MAKING THE CONNECTION:
ENVIRONMENT, WORK, AND WELLNESS

Whitney Austin Gray, PhD, LEED AP
Health Research and Innovation Director

David Craig, PhD
Workplace Organization Strategy
Making the connection: Environment, Work, and Wellness

State of Health
Healthy Communities
Connection versus Convenience
Leading Causes of Death

- Heart disease
- Cancer
- Chronic lower respiratory diseases
- Stroke
- Unintentional injuries
- Alzheimer’s disease
- Diabetes
- Nephritis, nephrotic syndrome, and nephrosis
- Influenza and pneumonia
- Suicide
All the leading causes of death and leading risk factors for death are related to the built environment

**Leading Causes of Death**
- Heart Disease
- Cancer
- Chronic Lower Respiratory Diseases
- Stroke
- Unintentional Injuries

**Leading Risk Factors for Death**
- Tobacco Use
- High Blood Pressure
- Overweight and Obesity
- Physical Inactivity
- High Blood Glucose
- High Cholesterol
- Low Fruit and Vegetable Intake
- Urban Outdoor Air Pollution
- Alcohol Use
- Occupational Risks
It is estimated that in the future, designers, planners, architects, real estate developers, and engineers will have a greater impact on the public’s health than physicians.
KEY DETERMINANTS OF HEALTH

Environment
Behavior
Access to Healthcare
Genetics

Health
Spending for Health Determinants and Health Expenditures

Determinants

- Access to Care 10%
- Genetics 20%
- Environment 20%
- Healthy Behaviors 50%

National Health Expenditures $2.3 Trillion

- Medical Services 88%
- Other 8%
  - Healthy Behaviors 4%
With 85% of workers obese or overweight, the cost of obesity is over $153 Billion in Lost Productivity for employers (Gallup, 2011)

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Built Environment and Health in Arlington
So just how much does place influence health?

**Life Expectancy by County**

Longest Life Expectancy (82)
- Gunnison, Colorado
- Pitkin, Colorado

Shortest Life Expectancy:
- McDowell, West Virginia (63)

Arlington County: 80 years
- Virginia (State Average): 76 years
- National Average: 76 years

Montgomery County: 81 years
- Maryland (State Average): 76 years
- National Average: 76 years

Source: [http://viz.healthmetricsandevaluation.org](http://viz.healthmetricsandevaluation.org)
Discrepancies in life span by zipcode

Factors predicting length of life include:

- Social Determinants of Health
  - Poverty
  - Education
  - Violence

- Environmental Determinants
  - Transportation Access
  - Healthy Foods
  - Safe Streets

Zipcode versus Genetic Code?
Could Arlington be the branded as the ‘healthiest place’ to live in the DC Metro Area?

How will health and wellness serve as a brand in the marketplace for companies coming to Arlington

- What premium in where you live will you pay to live longer?
  - Houses with above average walkability command a premium of about $4,000 to $34,000 more than houses with average walkability in typical metropolitan areas (CEO for Cities)
  - $2,262 estimated sales price premium for homes located near parks

![Most Older Americans Do Not Want to Move](chart.png)

Percentage of Americans who want to remain in their current home for as long as possible, by age group

**Source:** AARP.
Unique Qualities of Consumer Health Behavior and Environmental Trends in Arlington

- Demographic Growth
  - Growth of the Millennials
- Active Lifestyles
  - Smart Growth
    - Transit Oriented Development
    - Commuting Trends-Active versus Passive Commuting
    - Sedentary Lifestyles
- Mental Health and Stress
  - More connected than ever, but in reality are we more isolated?
  - Work-Life Balance
Demographic Trends of Millennials

The current trends indicate that millennials will wait longer to marry and have children due to financial stability. How will flexibility influence choice?

- **Marriage**
  - People are waiting to marry (28% have not been married by 30)
  - People are staying childless longer. Average age of first child is 25
  - 10x increase in mothers over the age of 35

- **Children**
  - Less than 10% plan to remain single, Only 25% plan to remain childless (in other words, they want to marry and have children, but are waiting longer)

- **Biggest Trigger—Financial Stability**
  - Student Loan Debt is doubling
  - 2/3 of student loans are in deferment
  - Debt is up 75%
  - 50% of people between 25-34 can’t afford a down payment
Active Lifestyles

*How urban development and Smart Growth affect health outcomes in Arlington*

- Population Growth: 160,000 (1960) to 206,000 (2013)
- Traffic shrank during the same time
- 2013: Most highly educated county in the nation (33% with graduate degrees)
- Awarded EPA’s National Award for Smart Growth Achievement
Active Lifestyles

Arlington has several Smart Growth initiatives to support active lifestyles

- Arlington Transit
- Specialized Transit for Arlington Residents (STAR)
- Bike Arlington
- Walk Arlington
- Multi-Use Trails
- Arlington Car-Free Diet
- PAL Campaign
- AIRE Initiative
Transportation and Active Commuting

Transportation options allow active commuting for workers, decreasing risk of obesity and supports productivity.

- 40% of businesses leaders say transportation is the #1 reason the chose to locate their business in Arlington.

| Source: Department of Environmental Services FY 2012 Annual Report |

| Table 1.40 |
|-----------------------------|-----------------------------|-----------------------------|
| Walk Score | Transit Score | Bike Score |
| Arlington, VA | 67 | 55 | 70 |
| Lancaster, PA | 80 | - | - |
| Portland, OR | 63 | 50 | 70 |
| St. Louis, MO | 60 | 46 | 55 |
| Davidson, NC | 83 | - | - |
| Silver Spring, MD | 59 | - | - |

**Benefits of TOD**

- Getting to work – transit use
  - National avg: 4.7%
  - Fairfax County: 7.3%
  - Arlington: 23.3%

  And, those who walk to work are double the national avg, 5 times Fairfax

- Car ownership (vehicles per household)
  - Nationally, almost 90% have a car; 55% have 2 or more
  - In Fairfax, 96% have at least one; two-thirds have 2 or more
  - Arlington: 12% have zero cars; less than 40% have 2 or more
Mental Health and Stress

How do we decrease stress and improve mental health outcomes?

- Commuting, Road Rage, and Stress
- Connected Communities
  - Sharing Economy
  - Social Capital
  - Third Place/Third Space
- Work-Life Balance

CANNONDESIGN
Environment, Work, and Wellness-Making the Connection

How will designing a healthy workplaces and healthy communities attract business and workers to Arlington?

- Demographic Growth
  - Growth of the Millennials
- Active Lifestyles
  - Smart Growth
- Mental Health and Stress
The Next Era: Convenience versus Connection?

What will millennials value more in their work location—convenience or connection?

**Convenience:** Including easy access to workplaces in the suburbs next to larger less expensive homes

**Connection:** Ability to connect with co-workers, move throughout the day, and build social capital