

**Skill Building Session II:
Engaging Special Populations –
Tribal and Low Income Communities**

**Leading the Way in Public Health
Nutrition and Physical Activity:
Blazing New Trails**

**Salt Lake City, Utah
June 12-14, 2011**



Produced by the Alabama Department of Public Health Video Communications and Distance Learning Division

**Skill Building Session II:
Engaging Special Populations –
Tribal and Low Income Communities**

**Healthy Communities:
A Policy Framework**



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Faculty

**Pilar Lorenzana-Campo, MEP
Senior Associate
Planning and Development
Public Health Law and Policy
Oakland, California**



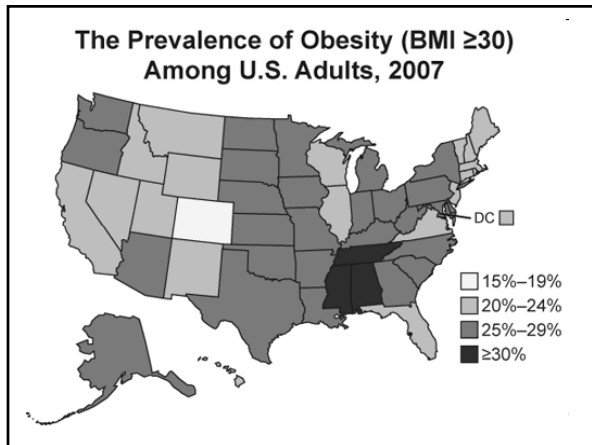
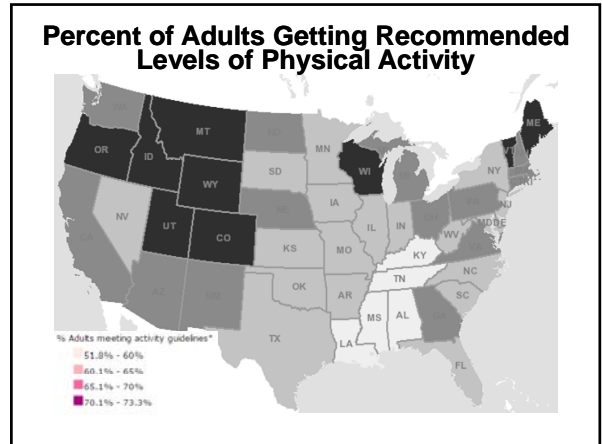
**Defining a
“Healthy Community”**

- Not just the health of individuals

**Defining a
“Healthy Community”**

- Shapes behavior and health outcomes

Overview: The Evidence



Why Are People Consuming More Calories?

Presence of convenience stores is associated with obesity

Papas et al., 2007

Why Are People Less Physically Active?

Traffic hazards and poor intersections are associated with less physical activity

Active Living Research Brief 2007

Why Are People Less Physically Active?

The number of miles traveled by motorized transportation is associated with obesity rates

Active Living Research Brief 2007

Policy Can Reverse These Statistics

- Supermarket proximity is associated with a better diet
- Limited access to fast food for school children is associated with better diet
- Sidewalks and nearby destinations are associated with more physical activity


Policy Can Reverse These Statistics

- Access to recreational facilities on weekends is associated with lower teen obesity rates

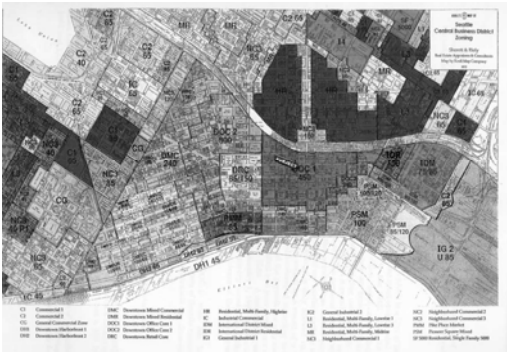
- Healthy Eating Research Brief 2008; Davis & Carpenter 2009;
Active Living Research Brief 2007

Overview: The Tools

Land Use



Zoning Controls



Nutrition and Physical Activity Standards in Childcare Licensing



Overview: The Strategies

Density/Mixed Use



Transportation



Transportation

- Ensure sidewalk presence and completeness
- Create attractive and safe pedestrian facilities



Build Complete Streets



Image Source: Complete Streets on Flickr

Create and Improve Parks and Open Space



Attract New Food Stores



Improve Corner Stores



Plan for Farmers' Markets



Urban Agriculture



Resources



www.healthyplanning.org

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