

Neighborhood and Built Environment Content Outline

- I. Introduction/Definition
 - A. Walkability/recreation
 - B. Availability of healthy food
 - C. Housing infrastructure
 - D. Undesirable amenities
 - E. Threats to increased pollution
 - F. Access to schools
- II. Effect on health of the community: case examples
 - A. Case 1: Greenspace/abandoned lots
 - 1. Physical activity -> cardiovascular disease
 - 2. Safety -> trauma
 - B. Case 2: Urban traffic corridors
 - 1. Pollution -> asthma/COPD
 - 2. Safety -> community violence
 - 3. Noise -> stress
 - C. Case 3: Food deserts
 - 1. Nutrition -> diabetes
- III. Exercise
 - A. Select one of the zip codes where your patients live
 - B. Go to Google Maps and explore the zip code on satellite view. Comment on:
 - 1. Amount of greenspace
 - 2. Proximity to traffic corridors
 - 3. Availability of healthy food
 - 4. Bike lanes
 - 5. Transportation
 - 6. Schools
- IV. Tools
 - A. Community-level strategies
 - 1. Discussion about environmental justice
 - 2. Urban planning
 - 3. Housing
 - 4. Promoting greenspace
 - B. Patient-level strategies
 - 1. Educate patients about risk factors in their community
 - 2. Develop creative solutions to help patients avoid these risk factors