



Caltrans, District 2
Center for Healthy Communities
City of Anderson
City of Redding
City of Shasta Lake
County of Shasta
Dignity Health, Mercy Medical Center Redding
First 5 Shasta
Good News Rescue Mission
Northern Valley Catholic Social Service
Pathways to Hope for Children
Redding Rancheria
Redding School District
Shasta College
Shasta Community Health Center
Shasta County Office of Education
Shasta Regional Transportation Agency
Shasta Family YMCA
Shasta Head Start
Simpson University
The McConnell Foundation
Turtle Bay Exploration Park
University of California Cooperative Extension
Viva Downtown
Whiskeytown National Recreation Area

March 7, 2024

Jeremy Pagan, Development Services Director
City of Redding Development Services Department
777 Cypress Avenue, Redding, CA 96001

RE: Public Health Considerations for the Redding Riverfront Specific Plan

Dear Mr. Pagan:

Healthy Shasta staff have attended the Redding Riverfront Planning meetings with interest, and we appreciate several principles of the vision that have the potential to support community health:

- Ensuring low or no impact to the Sacramento River.
- Engaging the Indigenous community.
- Considering opportunities for housing and mixed-use projects.
- Promoting connection to nature for health and wellbeing.
- Making the Redding Riverfront welcoming and walkable.
- Considering community gathering spaces.

We know you have many regulations and factors to consider during this planning process, and you care about the health of our community. We have compiled specific recommendations to consider that fit your vision and support community health.

Opportunities to Support Health

- Ensure at least 20% of any planned housing is affordable housing.ⁱ Affordable housing has many benefits including helping individuals and families afford other important things like healthy food and health care.ⁱⁱ
- Engineer a built environment that supports building community connections by including public spaces for resting, bumping into friends and acquaintances, and gathering. Research indicates that place is responsible for 5-8% of the difference in pre-pandemic loneliness among young adults.ⁱⁱⁱ
- Expand access to public land and ensure it is a place where everyone belongs by including features that promote use and social interaction like bathrooms, sinks, water fountains, welcoming signs, and public art.
- Organize activities that benefit everyone like food (tastings and free meals), culture (painting, dancing, music), and physical and mental health (workshops, bicycle repair, yoga, tai chi).^{iv} People who live close to parks tend to be more active and less stressed.^v
- Improve stress-free walking and biking infrastructure, like protected bike lanes, crosswalks, and sidewalks that connect to parks, other amenities, and transit. Connections to services and transit encourage physical activity, improve accessibility, and increase community connection and civic engagement.^{vi}



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- Prioritize environmental conservation and make space for Indigenous people in this work. Researchers point to the importance of biodiversity for human health and the success Indigenous people have had in fostering biodiversity on their land.^{vii}

We would like to share the [Canal and River Trust](#)^{viii} as a model project that combines conservation, art, community events, trails, watersports, and opportunities to learn about history. We feel the canals and rivers of England and Wales are a great example of several elements that could add value to the Redding Riverfront area.

Healthy Shasta is dedicated to supporting long-lasting community changes that make healthy choices, easy, convenient, and affordable for community members. We would be happy to participate in future planning and development efforts and thank you for the opportunity to share recommendations for supporting a healthy community. If you would like to discuss these suggestions further, please contact Holly Duffy, MPH, CHES at (530) 245-6583.

Sincerely,

Janessa Hartmann

Janessa Hartmann, MS
 Chair, Healthy Shasta Steering Committee

ⁱ Affordable housing is usually accessible for residents with incomes less than 60% of the area median income. <https://calhsng.org/resources/affordable-housing-101/what-is-affordable-housing/>

ⁱⁱ Maqbool, N., Viveiros, J., & Ault, M. (2015). *The impacts of affordable housing on health: A research summary*. Retrieved from <https://nhc.org/wp-content/uploads/2017/03/The-Impacts-of-Affordable-Housing-on-Health-A-Research-Summary.pdf>

ⁱⁱⁱ Campaign to End Loneliness. (2022). *Tackling loneliness through the built environment*. Retrieved from <https://www.campaigntoendloneliness.org/wp-content/uploads/CEL-Tackling-loneliness-through-the-built-environment-Final.pdf>

^{iv} 880 Cities and AARP. (n.d.) *Addressing homelessness in parks: An inclusive practices guide*. Retrieved from https://www.880cities.org/wp-content/uploads/2021/10/Homelessness_In_ParksAARP_New.pdf

^v Wolch, J. R., Byrne, J., & Newell, J. P. (2014). Urban green space, public health, and environmental justice: The challenge of making cities ‘just green enough.’ *Landscape and Urban Planning*, 125(2014), 234-244. Retrieved from <https://escholarship.org/content/qt8pf8s47q/qt8pf8s47q.pdf>

^{vi} ChangeLab Solutions. (2013). *Move this way: Making neighborhoods more walkable and bikeable*. Retrieved from https://www.changelabsolutions.org/sites/default/files/MoveThisWay_FINAL-20130905.pdf

^{vii} Sneed, A. (2019, May 29). What conservation efforts can learn from Indigenous communities. *Scientific American*. Retrieved from <https://www.scientificamerican.com/article/what-conservation-efforts-can-learn-from-indigenous-communities/>

^{viii} Canal and River Trust. (2023). *Things to do*. Retrieved from <https://canalrivertrust.org.uk/things-to-do>