

DEA 6610

Environment & Health

Environmental influences on well-being through the life course

Spring 2014

Wednesday 1:30 - 4:30, Room 201 HEB

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Overview In this course we examine the impact of the built and natural environment on human health and health behaviors. We will discuss environmental factors ranging from plates and portions, to nature and parks, housing and neighborhood, as well as sprawl and 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. Several theoretical models are employed including the life course perspective, the bioecological model, and the reasonable person model (RPM). 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.

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

Additional Resources: <http://courses.cit.cornell.edu/dea6610/index.htm>

Requirements & Grading

A. Discussion Leadership 15% Each week, 1 (or 2) student(s) will prepare discussion questions in advance and email these questions to me **on the Sunday (by 3:00 pm)** prior to our meeting. These student(s) will then facilitate discussion in class.

B. Class participation & mini assignments 30% Participation is critical. In addition to contributing to discussion, participation will involve completing several (4) mini assignments such as environmental evaluations, collecting a bit of data through interviews, observation, or some brief analysis and writing. Students are also invited to participate in a “good news show & tell” during the last ~20 minutes of each class.

C. Project 20%

- **Product & presentation** **due Wed April 9, in class**
- **Topic, audience & idea [+ for BTG, community contact for BTG] (~ 1 page)** **due Mon Feb 24, 5PM**
- **Draft/outline of product/idea (2 page max)** **due Mon Mar 17, 5PM**

There are 2 options for the 6610 project: 1) **Sharing Reasonable Person Model** or 2) **Bridging the Gap: Science to Action**

- 1) **Sharing Reasonable Person Model (RPM).** Create a product that will apply the Reasonable Person Model to an issue in your field or research area. The product could be a song, a video, a sculpture... It must represent and communicate the principles of RPM clearly and accurately, but need not name “RPM”. Ideally, your product will have a web presence.
- 2) **Bridging the Gap (BTG): Science to Action.** Create a research evidence-based product to address a real health/healthy environment issue in the local community. Must 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 could include: “Walk Your Kids to School,” “Build a Park,” “Test for Radon”...

D. Final Paper (~20 pages) 25%

- **Topic Idea, & at least 5 references (1-2 pages)** **due Mon April 28, 5PM**
- **Paper Draft 5%** **due Mon March 3, 5PM**
- **In-Class Presentation of Final Paper 5%** **due Fri March 28, 5PM**
Wed April 30 & May 7

Your final paper will explore a topic related to environments & health. It must include a thorough, well-organized literature review (with *at least* 10 references – mostly journal articles). The paper may be either: 1) a research grant proposal or 2) 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 Healthy 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:

Change Lab Solutions: <http://changelabsolutions.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>

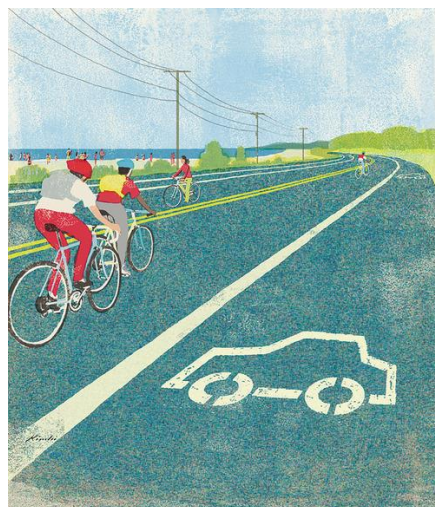
The Story of Stuff: <http://storyofstuff.org/>

Dangerous by Design: <http://t4america.org/tag/dangerous-by-design/>

Helping Johnny Walk to School: <http://www.preservationnation.org/information-center/saving-a-place/historic-schools/helping-johnny/helping-johnny-walk-to-school.html>

COOL TOOLS:

- **EPA's National Atlas for Sustainability**
<http://www.epa.gov/ordntrnt/ORD/healthscitest/browser/index.html>
- **EPA's Urban Atlas (under development)**
<http://www.epa.gov/research/docs/urban-atlas-fact-sheet.pdf>
- **Good Guide** <http://www.goodguide.com/>
- **Walkscore** <http://www.walkscore.com/>
- **Gap Minder** <http://www.gapminder.org/>



From: <http://tywkiwdbi.blogspot.com/2010/09/bicycle-enthusiasts-will-love-this.html>

Week 1

INTRODUCTIONS

22 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

29 January, 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 25-65

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.

Review at least two of the following websites:

- Centers for Disease Control & Prevention, HIA: <http://www.cdc.gov/healthyplaces/hia.htm>
- Active Living Research, RWJF, HIA: <http://www.activelivingresearch.org/resourcesearch/hia>
- World Health Organization, HIA: <http://www.who.int/hia/en/>

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 FOUNDING

5 February, Wednesday Human Ecology, Health Promotion, The Life Course Perspective & the Reasonable Person Model

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.

Stokols, D., Perez Lejano, R. & Hipp, J. (2013). Enhancing the resilience of human-environment systems: A social ecological perspective. *Ecology & Society*, 18 (1) [<http://www.ecologyandsociety.org/vol18/iss1/art7/>]

¹ Optional readings are not provided electronically on BB. Some may be useful resources for paper or other pursuits
Page 3 of 9

Reasonable Person Model (RPM) – Read at least 2 of the 3:

Kaplan, S. & Kaplan, R. (2004). Health, supportive environments, and the reasonable person model. *American Journal of Public Health, 93* (9), 1484-1489.

Kaplan S. & Kaplan, R. (2011). Well-being, reasonableness, and the natural environment. *Applied Psychology: Health & Well-Being, 3* (3), 304-321. doi: 10.1111/j.1758-0854.2011.010155.x

Kaplan, S. & Kaplan, R. (2008). Bringing out the best in people: A psychological perspective. *Conservation Biology, 22* (4), 826-829.

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

Stokols, D. (1996). Translating social ecological theory into guidelines for community health promotion. *American Journal of Health Promotion, 10*, 282-298.

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.

Week 4

HOUSING

12 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.

Schultz, A. and Northridge, M.E., (2004). Social determinants of health: Implications for environmental health promotion. *Health Education & Behavior, 31* (4), 455-471.

Weitzman, M., Baten, A., Rosenthal, D.G., Hoshino, R., Tohn, E., & Jacobs, D.E. (2013). Housing and child health. *Curr Probl Pediatr Adolesc Health Care, 43*, 187-224

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.

Gifford, R. and Lacombe, C. (2006). Housing quality and children's socioemotional health. *Journal of housing and built environment, 21*, 177- 189.

Hopton, J. and Hunt, S. (1996). The health effects of improvement to housing: A longitudinal study. *Housing Studies 11* (2), 271-286.

Krieger, J. & Higgins, D.L. (2002). Housing and health: time again for public health action. *American Journal of Public Health, 92* (5), 758-768.

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. Peticrew, 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.

February Break: Saturday 2/15 – Tuesday 2/18

Week 5

19 February, Wednesday

Healthy Products & Healthy Interiors

Leonard, A. The Story of Stuff. Free Press: New York. Chapter 2 "Production" pp. 44 -105

Janssen, H. (2013). My toxic couch's days are numbered: new furniture flammability standard proposed. *Scientific American*, February 11, 2013. [article + brief video] <http://blogs.scientificamerican.com/guest-blog/2013/02/11/my-toxic-couchs-days-are-numbered-new-furniture-flammability-standard-proposed/>

Wilson, A., (2012). The Nutritional Life of Buildings. *Green Source: The Magazine of Sustainable Design*, Jan 2012. <http://greensource.construction.com/features/currents/2012/1201-The-Nutritional-Life-of-Buildings.asp>

Transparency Project Website: www.Transparency.PerkinsWill.com

Miller, C.C. (2009). On web and iPhone, a tool to aide careful shopping. *NY Times*, June 14, 2009. http://www.nytimes.com/2009/06/15/technology/internet/15guide.html?_r=1&

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:

Stapleton, H.M., Sharma, S., Getzinger, G., Ferguson, P.L., Gabriel, M., Webster, T.F. & Blum, A. (2012). Novel and high volume use flame retardants in US couches reflective of the 2005 PentaBDE phase out. *Environmental Science & Technology*, 46 (24), 13432-9.

Colborn, T., Dumanoski, D., & Myers, J.P. (1996). *Our Stolen Future*. Wiley: New York.

Smith, R. & Lourie, B. (2009). *Slow Death by Rubber Duck*. Counterpoint publishers, Berkeley, CA.

Bernstein, F.A. (2012) To help make sure your home is healthy, an ingredients list. *New York Times*, Feb 1, 2012. http://www.nytimes.com/2012/02/02/garden/an-online-database-of-hazardous-building-materials.html?_r=2

Healthy Environments: A compilation of substances linked to asthma. Perkins & Will http://transparency.perkinswill.com/assets/whitepapers/NIH_AsthmaReport_2012.pdf

Gannon, J. (2011). Choice of materials seen as key to healthier indoor spaces. *BNA's Environmental Compliance Bulletin*, 18 ECB 32, 1/24/2011. http://www.perkinswill.com/files/BNA_EC.pdf

Anderson R. (2009). Ray Anderson, CEO of Interface Carpet: The business logic of sustainability. http://www.ted.com/talks/ray_anderson_on_the_business_logic_of_sustainability.html

Mon 24 February 5:00 pm PROJECT: BTG or RPM Topic, Audience & Product Idea DUE (include community contact for BTG) ~1 page

Week 6

NEIGHBORHOODS

26 February, Wednesday

Neighborhoods & 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. <http://www.nytimes.com/2003/10/12/magazine/ghetto-miasma-enough-to-make-you-sick.html?pagewanted=all&src=pm>

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.

Rundle, A., Neckerman, K.M., Freeman, L., Lovasi, G.S., Purciel, M., Quinn, J., Richards, C., Sircar, N., & Weiss, C., (2009). Neighborhood food environment and walkability predict obesity in New York City. *Environmental Health Perspectives*, 117 (3) 442-447.

Larson, N.I., Story, M.T., & Nelson, M.C. (2009). Neighborhood environments: disparities in access to healthy foods in the U.S. *American Journal of Preventive Medicine*, 36 (1), 74-81.

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.
- 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.
- Sampson, R., Morenoff, J.D., & Earls, F. (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.
- 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.

Mon 3 March, 5:00 pm PAPER Ideas Due – 1-2 pages w/ at least 5 citations

Week 7

5 March, Wednesday Environment & Obesity

- Frank, L.D., Engelke, P.O. & Schmid, T.L. (2003). Ch 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. *Am J of Public Health*, 99 (S3), 593-599.
- Kuhlman, R. *Helping Johnny Walk to School*. National Trust for Historic Preservation [peruse]
- Diez Roux, A.V. (2003). Residential environments and cardiovascular risk. *J 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.
- Redmon, K.C. (2013). Fruit, not fries: lunchroom makeovers nudge kids toward better choices. NPR blogs. The Salt. April 2, 2013. <http://www.npr.org/blogs/thesalt/2013/03/29/175710393/fruit-not-fries-lunchroom-makeovers-nudge-kids-toward-better-choices>

Peruse: McCann Consulting: <http://www.bmccann.net/publications.html>

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.
- Eitler, Thomas W., Edward T. McMahon, and Theodore C.Thoerig. 2013 Ten Principles for Building Healthy Places. Washington, D.C.: Urban Land Institute, 2013. <http://www.uli.org/wp-content/uploads/ULI-Documents/10-Principles-for-Building-Healthy-Places.pdf>
- 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.
- Frank, L.D., Engelke, P.O. & Schmid, T.L. (2003). Chapter 3: Physical activity and public health (pp. 38-54)
- Goode, E. (2003). The gorge-yourself environment. *New York Times*, July 22, 2003
- 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.

Also: Review Wethington (2005) See Feb 5.

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.

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

Week 10

26 March, Wednesday Health Disparities: 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 11 ----- SPRING BREAK – Saturday 3/29 – Sunday 4/6 -----

2 April No Class

Week 12

9 April, Wednesday PROJECT: Bridging the Gap (BTG) or Reasonable Person Model (RPM)

9 April: PROJECT [BTG or RPM] Due & In-Class Presentations

Week 13

16 April, Wednesday Natural Environment & Human Well-Being

- Frumkin, H. (2013). The evidence of nature and the nature of evidence. *Am J. of Prev Medicine*, 44 (2), 196-197.
- Wells, N.M. (2012). The role of nature in children's resilience: cognitive and social processes. In: K. Tidball & M. Krasny (Eds.) *Greening in the Red Zone*. Springer.
- Donovan, G.H., Butry, D.T., Michael, Y.L., Prestemon, J.P., Liebhold, A.M., Gatzolis, D., & Mao, M.Y. (2013). The relationship between trees and human health: evidence from the spread of the emerald ash borer. *Am J Prev Med*, 44 (2), 139-145.
- Alcock, I., White, MP, Wheeler, BW, Fleming, LE, Depledge, MH (2014). Longitudinal effects on mental health of moving to greener and less green urban areas. *Environ Sci Technol* ...
- 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.
- 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.
- Plane, J. & Klodaway, F., (2013). Neighborhood amenities & health: examining the significance of a local park. *Social Science & Medicine*, 99, 1-8.
- 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
- Kuo, F.E. (2001). Coping with poverty: impacts of environment and attention in the inner city. *Environment and Behavior*, 33 (1), 5-34.
- Berman, M.G., Jonides, J. and Kaplan, S. (2008). The cognitive benefits of interacting with nature. *Psychological Science*, 19 (12), 1207-1212.
- Frumkin, H (2001). Beyond Toxicity: human health and the natural environment. *American Journal of Preventive Medicine*, 20(3), 234-240
- 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 14

23 April, Wednesday **TBA**

28 April, Monday 5:00 pm **Final Papers Due**

Week 15

30 April, Wednesday **Consumption & Affluenza
& Presentation of Final Papers**

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.

Week 16

7 May, Wednesday **Environmentalism & Sustainability: Taking Care of our Planet
& Presentation of Final Papers**

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/>