

Frieden T. American Journal of Public Health. 2010;100(4):590-595.

Counseling, education

Health education on nutrition and physical activity

Clinical interventions **Control of blood pressure, cholesterol,** diabetes; aspirin

Long-lasting protective interventions

Immunizations; brief interventions; smoking cessation; colonoscopy; early life interventions

Changing the context to make individuals' default decisions healthy

Socio-economic factors

Smoke-free laws; tobacco/soda taxes, 0 g trans fat; healthy food options, urban design promoting healthy lifestyle; iodization; lead paint ban

> Anti-poverty; education; access to health care; eliminating disparities



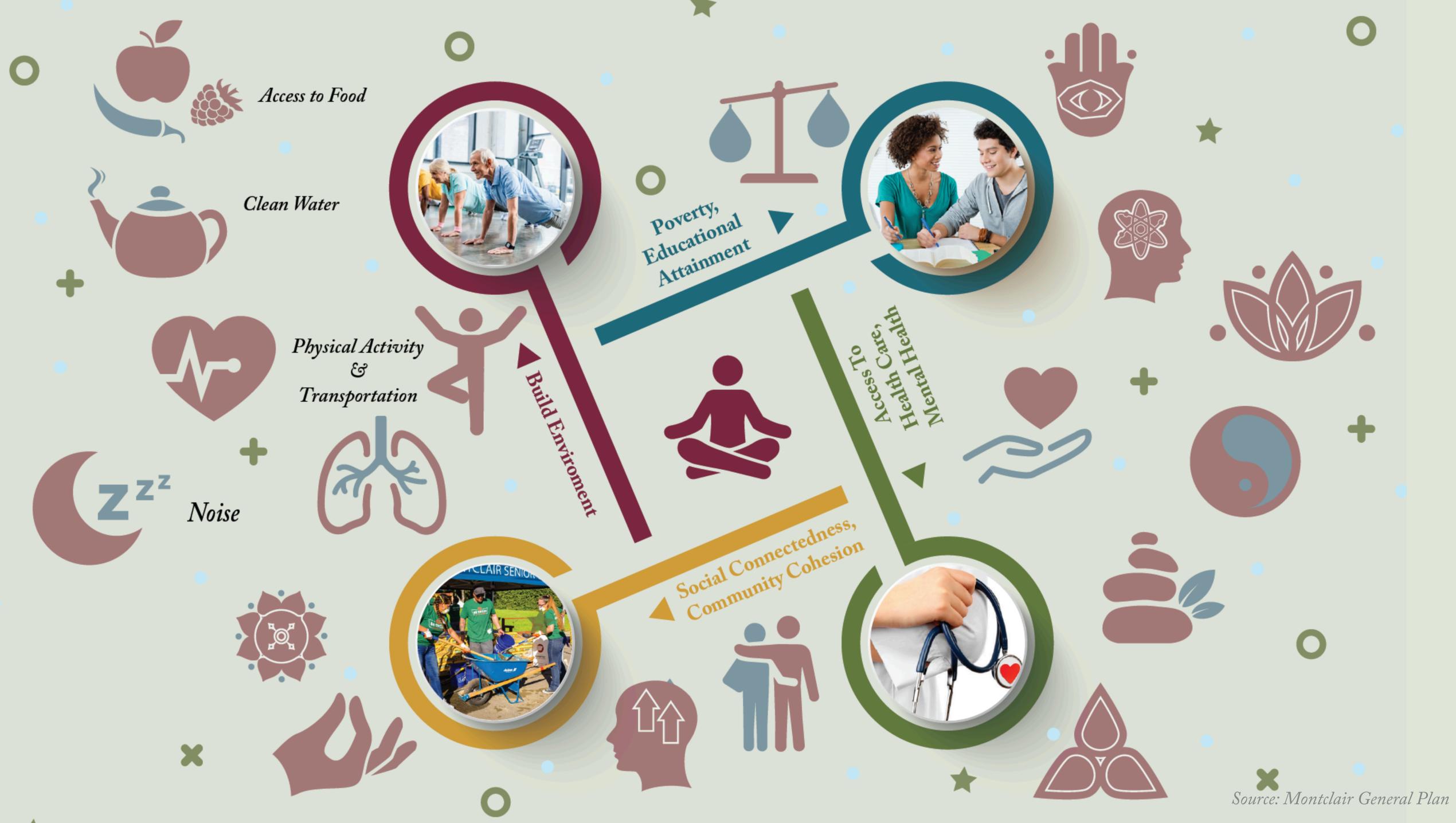


# **Healthy Community**

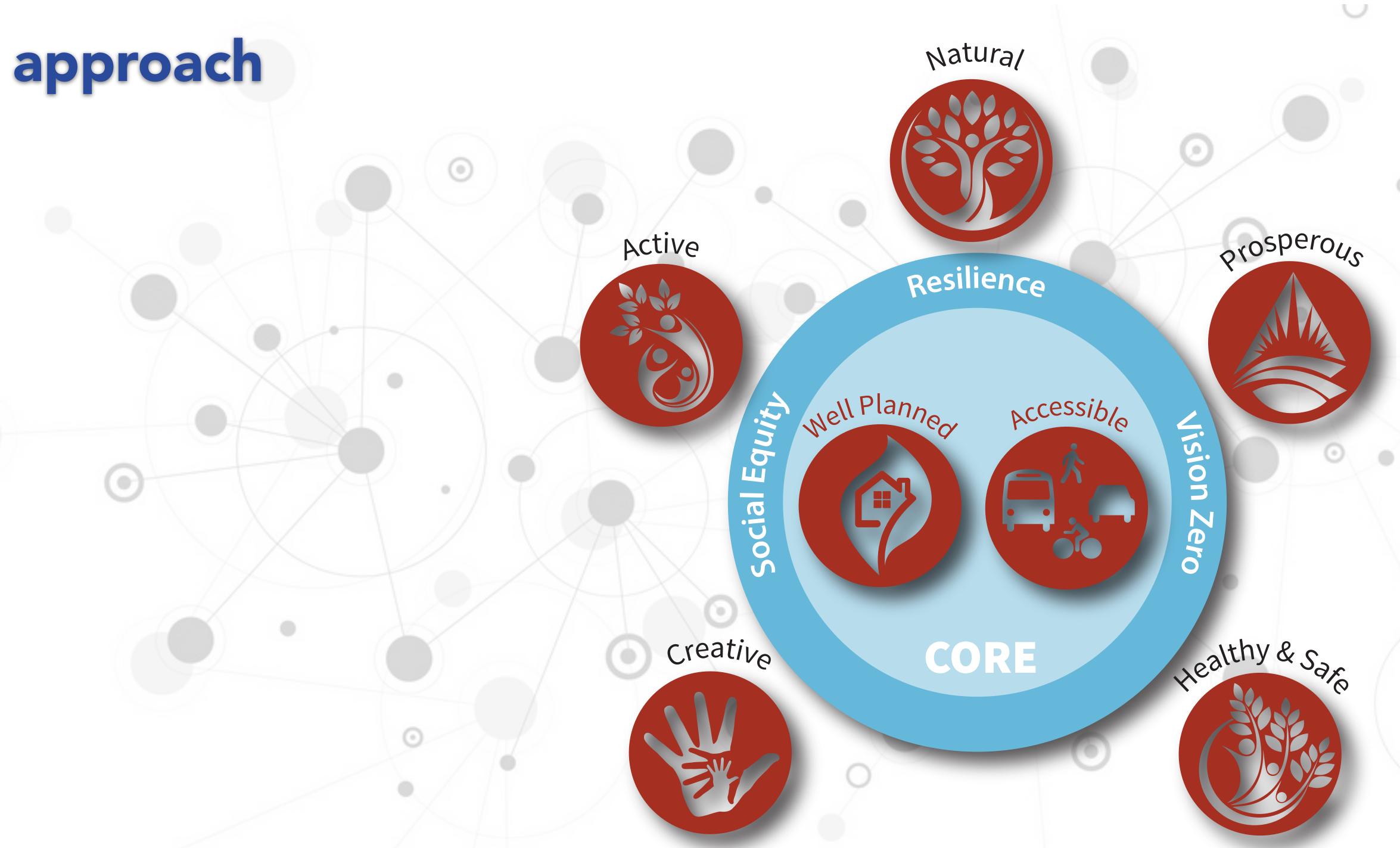
# Health is a state of complete physical, mental & social well-being & not merely the absence of disease or sickness.

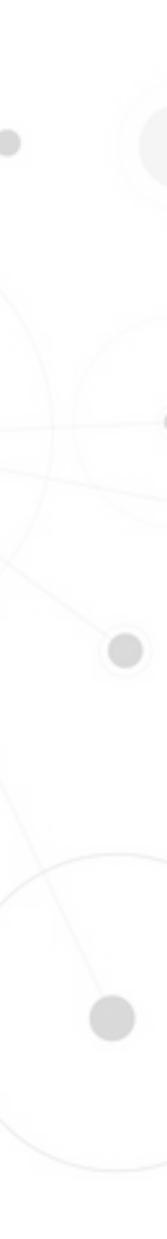
- World Health Organization



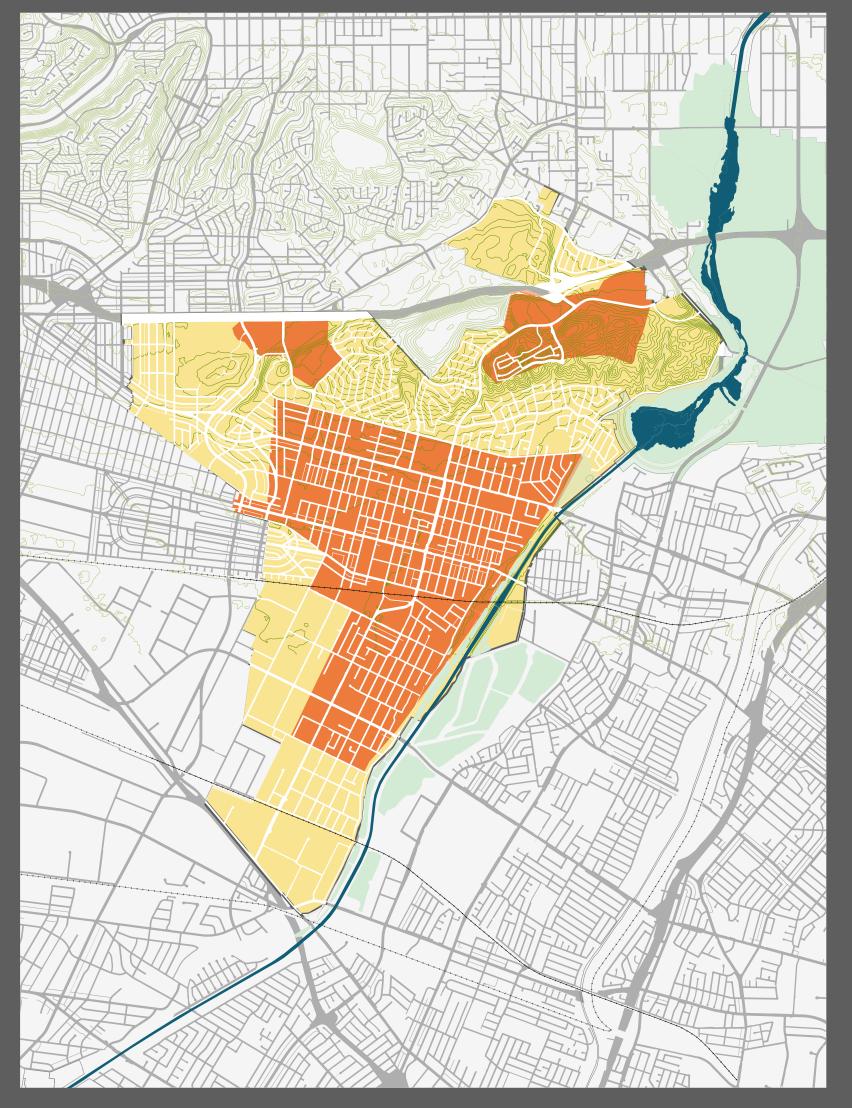


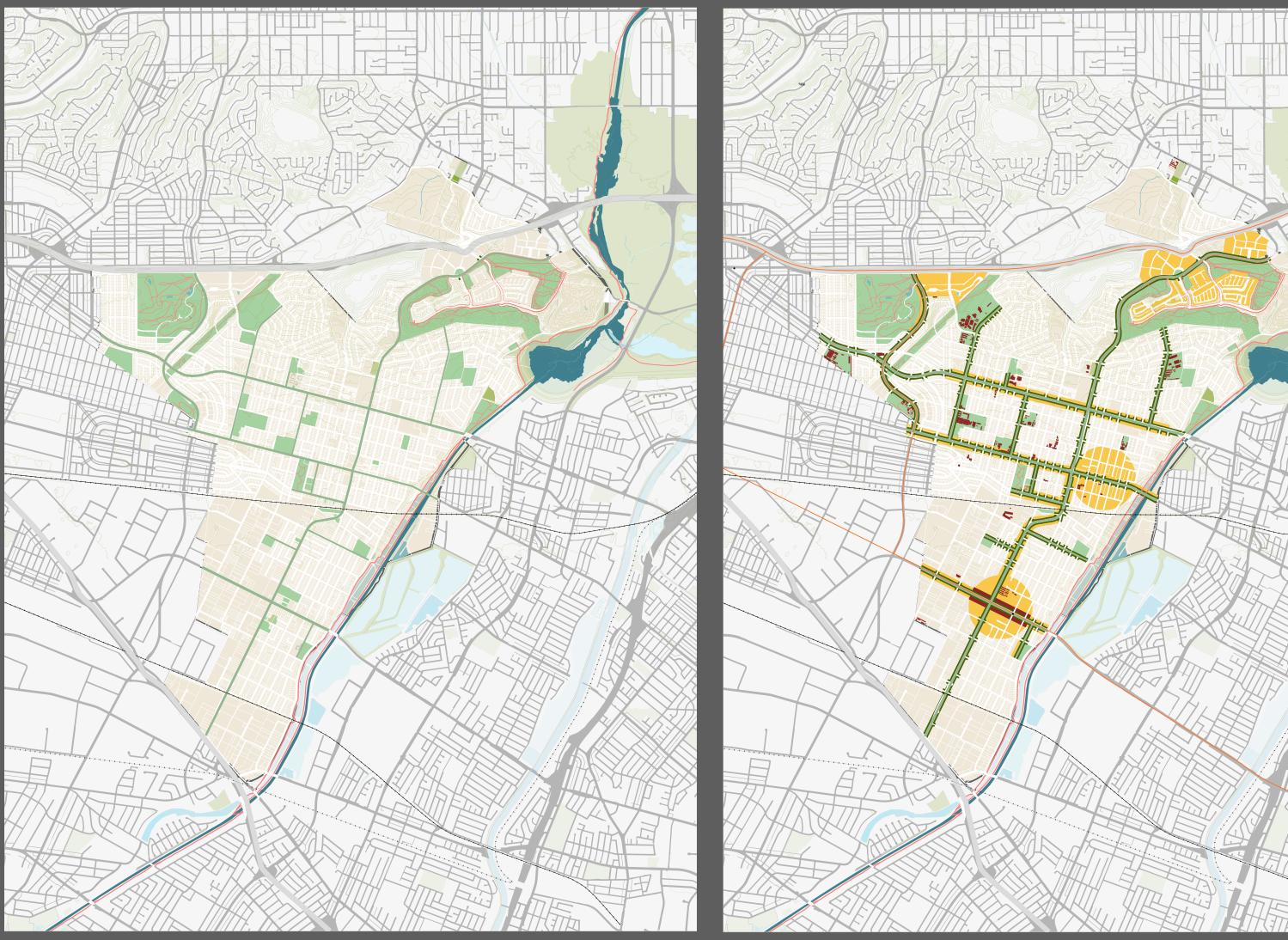






# Vision





#### Areas of Stability & Change

#### Green Infrastructure

#### Neighborhood, Corridors & Centers



## Prevention



for **Multiple Benefits** 





Healthy Choice the Easy Choice

Equity

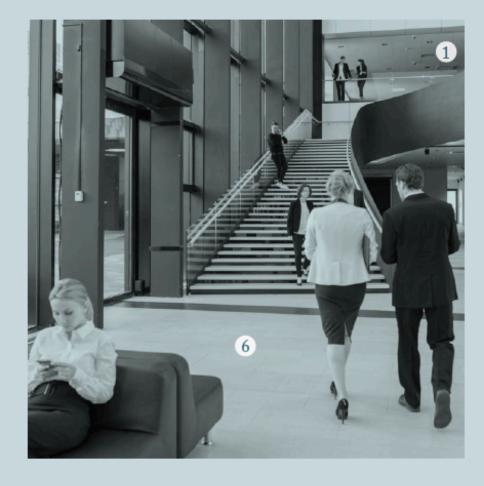


## 1.Built Environment

Healthy **City Design** П 2 Network of human scale streets 1 Mix Uses 3 Active Living Shared
 Streets Green Infrastructure **5** Access to Nutritious Food 6 Access to Open Space Outdoor Seating 8 Noise Control 
 Bike infra-structure
 Pet
 Friendly 10.

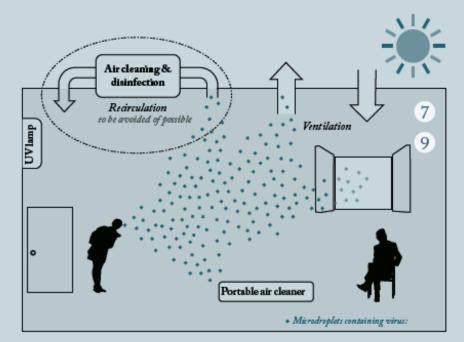
Montclair General Plan

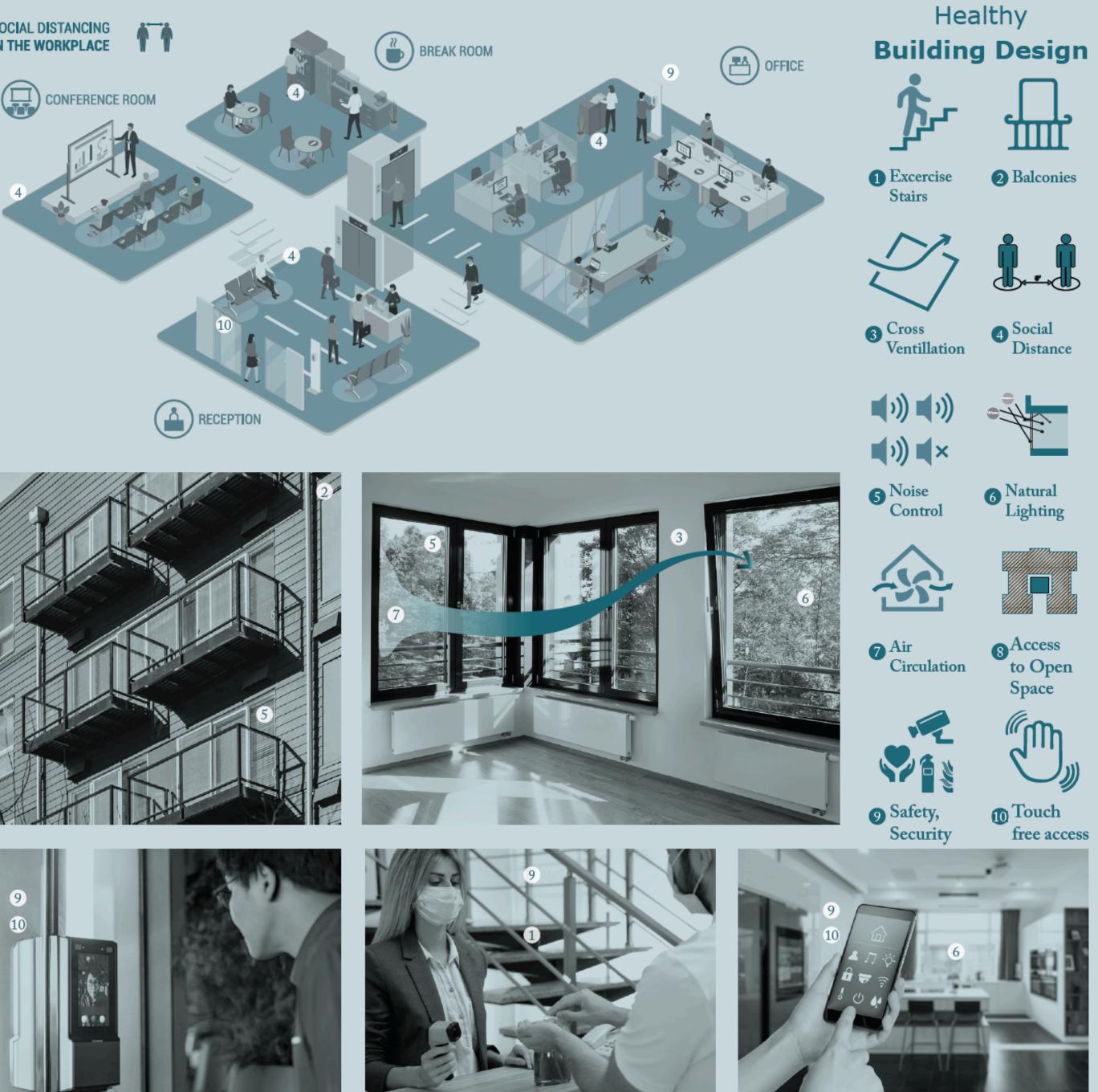


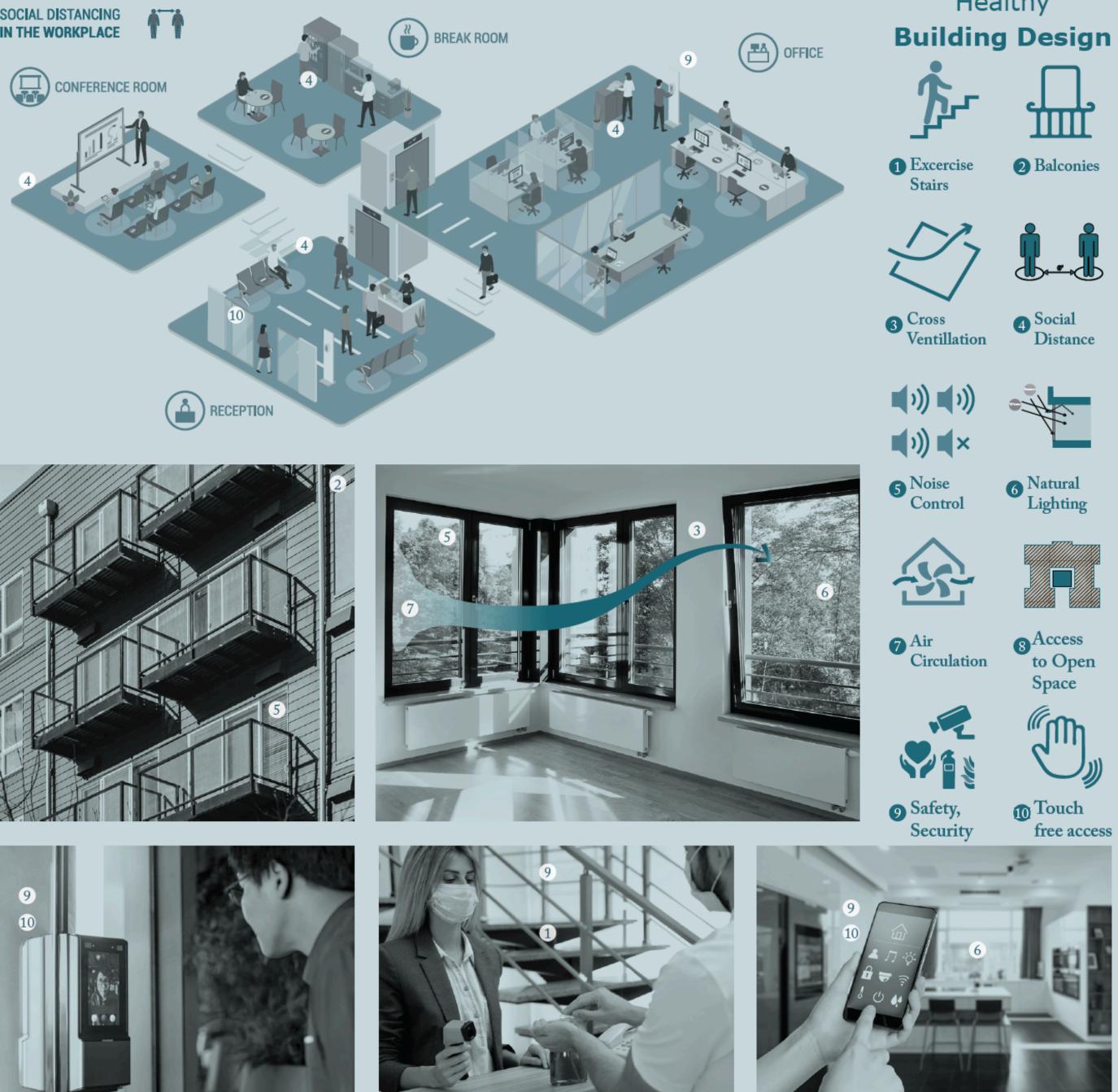


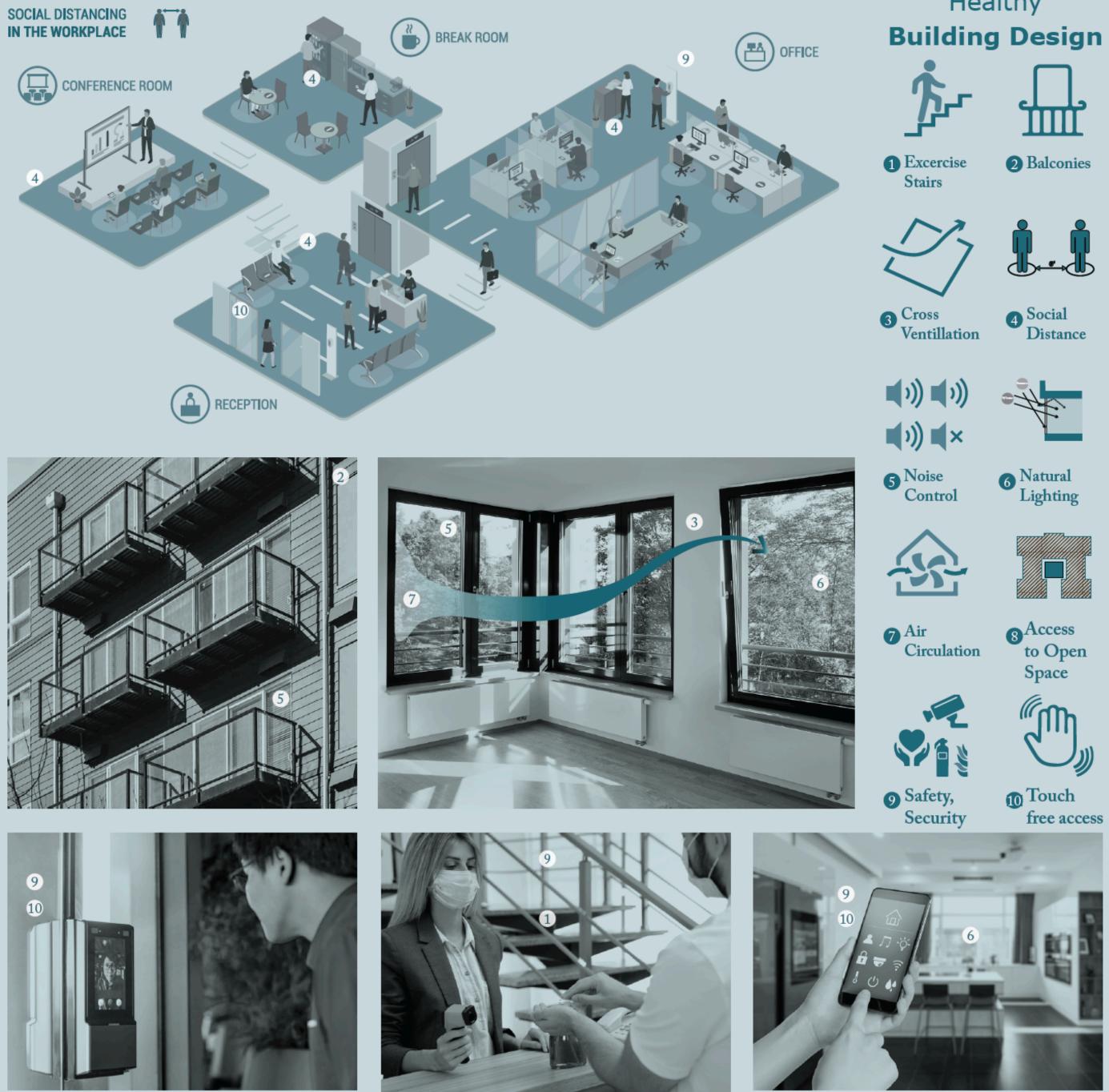












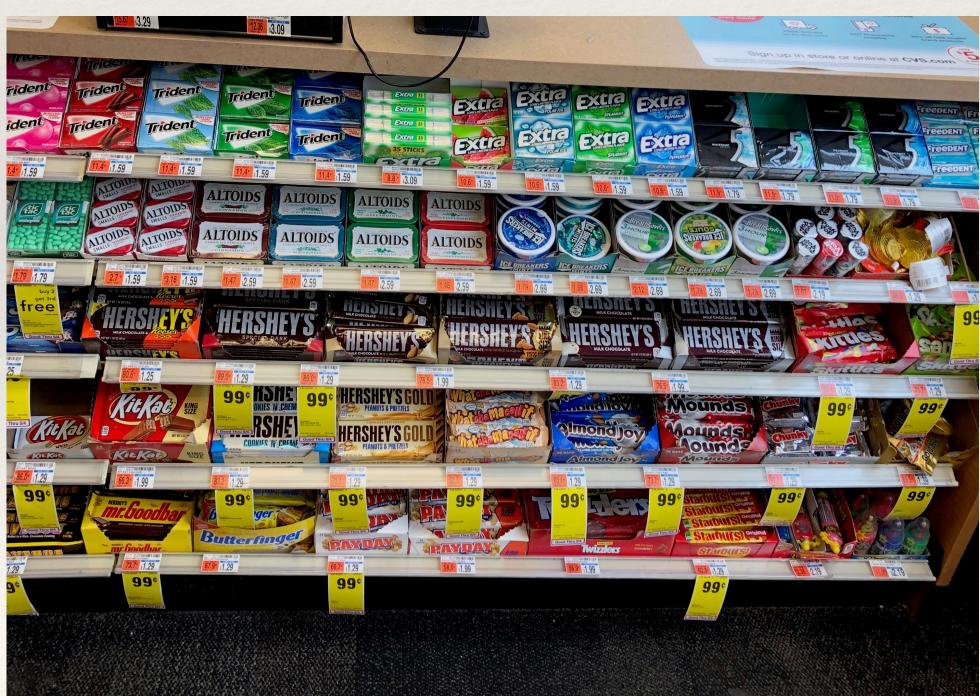
Part C5: Our Healthy Community

# 2. Improve air quality

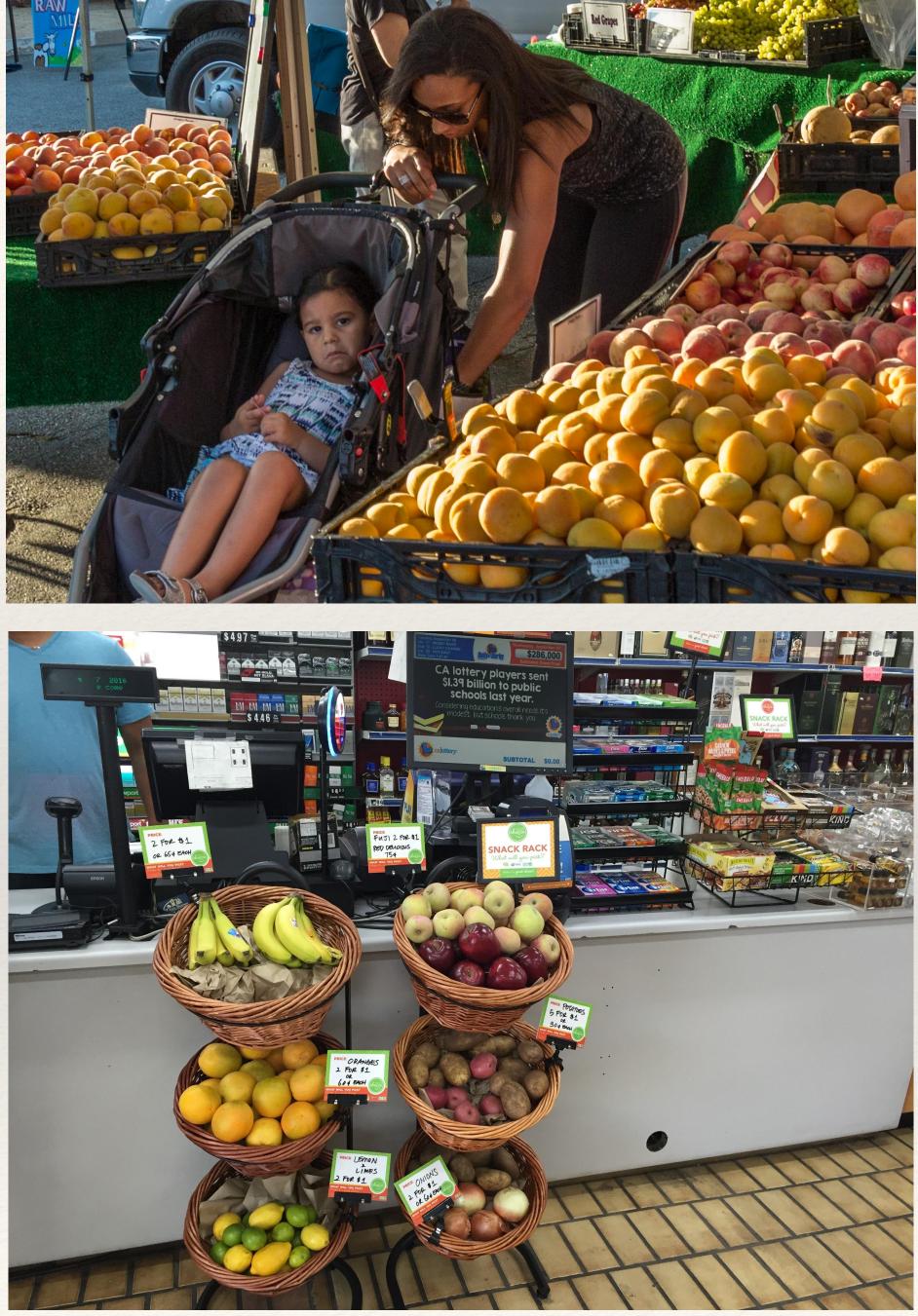


# **3.Improve neighborhood retail**

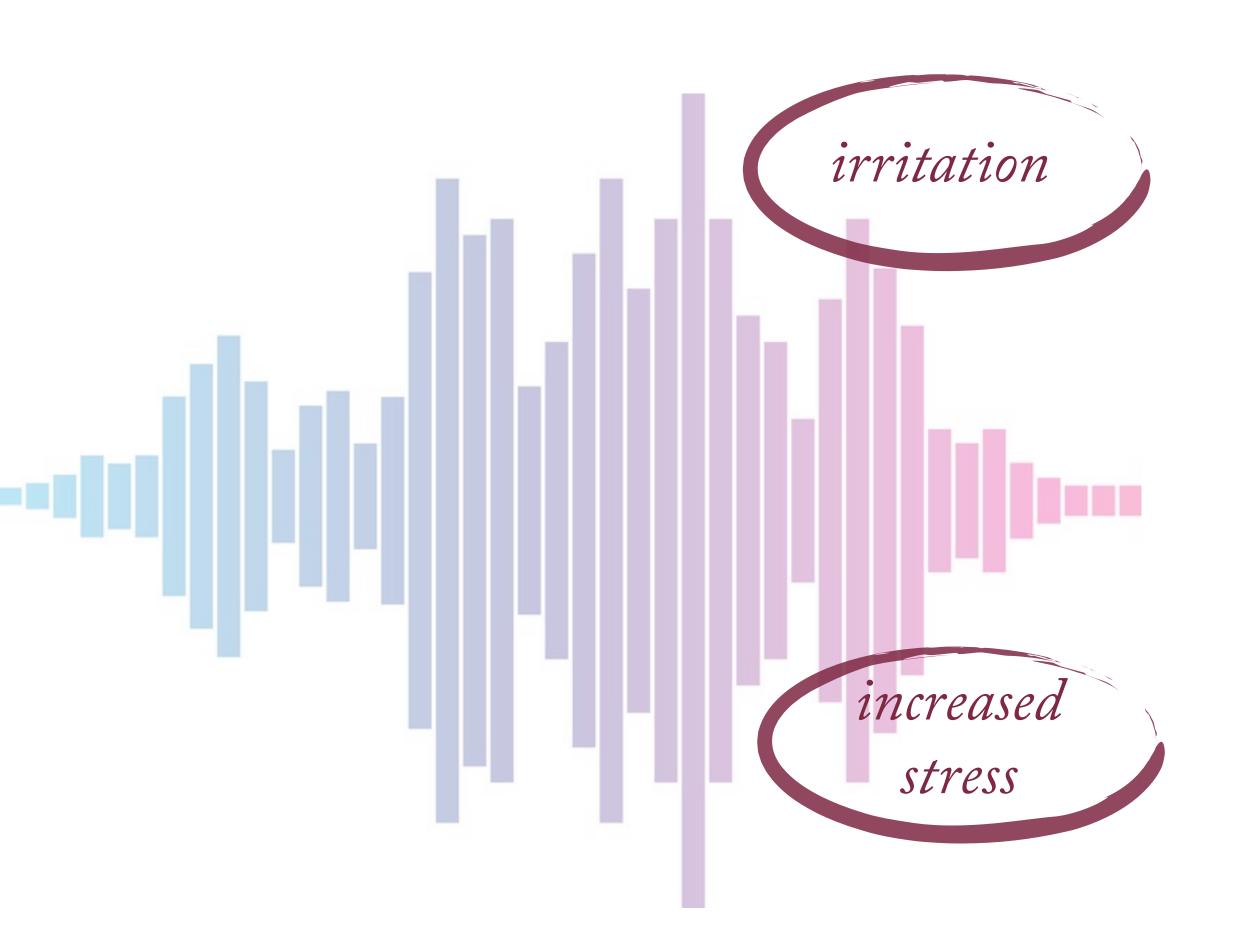








# **4. Minimize Noise Impacts**



Health Effects of Noise Pollution









# **5.Promote mental health**





# Safe Community



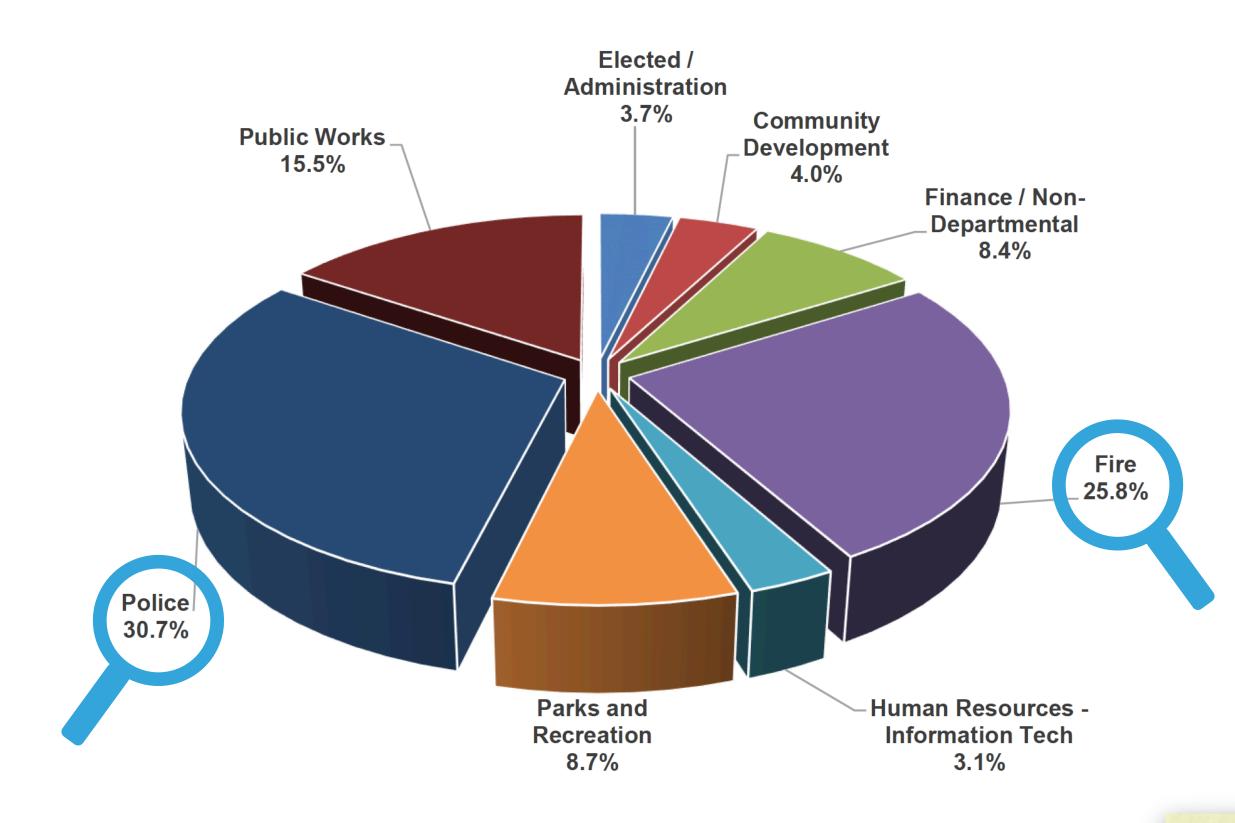
# Holistic Community Safety



Collaboration & Mutual Respect

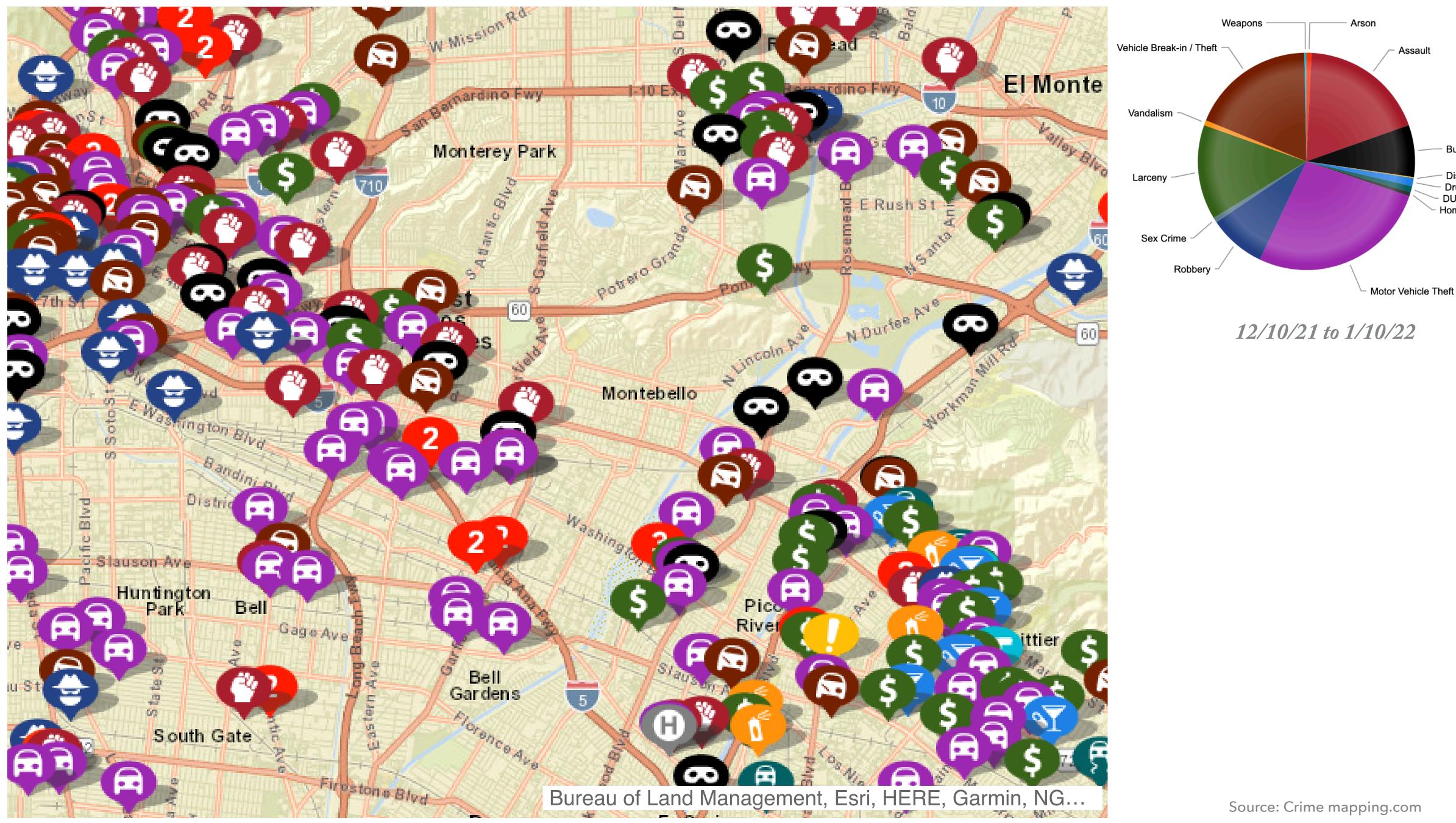






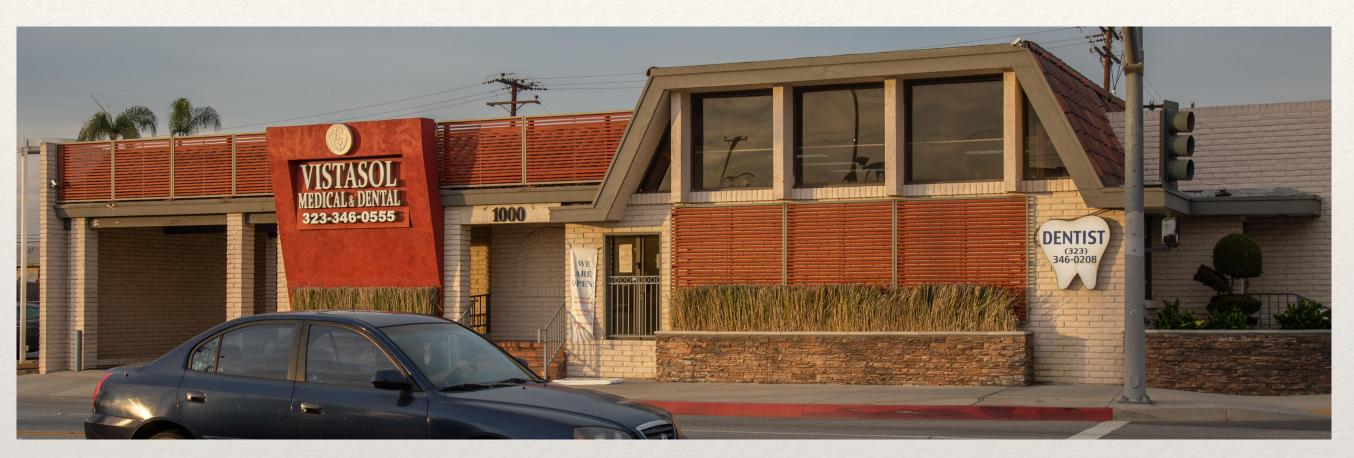
### Police & Fire 56c





Burglary Disturbing Peace
Drugs / Alcohol
DUI Homicide







# 

### Where do you feel safe?

### **1. Design out Crime**

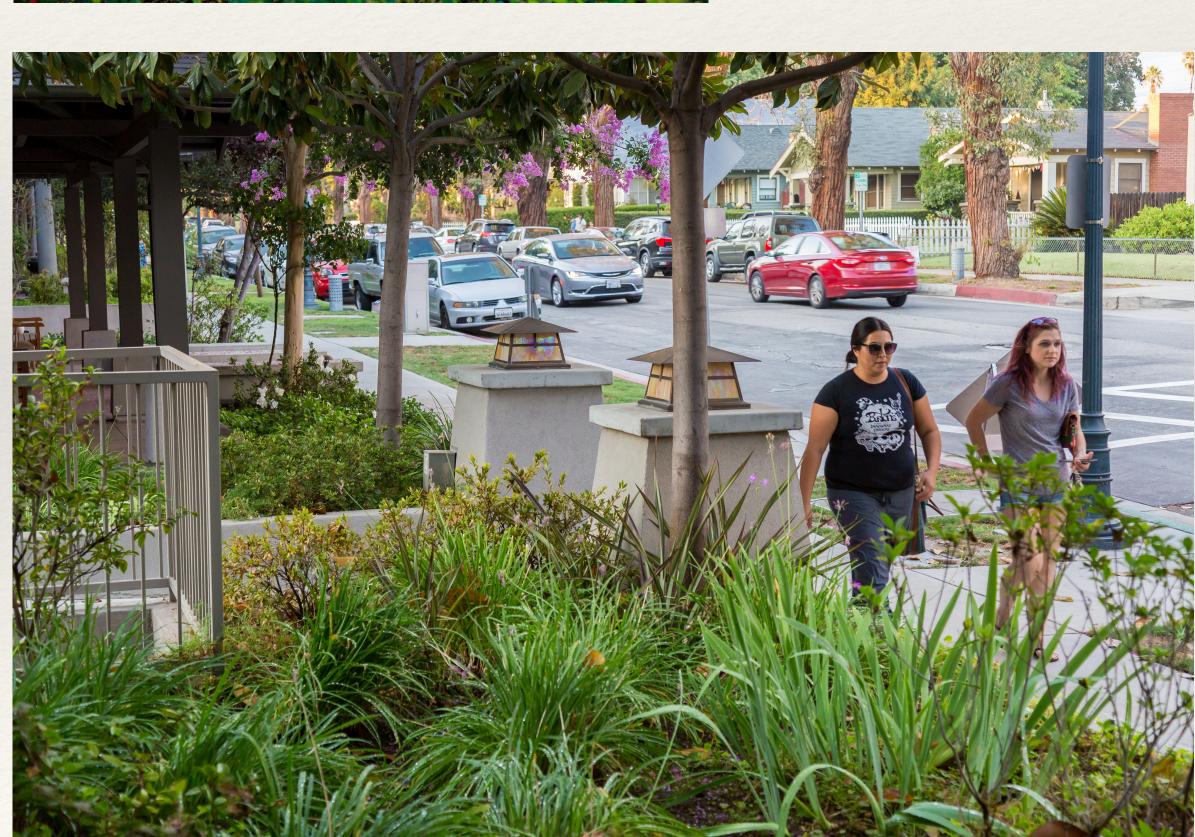












Swedish artist Karl Jilg Commissioned by the Swedish Road Administration

Concers 19.

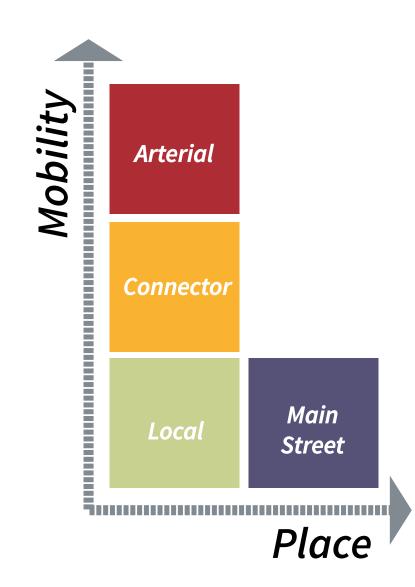


## **Streets**



### Context based

- Community Vision
- Ontext
- Multimodal
- Support adjacentland uses



#### 2. Safe Streets













Source: Toole Design

#### 3. Improve the image of safety in neighborhoods.



Source: Montebello Police Website

-OOP at In

at Rit





## Partners

- City
- Retail
- Schools
- Businesses
- Residents & Youth
- Community Based Organizations
- Faith Based Organizations
- Health Care Providers

# www.planmontebello.com

generalplanupdate@cityofmontebello.com

