

Why Smart Growth?

What Health Professionals Need to Know

January 26, 2006
Denver, Colorado

Judy Corbett, Executive Director
Local Government Commission



Quattro™ and a
TSP (particulate matter) detector
are needed for this test protocol



The origin of current zoning practice

Belching smokestacks and putrid air



QuickTime™ and a
PDF (Portable Document Format) viewer
are needed to see this picture.



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The new landscape — The birth of sprawl



Levittown, NY

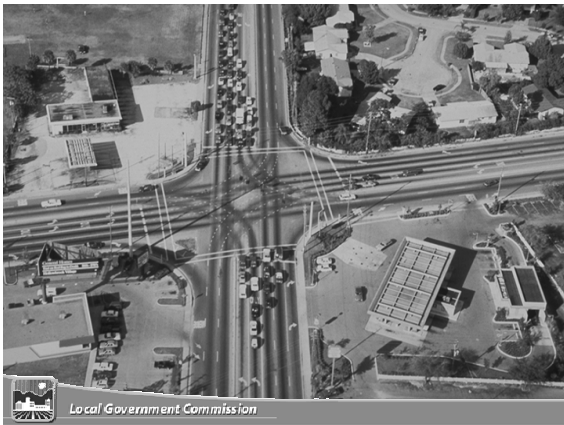


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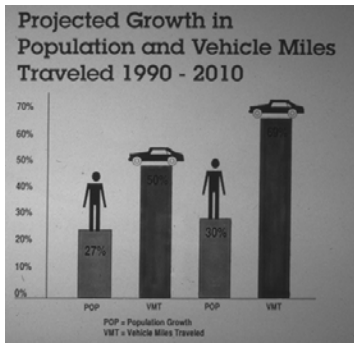






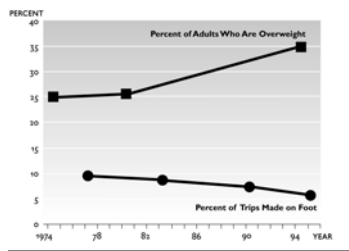


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Walking Is Declining, While the Number of Overweight Adults Is Climbing

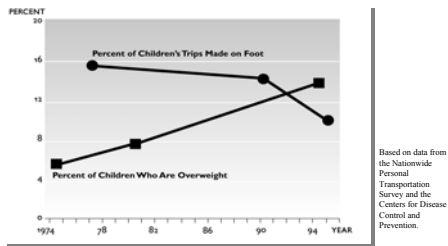


Based on data from the Nationwide Personal Transportation Survey and the Centers for Disease Control and Prevention.

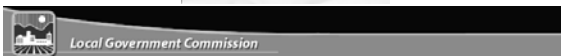


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Children Are Walking Less and More Are Becoming Overweight



Explaining the Epidemic



The Ahwahnee Principles, 1991

- Revitalize existing parts of our communities through infill development
- Plan complete and integrated communities with mix of uses
 - Within walking distance of one another
 - Within walking distance of transit stops
 - With a diversity of housing types
 - With a center focus





Downtown instead of a mall:



Narrow streets instead of wide ones:



Parking structures instead
of large surface lots:



Mixed use instead of single use:



Walking & transit instead of car:



Sprawling large lot residential versus townhouses or small lot houses:



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City of Visalia, Main Street, Unimproved downtown street



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City of Visalia, Main Street, After narrowing, adding diagonal parking and streetscape improvements



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City of Visalia, Main Street, After streetscape improvements



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City of Pasadena, General Plan Update



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How to fix what we have



How to fix what we have



How to fix what we have



Photo Simulation by Steve Price, Urban Advantage (www.urban-advantage.com)

Walkable neighborhoods have a positive impact on health

On average, walkable neighborhoods encourage 15-30 extra minutes of walking per week...

enough to lose a pound a year.

Saelens, B.E. *Annals of Behavioral Medicine* 2003



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Message is getting out



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www.activelivingleadership.org

For more information

Local Government Commission Center for Livable Communities

- Web: www.lgc.org
- Phone: 800-290-8202
- e-mail: center@lgc.org

Active Living Leadership

- Web: www.activelivingleadership.org

Healthy Transportation Network

- Web: www.healthytransportation.net



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