

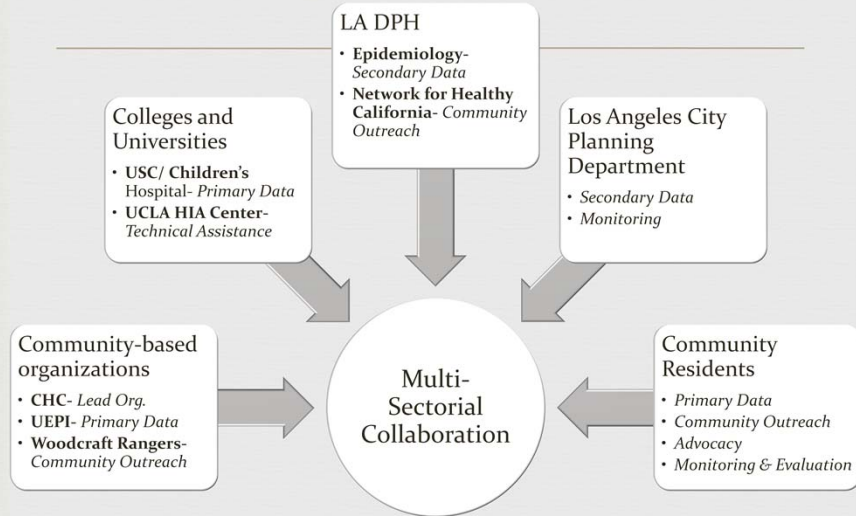


Evaluating the Health
Implications of Land Use
Regulations on South LA's Food
Resource Environment

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National HIA Meeting
September 24, 2013

Contextual Overview

Project Partners



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Screening

The Project: Fast Food Density Land-Use Policies



<div style="background-color: #4F81BD; color: white; padding: 10px; border-radius: 10px; text-align: center;"> <p>2008 ICO & 2010 Plan Amendment</p> </div>	<ul style="list-style-type: none"> • First land-use policy to be adopted for health rationale • Aimed at preserving limited land for healthier alternatives like grocery stores • Locate at least a 1/2 mile radius away from existing fast food: CUP upwards of \$23,000
<div style="background-color: #C8D639; color: white; padding: 10px; border-radius: 10px; text-align: center;"> <p>Proposed 2013 CPIO</p> </div>	<ul style="list-style-type: none"> • Impact land-use for 10-20 years • CD 10 exempt from fast food density limitations • Locate at least a 1/2 mile radius away from existing fast food: \$17,000 fee • Additional limitations around schools and TODs

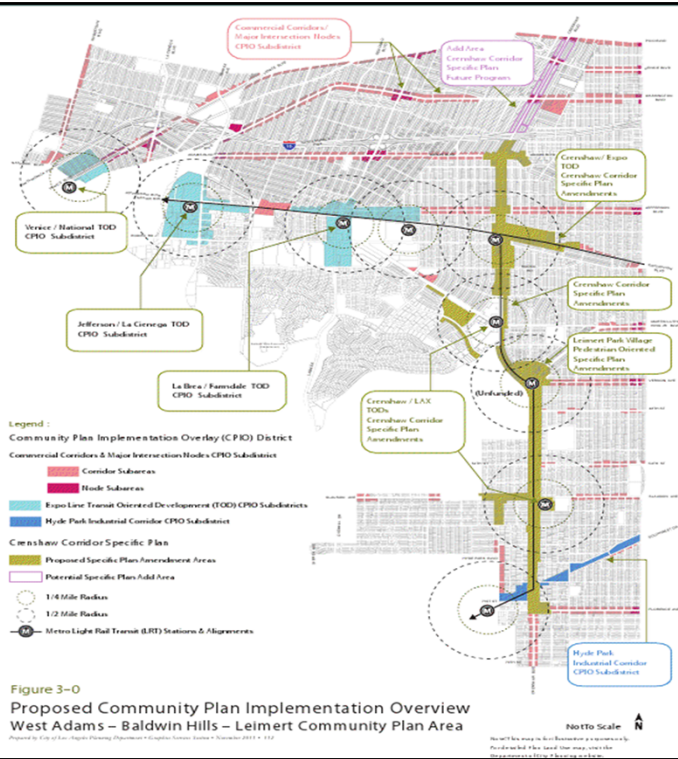
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We worked with the Planning department early on in the process to get the ICO adopted and to even draft the 2013 CPIO and influenced their inclusion of limitations around schools and TODs into the plan. This prior relationship helped us to already have a primed audience for our HIA which substantially impacted its success. In South LA, “the proliferation of stand-alone fast food restaurants along corridors and at major intersections in the region may have, if unchecked, negative impacts on the residents' ability to walk and shop within their neighborhoods”. The over-concentration “reduces opportunities for other options like grocery stores, sit-down restaurants, and open space” all of which support more healthy lifestyles.

2010 LA City Planning Department Report to Commission

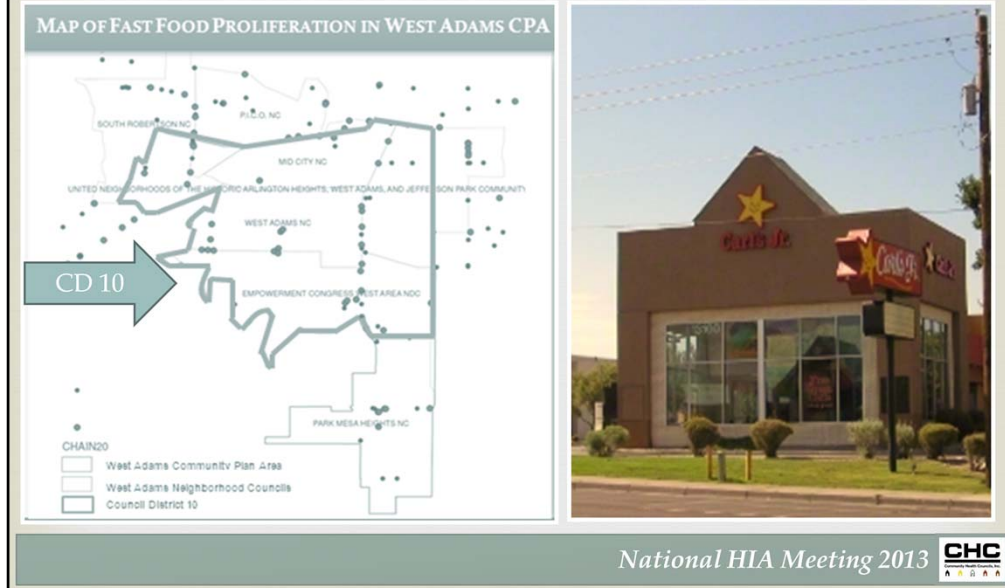
2013 DRAFT CPIO for WABHLP CPA

Source: Los Angeles City Planning Department



demographic composition of the West Adams Baldwin Hills Community, leakage

Screening Rationale for an HIA



Implications of exemption on not just nutritional health, but on walkability and other health behaviors associated with auto-centric designs

Scoping Study Goals & Objectives

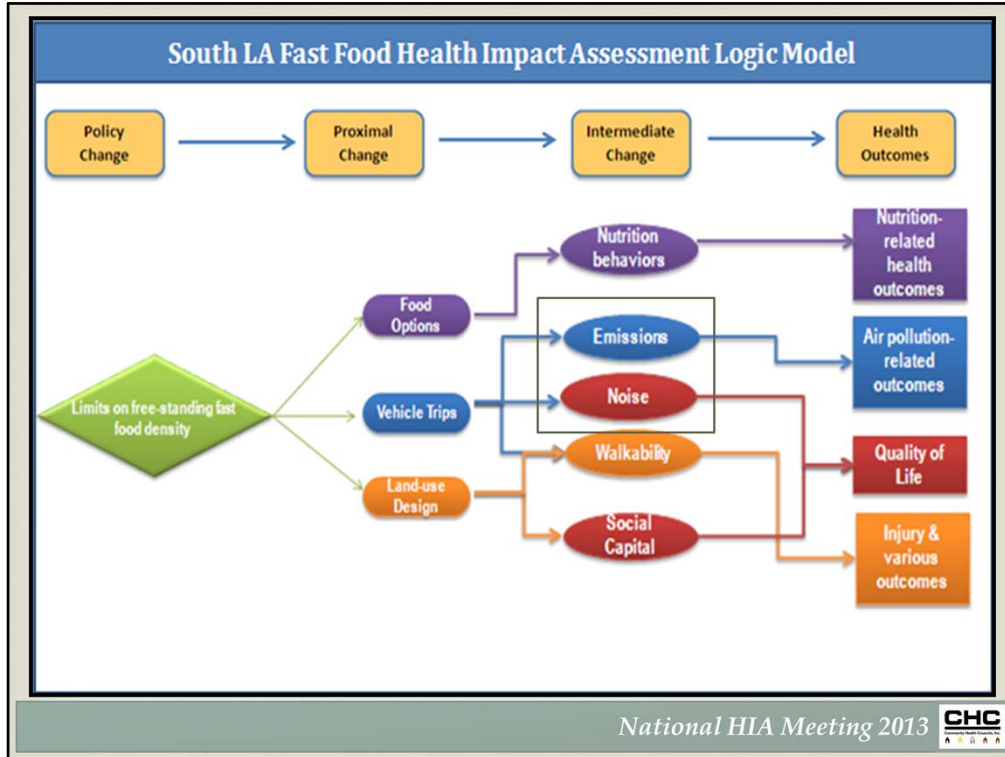


- Impact Analysis**
 - What impact, if any, has the General Plan Amendment's regulation of fast food restaurant development impacted health amongst South LA children and families?
- Impact Analysis**
 - What impact, if any, will the proposed fast food regulations contained in the draft New Community Plan and Community Plan Implementation Overlay (CPIO) have on the health of South LA children and families?
- Policy Rec's**
 - What policy recommendations can be developed to better impact the health of South LA children and families?

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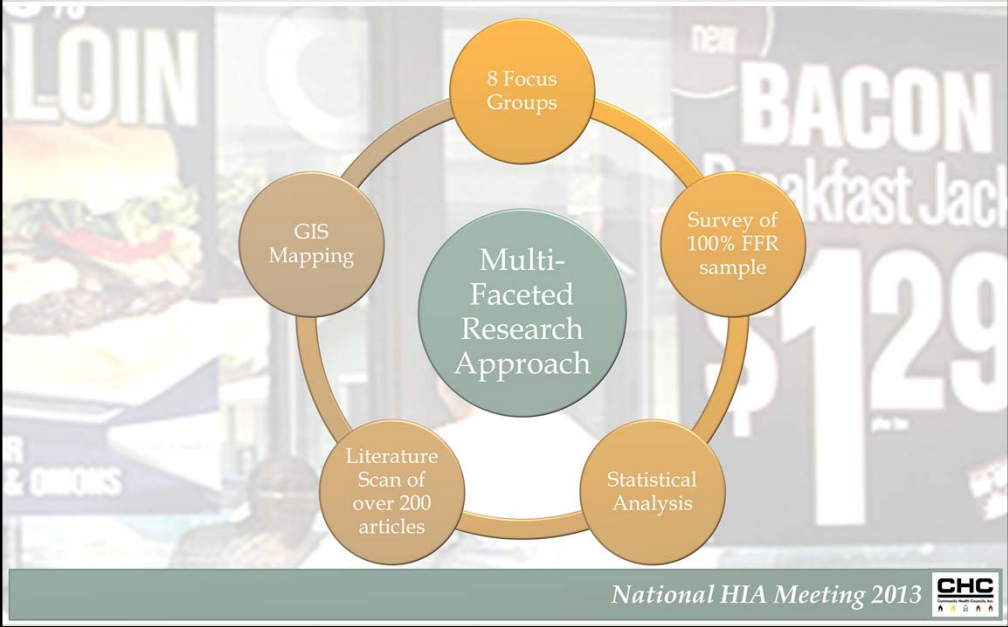


Focus on children and families because we knew the council member for CD 10 had a soft spot for children



Decision makers and planning commission/ department

Scoping Research Methods



Baseline: Prior to 2008 ICO

Overview of Findings

Food Resource Environment

- Fewer food resources per 10,000 population in South LA than West LA & LA County Avg.
- Limited resources dominated by fast food restaurants
- Accessibility of healthy foods at food resources more scarce in South LA

Health Behaviors

- In 2007, South LA residents, both children and adults, had the highest:
 - Consumption of fast food in LA
 - Consumption of Sugar-Sweetened Beverages in LA
- And lowest consumption of fruits & vegetables

Health Outcomes

- In 2007, South LA residents, both children and adults, had the highest:
 - Rates of diabetes in LA
 - Obesity and Overweight Rates
 - Rates of CVD
 - Rates of hypertension
 - Rates of Asthma

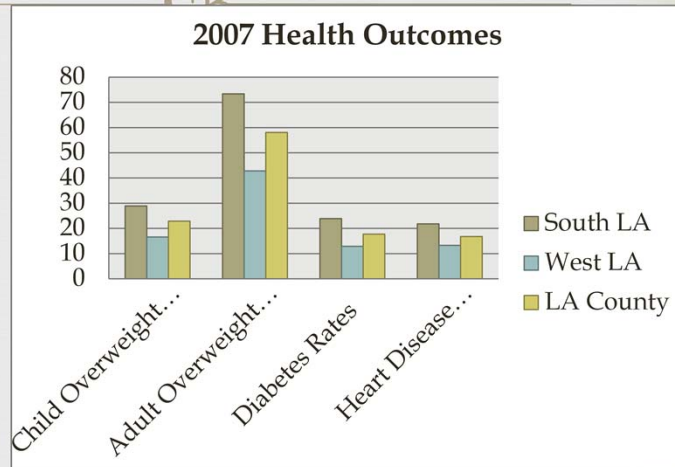
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Baseline: Prior to 2008 ICO Nutrition-Related Disparities in South LA

Sources:

- (1) LA County Business Patterns 2007
- (2) LA County Business Patterns 2007
- (3) California Health Interview Survey 2007
- (4) LA County Key Health Indicators 2007



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Impact Analysis Overview of Findings



Current Policies (2008-2013)

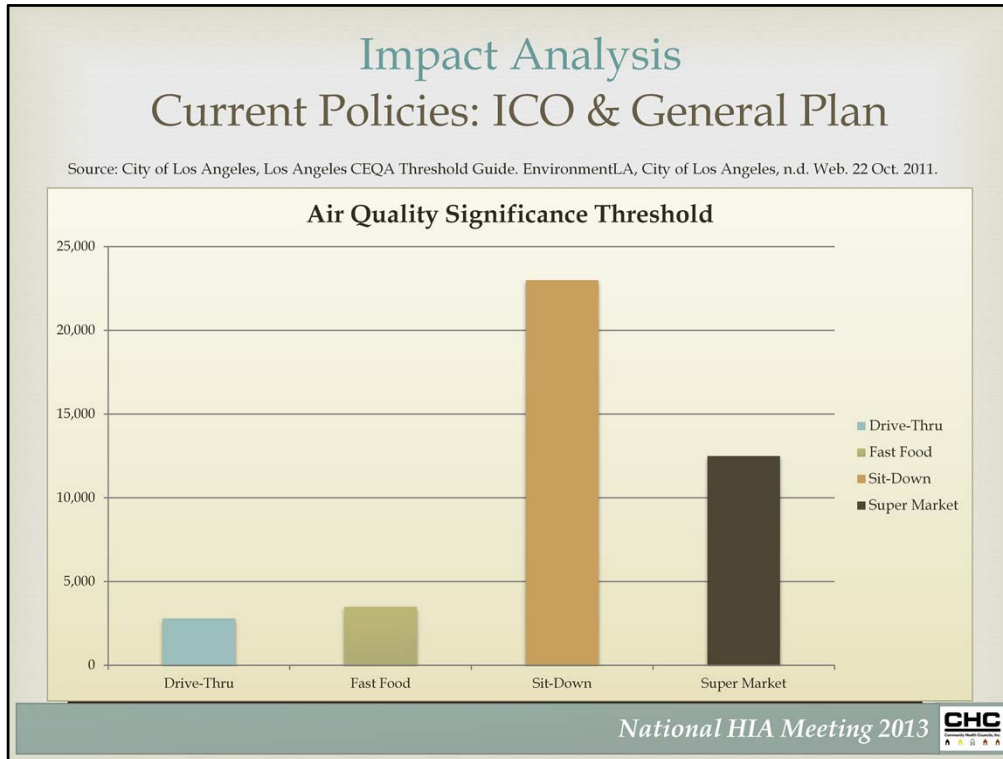
- **Food Resource Environment**
 - Decrease in growth rate of fast food
 - 6 new grocery stores in South LA
 - Improved accessibility of healthier options
- **Health Behaviors**
 - Increased fruit and vegetable consumption
 - 2007 - 2009 = 2.2% reduction in South LA adults consumed fast food 4-5 times
- **Health Outcomes**
 - 2007 - 2011 = 3% reduction in obesity & 2% diabetes.
 - LARGEST REDUCTIONS IN LA

Proposed CPIO (2013)

- **Food Resource Environment**
 - Likely increase in fast food restaurant development & decrease in alternatives
- **Health Behaviors**
 - Potential decrease in healthy nutrition
 - Risk for decreased walkability & quality of life
- **Health Outcomes**
 - Possible increase in negative nutrition-related & QOL health outcomes

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Typical McDonalds are 5,000 feet so nearly all exceed air quality significance thresholds

Important to note that the policy doesn't impact existing restaurants, just future growth. However, by preserving limited space for healthier alternatives, more full-service grocery had ability to develop increasing commercial diversity and opportunities for more healthy choices.

Impact Analysis Proposed CPIO: Nutrition & Environmental Health Effects

Nutrition

Primary Data Key Findings:

- Proximity to schools substantially impacts health behaviors
- Strong demand for healthier options substantial leakage into areas outside city

Literature Findings:

- Majority evidence connects food proximity to health outcomes
- Although sit-down restaurants have higher calories, AAs & Latinos more likely to eat less through day

Environmental

Primary Data Findings:

- All drive-thru restaurants in 90008 & 90011 were stand-alone
- Most stand-alones not multi-modal accessible

Literature Findings:

- Fast food restaurants generate more vehicular trips than other food retail especially drive through

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Based on historical trends – food retail development may likely revert to pre-General Plan Amendment rates. The growth rate in the number of fast food restaurants averaged at 3.31% from the period 2002-2005. If the trend persists with the adoption of the exemption, the forecast reveals an increase of almost 8 fast food restaurants over the next 5 years in the exempted area alone.

Impact Analysis Proposed CPIO: Health Effects Characterization



CD 10 EXEMPTION IMPACTS			
HEALTH OUTCOMES	MAGNITUDE OF HEALTH IMPACTS	LIKELIHOOD OF OUTCOME	STRENGTH OF EVIDENCE
DIRECT OUTCOMES RESULTING FROM POLICY			
Decreased nutrition-related health	High-level impacts	Possible	Medium
Decreased quality of life	Small or Moderate level impacts	Possible	Medium
More air pollution exposure	Small or Moderate level impacts	Possible	Medium
More pedestrian injuries	-	Insufficient evidence	-
Decreased Physical Activity	-	Insufficient evidence	-

Possible: An outcome that is logically plausible, but lacks substantial and/or concrete evidence to ensure its claim
 Insufficient Evidence: There is no sufficient evidence to support the possibility of this outcome
 (Medium): Five or more weak or moderate quality empirical studies with mixed findings support this claim
 (-): One or fewer weak empirical studies support this claim

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Based on the average population density per square mile in South LA, there are approximately 10,949 people in every ½ mile radius of the area. While there was an increase in the overall number of restaurants, if even one fast food restaurant is prohibited from developing within the area, nearly 11,000 South LA residents could be less vulnerable to BMI increases. The reduction in growth of new fast food restaurants supported by the 2007 Fast Food ICO and 2010 General Plan Amendment is expected to have a substantial impact on the nutrition-related health of the population.

Recommendations & Outcomes

Policy Recommendations

Eliminate CD 10 Exemption

• *Recommended by City Planning Commission*

Incorporate Incentives for Healthy Restaurants

• *Incorporated into policy document for DPH*

Expand TOD limitations to ½ mile

Expand school limitations to ½ mile

Integrate Health Impact Assessments as component of Planning process

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Recommendations & Outcomes

Advocacy Strategy & Outcomes

Submitted HIA findings as DEIR Comments-
Nov. 2012

Presented findings & conducted workshops with
community stakeholders- *Dec. 2012- Now*

Presented findings at public hearing with
stakeholders- *Jan 2013*

200 stakeholders testified & 1,600 petitions opposing
exemption at Planning Commission- *April 2013*

Planning Commission recommended removal of
exemption before plan's final adoption- *April 2013*

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Lessons Learned

Making HIA Findings Relevant to Decision Makers



Work with decision-makers early on in the policy development process even if findings aren't finalized



Identify the interests of decision-makers and prioritize findings based on these interests



Work with a broad cross section of stakeholders to communicate study findings in advocacy



Continue to keep stakeholders engaged for monitoring and evaluation

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