

The Costs of Incomplete Streets

Complete Streets Summit

October 22, 2010

Bloustein School, Rutgers University



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www.shapingnj.gov



“Being physically active is one of the most important steps that Americans of all ages can take to improve their health.”

Source: 2008 Physical Activity Guidelines for Americans, USDHHS



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ShapingNJ: the State Partnership for Nutrition, Physical Activity and Obesity Prevention

- Promoting healthy, active communities throughout New Jersey
- A public/private partnership of over 100 organizations-- and growing
- Coordinated by the Office of Nutrition & Fitness, NJ DHSS
- Partners include the NJ DOT and Voorhees Transportation Center!



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How much PA do we need for health benefits?

Adults: 150 minutes/week of moderate-intensity PA OR 75 minutes/week of vigorous PA

- Moderate-intensity PA = brisk walking (you can talk while doing)
- Vigorous PA = running (you can't really talk)

Children: 60 minutes *minimum*/day

Source: 2008 PA Guidelines



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What are the human costs of not getting enough PA?

Higher risk of

- Early death
- Heart disease
- Stroke
- Obesity
- Type 2 Diabetes
- Breast Cancer
- Colon Cancer
- Depression

2008 PA Guidelines



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What are the human costs not getting enough PA?

- In one health plan “nearly **12%** of depression and anxiety and **31%** of colon cancer, heart disease, osteoporosis and stroke cases were attributable to physical inactivity” (Am J Prev Med 2004:27 (4))
- Diabetes is the **main cause** of kidney failure, limb amputations and new onset blindness (Nat’l Institutes of Health)

What are the economic costs of not getting enough PA?

In New Jersey, using obesity as a proxy...

- \$2.342 billion for the total population
- \$591 million for the Medicare population (65+ years of age)
- \$630 million for the adult Medicaid population (very low-income individuals)

Source: BRFSS 1998-2000 <http://www.cdc.gov.obesity/causes/economics.html>



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What are the economic costs of not getting enough PA?

Nationally (obesity as proxy)

- Obesity cost \$78.5 billion in health care expenditures (1998 estimate)

And that was a decade ago.....

Source: <http://www.cdc.gov.obesity/causes/economics.html>



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Future costs of obesity...

A team from Emory University projected out to 2018:

- If rises in obesity continue at current rates: **all states except Colorado will have an adult obesity prevalence of over 30%!**
 - \$344 billion in health care costs attributable to obesity, or 21% of direct health care spending...
- = 4 times as much as current costs.**

Source: www.americashealthrankings/2009/spotlight.aspx



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Given the costs, how active are people in New Jersey?...



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New Jersey adults are OK, not great..

Fig. 1. Percent Meeting Moderate Physical Activity Recommendation by Year, NJ and HNJ2010 Target

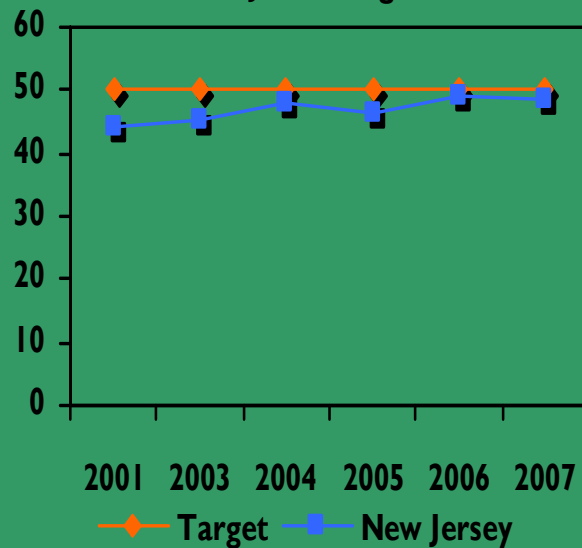
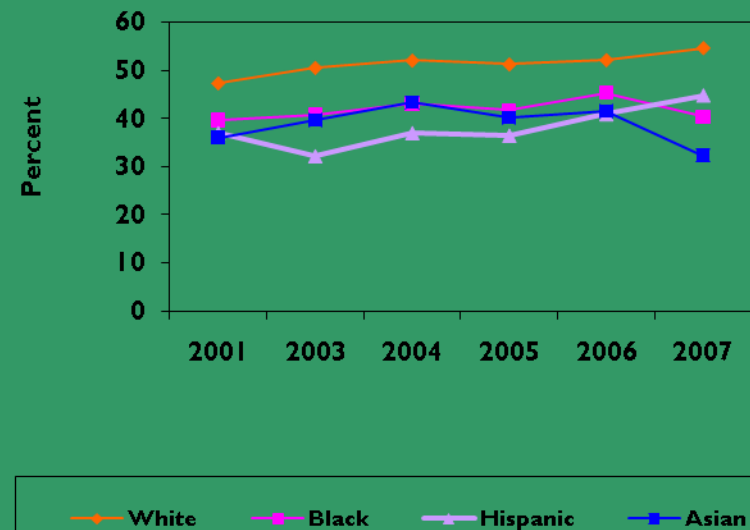


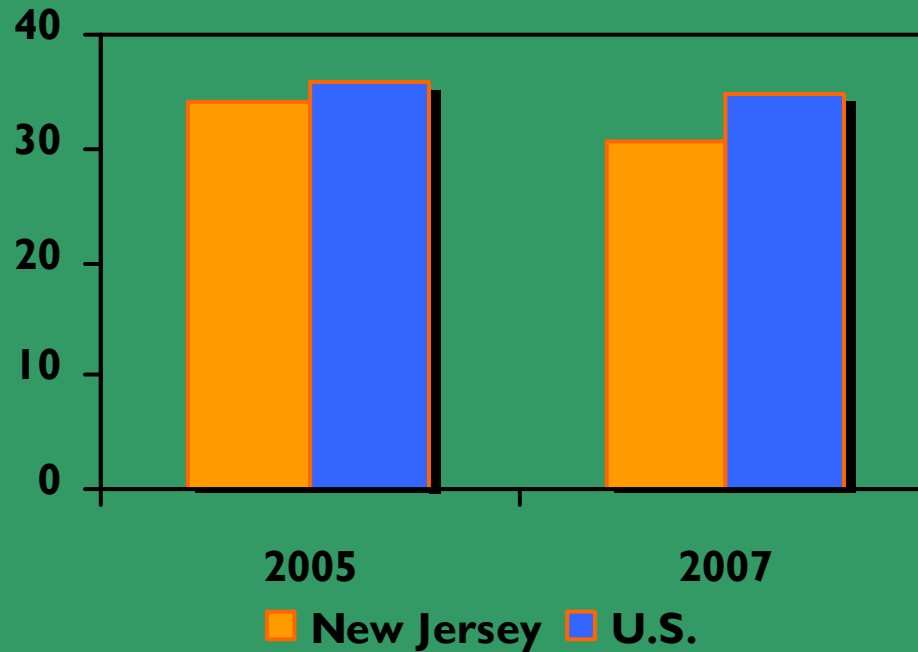
Fig. 2. Percent Meeting Moderate Physical Activity Recommendation by Race/Ethnicity, New Jersey 2001-2007



Source: New Jersey Center for Health Statistics. New Jersey Behavioral Risk Factor Surveillance System. 2007.

Teens are more troubling....

Fig. 3. Percentage of Adolescents Participating in Physical Activity (60+ Minutes, 5+ Days), by Year, New Jersey & US, 2005 & 2007



Source: Student Health Survey (SHS), 2005 & 2007, NJDOE



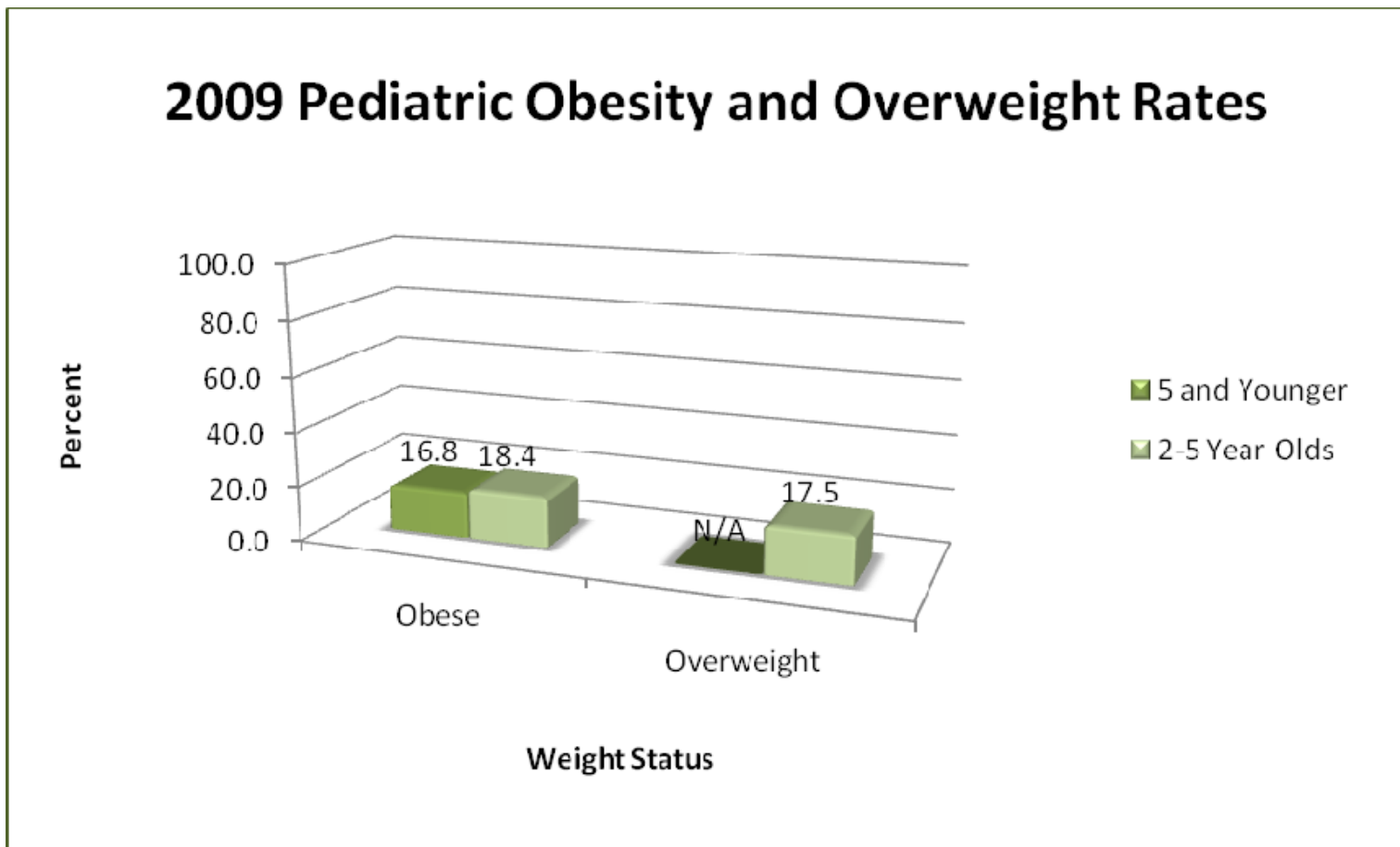
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NJ's youngest have highest rates in the nation...

2009 Pediatric Obesity and Overweight Rates



Source: Centers for Disease Control and Prevention. 2009 Behavioral Risk Factor Surveillance System: New Jersey: Overweight and Obesity (BMI). Available at: www.cdc.gov/brfss. Accessed September 24, 2010.



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Why is *ShapingNJ* so excited about Complete Streets?

- People will not become and stay physically active if they lack the opportunity to do so.
- We know we need to focus on **adopting policies and creating environments that support healthier lifestyle choices.**
- Complete Streets helps transform our communities into places where healthy lifestyle choices are **easily incorporated into everyday life.**

Source: <http://www.cdc.gov/NCCDPHP/DNPAO/Publications/index.html>



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Complete Streets support 2 major *ShapingNJ* strategies:

- Increasing opportunities for engaging in physical activity.
- Making walking and biking *safe, easy* options for daily transportation.



Questions?

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