



# CITY COUNCIL AGENDA STATEMENT



July 10, 2018

File ID: 18-0152

## **TITLE**

RESOLUTION OF THE CITY COUNCIL OF THE CITY OF CHULA VISTA ADOPTING THE AGE-FRIENDLY CHULA VISTA ACTION PLAN

## **RECOMMENDED ACTION**

Council adopt the resolution.

## **SUMMARY**

In July 2016, the City of Chula Vista became the 99th jurisdiction in the United States to enter the American Association of Retired Persons' (AARPs') Age-Friendly Communities Network through authorization by City Council on May 10, 2016, Resolution No. 2016-068. The Network is an affiliate of the World Health Organization (WHO) Age-Friendly Cities and Communities Program, an international effort launched in 2006 to help cities prepare for rapid population aging and the parallel trend of urbanization.

In Chula Vista, we have recognized the need to address public health issues through strategic policy, programs, and partnerships by adopting the Healthy Chula Vista Action Plan in January 2016, but we also recognize that the looming shift in the older adult population could present new and greater public health challenges. Tonight's action is a culmination of two years of public outreach and data gathering and will adopt the City's first Age-Friendly Action Plan to identify implementation measures for the next three years to ensure Chula Vista remains a "Livable Community" for all generations.

## **ENVIRONMENTAL REVIEW**

The activity is not a "Project" as defined under Section 15378 of the California Environmental Quality Act State Guidelines; therefore, pursuant to State Guidelines Section 15060(c)(3) no environmental review is required.

## **BOARD/COMMISSION/COMMITTEE RECOMMENDATION**

On July 9, 2018, the Joint Task Force for the Age-Friendly Plan, the Commission on Aging and Healthy Chula Vista Advisory Commission, will meet and provide an advisory recommendation to City Council on adopting the Action Plan. A report of their recommendation will be provided at the City Council meeting.

## DISCUSSION

The City of Chula Vista has recognized the need to address public health issues through policy, programs, and partnerships for over ten years and has been increasing healthy lifestyles for residents through smoking prohibitions, healthier vending options at city facilities, and access to healthy food and increased physical activity opportunities in underserved areas. On January 5, 2016, the City Council adopted the first “Healthy Chula Vista Action Plan” (“HCVAP”) to formalize strategies to increase overall wellness of residents.

While the Healthy Chula Vista efforts focus on many areas of livability, the City recognized a looming shift in the older adult population could present new and greater public health challenges. Specifically, according to SANDAG Population Estimates, the City is expected to see a doubling (from 16% to 32%) of those age 55 and over by 2050 and over a 200% increase of those adults over the age of 85. While the older adult population is expected to increase, the City is seeing a plateauing of adults and children, with negative growth in the college age population.

It was for these reasons that Council authorized staff to initiate entering the AARP Age-Friendly Communities Network in May 2016. By looking through the “lens of older adults” the Age-Friendly network provides a platform and five-year process to talk about, set goals, and develop implementation measures to address questions we may not have been previously asking.

### Planning Phase (Years 1-2)

Over the past two years City staff has collaborated internally, with outside agencies both locally and regionally and engaged over 1,500 residents in the community to collect and analyze baseline data vital to the development of the plan. Highlights of the engagement opportunities included:

- Community Cafes - Listening sessions provided residents with a structured but open forum to discuss topics important to them. Nine Community Cafes were held, many bilingually, at Norman Park Senior Center, Residential Care Facilities, Affordable Housing complexes, Mobilehome Parks, in the Castle Park Promise Neighborhood, and an intergenerational session at High Tech High.
- AARP Phone Survey - In Fall 2016, AARP commissioned a telephone survey to assess public opinion about age friendly and livable community topics in Chula Vista reaching over 500 residents age 45 and over.
- Age-Friendly Expert Chat - On January 25, 2018, over ninety (90) stakeholders gathered at City Hall to hear an overview of the planning efforts for the first year and provided breakout groups in each of the domains of livability to develop strategies to address barriers and gaps.
- Age-Friendly Community Chat (District Roundtables) - During the months of February and March 2018, over fifty (50) participants at community roundtables helped develop strategies for a successful age friendly community in the three or four (time dependent) domains that they felt were most important in their District.
- Engaging Youth - In addition to holding events at High Tech High, Chula Vista High School hosted several workshops related to mental health and healthy food access over the past two years. To engage younger children, in 2017 Age-Friendly Chula Vista hosted a booth at the annual Day of the Child event and gathered data in the eight domains of livability from a child’s perspective. Just this

May, over one hundred (100) students participated in the “My Future Community” Drawing Contest from preschool to sixth grade. Eight students, one from each grade, were selected to have their drawing featured in the Age-Friendly Action Plan.

The “Chula Vista: Creating an Age-Friendly City, Age-Friendly Action Plan” is a true collaboration with the community and stakeholders that participated in the process. The draft was made available for public review from May 15 - June 15, 2018 and input has been incorporated into the final document before you tonight.

### Action Plan (End of Year 2)

The Age-Friendly process identifies “8 Domains of Livability” that have been found to be the basis for forming more livable and age-friendly communities. The domains closely mirror the seven theme areas in the HCVAP. Through engagement it became clear that there was great overlap between the domains of Respect & Inclusion and Social Participation and that it was necessary to add another domain: Healthy Food Access & Nutrition.

The Action Plan is organized by domain to identify a *vision*- outlining what we aspire to become; *what we know* - an overview of existing conditions; *what we heard* - community feedback; and *what we will do* - steps to respond those high areas of priority by identifying goals and actions steps. A summary of the Chula Vista domain visions, goals and action steps is found below.

#### *Outdoor Spaces and Buildings*

Vision: A city with high-quality buildings and public outdoor spaces that provide safe routes for walking, physical activity, social interaction and recreation in an equitable way throughout the city.

#### Goals & Action Steps:

- Increase park usage and community ownership.
  - Create Park Action Groups to address community ownership of parks.
  - Increase Police interaction with neighborhood groups to promote crime prevention.
  - Increase nighttime access through pedestrian scale lighting.

#### *Transportation*

Vision: A city where everyone has access to safe, environmentally friendly and sustainable transportation services that are affordable and provide a full range of mobility options to connect residents to critical services, cultural opportunities and each other.

#### Goals & Action Steps:

- Use educational tool to promote increased alternative transportation use and obtain community feedback to guide future planning efforts.
  - Update and distribute the Senior Transportation brochure.
  - Conduct older adult field trips and create a public service commercial to promote transit use.
  - Create local business and attraction agreements to provide public transit to events.
  - Increase older adult participation in the “Bike and Pedestrian Master Plan Update”.
- Develop ways to move people between events and key amenities.

- Educate on LYFT and UBER medical insurance reimbursement programs.
- Provide shuttle services for community events.

### *Housing*

Vision: A city that provides affordable, accessible, and supportive housing that fosters healthy and livable neighborhoods for people throughout the age spectrum.

#### Goals & Action Steps:

- Provide resources and education to promote “Aging in Place” (i.e., continuing to live in one’s own home and community as one ages).
  - Develop a pocket guide of City services to promote aging in place safely.
  - Pilot a comprehensive Home Audit program.
  - Explore implementing the Village Concept.
- Increase alternative housing options.
  - Expand Home Sharing services in the South Bay.
  - Encourage older adults to participate in the “Housing Element Update” process.
  - Develop a web-based map of senior housing opportunities.

### *Respect, Inclusion and Social Participation*

Vision: A city that offers opportunities for residents to be included in activities in a meaningful and respectful way, by offering accessible, affordable, and intergenerational activities.

#### Goals & Action Steps:

- Develop culturally- and age- appropriate programming throughout the city.
  - Conduct an assessment of intergenerational and senior programming.
  - Engage Southwestern College and school districts to increase intergenerational opportunities.
  - Hold workshops on aging.
  - Create a “This is Chula” theme around respect, economic power, adventure, and vibrancy in aging.
- Build neighborhood resilience and connectivity.
  - Create an AARP toolkit for schools and volunteers to partner on school gardens.
  - Support “Neighbor Day” throughout the City.
  - Create a toolbox for neighborhood engagement to address social isolation.

### *Healthy Food Access and Nutrition*

Vision: A city where everyone has equitable access to and knowledge about healthy and nutritious foods.

#### Goals & Action Steps:

- Increase healthy food access.

- Develop a Food System Plan for the City, identifying a HUB for food donations and distribution.
- Increase knowledge of opportunities to keep food in the chain for human consumption.
- Work with partners to create new food distribution points.
- Promote locally grown food consumption and increase knowledge about nutrition.
  - Identify new community garden opportunities.
  - Explore incentives for farmers markets.
  - Expand nutritional programs around nutrition and dietary needs.

### *Civic Participation and Employment*

Vision: A city that encourages and empowers residents to work and volunteer for as long as they like and take an active role in their community.

#### Goals & Action Steps:

- Promote two-way engaged communication between residents and the city.
  - Develop a community “Ambassador Program” to relay information for community input.
  - Create a web-based portal for community input into projects and programs.
  - Support Intergenerational Resident Leadership opportunities.
  - Develop a faith-based consortium.
  - Promote and increase use of City based communication tools.
- Create opportunities for older adults to volunteer or re-enter the job market.
  - Encourage volunteer opportunities.
  - Provide older adult job fairs and entrepreneurship opportunities.

### *Communication and Information*

Vision: A city that enables residents to gain the information they want and need in a variety of formats that provides accessibility to all.

#### Goals & Action Steps:

- Maintain consistent, widespread, and centralized distribution of information in a culturally appropriate way.
  - Conduct a public assessment to determine preferred communication sources.
  - Increase participation of older adults and vulnerable hard to reach population in the “Communications Plan Update”.
  - Create a pilot for centralized information at community gathering spots.
- Create a video repository of content and outlets for information for older adults.
  - Develop video content on issues and events relevant to older adults.
  - Create access to a “silver channel” for older adults.

### *Health and Community*

Vision: A city that promotes a thriving, healthy community by promoting healthy behavior and access to resources and services throughout the age spectrum.

Goals & Action Steps:

- Address inequity in emergency services in South Bay through education on preventive care, chronic disease management, centralized resources, and patient centered care and advocacy.
  - Centralize resource referrals and educate community.
  - Support alternate points of care for urgent and preventative visits.
  - Promote “family medicine” model to increase communication between specialists.
  - Educate on health information and services.
  - Advocacy for regional equity in emergency services.
- Develop behavioral health and dementia friendly practices and awareness throughout South Bay.
  - Promotion of mental health trainings in the South Bay.
  - Trainings and workshops for dementia friendly practices.
  - Increase knowledge of resources for behavioral health services.
  - Increase support groups for dementia and mental health caregivers.

Implementation and Evaluation (Years 3-5)

To ensure the Action Plan strategies are implemented, a Joint Age-Friendly Task Force (“Task Force”) was formed consisting of two existing commissions at the City whose missions are to address issues affecting older adults and public health, the Commission on Aging and Healthy Chula Vista Advisory Commission, respectively. On April 14, 2018, the Task Force met for the first time. These commissions will meet annually to review the overall implementation of the plan and as needed for specific goal and action advancement.

In addition to the Task Force, the City is entering an Memorandum of Understanding with San Diego State University’s Social Policy Institute to partner on implementing action steps within the plan. The partnership will work with other community stakeholders and seek grant opportunities to help implement and evaluate strategies within the plan.

**DECISION-MAKER CONFLICT**

Staff has reviewed the decision contemplated by this action and has determined that it is not site-specific and consequently, the 500-foot rule found in California Code of Regulations Title 2, section 18702.2(a)(11), is not applicable to this decision for purposes of determining a disqualifying real property-related financial conflict of interest under the Political Reform Act (Cal. Gov’t Code § 87100, et seq.).

Staff is not independently aware, and has not been informed by any City Council member, of any other fact that may constitute a basis for a decision maker conflict of interest in this matter.

**LINK TO STRATEGIC GOALS**

The City’s Strategic Plan has five major goals: Operational Excellence, Economic Vitality, Healthy Community, Strong and Secure Neighborhoods and a Connected Community. This item supports Section 3.1.1 - Implement policies and programs that support a healthy community.

### **CURRENT-YEAR FISCAL IMPACT**

Staff costs associated with the preparation of this staff report and for the Age-Friendly Action Plan development are offset by grant funds through the San Diego Foundation.

### **ONGOING FISCAL IMPACT**

The implementation of the Age-Friendly Action Plan and Healthy Chula Vista Action Plan and the associated work have been historically directed by grant funding. Staff is actively seeking opportunities through a partnership with San Diego State University to expand and accelerate the implementation stage.

### **ATTACHMENTS**

1. Chula Vista: Creating an Age-Friendly City, Age-Friendly Action Plan

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