



public health
law & policy

planning for
healthy places

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San Jose, CA

Connections between the Built Environment and a Healthy Community

Every Land Use Decision Has Human Health Consequences



What are the implications for public health in a place like this?



What are the implications for public health in a place like this?



Defining a “healthy community”?

- Not just the health of individuals (i.e. *do you have health insurance, or do you exercise*)
- Also conditions of the built environment that **shape behavior and health outcomes**

Many land use decisions have multiple health implications

Physical Activity
Fatal and Non-Fatal Injuries
Respiratory Health
Social Connectedness
Mental Health
Nutrition
Water Quality



Source: CompleteStreets.org



Source: <http://iStock.com/photos/ikol>



Source: TransportationPlanet.com

Planning...for cars



Early suburban development – built for cars

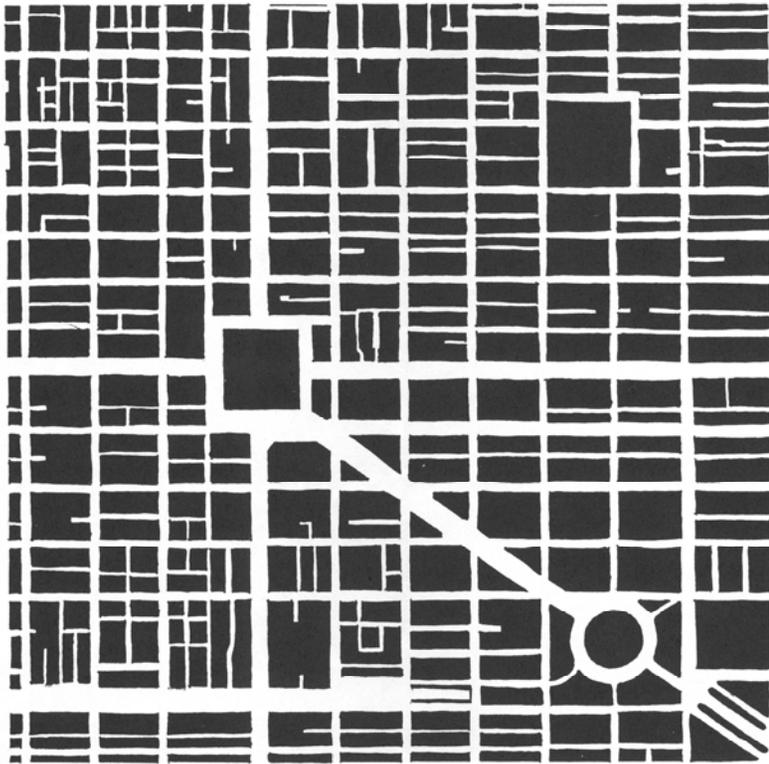


And today... still built for cars

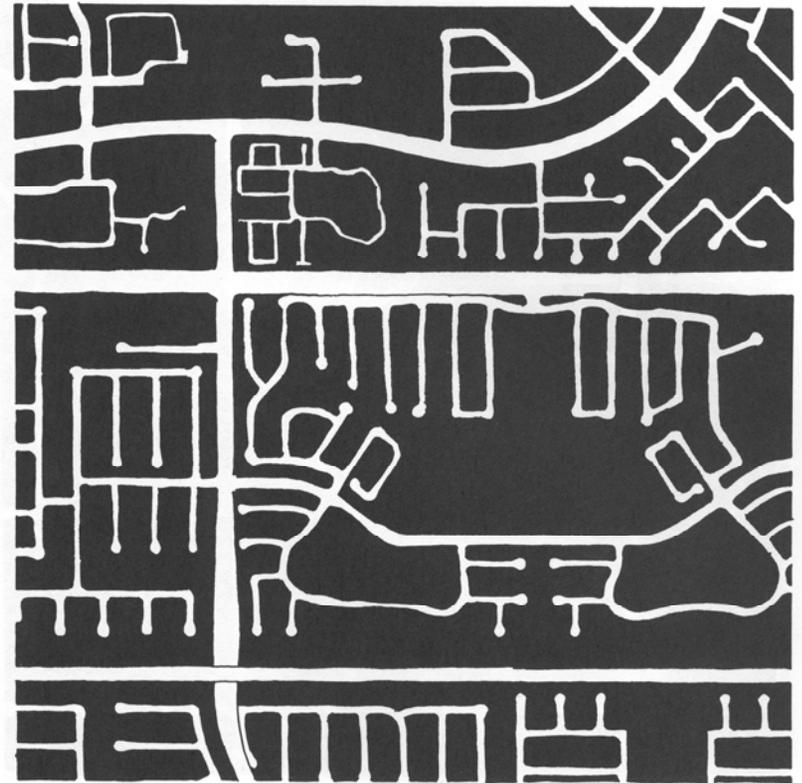


Land Use, Transportation and Health: Proximity & Connectivity

Philadelphia



Irvine



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



Source: 1990 and 2000 Censuses ("long form" version).

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

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ACTIVITY
PATTERNS



OUTCOMES



\$\$\$

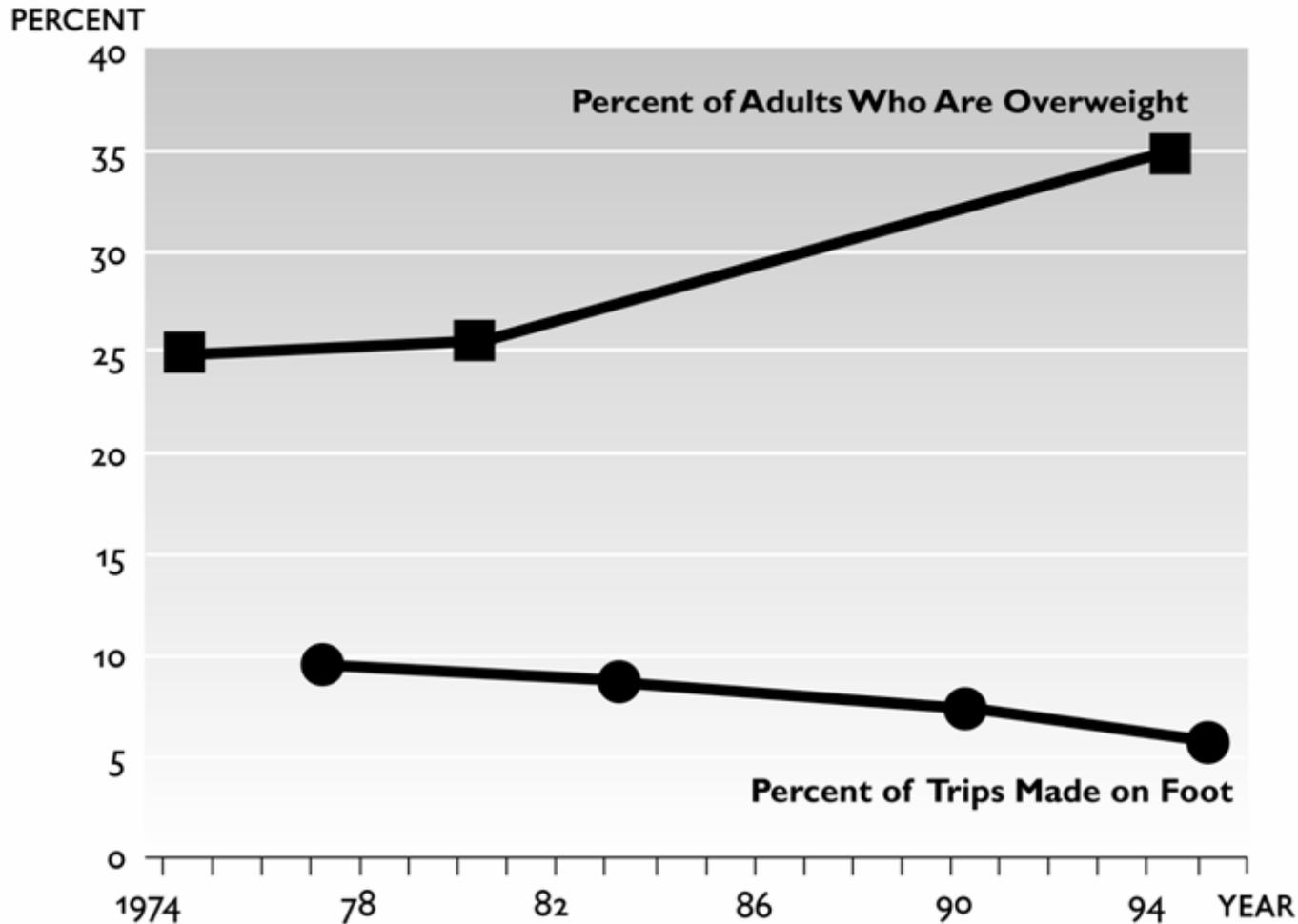
- transportation investment
- land use decisions

- travel choices
- time use

- air quality
- physical activity
- climate change

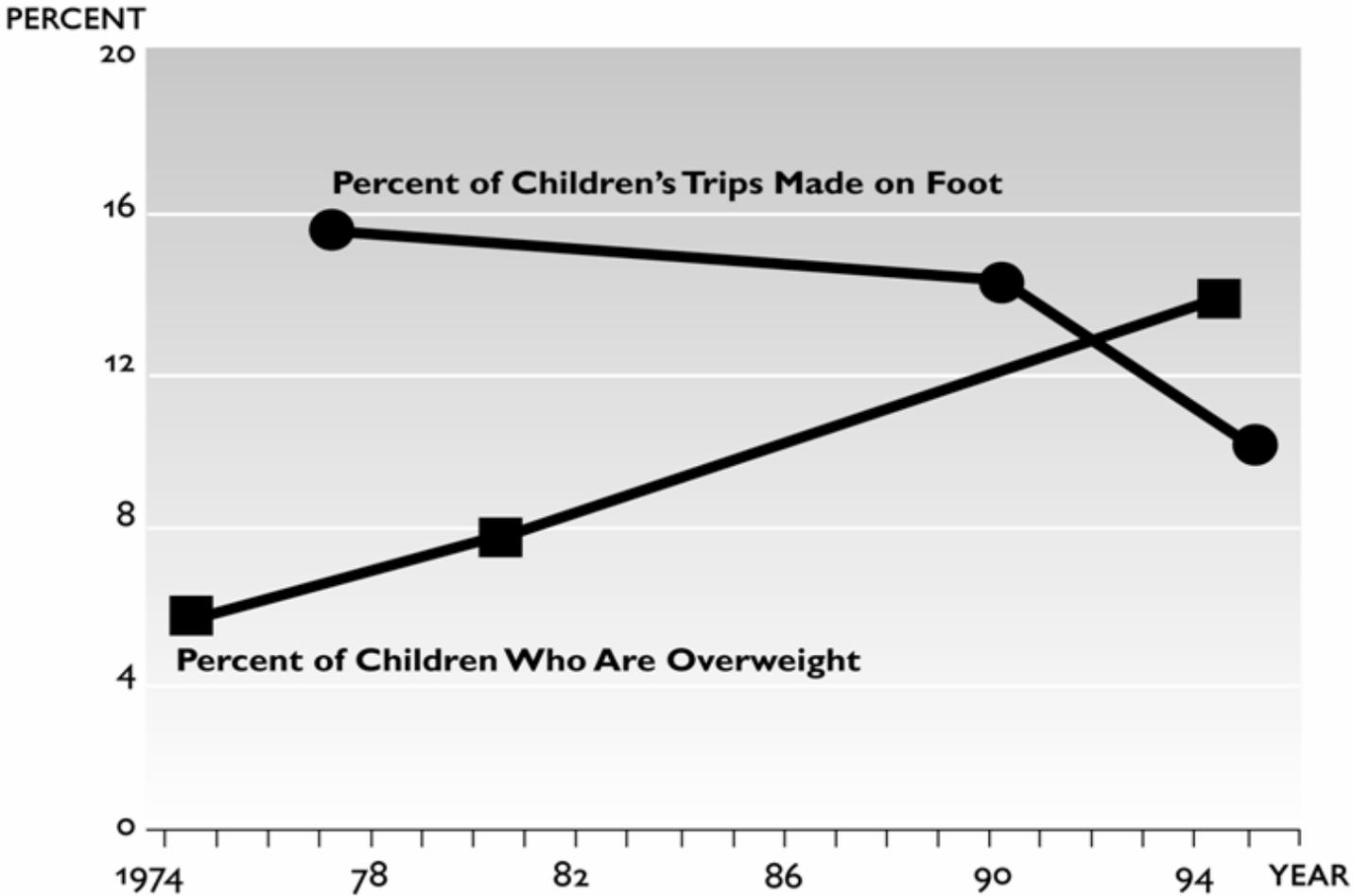
- public health
- economy

The link between daily physical activity and weight



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.

LA TIMES: Freeways' tainted air harms children's lungs

- 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**



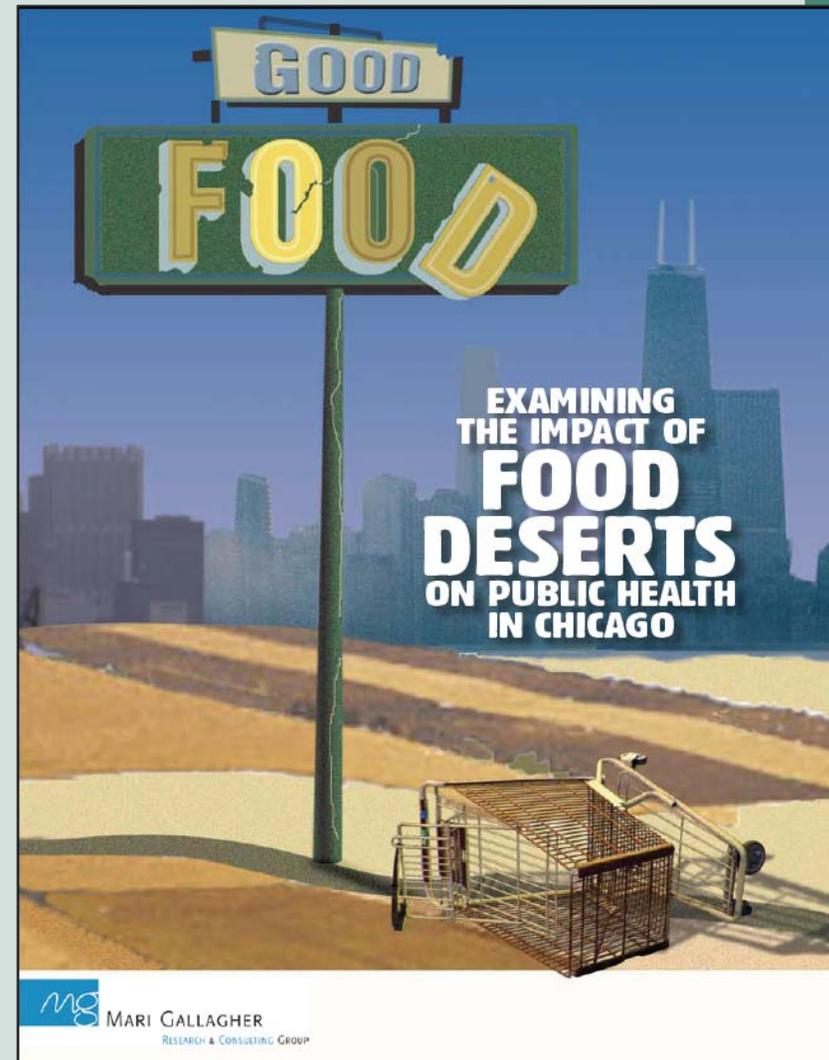
Source: Rick Loomis / LAT , March 7, 2006

- When local governments are planning new schools and new housing developments, **"this should be taken into account."**

Food Deserts and Imbalanced Food Environments

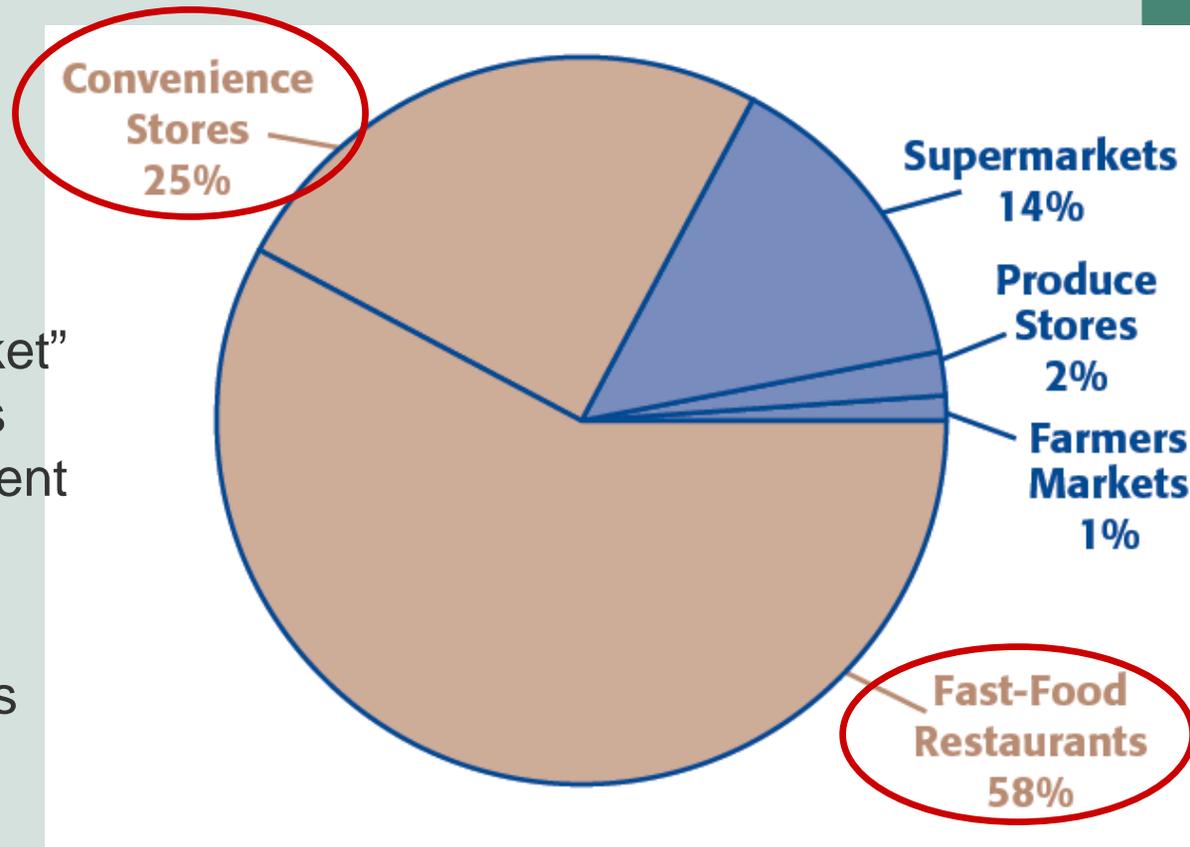
Communities that have **no or distant grocery stores** but **INSTEAD** nearby fast food restaurants:

- likely have **increased premature death and chronic health conditions**, holding other influencers constant.
- **African American and low-income communities are disproportionately affected**



San Jose's "Food Retail Environment"

- Food deserts: not only about location, but also about density
- Not just about "the market" – land use policy affects the food retail environment
- Simple message of "eat healthy" doesn't address access
- *What foods are you likely to eat??*

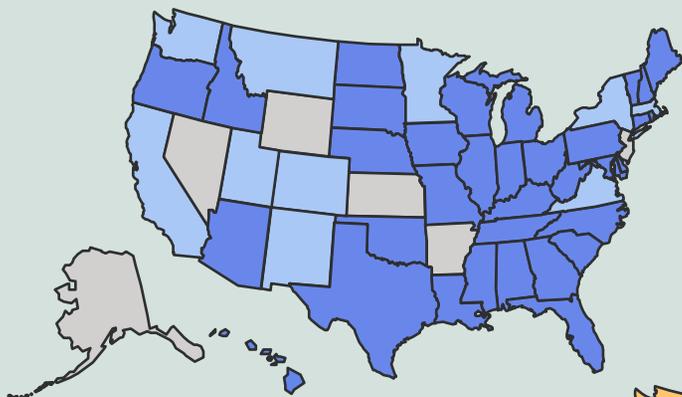


Obesity Trends* Among U.S. Adults

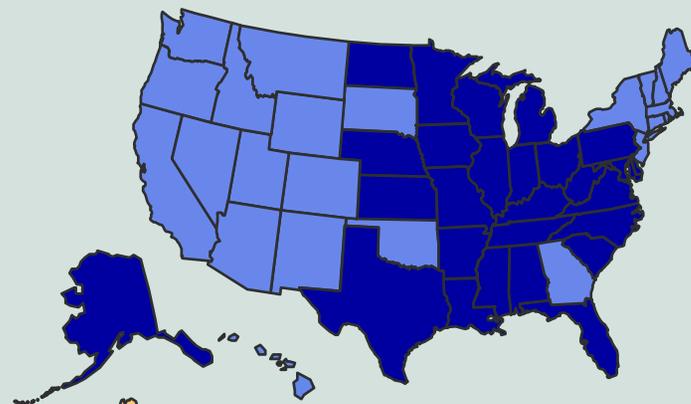
BRFSS, 1990, 1995, 2005

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

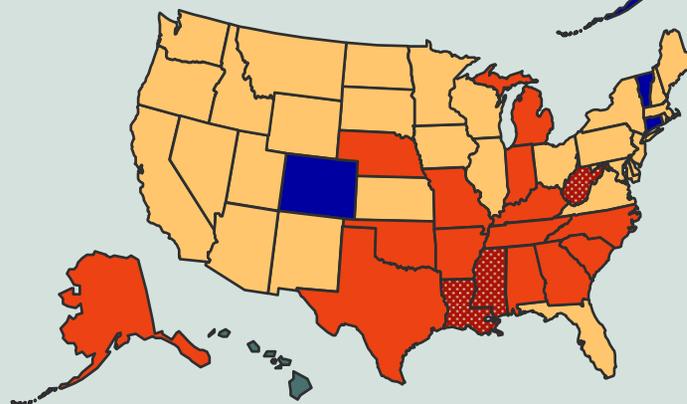
1990



1995



2005



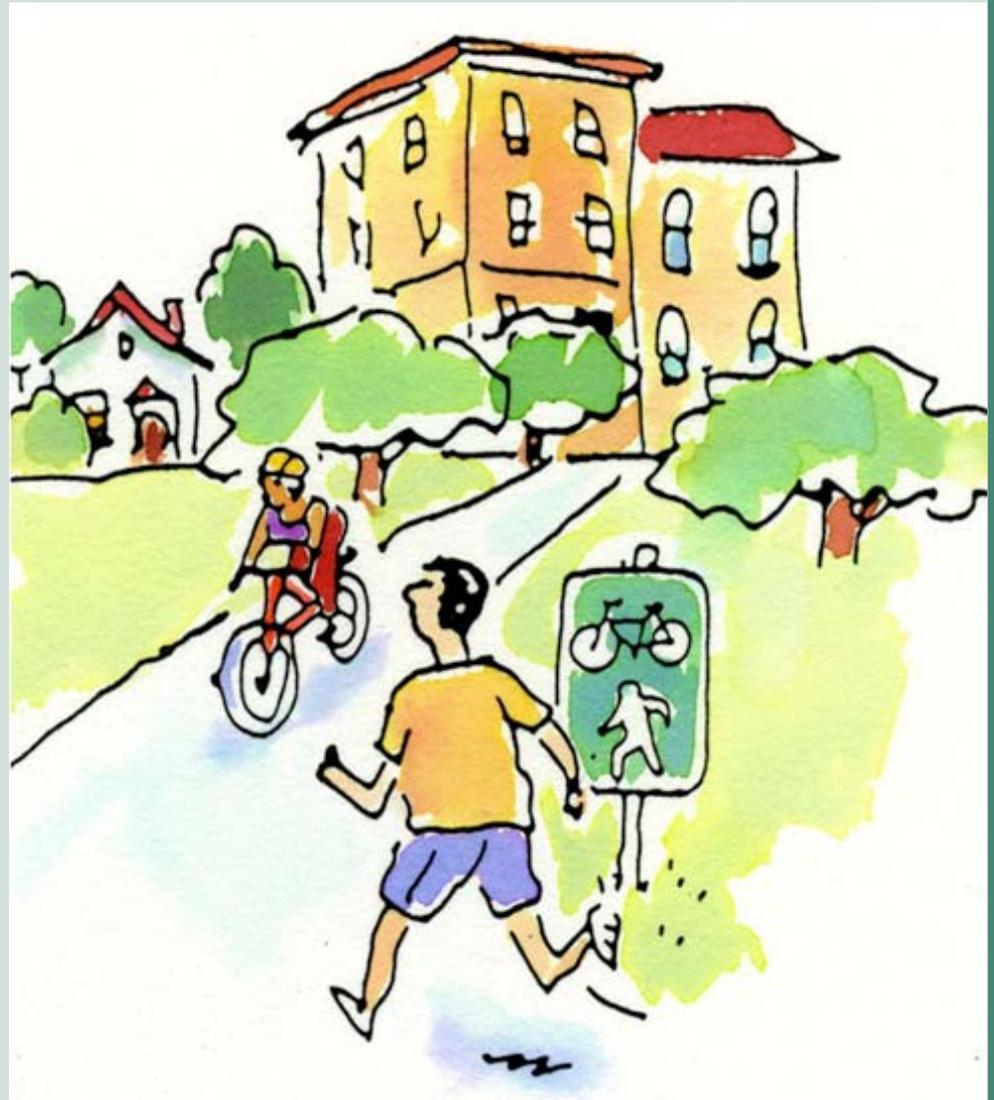
Context and environment has a role in health behaviors

Use planning to make the *healthy choice* the *easy choice!*



Tools that affect the built environment and health

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



How do General Plans affect our communities and our health?

- **Density** of land uses and **mix** of land uses
- Urban **form**
- Access to and availability of **transit**
- Roadway **connectivity**
- **Pedestrian** environment
- Access to **parks** and **open space**
- Access to **healthy food**

Pedestrian Environment

- Sidewalk presence and completeness
- Pedestrian facilities
- Pedestrian crossings



Places where people want to walk



Hospitable and safe bicycle environments



Zoning & planning policies can...

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



Source: <http://www.flickr.com/photos/jillslivingroom/401344313/>



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

Regulate where **farmers markets** can operate

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

Example: South / South East Los Angeles Neighborhoods

Adopted a moratorium on the issuance of all permits related to the establishment of new fast food restaurants



Zoning & planning policies can improve access to Parks and Open Space

- Proximity
- Quality
- Perceived Safety
- Presence of others exercising



Zoning & planning policies can create public gathering spaces

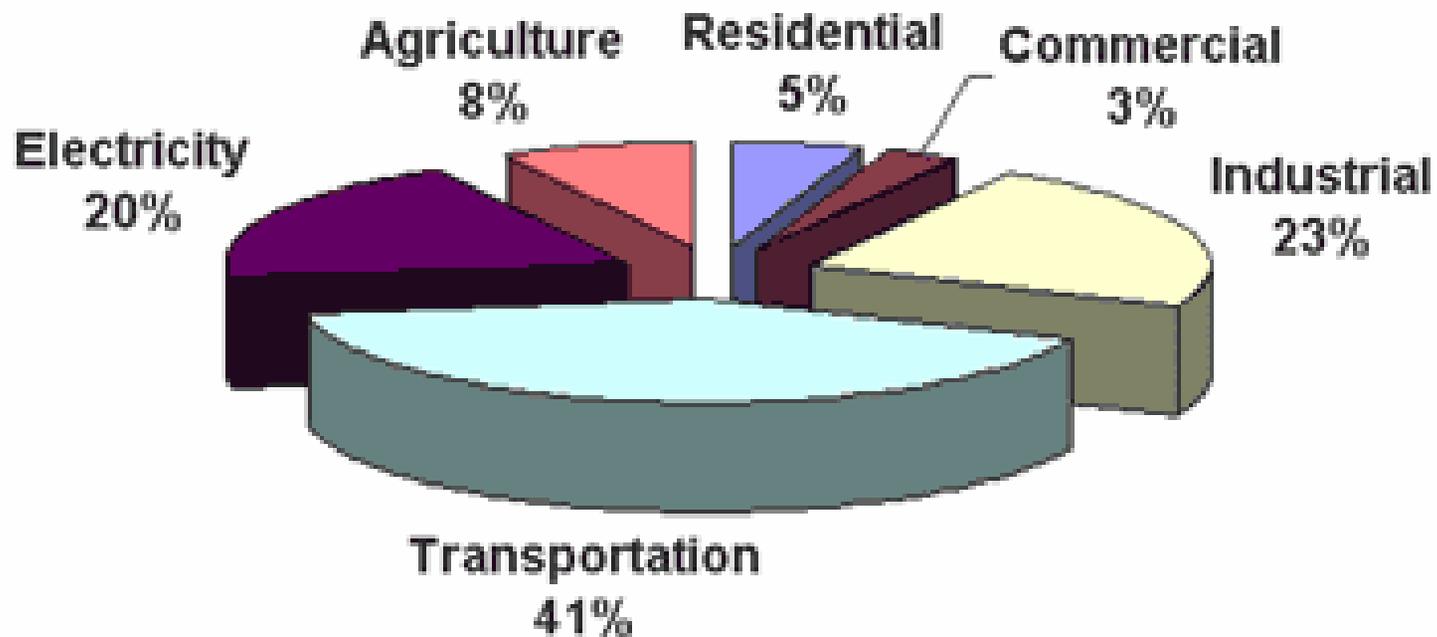
For all Ages!



Zoning & planning policies can help reduce greenhouse gas emissions

California Global Warming Emissions by Sector (2002)

Source: California Energy Commission: "Inventory of California Greenhouse Gas Emissions and Sinks: 1990 to 2002 Update"



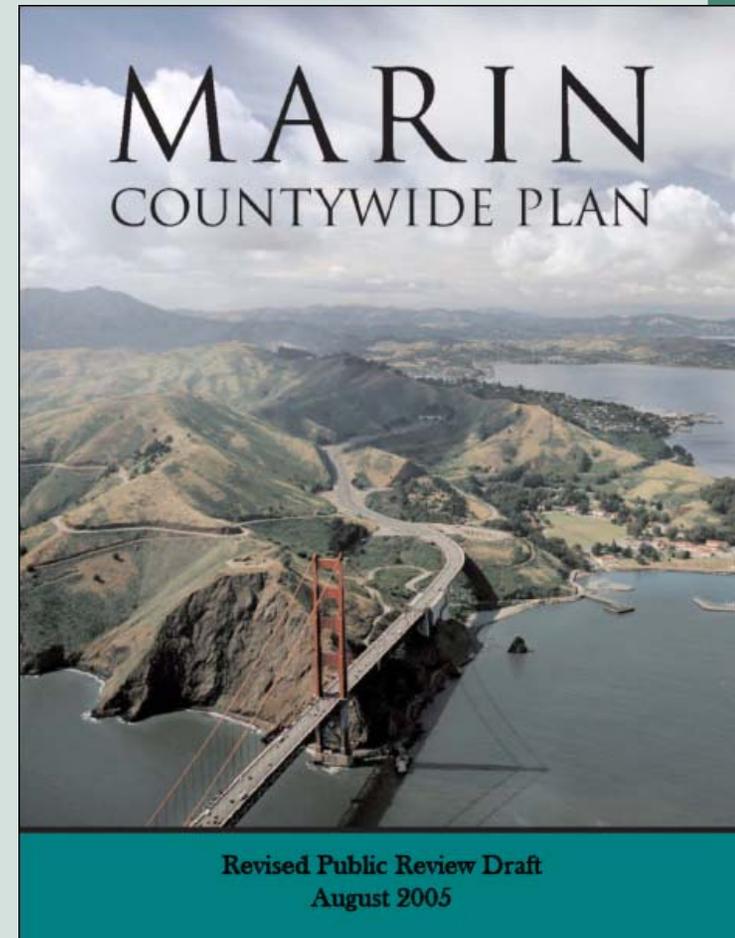


**Working
Across
Sectors**

Including Public Health Policies in General Plan: 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!*



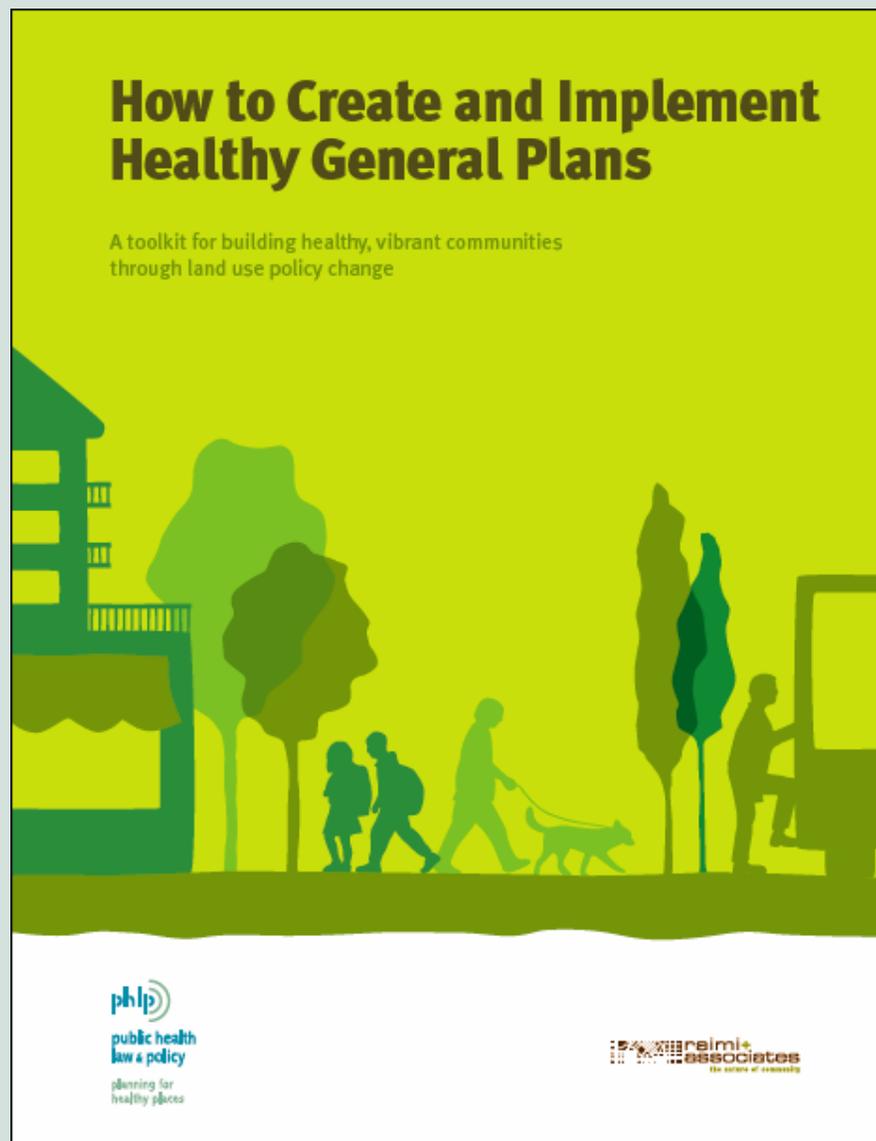
Including Public Health Policies in General Plan: example

Richmond “Healthy Communities” Objectives

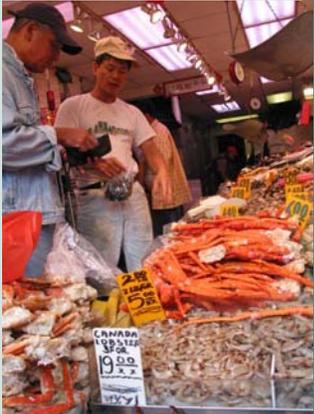


Model Policies

- Vision Statement and Community Health
- Physical Activity and Transportation
- Access to Healthy Food
- Protection from Pollution
- Mental Health and Social Capital
- Access to Health Services
- Includes ideas for implementation and measurement!



Questions?





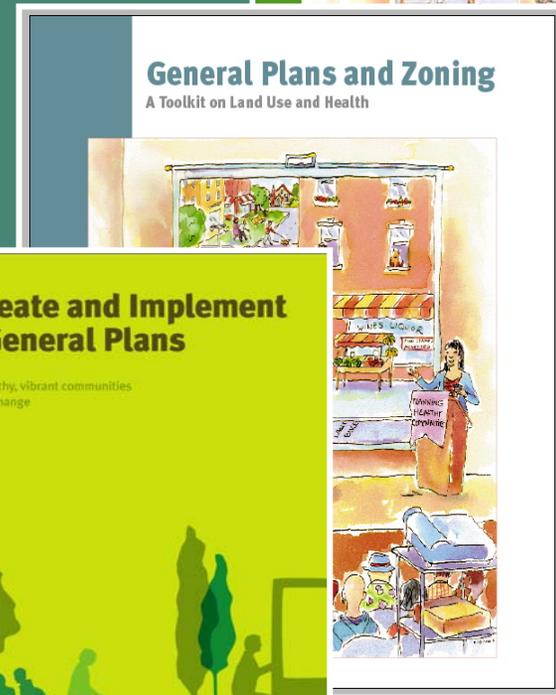
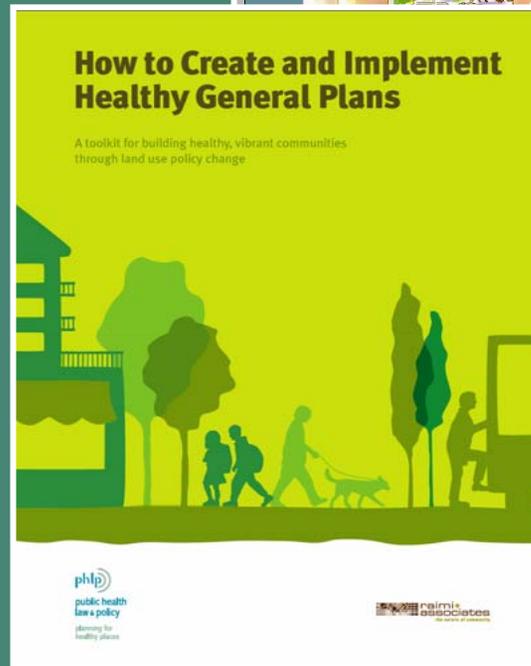
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Task Force Question:

What issues related to public health and the built environment should be kept in mind as we develop Envision San Jose 2040?

