

# How design can support health and wellbeing?

Justine Daly

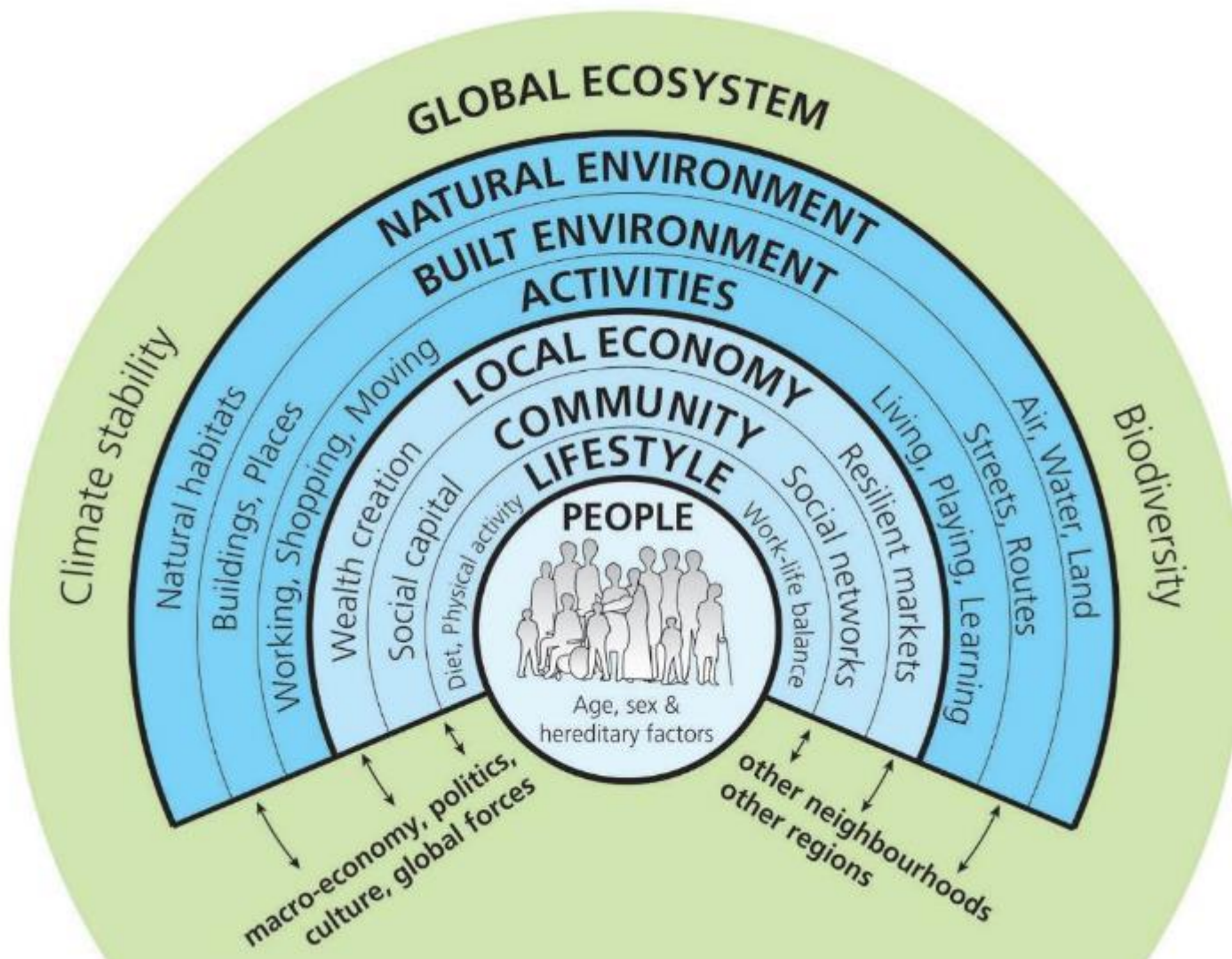
Urban Villages – Urbanist and  
Physical Regeneration Manager

16<sup>th</sup> December 2015



# Determinants of health and well-being

Barton and Grant 2010



# Impacts

- Mental health
- Social isolation
- Stress
- Physical health
- Air pollution
- Car dependency
- Obesity and heart
- Activity
- Access to services
- Food nutrition



How design can affect  
health and wellbeing?



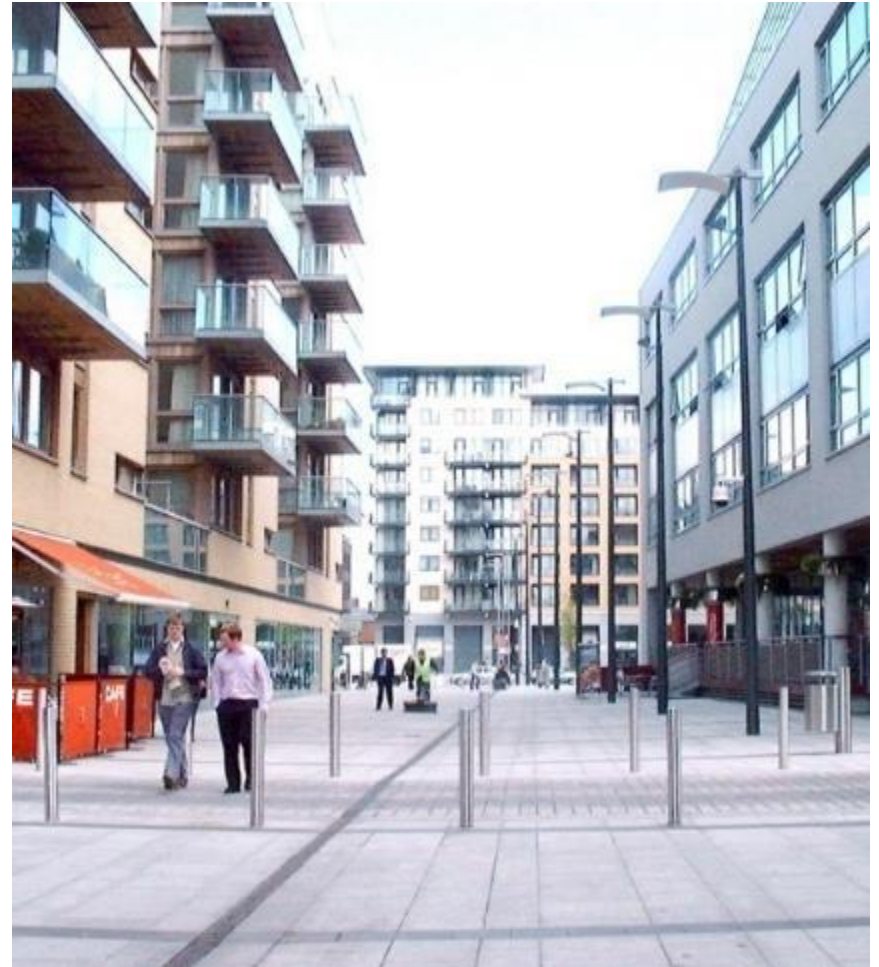
# Built environment and community safety

- Physical structure of a place
- Legibility and perception – mental maps
- Quality of environment
- Mix and distribution of uses



# Built environment – done well

- Connected – physically and perception
- Appropriate human scale
- Character and sense of place
- Vibrant mix of uses
- Encourages walking and cycling



# Built environment – badly done

- Lacks character and sense of place and identity
- Land hungry stand alone uses
- Car oriented and discourages walking and cycling
- Poor accessibility
- Limited sense of community



# Public open spaces

- Location and links
- Design of elements
- Safety and natural surveillance
- Facilities and events
- Maintenance





# Green lungs of the city



# Multi-functional spaces





# Transport and accessibility

- Walking
- Cycle
- Public transport
- Private vehicle and car dependency
- Access to services



# Housing and integration/affordability





# Maintenance and stewardship

- Appearance
- Safety
- Pride in place



# Make places fun





# Make places fun



# Design should:

- encourage movement through city: legibility and permeability
- offer sense of discovery: stand alone attraction and programming opportunity
- promote safety: encourages ownership, design can deter anti social behaviour





# Discussion:

1. What is the role of planning and regeneration in creating health communities?
2. What has worked well in Belfast and Northern Ireland to date?
3. What are the challenges?
4. What are the opportunities and potential solutions for shaping healthy places?