

# Creating Healthy Cities: the role of planning in mental wellbeing

Jonna Monaghan

Health and Wellbeing Manager

Belfast Healthy Cities



# Belfast Healthy Cities

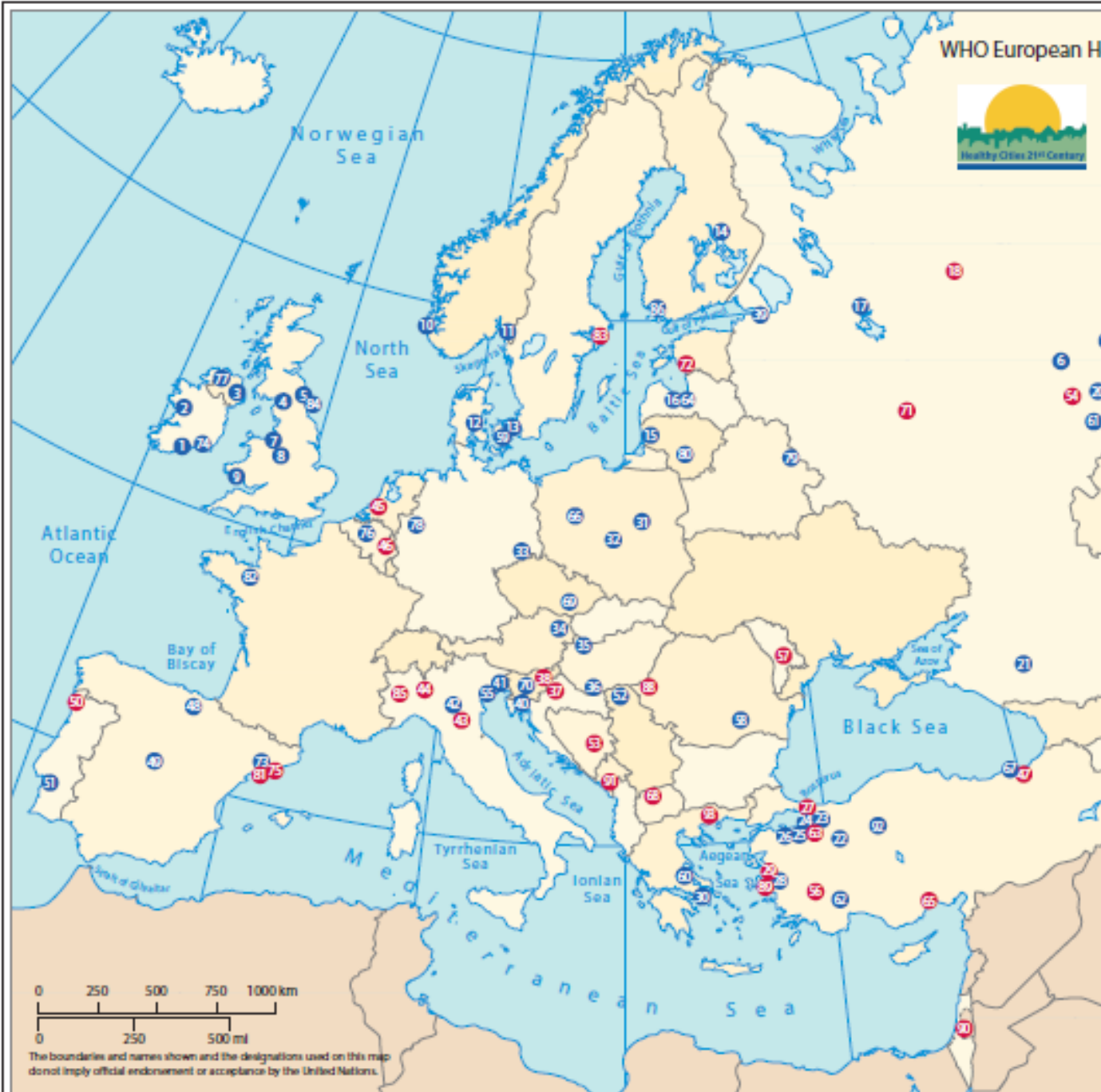


**Our Vision** is to be a leader in creating a healthy and equitable city



**Belfast**  
A World Health Organization  
**Healthy City**

# WHO European Healthy Cities Network – Phase VI (2014–2018)



1	Cork	IRE	50	Viana do Castelo	POR
2	Galway	IRE	51	Sezai	POR
3	Belfast	UNK	52	Novi Sad	SRB
4	Cardiff	UNK	53	Sarajevo	BH
5	Newcastle	UNK	54	Ulyanovsk	RUS
6	Chelmsbury	RUS	55	Venice	ITA
7	Liverpool	UNK	56	Denizi	TUR
8	Stoke-on-Trent	UNK	57	Chinaiu	MDA
9	Swansea	UNK	58	Bucharest	ROM
10	Sandnes	NOR	59	Frederiksborg	DEN
11	Bedford County	NOR	60	Floedvi-Psychiko	GRE
12	Horsens	DEN	61	Chapayevsk	RUS
13	Copenhagen	DEN	62	Bardar City	TUR
14	Kuopio	FIN	63	Omurgazi	TUR
15	Klaipeda	LTH	64	Riga	LVA
16	Jamala	LVA	65	Muzili Municipality	TUR
17	Cherapovets	RUS	66	Poznan	POL
18	Villy Ustyug	RUS	67	Trabzon Metropolitan	TUR
19	Izhensk	RUS	68	Skopje	MKD
20	Dmitrovo	RUS	69	Bimo	CZE
21	Starogol City	RUS	70	Ljubljana	SVN
22	Eskişehir	TUR	71	Seapino	RUS
23	Goltsik	TUR	72	Pleuro	EST
24	Yalova	TUR	73	Sant Andreu de la Barca	SPA
25	Bursa	TUR	74	Waterford	IRE
26	Nikici	TUR	75	Barcelona	SPA
27	Kadiköy	TUR	76	Brussels	BEL
28	Izmir	TUR	77	Derry City and Strabane	UNK
29	Karşıyaka/Izmir	TUR	78	Düsseldorf	DEU
30	Amarousion	GRI	79	Gorki	BLR
31	Warsaw	POL	80	Kaunas	LTH
32	Łódź	POL	81	L'Hospitalet de Llobregat	SPA
33	Dresden	DEU	82	Rennes	FRA
34	Vienna	AUS	83	Stockholm	SWE
35	Győr	HUN	84	Sunderland	UNK
36	Pecs	HUN	85	Turin	ITA
37	Zagreb	CRO	86	Turku	FIN
38	Colpo	SVN	87	Novosibirsk	RUS
39	St Petersburg	RUS	88	Municipality of Arod	ROM
40	Rijeka	CRO	89	Belgovalmir	TUR
41	Udine	ITA	90	Jerusalem	ISR
42	Modena	ITA	91	Podgorica	MCD
43	Bologna	ITA	92	Çankaya	TUR
44	Milan	ITA	93	Dnava	GRI
45	Rotterdam	NET			
46	Liège	BEL			
47	Ortishur (Trabzon)	TUR			
48	Vitoria-Gasteiz	SPA			
49	Villanueva de la				
	Cañada	SPA			

64 Designated cities  
29 Applicant cities

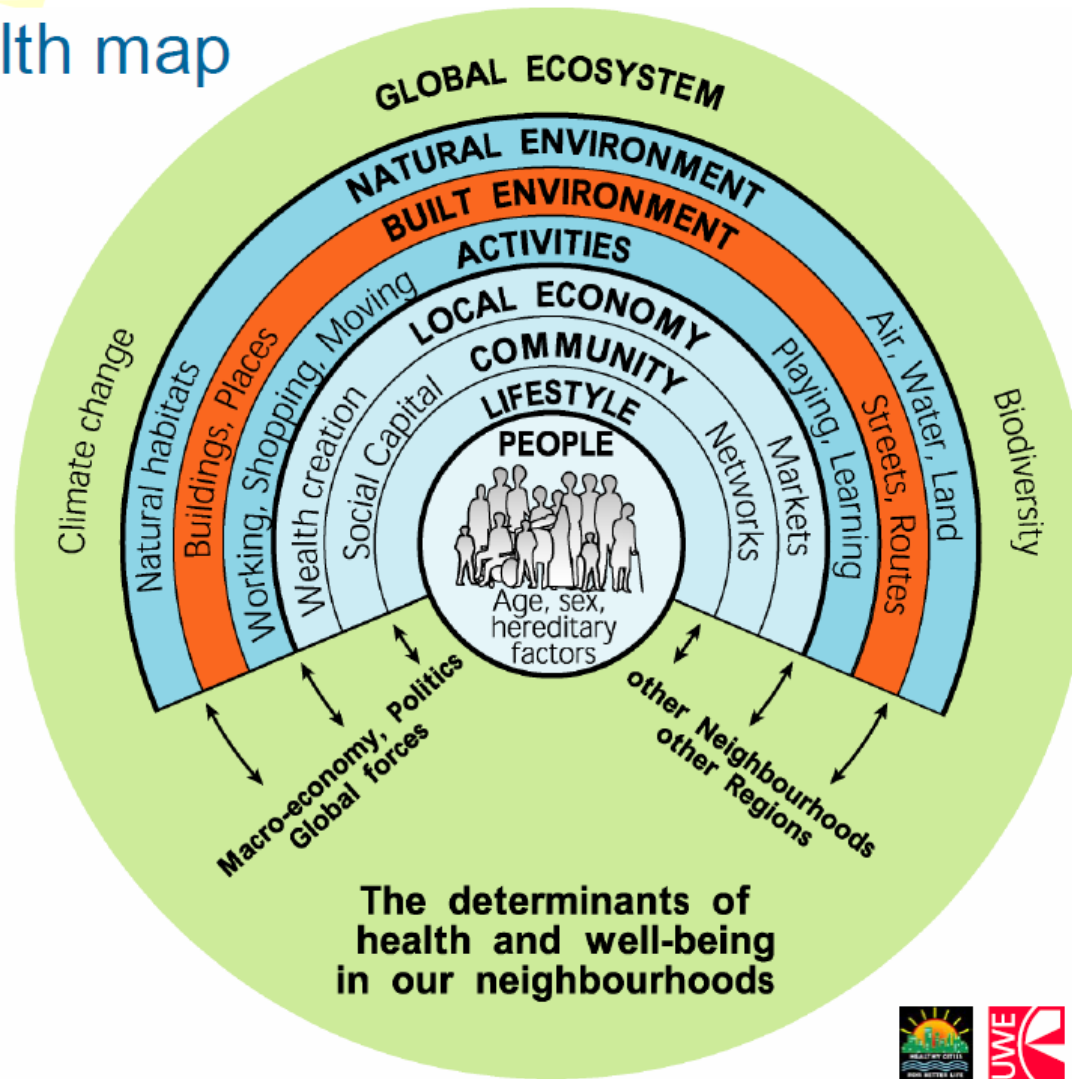


World Health Organization

REGIONAL OFFICE FOR Europe

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



# Mental wellbeing.. and deprivation



<https://www.health-ni.gov.uk/publications/ni-health-and-social-care-inequalities-monitoring-system-hscims-health-inequalities>

# Deprivation, health and place

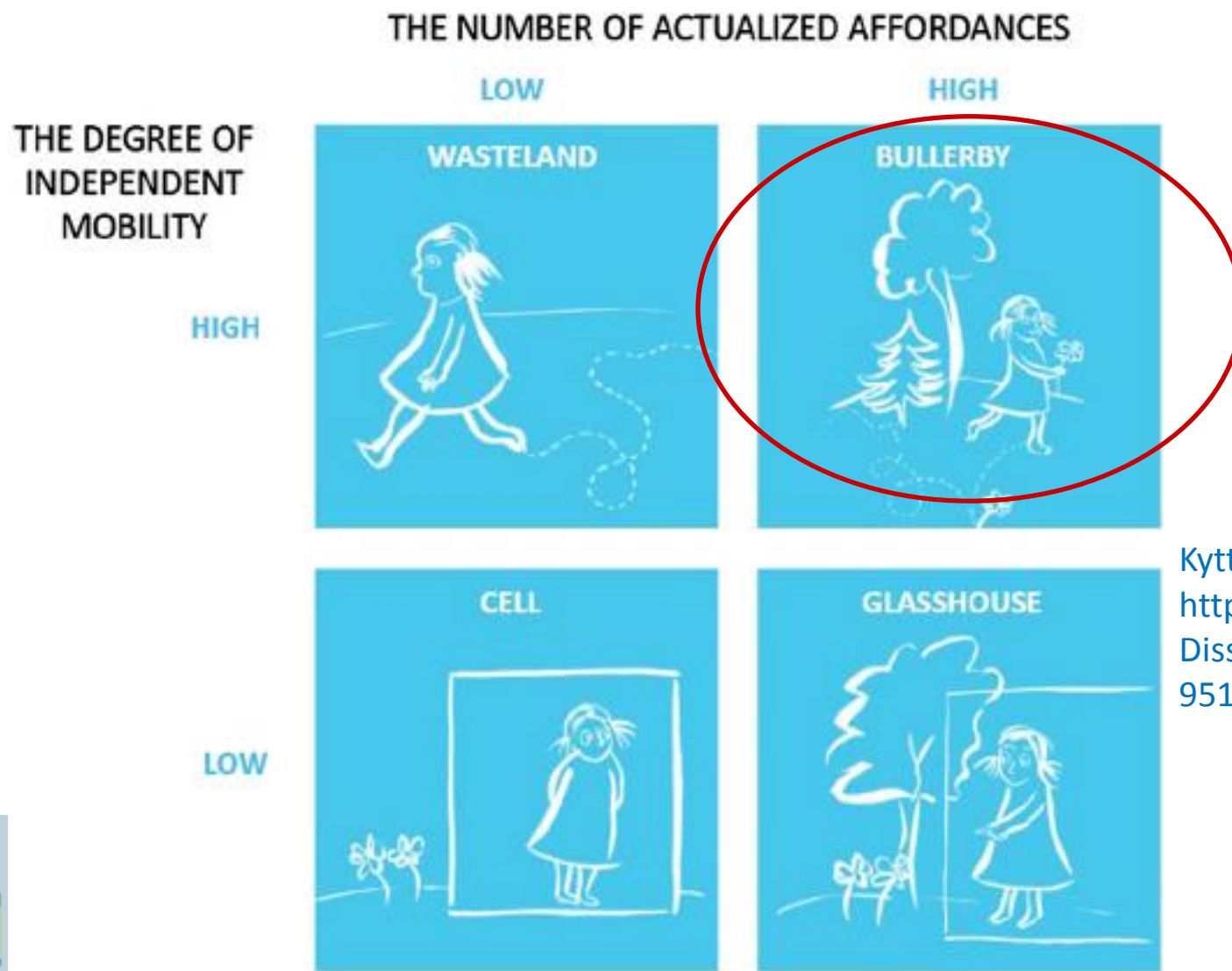
## Greater deprivation = greater likelihood of ...

- Limited green space
- Limited transport options
- Limited housing choice
- Limited access to services
- Few meeting places
- Few places to play and be physically active
- Limited investment in public space

## Greater exposure = greater risk of...

- Social isolation
- Reduced physical activity
- Anti social behaviour
- Concern about crime and anti social behaviour
- Symptoms of depression
- Physical ill health
- **Reduced aspirations**

# Planning for mental wellbeing



Kyttä 2003  
<http://lib.tkk.fi/Diss/2003/isbn9512268736/>

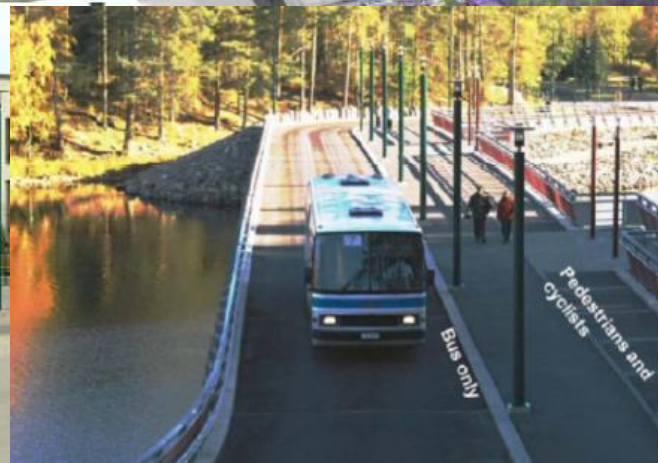
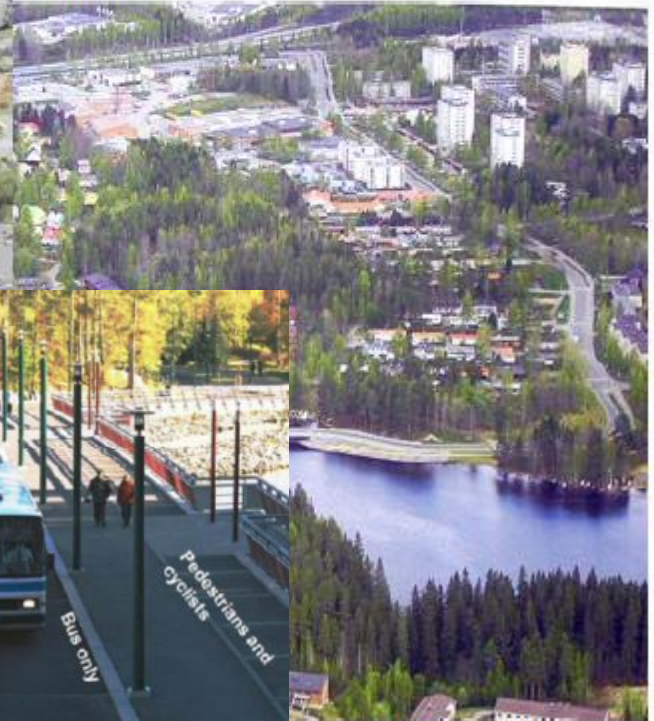




## *A Finger of the Transit City Fabric*

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.

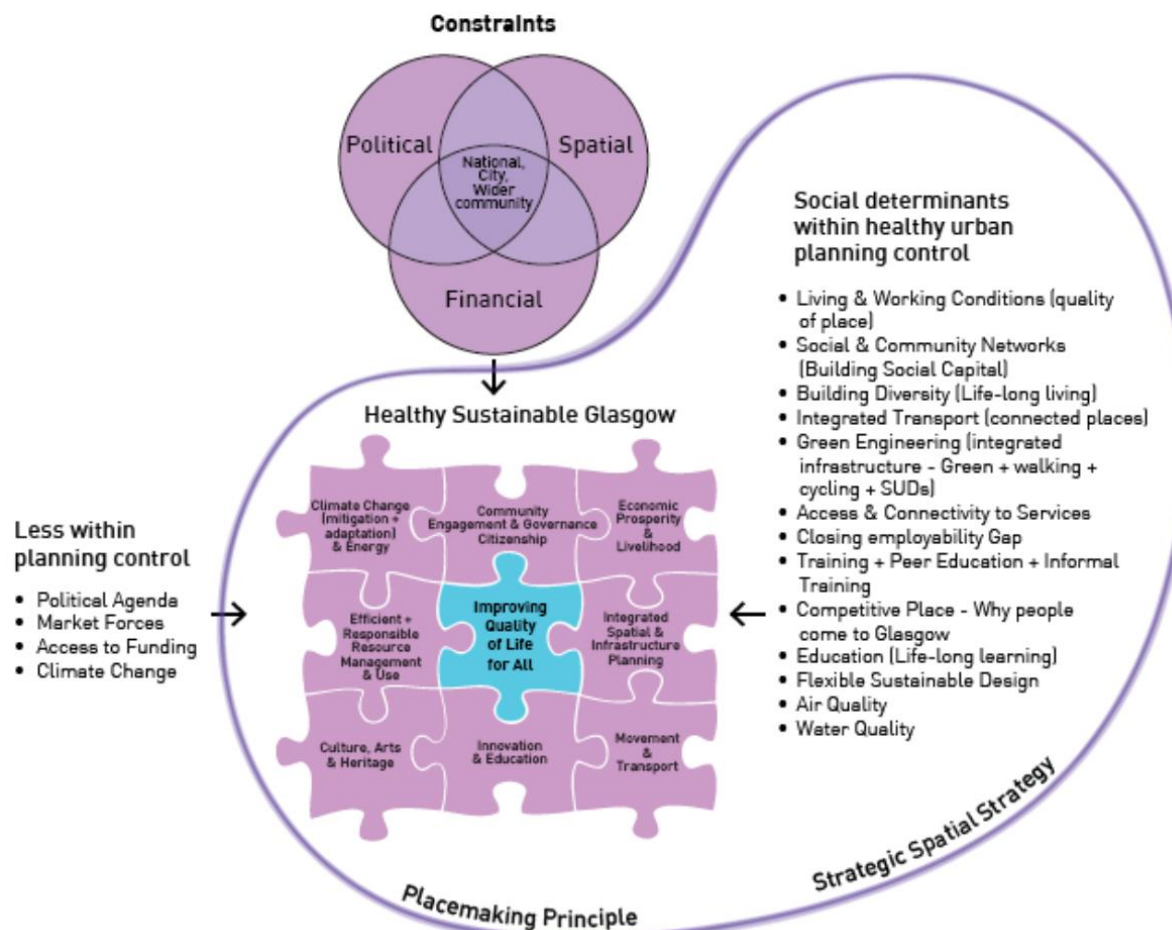


6.6.2013 UF Leo Kosonen



# Glasgow - proposed development plan

Figure 6 Healthy Sustainable Neighbourhood Model



# Thank you

Jonna Monaghan

[jonna@belfasthealthycities.com](mailto:jonna@belfasthealthycities.com)

(028) 9032 8811

[www.belfasthealthycities.com](http://www.belfasthealthycities.com)

@belfasthealthy

