

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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Urban Sprawl And Public Health Urban Sprawl And Public Health

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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*.

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 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.

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 Urbanism 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 *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 *Cities and the Health of the Public* Nicholas Freudenberg,Sandro Galea,David Vlahov,2006 The

essays commissioned for this book analyze the impact of city living on health focusing primarily on conditions in the United States With 16 chapters by 24 internationally recognized experts the book introduces an ecological approach to the study of the health of urban populations This book assesses the primary determinants of well being in cities including the social and physical environments diet and health care and social services The book includes chapters on the history of public health in cities the impact of urban sprawl and urban renewal on health and the challenges facing cities in the developing world It also examines conditions such as infectious diseases violence and disasters and mental illness *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 **Public Health Reports** ,2003 *Urban Health* H. Patricia Hynes,Russ Lopez,2009 New

responses to the urban environment have arisen in the late 20th and early 21st centuries responses that provide grounded and cohesive insights and plans of action to confront social inequality health disparity and environmental injustice in U S cities *Urban Health* is a collection of 13 articles that document action from these incisive and dimensioned responses The authors introduce each set of articles with their own insightful analysis These critical writings on the social built and physical

environments offer a paradigm of environment protection that is rooted in civil rights for social and racial equality and that considers the environment as the place where people live work play and pray Jacket **The Built Environment and Public Health** Russell P. Lopez, 2011-12-06 THE BUILT ENVIRONMENT AND PUBLIC HEALTH The Built Environment and Public Health explores the impact on our health of the environments we build for ourselves and how public health and urban planning can work together to build settings that promote healthy living This comprehensive text covers origins and foundations of the built environment as a public health focus and its joint history with urban planning transportation and land use infrastructure and natural disasters assessment tools indoor air quality water quality food security health disparities mental health social capital and environmental justice The Built Environment and Public Health explores such timely issues as Basics of the built environment and evidence for its influences How urban planning and public health intersect How infrastructure improvements can address chronic diseases and conditions Meeting the challenges of natural disasters Policies to promote walking and mass transit Approaches to assess and improve air quality and our water supply Policies that improve food security and change how Americans get their food How the built environment can address needs of vulnerable populations Evidence based design practices for hospitals and health care facilities Mental health stressors and health care environments Theories and programs to improve social capital of low income communities How the built environment addresses issues of health equity and environmental justice This important textbook and resource includes chapter learning objectives summaries questions for discussion and listings of key terms Companion Web site www.josseybass.com/go/lopez

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 challenges A foundation for the discipline and a springboard for scholarly research The Routledge Handbook of Planning History explores planning history on an international scale in thirty eight chapters providing readers with unique opportunities for comparison The diverse contributions open up new perspectives on the many

ways in which contemporary events changing research needs and cutting edge methodologies shape the writing of planning history The Open Access version of this book available at <http://www.taylorfrancis.com> has been made available under a Creative Commons Attribution CC BY 4.0 license

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

Sprawling Cities and Our Endangered Public Health Stephen Verderber, 2012 Sprawl is an unsustainable pattern of growth that threatens to undermine the health of communities globally this book examines the past and present role of architecture in relation to the public health consequences of unmitigated sprawl and the ways in which it threatens our future

Environment Jules Pretty, 2006-06-23 This four volume set explores the locations where the environment matters most such as where people are poor where environments are under threat such as on frontiers where there are few natural resources remaining and where industrialization is rampant It will also explore these concerns at different system levels from local community to regional national and global It will also explore costs of damage to the very resources on which economies rely and the values of environmental goods and services and the controversies surrounding such valuations It is organized around environment people interactions livelihoods poverty income economic growth environment environment interactions do people matter and people people interactions collective action challenges institutions

Prevention is Primary Larry Cohen, Vivian Chavez, Sana Chehimi, 2007-05-04 At a time of unprecedented challenges and opportunities for public health Prevention is Primary provides models methods and approaches for building health and equity in communities Written in accessible and understandable language this comprehensive book includes the theory concepts and models needed to harness social justice and practice primary prevention of unnecessary illness and injury in the first place Prevention is Primary written by associates of the nationally renowned Prevention Institute is a theory to practice book for students faculty practitioners and

community leaders who want to take a proactive stance against the most pressing health problems in the community including asthma tobacco violence HIV poor nutrition and physical inactivity health disparities and environmental injustice The volume provides a comprehensive and practical understanding of prevention on a community level The authors define the elements of comprehensive quality prevention efforts from the necessary partnerships that need to be developed to the training vision and policies that go into successful efforts

Transitions Peter W. Newton, 2008-09-09 Formidable challenges confront Australia and its human settlements the mega metro regions major and provincial cities coastal rural and remote towns The key drivers of change and major urban vulnerabilities have been identified and principal among them are resource constraints such as oil water food skilled labour and materials and carbon constraints linked to climate change and a need to transition to renewable energy both of which will strongly shape urban development this century *Transitions* identifies 21st century challenges to the resilience of Australia's cities and regions that flow from a range of global and local influences and offers a portfolio of solutions to these critical problems and vulnerabilities The solutions will require fundamental transitions in many instances to our urban infrastructures to our institutions and how they plan for the future and perhaps most of all to ourselves in terms of our lifestyles and consumption patterns With contributions from 92 researchers all leaders in their respective fields this book offers the expertise to chart pathways for a sustainability transition

Urban Design and Planning for Age-Friendly Environments Across Europe: North and South Elisa Pozo Menéndez, Ester Higuera García, 2022-09-29 This book represents a multidisciplinary and international vision across different countries in Europe that are facing similar challenges about ageing and quality of life in present cities It is divided in three main topics from the global context of health in cities and reduction of health inequities to the current research of different study cases focusing on residential models and the relationship with the built environment The third chapter illustrates best practices with some study cases from different cities in Europe Friendlier environments for older people come together with the need of innovation smart and updated technologies healthier environments and mitigation of climate change Health re appears nowadays as one of the priorities for urban planning and design not only for the communicable diseases and the effect of the pandemics but also for the non communicable diseases that were also triggering the wellbeing and equity of our cities Indeed the Covid 19 pandemic has highlighted health inequities and vulnerabilities of those areas of the city that were already deprived and facing other health problems such as obesity diabetes social isolation respiratory problems or mental health issues specifically applying for vulnerable groups Older adults have been one of the most affected groups from the pandemic's threats and derived consequences In this context the care crisis arises intertwined with the design and planning of our cities where there is an urgent need to regenerate our environments with a perspective of sustainability inclusion and health prevention and promotion From the global urban challenges to the specific contextualisation of each city and study cases each chapter offers an updated insight of the main questions that we should consider to address urban planning and design

from the perspective of ageing and social inclusion in European cities

Sustainable Approaches to Urban Transport

Dinesh Mohan, Geetam Tiwari, 2019-07-02 As cities become increasingly congested current transport patterns are unsustainable heavy in energy use high in economic and environmental cost and exacerbating inequity between those who can access high speed travel and those who cannot Good urban planning develops human scale cities and encourages modes such as bicycles increased zones exclusive to pedestrians within cities and changed fiscal policies to incentivize public over private transport Equally it requires good engineering design to manage road use Sustainable Approaches to Urban Transport brings together contributions from leading international experts in urban planning transport and governance who suggest changes to make our cities more sustainable in the face of climate change All professionals working in transport and engineering and planning students will find an overview of a broad field in this interdisciplinary collection of essays

Urban Agriculture Craig Pearson, 2011-05-17 Most of us live in cities These are becoming increasingly complex and removed from broad scale agriculture Yet within cities there are many examples of greenspaces and local food production that bring multiple benefits that often go unnoticed This book presents a collection of the latest thinking on the multiple dimensions of sustainable greenspace and food production within cities It describes the diversity of urban agriculture and seeks a balanced representation between the biophysical and the social It deals with urban agriculture across scales from indoor plants to farm scale filtration of greywater A range of examples and initiatives from both developed and developing countries is described and evaluated

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