



Healthy, Livable Streets For All Ages

Steps to Better Health: The Heartbeat of Complete Streets

January 29, 2016

Peter Wood, MPA

**Vice President of Programs and
Community Investments**

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



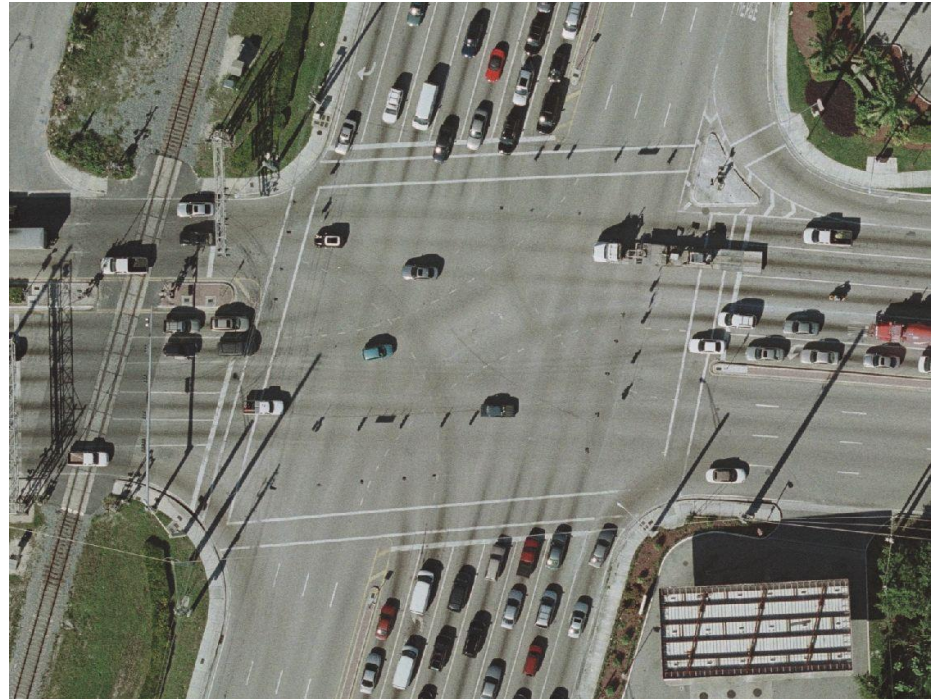
Health Foundation

- 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*



Major Health Problems Linked to Incomplete Streets

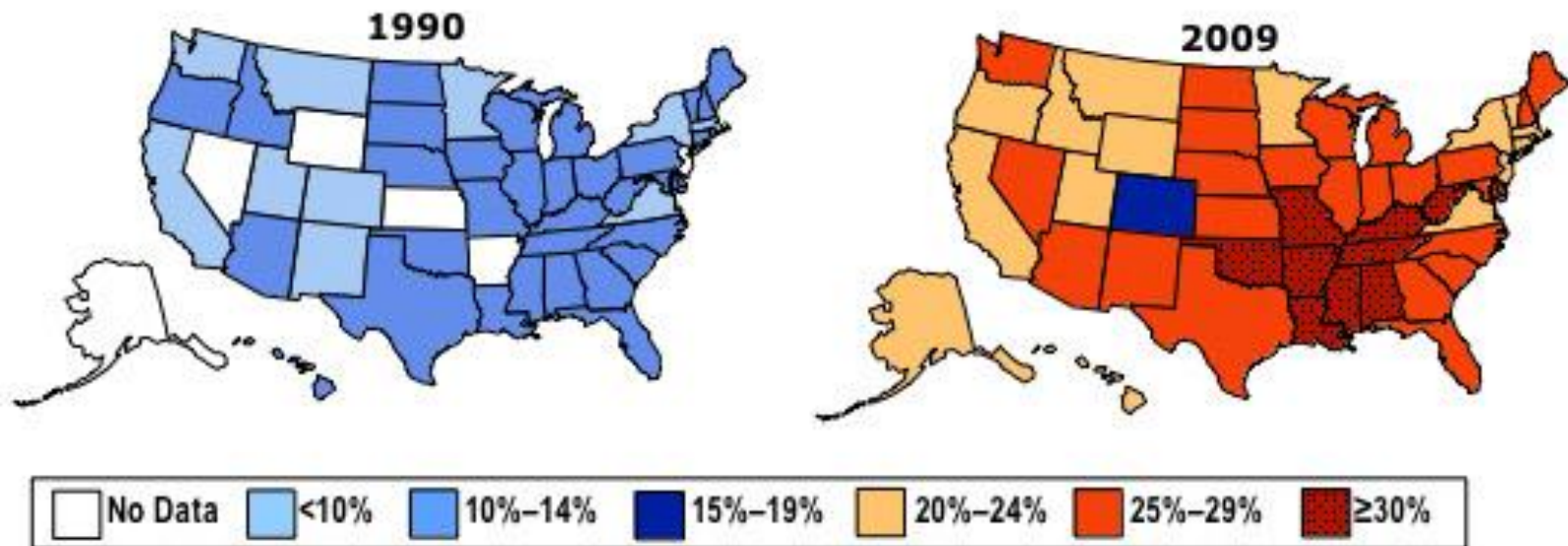
1. Growing epidemic of chronic conditions
2. Car-related injuries and deaths
3. Inaccessibility of critical community resources for the growing # and % of residents unable or disinclined to drive a car



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 ≥ 30 , or about 30 lbs. overweight for 5'4" person)



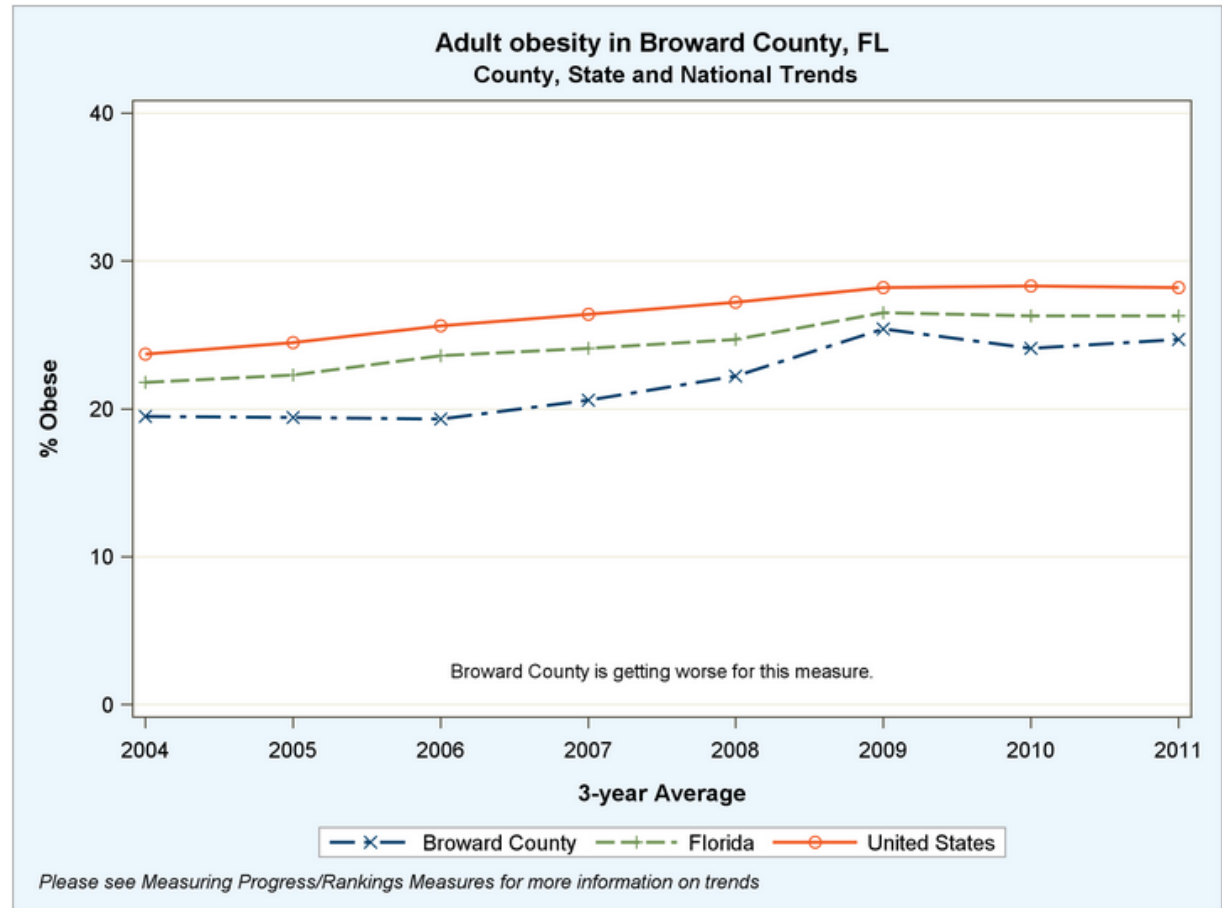
Source: Behavioral Risk Factor Surveillance System, CDC.

Obesity is a Public Health Epidemic

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

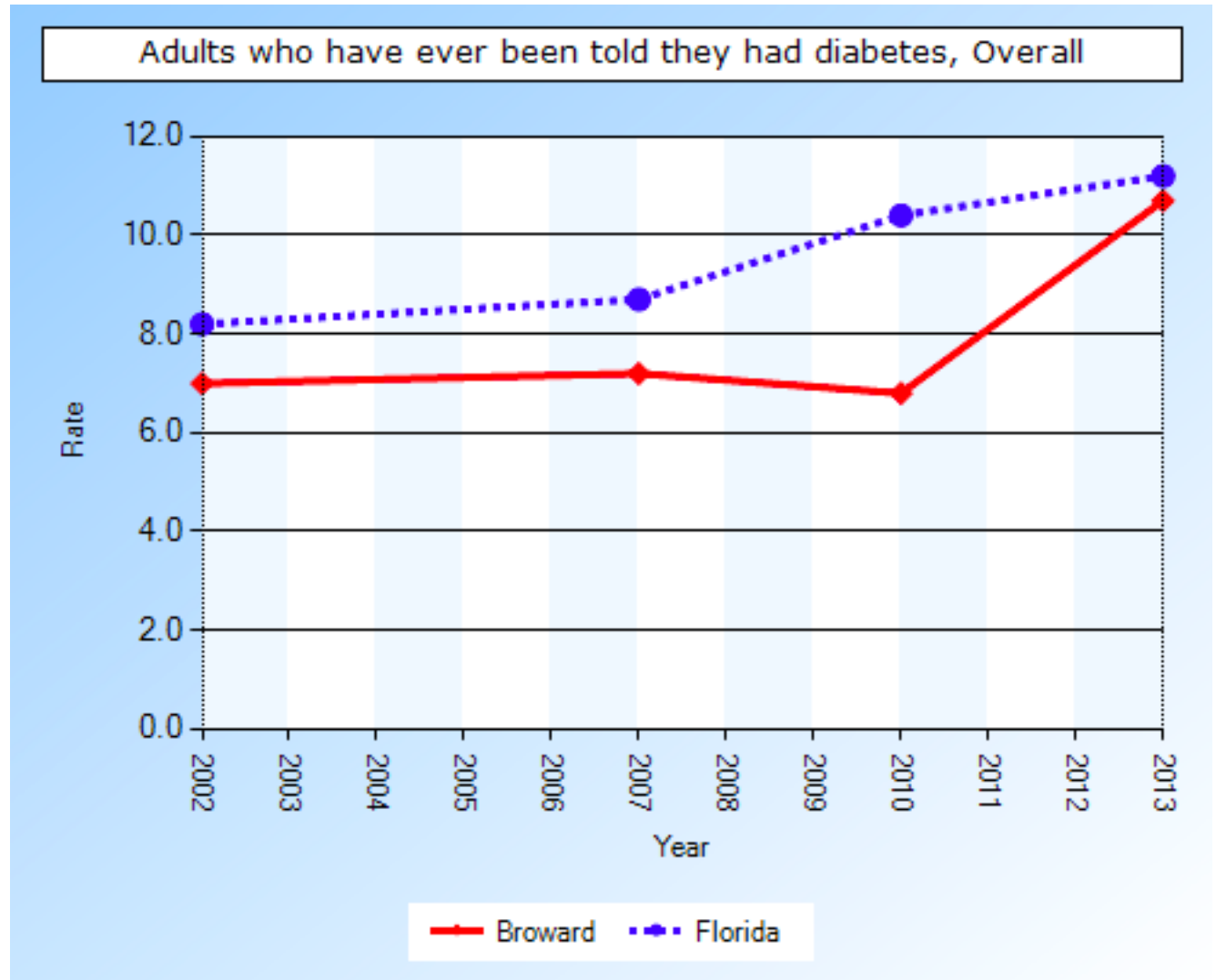
In 2011, more than 23% of adults aged 20 and over reported **no leisure-time physical activity** in Broward County.

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:

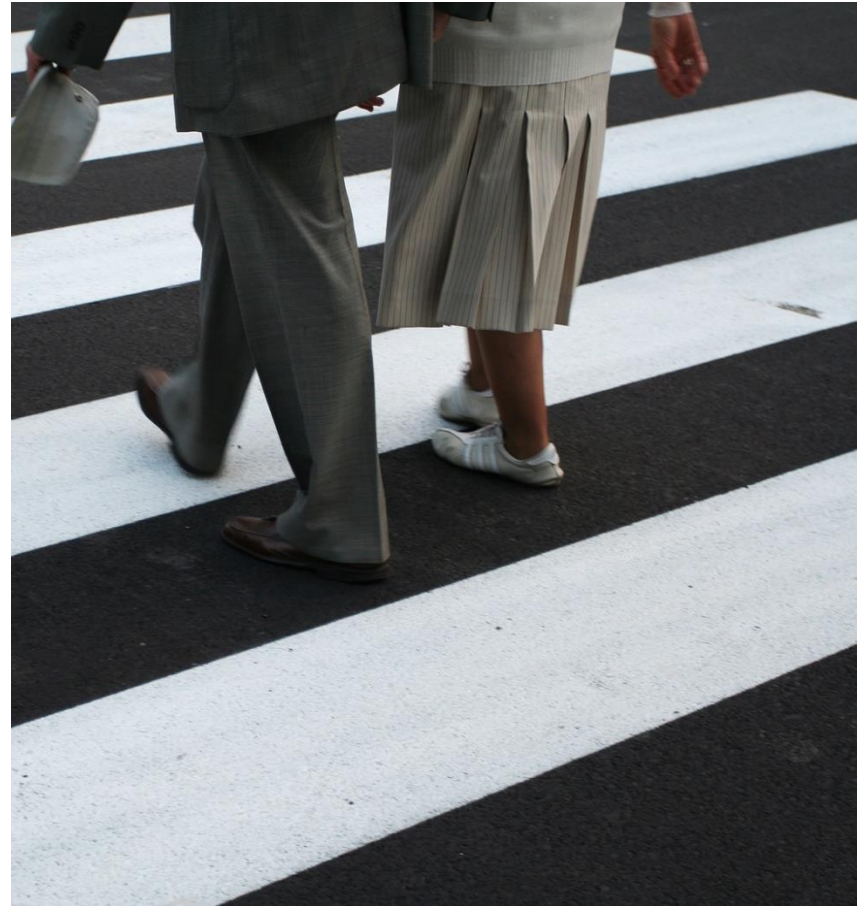
31,000 killed by guns

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

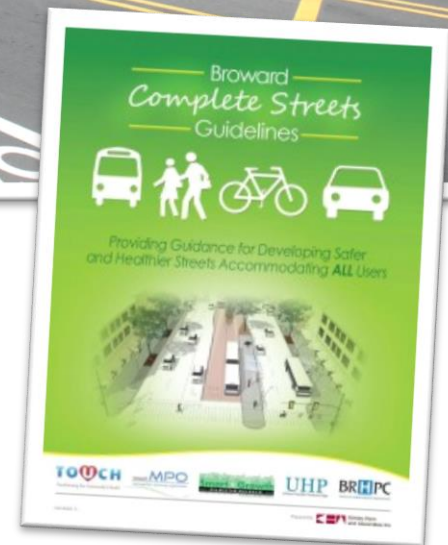


Complete Streets are Part of the Solution

Chronic Conditions:

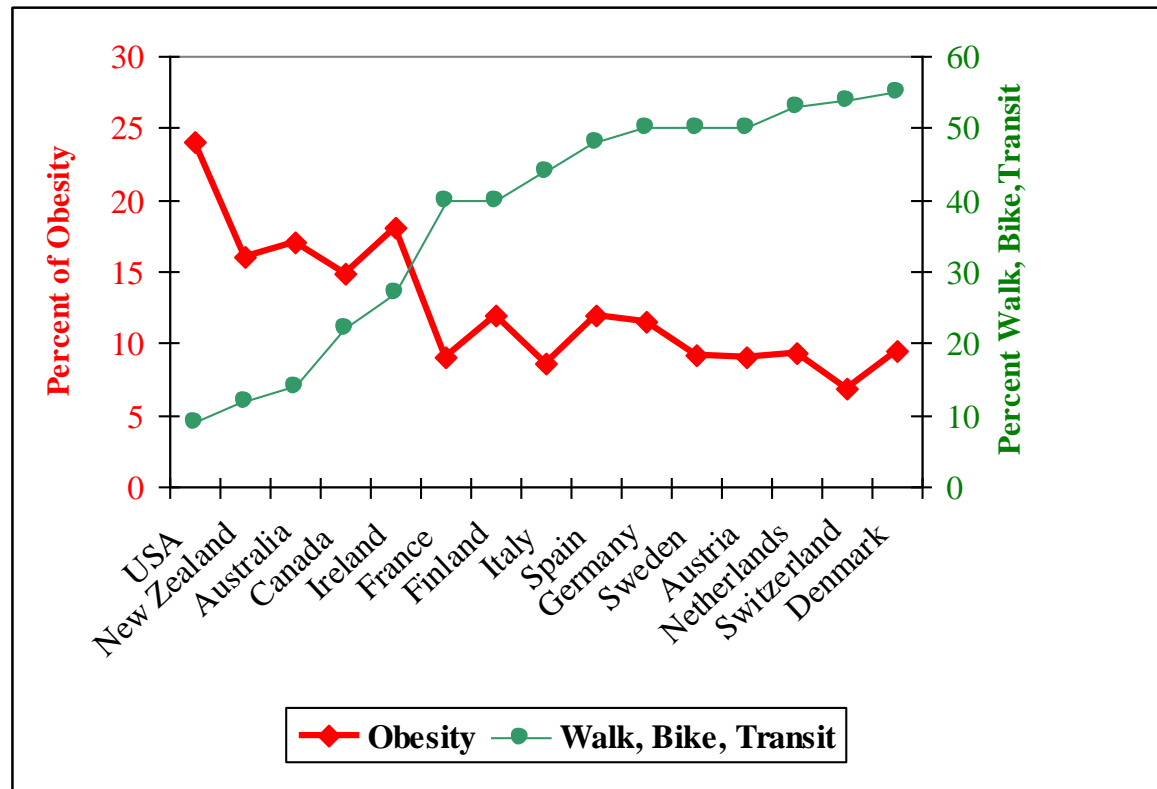
One way to increase physical activity is to increase the opportunity to walk, bike, and be active on safer, livable complete streets.

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



Benefits: Health

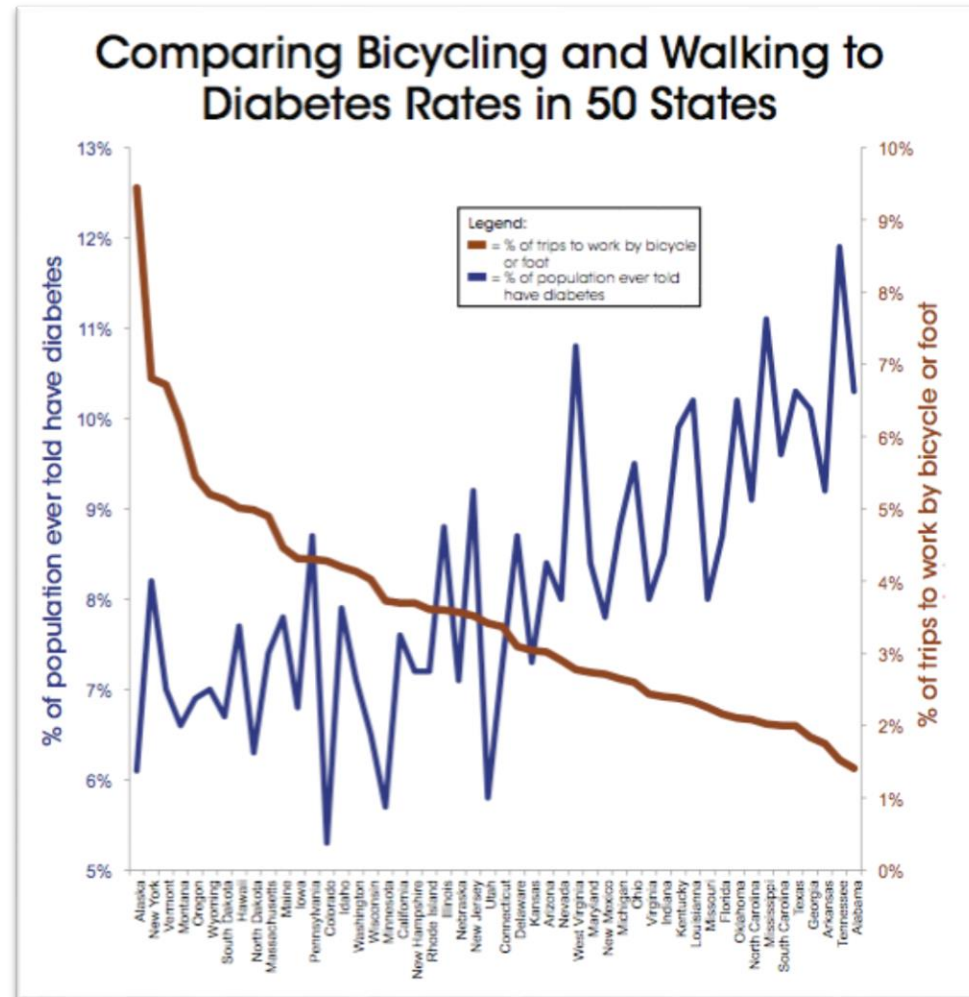
Obesity is lower in places where people use bicycles, public transportation, and their feet.



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.

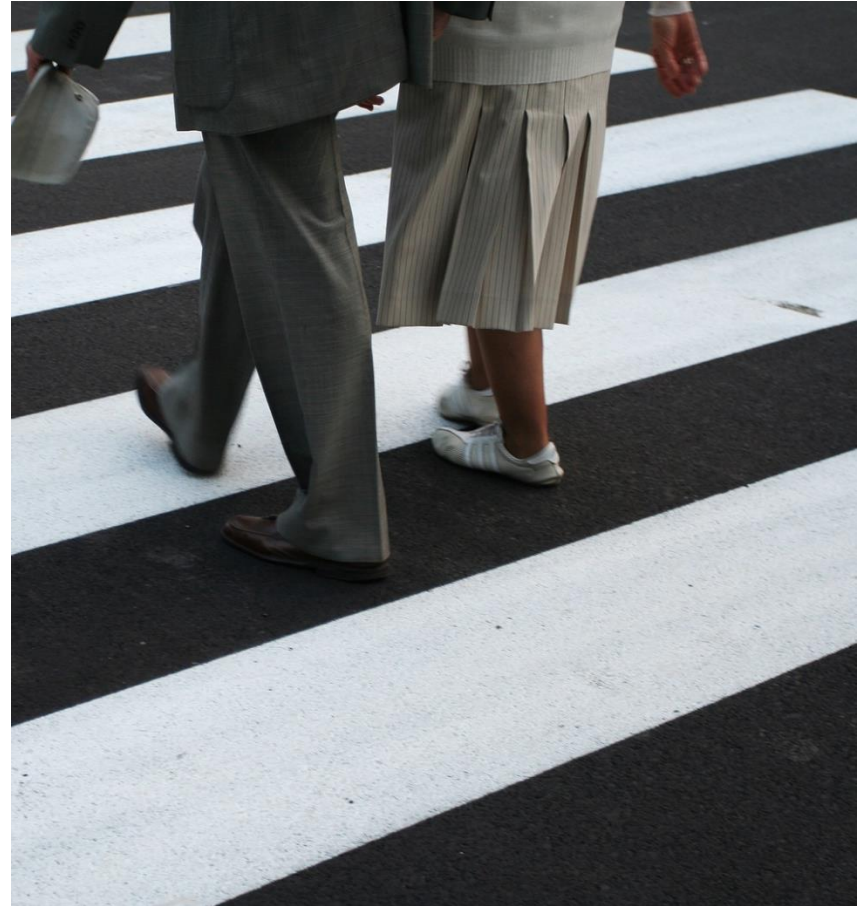


Complete Streets are Part of the Solution

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 CO₂ 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?

