

# Building Healthy Communities for Active Aging



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# Built Environment

The built environment, where we live, work, shop and play, has direct and indirect effects on the natural environment and human health.





# Healthy Communities

- The National Research Council
- “Identify the collective properties of social and physical environments influence health and disease outcomes”

# Consequences of Sprawl

- Development patterns can lead to environmental degradation.
- Impervious surfaces cause storm water runoff to bypass filtration by soil, potentially harming drinking water sources.



# Consequences of Sprawl



- Increased travel distances from home to work or medical appointments contribute to greater air pollution.
  - 40% of worst emissions in urban areas are from mobile sources.
  - Transportation sector is the fastest growing contributor of CO<sub>2</sub>.



Photo Credit: Andres Duany

# Impacts of Growth Patterns

**Since 1980, the number of miles Americans drive has grown 3 times faster than the population.**

**Spread-out development is the key factor in that rate of growth**





# If Sprawling Development continues

- The projected 59% increase in total miles driven between 2005 and 2030 will overwhelm expected gains from vehicle efficiency and low-carbon fuels.



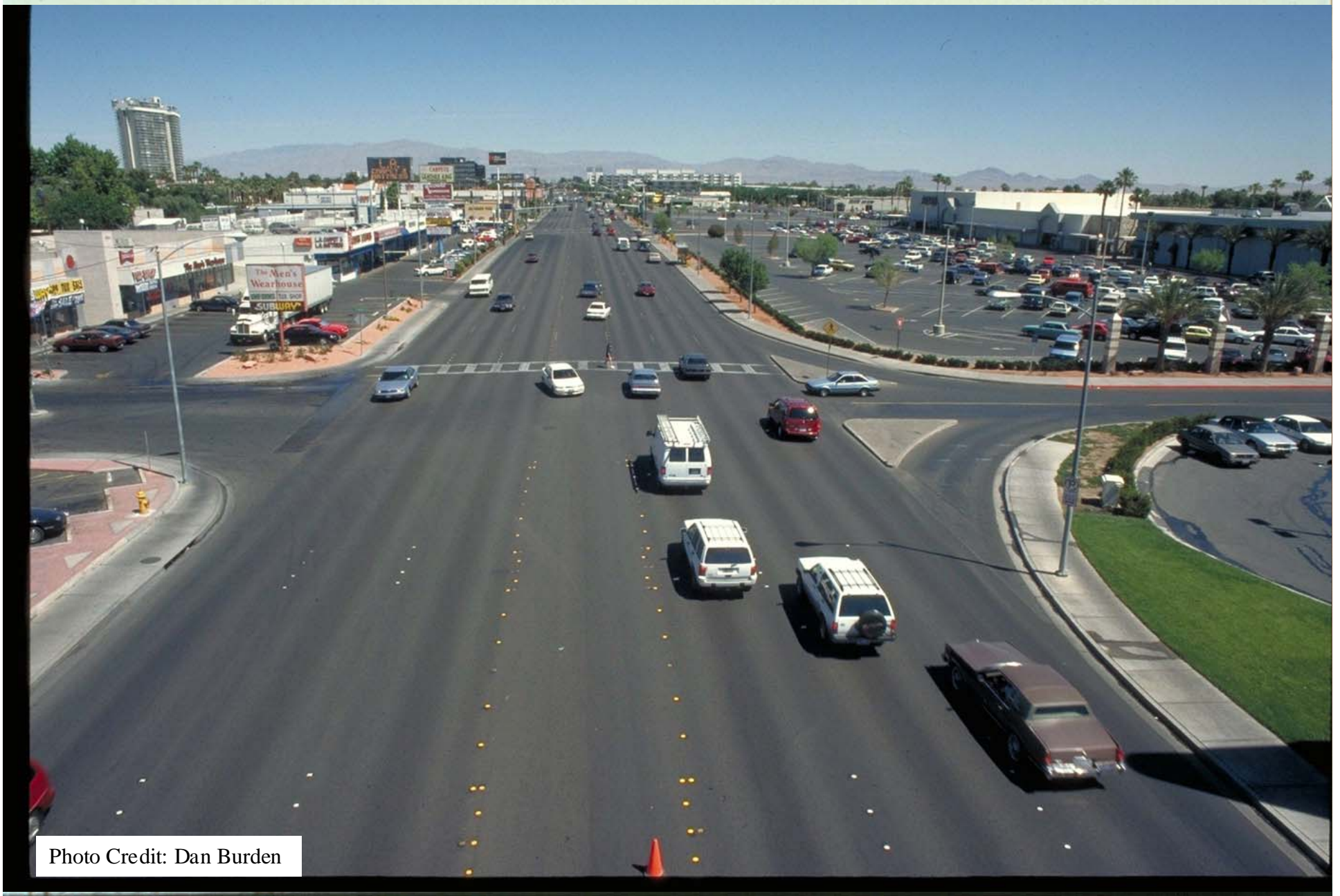


Photo Credit: Dan Burden

# Traffic Injuries and Fatalities

- In 2005, 12% of the total US population were people age 65 and older
- That year, older adults accounted for 15% of all traffic fatalities and
- 20% of all pedestrian fatalities.

Source: NHSTA



# What is Smart Growth?



Characterized by development patterns that create attractive, distinctive, walkable communities that give people of varying age, wealth, and physical ability a range of safe, affordable, convenient choices in where they live and how they get around.

# Smart Growth Principles



- Mix land uses
- Take advantage of compact building design
- Create a range of housing opportunities and choices
- Create walkable neighborhoods
- Foster distinctive, attractive communities with a strong sense of place
- Preserve open space, farmland, natural beauty, and critical environmental areas
- Strengthen and direct development towards existing communities
- Provide a variety of transportation choices
- Make development decisions predictable, fair, and cost effective
- Encourage community and stakeholder collaboration in development decisions

# Smart Growth



Growing smart also ensures that existing resources are used efficiently and that lands and buildings that shape communities are preserved.

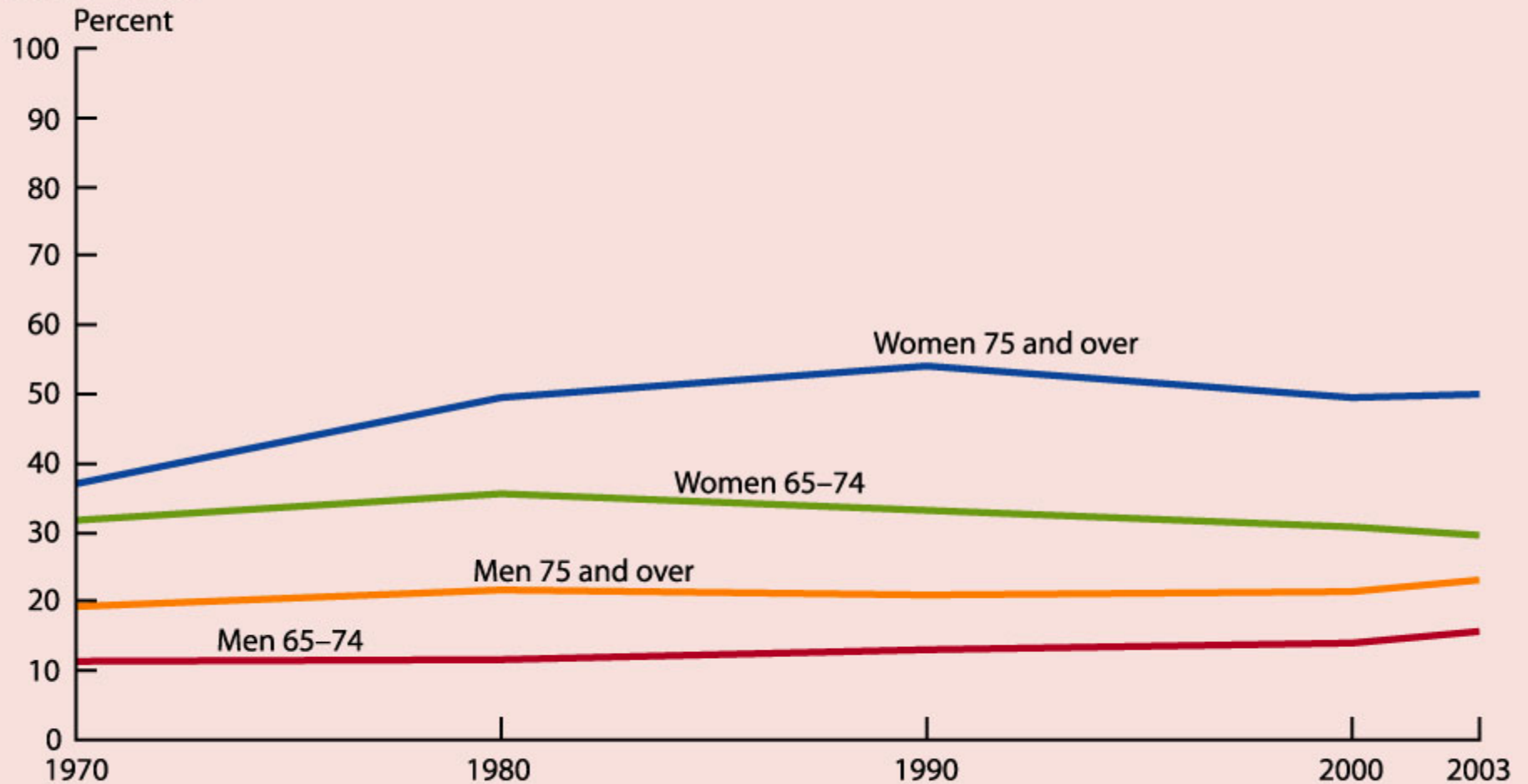
# Changing Households



	<b>With kids</b>	<b>W/out kids</b>	<b>Single</b>
1960	48%	52%	13%
2000	33%	67%	26%
2030	27%	73%	29%

Source: New Partners in Smart Growth meeting in February 2007, a leading expert in the field of smart growth, Arthur Nelson, Co-Director of the Metropolitan Institute, Virginia Tech,

## Population age 65 and over living alone, by age group and sex, selected years 1970-2003



Reference population: These data refer to the civilian noninstitutionalized population.

Source: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplement.



# QUESTION

- What can a government and private sector partnership do to encourage healthy communities for older adults?





# Building Healthy Communities for Active Aging



**NATIONAL BLUEPRINT:**  
**Increasing Physical Activity Among Adults Aged 50 and Older**

# **Building Healthy Communities** **for Active Aging**

- Raise awareness in communities about the importance of Smart Growth and active lifestyle for older adults.
- Communities will have the opportunity to assess themselves.

# Supporters of BHCAA

**AARP**

**Active for Life**

**America Walks**

**Administration on Aging**

**American Medical Association**

**American Public Health Association**

**Atlanta Regional Commission**

**American Society on Aging**

**Council of State and Territorial Epidemiologists**

**Generations United**

**Gerontological Society of America**

**Healthy Aging Network**

**International City/County Management Association**

**International Council of Active on Active Living**

**Local Government Commission**

**Milton H. Erickson Foundation, Inc**

**National Association of Area Agencies on Aging**

**National Blueprint Initiative**

**National Council on Aging**

**National Indian Council on Aging**

**National Recreation and Park Association**



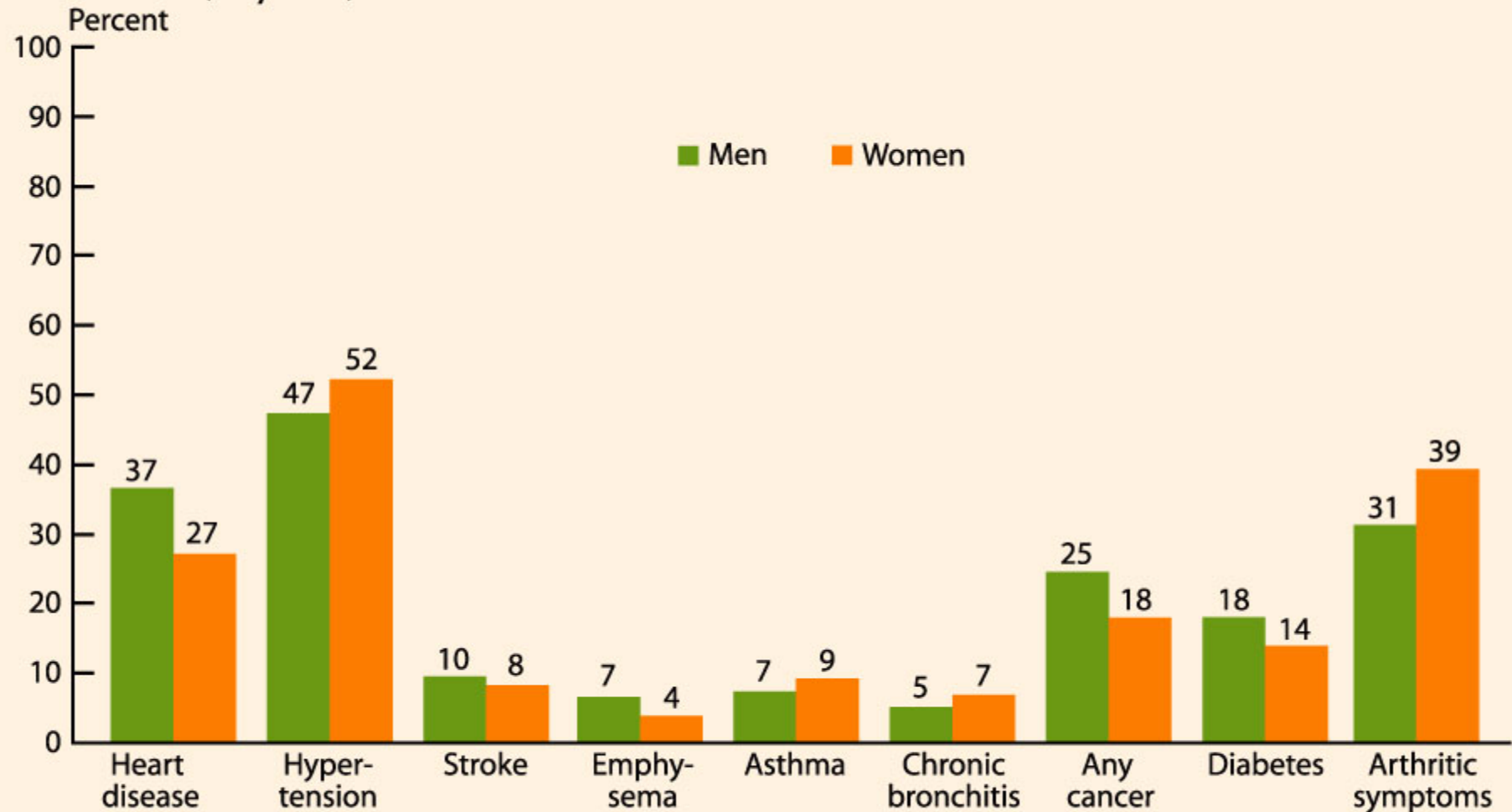
# Active Aging

- Older adults regularly participate in structured and unstructured physical activities.
  - Activities emphasize increasing endurance, strength, flexibility and balance

# Communities can Promote Active Aging– Taking it to another level

- Implement a diverse array of physical activity programs
- Help by making self directed programs more accessible
- Self-directed programs include walking, biking, fitness trails, etc

## Percentage of people age 65 and over who reported having selected chronic conditions, by sex, 2001-2002



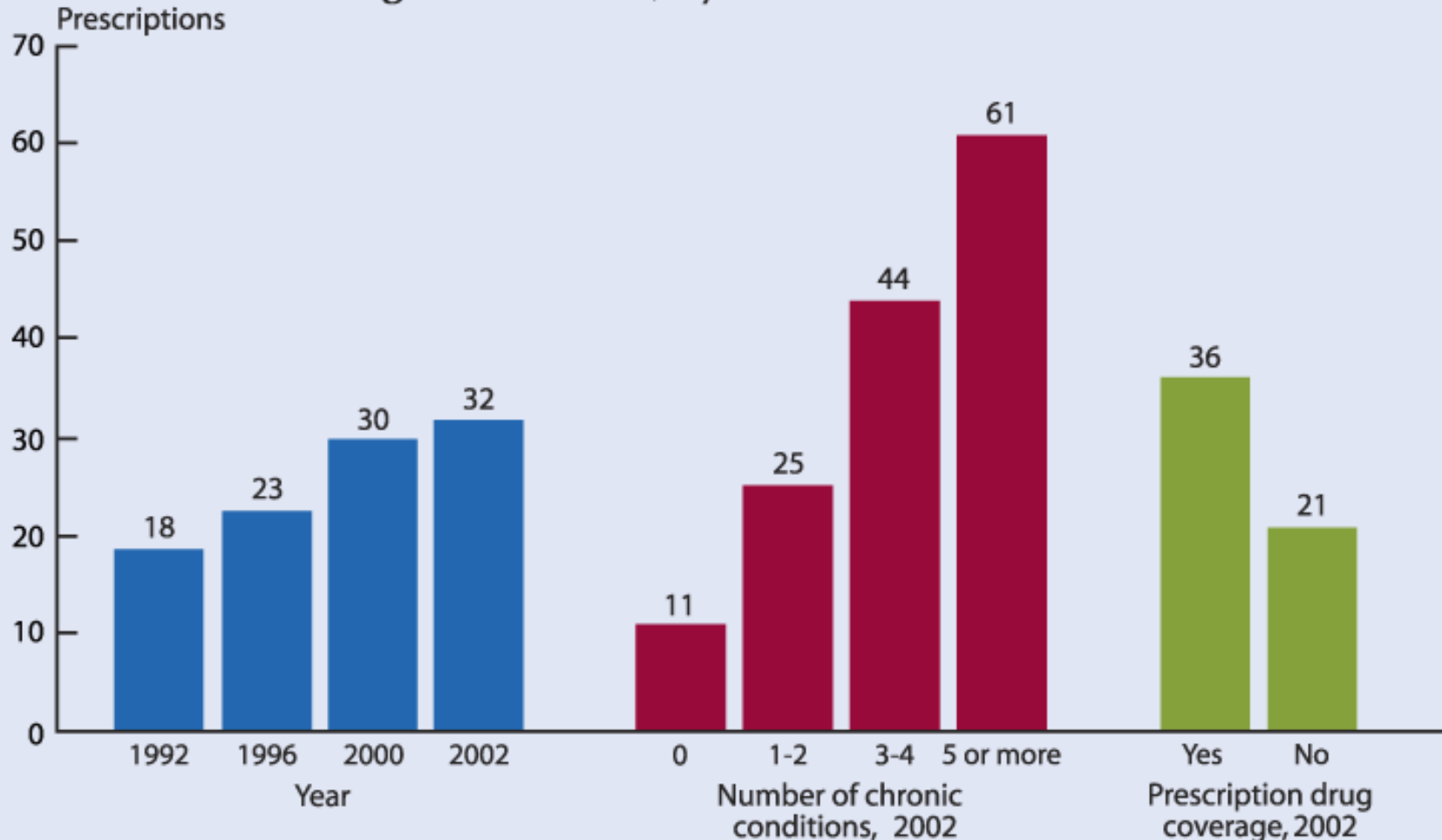
Note: Data are based on a 2-year average from 2001-2002. Data for arthritic symptoms are from 2000-2001.

Reference population: These data refer to the civilian noninstitutionalized population.

Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey.

## Indicator 30 - Prescription Drugs

**Average annual number of filled prescriptions among noninstitutionalized Medicare enrollees age 65 and over, by selected characteristics**



Note: Chronic conditions include cancer (other than skin cancer), stroke, diabetes, heart disease, hypertension, arthritis, and respiratory conditions (emphysema, asthma, chronic obstructive pulmonary disease). Prescription drug coverage includes people with partial year coverage. The number of filled prescriptions counts each refill separately.

Reference population: These data refer to Medicare enrollees.

Source: Centers for Medicare & Medicaid Services, Medicare Current Beneficiary Survey.

# Aging and Health

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- **88% of persons over 65 yrs of age have at least one chronic health condition.**
- **21% of over 65 have chronic disabilities.**
- **In 2006, 34% of person 65+ lived in a county with poor air quality.**

Sources Bullets 1 and 2: NIA 2000

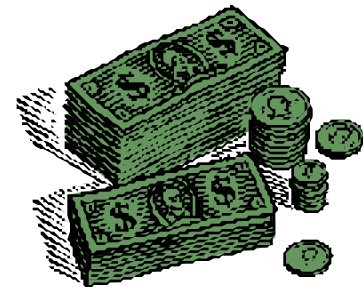
Bullet 3 : Federal Interagency Forum on Aging Related Statistics 2004



# Economic Burden of Chronic Diseases

- **Heart disease, stroke & chronic lung diseases are exacerbated by air pollution.**
- **In 2002, the US spent \$250 billion on direct medical costs for these conditions and \$9 billion on lost productivity.**

**Source: Morbidity & Mortality: 2002 Chart Book on Cardiovascular Lung & Blood Diseases, NIH,NHLBI, May 2002**



# Chronic Diseases

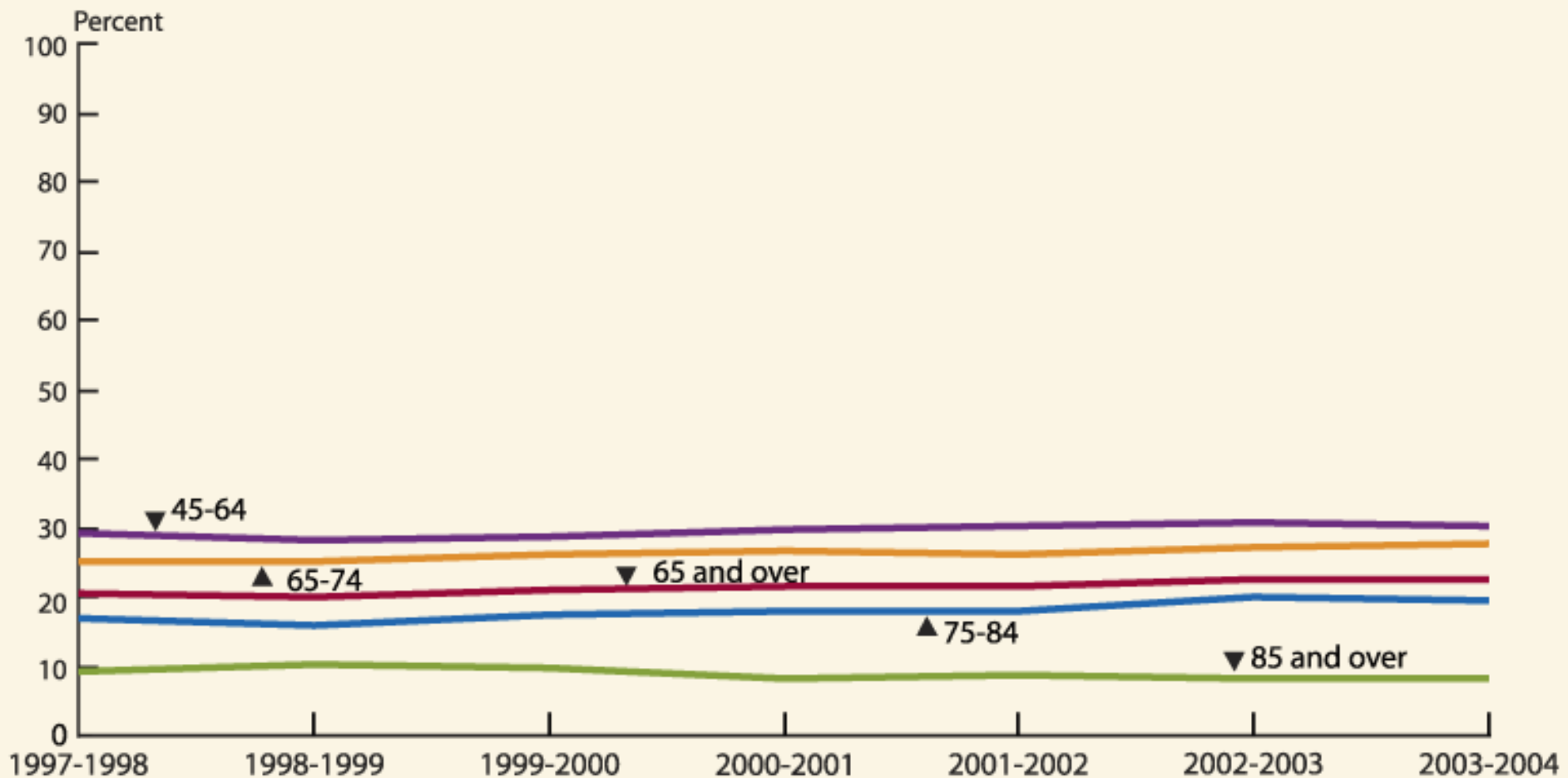
**Are the leading causes of death and disability in the United States.**

**Account for 70% of all U.S. deaths (1.7 million each year)**

**Are among the most common and costly health problems, they are also among the most preventable.**

- Source: CDC

## Percentage of people age 45 and over who reported engaging in regular leisure time physical activity, by age group, 1997-2004



Note: Data are based on 2-year averages. "Regular leisure time physical activity" is defined as "engaging in light-moderate leisure time physical activity for greater than or equal to 30 minutes at a frequency greater than or equal to 5 times per week, or engaging in vigorous leisure time physical activity for greater than or equal to 20 minutes at a frequency greater than or equal to 3 times per week."

Reference population: These data refer to the civilian noninstitutionalized population.

Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey.

# % 65+ Engaging in Physical Activity 2003-2004

- **22% of population 65+ reported engaging in regular physical activity**
- **Physical activity drops off at older ages**

<b>30.5%</b>	<b>45-64</b>
<b>27.5%</b>	<b>65-74</b>
<b>19.4%</b>	<b>75-84</b>
<b>8.6%</b>	<b>85+</b>



Source: NHIS- (civilian non-institutionalized pop.) Federal Interagency Forum on Aging Related Statistics. Older Americans 2006: Key Indicators of Well-Being. Washington, DC:

# Costs of Inactivity

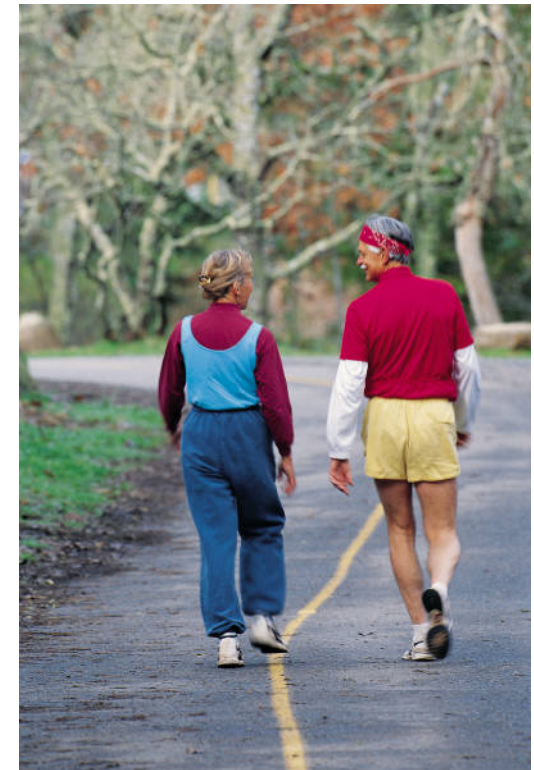
**In 2000, the estimated cost of inactivity: \$77 M**

- **38% of Americans age 55 + are sedentary**
- **50% of women age 75+ engage in no physical activity**
- **Source: CDC**

# Engineering Walking Back into our Lives

Walking and jogging trails most important amenity for older adults when buying a home

Source: National Association of Homebuilders



# Smart Growth can Build Healthy Communities that promote Active Aging

## Provide environmental benefits

- Less air pollution
- Less water pollution
- Less sprawl
- Less traffic
- More open space

## Promote physical activity

- More opportunities to walk
- More bike lanes
- Better access to parks, trails, and recreational areas

# Building Healthy Communities for Active Aging

1. Our community has defined goals or a mission for advancing or applying \*smart growth principles.

Not at all

Partially Completed

Fully Completed



# Building Healthy Communities for Active Aging

2. Our community's governing body has conducted or commissioned a \*community assessment for applying \*smart growth principles.

- Not at all
- Partially Completed
- Fully Completed

# Building Healthy Communities for Active Aging

3. Our community has defined goals or a mission for increasing older adult participation in \*active aging/physical activity.

- Not at all
- Partially Completed
- Fully Completed

# Building Healthy Communities for Active Aging

7. Our community is actively engaged in formulating plans and strategies for specifically linking smart growth initiatives with programs, amenities or opportunities that include active aging/physical activity for older adults

# Building Healthy Communities for Active Aging

10. Our community has created pilot programs, or has existing programs for active aging/ physical activity for older adults which take advantage of the resources and environments created by local smart growth activities such as safe walking area, biking amenities, age-sensitive exercise trails, safe parks, etc.

# Building Healthy Communities for Active Aging

20. Our community has an existing model program integrating active aging/physical activity and smart growth for older adults and we can provide technical assistance and a contact person to share information with other communities.





# Assessing Walkability

- [www.walkscore.com](http://www.walkscore.com)

Calculates score for address based on availability of goods and services (grocery stores, pharmacies, libraries, restaurants)

[www.feetfirst.org](http://www.feetfirst.org)

Walking audits



# Other Resources

- **Global Age-friendly Cities: A Guide WHO, Oct. 2007**
- [http://www.who.int/ageing/publications/Global\\_age\\_friendly\\_cities\\_Guide\\_English.pdf](http://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf)
- **Growing Cooler: Evidence on Urban Development and Climate Change**  
[http://sgusa.convio.net/site/DocServer/Executive\\_Summary.pdf?docID=4021](http://sgusa.convio.net/site/DocServer/Executive_Summary.pdf?docID=4021)

# Aging Initiative Resources & Monthly List Serve

**EPA Aging Initiative**  
[www.epa.gov/aging](http://www.epa.gov/aging)



**Building Healthy Communities  
for Active Aging**  
[www.epa.gov/aging/bhc/awards/](http://www.epa.gov/aging/bhc/awards/)

