

CREATING HEALTHY COMMUNITIES

PLAN4Health

An American Planning Association Project

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WMPF LUTI
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JOINT CALL TO ACTION



Organizations involved represent practitioners who contribute to creating healthy communities.

Members are encouraged to partner to facilitate creation of healthier environments and to make health a primary consideration in land use, design, and development practice.



**The American
Institute
of Architects**



**AMERICAN
SOCIETY OF
LANDSCAPE
ARCHITECTS**



American Planning Association
Making Great Communities Happen



NRPA
National Recreation
and Park Association



AMERICAN PUBLIC HEALTH ASSOCIATION
For science. For action. For health.



AMERICAN SOCIETY OF CIVIL ENGINEERS



**Urban Land
Institute**

JOINT CALL TO ACTION

- Where we live, work, and play has a major role in shaping our health. **Zip Code**
- Rates of chronic diseases attributable to the **design of the built environment**
- The built environment also has direct and indirect impacts on **mental health**
- True for everyone, but **felt more among vulnerable populations**, who are less likely to have
 - access to nutritious, affordable food
 - opportunities for physical activity
 - Exposure to environmental pollutants and circumstances that increase stress.

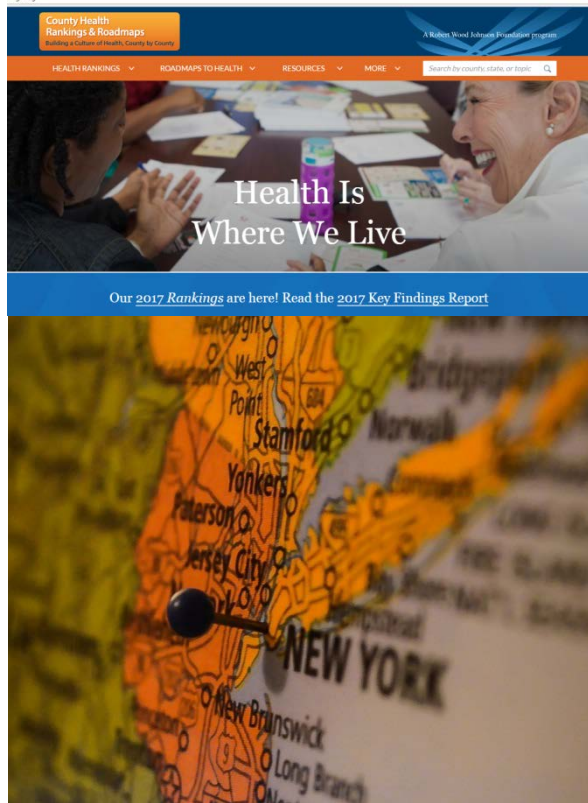


<https://www.lohud.com/story/news/local/westchester/yonkers/2016/09/12/yonkers-public-housing-families/90133542/>



<http://www.psychology.com:7997/WEB/share/resize/Places/New%20York/gritty%20urban%20decay%2070s%2080s%20south%20bronx%20burning/gangs/Corbis-42-28378362.jpg>

WHY PLAN FOR HEALTH?



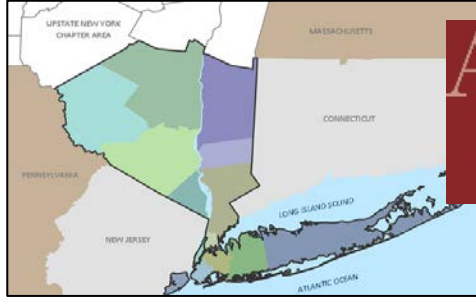
Based on a recent study by the Robert Wood Foundation – Health Rankings for New York Counties, the New York Metropolitan Area includes Counties from both ends of the spectrum:

Nassau County was ranked #1

Westchester County was ranked the 4th healthiest County in NYS and shares a border with Bronx County, which was the least healthiest of the NY Counties.

www.countyhealthrankings.org

NY METRO PLANNERS4HEALTH



- Website: www.plan4healthnymetro.org/
- Land Use Tool Kit: Pace LULC

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WHAT IS A HEALTHY COMMUNITY?

A healthy community is where people work together to improve the social and physical environment to achieve health for all. A healthy community:

- ✓ Strives to improve the physical and mental health of its residents
- ✓ Embraces diversity, connects people and resources
- ✓ Works for health equity and eliminating disparities
- ✓ Offers a safe and nurturing environment for everyone to thrive
- ✓ Is designed and built to improve the quality of life for all people
- ✓ Provides accessible and affordable transportation, housing, healthcare services, nutritious food and physical activity opportunities



Chronic Disease



**Centers for Disease
Control and Prevention**
National Center for
Health Statistics

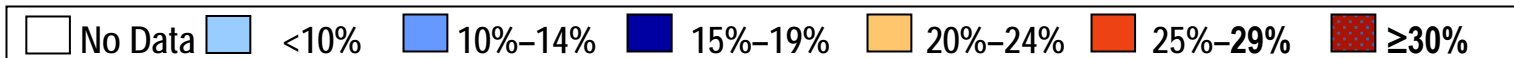
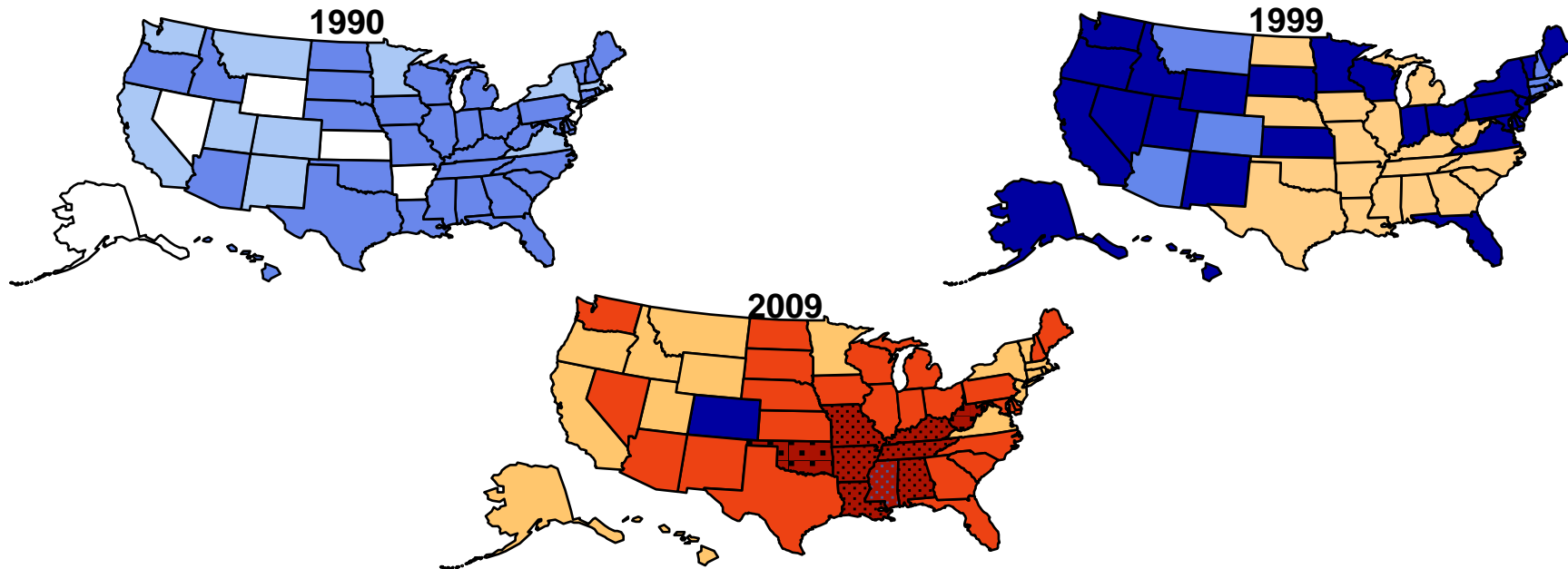


- Obesity – 84 Million People
 - 17% children, 36% adults
- Chronic Disease – Obesity Causes:
 - Heart Disease, Stroke, Cancer, Type 2 Diabetes and Arthritis – Preventable!
- **\$2.7 Trillion** – Annual Cost – Chronic Disease & Mental Health
 - \$126 Billion – Cardio Vascular Disease
 - \$157 Billion – Cancer Care
 - \$245 Billion – Diabetes
 - \$128 Billion – Arthritis
 - \$147 Billion - Obesity

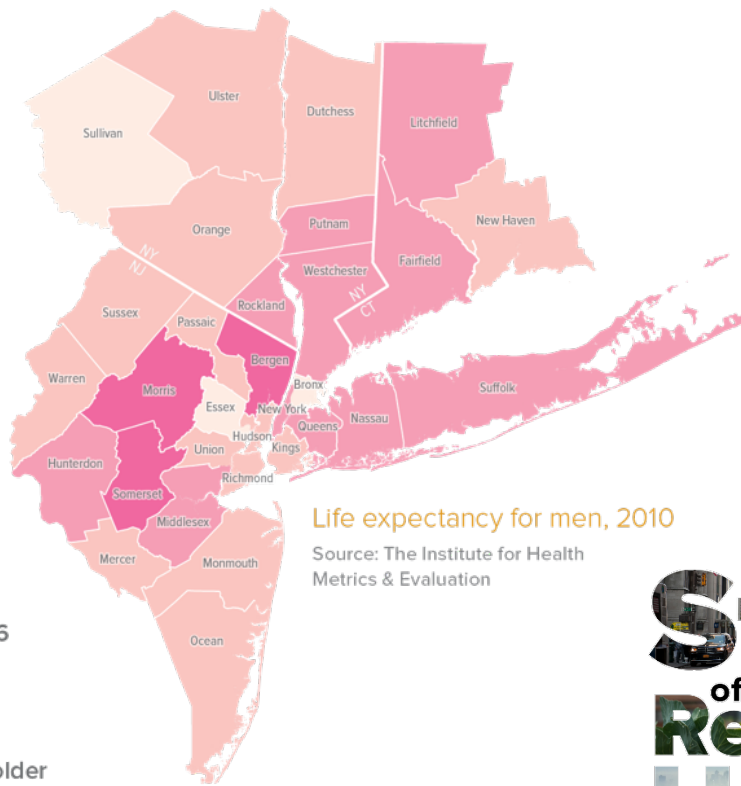
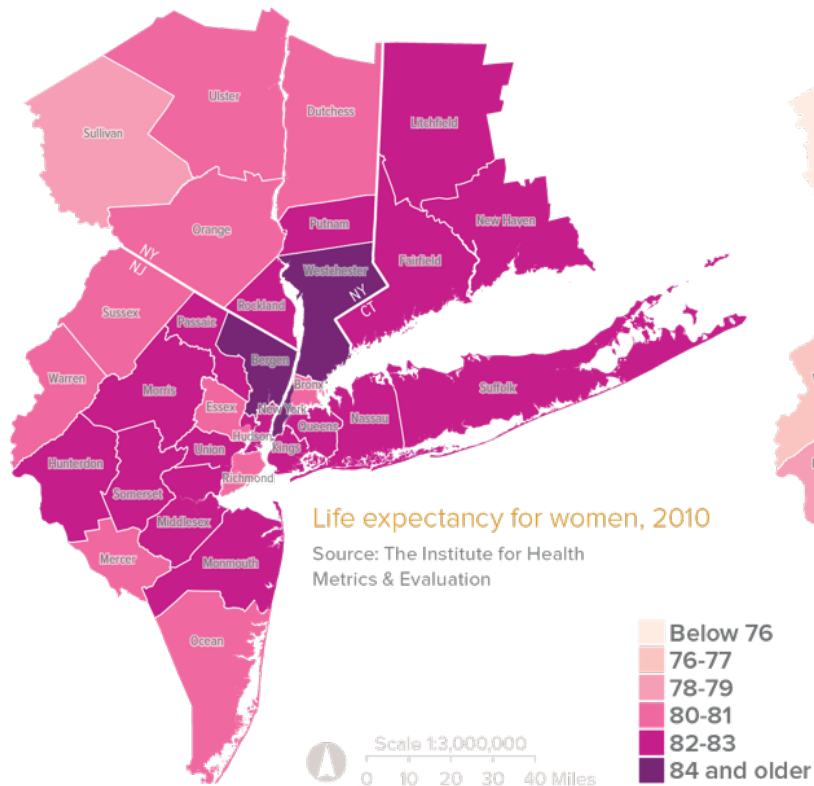
Obesity Trends* Among U.S. Adults

BRFSS, 1990, 1999, 2009

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



LOCATION MATTERS

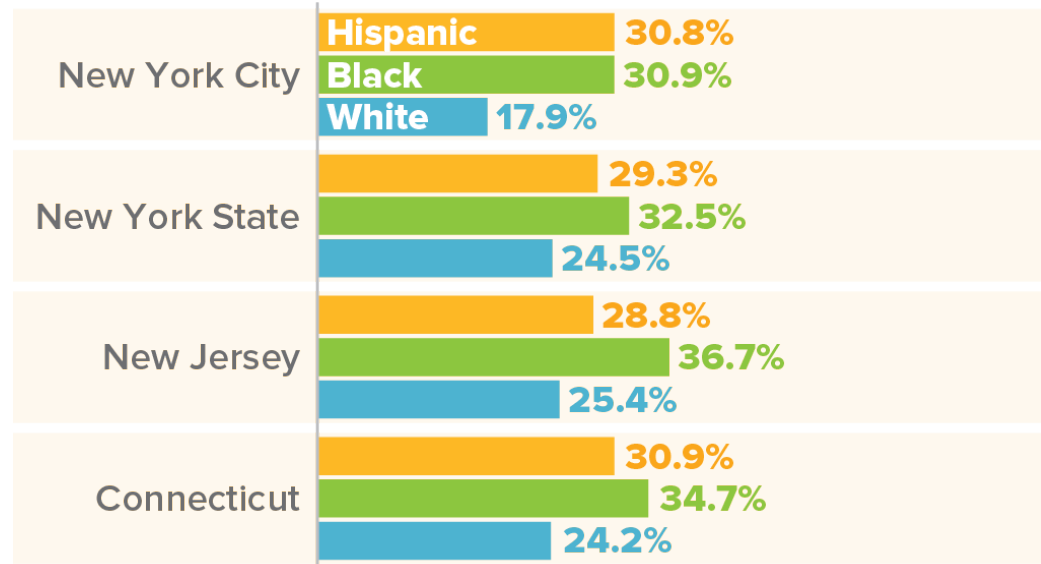


State
of the
Region's
Health



RACE AND ETHNICITY ARE FACTORS

Adult obesity, 2010



Sources: The State of Obesity 2015,
New York City Department of Health and Mental Hygiene

HEALTH IN COMMUNITIES WITH BETTER TRANSPORTATION OPTIONS

Walkable, bikable, transit-oriented communities are associated with healthier populations that have:



**MORE
PHYSICAL
ACTIVITY**



**LOWER
BODY
WEIGHT**



**LOWER RATES
OF TRAFFIC
INJURIES**

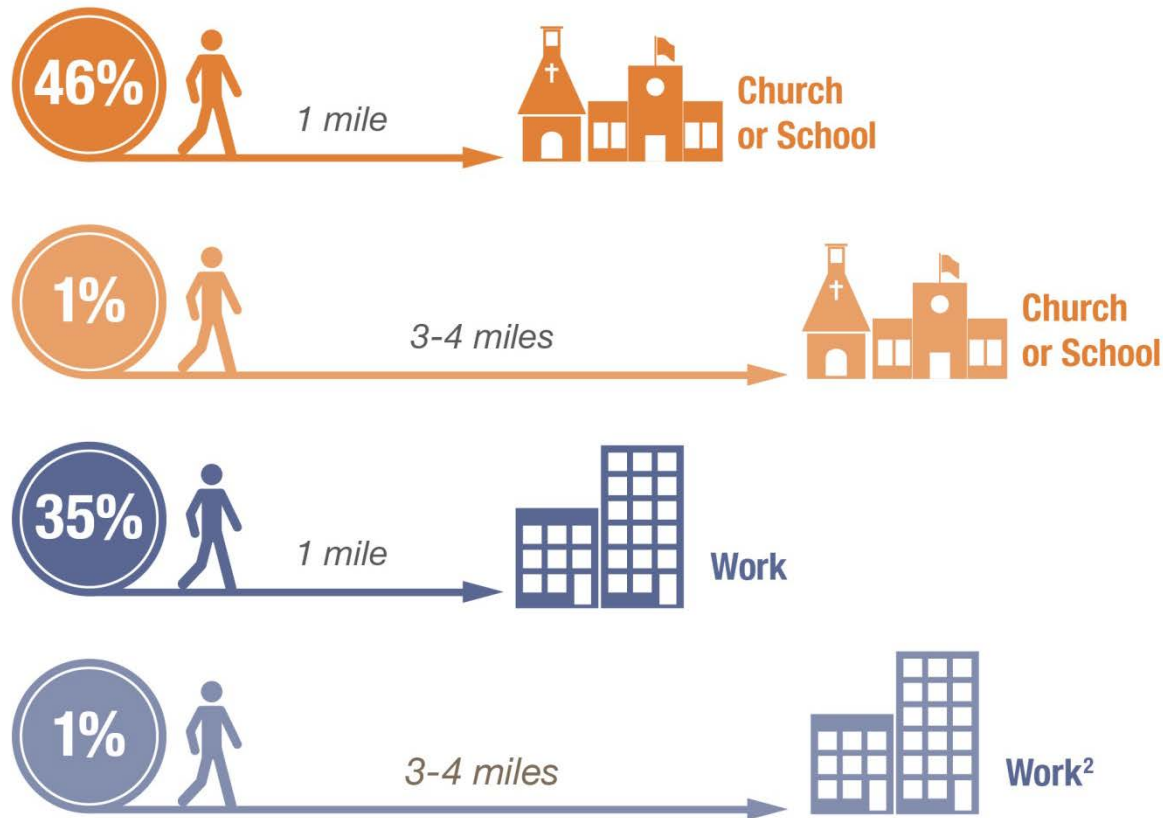


**LESS AIR
POLLUTION**



**IMPROVED
MOBILITY FOR
NON-DRIVERS¹**

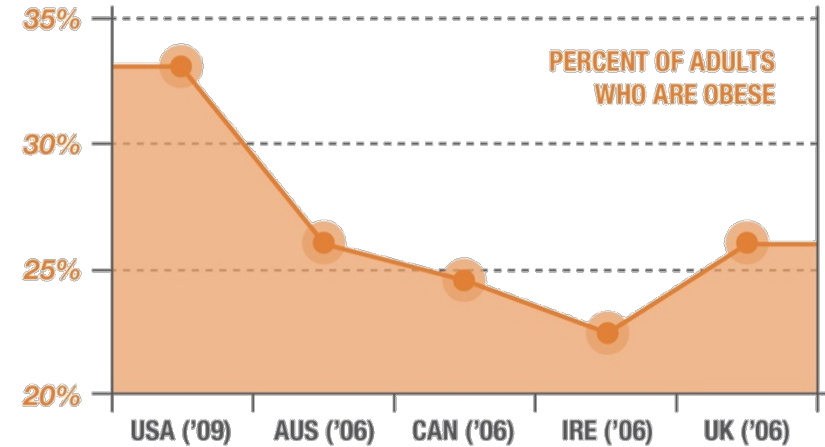
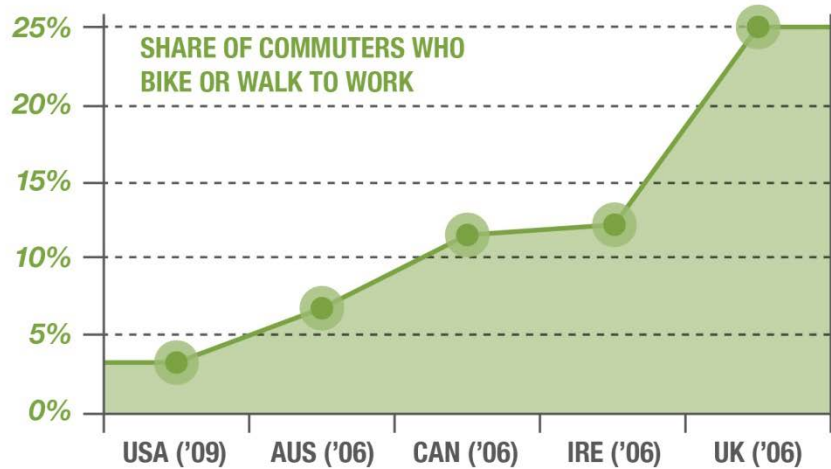
STUDIES SHOW PEOPLE WILL WALK TO DESTINATIONS:



Countries with **LOWER** rates of obesity tend to have **HIGHER** rates of commuters who walk or bike to work⁵



ACTIVE COMMUTING AND OBESITY RATES BY COUNTRY



THE ROLE OF Communities IN PROMOTING PHYSICAL ACTIVITY

WALKABLE COMMUNITIES

People who live in walkable neighborhoods are

2 times

as likely to get enough physical activity as those who don't.

JOINT USE

The number of children who are physically active outside is

84%

higher when schoolyards are kept open for public play.

TRAILS

People who live near trails are

50%

more likely to meet physical activity guidelines.

RECREATIONAL FACILITIES

Teens who live in poor or mostly minority neighborhoods are

50%

less likely to have a recreational facility near home.

Active Living Research

www.activelivingresearch.org

Sources: TRAILS: Huston S, Evenson K, Bors P, et al. "Neighborhood Environment, Access to Places for Activity, and Leisure-Time Physical Activity in a Diverse North Carolina Population." American Journal of Health Promotion, 18(1): 58-69, September/October, 2003. WALKABLE COMMUNITIES: Frank LD, Schmid TL, Sallis JF, Chapman J, Saelens BE. Linking objectively measured physical activity with objectively measured urban form. Findings from SMARTRAQ. American Journal of Preventive Medicine 2005; 28(2S2):117-125. JOINT USE: Farley T, Meriwether R, Baker E, Watkins L, Johnson C, Webber L. Safe play spaces to promote physical activity in inner-city children: Results from a pilot study of an environmental intervention. Am J Pub Health. 2007;97:1625-1631. RECREATIONAL FACILITIES: Gordon-Larsen P, Nelson MC, Page P, Popkin BM. "Inequality in the Built Environment Underlies Key Health Disparities in Physical Activity and Obesity." Pediatrics, 117(2): 417-424, 2006.

SIDEWALKS AND CROSSWALKS
In five states (Fla., Miss., Texas, Wash., Wis.), walking and biking to school increased by **37%** after sidewalks and crosswalks were improved.



WALKING SCHOOL BUS
In Houston, the number of children walking or biking to school increased by **125%** after schools began participating in a Walking School Bus program.



BIKE LANES
After the installation of a new bike lane in New Orleans, the number of cyclists increased by **225%**.



CHANGING Communities GETS PEOPLE MOVING

Communities across the country are making improvements to encourage walking, biking, and other forms of physical activity.

RECREATIONAL FACILITIES
People who used outdoor fitness equipment in Los Angeles parks exercised **46%** more frequently than those who did not.



Active Living Research
www.activelivingresearch.org

Sources: SIDEWALKS AND CROSSWALKS: Stewart, O. et al. (2014). Multistate Evaluation of Safe Routes to School Programs. American Journal of Health Promotion, 28 (sp3):S89-S96. WALKING SCHOOL BUS: Mendoza J.A. et al. (2011). The Walking School Bus and Children's Physical Activity: A Pilot Cluster Randomized Controlled Trial. Pediatrics, 128(3): e537-e544. BIKE LANES: Parker, K.M. et al. (2013). Effect of Bike Lane Infrastructure Improvements on Ridership in One New Orleans Neighborhood. Annals of Behavioral Medicine, 45(1Suppl): S101-S107. RECREATIONAL FACILITIES: Cohen, D.A. et al. (2012). Impact and Cost-Effectiveness of Family Fitness Zones: A Natural Experiment in Urban Public Parks. Health & Place, 18(1), 39-45.

THE ROLE OF

Parks and Recreation

IN PROMOTING PHYSICAL ACTIVITY

RACIAL DISPARITIES

70% & **81%**

of African-American neighborhoods of Hispanic neighborhoods

lack recreation facilities, compared to 38% of white neighborhoods.

PROPERTY VALUES
Homes near parks can sell for up to

\$2,262

more than homes without parks nearby.

OPEN SPACE

Youths in neighborhoods with 7 recreational facilities were

26% more likely to be active
5 times per week than those in areas without facilities.

TRAILS

A study in Nebraska found that for every \$1 spent on trails, there was almost

\$3 in savings in direct medical costs.

Active Living Research

www.activelivingresearch.org

Sources: RACIAL DISPARITIES: Moore LV, Diez Roux AV, Evenson KR, et al. "Availability of Recreational Resources in Minority and Low Socioeconomic Status Areas." *American Journal of Preventive Medicine*, 34(1): 16-22, 2008. PROPERTY VALUES: Bolitzer B and Netusil N. "The Impact of Open Spaces on Property Values in Portland, Oregon." *Journal of Environmental Management*, 59(3): 185-193, July 2000. OPEN SPACE: Gordon-Larsen P, Nelson M, Page P, et al. "Inequality in the Built Environment Underlies Key Health Disparities in Physical Activity and Obesity." *Pediatrics*, 117(2): 417-424, 2006. TRAILS: Wang G, Macera CA, Scudder-Soucie B, et al. "A cost-benefit analysis of physical activity using bike/pedestrian trails." *Health Promotion Practice*, 6(2): 174-179, 2005.

What is Healthy Community Design?

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





How Can Community Design Affect Our Health?

Air Quality

Social Capital

Physical Activity Levels

Access to Healthy Foods

Water Quality

Traffic-related Crashes

Climate Change/Extreme Weather

Social Equity

Physical Activity Levels

- A sedentary lifestyle is a primary risk factor in cardiovascular disease, stroke, and all causes of death
- People in counties with sprawling development are likely to walk less and weigh more than people who live in less sprawling counties.
- People in more sprawling counties are more likely to suffer from high blood pressure.



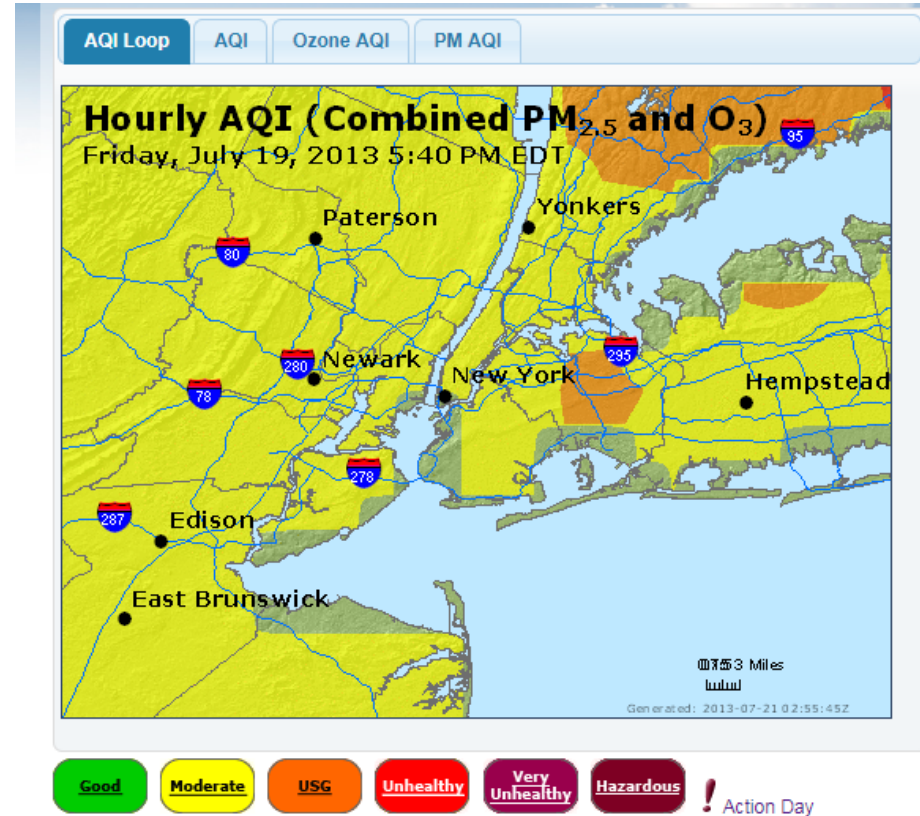
Community Design Affects Walking and Biking to School



Air Pollution

Air pollution can

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




Community Health Improvement Plan – CHIP

Community Health Assessment - CHA

2016 - 2018

Community Health
Improvement Plan



Working to Keep Westchester Healthy

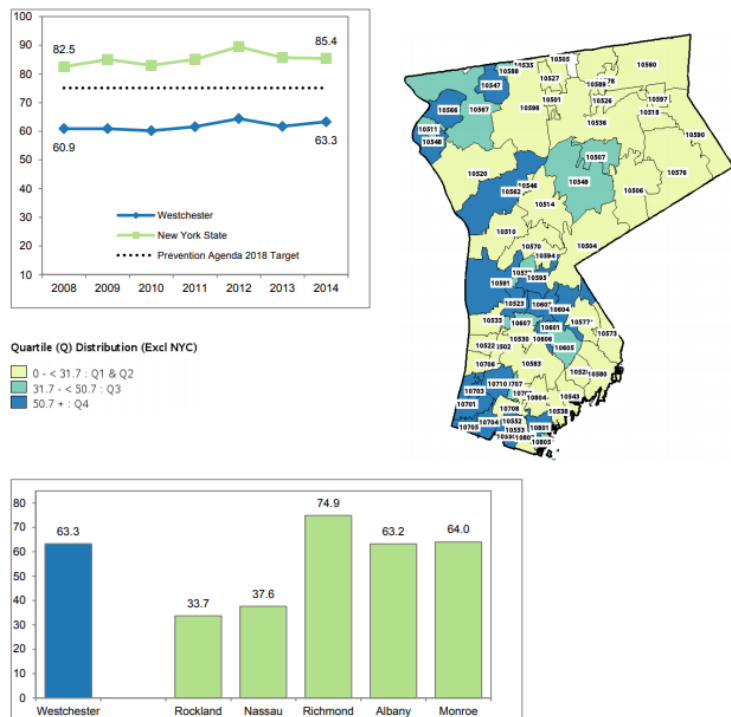
Westchester County Department of Health

White Plains Hospital

- Hospitals in NYS are required to submit a community service plan each year to the NYS Department of Health.
- Atlanta Olympics traffic controls reduce asthma.
 - 23% decrease in morning peak traffic counts
 - 10% decline in weekend peak traffic counts.
 - Resulted in a 13% fall in ozone concentrations, a 19% decrease in carbon monoxide levels, and a 7% decline in nitrogen dioxide levels
 - During this period, Medicaid-related emergency room visits and hospitalizations for asthma dropped by 42%
 - Similarly, asthma-related care for HMO enrollees fell by 44%
 - Citywide hospitalizations for asthma decreased by 19%.

Asthma ED Visits Per 10,000

Figure 1



* Based on comparison of following measures: percent of population less than 20y, percent of population ≥65y, population density, % Hispanic, % black, % white, median household income, % college educated & % driving alone to work. Rockland County was the most similar to Westchester County, the other 5 most similar counties are also provided in order of similarity. Data from the NYS Prevention Agenda Dashboard; SPARCS data 2014.

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.

ONLY
RAIN



DOWN
THE
STORM
DRAIN!

Keep Westchester
Water H₂OK™

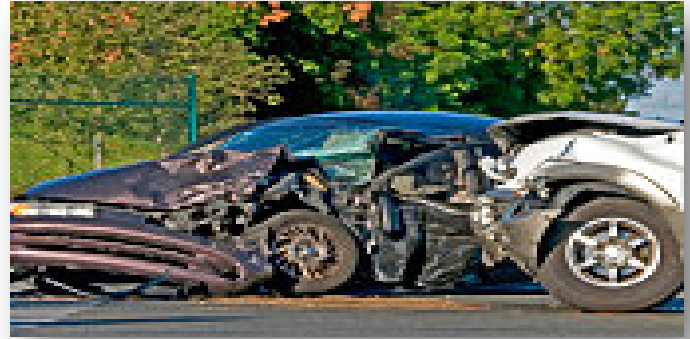
Westchester
gov.com



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.

Healthy Food Access

- Healthy foods may not be readily available
- Low-income/underserved communities have limited access to healthy foods
- Rural communities have high number of convenience stores





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 tornados





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

- **Mixed land use supporting short travel distances**
- **Public transit connecting people to healthy places**
- **Pedestrian and bicycle infrastructure**
- **Active design encouraging physical activity**
- **Housing for different incomes and different stages of life**
- **Accessible green spaces and parks**
- **Community centers where people can gather**
- **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