

Role of Civil Engineers in Improving Health

C.J. Eisenbarth Hager
St. Luke's Health Initiatives



Health \neq Healthcare

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



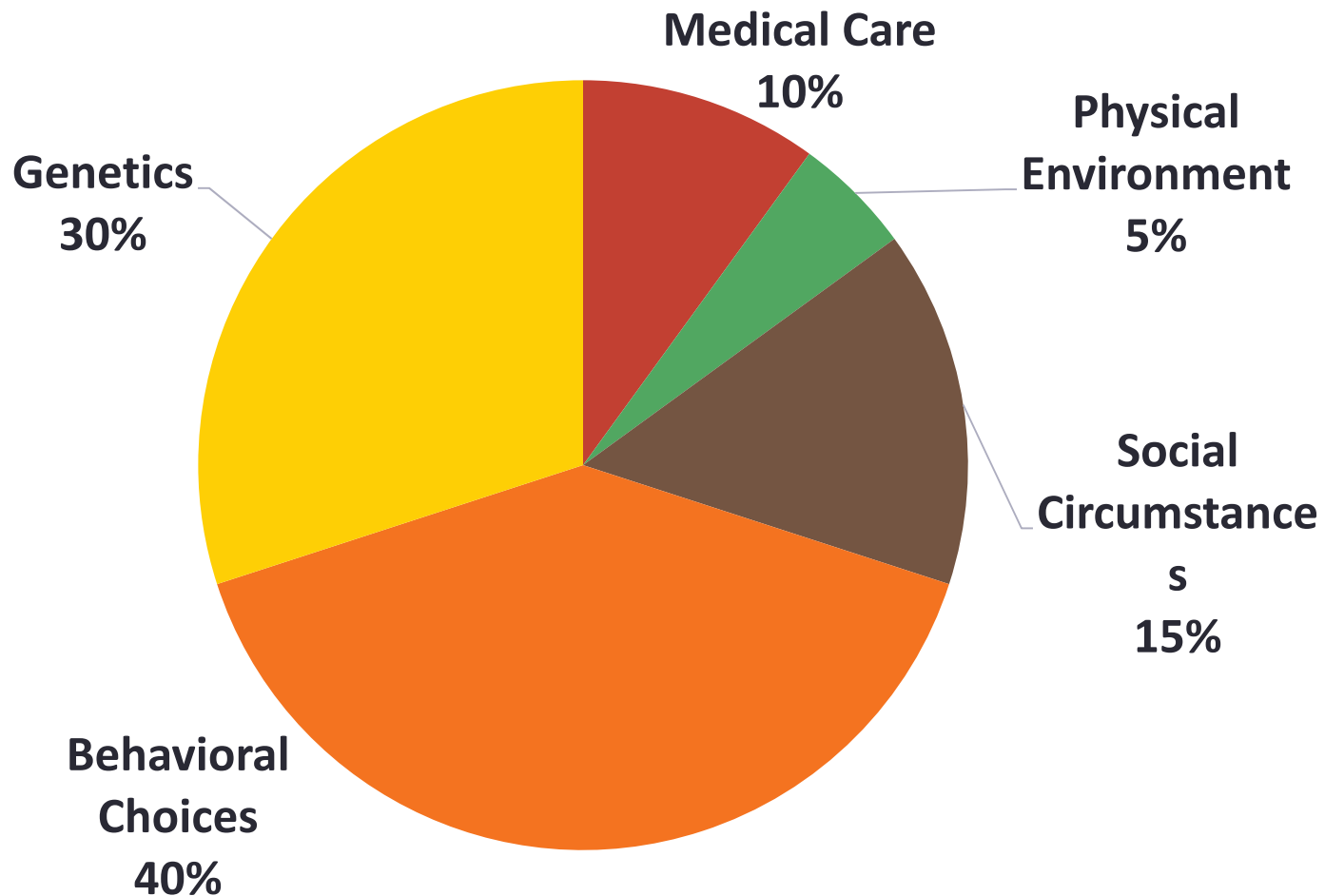
Definition of Health

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

** Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19-22 June, 1946.*



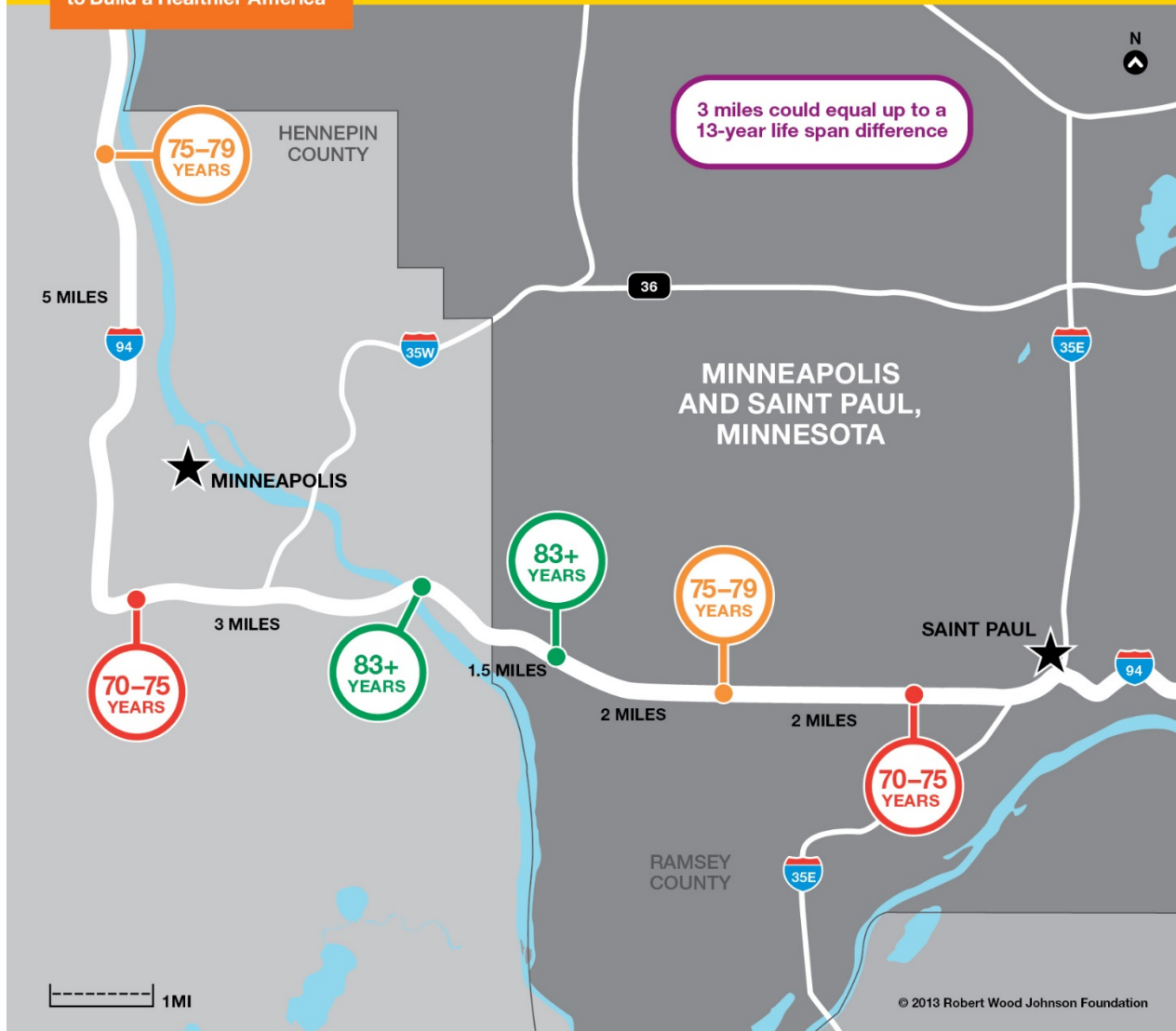
What influences our health?



* McGinnis, J., Williams-Russo, P. and Knickman, J. *The Case For More Active Policy Attention To Health Promotion. Health Affairs, 21, no.2 (2002):78-93*

Determinants of Health





* <http://www.rwjf.org/en/about-rwjf/newsroom/infographics/minneapolis-map.html>

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.

** Farley, T., & Cohen, D. Prescription for a Health Nation: A New Approach to Improving Our Lives by Fixing Our Everyday World. (2006)*



From 1890 to 1990, life expectancy in the U.S. increased by **30 years**.

Only **5 years** can be linked to better medical care.

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Today's Health Challenge: Obesity

Charlotte's Light Rail Users:

- Lost 6 pounds
- Reduced obesity risk by 81%

**MacDonald, J., Stokes, R., Cohen, D., Kofner, A. Ridgeway, G. The Effect of Light Rail Transit on Body Mass Index and Physical Activity. American Journal of Preventative Medicine. (2010) 39(2): 105–112.*



Medical Care Spending

U.S.: \$2.1 trillion

Arizona: \$35.8 billion

** Centers for Medicare & Medicaid Services. National Health Expenditure Data, 2009. (2014)*



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 about how your profession affects health
- Support complete streets policies and designs
- Support increased transit options
- General plan
- Reach out to your county's public health department



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