

DEA 6610

Environment & Health



Environmental influences on well-being through the life course

Spring 2012
Wednesday 1:30 - 4:30, Room 201 HEB
TA: Giyoung Park gp249@cornell.edu

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Overview

In this course we examine the impact of the physical environment on human health and health behaviors. Environmental factors to be examined include characteristics of the built and natural environment, housing and neighborhood, as well as sprawl and the dominance of the automobile. We conceptualize “health” broadly to include physical health, obesity, mental health, and cognitive functioning, as well as health behaviors such as diet and physical activity. Working within the life course perspective, we focus on environmental factors that act as either protective mechanisms – fostering the long-term resilience of individuals -- or as risk factors – contributing to long-term vulnerability.

<http://courses.cit.cornell.edu/dea661/index.htm>

Readings: Articles on blackboard: www.blackboard.cornell.edu

Requirements & Grading

- **Discussion Leadership 15%**

Each week, 1 (or 2) student(s) will prepare discussion questions in advance and email these questions to the class **by the Sunday (5:00 pm)** prior to our meeting. These student(s) will then facilitate discussion in class.

- **Class participation & mini assignments 30%**

Participation is critical. In addition to contributing to discussion, participation will involve completing several mini-assignments such as environmental evaluations, collecting a bit of data through interviews, observation, etc. or some brief analysis and writing. Students are also invited to participate in a “good news show & tell,” the last ~20 minutes of each class.

- **Bridging the Gap: Science to Action 20%** **product & presentation due April 11th**
 - **Topic, community contact, and idea due Feb 29th**

Create a research evidence-based product to address a real health/ healthy environment issue in the local community. You need to connect with a real agency or organization to be your partner or client. The “product” might be a 5-minute video, a booklet or brochure, or a website, for example. Themes might include: “Walk Your Kids to School,” “Build a Park,” “Test for Radon” or health impact assessment of a local proposed project.

- **Final Paper ~20 pages. 25% due Tuesday April 24**
 - Topic Idea 1-2 pages -- due Monday March 5**
 - Paper Draft 5% due Friday March 30**
 - In-Class Presentation of Final Paper 5% on Wednesday May 2**

Your final paper will explore a topic related to environments and health. The paper must include a thorough, well-organized literature review (with at least 10 references – mostly journal articles). The paper may be either a research grant proposal or an empirical research paper (for which you collect some data & report your findings).



OTHER RELEVANT RESOURCES:

- Benfield, F.K., Raimi, M.D., and Chen, D.D.T. (1999). *Once there were greenfields: how urban sprawl is undermining America's environment, economy, and social fabric*. NY: Natural Resources Defense Council.
- Brownell, K. (2003). *Food fight: the inside story of the food industry*. McGraw Hill.
- Dannenberg, A.L., Frumkin, H., and Jackson, R.J. (2011). *Making Health Places: design & building for health, well-being and sustainability*. Washington, D.C.: Island Press.
- Elgin, D. (1993). *Voluntary Simplicity*. New York: William Morrow Quill.
- Frumkin, H. Frank, L. and Jackson, R. (2003). *Urban Sprawl and public health: designing, planning, and building for healthy communities*. Covelo CA: Island Press.
- Freund, P and Martin, G. (1993). *The Ecology of the Automobile*. Black Rose Books, Cheektowaga, NY.
- Frank, L.D, Engelke, P.O. and Schmid, T.L. (2003). *Health and Community Design: The Impact of the Built Environment on Physical Activity*. Island Press.
- Kunstler, J. H. (1993). *The Geography of Nowhere*. New York: Simon & Schuster.
- Louv, R. (2005). *Last child in the woods: saving our children from nature-deficit disorder*. Chapel Hill, NC: Algonquin Books.
- Miller, T. *How to want what you have*. New York: Avon Books.
- Pollan, M. (2006). *The Omnivore's Dilemma*. New York : Penguin Press.
- Schlosser, E. (2002). *Fast Food Nation: The dark side of the All-American Meal*. Boston: Houghton-Mufflin.
- Spirn, A.W. (1984). *The Granite Garden: urban nature and human design*. Basic Books, Harper Collins.

WEBSITES:

- Public Health Law and Policy. <http://www.healthyplanning.org/>
- Active Living Research, Robert Wood Johnson Foundation <http://www.activelivingresearch.org/>
- Health Impact Assessment, The World Health Organization (WHO) <http://www.who.int/hia/en/>
- Health Impact Assessment, Centers for Disease Control and Prevention <http://www.cdc.gov/healthyplaces/hia.htm>
- The Story of Stuff <http://www.storyofstuff.com/>
- Dangerous by Design <http://t4america.org/resources/dangerousbydesign2011/>
- Helping Johnny Walk to School http://www.preservationnation.org/issues/historic-schools/additional-resources/community_centered_schools.html

COOL TOOLS:

- **EPA's National Atlas for Sustainability**
<http://www.epa.gov/ecology/quick-finder/national-atlas.htm>
<http://www.epa.gov/ecology/pdfs/esrp-factsheet-atlas.pdf>
- **EPA's Urban Atlas (under development)**
<http://www.epa.gov/nerl/documents/UrbanAtlasFactSheet.pdf>
- **Good Guide** <http://www.goodguide.com/>
<http://www.nytimes.com/2009/06/15/technology/internet/15guide.html>
- **Walkscore** <http://www.walkscore.com/>
- **Gap Minder** <http://www.gapminder.org/>

Week 1**INTRODUCTIONS**

25 January, Wednesday Introduction: Environmental Impacts on Health

Srinivasan, S., O'Fallon, L.R. and Dearry, A. (2003). Creating healthy communities, healthy homes, healthy people: initiating a research agenda on the built environment and public health. *American Journal of Public Health*, 93 (9), 1446-1450.

Taylor, S.E. and Repetti, R.L. (1997). Health Psychology: What is an unhealthy environment and how does it get under the skin? *Annual Review of Psychology*, 48, 411-447. [peruse]

Optional Readings¹:

Jackson R.J., Kochtitzky C: Creating a healthy environment: the impact of the built environment on public health. Available from <http://www.sprawlwatch.org/health.pdf>

Week 2

1 February, Wednesday Historical background: Environment & Public Health

Bloomberg, M.R. et al., (2010). *Active Design Guidelines: promoting physical activity and health in design*. Chapter 1: Environmental design and health: past and present, p. 12-19. Chapter 2: Urban design: creating an active city, p. 22-24; peruse 25-

Sloan, D.C. (2006). From congestion to sprawl: Planning and health in historical context. *Journal of the American Planning Association*, 72 (1), 10-18.

Shaw, M. (2004). Housing and public health. *Ann. Rev. Public Health*, 25, 397-418. excerpt pp. 397-402

Wells, N.M., Evans, G.W. & Yang, Y. (2010). Environments and Health: Planning Decisions as Public Health Decisions. *Journal of Architectural and Planning Research*, 27 (2), 124-143.

Morris, M. (2006). *Integrating Planning and Public Health: Tools and Strategies to create healthy places*. Chapter 6: Health Impact Assessment. Pp. 73-80.

Kuo, F.E. (2002). Bridging the gap: How scientists can make a difference. In R.B. Bechtel and A. Churchman (Eds.) *Handbook of Environmental Psychology*, NY: Wiley, pp. 335 – 346.

Optional Readings:

Frumkin, H., Frank, L. and Jackson, R. (2003). Ch. 3 "Evolution of urban health" In: *Urban sprawl and public health*. Colvelo, CA: Island Press.

Gifford, R. (2002). Making a Difference: Some ways environmental psychology has improved the world.. In R.B. Bechtel and A. Churchman (Eds.) *Handbook of Environmental Psychology*, NY: Wiley, pp. 323 - 334.

Knack, R. (1991). The one-acre habit is hard to break. *Planning*, 57 (8), 8-11.

Kunstler, J.H.(1993). *The Geography of Nowhere*. NY:Simon & Schuster. Ch. 3 "Life on the Gridiron" pp. 29-37.

Bhatia, R. & Wernham, A (2008). Integrating human health into environmental impact assessment: An unrealized opportunity for environmental health and justice. *Environmental Health Perspectives*, 116 (8), 991-1000.

Week 3**THEORETICAL GROUNDING**

8 February, Wednesday Human Ecology & Health Promotion & The Life Course Perspective

Bronfenbrenner, U. & Morris, P. (1998). The ecology of developmental process. In W. Damon and R. Lerner (Eds.) *Handbook of Child Psychology*, 5th ed. 992-1028. Wiley.

Wethington, E. (2005). An overview of the life course perspective: Implications for health and nutrition. *Journal of Nutrition Education and Behavior*, 37 (3), 115-120.

Wheaton, B. and Gotlib, I.H. (1997). Trajectories and turning points over the life course: concepts and themes. In I.H. Gotlib and B. Wheaton (Eds.) *Stress and adversity over the life course*. Cambridge, England: Cambridge University Press, pp. 1-25. [peruse]

Stokols, D. (1992). Establishing and maintaining healthy environments: toward a social ecology of health promotion. *American Psychologist*, 47, 6-22.

¹ Optional readings are not provided on electronic reserve. Some may be useful resources for final paper.

Optional Readings:

- Bronfenbrenner, U. (1979). The ecology of human development: experiments by nature and design. Cambridge, MA: Harvard University Press. Chapter 1: Purpose and Perspective, pp 3-15; Chapter 2: Basic Concepts, pp 16-42.
- Elder, G.H. (1998). The life course and human development. Chapter 16. In: W. Damon and R.M. Lerner (Eds.) *Handbook of Child Psychology*. Volume 1: Theoretical Models of Human Development. NY: J. Wiley & Sons, Inc.
- Pavalko, E.K. (1997). Beyond Trajectories: multiple concepts for analyzing long-term processes. In M.A. Hardy (Ed.) *Studying aging and social change: conceptual and methodological issues*. Sage Publications.
- Evans, G.W. (2004). The environment of childhood poverty. *American Psychologist*, 59 (2), 77-92.
- Rutter, M. (1987). Psychosocial resilience and protective mechanisms. *American Journal of Orthopsychiatry*, 57 (3), 316-331.
- Stokols, D. (1996). Translating social ecological theory into guidelines for community health promotion. *American Journal of Health Promotion*, 10, 282-298.

Week 4 **HOUSING**

15 February, Wednesday **Housing & Health – Physical Health & Mental Health**

- Shaw, M. (2004). Housing and public health. *Ann. Rev. Public Health*, 25, 397-418. excerpt pp. 402-414.
- Bashir, S.A. (2002). Home is where the harm is: Inadequate housing as a public health crisis. *American Journal of Public Health*, 92 (5), 733-738.
- Krieger, J. & Higgins, D.L. (2002). Housing and health: time again for public health action. *American Journal of Public Health*, 92 (5), 758-768.
- Schultz, A. and Northridge, M.E., (2004). Social determinants of health: Implications for environmental health promotion. *Health Education & Behavior*, 31 (4), 455-471.
- Gifford, R. and Lacombe, C. (2006). Housing quality and children's socioemotional health. *Journal of housing and built environment*, 21, 177- 189.

Optional Readings:

- Bartlett, S. N. (1997). Housing as a factor in the socialization of children: A critical review of the literature. *Merrill-Palmer Quarterly*, 43 (2), 169-198.
- Dunn, J., and Hayes, M. (2000). Social inequality, population health and housing: A study of two Vancouver neighborhoods. *Social Science and Medicine*, 51, 563-587.
- Evans, G.W., Wells, N.M., Chan, E., & Saltzman, H. (2000). Housing and mental health. *Journal of Consulting and Clinical Psychology*, 68, 526-530.
- Evans, G.W., Wells, N.M. and Moch, A. (2003). Housing and mental health: A review of the evidence and a methodological and conceptual critique. *Journal of Social Issues*, 59 (3), 475-500.
- Evans, G.W. (2003). The built environment and mental health. *Journal of Urban Health*, 80 (4), 536 – 555.
- Hopton, J. and Hunt, S. (1996). The health effects of improvement to housing: A longitudinal study. *Housing Studies* 11 (2), 271-286.
- Somerville, M., Mackenzie, I., Owen, P. and Miles, D. (2000). Housing and health: does installing heating in their homes improve the health of children with asthma? *Public Health*, 114, 434-439.
- Thomson, H. Petticrew, M., and Morrison, D., (2001). Sorting out the connections between the built environment and health. A conceptual framework for navigating pathways and planning healthy cities. *Journal of Urban Health*, 80 (4), 556-568.

Week 5 **NEIGHBORHOODS**

22 February, Wednesday **Neighborhoods, Nutrition & Health**

- Ellen, I.G., Mijanovich, T. and Dillman, K. (2001). Neighborhood effects on health: exploring the links and assessing the evidence. *Journal of Urban Affairs*, 23 (3-4), 391-408.
- Epstein, H. (2003). Enough to make you sick? *The New York Times Magazine*, October 12, 2003, 75-81, 98, 102-108.
- Leventhal, T. & Brooks-Gunn, J. (2000). The neighborhoods they live in: The effects of neighborhood residence on child and adolescent outcomes. *Psychological Bulletin*, 126, 309-337. [[Read 309-310](#), [peruse 311-328](#), [Read 329-332](#)]
- Story, M., Kaphingst, K.M. Robinson-O'Brien, R. & Glanz, K. (2008). Creating healthy food and eating environments: policy and environmental approaches. *Annu. Review Public health*, 29, 253-272.

- Morland, K., Wing, S., Roux, A.D., and Poole, C. (2002). Neighborhood characteristics associated with the location of food stores and food service places. *American Journal of Preventive Medicine*, 22 (1), 23-29.
- Wrigley, N., Warm, D. and Margetts, B. (2003). Deprivation, diet, and food-retail access: findings from the Leeds 'food deserts' study. *Environment and Planning*, 35, 151-188 [peruse].

Optional Readings:

- O'Campo, P. (2003). Invited commentary: Advancing theory and methods for multilevel models of residential neighborhoods and health. *American Journal of Epidemiology*, 157, 9-13.
- Morland, K., Wing, S., and Roux, A.D. (2002). The contextual effect of the local food environment on residents' diets. *American Journal of Public Health*, 92 (11), 1761-1767
- Timperio, A. Salmon, J., Telford, A. and Crawford, D. (2005). Perceptions of local neighbourhood environments and their relationship to childhood overweight and obesity. *International Journal of Obesity*, 29, 170-175.
- Frumkin, H., Frank, L. and Jackson, R. (2003). Ch. 9 "Social capital, sprawl and health" In: *Urban sprawl and public health*. Colvelo, CA: Island Press.
- Katz, L.F., Kling, J.R. & Liebman, J.B. (2001). Moving to opportunity in Boston: Early results of a randomized mobility experiment. *The Quarterly Journal of Economics*, 607-654.
- Geis, K.J. and Ross, C.E. (1998). A new look at urban alienation: the effect of neighborhood disorder on perceived powerlessness. *Social Psychology Quarterly*, 61 (3), 232-246.
- Sampson, R., J. D. Morenoff, & F. Earls. 1999. "Beyond Social Capital: Spatial Dynamics of Collective Efficacy for Children." *American Sociological Review*. 64, 633-660.
- Stein, C.S. & Bauer, C. (1934) Store buildings and neighborhood shopping centers. *Architectural Record*, 75 (2) 174-187.
- Ross, C.E. (2000). Walking, exercising, and smoking: does neighborhood matter? *Social Science & Medicine*, 51, 265-274.

29 February Bridging the Gap Topic, Community Contact and Idea DUE ~1 page

Week 6 THE ENVIRONMENT & HEALTH BEHAVIORS

29 February, Wednesday The Obesity Epidemic

Environment & Physical Activity

- Frank, L.D., Engelke, P.O. & Schmid, T.L. (2003). Chapter 3: Physical activity and public health (pp. 38-54)
Chapter 6: Understanding the built environment. (pp. 99-116)
- Wells, N.M., et al. (2007). Environment, design and obesity. *Environment and Behavior*, 39 (1), 6-33.
- Freedman, D.H. (2011). How to fix the obesity crisis. *Scientific American*, Feb 2011, 40-47.
- Krieger, J., Rabkin, J., Sharify, D. & Song, L. (2009). Walking for health: creating built and social environments that support walking in a public housing community. *American Journal of Public Health*, 99 No. S3, 593-599.
- Sallis, J. F. Bauman, A., & Pratt, M. (1998). Environmental and policy interventions to promote physical activity. *Am. Journal of Preventive Medicine*, 15 (4), 379-397.
- Kuhlman, R. *Helping Johnny Walk to School*. National Trust for Historic Preservation [peruse]
- Diez Roux, A.V. (2003). Residential environments and cardiovascular risk. *Journal of Urban Health*, 80 (4), 569-589.
- Boutelle K.N., Jeffery R.W., Murray D.M., Schmitz M.K.H. (2001). Using signs, artwork, and music to promote stair use in a public building *American Journal of Public Health*, 91(12): 2004-2006.

The Individual

- Muraven, M. & Baumeister, R.F. (2000). Self-regulation and depletion of limited resources: Does self-control resemble a muscle? *Psychological Bulletin*, 126 (2), 247-259. [peruse]
- Goode, E. (2003). The gorge-yourself environment. *New York Times*, July 22, 2003

Optional Readings:

- Appleyard, D. and Lintell, M. (1972). The environmental quality of city streets: the residents' viewpoint. *Journal of the American Institute of Planners*, 38, 84-101. (Also in Kaplan & Kaplan (1982). *Humanscape*. 233-258. Ulrich's.)
- Barriers to Children walking and biking to school – United States, 1999. *Morbidity and Mortality Weekly Report*, 51 (32), August 16, 2002. CDC.
- Coleman KJ, Gonzalez EC (2001). Promoting stair use in a US-Mexico border community. *American Journal of Public Health*, 91(12): 2007-2009.
- Costs and Consequences of sedentary living: new battleground for an old enemy*. President's Council on Physical Fitness and Sports, Series, 3 (16) (March 2002).

- DeAngelis, T. (2004). Battling obesity: What's to blame for the surge in super-size Americans? *Monitor on Psychology*, January 2004, 46-49.
- Eid, J., Overman, H.G., Puga, D., & Turner, M.A. (2006) "Fat City: The Relationship Between Urban Sprawl and Obesity," Working Papers tecipa-255, University of Toronto, Department of Economics.
- Ewing, R., Schmid, T., Killingsworth, R., Zlot, A., and Raudenbush, S. (2003). Relationship between urban sprawl and physical activity, obesity, and morbidity. *Am. J. of Health Promotion*, 18(1), 47-57.
- Kerr J, Eves F, Carroll D (2001). Encouraging stair use: Stair-riser banners are better than posters. *American Journal of Public Health*, 91 (8): 1192-1193.
- King, A.C., Stokols, D., Talen, E., Brassington, G.S. and Killingsworth, R. (2002). Theoretical approaches to the promotion of physical activity: forging a transdisciplinary paradigm. *American Journal of Preventive Medicine*, 23 (25), 15-25.
- Kunstler, J.M. (2003). Big and blue in the USA. *Orion* online. Available at: http://www.oriononline.org/pages/oo/curmudgeon/index_BigAndBlue.html
- Kunstler, J. H. (1993). *The Geography of Nowhere*. New York: Simon & Schuster.
- Pate R.R., Pratt M., Blair S.N., et al. (1995). Physical activity and public health: a recommendation from the Centers for Disease Control and Prevention and the American College of Sports Medicine. *Journal of the American Medical Association*. 273:402-407
- Russell WD, Hutchinson J (2000). Comparison of health promotion and deterrent prompts in increasing use of stairs over escalators. *Percept. Motor Skills*, 91 (1), 55-61.
- Shute, N. (1991). Driving beyond the limit. *The Amicus Journal*. Spring 1991. 10-17
- Savitch, H.V. (2003). How suburban sprawl shapes human well-being. *Journal of Urban Health*, 80 (4), 590 -607.
- Sprawl and Health: Are modern land-use patterns making us sick? *Environmental Building News*, 11 (4)1, 10-13.

5 March, MONDAY 12:00 noon Paper Ideas Due – 1-2 pages w/ at least 5 citations

Week 7

7 March, Wednesday **The Food Environment: From Micro to Macro**

- Donofrio, G.A. (2007). Feeding the City. *Gastronomica: The journal of food and culture*. 7 (4), 30-41.
- Cohen, D.A. (2010). Evidence on the food environment and obesity (ch 14). In: Waters, Swinburn & Seidell & Uauy (Eds) *Preventing Childhood obesity*, Blackwell Publishing.
- Gallagher, M. (2006). Good Food: Examining the impact of food deserts on public health in Chicago. Mari Gallagher Research and Consulting Group: Chicago, IL.
- Wansink, B. and Van Ittersum, K. (2005). Shape of glass and amount of alcohol poured: comparative study of effect of practice and concentration. *British Medical Journal*, 331, 1512-1514.
- Cummins, S. and Macintyre, S. (2006). Food environments and obesity – neighborhood or nation? *International Journal of Epidemiology*, 35, 100-104.
- Wilkins, J.L (2007). Put global warming on the menu. *Times Union.com*. January 7, 2007.
- Bilger, B. (2006). The lunchroom rebellion: An haute-cuisine chef goes back to school. *The New Yorker*, Sept 4, 2006. pp. 72 – 80.
- Greenhalgh D.G. et al. (2006). Instant cup of soup: design flaws increase risk of burn. *J. Burn Care Research*, 476-481. [optional: <http://www.npr.org/blogs/money/2011/12/05/142634542/why-burn-doctors-hate-instant-soup>]

Optional Readings:

- Wansink, B. (2004). Environmental factors that unknowingly increase food intake and consumption volume of unknowing consumers. *Annual Review of Nutrition*, 24: 455-479.
- Brown, H. (2007). Democracy, by way of food. *The Ithaca Times*, January 10 – 16, 2007. pp. 6, 7, 11.

Week 8

14 March **Poverty, Race & Health**

- Perlin, L.I., Schieman, S., Fazio, E.M., Meersman, S.D. (2005). Stress, health, and the life course: some conceptual perspectives. *Journal of health and social behavior*, 46 (June), 205-219.
- Evans, G.E. & Kantrowitz, E. (2002). Socioeconomic status and health: The potential role of environmental risk exposure, *Ann. Rev. Public Health*, 23, 303-331.
- Ten Things to Know about Health. Unnatural Causes (2008). California Newsreel.

Brilliant, Larry, 2007, Climate, Poverty, and Health: Time for Preventive Medicine. Seventh Annual John H. Chafee Memorial Lecture on Science and the Environment. Washington, DC: National Council for Science and the Environment.

Week 9 ----- **SPRING BREAK** -----

21 March **No Class**

Week 10

28 March **The Life Course & Health**

Belluck, P. (2005). Children's life expectancy being cut short by obesity. *New York Times*, March 17, 2005.

Hellmich, N. (2004). Study: Preschoolers don't exercise enough. *Ithaca Journal*, Nov 2, 2004.

Weil, E. (2005). Heavy Questions. *The New York Times Magazine*. January 2, 2005.

Poulton R., Caspi A., Milne B.J., Thomson W.M., Taylor A., Sears M.R., Moffitt T.E. (2002). Association between children's experience of socioeconomic disadvantage and adult health: A life-course study. *Lancet* 360:1640-45.

Power C, Manor O, Matthews S. (2003). Child to adult socioeconomic conditions and obesity in a national cohort. *International Journal of Obesity*. 27:1081-1086.

Eckenrode, J., et al., (2010). Long-term effects of prenatal and infancy nurse home visitation on the life course of youths: 19-year follow-up of a randomized trial. *Archives pediatr adolesc med*, 164 (1), 9-15.

Optional Readings:

Kaplan, G.A. and Larzarus, N.V. (1991). Psychosocial factors in the natural history of physical activity. *American Journal of Preventive Medicine*, 7 (1), 12-17.

King, A., Kiernan, M., Ahn, D., and Wilcox, S. (1998). The effects of marital transitions on changes in physical activity: results from a 10-year community study. *Annals of Behavioral Medicine*, 20 (2), 64-69.

Lissau I, Sørensen T. (1994). Parental neglect during childhood and increased risk of obesity in young adulthood. *Lancet*; 343:324-27.

30 March, FRIDAY 12:00 noon Final Paper Draft Due

Week 11 **THE NATURAL ENVIRONMENT**

4 April, Wednesday **The Natural Environment & Human Well-Being**

Frumkin, H (2001). Beyond Toxicity: human health and the natural environment. *American Journal of Preventive Medicine*, 20(3), 234-240.

Wells, N.M. (in press). The role of nature in children's resilience: cognitive and social processes. In: K. Tidball & M. Krasny (Eds.) *Greening in the Red Zone*. Springer.

Wells, N.M. and Evans, G.W. (2003). Nearby Nature: A Buffer of Life Stress among Rural Children? *Environment and Behavior*, 35 (3), 311-330. [peruse]

Takano, Nakamura, K., Watanabe, M. (2002). Urban residential environments and senior citizens' longevity in megacity areas: the importance of walkable green space. *J. of Epidemiology and Community Health*, 56, 913-918.

Kaplan, S. and Kaplan, R. (1989). *Cognition and Environment*. Ann Arbor: Ulrich's. pp. 77-88.

Kuo, F.E. (2001). Coping with poverty: impacts of environment and attention in the inner city. *Environment and Behavior*, 33 (1), 5-34.

Faber Taylor, A. & Kuo, F.E. (2009). Children with attention deficits concentrate better after walk in the park. *Journal of Attention Disorders*, 12 (5), 402-409.

Ulrich, R.S. (1984). View through a window may influence recovery from surgery. *Science*, 224, 420-421.

Optional Readings:

Kaplan, S and Kaplan, R. (2003). Health, supportive environments, and the reasonable person model. *American Journal of Public Health*, 93 (9), 1484-1489

- Berman, M.G., Jonides, J. and Kaplan, S. (2008). The cognitive benefits of interacting with nature. *Psychological Science*, 19 (12), 1207-1212.
- Hartig, T., Evans, G.W., Jamner, L.D., Davis, D.S. and Gärling, T. (2003). Tracking restoration in natural and urban field settings. *Journal of Environmental Psychology*, 23, 104-124.
- Pretty, J. (2004). How nature contributes to mental and physical health. *Spirituality and Health International* 5 (2), 68-78.
- Faber Taylor, A., Kuo, F.E., and Sullivan, W.C. (2001). Coping with ADD: The surprising connection to green play settings. *Environment and Behavior*, 33 (1), 54-77.
- Sullivan, W.C. and Kuo, F.E. (1996). Do trees strengthen urban communities, reduce domestic violence? *Technology Bulletin*, Urban & Community Forestry Assistance Program, Report R8-FR 56.

Week 12

11 April, Wednesday BRIDGING THE GAP

11 April Bridging the Gap: Science to Action Assignment Due & In-Class Presentations

Week 13

18 April, Wednesday Consumption; Environmentalism & Sustainability

Consumption & Affluenza

London, B. (1932). Ending the depression through planned obsolescence. (pdf retrieved from Wikipedia)

DeGraaf, J. Wann, D., & Naylor, T.H. (2000). *Affluenza: The all-consuming epidemic*. San Francisco: Berrett-Koehler Publishers, Inc. Introduction: what is affluenza pp 1- 8;-Ch 29 Annual checkups, pp 224-230.
Optional: Ch 18 An emerging epidemic, pp141-147; Ch 19 The age of affluenza, pp148-154.

Miller, T. (1995). *How to Want What You Have*. Avon Books. Ch 3 "Human Nature" 54-79.

Elgin, D. (1993). *Voluntary Simplicity*. William Morrow: New York. "Simplicity and Consumption" 147-152.

Environmentalism & Sustainability: Taking Care of our Planet

Winter, D.D.N. and Koger, S.M. (2004). *The psychology of environmental problems*. Mahwah NJ: Lawrence Erlbaum Associates. Chapter 1: What on Earth are we doing? Pp. 1 – 26. Chapter 8: Putting it together – using psychology to build a sustainable world. Pp. 211 – 234.

Stern, P.C. (2000). Psychology and the science of human-environment interactions. *American Psychologist*, 55 (5), 523 – 530.

DeYoung, R. (2000). Expanding and evaluating motives for environmentally responsible behavior. *Journal of Social Issues*, 50 (3), 509-526. [peruse]

Optional Readings:

Leonard, A. (2010) *The Story of Stuff*. New York. Simon & Schuster.

For more resources see: <http://www.storyofstuff.com/reading.php#consumption>

Wells, N.M. and Lekies, K.S. (2006). Nature and the life course: pathways from childhood nature experiences to adult environmentalism. *Children, Youth and Environment*, 16 (1), 1-25.

Osbaldiston, R. and Sheldon, K.M. (2003). Promoting internalized motivation for environmentally responsible behavior: A prospective study of environmental goals. *Journal of Environmental Psychology*, 23, 349 – 357.

Conservation Psychology website: <http://www.conservationpsychology.org/>

24 April, TUESDAY

Final Papers Due by 12:00 noon

Week 14

SITE VISIT

25 April, Wednesday TBA

Week 15

2 May, Wednesday Presentation of Final Papers