

3/10/14 PC mtg

*"The way we design and build our communities can affect our physical and mental health. Healthy community design integrates evidence-based health strategies into community planning, transportation and land-use decisions."*

*-Centers for Disease Control and Prevention-*

Built environments are "the human-created surroundings that provide the setting for human activities, ranging from large-scale civic districts, commercial and industrial buildings, to neighborhoods and individual homes" (Puget Sound Regional Council, *Vision 2040*).

What, where and how land-use development decisions are made will have a direct bearing on human and environmental health. These decisions affect where and how people today and the future generations live, work, play, learn and shop. Creating healthy communities relies on whether everyone can equitably access:

- affordable transportation, housing, physical activity and eating choices
- clean indoor and outdoor air
- safe and reliable water
- opportunities to build social capital, sense of place and community
- overall quality of life

Improving built environments is core to Health Department's vision *Healthy People in Healthy Communities*, and part of several Health Departments strategic directions:

- Pierce County residents achieve healthy lifestyles
- Communities protect and enhance the natural and built environments
- Children and families grow and develop optimally

The Health Department will partner with planners, community members and others to:

- encourage land-use and transportation planning decisions based on a balanced triple-bottom-line approach: people, planet and prosperity
- integrate human health in comprehensive planning and other policies
- share health evidence-based research and other information
- engage affected communities
- address health disparities among diverse populations

For information on the Healthy Community Planning Toolbox, please contact:

Amy Pow, MCIP

Principal Planner, Built Environment Program

Email: [apow@tpchd.org](mailto:apow@tpchd.org)

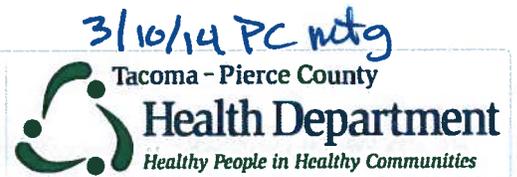
Phone: (253) 798-6456

[www.tpchd.org/planningforhealthycommunities](http://www.tpchd.org/planningforhealthycommunities)

[www.tpchd.org/healthycommunityplanningtoolbox](http://www.tpchd.org/healthycommunityplanningtoolbox)

# Healthy Community Planning Toolbox

Information for Local Planners



Environmental Health Division  
3629 South D Street, Tacoma, WA 98418  
(253) 798-6470

## Tools to Create Healthy Communities

Healthy communities are healthy and sustainable places built on a balanced foundation of “people-prosperity-planet”. This *evidence-based toolbox* ([www.tpchd.org/HealthyCommunityPlanningToolbox](http://www.tpchd.org/HealthyCommunityPlanningToolbox)) will assist cities and towns create healthy communities by integrating health into their long-range planning.

### Organization of the Toolbox

Contains two types of tools: *process tools* and *policy tools*. You can cater these to your unique community needs, aspirations, health priorities, disparities and existing resources.

**Planning Process Tools** are designed to help you define your approach and scope of work, incorporate community health priorities and aspirations into the vision statement, and consider health during each step of the process. To reverse the health disparities gap, it is crucial to meaningfully engage all segments of the diverse population throughout the planning process. It is particularly important to include your underserved populations (seniors, low-income, minorities, etc.) in making planning decisions affecting their livelihood and health. You can wear a health lens by accessing tools under each of the nine planning tasks:

- Visioning
- Community Assessment and Existing Conditions Update
- Goal Formulation
- Policy Development
- Draft Plan Review
- SEPA Review
- Final Plan Adoption
- Plan Implementation
- Plan Monitoring and Performance Management

**Policy Intervention Tools** provide sample policies for comprehensive plans and their implementation to achieve healthy community outcomes. You can integrate policies into your comprehensive plan elements of land-use, transportation, housing, natural environment, capital facilities and others to affect the following *six priority or intervention areas*:

- Physical Activity
- Healthy Food
- Safety and Injury
- Placemaking
- Access to Opportunity
- Natural Environment

### Toolbox Application: Just a Few Examples

Apply the *Self-assessment Tool to Integrate Health into Comprehensive Plan Update* to identify gaps and opportunities to address public health in your current comprehensive plan:

[www.tpchd.org/files/library/87189ac3d23467ab.pdf](http://www.tpchd.org/files/library/87189ac3d23467ab.pdf)

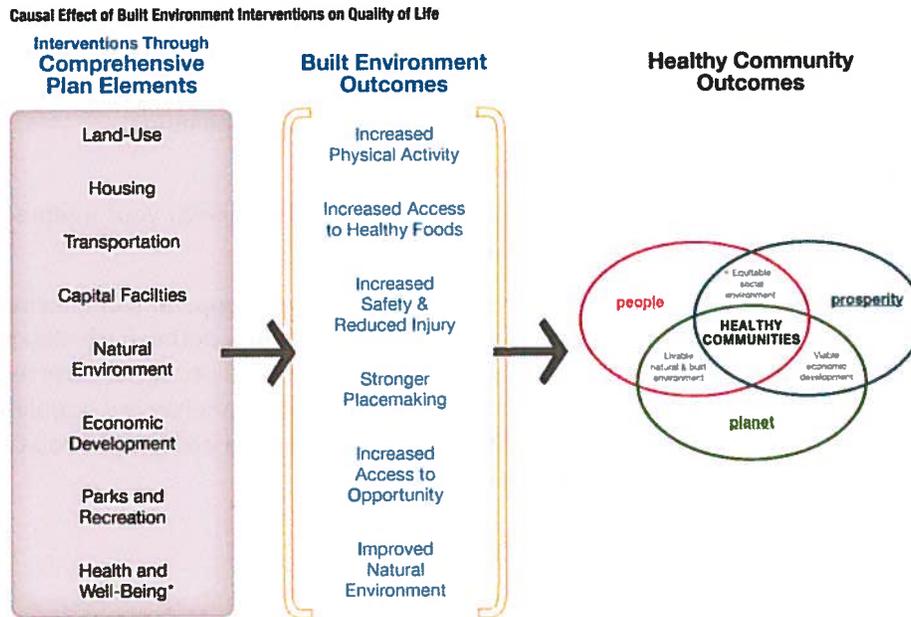
Learn how to *Understand and Identify Underserved Populations* before designing your public participation program: [www.tpchd.org/files/library/d30555beb1557e78.pdf](http://www.tpchd.org/files/library/d30555beb1557e78.pdf)

Customize the *Community Health Assessment Questions* to conduct the community-wide needs assessment or visioning sessions: [www.tpchd.org/files/library/daa719e3665adf13.pdf](http://www.tpchd.org/files/library/daa719e3665adf13.pdf)

Adapt the *Built Environment Outcome Measures* to drive goals and policies to achieve the city-wide vision: [www.tpchd.org/files/library/9f8937e58af92c5d.pdf](http://www.tpchd.org/files/library/9f8937e58af92c5d.pdf)

## Access Policy Tools with the Use of Logic Models

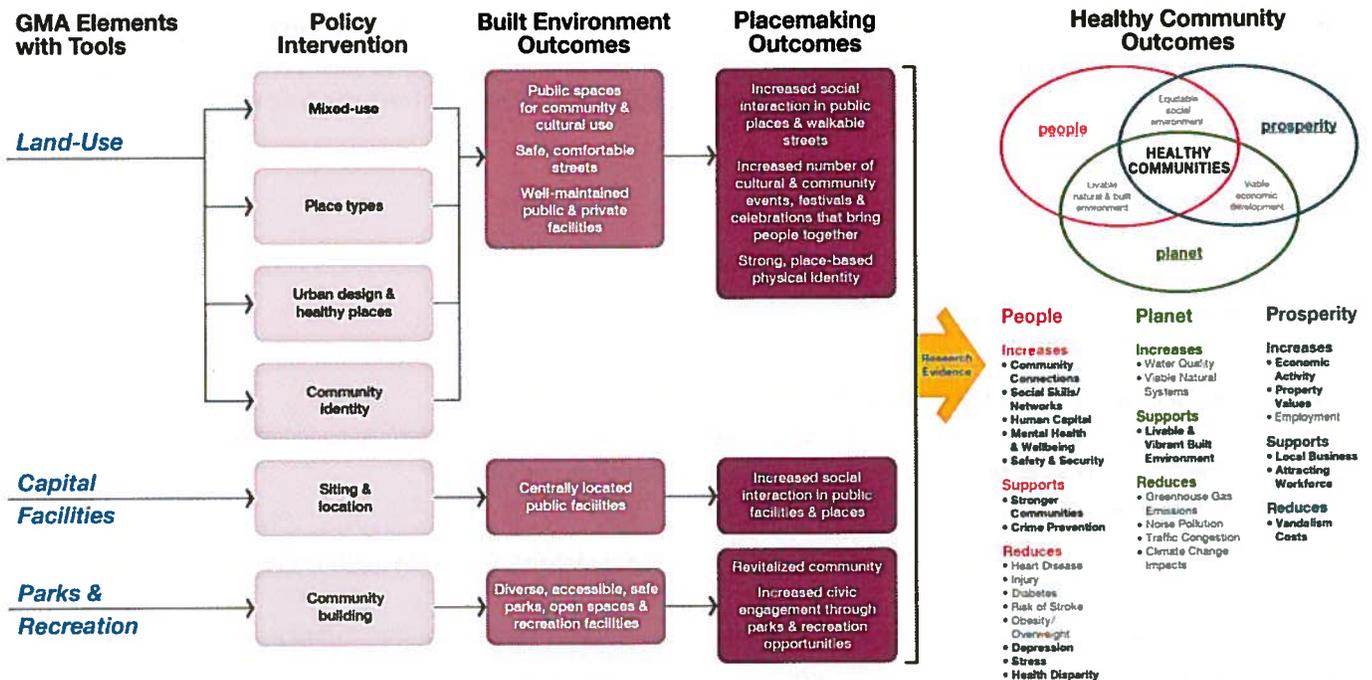
*The Introductory Logic Model/Cause and Effect Map*—Access built environment outcomes and detailed logic models under each of the six policy intervention areas.



\* Integrate health into existing comprehensive plan elements or as a separate element

*A Sample of the Six Detailed Logic Models*—Access policy tools to create a sense of place under various GMA elements.

## PLACEMAKING



Legend: **Bolded** items are Healthy Community Outcomes as a result of policy interventions.

**Contact Information:** Amy Pow, MCIP • Principal Planner, Built Environment • Email [apow@tpchd.org](mailto:apow@tpchd.org) • Phone (253) 798-6456

3/10/14 PC mtg



# Demographics and Health Data

Information for Local Planners

Environmental Health Division  
3629 South D Street, Tacoma, WA 98418  
(253) 798-6470

## City of Buckley, WA

### Demographic Characteristics

Table 1 presents selected data for City of Buckley, in comparison with the State of Washington (WA) and Pierce County (PC), WA. Representing about 0.6% (4,377) of the Pierce County population, Buckley is a community with:

- Slightly more young individuals aged 5-17 (18.6%) than Pierce County (18%) and WA State (17.1%).
- More males (52.1%) than females (47.9%).
- A less ethnically-diverse population with more Whites (89%) than Pierce County (76%) and WA State (79%).
- Fewer individuals with a Hispanic/Latino origin (1.4%) than Pierce County (8.9%) and WA State (10.9%).
- A higher median household income (\$62K) than Pierce County (\$59K) and WA State (\$59K).
- Fewer individuals living below 100% of the Federal Poverty Level (8%) than Pierce County (12%) and WA State (13%); and no single household families with related children under 18 years living in poverty.

**TABLE 1: SELECTED DEMOGRAPHICS**

Selected Characteristics	Washington		Pierce County, Washington		Buckley, Washington	
	Percent	Total	Percent	Total	Percent	Total
TOTAL POPULATION		6,652,845		791,528		4,377
AGE						
Under 5 years	6.5%	433,191	6.9%	54,993	6.7%	292
5 to 17 years	17.1%	1,136,027	18.0%	142,554	18.6%	816
75 years and over	5.5%	367,881	4.9%	38,733	5.3%	230
SEX						
Male	49.8%	3,314,698	49.5%	392,148	52.1%	2,279
Female	50.2%	3,338,147	50.5%	399,380	47.9%	2,098
RACE AND HISPANIC OR LATINO ORIGIN						
One race	95.6%	6,359,930	93.6%	740,886	91.9%	4,021
White	79.0%	5,256,224	76.0%	601,640	88.7%	3,881
Black or African American	3.5%	233,549	6.8%	53,629	0.7%	32
American Indian and Alaska Native	1.4%	94,243	1.1%	9,101	1.3%	58
Asian	7.1%	470,798	5.9%	46,789	0.6%	27
Native Hawaiian and Other Pacific Islander	0.6%	37,084	1.2%	9,858	0.5%	20
Some other race	4.0%	268,032	2.5%	19,869	0.1%	3
Two or more races	4.4%	292,915	6.4%	50,642	8.1%	356
Hispanic or Latino origin (of any race)	10.9%	725,373	8.9%	70,279	1.4%	61
POVERTY STATUS						
Median household income (dollars)		\$58,890		\$58,824		\$61,629
Population in poverty (below 100 percent of the federal poverty level)	12.5%	816,509	11.6%	89,501	7.5%	313
Single household families with related children under 18 years living in poverty	~4.5%	75,494	~4.7%	9,475	~0.0%	0

Data Source: U.S. Census Bureau, 2007-2011 American Community Survey.

Note: Findings above and below both the WA and the Pierce County averages are in red and blue, respectively.

## Health Outcome Data: Behavioral Risks and Mortality

Table 2 shows Buckley, as compared to Washington State and Pierce County, experienced during 2006 to 2010:

- Higher prevalence of obesity (33.6%) and diabetes (14.1%) among adults.
- Lower prevalence of coronary heart disease (1.6%), asthma (8.4%) and poor mental health days (8.1%) among adults.
- Higher motor vehicle mortality (22.3 incidents per 100,000 population).

**TABLE 2: PREVALENCE OF HEALTH RISKS (PERCENT)**

	WA	PC	Buckley
Obesity (Adults)	25.6 <sup>†</sup>	28.9 <sup>†</sup>	33.6 <sup>††</sup>
Coronary heart disease (Adults)	3.4 <sup>†</sup>	3.8 <sup>†</sup>	1.6 <sup>††</sup>
Asthma (Adults)	15.0 <sup>†</sup>	15.4 <sup>†</sup>	8.4 <sup>††</sup>
Diabetes (Adults)	7.2 <sup>†</sup>	8.2 <sup>†</sup>	14.1 <sup>††</sup>
Poor mental health days (Adults)	9.8 <sup>†</sup>	11.0 <sup>†</sup>	8.1 <sup>††</sup>
Motor vehicle mortality (x100,000)	7.6 <sup>§</sup>	6.8 <sup>§</sup>	22.3 <sup>£</sup>

Based on the seven leading causes of mortality shown in Table 3 compared to Washington State and Pierce County at the end of 2011, Buckley reported:

- Higher rates of death caused by major cardiovascular diseases (265.1 incidence per 100,000 population), cancer (195.3), chronic lower respiratory diseases (90.9), accidents (69.2), diabetes (29) and suicide (25.5).
- A lower rate of mortality due to Alzheimer's disease (40.6).

**TABLE 3: MORTALITY RATES PER 100,000 POPULATION (AGE-ADJUSTED)  
BASED ON THE SEVEN LEADING CAUSES**

	WA <sup>§</sup>	PC <sup>§</sup>	Buckley <sup>£</sup>
Major cardiovascular diseases	196.8	226.7	265.1 <sup>£</sup>
Malignant neoplasm (cancer)	166.9	178.4	195.3 <sup>£</sup>
Chronic lower respiratory diseases	44.7	52.4	90.9 <sup>£</sup>
Alzheimer's disease	44.0	49.0	40.6 <sup>£</sup>
Accidents	37.9	37.0	69.2 <sup>£</sup>
Diabetes	22.4	23.5	29.0 <sup>£</sup>
Intentional self-harm (suicide)	14.0	16.1	25.5 <sup>£</sup>

Data Source:

<sup>†</sup>Centers for Disease Control and Prevention (CDC): The Behavioral Risk Factor Surveillance System (BRFSS). Reported figures are averaged over 2006–2010.

<sup>††</sup>Centers for Disease Control and Prevention (CDC): The Behavioral Risk Factor Surveillance System (BRFSS). Reported figures are averaged over 2006–2010, based on Zip Code 98321 (see zip code map).

<sup>§</sup>WA State Department of Health (DOH): Community Health Assessment Tool (CHAT). Figures are reported for 2011.

<sup>£</sup>DOH: CHAT. Reported figures are averaged over the period 2007-2011, based on Census Tract 070207 (see census tract map).

Note:

1. Estimated figures used in Table 2 are not exact measures; they are a sample of the population. For example, even when the reported estimate for City of Buckley is noticeably different from the corresponding estimate for Pierce County or Washington State, in most cases we cannot conclude that the difference is statistically meaningful.
2. However, prevalence of coronary heart disease in Buckley was noticeably lower than in Washington State (1.6% vs. 3.4%) and Pierce County (1.6% vs. 3.8%). In both cases the difference was statistically significant.
3. Mortality from major cardiovascular diseases in Buckley was 35% higher than in Washington State. The difference was statistically significant.
4. Mortality from major chronic lower respiratory diseases in Buckley was more than twice higher than in Washington State. The difference was statistically significant.
5. Mortality from accidents in Buckley was 83% higher than in Washington State. The difference was statistically significant.
6. Findings above and below both the WA and the Pierce County averages are in red and blue, respectively.

## Definitions Used in the Behavioral Risk Factor Surveillance System (BRFSS)

**Obesity:** an excessively high amount of body fat or adipose tissue in relation to lean body mass.

**Coronary heart disease (CHD):** a number of diseases that affect the heart itself or the blood vessel system. In Table 1, the figure for CHD represents the percentage who responded YES to the question, "Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?"

**Asthma:** percentage who responded YES to the question, "Have you ever been told by a doctor, nurse, or other health professional that you had asthma?"

**Diabetes:** percentage who responded YES to the question, "Have you ever been told by a doctor that you have diabetes?"

**Poor mental health days:** percentage who reported their mental health was not good 14+ days in the past month.

## Resource and Contact Information

Access tools to address health priorities specific to your population groups:

[www.tpchd.org/healthycommunityplanningtoolbox](http://www.tpchd.org/healthycommunityplanningtoolbox)

Find out more about how Tacoma-Pierce County Health Department can assist your jurisdiction in the comprehensive plan update process:

Amy Pow, MCIP

Principal Planner

Built Environment Program

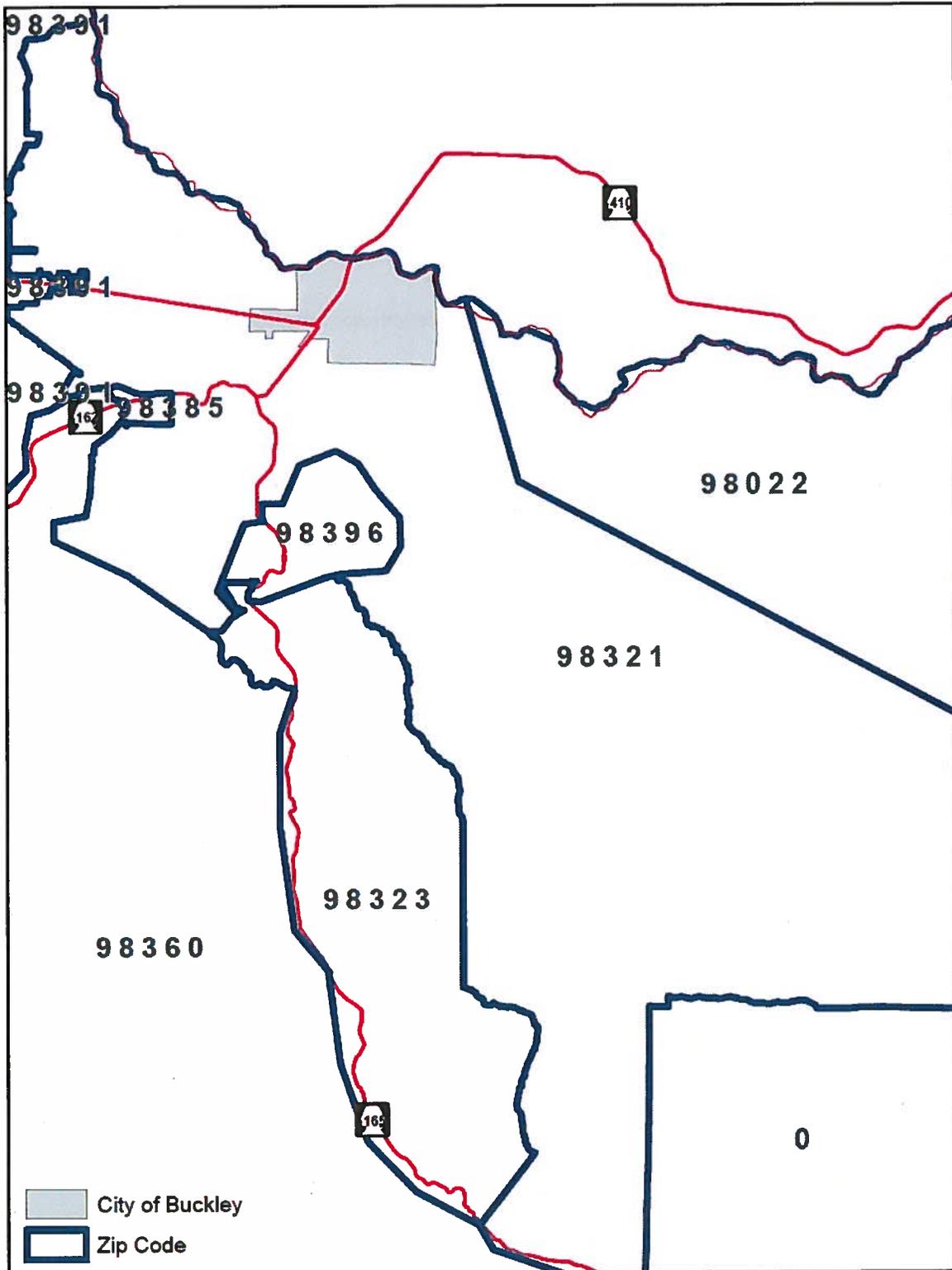
Email [apow@tpchd.org](mailto:apow@tpchd.org)

Phone (253) 798-6456

[www.tpchd.org/planningforhealthycommunities](http://www.tpchd.org/planningforhealthycommunities)

*This report is jointly prepared by Tacoma-Pierce County Health Department's Office of Assessment, Planning and Improvement and the Environmental Health Division, Built Environment Program.*

# City of Buckley - Zip Codes



# City of Buckley - Census Tract

