

Sphere Fact Sheet: Neighborhood and Built Environment

People's health-based decisions are often influenced by their neighborhoods and the resources available within them. For example:

- Is there a reliable grocery store?
- Is there a safe way to get to that grocery store if someone doesn't have a car or can't drive?
- Can people with disabilities get there safely?
- Are there liquor stores and gas stations at every corner instead of healthy food options?
- Would someone be able to exercise with the safety of a sidewalk?

All of these questions determine the accessibility of a neighborhood and impacts the health of people who live there.

This can have a greater impact on people with disabilities. The CDC states:

"Poorly designed communities can make it difficult for [people with] mobility impairments or other disabling conditions to move about the environment; consequently, people with [disabilities] are often more vulnerable to environmental barriers." (CDC 2009).

Every person deserves access to healthy habits, but if they do not have access to those options, how are they able to live healthy lives?

Neighborhood conditions like unsafe sidewalks, heavy traffic, and lack of access to exercise and healthy foods can be the cause of health concerns including social isolation, inactivity, obesity, and more. This can be helped by:

Providing affordable pop-up markets with fruits, veggies, proteins, etc.

Building reliable grocery stores in an easily accessible area

Ensuring sidewalks are accessible with ramps, away from the road, and are continuous and reliable