

How Urban Design Can Improve Public Health in Your Community



Nathan R. Norris
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Andrés Duany and the **CITYBUILDING EXCHANGE**



NEW ORLEANS, LOUISIANA | OCTOBER 12-14, 2016

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HOW URBAN DESIGN CAN IMPROVE PUBLIC HEALTH

CNU24

DETROIT

16 JUNE 10

STEPHEN A. MOUZON, AIA CNU LEED

THE NEW URBAN GUILD

MIAMI BEACH, FLORIDA, USA

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REQUESTS

Please turn your phones on.

Please use #WalkAppeal hashtag to tweet-cast.

I'm @stevemouzon.

MOVEMENTS WITHOUT MARKETING



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A vibrant street scene in a European town. On the left, a bright red building with yellow trim and arched windows stands out. To its right, a taller, multi-story brick building with several windows is visible. Further down the street, more colorful buildings in shades of yellow and orange line the sidewalk. In the foreground, a paved plaza with large stone tiles is bustling with people. Some are walking, while others are seated at outdoor cafe tables under large white umbrellas. The sky is a clear, bright blue with a few wispy clouds. The overall atmosphere is lively and sunny.

Walk Appeal

Steve & Wanda Mouzon
The Guild Foundation Press
2016

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SPRAWL RECOVERY GAME-CHANGERS

Transect

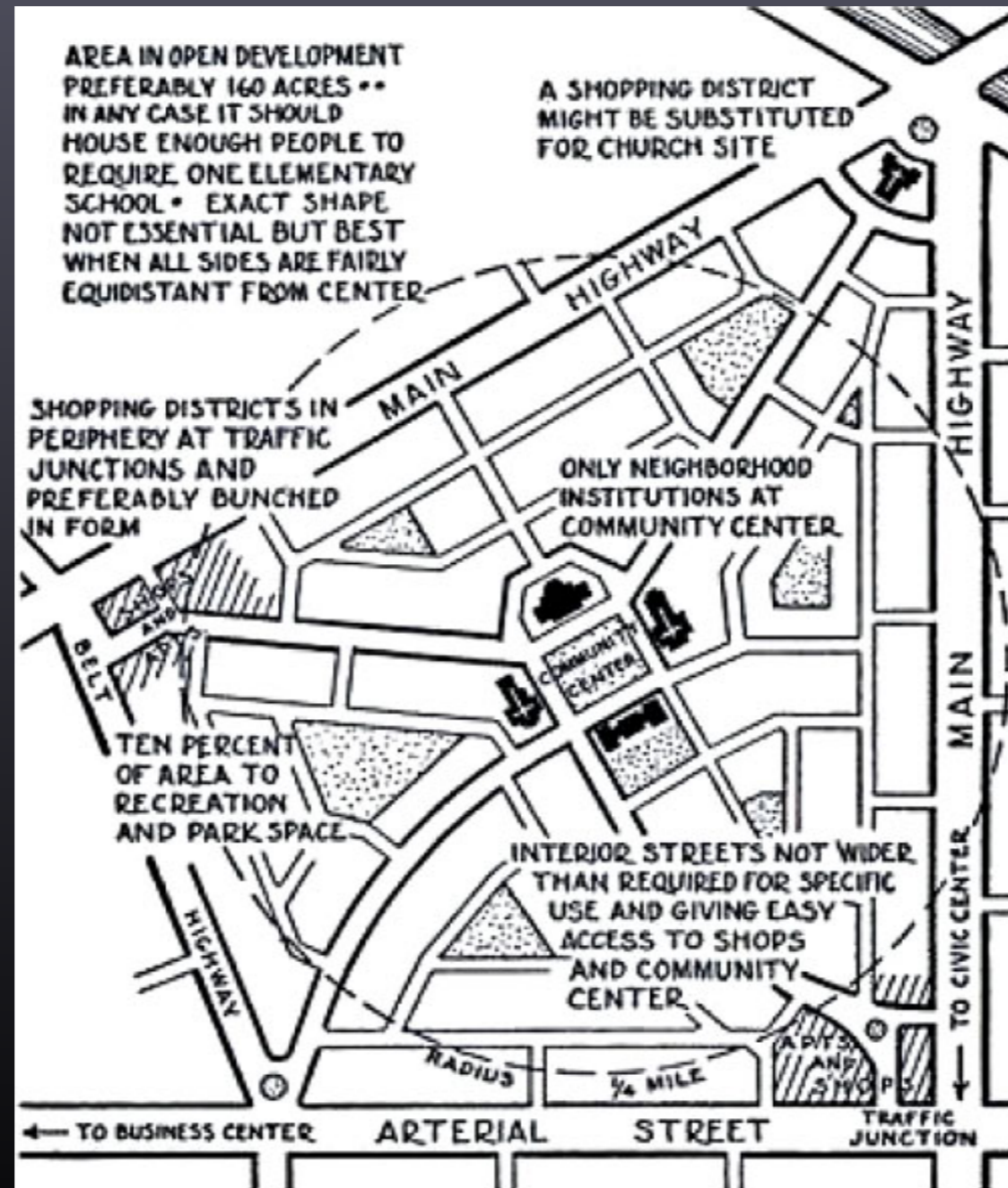
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Sky Method



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THE QUARTER-MILE WALK



POWER CENTER



ROME



ECONOMIC HEALTH



ENVIRONMENTAL HEALTH

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PUBLIC HEALTH

**MENU
GOURMET
5,00 €**

ENTRÉES

Salade niçoise
Pâté, œuf, anchois, tomates vertes, pain sec
with egg, anchovies, green beans, tuna, olives

Coupe à foignon gratinée
gratinée au fromage

Moules marinières

Carrots de Bourgogne

Parfait de foie de canard
petite salade aux noix et moutarde

Crêpe de chèvre chaud aux amandes
Petit gratin

Crêpe d'avocat au saumon fumé

PLATS

Saumon à la crème

Entrecôte maître d'hôtel

Côtes d'agneau

Filet mignon

Plat végétarien

DESSERTS

Salade de fruits

Glaçé panaché
Chocolat amer

ЗАЕСЬ
ГОВОРЯТ
ПО РУССКИ

*Crêperie de Tradition
Pâtisserie*

**MENU A
9,00**

LORIANI

PIZZA

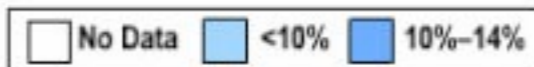


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▶ Select Year

Obesity Trends* Among U.S. Adults BRFSS, 1985

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)

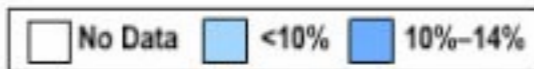
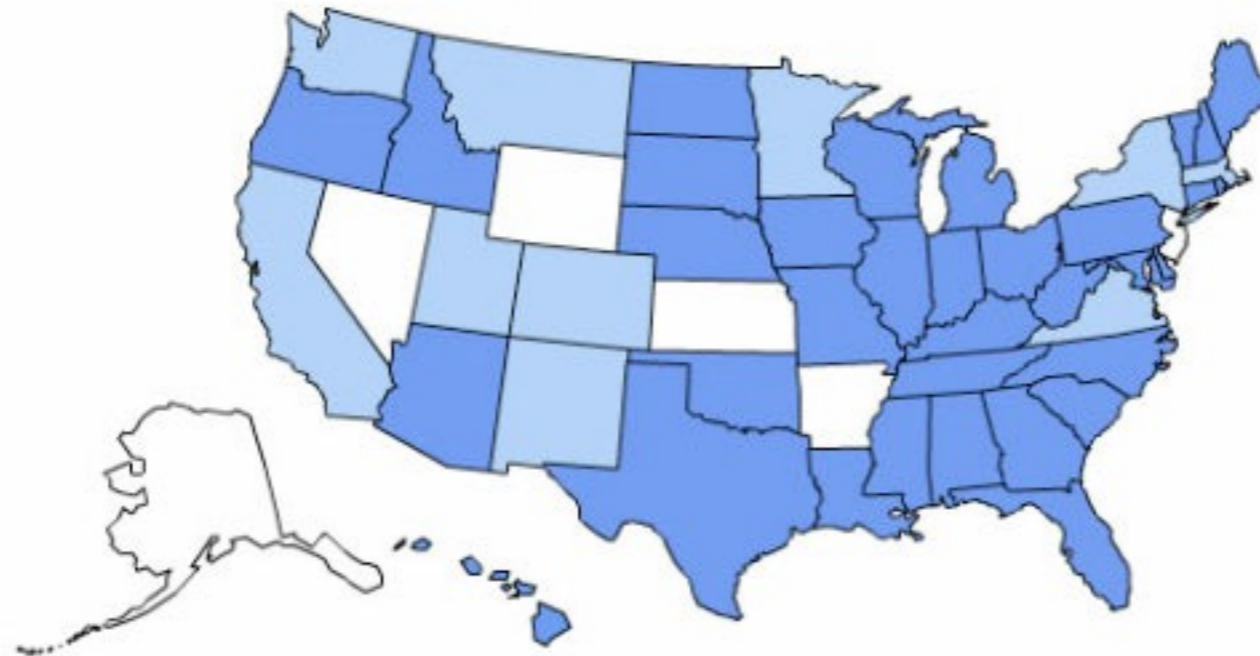


Source: CDC Behavioral Risk Factor Surveillance System.

▶ Select Year

Obesity Trends* Among U.S. Adults BRFSS, 1990

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)

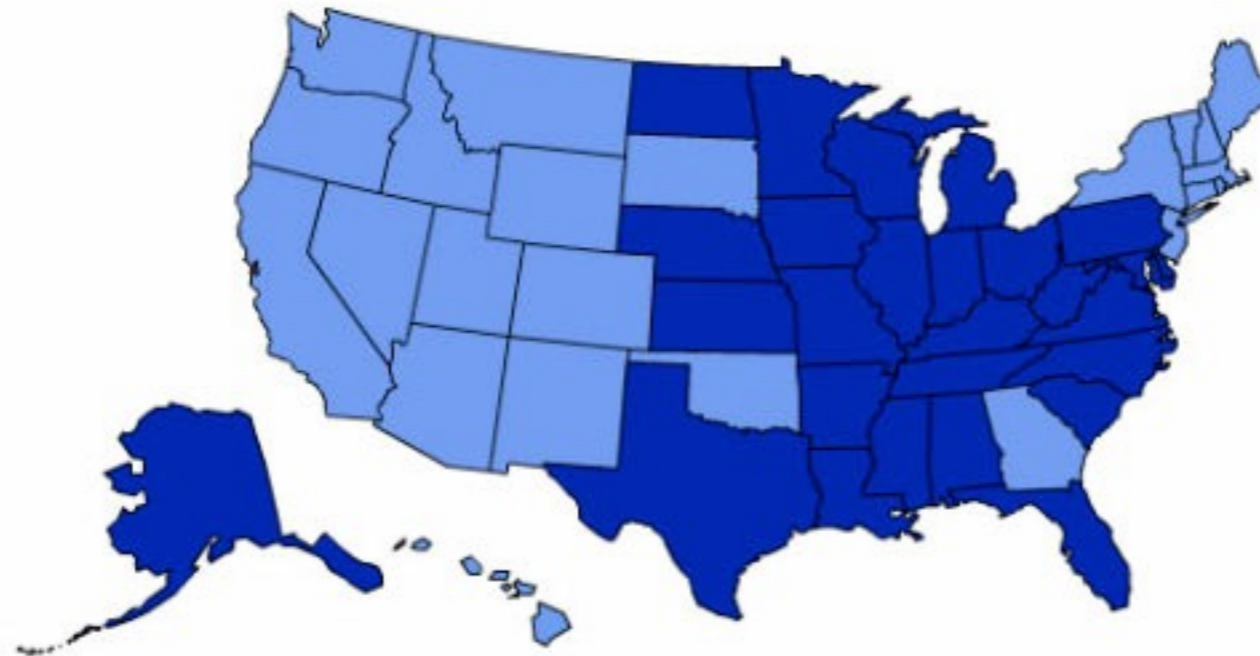


Source: CDC Behavioral Risk Factor Surveillance System.

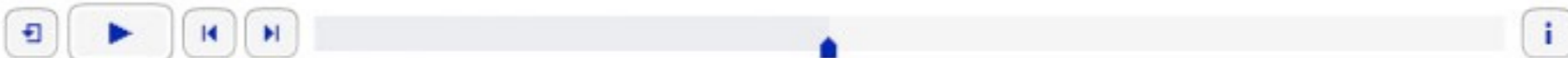
▶ Select Year

Obesity Trends* Among U.S. Adults BRFSS, 1995

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



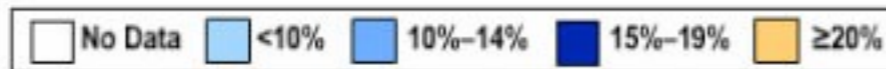
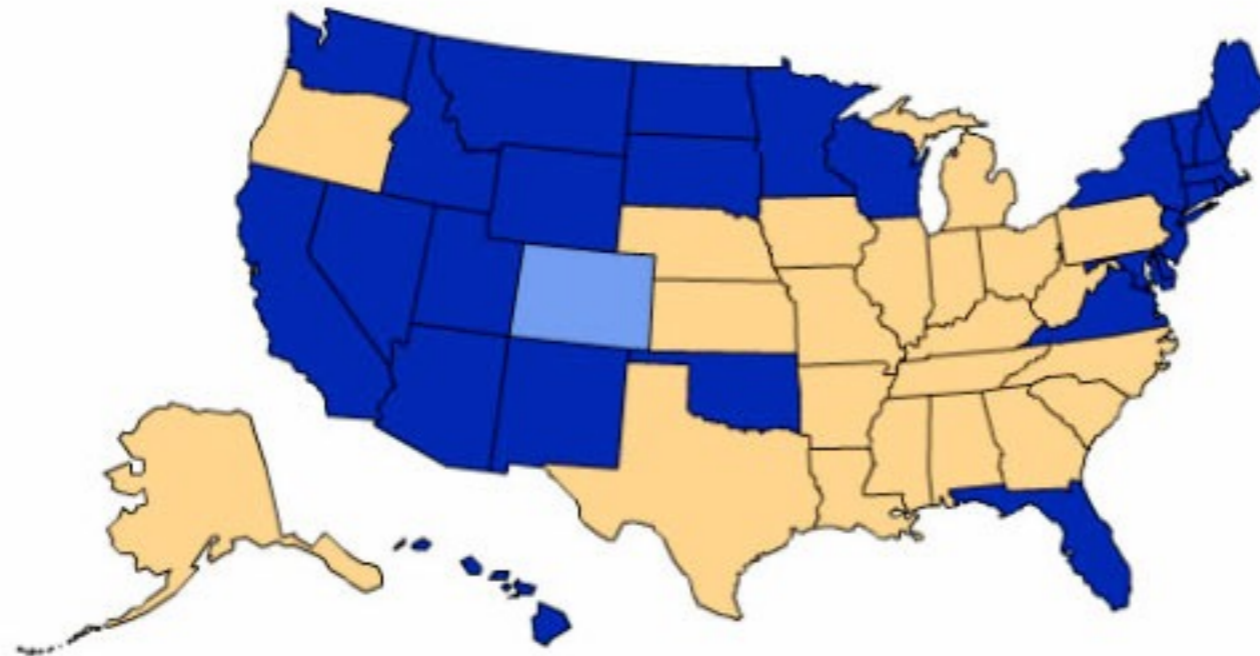
Source: CDC Behavioral Risk Factor Surveillance System.



▶ Select Year

Obesity Trends* Among U.S. Adults BRFSS, 2000

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)

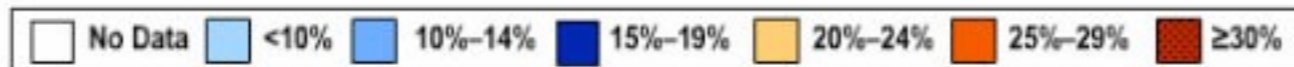
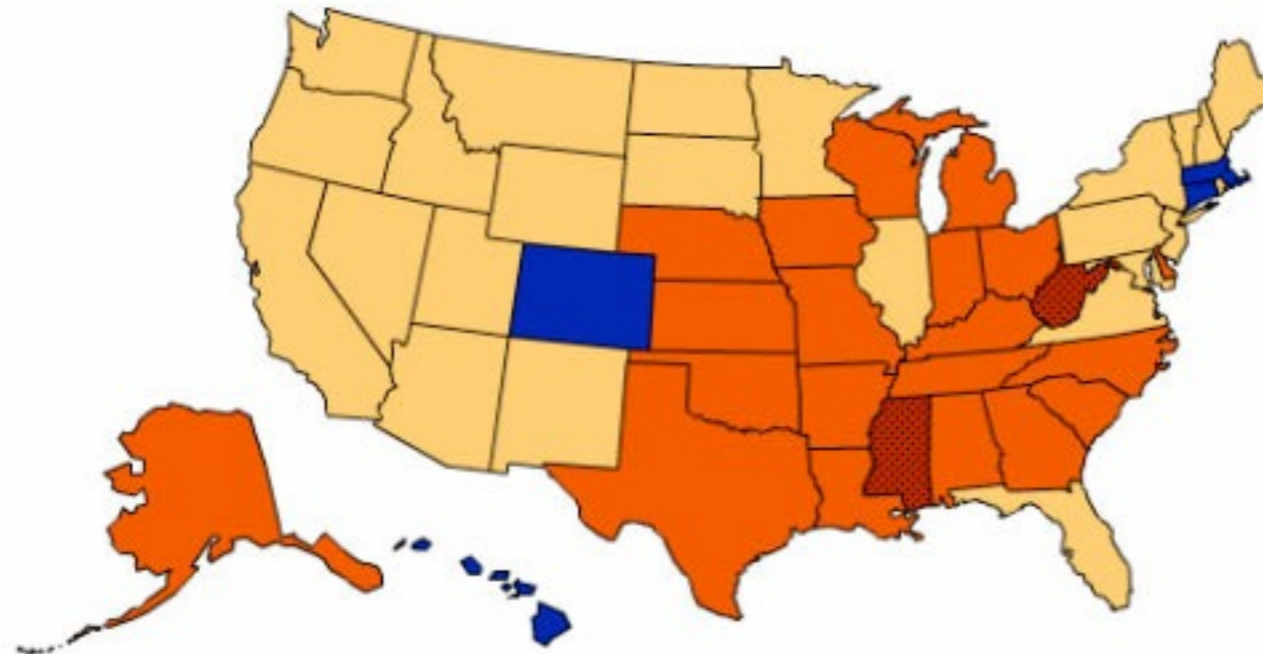


Source: CDC Behavioral Risk Factor Surveillance System.

▶ Select Year

Obesity Trends* Among U.S. Adults BRFSS, 2006

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Source: Behavioral Risk Factor Surveillance System, CDC.

THE SCALE OF WALK APPEAL

A nighttime street scene in a European city, likely Paris, featuring cobblestone streets, illuminated storefronts, and pedestrians. The scene is lit with warm, yellow streetlights and shop lights. On the left, a storefront with a large window display is visible, with the name 'LE CHAT HUAN' partially visible above it. A man in a dark jacket stands near the entrance. A woman in a dark coat walks away from the camera. In the background, a white car is driving down the street, and other pedestrians are visible. The overall atmosphere is cozy and urban.

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W6 - GREAT STREET

2 MILES +



W5 - MAIN STREET

3/4 MILE



W4 - NEIGHBORHOOD STREET

1/4 MILE



W3 SUB-URBAN STREET

1/10 MILE



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W2 - SUBDIVISION STREET 250 FEET



W1 - PARKING LOT

100 FEET



WO - UNWALKABLE 25 FEET??



CHATTANOOGA, TENNESSEE



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WALK APPEAL TOOLS

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WALK APPEAL MEASURABLES

View Changes

Street Enclosure

Window of View

Shelter

Goals in the Middle Distance

Turning the Corner

People

Magic of the Place

VIEW CHANGES & GARDEN ROOMS

A nighttime photograph of a large, multi-story building with a stone wall and palm trees in the foreground. The building is illuminated by a street lamp, and a dark SUV is parked on the street in front of it. The sky is dark, and the overall scene is dimly lit.

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STREET ENCLOSURE



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LESS HEIGHT = LESS WIDTH

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J. Brown & Co.
FOR THE HOME

WINDOW OF VIEW & SHELTER



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GOALS IN THE MIDDLE DISTANCE

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TURNING THE CORNER



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NOT TURNING THE CORNER



BETTER THAN NOTHING



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WALK APPEAL IMMEASURABLES

People

Magic of the Place

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WALK APPEAL = TRAFFIC CALMING



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FRONTAGES



THINGS TO WALK TO

CIVIC SPACE

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PLACES TO EAT



BED & BREAKFAST

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NEIGHBORHOOD MARKET



TOWN HALL
3300

MAIL

MARKET

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OFFICE & RETAIL



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CIVIC BUILDINGS

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MAKER SPACES - SHARING IDEAS



MAKER SPACES - MAKING STUFF

INNOVATIVE CORPORATE SETTING

Focused on Strict Product Line

Inward-Looking



INNOVATIVE MAKER SETTING

Connected

Outward-Looking

Multi-Faceted

Many Projects

Projects vary widely from one maker space to another.

BEGIN TACTICALLY



HACKS & CRACKS

GIFTS TO THE STREET

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Shelter



Refresh



Delight



Direct



Entertain



Inform



Remember



Rest



ON-STREET PARKING



SIDEWALK CAFÉS



FRONT PORCH PRINCIPLES

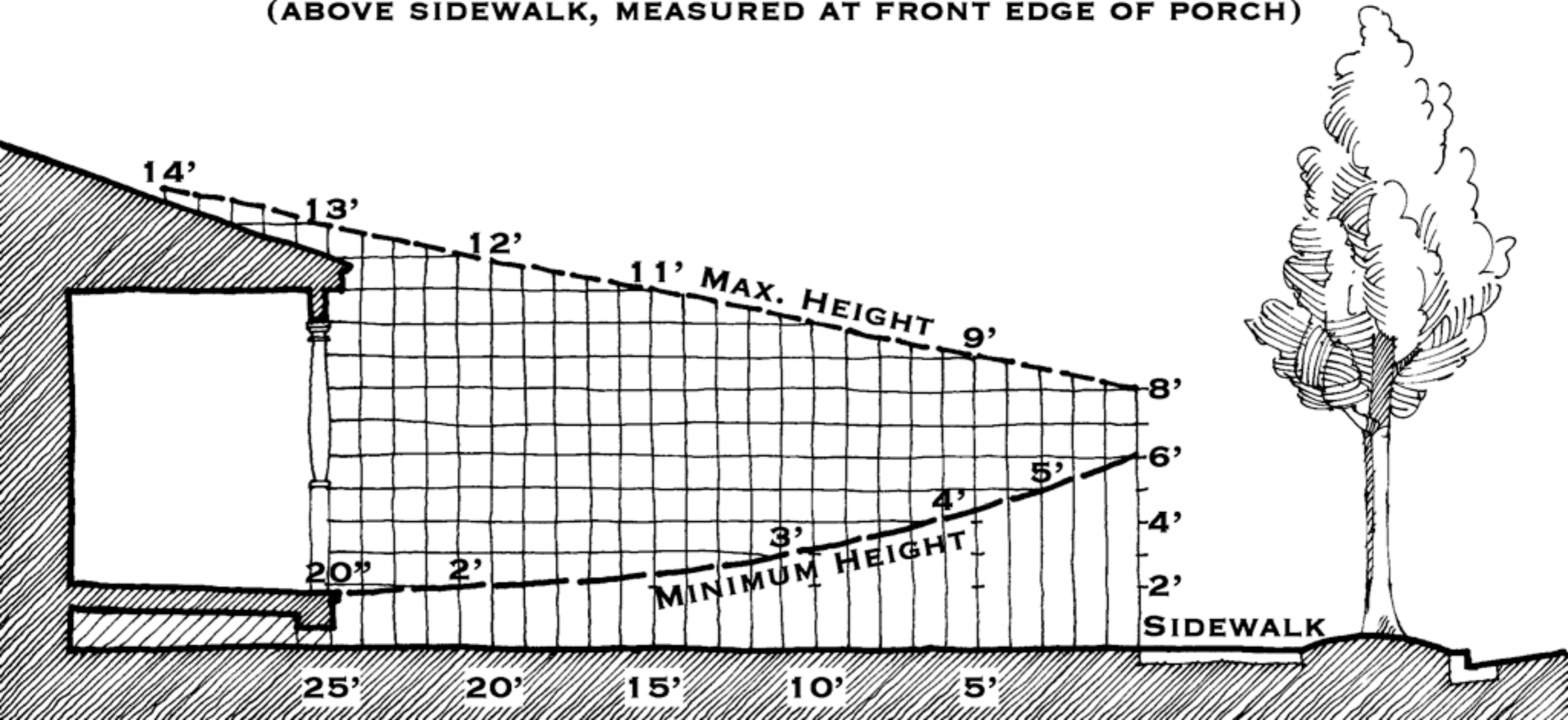


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ESTABLISH PORCH HEIGHT

PORCH FLOOR HEIGHT

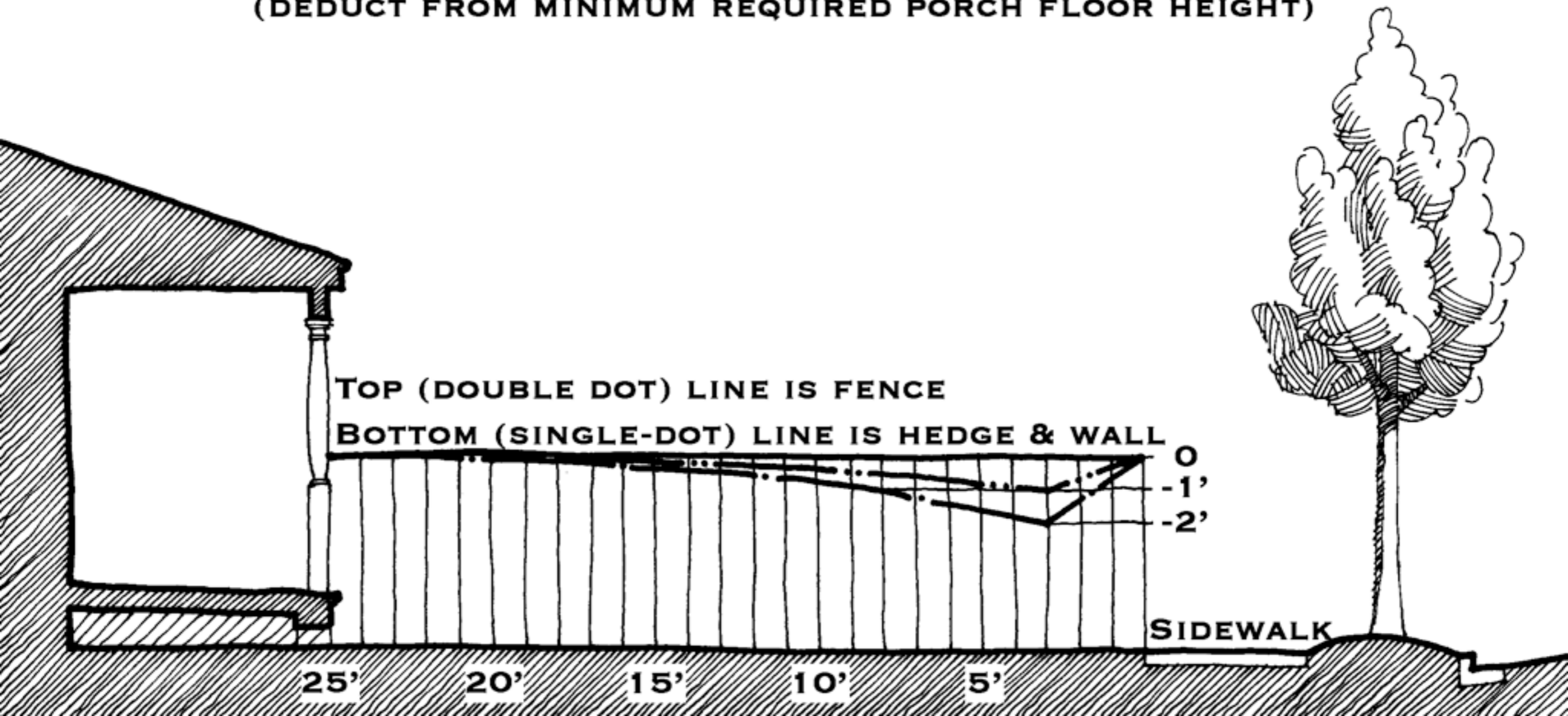
(ABOVE SIDEWALK, MEASURED AT FRONT EDGE OF PORCH)



ADJUST FOR FENCES, ETC.

FENCE, HEDGE & WALL REDUCTION FACTORS

(DEDUCT FROM MINIMUM REQUIRED PORCH FLOOR HEIGHT)



ADJUST FOR RAILING

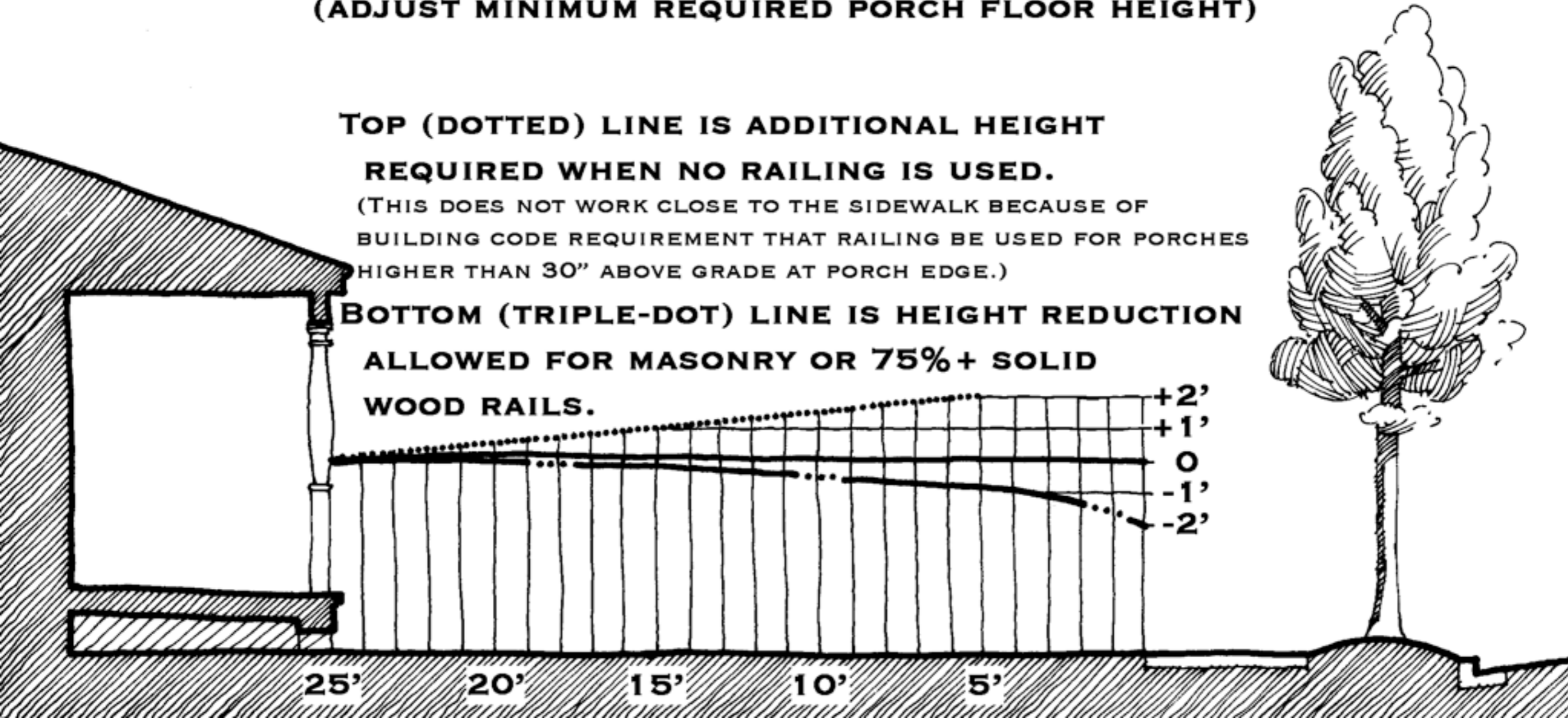
PORCH RAILING ADJUSTMENT FACTORS

(ADJUST MINIMUM REQUIRED PORCH FLOOR HEIGHT)

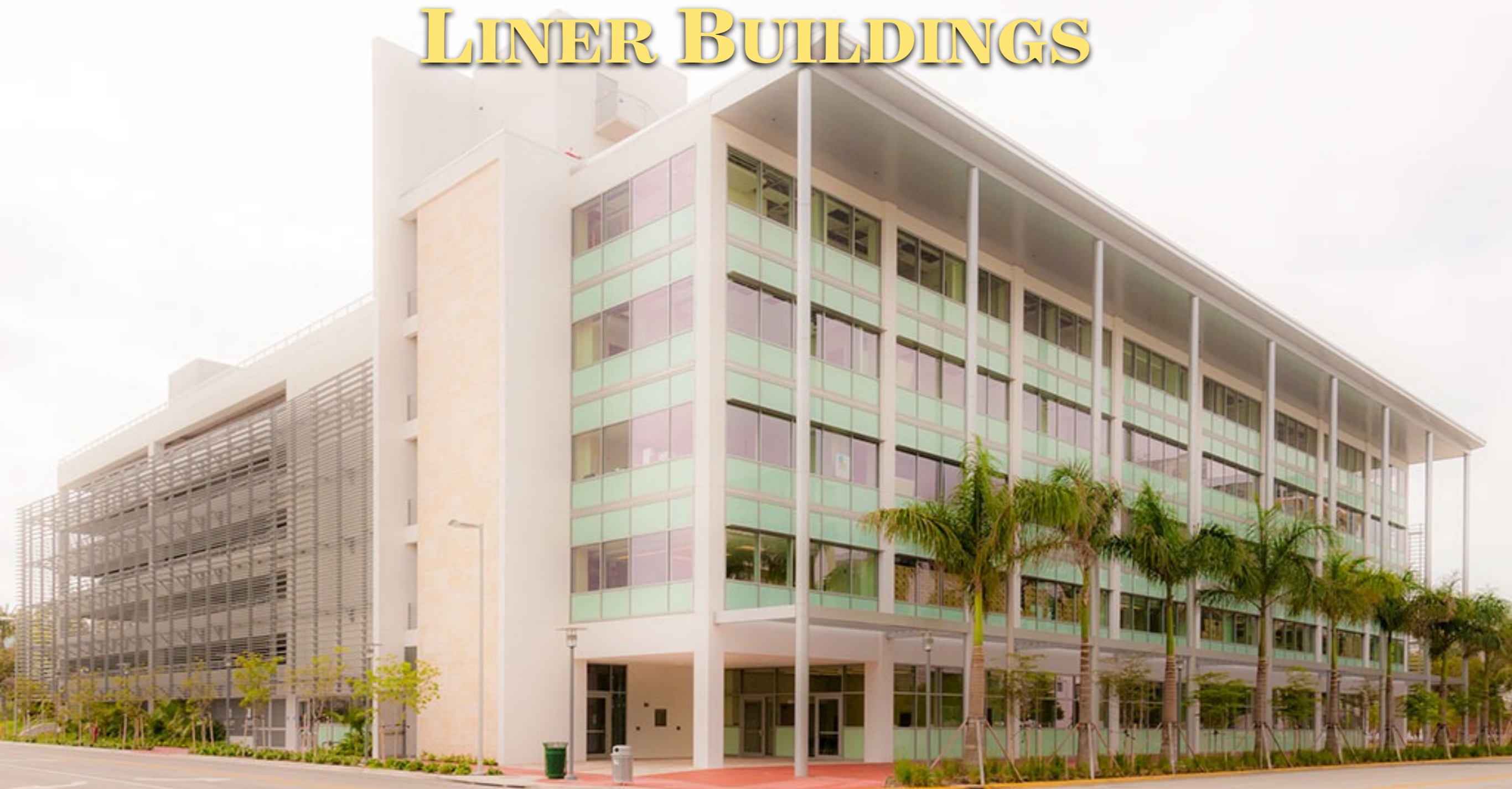
**TOP (DOTTED) LINE IS ADDITIONAL HEIGHT
REQUIRED WHEN NO RAILING IS USED.**

(THIS DOES NOT WORK CLOSE TO THE SIDEWALK BECAUSE OF
BUILDING CODE REQUIREMENT THAT RAILING BE USED FOR PORCHES
HIGHER THAN 30" ABOVE GRADE AT PORCH EDGE.)

**BOTTOM (TRIPLE-DOT) LINE IS HEIGHT REDUCTION
ALLOWED FOR MASONRY OR 75%+ SOLID
WOOD RAILS.**



LINER BUILDINGS



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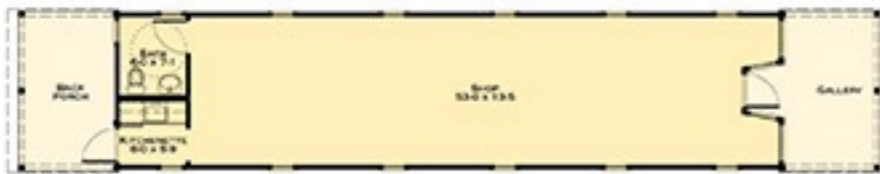
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COFFEE SHOP



PLAN #M.26.1

- * Designed by Steve Mouzon
- * 833 square feet
- * Ceiling height: 10 feet
- * Katrina Commercial units are conceived as temporary shops that will eventually be used elsewhere when proper masonry Main Street buildings are built on their current sites.



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GENERAL STORE



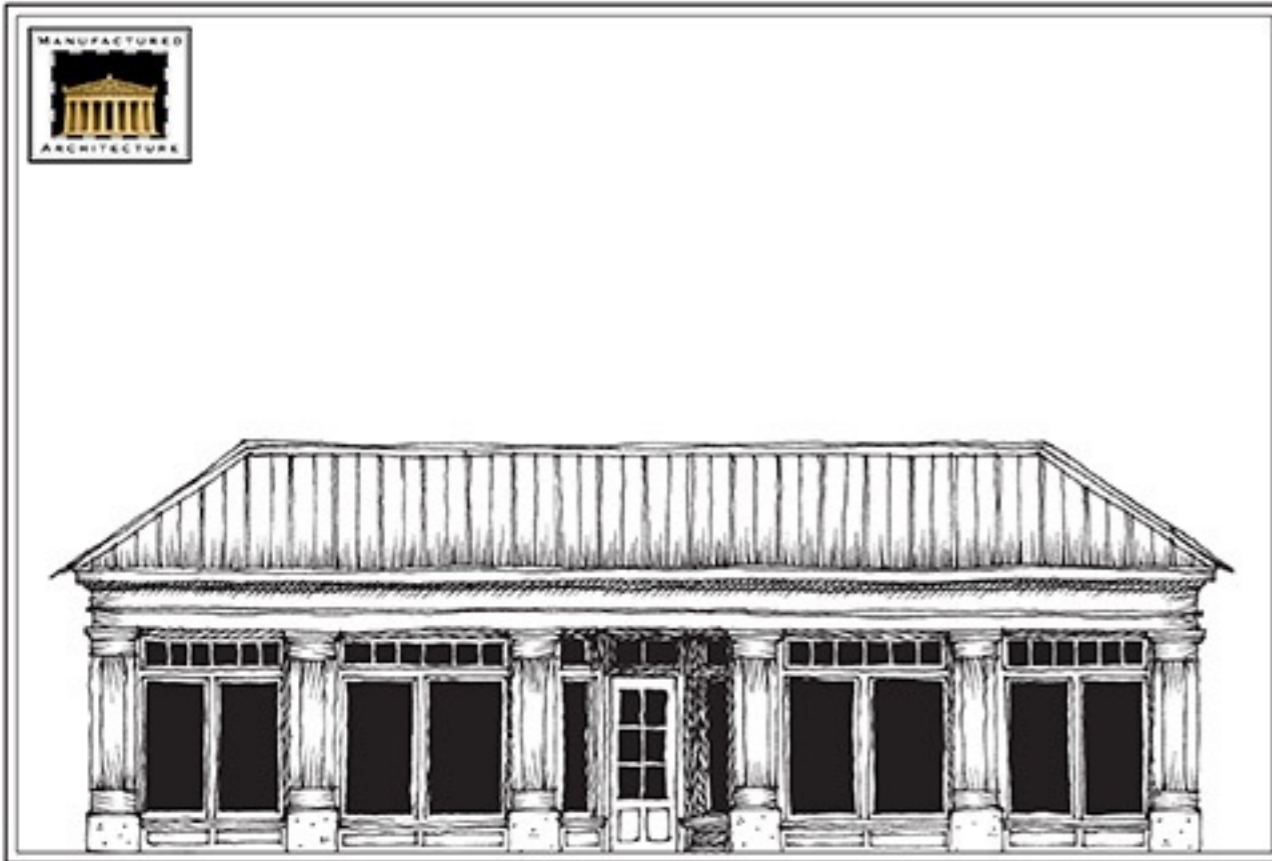
PLAN #M.26.3

- * Designed by Steve Mouzon
- * 560 square feet
- * Ceiling height: 10 feet
- * Katrina Commercial units are conceived as temporary shops that will eventually be used elsewhere when proper masonry Main Street buildings are built on their current sites.



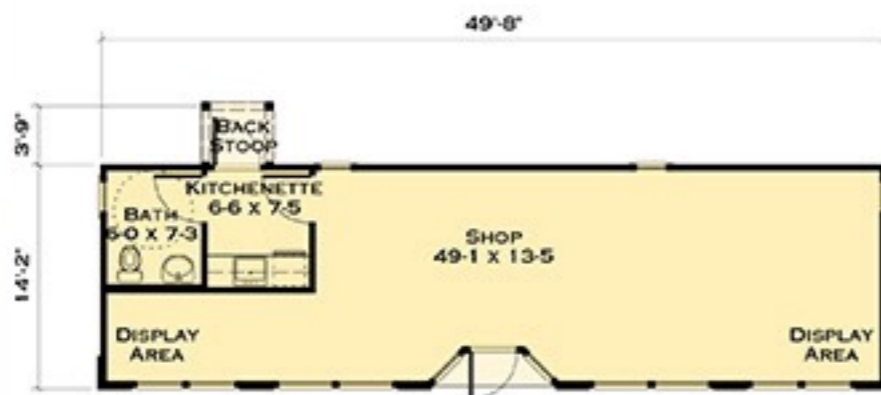
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LITTLE WOOD LINER BUILDING



PLAN #M.26.5

- * Designed by Steve Mouzon
- * 683 square feet
- * 1 story
- * Ceiling height: 12 feet
- * Liner buildings hide parking lots or other unsightly features; they also have an extraordinary amount of storefront display space for such a small square footage



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ART SUPPLY



PLAN #M.25.1

- * Designed by Steve Mouzon
- * 688 square feet living space, 568 square feet shop
- * 1 bed alcove
- * 1 bathrooms in living space, 1/2 bathroom in shop
- * Garage freestanding
- * 2 stories
- * Ceiling heights: 12 feet first floor, 10 feet second floor
- * Slab fnd.
- * Liner Building: Living space based on the first Katrina Kernel Cottage



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BAKERY



PLAN #M.25.2

- * Designed by Steve Mouzon
- * 1,080 square feet living space, 1,530 square feet shop
- * 2 bedrooms
- * 2 bathrooms in living space, 2 bathrooms in shop
- * Garage freestanding
- * 2 stories
- * Ceiling heights: 12 feet first floor, 10 feet second floor
- * Slab fnd.



SECOND LEVEL FLOOR PLAN



FIRST LEVEL FLOOR PLAN

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SUNBURY STUDIO LOFT



PLAN #M.25.3

- * Designed by Steve Mouzon
- * 736 square feet living space, 1,457 square feet shop
- * 1 bedroom
- * 1 bathroom in living, 1 in shop
- * Garage freestanding
- * 2 stories
- * Ceiling heights: 12 feet first floor, 9 feet second floor
- * Slab foundation
- * Living unit is based on M.4.1 Model T Cottage



FIRST LEVEL FLOOR PLAN



SECOND LEVEL FLOOR PLAN

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