“Good Solutions Solve Multiple Problems”

Richard J Jackson MD MPH
dickjackson@ph.ucla.edu
The United States has now paved over the equivalent area of the entire state of Georgia.

60,000 square miles

And Photosynthesis is our friend!
Proposal would put I-75 among country’s biggest

By ARIEL HART
ahart@ajc.com

It’s wider than an aircraft carrier. Far wider than the carving on Stone Mountain. Wider than the White House stretched end to end, twice.

It’s the planned I-75, all 23 lanes, coming soon to Cobb County. As currently conceived it’s 388 feet across, wider than a football field is long.

23 LANES: The state Department of Transportation is planning to expand I-75 (below) and I-575 in Cobb and Cherokee counties. The 23-lane stretch would be between Delk and Windy Hill roads on I-75.

Traffic heads north on I-75, just north of I-285, on Thursday. A proposal for the interstate is enough to make a road builder weep with joy, and make others wonder whether it’s overkill.

Atlanta Journal-Constitution, March 10, 2006
For every age group from 3 through 33 -- crashes were the No. 1 cause of death
Number of Lives Saved per year
if National Car Fatality Rate same as:

- New York City 24,000
- Portland 15,000
- Atlanta None—15,000 additional
Asthma Study in 12 Southern California High Schools

- 3535 children with no history of asthma in 6 high and 6 low air pollution high schools
- 5 years later: 265 developed asthma.
  - High ozone high schools:
    • asthma rate was 3.3x higher in children playing three or more sports.
  - Low ozone high schools:
    • sports had no effect on asthma rates
30% Less Ozone Air Pollution with Compact Development

Maximum 8-Hour Ozone Level (ppb) in the Ten Most Sprawling Areas vs. Ten Least Sprawling Areas

- Top Ten Sprawling: 97.6 parts per billion
- Ten Least Sprawling*: 69.9 parts per billion
Obesity Trends* Among U.S. Adults

BRFSS, 1986

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
• Obesity Trends US Adults 2010
BMI US Females 1988-1994

NHANES -- Measured

NHANES – In person interview-- self-reported

BRFSS – Telephone Interview
Weight Gain

- Rates of overweight and obesity have **tripled** among 12-19 year olds and **quadrupled** among 6-11 year olds in the last three decades

Fast Food Restaurants

- “black/low income” neighborhoods ~ 2.4 per sq. mile
- “white” neighborhoods: 1.5 per sq. mile

American Journal of Preventive Medicine, October 2004
Hardee's introduces new Mega-Calorie “Monster Thickburger”

- 1,420 calories
- 107 grams of fat
- 7.1 hours of moderate walking
Supersizing Advertising: Number of TV Ads Seen By Children

Henry J. Kaiser Family Foundation. The Role of Media in Childhood Obesity, Issue Report, February 2004
The Food Pyramid for Advertising to America’s children

Kotz and Story, JADA, 1994
Relationship Between BMI and Risk of Type 2 Diabetes

Percentage of US Adults with Diagnosed Diabetes - 1994
Percentage of US Adults with Diagnosed Diabetes - 2007
Diabetes Projected Risks:
For Babies Born in 2000

Girls: 38% lifetime risk
- If diabetic before age 40, Lifespan shortened by 14 years (Quality of life by 19 years)

Boys: 33% lifetime risk
- If diabetic before age 40, Lifespan shortened by 12 years. (Quality of life by 22 years)

“Old” Schools

Credit: Manitovic Public School District

Credit: Hummel Architects, Boise, ID
We have changed how much we walk or bike

• Percent of children who walk or bike to school:
  • 1974 $\rightarrow$ 66%
  • 2000 $\rightarrow$ 13%

(CDC, 2000)
Fitness of California’s Children

Annual California Fitnessgram

- Conducted in Grades 5, 7, and 9
- Measures 6 major fitness areas
  (e.g. aerobic capacity, body composition, flexibility)
- 2004 Results: Who passed all standards?

  Grade 5 ➔ 25%
  Grade 7 ➔ 29%
  Grade 9 ➔ 26%
http://www.transact.org/report.asp?id=41
Expenditure Cascades

By

Robert H. Frank,¹ Adam Seth Levine,² and Oege Dijk³

¹ Cornell University, Johnson Graduate School of Management, Ithaca, NY 14853
² University of Michigan, Department of Political Science, Ann Arbor, MI 48109
³ European University Institute, Department of Economics, Fiesole, Italy 50014

Changes in Before Tax US Household Incomes 1949-1979

- Bottom 20%: +116%
- Second 20%: +100%
- Middle 20%: +111%
- Fourth 20%: +114%
- Top 20%: +99%
- Top 5%: +86%

- Bottom 20%: +3.5%
- Second 20%: +9.1%
- Middle 20%: +12.6%
- Fourth 20%: +21.5%
- Top 20%: +45.7%
- Top 5%: +68.0%
Changes In After-Tax US Household Income
1979-2000
Social Justice in the OECD—How do member countries compare?

US is in the bottom 5 including for:

- Overall Social Justice
- Childhood Poverty Rate
- Income Inequality
Institute of Medicine

The purpose of public health is to fulfill society’s interest in assuring the conditions in which people can be healthy.
1 cent per teaspoon for sugar?

- Average American consumes 63 pounds of HFCS each year (6,048 teaspoons).
- US population: 300 million
- $0.01 per teaspoon HFCS would generate...

$18 billion a year
10,000 Steps a Day
Originated from Japanese: “Manpo-Kei”
10,000 steps

- 3234 people with IGT (Pre-Diabetes)
- walked or exercised five times a week for 30 minutes
- lost 5% to 7% of their body weight
- reduced their risk of diabetes by 58%
Survival of 1263 men with Type 2 Diabetes: Fit vs Unfit

Low Cardiorespiratory Fitness and Physical Inactivity as Predictors of Mortality in Men with Type 2 Diabetes. " 18 April 2000 Annals of Internal Medicine 132, pp 605-611  M. Wei et al
Educational Benefits of Walking and Biking to School

• Increases concentration
• Improves mood and ability to be alert
• Improves memory and learning
• Enhances creativity
Charlotte, NC, Light Rail Opened November, 2007
The Effect of Light Rail Transit on Body Mass Index and Physical Activity

John M. MacDonald, PhD, Robert J. Stokes, PhD, Deborah A. Cohen, MD, MPH, Aaron Kofner, MS, Greg K. Ridgeway, PhD

Background: The built environment can constrain or facilitate physical activity. Most studies of the health consequences of the built environment face problems of selection bias associated with confounding effects of residential choice and transportation decisions.

Purpose: To examine the cross-sectional associations between objective and perceived measures of the built environment; BMI; obesity (BMI > 30 kg/m²); and meeting weekly recommended physical activity (RPA) levels through walking and vigorous exercise. To assess the effect of using light rail transit (LRT) system on BMI, obesity, and weekly RPA levels.

Methods: Data were collected on individuals before (July 2006 – February 2007) and after (March 2008 – July 2008) completion of an LRT system in Charlotte NC. BMI, obesity, and physical activity levels were calculated for a comparison of these factors pre- and post-LRT construction. A propensity score weighting approach adjusted for differences in baseline characteristics among LRT and non-LRT users. Data were analyzed in 2009.

Results: More-positive perceptions of one’s neighborhood at baseline were associated with a −0.36 (p<0.05) lower BMI; 15% lower odds (95% CI = 0.77, 0.94) of obesity; 9% higher odds (95% CI = 0.99, 1.20) of meeting weekly RPA through walking; and 11% higher odds (95% CI = 1.01, 1.22) of meeting RPA levels of vigorous exercise. The use of LRT to commute to work was associated with an average −1.18 reduction in BMI (p<0.05) and an 81% reduced odds (95% CI = 0.04, 0.92) of becoming obese over time.

Conclusions: The results of this study suggest that improving neighborhood environments and increasing the public’s use of LRT systems could provide improvements in health outcomes for millions of individuals.

Before and After the Charlotte Light Rail Began Service

Interviewed People at 839 Locations years before and after Charlotte Light Rail Service Began
• Significant increase in meeting the weekly Recommended Physical Activity
• … through walking (Odds Ratio  1.09)
• …and through vigorous exercise (OR 1.11)
• The use of Light Rail Transit to commute to work was associated with an average reduction of 1.18 BMI points ($\rho < 0.05$) and 81% reduced odds of becoming obese over time.

• For a person who is 5’5” --equivalent to a relative weight loss of 6.45 lbs.
Cumulative Government Capital Investment in Transit and Highways Since 1956

10% increase in urban parks = 4°F decrease in urban surface temperature
ACTIVE DESIGN GUIDELINES
PROMOTING PHYSICAL ACTIVITY AND HEALTH IN DESIGN
Linking Our Food, Farms & Future

SAGE (Sustainable Agriculture Education)

SAGE is a pioneer in connecting rural and urban interests for their mutual benefit.

To preserve regional agriculture, while meeting the equally urgent need for equitable, sustainable urban development, SAGE has developed an holistic approach to establishing multifunctional agriculture at the metropolitan edge, and fostering linkages between rural farmers and urban city dwellers.

Services & Projects

SAGE develops projects and participates in collaborations to support sustainable regional food and agriculture.

Urban Edge Agriculture Parks - part working agriculture and part parkland, our successful Sunol Water Temple Agricultural Park is a model of this approach.

New Ruralism Framework: Metro Region Ag Planning & Foodshed Assessments - developing frameworks and projects for bridging smart growth and local food systems

Public & Farmers’ Markets – bringing farmers and the community together

Public Education – engaging the public in sustainable agriculture
Certified Farmers' Markets

Buy Local San Diego Produce

Visiting one of the Farmers' Markets in San Diego County allows you to experience agriculture. These Farmers' Markets are certified by the State, ensuring that the produce is being sold by the grower, is grown in California and meets all California quality standards. These criteria ensure that you receive the freshest produce for the right price.

For information about how to become Certified by the State to sell your produce at a Farmer's Market call the County of San Diego Department of Agriculture Weights & Measures.

San Marcos Office: 760-752-4700
San Diego Office: 658-694-2778

New Market Coming Soon

Thursday, September 4th will be the inaugural day for the Farm Bureau sponsored Valley Center Farmers’ Market. The weekly market will start at 3:00 p.m. and run until sunset. The location is the parking lot between the Upper and Lower Elementary Schools on Cole Grade Road. If you want to be a part of this market, give Casey Anderson a call at 760-745-3023.
The Need for Health Impact Assessment (HIA)

- Big decisions are made without examining potential health impacts (both positive and negative) over the life cycle.
APHA National Meeting 2002
Abstracts with “land use” - 0
APHA National Meeting 2003
Abstracts with “land use” - 0
Search Results

Search for: land use

Match: All words

Sort by: Relevance

Restrict to:
- Essential Learning Recorded Presentations
- Virtual Expo

Found 55 matches

Displaying 1 to 10

1. **100% Session: Built Environment Institute III: Building partnerships in land use and community design decision-making**
   - PA APHA 2005 - 5097.0: Wednesday, December 14, 2005 - 12:30 PM to 3:00 PM Oral Built Environment Institute III: Building partnerships in land use and community design decision-making decisions about the built urban environment are often made without regard for their potential impact on a community

2. **75% Using Community-Identified Health and Environmental Indicators for Land Use Advocacy**

3. **70% Transportation, land use, and public health: Opportunities for designing and building healthy places**

4. **53% Air toxics and land use in the urban environment: Neighborhood exposures and inequalities**
   - December 10-14, 2005 Philadelphia, PA APHA 2005 - 5097.0: Wednesday, December 14, 2005 - 12:30 PM Abstract #113070 Air toxics and land use in the urban environment: Neighborhood exposures and inequalities

5. **52% Environmental justice and children's health: Linking land use issues to create school air quality policies**
   - PA APHA 2005 - 3008.0: Wednesday, December 14, 2005 - 12:30 PM Abstract #116631 Environmental justice and children's health: Linking land use issues to create school air quality policies

6. **52% Protecting the Agricultural History and Cultural Identity of the South Valley Through a Public Health, Environmental Research and Land Use Redevelopment Collaboration**
   - Abstract #116768 Protecting the Agricultural History and Cultural Identity of the South Valley Through a Public Health, Environmental Research and Land Use Redevelopment Collaboration

7. **48% Historical losses and feelings about those losses and alcohol use and abuse among a random sample of American Indians in the northern plains of the U.S**
   - PA APHA 2005 - 3225.0: Monday, December 12, 2005 - Board 10 Abstract #118114 Historical losses and feelings about those losses and alcohol use and abuse among a random sample of American Indians in the northern plains of the U.S

8. **43% Community Profiles and Priorities MICA: Using evidence to understand community needs**

9. **36% Session: Using Technology to Promote Evidence-Based Needs Assessment, Priority Setting and Intervention Planning at the State and Local Levels**
   - & Exposition December 10-14, 2005 Philadelphia, PA APHA 2005 - 3268.0: Monday, December 12, 2005 - 2:30 PM-4:00 PM Oral Using Technology to Promote Evidence-Based Needs Assessment, Priority Setting and Intervention Planning at the State and Local Levels The Micronel Department
1. 100% 136th APHA Annual Meeting & Exposition (October 25-29, 2008): Reduced Infectious Disease Risk among Recent Border Crossing Injection Drug Users along the Mexico/U.S. Border

2. 98% 136th APHA Annual Meeting & Exposition (October 25-29, 2008): Role of Health in San Francisco Bay Area Community Development and Land Use Efforts


4. 72% 136th APHA Annual Meeting & Exposition (October 25-29, 2008): Port, air quality, and land use planning in the San Diego context

5. 70% 136th APHA Annual Meeting & Exposition (October 25-29, 2008): Crossing county agency administrative borders and using GIS to effectively target high-risk dwellings for a lead abatement program, Riverside County, California

6. 44% 136th APHA Annual Meeting & Exposition (October 25-29, 2008): A Community guide to environmental health: Improving human health through sustainable use of ecosystems

7. 38% 136th APHA Annual Meeting & Exposition (October 25-29, 2008): Knowledge, attitude and practice of using information technology to seek health care information: Results from a telephone survey in the Central Valley, California

8. 38% 136th APHA Annual Meeting & Exposition (October 25-29, 2008): Validation of self-reported occupational exposures in meatpacking workers

9. 34% 136th APHA Annual Meeting & Exposition (October 25-29, 2008): Implementing a New Medicaid Coverage Benefit: The Massachusetts Experience

10. 32% 136th APHA Annual Meeting & Exposition (October 25-29, 2008): Geographical patterns of malaria – can climate alter malaria patterns in the Amazon?
2011 APHA Annual Meeting

“land use” 102 matches

1. Health impact assessment and agricultural land use: A case study of the Hawaii County Agricultural Development Plan

“built environment” 182 matches

1. Systematic assessment of built environment disparities: The Multnomah County Built Environment Atlas project
POLICY STATEMENT

The Built Environment: Designing Communities to Promote Physical Activity in Children

Committee on Environmental Health

ABSTRACT

An estimated 32% of American children are overweight, and physical inactivity contributes to this high prevalence of overweight. This policy statement highlights how the built environment of a community affects children’s opportunities for physical activity. Neighborhoods and communities can provide opportunities for recreational physical activity with parks and open spaces, and policies must support this capacity. Children can engage in physical activity as a part of their daily lives, such as on their travel to school. Factors such as school location have played a significant role in the decreased rates of walking to school, and changes in policy may help to increase the number of children who are able to walk to school. Environment modification that addresses risks associated with automobile traffic is likely to be conducive to more walking and biking among children. Actions that reduce parental perception and fear of crime may promote outdoor physical activity. Policies that promote more active lifestyles among children and adolescents will enable them to achieve the recommended 60 minutes of daily physical activity. By working with community partners, pediatricians can participate in establishing communities designed for activity and health. *Pediatrics* 2009;123:1591–1598
Dr. Richard Jackson, UCLA School of Public Health

January 31, 2012