

# HEALTHY BY DESIGN:

A Snapshot of  
Washington, DC  
Today and Tools for  
the Future



Washington, DC Office of Planning  
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# Healthy Community Planning for DC

- How can we improve health outcomes, quality of life and well-being for DC residents?
- How can we provide a variety of transportation modes?
- How can we improve safety with more “eyes on the street”?
- How do we provide more convenient, quality retail choices?
- How can we ensure access to primary health care?
- How can we reduce the City's costs of providing health care?
- How can city buildings encourage better health for employees?
- How can we help school-age children form better lifelong diet and exercise habits?

**How can we make investments and changes to the built environment to make DC's communities, “Healthy by Design”?**



# Facts about the built environment and public health

- In low-income neighborhoods, each additional grocery store with **healthy food** has been found to increase the likelihood of meeting nutritional guidelines by 1/3.
- When fast food and corner stores are more accessible and available than grocery stores, residents have more health problems than more balanced food environments.
- People living in highly **walkable**, mixed use communities are more than 2X as likely to get 30 or more minutes of daily exercise than in auto-oriented, single use communities. As density increases the amount of residents' daily physical activity increases.
- Almost 1/3 of Americans that commute to work using public transit meet their daily requirements for **physical activity**.
- People living within 1/4 mile of a **park** are 25% more likely to meet their minimum exercise recommendation.
- Traffic Calming measures are associated with 50-60% reduction in injuries to children.



# Snapshot of DC Health's Outcomes

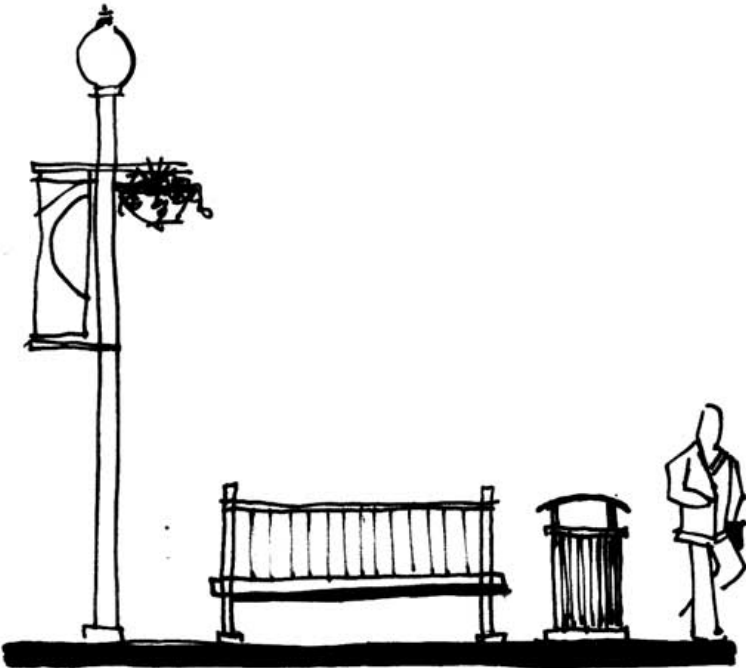
- 54% of adults are **obese or overweight**
- 22% of children age 10-17 are obese or overweight (highest of any state)
- Direct Costs to DC \$372M annually
  
- DC residents have high mortality rates due to **diabetes and heart disease** complications relative to compared to socio-economically similar cities, like Atlanta and Baltimore.
- Costs to DC of heart disease treatments total \$121,000/person while diabetes treatments have doubled in cost since 2001.

Sources: Centers for Disease Control, Trust for America's Health, RAND Corporation, and University of Chicago Medical Center.



# Snapshot of D.C. Health Amenities

- ❑ 39 full-service grocery stores and 19 farmers' markets
- ❑ 2<sup>nd</sup> largest rail system and 5<sup>th</sup> largest bus system in US
- ❑ 79 DPR facilities
- ❑ 40 Miles of bicycle lanes
- ❑ Over 900 Primary Care Providers and 9 Major Hospitals



# Summary of DC's progress toward healthy community planning & implementation

- Access to health amenities in DC – healthy food, physical activity & primary health care - varies by location.
- DC has policies that support healthy communities.
- Community programs to improve residents' access healthy living amenities are underway.



# Access Varies by Location





	D.C.	Ward 1	Ward 2	Ward 3	Ward 4	Ward 5	Ward 6	Ward 7	Ward 8
<b>Primary Care Access (% of Population)</b>	42.5	<u>81.7</u>	49	n/a**	<u>21.5</u>	28.5	30.9	26.1	59.5
<b>Grocery Store Access (% of Population)</b>	50.8	83.7	<u>91.5</u>	71.2	28.8	34.2	63.5	<u>14.3</u>	20.1
<b>Fitness/ Recreation Access (% of Population)</b>	79.2	<u>98.9</u>	94.3	69.4	84.4	81.1	93.3	<u>47.2</u>	65.2

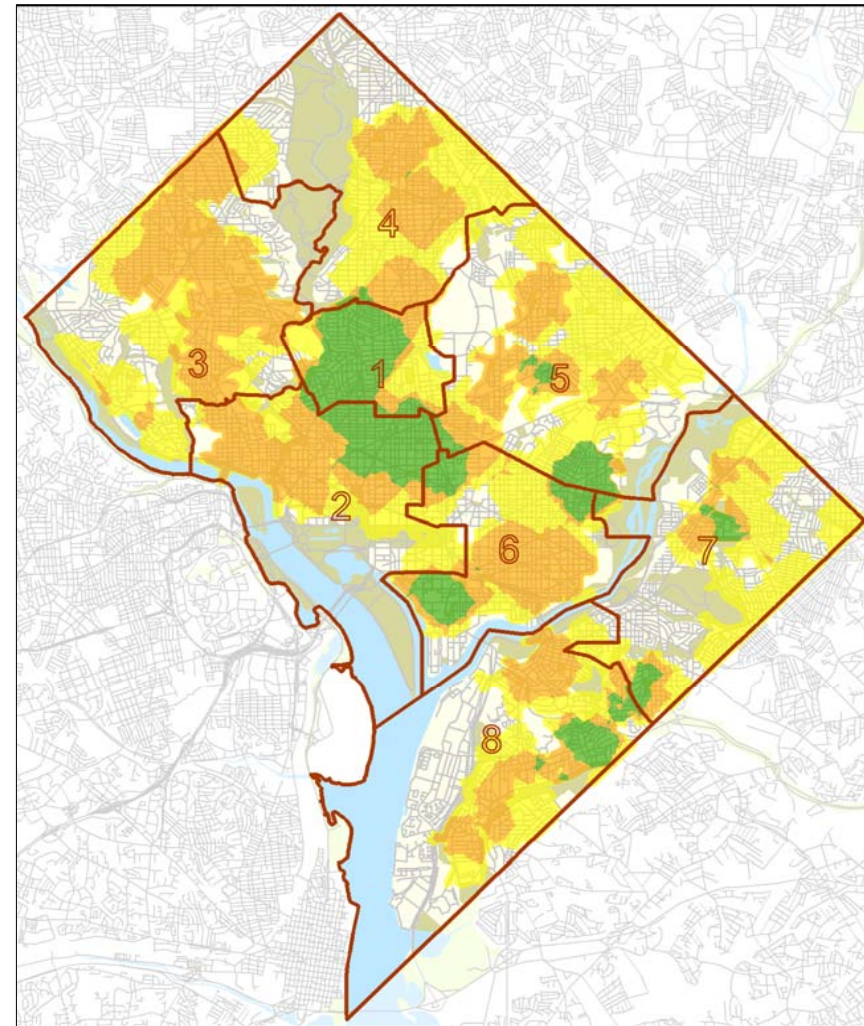




# Access Varies by Location

Analysis of Healthy Living Amenities available within a 15-minute walking distance:

-  Excellent: Access to 3 amenities
-  Good: Access to 2 amenities
-  Fair: Access to 1 amenity
-  Poor: Access to 0 amenities





# DC has policies that support healthy communities

Below is a sampling of healthy community planning policies:

- ❑ Comprehensive Plan (OP)
- ❑ DC Childhood Health Action Plan (DOH)
- ❑ Supermarket Tax Exemption Act (DMPED)
- ❑ DC School Wellness Policy (DCPS)
- ❑ Traffic Calming Guidelines (DDOT)






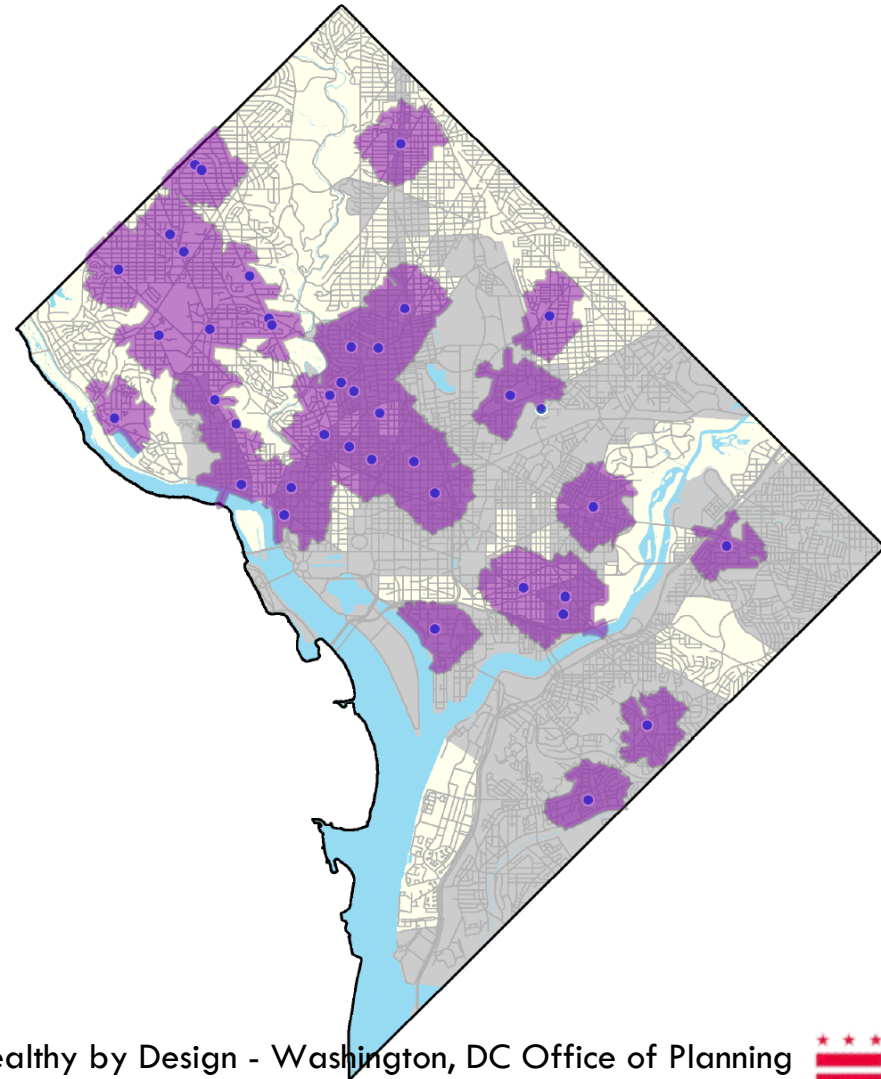
*These are citywide policies, not specifically targeted to areas of greatest need in terms of access or health outcomes. The level of implementation of the action related to these policies and their effectiveness has yet to be quantified.*



# DC has policies that support healthy communities

The Supermarket Tax Exemption applies to priority development areas and enterprise zones:

-  Existing Grocery Stores
-  15-minute walking distance
-  Priority Development Areas/Enterprise Zones



# Community programs to improve residents' access healthy living amenities are underway

- Healthy Corner Stores Initiative  
(DC Hunger Solutions)
  - Produce in food desert corner stores, 2 store pilot, will expand
- DC Food Finder (Healthy Affordable Food for All)
  - Map based web tool; input your address and locate accessible food
- Medical Homes and Clinic Expansion (DOH, DC Primary Care Association)
  - \$29 M to create 100,000 more primary care visits, over \$100M to clinic expansion
- Robert Wood Johnson Healthy Kids/Healthy Communities Grant
  - \$400K to expand and scale up existing community-based initiatives to provide access to health food and neighborhood based recreational opportunities in Wards 7 and 8

*Many of these programs are targeted to areas of greatest need in terms of health outcomes. However, the level of effectiveness has yet to be quantified.*



# Healthy By Design Tools for the Future

<i>Tool Below targeted to Areas with →</i>	<i>Youth Pop. &gt; 20%</i>	<i>Vehicle Ownership &lt;51% of Households</i>	<i>Population Density &lt; 15.3 people/ acre</i>	<i>Population Density &gt; 15.3 people/ acre</i>	<i>&gt; 19% Households &gt; FPL</i>	<i>Unhealthy/ Healthy Food seller Ratio &gt; 5</i>	<i>Pedestrian fatality rate &gt; 3.2/ 100K people/Violent Crime Rate &gt; 1,414/100,000</i>
Small Grocery Stores/ Healthy Corner Stores		<b>X</b>		<b>X</b>			
Community Gardens	<b>X</b>				<b>X</b>		
Complete Streets	<b>X</b>	<b>X</b>		<b>X</b>			<b>X</b>
Crime Prevention through Environmental Design			<b>X</b>				<b>X</b>
Mobile Health Vans/Home Visits		<b>X</b>	<b>X</b>				



# Options for moving forward *healthier*...

- Create a dynamic Healthy by Design Index to monitor improvements to access to healthy living amenities.
- Use neighborhood level data and the community planning process to target Healthy by Design tools to specific areas or “wellness zones”.
- Investigate opportunities to reform the zoning code to improve access to healthy food and primary health care.
- Develop shared performance measures and a research agenda with agencies and/or organizations engaged in health, recreation, transportation and economic/business development.
- Bundle existing programs into a shared Healthy by Design incentive package.
- Collaborate with an adjacent county on signature project incorporating Healthy by Design tools.
- Continue to engage in branding, outreach and education.



# For More Information

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