

ELEMENTS

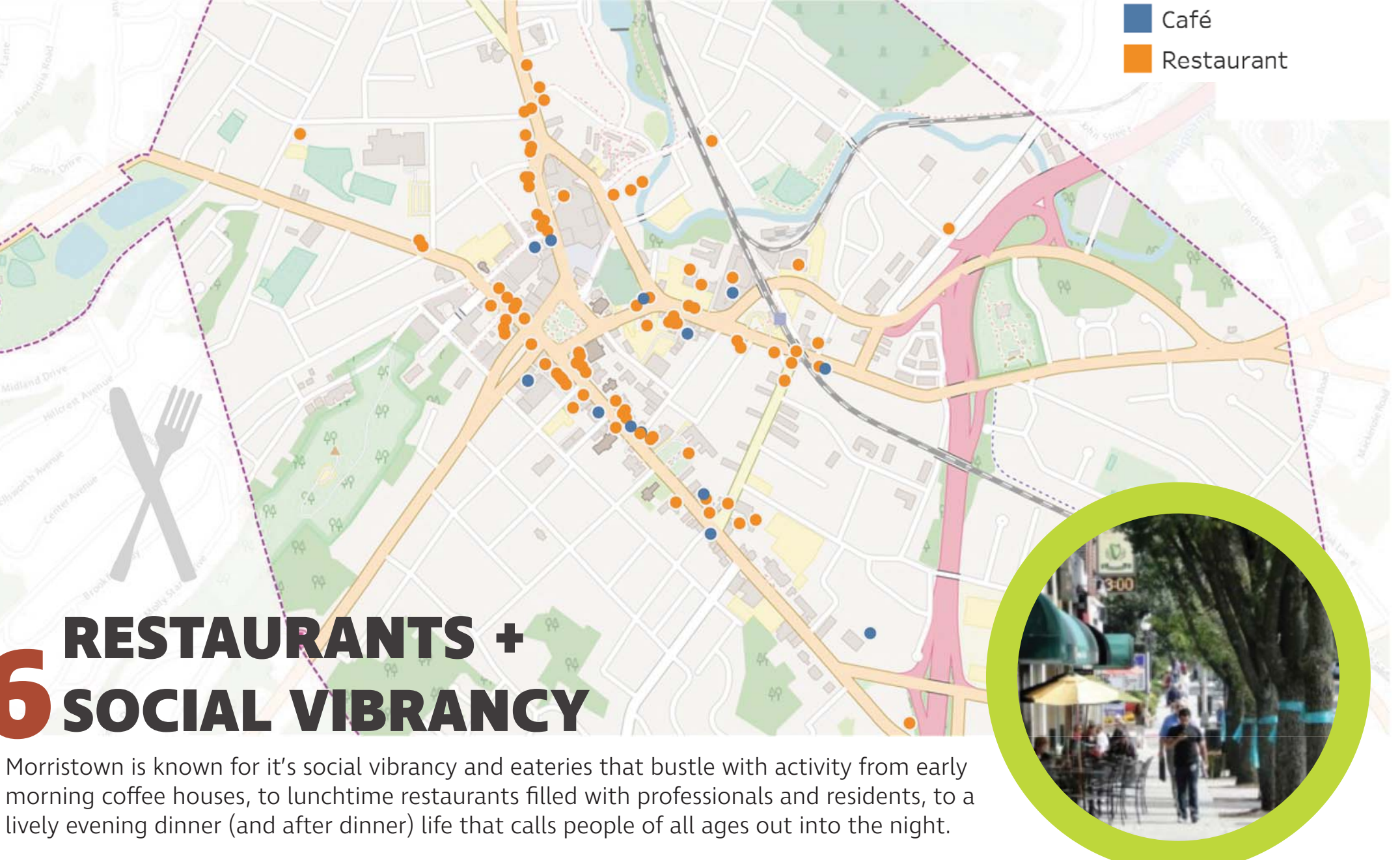
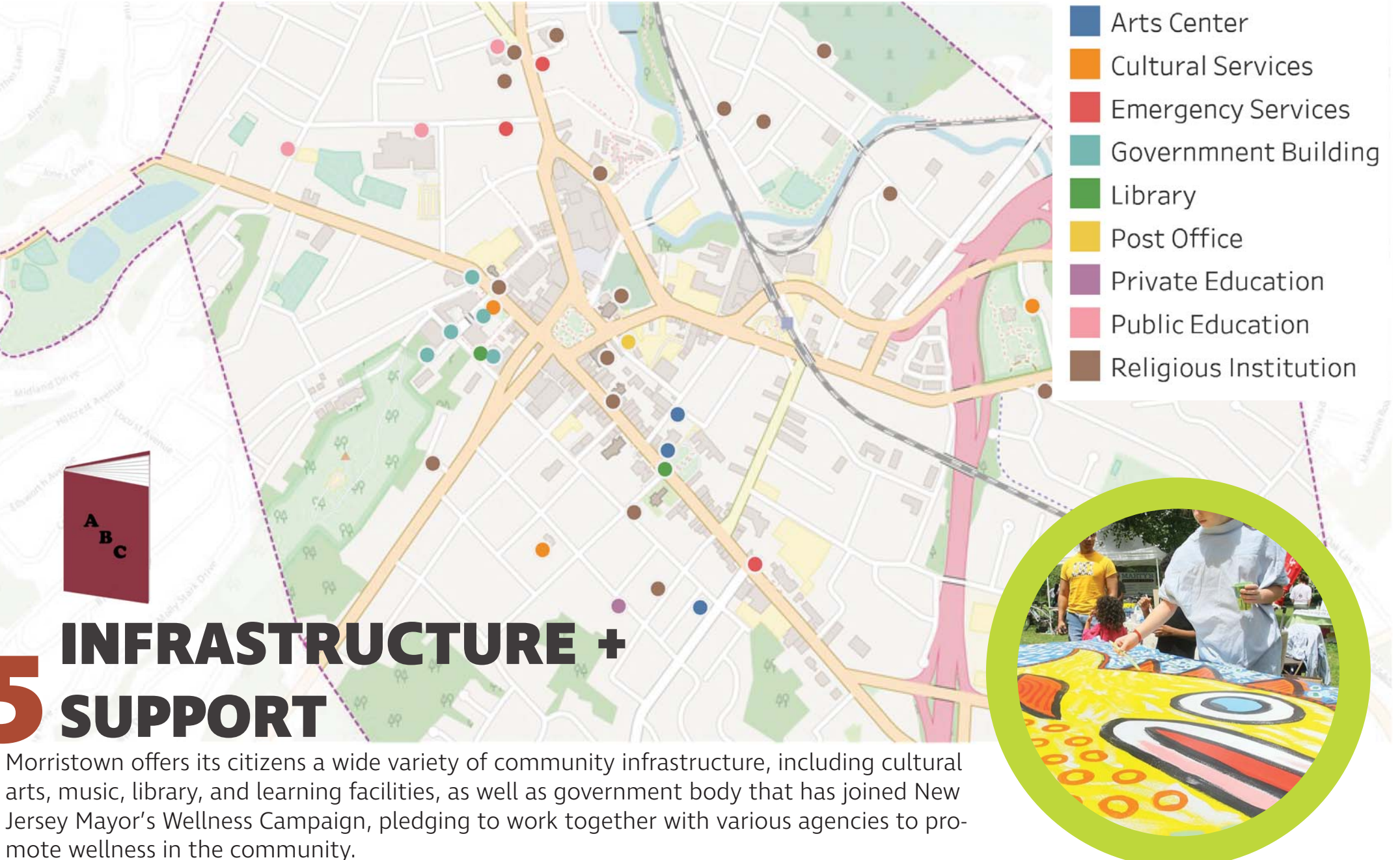
EXAMPLES

BUILDING HEALTHY CITIES

A CASE STUDY OF WELLNESS



"Traditionally, municipal transportation plans describe and make recommendations for improving vehicular traffic, while treating transit, cycling and walking as secondary concerns. This plan is different in that it strikes a balance among all modes. But what sets it apart is how it carefully links all of those modes together, as well as to the town's Land Use and Community Form Plan (chapter 3). Circulation is complex, and in real life these modes are not separated; pedestrians, drivers, cyclists, trucks, buses, and trains interact constantly, and improving the system so they can better work together requires a comprehensive perspective in which trade-offs, the establishment of priorities, and an understanding of the key issues and values of the community are critical." Morristown Moving Forward Master Plan



MORRISTOWN, NJ, USA

Economic Globalization has had a major impact on Population Health. Nearly 30% of the global population has become increasingly overweight and obese. Diabetes and related illnesses threaten all ages. Our population health is deteriorating and the cost of health care is skyrocketing. This sedentary and unhealthy lifestyle affects individuals, the community and the planet at large. Within a city/town, how does the built environment play a role in helping, or hurting this dilemma of health? Architects design the buildings that fill our cities and towns. Architectural professionals can improve health & wellness in the built environment, and the space beyond. Using the lens of the architect, we take on our immediate community of Morristown, NJ as a Community Case Study. Morristown is a place that is 45 minutes outside of New York City, has 18,411 residents and holds a simultaneously suburban and urban character, offering many of the gifts of a big city, while retaining aspects of the green nature found in small towns.

Applying life-cycle design and health & wellness principles through interdisciplinary interaction to all building aspects, including housing, schools, workplace, commerce and institutions, is critical to the development of a healthier built environment that supports a healthier community. Architects, designers, planners, healthcare and social agencies have the collective power to measurably improve population health. In Morristown, NJ we see the positive results of many organizations, institutions and collaboratives working together to promote health, wellness, and wellbeing for all of the community. Architects, planners, healthcare entities and the government are succeeding in their mission to make Morristown a welcoming, beautiful, healthy, resilient and sustainable place to live, work and play. Examining this standard to follow, we show you maps and examples illustrating the prevalence and positioning of factors that together create a vibrant, livable community.

