



Advancing Obesity Solutions through Investments in the Built Environment

**Roundtable on Obesity Solutions
September 12, 2017**

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Workshop Planning Group
Roundtable Member**

Disclosures

- Nike Inc
- Santech Inc
- School Specialty Inc

Throughout human history, cities were built for people.

Even in the 20th century, people could still use the streets.



Then cities and streets
were turned over almost
completely to cars.



Zoning laws separated residential, commercial, and industrial uses.



The same trend can be seen with small towns. Initially walkable.



Now many are not walkable
Spread out along highways



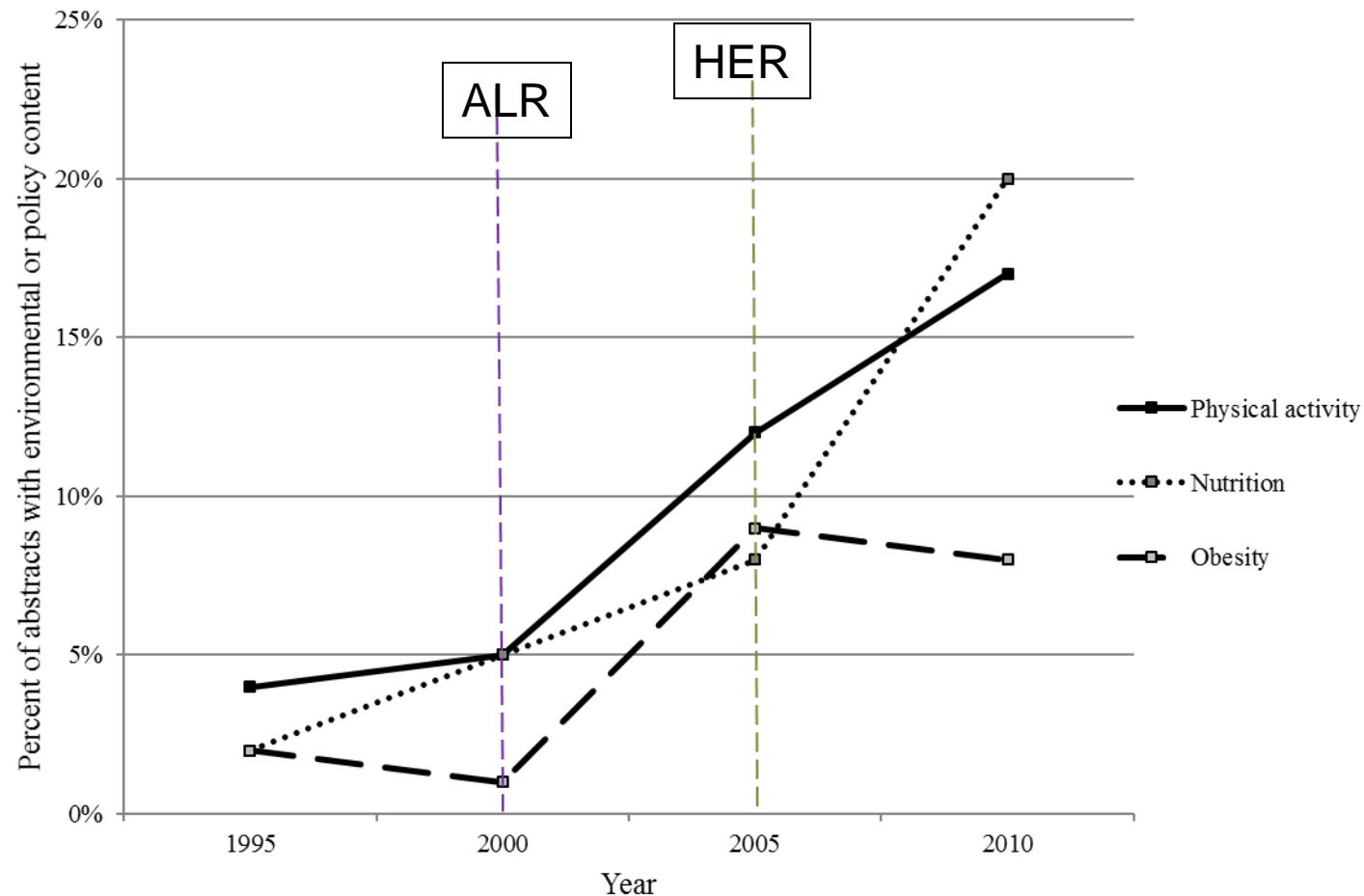
Food environments have
obviously changed



What is the impact of the built environment on obesity?

- This question was rarely asked until the 21st century
- Answering it requires
 - New conceptual models
 - New collaborations
 - New measures, methods, and skills
- This workshop is a survey of a young field
- Our goal is to accelerate action to improve built environments

Percent of nutrition, physical activity, and obesity abstracts at Society of Behavioral Medicine conference abstracts containing environmental or policy content



What is the built environment?

- Everything people construct
- Food environments include
 - Community level
 - Food stores, other stores where food is sold, restaurants, kiosks, farmer's markets, signage, advertising
 - Consumer level (in the stores and restaurants)
 - Choices available, placement, promotion, pricing



Healthy food environments



Many
Environments
Encourage
Overeating



HEART ATTACK CAFE

DEEP FRIED Butter



CHOCOLATE COVERED Bacon



TRIPLE BYPASS



**Smothered
in
GARLIC
BUTTER**

THE HEART STOPPER



DEEP FRIED



THE BIG ONE



DEEP FRIED

FLATLINER



DEEP FRIED

**Pick-up
Here**

Please
order at
cart

CORONARY COMBO



9:20

CHOCOLATE COVERED BACON

SWEET & SALTY FRIED BUTTER COMBO

**DEEP FRIED
GARLIC BUTTER**

DEEP FRIED CINNAMON BUTTER

DEEP FRIED BUTTER

DEEP FRIED Cheese Crisps

DEER ENER Corks, Bins...

DEEP FRIED GARLIC DIPPERS

55:29

DEEP FRIED Cinnamon Cri

\$5.98

DEEP FRIED Bunuelos

55 09

CHOCOLATE Covered Pecans

35.56 With Bacon
Dinner

Please
order a
cart 

Please
order at
cart

Physical Activity Environments Include These Settings





Urban Design

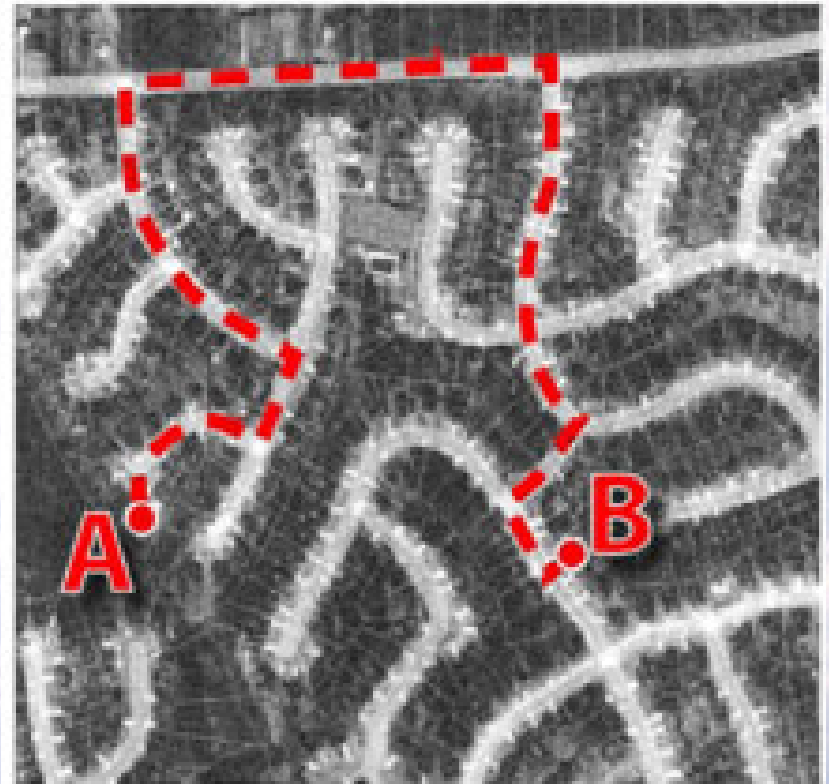


Street Network Design

0.5 km



2 km



Images from Lawrence Frank PhD, Professor, University of British Columbia

A highly connected network has many possible routes between destinations and as a result a more direct path

Land Use Diversity

Segregated Use

Disconnected



Crow-Fly Buffer

Network Buffer

Sample Household



Mixed Use

Connected

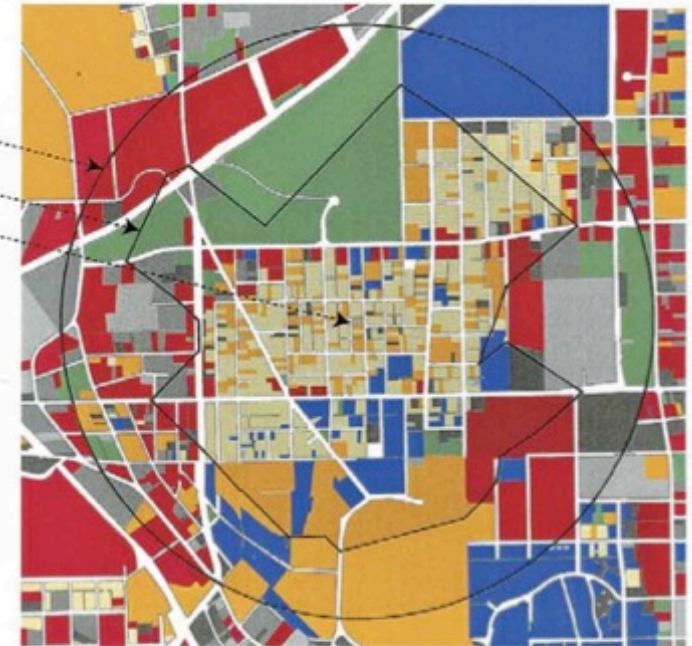


Figure 1. Disconnected and connected community environments.

Images from Lawrence Frank PhD, Professor, University of British Columbia

The majority of new areas in the last 60 years zoned as single use, with areas dedicated exclusively to either residential, commercial, or industrial uses.

Greater Diversity = More Types of Destinations

Environments for safe bicycling: Indianapolis



Pedestrian zones reverse the priority: Boston



What's a community without a park? Boston Common



Cultivating New Partnerships

- Food Retail
- City Planning
- Urban Design
- Real Estate
- Transportation
- Architecture
- Landscape Architecture
- Parks & Recreation
- Criminology
- Economics/Law/Policy
- Advocacy
- Public Health



THE LANCET

September, 2016

www.thelancet.com

Urban design, transport, and health



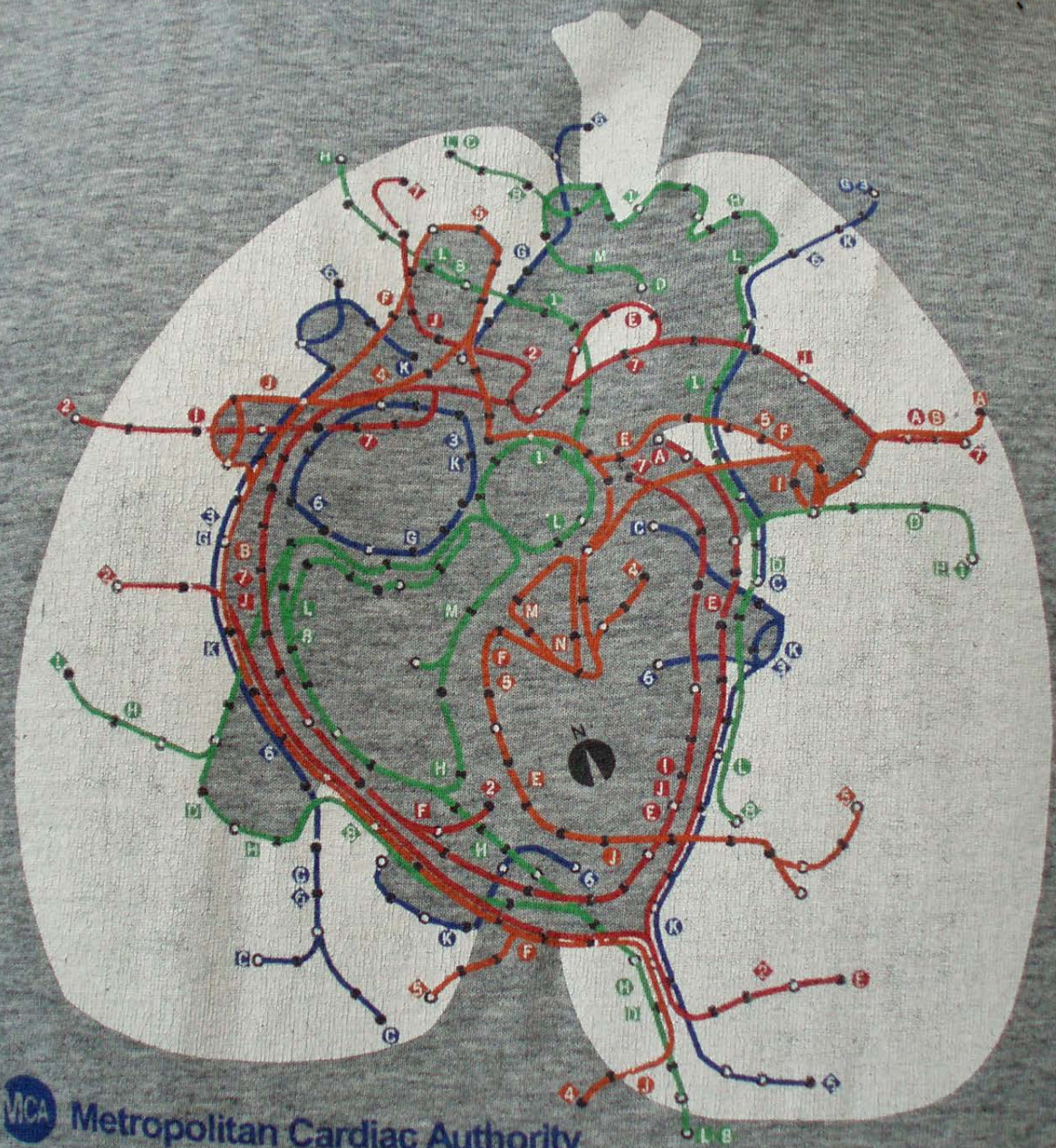
"Systematic designing of cities to enhance health through active transport promises to be a powerful strategy for improvements in population health on a permanent basis."

Impact on
Science

2016

A Series by *The Lancet*

Cross-Sector Impact



MCA Metropolitan Cardiac Authority

MCA Cardiac Transportation Routes

ventricles, atriums, aortic & pulmonic connections

Public Health Impact

STEP IT UP!
**THE SURGEON GENERAL'S CALL TO ACTION
TO PROMOTE WALKING
AND WALKABLE COMMUNITIES**



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

2015

Physical Activity: Built Environment Approaches Combining Transportation System Interventions with Land Use and Environmental Design

Task Force Finding (December 2016)

The Community Preventive Services Task Force recommends built environment approaches that combine one or more interventions to improve pedestrian or bicycle transportation systems with one or more land use and environmental design interventions based on sufficient evidence of effectiveness in increasing physical activity.

The finding is based on evidence from longitudinal studies of people exposed to coordinated built environment approaches (16 studies). Evidence from additional cross-sectional comparisons shows that combinations of activity-supportive built environment characteristics are associated with higher levels of transportation-related physical activity, recreational physical activity, and total walking among exposed people (74 studies).

We are still building places that
we have evidence contribute
to ill health



Today's workshop is designed to encourage action that will improve built environments

- **SESSION 1: Built Environments, Obesity, and Health Overview**
 - Moderator: Governor Parris Glendening, Smart Growth America
- **SESSION 2: Progress in Improving Built Environments—Examples from Communities and Cities**
 - Moderator: Bill Purcell, former Mayor of Nashville, Tennessee
- **SESSION 3: Challenging and Promising Strategies for Achieving Equitably Healthy Environments**
 - Moderator: Shiriki Kumanyika, Drexel University
- **SESSION 4: Open Discussion of Next Steps**
 - Moderator: Monica Hobbs Vinluan, Robert Wood Johnson Foundation

Your Involvement

- Index cards are at registration table. Submit questions for Session 4.
 - What resources would be helpful?
 - What are questions about working across sectors?
 - What next steps will you or your organization take?
 - What are your ideas for creating healthier and more equitable built environments?
- Deposit cards in box or submit online before 3pm.
- Be ready for activity breaks!
- Feel free to stand



“DEPEDESTRIIFICATION”