

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 . . .

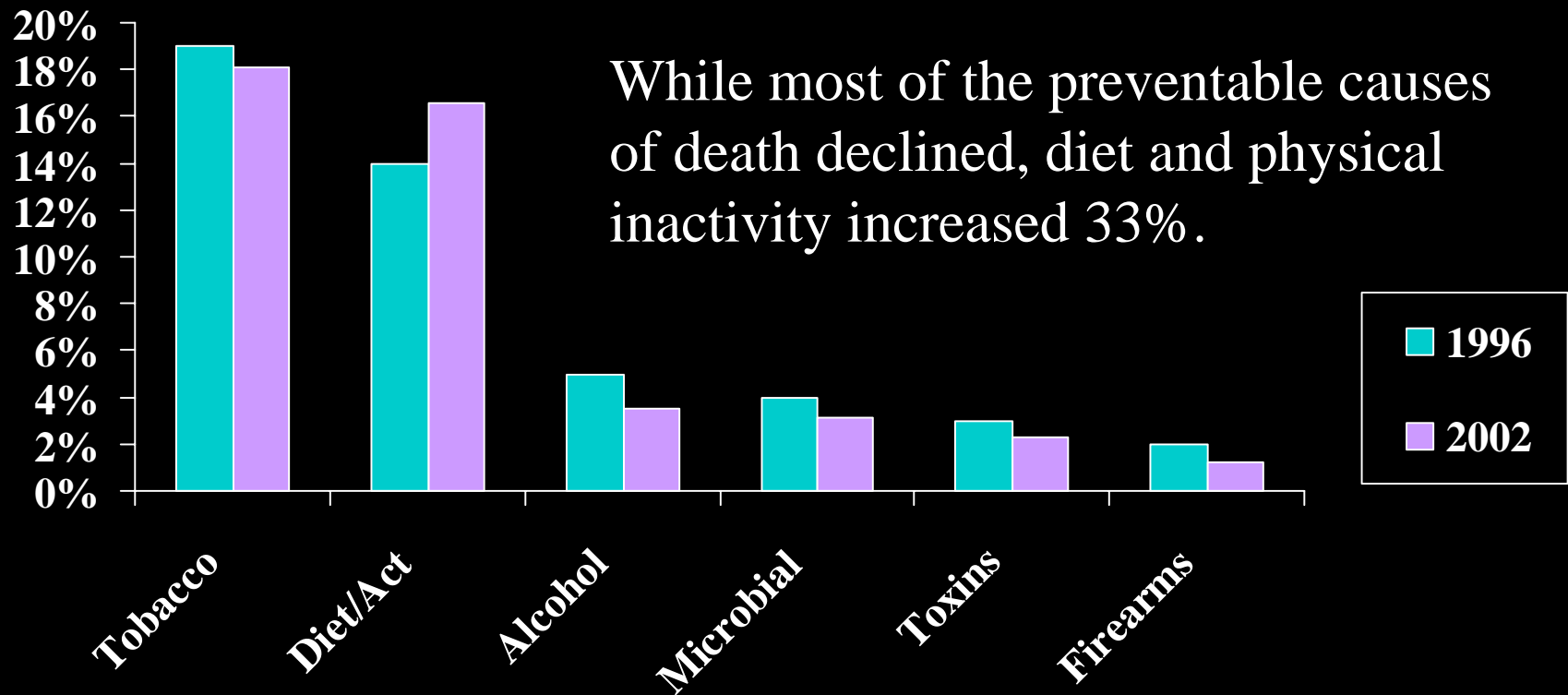
Formerly “Adult onset diabetes” is now referred to only as Type II diabetes, due to rising rates in children.



If you're **inactive**, you have a much higher risk of getting:

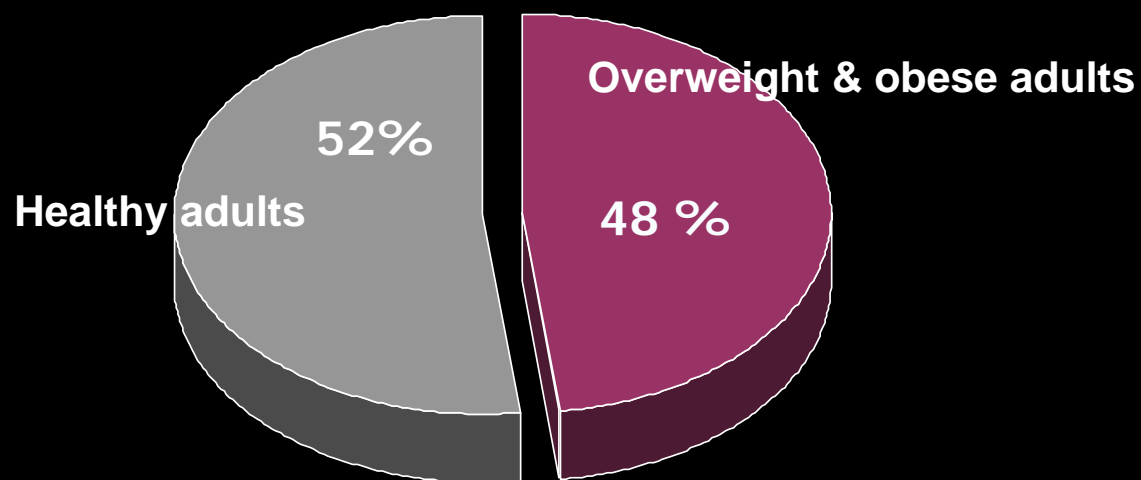
- Heart Disease and High Blood Pressure
- Colon Cancer
- Diabetes
- Osteoporosis/hip fractures
- Depression and anxiety
- Others - asthma, arthritis, back pain, alzheimers, stroke, premature mortality

Underlying Causes of Death (US)



the inactivity epidemic

In 1980...

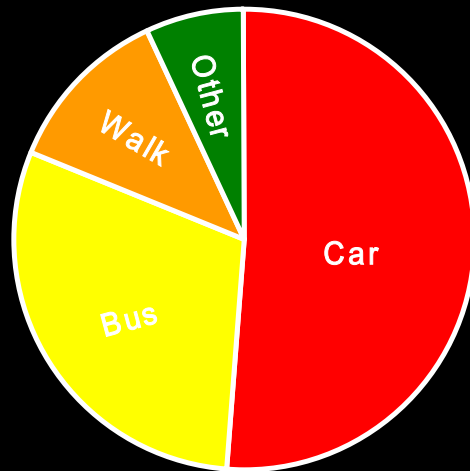


Source: National Health and Nutrition Examination Survey (CDC 1999)

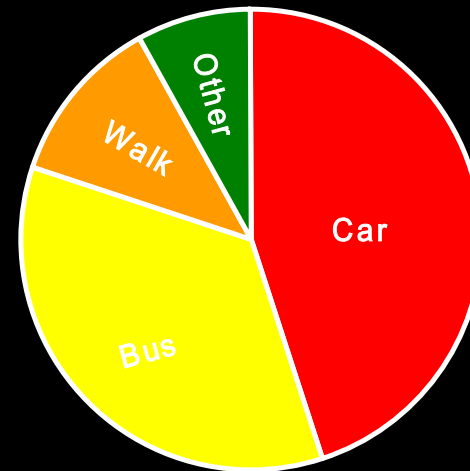


the inactivity epidemic

We use autos for even the shortest trips



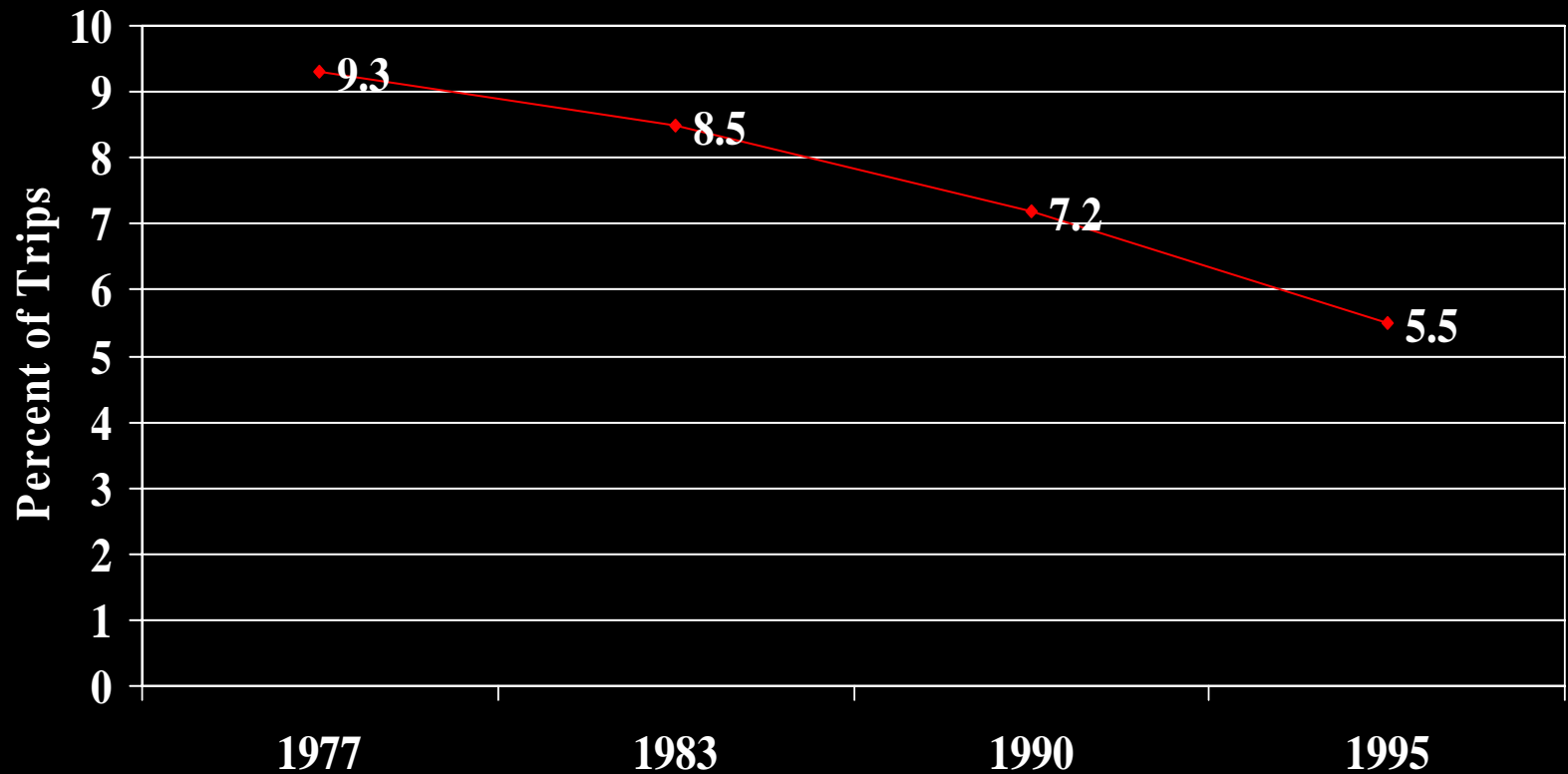
Ages 5-9



Ages 10-15

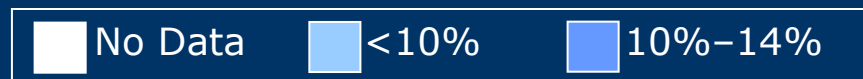
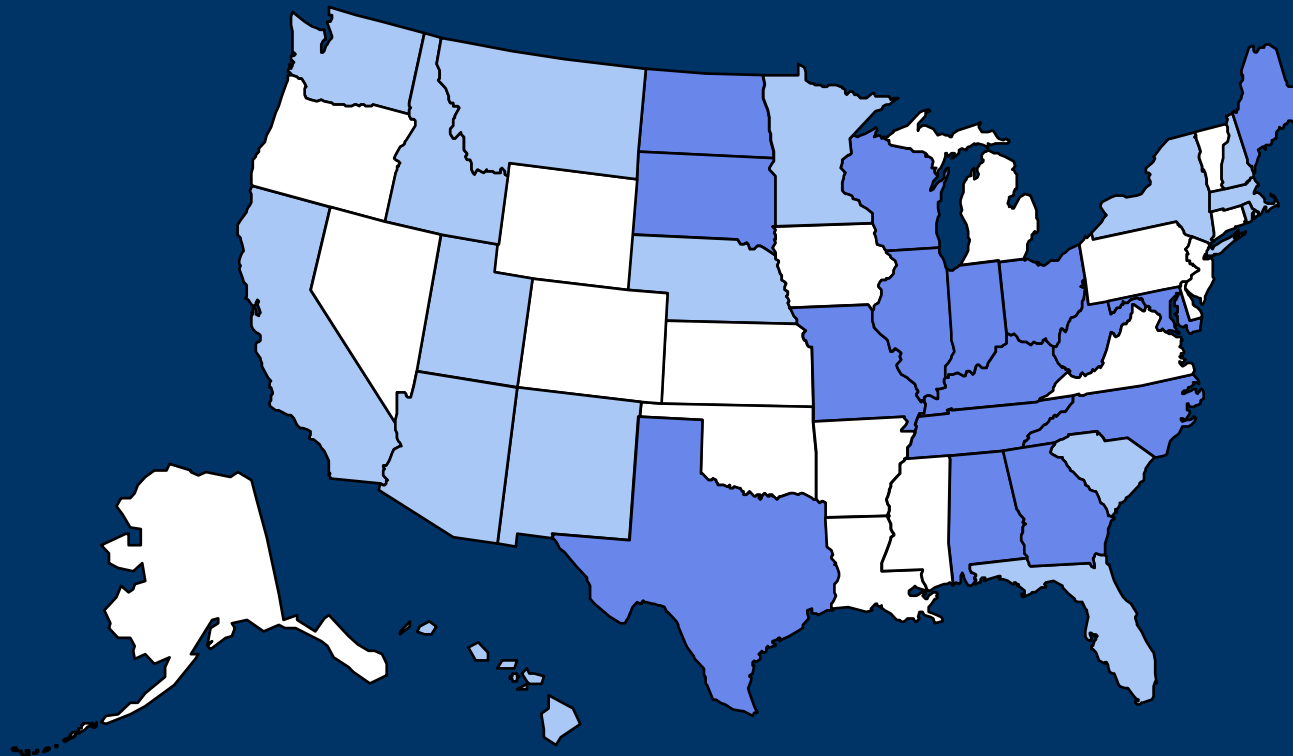
Source: NPTS (1995)

Walking Trips, US, 1977 - 1995



Obesity Trends Among U.S. Adults: 1987

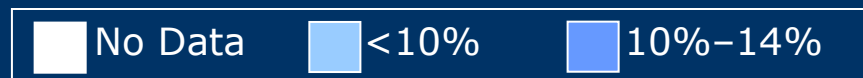
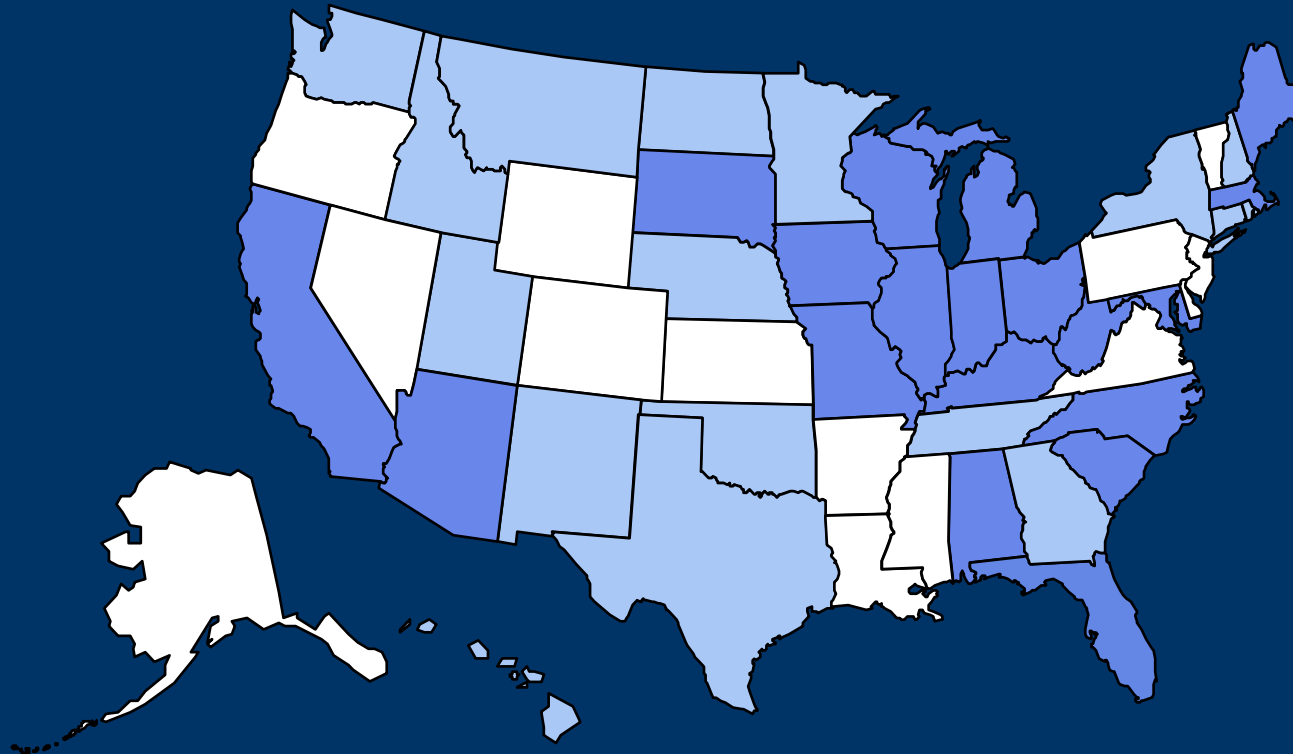
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" woman)



(Behavioral Risk Factor Surveillance System, CDC, 2004)

Obesity Trends Among U.S. Adults: 1988

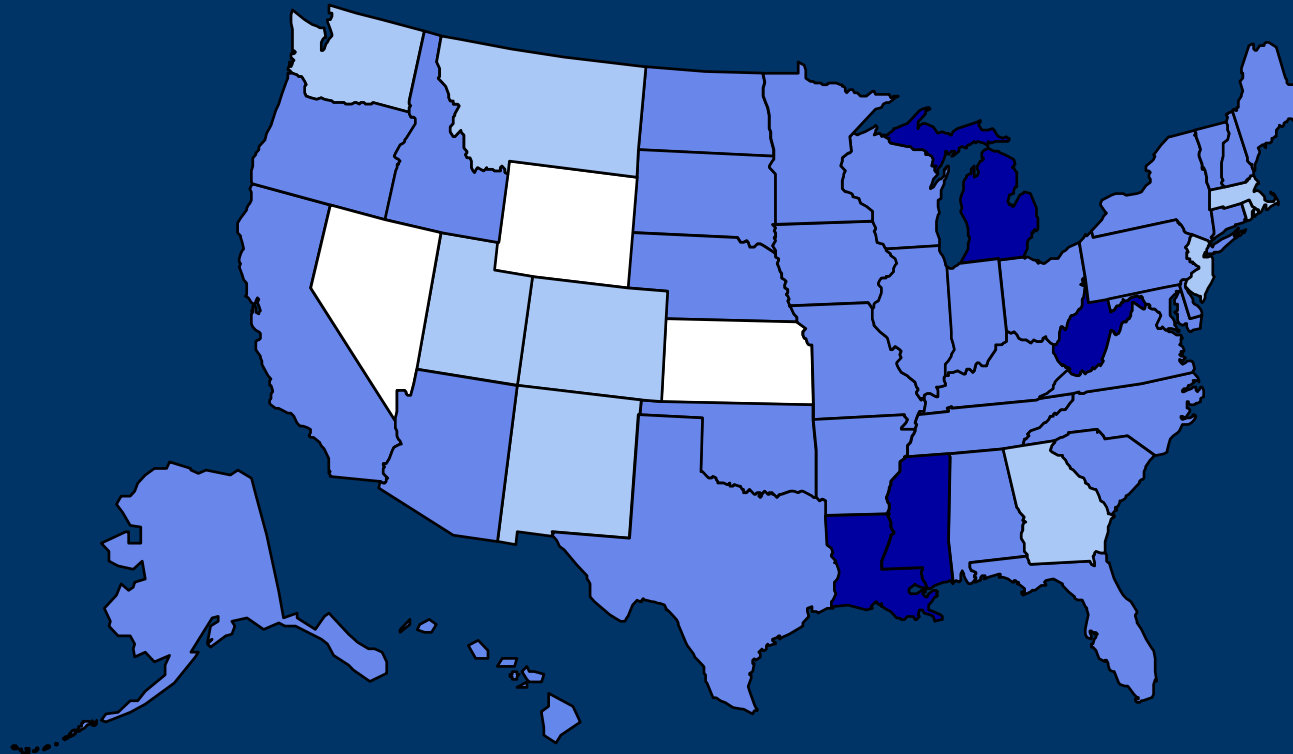
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" woman)



(Behavioral Risk Factor Surveillance System, CDC, 2004)

Obesity Trends Among U.S. Adults: 1991

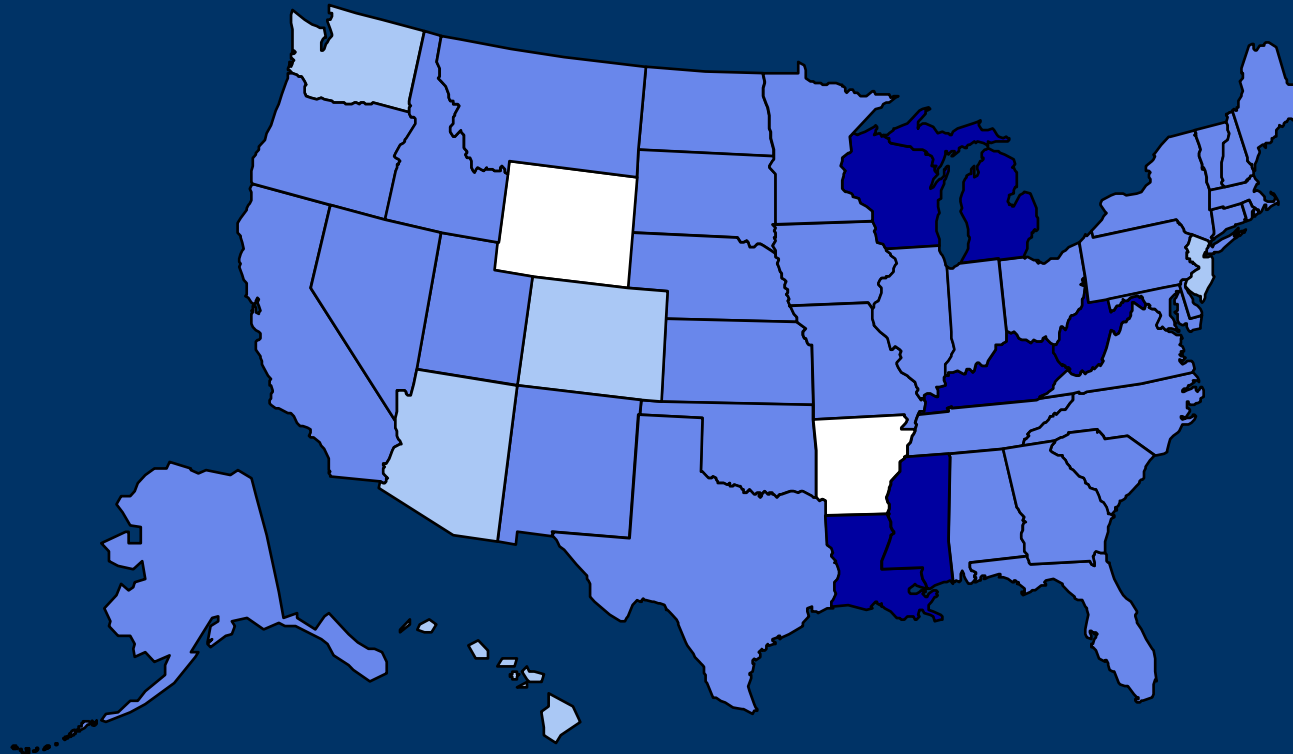
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" woman)



(Behavioral Risk Factor Surveillance System, CDC, 2004)

Obesity Trends Among U.S. Adults: 1992

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" woman)

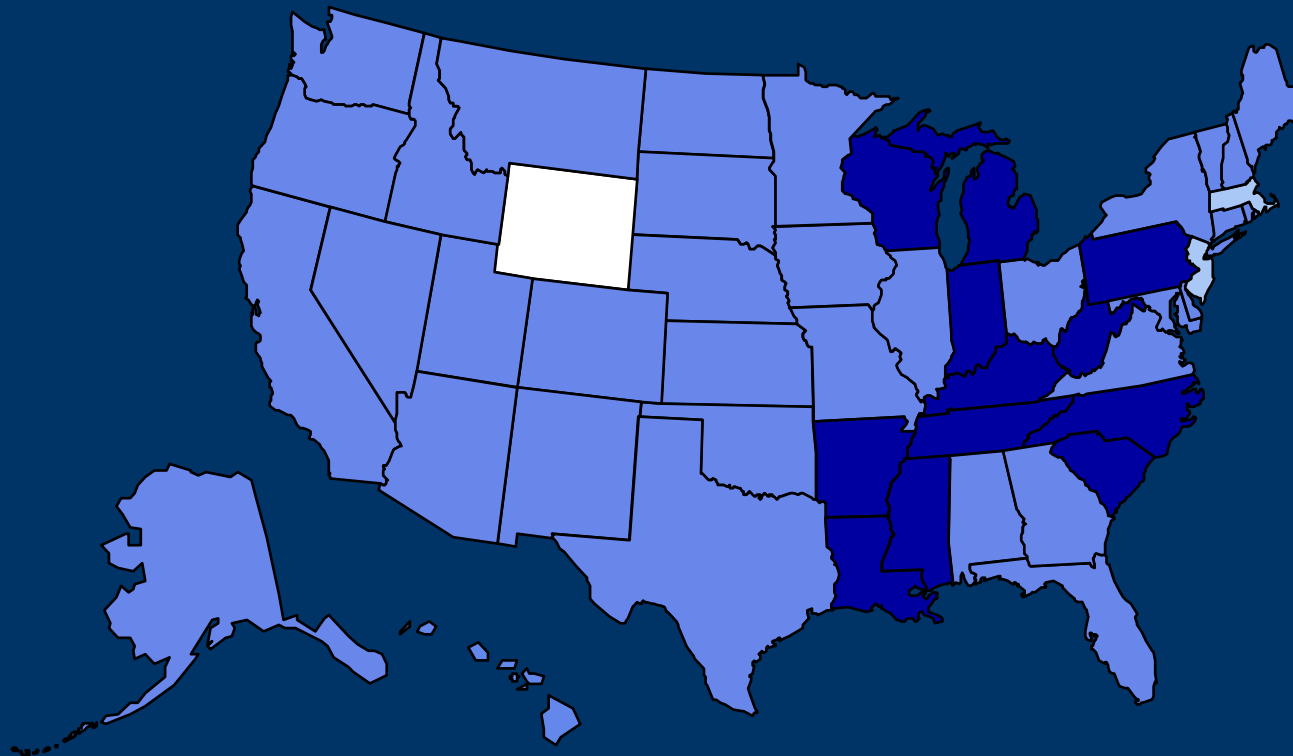


■ No Data ■ <10% ■ 10%–14% ■ 15%–19%

(Behavioral Risk Factor Surveillance System, CDC, 2004)

Obesity Trends Among U.S. Adults: 1993

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" woman)

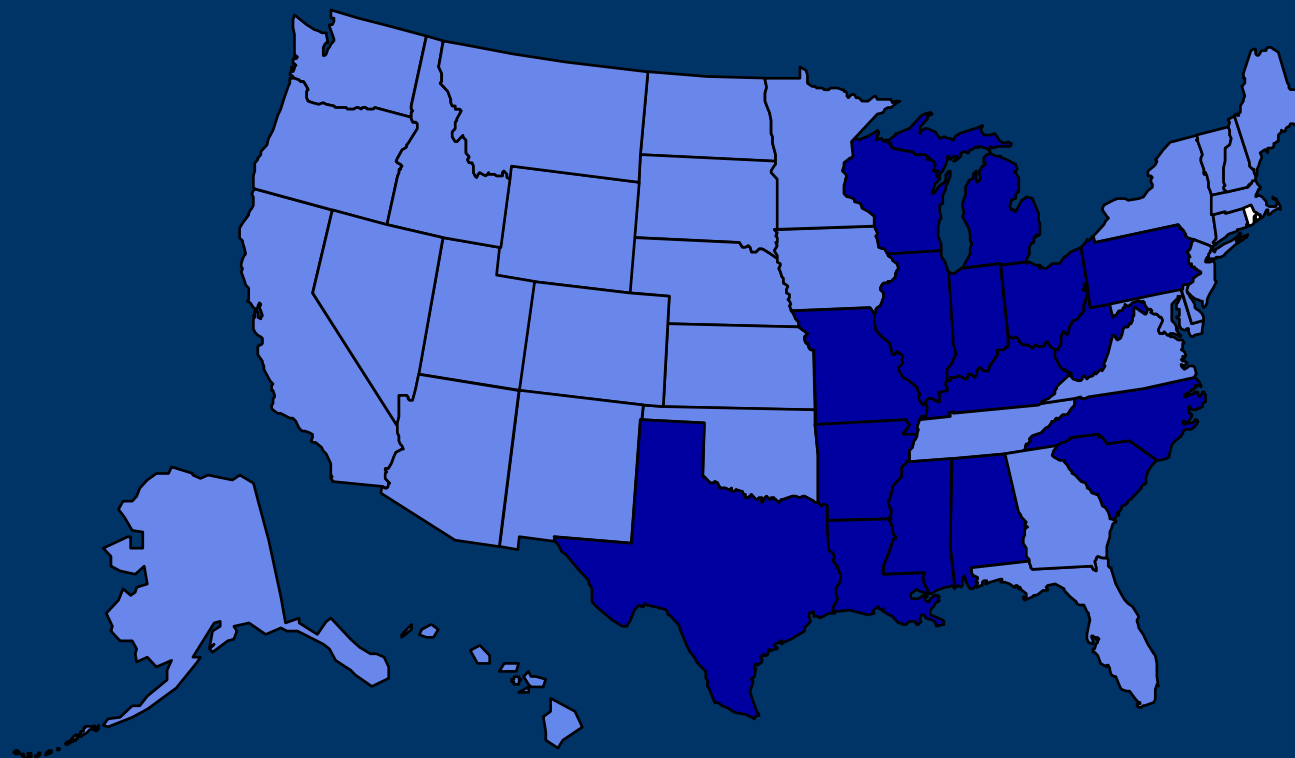


■ No Data ■ <10% ■ 10%-14% ■ 15%-19%

(Behavioral Risk Factor Surveillance System, CDC, 2004)

Obesity Trends Among U.S. Adults: 1994

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" woman)

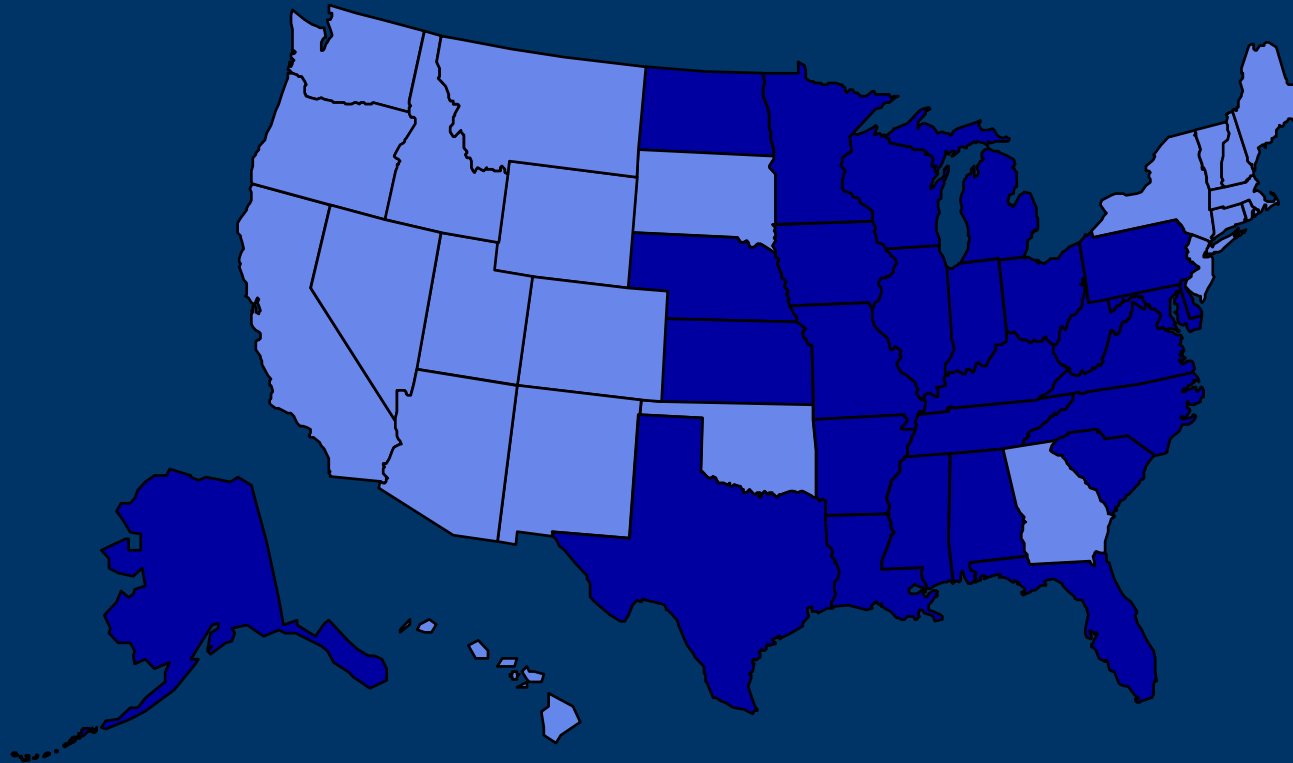


Legend: No Data, <10%, 10%-14%, 15%-19%

(Behavioral Risk Factor Surveillance System, CDC, 2004)

Obesity Trends Among U.S. Adults: 1995

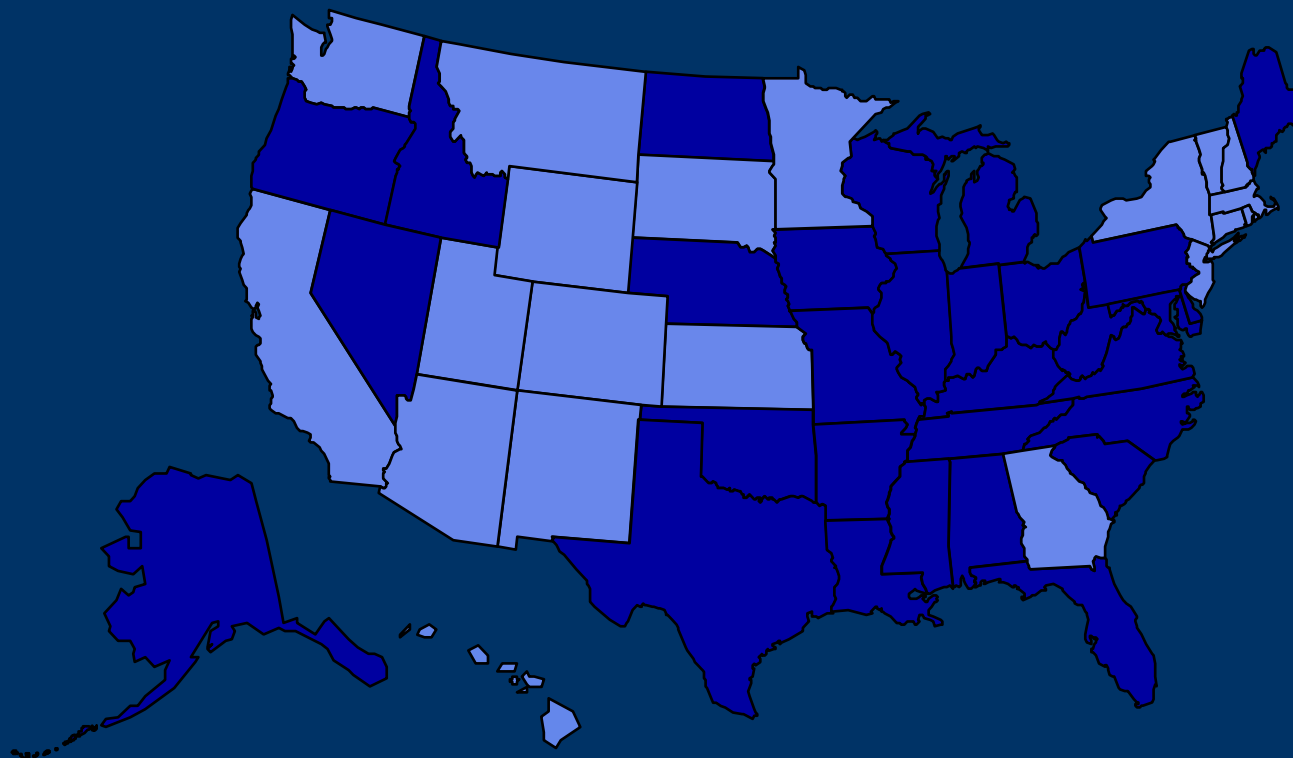
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" woman)



(Behavioral Risk Factor Surveillance System, CDC, 2004)

Obesity Trends Among U.S. Adults: 1996

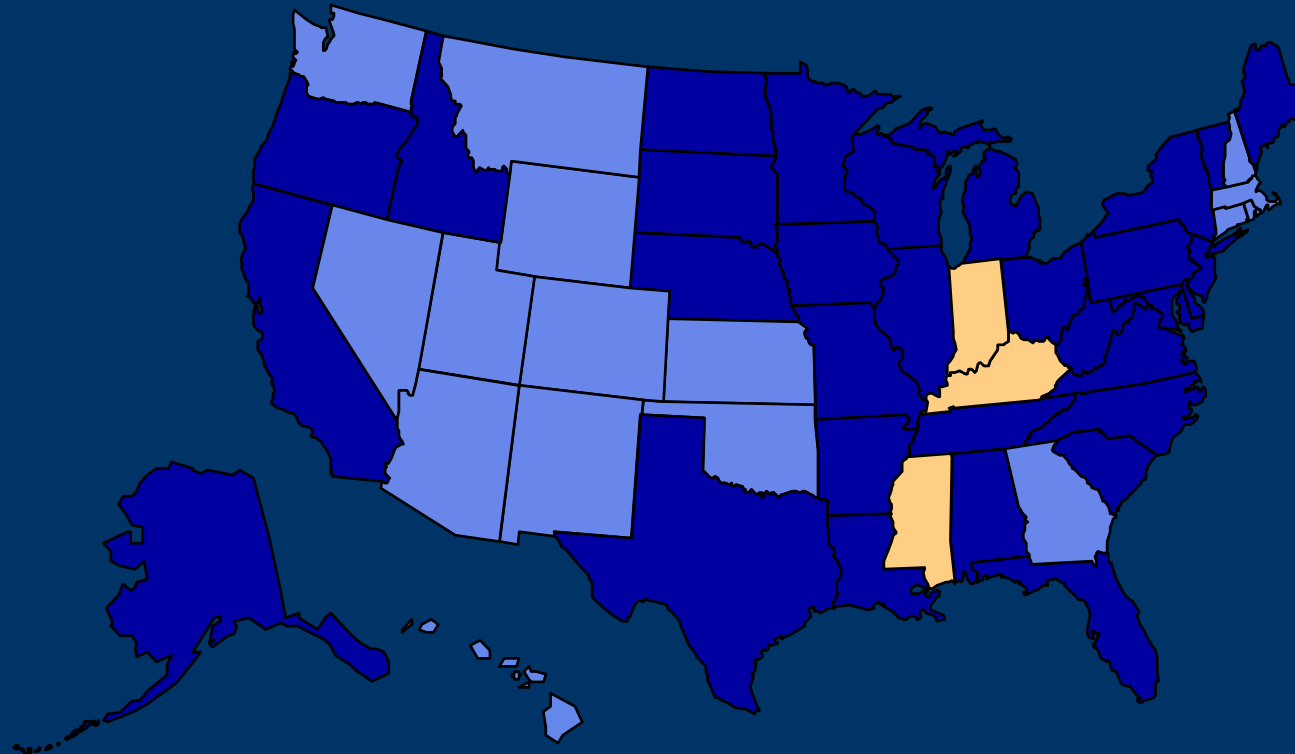
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" woman)



(Behavioral Risk Factor Surveillance System, CDC, 2004)

Obesity Trends Among U.S. Adults: 1997

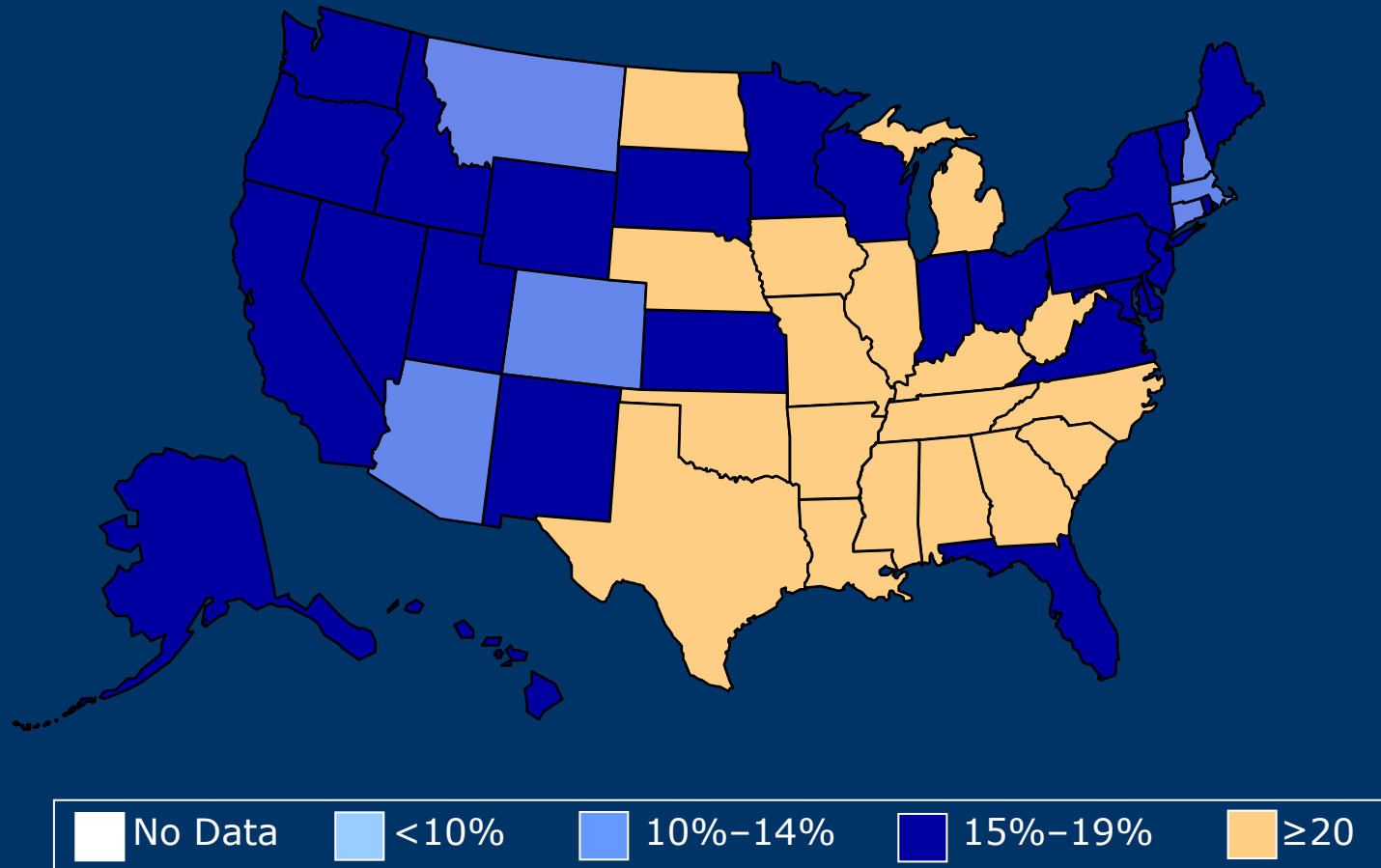
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" woman)



(Behavioral Risk Factor Surveillance System, CDC, 2004)

Obesity Trends Among U.S. Adults: 1999

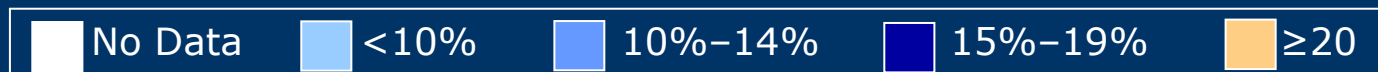
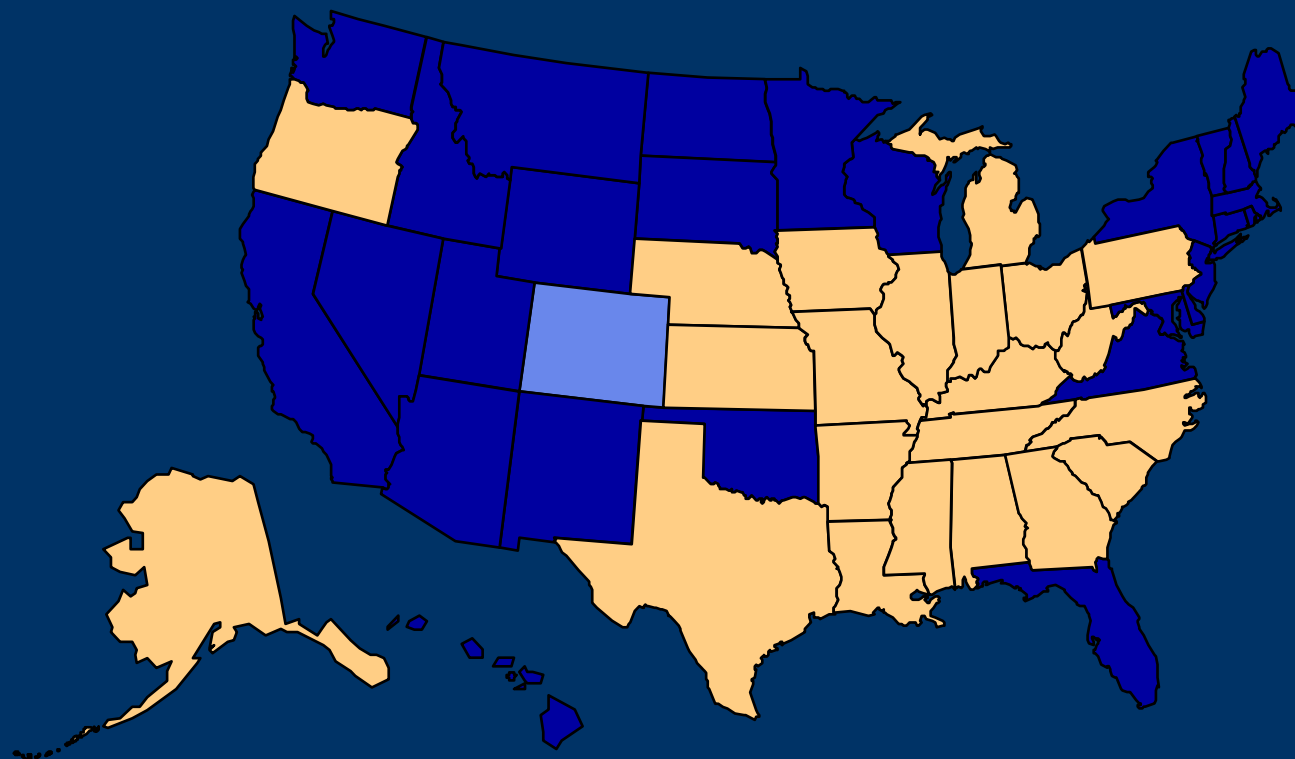
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" woman)



(Behavioral Risk Factor Surveillance System, CDC, 2004)

Obesity Trends Among U.S. Adults: 2000

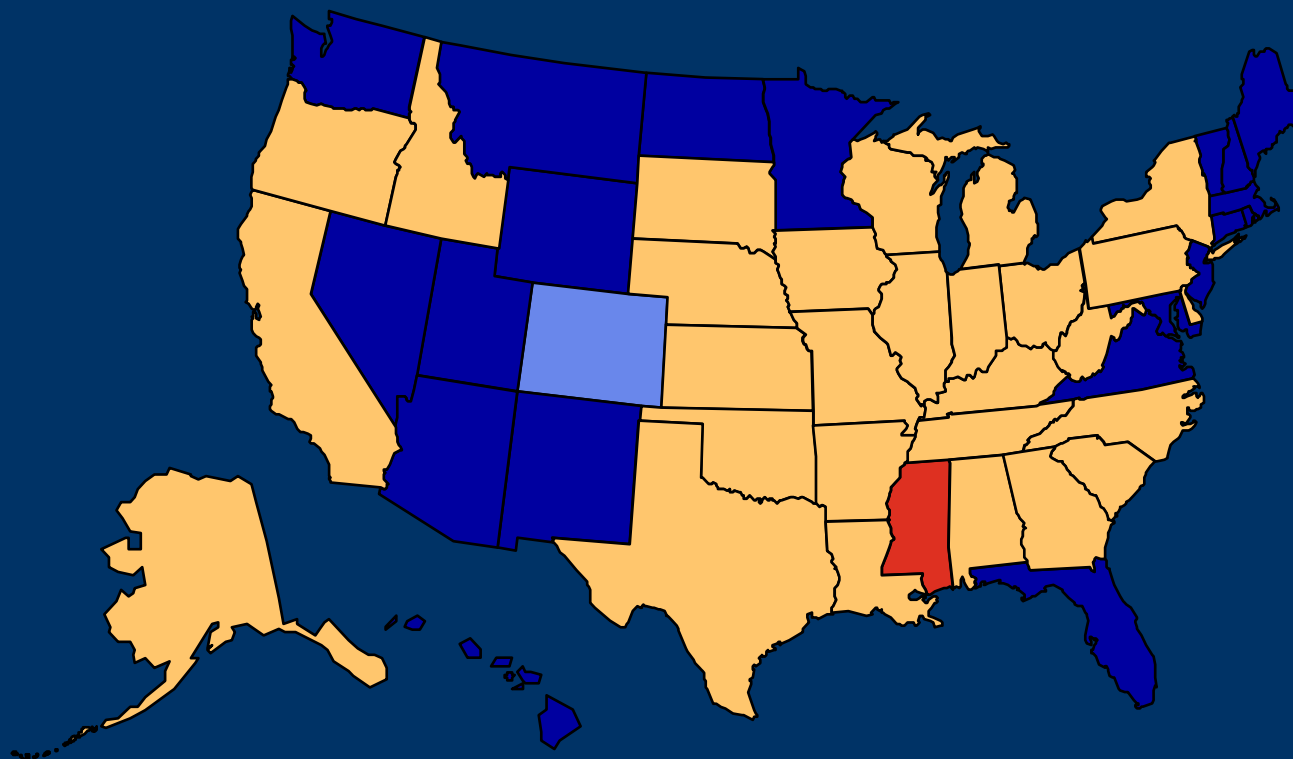
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" woman)



(Behavioral Risk Factor Surveillance System, CDC, 2004)

Obesity Trends Among U.S. Adults: 2001

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" woman)

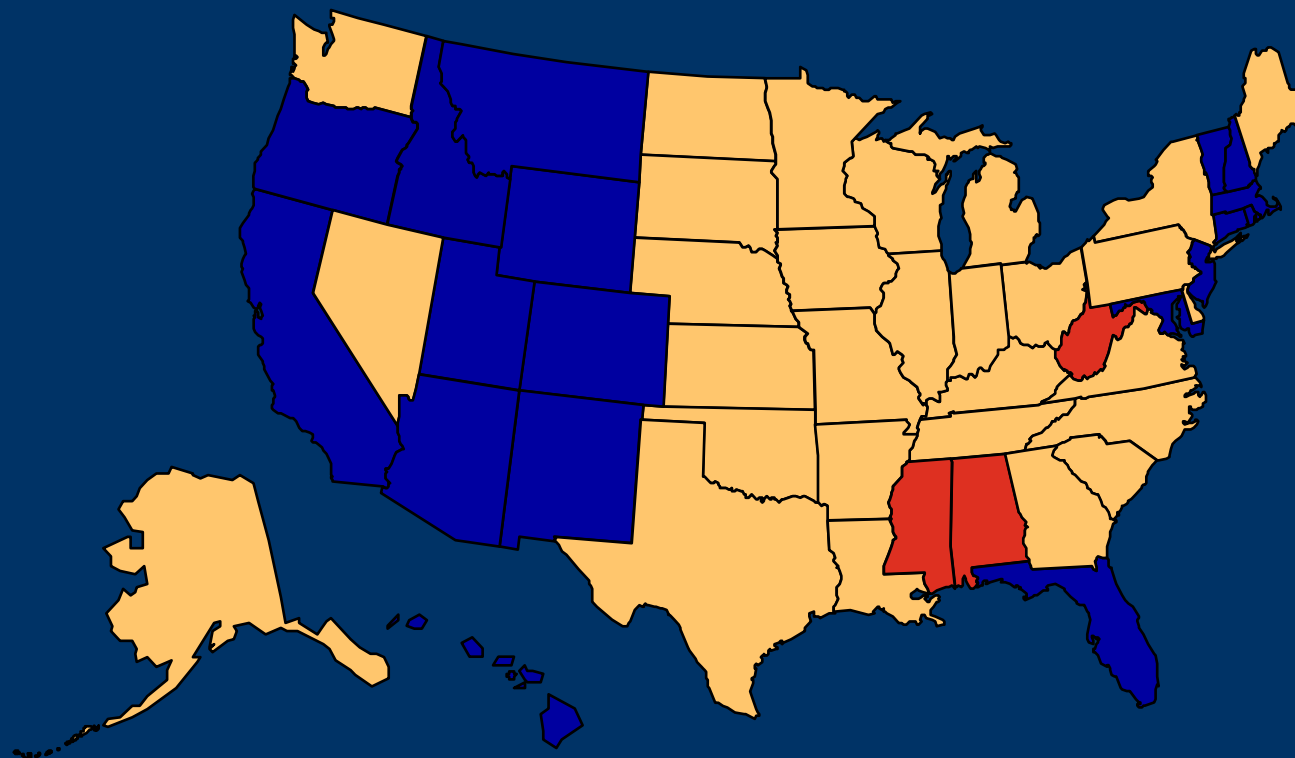


■ No Data ■ <10% ■ 10%–14% ■ 15%–19% ■ 20%–24% ■ $\geq 25\%$

(Behavioral Risk Factor Surveillance System, CDC, 2004)

Obesity Trends Among U.S. Adults: 2002

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" woman)

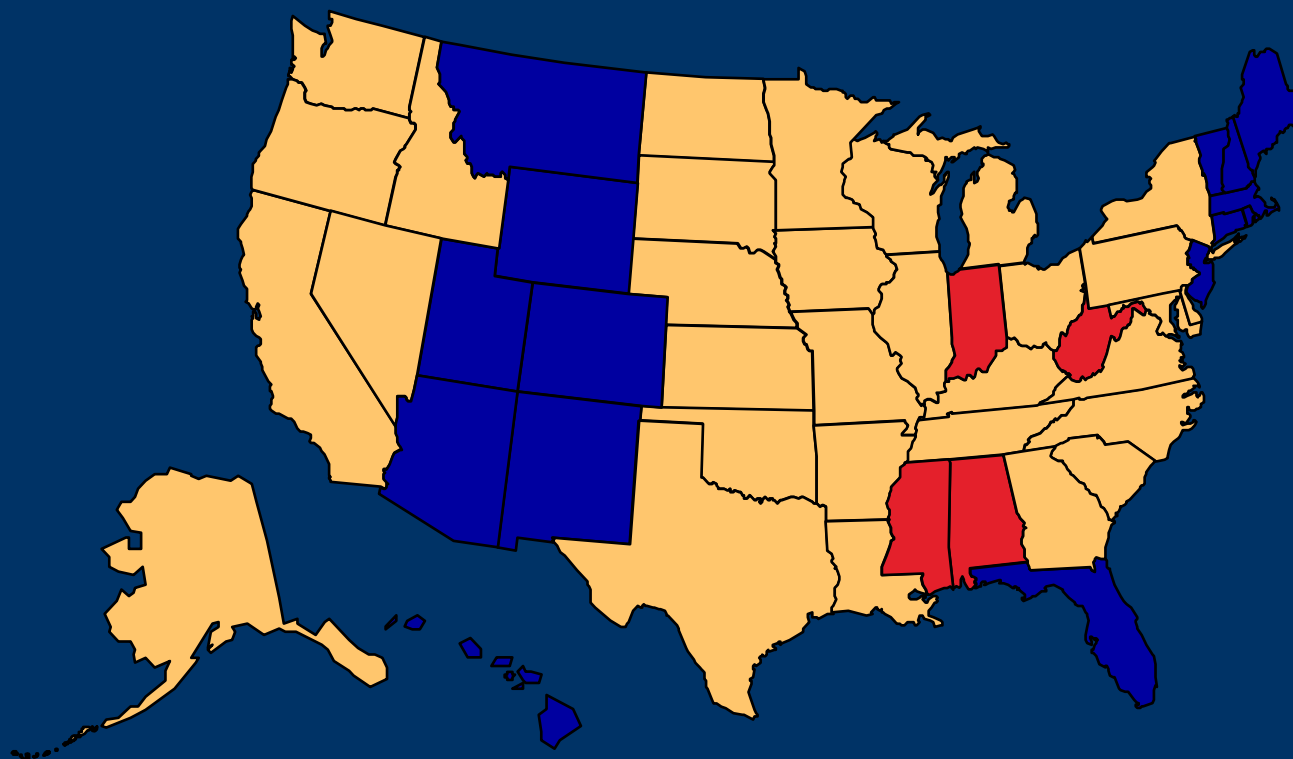


Legend: No Data, <10%, 10%–14%, 15%–19%, 20%–24%, $\geq 25\%$

(Behavioral Risk Factor Surveillance System, CDC, 2004)

Obesity Trends Among U.S. Adults: 2003

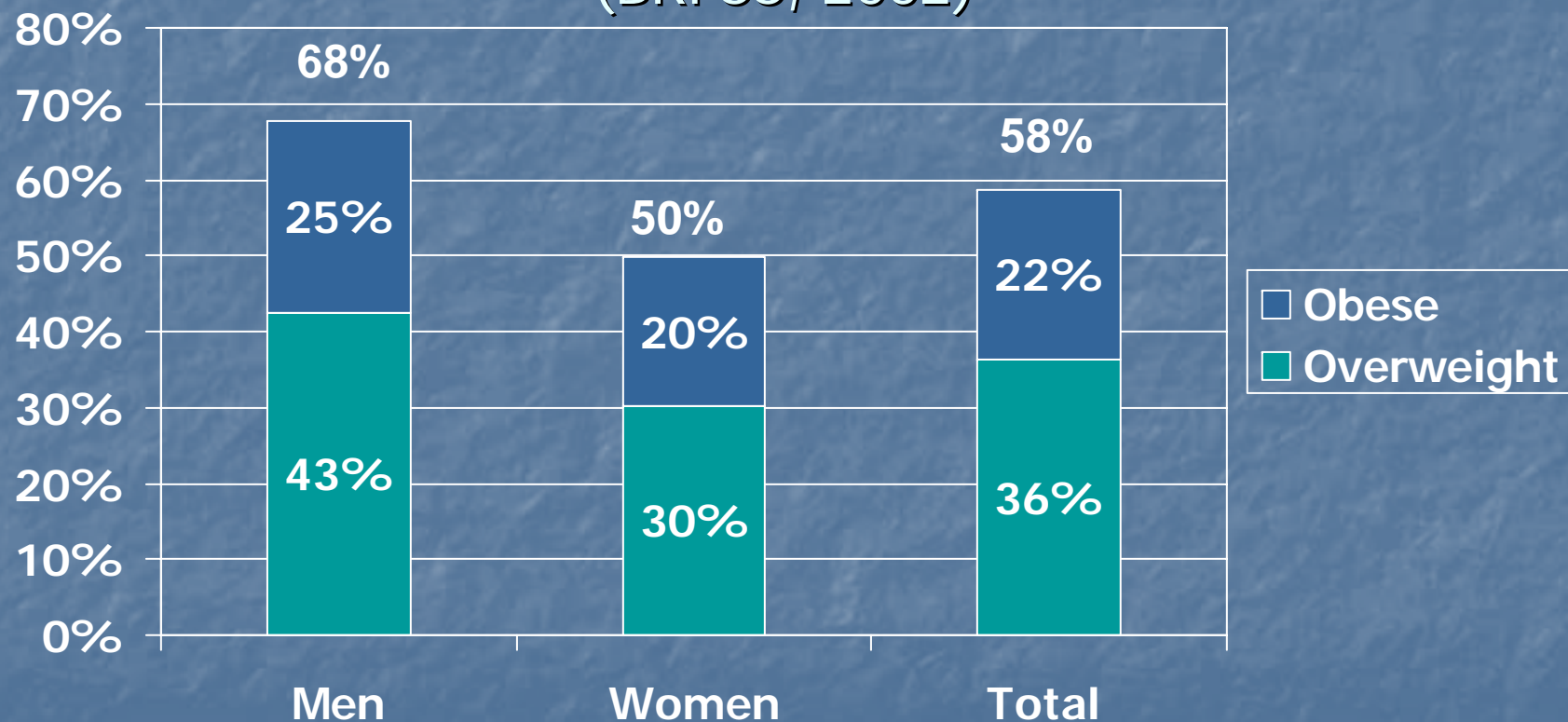
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" woman)



(Behavioral Risk Factor Surveillance System, CDC, 2004)

Delaware – Percentage Overweight and Obese

(BRFSS, 2002)



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 cars – 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.