

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

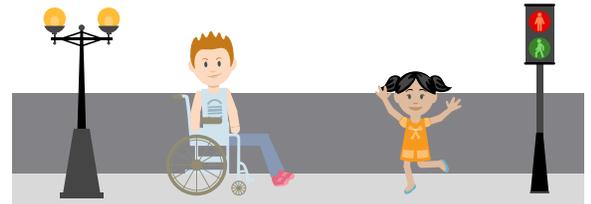
- Better access to public transportation
- Comfortable bus stops
- Safer/easier to walk and bike to daily activities
- Pedestrian-oriented building design



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

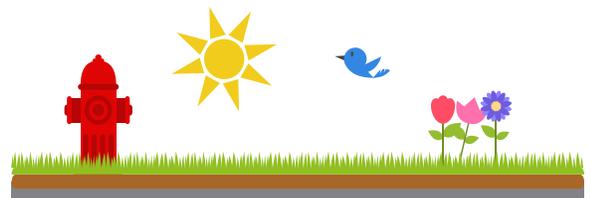
- Housing for all income levels and household types
- Easy for people to get around regardless of age or ability



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

