

# Healthy Communities

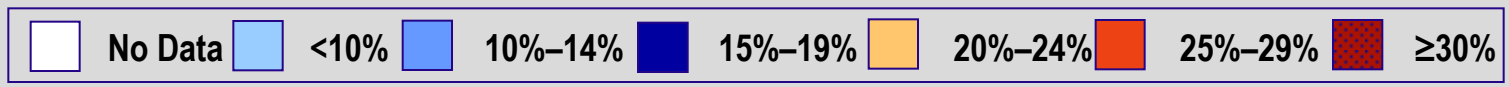
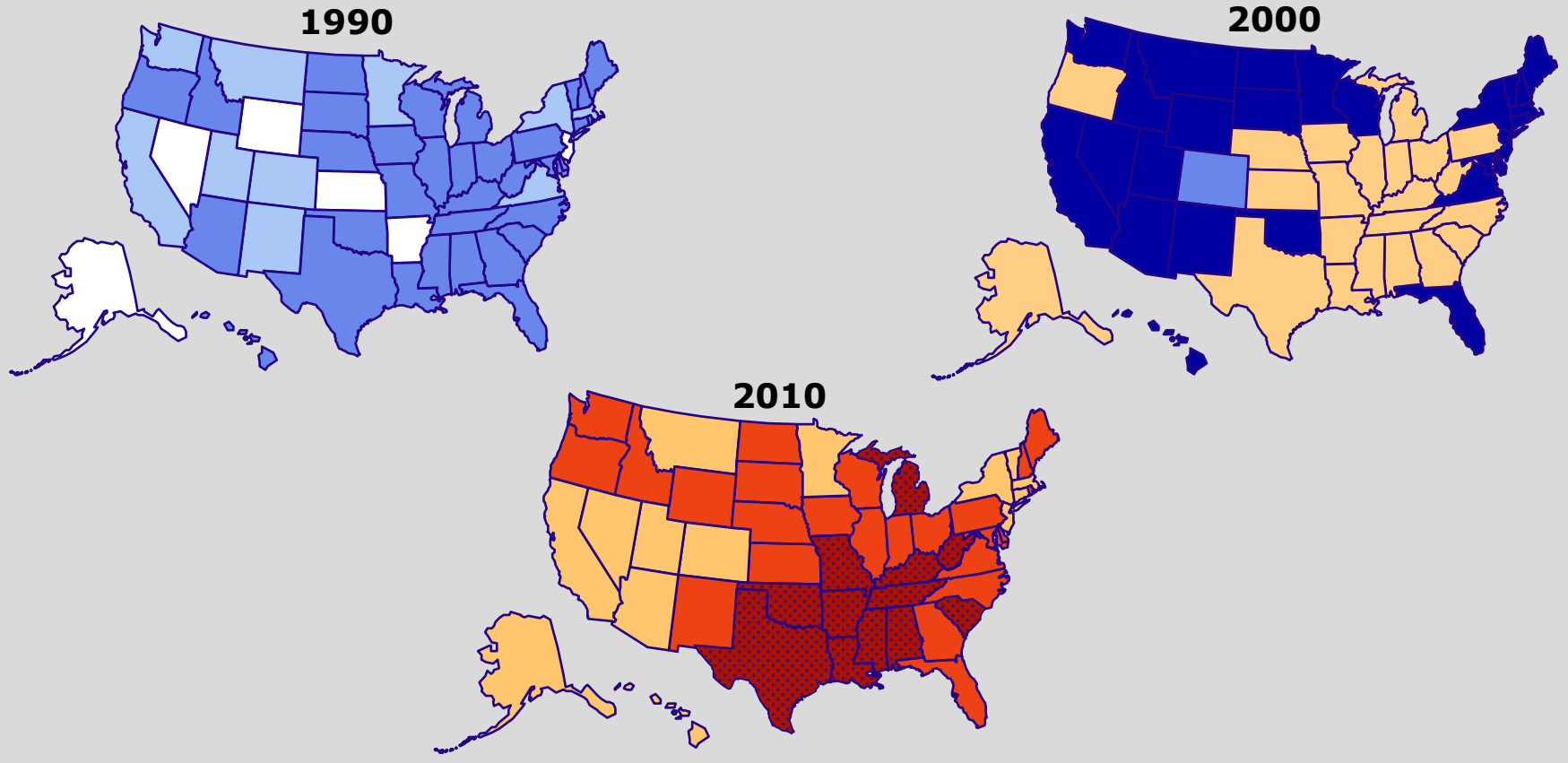
**San Bernardino County Department of Public Health**



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1990, 2000, 2010

(\*BMI  $\geq 30$ , or about 30 lbs. overweight for 5'4" person)



# Overweight Children – U.S.

## Trends in Child and Adolescent Overweight



Note: Overweight is defined as BMI  $\geq$  gender- and weight-specific 95th percentile from the 2000 CDC Growth Charts.  
Source: National Health Examination Surveys II (ages 6-11) and III (ages 12-17), National Health and Nutrition Examination Surveys I, II, III and 1988-2004, NHANES, CDC

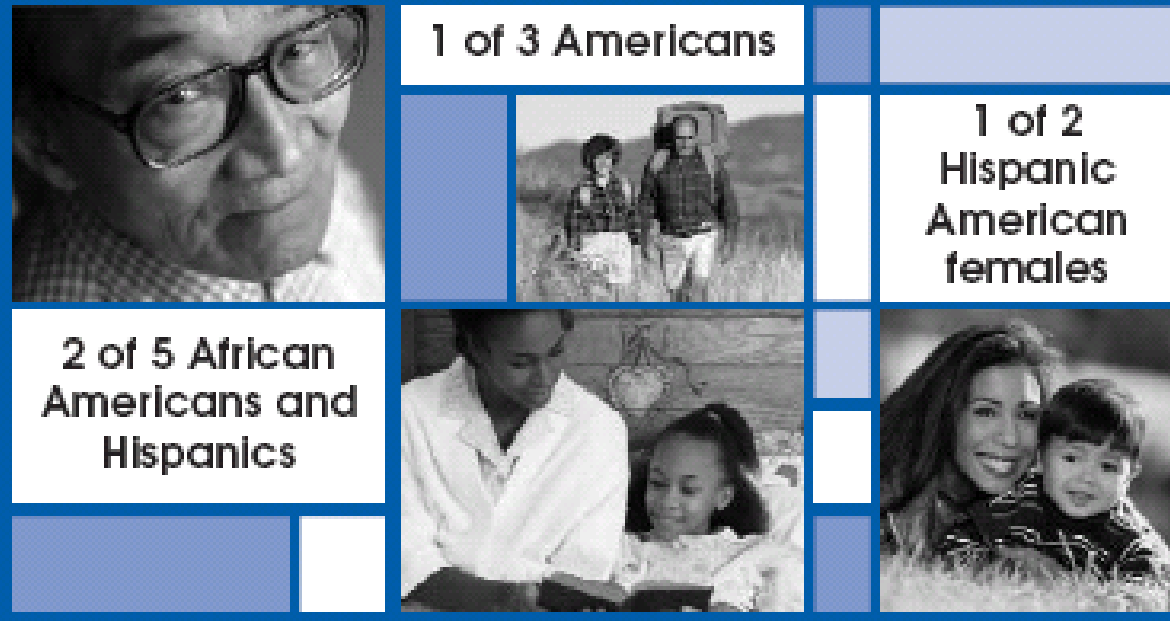


Source: United States Centers for Disease Control and Prevention

<http://www.cdc.gov/nchs/products/pubs/pubd/hestats/overweight/HealthEstat1206.gif>

# U.S. diabetes risk

**What is the lifetime risk for diabetes for people born in the United States in 2000?**



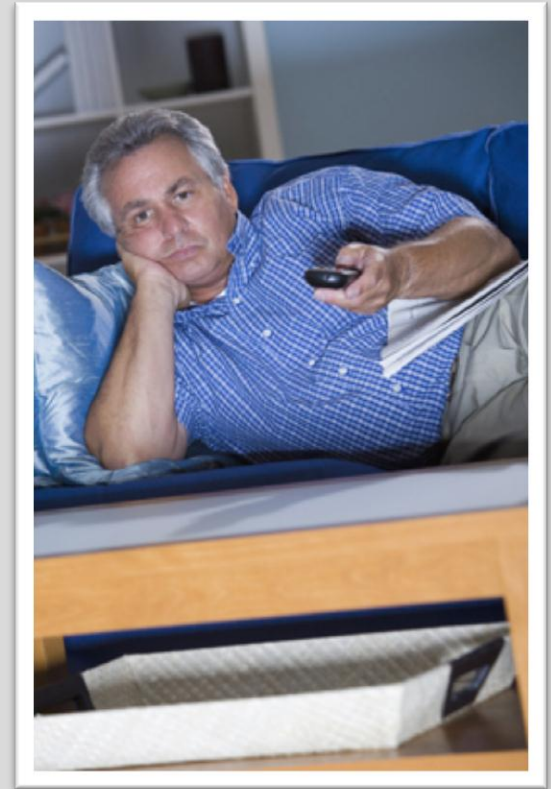
# Life expectancy decrease

**“The youth of today may, on average, live less healthy and possibly even shorter lives than their parents”**

Source: New England Journal of Medicine, Volume 352:1138-1145 March 17, 2005 Number 11  
*A Potential Decline in Life Expectancy in the United States in the 21st Century*  
S. Jay Olshansky, Ph.D. et al

# What is the real problem?

- Epidemic of:
  - Poor nutrition
  - Physical inactivity



*“It is unreasonable to expect that people will change their behavior so easily when so many forces in the social, cultural, and physical environment conspire against change.”*

- Institute of Medicine of the National Academies



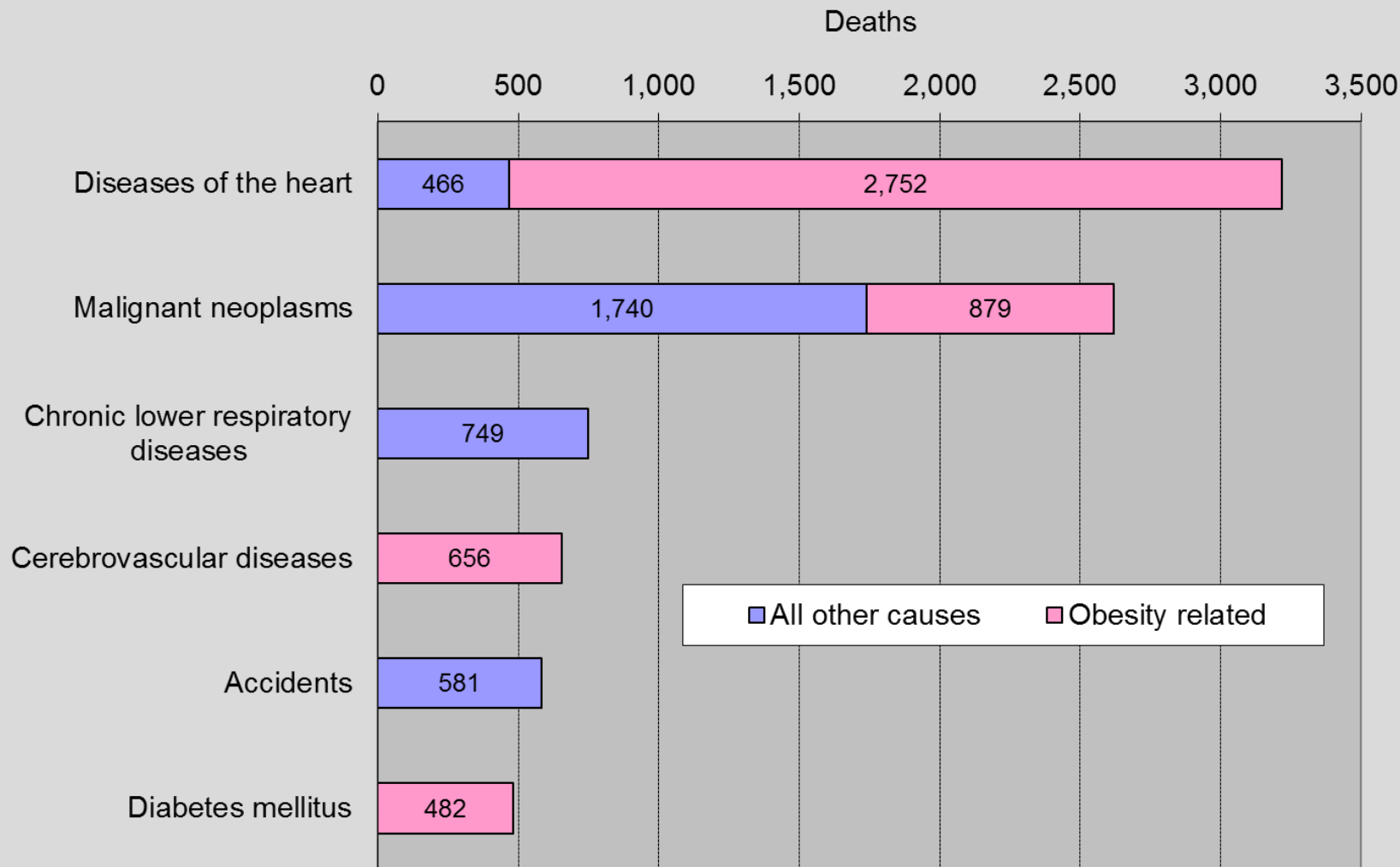
We've engineered  
the physical activity  
out of our  
everyday lives.





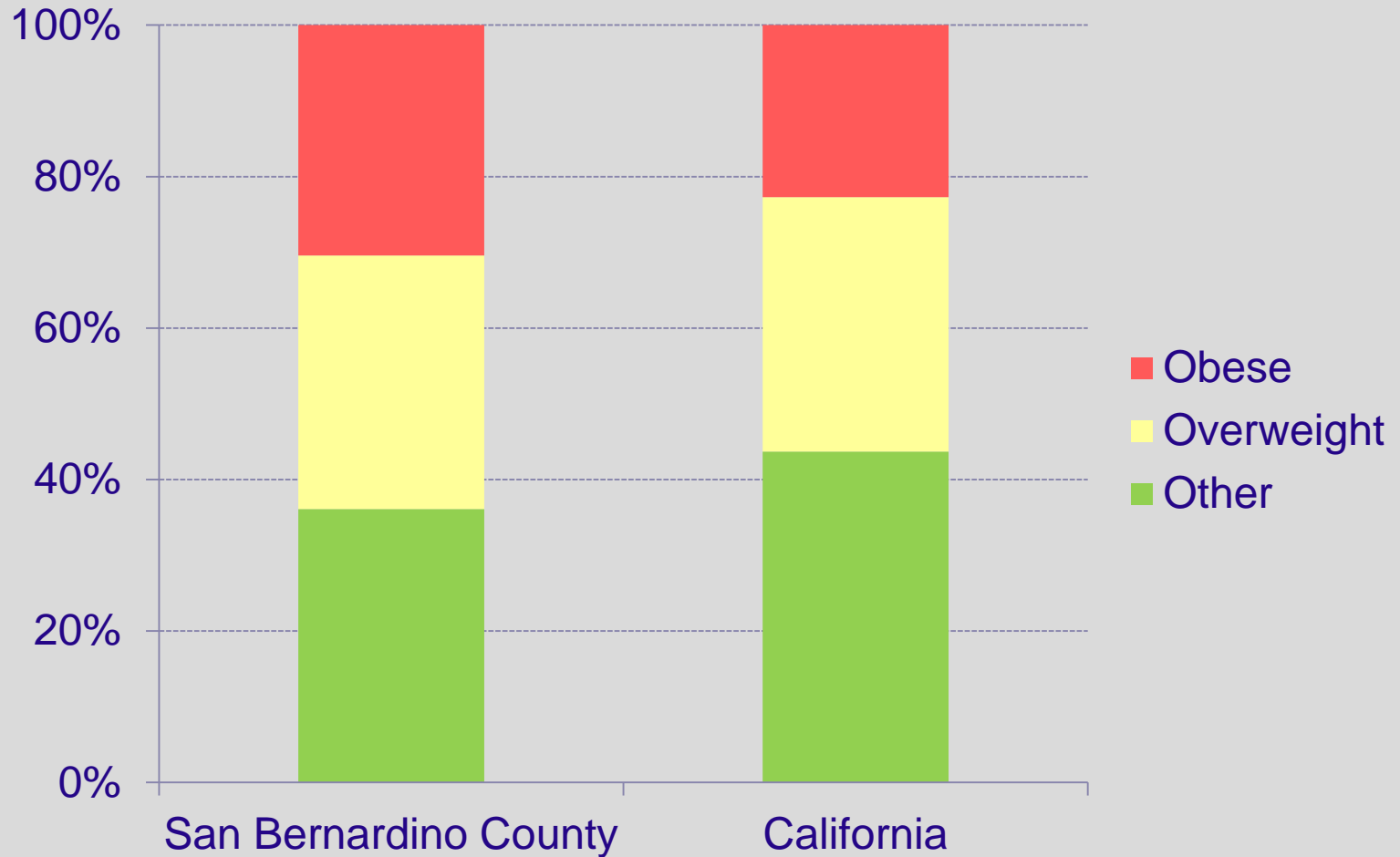
# 6 leading causes of death

## San Bernardino County residents, 2007



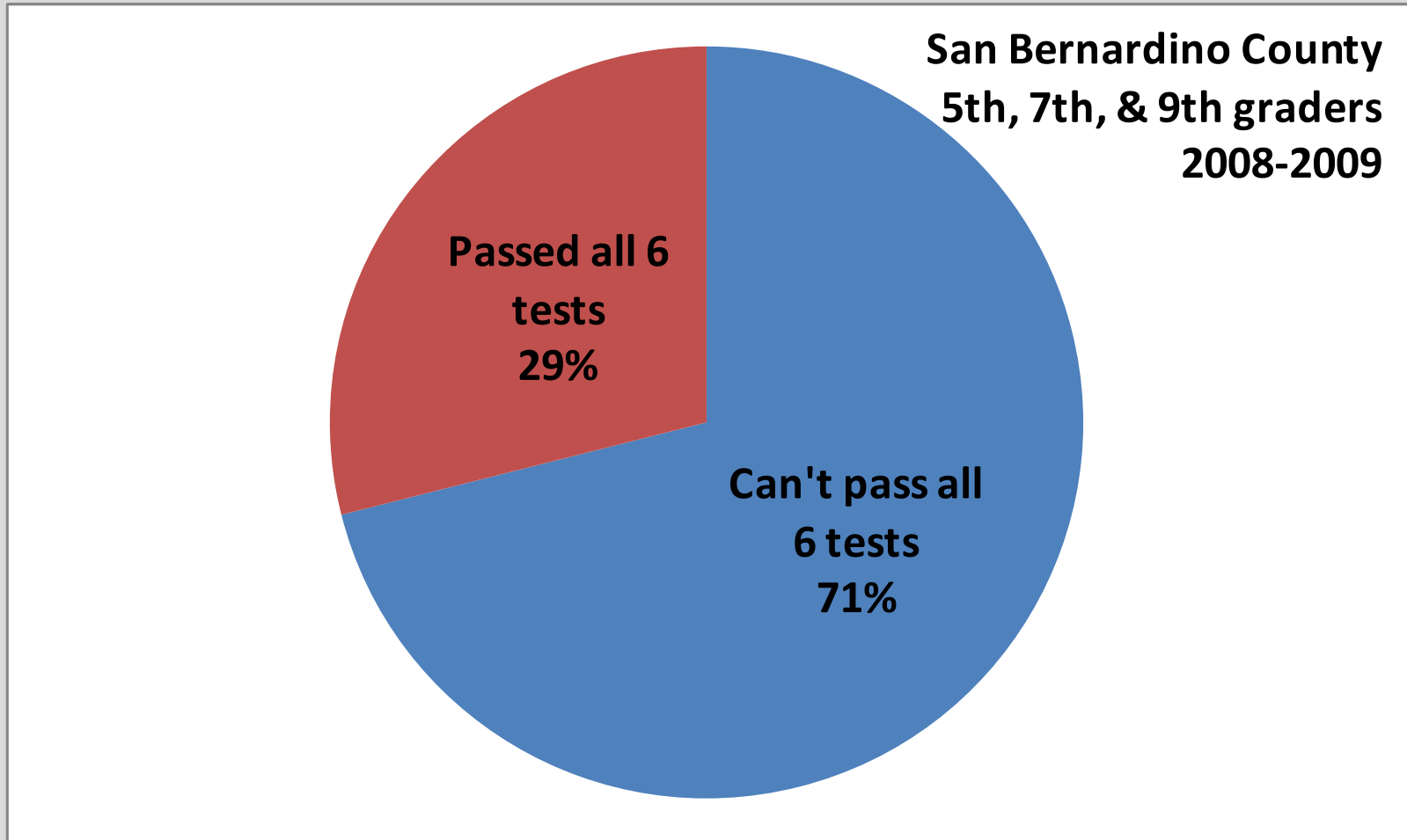
# Adult Overweight/Obesity

## San Bernardino County and California, 2009



# School Fitness Testing

## San Bernardino County, 2009



# The Riverside-San Bernardino metropolitan area is...

- 4<sup>th</sup> most obese in US
- **#1 most sprawling in US**

Health

## America's Most Obese Cities

Rebecca Ruiz 11.26.07, 6:00 PM ET



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**Forbes**  
.com

U.S. EUROPE ASIA

### 4. Riverside/San Bernardino, Calif.: 30.8%

Those living in the city of Riverside and the surrounding metropolitan area, located about an hour east of Los Angeles, are likely victims of a car-centric culture. But despite efforts to promote safe streets and bicycle riding, the obesity epidemic is only getting worse: 30.8% percent of Riverside residents are obese, a 5% increase from 2005. The percentage of people neglecting regular exercise is also creeping upward, now standing at 30%.



# Community design:

## Traditional



## Sprawl



# Healthy Community

An environment where making the healthy choice is the easy choice

- Community design -  
land use, transportation
- Food environment
- Clean, un-polluted
- School environment
- Recreation
- Safety
- Health care
- Economic opportunity





*San Bernardino County Department of Public Health*

- Countywide effort
- Create healthy environments
- Promote healthful lifestyles

**IN PARTNERSHIP WITH MANY**



# Healthy City Partners

## 2010 Population

**San Bernardino County**      **2,073,149**

**Healthy Cities Partners**      **1,600,584**  
*77% of County population*

**Adelanto**      **28,540**

**Apple Valley**      **70,040**

Barstow      24,281

Big Bear Lake      6,278

**Chino**      **84,742**

**Chino Hills**      **78,971**

**Colton**      **51,816**

**Fontana**      **190,356**

Grand Terrace      12,717

**Hesperia**      **88,479**

Highland      52,495

Loma Linda      22,760

**Montclair**      **37,535**

Needles      5,809

**Ontario**      **174,536**

**Rancho Cucamonga**      **178,904**

**Redlands**      **71,926**

**Rialto**      **100,260**

**San Bernardino**      **204,800**

Twentynine Palms      30,649

**Upland**      **76,106**

**Victorville**      **112,097**

**Yucaipa**      **51,476**

Yucca Valley      21,292

Unincorporated County      296,284



# Healthy Cities: Focus Areas

## *Built environment related focus areas*

Active transportation

Safe and walkable neighborhoods

Smart growth – building a livable community

Safe Routes to School

Community walkability standards

Non-motorized transportation plans



# The 100 Best Places to Raise a Family



- Inland region has political will to make changes to promote good health
- “Good solutions solve multiple problems”

# Contact

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