

HEALTHY COMMUNITY DESIGN

Making the Healthy Choice the Easy Choice



Jamie Gerken
Health Commissioner
Defiance County General Health District

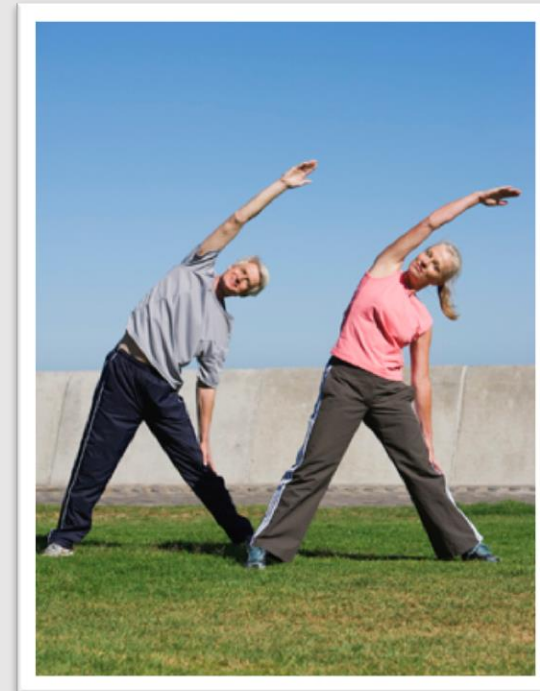
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What is Health?

Health is the state of complete physical, mental and social well-being and not merely the absence of disease or infirmity

- World Health Organization



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What Factors Determine Our Health?



Family Health History



Environment



Behaviors/Lifestyles

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What is community design?



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What is Healthy Community Design?

Planning and designing communities that make the healthy choice the easy choice.



How Can Community Design Affect Our Health?

Air Quality

Social Connections

Physical Activity Levels

Access to Healthy Foods

Water Quality

Traffic-related Crashes

Social Equity

Extreme Weather

Physical Activity Levels

A sedentary lifestyle is a primary risk factor in

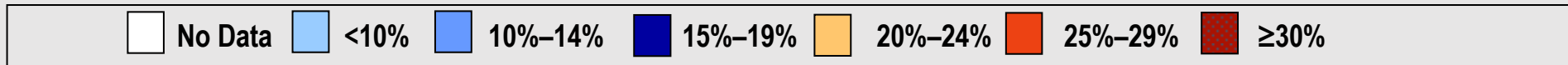
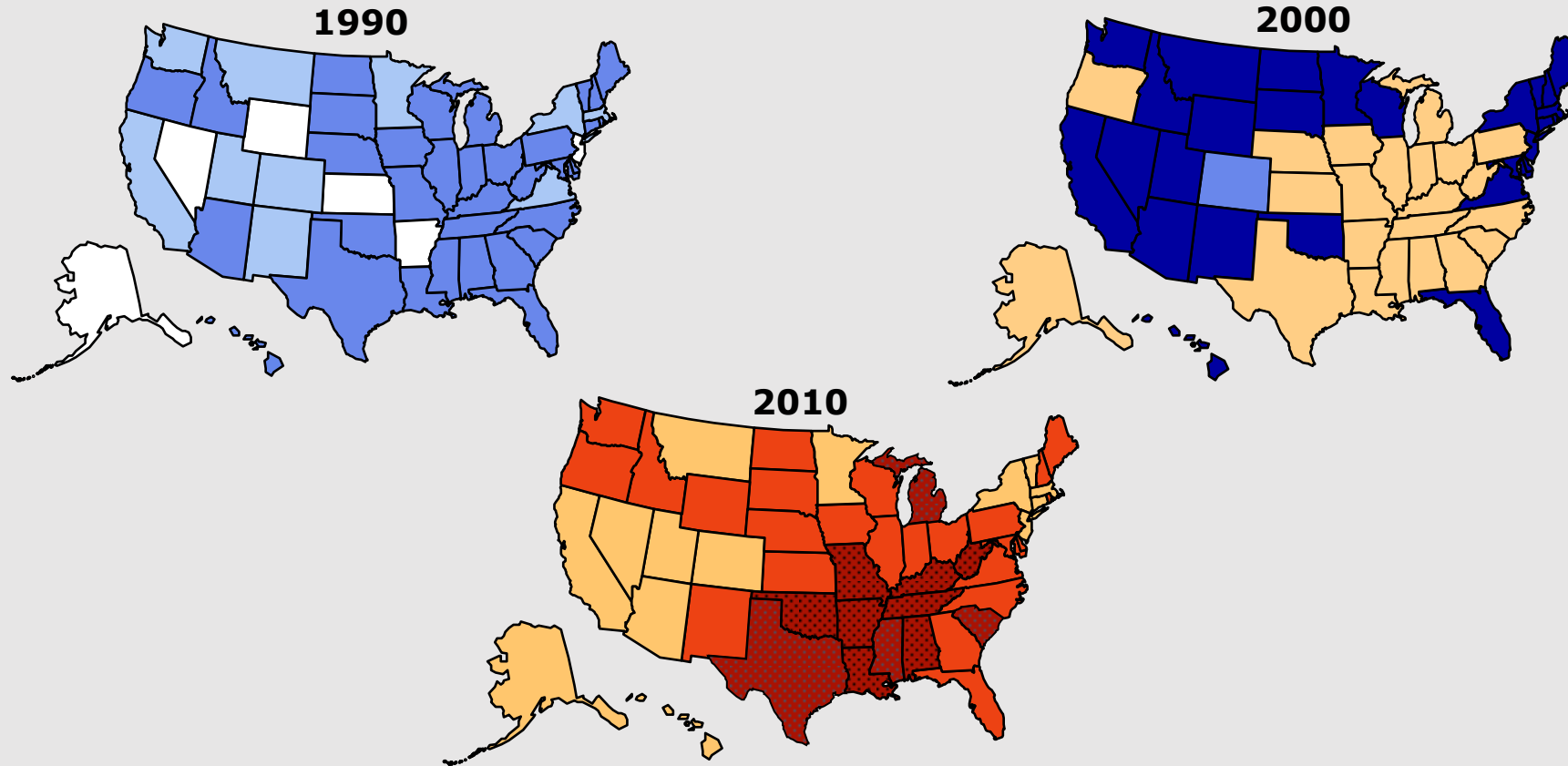
- Cardiovascular disease
- Stroke
- All causes of death



Obesity Trends* Among U.S. Adults

BRFSS, 1990, 2000, 2010

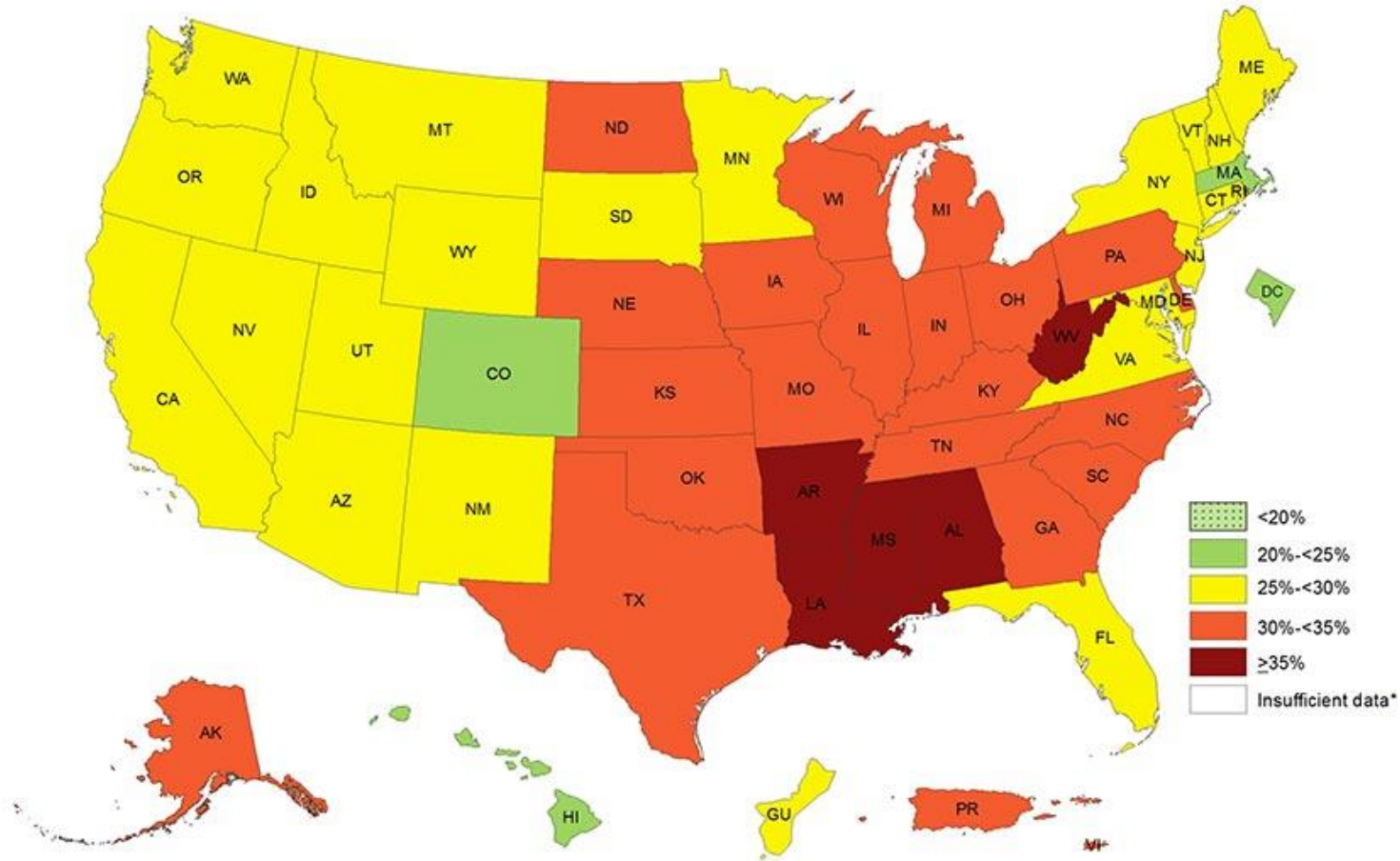
(*BMI ≥ 30 , or about 30 lbs. overweight for 5'4" person)



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Prevalence¹ of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2016¹

Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.



Source: [Behavioral Risk Factor Surveillance System](#)

*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%

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Health Consequences of Obesity

- **Coronary heart disease**
- **Stroke**
- **Type 2 diabetes**
- **Cancer** (endometrial, breast, and colon)
- **Hypertension** (high blood pressure)
- **Dyslipidemia** (high cholesterol or high levels of blood triglycerides)
- **Liver and Gallbladder disease**
- **Sleep apnea and breathing problems**
- **Osteoarthritis** (a degeneration of cartilage and bone breaking down within a joint)
- **Ob-gyn problems** (abnormal periods, infertility)



Our Community Statistics

Obesity-

Defiance County: 33% - Ohio 31%

Physical Inactivity-

Defiance County: 29% - Ohio 25%

Access to Exercise Opportunities-

Defiance County 57% - Ohio 83%

Mental Health

Source: 2017 County Health Rankings and Roadmaps

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Pedestrian/Bicyclist Accidents in Defiance County 2016

- Pedestrian Accidents: 17
- Bicyclist Struck Resulting in Transport to ER: 6



Source::EpiCenter

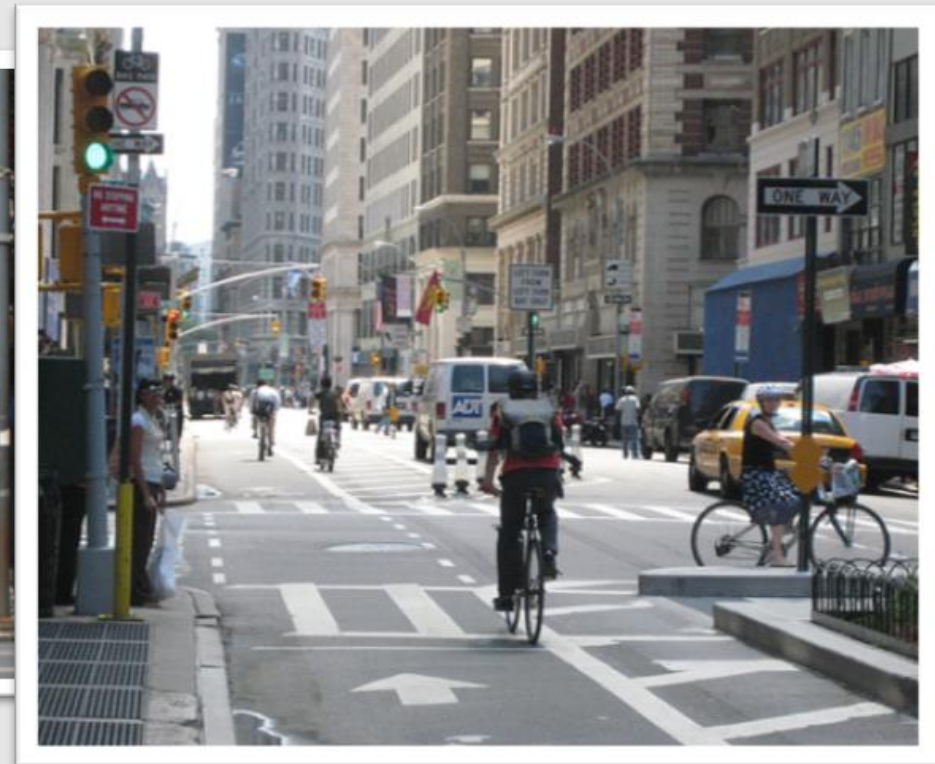
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Active Transit Reduce Collisions

Motorists adjust their behavior if more people bike and walk.



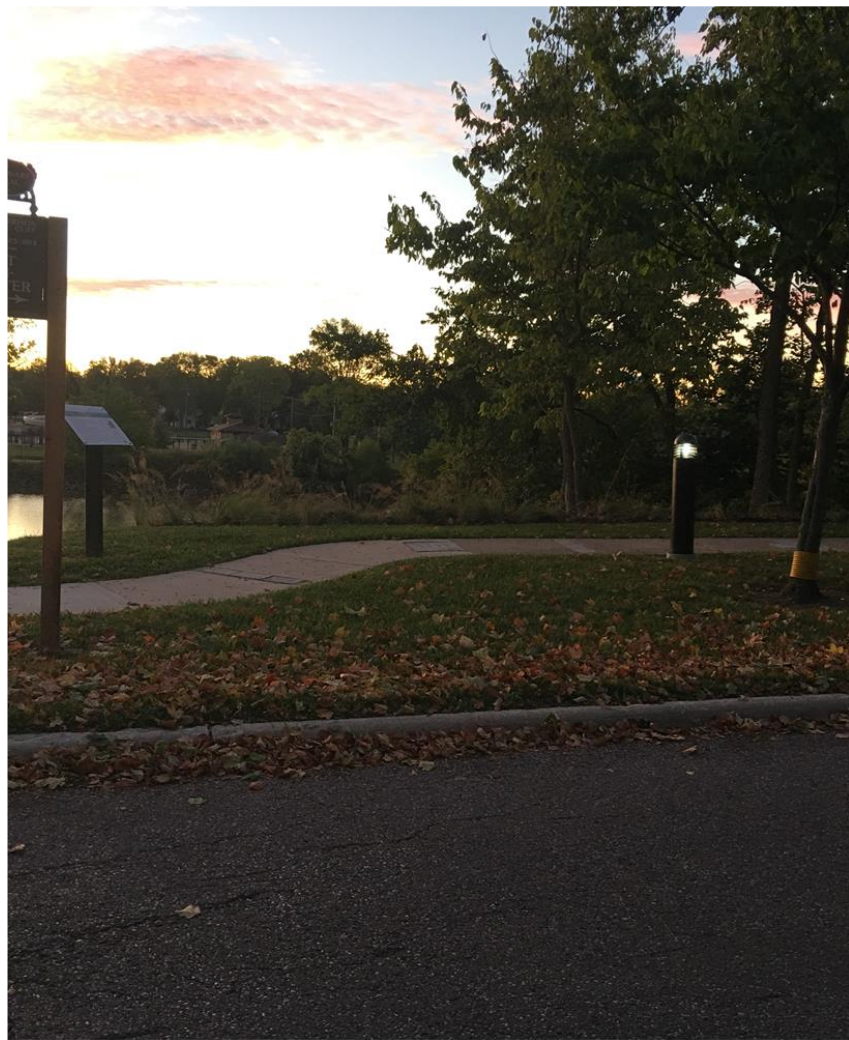
Photo Credit: <http://www.flickr.com/photos/designforhealth>



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Social Connections

The fabric of a community



Creating social bonds and sense of community through

- Social interaction
- Civic engagement
- Personal recreation

Increasing social connections through

- Parks, public spaces
- Mixed-use communities

Healthy Community Design Principles

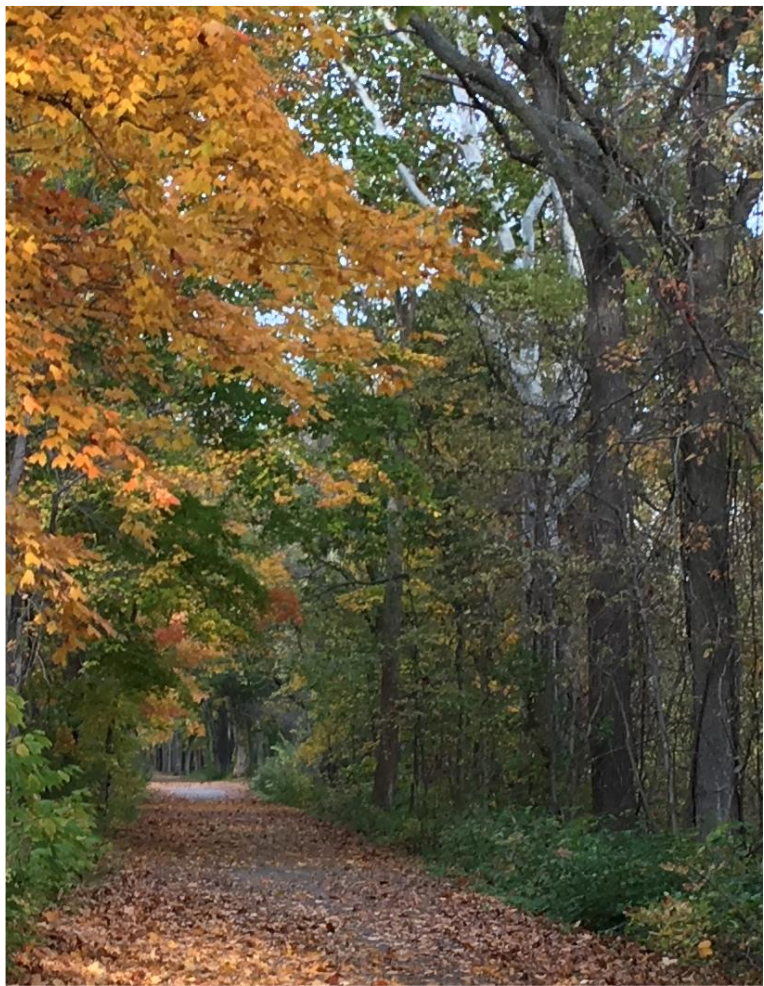
- Pedestrian and bicycle-friendly
- Accessible and socially equitable community
- Green spaces and parks that are easy to walk to
- Safe public places for social interaction

Healthy Community Design Benefits

- Improve air and water quality
- Lower the risk of traffic-related injuries
- Easier to include physical activity into everyday life
- Increase social connectivity and sense of community
- Promote good mental health



Healthy Living

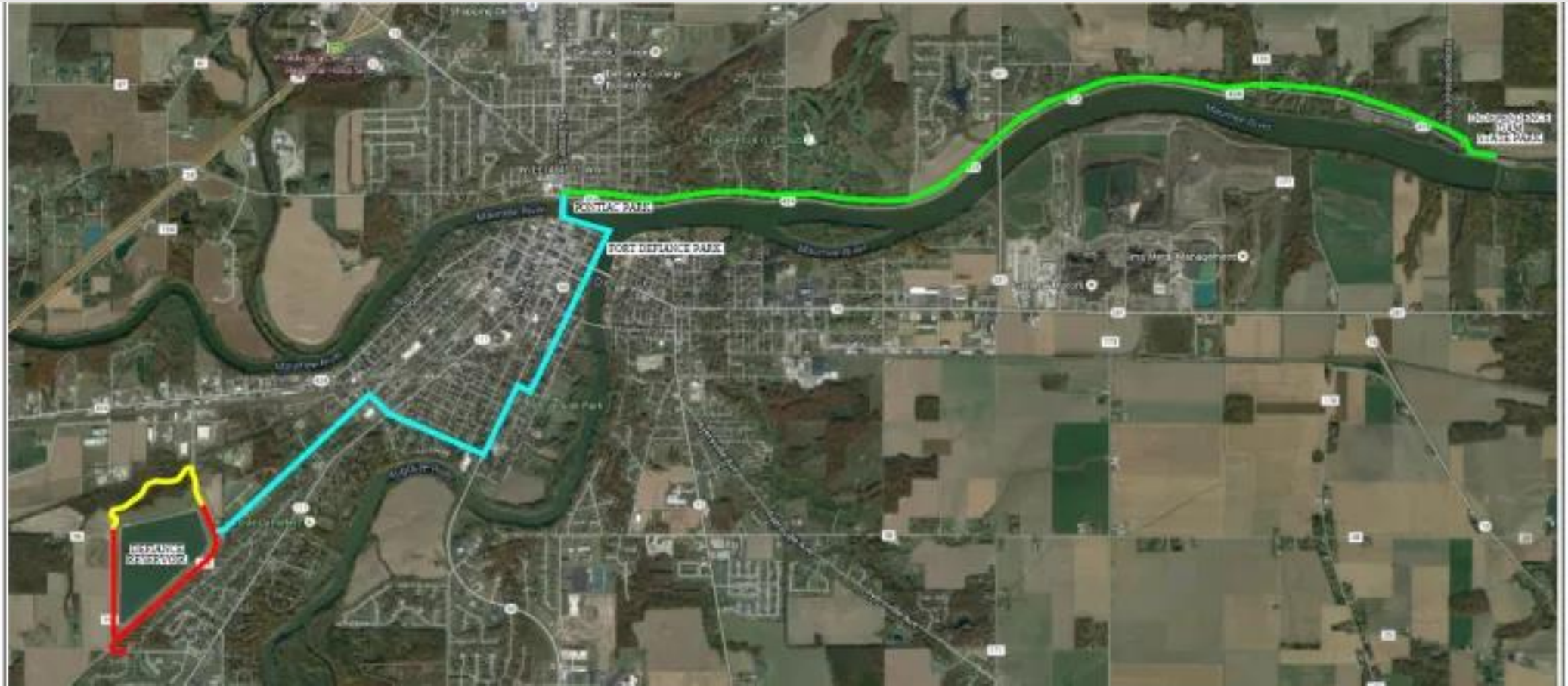


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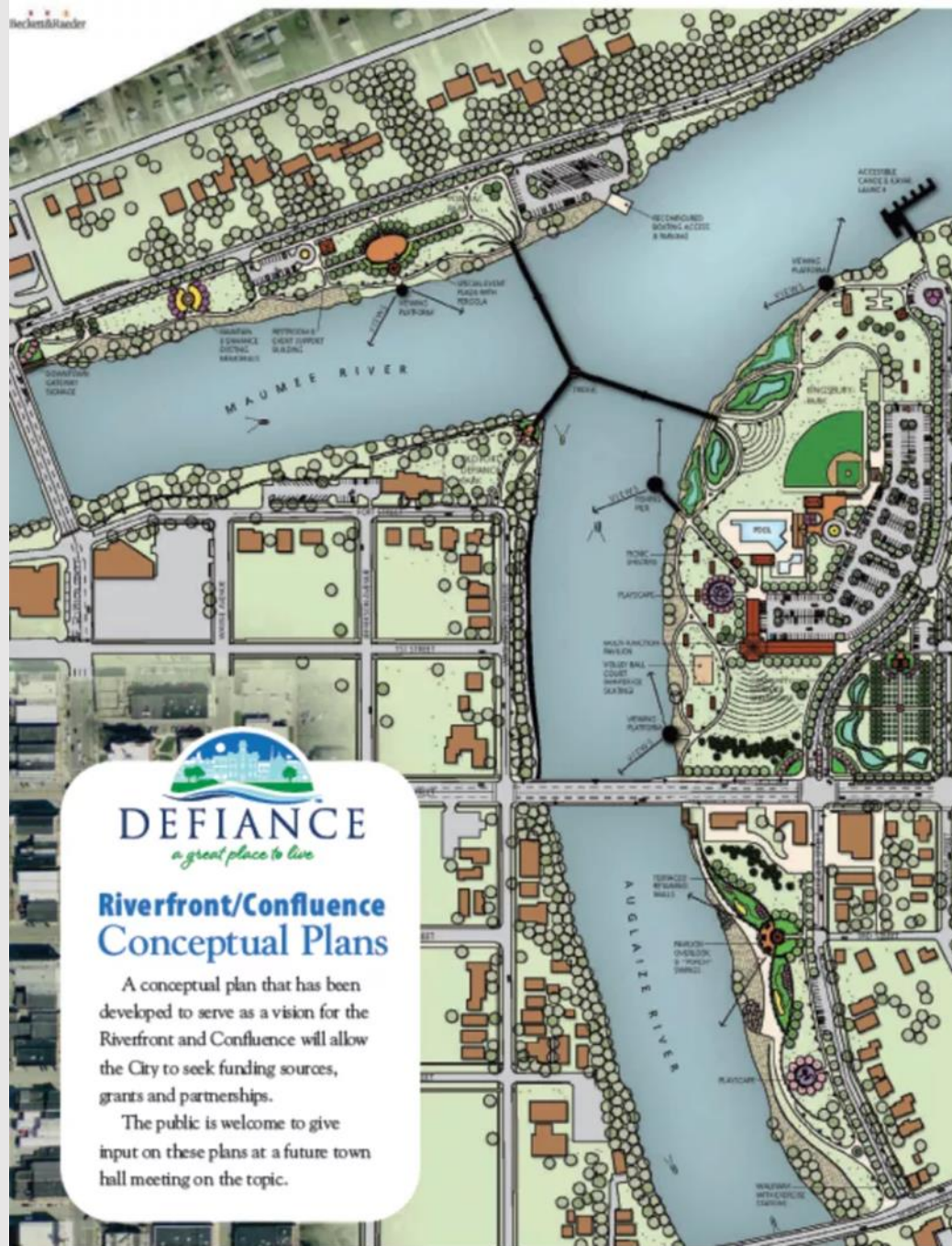
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DEFIANCE
a great place to live

**Riverfront/Confluence
Conceptual Plans**

A conceptual plan that has been developed to serve as a vision for the Riverfront and Confluence will allow the City to seek funding sources, grants and partnerships.

The public is welcome to give input on these plans at a future town hall meeting on the topic.

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FAST FIND
CONTROLS
SUPPORT

MAP KEY
AREAS
TRAILS
NAVIGATOR
MAP VIEW
CONTACT

Abandoned Miami-Erie Canal

1 - Stop 1

Head northeast on Canal Rd toward Powers Rd
Distance: 2.2 mi Duration: 4 mins

Turn right onto S Jackson St
Distance: 0.9 mi Duration: 2 mins

2 - Stop 2

Head northeast on S Jackson St toward Deatrick St
Distance: 85 ft Duration: 1 min

Turn left at the 1st cross street onto Deatrick St
Distance: 0.2 mi Duration: 1 min

3 - Stop 3

Head northeast on Holgate Ave toward Colfax St
Distance: 0.9 mi Duration: 2 mins

Continue onto W 3rd St
Distance: 0.2 mi Duration: 1 min

Turn left onto Clinton St
Distance: 0.3 mi Duration: 2 mins

Turn right onto E River Dr
Distance: 20 ft Duration: 1 min

4 - Stop 4

Head east on OH-424 E/E River Dr toward E High St
Continue to follow OH-424 E
Destination will be on the left
Distance: 8.0 mi Duration: 15 mins

SHARE
MY ITINERARY
SAMPLE ITINERARIES

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Lacoste Cote MAP Copyright ©2017 Patent Pending



My Challenge to you



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For More Information

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Healthy Places Web site: www.cdc.gov/healthyplaces

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