Urban Planning and Human Health

Urban Planning · Answer Key · 8 Questions

1. Chronic exposure to traffic-related noise pollution in poorly zoned urban areas is most strongly linked to an increased risk of which cardiovascular condition?

A) Hypotension
B) Hypertension
C) Aortic valve stenosis
D) Bradycardia

2. High urban heat island (UHI) effects exacerbate extreme heat exposure, placing primary cooling strain on which body system through vasodilation and sweating?

A) Cardiovascular system
B) Digestive system
C) Skeletal system
D) Lymphatic system

3. Fine particulate matter (PM2.5) from motor traffic poses severe health risks because its small size allows it to cross lung alveoli into what system?

A) Cerebrospinal fluid
B) Bloodstream
C) Lymphatic nodes
D) Digestive tract

4. Exposure to urban green spaces, such as parks and tree canopies, has been shown to lower salivary levels of which human stress hormone?

A) Insulin
B) Cortisol
C) Thyroxine
D) Gastrin

5. Excessive urban artificial night lighting impacts human health primarily by suppressing the pineal gland's secretion of which hormone?

A) Melatonin
B) Calcitonin
C) Oxytocin
D) Prolactin

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6. Urban planning that incorporates high walkability through pedestrian infrastructure is demographically correlated with lower population averages of which metric?

A) Bone mineral density
B) Body Mass Index (BMI)
C) Vocal cord tension
D) Blood clotting time

7. High urban tree canopy coverage filters air pollutants, which directly helps reduce emergency hospital visits for which respiratory condition?

A) Asthma
B) Pulmonary fibrosis
C) Pneumothorax
D) Cystic fibrosis

8. Active transport infrastructure that promotes regular aerobic commuting increases serum levels of which beneficial cholesterol in the blood?

A) LDL (Low-Density Lipoprotein)
B) HDL (High-Density Lipoprotein)
C) VLDL (Very-Low-Density Lipoprotein)
D) Chylomicrons

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