



6

HEALTHY COMMUNITY ELEMENT



6.1 Introduction and Purpose

The City of Woodland is embracing the opportunity to bring health-related perspectives to long-range planning with the Healthy Community Element. This Element is centered on the concept that the health of the community is a direct reflection of the health of the residents living within the community. The Element reviews current health conditions in Woodland and sets forth goals and policies to promote the individual and collective health of those living in Woodland, particularly pertaining to access to medical and health services and facilities, active lifestyles, healthy food, community services, and arts and culture.



The Woodland Public Library offers a story time for children.

The Healthy Community Element is organized as follows:

- **Section 6.1: Introduction and Purpose.** Introduces the topics covered in this Element and outlines the Element's relationship to State law and the Visioning Statement and Guiding Principles. It also defines what healthy community means for Woodland.
- **Section 6.2: Physical Health and Environmental Justice.** Discusses physical health conditions in Woodland; access to medical and health facilities and services; and environmental justice as it relates to health.
- **Section 6.3: Active Lifestyles.** Presents information related to current physical activity levels in Woodland and promotes opportunities and improvements related to an active lifestyle for the Woodland community.
- **Section 6.4: Healthy Food.** Discusses current nutrition data in the Woodland community. Promotes access to healthy foods and urban agriculture in Woodland.
- **Section 6.5: Community Facilities and Services.** Presents community facilities and services in Woodland, including services for youth and seniors.
- **Section 6.6: Arts and Culture.** Promotes public art in the built environment and encourages the provision of arts and cultural facilities to serve the Woodland community.
- **Section 6.7 Goals and Policies.**

Relationship to State Law

While the inclusion of health is not required as a mandated element of a general plan, California Government Code Section 65303 indicates that a general plan may include additional elements that a community considers important to the physical development of the city. The California State Office of Planning and Research also encourages cities to plan for healthy communities in its General Plan Guidelines.

Relationship to Visioning Statement and Guiding Principles

The Healthy Community Element reflects several values expressed in the community's Visioning Statement and Guiding Principles, in-



The Healthy Community Element includes goals and policies to support arts and culture in Woodland.



Good health is a state of complete physical, social, and mental well-being, according to the World Health Organization.

cluding providing “a highly desirable community to live, learn, work and recreate” and “a healthy community.” In addition, the Element directly supports the following Guiding Principles:

- **Health and Recreation:** Provide all residents with opportunities to live an active, healthy, and green lifestyle.
- **Mobility Options:** Coordinate land use and transportation planning to provide a range of attractive and viable transportation options, such as bicycle, pedestrian, and transit.
- **Public Services:** Provide realistic, supportable and appropriate levels of public service that are sustainable and fiscally sound.
- **Quality Education:** Foster quality educational and enrichment opportunities.
- **Environmental Stewardship:** Foster a sustainable community for the next generation and protect and improve the quality of the natural environment.

Defining Healthy Community

There is a growing awareness of the important relationship between health and the built environment. Research correlates community design and environmental characteristics with physical activity levels, diet, pollution-related illnesses, unintentional injury rates, violent crime, and other health conditions. Cooperation between city planning and health is fundamentally concerned with addressing the full range of factors affecting health—not only those that are related to the actions of individuals, such as health behaviors and lifestyle choices, but also factors such as income, education, employment and working conditions; access to health services; nutrition; and the quality of physical environments. The City of Woodland is aware of the relationship between city planning and health and intends to use this long-range plan to have a positive impact on the health of the community.

The World Health Organization defines good health as follows:

“Good health is a state of complete physical, social and mental well-being, and not merely the absence of disease or infirmity. Health is a resource for everyday life, not the object of living, and is a positive concept emphasizing social and personal resources as well as physical capabilities.”

Building on this definition of health, there are three distinct components of a healthy community that are addressed in the General Plan's goals, policies, and implementation programs: healthy bodies, healthy minds, and healthy earth.

- **Healthy Bodies.** Goals, policies, and implementation programs that promote healthy bodies are focused on physical wellbeing. Access to medical and health services and facilities enables care of physical health and is an important aspect of healthy bodies that is supported in this Element of the General Plan. Opportunities for residents to lead active and healthy lifestyles are another aspect of healthy bodies that is discussed in this Element, through promotion of walking, biking, exercise programs and classes, healthy diets, nutrition programs, and recreational facilities and programs.
- **Healthy Minds.** Goals, policies, and implementation programs that encourage healthy minds are focused on social and mental wellbeing. Healthy minds are nurtured by opportunities for life-long learning, and the General Plan supports quality educational opportunities for residents of all ages in the Public Facilities and Services Element. A strong, supportive social network and sense of community contribute to healthy minds and are fostered in this Element. An appreciation of heritage, culture, and the arts and opportunities for enhanced creativity and expression also play important roles in cultivating healthy minds and are supported by this Element.
- **Healthy Earth.** Goals, policies, and implementation programs that promote healthy earth are focused on sustainability and the health of the environment. Protection and conservation of natural resources, including biological and ecological resources, is a key component of a healthy earth. Similarly, a healthy earth depends on improving air quality, reducing greenhouse gas emissions, protecting water quality, using water resources efficiently, and increasing energy efficiency and renewable energy usage.

These topics are discussed in more detail in the Sustainability, Conservation, and Open Space Element and the Public Facilities and Services Element.



Providing improved access to medical services, community facilities, healthy food, and arts and culture will enhance healthy lifestyles in Woodland.

6.2 Physical Health and Environmental Justice

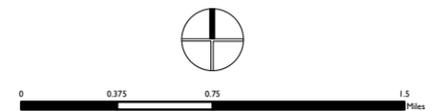
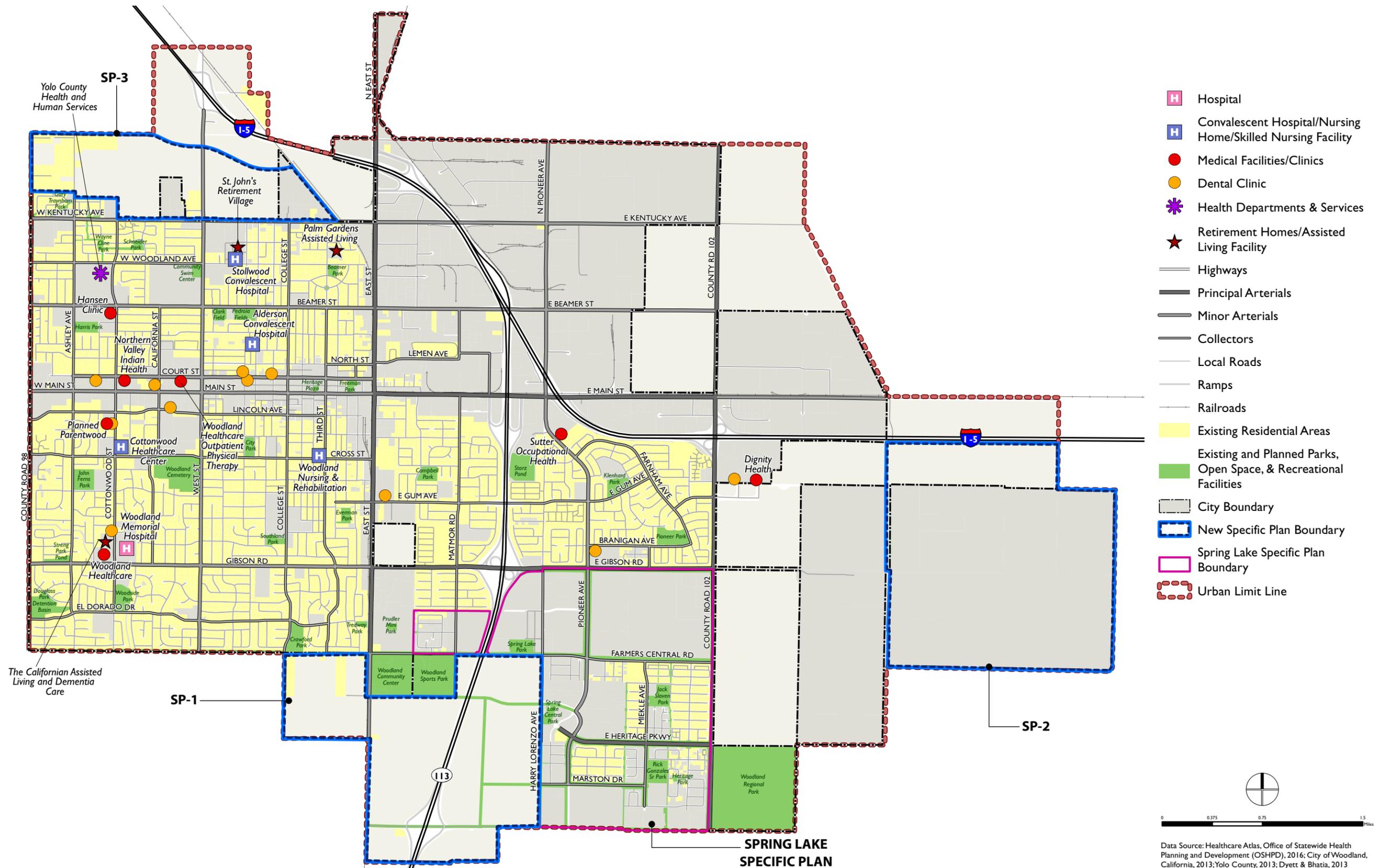
Physical Health

Physical health includes the medical dimension of health and is an integral component of healthy bodies. The medical dimension of health encompasses a range of medical and health services, including primary care, specialty care, home health care, emergency services, mental health services, long-term care, dental care, and alternative care. Access to health care services is an important determinant of overall community health, since medical monitoring, advice, and care is often essential to preventing disease and improving health outcomes.

Physical access to medical services is also intertwined with transportation planning, because community members rely on the network of roadways, public transportation services, and walking and biking facilities to get to and from health-related facilities. As shown in Figure 6-1, the location of hospitals, medical clinics, and doctors' and dentists' offices in Woodland are such that parts of the city are underserved for residents. This includes the southern and eastern residential neighborhoods in the city, as many of the medical and health facilities are located in the northwest area of the city.

Access to health care services is one of many topics researched by the Yolo County Health and Human Services Department. It publishes a wealth of health data, including access to services and health outcomes, in its Community Health Assessment Regional Reports. According to the 2014 Community Health Assessment Report, Yolo County has a rate of 121 licensed primary care physicians per 100,000 people, far greater than the statewide rate of 84 physicians per 100,000 people. However, Yolo County has only 47 dentists per 100,000 people, substantially lower than the statewide rate of 72 dentists per 100,000 people. With regard to healthcare coverage, nearly 20 percent of Yolo County adults were without health insurance in 2011, compared to a statewide rate of 25 per-

FIGURE 6-1: MEDICAL AND HEALTH FACILITIES AND SERVICES



Data Source: Healthcare Atlas, Office of Statewide Health Planning and Development (OSHPD), 2016; City of Woodland, California, 2013; Yolo County, 2013; Dyett & Bhatia, 2013

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cent¹. About 8 percent of Yolo County children were uninsured in 2011, slightly lower than the statewide rate of 9 percent. A higher percentage of Yolo County residents also used migrant health centers as a source of primary care than the statewide average.

Physical health conditions influence a community's health outcomes, which indicate how healthy a community is. According to the 2014 Community Health Assessment Report, Yolo County adults have a slightly higher rate of asthma than the statewide average, but have lower rates of high blood pressure and heart disease than the statewide average. Yolo County adults have slightly lower rates of diabetes than the statewide average; however, the percentage of Hispanic/Latino adults who have been diagnosed with diabetes more than doubled between 2005 and 2012 in Yolo County, while it decreased slightly during the same period for non-Hispanic/Latino adults. Despite a lower-than-statewide ratio of dental care providers in Yolo County, dental care is more common in Yolo County than across the state; about 19 percent of Yolo County adults reported receiving no dental care within the last year, compared to the statewide average of 31 percent. The leading causes of death in Yolo County in 2010 were cancers; diseases of the heart; chronic lower respiratory diseases; cerebrovascular disease; and Alzheimer's disease.

The Health and Human Services Department publishes some sub-regional health data in its Community Health Assessment Reports. For the purposes of these reports, the county is divided into seven sub-regions that each have their own report, and the Central Region primarily includes Woodland and some of the area immediately surrounding the city. The Community Health Assessment Report for Central County included survey results from a communitywide survey about health, and it asked respondents about the top health issues in their communities. Central County respondents identified the top five health issues that most affect their community as obesity, mental health issues, health problems associated with aging, diabetes, and cancer. The top three individual behaviors most responsible for health issues in the community, as identified by the respondents, included poor nutrition and eating habits, alcohol abuse, and lack of exercise. Respondents identified social and economic circumstances most responsible for health issues in the community as no health insurance, unemployment, and poverty. Environmental issues most responsible for health issues, as identified by respondents, included air pollution, cigarette smoke, lack of access to healthy foods, and pesticide use.

¹ This data was gathered before implementation of the Affordable Care Act.



Woodland Memorial Hospital
(above) Woodland Healthcare Medical
Offices (below)



Providing improved access to medical services, community facilities, healthy food and arts and culture will enhance healthy lifestyles in Woodland.

This Plan puts in place new policies to help provide better access to medical and health facilities.

Environmental justice refers to the fair treatment of all people – regardless of race, income, and religion – when implementing policies that affect housing and the environment.

Promoting healthy bodies and physical health is integral to the General Plan. While many of the physical health issues in this section are being addressed by the Yolo County Health and Human Services Department and local health care providers, this Plan puts in place new policies to help provide better access to medical and health facilities. It encourages individuals to participate in health programs and engage in preventive health care practices as part of daily life, including physical exercise and eating fresh food, in order to reduce the prevalence and impact of preventable disease and support healthy bodies in Woodland.

Environmental Justice

Environmental justice refers to the fair treatment of all people – regardless of race, income, and religion – when implementing policies that affect housing and the environment. The problems of environmental justice that the General Plan can address include procedural inequities and geographic inequities. Procedural inequities occur when the planning process is not conducted in a uniform way. An example might include holding meetings at times and places that minimize the ability of low-income residents to participate. The General Plan Update process was conducted to ensure that all members of the Woodland community had equal opportunity to meaningfully participate in the planning process and decision-making, such as through the mail-in communitywide survey, a frequently updated website, community meetings and workshops held in the evenings and on weekends, and Spanish language outreach materials and events.

The geographic inequity component of environmental justice is directly connected to healthy bodies. Geographic inequity occurs when public services, transit services, and parks are not equitably distributed in a city, resulting in unequal sharing of benefits of public services and facilities, including associated health benefits. It also occurs when undesirable or unhealthy land uses are concentrated in one part of the city, creating a disproportionate burden for residents in certain areas; this can create effects on physical health, such as asthma related to poorer air quality. The City of Woodland has strived to address potential geographic inequities in Woodland through the General Plan Update process to ensure the fair treatment of all people in the community. This includes considering potential health impacts associated with land use decisions, including

siting of “undesirable” land uses, such as heavy industrial activities; ensuring equity in the provision and quality of public facilities and services, including parks, transportation facilities, and safety services; and striving to reduce adverse health effects associated with hazardous materials and heavy industrial activities. Ensuring that all members of the community equally share in both the benefits and the burdens associated with the city’s amenities, services, facilities, and land use decisions is a priority for the City of Woodland.



Active lifestyles are crucial to achieving positive health outcomes and are strongly supported by the General Plan.

On a scale of 0 to 100 for the community's walkability, Woodland scored 44, which means it is generally a car-dependent city.

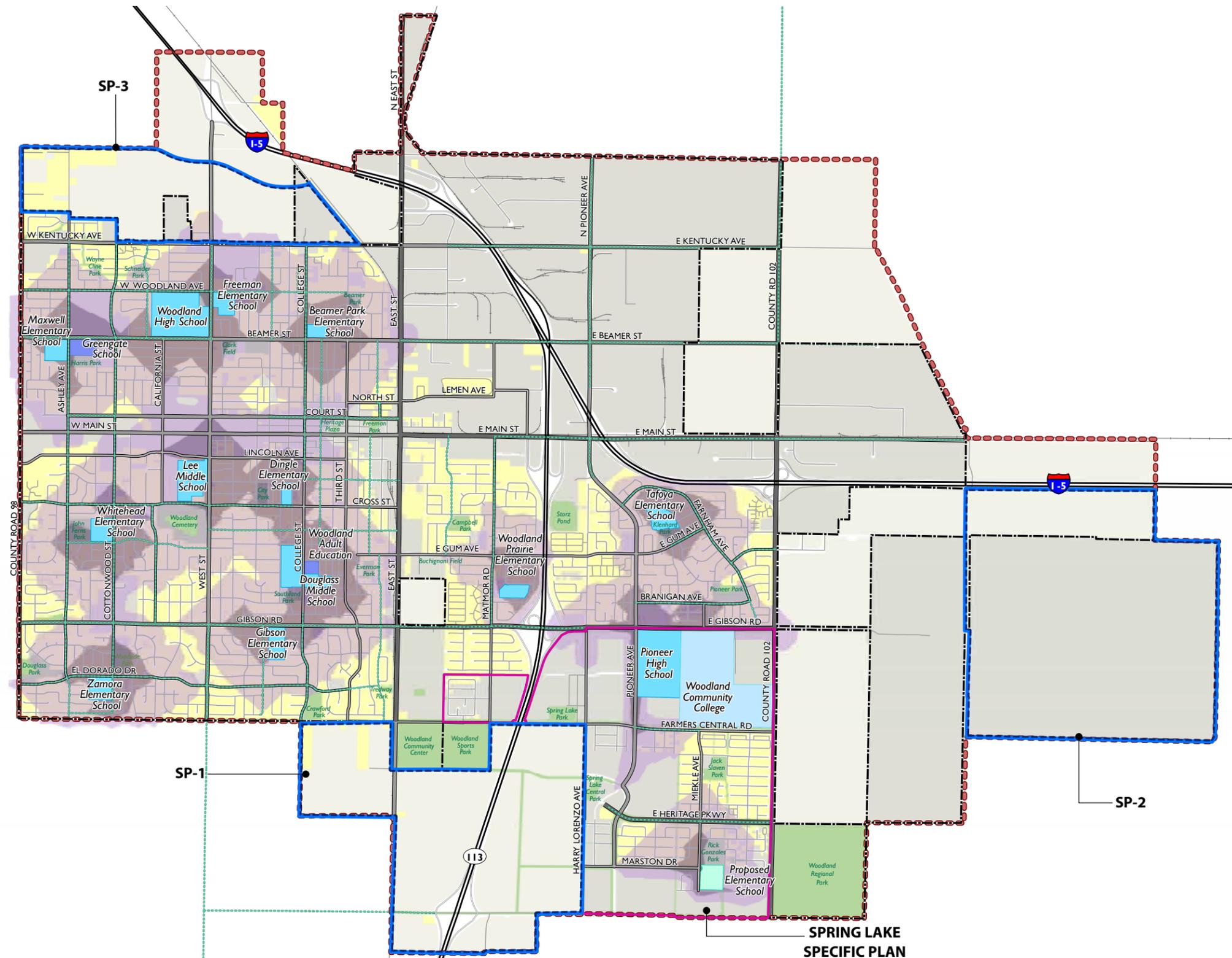
6.3 Active Lifestyles

A top priority for the Woodland community is increased healthy activity and mobility for all ages. An active lifestyle that incorporates exercise is critical to achieving positive health outcomes and is directly correlated with the healthy bodies aspect of a healthy community. Lack of physical activity is a primary risk factor in five of the top ten causes of death in California: heart disease, cancer, stroke, diabetes, and Alzheimer's disease. It is also a primary risk factor for obesity, which itself contributes to the same prevalent causes of death. Studies have shown that those who increase their physical activity during leisure time have lower mortality rates than those who are sedentary.

The design of neighborhoods and transportation systems often influences the extent to which physical activity fits into daily life. The biggest barriers to physical activity in the built environment are long distances or isolation of uses, lack of facilities, and safety concerns. Walk Score is an organization that ranks communities on a scale of 0 to 100 for their "walkability," with lower scores for car-dependent places and higher scores for communities where daily errands do not require a car. In 2016, Woodland scored a 44 on Walk Score, which means it is generally a car-dependent city; while the city has some public transportation, most errands require a trip by car. This is exemplified by the lack of pedestrian and bicycle accessibility to Woodland's schools, as shown in Figure 6-2. East of East Street, many residential areas do not fall within the five and ten minute walksheds for schools; in addition, some areas on the western side of the city, particularly on the western edge of the city, also do not fall within schools' walksheds. Schools often lack direct connections to bike routes, which discourages families from using bikes as their means of transportation to school. Lack of school accessibility by active transportation modes presents a serious barrier for students to live an active lifestyle and go to and from school without a trip in a car.

Residents of all ages would benefit from increased physical activity. According to the Yolo County Health Department's 2014 Community Health Assessment Report for the Central Region of the county, the number of adults who reported no physical activity or exercise within the past month was consistently lower than the statewide average between 2008 and 2010. During this period, the number of adults reporting no physical activity increased by over

FIGURE 6-2: SCHOOL ACCESSIBILITY



Educational Facilities

- Elementary, Middle or High School
- Special School
- Community College
- Proposed Elementary School

Schools Walkshed*

- 5 Minute Walking Distance (1/4 Mile)
- 10 Minute Walking Distance (1/2 Mile)
- Existing Bike Lanes/Bike Paths
- Highways
- Principal Arterials
- Minor Arterials
- Collectors
- Local Roads
- Ramps
- Railroads
- Existing Neighborhoods/ Residential Areas
- Existing and Planned Parks, Open Space, & Recreational Facilities
- City Boundary
- New Specific Plan Boundary
- Spring Lake Specific Plan Boundary
- Urban Limit Line

Note: Walksheds are calculated for Public Schools, Special Schools and Woodland Community College.



Data Source: ESRI Data & Maps, 2015; City of Woodland, California, 2013; Yolo County, 2013; Dyett & Bhatia, 2013

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five percent in central Yolo County, while the statewide average showed a decrease by three percent.

The California Department of Education monitors physical fitness of students using a fitness test that measures a student's fitness level as at Health Risk, Needs Improvement, or in the Healthy Fitness Zone. Table 6-1 shows the 2014-15 results of the State's physical fitness test for students in grades 5, 7, and 9 for Woodland Joint Unified School District. In general, a substantial portion of Woodland students fall in the Needs Improvement and Health Risk ranges, especially for aerobic capacity, which assesses the capacity of the cardiorespiratory system by measuring endurance.

In 2014-15, 30-36% of Woodland's 5th, 7th, and 9th graders were found to need improvement in aerobic capacity.

TABLE 6-1: 2014-15 PHYSICAL FITNESS TEST - OVERALL SUMMARY RESULTS FOR STUDENTS IN WOODLAND JOINT UNIFIED SCHOOL DISTRICT

| Physical Fitness Area | Percentage of 5th Grade Students | | | Percentage of 7th Grade Students | | | Percentage of 9th Grade Students | | |
|--------------------------|----------------------------------|-------------------|---------------------------------|----------------------------------|-------------------|---------------------------------|----------------------------------|-------------------|---------------------------------|
| | HFZ ¹ | Needs Improvement | Needs Improvement - Health Risk | HFZ | Needs Improvement | Needs Improvement - Health Risk | HFZ | Needs Improvement | Needs Improvement - Health Risk |
| Aerobic Capacity | 58% | 35% | 7% | 61% | 30% | 9% | 51% | 36% | 14% |
| Body Composition | 57% | 19% | 24% | 58% | 17% | 25% | 57% | 20% | 23% |
| Abdominal Strength | 79% | 21% | N/A ² | 92% | 8% | N/A | 85% | 15% | N/A |
| Trunk Extension Strength | 95% | 5% | N/A | 97% | 3% | N/A | 96% | 4% | N/A |
| Upper Body Strength | 61% | 39% | N/A | 69% | 31% | N/A | 73% | 27% | N/A |
| Flexibility | 79% | 21% | N/A | 81% | 19% | N/A | 82% | 18% | N/A |

Notes:

1. HFZ is an acronym for Healthy Fitness Zone, a registered trademark of The Cooper Institute.

2. N/A = Not applicable.

3. The PFT is based on the FITNESSGRAM/ACTIVITYGRAM software, owned by the Cooper Institute, Dallas, TX, and published by Human Kinetics, Champaign, IL. The PFT is created and copyrighted by the California Department of Education (CDE) under a license agreement with Human Kinetics. The FITNESSGRAM is a registered trademark of The Cooper Institute.

4. The PFT performance standards are available on the CDE FITNESSGRAM: Healthy Fitness Zone Charts Web page. Information about the FITNESSGRAM is available on the Human Kinetics Web site (Outside Source).

Source: California Department of Education, 2014-15 California Physical Fitness Report, Overall Summary of Results, Woodland Joint Unified District.

To increase opportunities for active lifestyles in Woodland and support the healthy bodies aspect of healthy communities, the General Plan strives to plan for and implement pedestrian, bicycle, and transit improvements that decrease the need for car travel, particularly for day-to-day activities. By exchanging some of those vehicle trips for non-motorized, active transportation trips, a community can realize health benefits and bring healthy physical activity into daily routines. In addition to providing health benefits, improving access to pedestrian, bicycle, and transit facilities also serves to ensure transportation equity for all Woodland residents by providing realistic mobility choices to those who cannot afford to rely on cars for all of their trips.

Design that encourages walking and biking is discussed in the Land Use, Community Design, and Historic Preservation Element and the Transportation and Circulation Element.

Walking delivers a myriad of physical and social benefits and is strongly supported by the General Plan. Being able to walk to a job, the store, a park, or simply for recreation provides physical exercise, eliminates travel expenses, and can provide social cohesion and sense of place. The City of Woodland also has a long-standing policy of supporting biking, for many reasons including exercise and health, and the Transportation and Circulation Element includes a number of goals and policies to promote biking in Woodland. The General Plan also supports creating additional safe walking and biking routes to schools for children to encourage active lifestyles in families.

Parks and open space is discussed in detail in the Public Facilities and Services Element.

Promoting access to and use of well-maintained recreation spaces is another aspect of healthy and active living that is prioritized in the General Plan and supports healthy bodies. Studies suggest people who live within walking distance (one-quarter mile, or about a five-minute walk) of a park are 25 percent more likely to meet their minimum recommended weekly amount of exercise.² The General Plan recognizes that public parks serve as places for physical recreation as well as community anchors that can bolster emotional well-being. Making parks and recreation facilities more accessible—dispersing them throughout the community and making programs tailored and affordable to the community’s diverse residents—will increase the likelihood that all residents will incorporate healthy activity into their daily lives. The General Plan also prioritizes enhancing access to parks and recreational facilities and ensuring that a wide variety of amenities and features are included in the parks and recreational facilities to serve and meet the needs of the diverse Woodland community.

² Frank, L., et al., “Linking objectively measured physical activity with objectively measured urban form: findings from SMARTRAQ”, *American Journal of Preventative Medicine*, Vol. 28, Issue 2 (2005).

6.4 Healthy Food

Directly related to the healthy body aspect of a healthy community, the City of Woodland supports improving nutrition and increasing access to healthy and affordable foods throughout the community. A community's food environment is related to health outcomes in several ways. Residents in communities with a more "imbalanced food environment" (where fast food and corner stores are more convenient and prevalent than grocery stores) have more health problems and higher mortality than residents of areas with a higher proportion of grocery stores, when other factors are held constant.³ Drive-thrus at fast food chains often have idling cars waiting in line, which can contribute to increased air pollution and greenhouse gas emissions. Additionally, the presence of a supermarket in a neighborhood is linked to higher fruit and vegetable consumption and a reduced prevalence of obesity.^{4,5} In low-income neighborhoods, the addition of a supermarket has been found to increase residents' likelihood of meeting nutritional guidelines by one-third.⁶

3 Mari Gallagher Research and Consulting Group, *Examining the Impact of Food Deserts on Public Health in Chicago* (July 2006). Available at: www.marigallagher.com/site_media/dynamic/project_files/Chicago_Food_Desert_Report.pdf

4 Inagami, S., et al., "You are where you shop: grocery store locations, weight, and neighborhoods," *American Journal of Preventative Medicine*, Vol. 31, Issue 1 (2006).

5 Sturm, R., and A. Datar, "Body mass index in elementary school children, metropolitan area food prices, and food outlet density," *Public Health*, Vol. 119 (2005).

6 Morland, K., et al., "The contextual effect of the local food environment on residents' diet," *American Journal of Public Health*, Vol. 92, Issue 11 (November 2002).



Woodland is situated in one of the most productive agricultural regions in the country.

Figure 6-3 shows grocery stores, pharmacies, and fast food restaurants in Woodland. There are a number of different types of grocery stores in Woodland, including discount grocery stores, high end grocery stores, and ethnic grocery stores. Many of these facilities are located along the Main Street corridor, the southern portion of East Street, or near Interstate 5. The map also shows areas that are served by a neighborhood grocery store within a half-mile radius. The southwestern and the northwestern neighborhoods, as well as the developed area of Spring Lake Specific Plan, are located farthest from neighborhood grocery stores in Woodland.

The Yolo County Health Department's Community Health Assessment Report for the Central Region includes countywide data about diet and nutrition. Thirty-three percent of Yolo County adults ate at least five servings of fruit and vegetables daily, compared to about 28 percent of adults statewide. However, only one third of Yolo County children were estimated to be eating five or more servings per day, compared to 53 percent of children statewide. Fast food consumption did not change between 2007 and 2012 for children, though it did decrease for adults during the same period. The percentage of Yolo County youth and children consuming two or more sugary drinks daily more than doubled between 2007 and 2013, with Hispanic/Latinos consuming beverages at a higher rate than non-Hispanic/Latino youth and children.

In addition to lack of exercise, poor diet is another major risk factor contributing to chronic disease prevalence. In the U.S., obesity and diet-related chronic disease rates are escalating. Obesity is a particularly important concern for the healthy development of children. Childhood obesity has more than tripled in the past 30 years. Obese youth are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure; they are also at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.^{7,8}

In Woodland in 2014, the percentage of youth either overweight or obese was 43 percent, higher than both the state and county rates.

In Woodland in 2014, the percentage of youth either overweight or obese was 43 percent, higher than both the state and county rates, according to the Yolo County Health Department's Community Health Assessment Report for the Central Region of the county.

7 Daniels, S.R., et al. "Overweight in children and adolescents: pathophysiology, consequences, prevention, and treatment." *Circulation*, 111;1999-2002, 2005.

8 U.S. Surgeon General. *Overweight and Obesity: Health Consequences*. Rockville: MD (2001).

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The Community Health Assessment Report for Central County reported that between 2005 and 2012, the number of overweight Yolo County adults increased, though obesity rates declined during the same period. As of 2012, 35 percent of Yolo County adults were overweight, the same rate as the statewide rate, and 18 percent were obese, lower than the statewide rate of 25 percent.

The General Plan prioritizes increasing access to healthy, locally grown foods and encouraging healthy bodies by supporting provision of grocery stores to serve all neighborhoods. In contrast to fast food establishments, the General Plan also encourages dining establishments and “slow food,” which is focused on regional, traditional, and sustainable cuisine. Programs to educate residents about nutrition and healthy food are strongly encouraged by the General Plan as well. The General Plan also supports community interest in urban agriculture, which is the practice of cultivating, processing, and distributing food in or around a city or town for local consumption.

Urban agriculture includes farmers’ markets, farm stands, community gardens, on-site garden produce market stands, and urban farms. Direct access to fresh fruits and vegetables through urban agriculture can improve food security and food safety. Another facet of urban agriculture is the community garden, which is a piece of land gardened by a group of people. Community gardens can utilize either individual or shared plots on private or public land; they provide fresh produce and plants for the cultivators’ personal use, satisfying and community-building labor, neighborhood improvement, sense of community, and connection to the environment.

The land may produce fruit, vegetables, and/or ornamentals. They typically occur on a small-scale in urban and suburban areas and may be found in neighborhoods and schools, connected to institutions such as hospitals and churches, and on residential housing grounds. Urban agriculture, and community gardens in particular, can increase inexpensive access to fresh, healthy produce – which can serve as part of the solution to food deserts and other public health issues related to diet, including obesity.



Increased access to supermarkets and farmers markets will create a healthier food system for Woodland residents.

6.5 Community Facilities and Services

Integral to the healthy minds aspect of healthy community, and also of great importance to Woodland residents, is access to the basic community facilities and services that support families and quality of life. Community services in Woodland serve residents of all ages, including youth and seniors. In the Central County Community Health Assessment Report, respondents to a community-wide health survey identified the City's community services and programs as an important strength of Woodland. Respondents also took pride in community involvement, the community's progressive mindset, volunteerism, cultural diversity and tolerance, local agriculture, and heritage. Each of these sources of pride in the Woodland community also contribute to healthy minds.

High quality education is also integral to healthy minds and is discussed in the Public Facilities and Services Element.

Community facilities are the network of public and private institutions that support the civic and social needs of the population. They offer a variety of recreational, artistic, and educational programs and special events. Community facilities are shown on Figure 6-4 and include:

- **Community and Senior Center.** Woodland's Community and Senior Center is located at 2001 East Street and is designed to meet the needs of the population for civic meetings, recreational activities, social gatherings, and cultural events. The facility also hosts special programming and events for seniors.



The civic buildings and Senior Center in Woodland house educational, recreation, and civic programs for community meetings and events.

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- **Civic Buildings.** This category of community facilities includes City and County administrative and public buildings, such as City Hall, the Municipal Services Building, and the County Courthouse. Many of Woodland’s civic buildings are located in historic Downtown Woodland.
- **Library.** The City of Woodland’s library houses literary, artistic, and reference materials for public use and circulation. Located at 250 First Street, the library provides opportunities to attend social and educational programming and events, and provides access to twenty-first century technologies.
- **Visual and Performing Arts Venues.** These facilities house scientific and historical exhibits or offer space for artistic performances and presentations. Woodland is home to a number of museums and performing arts venues, including the Yolo County Historical Museum and the Woodland Opera House.
- **Yolo County Fairgrounds.** With over 55 acres of facilities including open spaces and buildings, the Yolo County Fairgrounds on East Street provide space for the annual County Fair and a number of large events during the year.
- **Yolo County Health and Human Services Agency.** The County Health Department is located in northwest Woodland and provides a number of important services and programs for the Woodland community, as well as the broader county, ranging from nutrition classes to health statistics. There is also a community garden on site at their office that is open to the community and the site of public gardening courses and workshops.



The City of Woodland plans to maintain the Public Library as a destination by expanding its facilities and programs.

Volunteering is an important strategy for cultivating healthy minds in Woodland. Volunteering helps engage the mind and provides a sense of community and belonging; it also helps individuals gain new skills, make friends, acquire work experience, build contacts, and improve the quality of their community. Volunteers are an integral part of Woodland’s programs and services, and the City offers seasonal, one-time, and ongoing volunteer opportunities for individuals, families, community groups, and other interested parties. The General Plan encourages the Woodland community to volunteer and supports local volunteering opportunities.

Youth engagement—the meaningful participation and continued involvement of young people in activities focused outside themselves—can be conceived as part of a larger group of “developmental assets” in healthy minds. Youth engaged in structured ac-

Volunteering helps engage the mind and provides a sense of community and belonging.



The Yolo County Fairgrounds is a unique community entertainment feature in Woodland.

tivities—extracurricular school involvements, community service, organizational work in church or community—have been found to be less likely to engage in risky activities related to drugs, alcohol, violence, and risky sexual activity, among other things. There is also evidence that engaged youth are less depressed, have higher self-esteem, are more physically active, obtain higher grades in school, and show a greater commitment to their friends, families, and communities.⁹ More specifically, involvement in arts and hobbies, as well as participation in youth group activities, may reduce later delinquency. Community service involvement also leads to reduced violence. Soliciting youth feedback and input in designing public programming or infrastructure (parks, schools, etc.) that directly serve youth can provide significant benefits to institutions and neighborhoods, and is supported by the General Plan. Furthering the engagement of Woodland’s youth in civic activities is a cost effective way for the City to reduce crime, increase educational attainment, and improve a number of health indicators across all populations. This Plan includes specific policies to support the youth programs and expand collaborative efforts with local schools.

The number of adults over the age of 70 is growing across the nation as the Baby Boomers grow older, and promoting healthy minds in Woodland seniors is supported in the General Plan. The Community Services Department provides services and programs to meet the needs of residents over the age of 55; these focus on health and wellness, social events, expressive arts, nutrition, fitness, educational classes, and recreational classes. Many of the programs are held at the Community and Senior Center, which coordinates recreation, self-enrichment, and educational programs that are often run by volunteers. One program, Teens Helping Seniors, engages both teens and seniors by pairing youth with older adults who need assistance at their homes with tasks such as weed pulling and sweeping. The Community and Senior Center also helps to plan activities, trips, and special events for Woodland seniors throughout the year. The General Plan encourages healthy minds in Woodland’s seniors by supporting senior programs, activities, and services.

⁹ Centres of Excellence for Youth Engagement, “Youth engagement and health outcomes: Is there a link?” (2003).

6.6 Arts and Culture

Arts and culture play a number of important roles in Woodland related to healthy minds. Public art in Woodland contributes to creating vibrant, beautiful, and meaningful spaces for community members of all ages and backgrounds that support social and mental health, including parks, plazas, and streets. Arts and culture also support healthy minds by providing opportunities for members of the community to creatively express themselves and ideas about nature, community, history, current events, and culture.

In Woodland, arts and culture are expressed in many forms across the community and reflect the multicultural nature of the city's diverse population. Art installations, including murals, signs, and sculpture, can be found on the streets and sidewalks, as well as in parks, plazas, bus stops, private businesses and developments, and private spaces such as homeowners' yards. Creation and maintenance of art in the public realm in Woodland is supported by the General Plan, to ensure that local arts and culture continue to be integral and defining characteristics of the community.

Diverse arts and cultural programming and services are important to the Woodland community. The city has several venues that accommodate art, music, stage, and dance, such as the historic Woodland Opera House, which offers dance and theater educational programs. The City offers art classes and programs through its Community Services Department. Many members of the Woodland community, including volunteers, private businesses, and non-profit organizations, support the arts in Woodland. The diversity of cultural and arts programs, services, and activities in Woodland is an important source of community education and enrichment; it also presents an opportunity to bolster economic prosperity in the community through cultural tourism. Continued support and expansion of arts facilities and programs through the General Plan will continue to contribute to the distinct qualities that make Woodland a special community in the Sacramento Valley.



Permanent murals and temporary art installations help create a healthy, vibrant, and culturally diverse community

6.7 Goals and Policies

Goal 6.A **Health Equity.** Promote health equity in Woodland, including the promotion of equal access to health facilities, goods, services, and economic and educational opportunities; helping to ensure overall well-being for residents of all ages, abilities, and incomes; and fairly treating all members of the public in the process of creating a healthy Woodland.

- Policy 6.A.1** **Medical and Health Services and Facilities.** Support the managed growth of complementary health services and medical facilities in Woodland, including clinics, hospitals, medical offices, and medical laboratories. Work with hospitals, medical practices, and other health care providers to increase siting and development of medical clinics and medical facilities across Woodland to ensure widespread access to these services.
- Policy 6.A.2** **Monitor Health Data.** Collaborate with Yolo County Health and Human Services Agency (HHSA) as needed to monitor and maintain data related to Woodland health outcomes and risk factors, and to use these data to inform new County and City programs to serve the community.
- Policy 6.A.3** **Off-site Health Clinics and Workshops.** Encourage Yolo County Health and Human Services Agency to explore the feasibility of a program of health clinics or workshops, run by medical service providers or the Yolo County Healthy and Human Services Agency, but hosted in local neighborhood facilities such as schools, parks, businesses, or parking lots.
- Policy 6.A.4** **Publicize Health Programs.** Help publicize existing health programs and assist residents in connecting with County and community-based health services and medical facilities.
- Policy 6.A.5** **Encourage Care of Physical Health.** Encourage Woodland residents to participate in health programs offered in the city and to regularly engage in preventative health care practices.
-  **Policy 6.A.6** **Environmental Justice.** Treat all segments of the Woodland community fairly in the process of creating a healthy environment and strive to equally share the benefits and the burdens associated with public services, facilities, amenities, and decisions across all members of the community.
-  **Policy 6.A.7** **Health Impacts of Land Use Decisions.** Consider potential health impacts associated with land use decisions, including enforcement actions, to reduce the adverse health effects of

hazardous materials, industrial activities, and other undesirable land uses on all members of the Woodland community.



Policy 6.A.8

Equity of Environmental Protections. Apply and enforce environmental protection measures equally among the geographic and socioeconomic sectors of Woodland.



Policy 6.A.9

Procedural Equity for Health Initiatives. Encourage all segments of the Woodland community, including residents, businesses, and organizations, to be involved in the development, adoption, and implementation of community health initiatives and consider their input throughout the decision-making process.

Goal 6.B **Active Lifestyles.** Support healthy and active lifestyles for all members of the community by integrating opportunities for active transportation and physical activity into daily life in Woodland.

See also goals and policies in the Transportation and Circulation Element.

Policy 6.B.1

Promote Physical Activity. Promote physical activity programs and education including but not limited to programs offered by the City's Community Service Department, and encourage residents to regularly participate in physical activity and active lifestyles.



Policy 6.B.2

Accessibility. Remove barriers and improve multimodal mobility throughout the city for all community members by supporting transit, pedestrian, and bicycle connections between residential neighborhoods and major destinations, including parks, civic facilities, school campuses, other educational institutions, employment centers, shopping destinations, parks and recreation areas.



Policy 6.B.3

Promote Active Transportation. Promote walking, biking, and other modes of active transportation as safe, easy, healthy, and fun alternatives for all residents to complete local errands and short trips around Woodland.



Sports facilities and recreation programs provide opportunities for physical fitness for Woodland residents of all ages.

**Policy 6.B.4**

Street Design. Implement street design features that facilitate walking and biking in both new and established areas. Require a minimum standard of these features for all new developments.

**Policy 6.B.5**

Citywide Pedestrian and Bicycle Network. Promote active modes of transportation through development and maintenance of a citywide pedestrian and bicycle network.

Refer to goals and policies in the Transportation and Circulation and Land Use, Community Design, and Historic Preservation Elements.

**Policy 6.B.6**

Active Transportation to Schools. Improve the street and neighborhood conditions in the areas surrounding schools to support children and youth walking and bicycling to school. Continue to work with the Woodland Joint Unified School District and other agencies to implement a Safe Routes to School program and prioritize identified Safe Routes to School infrastructure improvements in transportation improvement plans.

Refer to additional goals and policies regarding education in the Public Facilities and Services Element.

Policy 6.B.7

Siting of New Schools. Work with Woodland Joint Unified School District and private and charter schools to locate and design new school sites so they are easily and safely accessible to pedestrians and bicyclists and located and accessed away from major street intersections and major streets.

Refer to additional goals and policies regarding education in the Public Facilities and Services Element.

Policy 6.B.8

Signage for Parks and Recreation Facilities. Improve signage directing residents and visitors to public parks and recreational facilities from all parts of the community. Integrate parks signage with bikeway and pedestrian-oriented signage system throughout Woodland.



The General Plan aims to make it easier and safer for families to access recreation spaces in Woodland.

Policy 6.B.9 **Safe, Accessible, and Diverse Facilities.** Ensure parks and recreational facilities are safe for all users, accessible to pedestrians and bicyclists, provide safe drinking water, and meet the needs of Woodland’s diverse community through design and amenities. As needed, evaluate and enhance street lighting along bicycle and pedestrian routes to encourage walking and biking.



Policy 6.B.10 **Improved Pedestrian Connections.** Provide pedestrian connections in all new developments to provide full connectivity within a project as well as connections to adjacent uses and the larger network.

Goal 6.C **Healthy Food.** Create a healthy, balanced, functional, and equitable food system for the entire Woodland community by reducing barriers and increasing access to locally-grown fruits and vegetables, and increasing community-wide knowledge of healthy food choices and behaviors.



Policy 6.C.1 **Farmers Markets.** Support farmers markets in Woodland and promote a comprehensive listing of all farmers markets in Woodland. Support local agencies and community groups in working with farmers’ markets to accept WIC and EBT by providing technical assistance, such as providing an exchange or voucher system.

Policy 6.C.2 **Healthy Food Options.** Encourage grocery stores and food establishments to provide healthy food and beverage options. Encourage dining establishments that provide “slow food” that is fresh and minimally processed and that support “farm to fork” initiatives. Encourage these dining establishments to be located along main transportation corridors, as alternatives to fast food or drive-thru establishments.



Policy 6.C.3 **Urban Agriculture.** Promote a full range of urban agriculture activities, including farmers’ markets, farm stands, community gardens, on-site garden produce market stands, and urban farms. Partner with associations involved in these activities.



Policy 6.C.4 **Community Gardens in High-Density Neighborhoods.** Support the planning of community gardens within walking distance of high-density residential areas to compensate for the reduced amount of open space in these areas.

Policy 6.C.5 **Healthy Food Programs.** Encourage participation in healthy food and nutrition programs in Woodland to increase knowledge and consumption of healthy foods and beverages.



Policy 6.C.6 **Home Gardening.** Support home gardening efforts, and provide residents with technical assistance in the form of online and library

resources and workshops on gardening basics and cooking easy, healthy meals with fresh produce.

Policy 6.C.7 **Healthy Food in Schools.** Help schools increase availability of healthy foods and beverages by working cooperatively with the Woodland Joint Unified School District, Yolo County Health and Human Services Agency, Yolo County Agriculture Department, and UC Cooperative Extension.

Policy 6.C.8 **Healthy Food and Clean Water at City Programs.** Promote healthy food and beverages at City-sponsored events, programs, and recreation activities. Ensure that safe, clean drinking water is available for the public at all City-owned buildings where public programs occur.

Goal 6.D **Community Facilities and Programs.** Support a wide variety of community facilities and programs to serve and meet the needs of the diverse Woodland community.

Policy 6.D.1 **Adequate Facilities.** Ensure there are adequate community facilities to serve all segments of Woodland's growing population. Plan for appropriate community facilities in new growth areas.

Policy 6.D.2 **Downtown Woodland Facilities.** Promote Downtown Woodland as an entertainment, cultural, civic, and community activity center for the city, county, and region by encouraging related programming and facilities to be located in the Downtown area.

Policy 6.D.3 **Library Facilities and Programming.** Provide library facilities and programs that align with the community's learning needs, abilities and demographics, and changes in technology, such as through facility design, services and service delivery methods, and partnerships with educational and learning institutions.

Policy 6.D.4 **Library Expansion.** Expand Woodland library facilities and programs commensurate with the city's population growth.

Policy 6.D.5 **Library as Downtown Destination.** Ensure that the Woodland Public Library remains a vibrant Downtown destination by supporting its continued use and preservation.

Policy 6.D.6 **Community Engagement.** Promote and enhance community involvement and participation by all sectors of the community. Foster transparency and participation in local government and decision-making and in the social, cultural, and recreational activities of the community.

Policy 6.D.7 **Volunteerism.** Encourage and support volunteer opportunities that benefit the community and also benefit volunteers.

- Policy 6.D.8** **Community Events.** Encourage citywide events that integrate family, school, and community.
- Policy 6.D.9** **Senior Programs and Services.** Promote social engagement and healthy lifestyles in Woodland’s older adults by continuing to fund and organize programs, activities, and services for seniors.
- Policy 6.D.10** **Support Youth and Families.** Provide a supportive environment for youth and families within the Woodland community, and support programs, leadership, and opportunities for Woodland’s youth.
- Policy 6.D.11** **Other Programs and Services for Youth.** Encourage businesses, agencies, and organizations to develop thoughtful and responsive services and programs that address unmet needs of youth in Woodland. Include and involve youth in the development of these programs and services.
- Policy 6.D.12** **Collaborate with Schools on Services and Programs.** Encourage the use of schools as community and neighborhood centers to provide a range of services and programs, such as evening courses related to healthy living, job-training and retraining programs, and other education services for the community at large.
- Policy 6.D.13** **Joint Youth Programs with Education Community.** Encourage Woodland Community College, UC Davis, the Woodland Joint Unified School District, and other educational institutions to conduct joint programs with youth organizations. These programs may include the following: mentoring and other forms of community service among college students that provide academic enrichment programs for adolescents; offering opportunities to explore future college attendance by visiting the campuses; meeting slightly older peers; and learning about admissions processes and financial aid.
- Policy 6.D.14** **Consult with Community on Programming.** Consult with older adults, youth, families, and others to develop the City’s programs, services, and activities, to ensure that they are responsive to residents’ needs and desires.

Goal 6.E **Support Public Art.** Support public art as an important amenity to creating a beautiful and vibrant city.

- Policy 6.E.1** **Arts in Public Places.** Develop an “Arts in Public Places” program and supporting standards to create more opportunities for visual and performing arts while providing clear direction on desired expectations with regard to community art.
- Policy 6.E.2** **Downtown as Woodland’s Arts and Cultural Center.** Establish Downtown as an entertainment, cultural, ethnic resource, and

community activity center for the city, county, and region. Encourage the use of Main Street and surrounding streets in the core area for civic and cultural events.

- Policy 6.E.3** **Arts and Culture Events.** Continue to support First Friday Artwalk and other similar arts and cultural related events and programs that reflect the community’s diversity.
- Policy 6.E.4** **Woodland Opera House.** Continue to support the Historic Woodland Opera House’s use as a performing arts venue.
- Policy 6.E.5** **Diversity of Art Installations.** Encourage public art installations that are diverse in content, media, and siting; help to create and reinforce the uniqueness of Woodland; and reflect the array of regional, cultural, and environmental influences. Seek to ensure that Woodland residents of all cultural backgrounds are represented and involved in the art installations.
- Policy 6.E.6** **Local Artists.** Engage the local artist community on public art projects and programs wherever possible.
- Policy 6.E.7** **Maintenance of Public Art.** Consider maintenance of public art during the development of public artwork, and require development of a maintenance funding plan to be in place and adhered to as part of any new public art installation.
- Policy 6.E.8** **Public Art Promotion.** Promote public enjoyment of art in Woodland by providing public art installations and informational resources about public art installations.



Establishing Downtown as a cultural entertainment center is a priority for the General Plan, which supports outdoor festivals, such as the Cesar Chavez event; indoor performances at venues such as the Woodland Opera House; and community art events like “Chalk on the Block.”

Goal 6.F Programs and Facilities for Arts and Culture. Promote, develop, and implement programs and facilities that meet the artistic and cultural needs of the Woodland community.

- Policy 6.F.1 Arts Programs and Facilities.** Encourage and support the provision of spaces, programs, and facilities across the community to provide opportunities for artistic and cultural engagement and expression for all members of the Woodland community.
- Policy 6.F.2 Arts Partnerships.** Encourage and support partnerships among arts organizations, businesses, UC Davis, Taller Arte del Nuevo Amanecer (TANA), and schools in Woodland. Encourage improved communication, coordination, and sharing of resources among the arts, education, and business communities.
- Policy 6.F.3 Funding for Arts and Culture.** Support adequate public and private funding for the continued growth of the arts in Woodland.
- Policy 6.F.4 Diversity of Public Arts and Culture Classes.** Continue to provide a diversity of public artistic and cultural classes and programs through the Community Services Department that meet the needs of the Woodland community.
- Policy 6.F.5 Performances in Public Spaces.** To the extent feasible, encourage local groups to perform and host events in public spaces and in other non-traditional settings, such as the California Agriculture Museum.



The General Plan aims to create more art in public places.

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