



Active Living

Annual Work Plan Report

FY 2018-2019





Focus Area: Active Living						
Goal 1	Improve health, wellness and quality of life among adults (ages 18 and older) through increased physical activity.					
Objective 1.1	Increase the proportion of adults who engage daily in moderate physical activity.					
Key Actions	Timeline		Implementation Partners	Current Resources	Measures (If applicable, include Policy changes required to achieve action)	Status
	Start	End				
1.1.1 Promote and encourage physical activity through community challenges.	1/17	Ongoing	Kristin Tornincasa Nancy Williams Theresa Fagouri Kathryn Jeanfreau	Public Health	2 challenges 71 participants (billion steps) 23 participants (May is Bike Month)	COMPLETED FOR YEAR THREE <u>1 Billion Steps Challenge (1/1/19 – 4/7/19)</u> The Walking to Well Dorado team finished in 2 nd place out of 407 teams across the U.S. for total steps, with nearly 38 million steps logged. The team included community members, County staff and agency partners, with a total of 71 participants. <u>May is Bike Month (2019)</u> The Well Dorado team finished in 49 th place out of 209 teams across the Sacramento Region for total trips, with 201 trips and 1,115.5 miles logged. The team included community members, County staff and agency partners, with a total of 23 participants.
1.1.2 Promote and provide wellness opportunities for El Dorado County (EDC) employees and their families.	7/18	Ongoing	Kristin Tornincasa Olivia Byron-Cooper Kathryn Jeanfreau Carla Hass Walk the Talk Healthy Workplace Committee	Public Health	2 opportunities	COMPLETED FOR YEAR THREE <u>Discounted Gym Memberships</u> Compiled a list of 15 fitness places throughout EDC that will discount their services to any EDC employee and their family. <u>Walking Groups</u> Launched the “ MOVE IT MARCH ” campaign at two County campuses. The campaign included identifying walking group leads and scheduling walking times Monday through Wednesday (morning & afternoon). Weekday slogans included: March it Out Monday, Tuesday Shoesday and Walk it Out Wednesday.



Community Health Improvement Plan 2016-2020

Focus Area Action Plan-Active Living

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Goal 1	Improve health, wellness and quality of life among adults (ages 18 and older) through increased physical activity.					
Objective 1.2	Increase the number of pedestrian, bicycle, and/or public transit trips people take daily to access work, education, health care, recreation and other daily needs and services.					
Key Actions	Timeline	Implementation Partners	Current Resources	Measures (If applicable, include Policy changes required to achieve action)	Status	
1.2.1 Identify opportunities to increase the proportion of daily trips made by walking, bicycling and public transit.	10/16	Ongoing	Kristin Tornincasa Kathryn Jeanfreau Olivia Byron-Cooper Nancy Williams El Dorado County Transportation Commission (EDCTC) EDC Government Agencies	Public Health EDCTC	Pedestrian/ Bicycle/ Transit mode share (every 2 yrs.)	COMPLETED FOR YEAR THREE <u>Car-Lite October Campaign (2018)</u> The campaign encouraged residents to try alternative forms of transportation during the month of October by walking, biking, using transit, riding in carpools or vanpools, or teleworking. Residents were asked to make a pledge to reduce their single passenger car trips. 107 individuals pledged to go car-lite during the month and over 12,700 miles were pledged to be reduced.
1.2.2 Promote pedestrian and bicycle access, programs, and safety through Public Works, complete streets and active transportation resources.	1/17	Ongoing	Nancy Williams Kristin Tornincasa Jerry Barton EDCTC Friends of El Dorado Trail 50 Corridor TMA	EDCTC Public Health 50 Corridor TMA	May is Bike Month (23 participants, 1,115.5 miles) Pedestrian/ Bicycle Mode Share (every 2 yrs)	COMPLETED FOR YEAR THREE <u>May is Bike Month (2019)</u> The Well Dorado team included 23 participants and logged a total of 1,115.5 miles. <u>El Dorado County & City of Placerville Active Transportation Plans</u> Encouraged EDC residents to share their opinions about walking and bicycling around the western slope of El Dorado County through an online input map.



Focus Area: Active Living						
Goal 2	Improve health, wellness, and quality of life among youth (under age 18) through increased physical activity.					
Objective 2.1	Increase the proportion of youth who engage daily in moderate physical activity.					
Key Actions	Timeline		Implementation Partners	Current Resources	Measures (If applicable, include Policy changes required to achieve action)	Status
	Start	End				
2.1.1 Collaborate with youth to develop programs that promote physical activity.	8/16	Ongoing	HEAL Community Health Center Marshall Hospital	Public Health	# of programs (annually)	No new programs were implemented in Year 3.
2.1.2 Partner with the Community Hubs to promote physical activity.	7/18	Ongoing	HEAL Community Hubs	Public Health	# of events	NOT STARTED



Focus Area: Active Living						
Goal 3	Create safe, healthy, sustainable, equitable and joyful communities and environments which promote active recreation, active transportation, and active lifestyles.					
Objective 3.1	Implement planning, policies, and programs that encourage physical activity in our communities, worksites and schools.					
Key Actions	Timeline		Implementation Partners	Current Resources	Measures (If applicable, include Policy changes required to achieve action)	Status
	Start	End				
3.1.1 Identify and overcome barriers to active transportation, lifestyle and recreation opportunities through planning and policies including the implementation and update of active transportation plans and programs.	1/17	Ongoing	EDCTC EDC Long Range Planning/DOT Long Range Planning HEAL Public Health	EDCTC	Pedestrian/Bike mode share (every 2 yrs.)	COMPLETED FOR YEAR THREE <u>Active Transportation Plan Stakeholder Advisory Committee</u> Participated in the planning process for the El Dorado County and City of Placerville Active Transportation Plans (10/24/18, 4/25/19). Encouraged EDC residents to share their opinions about walking and bicycling around the western slope of El Dorado County through an online input map. <u>Regional Transportation Plan (RTP)</u> Participated in the RTP Advisory Committee (7/11/18, 10/17/18)
3.1.2 Maintain County policies which require pedestrian and bicycling accommodations and complete streets in all road maintenance; and developments and new road construction to incorporate pedestrian and bicycle accommodations.	1/18	Ongoing	DOT Long Range Planning	DOT	Assessment (annually)	ONGOING

3.1.3 Invest in public transit (including pedestrian and bicycling connections to public transit) to provide affordable and reliable multimodal transportation options for all neighborhoods connected via safe active mobility routes.	1/18	Ongoing	DOT EDCTC El Dorado Transit	AQMD EDC SMUD Sierra Pacific Industries	Ridership	COMPLETED FOR YEAR THREE <u>Free Apple Hill Shuttle and Parking in October</u> The shuttle was available on weekends, October 6 th – 28 th , 10am to 5pm. El Dorado Transit had four busses driving the 10.8 mile loop, leaving in 15-20 minute increments. Each bus holds more than 30 passengers and bikes. 1,400 passengers per day, 8,500 in 3 weekends.
3.1.4 Seek to require that all new development includes safe routes to transit and regional bicycle and pedestrian facilities and incorporate recreation and open space for activity.	1/18	12/20	EDCTC HEAL	TBD	General Plan Amendments	ONGOING
3.1.5 Create Community Health Assessments and promote their use in the planning, policies and programs in El Dorado County.	10/16	Ongoing	Kathryn Jeanfreau Olivia Byron- Cooper	Public Health	Updated assessment BOS update Distribution to partners (every 5 years)	This key action was completed in 2016.
3.1.6 Weave health and social <u>equity</u> into all planning processes through the engagement and involvement of Department heads, community partners and residents.	9/16	Ongoing	Kristin Tornincasa Olivia-Byron Cooper Nancy Williams	Public Health	Policy # of community planning processes (annually)	COMPLETED FOR YEAR THREE <u>Health in All Policies (HiAP)</u> On July 17, 2018, received approval from the Board of Supervisors to develop a HiAP Board Policy to be presented and reviewed by the Board of Supervisors.
3.1.7 Seek to implement smoke-free policies.	9/16	Ongoing	Christy White Mary Mast Nancy Williams Michael Ungeheuer	Tobacco Use Prevention Program (TUPP)	# of smoke-free policies (annually) Ordinances (annually)	COMPLETED FOR YEAR THREE <u>Smoke-Free/Tobacco-Free Campus</u> On July 17, 2018, TUPP received concept approval from the Board of Supervisors to amend Ordinance No. 4190 to prohibit smoking and tobacco use including electronic smoking devices in all outdoor areas owned or leased by the County of El Dorado, including parking lots, walkways, and the grounds of all buildings owned or leased by the County. <u>Tobacco Retail License (TRL) Program</u> On July 17, 2018, TUPP received approval from the Board of Supervisors to work with County Counsel to draft an El Dorado County specific TRL to bring back to the Board at a later date for review.



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Goal 3		Create safe, healthy, sustainable, equitable and joyful communities and environments which promote active recreation, active transportation, and active lifestyles.					
Objective 3.2		Increase use of parks, trails, and other recreational facilities.					
Key Actions		Timeline		Implementation Partners	Current Resources	Measures (If applicable, include Policy changes required to achieve action)	Status
3.2.1 Seek to provide local parks, playgrounds, and recreation facilities in currently underserved residential areas.		7/18	12/20	HEAL	Public Health	Policy updates	COMPLETED FOR YEAR THREE Provided a letter of support for the SACOG grant submittal for the Sacramento Regional Parks and Trails Strategic Development Plan (November 2018). The grant was awarded in July 2019.
3.2.2 Seek to offer parks and recreation programming that encourages and support physical activity.		7/18	12/20	HEAL		# of programs	COMPLETED FOR YEAR THREE <u>Barton Health Wellness Outings</u> Met with Barton Health to learn more about their Wellness Outings program (10/24/18).
3.2.3 Seek to incorporate " Active Design " in our parks, trails, and other recreational facilities.		7/18	12/20	HEAL		# of active design elements Policy updates	NOT STARTED



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Goal 3	Create safe, healthy, sustainable, equitable and joyful communities and environments which promote active recreation, active transportation, and active lifestyles.					
Objective 3.3	Promote opportunities that support physical activity.					
Key Actions	Timeline	Implementation Partners	Current Resources	Measures	Status	
3.3.1 Promote skin cancer prevention and awareness.	11/16	Ongoing	HEAL	Public Health Marshall Medical Community Health Center	3 outreach activities (annually)	COMPLETED FOR YEAR THREE <u>Skin Cancer Prevention and Awareness Campaign (2019)</u> Promoted May is Skin Cancer Prevention & Awareness Month via welldorado.org, social media and a BOS proclamation.
3.3.2 Increase awareness of existing programs through websites, social media and community calendars.	9/16	Ongoing	HEAL Walk the Talk Committee	Well Dorado	4 programs (annually)	COMPLETED FOR YEAR THREE <ul style="list-style-type: none"> Promoted numerous programs including: Car-Lite October Campaign, Dose of Dance, May is Bike Month and the 1 Billion Steps Challenge. Developed and launched a 2019 Health Events Calendar.
3.3.3 Collaborate with community partners to promote physical activity.	1/17	Ongoing	EDCTC HEAL SNAP-ED		# of physical activity collaborations (annually)	COMPLETED FOR YEAR THREE <u>Walk to School Day Annual Event (10/10/18)</u> Collaborated with EDCTC and SNAP-Ed to participate in Walk to School Day, which promotes walking and bicycling. In Placerville, kids were encouraged to “Rethink Your Drink” and infused water was provided. The event included six schools, four locations and nearly 1,000 students.



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Goal 3	Create safe, healthy, sustainable, equitable and joyful communities and environments which promote active recreation, active transportation, and active lifestyles.					
Objective 3.4	Improve the physical environment to support active transportation and mode share.					
Key Actions	Timeline		Implementation Partners	Current Resources	Measures	Status
3.4.1 Review transportation guidelines for opportunities to support physical activity.	1/17	Ongoing	EDCTC Long Range Planning DOT HEAL	TBD		ONGOING
3.4.2 Promote and protect programs which increase active transportation, encourage and promote public transportation and ridesharing, and increase diversity of the mode share.	7/17	Ongoing	HEAL EDCTC DOT AQMD		Mode Share Ridership Rideshare (every 2 yrs)	COMPLETED FOR YEAR THREE <u>Car-Lite October Campaign</u> The campaign encouraged residents to try alternative forms of transportation during the month of October by walking, biking, using transit, riding in carpools or vanpools, or teleworking. Residents were asked to make a pledge to reduce their single passenger car trips. 107 individuals pledged to go car-lite during the month and over 12,700 miles were pledged to be reduced.
3.4.3 Increase community/neighborhood involvement in improving the physical environment to promote a sense of community ownership and pride.	11/16	Ongoing	HEAL Arts & Culture El Dorado City of Placerville El Dorado County Charlie Downs Carter Kelly, Inc. Solar Hut, Inc. EDCTC		# of meetings, participants, organizations participating # of projects (annually)	COMPLETED FOR YEAR THREE <u>Public Health Mural Project</u> Placerville City Council approved the mural design and signed a resolution (8/14/18). <u>Healthy Living Parklet</u> The parklet was installed on Placerville's Main Street in March 2019. A formal ribbon cutting ceremony took place on April 1. <u>Active Transportation Plan Stakeholder Advisory Committee</u> A planning process for the El Dorado County and City of Placerville Active Transportation Plans (10/24/18).