

Strategic Direction 5: Healthy and Safe Physical Environment		
Goals: Increase bicycling and walking; improve the community environment to support health.		
<p>Increase adoption of comprehensive approaches to improve community design to enhance walking and bicycling and active transportation.</p>	<p>CDC Recommendations for Improving Health through Transportation Policy http://www.cdc.gov/transportation/recommendation.htm</p> <p>Active Design Guidelines: Promoting Physical Activity and Health in Design www.nyc.gov/html/ddc/html/design/active_design.shtml</p> <p>KidsWalk-to-School: A Guide to Promote Walking to School http://www.cdc.gov/nccdphp/dnpa/kidswalk/resources.htm#guide</p> <p>National Center for Safe Routes to School guide, toolkit, and other resources http://www.saferoutesinfo.org/resources/</p> <p>http://www.cdc.gov/InjuryViolenceSafety/</p> <p>http://www.cdc.gov/aging/</p>	<p>Environmental Health 9: Increase use of alternative modes of transportation.</p> <p>Disability and Secondary Conditions 7: Reduce reported barriers</p> <p>Physical Activity and Fitness 6, 7: Increase physical activity in adults and adolescents. 10: Increase walking. 11: Increase bicycling.</p> <p>Environmental Health 9: Increase use of alternative modes of transportation.</p>
<p>Establish community design standards to make streets safe for all users, including pedestrians, bicyclists and users of public transit.</p>	<p>Increasing Physical Activity Through Community Design: A Guide for Public Health Practitioners www.bikewalk.org/pdfs/IPA_full.pdf</p> <p>How to Develop a Pedestrian Safety Action Plan http://drusilla.hsrb.edu/cms/downloads/howtoguide2006.pdf</p> <p>Complete Streets: Best Policy and Implementation Practices www.completestreets.org/webdocs/resources/cs-bestpractices-chapter5.pdf</p> <p>http://www.cdc.gov/InjuryViolenceSafety/</p>	<p>Environmental Health 9: Increase use of alternative modes of transportation.</p> <p>Physical Activity and Fitness 10: Increase walking. 11: Increase bicycling 16: Increase policies for the built environment that enhance access to and availability of physical activity opportunities.</p>

- Strategic Directions and Examples of CDC-Recommended Evidence- and Practice-Based Strategies Table

<p>Increase mixed use zoning and transit-oriented development.</p>	<p>Creating Safe, Healthy and Active Living Communities: A Public Health Professional's Guide to Key Land Use and Transportation Planning Policies and Processes www.safehealthycommunities.com/pdfs/tools_guides_factsheets/CreatingSafeHealthyCommunities.pdf</p> <p>Creating Regulatory Blueprint for Healthy Community Design: A Local Government Guide to Reforming Zoning and Land Development Codes www.healthytransportation.net/Creating%20a%20Regulatory%20Blueprint%20for%20Healthy%20Community%20Design.pdf</p>	<p>Environmental Health 9: Increase use of alternative modes of transportation.</p> <p>Physical Activity and Fitness 10: Increase walking. 11: Increase bicycling</p>
<p>Establish community protocols to assess the impact of community changes on community health and wellbeing.</p>	<p>A Health Impact Assessment Toolkit: A Handbook to Conducting HIA www.humanimpact.org/component/jdownloads/finish/11/8</p> <p>Practice Standards for Health Impact Assessment (HIA) http://www.humanimpact.org/doc-lib/finish/11/9</p> <p>Planning for Healthy Places with Health Impact Assessments http://professional.captus.com/Planning/hia/default.aspx</p>	<p>Physical Activity and Fitness 6, 7: Increase physical activity in adults and adolescents.</p> <p>Disability and Secondary Conditions 7: Reduce reported barriers</p>
<p>Change building codes and other important policies to increase safe and healthy homes.</p> <ul style="list-style-type: none"> • Promote community-level building codes to require all new construction to be radon-resistant • Promote community-level property maintenance and other codes to improve indoor home environments by improving requirements for smoke-, CO, and radon-detectors in homes. • Promote community-level property maintenance and other codes in home environments such as bathrooms and stairs to reduce injury risks. 	<ul style="list-style-type: none"> • Healthy Homes Guidance Document (CDC document cleared; link to be posted soon) • Housing Interventions and Health: A Review of the Evidence (http://journals.lww.com/jphmp/toc/2010/09001#-1750774083) • Healthy Housing Reference Manual (www.cdc.gov/nceh/publications/books/housing/housing.htm) • Surgeon General's Call to Action to Promote Healthy Homes (www.surgeongeneral.gov/topics/healthyhomes/calltoactiontopromotehealthyhomes.pdf) • Trailer Document (CDC document not yet publicly available) • Asthma Community Guide (www.thecommunityguide.org/asthma/index.html) 	<p>Environmental Health 3: Reduce pesticide exposures. 5: Reduce physical problems in housing units. 13: Reduce blood lead levels in children. 16: Reduce indoor allergen levels. 17: Increase the number of homes with an operating radon mitigation system. 18: Increase number of homes constructed with radon-reducing features</p>

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<ul style="list-style-type: none"> • Promote private and public health care policies to provide reimbursement for asthma education and environmental trigger reduction through home visits. • Integrate healthy homes principles into home visiting program protocols. • Implement community wide campaigns that promote safe and healthy homes. 	<ul style="list-style-type: none"> • HUD’s Strategic Plan (www.hud.gov/offices/lead/library/hhi/hh_strategic_plan.pdf) and Notice of Funding Availability (www.hud.gov/library/bookshelf12/supernofa/) • www.cdc.gov/lead • http://www.cdc.gov/Environmental/ 	<p>24: Reduce the number of U.S. homes with lead-based paint hazards.</p> <p>Tobacco Use</p> <p>20: Increase the proportion of smoke-free homes</p> <p>Disability and Health</p> <p>21: Increase homes and residential buildings with visible features.</p>
	<p>Association of State and Territorial Dental Directors (ASTDD) Best Practice Approach Report: Use of Fluoride – Community Water Fluoridation</p> <p>http://www.astdd.org/use-of-fluoride-community-water-fluoridation/</p>	<p>Oral Health</p> <p>2: Increase the proportion of the U.S. population served by community water systems with optimally fluoridated water.</p>
<p>Reduce alcohol retail outlet density and reduce illegal beverage service.</p>	<p>Community Guide</p> <p>http://www.thecommunityguide.org/alcohol/outletdensity.html</p> <p>Community Guide</p> <p>http://www.thecommunityguide.org/alcohol/dramshop.html</p>	<p>Substance Abuse</p> <p>8: Reduce average annual alcohol consumption</p> <p>16: Reduce the proportion of adults who drank excessively</p> <p>7: Reduce the proportion of persons engaging in binge drinking of alcoholic beverages</p> <p>20: Decrease the number of deaths attributable to alcohol.</p>
<p>Healthy and Safe Physical Environment Innovative Interventions.</p>	<p>Recipient will provide</p>	<p>Recipient will link to HP2020 objective</p>

*Complete Healthy People 2020 Objectives can be found at: <http://www.healthypeople.gov/hp2020/Objectives/TopicAreas.aspx>
Additional guidance is available at www.cdc.gov and at specific programmatic links at the CDC website.