Part B: Narrative Questions
Detailed Instructions for: Question #4

QUESTION #4
IMPROVED PUBLIC HEALTH *(0-10 points)*

- **NOTE: Applicants applying for the disadvantaged community set aside must respond to the below questions with health data specific to the disadvantaged communities. Failure to do so will result in lost points.**

  A. **Describe the health status of the targeted users of the project/program/plan. (3 points max)**

In a 2012 study, 23% of the County's population is living in poverty, compared to 17% for California. Thirty-two percent of County children live in poverty compared to 24% of California children. Current data on overweight and obesity among children are not available at less than the countywide level. Physical fitness tests for 2013 show that 46% of Yuba County children did not make the healthy fitness zone for body composition. The California Center for Public Health Advocacy provides data on overweight children in California counties and communities. Overweight and obese children have a higher risk factor for many health problems, including type 2 diabetes, high blood pressure, asthma, as well as low self-esteem, poor body image, and depression. These children are also more likely to be obese as adults, putting them at a much higher risk for heart disease, cancer, stroke, and diabetes later in life.

The CalEnviroScreen 2.0 (CES 2.0) produced a score of 33.48 for the census tract covering the project area. The asthma percentile was 82.75% which can be linked to an overweight and obese population. According to statistics from the California Health Interview Survey (downloaded from AskCHIS-NE), the incidence of heart disease for the community of Olivehurst (95961 zip code) is 8.6%, which is significantly higher than the statewide incidence at 6.3%. Similarly, the local rate of obesity is 32.7% as compared to a statewide rate of 24.8% (California Health Interview Survey).

The UCLA California Health Interview Survey (CHIS) data for Yuba County in 2011-2012 indicated that approximately 25% of children were physically active for at least one hour a day for 3 days or less during the week prior to the time of survey. The

CHIS data for 2009 indicated that 62% of students did not walk/bike to school in the past week. Of the students that did not walk/bike to school approximately 60% live within a half hour of the school. This indicates that a large percentage of students do not gain the health benefits by walking or riding to school.

B. Describe how you expect your project/proposal/plan to enhance public health. (7 points max.)

To protect against most chronic conditions, such as diabetes, heart disease, high blood pressure and other conditions, only 30 minutes a day of moderate activity at least 5 days a week is needed, according to the national Centers for Disease Control, the nation's lead public health agency. This activity can be as simple as walking; however, few Americans exercise that much. According to the California Health Interview Survey, only 37% of adults in the Sacramento region are moderately active for 30 minutes per day. In fact, the most recent national survey revealed that 38% of Americans walk less than 10 minutes per day.

Adding sidewalks on McGowan Parkway will provide improved access to Olivehurst Elementary, Yuba Gardens Middle School, a health clinic, community churches, the local post office, and local businesses. By providing safe infrastructure for active transportation this project will create a community where walking and cycling are facilitated and safe. By incentivizing bicycling and walking, this project will reduce motorized vehicle trips, thus benefiting the public health of the community in three ways. First, the project will reduce traffic-related air pollutants such as particulate matter, thereby reducing rates of asthma, bronchitis, chronic obstructive pulmonary disease, and other respiratory conditions. Second, reducing traffic-related air pollution also provides direct benefits to the cardiovascular, reproductive, and other systems of the human body. For example, community exposure to particulate matter has been linked to increased rates of heart disease, high blood pressure, stroke, cardiovascular-related deaths, birth defects, and autism. The third area of benefit to creating communities that replace car travel with walking and bicycling is that when people are more physically active through walking and bicycling, the community experiences lower

rates of obesity, diabetes, cardiovascular disease, and other conditions associated with a more sedentary lifestyle.

There is also a significantly improved quality of life for older members of the community. Careful community planning such as establishing bicycle and pedestrian networks minimizes exposure to harmful emissions and increases physical activity. The reduced exposure to emissions and increased physical activity improve the overall public health, safety, and quality of life of community residents.

People refrain from walking and biking due to convenience and safety issues. Most roadways are designed with the goal of moving vehicles quickly. McGowan Parkway is a prime example. The lack of infrastructure for walking and biking combined with high vehicle speeds results in roads that are hazardous for pedestrians and bicyclists. The roads are perceived as so unsafe that people use vehicles for travel even when the distances are short. A recent survey conducted by WALKSacramento revealed that safety is a primary concern expressed by parents who do not allow their children to walk or bike to school.

Other health problems caused by an environment focused on the use of cars for all transportation needs include the many health conditions that result from breathing polluted air. Automobiles in the Sacramento region generate 70% of the air pollution. The Sacramento Valley air basin is among the top ten most polluted in the nation. Long-term exposure to particulate matter can cause premature death from heart and lung disease, and can exacerbate asthma. Diabetes levels are higher in areas with higher levels of particulate matter air pollution. Higher levels of particulate air pollution are linked to faster rates of cognitive decline in older adults.

The solution to these health problems is to reshape our built environment so that communities are designed for walking, biking, and transit use. This project will better facilitate daily journeys by facilitating walking, bicycling and transit use.