

# Governor's Master Plan for Aging Research Subcommittee Meeting

Goal 2: Livable Communities & Purpose

February 25, 2020 | 1 p.m. – 5 p.m.



# Welcome, Introduction, & Meeting Overview

*Kim McCoy Wade*

California Department of Aging

*Carrie Graham*

University of California



# Meeting Logistics

- [Meeting materials are posted online here.](#)
- Attend the meeting in person, [participate remotely by computer, tablet, or smart phone](#), or join by phone: 888-788-0099/ Webinar ID: 267-885-819
- [Submit public comment and meeting feedback here](#)
- [Submit detailed recommendations for the Master Plan for Aging here](#)
- Accommodations:
  - Simultaneous captioning is available in the room
  - Live telephone access with two-way communication for public comment



# Meeting Agenda

1. Welcome, Introduction, and Meeting Overview
2. Updates
3. Partner Research, Data Sources, and Dashboards
4. Master Plan Dashboard
5. Partner Innovation and Technology
6. Public Comment
7. Summary & Action Steps



# AARP CALIFORNIA Meeting Guideline

1. Start and end on time.
2. One person speaks at a time.
3. Be fully present. Fully disengage from electronic devices.
4. Use respectful language and tone.
5. Assume good intentions.



# Research Subcommittee Members

**Zia Agha, MD, West Health**

**Gretchen Alkema, PhD, The SCAN Foundation**

**Donna Benton, PhD, USC Family Caregiver Support Center**

**Jennifer Breen, California Association of Health Facilities**

**Laura Carstensen, PhD, Stanford Center on Longevity**

**Ramon Castellblanch, PhD, California Alliance of Retired Americans**

**Derek Dolfie, League of California Cities**

**Janet C. Frank, DrPH, UCLA Fielding School of Public Health**

**Kathleen Kelly, Family Caregiver Alliance**

**Kathryn G. Kietzman, PhD, UCLA Center for Health Policy Research**

**Christopher Langston, PhD, Archstone Foundation**



# Research Subcommittee Members (Cont.)

**Karen D. Lincoln**, PhD, University of Southern California

**David Lindeman**, PhD, Center for Information Technology Research in the Interest of Society

**Jeanne Parker Martin**, LeadingAge California

**Shireen McSpadden**, San Francisco County Department of Aging and Adult Services

**Stacey Moore**, AARP California

**Sharon Nevins**, LCSW, County of San Bernardino Department of Aging and Adult Services –  
Office of the Public Guardian

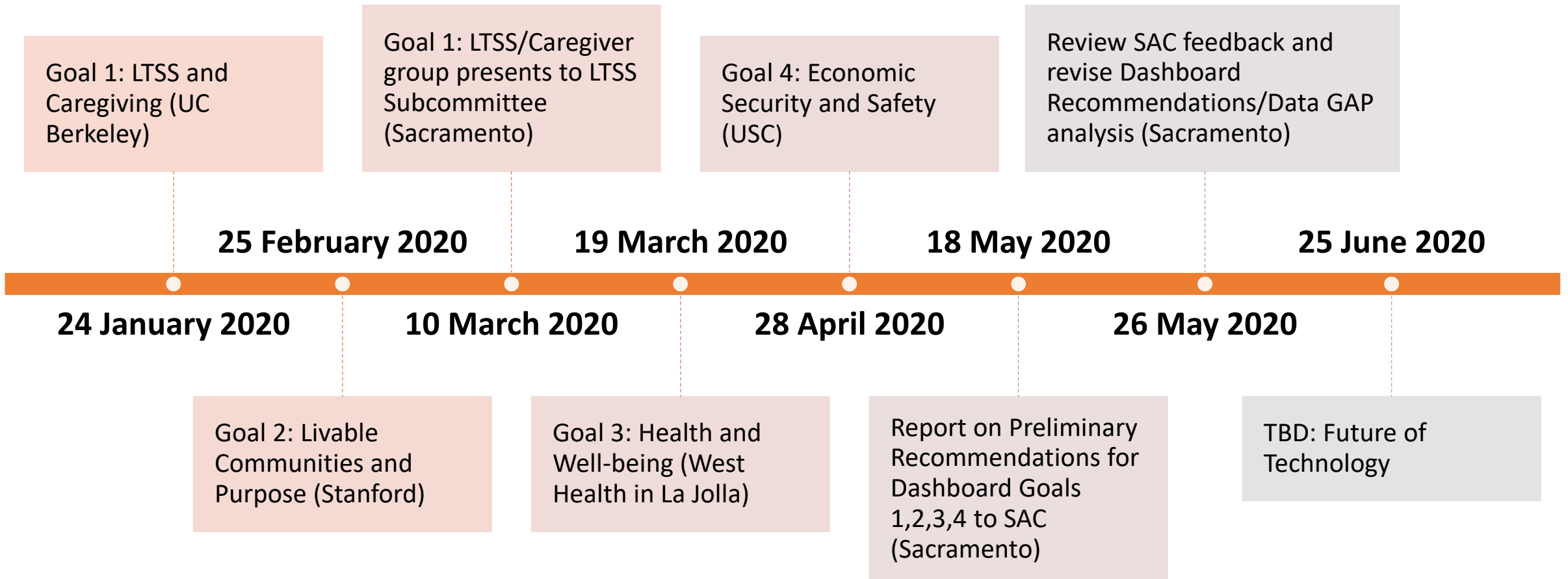
**Marty Omoto**, CA Disability-Senior Community Action Network (CDSCAN)

**David Ragland**, PhD, School of Public Health, UC Berkeley

**Nari Rhee**, PhD, UC Berkeley Center for Labor Research and Education



# Research Subcommittee Meeting Timeline





## GOAL 2: LIVABLE COMMUNITIES & PURPOSE

**Goal 2:** We will live in and be engaged in communities that are age-friendly, dementia-friendly, and disability-friendly.

- **Objective 2.1:** California's neighborhoods will have the built environment to fully and meaningfully include older adults, people with disabilities, and people of all ages.
- **Objective 2.2:** Californians will age with lifelong opportunities for social and civic engagement, volunteering, learning, and leadership.



**UPDATES:**

# Recent Master Plan for Aging Activities Relevant to Research & Data for Goal 2: Livable Communities & Purpose

*Kim McCoy Wade*

California Department of Aging

*Terri Shaw*

TL Shaw Consulting



# MPA Activities Relevant to Research & Data for Goal 2

1. Equity Work Group (EWG)
2. Webinar Wednesdays
3. Data Dashboard
4. Data Gap Action Plan (GAP)

# Update 1: Equity Work Group

First meeting held on February 13, 2020:

- Purpose
- Key Terms and Equity Tool
- Discussion

# Update 2: Webinar Wednesdays – Goal 2

- Housing (January 29)
- Transportation (February 5)
- Isolation, Inclusion, & Respect (February 26)
- Parks & Community Spaces (March 11)
- Civic & Social Engagement (March 18)
- Leadership by and with Older Adults and People with Disabilities (TBD)

More information available at <https://www.engageca.org/master-plan-get-engaged>



Update 2 (continued)

# Webinar Wednesday – Housing

## *Potential Indicators*

Person-Level	System Driver
Household size	Housing production/demand
Homeownership rate	Location efficient housing
Housing cost burden	Housing innovation
Experienced homelessness	Affordability
	Supportive services

# Webinar Wednesday – Transportation

## *Potential Indicators*

Person-Level	System Driver
Licensed drivers	Access to multimodal transportation and mobility options
Crash death rate	Funding for and use of transportation programs (e.g., mobility management, travel training, transit assistance)
Transportation options, use and satisfaction	Consolidated Transportation Services Agency (CTSA) designation
	Transportation innovation

# Update 3: Data Dashboard – Let’s Get Healthy California

## Creating Healthy Communities: Indicators Under Development

Grouping	Indicator	Data Source
Social Factors (Promote safe and connected communities with equitable opportunities that enable optimal health for all Californians.)	Community Cohesion – Social Support (% reporting that people in the neighborhood are willing to help each other)	California Health Interview Survey
	Community Cohesion - Volunteering	
Environment and Infrastructure (Promote complete communities that are conducive to healthy lifestyles and improved health outcomes.)	Housing Cost Burden	American Community Survey
	Commute Time	
	Mode of Commute	





## Creating Healthy Communities / Increasing Walking

# Safe streets make communities healthier<sup>1</sup>

Increasing the amount of walking trips an individual makes can help meet recommended physical activity goals and improve fitness.<sup>2</sup> Neighborhoods and workplaces should have the infrastructure to support those activities.<sup>6</sup>

This indicator shows the percent of individuals that walk to work.

This data is being presented as an alternative indicator for the original "Annual number of walk trips per capita" which was from a national survey that is no longer available. Exploration of additional data is underway to develop more comprehensive measures of walk trips per capita in California.

### Indicator Progress

In 2006-2010 (baseline period), 2.8% of Californians reported walking to work. The most recent data available show 2.7% (2011-2015). We hope to reach a target of 5.6% by 2022.

[More Data](#)

Baseline  
**2.8%**

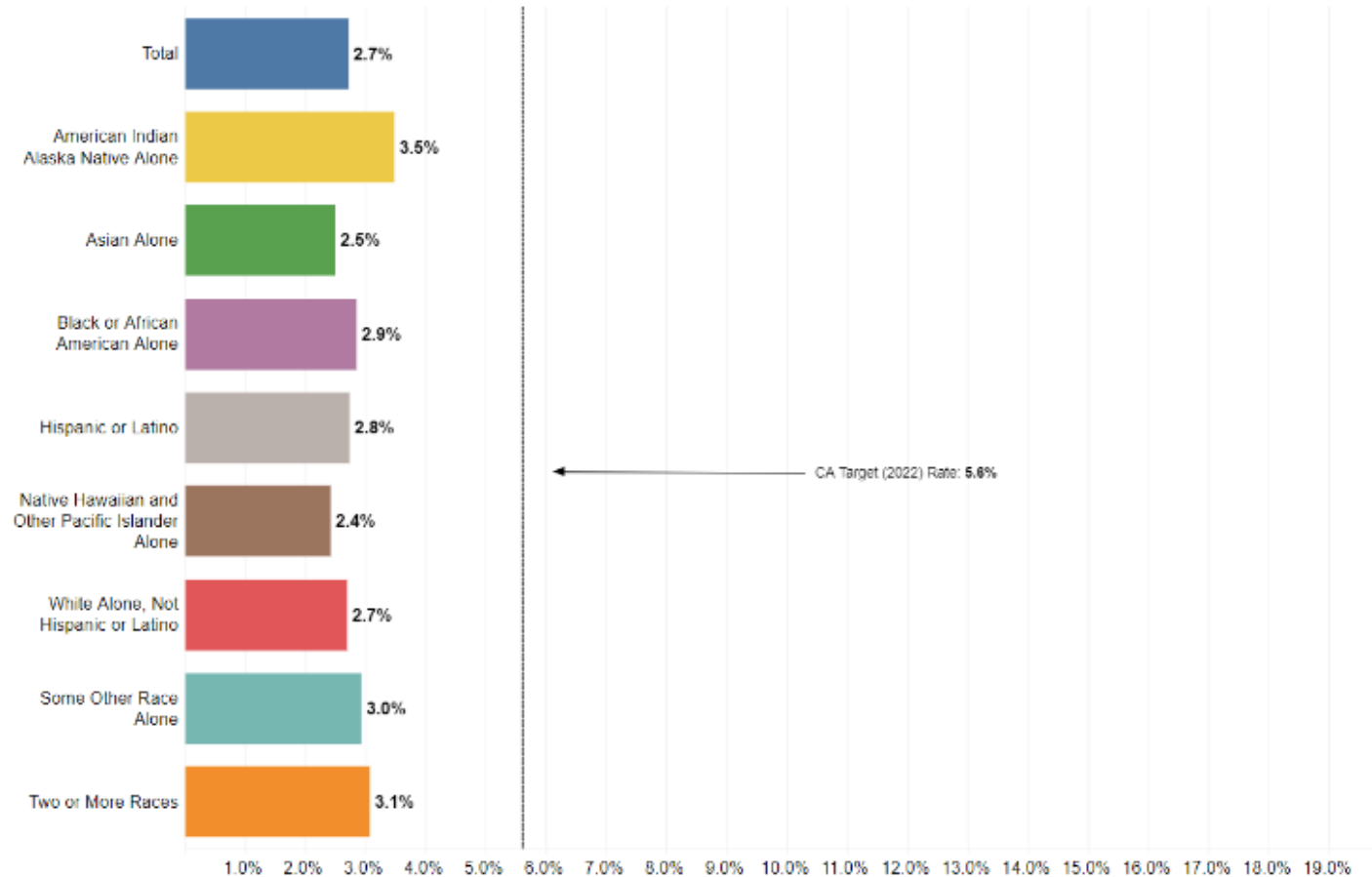
Current Rate  
**2.7%**

Target  
**5.6%**

# Percentage of Residents Who Walk to Work, by Demographic Category

Select Location:

California



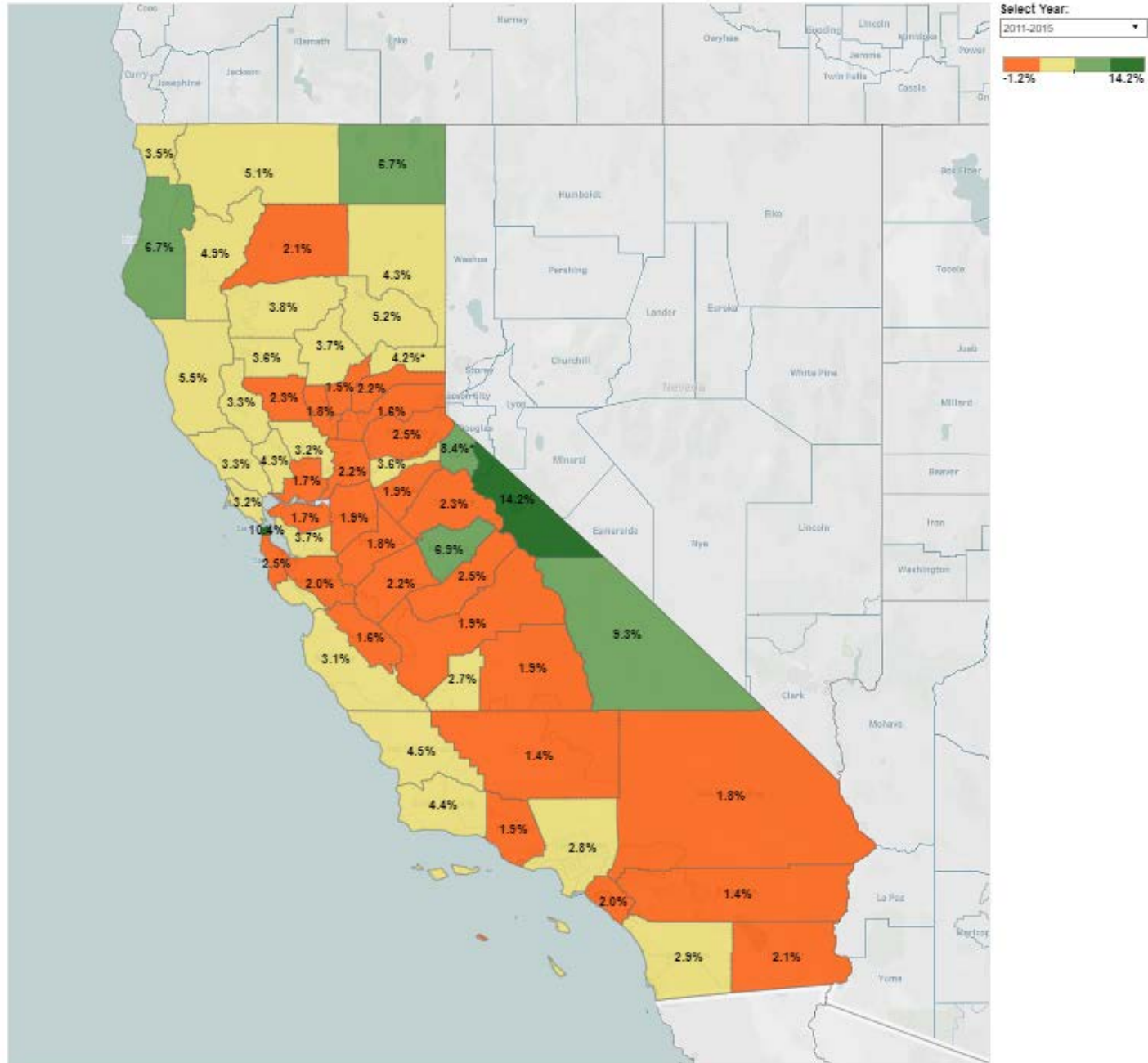
\* = Statistically unreliable estimate. Use caution when interpreting.

Note: 2011-2015 data is not comparable to the previous period because Hispanic was added as a race/ethnicity group in 2011.

Filter By:

- Total
- American Indian Alaska Native Alone
- Asian Alone
- Black or African American Alone
- Hispanic or Latino
- Native Hawaiian and Other Pacific Islander Alone
- White Alone, Not Hispanic or Latino
- Some Other Race Alone
- Two or More Races

## Percentage of Residents Who Walk to Work, by County



# Update 4: Data Gap Action Plan (GAP)

## Purpose

- Identify limitations with existing data
- Identify options to improve the availability and quality of data to drive California's solutions for aging with dignity and independence.

# UPDATES: Research Subcommittee Charge

*Terri Shaw*

TL Shaw Consulting

*Laura Carstensen*

Stanford University



# RESEARCH SUBCOMMITTEE

## Charge

To achieve and maintain an age-friendly State for all Californians:

1. What are the recommended **dashboard indicators**?
  - a) Where are we now?
  - b) Where do we want to be in ten years?
  - c) Are we making improvements over time?
  - d) Are we reducing disparities?
  
2. What **recommendations on research and data topics** should be included in the MPA?



# Health Policy Microsimulation

Since 2004 we have answered salient policy questions surrounding societal aging. Supported in large part by the National Institute on Aging, our research studies the determinants of health and health spending among older populations and translates these findings for policymakers who influence aging policy.

.....

**Microsimulation Models:**

Future Elderly Model  
Future Adult Model

.....

Investigates a diverse set of topics, including:

**Obesity, smoking, cardiovascular risk factors**  
**Value of delayed aging**  
**Costs of dementia**  
**Pharmaceutical price controls**  
**Medicare reform**  
**Progressivity of government programs**

**Forecasts** long-term trends in disease dynamics in **15 countries** in North America, Europe, and Asia



**Contributions to:**

National Academy of Sciences  
MacArthur Foundation  
Congressional Budget Office  
Department of Labor  
Social Security Administration  
World Economic Forum  
Economic Report of the President

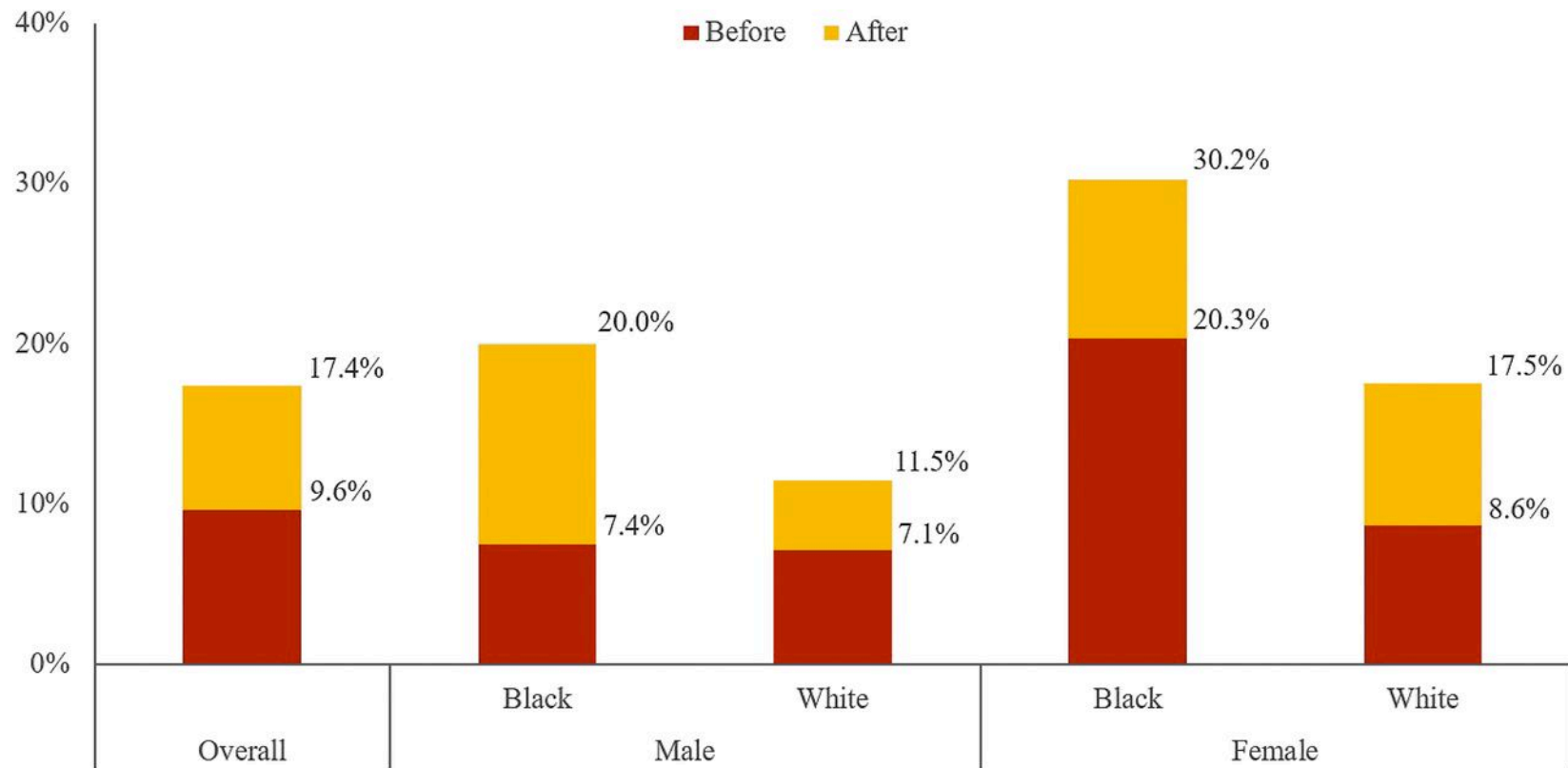
# What is Microsimulation?

- Microsimulation: models that capture interactions between multiple programs and policies to create “what if” scenarios to estimate how demographic, behavioral, and policy changes may affect individual and societal outcomes
- Two central microsimulation models: FEM and FAM
  - Future Elderly Model (FEM)
    - Ages 51+, centered around Health and Retirement Study
    - 10+ year model development
    - International
  - Future Adult Model (FAM)
    - Ages 25+, centered around Panel Study of Income Dynamics
    - Extends the FEM to the entire adult population
    - National



# Data Sources and Measures

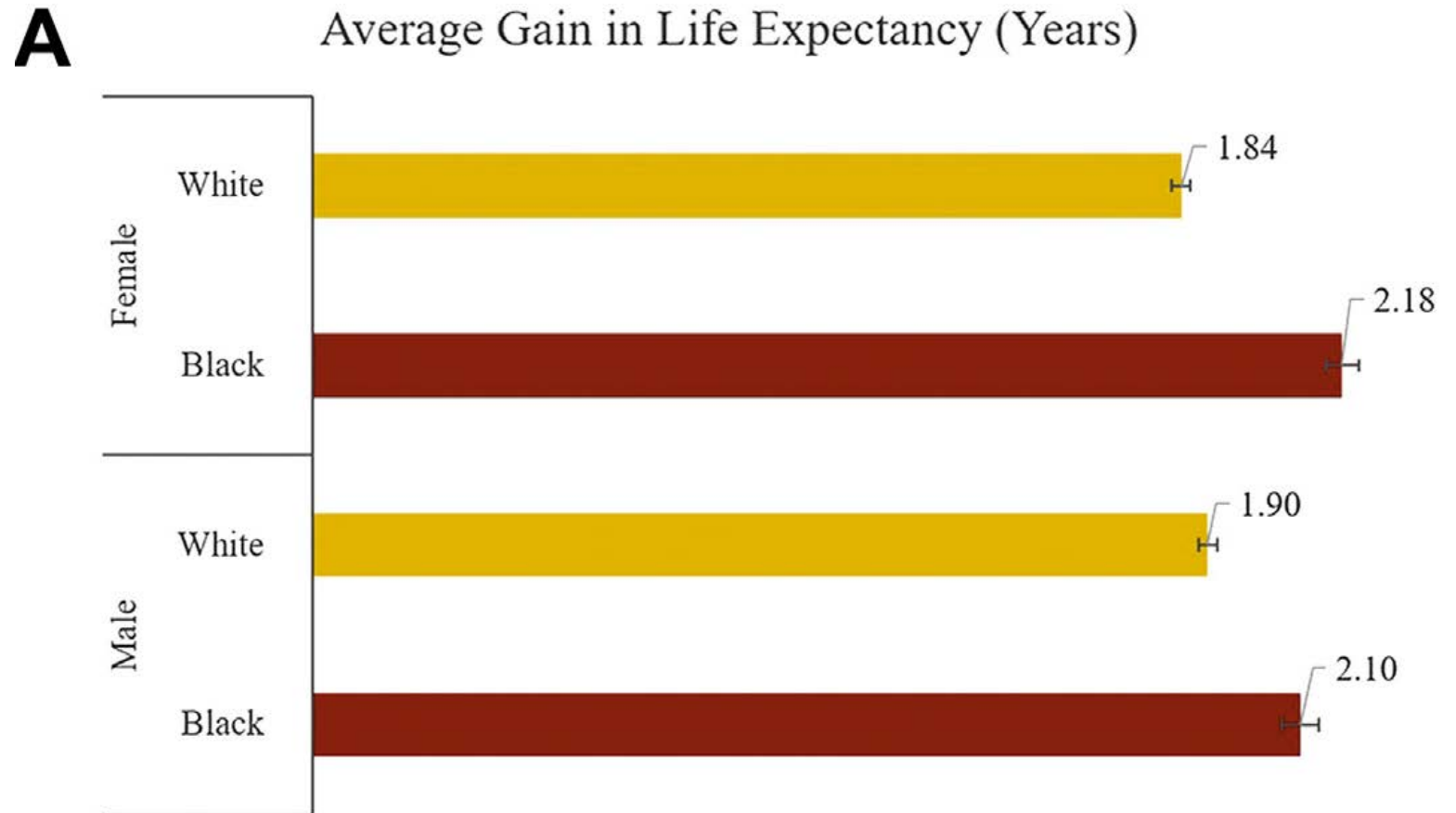
- FAM simulates the US twenty-five and older population based on the Panel Survey of Income Dynamics (PSID) with supplementary data from the Census and national health expenditure/survey data.
- Outcomes include:
  - Risk factors: BMI, smoking, exercise
  - Chronic diseases: cancer, diabetes, heart disease, hypertension, lung disease, stroke
  - Functional limitations: Activities of daily living (ADL), Instrumental ADL
  - Economic: labor force participation, OASI claiming/benefits, DI claiming/benefits, SSI claiming/benefits, federal/state taxes
  - Medical spending: Medicare, Medicaid, out of pocket



Karen E. Van Nuys et al. JCHF 2018;6:401-409



Preventing CHF among those 51 to 52 years of age in 2016 would generate nearly 2.9 million additional life years, 1.1 million disability-free life years, and 2.1 million quality-adjusted life years worth \$210 to \$420 billion. These gains are greater among black subjects than among white subjects.



# INDICATOR EVALUATION CRITERIA

## LGHC Model

- Indicators = Things that can be measured
- Subjective criteria:
  - Does the indicator accurately represent the intent of the goal/objective?
  - Does the data source for the indicator accurately track the indicator?
- Objective criteria:
  - Does it follow a state or national standard that can provide a benchmark?
  - Is it easily understood by the public?
  - Does the data source statistically capture the entire population of interest (demographics, spatial, and temporal granularity)?
  - Is the data timely and sustainable over the next decade?



# TRANSPORTATION—Solutions for an Aging Population

David Ragland  
Co-Director

Safe Transportation Research and Education Center  
(SafeTREC) <https://safetrec.berkeley.edu/>

# Travel Goal for an Aging Population

We will travel safely where we need to travel and have the support we need to do so.

# Transportation Data Sources (Examples)

## **Population Surveys**

- *California Household Transportation Survey (CHTS)*
- *American Community Survey (ACS)*
- *U.S. Census*

## **Geographic/Infrastructure Assessments**

- *Highway Performance Monitoring System (HPMS)*
- *Transit Infrastructure*

## **Safety and Travel**

- *Fatality Analysis Reporting System (FARS)*
- *Statewide Integrated Traffic Records System (SWITRS)*
- *Traffic/pedestrian/bicycle volume (Emerging data bases)*
- *Walkability Measures*
- *Bikeability Measures*

## **Composite**

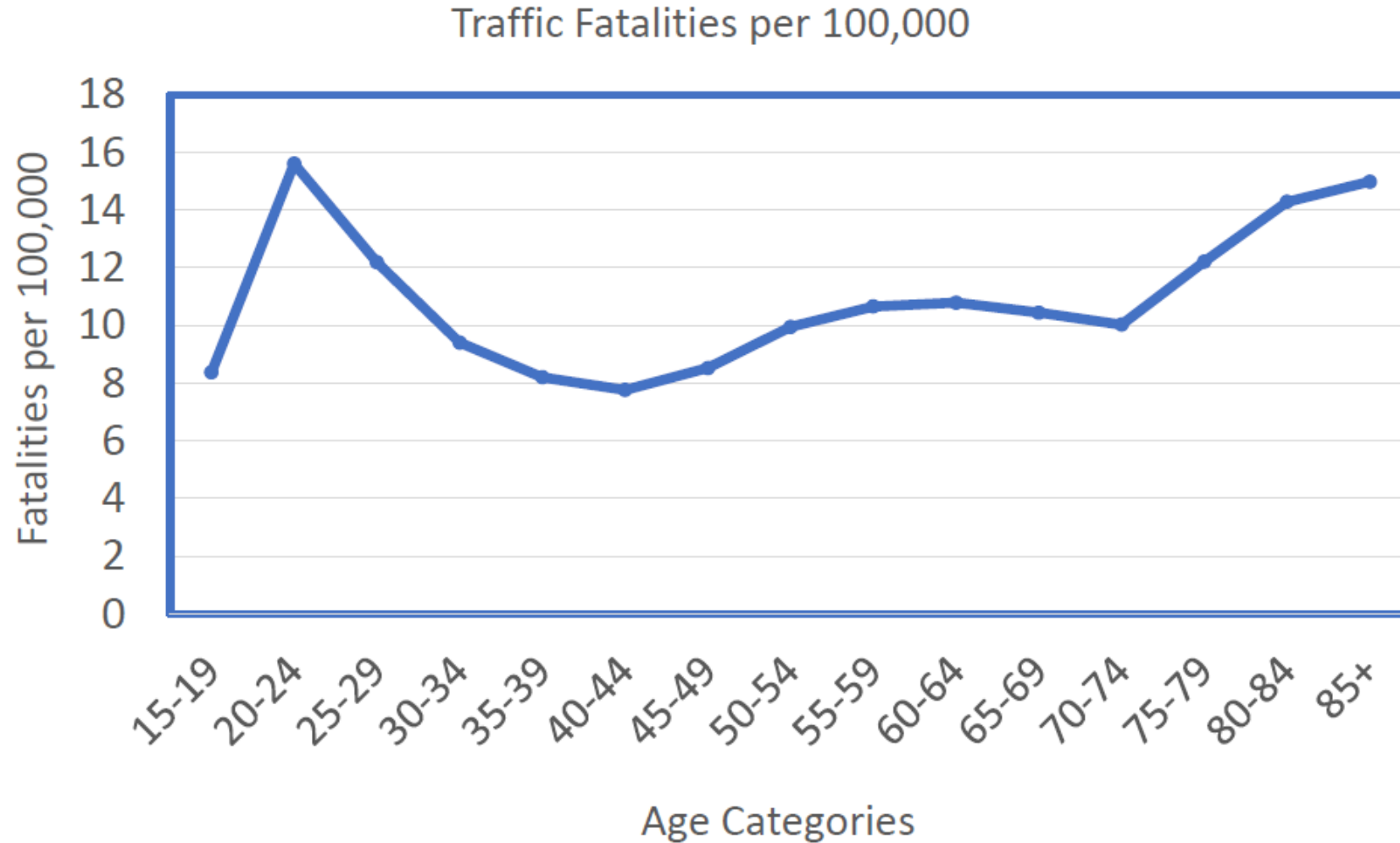
- *Transportation Disadvantage*
- *Population and Exposure-based Fatality/Injury Rates*

# Tools for Assessing Travel Injury by Age

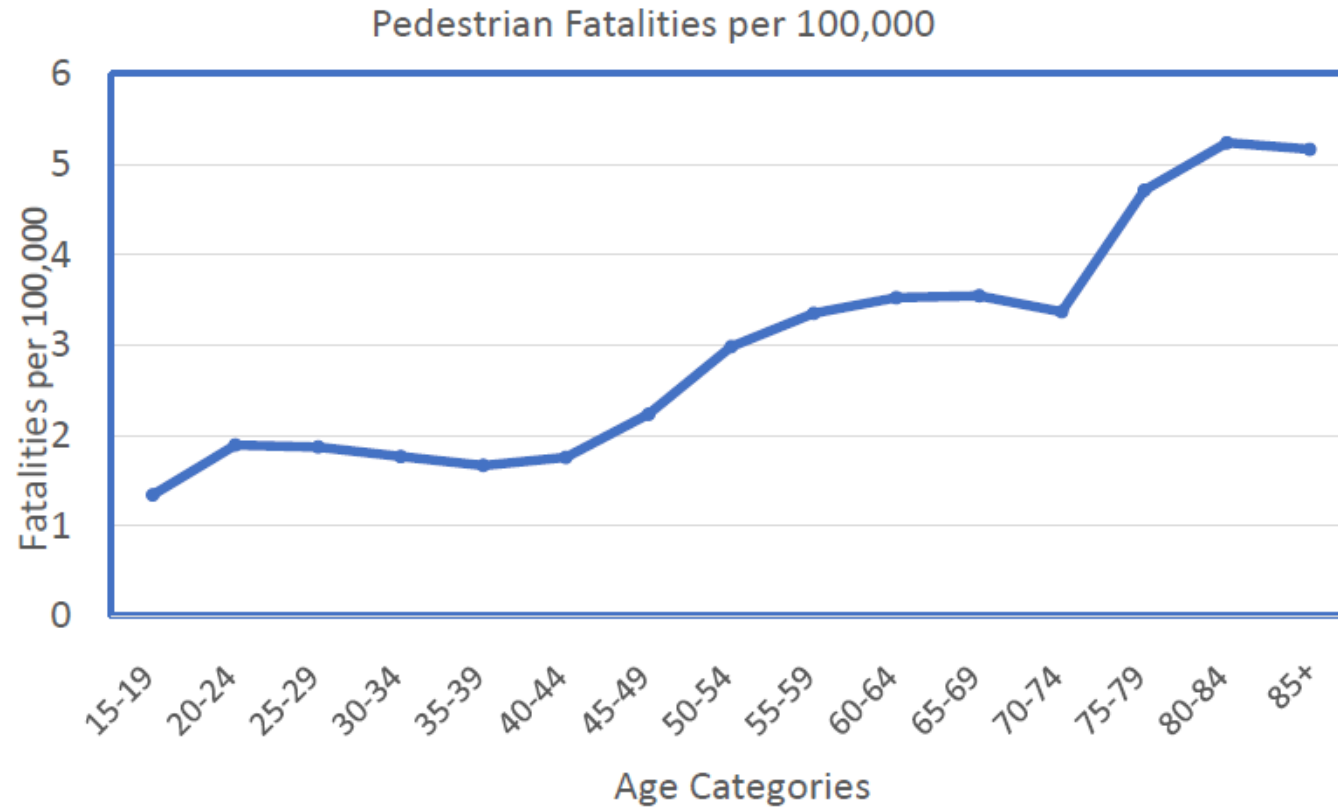
- Transportation Information Management System (TIMS) (Fatality data) (SafeTREC on-line traffic injury data)  
<https://tims.berkeley.edu/>
- American Community Survey (ACS) (Population data)  
<https://www.census.gov/programs-surveys/acs/>



# Traffic Fatalities Per 100,000 by Age



# Pedestrian Fatalities per 100,000 by Age



# System Drivers for Occupant and Pedestrian Safety

*The California Strategic Safety Plan (SHSP) has identified a number of Actions (“system drivers”) for improving safety for **Aging Road Users** and **Pedestrians**. These trackable actions are listed in the SHSP report for 2015-2019 (web link below). The SHSP is prepared via an extensive outreach process to public agencies, advocacy groups, and the general public. An updated SHSP report 2020-2024 is being prepared and will be completed soon.*

<https://dot.ca.gov/-/media/dot-media/programs/traffic-operations/documents/f0018665-shsp16-implementation.pdf>

# Example Actions (System Drivers) from the SHSP for Older Road Users

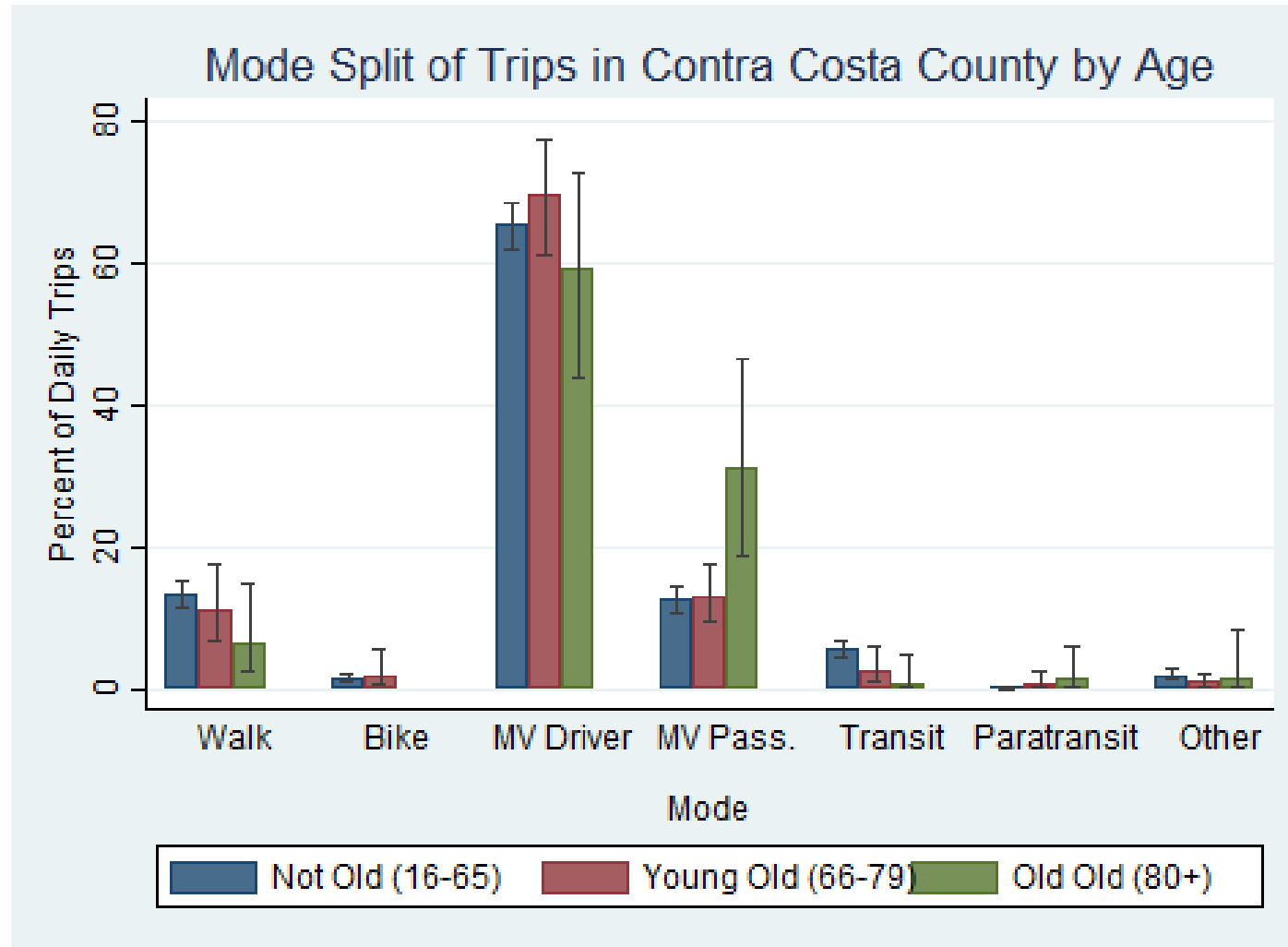
- **STRATEGY 1**
- / **Develop and disseminate education materials, programs, and tools that explain how the aging process may affect safe driving.**
- **Action** Determine the availability of mature driver safety education programs in rural and multilingual communities through outreach, surveys, etc.
- *Action Lead: AARP, DMV Public Affairs*
- **STRATEGY 2**
- / **Promote awareness of the impact of prescription and non-prescription medications and supplements on the safety of aging road users.**
- **Action** Compile, develop and disseminate information on drugs that affect physical and mental abilities through a web page resource, and a Fast Facts brochure.
- *Action Lead: DMV*
- **Action** Educate health professionals, clinicians, and health care organizations on the impact of drugs and supplements on aging drivers, pedestrians, and bicyclists through the development of educational materials and a partnership with CDPH's Prescription Drug Working Group and others.
- *Action Lead: UCSD TREDs program and GDP*

# Travel Behavior and Mobility Options by Age

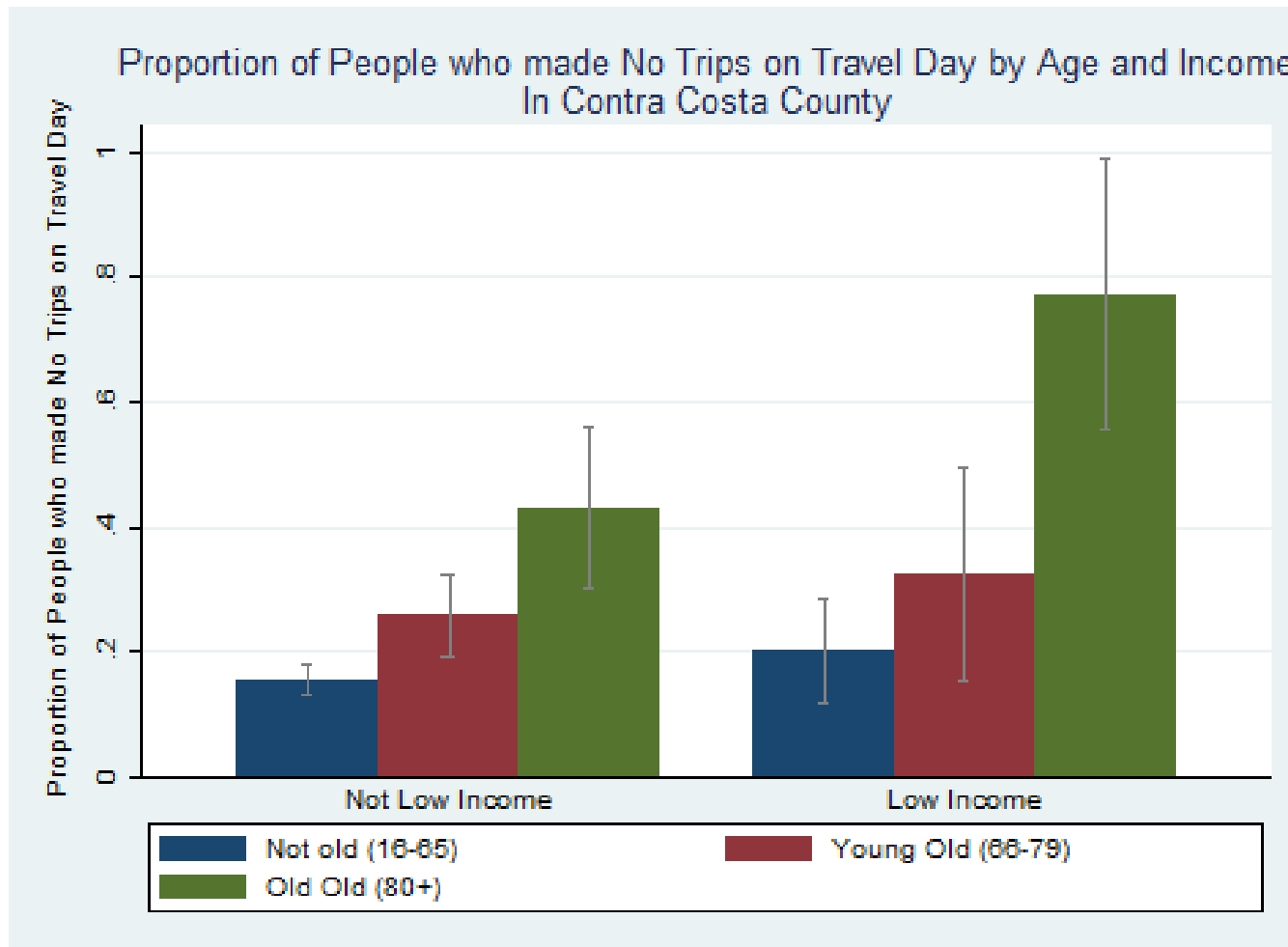
E.g., California Household Travel Survey (CHTS) Detailed Survey of Travel Behavior in California Conducted about every 10 years

<https://www.nrel.gov/transportation/secure-transportation-data/tsdc-california-travel-survey.html>

# Example CHTS Analysis: Overall Mode Split in Contra Costa by Age



# Example CHTS Analysis: No Trips on Travel Day by Age and Income



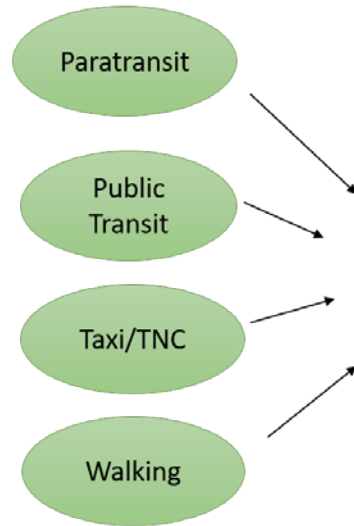
# Factors Leading to Travel Limitations

- Age, especially 80 and over
- No driver's license
- Living alone
- No licensed drivers in HH
- Poor health
- Disability

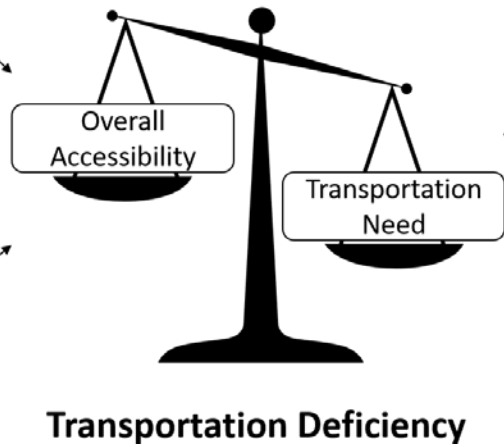


# Core Concept: Transportation Deficiency

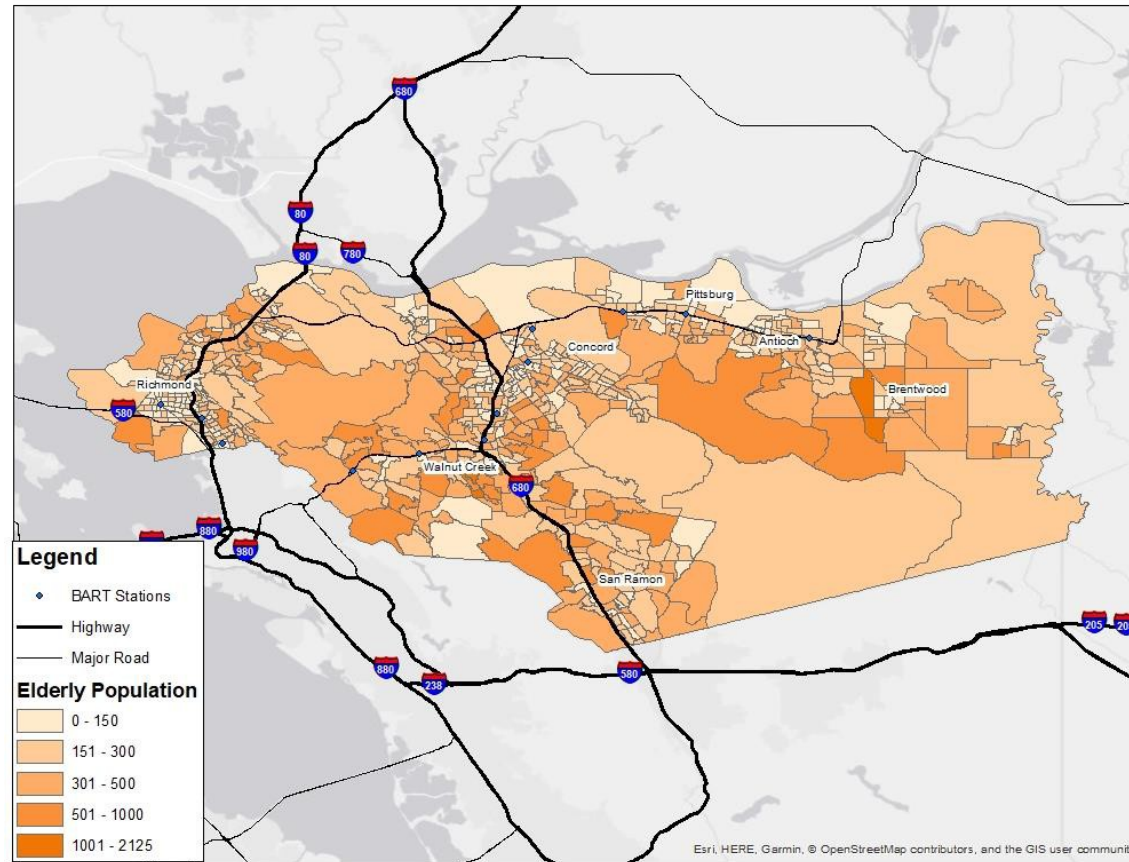
Access to Jobs and Destinations by:



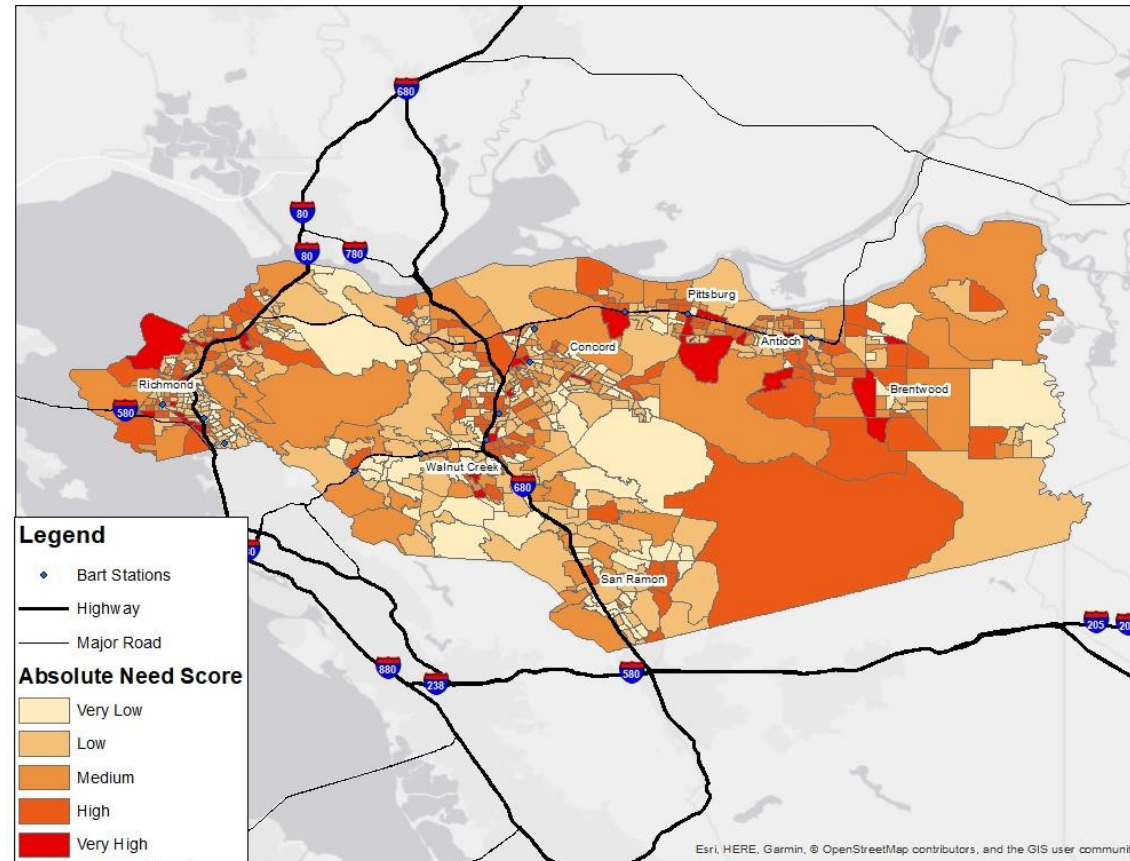
Transportation Disadvantaged Populations:



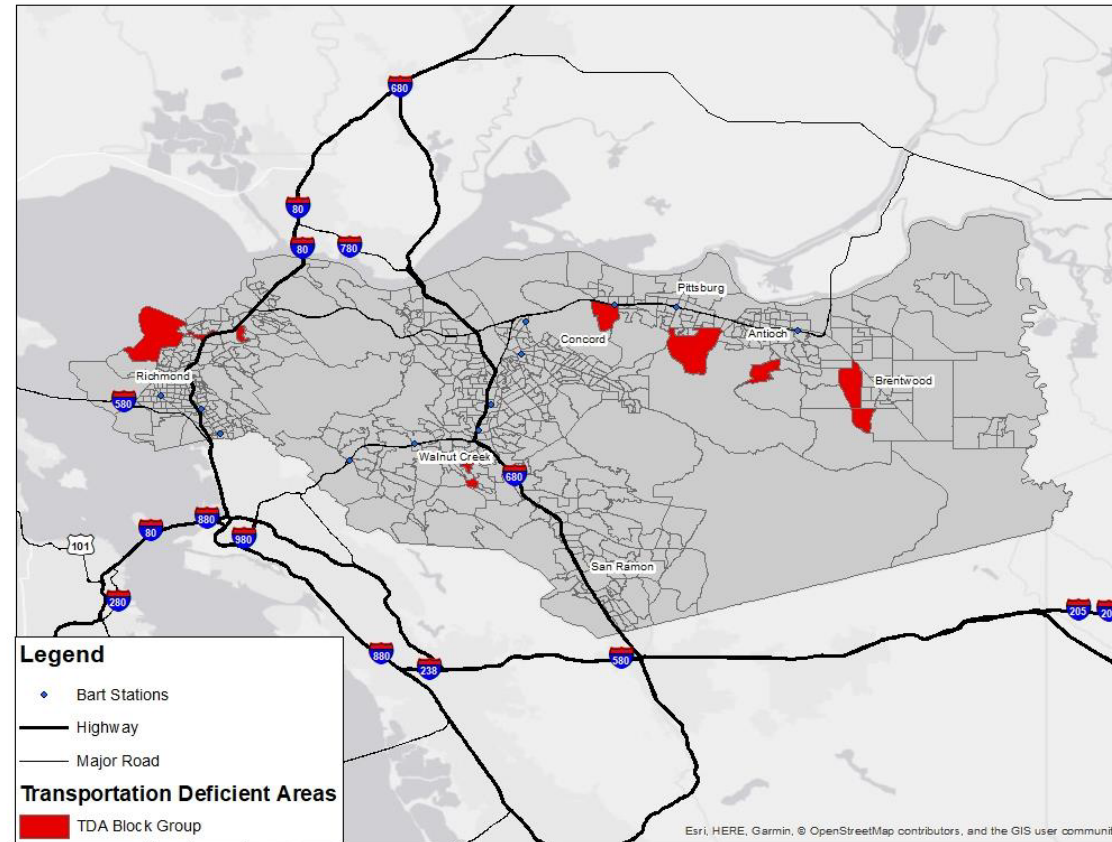
# Elderly Population by Census Block Group (Contra Costa County)



# Transportation Need by Census Block Group (Contra Costa County)



# Transportation Deficient Census Block Groups (Contra Costa County)



# Major System Drivers for Travel for an Aging Population Coordinated Transportation Plans (Example from MTC – Bay Area MPO)



## COORDINATED PUBLIC TRANSIT - HUMAN SERVICES TRANSPORTATION PLAN

February 2018



Coordination Transportation Plans focusing on Aging and Disabled Populations are required by the FAST Act and have been prepared by virtually all the MPOs in California. At left is the Plan developed by MTC (Bay Area MPO). Specific system drivers have been developed through extensive consultation with stakeholders.

Link to MTC Plan:

[https://mtc.ca.gov/sites/default/files/MTC\\_Coordinated\\_Plan\\_Web\\_Temp.pdf](https://mtc.ca.gov/sites/default/files/MTC_Coordinated_Plan_Web_Temp.pdf)

# Coordinated Mobility Strategies

## EXECUTIVE SUMMARY



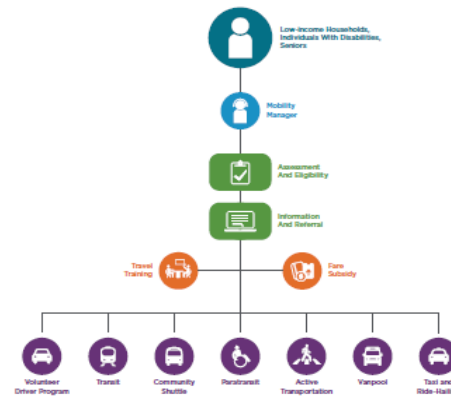
### COORDINATION STRATEGIES

Strategies are big picture initiatives that MTC and its local partners can implement or facilitate. The plan identifies the following strategies for MTC and its partners:

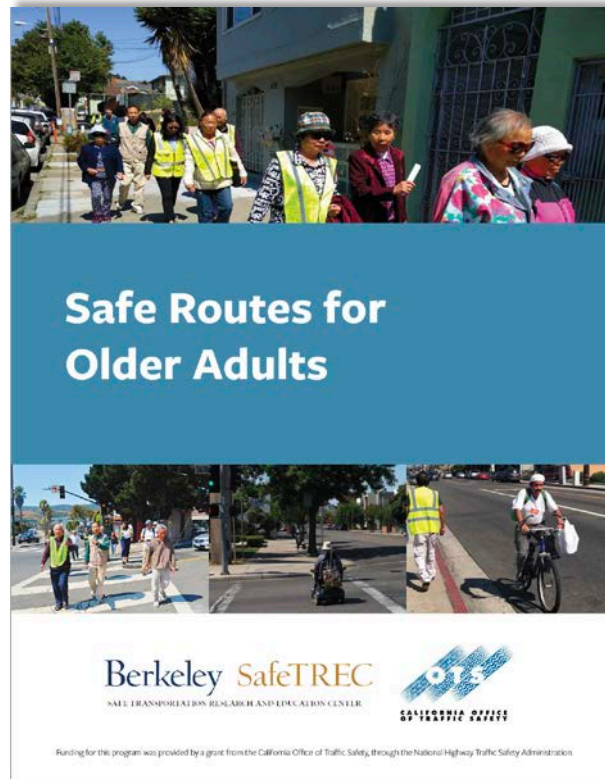
#### IMPLEMENT COUNTY-BASED MOBILITY MANAGEMENT

Develop County-Based Mobility Management Across the Region that will direct passengers to all available transportation options and increase efficiency through coordination. A county-based mobility management program should include in-person eligibility assessments, travel training, and information and referral services.

The graphic below describes the typical Mobility Management process, in which an individual seeking mobility services works with a Mobility Manager to assess their needs, and to be referred to services, subsidy programs, or training opportunities for which they are eligible.



# Example of System Driver: Safe routes for older adults guide



Tracy McMillan, Ana Lopez, Jill Cooper

[https://safetrec.berkeley.edu/sites/default/files/srfoa\\_042518\\_final.pdf](https://safetrec.berkeley.edu/sites/default/files/srfoa_042518_final.pdf)

Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration



























THE **SIGHTLINES** PROJECT

Seeing Our Way to  
Living Long and Living Well  
in 21<sup>st</sup> Century America

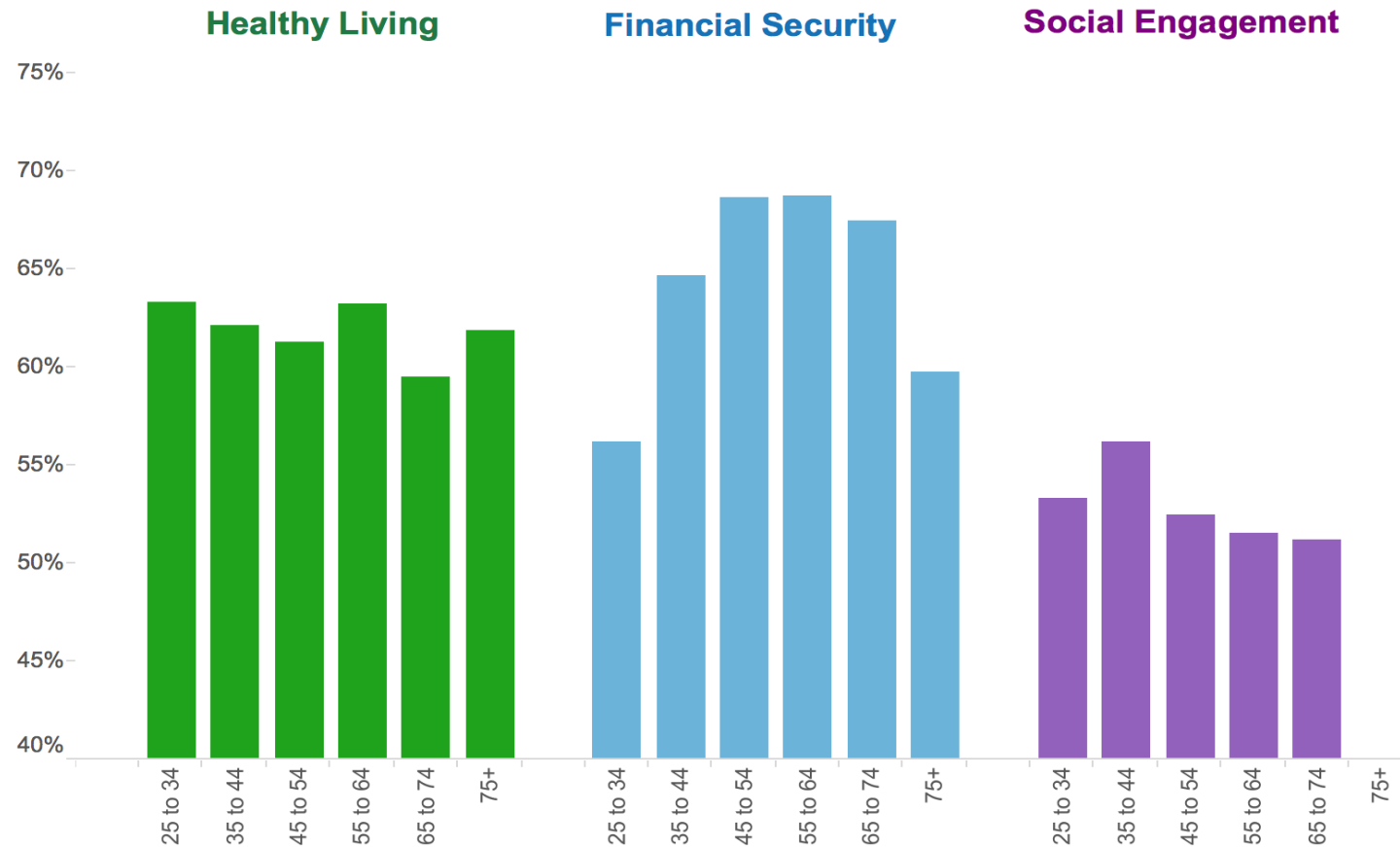




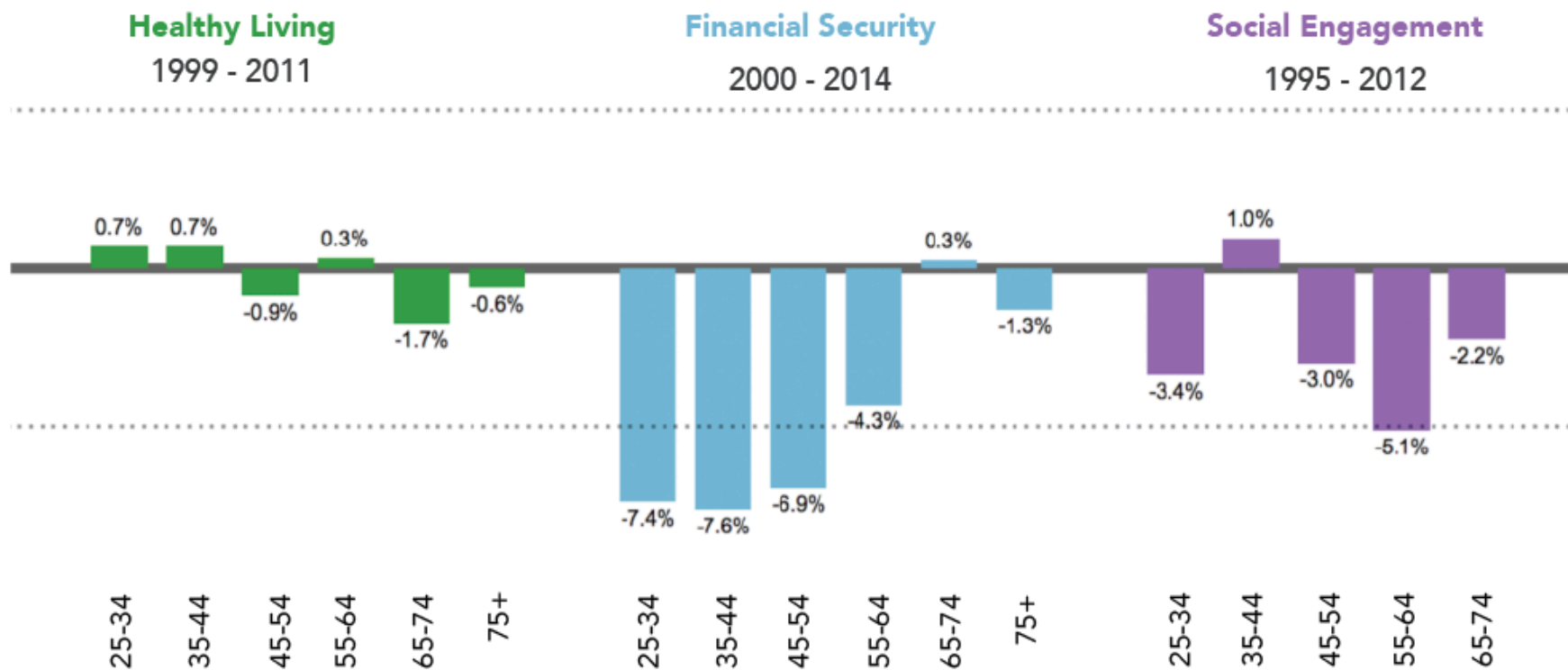
# Actions linked to healthy, long life

	Healthy Living	Financial Security	Social Engagement
Healthy Daily Activities	 Exercise Moderately (NHANES)  Maintain Healthy BMI (NHANES)  Low Sedentary Time (NHANES)	 Threshold Income (CPS-ASEC)  Manageable Debt (SCF)  Emergency Funds (SCF)	 Friend Social Support (MIDUS)  Family Social Support (MIDUS)  Frequent Friend Interactions (MIDUS)
Avoid Risky Behaviors	 Eat 5 Fruits and Vegetables (BRFSS)  Sufficient Sleep (NHANES)  Excessive Alcohol Consumption (NHANES)	 Investments (SCF)  Retirement Savings (SCF)  Home Ownership (CPS-ASEC)	 Meaningful Interactions with Spouse/Partner (MIDUS)  Frequent Family Interactions (MIDUS)
	Protection	Group Involvement	
	 Health Insurance (CPS-ASEC)  Long-Term Disability/Care (SCF & CEX)  Life Insurance (SCF)	 Workforce Participation (CPS-ASEC)  Volunteer (CPS-VS)  Participate in Community or Religious Activities (MIDUS)  Converse with Neighbor (MIDUS)	

# How well are Americans doing today?

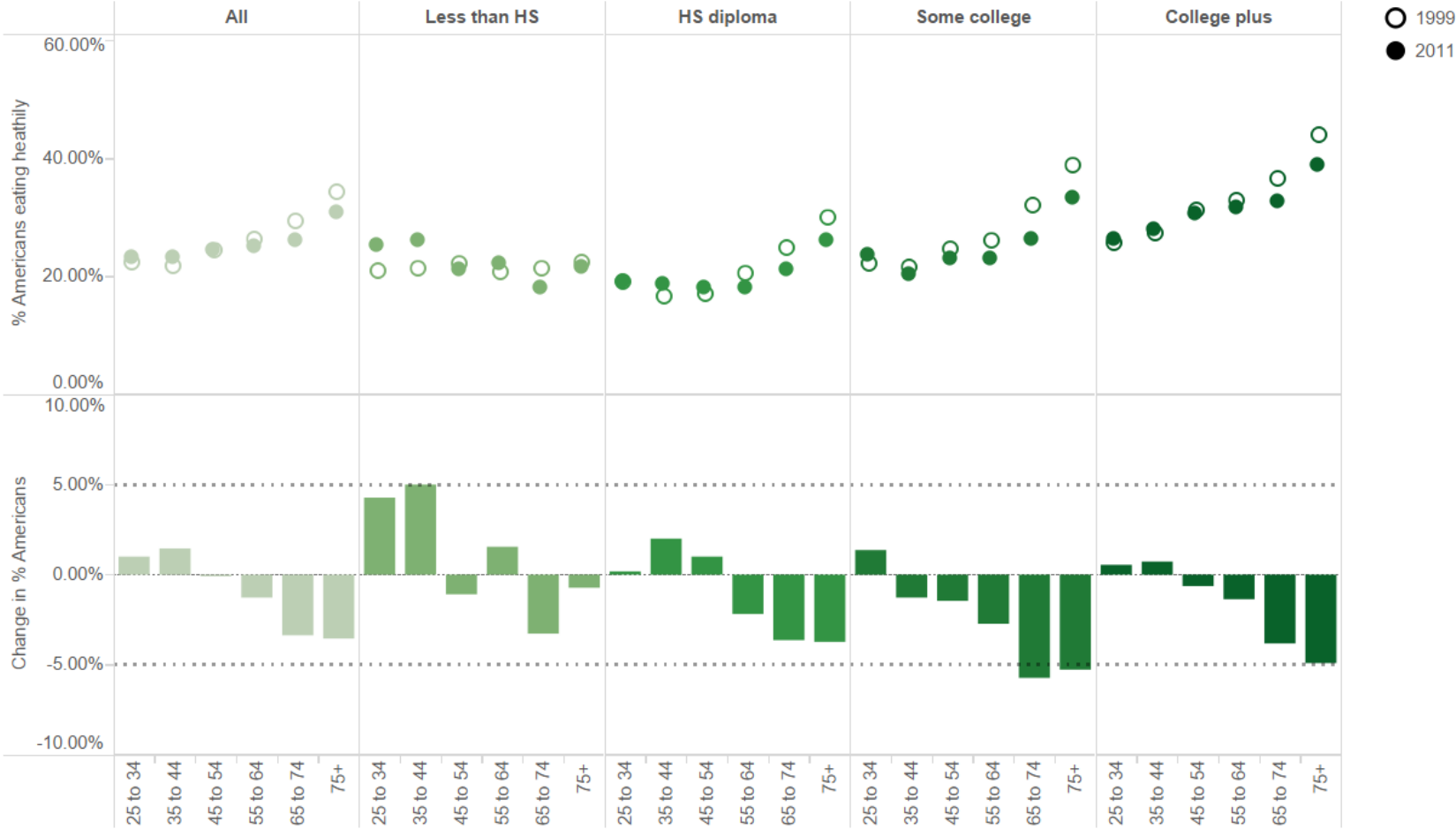


# Are we on the right track or wrong track?

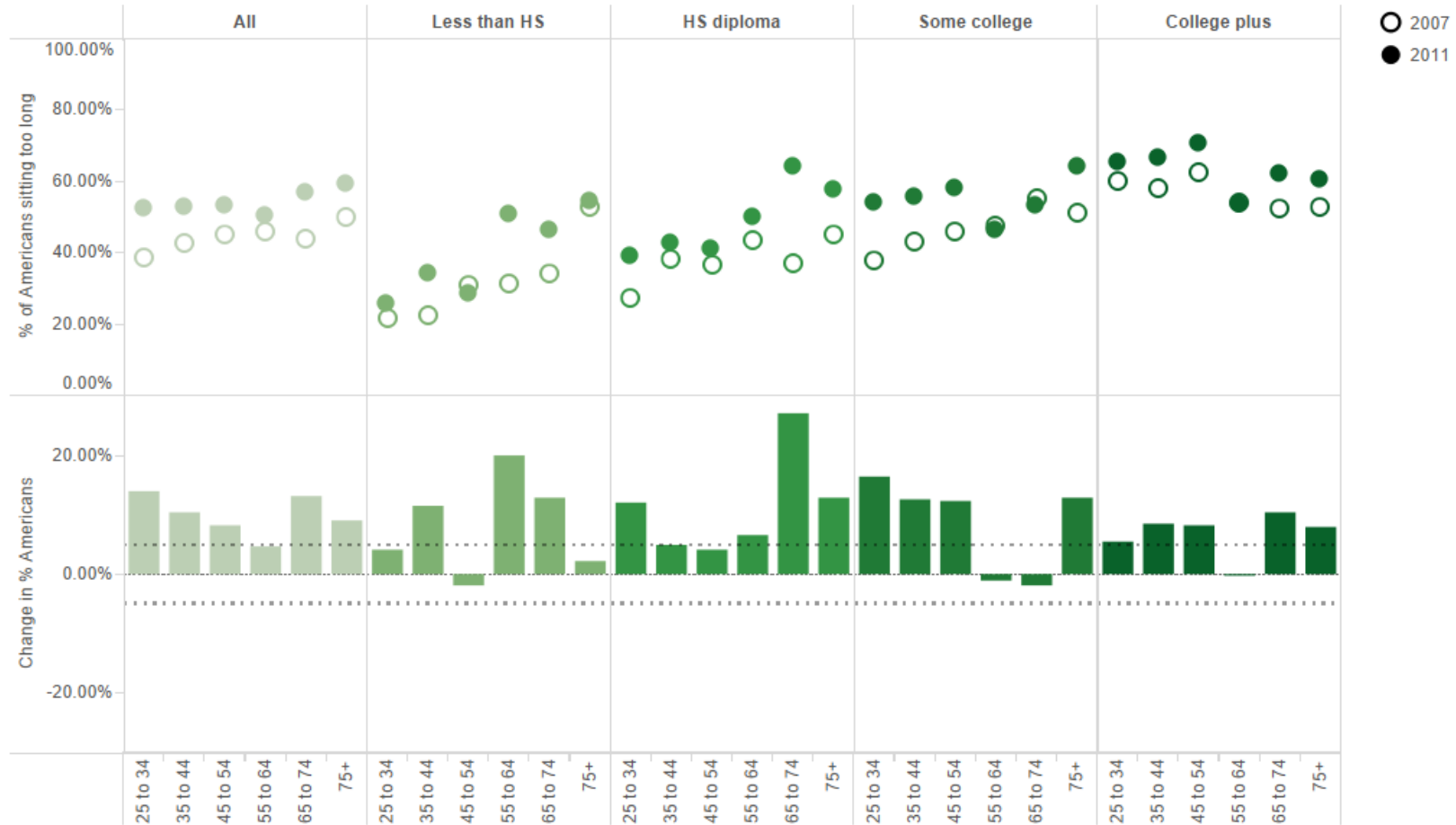




# College education a protective factor for eating fruits and vegetables



# College education a risk-factor for sedentary behavior



# Q&A and Discussion

*Carrie Graham* (Moderator)  
University of California



Break (15 minutes)



MPA Research Subcommittee – 2/25/20

# LIVABILITY INDEX





# WWW.AARP.ORG/LIVABILITYINDEX

## AARP Livability Index | Great Neighborhoods for All Ages

Updated June 2018

LIVABILITY DEFINED SCORING LIVABILITY CATEGORIES ABOUT US FAQs RESOURCES

LIVABLE COMMUNITIES



2018 scores are now live! Plug in an address and start comparing livability scores. ×

How **livable** is your **community**?

enter your address, city, state or zip code



LEARN MORE

The Livability Index scores neighborhoods and communities across the U.S. for the services and amenities that impact your life the most.

Search for your city or learn more about how we define livability.

# THE LIVABILITY INDEX

## Metrics & Policies

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**Metrics and policies are the indicators used to measure livability. They are drawn from over 50 sources of data.**

### Metrics

- Metrics indicate communities' currently levels of livability by measuring various characteristics.
- 40 metrics are used in the Livability Index; 21 of those evaluate the livability of neighborhoods.
- Each category contains 4-9 metrics.
- Metrics must be relevant and subject to direct/indirect influence by state and local policymakers.

### Policies

- Policies are actions communities can take to improve livability over time.
- 20 state and local policies are evaluated in the Livability Index.



Source:propay.com

# THE LIVABILITY INDEX

## Categories & Attributes

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### Housing

- Housing Accessibility
- Housing Options
- Housing Affordability
- Commitment to Livability

### Neighborhood

- Proximity to Destinations
- Mixed-use Neighborhoods
- Compact Neighborhoods
- Personal Safety
- Neighborhood Quality
- Commitment to Livability

### Transportation

- Convenient Transportation Options
- Transportation Costs
- Safe Streets
- Accessible System Design
- Commitment to Livability

### Environment

- Water Quality
- Air Quality
- Resilience
- Energy Efficiency
- Commitment to Livability

### Health

- Healthy Behaviors
- Access to Health Care
- Quality of Health Care
- Commitment to Livability

### Engagement

- Internet Access
- Civic Engagement
- Social Engagement
- Equal Rights
- Commitment to Livability

### Opportunity

- Equal Opportunity
- Economic Opportunity
- Education
- Multi-generational Communities
- Local Fiscal Health
- Commitment to Livability

# THE 2018 LIVABILITY INDEX: GREAT NEIGHBORHOODS FOR ALL AGES

## New Features in the Livability Index

- **Updated Data**—The index includes the most recent available national data for metrics and policies.
- **Results Page Tutorial**—Users will be guided through key features of the results page.
- **See Past Performance on Indicators**—Users can compare metrics and policies for the current and previous years for any location.
- **Compare Map Layers**—Users can compare two map layers side-by-side for any location.
- **Network of Age-Friendly Communities**—Users can find out how many communities have joined the AARP Network of Age-Friendly Communities in their state.
- **Share Your Score**—Users can share their livability and category scores via Facebook and Twitter.
- **Send Feedback**—Users can share their comments, ideas and even their own data with the project team via the new Contact Us page.
- **Resources**—Users will find more information about the index categories to better understand each livability topic on the redesigned page.

How livable is your community?

enter your address, city, state or zip code



## Location Results

[Share this score](#)

Current Location: San Francisco, [San Francisco County, CA](#)

RECENT LOCATIONS: [Imperial County, CA](#) | [Los Angeles County, CA](#) | [Ventura County, CA](#)

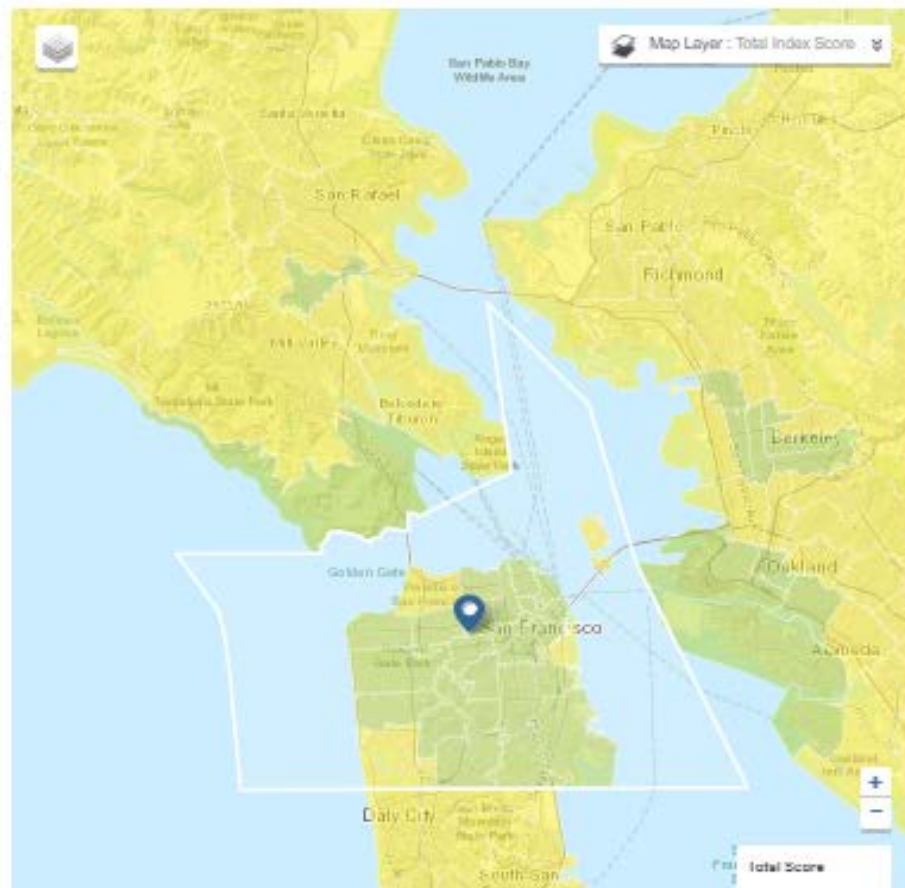
### TOTAL INDEX SCORE



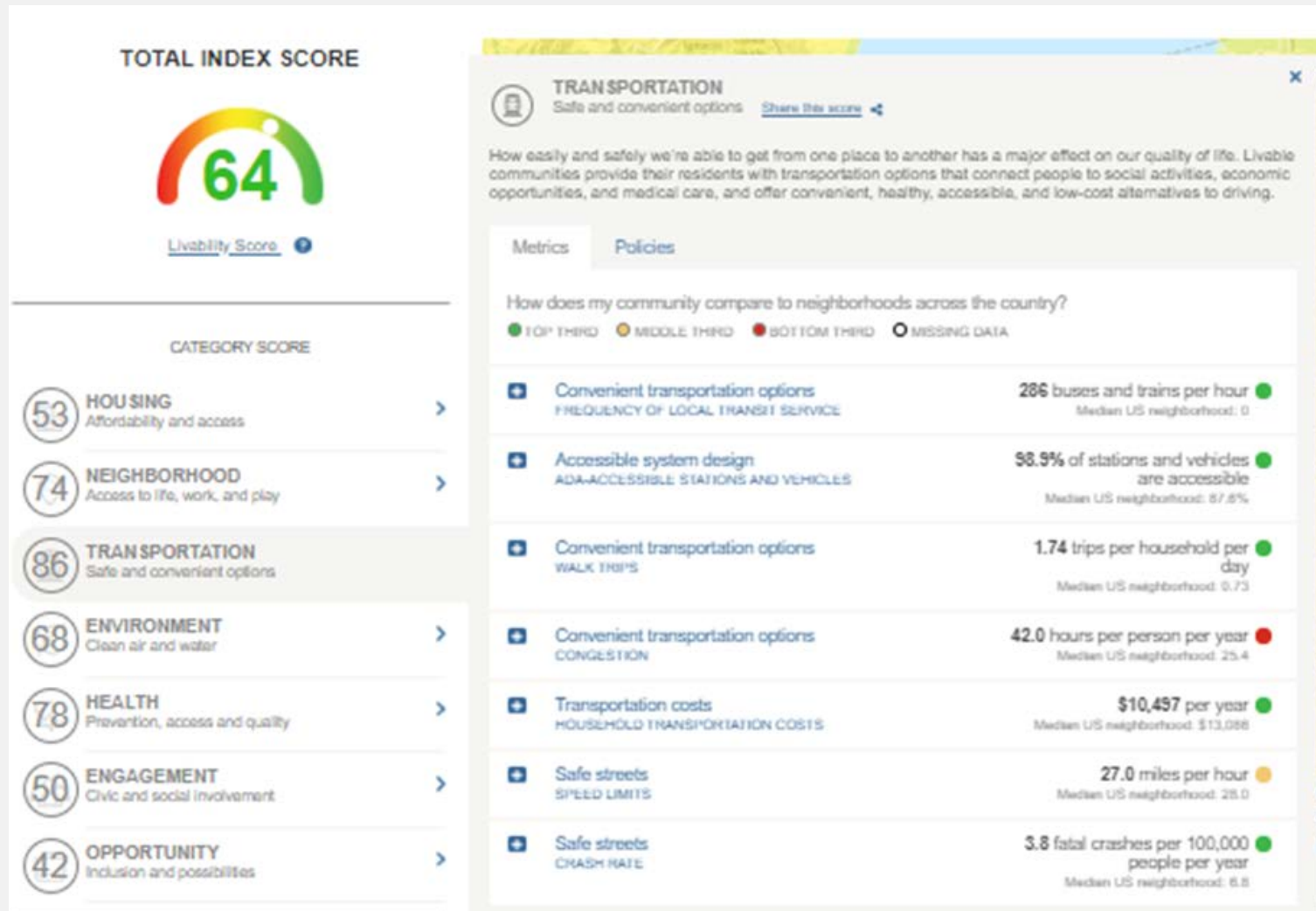
Livability Score

### CATEGORY SCORE

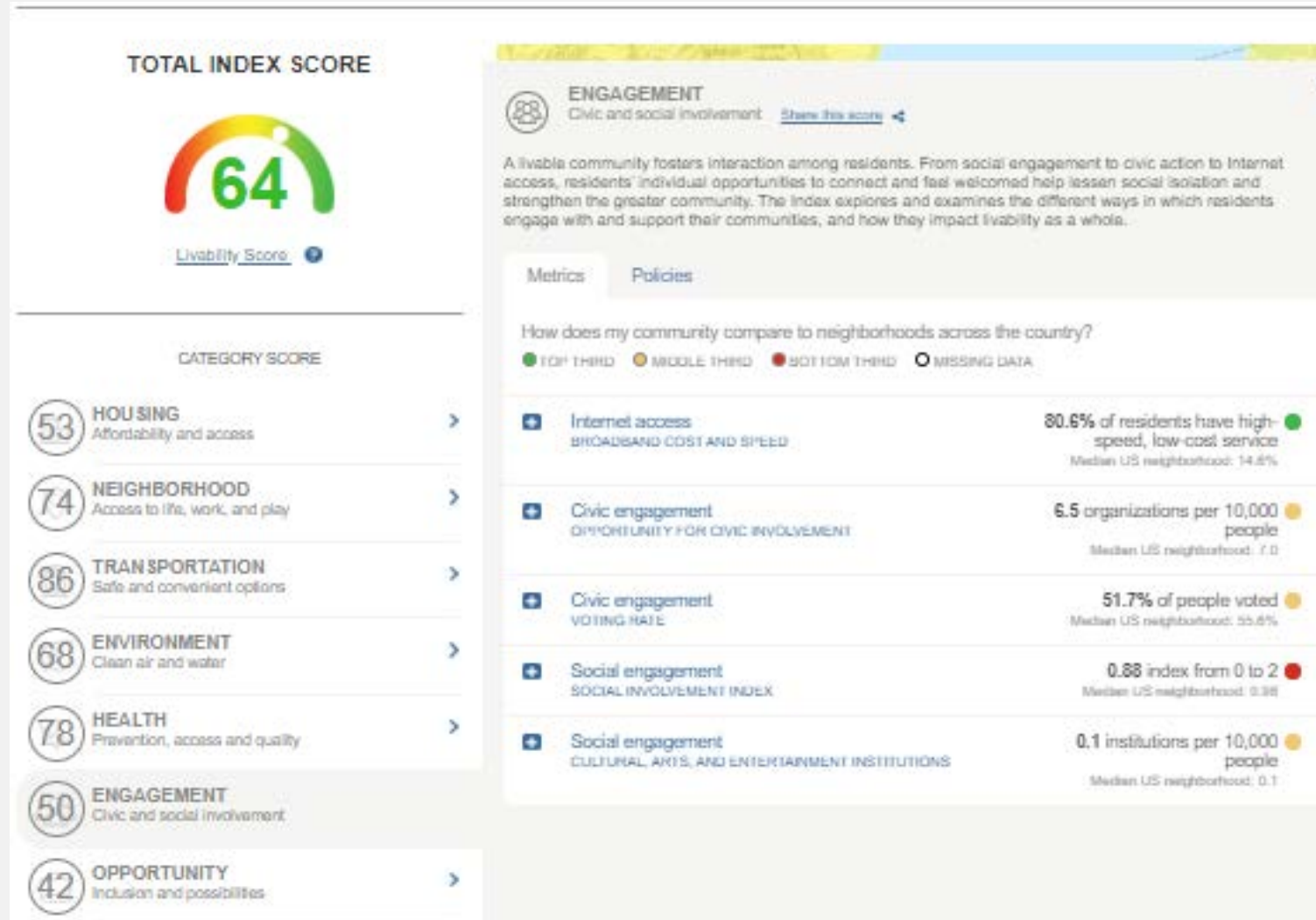
- 53** HOUSING  
Affordability and access
- 74** NEIGHBORHOOD  
Access to life, work, and play
- 86** TRANSPORTATION  
Safe and convenient options
- 68** ENVIRONMENT  
Clean air and water
- 78** HEALTH  
Prevention, access and quality
- 50** ENGAGEMENT  
Civic and social involvement
- 42** OPPORTUNITY  
Inclusion and possibilities



# Transportation



# Engagement



# Do More With This Score

The image shows a user interface for a livability score calculator. On the left, the 'TOTAL INDEX SCORE' is 64, with a 'Livability Score' link. Below this is a 'CATEGORY SCORE' list with seven categories: HOUSING (53), NEIGHBORHOOD (74), TRANSPORTATION (86), ENVIRONMENT (68), HEALTH (78), ENGAGEMENT (50), and OPPORTUNITY (42). On the right, a 'CUSTOMIZE YOUR SCORE' window is open, showing a score of 63. It features seven sliders to adjust the importance of each category, ranging from 'Less Important' to 'More Important'. A 'RESET' button is located at the bottom of the customization window.

Category	Score
HOUSING	53
NEIGHBORHOOD	74
TRANSPORTATION	86
ENVIRONMENT	68
HEALTH	78
ENGAGEMENT	50
OPPORTUNITY	42

**TOTAL INDEX SCORE**  
64  
[Livability Score](#)

**CATEGORY SCORE**

- 53 HOUSING: Affordability and access
- 74 NEIGHBORHOOD: Access to life, work, and play
- 86 TRANSPORTATION: Safe and convenient options
- 68 ENVIRONMENT: Clean air and water
- 78 HEALTH: Prevention, access and quality
- 50 ENGAGEMENT: Civic and social involvement
- 42 OPPORTUNITY: Inclusion and possibilities

**CUSTOMIZE YOUR SCORE**  
63  
Use the sliders to adjust the importance of each category based on your preferences and see how your score changes.

Less Important | More Important

RESET

DO MORE WITH THIS SCORE

Adjust category importance



# APPLYING THE LIVABILITY INDEX



A county executive and staff want to know how to meet the housing needs of the growing population of older adults.



A real estate agent wants to market his walkable community as a place to find great housing near many local businesses and other amenities.



A non-profit organization wants to show the need for transportation services in the community.



A community advocate wants to make the streets safer for those who cannot afford to drive and those who can no longer drive.



An AARP member is deciding between two locations and wants to live close to medical services because she is taking care of a family member.

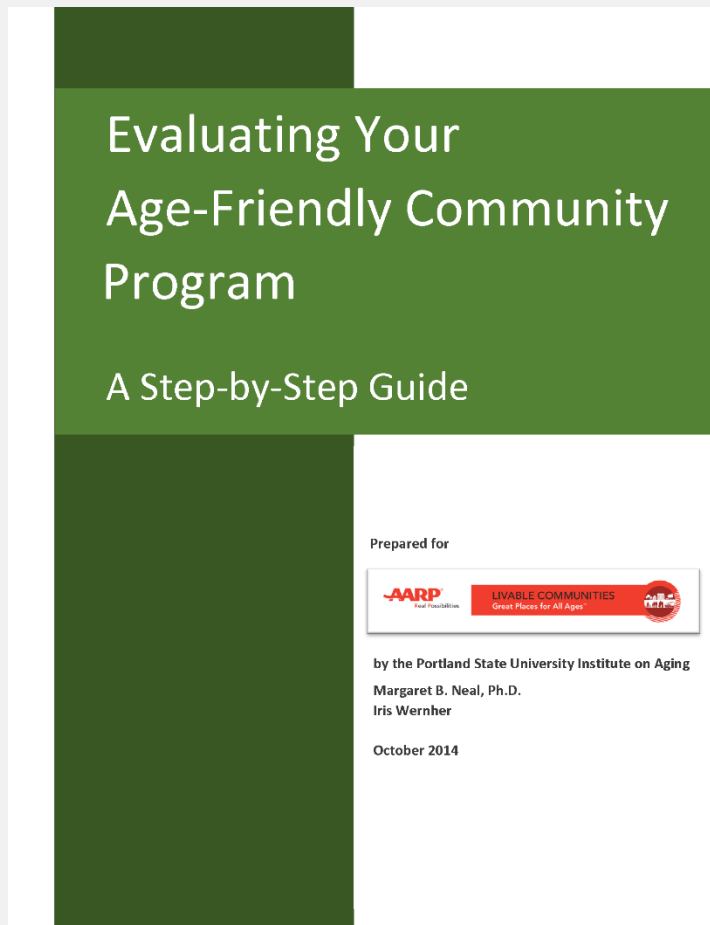
What will the Livability Index do for your community?

# DATA DASHBOARD: GOAL 2 – LIVABLE COMMUNITIES & PURPOSE

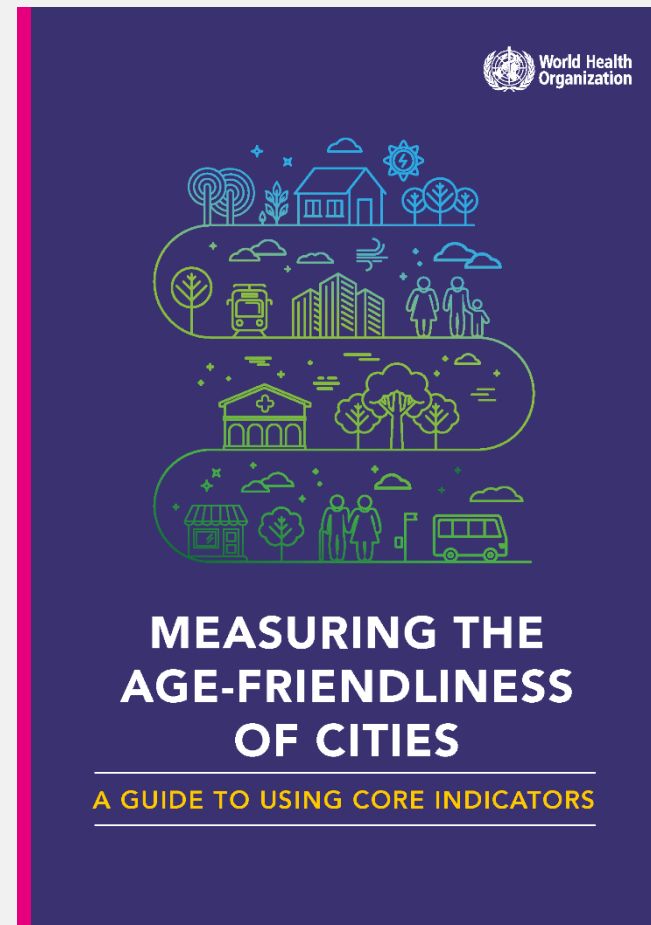
MPA Research Subcommittee – 2/25/20

# Resources

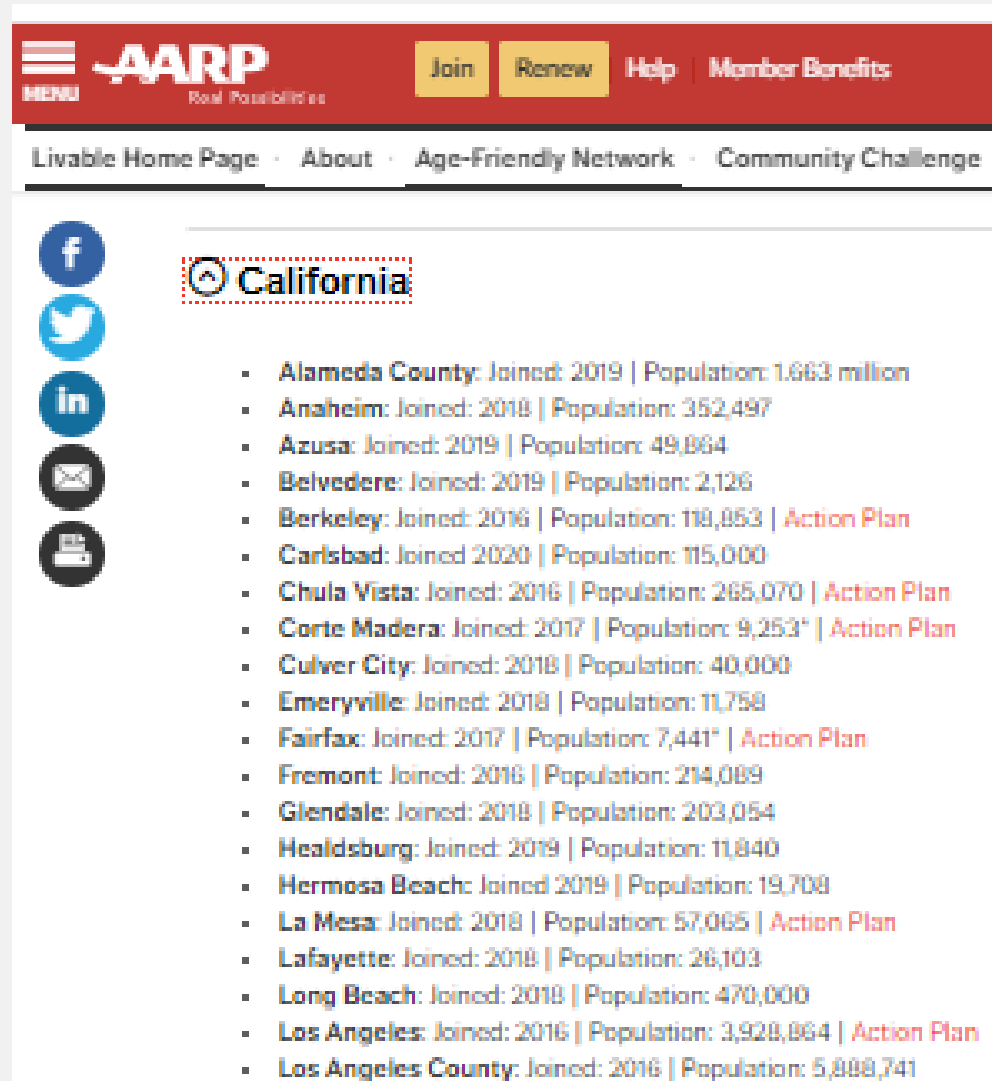
## Evaluating Your Age-Friendly Community Program



## Measuring the Age-Friendliness of Cities (WHO)



# Age-Friendly in California



**AARP**  
Real Possibilities

Join Renew Help Member Benefits

Liveable Home Page · About · Age-Friendly Network · Community Challenge

California

- Alameda County: Joined: 2019 | Population: 1,663 million
- Anaheim: Joined: 2018 | Population: 352,497
- Azusa: Joined: 2019 | Population: 49,864
- Belvedere: Joined: 2019 | Population: 2,126
- Berkeley: Joined: 2016 | Population: 118,853 | [Action Plan](#)
- Carlsbad: Joined: 2020 | Population: 115,000
- Chula Vista: Joined: 2016 | Population: 265,070 | [Action Plan](#)
- Corte Madera: Joined: 2017 | Population: 9,253\* | [Action Plan](#)
- Culver City: Joined: 2018 | Population: 40,000
- Emeryville: Joined: 2018 | Population: 11,758
- Fairfax: Joined: 2017 | Population: 7,441\* | [Action Plan](#)
- Fremont: Joined: 2016 | Population: 214,089
- Glendale: Joined: 2018 | Population: 203,054
- Healdsburg: Joined: 2019 | Population: 11,840
- Hermosa Beach: Joined: 2019 | Population: 19,708
- La Mesa: Joined: 2018 | Population: 57,065 | [Action Plan](#)
- Lafayette: Joined: 2018 | Population: 26,103
- Long Beach: Joined: 2018 | Population: 470,000
- Los Angeles: Joined: 2016 | Population: 3,928,864 | [Action Plan](#)
- Los Angeles County: Joined: 2016 | Population: 5,888,741

- Marin County: Joined: 2018 | Population: 260,955
- National City: Joined: 2019 | Population: 61,363
- Novato: Joined: 2017 | Population: 54,194
- Oakland: Joined: 2018 | Population: 425,195
- Petaluma: Joined: 2020 | Population: 60,738
- Riverside: Joined: 2020 | Population: 333,063
- Roseville: Joined: 2019 | Population: 135,329
- Ross: Joined: 2018 | Population: 2,480
- Sacramento: Joined: 2019 | Population: 501,901
- San Anselmo: Joined: 2019 | Population: 12,580
- San Diego: Joined: 2019 | Population: 1.42 million
- San Diego County: Joined: 2016 | [Action Plan](#)
- San Francisco County: Joined: 2014 | Population: 852,469 | [Action Plan](#)
- San Jose: Joined: 2016 | Population: 1,079,000
- San Rafael: Joined: 2017 | Population: 59,000
- Santa Clarita: Joined: 2019 | Population: 210,000
- Saratoga: Joined: 2016 | Population: 29,727 | [Action Plan](#)
- Sausalito: Joined: 2017 | Population: 7,000 | [Action Plan](#)
- Sonoma County: Joined: 2016 | Population: 499,801
- Sunnyvale: Joined: 2016 | Population: 149,831
- Temple City: Joined: 2019 | Population: 36,367
- West Hollywood: Joined: 2016 | Population: 39,399 | [Action Plan](#)
- West Sacramento: Joined: 2015 | Population: 49,891 [Interview](#) | [Survey](#) | [Action Plan](#)

# Examples: Action Plan Goals & Measurable Actions

## West Sacramento: Transportation

Goal	Actions
Adopting a Bike, Pedestrian & Trails Master Plan, with a “Safe Routes for Seniors” chapter.	Conduct Level of Traffic Stress Analysis
	Prepare Draft Plan
	Adopt Updated Plan
	Develop Age-Friendly Appendix
	Develop Safe Routes Appendix
Adopt a master plan that includes innovative transit options that benefit older residents.	Apply for SACOG TDM Innovations Grant funding for Pilot 2 Flexible Transportation Service
	Deploy Pilot 1 Downtown Shuttle
	Apply for Caltrans Sustainable Transportation Planning Grant Program funding for Mobility Action Plan
	Deploy Pilot 2 Flexible Transportation Service
	Prepare draft Mobility Action Plan
	Adopt Mobility Action Plan

# Examples: Action Plan Goals & Measurable Actions

## Chula Vista: Respect, Inclusion & Social Participation

Goal	Actions
Develop culturally- and age-appropriate programming throughout the city	Conduct an assessment of intergenerational and senior programming and event needs/desires to identify and pilot at least three (3) new programs while promoting programming equity throughout the city.
	Engage Southwestern College and local school districts in increasing and sustaining at least two (2) new intergenerational programs.
	Hold a minimum of five (5) workshops on aging (e.g. retirement planning, elder respect).
	Create an older adult-related theme for the “THIS is Chula” campaign and other identified communication efforts emphasizing respect, economic power, adventure, and vibrancy in aging.

# Candidate Measures Tracker

Measure						
Category	Indicator	Attribute	Brief Measure Description	Type of Measure (Descriptive, Person-Level Outcome, System Driver)	Source Name	Source URL
Housing	Zero-step entrances	Housing accessibility	Percentage of housing units with a zero-step entrance		U.S. Census Bureau,	<a href="https://w">https://w</a>
Housing	Availability of multi-fam	Housing options	Percentage of housing units that are not single-family, detached		U.S. Census Bureau,	<a href="http://fac">http://fac</a>
Housing	Housing costs	Housing affordability	Monthly housing costs		U.S. Census Bureau:	<a href="http://fac">http://fac</a>
Housing	Housing cost burden	Housing affordability	Percentage of income devoted to monthly housing costs		U.S. Department of H	<a href="http://ww">http://ww</a>
Housing	Availability of subsidized	Housing affordability	Number of subsidized housing units per 10,000 people		Public and Affordabl	<a href="http://ww">http://ww</a>
Housing	Availability of subsidized	Housing affordability	Number of subsidized housing units per 10,000 people		U.S. Housing and Url	<a href="https://eg">https://eg</a>
Neighborhood	Access to grocery stores	Proximity to destinations	Number of grocery stores and farmers' markets within a half mile		Grocery store locatio	N/A
Neighborhood	Access to grocery stores	Proximity to destinations	Number of grocery stores and farmers' markets within a half mile		Farmers' market loca	<a href="http://sec">http://sec</a>
Neighborhood	Access to parks	Proximity to destination:	Number of parks within a half-mile		2014 Esri North Amer	<a href="http://ww">http://ww</a>
Neighborhood	Access to libraries	Proximity to destination:	Number of libraries within a half-mile		Institute of Museum	<a href="https://w">https://w</a>
Neighborhood	Access to jobs by transit	Proximity to destination:	Number of jobs accessible within a 45-minute transit commute		U.S. Environmental F	<a href="http://ww">http://ww</a>
Neighborhood	Access to jobs by auto	Proximity to destination:	Number of jobs accessible within a 45-minute automobile comm		Dun & Bradstreet pri	N/A
Neighborhood	Diversity of destinations	Mixed-use neighborhoo	Mix of jobs within a mile		U.S. Census Bureau,	<a href="https://le">https://le</a>
Neighborhood	Activity density	Compact neighborhoods	Combined number of jobs and people per square mile		U.S. Census Bureau,	<a href="https://le">https://le</a>

# Dialogue on Transportation

- Transportation-related measures and data sources on the Candidate Measures tracker.
- Dialogue questions:
  - What other indicators could inform potential measures related to “Transportation?”
  - What data sources are available for these indicators?



# Dialogue on Purpose

- Purpose-related measures and data sources on the Candidate Measures tracker.
- Dialogue questions:
  - What other indicators could inform potential measures related to “Purpose”? (Examples could include but aren’t necessarily limited to: social interaction, social isolation, volunteering, civic engagement, etc.)
  - What data sources are available for these indicators?

# Innovation 4 an Aging Population: Race, Equity, and Building Livable Communities, Age-Friendly Cities and Increasing Civic Engagement with our Nation's Most Vulnerable Populations

*Antwi Akom*

University of California, San Francisco

*Aekta Shah*

Streetwyze



Break (10 minutes)



# Public Comment

- [Submit additional public comment and meeting feedback](#)
- [Submit detailed recommendations for MPA](#)

# Summary & Action Steps

*Carrie Graham*

University of California



# THANK YOU!

Send questions to [EngAGE@aging.ca.gov](mailto:EngAGE@aging.ca.gov)

Learn more about the Master Plan for Aging here\*:

