

## WINTER/SPRING 2007

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PROMOTING HEALTHY AGING  
LOCAL PUBLIC HEALTH  
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FUNDING OPPORTUNITIES  
GOVERNOR'S COUNCIL—  
CALL FOR 2007 SPOTLIGHT  
AWARDS NOMINATIONS  
2007 WALK TO SCHOOL  
EVENTS CALENDAR  
DEPARTMENT OF HEALTH  
SERVICES REORGANIZATION

### **UNIVERSAL DESIGN: BUILDING COMMUNITIES FOR AGING IN PLACE**

World-renowned, universal design expert Edward Stanfield, Arch.D., AIA, was the featured speaker for the Center's quarterly California Active Aging Network teleconference. Dr. Stanfield's presentation addressed mobility issues facing older Californians which focused on universal design elements in public places and spaces, transit, and housing.

Universal design can have a positive impact on older adults by promoting physical activity, socialization, health, and morale. Universal design relates to the development of places that are safe, accessible, and convenient for all—regardless of an individual's age or ability. According to Dr. Stanfield, the approach "promotes independent function, aesthetics, and social participation."

Trained as both an architect and a gerontologist, Dr. Stanfield stressed these necessary guiding principles regarding universal design and aging in place:

- Universal design is important in promoting independent function, aesthetics, social participation, safety, and accessibility for our society's older adult population.
- Universal design principles can influence our nation's transportation system by reinventing roadways and establishing function-based licensing rules that address the problem of accidents within the older adult population.

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### **Promoting Healthy Aging Among Ethnically Diverse Older Adults**

The California Center for Physical Activity has secured a grant from Pfizer, Inc., to conduct a statewide community capacity-building project addressing healthy aging issues confronting California's ethnically diverse older adults. The project will provide technical assistance and mini-grants to Fresno, San Francisco, Los Angeles, and Shasta county public health departments to develop regional coalitions serving African American, rural Latino, urban Latino, and rural communities. These regional coalitions will conduct community needs assessments, develop health and social services directories for the target populations, and implement healthy aging summits which will provide community members with access to free health screenings, functional fitness assessments, and culturally and linguistically appropriate health information.

As the demographics of California's population dramatically change, chronic disease and disability within ethnic older adult populations is expected to rise significantly. To increase physical activity levels and improve functional

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## Local Public Health and the Built Environment Network Update

The Local Public Health and the Built Environment (LPHBE) Network project has provided new opportunities for local health departments in 2007. The California Center for Physical Activity's request for proposals for built environment mini-grants was highly competitive and received over 20 applications, many from counties that have not previously worked on environmental and policy change to increase physical activity. The Center and the State and Local Injury Control Section, within the California Department of Health Services (CDHS), awarded funding to nine county public health departments. Five counties—Mono, Nevada, Sonoma, Glenn, and El Dorado—received \$5,000 mini-grants for start-up active living projects. Four counties—Alameda, Shasta, Los Angeles, and Kings—received \$12,000 mini-grants for complex local health projects with a land use and transportation planning emphasis.

The LPHBE Network held its first teleconference of 2007 in March. The teleconference participants discussed newly introduced public health legislation. Shasta County Public Health Officer, Andrew Deckert, led the discussion. He compiled a list of 18 bills that related to public health issues with about one-third of the bills including elements of land use planning and public health. Dr. Deckert also reported on the outcome of a recent public health brainstorming session conducted by Dr. Richard Jackson of the University of California Berkeley, School of Public Health, which generated 21 ways the public health field could impact land use and transportation planning.

The Center will host two LPHBE Network 101-level trainings, "Integrating Public Health into Community Design," on Wednesday, May 2, in Fresno and Tuesday, June 12, in Sutter Creek.

For more information about the LPHBE Network and its upcoming events, contact California Center for Physical Activity Project Coordinator, Jeffery Rosenhall, at (916) 552-9885 or [rosenha@dhs.ca.gov](mailto:rosenha@dhs.ca.gov).

## HOME ZONES: Better Streets, Better Health

The California Center for Physical Activity's newest initiative aims to help communities turn car-dominated streets into accessible public spaces shared by all. Originally introduced in Europe, home zones are designed to encourage neighborhood residents to improve their health by increasing opportunities to be more physically active. Home zones employ traffic calming techniques and place-making elements such as street furniture, play areas, and landscaping to make streets more amiable to pedestrians and bicyclists while accommodating the needs of automobile users.

Home zones are based on the Dutch street model of a woonerf, meaning "residential yard." The movement to use woonerfs (streets that incorporate a variety of modes and users) grew from a desire to slow traffic and incorporate the street as an integral part of the surrounding community. Described as "living yard," "streets for living," or "living streets," home zones (the British term) have gained popularity in many countries. Germany, Sweden, Denmark, Britain, Japan, and Israel have implemented

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## FUNDING OPPORTUNITIES

Following are upcoming opportunities for projects that impact, influence, and inform how the built environment increases opportunities for Californians to be more physically active.

### California State Parks

[Land and Water](#)

[Conservation Fund](#)

Deadline: May 1, 2007

### Robert Wood Johnson Foundation

[Active Living Research Grants:](#)

[Childhood Obesity](#)

Deadline: May 16, 2007

### California Wellness Foundation

[Community Action Grants](#)

Deadline: Ongoing

## Governor's Council – Call for 2007 Spotlight Awards Nominations

The California Governor's Council on Physical Fitness and Sports is accepting nominations for its 2007 Spotlight Awards which honors the state's top individuals, organizations and events that positively impact the physical activity, fitness levels and well-being of California children. The Blue Cross of California Foundation is the presenting sponsor for the awards and nominations can be made on-line at [www.CalGovCouncil.org](http://www.CalGovCouncil.org) for: Principal of the Year, Teacher of the Year, Non-Profit Organization of the Year, Company of the Year, Event of the Year and Park and Recreation Program of the Year. A seventh award, School of the Year, will be given to the winner of the Governor's Challenge Competition—a contest among K-12 schools to learn which school can get the highest percentage of students to be physically active 30-60 minutes a day, at least 3 days a week for 4 weeks. Over \$100,000 in prizes will be presented to the award winners so they can further promote physical activity and fitness for children in their local communities. The award winners in each of the first six categories will receive a \$10,000 check, while the School of the Year will be given a brand new fitness center (retail value at \$100,000), and ten runner-up schools will each receive \$1,000 of physical activity equipment. Governor Arnold Schwarzenegger, Honorary Chair of the Council, stated, "I think it's fantastic that we are working together to shine a spotlight on some of our state's unsung heroes who work hard everyday to help California children grow up happy, healthy and fit."

***The 2007 Governor's Council  
Spotlight Awards nominations  
submission deadline is  
May 31, 2007.***

## 2007 WALK TO SCHOOL:



### TIME TO PLAN FOR ANNUAL EVENT

As spring sets in, many schools begin winding down for a long, lazy summer. But, in fact, spring is the perfect time of year for schools and school districts to begin planning their participation in the 2007 International Walk to School Week scheduled for October 1-5, 2007. The International Walk to School program, which hosts Walk to School Week, also designates October as Walk to School Month—Walktober. Walk to School events are designed to promote safe walking and bicycling throughout the year.

In 2006, schools in 40 countries participated in International Walk to School Month. Across the United States, nearly 3,000 schools sponsored Walk to School activities and California hosted over 1,500 Walk to School events. California's 2006 Walk to School events were a big success. Following are just a few examples of how California schools encouraged students, parents and teachers to walk and bike to school.

Shasta Lake Middle School in the rural community of Shasta Lake was able to double the number of participants it had in 2005. The school also received a donation of Clif bars through the Center's California Walk to School Headquarters. Students turned in their walkability surveys and the school discovered that while only 15 percent of students walk to school and 6 percent of students bike to school, 46 percent would like to walk to school and 35 percent would like to bike. School staff also discovered that 49 percent of students would be more likely to walk if more adults and parents were walking.

The City of Auburn and the Placer County Transportation Planning Agency in a collaborative effort rolled out Way to Go! during Walk to School events at five schools. Way to Go! is a "road sense" project that promotes safer, healthier travel choices for elementary, middle, and high school students.

WALK TO SCHOOL continued on page 5

# CALENDAR OF EVENTS APRIL-SEPTEMBER 2007

## APRIL

**APRIL 19**  
**2007 California Healthy Cities and Communities Conference**  
**Los Angeles, CA**

**Building Livable Communities for All Ages**

Presented by the Center for Civic Partnerships  
(916) 646-8680

**APRIL 19**  
**California Health Policy Forum**  
**Sacramento, CA**

**Transforming Public Health in California**

Presented by the California Public Health Institute  
(916) 930-9200

**APRIL 26-28**  
**National Association for Health and Fitness Annual Conference**  
**Buena Park, CA**

Presented by the National Association for Health and Fitness and the California Governor's Council on Physical Fitness and Sports  
(716) 583-0521

## MAY

**MAY 1-2**  
**Third Annual California Pedal Power Lobbying Days**  
**Sacramento, CA**

Presented by the California Bicycle Coalition  
(916) 446-7558

**MAY 2**  
**Integrating Public Health into Community Design**  
**Fresno, CA**

Presented by the California Center for Physical Activity  
(916) 552-9885

**MAY 2**  
**Great Valley Conference: Our Place in the World 10**  
**Sacramento, CA**

Presented by the Great Valley Center  
(209) 522-5103

**MAY 2**  
**Second Annual Health Impact Assessment Workshop**  
**Chicago, IL**

Presented by the National Association of County-City Health Officials and the American Planning Association  
(202) 783-5550

**MAY 2**  
**13th Annual California Bike Commute Week**  
**California-Statewide**

**Featuring the California Legislator's Challenge**

Presented by the California Bicycle Coalition  
(916) 446-7558

**MAY 20-21**  
**National Society of Physical Activity Practitioners in Public Health Annual Meeting**  
**Atlanta, GA**

Presented by the Centers for Disease Control and Prevention, the Directors of Health Promotion and Education, and the National Association of Chronic Disease Directors

**MAY 30**  
**54th Annual Meeting of the American College of Sports Medicine**  
**New Orleans, LA**

Presented by the American College of Sports Medicine  
(317) 637-9200

## JUNE

**JUNE 2**  
**National Health Education Conference**  
**Seattle, WA**

**Changing the Face of Health Education and Health Promotion**

Presented by the Center for Disease Control and Prevention, the Society for Public Health Education and the Directors of Health Promotion and Education  
(678) 261-7025

**JUNE 10-14**  
**45th International Making Cities Livable Conference**  
**Portland, OR**

**True Urbanism—Designing for Social and Physical Health**

Presented by the International Making Cities Livable Council  
[Suzanne.Lennard@LivableCities.org](mailto:Suzanne.Lennard@LivableCities.org)

**JUNE 12**  
**Integrating Public Health into Community Design**  
**Sutter Creek, CA**

Presented by the California Center for Physical Activity  
(916) 552-9885

**JUNE 24-28**  
**The 11th World Conference on Transportation Research**  
**Berkeley, CA**

Presented by the World Conference on Transport Research Society  
33 + (0)4 72 72 64 36 (France)

## AUGUST

**AUGUST 8-10**  
**TrailLink 2007**  
**Portland, OR**

Presented by the Rails-to-Trails Conservancy  
(202) 331-9696

## SEPTEMBER

**Walk/Bike California Conference**  
**Davis, CA**

Presented by the California Bicycle Coalition in association with California Walks  
(916) 446-7558

## WALK TO SCHOOL continued from page 3

Students, parents, and teachers participated in “walking school buses” where groups of children walked to school accompanied by one or more adults.

Auburn Elementary School reported that its event was a major success. Officials estimated that approximately 175 students participated. A teacher at Auburn Elementary School challenged students to walk to school as part of Way to Go! during Walk to School Week. His challenge: if a majority of students participated in Way to Go!, then he would walk to school from his house in Colfax to North Auburn, a distance of approximately 15 miles.

The California Center for Physical Activity is home to California’s [Walk to School Headquarters](#). The Center provides schools with all the materials, ideas and technical assistance they need to get Walk to School programs started in their neighborhoods. For schools that have previously participated, the Center’s web site offers ideas on how to build on past success and make this year’s event even better.

For more information about Walk to School events, please contact California Center for Physical Activity Project Coordinator, Dinorah Hall, at (916) 552-9895 or [dhall@dhs.ca.gov](mailto:dhall@dhs.ca.gov).

## HOME ZONES continued from page 2

In his 1982 book, *Livable Streets*, Donald Appleyard first introduced the idea of home zones to American planners. According to Appleyard, the home zone or woonerf utilizes some or all of the following elements:

- Clear and distinct gateways to neighborhoods;
- Curves in the street that obscure a driver’s sight line;
- Features that both slow traffic and serve residents, such as benches, play structures, and landscaping;
- Continuous curbs that place drivers and pedestrians on the same level. Bollards, street furniture, trees and varied pavement treatments direct drivers along the street; and
- Parking, intermittently spaced.

In many older East Coast communities, narrow streets and alleys have effectively functioned as home zones for decades. New York City has a long history of building “play streets” near schools that lack sufficient playground or auditorium space. As housing and land prices rise throughout the United States, some cities are beginning to apply home zone concepts to both new and existing neighborhood developments. Philadelphia (Pennsylvania), Asheville (North Carolina), Boulder (Colorado), and Cambridge (Massachusetts) all have or are planning home zones in their communities.

Home zones can provide some significant health and safety benefits for neighborhood residents, such as:

- Providing more space for children to play in front of or near their homes which, in turn, helps them develop better motor skills, cognitive and social skills, family unity, and a sense of community;
- Slowing traffic and enhancing the streetscape to make streets safer for children and adults and decrease auto injuries and deaths;
- Reducing the incidents of chronic disease such as diabetes and hypertension by providing more opportunities for physical activity; and
- Reducing crime rates while increasing property values in neighborhoods.

The California Center for Physical Activity is launching a home zone technical assistance project to introduce communities to the concept and will embark on a pilot project in the border town of San Ysidro this summer. The Center aims to create a national model for home zones that can be applied in both new and existing neighborhoods with the ultimate goal of improving the quality of life in neighborhoods and for those who live there.

For more in-depth information on home zones, consult *At Home in the Zone*, a journal article written by Bruce Appleyard, AICP, and the Center’s Lindsey Cox that appeared in the October 2006 issue of *Planning*, a publication of the American Planning Association.

For more information on Home Zones, contact California Center for Physical Activity Project Coordinator, Dinorah Hall, at (916) 552-9895 or [dhall@dhs.ca.gov](mailto:dhall@dhs.ca.gov).

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- Public transit policy changes are necessary to ensure that the needs of the next generation of older people are served.
- Most older adults want to remain in their homes for as long as possible. Making home modifications to accommodate older adults' functional fitness and incorporating universal design principles in home construction is critical for older adults to age in place.
- Community design must be older adult-friendly and provide safe and connected sidewalks, designated street crossings, sufficient street furnishings, and community services within one-half mile of residences.

Dr. Stanfield is a Professor of Architecture and Director of the Center for Inclusive Design and Environmental Access (IDEA), within the Rehabilitation Engineering Research Center on Universal Design and the Built Environment at the University of Buffalo, New York. Currently, he is writing a book on housing and community design for an aging society.

For additional information on Dr. Stanfield's research and IDEA, visit <http://www.ap.buffalo.edu/idea>. His presentation will be available on the California Center for Physical Activity's web site at [www.caphysicalactivity.org](http://www.caphysicalactivity.org) in June 2007.

## PROMOTING HEALTHY AGING *continued from front page*

fitness among older Californians in these vulnerable ethnic populations, a coordinated systems approach must be proactive, include community resources, and promote prevention and self-care. To ensure success, social service and health providers must directly engage communities to understand their needs and how to appropriately address them. This project will utilize specific strategies that support vulnerable populations by providing tools, information, and resources to increase physical activity, improve health, and prevent chronic health problems for ethnically diverse older adults.

For more information about the project, contact California Center for Physical Activity Project Coordinator, Martha Geraty, at [mgeraty@dhs.ca.gov](mailto:mgeraty@dhs.ca.gov).

## what's NEW

### CA DEPARTMENT OF HEALTH SERVICES UNDERGOES REORGANIZATION

Effective July 1, 2007, the California Department of Health Services (CDHS) will split into two new and distinct departments—the California Department of Public Health (CDPH) and the California Department of Health Care Services (DHCS).

The California Center for Physical Activity, like other CDHS population-based chronic disease control and injury prevention programs, will become part of the new CDPH. Individual health care service delivery programs, such as Medi-Cal, Office of Long-Term Care and Children's Medical Services will become part of DHCS.

The goal of the reorganization is to provide more focused state leadership in public health and healthcare financing and create a more effective public health infrastructure in California. The reorganization will affect all program and staff contact information. Updates on the reorganization as well as the Center's new mailing address, staff phone and fax numbers and email addresses will be released in late June 2007.



CREATING  
OPPORTUNITIES  
FOR EVERYDAY  
ACTIVITY

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EVERYDAY ACTIVITY is a quarterly publication developed by the California Center for Physical Activity. For information, or to suggest content, please contact the editor at 916.552.9980.