

2006 New Partners  
for Smart Growth

**Weaving the Fabric of Smart Growth:**  
Linkages between Crime Prevention, Pedestrian Safety, Public Health,  
Social Well Being, Environmental Quality, and Economic Vitality

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January 27, 2006  
1:45 pm to 3:15 pm

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the Fabric of Smart  
pedestrian safety, public health

**Smart Growth is a Public Health Strategy**



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pedestrian safety, public health

**CREATE RANGE OF HOUSING  
OPPORTUNITIES & CHOICES**

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**the Fabric of Smart**  
 Housing & Health Disparities

- Housing is a “Social Determinant of Health”
  - Physical conditions – substandard housing
  - Concentration of poverty leads to poor health status

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**the Fabric of Smart**  
 The “Graying of America”

Decade	Growth rate of U.S. population by decade (%)	Growth rate of over 65 year olds by decade (%)
2001-2010	7.8	13.1
2010-2020	8.3	35.3
2020-2030	8.1	30.1

By 2025, one in five Americans will be 65 years or older

Source: U.S. Bureau of the Census, Projections of the Total Resident Population by 5 Year Age Groups and Sex, with Special Age Categories, Middle Series: 1999-2100 (RP-73), www.census.gov/population/www/projections/tables.html

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**the Fabric of Smart**  
 Communities for Growing Up and Growing Old

- Stranded in the Burbs
- Housing options & transportation access:
  - Social networks
  - Mobility –
  - Falls & injuries
  - Independence
  - Longer, healthier lives

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*the Fabric of Smart*  
Healthy Communities • Healthy People • Healthy Places

## Health-Promoting Housing Policies



- Mix incomes
- Prevent gentrification: economic development plans must include an explicit affordable housing component
  - Inclusionary zoning
  - Fair Share Housing
  - Housing Trust Funds
- For seniors:
  - Home Sharing
  - Accessory Apartments

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## CREATE WALKABLE NEIGHBORHOODS

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the Fabric of Smart  
 - roads - sidewalks - steps - public transit - public health

### Battery Hens: **Cooped up for life**



- Kept indoors
- Restricted boundaries & mobility
- Can't stretch, flap wings
- Weak bones and muscles
- Frustration, fighting, pecking

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### Battery Hen Children?



- "Cradle-room-house-doorstep-neighborhood" sequence interrupted
- Smaller "Cognitive maps"
- Social isolation of teens
- ADHD & Ritalin
- Future attitudes about driving, walking

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### Smart Growth and Design Solutions

- Walkable, heterogeneous neighborhoods
- Home Zones
- Destinations & gathering places for teens
- School siting & joint-use

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— roads, sidewalks, streets, public health —

## Pedestrian Injury & Death

- Walkable Communities design increases pedestrian safety
- But, per mile, walking is 23x more fatal than driving
- Most deadly are the wide, fast suburban roads; South and Western metro areas




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*the Fabric of Smart*  
— roads, sidewalks, streets, public health —

## Smart Growth and Design Solutions

- Walkability goes beyond sidewalks: public health efforts have to address pedestrian safety (SPEED)
- Increase pedestrian safety as priority in traffic engineering practice and policies
- Design for real people vs. "Tim, the crash-test dummy"

*Withdraw the threat from children, rather than withdraw children from the threat*

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STRENGTHEN & DIRECT  
 DEVELOPMENT TOWARDS  
 EXISTING COMMUNITIES

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PRESERVE OPEN SPACE,  
 FARMLAND, NATURAL BEAUTY  
 & CRITICAL ENVIRONMENTAL  
 AREAS

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**Trees: Nature's Balm**



Living without trees



Living with trees

↓ Crime	↓ ADHD
↓ Aggression	↓ Stress
↑ Coping	↑ Social ties

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— public space — people — public health —

### Design with the Community in Mind

➤ SES & racial/ethnic differences in what people want and how they relate to parks & open-space:

- African Americans – recreational uses, structured and maintained, more facilities
- Whites – conservation uses; less structured & maintained, fewer facilities
- Latinos – family gathering places; “con viver”; plazitas may be as relevant

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### TAKE ADVANTAGE OF COMPACT BUILDING DESIGN

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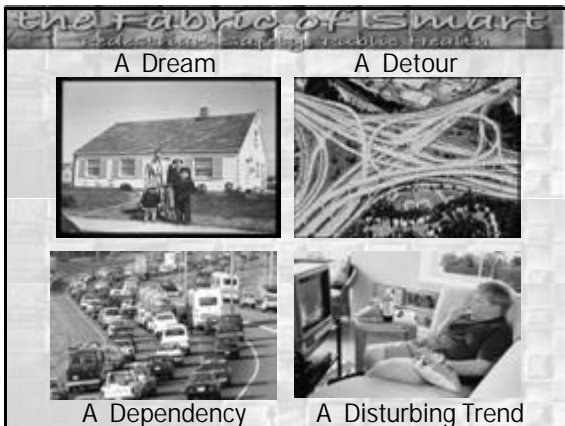
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**Does Design Make a Difference?**



- San Diego study: 70 minutes more physical activity/week; 35% vs. 60% overweight/obese
- 6 lb weight difference in sprawling vs. compact counties
- CA SR2S program: increased walking/biking by 15%
- Marin County SR2S: 64% increase in walking; 114% increase in bicycling

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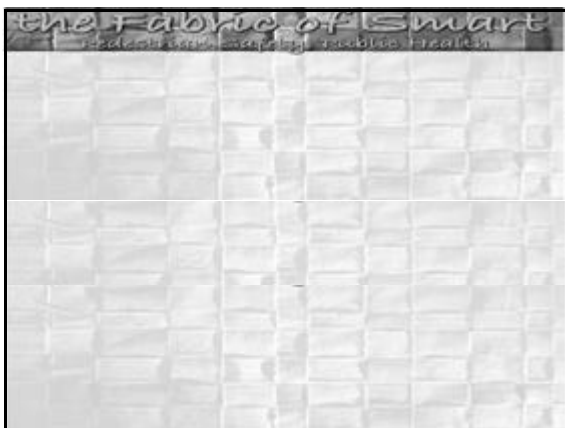
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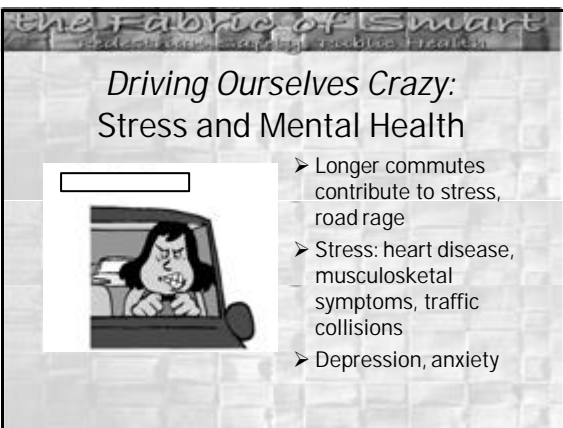
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the Fabric of Smart  
Education • Smart Schools • Smart Communities • Healthy Children

### Cars, Kids & Asthma

- Asthma: leading child chronic disease
- Cal EPA Studies: 7% more asthma among children living in neighborhoods with high traffic pollution
- Almost 10% of CA's public schools located within 500 feet of high-very high volume roads
  - Have higher percentages of low-income African American and Latino children

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the Fabric of Smart  
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### Smart Growth and Design Solutions

- School siting
- Reinstate grid pattern & limit high volume roads (esp. near schools)

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the Fabric of Smart  
 Health • Smart • People • Places • Health

FOSTER DISTINCTIVE, ATTRACTIVE  
 COMMUNITIES WITH A STRONG  
 SENSE OF PLACE

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the Fabric of Smart  
 Health • Smart • People • Places • Health

Healthy Environments Promote  
 Social Networks

- Loneliness and isolation are toxic; social relationships are healthy
- People with strong social networks:
  - Live longer
  - Have fewer heart attacks and heart disease
  - Are less depressed and use alcohol and drugs less
  - Have fewer teen births
  - Are healthier overall

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Social Capital: *Place Matters*

Sense of community - knowing your neighbors; permanency; not needing a car.




Create "third places" & opportunities for casual social contacts.




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*the Fabric of Smart*  
 - reduce air pollution - improve health -

## Training "Promotoras" to Advocate for Walkability



WalkSanDiego Workshop & Training  
 Chula Vista, CA

- Bi-lingual workshops & lectures on health, walkability, Traffic Calming
- Goal: able to advocate & participate in neighborhood planning
- Future: develop formal training curriculum for Promotoras
- Other example: Salinas, CA

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 - reduce air pollution - improve health -

## Lideres Comuntarios de Salinas



Farm Workers advocated for Smart Growth policies

- Residents identified their concerns
- LandWatch Monterey County held series of Leadership Training Workshops
- Developed recommendations for City of Salinas GPU
- Council adopted 10 Traditional Neighborhood Design policies

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*the Fabric of Smart*  
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**MAKE DEVELOPMENT  
 DECISIONS PREDICTABLE, FAIR  
 & COST EFFECTIVE**

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**Smart Growth is a Public  
 Health Strategy**



- physical activity
- obesity & chronic disease
- traffic safety
- asthma & respiratory disease
- water quality & quantity
- crime & violence
- social capital
- elder health & mobility
- mental health
- health disparities

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