

## Healthy People 2010

### Introduction

As the connection between public health and land use planning/community design becomes better understood, local public health agencies (LPHAs) find themselves with a much greater role to play in initiating and facilitating dialogue about pertinent public health issues related to planning. The issues range from obesity and physical activity to water quality, affordable housing and beyond. When the Department of Health and Human Services released *Healthy People 2010*, its comprehensive public health agenda and set of health objectives for the nation, it provided a framework to help LPHAs take a community design approach to public health. The overarching goals of *Healthy People 2010* are to increase the quality and longevity of life and to eliminate health disparities. By using the goals and priorities mandated by *Healthy People 2010*, LPHAs have the opportunity to more strategically and effectively make the public health case when engaging local elected officials or when working alongside planners.

The following are action steps developed from the Healthy People 2010 (HP 2010) objectives that most directly address the issue of the built environment's impact on public health. The goals focused on are:

- **Goal 8:** Promote health for all through a healthy environment.
- **Goal 15:** Reduce injuries, disabilities, and deaths due to unintentional injuries and violence
- **Goal 22:** Improve health, fitness, and quality of life through daily physical activity.

The purpose of these action steps is to educate local public health officials and to put into clear language the benefits of achieving each objective. These action steps can be useful on both a strategizing and an advocacy level.

These action steps have been created as an advocacy tool for public health officials and agencies. The objectives may serve to justify the message of public health in relation to land use planning and community design. These action steps have been structured in a comprehensive format with both top-down and bottom-up approaches. They begin with a brief discussion of each objective, discuss the health benefits of each objective, discuss general steps that can be taken at both the planning and neighborhood/community level, and finally provide a list of daily activities for local health agencies to encourage individuals to engage in.

In addition to this information, each action step contains relevant links to research, case studies and successful examples of communities already engaging in some of these steps. There also links to various organizations involved in both planning and public health, so that anyone reading these action steps can learn the context and background of the land use/public health link. By having as many tools, resources, data and information as possible, health officials can better understand and articulate the message of public health as it relates to planning and design.

