

(Download) Shaping the Healthy Community: The Nashville Plan

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Gary Gaston, Christine Kreyling
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#2685958 in Books Gaston Gary 2016-04-26 Original language: English PDF # 1 8.80 x .90 x 10.90l, .0 #File Name: 0826520952352 pages Shaping the Healthy Community The Nashville Plan | File size: 50.Mb

Gary Gaston, Christine Kreyling : Shaping the Healthy Community: The Nashville Plan before purchasing it in order to gauge whether or not it would be worth my time, and all praised Shaping the Healthy Community: The Nashville Plan:

0 of 0 people found the following review helpful. A treasure for the urban dweller By Kion Sawney Shaping Healthy Communities is an irreplaceable guide for cities to craft a healthy built environment for its residents. Through examples of private and public partnerships, community practices, far thinking strategies, and insightful case studies - the book is a treasure for improving a city's wellbeing by making it an achievable goal by all. I highly recommend it for planners, designers, architects, developers, policy makers, and urban thinkers interested in improving their communities. 0 of 0 people found the following review helpful. Highly Recommend this Priceless Tool By Customer I appreciate immensely its simplicity and depth. While accessible to all, Shaping the Healthy Community is thorough in its analysis and recommendations. Providing issue specific analysis and case studies alongside the voices of every day Nashvillians, SHC is a remarkable achievement. It will no doubt be a cornerstone guide for years to come while we create a healthier city. I highly recommend it to all interested in cities and health. 0 of 0 people found the following review helpful. Urban Planning Linked to Health By Customer I really like the suggestions for each transact. The book recommendations could be applied to any city and should be used to create healthy built environments across the country. This book is great for all people interested in health and design regardless of their knowledge of urban planning.

The shape we give to our city, in turn, shapes us. The form that Americans began to give to their cities and suburbs in the years following World War II has molded an increasingly underactive, overweight population subject to a variety of preventable diseases, as well as an environment with degraded air and water quality. Shaping the Healthy

Community explores the relationships between the built environment and public health and presents an action plan for a healthier city. The book analyzes Nashville, Tennessee, using the "transect," an urban planning model central to the New Urbanist and smart growth movements. By considering the seven "transect zones"—natural, rural, suburban, urban, downtown, centers, and districts—the book provides a diagnosis of the health-promoting and health-defeating aspects of each. Strategies tailored to each zone focus on six built environment factors that impact health: neighborhood design and development, transportation, walkability and pedestrian safety, food resources, housing, and open space and parks. Individual chapters include case studies of specific neighborhoods, contributions by experts, infographics, site photographs, and detailed before-and-after visualizations. *Shaping the Healthy Community* presents real-world facts, policy recommendations, and design strategies to enable health and planning professionals, developers and designers, educators and community organizations to build places in which healthy practices can be part of daily life. Like *The Plan of Nashville: Avenues to a Great City*, this book is a collaboration of the Nashville Civic Design Center, Vanderbilt University Creative Services, and Vanderbilt University Press.

"Nashville, the city that has shaped our popular culture and made it global, now stands to help us rethink our built environment. Though this book's focus is on one unique American city, its findings provide metropolitan cultures everywhere with a blueprint for healthy living. With their thorough research and analysis, the authors point the way to achieving the human- and Earth-centered places our century is ready to embrace." Susan S. Szenasy, Publisher and Editor-in-Chief, *Metropolis Magazine* "Twenty-first-century cities are reinventing themselves, and the best and brightest want to live in lively, healthy places. Cities must tell their stories to the world, as Nashville has done, beautifully." Richard J. Jackson, MD, MPH, was for nine years Director of the CDC's National Center for Environmental Health "Nashville is already a national leader in the health care industry, but I want nothing less than for us to be a national leader in health. As a physician and a policymaker, my mantra has become 'make the healthy choice the easy choice.' *Shaping the Healthy Community* is about just that." from the Preface by Senator William H. Frist, MD About the Author Gary Gaston, Director of the Nashville Civic Design Center, is a lecturer with the University of Tennessee College of Architecture and Design. He is co-author of *Moving Tennessee Forward: Models for Connecting Communities* and executive producer of the 2012 NEA-funded documentary film *Design Your Neighborhood*. Christine Kreyling is the author of *The Plan of Nashville* and co-author of *Classical Nashville*, both published by Vanderbilt University Press. As the architecture and urban planning critic for the Nashville Scene, she received three awards from the American Planning Association for the best writing in the nation. Kreyling was one of the founders of the Nashville Urban Design Forum and the Nashville Civic Design Center.