

Vision North Texas Regional Summit 2010

Healthy Communities and Healthy People

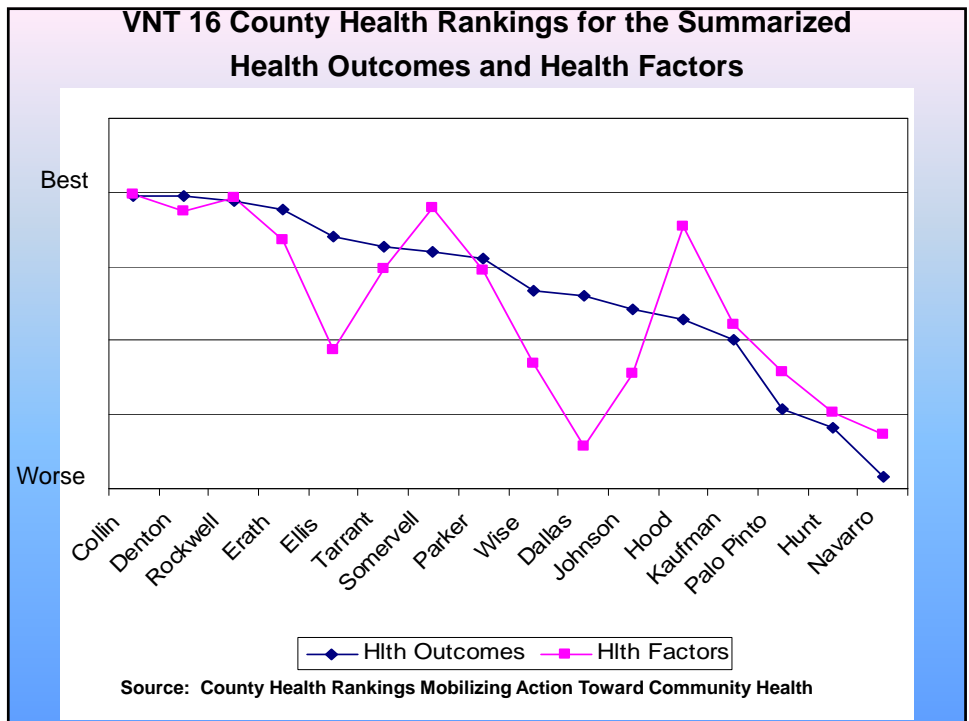
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Tarrant County Health Director

The Health Connection

- Health Care (treatment of disease and injury) accounts for 17.6% of the GDP.
- At least 70% of obesity related illness is preventable.
- Fortune 500 Companies increasingly paying as much for employee health care as they earn in profits.
- Leaders in urban planning, public health, transportation, government, and academia identified the need for collaborative planning 10 years ago.

VNT 16 County Summary Health Outcomes and Health Factors Rankings			
Health Outcomes		Health Factors	
Collin	2	Collin	1
Denton	3	Rockwell	4
Rockwell	6	Somervell	11
Erath	12	Denton	13
Ellis	30	Hood	23
Tarrant	37	Erath	32
Somervell	40	Tarrant	52
Parker	45	Parker	53
Wise	67	Kaufman	89
Dallas	70	Ellis	106
Johnson	79	Wise	116
Hood	86	Palo Pinto	121
Kaufman	100	Johnson	122
Palo Pinto	146	Hunt	149
Hunt	159	Navarro	164
Navarro	192	Dallas	171



**VNT gets it:
Relationship of healthy lifestyles
& built environment.**



Health and planning at the table together can increase the affordable access to nutritious foods by requiring more grocery stores per unit area, more community gardens, more farmers' markets, locally grown fruits and vegetable farms, and providing access to free clean water.

**VNT gets it:
Relationship of built environment
& healthy lifestyles**

Planning and health together at the table can increase opportunities for increased physical activity such as destination and recreational walking and bicycling, transit systems, mixed use development, Safe Routes to Schools and complete streets.



Integration of Health Recommendations

- The Health Research Team (HRT) should produce a package of 'healthy community' recommendations for consideration by North Texas counties, cities and towns.
- North Texas counties, cities and towns should create a regional network of healthy community action plans to implement these recommendations.
- Farmers markets, local growers, community garden sponsors, grocery stores, NT business and economic development organizations should collaborate to create a set of initiatives to support the economic vitality of businesses that provide locally grown food to North Texans.



Recommendations



- The HRT, NCTCOG and other relevant organizations should collaborate with local businesses to encourage access to primary health care via convenient transportation to facilities...
- The NCTCOG should use its regional planning initiatives to support creation of a regional trail network and other regional systems that support healthy lifestyles.

Recommendations

- Hospital and health care systems should contribute support to incentives and investments that provide NTs with access to healthy, affordable foods and physical activity.
- Civic, environmental and neighborhood organizations should create and support community gardens throughout the region.



Recommendations

The HRT and the NT Education Coalition should develop strategies that increase youth involvement in growing, preparing and marketing nutritious food.



Independent school districts and communities should implement the Active Transport to and from school initiative to promote walking or biking to and from school.

VNT Health Research Team

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- Doug Fabio, TCPH Associate Director
- Richard Kurz, UNT School of Public Health Dean
- Brett McClung, THR Harris SW CEO
- Camille Miller, Texas Health Research Institute CEO
- Patricia Newcomb, UTA School of Nursing Assistant Professor
- Candace J. Parker, TCPH Division Manager
- Sue Pickens, Parkland Hospital Director of Strategic Planning & Population Medicine
- Eduardo Sanchez, Blue Cross Blue Shield Medical Director
- Janet Scott-Harris, Scott-Harris Associates
- Lou K. Brewer, Tarrant County Public Health Director, Convener

“Without Health There Is No Happiness”

-Thomas Jefferson

