



A Conversation: Livable Communities

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Mission

To advance the health and well-being
of the communities we serve.



Community Collaboratives



...and more!



Leading Causes of Death in Lancaster County

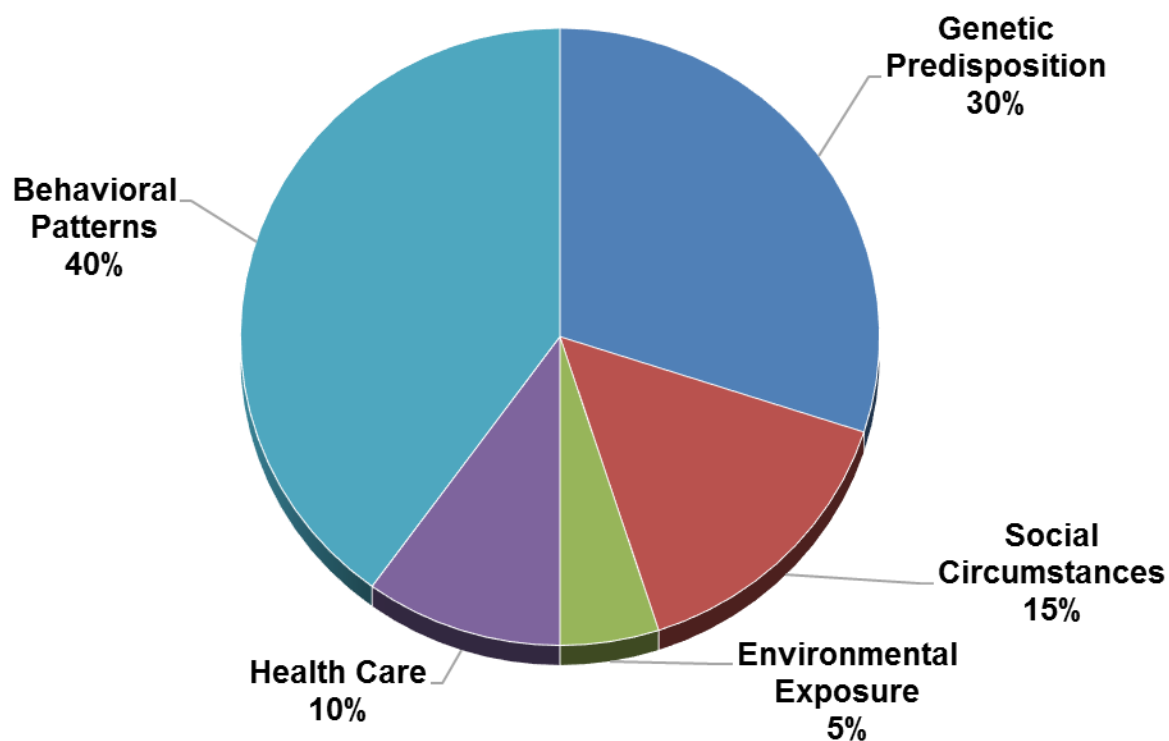
1. Heart Disease
2. Cancer
3. Stroke
4. Respiratory Disease
5. Nontransport Accidents
6. Alzheimer's Disease
7. Kidney
8. Diabetes
9. Parkinson's
10. Motor Vehicle Accidents

*Source: PA Department of Health, Health Statistics and Research
Selected Causes of Death by Age, Race, Sex, and County, Pennsylvania Residents, 2012*



Risk Factors

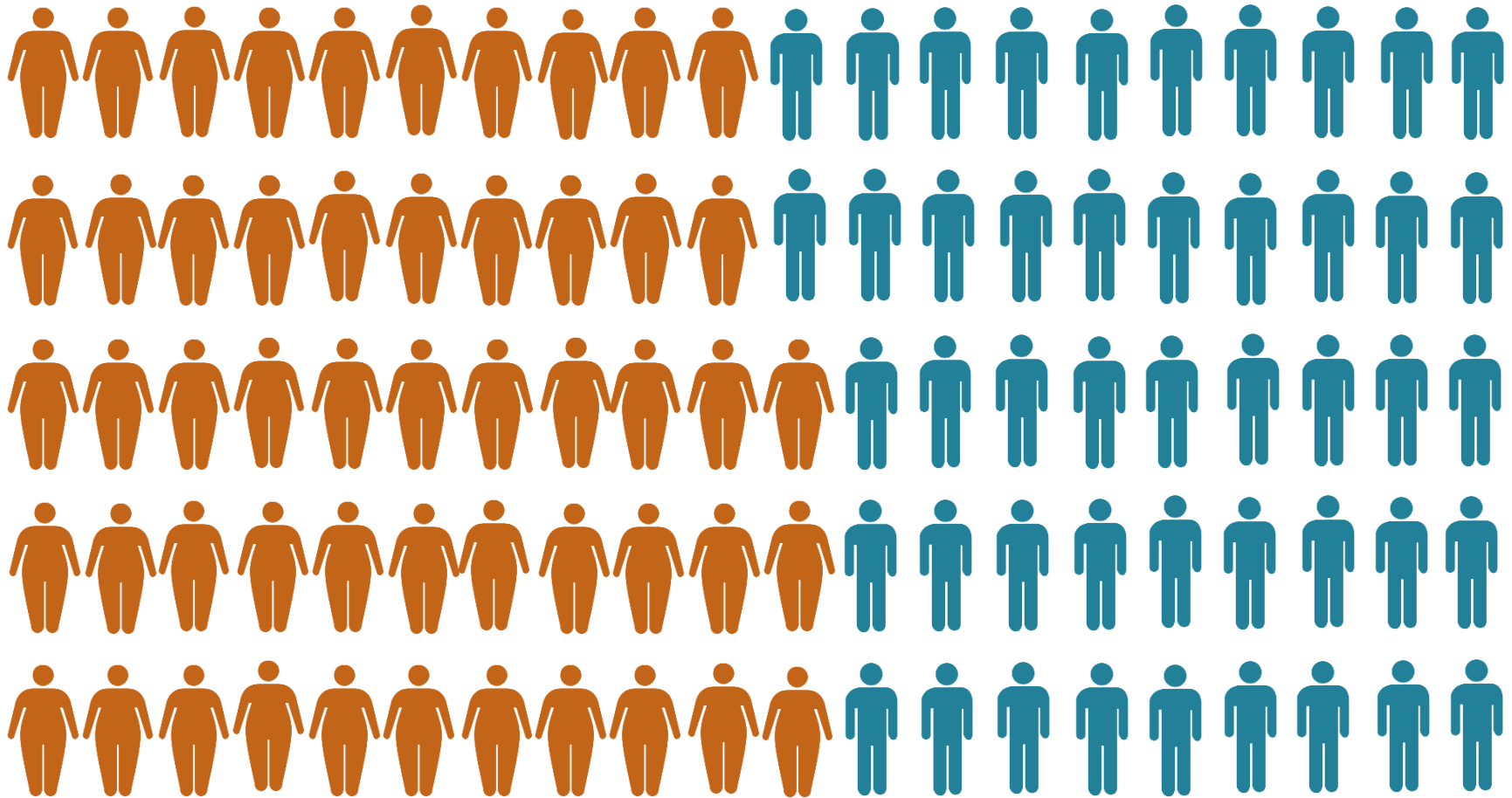
Contribution to Premature Death



Source: "We Can Do Better—Improving the Health of the American People," Schroder, NEJM 2007



Estimate of Overweight/Obese Men in Lancaster County, 1980



Data Source: September 2014 CDC Health eStat, Prevalence of Overweight, Obesity, and Extreme Obesity Among Adults: United States, 1960–1962 Through 2011–2012
Icon Sources: Obesity by corpus delicti from the Noun Project, Man by Michael Zick Doherty from the Noun Project



Percentage of Overweight/Obese Men in Lancaster County, 2014



Data Source: CDC Behavioral Risk Factor Surveillance Survey, 2012-2014 results obtained from the PA Department of Health
Icon Sources: Obesity by corpus delicti from the Noun Project, Man by Michael Zick Doherty from the Noun Project



Estimate of Overweight/Obese Women in Lancaster County, 1980



Data Source: September 2014 CDC Health eStat, Prevalence of Overweight, Obesity, and Extreme Obesity Among Adults: United States, 1960–1962 Through 2011–2012
Icon Sources: Woman by Jennifer Morrow from the Noun Project, Obesity by corpus delicti from the Noun Project



Percentage of Overweight/Obese Women in Lancaster County, 2014



Data Source: CDC Behavioral Risk Factor Surveillance Survey, 2012-2014 results obtained from the PA Department of Health
Icon Sources: Woman by Jennifer Morrow from the Noun Project, Obesity by corpus delicti from the Noun Project



Estimate of Overweight/Obese Children in Lancaster County, 1980's



Data Source: Let'sMove.gov (depicted using a class size of 26)

Icon Source: testing by Creative Stall from the Noun Project, Chalkboard by Jon Testa from the Noun Project



Percentage of Overweight/Obese Children in Lancaster County, 2012-2013

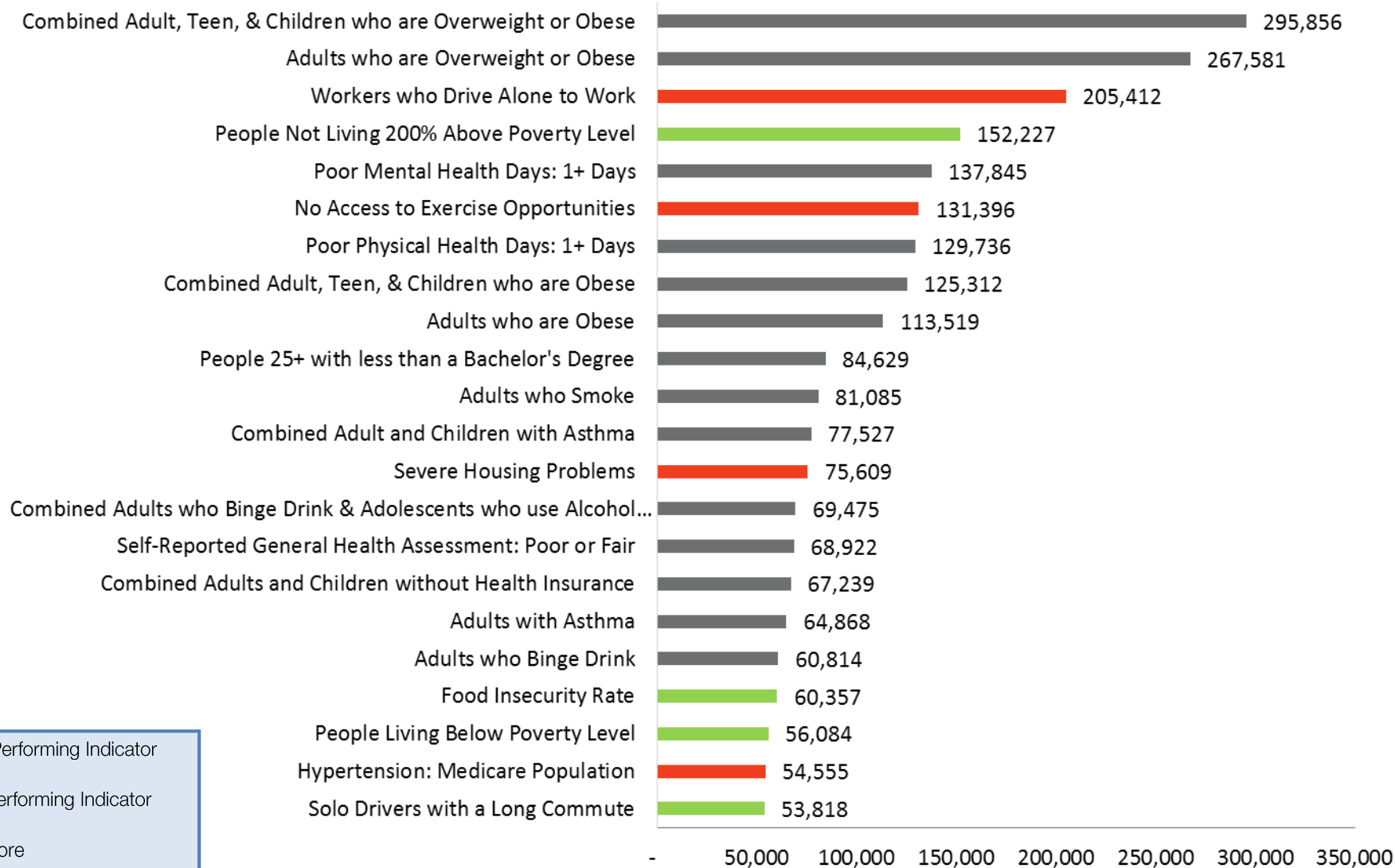


Data Source: PA Department of Health, BMI Growth Screen results, 2012-2013 – Lancaster County (depicted using a class size of 26)

Icon Source: testing by Creative Stall from the Noun Project, Chalkboard by Jon Testa from the Noun Project



Estimated Number of People Affected



Obesity leads to

Heart Disease

Diabetes

$\frac{1}{3}$ of all Cancers

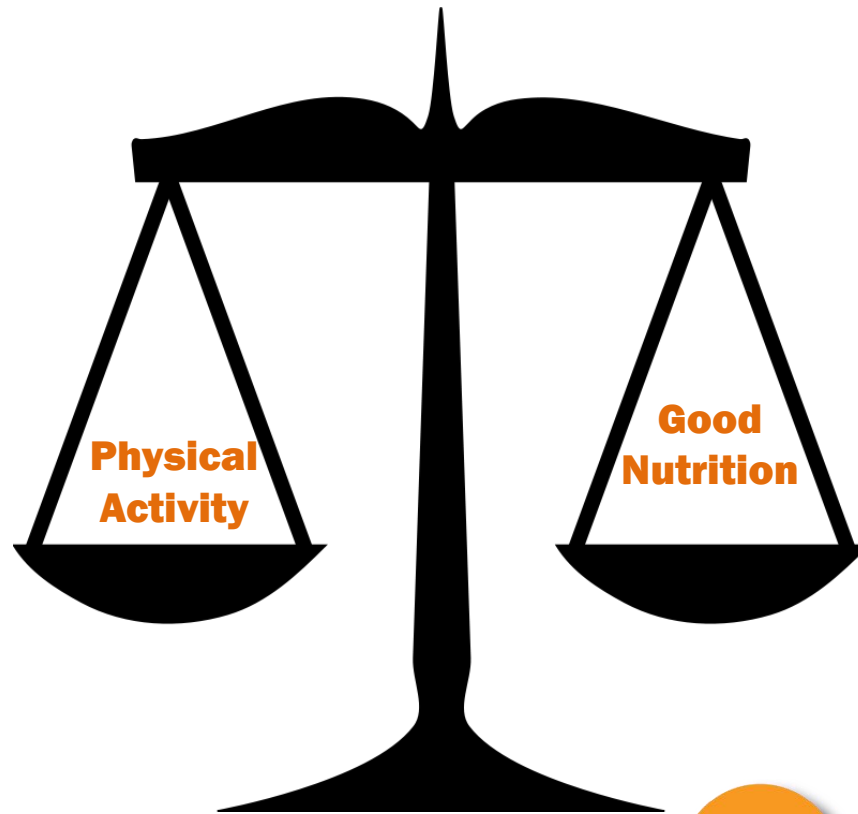
Stroke

...and more





Achieve/maintain a healthy weight



Obesity Solutions

- Increase awareness (It's Killing You!)
- Educate the public (This is what you need to do – it's simple)
- Bariatric Surgery

...REALLY??



Infectious Disease



A filthy "Father Thames"

Industrial Revolution

Citation: C N Trueman "Diseases in Industrial Cities in The Industrial Revolution"
historylearningsite.co.uk. The History Learning Site, 31 Mar 2015. 23 Nov 2015



Obesity



21st Century



THE ROLE OF

Communities

IN PROMOTING PHYSICAL ACTIVITY

WALKABLE COMMUNITIES

People who live in walkable neighborhoods are

2 times

as likely to get enough physical activity as those who don't.

JOINT USE

The number of children who are physically active outside is

84% higher when schoolyards are kept open for public play.

TRAILS

People who live near trails are

50%

more likely to meet physical activity guidelines.

RECREATIONAL FACILITIES

Teens who live in poor or mostly minority neighborhoods are

50% less likely to have a recreational facility near home.

Active Living Research

www.activelivingresearch.org

Sources: TRAILS: Huston S, Evenson K, Bors P, et al. "Neighborhood Environment, Access to Places for Activity, and Leisure-Time Physical Activity in a Diverse North Carolina Population." American Journal of Health Promotion, 18(1): 58-69, September/October, 2003. WALKABLE COMMUNITIES: Frank LD, Schmid TL, Sallis JF, Chapman J, Saelens BE. Linking objectively measured physical activity with objectively measured urban form. Findings from SMARTRAQ. American Journal of Preventive Medicine 2005; 28(2S2):117-125. JOINT USE: Farley T, Meriwether R, Baker E, Watkins L, Johnson C, Webber L. Safe play spaces to promote physical activity in inner-city children: Results from a pilot study of an environmental intervention. Am J Pub Health, 2007;97:1625-1631. RECREATIONAL FACILITIES: Gordon-Larsen P, Nelson MC, Page P, Popkin BM. "Inequality in the Built Environment Underlies Key Health Disparities in Physical Activity and Obesity." Pediatrics, 117(2): 417-424, 2006.



Solutions

- Make communities safe to walk and bike
- Implement a Complete Streets Policy
- Conduct a walkability audit
- Increase trail connectivity
- Implement school and community gardens
- Provide workplace wellness programs
- Become active on your School Wellness Council
- Incorporate healthy options in vending machines
- Get involved with planning how your community is built.



Name _____

Address _____ Date _____

R_x

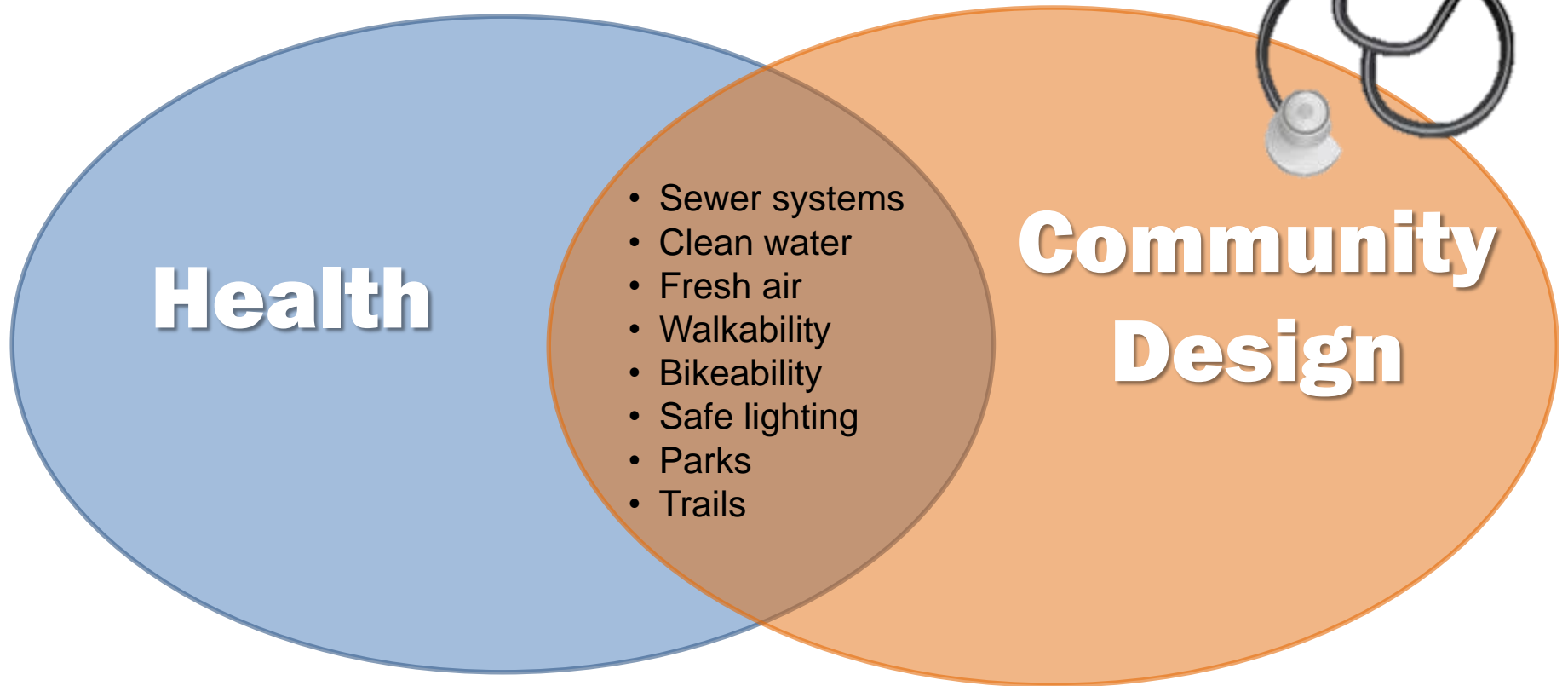
Walk 5 days a week
for at least 30
minutes

MD _____

Signature _____



Where you live matters



Just what the doctor ordered



Making the Healthy Choice the Easy Choice

...Where we
Live, Work, Learn and Play



Questions?

Please contact:

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