



## Healthy Neighborhoods Study

EXAMINING THE RELATIONSHIP BETWEEN  
NEIGHBORHOOD DEVELOPMENT AND HEALTH

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conservation law foundation

### Mission

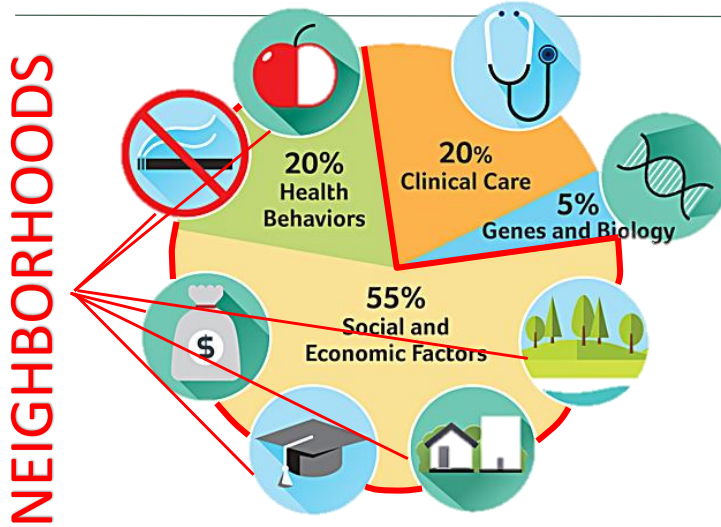
We use **law, science and the market** to create solutions that preserve our natural resources, **build healthy communities**, and sustain a **vibrant economy**.

### CLF's Focus Areas

- Clean energy & Climate Change
- Healthy Communities
- Healthy Forests
- Oceans



# What makes people healthy?



Source: "The relative Contribution of Multiple Determinants to Health Outcomes"  
<http://www.rwjf.org/content/dam/farm/articles/articles/2014/rwjf415185>



## ACHIEVING HEALTH & MENTAL HEALTH EQUITY AT EVERY LEVEL

Transforming the conditions in which people are **BORN, GROW, LIVE, WORK and AGE** for optimal health, mental health & well-being.



Figure 4: Achieving Health & Mental Health Equity At Every Level  
California Department of Public Health, Office of Health Equity as inspired by World Health Organization, Robert Wood Johnson Foundation, and many others.



## What We're Building: Healthy Neighborhoods

- Mixed-use
- Near transit, jobs, and services
- Mixed-income
- Pedestrian-oriented
- Green space and recreation
- Healthy food choices



Landscape design by CBA Landscape Architects/Photograph ©Ed Wonsek

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## Research Opportunity

- Collaborative community-based research project to better understand the relationship between development, the built environment and community health.
- Supported by the Robert Wood Johnson Foundation (RWJF)

### Our Partners



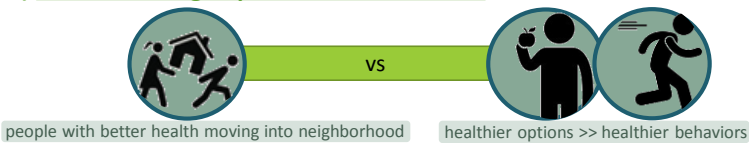
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## Research Questions

When Transit Oriented Development changes neighborhood conditions:

### 1) What is driving improvements in health?



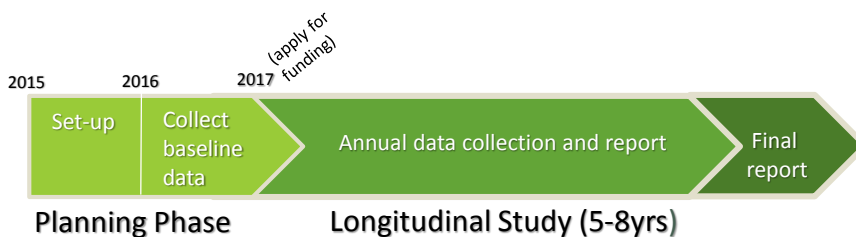
### 2) Development intensity & neighborhood characteristics



### 3) Human Impact: resident reported changes in health and quality of life



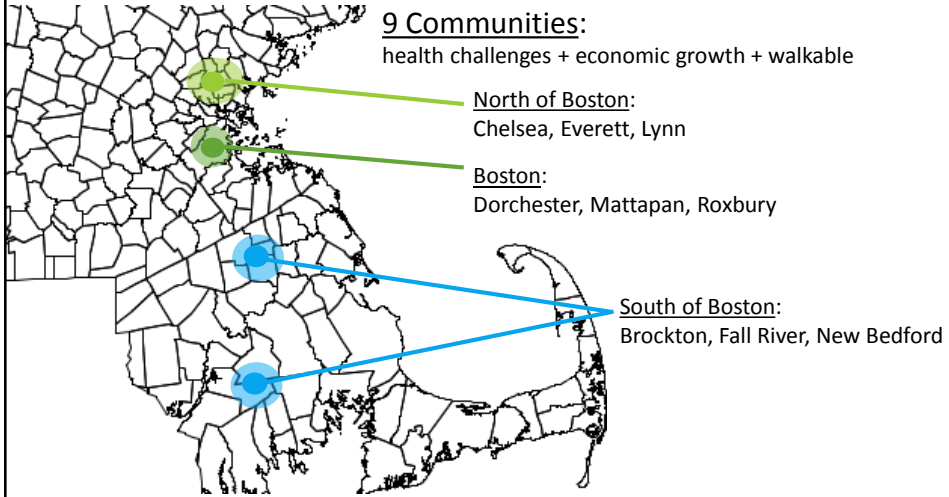
## Research Timeline & Process



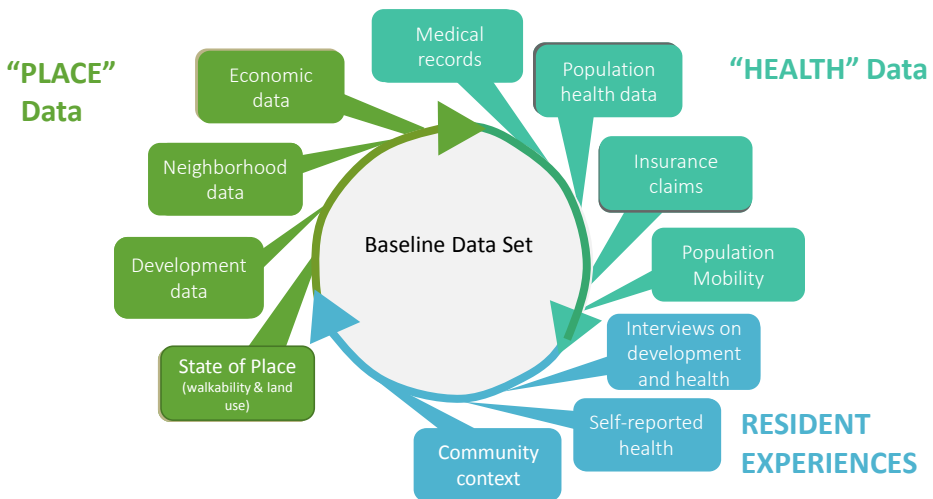
We will track data on:

- **HEALTH** (Mass Dept. Public Health, Medical Records & residents)
- **DEVELOPMENT** (Mass Area Planning Commission)
- **ECONOMY** (Mass Area Planning Commission)
- **RESIDENT EXPERIENCES** (Community Research Partners)

## Focus Communities: 3 Regional Clusters



## Data Collection



# Community Research Partners

**Who:**

- Well known and active neighborhood development, organizing, or health groups
  - Dudley Street Neighborhood Initiative
  - Codman Square Neighborhood Development
  - Chelsea Collaborative
  - Everett Community Health Partnership
  - Southcoast YMCA

**Purpose:** Engage residents and community in the research

- Recruit 5 residents to be trained to interview/survey their community
- Recruit 50-100 residents to participate in the interview
- Physical home to research in the community – meetings, trainings, community updates
- Advise research team on the design and usefulness of the study
- Determine how to use the study process, data and results to advance ongoing work in your community



# Community Research Process

	Mar	Apr	May	Jun	July	Aug	Sept	Nov
Boston	Recruit resident researchers	Develop survey tool			Recruit 50-100 residents to take survey (partner org)		Analyze and share results	
					Interview/survey community (resident researchers)		Inform application to fund long study	
North			Review & refine survey tool (partner org)	Recruit resident researchers	Recruit 50-100 residents to take survey (partner org)		Analyze and share results	
					Interview/survey community (resident researchers)		Inform application to fund long study	
South			Review & refine survey tool (partner org)	Recruit resident researchers	Recruit 50-100 residents to take survey (partner org)		Analyze and share results	
					Interview/survey community (resident researchers)		Inform application to fund long study	



# Discussion

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