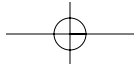
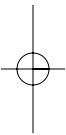
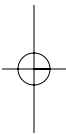


Healthy Cities



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*The Intersection of Urban Planning,
Law and Health*

James A. Kushner

CAROLINA ACADEMIC PRESS
Durham, North Carolina

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Library of Congress Cataloging-in-Publication Data

Kushner, James A.

Healthy cities : the intersection of urban planning, law, and health / by James A. Kushner.

p. cm.

Includes bibliographical references and index.

ISBN-13: 978-1-59460-335-8 (alk. paper)

ISBN-10: 1-59460-335-9 (alk. paper)

1. City planning and redevelopment law--United States. 2. Zoning law--United States.
3. Transportation--Health aspects--United States. 4. Housing and health--United States.
5. City planning--Health aspects--United States. I. Title.

KF5692.K88 2007

346.7304'5--dc22

2006039225

Carolina Academic Press
700 Kent Street
Durham, NC 27701
Telephone (919) 489-7486
Fax (919) 493-5668
www.cap-press.com

Printed in the United States of America

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PREFACE

As I was writing and researching *The Post-Automobile City* (Carolina Academic Press 2004), the adverse effects of the automobile became more manifest with each planning, environmental, or economic analysis I read. As I continued collecting and reading studies, it was clear that I underestimated those impacts. Simultaneously, I regularly read of an international crisis in health care costs. American producers were at a distinct competitive disadvantage due to the escalating costs of employee health benefits. Americans were increasingly uninsured, and the government health care costs were staggering and unlimited.

I began to associate our urban planning policies, particularly urban sprawl and transportation, with health care costs and began reviewing the medical literature on health care costs and epidemiology, morbidity, and mortality. The medical literature was shocking compared to the planning and geography literature. Health care costs were sky-rocketing because of lifestyles that were obviously generated by urban sprawl and the automobile. America was become sedentary, obese, and sick. Those well enough to continue driving were crashing into each other at an alarming and costly rate.

It was clear that my next exploration was the connection between health and urban planning. In his work *Politics*, Aristotle stated that “[i]n respect of the place [of the city] our wish would be that its situation should be fortunate in four things. The first, health—this is a necessity.... [s]pecial care should be taken of the health of the inhabitants.... Aristotle, *Politics*, Book VII, ch. 11, ¶35, in 8 GREAT BOOKS OF THE WESTERN WORLD 535 (MORTIMER J. ADLER ED. 1952).

The medical costs of car collisions are the largest single component of the health care costs in the United States and the costs of a sedentary lifestyle and unhealthy eating habits are generating most of the diseases that make up the largest bulk of costs. Air pollution from the internal combustion engine is dramatically adding to those diseases and costs. The topic of this work is how we plan and design cities and how we can modify that design so as to make cities safer and healthier. How can cities be designed to be sustainable through reducing the exhaustion of resources so that our progeny can inherit a more

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healthful environment? The goal of this work is to identify the components of urban health care planning, discuss alternative mechanisms to integrate health care planning into the urban planning system and to discuss how the costs of health care can be reduced through prevention and improved urban planning and be equitably imposed on the community.

Healthy Cities is a call to arms to combat the increasingly high cost of transportation and the unacceptable costs of a deteriorating environment and declining health. Not only can healthy cities lead to environmental improvement and lowered health costs, they can allow our workers and producers to be competitive with those that have de minimus transportation and health care expenses, and can lead to a healthful environment and a more fulfilling and enjoyable lifestyle.

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ACKNOWLEDGMENTS

This book builds on a paper presented at the 2006 European Network of Housing Researchers on July 3, 2006, in Ljubjiana, Slovenia. The author greatly appreciates the helpful comments of Austen Parrish and Ken Wing. The author is grateful for financial support provided by Southwestern University School of Law and The University of Seattle School of Law, where I visited during the Spring of 2006. Research assistance was provided by Adrienne McKay. I greatly appreciate the services and assistance of the librarians of the University of British Columbia Medical School, The Seattle University School of Law library, Lemieux Library at Seattle University, The Seattle Public Library, the libraries of the University of Washington, and the library at Swedish Medical Center in Seattle, Washington.

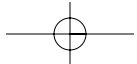
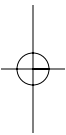
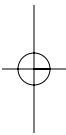


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