Effects of Neighborhood Environments on Health: A Literature Review

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Many researches have indicated that personal health, behaviors and life styles were related to supportive environments of neighborhood. The purposes of this review focused on two parts: to understand the effects of neighborhood environments on health and to explore mechanisms contributed to such difference. Results revealed that the cultivation of personal health and lifestyle was influenced by their dwelling environments. Communities had different physical environments, social wealth, and risk factors because of the imbalance distribution of power and resources. Consequently, this different distribution of resources caused the health inequality between communities.

Therefore, we suggested that healthy community building should alter from individual-level of behavior change and health services to community-level of building physical environments, social structure and social culture to help create more supportive environments.

Keywords: Healthy community (Healthy community), supportive environments (Supportive environments), community building (Community building)