

5 Ways To Build Healthier Neighborhoods

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Neighborhoods USA Conference
May 25, 2017





Agenda

- For the health of it
- RNeighbors overview and partnership with Public Health
- Five ways to make a healthier neighborhood
 1. Nutrition and Gardens
 2. Physical Activity and Walking
 3. Physical Activity and Biking
 4. Environmental Health and Trees
 5. Community Engagement and Park Access



How does your
neighborhood
influence
health?

Leading Causes of Death in MN

Cause of Death, Minnesota 2012	Number of Deaths
Cancer	9,601
Heart Disease	7,714
Unintentional injuries	2,405
Chronic lower respiratory disease	2,287
Stroke	2,073
Alzheimer's disease	1,427
Diabetes	1,163
Influenza/pneumonia	751
Suicide	678
Nephritis	653

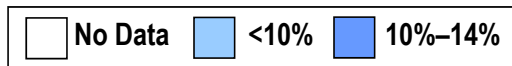
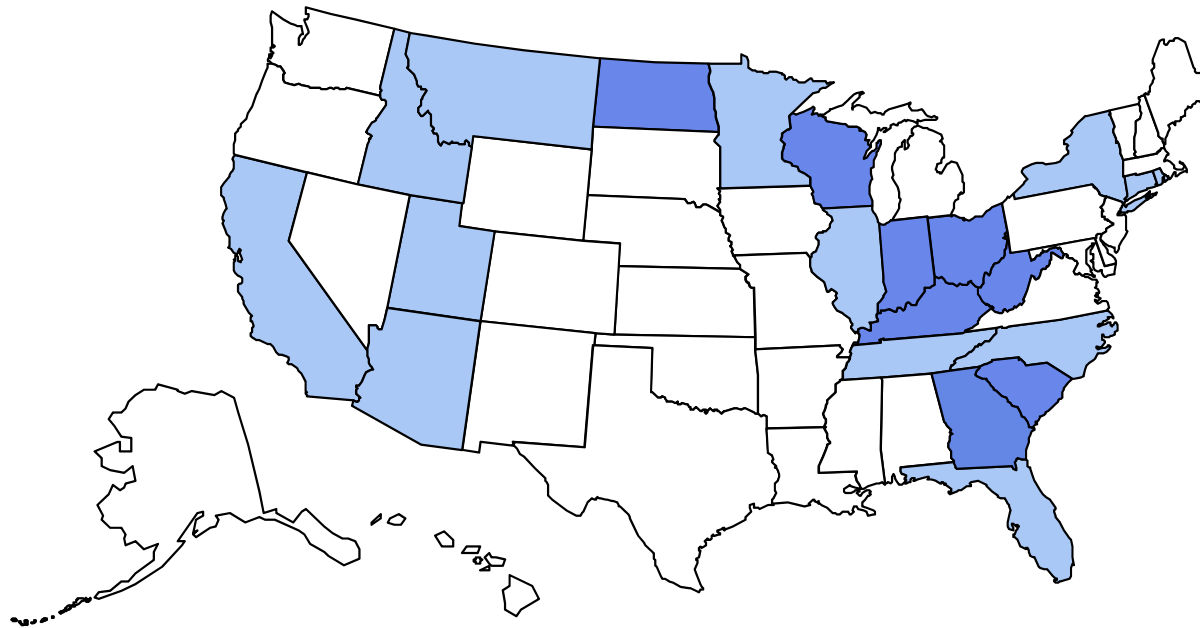
Reduce behaviors that lead to Chronic Diseases

The “Real” Causes of Death: U.S. estimate, 2000	Number of Deaths	Percentage
Tobacco	435,000	18%
Diet/activity	365,000	15%
Alcohol	85,000	4%
Microbial agents	75,000	3%
Toxic agents	55,000	2%
Firearms	29,000	1%
Sexual behavior	20,000	<1%
Motor vehicles	43,000	<1%
Illicit use of drugs	17,000	<1%

Obesity Trends* Among U.S. Adults

BRFSS, 1985

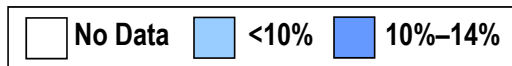
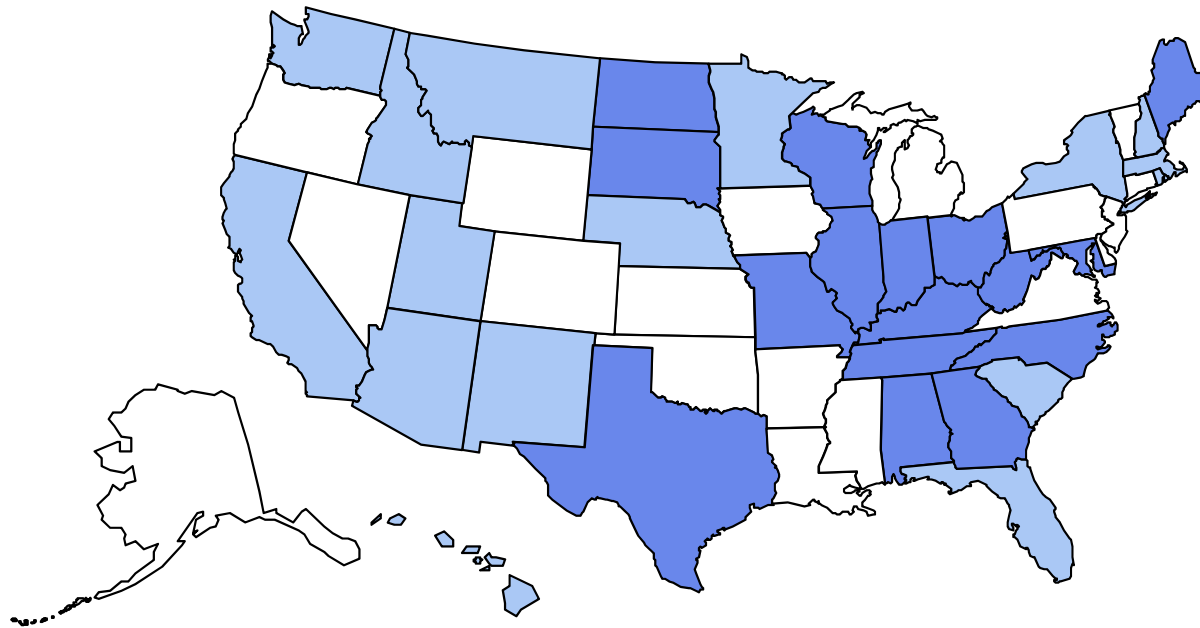
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1987

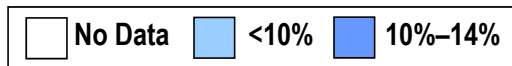
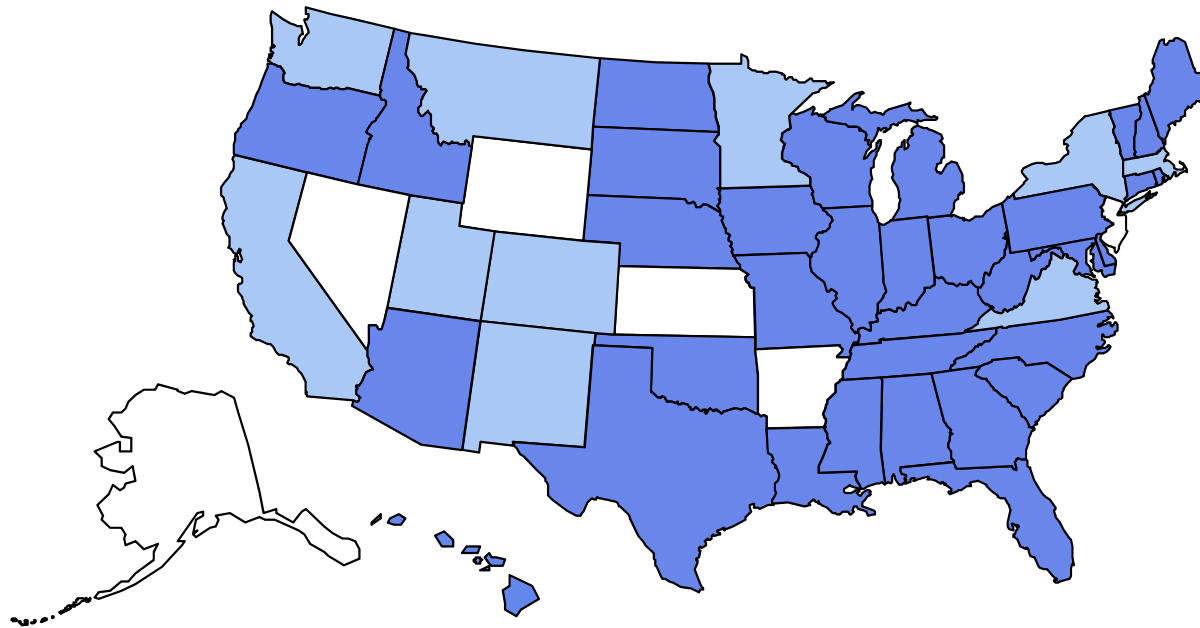
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Obesity Trends* Among U.S. Adults

BRFSS, 1990

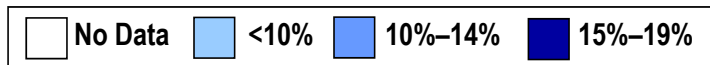
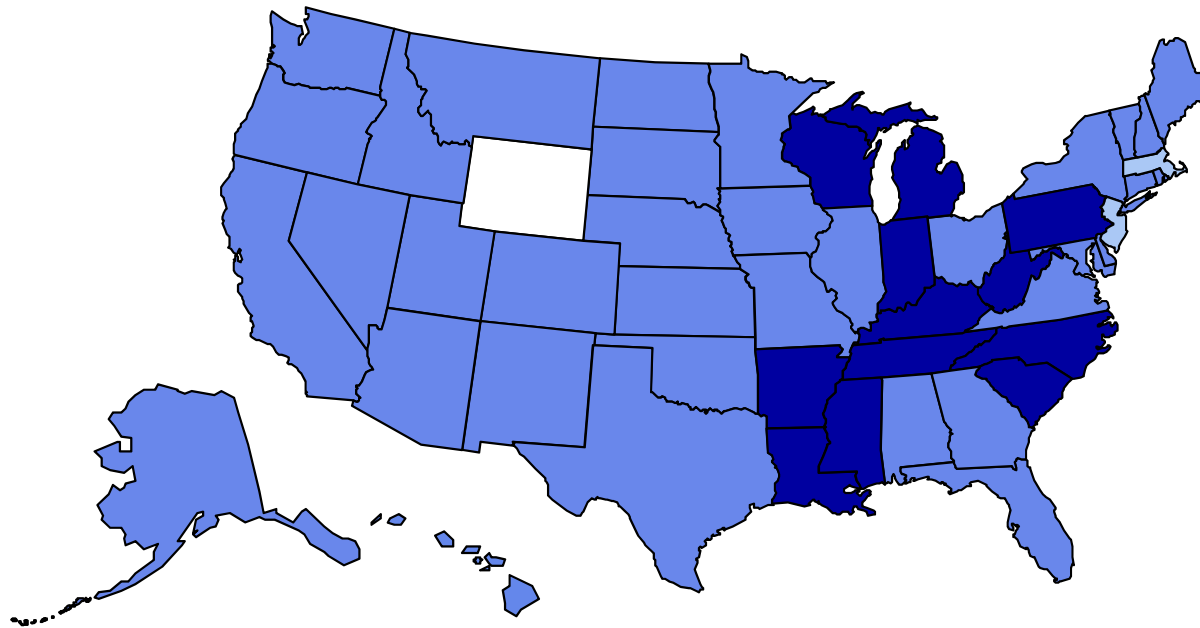
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Obesity Trends* Among U.S. Adults

BRFSS, 1993

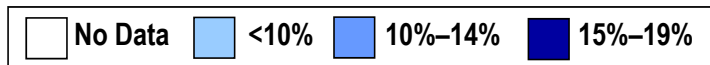
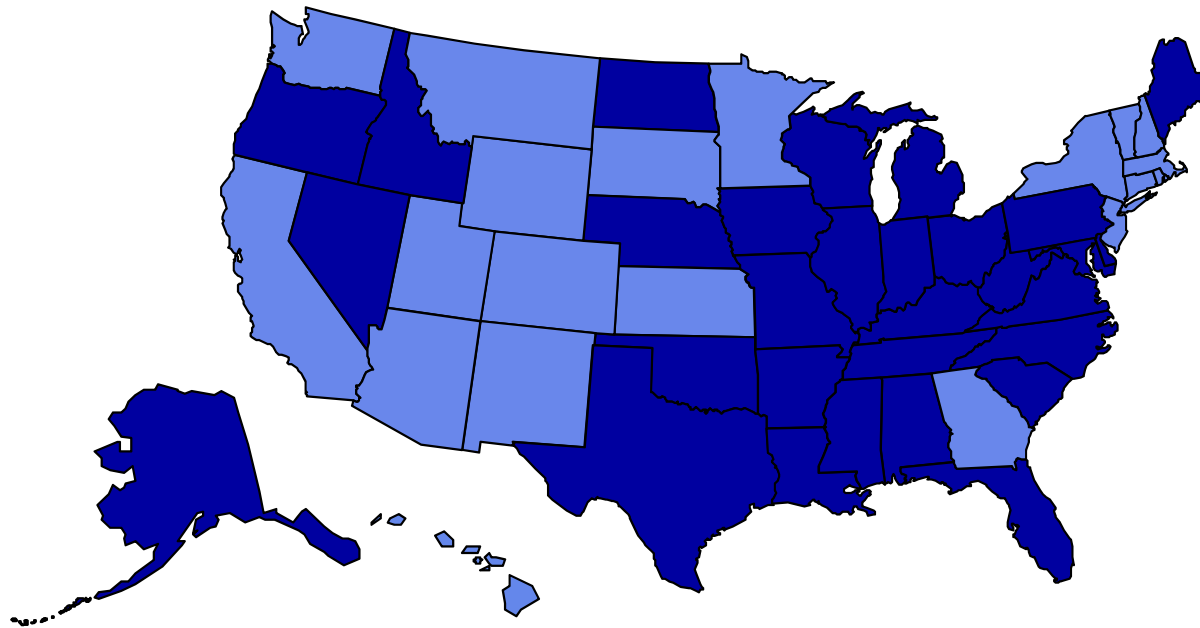
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Obesity Trends* Among U.S. Adults

BRFSS, 1996

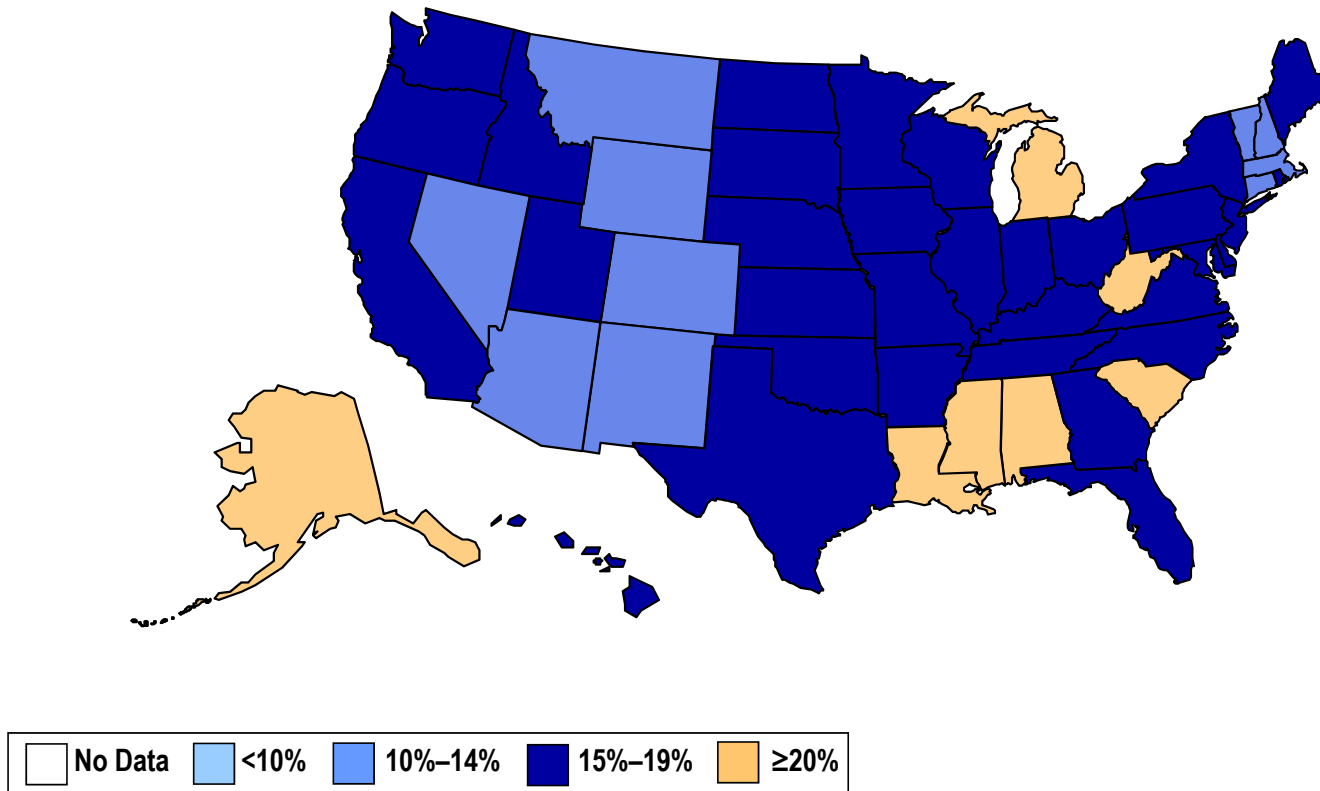
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Obesity Trends* Among U.S. Adults

BRFSS, 1998

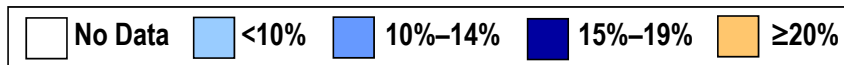
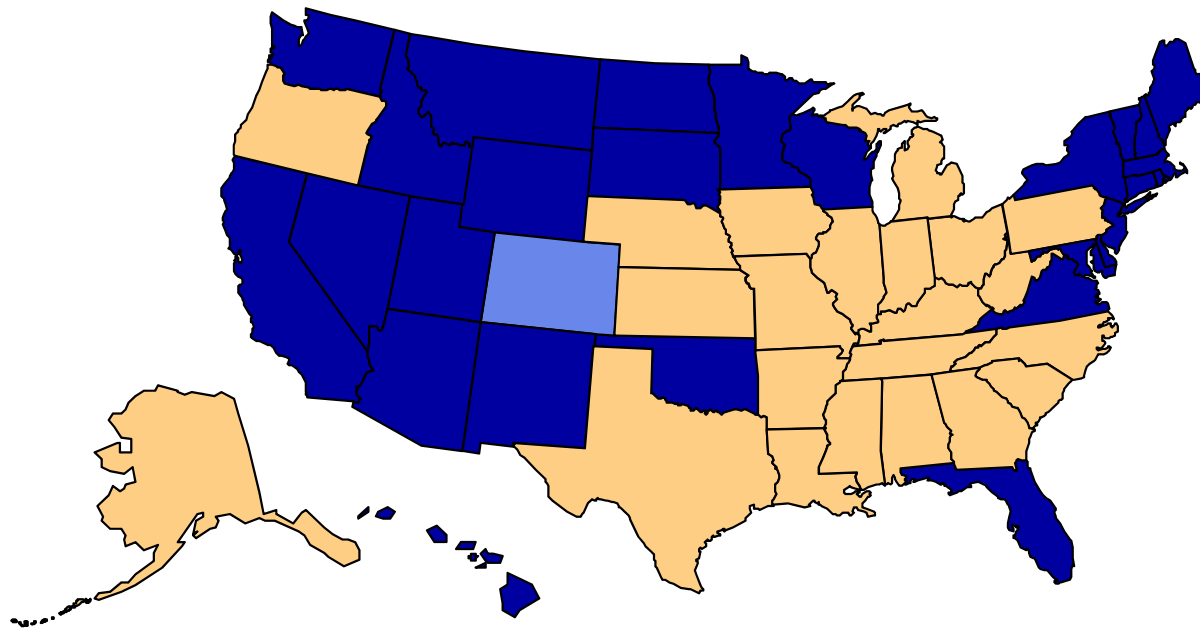
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Obesity Trends* Among U.S. Adults

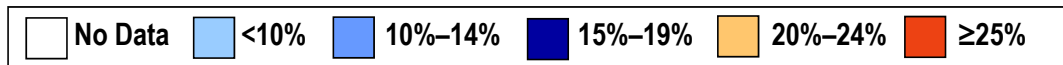
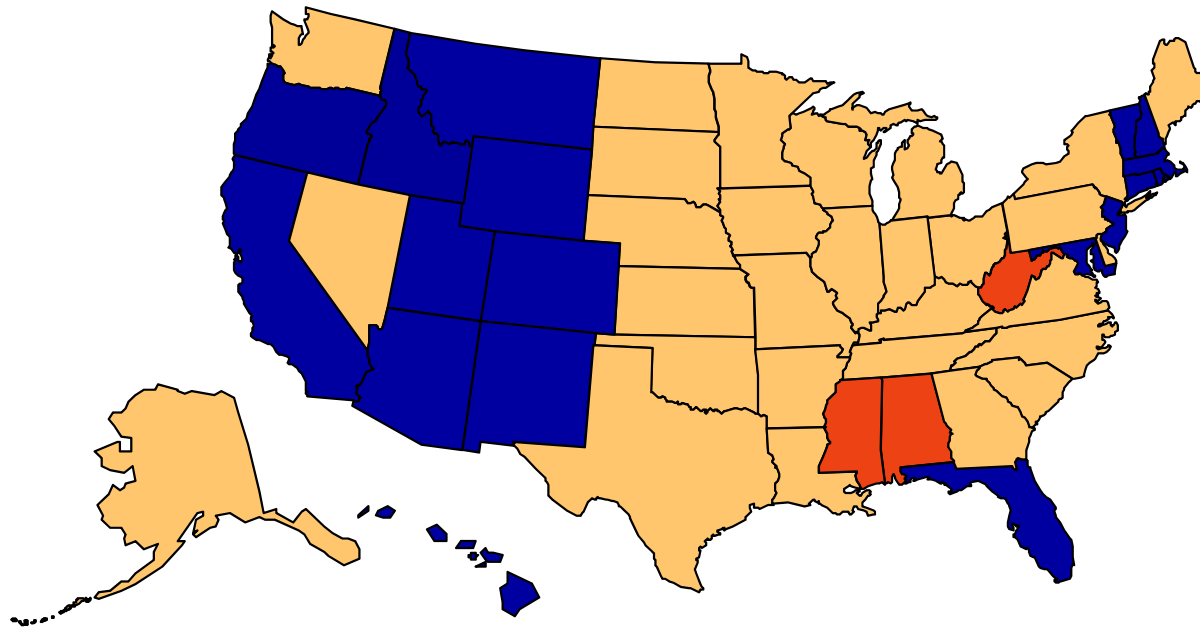
BRFSS, 2000

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults BRFSS, 2002

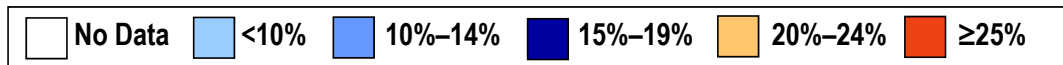
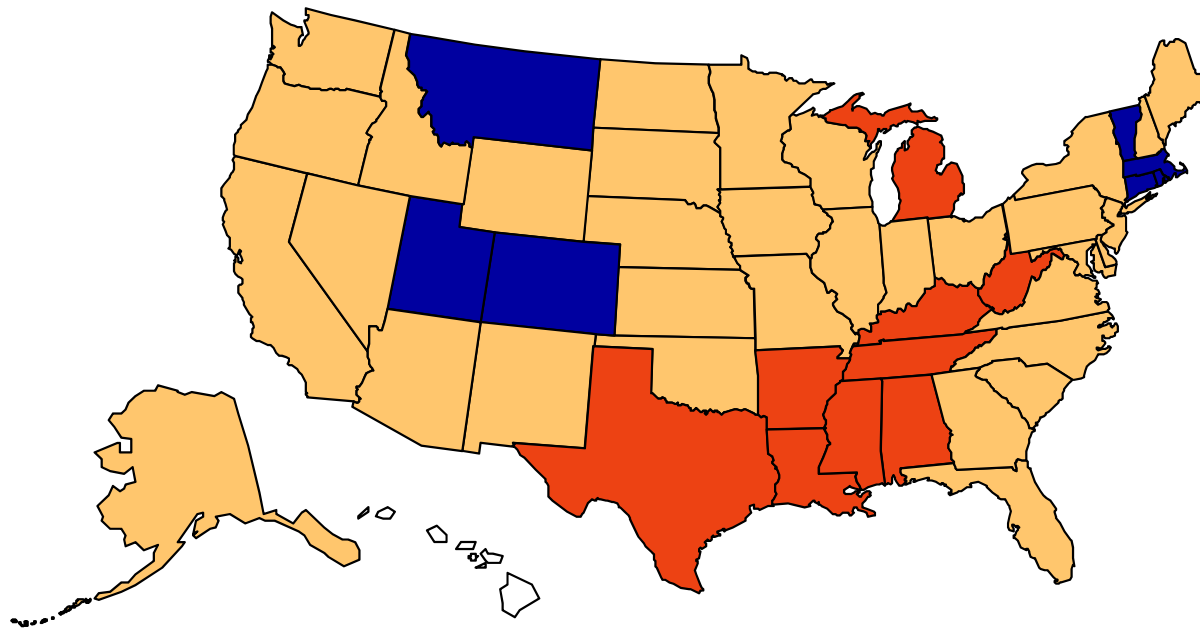
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Obesity Trends* Among U.S. Adults

BRFSS, 2004

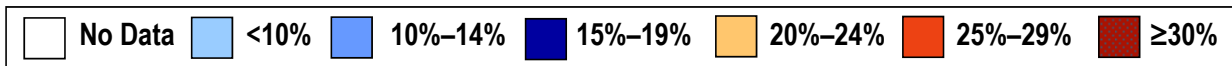
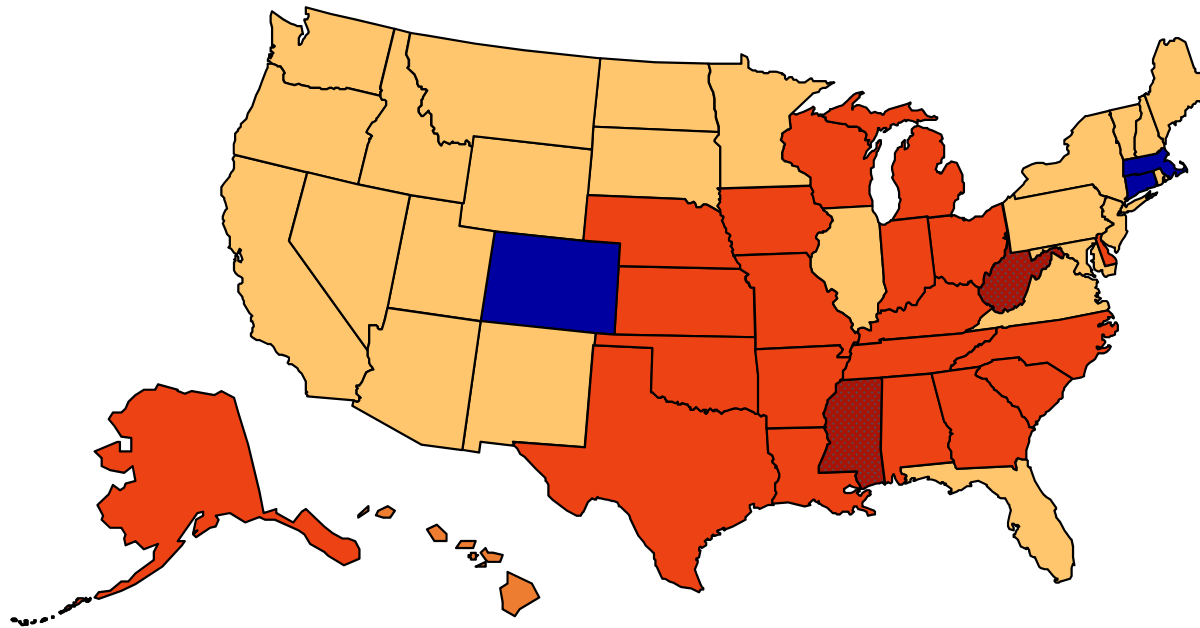
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Obesity Trends* Among U.S. Adults

BRFSS, 2006

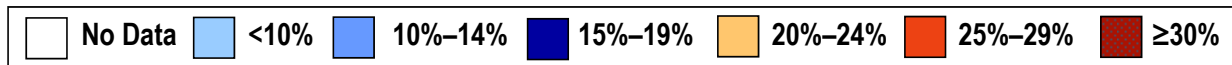
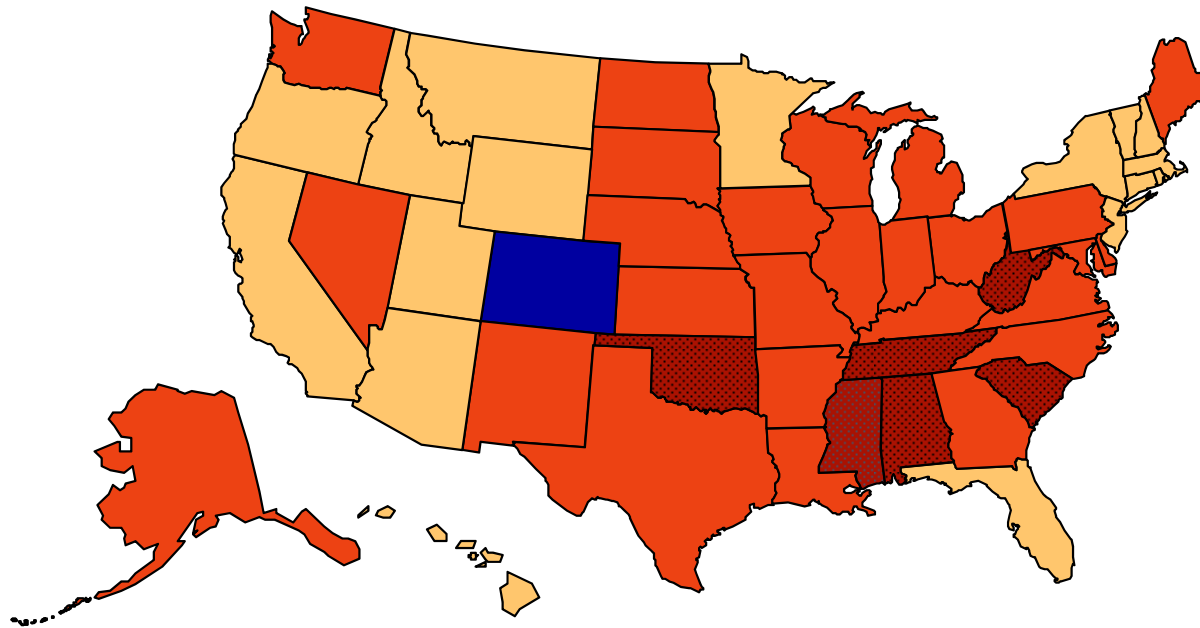
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Obesity Trends* Among U.S. Adults

BRFSS, 2008

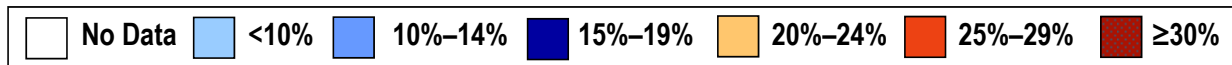
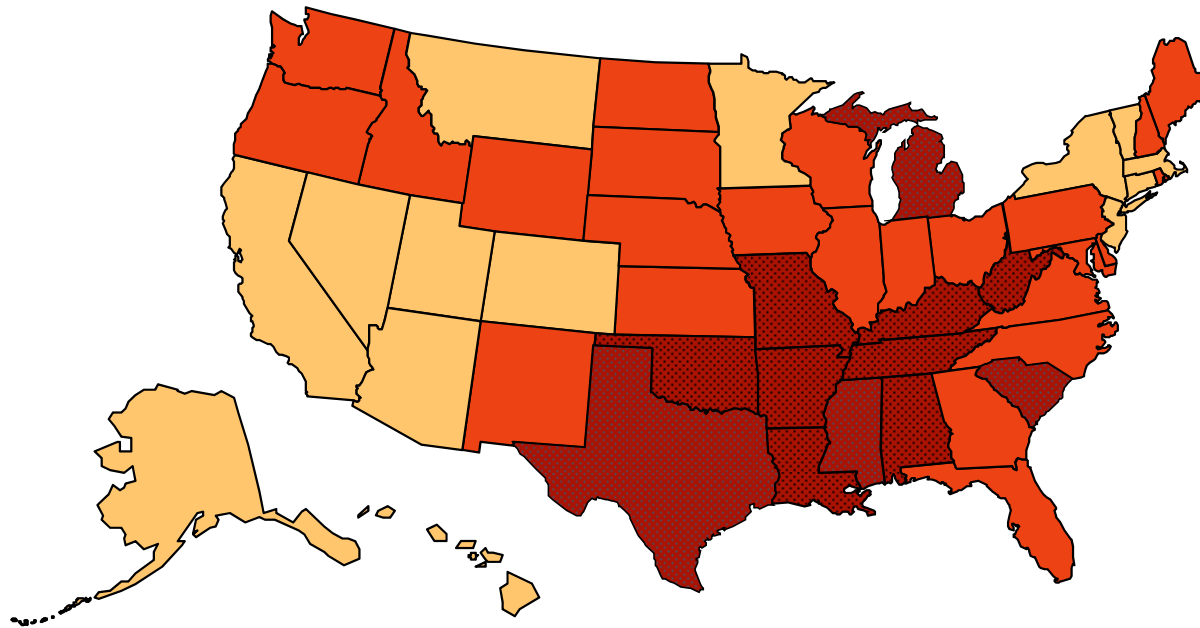
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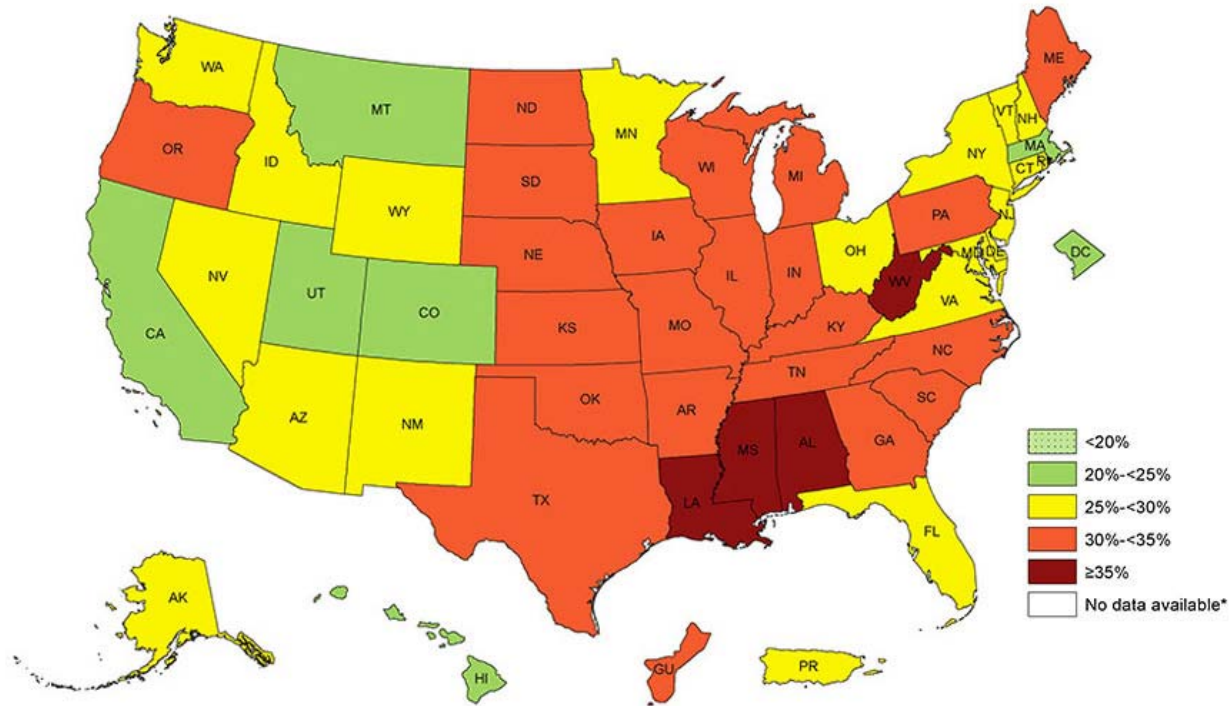
Obesity Trends* Among U.S. Adults

BRFSS, 2010

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



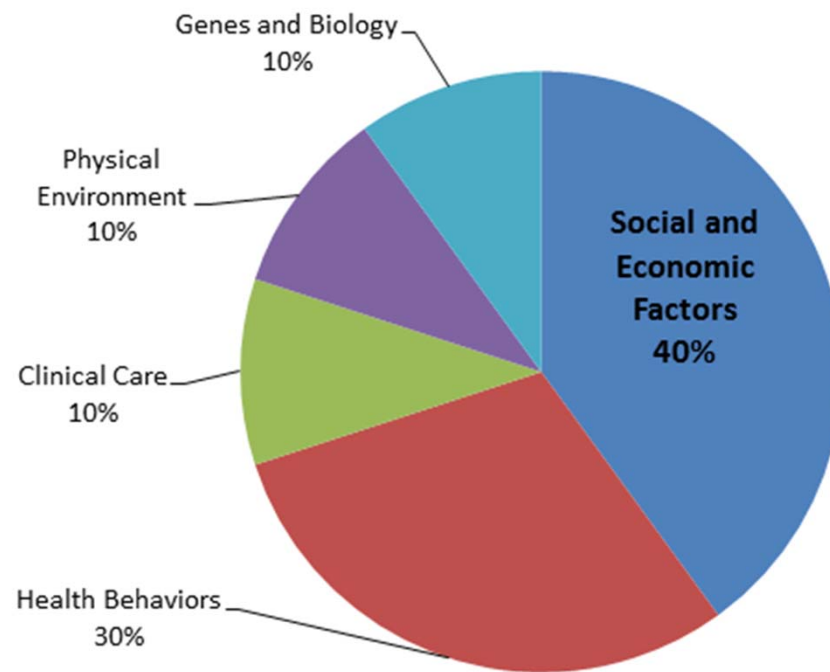
2015 Data



What Creates Health?



What creates health?



5/30/2017



Health is Community



“...the community in the fullest sense is the smallest unit of health...to speak of the health of an isolated individual is a contradiction in terms.”

EQUALITY VERSUS EQUITY



In the first image, it is assumed that everyone will benefit from the same supports. They are being treated equally.

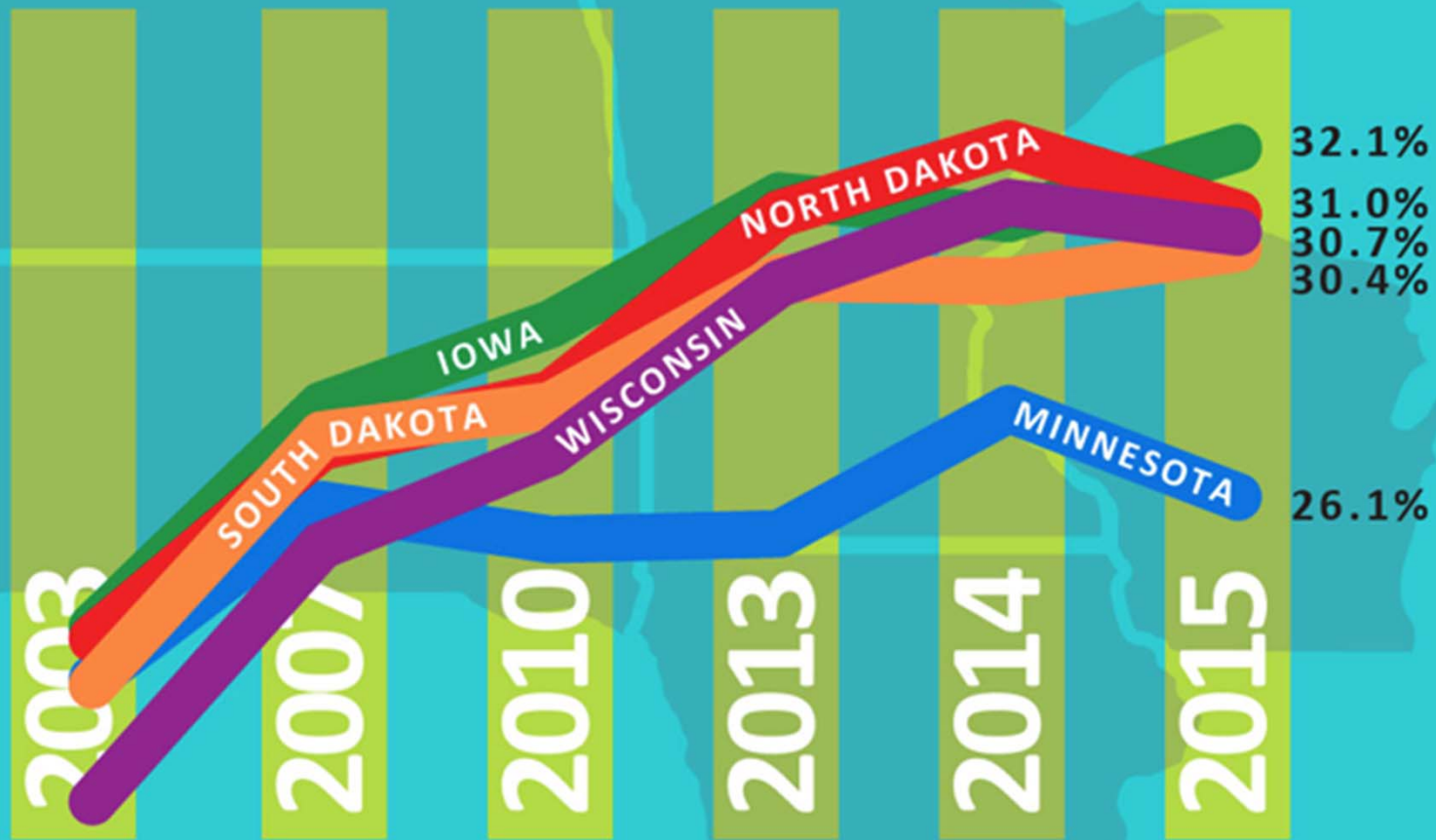


In the second image, individuals are given different supports to make it possible for them to have equal access to the game. They are being treated equitably.



In the third image, all three can see the game without any supports or accommodations because the cause of the inequity was addressed. The systemic barrier has been removed.

OBESITY RATE - 5 STATE AREA



Data source: CDC Behavioral Risk Factor Surveillance System



Minnesota is putting dollars to Prevention

- In Minnesota, medical expenses due to obesity were estimated to be 2.8 billion in 2009.

- *Minnesota Department of Health*

Making the healthy choice,
the easy choice!



10,712

Volunteer Hours in 2016

\$252,374

Value to City

**People
Power**

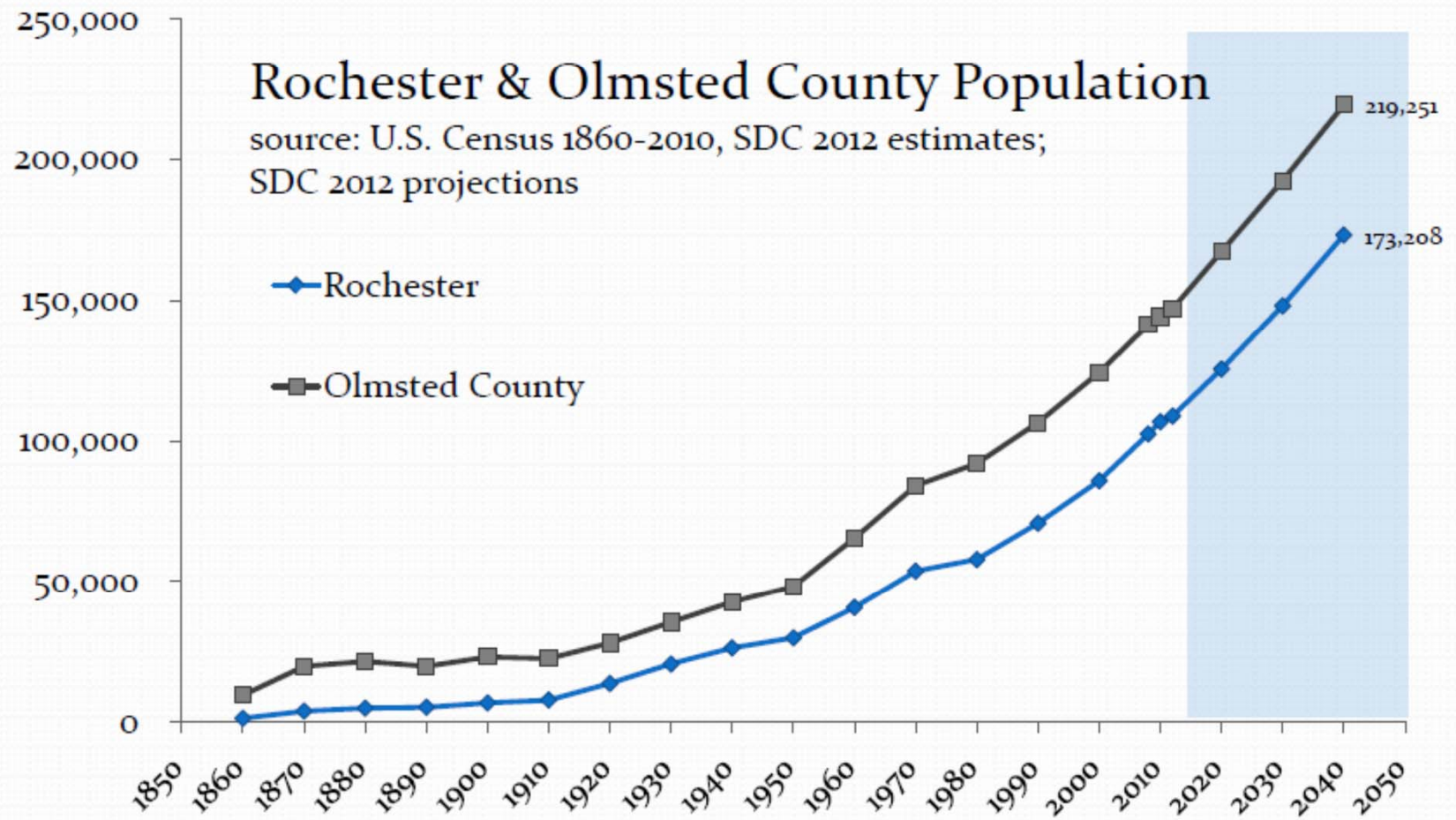
Mission

To empower citizen leaders to create sustainable neighborhood networks that promote a vibrant, healthy and livable community.





Population Projections





Race & Ethnicity

	Rochester			Olmsted County		
	2010	2000	Percent change	2010	2000	Percent change
Total:	106,769	85,806	24%	144,248	124,277	16%
Hispanic or Latino	5,508	2,565	115%	6,081	2,959	106%
White alone, non-Hispanic	84,608	75,088	13%	120,348	112,255	7%
Other than White Alone, non-Hispanic	22,161	10,718	107%	23,900	12,022	99%
Black or African American alone	6,586	3,064	115%	6,751	3,330	103%
Asian alone	7,212	4,830	49%	7,771	5,305	46%
% "Minority"	20.8%	12.5%		16.6%	9.7%	
% Minority of Total Growth 2000-2010	54.6%			59.5%		

For the under 18 population, Olmsted County had a net loss of 2,900 "majority" population, more than made up for by minority population growth of 5,800.

Translate
an "I"
mentality
into a
"we"
mentality



Civic Engagement Get people involved! Empower.

Civic engagement is an institutional commitment to public purposes and responsibilities intended to strengthen a democratic way of life.

Social Capital Connections = Glue

Social capital is the value that comes from social networks, or groupings of people, which allow individuals to achieve things they couldn't on their own.

-University of Minnesota



Lessons Learned Often not the easy way.

- People unite around a shared issue (project, problem)
- Tangible results are important
- Give people responsibility, empower them to be involved
- Communicate clearly and often
- If only 5 people show up, those are the ones meant to be there at that time
- Photos provide a visual record of success
- Health may not always be the focus, but is often a byproduct
- Partners may not always be the obvious ones

Partnering with Public Health

- Public Health has grant dollars and experience grant writing
- Support for creating action plans
- Leveraging existing efforts and collaboration
- Provides data and context the community
- Neighborhoods provide new avenues for education & initiatives
- Public Health experts make excellent board members



5 Ways To Build Healthier Neighborhoods

Experiences from
Rochester, MN





Improving Nutrition through Gardens

- Using park spaces or vacant lots
- Minimal funding needed – mostly sweat equity
- Creates social space
- Types of Gardens
 - Community Garden – owned by Park & Rec
 - Neighborhood Garden
 - Giving Garden – owned by neighborhood, church, bank, etc.
 - School Garden – owned by school and partnering with neighborhood



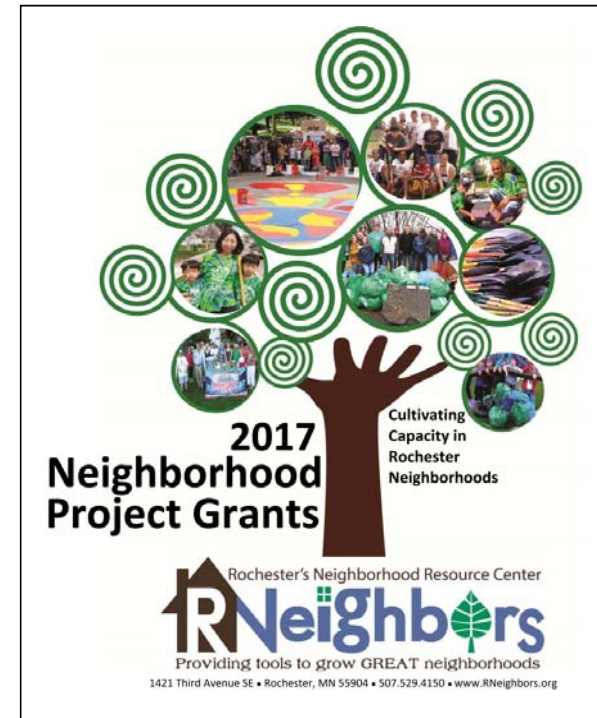
\$7,117

Awarded in 2017

Neighborhood Project Grants

- Enhance a neighborhood's livability and involvement
- Benefit the entire neighborhood
- Promote a strong sense of community

Project
Partners



Bringing
different
generations and
cultures
together



Cimarron Neighborhood Garden



Eastside Neighborhood Garden

Provided health related info sessions and a community info board



Started as a
vegetable garden
but has ended up
as a
Pollinator garden

Kutzky Neighborhood Garden



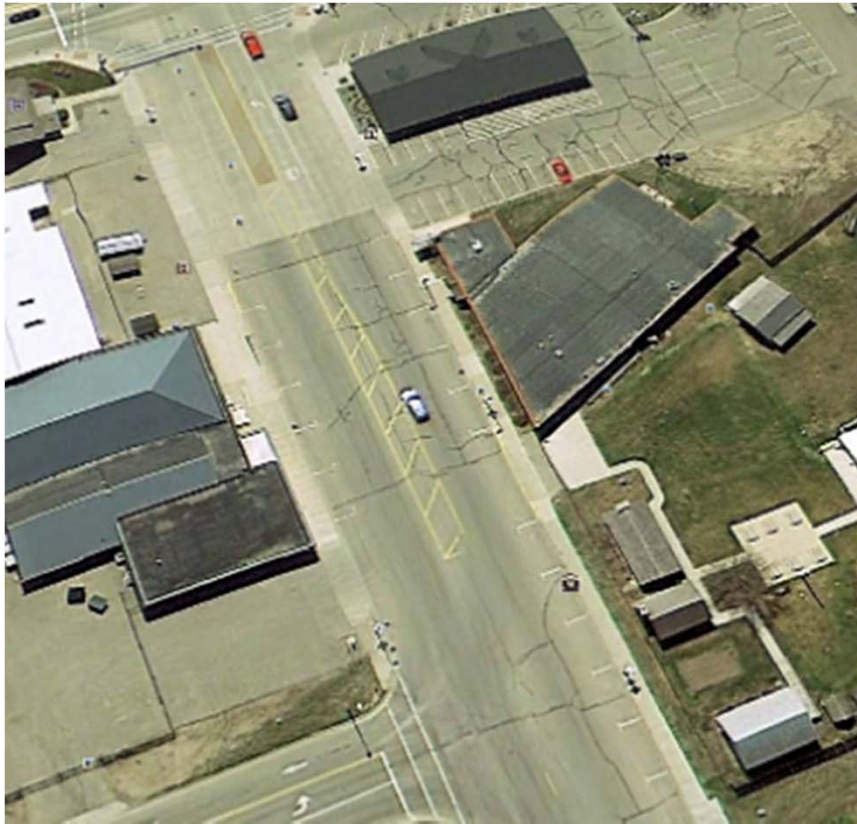


Improving Physical Activity through Walking

- Host a neighborhood Walk Audit to identify issues
 - Contact city with maintenance issues
 - Share data with Planning & Public Works departments
- Slow Car traffic through
 - Creative Crosswalks
 - Street Murals
 - Demonstration projects



Demonstration Projects – Alexandria, MN



100

Volunteer Hours Spent
Painting Crosswalks

Creative Crosswalks

- Goal: To help bring art to a barren space & emphasize safe crosswalk space
- 1 of 16 Prototyping Festival grant projects
- Creating a video guide for neighborhood leaders that includes the proper procedures for working with the City
- 3 new Creative Crosswalks scheduled to be painted summer 2017



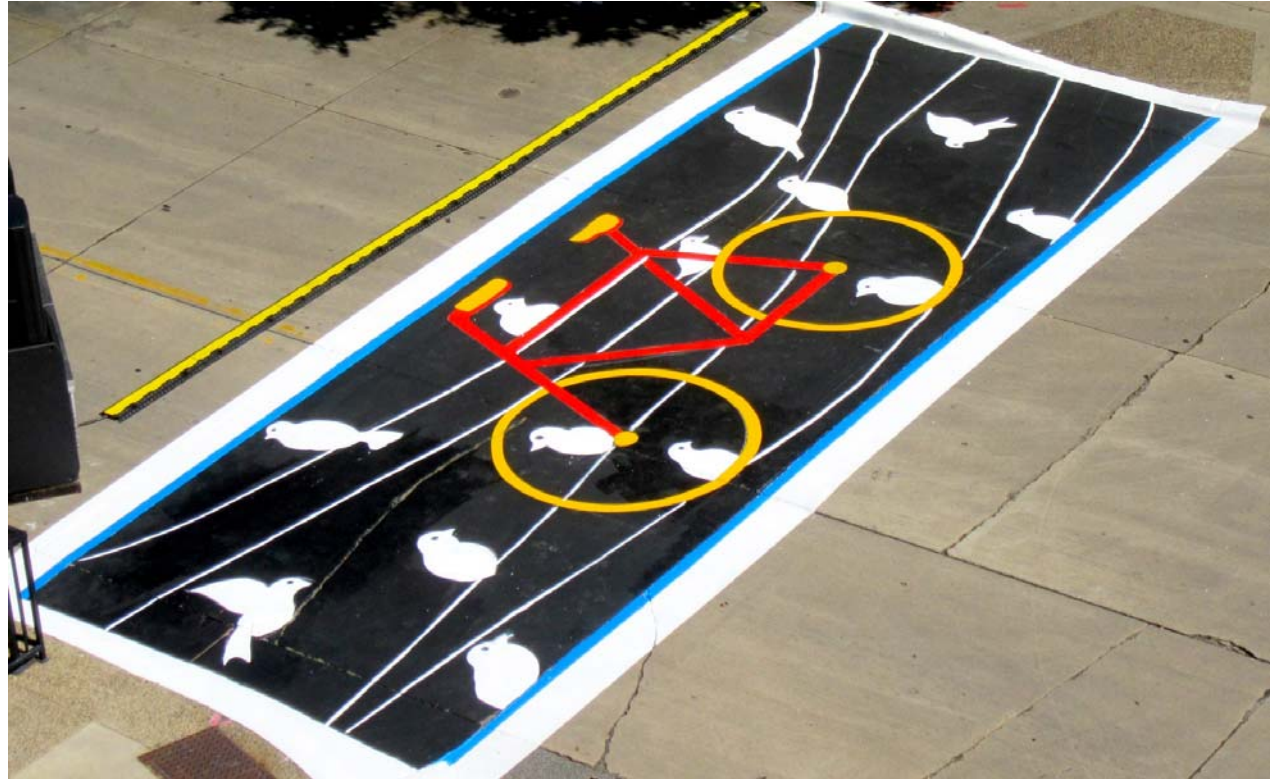
Project Partners

ship
statewide health
improvement partnership
OLMSTED COUNTY
PUBLIC HEALTH



**SHERWIN
WILLIAMS®**

Creative Crosswalks



Street Murals



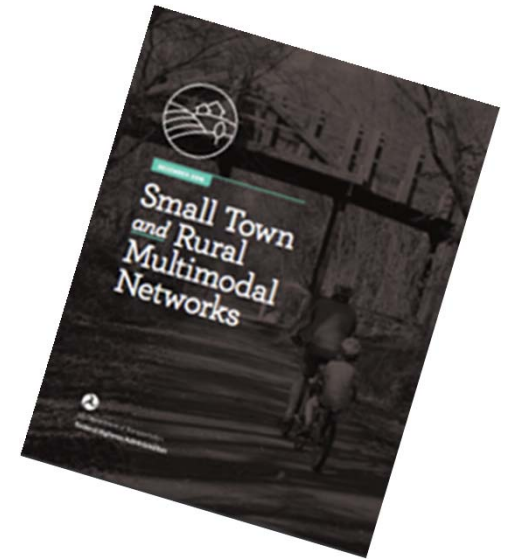
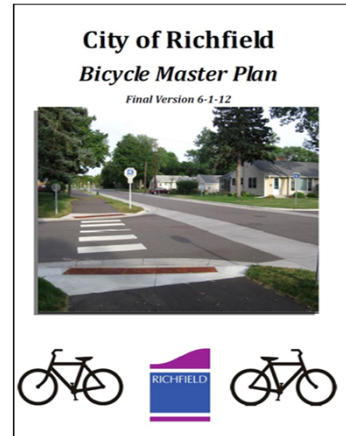


Improve Physical Activity with Biking

- Ask your neighborhood how bikable it is?
 - Focus on both recreation AND transportation
 - 50% of all trips are 3 miles or less – 20 minutes bike ride
 - 20 minutes a day of biking reduces heart disease by 50%
- Work with the city to make your neighborhood more bikable
 - Add infrastructure like bike lanes, trails/paths, and signage
 - Add bike racks to park and communal space
 - Work with local businesses to incentivize biking to local businesses



Bike Infrastructure



Bike Education & Group Rides



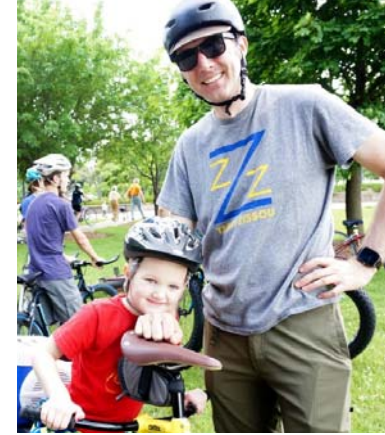
Artsy Bikeway Pilot Project



Art4Trails

Rochester, MN

A public art initiative to promote local artists and enhance public parks by installing original works of art along bike trails near downtown Rochester.



Project Partners





Improve Health Through Planting Trees

- Many health benefits from adding boulevard trees
 - Start by working with city for Boulevard Tree Ordinance
- Health benefits include:
 - Shade for walking (physical activity)
 - Shade to reduce expenses for homeowners & city (financial stress)
 - Improves air quality (Asthma), lower Ozone.
 - Lower urban air temperatures.
 - Increases access to green spaces (mental health). Connection to nature and the human senses.
 - Reduced blood pressure, improved overall emotional and psychological health.

1,332

Volunteer Hours Dedicated
to Urban Forest
In 2016

RNeighborWoods

Mission: RNeighborWoods empowers and educates the community to grow a sustainable urban forest, benefiting the health, social, and economic aspects of Rochester neighborhoods.



- City, business, & nonprofit partnership
- Since 2004, RNeighborWoods has organized 6,206 volunteers to plant 7,030 boulevard trees = 18618 volunteer hrs
- Arbor Day Foundation Excellence in Volunteer Management Award 2012

Project Partners



2

Community Tree Plantings per Year

2

Neighborhood Tree Grant Plantings per Year

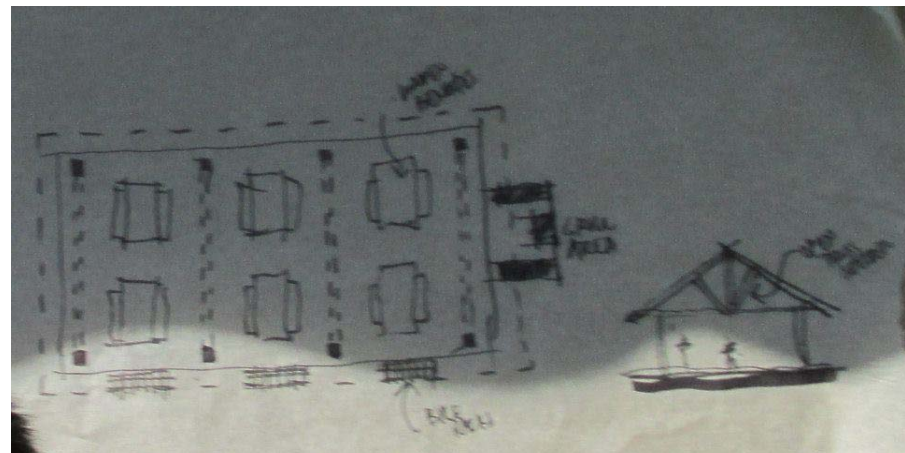
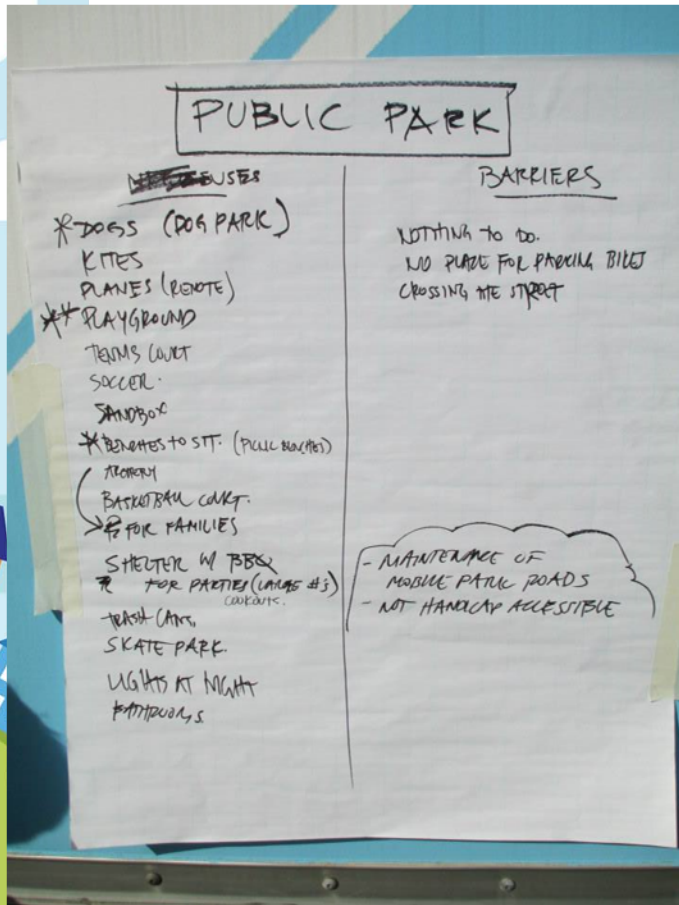




Improve Health through Neighborhood Parks

- Access to green space improves mental health and physical activity
 - Can add a park land policy
 - Can add 'pocket parks' in vacant lots
- Improved community engagement builds ownership in neighborhood
- Hold a design charrette to improve use of parks
 - Why do people go to your park?
 - Why don't people go to your park?
 - What would they like to see in the park to use it more?
 - How do they access your park?

Park Charette



772

Volunteer Hours
Logged in 2016



Indian Heights Neighborhood

- Formed as a neighborhood association to protect and preserve their park
- \$81,300 - Indian Heights Park/Zumbro River Urban Corridor Grant
- Hosted 400 SACC students last summer for Nature in the Neighborhood Program



Homestead Addition Neighborhood



We must **cultivate**
the science of human
relationships

- the ability of all people, of all kinds,
to live together and work together.

-Franklin D. Roosevelt



Building a Healthier Neighborhood Together

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