Planning for Health: The Healthy Places Program at Columbus Public Health

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About Me

- Geography undergrad
- 2010 OSU MCRP Grad
- ACP Visioning+Planning / planning
- NYC
- Franklin County Planning
- Columbus Public Health
THE HEALTHY PLACES PROGRAM
Planning & Public Health

• Emerged together to fight infectious diseases
• Need to come together again to fight chronic diseases
• Both industries are evolving to accomplish this goal together
About Healthy Places

• Created in 2006
• Urban Planning + Public Health
• Place-based interventions
• Chronic disease prevention
• Increasingly popular and effective
• Top-down + Bottom-up
PUBLIC HEALTH & THE BUILT ENVIRONMENT
The Built Environment Matters…
Activity Engineered Out of Daily Life

GOOD STREET CONNECTIVITY vs. LACKING STREET CONNECTIVITY
Engineering Impacts Choice

• 1969: 42% of kids walked to school
• 2001: 16% of kids walked to school

• 25% of all trips people make are one mile or less (walking distance), yet 9 out of 10 of these trips are by car

• More than 60% of all trips are 5 miles or less (biking distance), but fewer than 1% are by bicycle
Obesity Trends* Among U.S. Adults
BRFSS, 1990

(*BMI ≥30, or ~30 lbs. overweight for 5’ 4” person)

Source: Behavioral Risk Factor Surveillance System, CDC.
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Source: Behavioral Risk Factor Surveillance System, CDC.
Obesity Trends in Franklin County

- 2/3 of adults are overweight or obese
- 1/3 of 3rd graders are overweight or obese
- Only 1/3 of people get the recommended amount of physical activity

Source: 2013 Franklin County Community Health Assessment.
Risks of Physical Inactivity

- **Obesity**: Adult obesity has doubled from 1980 to 2002; childhood obesity has tripled.

- **Diabetes**: One third of children born in 2000 will be diagnosed with diabetes.

- **Heart disease**: The leading cause of death in the U.S. and in Columbus.

- **Traffic crashes**: The leading cause of death among Americans age 5-35.
Physical Activity

...makes a difference

- Prevents or reduces obesity, heart disease, diabetes, cancer, and premature mortality.
- 9 cancers are associated with physical inactivity.
- 29% of transit users get 30+ minutes of activity per day.
Economic Consequences

- Healthcare will require an investment of over **$9,000 per person** in 2014 – that’s higher than any other country.

- The U.S. adult obesity rate could reach **43%** by 2018, generating **$344 billion** annually in health care costs.

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**$147 billion**

Annual cost of the U.S. obesity epidemic

**75%**

Percentage of U.S. health expenditures attributed to treating chronic disease

**19.2%**

Projected percentage of U.S. GDP that will be spent on health care by 2020, up from 7.2% in 1970

**$5.6 billion**

Annual U.S. health care costs related to obesity that could be saved if one in ten adults started a walking program

Sources: U.S. Centers for Disease Control and Prevention; U.S. Centers for Medicare & Medicaid Services; Alliance for Biking and Walking.
Social Equity

How do we prioritize and plan for the people who need our help the most?
Social Equity

Disproportionately affects:
- Low-Income
- Minorities
- Children & Elderly

In terms of:
- Access
- Mobility
- Safety
- Affordability
Social Equity

Affordability:

- Housing cost vs. Housing+Transportation costs
- Housing is #1 largest household expenditure, but transportation is #2
PLANNING FOR A HEALTHY COMMUNITY
Cross-Cutting Issues

- Land Use
- Transportation
- Parks & Recreation
- Environment (Air + Water Quality)
- Food Production + Access
- Education
- Housing
Land Use + Community Design

- Compact pattern
- Mix of uses
- Mix of housing
- Jobs-Housing balance
- Accessible destinations
Complete Streets

Safely accommodate ALL users:

• Pedestrians
• Bicyclists
• Transit riders
• Motorists
Parks & Recreation

- Greenways and multi-use trails
- Playgrounds
- Pools
- Athletic fields
- Recreation centers
- Programming
Healthy Food Access

- Grocery Stores
- Farmers Markets
- Corner Stores
- Urban Farms
- Community Gardens
Environmental Quality

- Air Pollution
- Water Supply
- Wastewater Disposal
- Stormwater Management
- Green Infrastructure
- Climate Change
OUR APPROACH
Walkability Assessments

- AKA: Walk Audits
- Survey-based
- Barriers & Opportunities
- Community-driven
- Empowerment
Neighborhood Walking Maps

- Outcome of Walk Audits
- “Where to Walk”
- Points of Interest
- Varying lengths
- Available at community centers and local destinations
Columbus Art Walks

- Self-guided
- Audio portion
- Mobile App
- Landmark Talks
- Bike Tours!
- Partners & Grants
Walk With A Doc

• New spin on walking clubs
• Physician-led walk & talk
• Partner with local hospitals
• 4 locations – N,S,E,W
• City parks with walking paths
Bicycle Planning

- Bicycle Advisory Committee
- Bike Share Steering Committee
- Bike 2 Work Day and other rides
- Share the Road education
Community Design Review

- Intervention in zoning process
- Active living features in new development
- Successes
- Limitations
Health Impact Assessment

- Health considered in all Policies/Plans/Projects
- Neighborhood Plans
- Safe Routes to School Travel Plan
- Evolving practice
Open Streets Columbus

What do people do at Open Streets?

Open Streets participants could place a sticker on a poster we made to tell us what their main activity was:

- Cycling
- Activity hub
- Jogging or running
- Walking
- Other wheeled device
Safe Routes to School

• District-Wide School Travel Plan
• Infrastructure
• Non-Infrastructure
• Health Impact Assessment
Safe Routes to School

- Walking School Buses
- Bicycle Rodeos
- Bike racks
- PE curriculums
- Volunteer recruitment & HS student mentors
- Relationship building
Health Impact Assessment

Connect Columbus Thoroughfare Plan

- Complete Street Design Guidelines
- Multi-modal LOS
- Priority networks
- Access Management
Health Impact Assessment

HIA Goals:

• Increase walking, biking & transit
• Reduce air pollution and injury crashes
• Access to schools, parks & healthy food
• Integrate equity
Health Impact Assessment

Safe Routes
For Everyone
To Everywhere
Bike Friendly Businesses

• Policies & Amenities
• Employer outreach
• Leading by example

• Healthy Ohio Business Council
• Chamber & SIDs
• GreenSpot
Bike Friendly Businesses

- Yay Bikes
- Buddy Rides
- Policy + Programming
- Partnerships
Central Ohio Greenways

- Increased trails and trail usage for transportation and recreation

- MORPC
Central Ohio Greenways

Strategic Planning Process & Working Groups
• Trail Development
• Partnerships
• Marketing
• Programming
Transportation

Surgeon General’s Call to Action on Walkability

Mayor’s Challenge for Safer Streets

CDC+USDOT Transportation & Health Tool
Development
American Planning Association

HEALTHY PLAN MAKING

SAFE ROUTES TO PARKS

HEALTH & GREEN INFRASTRUCTURE

HEALTH
In The Development Review Process

PLANNING FOR FOOD ACCESS AND COMMUNITY-BASED FOOD SYSTEMS
Final Thoughts

• Plan with people in mind
• Be advocates…from within
• Build relationships
• Bring something to the table
• Practice what you preach
QUESTIONS?
MAPS-Mini Walk Audit Tool

Microscale Audit of Pedestrian Streetscapes (MAPS), Mini Version

Segment: “Count one (your) side of the street”
Street _______ Side N S E W
Starting Cross-street: _______________________
Ending Cross-street: ________________________

1. Type: Residential (0) / Commercial (1)
2. How many public parks are present?
   □ 0 □ 1 □ 2 or more
3. How many public transit stops are present?
   □ 0 □ 1 □ 2 or more
4. Are there any benches or places to sit (include bus stop benches)?
   □ No □ Yes
5. Are street lights installed?
   □ None (0) □ Some (1) □ Ample (2)
6. Are the buildings well maintained?
   □ 0-99% □ 100%
7. Is graffiti/tagging present (do not include murals)?
   □ No □ Yes
8. Is there a designated bike path?
   □ No □ Painted line (1) □ Physical barrier (2)
9. Is a sidewalk present? If no, skip to 12
   □ No □ Yes
10. Are there poorly maintained sections of the sidewalk that constitute major trip hazards? (e.g., holes, misalignment, cracks, overgrowth, incomplete sidewalk)
    □ None (0) □ Any/no sidewalk present (9)
11. Is a buffer present?
    □ No/no sidewalk present (9) □ Yes
12. What percentage of the length of the sidewalk/walkway is covered by trees, awnings or other overhead coverage?
    □ 0-25% □ no sidewalk (9) □ 26-75% □ 76-100%

Score = Total Points / 21 = ___%
MAPS-Mini Walk Audit Tool

- Choose 1 street segment (length between 2 intersections)
- Choose 1 side of the street (if you have time, do the other side of the street on your way back)
- Follow the Field Guide (for judgement calls, decide as a group)
MAPS-Mini Walk Audit Tool

- MAPS Full: 120 questions (researchers only)
- MAPS Abbreviated: 60 questions (research and advanced analysis)
- MAPS Mini: 15 questions (advocacy and community use)
MAPS-Mini Walk Audit Tool

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MAPS-Mini Walk Audit Tool

Questions to be thinking about:

• What’s missing from MAPS-Mini? What did you keep wanting to report but didn’t find on the survey tool?

• Did you find public realm (streets/sidewalks) mattered more or less to you than private realm (buildings/parking lots)? Why?

• What issues do you think would be more important to community members as opposed to planners?
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