

Health & the Built Environment

Different disciplines working together

Health Educator's Institute
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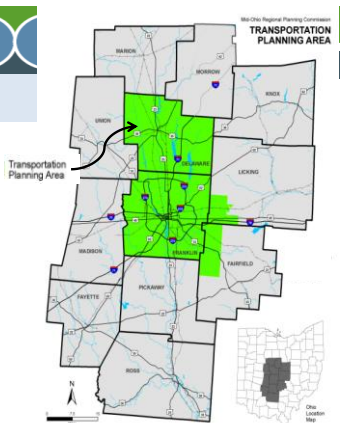


Public and Government Affairs

Center for Energy & Environment

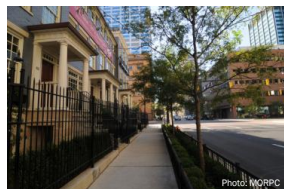
Housing Department

Transportation Department (MPO)





- Growing and aging population
- Changing lifestyles
- Different demand for housing
- Increased transportation costs
- Workforce development needs
- Negative health issues





Changing U.S. Demographics & LifeStyles

Demographic group	Count	Lifestyles
Aging baby boomers	78 M	75% said they want to live in a mixed-age and mixed-use community
Younger baby boomers (late 40s / early 50s)		Flat incomes, lost equity in homes, less move-up buyers
Generation Y (children of baby boomers)	83 M	Value sense of community, diversity, environment, proximity to services
Immigrants, their children and grand children	40 M	Enjoy living close together, value sense of community

Est. population growth:
308 M to 438 M by 2050



Source: ULI

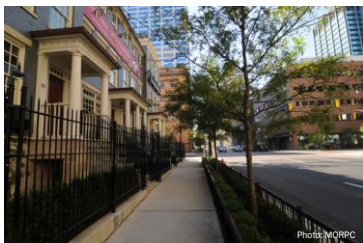


Housing Market

"The Great Recession highlighted that there has been a structural shift in what the market wants.

The bulk of the collapse in the housing market has been on the metropolitan fringe, exactly where the focus of drivable suburban housing growth has been."

(Chris Leinberger, 2010)





Changing Workforce

- The 4 - 2 -1 Problem
 - More Working Seniors
 - Fewer Young Professionals
- Slowing of Workforce Growth
- Social Services Impacted
- Gray Entrepreneurs



Transportation/Environment Costs

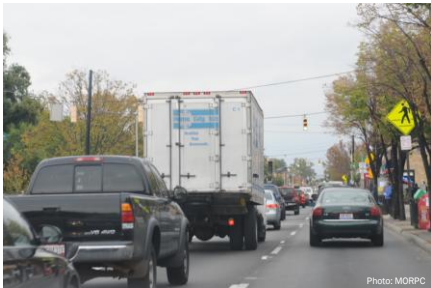
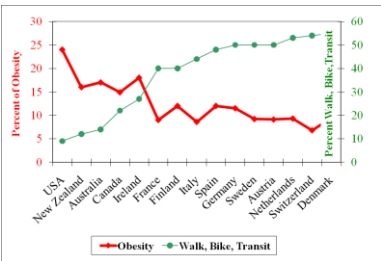


Photo: MORPC

Health Costs

One study found that 43% of people with safe places to walk within 10 minutes of home met recommended activity levels.

Among individuals without safe place to walk, just 27% were active enough.



Lifelong Communities

Transform central Ohio into a region that provides a high quality of living for everyone, no matter their age, ethnicity, or social status.



Photo: AARP



Toolkit Topics

- Engineering
- Education
- Enforcement
- Encouragement
- Evaluation
- Policies
- Resources





Transportation & Health Departments

- Complete Streets Policy Outreach
 - Grant Opportunities, such as the HUD Grant
 - Ped/Bike Counts
 - Safe Communities Program
 - Franklin County Physical Activity Plan
 - Events, such as bike festivals
 - Walk Audit Training
 - Safe Routes to School
- MORPC Lead
- Health Dept. Lead
- Both



Example: Safe Routes to School





How MORPC's Involved in SRTS

- Encourage Communities to develop School Travel Plans
 - Reviewing school travel plans for communities
- Participate in Walk to School events
- SRTS Educational Forums
- Provide Resources





Walk to School Statistics

- MORPC began promoting Walk to School Day in 2009:
 - 40 schools participated in the 12 county region.
- In 2010, Walk to School events were held in May & October:
 - 48 schools across Central Ohio participated in an event.
- In 2011, efforts are continued:
 - 22 schools participated in a May Walk to School event.





Participation in Community

- Gahanna: Walk to School Events
- Grandview Heights : Walk to School & Development of Walking School Bus Program
- Upper Arlington: Bike Rodeo
- Worthington: Walk to School Events
- Columbus: Curriculum Development







Educational Forums

- Regular Educational Forums are held at MORPC to help promote Safe Routes to School.

- Topics are related to all 5 E's
- The goal is to increase the number of communities and schools that hold Walk to School events by 10% each year.





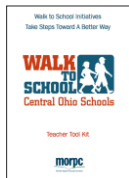
Walk Audits



- Stars = Good Places
- "X" = Bad Places
- Green Intersections
- Yellow Intersections
- Red Intersections
- Green Streets
- Yellow Streets
- Red Streets



- Resources are provided online to anyone interested in being active in Safe Routes to School.



www.morpc.org/walktoschool





Local food in schools can:

- Promote nutrition
- Educate kids about food sources
- Create new markets for local farmers
- Boost the local economy



Local Food Systems

- Good for health
- Good for farmers
- Good for the economy
- Good for the land





Rural Food Desert





Health & Nutrition

Walkable, convenient,
but ...



Not a source of healthful
food




Local Food Councils



Farmers markets

Include farmers, businesses, public officials, others.

Public Health must be involved: Ensure food safety, but also ensure availability of fresh, local food


What Is Urban Agriculture?




Urban Gardens / Community Gardens





Health Concerns (vermin, pests)

Vacant lot



Urban garden





How to get involved?

- Reach out to your regional/local planning organizations
 - Build collaboration among different interests
 - Participate in existing initiatives
 - Work towards addressing future demographic trends
- Advocacy (e.g. local food council, statewide safety initiatives, local school curriculum, local Complete Streets policies)
- Conduct research / Assess community needs



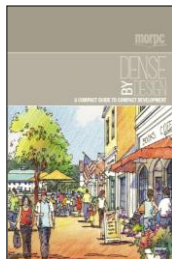
Additional Online Resources

MORPC
www.morpc.org/completestreets
www.morpc.org/walktoschool
www.morpc.org/localfoods
www.morpc.org/density

ODOT
www.everymove.ohio.gov

National Complete Streets Coalition
www.completestreets.org

Age Friendly New York City
<http://www.nyam.org/agefriendlynyc>





www.morpc.org

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