BZA CASE # 18629 - 2028 4th Street NE

Supplemental Information

Compliance with Recommendations of DC Department of Planning
We will abide by DOP's letter of 10/1/3013 that approved the request with the following recommendations:

1. Operating hours shall be limited to 6am – 8pm.

2. The number of patrons in the first floor bicycle studio shall be limited to 30 customers (riders) per class, and the number of instructors shall be limited to two.

3. The number of employees in the second floor office shall be limited to two.

Associated Costs to Convert the Building to a Fitness Center/Gym
There would be no additional construction/renovation costs to operate a fitness center/gym in this building. However, for convenience, a shower could be added to one of the two ADA compliant bathrooms. The costs would not exceed $3-4,000.

Substantial Benefit to the Public Good
A fitness center/gym provides a substantial benefit to the public good. It provides residents with an opportunity to improve their basic health and well-being—which ultimately serves as an intervention to strengthen the overall community's health. Ward 5 has the highest population of deaths related to cerebrovascular diseases and is in the top four wards with shorter life expectancy rates. Improving health in the District of Columbia is part of Mayor Vincent C. Gray's vision for a *Sustainable DC*, as well as the U.S. Department of Health & Human Services' *Healthy People 2010 Objectives.* Physical activity is fundamental to the prevention of disease and has positive impact on several conditions such as heart disease, cerebrovascular disease (stroke), and diabetes. Ward 5

The data below was compiled from the recently updated (March 2013) *District of Columbia Community Health Needs Assessment, Volume 1,* published by the District of Columbia Department of Health.

Overview of Selected Health Indicators in Ward 5, Washington DC

Heart Disease - District of Columbia Deaths due to Heart Disease: 1,300
Heart disease is the leading cause of death in both the District of Columbia and The United States in 2010.
The crude death rate for heart disease **was the highest for Ward 5 (323.0 per 100,000),** followed by Ward 7 (309.6 per 100,000), and the lowest crude death rate was in Ward 2 (87.6 per 100,000). This difference may also be a reflection of the age of the population living in Wards 5 and 7 which have older populations, while Ward 2 has a younger population. Better lifestyle habits can help reduce risk of heart attacks. Weight management through **diet and exercise**, smoking cessation and management of hypertension are examples suggested by the American Heart Association.

Ward Comparison	
Ward 1	7.5
Ward 2	5.4
Ward 3	9.0
Ward 4	15.8
Ward 518.5	
Ward 6	12.8
Ward 7	16.9
Ward 8	13.4

Cerebrovascular Disease - District of Columbia Deaths due to Cerebrovascular Disease: 194
Cerebrovascular diseases (age-adjusted rate of 35.5 per 100,000 population), which causes stroke, was the fourth leading cause of death in 2010 and also ranked fourth (age-adjusted rate of 39.0 per 100,000 population) in the United States. **Wards 5 (51.1 per 100,000 population),** Ward 7 (47.8 per 100,000 population), and Ward 4 (40.9 per 100,000 population) **had the highest rates** while Ward 2 had the lowest rate (10.0 per 100,000 population). According to the National Institute of Neurological Disorders and Cerebrovascular Diseases (2001), the majority of cerebrovascular **diseases can be prevented by managing hypertension, heart disease**, and diabetes, and by proper nutrition and smoking cessation.

Ward Comparison	
Ward 1	6.7
Ward 2	4.1
Ward 3	8.8
Ward 4	16.0
Ward 519.6	
Ward 6	14.9
Ward 7	17.5
Ward 8	12.4

Diabetes - District of Columbia Deaths due to Diabetes: 145
Healthy People 2010 Objectives: Goal Not Met: Reduce the mortality rate due to diabetes as the primary cause of death to 22.9 per 100,000 residents; the District's rate is 26.7 per 100,000. According to the American Diabetes Association, a recently completed Diabetes Prevention Program (DPP) study conclusively showed that people with pre-diabetes can prevent the development of type 2 diabetes by making changes in their diet and increasing their level of physical activity.

Ward Comparison	
Ward 1	3.4
Ward 2	3.4
Ward 3	4.0
Ward 4	15.2
Ward 520.7	
Ward 6	11.7
Ward 7	21.4
Ward 8	20.0

Physical Health
Healthy People 2010 Objectives Goal Not Met: Reduce the proportion of adults who engage in no leisure-time physical activity to 20 percent; the District's rate is 21.4 percent

Ward Comparison Percent Engaged in Physical Activity

Ward 1	83.7
Ward 2	86
Ward 3	92.2
Ward 4	79.9
Ward 572.4	
Ward 6	85.1
Ward 7	69.4
Ward 8	68.5

Health Behaviors	**District of Columbia**	**United States**
Physical Activity		
30+ Minutes of Moderate Physical Activity 5 or More Days Per Week (Percent Adults 18 and Older, 2009 Data)	45.5	49.4
20+ Minutes of Vigorous Physical Activity 3 or More Days Per Week (Percent Adults 18 and Older, 2009 Data)	65.9	70.8

Source: District of Columbia Health Needs Assessment, Volume 1 (updated 3/15/2013). http://doh.dc.gov/page/community-health-needs-assessment.