

Healthy Eating and Physical Activity By the Numbers



67% OF CAMBRIDGE STUDENTS (grades K-8) were at a healthy weight in 2013,¹ up from 59% in 2004.² About one in three children in America is overweight or obese.³ In 2013, 30% of Cambridge students (grades K-8) were overweight or obese,¹ down from 39% in 2004.²



61% OF CAMBRIDGE TEENS ATE GREEN SALAD and/or raw vegetables in the past day,⁴ up from 48% in 2002.⁵

69% OF CAMBRIDGE TEENS DRANK TAP WATER

in the past day.⁴ Fluoride in tap water can reduce tooth decay by about 25% over a person's lifetime.⁶

DID YOU KNOW? Community water fluoridation was named one of the **10 Great Public Health Achievements in the 20th Century** by the Centers for Disease Control and Prevention.⁷



65% OF CAMBRIDGE TEENS EXERCISE for at least 20 minutes on 3 or more days per week,⁴ compared to 63% of teens statewide.⁸



23% OF CAMBRIDGE RESIDENTS WALK TO WORK.

25% of women and 21% of men in Cambridge travel to work on foot.⁹



7% OF CAMBRIDGE RESIDENTS BICYCLE TO WORK.

4% of women and 10% of men in Cambridge bike to work.⁹ Pedaling to work is even easier now that Hubway bicycles are available around the city!

DID YOU KNOW? As of October 2013, there are 27 Hubway stations in Cambridge.

Sources: 1. Cambridge Public Health Department, Cambridge Youth Weight Surveillance, 2013. 2. Institute for Community Health, Cambridge Youth Weight Surveillance, 2004. 3. Ogden, et al. Prevalence of Obesity and Trends in Body Mass Index Among US Children and Adolescents, 1999-2010. JAMA, 2012; 307(5). 4. Cambridge Teen Health Survey, Grades 9-12, 2012. 5. Cambridge Teen Health Survey, Grades 9-12, 2002. 6. Centers for Disease Control and Prevention, Community Water Fluoridation: <http://tinyurl.com/cdcfluor>. 7. Centers for Disease Control and Prevention, Ten Great Public Health Achievements in the 20th Century: <http://tinyurl.com/10great>. 8. MA Youth Risk Behavior Survey, 2011. 9. U.S. Census Bureau, American Community Survey, 2009-2011.



2013 Cambridge PUBLIC HEALTH BULLETIN

CAMBRIDGE IN MOTION

Cambridge in Motion is a citywide initiative supporting the Cambridge Food and Fitness Policy Council's vision and goals. Cambridge in Motion is engaged in activities that promote healthy corner stores, school nutrition, farmers' markets, bike and pedestrian-friendly streets, and physical activity.

Cambridge in Motion is part of the statewide Mass in Motion initiative and the federal Community Transformation Grant to Middlesex County.



CAMBRIDGE PUBLIC HEALTH DEPARTMENT



Roadmap to a Healthy Cambridge

Achieving good health means more than having a doctor and insurance – it is also about having opportunities for education and employment, feeling safe, having a network of friends and family, and living in a community that supports healthy choices.

When rent control ended in the 1990s, Cambridge made a deliberate effort not to become an enclave for the wealthy by expanding affordable housing. Civic leaders wanted to preserve the rich social fabric of Cambridge – a place where people of different socioeconomic and cultural backgrounds live, work, and thrive together.

This belief in equality has led to a substantial commitment by city departments and community organizations to ensure that less advantaged residents not only have their basic needs met, but also are afforded opportunities, like adult education and job training, to change the circumstances of their lives.

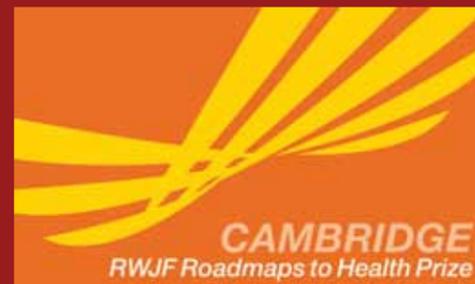
Currently, 15% of all Cambridge residents live below the federal poverty line and 17% of adult residents have a high school education or less. Nearly half the children in

the city's public school system are growing up in low-income families.¹

“These particular residents are at greater risk for sickness and early death than their more advantaged neighbors because income and education are two of the biggest predictors of lifelong health,” said Claude Jacob, Chief Public Health Officer and director of the Cambridge Public Health Department.

Increasing recognition of how income, education, gender, and race can impact health has inspired the Cambridge Public Health Department to think broadly about the root causes of poor health. Over the past 15 years, public health leaders have engaged civic and community partners in successful efforts to identify and address the needs of the city's most vulnerable residents, resulting in improved services for children and men of color, to name a few.

CAMBRIDGE IS ONE OF SIX U.S. COMMUNITIES to receive an inaugural *Roadmaps to Health Prize* from the Robert Wood Johnson Foundation. Cambridge was honored in 2013 for its outstanding community partnerships and achievements in the areas of healthy eating and physical activity, strengthening families, progressive urban planning, and integration of public health and clinical care.



CAMBRIDGE DEMOGRAPHICS

Population: 106,471 people Median Age: 31 years	Race/Ethnicity Asian: 15% Black or African American: 11% White: 68% Other or multiracial: 7%
Income Residents living below the poverty line: 15% Households earning \$100,000+ per year: 35%	National Origin Foreign-born: 29% Naturalized citizens: 11%
Education Among residents ages 25+ High school degree or less: 17% Some college, no degree: 8% Associate's degree: 2% Bachelor's degree: 29% Advanced degree: 44%	Language Language other than English spoken at home: 33%

Sources: Population is the U.S. Census Bureau estimate as of July 1, 2012. All other data are from the U.S. Census Bureau, American Community Survey, 2009-2011.

INVESTING IN YOUNG CHILDREN

Early life experiences have an enormous impact on health, academic achievement, and future earnings.

“Our goal is to level the playing field so that children growing up in the city's housing developments have access to the same opportunities to lead a healthy, successful life as children from more affluent families.”

– ELLEN SEMONOFF

Assistant City Manager, Department of Human Service Programs

Cambridge offers parenting classes, playgroups, an early literacy program, and other services that focus on a child's first three years of life – a time of rapid brain development. Many programs do special outreach to low-income and immigrant families with young children.

MAKING THE HEALTHY CHOICE EASY

Cambridge is also tackling health issues through policy, regulation, and changing the urban landscape.

City, school, and community partners have worked together for over a decade to improve the school environment so that kids eat healthier and are more active. These efforts include healthier and tasty school meals; innovative PE activities like ballroom dancing; outdoor gardens in all elementary schools; health and fitness progress reports sent home annually; and model nutrition and wellness policies.

A citywide Food and Fitness Policy Council, established by the health department in 2011, is exploring policy, systems, and practices for making healthy foods and fitness opportunities available to more residents. The council's vision for creating a healthy, sustainable, and equitable food and fitness environment in Cambridge emphasizes community engagement, communication, policy development, and infrastructure development.



The city's urban planners have created safer streets for pedestrians and cyclists, and implemented policies and programs that encourage alternative transportation. Today, nearly a third of residents either walk or bike to work,² and the number of cyclists has tripled over the past 10 years.³

A SHARED VISION

The spirit of collaboration has never been stronger in Cambridge.

The Cambridge Public Health Department launched a major initiative in 2013 to better understand the health needs of the community, and develop programs and policies to address these needs. The initiative brings together local leaders in public health, health care, urban planning, housing, public safety, education, business, and the non-profit sector.

Over 1,000 people have shared their experiences and ideas with the department, including city and community partners, youth, seniors, immigrants, and people of color.

The voices of the community will help shape the city's vision for a healthy Cambridge and the forthcoming multi-year action plan to realize this vision.

This initiative is part of an effort by the city to have a nationally accredited health department and to transform the practice of local public health.

Sources: 1. MA Department of Primary and Secondary Education, 2012-2013 State Report. 2. U.S. Census Bureau, American Community Survey, 2009-2011. 3. Cambridge Community Development Department, Cambridge Bicycle Counts: Comparison over Time, 2012: <http://tinyurl.com/biketrends>.

Cambridge Public Health Department is a municipal health agency operated by Cambridge Health Alliance through a contract with the City of Cambridge. The department's mission is to improve the quality of life of residents and workers by reducing sickness and injury; encouraging healthy behaviors; and fostering safe and healthy environments.

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