

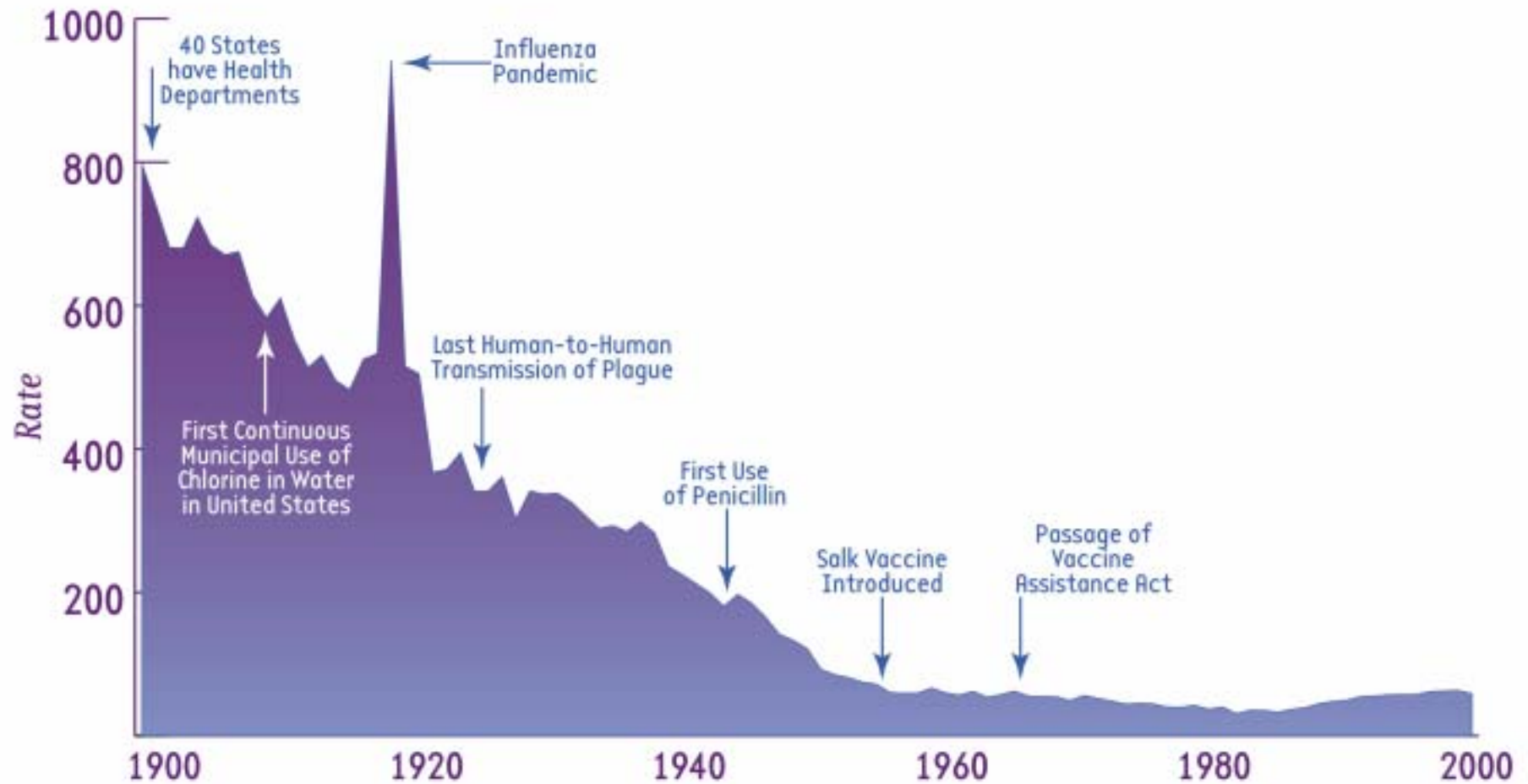
Public Health and the Built Environment: Recent Experience in Los Angeles County

Paul Simon, MD, MPH

**Director, Division of Chronic Disease and Injury Prevention
Los Angeles County Department of Public Health**

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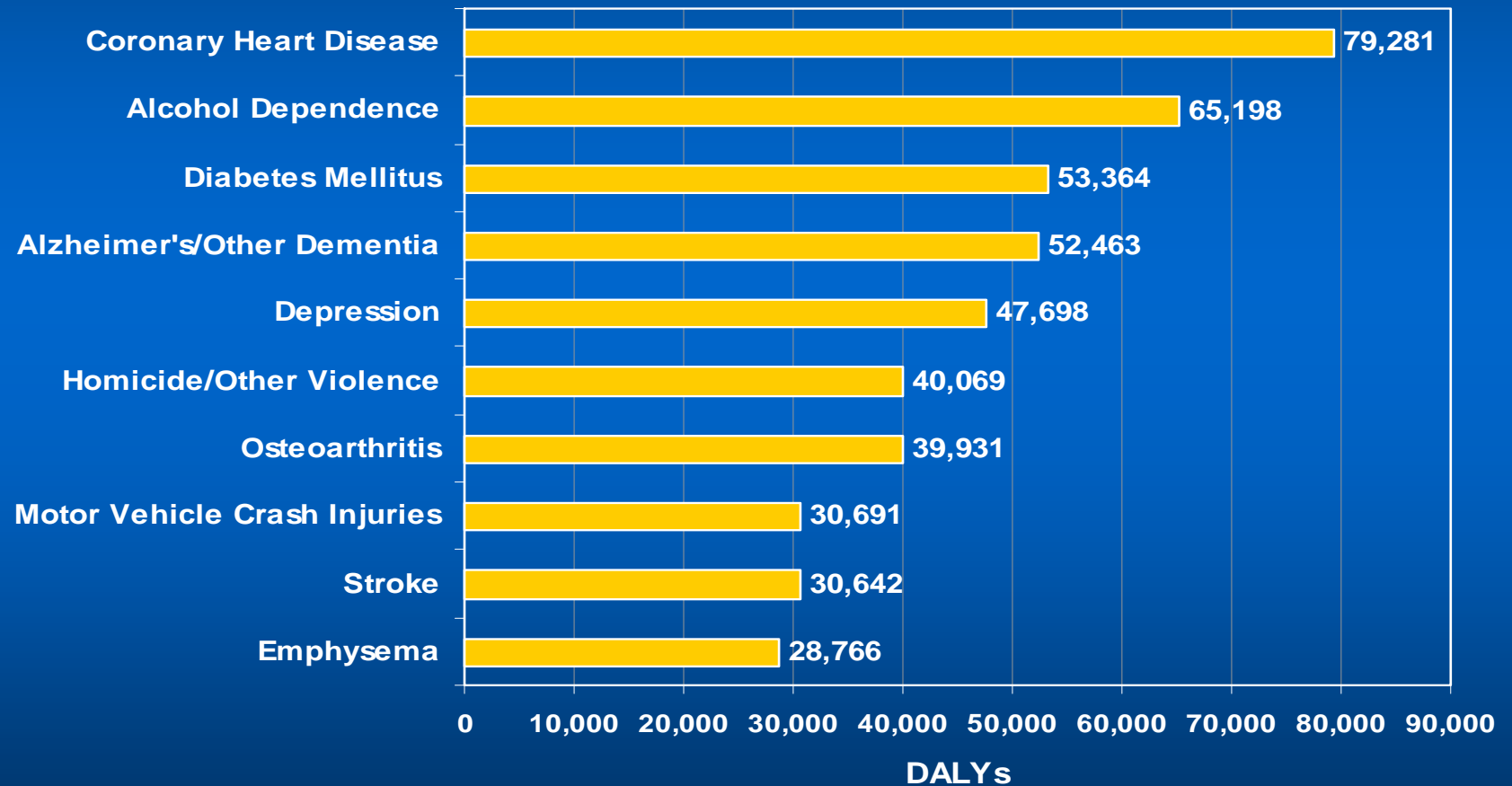
Crude Death Rate for Infectious Diseases, United States, 1900 - 2000



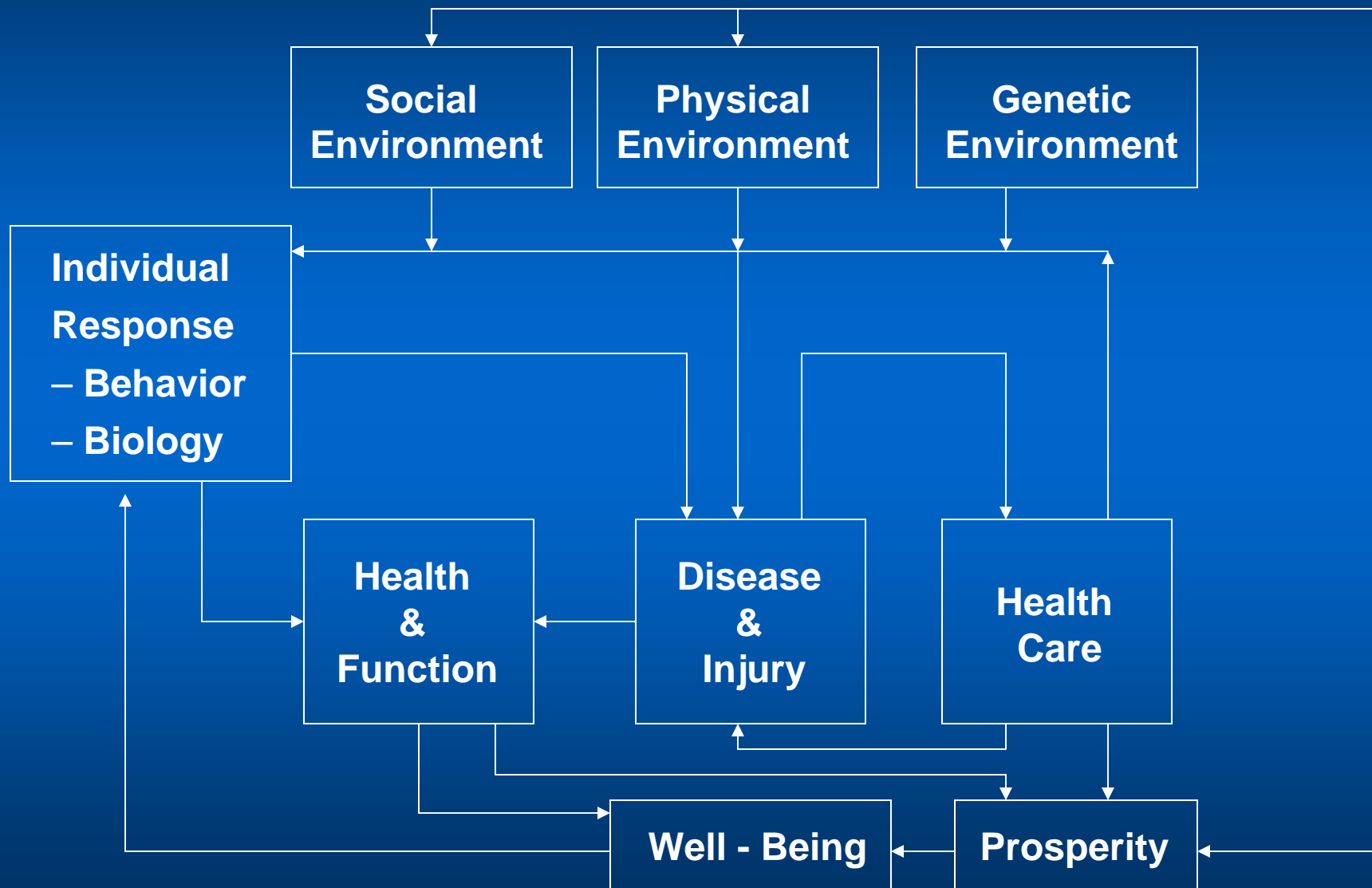
* Rate is per 100,000

MMWR, CDC, 1999

Leading Causes of Disability-Adjusted Life Years (DALYs) in Los Angeles County, 2005



Determinants of Health (Evans - Stoddart Model)

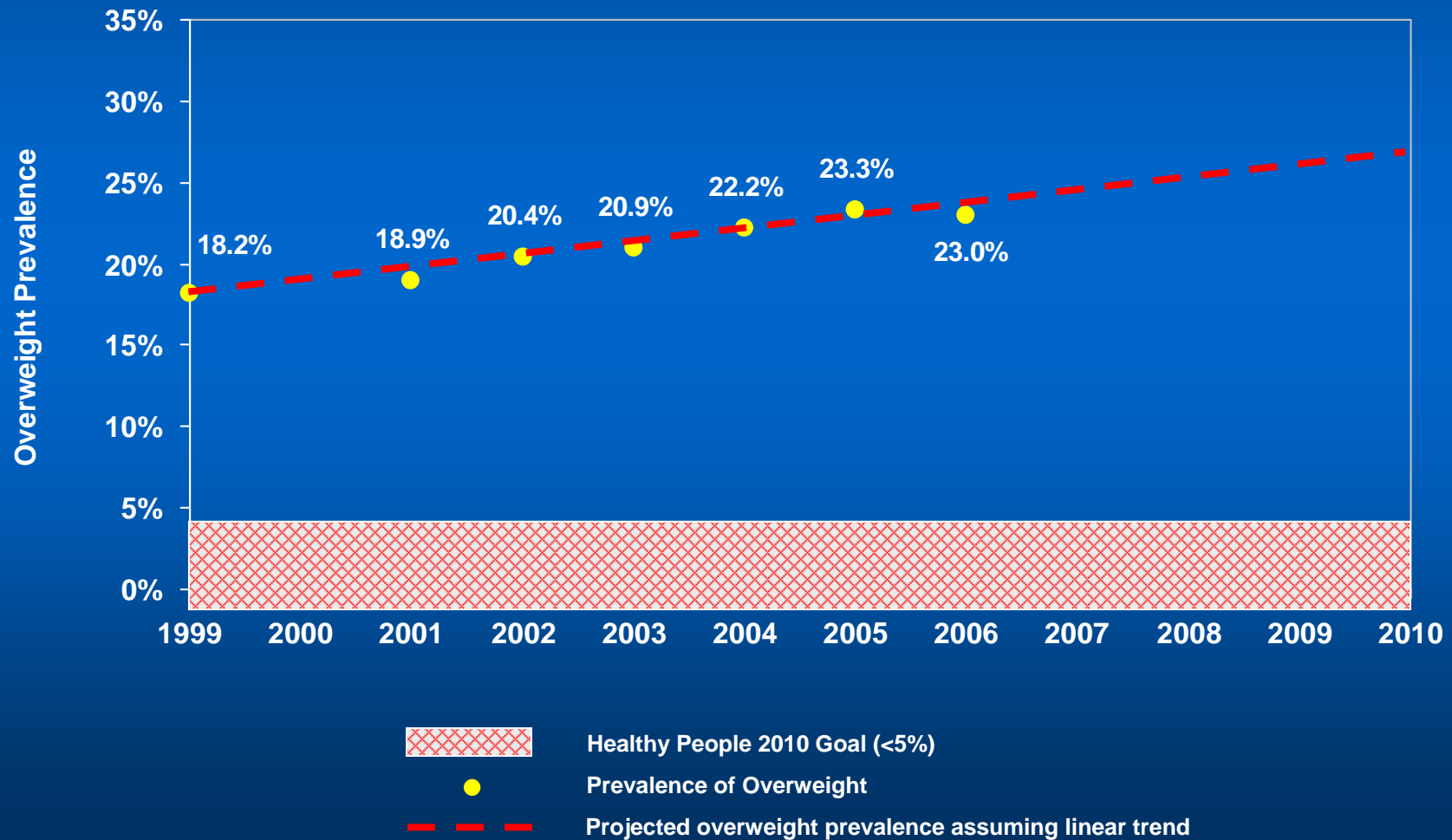


Community Design: Multiple Health Impacts



- traffic safety
- air pollution
- water quality & quantity
- physical activity & diet
- obesity & chronic disease
- crime & violence
- social capital
- elder health & mobility
- mental health
- health disparities

Prevalence of Overweight Among Los Angeles County School Children California Physical Fitness Testing 1999-2006



Cities/Communities with Lowest and Highest Childhood Obesity Prevalence

Top 10*

Bottom 10*

City/Community Name	2005 Youth Obesity Prevalence (%)	Rank of Economic Hardship (1 - 128)	City/Community Name	2005 Youth Obesity Prevalence (%)	Rank of Economic Hardship (1 - 128)
Manhattan Beach	4.2	2	Cudahy	29.4	123
Palos Verdes Estates	6.3	5	West Whittier-Los Nietos	29.7	81
Beverly Hills	6.9	19	West Puente Valley	30.0	90
San Marino	7.1	15	Bell	30.2	115
Agoura Hills	7.3	10	Willowbrook	30.5	116
Calabasas	8.0	8	Huntington Park	30.6	122
South Pasadena	9.0	17	East Los Angeles	31.9	117
La Canada Flintridge	11.4	18	Florence-Graham	32.0	128
Rancho Palos Verdes	11.6	13	San Fernando	32.9	103
Arcadia	12.3	35	Maywood	37.4	121
Average 10 lowest	8.0%		Average 10 highest	31.5%	

*Table excludes cities/communities where number of students with BMI data < 500.

Source: California Physical Fitness Testing Program, California Department of Education. Includes 5th, 7th, and 9th graders enrolled in LA County public schools.



Changing Physical Activity Patterns

- Only **13%** of children walk or bike to school as compared to **66%** in 1974. (*CDC, 2000*)
- About **85%** of children are driven to school in private vehicles— even when the students live less than two miles away.
- **50%** of children who live less than a mile away are driven to school regularly. (*CDC, 2002*)



But... Walking and Biking

- Not safe
- Not perceived as safe
- Not acceptable
- Not encouraged







Urban Sprawl, Physical Activity, Obesity and Morbidity

“Those living in sprawling counties were likely to **walk less, weigh more**, and have a greater prevalence of **hypertension** than those living in compact counties.”
(average six pound difference)

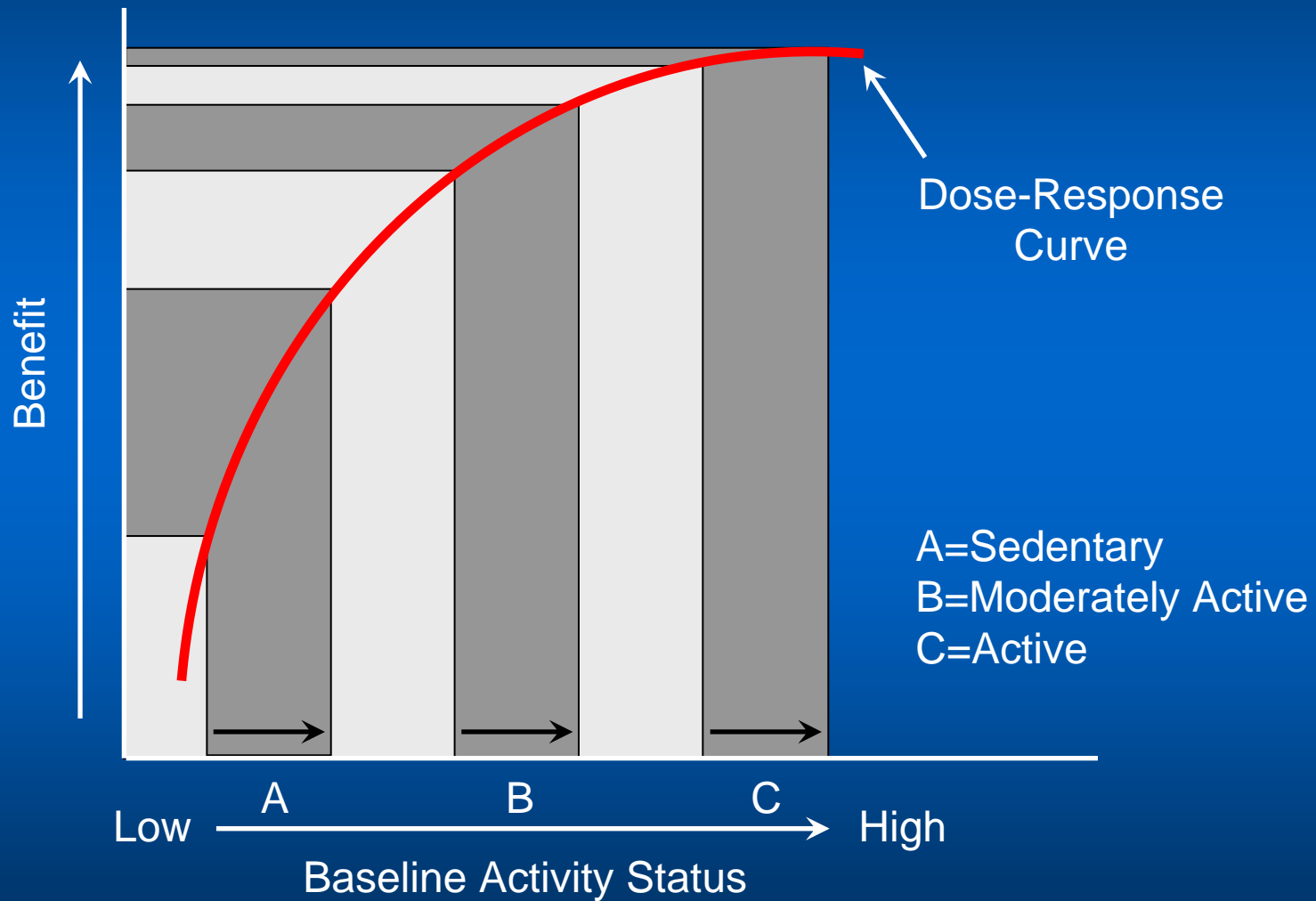


Ewing R, et al: American Journal of Health Promotion 18(1) Sept/Oct 2003



San Diego, California

Physical Activity and Health



Source: Pate et.al., JAMA, 1995

Community Design as a Strategy for Increasing Physical Activity

- Mixed use development
- Increased street connectivity
- Street lighting
- Traffic calming
- Sidewalks
- Jogging trails
- Bike lanes
- Public transportation

Proximity of Fast Food Restaurants to Public Schools in Los Angeles County

% of schools with 1 or more FF restaurants within 400 meters

School Type

elementary	21.7%
middle school	24.3%
high school	31.2%

Neighborhood Income*

quantile 1 (lowest)	38.4%
quantile 2	24.4%
quantile 3	19.8%
quantile 4 (highest)	12.2%

All Schools

23.4%

* Based on the median household income of the census tract in which the school is located

Strategies for Improving the Built Environment for Nutrition

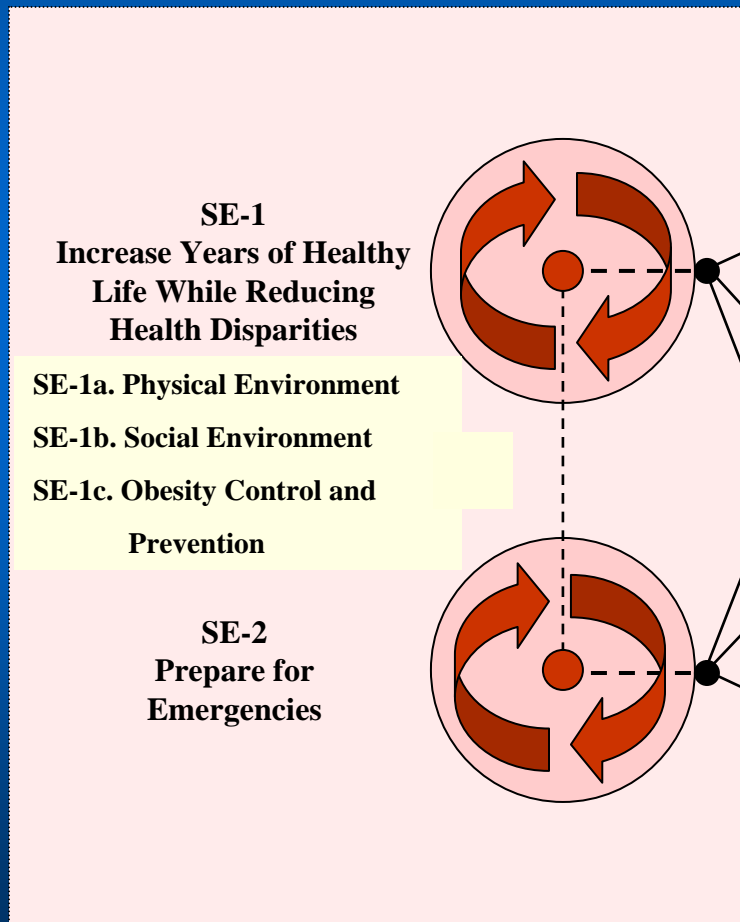
Current	Environmental Change
Increased marketing of junk food, tobacco, and alcohol	Place limits on marketing of junk food to children (around schools, parks...)
Decreased access to fresh, nutritious, affordable food	Promote local public markets Provide incentives for businesses that provide healthy food
Proliferation of fast food restaurants	Use zoning tools to limit the location and density of fast food restaurants

Source: Public Health Institute

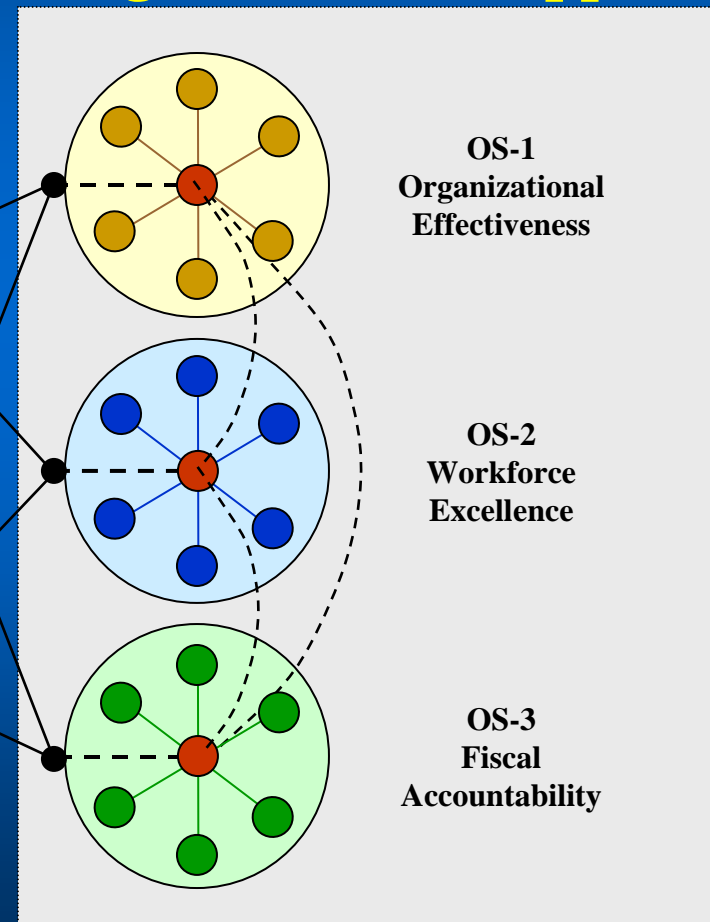


Strategic Initiatives Matrix

Service Excellence



Organizational Support



Strategic Planning: Physical Environment and Health

- Established a Physical Environment Work Group comprised of 29 PH staff representing 13 programs and 4 area health offices
- Objective: develop a preliminary action plan
- Work group met approximately monthly between March-October 2005; additional sub-group meetings also convened
- Catalogued current activities and identified areas of duplication and opportunities for expanded efforts

Physical Environment Action Plan: Key Elements

- Cities and unincorporated areas (land use planning)
- Local and regional transportation
- Schools (e.g., AB 12 and AB 965 implementation; physical activity promotion)
- Workplaces
- Health impact assessment
- Public Health Department staff training
- Staff recruitment

Initial Activities

- Health reports (e.g., Premature Deaths from Heart Disease and Stroke in Los Angeles County: A Cities and Communities Health Report)
- Built environment and health workshops
- Community RFP to promote physical activity (750k annually for 3 yrs; 5 awards; requires city/community partnership; focus on land use policy)
- Working with the County's Dept of Regional Planning to incorporate public health principles into the General Plan
- Developing health criteria for review and approval of large residential development projects
- Outreach to cities on land use policies and practices

Action Plan Implementation: Challenges

- Organizational culture change (policy/systems change vs. service delivery)
- Competing demands
- Establishing new partnerships
- New knowledge and skills required (implications for training and recruitment)
- Must not only engage but also influence non-health sector decisions

Division of Chronic Disease and Injury Prevention

- Tobacco Control and Prevention Program
- Nutrition Program
- Physical Activity and Cardiovascular Health Program
- Injury and Violence Prevention Program
- Office of Senior Health
- PLACE Program (Policies for Livable, Active Communities and Environments)
- Office of Health Assessment and Epidemiology
- Toxics Epidemiology Program

PLACE Program Mission

To foster policy change that supports the development of healthier environments where we live, work and play – leading to healthier communities throughout Los Angeles County

Built Environment Grants

PLACE grants promote changes in the physical environment that make it easier for people to incorporate physical activity into their daily lives.

Two elements of the initiative:

1. Policy Change
2. Physical Project



Photo courtesy of Paul Zykofsky, AICP

Built Environment Grants

- Grantees are cities and non-profit organizations that form interdisciplinary partnerships
- Five grantees—each one a partnership that receives \$100,000 per year over a three year period
- Grantees receive a one-time award of \$20,000 for a physical project
- Technical Assistance Coordinator provides direct assistance and sub-contracts with additional experts as needed

Grantee Projects

Los Angeles County Bicycle Coalition

Policy: integrate active streets into Glendale's Bicycle Master Plan, Pedestrian Highway Plan and General Plan

Project: create a prototype active street in a low income area of southern Glendale

Pacoima Beautiful

Policy: create the Pacoima Wash Greenway Master Plan to include networks of parks and trails

Project: create clean, well-lit paths along sections of Pacoima Wash

Grantee Projects

City of Culver City

Policy: develop a Bicycle and Pedestrian Master Plan.

Project: link downtown Culver City to Expo station with cyclist and pedestrian friendly route

City of El Monte

Policy: develop a Health and Wellness Element in the General Plan

Project: develop an attractive, one mile circuit walking path with points of interest

City of Long Beach

Policy: update the Mobility Element of the General Plan and the Bicycle Master Plan

Project: create two Bicycle Boulevards by transforming streets into “bike expressways

What Does Public Health Bring to the Table?

- Health data and research
- Analytic tools
 - surveillance/tracking
 - evaluation methods
 - health impact assessment
- Credibility
 - advocacy
 - convener
- Funding (direct and indirect)

Fostering Partnerships

May 2, 2007 Built Environment Workshop

Featured speakers included:

Dr. Richard Jackson, MD, MPH
UC Berkeley School of Public Health

Gail Goldberg, AICP
LA's Director of City Planning

Paul Zykofsky, AICP
Director of Land Use and
Transportation Programs for the Local
Government Commission.



Fostering Partnerships

May 2, 2007 Built Environment Workshop

Nearly 200 participants – city planners, transportation engineers, public health staff, and non-profit organizations

Small group discussions facilitated networking between professionals from different fields



**PLACE Program:
Policies for Livable, Active
Communities and Environments**

Jean Armbruster

jarmbruster@ph.lacounty.gov

“We shape our buildings



and thereafter



they shape us.”

www.theaerialphotographer.com

- Winston Churchill