

## Appendix B | Public health analysis

This appendix contains the public health analysis that was conducted for the Walk Bike Daly City plan.

# Public health analysis

## Chapter overview

Common sense and hard data both tell us that sedentary lifestyles are taking a heavy toll on our health. In California, physical inactivity is the most prevalent chronic disease risk factor, contributing, by some estimates, to an estimated 30,000 deaths each year.

As the evidence has mounted, the planning world has responded by paying increased attention to the connection between active transportation and public health, as well as to the social determinants of health (i.e., the environmental factors that affect health outcomes among populations). Walking and biking are among the most accessible forms of physical activity, promising multiple health benefits. Potential health benefits include preventing or controlling chronic diseases such as high blood pressure, heart disease, stroke and diabetes; helping to maintain a healthy weight; and improving mood and lowering stress levels. Higher levels of walking and biking are correlated with lower obesity levels, lower diabetes rates and a lower incidence of several other health conditions.



In an example of the increased attention paid to the link between active transportation and public health, the grant-application scoring rubrics under California's Active Transportation Program (see the equity analysis overview for more information

about the program) also favor projects that can demonstrate a public health need and that benefit populations with high-risk factors for different health issues and outcomes.

This chapter presents the results of a public health analysis that was conducted as part of Walk Bike Daly City. The analysis examines seven public health indicators, listed below, that are related to active transportation.

1. Percentage of youth who engaged in at least 60 minutes of physical activity daily.
2. Percentage of adults who walk regularly.
3. Percentage of adults in fair or poor health.
4. Percentage of adults considered obese.
5. Percentage of youth ever diagnosed with asthma.
6. Percentage of adults ever diagnosed with asthma.
7. Percentage of adults ever diagnosed with diabetes.

The data on youth physical fitness comes from the California Department of Education for the 2016–2017 school year. The data for the other indicators is from the California Health Interview Survey (CHIS), for the year 2014.

Public health indicators 1 and 2

# Youth and adult regular physical activity

Regular exercise is important in maintaining health and preventing disease. Physical activity can help control weight; strengthen bones and muscles; reduce the risk of obesity, diabetes, heart disease, some cancers and other diseases; and improve mental health and mood. Guidelines by the U.S. Office of Disease Prevention and Health Promotion recommend that adults participate in at least 150 minutes a week of moderate-intensity physical activity such as walking or 75 minutes a week of vigorous-intensity aerobic physical activity such as running.

Just under one fifth of Daly City youth (ages 5–17) engaged in at least 60 minutes of physical activity (excluding physical education) daily in a past one-week period (see **Table PH-1**). This rate is comparable to the rates for California, San Mateo and Daly City’s three neighboring peer cities.

At the same time, 40% of adults (ages 18 and over) in Daly City walked for transportation or leisure for at least 150 minutes in a past one-week period. This rate is comparable to the rates for San Mateo County and the peer cities but significantly higher than the California rate.

**Table PH-1** | Adults who walked at least 150 minutes in last week

	Youth	Adults
California	20.7%	33.0%
San Mateo County	19.4%	40.4%
<b>Daly City</b>	<b>18.6%</b>	<b>40.1%</b>
Pacifica	19.7%	39.5%
San Bruno	18.1%	39.1%
South San Francisco	17.4%	39.9%

Public health indicator 3

# Reported health status

Slightly more than a fifth of young and middle-age adults (ages 18–64) in Daly City report being in “fair or poor health” (see **Table PH-2**). This is a higher rate than in California, San Mateo County and the peer cities.

**Table PH-2** | Adults reporting fair or poor health

California	19.2%
San Mateo County	16.2%
<b>Daly City</b>	<b>21.5%</b>
Pacifica	13.7%
San Bruno	17.0%
South San Francisco	20.1%



## Public health indicator 4

## Obesity

Obesity is the accumulation of excess body fat. It is generally considered medically unhealthy, since it can lead to a host of long-term complications such as diabetes, high blood pressure, heart disease and reduced life expectancy. Adults are commonly considered obese if their “body mass index” (BMI) is 30 units or higher (BMI is a measure that relates a person’s weight to her or his height).

About one in six adults (ages 18 and over) in Daly City are considered obese (see **Table PH-3**). This is a lower rate than in California, San Mateo County and the peer cities.

**Table PH-3 | Adults considered obese**

California	25.8%
San Mateo County	18.8%
<b>Daly City</b>	<b>16.6%</b>
Pacifica	17.6%
San Bruno	20.9%
South San Francisco	20.0%

## Public health indicators 5 and 6

## Youth and adult asthma

Asthma is a chronic lung disease that inflames and narrows the airways. It can cause repeated episodes of wheezing, chest tightness, shortness of breath and coughing. Asthma attacks are triggered by several factors, including smog, dust, smoke and pollen. Although it cannot be cured, asthma can be managed with appropriate treatment and medication.

About 13% of youth (children and teens ages 1–17) and adults (ages 18 and over) in Daly City have ever been diagnosed with asthma by a doctor (see **Table PH-4**). The youth rate is comparable, though generally slightly higher, than in California, San Mateo and the peer cities. The adult rate is also comparable, though slightly lower.

**Table PH-4 | Youth and adults ever diagnosed with asthma**

	<i>Youth</i>	<i>Adults</i>
California	14.8%	13.9%
San Mateo County	11.4%	15.1%
<b>Daly City</b>	<b>13.2%</b>	<b>13.3%</b>
Pacifica	11.5%	15.3%
San Bruno	12.0%	14.8%
South San Francisco	12.5%	14.2%

Public health indicator 7

Diabetes

Diabetes is a collection of metabolic diseases characterized by high blood-sugar levels over an extended period. Untreated, diabetes can cause serious health problems such as strokes, heart disease, kidney failure and associated complications. There are two main types of the disease: Type 1, usually diagnosed in children and young adults; and Type 2, traditionally known as “adult-onset diabetes but being increasingly diagnosed in children as a result of higher childhood obesity rates. Regular physical activity can help prevent or delay Type 2 diabetes from developing.



Almost one in ten adults (ages 18 and over) in Daly City have ever been diagnosed with diabetes by a doctor (see **Table PH-5**). This is a higher rate than in California, San Mateo County and the peer cities.

**Table PH-5** | Adults ever diagnosed with diabetes

California	8.8%
San Mateo County	7.6%
<b>Daly City</b>	<b>9.4%</b>
Pacifica	6.9%
San Bruno	7.8%
South San Francisco	8.9%