

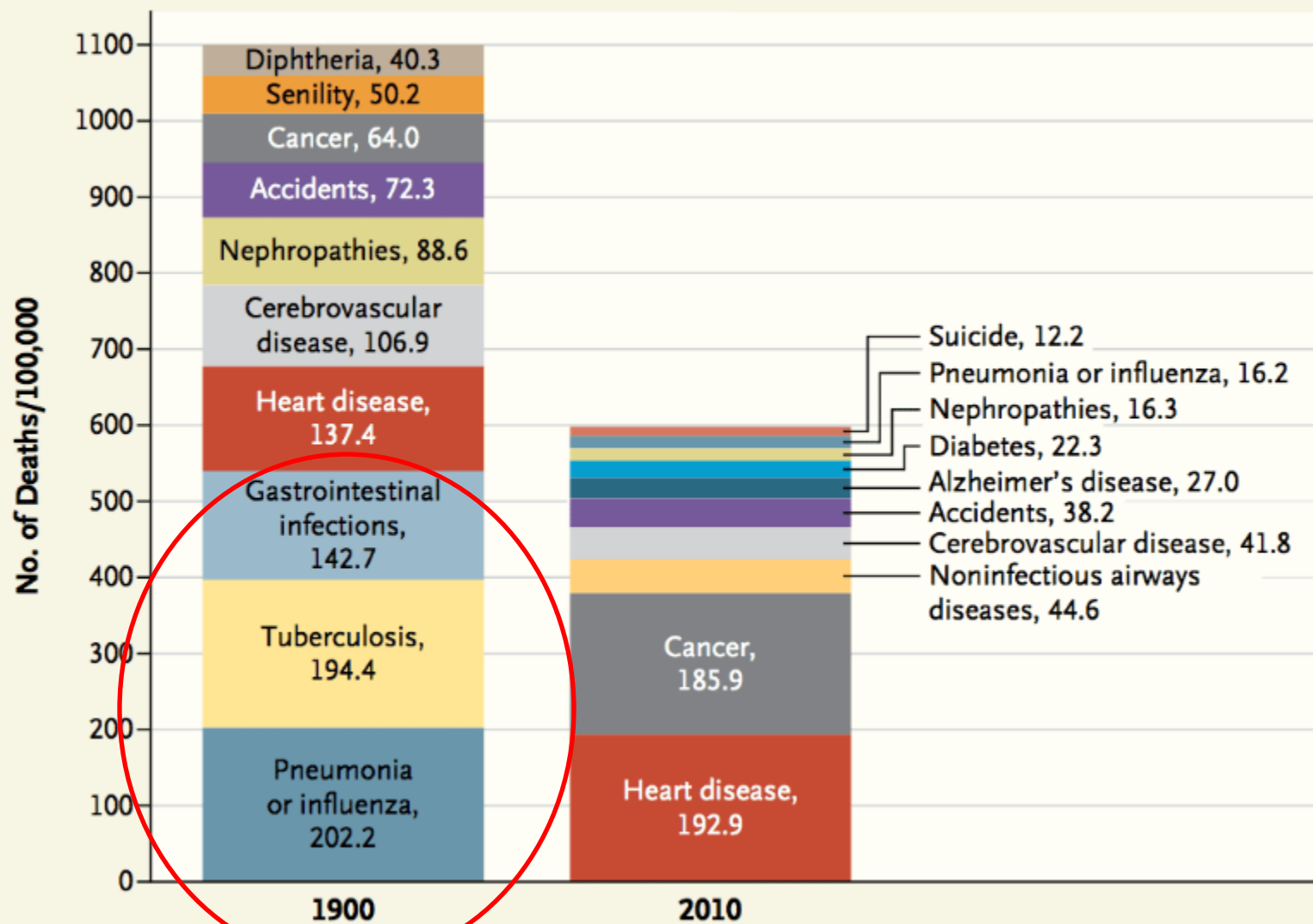
Urban Design and Health



Julie Hendricks
Kirksey









One of four different styles of the Jubilee



One of four different styles of the Levittowner



Levittown IN 1957

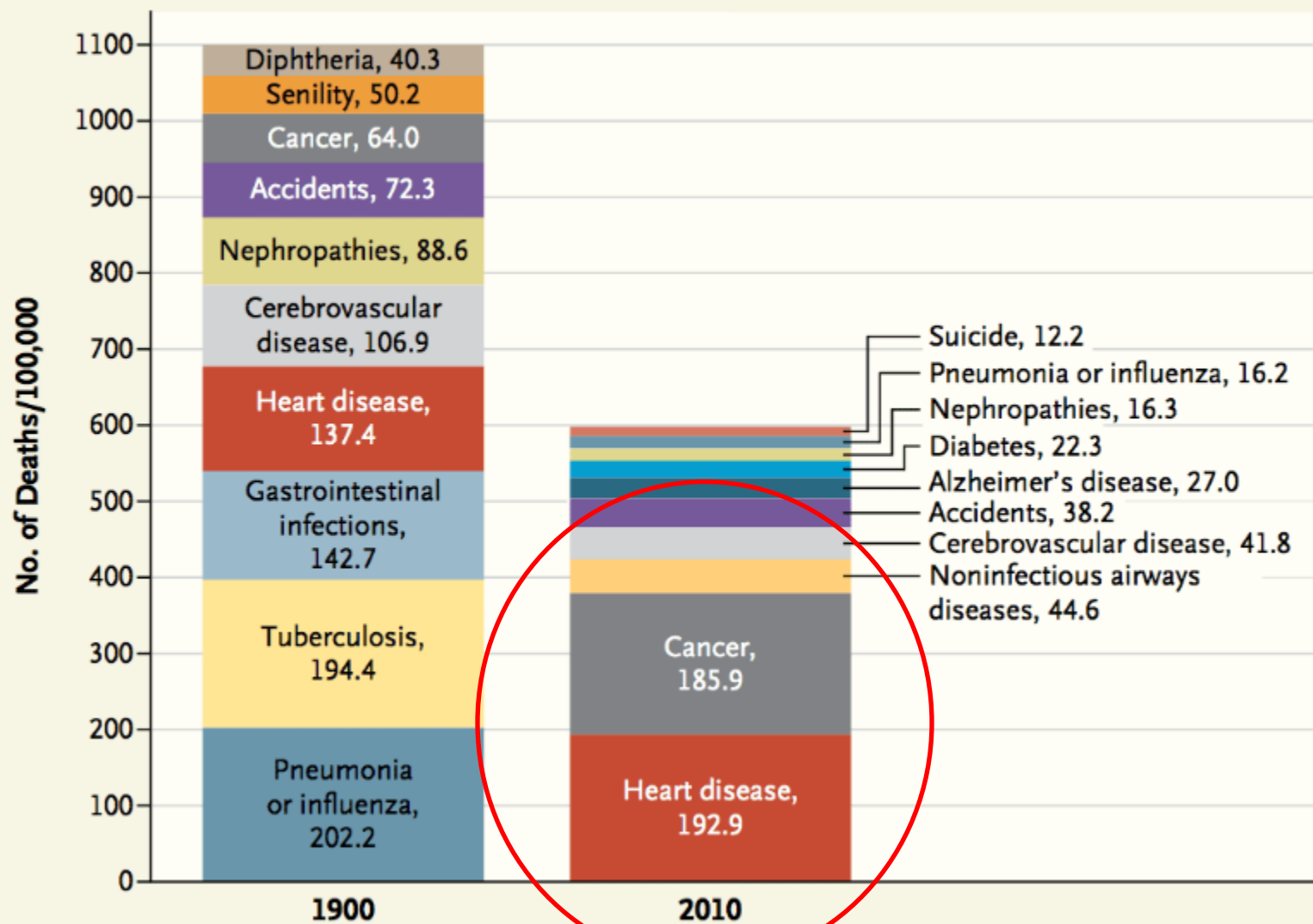


One of five different styles of the Pennsylvania



One of four different styles of the Country Clubber

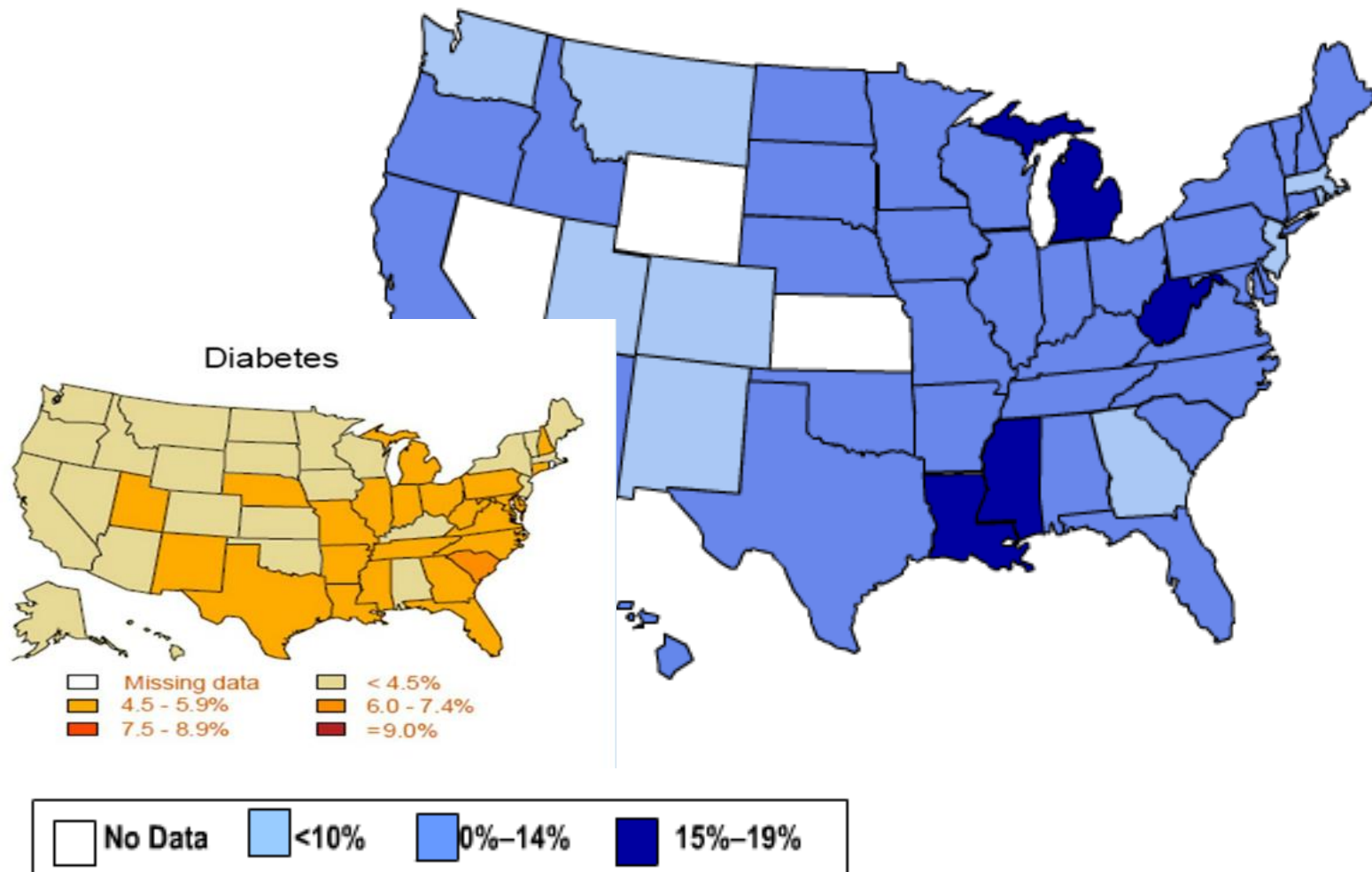




Obesity Trends* Among U.S. Adults

BRFSS, 1991

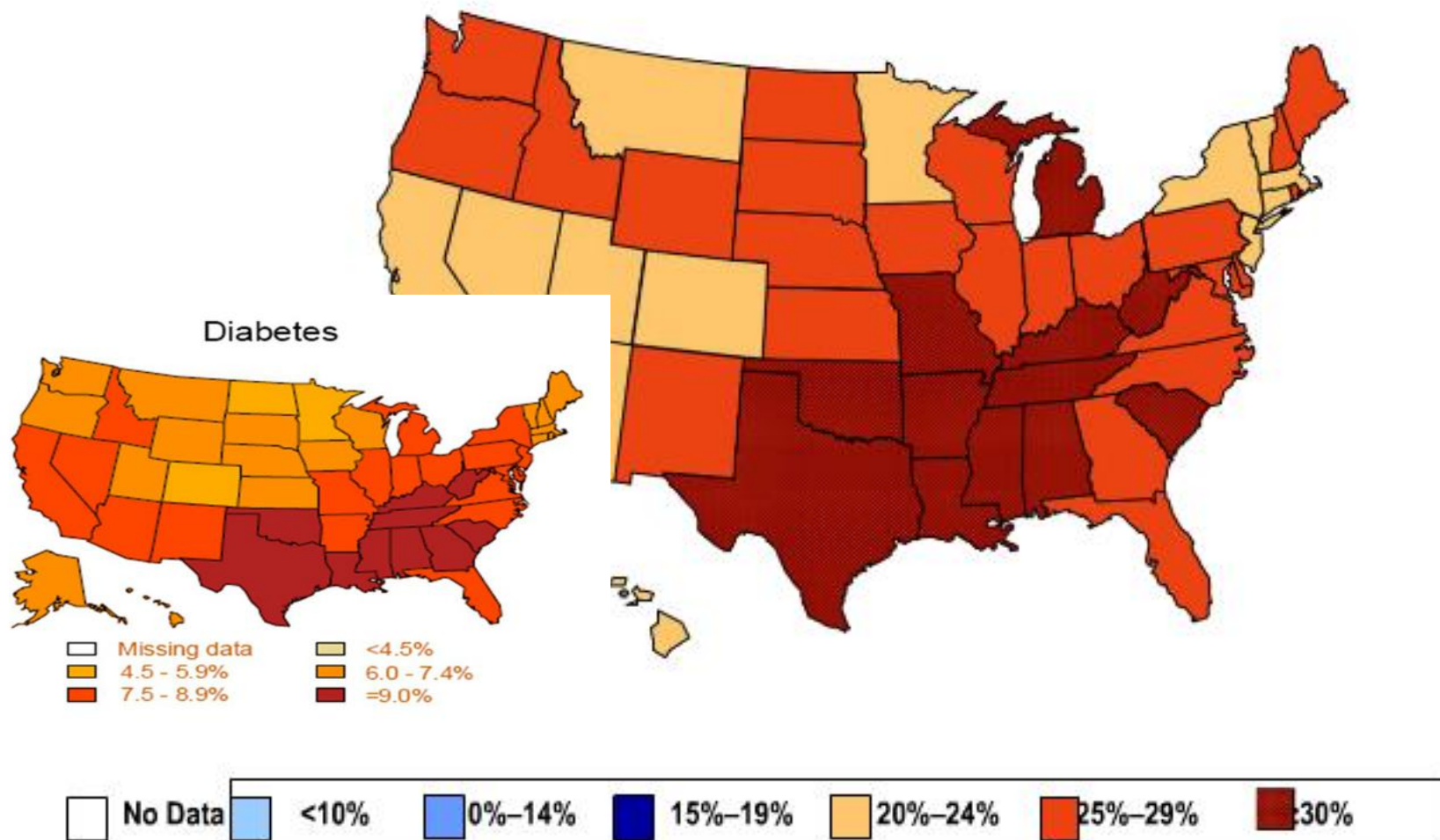
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2010

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



CDC: Antidepressant use skyrockets 400% in past 20 years

By Janice Lloyd, USA TODAY

Updated 8h 50m ago

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Use of antidepressant drugs has soared nearly 400% since 1988, making the medication the most frequently used by people ages 18-44, a report from the Centers for Disease Control and Prevention shows.



Matt Detrich, AP

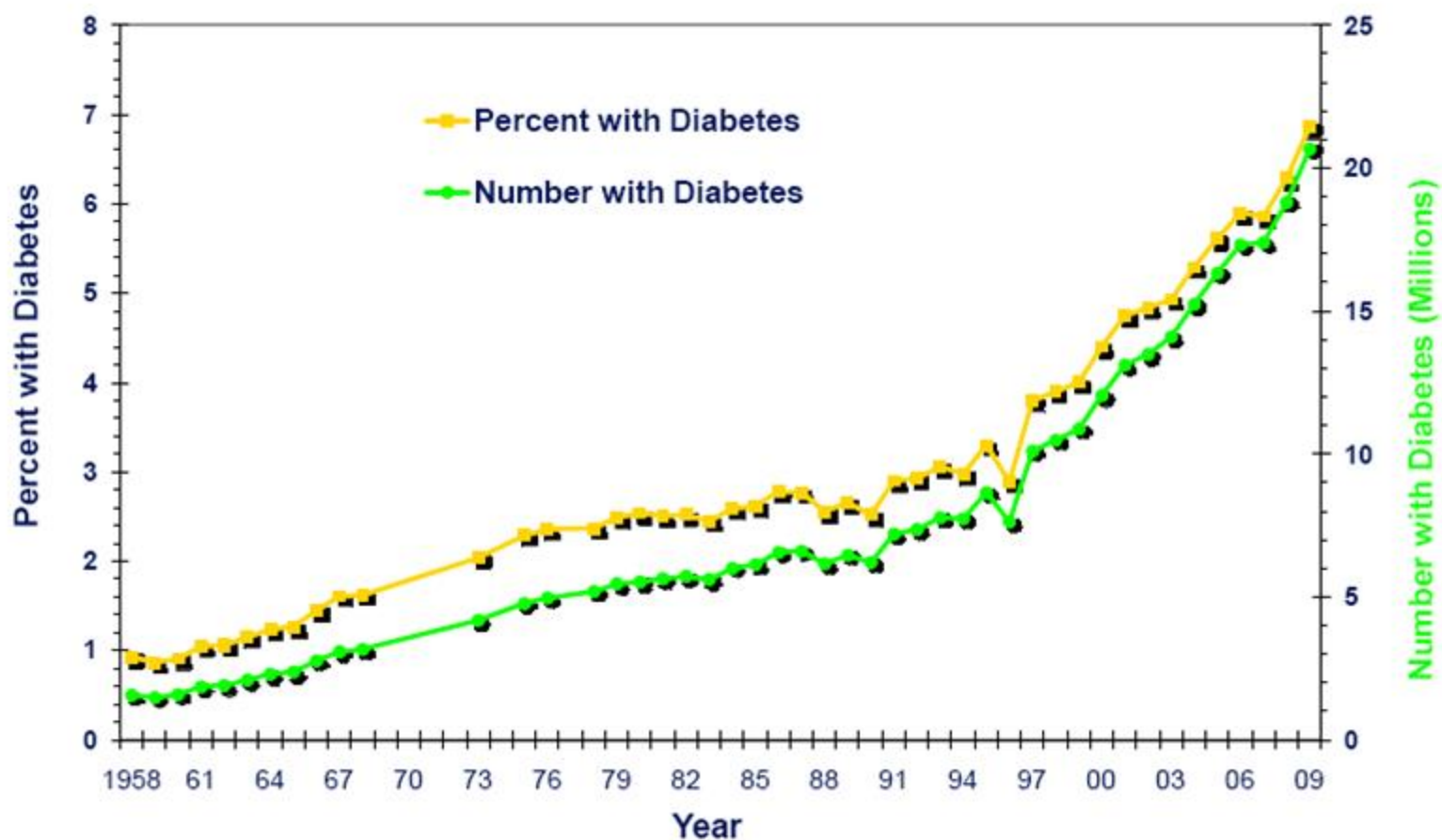
Doctors who prescribe some popular antidepressants should monitor their patients closely for warning signs of suicide, especially when they first start the pills or change a dose.

Eleven percent of Americans ages 12 years and older took antidepressants during the 2005-08 study period, the authors write. They add that though the majority of antidepressants were taken to treat depression, the drugs also can be used for anxiety disorders and other conditions.

The data are from the [National Health and Nutrition Examination Surveys](#), which included information from 12,637 participants about prescription-drug use, antidepressant use, length of use, severity of depressive symptoms and contact with a health professional.

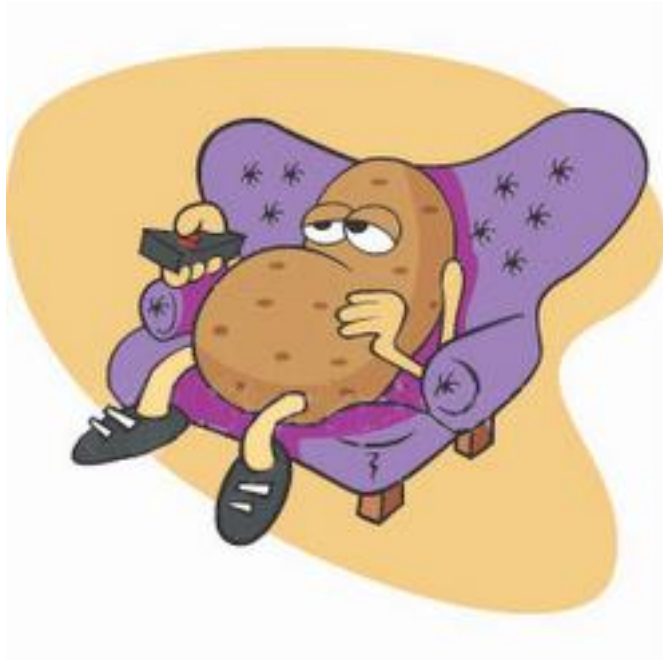
Mental-health professionals not associated with the survey cited several reasons as possible explanations for the spike:

Number and Percentage of U.S. Population with Diagnosed Diabetes, 1958-2009



CDC's Division of Diabetes Translation. National Diabetes Surveillance System
available at <http://www.cdc.gov/diabetes/statistics>

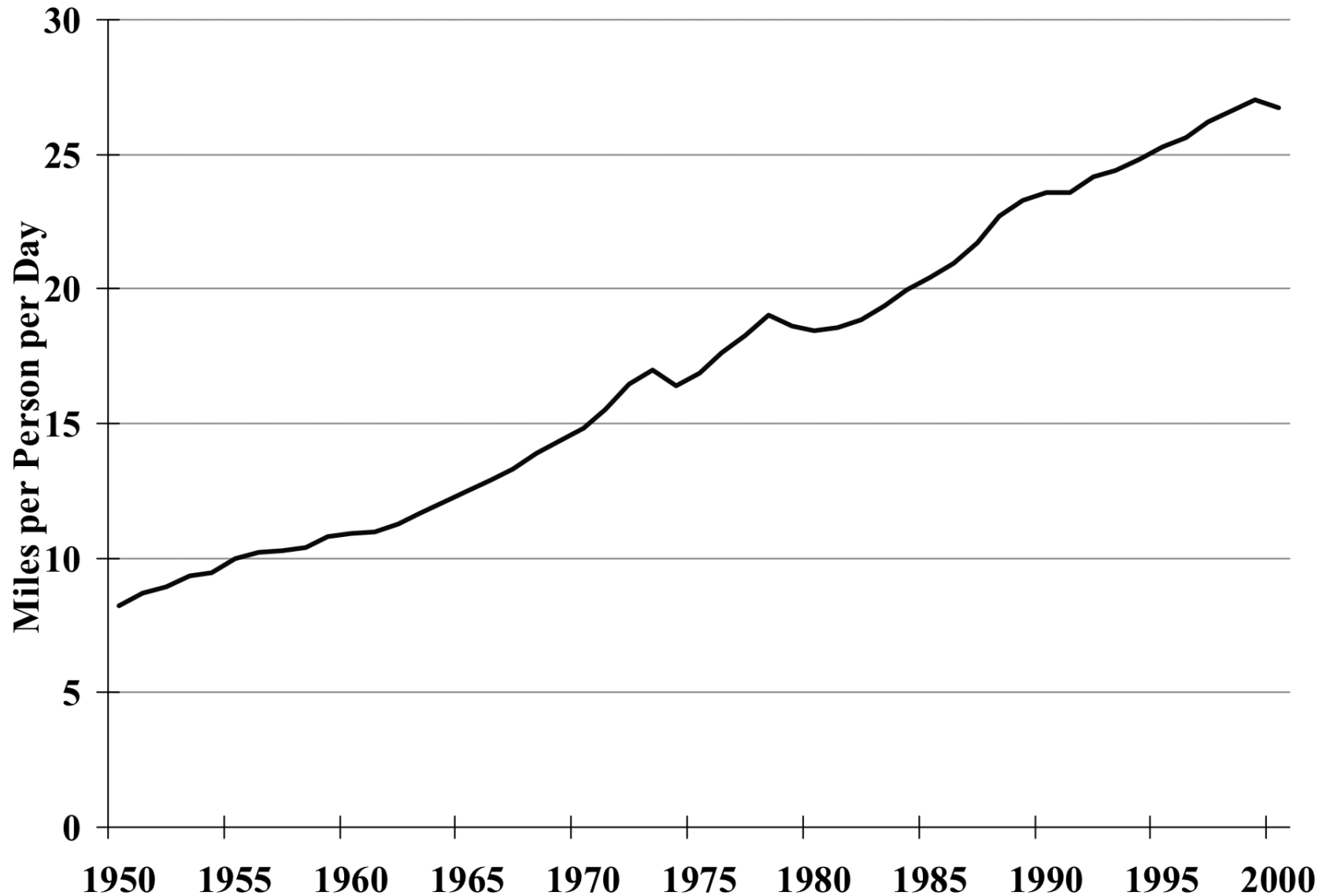




In Travel



Figure 13. Daily Vehicle Miles Traveled per Person, United States, 1950-2000 (Source: US Federal Highway Administration)



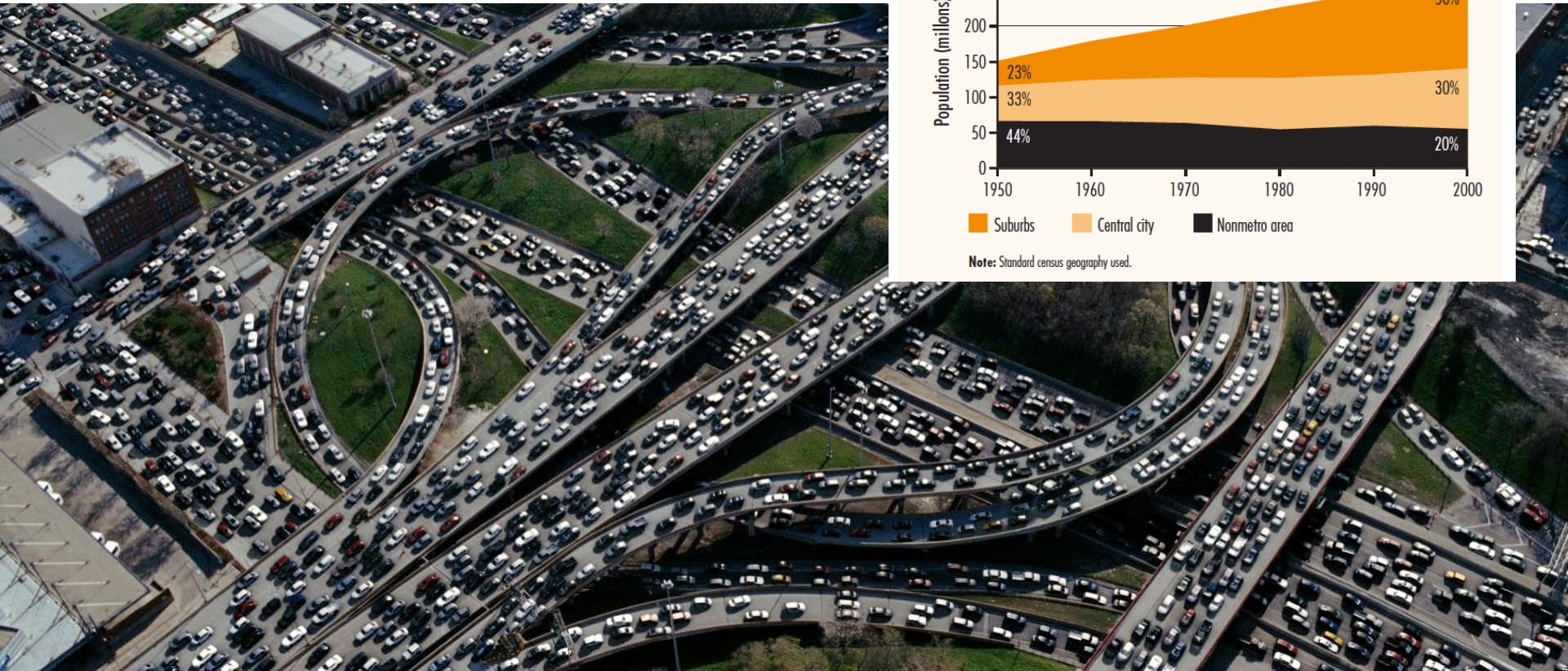
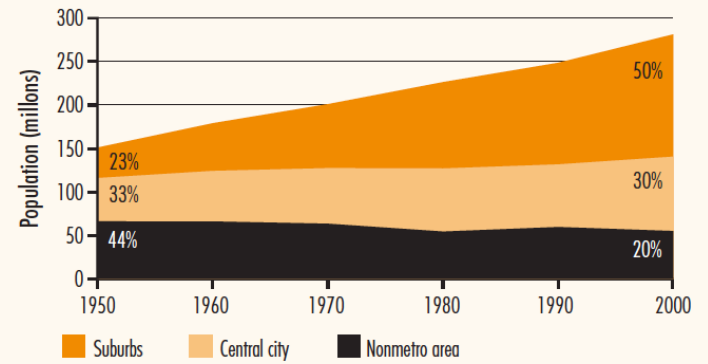


FIGURE ES-1 Long-Term Population Trends by Major Geographic Groupings



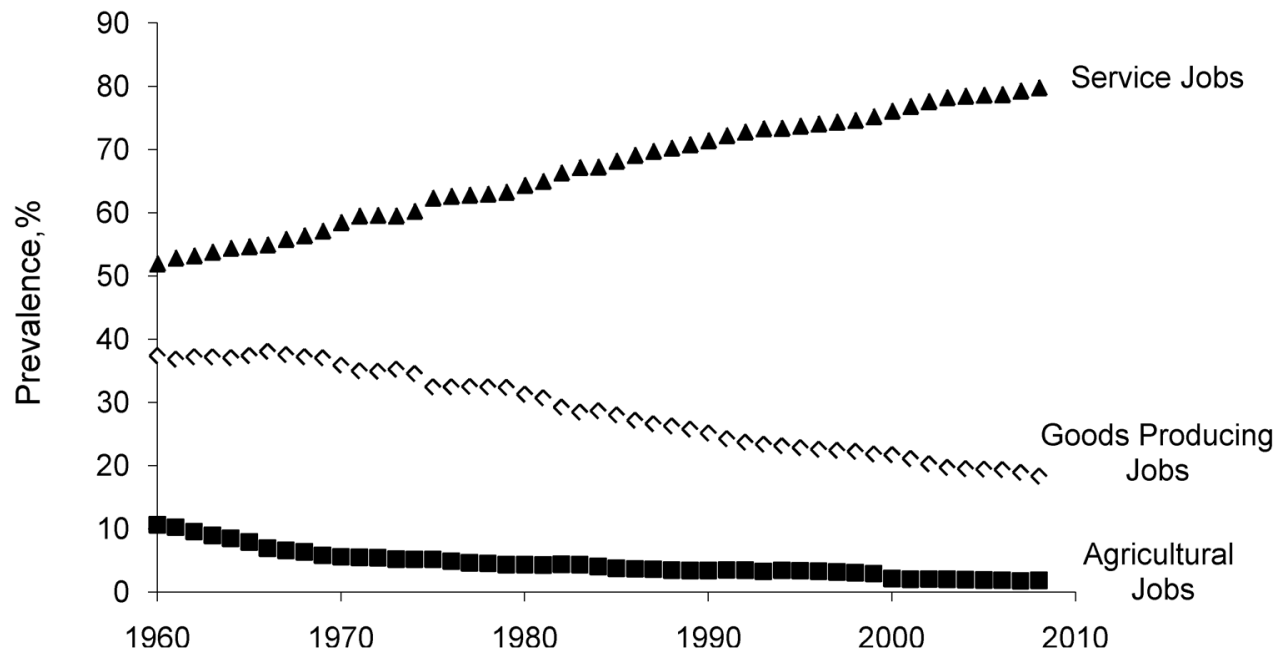
Note: Standard census geography used.

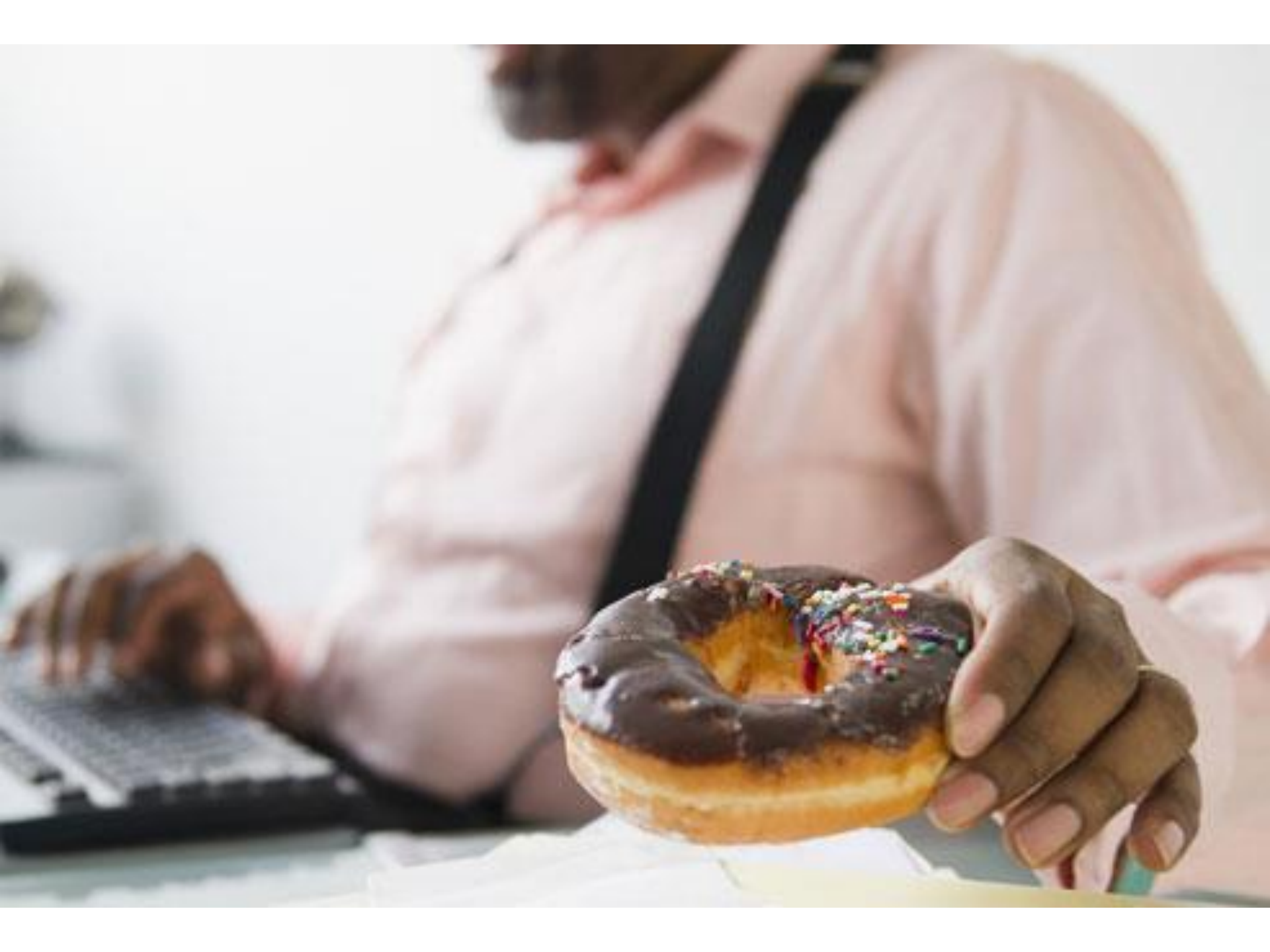
At Work











1960s

**NEARLY
HALF OF ALL
JOBS REQUIRE
PHYSICAL
ACTIVITY.**

IN

2012

**LESS THAN
20% DO**










At Home





Calorie burning activity	15 min	1 hour
--------------------------	--------	--------

Activity group: **Home activities**

 Carpet sweeping, sweeping floors	39	156
 Cleaning, heavy or major, vigorous effort <i>Including washing car, washing windows, cleaning garage</i>	34	136
 Mopping	43	170
 Multiple household tasks all at once, light effort	26	102
 Multiple household tasks all at once, moderate effort	43	170
 Multiple household tasks all at once, vigorous effort	51	204
 Cleaning, house or cabin, general	34	136
 Cleaning, light <i>Including dusting, straightening up, changing linen, carrying out trash</i>	26	102
 Washing dishes <i>While standing</i>	22	88

At Play

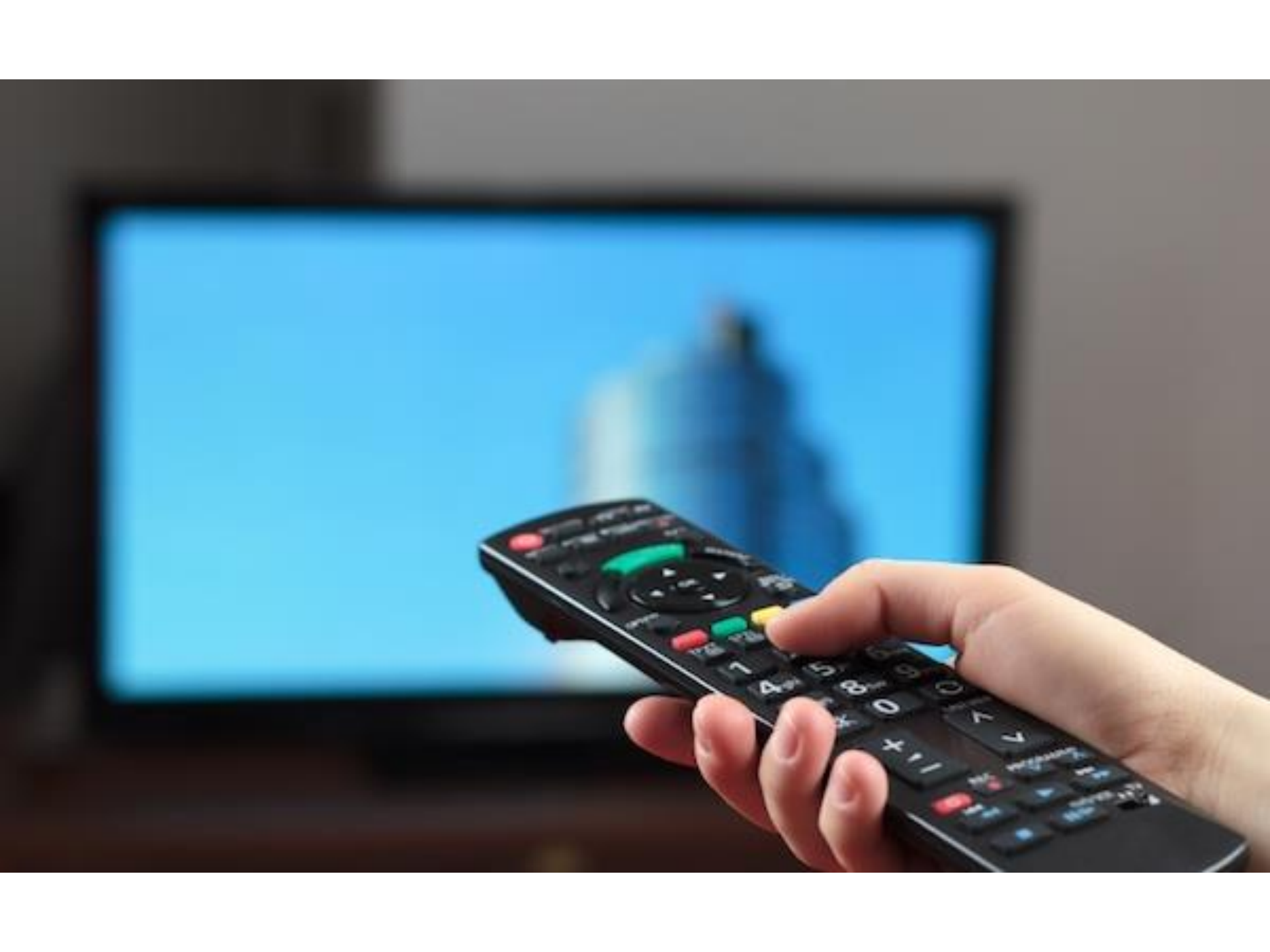
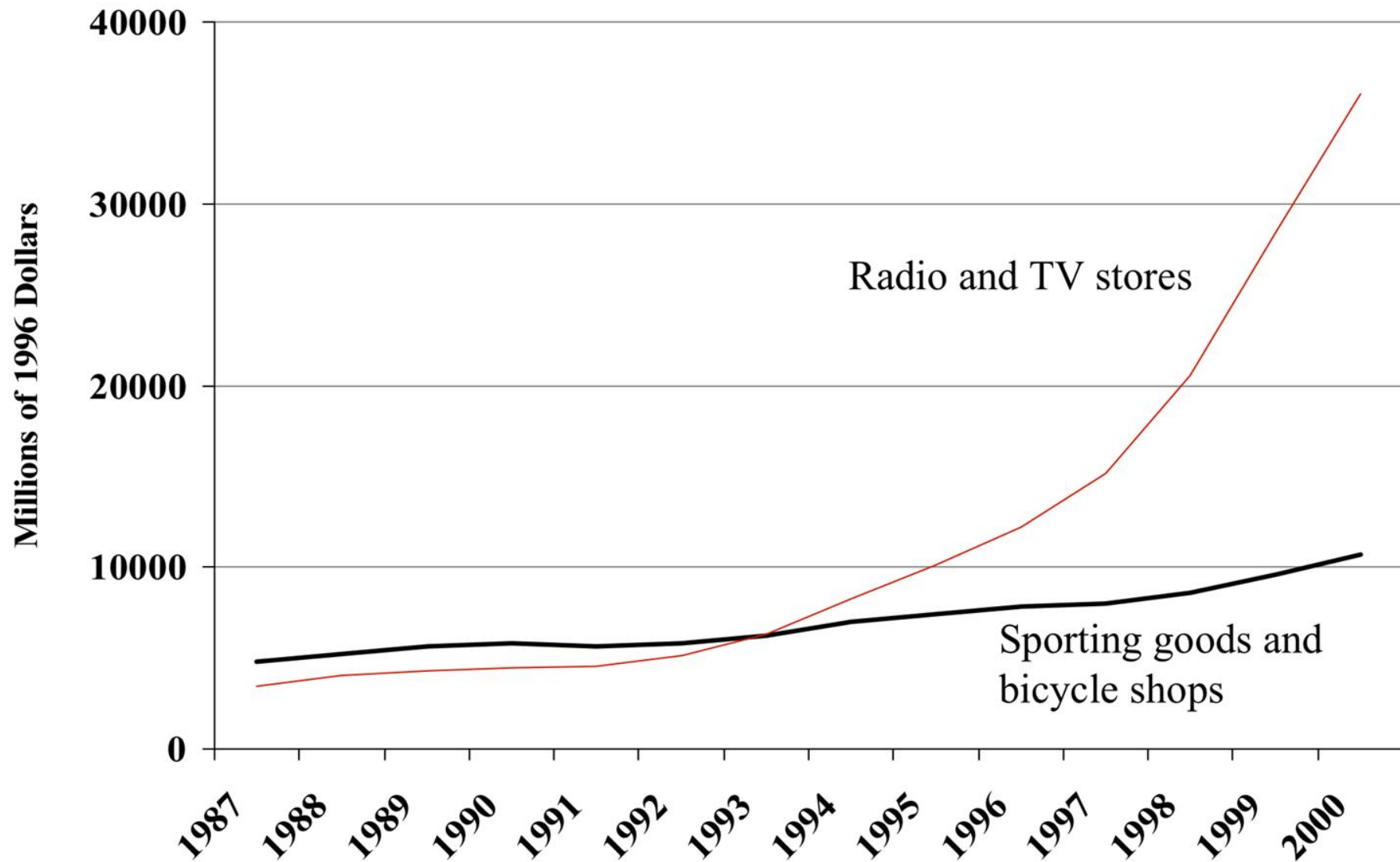




Figure 21. Growth of Home Electronics and Sporting Goods, United States, 1987-2000 (Source: US Bureau of Economic Analysis)

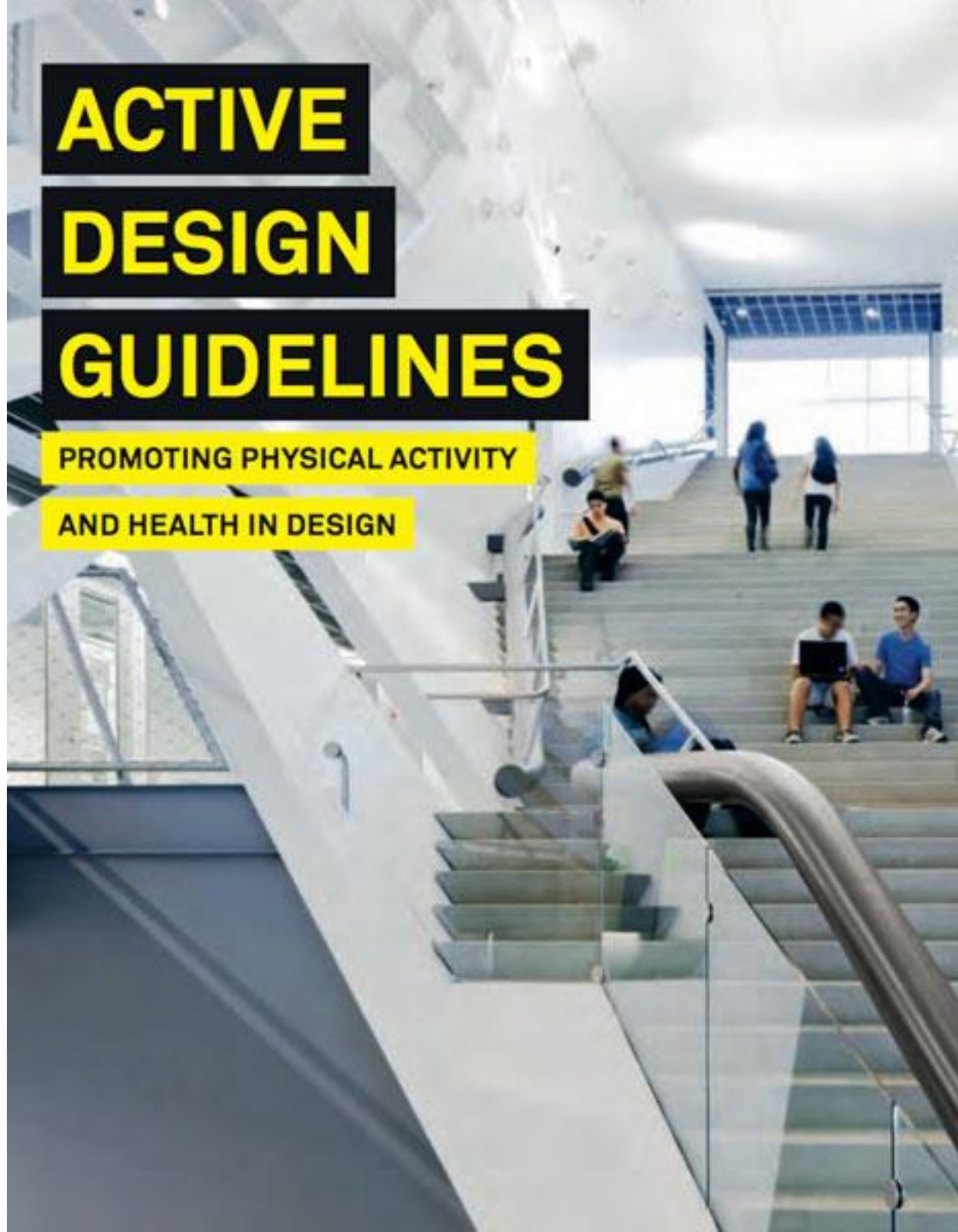


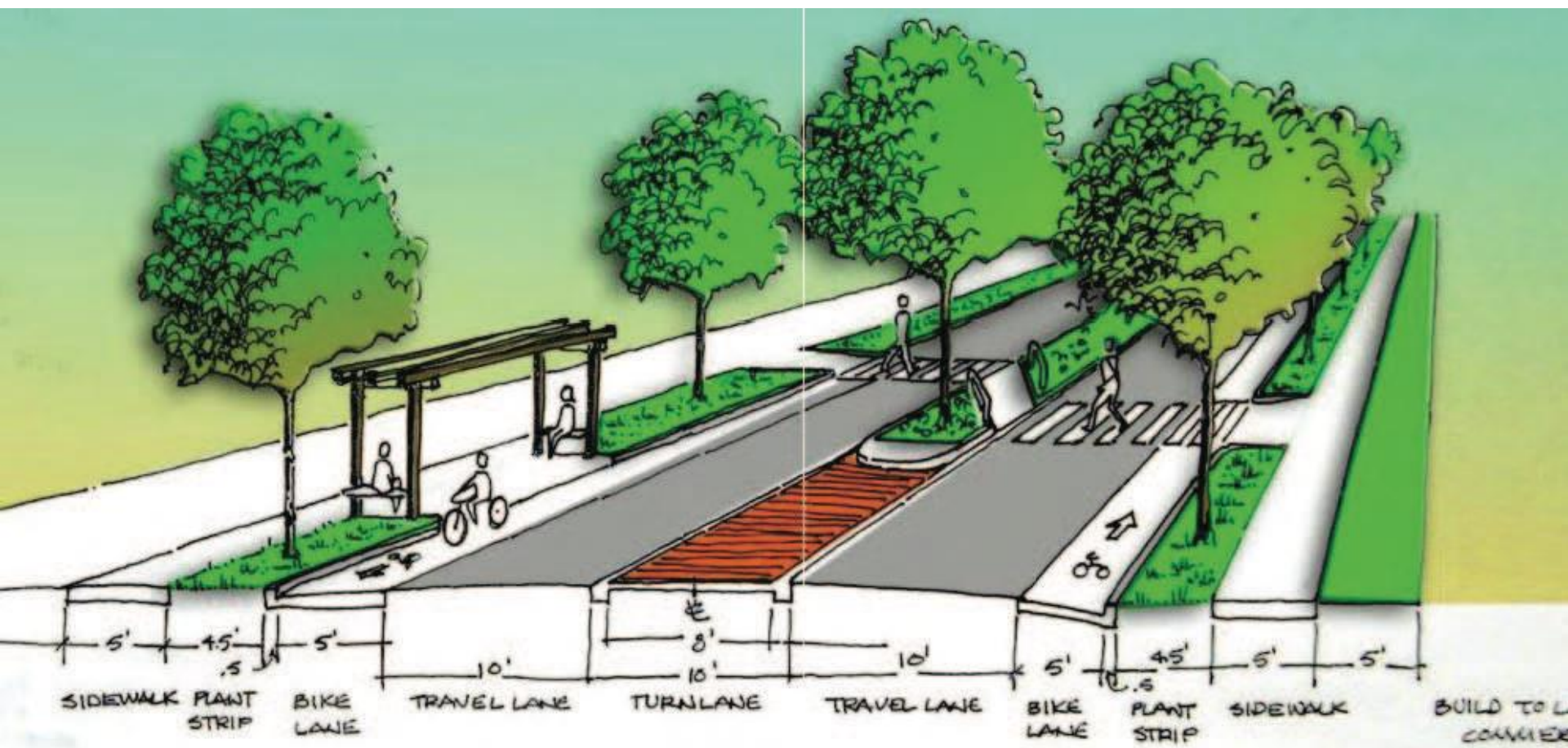


ACTIVE DESIGN GUIDELINES

PROMOTING PHYSICAL ACTIVITY

AND HEALTH IN DESIGN





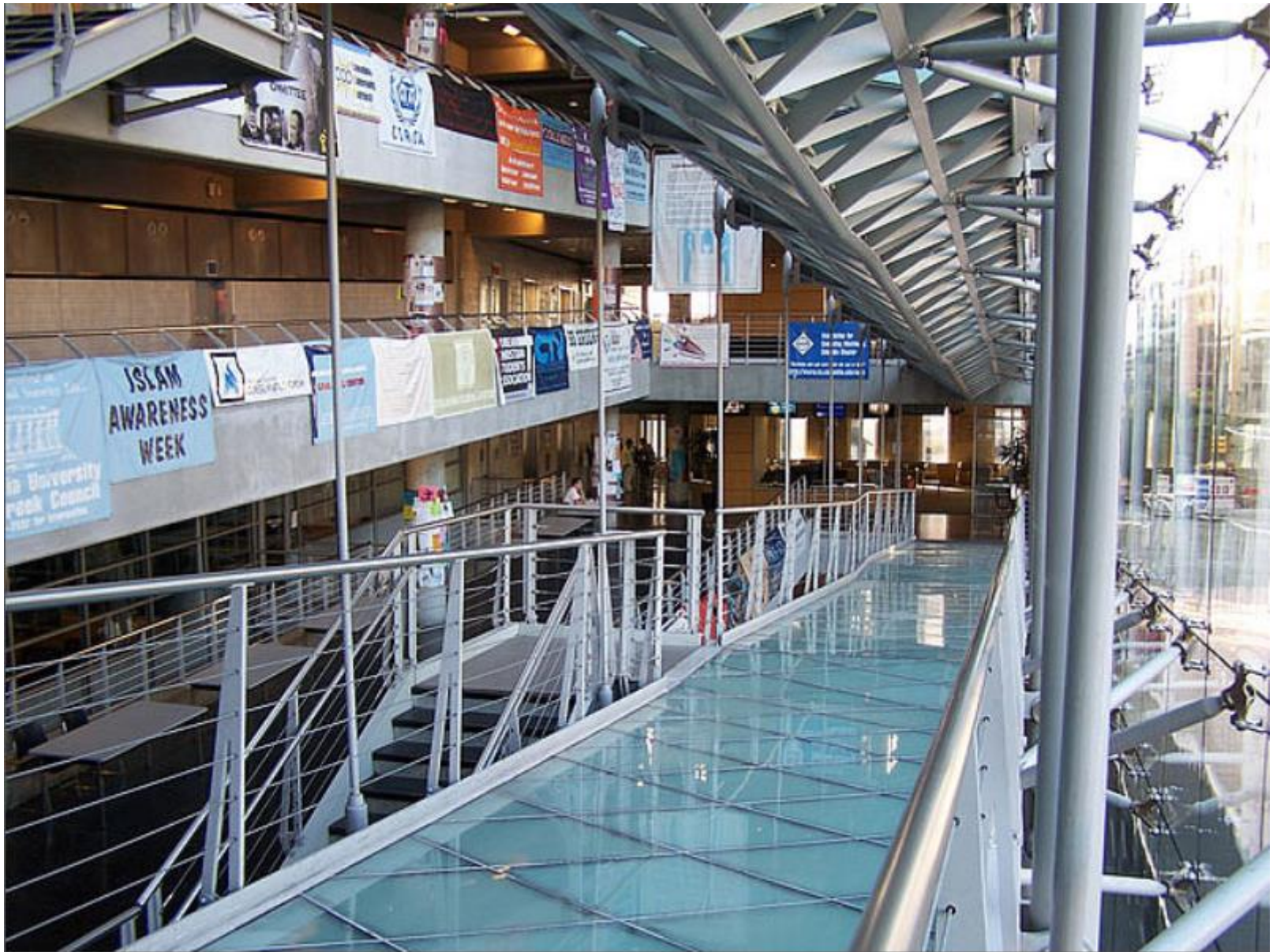












Thank you!

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Kirksey
ARCHITECTURE