

ACTIVE DESIGN MIAMI INFORMATION SHEET

Town of Miami Lakes

WHAT IS ACTIVE DESIGN

- Active Design is an approach to shaping communities that leverages evidence-based urban design, architecture, and policy solutions to improve public health. Active Design recognizes that our buildings, streets and neighborhoods influence day-to-day behavior, and directly impact community wellbeing. For example, walkable streets and inviting parks encourage regular physical activity, while congested corridors and sprawling development patterns discourage movement on foot and other forms of active transportation.
- The concept of Active Design originated in New York City, where a cross-sector, multi-disciplinary collaboration resulted in the development of Active Design Guidelines: Promoting Physical Activity and Health in Design. Published in 2010, the Guidelines translate health research into design strategies that support a more livable city, where residents can easily incorporate physical activity and make healthier choices every day.

WHAT IS ACTIVE DESIGN MIAMI

- In October 2015, the Florida Department of Health, funded through a grant from the U.S. Centers for Disease Control & Prevention (CDC), contracted the Miami Center for Architecture & Design (MCAD) to develop Active Design Miami (ADM).
- Following New York's successful model, the creation of a collaborative, open process enabled the Active Design Miami team to develop a set of strategies ideally suited to Miami's context and needs. The ADM Advisory Council was organized and included representation from multiple sectors including urban planning, architecture and design professions, public health, transportation, municipal agencies, universities, consultants, foundations, and local community organizations.
- During the development phase, the ADM team engaged Miami-Dade County and 20 municipalities representing 94.36% (or 2,541,167) of the total Miami-Dade population.
 - ADM staff met with the Town Manager and previous Planning Director on March 15, 2016 and learned about the many projects and initiatives already being implemented at the Town. The successful development of Active Design Miami has in large part been due to the insight and experience the Town contributed.

- ADM was released in October 2016 and includes 68 strategies which are organized into four key areas of opportunity for enhancing community wellbeing.
 - **PARKS & OPEN SPACES:** Strategies that address parks, public plazas, open and green spaces, waterways (blueways), and other public spaces.
 - **DEVELOPMENT PATTERNS:** Strategies that focus on land use, community development, and planning practices.
 - **TRANSPORTATION & MOBILITY:** Strategies that address pedestrian, bicycle, automobile, and transit infrastructure and services.
 - **BUILDINGS:** Strategies that identify opportunities to enhance health and well-being within, and immediately surrounding, private and public buildings.
- ADM strategies are not one-size fit all. Recognizing Miami-Dade's diversity in terms of demographics, development styles, and neighborhood challenges, cities can select the most appropriate strategies for their needs. Maximizing use of ADM strategies can greatly enhance the health benefits of a project or initiative as they are based on decades of research and theory connecting design with mental, physical, and social health outcomes.

HOW TO USE ADM

ADM was created with diverse audiences in mind, recognizing that everyone who influences the design of communities has the ability to impact health. ADM can be used by a wide range of professionals to:

- *Inform specific design projects.* Architects, health professionals, planners, urban designers, landscape architects, engineers, and developers are presented ideas and insights for incorporating health into upcoming projects.
- *Shape local policies and plans.* Representatives of government agencies, user groups such as cyclists, transit advocates, residents, health practitioners and representatives of community organizations can use ADM strategies to inform policy and the development of community/neighborhood plans.
- *Support thought leaders.* Institutions and NGOs such as universities and colleges with public health, public administration, urban planning and design, architecture and landscape architecture departments and community or health-related foundations can use Active Design Miami as a resource for developing thought leadership and programmatic strategies that seek to improve health through design.
- *Inspire community action.* Health professionals, advocates, organizations, and students are encouraged to incorporate active design concepts and strategies into discussions and action plans.

ADM IMPLEMENTATION

- ADM's long-term goal is that Miami-Dade County and at least 10 municipalities support the incorporation of ADM strategies into their planning, land use and/or building guidelines, as feasible or appropriate.
 - o Currently, Miami-Dade County and 12 cities either considering or in the process of adopting ADM including the City of Miami, City of Miami Beach, Village of Pinecrest, and "Town of Miami Lakes?"
- Upon a receiving official support, the ADM team will strategize with cities on how best to incorporate ADM strategies, as deemed appropriate, into planning documents or policy. In addition, the ADM team will work with staff to create indicators for the health impact of the strategies.
- Between January and June 2017, the ADM team is working with the Center for Active Design (NY) to develop a preliminary set of indicators to measure and assess the impacts of several Active Design strategies. The indicators will be shared with the county and municipalities as an ongoing support tool. The assessment of health impacts is key to securing future health-related funding for pertinent projects.