



## Health in the Built Environment

### Experience:

- Transportation Planning
  - City of Atlanta
  - Georgia Dept of Transportation (GDOT)
  - FHWA
  - EPA

### Highlights:

- Walking
- Traffic Calming
- Safe Routes to Schools
- Parks
- Recreational Facilities
- Public Transportation
- Transit

New neighborhoods should be built to support walking to schools, parks, and recreational facilities. Mixed use promotes an increase in walking.

Older neighborhoods can be retrofitted with walking paths to make walking for exercise easier. Traffic calming must be a priority.

Low density, auto dependent, suburban development promotes sprawl. Instead, land use and development should focus on higher densities, high occupancy vehicular (HOV) movement, and more urban developments which decrease sprawl. The use of public transportation/ transit is encouraged.

There is a connection between the built environment and overall health. Obesity is a serious public health issue that can be combated with the redesign of our built environment. To gain health in the built environment, physical activity such as walking and bike riding is encouraged.<sup>1</sup>

Lemongrass Consulting promotes:

- Physical activity
- Active living
- More parks and green spaces
- Walking and bike riding to school

Clovia Hamilton, AICP, JD, LLM leads Lemongrass Consulting and has experience managing the Georgia Department of Transportation's Transportation Enhancement Activities (TEA) program and City of Atlanta Transportation Improvement Plan (TIP). These programs emphasized funding projects that promoted an increase in designing the built environment to promote public health.

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<sup>1</sup> We Knew It All Along, Planning Magazine, July 2009, Fritz Steiner and Talia McCray, University of Texas Austin Community and Regional Planning.