Strong Communities: Promoting Health by Influencing Policy

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St. Luke’s Health Initiatives

Sustainable Cities Network
2014 Statewide Conference Day
Health ≠ Healthcare

* Dr. Doug Jutte, Executive Director, Build Healthy Places Network
Definition of Health

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

What influences our health?

- Genetics: 30%
- Physical Environment: 5%
- Social Circumstances: 15%
- Behavioral Choices: 40%
- Medical Care: 10%

Determinants of Health
3 miles could equal up to a 13-year life span difference

Our zip code is more important to our health than our genetic code.
From 1890 to 1990, life expectancy in the U.S. increased by 30 years.

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Only 5 years can be linked to better medical care.

Today’s Health Challenge: Obesity
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Charlotte’s Light Rail Users:
• Lost 6 pounds
• Reduced obesity risk by 81%

Medical Care Spending

U.S.: $2.1 trillion

Arizona: $35.8 billion

What would $360 million buy in one year?

720 miles of separated bike paths

5 miles of Light Rail

7 miles of Streetcar line
SLHI’s Role

To inform, connect and support efforts to improve the health of individuals and communities in Arizona.
What can you do?

• Talk the sustainability-health policy linkages
  • Complete streets policies and designs
  • Transit options
  • Urban heat island
  • Food policies
• General plan
• Reach out to your county’s public health department
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For help in reaching a county health department, contact:
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