

# Streets of the Region's Health

## How the New York Metropolitan Region's Urban Systems Influence Health

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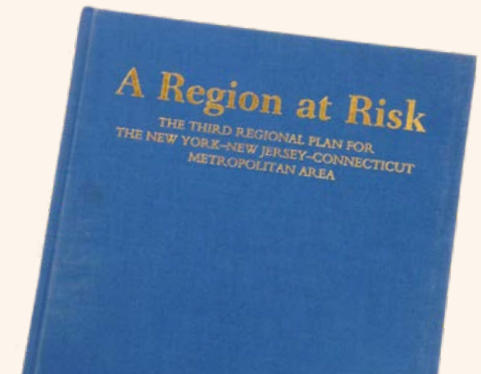
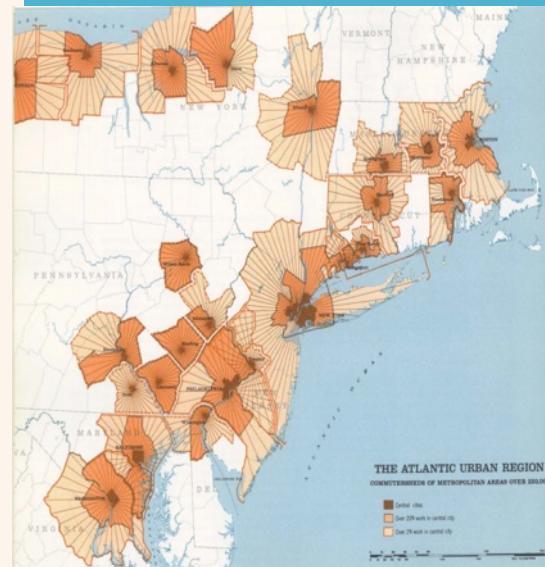
# A regional plan every generation



1929 First Regional Plan



1968 Second Regional Plan



1993 Third Regional Plan

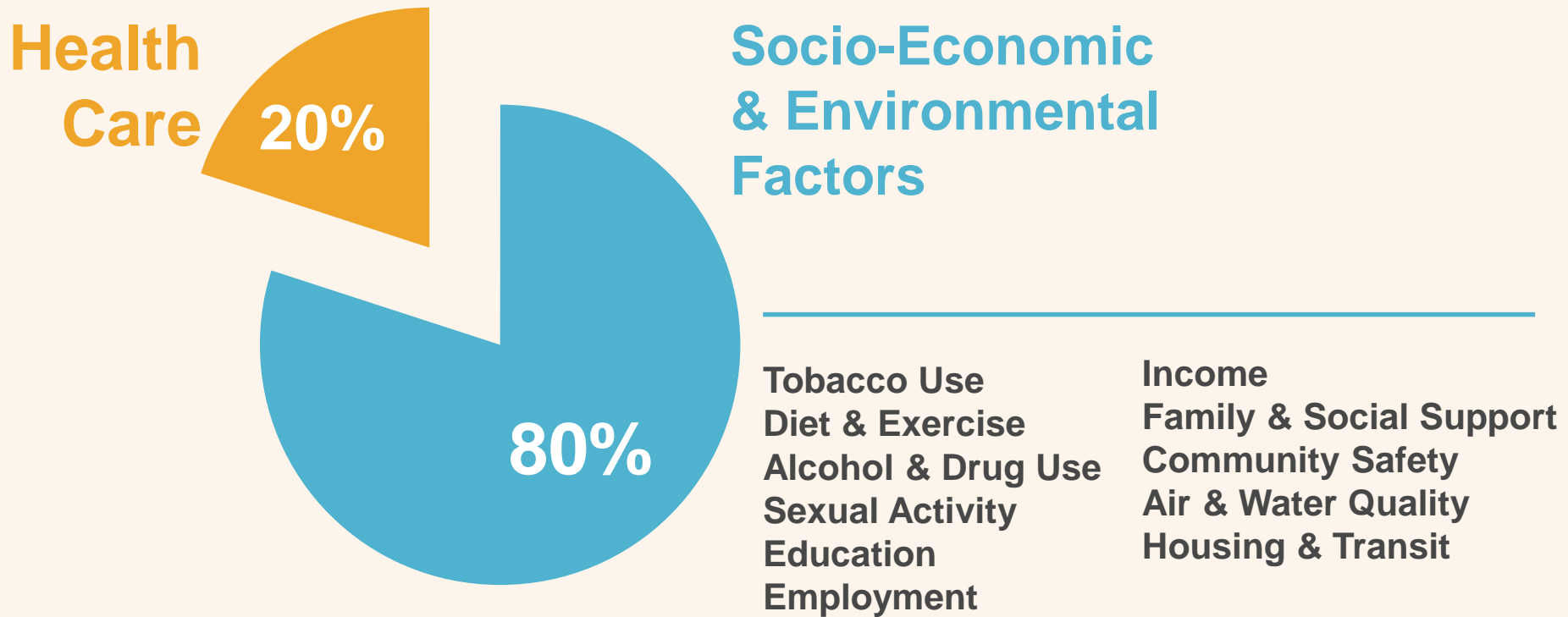




# How are we defining health?



# Why talk about health + urban planning?

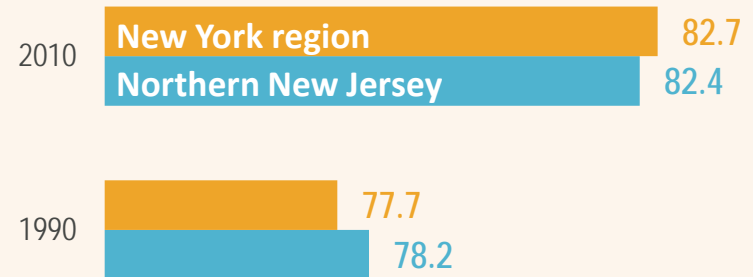


# Life expectancy has increased in the New York region and Northern New Jersey specifically

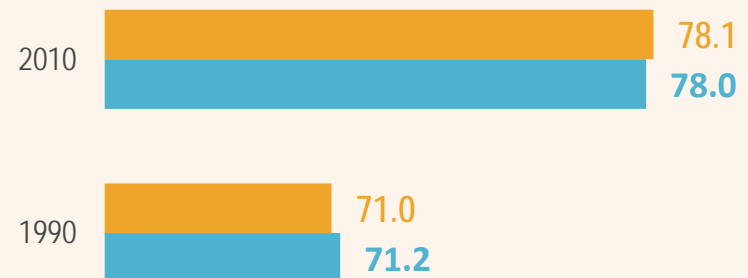


## Life expectancy, 1990-2010

### WOMEN



### MEN

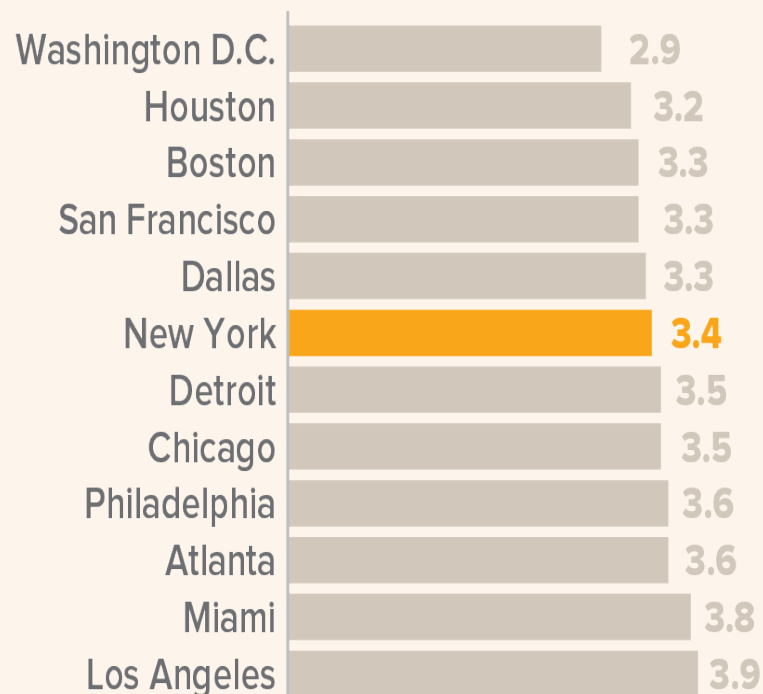


# New Yorkers overall report feeling unhealthy more often than residents of many other regions but Northern New Jersey performs relatively well



## Physically unhealthy days per adult per month, 2014

Northern New Jersey  
3.2 days



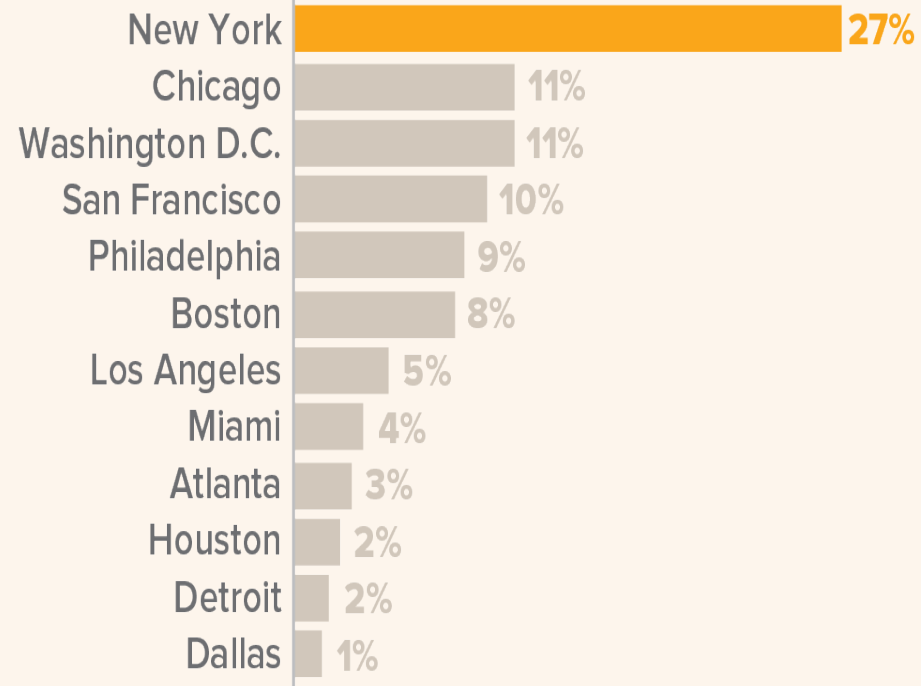
Source: 2016 County Health Rankings

# The region's urban form functions as a built-in gym



## Share of workers using transit, 1990-2010

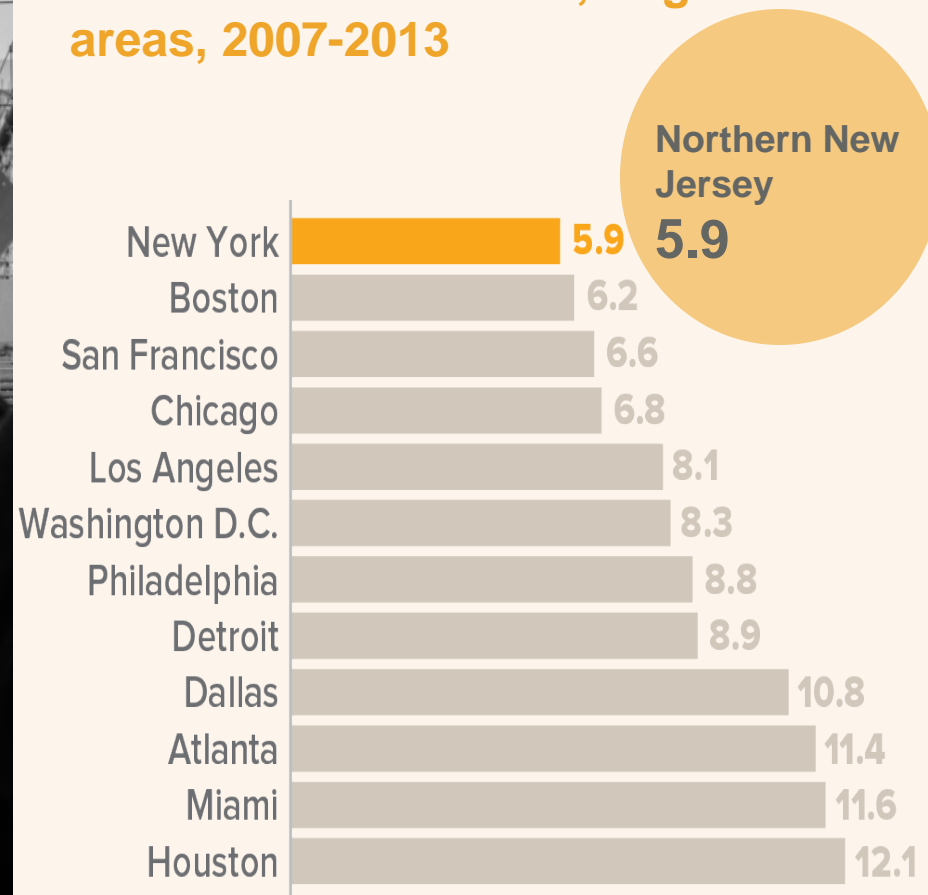
Northern New Jersey  
13%



# Less driving means fewer motor vehicle crashes, but crashes are still the leading cause of injury for children



## Mortality rate per 100,000 people, motor vehicle crashes, largest metro areas, 2007-2013



Source: 2016 County Health Rankings



*The New York region's residents are very well connected to key destinations but NYC is the main driver*

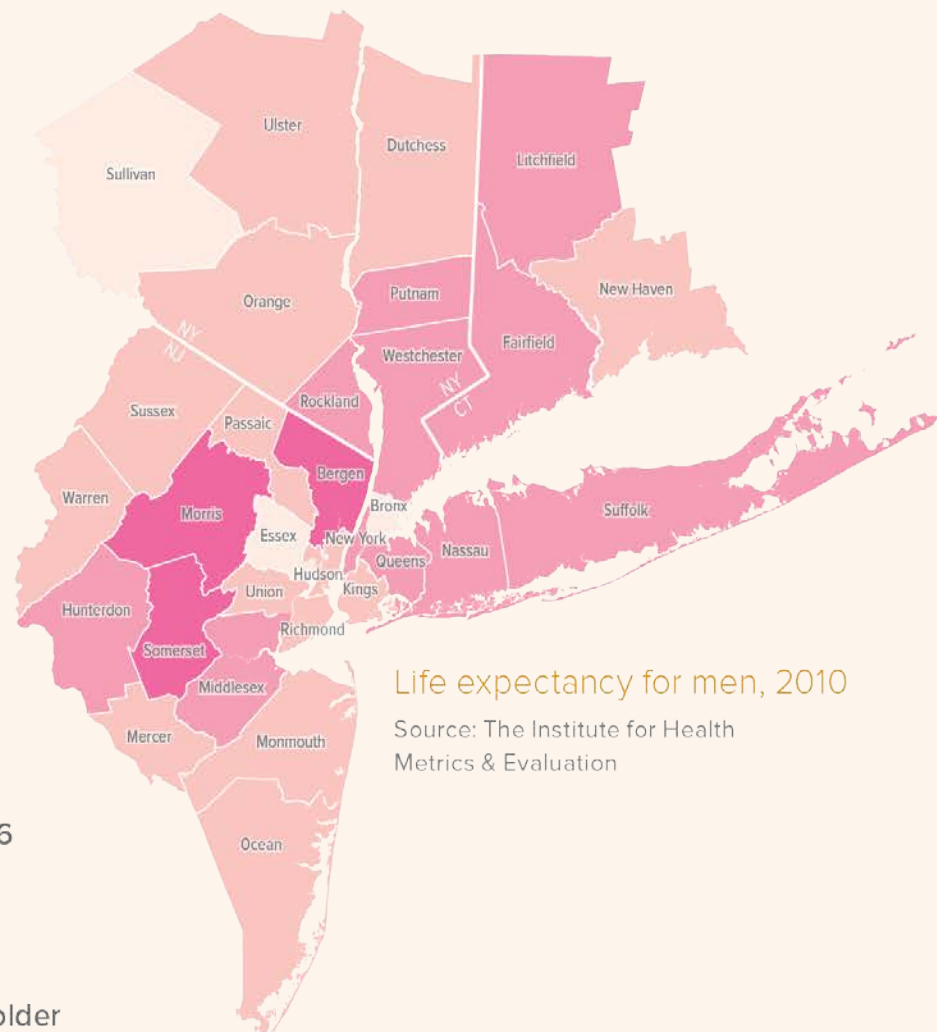
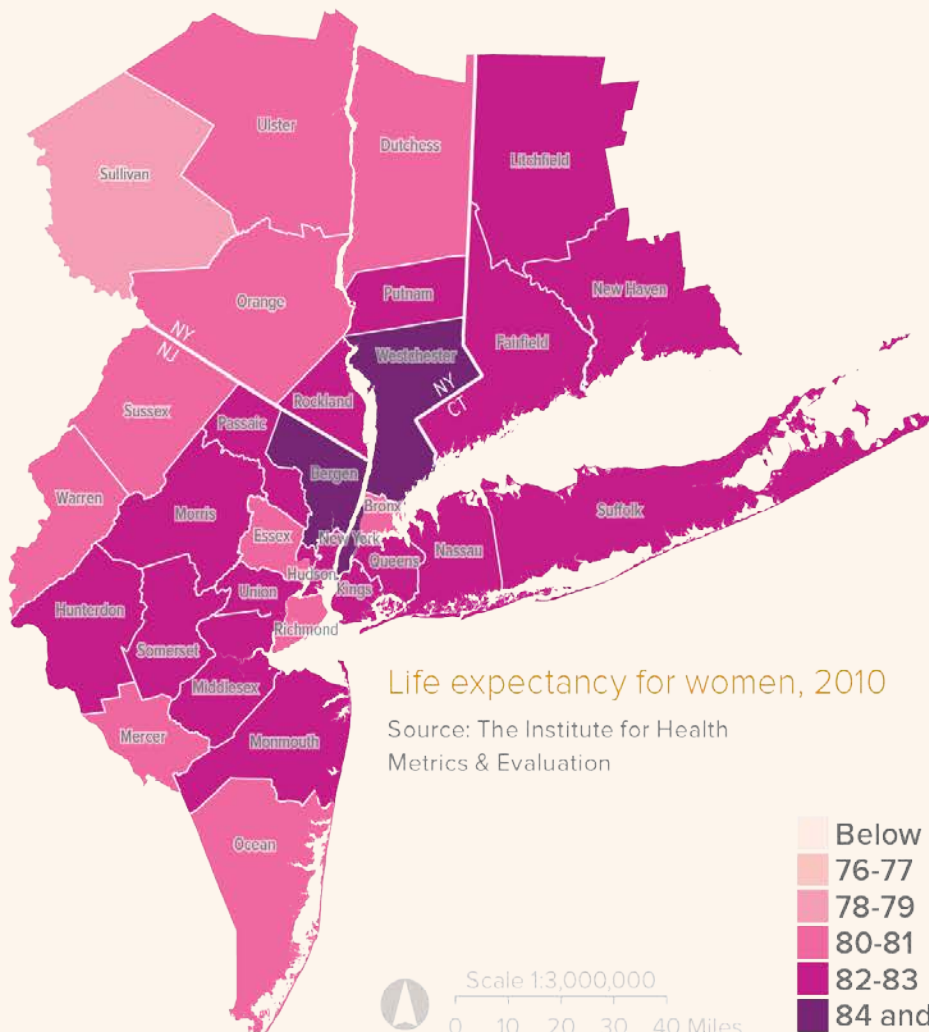


**36%** are within a 60 minute transit commute to 1 million jobs or more. **17%** in Northern New Jersey.

**63%** are within walking distance of a supermarket. **47%** in Northern New Jersey.

**92%** have access to exercise opportunities. **96%** in Northern New Jersey.

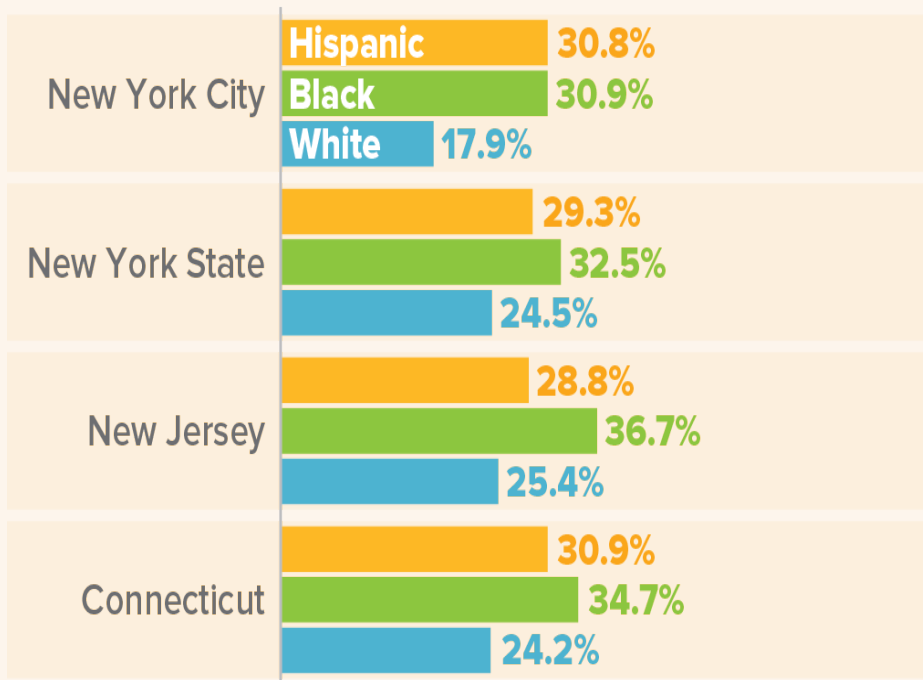
# Where residents live is linked with how long they live



# Race and ethnicity are linked with health outcomes



## Adult obesity, 2010

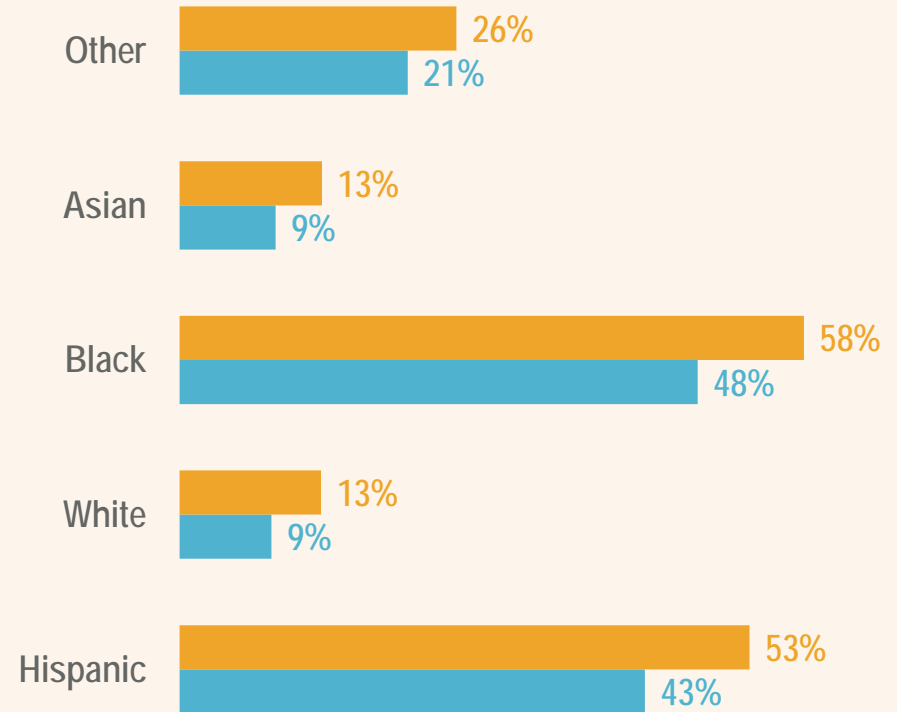


Sources: The State of Obesity 2015,  
New York City Department of Health and Mental Hygiene

# Children of color are more likely to live in low-performing public school districts



## Share of children living in low-performing school districts, 2010

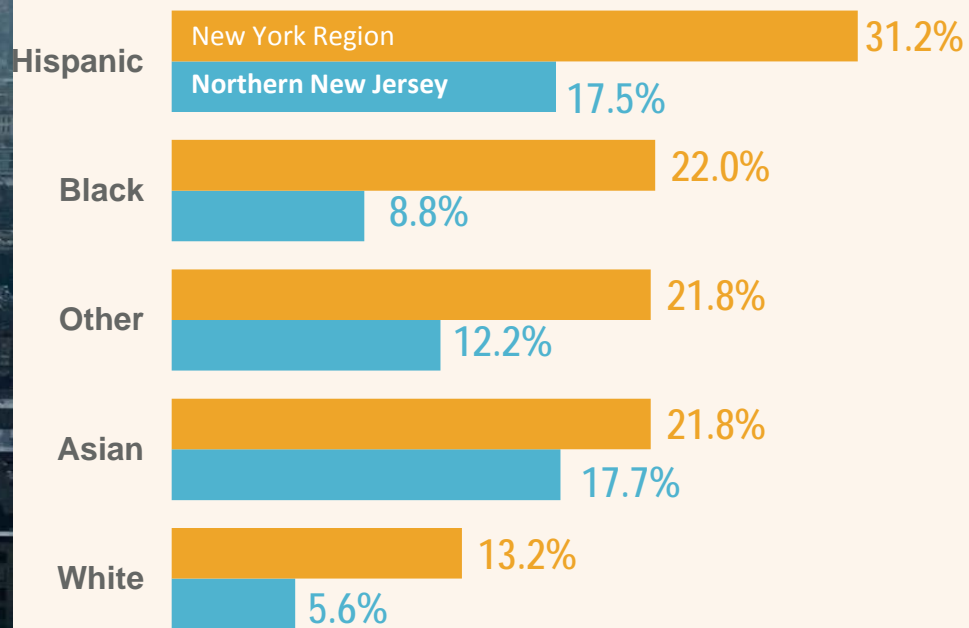


Source: Regional Plan Association

# Children of color are more likely to be exposed to high air pollution levels



Share of children younger than 5 living in top quintile of regional PM2.5 levels (over 11.2 ppm), New York region, 2010



Source: Environmental Protection Agency

# *How do we incorporate health into urban planning?*



## **A Region Transformed**



[rpa.org/fourth-plan](http://rpa.org/fourth-plan)

