

Course Overview:

This year's planning practicum will focus on understanding the relationships and impacts between urban planning and public health. Specific attention will be given to how place-based community-development approaches and strategies can be used to foster changes in the built environment resulting in long-term sustainable improvements in the health of communities.

The client for the practicum course will be the *Orange County Health Agency- Health Promotion Division. (OCHA-HPD)*. The OCHA-HPD offers a variety of community based prevention programs that aim to not only educate individuals about healthy choices but also strive to create environments that will help to support these decisions.

Students in the course will work in planning teams to assist OCHA-HPD staff in a capacity building project connected to their *Healthy Places, Healthy People* initiative. The aim of this initiative is to provide data to communities to help assess local needs, inform planning decisions and program development, and document local outcomes and change as it relates to health. The goal of this project as relates to the practicum is:

Course Project Goal and Impact: To help cities understand opportunities for proactively integrating health into planning, policies, and practices to create long term sustainable improvements that improve health of Orange County residents by increasing opportunities for physical activity and access to healthy foods.

Project Objectives:

1. Provide each Orange County city with information on the indicators of health and determinants of health in their community through
 - Written reports - countywide and localized snapshots
2. Increase understanding of the influence of local government policy and programs on health among city stakeholders (staff, elected officials, commissions, community members) by
 - Presentations to constituent groups
3. Assist cities and communities in assessing local needs and opportunities for creating health-promoting policy, programs and practice through:
 - Training and tools regarding assessment processes, best practices, and understanding of how data from HPHP report can help to inform goal setting and decision making
4. Assist cities in identifying opportunities and priorities for improvement through:
 - Providing technical assistance in development of plans, resolutions, policies, procedures, to support strategic planning processes.

Student Deliverables for fall:

(1) Interim presentation and annotated outline. Each student team will submit an annotated outline of their community assessment and recommendations report (approximately 2-3 pages). Additionally, each team will prepare a 10 minute presentation for the class/instructors that includes:

- initial assessment findings
- preliminary recommendations/ direction
- at least one question or idea to pose to the class for feedback and discussion

(2) Healthy community assessment & recommendations reports

Each team assigned a city in Orange County. (proposed cities: Fullerton, Buena Park, Santa Ana, Garden Grove, Laguna Niguel, San Juan Capistrano - each City shares one border with another team's City)

- Baseline research (demographics, what is already known)
- Power analysis (understand decision-making structure; organizations)
- Assessment (structure around key indicators)
- Best practice research/documentation
- Recommendations

(3) Healthy community assessment & recommendations: presentation. Each student team will present key highlights of their Report to classmates, instructors, and invited guests.

Professional Development benefits provided by Practicum:

- 1.) Receive practical experience in "team planning" project as well as improve understanding of community engagement approaches in planning.
- 2) Opportunities to network with professional planning, city officials, and community/neighborhood leaders, and hear from professional planners working on healthy community issues and campaigns.
- 3) Strengthen public presentation and professional report preparation and writing skills.
- 4) Improve understanding of consultative practice in planning, notably in conducting assessment, policy and program analysis, public presentations, and evidence based research.
- 5) Gain experience in capacity building practices in planning.