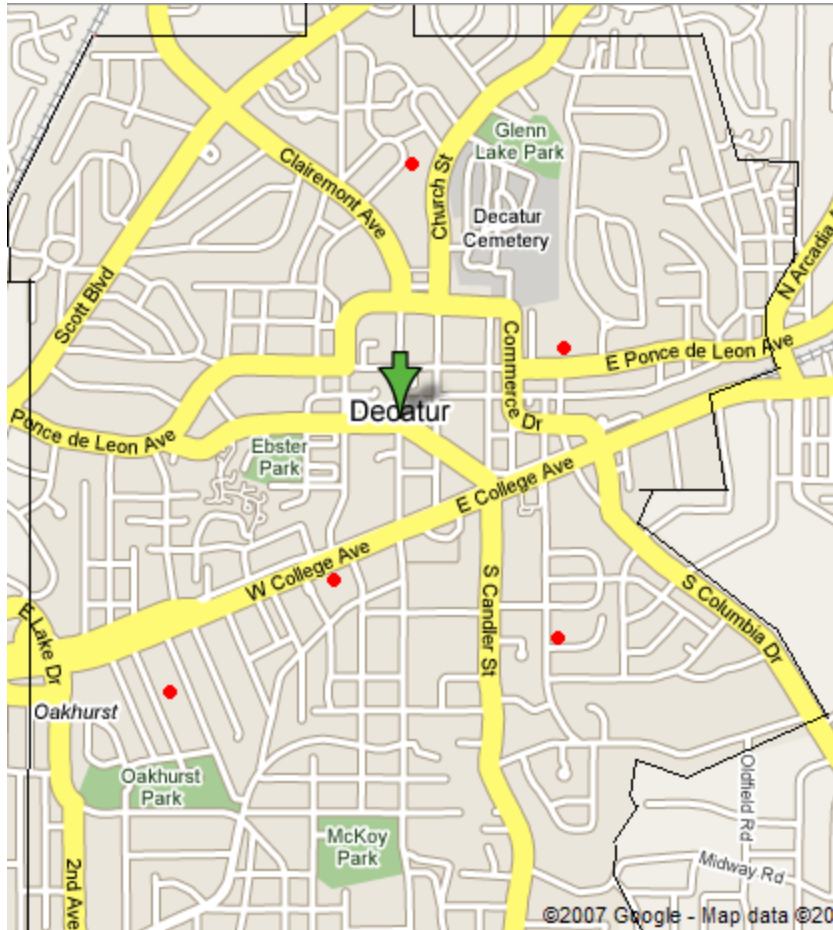


Decatur Community Transportation Plan Completed in 2007



Pathways to a Healthy Decatur:
A Rapid Health Impact Assessment of the Decatur
Community Transportation Plan

Decatur Facts



Location: Due east of Atlanta

Founded: 1822

Size: 4.2 Sq. Miles

Population: 20,000

School Population: 2,495

Schools: 3 Elementary

1 4th/5th Grade Academy

1 Middle School

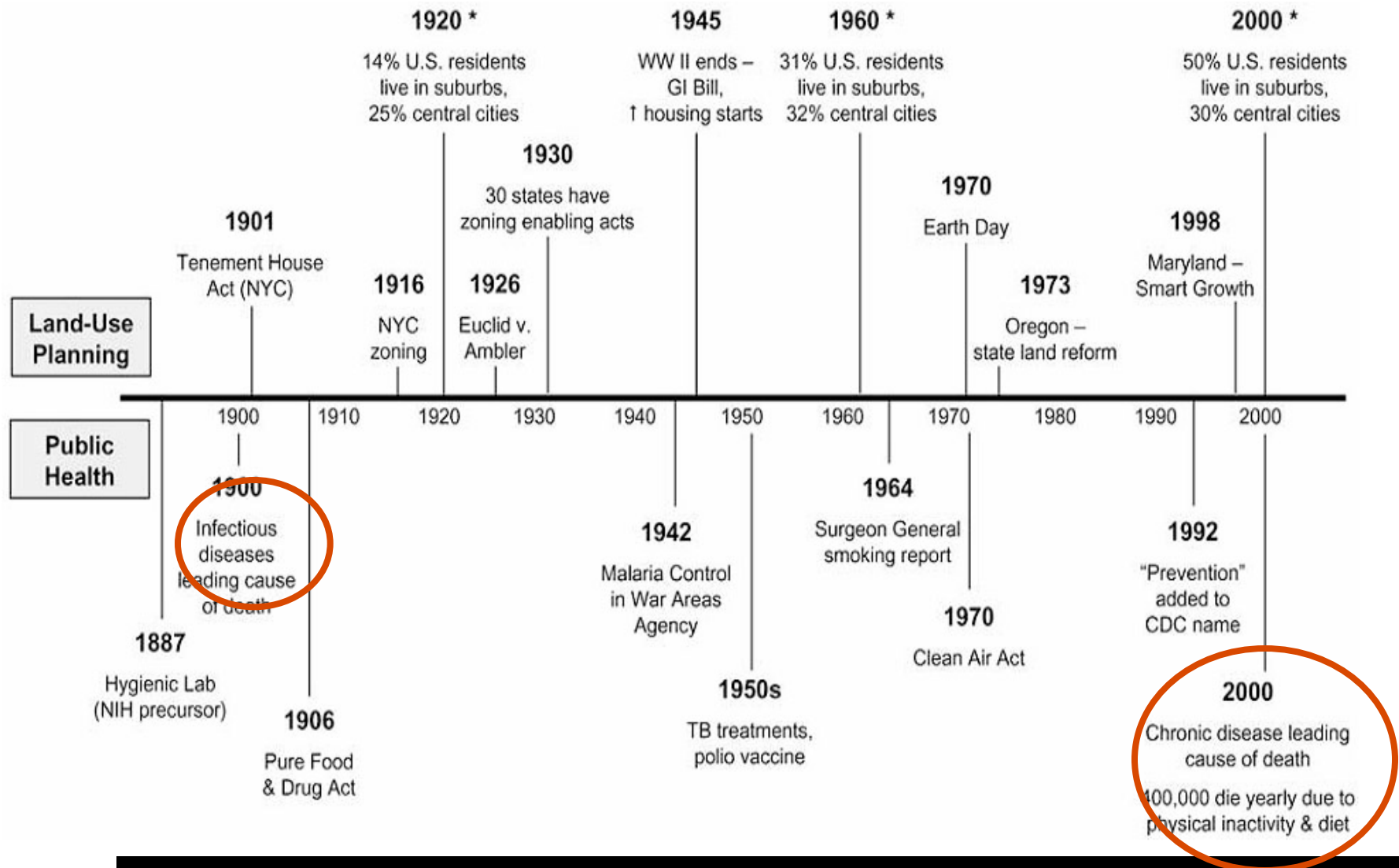
1 High School

City Budget: 16 million

General Fund



Why a Health Perspective?



Historic focus on reducing harmful exposures. **Recent research is exploring the link between the built environment and lifestyle.**

Schilling, Joseph, JD, LL.M.; Leslie S. Linton, JD, MPH. "The Public Health Roots of Zoning: In Search of Active Living's Legal Genealogy." American Journal of Preventive Medicine. 2005; 28.

Health Impacts

The Decatur HIA explored health impacts related to:

- Neighborhood Design
- Active Living
- Universal Design
- Access and Affordability
- Environmental Issues
- Social Capital



HIA Literature Review

Impact Categories:

- Physical Activity
- Safety & Injury
- Social Capital
- Equity & Access
- Mental Health

Plan Recommendations	Affected Populations and Health Impacts
<p>Officially encourage street-level land uses that are oriented towards pedestrian access: ground-floor retail, driveways with clear lines of sight, and developments accessible to pedestrian travel.</p>	<p><u>Populations Affected:</u> Decatur residents and visitors.</p> <p><u>Potential Health Impacts:</u> PA, SC - Greater land-use mixes, population and employment density, street connectivity and continuity of the bike and pedestrian network, are all believed to increase physical activity and contribute to positive health outcomes, as are the presence of recreational facilities and parks.¹¹⁸ PA - The variables that encourage physical activity include street lighting, stair accessibility, walking/bicycling paths, parks, and athletic clubs/gyms.¹¹⁹⁻¹²⁰ A review of 19 environmental studies reported that greater physical activity was related to accessibility of a cycle path, access to exercise facilities, having exercise facilities on a frequently traveled route, having a park or shops within walking distance, safe footpaths, and living in a friendly, pleasant, and attractive neighborhood with enjoyable scenery.¹²¹ EA - Pedestrian-friendly housing requirements could increase housing prices, making it more difficult for low-income families to find affordable housing in Decatur.</p>
<p>Improve bus stops in conjunction with providing pedestrian amenities throughout the city.</p>	<p><u>Populations Affected:</u> Commuters who use public transit; the carless; low-income populations.</p> <p><u>Potential Health Impacts:</u> PA, EA - Improving bus stops could lead to greater commuting by bus, reducing time spent in cars. Each additional hour spent in a car per day has been associated with a 6% increase in the likelihood of obesity.¹²² SI - Depending on the improvements, the risk of crime at a bus stop could be reduced. EA - This improvement could be especially beneficial to low-income families and the carless, as it would further legitimize their bus use within the greater community and make waiting for the bus easier.</p>



The HIA Workshop

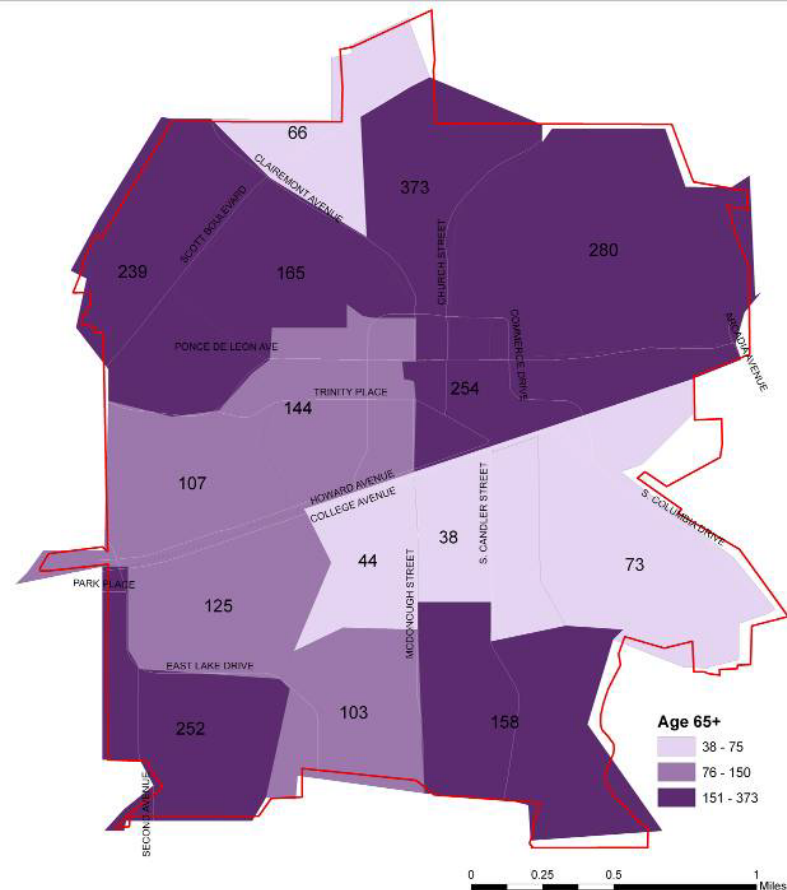


Sensitive Populations

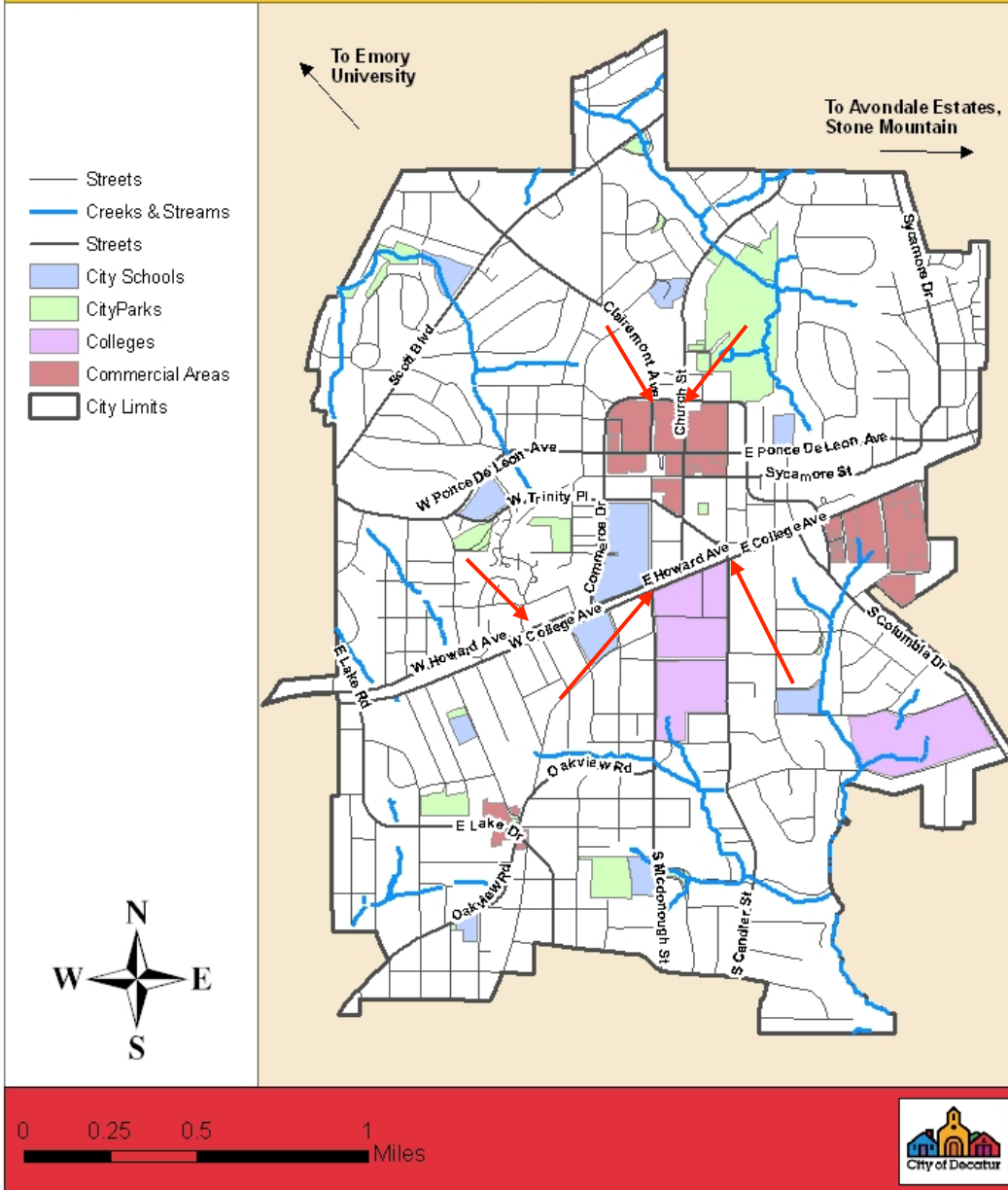
“Health is a holistic sense of spiritual, mental and physical well-being and the absence of illness and disease.”

- Define Health
- Identify Sensitive Populations
- Data Sources:
US Census
DeKalb County
Regional Agencies

Decatur's Population: Age 65 and older



City of Decatur, Georgia



HIA Recommendations

- Traffic safety should be a priority
- Intersections should be ADA-compliant and easily crossable
- Bicyclists need more than just safe routes
- Connectivity is crucial for all modes
- Planning for alternate modes of transportation must accommodate both commuters and recreational users
- Explicit consideration of the needs of Decatur's most vulnerable populations is critical
- The CTP should be just one part of planning efforts towards a healthy Decatur; Active Living must remain a priority



An HIA does NOT make decisions

- Raises awareness of the relationship between health and projects/policies/programs.
- It provides information in a clear and transparent way for decision makers.
- Provides guidance to improve and maintain the health and reduce health inequalities.
- At its best, an HIA leads to better informed decisions that take health impacts into account



Lessons Learned

- Health is a consensus builder.
- A health focus provides opportunities for new partnerships and funding.
- HIAs do not provide solutions. It asks questions.
- HIAs require careful, thorough research.
- A workshop is only as good as the variety of your participants.
- Defining “sensitive” populations can become political.
- HIAs are most useful when focused on a specific project or program.
- They are worth doing and are not meant to sit on a shelf!



Did the HIA Make a Difference?

- Continued transportation improvements



Organizational Change

- Reorganization from “Recreation” to “Active Living”
- www.beactivedecatur.wordpress.com
- Team Decatur
- Walk for Lunch
- Grocery Store Tours



Focus on Local Food

- Increased support for local food
- 2 new community gardens
- 2 farmer's markets
- Healthy food policies in city afterschool programs



Safe Routes to Schools

- Institutionalization of the Safe Routes to Schools Program
- Organizes parent volunteers
- Provides crossing guards
- Provides bicycle and pedestrian safety training



Explicit Consideration of Health (2010 Strategic Plan)

- **Principle D: Support A Safe, Healthy, Lifelong Community**
- Focus on the areas of transportation, housing, programs and services
- Outlined at www.decaturnext.com
- Examples include:
 - affordable afterschool childcare
 - Adopt internal city policies, like foot police patrols
 - Update ordinances to allow smaller homes
 - Become a bicycle friendly community

Building a Healthy Community

Get Active!
With **Team Decatur**
City of Decatur

Kick-off July 24 6-8 pm
Harmony Park Oakhurst Village

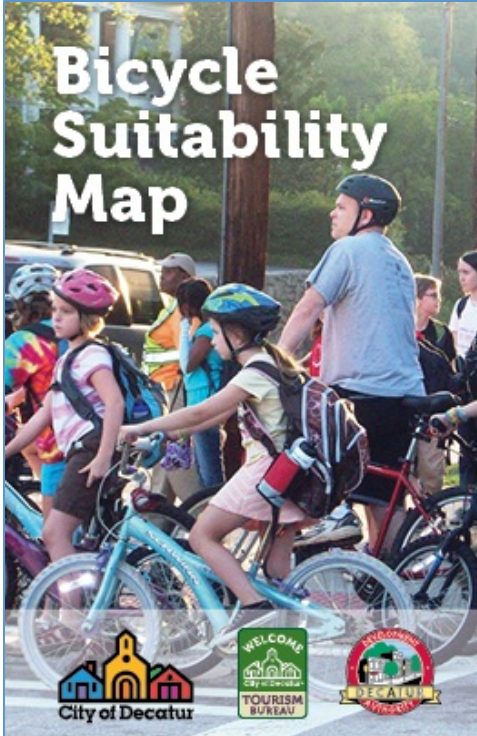
Hydrate Weekly Training Sessions FREE! Stretch Sweat Run Walk Breathe Smile

Kaiser Permanente
Corporate Run/Walk • Sept. 13

Find out more and register:
DecaturGa.com/TeamDecatur
Decatur Active Living • 678-553-6541
cheryl.burnette@decaturga.com

DeKalb Medical
Kaiser Permanente
DBA
Be Active Decatur.com

Bicycle Suitability Map



City of Decatur
WELCOME TO ACTIVE DECATUR
TOURISM BUREAU
WELCOME TO DECATUR

