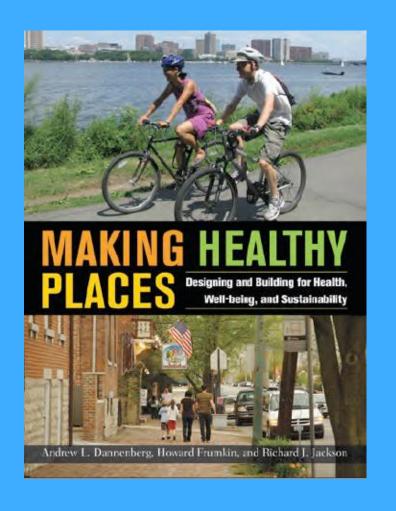
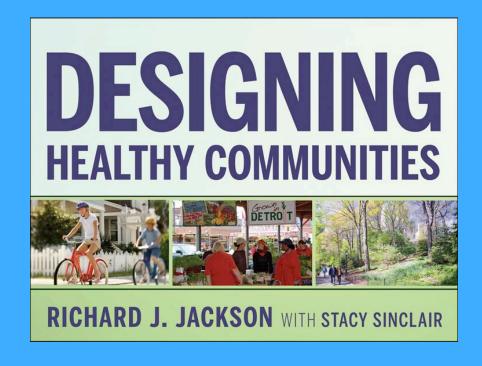
"Good Solutions Solve Multiple Problems"





Richard J Jackson MD MPH dickjackson@ph.ucla.edu



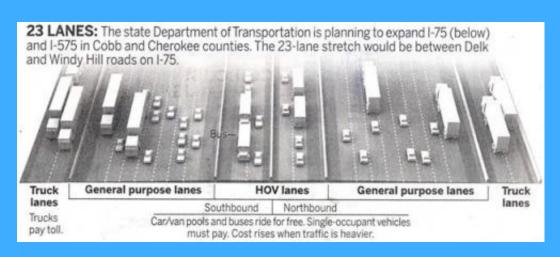
The United States has now paved over the equivalent area of the entire state of Georgia

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 1-75, all 23 lanes, coming soon to Cobb County. As currently conceived it's 388 feet across, wider than a football field is long.





R	Cause and Number of Deaths											
A	Under 1	1-3	4-7	8-15	16-20	21-24	Other Adults			65+		
K	Oliuci I	1-5	4-7	0-15	10-20	21-24	25-34	35-44	45-64	350		
1	Perinatal Period	Congenital Anomalies	MV Traffic Crashes	MV Traffic Crashes	MV Traffic Crashes	MV Traffic Crashes	MV Traffic Crashes	Malignant Neoplasms	Malignant Neoplasme	Service Burney		
2	Congenital Anomalies	MV Traffic Crashes	Malignant Neoplasms	Malignant Neoplasms	Homicide	Homicide	Suicide	Heart Disease	S. Carrier			
3	Heart Disease	Accidental Drowning	Congenital Anomalies	Suicide	Suicide	Suicide	Homicide	MU				
4	Homicide	Homicide	Accidental Drowning	Homicide	Malignant Neoplasms	Accidental Poisoning	M					
5	Septicemia	Malignant Neoplasms	Exposure to Smoke/Fire	Congenital Anomalies	Accidental Poisoni	or e	Verv	age	aro	un		
6	Influenza/ Pneumonia	Exposure to Smoke/Fire	Homicide	Accidental Drowning	36			roug		-		
7	Nephritis/ Nephrosis	Heart Disease	Herit	NAME OF TAXABLE PARTY.						No. 1		
8	MV Traffic Crashes	See John See See See See See See See See See Se			C	cause of death						

Number of Lives Saved per year

if National Car Fatality Rate same as:

• New York City 24,000

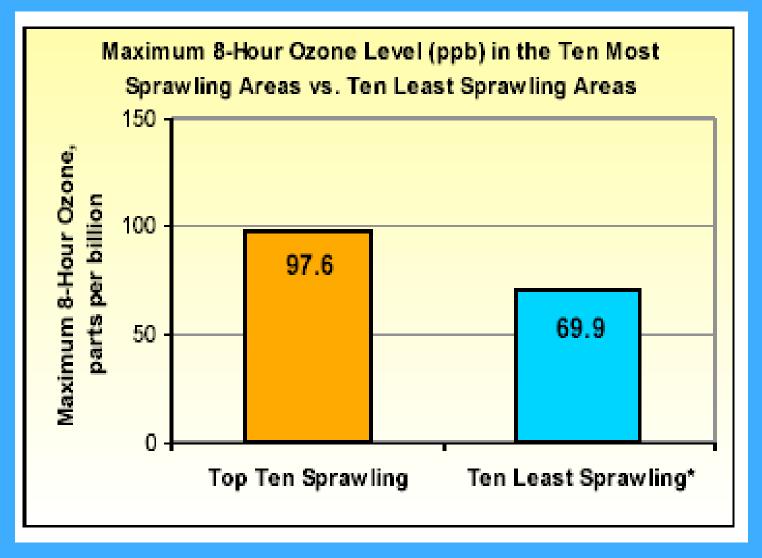
• Portland 15,000

• Atlanta None–15,000 additional

Asthma Study in 12 Southern California High Schools

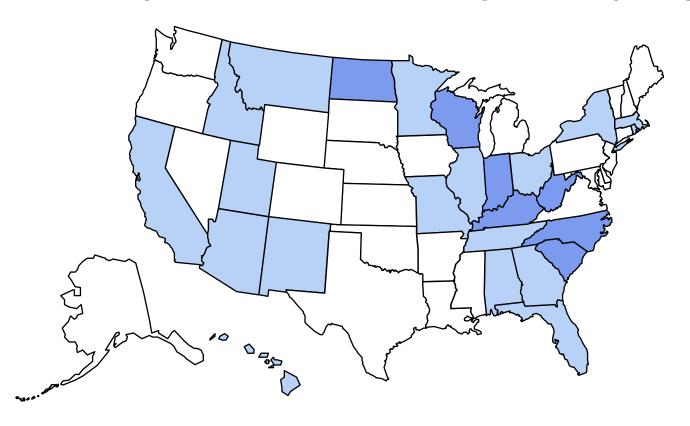
- 3535 children with no history of asthma in 6 high and 6 low air pollution high schools
- 5 years later: 265 developed asthma.
 - High ozone high schools:
 - asthma rate was 3.3x higher in children playing three or more sports.
 - Low ozone high schools:
 - sports had no effect on asthma rates

30% Less Ozone Air Pollution with Compact Development



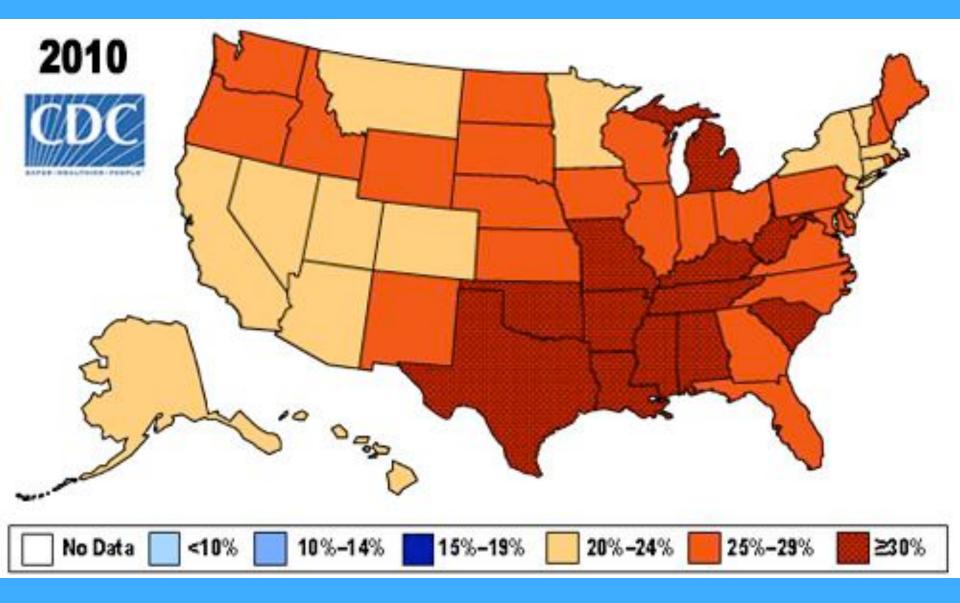
Obesity Trends* Among U.S. Adults

 $\underset{\text{(*BMI } \geq 30, \text{ or } \sim 30 \text{ lbs. overweight for 5' 4" person)}}{\text{BRFSS}} 1986$

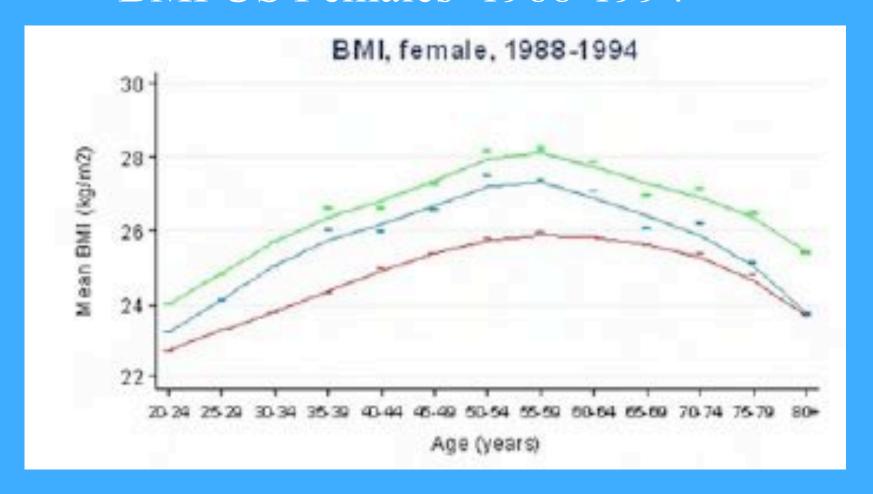




• Obesity Trends US Adults 2010



BMI US Females 1988-1994



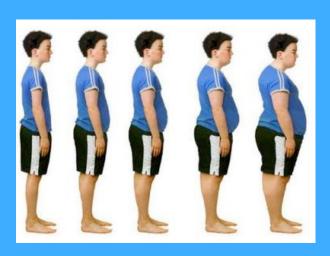
NHANES -- Measured

NHANES — In person interview -- self-reported

BRFSS – Telephone Interview

Weight Gain

• Rates of overweight and obesity have tripled among 12-19 year olds and quadrupled among 6-11 year olds in the last three decades



Babey SH, et al. (2009.) Bubbling Over: Soda Consumption and Its Link to Obesity in California. UCLA Center for Health Policy Research.

Fast Food Restaurants

 "black/low income" neighborhoods ~

2.4 per sq. mile

• "white" neighborhoods:

1.5 per sq. mile





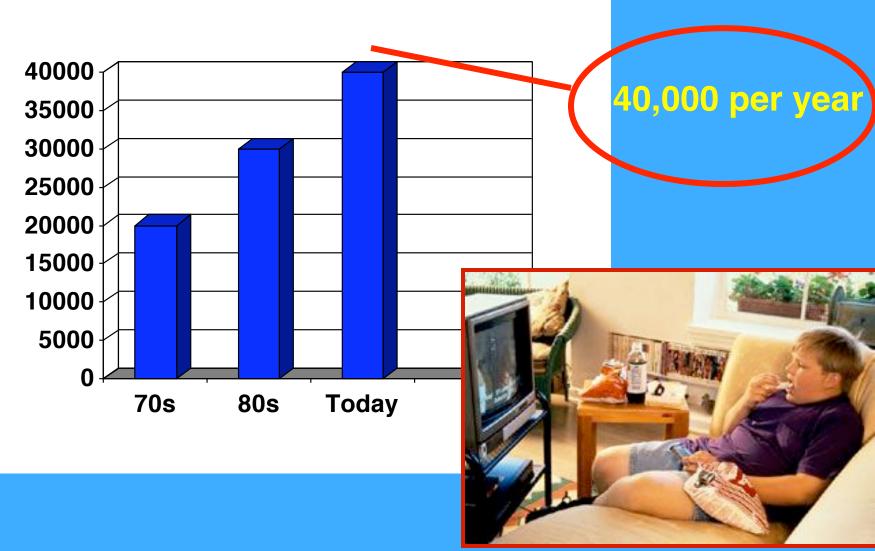
American Journal of Preventive Medicine, October 2004



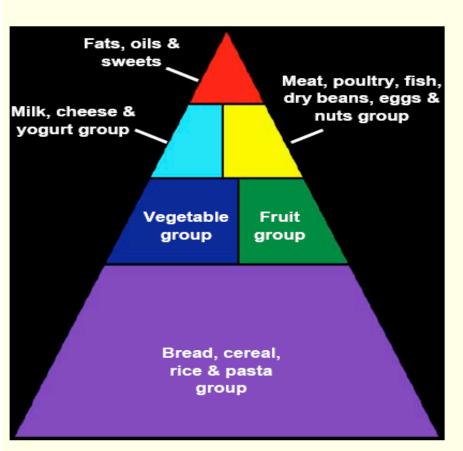
Hardee's introduces new Mega-Calorie "Monster Thickburger"

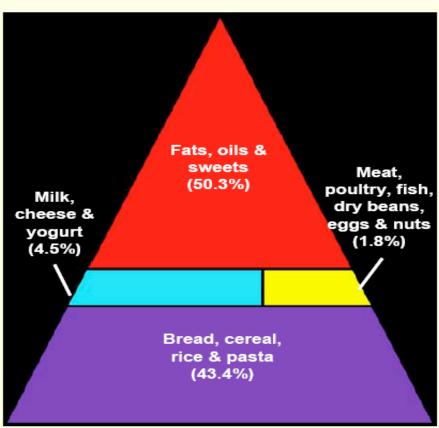
- 1,420 calories
- 107 grams of fat
- 7.1 hours of moderate walking

Supersizing Advertising: Number of TV Ads
Seen By Children

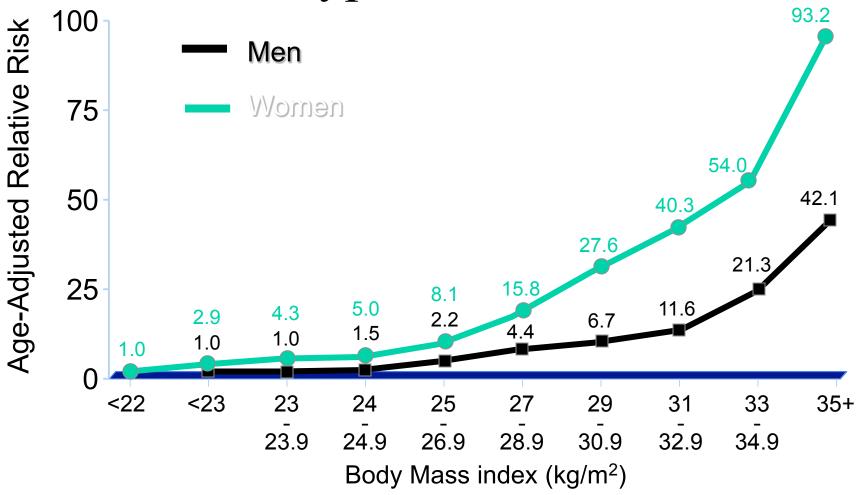


The Food Pyramid for Advertising to America's children



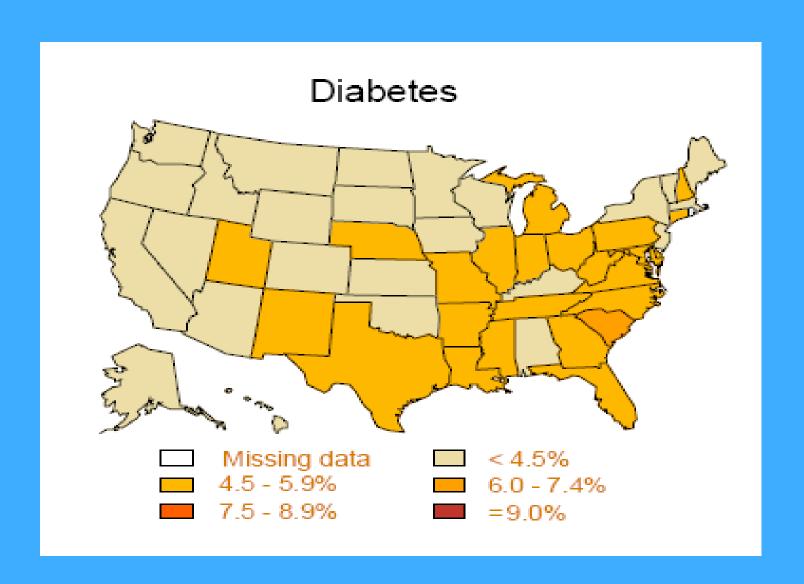


Relationship Between BMI and Risk of Type 2 Diabetes

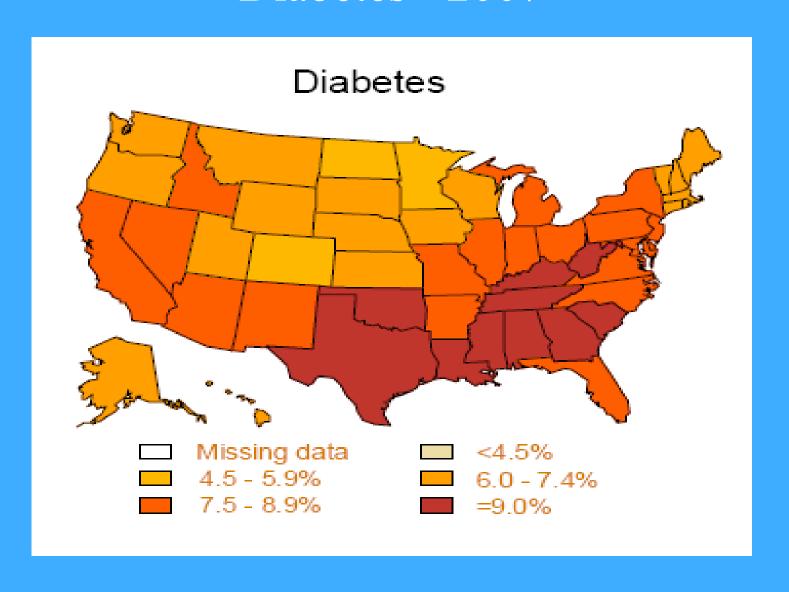


Chan J et al. *Diabetes Care* 1994;17:961. Colditz G et al. *Ann Intern Med* 1995;122:481.

Percentage of US Adults with Diagnosed Diabetes - 1994



Percentage of US Adults with Diagnosed Diabetes - 2007



Diabetes Projected Risks:

For Babies Born in 2000

Girls: 38% lifetime risk

If diabetic before age 40, Lifespan shortened by 14 years (Quality of life by 19 years)

Boys: 33% lifetime risk

If diabetic before age 40, Lifespan shortened by 12 years. (Quality of life by 22 years)

V Narayan et al: JAMA 8 Oct 2003

The Atlanta Journal-Constitution / Sunday, June 15, 2003

CDC: Diabetes to afflict 1 in 3 born in 2000

Scientist says kids must eat healthier, exercise more

By JANET McCONNAUGHEY Associated Press

New Orleans — One in three U.S. children born in 2000 will become diabetic unless many more people start eating less and exercising more, a scientist with the Centers for Disease Control and Prevention warned Saturday.

The odds are worse for African-American and Latino children: Nearly half of them are likely to develop the disease, said Dr. K.M. Venkat Narayan, a diabetes epidemiologist at the CDC.

"I think the fact that the diabetes epidemic has been raging has been well-known to us for several years. But looking at the risk in these terms was very shocking to us," Narayan said.

The 33 percent lifetime risk is about triple the American Diabetes Association's current estimate. by 2050, to 29 million, an earlier CDC study by Narayan and others found.

"These estimates I am giving you now are probably quite conservative," Narayan said in an interview before the diabetes association's annual scientific meeting here.

Narayan said it would be difficult to say whether undiagnosed cases would rise at the same rate.

If they did, that could push the 2050 figure to 40 million or more.

Doctors had known for some time that Type 2 diabetes — what used to be called adult-onset diabetes because it typically showed up in middle-aged people — is on the rise, and that patients are getting younger.

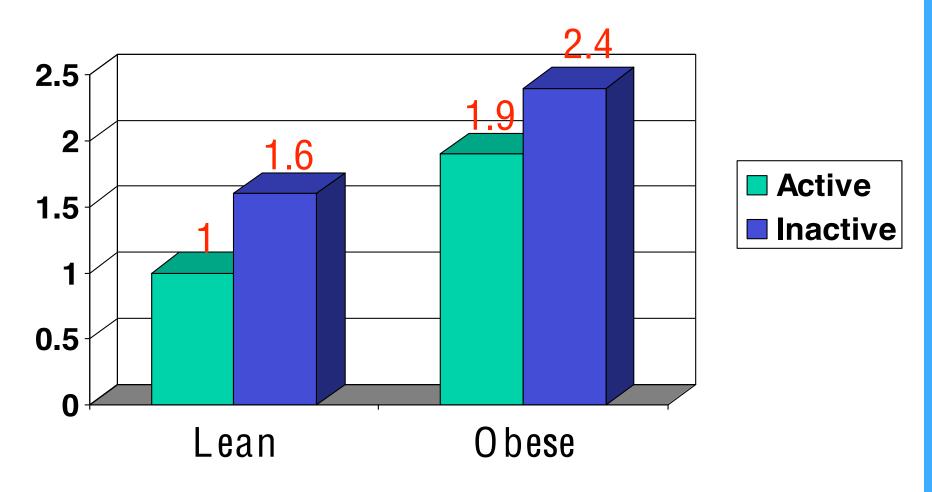
Nobody else had crunched the numbers to look at current odds of getting the disease, Narayan said.

Overall, he said, 39 percent of the girls who now are healthy 2½- to 3-year-olds and 35 percent of the boys are likely to develop diabetes, he said.

For Latino children, the odds are closer to one in two: 53 percent of the girls and 45 percent of the boys. The numbers are about 49 percent and 40 percent for African-American girls

Nurse Study 1976-2000

Risk of Death



"Old" Schools





We have changed how much we walk or bike

- Percent of children who walk or bike to school:
- 1974 → 66%
- 2000 → 13%
 (CDC, 2000)





Fitness of California's Children

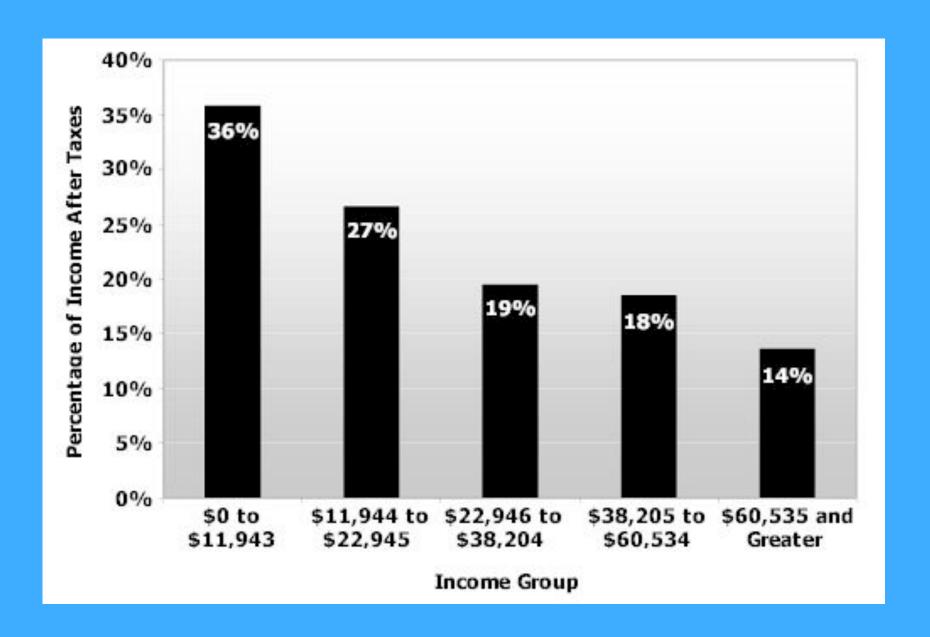
Annual California Fitnessgram

- Conducted in Grades 5, 7, and 9
- Measures 6 major fitness areas
 (e.g. aerobic capacity, body composition, flexibility)
- 2004 Results: Who passed all standards?

Grade 5 → 25%

Grade 7 → 29%

Grade 9 → 26%



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

Expenditure Cascades

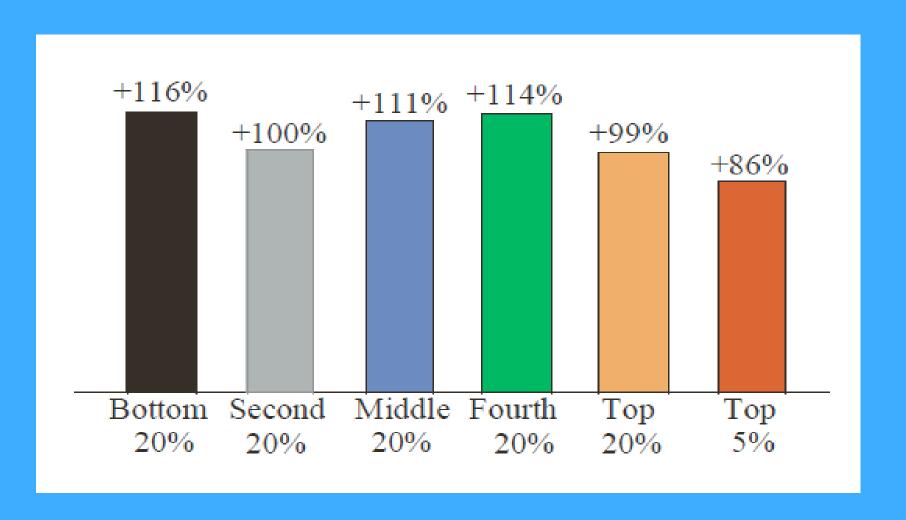
By

Robert H. Frank,¹ Adam Seth Levine,² and Oege Dijk³

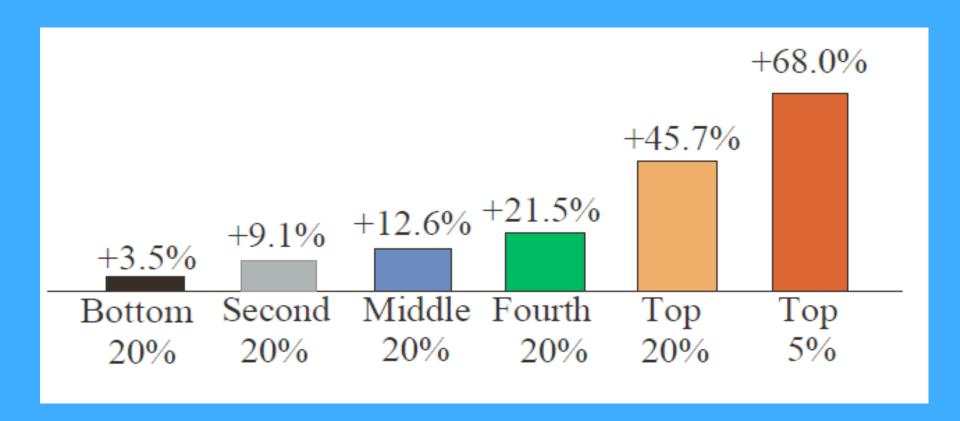
¹ Cornell University, Johnson Graduate School of Management, Ithaca, NY 14853

University of Michigan, Department of Political Science, Ann Arbor, MI 48109
 European University Institute, Department of Economics, Fiesole, Italy 50014

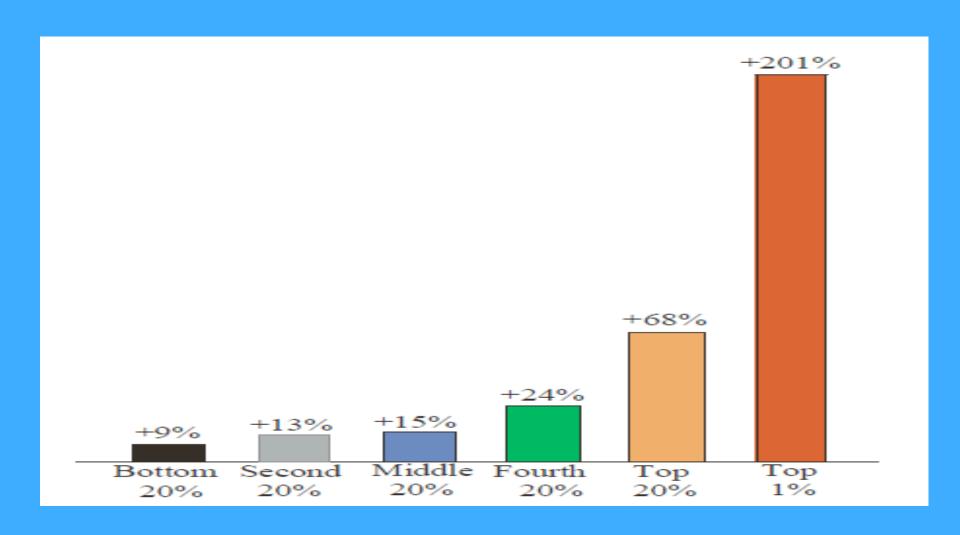
Changes in Before Tax US Household Incomes 1949-1979



Changes in Before Tax US Household Incomes 1979-2003



Changes In After-Tax US Household Income 1979-2000



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.



	Overall social justice rating	Overall poverty prevention rating	Overall poverty rate	Child poverty rate	Senior citizen poverty rate	Income inequality (Girl (note) riigher numbers represent more income inequality	Pre- primary education Public expenditure on pre- primary education as a percentage of GOP		
loeland	8.73	9.07	5.4 %	6.7 %	6.7%	0.201	0.75%	8.53	7.18
Norway	8.31	8.87	7.8	5.5	8.0	0.250	0.42	7.30	8.53
Denmark.	820	9.16	6.1	3.7	12.3	0.248	0.00	7.53	8.10
Sweden	8.18	8.43	8.4	7.0	9.9	0.259	0.67	7.87	9.00
Enland	8.06	8.53	8.0	5,2	13.0	0.259	0.36	7.17	8.01
Netherlands	7.72	8.88	72	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	11.19	8.03	7.55
Luxembourg	7.27	8.35	8.5	11.0	2.7	0.268	8,45	7.08	7.01
Canada	7.26	7.00	12.0	14,8	4.9	0.824	U.20	7,63	6.06
France	7.25	8.66	7.2	9.3	5.3	0.293	0.63	7.67	7.17
ech Republic	7.17	9.16	5.5	0.0	3.6	0.256	0.42	- 5.04	5.97
New Zealand	7.14	6.27	11.0	12.2	23.5	0.230	0.45	8.18	6.98
Austria.	7.13	8,49	7.9	7.2	8.9	0.261	0.45	0.07	7.11
Germany	7.03	8.12	8.9	8.3	10.3	0.295	0.40	6.63	6.87
Britain	6.79	6.92	11.0	13.2	12.2	0.045	0.28	6.77	6.95
Belgium	6.73	7.58	9.4	10.0	13.5	0.259	0.59	7.05	6.10
Hungary	6.41	9.14	8.4	7.2	4.7	0.272	0.69	5.09	6.04
Ireland	6,41	7.51	9.1	11,0	13.4	0.293	0.003	7.00	6.06
Italy	6.29	6.79	11.4	15.0	8.9	0.587	0.49	7.45	5.12
Poland	6.17	7.15	11.2	13,5	7.7	0.305	0.57	5.84	B.33
Australia	6.14	4.24	14.6	14.0	39.2	0.036	0.04	7.60	6.29
Japan	6.00	521	15.7	14.2	21.7	0.329	0.09	7.66	4.95
Portugal	5.97	5.77	12.0	18.7	15.2	0.050	0,37	5.88	5.80
Slovakia	5.86	8.33	72	10.7	7.2	0.257	0.37	5.04	5.24
South Korea	5.89	4.26	150	10.3	45.1	0.315	0,09	7.18	5.72
Spain	5.83	5.20	14.0	17.2	20.6	0.317	0.63	7.35	5.77
nited States	5.70	3.85	17.3	21.6	22.2	0.378	0,33	6.23	5.95
Greece	5.37	624	10.8	13.2	22.7	0.307	0.11	6.51	3.47
Chile	5.20	3.30	18.4	24.0	22.8	0.494	0.59	5.65	5.02
Mexico	4.75	211	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
			100000			The second second second	The Laboratory		The second second

Source: Bertelsmann Stiffung

Cze

- Social Justice in the OECD- How do member countries compare?
- US is in the bottom5 including for:
- Overall Social Justice
- Childhood Poverty Rate
- Income Inequality

Institute of Medicine

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

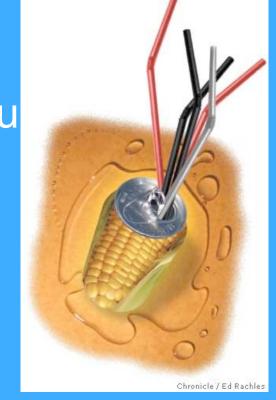
1 cent per teaspoon for sugar?

 Average American consumes 63 pounds of HFCS each year (6,048 teaspoons).

US population: 300 million

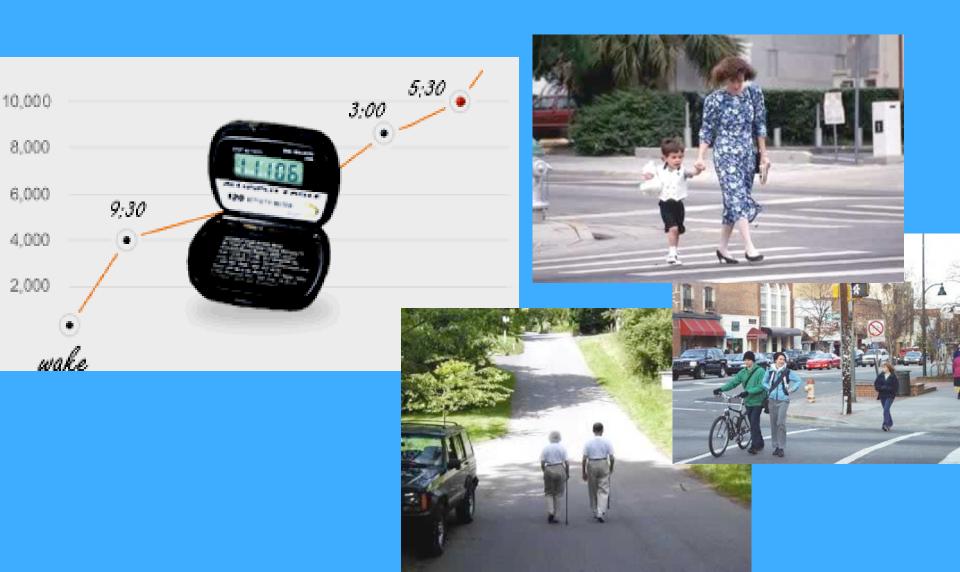
\$0.01 per teaspoon HFCS wou generate...

\$18 billion a year



10,000 Steps a Day

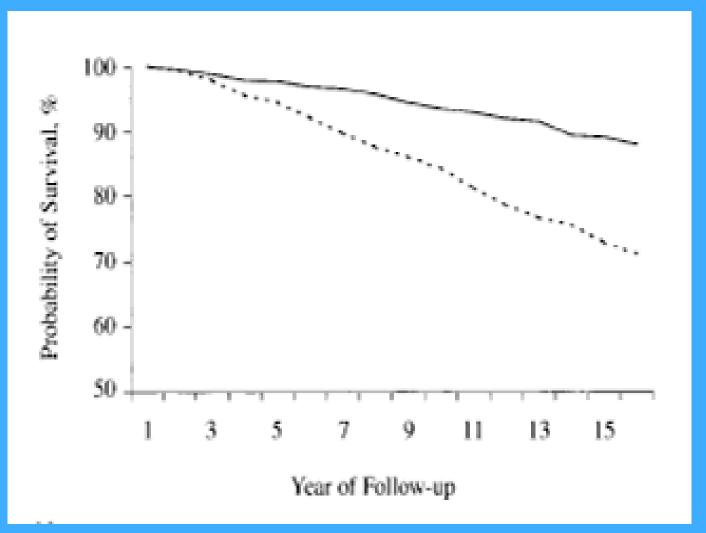
Originated from Japanese: "Manpo-Kei"



10,000 steps

- 3234 people with IGT (Pre-Diabetes)
- walked or exercised five times a week for 30 minutes
- lost 5% to 7% of their body weight
- reduced their risk of diabetes by 58%

Survival of 1263 men with Type 2 Diabetes: Fit vs Unfit



Low Cardiorespiratory Fitness and Physical Inactivity as Predictors of Mortality in Men with Type 2 Diabetes." 18 April 2000 Annals of Internal Medicine 132, pp 605-611 M. Wei et al

Educational Benefits of Walking and Biking to School

- Increases concentration
- Improves mood and ability to be alert
- Improves memory and learning
- Enhances creativity





Charlotte, NC, Light Rail Opened November, 2007





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 (BMI>30 kg/m²); 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.

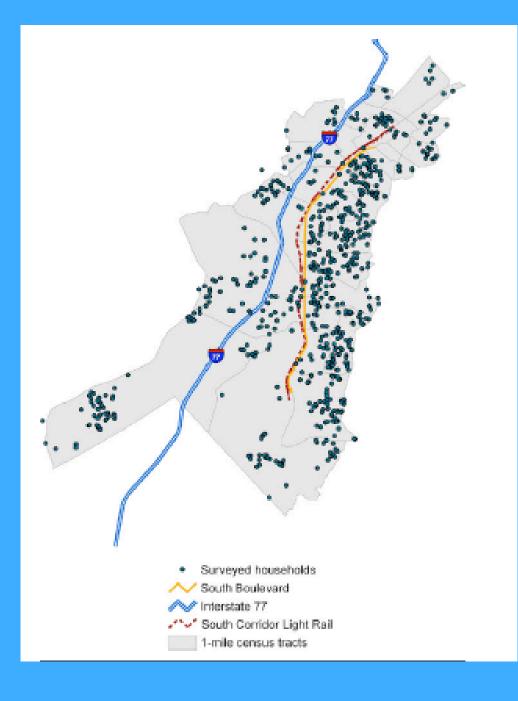
Results: More-positive perceptions of one's neighborhood at baseline were associated with a -0.36 (p < 0.05) lower BMI; 15% lower odds (95% CI=0.77, 0.94) of obesity; 9% higher odds (95% CI=0.99, 1.20) of meeting weekly RPA through walking; and 11% higher odds (95% CI=1.01, 1.22) of meeting RPA levels 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 (95% 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

Before and After the Charlotte Light Rail Began Service

• July, 2006- Feb, 2007 • March 2008- July, 2008

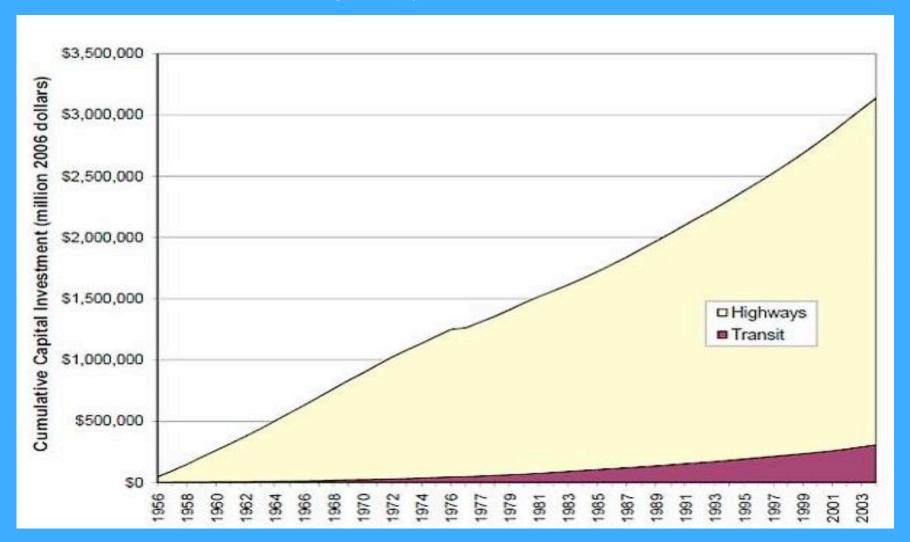


Interviewed People at 839 Locations years before and after Charlotte Light Rail Service Began

- Significant increase in meeting the weekly Recommended Physical Activity
- ... through walking (Odds Ratio 1.09)
- ...and through vigorous exercise (OR 1.11)

- The use of Light Rail Transit to commute to work was associated with an average reduction of 1.18 BMI points (*p*<0.05) and 81% reduced odds of becoming obese over time.
- For a person who is 5'5" -- equivalent to a relative weight loss of 6.45 lbs.

Cumulative Government Capital Investment in Transit and Highways Since 1956



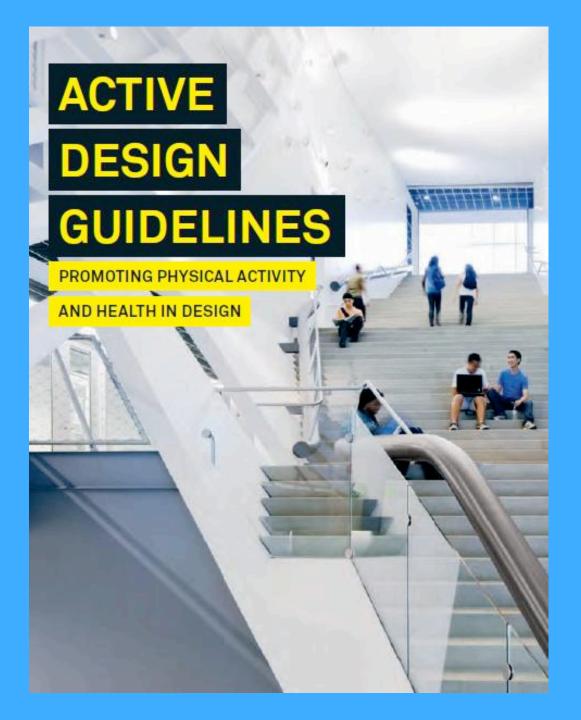
http://www.calpirg.org/home/reports/report-archives/world-class-public-transit/world-class-public-transit/a-better-way-to-go-meeting-americas-21st-century-transportation-challenges-with-modern-public-transit



10% increase in urban parks = 4°F decrease in urban surface temperature

Adapting Cities for Climate Change: The Role of the Green Infrastructure

S.E. GILL, J.F. HANDLEY, A.R. ENNOS and S. PAULEIT





SUSTAINABLE AGRICULTURE EDUCATION

David Brower Center, Berkeley, California Tel 510-526-1793 info@sagecenter.org

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See what's new at the Sunol AgPark in our <u>Fall Newsletter</u>.



Students harvest organic strawberries at the AgPark

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 <u>Sunol Water Temple Agricultural Park</u> 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

FARM BUREAU SAN DIEGO COUNTY

Home: Buy Local: Certified Farmers' Market

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 day for the Farm Bureau sponsored **Valley Center Farmers' Market**. The weekly market will start at 3:00 p.m. and run until sunset. The location is the parking lot between the Upper and Lower Elementary Schools on Cole Grade Road. If you want to be a part of this market, give Casey Anderson a call at 760-745-3023.

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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

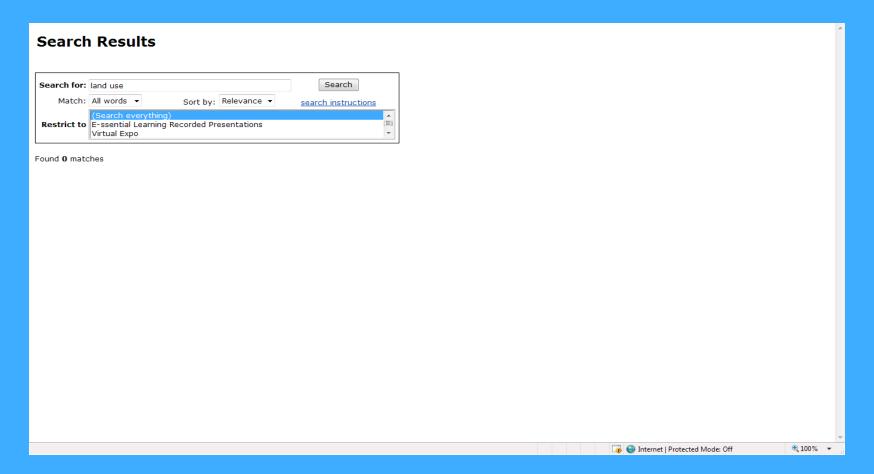
This prepublication version has been provided to the public to facilitate timely access to the committee's findings. Although the substance of the report is final, editorial changes will be made throughout the text, and citations will be checked prior to publication.

NATIONAL RESEARCH COUNCIL

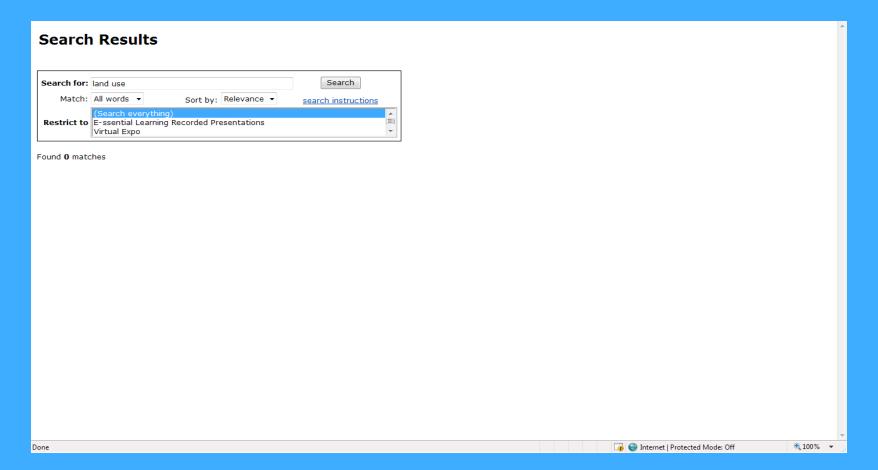
OF THE NATIONAL ACADEMIES

September 2011

APHA National Meeting 2002 Abstracts with "land use" - 0



APHA National Meeting 2003 Abstracts with "land use" - 0



APHA National Meeting 2005 Abstracts with "land use" - 55

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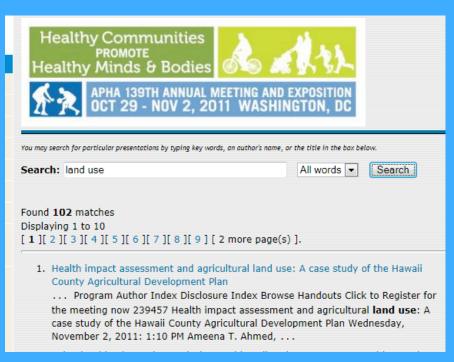
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 - ... Department of Public Health, Boston, MA Donna Warner, MA/MBA, Tobacco Control Program, Massachusetts Department of Public Health, Boston, MA Thomas Land, PhD, Tobacco Control Program, Massachusetts Department of Public Health, Boston, MA Ayesha Cammaerts, MBA, Office of Medicaid, Chief of Staff, ...
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 - ... Center, Falmouth, MA The World Health Organization, estimates that 42% of malaria cases are "associated with policies and practices regarding <u>land</u> use, deforestation, water resource management, settlement siting and modified house design". This estimate was drawn from expert opinion and studies performed ...

2011 APHA Annual Meeting

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"built environment" 182 matches

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October 31, 2011: 10:48 AM Betsy Clapp, MPH, Health ...

POLICY STATEMENT

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

Organizational Principles to Guide and Define the Child Health Care System and/or Improve the Health of All Children

Committee on Environmental Health

ARSTRACT -

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 conductive 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

w www.pediatrica.org/ogi/doi/10.1542/ peda 2009-0750

doi:10.1542/pads.2009-0750

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