A Tool for Planners: Linking Health-related Countywide Planning Policies to Comprehensive Plans

Introduction

In the last decade, planners practicing in the Puget Sound region have become increasingly re-united with the public health profession. This trend reflects the goal of a shared history—making cities better and safer places for people to live and do business.

The Countywide Planning Policies (CPPs) are one of the latest collaborative efforts of planners and public health professionals. The CPPs provide the vision and policy framework for jurisdictions in King County when they update their Comprehensive Plans. A long overdue update of the CPPs wrapped up in 2013 and included new polices addressing public health.

Tool Development

During ratification of the CPPs a workgroup of local planners and members of the interjurisdictional staff team crafted a tool (attached below) to help planners incorporate the new health-related CPPs into the June 30th, 2015 update of their Comprehensive Plans. The tool directs planners to information and examples for how to improve the design and quality of communities and cities.

The tool focuses on 18 of the 32 health-related CPPs. The rationale for selecting a subset of policies is the assumption that planners would welcome assistance with policies either newer to the planning profession, or not traditionally included in Comprehensive Plans. In addition, the tool will likely also be useful for implementing many of the other CPPs, especially those focused on transportation, community design, and environmental conservation.

Description and Use of the Tool

The overall intent of the tool is to provide planners with a range of ideas that will prompt them to think about ways of better integrating health into the unique policy and program context of their city. Each health-related CPP in the attached table cross-references to specific information such as model policies, health-planning resources, and community design ideas in or more of the following categories:
Strategies link to information intended to provide a starting point for policy development.

Implementation links to more specific types of information such as policies, ordinances, codes, and programs from other cities and organizations.

Additional Ideas suggests further actions for cities and planners to consider.

City Health Profiles

Public Health Seattle & King County recently created a new product, City Health Profiles, to use alongside the tool. The Profiles provide each city with information on health indicators in the following categories:

- Demographics
- General health status
- Leading causes of death
- Health risk factors and chronic diseases
- Injury and violence-related mortality
- Maternal and infant health
- Access to care and preventive services

Planners can use this health information to better understand the health challenges and conditions of their city’s residents and modify planning practices to help increase the choices and environments that make healthy lifestyles possible. Lastly, general resources on various planning topics are listed at the end of the tool.

The City Health Profiles are here:
http://www.kingcounty.gov/healthservices/health/data/CityProfiles.aspx

The CPPs are here:

Staff contact: julie.west@kingcounty.gov, 206-263-8530.
## A TOOL FOR PLANNERS: LINKING HEALTH-RELATED COUNTYWIDE PLANNING POLICIES TO COMPREHENSIVE PLANS

<table>
<thead>
<tr>
<th><em>Countywide Planning Policy (CPP)</em></th>
<th>Examples of Planning Strategies, Implementation, and Additional Ideas</th>
<th>Health Connection</th>
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</table>
| Identify and mitigate unavoidable negative impacts of public actions that disproportionately affect people of color and low-income populations. | **Strategies:**  
“Opportunity” is a situation or condition in which individuals are more likely to succeed or excel. Opportunities have geography, and when mapped, make it easier to see how different communities are faring. Take a look at the maps for King County at the Puget Sound Regional Council website to learn more.  
This resource, "health in all policies", lays out ways of crafting policies to include health. Check out the list of in-depth resources at the end of the document to learn more about lessening the impacts of public actions on people’s health and well-being.  
Risk of injury, travel time, and auto ownership costs are significant factors affecting the health and quality of life for low-wage workers and their families as discussed in benefits of location-efficient development. When jurisdictions invest in transit as part of land use decisions, it helps to lessen the transportation burden and related impacts on such families.  
**Implementation:**  
See this guide to equity and social justice, especially the "Community Engagement" and "Maps" links.  
Does your city have GIS? Share ideas from this resource with GIS staff about how to assess the likelihood of disproportionate impacts or view a summary.  
This resource shares how over a dozen community planning processes have integrated equity and summarizes six key planning steps to help your city reach equity.  
**Additional Ideas:**  
Cities may want to explore:  
- specifically assessing the likelihood of disproportionate impacts of public actions and projects as part of SEPA or another analysis method. The “Impact Review” link of the guide to equity and social justice shares one way of tackling this problem.  
- table 2 in "What is a Healthy Community" for clear, definable indicators and data sources that a city can use to lessen disproportionate impacts of public actions. | Can influence:  
- physical activity opportunities  
- nutrition choices  
- risk of injury  
- exposure to violence  
- exposure to environmental toxins  
- access to and use of tobacco & alcohol  
- determinants of mental health  
- physical access to health care facilities |
**Countywide Planning Policy (CPP)**
Formulate and implement climate change adaptation strategies that address the impacts of climate change to public health and safety, the economy, public and private infrastructure, water resources, and habitat.

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| **Strategies:** The Local Governments for Sustainability site has abundant resources where you can peruse and download guidebooks, toolkits, fact sheets, and reports on climate adaptation for local governments.

**Implementation:**
The details of zoning are one avenue for climate adaptation activities. Check out a green zoning code, and consider adapting it to your jurisdiction. This resource also includes sustainability concepts and makes good use of illustrations to show green land use and zoning concepts.

**Additional Ideas:**
Cities could develop:
- a program whereby those at highest risk for heat-related illness receive household cooling devices.
- a protocol for urban re-forestation that prioritizes locations where low levels of tree cover co-occur with low-resiliency neighborhoods and populations.
- a Community Notification System (aka as “Reverse 911”) to alert residents to climate-related incidents (e.g., heat events, floods, damaged infrastructure).
- Community Emergency Response Teams or other voluntary hazard preparedness activities, focusing on the least resilient neighborhoods and populations.

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### Countywide Planning Policy (CPP)

**Examples of Planning Strategies, Implementation, and Additional Ideas**

| **DP-6** | **Strategies:** The way physical spaces are designed and maintained affects how and if people will enjoy and use a space. This resource focuses on policy and design strategies for getting more usable green space, while another resource highlights how to design and site spaces to increase social cohesion and decrease crime in a community. A few ideas here about how to make places and spaces for people. The American Planning Association provides extensive resources related to incorporating health into planning. If your city is dealing with brownfields or similarly constrained areas, check out solutions that can simultaneously address under-utilized land and community health.  
**Implementation:** The Urban Land Institute has developed ten principles for building healthy places. And in a companion ULI resource, you’ll find case studies, great graphics, and solid research on uniting, health, economic development, and community design. The Form-based Codes Institute includes examples of development projects subject to form-based code as well as code language from across the country and more about form-based codes provides additional resources and information and code examples. Violent crime rates are higher in proximity to retail outlets that feature and promote liquor and alcohol, especially in neighborhoods lacking other types of retail shops and amenities. Ordinances to manage the density of alcohol outlets can help reduce impacts on residents who live in such neighborhoods. This resource takes a look at licensing vs. zoning in managing sometimes-troublesome land uses. Better yet, explore this resource and consider ways to change a corner store to healthier fare.  
**Additional Ideas:** Cities may want to consider:  
- special district, streetscape, and lighting plans for pedestrian-generating land uses.  
- crime prevention through community design.  
- buffering sensitive uses/populations.  
- urban design and traffic calming elements in pedestrian-dense environments.  
- neighborhood business districts.  
- informal gathering spaces.  
(Also see H-12) |
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<td><strong>DP-7</strong></td>
<td><strong>Strategies:</strong> Just as the environment in and around a child’s home and neighborhood affects their well-being, so too with the environment in and around schools. This resource can help prompt thinking about the role schools can play in community life. <strong>Implementation:</strong> From Oregon, this resource focuses on how to work with school districts on school siting and better integrate schools into the fabric of a community. Especially useful in this resource are guidelines and case studies. <em>(Also see PF -18)</em></td>
<td>Can influence: - physical activity opportunities - risk of injury - determinants of mental health</td>
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<td><strong>DP-8</strong></td>
<td><strong>Strategies:</strong> This resource specifically focuses on food policies for Comprehensive Plans. Here you’ll find a thorough inventory of policy examples and ideas from other jurisdictions organized by required Comprehensive Plan element, which makes it especially helpful for the update process. Explore this library, which focuses on increasing people’s access to healthy food. The library includes multiple formats: webinars, peer-reviewed articles, reports, and case studies, and a section on retail strategies. <strong>Implementation:</strong> How far can cities go in regulating food retail? Find out more about the legal framework in this article which discusses home rule, pre-emption, and codes. Another way to bring healthy food to neighborhoods is through an ordinance for fresh food stores. Sometimes a city’s policies and codes can hamper growing food close to home. Avoid re-inventing the wheel and check out how to remove barriers in this sixteen-city survey of urban agriculture. Consider starting with these Comprehensive Plan model policies addressing urban agriculture (see page 17). Other sections may prove equally helpful, touching on the spate of land use laws that affect agriculture in an urban context. Learn more about how to protect and promote farmers’ markets through enacting zoning, navigating sticky legal issues, and helping vendors draw customers. <strong>Additional Ideas:</strong> Ready for economic growth that also increases healthy food choices in your city, but need some funding? This resource is a good place to learn about financing strategies. <em>(Also see EC-10)</em></td>
<td>Can influence: - nutrition choices - determinants of mental health</td>
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<tr>
<td>Category</td>
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| DP-32    | Countywide Planning Policy (CPP) | Adopt a map and housing and employment growth targets in city comprehensive plans for each Urban Center, and adopt policies to promote and maintain quality of life in the Center through:  
- A broad mix of land uses that foster both daytime and nighttime activities and opportunities for social interaction; | This resource provides strategies for municipalities and employers to cultivate dedicated employees, while another emphasizes creating opportunities for new businesses.  
The look and feel of a place influences people’s comfort and desire to use public spaces. Here you’ll find ways to make and maintain public spaces that make a place desirable to people.  
Access to daily goods and services also influences the quality of life in people’s neighborhoods and can help to reduce stressors at the root of health inequities. This resource offers ways to create a setting for neighborhood businesses that benefit residents. | Can influence:  
- physical activity opportunities  
- nutrition choices  
- risk of injury  
- exposure to violence  
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- access to and use of tobacco & alcohol  
- determinants of mental health  
- physical access to health care facilities |
| DP-36    | Minimize or mitigate potential health impacts of the activities in Manufacturing/Industrial Centers on residential communities, schools, open space, and other public facilities. | Minimize or mitigate potential health impacts of the activities in Manufacturing/Industrial Centers on residential communities, schools, open space, and other public facilities. | Living in proximity to industrial land uses can negatively affect health. This resource identifies ways to reduce residential and industrial conflicts. | Can influence:  
- physical activity opportunities  
- risk of injury  
- exposure to environmental toxins  
- determinants of mental health |
| DP-43    | Design communities, neighborhoods, and individual developments using techniques that reduce heat absorption. | Design communities, neighborhoods, and individual developments using techniques that reduce heat absorption. | Summertime temperatures in cities rise and can stay high longer than surrounding areas. Known as the urban heat island effect, there are ways of minimizing this problem through paving materials and vegetation. | Can influence:  
- physical activity opportunities  
- exposure to violence  
- exposure to environmental toxins  
- determinants of mental health |
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<td><strong>H-12</strong> Plan for residential neighborhoods that protect and promote the health and well-being of residents by supporting active living and healthy eating and by reducing exposure to harmful environments.</td>
<td><strong>Strategies:</strong> Integrating health into planning takes several forms. Cities that will be using consultants can go to pages 4-7 and see how to include health in the RFP. Pages 12-15 of the same resource show how to use health data and pages 16-27 contain case studies. (Also see DP-6)</td>
<td>Can influence: - physical activity opportunities - risk of injury - determinants of mental health</td>
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<td><strong>EC-10</strong> Support the regional food economy including the production, processing, wholesaling, and distribution of the region’s agricultural food and food products to all King County communities. Emphasize increasing access to those communities with limited presence of healthy food options.</td>
<td><strong>Strategies:</strong> This resource focuses solely on how to use food and food-related activities to spur economic and community development, from siting stores, to creating jobs, and tapping into funding. Here you'll find a library of information about food with a whole section on retail strategies.</td>
<td>Can influence: - nutrition choices - determinants of mental health</td>
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<td><strong>T-12</strong> Address the needs of non-driving populations in the development and management of local and regional transportation systems.</td>
<td><strong>Strategies:</strong> Using transportation demand management concepts, examples, and case studies, this resource provides a wealth of information on equitable transportation planning and policy for those who either cannot drive or choose not to drive. Safety is a big factor in a person's decision to walk or bike. This resource is about how to boost safety for pedestrians and bicyclists. <strong>Implementation:</strong> Those on foot, whether by necessity or choice, perceive and navigate places differently than drivers and cyclists. This directory of pedestrian-friendly codes and design elements offers an A to Z list of urban form and design ideas that cover what makes a place appealing, safe, and usable. Each concept is paired with a photo and sample zoning or regulatory language. This resource has it all to help you plan for the non-driver, from plan and policy development to sample bicycle plans and case studies. <strong>Additional Ideas:</strong> Municipalities may want to explore purchasing easements to provide public walkways and bike trails in neighborhoods with low street connectivity due to cul-de-sacs and similarly constrained street networks.</td>
<td>Can influence: - physical activity opportunities - risk of injury - exposure to environmental toxins - determinants of mental health - physical access to health care facilities</td>
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### Countywide Planning Policy (CPP)

#### T-19
Design roads and streets, including retrofit projects, to accommodate a range of motorized and non-motorized travel modes in order to reduce injuries and fatalities and to encourage non-motorized travel. The design should include well-defined, safe and appealing spaces for pedestrians and bicyclists.

**Strategies:**
The National Complete Streets Coalition analyzes and rates complete streets ordinances and policies on an annual basis using ten criteria. Starting on page 7, you’ll find the most recent and best policies. A handy and helpful [guidebook](#) can help planners develop the right policy for their city.

**Implementation:**
Here you’ll find [essential features and information](#) about pedestrian preferences and behavior.

This resource provides a mix of graphics, narrative, and photos to show the details behind how to make places that work well for pedestrians, transit, and bicyclists.

**Additional Ideas:**
If planning for the non-driver is your thing, check out the Victoria Transport Institute’s extensive [transportation encyclopedia and tools](#).

Can influence:
- physical activity opportunities
- risk of injury
- exposure to environmental toxins
- determinants of mental health
- physical access to health care facilities

#### T-20
Develop a transportation system that minimizes negative impacts to human health, including exposure to environmental toxins generated by vehicle emissions.

**Strategies:**
With so little visible evidence, the quality of the air is an often overlooked source of health impacts. This resource explains the extent of the problem and identifies four policy areas that can help reduce exposure to auto emissions.

**Implementation:**
Find out how to keep air clean through developing parking policies, managing freight routes, siting and designing homes, ventilation engineering, and other measures.

Can influence:
- exposure to environmental toxins
- determinants of mental health

#### PF-18
Locate schools, institutions, and other community facilities and services that primarily serve urban populations within the urban growth area, where they are accessible to the communities they serve, except as provided in Appendix 5 (March 31, 2012 School Siting Task Force Report). Locate these facilities in places that are well served by transit and pedestrian and bicycle networks.

**Strategies:**
The National clearinghouse for educational facilities is a top-notch resource for all things related to schools. They provide extensive information about planning practice in the context of school siting, particularly under the planning and pre-planning topics.

**Additional Ideas:**
There is more to siting schools than meets the eye. Check out the [ten elements for siting schools](#). Considerations include thinking about life-cycle costs of maintenance, energy usage, and student transportation.

(Also see DP-7)

Can influence:
- physical activity opportunities
- risk of injury
- exposure to environmental toxins
- determinants of mental health

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*This tool includes only 18 of the 32 health-related Countywide Planning Policies and is intended for use with [City Health Profiles](#). A complete list of the Countywide Planning Policies follows.*

**NOTES**
1 King County Board of Health, 2011, *Planning for Healthy Communities Guidelines.*
ADDITIONAL RESOURCES

1. Health Analyses and Indicators
   Example - how to develop indicators for Comp Plan goals (n'hood character, pedestrian environment, TOD, green space access)

   Urban Forests & Health

   Metrics for Equity

   Health Impact Assessment

   http://www.healthimpactproject.org/

2. Working with Consultants
   Health Language in RFPs - 1 (pp. 4-7)

   Health Language in RFPs - 2

3. Health in Planning - WA
   Health Element for City of Des Moines

   Planning - 2005 GMA Amendments

   Planning - 2007 Comp Plan Policies for Physical Activity

4. Health in Planning – Other Locations

   Comprehensive Planning Information Sheets - Design for Health

   Health Integration Ideas: in Policy and Plans, as Implementation, in Decision-Making

   Example Plans - Design for Health

   Healthy Richmond, CA - Background

   Healthy Richmond, CA - General Plan

   Comprehensive/General Plans in CA

5. Where Planning Can Make a Big Difference
   Planning & Low Income Populations - Design for Health

   Planning & Aging Populations - Design for Health

6. Health Data for Cities in King County
   City Health Profiles

   At a Glance - Health Disparities in King County Cities
7. Urban Green Space
   Evidence and Information Resources

8. Climate Change
   Health Impacts, Adaptation, and Actions in WA
   Planning for Climate Change & Health

9. National Level Planning Resources & Information
   American Planning Association - Health Research Center
   American Planning Association - Evaluation of Plans Addressing Public Health
EN-4 Identify and preserve regionally significant open space networks in both Urban and Rural Areas. Develop strategies and funding to protect lands that provide the following valuable functions:
- Physical or visual separation delineating growth boundaries or providing buffers between incompatible uses;
- Active and passive outdoor recreation opportunities;
- Wildlife habitat and migration corridors that preserve and enhance ecosystem resiliency in the face of urbanization and climate change;
- Preservation of ecologically sensitive, scenic or cultural resources;
- Urban green space, habitats, and ecosystems;
- Forest resources; and
- Food production potential.

EN-5 Identify and mitigate unavoidable negative impacts of public actions that disproportionately affect people of color and low-income populations.

EN-16 Plan for land use patterns and transportation systems that minimize air pollution and greenhouse gas emissions, including:
- Maintaining or exceeding existing standards for carbon monoxide, ozone, and particulates;
- Directing growth to Urban Centers and other mixed use/high density locations that support mass transit, encourage non-motorized modes of travel and reduce trip lengths;
- Facilitating modes of travel other than single occupancy vehicles including transit, walking, bicycling, and carpooling;
- Incorporating energy-saving strategies in infrastructure planning and design;
- Encouraging new development to use low emission construction practices, low or zero net lifetime energy requirements and "green" building techniques; and
- Increasing the use of low emission vehicles, such as efficient electric-powered vehicles.

EN-21 Formulate and implement climate change adaptation strategies that address the impacts of climate change to public health and safety, the economy, public and private infrastructure, water resources, and habitat.

DEVELOPMENT PATTERNS

DP-3 Efficiently develop and use residential, commercial, and manufacturing land in the Urban Growth Area to create healthy and vibrant urban communities with a full range of urban services, and to protect the long-term viability of the Rural Area and Resource Lands. Promote the efficient use of land within the Urban Growth Area by using methods such as:
• Directing concentrations of housing and employment growth to designated centers;
• Encouraging compact development with a mix of compatible residential, commercial, and community activities;
• Maximizing the use of the existing capacity for housing and employment; and
• Coordinating plans for land use, transportation, capital facilities and services.

**DP-5** Decrease greenhouse gas emissions through land use strategies that promote a mix of housing, employment, and services at densities sufficient to promote walking, bicycling, transit, and other alternatives to auto travel.

**DP-6** Plan for development patterns that promote public health by providing all residents with opportunities for safe and convenient daily physical activity, social connectivity, and protection from exposure to harmful substances and environments.

**DP-7** Plan for development patterns that promote safe and healthy routes to and from public schools.

**DP-8** Increase access to healthy food in communities throughout the Urban Growth Area by encouraging the location of healthy food purveyors, such as grocery stores and farmers markets, and community food gardens in proximity to residential uses and transit facilities.

**DP-32** Adopt a map and housing and employment growth targets in city comprehensive plans for each Urban Center, and adopt policies to promote and maintain quality of life in the Center through:
• A broad mix of land uses that foster both daytime and nighttime activities and opportunities for social interaction;
• A range of affordable and healthy housing choices;
• Historic preservation and adaptive reuse of historic places;
• Parks and public open spaces that are accessible and beneficial to all residents in the Urban Center;
• Strategies to increase tree canopy within the Urban Center and incorporate low-impact development measures to minimize stormwater runoff;
• Facilities to meet human service needs;
• Superior urban design which reflects the local community vision for compact urban development;
• Pedestrian and bicycle mobility, transit use, and linkages between these modes;
• Planning for complete streets to provide safe and inviting access to multiple travel modes, especially bicycle and pedestrian travel; and
• Parking management and other strategies that minimize trips made by single-occupant vehicle, especially during peak commute periods.

**DP-36** Minimize or mitigate potential health impacts of the activities in Manufacturing/Industrial Centers on residential communities, schools, open space, and other public facilities.
DP-43 Design communities, neighborhoods, and individual developments using techniques that reduce heat absorption, particularly in Urban Centers.

DP-58 Support local production and processing of food to reduce the need for long distance transport and to increase the reliability and security of local food. Promote activities and infrastructure, such as farmers markets, farm worker housing and agricultural processing facilities, that benefit both cities and farms by improving access to locally grown agricultural products.

DP-59 Support institutional procurement policies that encourage purchases of locally grown food products.

HOUSING
H-12 Plan for residential neighborhoods that protect and promote the health and well-being of residents by supporting active living and healthy eating and by reducing exposure to harmful environments.

H-13 Promote fair housing and plan for communities that include residents with a range of abilities, ages, races, incomes, and other diverse characteristics of the population of the county.

ECONOMY
EC-10 Support the regional food economy including the production, processing, wholesaling, and distribution of the region’s agricultural food and food products to all King County communities. Emphasize increasing access to those communities with limited presence of healthy food options.

EC-16 Add to the vibrancy and sustainability of our communities and the health and well-being of all people through safe and convenient access to local services, neighborhood-oriented retail, purveyors of healthy food (e.g. grocery stores and farmers markets), and transportation choices.

TRANSPORTATION
T-6 Foster transit ridership by designing transit facilities and services as well as non-motorized infrastructure so that they are integrated with public spaces and private developments to create an inviting public realm.

T-12 Address the needs of non-driving populations in the development and management of local and regional transportation systems.
T-13 Site and design transit stations and transit hubs to promote connectivity and access for pedestrian and bicycle patrons.

T-19 Design roads and streets, including retrofit projects, to accommodate a range of motorized and non-motorized travel modes in order to reduce injuries and fatalities and to encourage non-motorized travel. The design should include well-defined, safe and appealing spaces for pedestrians and bicyclists.

T-20 Develop a transportation system that minimizes negative impacts to human health, including exposure to environmental toxins generated by vehicle emissions.

T-21 Provide opportunities for an active, healthy lifestyle by integrating the needs of pedestrians and bicyclists in the local and regional transportation plans and systems.

T-22 Plan and develop a countywide transportation system that reduces greenhouse gas emissions by advancing strategies that shorten trip length or replace vehicle trips to decrease vehicle miles traveled.

PUBLIC FACILITIES AND SERVICES

PF-5 Support efforts to ensure that all consumers have access to a safe, reliably maintained, and sustainable drinking water source that meets present and future needs.

PF-13 Reduce the solid waste stream and encourage reuse and recycling.

PF-14 Reduce the rate of energy consumption through efficiency and conservation as a means to lower energy costs and mitigate environmental impacts associated with traditional energy supplies.

PF-15 Promote the use of renewable and alternative energy resources to help meet the county's long-term energy needs, reduce environmental impacts.

PF-17 Provide human and community services to meet the needs of current and future residents in King County communities through coordinated planning, funding, and delivery of services by the county, cities, and other agencies.

PF-18 Locate schools, institutions, and other community facilities and services that primarily serve urban populations within the urban growth area, where they are accessible to the communities they serve, except as provided in Appendix 5 (March 31, 2012 School Siting Task Force Report). Locate these facilities in places that are well served by transit and pedestrian and bicycle networks.
PF-20 Site or expand public capital facilities of regional or statewide importance within the county in a way that equitably disperses impacts and benefits and supports the Countywide Planning Policies.