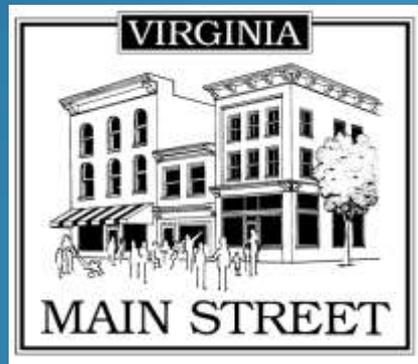


Summer Toolkit: Cultivating Healthy, Vital Communities





What is a healthy community?

“... A healthy city is one that is engaged in a process of creating, expanding and improving those physical and social environments and community resources which enable people to mutually support each other in performing all the functions of life and developing to their maximum potential. A healthy city would have a clean, safe, high quality physical environment, and would operate within its ecosystem. The basic human needs of the city’s people (food, water, shelter, income, safety, work) would be met. The community would be strong, mutually supportive and non-exploitive, participating actively in community governance. Individuals would have access to a wide variety of experiences and resources with the possibility of multiple contacts and interactions with other people. The city would have a vital, diverse economy, and its people would have a strong sense of connectedness with their biological and cultural heritage, with other groups and with individuals within the city. The city’s form would be compatible with and support all of these circumstances, and there would be an optimum level of public health and appropriate sick care services accessible to all.”

World Health Organization’s “Healthy Cities Project”



[Healthy communities] are communities where natural and historic resources are preserved, jobs are available, sprawl is contained, neighborhoods are secure, education is lifelong, transportation and health care are accessible, and all citizens have opportunities to improve the quality of their lives.

President's Council on Sustainable Development



The concept of a healthy community is a simple one, rooted in the recognition that the major determinants of health have little to do with what is known as the health care system. Rather, health is determined by equitable access to such basic prerequisites for health as peace, food, shelter, clean air and water, adequate resources, education, income, a safe physical environment, social supports, and so on.

Trevor Hancock

Please Introduce Yourself

1. Your name
2. Your Main Street affiliation
3. One characteristic that you think identifies a healthy community

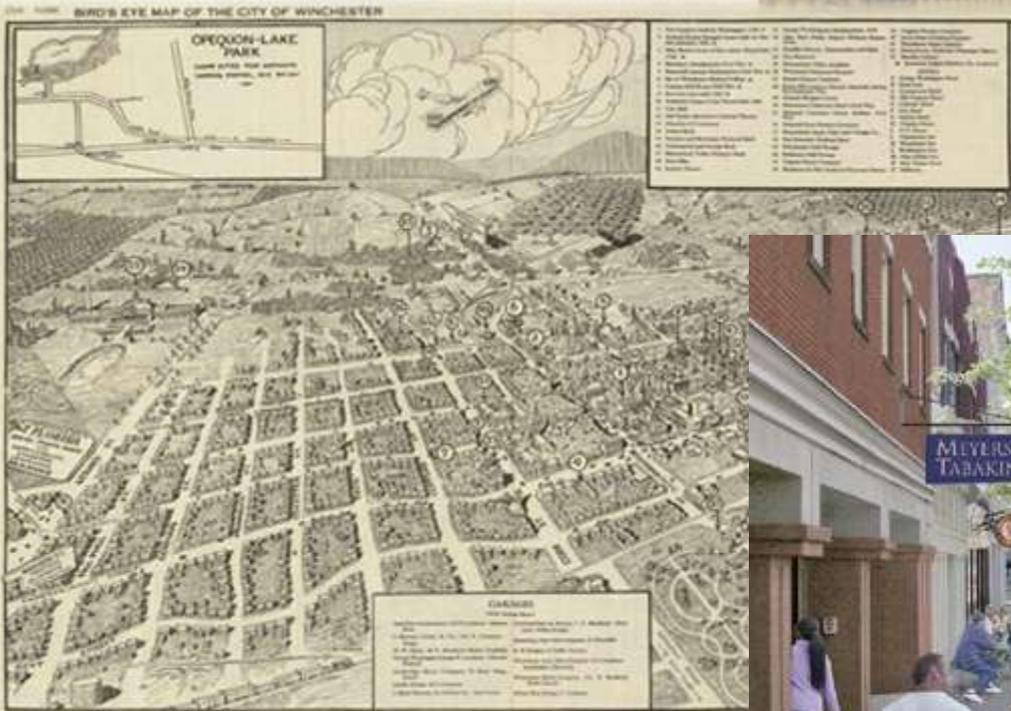
Healthy Buildings



Healthy Food



Healthy Community Design



Healthy Activities



Healthy Economy



Healthy Housing

