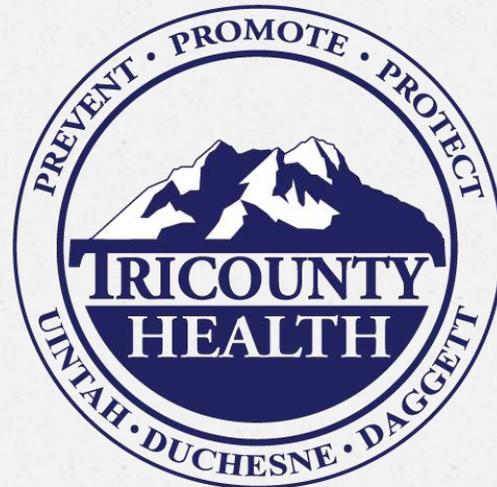


Planning for a Better Future

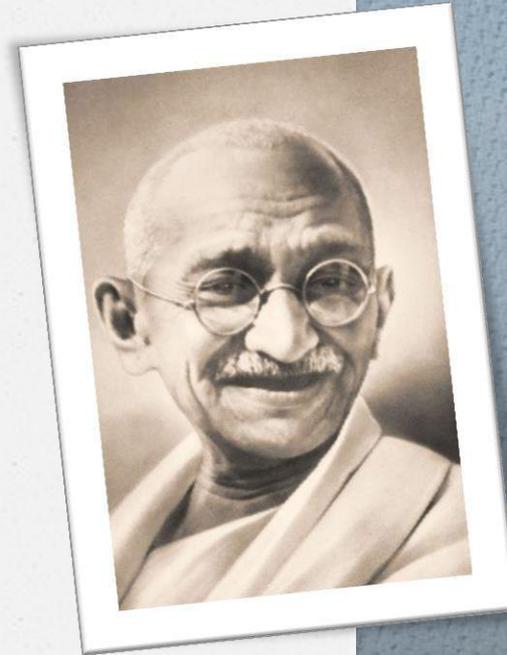
Engineering Health Into Our Communities



Greatest Community Asset

“It is health that is real wealth and not pieces of gold and silver.”

- Mahatma Gandhi



“The health of nations is more important than the wealth of nations.”

- Will Rogers



Underlying Causes of Preventable Death in the United States

Cause	# of Preventable Deaths	% of all deaths
Tobacco	435,000	18%
Poor Diet & Inadequate Exercise 	100,000 - 400,000	5% - 17%
Alcohol	85,000	4%
Bacteria & Viruses	75,000	3%
Work & Neighborhood Pollution	55,000	2%
Motor Vehicles	43,000	2%
Firearms	29,000	1%
Sexual Behavior	20,000	1%
Illegal Drugs	17,000	1%

Journal of the American Medical Association (Mokdad, et al., 2004)



Relative impact of factors determining health status in the U.S.

Total



Source: Healthy People 2010, U.S. Department of Health & Human Services

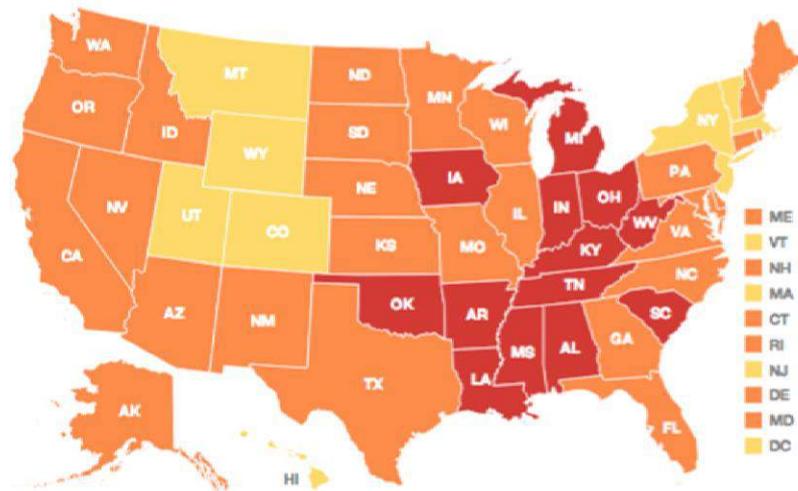


Adult Obesity Rate by State, 2012

Select years with the slider to see historical data. Hover over states for more information. Click a state to lock the selection. Click again to unlock.

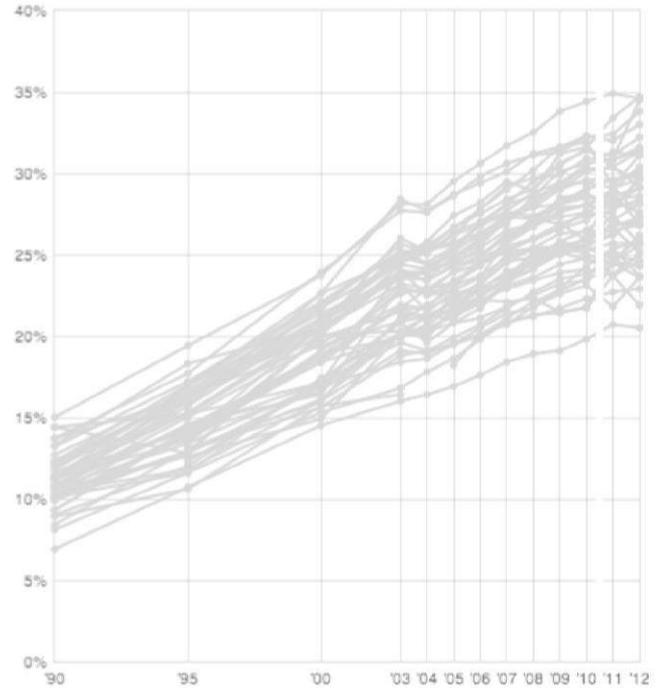
Percent of obese adults (Body Mass Index of 30+)

0 - 9.9% 10.0 - 14.9% 15.0 - 19.9% 20.0 - 24.9% 25.0 - 29.9% 30.0 - 34.9%



Two Decades of Rising Rates

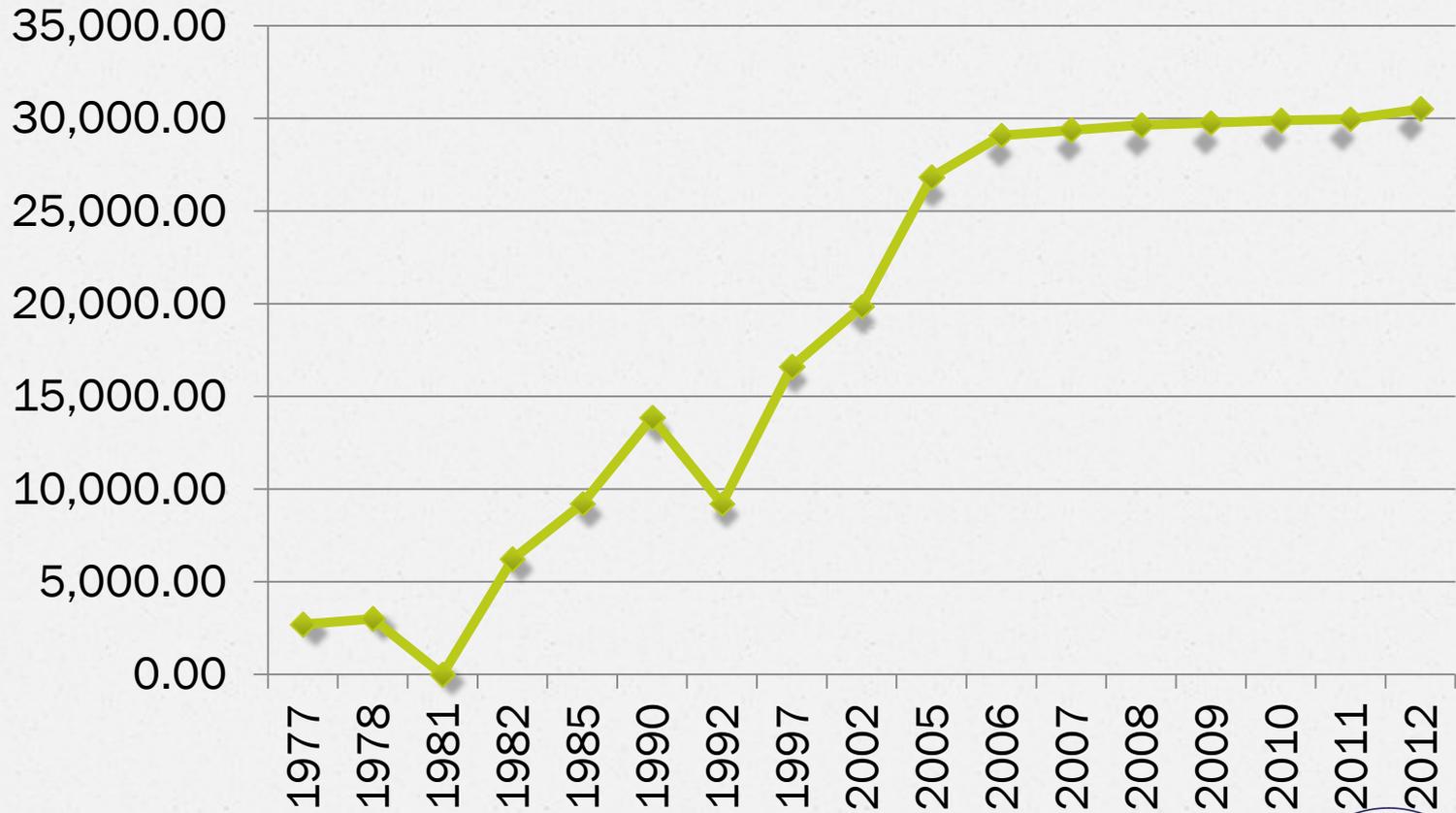
Adult obesity rates, 1990 to 2012



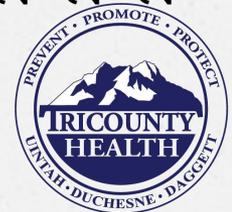
<http://www.fasinfat.org/adult-obesity/>



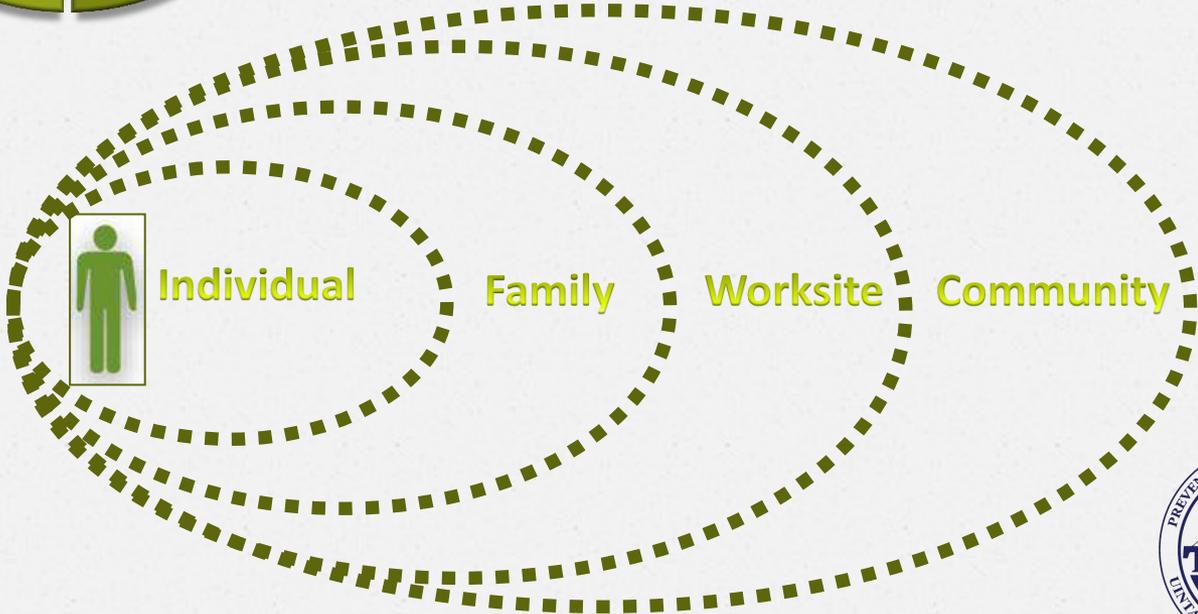
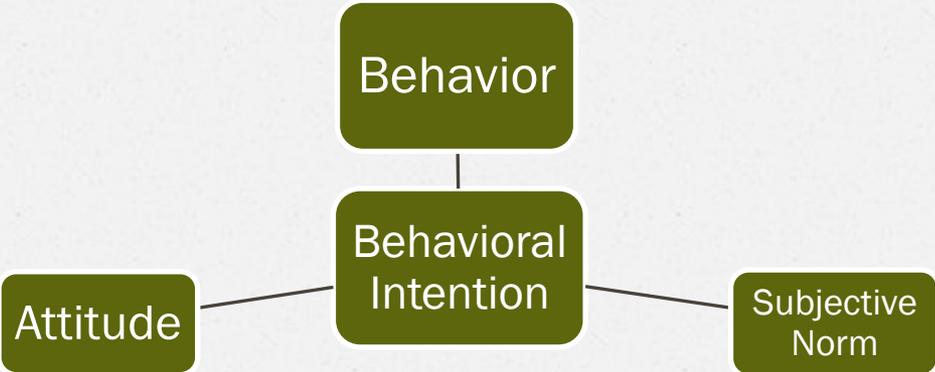
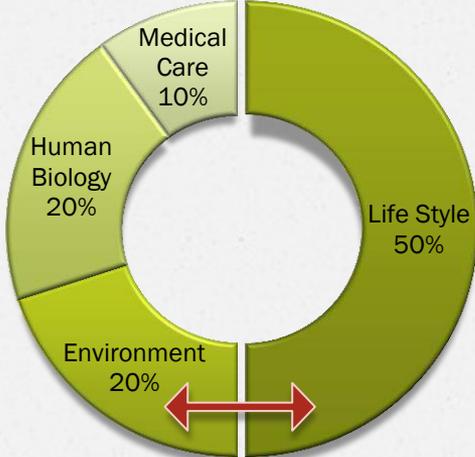
Health Clubs



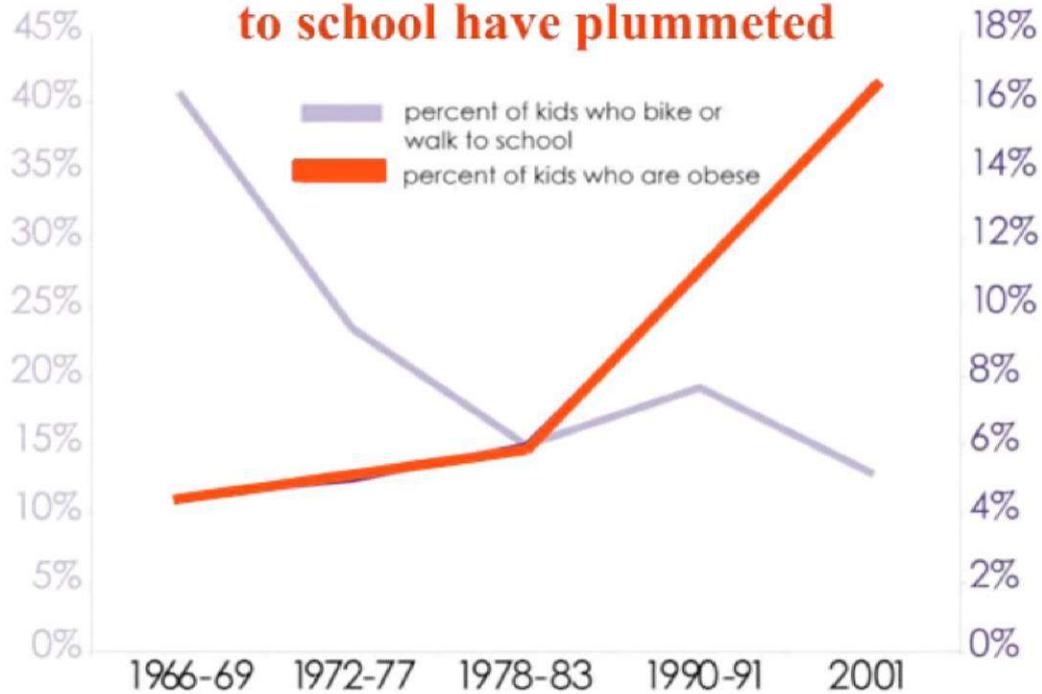
<http://www.ihrsa.org/about-the-industry/>



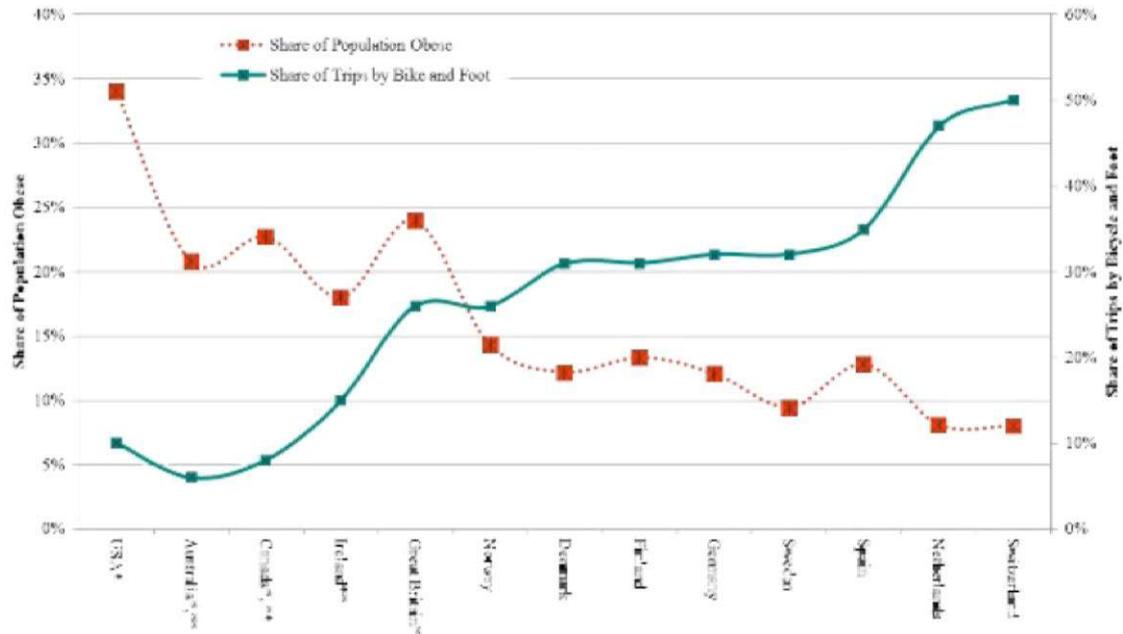
Theory of Reasoned Action



Obesity among US children has quadrupled as rates of walking and cycling to school have plummeted



Obesity Falls with Increased Walking and Cycling



Pucher, J., Buchler, R., Bassett, D., Dannenberg, A. 2010. "Walking and Cycling to Health: Recent Evidence from City, State, and International Comparisons." *American Journal of Public Health*. Vol. 100, No. 10, pp. 1986-1992.





Walking VS Driving

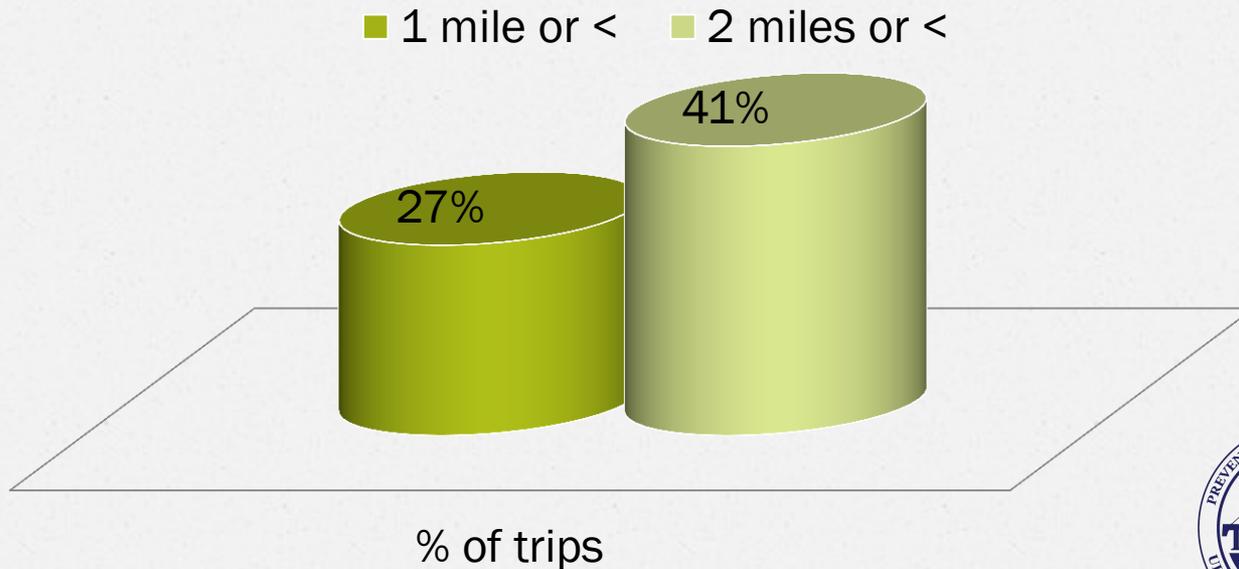
Daily, each additional hour spent **driving** is associated with a **6%** **increase** in the likelihood of **obesity**.

While, each additional kilometer **walked** is associated with a **5% reeducation** in this likelihood.



Potential for Increased Walking & Cycling

2009 U.S. Trips



Why we choose to travel

Trip Type	% by Trip Type
Work	18.0%
Work Related	2.6%
Shopping	20.2%
Doctor & Dentist	1.5%
Family & Personal	24.2%
Church & School	8.8%
Social Recreational	★ 24.5%
Other	0.2%

Federal Highway Administration & New York Times

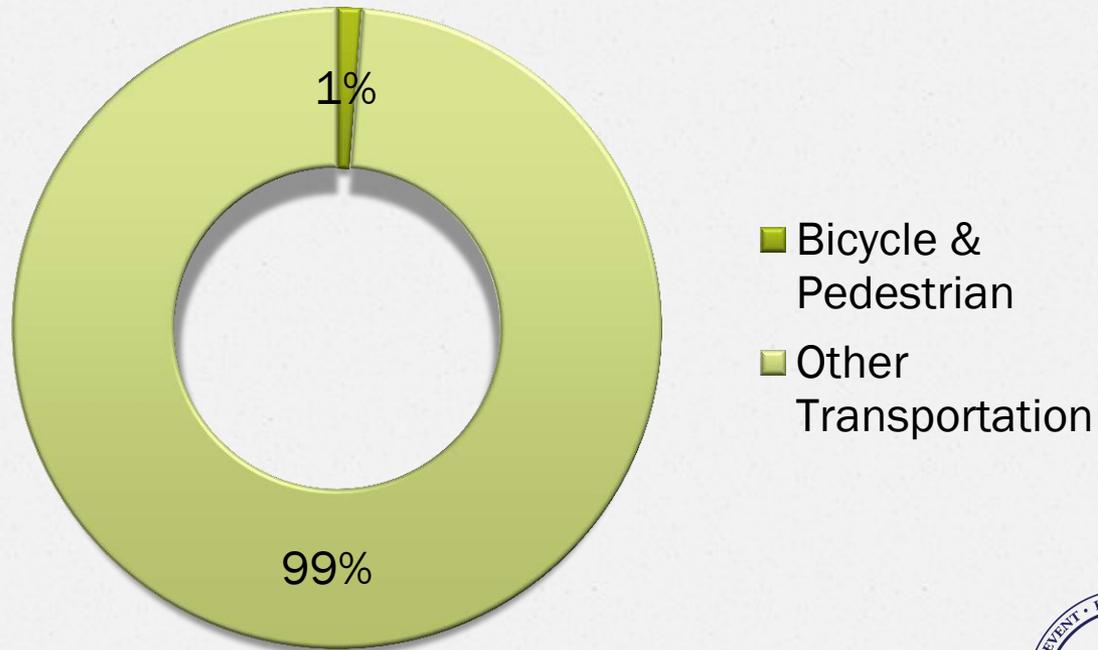


Why?

What factors are keeping people from walking or biking more in communities in the Utah?



Federal Transportation Dollars



FHWA FMIS 2006-2008 Data

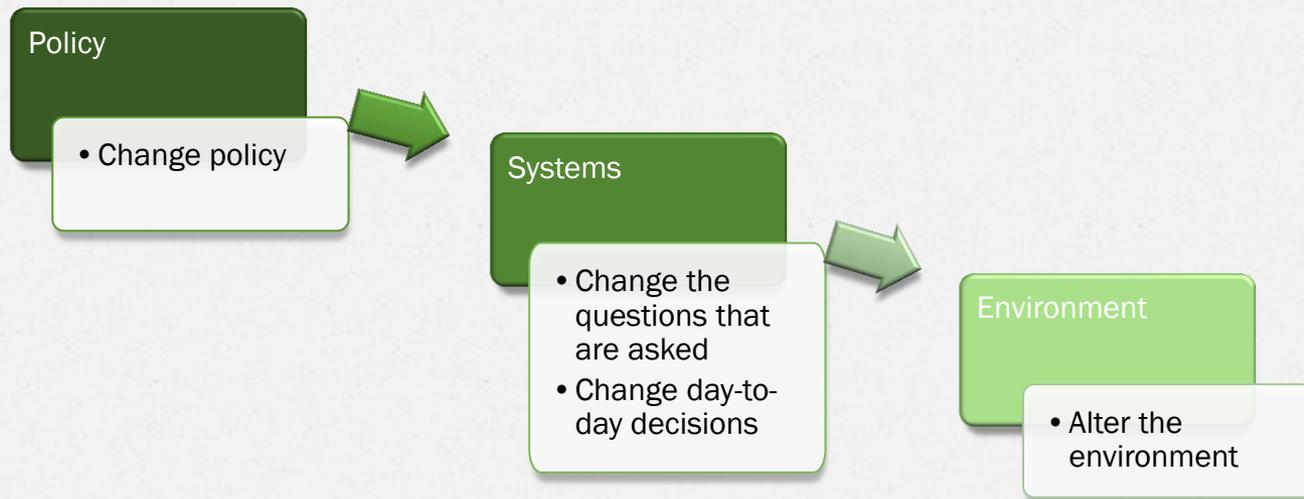


How?

What can we do to plan for a better future?



Policy, Systems, & Environmental Change



Complete Streets

- Aims to develop integrated, connected networks of streets that are safe and accessible for all people, regardless of age, ability, income, ethnicity, or chosen mode of travel.

Transforming streets from public health barriers to an asset, enabling greater return on the investment of public dollars.

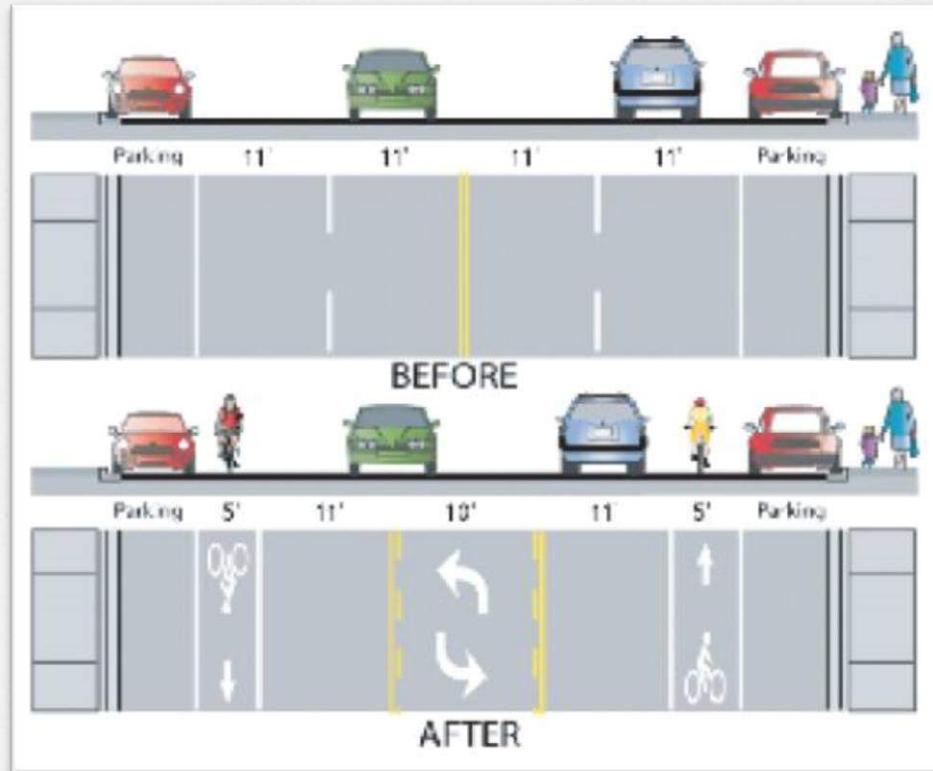


A Better Future

People will come.

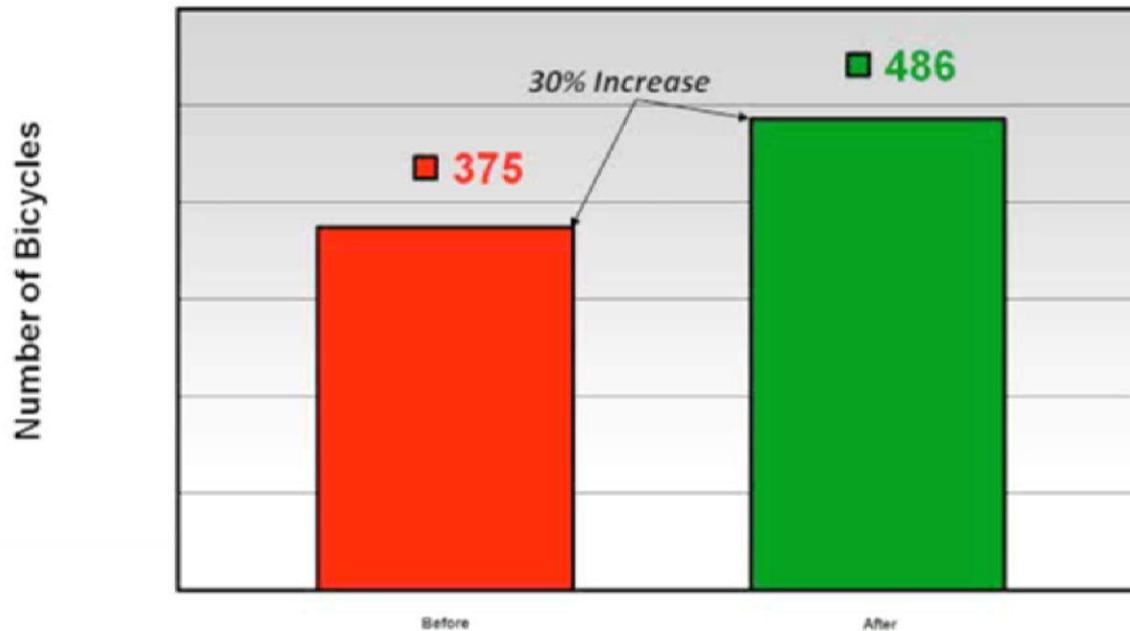


Road Diet

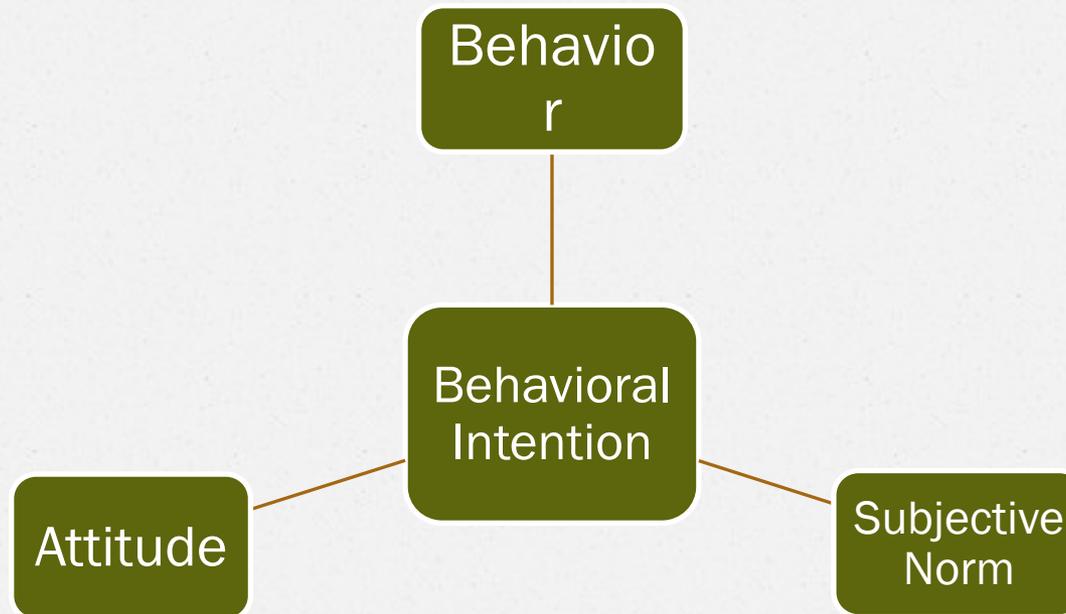


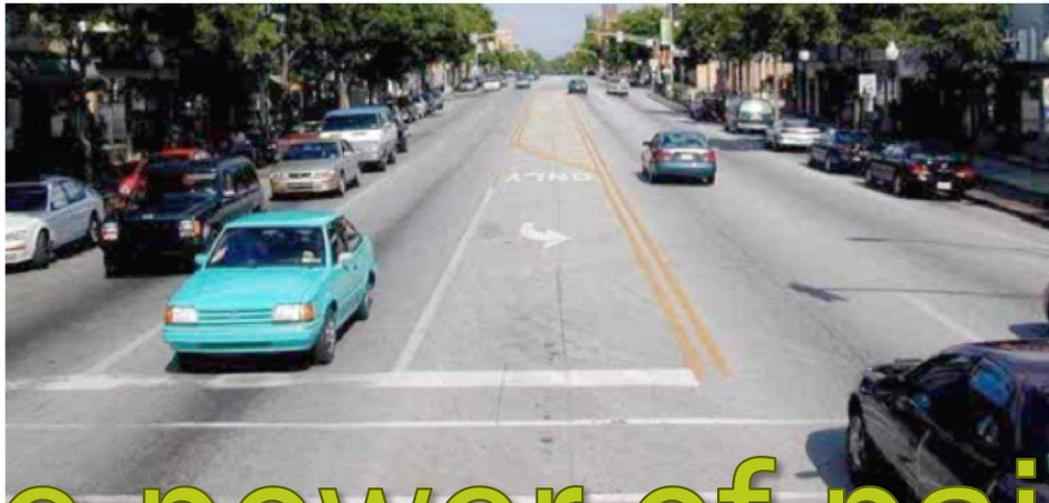
Case Study

Before/after studies: 7. Bicyclist volumes



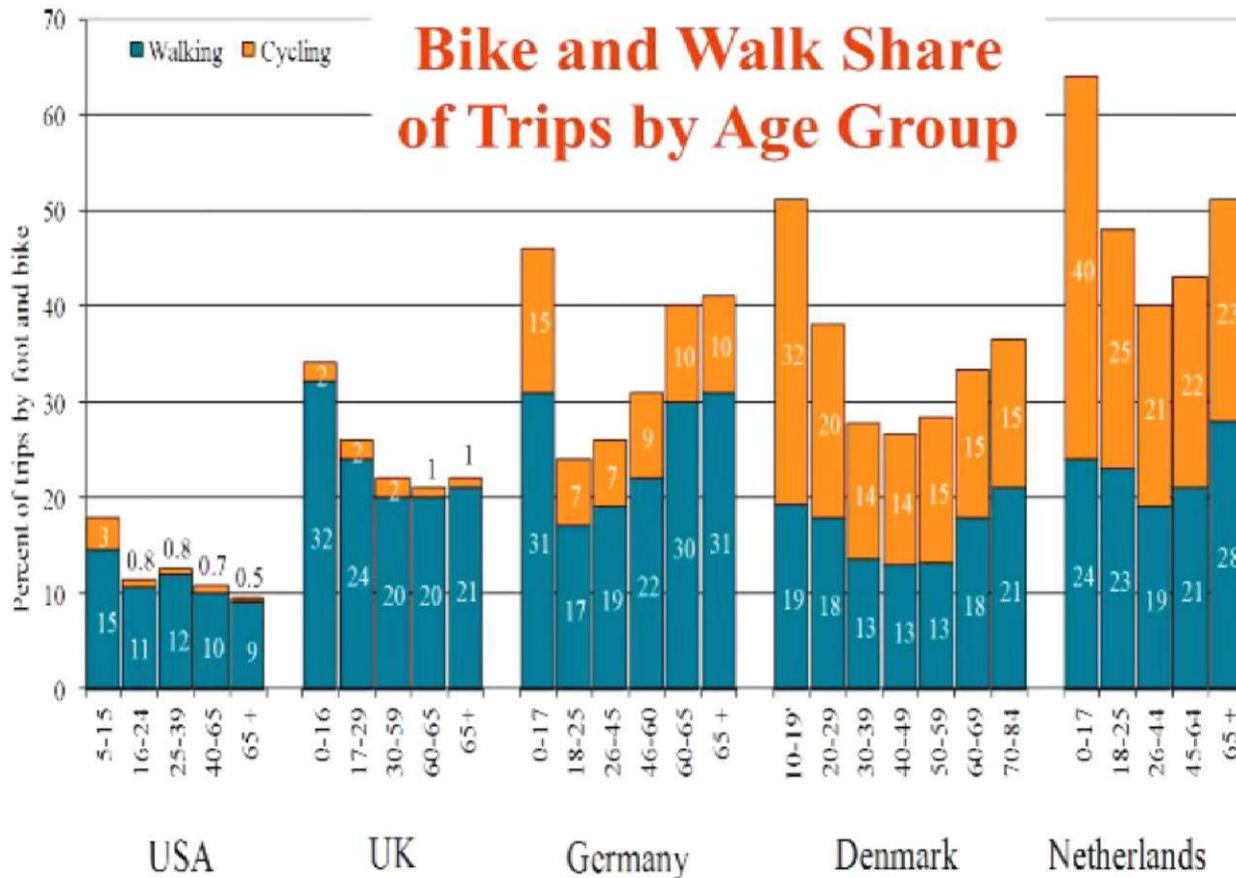
Promoting Social Change





The power of paint!





Source: Pucher and Buehler (eds.). *City Cycling*. Cambridge, MA: MIT Press, 2012





Economic Health

Lancaster California

National Complete Streets Coalition, 2012

Downtown Revitalization

➔ \$10.6 million

- ▣ Pedestrian only plaza
- ▣ Wider sidewalks
- ▣ Landscaping & traffic calming

➔ Return

- ▣ \$125 million in private investment
- ▣ 26% increase in sales tax
- ▣ 800 new jobs



Economic Health

National Real Estate Survey

CEO's for Cities, 2009

Complete Streets Increase Property Value

→ 15 Markets

- 1 point increase in walkability equates to a
- \$700 - \$3,000 increase



Economic Health

Walking and Bike Paths

Smith, R., 2011

→ North Carolina

- ▣ Increased property value by and estimated \$5,000

→ Delaware

- ▣ Increased property value by and estimated \$8,000



Social & Mental Health

Residents of walkable communities are more likely to socially engaged and trusting, as well as reporting being happy more often.

Shannon H. Rogers, et, al., 2010





If you build it...





ASK...

1. Do we have all the stakeholders at the table?
2. What policies are driving the current built environment?
3. How does the current built environment connect people to meaningful locations?

DO...

1. Get out and walk and bike your community.
2. Consider adopting a Complete Streets Policy.
3. Start asking different questions during the decision making process.
4. Remember, you are investing in human capital.