

DESIGNING HEALTHY COMMUNITIES



RICHARD J. JACKSON WITH STACY SINCLAIR

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Too Few Choices, Too Much Junk: Connecting Food and Health

Fall Forum Issue Dialogue

L'Enfant Plaza Hotel
480 L'Enfant Plaza, SW, Capitol Hill
Washington, DC


8:00 a.m. – 8:30 a.m.	Breakfast and Registration
8:30 a.m. – 8:45 a.m.	Introduction Lauren LeRoy, <i>Grantmakers In Health</i>
8:45 a.m. – 9:30 a.m.	The Big Picture: Our Current Food System Michael Hamm, <i>Michigan State University</i>
9:30 a.m. – 10:45 a.m.	Connections between Food Access and Health TBD, <i>Witnesses to Hunger</i> Mariana Chilton, <i>Drexel University School of Public Health</i> Pat Crawford, <i>University of California, Berkeley</i> Crystal Echo Hawk, <i>Notah Begay III Foundation</i>
10:45 a.m. – 11:00 a.m.	Break
11:00 a.m. – 12:00 p.m.	Food Access and the Built Environment Richard Jackson, <i>UCLA School of Public Health</i> Hillary Fulton, <i>The Colorado Health Foundation</i>


This Issue Dialogue is supported by grants from The Colorado Health Foundation and the U.S. Department of Health and Human Services Health Resources and Services Administration.

It's the System, my friend


REALITY SULK

LUCKILY THE GM COLLEGE DISCOUNT DOESN'T.

 In fact, it's the best college discount from any car company,¹ and can save you hundreds — even thousands — on an eligible, new Chevrolet,² Buick or GMC. If you're in college, a grad program or even a recent grad...take advantage today and get a great deal on a new ride to call your own!






2012 Chevrolet Sonic (discount example)	
Sonic 5-Door LS MSRP starting at	\$ 15,395.00
MSRP of Sonic 5-Door 1LT as shown ³	\$ 16,495.00
Preferred Pricing ⁴	\$ 16,222.07
Your Discount	\$ 232.93



2012 GMC Sierra 1500 (discount example)	
Sierra 1500 reg. Cab WT 2WD MSRP starting at	\$ 22,940.00
MSRP of Sierra 1500 Extended Cab SLE 2WD with optional equipment as shown ³	\$ 32,840.00
Preferred Pricing ⁴	\$ 31,026.26
Your Discount	\$ 1,813.74

To save even more, combine your discount with most current incentives.

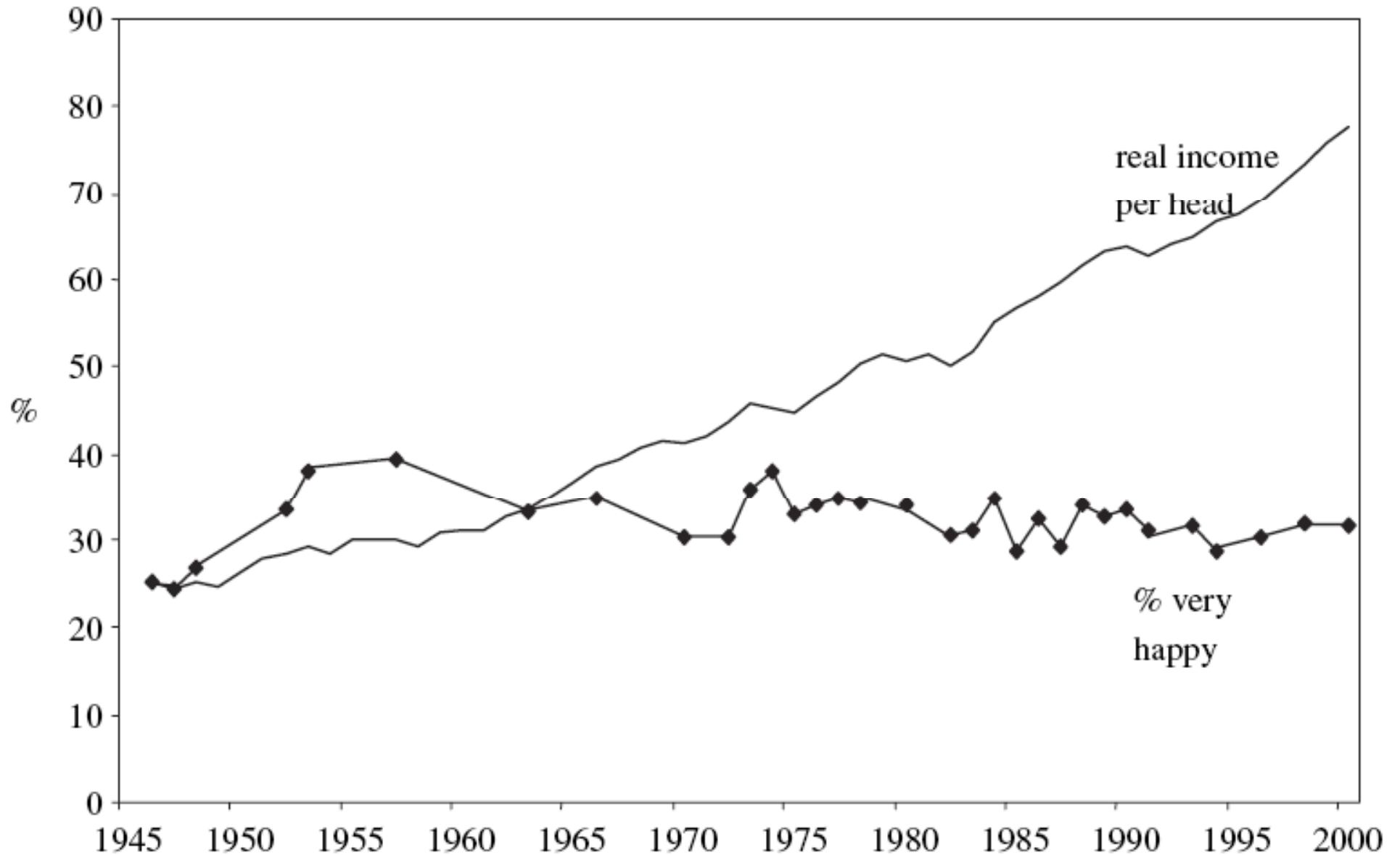
  

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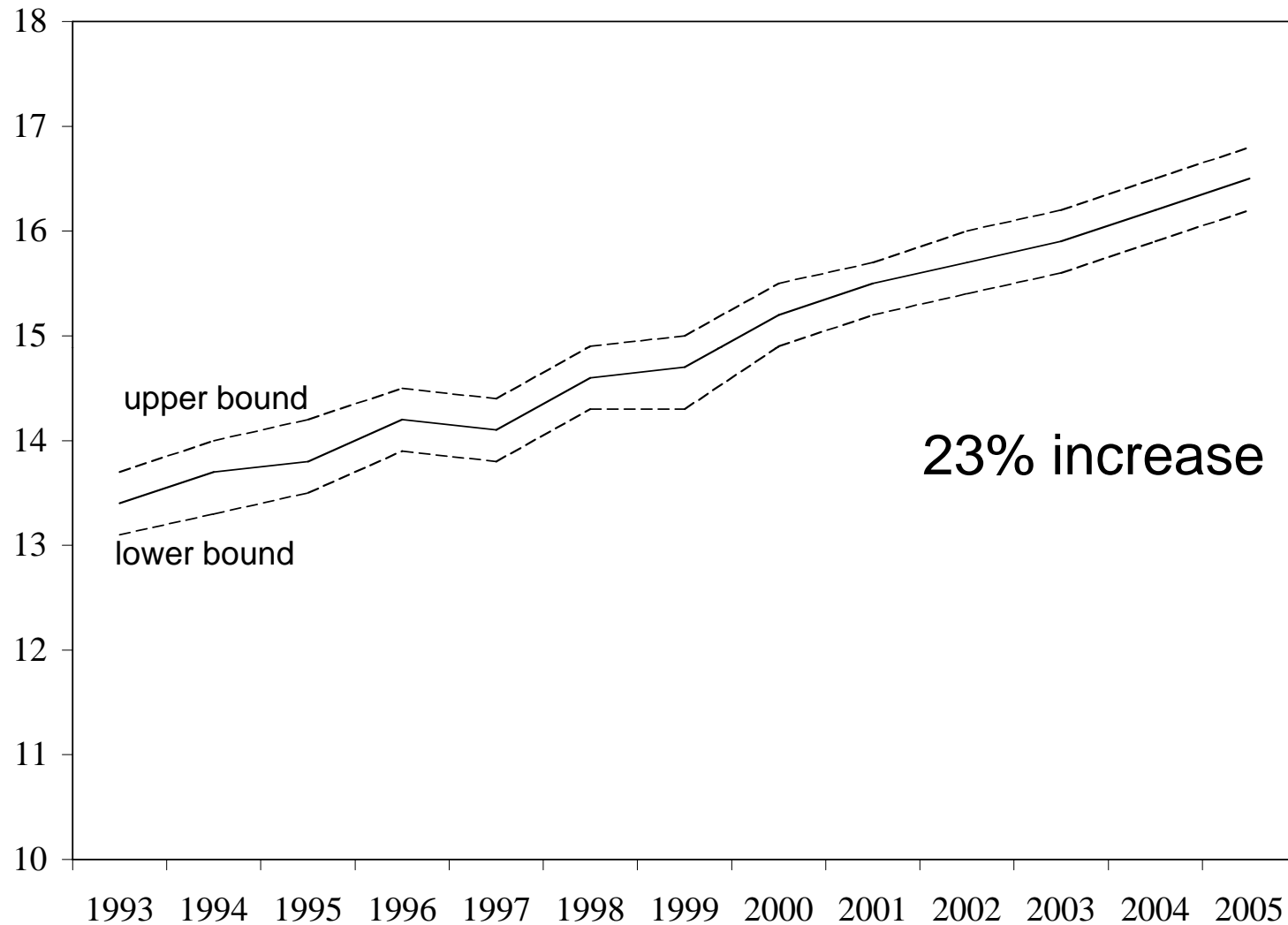
Half Page Ad in University Newspapers across the United States
Oct 10, 2011

Income and Happiness



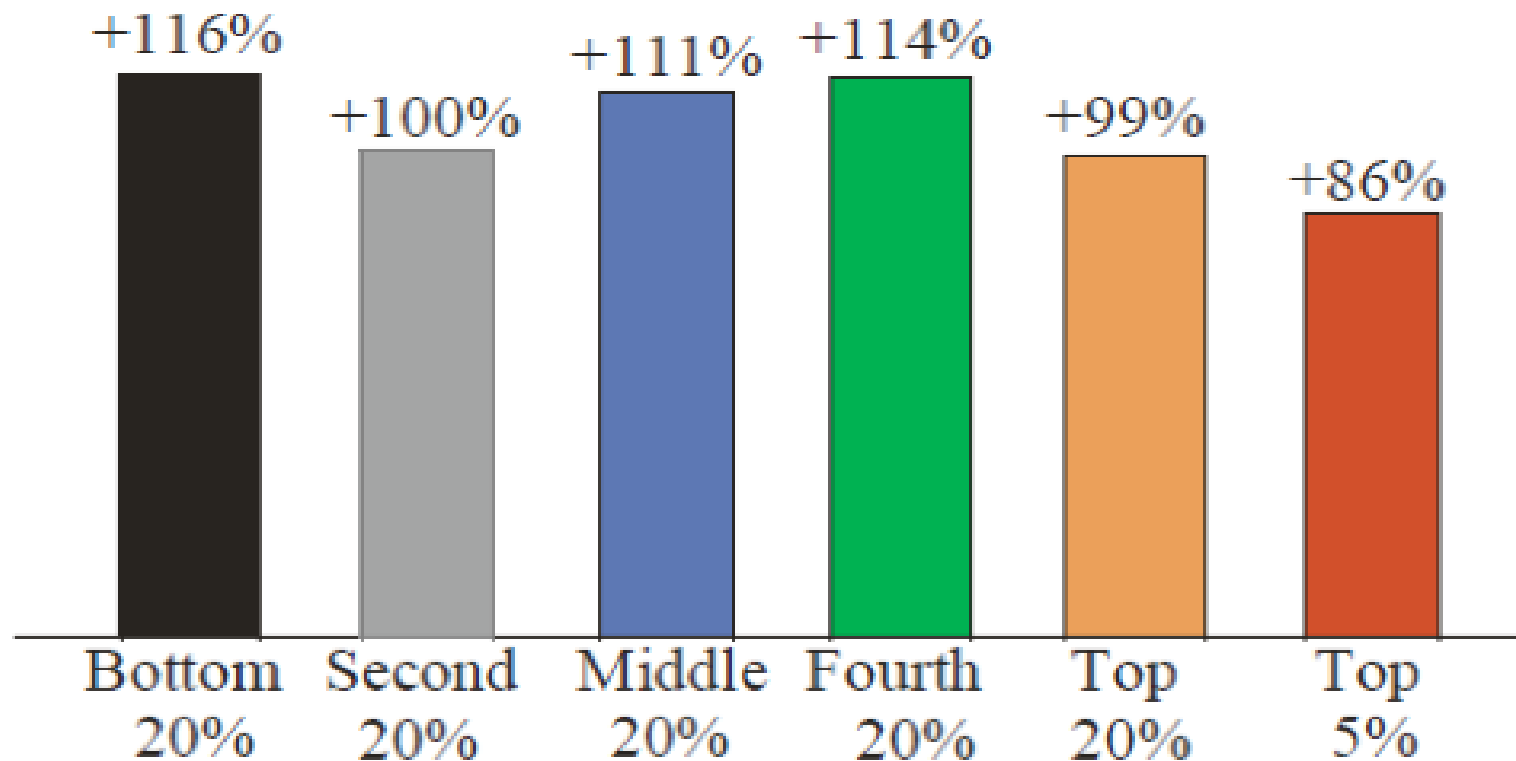
SOURCE: Layard, R. Happiness and Public Policy. *The Economic Journal* 116 (March): C24-C33. Page C25.

Days Americans Feel Unwell



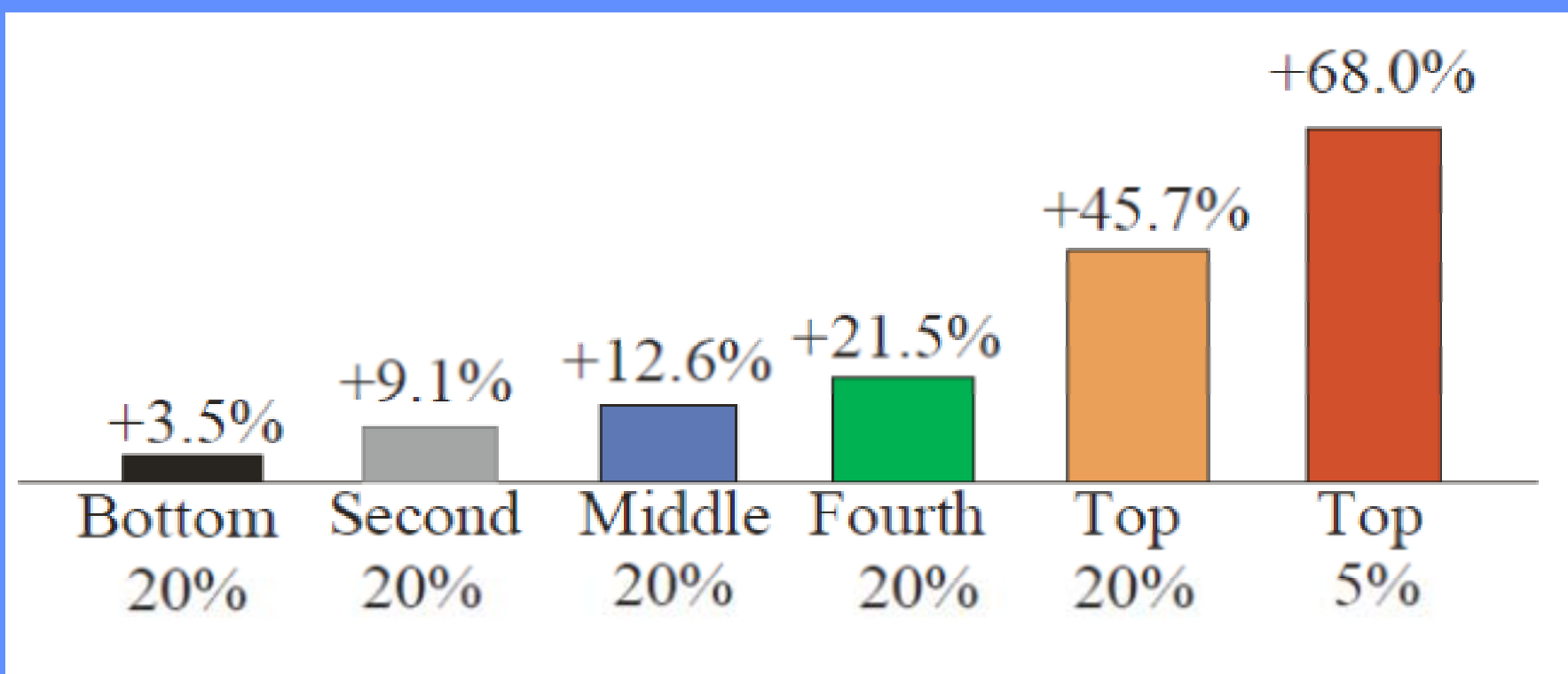
Source: Centers for Disease Control and Prevention. Health-related quality of life: prevalence data. National Center for Chronic Disease Prevention and Health Promotion, 2003. Accessed March 21 at <<http://apps.nccd.cdc.gov/HRQOL/>>.

Changes in Before Tax US Household Incomes 1949-1979

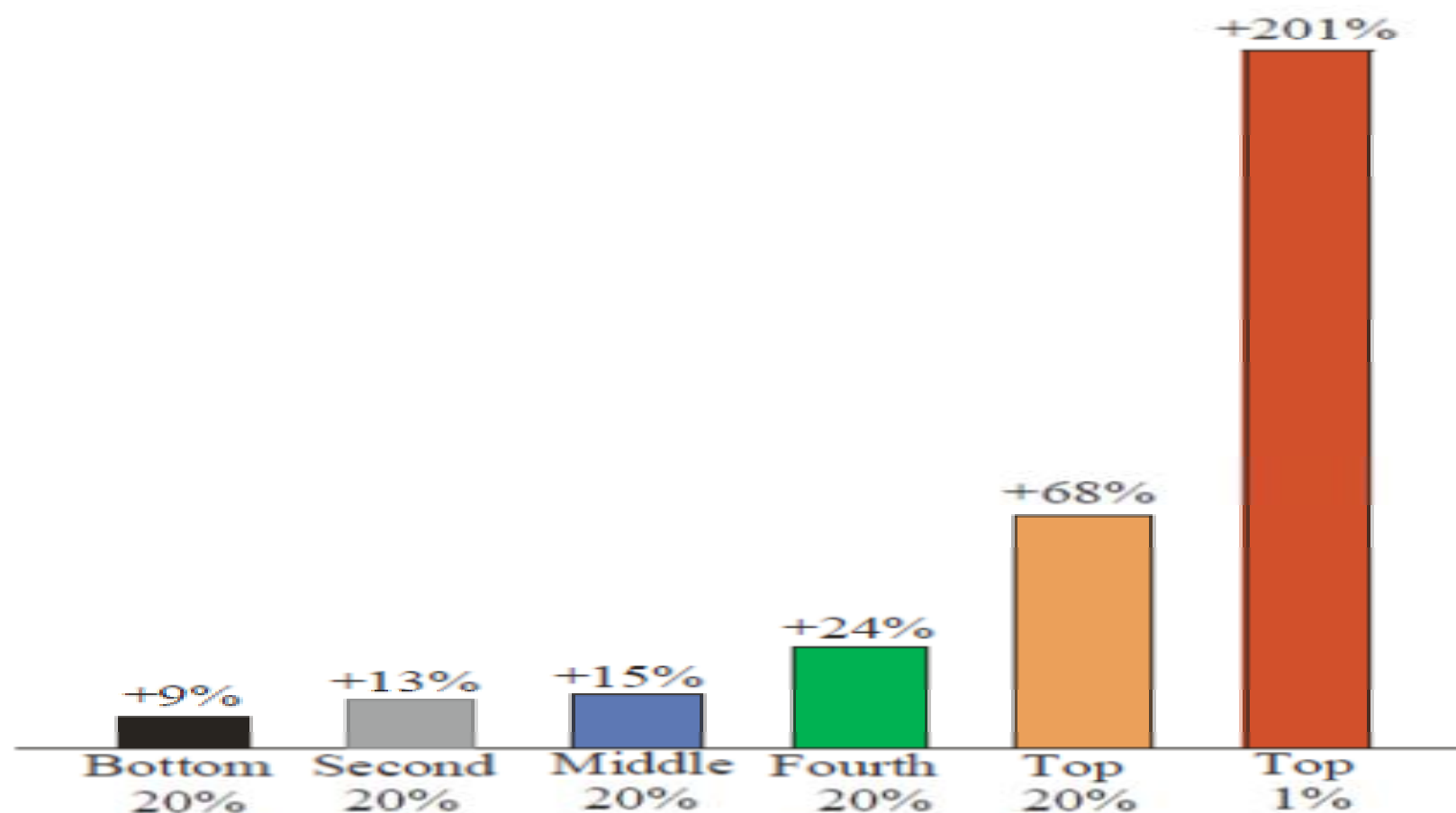


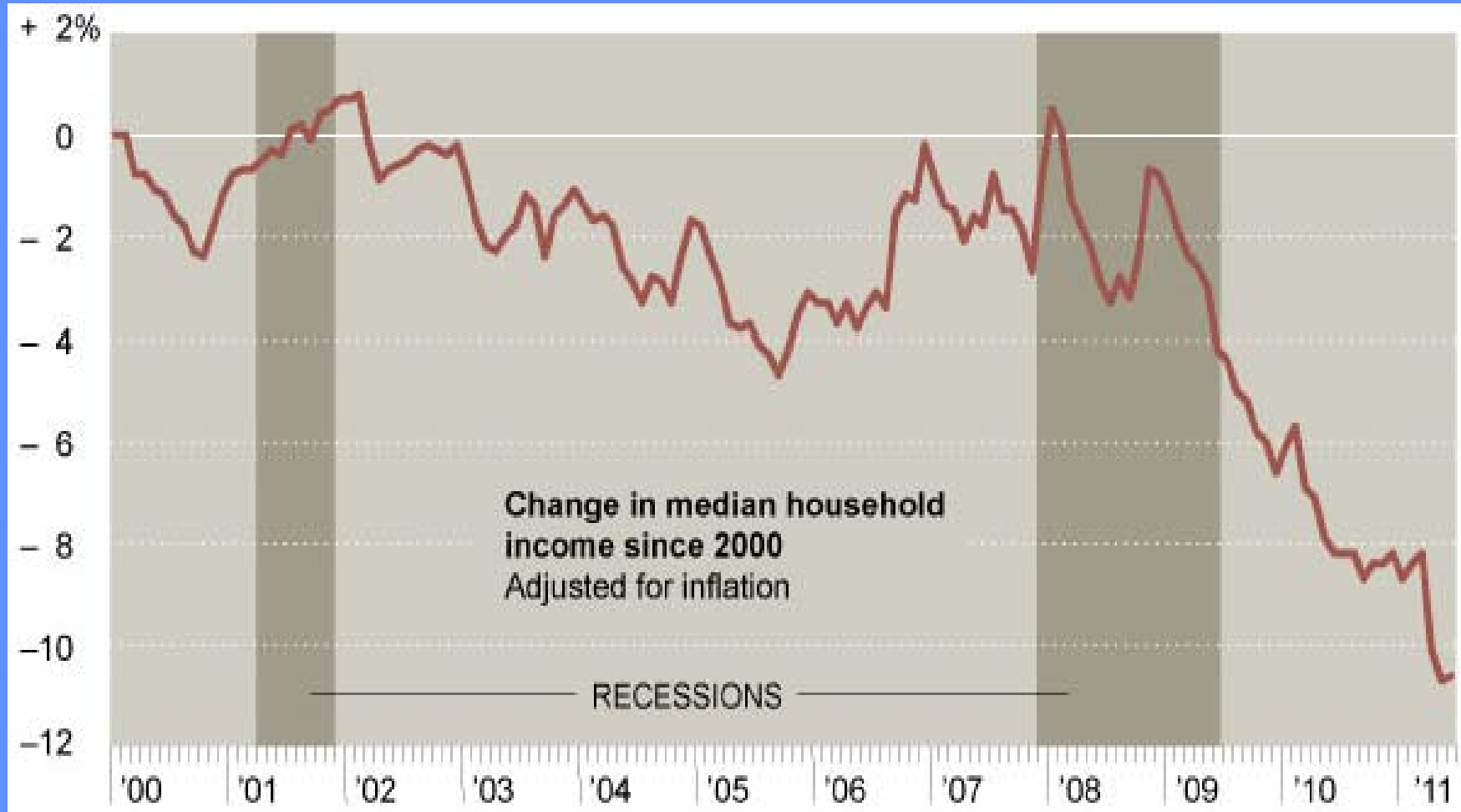
Expenditure Cascades: Frank, Levine, Dijk

Changes in Before Tax US Household Incomes 1979-2003

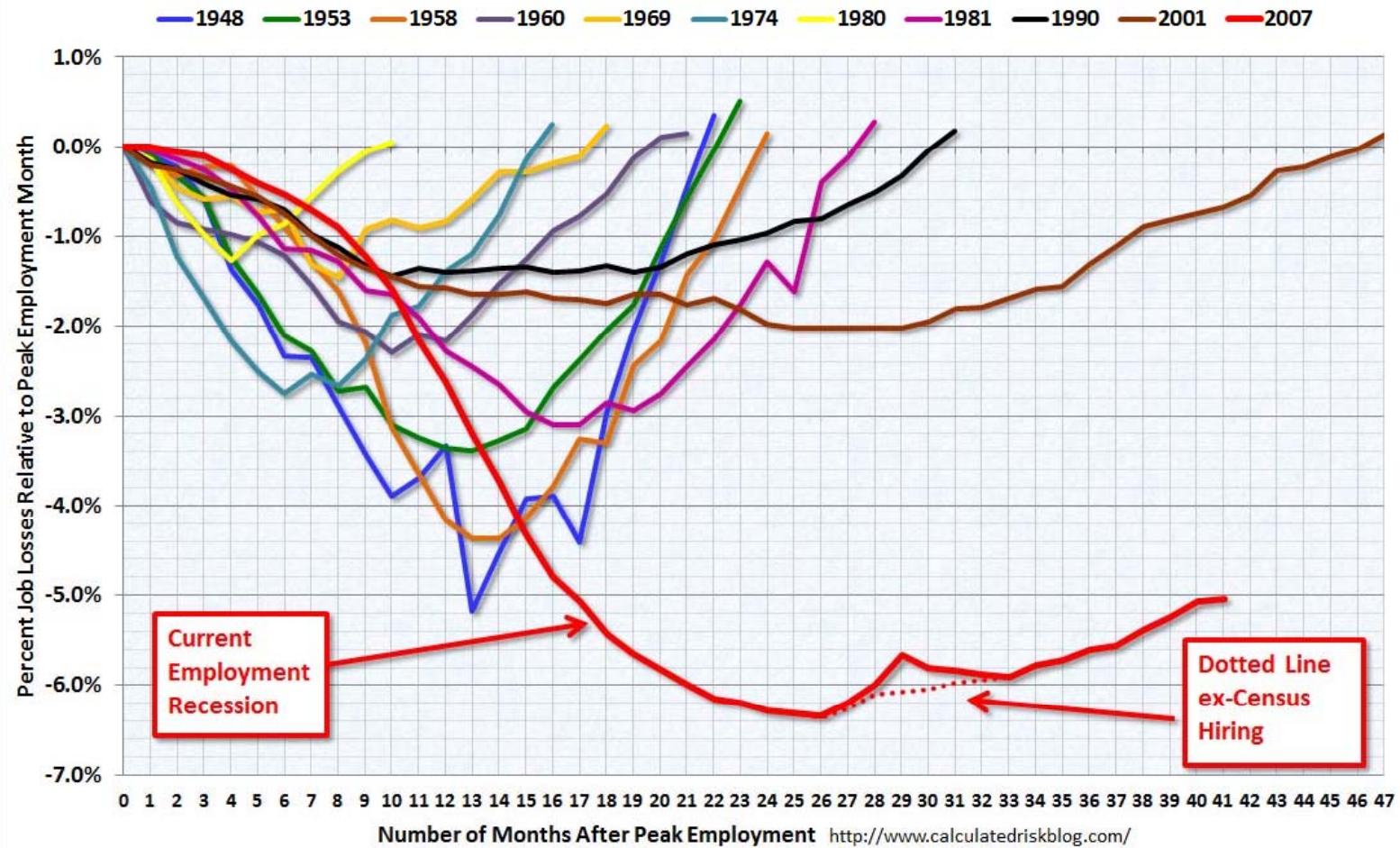


Changes In After-Tax US Household Income 1979-2000

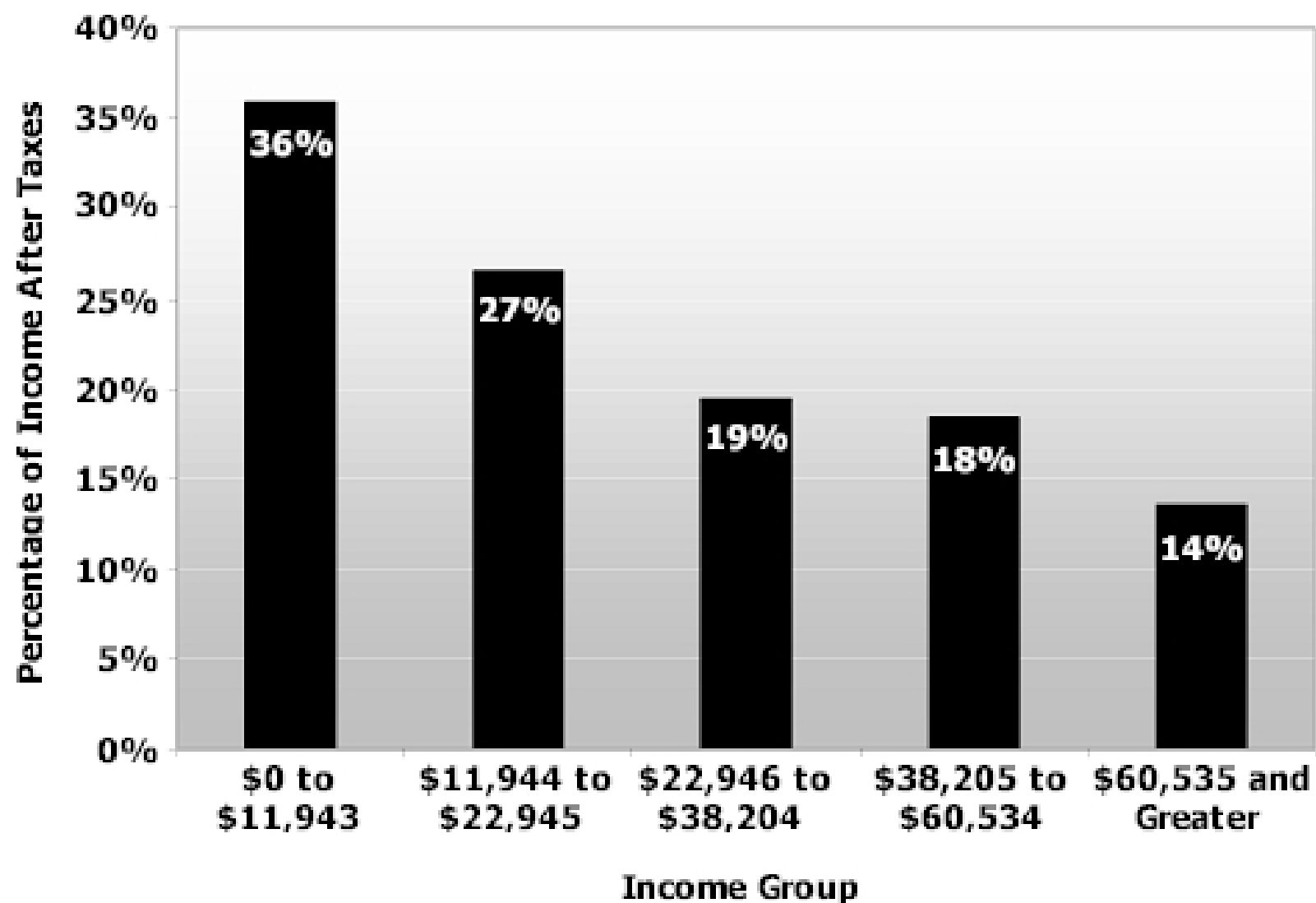




Percent Job Losses in Post WWII Recessions



<http://www.calculatedriskblog.com/>



<http://www.transact.org/report.asp?id=41>

Bottom of the Heap

Selected measures from the report "Social Justice in the OECD – How Do the Member States Compare?" Includes some categories of index ratings and some raw data.



Ratings are weighted and on a scale of 1 (lowest) to 10 (highest).

Inter-generational justice rating includes family and pension policies, environmental policies and assessment of political-economic being established for future generations.

	Overall social justice rating	Overall poverty prevention rating	Overall poverty rate	Child poverty rate	Senior citizen poverty rate	Income inequality (Gini index) Higher numbers represent more income inequality	Pre-primary education Public expenditure on pre-primary education as a percentage of GDP	Health rating (inclusiveness, quality of service, and perceived health between highest/lowest incomes)	
Iceland	8.73	9.07	6.4 %	6.7 %	6.7 %	0.301	0.75 %	8.53	7.18
Norway	8.51	8.87	7.8	5.5	8.0	0.250	0.42	7.30	8.53
Denmark	8.20	9.16	6.1	3.7	12.3	0.248	0.60	7.53	8.10
Sweden	8.18	8.43	8.4	7.0	9.9	0.269	0.67	7.87	9.00
Finland	8.00	8.53	8.0	5.2	13.0	0.259	0.58	7.17	8.01
Netherlands	7.72	8.88	7.2	9.6	1.7	0.294	0.38	7.08	6.82
Switzerland	7.44	7.39	9.3	9.4	17.6	0.303	0.19	6.03	7.55
Luxembourg	7.27	8.35	8.5	11.0	2.7	0.288	0.45	7.88	7.01
Canada	7.26	7.00	12.0	14.8	4.9	0.394	0.20	7.63	6.06
France	7.25	8.66	7.2	9.3	5.3	0.283	0.63	7.67	7.17
Czech Republic	7.17	9.18	5.0	9.6	3.6	0.256	0.42	5.84	6.97
New Zealand	7.14	6.27	11.0	12.2	23.5	0.380	0.45	6.18	6.98
Austria	7.13	8.49	7.9	7.2	9.9	0.261	0.45	6.87	7.11
Germany	7.03	8.12	8.9	9.3	10.3	0.285	0.40	6.63	6.87
Britain	6.79	6.92	11.0	13.2	12.2	0.345	0.38	6.77	6.95
Belgium	6.73	7.56	9.4	10.0	13.5	0.269	0.59	7.95	6.10
Hungary	6.41	9.14	6.4	7.2	4.7	0.272	0.69	5.08	6.04
Ireland	6.41	7.51	9.1	11.0	13.4	0.283	0.003	7.00	6.06
Italy	6.29	6.78	11.4	15.0	8.9	0.337	0.49	7.45	5.12
Poland	6.17	7.15	11.2	13.5	7.7	0.305	0.57	5.04	5.33
Australia	6.14	4.24	14.6	14.0	39.2	0.336	0.04	7.60	6.29
Japan	6.00	5.21	15.7	14.3	21.7	0.329	0.09	7.66	4.95
Portugal	5.97	5.77	12.6	18.7	15.2	0.353	0.37	5.86	5.60
Slovakia	5.86	8.33	7.2	10.7	7.2	0.257	0.37	5.04	5.24
South Korea	5.88	4.28	15.0	10.3	45.1	0.315	0.09	7.18	5.72
Spain	5.83	5.30	14.0	17.2	20.8	0.317	0.63	7.35	5.77
United States	5.70	3.85	17.3	21.6	29.2	0.378	0.33	6.23	5.95
Greece	5.37	6.24	10.8	13.2	22.7	0.307	0.11	6.61	3.47
Chile	5.20	3.30	18.4	24.0	22.8	0.484	0.59	5.65	5.92
Mexico	4.75	2.11	21.0	25.8	29.0	0.476	0.59	3.51	5.34
Turkey	4.19	4.26	17.0	23.5	13.7	0.409	0.02	3.79	5.05

Source: Bertelsmann Stiftung

- Social Justice in the OECD– How do member countries compare?
- US is in the bottom 5 including for:
- Overall Social Justice
- Childhood Poverty Rate
- Income Inequality

CDC: Antidepressant use skyrockets 400% in past 20 years

By Janice Lloyd, USA TODAY

Updated 8h 50m ago

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Use of antidepressant drugs has soared nearly 400% since 1988, making the medication the most frequently used by people ages 18-44, a report from the Centers for Disease Control and Prevention shows.



Matt Detrich, AP

Doctors who prescribe some popular antidepressants should monitor their patients closely for warning signs of suicide, especially when they first start the pills or change a dose.

Eleven percent of Americans ages 12 years and older took antidepressants during the 2005-08 study period, the authors write. They add that though the majority of antidepressants were taken to treat depression, the drugs also can be used for anxiety disorders and other conditions.

The data are from the [National Health and Nutrition Examination Surveys](#), which included information from 12,637 participants about prescription-drug use, antidepressant use, length of use, severity of depressive symptoms and contact with a health professional.

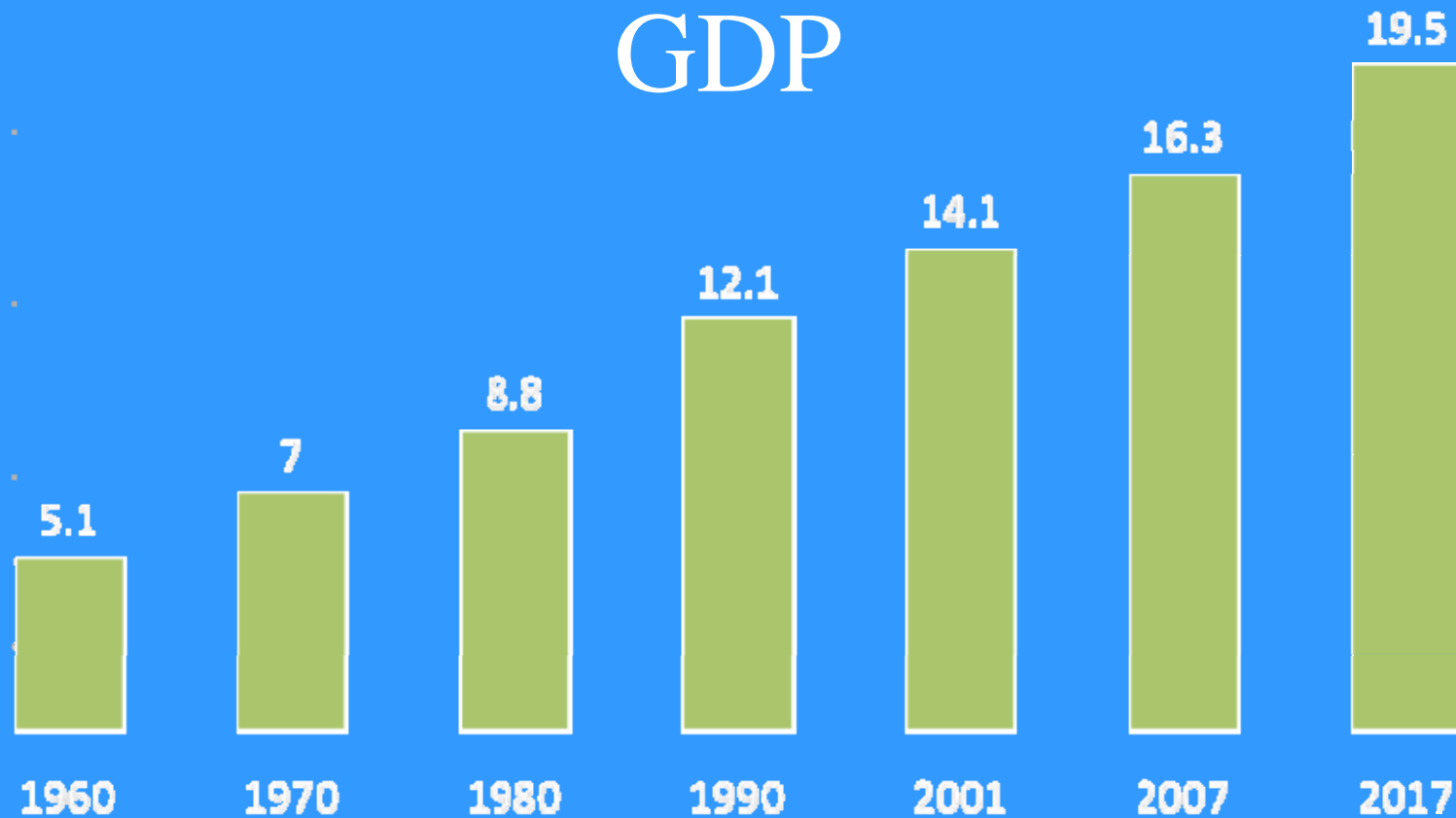
Mental-health professionals not associated with the survey cited several reasons as possible explanations for the spike:

USA Today 10/20/2011

Total US Food Expenditures 2009

- All food consumed in the U.S.
 - \$1.2 trillion
 - a 1.2% increase over 2008.
 - 8.4% of the US GDP
- Spending on food
 - away from home -- 48.6%
 - at home -- 51.4%

U.S. “Health” Care Expenditures as Percent of GDP



Keehan et al: *Health Affairs*
March/April 2008 27: 145-155

- “Even under the most optimistic estimates, of the 30 years of increased life expectancy achieved between the 1890s and 1990s...
????? can be attributed to medical care.”

- “...of the 30 years of increased life expectancy 1890 -1990...
 5 years can be attributed to medical care.”

The rest has come from immunization and changes in the living environment.

Medical Care is NOT... Health Care

Institute of Medicine

*The purpose of public health is
to fulfill society's interest in
assuring the conditions in which
people can be healthy*

Will 23 lanes be enough?

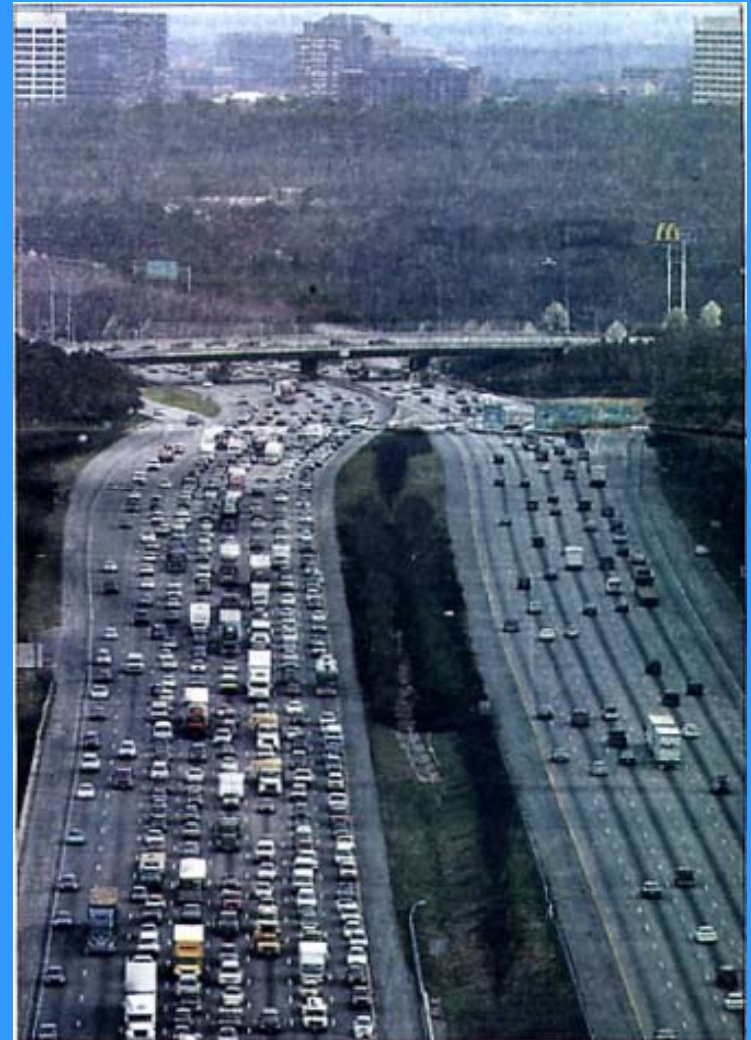
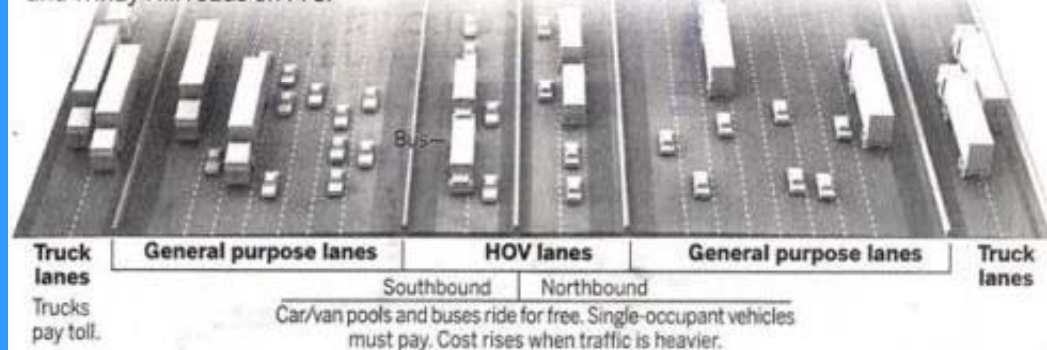
Proposal would put I-75 among country's biggest

By ARIEL HART
ahart@ajc.com

It's wider than an aircraft carrier. Far wider than the carving on Stone Mountain. Wider than the White House stretched end to end, twice.

It's the planned I-75, all 23 lanes, coming soon to Cobb County. As currently conceived it's 388 feet across, wider than a football field is long.

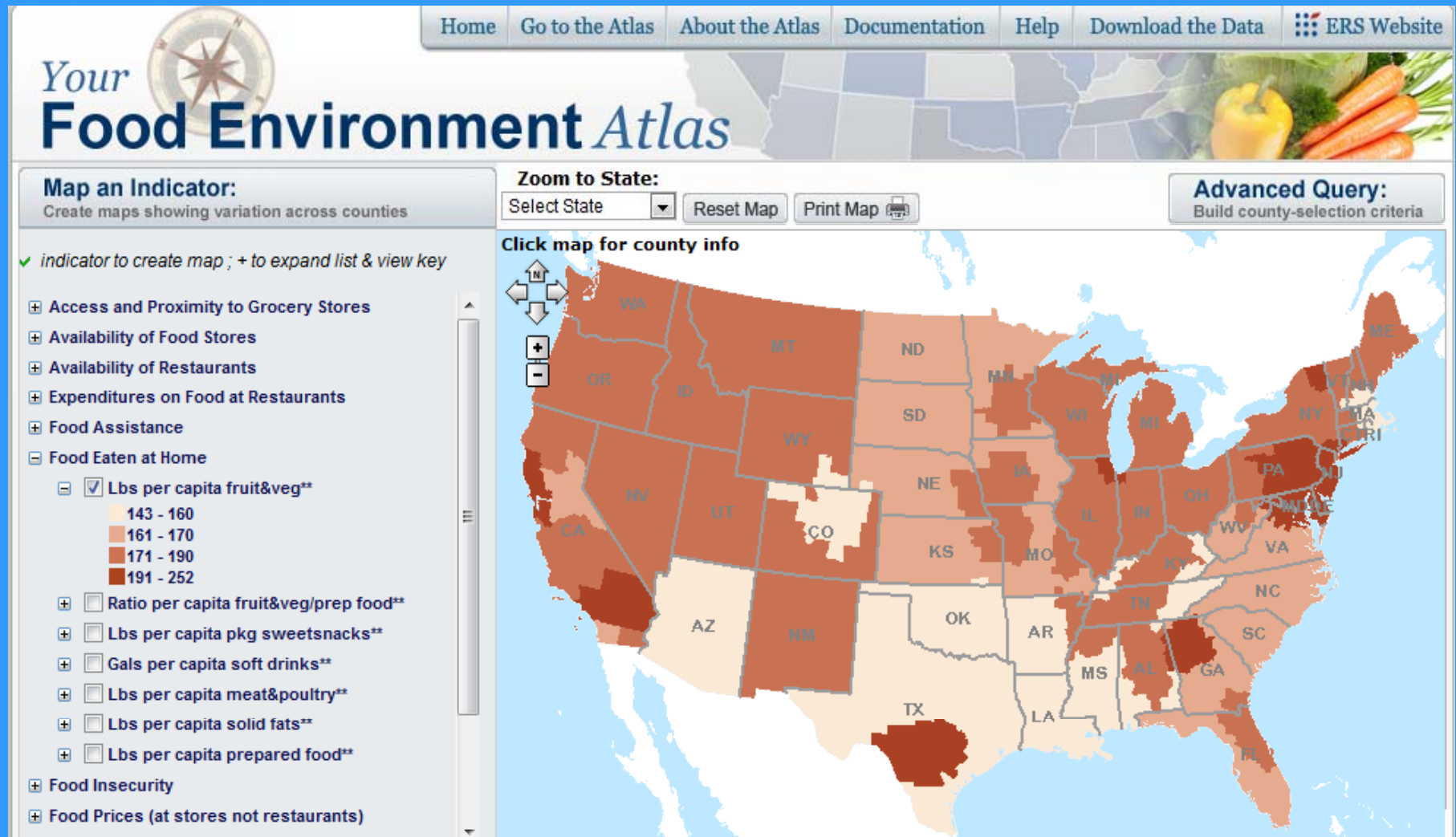
23 LANES: The state Department of Transportation is planning to expand I-75 (below) and I-575 in Cobb and Cherokee counties. The 23-lane stretch would be between Delk and Windy Hill roads on I-75.



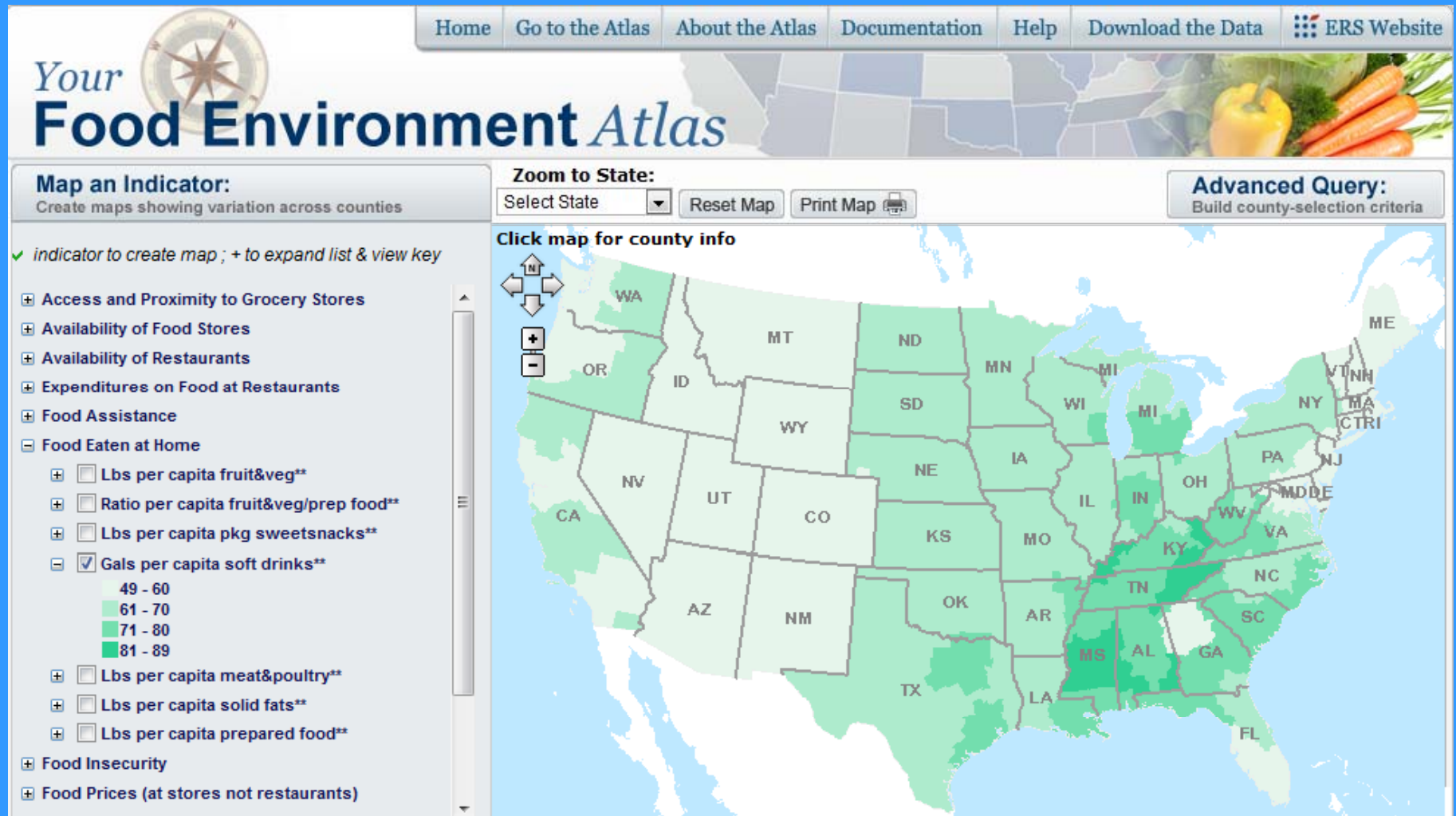
Traffic heads north on I-75, just north of I-285, on Thursday. A proposal for the interstate is enough to make a road builder weep with joy, and make others wonder whether it's overkill.



Fruit and Vegetable Consumption eaten at home, lbs per capita



Soft Drinks Consumed at Home gallons per capita



“Life Expectancy Is Declining in Some Pockets of the Country”

NICHOLAS BAKALAR -- New York Times

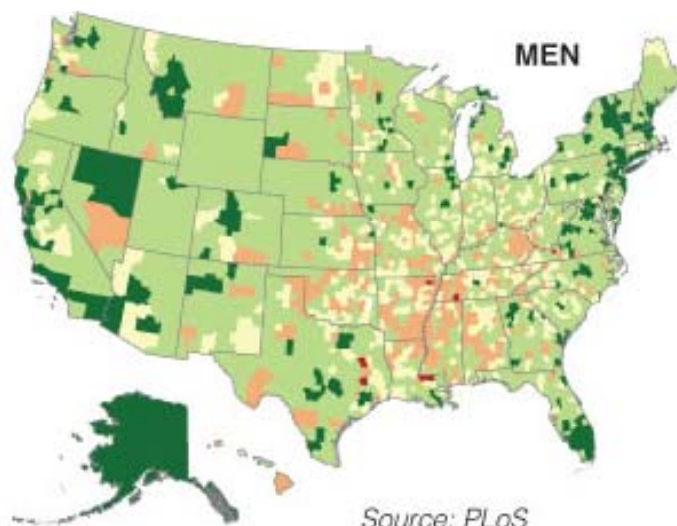
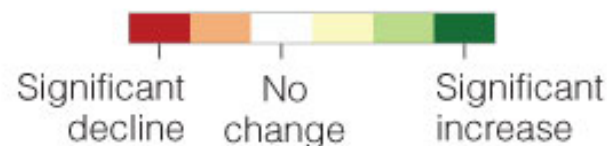
The New York Times

April 22, 2008

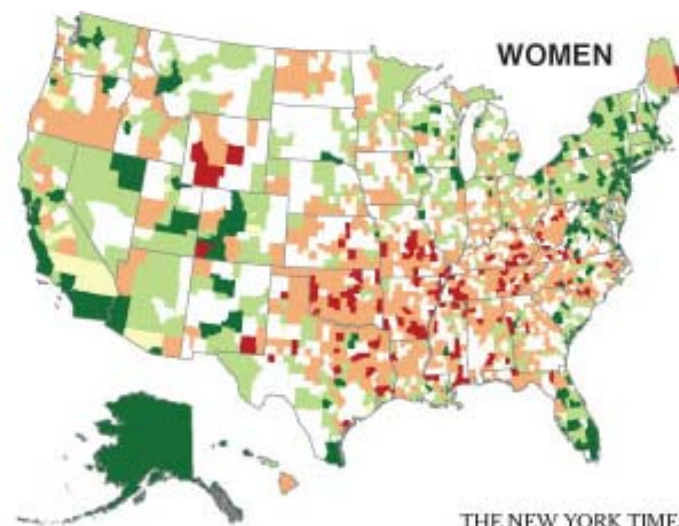
Longevity by County

From 1983 to 1999, life expectancy declined significantly in 11 counties for men, and 180 counties for women. Counties with significant declines were consistent with regional trends in smoking, high blood pressure and obesity.

Change in life expectancy
relative to the national average



Source: PLoS

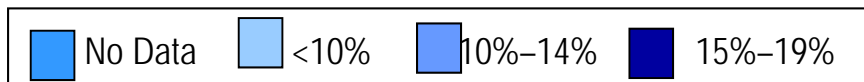
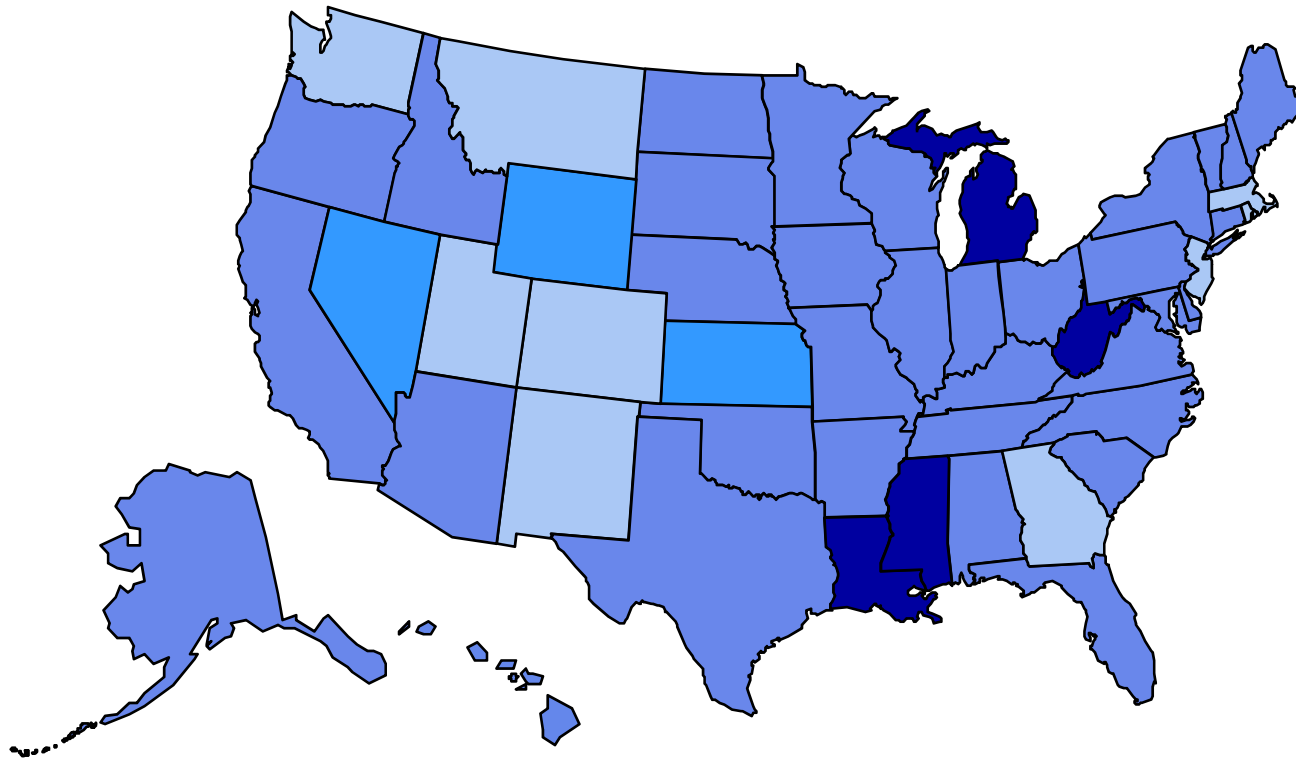


THE NEW YORK TIMES

Obesity Trends* Among U.S. Adults

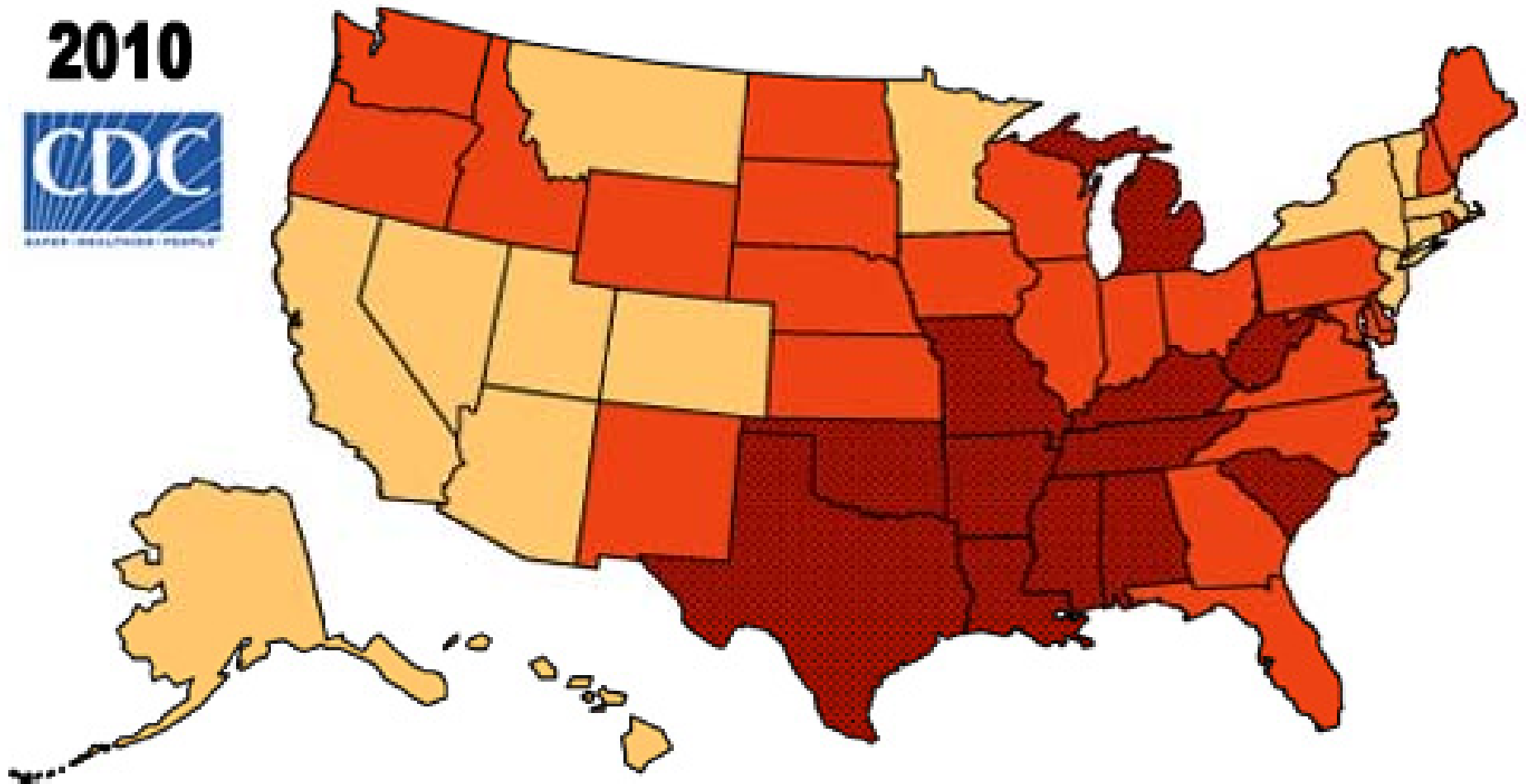
BRFSS, 1991

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

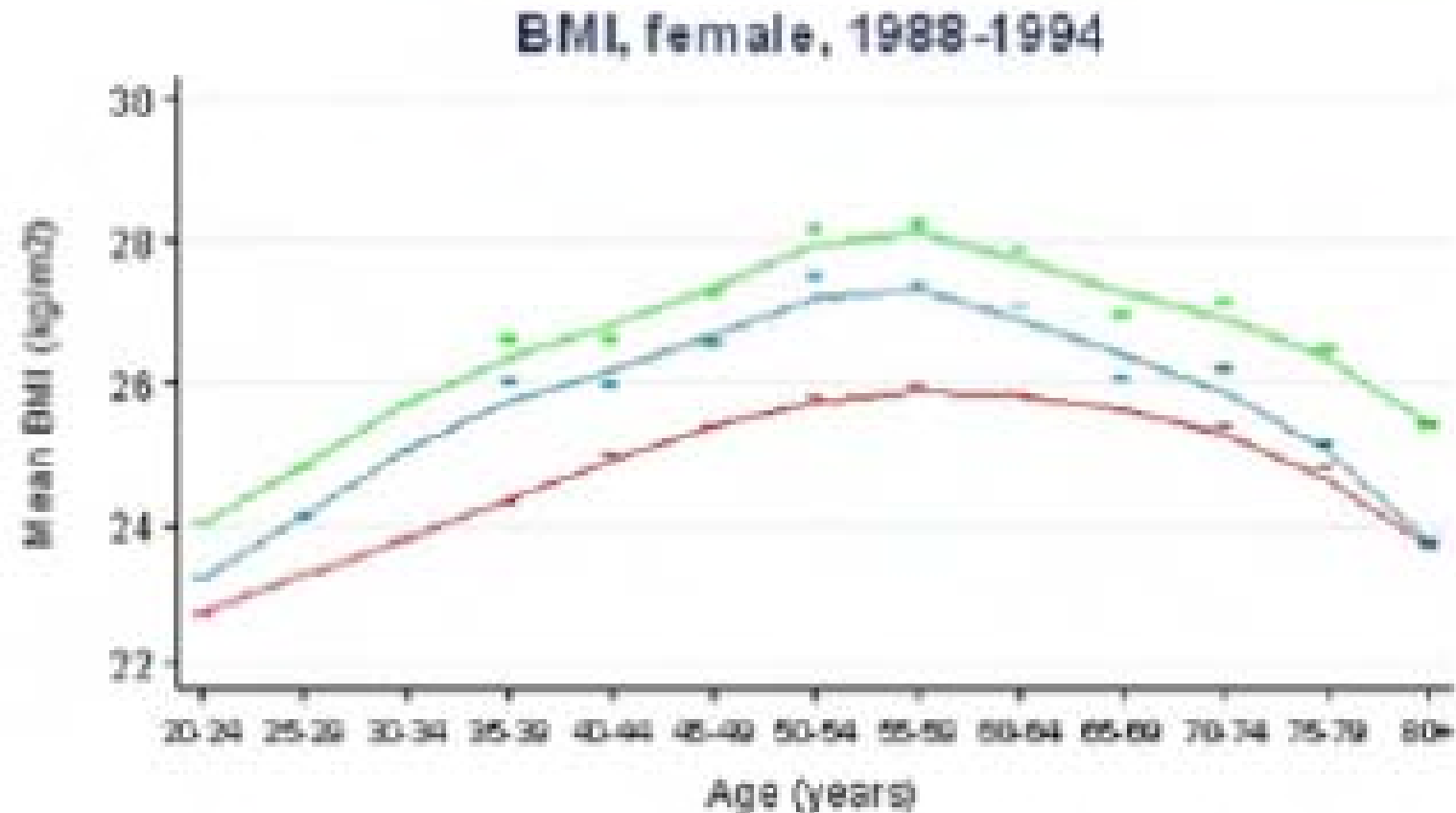


- Obesity Trends US Adults 2010

2010



Body Mass Index US Females 1988-1994

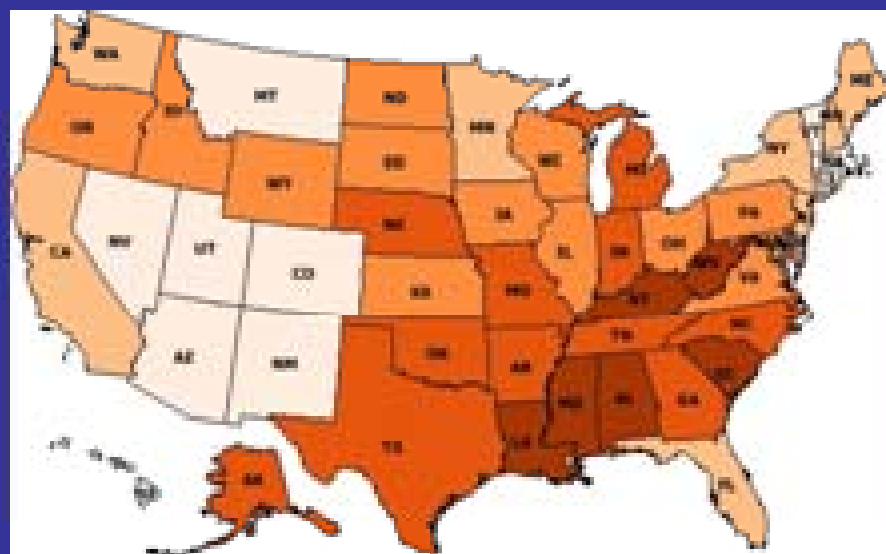


NHANES -- Measured

NHANES – In person interview-- self-reported

BRFSS – Telephone Interview

Obesity and Physical Inactivity in the United States, 2005

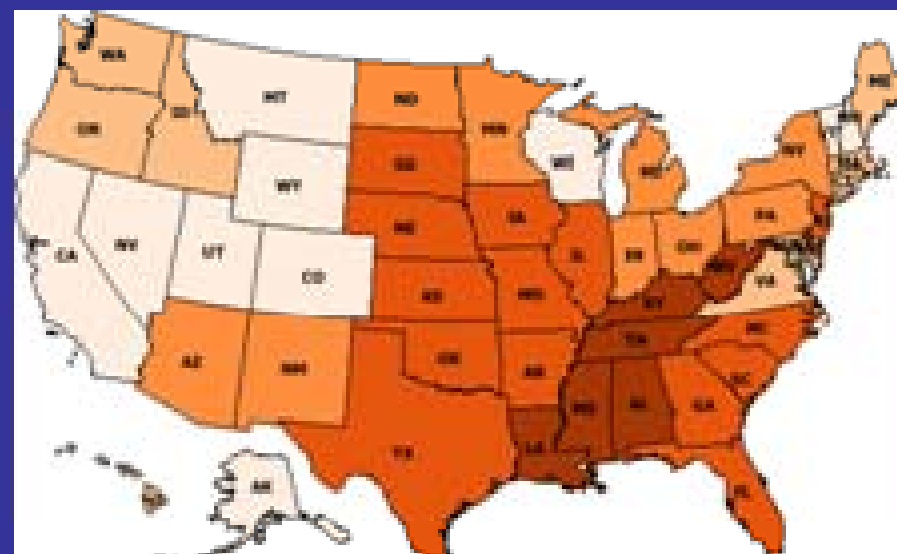


Obesity

Defined as Body Mass Index ≥ 30



Percent



Physical Inactivity

Defined as adults reporting "No":

- ≥ 30 min moderate physical activity ≥ 5 days/week, OR
- ≥ 20 min vigorous physical activity ≥ 3 days/week



Percent

Source: Self-reported data, Behavioral Risk Factor Surveillance System
(<http://apps.nccd.cdc.gov/gisbrfss/default.aspx>)



Becoming Obese is a
“Personal” Decision! (?)

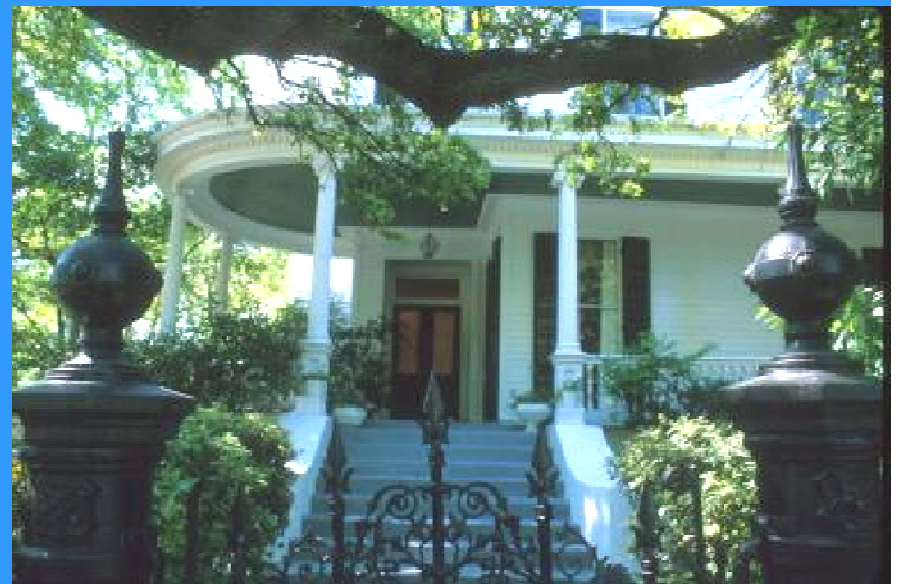
**Hardee's introduces
new
Mega-Calorie
“Monster
Thickburger”**



- **1,420 calories**
- **107 grams of fat**
- **7.1 hours of moderate walking**

Fast Food Restaurants

- “black/low income” neighborhoods ~
2.4 per sq. mile
- “white” neighborhoods:
1.5 per sq. mile



BILLBOARDS VS. HEALTH: Considering the Impact of Billboards on Health

CASE STUDY: SUNSET BLVD (HOLLYWOOD)

BILLBOARD TYPES

• ALCOHOL:	12
• ENTERTAINMENT:	26
• FOOD:	1
• PRODUCT:	16
• WEIGHTLOSS:	0
• OTHER:	10
TOTAL	65



Theresa Devine & Amy Vetal

BILLBOARDS VS. HEALTH: Considering the Impact of Billboards on Health

Case Study LaBrea, Hawthorne



BILLBOARDS VS. HEALTH: Considering the Impact of Billboards on Health

CASE STUDY: LA BREA HAWTHORNE)

BILLBOARD TYPES

• ALCOHOL:	17
• ENTERTAINMENT:	3
• FOOD:	4
• PRODUCT:	3
• WEIGHTLOSS:	4
• OTHER:	4
TOTAL	35





The NEW ENGLAND JOURNAL of MEDICINE

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SPECIAL ARTICLE

The Spread of Obesity in a Large Social Network over 32 Years

Nicholas A. Christakis, M.D., Ph.D., M.P.H., and James H. Fowler, Ph.D.

N Engl J Med 2007; 357:370-379 | July 26, 2007

[Abstract](#)[Article](#)[References](#)[Citing Articles \(334\)](#)[Glossary](#)

BACKGROUND

The prevalence of obesity has increased substantially over the past 30 years. We performed a quantitative analysis of the nature and extent of the person-to-person spread of obesity as a possible factor contributing to the obesity epidemic.

MEDIA IN THIS ARTICLE

Animation



Agriculture Policy Is Health Policy

RICHARD J. JACKSON, RAY MINJARES, KYRA S. NAUMOFF,
BINA PATEL SHRIMALI, and LISA K. MARTIN

University of California, Los Angeles, School of Public Health, Los Angeles, California, USA

The Farm Bill is meant to supplement and secure farm incomes, ensure a stable food supply, and support the American farm economy. Over time, however, it has evolved into a system that creates substantial health impacts, both directly and indirectly. By generating more profit for food producers and less for family farmers; by effectively subsidizing the production of lower-cost fats, sugars, and oils that intensify the health-destroying obesity epidemic; by amplifying environmentally destructive agricultural practices that impact air, water, and other resources, the Farm Bill influences the health of Americans more than is immediately apparent. In this article, we outline three major public health issues influenced by American farm policy. These are (1) rising obesity; (2) food safety; and (3) environmental health impacts, especially exposure to toxic substances and pesticides.

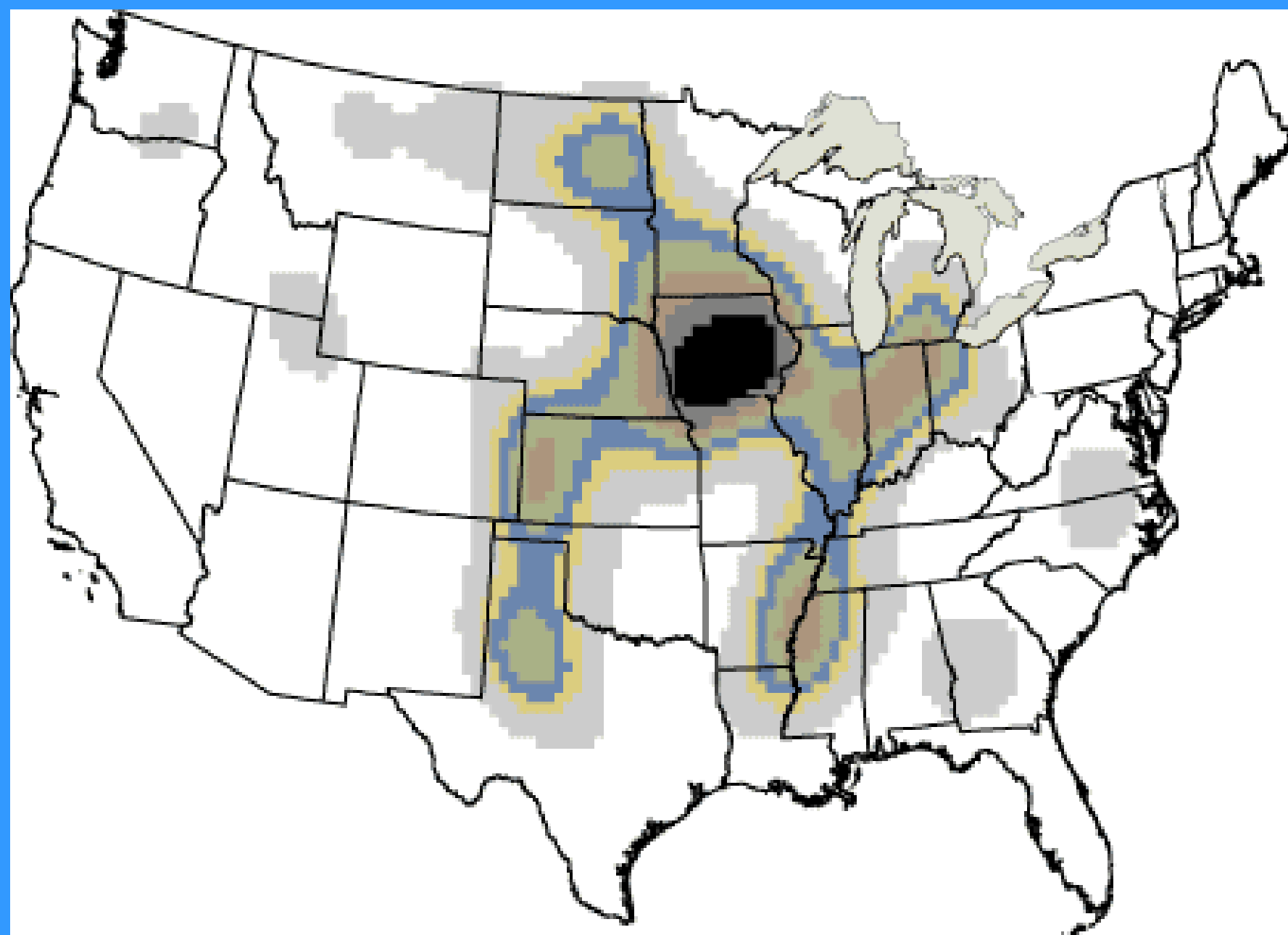
KEYWORDS *Farm Bill, obesity, environment, health*

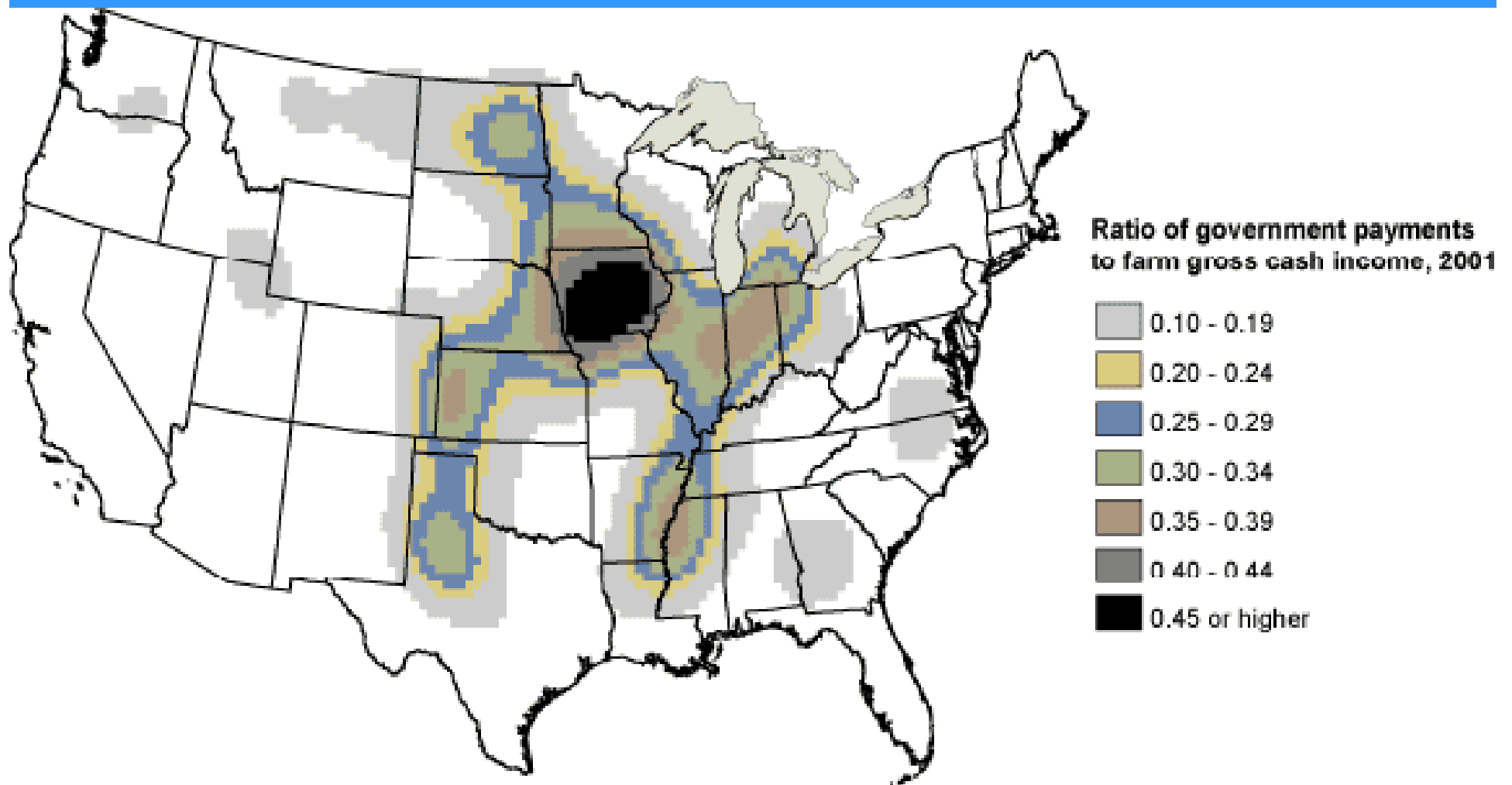
USDA subsidies for farms in United States totaled \$143,835,000,000 from 1995 through 2004.

Environmental Working Group's

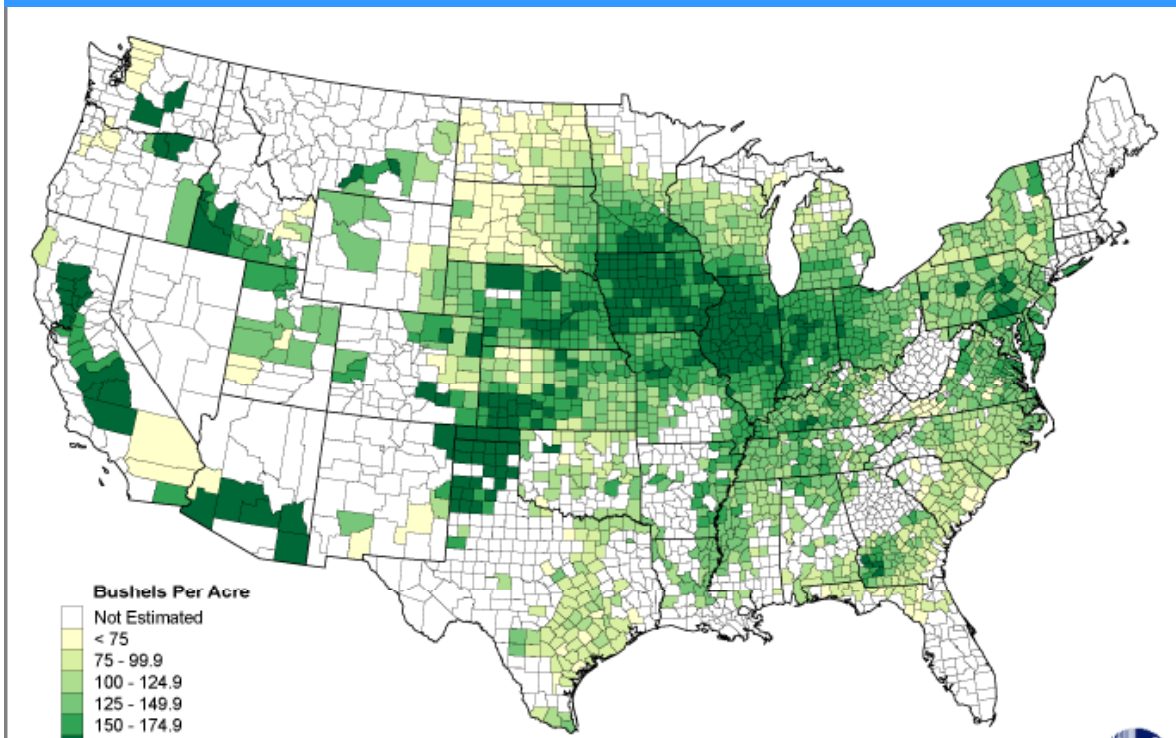
Farm Subsidy Database

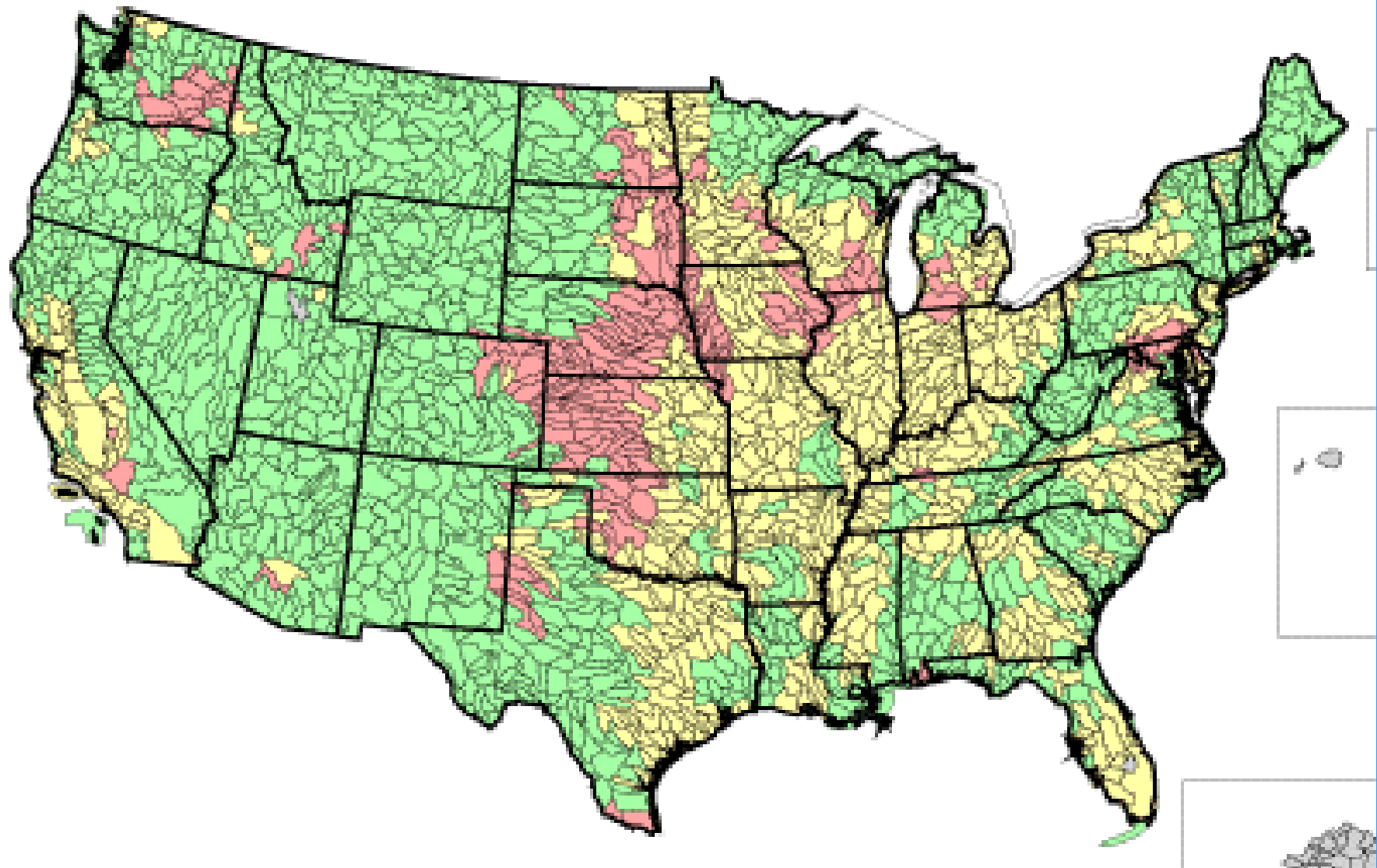






Corn: planted on 80 million acres of the US

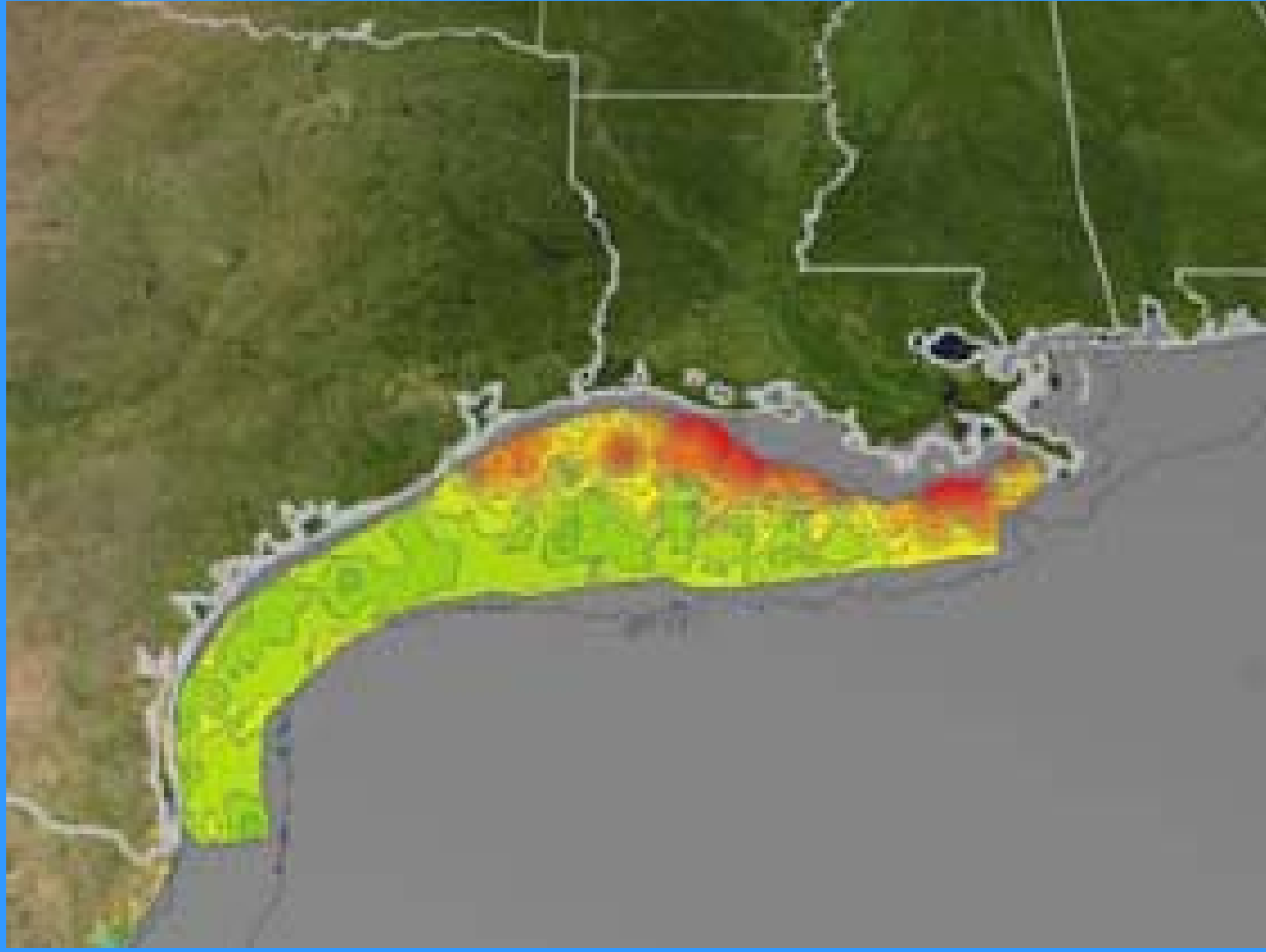


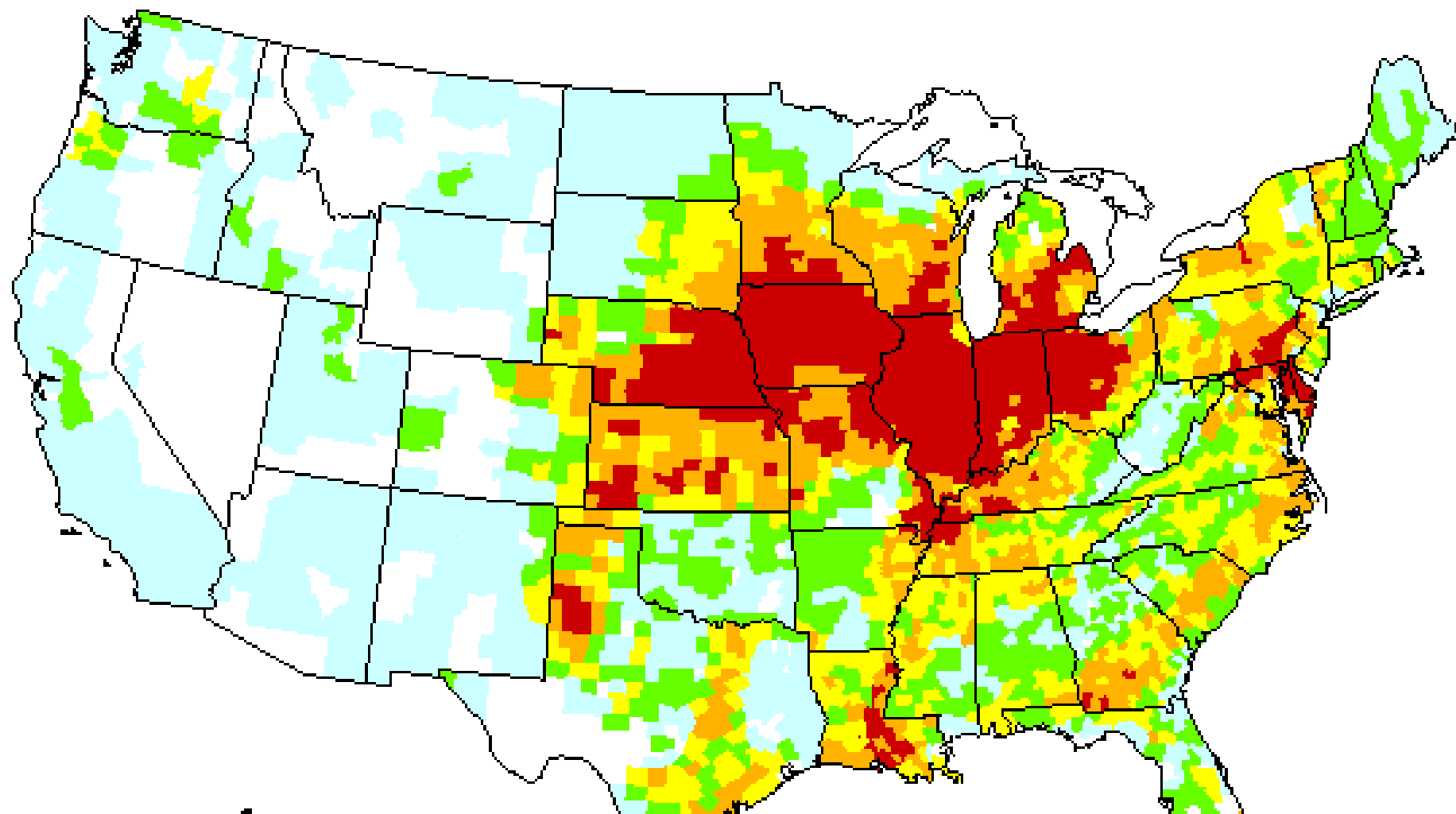


Synthetic Nitrate Fertilizers

- One fourth of all of the synthetic nitrate fertilizer used in the history of the planet has been used in the last 20 years just on American corn.







Atrazine: Corn Herbicide

- Estimated Annual Average Usage in Agricultural Food Production:
 - 75 million lbs active Ingredient applied
 - 85% on field corn

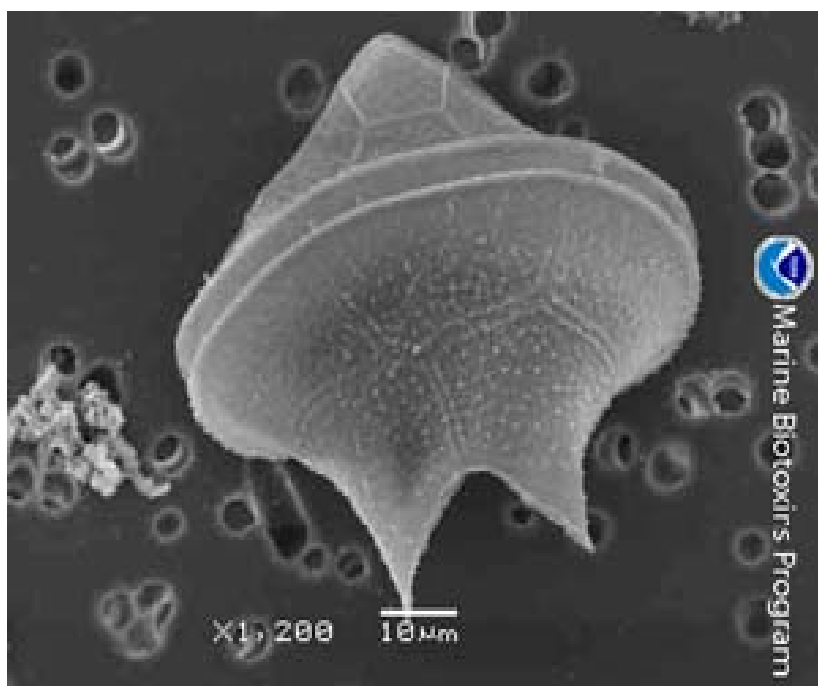
Atrazine: Human Health Hazards

Suspected:
Carcinogen
Endocrine Disruptor
GI and Liver Toxicant
Immunotoxicant
Reproductive Toxicant



“Protein levels in Phytoplankton significantly decreased as a result of atrazine exposure.”

PESTICIDE MAY NEGATIVELY AFFECT ESTUARINE HEALTH
NOAA Study Identifies Potential Impacts on Aquatic Food Sources



Jan. 18, 2007 — [NOAA National Centers for Coastal Ocean Science](#) researchers have identified potential effects of the commonly used herbicide atrazine on phytoplankton—free-floating algae forming the base of the food chain for aquatic animals. Published in the January 2007 issue of the journal *Pesticide-Biochemistry and Physiology*, the study indicates protein levels in phytoplankton significantly decreased as a result of atrazine exposure. **(Click NOAA image for larger view of a type of phytoplankton as viewed under an electron microscope. Please credit "NOAA.")**

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In fact, it's the best college discount from any car company,¹ and can save you hundreds — even thousands — on an eligible, new Chevrolet,² Buick or GMC. If you're in college, a grad program or even a recent grad...take advantage today and get a great deal on a new ride to call your own!



2012 Chevrolet Sonic
(discount example)

Sonic 5-Door LS MSRP starting at	\$ 15,395.00
MSRP of Sonic 5-Door 1LT as shown ³	\$ 16,495.00
Preferred Pricing ⁴	\$ 16,202.07
Your Discount	\$ 292.93



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(discount example)

Sierra 1500 Reg. Cab WT 2WD MSRP starting at	\$ 22,940.00
MSRP of Sierra 1500 Extended Cab SLE 2WD with optional equipment as shown ³	\$ 32,840.00
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Your Discount	\$ 1,813.74

To save even more, combine your discount with most current incentives.



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E85: explained

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Plant your info and see how you can reduce your gasoline usage by driving one of GM's many corn-fed FlexFuel vehicles.

your info:

How many miles do you drive per year?

12,000 ▼

Choose a GM FlexFuel vehicle:

06 Chevy Avalanche ▼

2006 EPA estimates for
2006 Chevy Avalanche
E85 Ethanol:
combined hwy/city: 12.5 mpg
Regular Gasoline:
combined hwy/city: 16 mpg



your results:

Annual barrels of oil reduced:

13 barrels

Corn used as fuel:

18,240 cobs

cornulate! ►

FLEXFUEL
E85 ETHANOL

E-mail this link ►

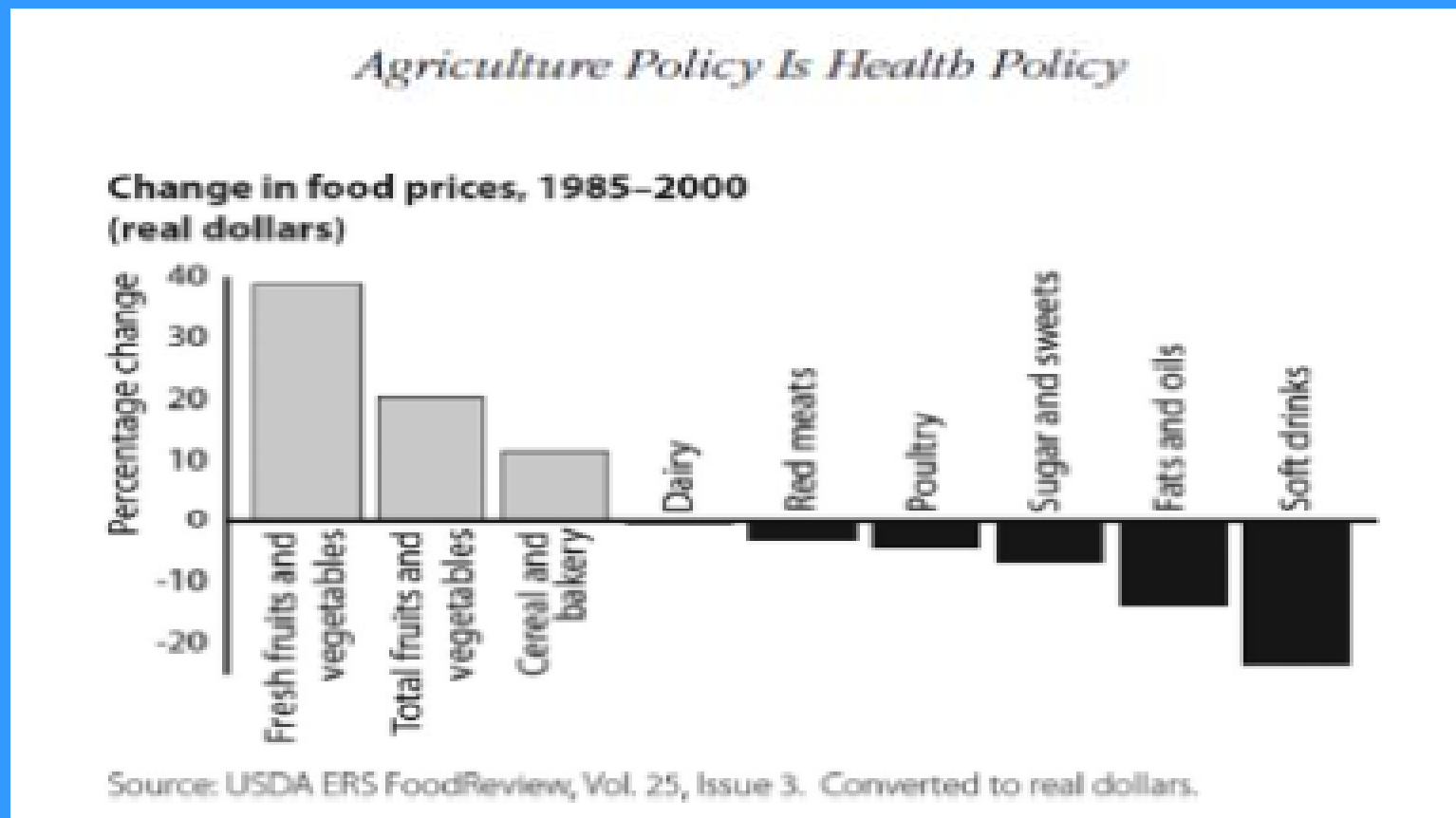
What is
E85?

Only 

Biofuels - Great Green Hope or Swindle?

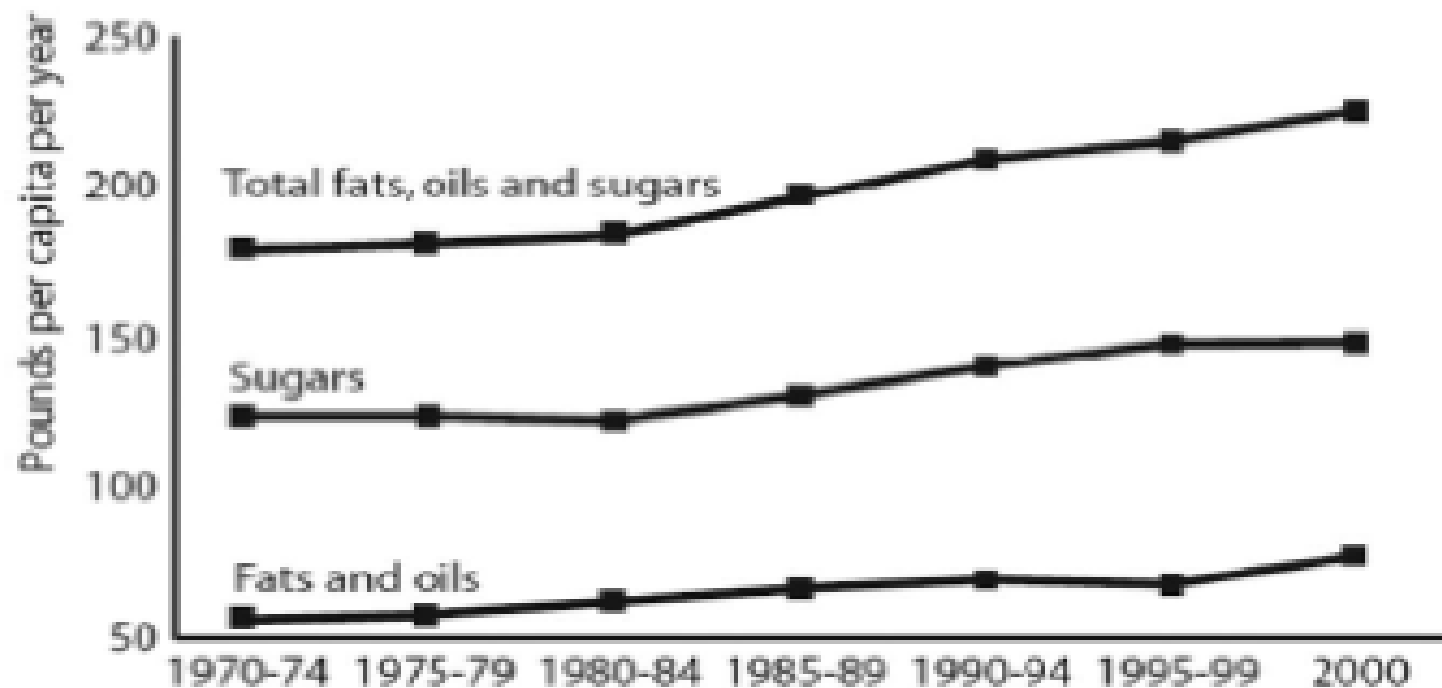
"Fuel made from food is a dumb idea."

“The real cost of fruits and vegetables has increased and the real cost of fats, oils, and soft drinks has decreased.”



Consumption of fats, oils and sugars 1970-2000

U.S. consumption of sugars and fats



Source: USDA ERS, Food Review, Vol. 25, Issue 3

High Fructose Corn Sugar

- US annual per capita consumption of HFCS
- 63 pounds



High Fructose Corn Sugar

- US annual per capita consumption of HFCS
 - 63 pounds
 - 114,545 calories
- Can convert to 28 pounds of body fat

Wall Street Journal

Coca Cola CEO – October, 2009

OPINION | OCTOBER 7, 2009, 10:24 P.M. ET

Coke Didn't Make America Fat

Americans need more exercise, not another tax.

Article

Comments (120)



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Text



By MUHTAR KENT

Obesity is a complex issue, and addressing it is important for all Americans. We at the Coca-Cola company are committed to working with government and health organizations to implement effective solutions to address this problem.

But a number of public-health advocates have already come up with what they think is the solution: heavy taxes on some routine foods and beverages that they have decided are high in calories. The taxes, the advocates acknowledge, are intended to limit consumption of targeted foods and help you to accept the diet that they have determined is best.

In cities and states across America—and even at the federal level—this idea is getting increased attention despite its regressive nature and inherent illogic.

Health Impacts of Sugar-Sweetened Beverages on Children

- The risk of obesity in children increases 60% with every additional daily serving of soda



Facts...

- 22 Number of teaspoons of added sugar Americans consume daily
- 1 Ranking of soda among all foods as the source of added sugar in the American diet
- 50 Gallons of soda and other Sugar Sweetened Beverages the average American consumes yearly
- 27 Percent greater likelihood of overweight or obesity for adults who drink one or more sodas or SSBs daily

“Supersizing” a fast-food meal – the real costs

- Paying 67 cents to supersize an order
— 73% more calories for only 17%
more money
- A Bargain!

“Supersizing” a fast-food meal – the real costs

- Paying 67 cents to supersize an order — 73% more calories for 17% more money
- — adds an average of 36 grams of adipose tissue.
- The future medical costs for that “bargain” would be \$6.64 for an obese man and \$3.46 for an obese woman.

DIABETES

It Strikes
16 Million
Americans

Are You
at Risk?

Computer drawing of a human insulin molecule

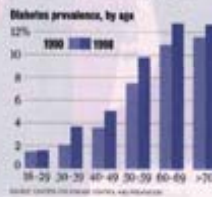
SOCIETY

An American Epidemic

Diabetes

The silent killer: Scientific research shows a 'persistent explosion' of cases—especially among those in their prime
BY JERRY ADLER AND CLAUDIA KALB

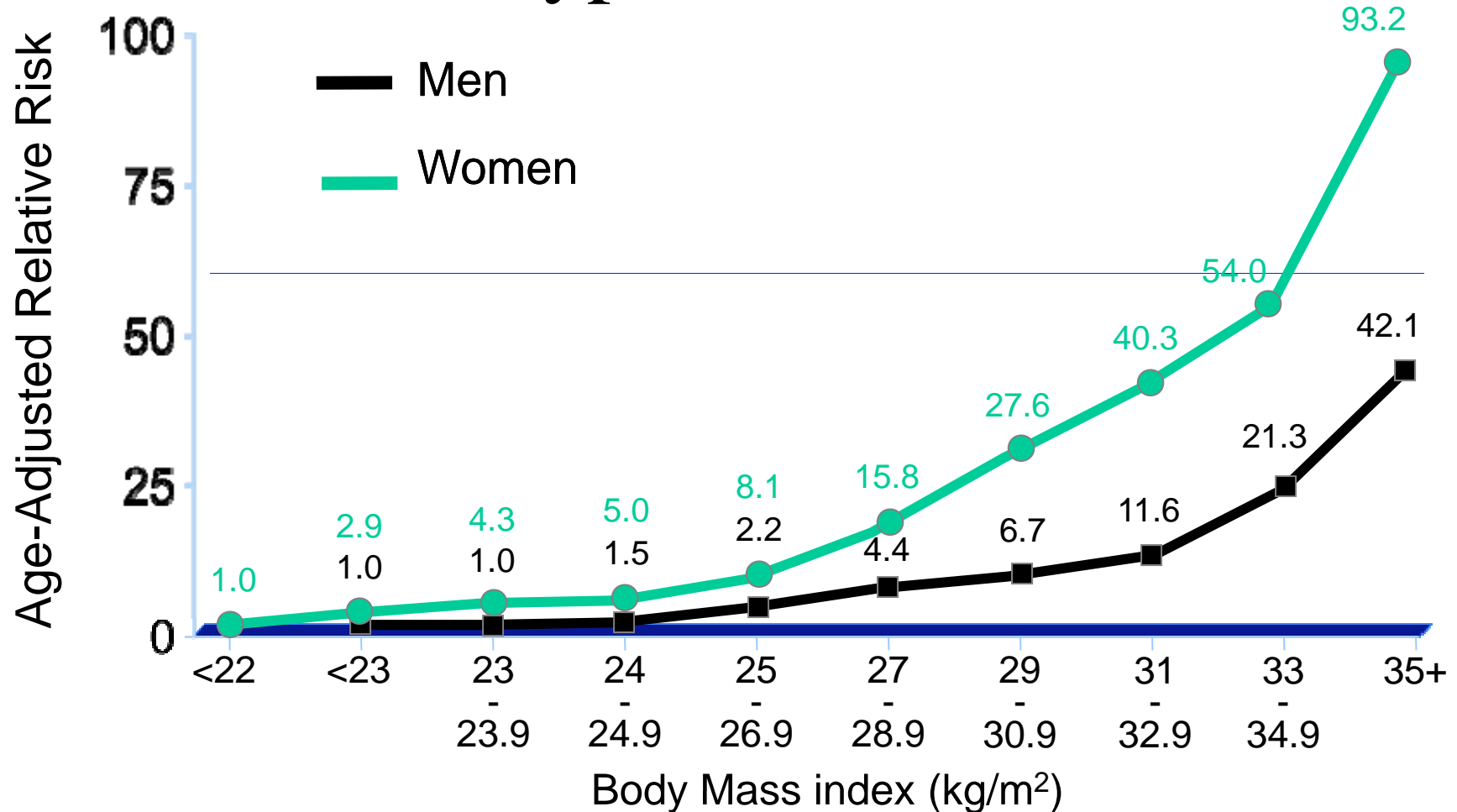
SOMETHING TERRIBLE WAS HAPPENING TO YOLANDA BENITEZ'S eyes. They were being poisoned; the fragile capillaries of the retina attacked from within and were leaking blood. The first symptoms were red lines, appearing vertically across her field of vision; the lines multiplied and merged into a haze that shut out light entirely. "Her blood vessels inside her eye were popping," says her daughter, Jannette Roman, a Chicago college student. Benitez, who was in her late 40s when the problem began four years ago, was a cleaning woman, but she's had to stop working. After five surgeries, she has regained vision in one eye, but the other is completely useless. A few weeks ago, awakening one night in a hotel bedroom, she walked into a door, setting off a paroxysm of pain and nausea that hasn't let up yet. And what caused this catastrophe was nothing as exotic as pesticides or emerging viruses. What was poisoning Benitez was sugar.



Heredity
Genes help determine whether you'll get diabetes. In many families, multiple generations are struck. But heredity is not destiny—especially if you eat well and exercise.

STREET PHOTO: Benitez (left) and Roman. Benitez's mother and two brothers died from complications of the disease.

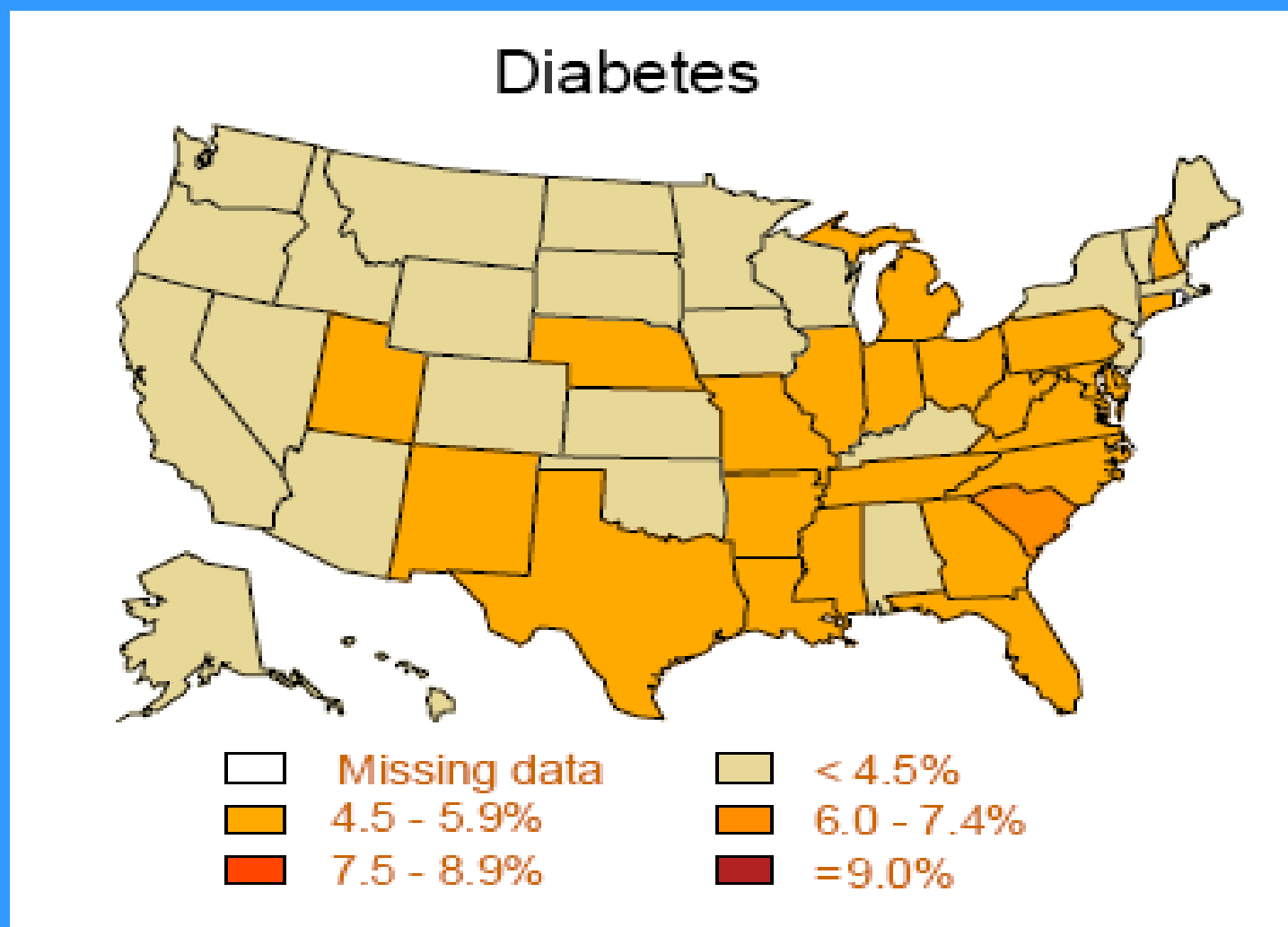
Relationship Between BMI and Risk of Type 2 Diabetes



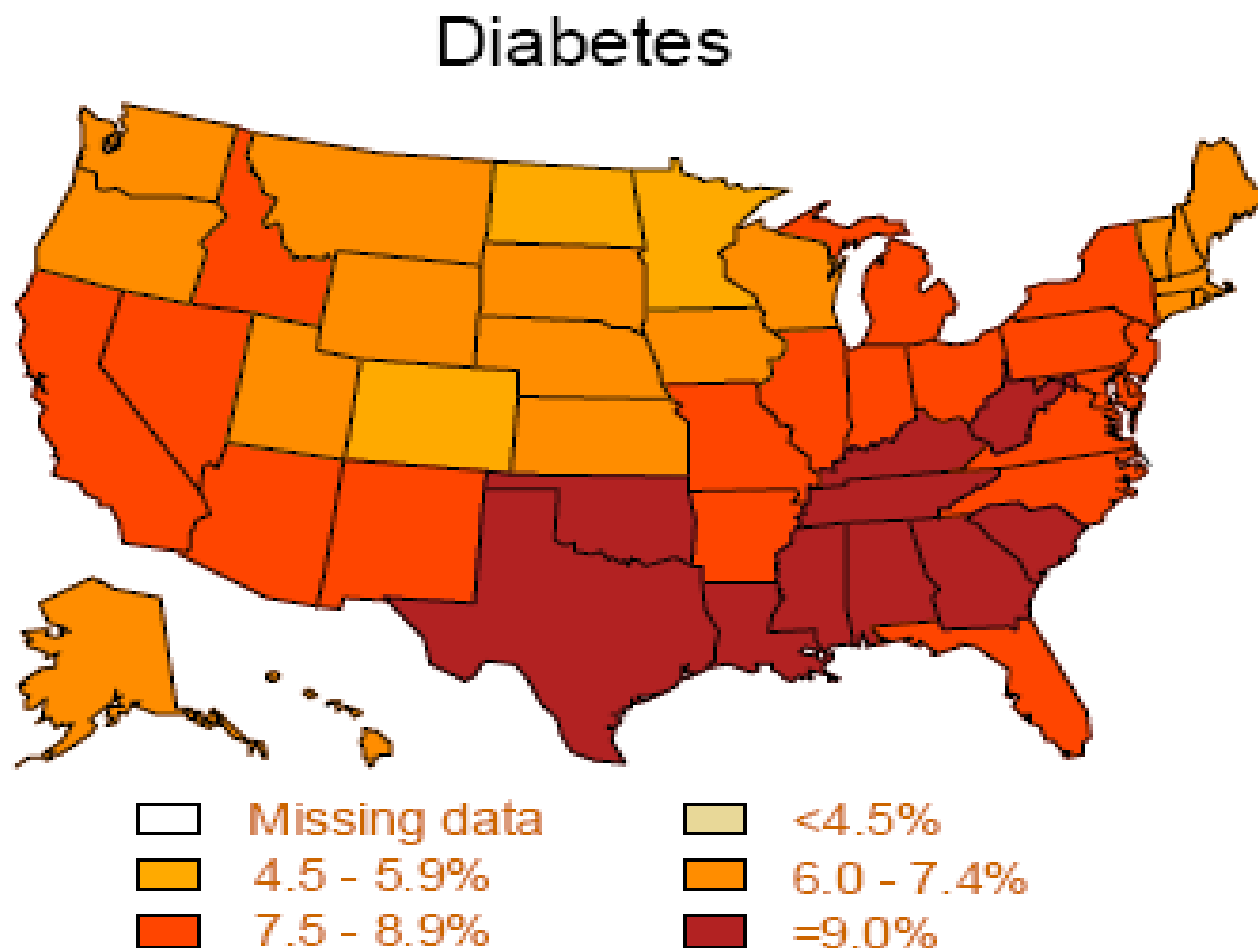
Chan J et al. *Diabetes Care* 1994;17:961.

Colditz G et al. *Ann Intern Med* 1995;122:481.

Percentage of US Adults with Diagnosed Diabetes - 1994



Percentage of US Adults with Diagnosed Diabetes - 2007





RESEARCH

Open Access

Projection of the year 2050 burden of diabetes in the US adult population: dynamic modeling of incidence, mortality, and prediabetes prevalence

James P Boyle¹, Theodore J Thompson^{1*}, Edward W Gregg¹, Lawrence E Barker¹, David F Williamson²

By the year 2050—
21% of the US population will have diabetes
--33% if everyone receives good treatment

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Threatens America's
Best Farmland

California



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POLICY STATEMENT

The Built Environment: Designing Communities to Promote Physical Activity in Children

Committee on Environmental Health

ABSTRACT

An estimated 32% of American children are overweight, and physical inactivity contributes to this high prevalence of overweight. This policy statement highlights how the built environment of a community affects children's opportunities for physical activity. Neighborhoods and communities can provide opportunities for recreational physical activity with parks and open spaces, and policies must support this capacity. Children can engage in physical activity as a part of their daily lives, such as on their travel to school. Factors such as school location have played a significant role in the decreased rates of walking to school, and changes in policy may help to increase the number of children who are able to walk to school. Environment modification that addresses risks associated with automobile traffic is likely to be conducive to more walking and biking among children. Actions that reduce parental perception and fear of crime may promote outdoor physical activity. Policies that promote more active lifestyles among children and adolescents will enable them to achieve the recommended 60 minutes of daily physical activity. By working with community partners, pediatricians can participate in establishing communities designed for activity and health. *Pediatrics* 2009;123:1591-1598

INTRODUCTION

A child's life is affected by the environment in which he or she lives. Relationships between health and the quality of air, water, and food are well recognized.¹⁻³ The physical environments of the home and school also influence health through exposures to lead,⁴ mold,⁵ noise,⁶ or ambient light.⁷ In addition, the overall structure of the physical environment of a child's community (referred to as the "built environment") can also affect health in diverse ways.

As cities have expanded into rural areas, large tracts of land have been frequently transformed into low-density developments in a "leapfrog" manner. The resultant urban sprawl can increase automobile travel, which increases air pollution⁸ as well as passenger and pedestrian traffic fatalities.⁹ Some urban areas may have few supermarkets, produce stands, or community gardens, thereby limiting access to fresh fruits and vegetables.¹⁰ The physical environment of a community can support opportunities for play, an essential component of child development,¹¹ and for physical activity, a health behavior that not only reduces risk of excess weight gain^{12,13} but also has many other benefits for overall well-being.

Many factors influence a child's level of physical activity, including individual-level psychosocial factors such as self-efficacy^{14,15}; family factors such as parental support¹⁶; and larger-scale factors such as social norms.¹⁷ Although these are all important contributors, this policy statement is limited to focusing on how the physical design of the community affects children's opportunities for physical activity. Opportunities for recreational physical activity arise with parks and green spaces. "Utilitarian" physical activity, such as walking or bicycling to school and to other activities, is an equally important part of a child's daily life. Environments that promote more active lifestyles among children and adolescents will be important to enable them to achieve recommended levels of physical activity.

BACKGROUND

The term "built environment" refers to spaces such as buildings and streets that are deliberately constructed as well as outdoor spaces that are altered in some way by human activity. This term may be unfamiliar to most clinicians, but with the high prevalence of childhood overweight and obesity,¹⁸ the subject is increasingly relevant.

www.pediatrics.org/cgi/doi/10.1542/peds.2009-0750
doi:10.1542/peds.2009-0750

All policy statements from the American Academy of Pediatrics are automatically expire 5 years after publication unless reaffirmed, revised, or extended prior to that time.

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Key Words

physical activity; youth; neighborhood; active transportation to school; parks; built environment; active living; urban design; pedestrian safety

PEDiatrics (ISSN Number: 0031-4005, Online: 1098-4202). Copyright © 2009 by the American Academy of Pediatrics

- The Built Environment: Designing Communities to Promote Physical Activity in Children
- Policy Statement American Academy of Pediatrics
- June 2009



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Mathias Botanical G 0.13mi

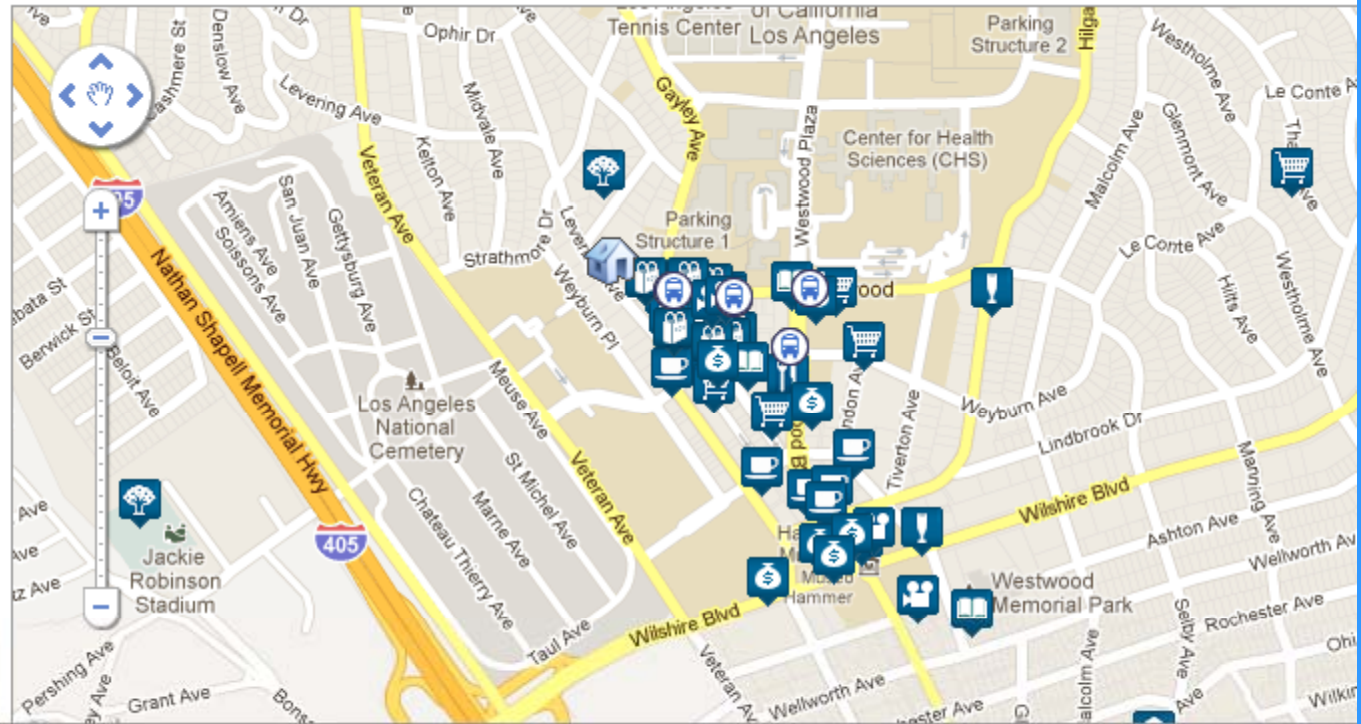
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Whiskey Blue 0.45mi

Entertainment



Exercise for the treatment of depression and anxiety.

Depression and anxiety are the most common psychiatric conditions seen in the general medical setting, affecting millions of individuals in the United States.

- International Journal of Psychiatry and Medicine. 2011;41(1):15-28. Carek, PJ et al
- Department of Family Medicine, Medical University of South Carolina, Charleston 29406, USA.

- Exercise compares favorably to antidepressant medications as a first-line treatment for mild to moderate depression and has also been shown to improve depressive symptoms when used as an adjunct to medications.

Farmers' Markets and Urban Agriculture



**FARM BUREAU
SAN DIEGO COUNTY**

Weather

Home : Buy Local : Certified Farmers' Markets

Certified Farmers' Markets

Buy Local San Diego Produce

Visiting one of the Farmers' Markets in San Diego County allows you to experience agriculture. These Farmers' Markets are certified by the State, ensuring that the produce is being sold by the grower, is grown in California and meets all California quality standards. These criteria ensure that you receive the freshest produce for the right price.

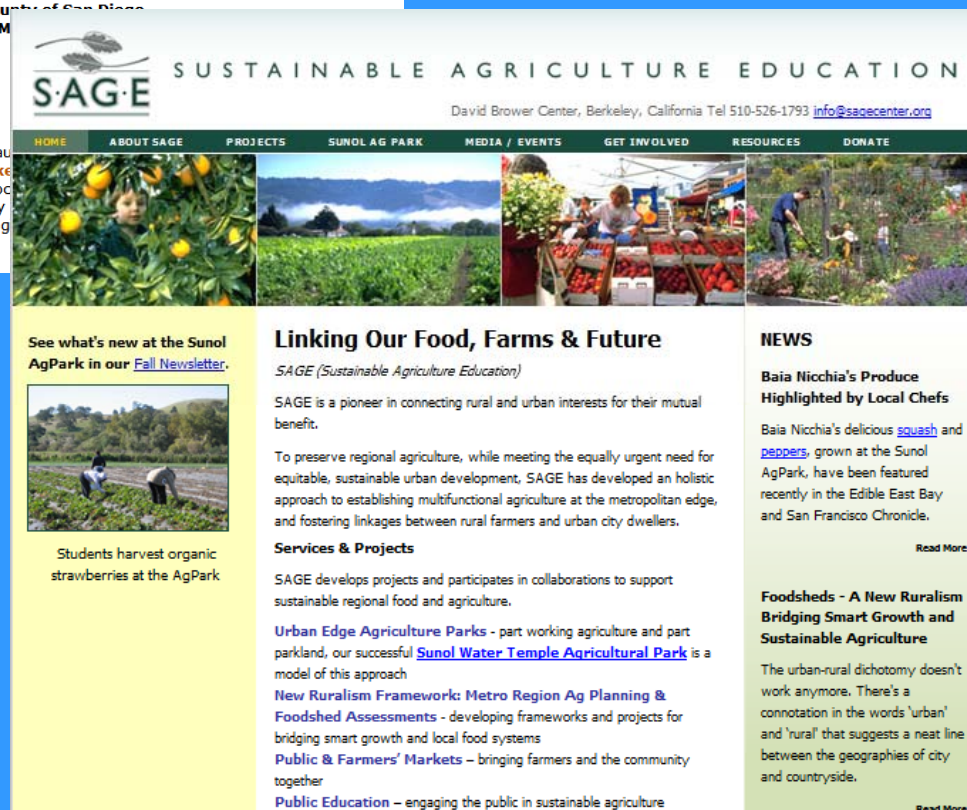
For information about how to become Certified by the State to sell your produce at a Farmer's Market call the County of San Diego Department of Agriculture Weights & Measures.

San Marcos Office: 760-752-4700
San Diego Office: 858-694-2778

New Market Coming Soon

Thursday, **September 4th** will be the inaugural sponsored **Valley Center Farmers' Market** at 3:00 p.m. and run until sunset. The location is between the Upper and Lower Elementary. If you want to be a part of this market, call 760-745-3023.

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Linking Our Food, Farms & Future

SAGE (Sustainable Agriculture Education)

SAGE is a pioneer in connecting rural and urban interests for their mutual benefit.

To preserve regional agriculture, while meeting the equally urgent need for equitable, sustainable urban development, SAGE has developed an holistic approach to establishing multifunctional agriculture at the metropolitan edge, and fostering linkages between rural farmers and urban city dwellers.

Services & Projects

SAGE develops projects and participates in collaborations to support sustainable regional food and agriculture.

Urban Edge Agriculture Parks - part working agriculture and part parkland, our successful [Sunol Water Temple Agricultural Park](#) is a model of this approach

New Ruralism Framework: Metro Region Ag Planning & Foodshed Assessments - developing frameworks and projects for bridging smart growth and local food systems

Public & Farmers' Markets - bringing farmers and the community together

Public Education - engaging the public in sustainable agriculture

NEWS

Baia Nicchia's Produce Highlighted by Local Chefs

Baia Nicchia's delicious [squash](#) and [peppers](#), grown at the Sunol AgPark, have been featured recently in the Edible East Bay and San Francisco Chronicle.

[Read More](#)

Foodsheds - A New Ruralism Bridging Smart Growth and Sustainable Agriculture

The urban-rural dichotomy doesn't work anymore. There's a connotation in the words 'urban' and 'rural' that suggests a neat line between the geographies of city and countryside.

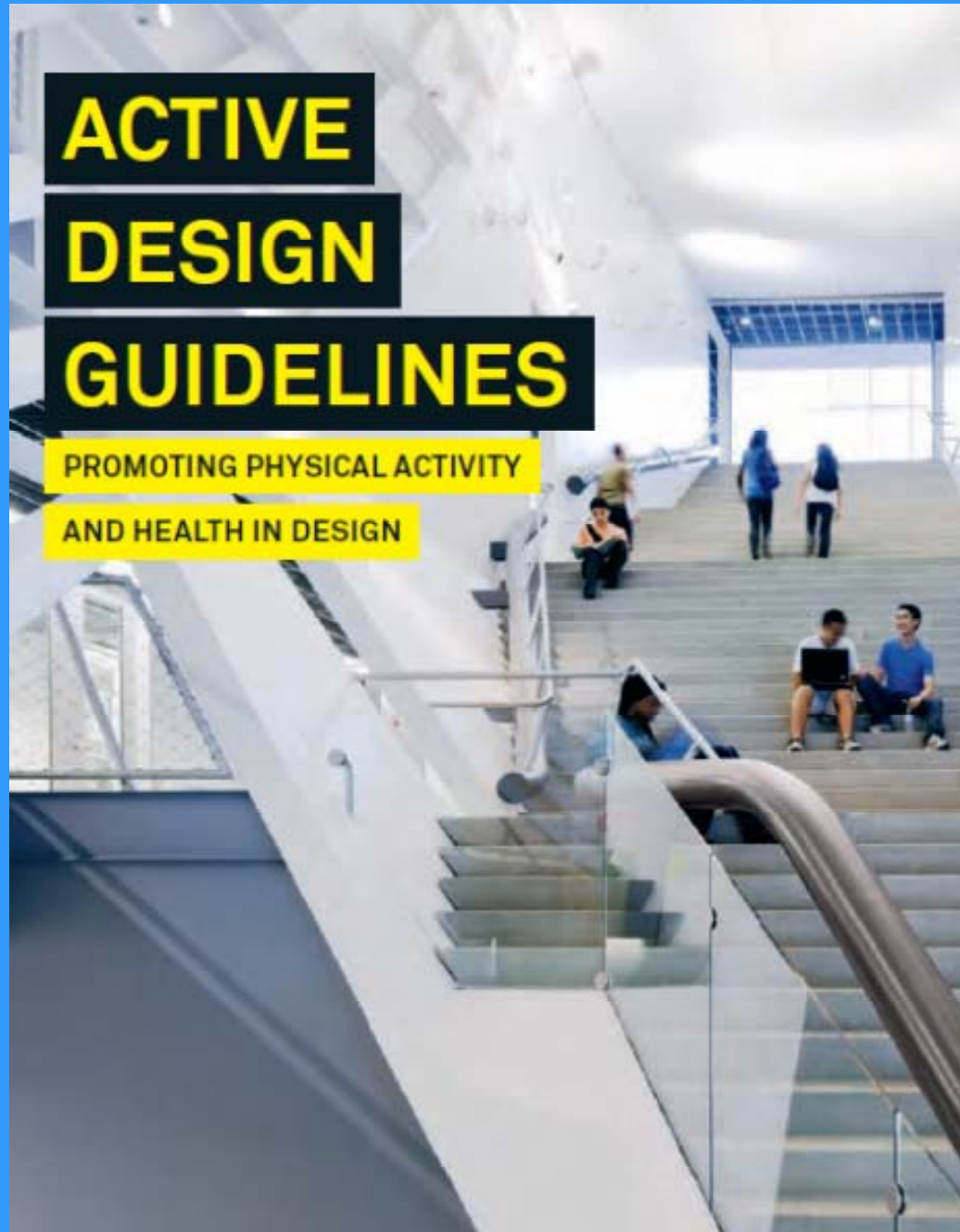
[Read More](#)

See what's new at the Sunol AgPark in our [Fall Newsletter](#).

Students harvest organic strawberries at the AgPark

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**PROMOTING PHYSICAL ACTIVITY
AND HEALTH IN DESIGN**



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How to Create and Implement Healthy General Plans

A Toolkit for Building Healthy, Vibrant Communities



General Plans and Zoning

A Toolkit for Building Healthy, Vibrant Communities



Getting to Grocery

Tools for Attracting Healthy Food Retail to Underserved Neighborhoods



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planning for healthy places

Healthy Planning Policies

A Compendium from California General Plans



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BARHII
Bay Area Regional Health Improvement Institute

Changes in the WIC Food Packages

A Toolkit for Partnering with Neighborhood Stores



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LA-CLING
Los Angeles County Department of Public Health

Healthy by Design:
A Public Health and
Land Use Planning Workbook



2010

Sonoma county: General
Plan Policies that Address
Public Health



NO DUMPING



DRAINS TO OCEAN

NO DUMPING



DRAINS TO BAY

**THIS ONE
RUNS ON FAT
AND SAVES YOU MONEY**



**THIS ONE
RUNS ON MONEY
AND MAKES YOU FAT**



Photo: Carlton Reid via Flickr, Art: Peter Drew

<http://www.grist.org/article/2010-08-26-when-streets-tell-the-truth-about-people-riding-in-cars-bikes/>

Big Changes in Washington, DC



The Effect of Light Rail Transit on Body Mass Index and Physical Activity

John M. MacDonald, PhD, Robert J. Stokes, PhD, Deborah A. Cohen, MD, MPH,
Aaron Kofner, MS, Greg K. Ridgeway, PhD

Background: The built environment can constrain or facilitate physical activity. Most studies of the health consequences of the built environment face problems of selection bias associated with confounding effects of residential choice and transportation decisions.

Purpose: To examine the cross-sectional associations between objective and perceived measures of the built environment; BMI; obesity ($\text{BMI} > 30 \text{ kg/m}^2$); and meeting weekly recommended physical activity (RPA) levels through walking and vigorous exercise. To assess the effect of using light rail transit (LRT) system on BMI, obesity, and weekly RPA levels.

Methods: Data were collected on individuals before (July 2006–February 2007) and after (March 2008–July 2008) completion of an LRT system in Charlotte NC. BMI, obesity, and physical activity levels were calculated for a comparison of these factors pre- and post-LRT construction. A propensity score weighting approach adjusted for differences in baseline characteristics among LRT and non-LRT users. Data were analyzed in 2009.

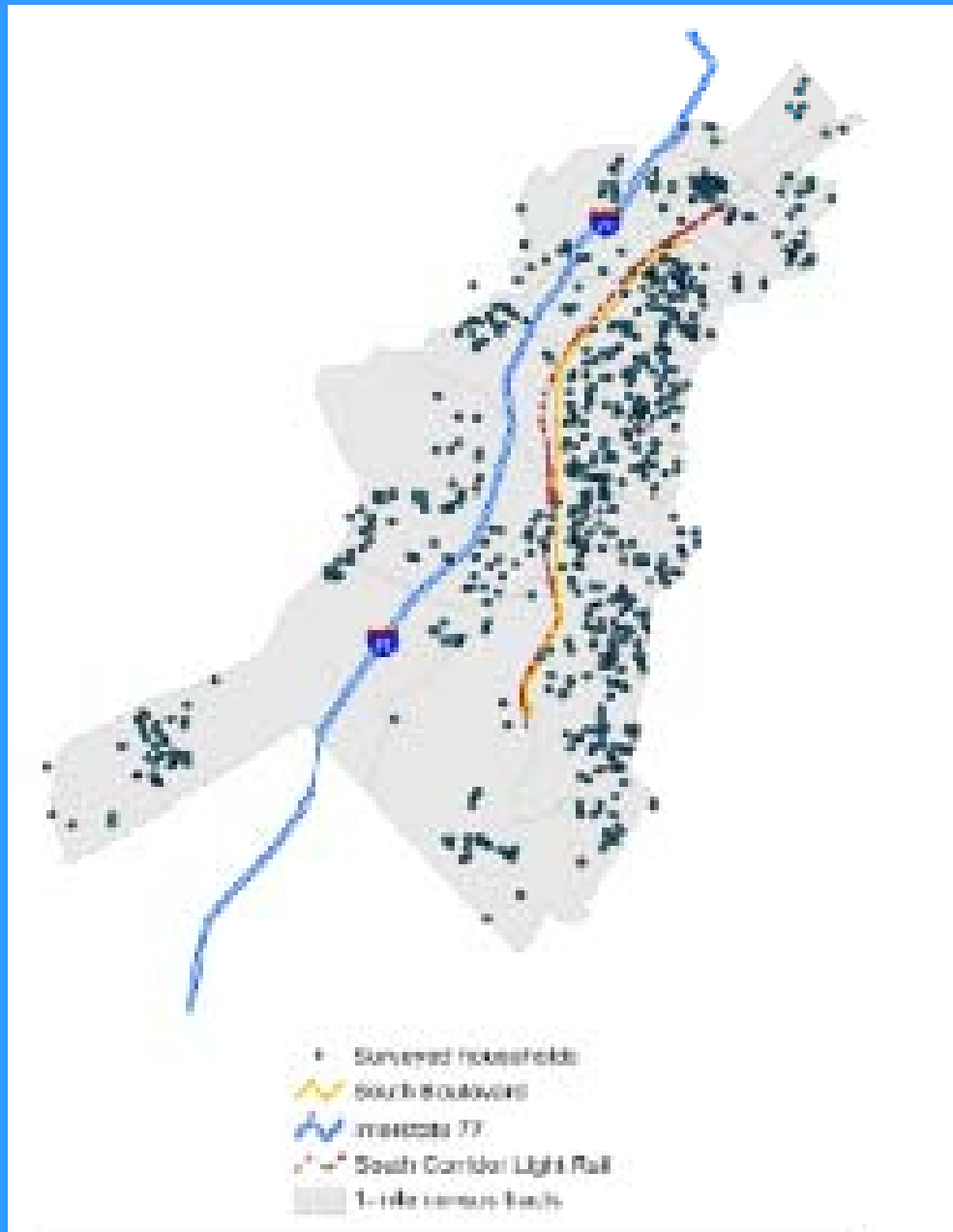
Results: More-positive perceptions of one's neighborhood at baseline were associated with a -0.36 ($p < 0.05$) lower BMI; 15% lower odds (95% CI = 0.77, 0.94) of obesity; 9% higher odds (95% CI = 0.99, 1.20) of meeting weekly RPA through walking, and 11% higher odds (95% CI = 1.01, 1.22) of meeting RPA levels of vigorous exercise. The use of LRT to commute to work was associated with an average -1.18 reduction in BMI ($p < 0.05$) and an 81% reduced odds (99% CI = 0.04, 0.92) of becoming obese over time.

Conclusions: The results of this study suggest that improving neighborhood environments and increasing the public's use of LRT systems could provide improvements in health outcomes for millions of individuals.

(Am J Prev Med 2010;39(2):105–112) © 2010 American Journal of Preventive Medicine

Charlotte, NC, Light Rail Opened November, 2007





People at 839
Locations were
interviewed in
the years
before and after
Charlotte Light
Rail Service
Began.

Light Rail Users Had

A significant increase in meeting the weekly
Recommended Physical Activity
Guidelines

... through walking (OR1.09)

...and through vigorous exercise (OR1.11)

Light Rail Transit Users Had

...an average reduction of 1.18 BMI points
($p < 0.05$) and

...an 81% reduced odds of becoming obese
over time.

For a person who is 5'5" --equivalent to
a weight loss of 6.45 lbs.

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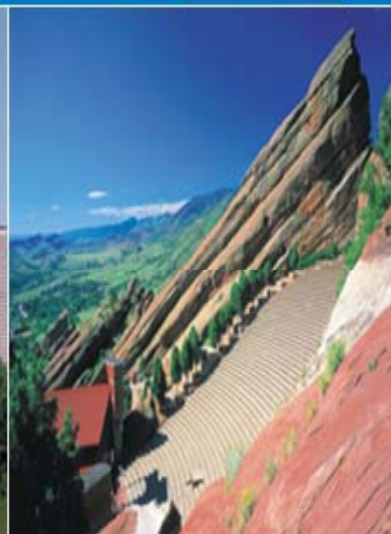


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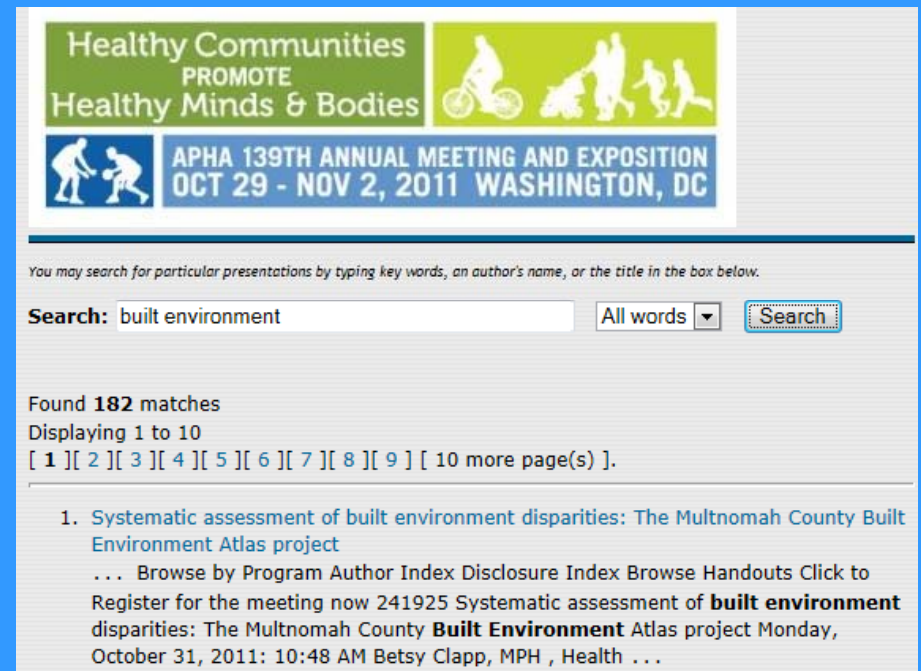
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The Need for Health Impact Assessment (HIA)

- Big decisions are made without examining potential health impacts (both positive and negative) over the life cycle



PREPUBLICATION COPY

Improving Health in the United States: The Role of Health Impact Assessment

This prepublication version has been provided to the public to facilitate timely access to the committee's findings. Although the substance of the report is final, editorial changes will be made throughout the text, and citations will be checked prior to publication.

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Walkway on Cooper River Bridge, Charleston SC



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Making Healthy Places

Designing and Building for Health, Well-being, and Sustainability

Edited by Andrew L. Dannenberg, Howard Frumkin, and Richard J. Jackson



Published: 08/04/2011

Publisher: Island Press

456 p. 8 x 11

ISBN: 9781597267274

Paperback: \$40.00



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The environment that we construct affects both humans and our natural world in myriad ways. There is a pressing need to create healthy places and to reduce the health threats inherent in places already built. However, there has been little awareness of the adverse effects of what we have constructed -or the positive benefits of well designed built environments.

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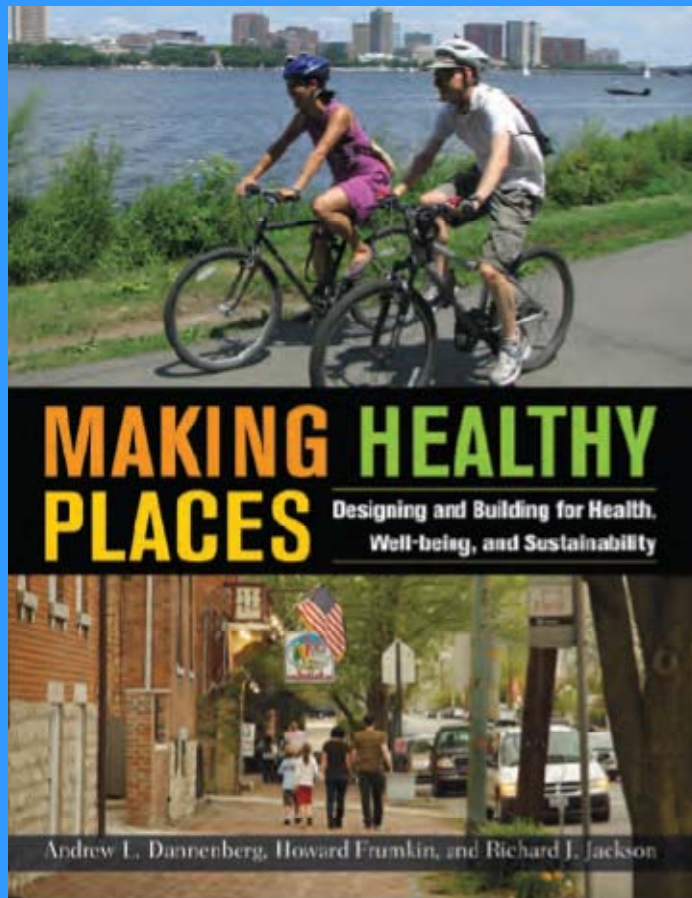
Author Information

Designing Healthy Communities, the companion book to the acclaimed public television document addressing and preventing many of the nation's devastating childhood and adult health concerns, highlights healthy community designs achieved by planners, designers, and community leaders with kinds of positive changes highlighted in this book.

"In this book Dr. Jackson inhabits the frontier between public health and urban planning, offering prescription for individual action. This book is a must read for anyone who cares about how we shape our communities. Dr. Jackson is president and CEO, The Trust for Public Land."

"While debates continue over how to design cities to promote public health, this book highlights the ways in which certain aspects of the built environment are implicated in their etiology. Jackson then offers strategies to fight obesity, limit pollution exposure, reduce auto-dependence, rebuild economies, and promote healthy living. This book should read these cases and use them to inform their everyday practice." —Jennifer Wolch, dean, Regional Planning, UC Berkeley

Builders and Designers Building Health



DESIGNING HEALTHY COMMUNITIES



RICHARD J. JACKSON WITH STACY SINCLAIR

Richard J Jackson MD MPH

dickjackson@ph.ucla.edu