

HEALTHY COMMUNITIES

Dr. Amy Person, Health Officer
Benton-Franklin Health District

09/21/2016



Welcome to Benton-Franklin Health District

Our Mission

We provide all people in our community the opportunity to live full productive lives by promoting healthy lifestyles, preventing disease, reducing injury and protecting our environment.

Nuestra Misión

Proporcionamos todas las personas en nuestra comunidad la oportunidad de vivir una vida productiva completo mediante la promoción de estilos de vida saludables, prevención de enfermedades, reducir lesiones y proteger nuestro medio ambiente.

Our Vision

We are a proactive leader, uniting knowledgeable staff and proven practice with strong partners and informed residents to form a resilient, healthy community where all of us can learn, work, play, and thrive to our greatest potential.

Nuestra Visión

Somos una empresa líder proactivo, uniendo personal capacitado y la práctica probada con socios fuertes y los residentes informados para formar una comunidad resiliente, sano, donde todos podemos aprender, trabajar, jugar, y prosperar en nuestro mayor potencial.

Our Values

Excellence • Effectiveness
Integrity & Accountability
Diversity
Communication & Collaboration

Nuestros Valores

Excelencia • Eficacia
Integridad y Responsabilidad
Diversidad
Comunicación y Colaboración



Services

- Preventive Health
- Environmental Health
- Vital Records
- Assessment
- Emergency Preparedness



PUBLIC HEALTH BY THE NUMBERS

Did you know that investing \$10 per person each year in community based public health activities could save more than \$16 billion over 5 years? That's \$5.60 returned for every \$1 invested.



23:1

That's the rate of the return on investment in clean water technologies in the first half of the 20th century.



SEAT BELTS!

In 2009, seat belts saved about 13,000 lives.



saved about
13,000
lives

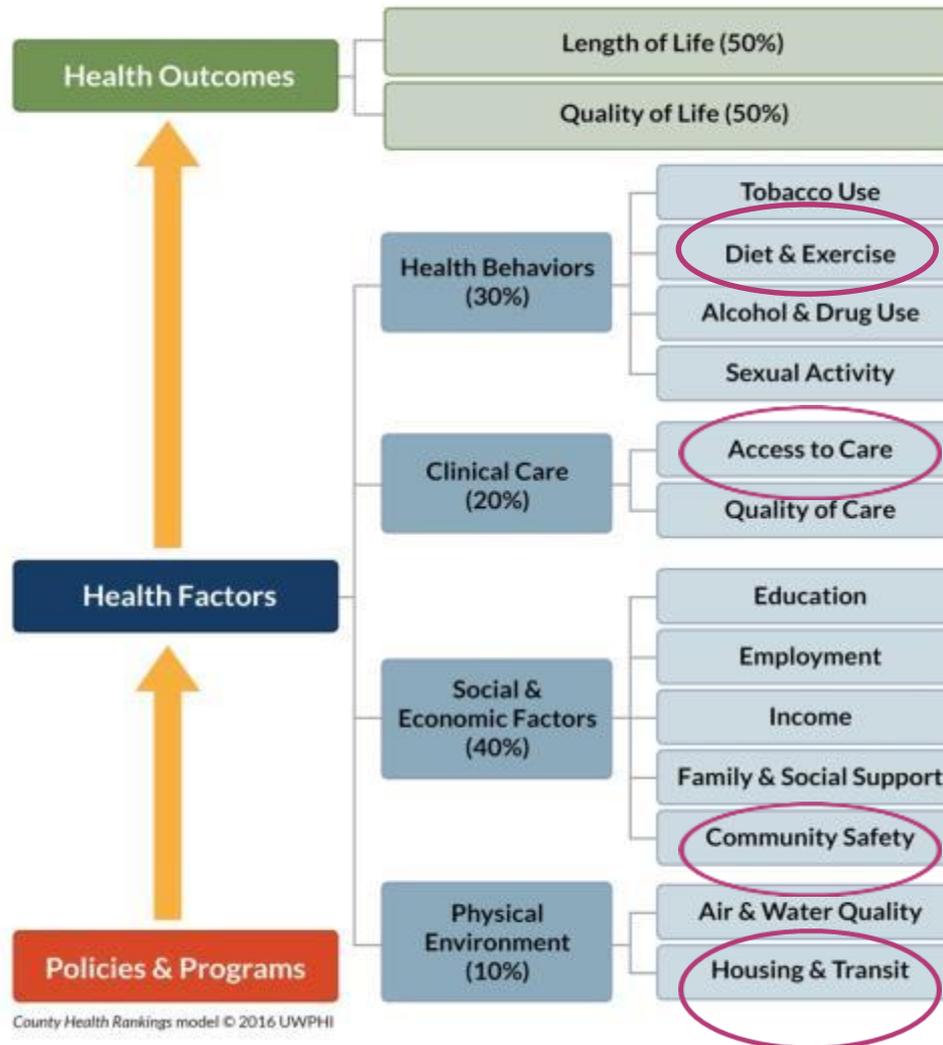
Investment in prevention benefits -

- Individuals:
 - workers stay productive and healthy.
- Businesses :
 - reduced healthcare costs,
 - increased productivity,
 - improved competitiveness
- Communities:
 - more attractive places for families to live and for businesses to locate.

“For every dollar we invest in our workers’ health, we see a return of more than \$4 in reduced health care costs, lower absenteeism, and improved productivity.” –
William C. Weldon,
CEO Johnson & Johnson

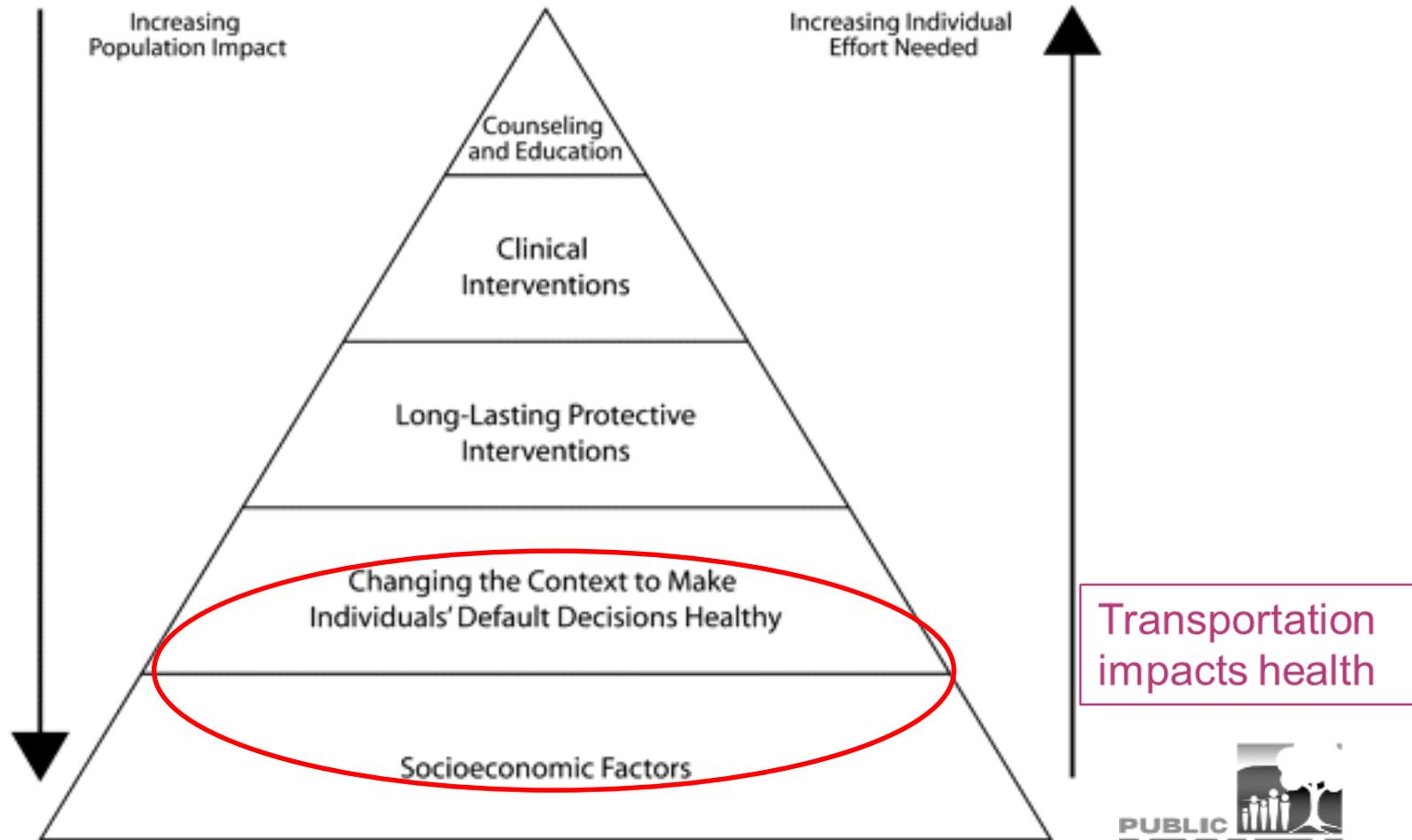


County Health Rankings model



Transportation impacts health

Health Impact Pyramid



(Frieden TR. *Am J Public Health*. 2010;100:590-595.)

Health is in the numbers

100

180

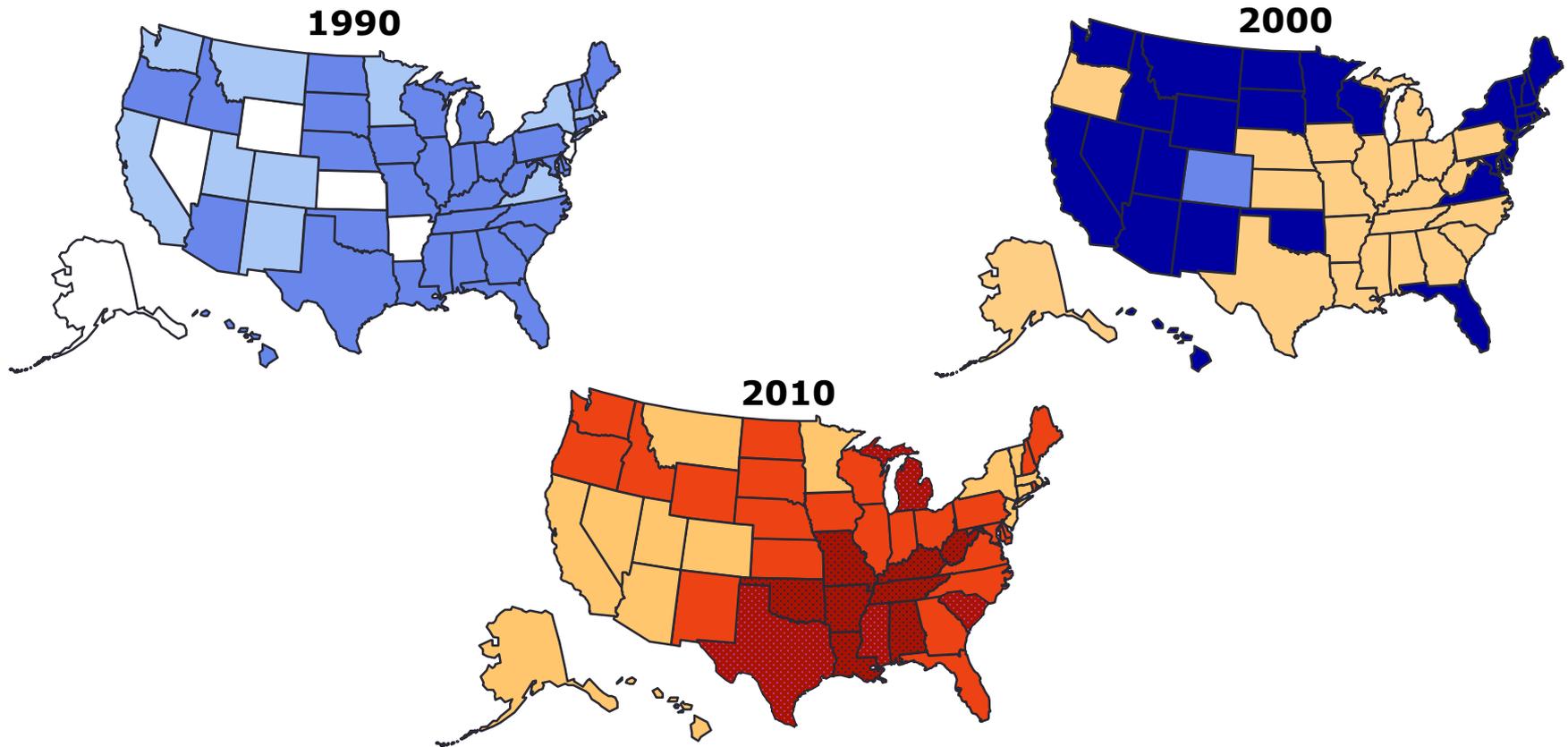
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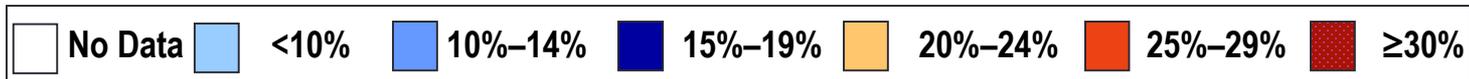
Location impacts health

25

Obesity is a national problem



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



And a Washington State problem

Washington Tracking Network (WTN)
A Source for Environmental Public Health Data

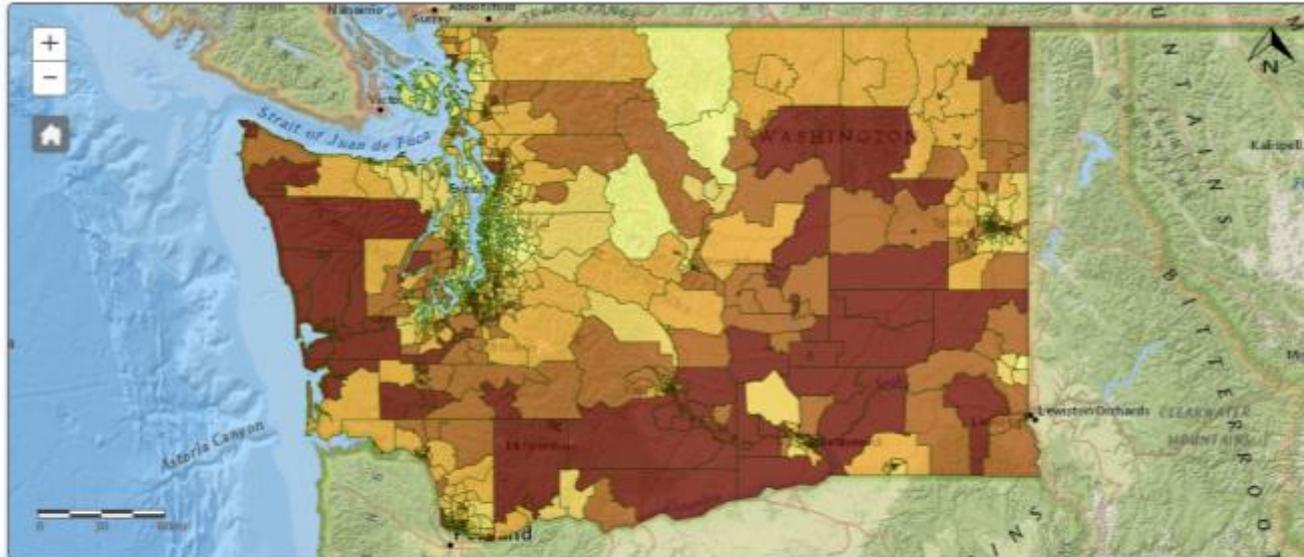
State Health • Washington Tracking Network (WTN)

Notes Table Chart Map

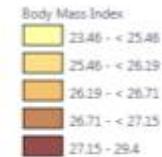
Measure 1

BMI - Census Tract

Geography: Census Tract, Age Group: 20+, Year: 2014



Legend (Measure 1)



Locate Address

Enter a County, Zip Code, or

Locate

Adjust Transparency

0% 50% 100%

Created: 8/29/2016

And a Tri-Cities problem

Estimated Incremental Healthcare Costs Because of Obesity and Potential Savings for the 10 Most Obese U.S. Cities*

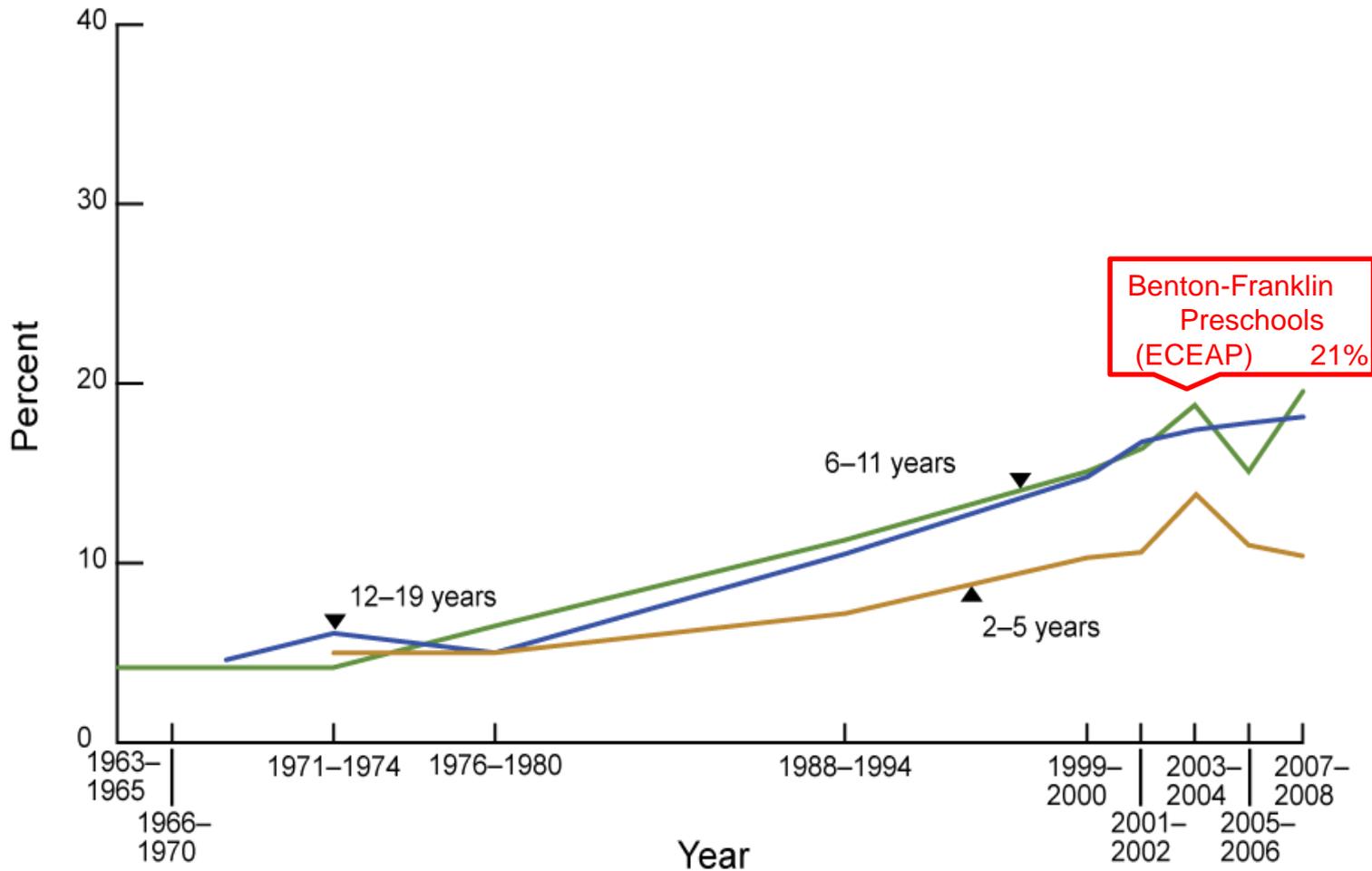
Metropolitan area	% Obese	Total obesity cost for metro area	Estimated savings if 15% of the population were obese
McAllen-Edinburg-Mission, TX	38.8	\$410,933,209	\$252,067,278
Binghamton, NY	37.6	\$131,475,065	\$79,024,906
Huntington-Ashland, WV-KY-OH	36.0	\$146,936,411	\$85,712,906
Rockford, IL	35.5	\$179,441,402	\$103,621,091
Beaumont-Port Arthur, TX	33.8	\$182,805,148	\$101,678,603
Charleston, WV	33.8	\$146,935,970	\$81,727,700
Lakeland-Winter Haven, FL	33.5	\$279,283,767	\$154,231,334
Topeka, KS	33.2	\$109,839,216	\$60,362,092
Kennewick-Pasco-Richland, WA	33.2	\$116,542,764	\$63,887,901
Reading, PA	32.7	\$100,242,501	\$102,975,348

January-December 2011

Gallup-Healthways Well-Being Index

*Based on population counts of each metro area and NIH estimate of \$1,429 in incremental healthcare costs per year per obese person

**Figure 1. Trends in obesity among children and adolescents:
United States, 1963–2008**



NOTE: Obesity is defined as body mass index (BMI) greater than or equal to sex- and age-specific 95th percentile from the 2000 CDC Growth Charts.

SOURCES: CDC/NCHS, National Health Examination Surveys II (ages 6–11), III (ages 12–17), and National Health and Nutrition Examination Surveys (NHANES) I–III, and NHANES 1999–2000, 2001–2002, 2003–2004, 2005–2006, and 2007–2008.

Usual travel mode to school

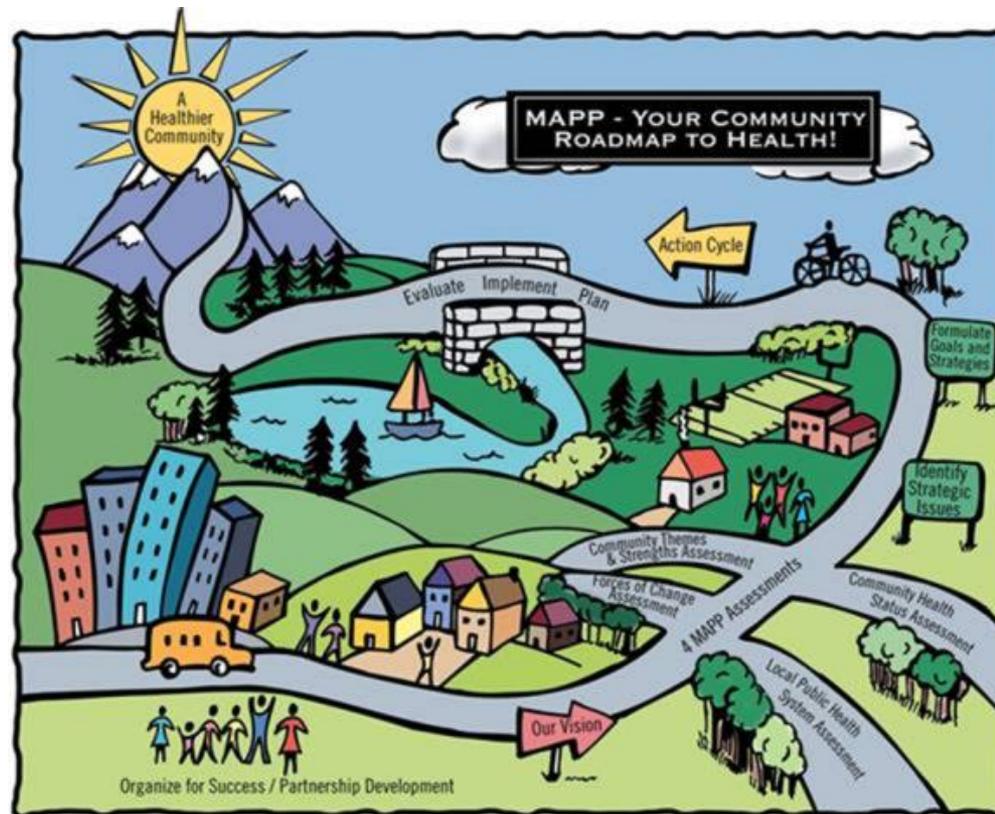
K – 8, < 1 mile from school

MODE OF TRANSPORTATION	1969	2009
Personal vehicle	6.9%	42.8%
Walk/Bicycle combined	88.6%	35.2%
–Walk	N/A	33.0%
–Bicycle	N/A	2.2%
School bus	3.8%	20.4%
Transit	0.0%	1.0%
Other	0.7%	0.6%

Transportation
impacts health

Community Health Needs Assessment

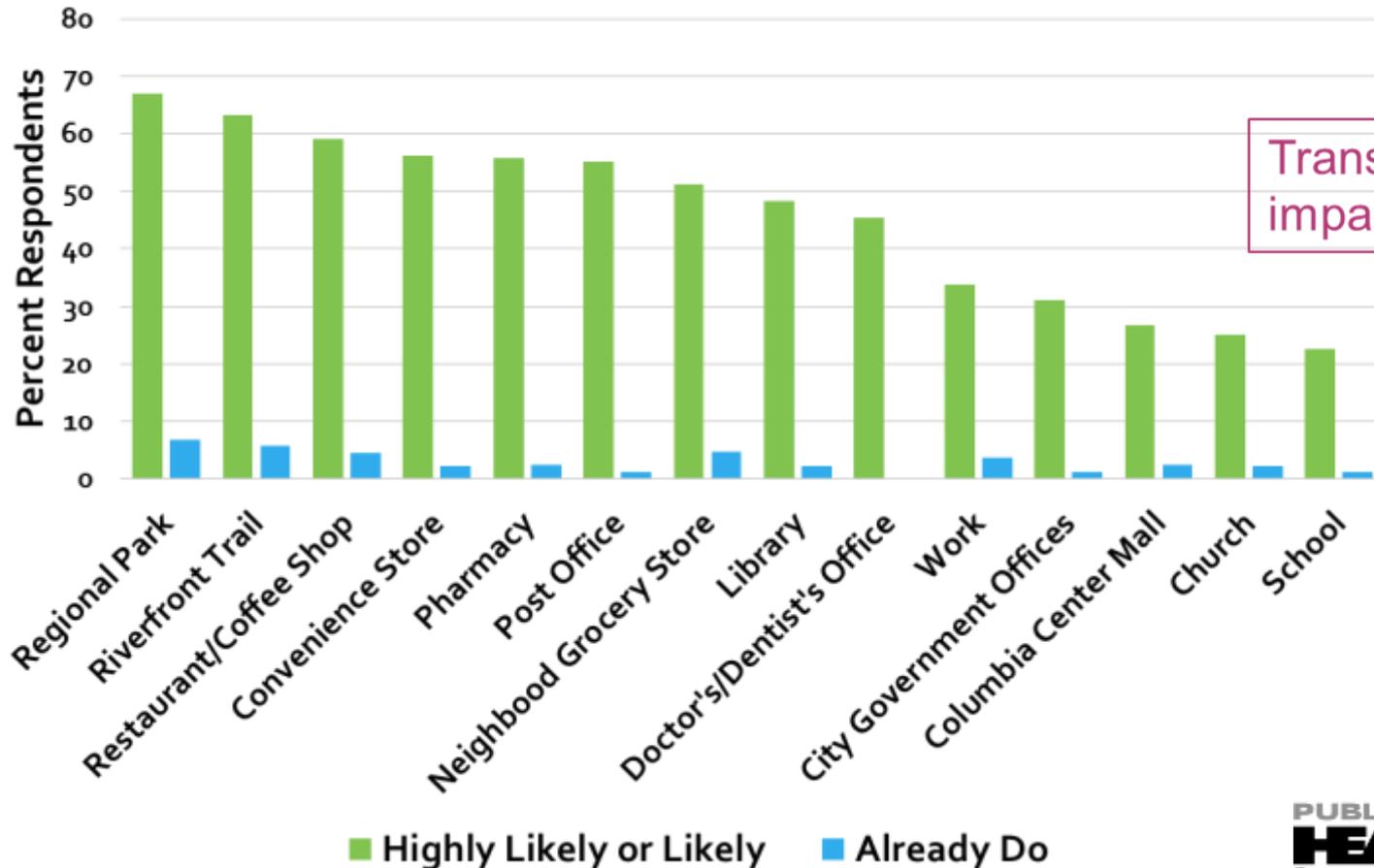
2011 and 2016



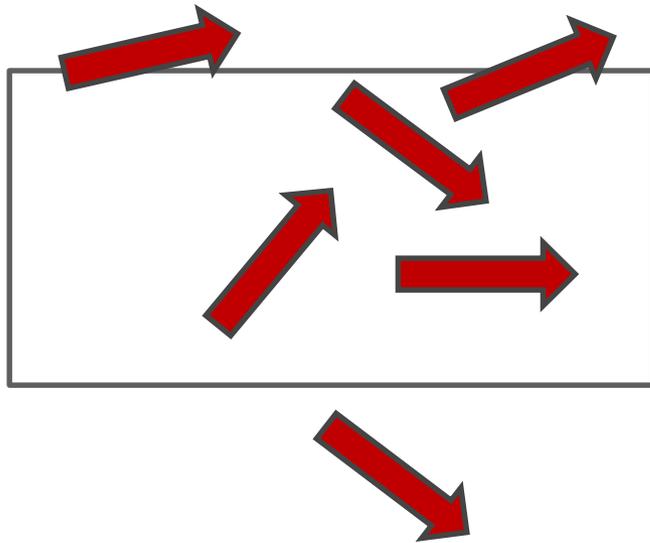
“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” —World Health Organization

Benton Franklin Community Health Alliance Community Health Needs Assessment Survey

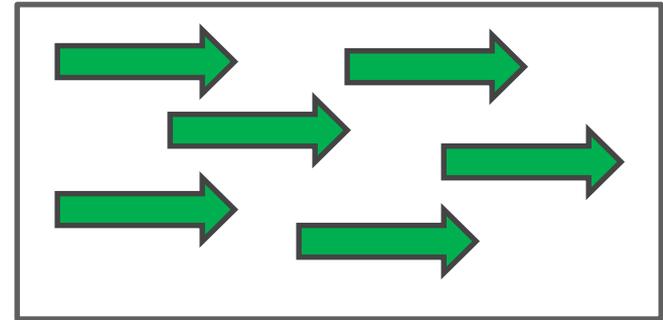
How likely are you to walk/cycle to these places?



Transportation
impacts health



ISOLATED IMPACT

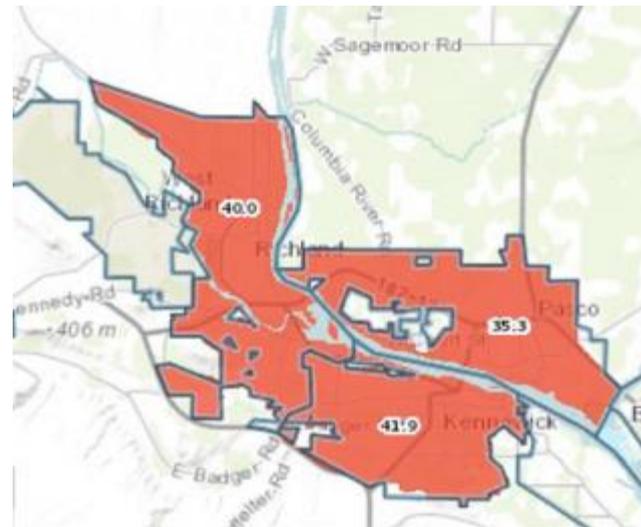


COLLECTIVE IMPACT

Transportation impacts health

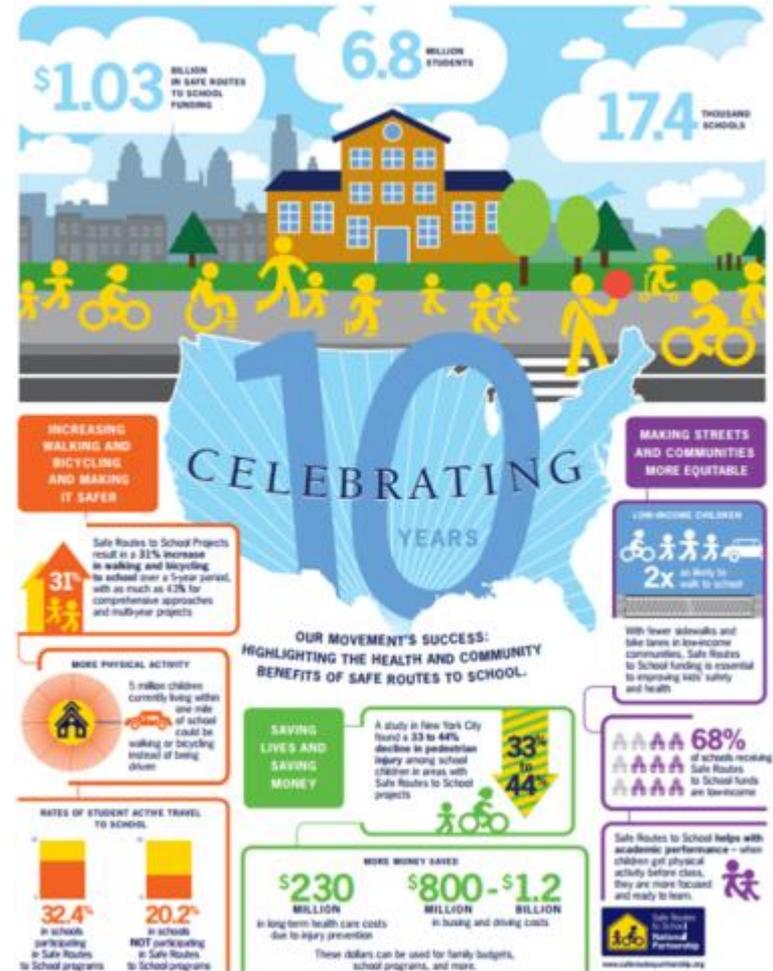
Barrier to health

- Preventative health care appointment
Transportation is barrier – 6%
- Living a healthy life
Transportation is a barrier – 9%
- Air pollution
- Stress/road rage



...Or promoting health

- Reduce injury
- Improve access to nutritious foods
- Improve access to health care facilities
- Increase physical activity





2016 Regional Active Transportation Plan

For

Benton and Franklin Counties

and

Tri-Cities Urban Area

Benton-Franklin Council of Governments

Setting Public Hearing for Vacating Portion of Belmont Blvd. Road Right-of-Way

7. ORDINANCES, RESOLUTIONS, MOTIONS AND PUBLIC HEARINGS

- a. ORD – Adding Chapter 12.03, Complete Streets Policy, to the West Richland Municipal Code

FINISHED BUSINESS

RESOLUTION NO. _____

A RESOLUTION ADOPTING A COMPLETE STREETS POLICY WITHIN THE CITY OF PASCO, WASHINGTON.

WHEREAS, the “Complete Streets” concept promotes streets that are safe and convenient for all users including motor vehicle drivers and passengers, pedestrians, bicyclists, transit riders, and

...promoting pedestrian, bicycle and transit travel



Questions?

- Dr. Amy Person, Benton-Franklin Health District
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drperson@bfhd.wa.gov

- **Interested?**



Join the Benton-Franklin Community Health Alliance
www.bfcha.org

