Destination Medical Center’s City Loop
Integrating Health into the Design Process
WHAT SHAPES HEALTH?

- Physical Environment
- Social and Economic Factors
- Individual Behaviors
- Clinical Care
- Biology and Genetics

IMPACT OF ACTIVE TRANSPORTATION

- Physical Environment
- Social and Economic Factors
- Individual Behaviors
- Clinical Care
- Biology and Genetics
WHERE $ IS SPENT

HEALTH + EQUITY

Physical Environment

Social and Economic Factors

Individual Behaviors

Clinical Care

Biology and Genetics


Health Impact Pyramid

Increasing Population Impact

Counseling and Education

Clinical Interventions

Long-Lasting Protection Interventions

Changing the Context to Make Individuals' Default Decisions Healthy

Socioeconomic Factors

Frieden T. American Journal of Public Health | April 2020, Vol 100, No. 4
Health Impact Pyramid

Increasing Population Impact

Increasing Individual Effort Needed

Changing the Context to Make Individuals' Default Decisions Healthy

Frieden T. American Journal of Public Health | April 2010, Vol 100, No. 4

DMC: City Loop

500 CITIES DATA

Largest 500 US Cities,* by 2010 Population

Source: Census 2010

* To ensure inclusion of all states, 5 cities from Hawaii, Mississippi, and Vermont were included in this 500 cities list. The 500 cities represent 53.4% of the U.S. population and 55.5% of U.S. places. The 500 cities list covers census, health, sanitation, behavior, and risk factors.

CDC

ALTA PLANNING + DESIGN | HEALTH + EQUITY | APRIL 2017
1/3 of the U.S. population resides within cities

121 CALIFORNIA CITIES
HEALTH MEASURES

13 HEALTH OUTCOMES
(e.g., coronary heart disease, diabetes, etc.)

5 UNHEALTHY BEHAVIORS
(e.g., no leisure time activity, obesity, etc.)

9 PREVENTION PRACTICES
(e.g., health insurance coverage, cholesterol screening, etc.)
MENTAL HEALTH

In the U.S., approximately 1 IN 5 ADULTS experiences a MENTAL ILLNESS in a given year, with the majority being anxiety disorders and depression.

Bicycling can improve self-confidence, tolerance to stress, and overall well-being and that thirty minutes a day of moderate intensity physical activity (walking or biking) at least 3 days a week is associated with reduced anxiety, depression, and improved self-esteem and social interaction.

Mental health not good for > 14 days among adults aged ≥ 18 years

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<thead>
<tr>
<th></th>
<th>Below City Average</th>
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<td></td>
<td>6.40%</td>
<td>8.30%</td>
<td>11.40%</td>
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OBESITY PREVALENCE

OBESITY IS A NATIONWIDE EPIDEMIC that affects over 1/3 of U.S. adult population and approximately 1/5 OF U.S. CHILDREN (age 2-19).

Obesity is associated with a number of serious chronic illnesses including high blood pressure, high cholesterol, stroke, diabetes, asthma, heart disease, and certain types of cancer.

Obesity among adults aged ≥ 18 years

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<td>22.50%</td>
<td>27.60%</td>
<td>29.80%</td>
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Approximately 1 IN 11 Americans has diabetes and it is the 7TH LEADING CAUSE OF DEATH IN THE U.S. \(^4\). The health risks associated with diabetes include heart disease, stroke, blindness, kidney disease, high cholesterol, and permanent lower-extremity nerve damage. \(^5\) Thirty minutes of moderate-intensity physical activity has been shown to directly reduce the risk of diabetes by as much as 30-58 percent. \(^6\)

**Diagnosed diabetes among adults aged >18 years**

<table>
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<tr>
<td>7.10%</td>
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<td>8.10%</td>
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<td>10.50%</td>
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**USER TYPOLOGIES**

- **Enthused & Confident**: 5-10%  
- **Interested but Concerned**: 50-60%  
- **No Way, No How**: 30%  
- **Strong & Fearless**: 1-3%
DMC: City Loop

USER TYPOLOGIES

ENTHUSED & CONFIDENT
5-10%

INTERESTED BUT CONCERNED
50-60%

NO WAY, NO HOW
30%

STRONG & FEARLESS
1-3%

LEVEL OF COMFORT

Less

Level of Comfort

More

Major Street
Shared Use Lane

Painted Bicycle Lane

Paint Buffered Bike Lane

Local Street Bikeway

Protected Bike Lane

Off-Street Pathway

Unsuitable for AAA facility

Suitable for AAA facility
DMC: City Loop

DESIGN CONCEPT

DMC: City Loop

DESIGN

EXISTING
DMC: City Loop

DESIGN

PROPOSED

EXISTING

vehicle parking and travel
DESIGN | RESIDENTIAL

PROPOSED

DESIGN | DOWNTOWN

PROPOSED
Benefits

- Planning for physical activity
- Project prioritization
- Design accountability
- Coordinated efforts
- Validates investment
THANK YOU!

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