Tonight's Agenda

Part 1: Presentations

• Welcome
  Nilda Mesa, Director, Mayor's Office of Sustainability

• Integrating Active Design + Equity
  Suzanne Nienaber, Partnerships Director, Center for Active Design
  Eric Boorstyn, Associate Commissioner, NYC DDC

• Tools and Approaches
  Nupur Chaudhury, Senior Project Manager, Rebuild by Design
  Jon Denham, Co-President, Denham Wolf

Part 2: Discussion

• Q&A
• Facilitated Discussion
• Networking
Learning Objectives

1. Participants will become familiar with the concept of Active Design, and learn about emerging evidence on the relationship between design, equity, and health outcomes.

2. Participants will gain insight into policies and tools that embrace equity as a central component for building a vibrant, healthy city. Specific examples include NYC’s recently released OneNYC report, and USGBC’s social equity LEED credits.

3. Participants will explore detailed case studies of projects that have successfully addressed health, equity, and community resiliency, ranging from public parks and plazas, to community centers, to post-disaster neighborhood rebuilding efforts.

4. Participants will draw from their own experience to discuss challenges and opportunities for using Active Design to address equity in a range of project scales and locations.

Credits available for AIA, GBCI, AICP

Our Aspirations

- Think creatively at the intersection of design, health, and equity
  - FAIRNESS
  - VIBRANCY
  - COMMUNITY OWNERSHIP

- Identify emerging evidence and practical approaches to influence day-to-day work

- Shape future conversations and initiatives!
Active Design + Equity
Suzanne Nienaber, Partnerships Director

About Us
The Center for Active Design is an independent, not-for-profit organization committed to transforming design practice to make health a central priority.

Our Approach
• Technical Assistance
• Policy & Advocacy
• Trainings & Workshops
• Research & Publications
• Communications—Translating evidence and best practices across disciplines
Just 2 minutes (about 6 floors) of stair climbing a day burns enough calories to prevent average U.S. adult annual weight gain.

Each hour spent in a car per day contributes a 6% risk in obesity and chronic disease while each km walked contributes a 5% decrease in risk.

Creating a more enticing and walkable public realm can result in a **161% increase in physical activity** (e.g. walking and biking).
Recognizing Co-benefits

- **Environmental Sustainability**: Increase movement, reduce energy consumption, improve air quality
- **Universal Accessibility**: Create safer places for walking and wheelchair travel
- **Economic Resiliency**: A vibrant public realm supports the economic and social health of neighborhoods
Emerging Research

MAPPING HEALTH INEQUITIES

- Obesity + chronic disease rates
- Neighborhood characteristics
- Life expectancy

Low-income children are 3.4 times more likely to be overweight or obese compared to high income children (Singh 2010)

Obesity in New York City

Data source: NYC DOHMH Environment & Health Data Portal
Data are not age-adjusted
**Emerging Research**

**TRANSPORTATION CHOICES**

- UK Study: Investments in cycling had greatest relative impact in most deprived communities (Goodman 2013)
- New Orleans: Walking path + playground significantly increased physical activity in low-income African American neighborhood (Gustat 2012)

**Emerging Research**

**PARKS AND GREEN SPACES**

- Parks benefit mental health, “collective efficacy” (Sturm 2014, Cohen 2008)
- More park amenities lead to greater use (e.g., bathrooms, benches, lighting, trees, landscaping, bike racks) (McKenzie 2013)
- Public spaces with trees attract more users, and a wider range of age groups (Coley 1997)
Emerging Research

AFFORDABLE HOUSING

• Design elements can support accessibility, and safety, and motivation for physical activity. Programming can further encourage use. (Garland 2014)

• Arbor House used LEED “Design for Active Occupants” Pilot Credit

Emerging Research

HEALTHY FOOD ACCESS

• The presence of at least one healthy grocery option is associated with reduced obesity risk in low-income neighborhoods (Zick 2009)

• Community gardeners consume more fruits and veggies than home gardeners and non-gardeners (Litt 2011); gardens at low-income schools increase physical activity (Wells 2014)
Emerging Research

MAINTENANCE IS KEY

- Garbage, litter, and graffiti connected to obesity, fear of crime, stress (Hoyt 2014)
- Community improvements may increase neighborhood satisfaction, social interaction, sense of wellbeing (Kruger 2007)

Thank You!
www.centerforactivedesign.org
Active Design for a Just and Equitable City

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