Unhealthy By Design?
How Buildings and Neighborhoods Can be Planned and Built to Promote Health
Annotated Bibliography

Barondess, Jeremiah, Fox, Daniel, and Jackson, Richard. **"Health and the Built Environment."** Journal of Urban Health: Bulletin of the New York Academy of Medicine December 2003: Volume 80, Number 4 http://cmbi.bjmu.edu.cn/news/report/2004/Urban/view/15.pdf

Discusses four articles that summarize the health of populations in cities and their metropolitan areas. Each article addresses a different aspect of the complicated relationships between the built environment and health status. Focuses on health, both physical and mental, and on the people and organizations that plan, finance, and build our environment.

Cohen, D.A., Sturm, R. **"Suburban Sprawl and Physical and Mental Health."** Journal of the Royal Institute of Public Health July 31 2003 www.policypointers.org/download_1150.html

Studies the association between suburban sprawl and chronic medical and mental health disorders, suggesting that suburban design could be a new avenue for promoting health and preventing disease.

Dannenberg, Andrew. **"Growing the Field of Health Impact Assessment in the United States: An Agenda for Research and Practice."** American Journal of Public Health February 2006: Volume 96, Number 2
http://www.rwjf.org/files/research/AJPH_PrincetonHIApaper_proof_1Dec2005.pdf

Promotes Health Impact Assessments (HIAs) as a means to evaluate the health impact of public policies and projects in community design. Highlights existing HIA tools and methods, context for HIA use, limitations of HIAs and more. Provides the results of a workshop where experts explored issues associated with the expanded use of HIA methods.

Evans, Gary. **"The Built Environment and Mental Health."** Journal of Urban Health: Bulletin of the New York Academy of Medicine December 2003: Volume 80, Number 4
http://cmbi.bjmu.edu.cn/news/report/2004/Urban/view/31.pdf

Explores the built environment and its direct and indirect effects on mental health. Highlights problems with housing, institutional settings, crowding, noise, indoor air quality, light and more.

Frumkin, Howard. **"Urban Sprawl and Public Health."** Public Health Reports May-June 2002: Volume 117
http://www.cdc.gov/healthyplaces/articles/Urban%20Sprawl%20and%20Public%20Health%20-%20PHR.pdf

Discusses urban sprawl and its effect on public health. Addresses issues such as reliance on automobiles, land use decisions, opportunities for physical activity, water and air quality, and the social and psychological aspects of sprawl.

"Health and Community Design." Project for Public Spaces.
http://www.pps.org/info/placemakingtools/issuepapers/health_community

Explores relation between health and community design, concluding that with "great" public spaces, physical activity and socialization are encouraged, leading to a turn around in the decline of public health.

Northridge, Mary, Padmini, Biswas, and Sclar, Elliot. **" Sorting out the Connections Between the Built Environment and Health: A Conceptual Framework for Navigating Pathways and Planning Healthy Cities"** Journal of Urban Health: New York Academy of Medicine December 2003: Volume 80, Number 4
http://www.activelivingbydesign.org/fileadmin/template/documents/Northridge.pdf

States that loss of communication between urban planning and public health professionals has negatively impacted our health and well-being today. Presents information to support the conclusion that in planning for healthy cities, we need to reinvigorate the historic link between urban planning and public health.

Parry, Jane and Stevens, Andrew. **"Prospective Health Impact Assessment: Pitfalls, Problems and Possible Ways Forward"** British Medical Journal November 2001
http://bmj.bmjjournals.com/cgi/content/full/323/7322/1177?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&author1=stevens&andorexactfulltext=and&searchid=1&FIRSTINDEX=0&sortspec=relevance&volume=323&resourcetype=HWCIT

Discusses in detail the role of Health Impact Assessments (HIAs) providing a critique of their effectiveness and suggested improvements.

"Place Diagram Forms." Project for Public Spaces
http://www.pps.org/info/placemakingtools/downloads/place_diagrams

Provides a good diagram on "what makes a good place" including topics such as sociability, access, uses, and image.

Savitch, H.V. **"How Suburban Sprawl Shapes Human Well-Being"** Journal of Urban Health: Bulletin of the New York Academy of Medicine December 2003: Volume 80, Number 4
http://www.activelivingbydesign.org/fileadmin/template/documents/Savitch.pdf

Considers the politics of urban development and its relationship to human well-being. Has many good charts including one showing the relationship of how many people live in a city relative to how many people are employed in that city, another regarding smog in metropolitan areas, etc. Offers a list of things we can change in our communities, things we can change but won't, situations we can change but have yet to act, and more.