

Built Environment

Lessons Learned Through Discussion with
City Planners / Elected Officials

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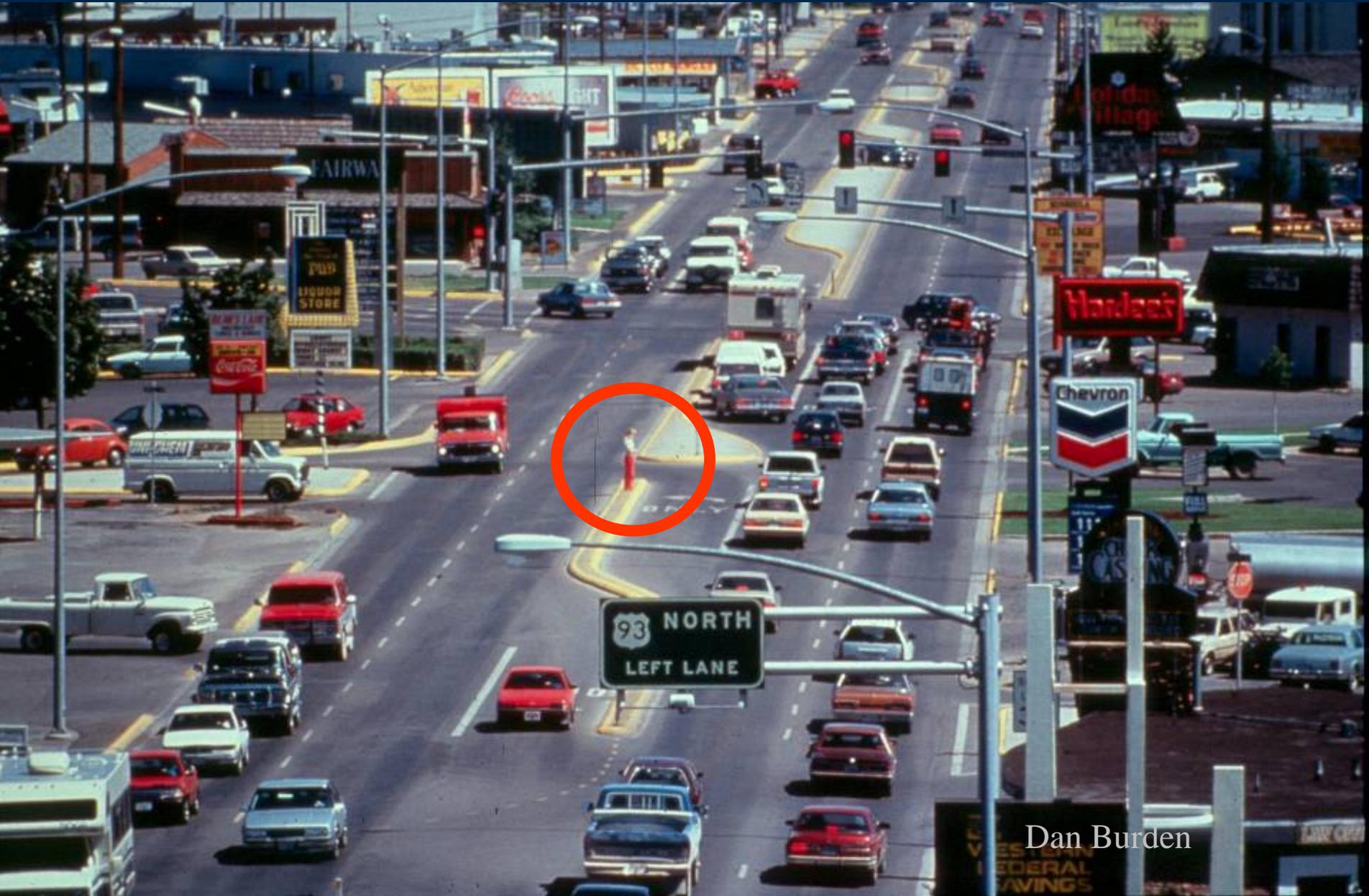
Area Health Office SPA 3 and 4

**“We build our cities and then
they determine how we will live”**

Winston Churchill



Overbuilt Roads...





1803





←
ENTER

Big and Bold
BIGGER SIZE IT
39¢

WALLBOARD CHANGES
EYES EYES
T&E
CLEANERS

The Plaza

Blue sign

STOP

Blue mailbox

...this picture?



Dan Burden

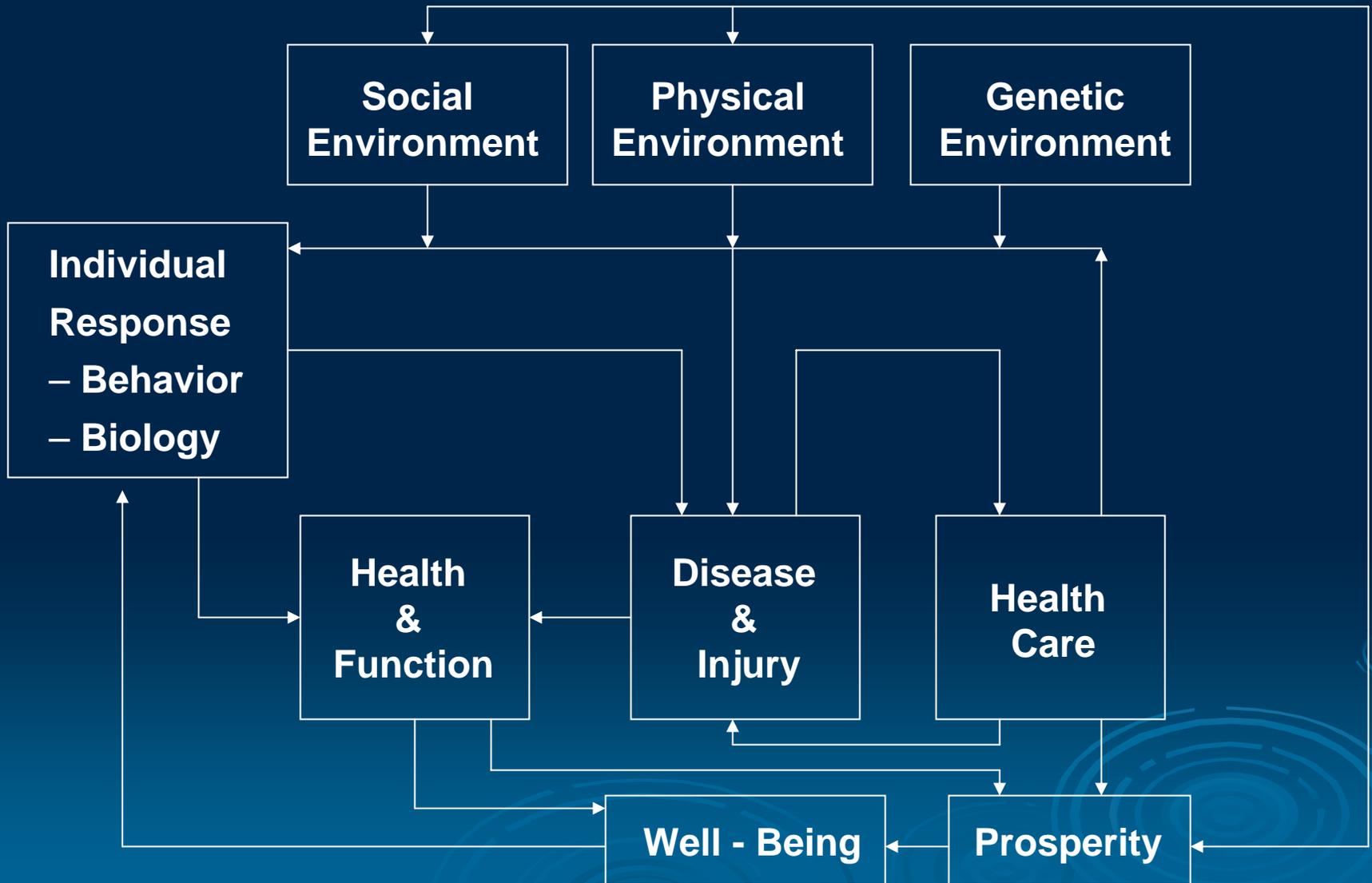
Many obstructions



Ready,
Set,
Go!



Determinants of Health (Evans - Stoddart Model)



Current health impacts from community design



- ↓ traffic safety
- ↑ air pollution
- ↓ water quality & quantity
- ↑ obesity & chronic disease
- ↓ physical activity
- ↑ crime & violence
- ↓ social capital
- ↓ elder health & mobility
- ↓ mental health
- ↑ health disparities

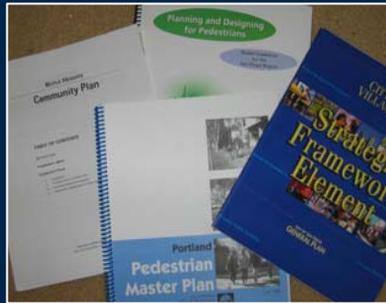
Two Types of Catastrophes

The Big One (earthquake) is expected to bring 20,000 deaths and 100,000 nonfatal casualties at one time during the next 30 years.



During those same 30 years, over **180,000 Californians will die of diabetes** alone, not including the excess deaths from stroke, heart attack, and other illnesses related to obesity.

Strategic Levels for Integrating Health and Active Living



Upstream

Influence the overarching vision, policies & standards



Midstream

Interject healthy design into slated projects



Downstream

Retrofit yesterday's mistakes

Schools

Since World War II

- Number of Schools declined 70%
- Average School Size grew fivefold (127 to 653 students)



School Transportation Costs and Impacts

Costs in California

1996-7 \$784 Million

2000-1 \$1.04 Billion

Diesel exhaust levels: 4 times higher

Parking lots: heat islands

impervious surfaces.



General Plans

- “Constitution for future development”
- Long-term policy guide for the physical, economic, and environmental growth and renewal of the jurisdiction
- Statement of development policies
 - Broadly stated objectives, principles, standards
 - All land use decisions must derive from GP
- Covers 10-30 year time period

General Plans

- The State of California requires General Plans have seven *elements*:
 - Land Use
 - Circulation (roads & transportation)
 - Housing (special requirements here!)
 - Conservation
 - Open Space
 - Noise
 - Safety
- Additional elements are permitted

General Plans

- Communities use GP's to guide development
- Communities use GP's to put forth a vision for how the community should grow and change
- Planning a.k.a. Community Development Departments keep the GP – request or access on-line

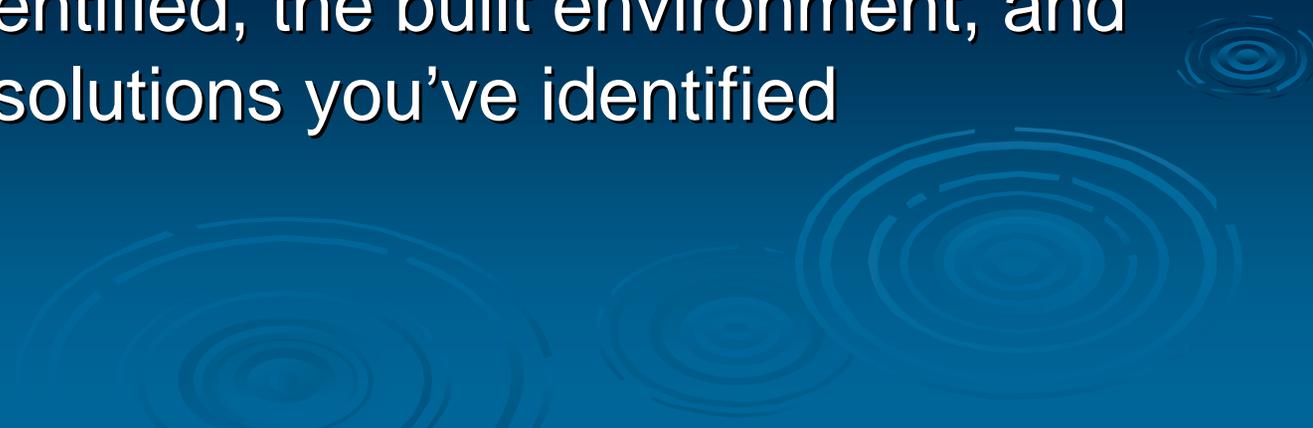
Types of Planning Activities

- Master Plans – Set Policy
 - Comprehensive, Transportation, Open Space, bike and pedestrian plans
- Codes – Implement Policy
 - Zoning, subdivision regulations; street and design standards, etc.
- Individual Development Applications
 - Should follow policy; must meet code
- Regional Task Forces

How can public health professionals help local government decision-makers create healthier communities?

- Planners need data
- Grassroots coalitions (empower/mobilize)
- Influence code reform (DNA of communities) 

Using Public Health Data

- Data is persuasive!
 - Example: *Premature Deaths from Heart Disease and Stroke in L.A. County* report
 - Connect it to the built environment – you do that in your recommendations
 - Make connections between the problem you've identified, the built environment, and possible solutions you've identified
- 

PH prevention influences Land Use Decisions that...

- **Protect Against Environmental Hazards**
 - **Prevent Epidemics and Spread of Disease**
 - **Prevent Illness and Injury**
 - **Promote Healthy Behaviors**
- 

*RESEARCH FINDINGS – TRAFFIC PROXIMITY AND
PREMATURE BIRTHS*

**Mothers living
closest to the
freeways have more
pre-term babies**



*RESEARCH FINDINGS –
TRAFFIC PROXIMITY AND ASTHMA*

**Children living
closest to the
freeways have a
2-fold risk of
asthma**



Example of a Change Message

- Obesity & obesity-related health problems are epidemic in the US (provide statistics)
- This is reflected in our community, where obesity, diabetes & heart disease rates are at [fill in local statistics] and rising
- [Lack of access to health foods]
[Access to unhealthy foods]
[Lack of access to opportunities for physical activity] are contributing factors to the obesity epidemic

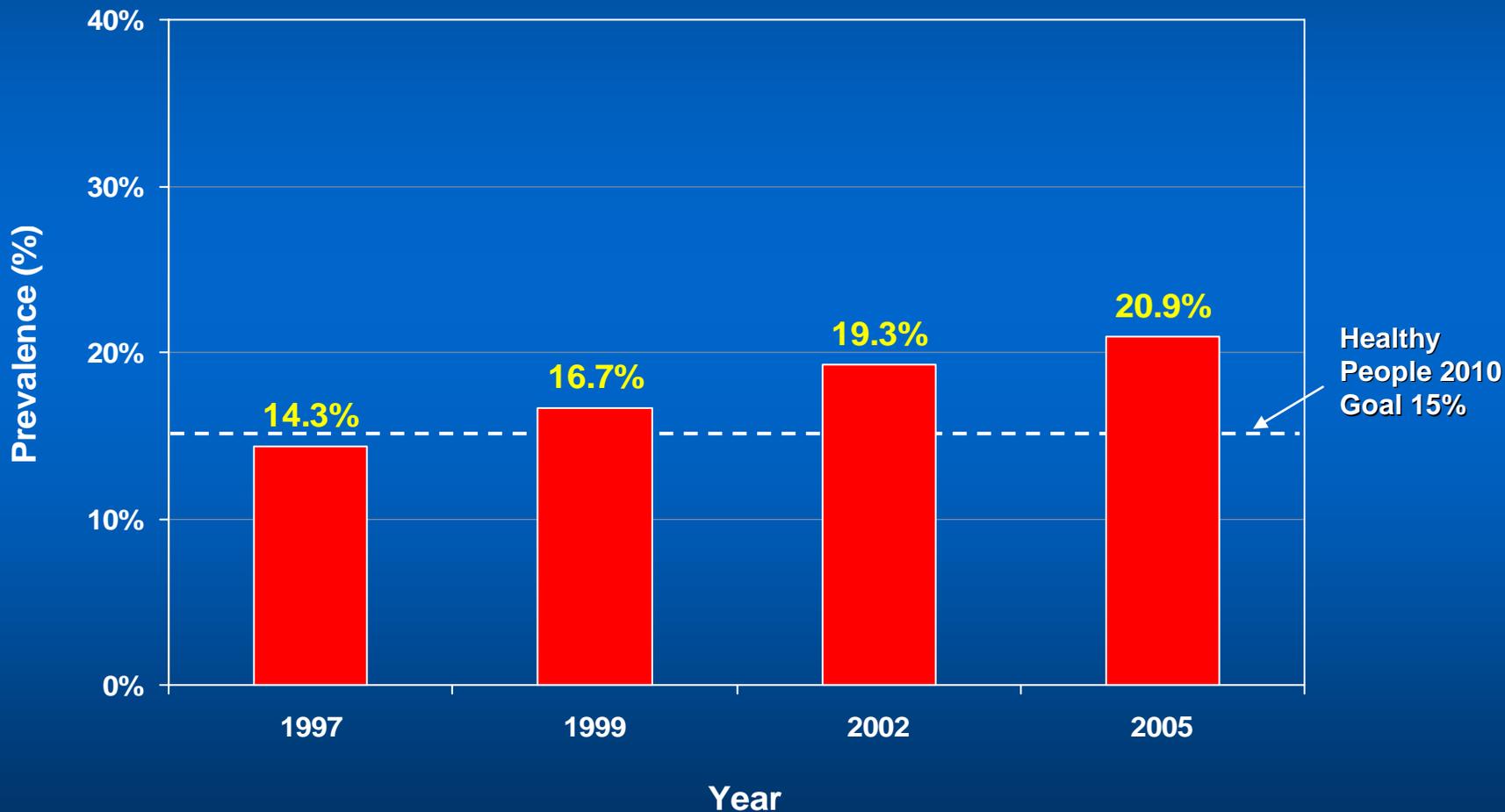
Example of a Change Message

- In our community, neighborhoods a, b, and c [don't have access to healthy food] [only have access to unhealthy food] [don't have safe access to opportunities for physical activity, such as walkable/bikeable streets, parks, etc.]
- We believe our General Plan should reflect our community's commitment to health by including language about [bikeability/walkability/ enhancing access to healthy foods/reducing the prevalence of unhealthy foods].

Discussion with Elected Officials

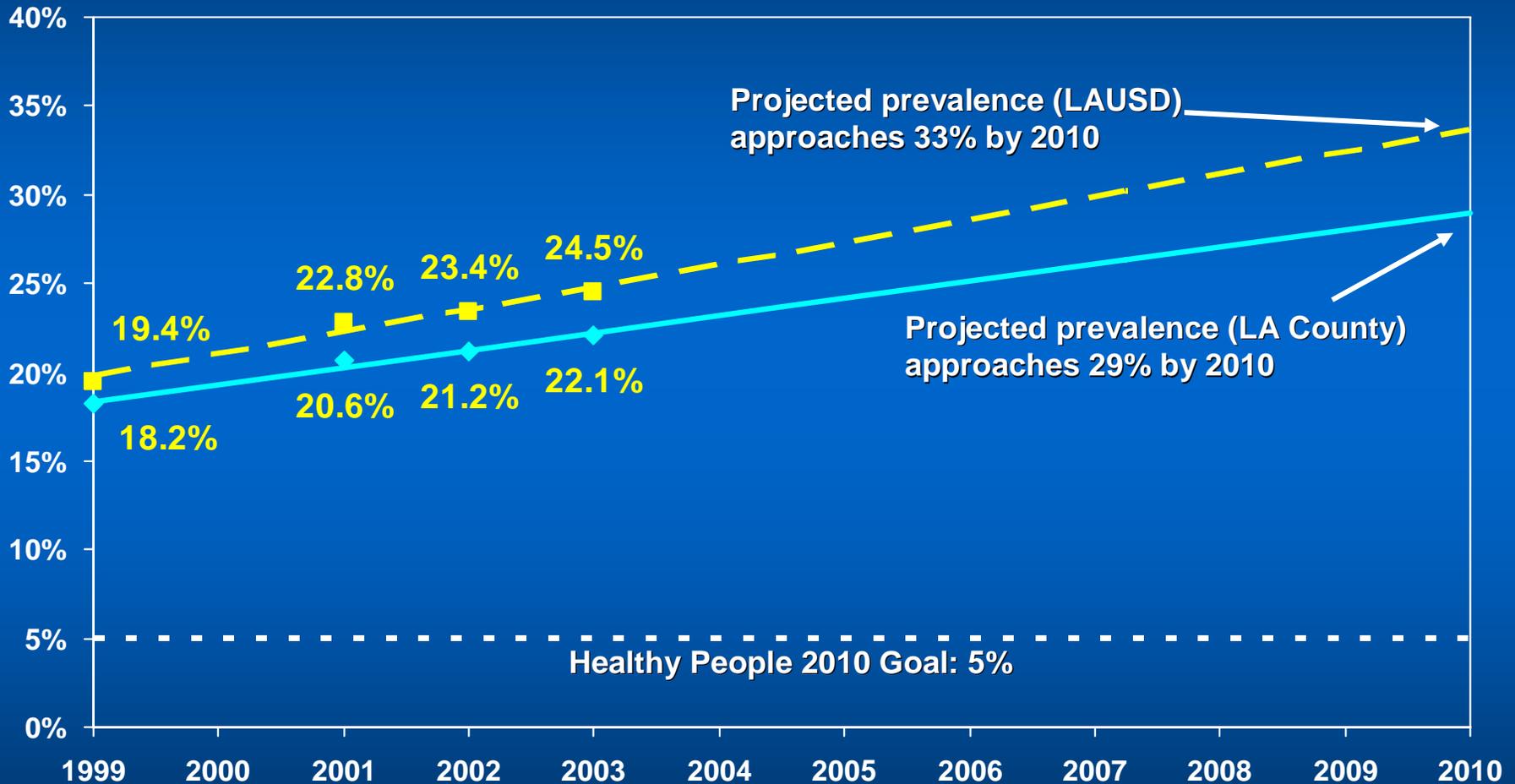


Prevalence of Obesity Among Adults in Los Angeles County, 1997-2005



Note: Data from Los Angeles County Health Survey

Overweight Prevalence Among School Children California Physical Fitness Testing, 1999-2003



Note: Data from the California Physical Fitness Testing Program, California Department of Education, and includes 5th, 7th, and 9th graders enrolled in Los Angeles County public schools.

We have changed how much we walk or bike

- Percent of children who walk or bike to school:
 - 1974: **66%**
 - 2000: **13%**
- (CDC, 2000)



Diabetes Projected Risks:

For Babies Born in 2000

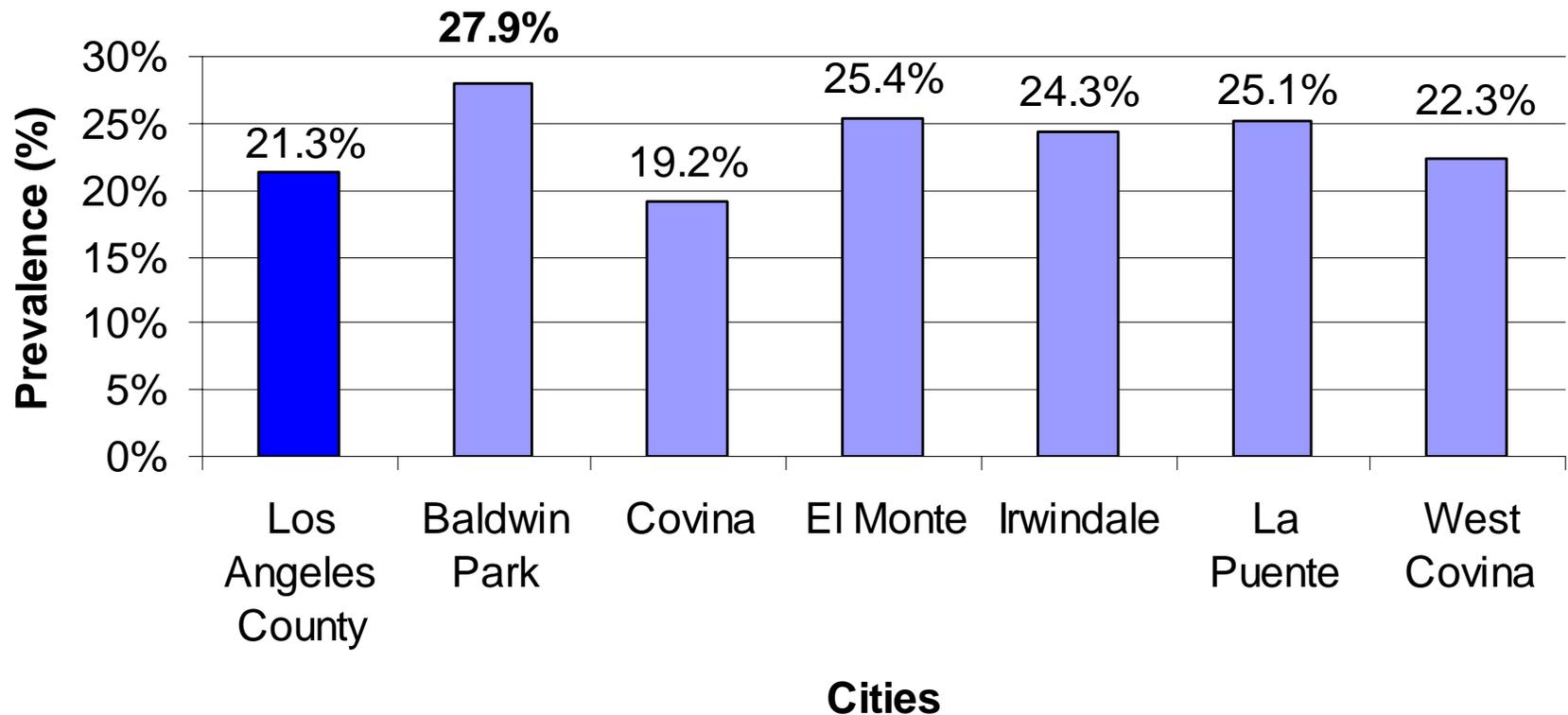
- **1:3** children born in 2000 expected to develop diabetes.
- **1:2** Hispanic and African-American children at risk

V Narayan et al: JAMA 8 Oct 2003



Baldwin Park Childhood Obesity Rates

Prevalence of Childhood Overweight (2001 - 2003)



Irwindale



Narrowed Streets, with a Sense of Enclosure



Tree “wall” & buffer

Street Wall

Shade

Slow vehicular traffic

Street Wall

Bike Lane



No car traffic

Street Wall

Comfortable,
wide sidewalks

Inviting and Helpful Amenities

Shade

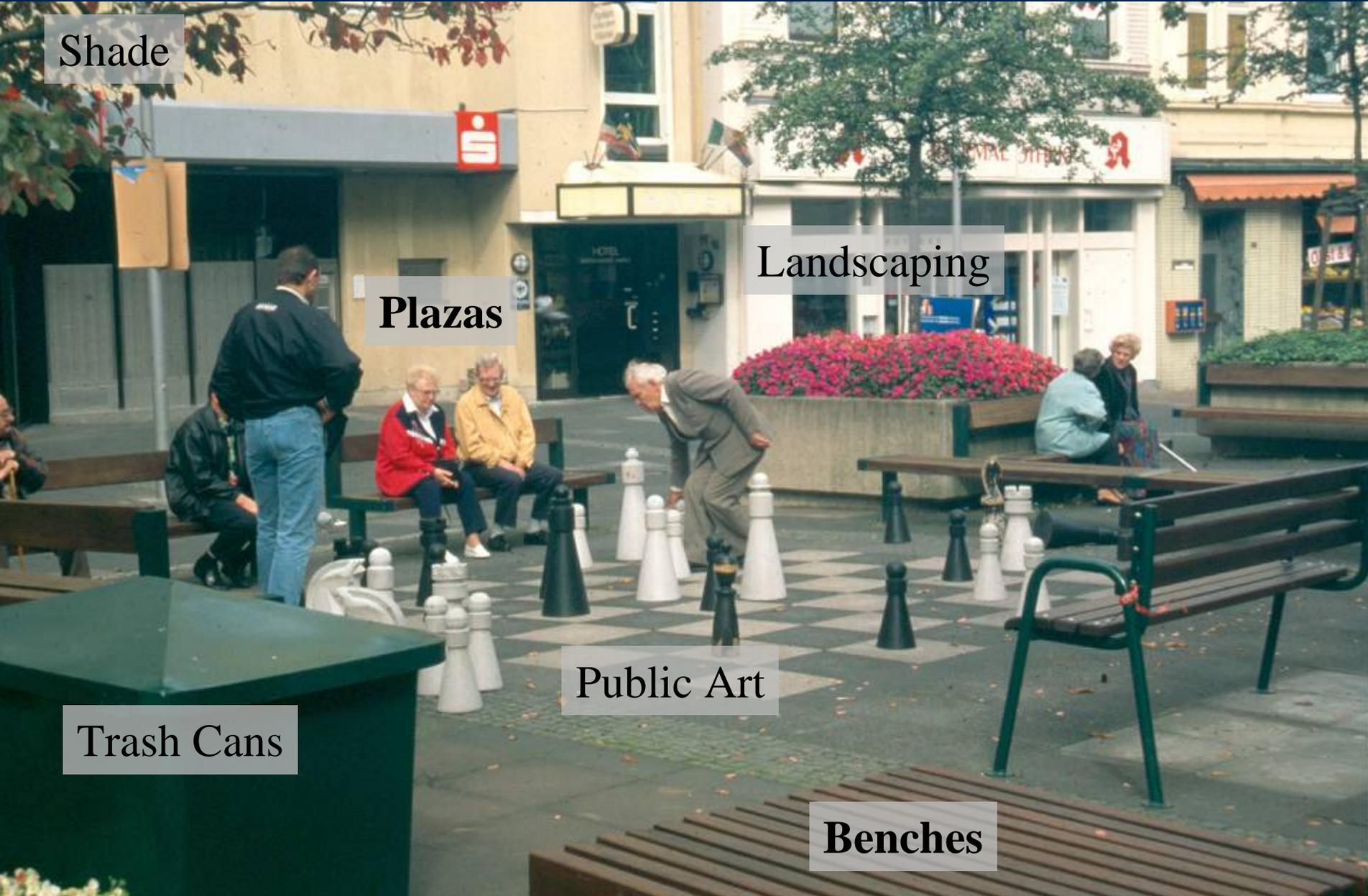
Plazas

Landscaping

Public Art

Trash Cans

Benches



A Variety of Uses within Walking Distance

Office

Residence

Store

Park



Safety



Eyes on the Street
(Open businesses, patrons, residents)

Good Lighting

Phones

Well-Designed Crosswalks



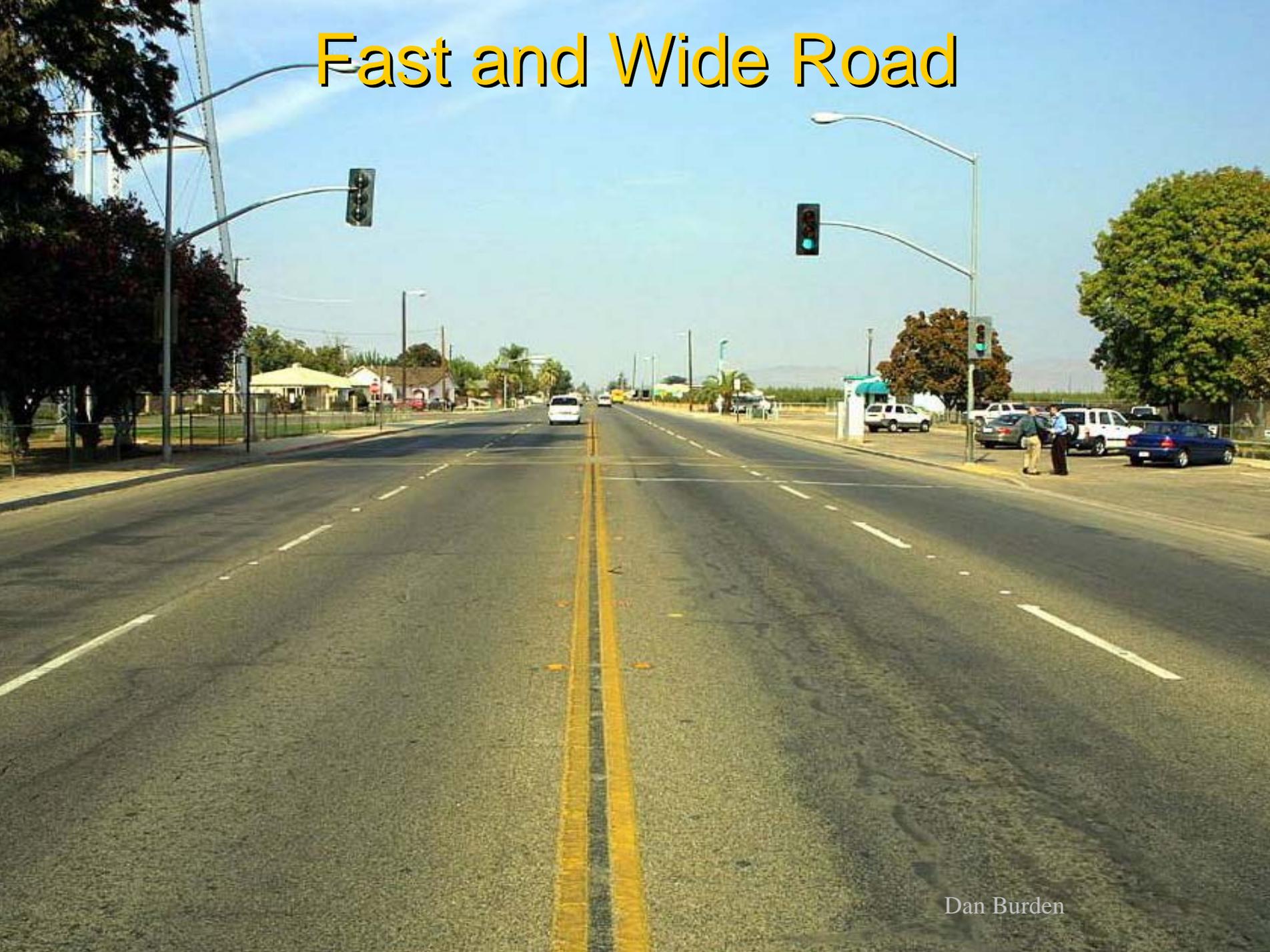
Sidewalk Obstacles



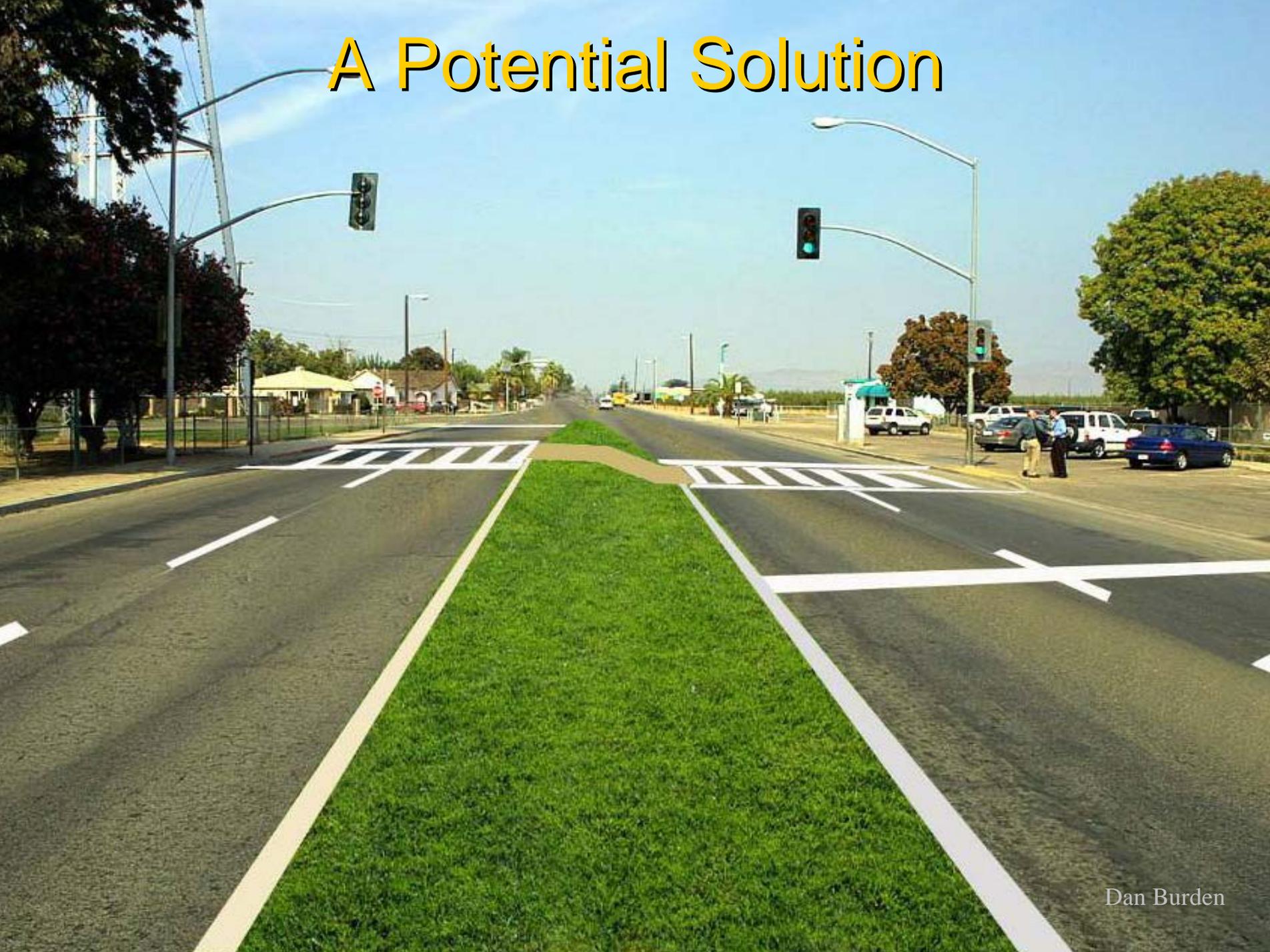
A Potential Solution



Fast and Wide Road



A Potential Solution



Fast Curve



A Potential Solution

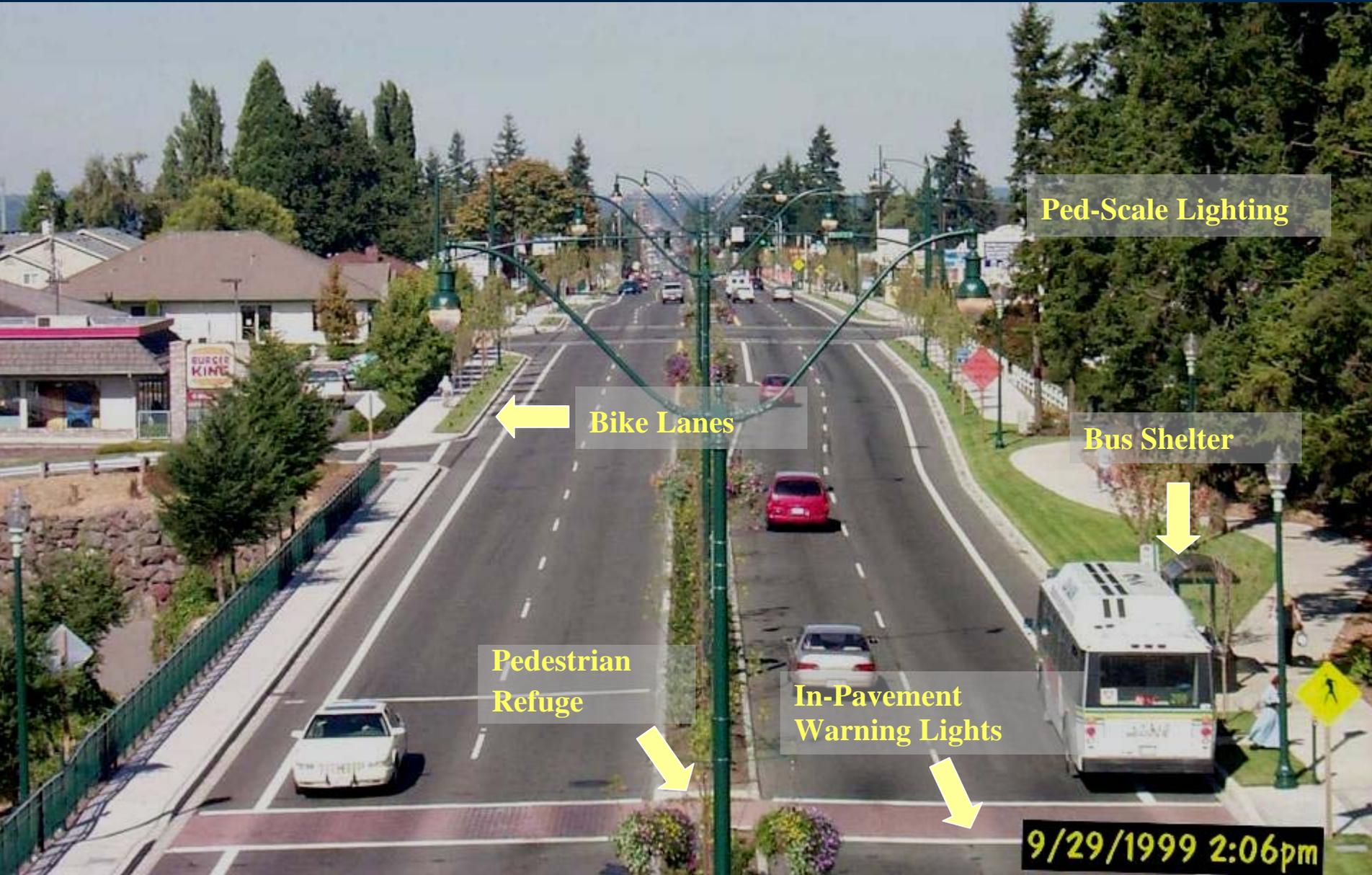


Before



Dan Burden

After



Ped-Scale Lighting

Bike Lanes

Bus Shelter

Pedestrian
Refuge

In-Pavement
Warning Lights

9/29/1999 2:06pm

STRATEGIES

- Develop political traction
 - Community Awareness
 - Multi-disciplinary meetings
- Develop political cover
(know elected officials, planners, commissioners)
- Schools
- Media (educate or restrict exposure)
- Encourage advocacy
- Parents and youth

How Public Health Can Help

- Provide a health perspective in planning decisions when needed
 - Provide health data to support healthy, livable community projects
 - Conduct health impact assessments
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Good Built Environments

- Places where life is Happening—
 - Food
 - Music
 - Art
 - **All ages**
 - Joy
 - Safety
 - People (density and diversity)
 - Walking



The Power to Change

