

**Healthy Communities**  
USP 424U-001  
UTS 503  
Winter 2009  
M & Wed, 10:11:50am

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Office hours by appointment

This course addresses issues at the intersection of urban policy and planning and individual and community health. Relationships between the ways in which land is used, the transportation choices available, and the health of both urban places and city residents are explored in light of growing concern about increased rates of various health problems. Health consequences of political, economic, and social aspects of metropolitan life are also examined. Movements and programs to create and maintain healthy communities around the world are analyzed.

### **Class Schedule**

January, Monday, 1/5--Introduction and Overview of class

January, Wednesday, 1/7--Overview of issues  
Frank, Chapter 1  
Fitzpatrick, chapter 1  
Food Insecurity (Reader)  
Ecological Landscapes (Reader)

January, Monday, 1/12—History and Basics of Healthy People, Healthy Places  
Frank, chapters 2, 3  
Fitzpatrick, chapter 2, 3  
*Groups Selected*

January, Wednesday, 1/14— History and Basics of Healthy People, Healthy Places, cont.  
Frank, chapters 4, 5  
Fitzpatrick, chapter 2, 3  
*Deadline for groups selecting areas of town for health assessment*

January, Monday 1/19 (MLK day)

January, Wednesday, 1/21—Sociology and politics of health  
Fitzpatrick, chapters, 4, 5  
Fortress America: separate but not equal (reader)  
Video in class, Majora Carter

January, Monday, 1/26—Field trip day

January, Wednesday, 1/28—Needs and risks

Fitzpatrick, chapters 6, 7

January, Monday, 2/2—Understanding the place we live

Wild in the City (reader)  
Patron of our Place (reader)  
Parks and Nature, Equity Atlas (reader)  
Ecological Landscapes (reader)

February, Wednesday, 2/4—Understanding the place we live (cont.)

Wild in the City (reader)  
Patron of our Place (reader)  
Parks and Nature, Equity Atlas (reader)  
Ecological Landscapes (reader)

February, Monday, 2/09—Built environment

Frank, chapter 6 and 9  
America Separate but not equal (reader)  
***Students turn in Journals for mid term evaluation***

February, Wednesday, 2/11—Food security

Breaking Ground (reader)  
Food Insecurity (reader)  
Health and Design (reader)  
Common Design for Healthy Eating (reader)  
Video in class, diggable cities

February, Monday, 2/16—Food Security

Breaking Ground (reader)  
Food Insecurity (reader)  
Health and Design (reader)  
Common Design for Healthy Eating (reader)

February, Wednesday, 2/18—Transportation

Frank, chapter 7  
Design for Healthy Eating (reader)  
***Final exam study questions distributed***

February, Monday, 2/23—Land use and greenspaces

Frank, chapter 8  
Design for Healthy Eating, cont. (reader)  
Green urbanism in European Cities (reader)  
Parks and Nature, equity atlas (reader)  
***Final Exam***

February, Wednesday, 2/25

***Class presentations***

**Textbooks:**

*Health and Community Design*, Lawrence D. Frank, Peter O. Engelke, Thomas L. Schmid. Island Press. 2003

*Unhealthy Places*, Kevin Fitzpatrick, Mark LaGory. Routedledge, 2000.

*Class Reader*, available at Clean Copy

**Requirements**

Class attendance is required. Attendance will be taken. 20 points will be deducted for each absence up to 100 points.

**1. Neighborhood Health Assessment. Group project. 400 points**

Student groups will select a neighborhood or area of town in the Portland region and conduct a health and community design assessment. Groups (3-5 members) will be formed by the third class, and geographic areas selected by January 14th. The selected area has to be approved by the instructor and only one group per selected neighborhood or area. Areas should be residential and preferably include some mixed use elements as well. A group paper will be completed and presentation will be made to the class. (see separate handout for more information).

**2. Weekly Journal. 400 points**

Students will compile a journal comprised of summaries, reflections on the assigned readings, and responses to news or reading in journals or online materials. Students will write a brief summary (1 paragraph) of each chapter or section of the Class reader). Each week students will write a slightly longer (2-3 paragraph) reflection on that week's readings. Students will also find at least six news items, journal articles or online material during the term that relate to the class content, and write a reflection on their finding. Students should submit these materials by Friday of each week. The material should be keep in notebook or loose leaf folder. In mid-term the instructor will evaluate what they students have to produced to date. At the end of the term all material will be submitted in hard (not online) form. The 400 points may also include up to 75 points from reflections on lecturers or videos.

**3. Final Exam. 200 points**

The final exam will cover content from reading materials as well as additional material covered in class. Study questions will be provided the week before the exam. Exam will consist of between 5-6 questions, from which students will select 3-4 to write about.