



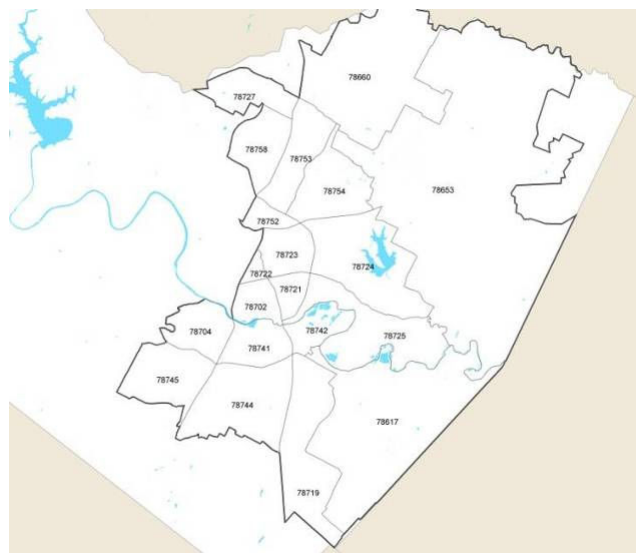
Health in the NLCNPA

July 8, 2008

Jean Niswonger
Steps to a Healthier Austin
Austin/Travis County HHSD



Steps to a Healthier Austin (SHA) Intervention Area

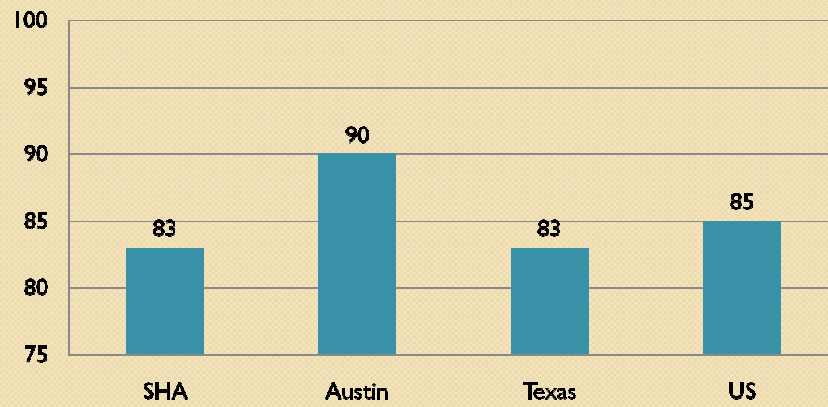


Asthma - Diabetes - Obesity

PREVALENCE OF DISEASE

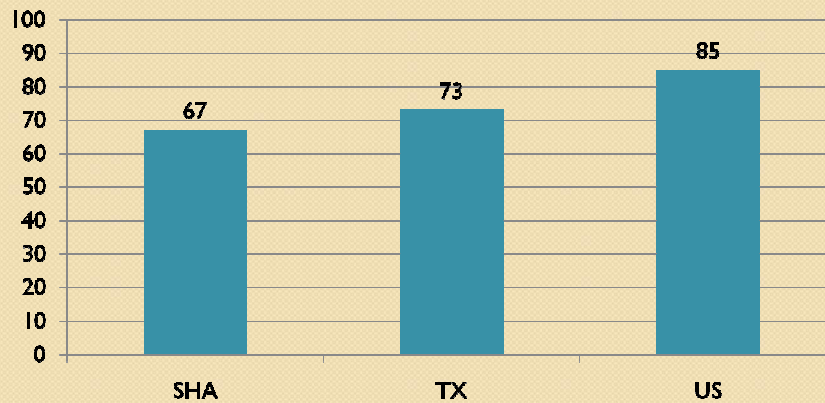
OVERALL HEALTH

% of Respondents Reporting Excellent, Very Good, or Good Health in 2006



HEALTH CARE COVERAGE

% of Respondents Reporting Health Care Coverage in 2004



Health Care Access

2004-2007 Averages

In SHA:

- 69% have health care coverage
- 59% have a personal doctor
- 77% have had a routine checkup in the past year
- 21% could not see a doctor due to cost

Asthma

In Travis County in 2003:

- 14% of adults (80,000)
- 19% of children (35,000)

In SHA in 2007:

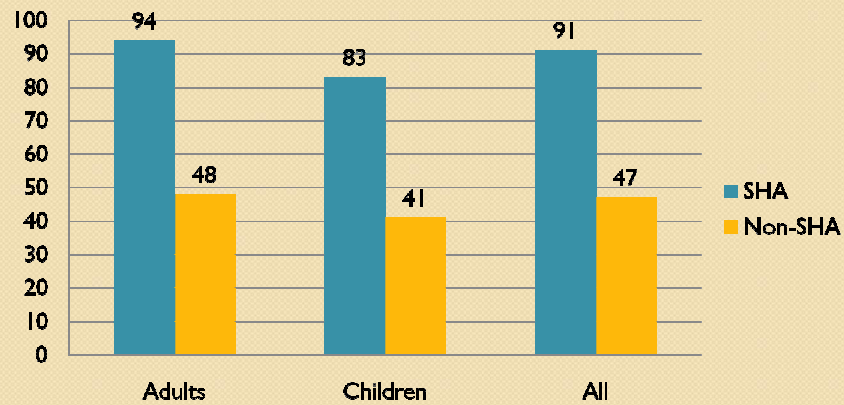
- 14% experience a daily symptom
- 25% were unable to carry out usual activities
- 53% had difficulty sleeping

- 56% had an asthma attack
- 19% visited the emergency room
- 22% sought urgent treatment for worsening symptoms
- 12% used their inhaler more than 15 times per month

- 58% had a routine check-up for asthma
- 33% would be better managed on medication

ASTHMA HOSPITALIZATION RATES

Per 100,000 Population in 2002



Diabetes

In Travis County in 2003:

- 7% of people (40,000)

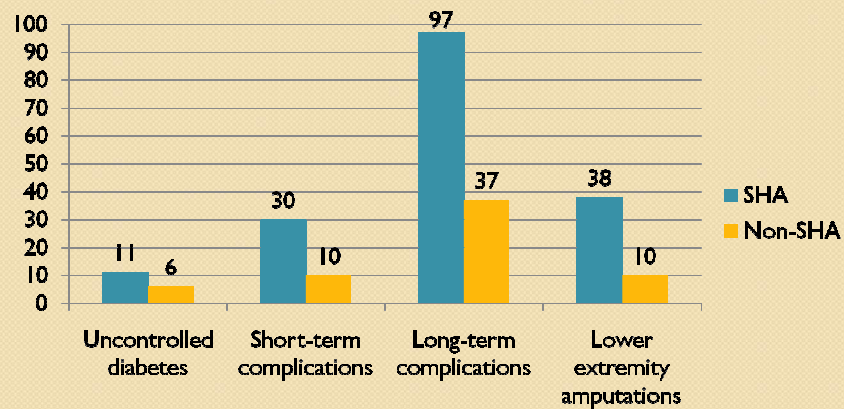
In SHA in 2007:

- 86% took more than 4 weeks for foot sores to heal
- 20% had vision impairment

- 90% visited their doctor
- 84% have received at least one HBA1C test
- 86% had their feet checked
- 78% had their eyes checked
- 73% check their blood sugar levels daily
- 96% are using pills or insulin to control their diabetes

DIABETES HOSPITALIZATION RATES

Per 100,000 Population in 2002



Obesity

In Travis County in 2003:

- 35% of people are overweight (290,000)
- An additional 19% are obese (100,000)

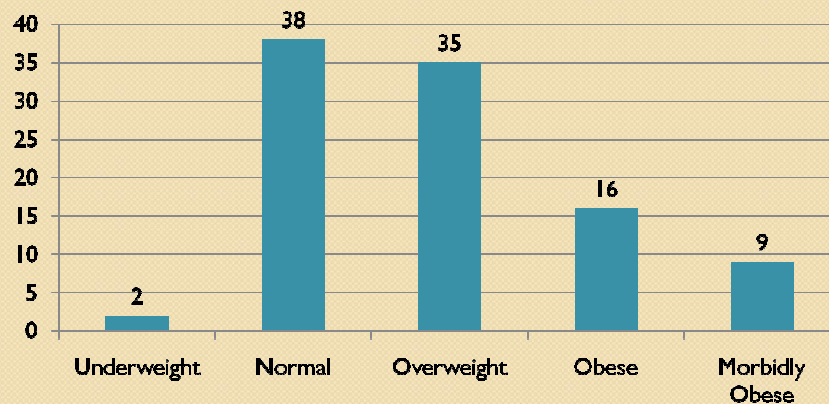
In SHA in 2007:

- 40% are trying to lose weight
- 75% are modifying their diet to lose weight
- 73% are using physical activity to lose weight

- 12% received weight loss advice from doctor

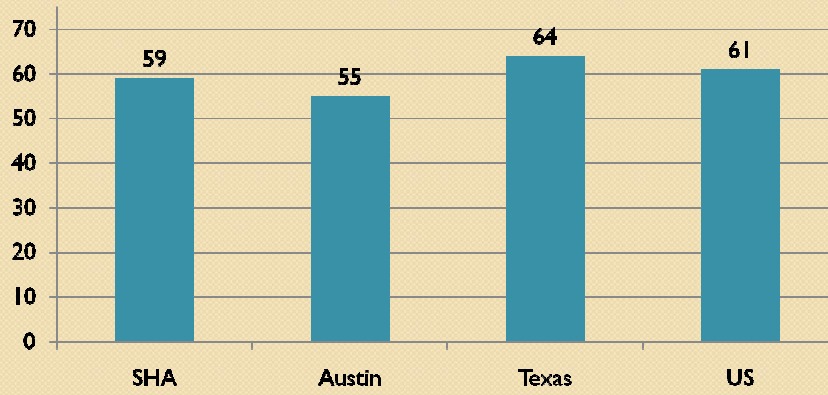
WEIGHT DISTRIBUTION

Average % in SHA 2004-2007



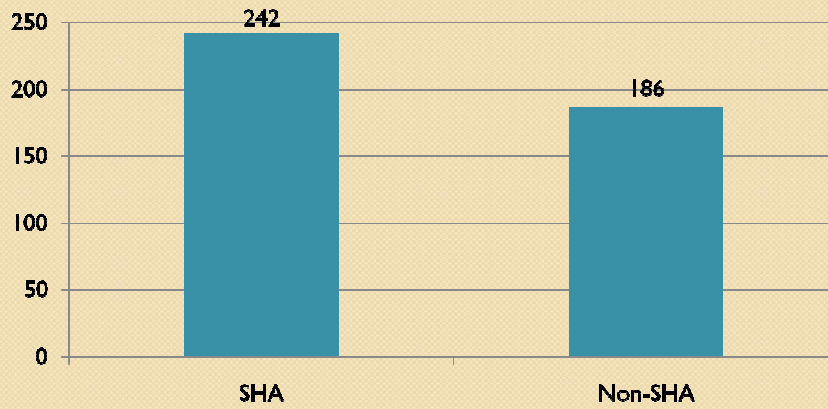
OVERWEIGHT AND OBESE INDIVIDUALS

% of Population in 2005



CARDIOVASCULAR DISEASE MORTALITY RATES

Per 100,000 Population 2000-2004



Smoking - Nutrition - Physical Activity



PREVALENCE OF BEHAVIORS

Smoking

In SHA in 2007:

- 21% of people are smoking

Of those:

- 50% have attempted to quit
- 75% are considering quitting
- 26% have not received health care



Physical Activity

In SHA in 2007:

- 89% are getting leisure time activity
- 56% are meeting recommendations for physical activity



Nutrition

In SHA in 2006:

- 29% are eating 5 servings of fruit and vegetables per day
- 4% of people are not eating fruit and vegetables
- 24% do not intend on eating 5 servings per day within the next 6 months



HOW THE BUILT ENVIRONMENT AFFECTS HEALTH



Land Use and Transportation

- Regional location
- Density
- Land use mix
- Street connectivity
- Transit access

Respiratory Health

- Vehicle trips and certain stationary uses generate air pollution.
- Higher concentrations of air pollutions have been found to:
 - Reduce lung capacity and increase severe asthma
 - Reduce cardiovascular function and trigger heart attacks in at risk populations
 - Increase risks of stroke, cancer, and preterm births
 - Impact life expectancy

Fatal and Non-Fatal Injuries

- Density, diversity, & design affect traffic volumes and speeds.
- Higher traffic volumes and vehicle speeds increase injury rates.

Physical Activity

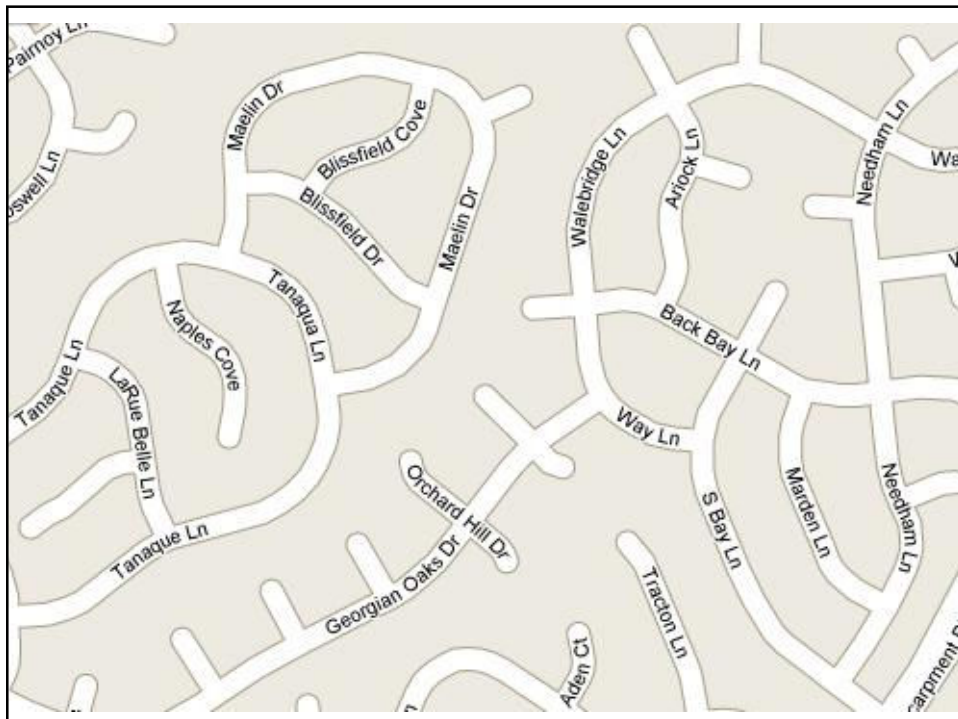
- Land use, transportation, and recreational facilities all impact physical activity levels.
- Moderate physical activity has been found to reduce the risks of:
 - Coronary heart disease
 - Stroke
 - Colon and breast cancer
 - Osteoarthritis and osteoporosis
 - Fall related injuries
 - Type 2 diabetes
 - High blood pressure and hypertension
 - Depression and anxiety
 - Obesity

Nutrition

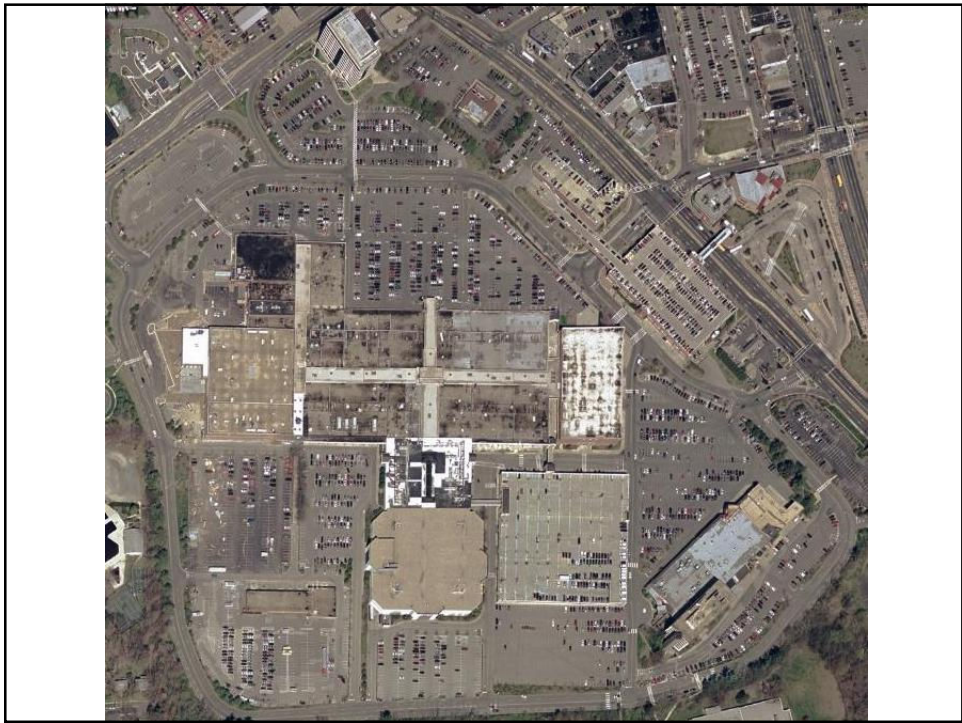
- Convenient access to fresh, affordable produce increases consumption of fruits and vegetables.
- Consumption of fruits and vegetables can help prevent:
 - High cholesterol
 - High blood pressure
 - Cancer
 - Stroke
 - Constipation
 - Obesity
 - Type 2 Diabetes

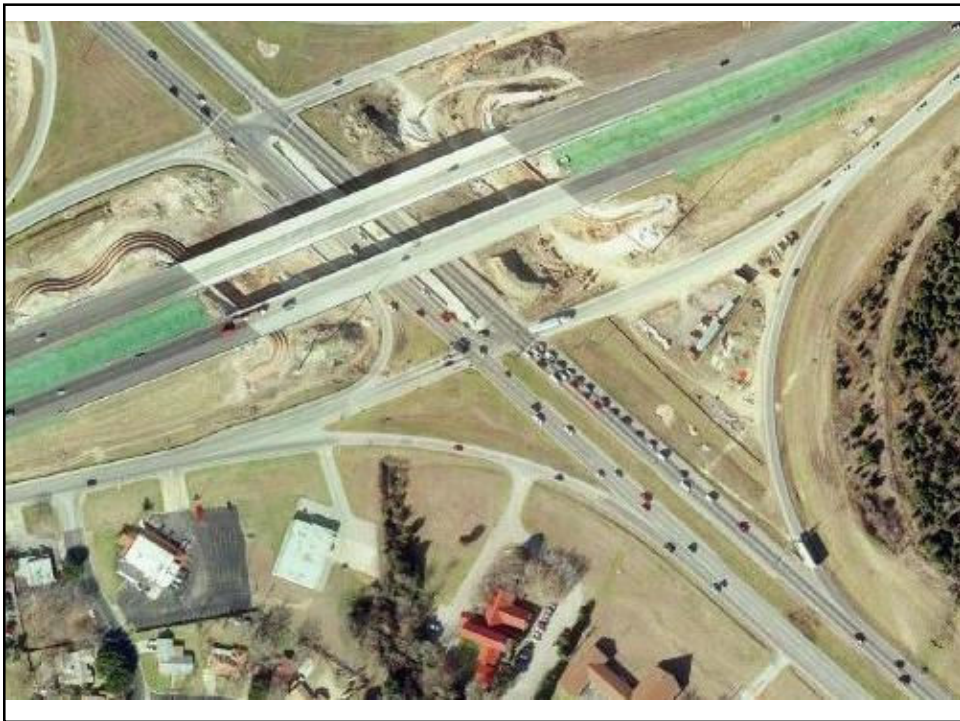
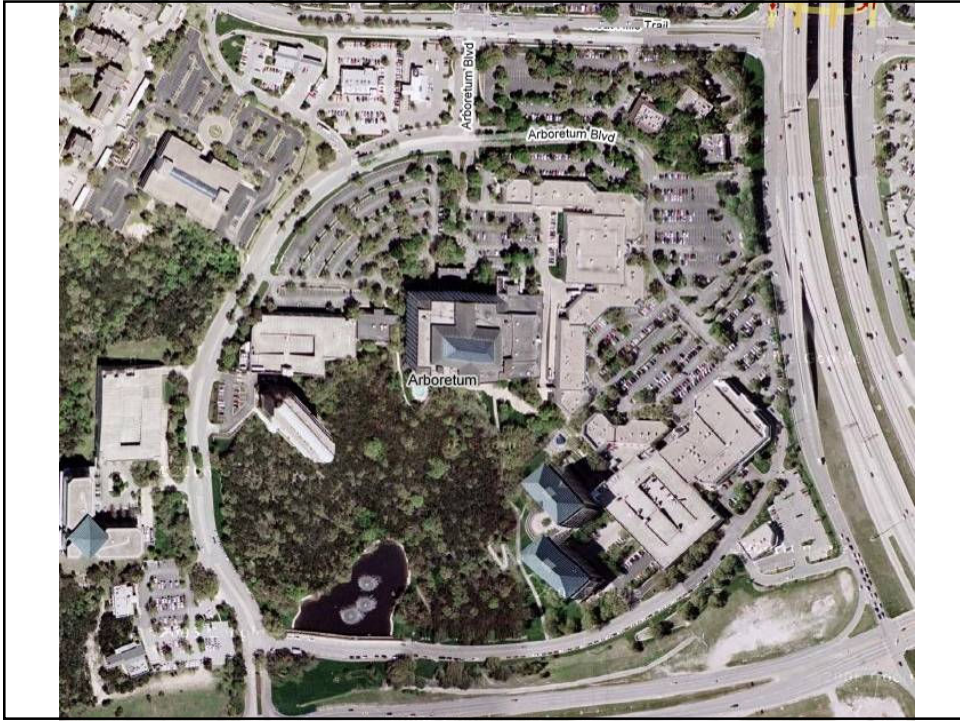
Sense of Community

- Transportation modes and size of the community impact levels of social interaction.
- High levels of social interaction have been found to:
 - Prolong life
 - Improve overall health
 - Improve cardiovascular health
 - Speed recovery from illness
 - Improve mental health
 - Decrease violent crime, binge drinking





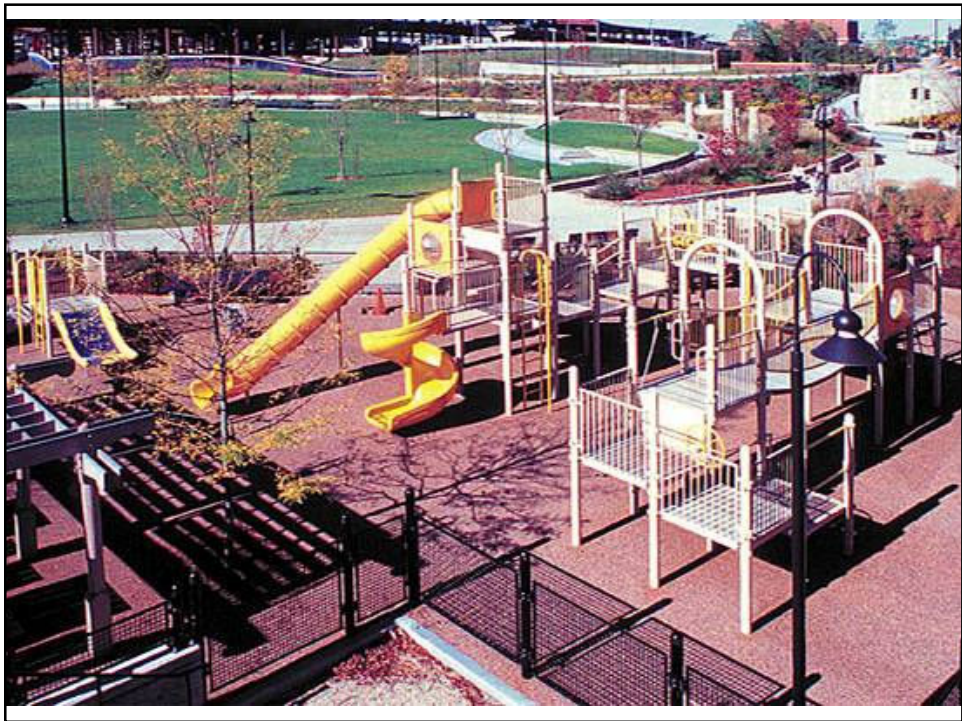
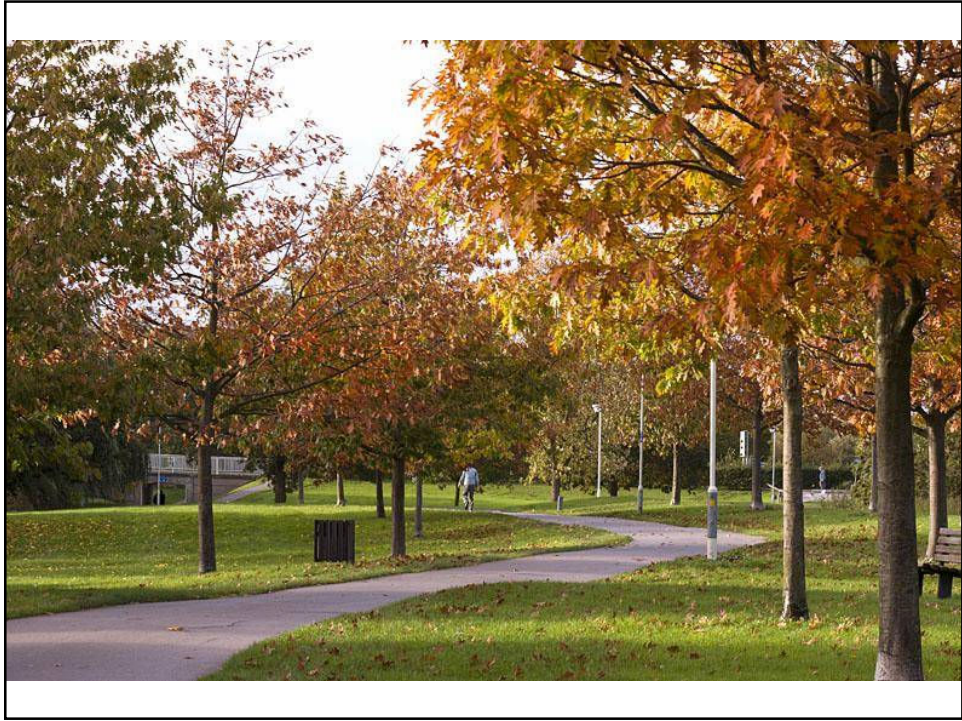














Nutrition - Physical Activity – Health Care



GROUP DISCUSSION

Nutrition

- What venues already exist?
(Grocery stores, specialty stores, restaurants, farmers markets, community gardens, residential gardens)
- Are they accessible to everyone?
(Location, affordability)
- What are barriers preventing use?
(Safety, transportation, quality, hours of operation, unhealthy alternatives are more convenient and cheaper)
- How can these barriers be overcome?
- Where are there service gaps?

Physical Activity

- What opportunities already exist?
(Parks, trails, gyms, rec centers, schools, sidewalks)
- Who can make use of them?
(Adults, children, disabled, individuals, couples, groups, structured programming, affordability, access)
- What are barriers preventing use?
(Safety, transportation, quality, hours)
- How can these barriers be overcome?
- Where are there service gaps?

Health Care

- What barriers to health care do residents face?
 - Language
 - Affordability
 - Transportation
 - Hours
 - Knowledge
 - Illegal status