HEALTHY AND SUSTAINABLE COMMUNITIES
Obesity Increasing Among Canadian Adults, 1985 to 2000-2001
In 2000-2001, more than 6 million Canadian adults aged 20 to 64 were overweight, and nearly 3 million were obese.

*Improving the Health of Canadians*, CPHI, 2004
Overweight

- 2.5-fold risk of overall mortality*
- 4-fold risk of cardiovascular mortality*
- 5-fold risk of diabetes
- Risk of hypertension, gall bladder disease, and some cancers

(*30-44 age group, less at older ages)

Willet et al., New Eng J Med, 1999
How We Grew So Big

Diet and lack of exercise are immediate causes—but our problem began in the Paleolithic era

BY MICHELLE R. LEMONICK

It's hardly news anymore that North Americans are just too fat. If the endless parade of articles, TV specials and fad diet books weren't proof enough or you missed the ominous warnings from government agencies and health associations, a quick look around at the mall, the beach or any baseball game will leave no room for doubt: our individual weight problems have become a full-blown crisis.

Even so, the actual numbers are shocking. According to Statistic Canada's Canadian Community Health Survey released last week, almost half of Canadians over the age of 18 are overweight, and 13% are obese. And according to the most recent figures, released in 2002, more than one-third of Canadian children ages 2 to 11 are overweight. Of those, half would be considered obese. And, as many would imagine, it's worse south of the border. Fully two-thirds of U.S. adults are officially overweight, and about half of those have graduated to full-blown obesity.

It wouldn't be a such a big deal if the problem were simply aesthetic. But excess pounds take a terrible toll on the
HISTORIC REFLECTION
Vehicle ownership v. transit ridership

Source: Canadian Urban Transit Association and Statistics Canada
CLICK TILL YOU DROP

The Internet has become a shopper’s paradise, stocked with everything from wine to cars. Business will never be the same.

By Michael Krantz, San Francisco

I know we’re not normal,” Jerry Yang says with a boyish grin, making a half-hearted effort to straighten up his cubicle for his visitor. It’s not much of an office by mogul standards: just a nondescript desk, a couple of cheap plastic milk crates bulging with papers, an old futon. Magazines are piled in a corner, and a window offers a distinctly declassé view of the parking lot.

Of course, by the standards of David Filo, 32, Yahoo’s other co-founder, 29-year-old Jerry’s digs are West Coast Donald Trump. Filo’s office is truly a charity collection truck of a workspace, with dirty socks and T-shirts jumbled in with books, software and other debris. Even more startling is his office computer: a poky clone running an outdated Pentium 120 chip. Why wouldn’t the chief technologist of the Internet’s No. 1 website use the top of the line? File just shrugs. “Upgrading is a pain.”

Could this be the face of 21st century capitalism? You’d better believe it. Two years ago, conventional wisdom still derided the World Wide Web as an amusing toy with little practical application. No more. With striking speed, the business that Yahoo! (or, as the company formally calls itself, Yahoo!) has been pioneering has grown into nothing less than a new economic order, a Net economy! whose exclamation point came last week, when shares of Yahoo surged to more than $200 (closing at $181 on Friday), making billionaires of two young men who just a generation ago would only be beginning their climb up the organization ladder.

Instead they’re already creating a world that is about to become your own. The Net economy that Yang and Filo are building doesn’t exist merely in the 135 million Web page views that Yahoo serves up to hungry surfers every day nor in the stock-market euphoria that has given their venture an explosive $8 billion valuation. The real economy exists in the thousands—even tens of thousands—of sites that together with Yahoo are remaking the face of global commerce. Want to snag a $900 suit for $150? Try countryroadfashions.com (but be warned: they’re based in Thailand, so you’ll have to take your own measurements). Looking for that hard-to-find anthropology book? Amazon.com is your best bet.

Years to have your weekly groceries delivered to your door? Peapod.com exists to make your grocery shopping easier—and it even lets you specify how ripe you like your bananas. How about if you want to know the difference between several brands of stereo receivers? Try Compare.Net, which offers a free online buyer’s guide that allows users to compare features on more than 10,000 products.

And that’s the pitch for this new electronic world: faster, cheaper, better. It’s the same line we’ve heard for decades from computer manufacturers, stereomakers and software firms like Microsoft.

“Information at your fingertips” is what Bill Gates called it as far back as 1990. Then it was an unimaginably seductive vision. Now it has become a lucrative reality for a select few. Compare.Net, for instance, has grown from four employees to nearly 40 in less than two years, and its revenue growth is a stunning 25%—every month. Yahoo’s lure spreads beyond Yang and Filo. Just ask the dozens of other post-pubescent millionaires who prowled the firm’s Santa Clara, Calif., headquarters. Basking.

The real promise of all this change is that it will enrich all of us, not just a bunch of kids in Silicon Valley. With online price comparisons, automatic grocery shopping and the ability to buy anything whenever we want, it will make the 1990s look like 1950s. Think that shopping malls we built in the 1950s? It’s laughable. The malls of the future will be the parts of a network where you could stroll on a sunny summer day and check the latest sports scores, news updates, travel info—anything you could ever want.
TV Viewing

• In 2002, average hours of television viewing per week for all Canadians over age 12 was 21.8.

• Each two-hour/day increment in TV watching was associated with a 23% increase in obesity and 14% increase in diabetes risk.

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Obesity Goes Global

Children around the world are eating more like Americans—and getting dangerously fat as a result

By J. MADELEINE NASH HELSINKI

Eight-year-old Hannah McGoeys lives in an upstairs apartment on a busy thoroughfare in London. She has no yard to play in, and her school holds physical-education classes just two days a week. Her busy parents tried to be careful about nutrition, giving up their Friday fish and chips, for example. But over the years, Hannah only became plumper. By the time she turned 6, children's sizes no longer fit her. "I would have to buy jeans for 12- and 14-year-olds," her mother Julia remembers, "and then cut a foot and a half off the leg."

But things began to change when a school nurse told the McGoeys about a program called MEND (mind, exercise, nutrition, diet). started by Paul Sacher, a dietitian at London's Great Ormond Street Hospital for Children. Hannah enrolled last September, and by the time the program ended 10 weeks later, she had shed 2 kg and grown more than 2.5 cm. That wasn't all. Once a shy, clingy child, Hannah, who is now 150 cm tall and weighs 38 kg, brims with confidence and loves physical activity. "I didn't swim much before," she says. "Now I go swimming once a week."

Hannah McGoeys, unfortunately, is a rare exception to what is rapidly becoming a global epidemic of childhood obesity. More and more countries around the world—even some that have been struggling to prevent starvation—are now wretting with the dangers of excessive nutrition. The U.S. continues to lead the way, with as many as 37% of its children and adolescents carrying around too much fat. But other countries are rapidly catching up. According to statistics presented in May at the European Congress on Obesity in Helsinki, Finland, more than 20% of European youngsters between the ages of 5 and 17 are either overweight or obese. Children in North Africa and the Middle East aren't far behind. Across Asia too, childhood obesity is on the rise, and the trend has been documented even in urbanized areas of sub-Saharan Africa.

"These figures should set alarm bells ringing in ministries of health across the developed and developing world," says Tim Lobstein, a co-editor of a forthcoming report to the World Health Organization on childhood obesity. And for good reason: people who are obese as children have a high risk of becoming obese adults—meaning they will have a much higher risk than their slender counterparts of contracting a broad range of debilitating diseases, including heart disease, hypertension, diabetes and cancer. The surge of obesity among children, in short, presages a global explosion of illnesses that will drain economies, create enormous suffering and cause millions of premature deaths. "This is a true health-care crisis," says Robert Lustig, a pediatric endocrinologist at the University of California, San Francisco, far bigger than severe acute respiratory syndrome (SARS) and ultimately, he thinks, even bigger than AIDS.

According to Hungarian pediatrician Dr. Denes Molnar, fully 16% of obese children and adolescents already suffer from a premorbid condition known as metabolic syndrome. Among the most worrisome symptoms are changes in blood chemistry that can trigger future health problems. A substantial fraction of chubby kids, for example, have elevated levels of LDL cholesterol, putting them at risk for atherosclerosis. Many also have elevated blood-sugar levels, a precursor to type 2 diabetes. Around the world, the prevalence of type 2 diabetes, formerly known as adult-onset diabetes, is soaring in the under-18 age group. As a result, complications like nerve damage, which typically take years to develop, are suddenly popping up as people in their 20s.

Why do children become obese? Important factor is insulin, which enables the body to store extra calories as fat. Physical exercise helps control insulin levels, but certain foods elicit its massive release. For example, ingesting fat doesn't prompt a big surge in insulin, but refined carbohydrates such as chips and doughnuts is an ideal fat-storage machine.
Overweight and Obesity Among Children (to 13 Years) 1981 to 2000-2001

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% of Children
Physical Education

In Canada, the average amount of time in school devoted to physical education is less than one hour per week: among the lowest in the world.

“With the appearance of this book, many of my prayers as a parent of a hyperactive child have been answered.”

—Billy A. Barrios, Ph.D.

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Treating, educating, and living with your ADHD child—strategies that really work from an award-winning team of experts.

PATRICIA KENNEDY
LEIF TERDAL, PH. D.
LYDIA FUSETTI, M. D.
Methylphenidate (Ritalin) Consumption, United States and Elsewhere, 1987 - 1998

SO, HOW SHOULD WE RETOOL OUR COMMUNITIES FOR HEALTHY LIVING?
The City and the Home Should be our Exercise Machine
self sustaining

Economy

Culture

Environment

Society

supporting relationships

least negative impact

life cycle approach

Thursday, January 14, 2010
DENSER LIVING

Thursday, January 14, 2010
COMMERCe In Neighbourhoods
CONNECTING PATHWAYS
SMALL PLAY AREAS NEAR HOMES
SIDEWALKS ON EVERY STREET

Thursday, January 14, 2010
BICYCLE LANES ON MOST ROADS

Thursday, January 14, 2010
Levels of cycling in various countries
Source: DfT, 1996
COMMUNAL PLANTING GARDENS
STREETS AS SQUARES
MARKETS IN NEIGHBOURHOODS
BI-GENERATIONAL COMMUNITIES
CONVENIENT PUBLIC TRANSIT
NEIGHBOURHOOD’S PHYSICAL ACTIVITIES

Thursday, January 14, 2010
Proposed Planning
Thursday, January 14, 2010
Proposed
Proposed

Thursday, January 14, 2010
MEDIUM DENSITY HOMES FACING SQUARE

Thursday, January 14, 2010
HOUSING FOR ALL AGE GROUPS
SIDEWALKS ON ALL STREETS

Thursday, January 14, 2010
TODDLERS’ PLAY AREA IN FRONT OF HOMES

Thursday, January 14, 2010
SKATEBOARD PARK

Thursday, January 14, 2010
JOGGING AND WALKING PATHS

Thursday, January 14, 2010
SOCcer FielD

Thursday, January 14, 2010
ECONOMIC RETOOLING

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new leaders, new ballgames

new enterprises, new technologies

new infrastructure
green energy

green buildings

green cities
BOOMERS’ POWER

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retirement homes & renovations

care facilities

travel
hybrid vehicles

pedaling power

reducing emissions
REINVENTING URBANITY
denser living

local commerce

agro-structures
MOVE FASTER WITH A NEW MINDSET

Thursday, January 14, 2010