Healthy Places: Linking Health and the Built Environment

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Historic focus on reducing harmful exposures. **Recent research is exploring the link between the built environment and lifestyle.**

Healthy Places

1991: obesity trends

Source: Behavioral Risk Factor Surveillance System, CDC.
Healthy Places

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

1992: obesity trends

No Data       <10%        10–14%            15–19%

Source: Behavioral Risk Factor Surveillance System, CDC.
Healthy Places

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

1993: obesity trends

Source: Behavioral Risk Factor Surveillance System, CDC.
Healthy Places

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

1994: obesity trends

No Data       <10%       10–14%            15–19%

Source: Behavioral Risk Factor Surveillance System, CDC.
Source: Behavioral Risk Factor Surveillance System, CDC.
Healthy Places

1996: obesity trends

Source: Behavioral Risk Factor Surveillance System, CDC.
Healthy Places

1997: obesity trends

Source: Behavioral Risk Factor Surveillance System, CDC.
Source: Behavioral Risk Factor Surveillance System, CDC.
Healthy Places 2000: Obesity trends

Source: Behavioral Risk Factor Surveillance System, CDC.
Healthy Places

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

2001: obesity trends

No Data <10% 10–14% 15–19% 20–24% ≥25%

Source: Behavioral Risk Factor Surveillance System, CDC.
2002: obesity trends

Source: Behavioral Risk Factor Surveillance System, CDC.
Healthy Places 2003: obesity trends

No Data      <10%         10–14%            15–19%          20–24%          ≥25%

Source: Behavioral Risk Factor Surveillance System, CDC.
Healthy Places

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

2004: obesity trends

No Data         <10%       10%–14%        15%–19%       20%–24%       ≥25%

Source: Behavioral Risk Factor Surveillance System, CDC.
Healthy Places 2005: obesity trends

Source: Behavioral Risk Factor Surveillance System, CDC.
Healthy Places

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

2006: obesity trends

Source: Behavioral Risk Factor Surveillance System, CDC.
Healthy Places

Places influence our health

Built Environment

Environment

Access

Safety

Social Capital

Physical Activity

respiratory illness, some cancers, low birth weight, infectious disease, mental health

diabetes, obesity, asthma, cardiovascular disease, some cancers, stroke, hypertension, mental health

cardiovascular disease, obesity, diabetes, some cancers, osteoarthritis, stroke, mental health, injury, overall well-being

mental health, reinforcing healthy lifestyles, faster recovery from illness, better cardiovascular health

injuries, death, stress, physical inactivity, hypertension
In 2030, about half of the buildings in which we live, work, and shop will have been built after 2000.

Healthy Places

A chance to do it right

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