

Moving Together 2005 Conference

Building Healthier Communities: The Health Impacts of Transportation and the Built Environment

Recent evidence has suggested how the built environment - the layout of buildings, streets and communities - can influence health. The United States is currently in the middle of an epidemic of obesity that threatens many people with increased risk of cardiovascular diseases, certain cancers, diabetes and premature mortality. Many of the features that have been found to promote walking, biking and public transportation have also been found to reduce obesity, suggesting that promoting non-automobile forms of transit may also protect health.

This workshop will highlight some of this evidence linking design to health. It will illustrate how pedestrian friendly streets, transit oriented design and bike paths can promote physical activity and protect health. It will assist participants to understand the connections between the built environment and transportation with health and provide tools for using in promoting healthier environments.

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