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RJJackson@cdc.gov
770-488-7000

http://www.cdc.gov/nceh
www.cdc.gov/healthyplaces.
Health in the Late 19th Century

• Challenge of TB, Cholera, Yellow Fever, Malaria and other infectious diseases.
• Challenges Seemed Insurmountable
Diseases of the 21st Century

- Diseases and costs of care for Aging Populations.
- Mental Disorders: Depression, Anxiety, Developmental, Substance Abuse
- Overweight: Diabetes II, Heart Disease
- Musculoskeletal: Arthritis, Osteoporosis
- Respiratory: Asthma, Emphysema
- Cardiovascular: Heart Attack, Stroke
- Macro-environment: Climate, Conflict
U.S. Population, 1990-2100

Number in millions

Year

1950 1975 2000 2025 2050 2075 2100

US Census  Projected

Source: U.S. Census Bureau
An Aging Population
Percentage of U.S. Population over Age 65

Source: From Baby Boom to Elder Boom: Providing Health Care for an Aging Population
Estimated Per Capita Health Expenditures by Age and Sex, 1995

Source: From Baby Boom to Elder Boom: Providing Health Care for an Aging Population
Charlantingham: Welcome to the big city

By Maurice Tamman
mtamman@sjc.com

Charlotte — Over the past 40 years, satellite lenses have clicked away, 450 miles high, capturing the nation's night lights.

In the 1970s, those lenses detected only a few blips from Georgia, Alabama, Tennessee, and the Carolinas. Today, the region glows like a wheel-shaped constellation, with Atlanta at its hub.

During that time, metropolitan Atlanta grew from 1.39 million people in five counties to 4.11 million people in nine counties; it pushed out of the interstates I-20, 75 and 85 toward Birmingham, Chattanooga, Macon, Green, Spartanburg, Anderson, Greenville, Winston-Salem/High Point, Raleigh-Durham-Chapel Hill, and Charlotte. All theWhile Atlanta markets boomed, extending its tendrils toward Atlanta.

According to the 2000 census, 4.5 million people live in the Piedmont megalopolis, which is the hub of what has been called the Piedmont megalopolis, stretching along I-20, I-75 and I-85 from Birmingham to Greenville, S.C., Charlotte and even Raleigh and from Chattanooga to Macon. This shows how the areas are growing together as people move to areas along the interstates. A look at those metropolitan statistical areas and their populations:

Atlanta Journal-Constitution,
April 15, 2001
25 Years of Urban Growth in Atlanta

Source: Scientific Visualization Studio, Goddard Space Flight Center
• Next Transportation Bill ‘Safe Tea’ will be at Least $375 Billion– Must Pass in 2003
New Jersey “BuildOut”

New Jersey loses 44 Football Fields worth of Green Space each Day.
Cutting-edge

Parks’ interest in fake grass grows

By CLINT WILLIAMS
cwilliams@ajc.com

A 5-year-old may not have a clue what “cutting-edge” means — as sharp as the sharpy side of a knife, maybe — but the youngest baseball players at Shaw Park in east Cobb County will be cutting-edge when they play the season opener today.

The Shetland League players, ages 4-6, will run, throw, hit and sometimes catch on the first artificial turf installed for general use at a metro Atlanta public park. The Dalton Parks and Recreation Department — which has three soccer fields with artificial turf — is the only other park system in Georgia to have installed plastic grass for league use. The Rockdale Miracle League, which conducts baseball games for children with handicaps, has one field with synthetic turf.

(Top photo) Cobb County Parks, Recreation and Cultural Affairs Department workers roll out artificial turf at Shaw Park. (bottom) Darby McCamy of Grass Tex, makers of the turf, checks the blades.
Maximum Daily Ozone Concentrations
and Maximum Daily Temperature

New York, NY
Smothered in smog

Atlanta looked like Los Angeles on Friday, as heat hovered around 100 and smog hung in the air. This view is southwesterly, from DeKalb-Peachtree Airport.

Fatality proves sad truth: Heat can kill

Asthma outbreak hits kids
RISKS OF THE ‘RED ZONE’
Deaths Due to Asthma
United States, 1979-1997

Average no. Deaths/Year

Year

0 to 4
5 to 14
15 to 34
35 to 64
65 +

CDC
Impact of Changes in Transportation and Commuting Behaviors During the 1996 Summer Olympic Games in Atlanta on Air Quality and Childhood Asthma

Michael S. Friedman, MD
Kounoike E. Ponnell, MD, MPH
Lauri Barragan, MD
Leif E. Graham, MD
W. Gerald Truesdell, MD

Despite advances in asthma therapy, asthma remains a substantial public health problem. In the United States, asthma is a leading cause of childhood morbidity, with an estimated prevalence of 6.9% in children and youth younger than 18 years. Numerous studies have documented a rise in the morbidity, mortality, and prevalence of asthma in different populations. The causation of asthma can be multifactorial and controversial.

Experimental, laboratory, and epidemiologic studies in the last several years have linked high concentrations of known air pollutants to respiratory health problems, most notably exacerbations of asthma. However, opportunities to study the health effects of anthropogenic improvements in air quality are rare. Our study follows that positive correlation between pollution and respiratory hospital admissions associated with the closure of an industrial facility in that community. To our knowledge, no study has examined the impact of improved air quality for an extended period of time on asthma exacerbations or other markers of asthma morbidity. Also, the extent to which moderate concentrations of air pollution (i.e., daily peak of 40-100 μg/m³) during various exposure lengths affects asthma morbidity remains controversial.

Context Vehicle exhaust is a major source of ozone and other air pollutants. Although high ground-level ozone pollution associated with transient increases in asthma morbidity, the impact of Olympic transportation changes on air quality and childhood asthma has not been studied. The alternative transportation strategy implemented during the 1996 Summer Olympic Games in Atlanta, Ga., provided such an opportunity.

Objective To describe traffic changes in Atlanta, Ga., during the 1996 Summer Olympic Games and concurrent changes in air quality and childhood asthma events.

Setting and Subjects Children aged 1 to 14 years who reside in the 5 central counties of metropolitan Atlanta and whose data were captured in 1 of 4 databases.

Main Outcome Measures Citywide acute care visits and hospitalizations for asthma (asthma events) and nonasthma events, concentrations of major air pollutants, meteorological variables, and traffic counts.

Results During the Olympic Games, the number of asthma acute care events decreased 44.6% (4.23 vs 2.47 daily events) in the Georgia Medicaid claims file, 11% (1.26 vs 1.04 daily events) in the health maintenance organization database, and 1% (1.84 vs 1.83 daily events) in the police emergency department, and 19% (2.04 vs 1.65 daily hospitalizations in 1 of 4 databases). The number of nonasthma acute care events in the 4 databases changed -3.1%, -2.1%, and -1.0%, respectively. In multivariate regression analysis, the reduction in asthma events recorded in the Medicaid database was significant (relative risk, 0.48; 95% confidence interval, 0.44-0.96). Peak daily ozone concentrations decreased 27.9%, from 81 to 59 μg/m³ during the baseline period to 58-68 μg/m³ during the Olympic Games (P<.001). Peak weekday morning traffic counts dropped 22.5% (P<.001). Traffic counts were significantly correlated with that day's peak ozone concentration (average = 0.36 for all 4 databases). Meteorological conditions during the Olympic Games did not differ significantly from the baseline period.

Conclusions Efforts to reduce downtown traffic congestion in Atlanta during the Olympic Games resulted in decreased traffic density, especially during the critical evening period. This was associated with a prolonged reduction in ozone pollution and significantly lower rates of childhood asthma events. These data provide support for efforts to reduce air pollution and improve health via reductions in motor vehicle traffic.


Author affiliations are listed at the end of the article.

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Results: Acute Care Visits for Asthma
1-16 year old residents of Atlanta

Mean Daily Number of Events

<table>
<thead>
<tr>
<th>Category</th>
<th>Baseline Period</th>
<th>Olympic Period†</th>
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<tbody>
<tr>
<td>Medicaid Claims*</td>
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<tr>
<td>Kaiser HMO</td>
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<td>Pediatric ER's</td>
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<tr>
<td>Hospital Admissions</td>
<td>2.0</td>
<td>2.0</td>
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</tbody>
</table>

*p = 0.01
† July 19 –August 4, 1996
Source: Friedman, et al, JAMA, 2001
Results: Total Non-Asthma Related Acute Care Visits
1-16 year old residents of Atlanta

<table>
<thead>
<tr>
<th>Mean Daily Number of Events</th>
<th>Medicaid Claims</th>
<th>Kaiser HMO</th>
<th>Pediatric ER's</th>
<th>Hospital Admissions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olympic Period † July 19 – August 4, 1996</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

† July 19 – August 4, 1996
Source: Friedman, et al, JAMA, 2001
Ground Level Ozone

Levels increase in late afternoon as traffic and temperature peak.
Source Water Protection is Health Protection
Increased Moisture, Forest Removal and Impervious Surfaces

- More Rapid Runoff
- Erosion & Siltation
- Flooding
- Less Groundwater Recharge
- Soil Instability
Atmospheric Moisture Increased 10% in the 20th Century
Global Warming and New Jersey

Sea Level has risen 6 to 8 inches in 20th Century—
Median Projection for 21st Century is One meter.

The preliminary results shown on this map illustrate the relative vulnerability to sea-level rise along the New York and New Jersey coastline.
Vehicle Miles Traveled - USA

Miles per Capita: 1960 to 1995

Increasing Traffic Congestion Faced by America’s Travelers

- The time penalty for peak period travelers has jumped from 16 hours per year in 1982 to 62 hours in 2000.
- The period of time when travelers might experience congestion has increased from 4.5 hours in 1982 to 7 hours in 2000.
- Roadways where travel is congested has grown from 34% in 1982 to 58% in 2000.
Pedestrians Safety and Investment

- 35% of all Traffic Deaths in Cities Larger than One Million
- Federal Funds for Pedestrian Safety <0.6% of Transportation Budget
Less Density = More Driving
Mega-Mileage Moms

- Family “chauffeur” for children/elderly parents
- Compared to 1969, Americans drive farther:
  - 88% farther to shop
  - 137% farther for family/personal errands

- Average minutes per day spent in car:
  - Women overall: 64 minutes
  - Married mothers with school-aged children: 66 minutes
  - Single mothers: 75 minutes

Surface Transportation Policy Project
Women and Men’s Trip Making by Purpose, 1995

Women
- Church & School: 9%
- Errand and Chauffeur Trips: 50%
- Social and Recreational: 24%
- Work: 16%

Men
- Church & School: 8%
- Errand and Chauffeur Trips: 41%
- Social and Recreational: 26%
- Work: 25%

Source: Surface Transportation Policy Project
“It is the occupation of a child to immerse herself in her environment”.
DOT to look at risks, benefits of tree-lined sidewalks

By CHRISTOPHER QUAIN
cqain@ajc.com

Bill Goddard would have never known what hit him.
The sound of a bicycle crossing the car rose like a severe sound of warning.
He turned his head to check out the noise as he walked along Peachtree Road near the Buckhead MARTA station, and a Lexus, generally in a blur, hit him, sending a bicycle against his leg. The car so close he could have touched it.
He had the car parked, the car he had used to go, he said.
On nothing to hide behind. State Department of Transportation construction standards, which cities and counties rely on when building sidewalks and streets, prohibit trees, benches or utility poles within 6 feet of the curb.
The trees are a hazard to drivers, according to DOT standards.
That's ridiculous, said Sally Fields.

To a traffic engineer's way of thinking, sidewalks are auto recovery zones, roadside areas where drivers have space to correct course if they've veered off. Trees would ensure the driver came to an abrupt end before getting the car back on the road.

In 2001, drivers killed 64 pedestrians in Atlanta. The city dropped from second to 12th-most-dangerous city for walking. Statewide, drivers killed another 82 people. The 2002 survey is not complete.

Sidewalk standards under fire

Sidewalk construction standards try to balance the odds to produce the lowest number of serious injuries for drivers and walkers. A driver would be seriously hurt in a collision with a tree, which remains in place 24 hours a day. On the other hand, pedestrians are on most sidewalks only intermittently. A car entering into the "recovery zone" would be likely to hit nothing. So protecting trees should result in fewer overall injuries, he said. It's kind of like sitting in the. chair, which is the seat of two ends! We want to protect the pedestrian, but we want to protect the drivers, too. Studdard said.

Rock's view is different: "The DOT would rather have a pedestrian killed by a car than a car hit by a car," she said.

The DOT is re-examining its standards at a time when cities and communities are trying to recalibrate themselves by making streets livable places where pedestrians feel safe. Metro cities will spend up to $200 million in federal dollars in the next 10 years as part of the Atlanta Regional Commission's Livable Centers Initiative. Pedestrian-friendly streets are an important part of that.

Despite the grants, getting anything other than a bare strip of concrete beside a road remains difficult. Orkin, a developer with Davis Properties in Alpharetta, has tried unsuccessfully to get permission to put trees between sidewalks and streets.

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THE ATLANTA JOURNAL-CONSTITUTION MONDAY, JAN. 27, 2003
3 Million Kids Suffer From It. What You Can Do.

Teen Depression
Depression

Depressive Disorders

• 19 million American adults

• Leading cause of disability in the U.S. and worldwide

• Nearly twice as many women as men are affected

• Often untreated or inadequately treated

Source: National Institute of Mental Health (NIMH), 2001
Antidepressant Rx in US


Millions of prescriptions

- Psychiatrists
- Nonpsychiatrists


SOURCE: IMS Health, Inc.
HEALTH AFFAIRS - Volume 19, Number 4
Get Daylight, Get Exercise

- **Serotonin**—Higher levels with Exercise. Low levels associated with depression.
- Prevention and Treatment of Depression
“Modern” Schools

Credit: Constance E. Beaumant, NTHP

Credit: South Carolina Coastal Conservation League
Methylphenidate (Ritalin) Consumption, United States and Elsewhere, 1987 - 1998

Pre-1940 Schools

Credit: Hummel Architects, Boise, ID

Credit: Manitovic Public School District

Credit: Constance E. Beaumant, NTHP
Schools Too Grand To Turn Into Trash
By Robert A. M. Stern

Photos courtesy of New York Landmarks Conservancy, 1978
Day-Lit Classrooms

Performance: 10 to 25% Improvement

Sick Building Syndrome Symptoms: 5 to 10% Decrease

Energy Savings: Up to 30%
Get Daylight, Get Exercise

- **Melatonin**—Lower levels in Daylight and when alert. Higher levels with darkness and sleepiness.
Osteoporosis

• 10 million with Disease (8m women, 2m men)
• 34 million with low bone mass
• Causes One in Two women to develop fractures; one in four men.
• 300,000 hip fractures
• 700,000 vertebral fractures
Osteoporosis Prevention and Rx

- Diet rich in Calcium and Vitamin D
- Weight-Bearing Exercise
- No Smoking; limit alcohol
- Test and medication

- Alendronate (Fosamax)
  Cost: $2.00 per day
- Risedronate (Actonel)
  Cost: $2.00 per day
  Fitness: muscle mass helps prevent Fractures
Fat for Life?
Six Million Kids Are Seriously Overweight. What Families Can Do.

By Geoffrey Cowley & Sharon Begley
Obesity Trends* Among U.S. Adults

BRFSS, 1990

(*BMI ≥30, or ~ 30 lbs overweight for 5’4” woman)

Obesity Trends* Among U.S. Adults

BRFSS, 1991

(*BMI ≥30, or ~ 30 lbs overweight for 5’4” woman)

Obesity Trends* Among U.S. Adults

BRFSS, 1993

(*BMI ≥ 30, or ~ 30 lbs overweight for 5’4” woman)

Obesity Trends* Among U.S. Adults

BRFSS, 1995

(*BMI ≥30, or ~ 30 lbs overweight for 5’4” woman)

Obesity Trends* Among U.S. Adults

BRFSS, 1997

(*BMI ≥30, or ~ 30 lbs overweight for 5’4” woman)

Obesity Trends* Among U.S. Adults

BRFSS, 1999

(*BMI ≥30, or ~ 30 lbs overweight for 5’4” woman)

Obesity Trends* Among U.S. Adults

BRFSS, 2001

(*BMI ≥30, or ∼ 30 lbs overweight for 5’4” woman)

Prevalence (%) of overweight among children and adolescents ages 6-19 years

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<td>6</td>
<td>5</td>
<td>11</td>
<td>15</td>
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</table>

Source: 1999-2000 NHANES
Relative Risk of cancer among men in the highest BMI category, compared to those in the reference category (BMI 18.5 - 24.9). * shows non-smokers.

Source: Calle et al., New Eng J Med
Relative Risk of cancer among women in the highest BMI category, compared to those in the reference category (BMI 18.5 - 24.9). * shows non-smokers.

Source: Calle et al., New Eng J Med
Physical Activity Decreases Cancer Risk

Regular physical activity:
• decreases the risk of colon (~50%) and breast cancer (~25%)
• probably decreases the risk of prostate cancer
• may reduce the risk of lung and endometrial cancer

Friedenreich CM, J Nutr 2002
Why We Eat (and Eat and Eat)

Hungry? It Could Be Biochemical

Appetite is largely controlled by a complex system of molecules that evolved over millions of years. They travel between the body and the brain, and within the brain itself.

**NEUROPEPTIDE Y**
- A protein that acts as a transmitter in the nervous system and helps stimulate food intake as well as regulate metabolic rate and fat formation.

**GHRELIN**
- A hormone made in the stomach and intestine. It is a powerful appetite stimulant.

**PYY**
- Peptide YY3-36, or PYY, is made by cells in the intestine in response to food. It then circulates to the brain, where it switches off the urge to eat.

**LEPTIN**
- Made by fat cells. When levels are normal, people eat just enough to maintain their weight. But leptin's absence signals the brain that the body lacks fat reserves. This can result in overeating.

How PYY Helps Control Eating

1. The arcuate nucleus in the hypothalamus receives signals from the body and determines whether food is needed. Its two types of neurons are triggered by PYY.

   - Neurons that make you feel full.

   - Neurons that make you hungry.

   - PYY turns them ON.

   - PYY turns them OFF.

2. The neurons send the appropriate signal (eat or don't eat) to the paraventricular nucleus. There, neurotransmitters for hunger or fullness are released.

3. The paraventricular nucleus sends signals giving priority either to feeding or to activities that use energy, including movement and growth.

4. Appetite is either triggered or suppressed.

Food in the intestine triggers PYY production.

Source: Dr. Stephen Bloom, Imperial College London
Vinings Surgery Center
Fully Accredited Surgery Facility

- Breast Enlargement
- Breast Reduction/Lift
- Tumescent Liposuction
- Tummy Tuck
- Face Lift
- Eyelid Surgery
- Nose Contouring
- Laser Treatments
- Male Breast Reduction (Gynecomastia)
- Chemical Peels
GI Surgery for Severe Obesity

Risk and Complications:

• 10-20% require follow-up surgery
• Abdominal hernia
• Break down of staple line
• Gallstones
• 30% develop nutritional deficiency

Cost: about $15,000.00

Source: NIDDK
McFATTIES BITE BACK

New suit heavy on hazards to health

By JOHN LEHMANN

The fit kids who ate too many Big Macs are back on the attack.

Not content to fade away after their first lawsuit against McDonald's was thrown out, the poetry New Yorkers file new court papers yesterday to prove that the Golden Arches ruined their lives and chicken fingers into "McFrankenstein" food.

The documents, obtained by the Post, accuse McDonald's of selling and promoting foods, such as Chicken McNuggets and Filet-O-Fish sandwiches, that are more "hazardous" than customers expect.

The fast-food giant's lawyers also should be good news for being nutritious enough to eat every day, said the children's Manhattan lawyer, Samuel Hirsh.

The amended suit named McDonald's chief nutritionist, Ann Rausch, saying last October that it was impossible to eat at the home of the Hamburger "three times a day.

And McDonald's U.S. spokesperson, Wolf Blitzer, said last year, "Eating McDonald's food into the balance diet — I eat food every day, and I'm perfectly healthy."

The complaint said "in the eight super-sizing kids involved in the class action, class they often dined McDonald's at least once and they're suffering from high blood pressure, heart problems, and four are cholesterol levels.

Judge Robert Sweet last month ordered the kids parents should have known about the general effects of eating a McDonald's daily.

In Chicago, McDonald's nearest every day since he was six months old, and he checked the food. It is a part of the nutritional breakfast, the government's daily recommendations for the disease, the General Mills, Inc. paleo diet is made from a combination of ingredients, including modified corn starch, stevia, cellulose gum, and an anti-foaming agent called silica dioxide.

Our wide range of choices lead makes it possible for people to eat three times a day if they wanted to, mixing and matching..."
EDITORIAL

The Ironic Politics of Obesity

Here is a great irony of 21st-century global public health: While many hundreds of millions of people lack adequate food as a result of economic inequities, political corruption, or warfare, many hundreds of millions more are overweight to the point of increased risk for diet-related chronic diseases. Obesity is a worldwide phenomenon, affecting children as well as adults and forcing all but the poorest countries to divert scarce resources away from food security to take care of people with preventable heart disease and diabetes.

To reverse the obesity epidemic, we must address fundamental causes. Overweight comes from consuming more food energy than is expended in activity. The cause of this imbalance also is ironic: improved prosperity. People use extra income to eat more and be less active. Market economies encourage this. They turn people with expendable income into consumers of aggressively marketed foods that are high in energy but low in nutritional value, and of cars, television sets, and computers that promote sedentary behavior. Gaining weight is good for business. Food is particularly big business because everyone eats.

Moreover, food is so overproduced that many countries, especially the rich ones, have far more than they need—another irony. In the United States, to take an extreme example, most adults—of all ages, incomes, educational levels, and census categories—are overweight. The U.S. food supply provides 3800 kilocalories per person per day, nearly twice as much as required by many adults. Overabundant food forces companies to compete for sales through advertising, health claims, new products, larger portions, and campaigns directed toward children. Food marketing promotes weight gain. Indeed, it is difficult to think of any major industry that might benefit if people ate less food; certainly not the agriculture, food product, grocery, restaurant, diet, or drug industries. All flourish when people eat more, and all employ armies of lobbyists to discourage governments from doing anything to inhibit overeating.

The U.S. food supply provides 3800 kilocalories per person per day, nearly twice as much as required by many adults.

Food marketing promotes weight gain. Indeed, it is difficult to think of any major industry that might benefit if people ate less food.
It Strikes 16 Million Americans
Are You at Risk?

DIABETES

SOCIETY

An American Epidemic
Diabetes

The silent killer: Scientific research shows a ‘persistent explosion’ of cases—especially among those in their prime

BY JERRY ADLER AND CLAUDIA KALB

OMETHING TERRIBLE WAS HAPPENING TO YOLANDA BENITEZ’S
eyes. They were being poisoned; the fragile capillaries of the retina attached from within and were leaking blood. The first symptoms were red lines, appearing vertically across her field of vision; the lines multiplied and merged into a haze that shut out light entirely. “Her blood vessels inside her eye were popping,” says her daughter, Janette Roman, a Chicago college student. Benitez, who was in her late 40s when the problem began four years ago, was a cleaning woman, but she’d had to stop working.

After five surgeries, she has regained vision in one eye, but the other is completely useless. A few weeks ago, awakening one night in a hotel bedroom, she walked into a door, setting off a paroxysm of pain and nausea that hasn’t let up yet. "I feel more confined after this," she says."

Diabetes prevalence, by age

<table>
<thead>
<tr>
<th>Year</th>
<th>40%</th>
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<td>1980</td>
<td></td>
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<td>2010</td>
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</table>

Heredity

Genes help determine whether you’ll get diabetes. In many families, multiple generations are struck. But heredity is not destiny—especially if you eat well and exercise.
### Distribution of Modifiable Risk Factors and Relative Risk of Type 2 Diabetes among 84,941 Women in the Nurses’ Health Study, 1980 to 1996

<table>
<thead>
<tr>
<th>Body-mass index</th>
<th>No. of Cases</th>
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<td>25.0-29.9</td>
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<td>&gt;35.0</td>
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Diabetes and Gestational Diabetes Trends Among Adults in the U.S., BRFSS 1993-94

Diabetes and Gestational Diabetes Trends Among Adults in the U.S., BRFSS 1995-96

Diabetes and Gestational Diabetes Trends Among Adults in the U.S., BRFSS 1997-98

Diabetes and Gestational Diabetes Trends Among Adults in the U.S., BRFSS 1999

Diabetes and Gestational Diabetes Trends Among Adults in the U.S., BRFSS 2001

Walking, dropping weight cuts diabetes risk in half

By Anita Manning, USA TODAY

Researchers have stopped a large diabetes-prevention study a year ahead of schedule because it became clear that what they suspected is true: Moderate exercise and diet changes can reduce the chance of developing the most common form of diabetes, even in people at highest risk.

The study, whose early termination was announced Wednesday by Health and Human Services Secretary Tommy Thompson, also found that treatment with the insulin-sensitizing drug metformin reduces the risk of type 2 diabetes, though to a lesser degree.
Samartaine
Department Store – Lobby
Paris, France
• CDC now mandates its new Buildings have attractive, daylit stairways at main entrance.
• Elevators require more effort to get to than stairs
Social Capital

Social capital defined as:

- Social networking and engagement
- Trust and reciprocity
Sprawl and Income Inequality

ELEGANT HOMES FOR REALLY RICH PEOPLE

HANDSOME UPPER MIDDLE CLASS HOMES

PERFECTLY ADEQUATE WORKING CLASS HOMES
Sprawl and Income Inequality
Adjusted* Odds Ratios of Being Physically Active by Perceived Environmental Characteristics

*Adjusted for socio-demographic characteristics; Referent is No Access or No Enjoyable Scenery

A Goal: Reclaiming Wasted Urban Land

- Brownfield Development—Contaminated sites
- Often urban with Infrastructure in place
- Importance of Public Health Input
A Goal? “Places of the Heart”

- Community Gardens: Successes and Challenges
A Goal? Updated Planning and Housing Codes that Mitigate 21\textsuperscript{st} Century Diseases

- Livable Cities of the Past would be illegal under current codes
A Goal? A Research Data Base to help identify Healthier Communities

- Health studies of urban designs are challenging. Must examine long term well-being for many endpoints, controlling for many confounders—most important—SES.
Success Stories: Health and Design

- Inviting stairways: CDC, SF
- Cross-Michigan Bike Trail
- Mississippi River Trail—Minnesota
- The Metro in DC, Light Rail many Cities
- Ozark Diabetes II intervention
- CDC RWJ Pedometer Effort
CDC Healthy Places Website

www.cdc.gov/healthyplaces

Pending:

- American Journal of Public Health: Full September Issue
- Journal of Health Promotion: Full September Issue
- Increased Research Support From NIH
- Active University Planning/Health Collaborations
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