Healthy Community

INTRODUCTION

The Healthy Community Element establishes goals, policies, and actions that foster active living and community health in the City of Carpinteria (City). Active lifestyles that include regular physical activity, such as walking or biking to work or playing outdoor sports, contribute greatly to overall community health. Community health is affected by physical, social, and economic conditions. Access to opportunities for recreation. coastal access. active modes transportation, healthy food, healthcare services, and community facilities are important components of the overall quality of life in the City. The Healthy Community Element incorporates the City's Sustainable Community Policy adopted by the City Council in 2014, which addresses several community health indicators, including active transportation, healthy food access, and social equity (City Council Resolution 5500, A Resolution of the City Council of the City of Carpinteria Establishing a Sustainable Community Policy).

The Healthy Community Element addresses community resources that influence community health and the relationship of these resources to the City's physical setting and public facilities, including recreation, active and multimodal transportation, healthy food systems, and air quality. The Element also addresses health and human services and encourages connections between neighbors to increase social cohesion and help residents bond over a shared sense of community. These actions promote social equity, environmental justice, and quality of life for all members of the City's diverse population. This Element helps decision-makers, City staff, and the public understand the intersections of







"I like the small, walkable City layout, the outdoor activities, the beachside weather, and the great

Healthy Community Survey Respondent, 2018

public health and community planning to infuse development, programs, and processes to reflect these values.

Issue Areas

The Healthy Community Element addresses the following issue areas:

- Recreation and Coastal Access, including promoting the use of parks, open spaces, and trails for outdoor recreation by all community members, participation in sports and recreation programs, and equitable access to coastal recreation resources to support active lifestyles, community connection, and environmental justice.
- Active Transportation, including increasing the use of human-powered forms of transportation such as biking and walking, as well as public transportation, to promote active lifestyles, social equity, and reduce air pollution.
- Healthy Air Quality, including assessing ambient air quality conditions, emissions from mobile and stationary sources, greenhouse gas emissions, and nuisance odors to ensure equitable access to clean air.
- Healthy Food Systems, including developing strategies to ensure community access to nutritious foods and education about healthy food choices.
- Health and Human Services, including encouraging affordable healthcare and human services that meet local needs within the City while ensuring access to regional services.
- **Community Connection,** including supporting community events and programming, equitable participation, and local leadership that reflect the needs and interests of the City's diverse population.

The issue areas addressed in the Healthy Community Element are complemented by policies contained in other Coastal Land Use Plan (CLUP)/General Plan (GP) Elements. The Land Use **Element** designates land uses and enacts development standards to determine the siting of facilities for health services, recreation, open space, coastal access, and active transportation. The Community Design Element and Open Space & Conservation Element address open space resources in the City and coastal access issues, such as trails, parking availability, and preservation of coastal views. Potential hazards affecting coastal access and open space resulting from sea level

Element The Healthy Community addresses the following legislative requirements:

Coastal Act, Chapter 3

Article 2 - Public Access

§30210; §30211; §30212; §30212.5; §30213; §30214

Article 3 – Recreation

§30221; §30221; §30222; §30224

Article 6 – Development

§30250; §30251; §30252; §30253

Applicable Local Coastal Program (LCP) requirements are outlined in the California Coastal Commission's (CCC) LCP Update Guide

California Planning Law

California Government Code (Gov. Code) §65302(a)

{Recreation}

Gov. Code §65302(b)(2)(A) {Active Transportation}

Gov. Code §65302(h) {Environmental Justice}

Gov. Code §65302.1(c)

{Air Quality}

Gov. Code §65561 {Open Space}

rise and coastal storms are discussed in the Coastal Resiliency Element. The Public Facilities & Services Element addresses City-owned parks, open spaces, beaches, coastal access, and trails. The **Circulation Element** addresses infrastructure planning to interconnect and increase the use of active transportation modes such as walking, biking, and transit.

BACKGROUND



Public parks provide opportunities for outdoor recreation, which decreases stress and improves physical fitness.

Community health is influenced by several specific factors, as well as broader social, economic, and conditions. cultural **Participation** in one's community has positive impacts on physical health, as well as overall happiness and life satisfaction. Other factors correlated with positive health include employment, income level, and access to nutritious food and affordable health care, reducing the potential for chronic health issues hospitalizations. Mental health, corresponding to a person's psychological and emotional well-being, is another critical factor influencing overall health.

The physical setting of a community affects physical

and mental health. Walkable neighborhoods and access to parks, trails, and open spaces increase community satisfaction, as well as the time spent on physical activity, both of which improve mental health and lessen stress (International Journal of Environmental Research and Public Health 2019). Outdoor and indoor community recreation facilities are correlated with mental health benefits by increasing physical activity and potentially lessening the negative effects of mental health conditions such as depression and anxiety. Improvements in the ability of children to learn and concentrate can also result from increased exercise and physical activity (National Recreation and Park Association [NRPA] 2010). Additionally, the availability of diverse active transportation options increases community mobility and increases access to local healthcare opportunities, improving the community's general health.

Low-income communities typically experience higher rates of many health issues, including diabetes, hypertension, and cardiovascular disease. While these correlations result from a broad

Goals of the City's Sustainable Community Policy - City Council Resolution No. 5500 (2014)

- Develop improved park and open space connections and encourage pedestrian access.
- Improve and enhance coastal access, trail systems, and bike paths.
- Improve the quality of life of all members of the community through education, services, and accessibility to resources.
- Enhance local community interaction through events and activities.
- Promote the fair distribution of benefits and costs among diverse social and cultural groups.
- Encourage community participation in planning and policy development to ensure that a wide spectrum of the community is represented and participates in local government.

Definitions

Low-Income: Area where household income is less than or equal to twice the federal poverty level (EPA).

Environmental Justice: fair treatment of all races, cultures, and incomes with respect to the development, adoption, implementation, and enforcement of environmental laws, regulations, and policies (Public Resources Code [PRC], §30107.3).

Disadvantaged Community: Area with concentrations of low-income households, high unemployment, low levels of homeownership, high rent burden, sensitive populations, low levels of educational attainment, or populations disproportionately affected by environmental pollution and other hazards that can lead to negative public health effects, exposure, or environmental degradation. However, there is no universal definition of disadvantaged communities, and thresholds vary depending on context.

set of factors, low-income communities may have decreased access to transportation options, health and human and representation within services, local government. geographic distribution Uneven community resources may also result in disproportionate health conditions across communities. For example, according to the 2022 Community Health Indicators project by Cottage Health, between 12.4 and 22.7 percent of adults over 18 said that, over the past year, they often or sometimes could not afford to eat balanced meals; overall, between 13.3 and 44.8 percent of adults in Carpinteria identify themselves as food insecure. Further, between 6.8 and 9.2 percent of adults in Carpinteria have or have had diabetes and between 29.1 to 46.6 percent of Carpinteria adults do not have a personal care provider (Cottage Health 2022). These indicators demonstrate that community health in the City is generally strong but varies by household and neighborhood depending on several factors addressed in this Element, including access to nutritious food and healthcare, outdoor recreation, and active transportation.

Several State programs encourage or require local agencies to address demographic disproportionalities, including the California Department of Water Resources (DWR) and the

California Environmental Protection Agency (CalEPA). The California Coastal Commission (CCC) considers issues of environmental justice and equity in all actions.² Gov. Code §65302(h), incorporated in 2016 as a result of Senate Bill (SB) 1000, requires local jurisdictions with communities disadvantaged by environmental health issues to adopt a specific general plan element or goals, policies, and objectives in other elements that address environmental justice. While the City does not meet the criteria of a disadvantaged community defined under SB 1000, the DWR defines Disadvantaged Communities (DACs) as Census tracts and/or block groups with an annual median household income (MHI) that is less than 80 percent of the Statewide annual MHI. According to the DWR, Carpinteria contains Census block groups that are classified as DACs; these DACs are primarily in the downtown/central area of the city (DWR 2018). Further, Gov. Code 65565.5 requires the City to plan for access to open space for all residents in a manner that considers social, economic, and racial equity, correlated with environmental justice policies in the general plan. As a result, the Healthy Community Element includes considerations for environmental justice, equity, and disadvantaged populations.

¹ CalEnviroScreen developed by CalEPA identifies communities that are disproportionately burdened by pollution with population characteristics that make them particularly sensitive to pollution. Available at: https://oehha.ca.gov/calenviroscreen/report/calenviroscreen-30

² CCC's Environmental Justice Policy Statement can be found at: https://www.coastal.ca.gov/env-justice/

The Healthy Community Element addresses social equity and inclusion for populations that may experience a disproportionate lack of access to health care and environmental resources due to transit-related or physical limitations, referred to as disadvantaged populations in this CLUP/GP. Specific populations residing within the City that have been historically disadvantaged include minorities, non-native English speakers, low-income, the elderly, persons with a disability, and transit-dependent individuals. Census data reflecting the City's socioeconomic diversity and age demographics are provided below.

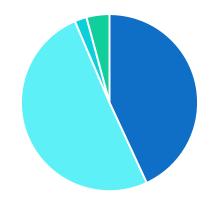
- Residents over 18 years old with income below 2022 federal poverty level: 5.7 percent, including 2.9 percent of all families within the City (U.S. Census Bureau 2022).
- **Residents over 18 years old speaking Spanish at home:** 21.8 percent. Of these, 24.8 percent speak English less than "very well" (U.S. Census Bureau 2022).
- **Median resident age:** 43.4 years old, greater than Santa Barbara County (County) (34.7) and state (37.9) (U.S. Census Bureau 2022).
- **Residents over the age of 60:** 28.3 percent. This exceeds County (21.4) and state (20.8) percentages (U.S. Census Bureau 2022).

The City demographics indicate a similar proportion of both White and Hispanic or Latino populations, along with relatively limited populations of minority ethnicities (U.S. Census Bureau 2022).

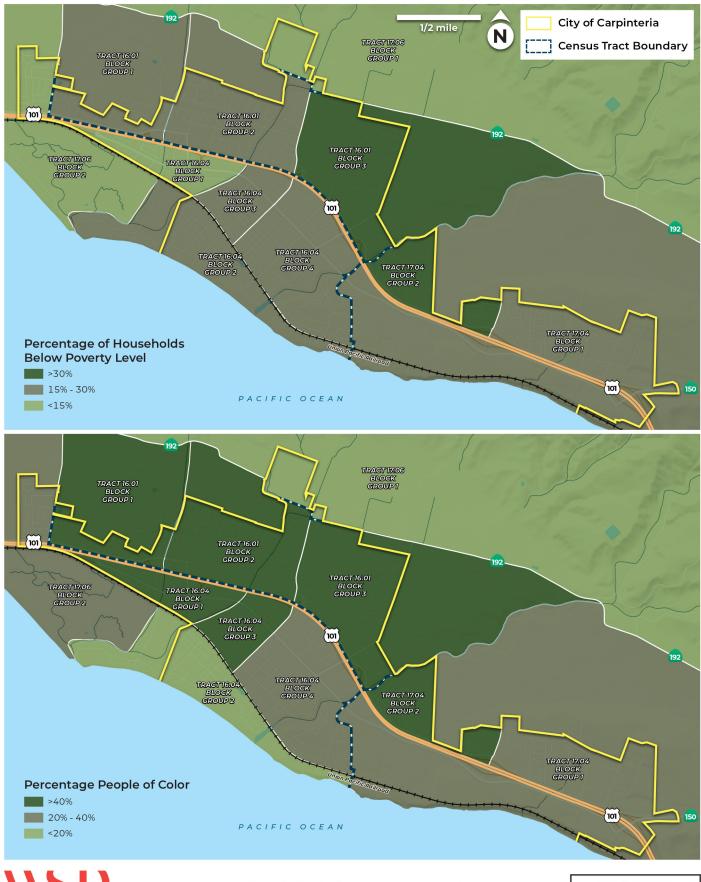
Another metric identifying disadvantaged populations is the percentage of residents/households living below the poverty line. The U.S. Environmental Protection Agency's (EPA) Environmental Justice Screening and Mapping Tool (EJScreen) identifies Census block groups within the City and the percentage of their households that fall below the poverty level. Within Carpinteria, this percentage ranges from 0 to more than 15 percent. (See Figure HC-1).

This Healthy Community Element incorporates objectives and requirements to maximize equity and inclusion in City processes, including:

Population by Race/Ethnicity within Carpinteria



- Hispanic or Latino (of any race) (43.1%)
- White (not Hispanic) (50.5%)
- Asian (2.2%)
- Other (4.2%)
- Reduce unique health risks in disadvantaged communities related to inequitable access to public facilities, healthy foods, and physical activity;
- Promote equitable civil engagement in the public decision-making process; and
- Prioritize improvements and programs that address the needs of disadvantaged communities.



wsp

Carpinteria Low-Income and Minority Population Distribution

FIGURE HC-1

RECREATION & COASTAL ACCESS

Recreation is essential to improving human health and well-being. Recreational facilities and programs directly improve human health and have economic, social. added environmental benefits. Local parks, trail fitness networks. centers, recreational programs provide people with the opportunity to be physically active, engage with the outdoors, and gather with family and friends, all of which enhance health and well-being. Recent research suggests that spending two hours per week or more outdoors and in a natural setting is correlated with



Recreation areas, including swimming opportunities, sport fields and courts, trails, and communal gathering areas, are vital to the City's quality of life and vibrant community.

good health and well-being (White, M.P., Alcock, I., et al. 2019). Local parks and recreational facilities are vital to what makes communities livable and vibrant, and parks directly contribute to the quality of life (NRPA 2016).

Recreation needs vary depending on the age and interests of the City's residents and visitors. For example, children may seek playgrounds, sports fields, and active recreation programs, while adults and seniors may desire hiking and running trails, sports courts, and facilities that support active lifestyles and community gatherings. Although many residents in the City are seniors (28.3 percent), a significant portion of residents are under the age of 18 (19.8 percent), indicating the need for a diverse and equitable recreation system that meets the needs of City residents (U.S. Census Bureau 2022). The NRPA recognizes that agency benchmarks and facility design standards vary widely according to the specific needs of local communities (NRPA 2019). For instance,



Carpinteria's parks and recreation facilities support youth and adult sports leagues for active sports such as soccer, softball, and baseball. Photo: AYSO Area 10W

inclusive and accessible playgrounds can be designed to provide a safe place where children of all abilities can play together, appropriate for children with and without disabilities. Inclusive playgrounds can take away barriers participation, both physical and social, providing a "sensory-rich" experience for all.

The Public Facilities and Services Element provides an inventory of the City's parks, trails, and open spaces that support outdoor recreation. Combined, these resources support community health with active recreation, passive recreation, and coastal recreation, as described below:

- Active recreation areas, such as playgrounds and sports fields or courts, are typically sited in neighborhood and community parks. These facilities typically provide amenities such as public restrooms, picnic areas, and barbecue pits, as well as opportunities for youth groups, community organizations, and others to gather. Examples of these areas in the City include El Carro Park and Memorial Park, Carpinteria Community Pool, and the Carpinteria Middle School tennis/pickleball courts, which operate under existing joint-use agreements with the Carpinteria Unified School District (CUSD), to offer more active recreation opportunities to the community.
- Passive recreation areas, including trails, open spaces, and picnic areas, provide opportunities to explore the outdoors and often provide public coastal access in the City, such as the Carpinteria Bluffs and the Carpinteria Salt Marsh Nature Park. Passive recreation areas provide opportunities for residents and visitors to enjoy scenic resources, including the Pacific Ocean and views of the Santa Ynez Mountains. Public open spaces support passive recreational activities such as walking, photography, and birdwatching. Passive recreation areas generally have minimal development and include hiking and biking trails.
- Coastal recreation areas, including the City's beach, Carpinteria State Park, Tar Pits Park, and the Carpinteria Bluffs, provide significant public resources that are highly valued by residents and visitors for their public recreation opportunities. beaches, trail networks, campsites, and other facilities along the coast provide numerous opportunities for passive and active recreation. The City's beaches and bluffs provide public ocean-based access to recreation, such as beach-going, water



Beaches in the City provide active and passive recreation opportunities for residents and visitors.

sports, swimming, surfing, kayaking, kiteboarding, and other forms of physical activity. Maximizing coastal access not only increases the availability and quality of recreation opportunities but also results in health benefits and improves overall well-being for residents and visitors (White, M.P., Alcock, I., et al. 2019).

ACTIVE TRANSPORTATION

Active transportation is the use of human-powered transportation such as walking or bicycling. Public transit is considered active transportation because it generally involves an active mode at the beginning or end of the trip and can provide access to longer-distance trips for pedestrians, bicyclists, and other commuters who do not rely upon personal vehicles. Active transportation supports commuting, recreation, and fitness activities, and is an essential part of the City's transportation network. Healthy communities encourage walking, cycling, and public transit through street design, land use, site planning, safe routes, and transit availability. The roadways

and routes that support active transportation, including bike routes and public transit facilities, are described further in the Circulation Element.

Physical inactivity is the second leading cause of preventable death in the U.S. and increases the risk for chronic health issues such as diabetes, high blood pressure, and heart disease (Centers for Disease Control and Prevention [CDC] 2022; Mokdad et al. 2004). Active transportation increases physical activity, which in turn decreases the potential for chronic health issues. In addition to improving physical and mental health, active transportation can substantially reduce toxic air emissions and greenhouse gas (GHG) emissions. Given that approximately 50 percent of vehicle trips in the U.S. are under 3 miles and almost 25 percent are within a mile, encouraging active transportation in the City may represent a substantial opportunity to improve public health and environmental quality (U.S. Department of Transportation & Federal Highway Administration 2011). Locally, active transportation modes account for approximately 14 percent of all work trips originating in the City in 2022. Walking was the primary form of active transportation, followed by bike and transit (SBCAG 2024).

Active transportation has positive economic impacts. In addition to savings on health costs



The Coastal Act requires development to maintain and enhance coastal access by facilitating provision or extension of transit and non-automobile circulation (PRC 30252). Gov. Code 65302(a) requires general plans to identify the distribution, location, and extent of land designated for pedestrian and bicycle, nonmotorized vehicle transportation. recreational travel corridors. Gov. Code 65302(b)(2)(A) requires general plans to plan for multimodal transportation that meets the needs of all roadway users including bicyclists, children, and persons with disabilities. The City's Sustainable Community Policy requires general plan policies for land use development that encourages walking, cycling, and active lifestyle. Photo: Coastal View News

from increased physical activity, individuals who use active transportation save money on gas, vehicle repairs, and other typical vehicle costs. Active transportation facilities, such as dedicated bicycle paths and public transit, can enhance mobility for segments of the City's population that do not otherwise have access to personal automobile transportation, including children, elderly, disabled, and low-income households, and can support those who do not wish to drive personal automobiles, reducing local and regional air quality impact. Active transportation also supports businesses by decreasing nearby roadway congestion and related parking demand.

Segments of the City's transit-dependent population, who have no personal vehicle, no access to a vehicle, or are unable to drive, rely on active transportation as the primary means of mobility; many socioeconomic factors affect transit dependency (see Table HC-1):

2.7 percent of the City's working population (aged 16 or over) use public transportation (excluding taxicabs) for commuting to work. 7.3 percent walk or bike, and 1.0 percent use taxicab, motorcycle, or other means (U.S. Census Bureau 2022).

- 12.2 percent of the City's working population (aged 16 years and over) work from home. This is a significant increase from 2019 (7 percent), likely because of the COVID-19 Pandemic (U.S. Census Bureau 2022).
- 5.4 percent of the City's population is living at or below the poverty level, and 15.1 percent of the population 25 years and older does not have a high school degree (U.S. Census Bureau 2022). Limited income can make vehicle ownership and regular access to a vehicle difficult.
- Many individuals in Carpinteria are seniors over the age of 65, or youths (under age 18) who may not have a personal automobile or have disabilities that can make vehicle operation challenging; these individuals are likely to rely on active transportation. Increased accessibility to public transit options, walking paths, and bike routes would reduce travel times and increase the quality of life for transit-dependent populations.

Table HC-1. Transit Dependency Indicators

Jurisdiction	Age Less than 18	Age 65 & Over	Disability	Poverty
City of Carpinteria	19.8%	21.6%	8.9%	5.4%
County of Santa Barbara	21.9%	16.6%	11.5%	14.4%

Source: (U.S. Census Bureau 2022)



"Complete Streets" aim to serve all users of the roadway and adjacent sidewalks, including pedestrians, bicyclists, transit riders, and drivers. Additionally, they address the unique needs of children, seniors, and people with disabilities.

The CLUP/GP addresses the need for active transportation with specific objectives and policies on improving existing and designing new community spaces to accommodate safe active transportation routes. Uneven, narrow, or physically obstructed sidewalks create safety hazards that prevent wheelchair accessibility and potentially dissuade pedestrians from using those paths. Areas with lower levels of public activity and nighttime lighting can also be perceived as unsafe. Conversely, facilities such as shaded wheelchair-accessible crosswalks. appropriately timed traffic signals can encourage residents and visitors to use active transportation.

The City offers several opportunities for residents and visitors to use active transportation, including sidewalks and pedestrian trails for pedestrians and bikeways and bike lanes for cycling. Additionally, the City is served by several bus lines that run daily. These bus routes offer low-cost transportation options and expand access to other active transportation modes such as bicycling and walking. Regional nonprofit organizations (e.g., MOVE Santa Barbara County, formerly the Santa Barbara Bicycle Coalition and the Coalition for Sustainable Transportation)

advocate for bike and pedestrian access in Santa Barbara County, provide bicycle safety lessons and low-cost helmets for school children, and increase awareness of active transportation opportunities through outreach and education.



Bicycle racks along Linden Avenue increase feasibility and convenience of active transportation options within the City. Photo from Santa Barbara Metropolitan Transit District (SBMTD)

The planning, design, and provision of an effective active transportation network requires collaboration with many levels of government. SBCAG addresses active transportation in the adopted Regional Transportation Plan and Sustainable Communities Strategy (RTP/SCS) to integrate regional housing and transportation goals, as well as the Regional Active Transportation Plan. California enacted the Active Transportation Program in 2013 to fund pedestrian, bicycle, and Safe Routes to School programs (SRTS). SRTS programs support the use of safe active transportation modes for children and their families to and from schools. Projects eligible for SRTS funding can include pedestrian facilities, traffic calming, traffic

control devices, bicycle facilities, and public outreach and education. While general plan updates are not eligible for this funding, SRTS programs can help implement projects consistent with the City's CLUP/GP for a connected, safe, and multimodal transportation network.

HEALTHY AIR QUALITY

The City's air quality is integrally linked to local and regional land uses and transportation patterns and can have substantial impacts on community health. Air pollution causes both short-term respiratory symptoms and a higher incidence of long-term medical issues, including lung disease, heart attacks, and cancer, and is particularly harmful for infants, children, and seniors.

Air pollution results from a variety of human activities. Marine shipping emits the largest percentage of Santa Barbara County's criteria pollutants and is responsible for over 50 percent of ground-level ozone known as smog (Santa Barbara

Coastal Act Section §30253 requires new development be consistent with applicable regional and state air pollution control regulations and to minimize energy consumption and vehicle miles traveled. Gov. Code 65302.1(c) requires general plans to include a report describing local air quality conditions including air quality monitoring data, emission inventories, lists of significant source categories, attainment status and designations, and applicable state and federal air quality plans and transportation plans.

County Air Pollution Control District [SBCAPCD] 2019). Mobile source emissions from roadways, U.S. 101, and the Union Pacific Railroad (UPRR) are a primary source of air pollutants in the City, particularly for residential uses or outdoor recreation areas adjacent to these roadways/transportation corridors. (SBCAPCD 2017). Other sources of harmful air pollutants

include industrial processes, chemical emissions from paints, and gas-powered motorized equipment (e.g., lawnmowers and leaf blowers). Agricultural-related odors in the region can be a nuisance for residents and visitors, including cannabis cultivation businesses. Further, particulate matter from wildfires within the region can remain airborne during and following a wildfire. All of these pollutant categories pose serious threats to public health. Toxic Air Contaminants (TACs), for example, can cause or contribute to an increase in mortality or serious illness. Health impacts from TACs and other pollutants can include an increased risk of cancer due to continual inhalation; asthma; heart and respiratory diseases; and cognitive impairment (World Health Organization 2018).

Topographic and meteorological conditions affect weather conditions and airflow in the Carpinteria Planning Area. The region typically has a dry Mediterranean climate and a semipermanent high-pressure cell that lies off the Pacific Coast, resulting in limited rainfall, warm dry summers, and relatively cold dry winters. The southern portion of the county is subject to the development of air pockets, or inversion layers, during the summer months of May through October. Temperature inversions result when cool air lies below warmer air overhead and can concentrate pollutants at lower elevation levels by restricting the dispersion of suspended chemicals. Warm, dry Santa Ana winds blow northeasterly during fall and winter and can minimize inversions and move pollutants out of the Carpinteria Valley. However, these pollutants can then migrate back onshore into the county in what is called a "post-Santa Ana condition." Fortunately, onshore winds generally predominate and help maintain good air quality by moving air pollution generated in the region to the east over the Santa Ynez Mountains.

Air quality standards define clean air and set limits for specific pollutants. Federal standards have been set for seven pollutants: ozone, carbon monoxide, nitrogen dioxide, sulfur dioxide, particulate matter less than 10 microns in diameter (PM₁₀) and less than 2.5 microns in diameter (PM_{2.5}), and sulfates. The State of California has set standards for these seven air quality pollutants as well as lead, hydrogen sulfide, vinyl chloride, and visibility-reducing particles. In most cases, California's standards are more protective of health than the federal standards. The pollutants of greatest concern in the county are ground-level ozone, particulate matter, and air toxics. Although air quality standards have not been established for air toxics, regulations aim to reduce their health risk while appropriate thresholds are developed. Air basins are classified based on attainment of the state and federal standards, and local air quality districts work with cities and counties to attain all standards.

The City is in the South Central Coast Air Basin, which encompasses San Luis Obispo, Santa Barbara, and Ventura Counties, and is under the jurisdiction of the SBCAPCD. The SBCAPCD regulates air quality through its permitting authority over most types of stationary emissions. The SBCAPCD operates air quality monitoring stations across the county to determine whether pollutant air concentrations meet state and national air quality standards. One monitoring station is in the City on Gobernador Road, designated Air Resources Board Site Number 42402. This station assesses the atmospheric levels of ozone, nitric oxide (NO), NO_x, NO₂, wind speed, wind direction, and ambient temperature. Plans that regulate emissions sources in the City include the City's Strategic Energy Plan, SBCAG's RTP/SCS, and various programs/plans run by SBCAPCD and

the California Air Resources Board (CARB), all of which aim to reduce pollutants from all sources within the City and beyond. For example, CARB recommends buffer distances (from which sensitive land uses, such as residences, should be set back) for a variety of TAC emitters, including freeways, major roadways, dry cleaners, and gas stations. SBCAPCD also implements an Ozone Plan and a Clean Air Plan that applies to the City.

HEALTHY FOOD SYSTEMS

The availability of nutritious foods and balanced diets is an essential component of public health. The CDC and the American Heart Association have recognized the importance of healthy foods and their connection to health issues such as diabetes, high blood pressure, and heart disease. Equitable access to healthy food is an important consideration as food security, malnutrition, and obesity disproportionately affect low-income, youth, elderly, and minority populations. Community food security is achieved when all community members have access to affordable, nutritional food sources that are supported by sustainable food production and distribution. A healthy food system includes resources that allow community members to easily make healthy and affordable food choices.

The City has supermarkets and grocery stores that range in size and affordability and are generally located centrally in the Downtown area. The City's supermarkets provide groceries for residents and visitors, as well as unincorporated communities surrounding the City such as Summerland and La Conchita. Several grocery stores accept Supplemental Nutrition Assistance Program (SNAP; formerly known as food stamps), as well as Women, Infants, and Children (WIC) program Electronic Benefit Transfer (EBT) cards and checks. Most supermarkets are close to bus stops, providing accessibility. Additionally, the City has relatively few fast-food chain restaurants within its limits and does not allow drive-through restaurants.

Urban agriculture also provides local access to fresh fruits and vegetables through farmers' markets, community gardens, farm stands, and onsite garden plots. Access to fresh local produce is provided by a weekly Farmer's Market in the City with produce, baked goods, and meat,



The local farm stand provides residents and visitors an opportunity to meet local farmers and buy nutritious, locally grown produce.



Community Garden Park allows residents to grow produce and participate in events, including lectures and workshops.

including many organic options. The Farmer's Market accepts both SNAP and WIC benefits. A Farm Cart also sells fresh produce in the downtown area 6 days per week, closing on the day of the Farmer's Market. Low-cost community garden plots at Community Garden Park allow residents to grow their own food in publicly available raised beds. The City is also working toward a community orchard north of U.S. 101 on the former Whitney property, which is now owned and managed by the City.

The Foodbank of Santa Barbara County, located on Hollister Avenue in Santa Barbara, provides nutritious food to low-income children, families, and seniors in Carpinteria via various distribution sites in/around the City (e.g., Carpinteria Children's Project, Reality Church, Veteran's Memorial Building) and limited food delivery programs (Foodbank SBC 2023). In addition, a range of nutrition education (e.g., Carpinteria Children's Project) and gardening programs (e.g., Carpinteria Garden Park, School Gardens Program) are available at local community facilities and schools. The Central Coast Commission for Senior Citizens provides the Lunchtime Café for hot meals in a social setting to anyone 60 years of age or older free of cost.

CLEAN COMMUNITY

A healthy community benefits from solid waste management programs that ensure a clean and beautiful environment for all. Litter and debris can degrade both the environmental and visual quality of the community, which in turn can decrease the perceived value of public spaces and

recreational Properly areas. managing trash, recyclables, and organic waste plays an important role in the health of humans and the environment. Through efforts such as at-home composting programs and reducing the overall use of single-use products, the community helps improve water quality and reduce greenhouse gas emissions.

The City supports a variety of programs and services to reduce the potential for solid waste and litter to degrade community health. To help ensure clean parks, beaches, and public spaces, the City provides collection services via contract for trash, recycling,



Carpinteria's solid waste management programs divert recyclable materials, ewaste, food waste, and green waste from local landfills. Photo: City of Carpinteria

green waste, and food waste for all residents and businesses in the City. To reduce the generation of non-recyclable solid waste, the City prohibits the distribution and sale of polystyrene products, regulates disposable dinnerware, and regulates foil and latex balloons. Trash and recycling services are also provided in the City's parks, open spaces, and beaches to help dissuade littering and dumping in public recreational areas and the coastline. Construction and demolition (C&D) waste is managed through waste management plans per the City's Municipal Code. As the City's storm drains flow to the Pacific Ocean, the City provides street sweeping services in both commercial districts and residential neighborhoods to collect debris, sediment, and solid waste before it flows to local creeks and ultimately the Carpinteria Salt Marsh and the Pacific Ocean. In addition, the City provides for the collection of hazardous waste such as antifreeze, batteries, oil,

and paint (ABOP), as well as the annual disposal of large household items and electronic waste (e-waste). Combined, these services ensure that solid waste is managed consistent with State laws to maximize recycling, protect the environment from litter and contamination, and keep Carpinteria's streets, parks, beaches, and public spaces clean and attractive.

The City also supports in-house and community-based efforts to educate the public about the City's disposal facilities and services, as well as efforts to promote beauty in the community. The City actively encourages all residents and businesses to separate recyclable materials and food waste from the municipal waste stream, thereby reducing the rate of disposal to transfer stations and landfills. The City has also partnered with other local agencies to implement the Santa Barbara County Regional SB 1383 Food Recovery Plan, which diverts edible food to organizations that provide meals and groceries to people in need. In support of these programs, the City provides educational programs and materials, including food waste bins and informational posters, to residents and businesses. Carpinteria Beautiful is an all-volunteer, grassroots organization that works to promote, preserve, and enhance the natural beauty of the City through the coordination and promotion of community-based clean-up/litter pickup programs and events.

HEALTH & HUMAN SERVICES

A healthy community has access to high-quality healthcare services that support the needs of all ages and abilities. Access to preventative health, primary care, and immediate care services, as well as dental care, mental health, and senior care, contribute to the overall well-being of residents and employees in the City.

The City's healthcare needs are met by a combination of public, private, and nonprofit facilities providing health and human services to residents of the City, including home healthcare service, outpatient healthcare, specialty care, mental health, and support services. Some services, such as urgent care and hospital care, are not established in the City but are provided in nearby cities such as Goleta, Santa Barbara, and Ventura. The nearest hospital is Santa Barbara Cottage Hospital, which supplements local resources with an emergency room, intensive care unit, and maternity services. Santa Barbara Cottage Hospital is approximately 14 miles, or 16 minutes without traffic, from the City. The nearest urgent care facility is provided by Sansum Clinic, located approximately 16 miles, or 18 minutes without traffic, from the City. Within the City, major healthcare centers include Sansum Clinic Carpinteria Family Medicine (located at 4806 Carpinteria Avenue); Jackson Medical Group, Carpinteria Office (located at 5565 Carpinteria Avenue); American Indian Health and Services (located at 5412 Carpinteria Avenue); and the Santa Barbara County Public Health Department's (PHD's) Carpinteria Location (detailed below). Sansum Clinic provides family medicine, internal medicine, and laboratory services. Jackson Medical Group provides in-person and telemedicine services. The American Indian Health and Services' Carpinteria location provides primary health care, as well as dental care.



The Carpinteria Children's Project provides early childhood education, family classes, and coordinates provision of health care, social services, and other important family resources.



Services provided to low-income families and individuals at the Carpinteria Health Care Center include immunizations, pediatrics, and family medicine.

The City is committed to working with the County and other regional health and wellness providers to serve the community. The County provides a wide range of health and human service programming to the City. The County's PHD provides direct medical services at the PHD Carpinteria Health Care Center located on Walnut Avenue, including a Children's Health Disability Program (CHDP), family practice, internal medicine, nutrition, pregnancy (OB Care), women's health, and walk-in services (PHD 2020). Outside of the City, PHD also has facilities for the County, such as its location in Goleta approximately 17 miles north on U.S. Highway 101 (U.S. 101), addressing health care for the homeless, as well as advanced services, including radiology, clinical laboratory, and pharmacy. Community health programs provided by PHD include health and nutrition education, childcare, family planning, and a sexual assault response team. The County is also responsible for environmental health (retail food, recreational health, water systems, onsite liquid waste, hazardous materials unit), and emergency medical services disease control and prevention (TB, STDs/STIs). The County's WIC program provides referrals to health care and community services. The County Department of Behavioral Wellness provides mental health and substance abuse services for all ages.

Community-based services, such as Help Carpinteria, Visiting Angels, and private healthcare providers, provide health and human services in Carpinteria through a network of providers that work together in support of children, families, and the community. Resources such as Carpinteria Children's Project are available to low-income families in Carpinteria, including free childcare, part- and full-day education for infants through kindergarteners, parenting workshops, language classes, connections to counseling and medical insurance resources, and free health screenings. In addition, free and low-cost services are available to prevent domestic violence, address childhood and family trauma, and provide



Community agencies in Carpinteria offer parenting courses, affordable healthcare, and other important family services.

programs for behavioral wellness, suicide prevention, education, and drug and alcohol outpatient services. Santa Barbara Neighborhood Clinics, with offices throughout the City of Santa Barbara, serves as another nearby resource and provides comprehensive, affordable healthcare to underserved communities in the region.

In coordination with the City, the PHD Carpinteria Health Care Center and local organizations offer homeless services, including a lunch program and weather-dependent overnight accommodations. These services are particularly critical because individuals experiencing homelessness are more vulnerable to injury and illness, and on average, use a greater number of emergency services than other City residents. PHD provides primary care services to the homeless at the Carpinteria Health Care Center and coordinates an outreach team to connect homeless individuals with necessary resources and secure housing. The Foodbank of Santa Barbara County supports a weekly lunch program. Weather-dependent overnight accommodations are offered by Freedom Warming Centers at Carpinteria Community Church. Carp Connect provides individuals and families with mental health services from local, partnering agencies to enhance and expand access to behavioral health services. Carp Connect partnering agencies have come together to provide services that include social, recreational, educational, and case management activities focused on health and wellness. The City's AgeWell program provides services and resources to senior residents, including special events and other resources to stay healthy.

In summary, although several services are available within the City, larger cities in the region generally have a broader range of available services that can meet the needs of Carpinteria residents. Providing appropriate transportation options to community health facilities for City residents ensures that City residents can supplement locally available health care services with regional emergency and urgent care services, as well as specialized services such as dental, vision, and mental health resources.

COMMUNITY CONNECTION



The Avocado Festival is an annual festival that attracts thousands of attendees with avocado-inspired food and free music.

Community connection is an important component of community well-being and encompasses many non-economic factors, including pride in the City, involvement in community affairs, and residents' sense of connection. Arts and cultural activity programs support individual development and social engagement and can have long-term benefits for individual mental and physical health. When residents are engaged in the social and political affairs of the City, the availability and distribution of resources can reflect the best interest of the broader community and foster social equity. Several organizations within the City work to

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increase civic engagement and support efforts to maintain the City's small beach town charm by providing public education and advocacy. Examples of active community organizations in the City include the Carpinteria Children's Project, Friends of the Carpinteria Library, HELP of Carpinteria, the Carpinteria Valley Association, the Carpinteria Boys & Girls Club, the Rotary Club of Carpinteria, Girls Inc., the Carpinteria Arts Center, and C-Dog. Together, these organizations and many others support gatherings, social engagement, and community activities that foster the identity and cohesion of Carpinteria.

The City hosts several arts, cultural, and sporting events that foster community cohesion and are supported by members of the community, volunteers, businesses, and nonprofit organizations. Many nonprofit and community organizations groups promote social connections between City residents through programming, educational events, workshops, and services that promote social interaction, arts, and cultural events. Privately sponsored sporting leagues exist in the City for youth and adults, including sports such as baseball, football, and soccer. Street art and murals throughout the City also sense of community enhance the experienced by City residents. Continued support and expansion of arts and cultural programming are important community and contribute to the distinct



The Carpinteria Library provides free programs for children and adults, including homework help, online courses, and other educational and recreational resources. The Library Community Room is a valuable resource for educational and social programs in the City.

qualities that make Carpinteria a unique community.

Engagement in social and political processes by a diverse range of the community is important to ensure that City staff and policymakers consider the equitable distribution of benefits and costs among different social and cultural populations. However, differences in socioeconomic status, English fluency, and understanding of relevant laws and cultural norms among residents can adversely affect participation in local organizations and government actions. Policies in the City's Sustainability Policy and this Element further support equity and inclusion through the promotion of community participation in planning and policy development.

Goal

Sustain a clean community where active living and healthy eating is promoted, where there is equitable public access to parks, trails, open spaces, and beaches for outdoor recreation, where health care and communities services meet local needs, and where all community members have opportunities to improve their overall health and well-being.

OBJECTIVES AND POLICIES

Recreation and Coastal Access

Objective HC-1: Promote equitable access and use of public parks, trails, open spaces, and beaches for outdoor recreation and activities.

Policies:

HC-1a. The City shall prioritize and promote equitable access to parks, trails, open spaces, and beaches for all segments of the community consistent with public safety requirements and the need to protect public rights, the rights of private property owners, and natural resource areas from overuse and/or degradation.

HC-1b. The City shall provide signage to effectively identify and direct visitors to all publicly available coastal access parking, beach access points, and trails.

HC-1c. Signage for public access and recreation should be provided in appropriate languages (i.e., English, Spanish, culturally relevant icon-based signage) to create welcoming and inclusive spaces that encourage access by diverse communities, including ones with limited or no English literacy. When applicable, signs should also include health and safety information and relevant cultural, historical, and/or environmental information.

HC-1d. New development shall protect and maintain public access and recreation around the project site during construction using methods such as timing, scheduling, signage, or other measures to minimize temporary barriers to public recreation and coastal access.

HC-1e. The City should continue to encourage equitable provision of active transportation, public transit options, and adequate parking to maximize public access to coastal recreation areas, including Carpinteria Salt Marsh Nature Park, City Beach, Carpinteria State Park, Tar Pits Park, and the Carpinteria Bluffs.

HC-1f. The City should encourage the use of existing and future active transportation modes, including transit facilities and bicycle and pedestrian systems as recommended in the Circulation Element.

HC-1g. Existing public viewpoints in City parks and open spaces shall be connected via accessible trails and pathways to the extent feasible.

Objective HC-2: Support the recreation needs of all members of the community.

Policies:

HC-2a. The City should continue to provide and encourage the use of high-quality parks with amenities that serve the recreation needs of a diverse population, including sports fields, sports courts, and playgrounds that are inclusive and welcoming to all community members regardless of abilities or limitations.

HC-2b. Public recreational facilities, including active and passive recreation areas, should be distributed throughout the City to encourage equitable access to outdoor recreation and active lifestyles for all community members.

HC-2c. The City should support the use of public parks for community sports and events that foster active lifestyles and enhance a sense of community.

HC-2d. The City shall continue to provide for and encourage recreation programming for all people consistent with PRC §30107.3 of the Coastal Act.

HC-2e. The City should continue to offer need-based discounts, scholarships, and/or fee waivers to allow all people to facilitate and participate in recreation programs, consistent with funding availability.

HC-2f. Recreational facilities shall be protected and encouraged and, where feasible, new facilities shall be provided. Development providing public recreation opportunities is preferred.

HC-2g. Recreation and coastal access opportunities at existing public beaches and coastal parks shall be protected, and where feasible, enhanced as important coastal resources. Public beaches and coastal parks shall maintain lower-cost user fees and parking fees, and maximize hours of use to the extent feasible, to maximize public access and recreation opportunities. Limitations on time of use or increases in use fees or parking fees, which affect the intensity of use, shall be subject to a coastal development permit.

HC-2h. Coastal recreational and visitor-serving uses and opportunities, especially lower-cost opportunities, shall be protected, encouraged, and, where feasible, provided by both public and private means. Removal or conversion of existing lower-cost opportunities shall be prohibited unless the use will be replaced with another offering cost-comparable visitor-serving or recreational opportunities.

HC-2i. The City should continue to protect coastal areas suited for ocean- and water-oriented recreational use and facilities.

HC-2j. The City should increase opportunities for ocean recreation programs, including but not limited to kayaking, sailing, surfing, snorkeling, and scuba diving through the City Parks, Recreation, and Community Services (PRCS) or by encouraging recreation providers to offer these activities.

Implementation Actions:

1. The City should assess City parks for accessibility for users of all ages and abilities. The study should document and evaluate the existing recreational facilities, including playgrounds, restrooms, water fountains, and outdoor fitness/exercise facilities. The study should assess locations and facilities that could be improved with amenities to better serve the community, including all-access/universal access playgrounds, outdoor fitness circuits and equipment, and ADA-accessible restrooms and facilities, as well as lighting and signage to support expanded hours of use where feasible and appropriate.

Timing: Within 5 years of CLUP/GP adoption.

Objective HC-3: Promote the maintenance and use of public trails to support active lifestyles and community connections.

Policies:

HC-3a. The City should support public trails within parks, open spaces, and recreation areas. Restoration and enhancement efforts should be pursued to restore the natural beauty along public trails to provide high-quality outdoor recreation in support of active lifestyles.

HC-3b. Trails shall remain free from impediments, and new gates, guardhouses, or other barriers that block access to or along trails shall be prohibited.

HC-3c. Public prescriptive rights and informal trails may exist in certain areas along the shoreline and trails within the City. New development shall not interfere with the public's right of access to the ocean where acquired through historic use or legislative authorization. These rights shall be protected through public acquisition measures or through permit conditions for new development, which incorporate measures to provide or protect access when there is substantial evidence that prescriptive rights exist.

HC-3d. The City should continue to explore both vertical and lateral coastal trail opportunities as part of the City's trail planning, including pursuit of trail dedication to ensure accessible system connections for all segments of the community.

HC-3e. The California Coastal Trail (CCT) shall be provided through the City and shall be located as close to the ocean as feasible, preferably along the shoreline or within sight or sound of the ocean. Wherever feasible, the City shall ensure that trail segments are accessible to all members of the public, including citizens with disabilities. Segments of the CCT within the City shall be continued, and where feasible, expanded or improved, to maximize public access opportunities consistent with public safety needs and the need to protect public rights, rights of private property owners, and natural resource areas from overuse and degradation. The City should consider coordinating with Coastwalk, the Coastal Conservancy, community groups, and non-profit organizations to assist in efforts to acquire easements, maximize connections to other local trail systems, provide adequate public parking areas and transit stops, and provide an educational experience through interpretive programs, kiosks, and other similar facilities where feasible.

HC-3f. Directional and educational signage shall be provided along trail routes to enhance public access and navigation. At a minimum, directional signs shall be located where the Coastal Trail connects to other trails, public recreation areas, and coastal access points.

HC-3g. The City should enhance UPRR crossings for pedestrians and bicycles to improve public access and safety. The City should seek joint funding for such improvements from state and federal agencies and UPRR.

Implementation Actions:

1. The City should assess the accessibility and signage of all City parks and trails. The study should document and evaluate the location, condition, accuracy, and effectiveness of signage, assess the accessibility of the park and trail via active transportation modes, and identify barriers to access, including physical, regulatory, or social. The study should include an analysis of access improvements, including consideration of improved signage and wayfinding, removal of barriers, and community education or programming to enhance accessibility and use by all segments of the community.

Timing: Within 5 years of CLUP/GP adoption.

Active Transportation

Objective HC-4: Encourage walking and bicycling to promote active lifestyles and reduce the emissions of GHGs.

Policies:

HC-4a. The City should prioritize transportation infrastructure improvements that facilitate walking and biking, such as sidewalk connections, bikeways, road crossings, street lighting, and other improvements.

- **GP**HC-4b. The City should work with local and regional agencies to provide individuals who visit, live, or work in the City with reasonable access to active transportation infrastructure.
- HC-4c. Streetscape improvements should be designed to foster a pedestrian-oriented environment and consider the needs of a diverse population; including the disabled, elderly, and families with strollers; by incorporating features such as wheelchair-accessible street corners, audible street crossing signals, adjusting traffic signal timing, and shaded seating to make active transportation attractive and convenient to all members of the public. Additionally, streetscape improvements should incorporate signage in appropriate languages (i.e., English, Spanish, culturally relevant icon-based signage) to create welcoming and inclusive spaces that encourage access by diverse communities, including ones with limited or no English literacy. When applicable, signs should also include health and safety information and relevant cultural, historical, and/or environmental information.
- **GP HC-4d.** The City should continue to improve bicycle access within the City and connections to neighboring communities.
- **GP HC-4e.** The City should support children and youth walking and bicycling to school by continuing to work with agencies and organizations to implement an SRTS program.
- **GP HC-4f.** New development projects shall include safe and direct pedestrian and bicycle connections to adjacent areas and the larger bicycle and pedestrian network.

HC-4g. The City should continue to work with SBCAG and Santa Barbara Metropolitan Transit District (SBMTD) to improve transit service and frequency within the City and between the City and other communities to maximize public access to the shoreline and coastal recreation areas.

Healthy Air Quality

Objective HC-5: Strive to maintain the best possible air quality in the Carpinteria Valley.

Policies:

- **GP HC-5a.** The City shall promote active transportation, including human-powered travel and public transit, as a way for residents to reduce mobile source emissions related to vehicular traffic.
- **GP HC-5b.** To encourage the improvement of air quality in the Carpinteria Valley, the City should apply standards for development that reduce vehicle trips and stationary source emissions, such as those included in the South Coast Air Quality Attainment Plan.
- **GP HC-5c.** Development should use solar heating and energy-efficient building design to reduce stationary source emissions.

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- **GP** HC-5d. New development shall use the most energy-efficient equipment feasible to reduce emissions and improve energy efficiency.
- **GP HC-5e.** The City shall continue to meet and coordinate with the County regarding odorgenerating agricultural activities that impact City neighborhoods. Joint agency discussions should focus on state-of-the-art technologies to mitigate agriculturally-related odors and methods to implement such odor abatement systems.

Healthy Food Systems

Objective HC-6: Enhance access and distribution of nutritious food options.

Policies:

- **GP** HC-6a. The City should maintain or enhance the sustainable community garden and orchard program and facilities, farmer's market, and local vegetable stand that allows for convenient access to locally produced fruits and vegetables.
- **GP HC-6b.** The City should continue to coordinate with local agencies, organizations, and service providers to increase accessibility of available food assistance programs and locations that accept WIC, EBT, and other subsidized food programs.
- HC-6c. The City should continue to work with CUSD, local and regional agencies, and community organizations to improve access to no-cost or low-cost, culturally relevant, health-based information, including adult education programs, cooking classes, nutrition education within schools, local food vendor or swap opportunities, and other nutrition programs. Information should be provided in languages and communicated in methods through which all individuals have equal access to this information and opportunities.
- **GP** HC-6d. Multifamily development should designate outdoor space for garden plots and/or include edible plants in landscape planning.
- **GP** HC-6e. The City should continue to lead by example by providing nutritious food options at City properties and City events where food is made available.
- **GP** HC-6f. The City should continue to encourage food waste minimization and donation of edible food through food scrap-to-compost programs and food share donation programs.

Clean Community

Objective HC-7: Manage solid waste to prevent litter and pollution citywide.

Policies:

- HC-7a. The City should continue to provide a diverse range of solid waste management services to residents and businesses, including recycling, green waste, food waste, hazardous materials, and e-waste.
- **GP HC-7b.** The City should encourage participation in edible food donation programs by grocery stores, restaurants, and other local businesses and organizations.
- **GP HC-7c.** The City should work with the County to ensure the City is diverting recyclable, compostable, and/or reusable materials from the municipal waste stream to the maximum extent feasible before landfill disposal.
- **GP HC-7d.** The City should work with local and regional agencies and organizations to educate residents and businesses about the range of available solid waste management programs. Information should be presented in a variety of formats and languages to help ensure accessibility.

Health and Human Services

Objective HC-7: Increase availability and accessibility of health and human services.

Policies:

- HC-7a. The City should provide information regarding existing health and human care services to the community to assist residents in connecting with County, regional, and community-based programs and facilities, including but not limited to emergency room and urgent care, mental health programs, free health screenings, homeless assistance programs, and alcoholism and drug abuse counseling. Information should be provided in languages and methods that can be equally accessed by all individuals.
- HC-7b. The City should encourage the siting of health providers and medical services within the City, including clinics, hospitals, medical offices, and medical laboratories, by working with medical practices and healthcare providers to develop facilities within the City that provide equal access to healthcare services for all residents.
- **GP HC-7c.** The City should work with transportation agencies and operators to improve connections to local and regional healthcare facilities.

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GP

HC-7d. The City should work with local and regional agencies and organizations to develop affordable childcare and youth programs and facilities to fulfill the needs of City residents and employees.

Community Connection

Objective HC-8: Enhance the unique identity of Carpinteria to sustain a strong sense of place and community cohesion.

Policies:



HC-8a. The City shall continue to support the Downtown as a cultural and community activity center for the City and region, encouraging the use of Linden Avenue and Carpinteria Avenue and surrounding streets in the Downtown core for civic and cultural events.



HC-8b. The City shall continue to promote and coordinate with interested groups to allow a variety of local community events and activities, such as sporting events, tournaments, art shows, parades, and other events at appropriate locations that create social opportunities for residents and visitors.



HC-8c. City-sponsored events and programs should be inclusive and equitably represent the diverse interests and populations in the City.



HC-8d. The City should foster equitable community participation in planning and policy development to ensure goals and objectives meet the desires of the community as a whole through means such as the provision of language translation, childcare during public workshops and meetings, and alternative meeting locations and times.



HC-8e. The City should continue to encourage the installation and display of public art to promote the unique heritage, culture, and resources of the City.