

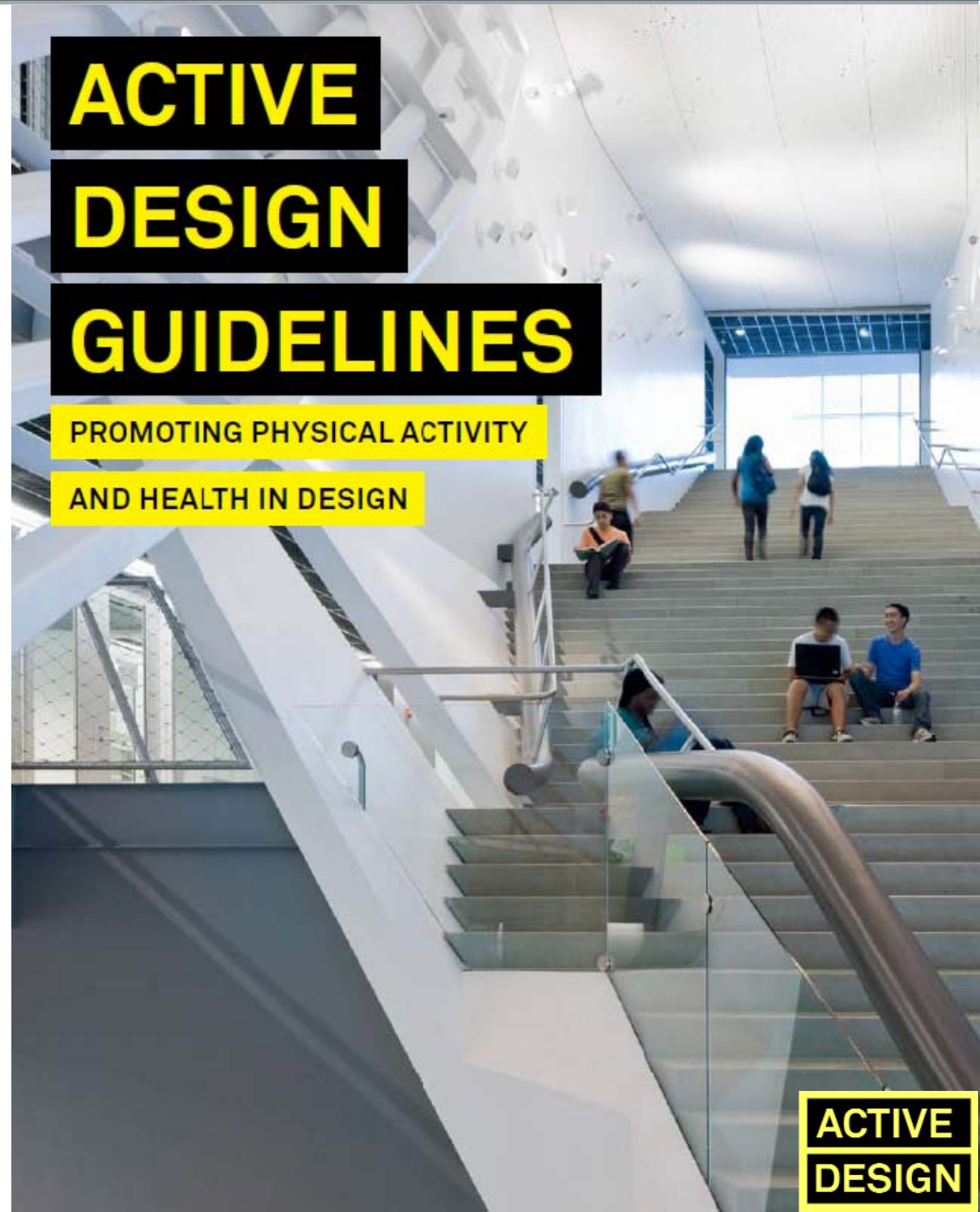
2011 Active Living Research Conference

Active Living Research

2011 Translating Research to Policy Award

Karen K. Lee, MD, MHSc, FRCPC
Director, Built Environment
NYC Dept of Health and Mental
Hygiene

On Behalf of NYC ADG Team



ACTIVE

DESIGN

GUIDELINES

PROMOTING PHYSICAL ACTIVITY

AND HEALTH IN DESIGN

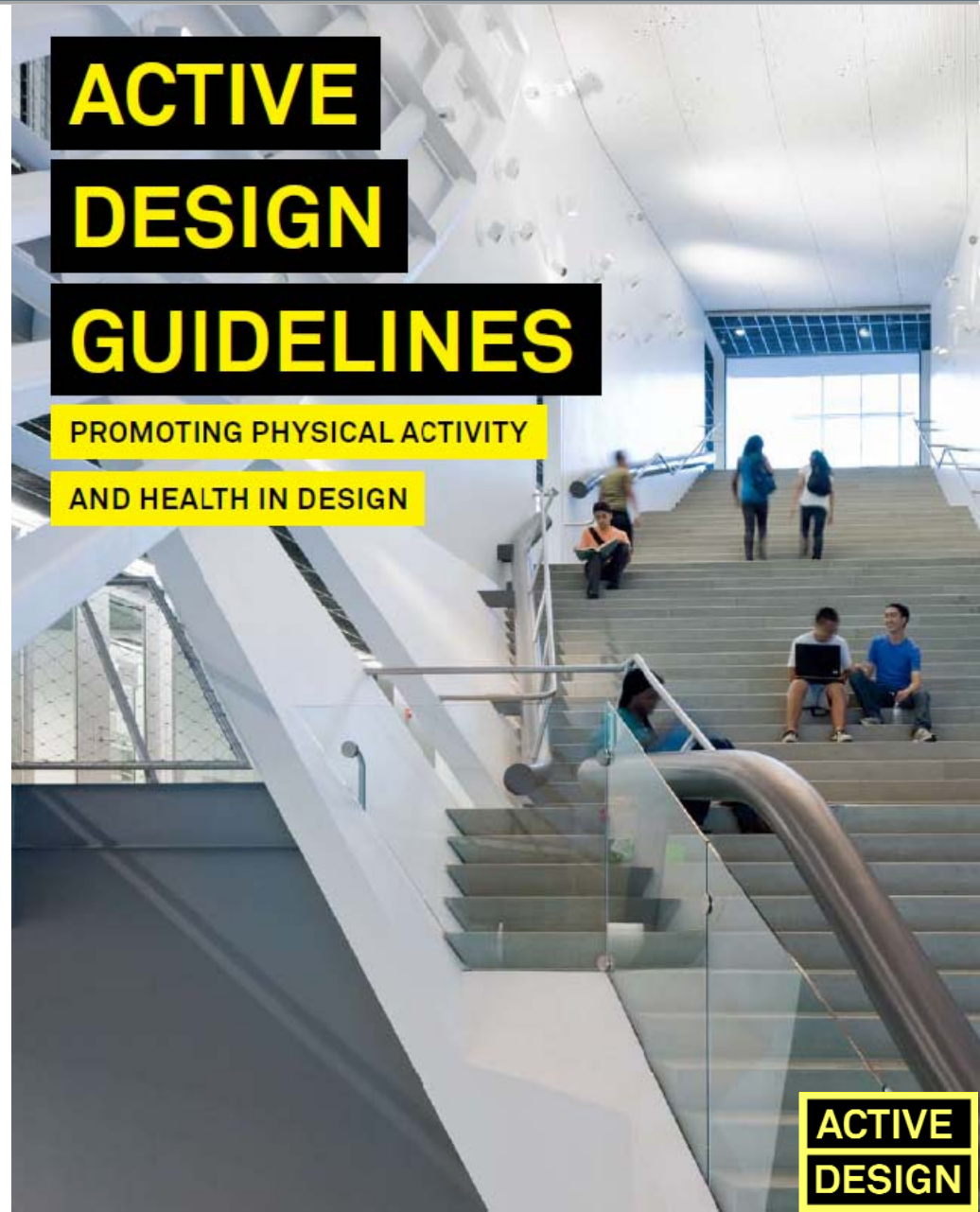
**ACTIVE
DESIGN**

The Active Design Guidelines

Chapters

- 1) Environmental Design and Health: Past and Present
- 2) Urban Design: Creating an Active City
- 3) Building Design: Creating Opportunities for Daily Physical Activity
- 4) Synergies with Sustainable and Universal Design

www.nyc.gov/adg



ACTIVE DESIGN GUIDELINES

PROMOTING PHYSICAL ACTIVITY
AND HEALTH IN DESIGN

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Alternatives

Thanks to all the design practitioners and organizations who participated in the 2009 Design Charrette to help test the Guidelines prior to its publication.

*We also thank the many city agencies that gave input including the Depts of Parks and Recreation, Buildings, Housing Preservation and Development, School Construction Authority, Aging, and Mayor's Offices of Long-Term Planning and Sustainability, and of People with Disabilities.



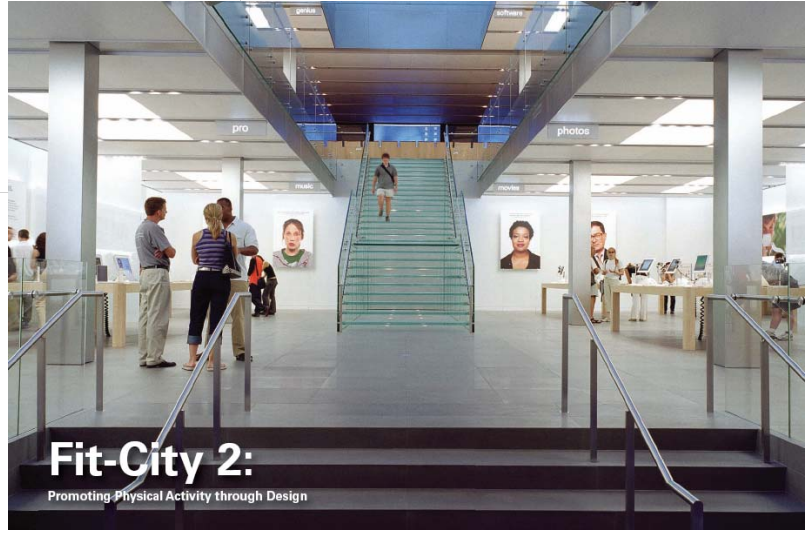
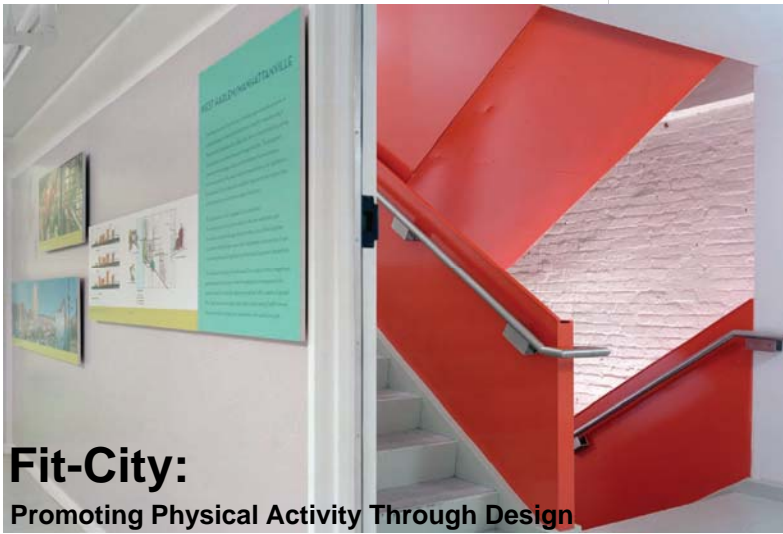
Translating Health Evidence into Non-Health Policies Affecting Health

KEY LESSONS LEARNED:

- The Need for **Partnerships – Core and Extensive**
- **Complementary Roles** of Core Partners
 - Health: Presenting the available research-based evidence and the epidemiology of disease; organized early meetings/conferences to do so
 - Design and Construction, Transportation and City Planning: Ideas of what's feasible in the current local context; identifying opportunities and mechanisms, including and especially synergistic efforts
 - Health: Playing a supporting role for implementing ideas – presenting the health evidence, assisting with strategy and planning, undertaking studies to inform implementation planning and evaluation, providing resources for coordination of meetings and follow-up
 - Design and Construction, Transportation and City Planning: Leadership and participation in the efforts
 - Researchers: evidence reviews and synthesis, evaluation research
- **Garnering Review, Feedback and Inputs** from an Extensive Group of Partners
- Using **Evidence-Based and Best-Practice Strategies**
- Using **Research to Inform Implementation and Evaluation**
- Using **Annual Conferences as Strategic Milestones** to Highlight Successes and Craft Strategic Next Steps with Extensive Group of Partners

Creation of the Guidelines

Fit City Conferences

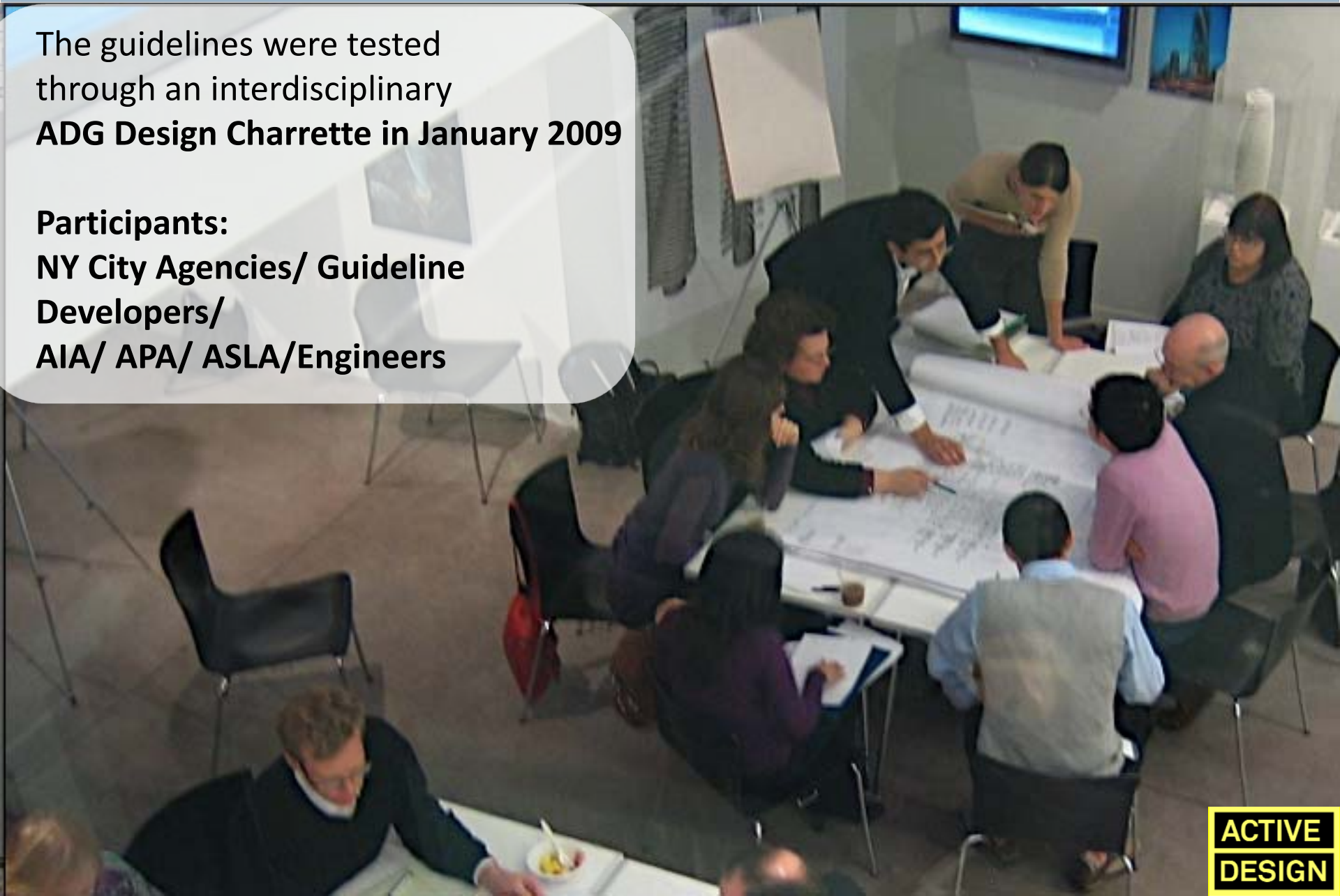


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Consultation with Design Practitioners

The guidelines were tested through an interdisciplinary **ADG Design Charrette in January 2009**

Participants:
NY City Agencies/ Guideline Developers/ AIA/ APA/ ASLA/Engineers



Evidence-based & Best Practice-based strategies

Distinguishing Strength of the Evidence

Evidence-based



Design strategies supported by a pattern of evidence from at least 2 longitudinal or 5 cross-sectional studies.

Emerging Evidence



Design strategies supported by an emerging pattern of research. Existing studies give reason to believe that the suggested environmental intervention will likely lead to increased physical activity.

Best Practice-based

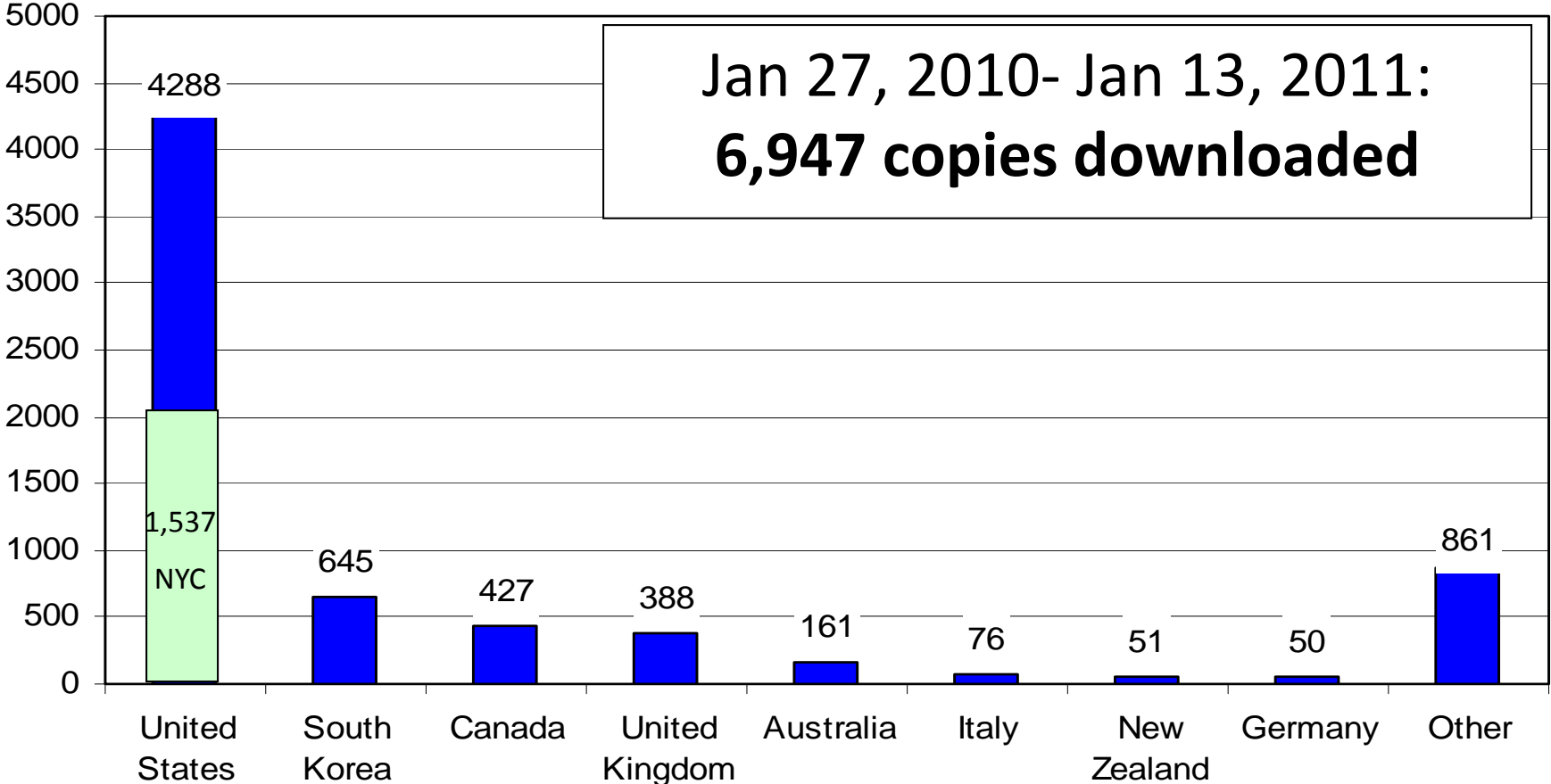


Design strategies without a formal evidence base. However, theory, common understanding of behavior within the environment, and experience from existing practice indicate that these measures will likely increase physical activity.

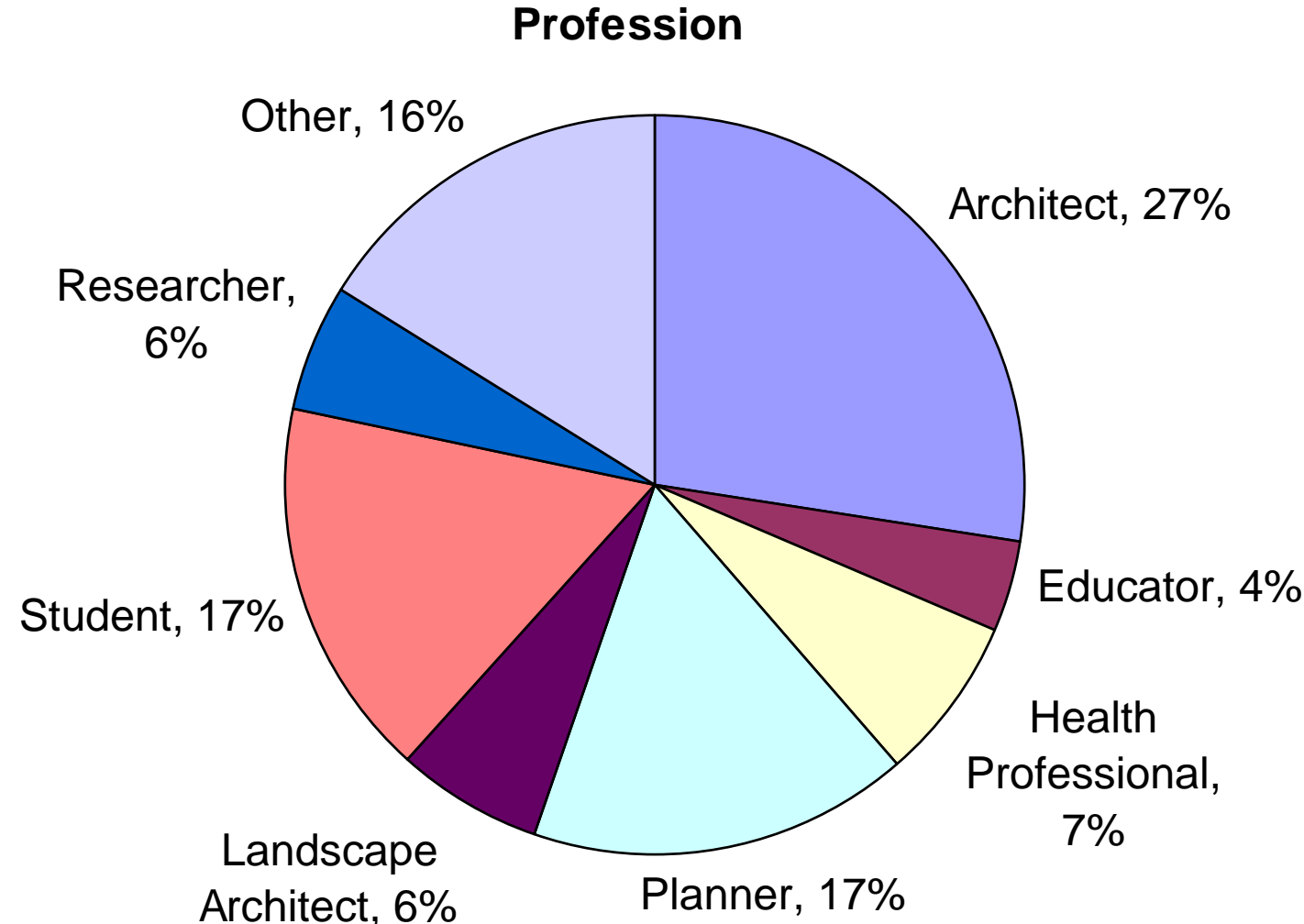
Dissemination & Implementation

Downloads of the Active Design Guidelines by Country

Number of Downloads by Country



Downloads of the Active Design Guidelines by Profession



Surveying Architects and Designers to Inform Implementation and Evaluation

- Source of New Information:
 - **Continuing Education Seminars – >85%**
 - Architecture Industry Magazines – >80%
 - Websites – >65%
 - **Guidelines – >50%**
 - **Research Journals – <35%**
- Design Factors Clients are “Somewhat” or “Very” Interested In:
 - **Energy Efficiency – >90%**
 - Universal Accessibility – >80%
 - Indoor Air Quality – >85%
 - **Other Aspects of Healthy Environment, incl. PA promotion – >60%**
- Architects’ Intentions in Design:
 - **Universal Design – >95%**
 - Improve Air Quality – >80%
 - **Increase PA – 45% (Pre- Guidelines)**

IMPLEMENTATION: Continuing Education Trainings

- >**900** planners, architects and building professionals trained
- Over 70% attendees are **urban planners** and **architects**
- Evenly split between **government** (40%) and **private sector** (44%) professionals
- Significant number of participants are **executives** (20%) or **managers** (33%)

Profession	Percent
Architects and Landscape Architects	57.8%
Planners*	12.6%
Developers, Building Managers and other Real Estate Professionals	5.2%
Students, Faculty, and Researchers	2.2%
Other**	22.2%
Total	100.0%

Sector	Percent
Government	39.8%
Private Sector	44.4%
Non-profit	5.3%
Academic	5.3%
I am currently unemployed	1.5%
I am retired	1.5%
Other	2.3%
Total	100.0%

Career level	Percent
Executive / Senior Executive	20.0%
Manager	32.6%
Experience (non-manager)	31.9%
Entry Level	10.4%
Student	2.2%
Other	3.0%
Total	100.0%

Trainings are currently free of charge with support from Kresge Foundation.



IMPLEMENTATION: Continuing Education Trainings

- Active Design 101 training sessions shown to be **effective**
 - 63% **had not read** the Active Design Guidelines before the session
 - **95%** say Active Design **knowledge has grown** due to the session
 - **90%** say they **plan to use strategies** found in the Guidelines.
 - **93%** say they believe their **employers will be receptive** to incorporating ADGs
 - **90%** believe their **clients will be receptive** to incorporating ADGs

Have you read the ADGs prior to today's session?	Percent
Yes, all of it	7.4%
Yes, some of it	29.8%
No, but I have a copy	23.1%
No, and I don't have a copy	39.7%
Total	100.0%

My knowledge of Active Design has grown because of today's session	Percent
Strongly agree	61.0%
Somewhat agree	34.1%
Neither Agree or Disagree	4.1%
Somewhat Disagree	0.8%
Strongly Disagree	0.0%
Total	100.0%

I plan to use the strategies found in the Guidelines	Percent
Strongly agree	59.0%
Somewhat agree	31.1%
Neither Agree or Disagree	9.8%
Somewhat Disagree	0.0%
Strongly Disagree	0.0%
Total	100.0%



IMPLEMENTATION: City Policy Initiatives

Synergies:

- Sustainable Design
- Universal Design

**Burn Calories,
Not Electricity**

Take the Stairs!

Walking up the stairs just 2 minutes a day helps prevent weight gain. It also helps the environment.

Learn more at www.nyc.gov or call 311.

Michael R. Bloomberg
Mayor

NYC

REBNY

Use of Existing LEED Credits that Promote Physical Activity

Development **density**
and community
connectivity



Public transportation
access



Bicycle storage and
changing rooms

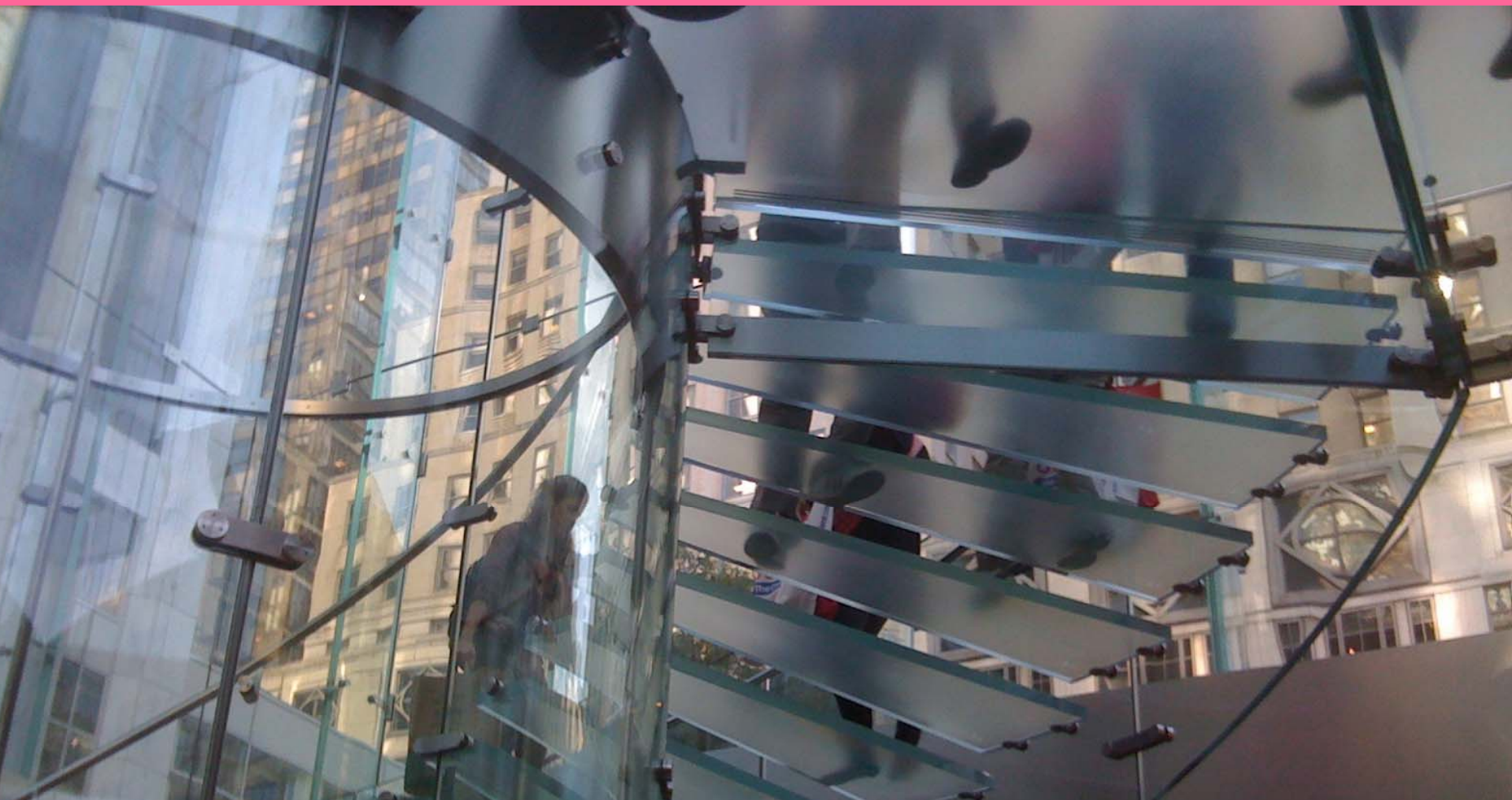


LEED Physical Activity Innovation Credit (Stair promotion, adult and children's active recreation access, school siting)

- Developed through a public-private partnership (Health, DDC, private architects)
- Now approved for the Riverside Health Center and Via Verde Affordable Housing
- Detailed information is available at:
 - www.1100architect.com under Sustainability (Riverside Health Center)
 - www.brightpower.com under Green Buildings (Via Verde Affordable Housing)



City Policy + Implementation
NYC Green Codes



How do we encourage good stair design and promote better stair access?

Zoning for Bicycle Parking

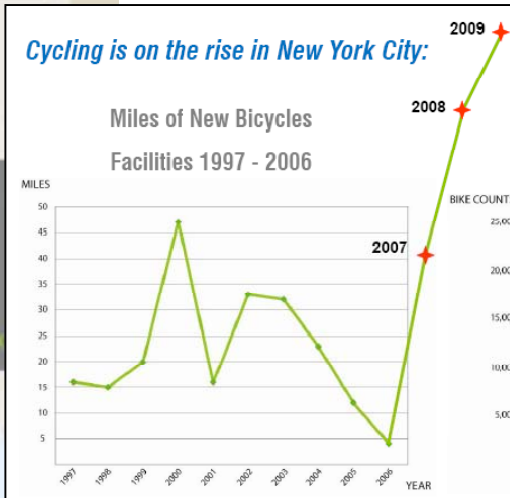
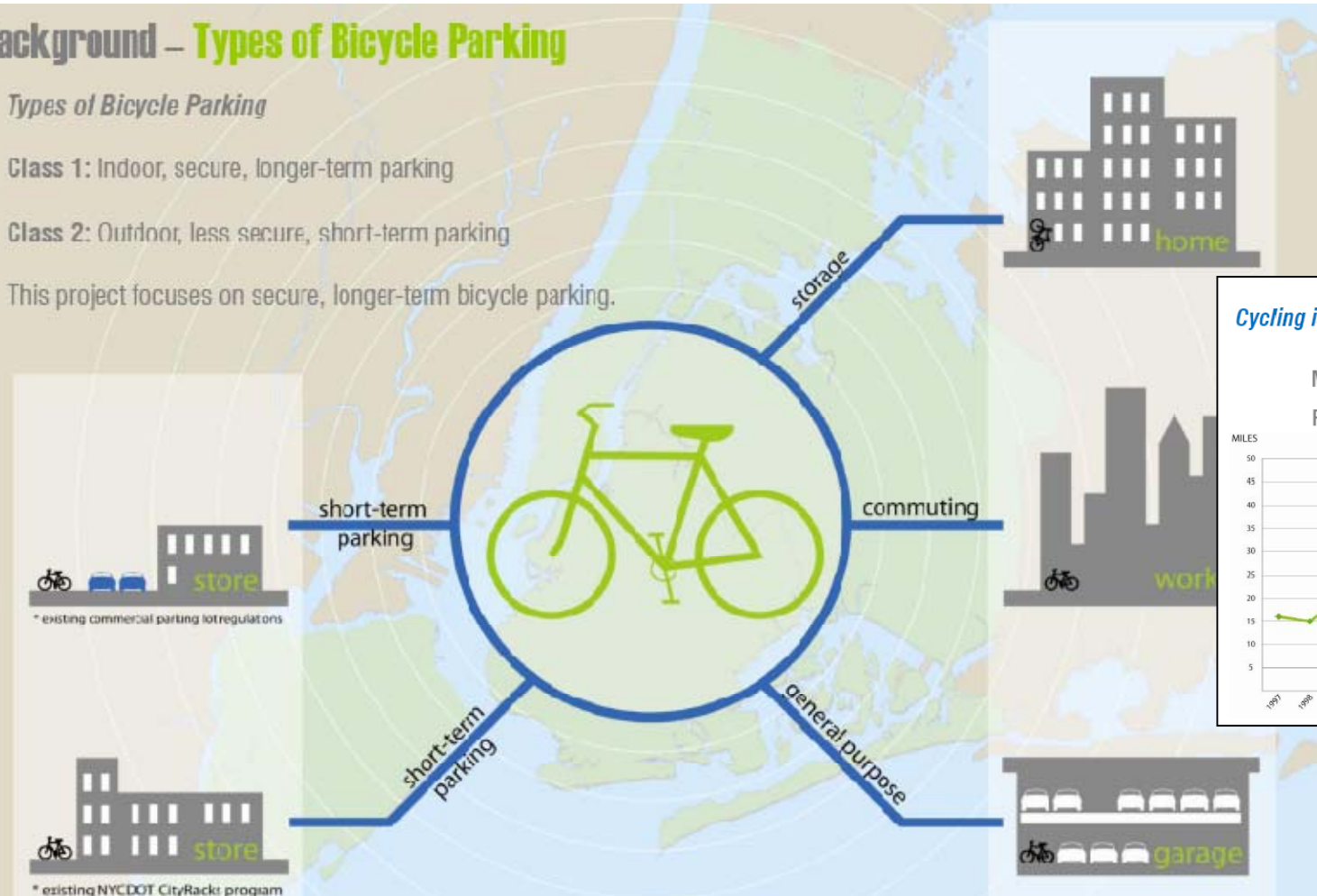
Background – Types of Bicycle Parking

Types of Bicycle Parking

Class 1: Indoor, secure, longer-term parking

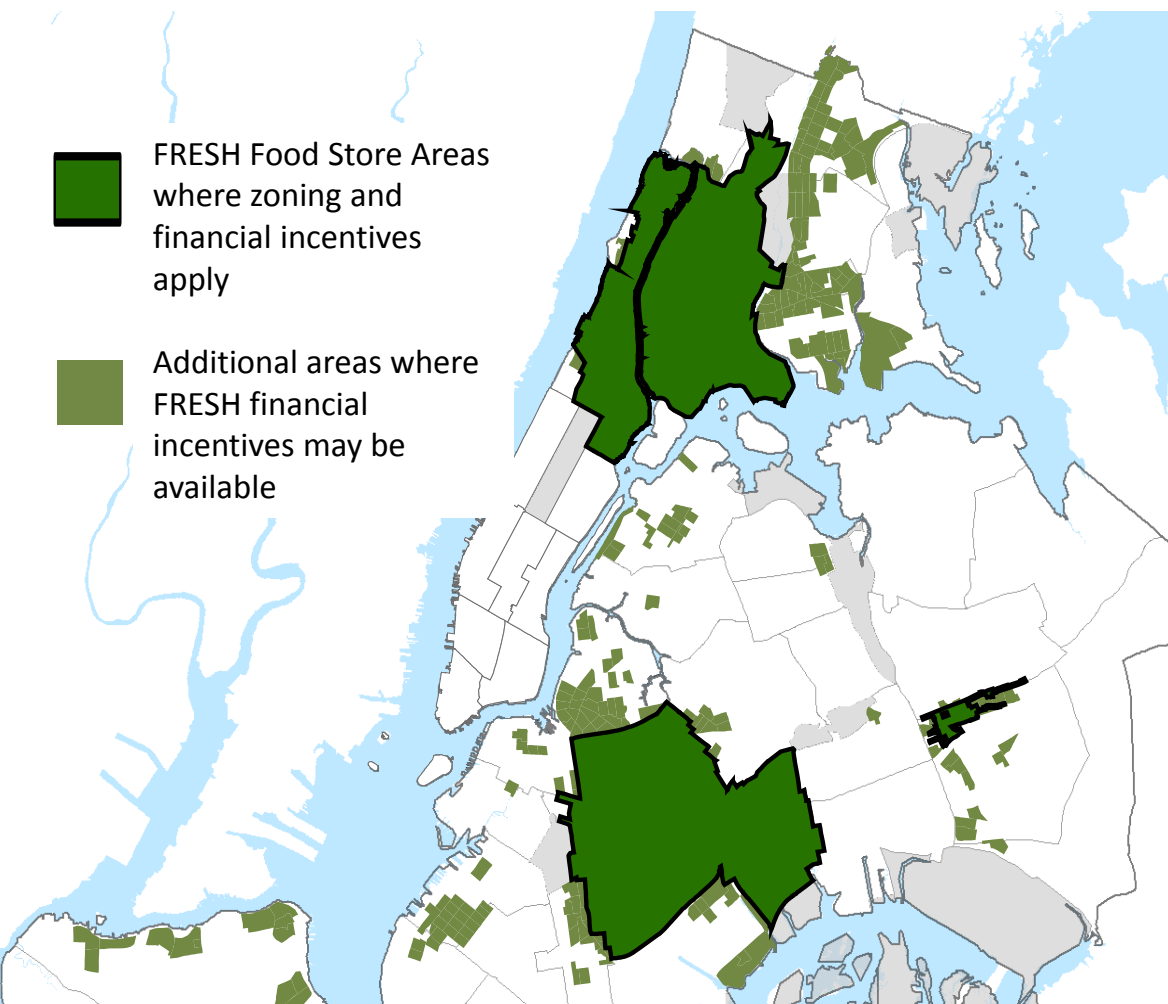
Class 2: Outdoor, less secure, short-term parking



This project focuses on secure, longer-term bicycle parking.



Zoning for Bicycle Parking:
Increasing active transport by providing safe and secure parking for bike commuters

NYC FRESH Program



-  FRESH Food Store Areas where zoning and financial incentives apply
-  Additional areas where FRESH financial incentives may be available

Zoning and tax incentives for providing fresh food options in the city's underserved areas with high health needs

NYC World Class Streets



Remaking NYC's public realm:

- Street Design Manual
- Plaza Program
- World Class Boulevards
- Complete Streets Projects and Design Standards
- Public Art Program
- New Streetscape Materials
- Coordinated Street Furniture Program
- Weekend Pedestrian and Cycling Streets

Street Closures: Summer Streets

- DOT closes streets to traffic from Brooklyn Bridge to Central Park and the Upper East Side on 3 consecutive Saturdays in August
- Evaluation:
 - Average amount of physical activity from distances walked, ran, biked on route: **>40 minutes of vigorous physical activity, or >70 minutes of moderate physical activity**
 - **24%** of people were **those who didn't meet PA Recs**
 - **87%** of participants got to event by **active modes**
 - Residents from outside Manhattan and from **high needs neighborhoods underrepresented**



Street Closures: Playstreets for Children and Families



Green =
Community
Sites

Red = School
Sites



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Community Playstreets Evaluation

Ages of children attending playstreets (from surveys): Ages 1-13

Average number of visits to the playstreet this year among those who attended previously:

Jackson Heights: 13 (Range: 1 – 30) visits

Staten Island: 5 (Range: 2.5 – 7) visits

Average length of time children stayed at the playstreet (from surveys):

Jackson Heights: 1 hour, 21 minutes (Range: 15 minutes – 3.5 hours)

Staten Island: 2 hours, 36 minutes (Range: 1 – 3 hours)

Brooklyn: 2 hours, 30 minutes (Range: 2.5 – 3 hours)

Most likely activity if children had not come to the playstreet:

TV or other inside activity: 52%

Outdoor activity: 38%

Indoor or outdoor activity equally likely: 10%

JOIN US in Achieving a FIT NATION...

- CDC CPPW Stimulus Funding to “mentor” other U.S. Communities
- Fit Nation New Orleans Conference (May 14, 2011)
- Quarterly Webinars on Active Design in 2011

NEXT STEPS: Cost Impact Study

- Assess cost impacts of implementing the Active Design Guidelines in affordable housing
- Funded by an ALR Rapid Response Rd 3 Grant

NEXT STEPS: Center for Active Design

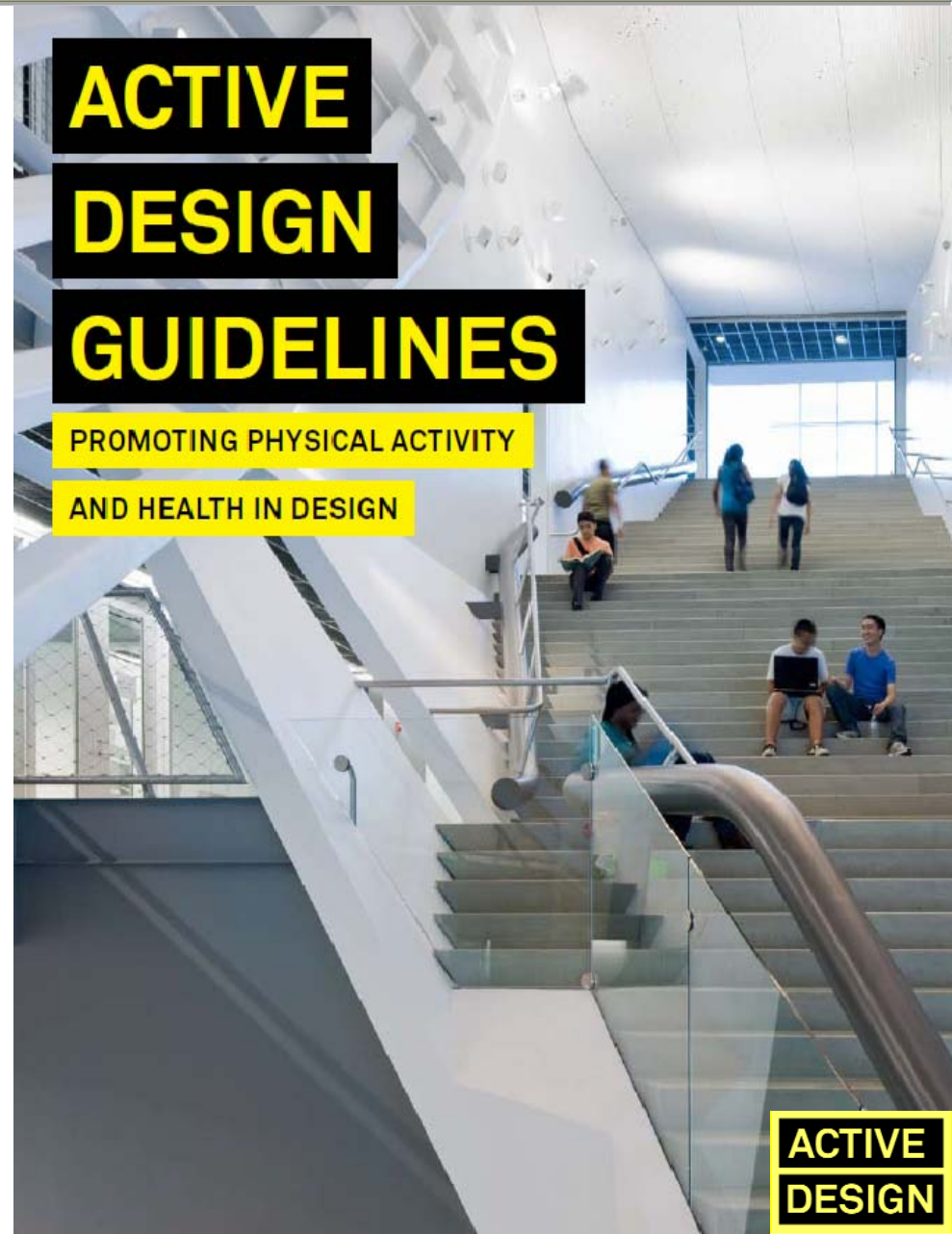
- Center of Excellence for Active Design Practice and Policy
- based in New York City
- Currently seeking funding
- Provides training and technical assistance in design practice, policy development & implementation, outreach, and evaluation

Thank you! Questions?

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