Healthy Community Design

Health starts where you live, learn, work, and play

Your address can play an important role in how long you live and how healthy you are. The physical design of your community affects your health every time you step out your front door. Sometimes making healthy choices is not easy—being physically active is hard if you do not have access to sidewalks or parks, and eating right is hard if healthy foods are not available.

You can help make the healthy choice the easy choice. Attend community meetings where decisions are made about how land will be used, talk with elected officials, and work for policy change. Your actions can help:

- Reverse adult and childhood obesity
- Reduce your risk of heart disease, high blood pressure, and diabetes
- Lower air pollution
- Reduce traffic injuries
- Make the community stronger and more enjoyable for everyone
- Increase safety and reduce crime

A simple checklist is on the back of this sheet. The checklist can help you make decisions about land use in your community that will make everyone happier and healthier. For more information on healthy community design, go to the following Web sites:

Centers for Disease Control and Prevention:

- Healthy Places: www.cdc.gov/healthyplaces
- LEED-ND and Healthy Neighborhoods: http://www.cdc.gov/healthyplaces/factsheets/LEED-ND_tabloid_Final.pdf
- Physical Activity and Health: http://www.cdc.gov/physicalactivity/everyone/health/index.html
- Community Guide to Preventive Services. Environmental and Policy Approaches to Increase Physical Activity: Community–Scale Urban Design Land Use Policies: http://www.thecommunityguide.org/pa/environmental-policy/communitypolicies.html

U.S. Environmental Protection Agency Smart Growth:

www.epa.gov/smartgrowth/

University of Minnesota Design for Health:

www.designforhealth.net

New York City Department of Design+Construction Active Design Guidelines:

http://www.nyc.gov/html/ddc/html/design/active_design.shtml

National Center for Environmental Health
Division of Emergency and Environmental Health Services

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- ☐ I want more options to help me be physically active.
  - Sidewalks
  - Bike Lanes
  - Parks/trails/open spaces
  - Daily activities within walking and biking distance
  - Other:_____

- ☐ I want to have healthier and more affordable food choices.
  - Community gardens
  - Farmers market
  - Healthier food choices in grocery stores
  - Fewer liquor/fast food/convenience stores
  - Other:_____

- ☐ I want to be able to go where I need to go in my community more easily without a car.
  - Better access to public transportation
  - Easier to bike and walk to my daily activities
  - Other:_____

- ☐ I want to feel safer in my community.
  - More street lighting
  - Well-marked crosswalks and bike lanes
  - Reduce vehicle speeding on residential streets
  - Create opportunities to get more "eyes on the street" day and night
  - Other:_____

- ☐ I want to have more chances to get to know my neighbors.
  - Pleasant public spaces to gather
  - Other:_____

- ☐ I want my community to be a good place for all people to live regardless of age, abilities, or income.
  - Housing available for all income levels and types of households
  - Easy for people to get around regardless of abilities
  - Other:_____

- ☐ I want to live in a clean environment.
  - Reduce air and noise pollution from sources like freeways
  - Clean water supply and proper sewage facilities
  - Soil that is free of toxins from past uses
  - Other:_____
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