

HEALTHY COMMUNITY DESIGN



www.cdc.gov/healthyplaces

SAFER · HEALTHIER · PEOPLE™

The findings and conclusions in this presentation are those of the author and do not necessarily represent the views of the Centers for Disease Control and Prevention.

COMMUNITY DESIGN AND HEALTH



**Related to land use,
development practices**

- Obesity, physical activity, CVD
- Water quantity and quality
- Access to green spaces and parks

**Related to transportation
systems/infrastructure**

- Air pollution and asthma
- Car crashes, death
- Pedestrian injuries

**Related to place,
community development**

- Mental health impact
- Social capital

COSTS OF ILLNESSES



Obesity	\$92.8 billion
CVD	\$91.0 billion
MVAs	\$80.6 billion
Depression	\$76.2 billion
Stroke	\$51.5 billion
Diabetes	\$38.9 billion
Physical inactivity	\$31.8 billion

MISSION



To understand and improve the relationship between community design and health outcomes



GOALS



- **Expand the evidence base linking health impacts with the built environment**
- **Build capacity, conduct activities, and facilitate efforts to achieve outcomes in the built environment that improve public health**
- **Instill a practice among decision-makers that ensures health impact is considered in all projects and policies affecting the built environment**



Public Health Issue

- Environment
- Injury
- Chronic Disease

Target Areas

- Transportation
- Community and Land Use Planning
- Parks and Recreation

Key Activities

- Health Impact Assessment
- Research & Evaluation
- Surveillance (R&D)
- Partnerships
- Communication and Education

HEALTHY COMMUNITY DESIGN



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Partnerships

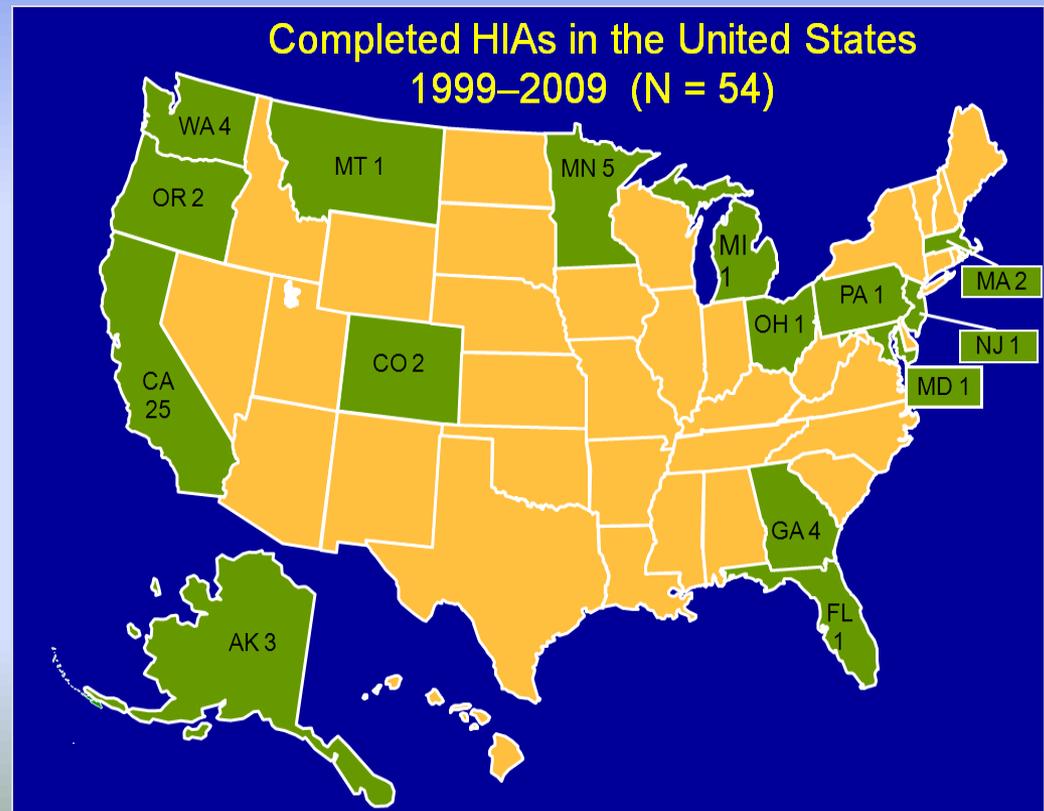
Communication and
Education

HEALTH IMPACT ASSESSMENT (HIA)

...is a combination of procedures, methods and tools used to evaluate a policy, program or project as to its potential effects on the health of a population

Current HIA targets at CDC:

- Using the evidence for better decision-making
- HIA capacity building in 4 states (CA, OR, MN, WI)
- Tracking and evaluating HIA use
- Research agenda established

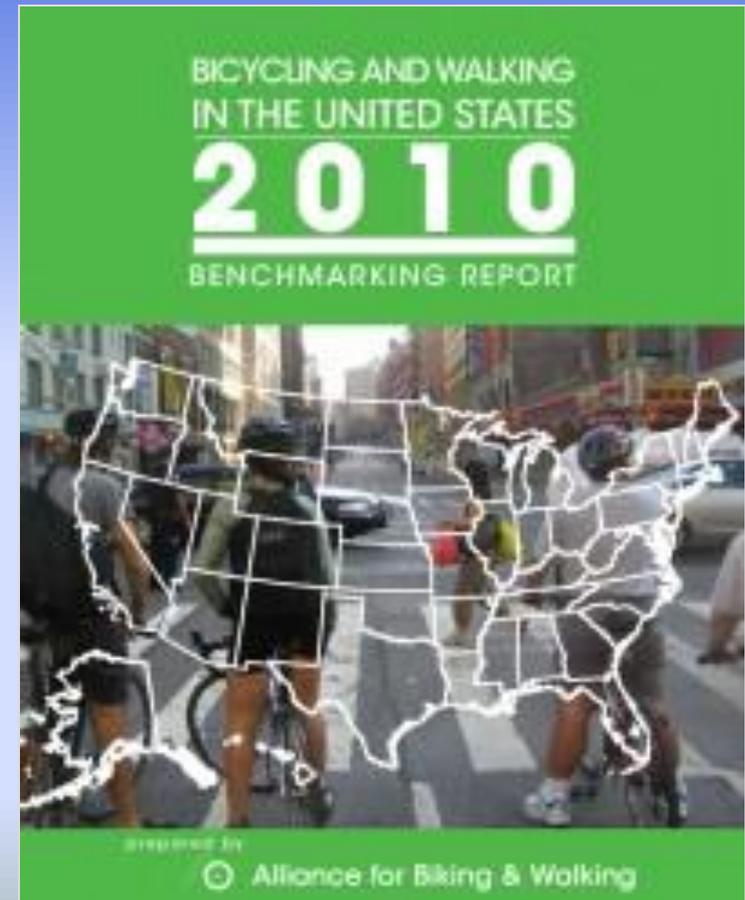


SURVEILLANCE



■ *Bicycling and Walking in the United States: 2010 Benchmarking Report*

- ◆ *Levels of Biking & Walking (Mode share, who bikes/walks, how many)*
- ◆ *Safety & Risk*
- ◆ *Policies & Provisions*
- ◆ *Environmental Influences*
- ◆ *Impact on Public Health*



VISION



- **Potential health impacts are considered in all projects and policies affecting built environment;**
- **Communities are contained but not isolated;**
- **Communities are inter- and/or intra- connected with bicycle- and pedestrian-friendly routes;**
- **Communities are designed to make the healthy, safe, and active choice -- the easy choice**



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Sarah K Kennedy, MPH
Public Health Analyst
Healthy Community Design Initiative
National Center for Environmental Health
US Centers for Disease Control and Prevention

SKKennedy@cdc.gov

Resources



- Healthy Community Design at CDC
 - ◆ www.cdc.gov/healthyplaces
- Health Impact Assessment
 - ◆ www.cdc.gov/healthyplaces/hia.htm
 - ◆ www.who.int/hia/en/
- Bicycling and Walking in the United States: 2010 Benchmarking Report (Free PDF download)
 - ◆ www.peoplepoweredmovement.org