Research shows that the built environment (including buildings, streets, and neighborhoods) has a profound impact on health outcomes. Professionals who influence the built environment can play a significant role in creating healthier communities.

The Building Healthy Places Toolkit outlines 21 practical, evidence-based recommendations that the development community can use to promote health at the building or project scale. The recommendations were formulated to help developers, owners, property managers, designers, and investors understand opportunities to integrate health-promoting practices into real estate development.

The project was generously supported by the Colorado Health Foundation and the estate of Melvin Simon.

Learn more: www.uli.org/toolkit

**Building Healthy Places Initiative**

The Urban Land Institute is a nonprofit research and education organization whose mission is to provide leadership in the responsible use of land and in creating and sustaining thriving communities worldwide.

The ULI Building Healthy Places Initiative is leveraging the power of ULI’s global networks to shape projects and places in ways that improve the health of people and communities.

**Center for Active Design**

The Center for Active Design was the contributing author and expert content adviser for the toolkit. The center is an influential organization that promotes architecture and urban planning solutions to improve public health.

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**Physical Activity**

1. Incorporate a mix of land uses
2. Design well-connected street networks at the human scale
3. Provide sidewalks and enticing, pedestrian-oriented streetscapes
4. Provide infrastructure to support biking
5. Design visible, enticing stairs to encourage everyday use
6. Install stair prompts and signage
7. Provide high-quality spaces for multigenerational play and recreation
8. Build play spaces for children

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**Healthy Food and Drinking Water**

9. Accommodate a grocery store
10. Host a farmers market
11. Promote healthy food retail
12. Support on-site gardening and farming
13. Enhance access to drinking water

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**Healthy Environment and Social Well-Being**

14. Ban smoking
15. Use materials and products that support healthy indoor air quality
16. Facilitate proper ventilation and airflow
17. Maximize indoor lighting quality
18. Minimize noise pollution
19. Increase access to nature
20. Facilitate social engagement
21. Adopt pet-friendly policies