HEALTHY PLACES  
CLASS  FALL 2015  

Class: Tu / Thur 2:55-4:10 pm MVR Hall Rm 157  
Prof: Nancy M. Wells (nmw2)  
TA's: Kristin Aldred Cheek (kla74)  
Marlana Zink (mdz28)  

course email: dea_2700@cornell.edu  
NMW office hours: Tues 4:30 – 5:30, 2429 MVR Hall  
KAC office hrs: Wed 1:30-2:30, 2428 MVR Hall  
MDZ office hrs: Monday 12:30- 1:30, 2428 MVR Hall

OVERVIEW Drawing from urban planning, public health, architecture, landscape architecture, community nutrition, and environmental psychology, this course examines how the physical environment influences health and health behaviors. We consider a wide variety of contexts, spanning the “micro” to “macro” scale, from rooms and buildings to parks and cities; from dishes and plates to gardens and plants. Similarly, we conceptualize “health” broadly to include physical and mental health as well as health behaviors such as physical activity and diet. Class will include lecture, discussion, and student presentations. Course sub-themes include sustainability, interdisciplinarity, unanticipated consequences, resilience, and health disparities.

READINGS Course readings are from the Dannenberg et al textbook, websites, on-line pdfs, and articles posted on Blackboard. Blackboard readings can be found at: www.blackboard.cornell.edu


FLIPPING A few lectures will be provided on blackboard. It is essential that you view them (+ take notes) before class.

HANLING IN ASSIGNMENTS

Mini assignments should be printed and turned in as hardcopies at the beginning of class.

All HIA assignments are due at 12:00 noon via email and will not be accepted after the due date & time.

HIA assignments should be submitted electronically as a word document to dea_2700@cornell.edu

- Subject line of email should include assignment number (e.g. HIA Warm-up 1)
- Name documents with format: ‘Last name, first initial – Assignment name’ (e.g. Smith J - HIA Warmup1.docx)

REQUIREMENTS & POINTS

- Mid-Term Exam (in class)  
  Oct 27  45
- Participation, Discussion  
  15
- Mini Assignments  [12.5 points each, choose 4 out of 5]  due Sept 8, Sept 22, Oct 15, Oct 22, Nov 12  
  50
- Health Impact Assessment (HIA) Warm-ups: (individual assignments)  
  20
  - Warm-up 1 – describe completed HIA’s  
    Sept 1  10
  - Warm-up 2 – conduct two (very) mini HIA’s  
    Sept 10  10
- HIA Final Project: – Community Outreach project (group project)  
  110

In groups of 2-3, students will partner with a local organization to conduct an HIA.

- Proposal – Contact name, organization, issue to address (1 paragraph)  
  Sept 22  10
- HIA Part 1 – Screening, Scoping, Assessing (1-2 page)  
  Oct 20  15
- HIA Part 2 – Recommendations (1 page)  
  Nov 3  15
- HIA Final report DRAFT (7-10 pages)  
  Nov 10  15
- HIA Presentation in class  
  Nov 17 & 19  15
- HIA Final report due  
  Nov 23  40
- Final Exam  [see https://registrar.cornell.edu/Sched/exams.html]  
  TBA  60

TOTAL 300 points
LEARNING OUTCOMES

• Demonstrate understanding of the influence of built & natural environment on health & health behaviors.
• Think critically to apply theory and other content to real-world contexts.
• Apply multi-disciplinary perspectives including planning, public health, & environmental psychology to health & environment issues.
• Communicate effectively, both orally and in writing, related to environment and health issues.
• Develop interpersonal skills; work effectively together.
• Understand interdependence & social responsibility through service learning project & case studies.

MINI Assignments are an opportunity for you to personally engage with the course material by applying content to your own life, collecting a bit of data, or assessing some aspect of your environment. Grading is based on how well you follow the instructions, engage with the activity, and provide thoughtful insight that draws from your own experiences and the material in the course. Follow word limits as specified on each assignment. Not accepted after due date & time.

• Mini assignments are available on blackboard
• Choose 4 out of 5; worth 50 points total (i.e., 12.5 points each x 4 = 50)
• See syllabus for due dates for Mini’s A B C D E

Health Impact Assessment (HIA) is a tool to encourage & enable decision-makers to consider the health implications of a policy, program, or project that is under consideration. In this class, through a series of individual and group assignments, you will learn to conduct an HIA. Assignments will be available on BB. To begin gaining familiarity with HIA, please visit these websites:

• The Society of Practitioners of Health Impact http://www.hiasociety.org/resources.php
• Health Impact Assessment, Centers for Disease Control and Prevention (CDC) http://www.cdc.gov/healthyplaces/hia.htm

RESOURCES

Websites

Public Health Law Center http://publichealthlawcenter.org/topics
Active Living Research, Robert Wood Johnson Foundation http://www.activelivingresearch.org/
CDC – Designing and Building Healthy Places http://www.cdc.gov/HEALTHYPLACES/
Healthy Places Chicago http://www.healthyplaceschicago.org/
The Story of Stuff http://storyofstuff.org
The Project for Public Spaces http://www.pps.org/
Perkins & Will’s Transparency Project http://transparency.perkinswill.com/
Helping Johnny Walk to School http://www.preservationnation.org/information-center/saving-a-place/historic-schools/helping-johnny/helping-johnny-walk-to-school.html#.Ugu9V2RAQTs

Cool tools

• EPA’s National Atlas for Sustainability Relational Browser http://www.epa.gov/ged/tbes/flash/Relational Browser/RelationalBrowserWindow.html
• EPA’s Health Research: http://www2.epa.gov/healthresearch
• Good Guide: http://www.goodguide.com/
• Walkscore http://www.walkscore.com/
• Gap Minder http://www.gapminder.org/
Week 1: 8/25 & 8/27

8/25  Introduction

Ch. 1  An introduction to healthy places


Optional readings / resources:


8/27  Theory and Intro to HIA

Theory: Environments & Health

Ch. 17  Behavioral choices and the built environment


Optional readings / resources:


Introduction to Health Impact Assessment (HIA)  module 1

Ch. 20  Measuring, assessing, and certifying healthy places

Week 2: 9/1 & 9/3

DUE 9/1, 12:00 noon: HIA Warm-up 1

9/1  Design & the Obesity Epidemic: Historical Perspective & Environmental Influences

Ch. 2  Community design for physical activity


Center for Active Design  peruse: http://centerforactivedesign.org/about/


Optional readings / resources:

9/3 Health Impact Assessment (HIA) modules 2 + 3
- Centers for Disease Control & Prevention, HIA: [http://www.cdc.gov/healthyplaces/hia.htm](http://www.cdc.gov/healthyplaces/hia.htm)
- Active Living Research, RWJF, HIA: [http://www.activelivingresearch.org/resources/search/hia](http://www.activelivingresearch.org/resources/search/hia)

Week 3: 9/8 & 9/10
DUE 9/8 MINI A: HOW MUCH DO YOU WALK?

9/8 Design & Physical Activity: Building Scale

DUE 9/10, 12:00 noon: HIA Warm-up 2

9/10 Health Impact Assessment module 4

Week 4: 9/15 & 9/17

9/15 Food Environments & Diet: Micro Scale

9/17 Health Impact Assessment modules 5 & 6

Week 5: 9/22 & 9/24
DUE 9/22, 12:00 noon: HIA Proposal

9/22 Income, Race & Health Disparities
9/24 Food Environment & Diet: Macro Scale

Food environments

Week 6: 9/29 & 10/1

9/29 Community-Based Physical Activity & Nutrition Interventions: Creating & Studying Healthy Communities

Guest Speakers: REBECCA SEGUIN, Assistant Professor, Division of Nutritional Sciences
TOM KNIPE, Senior Planner, Tompkins County NY

Human Services Coalition of Tompkins County http://www.hsctc.org/index.php?page=creating-healthy-places

Community engagement in design & planning

10/1 Health Care Settings

Guest Speaker: Professor FRANK BECKER, Design & Environmental Analysis

Healthy health care settings

Week 7: 10/6 & 10/8

10/6 Healthy Homes: Housing & Physical Health

Guest Speaker: Professor JOE LAQUATRA, Design & Environmental Analysis Department

Healthy Homes


10/8 Healthy Homes: Housing & Mental Health

Urban Health in Low- & Middle-Income Countries

Optional readings / resources:


**Week 8: Thursday 10/15**

| 10/13 | No Class Tuesday 10/13 | FALL BREAK - Saturday 10/10 – Tuesday 10/13 |

**DUE 10/15 MINI C: HEALTHY INTERIORS**

**10/15 Healthy Products**


Optional readings / resources:


**Week 9: 10/20 & 10/22**

**DUE 10/20, 12:00 noon HIA Part 1**

| 10/20 | Healthy Interiors |


Optional readings / resources:


DUE 10/22 MINI D: NEIGHBORHOODS

10/22  Health & Place: Neighborhoods & Disparities

춤 Ch. 9  Vulnerable populations and the built environment


Optional readings


Week 10: 10/27 & 10/29

10/27

MID-TERM EXAM 10/27 in CLASS

10/29  Healthy Schools

춤 Ch. 14  Healthy Schools


Optional readings


Week 11: 11/3 & 11/5

DUE 11/3, 12:00 noon: HIA Part 2

11/3  The Natural Environment [& School Gardens]

춤 Ch 15  Contact with Nature


Optional readings


11/5  Designing Healthy Outdoor Places for Kids

Guest Speaker: RUSTY KEELER, Artist/ Designer, Earthplay Design
peruse: http://earthplay.net/playscape-design/


Week 12: 11/10 & 11/12

DUE 11/10, 12:00 noon: DRAFT OF FINAL HIA REPORT

11/10 Healthy Workplaces

 nécess Ch. 12 Healthy workplaces

DUE 11/12 MINI E: ECO-FOOTPRINT

11/12 Healthy, Green Buildings

Guest Speaker: KRISTIN ALDRED CHEEK, Doctoral Student, Design & Environmental Analysis


Week 13: 11/17 & 11/19

11/17 In-Class Presentations of “Health Impact Assessment” final projects (Part 1)

11/19 In-Class Presentations of “Health Impact Assessment” final projects (Part 2)

Week 14: 11/24

DUE Monday 11/23 5:00 pm: FINAL HIA REPORT

11/24 TBA

11/26 No Class Thursday 11/26 THANKSGIVING BREAK

Week 15: 12/1 & 12/3

12/1 Policy & Legislation for Healthy Places

 nécess Ch. 18 Policy and legislation for healthy places


Chapter 7 “Moving Forward” pp. 100-116.

12/3 Future of Healthy Places

 nécess Ch. 24 Built environments of the future

TBA FINAL EXAM date, time, location TBA see: https://registrar.cornell.edu/Sched/exams.html