What Does a **Healthy Community** Look Like?

The places where we **live, learn, work, worship, and play** can impact our health and quality of life. These approaches to community design can help to improve overall health.

1. **Opportunities to go outside and be more active**
   - Complete street designs
   - Parks, trails, open spaces
   - Destinations within walking and biking distance

2. **Ability to move throughout the community** without a car
   - Better access to public transportation
   - Comfortable bus stops
   - Safer/easier to walk and bike to daily activities
   - Pedestrian-oriented building design

3. **A safe community**
   - More street lighting
   - Safe pedestrian crossings and bike lanes
   - Traffic calming and buffers for pedestrians
   - More “eyes on the street” day and night

4. **A connected community**
   - Creating a sense of community through social interaction and civic engagement
   - More social connections through accessible recreation areas and public spaces

5. **Accessibility** for people of all ages, abilities, and incomes
   - Housing for all income levels and household types
   - Easy for people to get around regardless of age or ability

6. **A clean environment**
   - Reduced air and noise pollution from sources like freeways and industry
   - Clean water supply and proper sewage/storm water treatment

7. **Healthier and more affordable food choices**
   - Healthier food choices in corner/grocery stores
   - Local and fresh produce from farmers markets and community gardens

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