



Healthy Chula Vista Action Plan



January 5, 2016



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INTRODUCTION

The Healthy Chula Vista Initiative supports the City’s Strategic Plan goal of creating a thriving, healthy community by creating policies and programs to improve the City’s physical and social environments, promote awareness and access to services, and build community partnerships.

Chula Vista’s first *Healthy Chula Vista Action Plan (HCVAP)* serves to:

Local government plays a critical role in supporting the well-being of its residents.

- Outline current City programs and policies that support community wellness.
- Identify opportunities for the City to better facilitate a healthy community and address inequities (i.e. a “gap” analysis).
- Develop a set of specific, actionable strategies that the City can pursue to expand its programs, policies, and services to support the mental, physical, and social wellbeing of its community.
- Summarize available tools, resources, and community partnerships that can be leveraged to improve the effectiveness of the Healthy Chula Vista Initiative.

The Plan formally outlines the goals and strategies that the City desires to accomplish in seven key focus areas:



The *Action Plan* provides a powerful policy framework for the City of Chula Vista to pursue external funding and to strengthen and develop municipal policies and programs to effectively leverage and establish stronger public and private partnerships.

The City of Chula Vista strives to support policies and programs for healthy communities that make a healthy choice an easy option.

An analysis of community input and potential health impacts of the strategies was conducted and titled *Prioritizing Strategies for Health, Executive Summary* provided as Appendix A. Based on the analysis, a draft five year work plan is provided as Appendix B to establish the priorities and execution of each of the strategies

under the seven focus areas. The accomplishment of the goals and strategies is partially dependent on available funding and city priorities over the plan period.



Engagement

EXISTING POLICIES & PROGRAMS

Public Participation Policy (400-02, 2010)

- Ensure public is notified of development projects and have opportunity to provide feedback.

A healthy community reflects a sense of mental and physical wellbeing and is essential for a productive society. Partnerships with communities and service providers is the single most important step to inform and engage residents in discussion of what gaps and needs exist.

Opportunities:

Create opportunities for the community to engage with the city and each other.

Strategies:

1. Inventory Community Assets and establish a Health Advisory Commission representative of community partners and residents.
2. Develop the “Healthy Chula Vista” Brand and market health benefits/issues through social media, events, and engagement strategies.
3. Promote staff and partners as “Community Clinicians” to champion health throughout the City.
4. Link Business, Philanthropists, and community to maximize resources.
5. Facilitate Health Series Workshops in a culturally appropriate way to address specific community issues.
6. Develop and promote existing wellness activities as a means of Civic Engagement Events utilizing Healthy Chula Vista partners.
7. Adopt a City Limited English Proficiency (LEP) plan to remove barriers for non-native English speakers.
8. Review the Public Participation Policy to ensure effective civic involvement at all levels address cultural, socioeconomic, literacy and linguistic equity.
9. Engage Youth and Seniors through volunteerism, issue identification, problem solving, and health issues specific to these populations.
10. Establish a Health Champions annual recognition event.
11. Incorporate the nexus between cultural engagement and social and mental wellbeing in the Cultural Arts Master Plan.

TOOLS

Partnerships

- Civic Groups
- Religious
- Social Efforts



Land Use

EXISTING POLICIES & PROGRAMS

General Plan (2005-2020)

Energy Efficiency

- New buildings should maximize passive cooling and heating.
- Existing buildings should be retrofitted with more efficient technologies (as available).
- Only purchase EPA ENERGY STAR qualified appliances and products.

Urban Core Specific Plan (2006)

- Design guidelines to promote walkability.

Palomar Gateway Specific Plan (Ordinance 2013-3274)

- Promotes a multi-user development environment.

Bayfront Specific Plan (Ordinance 2012-3238)

- Promotes mixed-use multi-modal development while preserving the Sweetwater Marsh National Wildlife Refuge.

Complete neighborhoods that provide access to basic services plays an important role in the overall health of a community. Through land use planning the city can play a large role in developing and designing the physical neighborhoods and help shape the services and programs to facilitate residents interacting in public space.

Opportunities:

Ensure principles of healthy communities are consistently addressed in all land use planning documents.

Strategies:

1. Incorporate General Plan Amendments that address healthy communities into other relevant planning documents such as Specific Plans and address equity issues.
2. Evaluate the Design Standards Manual to reflect concepts of Complete Streets, address signage barriers and other health concepts as adopted.
3. Review and amend as appropriate CVMC Zoning and Conditional Use Permit (CUP) processing using a holistic approach to health considerations stressing co-location of amenities and sensitivity of uses near community assets.
4. Develop an awareness campaign and update the Otay Valley Regional Park Concept Plan and consider updates to the Green Belt Master Plan to incorporate healthy community concepts.
5. Use available Resiliency tools to evaluate the city's emergency preparedness.
6. Evaluate the Balanced Communities ("Inclusionary") Policy Guidelines to provide Affordable Housing throughout the city and support financial self-sufficiency.
7. Develop a Parklet Policy to allow business expansion (i.e. Third Avenue).
8. Consider hiring of a Grant Coordinator.

TOOLS

Partnerships

- San Diego Association of Governments (SANDAG)
- Circulate San Diego
- Local Developers
- San Diego Housing Federation



Transportation

EXISTING POLICIES & PROGRAMS

Land Use & Transportation Element, General Plan (2005-2020)

- Sustainable circulation/mobility system that provides transportation choices.

Pavement Management System (Resolution 2007-080)

- City inventory of street maintenance and condition, conducted approximately every 5 years.

Clean Fleet Policy, Climate Action Plan (2011)

- Encourage all city contracted-fleet vehicles and all replacement vehicles purchased for the municipal fleet to be hybrid or alternative fuel.

Safe Routes to School

- Provides walking audits for school safety improvement recommendations, to date 36 elementary and 6 middle schools.

The built environment and education can promote alternative transportation that improves local air quality, reduces traffic congestion, and is typically a more cost-effective way to commute. In addition, these transportation options help reduce employee stress and improve well-being by providing necessary connections to community assets.

Opportunities:

Promote multi-modal use of our roadways and connect major systems and land uses.

Strategies:

1. Utilize the Complete Streets policy to ensure safe, comfortable, and convenient access to all users and establish multi-modal Performance Thresholds.
2. Consider combining the Transit, Pedestrian & Bike Master Plans in the next update cycle.
3. Reevaluate the Pavement Management System to determine priorities and ensure equitable improvements.
4. Support Walking Audits to address mobility for all users.
5. Review Public Transit Access with MTS to ensure residents can access community assets and support innovative programs to encourage transit use.
6. Continue to respond and promote schools to participate in Safe Routes to Schools.
7. Promote alternative Car and Bike Sharing programs.
8. Support Alternative Fuel Infrastructure.
9. Adopt and support education of Transportation Demand Management (TDM) ordinances and concepts with sensitivity to cultural and socioeconomic issues.
10. Encourage smart street technologies for multi-modal users through the Smart City Initiative.
11. Support improvements to existing trolley services and additional Light Rail Connections.

TOOLS

Partnerships

- San Diego Association of Governments (SANDAG)
- Chula Vista Bike/Walk Committee
- County Bicycle Coalition
- Circulate San Diego
- MTS



Healthy Food Access

EXISTING POLICIES & PROGRAMS

Community Gardens Policy (841-01, 2010)

- Provides guidance to implement community gardens on city-owned vacant land.

Public Vending Machines in City Facilities Policy (840-04, 2006)

- Establishes nutritional standards for food and drink appropriate for public vending.

Food is our single source of energy and nutrition. Municipal governments can play a role in promoting access, safety, and a healthy variety of the foods in our community.

Opportunities:

Promote equitable access and education regarding safe healthy food.

Strategies:

1. Utilize the Healthy Food Access Portal to evaluate resources that improve access to healthy foods in low-income areas.
2. Review the Community Garden Policy to ensure barriers are removed and encourage community champions.
3. Update the Healthy Vending policy for City facilities.
4. Develop an Urban Agriculture policy to promote and address implications.
5. Study the location and number of Fast Food Offerings and explore No Drive Thru Regulations in areas of the city already concentrated.
6. Evaluate the feasibility of additional Farmers Markets, Food Distribution, and/or other innovate programs to address healthy food insecurity and accept EBT.
7. Establish procurement policies for Municipal Event Catering that promote healthy food options and sustainable practices.
8. Work with educational assets to promote Nutrition Programming.
9. Support regional efforts for Food Waste Prevention Programs that provide food alternatives for food insecure individuals.
10. Attract and retain Full-service Grocery Stores and Casual Restaurants that offer affordable and quality healthy food.
11. Support Local Processing of healthy foods.

TOOLS

Partnerships

- Cilantro to Stores Participants
- Mosaic Community Garden
- Chula Vista Community Collaborative
- Southwestern College
- Chula Vista Elementary School District
- Sweetwater High Schools
- San Diego County Childhood Obesity Initiative
- Chula Vista Charitable Foundation



EXISTING POLICIES & PROGRAMS

Parks and Recreation Master Plan (2005)

- Provides an inventory of city parks, open space, and recreational facilities as well an assessment of programming based on community need.

Adopt-A-Park/Volunteer Park Ranger Program (2005)

- Establishes volunteer guidelines to maintain and enhance public parks .

Physical Activity

Lack of physical activity is linked to obesity and chronic disease. Local government can play a key role in providing access to infrastructure, education and programming that promotes activity.

Opportunities:

Inequitable access and education about health impacts of inactivity and evaluation of barriers.

Strategies:

1. Educate and address inequities through the Safe, Accessible, Fun & Easy (SAFE) campaign to encourage increased awareness of walking, bicycle and pedestrian access.
2. Incorporate the Recreation Needs Assessment into the Parks & Recreation Master Plan to address community inequities and preferred programming.
3. Address Park Amenity and Perceived Maintenance Inequities through education.
4. Integrate healthy community concepts throughout, complete an “operations and maintenance for sustainability” chapter of the Parks & Recreation Master Plan and consider merging the Open Space Master Plan.
5. Increase awareness of the Adopt-A-Park/Volunteer Park Rangers program to promote civic responsibility and community engagement.
6. Institute an Open Streets Initiative and collaborate with business community to implement.

TOOLS

Partnerships

- Friends of Parks & Recreation
- Kaiser Foundation
- South Bay YMCA
- Youth Sports Council
- Olympic Training Center



EXISTING POLICIES & PROGRAMS

Breastfeeding Support Policy (662-11, 2006)

- Identifies city supervisors responsibility to ensure adequate space and time for breastfeeding employees to express milk at work .

Wellness Works (2014)

- Employee based program to promote healthy eating and physical activity amongst City workers.

Health Care & Prevention

Among the critical determinants of living environments that promote a community’s overall health includes access to top quality medical services and preventive care.

Opportunities:

Identification and education about inequitable access due to cultural, financial and transportation barriers.

Strategies:

1. Raise awareness of Chronic Diseases through the development of baseline data inclusive of health determinant inequities.
2. Analyze the nexus between health/wellness and Economic Development.
3. Support funding applications for Community Development Block Grant funding that provide preventive health care to the most vulnerable populations.
4. Support County Cool Zones sites.
5. Identify barriers to Mental Health care and resources.
6. Continue to support regional efforts that reconnect Homeless Individuals with health-promoting resources.
7. Support Early Childhood Development through lactation policies and pre-school age wellness programs.
8. Support Covered CA, CalFresh & WIC enrollment efforts.
9. Support Substance Abuse prevention and rehabilitation programs.
10. Evaluate and link the City’s Wellness Works Employee Program with other employers.

TOOLS

Partnerships

- Family Health Centers
- Sharp
- Scripps Mercy
- Chula Vista Community Collaborative
- Kaiser Foundation
- Health & Human Services Agency (HHSA)
- Live Well San Diego
- Regional Task Force on Homelessness
- San Ysidro Health Centers



Environmental Quality

EXISTING POLICIES & PROGRAMS

General Plan (2005-2020)

Energy Efficiency

- Existing buildings should be retrofitted with more efficient technologies (as available).
- Only purchase EPA ENERGY STAR qualified appliances and products.

Climate Action Plan (2011)

- GHG mitigation and adoption plans.

Environmental quality and sustainability are important determinants to human health. Government agencies can play a large role by developing programs and policies to help improve the environment and through regional coordination efforts.

Opportunities:

Education on health factors and address inequitable access and impacts.

Strategies:

1. Adapt Healthy Chula Vista goals to the Climate Action Plan and existing CLEAN initiatives.
2. Develop awareness about preservation and maintenance of the Urban Forest & Open Space (Natural Systems).
3. Develop a Tobacco and Smoke Free policy for all city facilities and city funded Affordable Housing projects.
4. Promote Affordable Energy and Water programs.
5. Develop community stewards and raise awareness of Waste Diversion and Disposal programs through the “Team Up to Clean Up” and “Buff-a-Block” campaigns.
6. Utilize Health Assessment Tools to identify vulnerable areas of the community and support programs that address Environmental Justice issues.
7. Continue to promote programs that address residential indoor Air Quality and review changeable sources of air pollution for outdoor.
8. Continue to promote the highest level of Water Quality (drinking, runoff, & natural bodies) working with businesses, residents, and water districts.
9. Review the Street Sweeping policy and raise awareness of the program.

TOOLS

Partnerships

- Environmental Health Coalition
- The Nature Conservancy
- American Lung Association
- American Heart Association



HEALTHY CHULA VISTA ACTION PLAN

Prioritizing Strategies for Health

EXECUTIVE SUMMARY

Healthy Chula Vista Action Plan: Prioritizing Strategies for Health

The Healthy Chula Vista Action Plan (HCVAP) is a set of 65 strategies developed by the Healthy Chula Vista Initiative, whose primary goal is to provide Chula Vista residents with tools to lead healthy lifestyles. The goal of the HCVAP is to promote opportunities for health by improving the City's physical and social environments, promoting awareness and access to services, and building community partnerships. The HCVAP strategies are divided into the following seven focus areas:

- Community Engagement
- Land Use
- Transportation
- Healthy Food Access
- Physical Activity
- Health Care & Prevention
- Environmental Quality

Human Impact Partners (HIP) was hired by Community Health Improvement Partners (CHIP) and awarded a Racial and Ethnic Approaches to Community Health (REACH) grant from the CDC to prioritize the proposed HCVAP strategies based on their anticipated impacts on health. To accomplish this, HIP collected data on local health status and inequities, reviewed public health research literature, and collected community and stakeholder input. HIP's overall goal is to prioritize strategies that if implemented, will result in the largest improvements in health and reductions in health inequities in Chula Vista.

City staff will present the results of this prioritization process to the Chula Vista City Council in January 2016. Once approved, the HCVAP will provide guidance on promoting health in the city over the next several years.

In order to collect public input on health status, health inequities, and prioritization of HCVAP strategies, HIP and City staff organized and facilitated three community workshops attended by 64 people, and one meeting with HCVAP stakeholders attended by 24 people. In addition, HIP and city staff developed

and administered an online and printed survey that 37 people responded to. Together, this community input provided information about the perceived needs of the community. In addition, the process engaged community members in the work of the local government and gave them another venue to voice their opinions about city policy.

SNAPSHOT OF CHULA VISTA HEALTH CONDITIONS

Based on local data collection, the main health concerns in the city are obesity and overweight among youth and adults, diabetes, low rates of physical activity, inadequate consumption of fruits and vegetables, asthma, and mental health issues. In general, the western portion of the city faces inequities in terms of lower incomes, lower quantity and quality of public resources such as parks and sidewalks, higher concentration of fast food restaurants, and fewer healthy food options.

HEALTH PRIORITIES IN CHULA VISTA

Healthy food access. Based on feedback from community workshops, the stakeholder meeting, and the survey, healthy food access is the highest priority focus area. Many Chula Vista residents feel that it is difficult to have healthy eating habits due to the abundance of fast food restaurants, especially in the west side of the city, as well as a dearth of affordable healthy food outlets. Six full-service grocery outlets have closed in recent years.

Public health research indicates that equitable access to nutritious food is paramount for promoting the health and well being of a community. The food that we consume plays a critical role in our overall health status and is closely related to obesity and diabetes, whose rates are higher in Chula Vista compared to the county. When fast food outlets and corner stores provide the only food options within close proximity and affordable to communities, people in those communities will consume the highly processed and unhealthy foods that are realistically available to them. Full-service supermarkets are a crucial resource for healthy food in any community because they offer a variety of fresh, unprocessed, and affordable food choices.

Affordable housing. According to community workshops, survey respondents, and local data, there is not enough quality affordable housing in the city. In addition, community workshop participants expressed their concern about the city's large homeless population.

High housing costs relative to the income of an individual or household can threaten food and financial security, lead to overcrowded living conditions and acceptance of lower-cost, substandard housing; it can also force people to relocate far away from their communities and resources to where housing costs are lower or possibly become homeless. Housing instability can result in job loss, difficult school transitions, and the loss of health protective social networks. Spending a high proportion of income on rent or a mortgage means fewer resources for heating or cooling, transportation, health care, childcare, and food. Cities can implement policies that increase affordable housing development and mixed-income neighborhoods.



Quality of public resources. Some residents at workshops said that sidewalks are absent or are poorly maintained in certain areas of the city. Residents also expressed that there is insufficient street and pedestrian lighting in some areas, which makes them feel unsafe. Some parks are unmaintained, dirty, lack amenities such as bathrooms and lighting, and are perceived as unsafe due to the presence of homeless people. Many residents reported a lower quality and quantity of parks in the western portion of the city as compared to the eastern portion. Survey respondents rated public safety as their highest neighborhood concern.

Well-maintained and well-lit sidewalks provide safe places to travel and exercise. By encouraging exercise and leading to improvements in mental and physical health outcomes, parks can be very beneficial to the health of those who use them. However, perceptions of crime and a lack of safety deter people from using sidewalks and visiting parks.

Public transit. Some community workshop participants said that public transportation resources in the city are inconvenient due to frequency of service, timeliness, and affordability.

High-quality and affordable public transit resources are vital for accessing workplaces, schools, childcare, healthy food, medical care, and other resources necessary for health. Public transit is particularly important for residents without access to a vehicle. Using public transit rather than driving can encourage physical activity and reduce air pollution.

The city is served by the regional light rail network and a network of buses. A Bus Rapid Transit (BRT) system is scheduled for construction in 2016.

Inequities between East and West. According to local data and participants in community workshops and the stakeholder meeting, inequities in income, availability of public resources, access to healthy food, and the presence of environmental burdens persist in the city, particularly between the west and east. Inequitable access to resources leads to inequitable health disparities. Many health outcomes can be linked to socioeconomic inequities within a given population. Many HCVAP strategies can be focused on reducing inequities by prioritizing areas of the city that need better opportunities for health.

PRIORITY HCVAP STRATEGIES

Based on this analysis, the highest priority strategies are summarized below. Focus areas and the strategies listed under each focus area are presented in order of community priority.

Healthy Food Access



- Support regional efforts for Food Waste Prevention Programs that provide food alternatives for food insecure individuals.
- Evaluate the feasibility of additional Farmers Markets, Food Distribution, and/or other innovative programs to address healthy food insecurity and accept EBT.
- Study the location and number of Fast Food Offerings and explore No Drive Thru Regulations in areas of the city already concentrated.
- Attract and retain Full-service Grocery Stores and Casual Restaurants that offer affordable and quality healthy food.

Transportation



- Support Walking Audits to address mobility for all users.
- Continue to respond and promote schools to participate in Safe Routes to Schools.
- Review Public Transit Access with MTS to ensure residents can access community assets and innovative programs to encourage transit use are supported.

Physical Activity



- Educate and address inequities through the Safe, Accessible, Fun & Easy (SAFE) campaign to encourage increased awareness of walking, bicycle and pedestrian access.

Land Use



- Evaluate the Balanced Communities ("Inclusionary") Policy Guidelines to provide Affordable Housing throughout the city and support financial self-sufficiency.

- Evaluate the Design Standards Manual to reflect concepts of Complete Streets, address signage barriers and other health concepts as adopted.
- Review and amend as appropriate CVMC Zoning and Conditional Use Permit (CUP) processing using a holistic approach to health considerations stressing co-location of amenities and sensitivity of uses near community assets.
- Develop an awareness campaign and update the Otay Valley Regional Park Concept Plan and consider updates to the Green Belt Master Plan to incorporate healthy community concepts.

Community Engagement



- Inventory Community Assets and establish a Health Advisory Commission representative of community partners and residents.
- Engage Youth and Seniors through volunteerism, issue identification, problem solving, and health issues specific to these populations.

Environmental Quality



- Utilize Health Assessment Tools to identify vulnerable areas of the community and support programs that address Environmental Justice issues.
- Continue to promote programs that address residential indoor Air Quality and review changeable sources of air pollution for outdoor.

Health Care & Prevention



- Identify barriers to Mental Health care and resources.
- Continue to support regional efforts that reconnect Homeless Individuals with health-promoting resources.
- Support funding applications for Community Development Block Grant funding that provide preventive health care to the most vulnerable populations.

Additional discussion about the prioritization process, including supporting evidence and policy recommendations, is included within the full report.







For more information, see www.chulavistaca.gov/healthy cv.
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FIVE YEAR WORK PLAN

The Healthy Chula Vista (HCV) work plan establishes the priorities of the strategies under the seven focus areas over the next five years. The accomplishment of the goals and strategies is dependent upon available funding and resources during the period, and may be adjusted accordingly. Execution of each strategy would follow the appropriate public and advisory outreach process.

Focus Area	Strategy	2016	2017	2018	2019	2020
 Engagement	Inventory Assets & Health Advisory Commission					
	Healthy Chula Vista Brand					
	Community Clinicians					
	Link Business & Philanthropists					
	Health Series Workshop					
	Civic Engagement Events					
	Limited English Proficiency					
	Public Participation Policy					
	Engage Youth & Seniors					
	Health Champions					
	Cultural Arts Master Plan					
 Land Use	General Plan Amendments					
	Design Standards Manual					
	CVMC Zoning & CUPs					
	Green Belt Master & Otay Valley RP Concept Plans					
	Resiliency					
	Affordable Housing					
	Parklet Policy					
	Grant Coordinator					

Focus Area	Strategy	2016	2017	2018	2019	2020
 Transportation	Complete Streets & Performance Thresholds	█				
	Transit, Pedestrian & Bike Master Plans				█	█
	Pavement Maintenance Plan		█	█		
	Walking Audits		█	█		
	Public Transit Access		█			
	Safe Routes to Schools	█	█	█	█	█
	Car & Bike Sharing	█	█	█	█	█
	Alternative Fuel Infrastructure	█	█	█	█	█
	Transportation Demand Management		█	█		
	Smart City Initiative		█	█	█	█
	Light Rail Connections		█	█	█	█
 Healthy Food Access	Healthy Food Access Portal	█				
	Community Garden Policy	█				
Healthy Food Access	Healthy Vending Policy	█				
	Urban Agriculture		█			
	Fast Food Offerings & No-Drive Thru Regulations		█			
	Farmers Markets & Food Distribution	█				
	Municipal Event Catering		█			
	Nutrition Programming	█				
	Food Waste Prevention	█	█	█	█	█
	Full-service Grocery Stores		█	█		
	Local Processing			█	█	

Focus Area	Strategy	2016	2017	2018	2019	2020
 Physical Activity	SAFE					
	Recreation Needs Assessment					
	Park Amenity & Perceived Maintenance Inequities					
	Parks & Recreation Master Plan					
	Adopt-A-Park & Volunteer Park Rangers					
	Open Streets Initiative					
 Chronic Disease	Chronic Disease					
	Economic Development					
 Health Care & Prevention	Community Development Block Grants					
	Cool Zones					
	Mental Health					
	Homelessness					
	Early Childhood Development					
	Covered CA, CalFresh & WIC					
	Wellness Works Employee Program					
	Substance Abuse					
 Climate Action Plan/CLEAN Campaign	Climate Action Plan/CLEAN Campaign					
	Urban Forest & Open Space					
 Environmental Issues	Tobacco & Smoke Free					
	Affordable Energy & Water					
	Waste Diversion & Disposal					
	Health Assessment Tools					
	Air Quality					
	Water Quality					
	Street Sweeping					