

HOW CAN WE STAY HEALTHY WHEN OUR BUILT ENVIRONMENT IS WORKING AGAINST US?



ENVIRONMENT

Toxic air, water, soil, & materials
Light & noise pollution
Climate change & resource depletion



SOCIAL/COMMUNITY

Loneliness & social isolation
Economic insecurity & inequality
Polarization & lack of trust



PERSONAL/BEHAVIORAL

Sedentary & unhealthy lifestyle
Digital overload & stress
Disconnection from nature & heritage

URBAN UNWELLNESS

Intensive air, water, noise, & light pollution
Overcrowding & lack of tranquil space
Luxury versus slums
Limited amenities for the non-rich

SUBURBAN UNWELLNESS

Separation of home from daily activities
Car dependency & sprawl
Limited walkability
Social isolation & segregation



CHILDREN & TEENAGERS

Childhood obesity
Teen anxiety & depression
Lack of independence



WORKING ADULTS

Long commutes
Always on, 24/7 work culture
Rising stress & unhappiness



SENIORS

Decreased mobility
Increased medical needs
Isolation from friends & family



THE COSTS OF OUR UNHEALTHY BUILT ENVIRONMENT ARE STAGGERING AND UNSUSTAINABLE



PERSONAL/BEHAVIORAL

- Lack of physical activity (25% of adults and 80% of adolescents) costs over **\$67.5 billion** each year in health expenditures and lost productivity.
- **38%** of Americans say they lack outdoor spaces in their community to walk or exercise.



SOCIAL/COMMUNITY

- **25-40%** of households are single in the United States, Western Europe, Japan, and South Korea.
- **25%** of Americans have no close friend to confide in.
- Depression, a leading cause of illness and disability, increased **18%** from 2000-2015 worldwide.



ENVIRONMENT

- A hazardous environment causes **24%** of global disease and **13 million** deaths every year.
- Air pollution kills **2.2 million** in China and India every year.

URBAN UNWELLNESS

- **88%** of urban dwellers are exposed to unhealthy levels of pollution.
- City life increases the risk of mental illness in children and adults.

SUBURBAN UNWELLNESS

- Each hour spent in a car per day increases obesity risk by **6%**.
- Suburban dwellers walk less, drive more, weigh more, and are more likely to be hit by a car.
- Sprawl costs the American economy more than **\$1 trillion** annually.



CHILDREN

- Only **13%** of American children walk or bike to school, as compared to 48% in 1969.
- Australian children spend less than **2** hours a day outside but **4.5** hours in front of a screen.
- **2/3** of Chinese children do not meet recommended guidelines for daily physical activity.



WORKING ADULTS

- Every **10** minutes spent commuting results in **10%** fewer social connections.
- Prolonged sitting raises the risk of cardiovascular disease by **14%**, cancer by **13%**, and diabetes by **91%**.
- **33%** of full-time workers find it difficult to maintain work-life balance (across the United States, United Kingdom, India, Japan, China, Germany, Mexico, and Brazil).



SENIORS

- **63%** of older people find it hard to access healthcare (across **32** countries in Africa, Asia, Europe, and the Caribbean).
- **17%** of seniors in England have contact with another person less than once a week.
- Only **1%** of U.S. housing stock is adequately equipped to meet the needs of seniors.



GLOBAL WELLNESS
INSTITUTE™

Source: Global Wellness Institute Report: "Build Well to Live Well: Wellness Lifestyle Real Estate and Communities," January 2018.
Data aggregated by GWI from the sources listed in Endnote ix and the Bibliography.