

RICHARD J. JACKSON WITH STACY SINCLAIR

# DESIGNING HEALTHY COMMUNITIES

*“We are robbing five years from the lives of our children. We are in a pandemic of diseases: obesity, diabetes, asthma, heart, cancer, and depression. We must look upstream at how design in concrete—the built environment—is affecting our public health. We must—and can—do better. This is urgent.”*

- Dr. Richard Jackson, Chair and Professor of UCLA’s School of Environment and Public Health

## Wednesdays in October at noon

Community Room in the Lakewood Cultural Center  
470 S. Allison Parkway

Bring a lunch and join us the first four Wednesdays in October for a one-hour film. This year we are excited to present the Designing Healthy Communities film series, a PBS production. On Wednesday, October 31, we will host a panel discussion with experts in the field about efforts to improve public health through the built environment in the Denver region.

### October 3 “Designing Healthy Communities Episode 1: Retrofitting Suburbia”

Dr. Richard Jackson MD MPH, investigates the link between our nation’s obesity and Type 2 Diabetes epidemic with urban sprawl fueled by car dependency. To prevent disease through better urban planning, Boulder, CO, redesigns the city to make bicycles a safe alternative transportation.

### October 10 “Designing Healthy Communities Episode 2: Rebuilding Places of the Heart”

Parents and children under siege. When U.S. industry and manufacturing collapsed or went elsewhere, cities like Elgin, IL, and Syracuse, NY, (like many communities in the United States) were left with the task of redefining themselves for a new paradigm. Leading the way to a greener, more sustainable Elgin is a group of high school students.

### October 17 “Designing Healthy Communities Episode 3: Social Policy in Concrete”

Dr. Jackson believes it is every citizen’s right to live in a clean, healthy environment. This isn’t the case for many low-income neighborhoods, built near big transportation hubs and struggling industrial cities like Oakland, CA, and Detroit, MI.

### October 24 “Designing Healthy Communities Episode 4: Searching for Shangri La”

Dr. Jackson searches past and present America for healthy, sustainable communities of all sizes and shapes that can serve as models for the rest of the nation. His journey takes him to Roseto, PA; Prairie Crossing, IL; New York City; Charleston, SC; and the forgotten 1960s urban renewal project of Lafayette Park in Detroit, MI, the brainchild of 4 men, including visionary architect, Mies van der Rohe.

### October 31 The Built Environment and Our Health: Designing Healthy Communities in the Denver Region

A panel of local experts in planning, transportation and public health will be featured for the culmination of Lakewood’s Community Planning Month events. Please join us as the panelists discuss how communities in the Denver region are designing their way toward better health and wellness for residents. The panel will be moderated by Jessica Osborne, Built Environment Coordinator for the Colorado Department of Public Health and Environment.

Community Planning Month films from this year and previous years can be checked out free of charge from the City of Lakewood. Please contact Walter Jauch at 303-987-7505 or [waljau@lakewood.org](mailto:waljau@lakewood.org) to check out a film.