

# STRIDE

Southeastern Transportation Research,  
Innovation, Development and Education Center

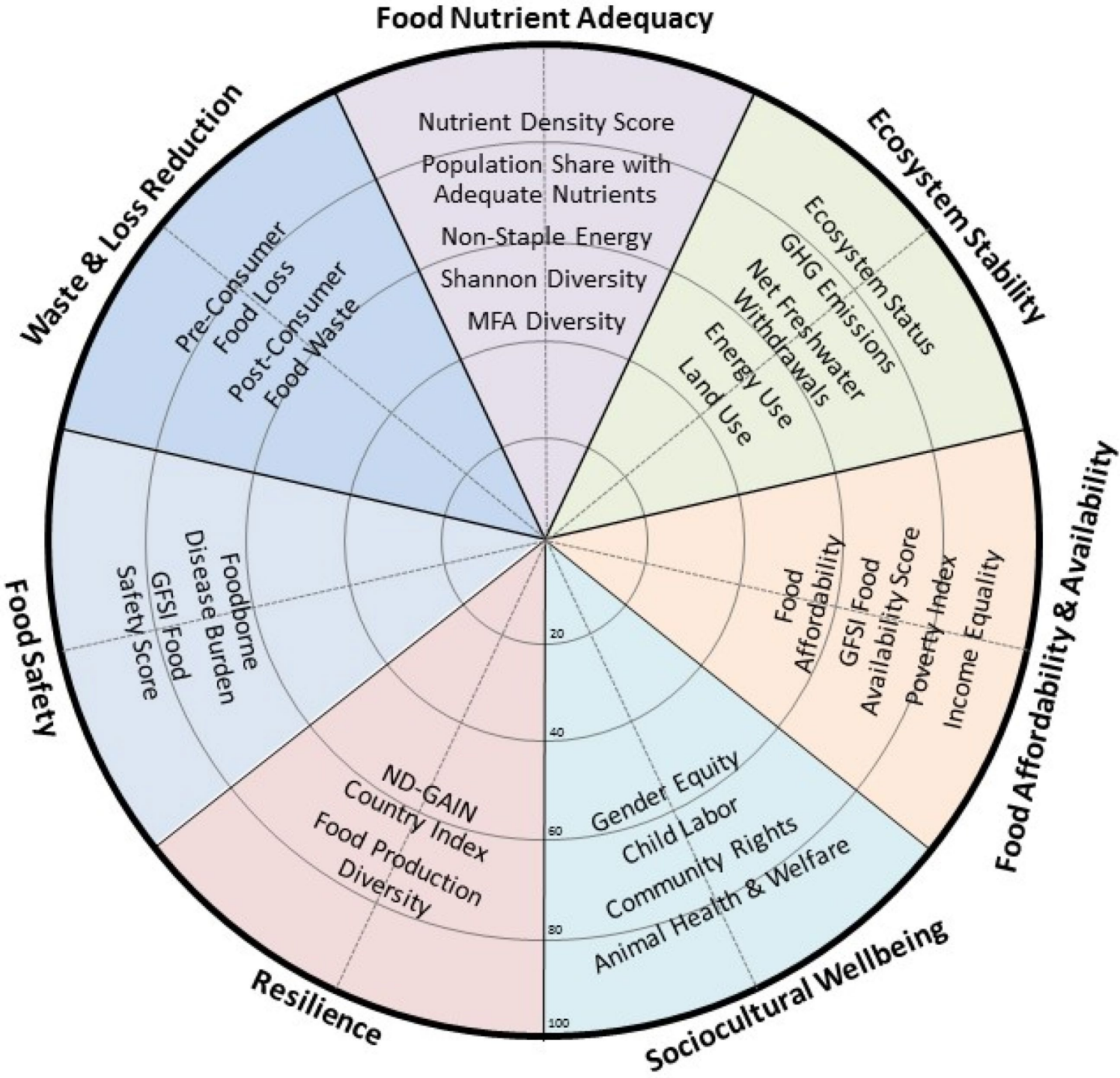


## Multidisciplinary Methods & Metrics

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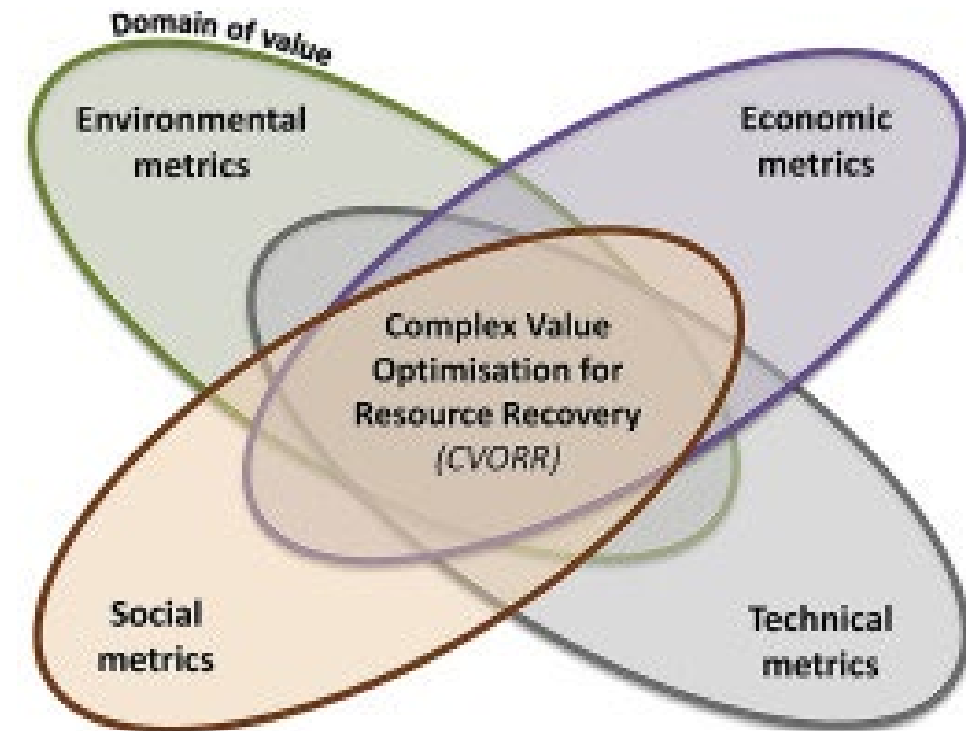


*CIVL 642 Public Health, Physical Activity, and Design of the Built Environment*



## Multidisciplinary methods & metrics

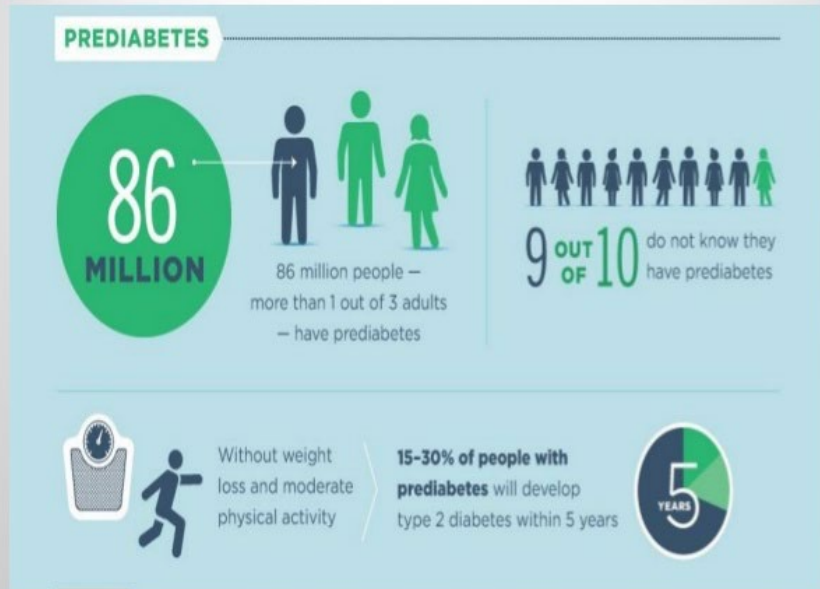
1. Built environment, physical activity, obesity research literature
2. Healthy People 2020
3. Measuring Policy & Environmental Change in Obesity Prevention







U.S. Department of Health and Human Services  
Office of Disease Prevention and Health Promotion  
<https://www.healthypeople.gov/>

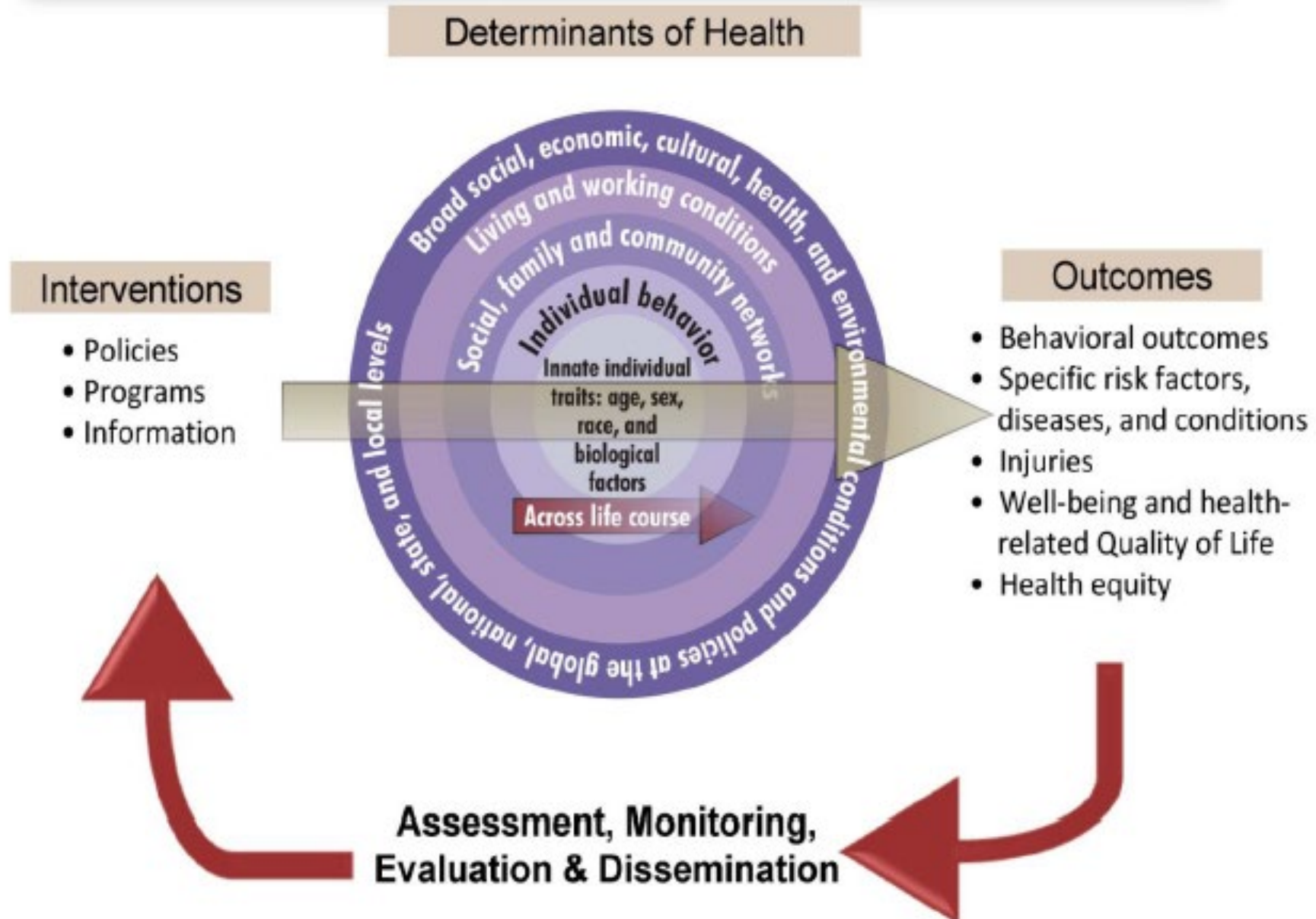




# Healthy People 2020 Topic Areas

- Access to Health Services
- Arthritis, Osteoporosis, and Chronic Back Conditions
- Cancer
- Chronic Kidney Disease
- Diabetes
- Disability and Health
- Educational and Community-Based Programs
- Environmental Health
- Family Planning
- Food Safety
- Nutrition and Weight Status
- Occupational Safety and Health
- Oral Health
- Physical Activity
- Public Health Infrastructure
- HIV
- Immunization and Infectious Diseases
- Injury and Violence Prevention
- Maternal, Infant, and Child Health
- Medical Product Safety
- Mental Health and Mental Disorders
- Health Communication and Health Information Technology
- Hearing and Other Sensory or Communication Disorders
- Heart Disease and Stroke
- Respiratory Diseases
- Sexually Transmitted Diseases
- Substance Abuse
- Tobacco Use
- Vision

# Action Model to Achieve Healthy People 2020 Overarching Goals





# Policy, Systems, and Environmental Approaches for Obesity Prevention: A Framework to Inform Local and State Action

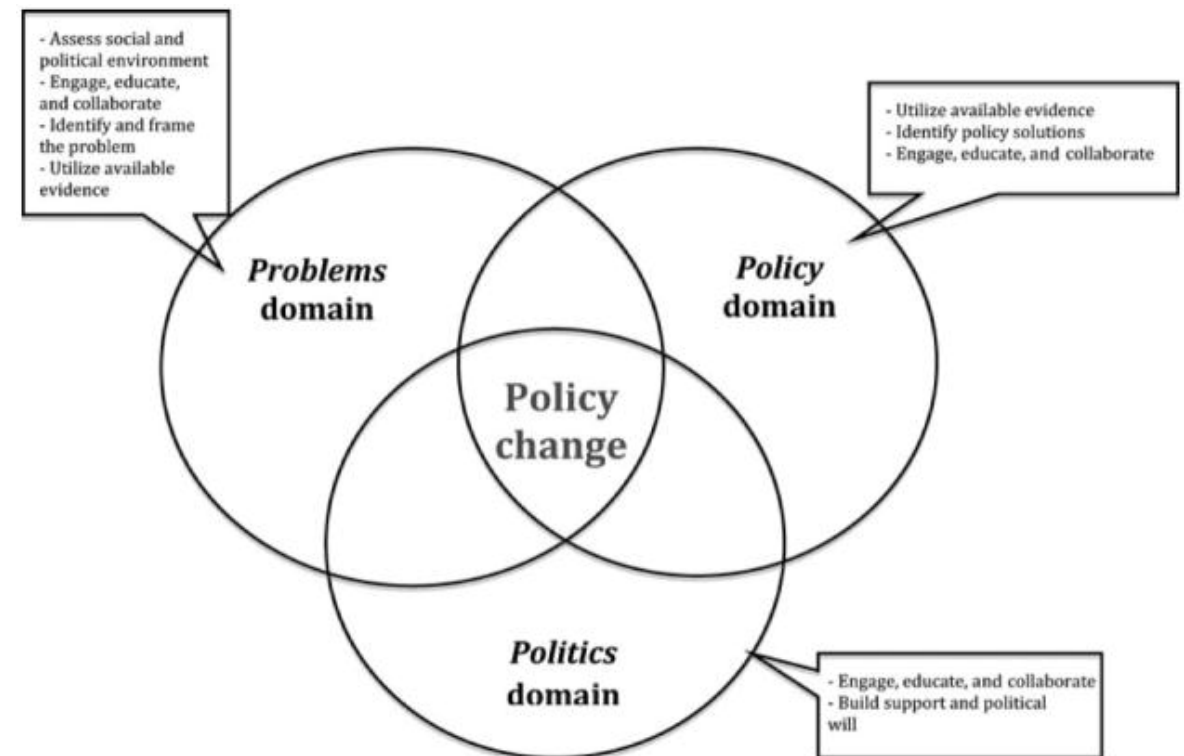
J Public Health Manag Pract. Author manuscript; available in PMC 2016 Jul 13.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4943076/>

*Build support and political will.*  
Encouraging advocates, policymakers, and the general public to support proposed policies

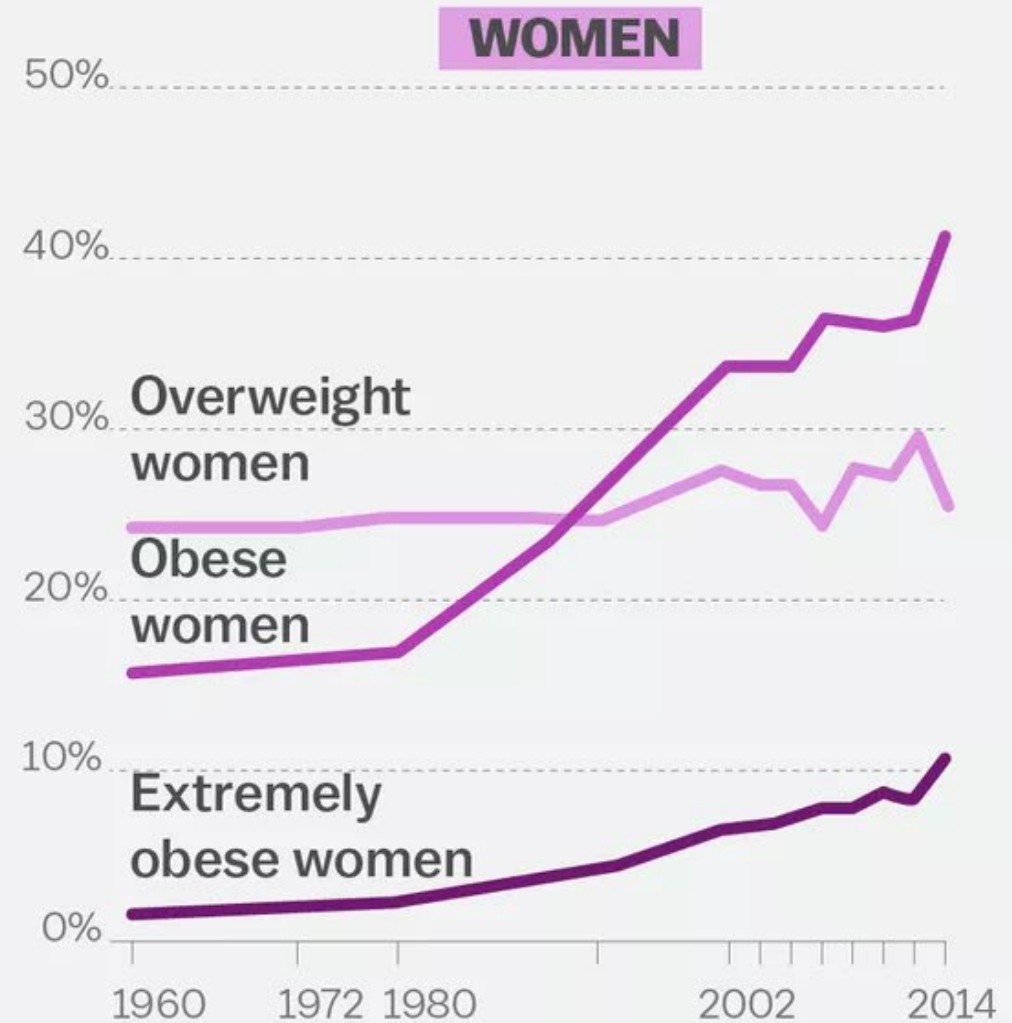
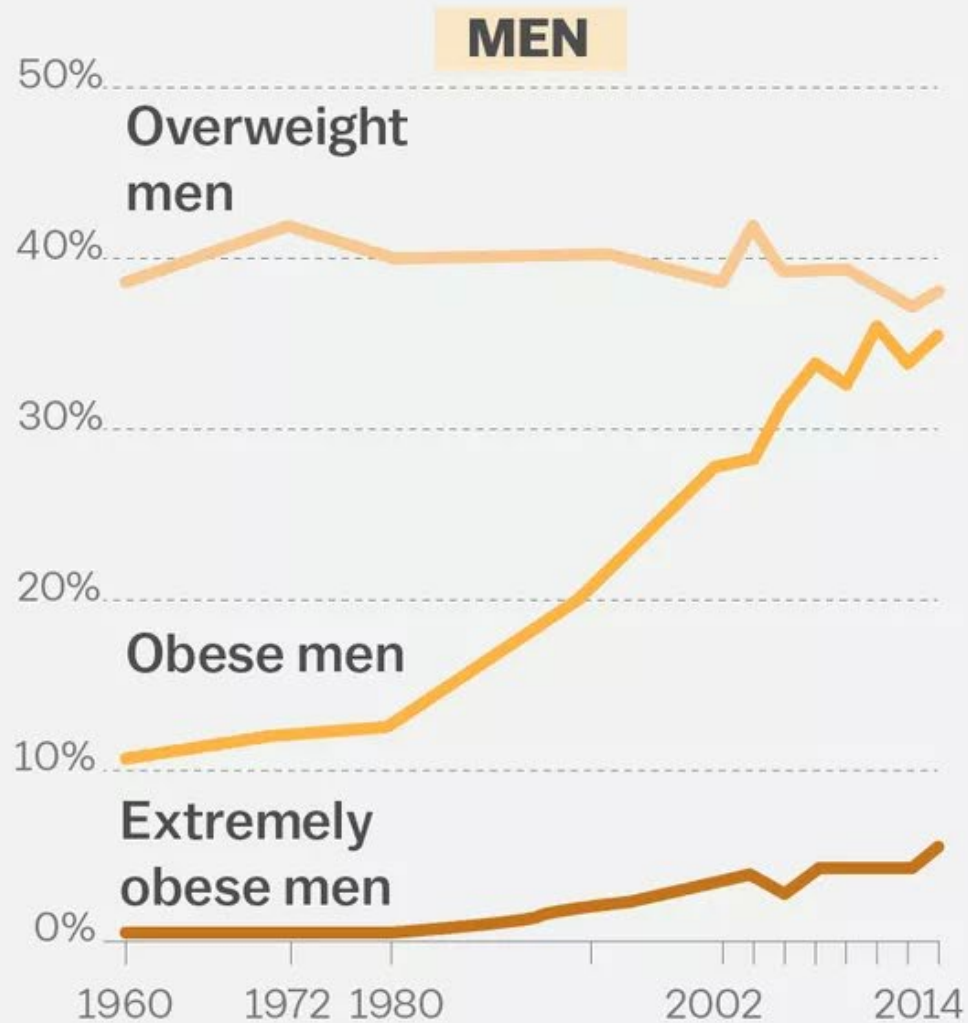
Educate stakeholders about the problems and possible solutions; support

- Leadership for Healthy Communities
- Advocacy in Action: a toolkit for Public Health Professionals
- Childhood obesity: The new tobacco





# The stunning rise of obesity in America

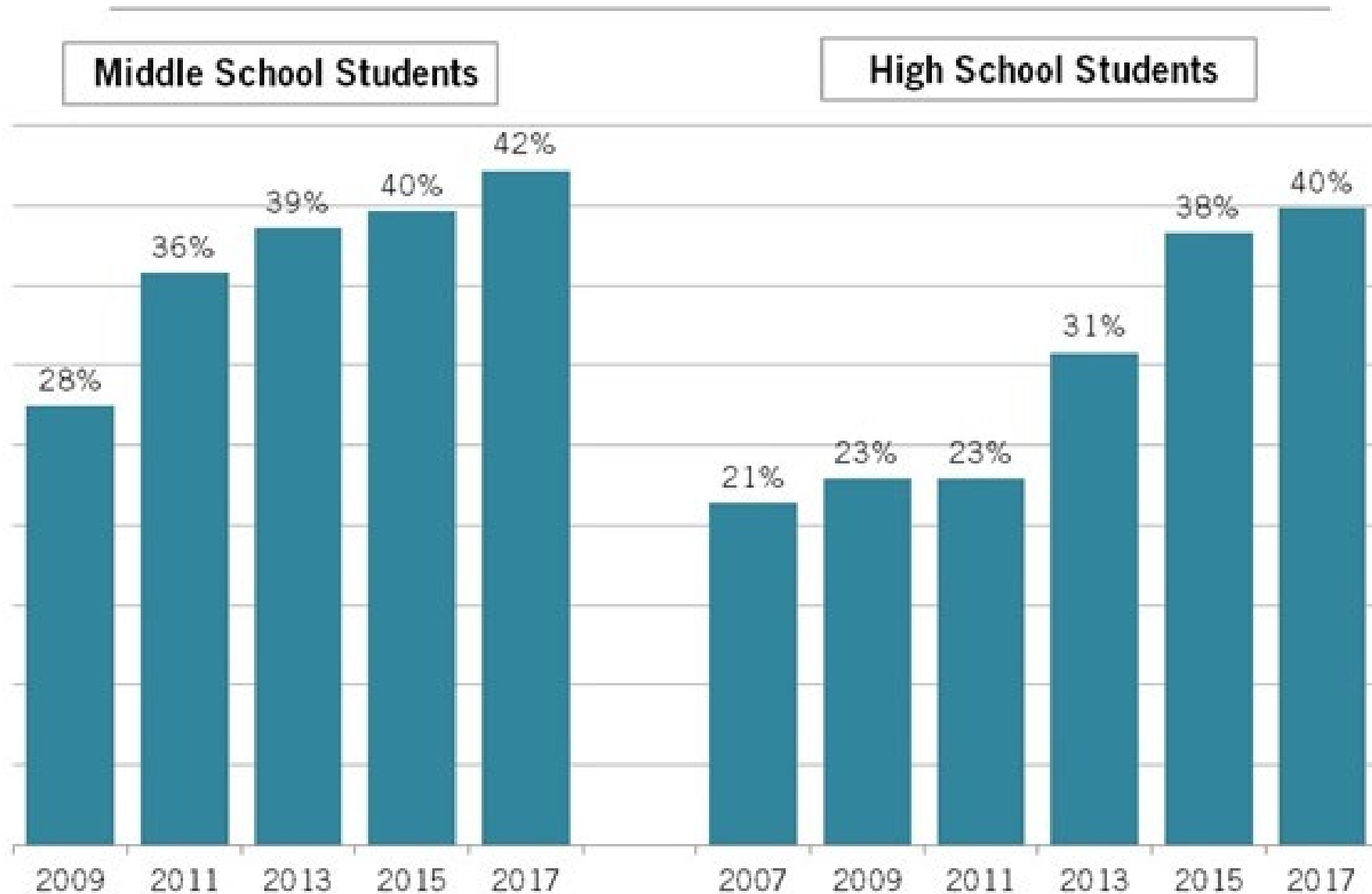


SOURCE: CDC

**Vox**

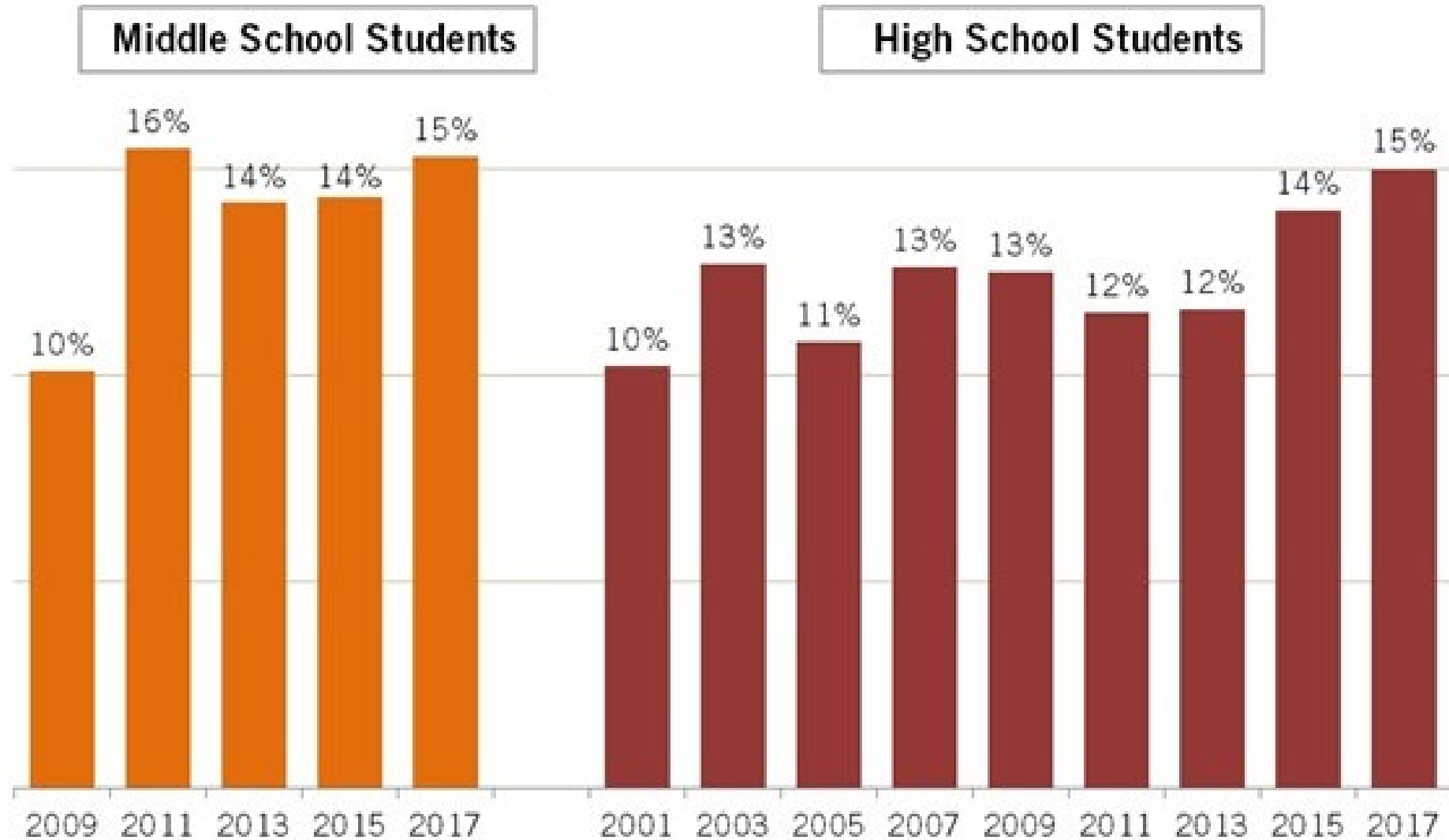


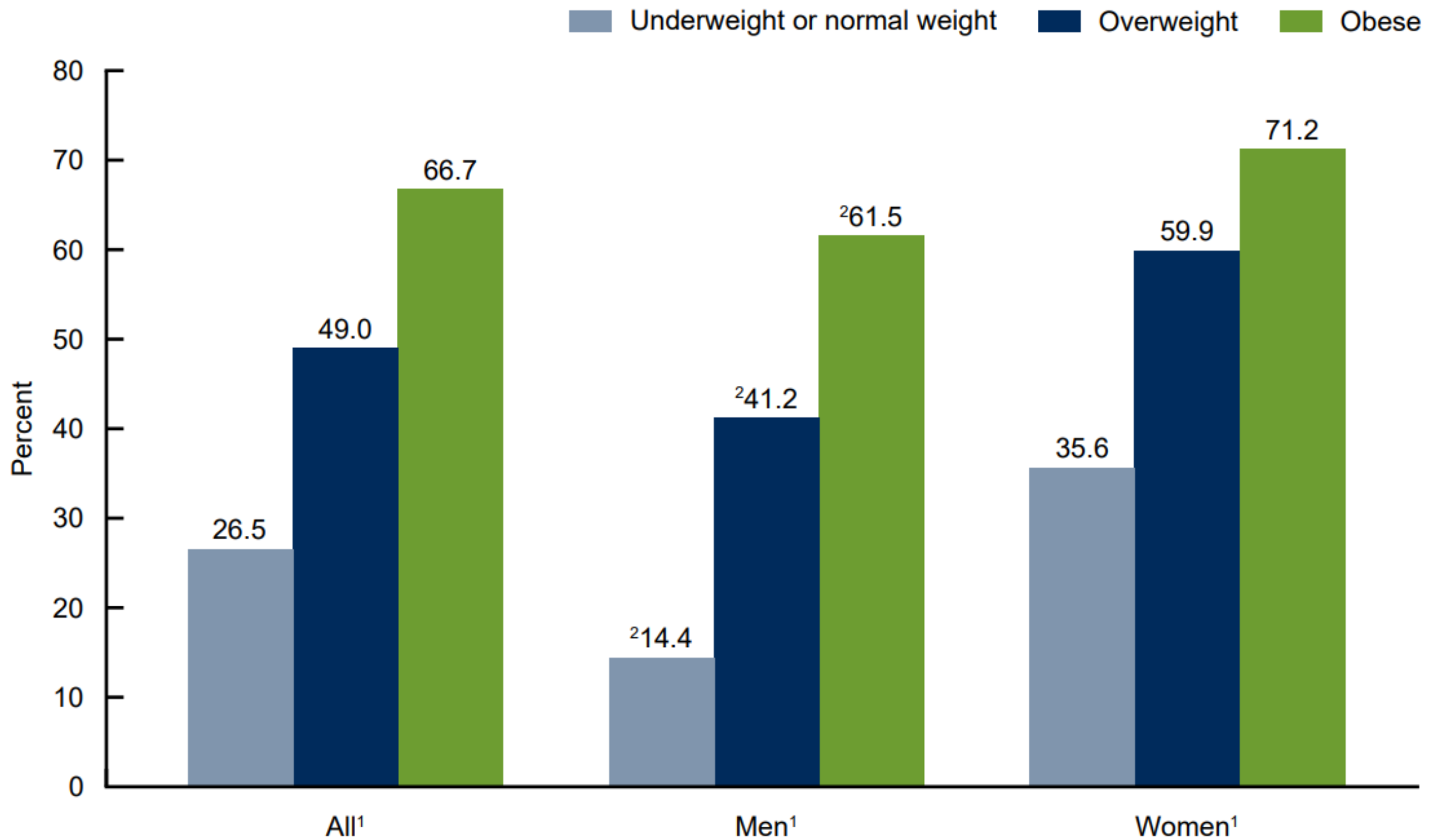
# Middle & High School Students with 3+ hrs of Screen Time Per day not including School Work



# Percent of Youth with Obesity

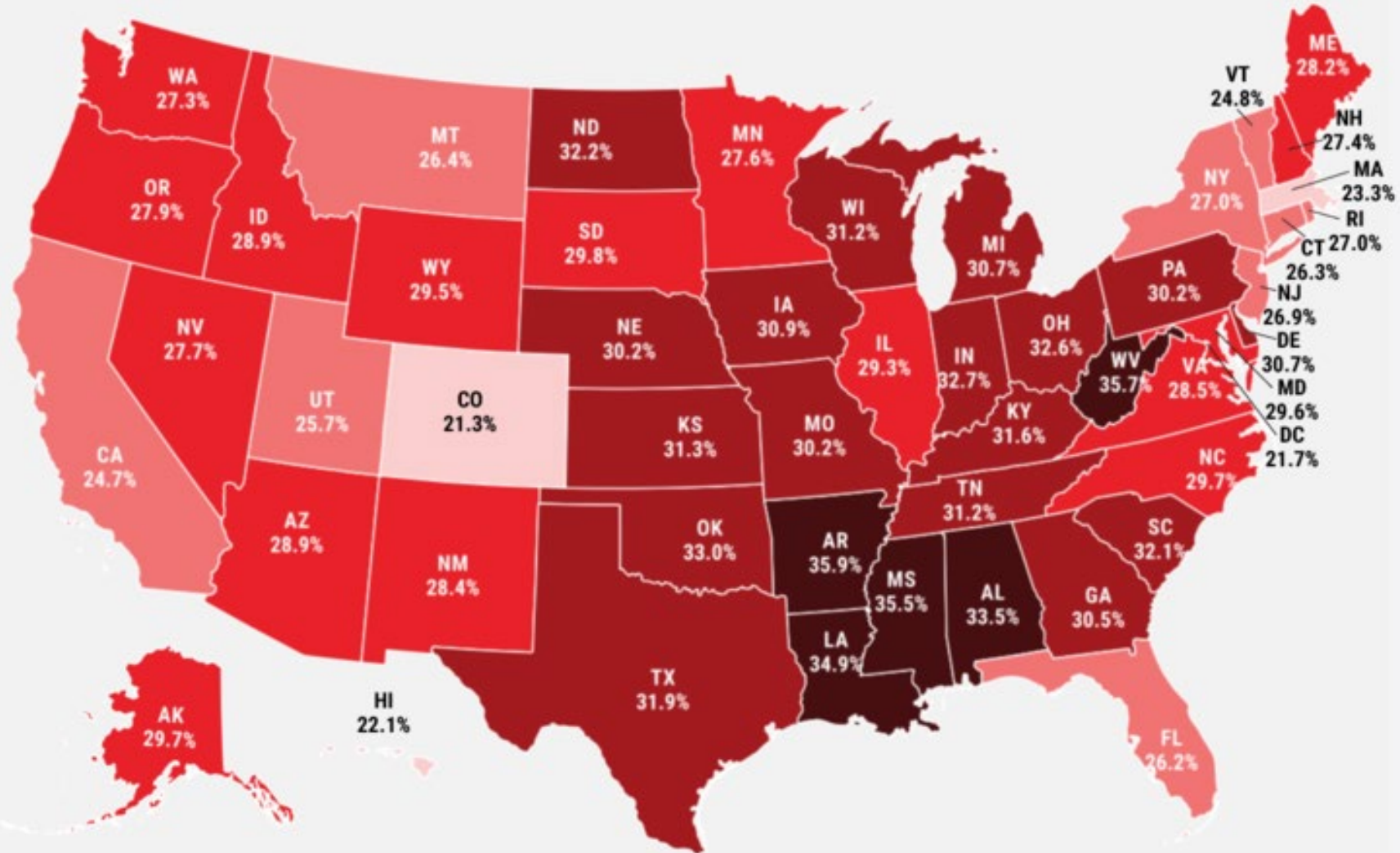
## Maine Integrated Youth Health Survey







# ADULT OBESITY RATES

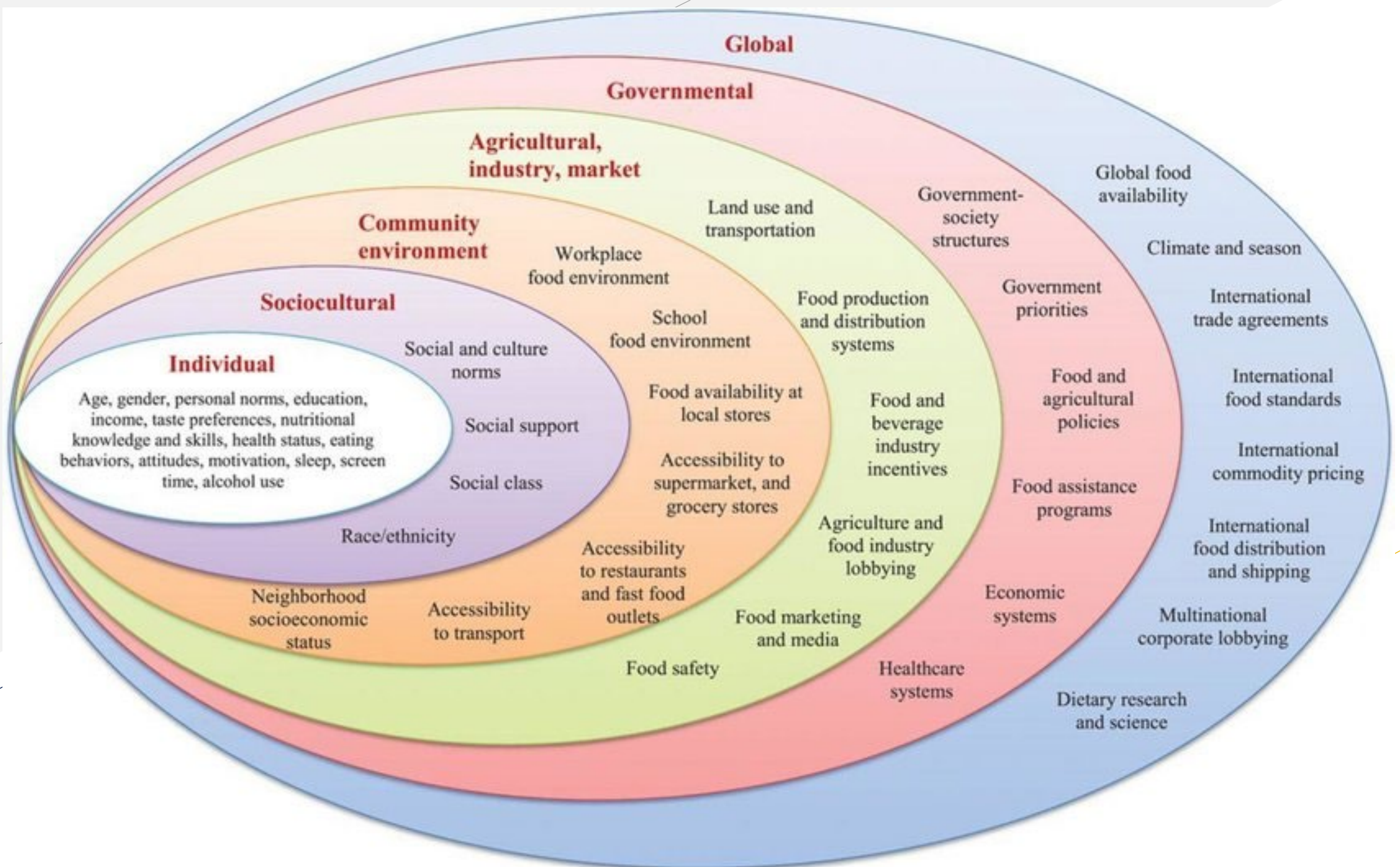


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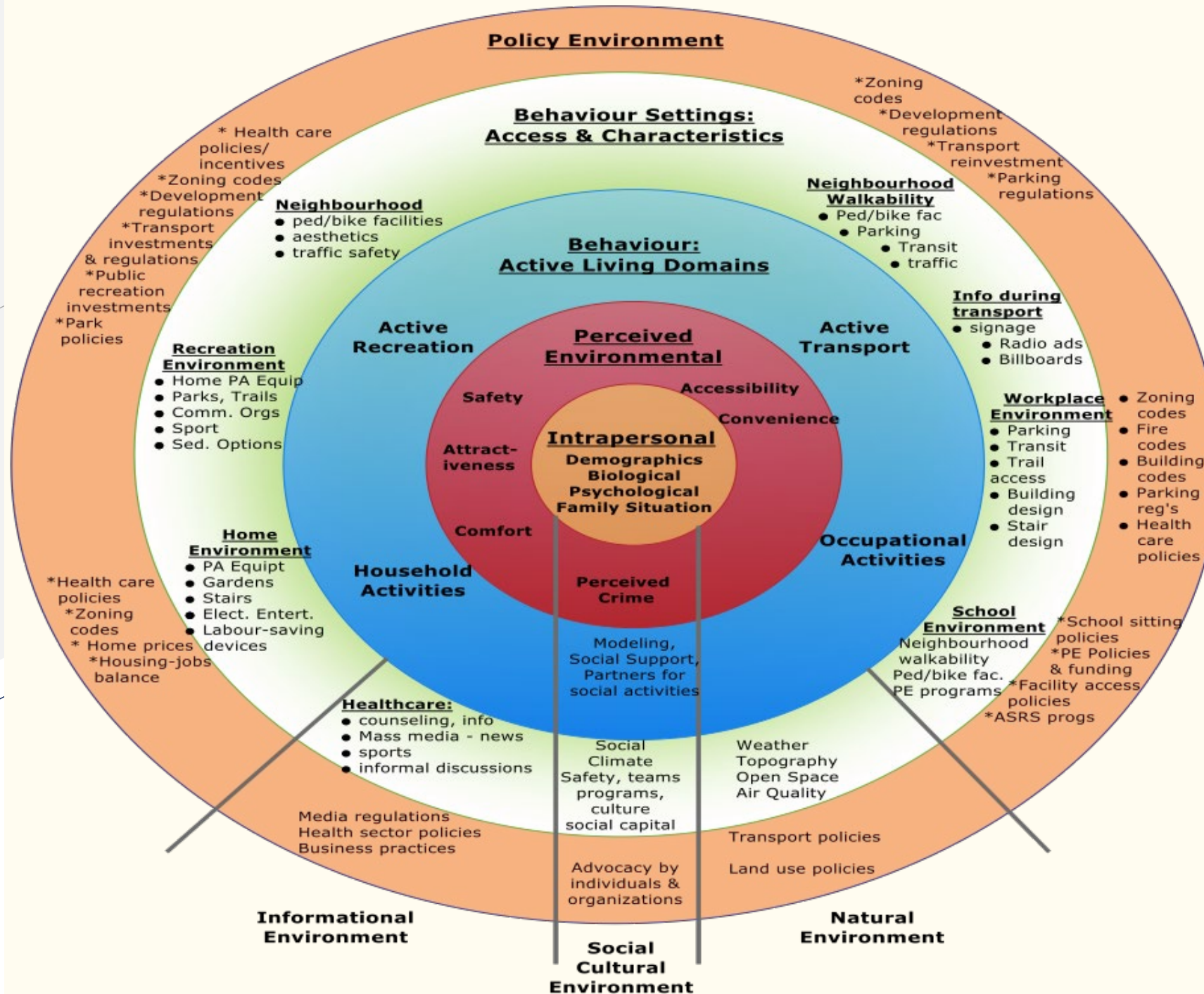


SOURCE: Centers for Disease Control and Prevention, "Behavioral Risk Factor Surveillance System 2014"

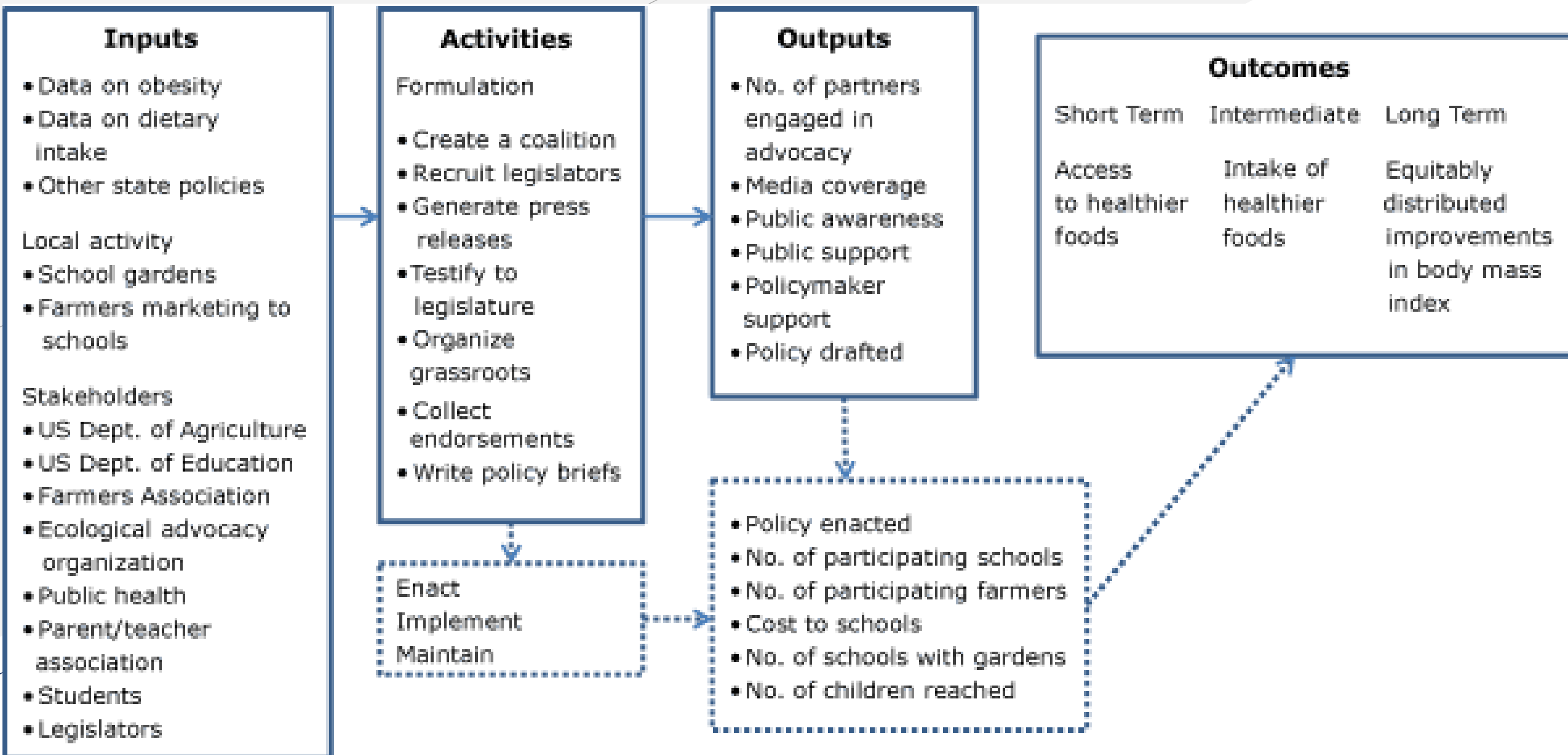
BUSINESS INSIDER

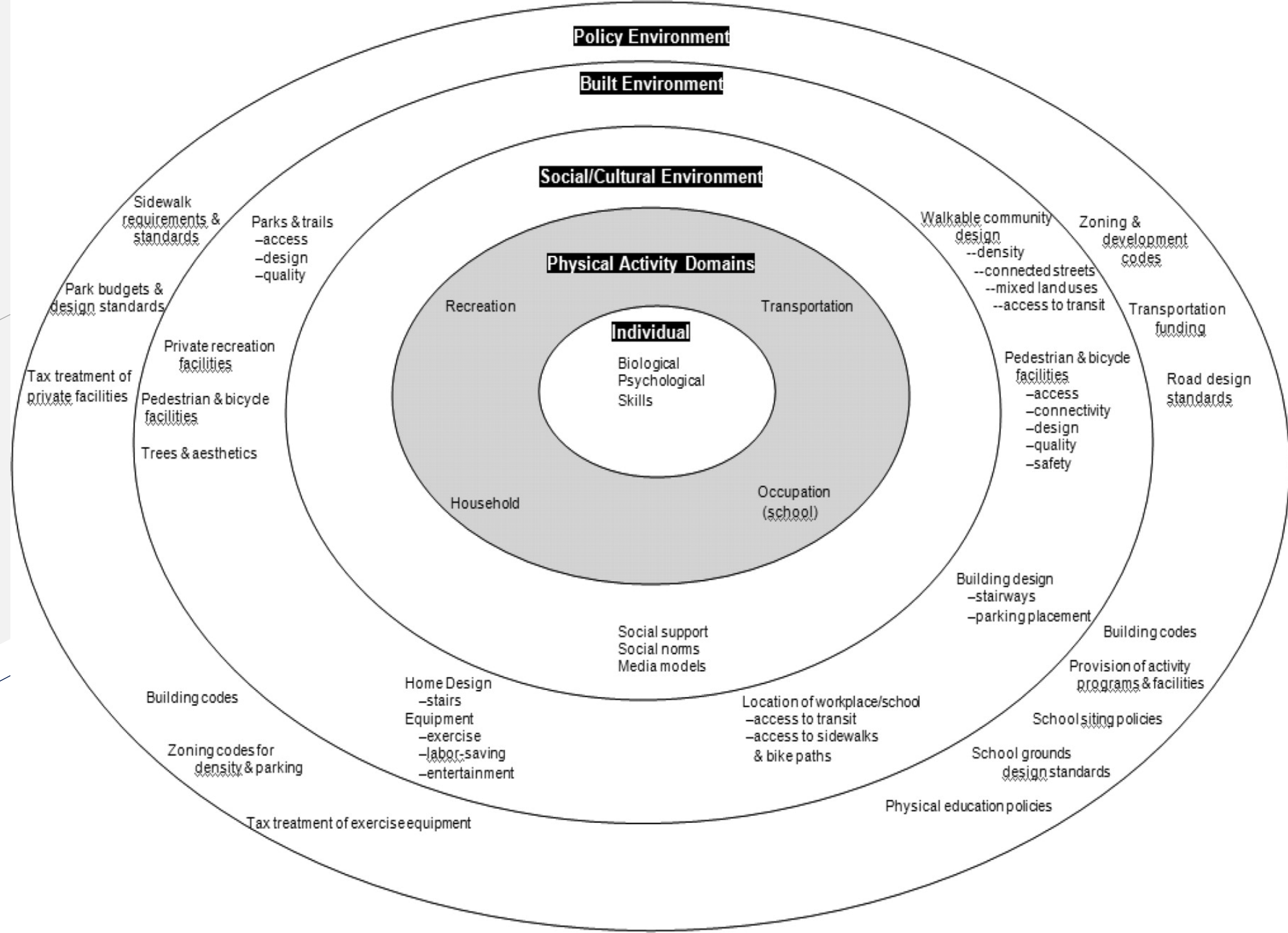


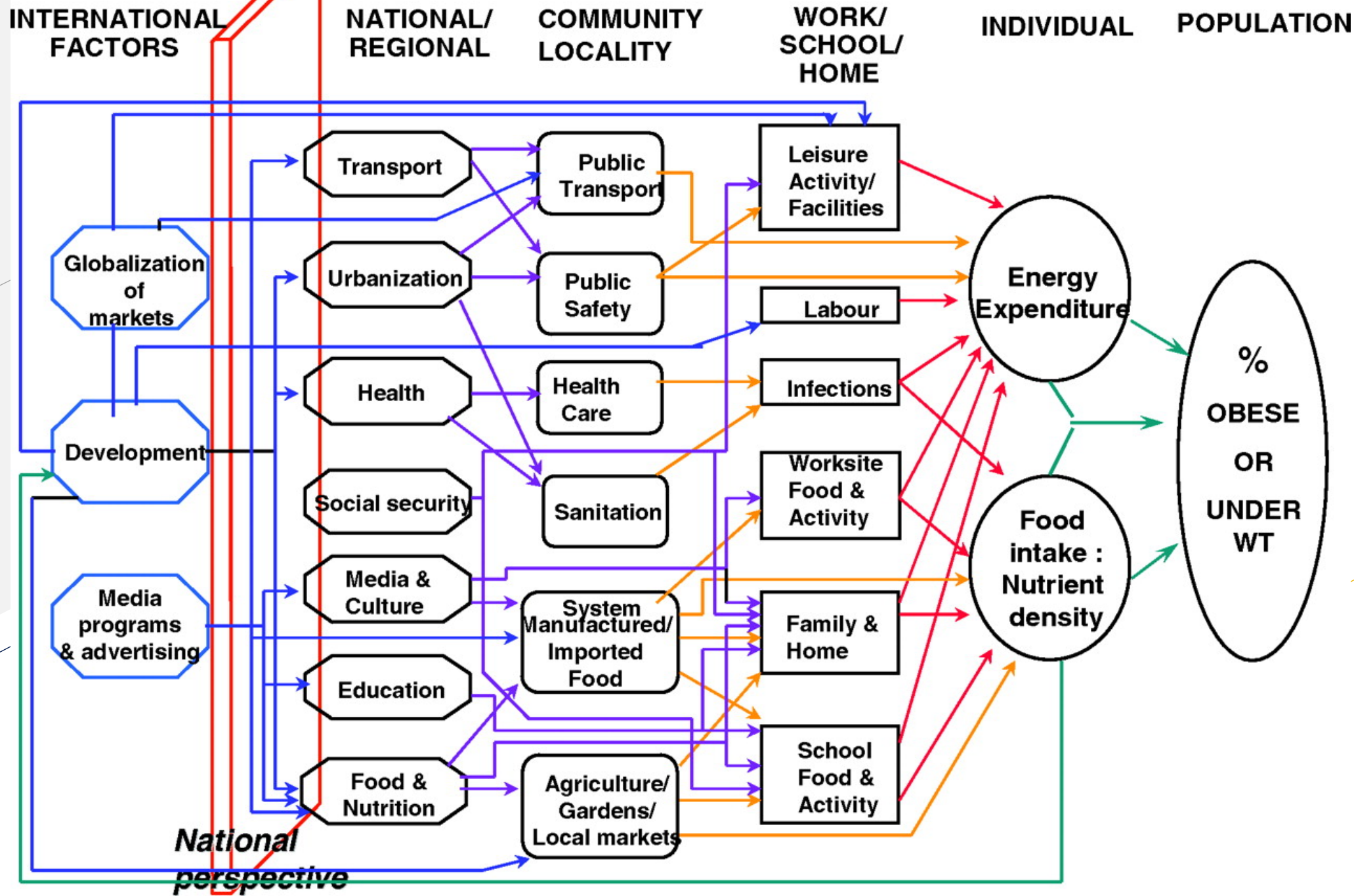
















# Multidisciplinary Methods & Metrics

## Thank You.

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