Hello My name is Walter Hinkley, I plan to give insight about Rockville City. I have been paired with the Rockville city planning commission to determine the Health of Rockville MD. I have had a connection with Rockville for over 30 Years. A big part of my family lives in Rockville and I have worked in Rockville since the mid 90's. I am interested in the success and health of the city for personal reasons as well as for this project.

What exactly is a healthy city? A "healthy city" is a city that actively works to improve its physical and social environments, providing residents with access to quality housing, healthcare, green spaces, safe transportation, and opportunities to promote their wellbeing. A healthy city stresses the

- physical environment, Clean air and water, access to green spaces, well maintained infrastructure, safe walking and cycling paths, reduce noise pollution.
- social environment, Strong community connections, diverse population, low crime rates, opportunities for social interaction and participation.
- economic factors, Affordable housing, diverse employment opportunities, good quality education and healthcare access.

- governance and policy, as well as Active policies promoting health and sustainability, community engagement in decision making and integrated urban planning.
- health outcomes. Helping and focusing residents to maintain a consistent healthy lifestyle

I was connected with Rockville City through Montgomery College to work on a Dashboard that Rockville has on there City Gov website. I also was tasked to determine if Rockville is indeed a healthy city.

The Sources I am using are the City Health Dashboard site from NYU, The County Health Rankings organization, and the neighborhood scout site.

Department of Population Health, NYU Langone Health. City Health Dashboard. https://www.cityhealthdashboard.com/

University of Wisconsin Population Health Institute. (2025). County Health Rankings & Roadmaps. https://www.countyhealthrankings.org

NeighborhoodScout.com (2025, May 11). Neighborhood Scout Rockville, MD. NeighborhoodScout.

They have a number of metics that can be measured and can help identify health rankings of a city and county, as well as crime rate data and map interactive maps indicating safe areas.

Rockville already has a dashboard that covers a number of demographic, social, and housing characteristics. Rockville requested that I extend that dashboard to include City Health factors. Some of the previous dashboard characteristics overlap

in regards to city health so I tried to stick to only city health related variables.

The tool that Rockville asked me to work with is Power Bi, since there previous dashboard and govt website uses power Bi. All cleaning, filtering, and image selection was done through Power Bi. Images include bar graphs with selection slicers, comparison statistics cards, interactive maps that can include pop up tool tips, and links to other Rockville city services and information.

Metrics that are explored are, Obesity, Diabetes, Mental and Physical distress, High School graduation rates, Broadband connectivity, Voter turnout, Children in poverty, Unemployment, Uninsured, Dental care, Routine Checkups, Walkability, Air Pollution, Lead Exposure, Life expectancy, High blood Pressure, Park Access, Physical Inactivity, Cardiac Deaths, Opioid Deaths, Premature Deaths, Violent Crime Rates, Crime Statistics, and Traffic Volume. Each of these metrics will be compared to other national city averages and or state city averages. The slider and interactive map in the dashboard allows us to compare Rockville with other Maryland state cities .

Rockville strongly stresses park access and green spaces for the over all health of the city and its residents. Because of the this, 93.30% of residents are with in a 10 minute walk to a park. I have included a interactive map of parks from rockvillemd.gov

that lets you know what parks are near you. A map of tree canopy for Rockville and a link to air quality forecast. With a strong push to have park access it encourages residents to enjoy time outside with friends and family exercising, playing, and interacting with each other as well as nature.

Next we highlight some data on crime in Rockville. Overall Rockville is right around the national average for crime but for violent crime, Rockville ranks much better than the rest of the state of Maryland and the U S. Another interactive map of safest areas of the city will help residents identify their neighborhoods. While crime is still present it usually involves property crime. With a low violent crime index, this gives residents a sense of safety and willingness to go out and interact and not have stresses about how to live a safe life.

The last page of our dashboard covers transportation, a map of bike lanes and walkability. As well as an interactive traffic map. Traffic in rockville as well as Montgomery county and the Beltway area is a problem. With double the amount of traffic volume per the national average, this could lead to a negative health outcome with the amount of time spent in a vehicle. To combat this Rockville does have many other modes of transportation. Bikes, walking access, Metro, Train service, and bus service.

Lastly I wanted to highlight Rockvilles commitment to the arts. The arts are an integral part of a healthy city. They help individuals creativity and imagination as well as helps groups to have a sense of belonging and community. On their govt site there is a link to all the art locations that one can visit in the cities. They include sculptures, paintings, museums, gardens, fountains and several can support events and music for the community.

I believe rockville is definitely a healthy city, they have been on top 10 lists of safe cities in Maryland multiple times. But at a closer glance they accel in just about every metric above the state and national standards. Residents in Rockville live almost 5 years longer than the rest of the country, they have lower rates in obesity, diabetes, and high blood pressure. Exercise and park access is near the top of the country. The services and amenities provided by the city make it a sought after place to live. There is 4 Hospitals with in and around Rockville. Access to libraries is readily available, as well as extended education with Montgomery College.

"Rise Together" is the motto of Rockville, a strong statement that reflects the focus on community.

References I used to help learn Power Bi is Microsoft Learns, Power Bi tutorial.