



Epidemiology and Population Health Summer Institute at Columbia University



WEEK 3: JUNE 20 & 21 8:30AM - 5:30PM

Designing Healthy Cities to Reverse Obesity and Non-Communicable Disease Epidemics

DESCRIPTION

Non-communicable diseases (NCDs) are now the leading causes of death globally and incur high healthcare costs. Obesity is a global pandemic that is rising rapidly. Physical inactivity and unhealthy diets are key risk factors. The scientific evidence has been accumulating for the important role of the built environment – our human-made buildings, streets and neighborhoods, and their amenities – in supporting or being barriers to physical activity and healthier eating. This course will teach health practitioners/students and non-health practitioners/students interested in health about successful interventions for improving the built environment to address obesity and NCDs, and strategies for implementing them in their own cities. Cities that have successfully implemented such interventions and achieved results, such as New York, will be used as case examples. The course uses lectures, group discussions and exercises, and field case studies to help course participants begin this work in their own practice as professionals or would-be professionals.

INSTRUCTOR

▪ **Karen Lee, MD, MHSc**

OBJECTIVES

By the end of the course, participants will be able to

- Identify today's key epidemics and their risk factors
- Identify the key built environment factors that impact active living and healthy eating
- Identify examples of successful policy and practice interventions for built environment improvements for physical activity and healthy eating
- Identify potential strategies for implementing such policy and practice interventions for improving the built environment for physical activity and healthy eating within their own cities

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REGISTRATION OPEN THROUGH MAY 1, 2019

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