

Walkability & Public Health

REBECCA J. BOULOS, MPH, PHD
EXECUTIVE DIRECTOR, MAINE PUBLIC HEALTH ASSOCIATION
SENIOR RESEARCH ASSOCIATE, UNIVERSITY OF SOUTHERN MAINE

SEPTEMBER 19, 2017

A solid orange horizontal bar at the bottom of the slide.

A few data points to consider

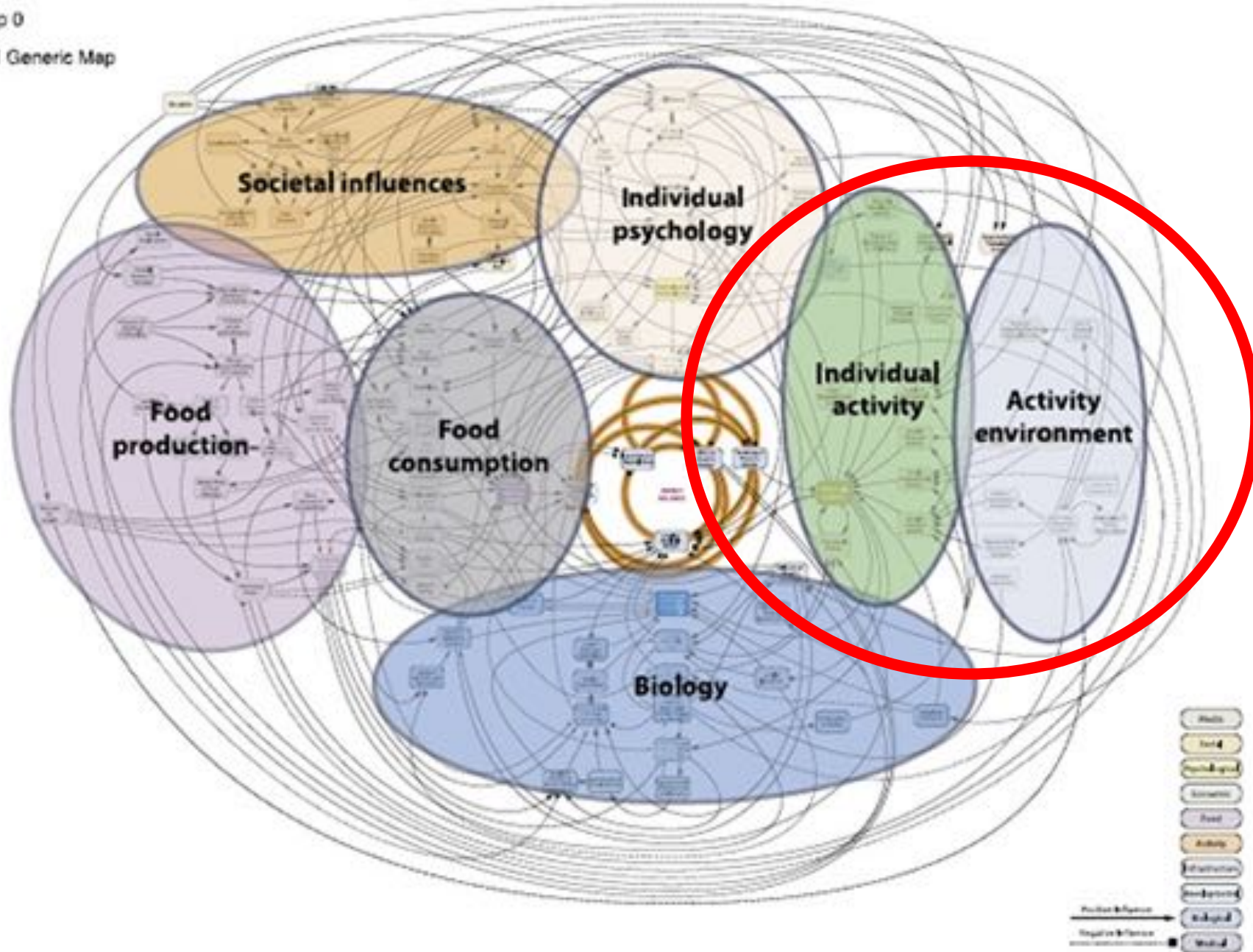
22% of Maine adults are physically inactive (2016)

- Associated with increased risk for cancer, T2D, anxiety, depression, CVD, obesity

30% of Maine adults are obese (37% nationally) (2016)

- Annual medical costs of obesity is \$147B (2008 dollars)

Ob



Socio-Ecological Model



SEM Success in Public Health

Seatbelts, tobacco-free laws, recycling, vaccinations, traffic lights

Zip code is a better predictor of health than genetic code



Walkability Research

Determinants of PA: Land use mix, connectivity and population density, and overall neighborhood design

Determinants of Inactivity: Urbanization patterns & technological change

(McCormack & Shiell, 2011; Heath et al., 2006; Wang et al., 2004)

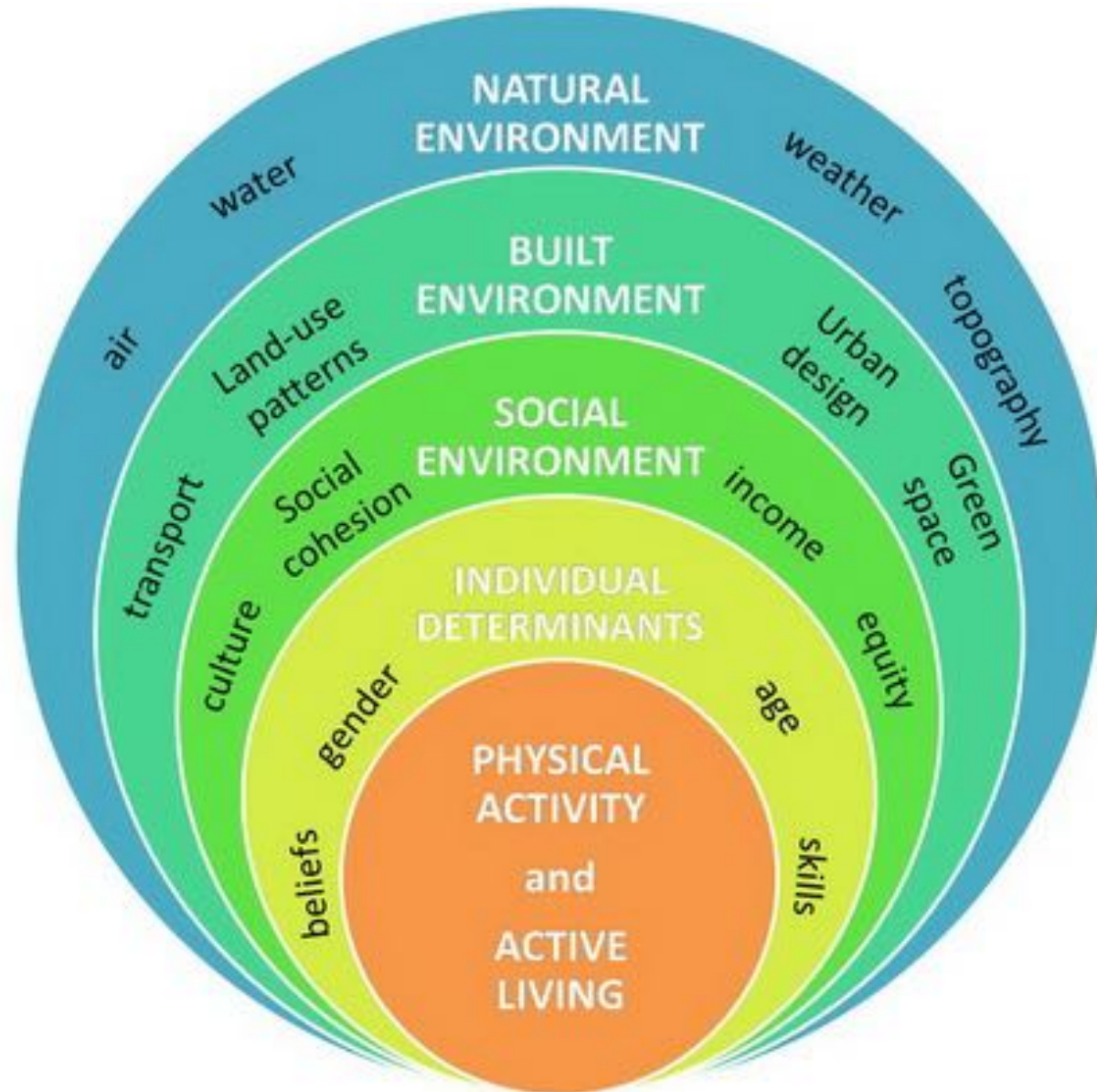








SEM & PA



Tools of Interest

Health Economic Assessment Tool (HEAT): <http://www.heatwalkingcycling.org/>

Walk Score: <https://www.walkscore.com/>