



Promoting Healthy Community Design

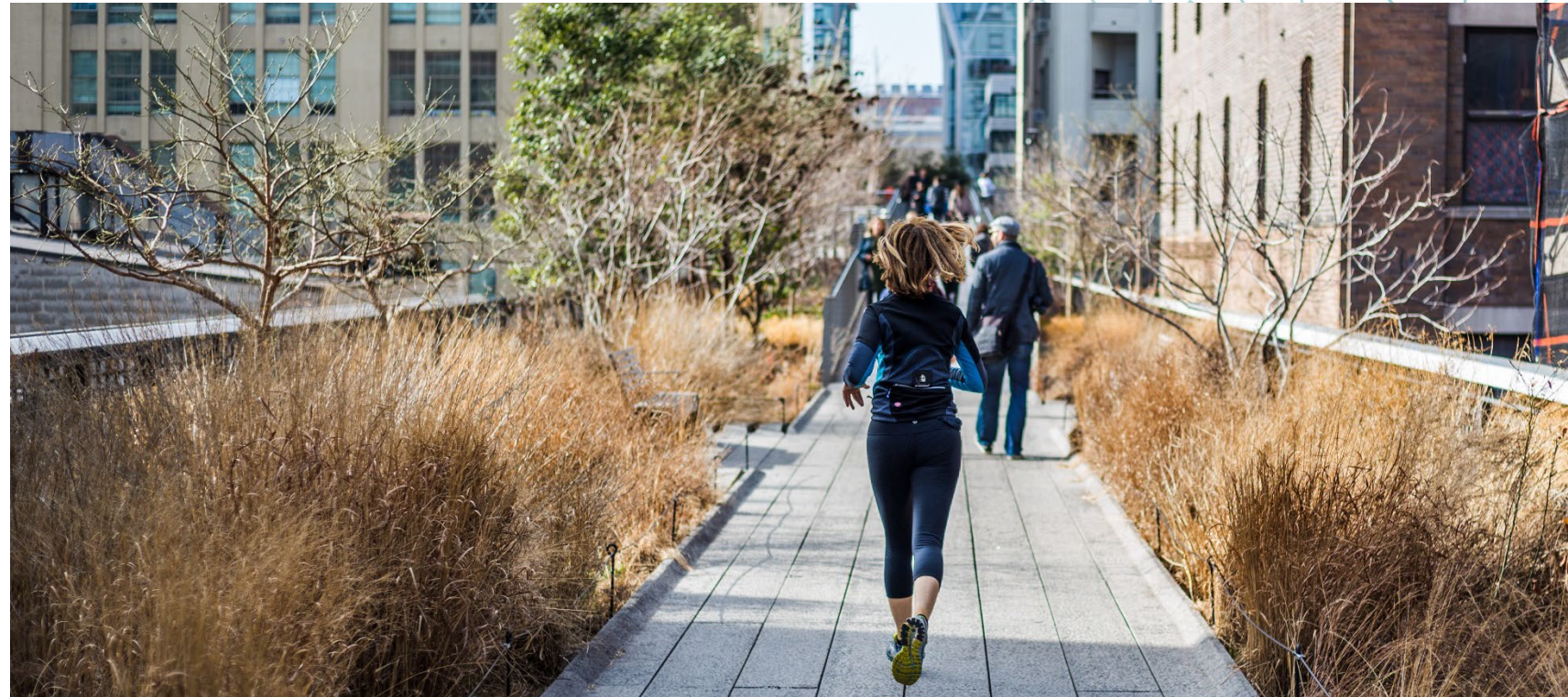
Vision Long Island: Complete Streets Summit

March 26, 2021

Ken Schwartz, AICP
Senior Vice President
Planning + Design Service Leader

Integrating Health into Planning Decision Making

Leveraging data to plan and design our communities in a way that analyzes health benefits and makes it easier for people to live healthy lives





What factors
determine our health?



Family health history



Behaviors/lifestyles



Built environment

Relationship between the built environment and health





Our behaviors are
changing...



66% of children
walked or biked
to school in **1974**



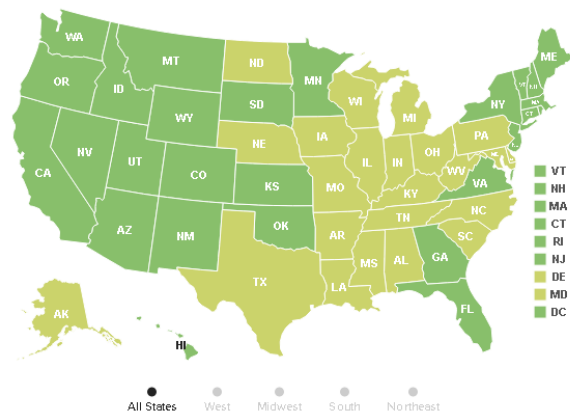
10% of children
walked or biked
to school in **2019**

Consequences - Adult Obesity

1995

Percent of obese adults (Body Mass Index of 30+)

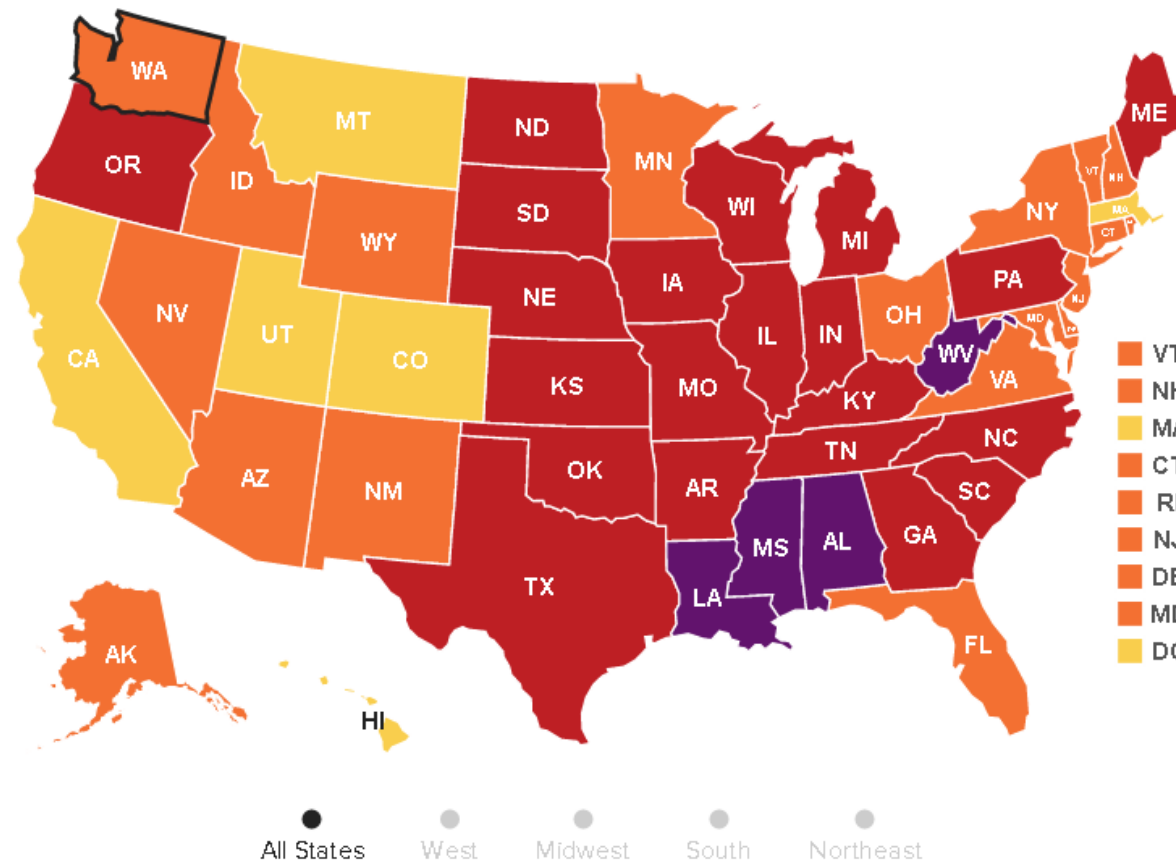
0 - 9.9% 10 - 14.9% 15 - 19.9% 20 - 24.9% 25 - 29.9% 30 - 34.9% 35%+



2016

Percent of obese adults (Body Mass Index of 30+)

0 - 9.9% 10 - 14.9% 15 - 19.9% 20 - 24.9% 25 - 29.9% 30 - 34.9% 35%+



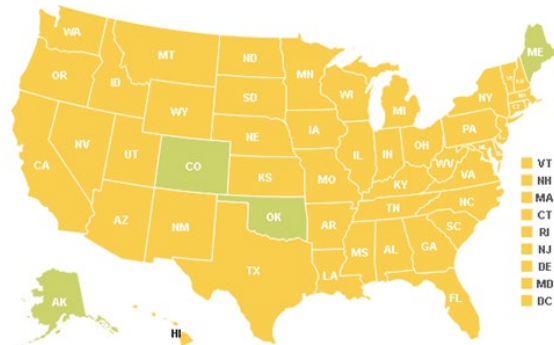
Over 30% of adults in half the states in the US are considered obese

Consequences - Adults with Diabetes

1995

Percent of adults with diabetes

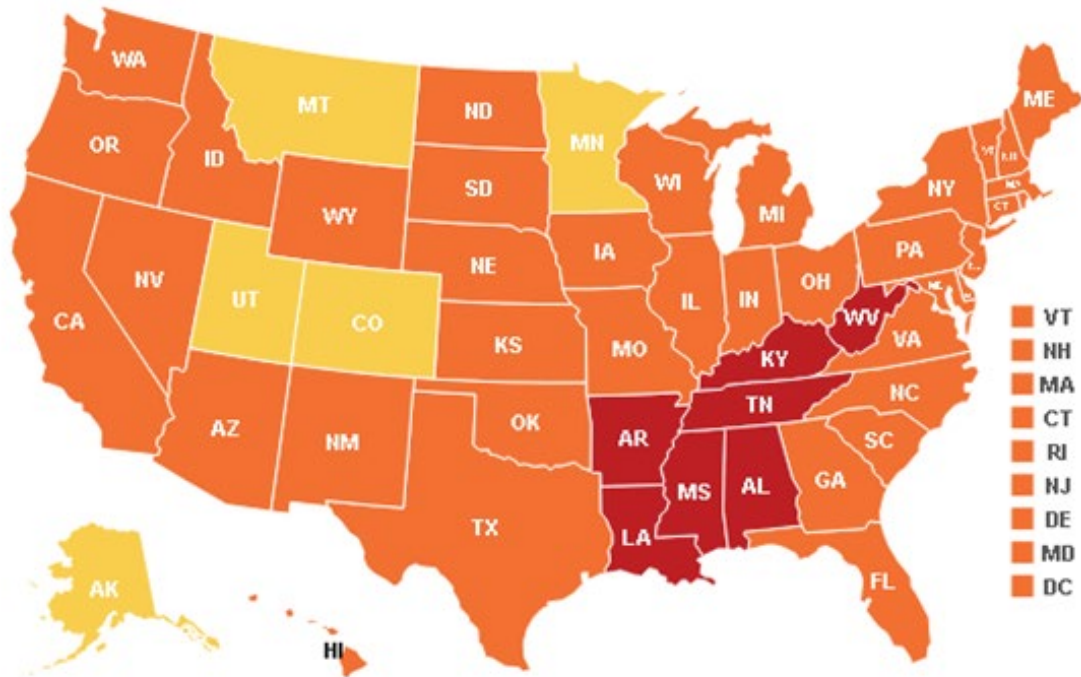
0 - 3.9% 4 - 7.9% 8 - 11.9% 12 - 15.9% 16%+



2016

Percent of adults with diabetes

0 - 3.9% 4 - 7.9% 8 - 11.9% 12 - 15.9% 16%+



In all but 5 states 8% or more of adults have diabetes

Planners have a tremendous impact on health

- Prevention vs. treatment



What is Healthy Community Design?

Planning and designing communities in a way that makes it easier for people to live healthy lives



Healthy Community Design Principles



Maximize the Opportunity for all Residents to Get Physical Activity



Increase Housing Opportunities



Promote a Healthy Environment and Social Well-Being



Empower Champions for Healthy Community



Encourage Mixed-Use Development



Make Education the Cornerstone of Community Development and Redevelopment



Improve Access to Job Opportunities



Invest in Active Transportation Solutions



Promote Access to Healthy Food



Drive Economic Development

Healthy Community Design Symposiums

Orlando

- MetroPlan Orlando
- Healthy Central Florida
- FDOT
- University of Central Florida
- Valencia College



Boston

- Tufts University
- Metropolitan Area Planning Council
- Mass Department of Health
- MA Department of Transportation



Washington DC

- Georgetown University
- Virginia Department of Transportation
- DC Department of Health
- US Department of Transportation
- University of Maryland

Transportation and Health Tool (THT)



Key Takeaways

- ✓ Lots of success stories and methodologies
- ✓ Recognition of clear linkage between health and built environment, particularly mobility
- ✗ No consensus on how to obtain discrete health data
- ✗ No models readily available
- ✗ No universal design standards



Can we build a tool that would help?



+



+



Healthy Community Design Principles

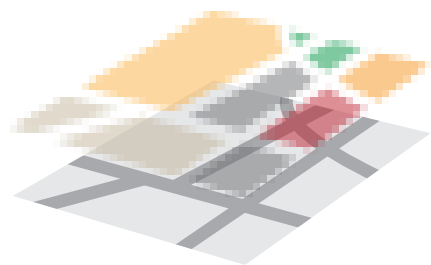
Open
Data

GIS



Healthy Mobility Model

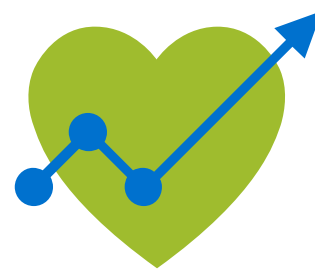
Healthy Mobility Model Goals



Analyze land use, urban design, and mobility factors that affect community health



Establish baseline health assessment and trends for a community



Forecast likely community health outcomes or conditions



Identify physical and prioritize improvements that can contribute to better community health

Healthy Mobility Model Inputs

Tier 1

US Census Data

- Demographics
- Education
- Commuting
- Labor Participation
- Housing Affordability

500 Cities Data

- High Blood Pressure
- Asthma
- Heart Disease
- Diabetes
- High Cholesterol
- Obesity

Tier 2

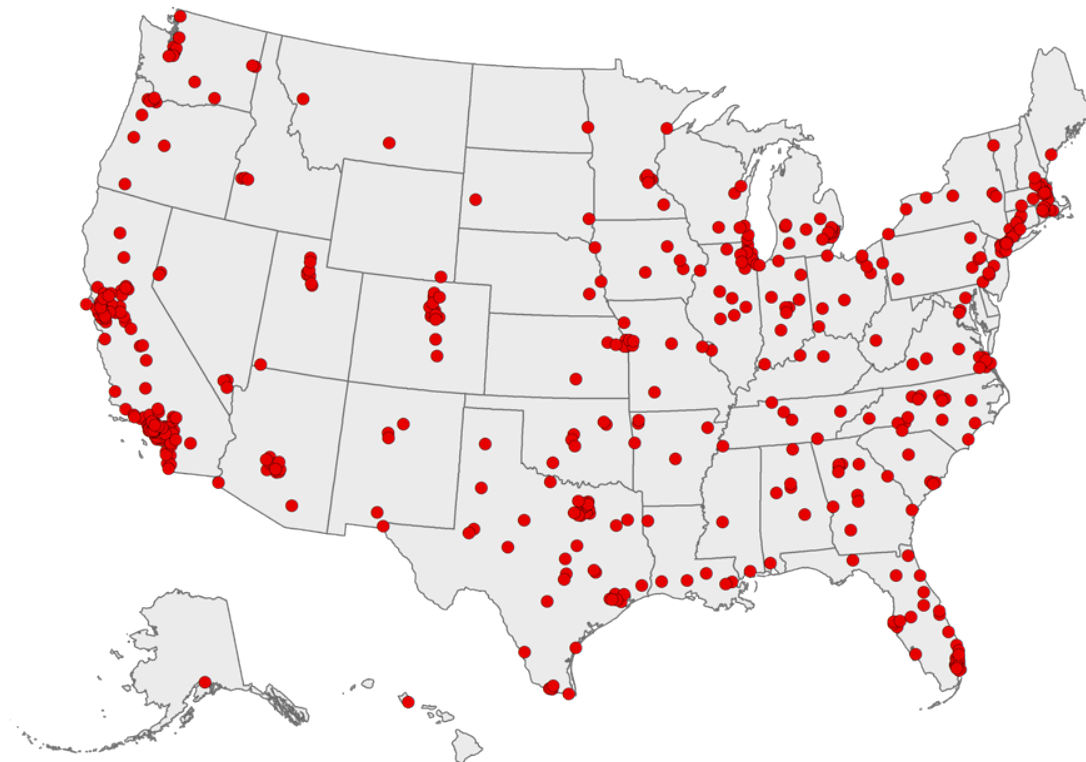
Planning Data

- Transit Access
- Proximity to Grocery Stores
- Proximity to Health Care
- Parks Access
- Ratio of Bicycle Lane Miles
- Ratio of Sidewalk Miles
- Floor Area Ratio
- Parking
- Housing Mix
- Many more



500 Cities Data

- Collaboration between Centers for Disease Control and Prevention (CDC) and Robert Wood Johnson Foundation
- Census Tract-level estimates for chronic disease risk factors
- 500 Largest cities in the US
- 2015-2019 data
- <https://www.cdc.gov/500Cities/>



Tier One: Risk Assessment



[Read Disclaimer](#)

Select State

Selected Census Tract:

Select A Year: 2018

LEGEND

View Risk by Selected County

VHB Healthy Mobility Tool
Risk Assessment Score

Disease Risk

High Blood Pressure:

Diabetes:

Asthma:

CHD:

Obesity:

High Cholesterol:



Tier One: Risk Assessment Case Study: Islip



Read Disclaimer

Select State ▾

Selected Census Tract: 147402

Select A Year: 2018

LEGEND

View Risk by Selected County

VHB Healthy Mobility Tool
Risk Assessment Score

Average Risk 😊

Disease Risk

High Blood Pressure:



Diabetes:



Asthma:



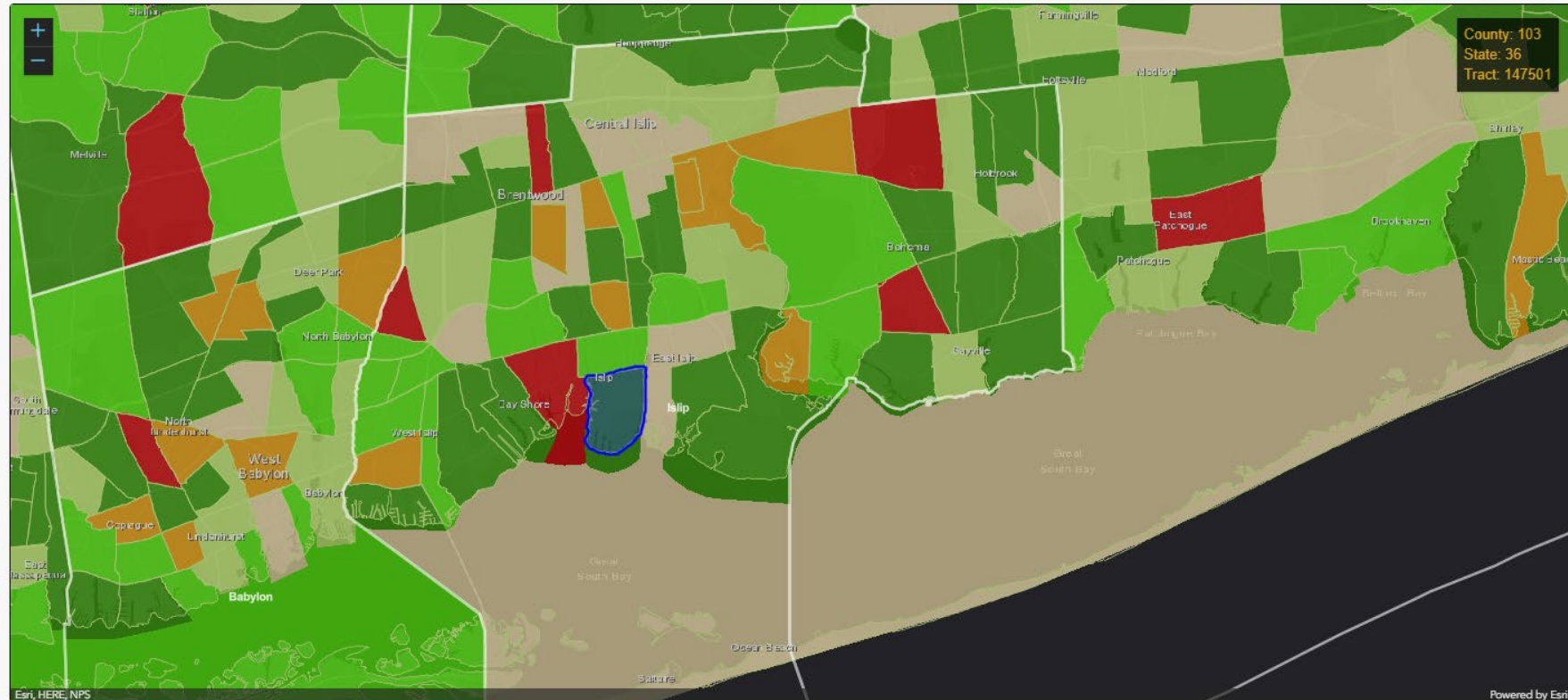
CHD:



Obesity:



High Cholesterol:



Tier Two: Recommend Strategies

Social Determinants

Income, employment, race and ethnicity, discrimination, rent burden, public expenditures, school quality, educational attainment, age, food security, civic participation, language and literacy

Transportation Infrastructure

Sidewalk miles, highway miles, bike lanes, parking, transit, block length, commute mode, walkability, vehicle miles traveled, street width, safety

Institutions and Destinations

Parks and playgrounds, healthcare, schools, community gardens, cultural institutions, banking, libraries, business districts and jobs

Land Use

Density, housing mix and stability, polluting industries, brownfields, zoning, food retail options, housing age and quality, vacancy

Others

Tree cover, internet access, noise, air quality, impermeable surface, water quality, universal accessibility

Opportunities to Use the Healthy Mobility Model on Long Island

- Establish a **baseline health profile**
- **Neighborhood Studies** - assess built environment and social factors most connected with health to target solutions.
- **Alternatives Assessment** – determine which changes to the built environment result in better health outcomes
- **Corridor Studies** – Assess transportation access factors and indicators like walkability, transit, bikes, etc.
- **Prioritization** - factor community health considerations into decision making on budgeting and prioritization

Thank You.

Ken Schwartz | kschwartz@vhb.com | 617.607.2156

Tommy Boston | tboston@vhb.com | 631.787.3490

www.vhb.com



Offices located throughout the east coast

The background is a solid blue color with a complex, abstract pattern of white lines. The pattern consists of various geometric and organic shapes, including rectangles, squares, and curved lines that create a sense of depth and movement. The lines are thin and white, contrasting sharply with the blue background.

Q&A