

# Healthy by Design:

*The origins and future of City Living*

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District of Columbia Office of Planning

Active Living Research Conference 2008



## Connections between Community Design & Health

- **Related to automobile dependency**

- ↑ air pollution
- ↑ climate change contribution
- ↑ traffic-related injuries

- **Related to land use**

- ↓ physical activity
- ↓ water quantity and quality
- ↑ heat island effect

- **Related to social processes**

- ↓ mental health impact
- ↓ social capital



# The Challenges Ahead

- Growing Traffic Congestion
- Rising Energy Prices
- Shifting Demographics
  - Age
  - Household Size
- Environmental Constraints
  - Stormwater
  - Air Quality
  - Climate
- Declining Health, Obesity
- Growing Economic Disparities
- Competition from the Suburbs, Other Regions

# Why do we plan?

*Planning helps to answer key questions facing the District:*

- Where should the District invest its capital resources?
- How can the private sector invest in neighborhoods?
- How will people get around the city?
- How will we resolve the affordable housing crisis and increase housing choices?
- How can we ensure that District residents have access to the thousands of new jobs we are expecting?
- How will the character of our neighborhoods be conserved and improved?
- How can we improve health outcomes, quality of life, and well-being outcomes for DC residents?
- How do we provide more convenient, higher quality retail choices?
- How can we reduce storm water runoff into the Potomac & Anacostia Rivers?
- How can we improve public safety with more “eyes on the street”?

# Attributes of a Globally Competitive City/Region



## Green and Sustainable Development Practices

**Example:** Hines LEED-certified development at Old Convention Center site



## Shared Social and Economic Prosperity

**Example:** City Vista (under construction); 20% affordable housing at 20-80% AMI



## Quality Environments and Access to Nature

**Example:** Proposed Canal Blocks Park, Capitol Riverfront SE

# Attributes of a Globally Competitive City/Region



## Distinctive Neighborhoods and Districts

**Example:** Southeast / Capitol Riverfront Plan



## Multiple Transportation Options, Including Transit

**Example:** DC Circulator and Great Streets Program



## A Walkable Urbanity

**Example:** Proposed Eye Street, Hines development at Old Convention Center

# Diversifying Transportation

- Biking

  - Paris SmartBikes

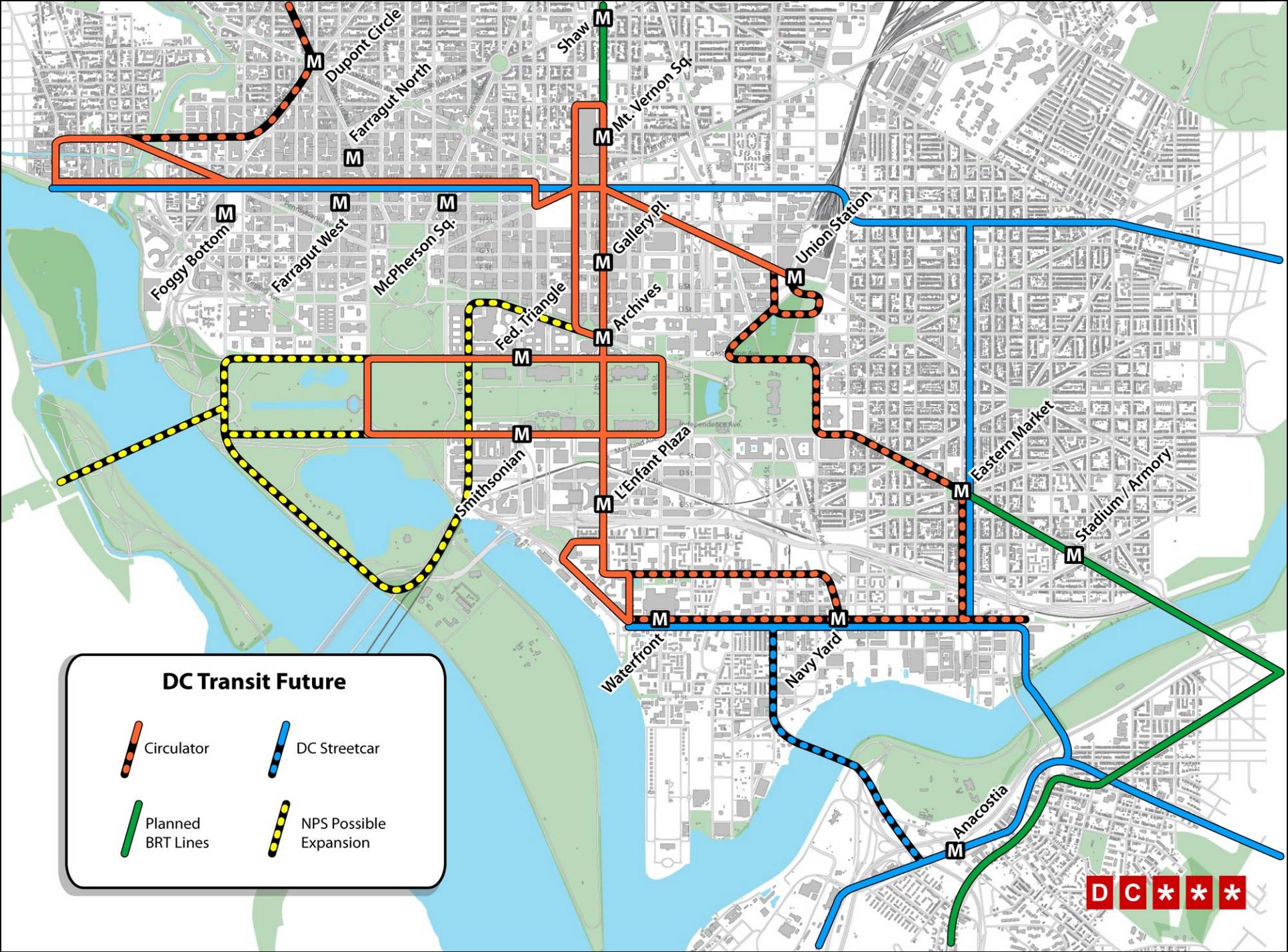
  - ...Coming to DC in 2008

  - Bike Lanes – 26 miles -- > 60

- Car Sharing

  - 700+ cars in 26 DC Neighborhoods

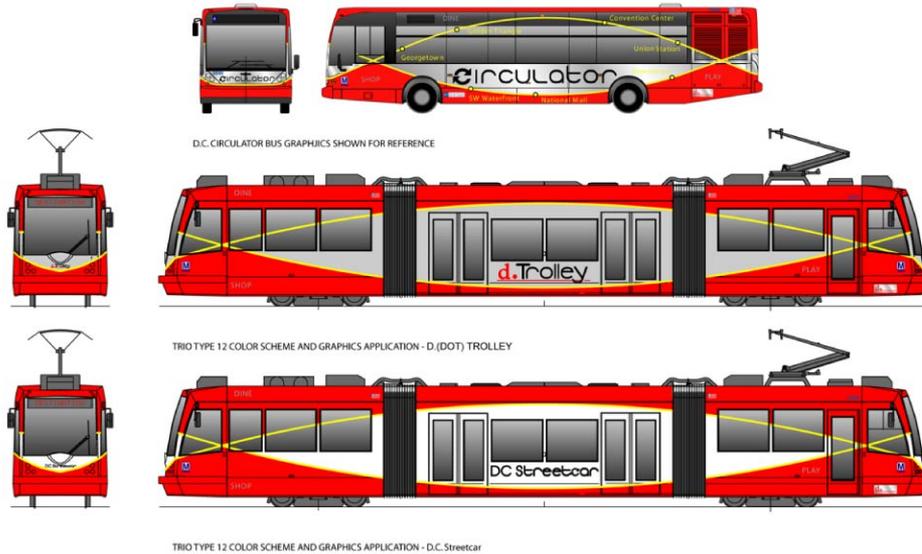


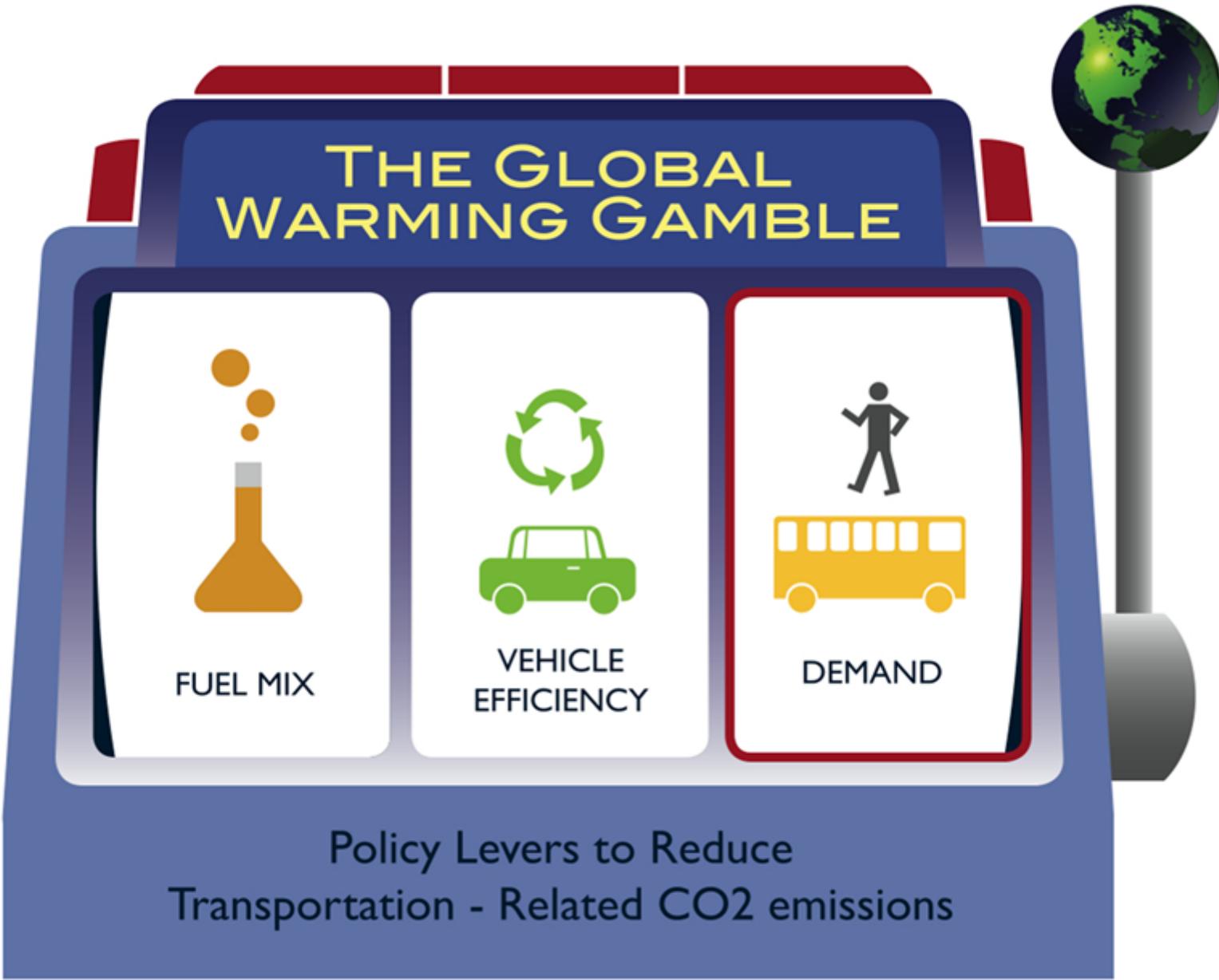


### DC Transit Future

	Circulator		DC Streetcar
	Planned BRT Lines		NPS Possible Expansion

# DC Streetcars are designed and undergoing tests in Europe





# THE GLOBAL WARMING GAMBLE



FUEL MIX



VEHICLE  
EFFICIENCY



DEMAND

Policy Levers to Reduce  
Transportation - Related CO<sub>2</sub> emissions

# Walkable Urbanity

Many parts of the District are designed to encourage walking and active lifestyles:

- Compact Development
- Interesting streetscape & public realm
- Notable Historic Character
- Great destinations including shopping districts, parks and recreation centers
- Safe pathways



# Types of Walking

- Rambling
- Utilitarian Walking
- Strolling, Lingerin
- Promenading
- Special Events



# How could we walk more?

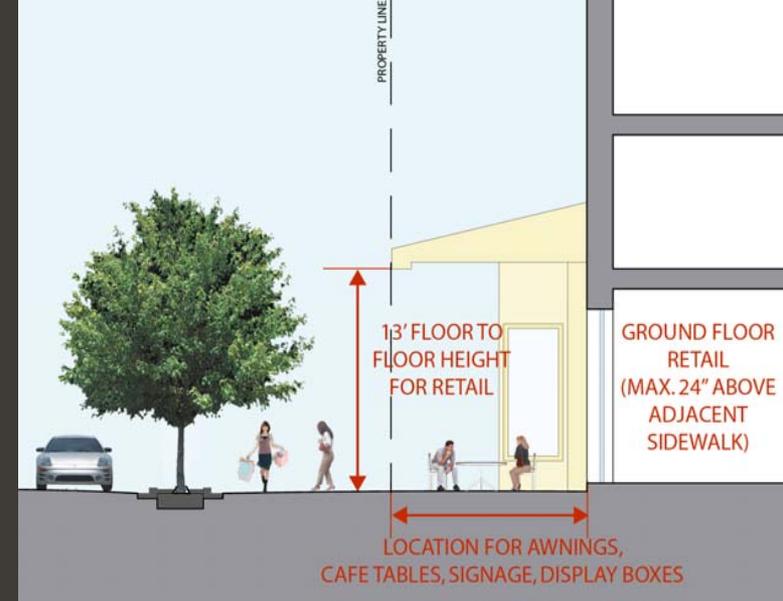
- Half the trips we make are less than three miles;
- 40 percent are less than two miles;
- 28 percent are less than one mile ;  
and
- 13.7% are less than a half mile.
- ***Yet 75 percent of trips of less than one mile are made by car.***



Sources: National Household Travel Survey, 1995. 2001-2002, US FHA; National Walking and Bicycling Study, Environmental Building News, Aug 2007, Driving to Green Buildings: The

# How could we walk more?

- The average US citizen takes about 1,500 daily trips a year.
  - 45 percent of daily trips are taken for shopping and errands
  - 27 percent of daily trips are social and recreational, such as visiting a friend
  - 15 percent of daily trips are taken for commuting



Sources: National Household Travel Survey, 1995, 2001-2002, US FHA; National Walking and Bicycling Study, Environmental Building News, Aug 2007, Driving to Green Buildings: The

# Walkscore.com

Multiple Choices all within a mile walk...

- Grocery
- Schools
- Parks
- Libraries
- Fitness
- Drugstores
- Hardware
- Clothing
- Restaurants
- Bars
- Theaters

1200 NY Ave = 100

**Walk Score™** Find a great neighborhood.

Why Walking Matters | Walkable Neighborhoods | How It Works | How It Doesn't Work | Real Estate Tile | Blog

Please type an address  
**Address:** 1200 New York Avenue NW  **United States**

**Walk Score: 100** out of 100  Worst  What it means

**Expand all**

<b>Grocery Stores</b>	
Food Partners	0.06 Mi
<b>Restaurants</b>	
Bobby Van's Grill	0.01 Mi
<b>Coffee Shops</b>	
Coffee Espresso	0.07 Mi
<b>Bars</b>	
Capitol City Brewin	0.07 Mi
<b>Movie Theaters</b>	
Children's Theater	0.24 Mi
<b>Schools</b>	
Carnegie Mellon Uni	0.01 Mi
<b>Parks</b>	
Franklin Park	0.17 Mi
<b>Libraries</b>	
Boma International	0.01 Mi
<b>Bookstores</b>	
Curiosity Bookstore	0.05 Mi
<b>Fitness</b>	
Fitness Co	0.09 Mi
<b>Drug Stores</b>	
Sterling Drugs	0.07 Mi
<b>Hardware Stores</b>	
Arab American Chamb	0.16 Mi
<b>Clothing &amp; Music</b>	
Payless Shoe Source	0.17 Mi

**What's My House Worth?**  
HouseValues' free service helps you determine the value of your home.

**ShortSale Secret Revealed**  
Step-by-Step Guide To Getting Banks To Discount Properties by 40%!

Ads by Google

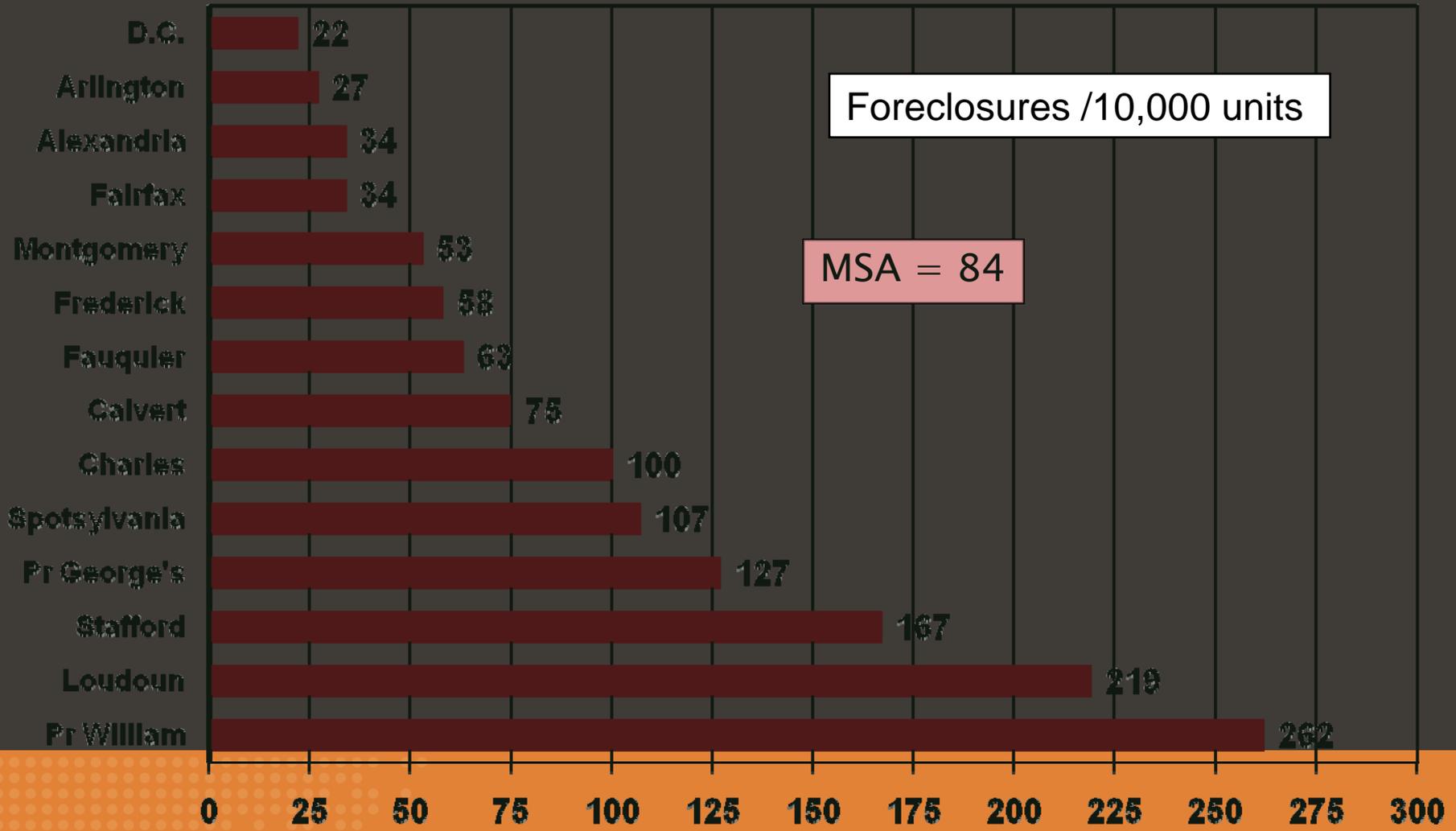
Map Satellite Hybrid

Washington

**What is Walk Score?** We help homebuyers, renters, and real estate agents find houses and apartments in great neighborhoods. Walk Score shows you a map of what's nearby and calculates a Walk Score for any property. Buying a house in a walkable neighborhood is good for your health and good for the environment.

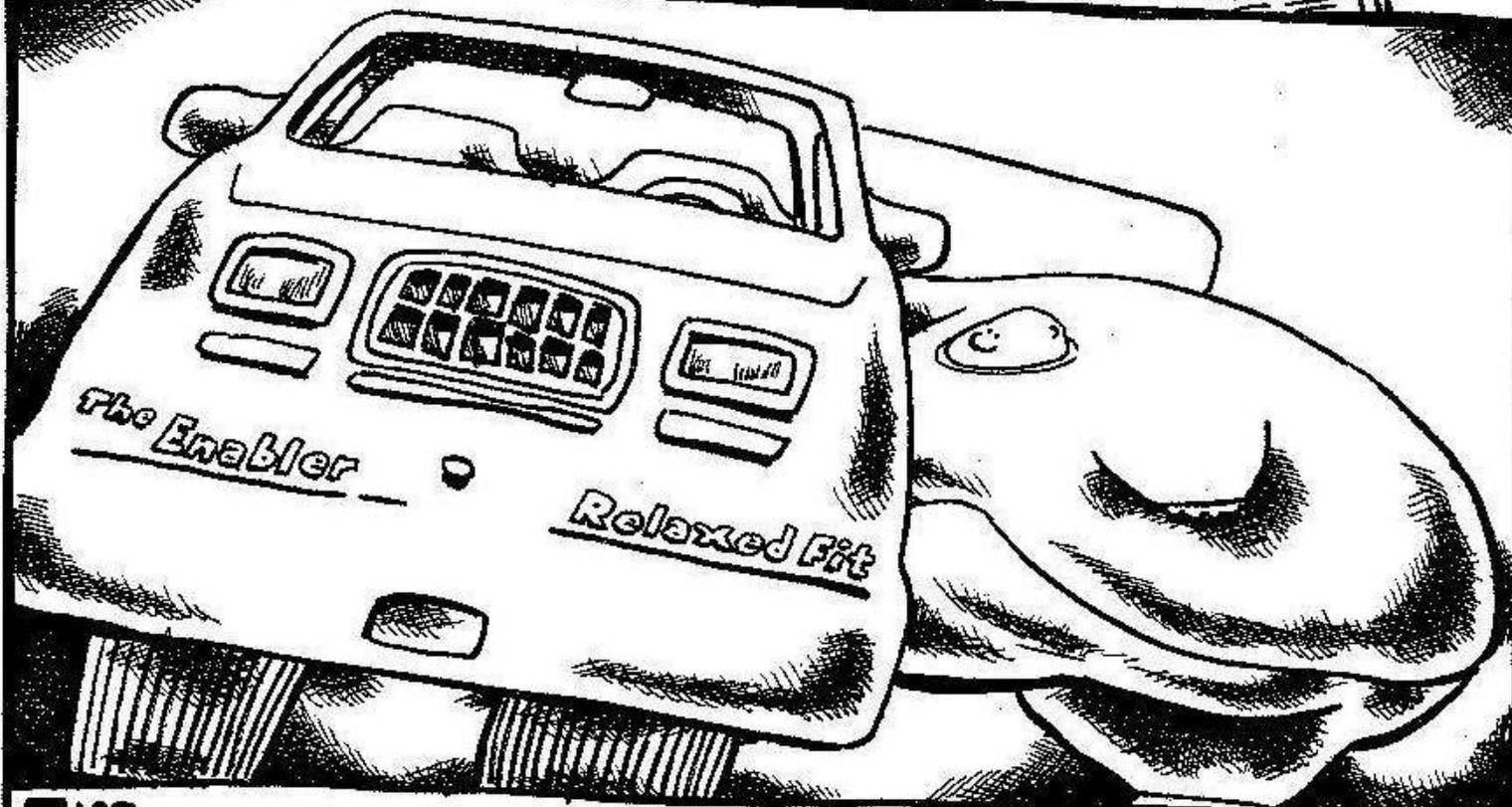
© 2007 Front Seat Management - About Walk Score - Join Our Mailing List - Contact Us - Widget - Privacy - Terms

# Mortgage Foreclosure Rates by County - Nov 30, 2007



Source: RealtyTrac, Center for Regional Analysis

# SUVs Explained!

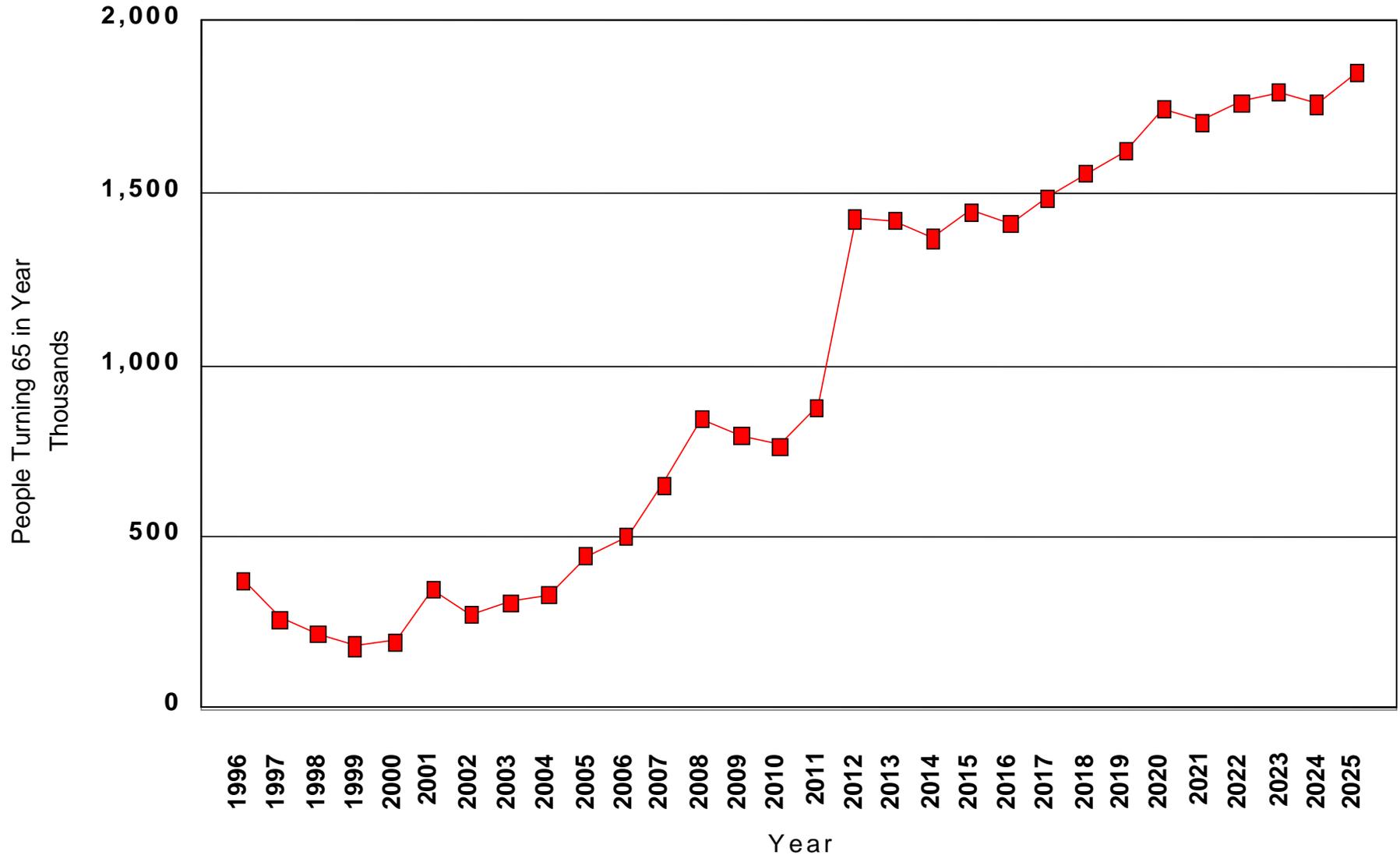


TALS

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PERHAPS IT'S TIME TO REDEFINE  
FOSSIL FUELS AS A CARE. —

# People Turning 65 Annually 1996-2025



# Any reason to believe behavior will change?



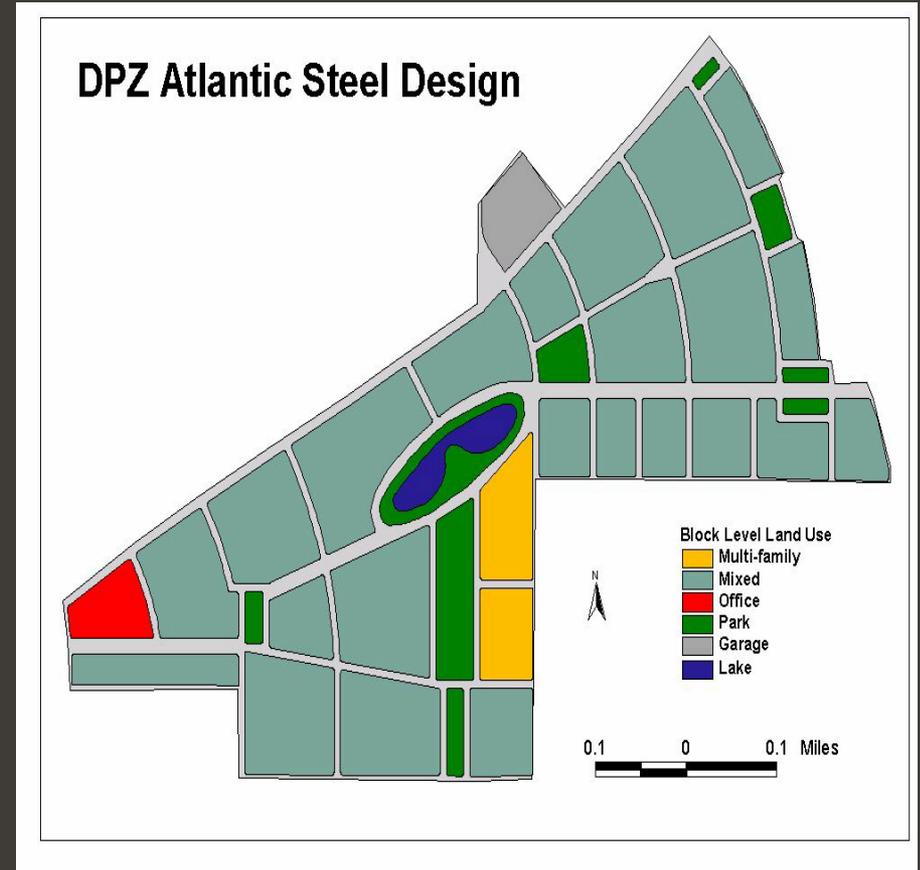
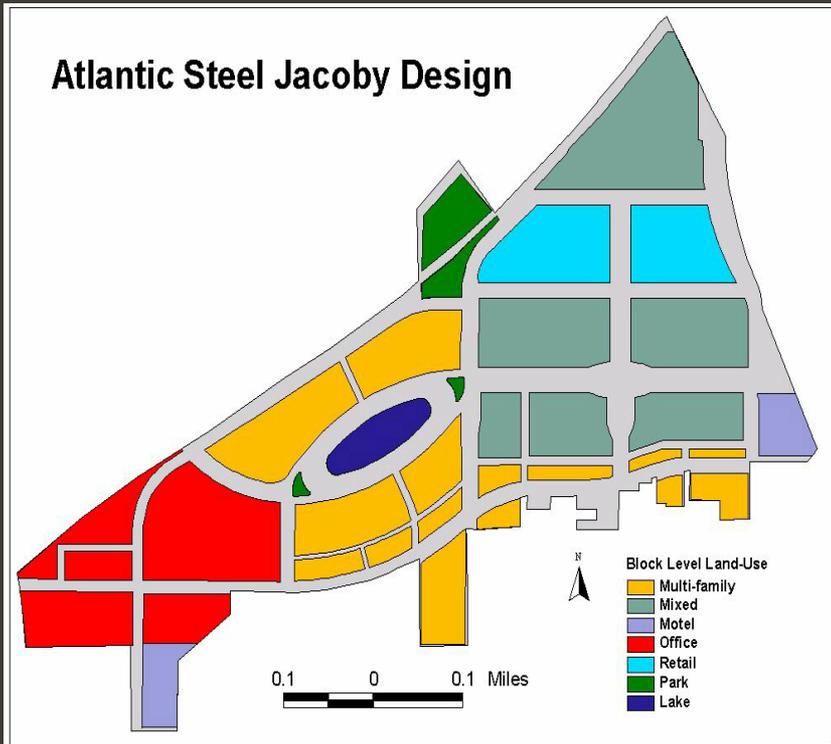
BedZed (London Borough of Sutton)

## Residential VMT decreased 65%

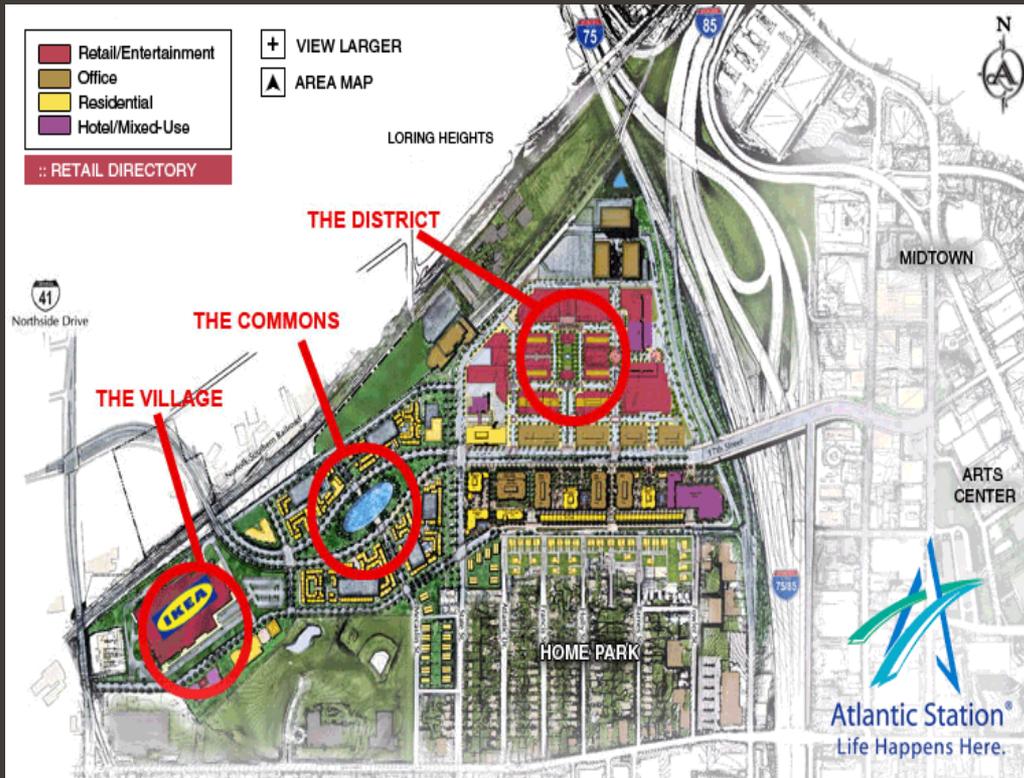
### Green Transport Plan

- Solid Transit Links
- 'Pedestrian First' Priority
- Limited Parking
- Car Sharing
- Car Pool

# Any reason to believe behavior will change?



# Any reason to believe behavior will change?



## Branding

Atlantic Station has dubbed itself: “National model for smart growth and sustainable development. Live, Work, Play in the same community.”

## Land Use matters...

2001 Nation-wide study of kids in Atlanta region that indicated that kids living in mixed use communities were twice as likely to have a walking trip over two days vs. kids living in non-mixed use communities

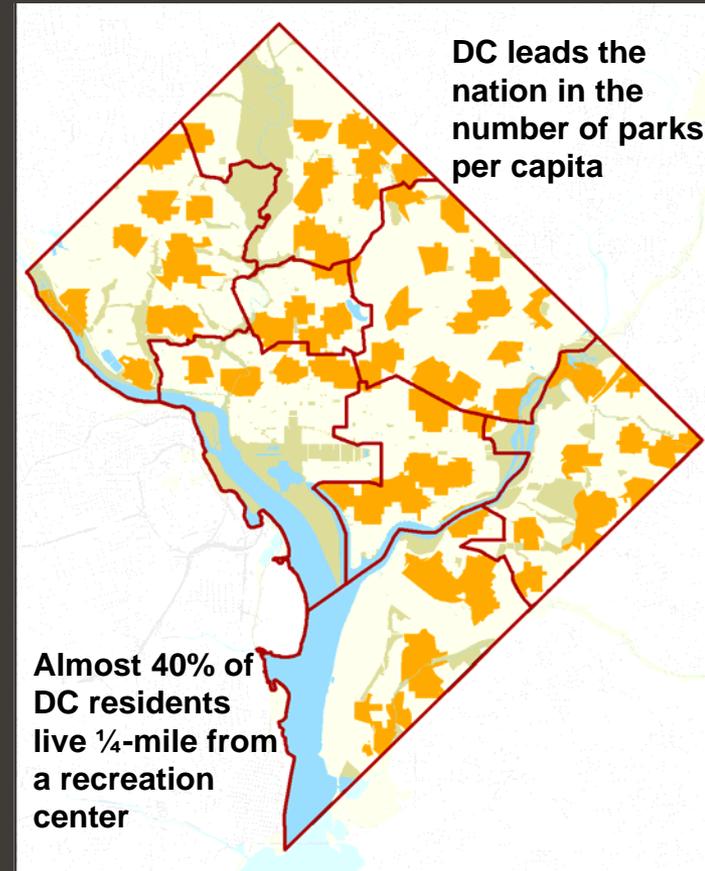
## Household benefits

- Time with family
- Convenience of daily goods and services
- Additional disposable income:
  - Decreased utility expenses (One Atlantic Station family saved 60% monthly savings for heating/cooling vs. suburban home)
  - Car fuel

# The future of DC is Healthy by Design

*DC is examining ways improve residents' quality of life by increasing access to:*

- Transit
- Healthy food
- Walkable destinations
- Health care facilities
- Park & public recreation facilities



# Community-based planning for Healthy DC

- ❑ Small Area Plans
  - ❑ Create a plans to manage growth and change at the neighborhood or city block level
  - ❑ Measure and map the health outcomes in each neighborhood
  - ❑ Creating land use plans that encourage walking and cycling
    - ❑ Incentives for new grocery stores
    - ❑ Zoning changes for walkable community design
- ❑ Comprehensive Plan
  - ❑ 20-year Blueprint for the development of the city



# Top 20 Cities for healthy eating and active living\*

1. Seattle, Washington
2. Portland, Oregon
3. Washington, DC
4. Minneapolis, Minnesota
5. San Francisco, California
6. Boston, Massachusetts
7. Denver, Colorado
8. Milwaukee, Wisconsin
9. Philadelphia, Pennsylvania
10. Tucson, Arizona
11. Baltimore, Maryland
12. Colorado Springs, Colorado
13. Pittsburgh, Pennsylvania
14. St. Louis, Missouri
15. New York, New York
16. Atlanta, Georgia
17. Austin, Texas
18. Chicago, Illinois
19. Las Vegas, Nevada
20. Kansas City, Missouri

Based on analysis by Cooking Light Magazine (2007) who rated major metropolitan cities based on: Zagat Survey ratings, organic dining options, farmers' markets, # of Trader Joe's and Whole Foods locations, ease of exploration by foot, green space availability, residents maintaining healthy weights, importance of exercise to the city's residents, Lowest rates of diabetes, living wage jobs, residents in good health

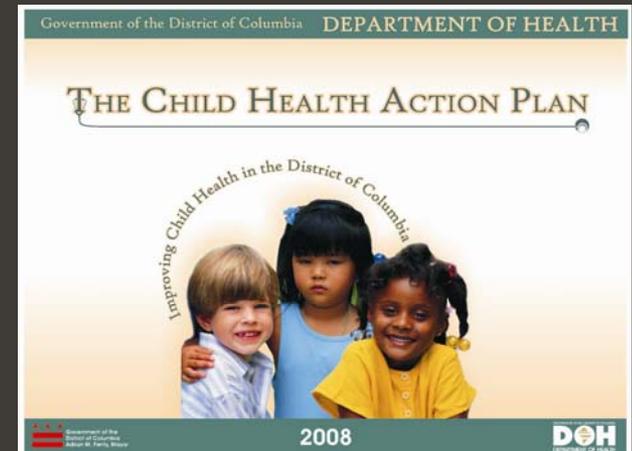
## The Challenge for DC: Health Trends in the District

	Washington DC	United States
Percentage of Adults with Asthma (2004)	15.3%	13.2%
Percentage of Adults with Diabetes (2004)	8.2%	7.0%
Percentage of Adults with Obesity (2004)	22.5%	23.2%
Percentage of Children with Obesity (2004)	22.8%	N/A
Percentage of Adults with Hypertension (2003)	25.2%	24.8%
% of Adults no physical activity in the past month (2003)	22.5%	22.0%

Sources: Trust for America's Health and District of Columbia Department of Health

# Childhood Obesity is a Major Issue in DC

- The Mayor's Children Health Action Plan makes Childhood Obesity the #1 Issue
- Specific actions of the plan include:
  - Increase neighborhood-based access to healthy food choices (grocery stores, corner stores, vendors, farmers markets)
  - Increase availability of safe, green spaces in all communities for children and families to be active.
  - Expand programs, policies and public-private partnerships that enable low-income families to participate in physical fitness activities.



## Availability of Healthy Eating/Active Living amenities in DC's neighborhoods

% of DC population located within 10-minute walk of...	
HEALTHY EATING	
Farmer's Market	11%
Large Chain Grocery Store	17%
ACTIVE LIVING	
Recreation Center	28%
Entrance to Metrorail transit station	15%

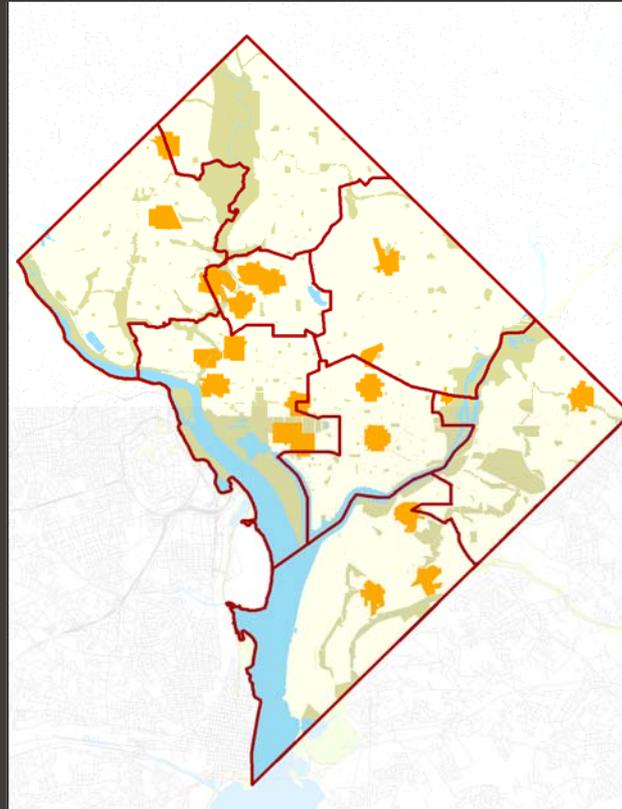
***How can we increase access for DC residents?***

# Picture of Access varies across the city

*Availability of Farmer's Markets not necessarily linked to income in DC*

Ward 3 Household  
Income: \$71,875

Ward 3 Access to  
Farmer's Markets: 6%

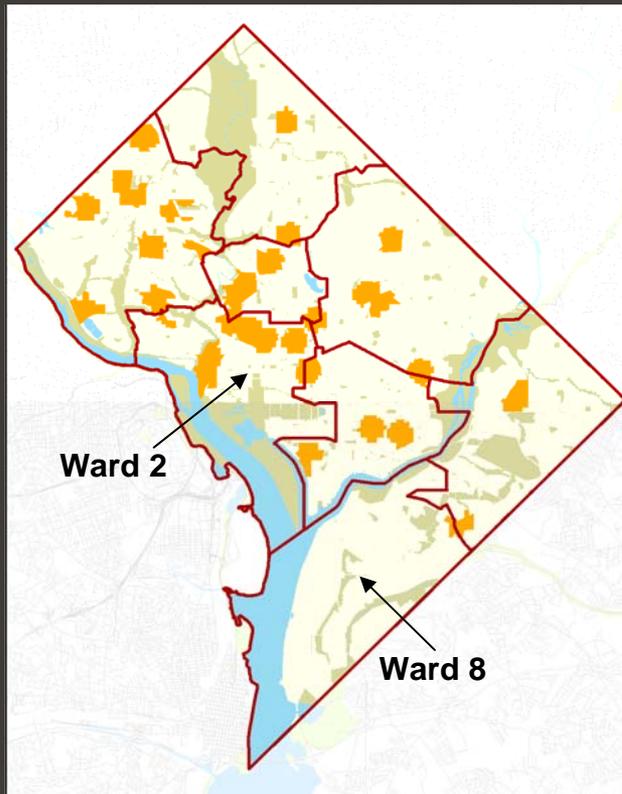


Ward 1 Household  
Income: \$36,902

Ward 1 Access to  
Farmer's Markets: 33%

# Picture of Access varies across the city

*There are disparities in access to fresh food across the District*



Within a 10 minute walk (quarter mile) of home:

- 45% of Ward 2 residents have access to a large chain grocery store
- Less than 1% of Ward 8 residents have access to a large chain grocery store

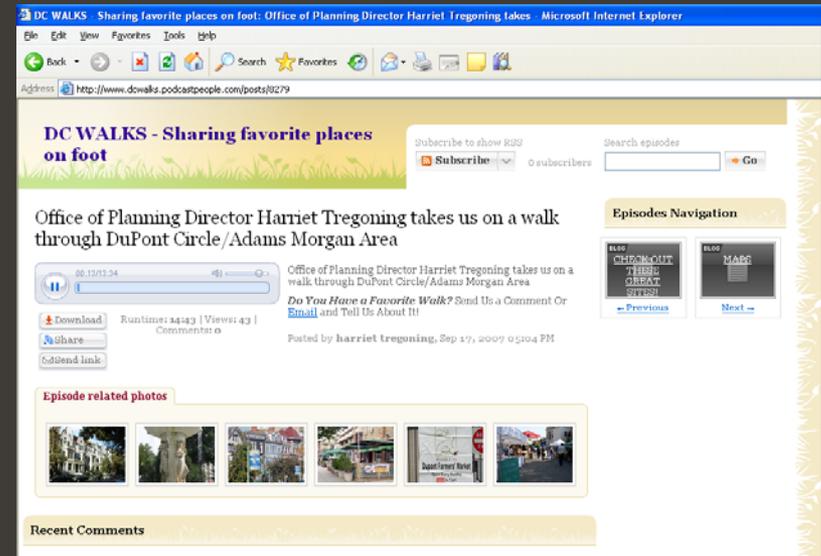
This may be connected to health outcomes in these areas:

- 11% of Ward 2 residents are classified as obese
- 36% of Ward 8 residents are classified as obese

# Toward a Healthy Eating/Active Living Future...

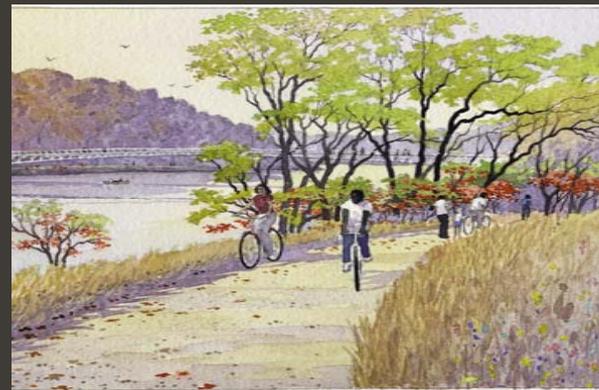
*Policy is important but events and programming can make this a part of the “norm”*

- Mayor Fenty’s walking campaign
- Senior walking clubs
- Healthy Living Council
- Ridesharing/Car Free Day
- Podcasts
- Bike to Work Day
- Green Building Legislation
- Safe Routes to School
- Capital Space
- Healthy Living Council
- Medical Homes DC



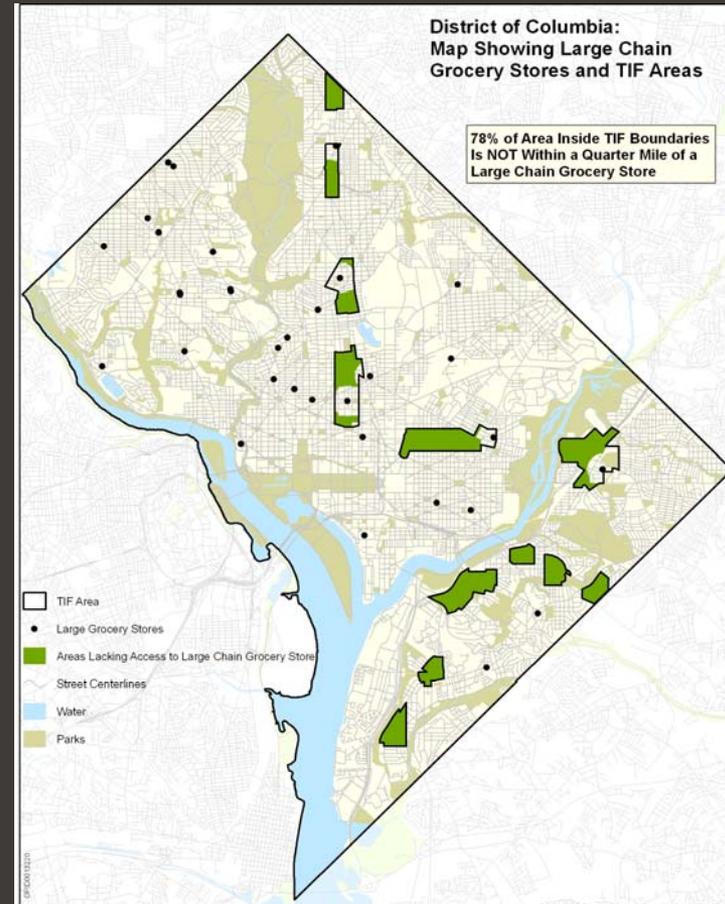
# Building healthy communities requires partnerships

- Local Government (planning, Health, schools, transportation, recreation departments)
- Development companies
- Neighborhood groups
- Foundations
- Universities and Research Institutions
- Medical Service Providers



# Targeted Incentives to promote access to healthy food within neighborhoods

- Tax Increment Financing (TIF)
- Supermarket Tax Exemption
- Energy Efficiency Grants and Loans



# Opportunities to increase access to healthy food options within neighborhoods

- Traditional supermarkets of a variety of sizes (DC to open 4 new supermarkets in 2008)
- Community Supported Agriculture (CSA)
  - 13 drop off locations
  - 4 are year round
- Community & Schoolyard Gardens
  - 34 in DC
  - Additional benefits: exercise, eyes on the street and food production for low income families
- Farmer's markets
  - 18 in DC, 3 year-round
- Healthy Corner Stores
  - DC has a piloted a program with 2-3 stores in Wards with greatest cases of obesity related health issue; modeled after the success of the Philadelphia Food Trust's program.
- Subsidized grocery delivery - national or local supermarket chains
- Healthy Vending



# For more information

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