DESIGN AND HEALTH
LOCAL & NATIONAL INITIATIVES

DVRPC BREAKING GROUND CONFERENCE
MARCH 12, 2015

REBECCA JOHNSON
EXECUTIVE DIRECTOR
AIA PHILADELPHIA & CENTER FOR ARCHITECTURE
AIA NATIONAL:
SIX APPROACHES TO ACHIEVING
HEALTH THROUGH BUILT
ENVIRONMENT DESIGN & POLICY

- Environmental Quality
- Natural Systems
- Physical Activity
- Safety
- Sensory Environments
- Social Connectedness
ENVIRONMENTAL QUALITY

ISSUES:
• Chemical Exposure (brownfields, drinking water, air pollutants)
• Air Quality (Mold, mildew, pests)
• Water Quality (waterborne illness)

DESIGN & POLICY APPROACHES:
• Materials that limit allergies/potential toxins
• Adequate air exchange
• Building envelopes to manage moisture & prevent mold growth
• Limit opportunities for pest and rodents
• Buildings sited away from major highways
• Structural & non-structural storm water management
• Systems & practices to monitor particulate matter, especially chemical and vehicular
NATURAL SYSTEMS

ISSUES:
• Lack of vegetation
• Quality Parks
• Presence of food deserts
• Policies affecting green infrastructure

DESIGN & POLICY APPROACHES:
• Natural Materials
• Views & adjacencies to nature
• Interior or adjacent courtyards
• Parks within .5 miles
• Linear parkways
• On-site food production
PHYSICAL ACTIVITY

ISSUES:
- Cardiovascular disease
- Diabetes
- Obesity

DESIGN & POLICY APPROACHES:
- STAIRS!
- Bike and pedestrian trails
- “Active” Parks – skate, dog, ball
- Attractive, connected streets
- Street furniture at consistent intervals
- Exercise facilities/Showers and changing rooms
SAFETY

ISSUES:
• Lack of access to infrastructure
• Unregulated traffic speed & congestion
• Inadequate pedestrian safety

DESIGN & POLICY APPROACHES:
• Lighting
• “Eyes on the street” – density
• Wide sidewalks
• Durable, quality materials
• Open sightlines
• Increased pedestrian visibility
• Clear signage
SENSORY ENVIRONMENTS

ISSUES:
• Poor lighting/intense shadows
• Noise
• Uneven or slippery surfaces
• Bad aesthetics

DESIGN & POLICY APPROACHES:
• Acoustic controls and noise barriers
• Mood-enhancing lighting systems
• Ergonomic furniture and fixtures
• Envelope design to optimize glare-free direct & indirect lighting
• Diverse color, graphics, and texture
SOCIAL CONNECTEDNESS

ISSUES:
- Restricted access to third spaces
- Non-contiguous urban pathways
- Restrictive zoning policy
- Underdeveloped public parks and courtyards

DESIGN & POLICY APPROACHES:
- Public spaces
- Third places (cafes and bistros in commercial and residential developments)
- Public squares, promenades, courtyards and pocket parks
- Libraries, museums, community centers and playgrounds
- Activated streetscape
- Centrally located water coolers and dining areas in office
Get Healthy Philly

In March 2010, the Philadelphia Department of Public Health launched Get Healthy Philly, a groundbreaking public health initiative bringing together government, community-based organizations, academia, and the private sector.

Get Healthy Philly envisions a Philadelphia where all residents can live, work, learn, shop, worship, and play in environments that promote healthy eating, active living, and a smoke-free existence.

Get Healthy Philly works to ensure that Philadelphians can enjoy long, productive lives free from disease, disability, and premature death.

Learn More
- Tobacco Policy and Control
- Nutrition and Physical Activity

Annual Reports
- 2013 Get Healthy Philly Annual Report
LOCAL PROJECTS
LOCAL PROJECTS

OUR GOAL
Improve the health of Philadelphians and preserve critical affordable housing by using innovative strategies to improve housing conditions in thousands of rowhouses each year.

ROWHOUSE NEWS
Healthy Rowhouse Project and Next Great City March 3rd Mayoral Forum

News from the Forum:

- From fees to favorites: What 6 running for mayor said at forum
- Mayoral hopefuls brave

THE HOUSING CHALLENGE
Philadelphia's stock of rowhouses is an extraordinary asset that allows the city to offer homeownership to more low-income homeowners than virtually any city in the country. Yet these rowhouses are deteriorating faster than their owners can repair them.

- 70% of all housing units in the city are rowhouses.
- 75% of those houses are over 50 years old.
- 78% of Philadelphia seniors over age of 60 own their own homes.
The Science of PLAY: Inspiring Ideas for Designing Play Spaces
January 20th, 2015 — Play Space

A good play space allows kids to take small steps: climbing a little higher, moving a little faster, getting a little closer to something that could be dangerous like a ledge or a fire pit... or disappearing from view.

How can designers, educators, and parents join forces to create enriching play spaces that


Recent Posts
Craig Totaro, Creating a Campus for Arts and Entertainment
Small Businesses, Big Impact
Starting Philly's New Land Bank
Engineering a Greener City: Collaborative Volunteer Dan Maier
Welcome Ethan Blades
The Science of PLAY: Inspiring Ideas for Designing Play Spaces
Six New Design Grants

Post Archives

Categories
20th Anniversary
At the Collaborative
TAKE AWAY:

LET’S COORDINATE & COLLABORATE.

A SIMPLE MESSAGE THAT OUR BUILT ENVIRONMENT IS IMPACTING OUR HEALTH WILL CONNECT AND RESONATE WITH THE PUBLIC AND OUR CIVIC & THOUGHT LEADERS.

THANK YOU!