

Mental Health

A smart growth community embodies the idea of mental wellness through open spaces, reduced noise and air pollution, increased safety, and physical activity to name a few. Urban sprawl has an isolating affect on those with limited transportation options, and this can be crippling to the mental health of individuals at risk. Through public transit people can feel like a part of a community rather than remaining isolated.

Case Studies

- [Footloose and Fancy Free: A Field Survey of Walkable Urban Places in the Top 30 U.S. Metropolitan Areas](#), The Brookings Institution
- [Design For Mental Health](#), University of Minnesota
- [Smart Growth British Columbia](#)
 - Study between the link of people, nature, open space and how it relates to mental health
 - “As part of Smart Growth BC's efforts to help foster transportation investments and land development decisions that promote a synergy between public health and environmental sustainability, this report provides guidance for developing transportation and land use policies and practices that support public health objectives. It also offers general recommendations for how land use policies, investments and actions can help to achieve healthy communities.”