

Sustainable Urban Health: Exploratory trip 2023 to the USA

Raw travel notes:

1. Goals, topics, concept
2. New York City, 1-4 May
3. SF Bay Area, 8-11 May
4. International issues

References; acknowl.ment

Conclusions: to be completed

Nachhaltige Stadt-Gesundheit: Erkundungsreise 2023 in die USA

Reise-Rohnotizen:

1. Ziele, Themen, Konzept
2. New York City, 1.-4.5.23
3. SF Bay Area, 8.-11.5.23
4. Internationales

Literatur; Danksagung

Folgerungen: in Arbeit

Rainer Fehr, Prof. Dr.med., MPH, Ph.D.; www.rfehr.eu

Faculty of Medicine / Medizinische Fakultät Ostwestfalen-Lippe (OWL),
Universität Bielefeld; www.urban-health.de

3. SF Bay Area, 8-11 May 2023

3.1 City development and health / Stadtentwicklung und Gesundheit

3.2 Urban green & blue / Stadtgrün/-blau

3.3 Mobility / Mobilität: SF Bay Area trail

3.4 Other topics / Weitere Themen

SF Bay Area institutional contacts

- University of California at Berkeley (UCB), incl. School of Public Health (SPH) and College of Environmental Design / Center for Global Healthy Cities,
<http://healthycities.berkeley.edu>
- City of Richmond, City Hall, 450 Civic Center Plaza, Richmond, CA 94804: Health and Wellness coordination
- San Francisco: Presidio Trust
- Additional contacts incl. former State and Federal Public Health official, book author, visiting scholar

SF Bay Area – selected sites visited

- Richmond (CA), incl. City Hall, Pogo Park = formerly Elm playlot / Iron Triangle, Pt. Richmond, Pt. Pinole, etc.
- Berkeley: UCB main campus; School of Public Health; multiple parks
- San Francisco: Presidio; Golden Gate Park; Sales-force Park
- Bay Trail (Berkeley, Albany, El Cerrito, Richmond) for walking and cycling



2023



3.1 SF Bay Area

City development & health

- "Urban design 4 health" / california,
<http://urbandesign4health.com/blog/>
- Healthy housing in California – Fact sheet, 2020 edition. https://nchh.org/resource/fact-sheet_healthy-housing-in-california
- R. Jackson: Invited lecture at St. Peter's University, Jersey City, NJU, 29 March 2023, <https://vimeo.com/816973904>
- City of Richmond (CA): „Health in All Policies“ as a city ordinance; multiple activities across sectors (cf. below)

City of Richmond (CA) Ordinance 27-15, 2014

ORDINANCE NO. 27-15 N.S.

AN ORDINANCE OF THE COUNCIL OF THE CITY OF RICHMOND AMENDING ARTICLE IX OF THE MUNICIPAL CODE OF THE CITY OF RICHMOND. THIS ORDINANCE AMENDS THE HEALTH IN ALL POLICIES ORDINANCE.

The Council of the City of Richmond do ordain as follows:

Section I. Amendment of Chapter 9.15. Chapter 9.15 of the Municipal Code of the City of Richmond is hereby amended to read as follows:

CHAPTER 9.15

HEALTH IN ALL POLICIES

Sections:

9.15.010 Findings

9.15.020 Definitions

9.15.030 Health in All Policies Implemen

9.15.010 Findings.

- (a) Health starts where we live, learn, work and play, and everyday decisions within the City of Richmond can promote greater health and equity.
- (b) All Richmond residents should have the opportunity to make the choices that allow them to live a long, healthy life, regardless of their job, neighborhood of residence, level of education, immigration status, sexual orientation, ethnic background or religion.
- (c) Good health enhances quality of life, improves workforce productivity, increases the capacity for learning, strengthens families and communities, supports environmental sustainability and helps reduce overall economic and social insecurity.
- (d) In the City of Richmond, those at greatest risk for poor health outcomes are low-income residents of color, especially African Americans residents, who have a shorter life expectancy than other county residents.

https://library.municode.com/ca/richmond/ordinances/code_of_ordinances?nodeId=748145

City of Richmond (CA): Iron Triangle, Pogo Park, Yellow Brick Road

www.transparentrichmond.org/stories/s/Iron-Triangle/f84x-aghg:

The **Iron Triangle** neighborhood ... bounded by three major railroad tracks ... 61% Hispanic residents, 25% Black residents, 8% Asian residents ... Historically, poverty rates ... significantly higher ... a historically disadvantaged community ... residents face many community stressors including violence, ... lack of green space, ... which affect health outcomes.

Founded by a Richmond resident in 2007, **Pogo Park** is a community organization focused on transforming lives and opportunities by working ... with neighborhood residents to create ... and operate public spaces ... initial start ... renovation of the **Elm Playlot** ... a common location for drug dealing, ... considered unsafe, and inaccessible to residents ... The community vision was to transform the ... park into an anchor public space ...


“Yellow Brick Road” ... a project to build safe streets in the Iron Triangle for children to walk and bike ... will connect Elm Playlot ... to Harbour-8 Park, giving local children a safe, clean and green pathway to walk or bike to and from the two parks.



City of Richmond (CA): Pogo Park

An Urban Health „landmark“ because of:

- Continuous community **participation**: vision, maintenance, benefits ...
- **Conversion** from decrepit and sinister Elm Playlot towards positive-connotated Pogo Park
- Combination of physical **structures** and ongoing social **processes**, incl. supervision, signing-in ...
- **Connectedness** to its environs and to another significant park by the „Yellow Brick Road“ (reportedly: as suggested by local youth)
- Accompanied by scientific research



Women
(50+ Years)

Men
(18+ Years)

A GUIDE TO EATING FISH

from

SAN FRANCISCO BAY



(ALAMEDA, CONTRA COSTA, MARIN, NAPA, SAN FRANCISCO, SAN MATEO, SANTA CLARA, SOLANO, SONOMA COUNTIES)


WOMEN 50 YEARS AND OLDER AND MEN 18 YEARS AND OLDER

Eat the Good Fish
Eating fish that are low in chemicals may provide health benefits to children and adults.

Avoid the Bad Fish
Eating fish with higher levels of chemicals like mercury or PCBs may cause health problems in children and adults.

Choose the Right Fish
Chemicals may be more harmful to unborn babies and children.



Chinook (King) Salmon
♥ high in omega-3s

7 TOTAL SERVINGS A WEEK

OR

5 TOTAL SERVINGS A WEEK

OR

2 TOTAL SERVINGS A WEEK

OR

1 TOTAL SERVING A WEEK

OR

0 DO NOT EAT



Brown rockfish



California halibut



Sharks

California Office of Environmental Health Hazard Assessment

www.oehha.ca.gov/fish

fish@oehha.ca.gov

phone (916) 324-7572

Serving Size
A serving of fish is about the size and thickness of your hand. Give children smaller servings.

For Adults

For Children



Women
(18-49 Years)

Children
(1-17 Years)

A GUIDE TO EATING FISH

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SAN FRANCISCO BAY

(ALAMEDA, CONTRA COSTA, MARIN, NAPA, SAN FRANCISCO, SAN MATEO, SANTA CLARA, SOLANO, SONOMA COUNTIES)

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Brown rockfish



Chinook (King) Salmon
♥ high in omega-3s



Jacksmelt



Red rock crab



California halibut



White croaker



Sharks



White sturgeon



Surperches



Striped Bass

California Office of Environmental Health Hazard Assessment

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Serving Size
A serving of fish is about the size and thickness of your hand. Give children smaller servings.

For Adults

For Children

Some chemicals are higher in the skin, fat, and guts.

Eat only the skinless fillet

Eat only the meat

File: S

City of Richmond (CA): HiAP Progress Report 2020

Corburn J et al (2020): Health in All Policies. Richmond California 2020 Progress report. Center for Global Healthy Cities, UC Berkeley, www.ci.richmond.ca.us/DocumentCenter/View/57209/HiAP-Report-2020

Executive summary: ... Richmond ... was one of the first cities in the US to adopt HiAP ... being watched by other cities, states and countries around the world ... the HiAP Ordinance ... explicitly recognizes that local government alone cannot achieve health equity. Residents and community groups ... must remain partners and co-leaders in this effort.

Key findings ... Gun homicides ... continue to decline ..., reaching 15 gun homicides in 2019 - down from 43 in 2007 ... Transparent Richmond, a new open data system, was launched, www.transparentrichmond.org Affordable housing remains a challenge ... Housing Rehabilitation Program ... Rent Control Ordinance ...

Richmond (CA): HiaP References

City of Richmond (CA): Municipal Code – Amendment of Chapter 9.15: „Health in All policies“, www.ci.richmond.ca.us/ArchiveCenter/ViewFile/Item/6999

City of Richmond: Health in All Policies (HiAP),
www.transparentrichmond.org/stories/s/Health-in-All-Policies-HiAP-Landing-Page/sxfh-efgh

City of Richmond, HiAP: Iron Triangle case study,
www.transparentrichmond.org/stories/s/Iron-Triangle/f84x-aghg

Corburn J et al (2020): Health in All Policies. Richmond California 2020 Progress report. Center for Global Healthy Cities, UC Berkeley,
www.ci.richmond.ca.us/DocumentCenter/View/57209/HiAP-Report-2020

Maxmen A (2016): The privilege of health. Deprivation leads to stress, and stress to bad health. A park, and the science behind it, aims to break that chain. Nature, vol.531, S59, www.nature.com/articles/531S58a

Richmond (CA): Additional aspects

- Large number of surveys concerning the life and health of Richmond city residents – considered a „treasure“, e.g. for planning, participation
- Duality of „codes“ predicting health and well-being: genetic / ZIP code
- Interaction of legal tiers: Municipal, State, Federal. Current Federal focus: racial inequity. Supplemented by community involvement
- Examples of city sectors with obvious health impact: Housing (affordability). Solid waste and recycling services (incl. missed garbage pickup, on-call cleanups). Education. Role of history for social identity, e.g. 15th annual “Cinco de Mayo Peace and Unity Parade”, May 6, 2023
- Richmond waterfront; incl. history/shipyards, portrait displays
- Life expectancy: increasing – in contrast with US average
- J Tucker (2016): UC Berkeley suspends plans to build Global Campus in Richmond, www.sfgate.com/bayarea/article/UC-Berkeley-suspends-plans-to-build-Global-Campus-9187281.php

3.2 SF Bay Area urban green & blue / Stadtgrün/-blau

California's Urban Parks and Healthy Communities Act,

<https://californiaglobe.com/articles/californias-urban-parks-and-healthy-communities-act/>

“Healthy Parks Healthy People (HPHP) Bay Area”:

- GG National Parks Conservancy, www.parksconservancy.org/our-work/hphp-bay-area:
- Let's Get Healthy California, <https://letsgethealthy.ca.gov/innovation-challenge/healthy-parks-healthy-people-bay-area/>
- East Bay Regional Parks District, www.ebparks.org/programs/hphp/hphp-bay-area

Background:

- National Park Service: „Healthy Parks Healthy People (HPHP) program“, www.nps.gov/subjects/healthandsafety/healthy-parks-healthy-people.htm: „Parks Contribute to a Healthy, Just, and

SF Bay Area: Selected urban parks

In San Francisco:

- Presidio, www.presidio.gov/welcome (cf. below)
- Golden Gate Park, https://en.wikipedia.org/wiki/Golden_Gate_Park
- Salesforce park, <https://salesforcetransitcenter.com/salesforce-park/>

East SF Bay Area Urban parks: cf. below

SF Bay Trail (in Berkeley, Albany, El Cerrito, Richmond): cf. below

SF Bay Area Urban parks

Selected literature:

- Pelegrini Guimaraes AC (2021): Urban greenspace, bluespace, stress, and depression during pregnancy: SF Bay Area. Thesis, submitted to the faculty of SF State U; MSc in Geographic Inf Sciences
- Perry et al. (2018): “Parknerships” for Sustainable Relevance: Perspectives from the San Francisco Bay Area. Sustainability 2018, 10,1577; doi:10.3390/su10051577
- Yoshino A et al (2018): Healthy Parks Health People [SF Bay Area] as an upstream stress reduction strategy. Recreat Park Tour Public Health 2:35-56; DOI:10.2979/rptph.2.1.03



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SF Presidio

San Francisco Presidio, www.presidio.gov/welcome: one of America's most popular national park sites. Located at the Golden Gate ... a place to escape in nature and explore key moments in history ...

„Tri-agency“ Partnership for the Presidio,

www.presidio.gov/presidio-trust/about/partners:

- Presidio Trust – a federal agency, est. 1996 by US Congress
- National Park Service
- Golden Gate National Parks Conservancy, non-profit

Presidio tunnel tops



SF Presidio (2)

M. Hsu (2017): Healthy outlook: Visionary leader [Jean Fraser] behind the Presidio's next chapter. Interview, www.parksconservancy.org/park-e-ventures-article/healthy-outlook-visionary-leader-behind-presidio%E2%80%99s-next-chapter

Fraser: ... the Presidio can become the best-maintained, most environmentally sustainable, and most diverse park in the country ... I think with our unique structure, and with the ... partnership with the Conservancy and the GGNRA [= *Golden Gate National Recreation Area*], we can actually accomplish that ... For me, parks – and particularly national parks – are a cornerstone of our democracy ... we ... have to work very hard to overcome the perception of exclusivity ... having a robust transportation system. A third of the people can't drive – ... too young ... too old ... can't afford a car ... or, increasingly, they're not interested in driving. So we need to make sure that you can get to the Presidio via public transit and that it's welcoming to people who come in walking or riding a bike ...

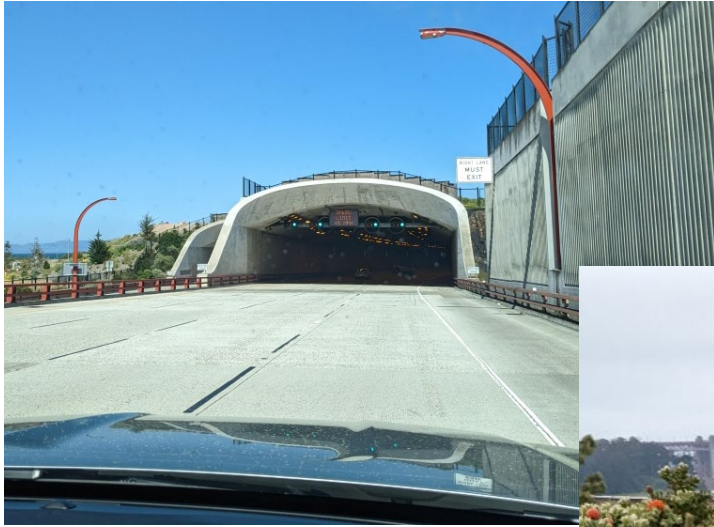
SF Presidio (3)

Fraser (ctd.):

... thinking about how we signal that we are a "place for all." ... signage really matters. The languages that we use ... matter. And so do the events we put on — whether they're relevant to people living in other parts of the city, and not just to those in the closer neighborhoods.

My particular passion is welcoming folks who come from cultures where the outdoors is not seen as a place of refuge - but maybe as a place that's scary or intimidating.

SF Presidio: Tunnel tops



East SF Bay Area: Selected urban parks

Berkeley:

- Peoples' park
- Rose garden
- Cesar Chavez park
- Tilden park

El Cerrito: Wildcat Canyon park

... ..

3.3 Mobility: SF Bay Area Trail

- Metropolitan Transportation Commission (MTC): San Francisco Bay Trail, <https://mtc.ca.gov/operations/regional-trails-parks/san-francisco-bay-trail>: ... welcomes hikers, joggers, bicyclists, skaters and wheelchair users to more than 350 miles of trails that circle the bay ... The vision? A total of 500 miles ... through 47 cities, across 7 toll bridges, along shorelines, ... over 130 parks ... The Bay Trail Equity Strategy looks at how to develop a Bay Trail that is accessible and welcoming to all ...
- Wikipedia, https://en.wikipedia.org/wiki/San_Francisco_Bay_Trail: project of the Association of Bay Area Governments (ABAG) and the Metropolitan Transportation Commission (MTC), in collaboration with other agencies, private companies, non-profit organizations, and advocacy groups ...

3.4 SF Bay Area: Other topics / Weitere Themen

- Applied epidemiology: Existing survey data as a „treasure“ ...
- Urban/Rural connection; CA State Office of Rural Health: Rural Health Information Hub (RHlhub), www.ruralhealthinfo/california
- Urban chronobiology
- Angewandte Epidemiologie: Vorhandene Survey-Daten als „Schatz“
- Stadt-/Land-Verbindung: Rural Health Information Hub (RHlhub)
- Urbane Chronobiologie