HEALTH ELEMENT

2.10   INTRODUCTION

Health Element Organization. The City's role in supporting health in Arcata is aiding in the creation of physical and social environments that afford its residents the greatest possible opportunities for wellbeing. This charge includes the provision of safe and affordable housing and transportation, as well as opportunities for economic prosperity, physical activity, recreation, education, and community connection.

While this Health Element was developed for the General Plan 2045 the City of Arcata's recognition of its responsibility to positively affect health and wellbeing in its jurisdiction is not new. Decades of City policy codify the City's continuous commitment to acting in service of community health. For example, the 1976 *Physical Design Recommendations for Achieving Community Goals Social Goals* report establishes objectives such as: provide for a healthful environment, provide for personal safety, provide for a socially diverse community, promote a sense of community membership and social worth, and more—goals that are reflected and updated in the policy priorities of this Element.

Many of the City's responsibilities that support health are also detailed in other General Plan Elements (including Housing, Infrastructure and Public Facilities, Transportation Open Space, and Parks and Recreation), and language related to health is integrated throughout them. However, to prioritize Arcatans' wellbeing, this Element is dedicated to health-specific goals and policies.

This Element also focuses on health equity. Disparities in health and wellbeing outcomes correlate with lower socioeconomic status, race and skin color, and disability status. Some residents face disproportionate barriers to health and wellbeing due to these factors, which should not be determinants of health. This Element includes policies to reduce inequitable health outcomes.

Overview of health and wellbeing in Arcata. Health is defined by the World Health Organization as a state of complete physical, mental and social wellbeing rather than merely the absence of disease or infirmity. Health is shaped by the cultural, social, political, economic, ecological, and physical settings in which we live, work, and play. These "social determinants of health" dictate daily experiences, physical and emotional wellbeing, how long we live, and our ability to change the quality and course of our lives.

"Health equity" refers to efforts to ensure that all people have full and equal access to opportunities that enable them to lead healthy lives while respecting differences in identity. These differences include, but are not limited to, culture, language, race, gender, sexuality, economic status, citizenship, ability, age, and religion.[1]

Arcata is home to Mad River Hospital, one of four hospitals in Humboldt County. The community is also served by Open Door Clinic, United Indian Health Services (UIHS),

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[1] https://www.ci.richmond.ca.us/ArchiveCenter/ViewFile/Item/6999

approximately 8 dental providers,[2] and mental health care providers offering a range of therapy and counseling services. Furthermore, there are many businesses and organizations in Arcata that support physical health and community gathering—including gyms, yoga studios, bike shops, and running clubs.

Some neighborhoods in Arcata have a disproportionate concentration of barriers to healthy living. The Valley West neighborhood specifically is disconnected from many of Arcata's assets in terms of healthy living. Compared to those nearer to Arcata's downtown, Valley West residents have decreased access to safe open spaces and healthy food options.

The City of Arcata envisions a community that is a safe and healthy place to live, work, play, and learn. This Health Element contains policies intended to ensure that Arcata's economy, education, health services, built environment, and social context all support the physical, mental, and emotional wellbeing of all its residents.

Barriers to health and wellbeing in Arcata. As in many rural areas across the country, Humboldt County residents face barriers to accessing affordable medical, dental, and mental health care services. One of the primary obstacles to increasing the availability of these services is Arcata's lack of affordable housing, which impacts the security and metal health of Arcata residents as well as the community's ability to retain health professionals. The city's housing shortage also affects the mental and physical health of its residents; when a household spends a disproportionate amount of its monthly income on housing costs, it impacts their ability to purchase medications, healthy foods, and other items important to health and wellbeing.

Among other consequences, Arcata's lack of accessible care providers prevents many residents from accessing necessary medical and dental services (much less seeking preventative care, such as cancer screenings). Similarly, the lack of mental health care resources means that some Arcatans with diagnosed mental health disorders are unable to get necessary medication due to the inaccessibility of local psychiatrists able to write prescriptions.[3]

As there is specific difficulty in finding a primary care provider, dentist, or mental healthcare professional that has availability for new patients, access to care is an issue that disproportionately affects students and other Arcata residents recent to the area.

In addition to the challenges faced in seeking healthcare, many Arcata residents struggle to afford it. Census data shows that the number of Arcatans living below the poverty line is far higher than the state average. Beyond the difficulty poverty presents in accessing health services, economic insecurity inherently results in mental and physical stress. Poverty and low-income status are associated with various adverse health outcomes, including shorter life expectancy and higher death rates.[4]

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[2] https://findadentist.ada.org/search-results?address=Arcata,California&distance=5
[3] Racial Equity Working Group (2023)
[4] https://www.aafp.org/about/policies/all/poverty-health.html

The limited transportation options between Arcata, Eureka, and McKinleyville also make it difficult for Arcata residents who do not own reliable personal vehicles to get to appointments in neighboring communities or outside the area.[5] As in many rural areas nationwide, Humboldt County residents frequently have to travel hundreds of miles for medical or dental appointments. This contributes travel expenses to the cost burden faced by those seeking care.

Another barrier to health in Arcata faced by those with lower incomes and limited transportation options is access to healthy foods. Healthy foods are usually more expensive, and it is difficult for residents that do not live near downtown to access places that sell them.

Low-income status also makes it difficult to access stable and safe housing, especially in Arcata's high-cost, high-demand rental market. Living unsheltered poses difficulties to maintaining a healthy diet, securing/showing up for medical appointments, and properly storing medication. For those with conditions that require daily management and attention—such as diabetes—this can make living unhoused immediately life-threatening.[6]

Racism and discrimination present another barrier to health within the Arcata community. The negative health impacts of racism present on individual levels—such as stress and housing discrimination—as well as structural levels, meaning differential access to goods, services, and opportunities.[7]

Assets to health and wellbeing in Arcata. Health and wellbeing in Arcata are benefitted by the city's unique natural resources and the community's commitment to protecting them. Open space lands support public health by providing accessible and low-cost public recreation opportunities to all, regardless of income. Furthermore, they allow for community gardens which can increase access to fresh local produce.

Arcata's small-town nature and the time and energy that its residents put into building community also support health. Loneliness and social isolation have been linked to increased risks of premature death, dementia, heart disease, and stroke, as well as higher rates of depression, anxiety, and suicide.[8] The wide variety of community classes, recreation activities, events, and other programming offered by the City and other local organizations expands and deepens community connections in Arcata by bringing together people of shared interests. These connections benefit residents of all ages, but especially Arcata's seniors; the CDC has found that many adults aged 50 and older are socially isolated or lonely in ways that put their health at risk.[9]

Furthermore, Arcatans' health and wellbeing is supported by Cal Poly Humboldt and the educational, social, and cultural benefits that the university brings to the community. Lifelong learning has been linked to cognition and memory, social connection, and self-

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[5] Racial Equity Working Group (2023)
[6] Open Door Community Health Centers
[7] What is Health Equity? | Health Equity | CDC
[8] https://www.cdc.gov/aging/publications/features/lonely-older-adults.html
[9] https://www.cdc.gov/aging/publications/features/lonely-older-adults.html

esteem.[10] The opportunities for learning that the university gives to the community—through events, community classes, and the perspectives of its students, faculty, and staff—set Arcata apart from other towns of its size.

Finally, the nonprofit organizations and community groups working to make Arcata a more equitable place to reside—decreasing violence and discrimination related to race, class, gender identity/expression, and sexual orientation and increasing support and opportunities for all Arcatans—are a benefit to the health of the community.

Guiding Principles and Goals.
   A. Ensure all residents can enjoy physical, social, and mental health and wellbeing, regardless of their race, age, gender, sexual orientation, social position, economic position, culture, background, or any other factor of identity.
   B. Understand that a community's socio-economic, built, and natural environments influence every resident's health. Recognize both the integrated nature of these systems[11] and the City's responsibility in ensuring that its actions promote physical, social, and mental health and wellbeing.
   C. Partner with and promote local agencies, nonprofits, and community-based organizations that are already working to support the health and wellbeing of Arcata residents.
   D. Eliminate the disproportionate and unjust barriers to health that some Arcata residents face based on neighborhood and/or factors of identity.
   E. Support healthy eating and active living programs and facilities to enable them.
   F. Increase opportunities for community engagement.

2.2   POLICIES

The Health Element contains the following policies areas.

H-1   Community Health
H-2   Healthy Behaviors
H-3   Community Culture
H-4   Healthy Government

POLICY H-1 COMMUNITY HEALTH

   Objective. Increase accessibility of medical and mental healthcare for all Arcatans. Prioritize groups experiencing differential health outcomes.

H-1a   **Determinants of health.** Work with the community and stakeholders in medical, mental, and dental healthcare fields to identify determinants in the Arcata community that impact health and wellbeing, paying specific attention to factors

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[10] https://extension.usu.edu/mentalhealth/articles/the-benefits-of-being-a-lifelong-learner
[11] Racial Equity Working Group (2023)

affecting specific groups or demographics disproportionately. Facilitate access to financial and professional resources to document and utilize necessary epidemiological and health care data.

H-1b   **Access to services.** Work with stakeholders in medical, mental, and dental healthcare fields to identify barriers to healthcare access and affordability. Explore ways in which the City can aid in reducing those barriers. Work with community partners to aid individuals and families in accessing health resources.

H-1c   **Health equity.** Strive for health equity by identifying and reducing barriers to health faced disproportionately by vulnerable groups within Arcata, including those with lower socioeconomic status as well as children, the elderly, persons with disabilities, and Limited English Proficiency (LEP) individuals.

H-1d   **Support unhoused community members.** Increase City coordination with/support for organizations that provide resources and health services those living unsheltered in Arcata. Work with partners to aid unhoused individuals and families in accessing health-supporting resources such as insulin and medication.

H-1e   **Retain existing healthcare institutions and resources located in Arcata**. City policies should strongly support retention of existing healthcare institutions, facilities, and services located in Arcata, including Mad River Hospital, Open Door Clinic, United Indian Healthcare, and other more specialized medical practices.

H-1f   **Land use regulation to support health care.** Amend land use regulations to support provision and accessibility of healthcare services, including locations of healthcare providers in multiple-use and commercial land use classifications.

POLICY H-2 HEALTHY BEHAVIORS
Healthy Behaviors

   <u>Objective</u>. Develop and support systems conducive to physical, mental, and social wellbeing. Design an environment in which the healthiest choice is the easiest choice.

H-2a   **Daily physical activity.** Ensure that residents of all neighborhoods, ages, incomes, and abilities have access to opportunities for daily physical activity. Develop convenient access to safe and attractive outdoor spaces and places throughout the city. Make access to spaces, events, and programs that support physical activity affordable and convenient.

H-2b   **Opportunities for healthy eating.** Support City and community programs that improve opportunities for nutritional health, food security, and healthy eating among residents of all races, neighborhoods, ages, genders, incomes, and abilities.

H-2c   **Opportunities for community connection.** Create opportunities to strengthen the sense of community in Arcata through connection, relationships, and trust. This includes expanding offerings of community classes and events, as well as increasing their accessibility and affordability. Engage Arcata residents to identify actions the City can take to help define, share, and support community expressions of Arcata culture.

H-2d   **Commercial tobacco.** Reduce the use of commercial tobacco. Commercial tobacco use is linked to asthma, cancer, COPD, diabetes, tooth loss, heart disease, stroke, and birth outcomes. The City shall prioritize the need of non-smokers to breath smoke-free air in public places.

H-2e   **Alcohol misuse.** Reduce the misuse of alcohol and the prevalence of alcohol-related accidents and injuries, paying specific attention to groups that may be at higher risk for alcohol misuse. Alcohol misuse is linked to injuries, violence, unsafe sexual behavior, adverse birth outcomes, blood pressure, heart disease, stroke, liver disease, cancer, and decreased emotional wellbeing. The City shall consider the impact of land use and transportation policies, including public transit service access, availability, and frequency near alcohol serving establishments, and programs on alcohol misuse.

H-2f   **Substance use disorders.** Humboldt County's rate of drug overdose deaths is higher than the State and National rates. The City shall work with partners to **r**educe the prevalence of substance use and overdose deaths in Arcata, increase support for those struggling with substance use, and decrease stigmas. Feeling stigmatized can reduce the willingness of individuals struggling with substance use disorders to seek treatment and increase the social isolation of individuals using drugs.[12]

POLICY H-3   COMMUNITY CULTURE

         <u>Objective.</u> Encourage a healthy, cohesive community culture. The strength of relationships and the sense of shared identity between members of a community are linked to emotional wellbeing, safety, and higher levels of investment in health-promoting community resources. This section outlines desired community cohesion outcomes and addresses how the City can support and contribute to a strong, diverse, and collective Arcata identity.

H-3a   **Healthy and equitable schools.** Work with schools to improve and or sustain programs that support mental, physical, emotional, and social wellbeing. Childcare and school environments influence the foods children eat and drink outside the home, rates of physical activity, and social and emotional development. Educational

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[12] https://nida.nih.gov/nidamed-medical-health-professionals/health-professions-education/words-matter-terms-to-use-avoid-when-talking-about-addiction

attainment is also linked with lifespan. Increase the ways in which Arcata's schools contribute to students' health and wellbeing through:

1. Integrating physical activity into students' daily educational experience through both programming and the design of school sites and structures, and linkages with City facilities.
2. Integrating the arts into students' daily educational experience.
3. Supporting walking and biking to school.
4. Ensuring students have access to healthy foods on school sites.
5. Leveraging schools to remove mental health and safety barriers to physical activity among youth.
6. Encouraging schools to ensure that classrooms and curriculums integrate and dialogue with historically excluded knowledge sources, empower and support students of all races, ethnicities, and cultures, and represent/appreciate all cultures respectfully.

H-3b   **Healthy workplaces.** The City shall seek to support resources to increase opportunities for healthy behaviors on workplace sites. Support walking and biking to work. Increase opportunities for racial equity training in workplaces. Increase opportunities for cross-agency/industry professional development training, which provide Arcata's professionals continuing educational opportunities in leadership and facilitate community connections within/between workplaces.

H-3c   **Support Arcata arts & artists.** Support artists, arts organizations, and arts endeavors as a means for building and healing community in Arcata. Arcata's artists lead the way in welcoming and celebrating diversity, supporting local businesses, caring for community health & wellness, bringing residents into community with one another, fostering pride of place, igniting community conversations, and much more.

H-3d   **Community consciousness of racial equity.** Encourage community dialogue around historic and current systems of advantage and exclusion. Cultivate a collective consciousness of equity and inclusion. Work to make Arcata a Welcoming, safe, and racially equitable community by working to erase racial disparities for all people of color in all aspects of community life including housing, health, education.

POLICY H-4   HEALTHY GOVERNMENT PRACTICES & PROTOCOLS

        <u>Objective.</u> Engage and collaborate across City departments, partner agencies, local nonprofits, and the community to develop and achieve a collective vision for a healthy, equitable community. Elected officials and municipal staff play central roles in creating and implementing the policies, programs, and services in a long-range plan. This section addresses practices and protocols that the City of Arcata will implement to ensure the promotion of health and equity throughout its regular activities.

H-4a **Healthy and Equitable City operations.** Ensure City-wide knowledge of, and commitment to, core principles of diversity, equity, and inclusion, and continue to support the equity arcata network as a key partner in achieving the goals of this policy. Integrate trauma-informed practices into City operations and services. Utilizing trauma-informed practices involves considering the following six principles when interacting to provide programs, services, and activities:

1. Safety
2. Trustworthiness and transparency
3. Peer support
4. Collaboration and mutuality
5. Empowerment, voice, and choice
6. Factors such as race, culture, and gender identity

H-4b **Transparent and responsive government.** Increase government transparency and build trust among Arcatans of all ages, races, identities, and income levels. Demonstrate the City's credibility, reliability, openness, and community orientation through establishing a coordinated set of proactive channels for community-wide engagement between City departments, stakeholders, and the public. Respond promptly, reliably, and openly to criticism of City operation and administration from members of the public. Continue this engagement on an ongoing basis regardless of specific plans or projects underway. Evaluate implementation of plans, projects, and programs to ensure that established policies are being carried out. Monitor how implementation is serving different groups within the community, and respond to community critiques.

H-4c **Health in all policies.** Identify and address existent inequities in City policy that are resulting in disparities, increase equity at the systems and structural levels. Build relationships with community partners to identify ways in which policies can take health outcomes into consideration. Implement procedures that allow the City to prioritize community health in all programs and practices. Educate the community and other stakeholders about Arcata's overall health goals and actions.

H-4d **Collaborative community planning.** Involve and collaborate with residents and community organizations in the development of plans, projects, and programs that affect their health. Establish a coordinated set of proactive, ongoing, and inclusive ways that City departments communicate with the public to discuss health-related issues and values. Make specific efforts to engage Arcata's young people in long-range community planning.

H-4e **Health data.** Establish metrics and develop/adopt tools for measuring community health. Partner with a network of organizations and agencies, including the County Departments of Public Health and Health & Human Services, to begin collecting

community health data on an ongoing basis.

H-4f   **Funding for health.** Identify, pursue, and dedicate funding streams that support actions to improve community health outcomes. Incorporate health considerations into City budget and project funding decisions.

H-4g   **Youth engagement.** Build capacity among Arcata's youth to advocate for healthy changes in their community.

H-4h   **Senior Engagement.** Support capacity and initiatives by Arcata's senior citizens and residents to advocate for changes in Arcata's infrastructure, programs, and City operations to help seniors remain healthy and active.

H-4i   **Engage with Arcatans of multiple abilities.** Support capacity among Arcatans of differing abilities and disabilities to represent their interests and concerns to the City with regard to City infrastructure, programs, and operations that can improve possibilities for people of different abilities to pursue healthy, active, mobile lives in Arcata.

2.12   IMPLEMENTATION MEASURES

#	IMPLEMENTATION MEASURE DESCRIPTION	RESPONSIBLE PARTY	TIME FRAME
H-1	**Access to services** 1. Identify opportunities to cross-promote local health resources on the City website and in City facilities. 2. Identify opportunities for Arcata City Council and staff participation in coalitions and stakeholder groups addressing health within Arcata and the North Coast Region. 3. Pursue partnerships to create centers equitably distributed throughout the City that provide resources to the community and makes residents feel connected, welcome, supported, and cared for. 4. The City shall work with existing healthcare institutions and medical practices in Arcata to retain services and improve access to them.	City Manager's Office and Community Development Department	Ongoing

#	IMPLEMENTATION MEASURE DESCRIPTION	RESPONSIBLE PARTY	TIME FRAME
H-1	**Health equity** 1. Support the development of a Health Equity working group within Equity Arcata to coordinate with medical facilities and healthcare organizations. Encourage facilities to provide equity, diversity, inclusion, bias, and/or cultural competency training to all doctors, nurses, and support staff on an annual basis. 2. Encourage community partners that work frequently with Limited English Proficiency populations to collaborate with medical facilities and healthcare organizations to provide translated resources on healthcare, insurance, and mental health/dental/medical care. 3. Routinely engage people knowledgeable about needs of people of varied abilities to ensure that City facilities, programs, and practices serve people of varied abilities and disabilities. Strive for Universal Design in all City facilities.	City Manager's Office, Equity Arcata	Ongoing
H-2	**Opportunities for healthy eating** 1. Collaborate with food system partners, such as the Humboldt Food Policy Council, the North Coast Growers' Association, Cal Poly Humboldt, the California Center for Rural Policy (CCRP), Arcata House Partnership, and the Humboldt County Department of Health & Human Services to strategize approaches the City can consider to help grow a healthy food system in Arcata. 2. Support local agricultural projects such as community gardens and farmers' markets in areas of Arcata beyond downtown. Ensure zoning allows a range of urban agriculture activities in all districts with relevant operating standards. 3. Building off past efforts by the Food Policy Council and California Center for Rural Policy, collaborate with local partners to develop a community food assessment to analyze challenges and opportunities related to Arcata's local food system. The assessment should pay particular attention to which neighborhoods and/or groups within Arcata may be lacking access to healthy food at higher rates. 4. Work with existing commercial businesses to improve access to healthy food.	Community Development & Environmental Services	Ongoing

#	IMPLEMENTATION MEASURE DESCRIPTION	RESPONSIBLE PARTY	TIME FRAME
H-4	**Support Arcata arts & artists** 1. Implement the Arcata Strategic Arts Plan (ASAP) with intermittent re-evaluations of priority projects. 2. Identify and pursue sources of funding that could be used to support arts organizations and endeavors in Arcata. 3. Explore funding sources and possible locations for the development of artist housing/live-work spaces in Arcata. 4. Prioritize support of intersectional arts and equity projects/collaborations in Arcata area schools.	City Manager's Office and Community Development	Ongoing
H-5	**Equitable City operations** 1. Provide equity, diversity, inclusion, bias, and/or cultural competency training to City staff and elected/appointed officials on a regular basis. 2. Continue supporting the Equity Arcata network. Alter job descriptions to include involvement with Equity Arcata in key City staff positions that integrate well with the collective's working groups. **3.** Scope and initiate an inclusive, community-driven process to update the Draft Solution Set addressing current racial inequities in Arcata, and assessing progress made since its initial drafting.	City Manager's Office - Personnel	Ongoing

#	IMPLEMENTATION MEASURE DESCRIPTION	RESPONSIBLE PARTY	TIME FRAME
H-6	**Community Engagement Protocol** Building on the work that the Community Development Department undertook with the Institute for Local Government through the BOOST Program over the course of 2020, establish a Community Engagement Plan that outlines how the City engages community-based organizations, other partners and stakeholders, and the public on proposed plans, projects, and programs. Update the Plan and "Community Landscape" list periodically to ensure its continued relevancy. Ensure the following concepts are integrated into the Plan: 1. Utilize the "Community Landscape" list in outreaching to identified stakeholders and community groups as appropriate. 2. Prioritize outreach to neighborhoods and populations facing disproportionate barriers to healthy living. Prioritize outreach to groups historically excluded from City and community planning processes, such as Black, Indigenous, Hispanic, Asian, LEP, and disabled residents. 3. Continue to pursue opportunities for partnership with Arcata schools (specifically high schools) to present on long-range planning projects and solicit student feedback. 4. Respond promptly and openly to critiques of City operations and decisions, including those made through administrative channels, and especially to those engaging with City committees, the Planning Commission, and City Council.	Community Development Department	Every 10 years starting in year 2
H-7	**Health data** As part of the City's Annual General Plan Progress Report submitted to the State Office of Planning and Research, include applicable information from departments, residents, and other stakeholders about how improvements to support health, or changes in programs, policies and services that threaten it, have affected residents. Give specific attention to discrepancies faced by specific neighborhoods and groups.	Community Development Department	Ongoing
H-8	**Health in all policies** Develop criteria for health and equity project review. Integrate health and equity review into decision-making processes for policy updates and capital projects. Update these review criteria periodically to ensure continued relevancy.	Community Development Department, City Manager's Office	Every 10 years starting in year 2

#	IMPLEMENTATION MEASURE DESCRIPTION	RESPONSIBLE PARTY	TIME FRAME
H-9	**Discrimination-free, accessible housing** Collaborate with agency partners to establish financial and other incentives for landlords and property managers that go through City-endorsed anti-discrimination trainings such as the Humboldt Tenant Landlord Coalition "Living in Community" Training.[13]	Community Development Department	Ongoing

Key to following Implementation Measures

Measure will be integrated into:

Public Safety
Parks and Recreation
Circulation

PS-X	**Exposure to community violence and discrimination** 1. Increase awareness around the Arcata Police Department's Juvenile Diversion Program, the primary objectives of which are to reduce the number of youths in the Criminal Justice System and reduce dropout/expulsion rates in Northern Humboldt area school districts. 2. Make implicit bias and cultural humility training available to Public Safety Committee members. 3. Work with the County and other local social service agencies to reduce stress and provide services and support to groups found to be at higher risk of being victims or perpetrators of violence. 4. Explore partnerships with programs, social service agencies, and community health advocates that work to deter, intervene in, and mediate violence in the Humboldt County community. Familiarize City staff that frequently interface with the public with these resources.	Arcata Police Department	Ongoing

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[13] Racial Equity Working Group (2023)

#	IMPLEMENTATION MEASURE DESCRIPTION	RESPONSIBLE PARTY	TIME FRAME
P S - X	**Community policing** 1. Continually publicize the training that APD officers complete on an ongoing basis related to racial equity, implicit bias, cultural humility, and interacting with individuals who have mental illnesses, intellectual disabilities, and substance use disorders. 2. Increase support for programs such as the Mobile Intervention and Services Teams (MIST), which allows Humboldt County Department of Health & Human Services (DHHS) Behavioral Health Branch staff to work with the APD in responding to incidents that involve people with mental/behavioral health issues and/or substance use disorders. 3. Increase support for programs such as the City of Arcata's Community Ambassador Program, which has a stated mission of welcoming all community members to Arcata businesses and inviting and guiding them to retail, restaurant, entertainment, recreational, and supportive options and services all while enhancing the beautification and safety of Arcata. 4. Raise awareness around the APD's internship program, available to Cal Poly Humboldt and College of the Redwoods students, which allows participants to collaborate on developing best practices in policing and to share information on student expectations of law enforcement in Arcata. 5. Raise awareness around the APD's ride-a-long program, available to any member of the community, which allows residents to see how APD delivers public safety services, meet APD staff, and ask questions. **6.** Incentivize City staff and APD officers to engage with local cultural learning opportunities and equity trainings outside of those mandated in their line of duty.	Arcata Police Department	Ongoing

#	IMPLEMENTATION MEASURE DESCRIPTION	RESPONSIBLE PARTY	TIME FRAME
C-X	**Safe, convenient, connected, and multi-modal transportation** Ensure current versions of the Regional Transportation Plan, Humboldt Regional Bicycle Plan, ADA Transition Plan and Local Road Safety Plan: 1. Focus pedestrian and bicycle transportation infrastructure improvements near primary areas of activity, including schools, town centers, commercial clusters, and workplace districts. 2. Ensure public health and equity considerations are included as part of transportation network improvement decisions, including accessibility and mobility considerations for people of diverse abilities and disabilities. 3. Plan capital improvements that will ensure sidewalks and other pedestrian routes are continuous, creating a cohesive network. Continue to assess existing sidewalks and bike lanes (or existent lacks thereof) throughout the City and identify those most in need of construction or improvement as part of yearly CIP planning. 4. Identify opportunities for the creation of a non-vehicular network of paved and/or unpaved trails, paths, or other travel-ways through blocks or open spaces to reduce travel distances and create safer routes for pedestrians and bicyclists.	Engineering Department, Transportation Safety Committee	Ongoing
C-X	**Increase transportation accessibility** 1. Plan capital improvements that will remove physical barriers to and/or build facilities for walking and biking along transportation routes—especially those with higher volumes of pedestrians and bicyclists, routes known to have concentrations of people without vehicles, and along routes that provide access to major destinations including local schools. 2. Require new projects to build transportation network improvements for pedestrians, bicyclists, and wheelchairs on sites and along adjacent streets as part of all new developments/improvements (and especially those in areas where there are clusters of activity and/or existing transit stops).	Engineering Department, Transportation Safety Committee	Ongoing

#	IMPLEMENTATION MEASURE DESCRIPTION	RESPONSIBLE PARTY	TIME FRAME
C-X	**Targeted improvements to existing transportation network** 1. Increase street lighting around Arcata to increase safety of walking/biking during early mornings and evenings, especially those with higher volumes of pedestrians and bicyclists, routes known to have concentrations of people without vehicles, school zones, and along routes that provide access to major destinations[14] 2. When designing new or improving existing streets, implement complete streets policy to incorporate pedestrian and bicycle safety improvements. Ensure that facilities and design promote and support mobility by people whose mobility is impaired, who move slowly, or who need mobility assistance. Use cost-effective street improvements such as striping, cones, and temporary features to test improvements throughout the City in a cost-effective manner and address needs temporarily when funding does not permit a more permanent solution. 3. When designing new or improving existing streets, use traffic-calming techniques (such as narrowing traffic lanes or adding flashing beacons/radar signs) to improve street safety and access (especially in residential neighborhoods, school zones and areas with high pedestrian traffic). 4. Consider developing City-operated traffic lights with appropriate signals for people with impaired vision, hearing, or mobility.	Engineering Department, Transportation Safety Committee	Ongoing
PR-X	**Increase use of public spaces** In collaboration with community organizations, establish a calendar of City-sponsored programs and events taking place in public spaces, including offerings that encourage physical activity, educational opportunities, arts programming, and community outreach.	Recreation Department Community Development Department	Ongoing
PR-X	**Natural features and built facilities** Prioritize improvements to areas with comparatively less open space/public facilities access as part of the ongoing established public space maintenance schedule	Parks and Recreation Department	Ongoing

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[14] Racial Equity Working Group (2023)

Health language proposed for other Elements:

Land Use

Land use and zoning that promote community health and wellbeing. Patterns of land use and development can either promote or deter physical, mental, and social wellbeing in different ways. Support patterns of land use and development that encourage physical, mental, and social wellbeing, as well as shape activity centers, districts, corridors, and neighborhoods to support walking, biking, and transit.

Transportation

Transportation network that promotes wellbeing. Create a transportation network that promotes physical, social, and mental wellbeing. Transportation networks consist of the routes that connect places and shape how people move around their communities. Prioritize the design of transportation infrastructure projects to support convenient and safe active transportation and affordable public transit. Recognize the systemic barriers that many Arcata residents, specifically persons with disabilities, families with children, and lower-income Arcatans, face accessing both active transportation and public transit.

Increase transportation accessibility. Plan a transportation network that is accessible to persons with disabilities and Arcatans of all ages and income levels. Prioritize public transit in planning for Arcata's transportation network.

Parks & Recreation

Create a public space network that promotes physical, mental, and social wellbeing. Design an accessible public space network that promotes physical and mental health, contributes to a sense of community, improves air quality, and supports storm water management (see Open Space and Parks and Recreation Elements for more information).

Public spaces promote community connection, engagement with Arcata's natural environment, and physical activity. Research has also found that residents who live adjacent to green space have lower levels of illness and disease than people of similar income levels who do not, and that that social cohesion is partially dependent on residents' ability to connect through public spaces and facilities within them. Rates of physical activity, in turn, are linked to a range of health outcomes including emotional wellbeing, risk of mental disorders, body weight, blood pressure, heart disease, respiratory illness, and social interaction.

Ensure a diversity of public spaces. Plan for a variety of types of open spaces—including plazas, parks, playgrounds, and amphitheaters/stages—that accommodate a variety of types of activities (formal, informal, structured, and unstructured) and promote physical activity and

social interaction. Consider public arts, both visual (murals, sculptures, etc.) and opportunities for public performing arts (theater, music, etc.), in planning for new public spaces and in activating existing public spaces. Prioritize areas lacking in existing parks, facilities, and/or recreational opportunities in the development of new public spaces.

Resource Conservation & Management

"Greening" efforts. Prioritize "greening" efforts in Arcata's urban spaces to help dampen ambient noise, cool pavement surfaces, and maintain high air quality. These may include the addition of street trees, community gardens, and green spaces.

Public Safety

Exposure to community violence and discrimination. Continue to ensure that the organizations and individuals aiding those who have experienced violence in the community are well-versed in how best to support the victims of hate crimes, whether they be racially motivated, or crimes committed with bias against an individual's gender identity/expression or sexual orientation. All City departments share responsibility in providing consideration to groups facing exposure to violence at higher rates in Arcata as well as discrepancies in crime by neighborhood.

Community safety. Improve residents' safety and perceptions of community safety through reducing crime and violence. Integrate Crime Prevention Through Environmental Design (CPTED) elements in street, open space, and development projects. Prioritize the needs of neighborhoods with higher crime rates.

Equitable policing. Continue to ensure that community members feel safe, protected, represented, and respected when interacting with law enforcement—regardless of race, gender identity/expression, or sexual orientation, and continue to invest in creating opportunities for mental and behavioral health experts to collaborate with the Department in responding to incidents involving mental illness/behavioral health and/or substance addiction. Increase awareness of the Arcata Police Department as a resource for residents who have experienced instances of hate or discrimination in the community.