Attention Dog Guardians
Pick up after your dogs. Thank you.

Attention Dogs
Grrrrr, bark, woof. Good dog.

District of North Vancouver.
Bylaw 5981-11(i)
Built Environment
Healthy Community Design
Supporting Healthy Sustainable States

Lisa Conti, DVM, MPH, DACVPM, CPM, CEHP
850 212 2707
Environmental Health

- Water and Food Safety
- Zoonoses and Vectorborne Disease Prevention and Control
- Safe and Healthy Places

*Infectious agents, toxicants, excess radiation...*
End Game

- Attenuate contributors to disease
- Regular collaboration – Resilient communities
- Economic viability
"A State that meets the needs of the present without compromising the ability of future generations to meet their own needs."
Unhealthy by design?
Environmental Risks are Responsible for Most Chronic Diseases

- Heart disease
- Diabetes
- Cancer
- Obesity
Environmental Risks

Most people cannot identify the majority of environmental risks:

• Long term exposures
• Gradual, cumulative impact
• Often considered natural or normative
• Present on a routine basis, incorporated into daily life
Florida Land Use Since WWII

- Distance to exit a neighborhood more than 2X greater.
- Distance to retail over 5X greater.
- The average driver spends 443 hours behind the wheel (about 11 weeks).
- Parents were 3X more likely to walk to school than their children.

When you ride ALONE you ride with Hitler!

Join a Car-Sharing Club TODAY!
Colliers, 1955

BY THE SEA: Seaside towns have a special lure for travelers. The picturesque sights

...it gets cheaper by the mile!
• 49,000 Pedestrians killed in US 2009 – (FL 2nd highest in the Nation)

• 360,000 automobile deaths in 2009 – US Census

THIS ONE RUNS ON FAT AND SAVES YOU MONEY

THIS ONE RUNS ON MONEY AND MAKES YOU FAT
Florida National Ranking for Bicycle Fatalities


-- from the Fatality Analysis Reporting Systems (FARS) database at the National Highway Traffic Safety Administration (NHTSA), as reported by Stephanie Striefel, April 2009, Florida Planning
Elderly Pedestrians in Florida are up to 4 times more likely to die in a pedestrian accident compared to other age groups.

Dewey and Denslow Transportation Issues; Pedestrian Safety FDOT
Urban Institute: There will be a “tsunami of senior growth in the next decade”

• The oldest baby boomers will turn 65 in less than two years.
• The senior population is expected to grow by 36 percent between 2010 and 2020.
• Number of residents over 65 will double by 2020.

Is It Really Personal Choice?

• Leading cause of death for ages 3 to 33 years - motor vehicle.
• Children walking or biking to school decreased from 41% to 13% since the 1970’s.
• A 13-year old girl is 16 pounds heavier today than 30 years ago.
• Only one of four 5th graders can pass all levels of a fitness test that includes run-walking 1 mile.

KB Homes Market Research

- Research of Tampa home buyers
- Asked what they valued most in their home and community.
- More space and a greater sense of security.
- Over 88% want home security systems and deadbolt locks.
- Safety always ranks second, even in communities where there is virtually no crime.

As reported by Rick Lyman in NYTimes, August 15, 2005. “Living Large by Design, in the Middle of Nowhere”.
• 1969 - 48% of students walk or bike to school
• 2001 - less than 16% of students walk or bike to school
• 2005 - less than 8% walk or bike to school

• Since World War II, the number of schools declined 70% while average school size grew fivefold, from 127 to 653 students

* National Household Travel Survey
One Health

The collaborative effort of multiple disciplines working locally, nationally, and globally to attain optimal health for people, animals and our environment.
The Human-Animal Connection
Starting with Numbers

- 57% US homes have pets\(^1\)
- More households with pets than children (46%)\(^2\)
- 93% of pet owners would risk their life for their pet\(^3\)
- 50% of pet owners would choose their pet as their single companion if stranded on a deserted island\(^3\)

1. AVMA Market Research Statistics; 2007
2. US Census
Health and The Built Environment

![Map showing various states with different color codes indicating health data](image)

![Dog lying on sand](image)
Want to take a walk?

Unhealthy by design?
Is It Really Personal Choice?

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Physical Structures Influence Behavior – Personal Responsibility

- Creating or inhibit opportunities for behavior (e.g., bike paths, sidewalks)
- Sending messages about rules of behavior (e.g. blighted housing)
- Encouraging or discouraging social interactions (e.g. porches, fences)
HIKERS and BIKERS
Move to the side of the road when a vehicle approaches
Lack of exercise and a poor diet puts kids at serious risk for Heart Disease, Diabetes, Asthma, Joint Pain and more.

There are steps every parent can take... small steps that can make a big difference. Maybe it's a family walk once a week or having fruit around for snacks instead of chips. And keeping fast food to a minimum. Start now. Help your kids make healthier choices. Ask your doctor for more information.

Make Healthier Choices.

Eat healthy foods. Get more exercise.
1969

MAN WALKS ON MOON
NATION FILLED WITH PRIDE
"GIANT LEAP FOR MANKIND"

2011

MAN WALKS DOWN STREET
NATION FILLED WITH FATTIES
Climate and Health

- Water and food borne diseases
- Vectorborne diseases
- Cardiopulmonary and vascular effects of particulates
- Heat-related morbidity and mortality
- Injury
Physical activity → CO\(_2\) emissions ↓ ↓ Air pollution ↓ ↓ Depression ↓ ↓ Osteoporosis ↓ ↓ Injuries ↓ ↓ Infrastructure costs ↓ ↓ Social capital ↑ ↑ Physical activity ↑
**Mitigation Strategies**

- Access to parks & open spaces.
- Proximity to destinations.
- “Walkability” of the community (density, land use mix, street connectivity).
- Availability of sidewalks.
- Aesthetics of the community.
Some Suggestions

• Focus on meeting all basic needs within a twenty minute walking distance.
• Support a major initiative aimed at retrofitting homes and neighborhoods to enable aging in place.
• Establish statewide walk or bike to school goals.
• Mandate the co-location of public services such as post offices, libraries, clinics, schools, bus stops, etc.
<table>
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<th>Property</th>
<th>Acres</th>
<th>Annual Local Tax Contribution</th>
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</tbody>
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Patrick Smith’s Florida
A Sense of Place

An intimate visit with one of Florida’s most popular writers, speakers and storytellers.
Environmental Changes to Increase Caloric Expenditure

Healthy by Design
Thank you!

Lisa Conti, DVM, MPH, DiplACVPM, CEHP, CPM
(850) 212-2707
Public Health is EVERYBODY'S BUSINESS

Got Public Health?

Public health is contagious - spread the word! No smallpox, no polio, know public health! Public health is everybody's business. While health care is a right, not a privilege, an ounce of public health is worth a pound of health care. Exercise your right to work for public health - just due it! Of course, seven days without exercise makes one week. Please remember to be nice to public health workers; they may have saved your life...

Dan Rutt, alias “Top Pun” (it’s just, my pun name)