CY PLAN 256/PH233:
Healthy Cities: Planning, Politics & Population Health
Fall 2023
Professor Jason Corburn, jcorburn@berkeley.edu
Wednesdays, 2-5pm
Room 106, Bauer-Wurster Hall

Overview

City life is the norm for an ever growing proportion of the world's population. As urban populations increase, strains are placed on basic infrastructure, housing, ecologic resources, social relationships, the local and regional economy and governance practices. As some populations flee cities, either by choice or after being forcibly displaced, there are also impacts on the social and built environments.   The urban environment influences many aspects of health and well-being: what people can eat, the air they breathe and the water they drink, where (or if) they work, the housing that shelters them, where they go for health care, the danger (or safety) they encounter on the street, who is available for emotional and financial support, how political power is distributed and public resources allocated. The response to COVID-19 has created new challenges for how to support the well-being of all groups and communities within cities. How cities are managed, what local policy and planning decisions are made or ignored, can determine whether the places we live will be threats to the health of the public, protective against disease and premature death, and which populations will benefit or suffer the most.

While the fields of modern city planning and public health emerged together in the 19th century to address urban inequities and infectious diseases, they were largely disconnected for much of the 20th century. In the 21st century, planning and public health are reconnecting to address the new health challenges of urbanization and globalization – from racial and ethnic disparities to land use sprawl to providing basic services to the millions of urban poor around the world living in informal slum settlements. How to reconnect the fields of planning and public health to address these and other 21st century urban health challenges is the focus of this course.

Learning Objectives:
At the conclusion of this course, students will:
1) Understand key events in the histories of planning and public health that helped to link and later separate the two disciplines;
2) Utilize key theories of urban disease distribution, or what is called population health, and how these relate to health inequities between different population groups;
3) Distinguish between health disparities, health inequalities and health equity, and understand how structural racism acts a key driver of the distribution of health and disease around the world;
4) Analyze non-health care policies that can improve urban health equity;
5) Identify how social and built environment characteristics of neighborhoods get 'under our skin' and contribute to 'toxic stressors' that shape chronic disease burdens;
6) Understand and use mixed methods, specifically how spatial, quantitative, & 'citizen science' data all contribute to an understanding of urban place and health;
7) Engage in case studies, particularly develop skills to meaningfully engage different urban health stakeholders in action-research

Healthy Cities, Fall 2023: Semester at a glance

Date	Theme	Lecture/in-class
8/23	**Introduction & Overview**	Introduction to Healthy Cities & assignment overview
8/30	**Urban Health Frameworks**	What is Urban Health expertise? How has COVID impacted urban science & policy? What is the Ecologic model?
9/6	**Urban Health History, I & II**	What are origins of modern urban health? How have colonialist mentalities influenced the form of cities & the health of populations?
9/13	**Urban Health History III & IV**	How have housing, crime, environmental policies & social movements shaped 21st century cities? Climate change & health. Global health & colonialism
9/20	**Place & Health**	Debrief Out in the Rural. What is the difference b/t built env't & place-based approach to urban health?
9/27	**Defining a Healthy City**	During class time, you should view all presentations. *No lecture or meeting during class time this week*.
10/4	**Structural Racism**	Debrief of Healthy City presentations. What is structural racism?
10/11	**Urban toxic stress**	What is toxic stress? How does the trauma of racism & discrimination impact our bodies? Guest: Brandon Harris, Pogo Park
10/18	**Informal Settlements & health**	What are urban informal settlements, why has global health failed & what are urban activists doing?
10/25	**Climate Change & Urban Health**	How are the urban poor around the world leading practice & policy around climate change adaptation? Guest: Smruti Jukur, SPARC, Mumbai
11/01	**Urban Violence & Peacemaking**	Community health, healing and urban gun violence prevention. Guests: Advance Peace practitioners.
11/8	**Putting it into Practice**	*Madrona Role Play* this week in your group. You can use class time for exercise or another agreed to by group.
11/15	**Reflection in Action**	Debrief Madrona/work on final assignments
11/2	**No class**	Thanksgiving Break
11/29	**Final Presentations**	Group/individual presentations of FINAL assignment

SCHEDULE AND READINGS

8/23   **Introduction to Healthy Cities: Place, Equity & Population Health**
- What population health issues are confronting global cities in the 21st century?
- What are the relationships between city planning and population health?
- How has COVID-19 revealed the strengths and challenges of urban health globally?

Required reading:

Duhl, L. 1986. The Healthy City: Its function & its future. Health Promotion. 1(1):55-60.

Corburn, J. 2009. Toward the Healthy City. Cambridge: MIT Press. Chapter 1.

Farmer, P. E., Nizeye, B., Stulac, S., & Keshavjee, S. (2006). Structural Violence and Clinical Medicine. PLoS Medicine, 3(10), e449, p. 1686-1691.Fuller et al. 2022. Pollution and health: a progress update. Lancet. DOI:https://doi.org/10.1016/S2542-5196(22)00090-0

Recommended Reading & Videos:

What is urban planning? https://www.youtube.com/watch?v=98GwUdouZi0

Vlahov, D. et al. 2007. Urban as a determinant of health. Journal of Urban Health. 84:16-26

8/30   **Planning, Prevention, Policy and Health Equity in Cities**
- What does Dr. Stockman and the Enemy of the People story have to do with health, place & cities?

Required Readings:

Ibsen, H. An Enemy of the People. Please read entire play.
    http://www.classicreader.com/booktoc.php/sid.7/bookid.1535

Foucault, M. 1975. "Panopticism" from "Discipline & Punish: The Birth of the Prison

Jasanoff, S. 2007. Technologies of Humility. Nature. 450 (33). https://doi.org/10.1038/450033a

Recommended Reading:

Crenshaw, Kimberle. 1991. "Mapping the Margins: Intersectionality, Identity Politics, and Violence against Women of Color." Stanford Law Review 43 (6): 1241–99.
    https://doi.org/10.2307/1229039

9/6   **Cities, Planning & Public Health in Historical Context I & II**
- What are the key issues in urban population health?
- What are the characteristics of cities, city life and politics that influence well-being?

Required Reading:

Corburn, J. 2013. Healthy City Planning. Chapter 2

Du Bois, W.E.B. 1906[2003 reprint]. The Health and Physique of the Negro American. Report of a Social Study Made Under the Direction of Atlanta University; Together With the Proceedings of the Eleventh Conference for the Study of the Negro Problems, Held at Atlanta University, on May the 29th, 1906. Atlanta, Ga: Atlanta University Press. Reprinted in, *American Journal of Public Health*, 93(2):272-276.

Curtain, P.D. 1985. Medical Knowledge and Urban Planning in Tropical Africa. The American Historical Review. 90 (3): 594-613.

Rosen, G. 1971. The First Neighborhood Health Center Movement: Its Rise and Fall. American Journal of Public Health. 61(8):1620-1637.

9/13   Cities, Planning & Public Health in Historical Context III & IV
- What are the different types of 'structural violence' that shape health and disease in cities?
- What was redlining and how did it shape opportunities for health for people of color?

Required Readings:
Alexander, M. 2010. New Jim Crow: Mass Incarceration in the Age of Color Blindness, Chapter 5.
Fullilove, M. 2001. Root Shock: the consequences of African American dispossession. Journal of urban
    health, 78(1), 72–80. https://doi.org/10.1093/jurban/78.1.72
Kakia, M. 2017. 'Don't call me resilient again!': the New Urban Agenda as immunology… or … what
    happens when communities refuse to be vaccinated with 'smart cities' and indicators.
    Environment and Urbanization, 29(1), 89–102. https://doi.org/10.1177/0956247816684763

Recommended Reading:
Chowkwanyun, M. 2011. The Strange Disappearance of History from Racial Health Disparities
    Research. Du Bois Review. 8;1:253-270.

9/20   Beyond the Built Environment: Healthy Places
- What are the key characteristics of places that can influence health?
- What is the 'relational view' of place and urban health and how might it be connected to
  intersectionality?

Required readings:
Cummins S., Curtis, S., Diez-Roux, A.V. and Macintyre, S. 2007. Understanding and representing
    'place' in health research: A relational approach. Social Science & Medicine 65:1825–1838.
Leung, M., Yen,I, H., & Minkler, M. 2004. Community-based participatory research: a promising
    approach for increasing epidemiology's relevance in the 21st century. International Journal of
    Epidemiology 2004;33:499–506.
Escobar, A. 2001. Culture sits in places: reflections on globalism and subaltern strategies of localization.
    Political Geography 20 (2001) 139–174.

9/27   Defining a Healthy City
- What constitutes a healthy city and community?
- What combination of processes and indicators would you select and why?

Required Reading:
American Public Health Association. 1948. Planning the Neighborhood. Intro and Chapter 4.
Hancock, T. and Duhl, L. 1986. Promoting Health in the Urban Context. WHO Healthy Cities Project.
Corburn J, Cohen AK. 2012. Why We Need Urban Health Equity Indicators: Integrating Science,
    Policy, and Community. PLoS Med 9(8): e1001285.
    https://doi.org/10.1371/journal.pmed.1001285

10/4   Structural Racism & Urban Health Inequities
- How does critical race theory inform public health practice?
- What is 'weathering' and how is it related to structural racism?

Required Readings:

Ford, C.L. & Airhihenbuwa, C.O. 2018. Commentary: Just What is Critical Race Theory and What's it Doing in a Progressive Field like Public Health? Ethn Dis.28:223-230. DOI: 10.18865/ed.28.S1.223

Sweet, E. & Harper-Anderson, E.L. 2023. Race, Space, and Trauma, JAPA, DOI: 10.1080/01944363.2023.2165530

10/11 – Urban Toxic Stress: The Pair of ACEs
- What are the pair of ACES?
- What is toxic stress and how might one's place and/or neighborhood contribute to chronic stress?

Required Reading:

Ellis, Wendy R. et al. 2017. A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience Model. Academic Pediatrics, Volume 17, Issue 7, S86 - S93. https://www.academicpedsjnl.net/article/S1876-2859(16)30552-6/fulltext

Williams, David R. 2018. "Stress and the Mental Health of Populations of Color: Advancing Our Understanding of Race-related Stressors." *Journal of Health and Social Behavior* 59(4):466-485.

Williams, R. & Steil, J. 2023. The Past We Step Into and How We Repair It. JAPA. https://doi.org/10.1080/01944363.2022.2154247

10/18 - Decolonizing Global Urban Health: Informality in Nairobi, Kenya
- What are activists in Nairobi doing to change colonial legacies in Kenya's informal settlements?

Required Reading:

Gilbert, A. 2007. The Return of the Slum: Does Language Matter? IJURR. 31:, 4:697-713.

Büyüm AM, Kenney C, Koris A, et al. 2020. Decolonising global health: if not now, when? BMJ Global Health. 5:e003394. https://gh.bmj.com/content/5/8/e003394

Corburn J, Njoroge P, Weru J, Musya M. 2022. Urban Climate Justice, Human Health, and Citizen Science in Nairobi's Informal Settlements. Urban Science. 6(2):36. https://doi.org/10.3390/urbansci6020036

10/25 Urban Climate Justice & the Healthy City
- What is an intersectional approach to urban climate justice?
- What does it mean to plan with youth and local experts for healthy cities & informal settlements?

Required Readings:

Amorim-Maia,A.T. et al. 2022. Intersectional climate justice: A conceptual pathway for bridging adaptation planning, transformative action, and social equity. Urban Climate. 41, https://doi.org/10.1016/j.uclim.2021.101053.

Mulumba, M., et al. 2021. Decolonizing Health Governance: A Uganda Case Study on the Influence of Political History on Community Participation. Health and human rights, 23(1), 259–271.

Dorries, H., & Harjo, L. (2020). Beyond Safety: Refusing Colonial Violence Through Indigenous Feminist Planning. JPER, 40(2), 210–219. https://doi.org/10.1177/0739456X19894382

11/1   Urban Violence & Advance Peace: A Healing Centered Approach to Urban Health
- What does a 'healing centered' approach to urban health look like in practice?
- What is the Advance Peace model and how might it help heal entire communities?

Required Readings:
Ginwright, S. 2018. The Future of Healing. Shifting from Trauma Informed Care to Healing Centered Engagement. Medium. https://medium.com/@ginwright/the-future-of-healing-shifting-from-trauma-informed-care-to-healing-centered-engagement-634f557ce69c
Corburn et al. 2021. A healing-centered approach to preventing urban gun violence: The Advance Peace Model. Humanities And Social Sciences Communications. 8:142. https://doi.org/10.1057/s41599-021-00820-y
Motlagh, J. 2016. A radical approach to gun crime: paying people not to kill each other. UK Guardian. https://www.theguardian.com/us-news/2016/jun/09/richmond-california-ons-gun-crime

11/08 – Practicing Urban Health: A Policy Role Play
You must use the class time period to negotiate the Madrona exercise. Please read the general instructions. Also read your private, confidential instructions and do not share these with anyone. More details will be provided for how to complete this assignment.

Suggested Readings:
Watson, V. 2014. Co-production and collaboration in planning – The difference. Planning Theory & Practice, DOI: 10.1080/14649357.2013.866266.
Corburn, J. 2005. Street Science: Community Knowledge and Environmental Health Justice. Cambridge: MIT Press. Chapter 2: pp:47-77.

11/15 Health Equity on a Planet of Cities
- How can municipal governments take a holistic approach to health and well being?
- What is Health in All Policies and how has it been used in Richmond, California?

Required Reading:
Elmqvist, T., et al. 2021. Urbanization in and for the Anthropocene. npj Urban Sustainability. 1:6 ; https://doi.org/10.1038/s42949-021-00018-w
Corburn, J. Curl, S., and Arredondo, G and Malagon, J. 2015. Making Health Equity Planning Work: A Relational Approach in Richmond, California. Journal of Planning Education and Research. 35(3): 265–281.

11/22   Thanksgiving Break – NO Class –

11/29   FINAL IN-CLASS PRESENTATIONS