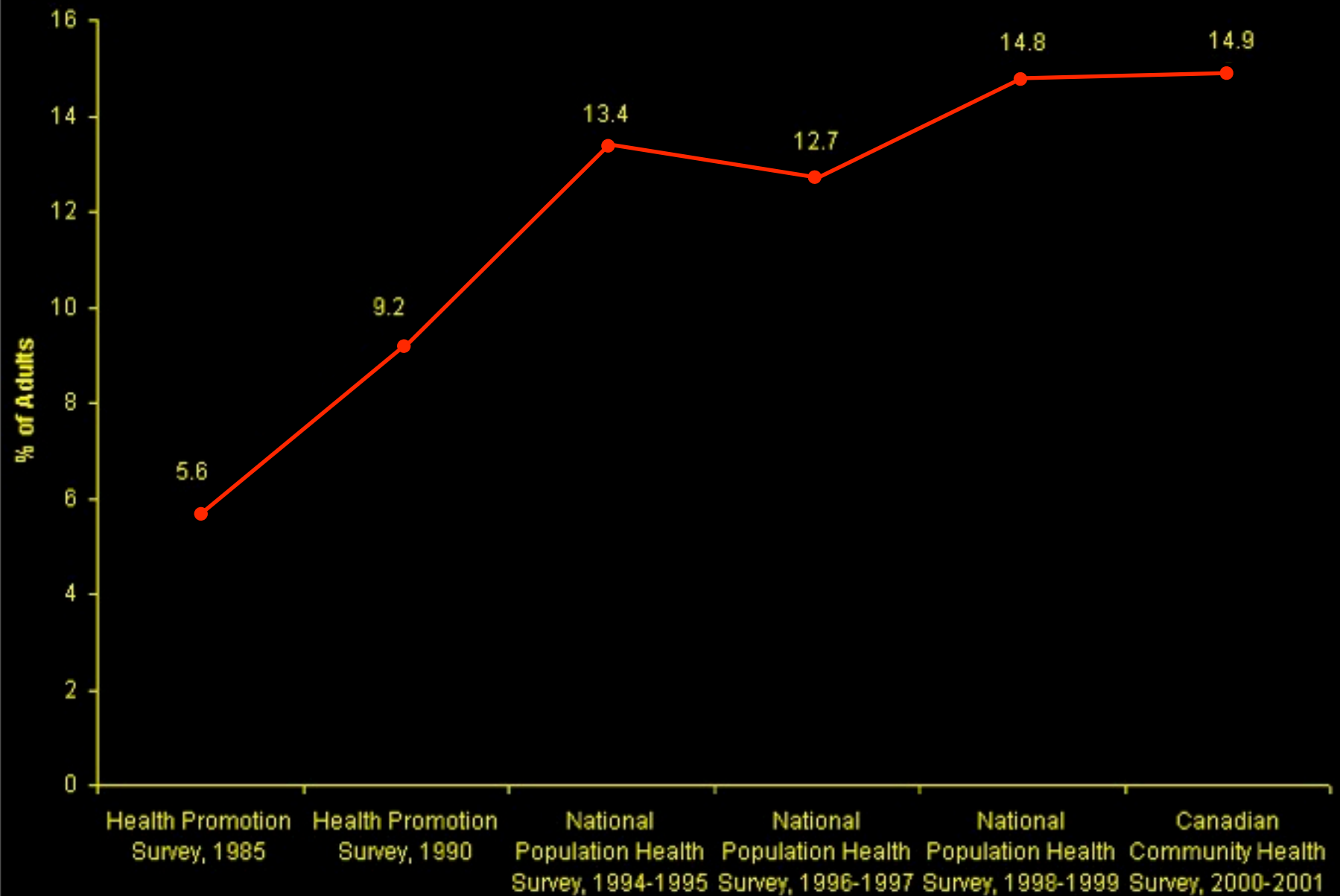




HEALTHY AND SUSTAINABLE COMMUNITIES

Thursday, January 14, 2010



Obesity Increasing Among Canadian Adults, 1985 to 2000-2001

Obesity

In 2000-2001, more than 6 million Canadian adults aged 20 to 64 were overweight, and nearly 3 million were obese.

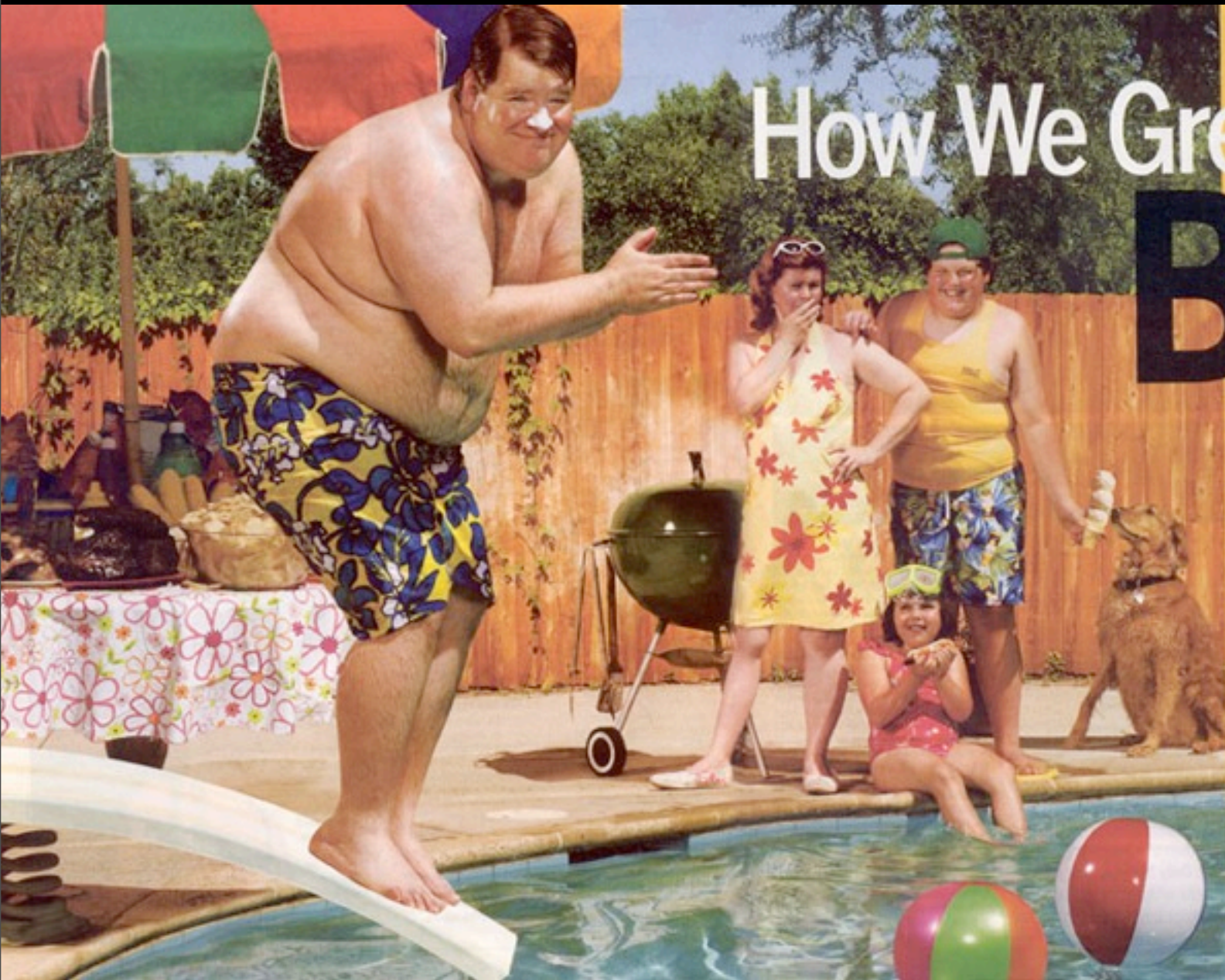
Improving the Health of Canadians, CPHI, 2004

Overweight

- **2.5-fold risk of overall mortality***
- **4-fold risk of cardiovascular mortality***
- **5-fold risk of diabetes**
- **Risk of hypertension, gall bladder disease, and some cancers**

*(*30-44 age group, less at older ages)*

Willet et al., *New Eng J Med*, 1999



CCRITICAL
CONDITION

How We Grew So **BIG**

Diet and lack of exercise are immediate causes—but our problem began in the Paleolithic era

BY MICHAEL D. LEMONICK

IT'S HARDER NEWS ANYMORE THAT North Americans are just too fat. If the endless parade of articles, TV specials and fat diet books weren't proof enough or you missed the ominous warnings from government agencies and health associations, a quick look around at the mall, the beach or any baseball game will leave no room for doubt: our individual weight problems have become a full-blown crisis.

Even so, the actual numbers are shocking. According to Statistic Canada's Canadian Community Health Survey released last week, almost half of Canadians over the age of 18 are overweight, and 15% are obese. And according to the most recent figures, released in 2002, more than one-third of Canadian children ages 2 to 11 are overweight. Of those, half would be considered obese. And, as many would imagine, it's worse south of the border. Fully two-thirds of U.S. adults are officially overweight, and about half of those have graduated to full-blown obesity.

It wouldn't be such a big deal if the problem were simply aesthetic. But excess pounds take a terrible toll on the

Photo-illustration for TIME by Michael Elins



SUPER SIZE ME

A Film of Epic Portions

www.supersize.me.com

Thursday, January 14, 2010



Thursday, January 14, 2010

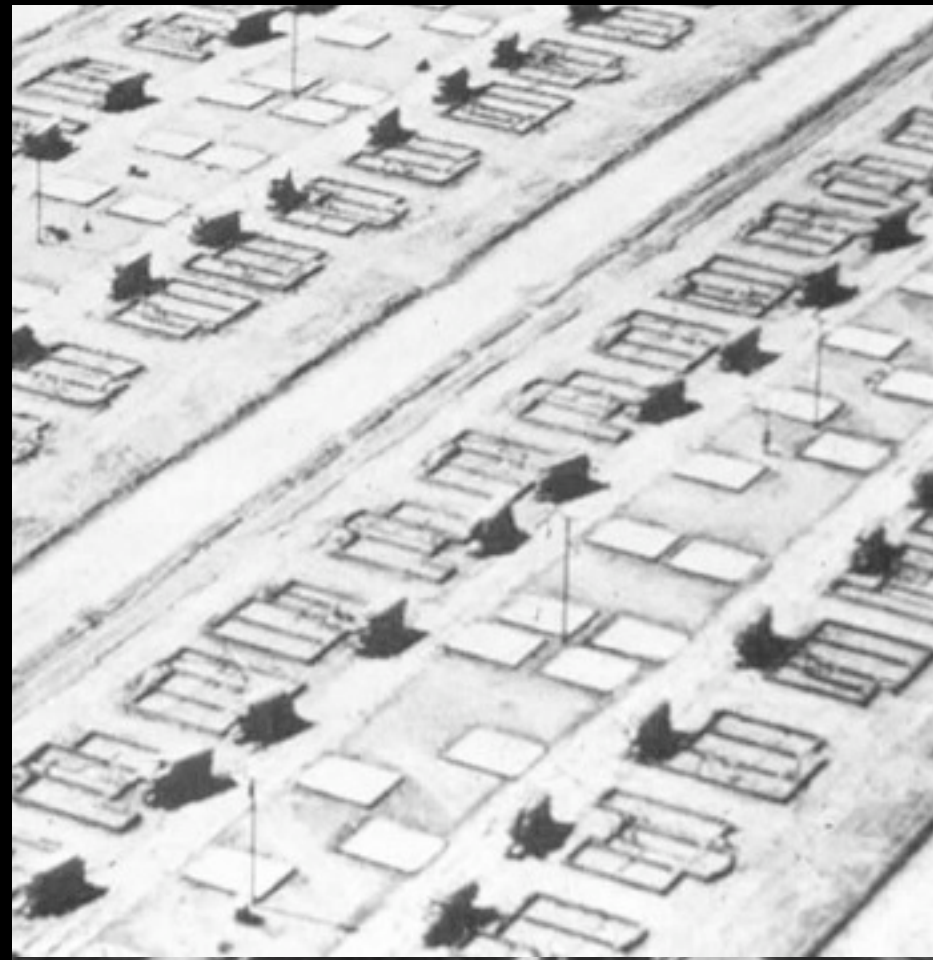
An aerial photograph of a suburban neighborhood. The image shows a dense arrangement of houses with various roof colors, including brown, tan, and grey. Winding asphalt roads curve through the residential area, separating the lots. Some houses have swimming pools visible in their backyards. The overall scene is a typical representation of a modern suburban development.

HISTORIC REFLECTION

Thursday, January 14, 2010



Thursday, January 14, 2010





Thursday, January 14, 2010

Medical Clinic

Post Office

School

Park



Highway to
Downtown

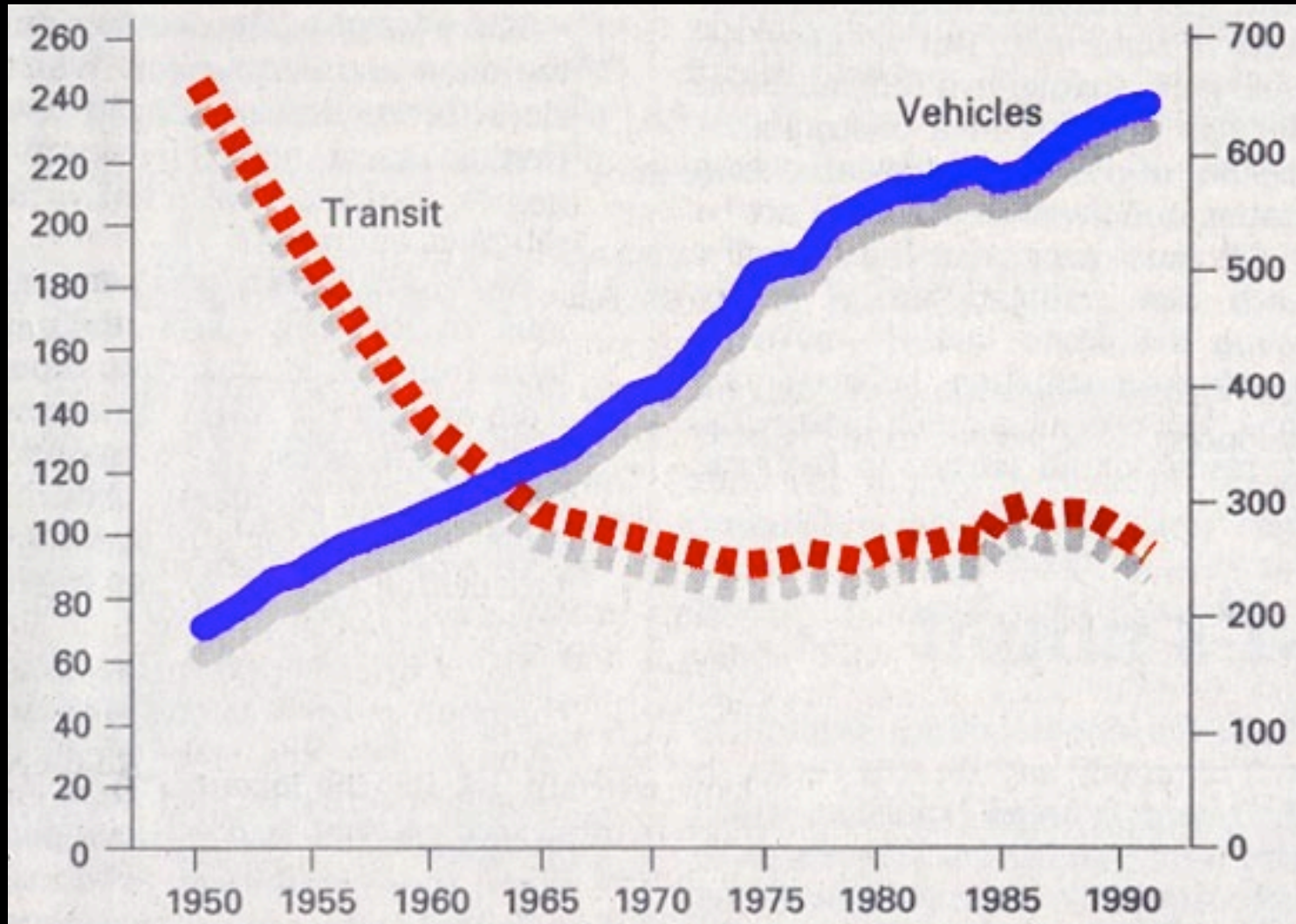
Mall



Thursday, January 14, 2010

Annual passenger rides per capita

Total vehicles per 1,000 people



Source: Canadian Urban Transit Association and Statistics Canada

Vehicle ownership v. transit ridership



Thursday, January 14, 2010



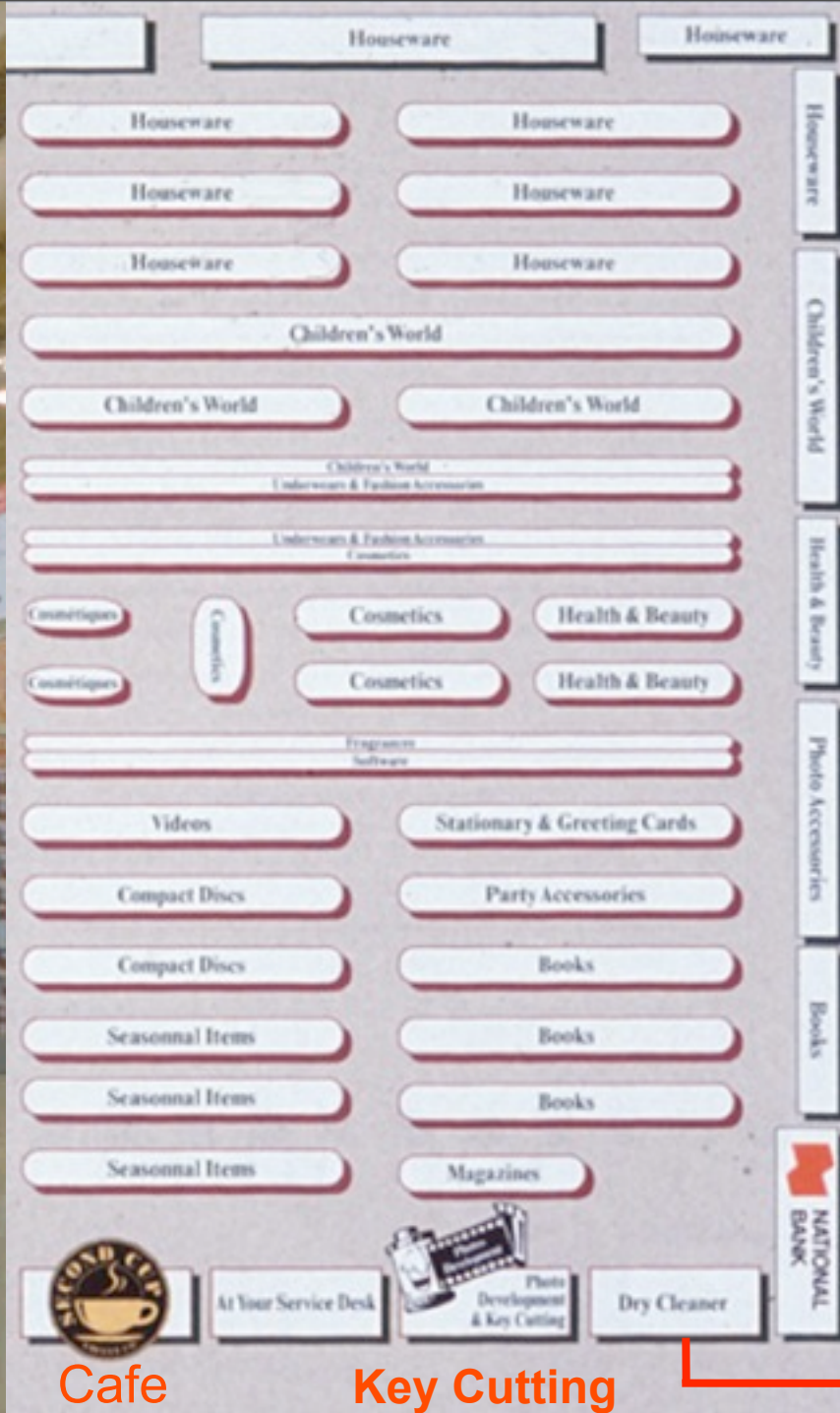
Thursday, January 14, 2010



Thursday, January 14, 2010



Thursday, January 14, 2010



Houseware

Children's World

Health & Beauty

Photos

Books

Bank

Dry Cleaner

Cafe

Key Cutting

CLICK TILL YOU DROP

The Internet has become a shopper's paradise, stocked with everything from wine to cars. Business will never be the same

By MICHAEL KRANTZ SAN FRANCISCO

I KNOW WE'RE NOT NORMAL," JERRY Yang says with a boyish grin, making a halfhearted effort to straighten up his cubicle for his visitor. It's not much of an office by mogul standards: just a nondescript desk, a couple of cheap plastic milk crates bulging with papers, an old futon. Magazines are piled in a corner, and a window offers a distinctly déclassé view of the parking lot.

Of course, by the standards of David Filo, 32, Yahoo's other co-founder, 29-year-old Jerry's digs are West Coast Donald Trump. Filo's office is truly a charity collection truck of a workspace, with dirty socks and T-shirts jumbled in with books, software and other debris. Even more startling is his office computer: a poky close running an outdated Pentium 120 chip. Why wouldn't the chief technologist of the Internet's No. 1 website use the top of the line? Filo just shrugs. "Upgrading is a pain."

Could this be the face of 21st century capitalism? You'd better believe it. Two years ago, conventional wisdom still derided the World Wide Web as an amusing toy with little practical application. No more. With striking speed, the business that Yahoo (or, as the company formally calls itself, Yahoo!) has been pioneering has grown into nothing less than a new economic order, a Net Economy! whose exclamation point came last week, when shares of Yahoo surged to more

than \$200 (closing at \$181 on Friday), making billionaires of two young men who just a generation ago would only be beginning their climb up the organization ladder.

Instead they're already creating a world that is about to become your own. The Net economy that Yang and Filo are building doesn't exist merely in the 115 million Web-page views that Yahoo serves up to hungry surfers every day nor in the stock-market pyrotechnics that have given their venture an explosive \$8 billion valuation. The real economy exists in the thousands—even tens of thousands—of sites that together with Yahoo are remaking the face of global commerce. Want to snag a \$900 suit for \$150? Try countryroadfashions.com (but be warned: they're based in Thailand, so you'll have to take your own measurements). Looking for that hard-to-find anthropology book? Amazon.com is your best bet. Yearn to have your weekly groceries delivered to your door? Napod.com exists to make your grocery shopping easier—and it even lets you specify how ripe you like your bananas. How about if you want to know the difference between several brands of stereo receivers? Try Compare.Net, which offers a free online buyer's guide that allows users to compare features on more than 10,000 products.

And that's the pitch for this new electronic world: faster, cheaper, better. It's the same line we've heard for decades from computer manufacturers, stereomakers and

software firms like Microsoft.

"Information at your fingertips" is what Bill Gates called it as far back as 1990. Then it was an unimaginably seductive vision. Now it has become a lucrative reality for a select few. Compare.Net, for instance, has grown from four employees to



nearly 40 in less than two years, and its revenue growth is a stunning 25%—every month. Yahoo's lure spreads beyond Yang and Filo. Just ask the dozens of other post-pubescent millionaires who prowl the firm's Santa Clara, Calif., headquarters. Barefoot. The real promise of all this change is that it will enrich all of us, not just a bunch of kids in Silicon Valley. With online price comparisons, automatic grocery shopping

and the skill whenever we can will face summer culture 1950s. Think that shop and 1990s. I bought stuff! The malls t parts of a n cattles of co outs in the shaped Rome isn't just abe It is also, ex



Thursday, January 14, 2010



Thursday, January 14, 2010



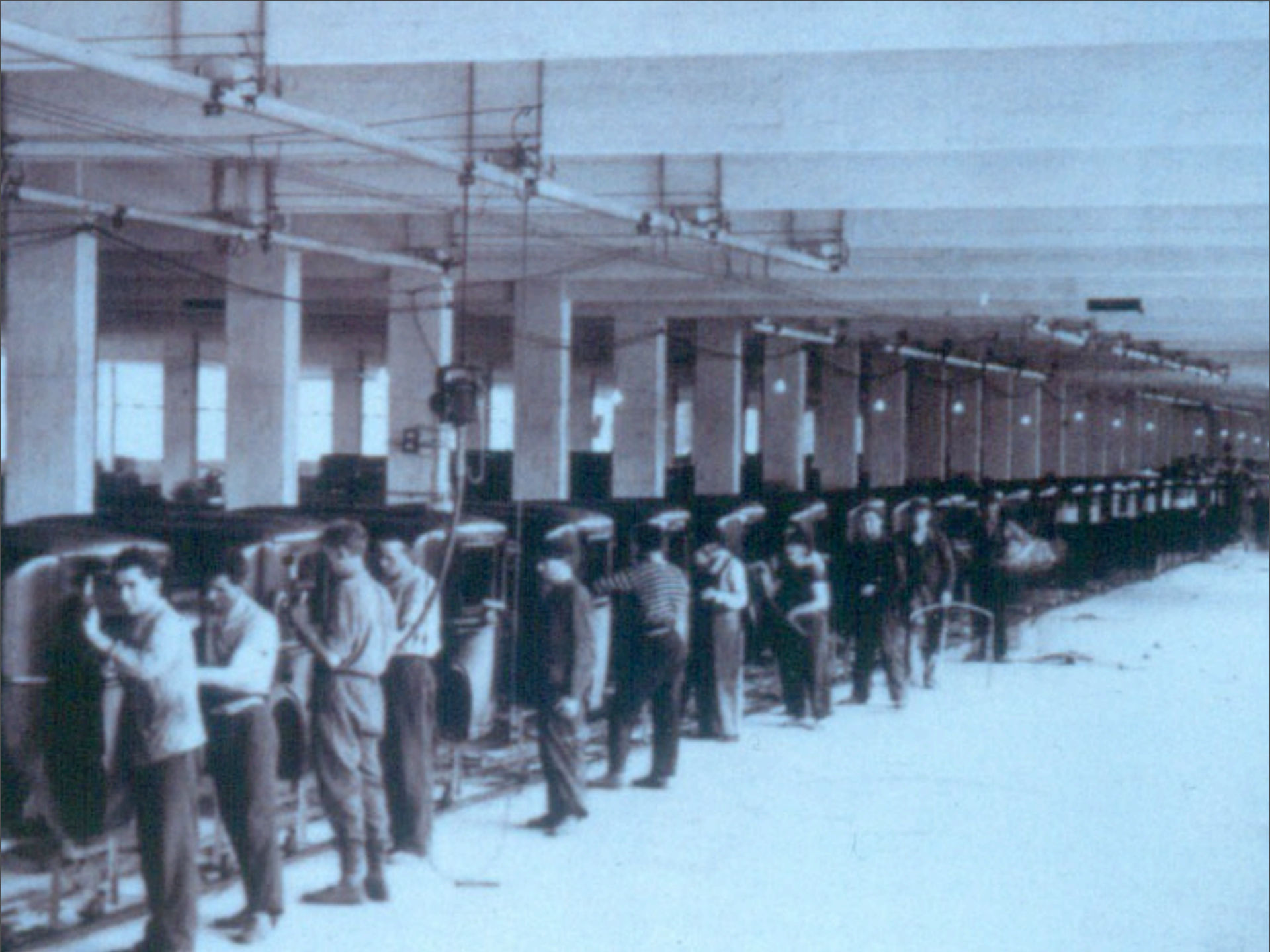
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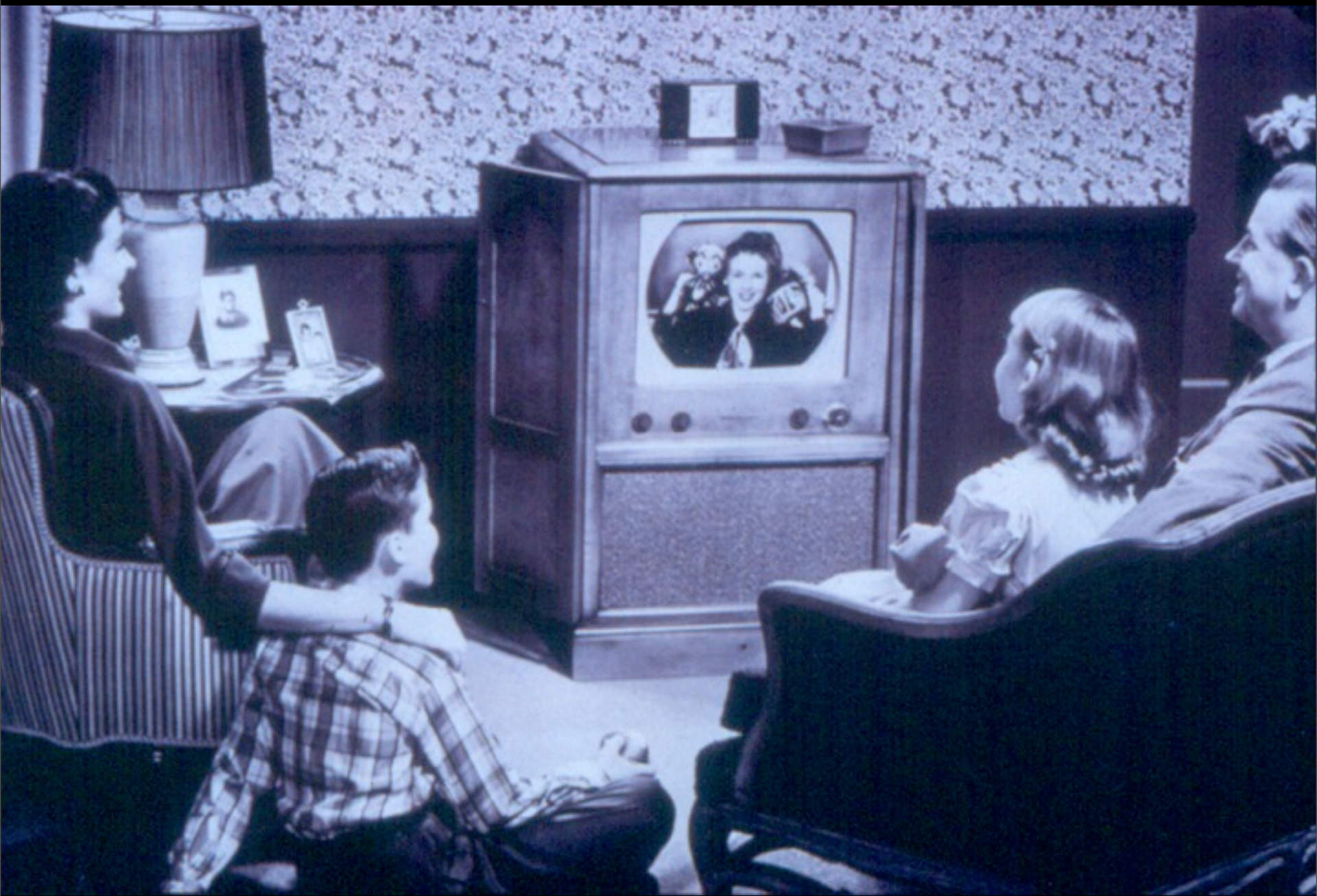




Thursday, January 14, 2010



Thursday, January 14, 2010





TV Viewing


- In 2002, average hours of television viewing per week for all Canadians over age 12 was 21.8.
- Each two-hour/day increment in TV watching was associated with a 23% increase in obesity and 14% increase in diabetes risk.

Journal of the American Medical Association 289, 14 (2003)



Thursday, January 14, 2010





\$6.6

Billions of dollars spent on kitchen renovations by Americans in 2002. Average cost of remodeling: \$43,800.

34%

Just over a third of all dinner entrees are completely homemade; 6.9 percent of those are sandwiches

1 in 4

Number of meals served at home that consist of frozen or prepared food from a market or restaurant

The share of suppers eaten at home that actually involve turning on the stove, down from 67 percent in 1985

118

Meals the average American took out from restaurants in 2002, 64 percent more than in 1984

\$1.6

Billions of dollars in supermarket sales of hot entrees in 2002, a nearly 40 percent increase since 1997

TakeoutNATION

Thursday, January 14, 2010

Obesity Goes GLOBAL

Children around the world are eating more like Americans—and getting dangerously fat as a result

By J. MADELEINE NASH HELSINKI

EIGHT-YEAR-OLD HANNAH MCGOEY lives in an upstairs apartment on a busy thoroughfare in London. She has no yard to play in, and her school holds physical-education classes just two days a week. Her busy parents tried to be careful about nutrition, giving up their Friday fish and chips, for example. But over the years, Hannah only became plumper. By the time she turned 6, children's sizes no longer fit her. "I would have to buy jeans for 12- and 14-year-olds," her mother Julia remembers, "and then cut a foot and a half off the leg."

But things began to change when a school nurse told the McGoeys about a program called MEND (mind, exercise, nutrition, diet), started by Paul Sacher, a dietitian at London's Great Ormond Street Hospital for Children. Hannah enrolled last September, and by the time the program ended 10 weeks later, she had shed 2 kg and grown more than 2.5 cm. That wasn't all. Once a shy, clingy child, Hannah, who is now 150 cm tall and weighs 38 kg, brims with confidence and

loves physical activity. "I didn't swim much before," she says. "Now I go swimming once a week."

Hannah McGoe, unfortunately, is a rare exception to what is rapidly becoming a global epidemic of childhood obesity. More and more countries around the world—even some that have been struggling to prevent starvation—are now wrestling with the dangers of excessive nutrition. The U.S. continues to lead the way, with as many as 37% of its children and adolescents carrying around too much fat. But other countries are rapidly catching up. According to statistics presented in May at the European Congress on Obesity in Helsinki, Finland, more than 20% of European youngsters between the ages of 5 and 17 are either overweight or obese. Children in North Africa and the Middle East aren't far behind. Across Asia too, childhood obesity is on the rise, and the trend has been documented even in urbanized areas of sub-Saharan Africa.

"These figures should set alarm bells ringing in ministries of health across the developed and developing world," says Tim Lobstein, a co-editor of a forthcoming report to



HOW MANY CHILDREN WEIGH TOO MUCH?

Percentage who are overweight or obese

37%
U.S.

20%
EUROPE

10%
CHINA

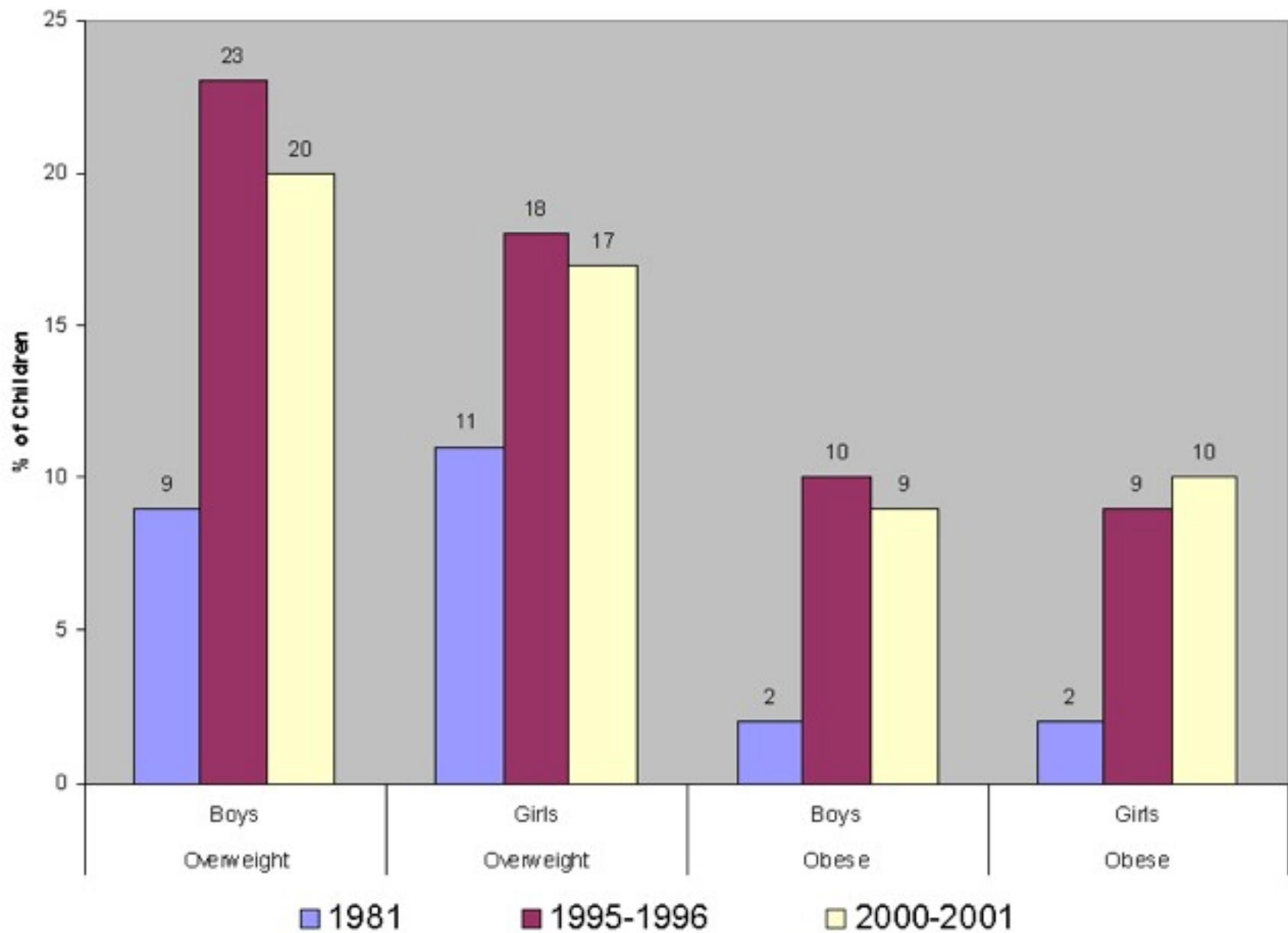
the World Health Organization on childhood obesity. And for good reason: people who are obese as children have a high risk of becoming obese adults—meaning they will have a much higher risk than their slender counterparts of contracting a broad range of debilitating diseases, including heart disease, hypertension, diabetes and cancer. The surge of obesity among children, in short, presages a global explosion of illnesses that will drain economies, create enormous suffering and cause millions of premature deaths. "This is a true health-care crisis," says Robert Lustig, a pediatric endocrinologist at the University of California, San Francisco, far bigger than severe

acute respiratory syndrome (SARS) and ultimately, he thinks, even bigger than AIDS.

According to Hungarian pediatrician Dr. Denes Molnar, fully 9% of obese children and adolescents already suffer from a premonitory condition known as metabolic syndrome. Among the most worrisome symptoms are changes in blood chemistry that can trigger future health problems. A substantial fraction of chubby kids, for example, have elevated levels of LDL cholesterol, putting them at risk for atherosclerosis. Many also have elevated blood-sugar levels, a precursor to Type 2 diabetes. Around the world, the prevalence of Type 2 diabetes, formerly known as adult-onset

diabetes, is soaring in the under-18 crowd. As a result, complications like nerve damage, which typically take years to develop, are suddenly popping up at people in their 20s.

Why do children become obese? An important factor is insulin, which enables the body to store extra calories as fat. Physical exercise helps control insulin levels, while certain foods elicit its massive release. For example, ingesting fat alone doesn't prompt a big surge in insulin levels, but fat combined with starches and sugar does. A child who sits in front of the TV for hours on end, eating potato chips and doughnuts, is an ideal fat-storage machine.



Overweight and Obesity Among Children (to 13 Years) 1981 to 2000-2001



Thursday, January 14, 2010





Thursday, January 14, 2010

Physical Education

In Canada, the average amount of time in school devoted to physical education is less than one hour per week: among the lowest in the world.

Journal of the American Medical Association 289, 14 (2003)



Thursday, January 14, 2010





ONE OF THE
10 BEST
PARENTING
BOOKS OF
THE YEAR
—Child Magazine

.....
"With the appearance of this
book, many of my prayers as
a parent of a hyperactive child
have been answered."

—Billy A. Barrios, Ph.D.
.....

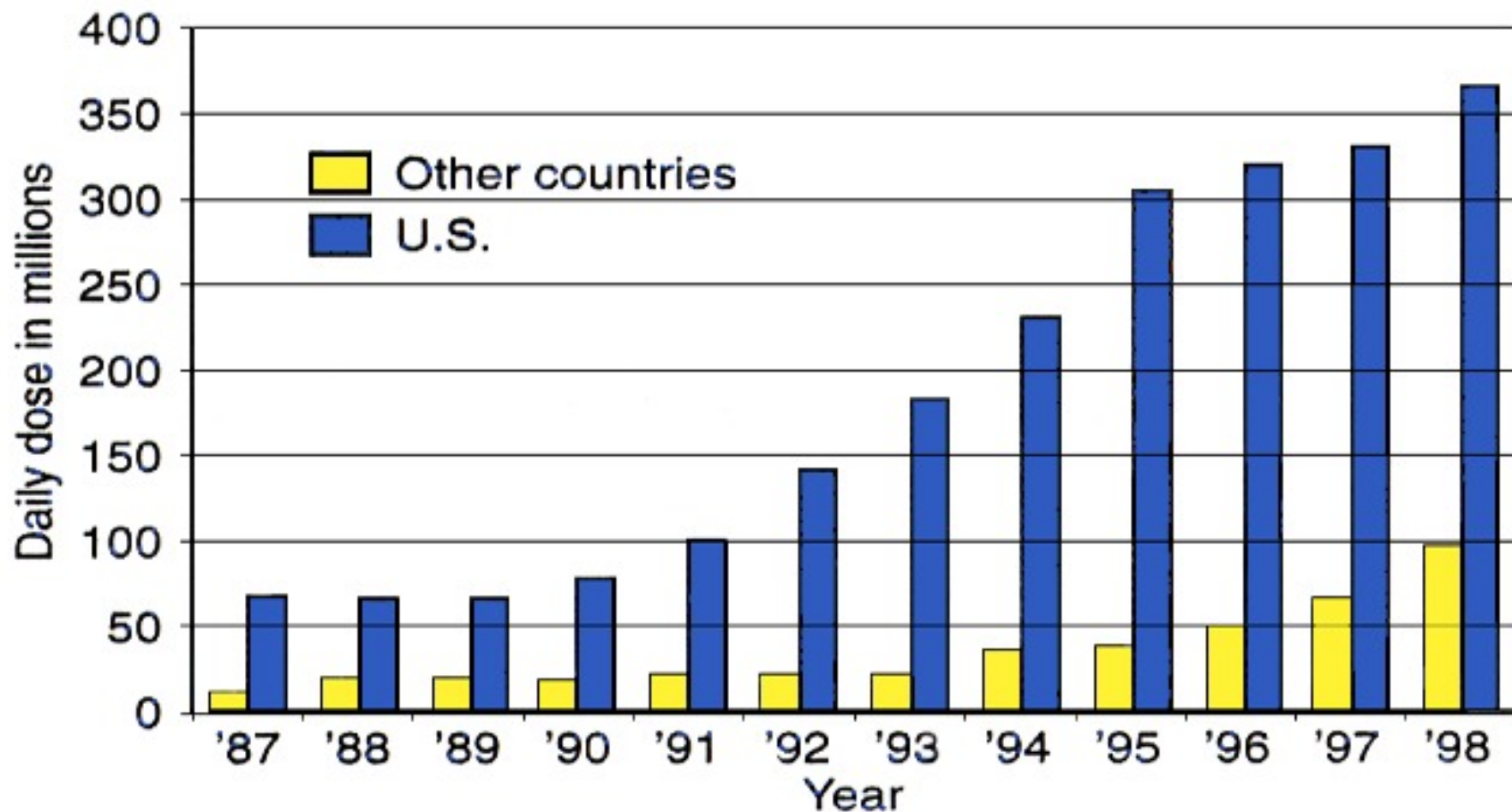
the Hyper- active Child Book

.....
Treating, educating, and living with your
ADHD child—strategies that really work
from an award-winning team of experts.
.....

PATRICIA KENNEDY
LEIF TERDAL, PH. D.
LYDIA FUSETTI, M. D.

ed next page.

Methylphenidate (Ritalin) Consumption, United States and Elsewhere, 1987 - 1998



Science. Vol. 289, 4 August 2000, p. 721.

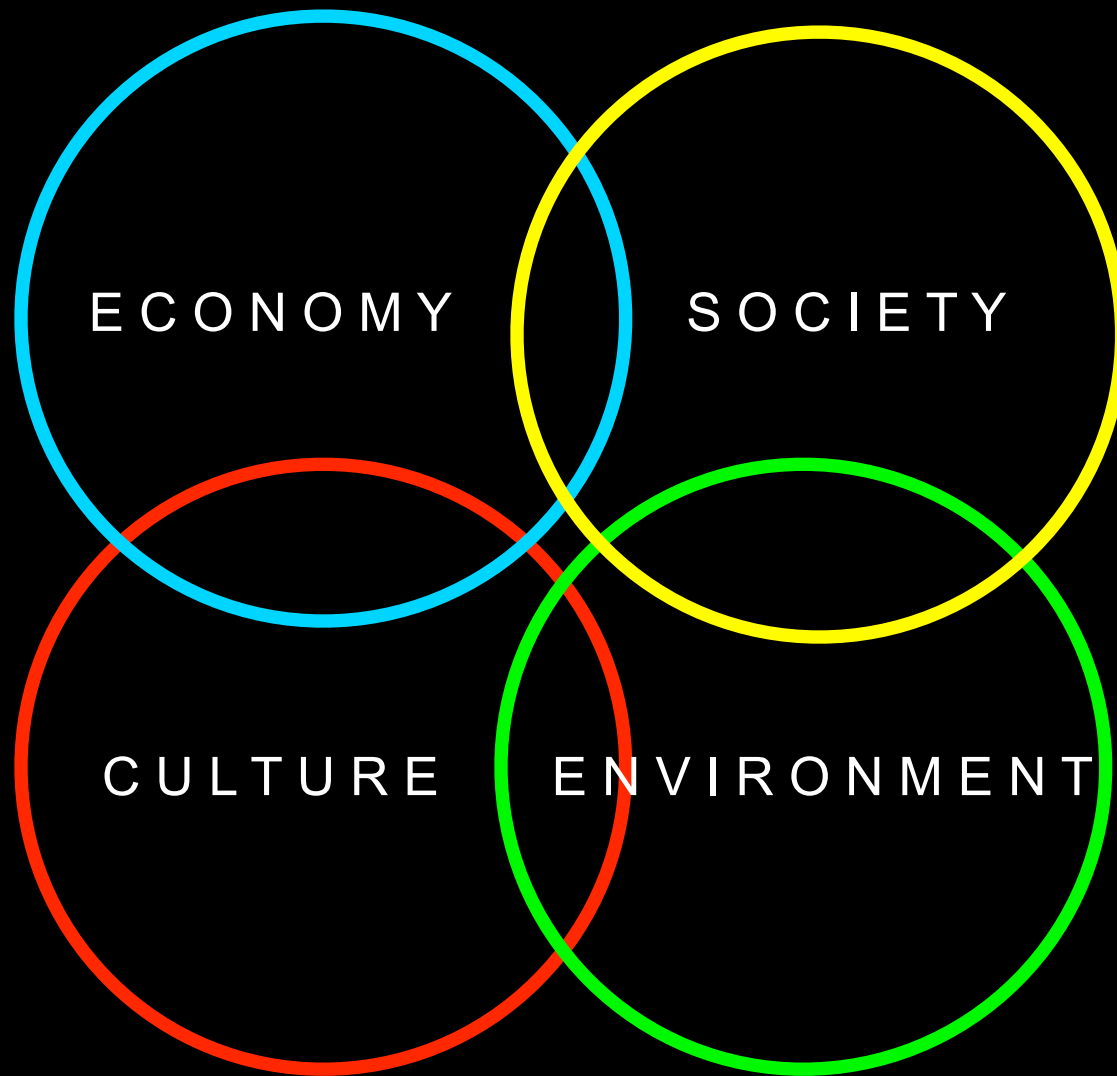
An aerial photograph of a suburban neighborhood. The image shows a dense arrangement of houses with various roof colors, mostly in shades of brown and tan. Winding asphalt roads curve through the community, separating the residential lots. Some houses have swimming pools visible in their backyards. The overall scene depicts a typical suburban development.

**SO, HOW SHOULD WE
RETOOL OUR COMMUNITIES
FOR HEALTHY LIVING?**





The City and the Home Should be our Exercise Machine

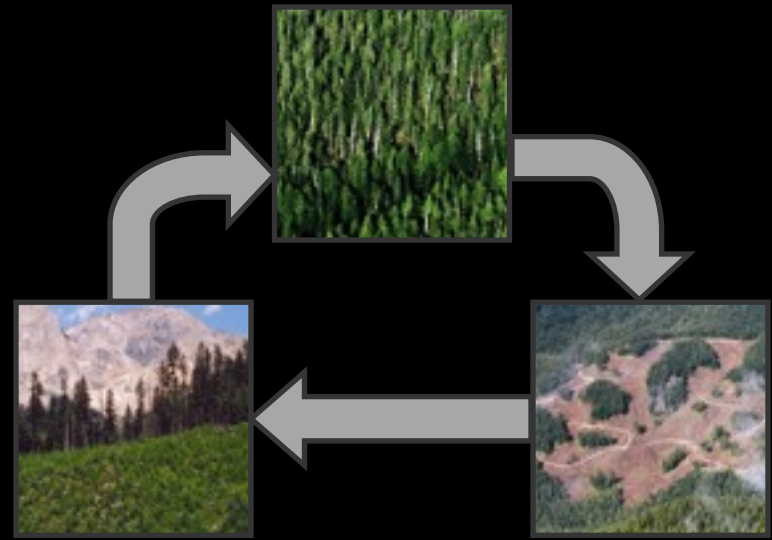




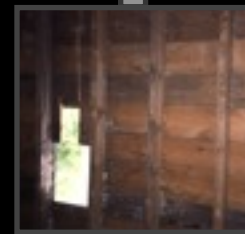
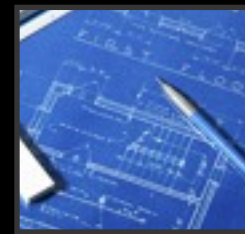
self sustaining



supporting relationships



least negative impact



life cycle approach



Thursday, January 14, 2010



REGIONAL COLLABORATION



Thursday, January 14, 2010



DENSER LIVING



Thursday, January 14, 2010



COMMERCE **IN** NEIGHBOURHOODS



Thursday, January 14, 2010



CONNECTING PATHWAYS



Thursday, January 14, 2010



SMALL **PLAY AREAS** NEAR HOMES



Thursday, January 14, 2010



SIDEWALKS ON EVERY STREET



Thursday, January 14, 2010

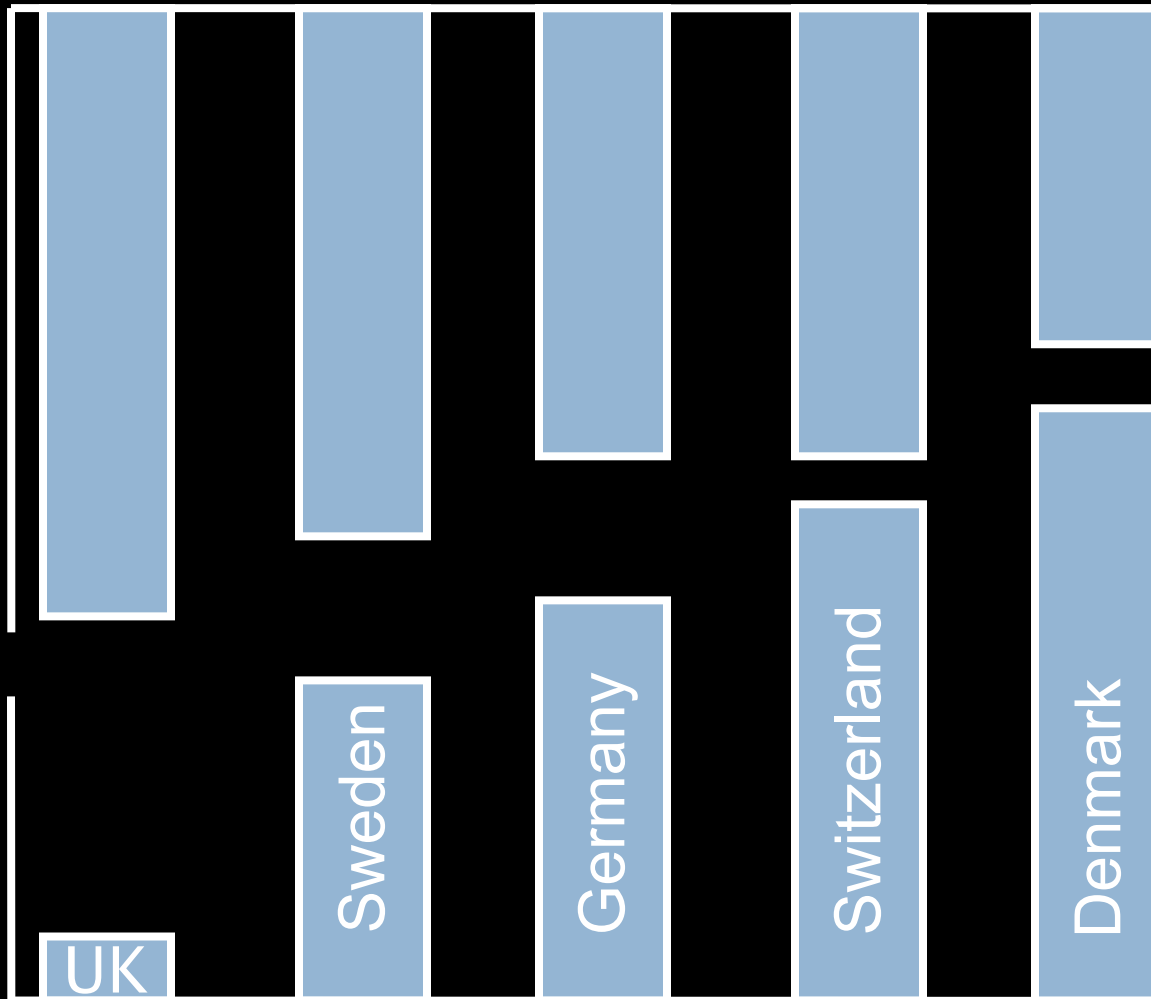


BICYCLE LANES ON MOST ROADS



Overweight children aged around 10 years

Source: International Obesity Taskforce, 2002



Levels of cycling in various countries

Source: DfT, 1996



Thursday, January 14, 2010



COMMUNAL PLANTING GARDENS





STREETS AS SQUARES



Thursday, January 14, 2010



MARKETS IN NEIGHBOURHOODS



Thursday, January 14, 2010



BI-GENERATIONAL COMMUNITIES



Thursday, January 14, 2010



CONVENIENT PUBLIC TRANSIT

Thursday, January 14, 2010



Thursday, January 14, 2010



NEIGHBOURHOOD'S PHYSICAL ACTIVITIES

Thursday, January 14, 2010

An aerial photograph of a suburban neighborhood. The image shows a dense arrangement of houses with light-colored roofs, interspersed with green lawns and trees. Winding asphalt roads curve through the community, connecting different clusters of homes. The overall scene depicts a typical residential development.

IDEAS IN PRACTICE

Thursday, January 14, 2010

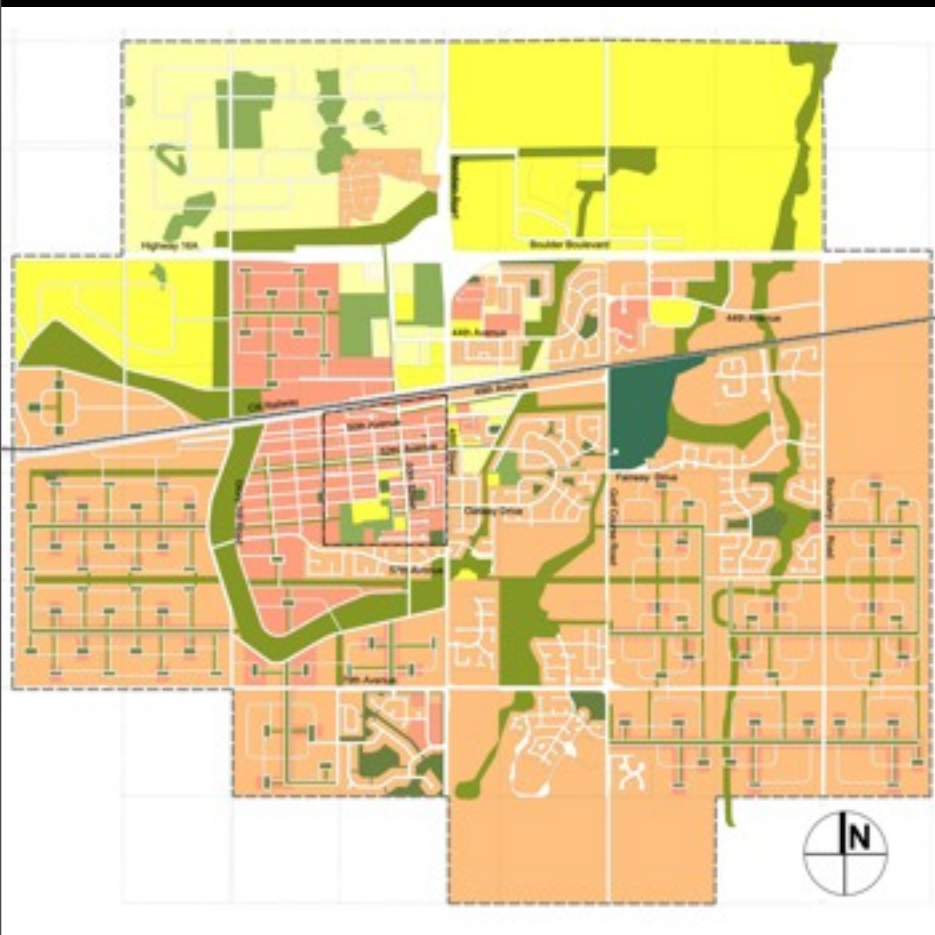


STONY PLAIN, ALBERTA

Thursday, January 14, 2010



Planning



Proposed

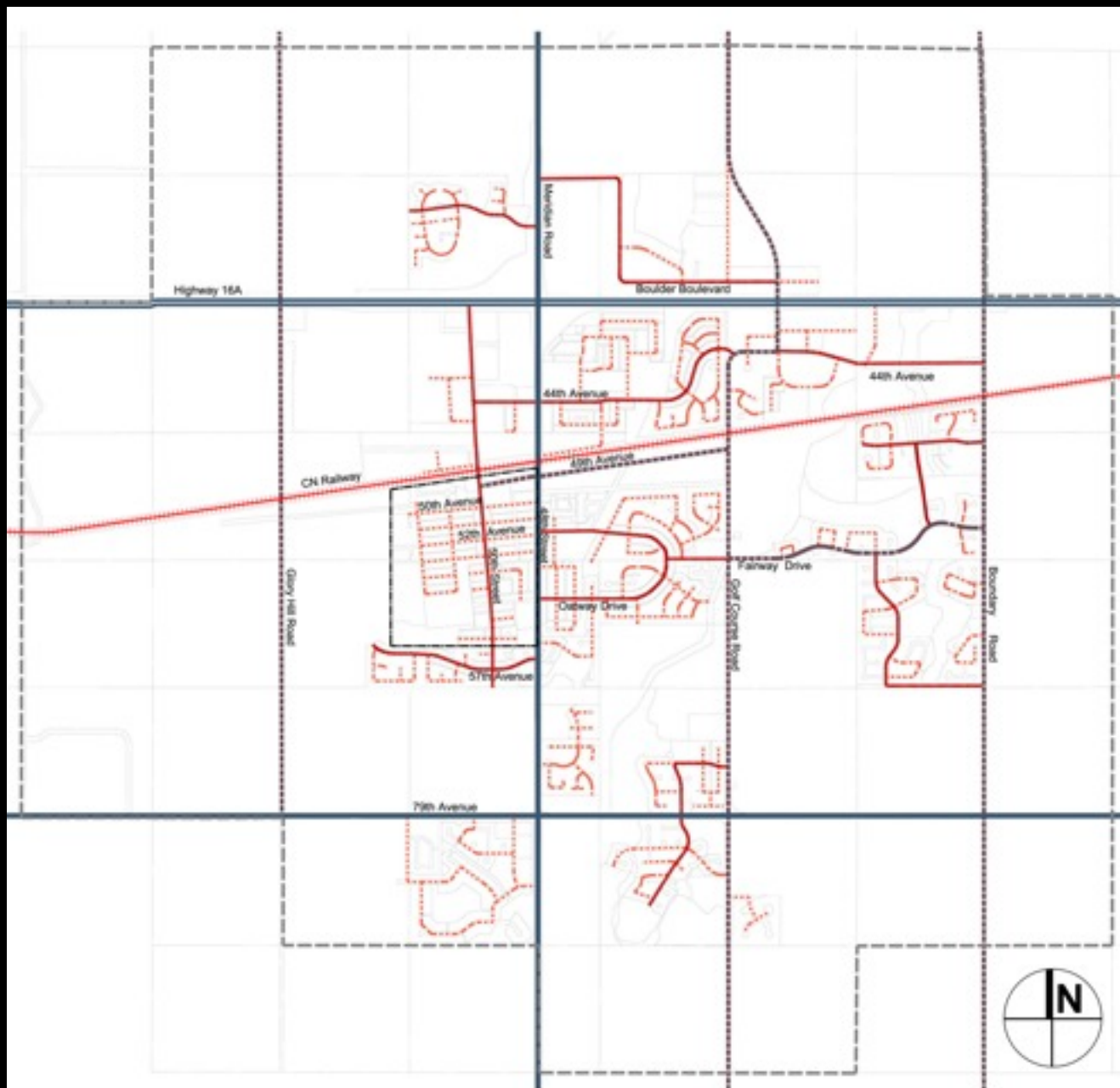
Parks & Trails



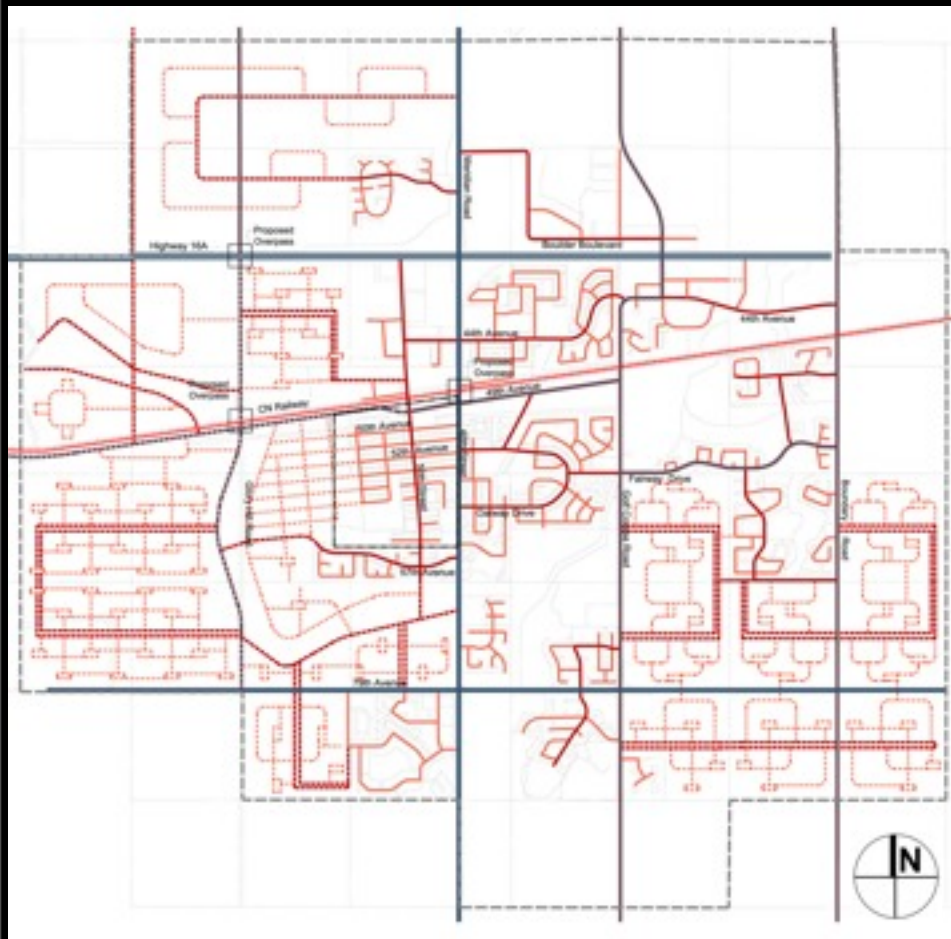
Parks & Trails



Proposed

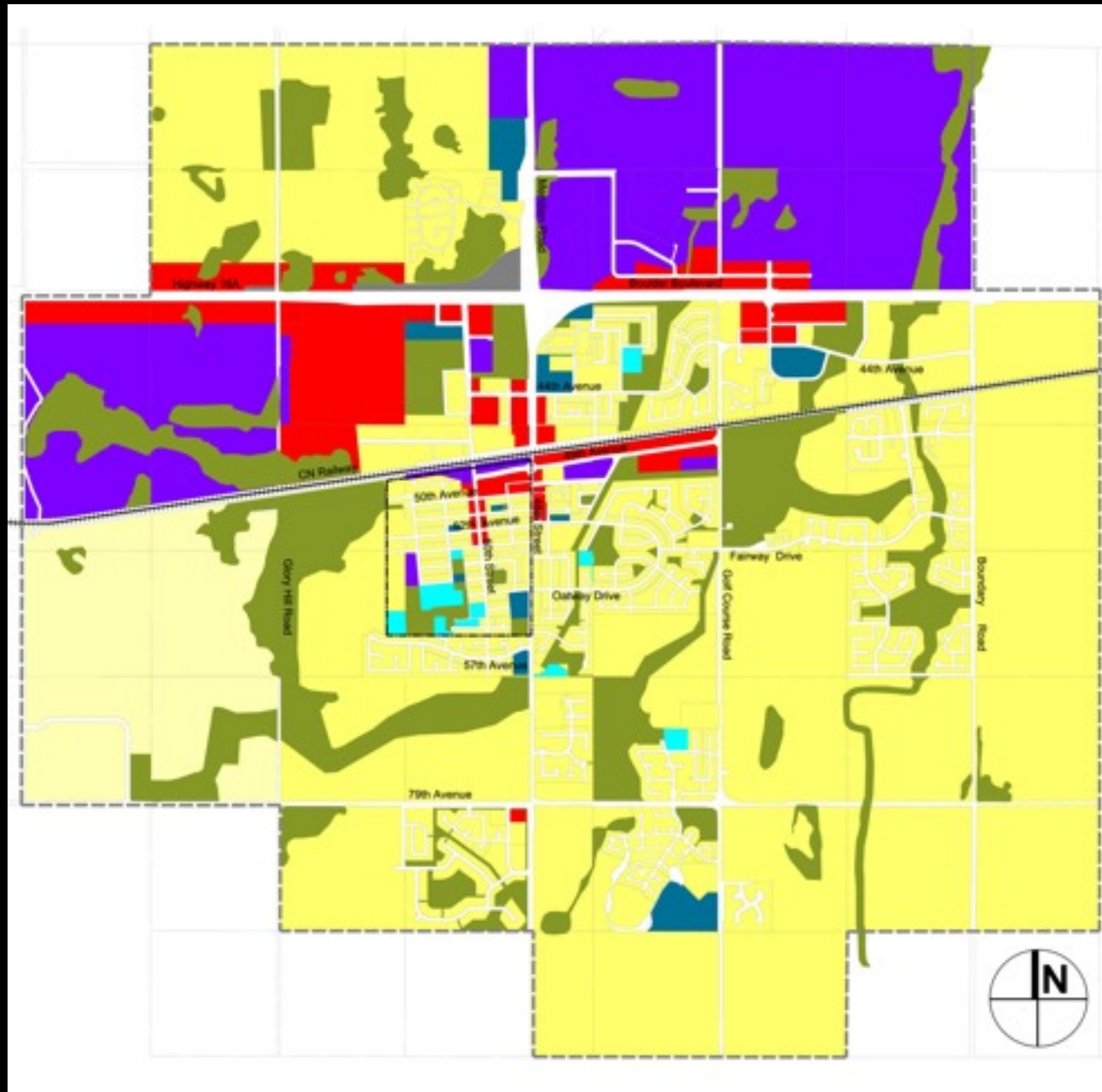


Roads

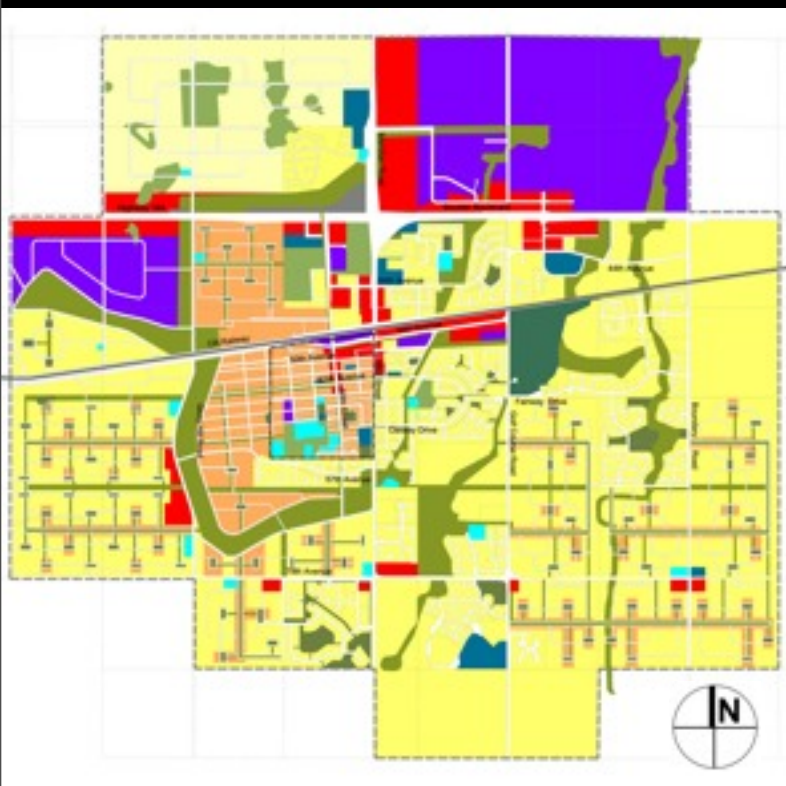


Proposed

Destinations



Destinations



Proposed



BOIS FRANC, VILLE ST. LAURENT, QUEBEC

Thursday, January 14, 2010



MEDIUM DENSITY HOMES FACING SQUARE

Thursday, January 14, 2010



HOUSING FOR ALL AGE GROUPS

Thursday, January 14, 2010



STREETS CALMING TRAFFIC FEATURES

Thursday, January 14, 2010



SIDEWALKS ON ALL STREETS



TODDLERS' PLAY AREA IN FRONT OF HOMES

Thursday, January 14, 2010



COMMERCIAL HUB

Thursday, January 14, 2010



PUBLIC TRANSIT CONNECTS TO SUBWAY LINE

Thursday, January 14, 2010



SKATEBOARD PARK

Thursday, January 14, 2010



JOGGING AND WALKING PATHS

Thursday, January 14, 2010



BIKE PATHS

Thursday, January 14, 2010



SOCCER FIELD

Thursday, January 14, 2010



PORVOO, FINLAND

Thursday, January 14, 2010

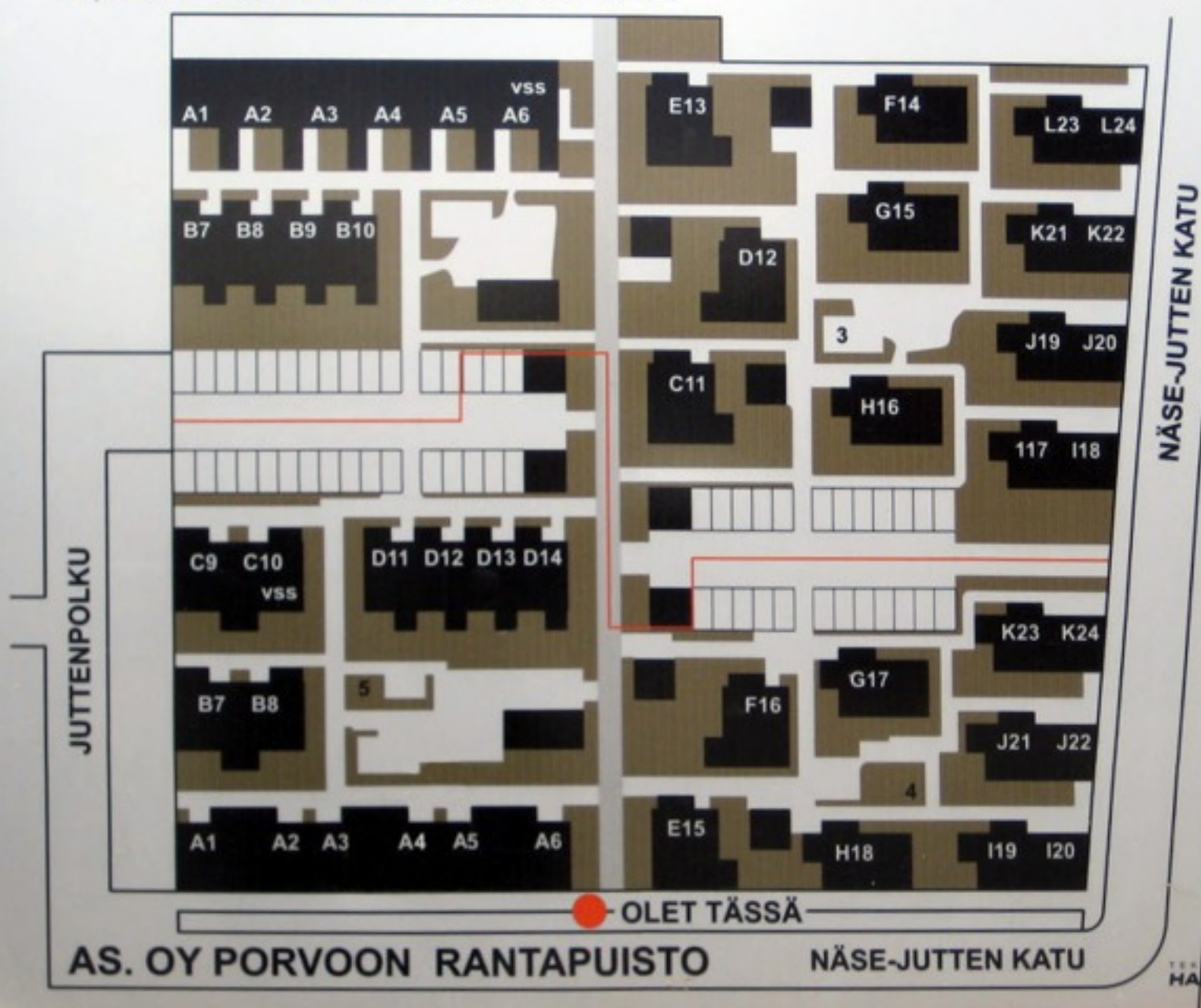






Thursday, January 14, 2010

AS. OY PORVOON LÄNSIRANTA





Thursday, January 14, 2010



Thursday, January 14, 2010



Thursday, January 14, 2010







Thursday, January 14, 2010



Thursday, January 14, 2010





Thursday, January 14, 2010





WHAT'S NEXT

Thursday, January 14, 2010



ECONOMIC RETOOLING

Thursday, January 14, 2010



new leaders, new ballgames



new enterprises, new technologies



new infrastructure



GREENING THE PLANET



green energy



green buildings



green cities



BOOMERS' POWER

Thursday, January 14, 2010



retirement homes & renovations



care facilities



travel

RE-ENGINEERING COMMUTES



Thursday, January 14, 2010



hybrid vehicles

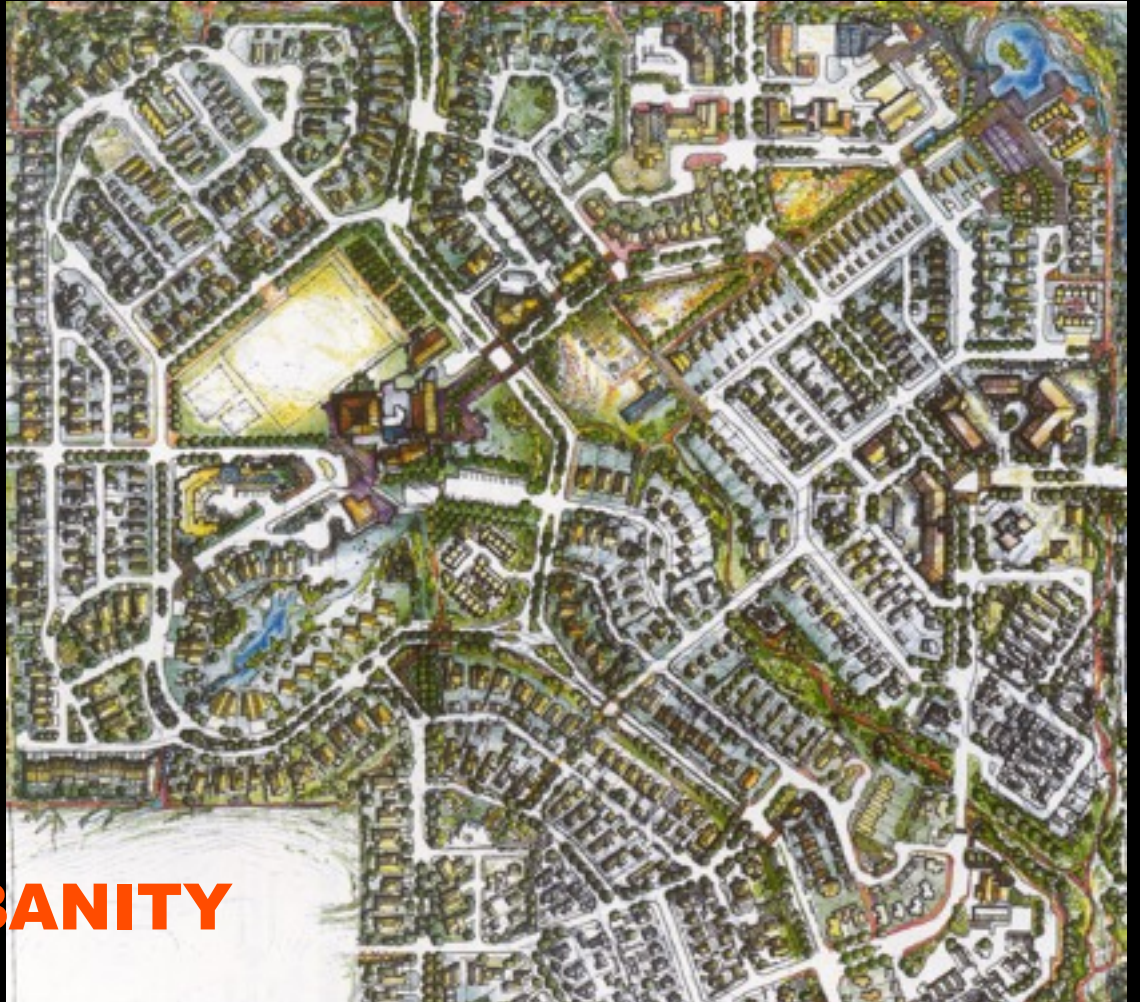


pedaling power



reducing emissions

REINVENTING URBANITY





denser living



local commerce



agro-structures

An aerial photograph of a suburban neighborhood. The image shows a dense arrangement of houses with various roof colors, mostly in shades of brown and tan. Winding asphalt roads curve through the community, separating the residential lots. Some houses have swimming pools visible in their backyards. The overall scene is a typical representation of a planned suburban development.

THE CHOICE

Thursday, January 14, 2010



Thursday, January 14, 2010





Thursday, January 14, 2010





Thursday, January 14, 2010





MOVE FASTER WITH A NEW MINDSET

Thursday, January 14, 2010