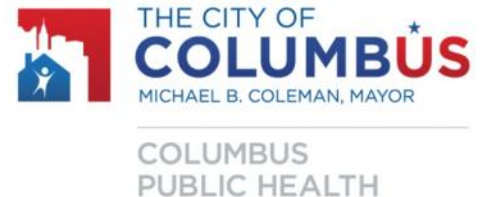




Planning for Health:

The Healthy Places Program at Columbus Public Health

Scott Ulrich
Healthy Places Coordinator
Office of Chronic Disease Prevention
Division of Neighborhood Health





About Me

- Geography undergrad
- 2010 OSU MCRP Grad
- ACP Visioning+Planning / planningNEXT
- NYC
- Franklin County Planning
- Columbus Public Health



THE HEALTHY PLACES PROGRAM



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH

Planning & Public Health



A DETROIT TENEMENT.
(Engraved from a Photograph by Anthony.)

- Emerged together to fight infectious diseases
- Need to come together again to fight chronic diseases
- Both industries are evolving to accomplish this goal together





About Healthy Places

- Created in 2006
- Urban Planning + Public Health
- Place-based interventions
- Chronic disease prevention
- Increasingly popular and effective
- Top-down + Bottom-up



PUBLIC HEALTH & THE BUILT ENVIRONMENT

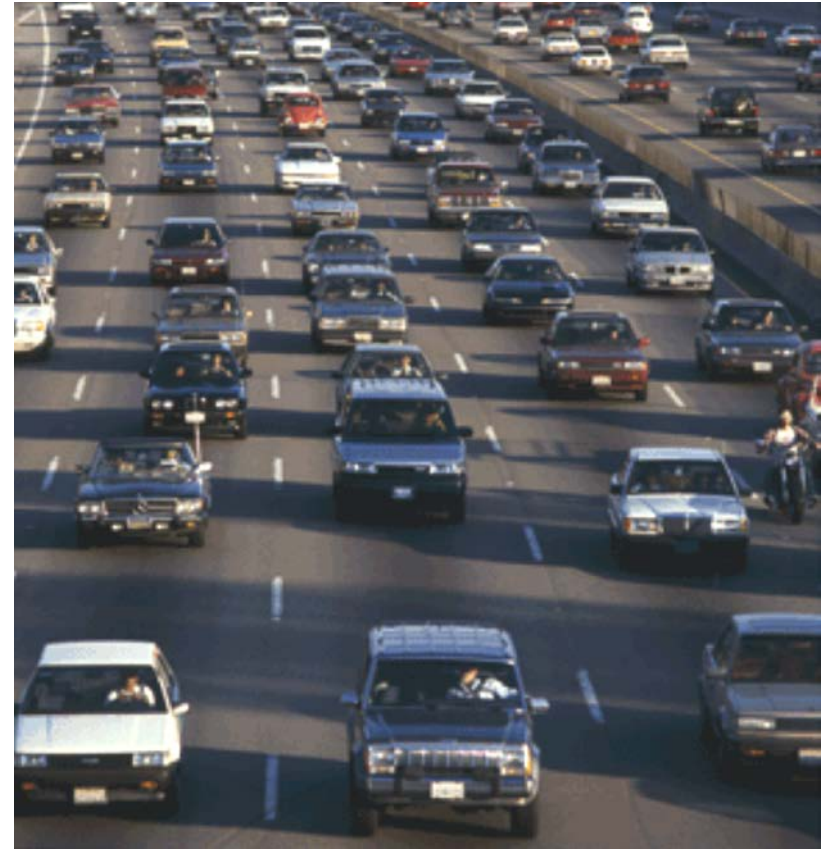


THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH



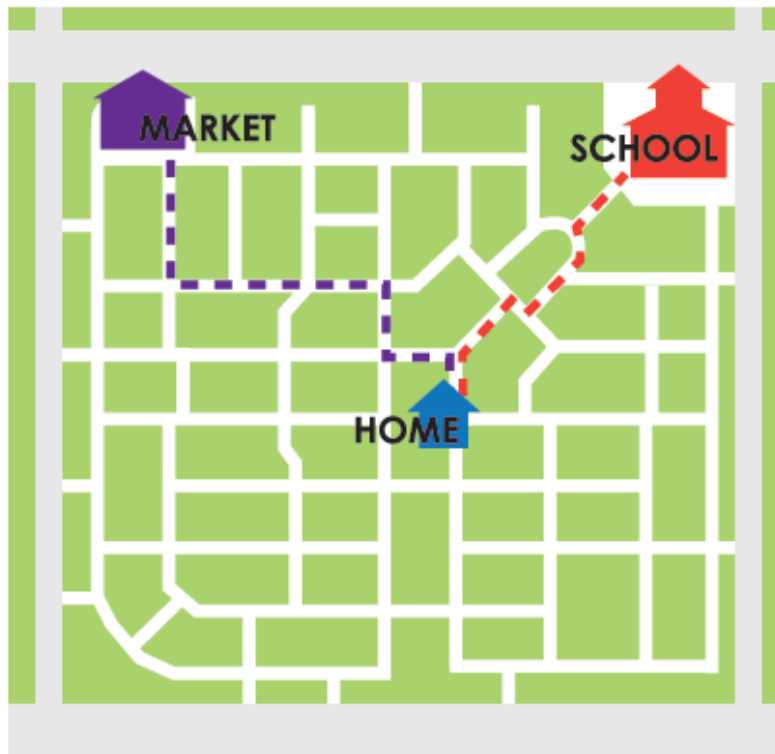
The Built Environment Matters...



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

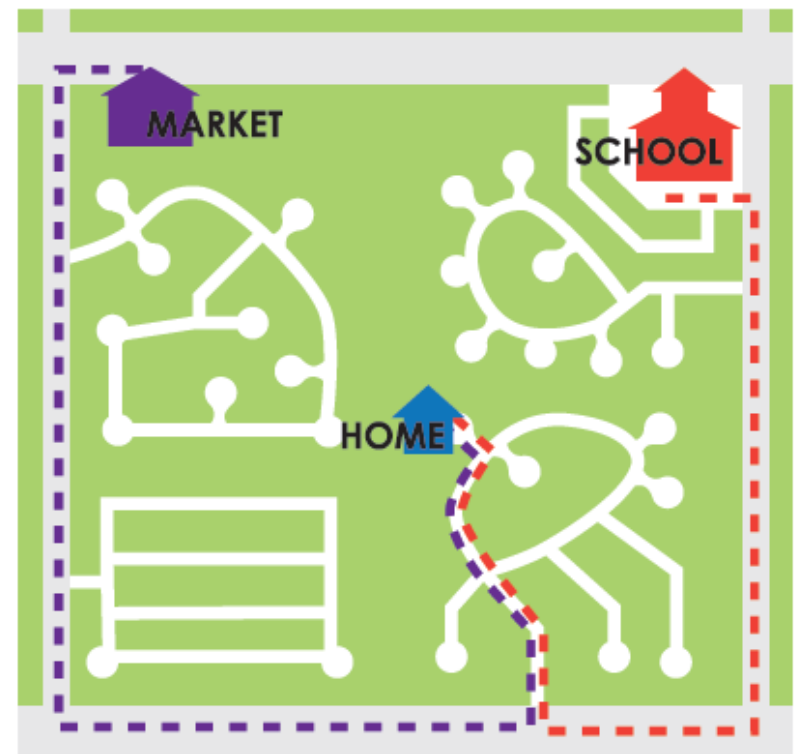
COLUMBUS
PUBLIC HEALTH

Activity Engineered Out of Daily Life



GOOD STREET CONNECTIVITY

vs.



LACKING STREET CONNECTIVITY



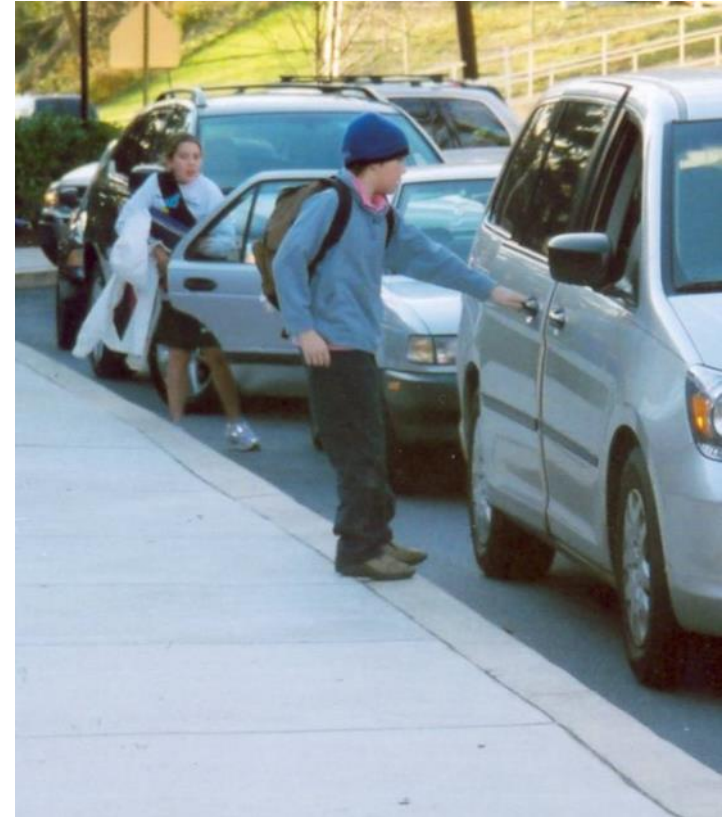
THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH



Engineering Impacts Choice

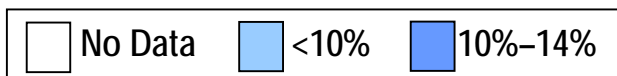
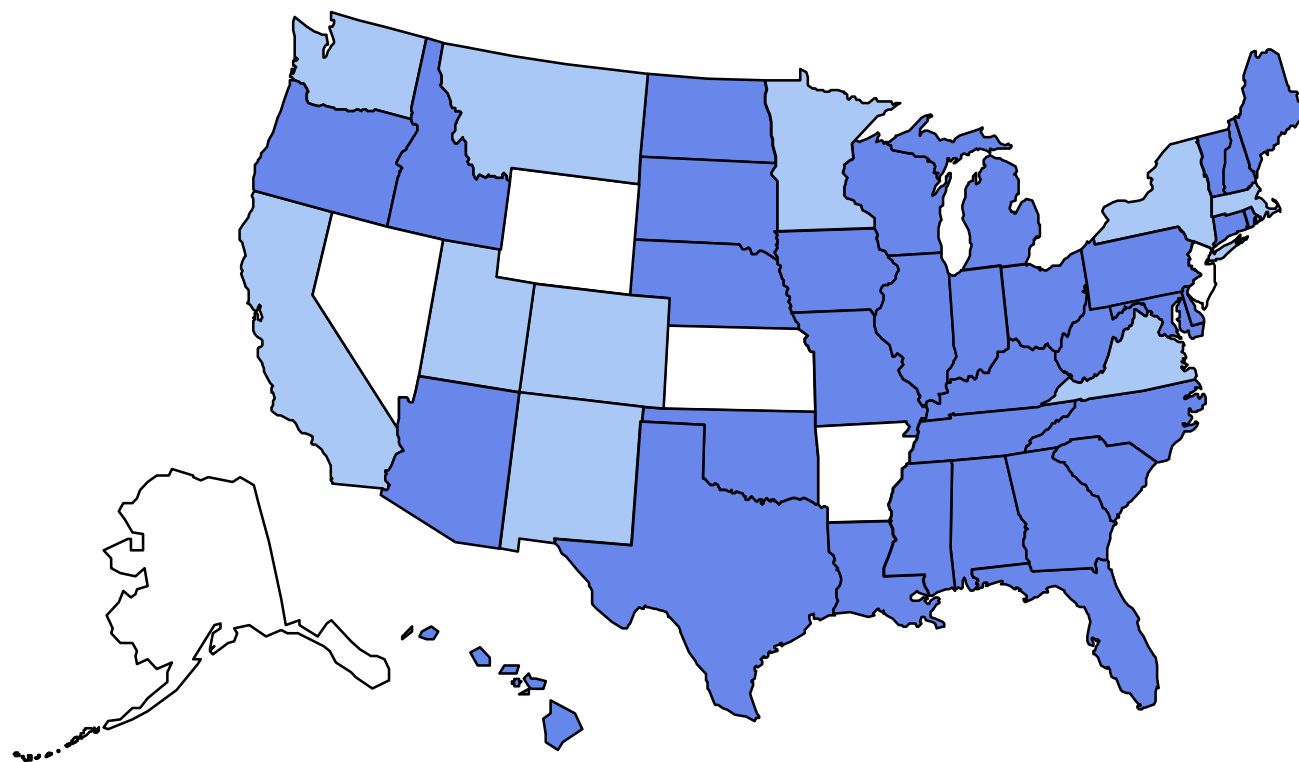
- 1969: 42% of kids walked to school
- 2001: 16% of kids walked to school
- 25% of all trips people make are one mile or less (walking distance), yet 9 out of 10 of these trips are by car
- More than 60% of all trips are 5 miles or less (biking distance), but fewer than 1% are by bicycle



Obesity Trends* Among U.S. Adults

BRFSS, 1990

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



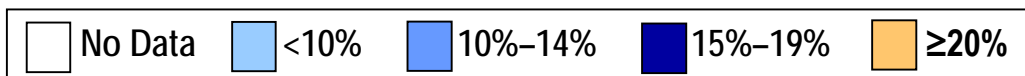
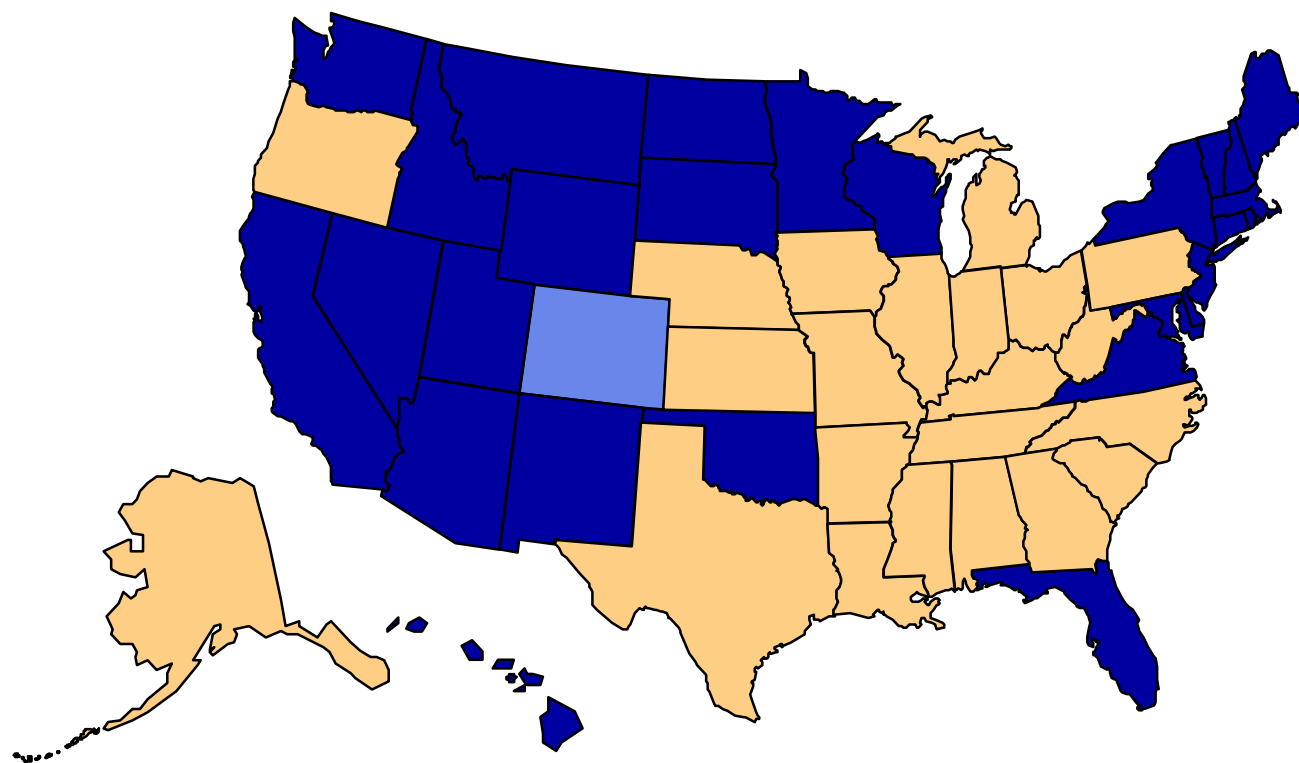
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 2000

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



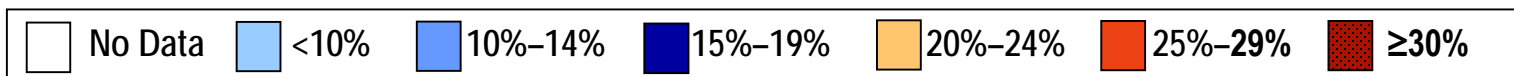
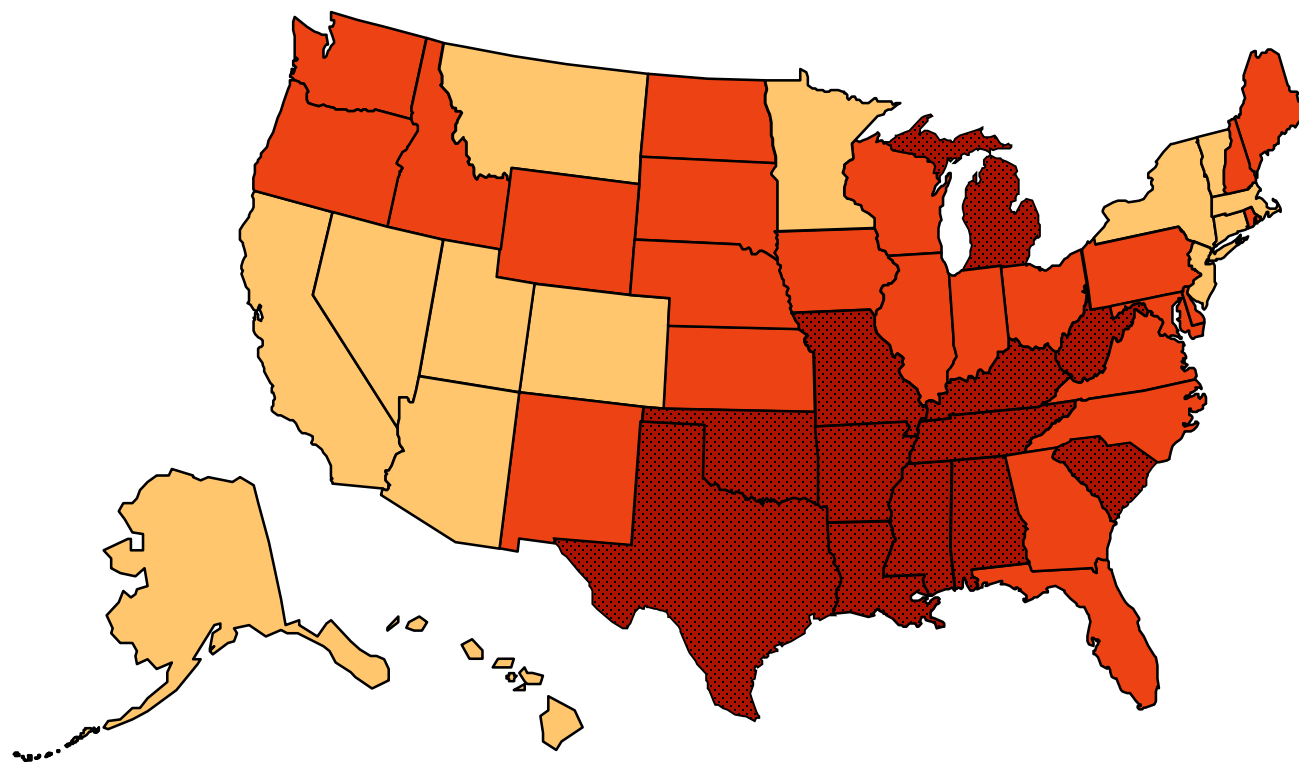
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 2010

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Source: Behavioral Risk Factor Surveillance System, CDC.





Obesity Trends in Franklin County

- 2/3 of adults are overweight or obese
- 1/3 of 3rd graders are overweight or obese
- **Only 1/3 of people get the recommended amount of physical activity**





Risks of Physical Inactivity

- **Obesity:** Adult obesity has doubled from 1980 to 2002; childhood obesity has tripled.
- **Diabetes:** One third of children born in 2000 will be diagnosed with diabetes.
- **Heart disease:** The leading cause of death in the U.S. and in Columbus.
- **Traffic crashes:** The leading cause of death among Americans age 5-35.





Physical Activity

...makes a difference

- Prevents or reduces obesity, heart disease, diabetes, cancer, and premature mortality.
- 9 cancers are associated with physical inactivity.
- 29% of transit users get 30+ minutes of activity per day.



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH



Economic Consequences

- Healthcare will require an investment of over **\$9,000 per person** in 2014 – that's higher than any other country.
- The U.S. adult obesity rate could reach **43%** by 2018, generating **\$344 billion** annually in health care costs.

\$147 billion

Annual cost of the U.S. obesity epidemic

75% Percentage of U.S. health expenditures attributed to treating chronic disease

19.2% Projected percentage of U.S. GDP that will be spent on health care by 2020, up from 7.2% in 1970

\$5.6 billion

Annual U.S. health care costs related to obesity that could be saved if one in ten adults started a walking program

Sources: U.S. Centers for Disease Control and Prevention; U.S. Centers for Medicare & Medicaid Services; Alliance for Biking and Walking.



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH



Social Equity



How do we prioritize
and plan for the people
who need our help the
most?

Social Equity

Disproportionately affects:

- Low-Income
- Minorities
- Children & Elderly

In terms of:

- Access
- Mobility
- Safety
- Affordability



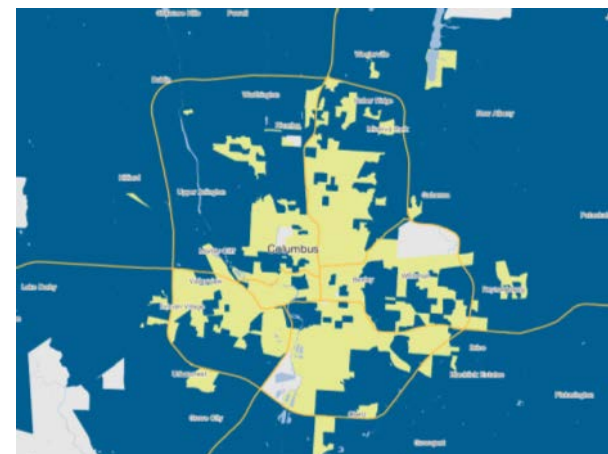
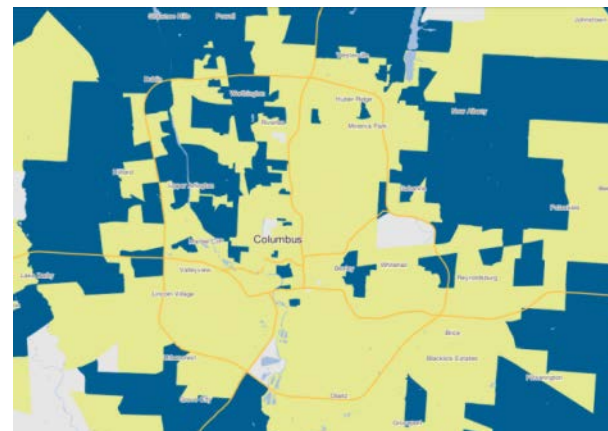
THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH

Social Equity

Affordability:

- Housing cost vs. Housing+Transportation costs
- Housing is #1 largest household expenditure, but transportation is #2



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH



PLANNING FOR A HEALTHY COMMUNITY



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH



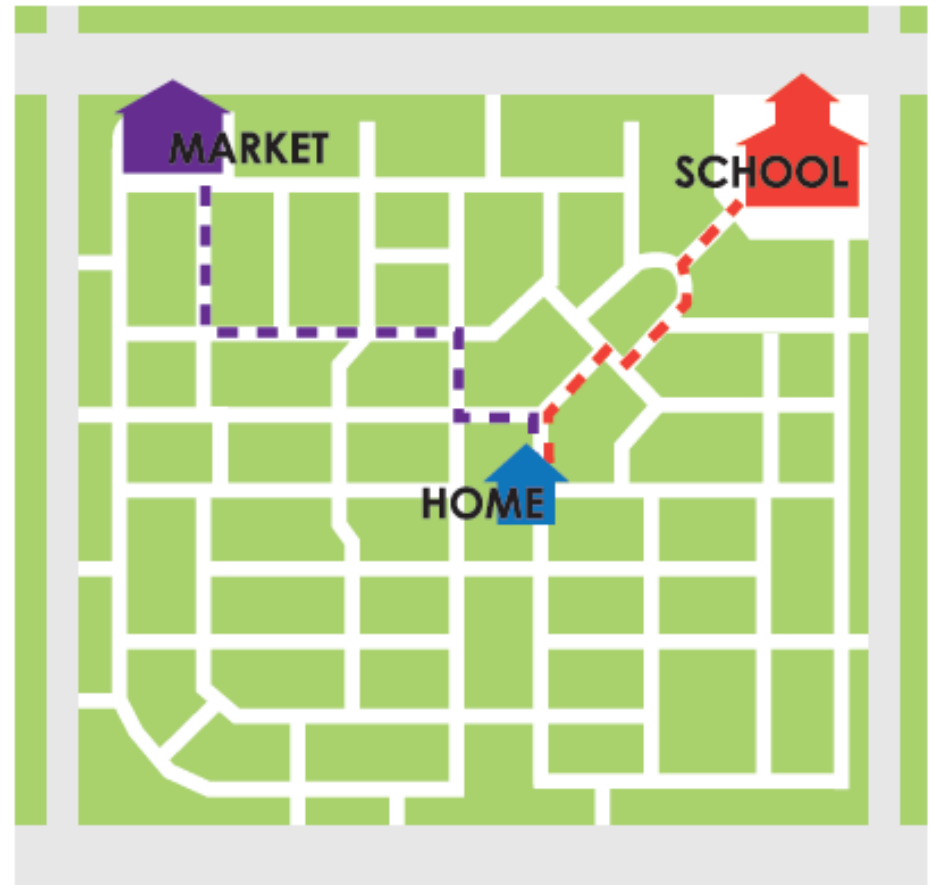
Cross-Cutting Issues

- Land Use
- Transportation
- Parks & Recreation
- Environment (Air + Water Quality)
- Food Production + Access
- Education
- Housing



Land Use + Community Design

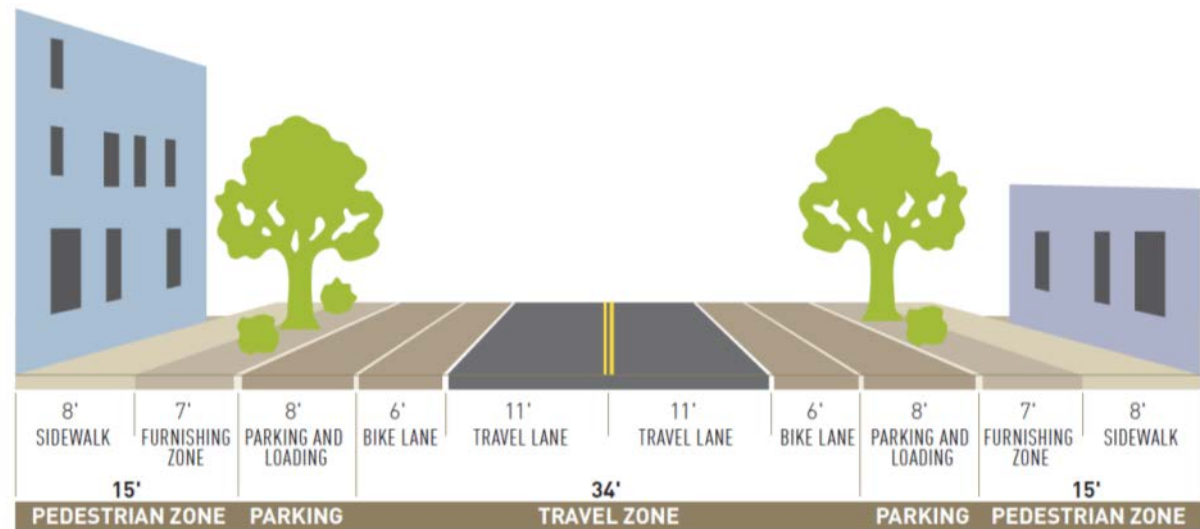
- Compact pattern
- Mix of uses
- Mix of housing
- Jobs-Housing balance
- Accessible destinations



Complete Streets

Safely accommodate ALL users:

- Pedestrians
- Bicyclists
- Transit riders
- Motorists



Source: SERA Architects.



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH



Parks & Recreation

- Greenways and multi-use trails
- Playgrounds
- Pools
- Athletic fields
- Recreation centers
- Programming



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH



Healthy Food Access

- Grocery Stores
- Farmers Markets
- Corner Stores
- Urban Farms
- Community Gardens



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH



Environmental Quality

- Air Pollution
- Water Supply
- Wastewater Disposal
- Stormwater Management
- Green Infrastructure
- Climate Change



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH



OUR APPROACH



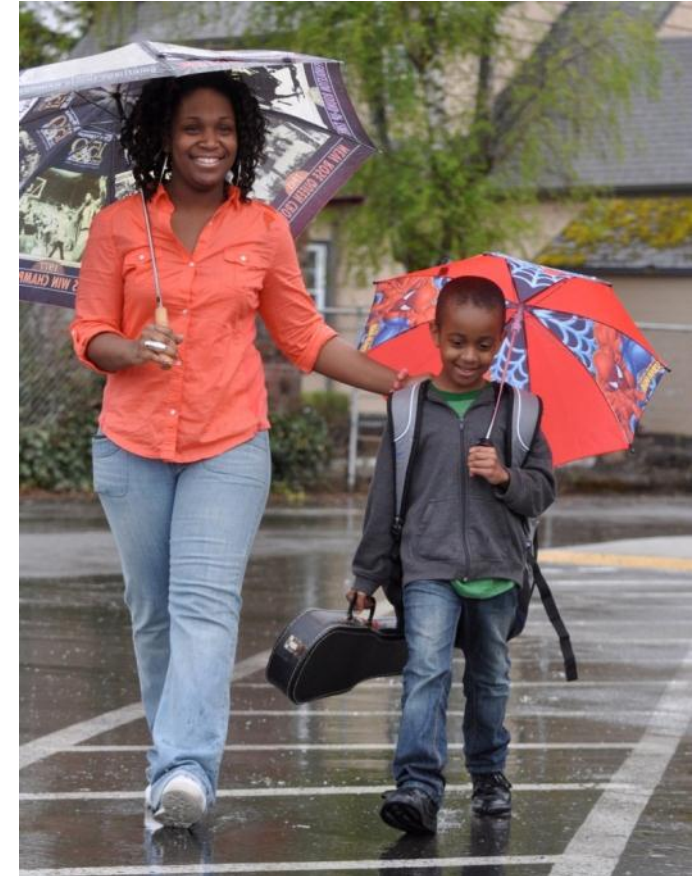
THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH



Walkability Assessments

- AKA: Walk Audits
- Survey-based
- Barriers & Opportunities
- Community-driven
- Empowerment



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH

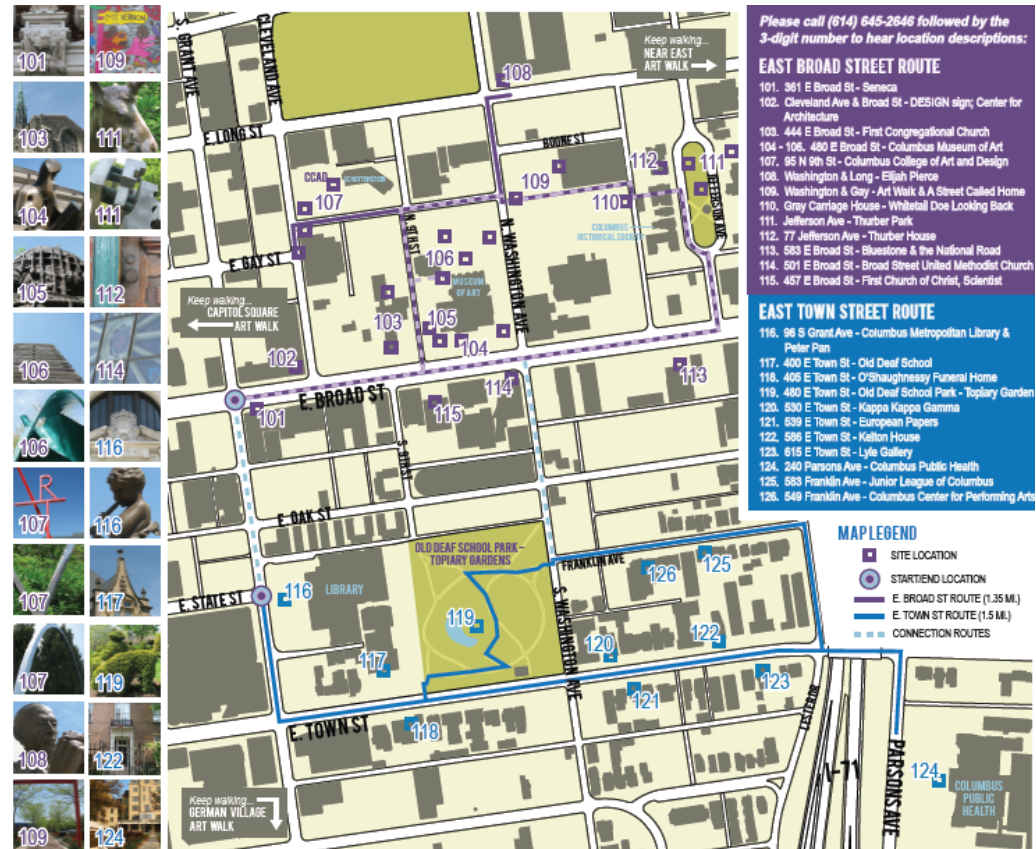
Neighborhood Walking Maps

- Outcome of Walk Audits
- “Where to Walk”
- Points of Interest
- Varying lengths
- Available at community centers and local destinations



Columbus Art Walks

- Self-guided
- Audio portion
- Mobile App
- Landmark Talks
- Bike Tours!
- Partners & Grants



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH

Walk With A Doc

- New spin on walking clubs
- Physician-led walk & talk
- Partner with local hospitals
- 4 locations – N,S,E,W
- City parks with walking paths





Bicycle Planning

- Bicycle Advisory Committee
- Bike Share Steering Committee
- Bike 2 Work Day and other rides
- Share the Road education



Community Design Review

- Intervention in zoning process
- Active living features in new development
- Successes
- Limitations



Health Impact Assessment

- Health considered in all Policies/Plans/Projects
- Neighborhood Plans
- Safe Routes to School Travel Plan
- Evolving practice

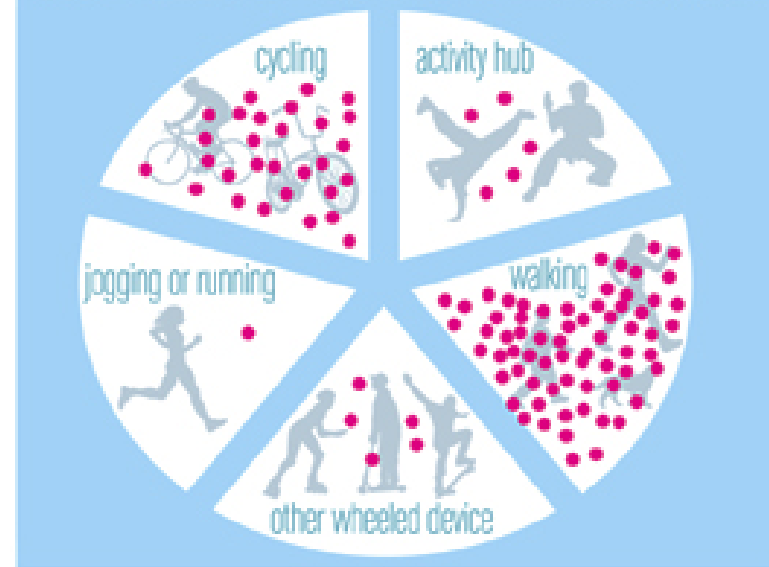


Open Streets Columbus



What do people do at Open Streets?

Open Streets participants could place a sticker on a poster we made to tell us what their main activity was:



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH



PLAN4HEALTH INITIATIVES

Safe Routes to School

- District-Wide School Travel Plan
- Infrastructure
- Non-Infrastructure
- Health Impact Assessment



Safe Routes to School

- Walking School Buses
- Bicycle Rodeos
- Bike racks
- PE curriculums
- Volunteer recruitment & HS student mentors
- **Relationship building**





Health Impact Assessment

Connect Columbus **Thoroughfare Plan**

- Complete Street Design Guidelines
- Multi-modal LOS
- Priority networks
- Access Management





Health Impact Assessment

HIA Goals:

- Increase walking, biking & transit
- Reduce air pollution and injury crashes
- Access to schools, parks & healthy food
- Integrate **equity**





Health Impact Assessment

Safe Routes For Everyone To Everywhere



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH

Bike Friendly Businesses

- Policies & Amenities
- Employer outreach
- Leading by example
- Healthy Ohio Business Council
- Chamber & SIDs
- GreenSpot



Bike Friendly Businesses

- Yay Bikes
Buddy Rides
- Policy +
Programming
Partnerships



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH

Central Ohio Greenways

- Increased trails and trail usage for transportation and recreation
- MORPC



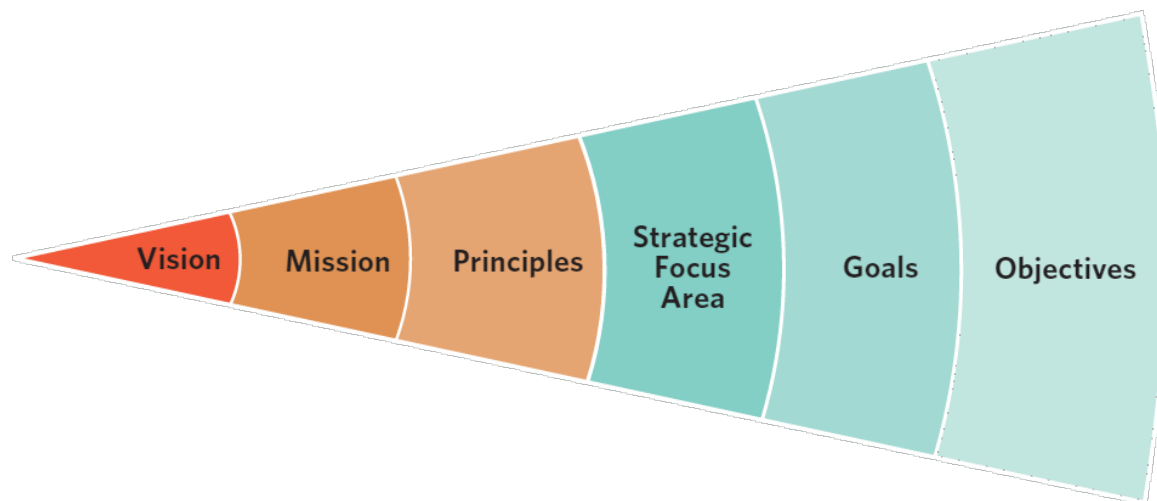
THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH

Central Ohio Greenways

Strategic Planning Process & Working Groups

- Trail Development
- Partnerships
- Marketing
- Programming



RESOURCES



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH

Transportation



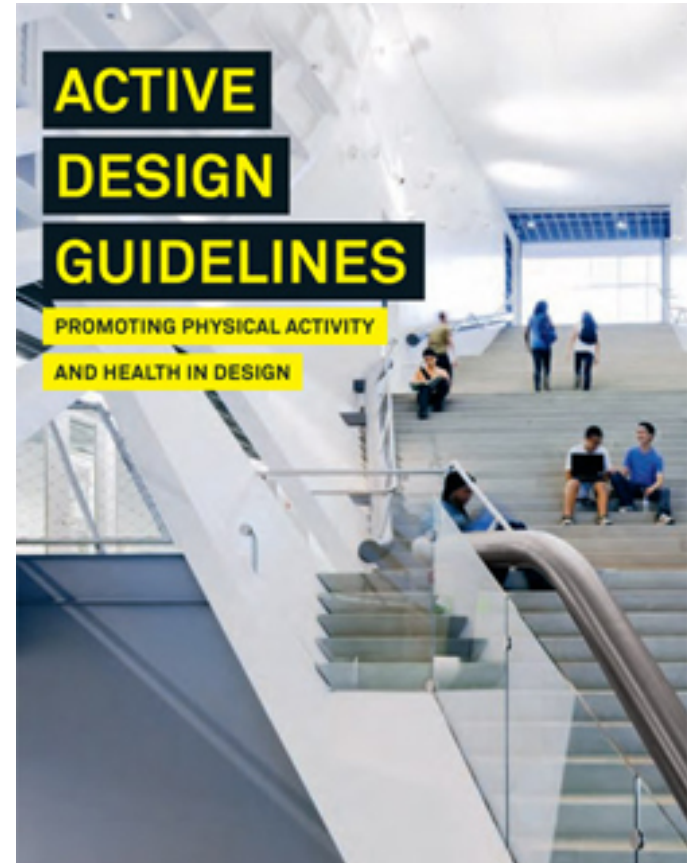
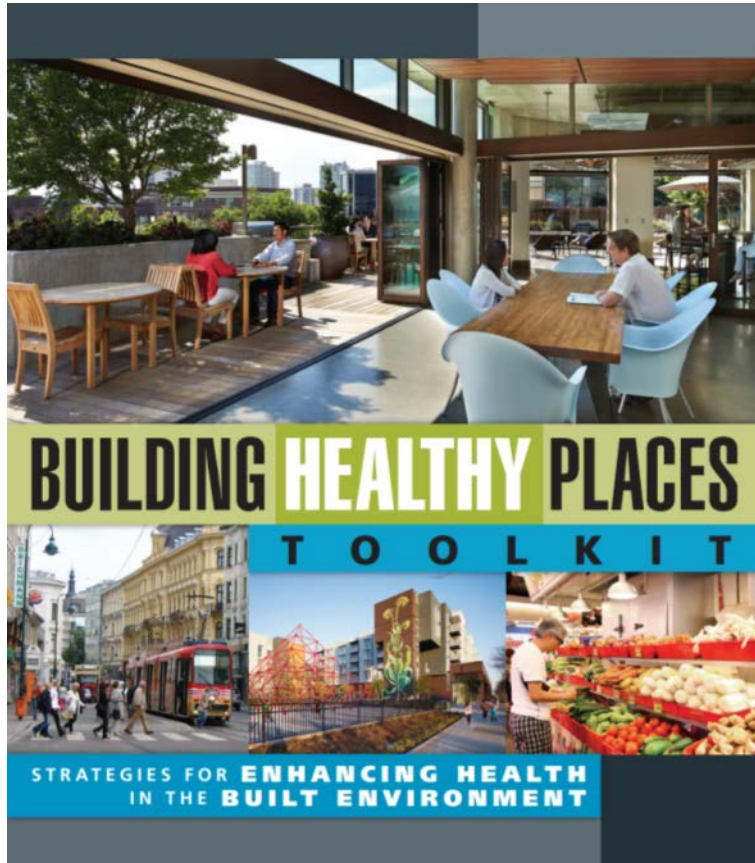
Surgeon General's Call to Action on Walkability

Mayor's Challenge for Safer Streets



CDC+USDOT
Transportation & Health
Tool

Development



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH

American Planning Association

HEALTHY PLAN MAKING



SAFE ROUTES TO PARKS



**HEALTH & GREEN
INFRASTRUCTURE**



In The Development Review Process



**PLANNING FOR FOOD ACCESS AND
COMMUNITY-BASED FOOD SYSTEMS**



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH



Final Thoughts

- Plan with people in mind
- Be advocates...from within
- Build relationships
- Bring something to the table
- Practice what you preach

QUESTIONS?

ASSIGNMENT



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH

MAPS-Mini Walk Audit Tool

Microscale Audit of Pedestrian Streetscapes (MAPS), Mini Version

Crossing

Intersection of _____ &

Crossing from N S E W to N S E W

1. Is a pedestrian walk signal present?
☐ No ⁽⁰⁾
☐ Yes ⁽¹⁾
2. Is there a ramp at the curb(s)?
☐ No ⁽⁰⁾
☐ Yes, at one curb only ⁽¹⁾
☐ Yes, at both pre-crossing and post-crossing curbs ⁽²⁾
3. Is there a marked crosswalk?
☐ No ⁽⁰⁾
☐ Yes ⁽¹⁾

Segment: *Count one (your) side of the street*

Street _____ Side N S E W

Starting Cross-street: _____

Ending Cross-street: _____

1. Type: Residential ⁽⁰⁾ / Commercial ⁽¹⁾
2. How many public parks are present?
☐ 0 ☐ 1 ☐ 2 or more
3. How many public transit stops are present?
☐ 0 ☐ 1 ☐ 2 or more
4. Are there any benches or places to sit (include bus stop benches)?
☐ No ⁽⁰⁾ ☐ Yes ⁽¹⁾
5. Are street lights installed?
☐ None ⁽⁰⁾ ☐ Some ⁽¹⁾ ☐ Ample ⁽²⁾
6. Are the buildings well maintained?
☐ 0-99% ⁽⁰⁾ ☐ 100% ⁽¹⁾
7. Is graffiti/tagging present (do not include murals)?
☐ No ⁽¹⁾
☐ Yes ⁽⁰⁾
8. Is there a designated bike path?
☐ No ⁽⁰⁾ ☐ Painted line ⁽¹⁾ ☐ Physical barrier ⁽²⁾
9. Is a sidewalk present? *If no, skip to 12*
☐ No ⁽⁰⁾ ☐ Yes ⁽¹⁾
10. Are there poorly maintained sections of the sidewalk that constitute **major trip hazards**?
(e.g. heaves, misalignment, cracks, overgrowth, incomplete sidewalk)
☐ None ⁽¹⁾ ☐ Any/no sidewalk present ⁽⁰⁾
11. Is a buffer present?
☐ No/no sidewalk present ⁽⁰⁾ ☐ Yes ⁽¹⁾
12. What percentage of the length of the sidewalk/walkway is covered by trees, awnings or other overhead coverage?
☐ 0-25% / no sidewalk ⁽⁰⁾ ☐ 26-75% ⁽¹⁾ ☐ 76-100% ⁽²⁾

Score = Total Points ____/21 = ____%



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH

MAPS-Mini Walk Audit Tool

- Choose 1 street segment
(length between 2 intersections)
- Choose 1 side of the street
(if you have time, do the other side of the street on your way back)
- Follow the Field Guide
(for judgement calls, decide as a group)

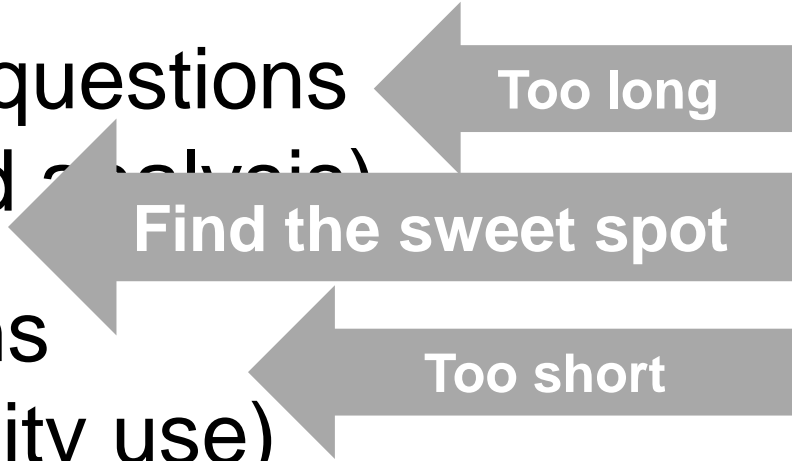


MAPS-Mini Walk Audit Tool

- MAPS Full: 120 questions
(researchers only)
- MAPS Abbreviated: 60 questions
(research and advanced analysis)
- **MAPS Mini: 15 questions
(advocacy and community use)**



MAPS-Mini Walk Audit Tool

- MAPS Full: 120 questions
(researchers only)
- MAPS Abbreviated: 60 questions
(research and advanced analysis) 
- MAPS Mini: 15 questions
(advocacy and community use)



MAPS-Mini Walk Audit Tool

Questions to be thinking about:

- What's missing from MAPS-Mini? What did you keep wanting to report but didn't find on the survey tool?
- Did you find public realm (streets/sidewalks) mattered more or less to you than private realm (buildings/parking lots)? Why?
- What issues do you think would be more important to community members as opposed to planners?





STUlrich@columbus.gov

Scott Ulrich
Healthy Places Coordinator
Office of Chronic Disease Prevention
Division of Neighborhood Health

