
UP 340, Fall 2019

Instructor: Mary Edwards

Office: M204, Temple Buell Hall

Office Hours: Tuesday, 3:30-4:30 pm and by appointment, mmedward@illinois.edu

Planning for Healthy Cities

Lecture: T, Th 2-3:20 (Room 225)

Course Description:

This course explores the evolving role of health in urban planning. Historical and current theories on the relationship between public health and the built environment are highlighted, as are prescriptions for healthy urban design. Community health planning, health disparities and the needs of special populations in the city are also examined, along with some of the major policy issues affecting urban health care today.

Learning Objectives:

By the end of this course, students will be able to:

- Understand the ways in which the built environment influences health.
- Identify planning practices that promote healthy communities.
- Understand how health data influences planning decisions.
- Develop strategies for integrating health policy goals into planning processes.

Requirements and Grading Policies:

The course requirements are listed below. Participation and attendance is also part of your final grade. You are expected to attend class regularly. The class participation grade will be based on both class participation and random attendance taking. Grades and points will be assigned as follows:

Assignment	Points	Due Date
Walk Audit	15	Sep. 5
Reflective Essay 1	20	Sep. 17
Food Budget Challenge	15	Sep. 19
Reflective Essay 2	20	Sep. 24
Exam 1	100	Oct. 3
School Health Assessment	25	Oct. 15
Comprehensive Plan Evaluation	25	Oct. 24
Public Space Evaluation	25	Nov. 5
Reflective Essay 3	20	Nov. 12
Policy Debates	25	Nov. 19 or 21
Exam 2	100	Dec. 5
Policy Memo	100	Dec. 12
Participation and Attendance	10	
Total Points	500	

Assignments are due at the beginning of class on the due date. Late homework assignments will be graded down one letter grade per day (half a letter grade if turned in after class on due date). Some of the homework assignments are in-class assignments, so if you are not in class, you will not receive credit for these assignments without a valid excuse for your absence. It is your responsibility to contact me if you miss an assignment. I will take into consideration assignments that are late due to unforeseeable circumstances.

Transformation of numerical grade to letter grade will be according to the schedule below:

A	93-100 percent	C+	77-79 percent
A-	90-92 percent	C	73-76 percent
B+	87-89 percent	C-	70-72 percent
B	83-86 percent	D+	67-69 percent
B-	80-82 percent	D	60-66 percent

The general grading rubric for assignments is as follows:

An “A” assignment demonstrates original thought and synthesis of ideas and sophisticated, cogent analysis. It is clearly written and presented.

A “B” assignment includes above average analysis with appropriate evidence to support ideas. It is clearly written and presented.

A “C” assignment shows a basic level of understanding, with analysis limited to obvious arguments. Writing is competent. It is adequate work.

A “D” assignment misunderstands or misrepresents the material or is so poorly written that it obscures the analysis. It is inadequate work.

Readings:

There is one required textbook (available on Compass). Additional required readings will also be posted on Compass.

Required: Dannenberg, Andrew L., Howard Frumkin and Richard J. Jackson (eds). 2011. *Making Healthy Places: Designing and Building for Health, Well-being and Sustainability*. Washington DC: Island Press.

Issues surrounding health and the built environment are matters of continuing debate. Students are encouraged to look for articles on recent developments in health policy in Illinois and other parts of the country and the world in the popular media (newspapers, magazines) and bring them to class. At the beginning of class on every Thursday, we will discuss any articles you have collected. Every student should bring in at least one article for discussion during the semester. This will count as part of your class participation grade.

Course Policies:

Cellphones and Laptops: No cell phone use during class. You may use a laptop/tablet in class for taking notes or during specified class related activities. Please be respectful of your peers and the instructor and refrain from using laptops for activities unrelated to class. If I see this happening, I will revise the laptop policy. **Laptops are not permitted when we have a guest speaker.**

Student Conduct: The Department of Urban and Regional Planning (DURP) is committed to creating an environment of inclusion and opportunity that is rooted in the very goals and responsibilities of practicing planners. Conduct that interferes with the rights of another or creates an atmosphere of intimidation or disrespect is inconsistent with the environment of learning and cooperation that the program requires. By enrolling in class in the Department of Urban and Regional Planning, students agree to be responsible for maintaining a respectful environment in all DURP activities, including classes, projects, and extracurricular programs. We will be governed by the University Student Code. See Student Code Article 1—Student Rights and Responsibilities, Part 1. Student Rights: §1-102 [In the Classroom](#).

Academic Integrity: The UIUC Student Code (<http://www.admin.uiuc.edu/policy/code>) requires all students to support academic integrity and abide by its provisions, which prohibit cheating, fabrication, plagiarism, and facilitation of these and related infractions. According to Section § 1-401, “students have been given notice of this rule by virtue of its publication” and “regardless of whether a student has actually read this rule, a student is charged with knowledge of it.” The provisions of the Student Code are applicable to this course. *In written work, all ideas (as well as data or other information) that are not your own must be cited. Plagiarism is an extremely serious offense and violation of any plagiarism guidelines will result in a failing grade at the very least.*

Disability Services: This course will accommodate students with documented disabilities. Please refer to the Disability Resource Guide (<http://www.disability.uiuc.edu/resourceguide>) for more information and inform the instructor of any requests at the beginning of the semester.

Attendance: Class attendance is expected of all students at the University of Illinois, however I will reasonably accommodate a student’s religious beliefs, observances, and practices in regard to class attendance and work requirements if you inform me of any conflict within one week after being informed of the attendance or work requirements.

University Services: The University has a variety of services available to students to assist in times of need. The Counseling Center is committed to providing a range of services intended to help students develop improved coping skills in order to address emotional, interpersonal, and academic concerns. The Counseling Center provides individual, couples, and group counseling. All of these services are paid for through the health services fee. The Counseling Center offers primarily short-term counseling, but they do also provide referrals to the community when students could benefit from longer term services.

<https://counselingcenter.illinois.edu/>

UP 340– FALL 2019 SUMMARY SCHEDULE OF SESSIONS

SESSION	WEEK	DATE	DAY	Topic
1	1	Aug. 27	T	Introduction to the course
2	1	Aug. 29	Th	Historical Perspectives
3	2	Sep. 3	T	Promoting Physical Activity
4	2	Sep. 5	Th	Activity: Walk Audit
5	3	Sep. 10	T	Mental Health and the Built Environment
6	3	Sep. 12	Th	Activity: Nature and Attention Restoration
7	4	Sep. 17	T	Food Environments
8	4	Sep. 19	Th	Activity: Living within a food budget
9	5	Sep. 24	T	Social Capital and health
10	5	Sep. 26	Th	APA Illinois Annual Conference in Evanston, Illinois
11	6	Oct. 1	T	Guest Speaker, Hugo Sarmiento, Post Doc Research Associate, DURP
12	6	Oct. 3	Th	Exam 1 Due
13	7	Oct. 8	T	Active Living for Children
14	7	Oct. 10	Th	Guest Speaker: Gabe Lewis, CCRPC
15	8	Oct. 15	T	Community Engagement in Health
16	8	Oct. 17	Th	Activity: Plan Evaluation
17	9	Oct. 22	T	Creating Age-Friendly Communities
18	9	Oct. 24	Th	Guest Speaker: Ben LeRoy, City of Champaign
19	10	Oct. 29	T	Land Use and Transportation
20	10	Oct. 31	Th	Healthy Homes and Workplaces
21	11	Nov. 5	T	Contact With Nature
22	11	Nov. 7	Th	Local Initiatives, Kara Dudek, Urbana Park District
23	12	Nov. 12	T	Activity: Prep for Debates
24	12	Nov. 14	Th	Vulnerable populations and health equity
25	13	Nov. 19	T	Policy Debates
26	13	Nov. 21	Th	Policy Debates
27	14	Dec. 3	T	Measuring and Assessing the Built Environment
28	14	Dec. 5	Th	Exam 2 Due
29	15	Dec. 10	T	The future of the healthy city
30	15	Dec. 12	Th	Reading Day

Topics and Required Readings

WEEK 1

August 27: Introduction: Neighborhoods and Health

Robert Wood Johnson Foundation, Commission to Build a Healthier America, *Where We Live Matters for Our Health: Neighborhoods and Health*. Issue Brief 3, September 2008.

August 29: Historical Perspectives

Dannenberg, Andrew L., Howard Frumkin and Richard J. Jackson (eds). 2011. *Making Healthy Places: Designing and Building for Health, Well-being and Sustainability*, Chapter 1.

Garb, Margaret. 2003. Health, Morality and Housing: The Tenement Problem in Chicago. *American Journal of Public Health*. 93, 9.

WEEK 2

September 3: Promoting Physical Activity

Dannenberg, Andrew L., Howard Frumkin and Richard J. Jackson (eds). 2011. *Making Healthy Places: Designing and Building for Health, Well-being and Sustainability*, Chapter 2.

Bauman AE, Reis RS, Sallis JF, Wells JC, Loos RJF, Martin BW. 2012. Correlates of Physical Activity: Why are Some People Physically Active and Others Not? *Lancet* 380: 258-271.

WEEK 3

September 10: Mental Health and the Built Environment

Dannenberg, Andrew L., Howard Frumkin and Richard J. Jackson (eds). 2011. *Making Healthy Places: Designing and Building for Health, Well-being and Sustainability*, Chapter 7.

Design for Health. 2008. *Influencing Mental Health with Comprehensive Planning and Ordinances*.

WEEK 4

September 17: Food Environments

Dannenberg, Andrew L., Howard Frumkin and Richard J. Jackson (eds). 2011. *Making Healthy Places: Designing and Building for Health, Well-being and Sustainability*, Chapter 3.

Samina Raja, Branden Born, and Jessica Kozlowski Russell. 2008. *Planners Guide to Community and Regional Food Planning: Transforming Food Environments, Facilitating Healthy Eating*. 2008. American Planning Association. Chapters 1 and 2.

WEEK 5

September 24: Social Capital and Health:

Dannenberg, Andrew L., Howard Frumkin and Richard J. Jackson (eds). 2011. *Making Healthy Places: Designing and Building for Health, Well-being and Sustainability*, Chapter 8.

Morris, Eric and Deirdre Pfeiffer. 2016. Who Really Bowls Alone? Cities, Suburbs and Social Time in the United States. *Journal of Planning Education and Research*.

WEEK 6

October 1: Climate Change and Resilience to Disasters

Dannenberg, Andrew L., Howard Frumkin and Richard J. Jackson (eds). 2011. *Making Healthy Places: Designing and Building for Health, Well-being and Sustainability*, Chapter 16.

Klinenberg, Eric. 2013. Adaptation: How cities can be “climate-proof.” *The New Yorker*, Jan. 7.

Design for Health. 2008. *Addressing Climate Change with Comprehensive Planning and Ordinances*.

October 3: Exam 1

WEEK 7

October 8: Healthy and Active Living for Children

Dannenberg, Andrew L., Howard Frumkin and Richard J. Jackson (eds). 2011. *Making Healthy Places: Designing and Building for Health, Well-being and Sustainability*, Chapter 14.

Ellen, IG and S. Lied. 2015. Housing, Neighborhood’s and Children’s Health. *The Future of Children* 25, 1: 135-153.

October 10: Guest Speaker: Gabe Lewis, Transportation Planner, CCRPC

WEEK 8

October 15: Community Engagement

Dannenberg, Andrew L., Howard Frumkin and Richard J. Jackson (eds). 2011. *Making Healthy Places: Designing and Building for Health, Well-being and Sustainability*, Chapter 19.

WEEK 9

October 22: Creating Age Friendly Communities

The Age-friendly Champaign-Urbana Steering Committee. *Age-Friendly Champaign-Urbana Action Plan, 2019-2020*.

Health and Places Initiative. 2014. Physiology and Psychology of Aging, Health, and Place. A Research Brief. Version 1.0. [http:// research.gsd.harvard.edu/hapi/](http://research.gsd.harvard.edu/hapi/)

October 24: Guest Speaker, Ben LeRoy, Associate Planner, City of Champaign

WEEK 10

October 29: Land Use and Transportation

Dannenberg, Andrew L., Howard Frumkin and Richard J. Jackson (eds). 2011. *Making Healthy Places: Designing and Building for Health, Well-being and Sustainability*, Chapter 5 and Chapter 10.

October 31: Healthy Homes and Workplaces

Dannenberg, Andrew L., Howard Frumkin and Richard J. Jackson (eds). 2011. *Making Healthy Places: Designing and Building for Health, Well-being and Sustainability*, Chapters 11 and 12.

WEEK 11

November 5: Contact with Nature

Dannenberg, Andrew L., Howard Frumkin and Richard J. Jackson (eds). 2011. *Making Healthy Places: Designing and Building for Health, Well-being and Sustainability*, Chapter 15.

AARP Livable Communities Initiative. 2018. *Creating Parks and Public Spaces for People of All Ages*.

November 7: Guest Speaker: Kara Dudek, Park Planner & ADA Compliance Officer, Urbana Park District

WEEK 12

November 14: Vulnerable Populations

Dannenberg, Andrew L., Howard Frumkin and Richard J. Jackson (eds). 2011. *Making Healthy Places: Designing and Building for Health, Well-being and Sustainability*, Chapter 9 and 23.

Northridge, M and Freeman. 2011. Urban Planning and Health Equity. *Journal of Urban Health*, 88:3.

WEEK 13

November 19 and 21— Policy Debates

WEEK 14

Measuring Healthy Places

Dannenberg, Andrew L., Howard Frumkin and Richard J. Jackson (eds). 2011. *Making Healthy Places: Designing and Building for Health, Well-being and Sustainability*, Chapter 20.

Dannenberg, et al. 2008. Use of Health Impact Assessment in the US: 27 case studies, 1999-2007. *American Journal of Preventive Medicine*, 34, 3.

December 5: Exam 2

WEEK 15

December 10: The Future of the Healthy City

Dannenberg, Andrew L., Howard Frumkin and Richard J. Jackson (eds). 2011. *Making Healthy Places: Designing and Building for Health, Well-being and Sustainability*, Chapter 24.