



Livability: Public Health and Gateway Communities

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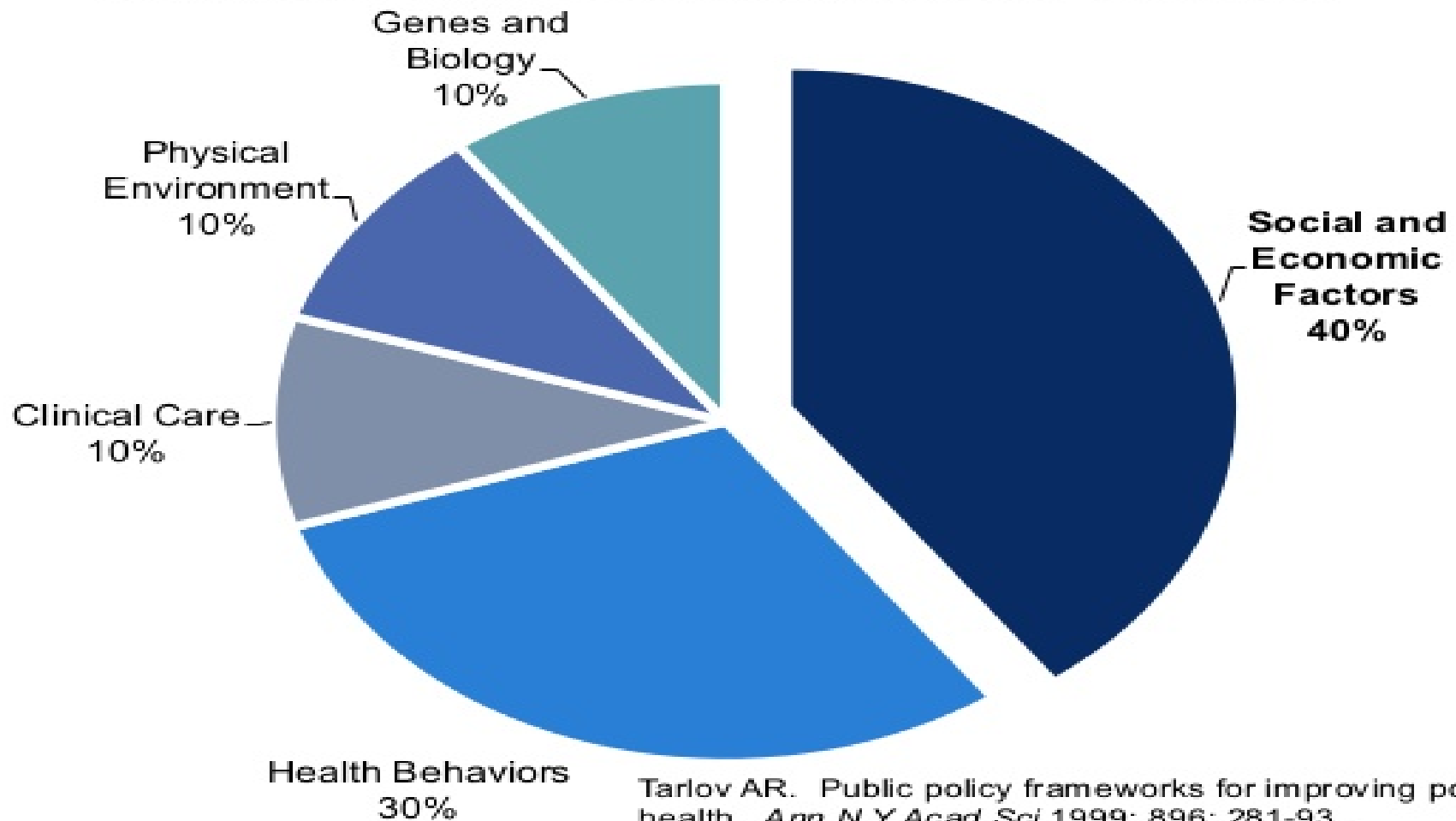
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What Creates Health?

What are the Determinants of Health?



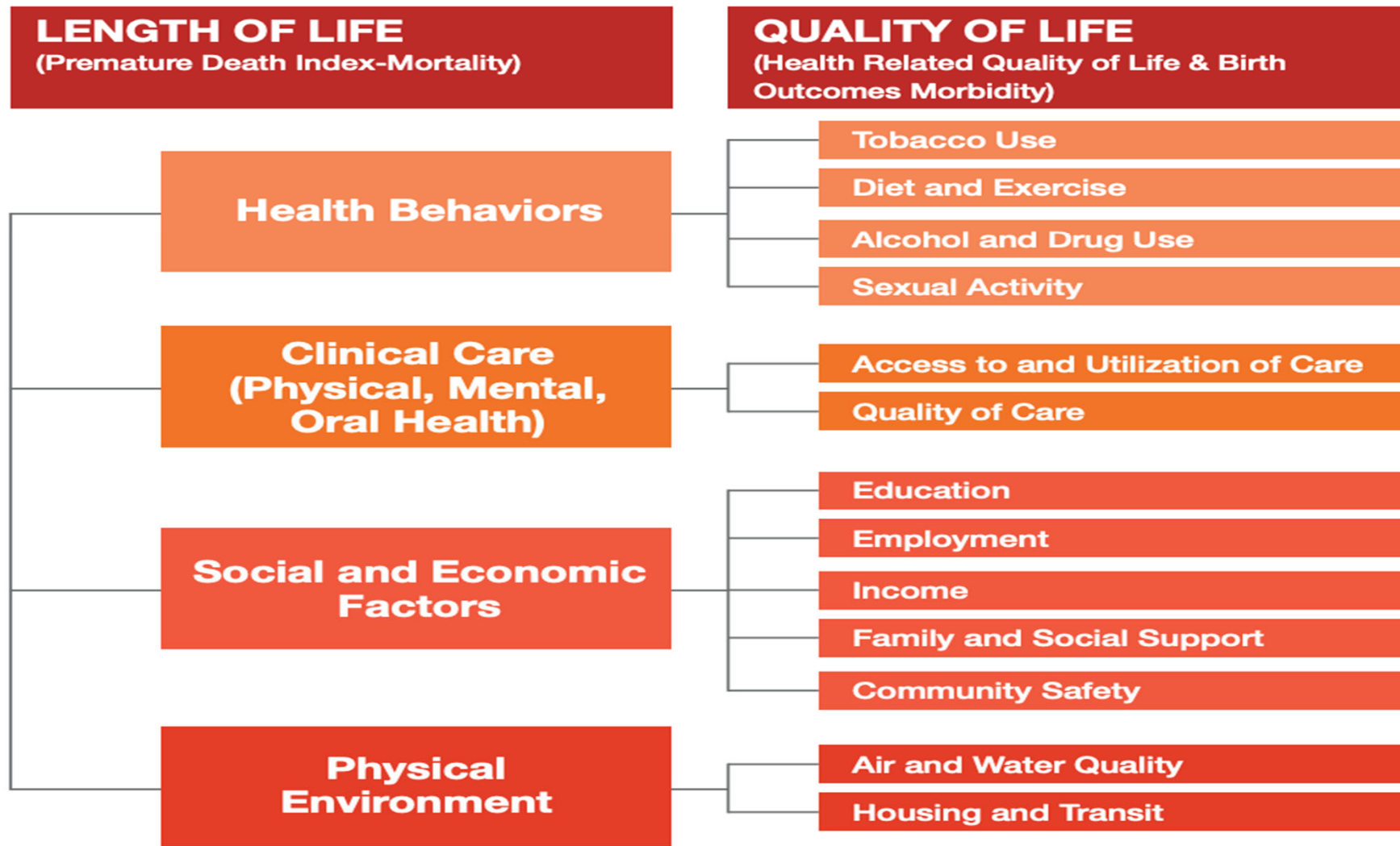


Figure 1: Social Determinants of Health Framework

* Framework Adapted from the University of Wisconsin Population Health Institute Model

Health Behaviors



Clinical Care: Physical, Mental, & Oral Health



SOCIAL DETERMINANTS ARE...

...the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life.



Social & Economic Factors



Physical Environment





How are Health and Economic Vitality Linked?

- Cities with weak health and education conditions find it harder to achieve sustained growth
- Economic evidence confirms that a 10% improvement in life expectancy at birth is associated with a rise in economic growth of some 0.3-0.4 percentage points a year
- Shorter life expectancy discourages adult training and damages productivity
- A healthy workforce is an indicator of quality of life and makes a region attractive to new businesses and employers



Elements of a Healthy, Active Community

A healthy community is one in which all residents have access to:

- Quality education
- Adequate and safe housing
- **Employment opportunities and job skills training**
- **Access to active transportation and recreational opportunities**
- **Healthy, clean and safe physical environments**
- Health education and access to health care

(Norris, Lampe, 1994)

Balancing the Needs

- Resource allocation
- Infrastructure needs
- Pressures on natural resources, housing, health care and jobs
- “Brain drain”
- Recognizing needs through an inclusive process



Ginnie Springs, Florida



Health in All Policies, or HiAP, is an approach to public policies across sectors that systematically takes into account the health implications of decisions, seeks synergies, and avoids harmful health impacts, in order to improve population health and health equity"

World Health Organization

Who needs to be at the table?

- Public health department
- Parks and recreation
- Planning (local and regional)
- Public works
- Transit/transportation
- School leadership



Active Living through Design

- Transportation facilities and services
- Land-use planning and development
- Schools
- Safety, security and crime prevention
- Recreation, parks and trails



Transportation Facilities and Services

- Placement of transit services to facilitate travel to grocery stores, medical facilities and to connect to walking paths/sidewalks
- Connecting biking and walking facilities to destinations of all kinds encourages active transportation



Lynx in Orlando, rerouted their buses to make grocery shopping easier for residents

Land Use and Development Patterns

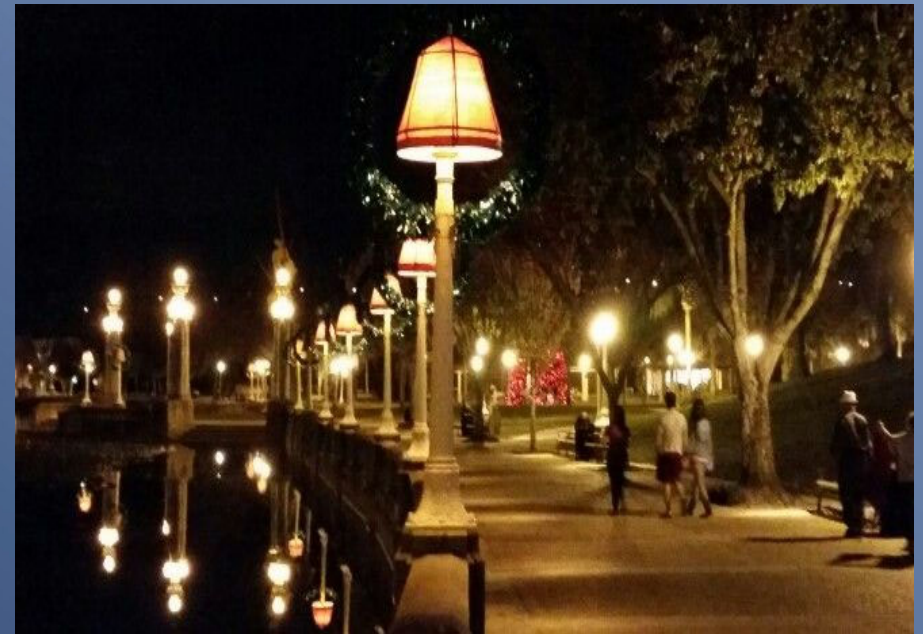
- Connecting neighborhoods to employment centers
- Infill
- Redeveloping brownfields
- Protecting water recharge areas, preserving open space and planning for parks and trails



Newton County, Georgia

Schools, Safety and Crime

- School siting and design can encourage or discourage walking and biking to school
- Infrastructure that promotes traffic safety, walking and biking increases the likelihood that people will choose to walk or bike for exercise
- Pedestrian scale lighting deters crime



Mirror Lake in Lakeland, Florida
Lighting designed to deter person on
person crime and encourage walking

Trails Promote Activity

- Trails often encourage inactive people to become active and modestly increase the activity levels of already-active residents
- Because they provide a safe environment, trails are the only place where many residents exercise

<http://headwaterseconomics.org/wphw/wp-content/uploads/trails-library-public-health-overview.pdf>



Connecting Conservation and Health

- The human condition is tightly linked to environmental condition
- Communing with nature benefits mental health, including relieving stress, reducing symptoms of ADHD and reducing violent tendencies
- Ecosystems provide services to people like water filtration, cultural and mental health benefits, food production and can be drivers of economic engines

Scientific American **297**, 50 - 57 (2007)

doi:10.1038/scientificamerican1007-50 and Coon JT et al.

Environ Sci Technol 2011

Morgantown, West Virginia

- 60% of trail users report they exercise more regularly since they began using trails
- 47% of trail users report getting their recommended physical activity through trail use alone
- 23% of respondents did not exercise regularly before using the trails



Abildso, C., S. Zizzi, S. Selin, and P. Gordon. 2012. "Assessing the cost effectiveness of a community rail-trail in achieving physical activity gains." *Journal of Park and Recreation Administration* 30(2): 102-113.



Active Living for Visitors

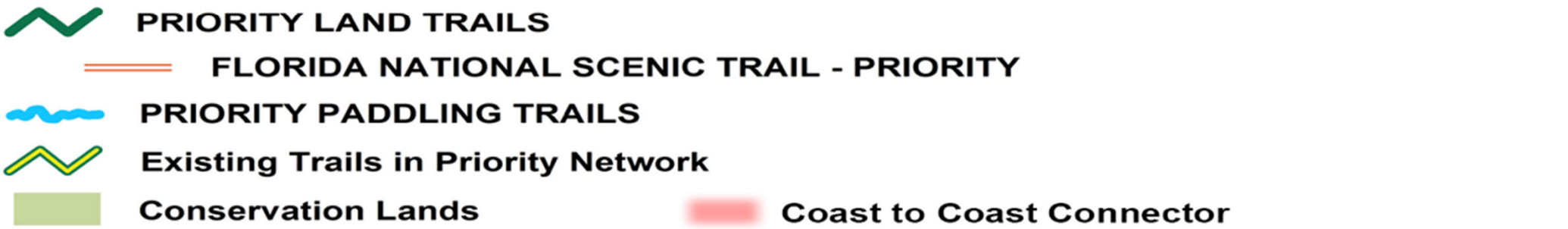
- Maximize utilization of natural assets to promote tourism
- Connect commercial areas and natural areas with sidewalks, trails, biking pathways and paddle ways
- Encourage and promote businesses that support eco-tourism
- Create local policies that prioritize:
 - Retention of conservation areas in perpetuity
 - Subsidize locally owned businesses that diversify local goods and services
 - Create infrastructure to support walking, biking and easy access to natural features

Harwich Walking Trail Destinations

Legend

- Walking Trail Destination
- Other Conservation Lands
- Town of Harwich
- Cranberry Bog (No public access)
- ★ HCT Office









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