Building *Healthy, Active, and Well* Buildings and Places of the Future
Overview

• Why health/active design?
• DVRPC’s Role?
• Speakers
• Q & A
Why?

- Planning and public health allied professions
- Infectious diseases
- Impact of built environment
- Chronic diseases
- What will 2065 look like?
Why?

**Healthy:** possessing good health or a sound and vigorous mentality; prosperous

**Active:** doing things that require physical movement and energy

**Well/Wellness:** being healthy in body and mind, especially as the result of deliberate effort
DVRPC’s Role?

**Smart Growth:** Mixed use zoning, TOD, Parking Design, Suburban Downtown Revitalization, Traffic Calming

**Active Transportation:** Complete Streets, Access Management, The Circuit Regional Trail Network, Road Diets, Air Quality

**Healthy Food Access**

**Healthy Communities Task Force**

**Active Buildings**
Today’s Speakers

Rebecca Johnson
Sara Ridenour
Anita Kramer
Kevin Michals