

GGR433 Built Environment and Health

Winter 2018 Course Syllabus- External (rev. Dec 11/17)

Administrative Details

Course Name: GGR433 36 S Built Environment and Health

Time: Thursday 12-3

Location: UC 261

Instructor: Pamela Kaufman, Assistant Professor, Dalla Lana School of Public Health, University of Toronto

Office Hours: After class or by appointment

Email: p.kaufman@utoronto.ca

Telephone: 416-978-8137

Office: Health Sciences Building, 155 College St., Rm. 536 (entre via suite 530)

Teaching Assistant: Katie Hayes

Office Hours: by appointment

Email: katie.hayes@mail.utoronto.ca

Course Description

Exclusions: GGR400H1 (2012-13)

Prerequisites: 10.0 FCE's

Recommended Preparation: 1.0 FCE in Geography (SOC SCI/BR=3)

Distribution Requirement Status: This is a Social Science course

Breadth Requirement: Society and its Institutions (3)

Overview: Linking across fields that include public health, geography and planning, this course examines the growing evidence and ways in which human health is affected by the spatial distribution and design of the built environment in which we live, work and play. More specifically, this course considers how various planning and development decisions impact individual and population health, particularly in relation to chronic diseases, injuries and mental health.

Learning Outcomes: By the end of this course, students will be able to:

1. Identify examples of interactions between the built environment and the health of individuals and populations, at the local, regional, provincial and national levels
2. Critically examine issues in the built environment that have an impact on health at the local and global level
3. Identify tools and best practices that promote healthier communities

4. Identify the benefits and challenges of cross-disciplinary collaboration to identify problems and develop, implement and evaluate solutions to built environment influences on health
5. Integrate current evidence regarding the impacts of the built environment on health with information and perspectives from other courses and/or personal experiences
6. Apply lessons from planning and public health research to current and future problems related to the built environment and health

Structure: This course emphasizes participation, critical thinking and communication. Class sessions are structured to include some topics being introduced by the instructor or guest speaker and **seminar style discussions**, where students are expected to complete the readings before class and actively participate in discussion during the session.

About Your Instructor: I am an Assistant Professor in the Dalla Lana School of Public Health at the University of Toronto, and a Scientist and Senior Project lead with the Ontario Tobacco Research Unit (OTRU) and the Social and Epidemiological Research Department at the Centre for Addiction and Mental Health. My academic training is in anthropology, landscape architecture and environmental design. For the past 15 years, I have engaged in a program of research addressing physical and social environment factors that affect the development and implementation of public health policies, and the beneficial effects and unintended consequences of such policies. I have a particular interest in the synergistic relationships between the built environment and health, and am excited about exploring with students how planning and development decisions impact population and individual health.

Student learning will also be facilitated by other academics, professionals and practitioners, who will bring first-hand experience working, studying and influencing decisions to create built environments that have a positive influence on health.

Expectations: You can expect that I will show up at each class prepared to facilitate your learning. As students, you are expected to show up at each class familiar with the readings and background material, and prepared to actively engage in lively discussion. This course expects you to bring critical thinking and thoughtful reflection to discussions about how knowledge gained through the course readings and lectures can be applied to solve real-world problems. You are encouraged to integrate evidence on the impacts of the built environment on health with your own academic and personal experiences, such as learning from other classes, and reflections about the neighbourhoods that you grew up in or are currently living within.

Required Texts and Readings: A variety of formats will be used to facilitate your learning, including guest lectures, videos/films and scholarly readings. A list of required readings for each class will be provided the first week of class and posted on Blackboard. Readings include journal articles and chapters from the following text: Andrew L. Dannenberg, Howard Frumkin, Richard J. Jackson (eds). 2011. Making Healthy Places: Designing and building for health, well-being, and sustainability. Island Press. Washington, D.C.

An electronic version of the text is available (pdf or epub format) free of charge through the University of Toronto Library via a direct link through your UofT student registration:

<http://go.utlib.ca/cat/9543440>

Journal articles are also available through the University of Toronto Library via direct link through your UofT student registration (a reading list with links will be provided in a separate document and posted on Blackboard).

Course Requirements and Grading

Assignment (mark)	Total Weight	Max. Length	Due Date
A1. Attendance	5%		12 weeks attendance
A2. Participation and Contribution to Class Discussion	10%		12 weeks of participation and contribution
A3. 6 Reflective Logs (individual) a) 5% per log	30%	Each log should be no more than 500 words	A reflective log on each of any 6 weekly topics between Jan 10 and Mar 8. Each log should be submitted on Wed (by 12 midnight)
A4. Neighbourhood Case Study (group project) a) Proposal (5%) b) Final report (15%) c) Presentation (5%)	25%	a) 500 words b) 3,000 words c) 15 min	a) Feb 1 b) Mar 15 c) Mar 22 and 29
A5. Briefing Note Presentation (individual) a) Briefing note (25%) b) Presentation & peer assessment (5%)	30%	1,000 words	a) February 7 b) Feb 8 and Feb 15

Drop date: March 14, 2018

Course/Departmental/Divisional Policies

Submission Methods: All assignments are to be submitted electronically through **Turnitin** unless otherwise noted by the instructor.

Normally, students will be required to submit their course essays to Turnitin.com for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their essays to be included as source documents in the Turnitin.com reference database, where they will be used solely for the

purpose of detecting plagiarism. The terms that apply to the University's use of the Turnitin.com service are described on the Turnitin.com web site.

Students may opt out of submitting their assignments through Turnitin. If Turnitin is not used, students may be required to demonstrate originality of their work by providing draft versions of essays or copies of background notes. Students must notify the instructor to discuss alternate methods of submission if they will not be using Turnitin.

Deadlines for Assignment Submissions: All assignments are to be submitted on the designated due date. Assignments submitted late will be penalized by **2% per day (including weekend days)** reduction in the total mark. **No assignments will be accepted more than one week after the due date** unless the student has obtained prior permission from the instructor in the case of documented illness or other extenuating circumstances.

Missed Deadlines: For illness or non-medical emergencies that affect your ability to complete coursework, you must provide the instructor with appropriate documentation. For missed work, contact the instructor as soon as possible – and no later than one-week after the original due date. For medical exemptions, only an official U of T medical certificate will be accepted (available online at <http://www.illnessverification.utoronto.ca>). For non-medical documentation please see: <http://www.artsci.utoronto.ca/current/petitions/process#documentation>. Please consult your college registrar if you are having serious difficulties during the term that prevent you from completing your course work. They may be able to provide a letter documenting your situation. Be aware that submitting a note that has been altered or obtained under false pretenses is considered a very serious offence by the University.

Academic Integrity: Plagiarism is an academic offense at the University of Toronto. Plagiarism is quoting (or paraphrasing) the work of an author (including the work of fellow students) without a proper citation. Quotation marks are required when using an author's words. Students also should not be submitting any academic work for which credit has previously been obtained or is being sought, without first discussing with the instructor. Please consult the "Rules and Regulations" section of the Arts and Science Calendar (http://www.artsandscience.utoronto.ca/ofr/calendar/Rules_&_Regulations.html) for further information, and check 'How not to plagiarize' at <http://life.utoronto.ca/get-smarter/academic-honesty/> or <http://www.writing.utoronto.ca/advice/using-sources/how-not-to-plagiarize>.

Accessibility Needs: The University of Toronto is committed to accessibility. If you require accommodations for a disability, or have any accessibility concerns about the course, the classroom or course materials, please contact Accessibility Services as soon as possible: disability.services@utoronto.ca or <http://studentlife.utoronto.ca/accessibility>

Accommodations for Religious Observances: The University welcomes and includes students, staff and faculty from a wide range of backgrounds, cultural traditions and spiritual beliefs. It is the policy of the University to arrange reasonable accommodation of the needs of students who observe religious holy days other than those already accommodated by ordinary scheduling and statutory holidays. Please

note that it is the student's responsibility to alert teaching staff in a timely fashion to upcoming religious observances and anticipated absences. For more information on the applicable policies:

<http://www.viceprovoststudents.utoronto.ca/publicationsandpolicies/guidelines/religiousobservances.htm>

Copyright in Instructional Settings: If a student wishes to tape-record, photograph, video-record or otherwise reproduce lecture presentations, course notes or other similar materials provided by instructors, he or she must obtain the instructor's consent beforehand.

On the Library: University of Toronto Libraries provide access to a vast collection of online and print resources to faculty, staff, and students. Research help is available by phone, e-mail, chat, and in-person. For more detail see <http://oneseach.library.utoronto.ca/>

Note: The contents of this summary may change

Detailed Course Description:

From zoning laws developed more than a century ago to prevent the spread of diseases, the built environment has been invariably linked to the health of individuals as well as entire populations. Over time, these concepts diverged into the distinct disciplines of public health and planning. In recent years, there has been renewed interest in the association between the built environment and many non-infectious diseases, including obesity, diabetes, cardiovascular and respiratory diseases, cancer and injuries. However, few planning and public health professionals are equipped with the knowledge and skills to communicate and work collaboratively to create healthy communities. Linking across fields that include public health, geography and planning, this course allows students to explore the growing evidence and ways in which human health is affected by the spatial distribution and design of the built environment in which we live, work and play. More specifically, the course will explore how various planning and development decisions impact population and individual health, particularly in relation to chronic diseases and injuries.

Based on a model curriculum developed by instructors of planning and public health,¹ the curriculum for GGR433 addresses the following three areas:

1. **Planning and Public Health Foundations:** To provide students with an overview of the fields of planning and public health, from their origins to present. Students will gain foundational knowledge about the core values and histories of planning and public health, how they evolved to the present day, and theories on the relationship between the built environment and health.
2. **Health Issues Related to the Built Environment:** To provide students with knowledge about how the built environment influences health related behaviours such as physical activity, access to healthy food, and the implications for major health issues such as injury, obesity, diabetes and mental health problems. Students will also consider the role of social determinants of health in the existence of health related disparities and inequalities.
3. **Designing the Built Environment for Health:** To provide students with knowledge about how planning and public health tools can be used to address the health impacts of the built environment. Students will be able to identify contemporary features of the built environment and how they contribute and detract from individual and population health. Students will learn about the role of policies and practices on the health of individuals and populations from the local to global level and gain greater awareness of how the built environment impacts the choices that people make in their day-to-day lives, and the importance of ethical considerations in decision-making. Students will also consider future challenges for healthy built environments.

¹ Botchwey N, Hobson S, Dannenberg A, Mumford K, Contant C, McMillan T, Jackson R, Lopez R, Winkle C. A Model Curriculum for a Course on Built Environment and Public Health: Training for an Interdisciplinary Workforce. *American Journal of Preventive Medicine* 2009; 36 (2S): S63-S71.

Throughout the course, students will engage in critical thinking, application of knowledge to solve real-world problems, and thoughtful reflection. Students are encouraged to integrate evidence on the impacts of the built environment on health with their own academic and personal experiences. In doing so, students will contemplate their future role as citizens, academics and professionals in improving outcomes for a healthier world.

Course Schedule:

Session/ Date	Weekly Topic
1. Jan 4	Introduction and Course Overview
2. Jan 11	Reconnecting Urban Planning and Public Health
3. Jan 18	Transportation and Physical Activity
4. Jan 25	Built Environments and Health Equity
5. Feb 1	Food Environments and Access
6. Feb 8	Health Impact Assessments and Community Engagement Tools
7. Feb 15	The Role of Social Capital in Healthy Communities
8. Feb 22	Reading Week- No Class
9. Mar 1	Climate Change and the Built Environment
10. Mar 8	Built Environment and Mental Health
11. Mar 15	Accessibility and the Built Environment
12. Mar 22	Neighbourhood Case Study- Group Presentations
13. Mar 29	Neighbourhood Case Study- Group Presentations

Assignments- Detailed Description

Evaluation

As the University of Toronto's Faculty of Arts and Science Grading Policy states (at <http://www.writing.utoronto.ca/advice/general/grading-policy>), the various possible grades are defined as follows:

A (80 - 100%) Excellent: Strong evidence of original thinking; good organization; capacity to analyze and synthesize; superior grasp of subject matter with sound critical evaluations; evidence of extensive knowledge base.

B (70-79%) Good: Evidence of grasp of subject matter, some evidence of critical capacity and analytic ability; reasonable understanding of relevant issues; evidence of familiarity with literature

C (60-69%) Adequate: Student who is profiting from the university experience; understanding of the subject matter and ability to develop solutions to simple problems in the material.

D (50-59%) Marginal: Some evidence of familiarity with the subject matter and some evidence that critical and analytic skills have been developed.

F (0-49%) Inadequate: Little evidence of even superficial understanding of subject matter; weakness in critical and analytic skills; limited or irrelevant use of literature.

A1. Attendance 5%

It is the responsibility of the student to ensure that they have signed the weekly attendance sheet and to speak to the instructor if they will be missing a class due to illness or unavoidable non-medical emergencies. For medical exemptions, only an official U of T medical certificate will be accepted (available online at <http://www.illnessverification.utoronto.ca>). For non-medical documentation please see: <http://www.artsci.utoronto.ca/current/petitions/process#documentation>.

A2. Participation and Contribution 10%

Much of this course is carried out in a seminar format, so students are expected to actively engage in critical thinking and thoughtful reflection about how knowledge can be applied to identify, describe and solve real-world problems. Students are encouraged to integrate evidence about the impacts of the built environment on health gained from required readings, guest presentations and other course materials, with their own academic and personal experiences. It is therefore essential that students read the required materials as part of their preparation for weekly class discussion.

A3. 6 Reflective Logs 30% (5% each), due on Wednesdays by 12 midnight from January 11 to March 14

Students will produce a reflective log on each of 6 weekly topics between Jan 10 and Mar 14. Each log must focus on a topic or theme to be discussed in class the week the log is submitted. The log must be submitted by midnight on the Wed before class; for example, if the log is focused on a topic to be discussed in class on Jan 18, the log should be handed on Wed Jan 17, by 12 am (midnight). This will ensure that students are prepared to engage in discussion about the topic. Only one log is to be submitted in any one week; and only one log is to be submitted on the same topic. In their logs, students should address how the required readings relate to the weekly topic/theme, and specifically how the topic is relevant to the built environment and health. Students should reflect on 1) what they already know about the topic from the media or other classes, 2) what they learned about the topic from the assigned weekly readings (critically reflect on at least 2 of the weekly readings), and 3) how their own real-life experiences (or the experiences of others) relate to the topic. While these are not formal academic papers, proper spelling, grammar and sentence structure should be used, and references to specific weekly readings or other cited materials should be included. The log should be no

more than 500 words (not including references to readings), and must be submitted to Turnitin on the Wednesday of the relevant week, by 12 midnight. Each log is worth 5% of the final grade.

Each log must:

- Clearly identify a weekly topic and state how the topic is relevant to the built environment and health
- Briefly discuss what you already know about the topic from the media, general readings or other classes
- Critically reflect on what you have learned about the topic from at least 2 of the weekly readings
- Include personal reflections and experiences (or the experiences of family, friends or others) related to the topic
- Reference assigned readings and any additional literature or materials used

A3. Neighbourhood Case Study (groups of 3-4) 25%

Groups of students (assigned by the instructor) will select a real-life neighbourhood case study (to be further defined during the 3rd week of the course). Using knowledge gained from class sessions and readings, each group will analyze their neighbourhood case study to identify elements of the built environment that: promote or discourage physical activity, make the neighbourhood safe or unsafe, inviting or hostile, or make good public spaces. Groups will also identify planning tools or policies that are being used or could be used to influence healthy behaviours or deter unhealthy behaviours.

Each group of students will need to:

- Identify and define a neighbourhood to use as a case study
- Visit the neighbourhood to get a sense of how the built environment works and makes you feel (*Please stay safe and walk in groups during daylight hours*). Think about your personal reactions to being in the neighbourhood spaces. For example: Do you feel content? Safe? Anxious? Would you feel comfortable living in and walking regularly through the neighbourhood? Are there destinations that you would walk to if you lived there? What about access to healthy food and transportation networks?
- Apply some of the theoretical and applied concepts from the course to the neighbourhood being examined, such as, but not limited to: physical activity, transportation, food access, injury risk, mental health, vulnerable populations, access to nature, and discuss how they might impact individual or population health.
- Recommend planning, development, policy or other improvements to the neighbourhood that could positively impact the health of residents.
 - **Safety guidelines: Only walk your neighbourhoods during daylight, in groups for two or more and avoid locations that are deemed to be risky.**

The Neighbourhood case study project is to be submitted as a group and will be graded in three stages:

- a) **Proposal (5%), due February 1:** Each group will provide one proposal document of no more than 500 words on February 1 by 12 am (midnight). The proposal should include:
 - Cover page with names of all group members, course code, assignment name, title and date (not included in the word limit)
 - Name, location/boundaries and brief description of neighbourhood case study
 - The primary issue(s) or question(s) that you propose to address

- A work plan outlining key tasks, timelines and roles of each group member
 - A preliminary list of at least 3 key resources that you intend to use (e.g., journal articles, reports, websites)
- b) **Case Study Report (15%), due March 15:** Each group will submit one final project report of no more than 3,000 words on March 15 by 12 am (midnight). Tables, charts, lists, bibliographic references and graphics/images will not be included in word count. Each report must have a cover page with the names of all the group members, the course code, assignment name, title and date (not included in word/page limit). The report will be evaluated on the following criteria:
- Demonstrates understanding of the purpose of the exercise
 - Demonstrates knowledge of the subject area with explanations and elaboration
 - Applies concepts learned in class and in assigned readings
 - Uses additional resources (beyond assigned class readings) to support ideas and recommendations
 - Figures and tables are presented logically to reinforce text
 - Complete references are included in a consistent and logical referencing system
 - Format is consistent throughout (headings, captions)
 - Pages are numbered
 - Demonstrates a cohesive, collective group effort (students should be prepared to explain what they contributed to if asked)
- c) **Presentation (5%), due March 22 or March 29:** Student groups will deliver a 15-minute presentation on either March 22 or March 29 (date to be determined by instructor). The presentation will provide an overview of the neighbourhood case study, findings and recommendations. All group members should participate equally in the presentation. Presentations should demonstrate understanding and knowledge of the neighbourhood and related issues, and show original thought and creativity. Slides and/or other visuals may be included and the presentation file should be submitted to the instructor by 5pm the day before the presentation via email (p.kaufman@utoronto.ca). Following each presentation, the presenters will answer questions and engage the class in a 5-10 minute discussion.

A4. Briefing Notes and Presentation 30%

Many public and private sector organizations require Briefing Notes for decision-makers who are too busy to research pressing issues themselves but who nonetheless need relevant information and analysis, succinctly presented, on a timely basis. Each student will prepare one Briefing Note on an issue of their choice that addresses the relationship between the built environment and human health. Briefing Notes should be written for government decision-makers at the local level (e.g., manager within Toronto City Planning, local Medical Officer of Health), or provincial level (e.g., Ontario Minister of Health). It is important to have a critical perspective and balanced approach when writing Briefing Notes. Editorial commentaries and advocacy positions are strongly discouraged.

- a) The briefing note is due on **Feb 7** at 12 midnight and is worth 25% of the final grade. The Briefing Note should be no more than 1,000 words, not including title page or references. This will require some out of class research to gather background data. Please provide complete references using a consistent and logical referencing system. While the format may vary, Briefing Notes typically include the following:

1. **Issue statement:** What is the policy issue (i.e., the problem that needs to be solved)?
2. **Background:** Why is it an issue? Who is affected? What legislation/regulations/programs have to be taken into account? Which groups have an active interest in this issue and what are their views?
3. **Analysis:** What are the main options for addressing this issue? What are the pros and cons (costs and benefits) of each option?
4. **Recommendation:** Which option do you recommend? Why?
5. **References:** Cite the sources of key arguments and evidence.

The Briefing Note must:

- Have a cover page with the student's name, course code, assignment name, title, and date of submission (not included in the word/page count)
 - Be spell-checked and proofread
 - Present references in a standard format (references are not included in the word/page count)
 - Have a consistent and logical format with headings and sub-headings
 - Provide enough information to explain each bullet point
 - Have numbered pages
- b) Students will present their briefing notes in class on Feb 8 and Feb 15 to three classmates who will act as peer assessors. Up to 5 minutes will be allowed for each presentation with an additional 5 minutes for questions and answers. NO slides or other props will be allowed. Each of the peer assessors will submit a critical peer assessment of the presentation. The presentation mark will be an average of the three assessments. The presentations will be worth 5% of the final grade.