Transform today's city in a healthy city

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Theory of change

how to promote transformative changes in the way the city develops and deals with health, equity and well-being of the population?

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Approaches

Diverse ways of thinking and resistance to change

A city unsettled is a city full of opportunity

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Healthy built **city** environment is a well-balanced mix of people, infrastructures, buildings and functions distribution.

A **healthy city** is one where health, social well-being, justice and sustainable development are **policies, strategies** and structure programs for its development.

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common strategies

#1

- Innovative modes of transportation (biking, walking, electric scooter)

#2

- Less cars and more trees to improve air quality

#3

- Creating abundant shared open spaces motivates physical activity

#4

- Increasing accessibility to natural resources and clean water

#5

- Treating violence as a public health concern

but...

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LISBOA E OEIRAS
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Da Cidade à Civitas
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"First life, then spaces, then buildings – the other way around never works."

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Impact on Urban Health

Urban Population

In the developed world, more than **80% of the population will live in urban areas by 2050** (UN, 2007).

In developing regions, 3 billion people (**50.0% of the population**) already live in urban areas at the end of 2015.

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Today's City reality

- Existence of **informal areas** in large cities is an unavoidable reality across entire planet.

- Millions of people live in precarious conditions, **without access** to urban services or decent and healthy housing.

- Accelerated **urbanization processes** have led to the growing phenomenon of informal areas.

- Situation poses a major **public health** challenge and requires an effective response of public entities.

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So how address healthy cities?

Step 1. Understood the city as a group of individual unit's that works together.

Step 2. Focus on both health and well-being of the population.

Step 3. Planned to healthy for all with a network of open spaces for an intergenerational relation.

Step 4. Promote implementation of the Sustainable Development Goals to reinforce of the concept of healthy cities.

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Source: 2013 ESB Shutterstock

Source: www.indonesiaurbanstudies.blogspot.org

Population of megacities located in less developed regions, (**year 2015, in million inhabitants**):

- INDIA - Mumbai 22.6

- MEXICO - Mexico City 20.6

- BANGLADESH - Dhaka 17.9

Informal housing in developing countries:

❖ cases of more than 50% of illegal construction:

- ETHIOPIA - Addis Ababa 85%

- INDONESIA - Jakarta 62%

❖ cases between 30-50% of illegal housing:

- PHILIPPINES - Manila 40%

- PAKISTAN - Karachi 50%

Source: UN, 2014

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Informal housing

Source: GEOTPU, 2014

Source: www.wikipedia.org

risk elements

- **Access to water** (enough water for family use, at an affordable price, available to family members without being subject to extreme strain);

- **Access to sanitation** (sewage disposal system, either in the form of a private bathroom or a public toilet shared with a realistic number of people);

- **Security of tenure** (lack of documentation to prove tenure or right of use as protection against eviction);

- **Durability of housing** (solid, permanent and adequate structure) built off-site with risks;

- **Housing size** for living (no more than two people sharing the same room).

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The path we all choose

1970 — RURAL 63% — URBANO 37%
2000 — RURAL 53% — URBANO 47%
2030 — RURAL 40% — URBANO 60%

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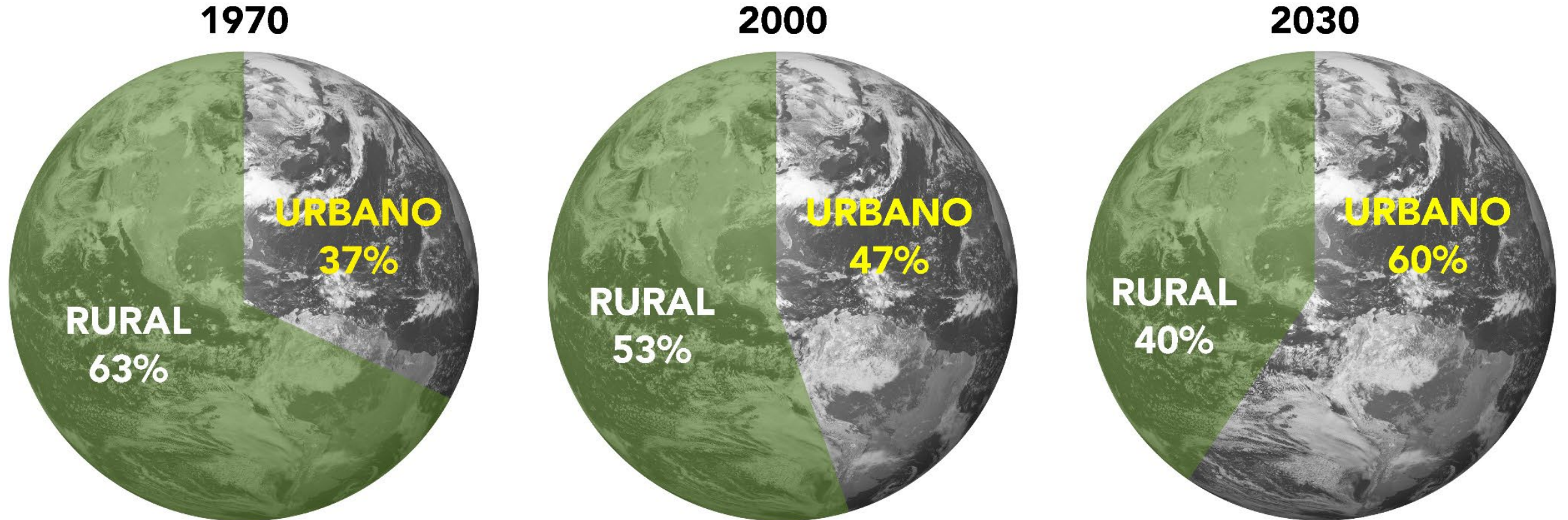
Future goes through the efficient articulation between the biophysical environment and human activities in cities.

BUT... PEOPLE STILL LOOKING FOR THE CITY
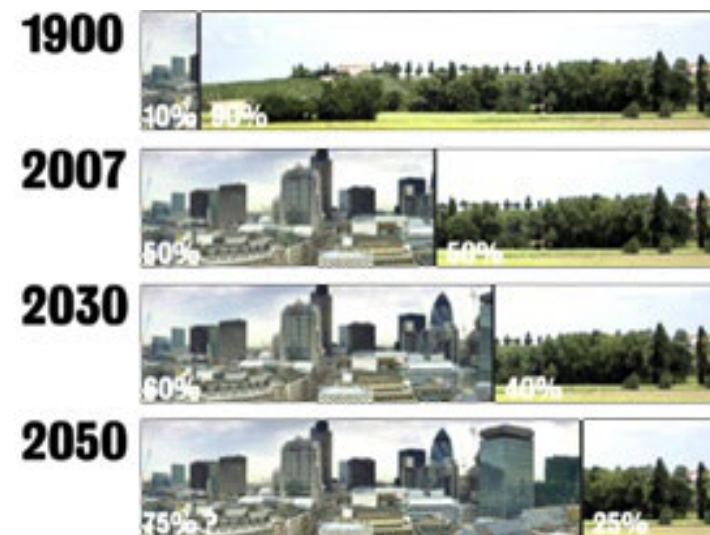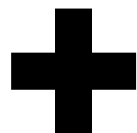
**INFRASTRUCTURES IN today's CITIES ARE IMPORTANT FOR PUBLIC HEALTH**

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… **improve the lives** of at least 100 million **slum dwellers** by 2020.

… it corresponds to only 10% of the current population in informal areas around the world, and which, if not controlled, will triple, reaching **3 billion people by the year 2050**.

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Planning strategies

There are no **planning strategies** that can be materialized without **financial resources and governance** with efficient and effective management of these resources.

Source: GEOTPU, 2018

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Design and build strong Policies for the planning and **programming** of **investments** in social **infrastructure**
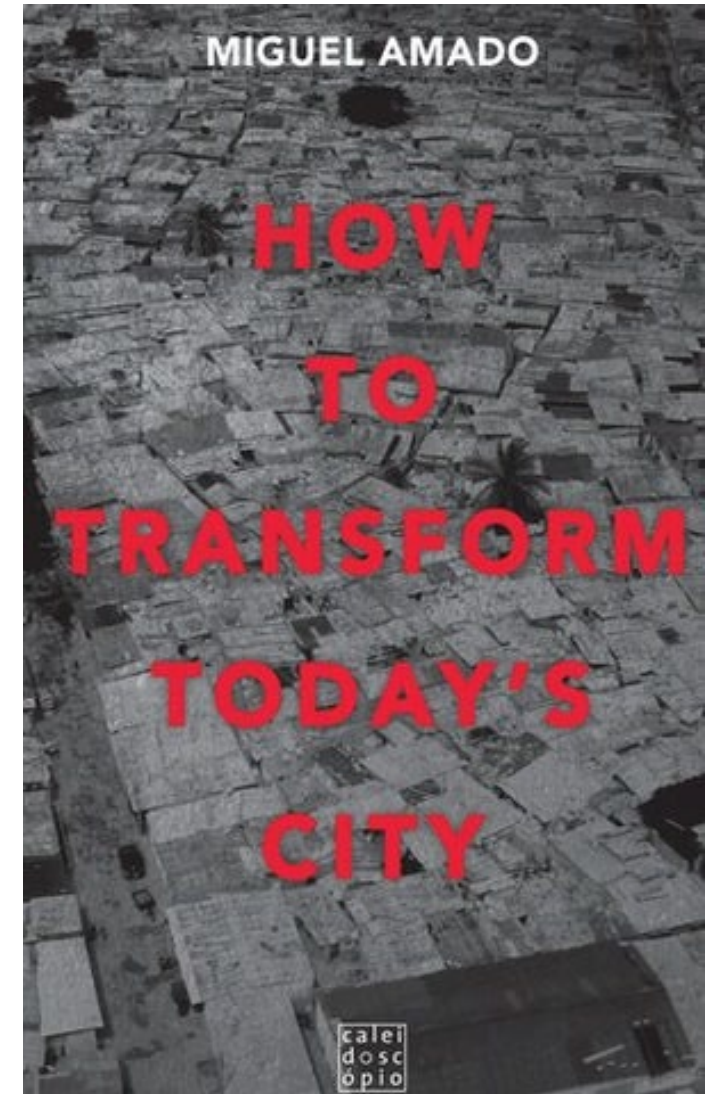
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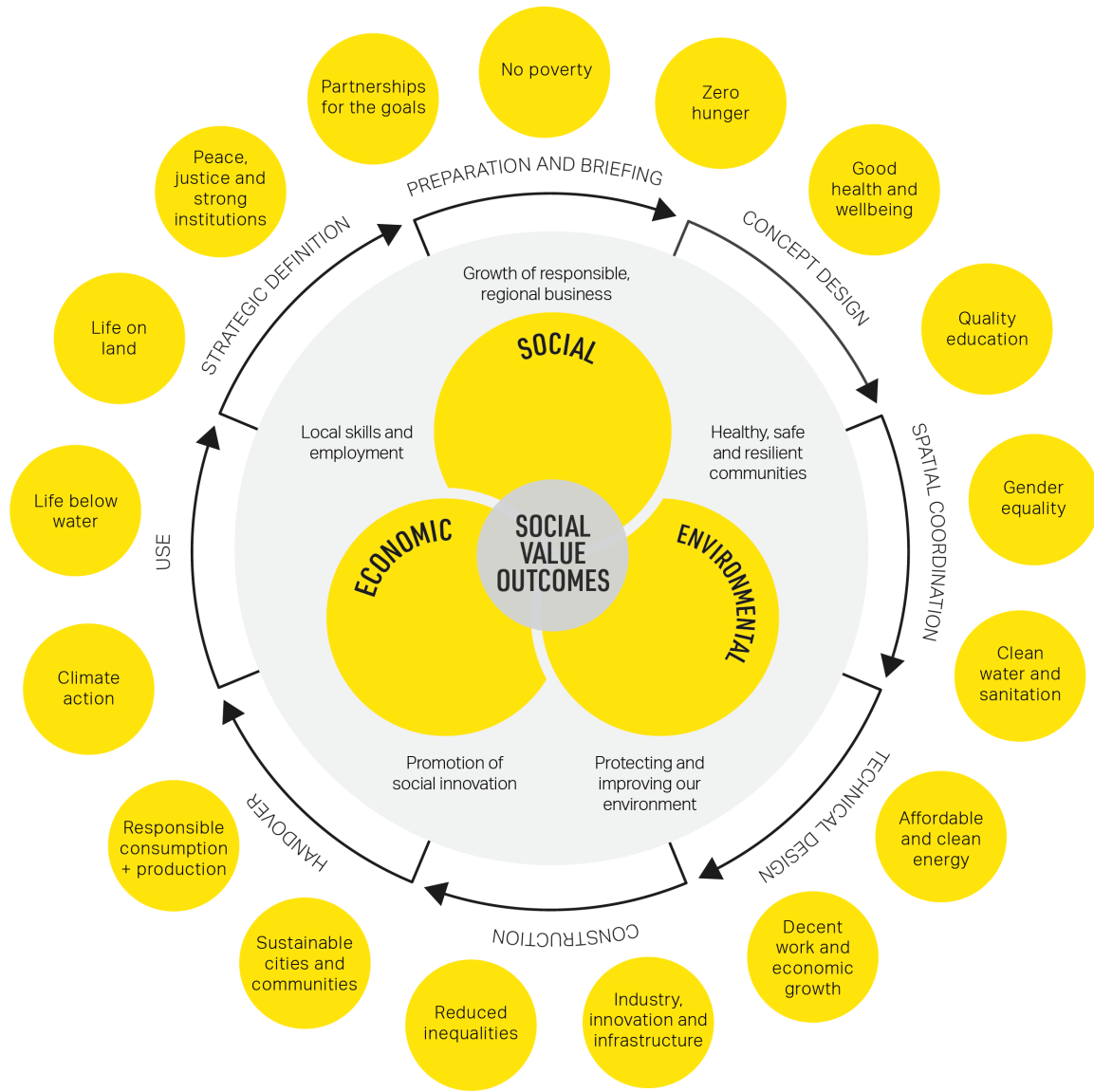
What is the **social gains of investments** in infrastructures ?

In the life cycle of each project, it is necessary to determine **the social and health impact** of the decision, since each realization implies diversion of resources to other options.

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Cities and buildings more green

How to naturalize cities through more sustainable policies?

green corridors
ecological structures
green infrastructure
green buildings
urban woods
urban agriculture

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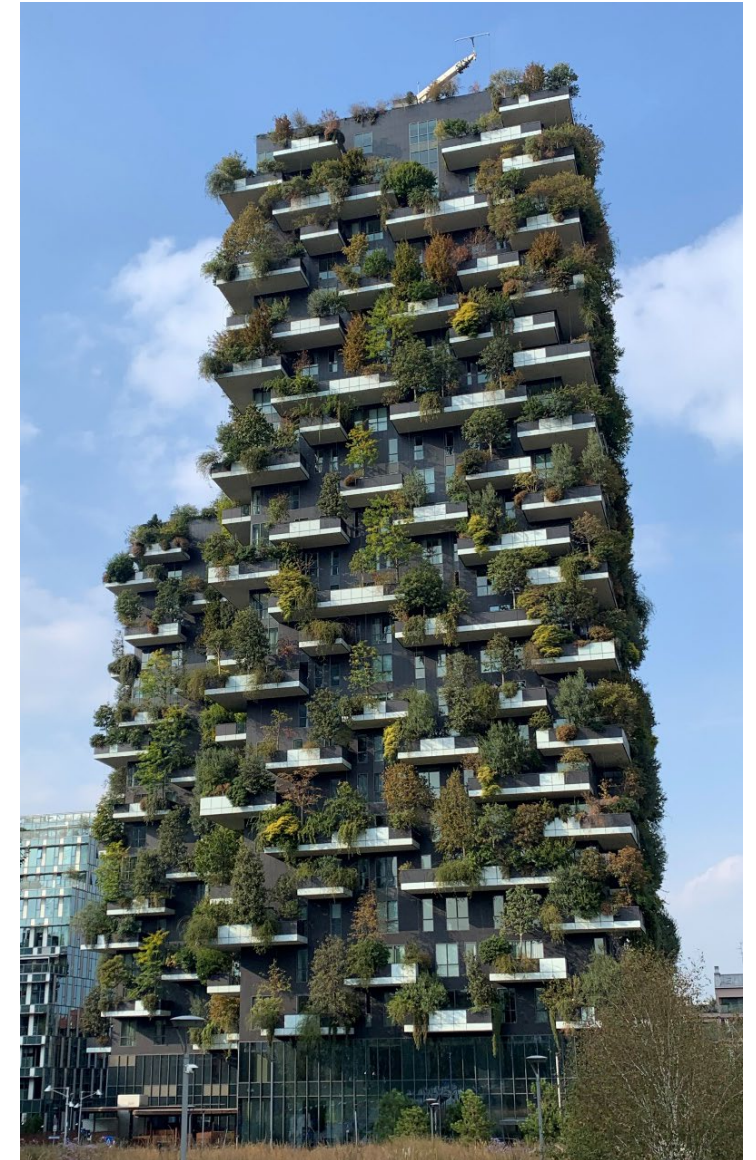
Proximity city

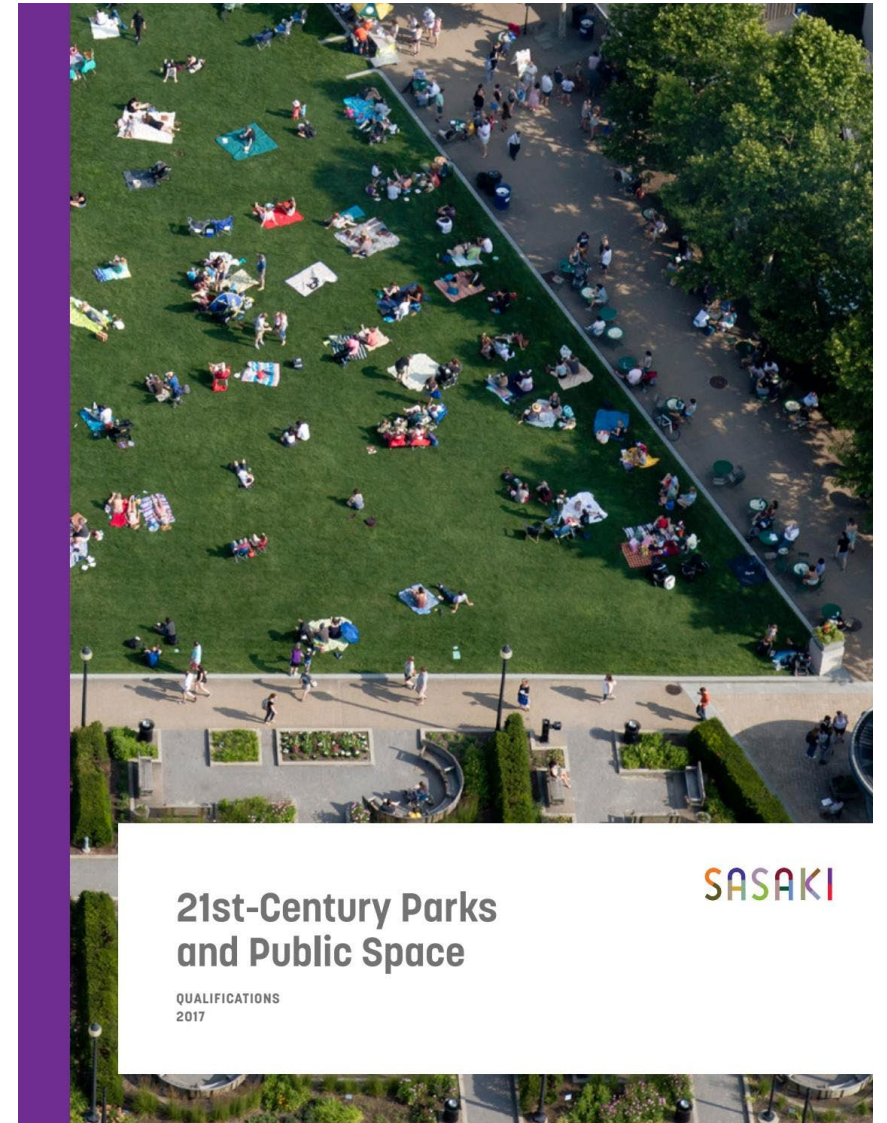Introduction "*time*" as a element in the planning process

Consider new challenges:

"***The 15-minute City and the 30-minute Territories***".

Creative solutions for functional, social, economic and even perceptual proximity relations.

Reconfigure urban contexts:

Planning each neighbourhood unit to be available along all the 21st century.

21st-Century Parks and Public Space

QUALIFICATIONS 2017

SASAKI

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Planning a healthy city

"City planning and population health: a global challenge"

- destination accessibility
- distribution of employment
- demand management
- design
- density
- distance to public transport
- diversity
- desirability

Giles-Corti, B., A. Vernez-Moudon, R. Reis, G. Turrell, A. L. Dannenberg, H. Badland, S. Foster, M. Lowe, J. F. Sallis, M. Stevenson and N. Owen (2016). "City planning and population health: a global challenge." The Lancet 388(10062): 2912-2924.

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#1 - to do

- Create a zooning for **decarbonization** in Master Planning

- Planning done with **intervention units** to create:

  - green energy communities

  - air quality green communities

  - "closed water circuit" communities

  - pedestrian zones communities

  - mobility sharing communities

  - food and green roof communities

CITIES OF THE FUTURE

Source: Cities of the Future, 2021

Around 2.5 billion more people will live in cities by 2050.

Source: UN, 2020

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#2 - to do

- Communicate planning process in a real time public platform.

- Funding good initiatives.

- Involve schools in all the levels of information.

- Incentive to build identity in intergenerational neighbourhoods.

- Enforce spaces for informal learning in public areas.

- stimulate spaces for food marketplaces with local products.

Source: reSite, 2023

Source: reSite, 2023

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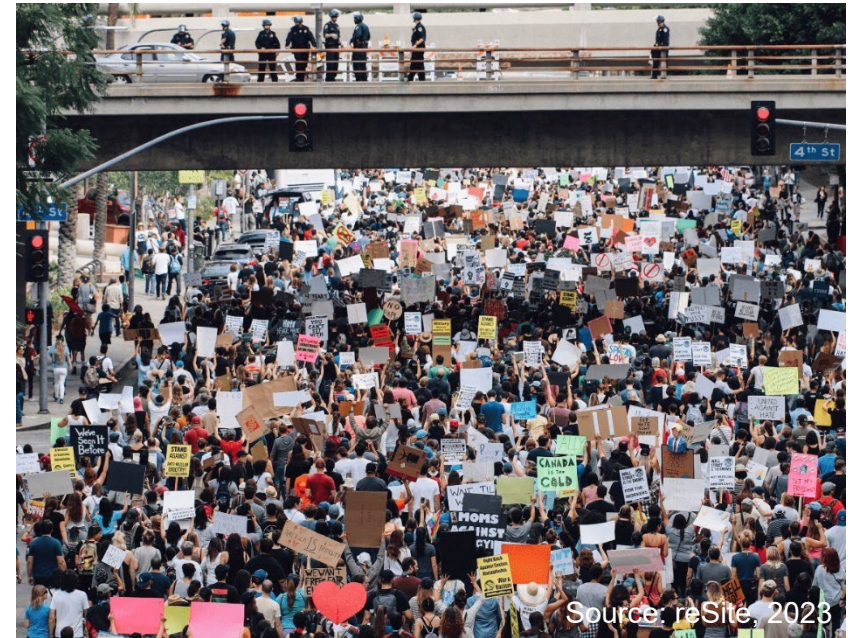
#3 - to do

- Simplify planning process and joint private and public interests.

- Use a transparent and discussed process of urban planning.

- Apply a vision to a very long-term understanding.

- Evaluate the magnitudes of decisions.

- Assure in all the process phases the notion of sustainable development.
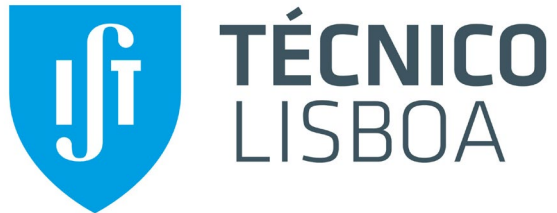

Source: reSite, 2023

Source: reSite, 2023

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Let's go planning the healthy city !!! and don't forget …

" The problems we have today cannot be solved if we keep the same way of thinking we had when we created them. "

Albert Einstein

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Thanks for your attention

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