

# Health Doesn't Happen in a Hospital, it Happens in Houses, Schools, and on Roadways: Working Across Sectors

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**and**

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National Center for Environmental Health

Division of Emergency & Environmental Health Services



# Intro to Safe & Healthy Physical Environments

- ❑ **Healthy City** – continually creating and improving those physical and social environments and expanding those community resources which enable people to mutually support each other in performing all the functions of life and in developing to their maximum potential. (*WHO*)
- ❑ **Healthy Community** – a place where individuals make informed, positive choices in the context of health-protective and supportive environments, policies, & systems. (*IOM*)
- ❑ **Safe & Healthy Communities** – Many of the strongest predictors of health and well-being fall outside of the health care setting. Social, economic, and environmental factors all influence health. (*NPS*)

[WHO Types of Healthy Settings](#)

[The Future of the Public's Health in the 21st Century, IOM](#)

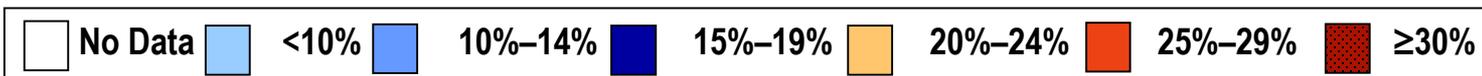
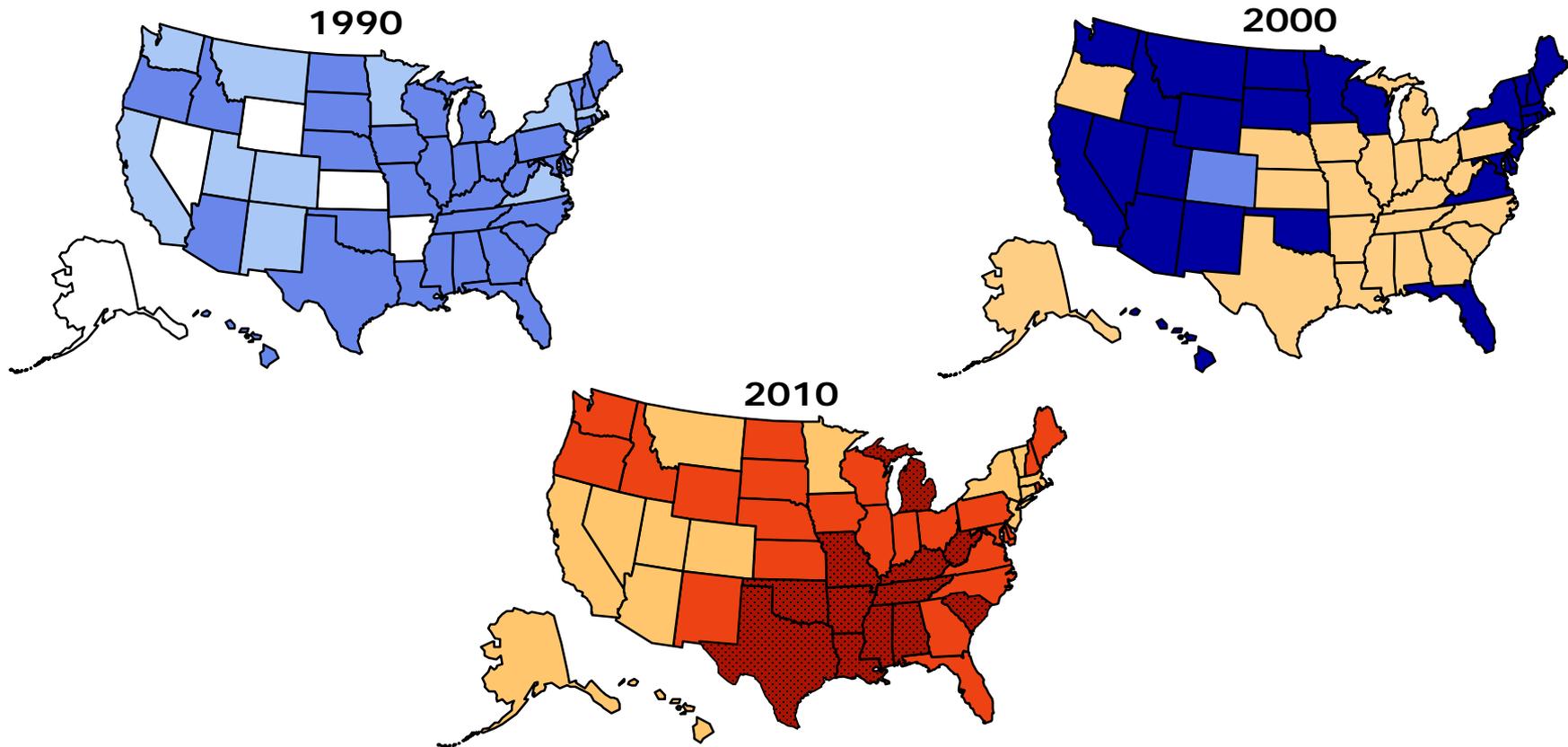
[National Prevention Strategy](#)

# Trends

# Obesity Trends\* Among U.S. Adults

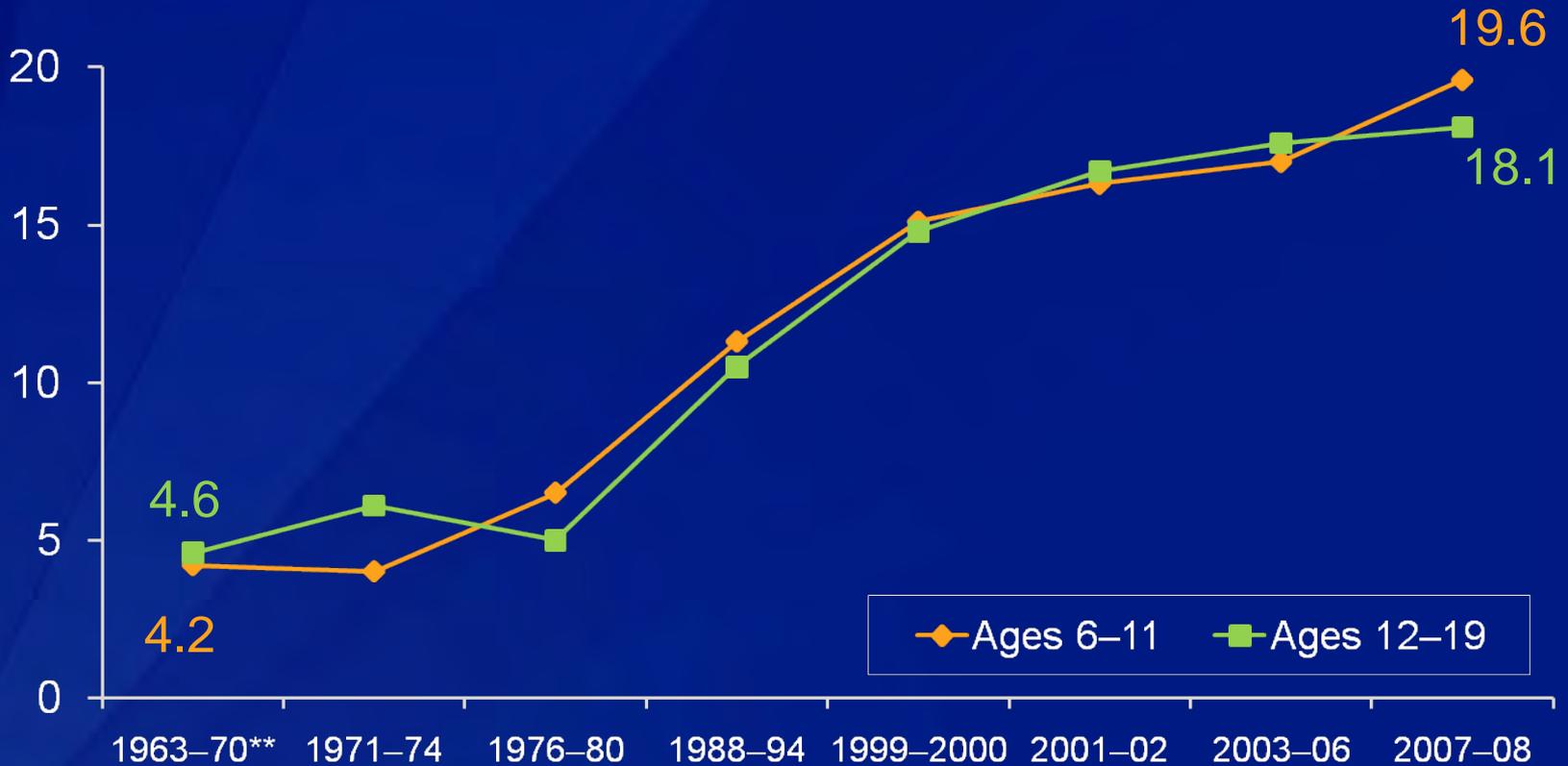
## BRFSS, 1990, 2000, 2010

(\*BMI  $\geq 30$ , or about 30 lbs. overweight for 5'4" person)



Source: Behavioral Risk Factor Surveillance System, CDC.

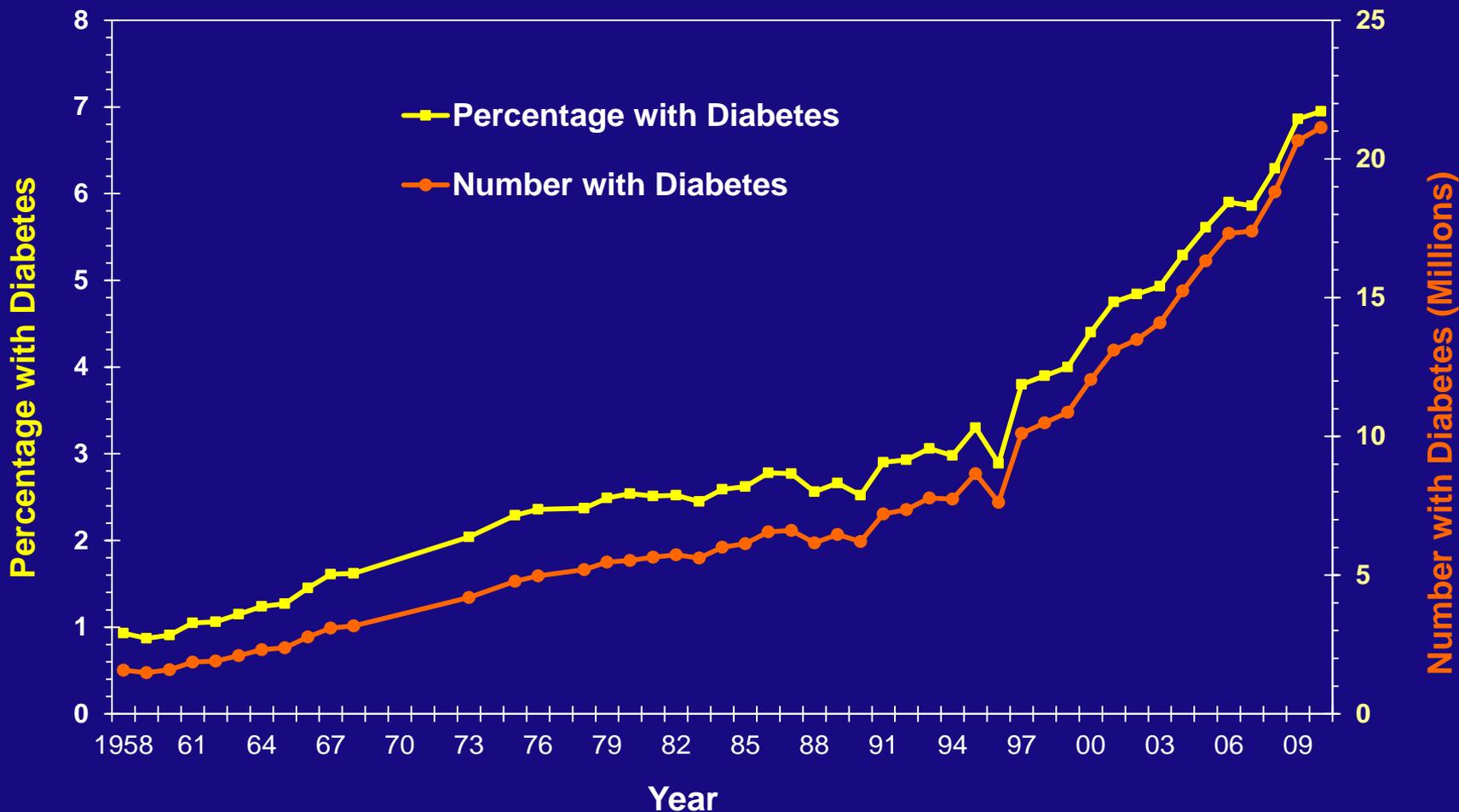
# Percentage of U.S. Children and Adolescents Classified as Obese, 1963–2008\*



\* $\geq$ 95th percentile for BMI by age and sex based on 2000 CDC BMI-for-age growth charts.

\*\*1963-1970 data are from 1963-1965 for children 6-11 years of age and from 1966-1970 for adolescents 12-17 years of age.

# Number and Percentage of U.S. Population with Diagnosed Diabetes, 1958–2010



CDC's Division of Diabetes Translation. National Diabetes Surveillance System available at <http://www.cdc.gov/diabetes/statistics>



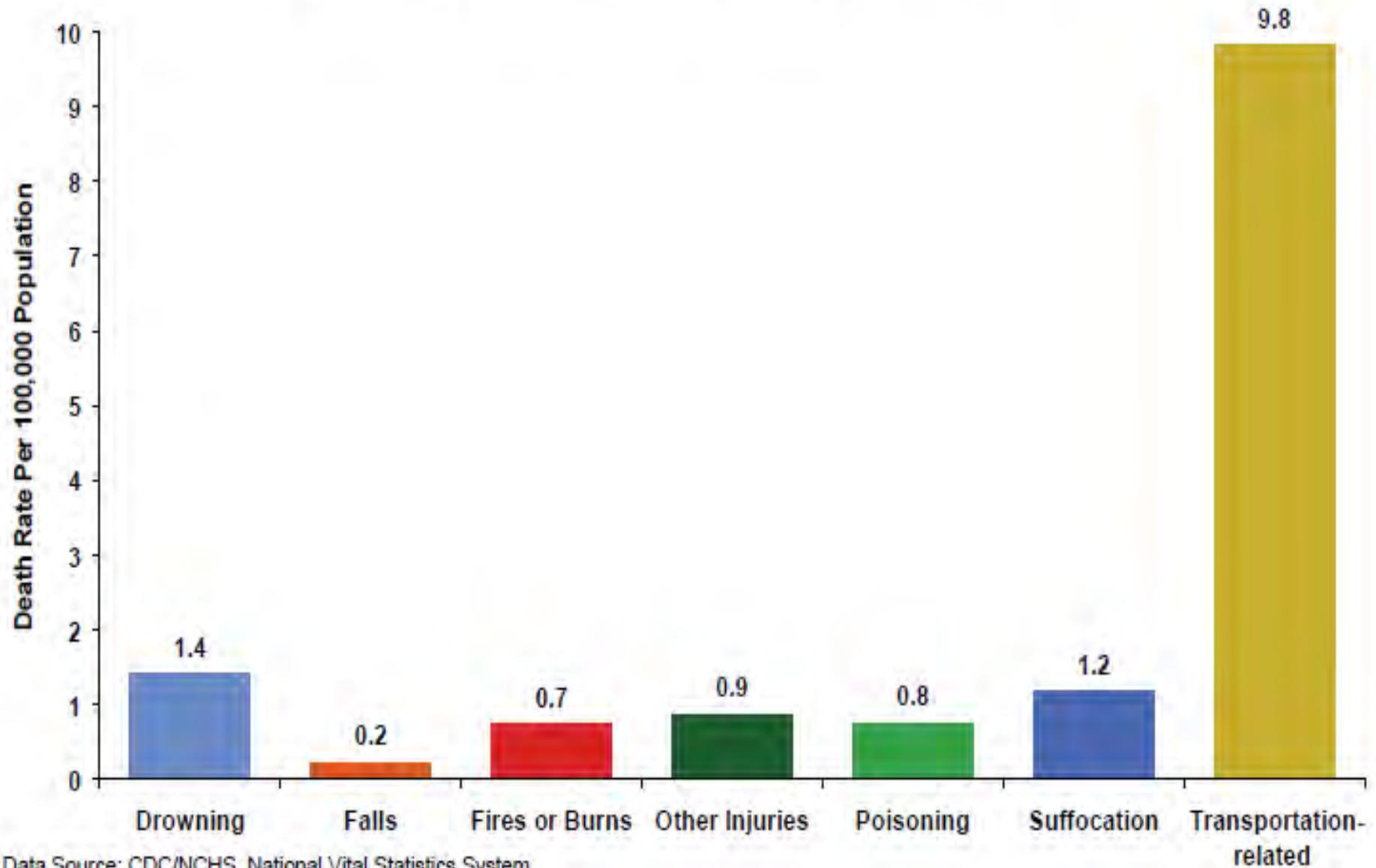


**26 million  
with Diabetes**



**79 million  
with Prediabetes**

**Figure 6: Unintentional Injury Death Rates among Children 0 to 19 Years, by Cause, United States, 2000 - 2005**



Data Source: CDC/NCHS, National Vital Statistics System

# 10 Leading Causes of Death by Age Group, United States – 2011

Rank	Age Groups										Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Congenital Anomalies 5,013	Unintentional Injury 1,337	Unintentional Injury 761	Unintentional Injury 874	Unintentional Injury 12,330	Unintentional Injury 15,518	Unintentional Injury 15,230	Malignant Neoplasms 48,897	Malignant Neoplasms 112,572	Heart Disease 475,097	Heart Disease 596,577
2	Short Gestation 4,106	Congenital Anomalies 493	Malignant Neoplasms 441	Malignant Neoplasms 419	Suicide 4,822	Suicide 6,100	Malignant Neoplasms 11,717	Heart Disease 36,100	Heart Disease 69,742	Malignant Neoplasms 397,106	Malignant Neoplasms 576,691
3	SIDS 1,910	Homicide 412	Congenital Anomalies 182	Suicide 282	Homicide 4,554	Homicide 4,185	Heart Disease 10,635	Unintentional Injury 20,749	Unintentional Injury 15,158	Chronic Low. Respiratory Disease 121,869	Chronic Low. Respiratory Disease 142,943
4	Maternal Pregnancy Comp. 1,591	Malignant Neoplasms 353	Homicide 129	Congenital Anomalies 176	Malignant Neoplasms 1,611	Malignant Neoplasms 3,499	Suicide 6,599	Liver Disease 8,864	Chronic Low. Respiratory Disease 15,044	Cerebro-vascular 109,323	Cerebro-vascular 128,932
5	Unintentional Injury 1,163	Heart Disease 165	Heart Disease 92	Homicide 154	Heart Disease 998	Heart Disease 3,301	Homicide 2,519	Suicide 8,858	Diabetes Mellitus 12,688	Alzheimer's Disease 84,032	Unintentional Injury 126,438
6	Placenta Cord. Membranes 1,004	Influenza & Pneumonia 112	Chronic Low. Respiratory Disease 64	Heart Disease 111	Congenital Anomalies 432	Diabetes Mellitus 686	Liver Disease 2,449	Diabetes Mellitus 6,012	Cerebro-vascular 11,205	Diabetes Mellitus 52,402	Alzheimer's Disease 84,974
7	Bacterial Sepsis 526	Septicemia 61	Influenza & Pneumonia 63	Chronic Low Respiratory Disease 72	Influenza & Pneumonia 220	HIV 666	Diabetes Mellitus 1,842	Cerebro-vascular 5,705	Liver Disease 10,749	Influenza & Pneumonia 45,386	Diabetes Mellitus 73,831
8	Respiratory Distress 513	Chronic Low Respiratory Disease 53	Benign Neoplasms 40	Influenza & Pneumonia 55	Cerebro-vascular 186	Cerebro-vascular 530	Cerebro-vascular 1,718	Chronic Low. Respiratory Disease 4,634	Suicide 6,521	Unintentional Injury 43,258	Influenza & Pneumonia 53,826
9	Circulatory System Disease 500	Benign Neoplasms 45	Cerebro-vascular 40	Cerebro-vascular 47	Complicated Pregnancy 172	Influenza & Pneumonia 515	HIV 1,619	HIV 2,781	Septicemia 4,953	Nephritis 37,796	Nephritis 45,591
10	Neonatal Hemorrhage 456	Cerebro-vascular 42	Septicemia 38	Septicemia 31	Chronic Low. Respiratory Disease 170	Liver Disease 505	Influenza & Pneumonia 859	Septicemia 2,461	Nephritis 4,754	Septicemia 26,746	Suicide 39,518

Data Source: National Vital Statistics System, National Center for Health Statistics, CDC.

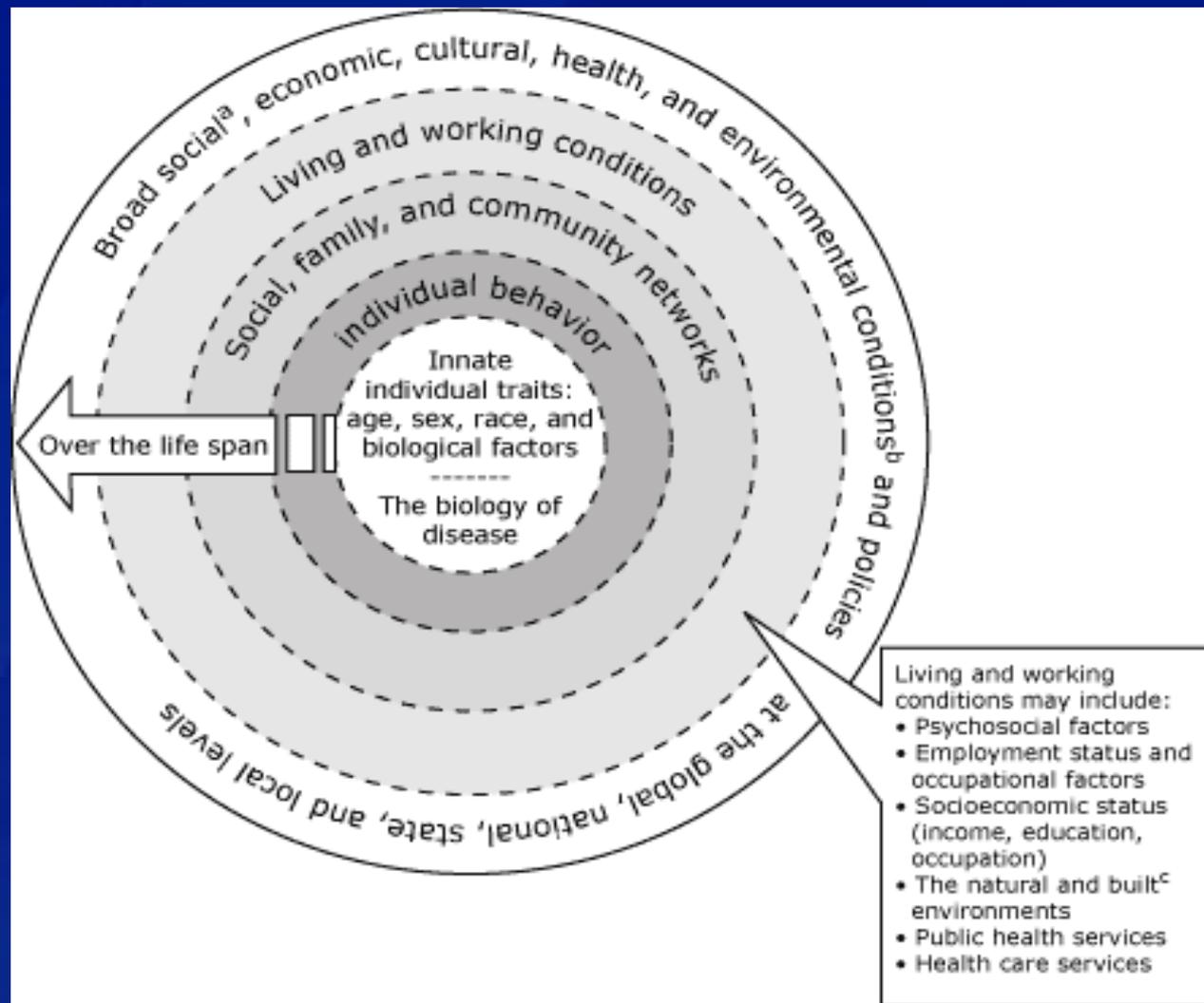
Produced by: Office of Statistics and Programming, National Center for Injury Prevention and Control, CDC using WISQARS™.



Centers for Disease Control and Prevention  
National Center for Injury Prevention and Control

**So, How Are We Going To Address  
All Of These Challenges?**

# Social-Ecological Model of Public Health

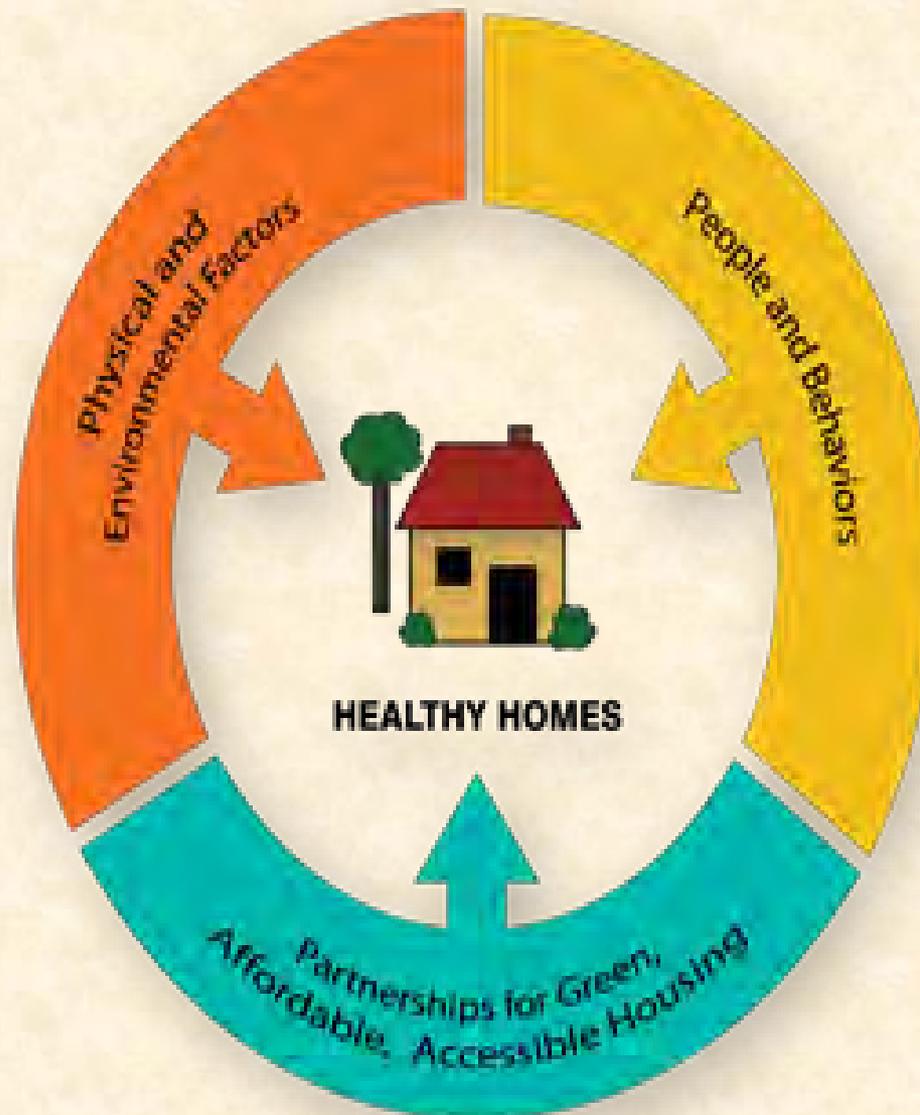


# **HOUSING SECTOR**

## **Discussion Questions**

- ❑ What are some key housing-related health issues?**
- ❑ What are some potential causal pathways from the housing conditions to the health outcomes?**
- ❑ Who might be key non-public health actors related to these conditions/outcomes?**
- ❑ What are some potential public health actions that could leverage these non public health sector interventions?**

- Secondhand smoke
- Radon
- Fire hazards
- Fall hazards
- Allergens
- Lead
- Pesticides
- Moisture
- Volatile organic compounds
- Smoke and carbon monoxide detectors
- Private drinking water wells



- Safe food handling and storage
- No smoking rules
- Improve nutrition
- Increase physical activity
- Improve parenting skills
- Improve coping and conflict management skills

- Universal design
- Construction materials
- Handicapped accessible

- Access to sidewalks and green space
- Environment friendly

## **Surgeon General's Call to Action To Promote Healthy Homes**

**“A healthy home is sited, designed, built, renovated, and maintained in ways that support the health of residents.**

**Specific features that constitute healthy housing include structural and safety aspects of the home (i.e., how the home is designed, constructed, and maintained; its physical characteristics; and the presence or absence of safety devices), quality of indoor air and water, and the presence or absence of chemicals.**

**Individual resident behavior, such as installing and maintaining smoke alarms, implementing smoke-free rules, and controlling or eliminating hazards such as lead paint and radon gas also are also important.”..”**

The Surgeon General's Call to  
Action To Promote Healthy Homes

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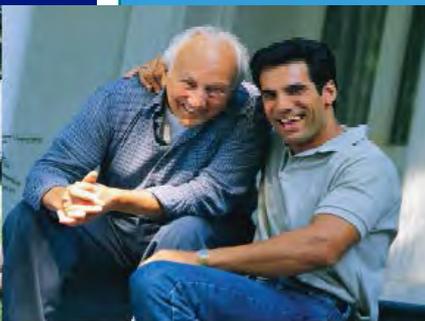
2009



U.S. Department of Health and Human Services

healthyhomes.hud.gov

# Advancing Healthy Housing A STRATEGY FOR ACTION



**2013**

A Report from the Federal  
Healthy Homes Work Group

U.S. Department of Health and Human Services  
U.S. Department of Housing and Urban Development

## Healthy Housing Inspection Manual

Department of  
Health Services



# **LAND USE PLANNING SECTOR**

## Discussion Questions

- ❑ **What are some key land use planning-related health issues?**
- ❑ **What are some potential causal pathways from the land use decisions to the health outcomes?**
- ❑ **Who might be key non-public health actors related to these conditions/outcomes?**
- ❑ **What are some potential public health actions that could leverage these non public health sector interventions?**

## Brief Definitions of Key Interventions

- ❑ **Design Guidelines** – a manual for architects and urban designers for creating healthier buildings, streets, and urban spaces that create environments that encourage walking, bicycling, and active transportation and recreation—for example, through the placement and design of stairs, elevators, and outdoor spaces.
- ❑ **Comprehensive Planning** – creating a document or series, that serves as a guide for making land use changes, preparation of capital improvement programs, and the rate, timing, and location of future growth based on establishing long-term goals.
- ❑ **Health Impact Assessment** – procedures, methods, and tools by which a policy, program, or project is judged for its potential health effects on a population, and the distribution of effects in the population

# Land Use and Public Health Collaborations Flowchart, NACCHO

Drafting a Comprehensive Plan

Health Agency Relations

Beginning the Process

Studying Needs

Drafting a Plan

Adoption and Implementation

Legislation

Review and Evaluate

# CDC's Healthy Places, Healthy Community Design Initiative

National Center for Environmental Health

The initiative works to improve public health by:

- Linking public health surveillance with community design decisions;
- Improving community design decisions through tools such as Health Impact Assessment;
- Educating decision makers on the health impact of community design;
- Building partnerships with community design decision makers and their influencers;
- Conducting research to identify the links between health and community design; and
- Translating research into best practices.

[Healthy Places](#)

The screenshot shows the CDC website page for "Designing and Building Healthy Places". The page features a header with the CDC logo and navigation links. The main content area includes a video player for "Walkable communities" and a list of resources. The page is organized into several sections: "Designing and Building Healthy Places", "CDC's Healthy Community Design Initiative is part of the National Center for Environmental Health's Division of Emergency and Environmental Health Services", "The Initiative works to improve public health by:", "Key Topics Related to Community Design", "Site Resources", and "CDC Programs".

**Designing and Building Healthy Places**

The way we design and build our communities can affect our physical and mental health. Healthy community design integrates evidence-based health strategies into community planning, transportation, and land-use decisions.

**Walkable communities**  
What is Healthy Community Design? GO»

**CDC's Healthy Community Design Initiative is part of the National Center for Environmental Health's Division of Emergency and Environmental Health Services.**  
**The Initiative works to improve public health by:**

- Linking public health surveillance with community design decisions;
- Improving community design decisions through tools such as Health Impact Assessment;
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- Translating research into best practices.

**Healthy community design can improve people's health by:**

- Increasing physical activity;
- Reducing injury;
- Increasing access to healthy food;
- Improving air and water quality;
- Minimizing the effects of climate change ;
- Decreasing mental health stresses;
- Strengthening the social fabric of a community; and
- Providing fair access to livelihood, education, and resources.

**Key Topics Related to Community Design**

Accessibility	Injury
Children's Health	Mental Health
Climate Change	National Environmental Policy Act (NEPA)
Healthy Aging	Physical Activity
Health Effects of Gentrification	Respiratory Health
Healthy Food Environment	Social Capital
Healthy Homes	Transportation
Health Impact Assessment (HIA)	Water Quality

**Site Resources**

- About Healthy Places
- Recent Accomplishments
- Additional Resources
- Conferences & Events
- Fact Sheets
- Image Libraries
- Key Resources
- Media Resources
- News Releases
- Publications & Selected Current Projects
- Related Articles
- Subscribe to Healthy Community Design News
- Terminology

**CDC Programs**

- Air Pollution & Respiratory Health
- Environmental Justice
- Healthy Aging
- Healthy Communities
- Healthy Homes Initiative
- Healthy Schools, Health Youth
- National Center for Injury Prevention and Control
- Nutrition and Physical Activity
- Brownfields and Land Reuse
- Health Literacy

Page last reviewed: October 15, 2009  
Page last updated: August 13, 2013  
Content source: National Center for Environmental Health

Home A-Z Index Site Map Policies Using this Site Link to Us All Languages CDC Mobile Contact CDC

Centers for Disease Control and Prevention 1600 Clifton Rd. Atlanta, GA 30333, USA  
800-CDC-INFO (800-232-4636) TTY: (888) 232-6348 - [Contact CDC-INFO](#)

USA.gov Government Made Easy

# NACCHO Community Design/Land Use Planning

NACCHO's Community Design project enhances the capacity of local health departments (LHDs) to be involved in decision-making processes and otherwise extend their role in issues related to land use.

NACCHO and the American Planning Association (APA) are working to bring LHDs into the land usage decision-making process.

Planners and local public health officials will address interconnections through research and information sharing.

- Multi-sector Partners
- Variety of Resources

The screenshot shows the NACCHO website interface. At the top, there is a navigation bar with links for 'My NACCHO', 'Event Calendar', 'Careers', 'About NACCHO', 'Contact Us', and 'Site Map'. The main header features the NACCHO logo and the tagline 'The National Connection for Local Public Health'. Below the header is a search bar and a secondary navigation menu with links for 'Programs', 'Communications', 'Toolbox', 'Public Health Advocacy', 'Press Room', and 'Membership'. The main content area is titled 'Community Design/Land Use Planning' and includes a sub-header 'Programs and Activities > Environmental Health'. The text describes the project's goal to enhance local health departments' capacity for decision-making. A sidebar on the left lists various programs and topics. On the right, there are sections for 'Related Content' and 'Featured Content', including links to reports and indexes.

<http://www.naccho.org/topics/environmental/landuseplanning/>

# American Planning Association's Planning and Community Health Research Center

APA's Planning and Community Health Research Center is dedicated to **integrating** community health issues into local and regional planning practices by.

- **Research** aimed at addressing today's pressing health issues through city and regional planning
- **Outreach** through institutional partnerships to increase awareness of health and planning issues
- **Education** through training and technical assistance for planners and allied professionals
- **Policy** at the local, state, and national levels to create health-supportive communities
- **Resources** including policy guides, reports and publications, online courses and podcasts

The screenshot shows the website for the American Planning Association's Planning and Community Health Research Center. The header includes the APA logo and navigation links: About APA, Membership, Events, Education, Outreach, Resources, Jobs & Practice, and APAPanningBooks.com. A search bar is located in the top right corner. The main content area features a large image of two people riding bicycles at sunset, with the word "HEALTH" overlaid in large white letters. Below the image, the text reads: "The Planning and Community Health Research Center advances plans and policies for improving the built environment to promote public health." A sidebar on the left lists "National Centers For Planning" with sub-links for Green Communities Research Center, Hazards Planning Research Center, and the Planning and Community Health Research Center (which is highlighted). Under the latter, there are links for Research, Outreach, Education, Policy, and Resources. A "My APA" login section is on the right, with fields for ID or E-mail (dxPTE) and Password, and a "Remember My ID" checkbox. Below the login section, there is a "JOIN APA" section with a "Join" button. A "News" section features a video link titled "Video — Is the Built Environment Making Us Sick?" and a short article snippet about obesity, food deserts, and accessibility, mentioning Anna Ricklin, manager of APA's Planning and Community Health Research Center.

## APA Planning & Community Health Research Reports

... there is a need to explore the ways in which jurisdictions include public health goals and objectives as part of the comprehensive planning process ...

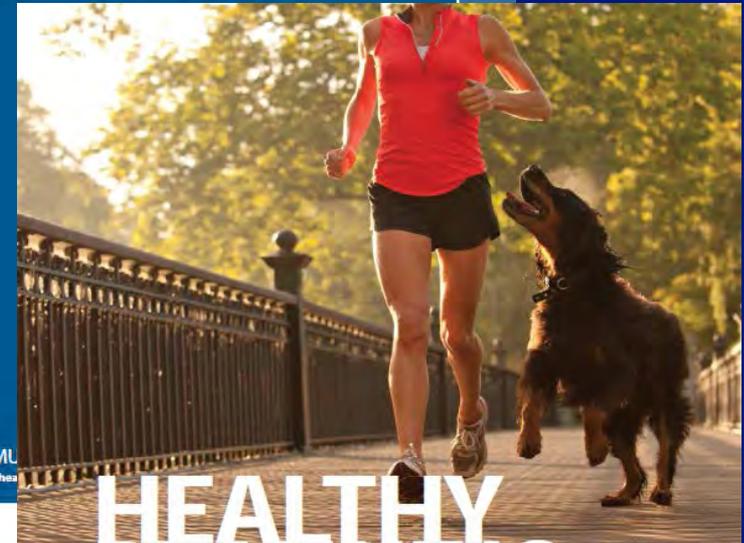
- 27% of respondents report that comprehensive plans explicitly address public health
- Top 10 public health topics: recreation, public safety, clean water, active transportation, clean air, emergency preparedness, active living, physical activity, environmental exposures, and aging
- 22 plans evaluated to assess extent to which plans address public health with plans varying a great deal.

[Planning Survey Report](#)  
[Planning Evaluation Report](#)

### Comprehensive Planning for Public Health

Results of the Planning and Community Health Research Center Survey

This report highlights the results of a web-based survey used to identify draft and adopted comprehensive and sustainability plans that explicitly address public health.



PLANNING & COMMUNITY HEALTH  
[planning.org/nationalcenters/health](http://planning.org/nationalcenters/health)



# HEALTHY PLANNING

An evaluation of comprehensive and sustainability plans addressing public health



American Planning Association  
Making Great Communities Happen

## Improving Health in the United States: The Role of Health Impact Assessment (*IOM*)

- We routinely make decisions & implement a variety of policies, programs, and strategies without knowledge of their health implications...**Identifying the potential effects in advance is fundamental for disease prevention**
- HIA should be focused on applications in which there is the greatest opportunity to protect or promote health and to raise awareness of the health consequences of proposed decisions.

# IMPROVING HEALTH IN THE UNITED STATES

The Role of  
Health Impact Assessment

NATIONAL RESEARCH COUNCIL  
OF THE NATIONAL ACADEMIES

# **TRANSPORTATION SECTOR**

## **Discussion Questions**

- ❑ What are some key transportation-related health issues?**
- ❑ What are some potential causal pathways from the transportation decisions to the health outcomes?**
- ❑ Who might be key non-public health actors related to these conditions/outcomes?**
- ❑ What are some potential public health actions that could leverage these non public health sector interventions?**

## Healthy Transportation

- ❑ **A system that expands the availability of, safety for, and access to a variety of transportation options (in particular active transportation options) and integrates health-enhancing choices into transportation policy, thereby increasing the potential to save lives by preventing chronic diseases, reducing and preventing motor-vehicle-related injury and deaths, improving environmental health, while stimulating economic development, and ensuring access for all people.**

## Brief Definitions of Key Interventions

- ❑ **Complete Streets** – Complete streets are designed and operated to enable safe access for all. Pedestrians, cyclists, motorists and transit users of all ages/abilities can safely move along and across a complete street.
  
- ❑ **Safe Routes to School** – Safe Routes to School incorporate – directly or indirectly – five components: *Engineering, Education, Enforcement, Encouragement,* and *Evaluation* to establish safe & accessible crossings, walk/bikeways, & trails.





# Key Interventions & Focus Areas in this Session

## Examples of Key Interventions

- Safe Routes to School
  - Complete Streets
  - School Siting Guidelines
  - Design Guidelines
  - Ped/Bike Infrastructure
  - Traffic Calming
- Related**
- Related**
- 
- ```
graph LR; A[Safe Routes to School] --> B[Related]; C[Complete Streets] --> B; D[School Siting Guidelines] --> E[Related]; F[Design Guidelines] --> E;
```

## White House Taskforce on Childhood Obesity

“How communities are designed and function can promote—or inhibit—physical activity...Children’s ability to be physically active in their community **depends on whether the community is safe and walkable**, with good sidewalks and reasonable distances between destinations”

“Communities should be encouraged to **consider the impacts of built environment policies and regulations on human health. Local communities should consider integrating Health Impact Assessments (HIAs) into local decision-making processes**, and the Federal government should continue to support the development of an HIA approach, tools, and supporting resources that promote best practices.”

[White House Taskforce on Childhood Obesity](#)



### SOLVING THE PROBLEM OF CHILDHOOD OBESITY WITHIN A GENERATION

White House Task Force on Childhood Obesity  
Report to the President

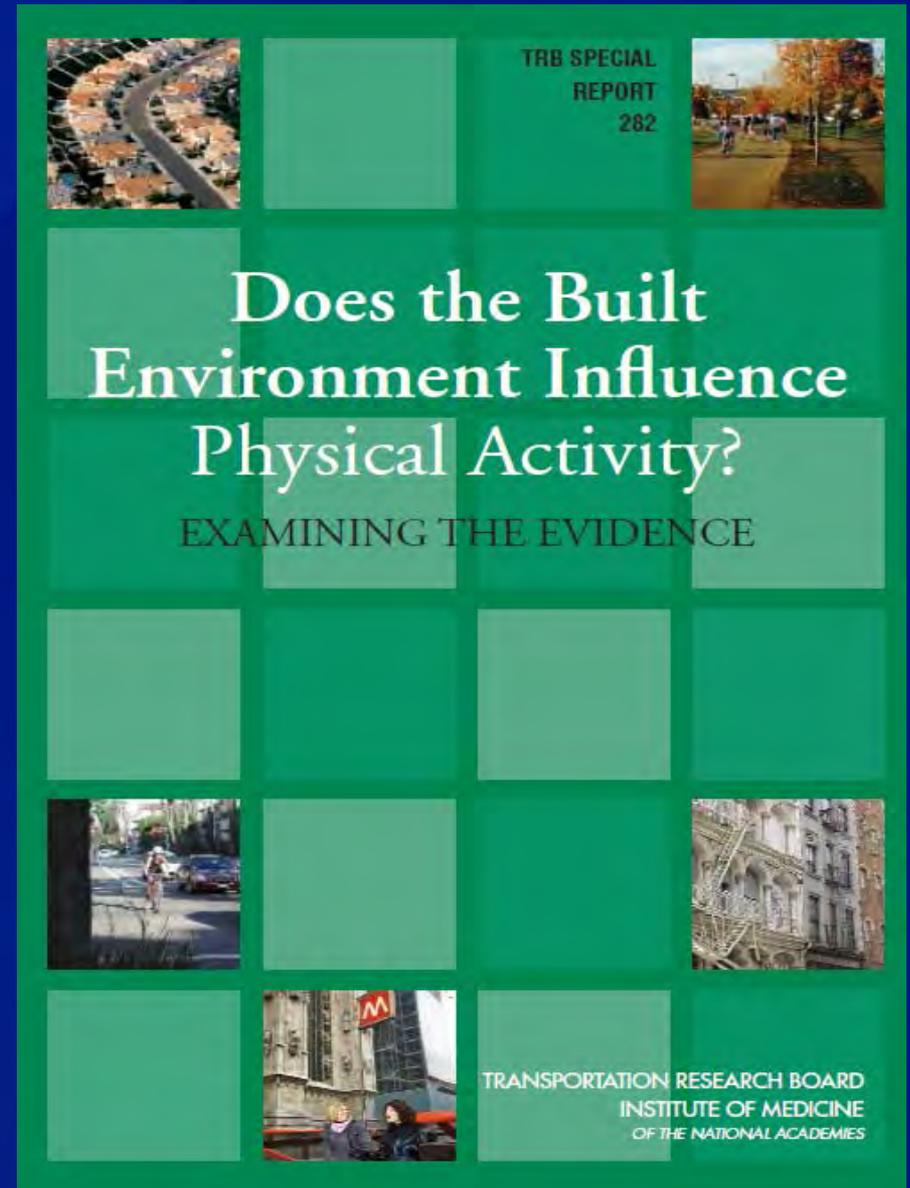
MAY 2010



## National Academies of Science, IOM & Transport. Research Board

### Recommendations:

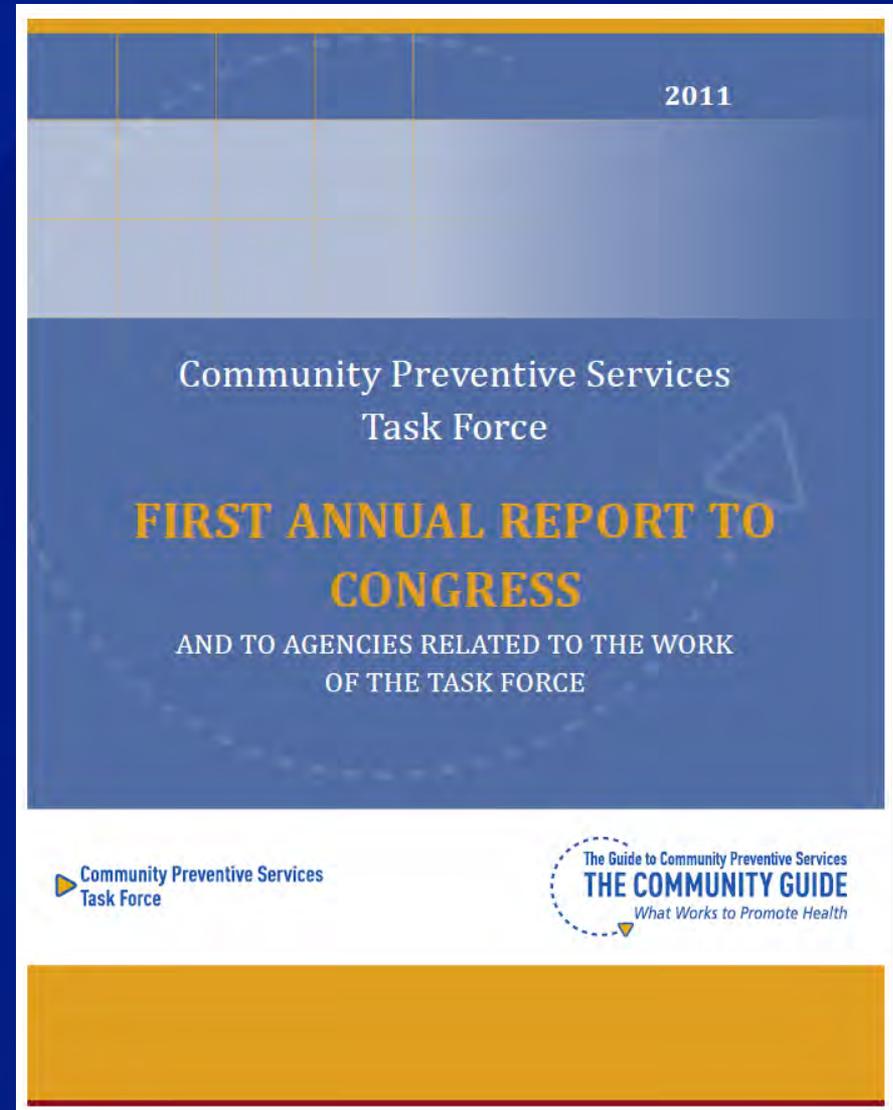
- Built environments that facilitate more active lifestyles and reduce barriers to physical activity are desirable
- Continuing modifications to the built environment provide opportunities to institute policies/practices that support activity-conducive environments
- Surveys should be expanded to provide detailed information about locations of physical activity & travel, fundamental to understanding the link between the built environment & physical activity
- Interdisciplinary education programs to train professionals at the intersection of physical activity, public health, transportation, & urban planning.



## Community Preventive Services Task Force

- **Community-Scale Urban Design & Land Use Policies**
- **Creation of & Enhanced Access to Places for Physical Activity Combined w/Informational Outreach**
- **Street-Scale Urban Design and Land Use Policies**
- **Point-of-Decision Prompts to Encourage Use of Stairs**
- **Housing: Tenant-Based Rental Assistance Programs**

[Community Preventive Services Task Force](#)



# **KEY PARTNERS & STAKEHOLDERS**

## **Non-Traditional Partners and Stakeholders**

- ❑ American Planning Assoc. and American Collegiate Schools of Planning**
- ❑ Institute of Transportation Engineers**
- ❑ American Society of Landscape Architects**
- ❑ American Institute of Architects**
- ❑ Others – AARP, Congress for the New Urbanism, Health Impact Project, SOPHIA, Complete Streets Coalition, and Safe Routes to School National Partnership**

# Numbers Summary of Partners and Stakeholders

- ❑ **American Planning Association:** More than 40,000 members in 46 chapters across the country
- ❑ **Association of Collegiate Schools of Planning:** More than 850 faculty, 5,000 students, within 100 programs in 38 states
- ❑ **Institute of Transportation Engineers:** More than 17,000 transportation professionals across the country
- ❑ **American Institute of Architects:** More than 80,000 members across 300 chapters
- ❑ **American Society of Landscape Architects:** More than 15,000 members in 49 professional & 68 student chapters
- ❑ **American Collegiate Schools of Architecture:** More than 5,000 faculty, 7,000 students, within 138 programs in 45 states

# **American Planning Association (APA) and Assoc. of Collegiate Schools of Planning (ACSP)**

- ❑ **Planners help identify the strategies by which the community can reach its goals and vision. Planners are also responsible for the implementation or enforcement of many of the strategies.**
- ❑ **APA Planning and Community Health Research Center – advances plans and policies for improving the built environment to promote public health including those addressing obesity, food deserts, accessibility, and transportation alternatives.**
- ❑ **Official policy statements addressing:**
  - **Community & Regional Food Planning**
  - **Housing**
  - **Surface Transportation**
  - **Smart Growth**

# Institute of Transportation Engineers (ITE)

- ❑ Transportation engineers apply scientific principles to the planning, design, operation, maintenance and management of systems and facilities for any mode of surface transportation.
- ❑ **ITE Special Interest Councils** – Nearly 10,750 members of ITE are on the leading edge of issues through participation in ITE's special interest councils, including those targeting policies and practices in: Parking, **Pedestrian and Bicycle**, Traffic Engineering, **Transit, Transportation Planning**, and **Transportation Safety**.
- ❑ Official policy statements addressing:
  - Participation in Transportation Planning
  - Transportation & Land Use Development
  - Pedestrians and Bicycles
  - Transportation Safety

# American Society of Landscape Architects (ASLA)

- ❑ Landscape architects plan and design traditional places such as parks, residential developments, transportation facilities, and commercial centers.
- ❑ ASLA offers members 18 **Professional Practice Networks (PPNs)** to help support their practice and provide a forum to network. They include: **Children's Outdoor Environments**, **Housing & Community Design**, **Parks & Recreation**, **Landscape & Land Use Planning**, and **Landscape Architecture & Transportation**.
- ❑ Official policy statements addressing:
  - Livable Communities
  - Transportation Corridors & Facilities
  - Smart Growth
  - Universal Design
  - Urban & Local Agriculture
  - State, Regional & Local Parks

# American Institute of Architects (AIA) and American Collegiate Schools of Architecture (ACSA)

- ❑ Architecture involves the study and transformation of the constructed environment, from **the scale of room or building** to **the scale of the city**, meeting the challenges of a rapidly changing world.
- ❑ In 2012 AIA committed to establish *The Decade of Design* to research and develop architectural design approaches for urban infrastructure that **promote public health**.
- ❑ Official policy statements addressing:
  - Accessible Environments
  - Housing
  - Livable Communities
  - Building Codes & Standards

## Other Key ~~Non~~-Traditional Partners & Stakeholders

- ❑ **AARP** (<http://www.aarp.org/livable-communities/>) – Over *38 million members* (within over 1,500 chapters) of the fastest growing segment of our population
- ❑ **Congress for the New Urbanism** (<http://www.cnu.org/>) – Organization of designers, builders, and developers promoting walkable, mixed-use neighborhoods with healthier living conditions.
- ❑ **RWJ/Pew Health Impact Project** (<http://www.healthimpactproject.org/>) – National initiative designed to promote the use of health impact assessments (HIAs) as a decision-making tool for policymakers.
- ❑ **SOPHIA** (<http://www.hiasociety.org/>) - serves HIA practitioners by providing leadership and promote excellence in HIA practice.

## **Other Key ~~Non~~-Traditional Partners & Stakeholders**

- ❑ **National Complete Streets Coalition** (<http://www.completestreets.org>)
  - brings together public interest groups such as AARP and the American Public Transportation Association, as well as practitioner organizations such as the Association of Pedestrian and Bicycle Professionals to work for the adoption and effective implementation of Complete Streets policies at the local, state and federal levels.
- ❑ **Safe Routes to School National Partnership** (<http://www.saferoutespartnership.org/>) – SRTSNP's mission, as a diverse group of national, state and local organizations involved in Safe Routes to School, is to advance safe walking and bicycling to and from schools, and in daily life, to improve the health and well-being of America's children and to foster the creation of livable, sustainable communities.

**DATA, TRACKING, AND  
EVALUATION**

## 2012 Bicycling & Walking in the U.S. Benchmarking Report

- Government officials working to promote bicycling and walking need data to evaluate their efforts.
- This third full report builds upon our previous efforts to deliver timely data to help locals measure their progress and effectiveness, set new goals, and achieve greater results.
- The project aims to collect data from secondary sources (existing databases) and to conduct surveys of city and state officials to obtain data not collected by another national source.
- The project also aims to provide in an accessible format that helps measure progress toward increasing bicycling and walking and evaluating the results.

BICYCLING AND WALKING  
IN THE UNITED STATES

**2012**

BENCHMARKING REPORT



prepared by



Alliance for Biking & Walking

# Understanding and Using American Community Survey Data

## The Role of Data in the Delivery of Government Services

- Establishing Priorities Through a Needs Assessment
- Developing a General Plan
- Implementing the Selected Plan

## Important Points to Consider When Using ACS

- Working With ACS Data
- ACS Data Products
- Working With Multiyear Estimates

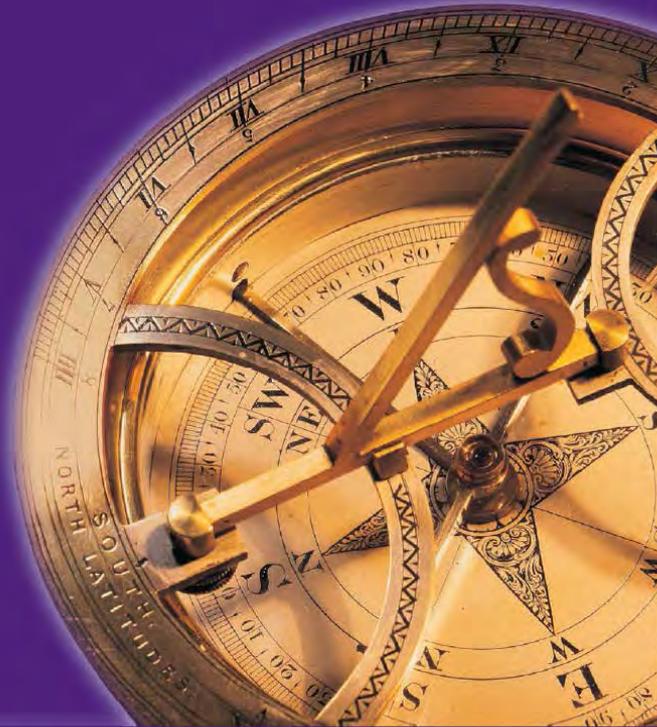
## Case Studies

- **Distribution of Funds to Senior Centers**
- Examining Growth in the Foreign-Born Population

## A Compass for Understanding and Using American Community Survey Data

*What State and Local Governments Need to Know*

Issued  
February 2009



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*Helping You Make Informed Decisions*

U.S. Department of Commerce  
Economics and Statistics Administration  
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2010

[A Compass for Understanding and Using American Community Survey Data](#)

# Metropolitan BRFSS Data



SAFER • HEALTHIER • PEOPLE™

## ▶ SMART

- [SMART Home](#)
- Local Area
  - [Health Risk Data](#)
  - [Quick View Charts](#)
- [SMART Help](#)
- [SMART Technical Documents and Survey Data](#)
- [SMART FAQs](#)
- [About SMART](#)

## ▶ BRFSS CONTENTS

- [Prevalence and Trends Data](#)
- [SMART: City and County Data](#)
- [BRFSS Maps](#)
- [Web Enabled Analysis Tool \(WEAT\)](#)
- [Chronic Disease Indicators \(CDI\)](#)
- [About the BRFSS](#)

[CDC Home](#) | [Search](#) | [Health Topics A-Z](#)

Office of Surveillance, Epidemiology, and Laboratory Services  
Behavioral Risk Factor Surveillance System

[BRFSS Home](#) | [Contact Us](#)

## SMART: BRFSS City and County Data

### Selected Metropolitan/Micropolitan Area Risk Trends

The Selected Metropolitan/Micropolitan Area Risk Trends (SMART) project uses the Behavioral Risk Factor Surveillance System (BRFSS) to analyze the data of selected metropolitan and micropolitan statistical areas (MMSAs) with 500 or more respondents. BRFSS data can be used to identify emerging health problems, establish and track health objectives, and develop and evaluate public health policies and programs.

#### [Access Local Area Health Risk Data](#)

Find information on all health risk data for an MMSA by year and category. Generate reports that compare statistics to a different MMSA.

#### [View Local Area Quick-View Charts](#)

These quick-view charts show state, MMSA, and county data for a limited set of health risk factors, including smoking, obesity, and diabetes.

### Which areas were included in this project?

View a listing of the MMSAs and the counties included in this project.

Select State:

For downloadable SMART data and documentation, including more information on risk factors and calculated variables, see the [Technical Documents and Survey Data](#) for a specific year.

[What is a Metropolitan/Micropolitan Statistical Area \(MMSA\)?](#)  
[Why isn't my City/County represented on SMART BRFSS?](#)

#### See Also...

- [State Coordinators](#)

# Environmental Health Tracking Network's Community Design Indicators

CDC Home



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives. Protecting People.™

SEARCH

Tracking A-Z Index [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#) #

Glossary A-Z

CDC A-Z

Tracking A-Z

## Community Design

[Home](#) > [Environments](#) > Community Design

### National Environmental Public Health Tracking

- Community Design
- Tracking Community Design
- Related Links
- Community Design Indicators
- Community Design Communication Tools
- Search Community Design Data

- Tracking Links**
- Environments**
- Health Effects**
- Population Health**
- Info by**

**Location**



### Quick Links

- Community Design and Health
- Monitoring Elements of Community Design in the US
- Community Design Elements

### Quick Links

- Home
- About Tracking Program
- State & Local Tracking Portals
- Success Stories
- Indicators & Data
- Secure Portal
- Print page
- Bookmark and share
- CDC on Facebook
- CDC on Twitter

### Tracking Success Stories

- California
- Oregon

Community design refers to all the elements of a community that are human-made and form the physical characteristics of that community. It includes:

- buildings, such as schools, workplaces, and homes,
- roads,
- parks and recreation areas,
- transportation systems, and
- places to buy food.

[Read More >>](#)

### Additional Links

- Access to Parks and Schools
- Air Quality
- Childhood Lead Poisoning
- Motor Vehicle Crashes
- Types of Transportation to Work

### Tracking Hot Topics

- Download the Extreme Heat: Prevent Heat-Related Illness Widget
- Tips for Preventing Heat-Related Illness
- Stay Healthy and Safe in Hot Weather PSA
- Recognizing, Preventing, and Treating Heat-Related Illness Online Training
- View our Tracking Success Stories to learn how Tracking is making a difference across the U.S.

[Tracking Community Design](#)

[Search Data](#)

## Environmental Health Tracking Network's Community Design Indicators

# County Health Rankings

## Find Health Rankings for Your State and County



Look up your county's Rankings, learn about our methods, and download the data you need.

- Learn about the Data & Methods:** Find out what is measured and how the Ranking add up.
- Download the Rankings Data:** You can download the Rankings data for your state or the entire nation.

[Explore Rankings Data](#)



**County Health Rankings & Roadmaps**  
A Healthier Nation, County by County



Robert Wood Johnson Foundation

Rankings Roadmaps
ABOUT CONTACT FAQS BLOG WEBINARS TOOLS & RESOURCES

[Learn About Data & Methods](#)

[Download Rankings Data](#)

▶ GEORGIA

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Tweet 0
+1 0

2013

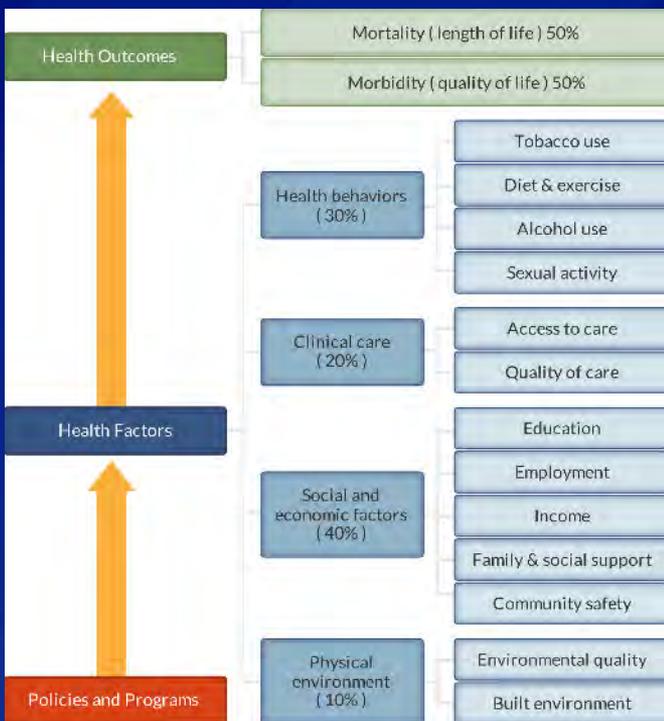
Rankings Measures

Compare Counties

Download

Print

Help



County Health Rankings model ©2012 UWPHI

## County Health Rankings

Health Factors

**Physical inactivity**

Map Data Description Data Source Policies & Programs

**Description**

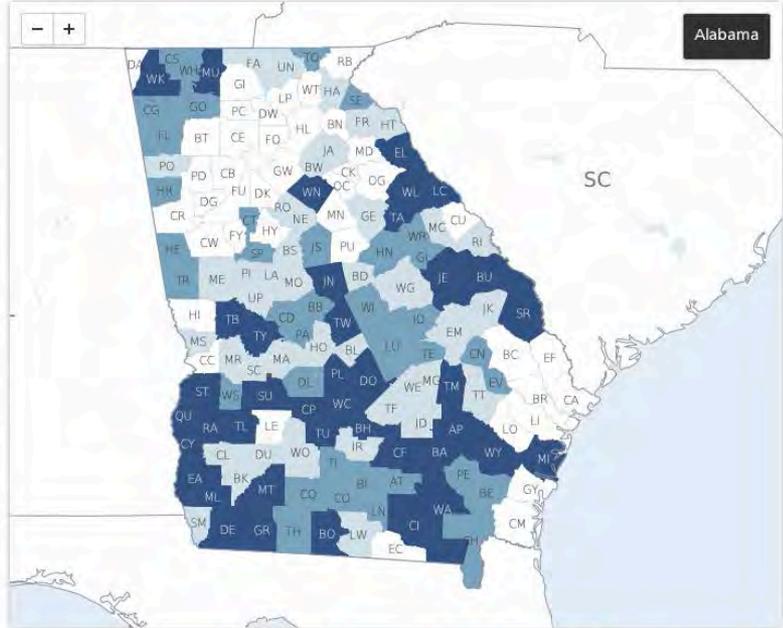
Percent of adults aged 20 and over reporting no leisure time physical activity

**Ranking Methodology**

|                           |                                                       |
|---------------------------|-------------------------------------------------------|
| Summary Measure:          | Health Factors - Health Behaviors (Diet and Exercise) |
| Weight in Health Factors: | 2.5%                                                  |
| Years of Data Used:       | 2009                                                  |

**Summary Information**

|                             |                       |
|-----------------------------|-----------------------|
| Range in Georgia (Min-Max): | 19-36%                |
| Overall in Georgia:         | 24%                   |
| National Benchmark:         | 21% (90th percentile) |



RANK

1 - 40

41 - 80

81 - 119

120 - 159

Not Ranked (NR)

# Community Commons



COMMUNITY COMMONS

Maps & Data

Groups

Help

Log in

Reg

Enrich your community work with maps and data reports that can be shared and saved.



## [Make a Map](#)

### [Map Room Beta](#)

Visit the newly redesigned maproom currently in Beta. Check out our [data list](#). Create a map. Save it. Share it!

### [Map Room Classic](#)

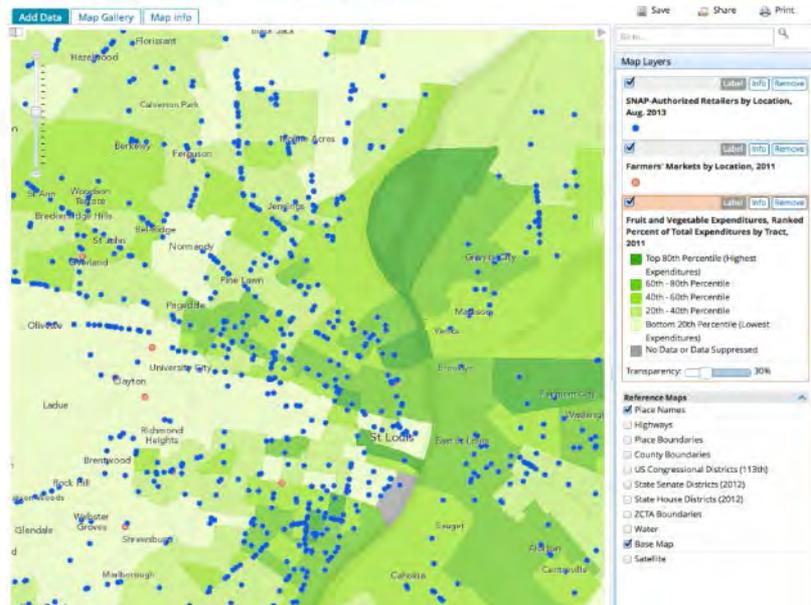
Create a map in the original Commons mapping environment.

### [Map Gallery](#)

Browse and open maps created by users of the Commons.

### [Map of the Movement](#)

Search for initiatives.



[Community Commons Make a Map](#)

# Atlanta Neighborhood Quality of Life and Health Index

Home About Data & Methods **Interactive Map** Resources FAQ Contact Us

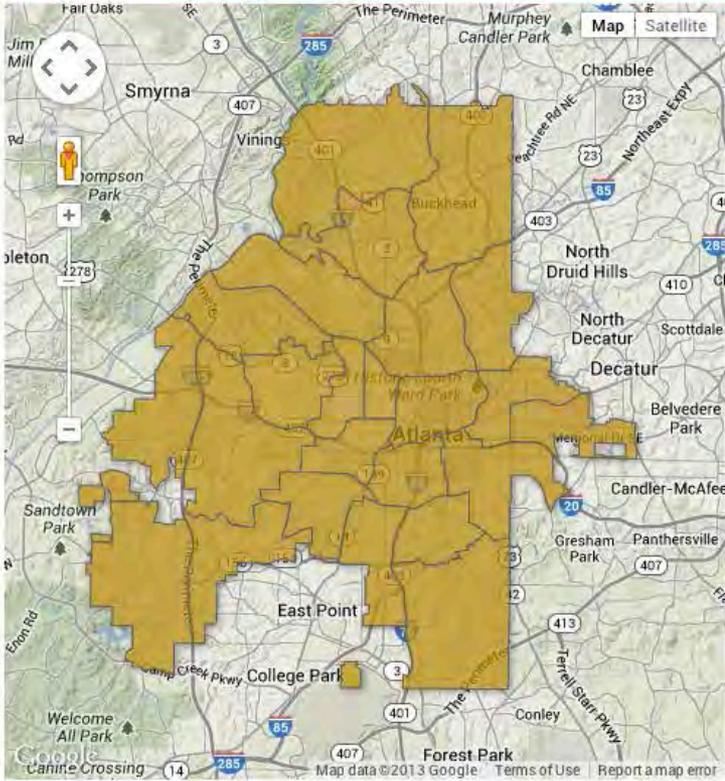
Enter an address, neighborhood or point of interest in the search bar below.

**Explore Atlanta's Neighborhoods**  
Make a selection in the boxes to the right or enter a location in the search box to the left to get started.

{Index Rankings/Indicator Rank  
Neighborhood Quality of Life Index  
| ---Amenities  
| | ---Parks & Recreation  
| | ---Retail Access  
| ---Economy  
| | ---Jobs to Labor Force

{SEC Category  
Low  
Medium  
High

{Neighborhood Planning Unit  
A  
B  
C  
D  
E  
F



| Neighborhood Planning Unit | Socioeconomic Conditions Category | Neighborhood Quality of Life Index Ranking | Neighborhood Health Index Ranking |
|----------------------------|-----------------------------------|--------------------------------------------|-----------------------------------|
| A                          | High                              | 15                                         | 6                                 |
| B                          | High                              | 2                                          | 3                                 |
| C                          | High                              | 6                                          | 7                                 |
| D                          | High                              | 5                                          | 8                                 |
| E                          | High                              | 3                                          | 1                                 |
| F                          | High                              | 1                                          | 2                                 |



Make a selection in the boxes to the left or enter a location in the search box at the bottom of the page to get started.

**TRAINING**  
**IN**  
**KEY INTERVENTIONS**

# Built Environment & Public Health Clearinghouse

Resource for **training at the university and professional levels** and a source for relevant beph news

## University Training :

- full academic semester or individual modules instruction
- planning and public health, architecture and public health and health impact assessment
- interactive map highlighting institutions, faculty and degree programs

## Professional Training:

- Primers
- Tools and Instruments
- Multidisciplinary glossary of public health and community design terms
- Videos, news and topical conversations

**Built Environment + Public Health Curriculum**

HOME BEPHC APH HIA MAP CONTACT GLOSSARY Search...

Designing Healthy Communities

**BEPHC**  
BEPHC refers to Planning Programs with differing degrees of educational offerings at this intersection from faculty with a BEPH research focus to joint degree programs.

**SCHOOL MAP**  
Students find these pages most instructive when deciding on where and with whom to study given the available breakdown by tier and geographic location.

**CONNECTION**  
Re-connecting thru continuing education as many chronic diseases are associated with the built environment and the individual behaviors that cumulatively lead to health outcomes.

[Built Environment and Public Health Clearinghouse](#)

# 'Safe Routes to School' & 'Complete Streets'

**SAFE ROUTES to School**  
NATIONAL PARTNERSHIP

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Resource Center

Home » Resource Center » National Partnership Webinars

## National Partnership Webinars

Upcoming Webinars | Archived Webinars

Beginning in April 2012, our monthly technical assistance webinar series features expert speakers, a chat feature for participants, and archived downloadable post-webinar recordings. The webinars cover advocacy topics such as how to get Safe Routes to School funds awarded and obligated in states, best practices for state Safe Routes to School programs, how to advocate for programs and policies in lower income communities, and much more. See the [National Learning Network](#) page for registration for future webinars. Prior webinars and related materials are archived below.

### Our Next Webinar:

**Authentic Middle School Youth Engagement in Safe Routes to School**  
*September 5th, 2013 @ 2pm Eastern - [Register here](#)*

Successfully engaging middle school youth in Safe Routes to School projects and programs can prove challenging for advocates, facilitators, teachers and after school programs alike. This webinar will provide an overview for working with middle school youth and look at programs and practices that have effectively and authentically engaged youth in active transportation efforts around their schools.

- Arthur Orsini, youth engagement trainer, Urbanthinkers
- Leah Stender, program manager, WalkSanDiego
- Alyssa Simon, youth leadership coordinator, The Food Trust
- Dave Cowan, program manager, Safe Routes to School National Partnership

### Upcoming Webinars:

**Voices for Healthy Kids: Active Places Let's Get Moving to Help Underserved Communities**  
*September 26th, 2013 @ 2pm Eastern - [Register here](#)*

SafeRoutes  
National Center for Safe Routes to School

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## Events & Training

Walk to School Day  
Conferences  
National Course  
Local Skills Training  
Transportation Professional Training  
SRTS Webinars  
Walking School Bus Online Training

## SRTS Webinars

The National Center offers free webinars, which are available in the archive below, to educate individuals, communities and organizations on topics that will assist with successful SRTS planning, outreach and local programs. The National Center had a contract with [America Walks](#) that ended in January 2013 to offer these webinars. The National Center continued to offer webinars through the spring. No webinars are scheduled for the summer, but the webinar series will return in the fall if the National Center is selected to continue its role as the federal SRTS information clearinghouse.

### Archived Webinars

**Creating Positive Change with Temporary Infrastructure Improvements**  
Success stories and tips for trying temporary engineering solutions in your community.  
[Download the Webinar](#) (right-click and "save as" - video/mp4, 327.12 MB)

**Maximizing the benefits of play and outdoor time in your SRTS program**  
Learn what the science says about spending time outdoors and how you can use it to maximize the benefit of your SRTS program.  
[Download the Webinar](#) (right-click and "save as" - video/mp4, 357.67 MB)

**Handing over the keys: Building leadership and excitement for walking and bicycling among high school students**  
Put high school students "in the driver's seat" to promote walking and bicycling in your community.  
[Download the Webinar](#) (right-click and "save as" - video/mp4, 405.67 MB)

### Need more information?

Click on your home state & contact the state coordinator for answers.

Choose your state:  
Alabama

[Safer Routes Partnership Webinars](#)  
[Safer Routes Events and Training](#)

# 'Safe Routes to School' & 'Complete Streets'



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## Related Products

[Bay Area Model Complete Streets Resolution for MTC](#)

[California Model Bike Parking Ordinance](#)

[Complete the Streets](#)

[Workshop & Training Catalog](#)

[Model Bike Parking Ordinance](#)

## CONNECT WITH US

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## Complete the Streets

### A WEBINAR TRAINING ON COMPLETE STREETS POLICIES

Streets are key public spaces, and often make up a major proportion of the land in a given town or area. Across America, streets are frequently built with the sole goal of moving cars, with little thought about the needs of pedestrians, bicyclists, and public transit users. Such streets can lead to traffic congestion, pollution, and collision injuries. These streets also discourage people from incorporating physical activity into their daily lives. When streets are designed only for cars, they are dangerous for everyone else.



The good news is that local and state governments have the power to make communities healthier by implementing laws and policies that support complete streets. When communities adopt complete streets policies, they change how streets are designed and built, so that residents of all ages and abilities can travel easily and safely along community streets, whether they are walking, biking, or riding the bus. By taking the needs of all users into account, streets can be designed to be friendly and accessible for everyone. Designing the streets for lower speeds may be enough to make some safer; other streets may require features such as frequent crosswalks, accessible transit stops and pedestrian signals, median islands, sidewalks, and bicycle lanes. Complete streets features are only required when streets are newly built or reconstructed, which means that their cost is incorporated into budgeted transportation projects.

Our complete streets policy package provides a variety of options for local and state policymakers interested in creating streets that accommodate all modes of transport. The package includes [model resolutions](#), [laws](#), and [comprehensive plan language](#) that can be adapted by municipalities and states across the country. There is also a [fact sheet](#) that explains the benefits of complete streets in plain language.

### Complete Streets Webinar

In January 2010, we hosted a training on complete streets policy to introduce public health advocates and policymakers to basic concepts and the forthcoming resources. The webinar also featured street design policy action in Columbia, MO, which has used street design to improve walkability and bike-ability for several years.

[Complete Streets](#)

# 'School Siting Guidelines' & 'Design Guidelines'



**EPA** United States Environmental Protection Agency

LEARN THE ISSUES SCIENCE & TECHNOLOGY LAWS & REGULATIONS ABOUT EPA

Advanced Search A-Z Index

**Healthy School Environments** Contact Us Share

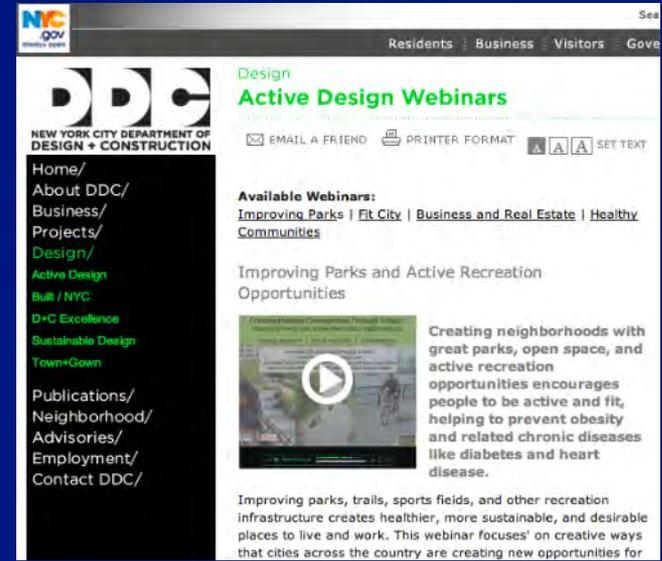
You are here: EPA Home » Human Health » Children's Health » Schools » Webinars

## Webinars



This collection of webinars provides helpful information to promote and support healthy school environments. This list includes registration links to upcoming webinars and links to previously recorded webinars. The webinars feature experts from the EPA, other federal, and non-federal programs. Upcoming webinar times are Eastern Standard but may change so please check back here regularly.

Many of these webinars are part of the Department of Education's Green Strides Webinar Series. Sign up for their email updates to receive registration information on future webinars.



**NYC** gov

Residents Business Visitors Gov

**DDC** NEW YORK CITY DEPARTMENT OF DESIGN + CONSTRUCTION

Design **Active Design Webinars**

EMAIL A FRIEND PRINTER FORMAT SET TEXT

**Available Webinars:**  
[Improving Parks](#) | [Fit City](#) | [Business and Real Estate](#) | [Healthy Communities](#)

Improving Parks and Active Recreation Opportunities



Creating neighborhoods with great parks, open space, and active recreation opportunities encourages people to be active and fit, helping to prevent obesity and related chronic diseases like diabetes and heart disease.

Improving parks, trails, sports fields, and other recreation infrastructure creates healthier, more sustainable, and desirable places to live and work. This webinar focuses on creative ways that cities across the country are creating new opportunities for

## Recording Information

**Topic:** School Siting: Understanding the challenges and opportunities for communities and decision-makers

**Recording date:** Wednesday, May 8, 2013 1:01 pm  
 Eastern Daylight Time (New York, GMT-04:00)

**Panelist Information:**

**Duration:** 1 hour 16 minutes

**Description:** This webinar will help districts, schools, and communities understand the importance of school siting and the impacts on economic development, communities, public health, and the environment. A panel of experts from U.S. EPA including Suzi Ruhl, J.D., M.P.H, Senior Attorney Policy Advisor in the Office of Environmental Justice; and Regina Langton, Senior Policy Analyst, Office of Sustainable Communities; as well as Katherine Moore, AICP, Manager of Georgia Conservancy's Sustainable Growth program, will provide participants with information and tools that can help districts, schools, and communities weigh school siting decisions.

**Learning Objectives:**

1. Learn about the impacts of school siting on economic development, communities, public health, and the environment
2. Gain knowledge of tools that can help districts, schools, and communities weigh school siting decisions

[Playback](#) [Download](#)

[EPA School Webinars](#)

[New York City Department of Design and Construction Active Design Webinars](#)

# 'Comprehensive Planning'



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[Home](#) / [Comprehensive Planning for Safe and Active Communities](#)

## Related Products

### CONNECT WITH US

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## Comprehensive Planning for Safe and Active Communities

### WEBINAR ON CREATING PLACES FOR SAFE AND ACTIVE TRANSPORTATION

Investing in active transit options can play a vital role in community health and prosperity. Beyond its impact on noise, air quality, and safety, transit affects public health, housing, employment, and a neighborhood's community assets. This webinar explores the connections between community health and transit-oriented development, highlighting transportation strategies that promote health for all ages and overall community well-being.

#### Speaker

Robert S. Ogilvie, PhD Vice President for Strategic Engagement at Changelab Solutions

#### Technical Assistance

For further information about technical assistance, contact Robert Ogilvie, [rogilvie\[at\]changelabsolutions\[dot\]org](mailto:rogilvie@changelabsolutions.org).

#### Webinar Recording and Additional Resources

The webinar presentation and a list of resources are available for download.



<http://changelabsolutions.org/publications/comprehensive-planning-safe-and-active-communities>

# 'Health Impact Assessment'

## Planning for Healthy Places with Health Impact Assessments



American Planning Association  
Making Great Communities Happen



National Association of County & City Health Officials  
The National Connection for Local Public Health



Home

General Instructions

Table of Contents

Resources

Final Quiz

Evaluation

Interactive Tools

Contact Us

FAQs

Please answer the [pre-course survey](#) before beginning the HIA Course. If you have already answered these questions, you may proceed with the course.

### Planning for Healthy Places with Health Impact Assessments

is a 'how to' guide for conducting health impact assessments (HIAs), developed by the [American Planning Association](#) and the [National Association of County & City Health Officials](#), sponsored by the [Centers for Disease Control and Prevention](#). This online course will explain the value of conducting an HIA and the steps involved in conducting an HIA. Throughout the course, examples of health impact assessments have been highlighted and discussed.

**This course is available for free and was updated in 2011, thanks to a grant from the Centers for Disease Control and Prevention.**

Please read through the information in "[General Instructions](#)". When you are ready, click on "[Table of Contents](#)" to start accessing the course.

Experts who contributed material for this course include:

- Rajiv Bhatia, MD, MPH, Director of Occupational and Environmental Health, San Francisco Department of Public Health
- Laura Biazzo, MPH, Division of Nutrition and Physical Activity of the Centers for Disease Control and Prevention
- Nisha D. Botchwey, PhD, MCPR, MPH, Associate Professor, University of Virginia School of Architecture
- Brian Cole, PhD, Project Manager, UCLA Health Impact Assessment Group
- Andrew Dannenberg, MD, MPH, National Center for Environmental Health of the Centers for Disease Control and Prevention

[Planning with Health Impact Assessments](#)

**MODELS, TOOLS, AND  
GUIDANCE DOCUMENTS**

# Health Impact Assessment Standards and Guidance

- HIA aims to inform the public and decision-makers when decisions about policies, plans, programs, and projects have the potential to significantly impact human health
- *Minimum Elements* answer the question of “what essential elements constitute an HIA”; this is distinct from *Practice Standards*, which answer the question, “how to best conduct an HIA.”
- The rationale for HEIA is to ensure health equity is effectively considered and acted upon within HIA, planning, and policy development. A broader potential of HEIA is in embedding equity as *a core value*, a concern of everyone, *not just designated “equity people”*

[Human Impact](#)  
[Health Equity Impact Assessment](#)

## Minimum Elements and Practice Standards for Health Impact Assessment

North American HIA Practice Standards Working Group

Health  
Equity  
Roadmap



# Health Equity Impact Assessment

A PRIMER

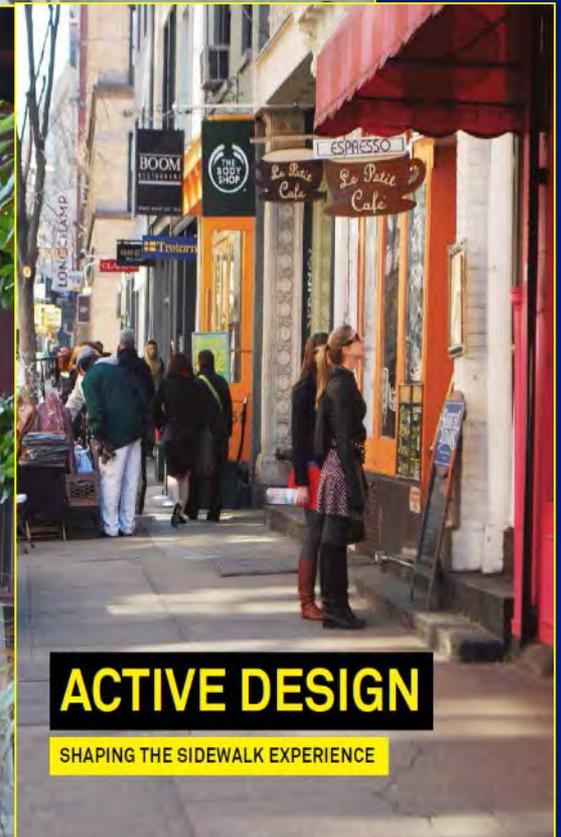
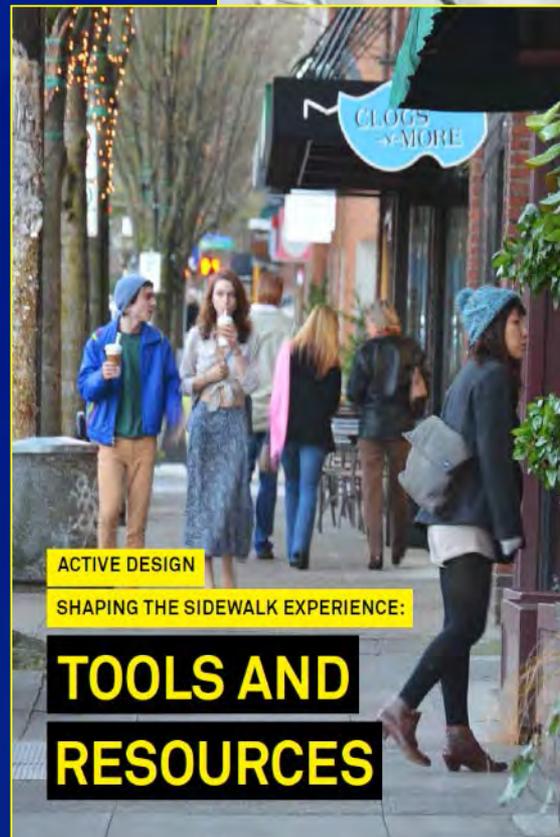
Rebecca Haber



WELLESLEY INSTITUTE  
advancing urban health

# New York City Active Design Guidelines, Tools, & Resources

- The Active Design Guidelines provides architects and urban designers with a manual of strategies for creating healthier buildings, streets, and urban spaces
- **Urban design strategies** for creating neighborhoods, streets, and outdoor spaces that encourage walking, bicycling, and active transportation and recreation.
- **Building design strategies** for promoting active living where we work and live and play—for example, through the placement and design of stairs, elevators, and indoor and outdoor spaces.



## Complete Streets in Delaware: A Guide for Local Governments

The Guide is designed to

- help create a comprehensive, integrated, connected, safe, and multimodal transportation network with transportation options
- Help towns, cities, and counties achieve complete streets in order to create healthy, livable environments for pedestrians, bicyclists, and transit riders of all ages and abilities
- A large section focuses on progress being made by Delaware local governments toward implementing complete streets through the comprehensive-planning process and land use–policy development.

[Complete Streets Guide](#)

December 2011



# Complete Streets

## in Delaware: A Guide for Local Governments

written by

Marcia S. Scott, *Associate Policy Scientist*  
Claire M. Beck, *Graduate Research Assistant*  
Brandon Rabidou, *Graduate Research Assistant*

prepared for

**Delaware Department of Transportation**

This work was sponsored and funded by the Delaware Department of Transportation (DelDOT). The contents of this report reflect the views of the authors, who are responsible for the facts and accuracy of research. The contents do not necessarily reflect the official view of DelDOT.

prepared by



**Institute for Public Administration**  
School of Public Policy & Administration  
College of Arts and Sciences  
University of Delaware

[www.ipa.udel.edu](http://www.ipa.udel.edu)

*serving the public good, shaping tomorrow's leaders*

## Safe Routes to School Online Guide

- This guide is a comprehensive online reference manual designed to support the development of Safe Routes to School (SRTS) programs.
- The online guide supports that premise by providing “one-stop shopping” on all aspects of SRTS.
- Readers of the online guide can pick and choose specific topics based on their interests and needs, such as guidelines tools to create school route maps and ways to include children with disabilities in SRTS initiatives.

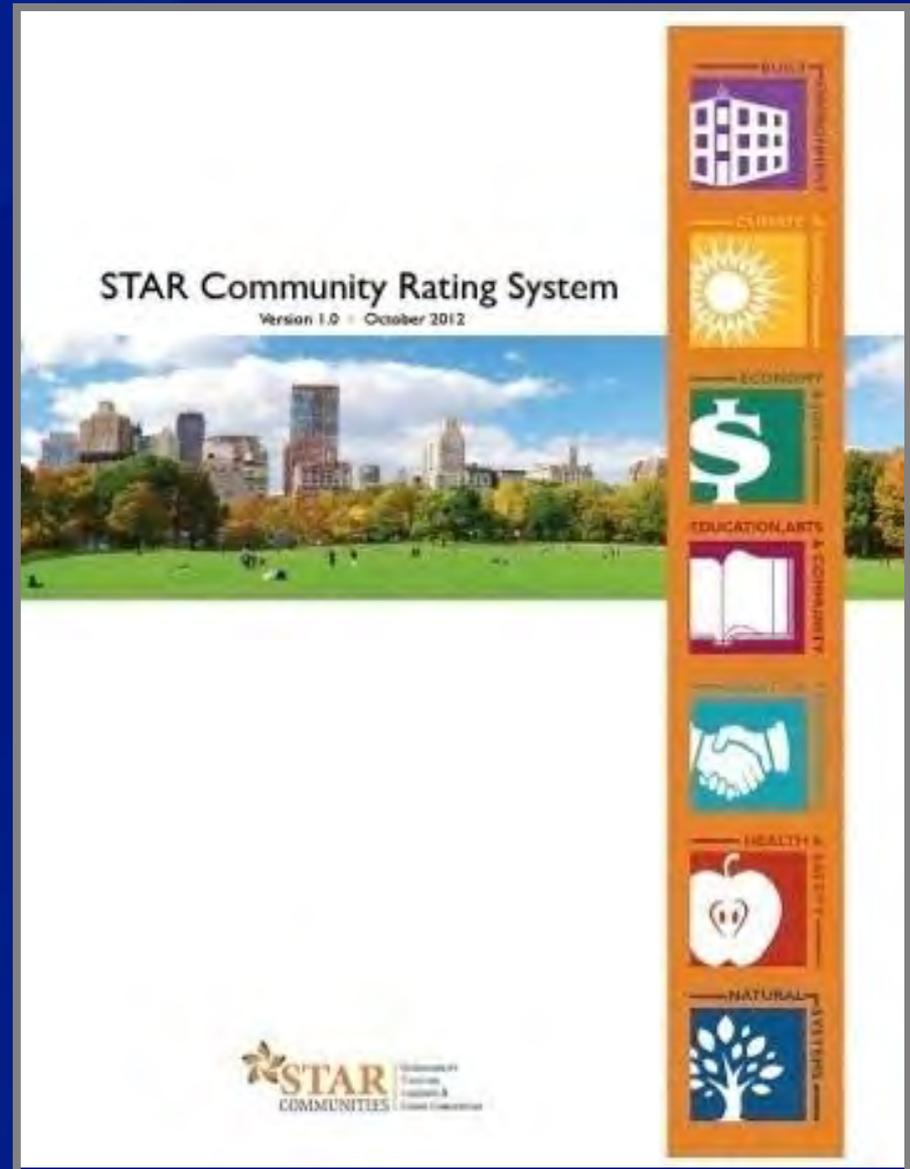


Created February 2007

This guide was developed by the Pedestrian and Bicycle Information Center (PBIC) with support from the National Highway Traffic Safety Administration (NHTSA), Federal Highway Administration (FHWA), Centers for Disease Control and Prevention (CDC) and Institute of Transportation Engineers (ITE). This guide is maintained by the National Center for Safe Routes to School at [www.saferoutesinfo.org](http://www.saferoutesinfo.org).

# STAR COMMUNITY RATING SYSTEM

- **Compact & Complete Communities** - concentrate development in human-scaled, walkable centers
- **Transportation Choices** - Promote diverse transportation modes, including walking, bicycling, and transit
- **Active Living** - Enable adults and kids to maintain healthy, active lifestyles



# ENACT

Improve food and activity environments

Child Care

School

After-School

Community

Workplace

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Government



### STAY CONNECTED



### SIGN UP FOR E-ALERTS

enter email address GO

**ENACT Local Policy Database**  
An online resource of local policies

### MORE FROM PREVENTION INSTITUTE

Visit Prevention Institute's [Communities Taking Action](#) for profiles of successful community initiatives aimed at improving health equity.

## ENACT Local Policy Database

[Home](#) [About](#) [Act Locally](#) [Submit a Policy](#) [Policy Profiles](#) [Resources](#) [Contact](#)

### SEARCH POLICIES

Search Help

#### Simple Search

Type in a keyword below:  
(leave blank to show all policies)

#### Refine Your Search

Choose one or more of the following:

Topic

Select Issue Area

State

Select Location

Year

Select Year

Jurisdiction

Select Jurisdiction

Keywords

Select Keyword

Environment

Select ENACT Environment

#### STRATEGIC ALLIANCE

221 Oak Street  
Oakland, CA 94607  
Tel: 510.444.7738  
Fax: 510.663.1280

### Featured Policies



#### CPPW Communities

Since the launch of the CDC's Communities Putting Prevention to Work (CPPW) Initiative, there has been a huge growth of local policies that advance prevention and improve equity. [Learn more](#) about the policy changes taking place in these communities.

### Find a local policy



Use the **search tools** on the left to find one or more local policies that are of interest to you. You can search using your own **key words** like farmer s market or open space, or you can use the **Guided Search** tool to identify policies by topic, setting, jurisdiction and a pre-determined set of key words.

**Need more information to Get Started?**

### Learn More



- [What is the ELPdB?](#)
- [Why do local policies matter?](#)
- [What can I do?](#)

Don't see your question? Check our responses to [Frequently Asked Questions](#). Other questions or comments? Please [contact us!](#)



## Healthy Places

### Healthy Places

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## Healthy Community Design Checklist Toolkit

### Introduction

This toolkit can help planners, public health professionals, and the general public include health in the community planning process. Developed in partnership between the American Planning Association's [Planning and Community Health Research Center](#) and the Centers for Disease Control and Prevention's [Healthy Community Design Initiative](#), the toolkit is composed of four elements that work together to achieve this goal:

#### [Healthy Community Design Checklist](#) [PDF - 352 KB]

The *Healthy Community Design Checklist* is a handout for residents to use during public meetings or other gatherings where decisions are being made about land use. The checklist is a quick way to educate residents about healthy community design and to help them consider health during land use discussions. The checklist covers the following topics: Active Living, Food Choices, Transportation Choices, Public Safety, Social Cohesion, Social Equity, and Environmental Health.

#### [Español \(Spanish\)](#) [PDF - 559 KB]

#### [Healthy Community Design PowerPoint Presentation](#) [PPT - 8.5 MB]

The PowerPoint Presentation supports the checklist by explaining to residents how community design can affect health and how to use the checklist during land use discussions. For best results, give the presentation to introduce the checklist. The presentation is customizable and is most effective when it includes health data on the residents' community. *Sources of Health Data*, below, allows you to customize the presentation.

#### [Creating a Health Profile of Your Neighborhood](#) [PDF - 163 KB]

Creating a Health Profile of Your Neighborhood helps you find health data on your community and develop a health "snapshot" of your community. The data, useful for educating and promoting awareness of the health issues that most affect your community, can also help identify the most urgent health issues.

#### [Planning for Health Resources Guide](#) [PDF - 509 KB]

The *Planning for Health Resources Guide* gives resources for each of the above mentioned topics covered in the *Healthy Community Design Checklist*.

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### Contact Us:

Centers for Disease Control and Prevention  
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(800-232-4636)  
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[Contact CDC-INFO](#)

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## Transportation Health Impact Assessment Toolkit For Planning and Health Professionals

Reduced drinking and driving and increased seatbelt use—these transportation policies have helped save many lives. Transportation policies can also be about infrastructure—how people get from place to place. These policies can help or block people from healthy lifestyle choices, such as making regular doctor visits, accessing good jobs, and choosing healthy food. This is especially true for underserved residents, children, older adults, and households without automobiles.

When health is considered among the goals of transportation policy and land use planning, the resulting policy can help reduce air pollution; prevent traffic injuries and deaths; and lower obesity, diabetes, cardiovascular disease, and cancer rates. Such outcomes can happen when roads are designed to be pedestrian-, cyclist- and public transit-friendly. Roads that are designed for people as well as for cars and trucks can increase physical activity, enhance community quality of life, and increase access to community services.

How can public officials, community members, and planners ensure that future transportation policies consider health? One way is to use a [health impact assessment \(HIA\)](#). Transportation HIAs help policymakers see and address the potential health effects of a proposed transportation project, plan, or policy before it is built or implemented. A transportation HIA can ensure that all people, regardless of age, income, or ability, are able to move about their community easily and safely.

A community's transportation planning process can have many stages. For example, a Long-Range Transportation Plan made by states and Metropolitan Planning Organizations (MPOs) sets the vision for transportation over a twenty-year timeline. A Transportation Improvement Program identifies which projects will be funded and constructed over the next four years. As a policy tool, transportation HIAs can help prioritize local and statewide project proposals by identifying the health value. The HIA process can also encourage all stakeholders, including the MPO, project managers, elected officials, public health officials, the residents, and commuters to work together on improving public health.

The **Transportation HIA Toolkit** provides a framework for public health departments, city planners, project managers, and other stakeholders to conduct HIAs on proposed transportation projects, plans, and policies.



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## Transportation and Health Toolkit

A vision of healthy communities cannot disregard or devalue transportation. A healthy community is one in which people have access to healthy foods, feel safe, have opportunities for physical activity, breathe clean air, have access to gainful employment and feel connected to opportunity. Transportation is access, thus, transportation is opportunity.

Transportation significantly effects health through traffic crashes, air pollution exposure, access to healthy food, access to physical activity, and economic opportunity, which are only a few of the implications.

Effective transportation policies are key to improving the health of communities and their residents. Transportation planning and projects that connect low-income communities to opportunity and basic goods and services, while always prioritizing public transit and non-motorized transportation holds enormous potential for addressing many of our nation's most pressing societal problems. Transportation solutions for public health are shared solutions which can create social and economic equity, benefit the environment, and improve the economy.

These benefits are long-term and must be prioritized for this nation to remain economically competitive, have a healthy population who is able to participate and produce, and have a sustainable environment for generations to come.

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