



CENTRAL ESTUARY PLAN

A Vision for Oakland's Waterfront

Smart Growth and Healthy Planning

More and more, inter-disciplinary research associates the “built environment” (e.g., land use, transportation systems and community design) with health outcomes and well being. For example, healthful neighborhood conditions require adequate, high-quality housing; access to public transit, schools, and parks; safe routes for pedestrians and bicyclists; meaningful and productive employment; clean air, soil, and water; and, cooperation, trust, and civic participation. These “healthy planning” concepts are also found in the “smart growth” movement. The table below highlights the benefits of smart growth for various health outcomes.

SMART GROWTH PRINCIPLES	Physical Activity and Obesity	Pedestrian Injuries	Environmental Health	Social Capital	Mental Health	Health Disparities	Elder Mobility
Create walkable neighborhoods	X	X	X	X	X	X	X
Mix land uses	X	X	X	X	X	X	X
Foster distinctive, attractive places with a strong sense of place	X			X	X	X	X
Strengthen and direct development towards existing communities	X		X			X	X
Provide a variety of transportation choices	X	X	X	X	X	X	X
Preserve open space, farmland, natural beauty and critical environmental areas	X		X	X	X		
Take advantage of compact building design	X			X			X
Create range of housing opportunities and choices				X	X	X	X
Encourage community and stakeholder collaboration	X	X		X	X	X	X