Building Healthy Communities in Montgomery County, Maryland

Presented at Makeover Montgomery 4
May 11, 2018
Using Data Viz to Design Healthy Communities

Rita Deng
Montgomery County Department of Health and Human Services
Health Equity
AN EXPLANATORY MODEL FOR CONCEPTUALIZING THE SOCIAL DETERMINANTS OF HEALTH

NATIONAL INFLUENCES
GOVERNMENT POLICIES
U.S. CULTURE & CULTURAL NORMS

LIFE COURSE

SOCIAL DETERMINANTS OF HEALTH

ECONOMIC OPPORTUNITY
- Income
- Employment
- Education
- Housing

PHYSICAL ENVIRONMENT
- Built Environment
- Food
- Transportation
- Environmental quality
- Housing
- Water
- Safety

SOCIAL FACTORS
- Participation
- Social support
- Leadership
- Political influence
- Organization
- Violence
- Racism

HEALTH BEHAVIORS & CONDITIONS
- Nutrition
- Physical activity
- Tobacco use
- Skin Cancer
- Injury
- Oral health
- Sexual health

MENTAL HEALTH
- Mental health status
- Stress
- Substance abuse
- Functional status

ACCESS, UTILIZATION & QUALITY CARE
- Health insurance coverage
- Received needed care
- Provider availability
- Preventive care

QUALITY OF LIFE
MORBIDITY
MORTALITY
LIFE EXPECTANCY

PUBLIC HEALTH’S ROLE IN ADDRESSING THE SOCIAL DETERMINANTS OF HEALTH
- Advocating for and defining public policy to achieve health equity
- Coordinated interagency efforts
- Creating organizational environments that enable change
- Data collection, monitoring and surveillance
- Population based interventions to address health factors
- Community engagement and capacity building

COLORADO DEPARTMENT OF PUBLIC HEALTH – SOCIAL DETERMINANTS OF HEALTH WORKGROUP
The *Active Design Guidelines* provides architects and urban designers with a manual of strategies for creating healthier buildings, streets, and urban spaces, based on the latest academic research and best practices in the field.
Community Dashboards
Self-Sufficiency Standard
Montgomery County, Maryland

Interactive Update to the 2016 Report
**Justice Map**: Visualize race and income data for your community, county, and country. Includes tools for data journalists, bloggers and community activists.
Mapping Food Security in Montgomery County, Maryland

A presentation developed for the Montgomery County Food Council, May 2018.

Montgomery County’s vision of food security is a community in which all people - at all times - have access to safe, sufficient, and nutritious food, so that everyone has the opportunity to lead fulfilling lives and contribute to making Montgomery County a place where all may live in dignity.
Thank You!

www.healthymontgomery.org
Health in All Policies (HiAP) in Montgomery County, MD

Amy Lindsay, Department of Planning
Chunfu Liu, Department of Health and Human Services
Sam Oji, Department of Transportation
Karen Thompkins, Department of Health and Human Services
Implementing Health in All Policies in Montgomery County

Karen Thompkins
Program Manager, Montgomery County Department of Health and Human Services
What is Health in All Policies (HiAP)?

Health in All Policies is a collaborative approach to improving the health of all people by incorporating health considerations into decision-making across sectors and policy areas.

- American Public Health Association and Public Health Institute
FIGURE 8. ROOT CAUSE MAP

OUTCOME

CAUSAL FACTOR

Too few calories out

- Sedentary work
- Children can’t walk to school
- Little leisure-time physical activity
- Limited nutrition knowledge and information
- Access to calorie-dense, nutritionally poor foods

ROOT CAUSES

- No sidewalks
- Fear of crime
- Fast moving traffic
- Many fast food outlets

Too many calories in

- Lack of access to healthy foods
- Limited transportation options
- No farmers’ market nearby
- No full service grocery stores nearby

ROOT CAUSES

- Zoning rules
- Consumer demand
- Infrequent public buses
- Unwilling to walk further
- Deed restrictions
- Disinvestment from poor neighborhoods
- Both parents work
- Time pressure
- No sidewalks
- Fear of crime

Montgomery County
HiAP in Montgomery County, MD

- HiAP was launched as a result of the 2016 Community Health Needs Assessment and the 2017-2019 Community Health Improvement Plan (CHIP).
- HiAP Workgroup formed in February 2017 to develop the CHIP and to create a workplan.
- Year 1 of the workplan includes an environmental scan of county agency websites to identify activities (programs, policies, etc.) in place that may impact health and wellness.
## Environmental Scan of Transportation

### Program/Activities/Action

<table>
<thead>
<tr>
<th>Program/Activities/Action</th>
<th>Government Mechanism</th>
<th>Description</th>
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<tbody>
<tr>
<td>Education &amp; Information Programs</td>
<td>Education &amp; Information</td>
<td>Information provided to the public for their education, awareness and safety (e.g., transportation routes and schedules, traffic incidents and delays, safety tips, etc.)</td>
<td><a href="http://www.montgomerycountymd.gov/dot/index.html">Website</a></td>
</tr>
<tr>
<td>ADA Compliant Sidewalks</td>
<td>Direct Service Provision</td>
<td>Construction of ADA-compliant sidewalks and repairing sidewalks to ensure they meet ADA requirements.</td>
<td><a href="http://www.montgomerycountymd.gov/dot/site/sidewalks/ADA.html">Website</a></td>
</tr>
<tr>
<td>Low Impact Development Center - Rain Garden Design Templates</td>
<td>Direct Service Provision</td>
<td>Sustainable templates for landscape architects, landscape contractors, and garden clubs to create rain gardens and bio-retention.</td>
<td><a href="http://www.montgomerycountymd.gov/dot/site/sidewalks/RIP.html">Website</a></td>
</tr>
<tr>
<td>Annual Sidewalk Program (capital improvement project)</td>
<td>Guidance &amp; Best Practices</td>
<td>Annual impact assessment of sidewalks based on requests from the public, conducts transportation improvement near schools and projects for traffic engineering.</td>
<td><a href="https://www.youtube.com/watch?v=8i66lll6xSo">External</a></td>
</tr>
<tr>
<td>Better Ways to Work! MoCo Commuter Services</td>
<td>Employer. Funding</td>
<td>A variety of incentives and tools to make roads less crowded while providing reliable transportation alternatives.</td>
<td><a href="http://www.montgomerycountymd.gov/dot/dot/commuter/index.html">Website</a></td>
</tr>
<tr>
<td>Bus Stop Improvement (capital improvement project)</td>
<td>Direct Service Provision</td>
<td>Program to make all 5,400 bus stops in Montgomery County accessible by wheelchair, ADA accessible and as pedestrian safe as feasible.</td>
<td><a href="http://www.montgomerycountymd.gov/dot/site/sidewalks/BusStop.html">Website</a></td>
</tr>
<tr>
<td>Pedestrian Road Safety Audit Program</td>
<td>Data</td>
<td>A data-driven approach to identify safety issues at the County’s High Incidence Areas (HIA) - areas identified as having the highest rates of pedestrian-related crashes.</td>
<td><a href="http://www.montgomerycountymd.gov/dot/pedSafety/prt/home.html">Website</a></td>
</tr>
<tr>
<td>Transportation Management Districts (TMD)</td>
<td>Legislation &amp; Ordinances, Taxes and Fees</td>
<td>County law that requires that every employer with 25 or more full- or part-time employees in a TMD submit a Traffic Mitigation Plan (TMP) within 90 days of notification from the Department of Review and review requests for sidewalk construction along County-maintained and State-maintained roadways.</td>
<td><a href="http://www.montgomerycountymd.gov/dot/dot/transport/tmd/index.html">Website</a></td>
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<tr>
<td>Sidewalk Projects</td>
<td>Direct Service Provision</td>
<td>A range of programs and initiatives to improve and enhance the appearance of communities.</td>
<td><a href="http://www.montgomerycountymd.gov/dot/site/sidewalks/Projects.html">Website</a></td>
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<tr>
<td>Transit System (RideOn, BRT, Capital Bike Share, etc.)</td>
<td>Direct Service Provision</td>
<td>A program to address speeding and unsafe driving practices on residential streets. The program includes education, engineering and enforcement.</td>
<td><a href="http://www.montgomerycountymd.gov/dot/dot/transport/tranOptions.html">Website</a></td>
</tr>
<tr>
<td>Keep Montgomery County Clean and Green</td>
<td>Funding, Education &amp; Information</td>
<td>The sustainability policy addresses four sustainability goals specific to: Environmental, Social, Economic, Education</td>
<td><a href="http://www.montgomerycountymd.gov/dot/dot/beautificationGrants.html">Website</a></td>
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<tr>
<td>Residential Traffic Calming</td>
<td>Direct Service Provision, Legislation &amp; Ordinances, Education &amp; Information</td>
<td>A County Executive plan to eliminate fatalities and severe injuries on the road by 2030.</td>
<td><a href="http://www.montgomerycountymd.gov/DOT-TrafficTraffic-calming.html">Website</a></td>
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<tr>
<td>Sustainability Policy</td>
<td>Guidance &amp; Best Practices</td>
<td>Coordinating MCDOT’s review of the transportation-related elements of residential and/or commercial development projects during the required project phases.</td>
<td><a href="http://www.montgomerycountymd.gov/dot/dot/sustainability/index.html">Website</a></td>
</tr>
<tr>
<td>Vision Zero</td>
<td>Regulation, Legislation and Ordinances, Education and Information</td>
<td>Abilities-Ride is a new same-day service for MetroAccess customers. Customers pay a $5 flat fee for trips up to nine miles within Montgomery and PG County.</td>
<td><a href="http://www2.montgomerycountymd.gov/municipalages/press_release.aspx?item_id=21526">Website</a></td>
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Montgomery County
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<td>Dockless BikeShare</td>
<td>Direct Service Provision</td>
<td>A dockless bikeshare demonstration project in Silver Spring.</td>
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Improving Quality of Life Through Transportation: Ride On Route 301

Sam Oji
Chief, Enhanced Mobility and Senior Services Section
Div. of Transit Services, Montgomery County Dept. of Transportation
Fundamental Guiding Principles

▪ Provide an Effective and Efficient Transportation system

▪ Keep our system reliable, safe and secure

▪ Engage and support our diverse community

▪ Enhance quality of life

▪ Be innovative and forward-thinking
Ride On Route 301
https://www.youtube.com/watch?v=ef4MiARLzY8&feature=youtu.be
Route 301

Route 301 – Tobytown Service
- Service operates 7 days/week
- Hours of Operation: 6:00a – 7:00p
- Tobytown (Potomac, MD) to Rockville Station

Highlights:
- New Nancy Dacek Recreation Center
- Glenstone Museum
- Shady Grove Hospital
- Rockville Town Center
- Rockville Metro Station
Route 301 Average Ridership

Jan-17  Feb-17  Mar-17  Apr-17  May-17  Jun-17  Jul-17  Aug-17  Sep-17  Oct-17  Nov-17  Dec-17

Wkdy  Sat  Sun

-  20  40  60  80  100  120  140

Montgomery County
Potential Applications of HiAP - Veirs Mill Corridor

Amy Lindsey
Planner Coordinator, Area 2
Montgomery County Planning Department
Veirs Mill Corridor
Veirs Mill Corridor
Veirs Mill Corridor

- 23,700 People & 7,400 Households
- Young Adults Under 34 and Children
- Majority Hispanic Community
- Spanish Is Most Common Language
- Over Half of Spanish Speaking Residents Speak English Less Than “Very Well”

Source: U.S. Census Bureau, 2011-2015 American Community Survey 5-Year Estimates
Health Considerations Along the Veirs Mill Corridor

Chunfu Liu
Chief Epidemiologist, Montgomery County Department of Health and Human Services
Health Impact Assessment

Access to
- Public Transportation and Mobility
- Food, Healthcare, and Community Services
- Places for Physical Activity and Parks
- Housing, Employment, and Education

Air Quality and Noise
Community Safety and Cohesion
Spatially Weighted Summary

Cardiovascular Disease Mortality Age Adjusted Rates
Montgomery County, MD, 2011-15
# Comparison of Health Conditions

<table>
<thead>
<tr>
<th>Health Condition</th>
<th>Veirs Mill Corridor</th>
<th>MoCo</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Age-adjusted Rate*</td>
<td>Age-adjusted Rate</td>
</tr>
<tr>
<td>Mortality</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cancer</td>
<td>139.8</td>
<td>127.0</td>
</tr>
<tr>
<td>Cardiovascular Disease</td>
<td>169.3</td>
<td>159.1</td>
</tr>
<tr>
<td>ER Visits</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asthma</td>
<td>518.1</td>
<td>577.7</td>
</tr>
<tr>
<td>Hypertension</td>
<td>1209.1</td>
<td>1359.9</td>
</tr>
<tr>
<td>Heart Failure</td>
<td>59.1</td>
<td>52.8</td>
</tr>
<tr>
<td>COPD</td>
<td>838.2</td>
<td>977.8</td>
</tr>
<tr>
<td>Stroke</td>
<td>58.3</td>
<td>73.3</td>
</tr>
<tr>
<td>Diabetes</td>
<td>448.4</td>
<td>480.5</td>
</tr>
</tbody>
</table>

* rates are per 100,000 population and standardized to 2010 US population

Table 1.1 Comparison of Selected Health Conditions between Veirs Mill Corridor and the County, 2012-2015
### Table 1.2 Comparison of Selected Health Conditions between Veirs Mill Corridor and the County, 2012-2015

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<tr>
<th>Health Condition</th>
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<tr>
<td>Risky Behavior (HS, 2015)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overweight (%)</td>
<td>30.1</td>
<td>25.4</td>
</tr>
<tr>
<td>Fruit/Veg Non-Consumption (%)</td>
<td>8.0</td>
<td>6.8</td>
</tr>
<tr>
<td>Physical Inactivity (%)</td>
<td>26.4</td>
<td>17.6</td>
</tr>
<tr>
<td>Premature Birth (%)</td>
<td>1.3</td>
<td>1.5</td>
</tr>
<tr>
<td>Infant Mortality Rate**</td>
<td>5.6</td>
<td>5.2</td>
</tr>
</tbody>
</table>

** per 1,000 births

** infant mortality rate per 1,000 births
Veirs Mill Corridor
Veirs Mill Corridor
Next steps

- Increase representation on workgroup.
- Raise the profile of the topic.
- Look for linkages and gaps across agencies.
- Find opportunities for adding to existing processes and adding accountability.