



# Smart Growth and Health

*from crisis to opportunity*

Gov. Parris N. Glendening

PLACE MATTERS  
Joint Center Health Policy Institute  
San Diego, CA  
February 7, 2007

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A life spent in the car...



Image courtesy of Alex McLean, Landslides

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The public health crisis



## Less than 1/3

of americans get 30 minutes of exercise, 5 days a week

## 40% are entirely sedentary

-Active Living Network

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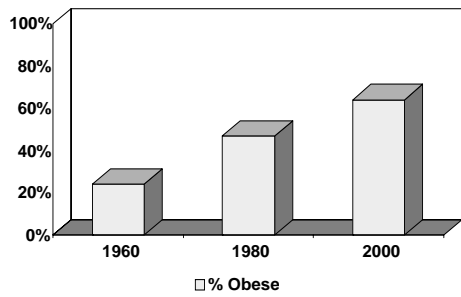
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### Adult obesity rates are rising



Trust for America's Health, 2005

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### Annual cost of obesity to the economy

# \$76 Billion

Trust for America's Health, 2005

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### Childhood obesity and asthma



**15 million children**  
are obese or overweight

**6.1 million**

suffer from asthma and related respiratory diseases

Children and Schools, 2004

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7 **42% reduction in trips made by foot**  
 Surface Transportation Policy Project, 2005

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Question:

**Do your children walk to school?**

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### Old Schools vs. New Design



- walkable
- connected
- beautiful
- smaller
- results in fewer car trips and less emissions

- uses new land
- uses more land
- far from students
- accessible only by car
- not safe to walk
- magnet for new sprawl



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### Atlanta Suburban School



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### Our built environment is biased for automobiles



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Downtown Houston - a great place (if you're a car)



- photograph  
By Alex McLean

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Our budgetary priorities



**Only 0.7%**  
of Federal Transportation funds spent from 1998 to  
2001 went to pedestrian/bicycle facilities

The states spent **87¢/person**  
for pedestrian facilities  
vs. **\$50/person** for roads and bridges

Surface Transportation Policy Project, 2005

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LUCKILY, THERE'S AN AFFORDABLE ALTERNATIVE.

Chevrolet Cavalier VL Sedan  
\$12,998 ~~0~~ \$178/mo

or \$1,000

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## 1996 Atlanta Olympics

ORIGINAL CONTENT TEXT

### Impact of Changes in Transportation and Commuting Behaviors During the 1996 Summer Olympic Games in Atlanta on Air Quality and Childhood Asthma

Michael S. Friedman, MD  
 Kenneth E. Powell, MS, MPH  
 Loui Shargren, MS  
 Lillian W. Graham, MD  
 W. Conrad Timpone, MD

**D**URING AN INTERNATIONAL ATHLETIC event, asthma-related public health problems in the United States, asthma is a leading cause of childhood disability, with an estimated prevalence of 10% in children and youth younger than 18 years.<sup>1,2</sup>

**Context** Vehicle exhaust is a major source of ozone and other air pollutants that have been associated with transient increases in asthma morbidity. The impact of Olympic transportation changes on air quality and asthma has not been studied. The objective of this study was to determine the impact of the 1996 Summer Olympic Games in Atlanta, Ga, on air quality and asthma morbidity. **Objectives** To describe traffic changes in Atlanta, Ga, during the 1996 Summer Olympic Games and concurrent changes in air quality and childhood asthma morbidity. **Design** Ecological study comparing the 17 days of the Olympic Games (August 4, 1996) to a baseline period consisting of the 4 weeks before and after the Olympic Games. **Setting and Subjects** Children aged 5 to 16 years who resided in the 5 counties of metropolitan Atlanta and whose data were captured in 1 of 4 data sources. **Main Outcome Measures** Olympic asthma care rates and hospitalizations, asthma-related emergency room visits, concentrations of major air pollutants, and traffic counts.



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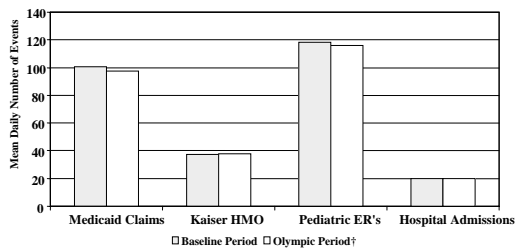
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### Total Non-Asthma Related Acute Care Visits 1-16 year old residents of Atlanta



† July 19 – August 4, 1996  
 Source: Friedman, et al, JAMA, 2001

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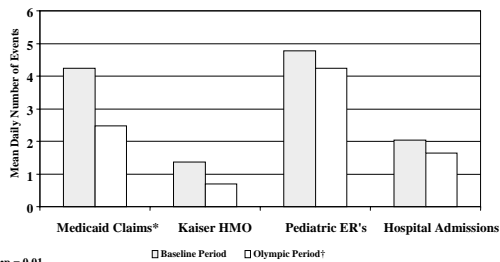
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### Acute Care Visits for Asthma 1-16 year old residents of Atlanta



\*p = 0.01  
 † July 19 – August 4, 1996  
 Source: Friedman, et al, JAMA, 2001

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Cars used for 75% of trips shorter than one mile



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Smart Growth America  
2004

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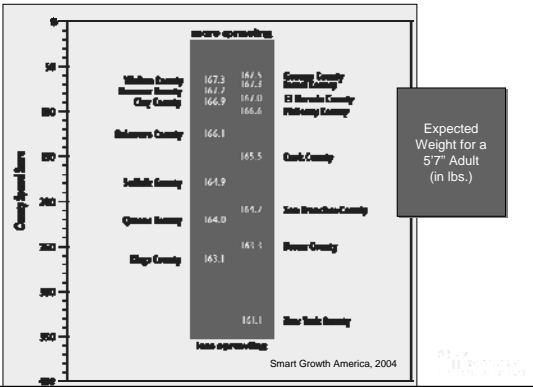
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Sprawl vs. weight



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Smart Growth America, 2004

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Healthy Food Access

In MS, NC, MD, MN neighborhoods:



- 3x fewer places to consume alcoholic beverages in the wealthiest neighborhoods
- 4x more supermarkets in white neighborhoods
- Unequal access a variety of healthy food choices available to non-minority and wealthy communities

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Morland K et al. Neighborhood characteristics associated with the location of food stores and food service places. Am J Prev Med 2002;22:23-29.

Smart Growth America  
2004

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## Mean Streets



**Pedestrians 36% more likely  
to die in traffic than vehicle riders**

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— Surface Transportation Policy Project, 2005



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## Cars = mobility



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## Stratification



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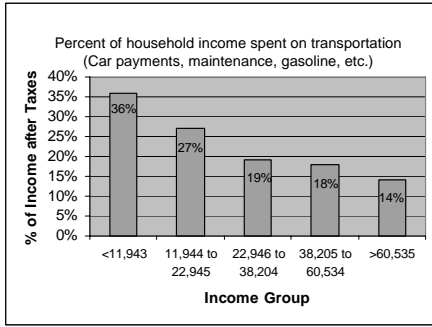
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## Cost of transportation unduly burdens poor



Surface Transportation Policy Project, 2005

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## Suburbs not always so cheap

"A study of Washington and 27 other metropolitan areas by the Center for Housing Policy found that the costs of one-way commutes of as little as 12 to 15 miles cancel any savings on lower-priced outer-suburban homes."

- Washington Post

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## Is it Smart Growth?



It's Smart Growth if it leads to  
Neighborhood Livability  
Better Access, Less Traffic  
Thriving Cities, Suburbs and Towns  
Shared Benefits  
Lower Costs, Lower Taxes  
Keeps Open Space Open

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## Complete Streets



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City of Philadelphia  
Office of Transportation

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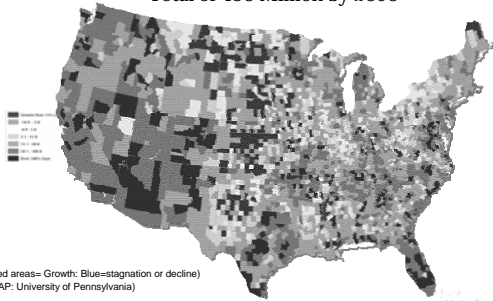
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## Projected Population Growth: 2005-2050

49% growth or +149 Million in 45 years  
Total of 430 Million by 2050



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City of Philadelphia  
Office of Transportation

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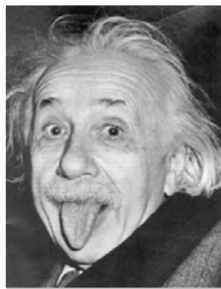
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## Einstein on Insanity



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City of Philadelphia  
Office of Transportation

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## thank you

Gov. Parris N. Glendening  
President, Smart Growth Leadership Institute

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