We Are What We Eat and Breathe, and Build: Preventing Chronic Diseases and Protecting the Environment by Building Healthy Communities and Smart Transit
REALITY SUCKS

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  Preferred Pricing $16,495.00
  $16,202.07
- Your Discount $292.93

2012 GMC Sierra 1500 (discount example)
- Sierra 1500 Reg. Cab WT 2WD MSRP starting at $22,940.00
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  $31,026.26
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CDC: Antidepressant use skyrockets 400% in past 20 years

By Janice Lloyd, USA TODAY

Use of antidepressant drugs has soared nearly 400% since 1988, making the medication the most frequently used by people ages 18-44, a report from the Centers for Disease Control and Prevention shows.

Eleven percent of Americans ages 12 years and older took antidepressants during the 2005-08 study period, the authors write. They add that though the majority of antidepressants were taken to treat depression, the drugs also can be used for anxiety disorders and other conditions.

The data are from the National Health and Nutrition Examination Surveys, which included information from 12,637 participants about prescription-drug use, antidepressant use, length of use, severity of depressive symptoms and contact with a health professional.

Doctors who prescribe some popular antidepressants should monitor their patients closely for warning signs of suicide, especially when they first start the pills or change a dose.

Mental-health professionals not associated with the survey cited several reasons as possible explanations for the spike:
Will 23 lanes be enough?

Proposal would put I-75 among country’s biggest

By ARIEL HART
ahart@ajc.com

It’s wider than an aircraft carrier. Far wider than the carving on Stone Mountain. Wider than the White House stretched end to end, twice.

It’s the planned I-75, all 23 lanes, coming soon to Cobb County. As currently conceived it’s 388 feet across, wider than a football field is long.

23 LANES: The state Department of Transportation is planning to expand I-75 (below) and I-575 in Cobb and Cherokee counties. The 23-lane stretch would be between Delk and Windy Hill roads on I-75.

<table>
<thead>
<tr>
<th>Truck lanes</th>
<th>General purpose lanes</th>
<th>HOV lanes</th>
<th>General purpose lanes</th>
<th>Truck lanes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Southbound</td>
<td>Northbound</td>
<td>Car/van pools and buses ride for free. Single-occupant vehicles must pay. Cost rises when traffic is heavier.</td>
<td></td>
</tr>
</tbody>
</table>

Traffic heads north on I-75, just north of I-285, on Thursday. A proposal for the interstate is enough to make a road builder weep with joy, and make others wonder whether it’s overkill.
Commuting by driving is mostly not good for you.

Traffic along LA freeways and Wilshire Blvd.
We have changed how much we walk or bike

- Percent of children who walk or bike to school:
  - 1974 → 66%
  - 2000 → 13%

(CDC, 2000)
Fitness of California Children
Annual Fitnessgram Results
Conducted in Grades 5, 7, and 9
Measures 6 major fitness areas
(e.g. aerobic capacity, body composition, flexibility)

2011 Results: Who passed all standards?

Grade 5: 25%
Grade 7: 32%
Grade 9: 37%

http://www.cde.ca.gov/nr/ne/yr11/yr11rel95.asp#tab1
Asthma Study in 12 Southern California High Schools

- 3535 children with no history of asthma in 6 high and 6 low air pollution high schools

- **5 years later: 265 developed asthma.**
  - High ozone high schools:
    - asthma rate was 3.3x higher in children playing three or more sports.
  - Low ozone high schools:
    - sports had no effect on asthma rates
U.S. “Health” Care Expenditures as Percent of GDP

Keehan et al: *Health Affairs*
March/April 2008 27: 145-155
Preventing Chronic Diseases Will Be Very Challenging--The Overweight and Obesity Epidemics
Obesity Trends* Among U.S. Adults

BRFSS, 1991

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1997
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 2010

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4’’ person)
• ...by 2030 obesity rates will rise to 42%
• The US will need to care for ... 32 million more obese people than in 2010.

Forecast:

by 2030 the prevalence of the US population with a BMI over 40 (~100 pounds overweight) will be 11%
Relationship Between BMI and Risk of Type 2 Diabetes

Age-Adjusted Relative Risk

Body Mass index (kg/m$^2$)

Women

Men

Percentage of US Adults with Diagnosed Diabetes - 1994
Keeling Curve?
“Keeling Curve”

Mauna Loa Monthly Mean Carbon Dioxide
NOAA ESRL GMD Carbon Cycle

1958-1974 Scripps Institution of Oceanography
1974-2006 National Oceanic and Atmospheric Administration

CO₂ (ppm)


Mauna Loa Observatory
Increasing Extent of Greenland Seasonal Ice Melt

1992

2002

2005

Greenland Surface
Icemelt
July 12, 2012
Deepest Pink Indicates Surface Has Melted
Solutions
Always good, but especially as we age, what is the best exercise?
Walking 10,000 steps

- 3234 people with “Pre-Diabetes”
- Walked or exercised five times a week for 30 minutes for 6 months
- Lost 5% to 7% of their body weight
- Reduced their risk of diabetes by 58%
Gain in Longevity for a 45-Year Old Male

Additional years of Life:
- Moving from Low to Moderate Fitness -- 5.8 years
- From Low to High -- 8.7 years.
Goal 1: Make physical activity an integral and routine part of life.

Recommendation 1: Communities, transportation officials, community planners, health professionals, and governments should make promotion of physical activity a priority by substantially increasing access to places and opportunities for such activity.
Charlotte, NC, Light Rail Opened November, 2007
• Significant increase in meeting the weekly Recommended Physical Activity
• … through walking (OR1.09)
• …and through vigorous exercise (OR1.11)
• The use of Light Rail Transit to commute to work was associated with an average reduction of 1.18 BMI points ($p < 0.05$) and 81% reduced odds of becoming obese over time.

• For a person who is 5’5” --equivalent to a relative weight loss of 6.45 lbs.
In 2009 in the US

2,953,501 million vehicle miles traveled
33,808 people died in motor vehicle traffic crashes

One death per 87 million miles driven

• [http://www-nrd.nhtsa.dot.gov/Pubs/811363.PDF](http://www-nrd.nhtsa.dot.gov/Pubs/811363.PDF)
381 miles = 4.4 chances in a million or a One in 228,000 chance of death
Tokaido Shinkansen -- Nearly 5 billion cumulative passenger trips
China has become the global leader in HSR and is looking to extend the network to Europe, the UK and Southeast Asia.
DESIGNING HEALTHY COMMUNITIES
The 2012 PBS 4-Part Series

Dr. Richard Jackson, former head of Environmental Public Health for the Centers for Disease Control, explains the link between health and the way our communities — especially our suburbs — are designed. Obesity, asthma, diabetes and heart disease are aggravated by the auto-centric way we live today. It's no secret that today's young people are likely to have shorter lives than their parents due to unhealthy lifestyles. It doesn't have to be this way. Well-designed communities can improve both physical and mental health.

Special Offer, courtesy of the Fund for the Environment & Urban Life:

Purchase the Complete Designing Healthy Communities Series (4 DVDs, 1 hour each, plus 4 bonus videos) to share with colleagues. Normally $99, the series is available at $20.

For this special offer, visit: www.DesigningHealthyCommunities.org/oram
Limited supply available at discount. $6 s/h added.
We Are What We Eat, and…
We Are What We Build!

DESIGNING HEALTHY COMMUNITIES

RICHARD J. JACKSON WITH STACY SINCLAIR

Richard J Jackson MD MPH
dickjackson@ph.ucla.edu
The Need for Health Impact Assessment (HIA)

• Big decisions are made without examining potential health impacts (both positive and negative) over the life cycle.
• **AIG Bailout**
  – $188 billion

• **Peak Loans to Major Banks:**
  – Morgan Stanley -- $107 billion
  – Citigroup -- $99.5 billion
  – B of A -- $91.4 billion.
  – Goldman Sachs -- $69 billion