



Ingham County
Health Department

Healthy Communities

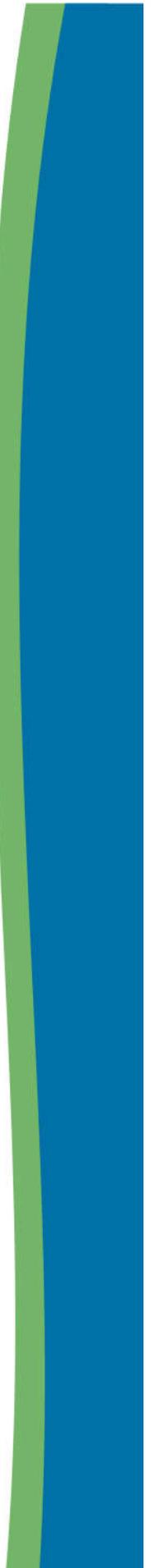
Introduction

In recent years there has been an increase in the evidence that the built environment has an effect on factors influencing health outcomes. Some of the chronic diseases like diabetes, heart disease and even cancer, may be related to the built environment that enhances or hinders health factors such as physical activity, access to nutritious food and living spaces free of health risks. This section of the data book will address some of the built environment indicators that have been identified as correlates to health factors.

Active Living

Food Access

Housing and Neighborhoods



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alking is one of the most common forms of physical activity that can be practiced by most able people irrespective of wealth and has documented benefits for health. Walking occurs mainly in neighborhood streets and public facilities, and how such places are built influences the degree to which they are safe, comfortable, and attractive for walking, biking for recreation or transport or the ability to use streets for wheelchairs by people with a disability.

A review of indicators correlating the built environment to walking behavior is summarized in a paper published in 2010¹. Indicators mostly cited in literature include accessibility or proximity; sidewalks; aesthetics; and safety.

Accessibility indicators:

(Source: Tri-County Regional Planning Commission (TCRPC))

Total and Percent of population residing within ½ mile of a major transit stop

- Total population within ½ mile of bus stop: **254,052**
- Capital Area Transit Authority (CATA) service area percentage of population within ½ mile of bus stop: **88.36%**;
- Total households within ½ mile of bus stop: **112,736**
- Service area percentage of households within ½ mile of bus stop: **88.53%**

Non-motorized routes and recreational opportunities in 2015

(Source: TCRPC)

- Acres of park land in the tri-county region: **23,023 acres**
- Miles of trails in the tri-county region: **73 miles**
- Miles of bike lanes and sidewalks in Ingham County: **1,120**

Pedestrian and bike crashes and fatalities

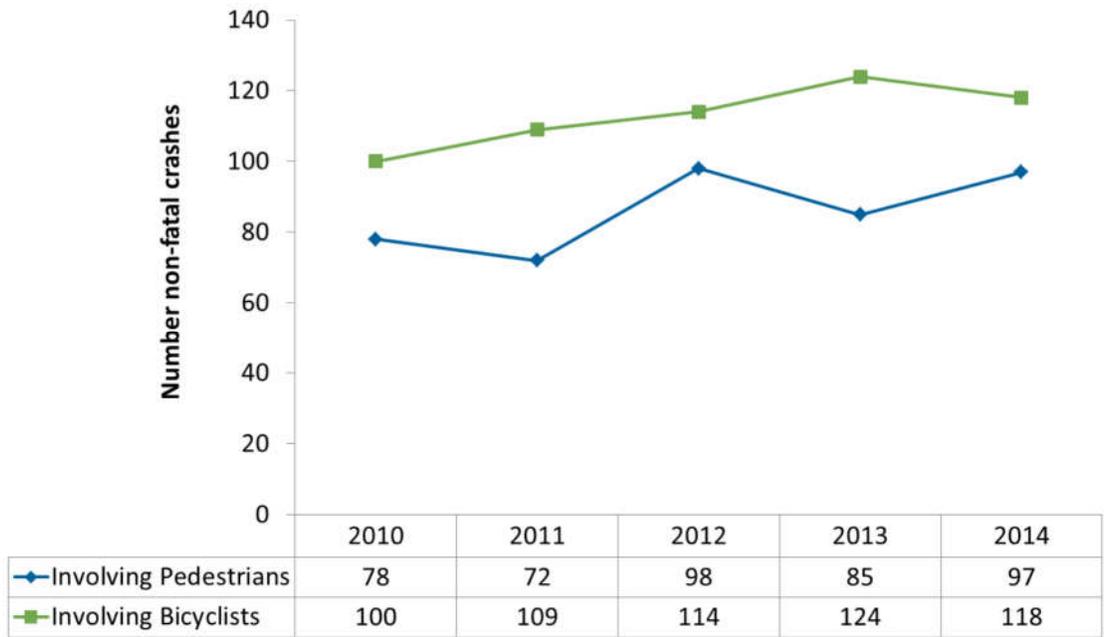
Source: The Michigan Traffic Crash Facts Data Query Tool

Between 2010 and 2014 gas prices were at an all-time high. These, more likely, encouraged an increase in non-motorized transportation, like walking and bicycling. More pedestrians and bicyclists on the road increases the likelihood of crashes and fatalities involving them. Figure 1 shows an increase of non-fatal crashes involving pedestrians or bicyclists. Figure 2 shows the rate of fatalities from crashes involving pedestrians or bicyclists. Both figures reinforce the importance of implementing existing Complete Streets ordinances in municipalities that have them in the county and encourage its adoption in the municipalities that don't have them. This would increase the amount of safe roadways that can accommodate all forms of transportation.

1. Saelens BE, Handy SL. Built Environment Correlates of Walking: A Review. *Medicine and science in sports and exercise*. 2008;40(7 Suppl):S550-S566. doi:10.1249/MSS.0b013e31817c67a4.

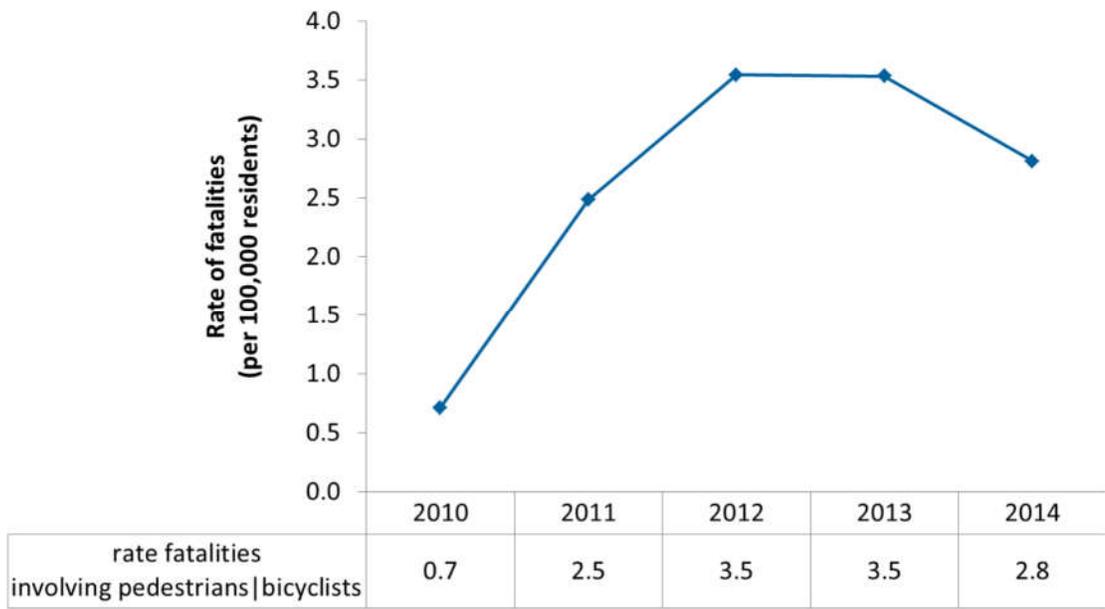
Active Living

Figure 1. Number non-fatal crashes involving pedestrians or bicyclists in Ingham County, 2010-2014



Source: The Michigan Traffic Crash Facts Data Query Tool

Figure 2. Rate of fatalities from crashes involving pedestrians and bicyclists in Ingham County, 2011-2014



Source: The Michigan Traffic Crash Facts Data Query Tool and U.S. Census

Food Access and Availability

The World Food Summit of 1996 defined food security as existing “when all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life”.¹ Commonly, the concept of food security is defined as including both physical and economic access to food that meets people's dietary needs as well as their food preferences.

There are three components included in food security, food availability, food access, and food use. We'll limit our reporting to food availability and food access. Food availability refers to having sufficient quantities of food available on a consistent basis. Food access means having sufficient resources to obtain appropriate foods for a nutritious diet.

The USDA reports the following county level food access data on the Food Environment Atlas:

- Percent population with low access (more than 1 mile in urban areas and more than 10 miles in rural areas) to a grocery store **32.85%** in 2010
- Percent of low income households with low access (more than 1 mile in urban areas and more than 10 miles in rural areas) to a grocery store. **13.44%** in 2010
- Percent of households with no car with low access to a grocery store. **3.10%** in 2010
- Number of grocery stores per 1,000 population **0.18** in 2012
- Number of convenience stores per 1,000 population **0.42** in 2012
- Number of SNAP-authorized stores per 1,000 population **0.81** in 2012
- Number of WIC-authorized stores per 1,000 population **0.17** in 2012
- Number of fast-food restaurants per 1,000 population **0.844801** in 2012
- Number of full-service restaurants per 1,000 population **0.724116**

Ingham County has addressed food access in its built environment by:

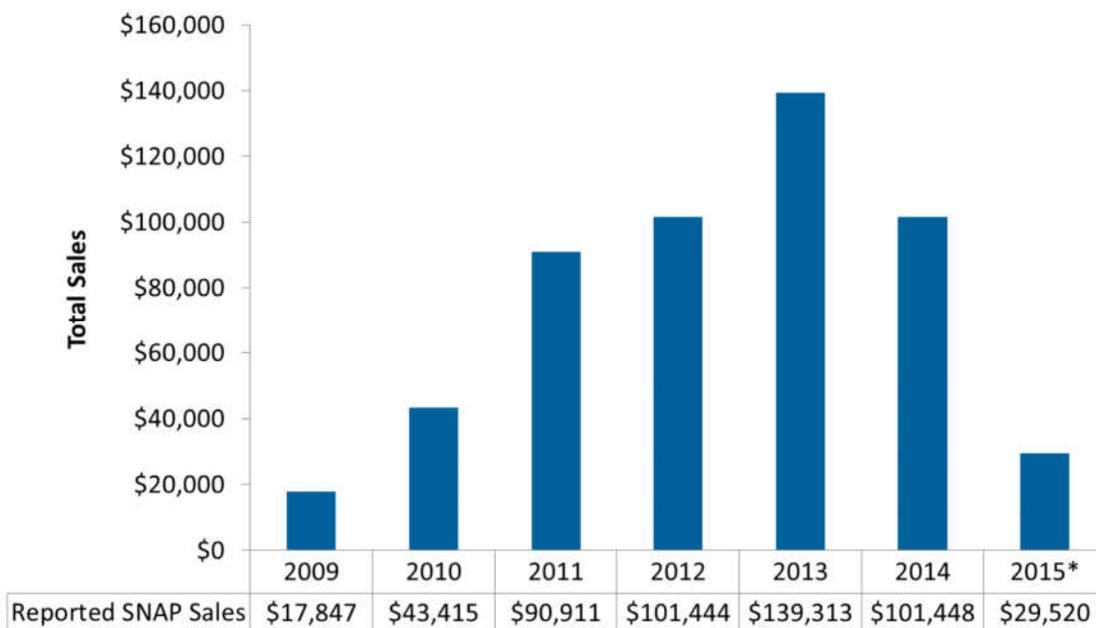
- Mapping out areas in the counties where there is most need for affordable nutritious food
- Building the grassroots networks of neighborhood leaders to own the potential solutions
- Supporting the growth of community gardens through a partnership with the Ingham County Land Bank and seed funds to start and promote some of the gardens.
- Providing the seed resources and partnerships needed to grow a network of Farmers Markets
- Providing seed funds for securing the infrastructure needed to accept State subsidized sales at three

1. World Health Organization: <http://www.who.int/trade/glossary/story028/en/>

Food Access and Availability

- Support the conversion of some of the convenience stores in the City of Lansing to add frozen and fresh produce on their shelves.
- Support the development of a Food Systems Workgroup network to sustain the continuous discussions around food security in Ingham County.
- Support the development of a Lansing-based food hub and incubator kitchen at Allen Market Place project.

Figure 2. SNAP farmers market sales



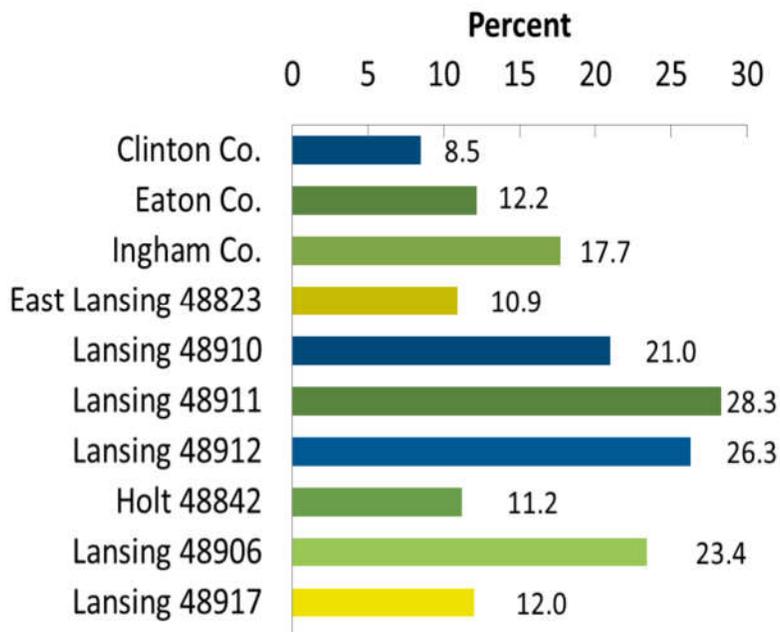
Source: Michigan Farmers Markets Association

Food Access and Availability

Table 1. Adult and Child Recipients of SNAP and Average Amount Provided per Person in Michigan and Ingham Counties, FY 2013

Area	Recipients: Adult	Recipients: Child	Recipients: Total	Amount per Person
Michigan	1,037,387 (58%)	738, 258 (42%)	1,775,646	\$136
Ingham Co.	31,299 (60%)	20,465 (40%)	51,764	\$139

Figure 3. Percentage of Households Receiving SNAP Benefits in Mid-Michigan Counties and Representative Mid-Michigan Areas by Zip Code



Food Access and Availability

Figure 4. Total number of Individuals served by Community Gardens

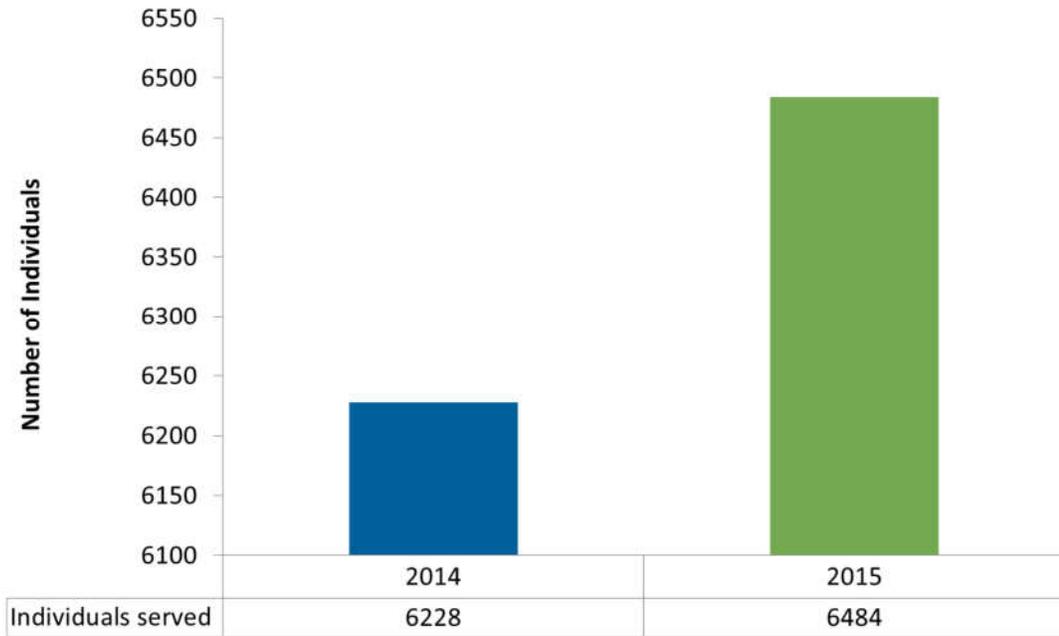
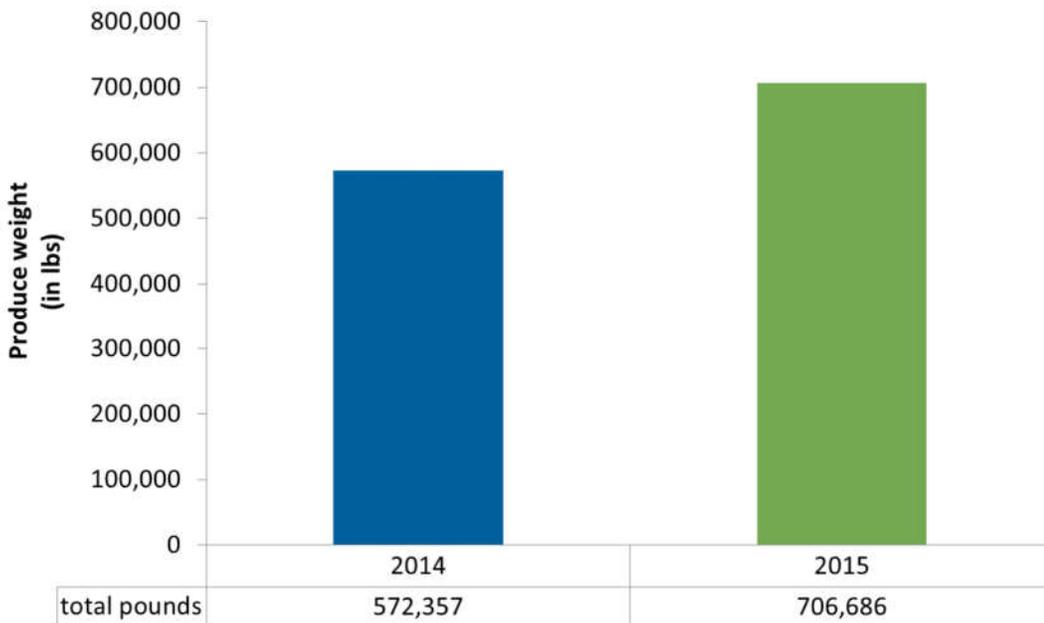


Figure 5. Community gardens produce weight estimates



Housing and Neighborhoods

Housing plays an important role in individual and community health. It provides shelter, enables food storage and preparation, affects access to clean air and water, and it impacts household budgets, family dynamics, access to healthy food, transportation, schools, jobs and services such as healthcare. Good, stable neighborhoods that meet these basic needs improve community wellbeing.

For this section of the data book only a few indicators of housing and neighborhood conditions related to health will be included and tracked.

- Percent housing units built prior to 1978 in Ingham county as of 2013 was **68.2%** and these would be more likely to be lead contaminated. (HIA study report p.62)
- Percent Housing Units that are affordable in Ingham County **37%** (30% household income or less goes to pay for housing costs)
- The liquor store density was **1.31** liquor stores per 10,000 residents in 2013
- The violent crime rate in Ingham County is 546.4 offenses per 100,000 people (2013 Michigan Uniform Crime Report)