

# Health Leaders Network

## Cohort 7 Curriculum

### **Program Details**

The ULI Health Leaders Network facilitates creative collaborations within the fields of public health, planning and design, development, and beyond and empowers participants with actionable knowledge on development and design strategies that improve health and equity. Through forums, webinars, and individual work and collaboration, participants will gain valuable skills and connections that will help them advance their careers, as well as practical knowledge about the intersection between health and the built environment.

*ULI is grateful to the Robert Wood Johnson Foundation and ULI Trustee Randall Lewis for their support of this program.*

### **Program Benefits and Goals**

- 1- **Learn:** Cultivate leadership skills to advance careers and learn about best practices, research, and actionable approaches to advance health and social equity in built environment strategies.
- 2- **Network:** Be part of a robust cross-sector network of land use and real estate professionals with knowledge about connections between real estate, planning, and health.
- 3- **Make a Difference:** Advance a culture of health in real estate and land use decision making, equitably improving health and wellness for all.

## 2024 Schedule

Date	Type of Session
March 5, 2024	Program Orientation and Virtual Meet & Greet via Zoom
March 20-22, 2024	Introductory Forum (Philadelphia, Pennsylvania)
March 26, 2024	Optional Healthy Coffee Hour with Alumni via Zoom
April 2, 2024	Monthly Cohort Meeting via Zoom
April 16, 2024	Expert Webinar (Podcast distributed beforehand) via Zoom: <b>Topic and Experts TBD</b>
May 7, 2024	Small Group Presentations via Zoom (Monthly Cohort Meeting)
May 21, 2024	Optional Healthy Coffee Hour with Alumni via Zoom
May 28, 2024	Individual Assignment #1 Due
June 4, 2024	Small Group Presentations via Zoom (Monthly Cohort Meeting)
June 11, 2024	Optional Speed Networking Summer Series with Cohort 7 and Alumni via Zoom
June 18, 2024	Expert Webinar (Podcast distributed beforehand) via Zoom: <b>Topic and Experts TBD</b>
July 2, 2024	Optional Speed Networking Summer Series with Cohort 7 and Alumni via Zoom
July 30, 2024	Virtual Mid-Year Forum via Zoom
August 6, 2024	Small Group Presentations via Zoom (Monthly Cohort Meeting)
August 13, 2024	Individual Assignment #2 Due
August 20, 2024	Optional Speed Networking Summer Series with Cohort 7 and Alumni via Zoom
September 10, 2024	Optional Healthy Coffee Hour with Alumni via Zoom
September 17, 2024	Expert Webinar (Podcast distributed beforehand) via Zoom: <b>Topic and Experts TBD</b>
September 24-27, 2024	Fall Forum (Vancouver, Canada)
October 1, 2024	Small Group Presentations via Zoom (Monthly Cohort Meeting) via Zoom

October 15, 2024	Expert Webinar (Podcast distributed beforehand) via Zoom: <b>Topic and Experts TBD</b>
October 22, 2024	Individual Assignment #3 Due
November 5, 2024	Optional Healthy Coffee Hour with Alumni via Zoom
November 12, 2024	Small Group Presentations via Zoom (Monthly Cohort Meeting)
November 19, 2024	Virtual Closing Convening via Zoom

## Recommended Reading:

Please note that this list is not exhaustive, and we welcome suggestions on what to include. As many of these titles were recommended to us, if you have questions or issues with a title listed, please bring this to our attention so we can reassess its placement on this list.

### ***Health, Cities, and Communities***

[Arbitrary Lines: How Zoning Broke the American City and How to Fix It](#), by M. Nolan Gray

[Cities for Life](#), by Jason Corburn

[Cities for People](#), by Jan Gehl and Lord Richard Rogers

[Happy City: Transforming Our Lives Through Urban Design](#), by Charles Montgomery

[Health Equity Reading List](#)

[Healthy City Planning: From Neighbourhood to National Health Equity](#), by Jason Corburn

[Integrating Health in Urban and Territorial Planning: A Sourcebook](#), by WHO

[Making Healthy Places: Designing and Building for Health, Well-being, and Sustainability](#), edited by Nisha Botchwey, Andrew L. Dannenberg, and Howard Frumkin

[Missing Middle Housing: Thinking Big and Building Small to Respond to Today's Housing Crisis](#), by Daniel Parolek

[Places of the Heart: The Psychogeography of Everyday Life](#), by Colin Ellard

[Restorative Cities: Urban Design for Mental Health and Wellbeing](#), by Jenny Roe and Layla McCay

[Social Determinants of Health](#), by Michael Marmot

[Streetfight: Handbook for an Urban Revolution](#), by Janette Sadik-Khan and Seth Solomonow

[The Health Gap: The Challenge of an Unequal World](#), by Michael Marmot

[Walkable City: How Downtown Can Save America, One Step at a Time](#), by Jeff Speck

[Welcome to Your World: How the Built Environment Shapes Our Lives](#), by Sarah Williams Goldhagen

[Where We Want to Live: Reclaiming Infrastructure for a New Generation of Cities](#), by Ryan Gravel

### ***Equity and Inclusion***

[Anti-Racism Resources](#), created by Cohort 3 Health Leaders

[Cities Alive: Designing Cities That Work for Women](#), by Arup, United Nations Development Programme, and the University of Liverpool

[Gender, Race, Class and Health: Intersectional Approaches](#), by Amy J. Schulz and Leith Mullings

[Improving With Age? How City Design is Adapting to Older Populations](#), by Alice Grahame

[Planning for Age-Friendly Cities](#), edited by Mark Scott

[Queering Public Space](#), by Arup and the University of Westminster

[The '15-Minute City' Isn't Made for Disabled Bodies](#), by Anna Zivarts

[The Color of Law: A Forgotten History of How Our Government Segregated America](#), by Richard Rothstein

[What Would a Truly Disabled-Accessible City Look Like?](#), by Saba Salman

### ***ULI Building Healthy Places Resources (all reports can be found [here](#))***

[10 Principles for Embedding Racial Equity in Real Estate Development](#)

[Building Healthy Places Toolkit](#)

[Five Characteristics of High-Quality Parks](#)

[Greening Buildings for Healthier People](#)

[Intersections: Health and the Built Environment](#)

[Health and Social Equity in Real Estate: Examples from the Field](#)

[Health and Social Equity in Real Estate: State of the Market](#)

[Pavement to Parks: Transforming Spaces for Cars into Places for People](#)

[Reshaping the City: Zoning for a More Equitable, Resilient, and Sustainable Future](#)

[Small Vehicles, Big Impact: Micromobility's Value for Cities and Real Estate](#)

[The Pandemic and the Public Realm](#)

[The Materials Movement: Creating Value With Better Building Materials](#)

[Together: Strategies for Promoting Health and Community in Privately Owned Third Places](#)

[Transportation Transformations: How Highway Conversions Can Pave the Way for More Inclusive and Resilient Places](#)

## Individual Assignment Descriptions

### Peer Sharing

For each assignment, participants will be paired with a cohort member outside of their small group to discuss their assignment and network with other Health Leaders.

#### **Assignment 1: Due May 28**

Interview a friend or family member who is not a health or built environment professional: Have they ever thought about how the built environment impacts their health? What specific ways do they see their neighborhood or community supporting their ability to live a healthy life? What are the biggest influences on how they think about health or where they get information about health? Write up a 1-2 page summary of your conversation. Include your own reflections on the conversation and anything you learned about effective ways to talk with the general public about the importance of community and building design to public health.

#### **Assignment 2: Due August 13**

Perform a mini walking audit of 2-4 blocks around your home or office. What makes the area healthy? What makes it unhealthy? What are the assets and opportunities of both the street and the surrounding land uses as they related to health, equity, and the social determinants of health (the conditions in which people are born, grow, live, work and age, including factors such as socioeconomic status, education, the physical environment, employment, social support networks, and access to health care)? You can use the 21 recommendations from the [Building Healthy Places Toolkit](#) as a guide if you would like (or any other toolkit you would prefer!) but you do not need to address all 21 in your assessment. Write 1-2 pages about what you observed, what could be improved to make the area healthier, and any key takeaways or reflections you had from walking this area. Include pictures!

#### **Assignment 3: Due October 22**

Identify an upcoming or recent policy or project related to the built environment within your community, city, or state/province and critically evaluate how it may influence health outcomes, both positively and negatively. Delve into the potential unintended consequences as well as the impact on underserved populations. You may consider the following prompts and framing for your 2-3 page paper:

- *Historical and political context:* Provide brief context on the policy or project including the motivations behind its development and discuss relevant political dynamics and stakeholders involved in shaping the policy or project.
- *Recommendations for health:* Offer recommendations for the policy or project to better embed health considerations and to maximize health benefits.
- *Implications on equity:* Discuss the potential implications on underserved and marginalized communities. Think about how the policy or project might exacerbate health disparities and explore strategies to ensure equitable distribution of benefits.

## Small Group Presentations

You will present a project or issue focused on health and/or equity that you are working closely on or are interested in at work or in your community during one of the monthly small group calls. There are no strict guidelines for the topic, as it can range from a development project, an area of your community that could be better focused on health (such as a park or playground), advocacy work you're involved with in your city or community, or anything in between. ULI staff will happily discuss potential topics with you if there is uncertainty. Each presentation should be up to 20 minutes in length, which will be followed by 30-40 minutes of engagement and discussion with fellow small group participants. This is an opportunity to learn from one another and to gain insight and perspectives from other Health Leaders. Small group presentation examples from Cohort 6 can be found [here](#).

Presentations should include sections on but are not limited to:

- Contextual background information
- Connections to health and social equity as you see them manifesting throughout the project
- Discuss how various land use professionals' roles and voices can engage and contribute to the topic
- Talk through the challenges and how you plan to/have overcome them (or pose this as a question to the group!)
- Create 2-3 discussion questions for the group based on the topic you are presenting
- Include high quality images where possible

We encourage you to take ownership of your presentation and be creative, if you choose. Presentations can be presented in the following styles but are not limited to:

- PowerPoint
- [Prezi](#)
- [Ignite](#)
- [Pecha Kucha](#)

All presentations will be recorded during each monthly call and then shared with the entire cohort, so that you have access to explore other projects outside of your small group that center health and equity, on your own time.

\*\*Feel free to send your group members any articles you want them to read prior to your presentation.