



# Ten Principles for Building Healthy Places

*Thomas Eitler, Edward T. McMahon, Theodore Thorig*

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Distilling lessons learned from three health-focused Urban Land Institute advisory services panels in Colorado, as well as other findings on public health gleaned from a workshop with leading experts, this publication includes up-to-the-minute thinking on how to design and build healthy communities. It serves as a tool for public officials, development professionals, and others to help lay out the key elements that make a community more conducive to activity and that encourage better eating and healthier living.

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