

Sustainable Community Strategies and Healthy Communities



Linda Rudolph, MD, MPH

California Department of Public Health

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Sustainable Communities, Healthy Communities: **What you can do**

- Work with your Local Health Department
 - http://www.cdph.ca.gov/programs/cclho/Documents/CC_LHOHealthOfficerDirectory.pdf
- Ask how your SCS can also be a HCS
- Find out how cities/counties are already integrating health considerations into planning, CAPs, etc.
- Engage with community based organizations that are working to promote healthy neighborhoods

Key Messages

- “Health is the first wealth.”
- Climate change is bad for our health.
- Our social, physical, economic, and services environments shape our health.
- We can build healthy communities.
- Sustainability and health go together.

Climate Change & Health

Climate Change:

- Temperature rise
- Sea level rise
- Hydrologic extremes

HEAT

→ Heat stress, cardiovascular failure

SEVERE WEATHER

→ Injuries, fatalities

AIR POLLUTION

→ Asthma, cardiovascular disease

ALLERGIES

→ Respiratory allergies, poison ivy

VECTOR-BORNE DISEASES

→ Malaria, dengue, encephalitis, hantavirus, Rift Valley fever

WATER-BORNE DISEASES

→ Cholera, cryptosporidiosis, campylobacter, leptospirosis

WATER AND FOOD SUPPLY

→ Malnutrition, diarrhea, harmful algal blooms

MENTAL HEALTH

→ Anxiety, despair, depression, post-traumatic stress

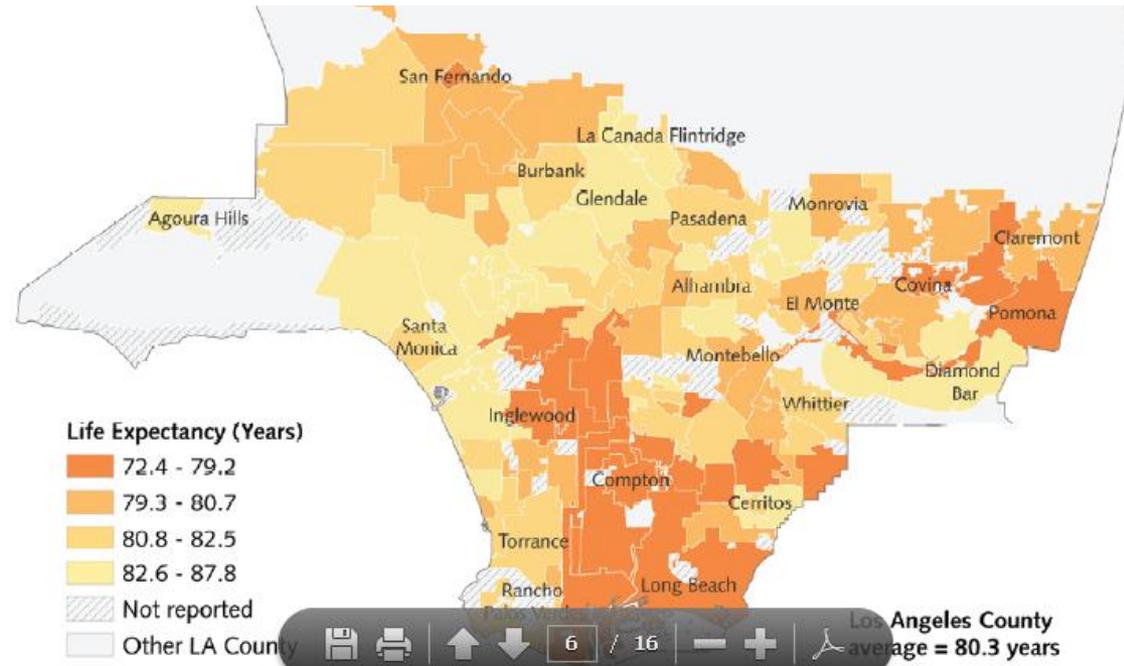
ENVIRONMENTAL REFUGEES

→ Forced migration, civil conflict

Place Matters



Place Matters



What is a Healthy Community?

- **Meets basic needs of all**
 - Safe, sustainable, accessible and affordable transportation options
 - Affordable, accessible and nutritious foods and safe drinkable water
 - Affordable, high quality, socially integrated and location-efficient housing
 - Affordable, accessible and high quality health care
 - Complete and livable communities including quality schools, parks and recreational facilities, child care, libraries, financial services and other daily needs
 - Access to affordable and safe opportunities for physical activity
 - Able to adapt to changing environments, resilient, and prepared for emergencies
 - Opportunities for engagement with arts, music and culture
- **Quality and sustainability of environment**
 - Clean air, soil and water, and environments free of excessive noise
 - Tobacco- and smoke-free
 - Green and open spaces, including healthy tree canopy and agricultural lands
 - Minimized toxics, greenhouse gas emissions and waste
 - Affordable and sustainable energy use
 - Aesthetically pleasing
- **Adequate levels of economic, social development**
 - Living wage, safe and healthy job opportunities for all, and a thriving economy
 - Support for healthy development of children and adolescents
 - Opportunities for high quality and accessible education
- **Health and social equity**
- **Social relationships that are supportive and respectful**
 - Robust social and civic engagement
 - Socially cohesive and supportive relationships, families, homes and neighborhoods
 - Safe communities, free of crime and violence

Why is VMT a Health Indicator?

Reductions

- ❑ Greenhouse gas emissions
- ❑ Air pollution
- ❑ Noise
- ❑ Infrastructure costs
- ❑ Community Severance
- ❑ Commute time
- ❑ Transportation costs

Increases

- ❑ Physical Activity
- ❑ Social Capital
- ❑ Purchase power

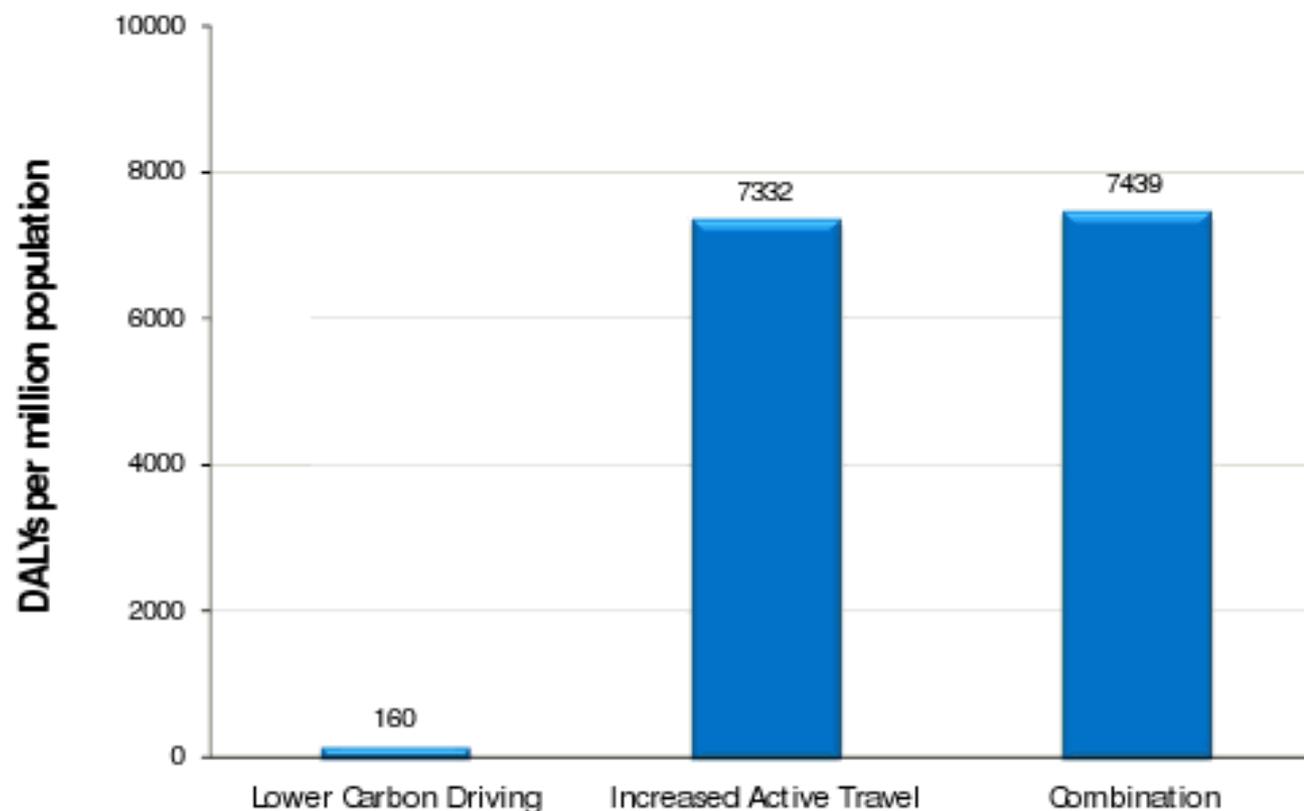


Reductions

- ❑ Heart disease
- ❑ Obesity
- ❑ Respiratory disease
- ❑ Traffic injuries
- ❑ Depression
- ❑ Osteoporosis
- ❑ Diabetes
- ❑ Cancer
- ❑ Stress

Results of Comparative Risk Assessment

DALYs per Million Population from Travel Scenarios* , London, 2030



* Compared to Business as Usual, London, 2030

Health in All Policies Task Force

- ❑ All California residents have the option to safely walk, bicycle, or take public transit to school, work, and essential destinations.
- ❑ All California residents live in safe, healthy, affordable housing.
- ❑ All California residents have access to places to be active, including parks, green space, and healthy tree canopy.
- ❑ All California residents are able to live and be active in their communities without fear of violence or crime.
- ❑ All California residents have access to healthy, affordable foods at school, at work, and in their neighborhoods.
- ❑ California's decision makers are informed about the health consequences of various policy options during the policy development process.

<http://www.sgc.ca.gov/hiap/>

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