



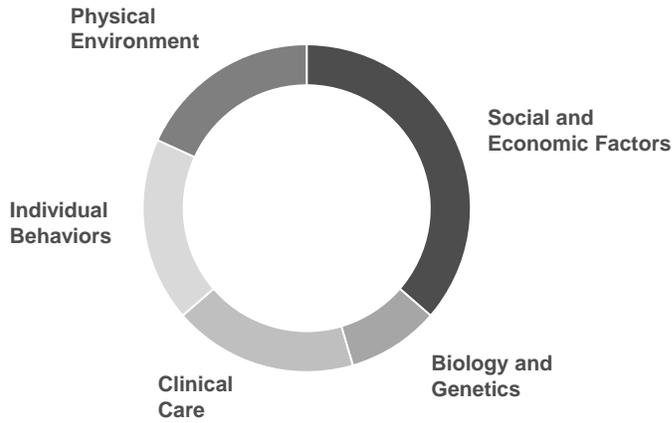
# Destination Medical Center's City Loop Integrating Health into the Design Process

ALTA PLANNING + DESIGN | HEALTH + EQUITY | APRIL 2017



HEALTH + EQUITY

# WHAT SHAPES HEALTH?

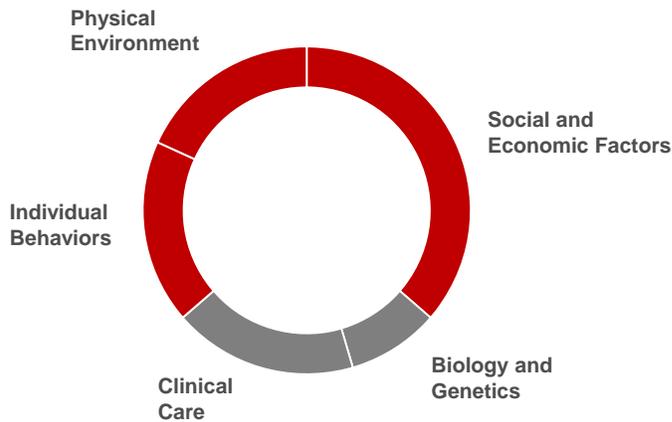


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County Health Rankings & Roadmaps. University of Wisconsin Population Health Institute. Accessed January 2016. Retrieved from <http://www.countyhealthrankings.org/our-approach>

HEALTH + EQUITY

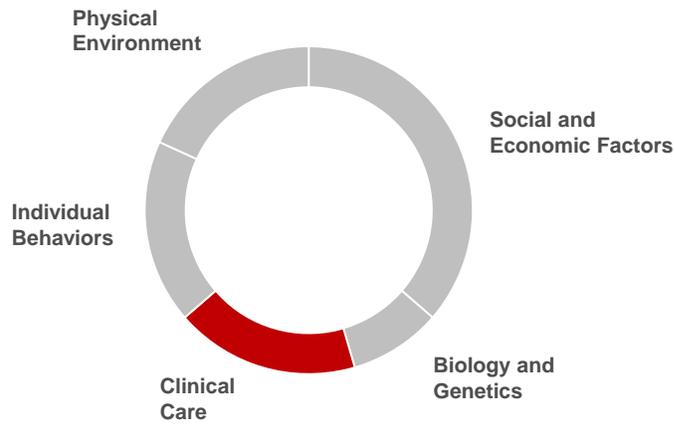
# IMPACT OF ACTIVE TRANSPORTATION



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County Health Rankings & Roadmaps. University of Wisconsin Population Health Institute. Accessed January 2016. Retrieved from <http://www.countyhealthrankings.org/our-approach>

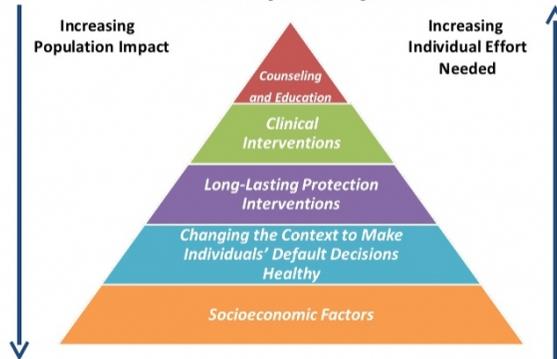
# WHERE \$ IS SPENT



County Health Rankings & Roadmaps. University of Wisconsin Population Health Institute. Accessed January 2016. Retrieved from <http://www.countyhealthrankings.org/our-approach>



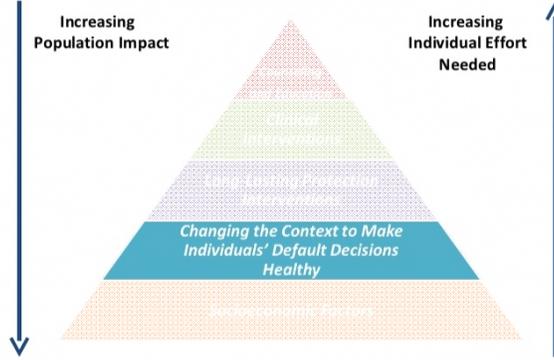
## Health Impact Pyramid



Frieden T. American Journal of Public Health | April 2010, Vol 100, No. 4



## Health Impact Pyramid



Frieden T. American Journal of Public Health | April 2010, Vol 100, No. 4

DMC: City Loop

## 500 CITIES DATA



### Largest 500 US Cities,\* by 2010 Population



Date: 4/29/2016





# HEALTH MEASURES

## 13 HEALTH OUTCOMES

(e.g., coronary heart disease, diabetes, etc.)

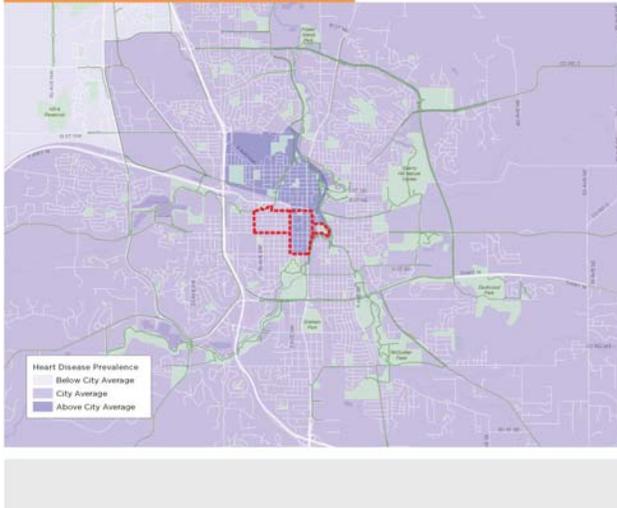
## 5 UNHEALTHY BEHAVIORS

(e.g., no leisure time activity, obesity, etc.)

## 9 PREVENTION PRACTICES

(e.g., health insurance coverage, cholesterol screening, etc.)

### CORONARY HEART DISEASE



**CORONARY HEART DISEASE (CHD)** is leading cause of death in the U.S., with **1 IN EVERY 4 DEATHS** per year caused by CHD <sup>11</sup>.

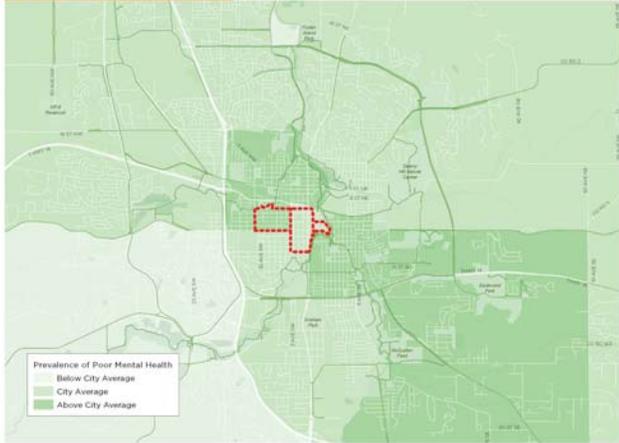
Genetic factors play a role in people's risk for CHD, but a number of risk factors are highly preventable, including diabetes, overweight/obesity, poor diet, and physical inactivity <sup>12</sup>.

Coronary heart disease among adults aged > 18 years



Source: CDC, 2010 Data & 2010 Data, www.cdc.gov/diabetes & www.cdc.gov/diabetes/trust.htm  
11. <http://www.cdc.gov/heartdisease/facts.htm>  
12. <http://www.cdc.gov/heartdisease/facts.htm>

## MENTAL HEALTH



In the U.S. approximately **1 IN 5 ADULTS** experiences a **MENTAL ILLNESS** in a given year, with the majority being anxiety disorders and depression<sup>11</sup>.

Bicycling can improve self-confidence, tolerance to stress, and overall well-being<sup>14</sup> and that thirty minutes a day of moderate intensity physical activity (walking or biking) at least 3 days a week is associated with reduced anxiety, depression, and improved self-esteem and social interaction<sup>15</sup>.

Mental health not good for > 14 days among adults aged > 18 years



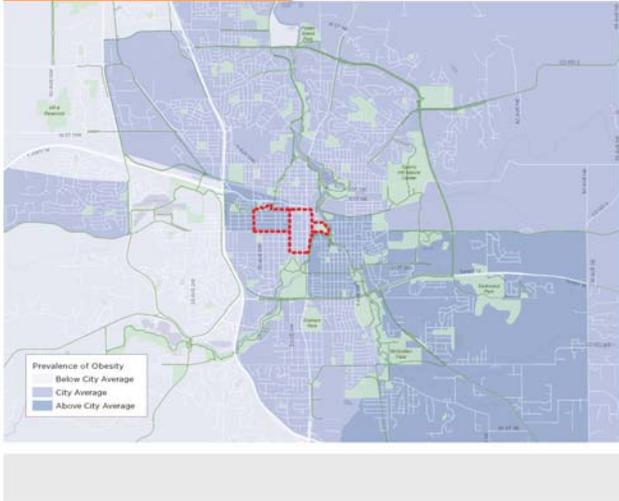
Source: CDC, 100 Cities & BRFSS Data, www.cdc.gov/100cities & www.cdc.gov/brfss/data-research

11. <http://www.nimh.nih.gov/health/statistics/mental-illness-in-america.shtml>

14. <http://www.cyclingforhealth.com/why-bike-and-health.pdf>

15. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470258/>

## OBESITY PREVALENCE



**OBESITY IS A NATIONWIDE EPIDEMIC** that affects over **1/3** of U.S. adult population and approximately **1/5 OF U.S. CHILDREN** (age 2-19)<sup>1,2</sup>.

Obesity is associated with a number of serious chronic illnesses including high blood pressure, high cholesterol, stroke, diabetes, asthma, heart disease, and certain types of cancer<sup>3,4,5</sup>.

Obesity among adults aged > 18 years



Source: CDC, 100 Cities & BRFSS Data, www.cdc.gov/100cities & www.cdc.gov/brfss/data-research

1. <http://www.cdc.gov/obesity/data/adult.html>

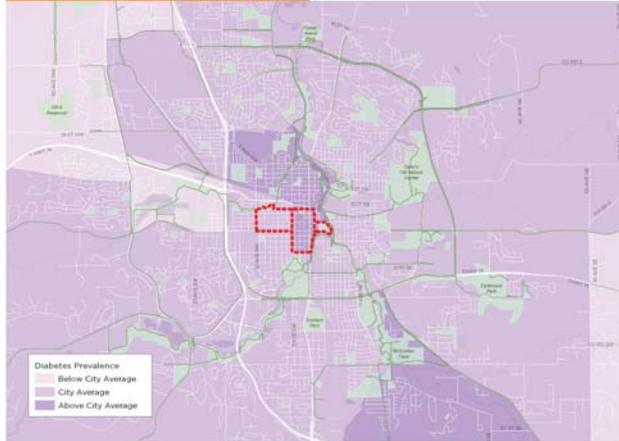
2. <http://www.cdc.gov/obesity/data/child.html>

3. <http://www.hhs.gov/ohr/obesity/obesityandhealth.pdf>

4. <http://www.hhs.gov/ohr/obesity/obesityandhealth/obesityandhealth.pdf>

5. <http://www.cdc.gov/obesity/obesityandhealth/obesityandhealth.pdf>

## DIABETES PREVALENCE

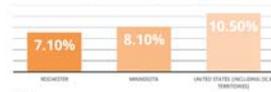


Approximately  
**1 IN 11**  
Americans  
has diabetes  
and it is the  
**7TH LEADING**

**CAUSE OF DEATH IN THE U.S.**<sup>6,7</sup>

The health risks associated with diabetes include heart disease, stroke, blindness, kidney disease, high cholesterol, and permanent lower-extremity nerve damage<sup>8,9</sup>. Thirty minutes of moderate-intensity physical activity has been shown to directly reduce the risk of diabetes by as much as 30-50 percent<sup>10</sup>.

Diagnosed diabetes  
among adults aged > 18 years



Source:  
CDC, 2010 City & State Data: [www.cdc.gov/diabetes/](http://www.cdc.gov/diabetes/) & [www.cdc.gov/diabetes/national/](http://www.cdc.gov/diabetes/national/)  
6. <http://www.cdc.gov/diabetes/national/index.html>  
7. <http://www.cdc.gov/diabetes/national/leading-causes-of-death.html>  
8. <http://www.cdc.gov/diabetes/national/complications.html>  
9. [http://www.heart.org/HEARTORG/Condition/Diabetes/WhyDiabetesMatters/WhyDiabetesMatters\\_UCM\\_002912\\_Article.jsp#aia=0&ai=0](http://www.heart.org/HEARTORG/Condition/Diabetes/WhyDiabetesMatters/WhyDiabetesMatters_UCM_002912_Article.jsp#aia=0&ai=0)  
10. <http://ajph.phaphysiology.org/content/90/11/1531.abstract>

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## USER TYPOLOGIES



ENTHUSED & CONFIDENT



5-10%

INTERESTED BUT CONCERNED

50-60%



30%

NO WAY, NO HOW

1-3%

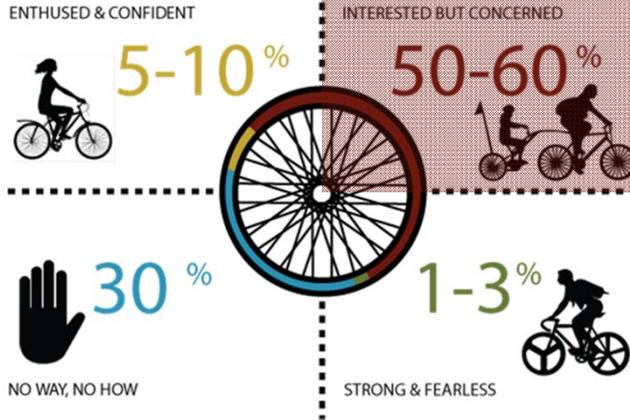


STRONG & FEARLESS





# USER TYPOLOGIES



# LEVEL OF COMFORT



# LEVEL OF COMFORT



Major Street Shared Use Lane

Painted Bicycle Lane

Paint Buffered Bike Lane

Local Street Bikeway

Protected Bike Lane

Off-Street Pathway

Unsuitable for AAA facility

Suitable for AAA facility

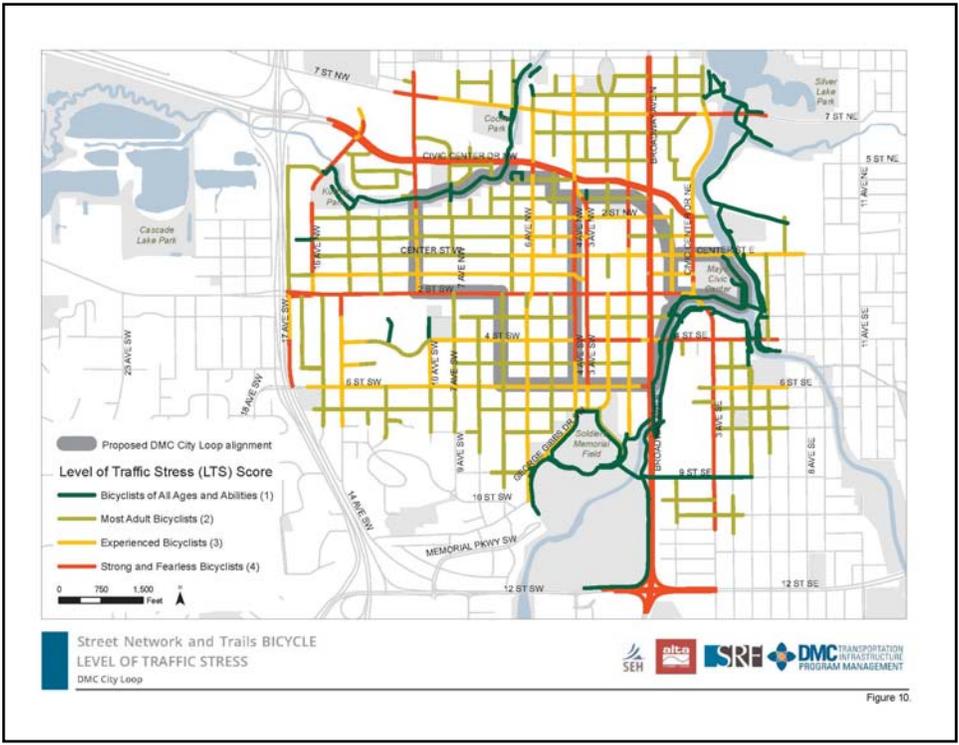


Figure 10.

DMC: City Loop

# DESIGN CONCEPT

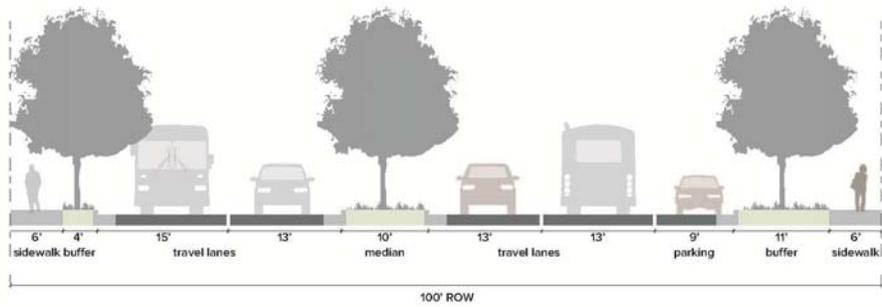


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# DESIGN



EXISTING

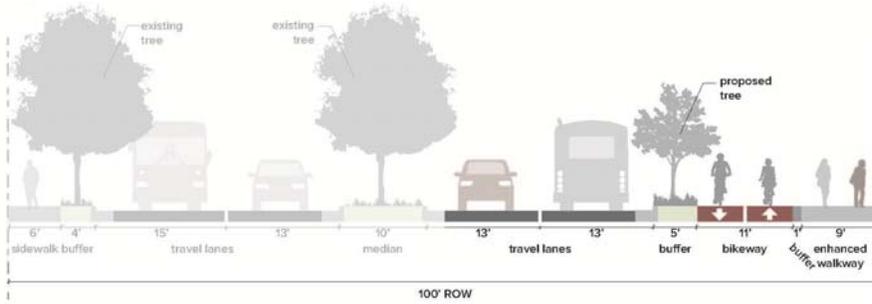


DMC: City Loop

# DESIGN



## PROPOSED

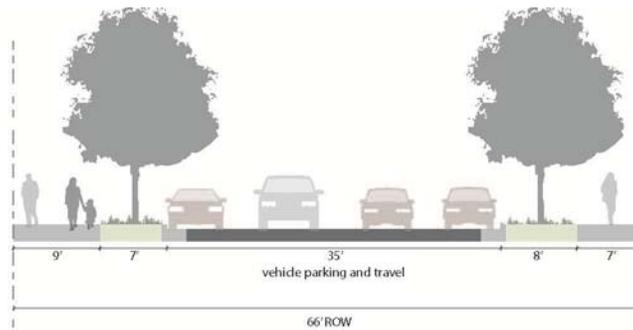


DMC: City Loop

# DESIGN



## EXISTING

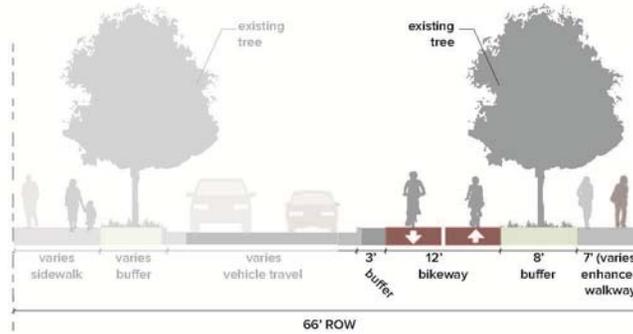


DMC: City Loop

# DESIGN | RESIDENTAL



PROPOSED

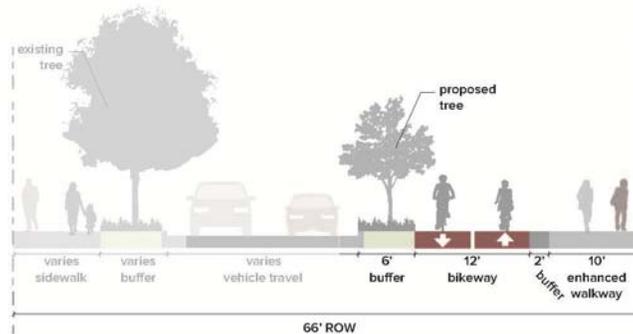


DMC: City Loop

# DESIGN | DOWNTOWN

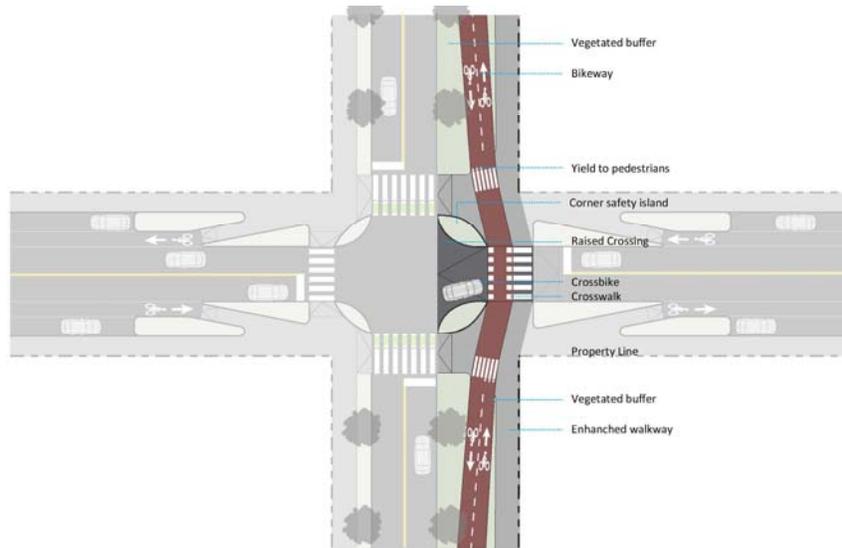


PROPOSED



DMC: City Loop

# INTERSECTION



## Benefits

- Planning for physical activity
- Project prioritization
- Design accountability
- Coordinated efforts
- Validates investment





**THANK YOU!**

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206-556-2283