Health Policies for an Equitable Built Environment

Place Matters Initiative
December 15, 2012
Alameda County Place Matters

Mission: Promote health equity through community-centered local policy focused on criminal justice, economics, education, housing, and land use and transportation
Outline

• Built environment and health equity

• Alameda County data
  – Housing, transportation, air quality, food access and liquor stores, physical activity and neighborhood conditions

• Health Element

• Health Tools: Sustainable SF, Health Impact Assessments – Lili Farhang, Human Impact Partners

• Using HIA in Organizing Campaigns – Julia Liou, Asian Health Services
Health Equity

Everyone in Alameda County, no matter where you live, how much money you make, or the color of your skin, has access to the same opportunities to lead a healthy, fulfilling and productive life.
Place Matters:
Inequities by where people live

All-Cause Mortality Rate

Age-Adjusted Rate Per 100,000
- >1.5X County Rate (>961.8)
- 1.0X - 1.5X County Rate (641.2 - 961.8)
- <1.0X County Rate (<641.2)
- <20 Deaths

Alameda County Age-Adjusted Rate: 641.2/100,000

Income Matters:
Inequities by Neighborhood & Household Poverty

Source: Alameda County vital statistics files, 2006-20
Race Matters:
Inequities by Race/Ethnicity

Source: Alameda County vital statistics file
Racism, Income, and Place Impact
Health

Compared to a White child in the affluent Oakland Hills, an African American born in the flatlands is...

- 1.5 times more likely to be born premature or low birth weight
- 2.5 times more likely to be behind in vaccinations
- 5 times more likely to be hospitalized for diabetes
- 7 times more likely to be born into poverty
- 4 times less likely to read at grade level
- 2 times more likely to die of heart disease

Cumulative impact:
15 year difference in life expectancy
Social Inequities:
Root Causes of Health Inequities

Health Inequities

Segregation
Income & Employment
Education
Housing
Transportation
Air Quality
Food Access & Liquor Stores
Physical Activity & Neighborhood Conditions
Criminal Justice
Access to Healthcare
Social Relationships & Community Capacity

Social Inequities
Housing
Map 5: Renting Households Under Severe Cost Burden, Alameda County, 2000

Notes: This map shows some high concentrations of renting households under severe burden in otherwise high-income neighborhoods such as the Berkeley hills and Castro Valley. In addition to the fact that there are relatively very few renter (vs. owner) households in these areas, one possible explanation for these anomalies is that people are paying a premium to rent in these neighborhoods.
Source: Census 2000.
Housing → Health impacts

- Less disposable income
- Stress
- Overcrowding
- Substandard conditions
- Foreclosures and Displacement
- Homelessness

- Nutritious food & medical care
- Heart disease
- Mental health
- Respiratory infections (TB)
- Headaches, fever, skin disease, asthma
- Stress & blight
- Neighborhood stability
- Morbidity & mortality
Transportation
Health Costs of Transportation Inequities

• Lack of access to goods, services, healthy & affordable foods, and health care
• Obstacle to maintaining quality jobs, which in turn impacts income & health
• Increased air-pollution and related health consequences
• Noise pollution and related stress (hearing loss, hypertension, heart conditions, mental stress)
Transit Access and Health: What’s the Connection?

Service cuts

- Missed medical appointments
  - ↓ physical health
  - ↑ chronic disease

- Long wait times and overcrowded buses
  - ↑ Stress
  - ↓ Safety

Fare increases

- Less disposable income
  - ↓ nutritious food & medical care
Land Use
Figure 42: Population Racial/Ethnic Composition by Proximity to Toxic Air Release Facilities, Alameda County

Sources: TRI 2005; Census 2000.
Asthma Hospitalization Rates, 2010, California Counties
Asthma Emergency Department Visits*

Age-adjusted rate per 100,000
- > 1.5X (1033.2 - 1649.5)
- 1.0X - 1.5X (688.8 - 1033.1)
- 0.5X - 1.0X (344.4 - 688.7)
- < 0.5X (56.0 - 344.3)
- Less than 10 cases

County Rate = 688.8 per 100,000

Source: CAPE, with data from OSHPD 2008-2010
*Includes inpatients admitted through same facility ED
Map 10: Density of Off-Sale Liquor Licenses, Alameda County

Licenses per 1,000 Residents

- >3.00
- 2.01 - 3.00
- 1.01 - 2.00
- 0.06 - 1.00
- 0.00 - 0.05

Source: California Department of Alcohol Beverage Control, 2007.
Figure 47: Number of Food Stores, West Oakland

Obesity-Related Emergency Department Visits*

Age-adjusted rate per 100,000

- >1.5X County Rate (461.6 - 662.1)
- 1.0X - 1.5X (307.8 - 461.5)
- 0.5X - 1.0X (153.9 - 307.7)
- < 0.5X (48.5 - 153.8)
- Less than 10 cases

County Rate = 307.7 per 100,000

Source: CAPE, with data from OSHPD 2008-2010

*Includes inpatients admitted through same facility ED
Overall Health Impacts of Poor Land Use Planning

- Asthma
- Car crashes
- Pedestrian injuries
- Water quality
- Mental health
- Social capital
- Physical activity
- Obesity
Sustainable Growth and Healthy Communities

“People who live in neighborhoods with a mix of shops and businesses within easy walking distance have a 35% lower risk of obesity.”

Larry Frank, et al, American Journal of Preventative Medicine
What we are doing?
ACPHD 3-Pronged Approach to Achieving Health Equity

Policy Change

Programs

Institutional Change

Services

Community Capacity Building

Data and Research

http://www.acphd.org/healthequity
Integrating Health into Planning

Health and Wellness Element
What is a Health and Wellness Element?

- A Health Element of the General Plan creates a comprehensive long-term community vision for a healthy City or County
- Set clear policies and actions guided by local health data
- Helps to identify those projects that yield economic co-benefits and prioritizes them for action
- Improves health, wellness and resiliency for communities
  - Invests residents in a vision for their community
  - Creates a proactive plan for achieving this vision
  - Ties together related issues from different elements to tell a coherent story about the City
  - Shifts focus to the environment in which projects are developed
  - Creates a healthy community image
What issues it can cover

- Economic Development
- Housing
- Social Engagement

- Food Access
- Crime Prevention/Public Safety
- Disability/Elderly Issues

- Healthcare
- Environmental Conditions
- Sustainable Development

- Transportation
- Public Facilities
Example of Economic Co-Benefits

- Pedestrian friendly environments:
  - Economic: higher home sale prices, enhanced marketability and faster sales or leases than conventional development
  - Health: encourages physical activity, discourages driving
- Downtown Lodi Example:
  - Pedestrian improvements, coupled with economic development incentives attracted 60 new businesses
  - Vacancy rate dropped from 18% to 6%
  - Sales tax revenues increased by 30% since work was completed in 1997
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www.acphd.org/social-and-health-equity.aspx