DESIGN & POLICY STRATEGIES FOR HEALTHIER COMMUNITIES

February 24, 2017  |  FitCity Miami
WHAT IS ACTIVE DESIGN?

• Evidence-based design & policy strategies to support health

• Concept originated with NYC’s Active Design Guidelines
COLLABORATIVE APPROACH

• Funded by the Centers for Disease Control and Prevention

• Led by MCAD, AIA Miami, and Florida Department of Health

• Guidance from multi-disciplinary Advisory Council
ACTIVE DESIGN MIAMI

- Specifically tailored to Miami-Dade’s unique environment and diverse population
- Embraces local initiatives and priorities
- Responds to unique opportunities and challenges
WHY ACTIVE DESIGN MATTERS

• The built environment influences our behavior—and our health

• Design is an indispensable tool for shaping healthier communities
36% of Miami-Dade High Schoolers engage in regular physical activity.

1/3 of Miami-Dade adults are sedentary.

2/3 of Miami-Dade Seniors were treated for hypertension in 2014.
WHY ACTIVE DESIGN MATTERS

- 28% of Miami Dade Seniors were treated for depression in 2014.

- 77% of Miami-Dade worker >16 drive to work, with an average commute of 30 minutes.

- 48.6% drive alone for more than 30 minutes.

PHYSICAL ACTIVITY & SOCIA SUPPORT

Parks “directly promote physical activity, and indirectly mitigate stress via the spaces’ positive impact on social support.”

Dog walkers who perceived greater social support, ... and who had access to a dog-supportive park within their neighborhood, were more likely to regularly walk with their dog, even after adjustment for other well-known correlates of physical activity.
Children living near “esthetically pleasing” parks with few team sports installations that emphasize unstructured activities reported:

- more 15-minute bouts of physical activity per week,
- greater variety of physical activity, and
- had less percentage of truncal fat.

An urban greenway trail designed to enhance connectivity of pedestrian infrastructure with nearby retail establishments and schools, showed significant changes between the experimental and control neighborhoods for total physical activity and cycling.

GUIDING PRINCIPLES

1. Physical, mental, and social health are interconnected
2. Safety is a critical priority
3. Inclusive and equitable design serves everyone
4. Knowledge and information sharing
5. Sustainability is integral
FOUR AREAS OF OPPORTUNITY

- Parks & Open Spaces
- Development Patterns
- Transportation & Mobility
- Buildings
SAMPLE STRATEGIES

Design, Policy, and Programming Solutions
PARKS & OPEN SPACES
SAMPLE STRATEGIES

• Be inclusive—accommodate all ages and abilities

• Incorporate amenities to support user comfort—lighting, shade, water fountains, seating

• Facilitate waterfront activation through design guidelines and codes

• Respond to local needs and cultural preferences
DEVELOPMENT PATTERNS
SAMPLE STRATEGIES

• Support a diverse mix of land uses
• Provide transit-oriented development at appropriate densities
• Emphasize pedestrian connectivity
TRANSPORTATION & MOBILITY
SAMPLE STRATEGIES

- Implement Complete Streets policies
- Prioritize the pedestrian experience—wide sidewalks, safe crosswalks, shade, seating, visual interest
- Install temporary demonstration projects to raise awareness, measure impacts, and gather community input
BUILDINGS
SAMPLE STRATEGIES

• Celebrate stairs—visibility, accessibility, aesthetic appeal

• Install signs that encourage healthy behaviors

• Facilitate on-site physical activity—exercise facilities, gardens, showers

• Enhance access to healthy food and drinking water
HOW TO USE THESE STRATEGIES

- Inform specific design projects
- Shape local policies and plans
- Support thought leadership
- Inspire community action

Photo: Maggie Fernandez
ACTIVE DESIGN MIAMI IS FOR EVERYONE!

- Not one size fits all
- Use the strategies that best fit your needs and your community’s priorities
This presentation was supported by the Grant or Cooperative Agreement Number, 1U58DP005957-01, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.
THANK YOU!

Download full publication at active designmiami.org