Active Living Research

2011 Translating Research to Policy Award

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Director, Built Environment
NYC Dept of Health and Mental Hygiene

On Behalf of NYC ADG Team
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
Creation of the Guidelines

Active Design Guidelines Team

New York City Staff*

- **Department of Design and Construction**
  - **David Burney**, FAIA
    Commissioner
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    Assistant Commissioner, Architecture and Engineering Division
  - **Vitoria Milne**, MID
    Director, Office of Creative Services

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    Assistant Commissioner of Urban Design and Art, Division of Planning and Sustainability
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Department of City Planning

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- **Mayor’s Office of Management and Budget**
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Academic Partners

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  College of Architecture
- **Gayle Nicoll**, M.Arch, PhD, OAA
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  Department of Architecture
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  College of Architecture
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  Department of City and Metropolitan Planning

American Institute of Architects New York Chapter

- **Fredric Bell**, FAIA
  Executive Director
- **Sherida Paulsen**, FAIA
  2009 President

Editor

- **Irene Chang**, March, MPhil
  Cheng+Snyder

Community, Academic and Private Sector

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- **Ellen Martin**, 1100 Architects
- **Linda Polack Marpillero Pollak**, Architects
- **John Pucher**, Bloustein School of Planning and Public Policy, Rutgers University
- **Jessica Spiegel**, 1100 Architects
- **William Stein**, Dattner Architects
- **Shin-Pei Tsay**, Transportation 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

Fit-City:
Promoting Physical Activity Through Design

Fit-City 2:
Promoting Physical Activity through Design

Fit-City 3:
Promoting Physical Activity Through Design

Fit-City 4:
Promoting Physical Activity through Design
Creation of the Guidelines

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
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

Jan 27, 2010 - Jan 13, 2011: 6,947 copies downloaded
Downloads of the Active Design Guidelines by Profession

- Architect, 27%
- Planner, 17%
- Student, 17%
- Landscape Architect, 6%
- Researcher, 6%
- Other, 16%
- Educator, 4%
- Health Professional, 7%
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%)

<table>
<thead>
<tr>
<th>Profession</th>
<th>Percent</th>
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<tbody>
<tr>
<td>Architects and Landscape Architects</td>
<td>57.8%</td>
</tr>
<tr>
<td>Planners*</td>
<td>12.6%</td>
</tr>
<tr>
<td>Developers, Building Managers and other Real Estate</td>
<td>5.2%</td>
</tr>
<tr>
<td>Professionals</td>
<td></td>
</tr>
<tr>
<td>Students, Faculty, and Researchers</td>
<td>2.2%</td>
</tr>
<tr>
<td>Other**</td>
<td>22.2%</td>
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<tr>
<td>Total</td>
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<table>
<thead>
<tr>
<th>Sector</th>
<th>Percent</th>
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<tbody>
<tr>
<td>Government</td>
<td>39.8%</td>
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<tr>
<td>Private Sector</td>
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<tr>
<td>Non-profit</td>
<td>5.3%</td>
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<tr>
<td>Academic</td>
<td>5.3%</td>
</tr>
<tr>
<td>I am currently unemployed</td>
<td>1.5%</td>
</tr>
<tr>
<td>I am retired</td>
<td>1.5%</td>
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<tr>
<td>Other</td>
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<tr>
<td>Total</td>
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<table>
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<tr>
<th>Career level</th>
<th>Percent</th>
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<td>Executive / Senior</td>
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<tr>
<td>Executive</td>
<td></td>
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<tr>
<td>Manager</td>
<td>32.6%</td>
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<tr>
<td>Experience (non-manager)</td>
<td>31.9%</td>
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<tr>
<td>Entry Level</td>
<td>10.4%</td>
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<tr>
<td>Student</td>
<td>2.2%</td>
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<tr>
<td>Other</td>
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<td>Total</td>
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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

<table>
<thead>
<tr>
<th>Have you read the ADGs prior to today’s session?</th>
<th>Percent</th>
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<tbody>
<tr>
<td>Yes, all of it</td>
<td>7.4%</td>
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<tr>
<td>Yes, some of it</td>
<td>29.8%</td>
</tr>
<tr>
<td>No, but I have a copy</td>
<td>23.1%</td>
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<tr>
<td>No, and I don’t have a copy</td>
<td>39.7%</td>
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<tr>
<td>Total</td>
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<table>
<thead>
<tr>
<th>My knowledge of Active Design has grown because of today’s session</th>
<th>Percent</th>
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<tbody>
<tr>
<td>Strongly agree</td>
<td>61.0%</td>
</tr>
<tr>
<td>Somewhat agree</td>
<td>34.1%</td>
</tr>
<tr>
<td>Neither Agree or Disagree</td>
<td>4.1%</td>
</tr>
<tr>
<td>Somewhat Disagree</td>
<td>0.8%</td>
</tr>
<tr>
<td>Strongly Disagree</td>
<td>0.0%</td>
</tr>
<tr>
<td>Total</td>
<td>100.0%</td>
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<table>
<thead>
<tr>
<th>I plan to use the strategies found in the Guidelines</th>
<th>Percent</th>
</tr>
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<tbody>
<tr>
<td>Strongly agree</td>
<td>59.0%</td>
</tr>
<tr>
<td>Somewhat agree</td>
<td>31.1%</td>
</tr>
<tr>
<td>Neither Agree or Disagree</td>
<td>9.8%</td>
</tr>
<tr>
<td>Somewhat Disagree</td>
<td>0.0%</td>
</tr>
<tr>
<td>Strongly Disagree</td>
<td>0.0%</td>
</tr>
<tr>
<td>Total</td>
<td>100.0%</td>
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Synergies:

- Sustainable Design
- Universal Design
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](http://www.1100architect.com) under Sustainability (Riverside Health Center)
  - [www.brightpower.com](http://www.brightpower.com) under Green Buildings (Via Verde Affordable Housing)
How do we encourage good stair design and promote better stair access?
Zoning for Bicycle Parking:

**Increasing active transport** by providing safe and secure parking for bike commuters.
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
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
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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