



Healthy Connected Neighborhoods

WHAT IS THIS STRATEGY ABOUT?

Creating a city that enhances human and environmental health and connects people with nature, neighborhoods, thriving business hubs and each other.

These goals will be achieved by focusing efforts and investments in:

A. Vibrant Neighborhood Hubs

Neighborhood Hubs are walkable places with concentrations of neighborhood businesses, community services, housing and public gathering places to provide residents with options for living a healthy, active lifestyle.

B. City Greenways

Habitat, Neighborhood and Civic Greenways are streets, trails and natural areas that connect neighborhoods, weave nature into the city and sustain healthy Portlanders and watersheds.

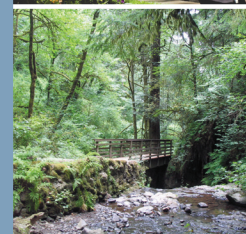
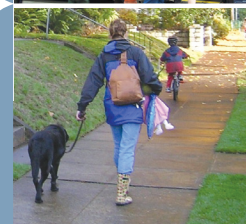
Neighborhood Greenways provide park-like connections to natural areas, parks, schools, business districts and other community destinations. These attractive neighborhood streets and trails make it safer and more fun to walk and bike in the city, while also treating stormwater.

Habitat Greenways preserve existing natural areas and restore habitat, while improving stream water quality and paths for native and migratory birds, fish and other wildlife. These forest and stream corridors and the neighborhood tree canopy weave nature into the city.

Civic Greenways are major streets – like Sandy, Barbur and Powell – that have high-quality transit service with trees, landscaping and other improvements that make it safe and enjoyable to take transit, and improve neighborhood livability, community pride and ecological health.

C. Public Decisions that Benefit Health

Public decisions that incorporate human and environmental health will prioritize actions and investments to reduce disparities and inequities and improve residents' health, while protecting the long-term health of the environment.





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WHY DO WE NEED THIS STRATEGY?

Our health and the health of our children relies on our ability to live, work, learn and play in a city where our air and water quality is protected, nature is never far away, and neighborhoods provide convenient access by walking, biking and transit to the things we need everyday and other destinations and opportunities throughout the city.

TODAY ...

1 Chronic disease rates including obesity, diabetes and respiratory illness have skyrocketed. Today, in Multnomah County:

- 1 in 16 residents has diabetes
- 1 in 8 residents has asthma
- 1 in 2 is overweight or obese

Low-income and minority residents often face many more risk factors for poor health than the general population and experience significant health disparities.

2 Only 45 percent of Portlanders live close enough to parks, businesses, frequent transit service, schools and other amenities to safely and easily walk or bike to meet their daily needs. Many neighborhoods do not have access to natural areas and many Portlanders have limited opportunities to access the Willamette and Columbia rivers.

3 Forecasts say that there will be 130,000 more households in Portland by 2035. Making sure that growth reinforces and enhances all Portlanders' quality of life and the city's vitality, and nurtures the health of our community and natural systems is a key challenge.

4 Portland's carbon emissions are 15% below 2000 levels. However, climate scientists have determined that reductions of 50 to 85% by 2050 are needed to avoid catastrophic impacts from climate change, including significant changes in weather patterns and increased flooding, wildfire, drought, disease and invasive plant and animal species.

5 33% of Portland's land is impervious, either paved or roofed, and 26% of the city is covered by tree canopy. Stormwater runoff increases and can impact air and water quality and urban flooding.

6 As the city grows, many inner Portland neighborhoods have gentrified as their commercial districts have become popular. As a result, many lower-income Portlanders and Portlanders of color have been displaced.



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WHAT MIGHT THIS MEAN FOR ME?

Nearby Services and Amenities and Safe Active Transportation:

People who live in neighborhoods with shops and services nearby and with safe pedestrian and bicycle paths and transit access can make walking and biking a part of their daily life, which helps reduce the risk of developing chronic diseases like obesity, heart disease and diabetes and can reduce household costs.

Healthy Food:

Neighborhoods with convenient access to opportunities to buy or grow healthy, affordable food can make it easier for residents to eat a healthy diet.

Safety:

Reducing crime and traffic crashes, and ensuring people feel safe can make people feel more comfortable walking, biking or playing outside.

Environmental Quality:

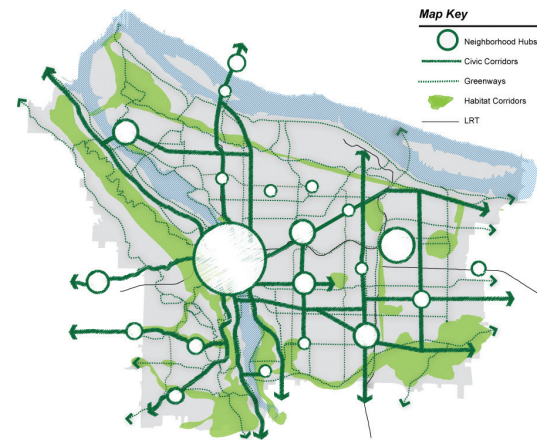
Neighborhoods with trees and lower traffic have better air quality, which can reduce respiratory problems like asthma.

Parks and Nature:

Nearby parks and natural areas give Portlanders places to recreate, relax and spend time with friends and family — improving both their physical and emotional well-being.

Social Connections:

Neighborhoods with public spaces and community events, where people feel comfortable on their streets, can foster social connections and positively affect the mental health of residents.





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WHAT WILL SUCCESS LOOK LIKE?

Healthy Connected Neighborhoods Objectives in 2035:

- 1. Complete Communities:** 90% of Portlanders can safely and easily walk, bike or roll to local services and amenities to meet their household needs.
- 2. Strong Neighborhood Businesses:** 90% of neighborhood commercial districts meet metrics for economic health (such as average vacancy) and provision of most basic goods and services to meet neighborhood needs.
- 3. Safe & Active Transportation:** Portland residents have reduced the number of miles they travel by car to 11 miles per day on average, and 70% of commuters walk, bike or take transit to work, or telecommute.
- 4. Active, Healthy Lifestyles:** 60% of adults and 95% of children and teens are a healthy weight.
- 5. Access to Healthy Food:** 90% of Portlanders live within a 1/2-mile of an accessible retail location that sells healthy food.
- 6. Equity:** All Portlanders benefit from neighborhood investments and economic development.
- 7. Sense of Safety:** 75% of Portlanders feel safe walking alone at night in their neighborhood.
- 8. Parks & Nature in the City:** All Portlanders are within a 1/2-mile safe walking distance of a park or natural area.
- 9. Water Quality in Streams and Rivers:** The Willamette River and local streams meet water quality standards for swimming, drinking and fishing.
- 10. Tree Canopy:** Tree canopy covers at least one-third of the city and is equitably distributed.
- 11. Air Quality:** Air quality across the city meets Oregon’s recommended limits for air toxics and federal air pollutant standards.
- 12. Carbon Emissions:** Portland’s carbon emissions are 50% below 1990 levels.
- 13. River Connections:** Portlanders have convenient access to the Willamette and Columbia Rivers.

