



# Health and health equity as urban planning outcomes

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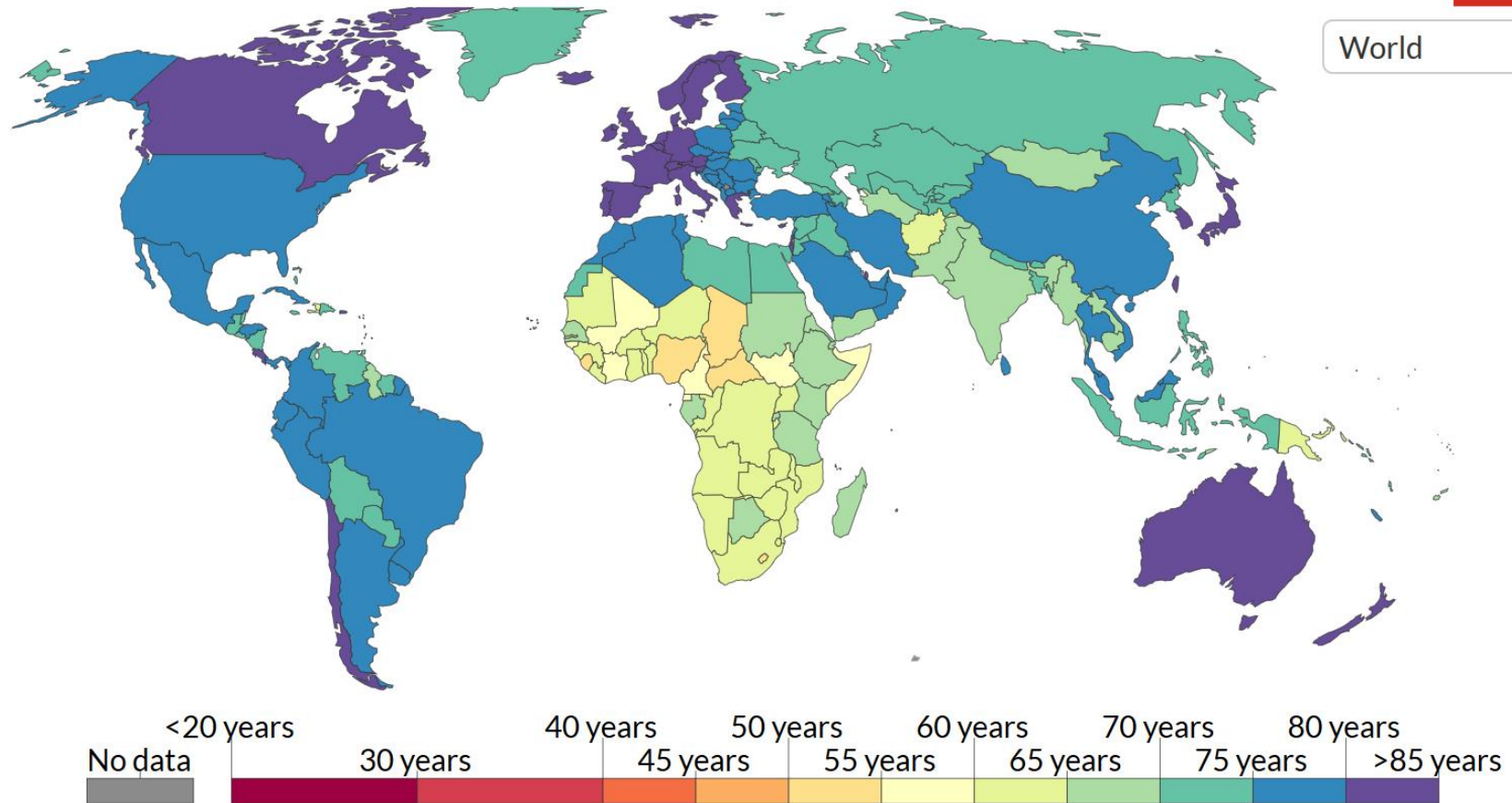


Why the healthy city?

# Life expectancy, 2019

Our World  
in Data

World



Source: Riley (2005), Clio Infra (2015), and UN Population Division (2019)

[OurWorldInData.org/life-expectancy](https://OurWorldInData.org/life-expectancy) • CC BY

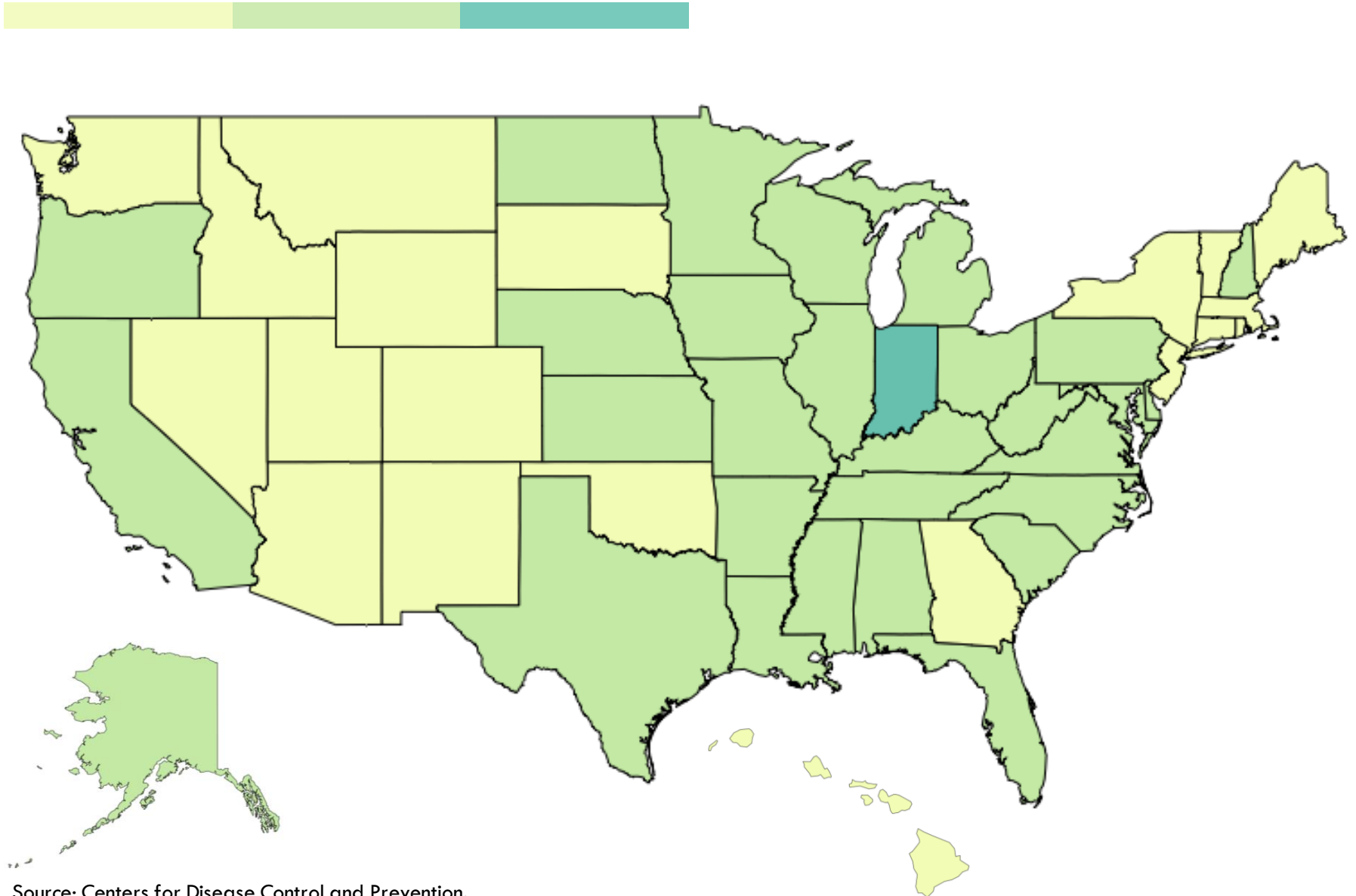
Note: Shown is period life expectancy at birth, the average number of years a newborn would live if the pattern of mortality in the given year were to stay the same throughout its life.

# Adult Obesity Prevalence by State, 1995

10% - 14.9%

15% - 19.9%

20% - 24.9%



Source: Centers for Disease Control and Prevention.

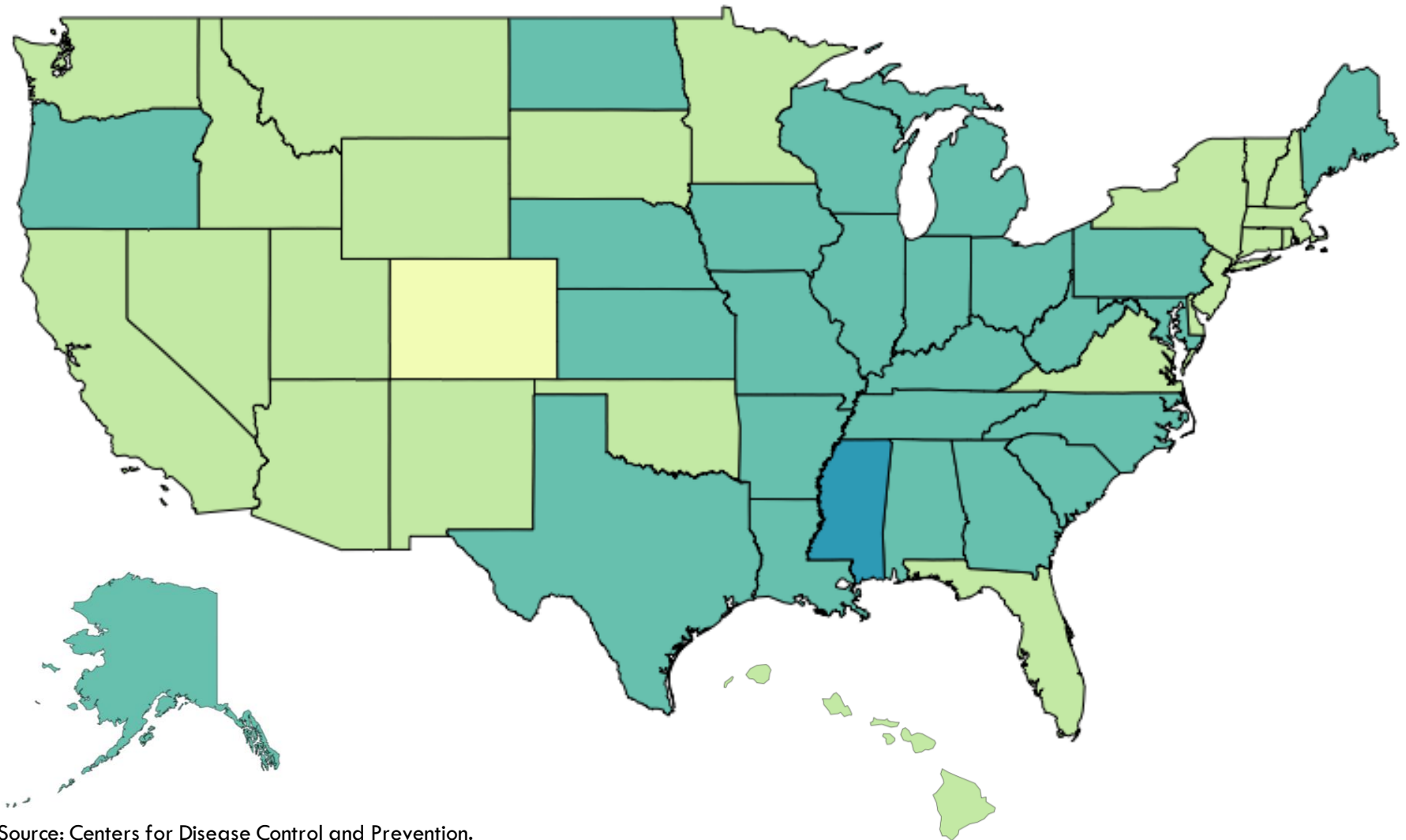
# Adult Obesity Prevalence by State, 2000

10% - 14.9%

15% - 19.9%

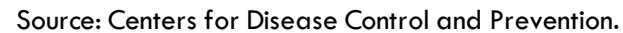
20% - 24.9%

25% - 29.9%



Source: Centers for Disease Control and Prevention.

10% - 14.9%	15% - 19.9%	20% - 24.9%	25% - 29.9%	30% - 34.9%



# Adult Obesity Prevalence by State, 2010

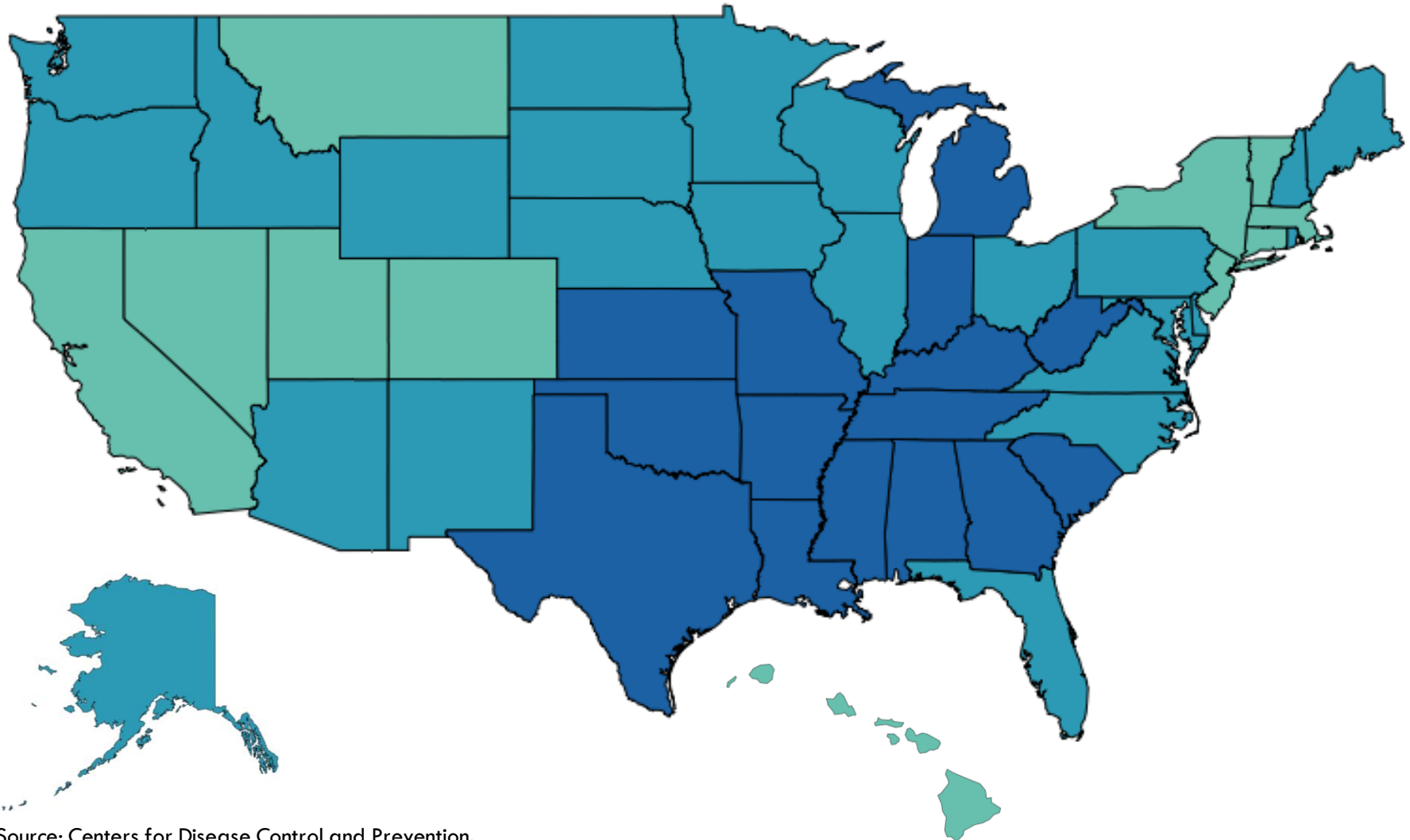
10% - 14.9%

15% - 19.9%

20% - 24.9%

25% - 29.9%

30% - 34.9%



Source: Centers for Disease Control and Prevention.

# Adult Obesity Prevalence by State, 2015

10% - 14.9%

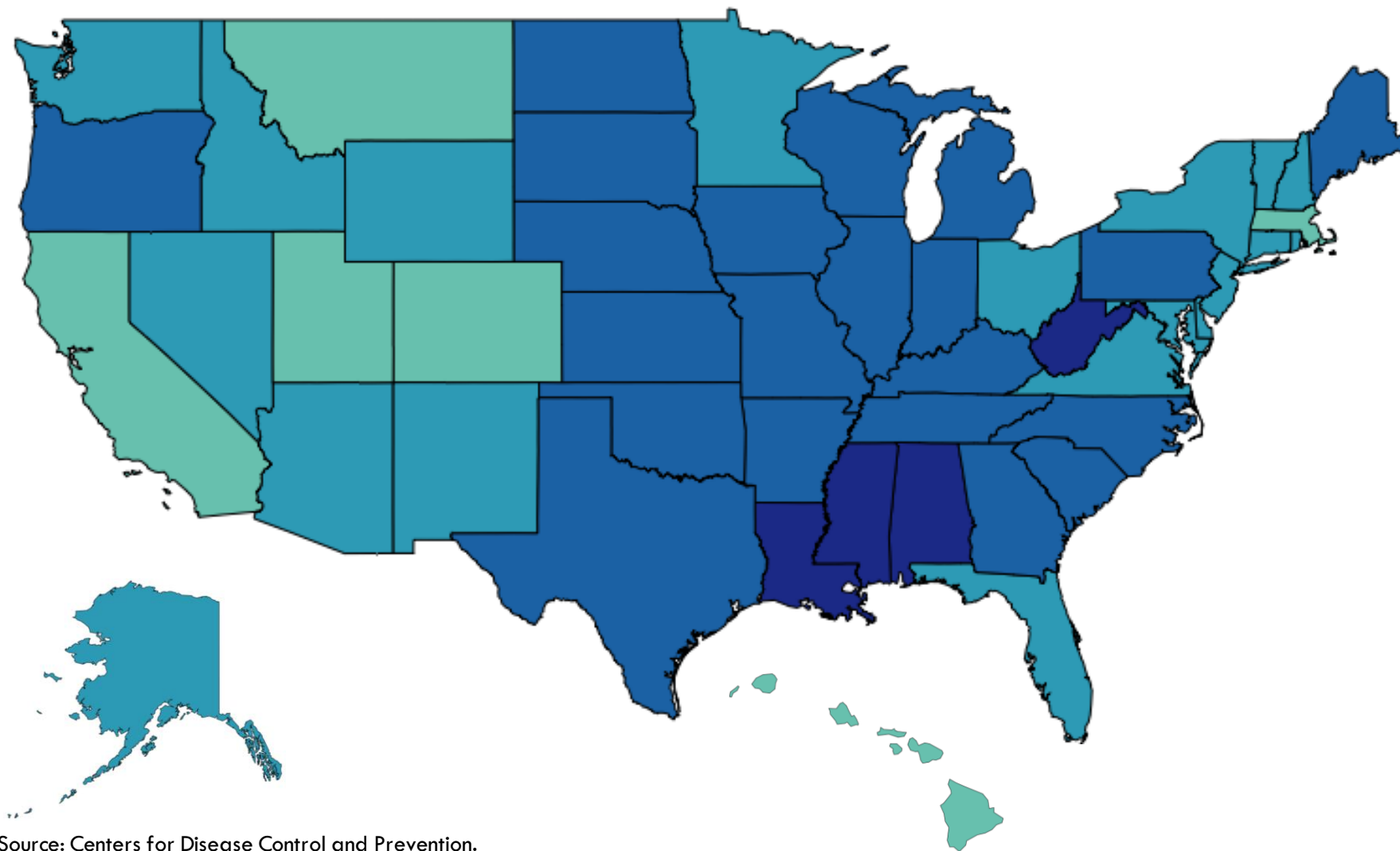
15% - 19.9%

20% - 24.9%

25% - 29.9%

30% - 34.9%

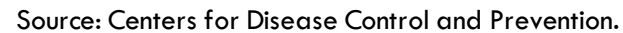
≥ 35%



Source: Centers for Disease Control and Prevention.

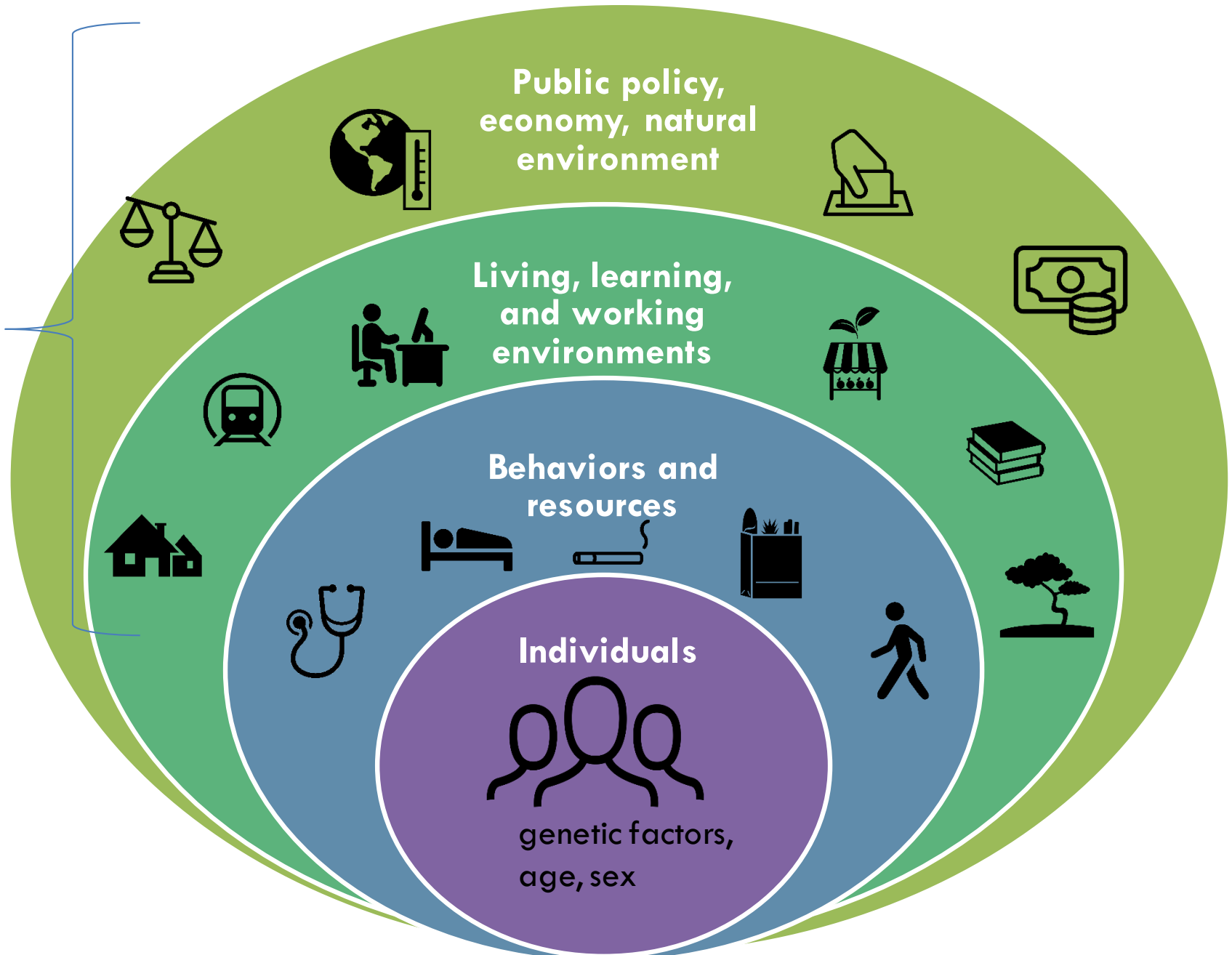


10% - 14.9%	15% - 19.9%	20% - 24.9%	25% - 29.9%	30% - 34.9%	≥ 35%



Source: Centers for Disease Control and Prevention.

60%



# Why the healthy city?

Cities are the sites that modulate our exposures to the material, social, environmental, and behavioral determinants of health

Why the healthy city?

“First, health is among the most important conditions of human life and a critically significant constituent of human capabilities which we have reason to value.

Any conception of social justice that accepts the need for a fair distribution as well as efficient formation of human capabilities cannot ignore the role of health in human life and the opportunities that persons, respectively, have to achieve good health – free from escapable illness, avoidable afflictions and premature mortality.

Equity in the achievement and distribution of health gets, thus, incorporated and embedded in a larger understanding of justice.”

Amartya Sen

HEALTH ECONOMICS

*Health Econ.* 11: 659–666 (2002)

Published online in Wiley InterScience (www.interscience.wiley.com). DOI:10.1002/hec.762

GUEST EDITORIAL



**Why health equity?**

Amartya Sen  
Trinity College, Cambridge, UK

# We are biological and social creatures

*We carry our histories in our bodies. How would we not? We carry with us the conditions under which we were conceived, under which we grew...*

*You start to see biology as [an] ...expression of the social conditions in which we live.*

-Nancy Krieger (Unnatural Causes)

*Health is politics by other means*

-Alondra Nelson (Body and Soul: The Black Panther Party and the Fight Against Medical Discrimination)

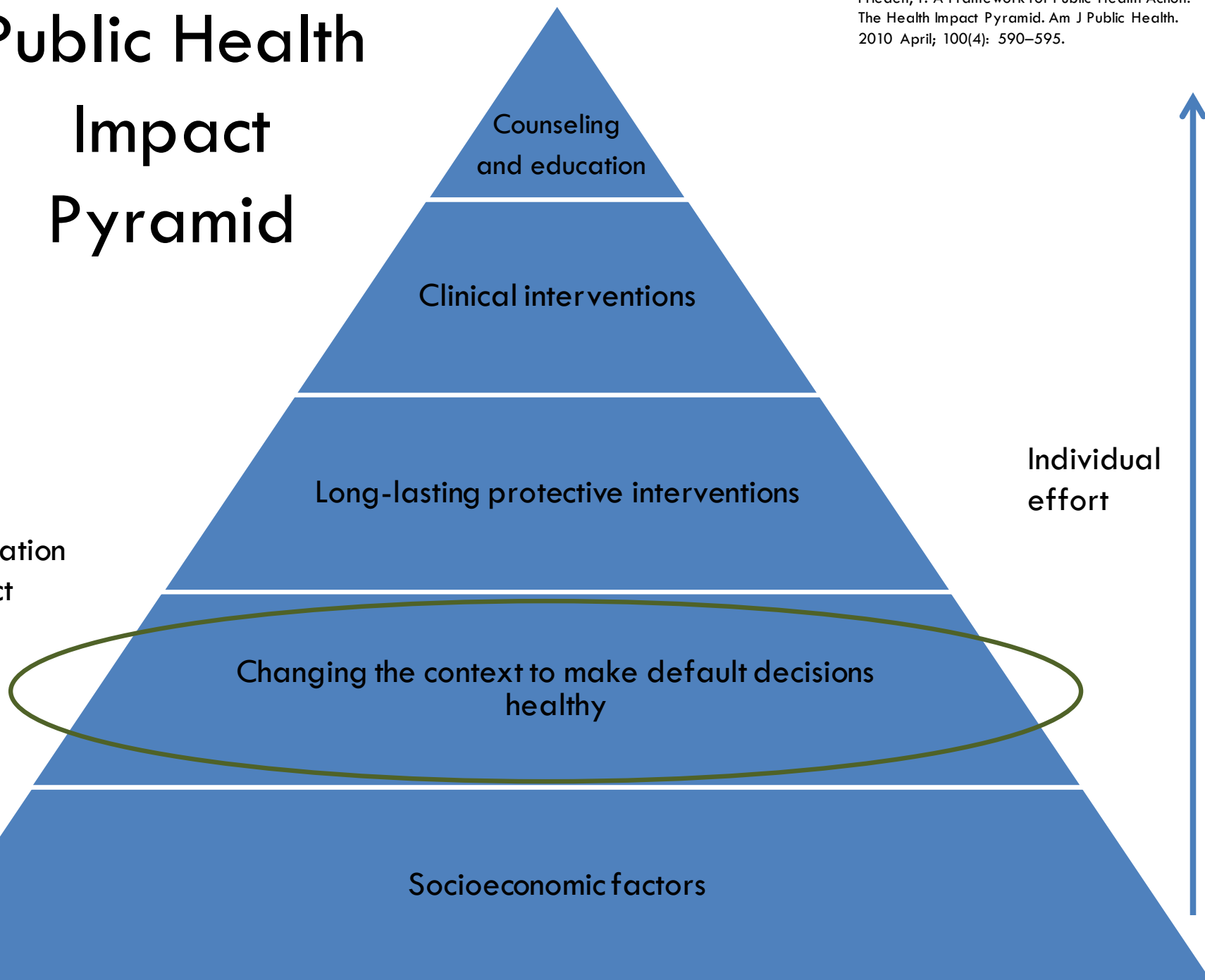
# Public health as social justice

- Public health provides an alternative to ‘market-justice’
- Public health is not ‘an instrumental or technical activity,’ but an ‘ethical enterprise’
- Control hazards, not the “behavioral defects” of those damaged by the hazards
- Collective action, not individual choice
- Fair distribution of burdens, not equal share of burdens

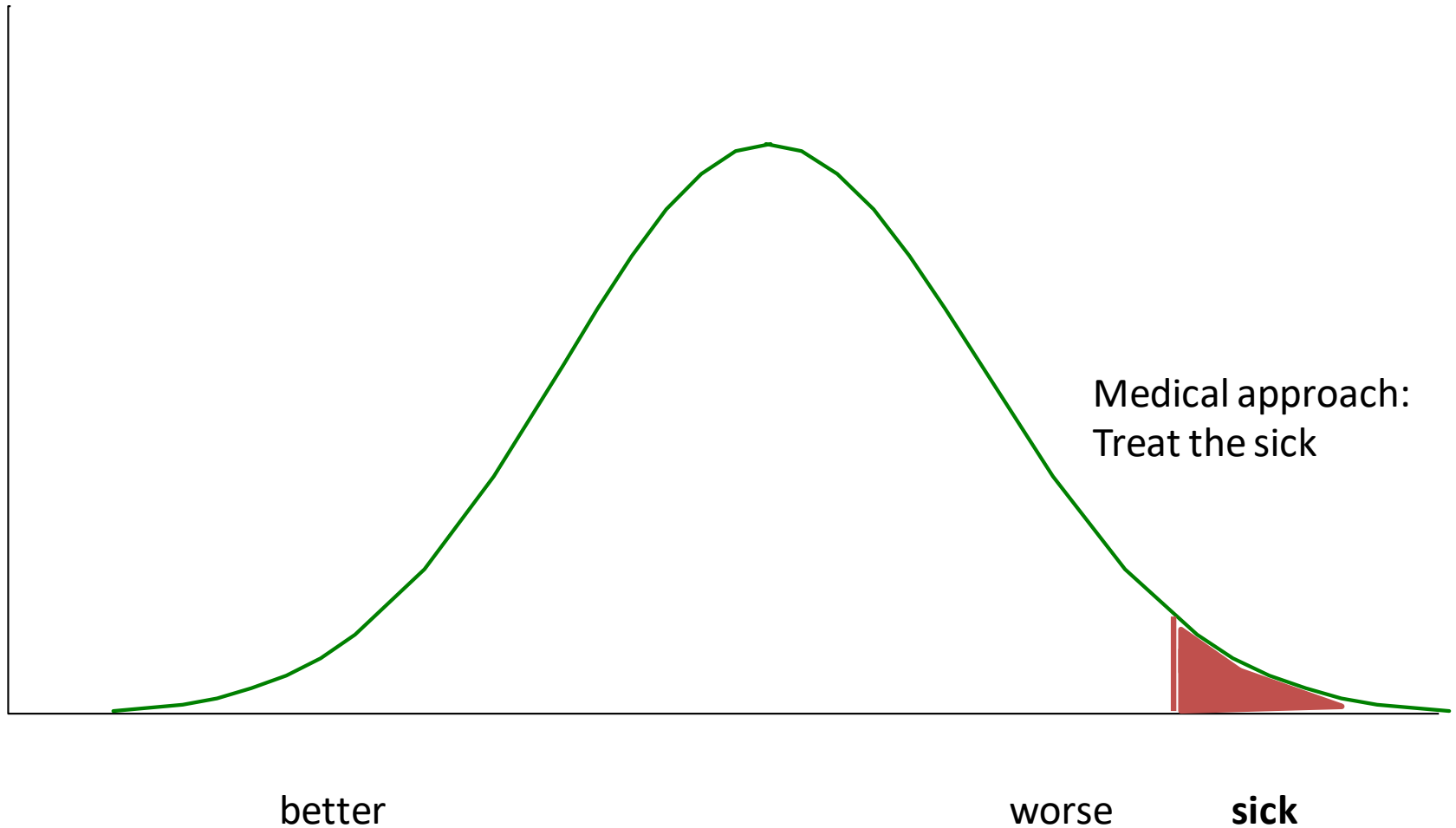
Why the healthy city?



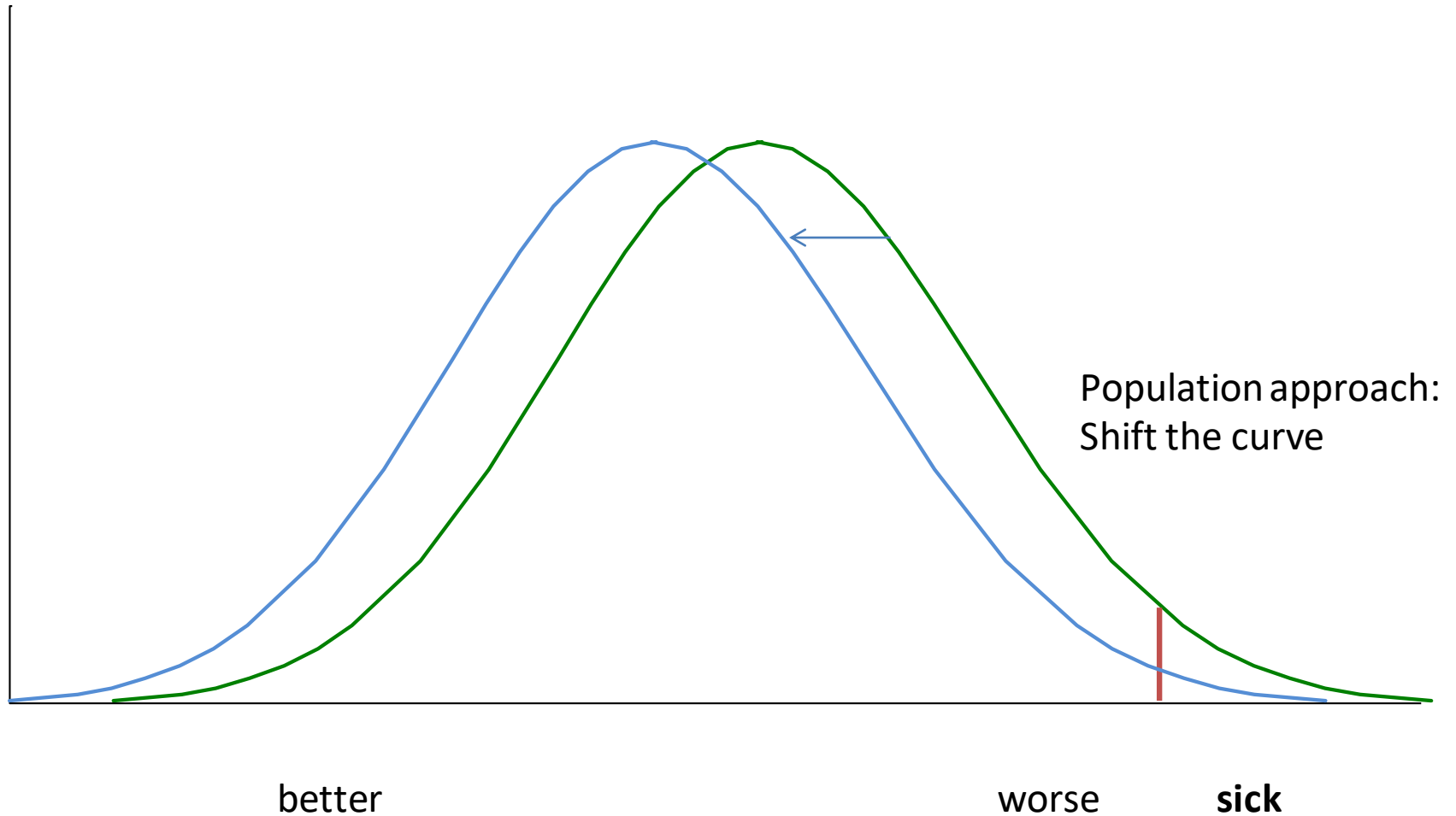
# Public Health Impact Pyramid



# Health + Planning



# Health: a population perspective



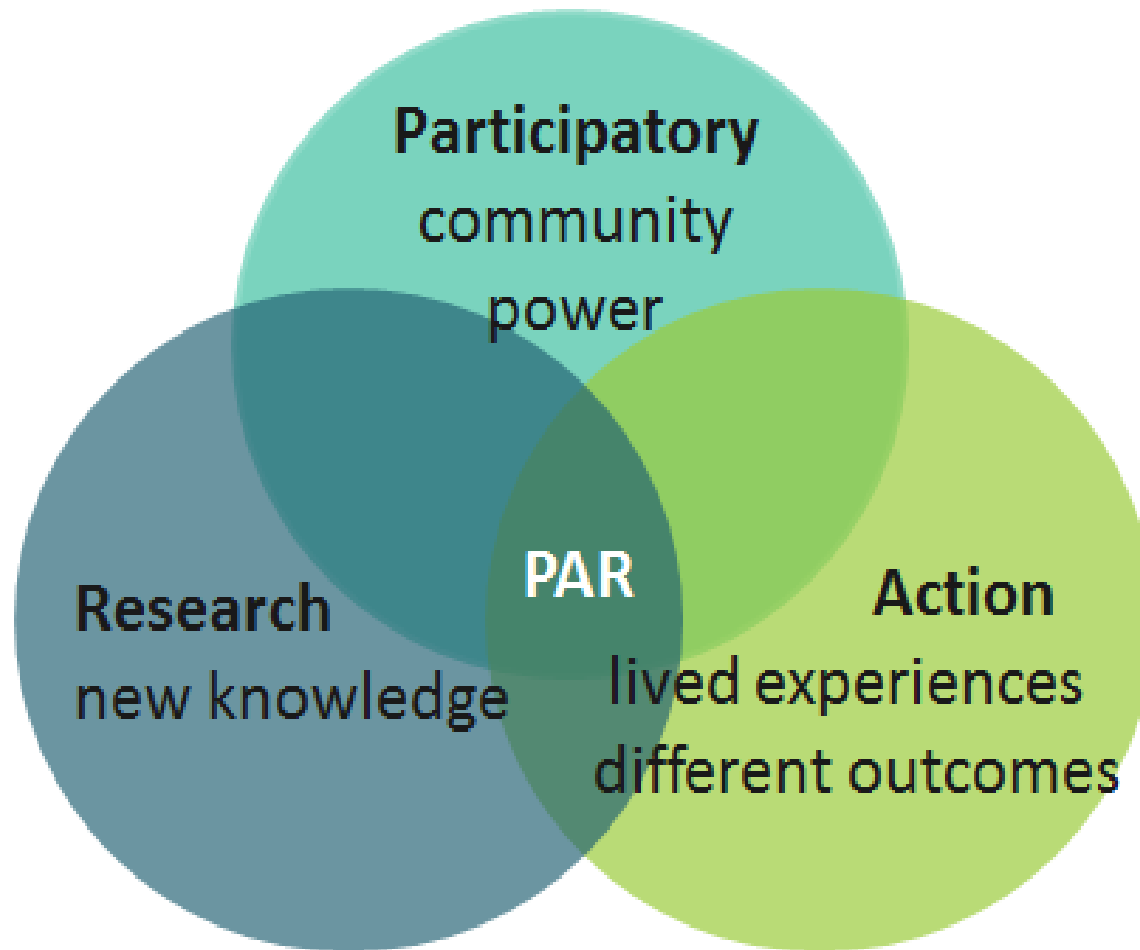
# Good news on the social determinants of health

Invest in...	To fight...
Walkability, active transport	Physical inactivity, anxiety/depression, obesity, injury
Economic opportunity	Diabetes, morbid obesity, low birthweight
Healthy food access	Poor nutrition, chronic disease burden
Stable affordable housing	Depression, medication non-adherence, teen pregnancy, overall poor health
Green housing	Asthma, endocrine system disruption, sleep dysregulation
Parks, green space	Physical inactivity, all-cause mortality, asthma
Air quality	Cardiovascular disease, respiratory diseases, cognitive decline
Environmental resiliency/climate readiness	Renal failure, injury, psychological distress

# Why the healthy city?

Because we can do it!

But how?



# Why the healthy city?

Cities are the sites of production for health and disease

Health equity data will tell you what you need to know about the distributions of risks and resources; health equity will create equity in other arenas

We can change health by changing the context

Do this in partnership with those who are experiencing health inequities themselves!