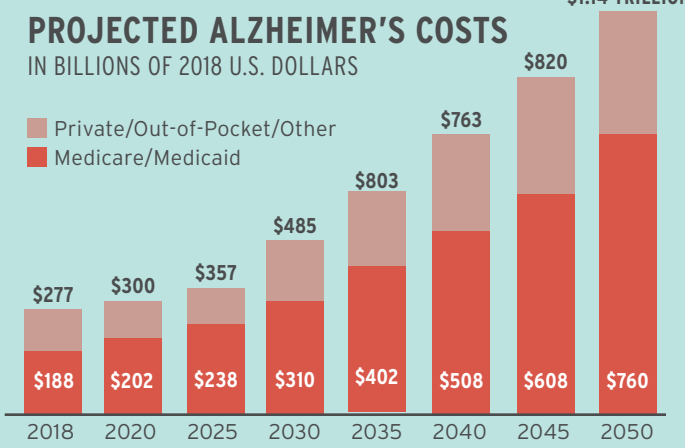
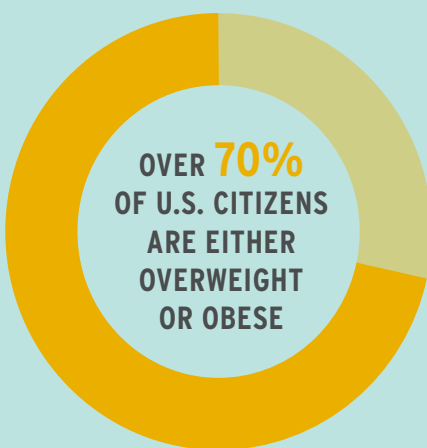
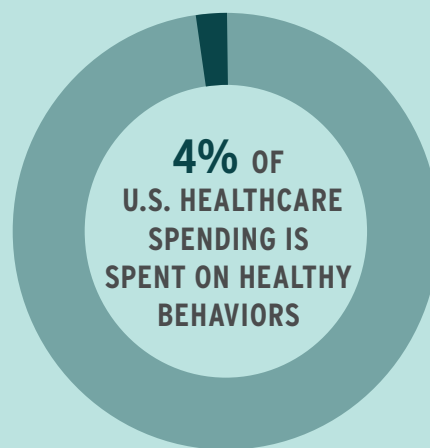
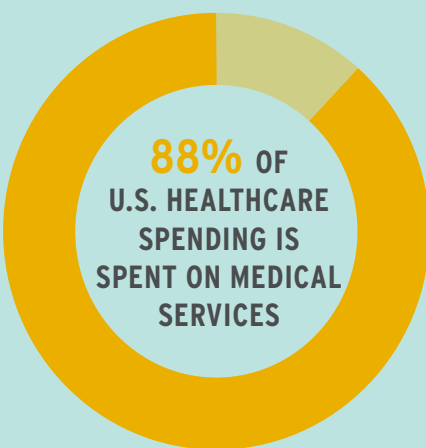
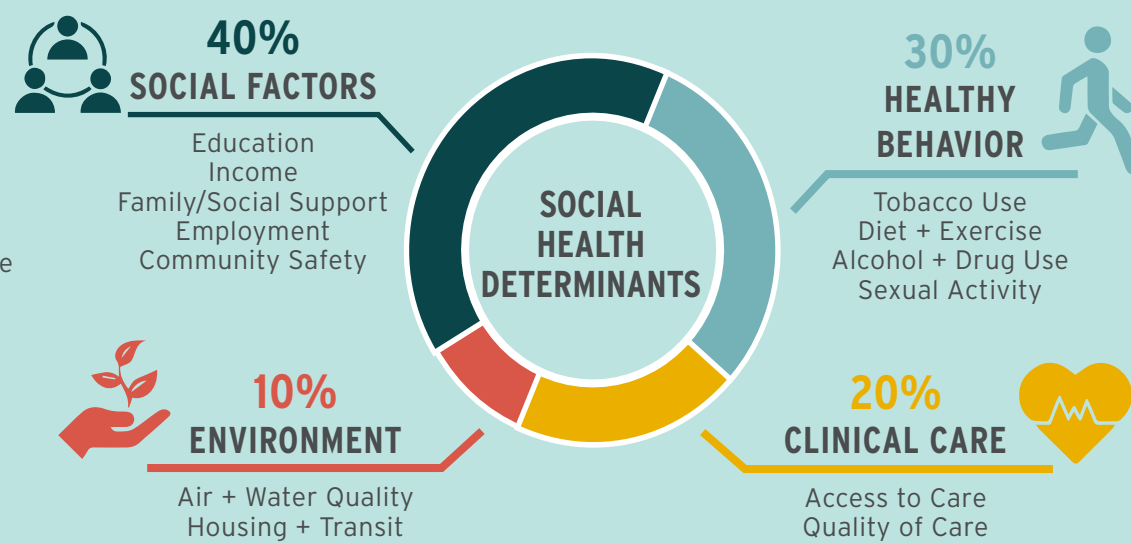


# DESIGN'S ABILITY TO Transform & Deliver Population Health

## How do we create environments that fosters prevention and allow healthier aging?

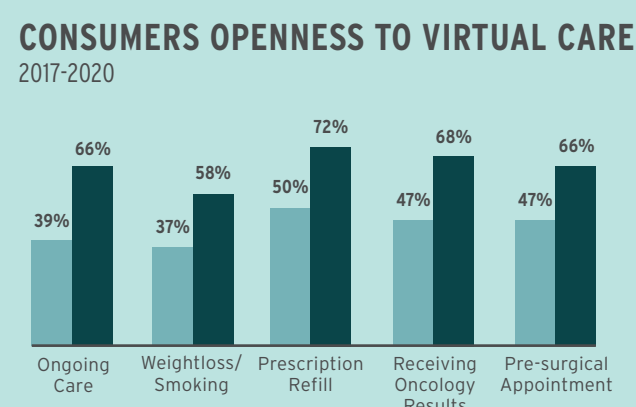
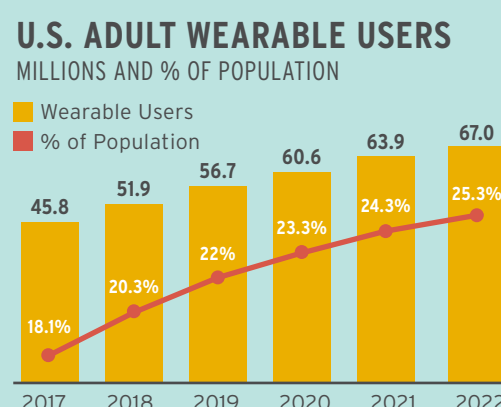
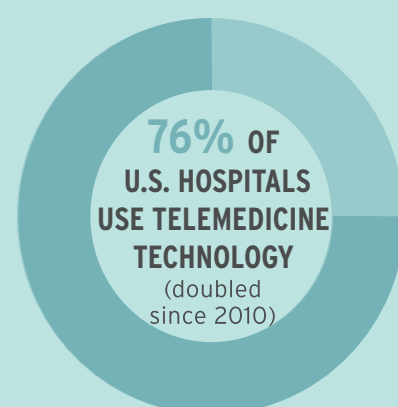
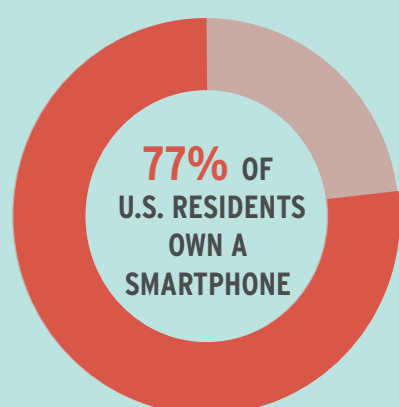
Physical and social environments are key determinants in maintaining an autonomous, meaningful life along the aging process. Research shows that maintaining health, independence, and autonomy imbues longevity with wellbeing, a more meaningful life span, and lower healthcare costs.

The diversity of noncommunicable chronic diseases, which hamper healthy and active aging, also shares key modifiable lifestyle factors: sedentary lifestyles with lack of physical activity, poor nutritional habits, high stress levels, and lack of social connectivity. Each of these modifiable lifestyle factors can be improved with appropriate attention to how the built environment is designed, how architectural design enhances the creation of enabling spaces for mingling and connecting physically, and how green spaces and walkable communities create more active aging environments. By considering prevention and lifestyle choices during design, architects can contribute to healthier behaviors. Welcoming stairways and access to walking trails are design interventions that can encourage healthy behaviors. The goal is to create environments that support wellness in people of all ages, in order to reduce chronic illness.



## How does technology combine with design strategies in the built environment to deliver on the promise of healthier communities?

Through design, architects can alter the way communities conceptualize the notion of a sense of place or a building, and influence positive behavior change. Just as physicians strive to do no harm, architects have a responsibility to contribute to healthier lifestyle options in order to help society on a grand scale. Design can play a role in curtailing some of our biggest population health challenges. For example, the US has seen childhood obesity rates triple since the 1970's, which is dramatically increasing rates of type 2 diabetes. This trend will alter the chronic care needs of patients for generations, as they age and face multiple co-morbidities. Design solutions can work with clinical partnerships to evolve new models and locations of care types.



## How can architects design to create healthier communities?

The U.S. spends more on healthcare as a share of the economy, yet has the lowest life expectancy and highest suicide rates among 10 other high-income countries. The planning and design of facilities can improve access to healthcare and enhance access equity between rural and urban and high and low income patients.

Social Return on Investment (SROI) -- a principles-based method for measuring values that are not traditionally reflected in financial statements -- is a way for architects to measure important social and environmental factors.

