

BUILDING HEALTHY COMMUNITIES

**Planning and designing communities
that make it easier for people
to live healthy lives**

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Presentation Roadmap

- Factors that determine health
- Defining healthy community design
- Key strategies for creating policies and infrastructure for physical activity and access to healthy food
- Efforts in Vermont that support healthy community design



Factors that Determine Health



Family Health History

Health is the state of complete physical, mental and social well-being and not merely the absence of disease or infirmity

- World Health Organization

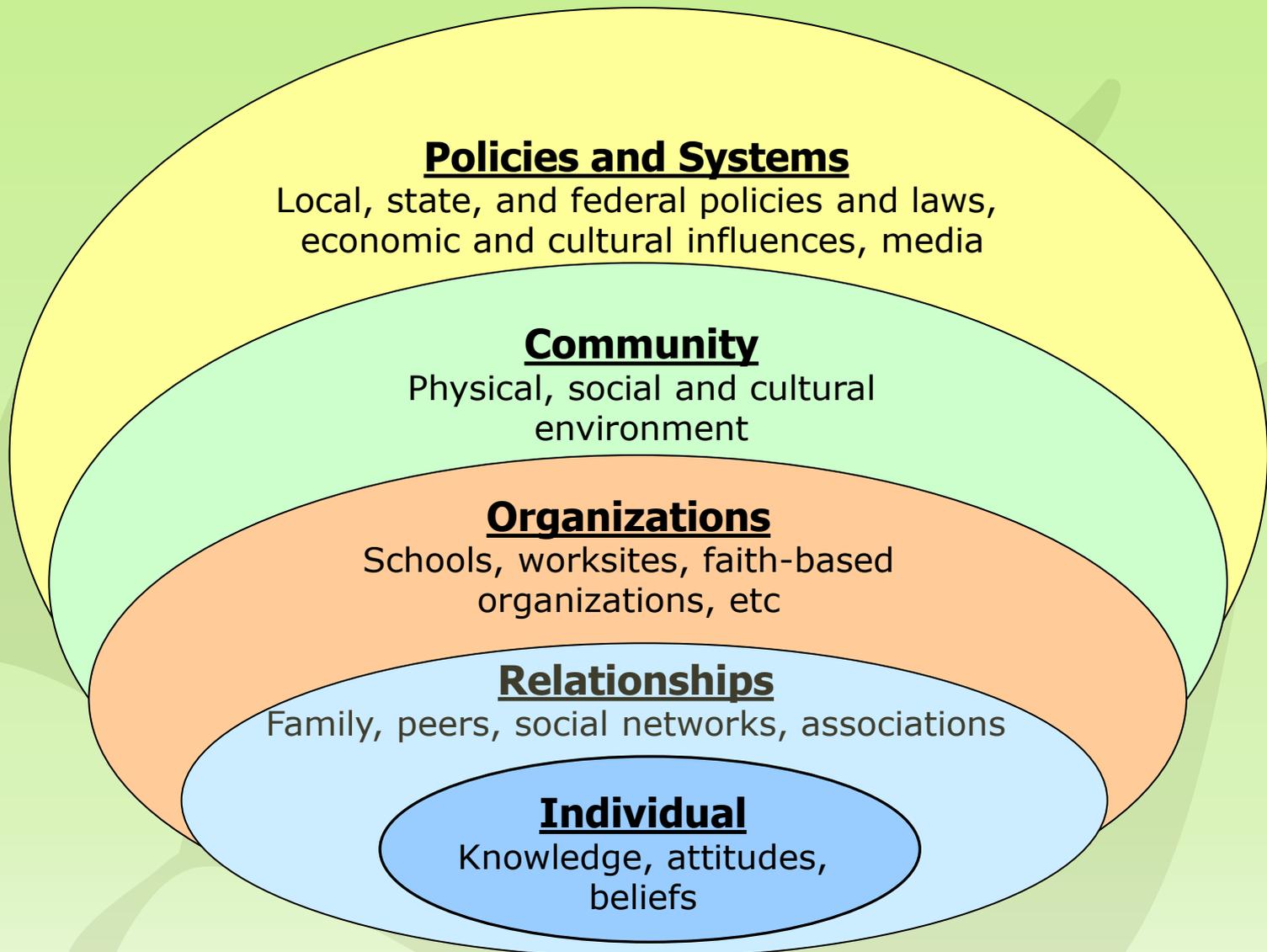


Environment



Behaviors/Lifestyles

Vermont's Prevention Model



Healthy Community Design

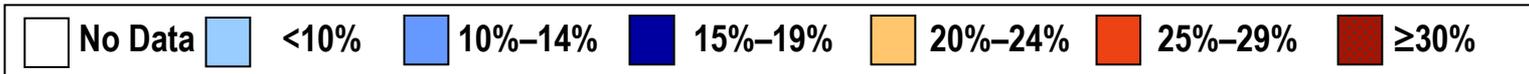
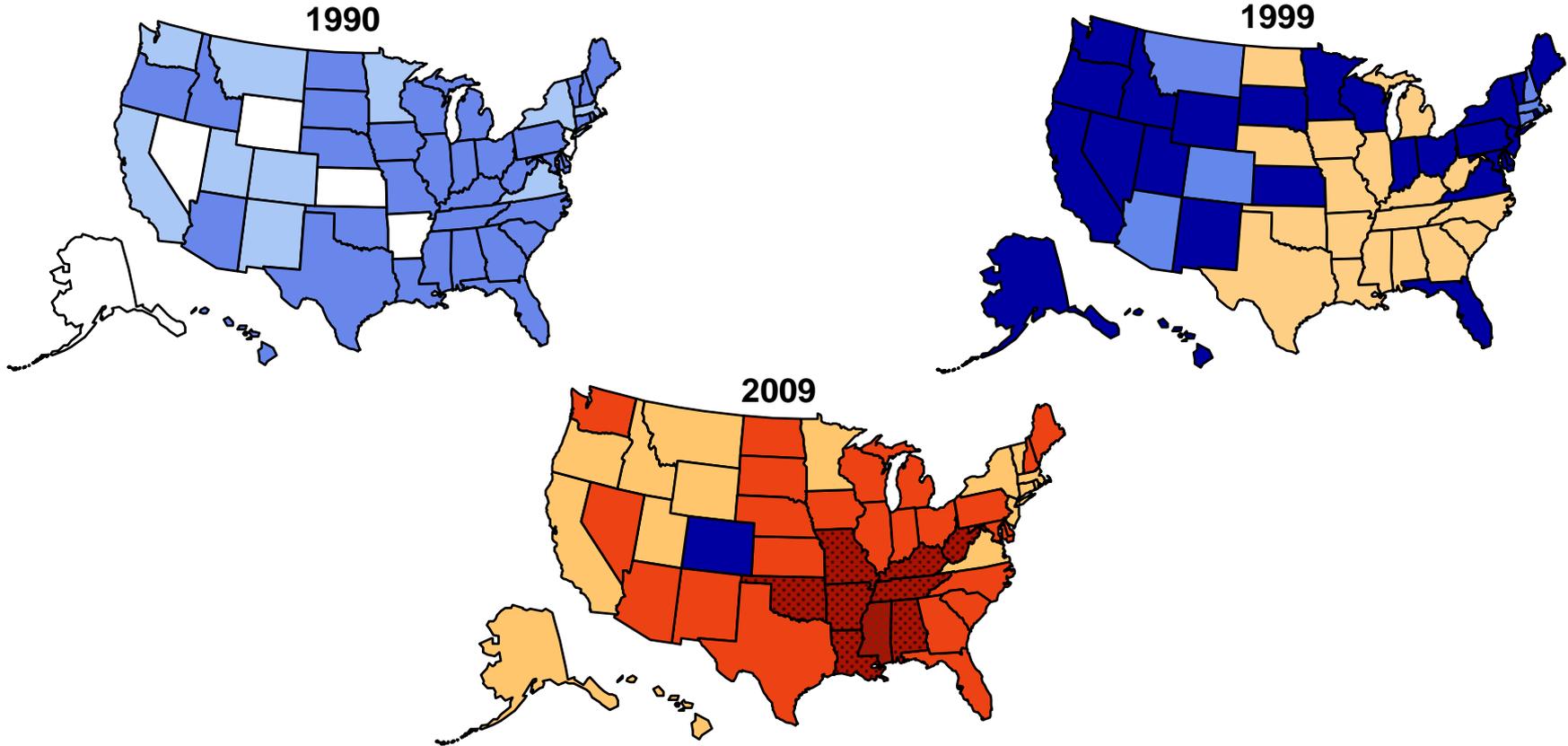
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Obesity Trends* Among U.S. Adults

BRFSS, 1990, 1999, 2009

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



Community Design Affects Physical Activity

- Proximity of housing, worksites, schools and shopping
- Design of roads
- Safe places to play



Community Policy Affects Healthy Food Access



- Availability of healthy foods in public venues
- Access to retailers of healthy foods
- Support of farms, farmers and agricultural enterprises

Healthy Community Design

Target areas for physical activity and healthy food

- Concentrated Mixed Use Development
- Pedestrian and Bicycle Friendly Policies and Infrastructure
- Access to Parks and Recreation
- Access to Healthy Foods



Efforts Underway in VT

Mixed Use Development	Bike and Pedestrian Facilities	Parks, Recreation	Healthy foods
VT Planning Goals	Complete Streets	Recreation and Trail grants programs	Farm to Plate
Smart growth	Master planning	School use	VT FEED School gardens
Growth centers	Design standards		Community Gardens
Health impact assessment	Safe Routes to School		Farmers Markets
			Healthy Retailers

Key Steps

- Identify existing community efforts and potential allies
- Assess existing land use patterns and community resources
- Review existing local plans and policies
- Participate in creating a community vision



Key Steps



- Offer health promoting language to town plans
- Participate in the implementation of the municipal plan
- Monitor town development proposals
- Partner with advocates to create new policies and infrastructure

Questions to Ask

Incorporating Health Goals

- What are the potential impacts on health — positive and negative?
- How would it affect people with lower incomes, children, older people, or people with disabilities?
- Does it make the healthy choice the easy choice for all community members regardless of age, income, ability, or cultural custom?

For More Information

Centers for Disease Control and Prevention, Healthy Community Design Initiative

www.cdc.gov/healthyplaces



American Planning Association <http://www.planning.org/nationalcenters/health/>

Active Living Research <http://www.activelivingresearch.org/>

A tool for rural communities: <http://www.activelivingresearch.org/node/11947>

Health Impact Project <http://www.healthimpactproject.org/>

Prevention Institute <http://www.preventioninstitute.org/>

PHLP, Healthy Planning <http://www.phlpnet.org/healthy-planning>

National Prevention Strategy <http://www.healthcare.gov/prevention/nphpphc/strategy/index.html>

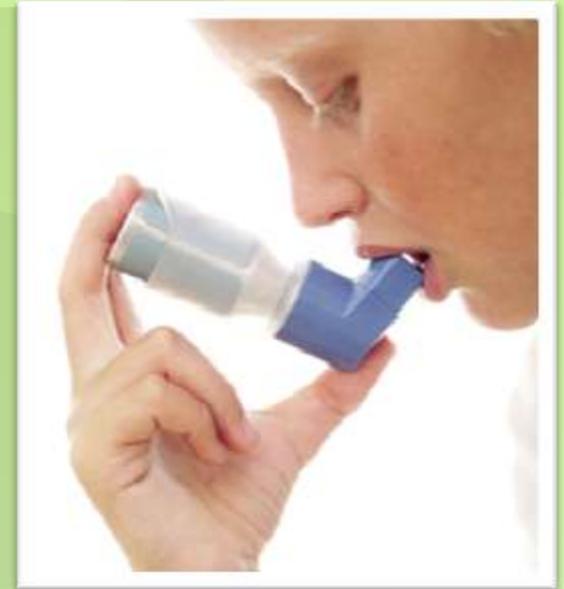
Tools

- Health Impact Assessment <http://www.cdc.gov/healthyplaces/hia.htm>
- PACE EH <http://www.cdc.gov/nceh/ehs/CEHA/default.htm>
- Community Audit Tools Resource – Active Living Research
<http://www.activelivingresearch.org/resourcesearch/toolsandmeasures>
- CDC Public Health Tracking Network
<http://ephtracking.cdc.gov/showCommunityDesign.action>
- Smart Growth tools
http://www.epa.gov/smartgrowth/sg_implementation.htm
- Also: partnerships, assessment, integrated planning

Air Pollution

Air pollution can

- Aggravate asthma symptoms
- Diminish lung function
- Trigger heart attacks
- Cause adverse birth outcomes
- Increase risk of childhood cancer



Water Quality

Water-resistant surfaces leads to urban and agricultural runoff that

- Pollute water supplies
 - lakes,
 - rivers,
 - wetlands
- Increase flooding potential
 - sewage overflow,
 - property damage,
 - infection and injuries from flood waters



Clean and safe drinking water is critical because waterborne illness can be a serious problem.

Traffic-Related Injuries and Deaths

Annual Statistics

- 30,000+ deaths
- 2+ million nonfatal injuries
- \$70 billion economic burden



The leading cause of death among those age 5–34 in U.S.

Climate Change

Potential effects

- Stronger and longer heat waves
- More frequent weather precipitation events
- More frequent and severe droughts
- Extreme weather events such as flooding and tropical cyclones



Social Capital

The fabric of a community and the community pool of human resources available



Social Equity

- Access to all needs and the ability to remain in the community all their lives
- Diverse housing options and price levels
- Well-defined neighborhood centers that support jobs, commercial activity, and amenities



Healthy Community Design Principles

- Concentrated mixed land use and greater land density
- Public transit
- Pedestrian and bicycle infrastructure
- Accessible and socially equitable community
- Housing for different incomes and different stages of life
- Accessible green spaces and parks
- Community centers
- Low Impact Development (LID) approach to storm water management

Healthy Community Design Benefits

- Improve air and water quality
- Lower the risk of traffic-related injuries
- Easier incorporation of physical activity into our everyday lives
- Increase access to healthy food
- Reduce contributions to climate change
- Increase social connectivity and sense of community
- Ensure social equity for all community members
- Promote good mental health