Healthy Community Design News

September 2011

Dear Healthy Community Design News Subscribers,

If you work in or near San Francisco, Massachusetts, Oregon, Douglas County in Nebraska, the City of Davidson in North Carolina, or Baltimore, be on the lookout for possible Health Impact Assessment (HIA) trainings and partnership opportunities. CDC’s Healthy Community Design Initiative has awarded cooperative agreements to six applicants under CDC Funding Opportunity “Health Impact Assessment to Foster Healthy Community Design.”

Recipients are to conduct at least three Health Impact Assessments (HIAs) a year and provide training and technical assistance on how proposed projects, policies, and decisions at the state, tribal, and local level can impact community health. Recipients are: San Francisco Department of Public Health, Massachusetts Department of Public Health, Oregon Department of Human Services, Douglas County Health Department (Nebraska), City of Davidson (North Carolina), and the Baltimore City Health Department. Anticipated project period length is three years.

A Healthy Community Design 101 slide presentation is now available on our Healthy Places Web site at http://www.cdc.gov/healthyplaces/media.htm. The presentation is suitable for general audiences who want to learn more about how the physical design of communities can affect our physical and mental health. Future plans are to develop slide sets on specific healthy community design topics so that speakers can customize the general presentation. Please feel free to give me feedback on this presentation at clg8@cdc.gov.

Former CDC staffers Drs. Andrew Dannenberg, Richard Jackson, and Howard Frumkin are coeditors of the newly released Making Healthy Places: Designing and Building for Health, Well-being and Sustainability. For more information on the book, go to http://makinghealthyplaces.com/. Enter code 2AEB at checkout to receive an additional 30% off through September 30, 2011. Dr. Dannenberg will discuss the book in an online interview Thursday September 8 at 3 PM EST. To join the live interview, go to http://www.treehugger.com/files/2011/09/join-author-andrew-dannenberg-

Until next time - keep up the great work!

--Charles Green, CGreen1@cdc.gov, www.cdc.gov/healthyplaces

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.

---Mark Twain

**Conferences, October 2011**

October 3-5, 2011, Walk 21: The International Conference on Walking and Sustainability
Vancouver, BC
http://www.walk21.com/vancouver/

October 16-19, 2011, Rail-Volution 2011
Washington, DC
http://www.railvolution.com

October 17-18, 2011, 2011 HIA of the Americas Workshop
Oakland, CA

October 29-November 2, 2011, American Planning Association 139th Annual Meeting & Exposition
Washington, DC
http://www.apha.org/meetings/AnnualMeeting

October 30-November 2, 2011, American Society of Landscape Architects Annual Meeting & Expo
San Diego, CA
Call for Papers, Proposals, Speakers, and Abstracts

National Conference on Vacant Properties Call for Proposals (deadline September 14, 2011)

http://www.communityprogress.net/conference-program-pages-122.php

The theme of the fourth national Reclaiming Vacant Properties conference is “Remaking America for the 21st Century.” The conference will focus on placing the ideas of land reuse and revitalization in the broader context of the nation’s economic recovery and the future reinvention of America’s cities and towns. Session proposal themes being sought are 1) Building from Strength, 2) Creating Effective Processes and Systems for Change, 3) Rethinking Place, 4) Activating Leadership and Forming Strategic Alliances, and 5) Reusing Land Sustainably.

Weight of the Nation 2012 (deadline Sunday, October 2, 2011)

http://www.weightofthenation.org/

The Centers for Disease Control and Prevention-sponsored conference seeks proposals for “policy, systems and environmental” perspectives on obesity prevention and control. One of the conference tracks is “Built Environment and Transportation.”

News

Ride For Your Life: In Barcelona, Bike Sharing Saves More Than Gas (Grist, August 16, 2011)

http://www.good.is/post/bike-for-your-life-in-barcelona-bike-sharing-saves-more-than-gas/

“According to a study published earlier this summer by the British Medical Journal, a successful and widely used bike sharing program in Barcelona prevents 12 deaths a year.... the BMJ study examined the net impacts on public health resulting from a significant citywide shift to biking from driving. The researchers measured the health outcomes and mortality risk associated with changes in residents’ amount of physical activity, chance of accidental injury, and exposure to air pollution.”


“During a two-month period last year, seven civic coalitions in New York neighborhoods like East Harlem and the South Bronx got permits from the city to close certain local streets to traffic for designated periods of time — say, between 10 a.m. and 3 p.m. on a summer weekday. Working with the police and other city agencies, they re-designated the areas as temporary “play streets,” encouraging neighborhood children to use them for exercise and offering a range of free games, athletic activities and coaching....According to Karen Lee of the Department of Health and Mental Hygiene, which helped oversee the project, data collected from the sites indicates that families visited local play streets for one to two and a half hours on average — time that many would have otherwise spent inside, according to a majority of the parents surveyed.”

**Opinions Around the Globe**

New Old Story: Boomers in the City by David Cieslewicz (Citiwire.net, July 16, 2011)
[http://citiwire.net/post/2832/](http://citiwire.net/post/2832/)

“....urban centers are generally more accommodating to a healthy aging lifestyle and so we may see a reverse migration of Americans who moved to the suburbs to raise a family and now return to the urban center to enjoy its advantages and amenities. You might think this is a problem or at least a challenge, but let’s look at it as an opportunity....”

The High Toll of Commuting to Work by Mario Salazar (*Washington Times*, August 2, 2011)

“....from just 1980 to 2005 (when I was at the Environmental Protection Agency) my best commute time would have totaled about a year of my life....Putting a price to the labor that I could have done in that time is not what matters to me. What does matter is the time I could have spent with my family or doing the things that I enjoy.... A comment made by one of my car pool mates really brings home the point: he speculated that we probably spent more time together during the week than we spent with our spouses and families.”

Smart Growth = Smart Parenting by Scott Doyon (PlaceShakers and NewsMakers, June 24, 2011)
“I caught the keynote from a planning official for Vancouver, British Columbia. Now, under normal circumstances, I don’t suppose I’d remember much of what he said but, at the time, my daughter was just over three years old and something he used as the overall framing for his making Smart Growth work presentation really resonated with me: ‘If it works for kids,” he said, “it works for everyone.’”

**Journal Articles and Reports**


“PURPOSE: Examine associations between worksite physical activity promotion strategies and employees' physical activity and sedentary behaviors.

DESIGN: Cross-sectional.

SETTING: Seattle-King County, Washington and Baltimore, Maryland-Washington, D.C. regions.

SUBJECTS: Adults working outside the home (n = 1313). Mean age was 45 ± 10 years, 75.8% of participants were non-Hispanic white, 56% were male, and 51% had income ≥$70,000/year.

MEASURES: Participants reported demographic characteristics and presence/absence of nine physical activity promotion environment and policy strategies in their work environment (e.g., showers, lockers, physical activity programs). A worksite physical activity promotion index was a tally of strategies. Total sedentary and moderate-to-vigorous physical activity (MVPA) min/d were objectively assessed via 7-day accelerometry. Total job-related physical activity minutes and recreational physical activity minutes were self-reported with the International Physical Activity Questionnaire.

ANALYSIS: Mixed-effects models and generalized estimating equations evaluated the association of the worksite promotion index with physical activity and sedentary behavior, adjusting for demographics.

RESULTS: A higher worksite promotion index was significantly associated with higher total sedentary behavior (β = 3.97), MVPA (β = 1.04), recreational physical activity (β = 1.1 and odds ratio = 1.39; away from work and at work, respectively) and negatively with job-related physical activity (β = .90).

CONCLUSIONS: Multiple worksite physical activity promotion strategies based on environmental supports and policies may increase recreational physical activity and should be evaluated in controlled trials. These findings are particularly important given the increasingly sedentary nature of employment.”

http://www.policylink.org/atf/cf/%7B97c6d565-bb43-406d-a6d5-eca3bbf35af0%7D/HFHC_FULL_FINAL.PDF

The new report takes a closer look at the impact of the healthy foods access gap in communities. It also looks at ongoing strategies to develop new grocery stores and help existing grocers, farmers’ markets, bodegas, corner stores, and other local food retailers expand their healthy food choices.


The Omnibus Household Survey (OHS) is a national survey on attitudes about transportation that is administered annually by the Bureau of Transportation Statistics (BTS) to a sample of approximately 1,000 households. The 2009 OHS included a series of questions to gauge public perceptions on transportation-related characteristics of livable communities. Survey participants were asked to rate how important several transportation options or features were to have in their community, such as highway access, transit service, and bike lanes.

Responses to the 2009 OHS suggest that a majority of the public considered it important to have a wide range of transportation alternatives. The majority also strongly supported the provision of facilities that permit continued reliance on the personal automobile in the community in which they live. This is illustrated by the following key findings from the OHS:

- 75% stated that reliable local bus, rail, or ferry transportation that could be reached without driving was important.
- 70% found importance in bike lanes or paths to shopping, work, or school.
- 94% said that major roads or highways that served their community were important.
- 89% felt that adequate parking in the downtown or central business district was important.

New and Notable Resources
TOD 204: Planning for TOD at the Regional Scale (Center for Transit-Oriented Development, August 2011)

http://www.reconnectingamerica.org/assets/Uploads/RA204REGIONS.pdf

This guidebook is the sixth in the Federal Transit Administration-sponsored series of reports explaining best practices of transit-oriented development. The guidebook includes case studies from around the country. It focuses on regional planning for TOD, including the general framework and benefits, and on eight strategies for successful regional TOD planning.

Transportation: A Toolkit for Realtors (National Association of Realtors, no date)
http://www.realtor.org/government_affairs/smart_growth/toolkit_trans_toc

The toolkit addresses transportation challenges, issues, and concepts and includes a glossary of transportation terms, frequently asked questions, and the NAR’s official statement of transportation policy. The toolkit is designed to help with transportation advocacy in local communities.

*Example moves the world more than doctrine.*

---Henry Miller

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