Health and the Built Environment

The result?

1955

2001
Today’s children may be the first generation to have a shorter life expectancy than their parents have.
Obesity is the tip of the iceberg; other chronic conditions are on the rise . . .

Formerly “Adult onset diabetes” is now referred to only as Type II diabetes, due to rising rates in children.
If you’re **inactive**, you have a much higher risk of getting:

- Heart Disease and High Blood Pressure
- Colon Cancer
- Diabetes
- Osteoporosis/hip fractures
- Depression and anxiety
- Others - asthma, arthritis, back pain, alzheimers, stroke, premature mortality
Underlying Causes of Death (US)

While most of the preventable causes of death declined, diet and physical inactivity increased 33%.
In 1980…

Overweight & obese adults: 48%

Healthy adults: 52%

Source: National Health and Nutrition Examination Survey (CDC 1999)
Most children in the United States are now bused or driven to school.

As they grow older, walking or bicycling isn’t what increases; a greater percentage are bused.

We use autos for even the shortest trips.

Source: NPTS (1995)

- 1977: 9.3%
- 1983: 8.5%
- 1990: 7.2%
- 1995: 5.5%
Obesity Trends Among U.S. Adults: 1985

(*BMI ≥30, or ~ 30 lbs overweight for 5’ 4” woman)

(Behavioral Risk Factor Surveillance System, CDC, 2004)
Obesity Trends Among U.S. Adults: 1986

(*BMI ≥30, or ~ 30 lbs overweight for 5’ 4” woman)

(Behavioral Risk Factor Surveillance System, CDC, 2004)
Obesity Trends Among U.S. Adults: 1987

(*BMI \geq 30, or \sim 30 \text{ lbs overweight for 5’ 4” woman}*)

(Behavioral Risk Factor Surveillance System, CDC, 2004)
Obesity Trends Among U.S. Adults: 1988

(*BMI ≥30, or ~ 30 lbs overweight for 5’ 4” woman)

(Behavioral Risk Factor Surveillance System, CDC, 2004)
Obesity Trends Among U.S. Adults: 1989

(*BMI ≥30, or ~ 30 lbs overweight for 5’ 4” woman)

(Behavioral Risk Factor Surveillance System, CDC, 2004)
Obesity Trends Among U.S. Adults: 1990

(*BMI ≥30, or ~ 30 lbs overweight for 5’ 4” woman)

(Behavioral Risk Factor Surveillance System, CDC, 2004)
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Obesity Trends Among U.S. Adults: 2001

(*BMI ≥30, or ~ 30 lbs overweight for 5’ 4” woman)

(Behavioral Risk Factor Surveillance System, CDC, 2004)
Obesity Trends Among U.S. Adults: 2002

(*BMI ≥30, or ~ 30 lbs overweight for 5’ 4” woman)

(Behavioral Risk Factor Surveillance System, CDC, 2004)
Obesity Trends Among U.S. Adults: 2003

(*) BMI ≥30, or ~ 30 lbs overweight for 5’ 4” woman

(Behavioral Risk Factor Surveillance System, CDC, 2004)
Delaware - Percentage Overweight and Obese
(BRFSS, 2002)

<table>
<thead>
<tr>
<th></th>
<th>Obese</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>25%</td>
<td>43%</td>
</tr>
<tr>
<td>Women</td>
<td>20%</td>
<td>30%</td>
</tr>
<tr>
<td>Total</td>
<td>58%</td>
<td>36%</td>
</tr>
</tbody>
</table>

Percentage Overweight and Obese (BRFSS, 2002)
Costs of Obesity in Delaware

- Obesity costs Delaware $207 million in direct medical costs per year (5%)
  - $66 mill in Medicaid costs (14%)
  - $57 mill in Medicare costs (10%)
What’s Moderate Activity?

- Brisk walking (3-4.5 mph)
- Bicycling - on level terrain
- Playing frisbee
- Swimming - recreational (doesn’t have to be laps)
- Dancing - anything but slow
- Coaching a sport
- Handling uncooperative young child (chasing, dressing, etc.)
Health Benefits of Walking

- 3 hrs/wk of brisk walking (3mph) reduced heart disease risk in women by 35-40%.
- Older adults who walked at least 4 hrs/week were 31% less likely to be hospitalized for heart disease or stroke.
- Women who walked at least 1 hr/wk reduced risk of CHD by 50%. (amount more important than pace)
Health Benefits of Walking

- People with diabetes who walked for exercise at least 2 hours a week lowered their mortality rate from all causes by 39 percent.
Other Benefits of Walkable Communities

- Less reliance on cares – less traffic congestion, air pollution, noise
- Less crime – “Eyes on the street”, CPTED
- Better sense of community
- Economic benefits
- More independence for youth, seniors, people with disabilities, poor.
Summary

- We need to be more active
- Walking is the easiest way for most people to be more active
- Walking has many benefits
- We need to have safer, more pleasant places to walk.