

HEALTHY COMMUNITIES

What does it
really mean?

Place Matters



PLACE MATTERS

*Unnatural
Causes...is
inequality
making us
sick?*

California
Newsreel 2008

SCANNING THE EVIDENCE LANDSCAPE

How do
community
characteristics
influence
health?

**“PERCEPTIONS OF SAFETY AND PHYSICAL
SURROUNDINGS INFLUENCE INDIVIDUALS’ DECISIONS
TO WALK IN THEIR NEIGHBORHOOD”**

(National Prevention Strategy 2011)





Photo by Marc
Asnin/Corbis
SABA



“Research has shown that modifying the living and working environment by creating or enhancing access to places where people can be physically active, along with providing related informational outreach activities, is an effective intervention to help people incorporate healthier behaviors into their daily lives”

Places for Physical Activity: Facilitating Development of a Community Trail and Promoting Its Use to Increase Physical Activity Among Youth And Adults – An Action Guide

Partnerships for Prevention and CDC







**“EDUCATION IS
ASSOCIATED
WITH LIVING
LONGER,
EXPERIENCING
BETTER
HEALTH...”**

*National
Prevention
Strategy 2011*

Cities Fight Urban Blight With Free College Tuition

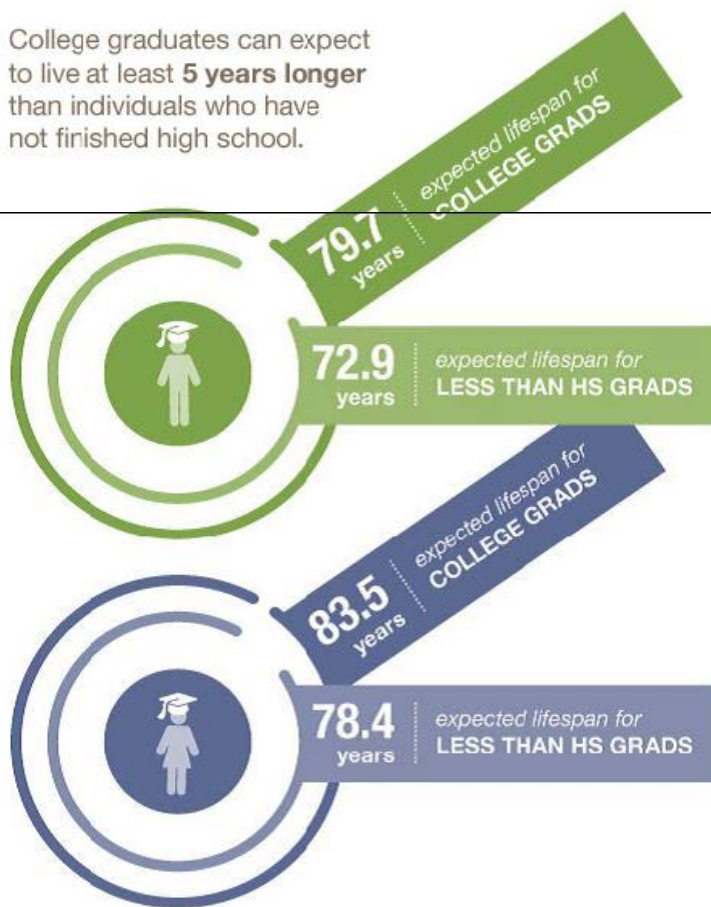
Oct 22, 2008 7:48 PM CDT

Better Education = Healthier Lives

Education leads to better jobs and income — but also to longer, healthier lives. The link between more education and better health is stronger than you think.

LIVING LONGER

College graduates can expect to live at least **5 years longer** than individuals who have not finished high school.



HEALTHY
COMMUNITIES
THROUGH
BETTER
EDUCATION

Robert Wood
Johnson
Foundation



HEALTH IN COMMUNITIES WITH BETTER TRANSPORTATION OPTIONS

Walkable, bikable, transit-oriented communities are associated with healthier populations that have:



**MORE
PHYSICAL
ACTIVITY**



**LOWER
BODY
WEIGHT**



**LOWER RATES
OF TRAFFIC
INJURIES**

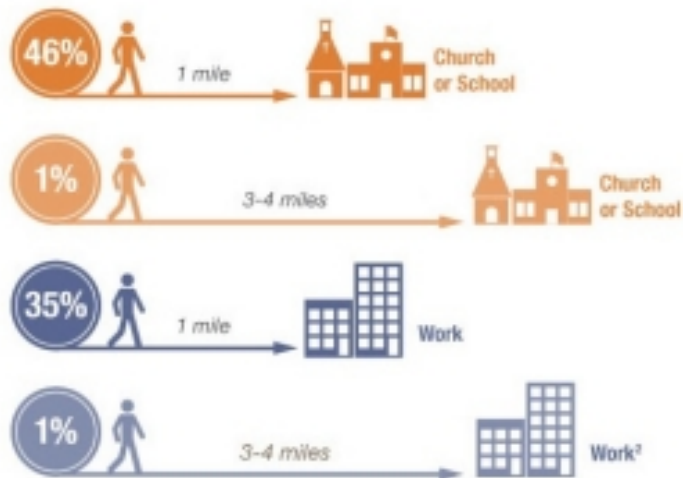


**LESS AIR
POLLUTION**



**IMPROVED
MOBILITY FOR
NON-DRIVERS¹**

STUDIES SHOW PEOPLE WILL WALK TO DESTINATIONS:



HEALTHY
COMMUNITIES
THROUGH BETTER
TRANSPORTATION

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ECONOMIC IMPACTS

**“Annual health care costs are
\$2,000 higher for smokers,

\$1,400 higher for people
who are obese, and

\$6,600 higher for those
who have diabetes

than for nonsmokers,
people who are not obese,
or people do not have
diabetes**

**“Indirect costs to
employers of employee
poor health—lower
productivity, higher rates of
disability, higher rates of
injury, and more workers’
compensation claims—
can be two to three times
the costs of direct medical
expenses”**

BUILDING HEALTHY COMMUNITIES ACROSS THE NATION



HEALTHY COMMUNITIES

PREVENTING CHRONIC
DISEASE BY ACTIVATING
GRASSROOTS CHANGE

HEALTHY LIVING MATTERS

(building a healthy community here at home)



Harris County

HCPHES

Public Health & Environmental Services

Herminia Palacio, MD, MPH
Executive Director