

7. Health and Equity

Overview

This element presents the community's priorities for realizing a healthy and equitable community. It includes goals and policies that address existing community health concerns as well as approaches to managing new development to prevent future health issues, covering topics such as environmental justice, mental health, access to healthy food, disease, healthy housing, and physical activity. The chapter also addresses civic engagement, including transparency and inclusivity in the decision-making process.

Statutory Requirements

The Health and Equity element is not a required Element of the General Plan. The topics covered in the Element were determined by the City and its residents through the public process. However, as of late 2016, SB 1000 requires that jurisdictions include an "environmental justice" element or include topics that address health, equity and environmental justice throughout the General Plan beginning in January 2018. This Element covers all of the required topics and East Palo Alto is considered a "disadvantaged community" due to the low life expectancy, lower income levels, and lower educational attainment compared to the rest of San Mateo County.

Issues and Opportunities

Place, race, income, living conditions and education are all significant contributing factors to people's health.

How we plan and prioritize growth for the future can determine how healthy residents are in the long run. Along with building healthy equitable communities, East Palo Alto must balance the threat of displacement that faces long term residents as conditions in the City improve and become healthier.

Life Expectancy and Preventable Disease

Life expectancy is an overarching health indicator for any population. Leading causes of death can highlight a population's risk factors and suggest policy priorities. Average life expectancy in East Palo Alto (62 years) is 13 years less than the San Mateo County Average (75 years) and significantly less than surrounding jurisdictions. There is no single cause for this disparity; rather, it suggests that the average East Palo Alto resident faces a variety of combined physical, social, and economic conditions that reduce health status and life expectancy. This disparity in life expectancy underscores why improving community health is a critical long-term goal.

East Palo Alto's leading causes of death are roughly similar to San Mateo County's. The top three causes – heart disease, Alzheimer's, and stroke – have some of the same risk factors, including poor diet and lack of physical activity. Better access to nutritious food and more opportunities for physical activity could reduce East Palo Alto residents' vulnerability to these diseases. Poverty, low levels of education, and lack of access to health care may also contribute to these causes of death.

Rates of common health conditions such as asthma and heart attacks are indicators of population health. In zip code 94303, which covers all of East Palo Alto and includes some Palo Alto households, heart attacks occur 30 percent more frequently than in the rest of San Mateo

County, but essentially at the same rate as the State as a whole.

Rates for asthma hospitalizations and emergency visits are significantly higher in East Palo Alto compared to the County, with rates for children ages 0-17 nearly triple the County rates (15.0 versus 6.6). Rates for all ages are 40 percent higher in the City compared to the County, and are also higher than the Statewide average. Asthma-related emergency visit rates for children are almost double in the City of East Palo Alto compared to the County. Rates for all ages are roughly one-third higher than the County and State.

Similarly, diabetes is a major health risk on the rise. In East Palo Alto, the number of patients hospitalized for diabetes-related conditions has fluctuated slightly and ranged from 50 to 58 per year during the past decade. Addressing the causes of diabetes through a variety of physical and social interventions to improve nutrition and fitness will be necessary to reverse this health trend.

In San Mateo County, cancer mortality rates for black males and females are significantly higher than the County average for all demographic groups. High mortality rates are often an indicator of limited access to preventive care or post-diagnosis care. This underscores the continued importance of preventive care and access to affordable medical care in the East Palo Alto community.

Income and Employment

The most important variables in an individual's health outcomes are employment status and income. These factors determine a person's ability to provide housing, purchase healthy foods, and pay for medical services. Unfortunately, incomes in the City (after adjusting for inflation) have actually *decreased* since 2000. The City's median household income is just more than half the County total. Unemployment also remains high, and, based on the US Census, poverty is on the rise (half of the population is below 200% of the poverty level, up from 44% in 2000). Part-time employment has risen at the expense of full-time employment. Though the City of East Palo Alto is located in the rapidly growing, jobs-rich Silicon Valley region, in the period between 2000 and 2010 the number of total jobs declined in East Palo Alto.

Currently, the City has a jobs-housing ratio of 0.23, which is among the lowest on the Peninsula (for comparison, Menlo Park has 2.2 jobs per housing unit). While specific health topics are critical for the General Plan, addressing the underlying socio-economic conditions will go a long way in improving the health of East Palo Alto residents.

Access to Medical Service

As is shown in Figure 7-1 on the following page, all of East Palo Alto and a small portion of Menlo Park and Redwood City are designated as a Health Professional Shortage Area (HPSA), a federal designation given to areas that demonstrate a shortage of healthcare professionals, including primary care professionals, dentists, and mental health professionals). Even with the addition of the Ravenswood Family Health Clinic's new 53,000 square foot facility, the City still lacks adequate access to primary and specialty health care services. It is the only HPSA in all of San Mateo County and Santa Clara counties.

A lack of health care professionals is a common occurrence in lower income areas throughout the United States, and can have particularly negative impacts on the elderly, the poor, and non-White or non-English-speaking populations. The distance to health care providers can also have a significant effect on whether children and the elderly receive preventive care, particularly in areas such as East Palo Alto that lack access to frequent, high-quality public transportation. The General Plan can propose strategies to increase access to medical services to promote the health of all City residents.

Every year, the Fire District responds to over 2000 calls for service in East Palo Alto, of which almost two-thirds are for emergency medical incidents. Each Fire Engine is staffed by a paramedic firefighter for first response in the community.

Figure 7-1: Health Professional Shortage Areas



Access to Nutritious Food

A 2006 report concluded that childhood obesity rates in East Palo Alto were some of the highest in the County. Another study suggested that East Palo Alto residents were the most likely in San Mateo County to consume one or more sodas a day. This underscores the importance of providing affordable, accessible nutritious food options for East Palo Alto residents. The community desperately needs more opportunities to buy fresh fruits and vegetables.

Compared to surrounding communities, there are very few food retailers of any kind in East Palo Alto. Overall, the City has more “unhealthy” food retailers (fast food, liquor stores, and convenience stores) than “healthy” retailers such as supermarkets that sell fresh food. Compared to other cities its size in the region, the City is underserved by full-service markets and grocery stores. With the exception of one supermarket, convenience stores are the most common food retailer in the City (representing about one-third of the total). There are 14 authorized food assistance (SNAP) vendors in the City, nine of which are convenience stores. There are four markets that sell fresh fruits and vegetables in East Palo Alto: Mi Pueblo Supermarket, which opened in 2009, and three small neighborhood grocers.

These four markets are fairly well distributed within the City, but still a large percentage of residential parcels are located further than a one-quarter-mile walk from any market. The East Palo Alto Community Farmers’ Market, which offers a wide selection of fresh produce, is operated by the local non-profit Collective Roots and generally operates every Wednesday from April through December (the lack of weekend operation is a barrier for some residents).

Another concern for public health is the number and concentration of liquor stores in East Palo Alto. According to the San Mateo County Public Health Department, East Palo Alto has lower rate of liquor stores per 100,000 people than many other cities in the County. However, in East Palo Alto, there are concentrations in some areas such as along University Avenue and East Bayshore Road and there are a larger number of liquor stores relative to other food stores and thus liquor stores may be a higher percentage of total food stores than other communities. Further, liquor stores are associated with other criminal activity, thus making them a concern for residents.

Physical Activity

Over 60% of children in the Ravenswood City School District are considered unfit by the California Physical Fitness Test, compared to approximately 30% in San Mateo County overall, and one in three children in the Ravenswood City School District is overweight according to the California Physical Fitness Test. Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. Furthermore, research demonstrates an association between healthy diet and physical activity, student attendance, and academic achievement.

In order to increase physical activity and public safety in East Palo Alto, the City has started the ground-breaking FIT Zones program, which employs gunshot location detection system (GLDS) technology to identify shooting hot spots and involves residents in activating hot spots through engaging in health and fitness activities at events. FIT Zones implement both law enforcement activities and health-related activities based on the idea that as residents increase outdoor activities they will improve their health and regain control and ownership of their neighborhood. Police officers assigned to the FIT Zones participate in physical activities such as walking, jogging, and bike riding with the residents. The intention is that the officers' presence and participation will allow neighbors to exercise with a stronger sense of security and become acquainted with police officers.

Affordable Housing and Health

Housing profoundly affects health and wellbeing. It is an important determinant of health, and an increasing body of evidence links housing with infectious and chronic disease, injuries, poor nutrition, and mental disorders.

For many, unaffordable housing means housing instability, which negatively affects health and forces households to forgo basic needs. Families who have reported that they have trouble paying for housing or utilities are 84 percent more likely to report that they have delayed necessary medical care and 116 percent more likely to report having postponed the purchase of needed medications. In addition, families that spend more than 30 percent of their income on rent also suffer other adverse health effects, such as reduced cognitive

development in youth. Housing cost burden can lead families to double or triple up in overcrowded conditions and accept substandard housing conditions, which can lead to communicable disease and asthma. Displacement and the threat of displacement are also harmful to health, causing stress, depression, long commutes, and poor educational outcomes for youth.



The renovated Woodlands Newell development, 49 affordable apartments for families in East Palo Alto.

Mental Health

Mental health is a concern in East Palo Alto, partially stemming from stress and trauma related to growing up in violent surroundings and hearing gunshots. For this reason, working to reduce crime in the City will have a positive impact on citizens' mental health.

In terms of rehabilitation from substance abuse, there are only two treatment locations in the City. Free At Last, an organization that provides drug and alcohol services for youth, serves over 4,200 people each year and provides a free drop-in center. While Free At Last provides much-needed residential treatment programs for substance abuse for up to 20 men/women at a time, there are no residential rehab programs for youth in the City.

Goals and Policies

Goal HE-1. Improve overall health conditions in East Palo Alto.

Intent: To address public health disparities at a citywide level.

Policies:

- 1.1 City actions and programs.** Promote and address the health and wellness of the public through the City's actions, policies, programs and publications.
- 1.2 Inter-agency cooperation.** Work with the San Mateo County Health Department to implement programs that improve the health of East Palo Alto residents. Similarly, support and work with other health-related organizations, community groups and residents to improve the health of all residents.
- 1.3 Measuring success.** Develop indicators and metrics, and continually track the health status of residents over time.
- 1.4 Data sharing.** Foster data sharing between the City and County, and utilize existing County data sets. Work with the County to track health data, and coordinate with the County to ensure the City has necessary health-related data.
- 1.5 County Health System.** Actively work with the County Health System to secure support for health initiatives and other healthy community work, such as community implementation grants.
- 1.6 Preventative care.** Promote preventative care as a means of improving health conditions in the City.
- 1.7 Health-related employee programs.** Encourage local employers to adopt healthy living/healthy employee programs, practices, and events (such as walk-a-thons and other group walks).

Goal HE-2. Promote the City as a health leader for residents and businesses.

Intent: To have City staff, City agencies, and City-sponsored activities and events set a precedent for healthy behaviors and choices.

Policies:

- 2.1 City leadership.** Promote healthy lifestyles and activities at government offices and government-sponsored events.
- 2.2 City employees.** Promote the health and well-being of city employees through health challenges, healthy food choices and healthy work environments.
- 2.3 City events.** Require that City-funded events offer healthy food choices to participants.
- 2.4 Vending machines.** Work with the Ravenswood City School District and the Sequoia Union School District on policies or programs related to healthy food in cafeterias and in vending machines.

Goal HE-3. Create land use patterns, a transportation network, and a parks system that encourages physical activity, promotes healthy living, and reduces chronic illnesses.

Intent: To promote a City that incorporates health in all policies, and whose built environment serves to keep its residents healthy and safe.

Policies:

- 3.1 Parks and open space.** Encourage the City to create safe and attractive places for recreation and exercise. This policy is implemented through the Parks and Open Space Element of the General Plan.

- 3.2 Land use.** Promote land use patterns that encourage physical activity and healthy lifestyles. This policy is implemented through the goals and policies of the Land Use and Urban Design Element.
- 3.3 Affordable housing.** Pursue the addition of new “income restricted” affordable housing in East Palo Alto. Recognize that affordable housing is a crucial public health issue and that housing instability leads to mental and physical health issues.
- 3.4 Active transportation.** Prioritize transportation system improvements that encourage walking, biking and transit use. This policy is implemented through the Mobility Element.
- 3.5 Transportation improvements.** Consider the positive and negative health impacts of new transportation projects prior to approval.
- 3.6 Transportation safety.** Strive to improve the safety of the transportation system by making transportation improvements in areas with a high incidence or a greater potential of pedestrian/vehicle or bicycle/vehicle collisions.

Goal HE-4. Safely and systemically address toxics, legacy pollutants, and hazardous materials.

Intent: To protect residents and visitors against harmful health and other impacts associated with dangerous materials that may pose a threat to life and property, and may dictate costly public improvements. Reduction or elimination of these hazards can be accomplished with concerted efforts.

Policies:

- 4.1 Toxic waste.** Prohibit new non-residential uses that are known to release or emit toxic waste at levels that are harmful to human health while continuing to allow R&D uses, medical uses, and other necessary services such as dry cleaners.
- 4.2 Pollutants.** Continue to work with state, federal, regional, and local agencies to eliminate and reduce concentrations of regulated legacy pollutants.
- 4.3 Illegal dumping.** Prioritize the prevention of illegal dumping and hazardous waste dumping, and the removal of dumping by the Department of Public Works when it does occur, to protect health, safety, environmental quality, and community aesthetics.
- 4.4 Agricultural pesticides.** Reduce exposure to legacy pesticides, particularly in areas previously under agricultural use, and whenever possible work with landowners and developers to eliminate concentrations of pesticides from soil and groundwater.
- 4.5 Illegal wells.** Seek out and shut down illegal or unpermitted private wells in the City to protect the City’s aquifer and water quality.

Goal HE-5. Improve pedestrian, bicycle and vehicle safety around schools in East Palo Alto.

Intent: To create a physical environment where it is safe and convenient for local children to walk to and from schools. To promote physical exercise and reduce traffic fatalities and injuries.

Policies:

- 5.1 Safe Routes to Schools.** Pursue and support local Safe Routes to Schools programs.
- 5.2 Aging pedestrians.** Promote safe routes for aging adults, particularly routes to transit and shopping centers.
- 5.3 Vision Zero.** Work to achieve a roadway system with no pedestrian or bicycle fatalities or serious injuries in road traffic.

- 5.4 Pedestrian improvements.** Prioritize transportation improvements in areas immediately around schools or on primary walking routes to/from schools.
- 5.5 Coordination with school districts.** Work with the Ravenswood School District, Sequoia Union School District, charter schools and private schools to improve transportation safety around schools.
- 5.6 Emergency vehicles.** Maintain a multi-modal transportation network that allows for direct, safe routes for emergency response vehicles.
- 5.7 Emergency response and safety.** Balance the safety concerns of pedestrians/cyclists with emergency response to ensure that the safety of all users of the transportation system is considered. Emergency vehicles must be accommodated in the public right-of-way but the geometry of intersections and crosswalks should favor the pedestrian when feasible.

Goal HE-6. Improve access to healthy food for all East Palo Alto Residents.

Intent: To provide easy access to healthy food, attract economic anchors and jobs, and promote stronger local economies, vibrant neighborhoods, and healthy people. Poor diets can lead to higher levels of obesity and other diet-related illness, such as diabetes and heart disease.

Policies:

- 6.1 Healthy eating.** Improve the food environment in East Palo Alto and pursue programs, policies and regulations that encourage healthy eating habits and discourage unhealthy foods.
- 6.2 Fresh food vendors.** Pursue the attraction and retention of high quality, full-service grocery stores and other healthy food purveyors¹ in the City. Primary locations for healthy food stores are in the Ravenswood 101 Shopping Center, along

University Avenue and along Bay Road in the Ravenswood TOD Specific Plan Area.

- 6.3 Healthy corner stores.** Encourage corner stores and small markets to carry a wider array and more healthy food options.
- 6.4 Financial incentives.** Consider providing incentives for healthy food outlets and farmers markets.
- 6.5 Fast food restaurants.** Strive to balance the number of fast food restaurants with healthy food establishments so that there are not concentrations of fast food and other unhealthy food vendors in the City.
- 6.6 Healthy youth programs.** Work with school districts and schools to create or implement educational programs for kids about healthy eating, such as edible school yards and healthy cooking classes.
- 6.7 Community gardens.** Support the use of public and private vacant lots and public facilities for growing food for personal consumption, as feasible or appropriate. Encourage use of low-flow, drip, or similar highly efficient irrigation methods.
- 6.8 Urban agriculture.** Allow residents to grow food (fruits and vegetables) and raise livestock (chickens, goats and bees) so long as there are not significant negative impacts to local adjacent property owners.
- 6.9 Liquor stores.** Avoid concentrations of liquor stores and corner stores that sell liquor (multiple stores on the same block or intersection).

¹ Healthy food outlets include full-service grocery stores, regularly-held farmers markets, fruit and vegetable markets, healthy mobile vendors, and convenience stores or corner stores that sell a significant proportion of health foods.

Goal HE-7. Strive for East Palo Alto to be a smoke-free community.

Intent: To reduce the exposure of community members to nicotine, carcinogens associated with cigarettes, second hand smoke, and various forms of cancer.

Policies:

- 7.1 Smoking in public spaces.** Prohibit smoking in public buildings and public spaces such as parks, open spaces, and outside of public buildings. The ban would cover cigarettes, cigars, medical marijuana, and similar products.
- 7.2 Anti-smoking ordinances.** Establish local policies protecting smoke-free multi-unit housing, such as prohibiting smoking in residential buildings controlled by the local housing authority, establishing jurisdiction-wide prohibitions of smoking in multi-unit buildings, and affirming by local ordinance that landlords may establish smoke-free rental units.
- 7.3 Second-hand smoke.** Develop programs and regulations that discourage and prohibit smoking to address second-hand smoke.
- 7.4 Limitations on retailers.** Within legal frameworks, take steps to limit the number of tobacco retailers in East Palo Alto and limit advertising for tobacco products, especially near schools.
- 7.5 Advertising.** Encourage store owners to remove tobacco signage from shop windows.

Goal HE-8. Strive for all residents to have access to affordable, quality health care, mental health care and social services.

Intent: To help members of the community to command appropriate health care resources in order to preserve or improve their health. To acknowledge and ameliorate special healthcare needs in East Palo Alto, such as mental health and addiction.

Policies:

- 8.1 Health education.** Provide information about existing health care facilities through City-sponsored events, publications and activities.
- 8.2 Homeless services.** Build on and enhance existing strategies and planning for addressing homelessness, including prevention, services, access to mental health services, and necessary facilities.
- 8.3 Location of services.** Encourage the County to provide new and expanded health services and be supportive of them coming. Encourage co-location with other existing health providers.
- 8.4 Regulatory incentives.** Allow the City to provide financial and regulatory incentives for low cost medical clinics and doctor's offices to locate in East Palo Alto.
- 8.5 Culturally-sensitive services.** Encourage health care service providers to provide services in a way that is culturally-sensitive and linguistically-appropriate for members of the community.
- 8.6 Factors of mental health.** Work to reduce factors that cause stress and mental health issues such as the lack of affordable housing, crime, and financial instability.
- 8.7 Continuum of care.** Work in partnership with county agencies to implement continuum of care strategies.
- 8.8 Mental health services.** Work with other agencies to provide information about available mental health services available to East Palo Alto residents.
- 8.9 Drug rehabilitation programs.** Provide more information and better outreach about available treatments at the "Free At Last" center. Expand the programs to cover youth and other mental health issues.
- 8.10 Re-entry programs.** Create programs to assist with job finding for people newly released from jail and educational opportunities when desired.

Goal HE-9. Increase the number and distribution of childcare facilities throughout the City.

Intent: To coordinate better quality care from birth through early childhood because early care of children should be a primary concern of society. To provide child care professionals with support and training to reach their full potential to provide quality care. To recognize there is a need for more affordable, high quality care as many parents in East Palo Alto are working.

Policies:

- 9.1 Diversity of childcare services.** Encourage the development of a range of child care facilities including family day care homes and public and private childcare centers in order to fulfill the childcare needs of East Palo Alto families.
- 9.2 Childcare demand.** Work with local and regional agencies to assess child care supply and demand in East Palo Alto and encourage the implementation of programs to address childcare shortfalls.
- 9.3 Developer incentives.** Provide regulatory and financial incentives to encourage new childcare facilities while ensuring they are sited near compatible uses.
- 9.4 Integrated childcare.** Coordinate and integrate childcare programs with housing and social programs, where feasible.
- 9.5 City events.** Incorporate child care programs into City-sponsored public programs and events, where feasible.

Goal HE-10. Improve respiratory health throughout the City and strive to reduce incidence of asthma and other respiratory illnesses.

Intent: To use policies and regulations that reduce the impact of air pollution on residents in East Palo Alto.

Policies:

- 10.1 Highway buffers.** Discourage the development of sensitive land uses (schools, health care clinics, and elder and childcare facilities) within 500 feet of freeways and stationary sources of air pollution.
- 10.2 Air pollution mitigation.** Require that new multi-family development located within 500 feet of freeways or along University Avenue implement appropriate mitigation measures such as air filtration/ventilation systems, landscaping and other physical improvements as recommended by the California Air Resources Board (CARB) and/or the Bay Area Air Quality Management District to reduce indoor air pollution.
- 10.3 Landscape barriers.** Plant landscape buffers between Highway 101 and residential areas to reduce noise and air pollution for residential areas.
- 10.4 No new truck routes.** Prohibit the designation of new truck routes on residential and collector streets in East Palo Alto.
- 10.5 Clean technology.** Attract “clean technology” companies to the Ravenswood Employment District, such as solar panel manufacturing and recycling companies and companies that focus on innovative energy, water and waste technologies.
- 10.6 Electric vehicle fleet.** Improve air quality and respiratory health through City programs and operations such as converting to a clean-air and primarily electric fleet.
- 10.7 Other mobility strategies.** Implement the strategies in the Transportation Element that improve air quality. These include transit, walking, biking and Transportation Demand Management strategies.

Goal HE-11. Ensure that all citizens, regardless of race or ethnicity, feel welcome and included in the community.

Intent: To create an inclusive and welcoming community that lives up to the vision of a place for all.

Policies:

- 11.1 Gentrification.** Pursue and support policies and actions that discourage and prevent displacement of existing residents.
- 11.2 Displacement.** Establish goals for preventing displacement of existing long-time residents and businesses. If feasible, track displacement.
- 11.3 Greater interaction.** Increase opportunities for intercultural interaction, especially at public gathering spaces throughout the City.
- 11.4 Equal representation.** Encourage a cross-section of the community in the appointment of Commissions and other appointed and advisory bodies.

Goal HE-12. Maintain transparency and integrity in East Palo Alto's decision-making process.

Intent: To engage a diverse cross-section of the community in the City's decision-making process related to policies, ordinances, and funding priorities, ensuring that the actions taken by the City reflect the needs and interests of the community as a whole.

Policies:

- 12.1 Open meetings.** Enhance the community's trust by holding open meetings available to any community member to attend and participate. Proactively and meaningfully engage residents in planning decisions that impact their housing and neighborhoods.

12.2 Inclusive outreach. Encourage public participation in the public process by effectively engaging the community and making special efforts to accommodate all residents, including:

- Providing simultaneous translation services and listening devices for all meetings
- Using a variety of venues throughout the community
- Using participatory facilitation techniques.

12.3 Cultural sensitivity. Encourage residents and other stakeholders to participate in development plans and proposals through culturally appropriate public outreach efforts.

12.4 Social capital. Strive to preserve and strengthen social capital by supporting formal and informal social networks in the community.

12.5 Community participation. Strive to increase rates of participation in community events such as voting, youth activities, adult education, senior activities and family-oriented programs.

12.6 Regular public meetings. Provide regular updates on the progress of General Plan implementation and other planning-related activities through a variety of mechanisms such bi-annual Town Hall meetings on major activities to update the General Plan, regular updates to the Planning Commission and City Council, and email newsletters.

12.7 Developer outreach. Require sponsors of major development and infrastructure projects to initiate early, frequent and substantive communication with the community and show how the community's input was incorporated into the plan prior to approval by the City Council.

Goal HE-13. All housing is designed and built in a way that facilitates health, sustainability, and efficiency.

Intent: To ensure that all housing has healthy indoor air that is free from pollutants such as tobacco smoke, mold, carbon monoxide, and radon, and is constructed from materials that do not contain hazardous elements, such as lead or asbestos.

Policies:

- 13.1 Healthy design guidelines.** Support creativity in the construction of new housing by proactively developing zoning and healthy design guidelines. Solicit broad public input during drafting.
- 13.2 Healthy housing codes.** Review, revise, and update the building code (as well as other relevant plans, procedures, regulations, guidelines, programs, and design manuals) as needed, in order to promote healthy housing quality.
- 13.3 Healthy design checklists.** Work with developers to prioritize health in planned construction, using healthy design checklists and/or other review tools (such as the [Building Design Checklist](#) by the Center for Active Design).
- 13.4 Abatement assistance.** Establish or support abatement assistance programs that help residents eliminate common pollutants from their homes, such as providing free or subsidized supplies to test and monitor indoor air quality and providing grants to remediate indoor air pollution problems in low-income homes or affordable rental units.
- 13.5 Code enforcement.** Coordinate with San Mateo County to address health issues in buildings, such as pests and mold, that compromise the health of residents. Ensure code enforcement compliance for all single family residences and multi-family housing units.
- 13.6 Pesticides.** Reduce or eliminate toxic pesticide use in civic buildings through the use of integrated pest management (IPM) techniques and encourage the use of IPM on private property.
- 13.7 Healthy buildings.** Strive for and allow incentives for new and rehabilitated buildings to be designed and constricted to improve the health of workers and visitors. Activities could include:
- Using materials that are proven to eliminate negative health impacts on employees.
 - Siting buildings to encourage walking.
 - Designing internal staircases that are visually prominent and attractive
 - Designing buildings to allow for high levels of natural light and air.