Healthy Communities Findings

- *Parks and Recreation*

  Parks, trails, natural areas, and community centers are highly valued by community members for their impact on our physical, social and emotional health, connection to nature, and intergenerational community opportunities. However, Clark County and its cities have not always been the most park-forward communities to make sure these resources are proactively developed and maintained. There is a lot of potential to grow the park, trail, and recreation opportunities and network throughout the county.

- *Urban Forestry*

  Trees are incredibly valuable for their environmental benefits, health benefits, and economic benefits, however, canopy loss is increasing, primarily from development. A healthy Pacific Northwest City should have a 40% tree canopy, and the urban areas in the county have a XX% tree cover.

- *Food Access and Health*

  While there are several farmers markets and grocery stores throughout the County, as well as multiple senior nutrition programs, there are still several senior nutrition, food access, and food insecurity challenges in the county such as the prevalence of diabetes and poor diets, many older adults living more than 1 mile from a grocery store in an urban area or more than 10 miles from a grocery store in a rural area, and a continual need for affordable food options for those with limited income.

- *Advance Care Planning*

  70% of people prefer to spend their last days at home, but 70% die in long-term care or hospital. Advance care planning is one tool for people to more likely receive the care that matches their goals and honors their wishes.

- *Complete Neighborhoods*

  Some communities in Clark County include *some* components of a complete neighborhood, where key services and amenities are accessible within 20 minutes of your home by transit, walking, or rolling. However, most of our communities do not have all of the key elements to a complete neighborhood.

- *Value of Engaging Older Adults* - TBD

- *Pet Care* - TBD

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Healthy Communities Recommendations

1. *Parks and Recreation*

a. Consider (re-)creation of a Clark-Vancouver metropolitan park district again. (COA members discussed this as an option, but didn't know if it was a good idea or not.)
b. Like Ridgefield, the county and other cities could consider setting a goal for parks or open space. With every new development, X amount of land could be set aside.
c. Build a community center in the unincorporated Vancouver Urban Area.
d. In designing commissions and task forces, councilors may want to consider cross-disciplinary approach to advisory board development, such as including a healthcare provider on the Parks Advisory Board, to better connect the health impacts of parks and recreation.
e. Incorporate the Ridgefield Parks Flipbook as a developer resource in all local jurisdictions.
f. Intergenerational community centers and recreation opportunities is an important theme in making sure parks are designed with amenities older adults and younger generations, and interaction between the two.
g. Develop and implement universally designed parks and park standards. (This was added by staff after talking with Parks Dept. Staff.)
h. Become a park-forward county/city with county/city manager and county/city manager support, detailed ordinances and regulations that are very pro-park, ongoing citizen input, proactively working with developers, and forward-thinking park plans.

2. *Urban Forestry*

a. Create a county urban forestry commission to address concerns about tree canopy loss with rapid urbanization of the Vancouver Urban Growth Area.
b. Establish a tree canopy goal in each local jurisdiction's Comprehensive Plan.
c. Identify community partners who can help address increased need of people aging in place who will need help with lawn, tree, and house maintenance (i.e. cleaning gutters).
d. Establish a wider planting strip road standard, to allow for the planting of larger street trees. (This is a suggestion from staff.)

3. *Food Access and Health*

a. Improve transportation access to healthy food options for those with mobility challenges, such as farmers' markets. Look for community partners and services for partnerships, such as the Human Services Council community van project.
b. Establish policies and regulations on providing access to, and preservation of, community garden land.
c. Encourage the state legislative group focusing on food-related issues, to continue addressing food concerns for seniors, such as working on addressing nursing facility food issues.
d. The county Public Health Department has a Local Strategies for Physical Activity and Nutrition (LSPAN) grant and there is a window of opportunity to provide

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recommendation on where to focus this grant money. This is a possible funding source for food access and health projects. (This is a suggestion from staff.)

4. *Advance Care Planning*

a. Request county and city councilors recognize National Health Care Decisions Day
b. Create a statewide Provider Orders for Life-Sustaining Treatment (POLST) and advance directive repository. First, talk to the county auditor about a statewide registry, and with more understanding of what that would involve, then request state legislators to create and fund a statewide POLST and advance directive repository.
c. For the healthcare community, increase POLST conversation training for doctors in the region.

5. *Complete Neighborhoods*

a. Embrace complete neighborhoods as a concept and integrate it into planning policies, regulations, and plans. Specific considerations for older adults and the design of complete neighborhoods:
    i. Universal design: parks, plazas and infrastructure
    ii. Encouraging accessible, "visitable" housing development
    iii. Beaches/outdoor seating, lighting, public bathrooms
    iv. Facilities for safe walking, biking and rolling
    v. Convenient transit service/access
    vi. Close proximity to a variety of services and amenities, including healthcare
    vii. Programs that provide financial assistance for accessibility retrofits or support maintenance, Senior Citizen Property Tax Reduction Program
    viii. Inclusive programming that promote social interaction and community building

6. *Value of Engaging Older Adults – TBD*

7. *Older Adults and Pets - TBD*

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