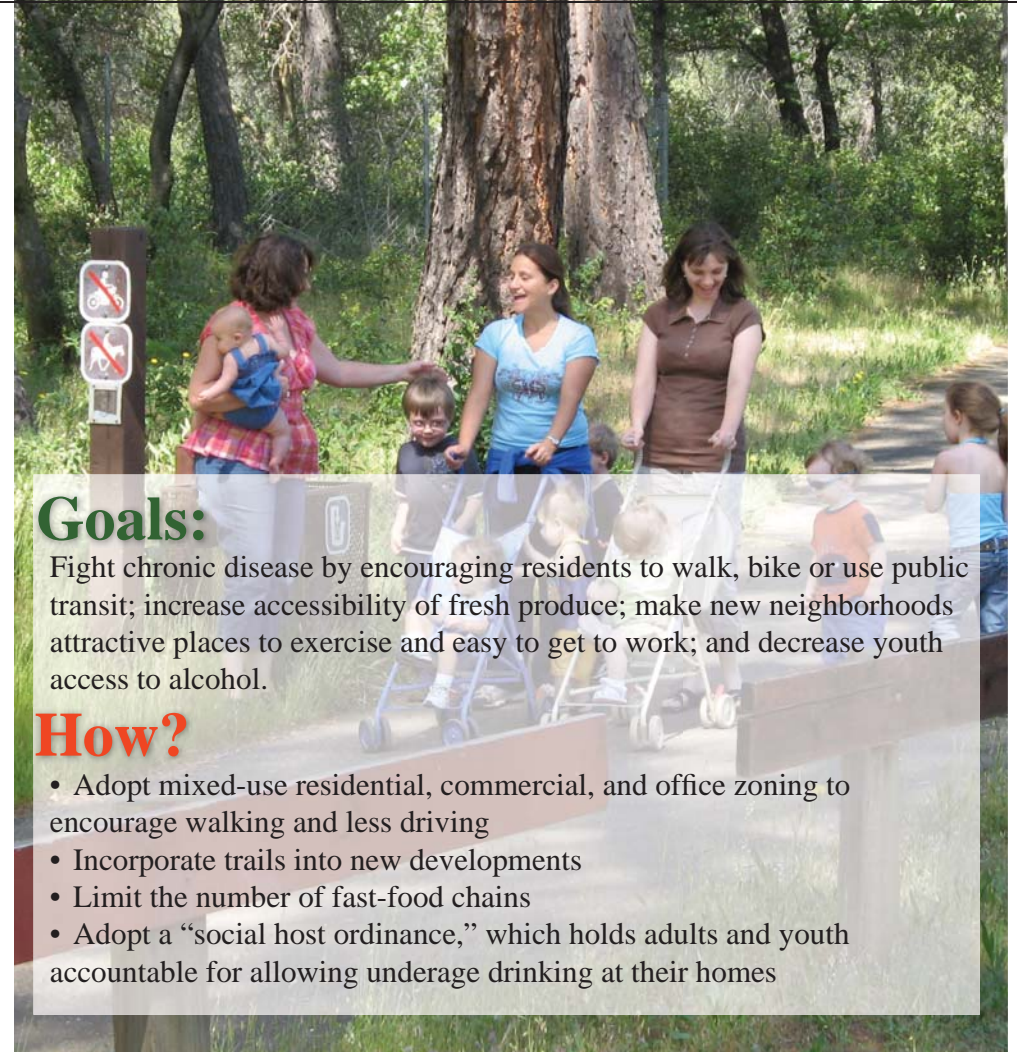
Improving access to healthy foods, providing low-cost recreation opportunities, providing alternative forms of transportation and discouraging alcohol abuse are among the many ways we can prevent chronic diseases like heart disease, cancer and diabetes.

All public schools in the City of Shasta Lake are within easy walking distance of a place that sells unhealthy foods.

- Community Health Assessment, City of Shasta Lake

### **Did you know:**

- Less than a third of homes are within a quarter-mile of a park.
- Half of the homes are within walking distance of a public school.
- Almost 70 percent of residents have never used the bus system.



### **Goals:**

Fight chronic disease by encouraging residents to walk, bike or use public transit; increase accessibility of fresh produce; make new neighborhoods attractive places to exercise and easy to get to work; and decrease youth access to alcohol.

### **How?**

- Adopt mixed-use residential, commercial, and office zoning to encourage walking and less driving
- Incorporate trails into new developments
- Limit the number of fast-food chains
- Adopt a “social host ordinance,” which holds adults and youth accountable for allowing underage drinking at their homes



## How can we help... **prevent injury?**

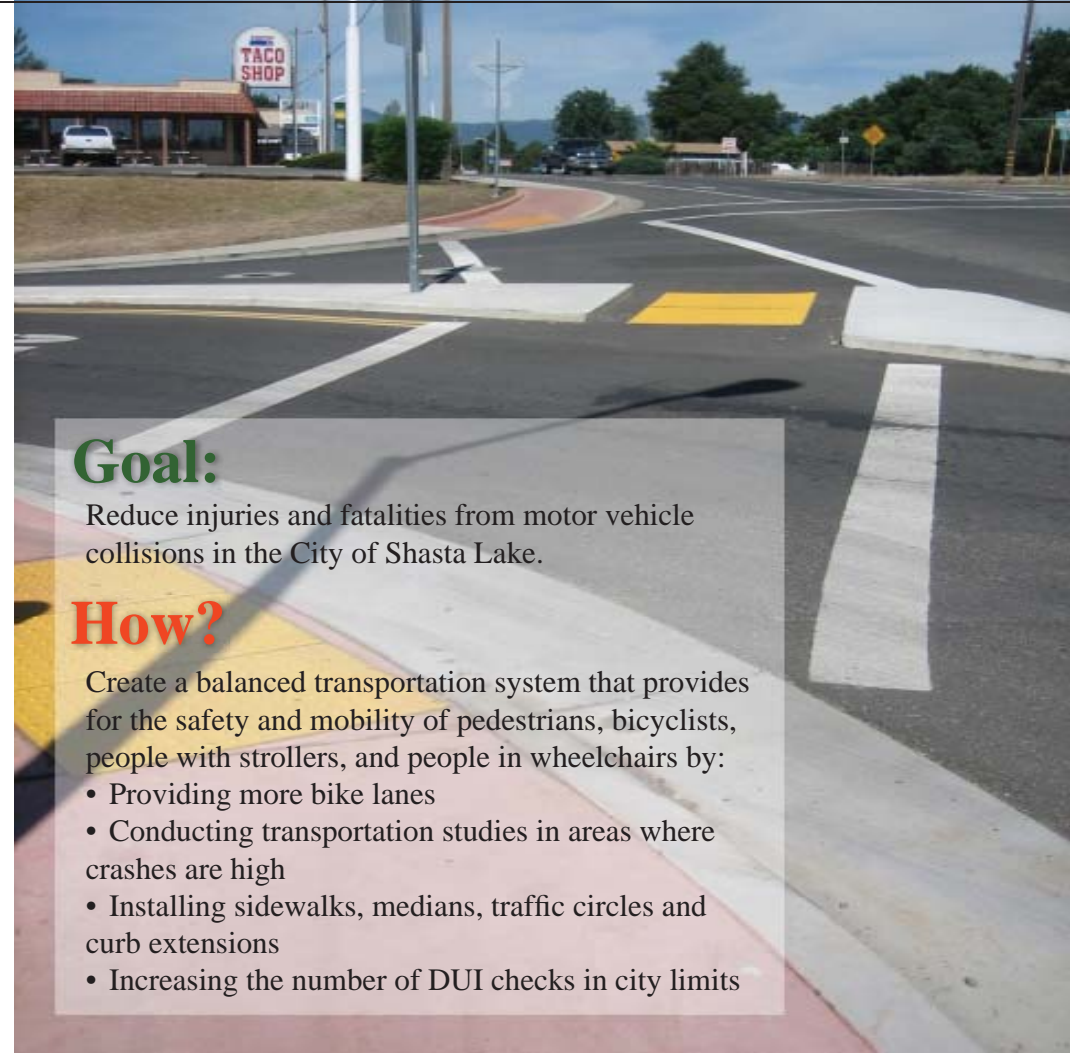
By designing streets that are pedestrian and bicycle friendly and by lowering speeds to give drivers more time to react.

When street design supports more people out walking and biking, crashes with motor vehicles are less likely.

- Community Health Assessment, City of Shasta Lake

### **Did you know:**

- Between 2003 and 2007, there were 232 motor vehicle collisions in Shasta Lake, 14 pedestrian injuries, one pedestrian death and four bicycle collisions.
- 14% of motor vehicle collisions were reported as alcohol-related.



### **Goal:**

Reduce injuries and fatalities from motor vehicle collisions in the City of Shasta Lake.

### **How?**

Create a balanced transportation system that provides for the safety and mobility of pedestrians, bicyclists, people with strollers, and people in wheelchairs by:

- Providing more bike lanes
- Conducting transportation studies in areas where crashes are high
- Installing sidewalks, medians, traffic circles and curb extensions
- Increasing the number of DUI checks in city limits

## How can we help... **maintain mental well-being?**

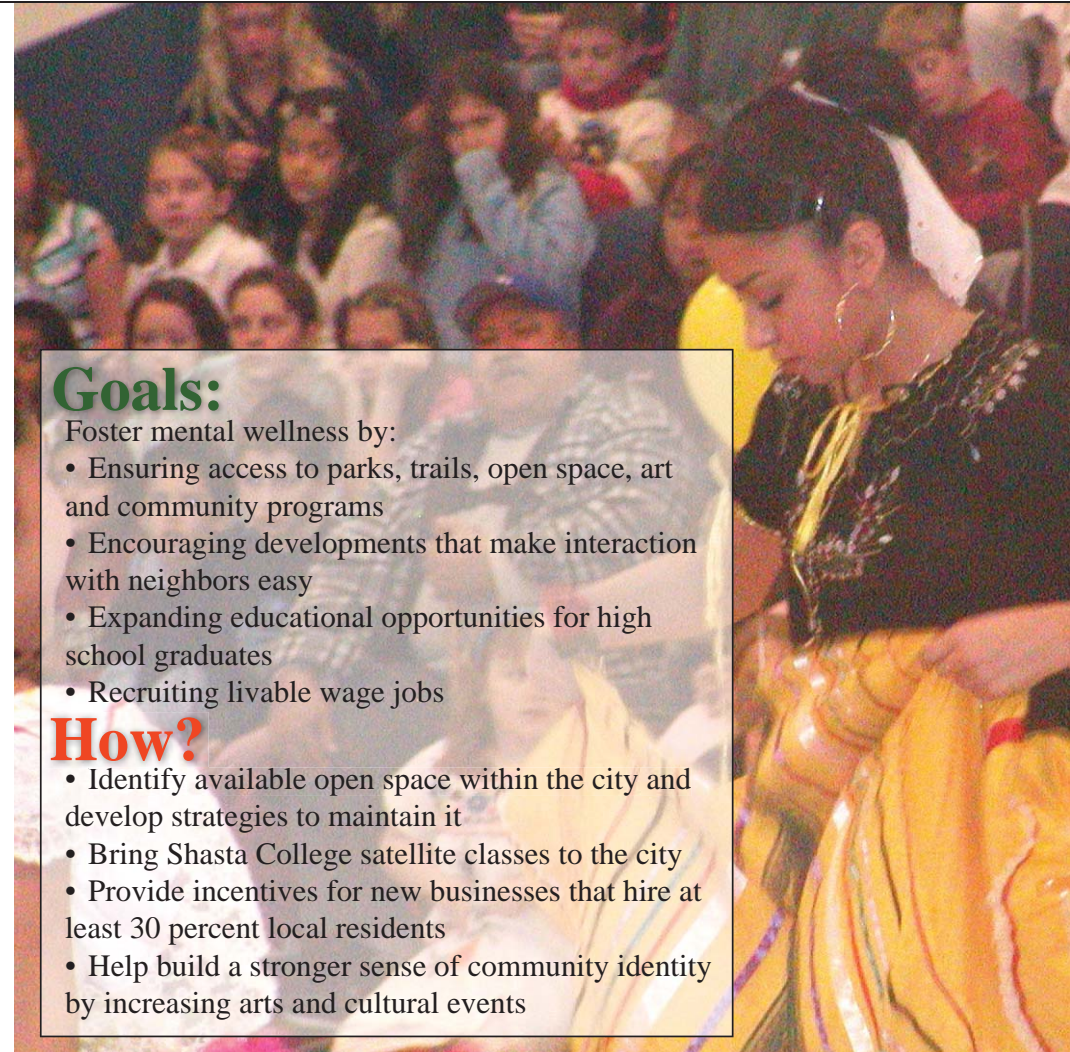
A strong sense of community contributes heavily to the mental well-being of residents. Safe housing, education, economic security, open space, community networks and the absence of substance abuse all contribute to mental well-being.

Studies have shown that contact with nature relieves stress and promotes positive mental well-being.

- Community Health Assessment, City of Shasta Lake

### **Did you know:**

- There are 4.4 acres of developed or partially developed park space per 1,000 people.
- There are three places in the city to hold public events. Two are schools.
- More than half the jobs in the City of Shasta Lake require college or trade school.



### **Goals:**

Foster mental wellness by:

- Ensuring access to parks, trails, open space, art and community programs
- Encouraging developments that make interaction with neighbors easy
- Expanding educational opportunities for high school graduates
- Recruiting livable wage jobs

### **How?**

- Identify available open space within the city and develop strategies to maintain it
- Bring Shasta College satellite classes to the city
- Provide incentives for new businesses that hire at least 30 percent local residents
- Help build a stronger sense of community identity by increasing arts and cultural events



## How can we help... prevent respiratory disease?

Asthma, emphysema, chronic bronchitis, allergies and pulmonary hypertension can be affected by poor indoor and outdoor air quality. People are at higher risk for these ailments when they are exposed to tobacco smoke, live or work close to a freeway, and live in communities with a high amount of vehicle travel. Energy-efficient homes, tree-lined streets and alternative transportation options can help reduce respiratory disease.

Shady neighborhoods can be 10 degrees cooler than those without street trees, and property values can be 3-7% higher.

- Community Health Assessment, City of Shasta Lake

### Did you know:

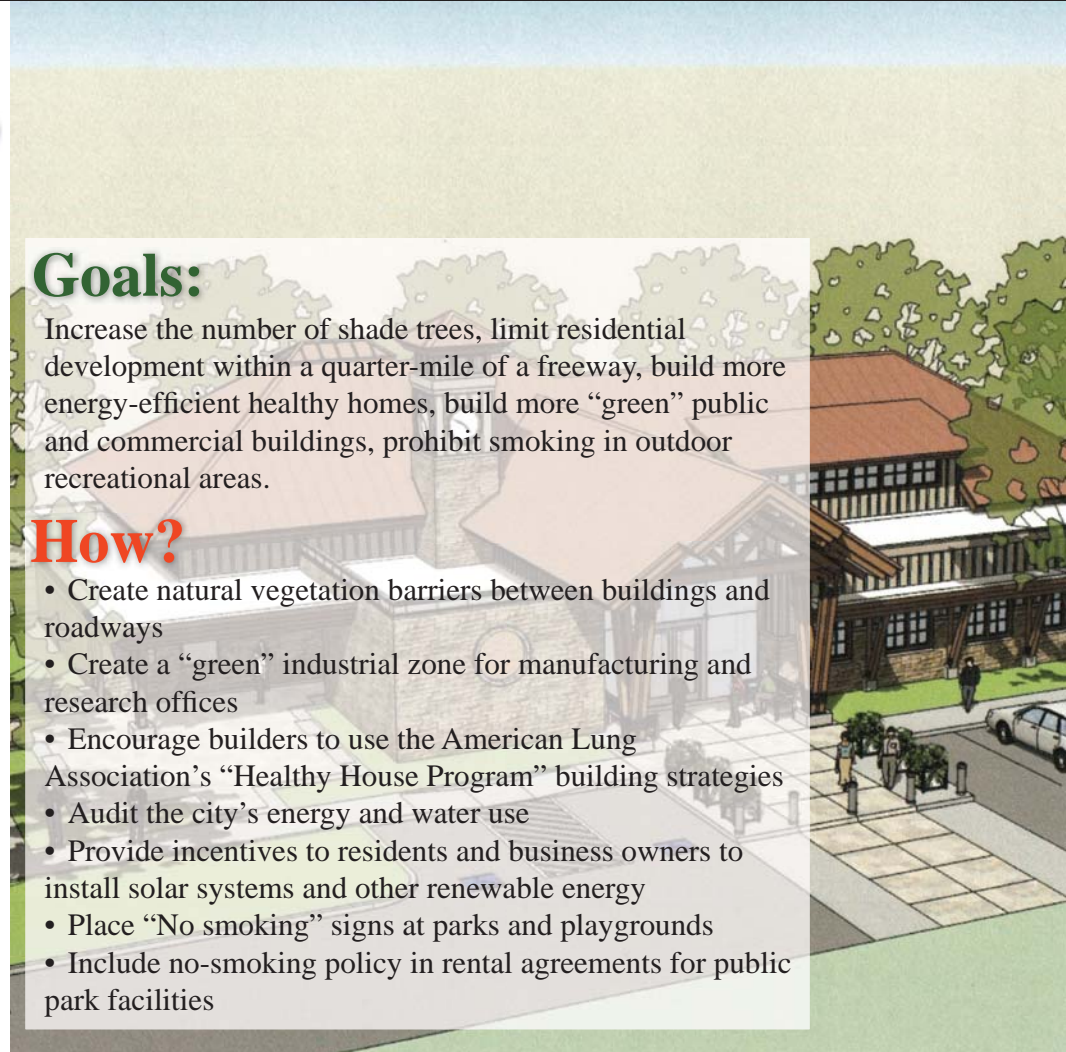
- About 15 percent of homes and businesses in the City of Shasta Lake are within a quarter-mile of Interstate 5.
- Between 2005 and 2007, an average of 34,500 vehicles passed through the city daily on I-5 between Mountain Gate and Twin View Boulevard.

### Goals:

Increase the number of shade trees, limit residential development within a quarter-mile of a freeway, build more energy-efficient healthy homes, build more “green” public and commercial buildings, prohibit smoking in outdoor recreational areas.

### How?

- Create natural vegetation barriers between buildings and roadways
- Create a “green” industrial zone for manufacturing and research offices
- Encourage builders to use the American Lung Association’s “Healthy House Program” building strategies
- Audit the city’s energy and water use
- Provide incentives to residents and business owners to install solar systems and other renewable energy
- Place “No smoking” signs at parks and playgrounds
- Include no-smoking policy in rental agreements for public park facilities



# What is next?

## Conclusion and recommendations

Creating more healthy and safe places for people to live, work and play helps prevent childhood obesity, heart disease, stroke, some cancers, asthma, and pedestrian and bicycle injuries. This also promotes a sense of community, mental well being and economic health. The Community Health Assessment report also recommends working to improve access to health care services, including urgent care, substance abuse treatment and dental care.

Together, we can build a healthier City of Shasta Lake.

Changes to the City of Shasta Lake's General Plan, as outlined in the Community Health Assessment, could improve all four of these areas: Chronic Disease, Injury Prevention, Mental Well Being and Respiratory Health. This would help continue the City of Shasta Lake's commitment to health.

