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Walking Is A Right (Civil and Human)

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WALKING IS A RIGHT (CIVIL AND HUMAN)

October 29, 2015

Robert D. Bullard, Ph.D.

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Connecting the dots...

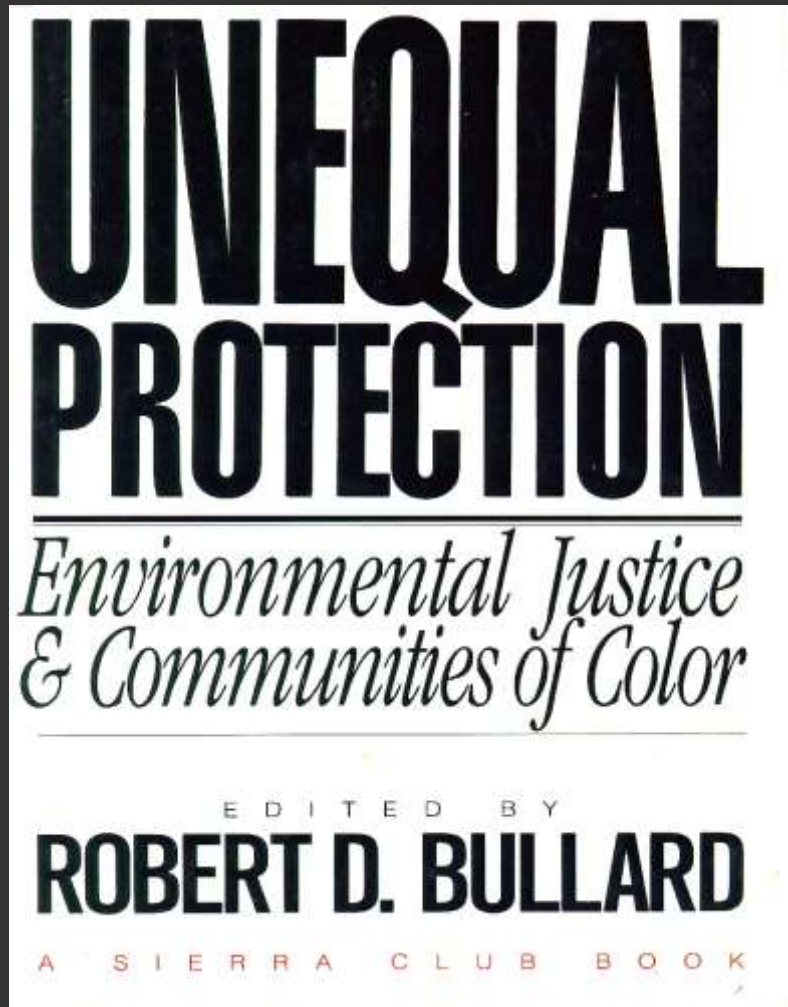


Books that I have Written:

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



THIS PLACE MATTERS

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GOD L...

NATIONAL TRUST FOR HISTORIC PRESERVATION

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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



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 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.

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%



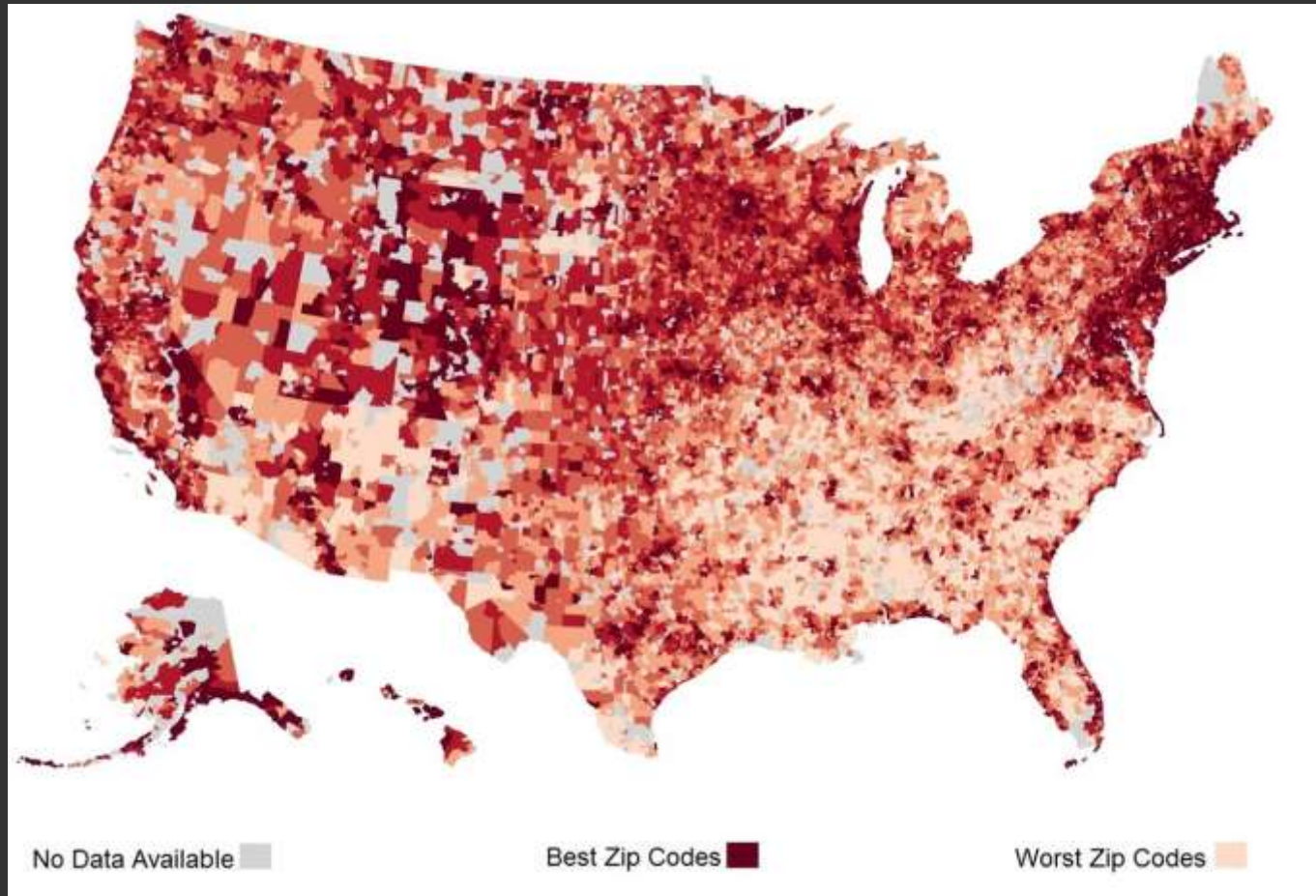
PROSTATE CANCER PATIENTS WHO WALK 90 MIN/WEEK HAVE NEARLY 50% LOWER MORTALITY RISK



WOMEN WHO WALK REGULARLY ARE 31% LESS LIKELY TO DEVELOP COLON CANCER THAN THOSE WHO EXERCISE LESS THAN ONE HOUR/ WEEK



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)

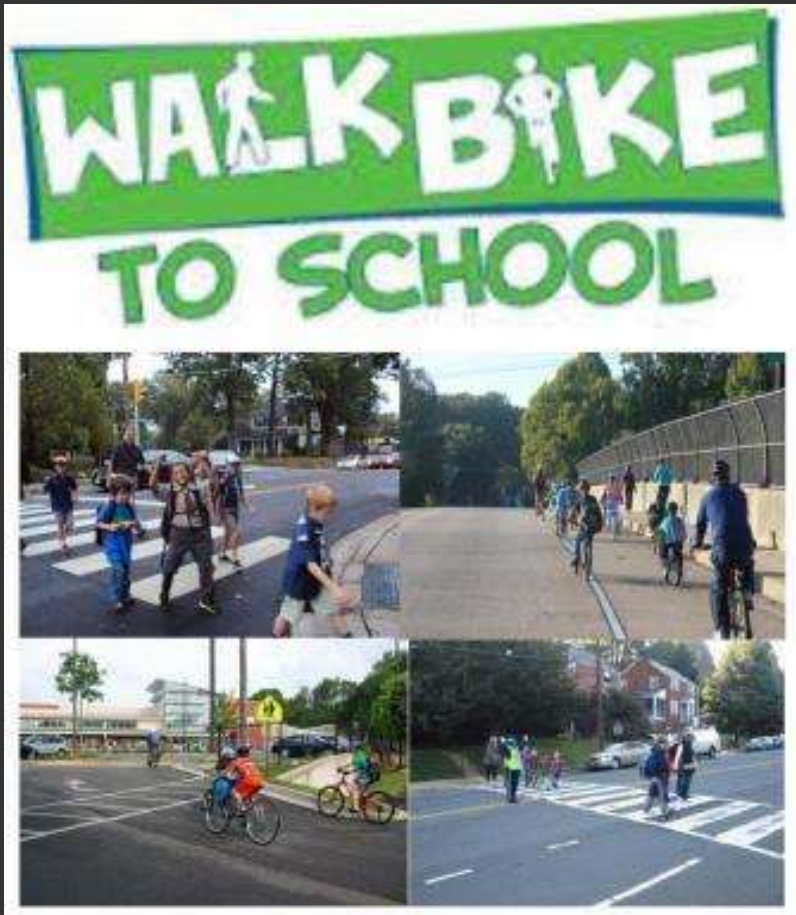
Top 10 Most Walkable U.S. Cities

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

Racial Profiling Is Not Policing. It's Racism.
www.WalkingWhileBlackTheMovie.com

Aint No
Justice

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

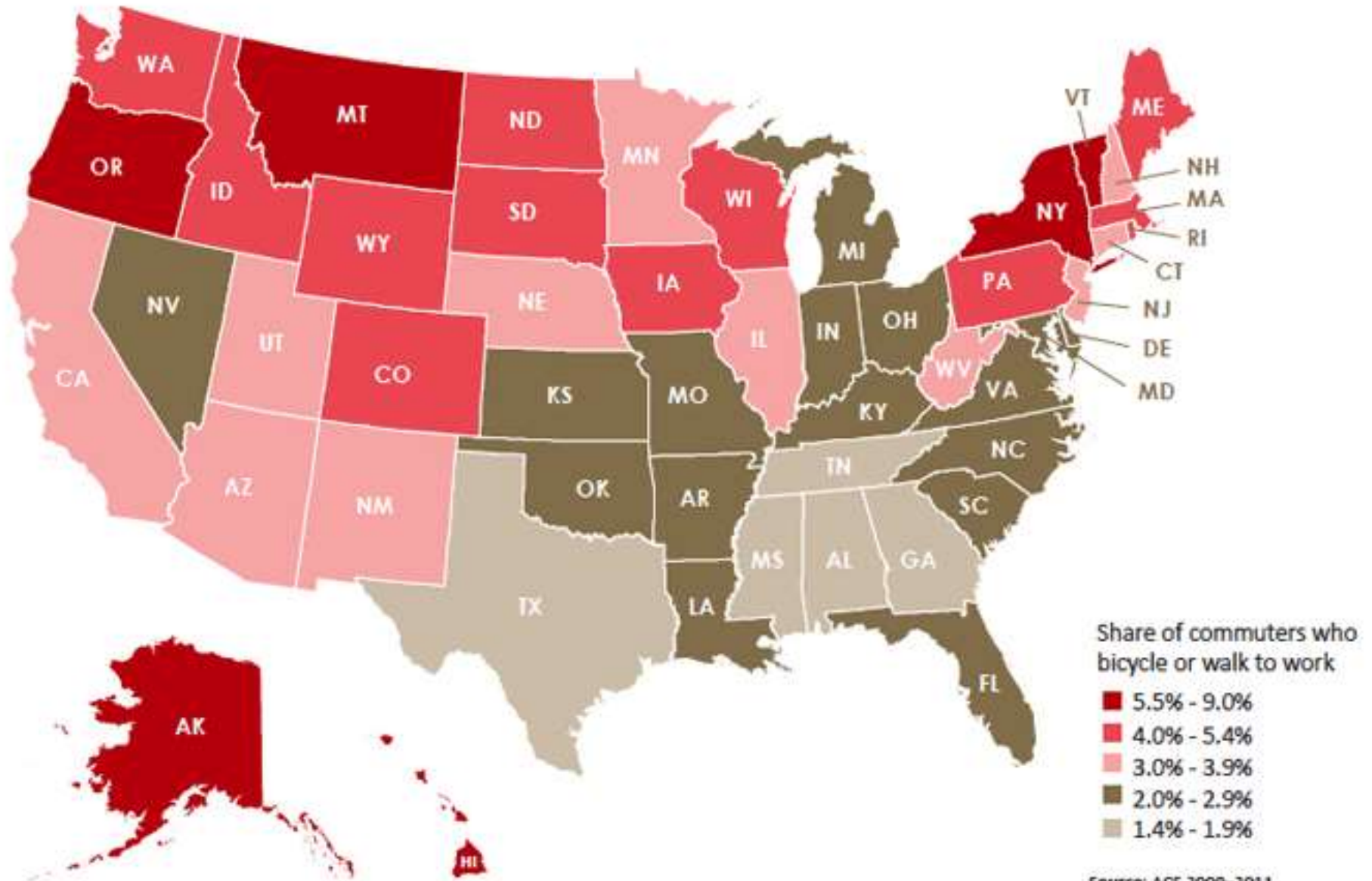
A group of children running a race, overlaid with text.

**Children Are
Significantly Less Fit
Than Decades Ago**

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)

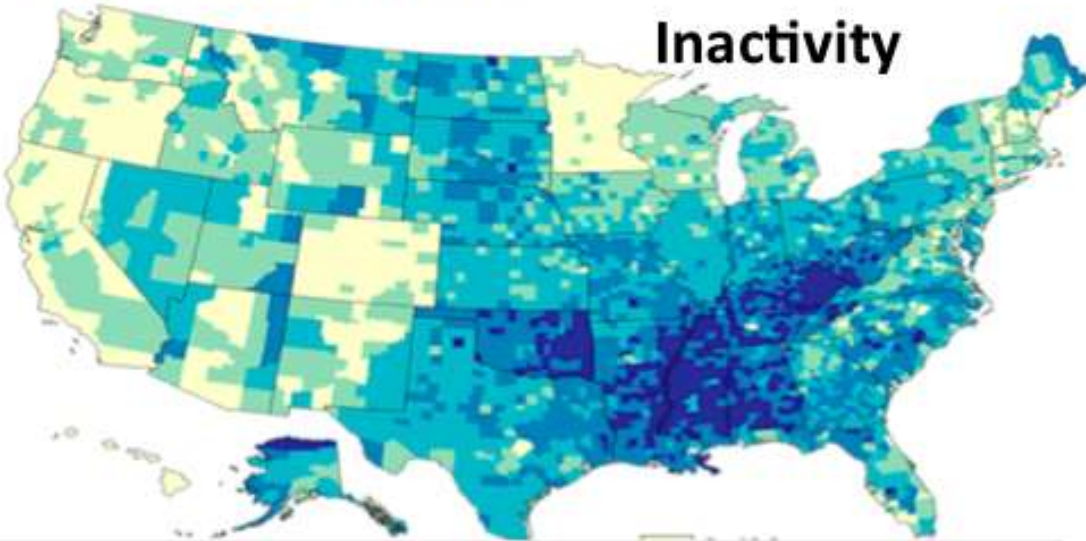
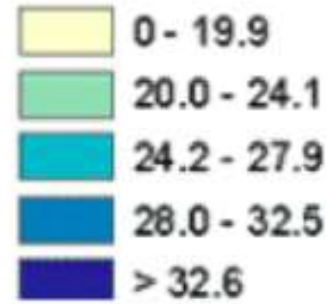
Levels of Bicycling and Walking to Work in the U.S.



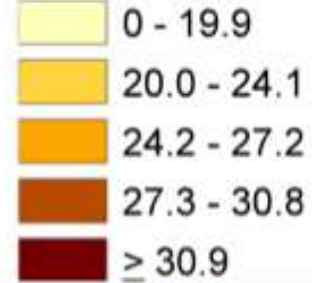
2008 Age-Adjusted Estimates of the Percentage of Adults Who Are Physically Inactive



Inactivity



Percent



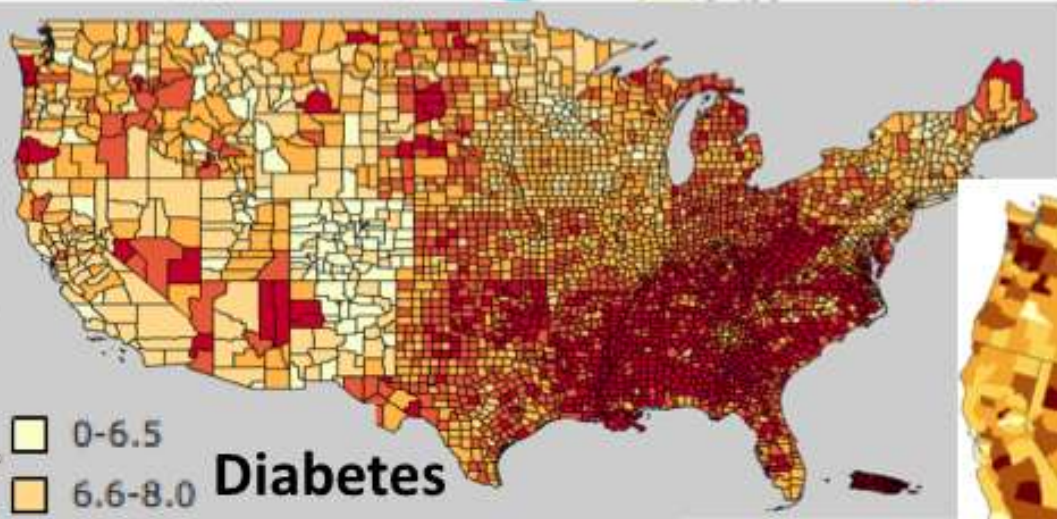
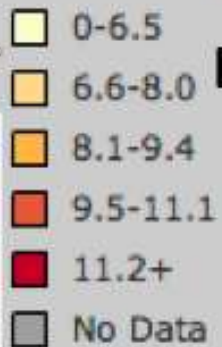
County-level Estimates of Obesity among Adults aged ≥ 20 years: United States 2008

Obesity



Diabetes

Diagnosed Diabetes
Percentage 2008





Top 10 Most Dangerous Metro Areas to Walk

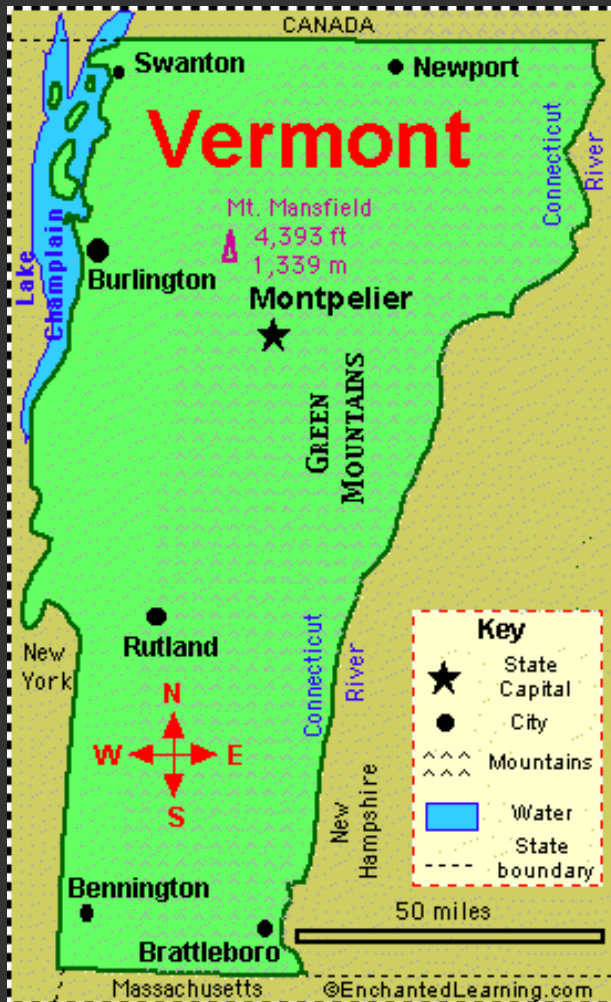
1. Orlando, FL
2. Tampa, FL
3. Miami, FL
4. Jacksonville, FL
5. Memphis, TN
6. Raleigh, NC
7. Louisville, KY
8. Houston, TX
9. Birmingham, AL
10. Atlanta, GA

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*





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







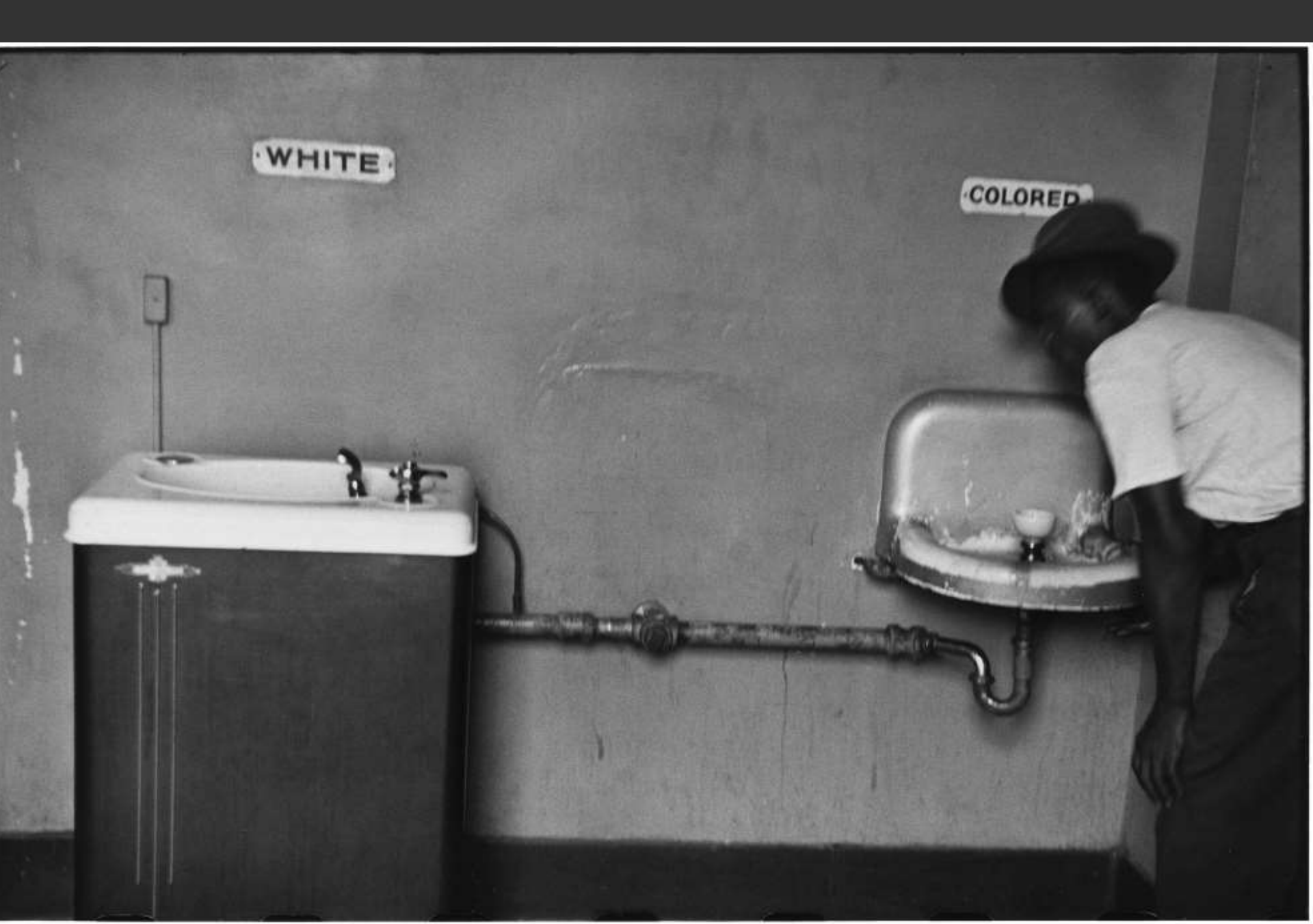
















OYSTER CREEK TRAIL

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 - 10pm

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



CITY OF SUGAR LAND

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 Department at (281) 275-2000. Texas Parks and Wildlife Department (214) 389-2000. All emergency calls should be made to 911.





















Slide Show

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!













**TEXACO MINI
PARK**







WHO'S IN DANGER?

Race, Poverty, and Chemical Disasters



Who's in Danger?

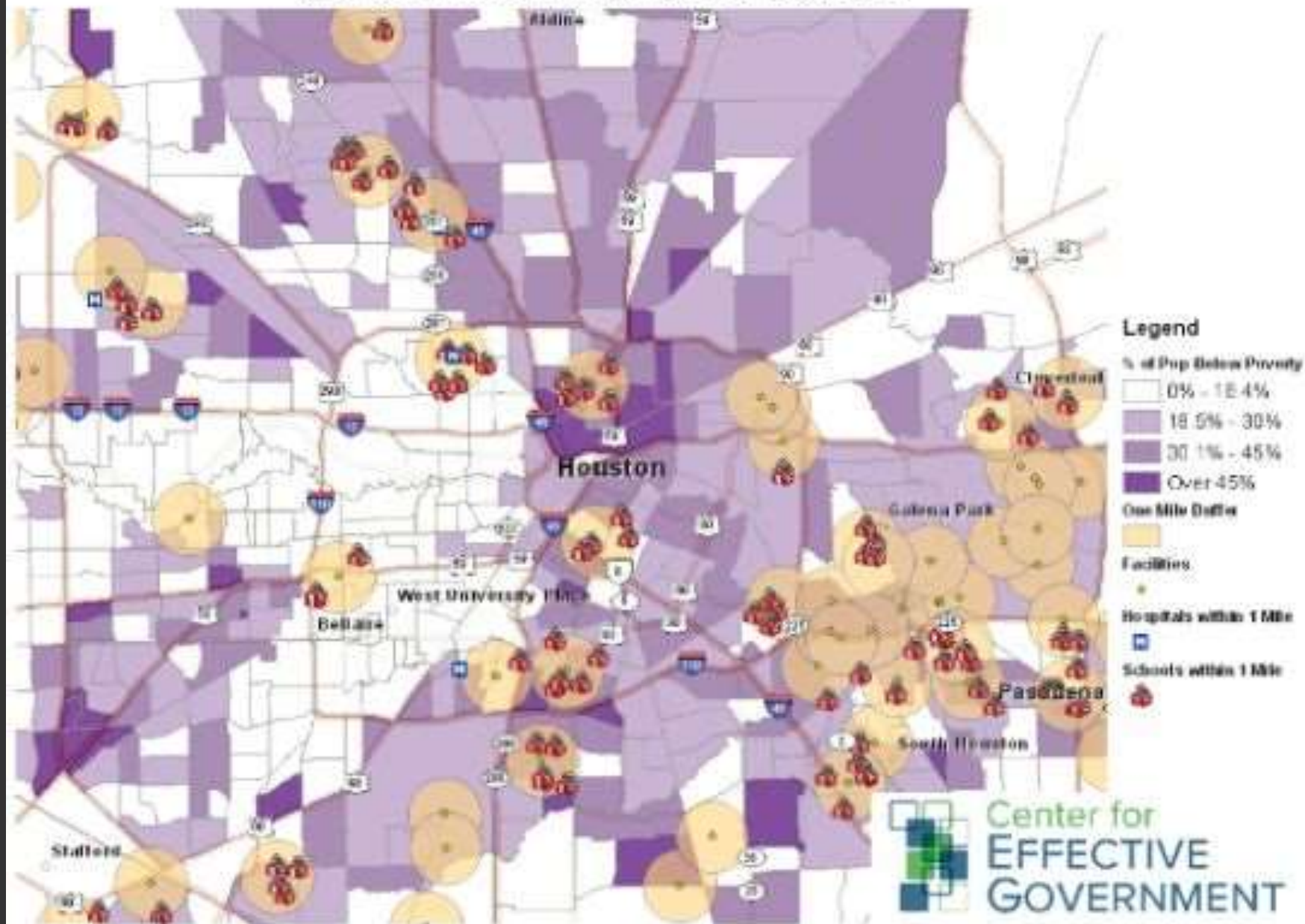
- Residents of the fenceline zones closest to the facilities have average home values 33% below the national average and average incomes 22% below the national average;
- The percentage of Blacks in the fenceline zones is 75% greater than for the U.S. as a whole, and the percentage of Latinos is 60% 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

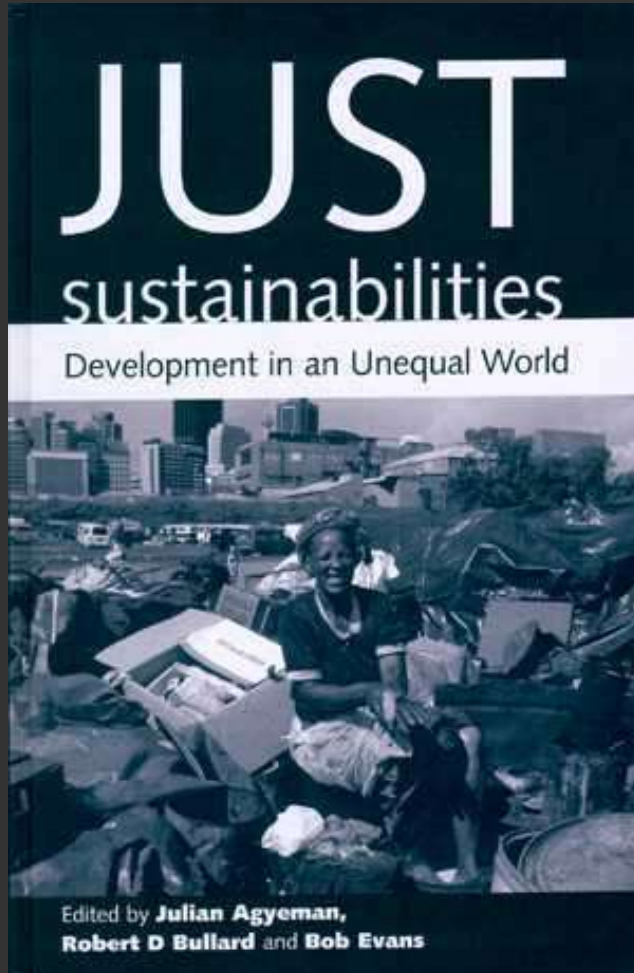
One in Three U.S. Schoolchildren at Risk from Chemical Catastrophes



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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