

Urban Sprawl and Public Health

HOWARD FRUMKIN, MD, DrPH*

When regular steam ferry service between Brooklyn and Manhattan began in 1814, the first commuter suburb became possible.¹ Suburbs continued to develop slowly but steadily during the 19th and early 20th centuries, thanks to transportation advances such as commuter trains and streetcars, the innovations of early real estate developers, and the urge to live in pastoral tranquility rather than in urban squalor. As automobile ownership became widespread starting in the 1920s, suburban growth continued, a trend that accelerated greatly during the second half of the 20th century. One in two Americans now lives in the suburbs.²

In recent years, the rapid expansion of metropolitan areas has been termed "urban sprawl"—referring to a complex pattern of land use, transportation, and social and economic development. As cities extend into rural areas, large

tracts of land are developed in a "leapfrog," low-density pattern. Different land uses—housing, retail stores, offices, industry, recreational facilities, and public spaces such as parks—are kept separate from each other, with the separation enforced by both custom and zoning laws. Extensive roads need to be constructed; for suburban dwellers, most trips, even to buy a newspaper or a quart of milk, require driving a car. Newly built suburbs are relatively homogeneous in both human and architectural terms, compared with the diversity found in traditional urban or small town settings. With the expansion of suburbs, capital investment and economic opportunity shift from the center to the periphery. Regional planning and coordination are relatively weak.^{3,4-7}

Clearly, the move to the suburbs reflects a lifestyle preference shared by many Americans. Such a major shift in the nation's de-



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**Andrew L. Dannenberg, Howard
Frumkin, Richard J. Jackson**



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Urban Sprawl and Public Health Howard Frumkin, Lawrence Frank, Richard J. Jackson, 2004-07-09 In *Urban Sprawl and Public Health* Howard Frumkin Lawrence Frank and Richard Jackson three of the nation's leading public health and urban planning experts explore an intriguing question How does the physical environment in which we live affect our health For decades growth and development in our communities has been of the low density automobile dependent type known as sprawl The authors examine the direct and indirect impacts of sprawl on human health and well being and discuss the prospects for improving public health through alternative approaches to design land use and transportation *Urban Sprawl and Public Health* offers a comprehensive look at the interface of urban planning architecture transportation community design and public health It summarizes the evidence linking adverse health outcomes with sprawling development and outlines the complex challenges of developing policy that promotes and protects public health Anyone concerned with issues of public health urban planning transportation architecture or the environment will want to read *Urban Sprawl and Public Health*

Building American Public Health R. Lopez, 2012-05-04 This historical study looks at how reformers have used urban planning and architecture to improve the health of urban residents of the United States It begins in the nineteenth century when problems in rapidly urbanizing cities threatened to overwhelm cities and then traces the development and impact of reform movements up through the First World War including discussions of model tenements the city beautiful movement tenement laws and zoning and building codes Midcentury design movements such as new efforts to plan suburbs and Modernism along with outlines of the impacts of public housing highway building and urban renewal are the focus of the middle chapters of the book The final third examines the revival of cities and the reconnection of public health with urban planning that occurred as the twentieth century ended

Encyclopedia of Health Services Research Ross M. Mullner, 2009-05-20 Within two volumes more than 400 signed entries and their associated bibliographies and recommended readings authoritatively cover issues in both the historical and contemporary context of health services research

Making Healthy Places Andrew L. Dannenberg, Howard Frumkin, Richard J. Jackson, 2011-08-25 The environment that we construct affects both humans and our natural world in myriad ways There is a pressing need to create healthy places and to reduce the health threats inherent in places already built However there has been little awareness of the adverse effects of what we have constructed or the positive benefits of well designed built environments This book provides a far reaching follow up to the pathbreaking *Urban Sprawl and Public Health* published in 2004 That book sparked a range of inquiries into the connections between constructed environments particularly cities and suburbs and the health of residents especially humans Since then numerous studies have extended and refined the book's research and reporting *Making Healthy Places* offers a fresh and comprehensive look at this vital subject today There is no other book with the depth breadth vision and accessibility that this book offers In addition to being of particular interest to undergraduate and graduate students in public

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Making Healthy Places Andrew L. Dannenberg,Howard Frumkin,Richard J. Jackson,2012-09-18 The environment that we construct affects both humans and our natural world in myriad ways There is a pressing need to create healthy places and to reduce the health threats inherent in places already built However there has been little awareness of the adverse effects of what we have constructed or the positive benefits of well designed built environments This book provides a far reaching follow up to the pathbreaking Urban Sprawl and Public Health published in 2004 That book sparked a range of inquiries into the connections between constructed environments particularly cities and suburbs and the health of residents especially humans Since then numerous studies have extended and refined the book s research and reporting Making Healthy Places offers a fresh and comprehensive look at this vital subject today There is no other book with the depth breadth vision and accessibility that this book offers In addition to being of particular interest to undergraduate and graduate students in public health and urban planning it will be essential reading for public health officials planners architects landscape architects environmentalists and all those who care about the design of their communities Like a well trained doctor Making Healthy Places presents a diagnosis of and offers treatment for problems related to the built environment Drawing on the latest scientific evidence with contributions from experts in a range of fields it imparts a wealth of practical information with an emphasis on demonstrated and promising solutions to commonly occurring problems **Social Justice and the Urban**

Obesity Crisis Melvin Delgado,2013-05-14 Melvin Delgado focuses on urban obesity in populations of colour dissecting the issue from individual family group community and policy perspectives After surveying the history of urban obesity anti obesity policies and programs and the role of social work in addressing this threat Delgado moves through social ecological environmental and spatial aggravators such as the food industry s nefarious advertising strategies Community Health

Nursing Karen Saucier Lundy,Sharyn Janes,2014-12 Community Health Nursing Caring for the Public s Health Third Edition focuses on teaching nursing students about population health and community health nursing *The Routledge Handbook of*

Planning History Carola Hein,2017-12-14 2018 IPHS Special Book Prize Award Recipient The Routledge Handbook of Planning History offers a comprehensive interdisciplinary overview of planning history since its emergence in the late 19th century investigating the history of the discipline its core writings key people institutions vehicles education and practice Combining theoretical methodological historical comparative and global approaches to planning history The Routledge Handbook of Planning History explores the state of the discipline its achievements and shortcomings and its future

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Environmental Psychology and Human Well-Being Ann Sloan Devlin, 2025-06-01 Environmental Psychology and Human Well Being Effects of Built and Natural Settings Second Edition provides an understanding on how mental and physical well being is affected by physical environments along with insights on how the design of environments might be improved to support better health outcomes The book's uniqueness emphasizes the impact of particular kinds of environments on humans e.g. cities therapeutic landscapes schools and thus considers the environment as the driver of behavior rather than starting with human attitudes and values In addition the content reviews the history discusses theoretical constructs research and design and provides up to date research survey findings New content on the effects of the pandemic on work and educational settings including remote options as well as a new chapter on shelters in response to natural disasters is included Provides research based insights on how an environment can impact mental and physical health and well being Integrates core psychological constructs such as territoriality environmental stress privacy social support and perceived control across settings Covers educational settings workplace settings environments for active living housing for the elderly natural settings therapeutic environments correctional facilities the pandemic and more Includes new chapter on shelters in response to natural disasters and the COVID 19 pandemic

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