



Issue # 184  
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## **Transportation as the backbone of a new community**

The story of [two new developments in Utah](#), connected by light rail, and the value of that connection.

## **“For healthy people, build a healthy city.”**

Why spending more money on health care is [not always the most efficient approach](#) to improving public health.

## **If you think Nashville traffic is hard to get around in...**

consider [this time-lapse video](#) from the city formerly known as Saigon.

Questions, comments, or link suggestions: [craig.owensby@nashville.gov](mailto:craig.owensby@nashville.gov)

The Metro Nashville-Davidson County Planning Department publishes this weekly digest to inform members of the Planning Commission, Metro Council, Board of Zoning Appeals, and other interested parties about planning and growth issues, local and in other communities, which could apply to our city and region, with particular emphasis on appropriate development, smart growth, multimodal transportation, and other information which will help us build a sustainable future and a more livable city.