

# Plan4Health: Design 4 Active Sacramento Coalition

by: Kirin Kumar

## SUMMARY

Plan4Health connects communities across the country, funding work at the intersection of planning and public health. Anchored by American Planning Association (APA) chapters and American Public Health Association (APHA) affiliates, Plan4Health supports creative partnerships to build sustainable, cross-sector coalitions. Design 4 Active Sacramento (D4AS) seeks to create communities built for health and unites a range of professions to create streets that are conducive to safely walking, biking, and living through active design.

## YOUR INVOLVEMENT IS KEY

To learn more about the Design 4 Active Sacramento Coalition and all coalitions participating in Plan4Health, check out the project website ([www.plan4health.us](http://www.plan4health.us)). Join the national conversation at the intersection of planning and public health on social media by using and following #plan4health.

## CHALLENGE

Sacramento County is a diverse community with nearly 1.5 million residents. Health disparities exist not only when comparing Sacramento to the rest of California, but also among racial groups and locations within Sacramento. In 2012, the prevalence of diabetes in Sacramento was higher than the state average. Projections estimated that nearly 97,000 adults living in Sacramento would receive a diabetes diagnosis in their lifetime. Additionally, Sacramento County's

lifetime prevalence of asthma rate of 15 percent was six percent higher than the rest of California. In 2013, South Sacramento was identified as a "Focus Community," indicating health disparities, such as higher rates of death from diabetes, more emergency room visits for asthma, and higher rates of obesity when compared to the rest of Sacramento County. South Sacramento was also identified as having high rates of poverty and low rates of educational attainment.

*"As a Sacramento resident and a D4AS Coalition member I know that our comprehensive approach is what is necessary to empower residents and decision-makers to shift our historic development pattern from segregation and neglect toward health and equity." – Katie Valenzuela Garcia*

- Aliza S Norcross

## Contact

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## SOLUTION

Design 4 Active Sacramento seeks to improve the way communities are designed and built to improve community health and livability as well as to build on the progress that has been made in Sacramento County and the community of South Sacramento over the past few years. Through collaboration and engagement, the coalition will work to encourage dialogue across sectors and between decision-makers to ensure health is a consideration in policy recommendations and implementation strategies. Community education will help enact change and will allow the voices of residents to be heard.

## RESULTS

In order to advance Active Design, physical activity, and health equity in Sacramento, key decision makers need to be collaborating. In May, Design 4 Active Sacramento brought together over 50 planning directors and public health officers from across the Region to identify shared goals, desired outcomes, and opportunities for ongoing collaboration. For many, this was the first time meeting their planning or public health counterparts and the first step in recognizing the importance of working across sectors. As a result of the convening, efforts across the Region to more effectively engage communities, share data, and create sustainable, staff-level collaboration are underway. Additionally, statewide focused Coalition members have expanded upon this regional work to promote these cross-sector partnerships across California.

## SUSTAINING SUCCESS