

Promoting Healthy Eating and Active Living Through Improvements in the Built Environment



Tools to Improve
Access to Healthy Food
and Opportunities
for Physical Activity



May 9, 2007

Planning and Public Health: Shared Roots



The links between Land Use and Public Health



The 1901 Tenement House Act (NYC)

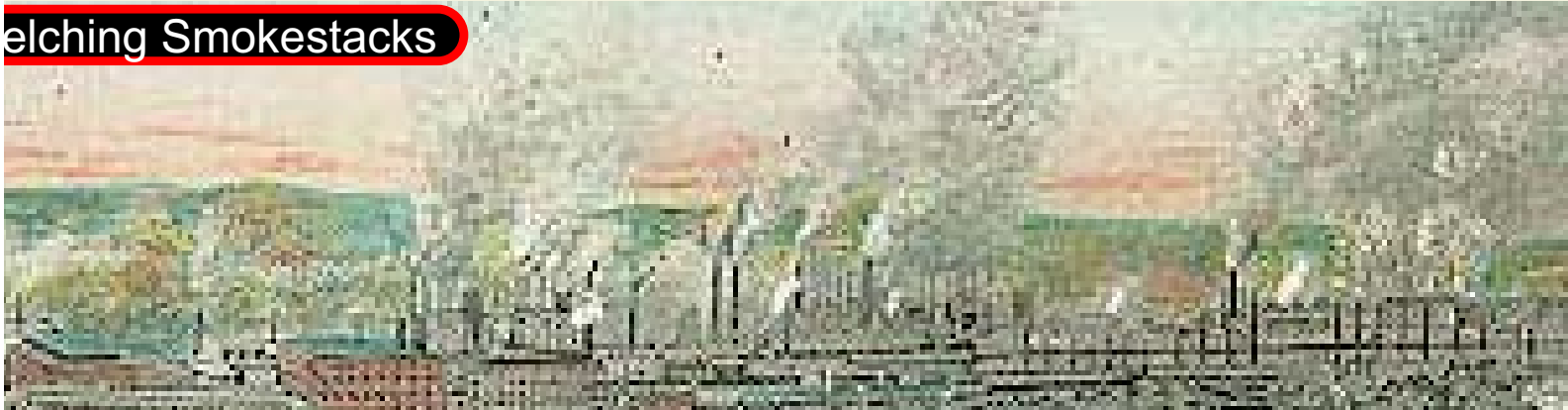
In all now existing tenement houses, all...privy vaults... shall be completely removed... [and] replaced by individual water-closets of durable non-absorbent material, properly sewer connected.

San Francisco, 1866

[Pursuant to authority granted by the State, the City and County of San Francisco orders] No person shall establish... pursue...maintain, or carry on any...business ...prejudicial to the public health...

Early public health risks

Smelching Smokestacks



Putrid Air



Planning...for cars



Early suburban development



And today...







From 1990-2000 the average time it took to get to work went up by 14%





LA TIMES: Freeways' tainted air harms children's lungs, experts say (1/25/2007)



- USC study: children living near busy highways have significant impairments in the development of their lungs that can lead to respiratory problems for the rest of their lives
- When local governments are planning new schools and new housing developments, "this should be taken into account."



Source: Rick Loomis / LAT , March 7, 2007

PORTLAND TRIBUNE: Housing, cars don't mix - Land-use policies put more people near freeways — and in a danger zone (4/20/2007)

“Vendors of fast fare vastly outstrip healthier food stores, and obesity rates reflect it”



CCPHA Study: CA had more than four times as many fast-food restaurants and convenience stores as supermarkets and produce vendors.



Source: Sacramento Bee/Kevin German

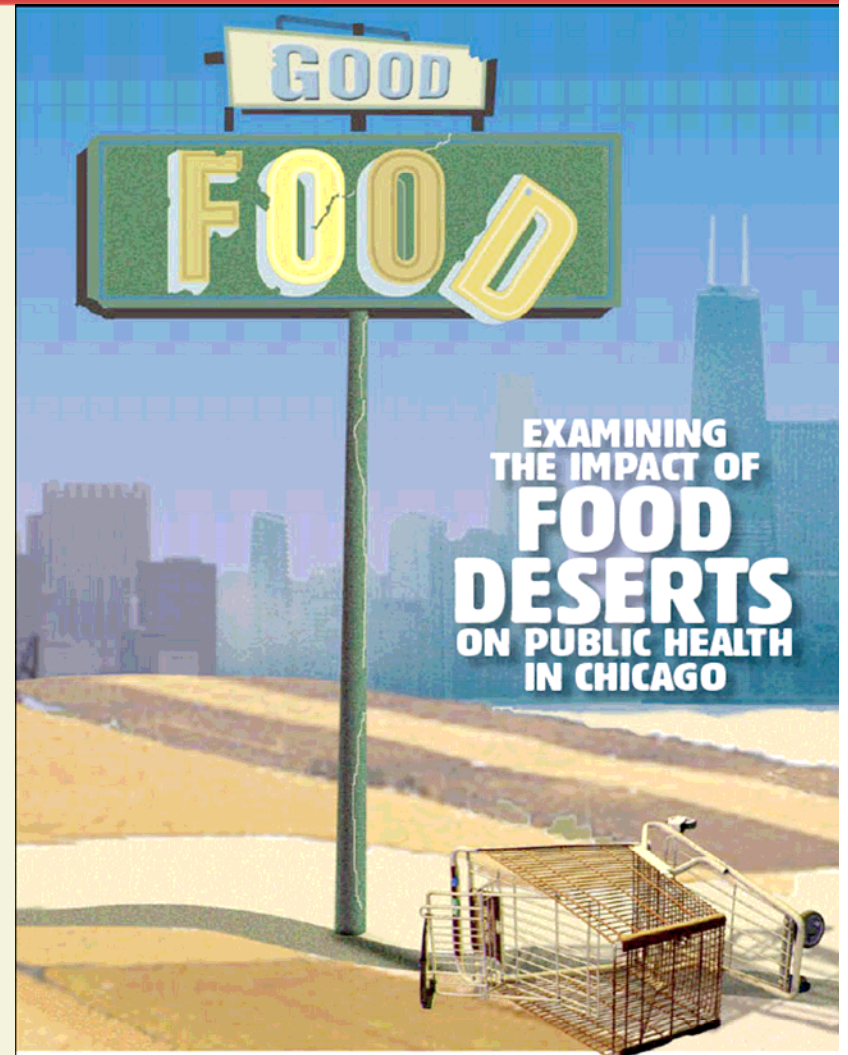


Source: <http://flickr.com/photos/65336808@N00/313715885/>



Food Deserts

- Communities that have **no or distant grocery stores but nearby fast food restaurants instead** – *i.e. communities that are out of balance regarding healthy food options* – will likely have **increased premature death and chronic health conditions**, holding other influencers constant.
- African American and low-income communities are disproportionately affected



Obesity in Rural Communities

- Residents of rural communities who feel isolated from recreational facilities, stores, churches and schools **are more likely to be obese** than those who believe they are closer to those facilities

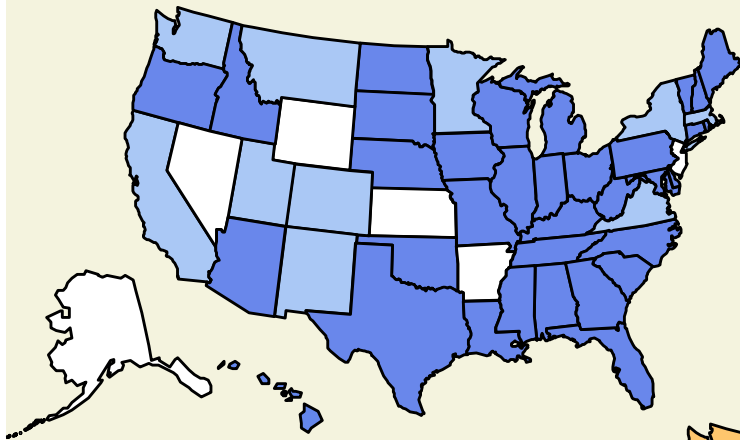


Obesity Trends* Among U.S. Adults BRFSS, 1990, 1995, 2005

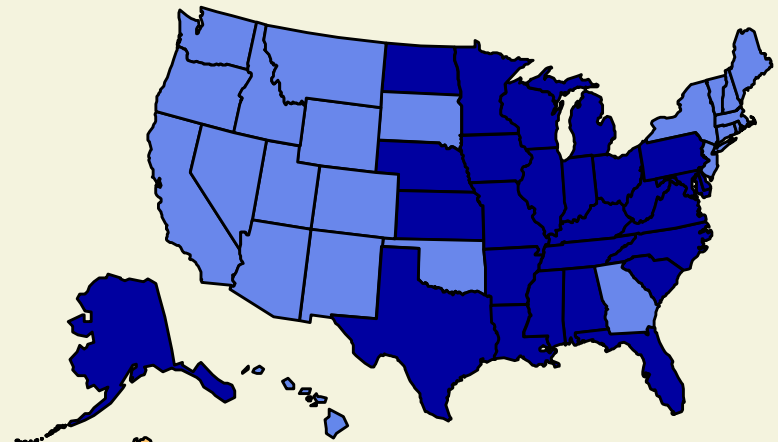
(*BMI ≥ 30 , or about 30 lbs overweight for 5'4" person)



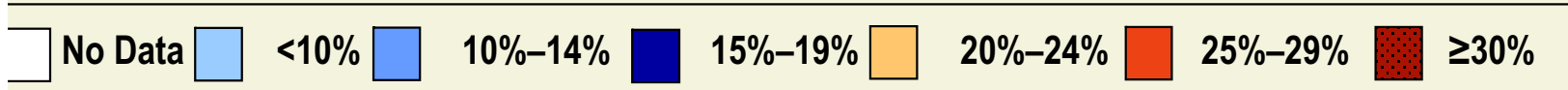
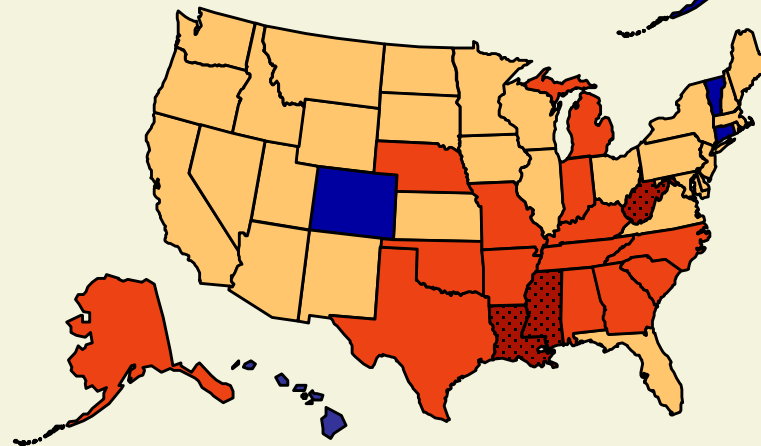
1990



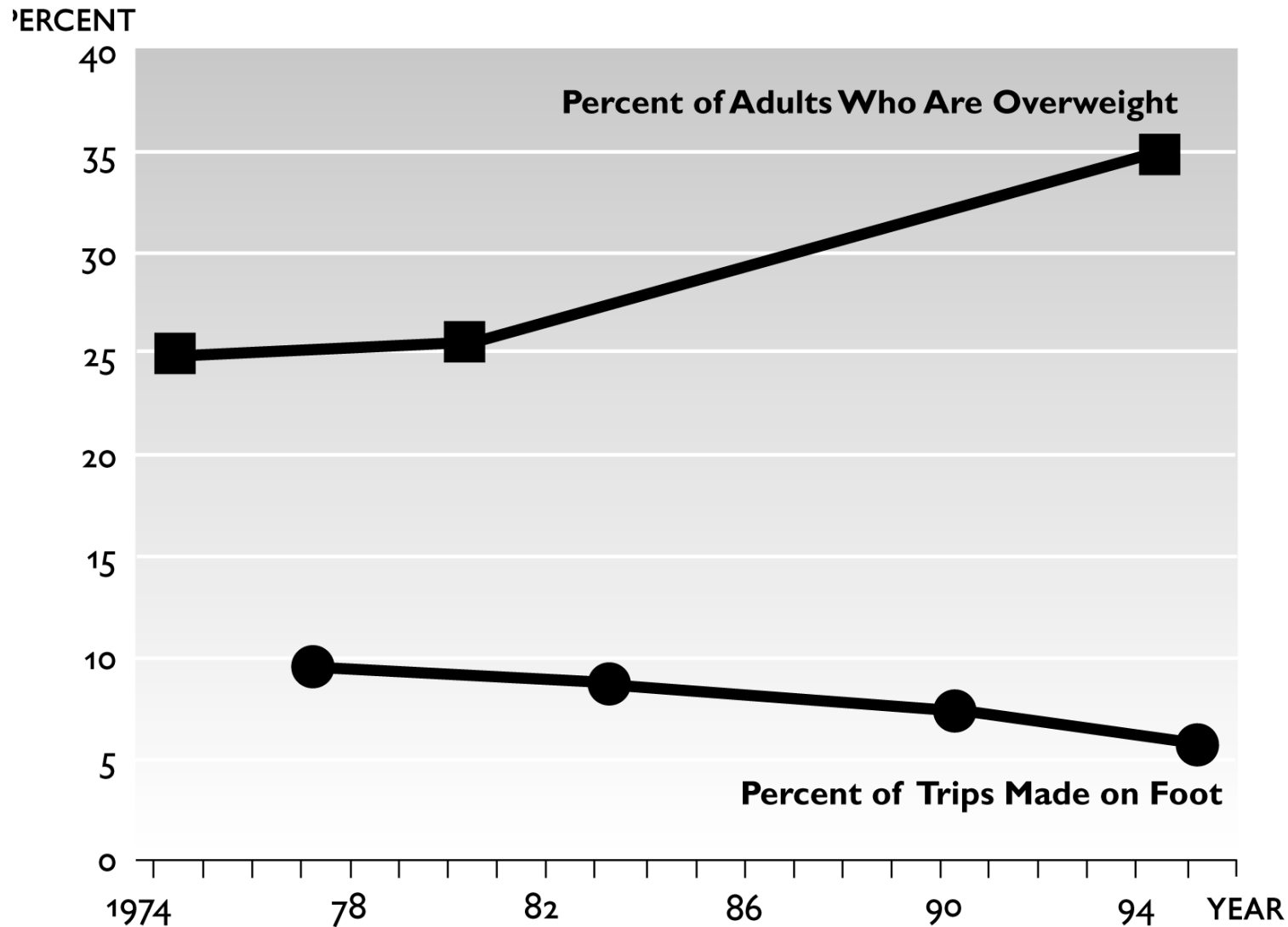
1995



2005

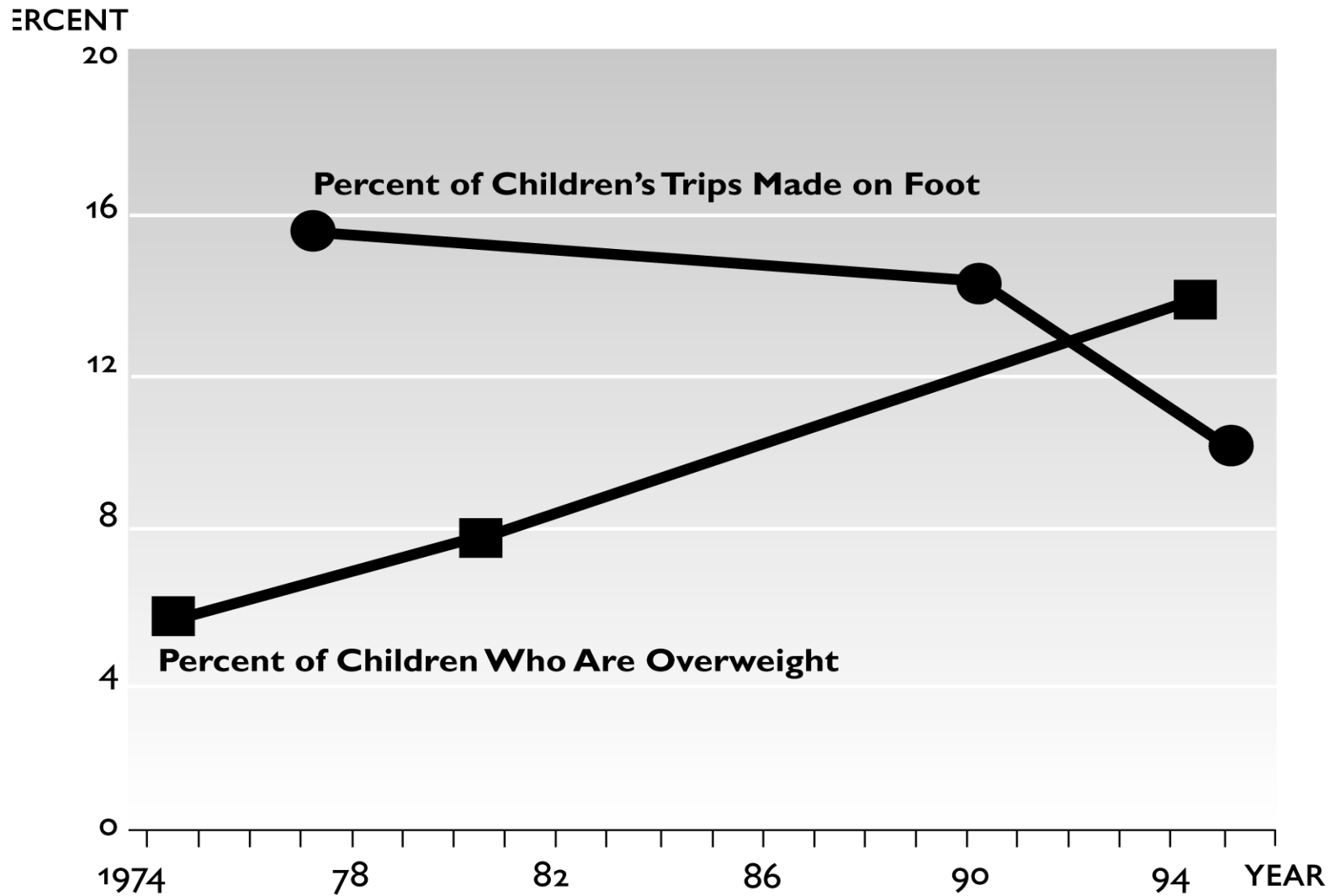


Daily Physical Activity

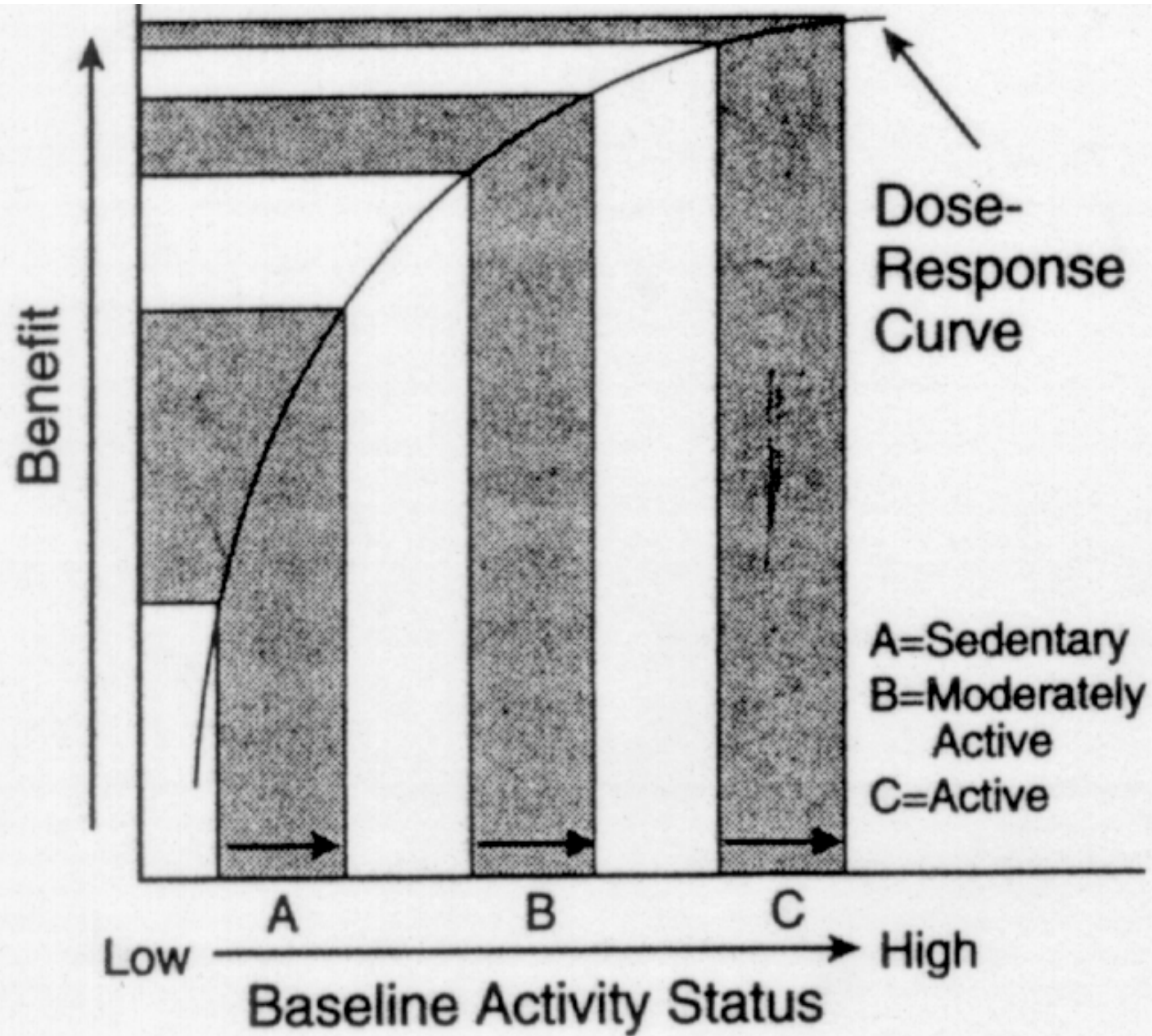


Based on data from the Nationwide Personal Transportation Survey and the Centers for Disease Control and Prevention.

Children and Daily Physical Activity



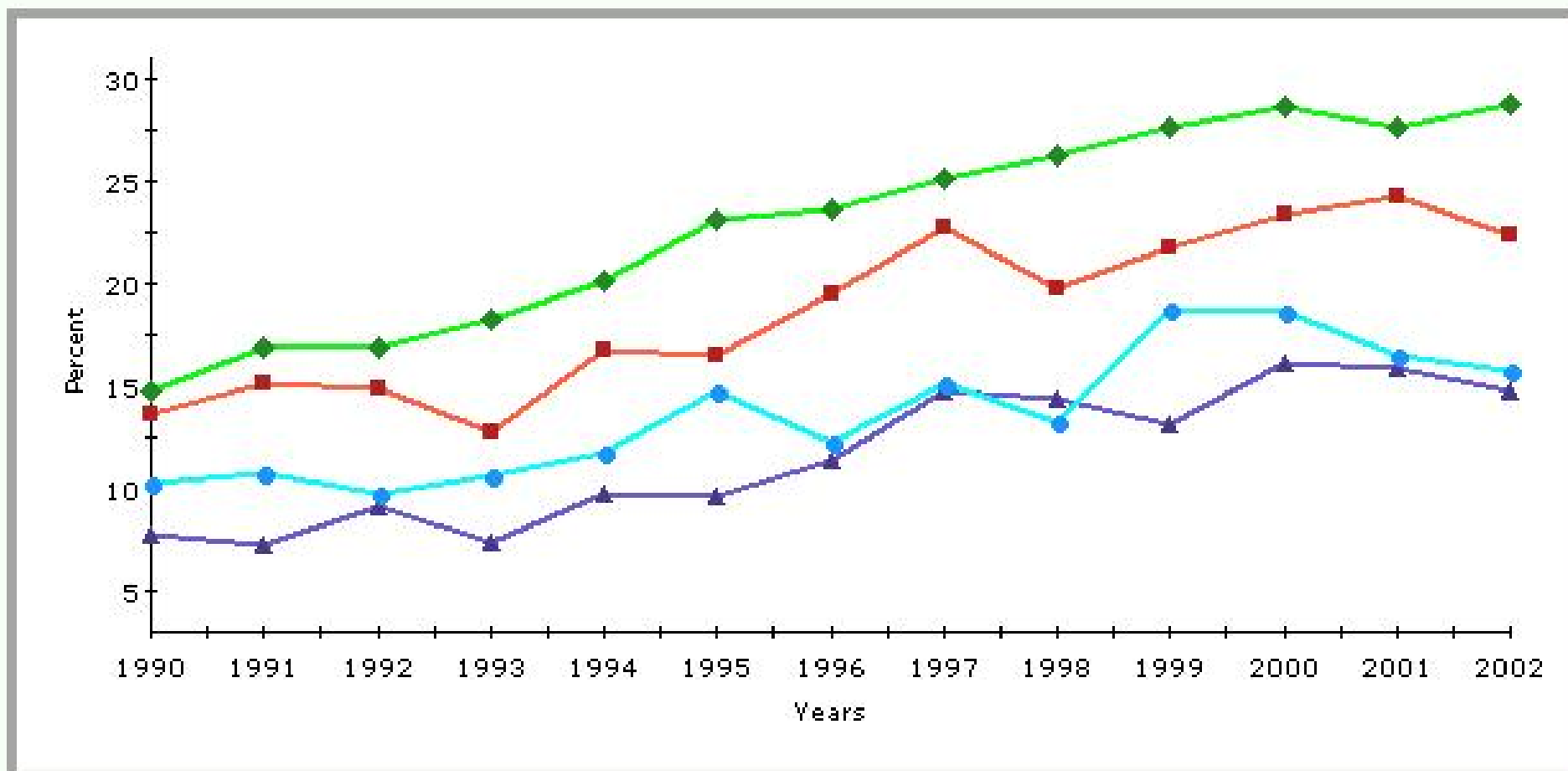
Based on data from the Nationwide Personal Transportation Survey and the Centers for Disease Control and Prevention



Blair, et al, 1996

Surgeon Generals Report 10 years ago

Obesity: By Body Mass Index Oregon - Grouped by Age



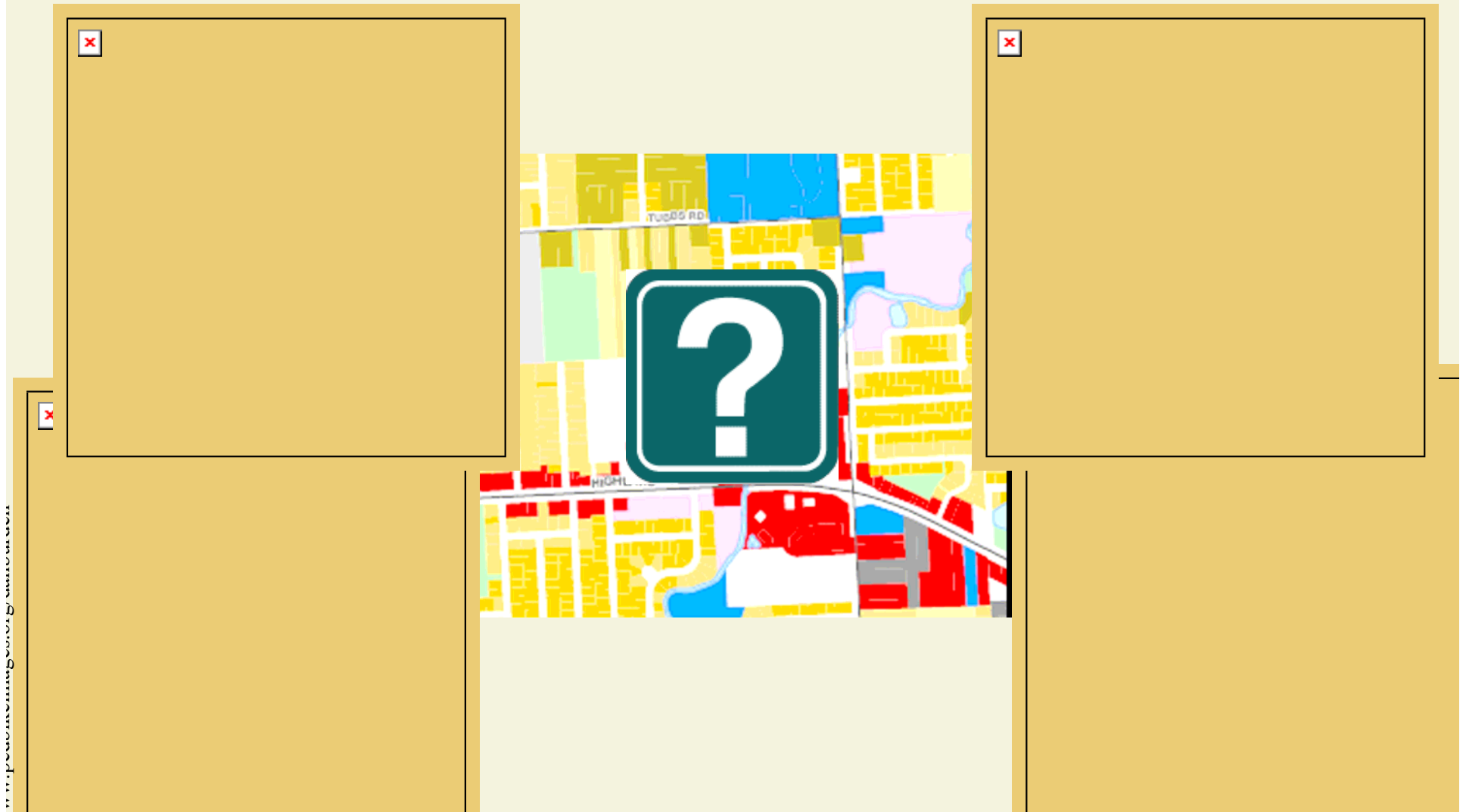
Health and the Built Environment



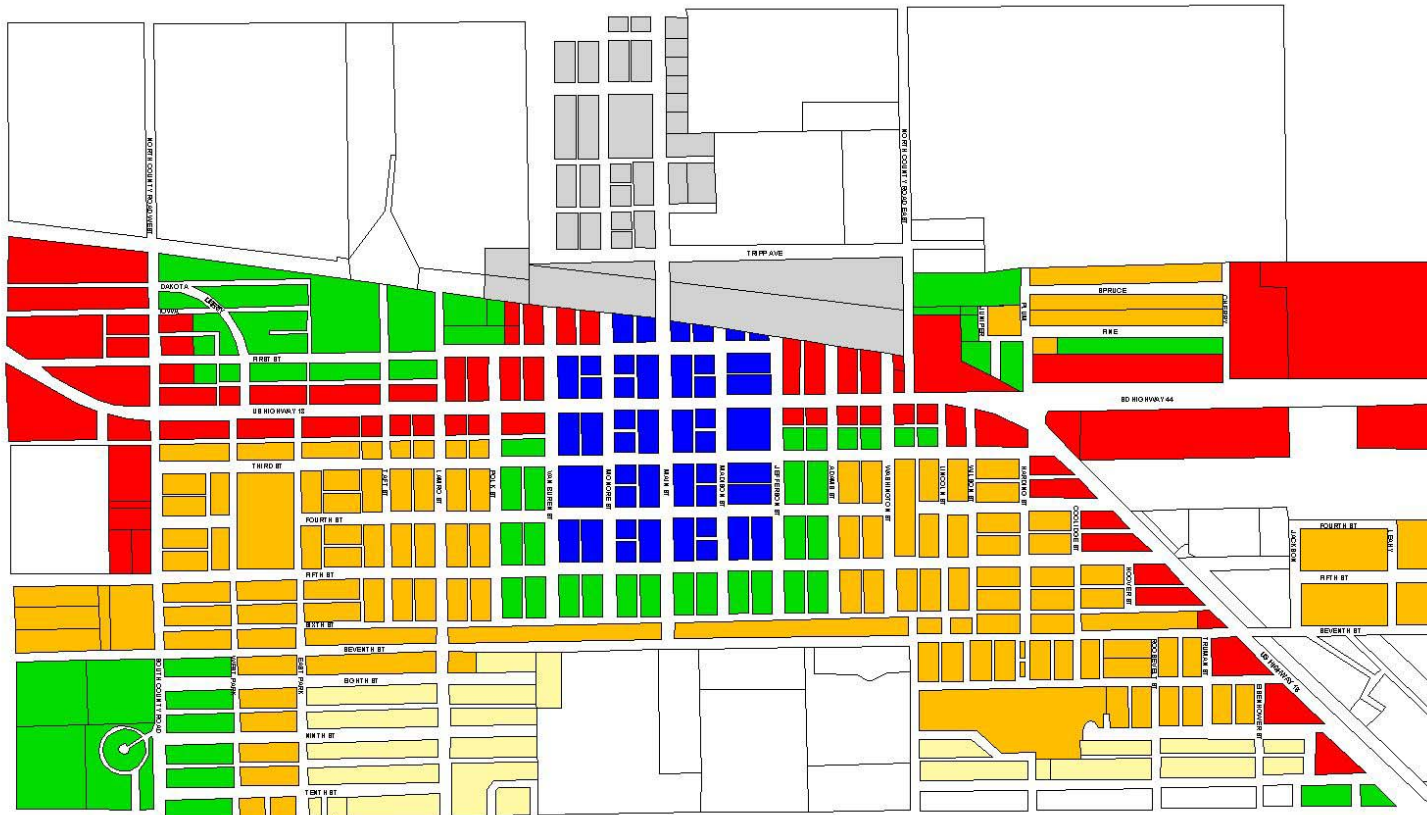
- We are used to thinking about health outcomes as the results of personal and behavioral factors
- However, context has a role in what decisions people can make and how they are likely to behave
- Make the *healthy choice* the *easy choice*!



Every Land Use Decision Has Human Health Consequences



What is Land Use?



CITY OF WINNER ZONING MAP

LARRO TOWNSHIP
TRIPP COUNTY
STATE OF SOUTH DAKOTA

LEGEND

C-1	R-1
C-2	R-2
I	R-3
AG	



NOT TO SCALE

Prepared By: Patrick G. Neukamper District III

MAY 2002

PHONE: 605-442-
1122/605-2662 (in SD) 0160
605-504-1122 ext
1000 W. South Dakota
57128

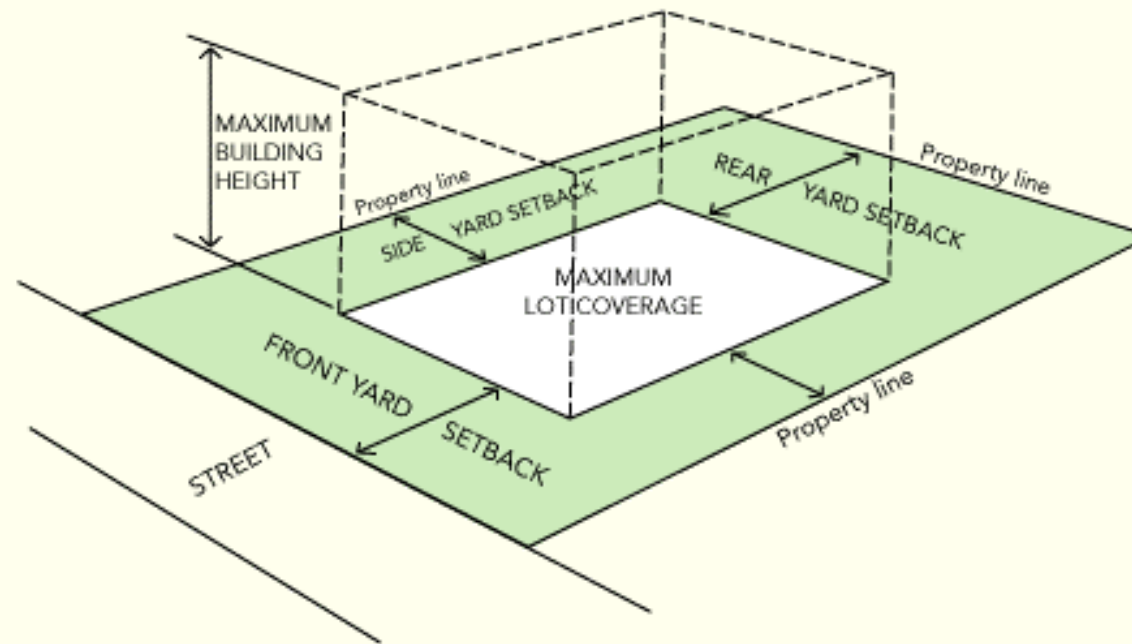
This map is intended for general planning purposes only. This map may or may not accurately represent the actual conditions as they currently exist. Any discrepancies inside using this map should be field verified. The data used for the creation of this map were compiled a digitized zoning map from the City of Winner.

What is Land Use?



Subject Property

Building Envelope



Transportation \$\$\$, travel choices and outcomes



\$\$\$



ACTIVITY
PATTERNS



OUTCOMES



\$\$\$

- transportation investment
- land use decisions

- travel choices
- time use

- air quality
- physical activity
- climate change

- public health
- economy

Many land use decisions have multiple health implications



Source: <http://flickr.com/photos/rikajenzhomekitchen/164156995/>



Source: CompleteStreets.org

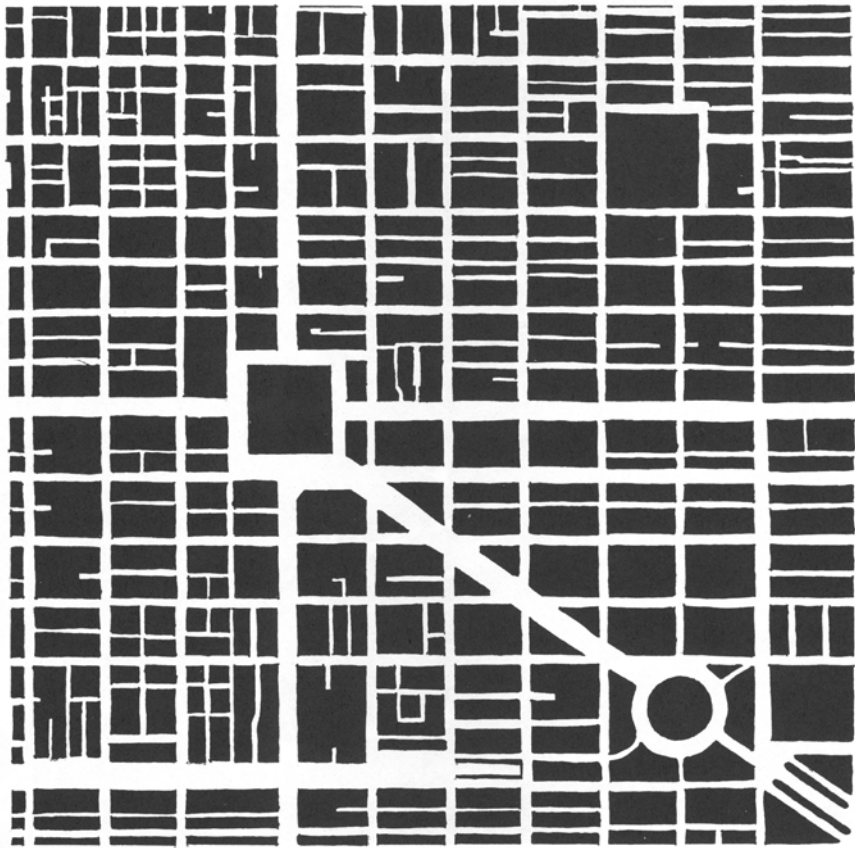


Source: TransportationPlanet.com

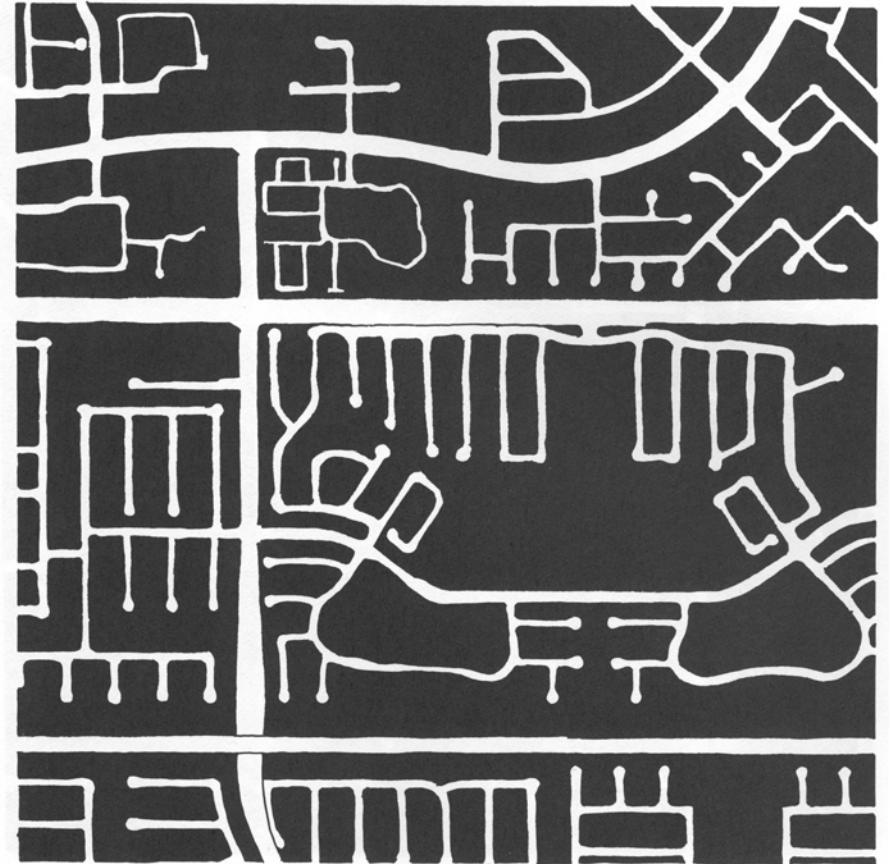
Proximity & Connectivity



Philadelphia



Irvine



“Many Pathways to Land Use and Health”

Journal of the American Planning Association



Lawrence Frank, et al

Walkability:

- Mixed Use
- Density
- Street Connectivity
- Amount of Retail

A 5 % Increase in Walkability is associated with a:

- 32 % increase in minutes of walking and biking
- A ¼ pt reduction in BMI
 - About ½ kilogram
- A 6.5 % reduction in per capita vehicle miles traveled
- A 5.5 percent reduction in ozone precursors
 - Oxides of Nitrogen and Volatile Organic Compounds

Just what are these “built environment tools”?

- Comprehensive Plans
- Zoning Controls
- Transportation & Public Works
- Parks and recreation
- Economic development
- Development review



Zoning & planning policies can...

- Make it easier or more difficult for grocery stores to open in underserved communities



Source: <http://www.flickr.com/photos/photopia/25197830/>



- Regulate where farmers markets can operate

Source: <http://www.flickr.com/photos/fillelivingroom/401214242/>

Zoning can establish restrictions on the density and location of fast food



Require sidewalks & bike paths



Zoning and Comprehensive Plan Policies can...

- Support mixed-use developments that connect people to transit and services and promotes healthy living



Source: Affordable Housing Design Advisor



Source: Congress for the New Urbanism

Zoning and Comprehensive Plan Policies can...



- Preserve and protect farmland



Source: <http://www.flickr.com/photos/mythlady/428803829/in/set-72157600012827973/>



Source: <http://flickr.com/photos/migufu/483097879/>

Oregon Comprehensive Land Use Planning



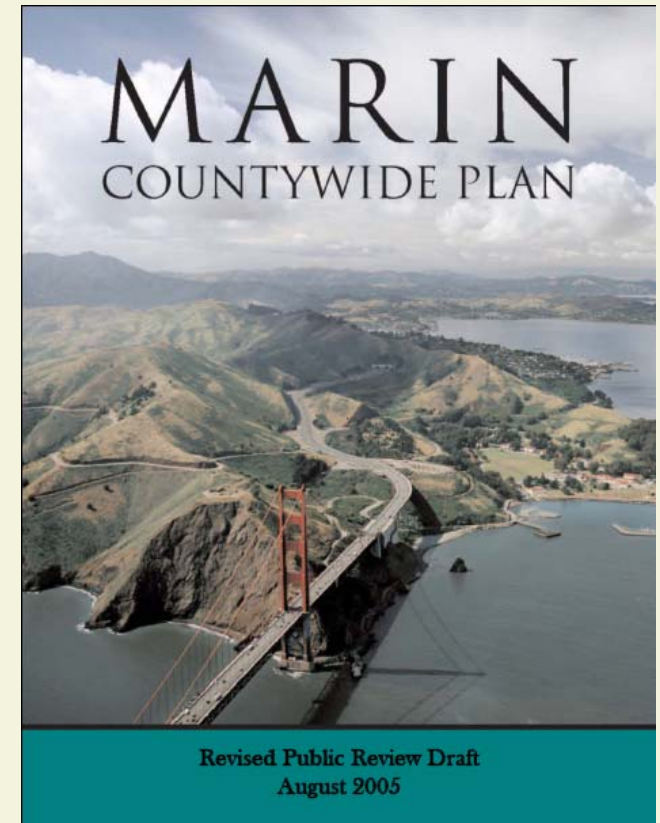
- The “comprehensive plan” is the coordinated land use map and policy statement of the governing body of a local government
- The plan interrelates all functional and natural systems and activities relating to the use of land, including: sewer, water, transportation, education, recreation, natural resources, and air and water quality
- Has 19 Goals – *How can health be incorporated?*

Example

Marin County, CA: Socioeconomic Element



- Reduce rates of obesity, eating disorders, and chronic disease
- Communities free of tobacco, alcohol dependency, and other drug abuse
- Adequate access to healthcare
- Increase access to care for seniors and low-income populations
- *Includes current population data, benchmarks, goals, and implementation items!*



Example

Richmond, CA: Health Element



Environment

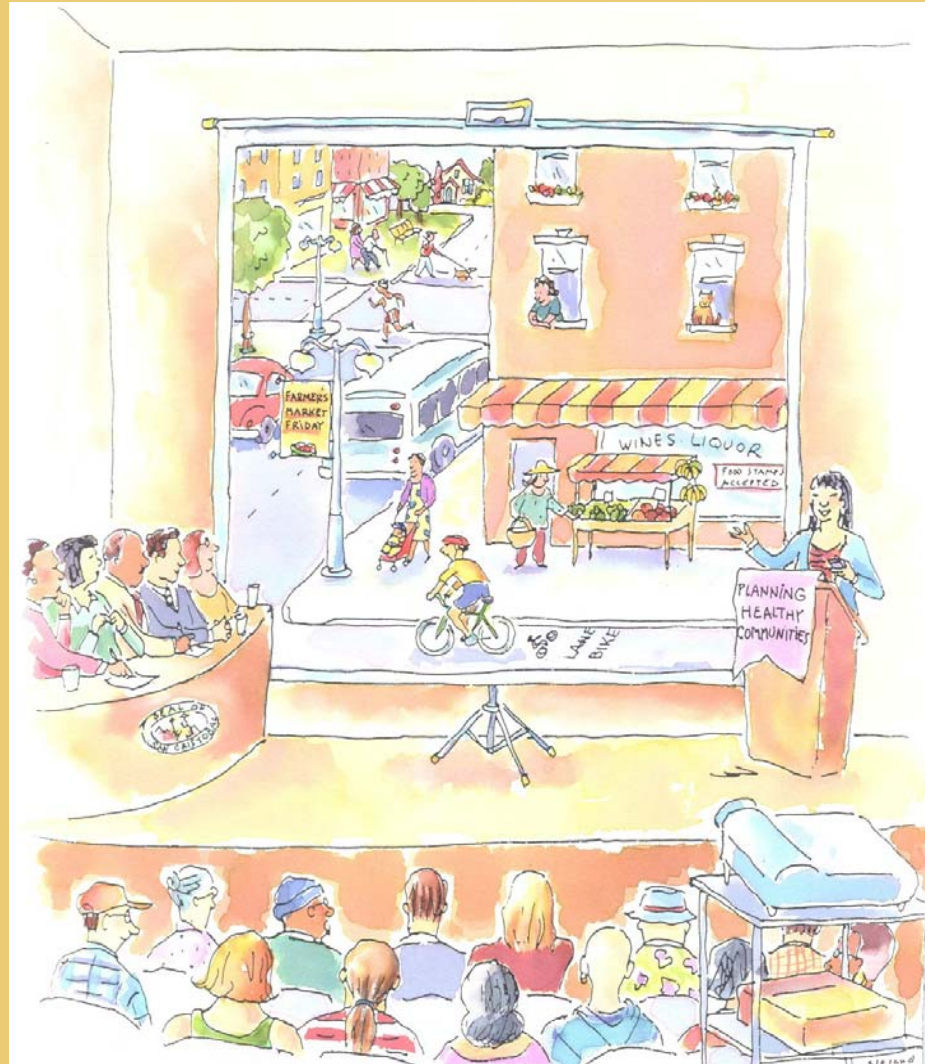
Transportation

Health

**Working
Across
Sectors**

Opportunities for Engagement

- Public Meetings
 - Regular Planning Commission Hearings
 - Sometimes City Council/ County Board etc. Mtgs.
 - Study Sessions
- Appointment to Citizens' Committees
- One-on-One Meetings
- Written documents
- Ongoing interaction



Development Review



Checklist

Public Health

Use Planning
Community Design



Public Health Development Checklist

PE: Subdivision Site Map Commercial Site Map Other

Neighborhood Streets: Applicable Not Applicable

A. Connectivity	B. Street Widths	C. Block Length
<input type="checkbox"/> Grid	<input type="checkbox"/> >26ft.	<input type="checkbox"/> >500
<input type="checkbox"/> Cul-de-sac	<input type="checkbox"/> <26ft.	<input type="checkbox"/> <500
<input type="checkbox"/> Curvilinear		

Healthy Design:

Streets with a grid pattern that have a width of less than 26 ft. which includes curb, gutter and informal parking and block length minimum of 200 ft and maximum of 500ft.

Traffic Calming: Applicable Not Applicable

	Yes	No
. Chicanes	<input type="checkbox"/>	<input type="checkbox"/>
. Bulb outs	<input type="checkbox"/>	<input type="checkbox"/>
. Traffic circles	<input type="checkbox"/>	<input type="checkbox"/>
. Raised street crossings	<input type="checkbox"/>	<input type="checkbox"/>
. Pedestrian signals	<input type="checkbox"/>	<input type="checkbox"/>
. Pedestrian crossings every 300-600ft.	<input type="checkbox"/>	<input type="checkbox"/>

Healthy Design:

Streets in and around residential areas incorporate traffic calming measures that make pedestrian and bicyclist safety a priority.

Number: _____

Commercial Project Features: Applicable Not Applicable

This checklist is intended to assist local public health agencies (LPHAs) in their communities. The checklist provides a method to be submitted for development plans, and broadens the health focus to identify potential health impacts and provide a checklist that addresses not only those issues that LPHAs have identified during development and require policy change or regulatory jurisdiction. LPHAs should share the checklist with other jurisdictions. LPHAs should share the checklist with other jurisdictions to increase awareness of public health issues associated with development. LPHAs should share the checklist with other jurisdictions for review and comment.

groundwater? (e.g., AST/USTs; chemicals, including agricultural chemicals such as pesticides and herbicides; asbestos)

For more information, visit:

- www.epa.gov/water/yearofcleanwater/docs/rowthwater.pdf
- <http://ohioline.osu.edu/ws-fact/0003.html>
- www.ire.ubc.ca/ecoresearch/publica3.html
- www.fhwa.dot.gov/environment/wtrshd96.htm
- www.cdc.gov/healthyplaces/about.htm

steward

Engaging the public you serve!



- Teach what you've learned here today – there is a connection between land use decisions and the health of the public
- Help community residents think about their neighborhoods from a land use perspective
- Personal stories are powerful



Communicating Health Issues: Making Adjustments



- Example: Siting a park:

Health data might show:

- *More physical activity, opportunities to build community, better air quality*



- Decision makers may care more about:

- *Increased property values*
- *More places to walk dogs*
- *Fields for Police Activities League sports (Ally potential!)*
- *Senior/child quality of life*



Policy Opportunities



- **AB 437 (Jones) Obesity and Land Use**

Authorizes the county health officer to provide assistance to cities and counties with local land use planning and transportation planning processes as they relate to public health

- **AB 1472 (Leno) Healthy Places Act of 2008**

Requires various state agencies and departments to collaboratively support childhood development, prevent injury, illness, and chronic disease, ensure environmental health, and reduce health disparities by providing knowledge, guidance, and resources for public health impact assessments (HIA) of land use and transportation system planning.

- **US Healthy Places Act of 2007**

To require Federal agencies to support health impact assessments and take other actions to improve health and the environmental quality of communities, and for other purposes.

Activity: Mountain House Development

Consider how the following impacts health:

- Housing
- Economic Development & Jobs
- Neighborhoods
- Open Space and Active Recreation
- Transportation

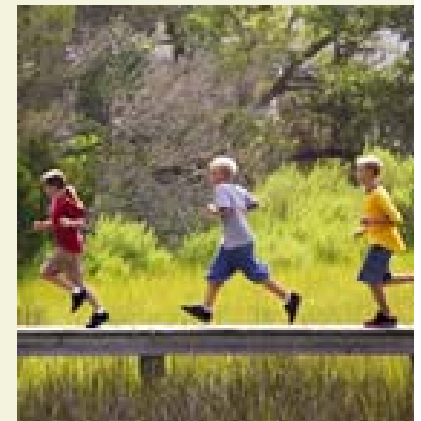
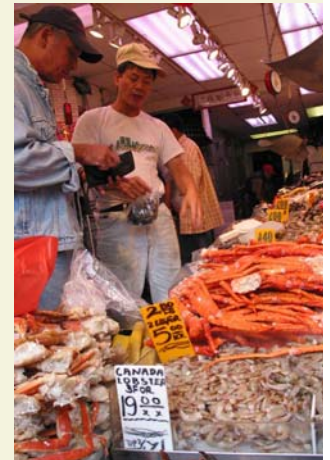


Instructions



- **At your table**, count off by 3's:
 - **1's are planners**
 - **2's are public health practitioners**
 - **3's are developers**
- Try to answer the questions from the perspective of your role – this is about looking at development from different viewpoints!
- Think about how you might work together – how can each role promote health more? What do you need from each other?

What kind of community do you want to create?



Contact us:



Land Use & Health Program

Public Health Law Program

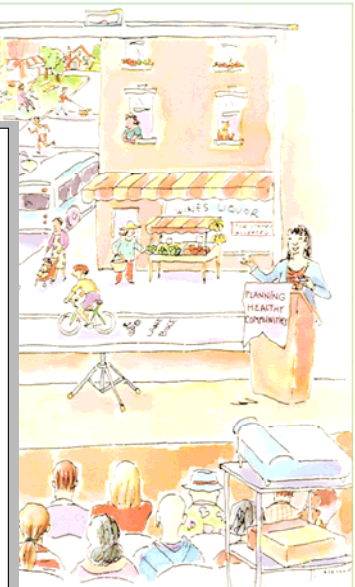
(510) 302-3308

info@healthyplanning.org

www.healthyplanning.org

Economic Development and Redevelopment

A Toolkit on Land Use and Health



General Plans and Zoning

A Toolkit on Land Use and Health

