A Healthy-Active City: An Urban Planning Perspective

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Urban Planning

- Creating space: making decisions about use and developments of land and buildings (Barton & Tsourou, 2000)
- These decisions are taken with the public interest in mind
- Improving people’s quality of life (Barton & Tsourou, 2000)

Health

- State of complete physical, mental and social wellbeing, not merely the absence of disease (WHO, 1948).
- Fundamental right for every human being
In 19th century ....

Disease and health problems

Later ....

Houses
Infrastructure
Land use
HEALTH PROBLEMS IN CITIES

Developed Cities With Inactive Citizens

Violence, high-density traffic, pollution, lack of parks, sidewalks and sports/recreation facilities (WHO, 2015)

Inactivity is the fourth leading risk factor for global mortality- 6% of deaths globally (WHO, 2010)

NCDs now account for nearly half of the overall global burden of disease (WHO, 2010).
We Need to Overcome Health Problems in City
HEALTHY CITY

HEALTHY-ACTIVE CITY

is continually creating and improving opportunities in the built and social environments and expanding community resources to enable all its citizens to be physically active in day-to-day life (Edwards & Tsouros, 2008)

GOAL

To improve citizens’ health
To reduce health inequalities in cities
Physical Activity

A way to overcome health problems in citizens (WHO, 2010)
INACTIVITY IN CITIZENS

Reports indicate prevalence of inactivity in citizens, especially in older adults and people of low-socioeconomic status.

UK Government Report in 2014:
Yet a large proportion of the UK population remains inactive and the situation is not improving..... 28.5% of adults fail to achieve even 30 minutes of physical activity over seven days.....At the moment, however, only 21% of boys and 16% of girls meet the UK Chief Medical Officers’ guideline of 60 minutes of physical activity per day.
INCREASING LEVEL OF PHYSICAL ACTIVITY

Increasing physical activity is an urgent concern in cities (Edwards & Tsouros, 2008)

To increases regular physical activity in city (Urban planning)
To improve walking (as a type of physical activity) urban planners need to know:

- Location: Where is the problem, in which parts of city?
- What urban factors do encourage people to walk?
FACTORS

- Feasibility
- Accessibility
- Safety
- Comfort
- Pleasurability

Walking Needs (Alfonzo, 2005)

Available different facilities in close distance, connected routes

Traffic calming, street furniture, wide pavement

Historical building, greenery, streetscape, colors, public space, outdoor dining area, clean and fresh air

Street lights, presence of people
REFERENCES

- Alfonzo, M. A. 2005, To walk or not to walk? The hierarchy of walking needs, *Environment and Behavior* (37) 6: 808-836
THANK YOU FOR YOUR ATTENTION

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