



Planning and public health – creating healthy cities

Jonna Monaghan
Belfast Healthy Cities

WHO European Healthy Cities network



1	Waterford	IRL	55	Jerusalem	ISR
2	Cork	IRL	56	Amarousion	GRC
3	Umeck	IRL	57	Adras	GRC
4	Galway	IRL	58	Polimoidas	GRC
5	Derry/Londonderry	UNK	59	Warsaw	POL
6	Belfast	UNK	60	Lodz	POL
7	Cardiff	UNK	61	Poznan	POL
8	Glasgow	UNK	62	Dresden	DEU
9	Cardiff	UNK	63	Brno	CZE
10	Newcastle	UNK	64	Vieno	AUS
11	Sunderland	UNK	65	Cypr	HUN
12	Preston	UNK	66	Pecs	HUN
13	Liverpool	UNK	67	Zagreb	CRO
14	Manchester	UNK	68	Collo	SVN
15	Sheffield	UNK	69	Ujibjona	SVN
16	Stoke on Trent	UNK	70	Rijeka	CRO
17	Brighton	UNK	71	Lidme	ITA
18	Sandnes	NOR	72	Padua	ITA
19	Oxford County	NOR	73	Modano	ITA
20	Horsens	DEN	74	Bologna	ITA
21	Copenhagen	DEN	75	Arezzo	ITA
22	Helsingborg	SWE	76	Milan	ITA
23	Stockholm	SWE	77	Torino	ITA
24	Turku	FIN	78	Ajaccio	FRA
25	Kuopio	FIN	79	Rotterdam	NET
26	Kilpeda	FIN	80	Ugea	BEL
27	Juvis	ITA	81	Brussels	BEL
28	Pam	EST	82	Dunkerque	FRA
29	Chernopov	RUS	83	Nancy	FRA
30	Valky Labyg	RUS	84	Rennes	FRA
31	Chababary	RUS	85	Grosse	FRA
32	Novochababark	RUS	86	L'hospital de l'Ubreget	SPA
33	izhansk	RUS	87	Barcelona	SPA
34	Dmitrograd	RUS	88	Sant Andreu de la Barca	SPA
35	Samara	RUS	89	San Sebastian	SPA
36	Novosibirsk	RUS	90	Vitoria-Gasteiz	SPA
37	Stomopol	RUS	91	San Fernando	SPA
38	Trabzon	TUR	92	Villanueva de la Cañada	SPA
39	Ayazov	TUR	93	Laganes	SPA
40	Kirikkale	TUR	94	Salamanca	SPA
41	Canikaya	TUR	95	Laraz	POR
42	Eskisehir Odenizpazari	TUR	96	Ouraz	SPA
43	Eskisehir Topakozasi	TUR	97	Vila do Castelo	POR
44	Gelcik	TUR	98	Celaz	POR
45	Kocaeli	TUR	99	Montijo	POR
46	Yalova	TUR	100	Selaz	POR
47	Istanbul	TUR	101	Swansea	UNK
48	Bursa	TUR	102	Nantes	FRA
49	Dutali	TUR	103	La Chaux de Fonds	SWI
50	Nikitar	TUR			
51	Kadikoy	TUR			
52	Aydin	TUR			
53	Izmir	TUR			
54	Karsiyaka-Izmir	TUR			

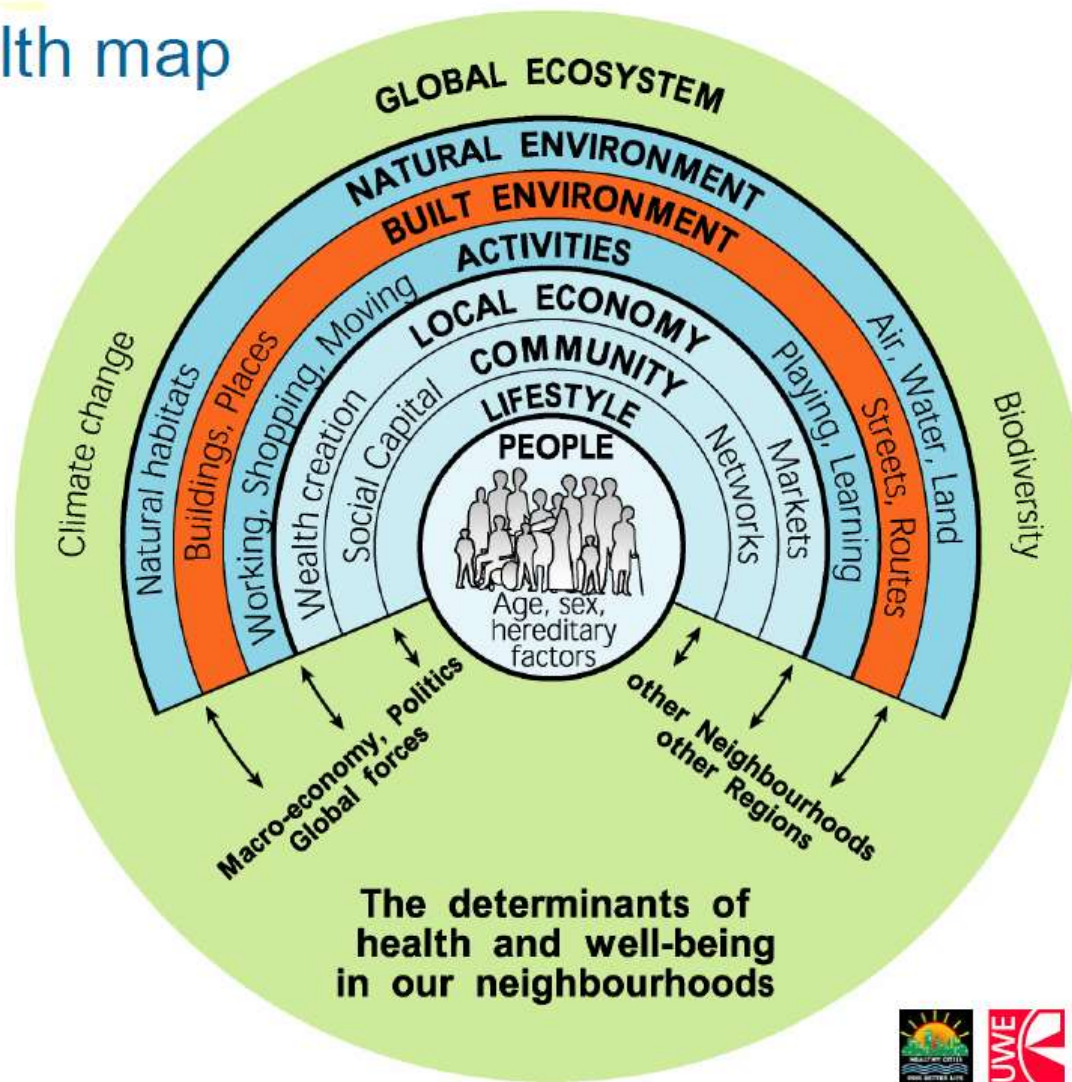
● 80 Designated cities

● 23 Applicant cities

0 250 500 750 1000 km
0 250 500 mi

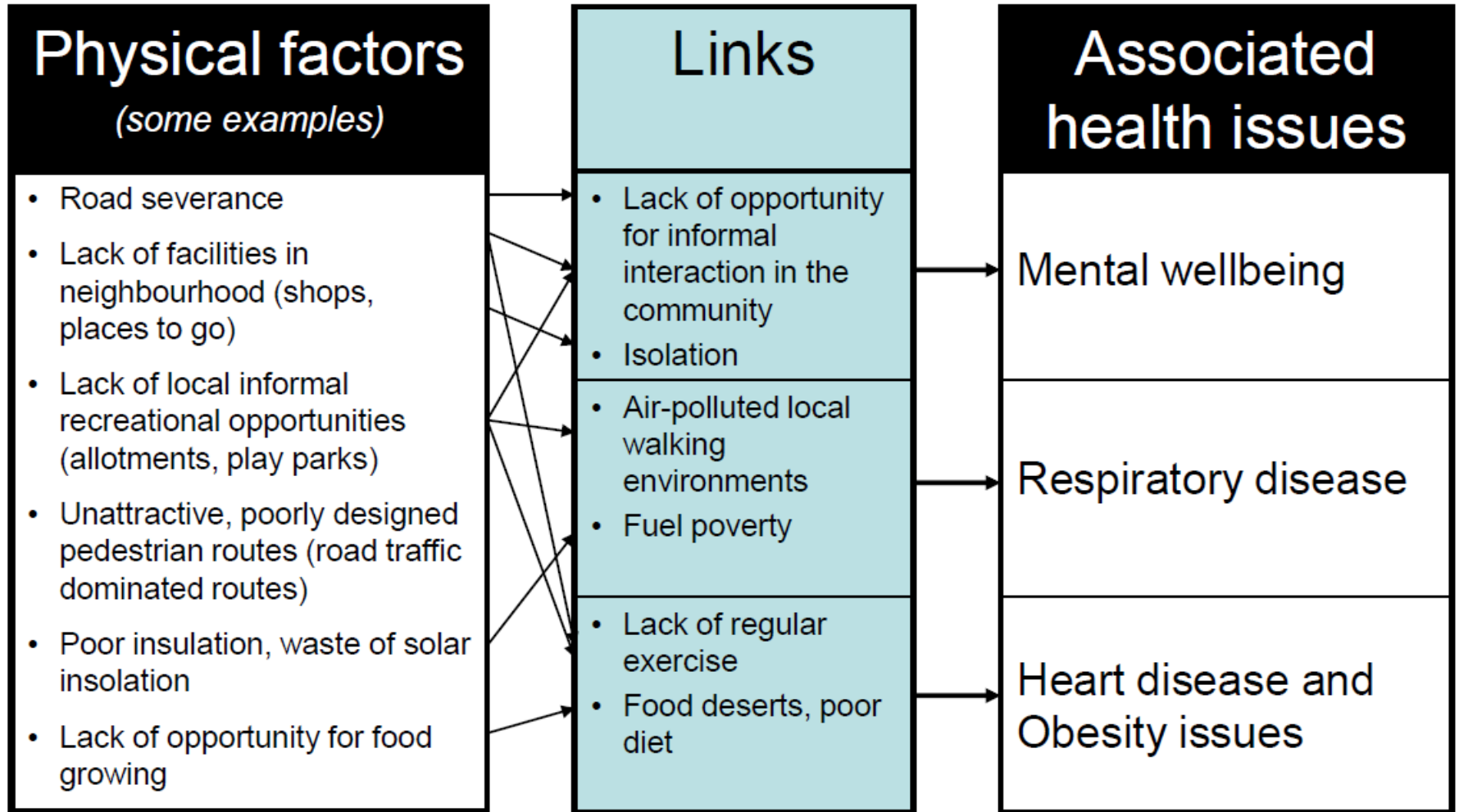
The boundaries and names shown and the designations used on this map do not imply official endorsement or acceptance by the United Nations.

The settlement health map



Faculty of the
Built Environment

How does Urban Planning affect health?



Ancient Greece: Recognising the social determinants



Whoever wishes to investigate medicine properly, should proceed thus: in the first place to consider the seasons of the year, and what effects each of them produces. We must also consider the qualities of the waters and the mode in which the inhabitants live, and what are their pursuits, whether they are fond of drinking and eating to excess, and given to indolence, or are fond of exercise and labour, and not given to excess in eating and drinking.

Hippocrates, 400 BC

The Romans: Infrastructure for health



The industrial revolution



Bethnal Green, 1863

Blue Gate Fields, 1872

Belfast living conditions – around 1900



Fig. 5.
Rear view of houses in Smithfield. A requirement of housing bye-law was for each house to have a yard at least ten feet square with a separate privy (dry closet). A privy roof can be seen in each yard, also the common entry at the back used for emptying refuse from the houses and conveying the contents of the earth privies and ashpits to the outside street.



Fig. 6.
Mitchell's Court (off Brown Square), terrace of four cramped run-down houses facing to a narrow entry, photographed in March 1912. Women in the doorway look down at eight small children, all reasonably clad.



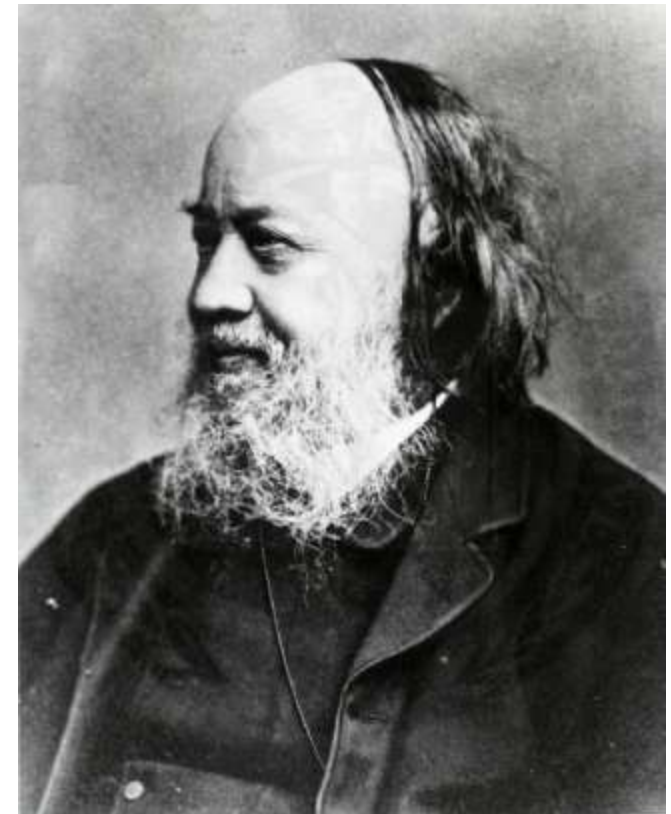
Public health laws – mid 1800s

Average age of death (Chadwick, 1842)

Place	Gentry	Tradesmen	Labourers
Bethnal Green	45	26	16
Derby	49	38	21
Liverpool	35	22	15
Manchester	38	20	17
Wiltshire	50	48	33



Public Health Act 1848



Edwin Chadwick

Belfast population change over time

Year	Population	Births per 1,000 population	Deaths per 1,000 population	Infant mortality per 1,000
1891	255,950	34	26	149
1901	349,180	31	22	154
1937	438,086	21	14	94
1966	398,405	21	13	32
2014	281,735	14	9.3	4



“Traffic will be to 21st century public health what sewage was to 19th century public health”

Scrofula
Cholera

Diphtheria

Typhoid

Dysentery

1858

Stress & mental
health

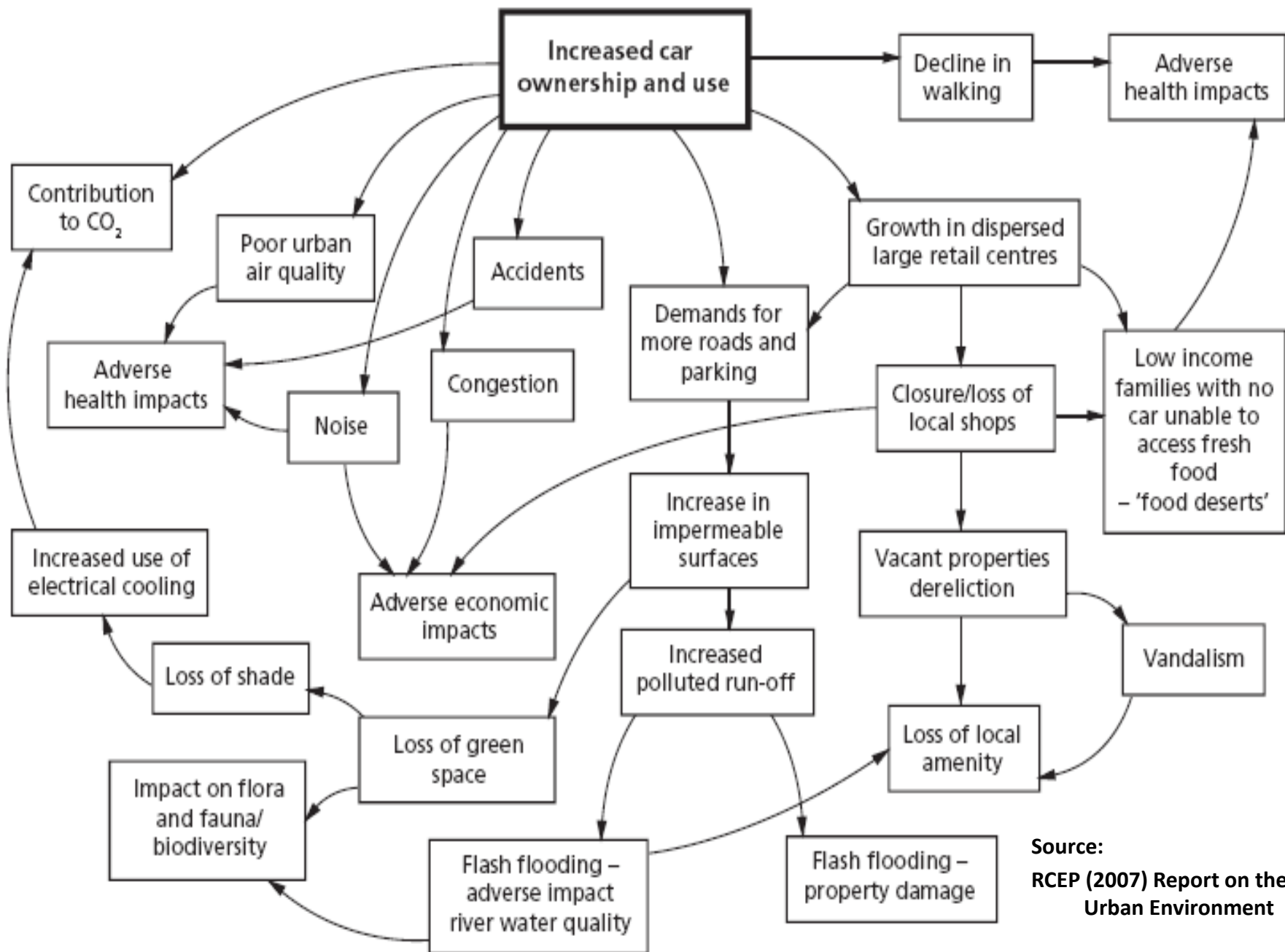
Asthma

Obesity

Heart disease

2015





Source:
RCEP (2007) Report on the
Urban Environment

People focused?





A Finger of the Transit City Fabric

A small neighbourhood of 2500 inh was renovated and a **supplementary bus oriented area of 1300 inh was built.**

A bus street combines the areas.



Some local services

8.6.2013 UF Leo Kosonen



elfast
A World Health Organization
Healthy City



Freiburg: Vauban

Physical activity?





”Copenhagenization”

”Copenhagen lane”

**Traffic calming
experiment
at the high street
Nørrebrogade in
Copenhagen inspired
NY to traffic calm
Broadway at Times
Square**





JogBelfast 2015	Programme Places	Registrations				
		13-Jan-15	23-Jan-13	30-Jan-15	09-Feb-15	04-Mar-15
East	150	223	224	224	225	225
North	120	250	258	260	229	216
South (T)	100	183	187	191	193	194
South (W)	100	140	140	135	119	98
West	100	177	191	199	201	209
TOTAL	570	973	1,000	1,009	967	942





Play space?





Inviting social life?



Evidence



Capacity building



Demonstration





KidsSpace – a pop up child and family friendly city centre space

- Culture Night Belfast since 2011
- City Hall, Ulster Museum, Annadale
- 5,000+ participants



Shaping Healthier Neighbourhoods for Children



Walkability Assessment for Healthy Ageing tool

Belfast Healthy Cities					
Age-friendly Walkability Assessment Questionnaire					
<u>Outdoor spaces – local streets & pavements</u>					
General impression of the area:	Excellent	Good	Average	Poor	Very Poor
Cleanliness					
Overall appeal					
Pavements:	Excellent	Good	Average	Poor	Very Poor
Well maintained with few cracks					
Free of obstruction –cars, bins etc					
Non-slip					
Wide enough for wheelchairs or for safely passing other pedestrians					
Dropped curbs to road level at crossings					

- Focus on neighbourhoods
- Qualitative focus
 - to complement QUB KESUE research
- Aims
 - To engage older people in assessing their environment
 - To gather evidence on walkability from older people's perspective
- Piloted with 150 older people across Belfast

Thank you

Further information

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