

Our lives are shaped by the environments we build

What is the Built Environment?

The built environment includes all of the physical structures engineered and built by people. These structures include homes, workplaces, road systems, open space and parks, schools, stores, and transit arrangements.

How a community is designed can either encourage or discourage physical activity. With a healthy community design, residents are able to participate in physical activity and help combat health issues such as obesity, heart disease, cancer, diabetes, and asthma.

