



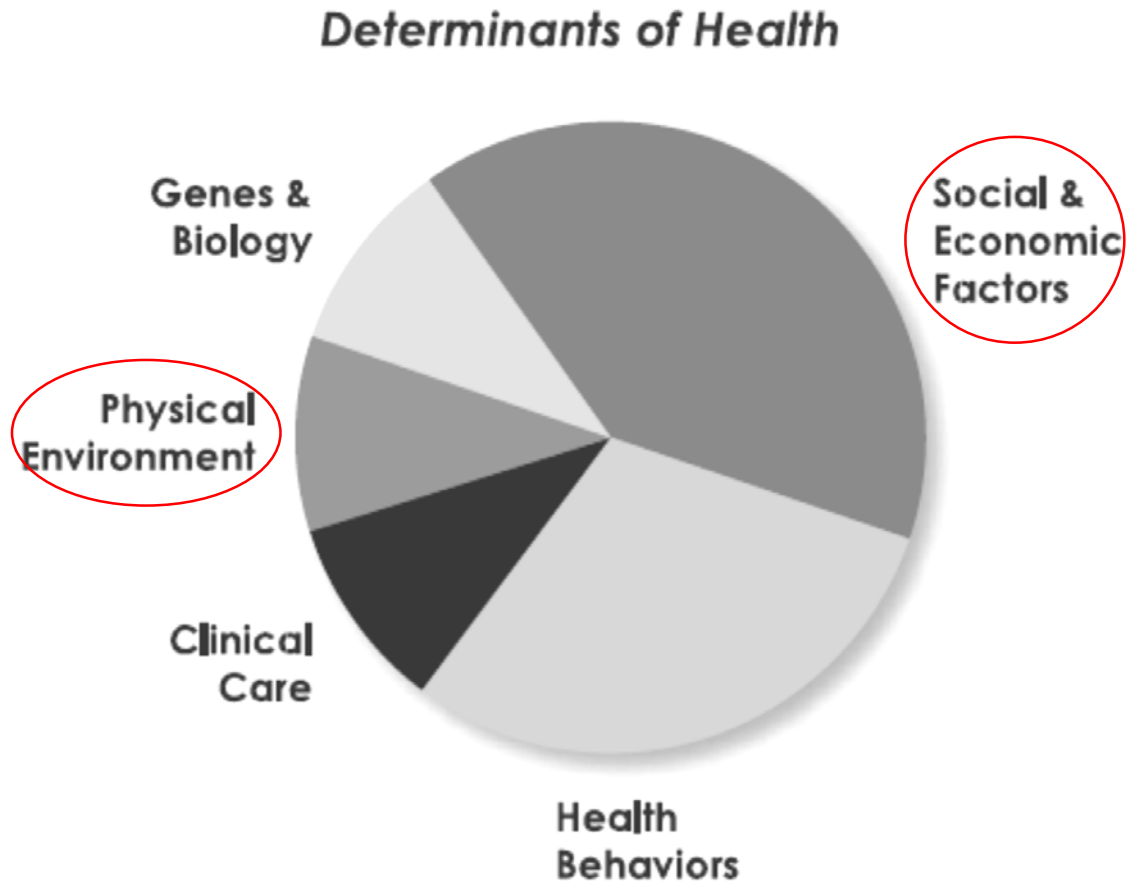
Rendering Courtesy of the City of Tumwater, WA



## HEALTHY COMMUNITY DESIGN

WASHINGTON STATE DEPARTMENT OF HEALTH

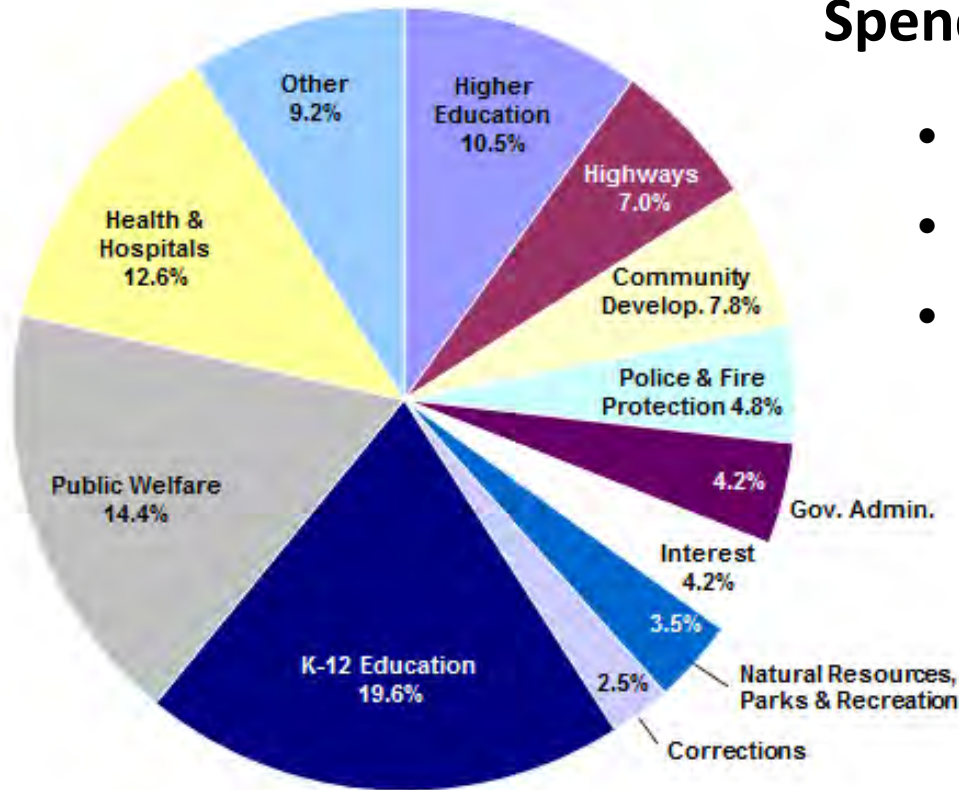
# Health & Community Design



Source: 2018 Washington State Health Assessment

# Making Community Design a Health Priority...

Est. **18%+** of State and Local Spending -**\$12-15 Billion** Annually:



- Highways/Roads/Streets
- Community Development
- Parks, Recreation, Natural Resources

Source: US Census State and Local Government Finance

# Establishing a Health Agenda for Community Design...

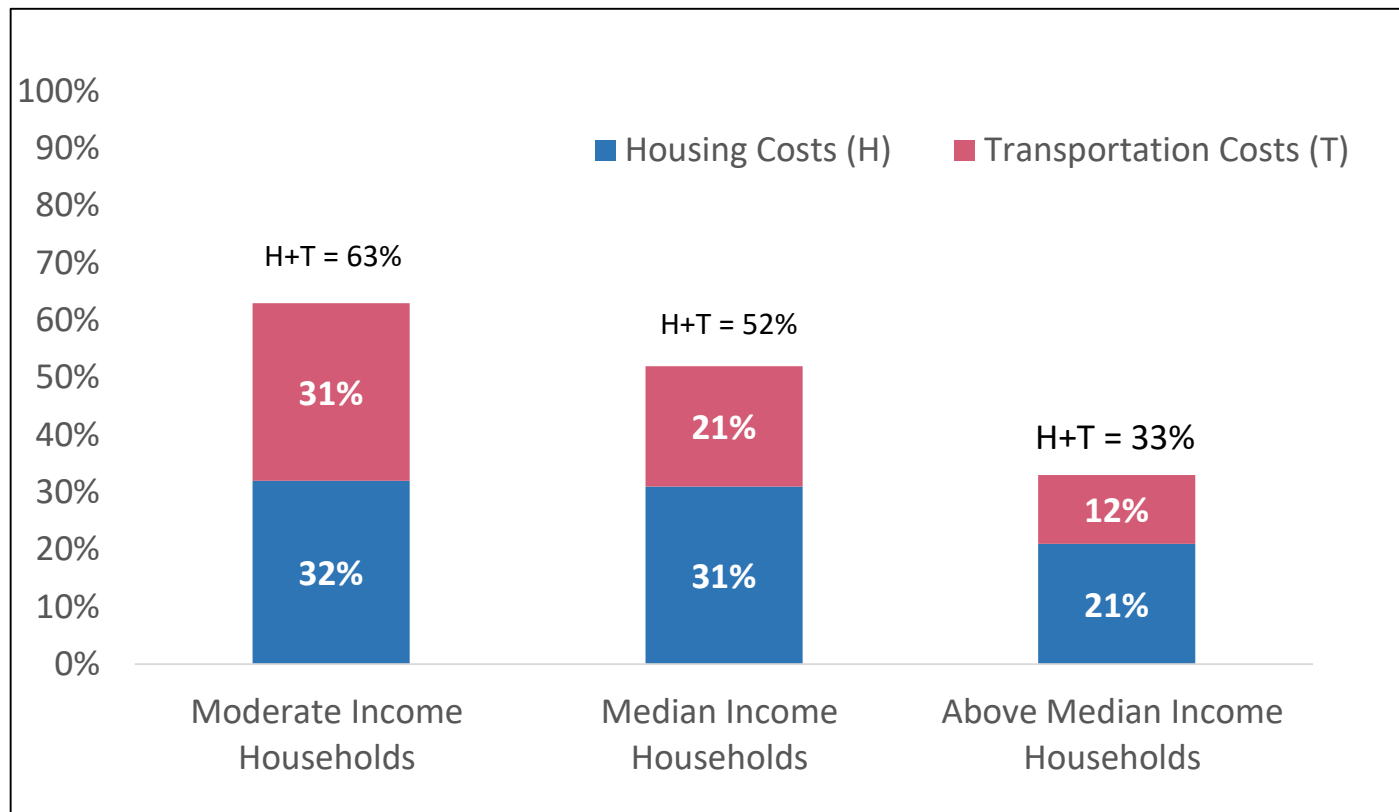
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- **Reducing Environmental Exposure:**  
Preventing, mitigating and reversing chemical and microbial pollutants in the built environment that harm public health.
- **Enhancing Healthy Natural Systems:**  
Preserving and enhancing air quality and existing ecosystems that relieve stress, accelerate recuperation, support mental health, and encourage healthy lifestyles.
- **Increasing Safe, Healthy, Active Living:**  
Increasing exercise, recreation and other daily activities that lower the risk of cardiovascular disease and other chronic disease; Improving safety and reducing injury and crime; Increasing access to healthy food.
- **Emergency Preparedness:**  
Strengthening adaptive capacity to climate impacts and risk management frameworks to reduce exposure and sensitivity to hazards like flooding, wildfires, infectious disease.
- **Social Equity:**  
Strengthening equity, connectedness, inclusion, civic participation to increase happiness and ensure communities function more effectively through housing and public space design.

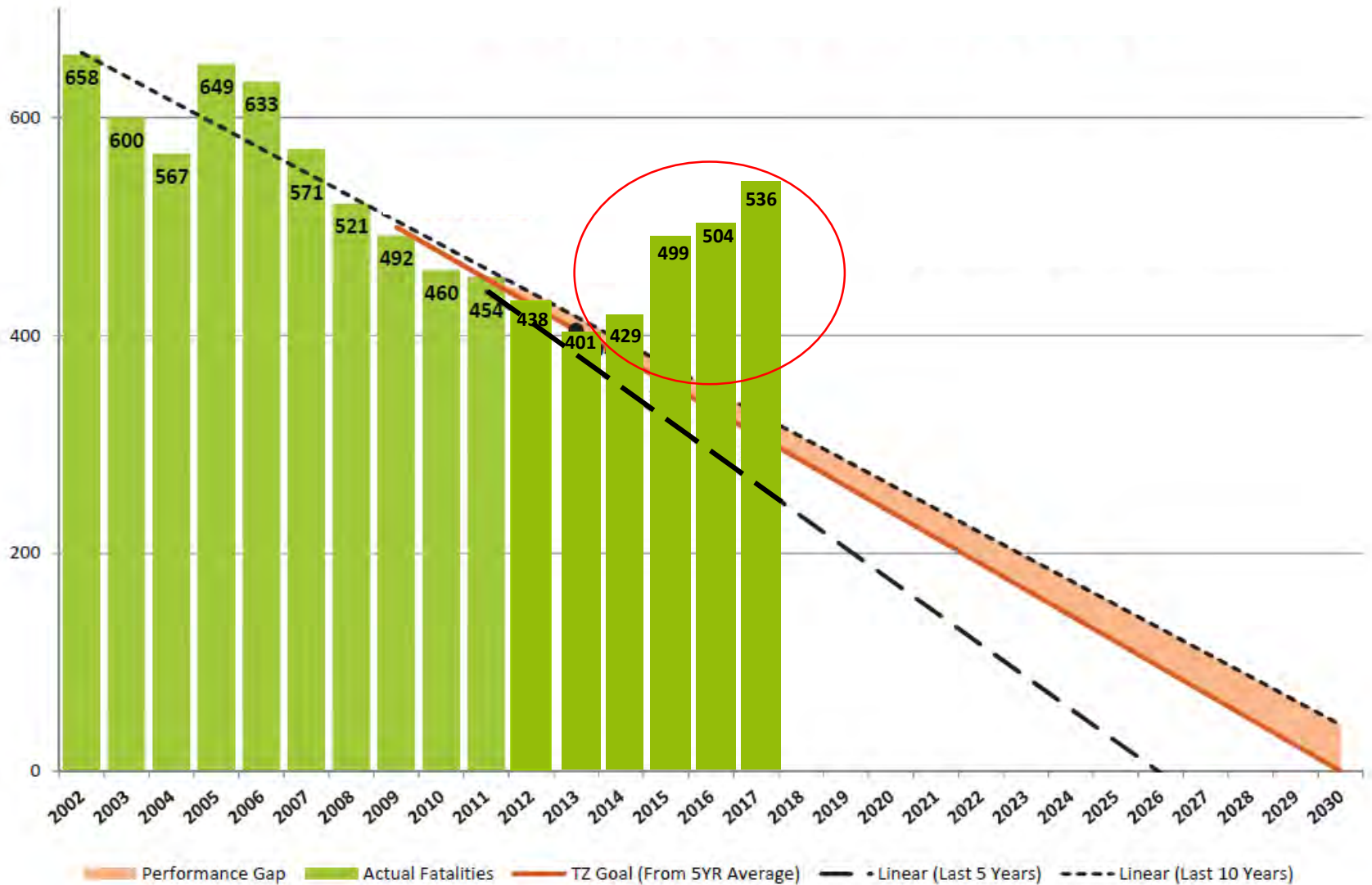
(Source: Healthy Community Goals: APHA, AIA, APA, ULI)

# Healthy Community Design & Equity

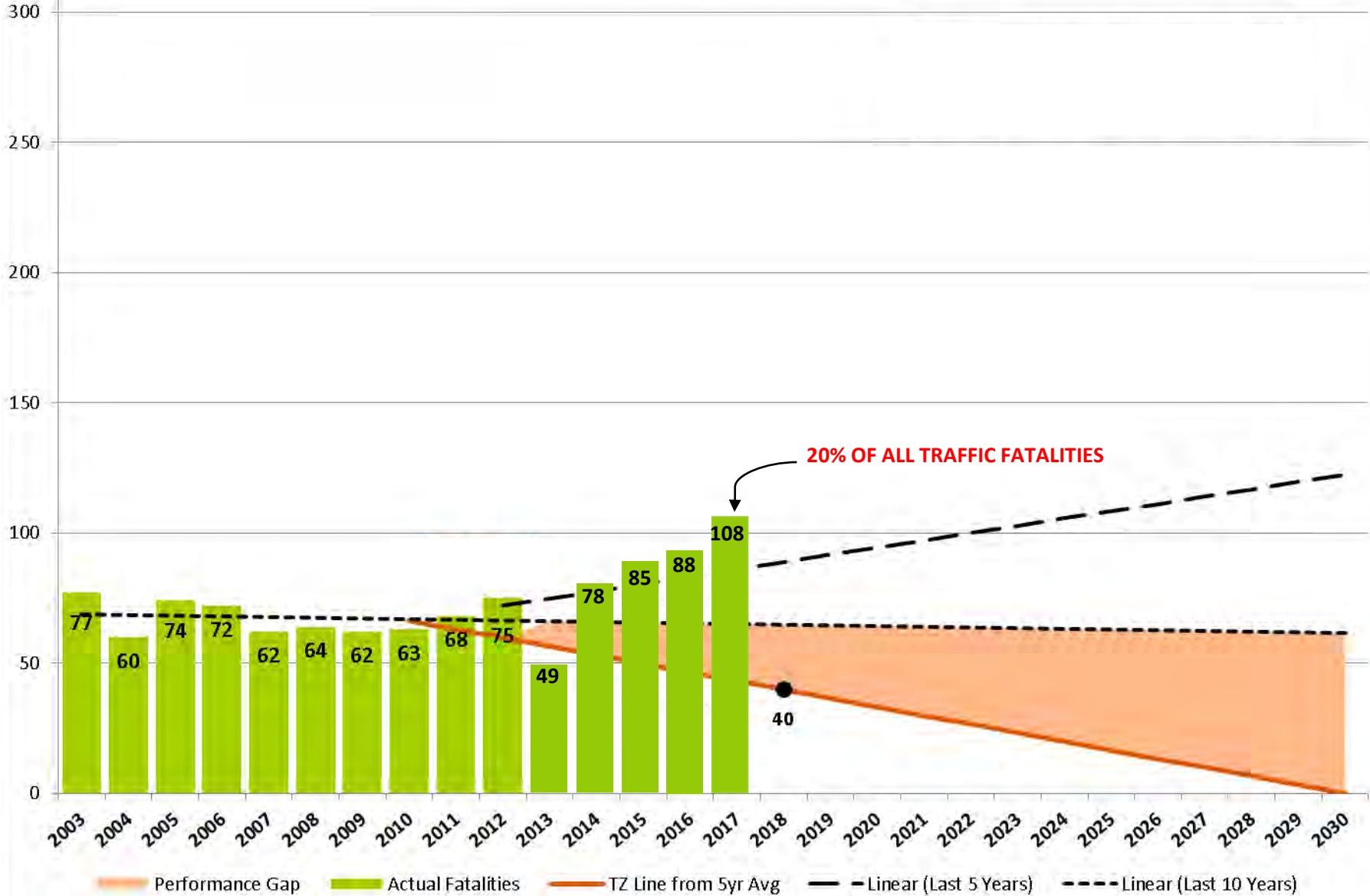
During the period ending in 2015, Washington residents spent 52% of their monthly income on housing and transportation combined, and transportation costs alone were 21% of median income. Combined housing and transportation costs are up from 47% for the period ending in 2011. [4]



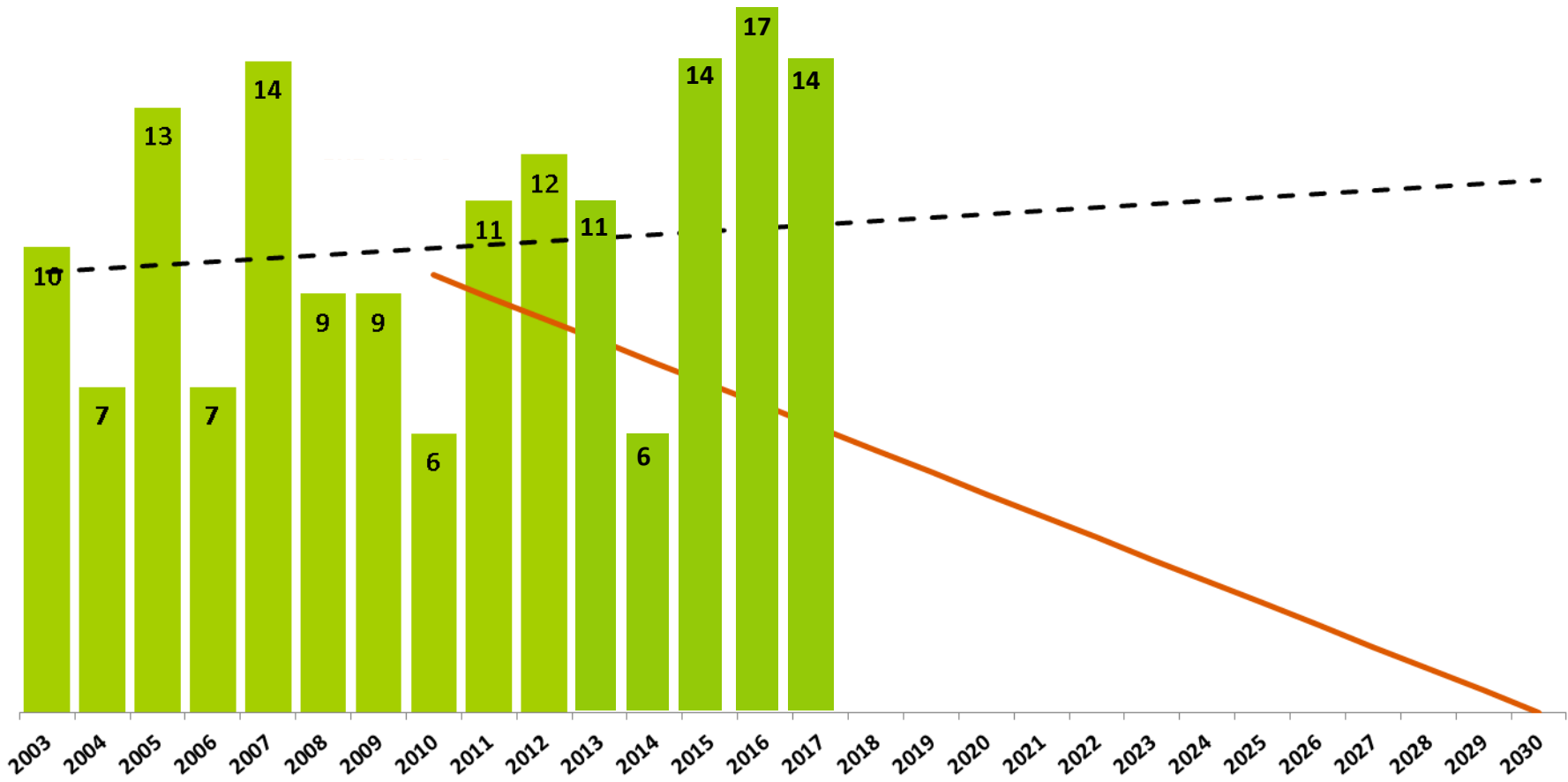
# Transportation Safety & Community Design [1]



# Pedestrian Fatalities



# Bicyclist Fatalities



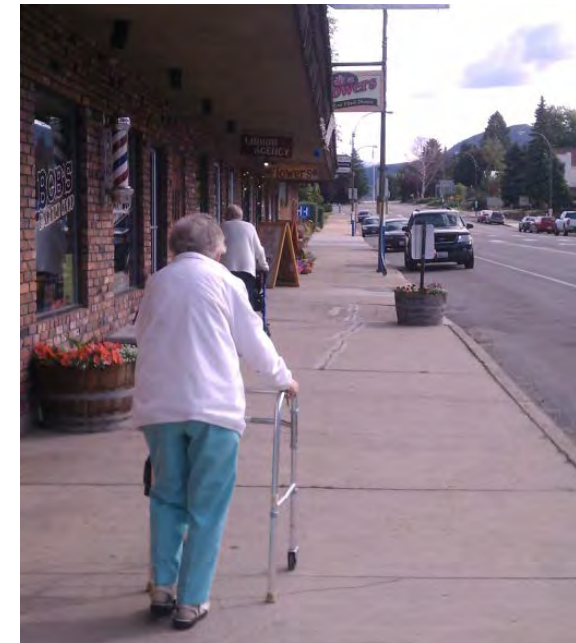
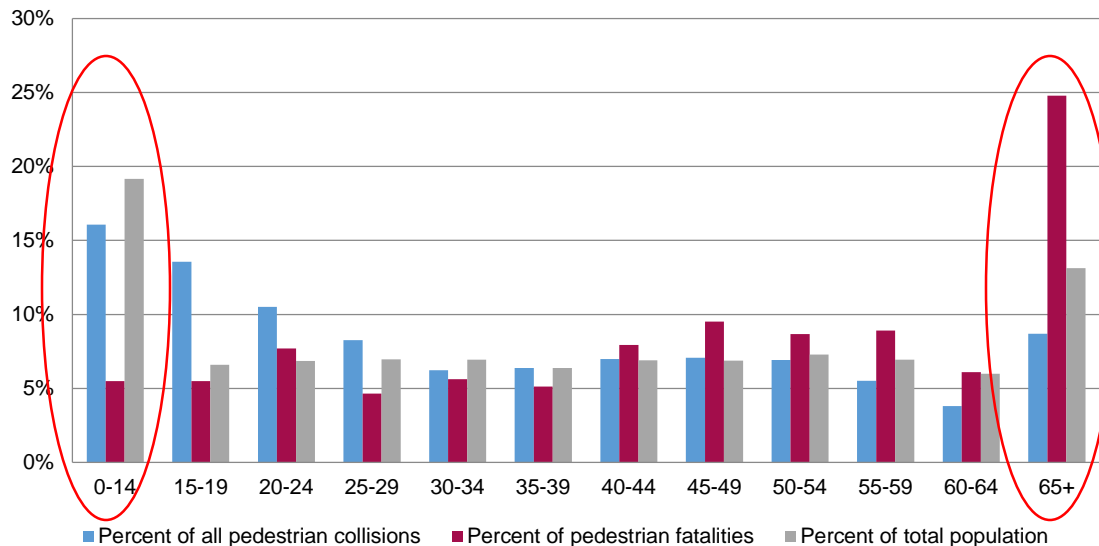
Actual Fatalities      TZ Goal (From 5YR Average)      Linear (Last 10 Years)



# The Young & Aging – Most at Risk [1]

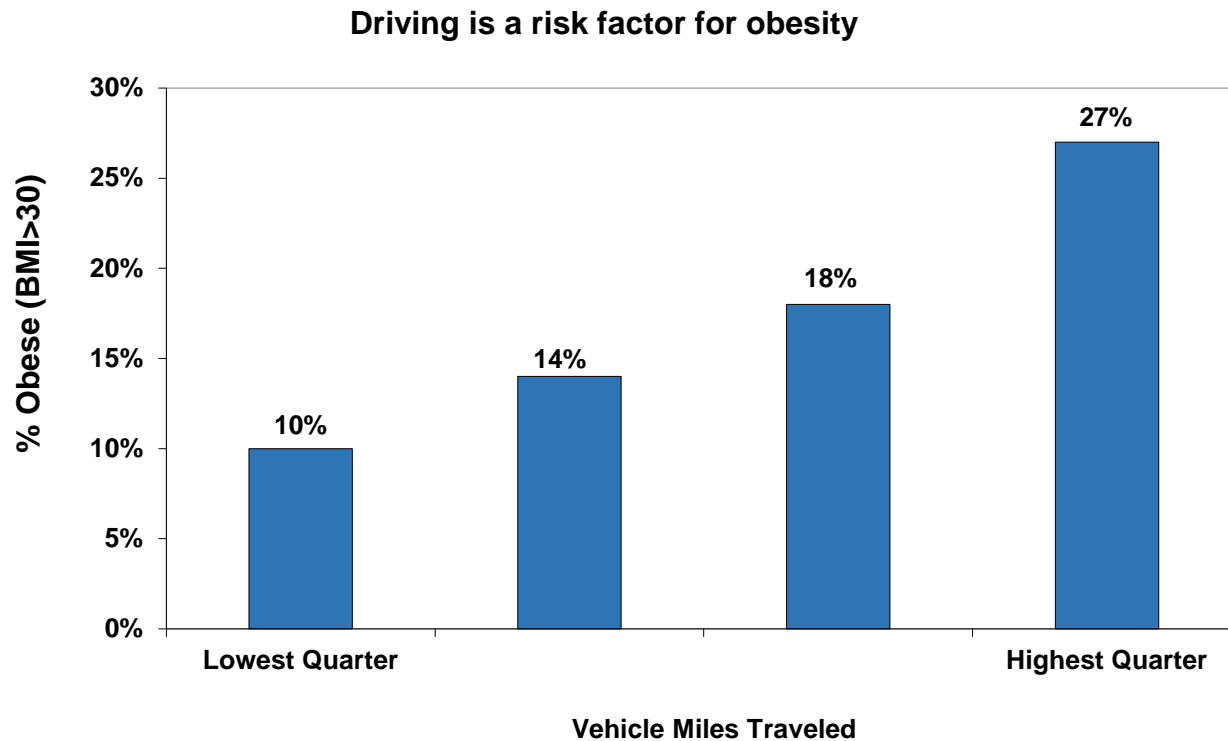
- Over 700 children involved in bicycle and pedestrian traffic crashes annually in WA
- Adults 65+ are 13% of the population, but 25%+ of pedestrian fatalities.

Number of pedestrian collisions and fatalities compared to population by age group



# Health & Community Design

A study of 33 California cities found that adults who drove the most had obesity rates (27%) that were three times higher than those who drove the least (9.5%). [5]



# Community Design provides the Building Blocks of Health

In **Washington**...

**1.76% White populations** living in high poverty neighborhoods

**4.23% Latino populations** living in high poverty neighborhoods [7]



People who live in high-poverty neighborhoods have less access to jobs, services, high-quality education, parks, safe streets, and other essential ingredients of economic and social success that are the building blocks of good health.

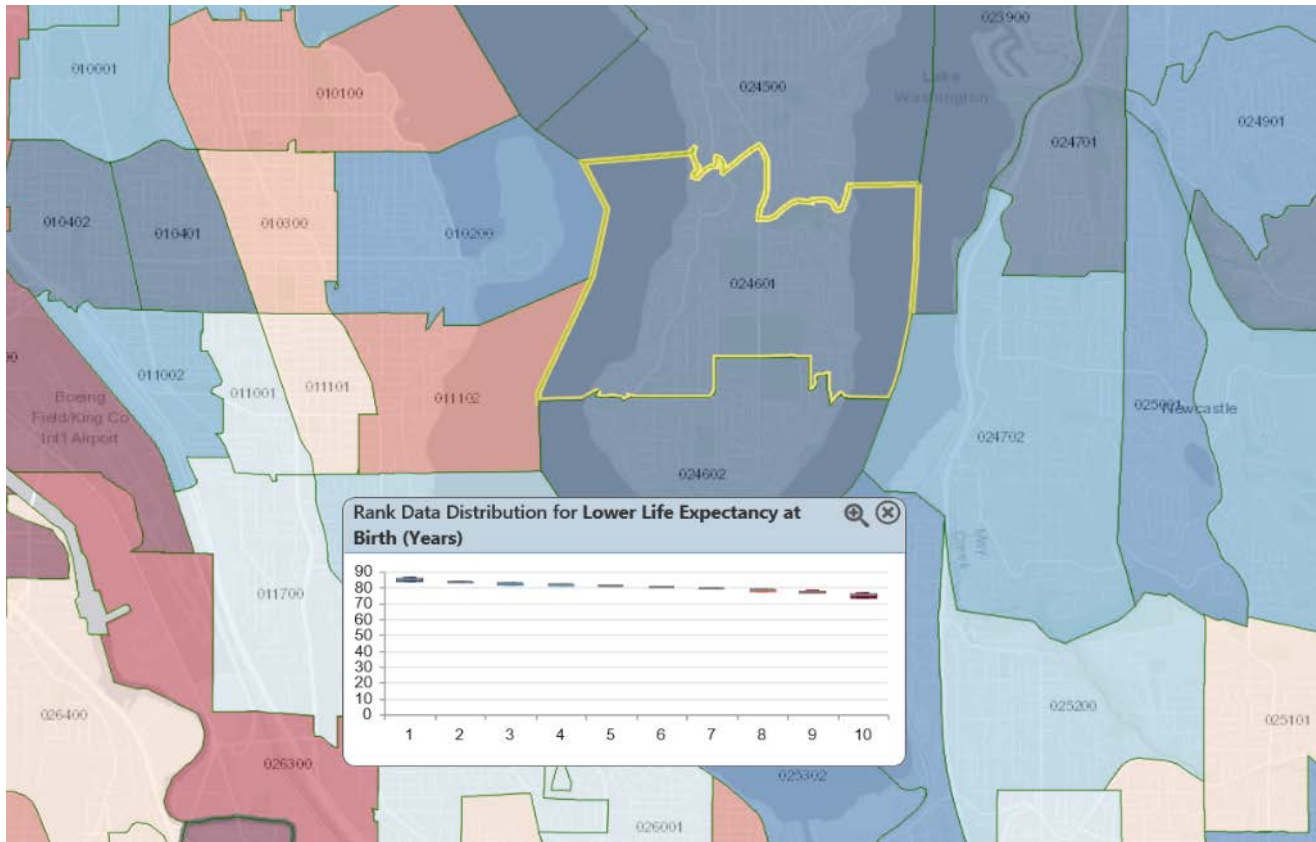
# Health & Community Design

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- **One in 9 people** in Washington live **below poverty level**.[\[2\]](#)
- **Housing stock** in Washington is over **60% detached single family** and primarily older **3+ bedroom homes**.[\[2\]](#)
- **Pedestrian & bicyclist traffic deaths and serious injuries doubled** since 2013 and are nearly a quarter of all traffic deaths.[\[3\]](#)
- **59% of pedestrian & bicyclists traffic deaths and serious injuries** occurred **high poverty neighborhoods**. [\[3\]](#)
- **Health care expenditures growing at 7% annually** in Washington.[\[6\]](#)

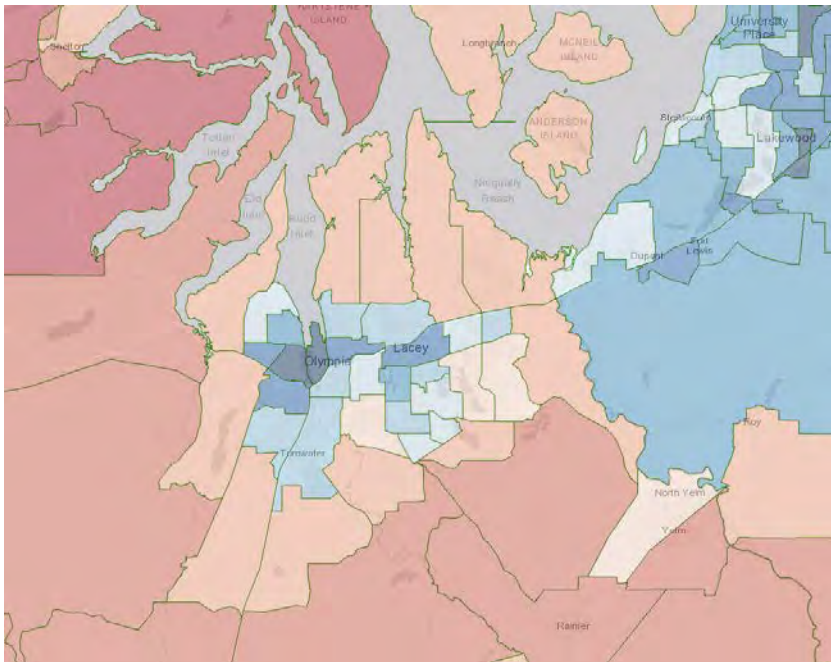
# Life Expectancy Rates

- **Life expectancy** can vary 10 years across neighborhoods a few miles apart. [4]

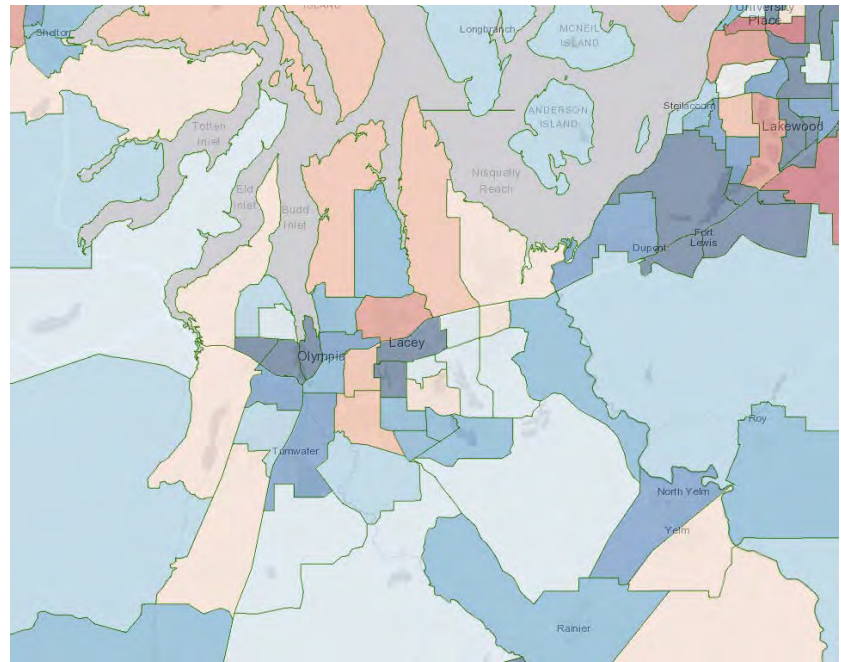


# Median Household Spending

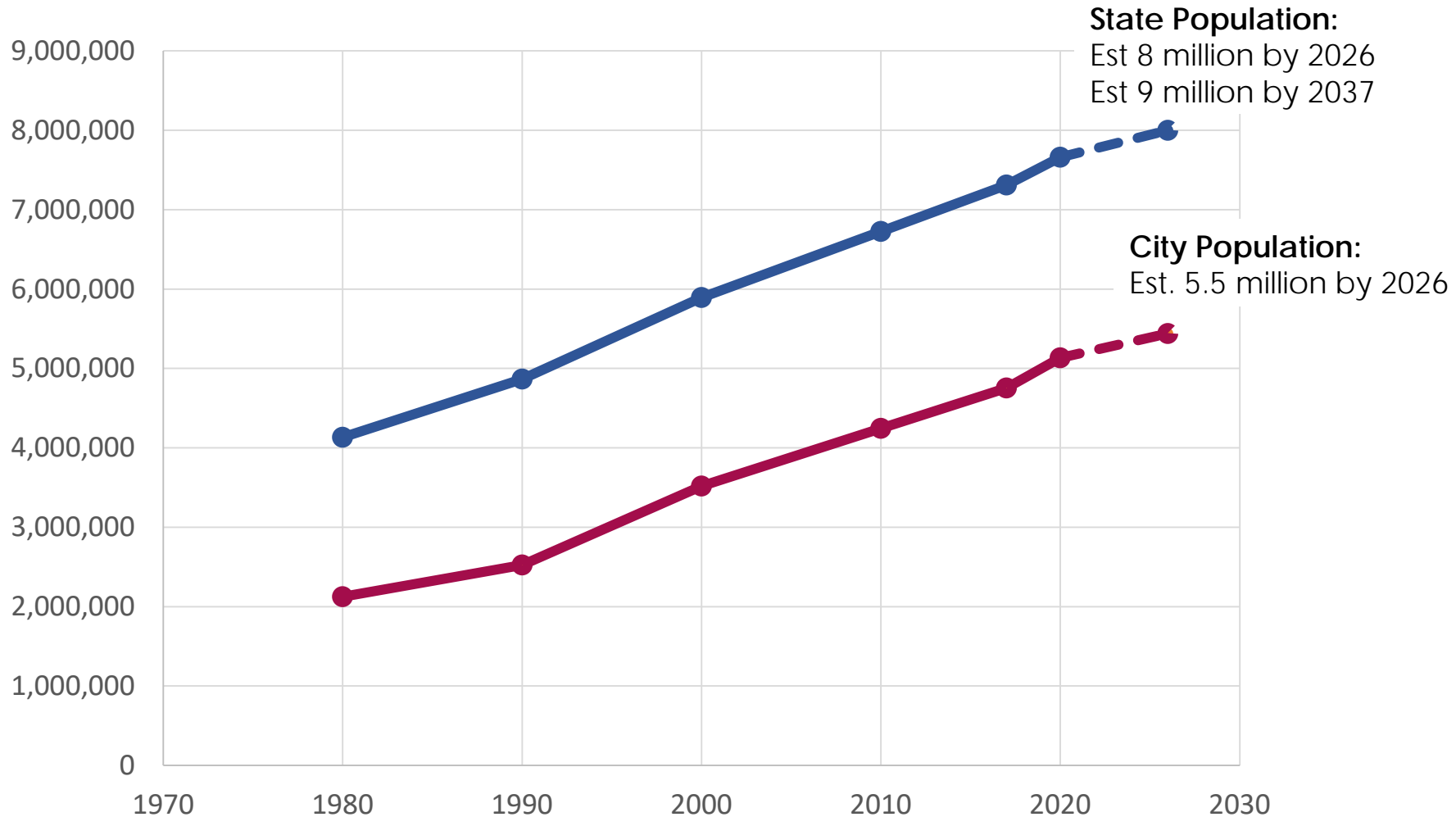
## Transportation



## Housing



# Washington State is Growing *Fast*



# Actions we are taking today...

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- Developing a finer grained scale of data
- More cross disciplinary data sharing
- Modernizing Washington's Planning & Community Design Laws in support of the Health Agenda
- Supporting Washington's colleges and universities training planners and urban designers in their integration of the Health Agenda
- **Collaborating to translate the Health Agenda into local, regional, and state development standards, contracts, plans & policies**



# Current Projects:

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- ★ Health Impact Assessments
  - Washington Tracking Network (WTN) Data for Planning
  - Washington's Roadmap for Growth
  - State Highway Safety Plan Steering Committee
  - Automated Vehicle Working Group – Safety Subcommittee
  - Complete Streets Awards
  - Outreach and Technical Assistance

# Leaving you with 5 questions to consider...

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- Can cities and regions prosper more fairly?
- Is the "affordable" housing crisis in desirable places solvable?
- Are cities prepared for significant demographic, cultural and climatic changes coming in the near future?
- Should urban plans and projects be scrutinized for public health impacts?
- Should transportation planning reorient from cars to people?

"To be effective, urban planning needs to dig deeper than obscure code, pretty pictures and jumbling data. It needs to make a difference in the lives of all people."

-Norman Krumholz, Urban Planning Professor & Former APA President

# References

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- [1] Washington Traffic Safety Commission, *Target Zero*.
- [2] US Census Bureau, American Community Survey, 2012-2016.
- [3] WSDOT, Gray Notebook, 2018 and 2017.
- [4] Washington Department of Health, Washington Tracking Network, Community Characteristics. <https://fortress.wa.gov/doh/wtn>
- [5] Gordon-Larsen P, Nelson MC, Page P, Popkin BM. Inequality in the built environment underlies key health disparities in physical activity and obesity. *Pediatrics* 2006; 117(2): 417-424.  
<http://www.pediatrics.org/cgi/content/full/117/2/417>
- [6] CMS Office of the Actuary, *Health Expenditures by State of Residence, 1991-2014*.
- [7] USC Program for Environmental and Regional Equity (PERE), National Equity Atlas.

# Questions?

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