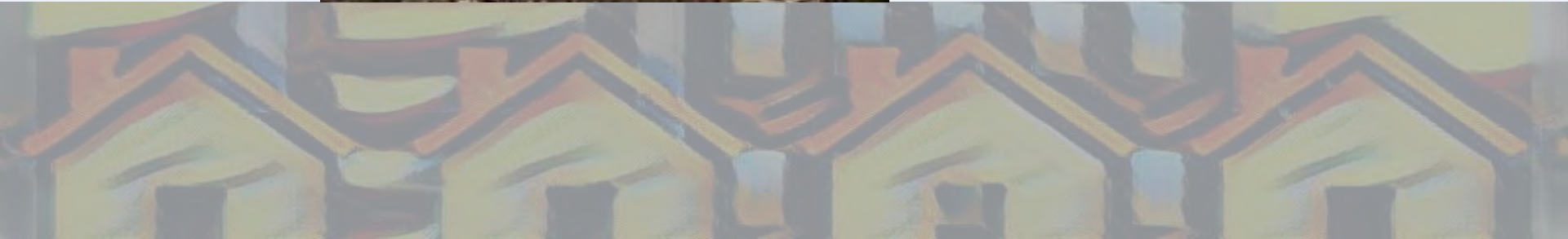


How Neighborhoods Make Us Sick:

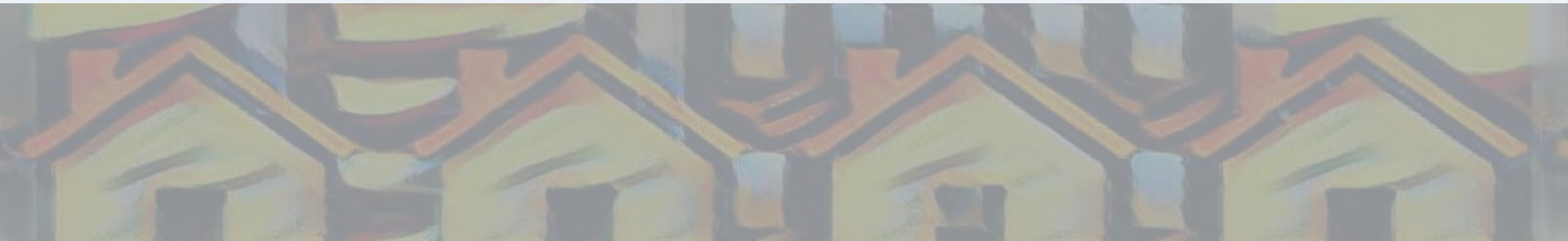
1. Addressing Social Determinants of Health
2. Pursuing Health Equity
3. And Making Healthy Neighborhoods

Veronica Squires and Breanna Lathrop

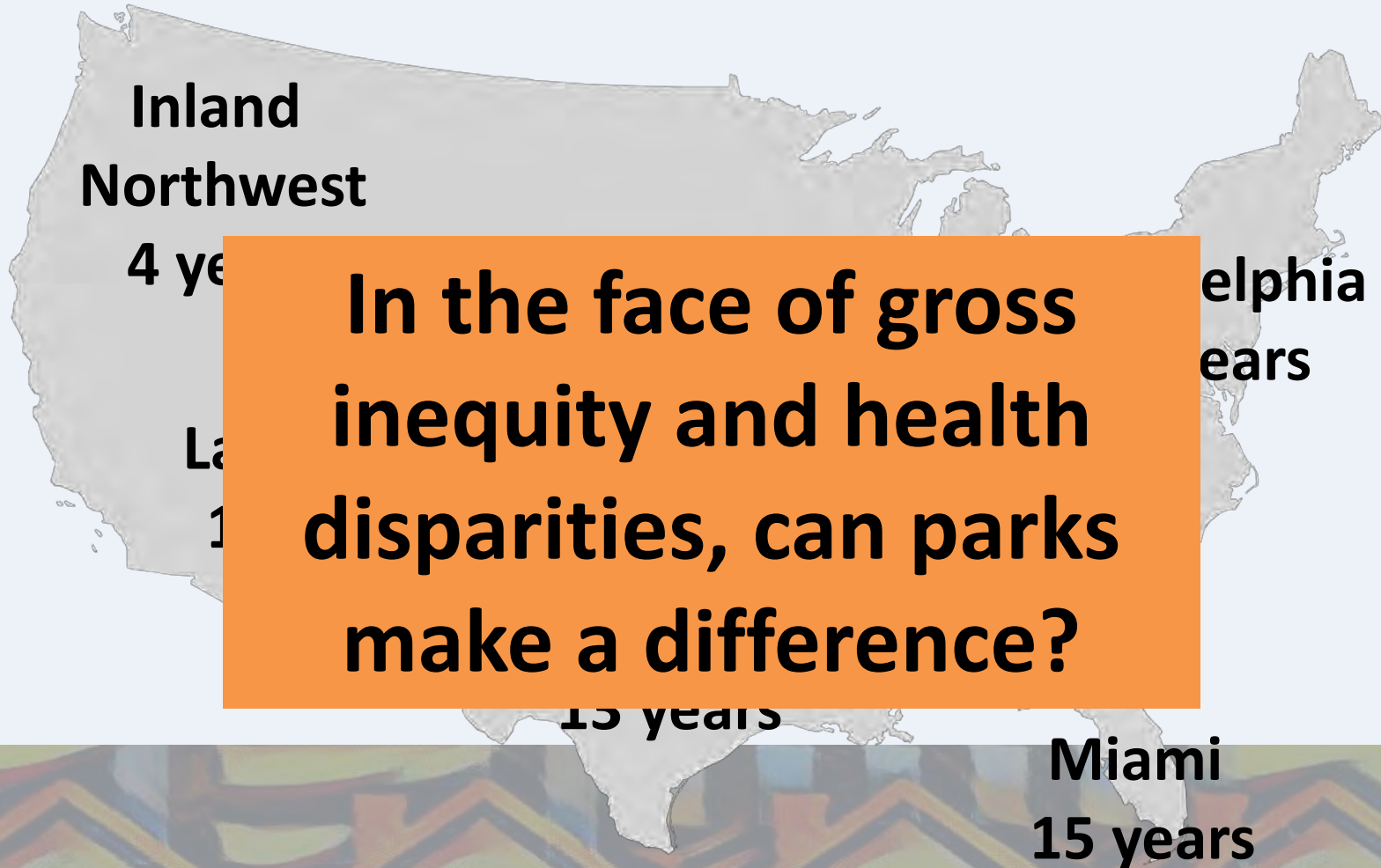
Try to imagine...



Try to Imagine...



The Life Expectancy Gap



A Resounding YES!

1. Park Rx: Parks are good for your health, in childhood & adulthood, particularly mental health
2. Parks bring people together (think volunteer days, community gardens, Friends of the Park groups, celebrations)
3. Well maintained parks serve as a “signpost of health in a community”
4. The people who control the park often control the neighborhood (Rev. Orange Park example)



Social Determinants of Health

Conditions in which people are born, grow, play, work, live, and age

Affect health and quality of life

Distribution of money, power, resources

Racism

Housing

Education

Food Access

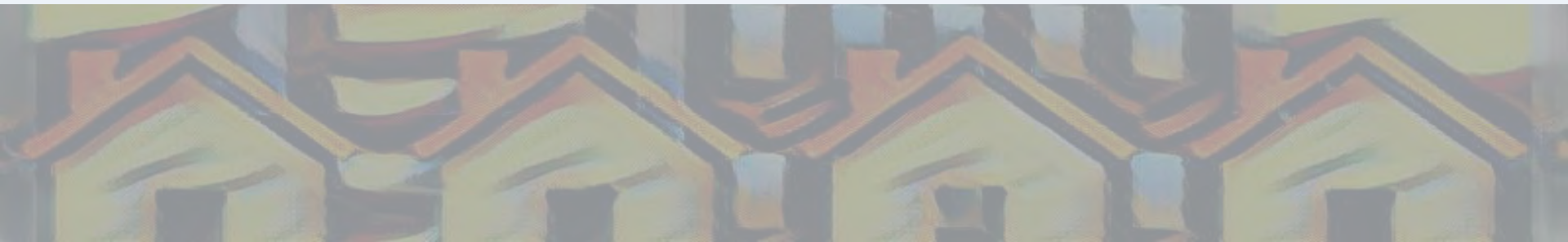
**Socioeconomic
status**

Employment

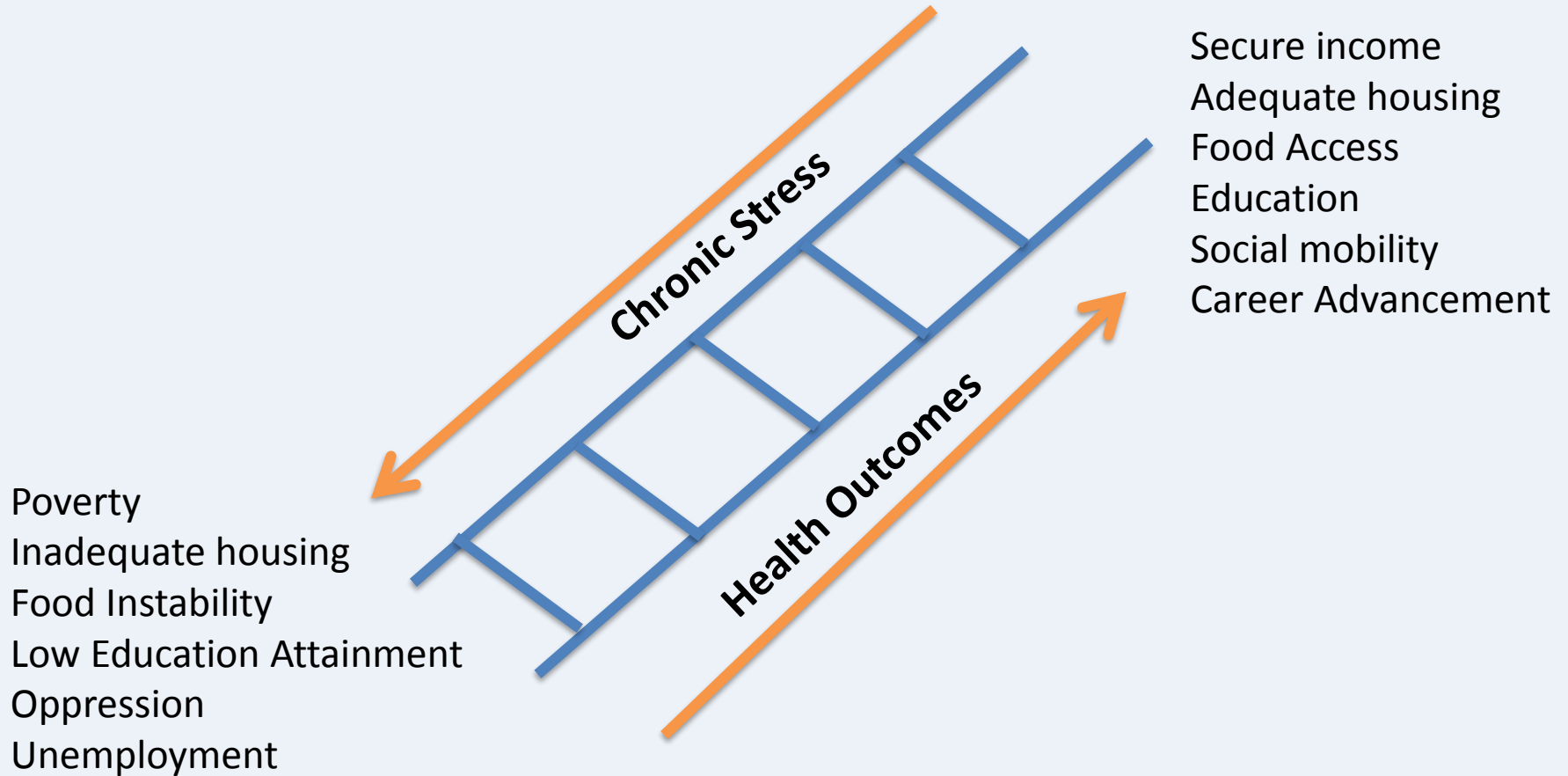
**Built
Environment**

Oppression

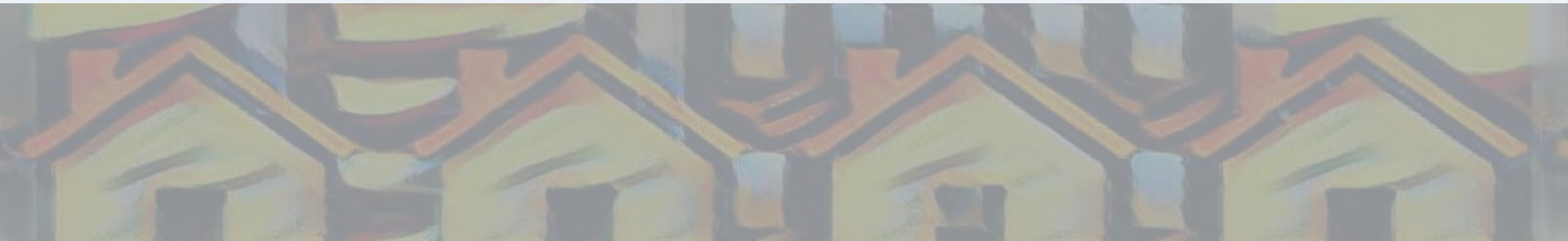
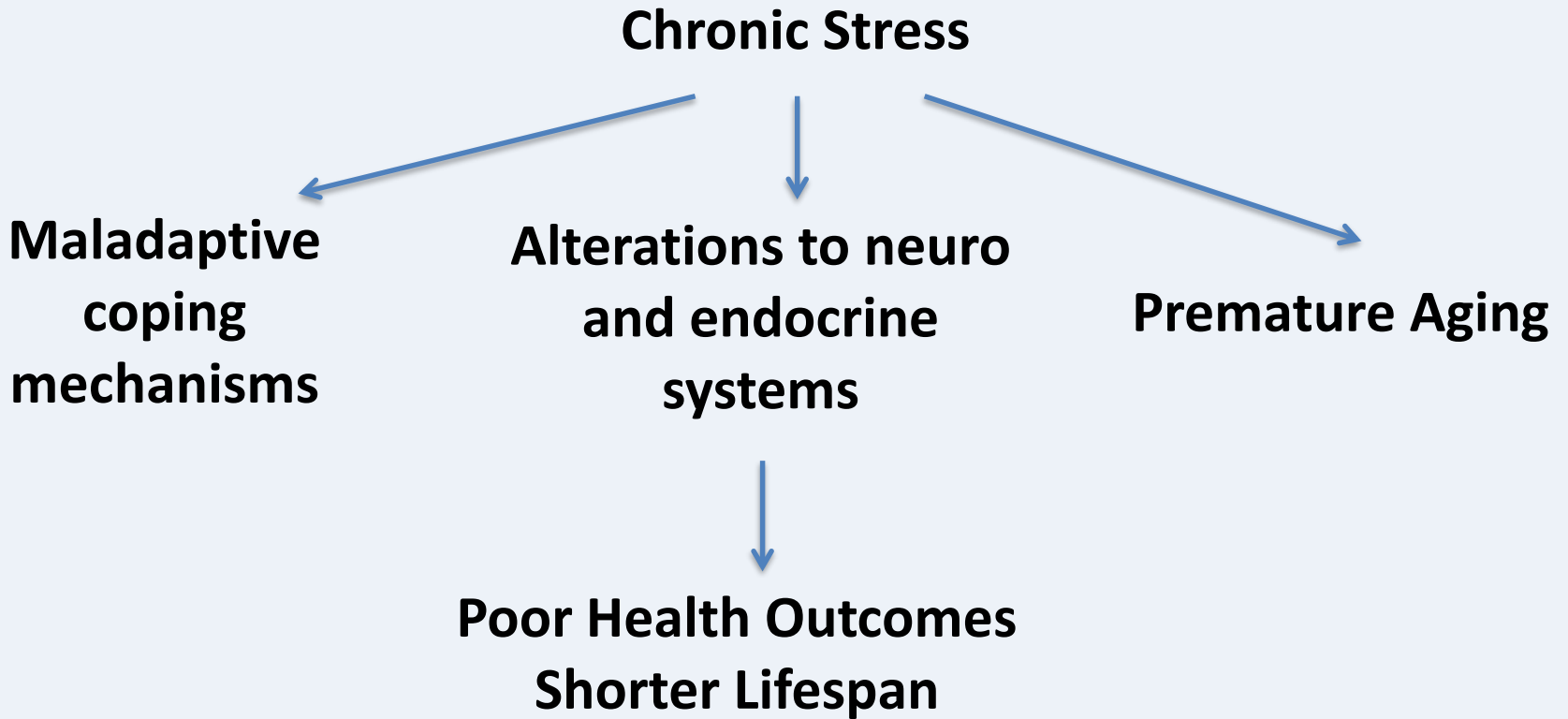
Poverty



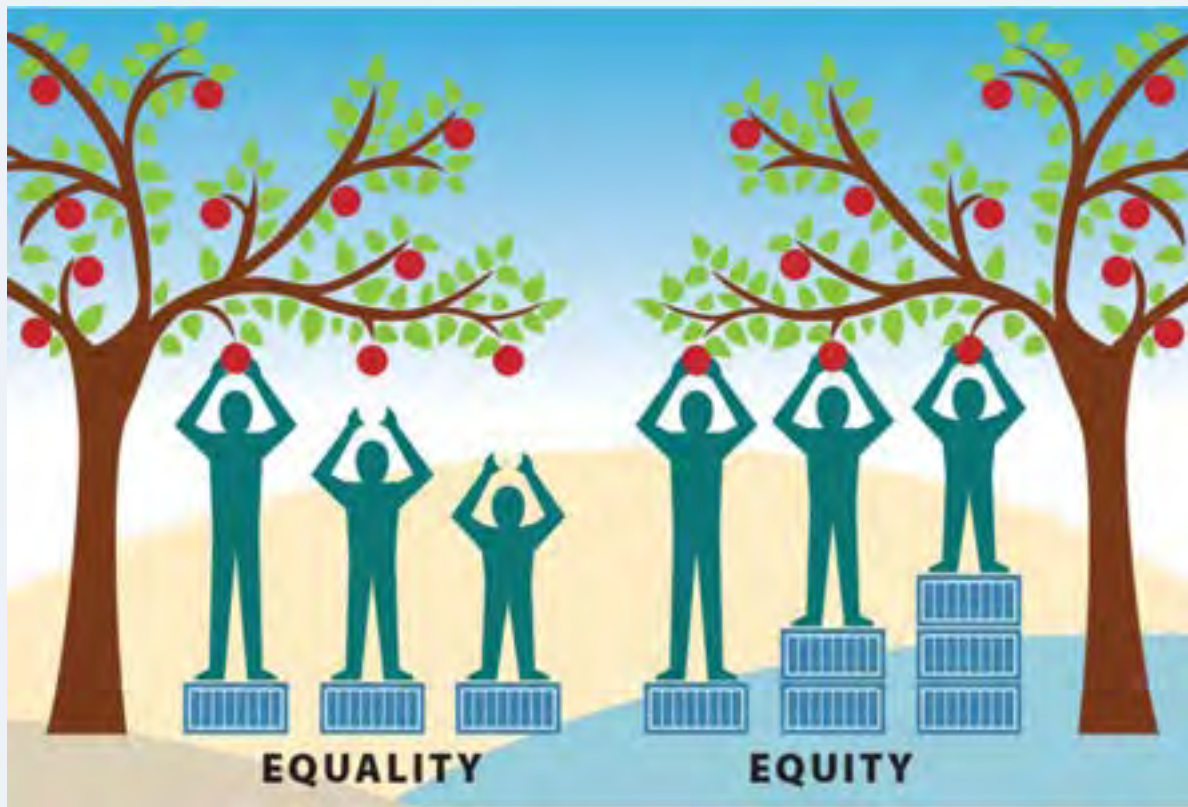
Socioeconomic Gradient



Social Determinants of Health



Health Equity



The Neighborhood's Built Environment

Built Environment: all of the physical parts of where we live and work

Homes

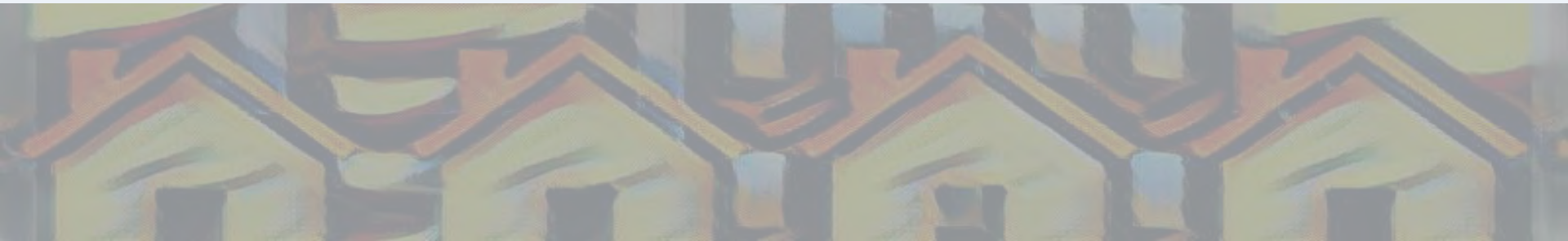
Parks

Open Spaces

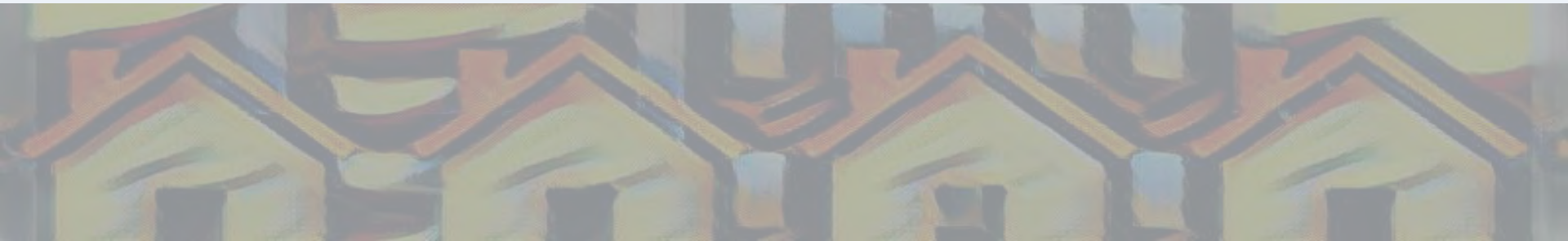
Infrastructure

Streets

Physical spaces can lead to exposures and influence lifestyles that contribute to chronic disease.

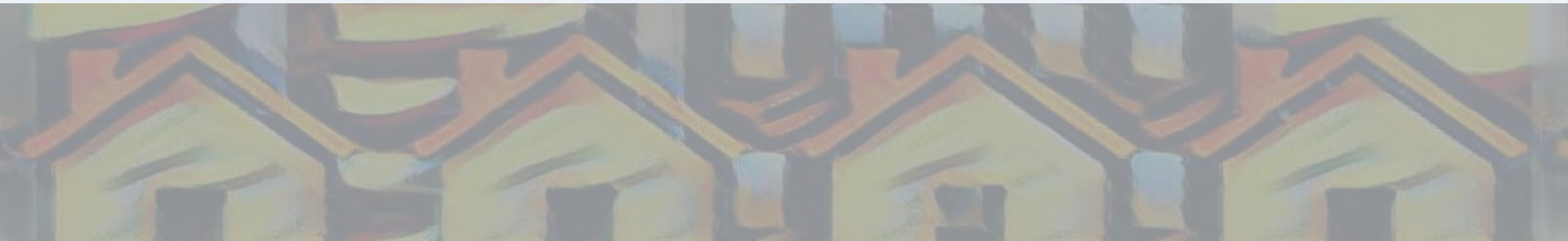


Toward Park Equity



Guided Exercise

Think of a neighborhood, maybe yours or one nearby, where you suspect life expectancy is lower due to social determinants of health. What does a neighborhood need to be healthy?



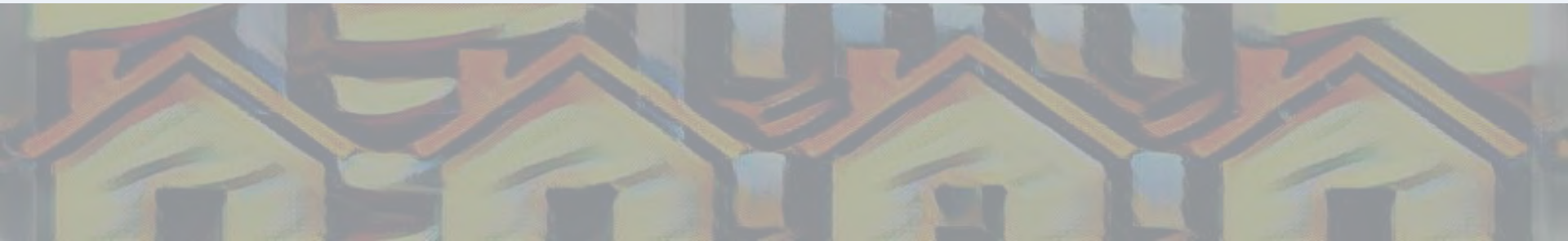
What Does a Family Need to be Healthy?

(Instructions: draw icons or write the name of resources required around the family image)



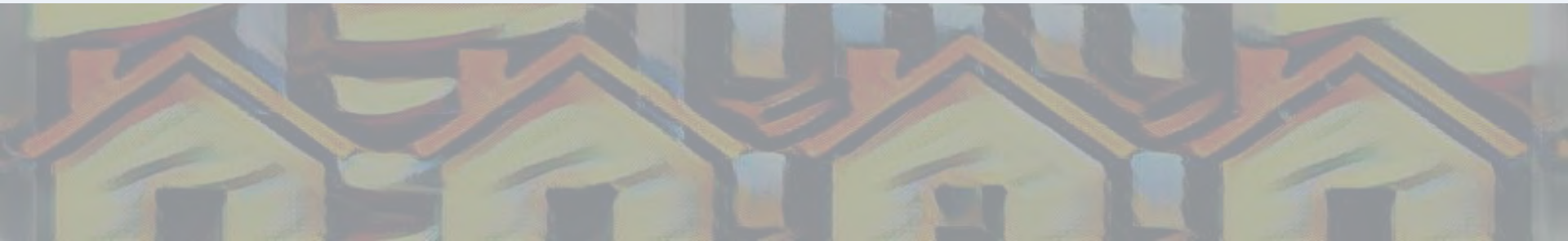
Guided Exercise

Picturing the neighborhood, what is missing in this neighborhood?



Guided Exercise

Based on your work and influence, how can you improve the built environment to promote health in that neighborhood? What partners do you need?



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