Healthy Disparities & The Role of the Built Environment

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V—is for VALUE
Not measured in wealth.
Planners think wisely
Weighing comfort and health.
Washington Growth Management Act

• “The legislature finds that uncoordinated and unplanned growth, together with a lack of common goals expressing the public's interest in the conservation and the wise use of our lands, pose a threat to the environment, sustainable economic development, and the health, safety, and high quality of life enjoyed by residents of this state.”
  
  • RCW 36.70A.010, Legislative Findings
14.100.102 Purpose and Intent
The purpose of the Zoning Code is to promote and protect the public health, safety, and general welfare and to implement the goals and policies of the Spokane County Comprehensive Plan.

20.02.040 Purpose and intent.
The purpose of this code is to protect the health and safety, and enhance the general welfare and quality of life of the citizens of the City of Walla Walla. This Code intends to accomplish this purpose by defining and quantifying the uses of land designated by the Comprehensive Plan. This Code is the principal means of implementing the Plan. To this end, this code is intended to:

17.01.050 Purposes. This Zoning Code has the following purposes:

(1) to promote the public health, safety, order, convenience, and general welfare:
Causes of Death: Then and Now

Deaths per 100,000 people in the U.S.A. by cause, 1900 and 2010

- **1900**
  - Infectious diseases (579.6)
  - Cancer (64)
  - Heart disease (137.4)
  - Cerebrovascular dis. (106.9)
  - Nephropathies (88.6)
  - Accidents (72.3)
  - Frailty (50.2)

- **2010**
  - Cancer (195.9)
  - Heart disease (192.9)
  - Cerebrovascular dis. (41.8)
  - Diabetes (22.3)
  - Accidents (38.2)
  - Alzheimer's (27)
  - Frailty (44.6)
Washington Growth Management Act

- **Effective date—2005 c 477:** "This act is necessary for the immediate preservation of the public peace, health, or safety, or support of the state government and its existing public institutions, and takes effect immediately [May 13, 2005]." [2005 c 477 § 2.]

- **Findings—Intent—2005 c 360:** "The legislature finds that regular physical activity is essential to maintaining good health and reducing the rates of chronic disease...This collaboration can build communities where people find it easy and safe to be physically active. It is the intent of the legislature to promote policy and planning efforts that increase access to inexpensive or free opportunities for regular exercise in all communities around the state." [2005 c 360 § 1.]
Connecting Transportation & Health:
A Guide to Communication & Collaboration

Prepared for
AASHTO Committee on Environment and Sustainability

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SPECIAL NOTE: This report is NOT an official publication of the National Cooperative Highway Research Program, Transportation Research Board, National Research Council, or The National Academies.

Contractor's Final Report
April 2017

 FHWA Health in Transportation Corridor Planning Framework Steps

1. Define transportation problems and public health issues
2. Identify transportation and health needs, resources, and priorities
3. Develop goals and objectives that promote health in the community
4. Establish evaluation criteria that include public health
5. Develop and evaluate alternatives and their health impacts
6. Identify alternatives that support health in the community

https://www.fhwa.dot.gov/planning/health_in_transportation/planning_framework/the_framework/step00.cfm
NEPA and Health

• The purpose of NEPA is to...
  • . . . promote efforts which will prevent or eliminate damage to the environment and biosphere and stimulate the health and welfare of man. NEPA § 102 [42 USC §4321]

• As well as to...
  • . . . assure for all Americans safe, healthful, productive, and aesthetically and culturally pleasing surroundings. [42 USC §4331]

• And to...
  • . . . attain the widest range of beneficial uses of the environment without degradation, risk to health or safety, or other undesirable and unintended consequences. [42 USC §4331]
Environmental Justice – Executive Order 12898

“Each Federal agency shall make achieving environmental justice part of its mission by identifying and addressing, as appropriate, disproportionately high and adverse human health or environmental effects of its programs, policies, and activities on minority populations and low-income populations.”

“Health” appears 18 times in the Executive Order!
Environmental Justice – Executive Order 12898

Human Health and Environmental Research and Analysis.

(a) Environmental human health research, whenever practicable and appropriate, shall include diverse segments of the population in epidemiological and clinical studies, including segments at high risk from environmental hazards, such as minority populations, low-income populations and workers who may be exposed to substantial environmental hazards.

(b) Environmental human health analyses, whenever practicable and appropriate, shall identify multiple and cumulative exposures.
“It is **wrong to believe that postwar American suburbanization prevailed because the public chose it** and will continue to prevail until the public changes its preferences. ... Suburbanization prevailed because of the decisions of large operators and powerful economic institutions supported by federal government programs, and **ordinary consumers had little real choice in the basic pattern that resulted.**”

US Commander in Chief of the Continental Air Defense Command, to the 1954 Washington Conference of Mayors:

“To our possible enemies...the hundred biggest cities...do not mean historic streets and beautiful parks, school systems in which you have pride, or the churches which are your fountains of faith. **They may mean to them only those aerial forces and weapons required to produce the 100 pinpointed minutes of atomic hell on earth necessary for their destruction.**”
1951: “Defense through decentralization" as the only realistic defense against nuclear weapons...Directing all new construction "away from congested central areas to their outer fringes and suburbs in low-density continuous development"  

1955 Commission on Intergovernmental Relations: “It is recommended that consideration be given to redirecting grant-in-aid programs (housing and highways) in the interests of reducing the vulnerability of our cities.”
HEALTH & PLANNING PARADIGM

Most Effort

Health as the driving factor in developing the plan

Health as an informant to the plan

Health as a component of the plan

Least Effort
HEALTH & PLANNING PARADIGM

Most Effort

• Treat is as if it’s another subject area element of the plan (e.g. transportation, open space)
• Include social determinants of health data (likely from Census) in your demographic profile and analysis
• Use other specific health data, as available
• Develop health-specific goals, objectives and implementation actions

Health as a component of the plan

Least Effort
HEALTH & PLANNING PARADIGM

Most Effort

• Weave health themes among the other planning themes of the plan
  • How does it influence land use?
  • How does transportation influence health?

Least Effort

Health as an informant to the plan

• Include social determinants and other health data to make linkages to other subject areas of the plan
• Potentially identify likely health outcomes of a variety of recommendations actions (low, medium, high impact; positive or negative?)
HEALTH & PLANNING PARADIGM

Health as the driving factor in developing the plan

- Identifying major health concerns, impacts of public policy, and geographic areas of concern before the plan or as a first step
- Target areas of most concerns for planning-related policy interventions
- Use as much data as possible to identify target areas and evidence-based interventions related to planning policy
Health Index Heat Map

Index of selected health metrics per census tract for the City of Boise.
Healthy Conditions Assessment... ...leaving a legacy
Our Process..

- Collect, Layer and USE Data
- Determine Hot Spots & Field Confirmation
- Identify Shareholders. Interview, Find Needs
- Bring people together and problem solve/plan
- Focus limited resources
The Data

- Income
- Age
- Park Access
- Insurance Access
- Air Quality
- SNAP Households
- Food Access
- Violent Crime
- Disability Rate
- Substandard Housing
- Car Ownership
Preliminary Findings....

Life Expectancy...

Citation: healthdata.org
## Preliminary Findings

Death Rate...

<table>
<thead>
<tr>
<th>Twin Falls County, Idaho, 2014</th>
<th>Idaho</th>
<th>United States</th>
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</thead>
<tbody>
<tr>
<td>Twin Falls County</td>
<td></td>
<td></td>
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<tr>
<td>859.5 Deaths per 100,000 population</td>
<td>773.4 Deaths per 100,000 population</td>
<td>785.66 Deaths per 100,000 population</td>
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<tr>
<td>Uncertainty</td>
<td>Uncertainty</td>
<td>Uncertainty</td>
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<tr>
<td>827.51 Lower bound</td>
<td>765.75 Lower bound</td>
<td>783.61 Lower bound</td>
</tr>
<tr>
<td>890.71 Upper bound</td>
<td>781.86 Upper bound</td>
<td>787.65 Upper bound</td>
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</table>

*Citation: healthdata.org*
Preliminary Findings....

Suicide Rates...

Twin Falls County, Idaho, 2014

<table>
<thead>
<tr>
<th></th>
<th>Twin Falls County</th>
<th>Idaho</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Deaths per 100,000 population</td>
<td>26.26</td>
<td>22.04</td>
<td>19.68</td>
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<tr>
<td>Uncertainty</td>
<td>24.34 Lower bound</td>
<td>21.36 Lower bound</td>
<td>19.15 Lower bound</td>
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<tr>
<td></td>
<td>28.37 Upper bound</td>
<td>22.8 Upper bound</td>
<td>20.21 Upper bound</td>
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</tbody>
</table>

Citation: healthdata.org
Preliminary Findings....

COPD...

Citation: healthdata.org
Preliminary Findings...

Asthma Rates...

Citation: healthdata.org
Census Tracts...
## Some Basic Information

| Tract | Hot Spot % | Weighted HS % | TotalPop | < 19 | > 65 | Obesity Rate | No Car % | Hispanic | PrtBELPOV | SNAP w<18 | %HSGrad | Renter % | PrtGT30Ren | LI/IFA | Binge Drinking | Unemployment | % Disabled | Uninsured | Substandard Housing | Average Age |
|-------|------------|---------------|----------|------|------|--------------|----------|-----------|------------|-----------|---------|----------|------------|-----------|---------|----------------|---------------|------------|----------|-------------------|-------------|
| 2     | 29%        | 6117          | 28.1%    | 19%  | 13%  | 2%          | 6%        | 13%       | 16.6%     | 10%       | 91%     | 25%      | 58%        | No        | 3       | 5%            | 17%           | 12%        | 24.1%    | 41.7     |
| 6     | 21%        | 3050          | 24.9%    | 20.7%| 2%   | 7%          | 2%        | 7%        | 12.9%     | 7%        | 91%     | 13%      | 45%        | No        | 2       | 2%            | 13%           | 10%        | 33.6%    | 46.6     |
| 7     | 19%        | 12414         | 33.9%    | 12.9%| 2%   | 12%        | 3%        | 5%        | 15.6%     | 5%        | 95%     | 39%      | 41%        | Yes       | 3       | 2%            | 10%           | 13%        | 28.1%    | 52.6     |
| 8     | 42%        | 5053          | 28.4%    | 11.9%| 2%   | 6%          | 12%       | 12%       | 18.6%     | 15%       | 87%     | 36%      | 61%        | No        | 4       | 4%            | 13%           | 10%        | 37.4%    | 29.7     |
| 9     | 58%        | 5152          | 28.5%    | 22.5%| 1%   | 11%        | 9%        | 7.5%      | 7%        | 91%      | 24%     | 68%      | Yes        | 1         | 1%      | 4%            | 15%           | 6%         | 55%      | <5.8     |
| 10    | 58%        | 9138          | 29.6%    | 13.9%| 2%   | 4%         | 16%       | 16.3%     | 23%       | 83%      | 38%     | 51%      | Yes        | 4         | 2%      | 12%           | 20%           | 20%        | 30.5%    | 34.3     |
| 11    | 71%        | 3728          | 24.1%    | 10.4%| 3%   | 13%        | 16%       | 26.2%     | 28%       | 82%      | 60%     | 51%      | No         | 3         | 6%      | 15%           | 24%           | 24%        | 40.8%    | 35.3     |
| 12    | 46%        | 7914          | 33.4%    | 9.9% | 3%   | 4%         | 27%       | 16.2%     | 14%       | 83%      | 33%     | 45%      | No         | 3         | 9%      | 12%           | 14%           | 14%        | 35.7%    | 30.3     |
# Some Basic Information

<table>
<thead>
<tr>
<th>Tract</th>
<th>Median Age</th>
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<th>Disability Rate</th>
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<td>41.7</td>
<td>2</td>
<td>17.3%</td>
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<td>6</td>
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<td>7</td>
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<tr>
<td>12</td>
<td>30.3</td>
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<td>11.7%</td>
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## Some Basic Information

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<td>26.2%</td>
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<td>12</td>
<td>16.2%</td>
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<table>
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<th>Tract</th>
<th>%HH SNAP</th>
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<td>7</td>
<td>5.1%</td>
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<td>8</td>
<td>14.9%</td>
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<td>9</td>
<td>7.1%</td>
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<td>11</td>
<td>28.0%</td>
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<tr>
<td>12</td>
<td>14.0%</td>
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### Some Basic Information

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<tr>
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<th>Health Insurance %</th>
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<td>2</td>
<td>70.8%</td>
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<tr>
<td>6</td>
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<tr>
<td>7</td>
<td>73.4%</td>
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<td>8</td>
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<td>76.8%</td>
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<td>11</td>
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<tr>
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<td>65.6%</td>
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<table>
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<tr>
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<th>HH% No Vehicle</th>
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<td>5.5%</td>
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<td>6</td>
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<td>7</td>
<td>1.1%</td>
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<tr>
<td>9</td>
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<td>12.7%</td>
</tr>
<tr>
<td>12</td>
<td>3.6%</td>
</tr>
<tr>
<td>Tract</td>
<td>% of points</td>
</tr>
<tr>
<td>-------</td>
<td>-------------</td>
</tr>
<tr>
<td>11</td>
<td>71%</td>
</tr>
<tr>
<td>10</td>
<td>58%</td>
</tr>
<tr>
<td>12</td>
<td>46%</td>
</tr>
<tr>
<td>8</td>
<td>42%</td>
</tr>
<tr>
<td>9</td>
<td>38%</td>
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<tr>
<td>2</td>
<td>29%</td>
</tr>
<tr>
<td>6</td>
<td>21%</td>
</tr>
<tr>
<td>7</td>
<td>19%</td>
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</table>
On the ground findings... Tract 11
On the ground findings...Tract 10
On the ground findings...Tract 8
On the ground findings...Tract 12
Interviews...Done

Twin Falls Police Department
Twin Falls Parks & Recreation
Twin Falls Fire Department
Twin Falls Senior Center
Idaho Dairyman’s Assoc.
Magic Valley HS
O-Leary MS
Robert Stuart MS
Bickel Elem
IB Perrine
Lincoln
Morningside

Mustard Seed Clinic
La Posada
SC Community Action Partnership
Wellness Tree Community Clinic
Community Council of Idaho
Stanton Healthcare
Private Practice Psychiatrist
Family Health Services
Interlink Volunteer Caregivers
Boys & Girls Club
CSI Office on Aging
Valley House Homeless Shelter
Twin Falls School District
Urban Renewal
SCPHD
City Library
Some Great News...

- Street improvements
- Community seen as “cleaner”
- Significant business growth
- Joining Forces campaign
- Dental service expansion
- Job training
- Kindergarten growth
- Tremendous generosity
- Lots of City Initiatives - housing, trails
- New EMS system
- Attempts at preventative services – colonoscopy
Preliminary Findings

• Trauma/Crisis
• Transportation Needs
• Significant Housing Shortage
• A Deteriorating Family Network
• A Tale of North vs South
Trauma/Crisis

- Opioids
- Stress
- Fight or Flight
- Financial
- Migrants
- Suicide
Violent Crimes 2015

Homicides
2

Armed Robberies
8

Rape
31

Assault/Battery
588
Violent Crimes 2016

Homicides
4

Armed Robberies
8

Rape
37

Assault/Battery
650
Violent Crimes 2017

Homicides
2

Armed Robberies
8

Rape
47

Assault/Battery
742
Transportation Needs

• Lack of transit
• Large streets
• Missing sidewalks
• Minimal bicycle facilities
• Ride providers strained
• Poleline becoming Blue Lakes
Pedestrian & Bicyclist Crashes

Fatalities
3

Disabling
19
Significant Housing Shortage

- Significant market pressures
- Low vacancy rates
- Increasing prices
- Wage gaps
- Influx of residents, workers
## Housing Data

<table>
<thead>
<tr>
<th>Month</th>
<th>All Beds</th>
<th>1 Beds</th>
<th>2 Beds</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/2011</td>
<td>$693</td>
<td>$543</td>
<td>$581</td>
</tr>
<tr>
<td>9/2012</td>
<td>$600</td>
<td>$497</td>
<td>$599</td>
</tr>
<tr>
<td>9/2013</td>
<td>$588</td>
<td>$409</td>
<td>$578</td>
</tr>
<tr>
<td>9/2014</td>
<td>$627</td>
<td>$530</td>
<td>$664</td>
</tr>
<tr>
<td><strong>9/2015</strong></td>
<td><strong>$659</strong></td>
<td><strong>$587</strong></td>
<td><strong>$652</strong></td>
</tr>
<tr>
<td>9/2016</td>
<td>$637</td>
<td>$401</td>
<td>$689</td>
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<tr>
<td>9/2017</td>
<td>$698</td>
<td>$527</td>
<td>$670</td>
</tr>
<tr>
<td><strong>9/2018</strong></td>
<td><strong>$770</strong></td>
<td><strong>$425</strong></td>
<td><strong>$766</strong></td>
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</table>

September 2018, average rent for an apartment in Twin Falls, ID is $770, a 9.35% increase from last year’s average rent $698.

<table>
<thead>
<tr>
<th></th>
<th>Single Adult</th>
<th>2 Adults, 1 Infant, 1 Preschooler</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housing</td>
<td>$592</td>
<td>$764</td>
</tr>
<tr>
<td>Child Care</td>
<td>$0</td>
<td>$896</td>
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<tr>
<td>Food</td>
<td>$177</td>
<td>$586</td>
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<tr>
<td>Transportation</td>
<td>$346</td>
<td>$692</td>
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<tr>
<td>Health Care</td>
<td>$196</td>
<td>$728</td>
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<tr>
<td>Technology</td>
<td>$55</td>
<td>$75</td>
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<tr>
<td>Miscellaneous</td>
<td>$163</td>
<td>$413</td>
</tr>
<tr>
<td>Taxes</td>
<td>$259</td>
<td>$391</td>
</tr>
<tr>
<td>Monthly Total</td>
<td>$1,788</td>
<td>$4,545</td>
</tr>
<tr>
<td><strong>ANNUAL TOTAL</strong></td>
<td><strong>$21,456</strong></td>
<td><strong>$54,540</strong></td>
</tr>
<tr>
<td>Hourly Wage</td>
<td>$10.73</td>
<td>$27.27</td>
</tr>
</tbody>
</table>

Housing Data

Households by Race/Ethnicity - Twin Falls, Idaho, 2016

Number of Households

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Percent of Total Households</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>14,902</td>
</tr>
<tr>
<td>Hispanic</td>
<td>1,338</td>
</tr>
<tr>
<td>Asian</td>
<td>198</td>
</tr>
<tr>
<td>2 + Races</td>
<td>48</td>
</tr>
<tr>
<td>Black</td>
<td>60</td>
</tr>
</tbody>
</table>

Note: Data in all categories except Two or More Races is for one race alone.
A Deteriorating Family Network

- Drug influenced
- Low wages = two jobs
- Grandparents raising kids
- Volunteers down
- Declining participation in school
- Lack of drive, motivation
Deteriorating Family Network

<table>
<thead>
<tr>
<th>Year</th>
<th>Student Enrollment</th>
<th>Total Identified</th>
<th>Total including siblings NOT enrolled</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>8686</td>
<td>305</td>
<td>350</td>
</tr>
<tr>
<td>2015</td>
<td>8898</td>
<td>295</td>
<td>354</td>
</tr>
<tr>
<td>2016</td>
<td>9179</td>
<td>400</td>
<td>486</td>
</tr>
<tr>
<td>2017</td>
<td>9291</td>
<td>395</td>
<td>411</td>
</tr>
<tr>
<td>2018</td>
<td>9483</td>
<td>422</td>
<td>563</td>
</tr>
</tbody>
</table>

- 28% increase in last 5 years
- 54% of homeless students are at elementary school level
- 13% are living in shelters
- 6% are living in a trailer/car
Laurel Park, North Carolina
Comprehensive Plan
Laurel Park, NC

- 2,300 population
- Borders Hendersonville
  - County seat, 20,000
- Retirement community interested in diversifying its population base & attractiveness
- Growth pressures from greater Asheville region and within County
HEALTH & PLANNING PARADIGM

Health as a component of the plan
State Center for Health Statistics Data

- High Heart Disease, Stroke Mortality, Lung/Brochus Cancer Incidence
- Social Determinants of Health: Moderate to high income
- Higher percentage of rental households
- High senior population
## County Community Health Assessment

**Activity Limitations Reported by Henderson County Residents**

<table>
<thead>
<tr>
<th>Limitation</th>
<th>% Reporting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fracture/Bone/Joint Injury</td>
<td>22.3%</td>
</tr>
<tr>
<td>Arthritis/Rheumatism</td>
<td>18.1%</td>
</tr>
<tr>
<td>Back/Neck Problem</td>
<td>15.9%</td>
</tr>
<tr>
<td>Difficulty Walking</td>
<td>6.7%</td>
</tr>
<tr>
<td>Heart Problem</td>
<td>1.5%</td>
</tr>
<tr>
<td>Lung/Breathing Problem</td>
<td>1.2%</td>
</tr>
<tr>
<td>Mental/Depression</td>
<td>1.1%</td>
</tr>
<tr>
<td>Other</td>
<td>33.2%</td>
</tr>
</tbody>
</table>

*Figure 53. Sustained a Fall-Related Injury in the Past Year (WNC Healthy Impact Survey)*

*Figure 8. Gender and Racial Disparities in Heart Disease Mortality Henderson County and NC Five-Year Aggregate (2006-2010)*
Major Planning & Health Themes

• 52% older adults (65+) vs. 30% in County
  – That isn’t changing quickly
• Youth accommodations & obesity
• Fall prevention for older adults
• Diabetes rates
Health Questions in the Community Survey

Which resources would most benefit the health and well-being of your household if access were improved in Laurel Park?

- An outdoor place to recreate within walking, jogging or bicycling distance
- Fresh local food (e.g. farmers market, community garden)
- A peaceful, natural setting to relax
- A community center where I can take classes or recreate
- Health care (e.g. doctor’s office, urgent care)
- Place for people of all ages to socialize and interact
- A spiritual place to worship or meditate
Laurel Park, North Carolina
Comprehensive Plan
HEALTH & PLANNING PARADIGM

Most Effort

Health as the driving factor in developing the plan

Health as an informantant to the plan

Health as a component of the plan

Least Effort
Lightning Round

1. How can you better integrate health and planning in your community?
2. Name at least 3 steps it would take to implement that model
3. What partners would be involved?
4. How would it help the citizens of your community?
The Give-Gain Grid

- Partnerships are based on the premise that each party has something to GIVE
- However, those partners also must GAIN something to feel the partnership is of value
- Varies among public, private and non-profit sectors
- Who are they for Alaska?
Healthy Disparities & The Role of the Built Environment

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