Reinventing Aging: Baby Boomers and Civic Engagement

November 28, 2007
Pasadena

Richard Joseph Jackson, MD MPH
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Nutley NJ
Schools
The new development
The Check Up

61 year old man

• -- two grown children
• -- spends 3 to 4 hours a day sitting in a vehicle
• -- complains of “low energy”
“Problem List”

- No exercise. …Drives to work 25 miles each way
- 28 pounds overweight
- BP 145/92
- Blood glucose elevated, urine normal
- Cholesterol 270
- Signs of Depression
“Treatment Plan”

• Meeting with Nutritionist
• Weight loss program
• Exercise club membership
• Pedometer: 10,000 steps a day
• Meeting with psychotherapist or clinical social worker
• Getting more control of work and life commitments
Insurance Plan Covers

- One meeting with a nutritionist
- Short term outpatient psychotherapy
Two Months Later…

- No place to Walk
- No Time for exercise
- Day is already too full
2 months later our California Patient is Taking:

- Antihypertensive medication
- Oral Hypoglycemic agent
- Antidepressant
- Cholesterol lowering agent

• Monthly medication costs:
  - $385
US Health Care Expenditures as Percent of GDP Projections

July 6, 1999
Disease in the 21st Century

- Diseases and costs of care for Aging Populations.
- Overweight: Diabetes II, Heart Disease
- Mental Disorders: Depression, Anxiety, Developmental, Substance Abuse
- Macro-environment: Climate, Conflict
90% of Americans believe that Americans are too fat.
Obesity Trends* Among U.S. Adults

BRFSS, 1990

(*BMI ≥30, or ~ 30 lbs overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 1994

(*BMI $\geq 30$, or $\sim 30$ lbs overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 1997

(*BMI ≥30, or ~ 30 lbs overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 2000

(*BMI ≥30, or ~ 30 lbs overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 2004

(*BMI ≥ 30, or ~ 30 lbs overweight for 5’ 4” person)
BMI US Females 1988-1994

NHANES -- Measured

NHANES – In person interview-- self-reported

BRFSS – Telephone Interview
The Bariatric Unit is built on the Ford E350 Chassis and is considered a Type 3 Ambulance with a strong suspension and shocks.

The Phoenix-based Bariatric system uses the Ferno Proflex cot. The Proflex model can handle 650 lbs. in the fully raised position and 900 lbs. when in the down position.
Supersizing Jet Fuel Use

• Mean weight gain of Americans in 1990s: 10 pounds

• Airline distance flown in 2000 in US: 515 billion passenger-miles

• Weight transported 1 mile by 1 gallon of fuel: 7.3 tons (passengers or cargo)

• Jet fuel to transport added weight in 2000: 350 million gallons

• Cost of extra fuel: $1.1 billion
  • (Oct 2005 prices)

• $\text{CO}_2$ emissions from extra fuel: 3.8 million tons

Data sources: NCHS; US Dept. of Transportation
And...One billion gallons of gasoline per year in cars
USA vs. California-Prevalence of overweight* among children aged <5 years by age

* > 95th percentile weight-for-length or BMI-for-age, CDC Growth Charts, 2000.
5% of children are expected to fall above the 95th percentile.

2003 California Pediatric Nutrition Surveillance (PedNSS)
California Prevalence of Overweight*
Children aged 5 to 20 years

* > 95th percentile BMI-for-age, CDC Growth Charts, 2000.
** Year 2010 target: reduce the proportion of children and adolescents aged 6 to 19 years who are overweight to 5%.

2003 California Pediatric Nutrition Surveillance (PedNSS)
“...the number of bariatric surgery procedures in 2004 was nine times the number in 1998. ...”
An American Epidemic

The silent killer: Scientific research shows a 'persistent explosion' of cases—especially among those in their prime

BY JERRY ADLER AND CLAUDIA KALB

Something terrible was happening to Volanda Bentz's eyes. They were being poisoned; the fragile capillaries of the retina attacked from within and were leaking blood. The first symptoms were red lines, appearing vertically across her field of vision; the lines multiplied and merged into a haze that shut out light entirely. "Her blood vessels inside her eye were popping," says her daughter, Jannette Roman, a Chicago college student. Bentz, who was in her late 40s, when the problem began four years ago, was a cleaning woman, but she had to stop working. After five surgeries, she has regained vision in one eye, but the other is completely useless. A few weeks ago, awakening one night in a hotel bedroom, she walked into a door, setting off a panoply of pain and nausea that hasn't let up yet. And what caused this catastrophe was nothing as exotic as pesticides or erupting viruses. What was poisoning Bentz was sugar.
Relationship Between BMI and Risk of Type 2 Diabetes

Diabetes and Gestational Diabetes Trends Among Adults in the U.S., BRFSS 1993-94

Diabetes and Gestational Diabetes Trends Among Adults in the U.S., BRFSS 1999

Diabetes and Gestational Diabetes Trends Among Adults in the U.S., BRFSS 2001

No Data <4% 4%-6% 6%-8% 8%-10% >10%

Diabetes Projected Risks:
For Babies Born in 2000

Girls: 38% lifetime risk
- If diabetic before age 40, Lifespan shortened by 14 years (Quality of life by 19 years)

Boys: 33% lifetime risk
- If diabetic before age 40, Lifespan shortened by 12 years. (Quality of life by 22 years)

US Health Care Expenditures as Percent of GDP Projections

An Aging Population

Percentage of U.S. Population over Age 65

Source: From Baby Boom to Elder Boom: Providing Health Care for an Aging Population
• “Even under the most optimistic estimates, 30 years of the increased life expectancy achieved between the 1890s and 1990s, only (??) years can be attributed to medical care.”

Bunker cited in *Prescription for a Healthy Nation*
Farley and Cohn 2004
“Even under the most optimistic estimates, 30 years of the increased life expectancy achieved between the 1890s and 1990s, only 5 years can be attributed to medical care.”

Bunker cited in *Prescription for a Healthy Nation*

Farley and Cohn 2004
Too Many Calories?
Supersizing of the Food We Eat

Hardee's introduces new Mega-Calorie “Monster Thickburger”

- 1,420 calories
- 107 grams of fat
- 7.1 hours of moderate walking
Density of Fast Food Restaurants

- Predominantly black/low income neighborhoods: 2.4 restaurants/sq. mile
- Predominantly white neighborhoods: 1.5 restaurants/sq. mile

American Journal of Preventive Medicine, October 2004
“Supersizing” a fast-food meal—A Bargain?

• Paying 67 cents to supersize an order—73% more calories for only 17% more money

• A Bargain!

University of Wisconsin-Madison, Rachel N. Close and Dale A. Schoeller
“Supersizing” a fast-food meal – the real costs

• Paying 67 cents to supersize an order — 73% more calories for 17% more money

• — adds an average of 36 grams of adipose tissue.

• The future medical costs for that “bargain” would be $6.64 for an obese man and $3.46 for an obese woman.

University of Wisconsin-Madison, Rachel N. Close and Dale A. Schoeller
“I gave up High Fructose Corn Sugar for Lent”

Jack C, Age 10  Marin County  April 8, 2007
I searched the whole 7-11 store and the only thing I could eat was…
• Sweet Tarts
ONE 20 oz SODA per day

- 17 teaspoons of SUGAR
- 250 calories
- 40 minutes of hard basketball
High Fructose Corn Sugar

- US annual per capita consumption of HFCS
- 63 pounds
High Fructose Corn Sugar

- US annual per capita consumption of HFCS
  - 63 pounds
  - 114,545 calories
    - Can convert to 28 pounds of body fat
- You Can Burn this Off!
  - with 318 hours of Intense Exercise
Supersizing Advertising: Number of TV Ads Seen by Children

Henry J. Kaiser Family Foundation. The Role of Media in Childhood Obesity, Issue Report, February 2004
Schools

- Since World War II
  - Number of Schools declined 70%
  - Average School Size
    - grew fivefold, from 127 to 653 students
We have changed how much we walk or bike

- Percent of children who walk or bike to school:
  - 1974: **66%**
  - 2000: **13%**

(CDC, 2000)
Microsized Fitness of California’s Children

Annual California Fitnessgram

- Conducted in Grades 5, 7, and 9
- Measures 6 major fitness areas (e.g. aerobic capacity, body composition, flexibility)

2004 Results: Who passed all standards?

- 25% ➔ Grade 5
- 29% ➔ Grade 7
- 26% ➔ Grade 9
Average Automobile Fatality Rates by City, 1996-2004
(deaths/100,000/year)

Source: NHTSA

Source: Fatality Analysis Reporting System, National Center for Statistics and Analysis, US DOT
The National “Never Walk” Campaign

11 Strategies
With Thanks to Howard Frumkin
Strategy #1:

Don’t Build Sidewalks
Strategy #2: Build Repellant Sidewalks
Strategy #3: Allow Sidewalks to Disintegrate
Strategy #4: Build Treacherous Sidewalks
Strategy #5: 
Obstruct Sidewalks
Strategy #6:

Use creative design.
Strategy #7:

Crosswalks should be dysfunctional, if not silly.
Strategy #8:

Combine Multiple Strategies
Strategy # 9:

Never place an interesting or useful destination within walking distance of where anybody lives
Strategy #10:

Just Say It
Strategy # 11:

Make everything car-accessible. Everything.
Pharmacies
Dry Cleaners
Booze
Baked goods
Flowers
Fine Food
Coffee
Banking

A nice touch…
Braille buttons for blind drivers
Mail Boxes
Drive-Thru Weddings
Little White Chapel
Las Vegas, Nevada
Child support payments
Drive-Thru Funeral Homes

Davidson, Tennessee

Pensacola, Florida
Percentage of Trips in Urban Areas Made by Walking and Bicycling: North America and Europe 1995

Pucher J and Dijkstra L. Promoting Safe Walking and Cycling to Improve Public Health: Lessons From The Netherlands and Germany. AJPH, September 2003;93(9):1509-16.
Percentage of Trips in Urban Areas Made by Walking and Bicycling: North America and Europe 1995

Pucher J and Dijkstra L. Promoting Safe Walking and Cycling to Improve Public Health: Lessons From The Netherlands and Germany. AJPH, September 2003;93(9):1509-16.
SPECIAL REPORT GLOBAL WARMING

BE WORRIED. BE VERY WORRIED.

Climate change isn't some vague future problem— it's already damaging the planet at an alarming pace. Here's how it affects you, your kids and their kids as well.

EARTH AT THE TIPPING POINT
HOW IT THREATENS YOUR HEALTH
HOW CHINA & INDIA CAN HELP
SAVE THE WORLD— OR DESTROY IT
THE CLIMATE CRUSADERS
Changes in CO$_2$ and Temperature in the last 400,000 years

“Eleven of the last twelve years (1995 -2006) rank among the 12 warmest years in the instrumental record of global surface temperature (since 1850)”

Intergovernmental Panel on Climate Change 2007
Why Health?

U.S. Agents in Chicago Track a Subtle Health Hazard: Heat

Federal health agents are in Chicago trying to determine the contributing factors to the more than 500 deaths related to the heat in July. Coffins containing the bodies of unclaimed victims were loaded on a truck by a Cook County morgue worker this summer for a mass burial.

1995 Chicago Heat Wave: Coffins in Freezer Truck: 700 Deaths
Global average temperature

The graph illustrates the change in global average temperature from 1860 to 2000. The data is shown as the difference from the period 1961-1990. The trend line indicates a gradual increase in temperature over time. The table below provides the rate of change for different periods:

- **25 years**: 0.177 ± 0.052°C per decade
- **50 years**: 0.128 ± 0.026°C per decade
- **100 years**: 0.074 ± 0.018°C per decade
- **150 years**: 0.045 ± 0.012°C per decade

The graph also includes smoothed series and 5-95% decadal error bars for a more accurate representation of the data.
Increasing Extent of Greenland Seasonal Ice Melt

Worldwide Impacts Beyond Question
April Snowpack – Last 50 years
Decreasing California Snowpack

Historical Average (1961–1990)

100% remaining

2070–2099

Lower Warming Range
Drier Climate

40% remaining

Medium Warming Range
Drier Climate

20% remaining

April 1 snow water equivalent (inches)
The purpose of public health is to fulfill society’s interest in

Future of Public Health 1988 The Institute of Medicine
Institute of Medicine

The purpose of public health is to fulfill society’s interest in assuring the conditions in which people can be healthy.
Not zero-sum

• Poor person making a living
  – Increases prosperity

• My getting healthier
  – Actually makes you healthier
Personal Solutions: Diet

• What and how we eat
Doof
Projects

Public and Farmers' Market: Projects and Consulting

SAGE's staff has considerable expertise in the arena of public markets and farmers' markets based on many years of experience planning and managing them. In the past few years, SAGE has been asked to consult on the establishment and design of new public and farmers' markets (Portland Public Market, Fruitvale market, in addition to those listed below), has produced individually granted projects about farmers markets in general, and has been asked to present at public and farmers' market conferences. For more information on individual projects, please follow the links below.

Projects

Farmers' Market Resource Kit - Tool for policymakers and market organizations about farmers' markets

Railroad Square Farmers' Market - Consultation on design and vision for new farmers' market in Santa Rosa
School Gardens

Exercise, Learning, Cooperation, Fun, and

It Tastes good
Educational Benefits of Walking and Biking to School

- Increases concentration
- Improves mood and ability to be alert
- Improves memory and learning
- Enhances creativity
10,000 Steps a Day
Originated from Japanese: “Manpo-Kei”
10,000 steps

- 3234 people with IGT (Pre-Diabetes)
- walked or exercised five times a week for 30 minutes
- lost 5% to 7% of their body weight
- reduced their risk of diabetes by 58%
Survival of 1263 men with Type 2 Diabetes: Fit vs Unfit

Low Cardiorespiratory Fitness and Physical Inactivity as Predictors of Mortality in Men with Type 2 Diabetes." 18 April 2000 Annals of Internal Medicine 132, pp 605-611  M. Wei  et al
More time in a car $\rightarrow$ Higher Probability of Obesity

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**Obesity Relationships with Community Design, Physical Activity, and Time Spent in Cars**

Lawrence D. Frank, PhD, Martin A. Andresen, MA, Thomas L. Schmid, PhD
More Walking: less obesity

Obesity Relationships with Community Design, Physical Activity, and Time Spent in Cars

Lawrence D. Frank, PhD, Martin A. Andresen, MA, Thomas L. Schmid, PhD
Higher density and connectivity: lower obesity—Atlanta study 2004

Obesity Relationships with Community Design, Physical Activity, and Time Spent in Cars

Lawrence D. Frank, PhD, Martin A. Andresen, MA, Thomas L. Schmid, PhD
Walkable neighborhoods encourage more walking in older adults

- Older women who live within walking distance of trails, parks or stores recorded significantly higher pedometer readings than women who did not. The more destinations that were close by, the more they walked.

King, W., Am. J. of Public Health 2003
Reversing “The Disease” of the 21st Century…

- Depression
Exercise in Healthy Places

- Treatment for Depression—
- Exercise
- Sunlight
- Nature Contact
- The health need for places to walk
Places of the Heart

The health need for them
• CDC now mandates its new Buildings have attractive, daylit stairways at main entrance.
• Elevators require more effort to get to than stairs
Human Contact

• Being with People we love and who love us
Some Policy Solutions
That CMA support legislation that maximizes physical activity opportunities when funds from voter-approved infrastructure funding measures are allocated.
California Medical Association –
Resolution 11  January, 2007

That CMA support legislation that
enhances the role of public health in
local planning, zoning and the school
siting process to facilitate the design
of communities which foster and
support physical activity.
California Medical Association -
Resolution 9  January, 2007

That CMA seek opportunities to educate its members and the public about the potentially negative effects of the consumption of high fructose corn syrup.
### Survey of Potential Home Buyers 2000 – 2005

**“Very or Extremely” Important Amenities**

*American Lives 2005*

| 1. An Exercise / Fitness Center | 36% | 62% |
| 2. A Community Recreation Center | 36% | 55% |
| 3. A Town Center w Small Shops, Coffee Bars, Places to Meet & Socialize | 41% | 56% |
| 4. Interesting Little Parks | 49% | 62% |
| 5. Walking And Biking Trails | 67% | 79% |
| 6. Lots Of Open Space | 69% | 78% |
1 cent per teaspoon HFCS?

- Average American consumes 63 pounds of HFCS each year (6,048 teaspoons).
- CA population: 35.4 million
- $0.01 per teaspoon HFCS would generate...

$2.1 billion a year in California
California Assembly Bill 437-
(Jones-D)
Health Officer Assistance to Planners.

Authorizes the county health officer to provide assistance to cities and counties with local land use planning and transportation planning processes as they relate to public health.
United States vs California Electricity use per capita 1960-1972 in KWh
Per Capita Electricity Consumption

- Red States 2004 Election
- United States
- Blue States 2004 Election
- California

Berkeley physics professor Art Rosenfeld
Officials Reach California Deal to Cut Emissions

Assembly Speaker Fabian Nunez, a Los Angeles Democrat, left, and the president pro tem of the state Senate, Don Perata of Oakland, during the announcement of the deal to limit greenhouse gas emissions.

By FELICITY BARRINGER
Published: August 31, 2006

SACRAMENTO, Aug. 30 — California’s political leaders announced an agreement on Wednesday that imposes the most sweeping controls on carbon dioxide emissions in the nation, putting the state at the forefront
Photovoltaic Roofs

Sacramento, California
• We swim in a sea of daylight every day…

• Shouldn’t we design our buildings to let it in?
Change Neighborhoods
Envisioning Change
Envisioning Change
25% Less VMT with Compact Development

Vehicle Miles Traveled per Capita in the Ten Most Sprawling Areas vs. Ten Least Sprawling Areas

- **Top Ten Sprawling**: 27
- **Ten Least Sprawling**: 21
30% Less Ozone with Compact Development

Maximum 8-Hour Ozone Level (ppb) in the Ten Most Sprawling Areas vs. Ten Least Sprawling Areas

- Top Ten Sprawling: 97.6 parts per billion
- Ten Least Sprawling*: 69.9 parts per billion
Our Patient Starts to bicycle 5 miles to the Transit Center 3 days per week
The New Bicycle Commuter

- 30 minute bicycle trip burns 250 calories each way (for a 190 pound man)
- 3 days per week = 1500 calories per week, 78,000 calories/year.
- Converts to 22 pounds of body fat.
The New Bicycle Commuter
One year follow up

• Weight - 168 pounds (BMI 24.5)
• BP - 130/78
• Blood sugar – Normal
• Cholesterol – 175
• Energy level and Mood - Good
The New Bicycle Commuter
Financial

• Using only a small dose of cholesterol medication- Total medical cost $35/month ($4200 saving per year)
• Saves $5,000 per year on car expenses
Greenhouse Gas loading of the atmosphere:
Traveling just one mile

- Typical car: 450 grams
- Walking or bicycling: 1 gram
One year of 3 day/week cycling

- Walking or cycling: 3 pounds per year
- Plus 2 day car and public transit GHG emissions
We owe our children a world that is at least as beautiful, healthful and diverse as the one we were given.

And, it is a about Happiness
Reinventing Aging: Baby Boomers and Civic Engagement

November 28, 2007
Pasadena

Richard Joseph Jackson, MD MPH
Dickjackson@berkeley.edu
U.S. retail regular gasoline price per gallon:
Beyond the Bulbs: In Praise of Natural Light

By BRIAN LIBBY

Joel Loveland and G.Z. Brown are self-described evangelists of natural light.

As directors of the Better Bricks Daylighting Labs, nonprofit centers devoted to helping architects maximize natural light in their buildings, Mr. Loveland and Mr. Brown consistently preach the benefits of the sun’s illumination.

“Daylighting is an old as architecture itself,” said Mr. Brown, who is also a professor of architecture at the University of Oregon. “But with the invention of efficient electric light, it’s something we’ve gotten away from.”

Until recently, the rationale for using daylight was predicated largely on economics and altruism: greater reliance on natural light reduces energy consumption and costs. Now, a new generation of research is providing additional justification, including improved human performance.

Among the most significant are two studies conducted by Hesongh Mahone Group of Sacramento, Calif. One involving 20,000 students in California, Colorado and Massachusetts in 1998 and 2002 found that standardized test scores among comparable students could be as much as 26 percent higher when they attended classes in buildings illuminated primarily by natural lighting.

affects humans on a biological level. The center has drawn from previous studies of the relationship between seasonal depression and natural light, particularly those of Dr. Alfred Lewy of Oregon Health Sciences University, to determine that human performance is improved by natural light. A comprehensive research study is due to be released this summer.

Electric illumination replicates light levels the human body needs to see, but for the rest of the body “it’s ineffective compared to something as simple as waking up and looking out the window at the blue sky,” Dr. Rea said.

A move to light up your life, naturally, by architectural design.

ings. Many school classrooms, for example, have been designed without windows, in some cases to eliminate distractions and in others to cut costs.

And when natural lighting is provided in office buildings, the coveted window space is often designated for a handful of executives, while most employees are forced to rely on glaring, flickering, buzzing light tubes hanging from the ceiling.

In his lectures, Mr. Loveland often cites a New Yorker magazine cartoon in which an employer touring a series of cubicles with a colleague explains that “dim fluorescent lighting is meant to emphasize a general absence of hope.”

Still, architects seeking to bathe buildings in natural light can create as many problems as benefits. Simply adding windows is not necessarily the answer. “When we work on a project in the daylighting lab we often spend more time taking them out than putting them in,” Mr. Loveland said. If a window is added to a space, the designer must determine how to balance the room’s luminosity by spreading that light around.

Mr. Loveland calls architecture “a profession in denial” when it comes to evaluating how design will affect light levels. According to a study conducted by the power company PG&E of San Francisco, 90 percent of architects interviewed said they used daylight as a consistent design element. But fewer than 3 percent investigated the effects of different design decisions involving daylight.

To reverse that trend, Mr. Brown’s and Mr. Loveland’s laboratories in Portland and Seattle offer architects a variety of design tools. Some, like the heliodon, evaluate an existing design. Architectural models are placed on the heliodon, a rotating apparatus, to measure simulated light levels inside throughout the day and year.

But Mr. Brown stresses the importance of a series of formulas and calculations that help designers devise lighting solutions before their first blueprints are completed.
Freightliner FL 70 Tank Truck

Carries 2800 Gallons
July of 1999

- the Director of the Centers for Disease Control and Prevention (CDC) requested input from the 11 centers on an article for the Journal of the American Medical Association on the greatest health threats to the country in the 21st century.
BMI US Females 1988-1994

NHANES -- Measured
NHANES – In person interview-- self-reported
BRFSS – Telephone Interview
Nearly 40% of obese children have fatty livers.
Freightliner FL 70 Tank Truck

Carries 2800 Gallons
A Mythical 10 Year Old Child

Who lives one mile from School
He decides to walk to school every day for a year instead of getting a ride from mom
Our Mythical 10 Year Old

- A one mile walk for an 86 pound boy burns 52 calories
- He walks 360 miles in the year
- He burns 18,720 calories in the year
  - Which converts to 5.34 pounds of body fat
Suppose every child walked one mile each way for a year

- 6 million school children in California – larger and smaller, nearer and further from school than our 10 year old – suppose every one of them walked

- How many pounds of body fat?
- 32,000,000 pounds
Suppose every California child gets a ride back and forth from mom

- 6 ounces of gasoline for each mile
- 360 trips a year
- 16 gallons of gasoline
- 6 million children do this
- 96 million gallons of gasoline
How many 2800 Gallon Tank Truck Deliveries?
How Many 2800 Gallon Tank Truck Deliveries?

34,285
My 2006 Autumn Hike in New York State

Brendan and Cheryl
My 2006 Autumn Hike in New York State

We hiked along a hillside
We hiked by a pond
Soon we came to the...
The “Meadows” at the border of Harriman State Park, NY
The “Meadows” at the border of Harriman State Park, NY
Exercise in Healthy Places

- Treatment for Depression—
- Exercise
- Sunlight
- Nature Contact
- The health need for places to walk
Elderly people
California Highway Patrol

• 1969
  – Licensed Drivers: 11.4 million
  – Miles Driven:
    • 112 billion
  – CHP staffing: 5,802

• 2004
  – Licensed Drivers: 22.6 million
  – Miles Driven:
    • 320 billion
  – CHP staffing: 7,291

http://www.policeone.com/traffic-patrol/articles/125504/
California Highway Patrol

- **1969**
  - One CHP officer per 2000 drivers
  - One CHP officer per 19,000 miles driven

- **2004**
  - One CHP officer per 3100 drivers
  - One CHP officer per 44,000 miles driven

http://www.policeone.com/traffic-patrol/articles/125504/
The Next Thing: Miles Per House? ULI Experts Discuss Impact of Transportation Costs on Location Decisions; Look at Future Infrastructure Financing

For more information, contact Trisha Riggs at 202/624-7086; E-mail: prigges@uli.org

WASHINGTON (November 7, 2006) The cost of energy likely will play a more important role in home buying decisions, with “house miles” (the number of miles a home is from employment, retail, education and entertainment) becoming a deal breaker or maker, according to land use industry experts at ULI’s recent annual fall meeting in Denver.

Three of ULI’s senior resident fellows—William Hudnut, John McIlwain, and Robert Durphy—along with University of Maine Crono Petroleum Geologist Elizabeth Wilson, discussed the connection between energy use and community design. The upshot: the smart response to long-term increases in oil and gas prices, along with shrinking energy supplies, is to develop in a way that reduces energy consumption by both buildings and cars. Much-discussed designs that are now gaining traction include close-in infill projects, more downtown housing, and more mixed-use projects in urban centers and on the urban fringe, panelists said.

The cost of distance, along with heating and cooling, is a factor in energy consumption that has a direct impact on housing affordability, McIlwain pointed out, noting that “miles per house” could become a standard measurement of location desirability. Those factors are driving interest in green and sustainable development “like never before,” and this will only increase as the environmentally conscious Generation Y enters the home buying market in full force, he said. “A new generation of home buyers (Gen Y) is looking at the world differently, and to them, green building will be a given. The issue of energy savings will be a fundamental driver in their decisions on what and where to buy.”
Community Policing
My Hike on Sunday
Eventually we must become dependent
But Dependency is the danger

- Financial
- Drug or alcohol
- Energy
- Car
“Supersizing” a fast-food meal – the real costs

- Paying 67 cents to supersize an order — 73% more calories for only 17% more money
- A Bargain!

University of Wisconsin-Madison, Rachel N. Close and Dale A. Schoeller
“Supersizing” a fast-food meal – the real costs

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• The future medical costs for that “bargain” would be $6.64 for an obese man and $3.46 for an obese woman.

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University of Wisconsin-Madison, Rachel N. Close and Dale A. Schoeller
Suicide Rates in 2004

• age 65 and older
  – 14.3 per 100,000 people

• General Population
  – 11 per 100,000