Creating healthy cities: the role of planning

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The settlement health map

The determinants of health and well-being in our neighbourhoods
“Traffic will be to 21st century public health what sewage was to 19th century public health”

Scrofula
Cholera
Dysentery
Diphtheria
Typhoid
Stress & mental health
Obesity
Asthma
Heart disease

1858
2016
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.
Assessing walkability for older people

Opportunities to socialise
Need to feel safe
Children’s priorities

- Green space
- Places to socialise
- Safe and clean neighbourhoods
- Connected neighbourhoods
- Controlled traffic
How does Urban Planning affect health?

**Physical factors**
(some examples)

- Road severance
- Lack of facilities in neighbourhood (shops, places to go)
- Lack of local informal recreational opportunities (allotments, play parks)
- Unattractive, poorly designed pedestrian routes (road traffic dominated routes)
- Poor insulation, waste of solar insolation
- Lack of opportunity for food growing

**Links**

- Lack of opportunity for informal interaction in the community
- Isolation
- Air-polluted local walking environments
- Fuel poverty
- Lack of regular exercise
- Food deserts, poor diet

**Associated health issues**

- Mental wellbeing
- Respiratory disease
- Heart disease and Obesity issues

WHO Collaborating Centre for Healthy Cities and Urban Policy
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.
Physical activity?
Traffic calming experiment at the high street Nørrebrogade in Copenhagen inspired NY to traffic calm Broadway at Times Square.

“Copenhagenization”
“Copenhagen lane”
Play space?
Thank you

Further information
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