Morristown is super green. The very center of Morristown is anchored by the central park, named "The Green," and trees line the streets. Surrounding the center are large public recreational parks. Gyms and fitness studios, offering a variety of exercise options. On The Green people join to do yoga. Bike and jogging paths are always busy with active people.

Morristown offers its citizens a wide variety of community infrastructure, including cultural arts, music, library, and learning facilities, as well as government body that has joined New Jersey to create a healthy and vibrant community. Architects, planners, healthcare entities and the government are succeeding in their work together requires a comprehensive approach in which health, wellness, and sustainability meet each other.

An accessible train station and public transportation support mobility to NYC and the surrounding region. Bike paths and parking spots allow for moving around in healthy ways. Provisions for the blind and disabled allow for access for all people.

Morristown is very walkable, with a walkscore of 71, most errands can be accomplished by foot. The commission of the moving forward master plan of the community are critical.

Economic globalization has had a major impact on Population Health. Nearly 30% of the global population has become increasingly overweight and obese. Diabetes and related illnesses threaten all ages. Our population health is deteriorating and the cost of health care is skyrocketing. This sedentary and unhealthy lifestyle affects individuals, the community and the planet at large. Within a city/town, how does the built environment play a role in helping, or hurting this dilemma of health?

Architects design the buildings that fill our cities and towns. Architectural professionals can improve health & wellness in the built environment, and the space beyond. Using the lens of the architect, we take on our immediate community of Morristown, NJ as a Community Case Study. Morristown is a place that is 45 minutes outside of New York City, has 18,411 residents and holds a simultaneously suburban and urban character, offering many of the gifts of a big city, while retaining aspects of the green nature found in small towns.

Applying life-cycle design and health & wellness principles through interdisciplinary interaction to all building aspects, including housing, schools, workplace, commerce and institutions, is critical to the development of a healthier built environment that supports a healthier community. Architects, designers, planners, healthcare and social agencies have the collective power to measurably improve population health. Nearly 30% of the global population has become increasingly overweight and obese. Diabetes and related illnesses threaten all ages. Our population health is deteriorating and the cost of health care is skyrocketing. This sedentary and unhealthy lifestyle affects individuals, the community and the planet at large. Within a city/town, how does the built environment play a role in helping, or hurting this dilemma of health?

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