

Will You Keep Kansas Residents' Health Out of Jeopardy?

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**Built Environment &
Health**

**Topeka, KS
Oct. 2009**

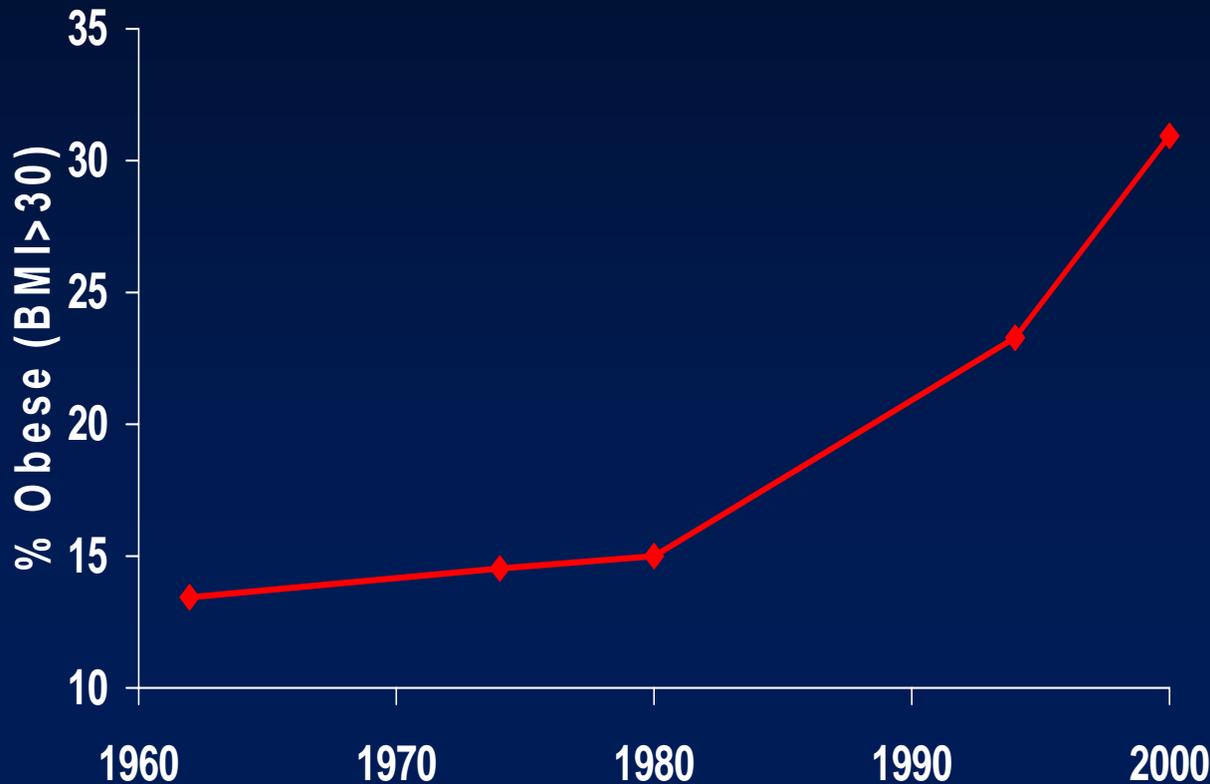


100

First sign of the chronic disease apocalypse?

US “Obesity Epidemic”

Ogden et. al. (JAMA 288, 14; Oct. 2002)



Obesity Epidemic?



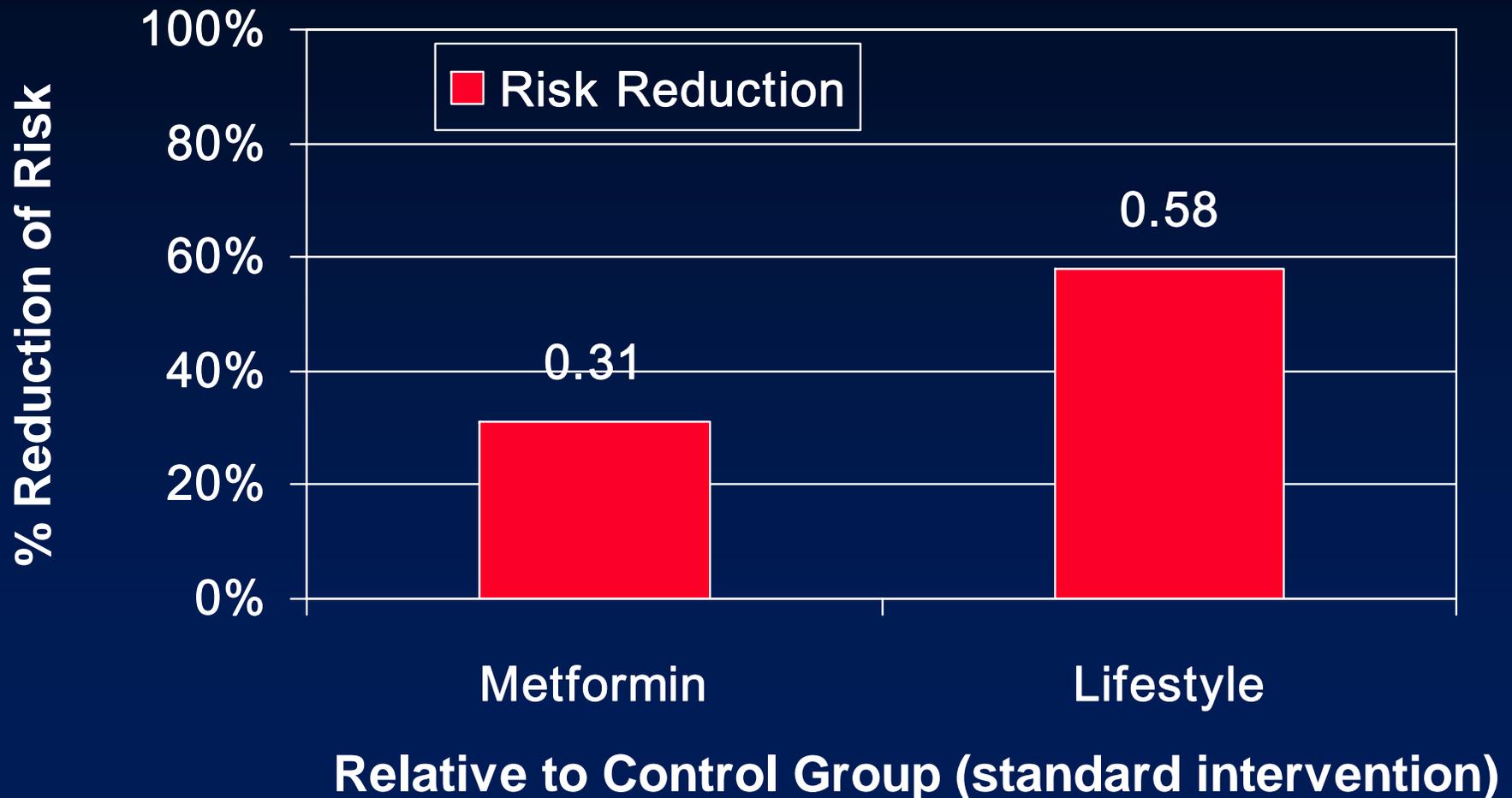
Diabetes Prevention Program (DPP)

Compared three treatments for nationwide cohort (3,000+) at risk for developing diabetes (elevated fasting glucose).

1. Control: Standard exercise and nutrition counseling; placebo.
2. Standard plus drug treatment: Metformin
3. Intensive lifestyle change: Nutritional training, **150 min./week physical activity.**

Diabetes Risk Reduction

(Diabetes Prevention Program; NEJM, April 2002)



Remember the Rant:

Change the conversation. It's *not* just an obesity epidemic. It's an epidemic of **physical inactivity** and **poor nutrition**.



200

2008 Physical Activity Guidelines

(DHHS, www.health.gov/paguidelines)

- **Avoid inactivity**; some activity is better than none.
- **150 mins. of moderate physical activity** each week (e.g. 30 mins. on 5 days) minimum goal.

OR

- **75 mins. of vigorous** physical activity each week (or some combination of moderate, vigorous).
- Can be broken into **10 minute bouts**.
- Even greater health benefits with **300 mins. of moderate**, or **150 mins. of vigorous PA**, or more.
- **Muscle strengthening activity 2 days/week**.

Health: Physical activity recommendation for children & adolescents.

(2008 Physical Activity Guidelines
www.health.gov/paguidelines)

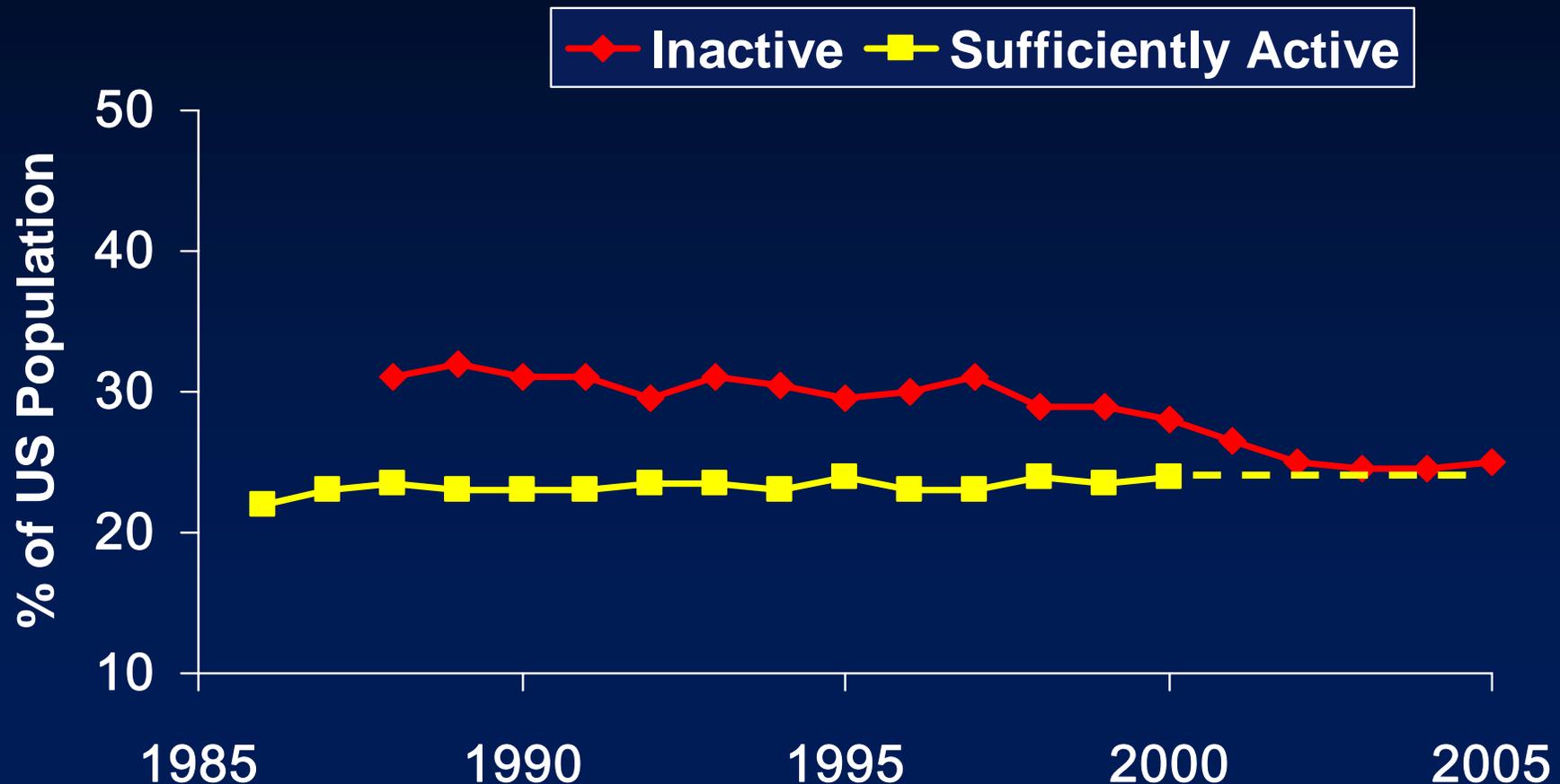
- **300 minutes/week** or more of moderate to vigorous physical activity.
- At least three days a week this should include **muscle strengthening** (e.g. swimming, throwing) & **bone building** (climbing, lifting) activities.



300

Leisure Time Physical Activity in the US

(MMWR: 50(09), 166-9; 54(39), 991-4]



**Fine for some,
but clearly
not enough . . .**



**. . . we need
communities
where people are
intrinsically
active.**

400

How many steps?

Fitness:
3,000 steps
fast.

Weight loss:
~12-15,000 steps/day.

Health:
~10,000 steps/day.



500

Three P's for sticky change:

- **Programs:** Build awareness, support, encourage behavior change.
- **Projects:** Improve the built environment for walking, cycling.
- **Policies:** Rewrite the rules so the changes stick!

600

The four elements of stickier places for active living:

- Land use mix.
- Network of bike, pedestrian, & transit facilities.
- Site design and details.
- Universal access & safety for all.





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An impressive 4.8 Fenton setback in Topeka!



4.8 Fentons!

Theme: Getting kids active in the outdoors.

- **Target kids by creating a science – biodiversity program.**
- **Involve students and educators in building curriculum, strategies.**
- **Note: Predators are a natural piece of maintaining biodiversity.**

Theme: True public involvement.

- **The waitress is as important as the bank president during public input and planning. (Treasurer McKinney)**
- **Talk about the things that matter to the community, engage all ages, incomes, perspectives.**

Theme: Two steps forward, one step back.

- **Have to expect setbacks, and not let them stop you. (Treasurer McKinney)**
- **“We’re here to take lumps.” (David Toland, Thrive Allen County)**
- **If you’re not getting yelled at, you’re probably not pushing hard enough. (Fenton)**

Theme: It's got to be someone's job.

- **I made the coalition part of my job description. (Mim Wilkey, Health & Wellness Coalition Wichita)**
- **Thrive Allen County has two staffers.**
- **Focusing on issues of relevance to community leaders, professionals. (David Toland, Thrive Allen County)**

Theme: It's got to be someone's job.

- **Enable those who do the work—get positive messages back to the leaders, staff (DPW, Engineering, Park & Rec. Dept.) when they do the right thing.**
- **Unembarrassed to make economic development a central theme of their coalition work. (David Toland, Thrive Allen County)**

Theme: It's not really about the money.

- In the end it's really about the **vision**, the **political will**, and the **leadership**.
- Don't focus on building a sidewalk or a trail; focus on creating the **will** and **capacity** to create a system of sidewalks and trails.

How to institutionalize and pay for these “active built environments?”

a. Routine accommodation. Require complete streets on absolutely all new construction & redevelopment projects.

www.completestreets.org

b. Opportunistic improvement. Build facilities at reduced cost during other construction activities (sewers, underground utility work, road resurfacing).

Ashland, KY



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Build & maintain Complete Streets:



- 1. All users (pedestrians, cyclists, transit riders, & drivers) of all ages & abilities considered whenever we touch a road.**
- 2. Roadway design = posted speed.**
- 3. Move beyond local, collector, arterial hierarchy; paths, alleys, lanes; parkways & boulevards.**





35th St. SW

Institutionalizing:

c. Off-site mitigation for new development.

Analyze *multi-modal transportation* (not just traffic) impacts of new development. Mitigate thru preservation of open space, improved transit & connection of ped & bike facilities to nearby, off-site destinations.

d. **Impact fees.** Charge developers for the transport impacts; use fees to improve ped, bike, & transit facilities, & conserve open space.



Institutionalizing:

e. Grant Programs. State and federal resources:

- Recreational Trail funds; Greenways and Trails Grants.
- Surface Transportation Projects (Trans. Imprvmnt Plan)
- Congestion Mitigation & Air Quality funds (CMAQ)
- Transportation Enhancements Program.
- Safe Routes to School program.
- Transit Oriented Development \$.

f. **Betterments, SID, TIF.*** Charge adjacent property owners (or all) for construction, based on benefit of increased access and land value.



*Special improvement districts; Tax increment financing

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Institutionalizing:

g. Private funds, grants, foundations.

- Community, health foundations.
- Friends of the Trail, “Adopt a Sidewalk.”
- Service organizations (Rotary, scouts), churches, schools as project sponsors, fund raisers.
- Create a dedicated non-profit organization.



h. Capital improvements.

Dedicate a portion of the budget to sidewalks, trails, bike lanes; E.g. Seattle’s “Bridging the Gap” levy.



Spartanburg, SC
Mary Black Tr.

Theme: Own the change, be the change, model the change.

- **Topeka Pioneering Healthy Community team has helped pass the “Fix the Streets” campaign – policy level change!**
- **Half-cent sales tax for roadway repairs.**
- **Complete Streets is their next target.**
- **Combining program & policy initiatives.**

Theme: Own the change, be the change, model the change.

- Jim Ogle, PHC team member, has modeled the change (WIBW):
- 12/08 – 3,700 steps/day
- 9/09 – **15,000+ steps/day!!!!**

