

# BUILDING HEALTHY PLACES

## TOOLKIT

### STRATEGIES FOR ENHANCING HEALTH IN THE BUILT ENVIRONMENT

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](http://www.uli.org/toolkit)

#### URBAN LAND INSTITUTE

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 a nonprofit organization that promotes architecture and urban planning solutions to improve public health.



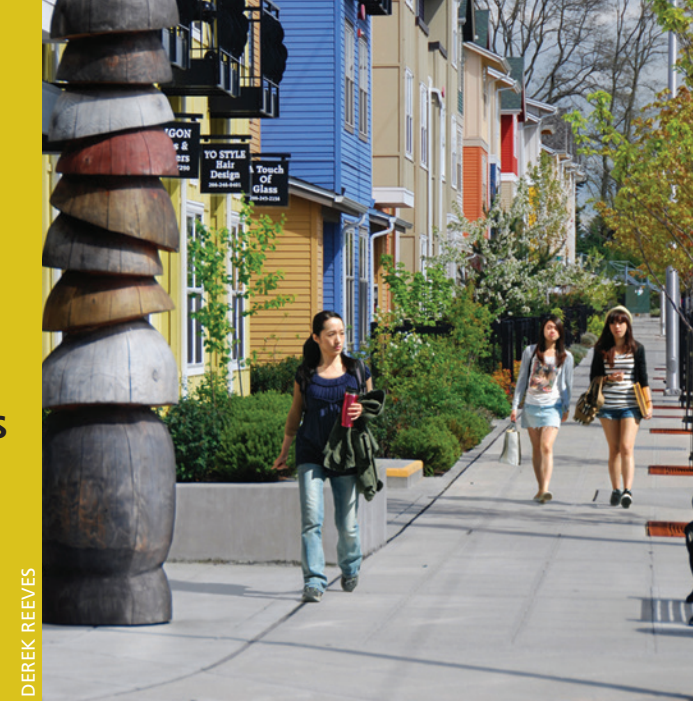
## PHYSICAL ACTIVITY

- 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



NYC DEPARTMENT OF TRANSPORTATION

- 4 Provide infrastructure to support biking
- 5 Design visible, enticing stairs to encourage everyday use
- 6 Install stair prompts and signage



DEREK REEVES

- 7 Provide high-quality spaces for multigenerational play and recreation
- 8 Build play spaces for children

## HEALTHY FOOD AND DRINKING WATER



SERENA PECK

- 9 Accommodate a grocery store
- 10 Host a farmers market
- 11 Promote healthy food retail



JIM LARRISON/FLICKR

- 12 Support on-site gardening and farming
- 13 Enhance access to drinking water



THE LINK MANAGEMENT LIMITED



AKER IMAGING

## 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



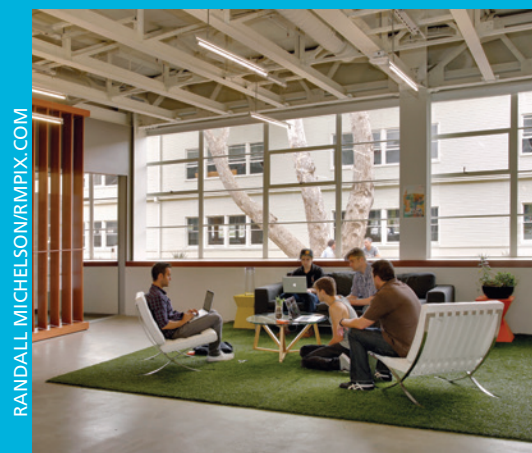
BENJAMIN BENSCHNEIDER

- 17 Maximize indoor lighting quality
- 18 Minimize noise pollution
- 19 Increase access to nature



TIMOTHY HURLEY

- 20 Facilitate social engagement
- 21 Adopt pet-friendly policies



RANDALL MICHELSON/MPX.COM