

HEALTHY COMMUNITY DESIGN

**Planning and designing communities
that make it easier for people
to live healthy lives**

[presenter name/title here/affiliation]

Presentation Roadmap

- What is health?
- What factors determine our health?
- What is the built environment?
- What is community design?
- What is healthy community design?
- How can community design affect your health?
- What are the healthy community design principles and benefits?
- How can I achieve healthy community design in my community?



What is Health?

Health is the state of complete physical, mental and social well-being and not merely the absence of disease or infirmity

- World Health Organization



What Factors Determine Our Health?



Family Health History



Environment

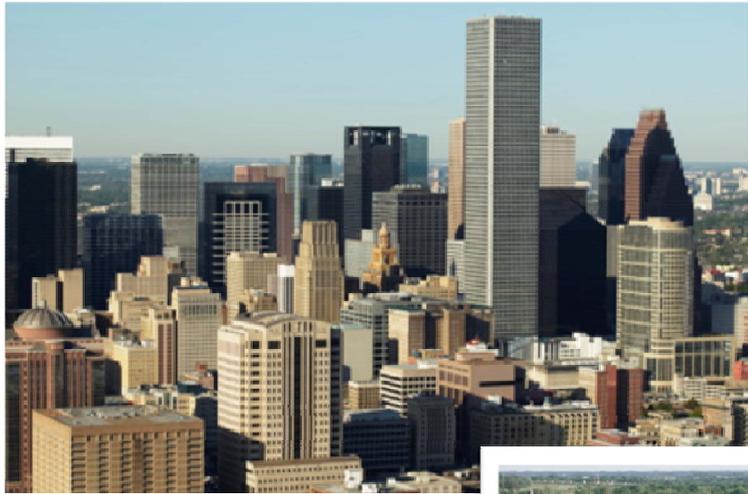


Behaviors/Lifestyles

What is the Built Environment?



What is community design?



What is Healthy Community Design?

Planning and designing communities that make it easier for people to live healthy lives



How Can Community Design Affect Our Health?

Air Quality

Social Capital

Physical Activity Levels

Access to Healthy Foods

Water Quality

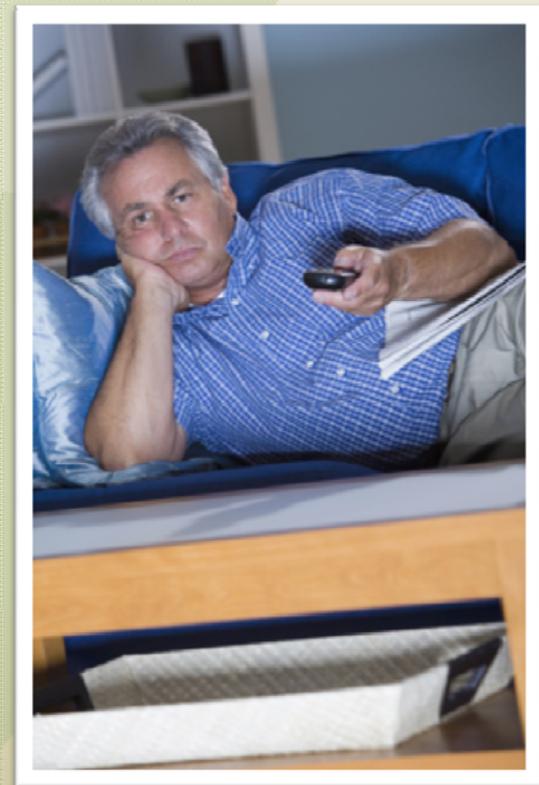
Traffic-related Crashes

Social Equity

Climate Change/Extreme Weather

Physical Activity Levels

A sedentary lifestyle is a primary risk factor in cardiovascular disease, stroke, and all causes of death



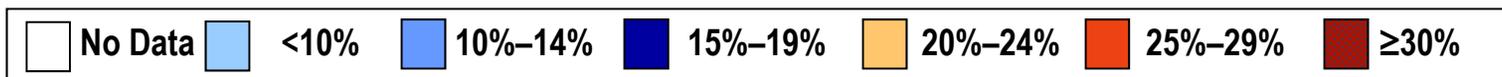
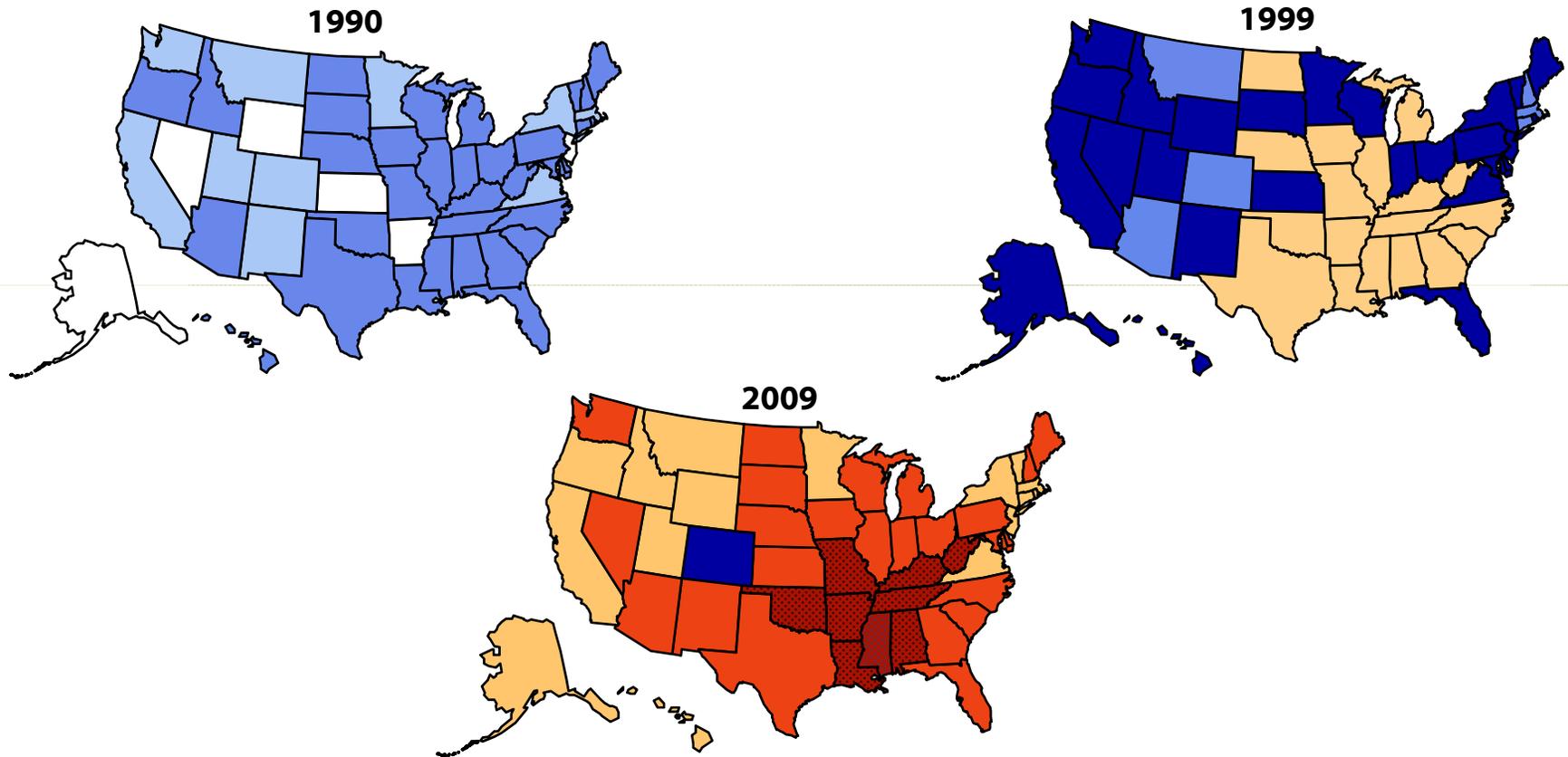
Community Design Affects Walking and Biking to School



Obesity Trends* Among U.S. Adults

BRFSS, 1990, 1999, 2009

(*BMI ≥ 30 , or about 30 lbs. overweight for 5'4" person)



Air Pollution

Air pollution can

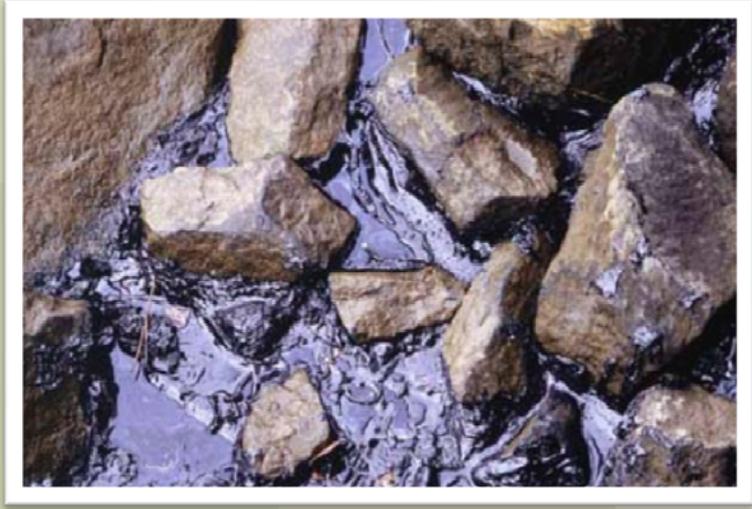
- Aggravate asthma symptoms
- Diminish lung function
- Trigger heart attacks
- Cause adverse birth outcomes
- Increase risk of childhood cancer



Water Quality

Water-resistant surfaces leads to urban and agricultural runoff that

- Pollute water supplies
 - lakes,
 - rivers,
 - wetlands
- Increase flooding potential
 - sewage overflow,
 - property damage,
 - infection and injuries from flood waters



Clean and safe drinking water is critical because waterborne illness can be a serious problem.

Traffic-Related Injuries and Deaths

Annual Statistics

- 30,000+ deaths
- 2+ million nonfatal injuries
- \$70 billion economic burden



The leading cause of death among those age 5–34 in U.S.

Healthy Food Access

- Healthy foods may not be readily available
- Low-income/underserved communities have limited access to healthy foods
 - Food Desert Locator
(<http://www.ers.usda.gov/data/fooddesert/index.htm>)
- Rural communities have high number of convenience stores



Climate Change

Potential effects

- Stronger and longer heat waves
- More frequent weather precipitation events
- More frequent and severe droughts
- Extreme weather events such as flooding and tropical cyclones



Social Capital

The fabric of a community and the community pool of human resources available



Social Equity

- Access to all needs and the ability to remain in the community all their lives
- Diverse housing options and price levels
- Well-defined neighborhood centers that support jobs, commercial activity, and amenities



Healthy Community Design Principles

- Mixed land use and greater land density
- Public transit
- Pedestrian and bicycle infrastructure
- Accessible and socially equitable community
- Housing for different incomes and different stages of life
- Accessible green spaces and parks
- Community centers
- Low Impact Development (LID) approach to storm water management

Healthy Community Design Benefits

- Improve air and water quality
- Lower the risk of traffic-related injuries
- Easier incorporation of physical activity into our everyday lives
- Increase access to healthy food
- Reduce contributions to climate change
- Increase social connectivity and sense of community
- Ensure social equity for all community members
- Promote good mental health

Healthy Community Design

Making it Happen in your Community

Target areas

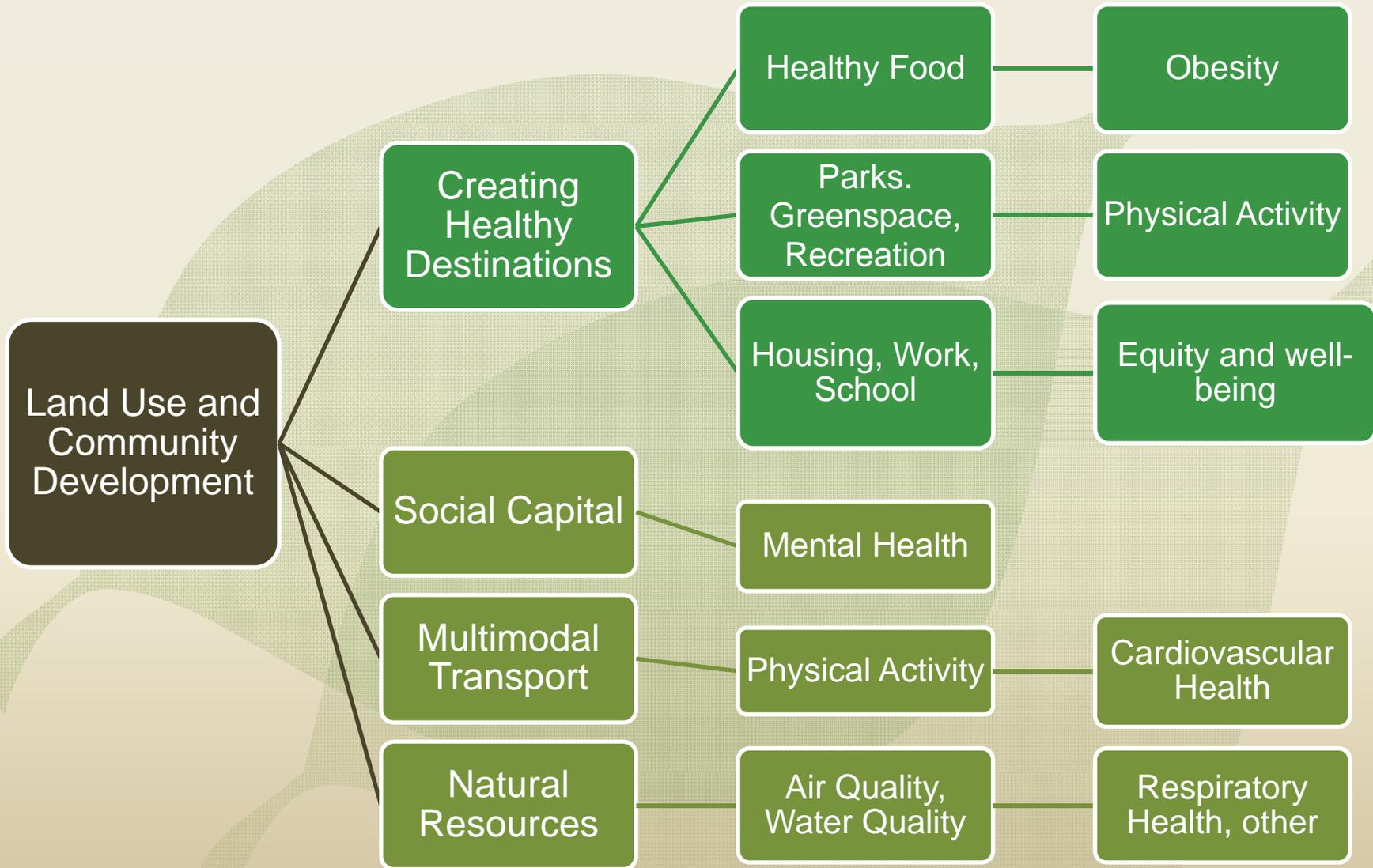
- Transportation
- Land use and community development
- Policies and programs



Why Transportation?



Why Land Use & Community Development?



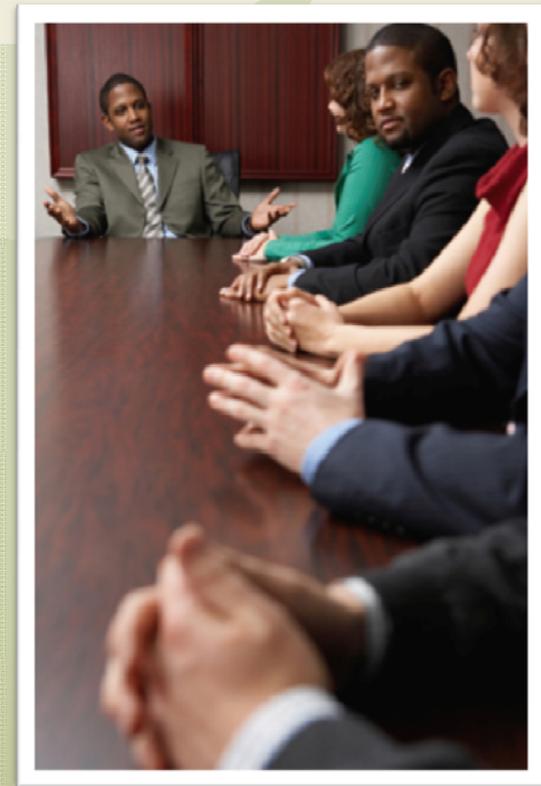
Why Policies and Programs?

**Policies &
Programs**

Encourage people to
make healthy choices

Questions to Ask Decision-Makers

- Are you considering the health impact of your decisions?
- Do your decisions offer healthy community design benefits?
- Are you making the healthy choice the easy choice for all community members?



Tools

- Health Impact Assessment
<http://www.cdc.gov/healthyplaces/hia.htm>
- PACE EH
<http://www.cdc.gov/nceh/ehs/CEHA/default.htm>
- Community Audit Tools Resource – Active Living Research
<http://www.activelivingresearch.org/resourcesearch/toolsandmeasures>
- CDC Public Health Tracking Network
<http://ephtracking.cdc.gov/showCommunityDesign.action>

Healthy Active Living



Source: www.pedbikeimages.org / Ryan Snyder

Healthy Community Design Promotes Community Health and Wellness



Source: MIG, Inc. with permission

For More Information



Centers for Disease Control and Prevention

Healthy Community Design Initiative

Web site: www.cdc.gov/healthyplaces

Email: healthyplaces@cdc.gov