

Active Transportation & Public Health

German Marshall Fund Transatlantic
Cities Network Oakland Meeting

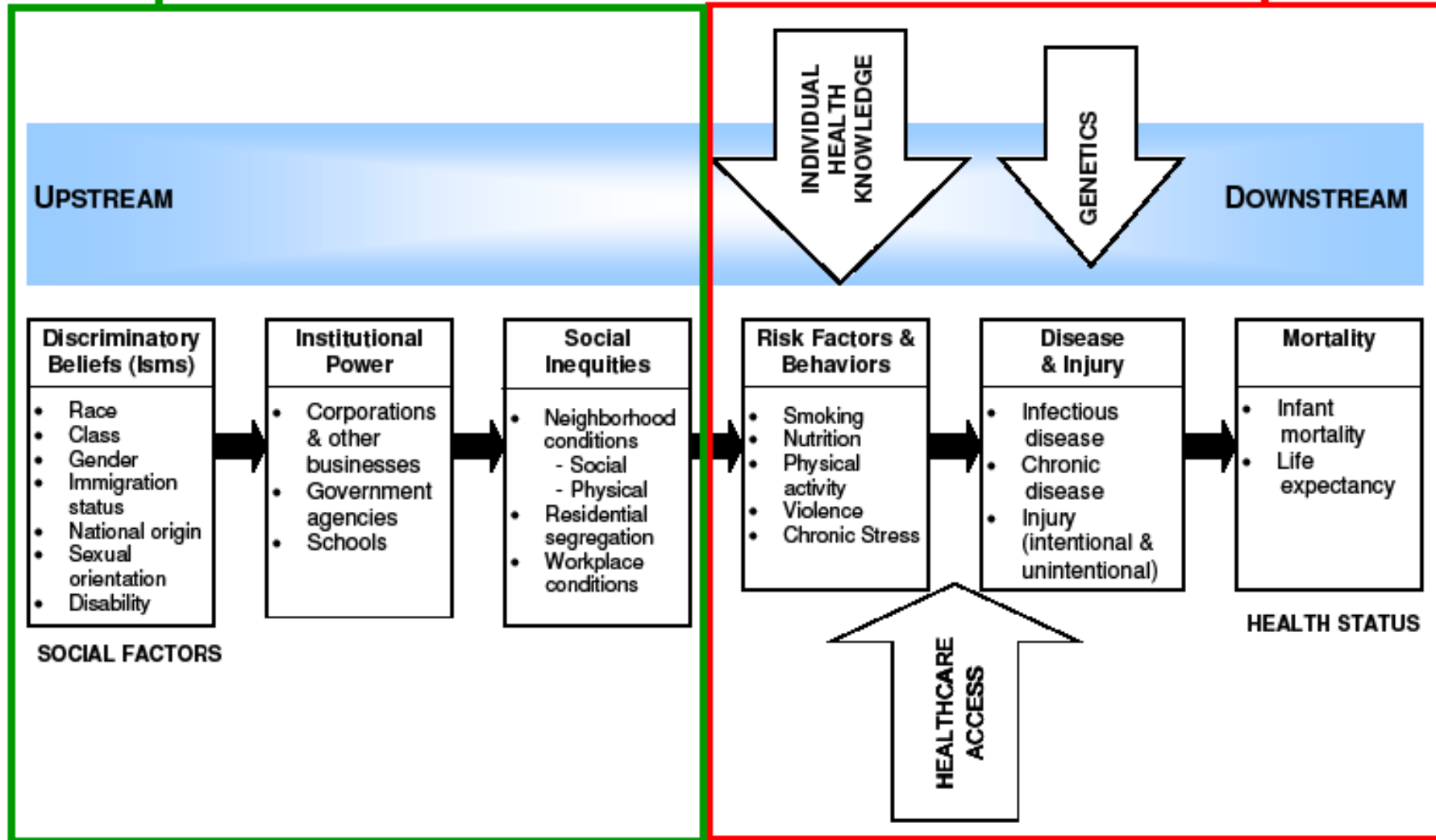
Sandra Witt, DrPH

Deputy Director of Planning, Policy and Health Equity
Alameda County Public Health Department

A Framework for Health Equity

Socio-Ecological

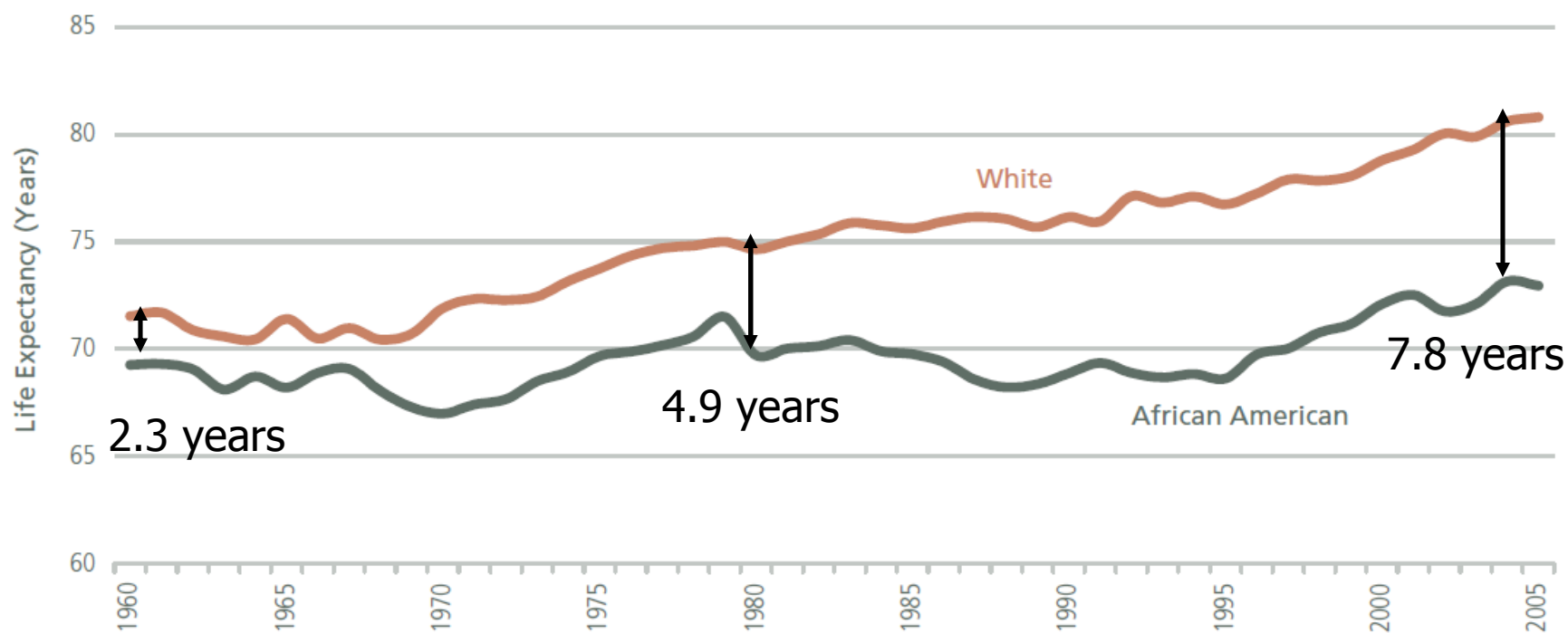
Medical Model



- Adapted by ACPHD from the Bay Area Regional Health Inequities Initiative, Summer 2008

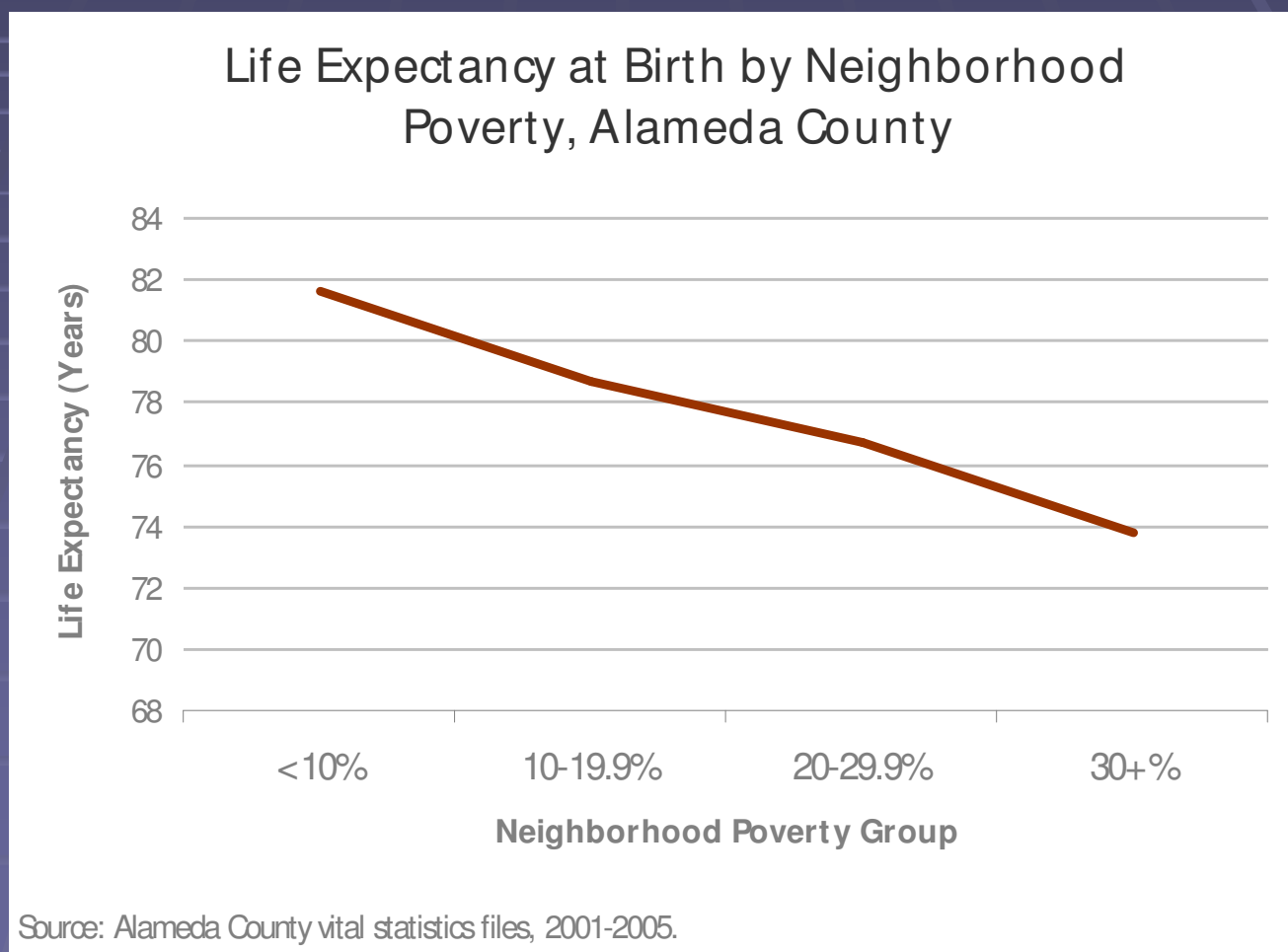
Race and Racism Matter: Health Inequities by Race/Ethnicity

Figure 5: Historical Life Expectancy at Birth, Alameda County

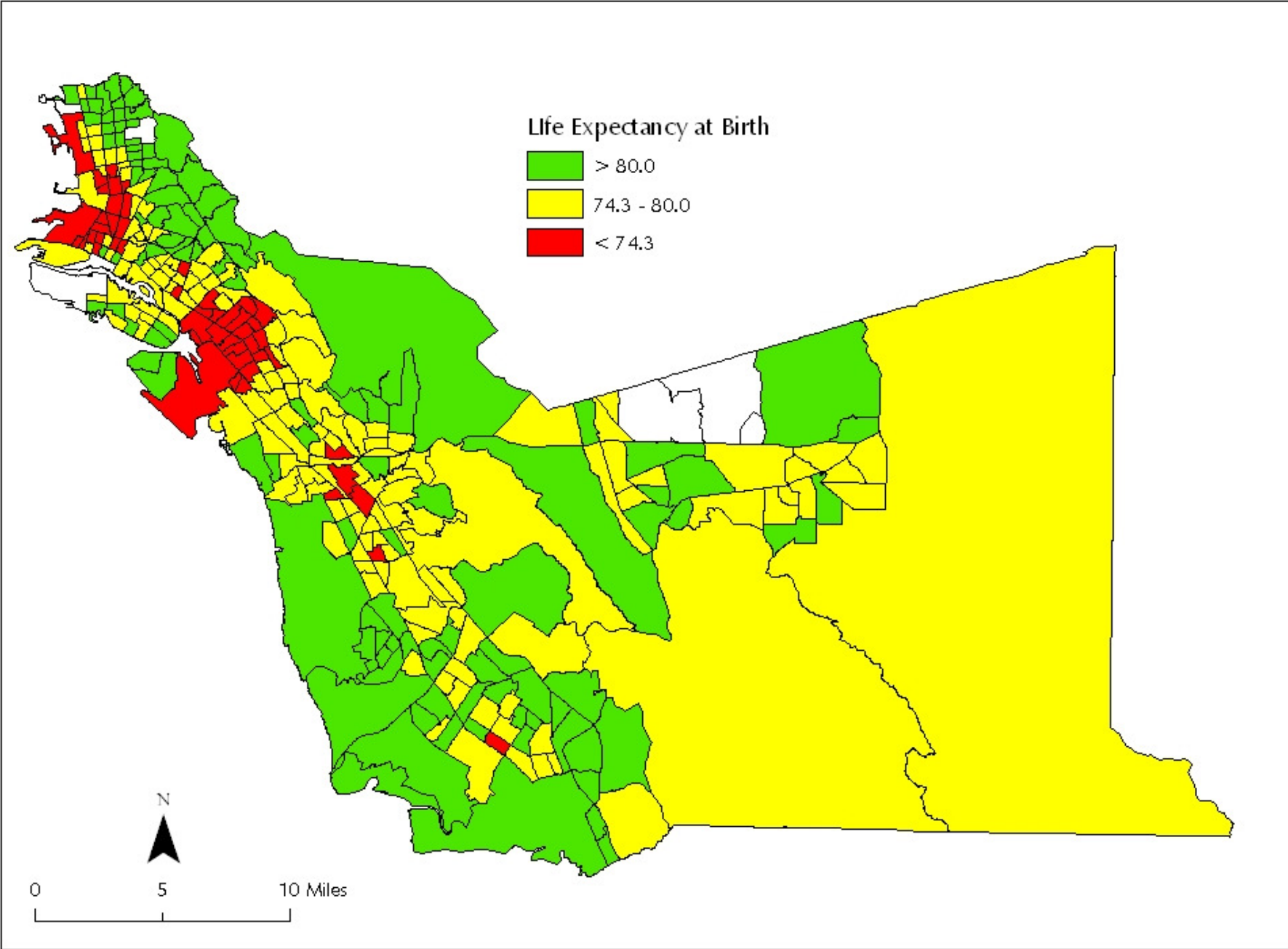


Note: White and African American defined regardless of Latino origin.
Source: Alameda County vital statistics files, 1960-2005.

Income Matters: Health Inequities by Neighborhood & HH Poverty

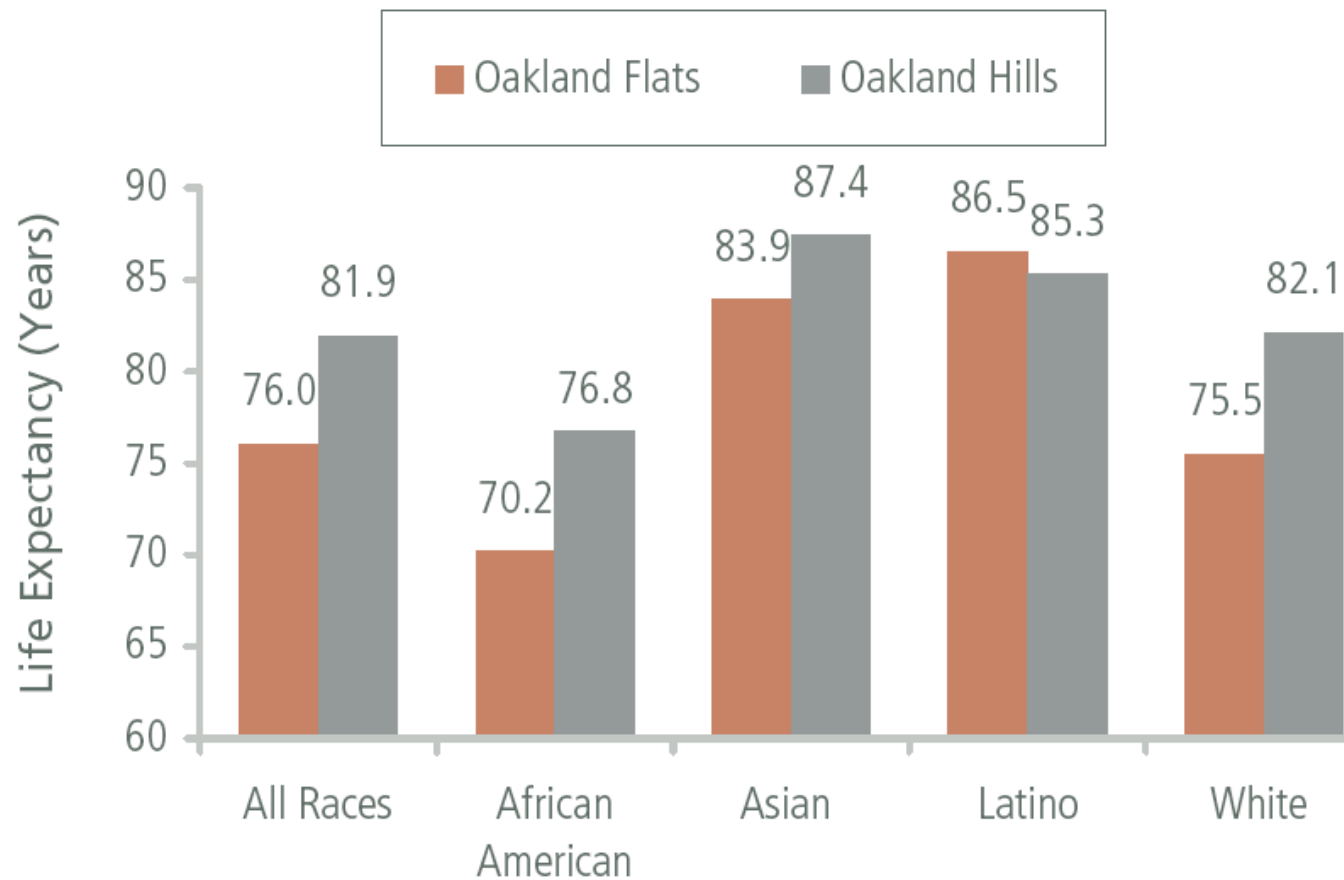


Life Expectancy by Tract



Source: CAPE, with data from vital statistics 1999-2001.

Figure 8: Life Expectancy at Birth, Oakland Flats and Hills



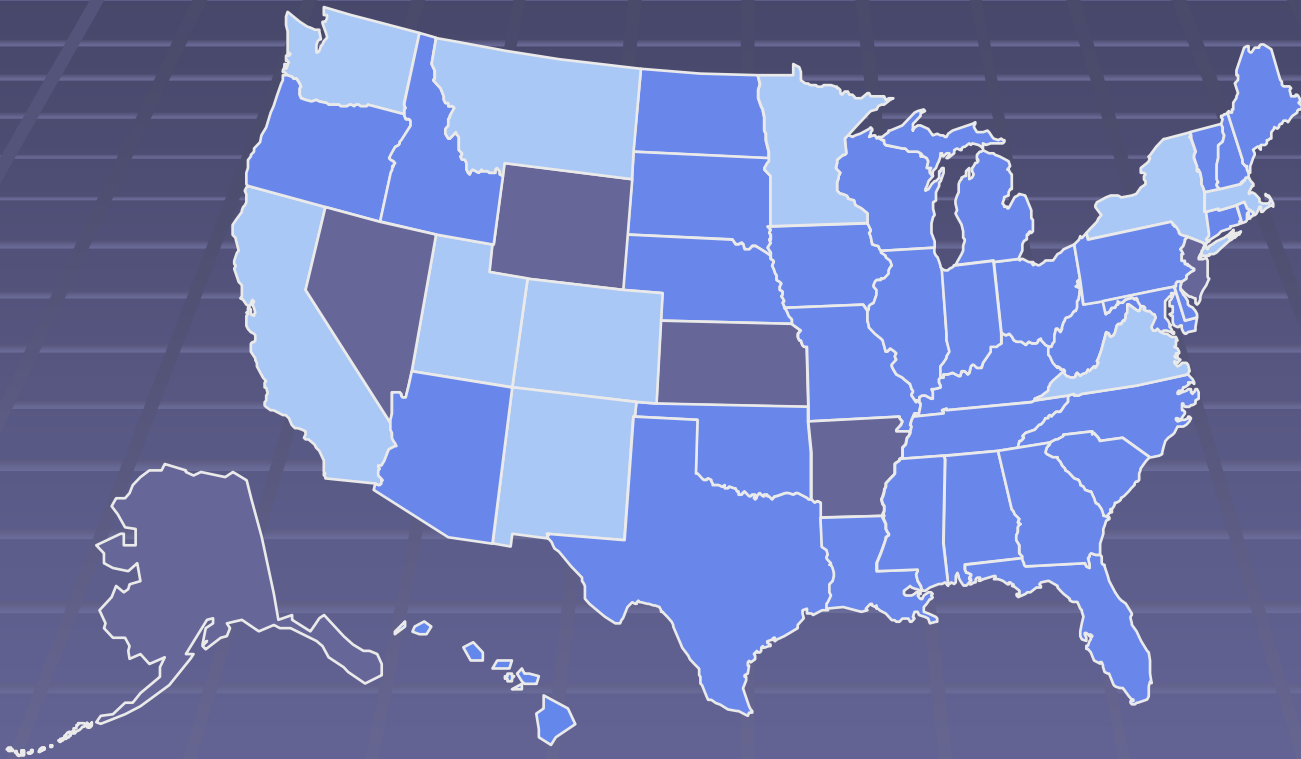
Source: Alameda County vital statistics files, 2001-2005.

The Obesity Epidemic



Obesity Trends Among U.S. Adults

BRFSS, 1990

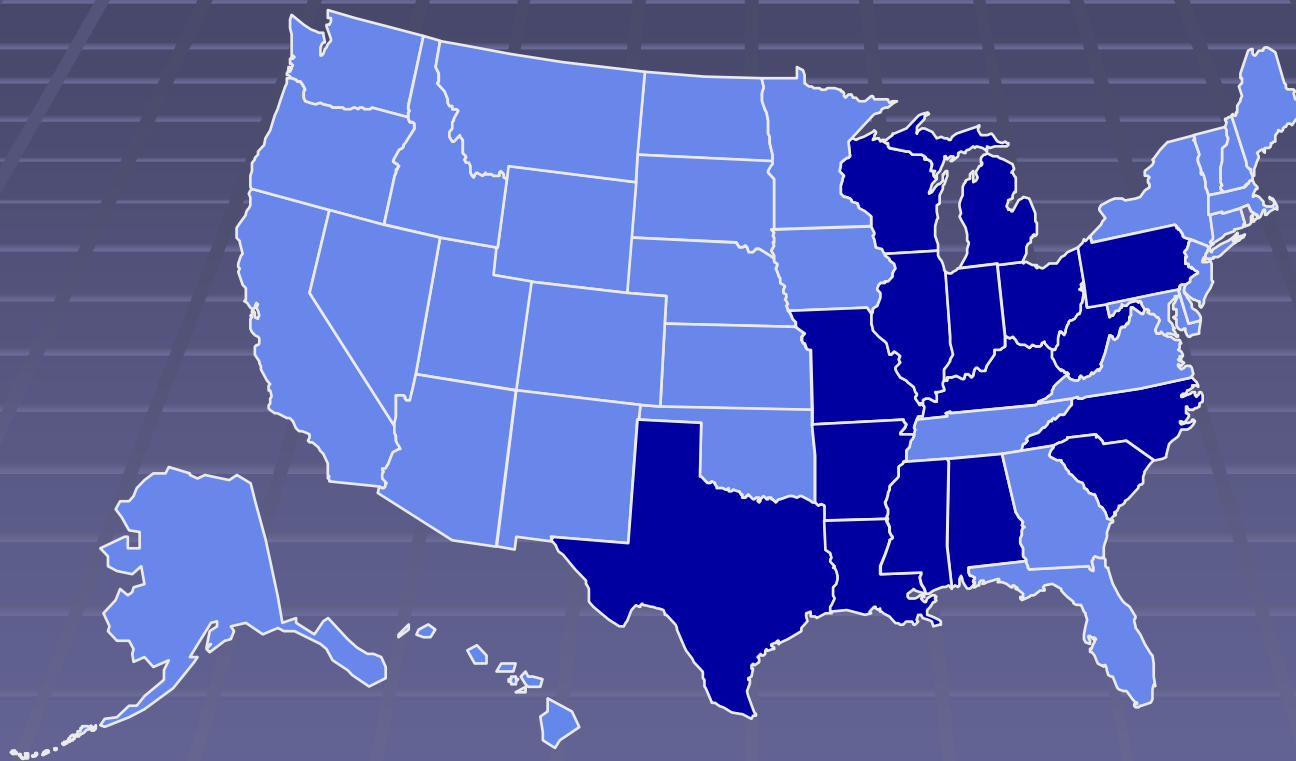


No Data
 <10%
 10%-14%

*BMI ≥ 30 , or ~30 lbs overweight for 5' 4" female

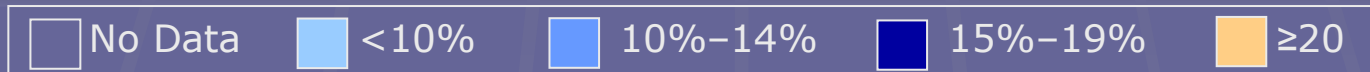
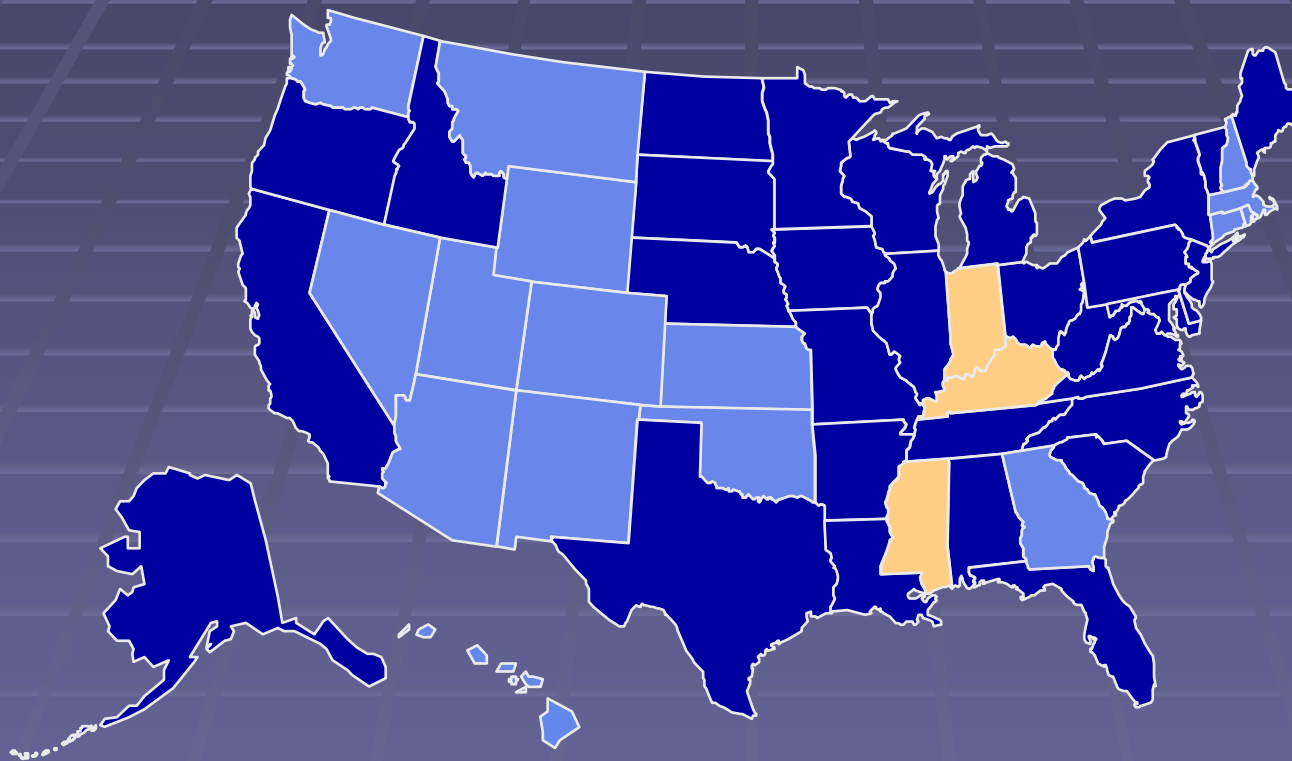
Obesity Trends Among U.S. Adults

BRFSS, 1994



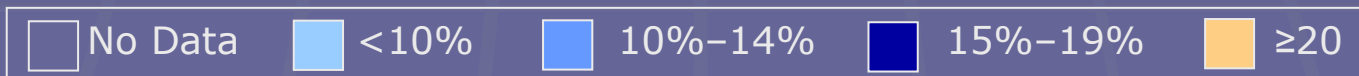
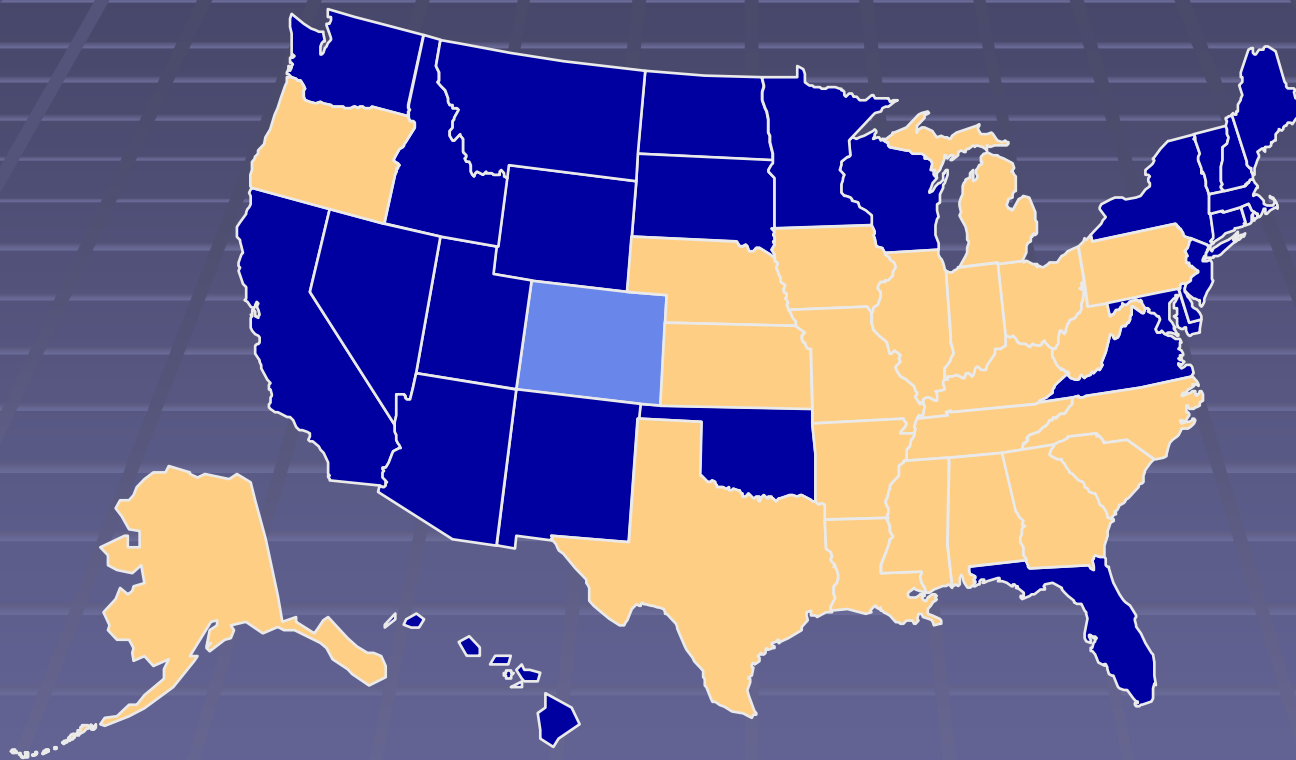
Obesity Trends Among U.S. Adults

BRFSS, 1997



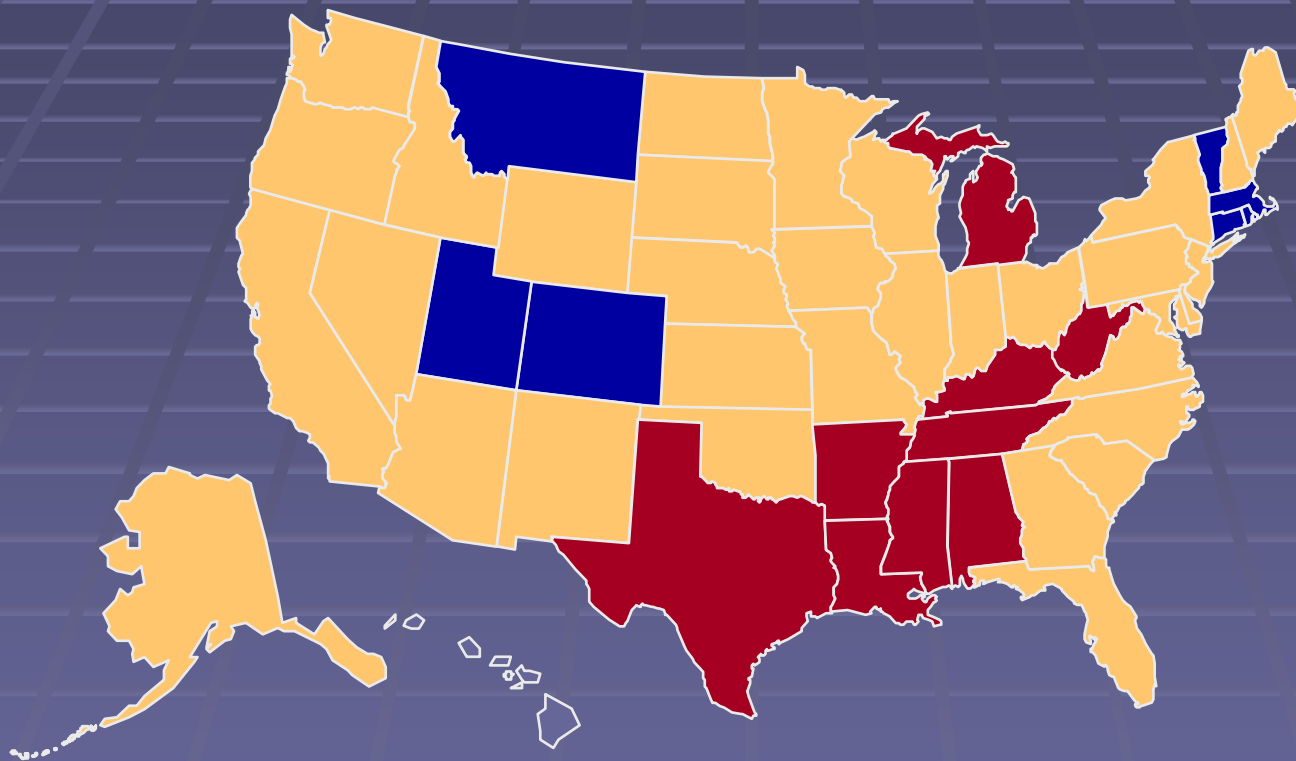
Obesity Trends Among U.S. Adults

BRFSS, 2000



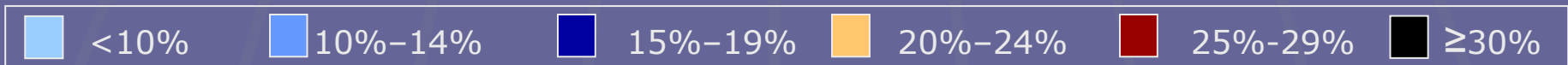
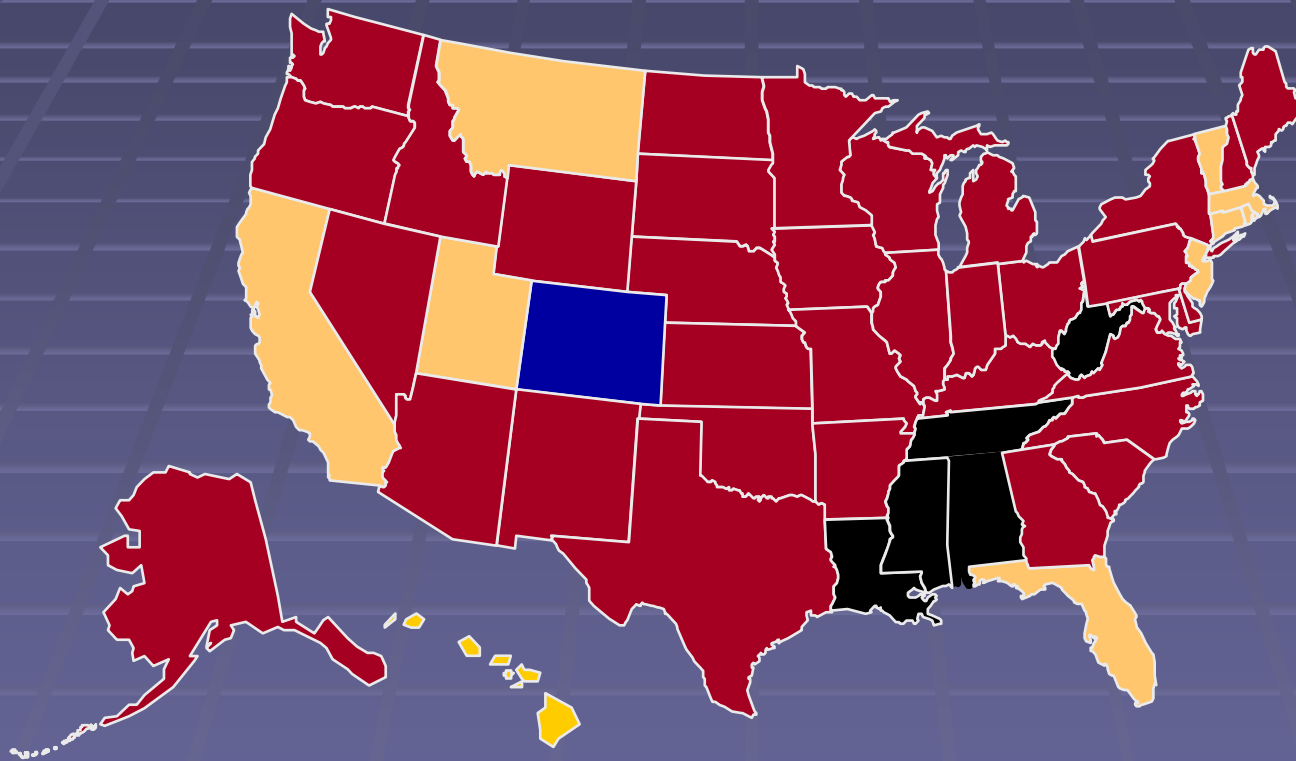
Obesity Trends Among U.S. Adults

BRFSS, 2004

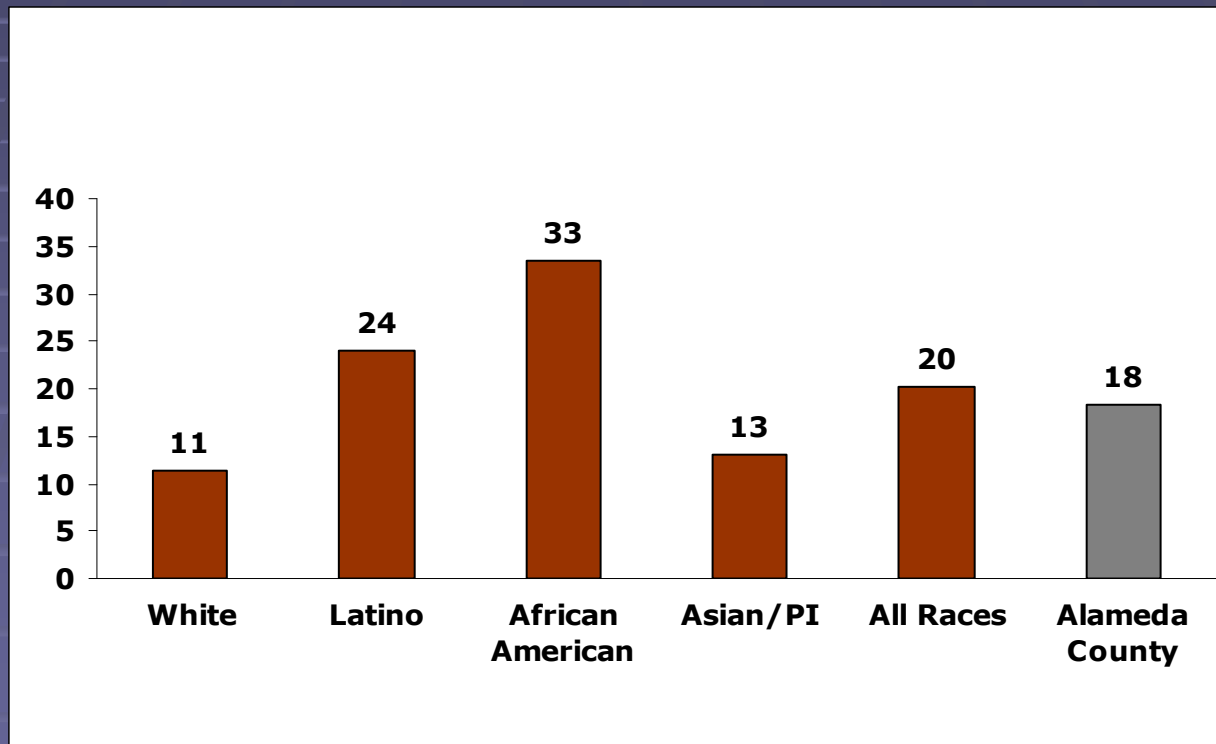


Obesity Trends Among U.S. Adults

BRFSS, 2007

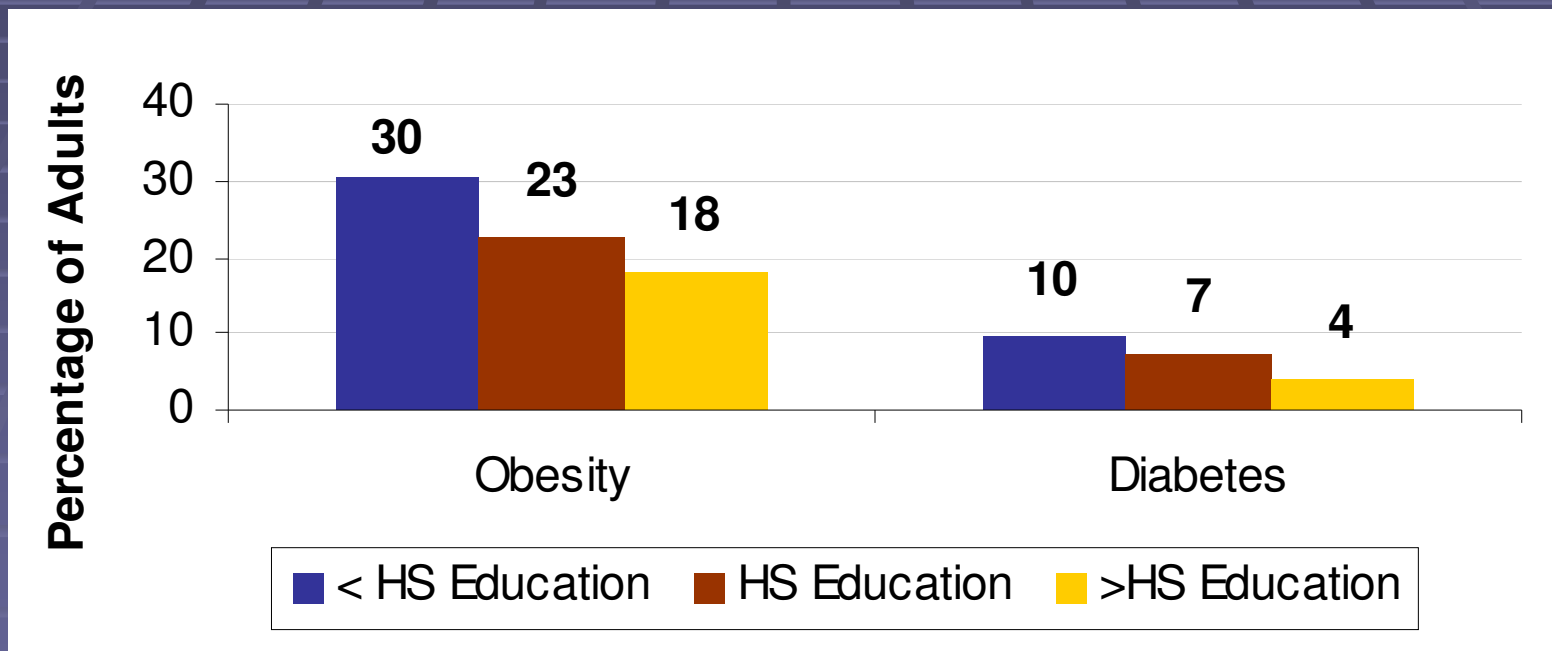


Adult Obesity by Race/Ethnic Group, Oakland



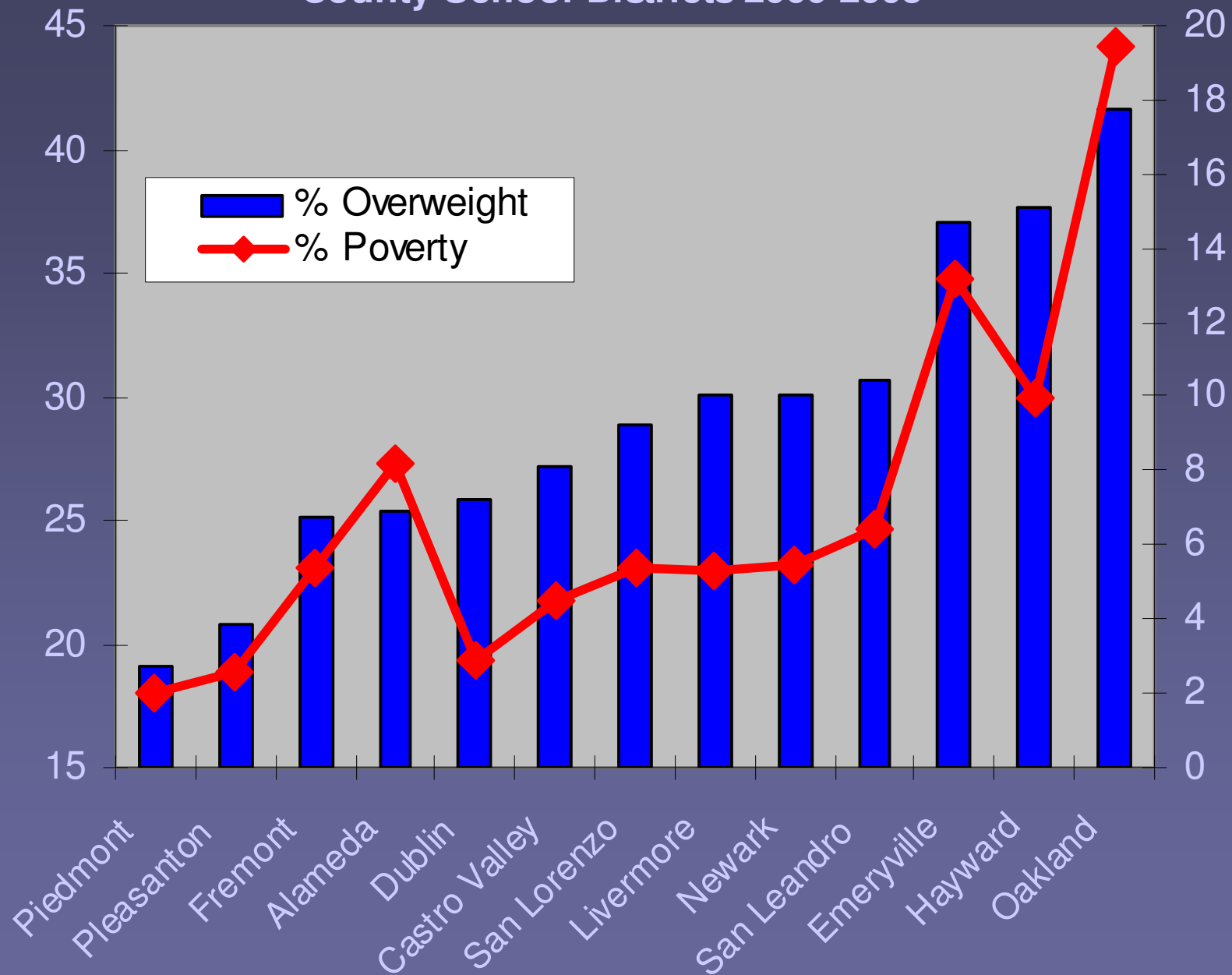
Source: CHIS 2003

Adult Obesity and Diabetes Prevalence by Education Level, Oakland



Source: CHIS 2003

Obesity and Poverty in Alameda County School Districts 2000-2003



Newswe

SMACKDOWN
SAINTLY
POPPES
BEYOND
CRISIS

DIABETES

It Strikes
16 Million
Americans

Are You
at Risk?

An American Epidemic

Diabetes

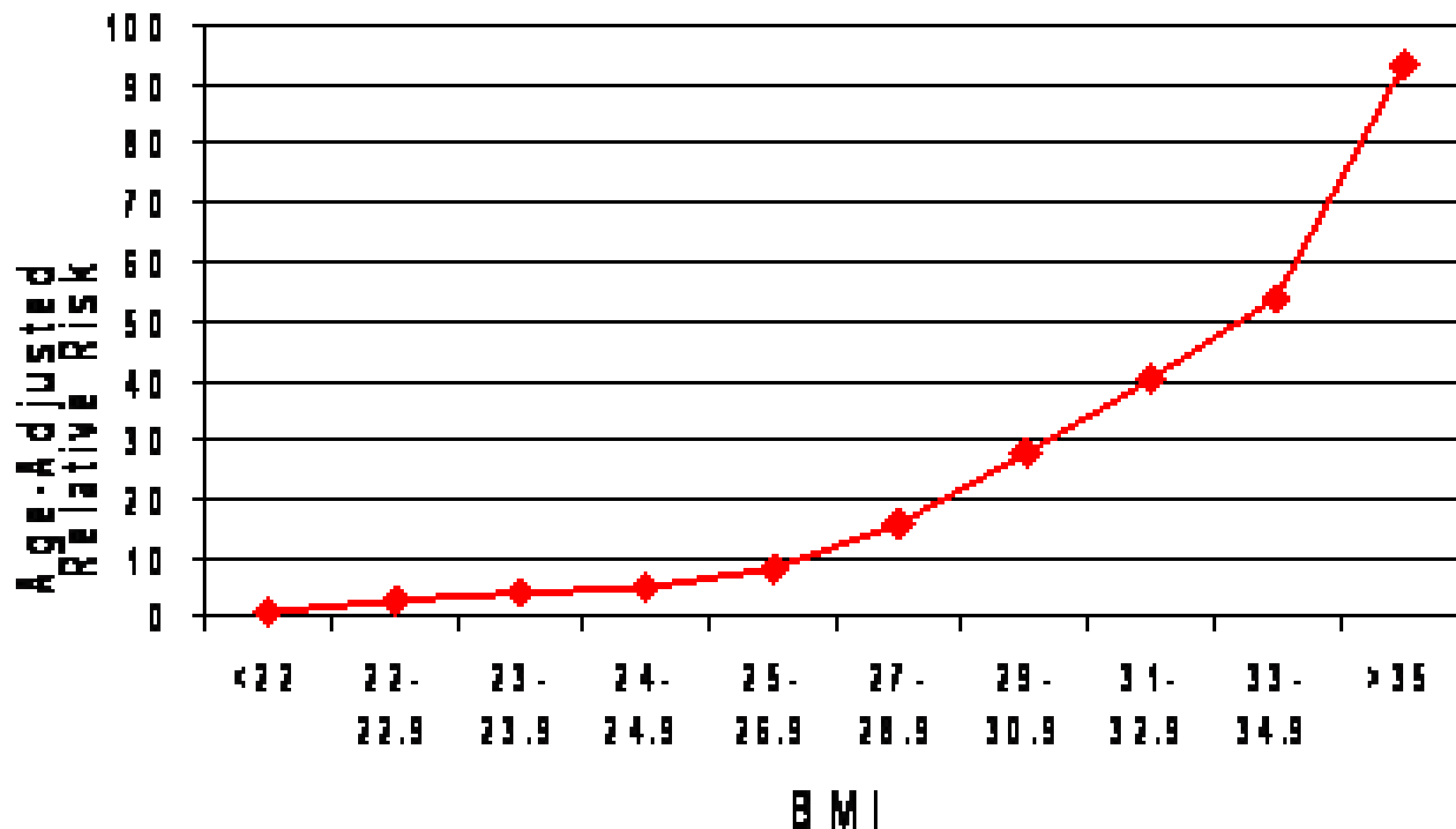
The silent killer: Scientific research shows a 'persistent explosion' of cases—especially among those in their prime
BY JERRY ADLER AND CLAUDIA KALB

Scientists believe it was a matter of time before diabetes rates in the United States would reach epidemic proportions. The numbers are now staggering. The rate of new diagnoses has doubled in the last decade, and the total number of people with the disease is now 16 million. The epidemic is spreading rapidly, especially among those in their prime. The numbers are so high that the disease is now the leading cause of blindness, kidney failure, and heart disease. The numbers are so high that the disease is now the leading cause of blindness, kidney failure, and heart disease.



Heredity
The genetic link between diabetes and heart disease is becoming clearer. Scientists are now looking for the genes that may be responsible for the disease. The numbers are so high that the disease is now the leading cause of blindness, kidney failure, and heart disease.

Link Between Obesity and Type 2 Diabetes: Nurses Health Study



Colditz GA et al. *Ann Intern Med.* 1995;122:481-486.

CDC: Diabetes to afflict 1 in 3 born in 2000

Scientist says kids must eat healthier, exercise more

By JANET MCCORNAUGHEY
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.

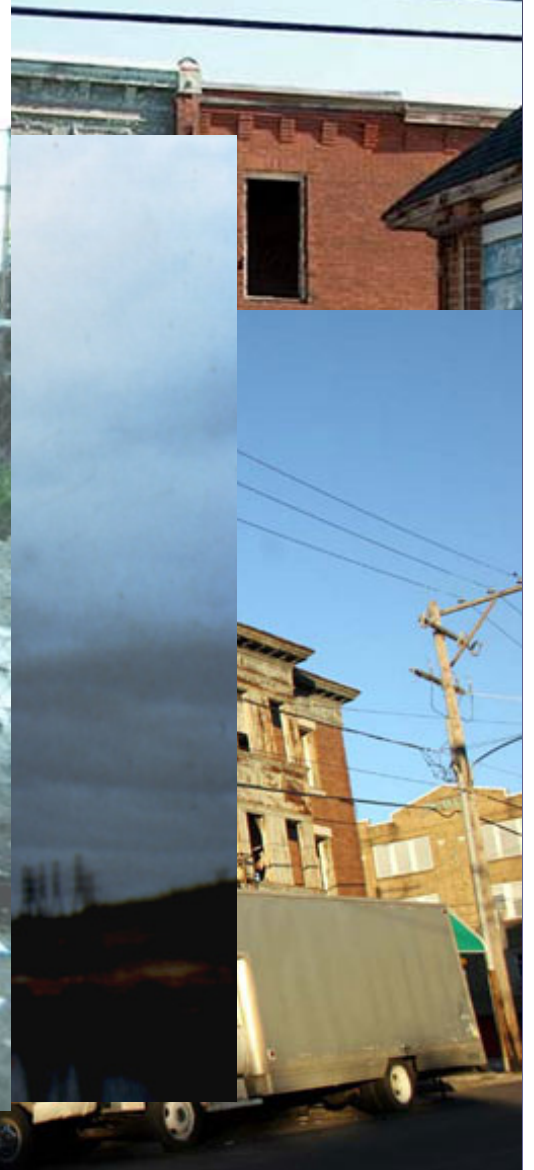
Overall, he said, 39 percent of the girls who now are healthy 2½- to 5-year-olds and 33 percent of the boys are likely to develop diabetes, he said.

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



The M

ntext



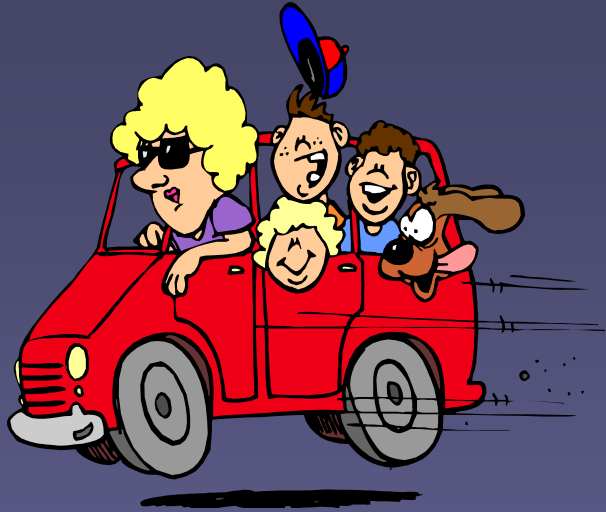
Land Use Patterns



Overall: Compared to 1969

Americans drive:

- 88% farther to shop
- 137% farther for errands



Mega-Mileage Moms

- Family “chauffeur”
- Average minutes per day spent in car:
 - Women overall: 64 minutes
 - Single mothers: 75 minutes

We have changed how much we walk or bike

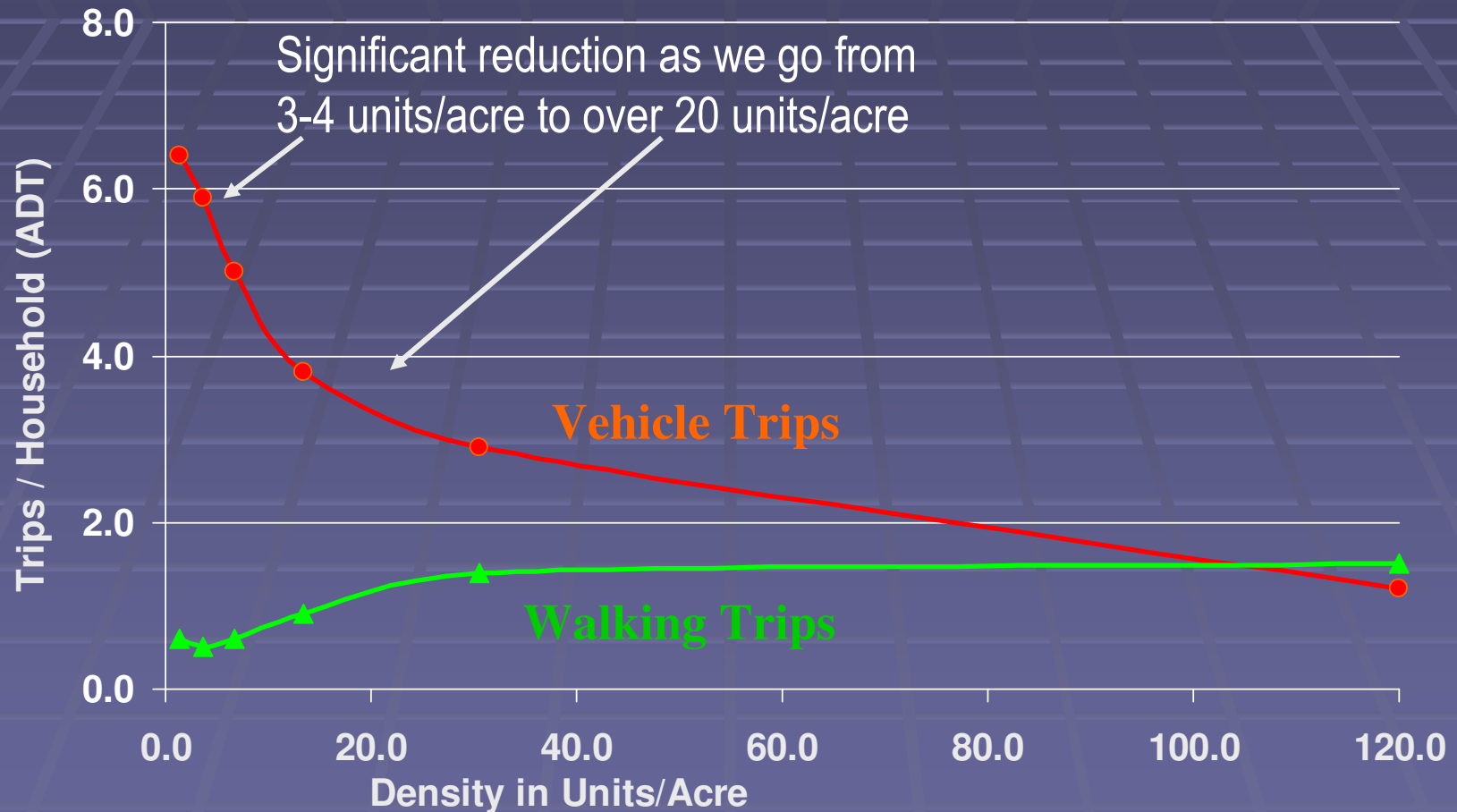
- Percent of children who walk or bike to school:
 - 1974: **66%**
 - 2000: **13%**
- (CDC, 2000)



“People who live in neighborhoods with a mix of shops and businesses within easy walking distance have a 35% lower risk of obesity.”

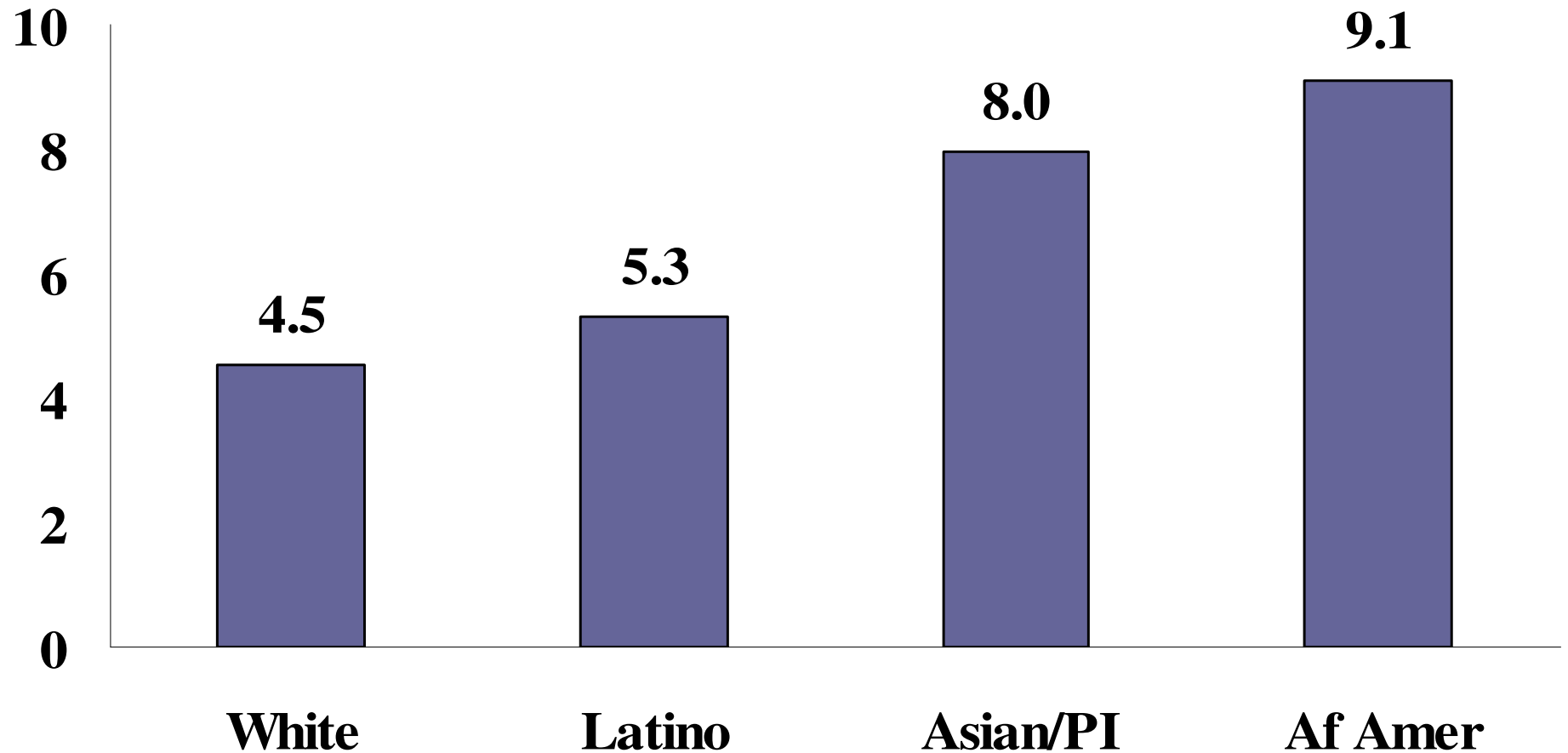


Land Use Pattern Affects Travel—Higher Density Can Reduce Vehicle Trips



Safety

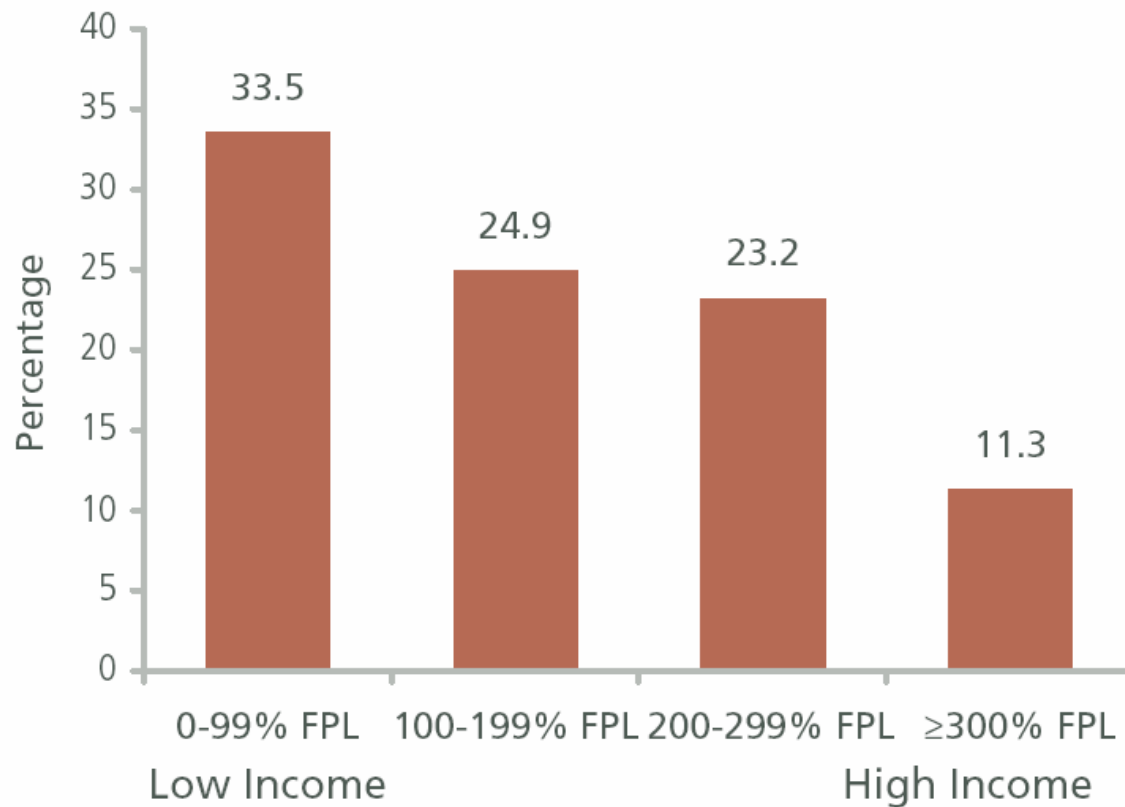
Percent Adults Who Report Being Inactive, by Race/Ethnicity



Includes adults who report no light, moderate, or vigorous physical activity
Source: California Health Interview Survey

Physical Activity Varies by Income

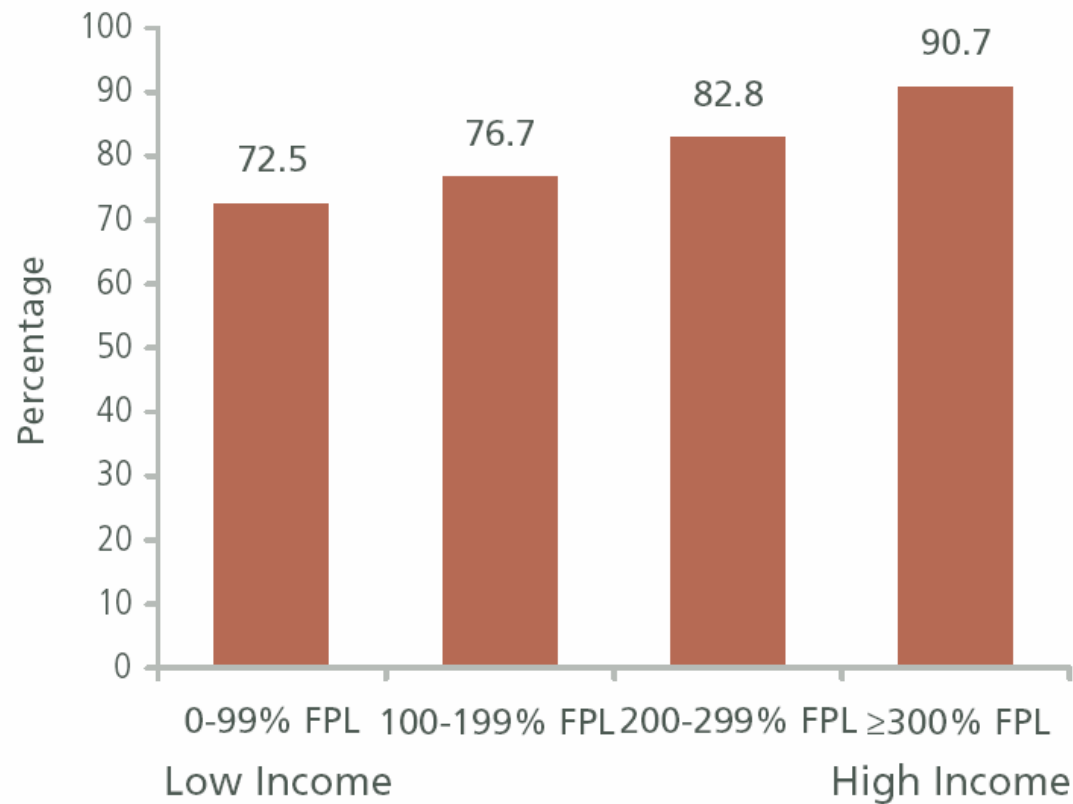
Figure 48: Physically Inactive Adults by Income, Alameda County



Source: California Health Interview Survey 2003.

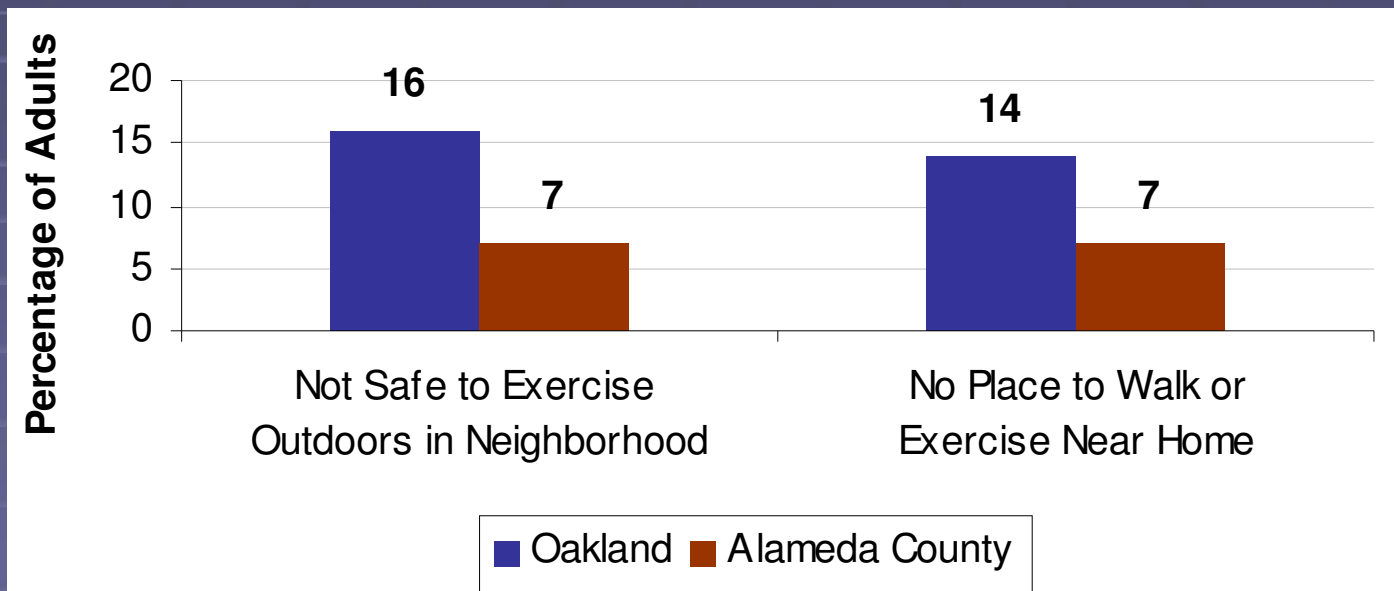
Availability of Space for Physical Activity Varies by Income

Figure 49: Place Near Home to Walk/Exercise By Income, Alameda County



Source: California Health Interview Survey 2003.

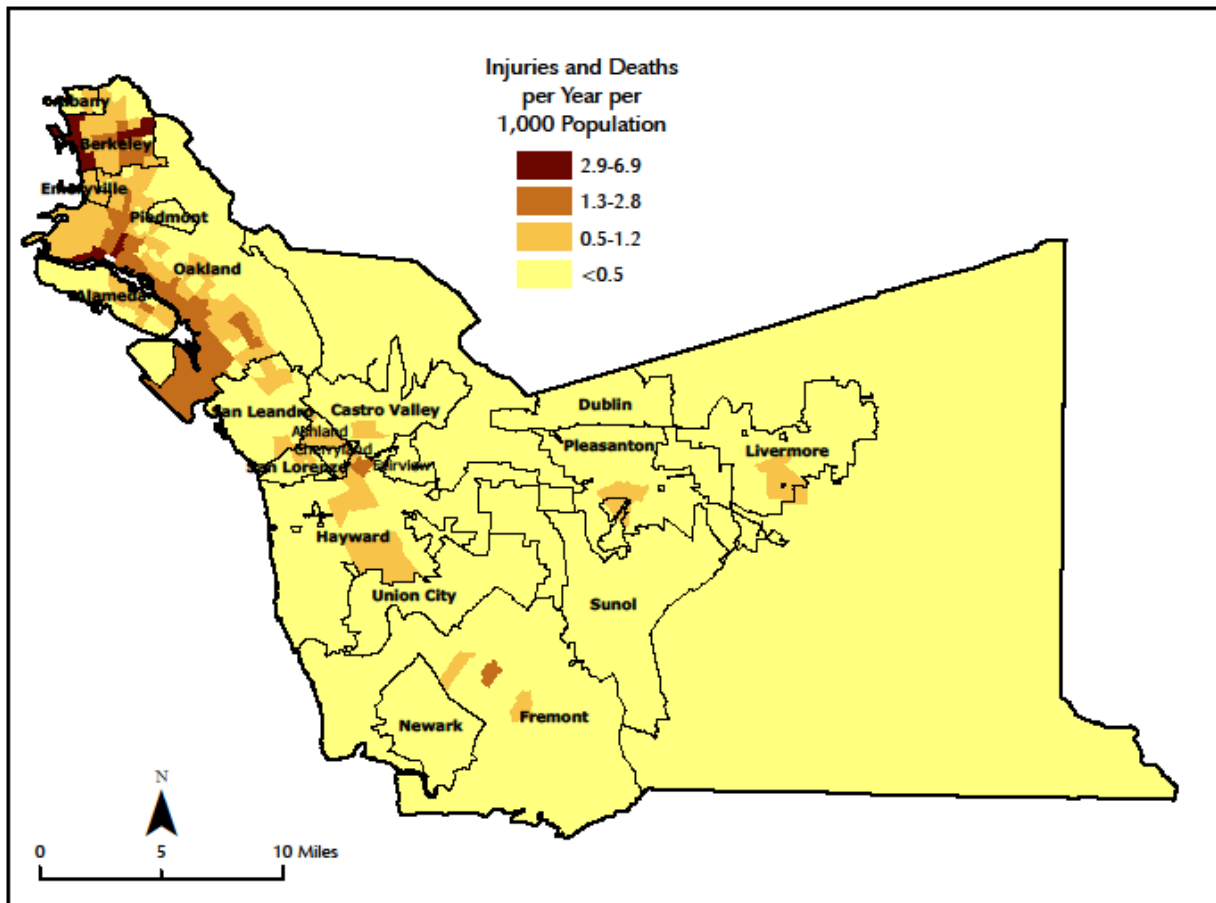
Neighborhood Safety and Availability of Places to Walk/Exercise, Oakland



Source: CHIS 2003

Annual Motor Vehicle-related Pedestrian Injuries or Deaths

Pedestrian Injuries and Deaths



Source: CAPE, with data from SWITRS.

January
1996-March
2007

Creating Opportunities for Improved Health

- Collective responsibility to create safe and healthy neighborhoods for our residents.
- Low-income communities of color, which are suffering from the worst outcomes, must be prioritized for improvements
- Effective strategies:
 - Health Impact Assessments (e.g. Estuary Specific Plan)
 - Higher density, mixed use, more pedestrian and bike friendly communities
 - Neighborhood-based planning
 - Community-oriented policing