



# Healthy, Livable Streets For All Ages

**Steps to Better Health: The Heartbeat of Complete Streets**

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**Health Foundation of South Florida**

# AGENDA

- I. Background**
- II. Major health problems linked to Incomplete Streets**
- III. Complete Streets as part of the solution**



# Health Foundation of South Florida: Committed to Safer, Healthier Streets



## Health Foundation

- Healthy Eating Active Communities
- Local Action Team for Safer People, Safer Streets (MDC)
- Health and the Built Environment (Consort. a Healthier MDC)
- Live Healthy Miami Gardens
- Live Healthy Little Havana
- Miami Dade Age Friendly Initiative
- Broward TOUCH*

AGE-FRIENDLY INITIATIVE  
Miami-Dade County

**GIA** Grantmakers In Aging

live  
healthy  
little havana

live  
healthy  
miami gardens

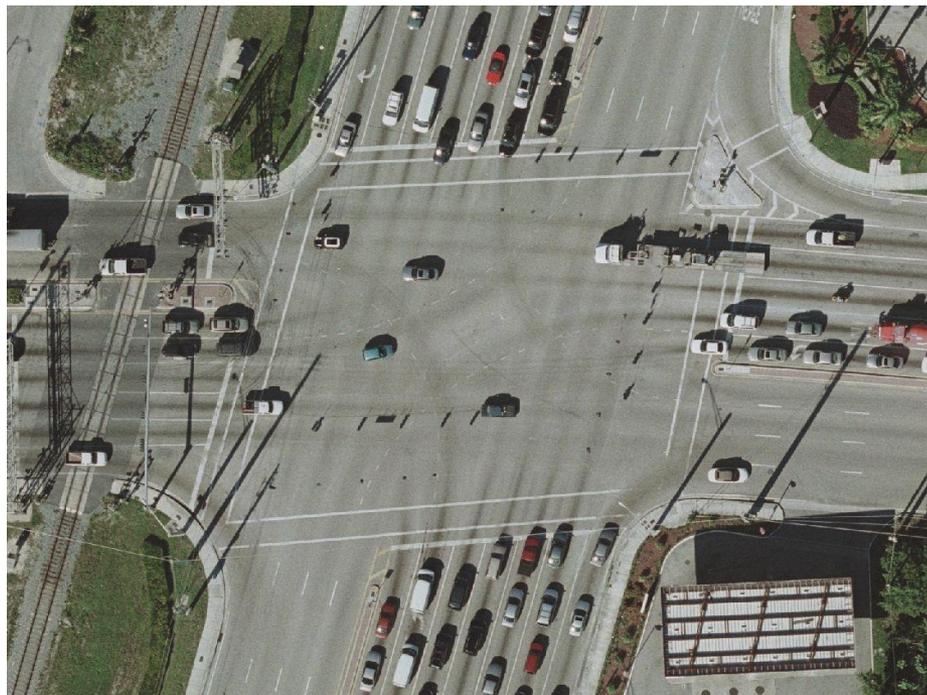
City of  
HIALEAH

South Miami  
THE CITY OF PLEASANT LIVING

**TOUCH**  
Partnerships Transforming Our Community's Health

# Major Health Problems Linked to Incomplete Streets

1. Growing epidemic of chronic conditions
2. Car-related injuries and deaths
3. Inaccessibility of critical community resources for the growing # and % of residents unable or disinclined to drive a car

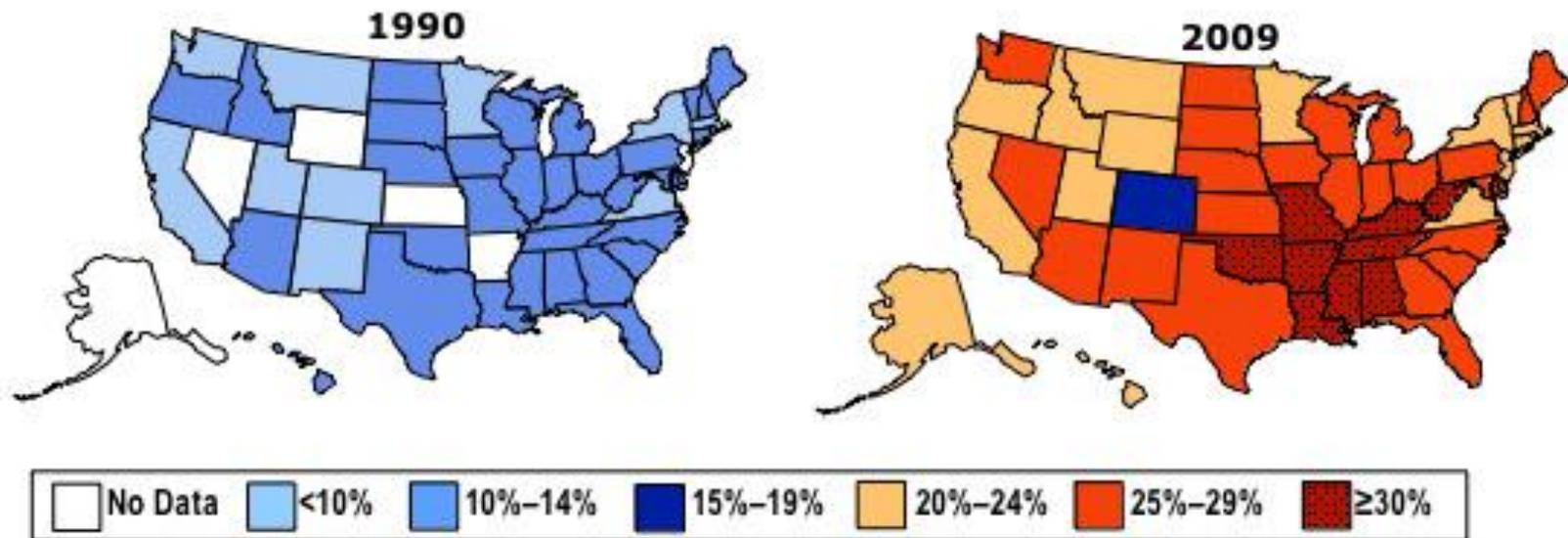




# Obesity Trends

The growing epidemic of chronic conditions can all linked to physical activity levels

## Obesity Trends\* Among U.S. Adults BRFSS, 1990, 1999, 2009 (\*BMI $\geq 30$ , or about 30 lbs. overweight for 5'4" person)



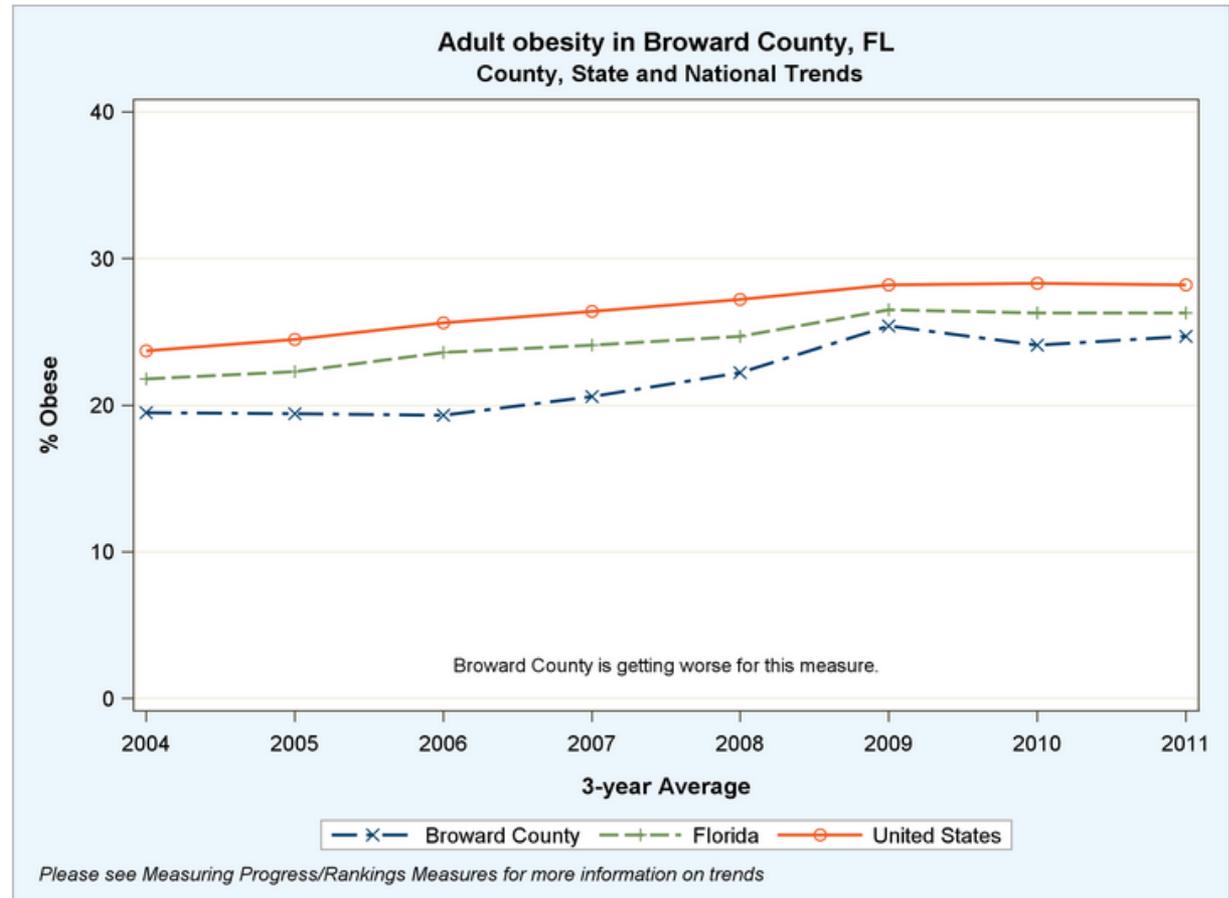
Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity is a Public Health Epidemic

Obesity & overweight have been linked to the progression of chronic conditions such as heart disease and diabetes.

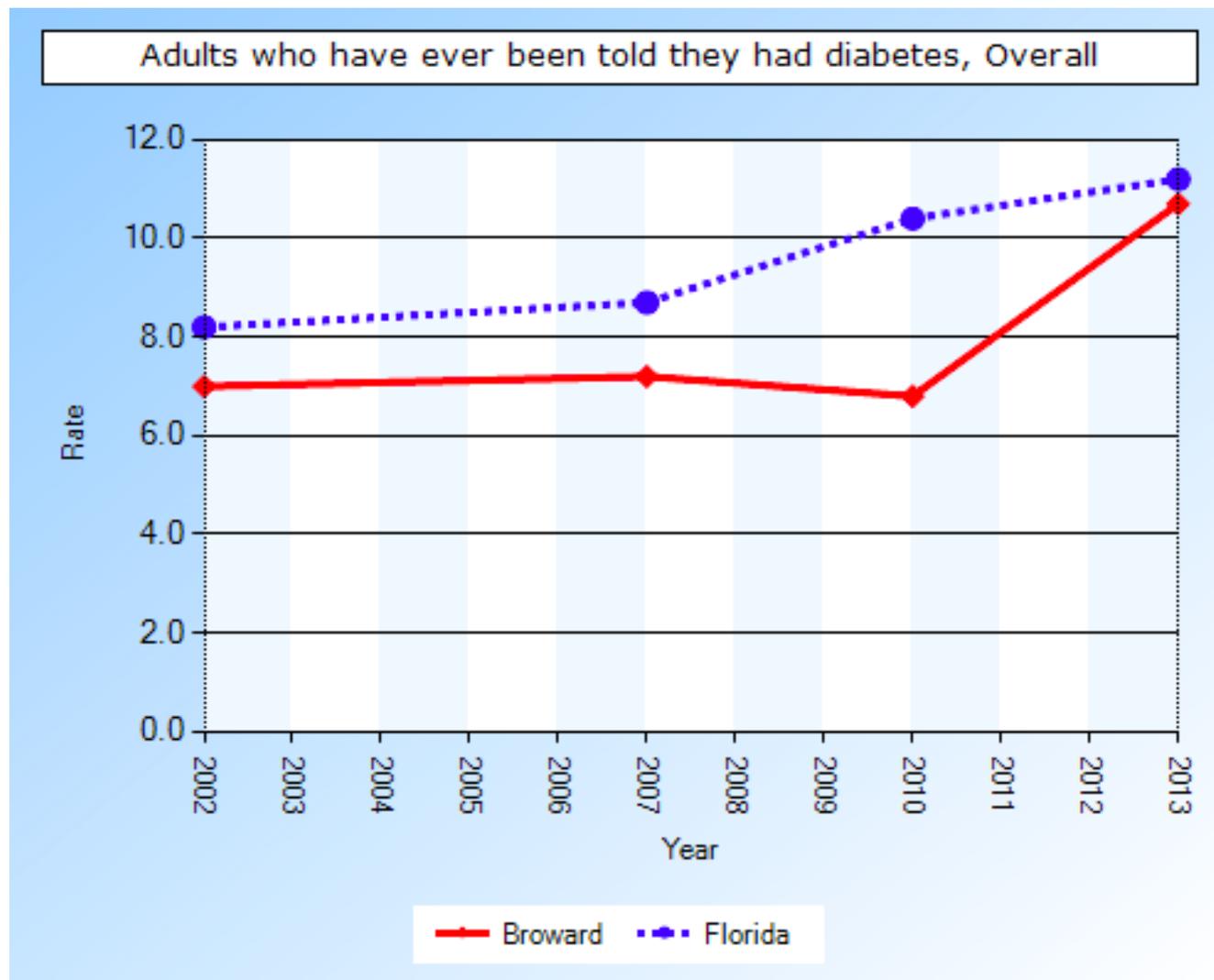
In 2011, more than 23% of adults aged 20 and over reported **no leisure-time physical activity** in Broward County.

In 2013, more than **half** of adults in Broward said they were not active or insufficiently active



# Number of Adults with Diabetes is Increasing

The number of adults in Broward with Diabetes is increasing with more than 10% of adults being told they have diabetes



# Chronic Health Conditions & Physical Activity



- Physical Activity
  - controls weight
  - reduces risk for cardiovascular disease
  - reduces risk for type 2 diabetes and metabolic syndrome
  - reduces risk for some cancers

# Problem #2: Car related deaths and injuries

(car-car, car-bike, car-pedestrian)

## Nationally:

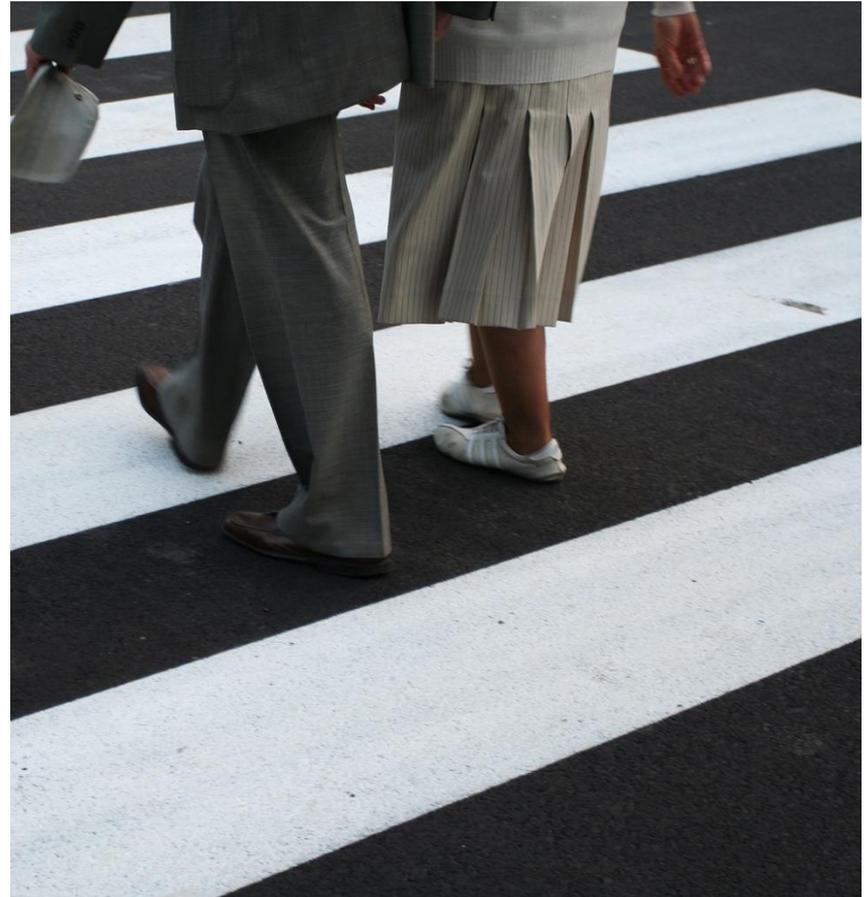
31,000 killed by guns

**32,000 killed by cars**

## Broward\*:

- 20,540 injuries
- 179 car crash fatalities
- 968 pedestrian injuries
- 53 pedestrian fatalities
- 549 bicycle injuries

\*2010



# Problem #3: Inaccessibility of Community Resources for Non-drivers

- Growing # and % of residents unable or disinclined to drive a car
- Older adults, 25% in Broward County by 2030
- Other populations unable or disinclined to drive a care

Our street design makes it very challenging and in some areas simply impossible for thousands of County residents to access critical community resources (food, medicine, socialization) without a car

The result for many older adults, particularly those with fixed incomes and limited social networks: Earlier decline

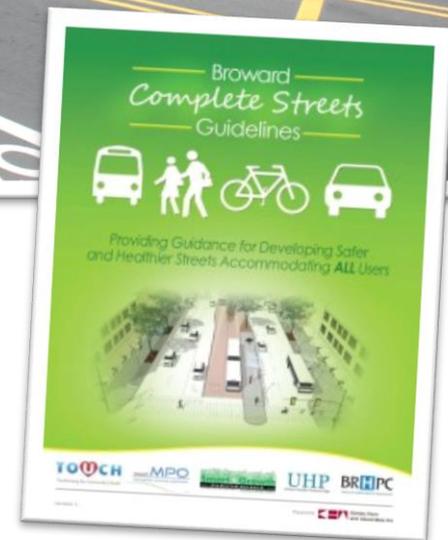


# Complete Streets are Part of the Solution

## Chronic Conditions:

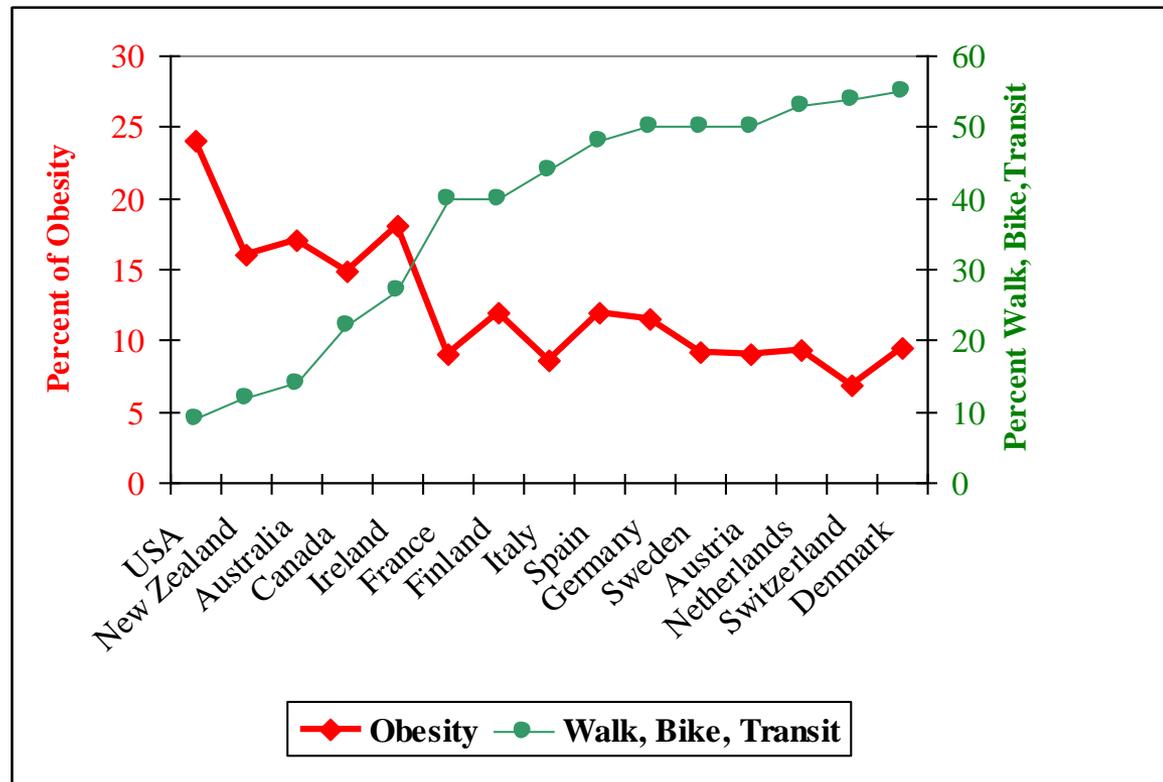
*One way to increase physical activity is to increase the opportunity to walk, bike, and be active on safer, livable complete streets.*

The CDC recommends Complete Streets policies as a tactic to combat obesity and other chronic conditions



# Benefits: Health

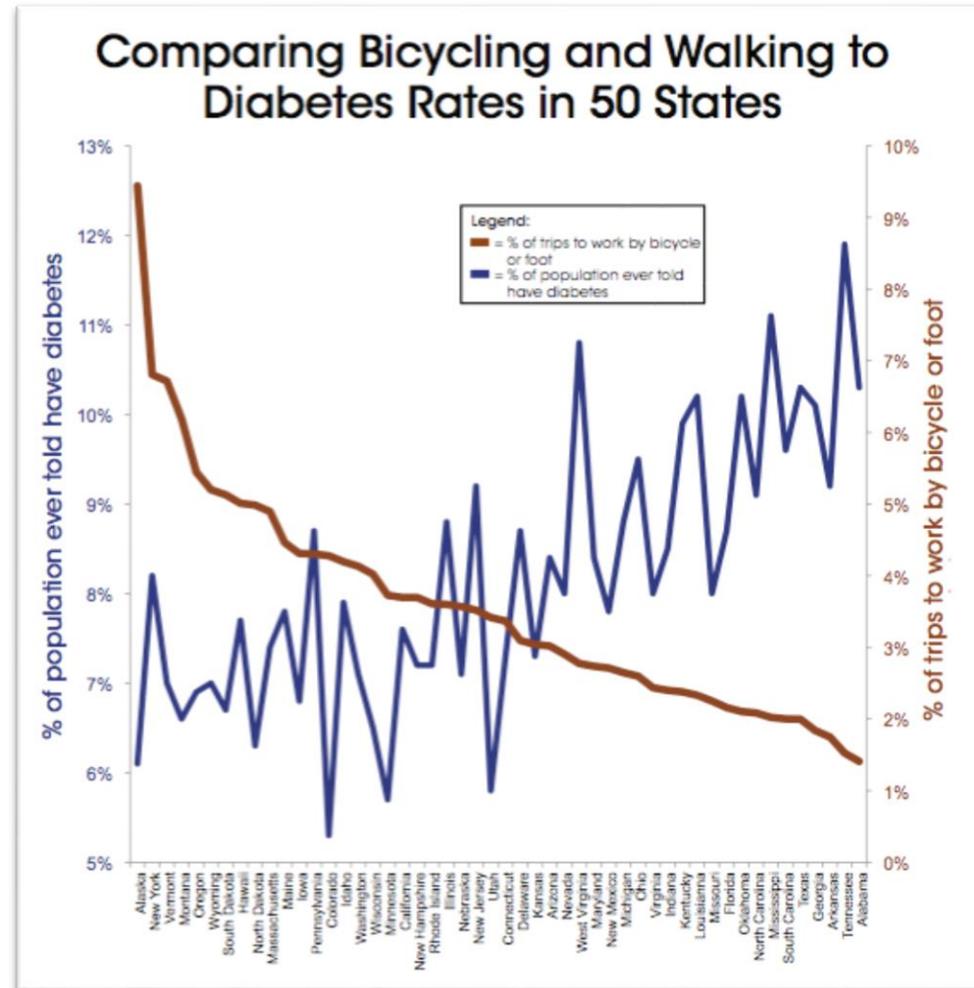
Obesity is lower in places where people use bicycles, public transportation, and their feet.



# Benefits: Health

States with the lowest levels of biking and walking have, on average, the highest rates of obesity, diabetes, and high blood pressure.

In contrast, states with the highest levels of biking and walking have, on average, the lowest rates of obesity, diabetes, and high blood pressure.

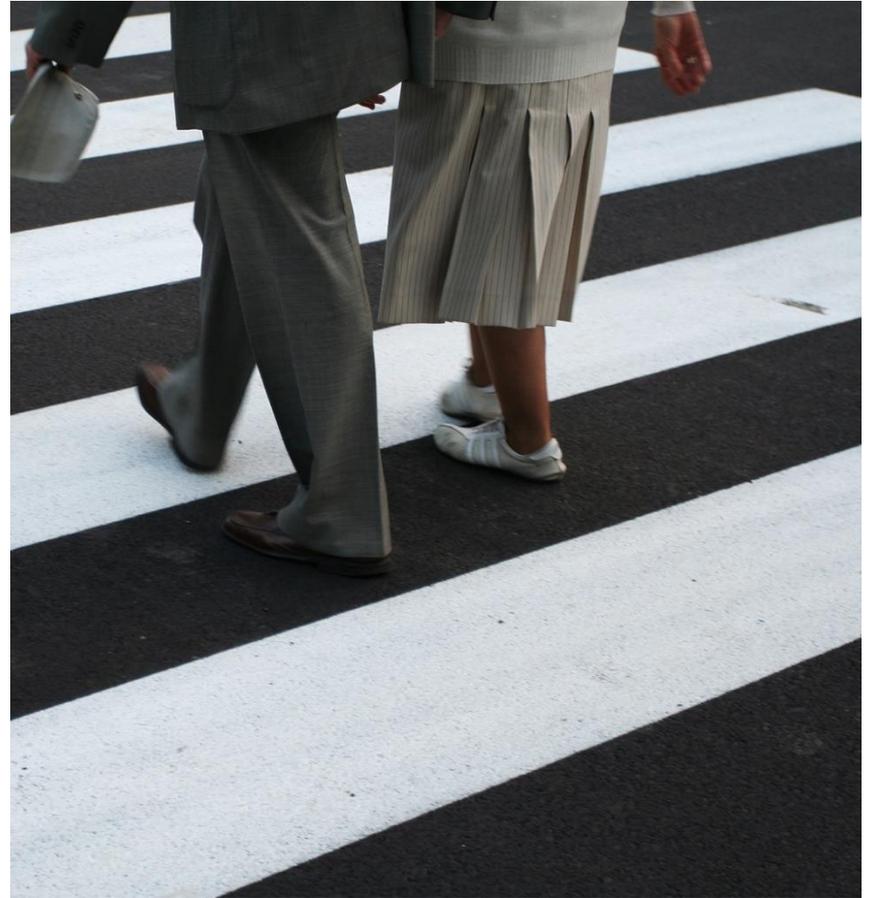


# Complete Streets are Part of the Solution

## **Safety:**

*One way to improve the safety of drivers, cyclists, and pedestrians is through Complete Streets:*

- Reduced traffic speed
- Establishing marked and/or protected space for cyclists and pedestrians



# Complete Streets are Part of the Solution

**Increase Access to  
Community Resources  
for older adults and  
others unable or  
disinclined to drive:**

**Complete Streets.**



# Complete Streets for All Ages & Abilities

- *The ability to easily access desired destinations is vital to independent living and functional ability.*
- *Transportation is one of the most important components of active aging and the ability to age in place.*



A Complete Street is a street where the entire right-of-way is planned, designed, and operated for all modes of transportation and **all users, regardless of age or ability.**

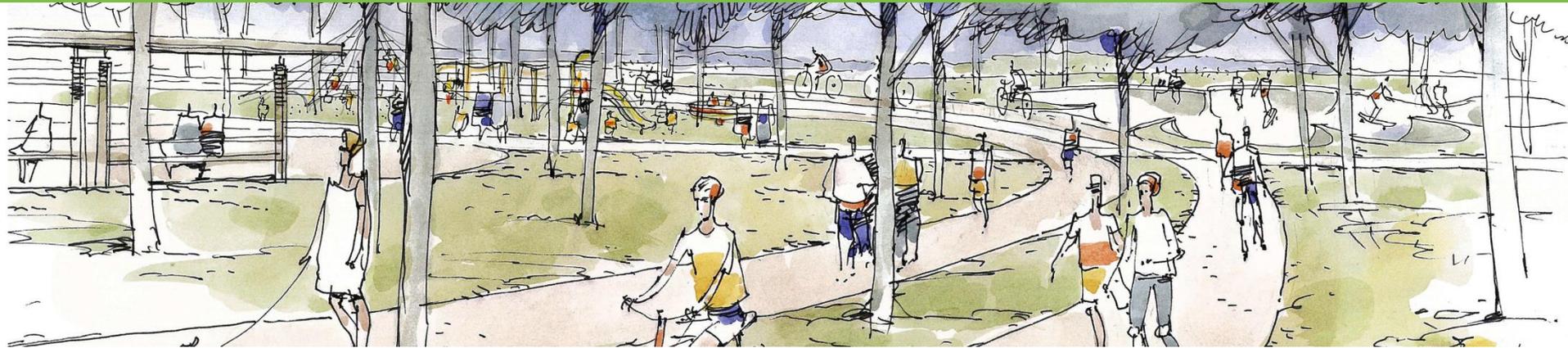
Complete Streets make it easy for **all users, regardless of age or ability** to cross the street, walk to shop for healthy food, catch the bus, bike to work, and enjoy other healthy activities.



*Active Aging is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age.”*

***Safe, Complete Streets are necessary to making our communities livable as our population grows up and grows old***

# Other Health Benefits:



- Streets that promote multimodal transportation can help improve **air quality** by promoting active transport and reducing CO<sub>2</sub> emissions created by cars
- Residents of walkable, livable communities are more likely to be **socially engaged**
- It can also improve **mental health**. Residents of walkable communities report being in good health and happy more often

# Complete Streets Benefit Everyone

- Increased infrastructure and promotion increases activity and independence for children
- Multimodal transportation provides options to older adults as they age
- Provides access to critical community resources (food, banking, pharmacy, health care, social interaction) to all ages
- Complete Streets improve health and improve quality of life



# THANK YOU!

**Tomorrow's streets will impact the health, safety, and economic prosperity of our population and our future generations. How will you help improve health and save lives?**

