

GuideBox

INTRODUCTION

1 WELCOME TO THE GUIDEBOX TO HEALTHY PLACES

THE *GUIDEBOX* IS:

- A set of resources to raise awareness of the relationship between health and communities.
- Easy-to-use materials that help people better understand health in their community.
- A tool for creative thinking to help improve the wellbeing of everyone in their community.

2 USING THE GUIDEBOX

THERE IS NO ONE-SIZE-FITS-ALL APPROACH TO USING THE *GUIDEBOX*.

The *GuideBox* can be used in many settings including in community meetings, classrooms, or presentations.

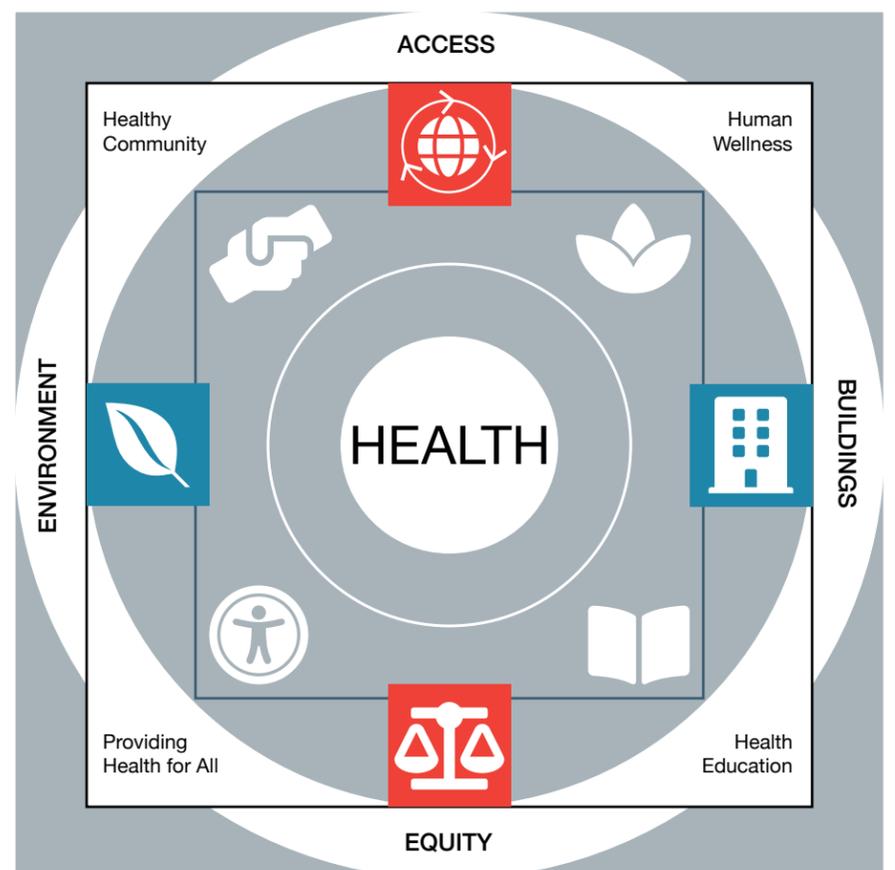
- **IN A NEIGHBORHOOD OR COMMUNITY**
The *GuideBox* can help people better understand how parts of their daily lives impacts their health, including things like how we choose to get around. In this setting, a short meeting could be focused on raising awareness about health in communities. It can be used over a series of meetings focused on improving health in communities.
- **IN A CLASSROOM**
The *GuideBox* can be used to teach students how human and environmental health is related to community design.
- **FOR PROFESSIONALS**
The *GuideBox* resources can be used to integrate topics of health and wellness into foundational practices.

3 DEFINING HEALTH

Health is more than exercise, diet, and nutrition. Personal health includes everything related to a person's ability to thrive in their surroundings: physically, mentally, financially, socially, and spiritually.

For an entire community to be healthy, focus needs to be given to environments, both natural and built. Our buildings, streets, and homes need to work with nature to provide vital resources to the people that live there. By looking at health from multiple areas, a greater sense of what health means in a community can be discovered.

AN INTEGRATED APPROACH TO HEALTH



GUIDEBOX VERSIONS

THE *GUIDEBOX* IS AVAILABLE BOTH ONLINE AND IN PRINT.

Both versions are identical.

- **Online version:**
<https://healthdesigncolorado.org/guidebox/>

GuideBox

OTHER HEALTHY PLACES RESOURCES

CREATING HEALTHY PLACES GUIDEBOOK

A publication with twenty-four best practices and tools for planning and designing healthier neighborhoods and communities.

<https://healthdesigncolorado.org/guidebook/>

HEALTH ASSESSMENT LENS

An evaluation tool that can be used to investigate health impacts in neighborhoods and communities.

<https://healthdesigncolorado.org/health-assessment-lens/>

HEALTH + DESIGN INITIATIVE

The ongoing program for the Creating Healthy Places project. Hosted by the University of Colorado Denver.

<https://healthdesigncolorado.org/>

COLORADO HEALTHY PLACES COLLABORATIVE A partnership of twenty-three statewide and regional organizations working together to make healthier communities throughout Colorado.

<https://coloradohealthyplaces.org/>

The Colorado Health Foundation made a generous grant to the University of Colorado Denver College of Architecture and Planning through a project titled *Creating Healthy Places through Transformational Education and Design*. The project has aimed to advance the integration of health and wellness through design, planning, and decision-making.

The *GuideBox to Healthy Places* is one of the products of this project.

CHPC Colorado Healthy Places Collaborative



to healthy places