

# Healthy Communities



Linda Rudolph, MD, MPH

CDPH

October, 2009

People are asking

---

**What is a Healthy Community?**

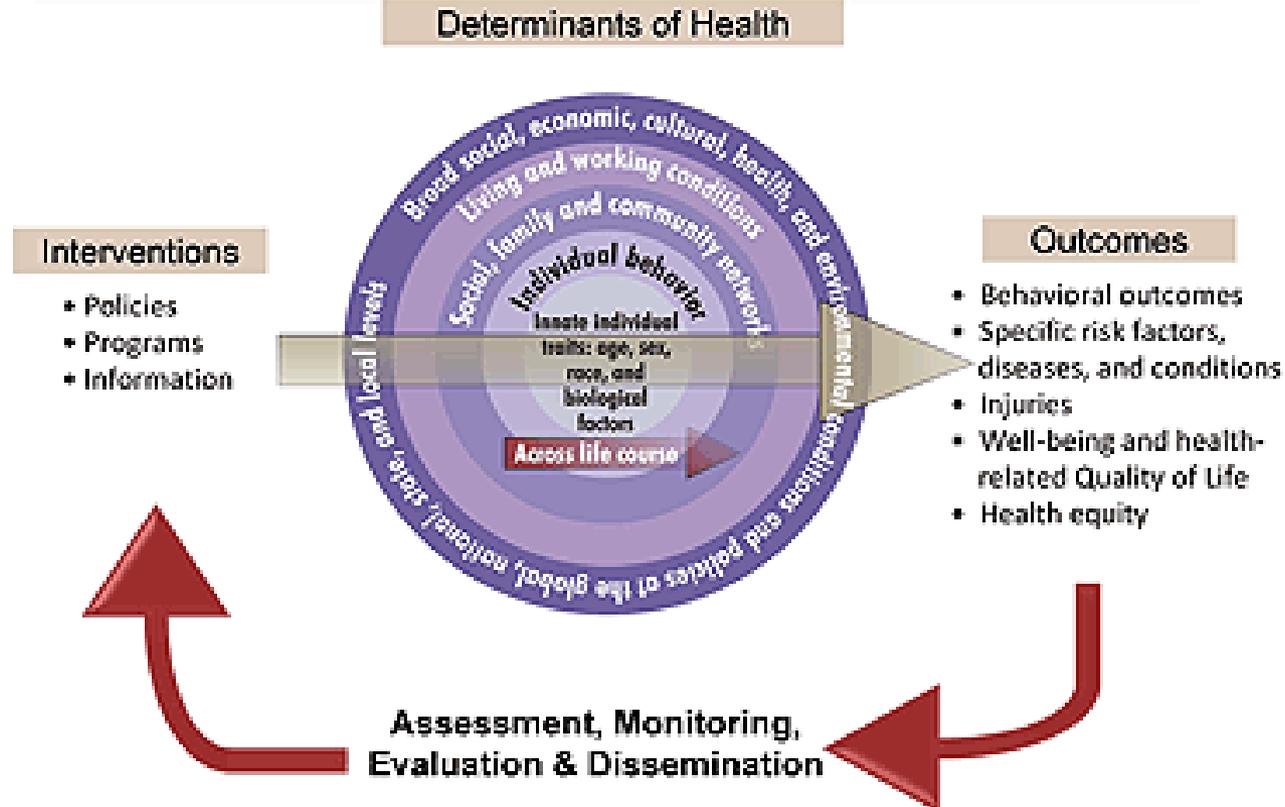
# Context

---

- Local health departments
- Strategic Growth Council
  - Strategic Alliance, Healthy Places Coalition
- Healthy People 2020
- BARHII framework

# Healthy People 2020

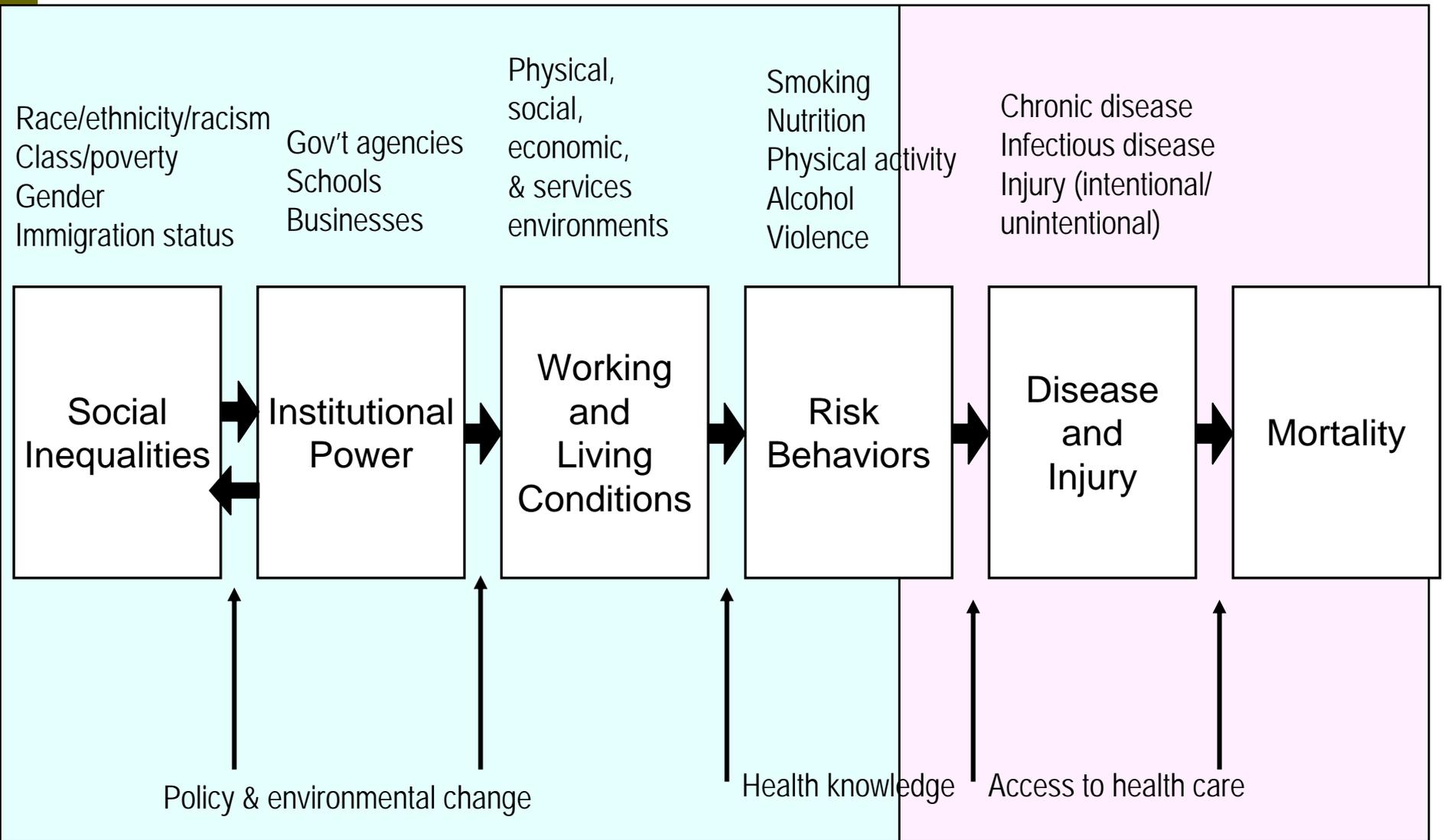
## Action Model to Achieve Healthy People 2020 Overarching Goals





# The Root Causes of Disease

BARHII Framework



**Social-ecological model**

**Medical model**

# Community & Health Indicators

---

- ❑ Seattle Communities Count
- ❑ Missoula Matters
- ❑ Healthy Wisconsin
- ❑ Healthy Development Measurement Tool
- ❑ Prevention Institute THRIVE
- ❑ West Oakland Environmental Indicators
- ❑ Indicators for Community Action
- ❑ Sustainable San Mateo
- ❑ CX and CX3
- ❑ Redefining Progress
- ❑ City of Pasadena
- ❑ Healthier San Joaquin
- ❑ Etc. – 100s if not 1000s

# What is a healthy community?

---

**A Healthy Community provides for the following through all stages of life:**

□ **Meets basic needs of all**

- Safe, sustainable, accessible and affordable transportation options
- Affordable, accessible and nutritious healthy foods
- Affordable, high quality, socially integrated and location-efficient housing
- Affordable, high quality health care
- Complete and livable communities including affordable and high quality schools, parks and recreational facilities, child care, libraries, financial services, and other daily needs

□ **Quality and sustainability of environment**

- Clean air, soil and water, and environments free of excessive noise
- Tobacco and smoke free
- Preserved natural and open spaces, including agricultural lands
- Minimized waste, toxics, and GHG emissions
- Affordable and sustainable energy use

□ **Adequate levels of economic, social development**

- Living wage, safe and healthy job opportunities for all
- Support for healthy development of children and adolescents
- Opportunities for high quality and accessible education
- Health and social equity

□ **Social relationships that are supportive and respectful**

- Robust social and civic engagement
- Socially cohesive and supportive relationships, families, homes, and neighborhoods
- Safe communities, free of crime and violence

# What is a Healthy Community

---

- ❑ Meets basic needs of all
- ❑ Quality and sustainability of environment
- ❑ Adequate levels of economic and social development
- ❑ Social relationships that are supportive and respectful

# Meets basic needs of all

---

- Safe, sustainable, accessible and affordable transportation options
- Affordable, accessible and nutritious healthy foods
- Affordable, high quality, socially integrated and location-efficient housing
- Affordable, high quality health care
- Complete and livable communities including affordable and high quality schools, parks and recreational facilities, child care, libraries, financial services, and other daily needs

# Indicators: Meets basic needs: Healthy transportation options

---

## □ Means of transport

- Motorized connectivity index
- Modal split work, school
- VMT per capita
- % commute trips solo auto
- Daily vehicle hours delay
- % ave income on transportation expense

## □ Miscellaneous

- Residential parking ratio

## □ Public transit

- Cost/passenger/mile
- % adults who use
- % commuters who use
- % households w/in ½ mile regional bus/ferry

## □ Non-motorized transit

- Pedestrian environmental quality index
- Ratio sidewalk/bike lane miles to street miles
- % traffic injuries to cyclists/pedestrians

# Quality, sustainability environment

---

- Clean air, soil and water, and environments free of excessive noise
- Tobacco and smoke free
- Preserved natural and open spaces, including agricultural lands
- Minimized waste, toxics, and GHG emissions
- Affordable and sustainable energy use

# Indicators: Quality environment:

## Air quality

---

- ❑ Days exceeding 8-hour ozone standards
- ❑ Days exceeding PM standard
- ❑ % households w/in 300 meters major stationary source
- ❑ % households w/in 300 meters roadway
- ❑ # complaints re air quality
- ❑ Toxic air released by permitted facilities

# Adequate levels of economic, social development

---

- Living wage, safe and healthy job opportunities for all
- Support for healthy development of children and adolescents
- Opportunities for high quality and accessible education
- Health and social equity

# Indicators: Economic/social: Education

---

- ❑ Educational attainment
- ❑ API scores
- ❑ Per pupil school expenditures
- ❑ % Head Start eligible children unserved
- ❑ Ratio public school population to school-aged population
- ❑ % kindergarten children no school ready
- ❑ High school graduation rate
- ❑ High school drop-out rate

# Social relationships supportive, respectful

---

- Robust social and civic engagement
- Socially cohesive and supportive relationships, families, homes, and neighborhoods
- Safe communities, free of crime and violence

# Indicators: social relations:

## Safe and supportive relationships

---

- ❑ Child abuse rates
- ❑ # hate crimes
- ❑ % households w/ children age 2 – 5 where children read to/told stories
- ❑ Homicide rate
- ❑ Property crime rate
- ❑ # police officers/capita
- ❑ Calls to rape crisis center
- ❑ # children in foster care/1000 children
- ❑ # children receiving protective services
- ❑ % reporting experience of discrimination

# Questions

---

- Does the basic framework work?
  - Are key concepts missing?
  - Do all of these things belong here?
- What indicators do you use?
  - Do they fit into one of these key concepts?
  - Is data for the indicators easily available?
    - At what geographical level?
  - Are there key indicators you would like to use but for which you don't have data?
- How should we select a core indicator set?
- Other comments, suggestions?