

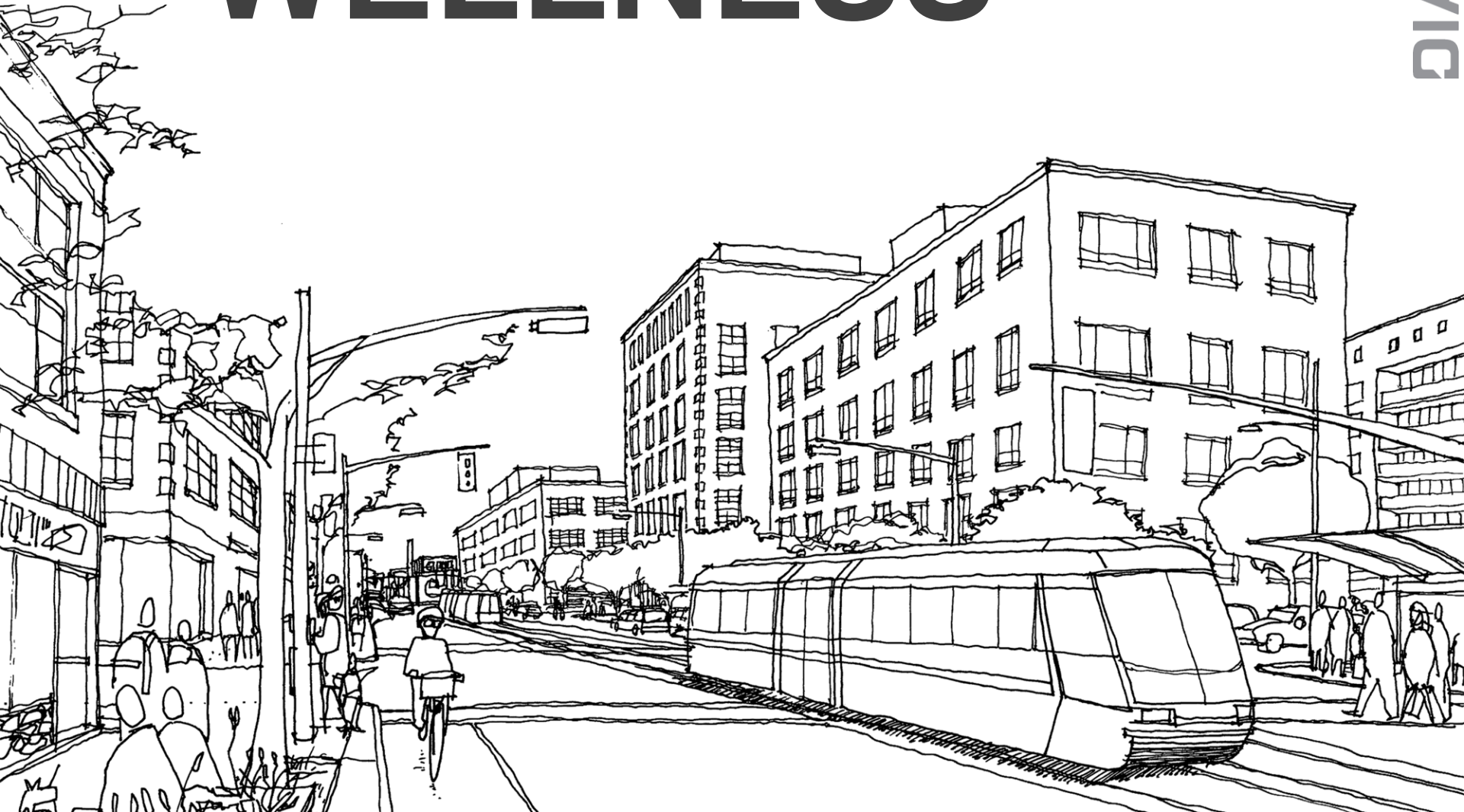
# URBAN WELLNESS

ANTONIO GÓMEZ-PALACIO @urbanist

ULI

April 9-11, 2014

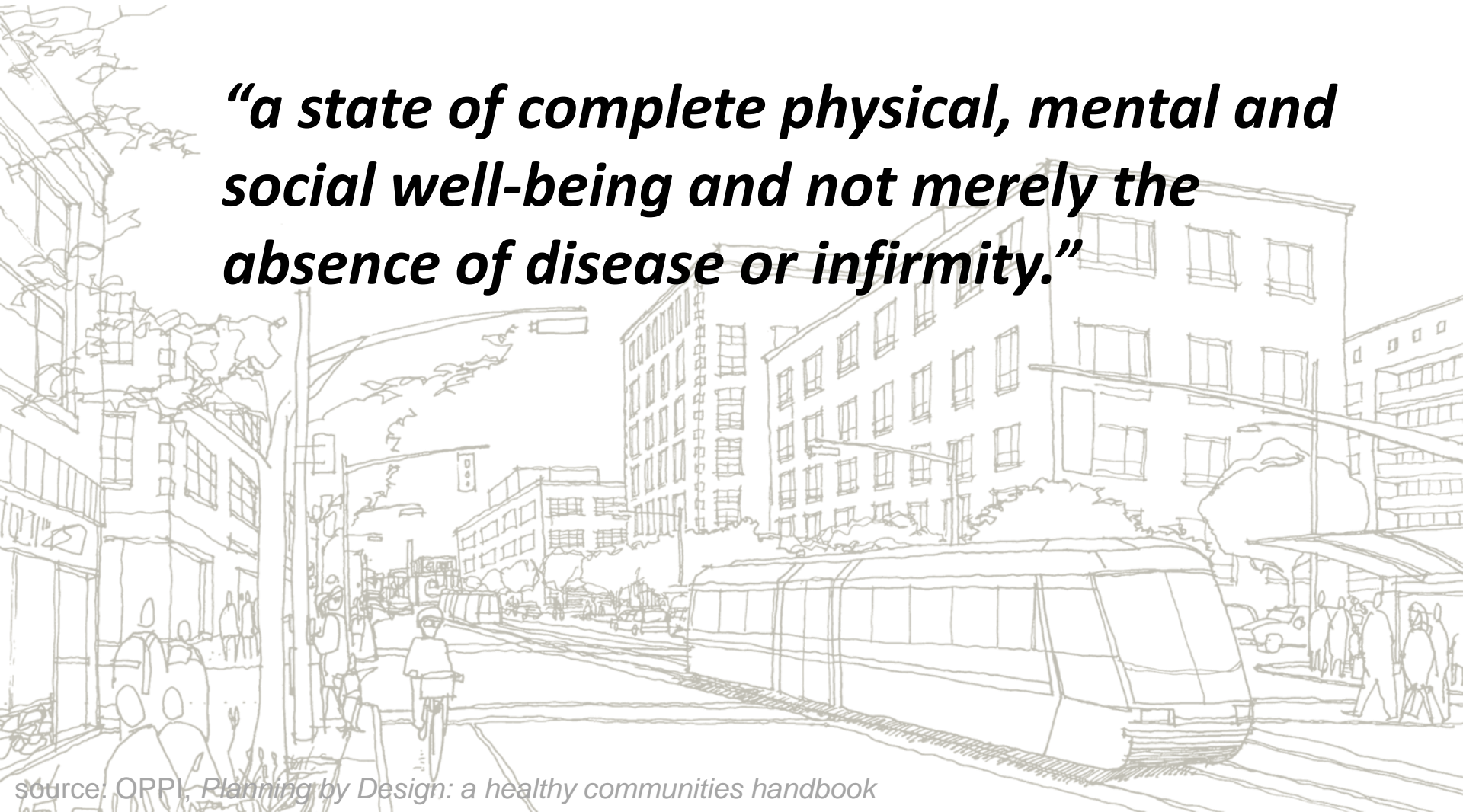
DIALOG™



# HEALTH:

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***“a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”***

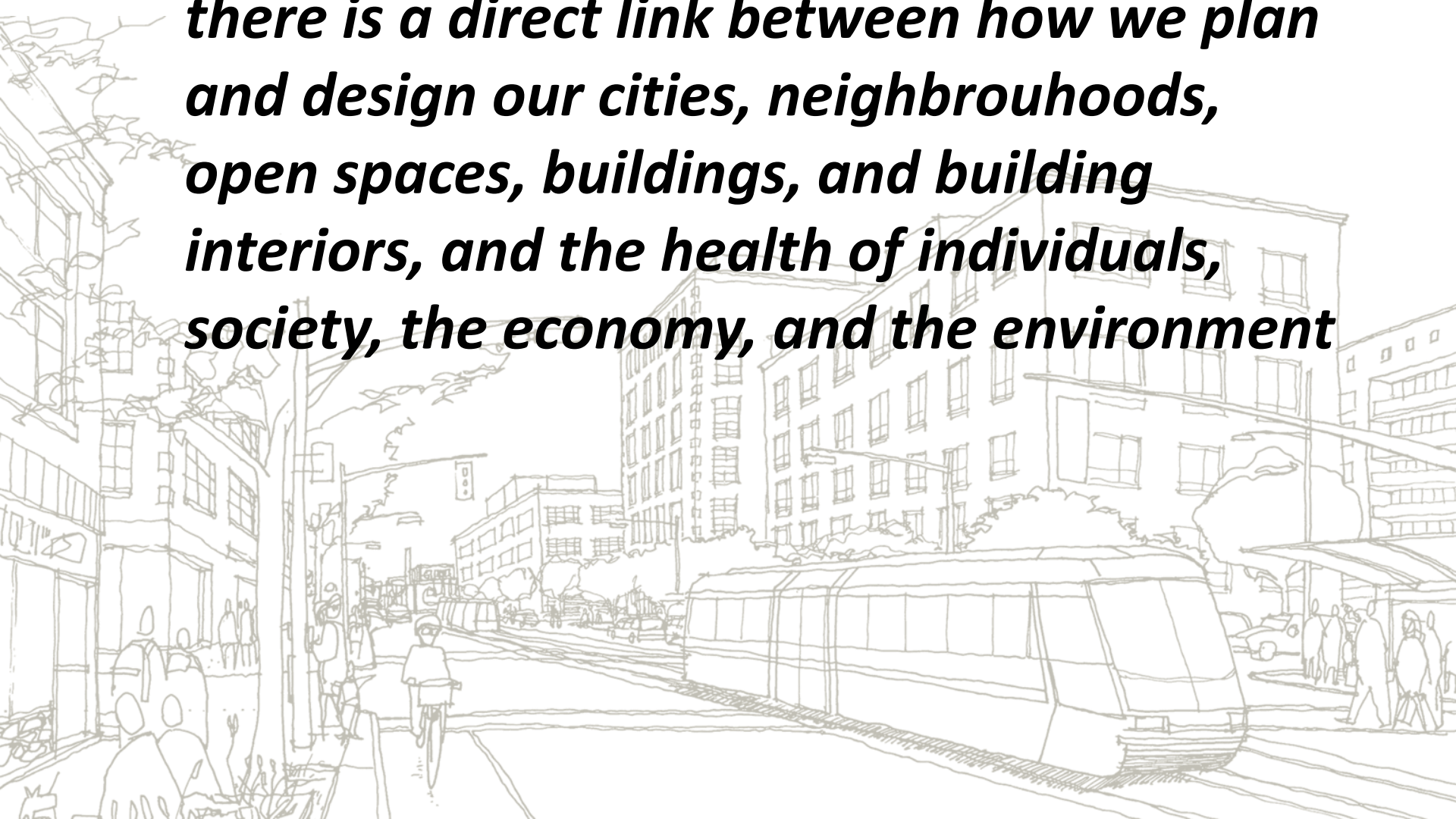


HYPOTHESIS

## **URBAN WELLNESS:**

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*there is a direct link between how we plan and design our cities, neighborhoods, open spaces, buildings, and building interiors, and the health of individuals, society, the economy, and the environment*



# OUTLINE:

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**IS THERE A CAUSAL LINK BETWEEN PUBLIC HEALTH AND URBAN DESIGN / PLANNING?**

**DOES IT MATTER?**

**WHERE DO WE GO FROM HERE?**

# OUTLINE:

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**IS THERE A CAUSAL LINK BETWEEN PUBLIC HEALTH AND URBAN DESIGN / PLANNING?**

DOES IT MATTER?

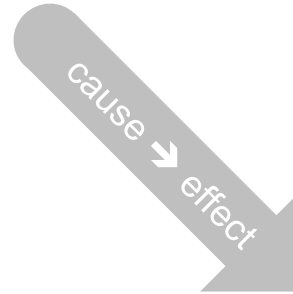
WHERE DO WE GO FROM HERE?

SMOKING → HEALTH

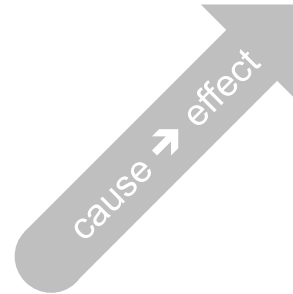
cause → effect



# LIFE STYLES



# HEALTH

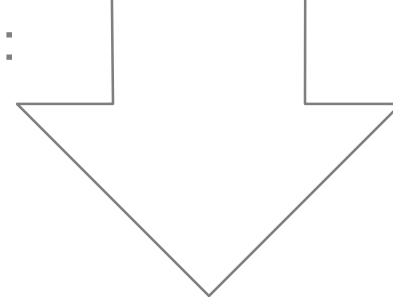


# POLLUTION



# SEDENTARY LIFESTYLES, & POOR DIETARY HABITS

contribute to serious **HEALTH** problems, including:



RESPIRATORY AILMENTS

CORONARY HEART DISEASE

NON-INSULIN DEPENDENT DIABETES (TYPE II)

OVERWEIGHT & OBESITY

HIGH BLOOD PRESSURE & STROKE

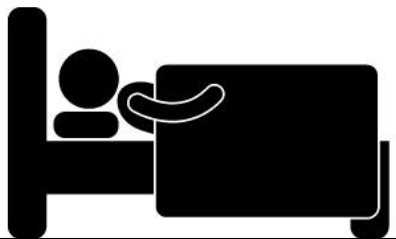
OSTEOPOROSIS

CANCERS

STRESS & DEPRESSION



the economic burden of  
**physical inactivity  
and obesity** **\$9.6B**  
**4.8%** of total  
Health Care  
costs in  
Canada



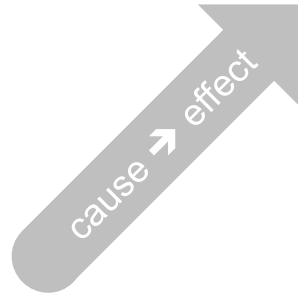
40%

of several Provincial budgets is  
**health related**

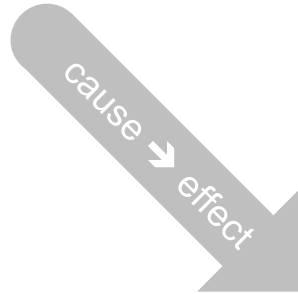
and is growing faster than  
**Canada's economy**



LIFE STYLES



CITIES



POLLUTION







1853 etching by  
Phiz (Hablot K. Browne)

in Charles Dickens's  
*'Bleak House'*

Source: Scanned image and text by George  
P. Landow.  
<http://www.victorianweb.org/art/illustration/phiz/bleakhouse/29.html>

# WORLD HEALTH ORGANIZATION

OTTAWA CHARTER  
FOR HEALTH PROMOTION  
1986



## HEALTHY MUNICIPALITIES and/or COMMUNITIES INITIATIVES:

Argentina (100+)

Canada

Brazil

Costa Rica

Cuba

El Salvador

Guatemala

Honduras

Nicaragua

Mexico (1000+)

Panama

Paraguay

Peru (130)

Trinidad & Tobago

Uruguay

USA

etc.

# HEALTH and URBAN DESIGN/PLANNING:



# COGNITIVE **DISSONANCE**

A (SEEMINGLY)  
EMPIRICAL  
DISCONNECT  
BETWEEN  
CAUSE AND  
EFFECT

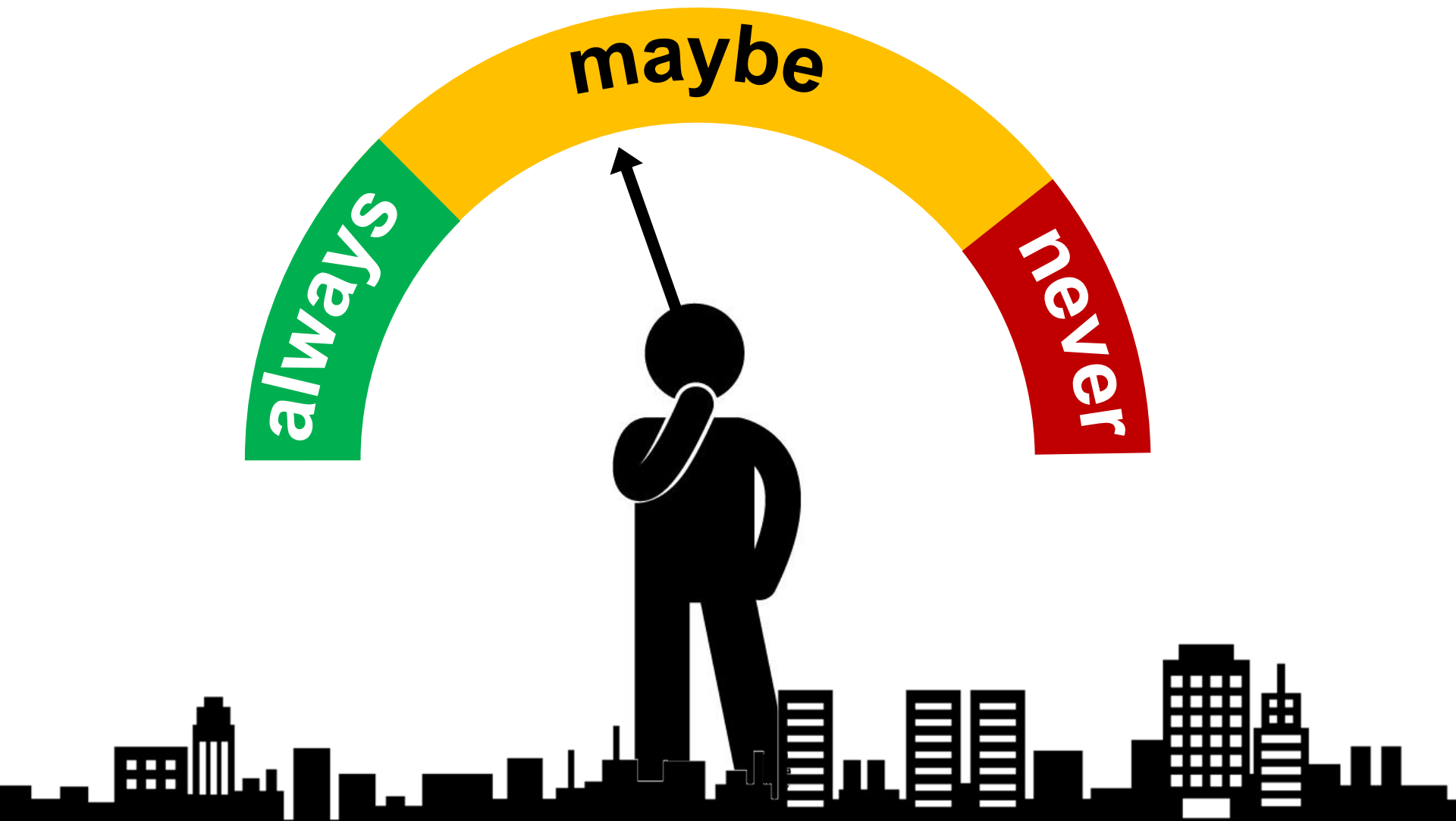


our collective  
ability to ignore  
the seemingly  
inconvenient

# SELF SELECTION

Source: Gavin McCormack, Alan Shiell; "In search of causality: a systemic review of the relationship between the built environment and physical activity among adults"





# OUTLINE:

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IS THERE A CAUSAL LINK BETWEEN PUBLIC HEALTH AND URBAN DESIGN / PLANNING?

**DOES IT MATTER?**

WHERE DO WE GO FROM HERE?

can we influence  
CHOICE?



Where do I want to spend  
MONEY?



# OUTLINE:

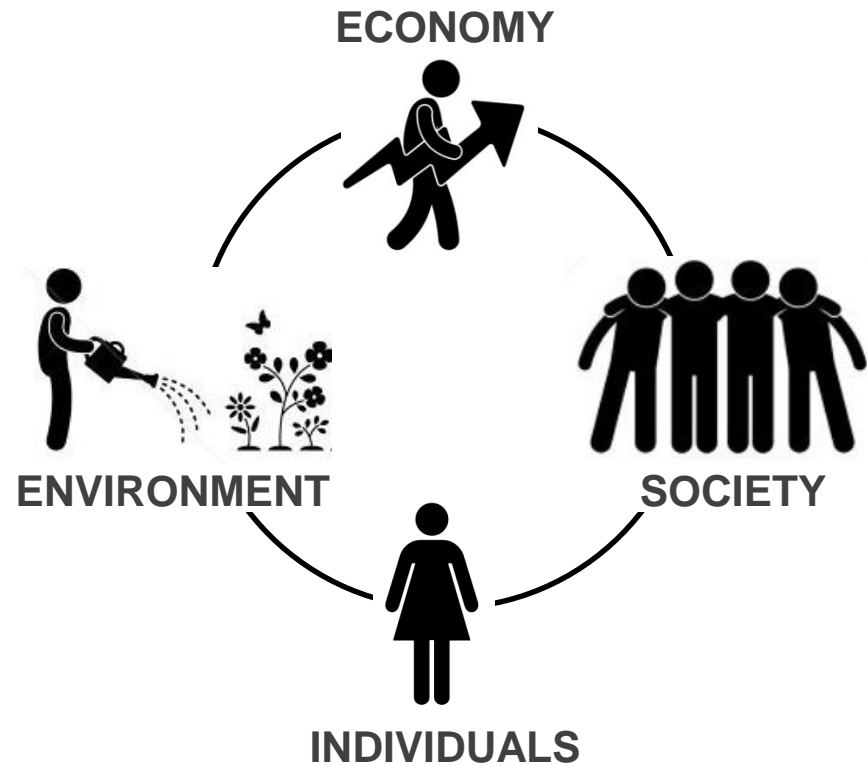
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IS THERE A CAUSAL LINK BETWEEN PUBLIC HEALTH AND URBAN DESIGN / PLANNING?

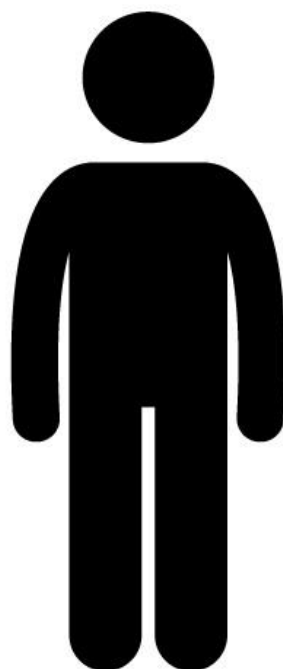
DOES IT MATTER?

**WHERE DO WE GO FROM HERE?**

# URBAN WELLNESS INDICATORS

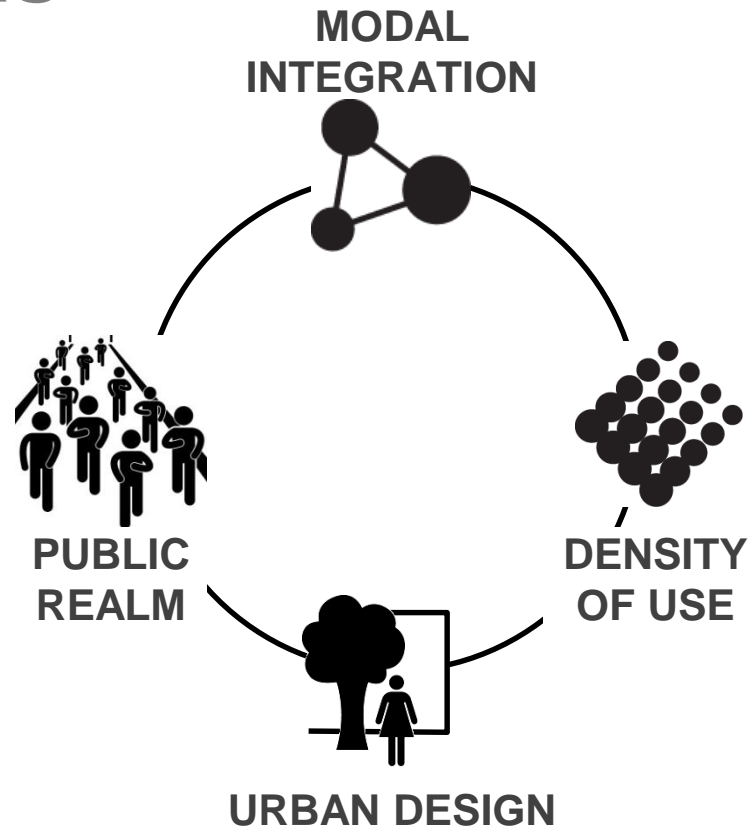








# URBAN WELLNESS FRAMEWORKS





**CRITICAL  
MASS of  
PEOPLE and  
ACTIVITIES**

**SUNLIGHT  
ACCESS and  
SKYVIEWS**

**BUILDINGS  
face the  
street with  
ACTIVE  
USES at  
GRADE  
LEVEL**

**DIVERSITY IN  
HOUSING  
TYPOLOGIES**

**DIVERSITY IN  
RETAIL and  
EMPLOYMENT  
TYPOLOGIES**

**PEDESTRIAN  
CROSSINGS at  
REGULAR  
INTERVALS**

**CONSISTENT  
BUILDING  
MIXED-USE  
PODIUM**

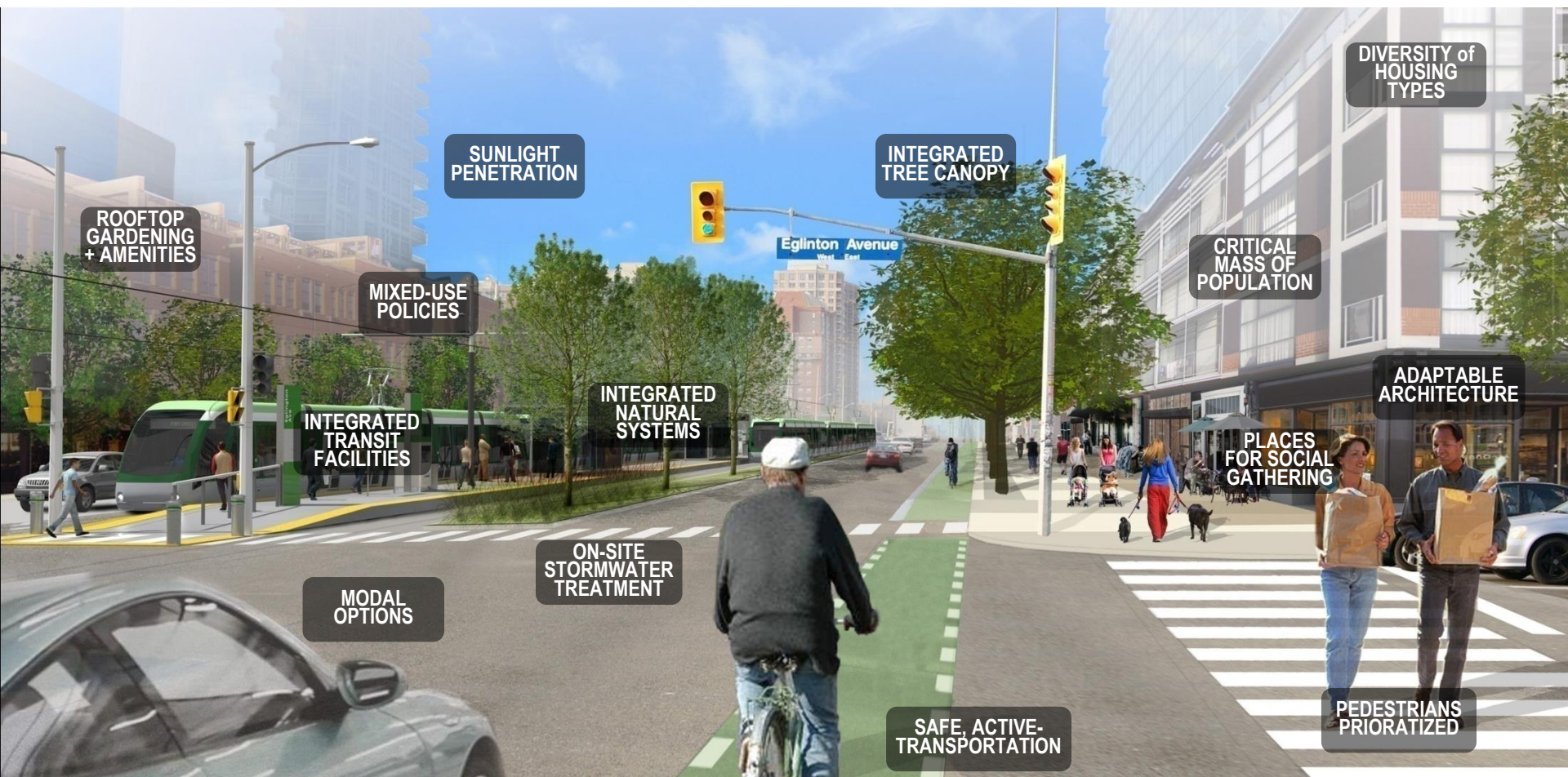
**ANIMATED +  
MIXED-USE  
GROUND LEVEL**

**URBAN TREE  
CANOPY and  
INTEGRATED  
STORMWATER  
SYSTEMS**

**INTEGRATED  
TRANSIT  
SYSTEM**

**DISTINCT  
STREET-  
SCAPING**

**entourage**



ROOFTOP  
GARDENING  
+ AMENITIES

MIXED-USE  
POLICIES

SUNLIGHT  
PENETRATION

INTEGRATED  
TRANSIT  
FACILITIES

INTEGRATED  
NATURAL  
SYSTEMS

ON-SITE  
STORMWATER  
TREATMENT

MODAL  
OPTIONS

INTEGRATED  
TREE CANOPY

Eglinton Avenue

CRITICAL  
MASS OF  
POPULATION

DIVERSITY of  
HOUSING  
TYPES

ADAPTABLE  
ARCHITECTURE

PLACES  
FOR SOCIAL  
GATHERING

SAFE, ACTIVE-  
TRANSPORTATION

PEDESTRIANS  
PRIORITIZED



HERITAGE  
CONSERVATION

UNCLUTTERED  
URBAN  
DESIGN

CRIME  
PREVENTION  
THROUGH  
DESIGN

ACCESS TO  
EMPLOYMENT

INTEGRATED  
TRANSIT  
SYSTEMS

PLACES FOR  
SOCIAL  
GATHERING

PEDESTRIAN  
PRIORITY  
ZONES

QUALITY  
DURABLE  
MATERIALS

SAFE CYCLING  
FACILITIES

# URBAN WELLNESS CALL TO ACTION

we need to  
overcome our  
empirical  
paralysis and  
embrace  
complexity



we need to  
explore the  
pragmatic value  
of pro-active  
approaches to  
health

# thank you

ANTONIO GÓMEZ-PALACIO

@urbanist

DIALOG™

