Walking Is A Right (Civil and Human)

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WALKING IS A RIGHT (CIVIL AND HUMAN)

October 29, 2015

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Connecting the dots...
Books that I have Written:

*It’s just one book, but don’t tell anybody...*

- Invisible Houston
- Dumping in Dixie
- In Search of the New South
- Growth and Decline of a Sunbelt Boomtown
- Confronting Environmental Racism
- Residential Apartheid
- Unequal Protection
- Just Transportation
- Sprawl City
- Just Sustainabilities
- Highway Robbery
- The Quest for Environmental Justice
- Growing Smarter
- The Black Metropolis in the Twenty-First Century
- Race, Place, and Environmental Justice After Hurricane Katrina
- The Wrong Complexion for Protection
WHY EQUITABLE SPACE MATTERS?

- All space is not created equal
- The built environment, infrastructure, and environmental quality all have a direct impact on health and wellbeing
- Race and class map closely with vulnerability
THE “BEST PLACES” TO LIVE

- SAFEST
- HEALTHIEST
- FITTEST
- GREENEST
- MOST WALKABLE
- MOST BIKABLE

- MOST PARK FRIENDLY
- MOST SUSTAINABLE
- MOST ACCESSIBLE
- MOST LIVABLE
**HEALTH BENEFITS of WALKING**

- **20** walking 20 minutes/day will burn 7 pounds of body fat/year.
- **45** walking 45 minutes/day halves odds of catching a cold.
- **1** walking 1 minute can extend life by 1.5-2 minutes.
- **20** walking 20-25 minutes/week can extend life by several years.

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**DEMENTIA**
Seniors who walk 6-9 miles/week are less likely to suffer from mental decline as they age, including dementia.

**DIABETES**
Walking 30 minutes/day, 5 days/week, along with moderate diet changes, can halve the risk of Type 2 Diabetes.

**HEART DISEASE**
Walking 30 minutes/day, 5 days/week can halve the risk of heart disease and reduce stress, cholesterol, and blood pressure.

**ARTHRITIS**
Walking can reduce pain and improve function, mobility, mood, and quality of life, without worsening symptoms.

**DEPRESSION**
Walking triggers endorphins, promotes relaxation, and prevents anxiety and depression.

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- **Walking** 3-5 hours/week reduces mortality by 50% in women with breast cancer.
- **Women who walk** for 1 hour/day, 5 days/week and consume 1,500 calories/day can lose and keep off 25 lbs.
- **Walking 30 min/day, 4 days/week** can reduce the risk of diabetes by nearly 60%.
- **Prostate cancer patients** who walk 90 min/week have nearly 50% lower mortality risk.
- **Women who walk regularly** are 31% less likely to develop colon cancer than those who exercise less than one hour/week.

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**Every Body Walk!**
The Campaign to Get America Walking

[www.everybodywalk.org](http://www.everybodywalk.org)
Healthy People and Healthy Places

- Healthy people and healthy places are highly correlated with the poorest of the poor within the United States having the worst health and the most degraded environments.

- One of the most important indicators of an individual’s health is **Zip Code**.
The Best Zip Codes in America

Source: Movoto.com (2014)
Who Wants an Extra 7 Years?

• At 60 something, I do!
• A 2015 study by German researchers shows that exercise can delay the ageing process, with experts suggesting one walk a day could halve the risk of heart attack death
• Just 25 minutes of brisk walking a day could add seven years to your life
Why Walkable Communities?

- Walkable neighborhoods have much lower rates of traffic fatalities
- Walking is the easiest and most affordable way to meet minimum guidelines or moderate physical activity
- Walking journeys reduce carbon footprint significantly
- Walking reduces traffic congestion and the cost of road maintenance
- Walkable neighborhoods allow families to own fewer cars and save money
Top 10 Most Walkable States

1. New York
2. California
3. Washington
4. Minnesota
5. Connecticut
6. Oregon
7. Pennsylvania
8. Ohio
9. Massachusetts
10. Indiana

Source: U.S. Census (2008-2012)
Top 10 Most Walkable U.S. Cities

Source: Walkscore (2014)

1. New York, NY
2. San Francisco, CA
3. Boston, MA
4. Philadelphia, PA
5. Miami, FL
6. Chicago, IL
7. Washington, D.C.
8. Seattle, WA
9. Oakland, CA
10. Baltimore, MD
Walking to School and Health

- In 1969, 48 percent of children 5 to 14 years of age usually walked or bicycled to school.
- Today, fewer than 15 percent of all school trips are made by walking or bicycling.
- The long-term decline of walking and biking to school has been linked to the childhood obesity epidemic, a big share of morning rush hour traffic, and even kids’ lack of attention in class.
Walking While Black
Is Not A Crime

www.WalkingWhileBlackTheMovie.com
WALKING
WHILE BLACK
IS NOT SUSPICIOUS

The struggle continues.
Racial Bias in the Crosswalk?

- Drivers discriminate against pedestrians based on race
- African-American pedestrians have to wait longer than whites before drivers yield
- African-Americans experience a wait time about 32 percent longer than for whites before drivers choose to yield
- African-Americans are twice as likely as white pedestrians to be passed by multiple vehicles

Source: Goddard et al. (2015)
10 Fittest Cities in America

1. Aurora, CO
2. San Francisco, CA
3. Oakland, CA
4. Albuquerque, NM
5. Seattle, WA
6. Denver, CO
7. Portland, OR
8. Sacramento, CA
9. Irvine, CA
10. San Diego, CA

Source: Fit Cities Index (2015)
10 Least Fittest Cities in America

1. Fort Wayne, IN
2. Fort Worth, TX
3. Arlington, TX
4. El Paso, TX
5. Tulsa, OK
6. Lubbock, TX
7. Detroit, MI
8. Birmingham, AL
9. Memphis, TN
10. Laredo, TX

Source: Fit Cities Index (2015)
Levels of Bicycling and Walking to Work in the U.S.

Share of commuters who bicycle or walk to work:
- **5.5% - 9.0%**
- **4.0% - 5.4%**
- **3.0% - 3.9%**
- **2.0% - 2.9%**
- **1.4% - 1.9%**

Source: ACS 2009-2011
Top 10 Most Dangerous Metro Areas to Walk

1. Orlando, FL
2. Tampa, FL
3. Miami, FL
4. Jacksonville, FL
5. Memphis, TN
6. Raleigh, NC
7. Louisville, KY
8. Houston, TX
9. Birmingham, AL
10. Atlanta, GA

Source: National Complete Streets Coalition (2014)
Why Parks and Green Space Matter
Top Ten Greenest U.S. States

Top 10 “Greenest States”
1. Vermont
2. Maine
3. New Hampshire
4. Nevada
5. Hawaii
6. South Dakota
7. Montana
8. Idaho
9. Oregon
10. Colorado

Source: Portney (2012)
Cities with the Best Parks - 2014

Top 10 Cities with Best Parks:
1. Minneapolis, MN
2. New York, NY
3. Boston, MA
3. Portland, OR
3. San Francisco, CA
6. Washington, DC
7. Denver, CO
7. Sacramento, CA
9. San Diego, CA
10. Aurora, CO
10. Virginia Beach, VA

Source: Trust for Public Lands (2014)
PARKS = HEALTH
Walking in Nature Changes the Brain

- A walk in the park soothes the mind, body and soul
- A two-minute walk may counter the negative health effects of sitting
- Walking in nature also lowers stress levels and improves mood

Source: Bratman et al. (2015)
Walk Among Urban Trees Is Good for Children’s Brain, Too

- Nature has restorative power whose benefits can extend to very young children who walk in the park and among urban trees
- Trees can restore attention in young, healthy, developing brains

Source: Schuttte and Torquati (2015)
Healthy Parks
Healthy People Central

Explore the connection between nature and health
Outdoor Inequality Matters
Trees in Houston Neighborhoods

Fourth Ward | 2009 estimated median household income: $24,750

River Oaks | 2009 estimated median household income: $158,517

Source: De Chant (2009); Zhu and Zhang (2008)
Trees in Oakland Neighborhoods

West Oakland | 2009 estimated median household income: $26,432

Piedmont | 2009 estimated median household income: $165,903

Source: De Chant (2009)
Trees in San Francisco Neighborhoods

Hunters Point | 2009 estimated median household income: $40,180

Saint Francis Wood | 2009 estimated median household income: $193,584

Source: De Chant (2009)
Trees in Boston Neighborhoods

Somerville | 2009 estimated median household income: $69,471

West Cambridge | 2009 estimated median household income: $115,798

Source: De Chant (2009)
Trees in Chicago Neighborhoods

Woodlawn | 2009 estimated median household income: $22,166

Hyde Park | 2009 estimated median household income: $48,568

Source: De Chant (2009)
Cities with the Best Parks - 2014

Top 10 Cities with Best Parks:
1. Minneapolis, MN
2. New York, NY
3. Boston, MA
3. Portland, OR
3. San Francisco, CA
6. Washington, DC
7. Denver, CO
7. Sacramento, CA
9. San Diego, CA
10. Aurora, CO
10. Virginia Beach, VA
48. Houston, TX

Source: Trust for Public Lands (2014)
Parks and Playgrounds on the Other Side of the Tracks
Air Toxics Linked to Student Academic Performance

- California researchers nearly a decade ago found a clear link between toxics near schools and student academic performance in Los Angeles.
- In Michigan, schools located in areas with the highest air pollution levels had the lowest attendance rates and the highest proportions of students who failed to meet state educational testing standards.
- Residential exposure to air toxics was linked to lower grade point averages among school children in El Paso, Texas.
OYSTER CREEK TRAIL

CAUTION

SNAKES AND ALLIGATORS MAY BE PRESENT
STAY AT A DISTANCE

CITY OF SUGAR LAND
LEXINGTON TRAIL

Park And Trail Hours:
Oyster Creek Trail
April - October 6am - 9pm
November - March 6am - 7pm
Lost Creek Loop
6am - 7pm
Water Garden Loop
6am - 10pm

Park And Trail Rules:
- Alcoholic Beverages Prohibited
- Pets Must be on a Leash
- No Motorized Vehicles Allowed on Grounds
- Dispose of Trash in Proper Receptacles
- No Swimming or Wading
- Hunting or Use of Firearms Prohibited
- No Horses

ALLIGATORS IN PARK
Please do not disturb

It is usually not necessary to report alligator sightings. However, if an alligator is located in a high-traffic area or is showing signs of aggressive behavior, please call the City of Sugar Land Parks and Recreation Division (281) 275-3400 or Texas Parks and Wildlife (800) 792-1112. All emergencies should be called 911.

CITY OF SUGAR LAND
FIGHTING FOR CLEAN AIR IN THE SHADOW OF OIL REFINERIES

Explosions, toxic clouds, chemical accidents—and the ill health affects they cause—are a regular part of life for communities existing in the shadow of oil refineries. In 2014, the EPA finally began to control these toxic time bombs.

Learn more about the people fighting for cleaner air and stand with them!
WHO'S IN DANGER?
Race, Poverty, and Chemical Disasters

ENVIRONMENTAL JUSTICE FOR ALL
Who’s in Danger?

- Residents of the fenceline zones closest to the facilities have average home values 33% below the national average and average incomes 22% below the national average;
- The percentage of Blacks in the fenceline zones is 75% greater than for the U.S. as a whole, and the percentage of Latinos is 60% greater;
- The percentage of adults in the fenceline with less than a high school diploma is 46% greater than for the U.S. as a whole, but the percentage with a college or other post-high school degree is 27% lower;
- The poverty rate in the fenceline zones is 50% higher than for the U.S. as a whole.
Kids in Danger Zones

One in Three U.S. Schoolchildren at Risk from Chemical Catastrophes
Houston Area: 133 schools and 7 hospitals are within one mile of a high-risk chemical facility, threatening 101,720 students and an unknown number of patients.
Building Healthy and Resilient Communities

- Sustainability must address equity, social inequality and community resilience
  - equitable development
  - families below poverty
  - widening health, income and wealth gap
- Addressing equity issues is prerequisite to achieving sustainable and livable communities
Thank You!

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