

SMART GROWTH IS HEALTHY GROWTH FOR THE INLAND EMPIRE

Join us in the fight against air pollution, climate change and chronic illness through smart growth

Communities designed around cars and driving are responsible for traffic pollution and congestion, contribute to global warming, and limit opportunities for healthy, active lifestyles.

According to the American Lung Association's State of the Air 2013 report, the Inland Empire continues to rank at the top for most ozone (smog) polluted counties in the nation. Vehicle emissions are a leading source of air pollution in our region, and it has significant impacts on our residents, particularly those living with chronic cardiovascular and respiratory illnesses, the elderly and our children.

As the Inland Empire's population expands, we must design our communities to reduce driving and encourage greater use of public transit, walking and cycling. A state law known as the Sustainable Communities and Climate Protect Act, or SB 375, helps to accomplish this through improved regional plans called Sustainable Communities Strategies (SCS).



Health Impacts Associated with Car-Oriented Land Use Planning

Air Pollution, Lack of Active Transportation Choices

- Increased risk of respiratory disease (asthma episodes, respiratory infections, reduced lung function in children)
- Increased risk of heart disease (heart attacks, stroke)
- Increased rates of obesity, diabetes, high blood pressure
- Increased risk for cancer and premature death
- Inequitable access to nutritious foods, medical care, good jobs and housing
- Traffic injuries and deaths to motorists, pedestrians and bicyclists.



SB 375: BUILDING HEALTHY, SUSTAINABLE COMMUNITIES

As part of California’s landmark climate change and smart growth bill, SB 375 (Sustainable Communities and Climate Protection Act), communities in the Inland Empire can benefit greatly by embracing and aggressively implementing SCAG’s regional Sustainable Communities Strategy. Some of these benefits include:

SMART GROWTH = HEALTHIER RESIDENTS

IMPROVED PUBLIC HEALTH

Sustainable, mixed-use communities designed around mass transit, walking and cycling have been shown to reduce lung and heart disease, obesity, diabetes and other chronic health conditions. Research showed that individuals who live in more walkable communities have a 35% lower risk of obesity.ⁱ

A recent California Department of Public Health study of transportation in the San Francisco Bay Area found that increasing active transportation along with cleaner vehicles could avoid thousands of premature deaths and provide significant chronic illness benefits, including up to a 15% reduction in heart disease and diabetes in 2013 compared to a ‘business as usual’ case.ⁱⁱ

REDUCED DEATHS FROM AIR POLLUTION

By reducing driving, we also reduce air pollution and the substantial health damages associated with it. Each year, there are an estimated 189,000 new cases of asthma in California — approximately 93,150 among adults and 96,550 among children.ⁱⁱⁱ The California Air Resources Board currently estimates that over 9,200 Californians die prematurely each year due to air pollution.^{iv}



SMART GROWTH = COST SAVINGS

REDUCED HEALTH COSTS	The California Department of Public Health recently reported that over \$1 billion was spent on asthma hospitalizations in 2010. ⁱⁱⁱ American Lung Association research found that by pursuing smart growth strategies, Southern California can avoid over \$16 billion in health and societal costs over the next 25 years.
REDUCED COSTS FOR HOUSEHOLDS	More compact and transit-oriented communities can help households save on car-related expenses, and reductions in fuel, auto maintenance and insurance costs could save the average family \$3,000 to \$4,000 per year. ^v Residents who use cars less have more disposable income to spend locally. ^{vi}
REDUCED INFRASTRUCTURE COSTS	Caltrans estimates that compact, transit-oriented developments can help reduce overall infrastructure development, expansion and maintenance costs for local governments by up to 25%. ^v Additionally, more jobs are created through building walking infrastructure than building roads. ^{vii}

ⁱ Frank, L.D., Andresen, M.A. & Schmid, T.L. “Obesity relationships with community design, physical activity, and time spent in cars.” *American Journal of Preventive Medicine* 27. (2004)

ⁱⁱ Maizlish, N., California Department of Public Health, “Health Co-Benefits and Transportation-Related Reductions in Greenhouse Gas Emissions in the Bay Area.” March 2012.

ⁱⁱⁱ California Department of Public Health, *Asthma in California: A Surveillance Report*, 2013.

^{iv} California Air Resources Board, “Estimate of Premature Deaths Associated with Fine Particle Pollution (PM2.5) in California Using a U.S. Environmental Protection Agency Methodology,” August 2010.

^v California Department of Transportation, Business Transportation and Housing Agency. *Statewide Transit-Oriented Development Study — Factors for Success in California; Final Report*, 2002. <http://www.dot.ca.gov/hq/MassTrans/Docs-Pdfs/TOD-Study-Final-Rpt.pdf>

^{vi} Litman, T. *Economic Benefits of Walkability*.

^{vii} Alliance for Biking and Walking, 2012 Benchmarking Report.



How LOCAL LEADERS CAN IMPROVE COMMUNITY HEALTH

Under California's Sustainable Communities Act (SB 375), the California Air Resources Board (CARB) established regional greenhouse gas reduction targets in September 2010. The Southern California Association of Governments approved a Sustainable Communities Strategy (SCS) for the region in April 2012 to implement these targets through smart growth strategies.

Inland Empire communities have an unprecedented opportunity to promote planning locally that maximizes public health, social equity and other community benefits in support of the SCS. Inland empire communities should take full advantage of this opportunity to develop and support local plans that promote transit, biking and walking and offer the greatest community health benefits.



How YOU Can Help

-  Work with the American Lung Association in California to promote planning that reduces driving and increase walking, biking and transit in the Inland Empire.
-  Work to promote compact, complete and healthy communities throughout the Inland Empire.
-  Promote investments in transportation projects that support healthy communities, and support the inclusion of health considerations in your community's planning decisions.

“Our growth in vehicle miles traveled is far outstripping our efforts to reduce either greenhouse gases or air pollution. We are not going to get where we need to go unless we get people out of their cars, and there are a lot of health benefits to doing that.”

***Sunil Saini, MD
Allergy and Asthma Specialist
Associate Clinical Professor of Pediatrics
University of California, Irvine***

Healthy Growth Future for the Inland Empire

By supporting healthy transportation and land use decisions, we help to reduce air pollution and improve the health of our communities in the Inland Empire. Health organizations and Healthy Growth Leaders support making public health a key priority in local land use planning and transportation decisions, with attention to the needs of highly impacted communities. The following key strategies will help achieve our goal of more sustainable communities with greater options for walking, cycling and transit that reduce the need to drive.

- 1. Local governments in the Inland Empire should support the use of public health metrics and policies in decision making.** Transportation and land use planning agencies should work with Southern California Association of Governments (SCAG) and county health departments to quantify public health outcomes as part of the decision making process.
- 2. Inland Empire transportation plans and investments should support the SCAG Sustainable Communities Strategy, including the focus on transit oriented development, transit and active transportation over highway expansion.** New investments are needed in Metrolink rail and Bus Rapid Transit systems as well as in first-mile-last-mile bicycle and pedestrian infrastructure to facilitate safe access to transit. Local governments should not only redirect existing funds to transit and active transportation, where possible, but should identify and support new funding opportunities for the Inland region.
- 3. Counties and cities should adopt a health element in their general plans** to ensure public health impacts including those related to the built environment are considered in local planning and development decisions.
- 4. Local governments should support the transition to zero-emission goods movement technologies** to reduce pollution from goods movement throughout the Inland Empire.

SOUTHERN CALIFORNIA ORGANIZATIONS SUPPORTING A STRONG SUSTAINABLE COMMUNITIES STRATEGY

For more information on how you can improve community health, please contact the American Lung Association in California — San Bernardino at 909-321-3287.

1-800-LUNGUSA (1-800-586-4872) | lung.org/california | [/alacalifornia](https://www.facebook.com/alacalifornia) | [YouTube](https://www.youtube.com/channel/UCv3v3v3v3v3v3v3v3v3v3v3) [@Californialung](https://twitter.com/Californialung)