

The Influence of Art and Architecture on Health—Syllabus

Theme 1: Public and Private Places

Core Readings:

- Murat Z. Memluk, Designing Urban Squares, Chapter 19 in *Advances in Landscape Architecture*, Edited by Murat Özyavuz, InTech: 2013.
- Edmund N. Bacon, “Medieval Design” and “The Structure of the Square” in *Design of Cities*, The Viking Press, New York, 1967
- Amelia Lake, Tim Townshend, Obesogenic environments: exploring the built and food environments, *The Journal of The Royal Society for the Promotion of Health*, November 2006 Vol 126 No 6.
- Diane Hales. An Italian Tradition: La Passeggiata. *Fodor’s Guest Blogger*, July 20, 2010

Supplemental Reading:

- Matt Ford, A dictator’s guide to urban design. *The Atlantic*, Feb. 21, 2014.
- Project for Public Spaces, 10 Principles for Successful Squares, Accessed at www.pps.org/reference/squaresprinciples July 4, 2016.
- Michael Kimmelman, The Craving for Public Squares, *The New York Times Review of Books*, April 7, 2016

1. Seminar Discussion: Designing urban squares for health

Objective: Compare and contrast human’s needs for and the best purposes of public and private spaces. Discuss how public and private spaces can contribute to community health.

2. Seminar Discussion: How does the Italian passeggiata contribute to community health?

Objective: Identify ways in which a cultural tradition of passeggiata contributes to health. Detail the health benefits of the “passeggiata.” Describe where in each participant’s city they could do this and whether they could take a passeggiata from their home.

Theme 2: The Architecture of Monastic and Village Life

Core Readings:

- Caroline Bruzelius, The Architecture of the Mendicant Orders in the Middle Ages: An Overview of Recent Literature, *Perspective* 2012.

1. Seminar Discussion: The Architecture of the Mendicant Orders in the Middle Ages

Objective: Identify characteristics of the architecture of monasteries and convents that contribute to human health?

Theme 3: The Relationship between the City and the Natural Environment—Man and Nature

Core Readings:

- Anonymous (probably Ugolino Brunforte, c. 1262 – c. 1348), *The Little Flowers of St. Francis of Assisi* (Latin: Actus beati Francisci et sociorum eius), Chapter XXI, The Legend of Saint Francis & the Wolf of Gubbio, Accessed July 4, 2016 at <http://tamingthewolf.com/saint-francis-and-the-wolf>, Taming the Wolf Institute for Franciscan Peacemaking.
- Gary Paul Nabhan, *Songbirds, Truffles, and Wolves: An American Naturalist in Italy*, Chapter 5: Where the Wild Things Aren’t—Truffles and Wolves, Penguin Books, 1993.

1. Seminar Discussion: The legend of St. Francis and the wolf of Gubbio and Songbirds, Truffles, and Wolves

Objective: Identify how community health is influenced by the relationship between the urban and natural environment and how urban design can support a healthy relationship between urban industry and nature.

Theme 4: The Art and Architecture of Neighborliness

Core Readings:

- Jean-Jacques Rousseau. *Discourse on the Origin and Foundation of Inequality Among Men*. The Second

Part.

- Garrett Hardin. The Tragedy of the Commons. *Science* 13 Dec 1968: Vol. 162, Issue 3859, pp. 1243-1248

Supplemental Reading:

- Plutarch, *Lives*, Theseus unifies Attica, as reprinted in *Lapham's Quarterly*

1. Seminar Discussion: Discourse on the Origin and Foundation of Inequality Among Men

Objective: Discuss the origins of public and private land and identify ways that each can contribute to human health.

2. Seminar Discussion: The Tragedy of the Commons

Objective: Using the Boston Common case study, identify how “freedom in a commons brings ruin to all” and determine “How to Legislate Temperance” when it comes to use of public spaces.

Theme 5: Human Industry's “Improvements” on Nature

Core Readings:

- Howard H. Hiatt. Protecting the medical commons: Who is responsible? *New England Journal of Medicine* 1975, 293:235-241.
- Barry T. Rossa & Bopaya Bidandaa. A brief history of health systems engineering - its early years through 1989: An industrial engineering perspective, *IIE Transactions on Healthcare Systems Engineering* 2014, 4(4):217-229

Supplemental Reading:

- Giorgio Vasari. *Lives of the Artists*. Luca Signorelli (1450 – 1523)

1. Seminar Discussion: Protecting the medical commons: Who is responsible?

Objectives: Using the example of common public lands, determine the theoretical best use of community medical resources.

2. Seminar Discussion: A brief history of health systems engineering

Objectives: Describe the architecture and health system design that would be most productive of health.

Theme 5: The Piazza in Ancient and Modern Culture

Core Reading:

- Mark K. Pederson, Italian piazze: models for public outdoor space in sustainable communities

1. Seminar discussion: Italian piazze: models for public outdoor space in sustainable communities

Objective: Identify the contributions of public squares or piazze to human health

Theme 6: The Influence of Religious Art on Human Health

Core Readings:

- Gary Paul Nabhan, *Songbirds, Truffles, and Wolves: An American Naturalist in Italy*, Chapter 7: Feasting on St. Francis—Animal Rights and the Forgotten Forest of Assisi, Penguin Books, 1993.
- Ian Cron, *Chasing Francis: A Pilgrim's Tale*, Zondervan, 2013.
- Linda Bird Francke, *On the Road with Francis of Assisi*, Random House, 2006.
- Lynda H. Powell Rush, Leila Shahabi, Carl E. Thoresen, Religion and Spirituality: Linkages to Physical Health, *American Psychologist*, 2003 Jan;58(1):36-52.

Supplemental Reading:

- Giorgio Vasari. *Lives of the Artists*. Giotto (1267 – 1337)
- Lawler KA, Younger JW, Piferi RL, Jobe RL, Edmondson KA, Jones WH.
The unique effects of forgiveness on health: an exploration of pathways. *J Behav Med.* 2005 Apr;28(2):157-67.

1. Seminar Discussion: The impact of spirituality on health

Objectives: Describe the influence of church architecture and spiritual spaces (cathedrals, temples, and hermit's caves) on community feelings and health.

Theme 7: Public Spaces and Human Health in the New World

Core Readings:

- Pete Hamill, Photographs by George Steinmetz, A New York Writer's Take on How His City Has Changed, *National Geographic*, November 15, 2015.
- Ken Otterbourg, Photographs by Simon Roberts, How Urban Parks Are Bringing Nature Close to Home, *National Geographic*, April 2016
- Evelyne de Leeuw. Evidence for Healthy Cities: reflections on practice, method and theory. *Health Promotion International*, 2009, Vol. 24 No. S1.

1. Seminar Discussion: A New York Writer's Take on How His City Has Changed and How Urban Parks Are Bringing Nature Close to Home

Objective: Identify the ways in which urban parks contribute to human health.

2. Seminar Discussion: Designing and building healthy cities—What it takes.

Objectives: To identify the critical steps cities must take to implement health city design principles effectively.

Theme 8: Reclaiming Our Cities and Our Health

Core Readings:

- Germán Solinís, Utopia, the Origins and Invention of Western Urban Design, *Diogenes* 209: 79-87.
- Richard J. Jackson. The Impact of the Built Environment on Health: An Emerging Field. *American Journal of Public Health*: September 2003, Vol. 93, No. 9, pp. 1382-1384.
- Richard J. Jackson, Andrew L. Dannenberg, Howard Frumkin, Health and the Built Environment: 10 Years After, *Am J Public Health*. 2013 September; 103(9): 1542–1544.
- Excerpts from *The Art of the Commonplace: The Agrarian Essays of Wendell Berry*, edited by Norman Wirzba (Washington, D.C.: Shoemaker & Hoard, 2002), pp. 224 & 195–196 and other excerpts.

1. Seminar Discussion: The agenda for action to reclaim our cities and our health

Objectives: Identify the ways the built urban environment can be reclaimed to improve health.

Participants will report on specific ways their community can move from ideals of utopia to practical application in the cities where they live.