

# Tutorial - Navigating the Framework

## B-Sustainable Information Commons



**This tutorial provides new users a short introduction to B-Sustainable with tips on how to navigate the site.**



# What is B-Sustainable?

B-Sustainable is more than just a website. It is:

- A regional resource of relevant, trusted, and actionable information.
- A framework that supports meaningful understanding of the sustainability challenges our region faces.
- A network for sharing information about our progress towards sustainability in the Central Puget Sound region.
- A process based on cross-perspective community dialogues.
- A forum to promote sustainability strategies, initiatives and actions.
- A gateway to in-depth information including the latest research reports on regional sustainability issues.

# How is B-Sustainable.org organized?



# 24 Sustainability Goals

**B-Sustainable is organized around 18 sustainability goals. A wide cross-section of King County citizens participated in choosing the goals. As B-Sustainable develops, other goals will be added to reflect changes in our understanding of what's needed. Another 6 goals are in development.**

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**Happy, Safe, and Satisfied Citizens**  
**Healthy Living Choices**  
**Quality Education**  
**Strong Sense of Place and Belonging**

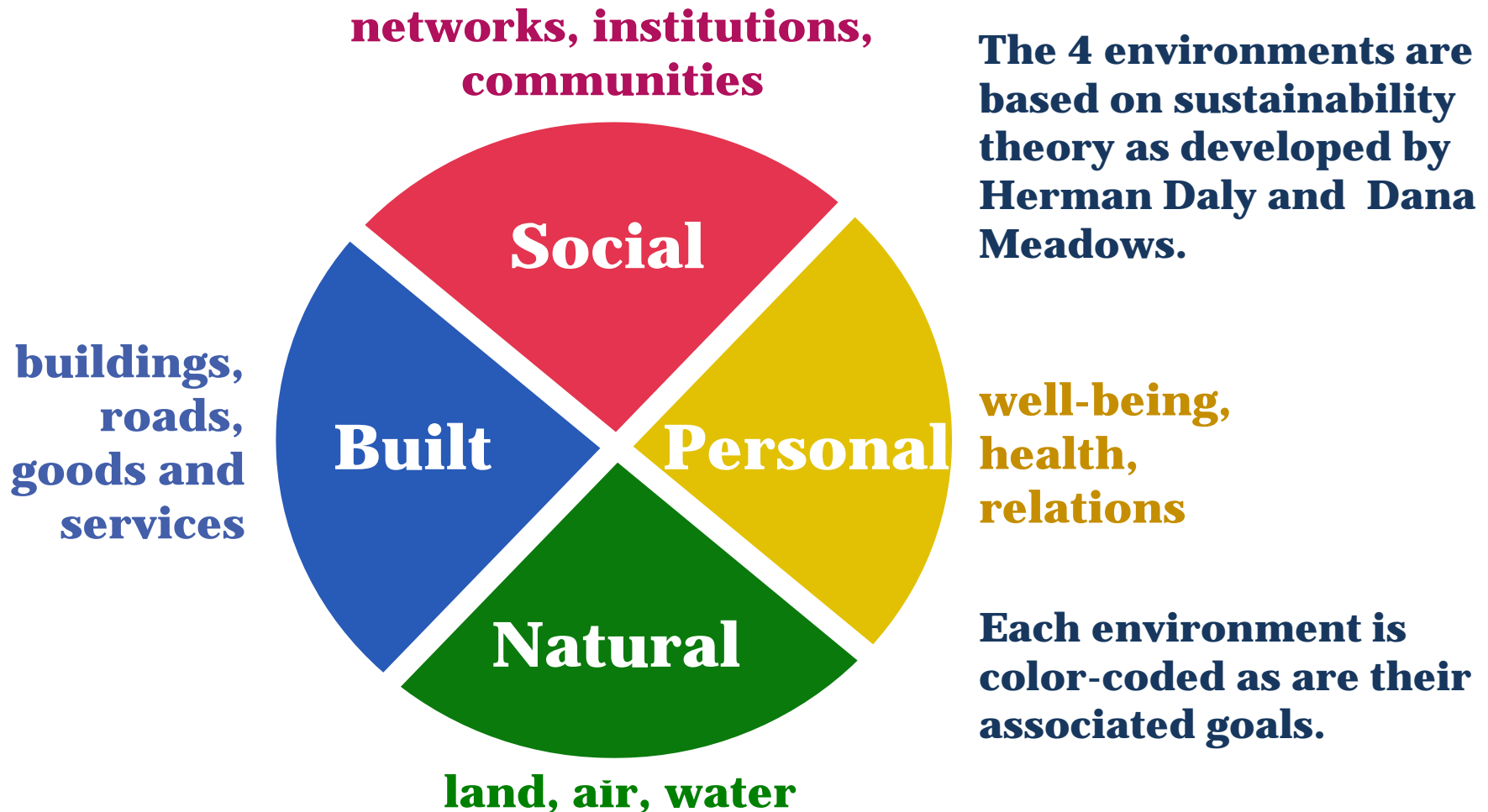
**Affordable Quality Housing**  
**Food Security**  
**Health Equity**  
**Income Equity**  
**Responsible Resource Use**

**Climate Protection**  
**Livable Neighborhoods**  
**Responsible Land Use**  
**Sustainable Regional Food System**  
**Sustainable Transportation**

**Clean and Sufficient Water**  
**Preservation of Wild Lands, Habitat and Biodiversity**  
**Stewardship of Ecoservices**  
**Toxic-Free Environment for All**



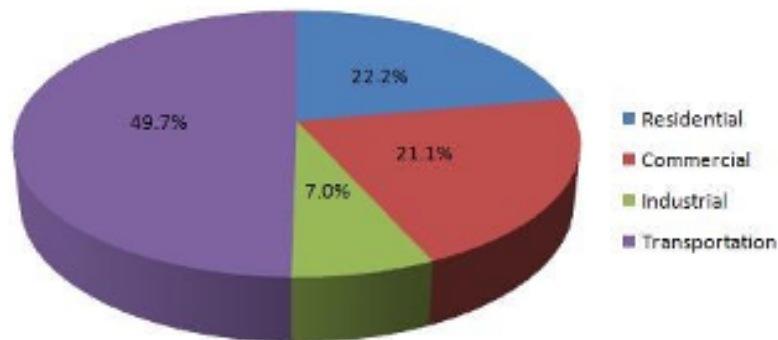
# The Goals are organized into 4 Environments:



# Each Goal is defined by a set of indicators:

An indicator is information about the direction of change in any observable phenomenon. We use indicators to tell us what changes are taking place and to guide and measure our progress towards goals. Some common ways to depict indicators include graphs, tables and maps.

**2005 Energy Consumption by Sector**



**Acres of Urban Park and Open Space Per Thousand Residents**



The indicators in B-Sustainable come from many different sources. Many are provided by governmental data partners to B-Sustainable.

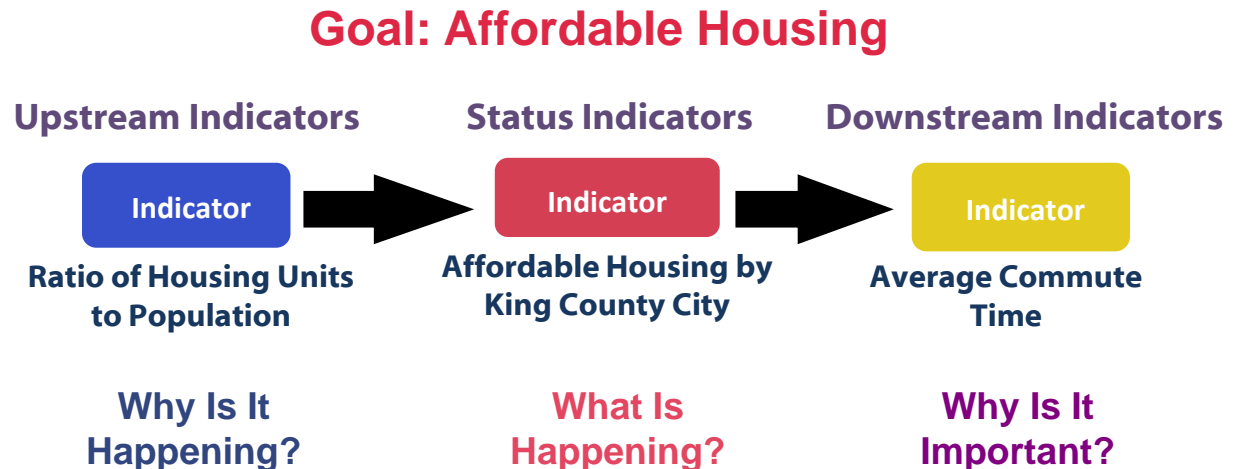
# The indicators answer the questions:

What Is  
Happening?  
**Status Indicators**

Why Is It  
Happening?  
Upstream  
Indicators














Why Is It  
Important?  
**Downstream  
Indicators**

An indicator can be shared by more than one goal. What type of indicator it is – status, upstream, or downstream – depends on the goal. An example of the relationships between the three types of indicators for the goal of Affordable Housing is described in the schematic below.



# Typically a goal has a set of 10 to 12 indicators:

This set of indicators is referred to as an *indicator map or the goal's framework*.

Goal: Responsible Land Use		
Why is This Happening? : Upstream Indicators	What is Happening? : Status Indicators	Why is It Important? : Downstream Indicators
<ul style="list-style-type: none"> <li> Land Use Mix</li> <li> Planned Density</li> <li> Ratio of Land Consumption to Population Growth</li> <li> Resource Land Best Management Practices</li> </ul>	<ul style="list-style-type: none"> <li> Acres in Forest and Farm Land</li> <li> Acres of Urban Parks and Open Space</li> <li> Urbanization and Impervious Surface Changes</li> </ul>	<ul style="list-style-type: none"> <li> Freshwater Habitat Index</li> <li> Average Commute Time</li> <li> Energy Consumption by Sector</li> <li> Housing Affordability by City</li> <li> Prevalence of Overweight &amp; Obese Adults</li> <li> Work Commute Choices</li> </ul>

In essence, the indicators in a map define the respective goal and their position (upstream, downstream) signifies dynamic causal relationships. The indicators were selected by multiple stakeholders for a given goal through a cross-perspective dialogue process.

## Each goal links information to action through associated strategies, initiatives and actions:

**Strategies** describe coordinated, planned courses of action by multiple organizations. **Initiatives** include programs, projects and policies undertaken by individual organizations. **Actions** are actions individuals can take to achieve sustainability.

### Strategies

- Seattle's Zero Waste Strategy
- Policy Agenda for Early Childhood Development

### Initiatives

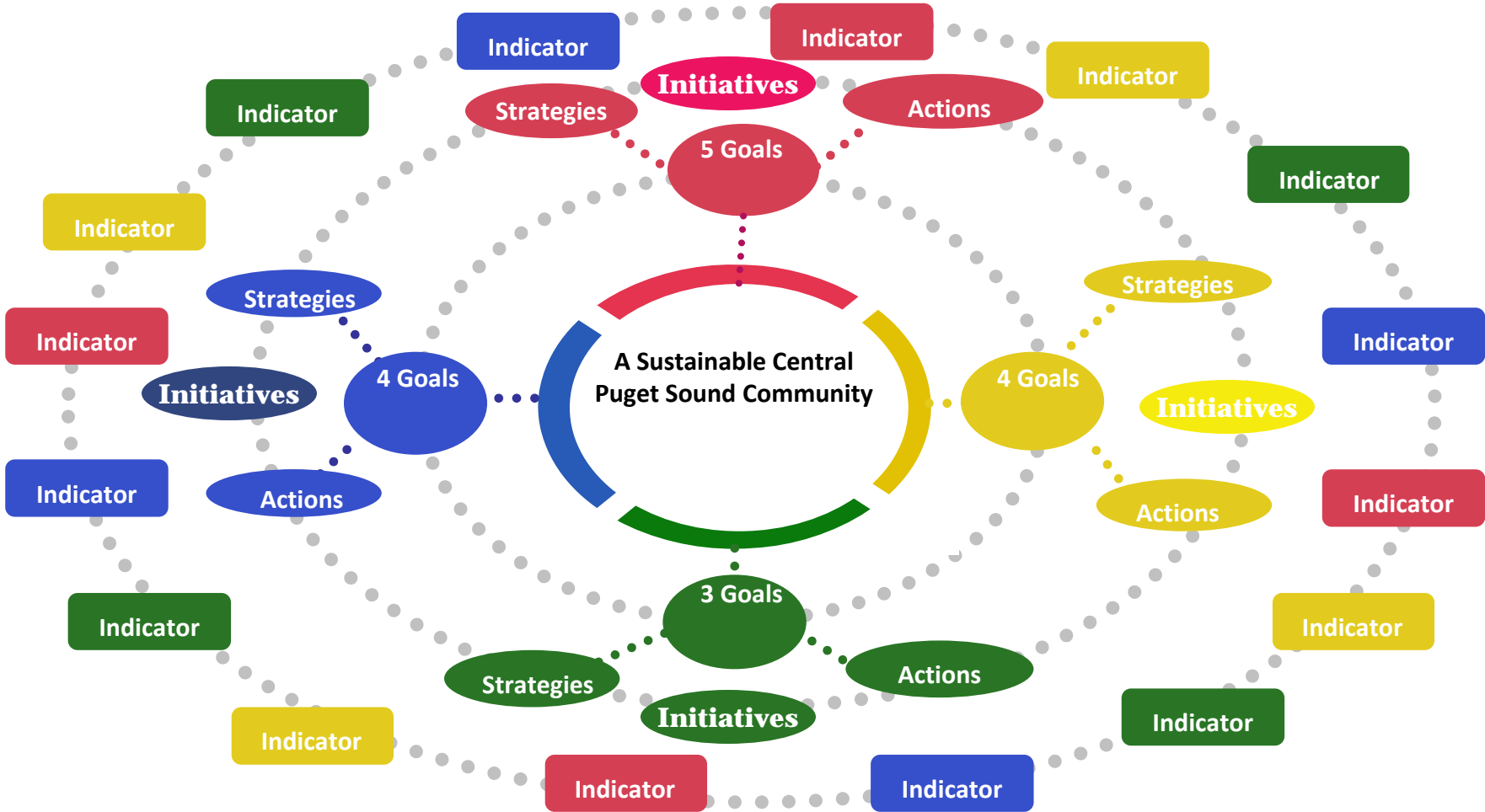
- City Club's Community Matters Campaign
- PCC Farmland Trust

### Actions

- Increase tree canopy in urban areas
- Ride a bus and save \$8,400 a year

Roles such as student, homeowner, and elected official are ascribed to each action to suggest who might take that action.

# This schematic depicts the whole of the B-Sustainable's Framework.



# Tools and Resources

In addition to B-Sustainable's unique content, you will also find links to many other resources. The focus is on regional reports detailing the latest research and tools that can be applied to local conditions.

## Tools

- **Living Wage Calculator**
- **Neighborhood Walkability Scores**
- **Greendex Consumer Impacts Calculator**

## Reports and Analyses

- **Citizen's Climate Briefing**
- **Food Insecurity: Family Problem, Community Challenge**



# Tips for navigating B-Sustainable.org



# There are many pathways through the information on B-Sustainable.org.

A good way to start is to select a goal to explore from one of the four environments.

Explore goal and indicator relationships in the 4 environments:



The buttons navigation bar appears on all pages in B-Sustainable in the header area. The button drop-downs have choices linking to the environment page, the framework page, and the indicators list for the respective environment.

# Goal pages link information to action.

The information on each goal page is organized to support learning, sharing and acting.

## Learn

### What Is Happening?

Good health is foundational for our sense of personal well-being and our ability to enjoy life to its fullest, yet we don't always have the time, means or inclination to make healthy choices. Maintaining a circle of friends, healthy eating, and staying physically active contribute to our health but may not be our highest priorities.

[read more](#)

### Status Indicators

 [Participation in Life-Enriching Activities](#)

 [Physical Activity](#)

[more info](#)

## Share

Find out what others are saying, then share your experience and thoughts on why this goal matters.

### Contributors:

[Heather Johnson, Interim Director - Sustainable Seattle: What IS "Balance"?](#)

## Take Action

Discover what others are doing and actions to take, then [tell us](#) what you are doing or suggest actions for others to take.

### Actions

[Check this website to see if what you put on your face or body can harm you!](#)


You can expand the amount of information that shows on a goal page.



B-Sustainable.org

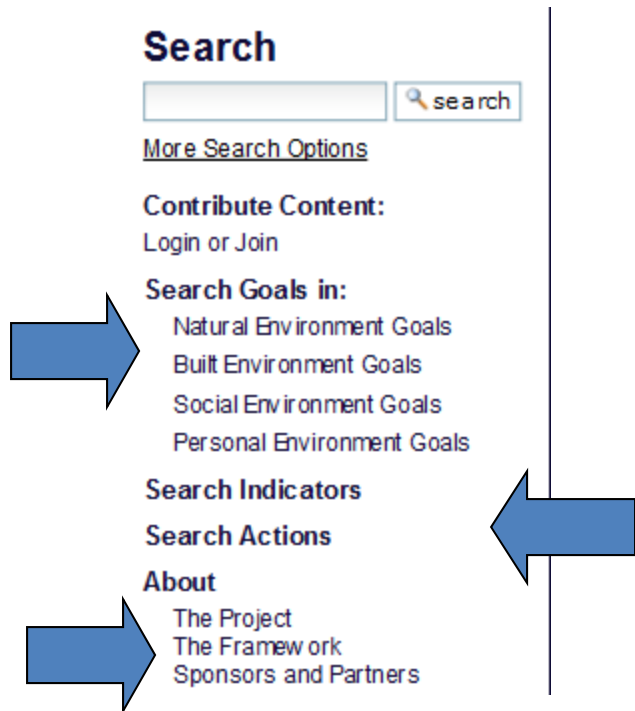
# Exploring Upstream-Downstream Linkages

The big picture for each goal is represented in an indicator map. The maps are found on the Framework Pages for each environment. They are also represented in a different format on the goal pages in the right-hand sidebar.

Goal: Toxic Free Environment for All		
Why is This Happening? : Upstream Indicators	What is Happening? : Status Indicators	Why is It Important? : Downstream Indicators
<ul style="list-style-type: none"> <li> Air Releases of All Reported Toxic Chemicals</li> <li> Farmland Treated with Chemicals</li> <li> Hazardous Waste Amount Generated by Sector</li> <li> Urbanization and Impervious Surface Changes</li> </ul>	<ul style="list-style-type: none"> <li> Air Quality</li> <li> Marine Sediment Quality</li> </ul>	<ul style="list-style-type: none"> <li> Chemical Contaminants in Household Dust</li> <li> Childhood Blood Lead Levels</li> <li> Pollution in Neighborhoods</li> <li> Toxics in Chinook and Coho Salmon</li> <li> Toxics Found in Bodies</li> </ul>



# The left hand navigation bar



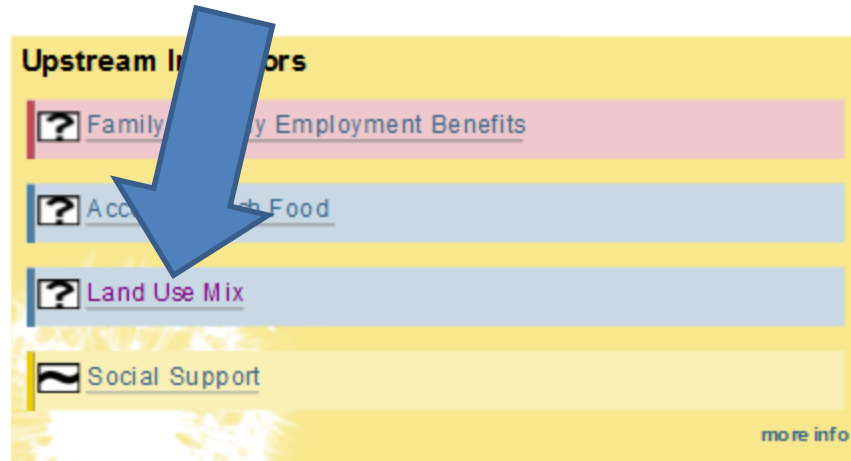
The left hand navigation bar will link you to pages where you can search goals, indicators and actions by themselves.

It also links you to information pages about the framework, the project and B-Sustainable's sponsors.

# And click through to related indicator and action pages.

Click on links to go to related pages.

Indicator and Action Pages have links to related pages.



## Actions

[Check this website to see if what you put on your face or body can harm you!](#)

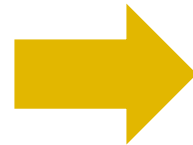
Skin Deep is a cosmetic safety database that rates common cosmetics for their impact on your health and is brought to you by researcher at the Environmental Working Group. [read more](#)



# Dynamic Search

You can also quickly find information on any topic of interest by using B-Sustainable's dynamic search capabilities. The search box is on the upper left hand corner of each page. Entering a keyword will dynamically return all pages containing that word.

The letter icons will indicate what type of information it is: G for Goal, I for Indicator, A for Action, and so forth.



**Search**

[More Search Options](#)

LiveSearch ↓

- A** **Preserve land for organic far...** [100%]
- A** **Preserve local organic farml...** [99%]
- I** **Organic Farm Trends** [69%]
- A** **Eat Local** [67%]
- A** **Washington State Organic Farm...** [58%]  
This 2006 report by the Washington State University  
Center for Sustaining Agriculture and Nat...
- I** **Acres in Forest and Farm Land** [55%]
- G** **PCC Farmland Trust** [23%]
- G** **Responsible Land Use** [22%]
- Proportion of King County Acr...** [22%]
- Percent of Total Farmland Tre...** [22%]

[Advanced Search...](#)

[Show all...](#)

CONTACT US

# Searching Actions

There are several ways to search for actions:

## What Matters to Me?: Search for Actions by Goal

Select a Goal ▾

## What Can I Do?: Search for Actions by Role

Select a role you play in the world ▾

## Who's Taking Action? : Search for Actions by Partner

Select a Partner ▾

Partners here refer to organizations taking the action.



# Tutorial - Navigating the Framework

## B-Sustainable Information Commons



**This ends the Navigation Tutorial. For those interested in providing content, please see the Adding Content Tutorial, which guides you through the process of joining and adding content.**

