

14. HEALTH

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A. INTRODUCTION

While the Health Element is not a required element of the General Plan, Section §65303 of the State Government Code allows cities and counties to add optional elements to the required seven. The integration of the Health Element is relatively new and only a few cities and counties in the State have one.

Medical research shows that human genetics typically account for 10-15 percent of an individual's health status, behavior accounts for 20-30 percent, and the environment—physical, social, and economic—accounts for 60-70 percent (Public Health Law and Policy & Raimi and Associates, 2008). The role of individuals' living environment on their health status is the basis for the development of the health element of a General Plan.

The process for developing the Health Element is similar to the other elements, and is fully integrated into the overall General Plan development process. The Health Element addresses health disparities, promote healthy living, and use the General Plan as a catalyst for promoting sound public health and land use policy. The Element provides an understanding of the existing community health and wellness conditions, and develops goals, objectives, policies, and programs to address key community issues and opportunities. The Element will involve the Clearlake community in the process, and focus on key community needs and opportunities.

Related General Plan Elements

Information in this report is consistent with the following General Plan Elements:

- Land Use
- Circulation
- Housing
- Public Facilities
- Open Space
- Economic Development

General Health of Clearlake

In 2011, a Health Needs Assessment was performed and results were analyzed using data collected from 2,568 responses. The sample over-represented females, with 73.8 percent of female respondents compared to 26.2 percent of male respondents. According to the 2010 U.S. Census, the population of Clearlake had an equal ratio of females to males. As shown in Table 14.1, a large proportion of Clearlake residents suffer from obesity, aging problems, drug

and alcohol addiction, heart disease and mental health issues. Teen pregnancy is also a rising concern as the youth population is projected to grow.

Table 14.1 List of Important Health Problems in the Region				
Health Problems	Lake County		Clearlake	
	Population	%	Population	%
Adult Obesity	34,531	53%	8,144	53%
Aging problems	25,801	40%	6,085	40%
Alcohol addiction	25,737	40%	6,070	40%
Arthritis	9,118	14%	2,150	14%
Asthma	4,527	7%	1,068	7%
Autism	5,044	8%	1,190	8%
Birth defects	1,035	2%	244	2%
Cancer	20,499	32%	4,834	32%
Child development delays	4,139	6%	976	6%
Child Obesity	27,289	42%	6,436	42%
Dental health	7,824	12%	1,845	12%
Diabetes mellitus	12,933	20%	3,050	20%
Drug Addiction	28,711	44%	6,771	44%
Gun-related injuries	1,617	3%	381	3%
Heart disease/heart attacks	21,921	34%	5,170	34%
HIV/AIDS	1,811	3%	427	3%
Infant death	1,229	2%	290	2%
Infectious/contagious diseases	3,363	5%	793	5%
Kidney disease	1,035	2%	244	2%
Liver disease	711	1%	168	1%
Lung disease	4,527	7%	1,068	7%
Mental health	27,289	42%	6,436	42%
Motor vehicle accidents	8,536	13%	2,013	13%
Neurological disorders	2,263	4%	534	4%
Other injuries	2,457	4%	580	4%
Sexually transmitted diseases	5,691	9%	1,342	9%
Stroke	3,557	6%	839	6%
Teen pregnancy	15,520	24%	3,660	24%

2011 Health Needs Assessment for Lake County. Note: Health needs for Clearlake is extrapolated based on proportional ratio of the City population to County level statistics.

Vulnerable Populations

Various groups within the City may be underrepresented and have difficulties expressing concerns they have about themselves and their community. Identifying these groups can help address health concerns for everyone in the community. Vulnerable and special needs populations are frequently categorized by age, race, poverty level, housing status, and

employment. For information of the socioeconomic characteristics of Clearlake, please see Chapter 3, Demographics. The following sub-section discusses the unique health concerns and vulnerability of various social and economic groups within the City.

Age and Race

The youngest and oldest populations of the City are the most susceptible to physical health problems (City of Richmond, 2007). Nearly 40 percent of the City's population is under the age of 20 or over the age of 65. About 26 percent of the population is under the age of 20 and without a driver's license. The absence of safe sidewalks and bike lanes, as well as little proximity to basic amenities and services within walking or biking distance limits pedestrian and bicycle mobility. This increases the population's dependence on driving or transit. The transit-dependent population includes those who are unable to drive, and makes up approximately 26 percent of the total Clearlake population. To maintain a healthy and sustainable community, the City needs to address the need for transit, walking and biking especially as the younger and older population cohort is projected to grow the most over the next 30 years.

About 2,293 residents, or 15 percent of the City's population, are 65 and older. A 2020 projection of the City's population suggests that the senior population will grow to 30 percent. As the senior population grows, access to transportation, health care, and recreation will be important issues to address. To plan for a growing population, the City should make adequate housing available to accommodate seniors living in different household conditions, make emergency care for seniors readily available, and promote active living environments. In order to sustain a community that meets the social needs of its diverse members and assists in their sense of community inclusion, a forum must exist to address the specific needs of each group. Besides the notable age groups of the youth and seniors, and the disabled, the City is largely composed of two racial groups: White alone (67.2%) and Hispanic or Latino (21.3%).

Income and Employment

The unemployment rate in Clearlake is 20% as of August 2012, which is one of the highest in the State. It is more than twice the average U.S. unemployment rate of 8.6 percent. Unemployment in Lake County is equally high at approximately 14 percent. According to data from Office of Statewide Health Planning and Development (OSHPD), more than 26% of residents in Clearlake live below the poverty level; double the state average and almost 50 percent higher than even the rest of Lake County. The median household income in Clearlake is 33 percent below the rest of Lake County. Insufficient wages affect Clearlake residents' ability to access essential services such as health care, nutritious food and quality housing. For further discussion of poverty and employment, see Chapter 3, Demographic Trends, and Chapter 11, Economic Development, of this report. The City should cognizant of the needs of low-income households. Low-income households are cost burdened and have limited finances to spend on health care and other health needs of all household members, including children.

B. Existing Conditions

The Health Element addresses the link between public health and the built environment. The discussion is framed in terms of several access issues that are discussed in the following subsections.

Community Objectives

The overall health of the community depends on multiple factors of the environment. A healthy living environment reduces health risks and promotes better lifestyle choices. The determinants of a healthy living environment may be grouped in terms of the following:

1. Access to recreation and open space
2. Access to healthy foods
3. Access to medical services
4. Access to public transit and safe active transportation
5. Access to quality housing
6. Access to economic opportunities
7. Safe neighborhoods and public spaces
8. Environmental quality

Community Health Impacts

Health impacts describe the link between determinants of a healthy living environment and specific health conditions.

Community Conditions Indicators

For each of the community planning objectives, there are multiple indicators that describe existing community conditions in the City. These indicators are based on a preliminary assessment of community issues and opportunities done in the 2011 Lake County Community Health Assessment and community input from the first General Plan community meeting on October 27, 2012. The 2011 Lake County Community Health Assessment was used as a baseline assessment to support the policy direction of the General Plan. Feedback from community meetings can help guide policy specific to the City of Clearlake (Public Health Law and Policy & Raimi and Associates, 2008).

1. Access to Recreation and Open Space

A healthy community promotes physical stability, physical activity, social cohesion and contact with natural areas through the design of its built environment.

Community Health Impacts

Ample access to parks can predict the use of parks for recreation and physical activity. Quality recreational facilities and programs can also increase physical activities (City of Richmond, 2007). Parks are integral components of a healthy community, providing intrinsic environmental, aesthetic, and recreation benefits to a community (American Planning Association, 2002).

Health benefits of physical activity include a reduced risk of premature mortality and reduced risks of coronary heart disease, hypertension, stroke, some cancers, and diabetes mellitus (City of Richmond, 2007). Regular exercise can also reduce depression and anxiety, improve mood, and enhance ability to perform daily tasks throughout one's life span (Bodin and Hartig, 2003).

School grounds that are available after school and during non-school hours can provide a place for community gathering. Recreation and fitness promote physical activity, social cohesion, and neighborhood safety. Contact and exposure to open space and nature parks can reduce stress, improve mental health, and facilitate recovery from illness.

Community Conditions Indicators

The following indicators were analyzed to determine existing conditions in Clearlake that relate to impacts on health. These indicators were based on input from a combination of the first General Plan community meeting (October 27, 2012) and the 2011 Lake County Community Health Assessment.

- 1.A. Acres per capita
- 1.B. Proportion of population within a ¼ mile of park/open space
- 1.C. Proportion of shoreline and creeks with public access
- 1.C Proportion of schools with play area
- 1.D Quality of park

Key Findings

Parks

The City has 36 acres of public parkland. Pomo Elementary School and Burns Valley Elementary School contribute an estimated total of 5.8 acres as open park space for a total of 41.8 acres within the City. Clearlake meets the one-acre per 1,000 people standard. With a population of 15,250 (U.S. Census, 2010) and 36 acres of park space, this equates to 2.36 acres of park space per 1,000 people.

City parks are generally larger than 10 acres, located on or near major streets and are usually bigger than community parks. Ideally, City parks are served by public transit, serve a larger population, and provide special amenities for various activities (City of Newark, 2012). The park in the City that fits this category is Austin Park. Austin Park serves as a town square and gathering point, adjacent to City Hall. The park is 20 acres and includes a gazebo, sports fields, a playground, a picnic area, Skate Park, and bathroom facilities. Other community parks include Highland Park and Redbud Park. Figure 14.1 shows the locations of parks in Clearlake and reveals that in spite of sufficient park space, most residents are not within a ½-mile access to a park.

Within Lake County residents have access to several state and regional parks for active and passive recreational uses. Two parks are directly adjacent to Clearlake’s city limits: Anderson Marsh Historic State Park and Clear Lake State Park. These parks include access to historic and naturalist programs, picnic areas, hiking and riding trails, kayaking, as well as biking trails.

Shoreline

Clear Lake has nearly 100 miles of shoreline with 10 miles of public access. Some of these public spaces include public parks, open space, Caltrans right-of-ways, road ends, some islands, and county-owned property (Konocti Trails). Within the City, there are four public access points. One is at the Inyo Street Extension (Inyo Street at Lakeshore Drive) at a road end with no amenities, the second at Austin Park, the third at Highland Park, and the last at Redbud Park.

Schools

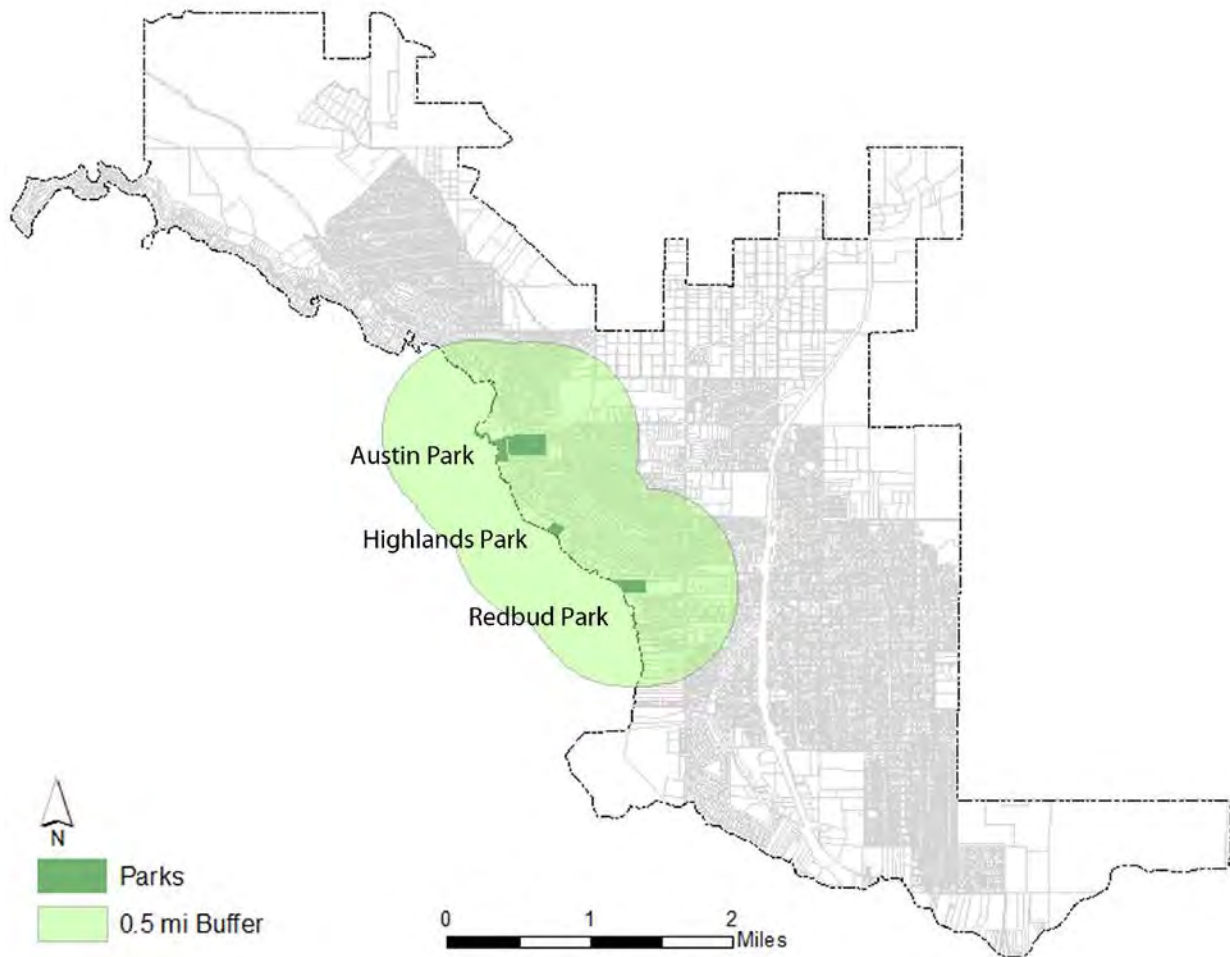
The City has two elementary schools in the Konocti Unified School District. Both schools provide children additional open space for recreation and communal activity.

Health Implications

Health statistics show that Clearlake residents who do not lead active healthy lifestyles end up with high levels of heart related health issues. Data from Office of Statewide Health Planning and Development (OSHPD) for the Clearlake Hospital Service Area (HSA) indicates the following problems:

- Lake County’s unadjusted rate of diagnosed heart disease is 12.4% the highest in the State.
- The County has the highest rate of hypertension in the State at 37.3%.
- In Clearlake, the rate of hospitalizations due to heart attack is five times the State average.
- In Clearlake, the rate of diabetes related hospitalizations is seven times the State average.

Figure 14.1 Clearlake Parks with ½-mile Access Buffer



Cal Poly Land Use Inventory, 2012

Related General Plan Elements

Information in this sub-section is consistent with the following General Plan Elements:

- Land Use
- Circulation
- Housing
- Conservation
- Open Space
- Public Facilities
- Community Design

2. Access to Healthy Food

A healthy community promotes healthy food options, including fresh produce stores, farmers' markets, and co-operative food distribution through the design of the built environment.

Community Health Impacts

The presence of food markets in neighborhoods predicts higher fruit and vegetable consumption, reducing the prevalence of overweight and obesity, and reducing hunger. Where there are a low number of grocery stores compared to fast-food restaurants in the City, there are also higher rates of diabetes, cardiovascular disease, and some cancers. This is especially important for under-served neighborhoods that lack the information and resources to maintain a healthy lifestyle.

Farmers' markets provide another source of fresh and locally produced fruits, vegetables, and other food products. This may support recommended daily consumption of fruits and vegetables. Farmers markets may be complementary to areas that are poorly served by full service supermarkets.

Community gardens can provide a source of fresh fruits and vegetables for users, increase physical activity, and provide opportunities for social interaction and cohesion. Locally produced foods help sustain the local economy, and reduce long-distance shipping that reduces vehicle emissions, associated with chronic diseases and global warming.

Community Conditions Indicators

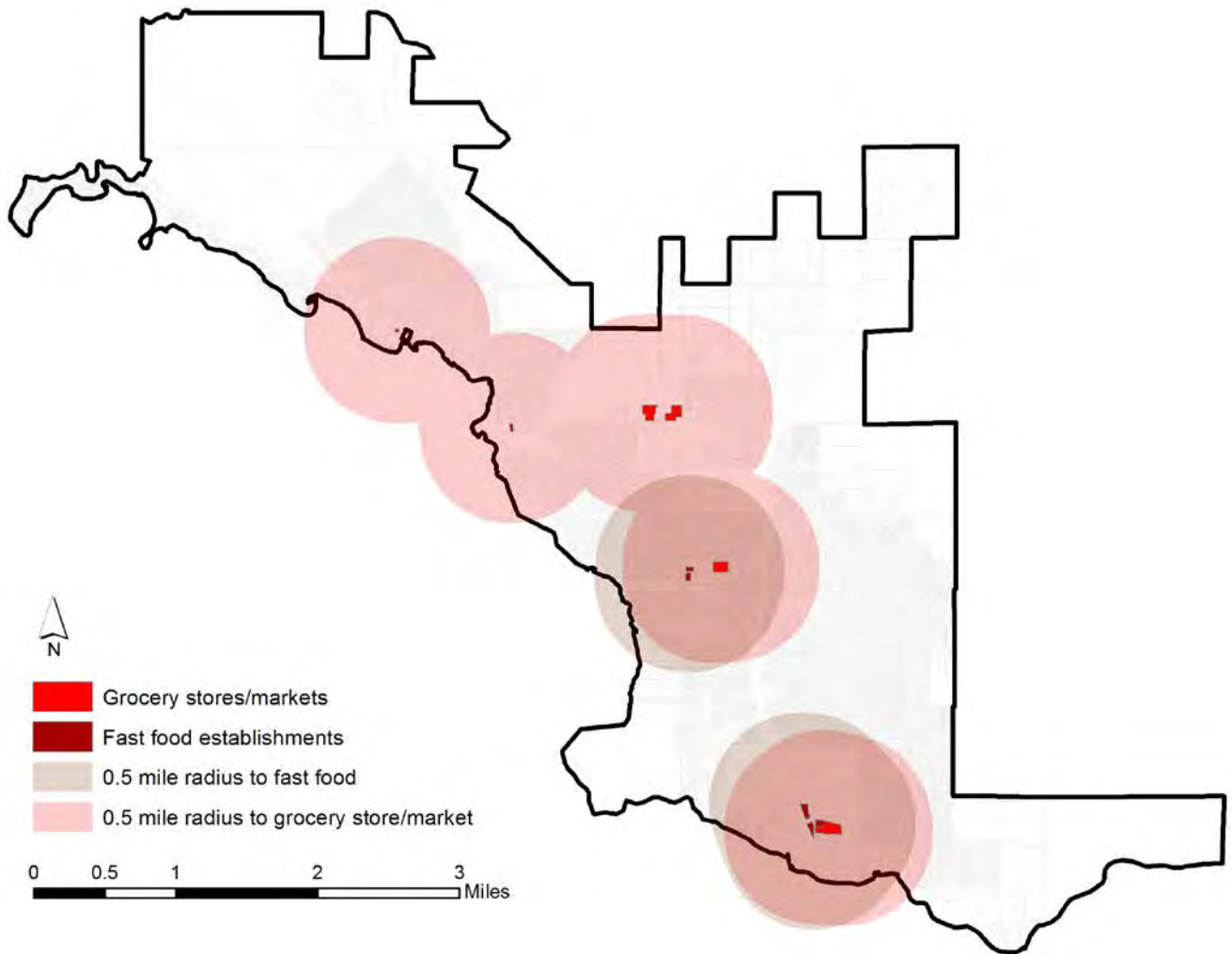
The following indicators were analyzed to determine existing conditions in Clearlake that relate to impacts on health. These indicators were based on input from a combination of the first General Plan community meeting (October 27, 2012) and the 2011 Lake County Community Health Assessment.

- 2.A. Proportion of population within a half mile of a full-service grocery store or fresh produce market
- 2.B. Food balance score (ratio of distance to grocery stores to fast-food restaurants)
- 2.C Food quality score (ratio of the number of grocery stores to fast-food restaurants)
- 2.D Proportion of residents eligible for but not enrolled in federal food assistance programs

Key Findings

Through the use of ArcGIS it was found that there is about 276 acres of populated residential land within walking distance of a grocery store. Walking distance is found to be a half (1/2) mile radius around the grocery store, as shown in Figure 14.2. This means that 1,043 parcels or approximately 16 percent of populated residential parcels are within walking distance to grocery stores. Almost 84 percent of Clearlake residents rely on some mode of transportation other than walking for their grocery shopping. In Figure 14.2, the bright red parcels are where grocery stores/markets with light red half-mile radius buffers are located. Comparably, the darker red parcels are shown in the map with grey half-mile radius buffers.

Figure 14.2 Location of Grocery Stores versus Fast-Food Establishments



Source: Cal Poly Planning GIS Team, 2012

A food balance score provides an indication of healthy food access versus non-healthy food access. The food balance score, a measurement developed by Mari Gallagher Research & Consulting Group, is the ratio between the distance to the nearest fast-food restaurant and the distance to the nearest grocery store, from a geographic block (in this case a City of block). A score of 1.0 means that the area is equal-distant between the nearest grocery store and fast-food restaurant. A score of less than 1.0 means that an area is closer to a grocery store than it is to a fast-food restaurant. For this analysis, a food balance score of 0-0.75 is defined as good access, 0.76-1.5 is defined as average and a 1.51 or higher is defined as poor access to healthy food. The City of Clearlake has a rough estimated food balance score of 0.8. This calculation was based on a random sample of blocks within the City. This score is than a score of 0.75 and less than a score of 1.5 is indicative of having average access to healthy food.

In 2010, 27.5 percent of the families in Clearlake lived in poverty with only 17.2 percent of the City population receiving benefits from the Food Stamp or Supplemental Nutrition Assistance

Program (SNAP) (American Community Survey, 2006-2010). SNAP Electronic Benefit Transfer (EBT) is a method for distributing CalFresh (food stamp) benefits, California Food Assistance Program benefits, and cash aid benefits (California State Office of Systems Integration, 2010). Sixty-seven percent of the County's schoolchildren receive free or reduced-price lunches (OSHPD, 2011). Additionally, 67 percent of the County's school aged children are on the free or reduced-price lunch program, and Konocti School District has the highest percentage of students enrolled in the free or reduced lunch program of any district in Lake County. High enrollment in free or reduced lunch programs are indicators of economic distress as well as evidence that nutritious food may not be available at home.

Related General Plan Elements

Goals, objectives, policies, and programs in this section will be consistent with the following General Plan Elements:

- Land Use
- Housing
- Economic Development
- Public Facilities

3. Access to Medical Services

A healthy community promotes preventive care and a diversity of healthcare options through the design of its built environment.

Community Health Impacts

The availability of primary care has a role in sustaining good health and preventing morbidity and hospitalization from chronic and communicable diseases, including asthma and diabetes. The availability of public transportation to community health facilities affects access to quality, affordable, reliable health care. Locating health facilities near transit can reduce vehicle trips and driving with benefits to air quality, community noise, and injuries.

Community Conditions Indicators

The following indicators were analyzed to determine existing conditions in Clearlake that relate to impacts on health. These indicators were based on input from a combination of the first General Plan community meeting (October 27, 2012) and the 2011 Lake County Community Health Assessment.

3.A. Proportion of population with and without health insurance

3.B. Proportion of residents within a ½ mile of a medical facility

3.C. Proportion of medical facilities directly served within a ¼ mile of public transit

3.D. Proportion of low-income households within ½ hour commute by public transit to a public primary care facility

Key Findings

Medical Aid

General health insurance attainment in the City of Clearlake is estimated to be 87 percent, while about 13 percent is without health insurance. Approximately forty-five percent of the population has private insurance program. Nearly, 36% of the population has Medicaid or Medicare. MediCal, the State's Medicaid, provides health care benefits to low-income children and adults. The requirements for MediCal are as follows:

Applicants that are,

- Below the poverty level
- Pregnant
- CalWorks eligible/recipient
- Over the age of 65
- Blind
- Disabled (Social Security rules)
- US citizen
- CA residency
- Social Security number

Currently, there is no central database on MediCal recipients, specifically for Clearlake. The 2006-2010 American Community Survey indicates that 1,069 households receive food stamps. Using the average household size of 2.48, the population of Clearlake benefitting from food stamps is 2,651 persons (or approximately 17 percent).

In the 2011 Lake County Health Needs Assessment it is found that the top 5 barriers to access health care include:

- Did not have health insurance
- Insurance did not cover
- Could not afford medications
- Share of cost
- Significant wait

The other reasons can be found in Figure 14.8 located in the Appendix.

Medical Facilities

St. Helena Hospital serves the entire region of Clear Lake including the community of Clearlake. Main serves include:

- 24-hour emergency care
- Surgery and medical specialties
- Medical imaging and advanced laboratory services
- Intensive care
- Women’s care, obstetrics and digital mammography
- Rural mental health services
- Telemedicine access to regional specialists and additional expert care day and night
- Prevention, rehabilitation, and wound care

Additionally, the St. Helena Hospital Martin O’Neil Cancer Center offers a Van Shuttle to provide mobility to those who need it. For a more in-depth description of all of the programs and services of the hospital, including their locations, conditions treated, and treatments offered, refer to the Appendix, Table 14.11.

Using ArcGIS it was found that there are about 400 acres of populated residential land within walking distance of a healthcare facility. Walking distance is found to be a half (1/2) mile radius around the healthcare facility, as shown in Figure 14.3 (in the next sub-section). This distance standard means 2,178 parcels are within walking distance of a healthcare facility, which is approximately 34 percent of populated residential parcels in Clearlake.

Data from Office of Statewide Health Planning and Development shows nearly 30 percent of households in Clearlake have no access to a vehicle. The low percentage of accessibility to transportation or medical facilities means a large portion of the City population has difficulty accessing not only health care but also other necessities as well including, employment and food. Despite, limitations in accessing medical services through forms of transportation the Sutter Lakeside Hospital (located in Lakeport, CA) offers a Mobile Health Services Unit (MHSU) provides medical care to under-served populations throughout Lake County that experience difficulties in accessing health.

Related General Plan Elements

Goals, policies, and implementing actions in this section will be consistent with the following General Plan Elements:

- Land Use
- Circulation
- Public Facilities

4. Access to Public Transit and Safe Active Transportation

A healthy community promotes walking, biking, and public transit through the design of its built environment.

Community Health Impacts

Streets that are designed for multiple users including pedestrians of all ages, bicyclists, persons with disabilities, and motorists reduce the risk of pedestrian and bicycle injuries. Walking or biking to school, work, daily errands, and recreation increases physical activity.

Health benefits of physical activity include reduced illness and death from heart disease, stroke, some cancers, and diabetes. Regular participation in physical activity can reduce depression and anxiety, improve mood, and enhance ability to perform daily tasks through one's life.

Using public transit and active transportation options such as walking and biking reduces vehicle miles traveled, vehicle emissions, respiratory disease, hypertension from noise, exposure to environmental contamination due to pollution and runoff drainage, etc. Proximity to transit is associated with reduced vehicle trips and improved access to social, medical, employment, and recreational activity.

Pedestrian trips do not contribute to noise or air pollution. Vehicle miles traveled are directly proportional to air pollution and greenhouse gas emissions. Air pollutants, including ozone and particulate matter pose risks for cardiovascular mortality and respiratory disease and illness.

Community Conditions Indicators

The following indicators were analyzed to determine existing conditions in Clearlake that relate to impacts on health. These indicators were based on input from a combination of the first General Plan community meeting (October 27, 2012) and the 2011 Lake County Community Health Assessment.

- 4.A. Proportion of population within a ½ mile of a regional transit stop and ¼ mile of a local public transit line
- 4.B. Proportion of jobs within a ½ mile of a regional transit line and ¼ miles of local transit line
- 4.C Proportion of streets that promote walking
- 4.D Proportion of street miles with bike paths and dedicated lanes, by class
- 4.E. Number of collisions involving pedestrians and bicycles
- 4.F. Proportion of schools with direct service and within ¼ mile of public transit or bicycle lane

Key Findings

High Transit-dependent Population

The potential transit dependent population is defined as youth who are under 16 who generally do not have a driver’s license, the elderly over 65 who may not be able to drive any longer, and the disabled who cannot drive due to their disability. The pool containing potential transit dependent population is presented in Table 14.2 and Table 14.3. The data for the disabled population in Clearlake is derived from Table QT-P21: Disability Status by Sex in year 2000. Comparable data for the year 2010 was not available at the time of this report. The disabled population ages 16 to 65 years old totaled 3,183 in 2000 as shown in Table 14.2. Many residents in this category may be transit-dependent.

Approximately 3,229 youth and 2,293 seniors live in Clearlake, Table 14.3. Some of these residents may be transit dependent. Together, the disabled of driving age (aged 16 to 65), the youth (aged under 16), and seniors (aged 65 and over) represent the pool of potential transit dependent population as shown in Table 14.3. The estimate of total transit dependent population is 4,037 or 26.4 percent of the total population of Clearlake. This is the product of the 2010 households with no vehicle available—1,628 households—and the average household size of 2.48.

The statistics clearly show that Clearlake’s large proportion of transit-dependent population is a concern for building healthy communities and ensuring safe and equitable accessibility for all. Furthermore, the 2011 -2012 Lake Transit Authority Annual Report indicated a discouraging review on the quality of transit service available in Clearlake. Local Route 5 and 6 services received a low score of ‘E’ compared to the regional route services in terms of availability and convenience. These routes carry a significant amount of riders and are the key local bus routes to many important services including health care, grocery, and schools. Figure 14.3 shows the location of health centers in Clearlake and locations within the City which within one half mile of Routes 5 or 6.

Table 14.2 Disability Population in 2000		
Age Range	Clearlake	% of Population
16 -65 with a disability	3,183	24%
<i>U.S. Census, Table QT-P21 Summary File 3 (SF 3) - Sample Data, 2000</i>		

Table 14.3 Pool of Transit Dependent Population in 2010		
Age in Years	Clearlake	Percent of Population
Under 16	3,228	21%
16-65	9,728	64%
65 and over	2,293	15%
Total Population	15,250	100%
Transit Dependent Estimate	4,037	26%
<i>US Census. Table DP-1: Profile of General Population and Housing Characteristics, 2000</i>		
<i>US Census. Table DP-1: Profile of General Population and Housing Characteristics, 2010</i>		

Bicycle and Pedestrian Access

In 2011, the City of Clearlake only had 1.32 miles of bike lanes. The City is working to create a more comprehensive bike network. Proposed bike lanes can be seen in Figure 14.4. On average 5 percent of residents walk to work as their common mode of commute. While this proportion is low, this proportion is higher than the National, State, and County averages. Despite good walking activity in Clearlake, there is a limited presence of sidewalks and proper infrastructure for pedestrians.

Related General Plan Elements

Goals, policies, and implementing actions in this section will be consistent with the following General Plan Elements:

- Land Use
- Circulation
- Housing
- Public Facilities
- Open Space
- Economic Development

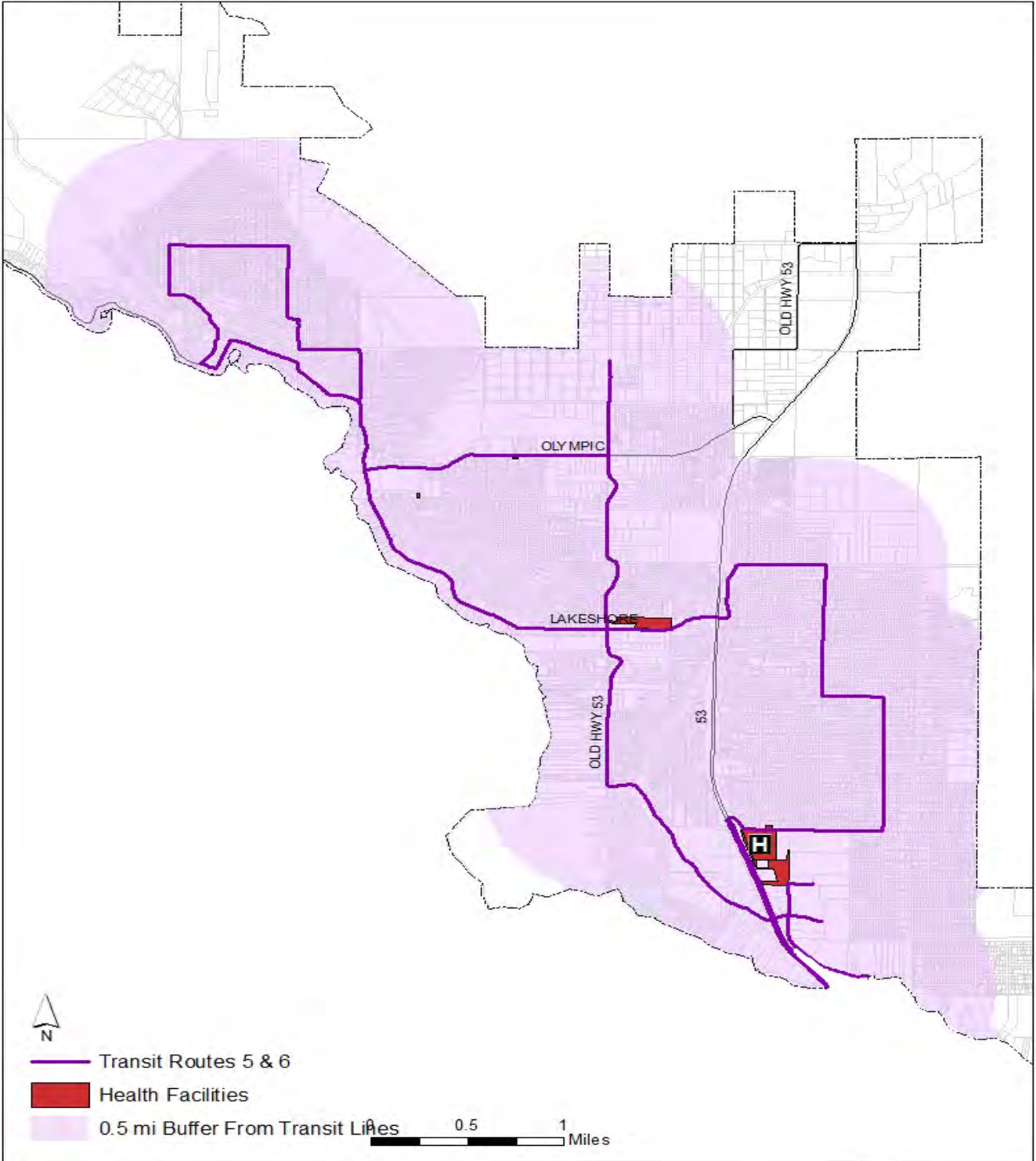
5. Access to Quality Housing

A healthy community is integrated by equitable and diverse options of good quality housing.

Community Health Impacts

Everyone has a basic need for a safe, comfortable and affordable home. Unaffordability of housing may impact one's health and well-being. Economic burdens may result in overcrowding, overpayment, substandard housing and infestation, as well as compromised environmental qualities and individual health. Compromised health and well-being can affect one's ability to get to work or productivity levels. Excessive housing cost burdens can contribute to hunger, mental stress, tough parenting, and overcrowding. Many families may not have extra income to maintain or upgrade their homes when repairs are required. Residents of substandard housing are exposed to higher risks for fire, electrical injuries, lead poisoning, falls, rodent bites, childhood asthma, and other illnesses and injuries. Lack of housing options or shelters for residents with special needs may contribute to homelessness, increased isolation, crime, and violence. Diverse housing options should be provided for wide socio-economic segments of residents by integrating rental subsidized and market rate housing to alleviate housing cost burdens, health and mental stress, especially for younger children in distressed families.

Figure 14.3 Locations of Medical Facilities Along Transit Routes 5 & 6 and ½ Mile Buffer



Cal Poly Land Use Inventory, 2012

Figure 14.4 City of Clearlake Short Range Bikeway Implementation Program



Lake County Regional Bikeway Plan, 2011

Community Conditions Indicators

The following indicators were analyzed to determine existing conditions in Clearlake that relate to impacts on health. These indicators were based on input from a combination of the first General Plan community meeting (October 27, 2012) and the 2011 Lake County Community Health Assessment.

- 5.A. Proportion of housing units by tenure and household size
- 5.B Proportion of affordable housing by income
- 5.C Proportion of housing units in poor or bad condition
- 5.D Proportion of housing units that are overcrowded (more than 1 occupant per room)
- 5.E Distribution of housing age
- 5.F Proportion of housing needs by special needs population

Key Findings

Household Tenure and Affordability Issue

There are almost an equal number of homeowners and renters in Clearlake. Most households comprise 1 or 2 persons. There is a 25 percent increase in single mothers with children under 1 year old over the last decade. Special priority should be given to single mothers and their ability to finance housing needs. Overcrowding in Clearlake is minimal, as almost 70 percent of households consist of 1 or 2 persons. Only 4 percent of households were overcrowded or severely overcrowded in 2010.

Affordability is defined as households spending more than 30 percent of gross income on housing expenses. Housing in Clearlake is a cost burden for a majority of the population. Nearly 75 percent of homeowners and 59 percent of renters are cost-burdened. Clearlake's projected housing needs from 2010 to 2016 call for 624 above moderate income housing units, which is over half of the housing needs allocation. Low and very low-income housing needs make up 27 percent of the projected housing needs estimate. Table 14.4 shows an inventory of publicly assisted rental housing in the City.

Aging Housing Conditions

A majority of Clearlake's existing housing stock is between 30 to 50 years old, of which are mobile and modular homes built between 1960 and 1989. In 2009, the City conducted a Redevelopment Area Housing Condition survey that covered 80 percent of developed area in the City. Based on this survey, 20.1 percent of the units needed moderate rehabilitation, 18.0 percent needed substantial rehabilitation, and 25.6 percent were dilapidated. Using historical cost estimates from the City Housing Rehabilitation Program, the cost of upgrading these existing homes to current code standards is estimated at \$245 million. The approval rate for home improvement loans (24 percent) is significantly lower than the rate for home purchase loans (72 percent) which makes it not viable for homeowners to maintain or upgrade their homes.

Compared to owner occupied homes, rentals tend to be in worse condition. Based on a rental inspection program between 2002 and 2005, 19 percent of the rental units had leaky roofs, 12 percent had trash in the yards or unkempt lots, 5 percent had no foundation, 18 percent had no secured doors, 15 percent had broken floors and walls, 63 percent had faulty wiring, 44 percent had no smoke detectors, and 6 percent had no heating system (City of Clearlake Housing Element 2010-2016).

Table 14.4 Inventory of Publicly Assisted Rental Housing				
Project Name	Address	Total Units	Affordable Units	Household Type
Autumn Village	14930 Burns Valley Road	62	62	Family
Clearlake Village	7145 Old Highway 53, #73	35	35	Family
Highlands Village	6215 Old Highway 53	40	40	Elderly/ Handicapped
Clearlake Commons	1560 Austin Drive	56	56	Family
Clearlake Apts	7145 Old Highway 53	72	71	Family
Austin Manor Apts	14930 Burns Valley Road	29	29	Family
Olympic Villa	14580 Olympic Drive	38	38	Family
Cache Creek Apts	16080 Dam Road	80	11	Family
Walnut Grove Apts	3155 Smith Lane	60	37	Senior
Lakeview Terrace	7055 Old Highway 53	60	60	Family
Adagio Apts	15117 Olympic Drive	55	54	Family
Olympic Village	15097 Olympic Drive	54	53	Family
Total		639	546	
<i>City of Clearlake Housing Element 2010-2016</i>				

Residents with Special Needs

The senior population makes up 15 percent of Clearlake residents, and is growing. Seniors have special housing needs due to low income, high health costs, and self-care limitations that often require mobility modifications to their homes. Single parent households are one of the highest growing populations in Clearlake with 72 percent headed by females. Out of these, 56 percent female-headed families have young children living in poverty. Single female-headed families with young children require special housing assistance in terms of safety and health priority especially in cases of domestic abuse. County level shelter programs available include the 24-hour Adult Protective Service hotline, South Shore Family Center, and Lake Family Resource Center.

There are no permanent emergency shelters for the homeless in Lake County. Clearlake Zoning Ordinance does not have a clear definition for ‘emergency shelter’ and is ambiguous in locating or permitting these facilities. The American Red Cross and Salvation Army assist the homeless population in Clearlake through resource referrals and motel vouchers. The only type of shelter in Clearlake, the only facility of its kind in Lake County, is a transitional housing facility managed by the Lake County Community Action Agency (LCCAA). LCCAA administers housing, food, and referral programs for homeless individuals in the area. Between January and July 2008, LCCAA received 5,040 requests for housing assistance, an average of 420 calls per month. This facility allows a maximum stay period of 90 days and has a full waiting list (Clearlake Housing Element, 2010-2016).

Extremely low-income populations (ELI) are households with income less than 30 percent of the area’s median household income. Approximately 54 percent of the ELI households were renters and 46 percent were homeowners (U.S. Census, 2000). ELI households typically live in homes of poor quality because they cannot afford proper household or property maintenance. Most are living in RV or mobile home parks along Old Highway 53 in the south part of town. There are significant numbers of these homes without adequate heating insulation, sanitation, or water services. Larger low-income households require larger affordable units, which are limited in Clearlake. The City has limited 3 to 4 bedroom affordable rental units in Cache Creek Apartments. Habitat for Humanity targets the larger lower-income families by building 4 to 5 homes per year.

Related General Plan Elements

Information in this subsection is consistent with the following General Plan Elements:

- Land Use
- Housing
- Economic Development

6. Access to Economic Opportunities

A healthy community thrives with adequate head of household jobs or opportunities that pay living wages for all socio-economic segments of the population.

Community Health Impacts

Access to employment and income attainment benefits more than just the socio-economic aspect of a community. Stress from unemployment or lack of income can detrimentally affect one’s health. Individuals making less than a living wage struggle to make ends meet, and tend to live shorter lives. Children of lower income households are less likely to graduate from high school and may be exposed to drugs or crime at earlier ages. The opportunity to secure a self-sustaining income affects one’s ability to have better nutrition, better health, lower mortality, and indirectly benefits the community through reduced healthcare dependence and community violence.

Community Conditions Indicators

The following indicators were analyzed to determine existing conditions in Clearlake that relate to impacts on health. These indicators were based on input from a combination of the first General Plan community meeting (October 27, 2012) and the 2011 Lake County Community Health Assessment.

- 6.A Proportion of home ownership rates by income
- 6.B Proportion of jobs by industry type and location
- 6.C Unemployment rates

Key Findings

Disproportionate Employment, Income and Housing

The unemployment rate in Clearlake was 20 percent as of August 2012, which makes it one of the highest in the State. Job growth in the City has decreased 2.45 percent over the last decade.

The median household income was \$26,382 in 2010. (US Census, 2010). According to data from Office of Statewide Health Planning and Development (OSHPD) about the Clearlake Hospital Service Area (HSA) as defined by the a 2011 Dartmouth Atlas Report, more than 26 percent of residents of Clearlake live below the poverty level. Approximately 48 percent of Clearlake households earn less than \$25,000, which means a large proportion of the City earns less than the median income.

As discussed in Chapter 11, Economic Development, a balanced jobs-to-housing ratio is defined as 1:1. Clearlake has a job-housing ratio of 0.60, indicating a surplus of housing for every employed resident. There are a few critical concerns. High unemployment rate may mean more houses are occupied by non-working residents. High inflow of people living outside of Clearlake working local jobs suggests surplus houses are not attractive to inflow workers while there is limited quality housing desired by higher paid workers. Local residents are earning low wages and housing is largely unaffordable. The City is a predominantly residential community, housing low-wage worker who don't have employment opportunities close by that match their skills.

Limited Economic Diversity and Local Job Opportunities

According to the 2010 US Census, a majority of Clearlake jobs are service, sales and office related. Service industry is defined as retail, food service, accommodation business, education, health care, and social assistance. As shown in Table 14.5, approximately 53 percent of Clearlake residents work in these industries, which typically pay minimum wage.

Approximately 25 percent of Clearlake residents work in construction or material production and moving industry (Spellings Best Places, 2012). Insufficient living wages affect the ability of Clearlake residents to access essential services such as health care, nutritious food and quality housing.

Table 14.5 Population by Occupation		
Occupation	Clearlake, CA	United States
Management, Business, and Financial Operations	8.04%	14.04%
Professional and Related Occupations	11.69%	20.61%
Service	30.05%	14.45%
Sales and Office	22.93%	26.75%
Farming, Fishing, and Forestry	1.99%	0.70%
Construction, Extraction, and Maintenance	11.45%	9.42%
Production, Transportation, and Material Moving	13.85%	14.05%
<i>Sperlings Best Places, data derived from US Census 2010. Updated June 2012</i>		

In 2010, there were 11,866 Clearlake residents of eligible working age. However, only 50 percent of the eligible population is in the workforce, of which approximately 84 percent were employed. Employment statistics also shows that almost 62 percent of the jobs available in Clearlake were filled by non-residents, causing 68 percent of currently employed Clearlake residents to travel outside of the city for work. Further discussion of employment trends and employment standards can be found in Chapter 11, Economic Development. The shortage of local jobs and mismatch of industries and skills available in the area can be stressful for residents and the City. High unemployment level, lack of community cohesion and support can impact neighborhood safety and healthy social networks in the community.

Related General Plan Elements

Information in this subsection is consistent with the following General Plan Elements:

- Land Use
- Housing
- Economic Development

7. Safe Neighborhoods and Public Spaces

A healthy community values and encourages safety, social interaction, cohesion and sense of place through the design of its built environment.

Community Health Impacts

Design of the built environment affects social interactions and community behavior. Positive neighborhood social connections can lower crime rates and improve public health. Absence of good social connections can be detrimental to a community as isolation and segregation in poorly maintained neighborhoods can foster higher crime rates. Living in dangerous

neighborhoods impacts the physical and mental health of the residents. High crime rates, low community moral, and unsafe neighborhoods can negatively influence business investments, job and housing security, educational attainment, and community integration.

Neighborhood crime and safety levels are highly influenced by factors such as community cohesive interactions, well-lit and well-designed public spaces including provision of sidewalks. Inadequate speed control can increase traffic accidents. Badly lit sidewalks and public spaces as well as limited community interactions can result in isolation and increase of drug or gang activities. Inadequate police presence, under or unemployment, and lack of community activities can also contribute to increased crime rates and juvenile arrests.

Neighborhood safety is vital and impacts the health and well-being of children and adults by affecting the quality of physical and social activities, which subsequently influence levels of isolation, obesity, diabetes, and high blood pressure. Well-designed and lit public spaces decrease the likelihood of violence and increase the feeling of safety and security for the residents.

Community Conditions Indicators

The following indicators were analyzed to determine existing conditions in Clearlake that relate to impacts on health. These indicators were based on input from a combination of the first General Plan community meeting (October 27, 2012) and the 2011 Lake County Community Health Assessment.

7.A Liquor sales per capita

7.B Number of assaults

7.C Proportion of streets, parks, and public spaces with lighting or good visibility

7.D Proportion of commercial corridors and public space active and safe after dark

Key Findings

High Crime Rate

Clearlake has 21 sworn staff on the police force, which equates to 1.29 police officers for every 1,000 residents as of 2011 (Federal Bureau of Investigation, 2011). The national average is 2 officers per 1,000 residents (Bureau of Justice Statistics, 2008). In 2011, crime in Clearlake increased by 1.2% from 2010. There are two kinds of crimes recorded and defined by Federal Bureau of Investigations: violent crime and property crime, as illustrated in Table 14.6. Violent crime composed of four offenses; murder and no negligent manslaughter, forcible rape, robbery, and aggravated assault whereas property crime includes multiple incidents of burglary, larceny-theft, motor vehicle theft, and arson.

Clearlake residents unanimously identified crime as a top concern in the City. Violent crimes almost doubled within a year to 143 cases in 2011, an approximate frequency of 12 cases per month or 9.2 violent assaults per 1,000 residents. Property crime increased by 115 cases within one year to 699 cases in 2011. This equates to an approximate frequency of 58 cases per month

or 45.3 property crime incidents per 1,000 residents. Clearlake Police Department logs an average of 21,000 incidents per year and estimates at least 10 more patrol officers are needed to meet the City’s enforcement needs. Additional information on Clearlake police and public safety can be located in Chapter 10, Safety, of this background report.

Table 14.6 Total Crime Statistics

Year	Population	Violent Crime Subtotal	Property Crime Subtotal	Total Crime
2004	14,389	80	872	952
2005	14,609	52	524	576
2006	14,861	75	507	582
2007	15,133	67	654	721
2008	15,117	81	532	613
2009	15,261	78	557	635
2010	15,352	73	584	657
2011	15,429	143	699	842

Federal Bureau of Investigation. Crime Statistics, Table 8, 2012

Unsafe Neighborhoods and Public Spaces

Public spaces and public parks along Lakeshore Drive have some lighting. Most of the main commercial corridors have street lighting. These areas do not have lighting concerns but they do have good visibility concerns. Some spaces around the commercial or public buildings such as rear parking or alleyways have reduced level of visibility from the street, making these areas susceptible to auto related crime and theft.

Residential neighborhoods in Clearlake have different sets of safety concerns. Approximately 44 percent of City roads are unpaved, and these are usually in the residential areas (Lake County News, 2012). The Avenues neighborhood east of Highway 53 has almost all unpaved roads. There is no street lighting and many roads are unconnected, creating dead end spaces overgrown with vegetation. Without good quality streets and safe public areas, many residential areas are susceptible to haphazard traffic, drug or gang related crimes and violent assaults. According to Office of Statewide Health Planning and Development, the rate of both suicide and drug induced death in Lake County are nearly three times the State average. Analysis showed almost 22.3 percent of youth in Lake County between 12 to 17 years have engaged in binge drinking, which is five times the State average (OSHPD, 2011).

High Auto Fatality Rate

Auto accidents can be a tell-tale sign of an unsafe neighborhood. Auto accidents can happen when there are unsafe areas for pedestrians to walk, bad street visibility, or when drivers are driving under the influence of drugs or alcohol. Inadequate code enforcement can also be another contributing factor to auto accidents.

Clearlake has a high number of auto accidents compared to other small towns in the State. In 2008, the fatal accident count in Clearlake was 1.32 per 10,000 residents, more than two times the state average. Since 2008, fatal accidents have increased by 88 cases resulting in almost 1.94 counts per 10,000 residents in 2011. Most of these accidents involved drivers driving

under the influence of alcohol or drugs, and happened along old Highway 53 and Olympic Drive (Clearlake Police Department, 2012).

Related General Plan Elements

Information in this subsection is consistent with the following General Plan Elements:

- Land Use
- Public Facilities
- Safety
- Open space

8. Environmental Quality

A healthy community recognizes the importance of healthy environments and promotes environmental protection and conservation in various built forms and policies.

Community Health Impacts

Health studies have found strong correlations between living in proximity to busy roadways and respiratory disease symptoms, including asthma and lung ailments. Diesel particulate matter particularly impacts the elderly, children, people with compromised immune systems, or others with sensitivity to air pollutants. Smoking and the effects of second hand smoke can be a toxic air contaminant that poses a hazard to human health, particularly children. Roadways are also noise pollutants. Chronic noise exposure can affect sleep quality, cognitive impairment, hypertension and stress in adults and children.

Contaminated sites can pose health hazards for a very long period of time. Threats may be visible but most of the time, they are undetected by the regular resident. Contamination affects the ecosystem by leaching hazardous chemical into the soil and water system, inevitably harming the food chain and human health. Industries with hazardous waste also affect the surrounding built areas when waste management is not properly controlled or monitored. These brownfields require costly and time-consuming remediation efforts that inevitably influence the quality of life of surrounding communities.

Community Conditions Indicators

The following indicators were analyzed to determine existing conditions in Clearlake that relate to impacts on health. These indicators were based on input from a combination of the first General Plan community meeting (October 27, 2012) and the 2011 Lake County Community Health Assessment.

- 8.A Proportion of population and schools within 500 foot of main roadways
- 8.B Proportion of population and schools within an impact area of a polluting industry
- 8.C Location of contaminated site(s)

8.D Per capita number of violations of water quality, air quality, and illegal or improper dumping.

Key Findings

Impairment of Water Quality

Historical mining activities within the Clear Lake watershed have exposed the lake and surrounding areas to high levels of mercury, arsenic, borax and sulfur. Lake County Water Inventory and Analysis in 2006 had detected pollutants in Clearlake drinking water supply that exceeded water quality thresholds. Clear Lake is also listed with the State Water Resources Control Board 303(d) list of impaired water bodies (Clearlake Watershed Sanitary Survey, 2002). Clear Lake is on the USEPA Superfund Site and has been undergoing remediation since 1990. As recently as 2010, United States Environmental Protection Agency (USEPA) reported leaching from the Sulphur Mercury Mine wastes and tailings contributed up to 97 percent of annual mercury loads into Clear Lake and its tributaries. Considering the high level of contamination in the local water system, there is a significant health threat to Clearlake residents and the local aquatic food chain. Residents get some of their water supply from the lake. Local orchards and vineyards irrigate with water drawn from the lake. Latent mercury concentration can threaten the health of residents, especially in younger children or pregnant women. The lake also suffers from frequent algae blooms, resulting in odors particularly on windy days. Since Clear Lake is a major recreation and touristic attraction, unpleasant lake conditions and contamination threats jeopardize both local health and the tourism industry.

Inefficiency of Waste Management

In terms of waste management, Clearlake residents are faced with pressing issues on wastewater capacity and trash disposal. Wastewater consists of human sewage, gray water and water from commercial and industrial facilities. Clearlake treats wastewater in two ways: on-site septic tanks or pumped off-site to a municipal treatment plant. Lake County Sanitation District (LACOSAN), which operates the Southeast Regional wastewater treatment plant in Clearlake, is facing the constant challenge of managing capacity issues leading to groundwater infiltration. Wet weather and close proximity to the Lake result in rising groundwater levels. A high water table and inundated soils reduce the plant's capacity and contaminate the fresh groundwater. LACOSAN had been issued several injunctions to cease operations from the Regional Water Quality Board since 2003. The latest Cease and Desist order resulted in a development moratorium when 40,000 gallons of sewage spilled into the streets, drainage course and Clear Lake (City of Clearlake Housing Element, 2010-2016). The inefficiency of wastewater management and recurring lake water contamination will inevitably affect the quality of life for local residents and wildlife in Clear Lake's ecosystem.

Inadequate code enforcement has resulted in illegal dumping of solid waste, hazardous waste and oversized items and undisposed trash on many residential properties. The planning team observed some homes littered with old, rusting automobiles with potential hazardous chemical leaching into the properties. Unhygienic living environments with possibly hazardous contamination will expose residents, especially young children, to various health risks.

Proximity of Incompatible Uses

According to public health research, individuals living near industrial operations are exposed to high levels of air pollution leading to increased risks of asthma attacks, heart attacks, daily mortality and hospitalization for heart and respiratory diseases, and cancer (San Francisco Department of Public Health, 2010; Raimi and Associates, 2011; Carn, 2005). Industrial zones can be defined as ‘low’ or high’ impact by the California Air Resources Board (CARB) in the Air Quality and Land Use Handbook (2005). There are different levels of impact areas depending on the industry type. Low-impact industries have a 300-foot impact area designated by CARB and these industries include automotive repair, communications, dry cleaners, funeral service and crematories, furniture stores, gasoline service stations, and wholesale traders. High impact industries include construction, electric, gas and sanitary services, manufacturing, medical services, mining, pipelines and transportation. These industries are designated a 1,000 foot impact area by CARB. Table 14.7 shows typical pollutant types emitted by different land uses. Clearlake has low levels of industrial operations and most of the businesses are light industry. Based on the locations of these industries shown in Figure 14.5, approximately 994 acres are within the 300 feet impact area, constituting 15 percent of Clearlake’s residents being exposed to pollutants that can harm their health on a daily basis.

According to public health research, individuals living near major roadways face increased risks of developing cardiovascular disease, exacerbating asthma attacks, and reduced lung functions due to air quality issues (Slaughter, et al., 2005; University of Michigan, n.d; and Raimi and Associates, 2011). Particulate matter from automobiles can exacerbate existing respiratory diseases or adversely affect sensitive or vulnerable segments of the population such as children and the elderly (California Air Pollution Controls Officers Association, n.d.). Table 14.7 describes the health effects of air pollutants emitted by motor vehicles.

Figure 14.6 identified the major roadways in Clearlake; Highway 53, old Highway 53, Lakeshore Drive and Olympic Drive. Based on the guidelines in ‘How to Create and Implement Healthy General Plan’ toolkit, the impact area for major roadways is 500 feet from the center of the road (Public Health Law and Policy; Raimi and Associates, 2008). The ArcGIS analysis revealed that approximately 11.4% of Clearlake residents are directly impacted by the proximity of these major roadways and are exposed to vehicular air pollutants on a daily basis. Within these impact areas, there are a high number of occupied residential parcels and local business operations.

Table 14.7 Health Effects of Air Pollutants Emitted by Industrial Land Uses

Land Use	Air Pollutants
Construction	Particulate Matter, Asbestos
Manufacturers	Solvents, Metals
Metal Platers, Welders, Metal Spray operations	Hexavalent Chromium, Nickel, Metals
Chemical Producers	Solvents, Metals
Furniture Manufacturers	Solvents
Shipbuilding and Repair	Hexavalent Chromium, Other Metals, Solvents
Rock Quarries and Cement	Particulate Matter, Asbestos
Hazardous Waste Incinerators	Benzene, Formaldehyde, Particulate Matter
Research and Development Facilities	Solvents, Metals
Landfills	Benzene, Vinyl Chloride, Diesel Particulate Matter
Waste Water Treatment Plants	Hydrogen Sulfide
Medical Waste Incinerators	Dioxin, Benzene, PAH, PCBs, 1,3-Butadiene
Recycling, Garbage Transfer Stations	Diesel Particulate Matter
Municipal Incinerators	Dioxin, Benzene, PAH, PCBs, 1,3-Butadiene
Dry Cleaners	Perchloroethylene

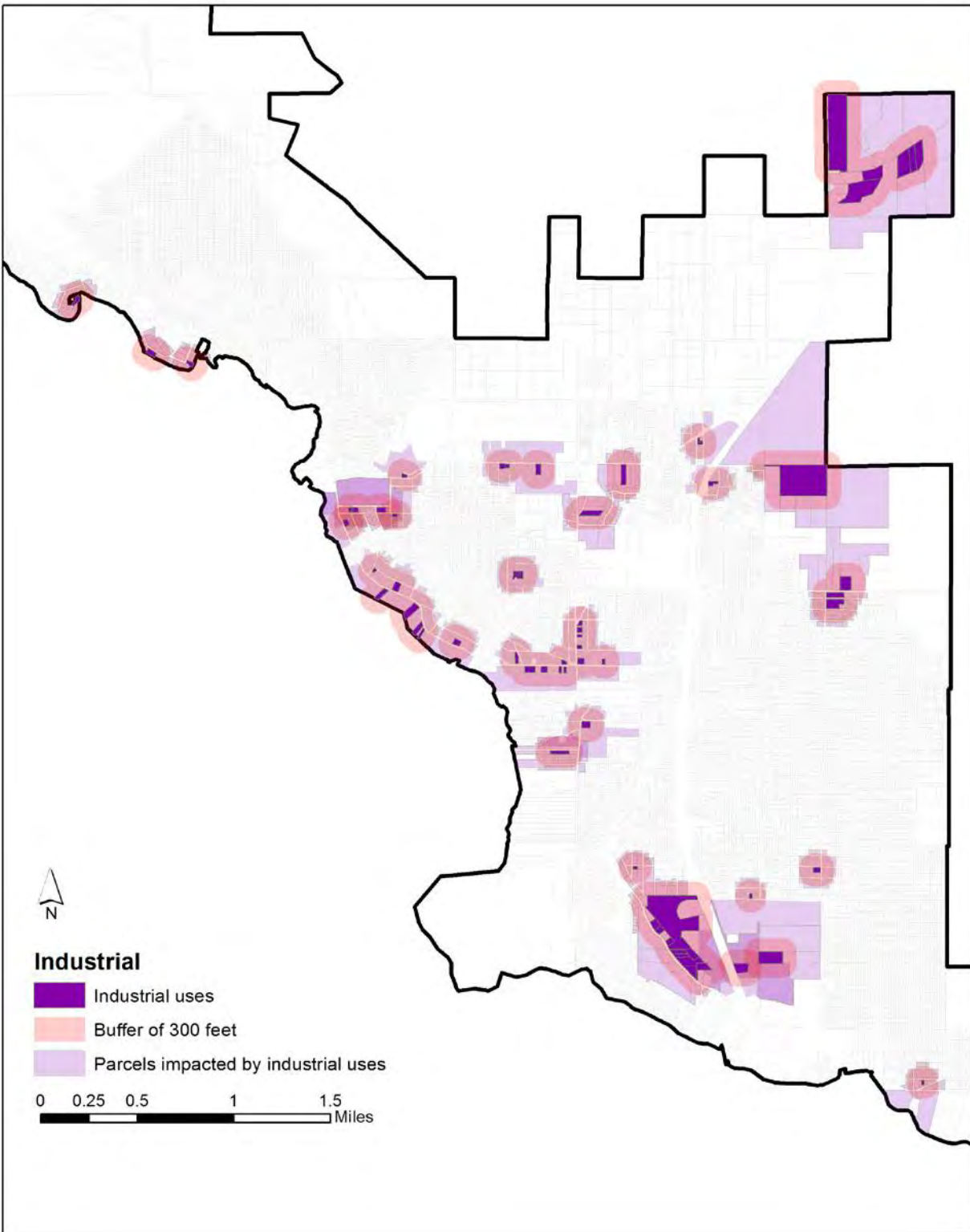
California Air Resource Board, Air Quality and Land Use Handbook: A Community Health Perspective, 2005

Table 14.8 Health Effects of Air Pollutants Emitted by Motor Vehicles

	Air Pollutant	Health Effects
Criteria Pollutants	Ozone	Eye irritation, airway constriction, shortness of breath, and aggravation of existing respiratory diseases such as asthma, bronchitis, and emphysema.
	Carbon Monoxide	Reduces the oxygen carrying capacity of the blood which results in fatigue, impaired central nervous system function, and induced angina.
	Particulate Matter (PM10 and PM2.5)	Impaired lung function, exacerbation of acute and chronic respiratory ailments, including bronchitis and asthma, premature arteriosclerosis, and premature death
	Nitrogen Dioxide	Increased risk of acute and chronic respiratory disease and reduced visibility
	Sulfur Dioxide	Increased risk of acute and chronic respiratory disease
Non-criteria Pollutants	Diesel Exhaust	Probable human carcinogen
	Gasoline Exhaust	Known human carcinogen
Miscellaneous Pollutants	1,3 butadiene	Probable human carcinogen
	Benzo(a)pyrene	Probable human carcinogen

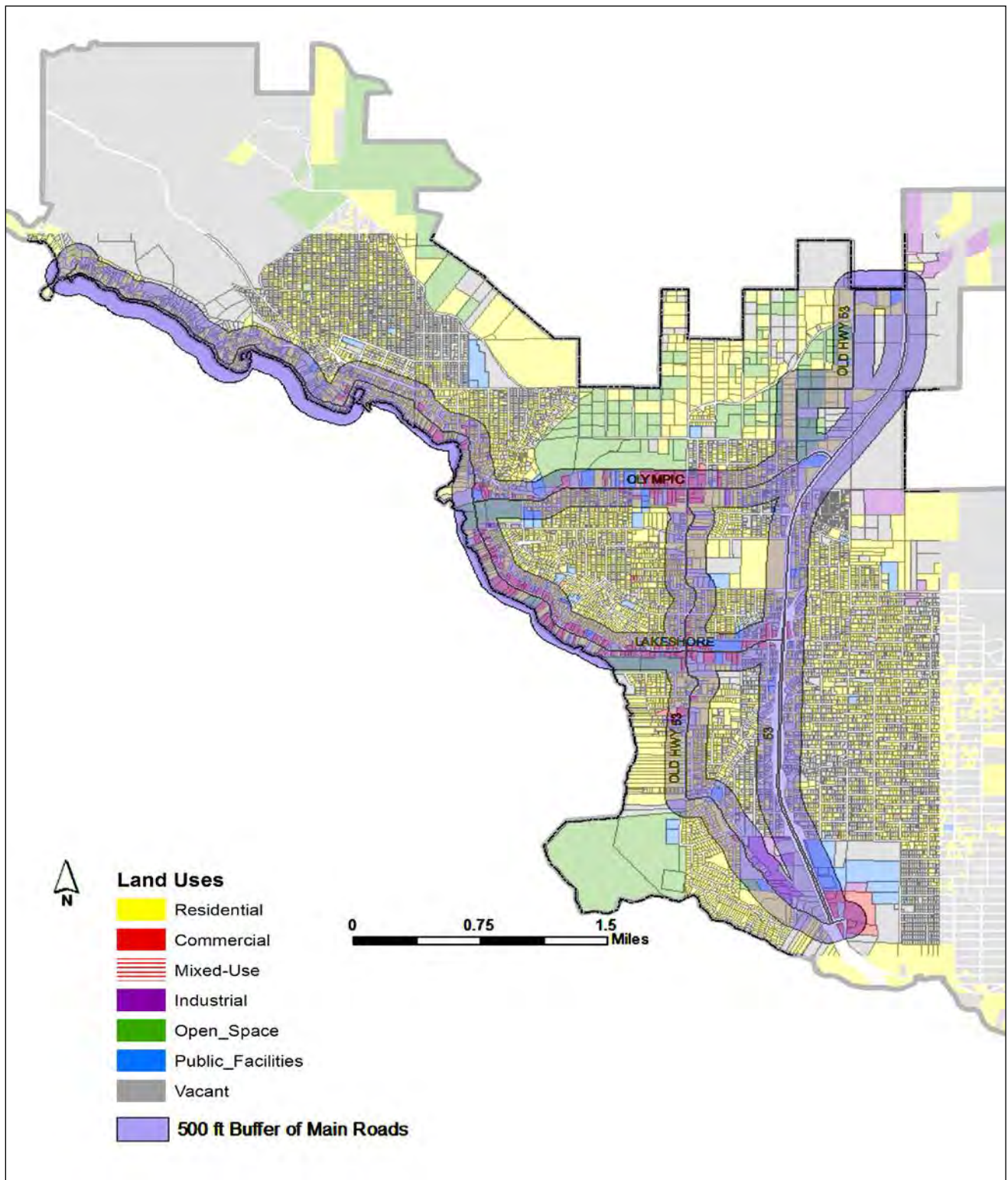
San Francisco Department of Public Health (2007). Draft Assessment and Mitigation of Air Pollutant Health Effects from Intra-Urban Roadways: Guidance for Land Use Planning and Environmental Review.

Figure 14.5 Locations of Industrial Businesses And Surrounding 300 Feet Impact Area



Cal Poly Land Use Inventory, 2012

Figure 14.6 Major Roadways and 500 Feet Impact Areas in Clearlake



Cal Poly Planning Land Use Inventory, 2012

Related General Plan Elements

Information in this subsection is consistent with the following General Plan Elements:

- Land use
- Housing
- Circulation
- Economic development
- Safety

C. Emerging Directions

Growing Vulnerable Population

Clearlake has grown by 16 percent over the last decade. By 2040, the population is projected to grow by 22.8 percent. As mentioned in Chapter 3, Demographic Trends, the biggest projected growth will be in the senior population, especially the cohort ages 85 and above, which will grow by almost twofold. The percent of the younger population is also projected to increase, especially the cohorts age 19 and below. These increases will add additional demand on health care services, social amenities, the transportation system, housing and public facilities such as schools and hospitals.

Clearlake's community is recognizing the changing demographic needs and had expressed similar concerns during the first community meeting held on October 27, 2012. Many identified the need for better access to health care and increased opportunity for healthy activities for children and seniors. Other needs were identified such as addiction rehabilitation programs, food co-operatives, programs for the impoverished, health clinics and a marijuana dispensary ordinance.

Directions for Community Objectives

A second community workshop was held on November 10, 2012 where Clearlake community members participated in selecting preferences and setting priorities for their needs for the future. Research on the existing health conditions and community input reveal the following emerging directions within each of the community objectives:

1. *Access to recreation and open space*

- Improve connections to regional open space and trails
- Promote suitable physical activities and social activities for families, seniors and youth
- Improve or provide more active and passive recreational areas such as soccer fields, picnic areas or children's play areas
- Improve and increase accessibility to shoreline

- Promote awareness and educational programs on benefits of healthy and active lifestyles, in particular information related to obesity, heart diseases, and emotional health.
- Encourage more public events to encourage active community participation
- Promote partnerships with local business communities, school districts and community organizations to develop healthy and active lifestyle awareness in consumers

2. *Access to healthy foods*

- Promote awareness for healthy eating and healthy food options
- Encourage more healthy dining options to match different socio-economic groups
- Plan for more community gardens and food co-operatives
- Improve and provide incentives for more local growers at farmers market
- Provide incentives for convenience stores to carry fresh produce at lowered costs
- Promote healthy food in school and increase food stamp programs
- Increase food assistance program benefits to the wider community including eligibility educational programs

3. *Access to medical services*

- Provide more service connections between health care facilities and public transit
- Facilitate establishment of mobile clinics and health services to serve hard-to-reach populations or areas
- Promote more health education or awareness programs via Communities Transforming Grant
- Plan for more rehabilitation programs in the City, in particular substance abuse and mental health
- Provide more family support services and preventative service such as lifestyle or behavioral coaching assistance

4. *Access to public transit and safe active transportation*

- Provide better bike infrastructure
- Enhance pedestrian network such as sidewalks, crossings, open space trails and shoreline access
- Encourage incremental changes away from single-occupancy vehicle trips
- Improve level of service for local bus routes
- Improve public transit facilities
- Provide more route service connections throughout the City especially in proximity to residential areas, health care facilities, grocery, schools and parks.

5. *Access to quality housing*

- Prioritize rehabilitation of old and unsafe homes through homeowner assistance programs
- Plan for emergency shelters and special needs population such as homeless and domestic abuse victims in the City's Zoning Ordinance
- Increase affordable housing options for seniors, female-headed families, and disabled populations
- Plan and incentivize more quality market rate housing development in the City
- Encourage replacement of low quality mobile homes with quality stick-built homes

6. *Access to economic opportunities*

- Attract living wage paying businesses that can provide more head of household jobs such as skilled trade, science and medical employment
- Attract lower wage employment industries to match the skill levels of available labor force such as construction, service and retail
- Plan for more business opportunities by encouraging more locally owned businesses, larger retailers or specialty shops
- Plan for better City image through branding and marketing as a recreational and touristic destination

7. *Safe neighborhoods and public spaces*

- Consider implementation of Safe Routes to Schools program
- Encourage public participation in neighborhood safety watch efforts
- Improve roadway and street conditions including lighting, sidewalks, crossings and public amenities to create safer pedestrian areas
- Improve road conditions and public spaces to increase visibility and foster better social connections among residents
- Implement stricter code enforcement and road patrols for driving-under-influence (DUI) offenses
- Create opportunities for volunteerism, senior programs, youth, and after school programs
- Create informational sessions on substance abuse, mental and emotional health to wider community

8. *Environmental quality*

- Foster a strong sense of community and civic pride
- Implement stricter code enforcement for illegal dumping
- Continue water quality improvement programs including storm water and wastewater management
- Ensure better land use compatibility in terms of polluting industries and their impacts on nearby residential area

Ongoing Initiatives and Programs

Community Transformation Grant and Lake County Community Health Assessment

The direct findings of Clearlake residents' health needs and preferences at community meetings are consistent with information found in the Vision Task Force Report 2007 and Lake County Health Assessment 2010 (LCCHA). Based on the extensive 2010 assessment, key health issues had been analyzed and four priority focuses are identified; mental and emotional health, preventative health care, substance abuse or use management, and senior support services. These priority focuses become the premise for setting tangible goals for healthy communities in the county. In September 2012, the hospital had been awarded \$497,076 Community Transformation Grant (CTG), a two-year effort to address nutrition, smoking cessation, obesity prevention, promote physical activity and emotional health for Lake County residences. St Helena Hospital Clear Lake has taken the lead by working closely with Health Leadership Network of Lake County to rally partnerships with local business community, school districts, community based organization and other non-traditional organizations to improve the serious health conditions identified for Clearlake residents.

Lake County Mental Health

Assembly Bill 100, passed in April 2011, had changed the way Mental Health Services Act (MHSA) funding and plans approval processes. MSHA plans are now approved at the local level. With more responsibility placed at the local level, it is critical for local stakeholders, Lake County Mental Health Board (MHB) and Lake County Board of Supervisors (BOS) to be actively involved in the planning process. Local community planning program (CPP) process guides the development of plan updates (changes within a fiscal year), annual updates (plans associated with each successive fiscal year), and a new 3-Year Integrated Plans as recently required in 2012 (Mental Health Services Act Annual Update to 3-Year Program and Expenditure Plan 2012/13, Lake County Mental Health, June 2012).

MHSA Community Services and Supports

Table 14.8 outlines the program categories and all specific ongoing programs within each category. The program categories make up the Community Services and Support (CSS) component of the Mental Health Services Act (MHSA) in Lake County.

Table 14.9 Community Services and Support Programs by Lake County Mental Health

Program Category	Description	Types of specific programs
Full Service Partnership	Provides and coordinate full array services for eligible consumers of all ages	Full recovery oriented mental health care including psychiatric services, support services and funding for housing, food, clothing, primary healthcare, transportation, education and vocational opportunities
General System Development (GSD)	Provides funding for programs aim to transform community mental health services.	Crisis Access Continuum Forensic Mental Health Partnership Housing Access Older Adult Access Integrated Physical and Mental Health Peer Support (Transitional Age Youth & Older Adult) Parent Partner
Community Outreach & Engagement	Outreach programs specifically targeting special & marginalized populations	Tribal Communities Latino Communities Homeless population TAY and Older Adult
Prevention & Early Intervention	Early Intervention Services	
	Wellness and Recovery Centers	Circle of Native Minds Center, Lakeport Latino & Family Wellness Center (proposed)
	Older Adult Outreach & Prevention	Friendly Visitor Program
		Senior Peer Counseling Program
	Postpartum Depression Screening & Support	Mother-Wise volunteers
	TAY Peer Support	TAY Drop in Center
	Community Screening & Treatment	Community based organizations serving targeted priority, resistant, underserved populations
	Prevention Mini Grants	Funding for local community and family groups events or activities

Mental Health Services Act Annual Update to 3-Year Program and Expenditure Plan 2012/13, Lake County Mental Health, June 2012

Lake County Mental Health Tentative Plans

- **Capital Facilities and Technological Needs**

There are approved plans to use Capital Facilities funds to renovate South Shore Clinic, Bridge Peer support Center and purchase an office building for the County's mental health offices and/or the consumer drop-in center in Clearlake.

- **Workforce Education and Training**

Lake County Mental Health has an approved plan to provide funding for the following programs:

Workforce Staffing Support – Support implementation of the Workforce Education and Training Plan by ensuring six fundamental elements of MHSA (community collaboration, consumer and family driven, recovery/resiliency, strength-based services, integrated services, and cultural competency) are embedded within all training events.

Training and Staff Development – Formation of new Training Committee comprising of individuals from existing county staff, community based organizations, and consumers/family members recommended for training as appropriate.

Career Pathways Program- Establishment of new Recovery Education Center to coordinate efforts and assess additional employment needs for relevant job training within identified employment sectors in the county. Entry level employment with comprehensive benefits and paid training will be available for selected participants.

Financial Incentive Program – Lake County Mental Health will offer financial incentives for individuals from diverse educational, cultural and lived experiences to pursue education and commitment in mental health services within Lake County. It is the objective of Lake County Mental Health to recruit and retain more diverse mental health workforce that will appropriately serve the needs of the County.

- **Innovation Plan**

Lake County Mental Health has identified the need to reach out to underserved, marginalized populations and to ensure health services are equitable and pleasantly experienced by various cultural populations of Lake County.

Latino Wellness Center – Establishment of a new support center offering full partnership services to reach out to Hispanic population, which historically had been low and underserved in the area.

Cultural Peer Committee - Assembly of diverse community member stakeholders representative of all cultural populations in Lake County for training and steering developments of health that are consumer and caregiver driven, wellness and recovery oriented, culturally relevant and welcoming to all seeking services.

Clearlake Initiative

At the time of writing, the City of Clearlake had committed to rally key stakeholders from local business community leaders, police staff, educators, transportation facilities personnel in discussions with St Helena Hospital to identify pressing community needs, services available and unmet needs. Information from this initiative will be used to form relevant goals and programs specifically tailored to meet Clearlake residents' health needs in the near future.

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