“Healthy Communities by Design: Linking Community Planning and Health”

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Overview

1. Brief history of link between public health and city planning.

2. Discussion of how community design/urban policy impacts health outcomes.

3. Models of collaboration between public health and planning.
Built Environment and Health: A Brief History

• Early city planning regulations

• 18th century

• 19th/20th century

• 20th/21st century
Impacted Health Issues

- Obesity and its related illnesses
- Respiratory disease (esp. asthma)
- Disability/aging issues
- Unintentional injury (pedestrian/auto)
Can Planning/Policy Promote:

- Physical activity
- Access to healthy/nutritious food
- Clean air
- Injury prevention
- Aging in place/universal access
Physical Activity:

1. Impact on health
2. Recreational vs. utilitarian
Obesity Trends* Among U.S. Adults

BRFSS, 2004

(*BMI ≥30, or ~ 30 lbs overweight for 5’ 4” person)
Diabetes Trends* Among Adults in the U.S.,
BRFSS, 1990, 1995 and 2001
(Includes Gestational Diabetes)

Physical Activity and Planning/Design:

- Transit/TOD
- Mixed-use development
- Walkable n’hoods
- Bike paths
- Access to parks and trails
- School siting
Access to Healthy Food:

1. National objectives for fresh fruits/vegetables not met

2. Linked to:
   - Positive growth for children
   - Weight management
   - Reduced risk for chronic disease
Access to Health Food and Planning/Design:

- National agricultural/WIC policy
- Economic development/transportation policy addressing food deserts
- Zoning code limiting fast-food outlets
- Zoning code protecting farm land
- School nutrition policy
Air Quality

- Mobile sources of air pollutants
- Air pollution mortality
- Air pollution and respiratory health
- Health risks of high-travel corridors
Clean Air and Planning/Design:

1. Jobs/housing balance
2. Transit investment
3. Bike/ped infrastructure
4. Zoning supporting mixed-use development
5. Limiting housing near high-travel corridors
Aging and Disability:

- Housing stock
- Walkable neighborhoods
- Mixed-use development
- Transit options
Why Collaborate?

- Public health
- Urban planning
Models of Collaboration

1. Public health staff input on plans and policies.

2. Health Impact Assessment (HIA)

3. Integrate public health outcomes into project selection models.
Models of Collaboration

4. Integrate “healthy communities” principles into local plans/policies.

5. Create new partnerships.

6. Fund/promote healthy communities design principles.
- Design for Health: [www.designforhealth.net](http://www.designforhealth.net)
- Robert Wood Johnson: [www.activelivingbydesign.org](http://www.activelivingbydesign.org)
- PolicyLink/Center for Health & Place: [www.policylink.org](http://www.policylink.org)
- Prevention Institute: [www.preventioninstitute.org](http://www.preventioninstitute.org)
- American Planning Association (Planning & Community Health Research Center): [www.planning.org](http://www.planning.org)
- Nat’l Ass. Of City and County Health Officials: [www.naccho.org](http://www.naccho.org)
- Convergence Partnership: [www.convergencepartnership.org](http://www.convergencepartnership.org)