



How urban forests can Improve Health



Seattle Urban Forestry Management Plan Update
Oregon Health and Outdoors Initiative



PREPARED BY: OREGON HEALTH AND OUTDOORS INITIATIVE

IN COLLABORATION WITH:



WILLAMETTE PARTNERSHIP



oregon public health institute



the green infrastructure
leadership exchange

Tools that are out there

- One-page summary of benefits + popular press links
- Casemaking & Logic model tools
- Community engagement = health intervention
- Siting & Design guidelines
- Evaluation



Talking like a health provider & using the evidence



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Did you know?

- Your zip code determines 90% of your health?
- In South Seattle zip code, life expectancy is 8 years less than in other parts of the city
- If you are American Indian, African American, Latino, or live anywhere in rural Oregon—you are likely to experience much greater chronic disease



Connecting to Seattle Community Health Needs



Freeway Park in Seattle / Freeway Park Association

- **Talk like you're a health provider**
- **Meet health advocates and community leaders where they are, and connect to their priorities**
- **Ask for advice and demonstrate allyship before you ask for health part of the \$41M/year spent n community benefit**
- **If you're serious about equity, health providers will have more open ears**








Case Studies **people making the links**



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Planning for Health

	SOCIAL WELL-BEING	ECONOMIC CO-BENEFITS	SMALL & MEDIUM SIZED COMMUNITIES
	NEIGHBORHOOD DESIGN <ol style="list-style-type: none">1. Create complete neighbourhoods through mixed land use2. Build compact neighbourhoods through efficient planning3. Enhance connectivity with efficient and safe networks4. Prioritize new developments within or beside existing communities		
	TRANSPORTATION NETWORKS <ol style="list-style-type: none">1. Use street designs which prioritize active transportation2. Make active transportation networks safe and accessible for all ages and abilities3. Design connected routes for active transportation and support multiple modalities4. Consider the aesthetics of road, rail, and waterway networks		
	NATURAL ENVIRONMENTS <ol style="list-style-type: none">1. Preserve and connect environmentally sensitive areas2. Maximize opportunities for everyone to access natural environments3. Reduce urban air pollution by expanding natural elements across the landscape4. Mitigate urban heat islands by expanding natural elements across the landscape		
	FOOD SYSTEMS <ol style="list-style-type: none">1. Increase equitable access to and affordability of healthy food options2. Protect agricultural land and increase the capacity of local food systems3. Support community-based food programs		
	HOUSING <ol style="list-style-type: none">1. Prioritize affordable housing options through diverse housing forms and tenure types2. Ensure adequate housing quality for everyone3. Provide specialized housing options to support the needs of marginalized populations4. Site and zone housing developments to minimize exposure to environmental hazards		



Siting for Health

- Blocks with health inequity
- Buffering pollution and noise
- Shade
- Corridors & loops
- Room to rest
- Places to gather
- Avoid displacement/gentrification

Design for Health

- Multi-story vegetation
- Balance sun and shade
- Variety, immersion, safety
- Winding paths
- Places to rest
- Universal accessibility
- Create connections
- Food prep and drinking water
- Seating for 3+ people
- Play areas
- Opportunities for leadership



Jade District

Trees and Health

- 3 census tracts (2 sq mi, 14,000 people)
- 24% tree canopy (+/- 4%)—City goal of 33.3% by 2025
- Oregon's most ethnically and linguistically diverse
- Increase to 33.3% canopy goal = 1% reduction in stormwater flow and 1% in pollutant loading. Which is about a \$20 stormwater value per street tree.
- When you add in air qual, heat, aesthetics = \$131/tree.



Ways to incorporate health into all policy



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Health in all Policy

Health Policy

- Authority and dedicated \$ for social determinants
- Empower local communities to make health \$ allocations
- Medicaid waivers and delivery



Health in all Policy

Urban Forestry



- Empower local communities to make siting, design, stewardship decisions
- Place health factors/proxies into prioritization tools
- Be explicit that health equity is a goal, and include authority to act on that goal
- Collect disaggregated data needed to address disparities
- Build community-scale measurement tools and models
- Report regularly on health progress

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Green Infrastructure & Health Guide



Inside the Guide:

<http://giexchange.org/the-exchange-funds-a-new-national-guide-on-how-cities-can-use-green-infrastructure-to-improve-public-health/>

Or

<http://willamettepartnership.org/health-and-outdoors/multi-sector/>

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