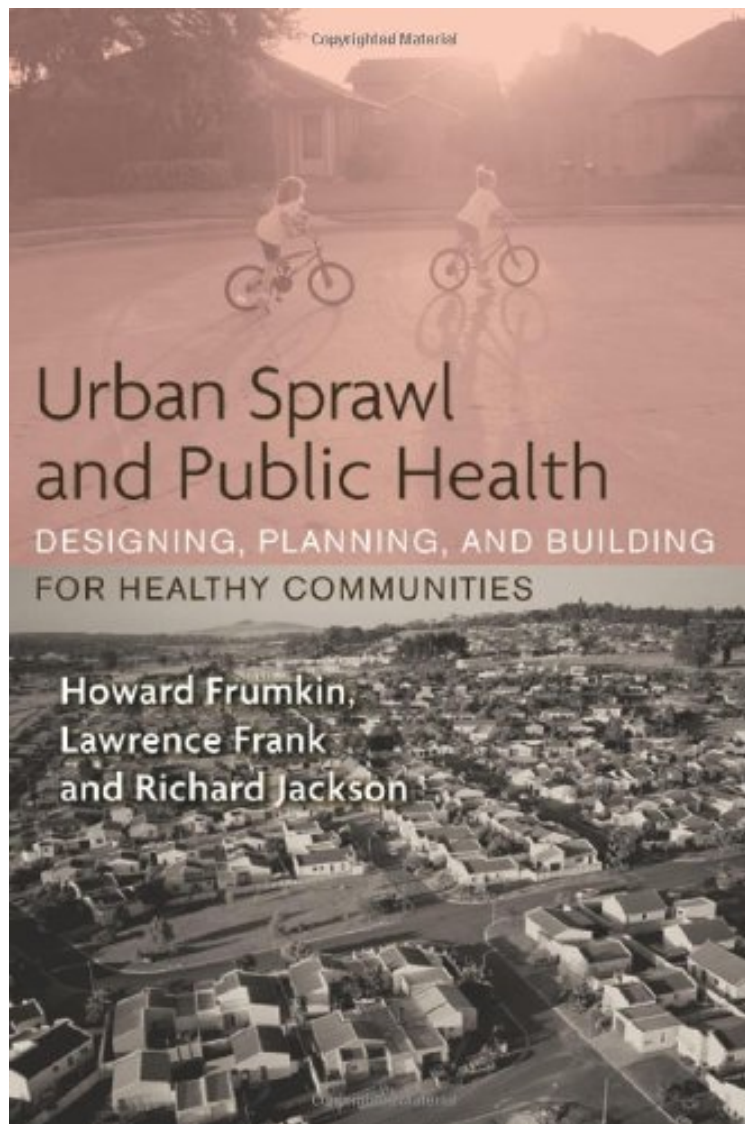


(Ebook pdf) Urban Sprawl and Public Health: Designing, Planning, and Building for Healthy Communities

Urban Sprawl and Public Health: Designing, Planning, and Building for Healthy Communities

Howard Frumkin, Lawrence Frank, Richard J. Jackson
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Howard Frumkin, Lawrence Frank, Richard J. Jackson : Urban Sprawl and Public Health: Designing, Planning, and Building for Healthy Communities before purchasing it in order to gage whether or not it would be worth my time, and all praised Urban Sprawl and Public Health: Designing, Planning, and Building for Healthy Communities:

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authors have brought together several disciplines in a compelling and convincing narrative that links the importance of urban planning for healthy living. The book contains striking data, stories and photos that show how closely the rise in obesity, diabetes and asthma (to name a few) have been linked to increasing urban sprawl. One of the main results of urban sprawl is increased time spent driving which not only increases stress but the time spent in gridlock traffic reduces family time and community involvement. The result of spending so much time commuting is much more severe than many people realize because it results in exhausted, anxious and stressed people who have little time to their children and neighbors, or in the language of the book "social capital." I highly recommend this book for anyone who seeks to see healthier cities that are designed for people rather than cars. 3 of 3 people found the following review helpful. Public Health input essential for Urban Planning By Marc J. Yacht The Europeans are way ahead of our efforts to consider health issues in the urban planning process. This book provides a history and direction to address urban sprawl and understand well the health implications of reckless or solely market-driven city planning. After all, no built community will have sustainability, if its populations are at risk for chronic and acute illness. Presented are the ingredients to make our cities safer and livable. This is a must read for City Planners, County officials, and anyone interested in cleaning up our urban communities with an eye toward social equity and environmental justice. MJY 0 of 0 people found the following review helpful. An excellent review of the science linking sprawl public health By Anonymous This book provides an excellent overview of the science linking sprawl and public health that will be useful to both public health professionals less familiar with planning and planners less familiar with public health. Dr. Frumkin's message is clear: urban sprawl is having a detrimental impact on many aspects of public health. However, his tone remains objective and hence more useful. Moreover, the references alone make the book a very valuable text for all professionals working in this area.

In *Urban Sprawl and Public Health*, 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 this book.

"Suburban sprawl is killing us. Increasingly, physicians, public health officials, planners, and designers recognize the relationships between our health and our built surroundings. *Urban Sprawl and Public Health* offers a cogent diagnosis of this health menace as well as timely prescriptions for healing our cities."