



Designing Healthy Communities

Richard J. Jackson

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Designing Healthy Communities, the companion book to the acclaimed public television documentary, highlights how we design the built environment and its potential for addressing and preventing many of the nation's devastating childhood and adult health concerns. Dr. Richard Jackson looks at the root causes of our malaise and highlights healthy community designs achieved by planners, designers, and community leaders working together. Ultimately, Dr. Jackson encourages all of us to make the kinds of positive changes highlighted in this book. 2012 Nautilus Silver Award Winning Title in category of "Social Change"

"In this book Dr. Jackson inhabits the frontier between public health and urban planning, offering us hopeful examples of innovative transformation, and ends with a prescription for individual action. This book is a must read for anyone who cares about how we shape the communities and the world that shapes us." —Will Rogers, president and CEO, The Trust for Public Land

"While debates continue over how to design cities to promote public health, this book highlights the profound health challenges that face urban residents and the ways in which certain aspects of the built environment are implicated in their etiology. Jackson then offers up a set of compelling cases showing how local activists are working to fight obesity, limit pollution exposure, reduce auto-dependence, rebuild economies, and promote community and sustainability. Every city planner and urban designer should read these cases and use them to inform their everyday practice."

—**Jennifer Wolch**, dean, College of Environmental Design, William W. Wurster Professor, City and Regional Planning, UC Berkeley

"Dr. Jackson has written a thoughtful text that illustrates how and why building healthy communities is the right prescription for America."

—**Georges C. Benjamin**, MD, executive director, American Public Health Association

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