

Land Use and Public Health: Creating Healthy Communities

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Picture of Santa Clarita.
Credit: Beth Steckler

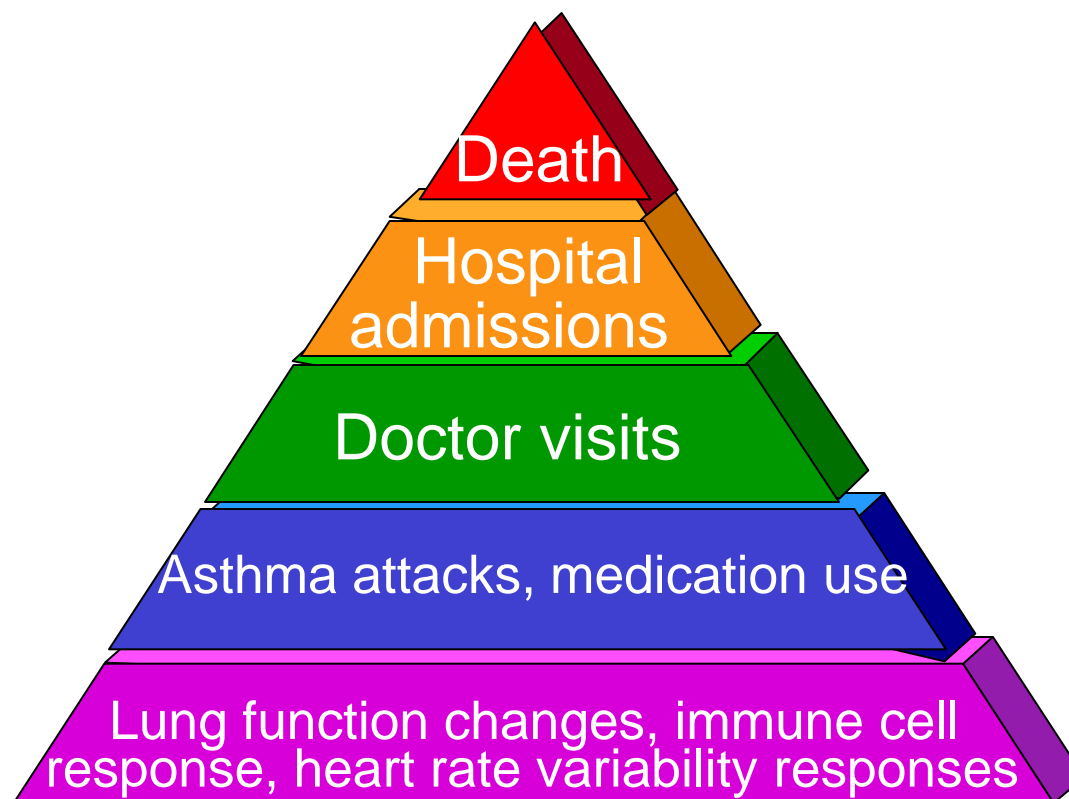
Health Impacts of Poor Land Use



- ↑ Air pollution and greenhouse gas emissions.**
- ↑ Asthma and respiratory illnesses.**
- ↑ Traffic injuries.**
- ↑ Obesity.**
- ↑ Health disparities.**
- ↓ Mental health.**

Slide credit: Jean Armbruster

Health Effects of Air Pollution



State of the Air, 2009



- Los Angeles region dropped its particle pollution levels by 40 percent over the past 5 years and ozone smog levels are down by more than one quarter from 10 years ago.
- But, the Los Angeles-Long Beach-Riverside metropolitan area still tops the list of U.S. cities most polluted with ozone smog.
- Breathing is unhealthy on approximately 100 days out of the year.

Annual Health Impacts of Exposure to Ozone and Particulate Matter Pollution



Costs the California economy \$170 billion and include:

- 19,000 premature deaths
- 9,400 hospital admissions for respiratory and cardiovascular disease
- 280,000 asthma and other lower respiratory symptoms
- 1 million school absences due to respiratory conditions
- 1.9 million work days lost due to respiratory conditions

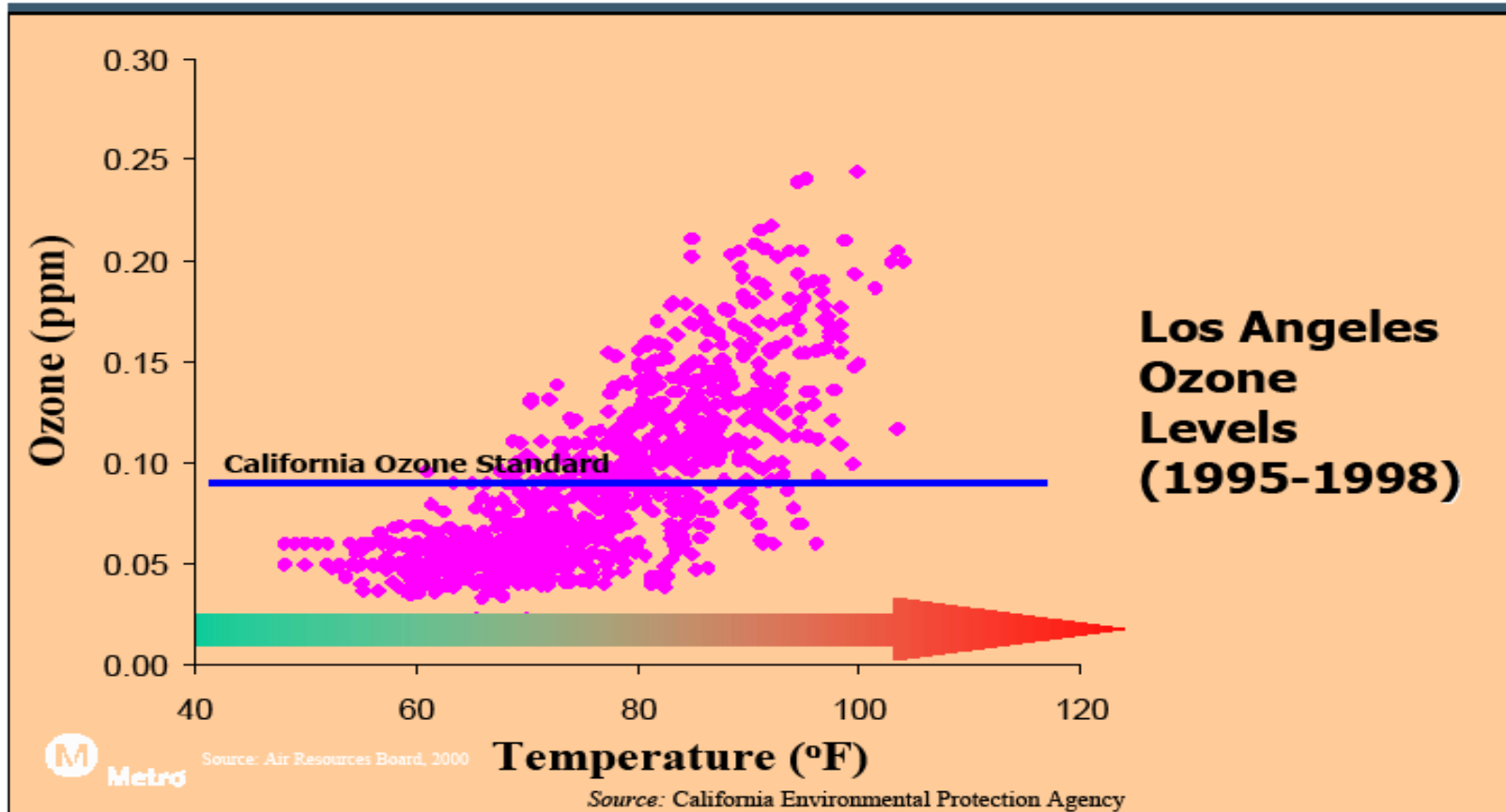


California Air Resources Board, 2009 estimations

Global Warming & Public Health



Hotter Days Lead To More Smog Related Illnesses



Global Warming and Air Quality



Reducing local sources of air pollution will:

- Have immediate health benefits in local communities
- Address the global warming climate crisis



Urgency



- Global warming occurring at rate at or beyond worst-case climate scenarios
- CA facing budget crisis, but compromising health protections will make the situation worse
- Southern California would save \$22 billion if we met key air quality standards

SB 375



The goal is to reduce green house gas emissions from cars and light trucks through incentives for better development patterns so people can choose to drive less



Slide credit: Bill Craven

Public Health and Land Use



- Sustainable, mixed use communities designed around mass transit, walking and cycling have been shown to reduce greenhouse gases, air pollution, and a range of adverse health outcomes .
- According to the Transportation Research Board, compact, mixed use development could likely result in a reduction of vehicle miles traveled and greenhouse gases of up to 11 percent.

Benefits of Smart Land Use



- Improved access to nutritious foods and health care services.
- Reduce injuries: Research published in 2003 in the journal Injury Prevention found that there is “safety in numbers”: motorists are less likely to strike a pedestrian or bicyclist the more people are walking or biking.

Benefits of Smart Land Use



- Improved air quality to reduce asthma attacks, hospitalizations, and prevalence of lung disease.
- Improved physical activity to reduce obesity and related illnesses:
Safe and inviting active transportation including sidewalks, bike lanes, parks, trails, and local, reliable transit can encourage the integration of physical activity into everyday activities.



Smart Growth & Public Health



- Design “complete streets” for all users of the roads
- Provide reliable public transportation with easy access for peds/bikes
- Keep open space open and create places for physical activity
- Create buffers between freeways and people to reduce exposure.
- Place transit, housing, jobs and schools in close proximity



Slide credit: Jean Armbruster



Benefits of TOD



CalTrans lists 10 benefits of transit oriented development. They include:

- **Reduce air pollution and energy consumption by encouraging more people to use public transit;**
- **Conserve open space by using land more efficiently and reducing the need to build on farmland and open space;**
- **Contribute more affordable housing by encouraging more efficient use of high-cost land;**

Benefits of TOD Continued



- **Increase public safety by having more “eyes on the street” and designing for pedestrian safety;**
- **Contribute more affordable housing by encouraging more efficient use of high-cost land;**
- **Increase transit ridership by improving efficiency of transit system;**
- **Increase disposable income by allowing more people to survive with no car or fewer cars for the family;**

Land Use Campaign



The American Lung Association is building a network of community members and public health and medical practitioners to advocate for healthy local land use policies.



Picture: www.pedbikeimages.org /
Dan Burden

Taking Action



The American Lung Association is promoting :

- Ambitious and achievable regional greenhouse gas reduction targets to drive “smart growth” at the local and regional levels.
- Strong “sustainable community strategies,” which will encourage more compact, complete, and healthy communities.
- Land-use policies at the city and county level that will make progress toward regional greenhouse gas reduction goals while creating healthier communities.

- Action Alerts are emailed to concerned citizens/advocates informing them of critical issues & how they can make a difference.
- www.californialung.org
- For more information or to join, fill out sheet in your packet or contact Colleen Callahan at ccallahan@alac.org.

Contact



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To speak to a medical professional, call our
toll-free Lung Helpline at
1-800-LUNGUSA