

LANDSCAPE ARCHITECTURE

Creating Healthy Places that Work for You

What is a healthy community?

It is a place where people work, socialize, play, create and develop.

How do public landscape architects create healthy places?

They collaborate with residents, businesses and governments to design places and infrastructure that promote healthy activities and lifestyles.



Peter Zoon/Wikimedia Commons/Creative Commons

Frederick Law Olmsted is considered the founder of landscape architecture in the United States. Some of his most famous works are urban parks such as New York's Central Park, but he also designed numerous estates,

neighborhoods, roadways, and regional park systems. The legacy of his work is the creation of places where people can access the mental and physical health benefits of greenspace as part of their daily living.

View some examples of what landscape architects can design to create environments that benefit you >>

Learn more at asla.org/design

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COMMUNITY PLANNING

Walkable and bike-friendly communities have health benefits that go beyond making walking and biking safer and more accessible. They reduce the need for auto-centric transportation, reduce paving, and mitigate higher temperatures and poor air quality in our cities.



City of Madison Parks Division

OPEN SPACE & GREEN INFRASTRUCTURE

Increasing open space and outdoor recreation areas in our communities increases our ability to interact with nature. Physical and mental health is improved when parks, gardens, local food, farmer's markets, permeable pavement, bioswales, and green roofs are accessible.



American Society of Landscape Architects

TRAILS & PARKS PLANNING

Using trail systems to link neighborhoods to parks and open spaces expands recreational options and increases the quality of life for urban and suburban dwellers.



Daybreak Utah

NEIGHBORHOOD DESIGN

The inclusion of parks and green spaces within close walking distance encourages exercise, movement, and healthy living. Similarly, initiatives such as Safe Routes to Schools provide street environments that are safe for our children to walk or bike to school and other destinations.



Daybreak Utah

How Do Public Landscape Architects Create Healthier Communities?

- Design neighborhoods and projects that encourage active living and connections with nature
- Plan our communities to ensure parks, open space and greenways are part of our cities and towns
- Encourage the design of safe streets and the development of infrastructure that encourages walking and biking
- Incorporate green infrastructure such as permeable paving, rain gardens and street trees into our cities

These are just a few of the ways landscape architects can make a safe, healthy, and more sustainable community.



LANDSCAPE ARCHITECTURE
Your Environment. **Designed.**