

IMAGINE GREATER TUCSON

How Should We Grow?—Part 3

Planning for Health: Designing Active Communities

Pima County ranks fifth among Arizona's fifteen counties in a comparative health ranking, and scores favorably on a national level. This is great news for the region today.

To further improve the health of our region, we need to create a built environment that promotes physical activity, clean air, and easy access to health services for residents.

Growing health problems lead to increased health-care costs and reduced quality of life. The built environment can drastically influence physical activity and help prevent chronic disease.

REGIONAL SNAPSHOT



- The Greater Tucson Region has a 24% obesity rate
- 8% of the region's adult population is diabetic
- Regionally, we have a 20% physical inactivity rate
- An increase in car usage reduces our region's air quality

Visit the Knowledge Exchange at ImagineGreaterTucson.org for more statistics and sources.

STRATEGIES

It is a fact that residents of walkable communities weigh an average of 6 pounds less than residents in other types of communities. As we look to our future, consider the choices we have in designing an environment that supports healthy living:



- Build small, community parks to encourage outdoor activities
- Integrate mixed-use centers into existing communities, allowing residents to walk or bike to work, school, and amenities
- Prioritize zoning for pedestrians first, bikes second, public transportation third, and autos last

TAKE ACTION: It's Your Future

To get more information, and share your own thoughts, please visit our website, ImagineGreaterTucson.org. Look for more articles from us about regional growth, community values and trade-offs in upcoming editions of the *Arizona Daily Star*.

Advertising space provided by the *Arizona Daily Star*.

