

ELEMENTS

1 GREEN + ACTIVE SPACE

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.

- Gym/Fitness Studio
- Public Park



"Traditionally, municipal transportation plans describe and make recommendations for improving vehicular traffic, while treating transit, cycling and walking as secondary concerns. This plan is different in that it strikes a balance among all modes. But what sets it apart is how it carefully links all of those modes together, as well as to the town's Land Use and Community Form Plan (chapter 3). Circulation is complex, and in real life these modes, are not separated; pedestrians, drivers, cyclists, trucks, buses, and trains interact constantly, and improving the system so they can better work together requires a comprehensive perspective in which trade-offs, the establishment of priorities, and an understanding of the key issues and values of the community are critical." Morristown Moving Forward Master Plan

2 TRANSPORTATION + MOBILITY

Morristown is very walkable, with a walkscore of 71, most errands can be accomplished by foot. 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.

- Colonial Coach Bus Stop
- Commuter Rail
- NJ Transit Bus Stop
- Public Parking



3 HEALTH CARE ACCESS

A variety of public health entities are working to optimize population health: Morristown United for Healthy Living, Atlantic Health Systems, Be Well, for example, promote wellness by providing resources and education. Health care is accessible on many scales, from Morristown Medical Center (a highly ranked hospital) to Home Health Services, Childrens Hospitals & Mental Health organizations, medical needs are met across the board.

- Dentist
- Family Services
- Health Clinic
- Home Health Services
- Hospital/In-Patient Care
- Internal Medicine
- Mental Health Facilities
- Optometrist
- Pharmacy
- Physical Therapist



4 FOOD RESOURCES + URBAN FARMS

In addition to a diverse choice of food markets & food pantries that promote healthy lifestyle, Grow It Green Morristown creates sustainable farms & gardens that provide equal access to fresh, local food and programs focused on healthy eating and environmental stewardship. By engaging and educating residents, this supports Morristown as a healthy and vibrant community.

- Bodega/Convenience/Deli
- Community Garden
- Farmer's Market
- Food Pantry
- Food/Specialty Market
- Supermarket



5 INFRASTRUCTURE + SUPPORT

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 Mayor's Wellness Campaign, pledging to work together with various agencies to promote wellness in the community.

- Arts Center
- Cultural Services
- Emergency Services
- Government Building
- Library
- Post Office
- Private Education
- Public Education
- Religious Institution



6 RESTAURANTS + SOCIAL VIBRANCY

Morristown is known for its social vibrancy and eateries that bustle with activity from early morning coffee houses, to lunchtime restaurants filled with professionals and residents, to a lively evening dinner (and after dinner) life that calls people of all ages out into the night.

- Café
- Restaurant



EXAMPLES

BUILDING HEALTHY CITIES

A CASE STUDY OF WELLNESS



MORRISTOWN, NJ, USA

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. In Morristown, NJ we see the positive results of many organizations, institutions and collaboratives working together to promote health, wellness, and wellbeing for all of the community. Architects, planners, healthcare entities and the government are succeeding in their mission to make Morristown a welcoming, beautiful, healthy, resilient and sustainable place to live, work and play. Examining this standard to follow, we show you maps and examples illustrating the prevalence and positioning of factors that together create a vibrant, livable community.

INTERNATIONAL CODE COUNCIL®

U.S. GREEN BUILDING COUNCIL
USGBC

WELL
Healthcare and Performance

fitwell
Introduction to Fitwell

INTEGRATE MODEL BUILDING CODES supporting the health, safety and welfare of occupants through SUSTAINABILITY, RESILIENCY & HEALTH AND WELLNESS

FACTORS + INFLUENCES

HEALTH FACTORS
SOCIAL + ECONOMIC = 40%
CLINICAL CARE = 20%
PHYSICAL ENVIRONMENT = 10%
HEALTH BEHAVIORS = 30%

COMMUNITY HEALTH
MENTAL HEALTH, WELL-BEING + EMOTIONAL SUPPORT ARE ESSENTIAL TO WELLNESS

BIOPHILIA
CIRCADIAN RHYTHMS
CYCLES OF NATURE
DAY & NIGHT
IMPACT WELLBEING

LIFE CYCLE
THE GOOD CITY
SUPPORTS THE STAGES
OF EVERY AGE GROUP FROM
BIRTH TO END OF LIFE

ZONING
CONSIDERATIONS OF
DIVERSE POPULATIONS
PROMOTES INTEGRATION +
POSITIVE CULTURAL IDENTITY

ANALYSIS
QUALITATIVE + QUANTITATIVE
DATA ANALYSIS
AIDS COMPREHENSIVE
EVALUATION



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