# Healthy Community Design Checklist

## 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—getting enough exercise is difficult if parks are far away and sidewalks don't exist; eating right is hard when healthy food choices are hard to find. **You** can help make the healthy choice the easy choice. Attend community meetings where decisions are made about how land will be developed, talk with your elected officials, and support policies that make your community healthier.

Your actions can help:

- Reverse the trend in adult and childhood obesity
- Reduce your risk of heart disease, high blood pressure, and diabetes
- Improve air quality
- Reduce traffic injuries
- Make streets safer for people who walk, bike, and drive
- 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**
www.cdc.gov/healthyplaces/factsheets/LEED-ND_tabloid_Final.pdf

**Physical Activity and Health**
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**
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

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

### National Association of City and County Health Officials

www.planning.org/research/healthy/pdf/electedofficialsfactsheet.pdf

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

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### I want more options to help me get outside and be more active.

- ❑ Sidewalks
- ❑ Bike Lanes
- ❑ Parks/trails/open spaces
- ❑ All my daily needs within walking and biking distance

Other:_____

### I want to have healthier and more affordable food choices.

- ❑ Healthier food choices in grocery stores
- ❑ Community gardens
- ❑ Farmers market
- ❑ Fewer liquor/fast food/convenience stores

Other:_____

### I want to get around in my community more easily without a car.

- ❑ Better access to public transportation
- ❑ Safer and 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
- ❑ Reduced vehicle speeding on residential streets
- ❑ 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 for all income levels and types of households
- ❑ Easy for people to get around regardless of age or abilities

Other:_____

### I want to live in a clean environment.

- ❑ Reduced air and noise pollution from sources like freeways
- ❑ Clean water supply and proper sewage treatment facilities
- ❑ Soil that is free of toxins from past uses

Other:_____