Role of Civil Engineers in Improving Health

C.J. Eisenbarth Hager
St. Luke’s Health Initiatives
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%
- Behavioral Choices: 40%
- Medical Care: 10%
- Physical Environment: 5%
- Social Circumstances: 15%

Determinants of Health

- Gender
- Water
- Workplace
- Social Network
- Access to Care
- Education
- Employment
- Housing
- Belief System
- Quality of Care
- Public Safety
- Early Life Experiences
- Diet
- Stress
- Air
- Substance Use
- Discrimination
- Pollution
- Income
- Friends
- Family
- Physical Activity
- Sexual Activity
- Ethnicity
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.

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

Only 5 years can be linked to better medical care.

Today’s Health Challenge: Obesity

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 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
C.J. Eisenbarth Hager
St. Luke’s Health Initiatives
CJ.Hager@slhi.org

For help in reaching a county health department, contact:
Carol Vack, ADHS
602.542.7395