

HEALTHY CITY DESIGN INTERNATIONAL

RESEARCH • POLICY • PRACTICE

16-17 OCTOBER 2023

ROYAL COLLEGE OF PHYSICIANS, LIVERPOOL

FINAL PROGRAMME

URBAN RENEWAL AND HEALTH EQUITY
CHARTING A SUSTAINABLE PATH LOCALLY AND GLOBALLY

W: www.healthycitydesign.global | E: info@salus.global

@HCDCongress #HCD2023

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Impact on Urban Health



Introducing Impact on Urban Health

The places where we grow up, live and work impact how healthy we are.

Urban areas, like our home in London Boroughs of Lambeth and Southwark, have some of the most extreme health outcomes. Alongside their vibrancy and diversity sit stark health inequalities.

At Impact on Urban Health, we are focused on changing this. By investing in projects and organisations dedicated to reshaping policies, systems, and practices we can contribute to achieving health equity.

We address health inequalities by focusing on a few complex health issues that

disproportionately impact people living in cities – children's health and food, multiple long-term health conditions, the health effects of air pollution, and children's mental health.

We're working to find solutions to urban health problems in our place. But we don't just want change in London.

We share our insights and practical learning to help others working on urban health. Working together, we can better understand how people in other cities are addressing inequalities and the health impact of living in urban environments.

Impact on Urban Health is part of Guy's & St Thomas' Foundation.

What is Urban Health?

The health challenges in urban areas are distinct from those elsewhere. In cities, the best health outcomes exist alongside the worst.

Urban places have a much higher proportion of households living on low and insecure incomes – which has a significant impact on people's health. Not everyone in cities experiences health risks equally, and often much of the burden falls on the most vulnerable groups.

If you are from a Black or another racially minoritised background, you are more likely to live with a long-term health condition.

This is because you're more likely to be living

on a low income, be exposed to high levels of air pollution, live in poor quality or insecure housing and have access to fewer affordable, healthy food options in your local food retailers, restaurants and take-aways.

Urban health is not just one sector's responsibility. It goes much wider than the healthcare system and public health authorities. By improving the environments in which people grow up, live and work in, we can address the structural causes of health inequalities.



urbanhealth.org.uk



[@ImpUrbanHealth](https://twitter.com/ImpUrbanHealth)

Minimising the health risks of housing insecurity in the private sector



Housing and health are directly related – precarious, badly maintained housing greatly increases the risk of physical ill-health and mental health problems.

In partnership with Kineara and the Southwark Law Centre, we're building a holistic support offer that prevents people losing their homes, prioritising tenants in Lambeth and Southwark who are at risk of developing or worsening long-term health conditions and face an immediate threat of eviction. This involves tailored, holistic support for renters including income maximisation, mediation with landlords, and specialist legal advice.

We support projects that help tenants who are at risk of homelessness and living with a long-term health condition. This is helping us grow evidence on the practical ways system actors can reduce the impact insecure housing has on people's health.

Engaging with employers to protect the health of night shift workers



More people work night shifts than ever before - but it can have a profound effect on people's mental and physical health.

We've partnered with The Liminal Space, a creative consultancy and design studio, to explore the most meaningful ways to engage employers and night shift workers to create healthier working experiences.

The Liminal Space's Night Club programme brings sleep researchers, shift workers, and employers together, equipping staff with practical solutions to help them have better quality sleep and encourage employers to recognise the impact of shift work on their employee's wellbeing.

By learning what works with employers of diverse sizes across sectors, their commercial motivations and how to best invest in health-based partnerships, our aim is to influence practices at a wider scale to protect the health of shift workers.



Rodney Cook Sr. Park
Atlanta, Georgia, USA



140 William
Perth, Western Australia, Australia

Shaping Communities by Design

At HDR, we believe in creating connections that foster inclusion and participation.

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hdrinc.com



Delbrook Community Centre
North Vancouver, British Columbia, Canada



Focal Point Community Campus
Chicago, Illinois, USA

Dear colleagues,

Urban policymakers, planners and practitioners keen to chart a path to sustainable development must link the local and global – activating measures that improve the lives of citizens and reduce health inequalities while addressing the wider impacts of planetary health.

This interplay between local regeneration and global climate resilience has been termed ‘climate-resilient development’ in the latest Intergovernmental Panel on Climate Change report. This identifies climate-resilient development as key to securing a healthier future for all and calls on cities to raise their game as leading protagonists in creating a more sustainable world. But how can cities chart a more sustainable path that meets both local and global needs?

There are myriad aspects in the urban realm on which to capitalise, in order to create healthier outcomes for all. One key learning of recent years has been that nature, biodiversity and communities are all affected by lack of action on the climate emergency. Better-designed housing is also a key foundation of a healthy and equitable city or community. Digital technology has a significant role to play, from monitoring environmental conditions to connecting the smart city itself. Hybrid ways of working are questioning the traditional purpose of cities, and company policies on environmental, social and governance are demanding fresh solutions.

Targeted capital

Research models and design practices are evolving at pace, often driven by political agendas. The UK Government’s Levelling Up agenda, for example, is exerting a policy influence at a local level with targeted investments. It is focusing on six types of capital: physical capital (e.g. infrastructure and housing); human capital (the skills, health and experience of the workforce); intangible capital (innovation and ideas); financial capital; social capital (community relationships and trust); and institutional capital (local leadership, capacity and capability). It’s against these dynamics that the Congress will explore ‘urban renewal and health equity’ – specifically, the linking of local and global in climate-resilient development to reduce health inequalities and create social value.

A familiar format for this year’s Congress will see each day open and close with keynote plenaries before splitting into four streams. Day one will focus on: Population health; Design across the life course; Smart and inclusive cities and mobility; and Work and workplace. Day two will cover: Urban design, planning and public realm; Planetary health; Health-creating communities; and Social value and resilience.

We’re delighted that this year, for the first time, we’re hosting the Congress outside of London, in the historic port city of Liverpool – a city considered to be the birthplace of public health. We’re also delighted to welcome virtual delegates, who will be able to access live streaming and much more via the event platform and mobile app (see pp14-15), including the Video + Poster Gallery of innovative research and projects (pp35-37). And we also look forward to welcoming those delegates who have booked to attend our Evening Networking Dinner (p38) at the Maritime Museum, on Monday 16 October.

We hope you all enjoy a wonderful Congress!



Emeritus Prof Jeremy Myerson

The Helen Hamlyn Centre for Design,
Royal College of Art
Director, WorkTech Academy



Marc Sansom

Director,
SALUS Global Knowledge
Exchange

WELCOME ADDRESS

Dear delegates,

It's with tremendous pleasure that I welcome you all to the Healthy City Design 2023 International Congress at the Royal College of Physicians, in Liverpool – and a special welcome to those attending from around the world.

Here in Liverpool, we are working hard to achieve our vision of making this city a healthy and sustainable one. We are proud to showcase Liverpool as a city in which significant collaborative work is being undertaken to achieve positive health outcomes and also learn from the international community.

When it comes to health, Liverpool is a city of firsts – Dr Duncan, born and raised in Liverpool, was the UK's first medical health officer; Thomas Fresh, a pioneer in British environmental health, became Liverpool's first public health officer in 1844; and Kitty Wilkinson opened the first UK public wash house and baths in Liverpool, in response to the cholera epidemic of 1832.

The buildings and places in which we live, work and play are a foundational determinant of health across the life course, with the power to affect both our physical and mental health and wellbeing. Outside the home, we need access to open, social and neighbourhood spaces, as well as easy access to well-planned commercial spaces that provide opportunities for a diverse range of healthy food and leisure activities.

Urban policymakers, planners, practitioners, health partners and public health teams, and others must work together to bring together the local and the global – activating measures that improve the lives of citizens and reduce health inequalities, while addressing the wider impacts of planetary health, in order to chart a path to sustainable development.

I'm pleased to say this work is already happening in Liverpool. In particular, collaboration between public health and planning teams is illustrating how the prevention of health issues from the very start will not only save billions of pounds but also save lives.

The Healthy City Design 2023 (HCD 2023) International Congress is a global forum for the exchange of knowledge on the research, policy and practice of designing healthy and sustainable cities and communities. The focus of the conference is on 'Charting a sustainable path locally and globally' and the agenda that has been put together is one I hope you will enjoy and one that will generate some fantastic conversations and insights.



Councillor Liam Robinson

Leader of Liverpool City Council

Dear delegates,

Welcome to Liverpool! It's exciting and inspiring to see people from across the world come together in the UK to help turn knowledge into action and create healthier cities for all residents, no matter their background or their personal circumstances.

Liverpool is such a vibrant city brimming with history and culture. But we know all too well that stark inequalities still exist.

More than half of the city's population live in the most economically deprived areas in England; with three in every ten children under 16 living in poverty. Much like where we work in South London, the best health outcomes exist right alongside the worst.

The greater the pressures that people face in their lives – whether from poverty, having an insecure job or housing, or facing racism, sexism and other forms of discrimination – the more likely they are to experience ill health.

The Congress programme over the next two days reflects how we must meet the challenge of health equity: the way cities are designed; the quality of the air that children breathe; the stability of people's incomes; and the security of their housing.

We're proud to support Healthy City Design 2023 and help grow the links between policymakers, the health service, urban planners, academics, and voluntary organisations.

Creating health equity demands collaboration, building relationships, testing, experimenting, learning, and working towards a common purpose across sectors.

By working together, we can remove obstacles to good health by making urban areas healthier places for everyone to live and thrive. If you would like to join us on our mission, please get in touch with us at the Congress.



Peter Babudu

Executive director,
Impact on Urban Health

An aerial photograph of a city, likely Newcastle, showing a large park area with a curved promenade, a waterfront with a bridge, and a large crowd of people gathered in a public square. The city buildings are visible in the background.

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THE ROYAL COLLEGE OF PHYSICIANS AT THE SPINE

For the first time in its history, the Congress is being hosted outside of London and heading to the Northwest of England. We welcome delegates, new and old, to the Royal College of Physicians' northern headquarters, the Spine Building, in the historic port city of Liverpool.

The conference area, 'Spaces at the Spine' is housed within the Spine and offers dynamic spaces for conferences, workshops, and dining, as well as event production services to accommodate virtual and hybrid events. The venue opened in September 2021.

Sustainability is at the very core of the venue's operation and day-to-day business, and sustainability strategies are an integral part of the venue's design. In fact, the Spine has been designed to be one of the healthiest buildings in the world: in 2022, it achieved BREEAM Outstanding and it's on track to achieve WELL Platinum certification.

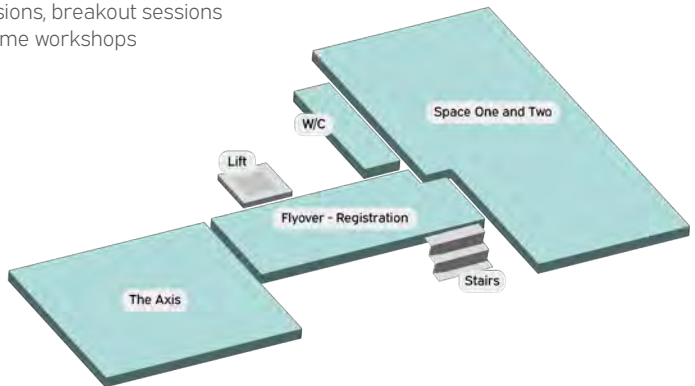
The Spine's impressive internal biophilic sky garden reconnects people with nature and creates a healthier and happier environment proven to reduce stress. Spaces at the Spine supports ten concepts of the WELL Standard (air; water; nourishment; light; movement; thermal comfort; sound; materials; mind; and community), making it a dynamic, forward-thinking venue of the future and a beacon of excellence in Liverpool.



All surfaces and furniture in the building – including the type of paint, plaster, woods, fabrics and flooring – have been carefully considered to meet the criteria of the WELL Standard. These elements have been carefully selected to ensure that they help promote good air quality through the removal of toxins and to ensure that no solvents were used. Attention has also been paid to the use of sustainable materials throughout.

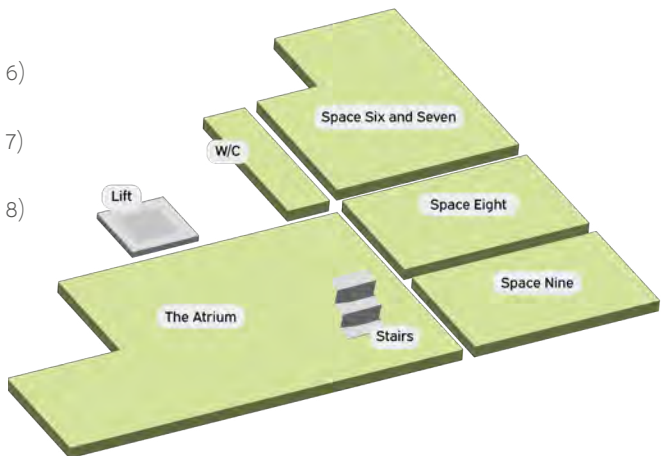
FLOOR THIRTEEN (TOP FLOOR)

- **Space One and Two**
Main conference plenary sessions, breakout sessions (Streams 1 and 5) and lunchtime workshops
- **Flyover**
Registration desk
- **The Axis**
Lunch, coffee and networking



FLOOR TWELVE

- **Space Six and Seven**
Breakout sessions (Streams 2 and 6)
- **Space Eight**
Breakout sessions (Streams 3 and 7)
- **Space Nine**
Breakout sessions (Streams 4 and 8)
- **The Atrium**
Video+Poster Gallery and the Interactive exhibit



A MARITIME CITY OF CULTURE AND INNOVATION

With 800 years of history, Liverpool is one of England's most legendary and innovative cities.

Steeped in history built on maritime heritage and its influence on world trade, the first-ever commercial wet dock opened in Liverpool in 1715. A further milestone came in 1846, with the opening of the revolutionary and architecturally celebrated Albert Dock. By the late 19th century, Liverpool was at the epicentre of global commerce, with over 40 per cent of the world's trade passing through the docks.

But after the devastating Blitz of the Second World War, Liverpool suffered the same post-industrial confidence crisis that hit many northern cities in the UK. Moreover, the city's dependence on port industries meant it found the transition harder than other cities, so much so that by the 1970s, the Albert Dock was left derelict and abandoned. It was not until the following decade, with the reclaiming of the Dock and its regeneration, that Liverpool was put back on the map.

The Merseyside Maritime Museum, where the Congress evening dinner event will be held on Monday 16 October, lay at the heart of these developments and led the way in revitalising the Albert Dock area, including Canning Half Tide Basin and the graving docks.

Now known as the Royal Albert Dock, after being granted a Royal Charter in 2018, it's a major tourist attraction in the city, comprising the largest collection of Grade 1 listed buildings in the UK, and home to the International Slavery Museum, Tate Liverpool, as well as many shops, bars, restaurants, hotels and other businesses.

Vibrant arts culture

The city's maritime history is one of the reasons why Liverpool has such a diverse and vibrant culture and arts scene. The city is home to Europe's oldest-established Chinatown, and its musicians were among the first to be exposed to the rhythm and blues of the USA's Deep South. Liverpool's port status has always meant it has been quick to soak up customs and cultures from all parts of the globe.

As the birthplace of the Beatles, a designated UNESCO City of Music and, more recently, in May this year, as the host of Eurovision on behalf of Ukraine, music has long been the lifeblood and beating heart of Liverpool and its people. During your visit to the Congress, take time to visit the legendary Cavern Club, where live music is played every day, or book an electrifying performance of the Royal Liverpool Philharmonic Orchestra,



the UK's oldest continuing professional symphony orchestra. If a fan of the Fab Four, then don't miss a visit to the award-winning 'The Beatles Story', the world's largest permanent exhibition solely devoted to telling the story of their lives.

Liverpool's wider art scene is vibrant and inspiring. It's the host city of the UK's Biennial of Contemporary Art: a celebration of all that art can do to transform places and people. Home to the National Collection of art in the North, Liverpool's Walker Art Gallery contains one of Europe's finest collections of paintings, drawings, sculpture and decorative art, from Pre-Raphaelite masterpieces to David Hockney's shimmering sixties' canvasses. Elsewhere, the Tate's northern base offers an always-vital assessment of contemporary art, complemented by the city's artist-led galleries.



Renaissance

Liverpool is a compact, walkable and liveable city that encourages outdoors exploration. The city has more galleries and museums than any other UK city outside London, and a passion for sports, including two of the world's historic football clubs, Liverpool FC and Everton FC.

From its lively waterfront, grand architecture, historic museums, vibrant arts and music scene, celebrated football clubs, and welcoming people, Liverpool offers a rich cultural experience.

Like any city, it has its challenges, and indeed faces some of the greatest health and income disparities in the UK – but Liverpool is also enjoying a renaissance. The city's regional economy is one of the fastest growing in England, while developments such as the £1bn flagship Paddington Village at the eastern gateway to the Knowledge Quarter, a thriving innovation district, are attracting businesses and enterprises from across the science, tech, education, and health and life sciences sectors, including the Royal College of Physicians' Spine building – the ideal venue for this year's Congress.

Liverpool city cultural walking tours

Wednesday 18 October, 9am – 12 noon

Liverpool is a city rich in heritage, culture and surprises – including remarkable tunnels under your feet at the Congress venue, Ferries Across The Mersey, and two cathedrals. Importantly, the city is compact and very walkable, with many local people only too happy to guide visitors around the historic centre.

For details of our tours, please contact the registration desk at the Congress.

HCD LIVE ON TV

Use the HCD2023 app to enhance your event experience: prepare your agenda; connect with colleagues and friends – old and new; explore the VIDEO + POSTER gallery; and catch up on recorded talks and sessions. The app will help you discover, connect and engage with attendees at the Congress.

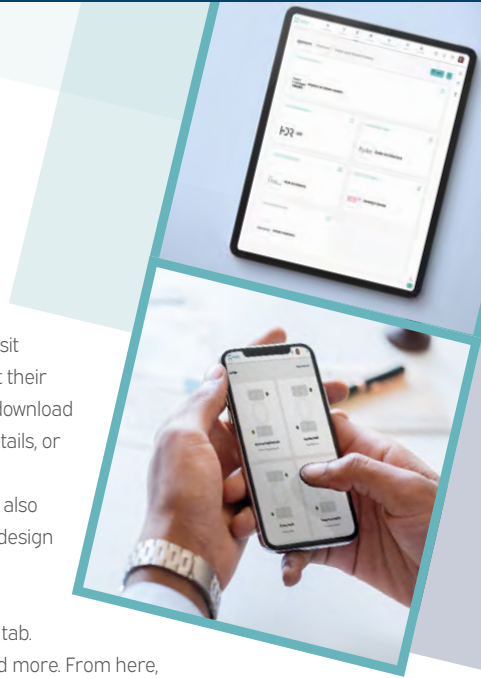
DOWNLOAD THE APP

The event mobile application is available on both the Google and Apple App Stores. To download it, search for **Healthy City Design 2023** or scan the QR code below. Once downloaded, you'll need to sign into the app using the email address you used when registering for the Congress.



FUNCTIONS AND FEATURES

- **Watch LIVE sessions** – Through the app, you will be able to watch LIVE sessions and catch up with talks and sessions you may have missed under the 'Agenda' tab.
- **Sponsors and partners** – Under the 'Expo' tab, you can visit sponsors' and event partners' stands to learn more about their design services and/or research work, view their videos, download brochures and, if you're interested, share your contact details, or set up in-person and virtual chats and meetings.
- **Video + Poster Gallery** – Visit the Video + Poster Gallery, also under the 'Expo' tab, to learn more about the showcased design and research projects, watch short video presentations, download the posters, and read the abstracts.
- **People** – Engage with other attendees under the 'People' tab. Filter attendees by specific job roles, sectors, interests and more. From here, you can set up a meeting with other delegates – click on their profile, choose a date and time, and add a personalised message. You can also chat with other attendees by clicking 'CHAT' on their profile.
- **Lounge** – If you're joining the Congress virtually, you still have the chance to connect and network with other delegates in the 'Lounge'. Here, you can pull up a chair at a table to join a video call with other delegates.
- **Schedule** – Create your own personalised schedule based on your interests and meetings, and view this in your own personalised agenda at the top of the app.
- **Discussion** – Join in with fellow attendees in a discussion forum and share your thoughts on the Congress streams and topics beyond the Congress.
- Share your involvement with the Congress on social media by using the hashtag #HCD2023 and tagging us on X (formerly Twitter) with the handle @HCDCongress.



PROGRAMME COMMITTEE

The Congress is produced by SALUS Global Knowledge Exchange in collaboration with the Helen Hamlyn Centre for Design, Royal College of Art, and our esteemed international programme committee, the members of whom are outlined below. From shaping the Congress themes, to evaluating submission abstracts, to chairing sessions, their knowledge, time and effort are a huge part of the success of the Congress, and we thank them for their contributions.



Rachel Cooper OBE, PhD

Professor of Design Management and Policy, Lancaster University, UK



Oliver Jones PhD

Associate director – sustainability and innovation, Cundall, UK



Harry Knibb MRTPI

Development director, Oxford Properties; Director, Academy of Urbanism, UK



Angela Loder PhD

Vice-president, research, International WELL Building Institute, USA



Marcus Grant

Editor-in-chief, Cities and Health, UK



Helen Pineo PhD, MRTPI, FRSA

Urban planner and research associate professor, University of Washington, USA



Clare Wildfire

Global practice lead for cities, Mott MacDonald, UK



Jeri Brittin PhD

Director of research, HDR, USA



Carolyn Daher MPH

Co-ordinator, Urban Planning, Environment and Health Initiative,
Barcelona Institute for Global Health, Spain



Katie Wood

Head of projects and programme management, Archus, UK



Rhiannon Corcoran PhD

Professor of Psychology and Public Mental Health, University of Liverpool;
Director, Centre for Urban Design and Mental Health, UK



Blake Jackson AIA, LEED Fellow, WELL Faculty, CPHC

Director, sustainability, NORR, USA



Giselle Sebag MPH, LEED AP ND

Executive director, International Society for Urban Health, Spain



Dr Stephane Sadoux PhD

Deputy director, LabEx AE&CC, Grenoble School of Architecture (ENSAG),
Grenoble Alpes University, France



Audrey de Nazelle PhD

Senior lecturer, Centre for Environmental Policy, Imperial College London, UK



Jose Siri PhD, MPH

Epidemiologist, global, urban and planetary health specialist, USA



Caroline Paradise PhD

Head of design research, Atkins, UK

08.00 REGISTRATION OPENS

Keynote plenary



Session 1: Opening plenary

Chair: **Jeremy Myerson**,
Emeritus professor, Royal College of Art; WorkTech Academy, UK

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**Impact
on Urban
Health**

08.45 **Welcome and introduction**

09.00 **Welcome address**

Mayor Steve Rotheram, Liverpool City Region, UK

09.10 **Keynote: Health equity: Marmot Cities**

Sir Michael Marmot, Professor, director of the Institute of Health Equity, UCL, UK

09.35 **Keynote: A strategic approach to achieve urban health: Making the case and making it work**

Dr Nathalie Roebbel, Unit head – urban health, World Health Organization, Switzerland

10.00 **Panel discussion**

10.15-10.45 **VIDEO+POSTER GALLERY, COFFEE AND NETWORKING**



Session 2: Liverpool: A continuing story of public health innovation

Chair: **Rhiannon Corcoran**, Institute of Population Health, University of Liverpool, UK

10.45 **Liverpool public health – then and now**

Sally Sheard, Institute of Population Health, University of Liverpool, UK
Matthew Ashton, Liverpool City Council, UK

11.00 **The Civic Data Cooperative**

Gary Leeming, Liverpool City Region Civic Data Cooperative, University of Liverpool, UK

11.15 **The mental health and wellbeing outcomes of the Preston Model**

Ben Barr, Institute of Population Health, University of Liverpool, UK

11.30 **Liverpool's Feminist City Network**

Catherine Durose, Heseltine Institute for Public Policy, Practice and Place, University of Liverpool, UK

11.45 **GroundsWell: Promoting systems thinking on green and blue spaces for health and wellbeing**

Sarah Rodgers, Institute of Population Health, University of Liverpool, UK

12.00 **Panel discussion**

12.30-14.00 **VIDEO+POSTER GALLERY, LUNCH AND NETWORKING**

12.40-
13.50 **Lunchtime workshop: Charting the path for health equity**

Panel: **Lourdes Madigasekera-Elliott**, **Ellen Reith**, East Sussex County Council, UK
Annalise V. Johns, Merton Council, UK

See page 102 for more details



Session 3: Policies and partnerships

Chair: **Rachel Cooper**, Lancaster University, UK

14.00 **Improving CHOICE: Community-asset and life-story approaches to improving civic engagement and activity for people living with severe mental illness**
Saul M Golden, Ulster University, UK

14.20 **The Life Rooms and Liverpool public health**
Georgi Byrne-Watts, Mersey Care NHS Foundation Trust, UK

14.40 **Essential conditions in the context of public health policy advisors to have impact on a healthier living environment**
Kristine Mourits, Radboudumc, Netherlands

15.00 **Panel discussion**

15.30-16.00 **VIDEO+POSTER GALLERY, COFFEE AND NETWORKING**



Session 4: Healthy Homes campaign

Chair: **Rosalie Callway**, Town and Country Planning Association (TCPA), UK

16.00 **Healthy Homes campaign – building momentum for better homes for all**
 The TCPA Healthy Homes campaign has been running for more than two years. It's seeking systemic legislative reform through the introduction of Healthy Homes Principles, promoted by former NHS chief executive Lord Nigel Crisp – with the support of a wider coalition of parliamentarians and organisations. This roundtable debate will provide an opportunity to take stock of the Healthy Homes campaign and consider how current planning and legislative changes may impact the future delivery of healthy and affordable homes. The panellists will be invited to share their view of these reforms to date, as well as present their expectations for future progress towards delivering healthy homes in the run-up to the next general election.

Ben Clifford, University College London, UK; **Gwyn Roberts**, Building Research Establishment, UK
Steve Morton, Department of Health and Social Care, UK; **Councillor Jane Corbett**, Everton West
 Healthier Liverpool Partnership Group; Liverpool Health & Wellbeing Board, UK



Session 5: Keynote address

Chair: **Sunand Prasad**, UK Green Building Council; Perkins&Will, UK

17.00 **Keynote address: Investing in urban renewal and health equity**
Kieron Boyle, Chief executive, Impact Investing Institute, UK

17.40 **Closing remarks**

17.45 **Close**

19.00–
22.00 **Evening networking dinner, live music and keynote addresses**
Welcome address: Councillor Liam Robinson, Leader of Liverpool City Council, UK
Keynote address: Building and sustaining better urban health through housing
Ricky Burdett, Co-chair, Council on Urban Initiatives, UK;
Maria Morgan, Founder, Kineara, UK
 Venue: Maritime Museum, Royal Albert Dock – see page 38 for details

Stream 2 begins at 10.45 in Space Six and Seven,
after the day's opening plenary session (08.45-10.15).



Session 6: Urban renewal for older people

Chair: Jeri Brittin, HDR, USA

-
- 10.45 **Later living for healthy town centres: The power of a multi-generational approach**
Mohammed Ul-Haq, Olivia Jackson, HLM Architects, UK
-
- 11.05 **Creating community across generations – a summary of a research study for future housing and local development**
Christian Karlsson, Karlsson Architects, Denmark
-
- 11.25 **A people-first, multi-generational approach to urban renewal and economic development – the Sefton case study**
Andrea Watts, Stephen Watson, Sefton Metropolitan Borough Council, UK
-
- 11.45 **Urban renewal and health impacts on older people: A natural experiment in Hong Kong**
Guibo Sun, University of Hong Kong, Hong Kong
-
- 12.05 **Panel discussion**
-
- 12.30-14.00 **VIDEO+POSTER GALLERY, LUNCH AND NETWORKING**
-



Session 7: Applying a life-course approach to placemaking for health and wellbeing at all ages

Chair: Dr Nathalie Roebbel, World Health Organization, Switzerland

This session will showcase practical examples from cities and city networks, including the Global Network for Age-friendly Cities and Communities, to show how the specific needs of vulnerable populations, including children, youth, and older people, have been addressed in placemaking, and what health and wellbeing outcomes have been achieved in the cities highlighted.

14.00 **Creating healthy and safe public spaces for children: Global principles and guidance**
Dr Nathalie Roebbel, WHO, Geneva on behalf of WHO, UNICEF and UN-Habitat, Switzerland

14.20 **Designing public spaces together with youth to achieve better urban health: Young Gamechangers Initiative**
Christelle Lahoud, UN-Habitat, Kenya

14.40 **Making public spaces age-friendly through a participatory approach: The experience of Metropolitan Borough of Sefton, Liverpool City Region**
Councillor Paul Cummins, Sefton Metropolitan Borough Council (representing the Sefton Partnerships for Older Citizens), UK; **Fiona Caplan**, SAFE – Southport Access for Everyone (representing the Sefton Partnerships for Older Citizens), UK

15.00 **Panel discussion**
Christelle Lahoud, UN-Habitat, Kenya; **Councillor Paul Cummins**, Sefton Metropolitan Borough Council, UK; **Fiona Caplan**, SAFE – Southport Access for Everyone, UK; **Carolyn Daher**, ISGlobal, Spain; **Rebecca Morley**, Robert Wood Johnson Foundation, UK

15.30 **VIDEO+POSTER GALLERY, COFFEE AND NETWORKING**



Session 8: Age-friendly urban design: A national case study from Israel

Chair: Dr Inon Schenker, IMPACT, Israel

In July 2021, Israel became one of the first countries to address the crisis of its ageing population through a binding resolution on 'Indicators for optimal ageing', promoting policy, urban planning, innovation, inclusion, and new partnerships. This session will highlight what 'older persons in the centre' means practically for government, local authorities, civil society, and the private sector, coming together to address a pressing demographic challenge at large scale.

16.00 **Healthy City Design in Israel 2023**
Dr Inon Schenker, IMPACT, Jerusalem, Israel

16.10 **Optimal ageing for 100 years of life**
Yoav Etzioni, Muni100, JDC-Eshel, Jerusalem, Israel

16.20 **An ecosystem for urban and rural healthy and active ageing**
Nesya Strasburg, Health & Optimal Ageing, Southern Soreq Cluster, Israel

16.30–17.00 **Panel discussion**
Ilana Taler, Israeli Ministry of Health, Israel
Sarela Sheinfeld, Beit Yaakov Center & Jerusalem Municipality, Israel; **Yifat Rom**, GEO, Haifa, Israel

Stream 2 will be brought to a close at 17:00, whereupon delegates are invited to return to Space One for the day's closing plenary session (17:00-17:45).

Stream 3 begins at 10.45 in Space 8,
after the day's opening plenary session (08.45-10.15).



Session 9: Inclusive transport and mobility

Chair: **Max Farrell**, LDN Collective, UK

-
- 10.45 **Hardcoding equity and resilience into Toronto, Canada's transit expansion plans: A Scarborough LRT case study**
Nick Shaw, HDR, Canada
-
- 11.05 **A network of multi-functional urban objects supporting sustainable mobility and healthier living: Smart hubs prototypes in Ferrara, Italy**
Ilaria Fabbri, Gabriele Lelli, University of Camerino, Italy
-
- 11.25 **Measuring changes to travel patterns using an activity and agent-based model: Stage 1 of the Suburban Rail Loop**
Lucy D Gunn, RMIT University, Australia
-
- 11.45 **Promoting inclusive and sustainable transport: Insights from Medellín for inclusive urban development**
Annamae Muldowney, Global Disability Innovation Hub, UK
-
- 12.05 **Panel discussion**
-
- 12.30-14.00 **VIDEO+POSTER GALLERY, LUNCH AND NETWORKING**



Session 10: Citizen participation and social capital

Chair: **Michele Grant**, Academy of Urbanism, UK

- 14.00 **Communicating climate solutions: Imagining new methods of communication to kick-start sustainable urban transformation**
Echo Callaghan, WorkTech Academy, UK
- 14.20 **The Better Places Mapping Tool – providing social value evidence for better decision-making**
Cara Mulholland, Manchester Metropolitan University, UK
- 14.40 **Catalysing walkable, sustainable, and equitable development using innovative transportation strategies**
Celen Pasalar, North Carolina State University, USA

15.00 Panel discussion

15.30–16.00 VIDEO+POSTER GALLERY, COFFEE AND NETWORKING



Session 11: The Healthy Cities Generator: Incorporating health into urban planning

Chair: **Marta Rofin Serrà**, Bax & Company, Spain

- 16.00–17.00 **Generate health in your city with the Healthy Cities Generator: A hands-on, practical tool with actionable indicators to incorporate health into urban planning**
- Although there is evidence that the urban environment has a notable impact on the direct health, health-creating behaviours, and health-supporting environment of people, it's not easy for practitioners to take health into account in urban planning in a systematic way. The Healthy Cities Generator (HCG) is a freely available digital health impact assessment tool designed to change that. The tool helps practitioners, local authorities, citizens, and researchers understand the evidence-based health impact of changes to the urban environment. Entering the actions of an urban plan or characteristics of an existing urban area allows the user to see the impact on 30 health determinants or outcomes, and results in visual guides to how holistic the plan is, and a score for the plan or place.
- In this workshop, the HCG, its design process, and the scientific research underpinning it will be presented. Delegates will be guided through the process of using the tool to analyse the Liverpool urban environment health needs, outline potential actions to address these needs, and assess the health impact of those proposed actions.

Panel: Ruth Gow, Celia García, Bax & Company, Spain

Stream 3 will be brought to a close at 17.00, whereupon delegates are invited to return to Space One for the day's closing plenary session (17.00-17.45).

*Stream 4 begins at 10.45 in Space Nine,
after the day's opening plenary session (08.45-10.15).*



Session 12: Innovation districts and sustainable retail

Chair: Chris Liddle, HLM Architects, UK

-
- 10.45** **The case of Heath Park: The challenge of making a place fit for the future**
John Lewis, SOG, UK
-
- 11.05** **The innovation ecosystem and the importance of place**
Duncan Thomas, HLM Architects, UK
-
- 11.25** **Catalysing community health through community-focused retail**
Blake Jackson, NORR, USA
-
- 11.45** **KQ Liverpool – the vision for developing a world-leading innovation district**
Sally Bloor, Knowledge Quarter Liverpool & Sciontec Development, UK
-
- 12.05** **Panel discussion**
-
- 12.30-14.00** **VIDEO+POSTER GALLERY, LUNCH AND NETWORKING**



Session 13: Wellbeing in the workplace

Chair: **Emeritus Prof Jeremy Myerson**, Royal College of Art; WorkTech Academy, UK

14.00 **Designing workplaces to beat burnout and encourage engagement**
Sally Augustin, Design With Science, USA

14.20 **Multi-layer design: A chance for healthier workplaces**
Albert Wimmer, Monika Purschke, Semir Zubcevic, Albert Wimmer, Austria

14.40 **User preferences on workplaces typology and biophilic design features towards collaborative and high-performance working environments in offices**
Muhamad Iqbal Tawakal, University College London, UK

15.00 **Panel discussion**

15.30-16.00 **VIDEO+POSTER GALLERY, COFFEE AND NETWORKING**



Session 14: Scale jumping: Sustainability and health at multiple scales

Chair: **Giovanna Jagger**, International WELL Building Institute, UK

16.00 **Scale jumping: Implementing sustainability and health at multiple scales. Perspectives from the field**

This workshop will discuss real-world case studies, research, and implementation examples that show how interventions at a workplace, building, community, and global scale can interact and move the needle forward to achieving specific health, social, and sustainability goals.

The first case study is the Spine building, the conference venue building, which is working towards WELL Platinum certification. This section will focus on sustainability and health targets, WELL features that address those targets, successes and lessons learned, and alignment with local city-level initiatives on sustainability and health. The second case study looks at recent examples of a multi-tiered approach to workplace wellbeing from Sweden and the Middle East, using an innovative, data-driven, neuroscience-based approach.

Lastly, the session will look at ESG and corporate social responsibility reporting, and how this is driving multi-scaled interventions, policy, and disclosure. Recent drivers, such as the EU taxonomy, will be addressed in terms of their potential impact on reporting and disclosure.

The session will conclude with future directions and lessons learned for scale-jumping on sustainability, work, health, and social goals.

Panel: Angela Loder, International WELL Building Institute, USA

Dr Tauni Lanier, BDO, UK

Linda Jarnhamn, flow2thrive, Sweden

Giulia Mori, Giuliano Camerini, CBRE, UK

16.40-17.00 **Panel discussion**

Stream 4 will be brought to a close at 17:00, whereupon delegates are invited to return to Space One for the day's closing plenary session (17:00-17:45).

08.00 REGISTRATION OPENS

Keynote plenary



**Session 15: A vision for Liverpool:
Putting people's health first**

Chair: Beatrice Fraenkel Hon FRIBA,
Design Council; Former chair, Mersey Care NHS Foundation Trust, UK

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08.50 **Welcome and introduction**

09.00 **Welcome address**
Councillor Liam Robinson, Leader of Liverpool City Council, UK

09.15 **A vision for Liverpool: Putting people's health first**
'Putting people's health first' describes this new era in Liverpool's history. The 'how' of change will be through co-production and consistent 'right practice' for Liverpool and its wider region.

Panel: Councillor Liam Robinson, Leader of Liverpool City Council, UK
Samantha Campbell, Director, planning and building control, city development, Liverpool City Council, UK
Councillor Nick Small, Cabinet Member for Growth and Economy, Liverpool City Council, UK
Matthew Ashton, Director of public health, Liverpool City Council, UK
Councillor Harry Doyle, Cabinet Member for Health, Wellbeing & Culture, Liverpool City Council, UK
Mark Graham, Director, LDA Design, UK
Dagmara Wojciechowicz, Manager, Merseyside Polonia, UK
Lifa Zvimbande, Director, Northern Regions RIBA, UK

10.15-10.45 **VIDEO+POSTER GALLERY, COFFEE AND NETWORKING**



Session 16: Liverpool Green Lanes

Chair: Paul Bell, Ryder Architecture, UK

10.45 The ambition for Liverpool Green Lanes is to catalyse large-scale greening, promote healthier living, active mobility, place activation, community engagement, and other future interventions to deliver liveable city principles at scale. This session will stimulate discussion on the broader city integration of the Knowledge Quarter Liverpool and illustrate how healthy city principles can be developed and applied in major urban regeneration projects, providing a benchmark for similar projects.

Panel: James Rayner, Jeremy Salmon, Urban Place Network, UK
Samantha Campbell, Planning & Building Control, Liverpool City Council, UK
Councillor Jane Corbett, Everton West; Fairer Healthier Liverpool Partnership Group; Liverpool Health & Wellbeing Board, UK
Phil Marsh, Residential and Commercial Services, University of Liverpool, UK
Kevin Riley, WSP, UK
Dr Nathalie Roebbel, Urban health lead, World Health Organisation, Switzerland
Graham Marshall, Prosocial Place; Centre for Urban Design and Mental Health, UK

12.30-14.00 **VIDEO+POSTER GALLERY, LUNCH AND NETWORKING**

12.40-13.50 **Lunchtime workshop: Housing and health equity**
Panel: Barbara Reichwein, Impact on Urban Health, UK; **Ricky Burdett,** Council on Urban Initiatives, UK; **Maria Morgan,** Kineara, UK; **Joey Carr,** Safer Renting Initiative, Cambridge House, UK. See page 103 for more details

Organised by
**Impact
on Urban
Health**



Session 17: Healthy urbanism

Chair: Harry Knibb, Academy of Urbanism; Oxford Properties, UK

14.00

Scaling healthy urbanism – from the what to the how

This expert panel, organised by the Academy of Urbanism, explores how we can scale healthy urban places. Our expert panel will explore: what are the core ingredients of healthy urbanism?; what are their blockers?; and what solutions are needed to deliver healthy urban places at scale? Pulling all this together, the panel will align on five principles of how to deliver healthy urbanism at scale. The session will form the basis of a new report on 'Scaling urban health', to be produced in a partnership between the Academy of Urbanism and SALUS.

Panel: Heather Claridge, Academy of Urbanism; Architecture and Design Scotland, UK

Philip Jackson, Academy of Urbanism; Scott Tallon Walker Architects, Ireland

Michele Grant, Academy of Urbanism, UK

Graham Marshall, Prosocial Place; Centre for Urban Design and Mental Health, UK

15.30-
16.00

VIDEO+POSTER GALLERY, COFFEE AND NETWORKING



Session 18: The 15-minute city

Chair: Julia Thrift, TCPA, UK

16.00

Close to home: Exploring 15-minute urban living

Camilla Siggaard Andersen, Hassell, UK

16.20

Reframing the narrative of the 15-minute city: Shaping healthier and sustainable communities

Elad Eisenstein, AECOM, UK

16.40

Panel discussion



Session 19: Keynote plenary panel and awards

Chair: Graham Marshall, Prosocial Place; Centre for Urban Design and Mental Health, UK

17.00

Keynote panel: Actions to improve urban renewal and health equity

To close the Congress, an expert panel will explore what measures and actions can be taken by urban and city policymakers, planners and practitioners to improve the lives of citizens and reduce health inequalities, while addressing the wider impacts of planetary health. Reflecting on the lessons learned from the Congress, what are the priorities for 'climate-resilient' development and urban renewal that can make the difference to people's life chances and address health inequalities. What actions are needed to activate change? Our panel will also explore the next steps for Liverpool's vision and ambition to build on its legacy of public health innovation to become a health-creating city of the future, building on the strength, resolve and talents of its people and communities.

Panel: Peter Babudu, Impact on Urban Health, UK

Catherine Palmer, Wirral Borough Council, UK

Stephen Watson, Sefton Metropolitan Borough Council, UK

Rob Tabb, Liverpool City Region Combined Authority, UK

Rhiannon Corcoran, Institute of Population Health, University of Liverpool, UK

17.30

Healthy City Design 2023 Awards and closing remarks

Emeritus Prof Jeremy Myerson, Royal College of Art; WorkTech Academy, UK

17.45

Close

Stream 6 begins at 10.45 in Space Six and Seven, after the day's opening plenary session (08.45-10.15).



Session 20: Greening and feeding the city

Chair: Carolyn Daher, ISGlobal, Spain

-
- 10.45 **Cool Squares Cafe: A participatory method for healthy and climate-adaptive squares**
Anna Epping, Hanze University of Applied Sciences, Groningen, Netherlands
-
- 11.05 **Transforming towns and cities into greener, healthier, more inclusive places through community-embedded urban farming – a ten-year case study**
Paul Myers, Farm Urban, UK
-
- 11.25 **Peri-urban landscapes and the potential of integrated foodscapes to promote healthy communities**
Shannon Davis, Lincoln University, New Zealand
-
- 11.45 **Market Garden City**
Gary Young, Place 54 Architects, UK
-
- 12.05 **Panel discussion**
-
- 12.30-14.00 **VIDEO+POSTER GALLERY, LUNCH AND NETWORKING**



Session 21: Planning for climate resilience and equity

Chair: **Marcus Grant**, Cities & Health, UK

14.00 Sustainability and equity in urban development (S&EUD): A content analysis of "bright spots" from the Accelerating City Equity (ACE) Project

Giselle Sebag, International Society for Urban Health, USA

Patrin Watanatada, International Society for Urban Health, UK

14.20 Health in climate adaptation: Global case studies and lessons for practice

Mark Drane, Urban Habitats, UK

Nerys Edmonds, Public Health Wales, UK

14.40 Forgotten Places: Greening coastal towns and cities in the UK

Carys Alder, Trees for Cities, UK

15.00 Panel discussion

15.30-16.00 VIDEO+POSTER GALLERY, COFFEE AND NETWORKING



Session 22: Combatting disparities and driving health equity in the Global South

Chair: **Prof Sally Theobald**, Liverpool School of Tropical Medicine, UK

16.00 Combatting disparities and driving health equity in urban low-income areas: Sharing lessons from research consortia working in the Global South (ARISE, CHORUS and IdeaMaps)

Rapid urbanisation means urban transformation processes and increased pressure on health systems, often exacerbating disparities. Collaborative work with communities and other stakeholders to understand how diverse populations experience these processes is critical to inclusive placemaking, co-designing interventions to improve livelihoods and healthcare systems, and creating healthy cities.

This joint panel will introduce three UK-funded research consortia (ARISE, CHORUS, IdeaMaps) that adopt participatory research approaches in cities in the Global South to improve health of diverse low-income populations and strengthen communities and health systems.

The panel will disseminate findings and resources from the three consortia on four themes: co-production approaches; intersectionality theory; safeguarding processes and guidance in participatory research; and participatory art as a dissemination and advocacy tool.

Panel: Neele Wiltgen Georgi, Liverpool School of Tropical Medicine, UK

Sadaf Khan, Institute of Development Studies, UK

Helen Eelsey, University of York, UK

Stream 6 will be brought to a close at 17.00, whereupon delegates are invited to return to Space One for the day's closing plenary session (17.00-17.45).

Stream 7 begins at 10.45 in Space Eight, after the day's opening plenary session (08.45-10.15).



Session 23: Planning healthier towns and high streets

Chair: **Mark Robinson**, High Streets Task Force; Ellandi, UK

-
- 10.45 **Dock Branch, Birkenhead: Community involvement in redesigning a new neighbourhood**
Catherine Palmer, Wirral Borough Council, UK
Amy Butterworth, Anthony Poldervaart, Make it Happen, Birkenhead and Dock Branch Community, UK
-
- 11.05 **From department store to city campus**
Hannah Brewster, ADP Architecture, UK
Lou Overton, Nick Oxlade, University of Gloucestershire, UK
-
- 11.25 **Building Society: Healthy finances, healthy high streets and healthy communities**
David Martin, M Worldwide, UK
-
- 11.45 **Towards healthier planning and development**
Shaun Andrews, Nexus Planning, UK
Rowan Gilbert, NHS Property Services, UK
-
- 12.05 **Panel discussion**
-
- 12.30-14.00 **VIDEO+POSTER GALLERY, LUNCH AND NETWORKING**



Session 24: Healthy parks in the city

Chair: **Kaia Nesbitt**, HDR, USA

14.00 **Parks in the city: Findings from two park utilisation studies connect urban greenspace with health and wellness activities**
Francesca Jimenez, Jeri Brittin, HDR, USA

14.20 **Testing indicators for a 'Healthy Parks Framework'**
Ruth Hynes, University College London, UK

14.40 **Edinburgh's parks: Investing in sensitive lighting to support active travel**
Jo Morrison, Calvium, UK

15.00 **Panel discussion**

15.30-16.00 **VIDEO+POSTER GALLERY, COFFEE AND NETWORKING**



Session 25: Designing for mental health

Chair: **Jim Chapman**, Client advisor, UK

16.00 **Effectiveness of urban design interventions for mental wellbeing: Rapid evidence review**
Caglar Koksai, University of Manchester, UK

16.20 **Homestead – a holistic vision for mental wellness in society**
Timothy Makower, Makower Architects (in collaboration with Compassionate Mental Health, Growing Better Lives and Others), UK

16.40-17.00 **Panel discussion**

Stream 7 will be brought to a close at 17.00, whereupon delegates are invited to return to Space One for the day's closing plenary session (17.00-17.45).

Stream 8 begins at 10.45 in Space Nine, after the day's opening plenary session (08.45-10.15).



Session 26: Planning for health and social impact

Chair: **Giselle Sebag**, International Society of Urban Health, USA

-
- 10.45 **Urban planning for health: Strategies and experiences of building resilience at the local level**
Carlota Sáenz de Tejada, Carolyn Daher, ISGlobal, Spain
-
- 11.05 **Urban strategies to improve social cohesion, health equity, and economic opportunity in Ireland**
Philip Jackson, Scott Tallon Walker Architects, Ireland
-
- 11.25 **Developing 'City Know-how' from global research findings: Have your say!**
Marcus Grant, Cities & Health, UK
Alvaro Valera Sosa, Building Health Lab, Germany
-
- 12.00 **Panel discussion**
-
- 12.30-14.00 **VIDEO+POSTER GALLERY, LUNCH AND NETWORKING**



Session 27: Designing for children's health

Chair: **Katie Wood**, Archus, UK

- 14.00** **A "home away from home" – the social role of the Sydney Children's Hospital Stage 1 and Minderoo Children's Comprehensive Cancer Centre within the Randwick Health and Innovation Precinct**
Tara Veldman, Billard Leece Partnership, Australia
-
- 14.20** **A healthy hospital street on Great Ormond Street: How can the streets that serve our city hospitals create healthy, sociable and inclusive environments for all?**
Magali Thomson, Great Ormond Street Hospital, UK
Scott Carroll, LDA Design, UK
-
- 14.40** **Child-friendly urban environments (CFUE) – developing a framework and tool for designers**
Ruth Hynes, Marian Alkali, Avgousta Stanitsa, Atkins (member of SNC-Lavalin), UK
-
- 15.00** **Panel discussion**

15.30–16.00 **VIDEO+POSTER GALLERY, COFFEE AND NETWORKING**



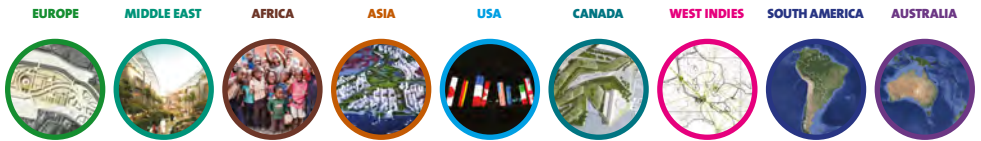
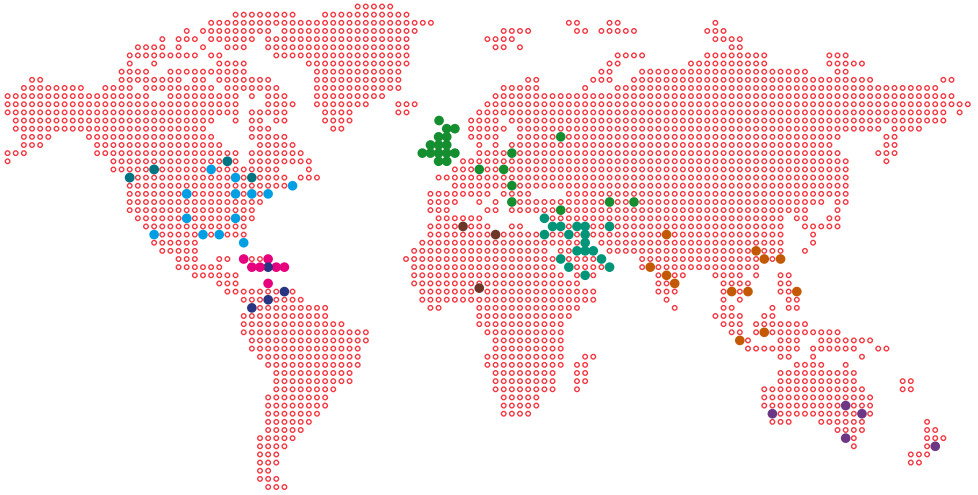
Session 28: Designing for women and girls

Chair: **Caroline Paradise**, Atkins, UK

- 16.00** **The relationship between pregnant women, new mothers and public spaces: A case-study approach of Liverpool**
Hanna Jones, Mott MacDonald, UK
-
- 16.20** **Playful design for women and girls**
Beth Cooper, Emma Beaumont, Timberplay, UK
-
- 16.40–17.00** **Panel discussion**

Stream 8 will be brought to a close at 17.00, whereupon delegates are invited to return to Space One for the day's closing plenary session (17.00-17.45).

- Architecture
 - Interior design
 - Master planning
 - Graphic design
 - Urban design
-



Regarded as the UK's most successful exporter of hospital planning and design, Llewelyn Davies has delivered over 250 healthcare projects in more than 80 countries worldwide over the last 6 decades. We are active in Africa and the Middle East and are currently working on several major hospitals in Greece, Trinidad & Tobago and Jersey.

In the UK, Llewelyn Davies maintains its position as a proponent of flexible, patient-centric solutions for a range of primary, community and acute care developments. Our deep understanding of master planning further underpins our value to healthcare clients in estate planning and in complex planning environments.

The Video + Poster Gallery offers a chance to learn about many inspiring research and design projects, enriching the oral sessions.

To view the videos, digital posters and their abstracts, visit the **Video + Poster Gallery** by either scanning the QR code to the right or downloading the mobile app (see pages 14–15).



P01 Sustaining the NHS through embedding social value

Harry Dodd, Archus, UK

P02 Towards a framework for Considerate Urbanism: Centring care, empathy and lived experience in the production of urban space and urban experience

Liane Hartley, Mend, UK

P03 Tools to incorporate a health perspective into transformation of vulnerable neighbourhoods

Carlota Sáenz de Tejada, Carolyn Daher, ISGlobal, Spain; Josep R. Torrentó Marselles, Elisenda Noguera Guillamet, Barcelona City Council, Spain

P04 Availability, accessibility, and use of green spaces and cognitive development in primary school children

Amanda Fernandes, Martine Vrijheid, ISGlobal, Spain; Norun Hjertager Krog, Norwegian Institute of Public Health, Norway; Rosemary McEachan, Bradford Teaching Hospitals NHS Foundation Trust, UK

P05 Healthy communities in the post-epidemic era: Residential satisfaction and housing choice

Meng Dancheng, Xu Leiqing, Huang Jianmei, Tongji University, China

P06 The Concourse

Alethea Ottewell, HLM Architects, UK
Dan Lister, Arup, UK

P07 Accessibility to health and social services through architecture

Russell Baxter, NORR, UK

P08 Healthy cities: Deploying the full potential of health as an urban planning tool

Marta Rofin Serrà, Ruth Gow, Amber De La Haye, Sebastiaan van Herk, Bax & Company, Spain

P09 Urban-centric lighting: Applying innovation in public lighting for the healthy and inclusive city

Alberto Barberá Duelo, Andrea Padré, CICAT Cluster de Iluminación de Cataluña, Spain

P10 NHS net-zero carbon building standard: The implications for primary care facility design

Bob Wills, Medical Architecture, UK

P11 Supporting health equity through community based, self-service digital health solutions

Samantha Fay, SiSU Health, UK

P12 Urban health: The new core skills for urban planners

Marta Rofin Serrà, Bax & Company, Spain
Eloi Juvillà Ballester, Diputació de Barcelona, Spain

P13 The working home: Does home work?

Bernardine Farrell, Ambrose Gillick, University of Kent, UK

P14 Your City, Your Voice Belfast: Lessons on inclusive engagement and liveability from community consultation for quality-of-life urban room and digital mapping projects

Saul M Golden, Ulster University, UK

P15 Making space for nature for children's wellbeing in Llanelli, Wales

Matluba Khan, Merideth Gattis, Cardiff University, UK; Mark Drane, Urban Habitats, UK

P16 Empowering inclusive design: Development and testing of a human-centred design engagement tool for pupils

Ruth Hynes, Archontia Manolakelli, Atkins (member of SNC-Lavalin), UK

P17 Understanding the effect of loneliness, mobility, and health service satisfaction

Shani Bachar-Avnieli, Ben Gurion University, Israel

P18 Designing interactions into a city: How public mental health can be supported

Maya Ljubojevic, University of Strathclyde, UK

P19 "We're not welcome here": Playful design to support teenagers in the public realm

Beth Cooper, Chutong Liu, Timberplay, UK

P20 Planetary health = people health: How nature-based solutions can reduce health inequalities and create social value in climate-resilient development

Anna Lisa McSweeney, Michael Woodford, White Arkitekter, UK

P21 Issues informing the eco-urbanism approach to salutogenic planning and design

Luke Engleback, Simon Catton, Studio Engleback, UK



P22 Addressing the exclusion of culturally and linguistically diverse residents in urban greening interventions and research: An Australian case study and call for action

Melanie Davern, Fatemeh Roohafza, David Kelly, Cecily Maller, RMIT University, Australia

P23 A place quality framework for healthier, happier places. A new model adopted in a London borough's planning requirements and a step towards "life-centred" approach to places

Natasha Reid, Matter Space Soul, UK

P24 The silk threads of healthcare design and planning: From Istanbul to San Francisco, Samarkand and Tashkent

Felicia Cleper-Borkovi, Independent consultant to Arup Istanbul, USA

P25 Six qualities of great urban places: Decoding the components of places that deliver for people and planet

Camilla Siggaard Andersen, Hassell, UK

P26 The School Street Programme in Barcelona: Impact evaluation of calming streets measures

Mònica Ubalde López, Daniel García Abiétar, Barcelona Institute for Global Health, Spain
Jordi Honey-Rosés, UAB, Spain



EVENING NETWORKING DINNER

Monday 16 October,
Maritime Museum, Royal Albert Dock, 19.00-22.00

EVENING NETWORKING DINNER, LIVE MUSIC & KEYNOTE TALKS

Taking place on the evening of day one of the Congress, the networking dinner will be an opportunity for delegates to connect informally with members of the programme committee, as well as enjoy a sumptuous three-course meal and a live music performance.

Welcome address:

Councillor Liam Robinson, leader of Liverpool City Council, will welcome delegates to Liverpool – a city with a rich maritime heritage and history of commercial trade. Its post-industrial decline has now given way to rebirth and renewal, and it now boasts a vibrant and thriving cultural arts scene. The venue for the networking dinner, the Merseyside Maritime Museum lay at the heart of development and regeneration from the 1980s onwards.



Councillor Liam Robinson
Leader of
Liverpool City
Council, UK

Keynote address:

Building and sustaining better urban health through housing

Impact
on Urban
Health

Supported by Impact on Urban Health, the evening will feature keynote talks from Ricky Burdett, co-chair of the Council on Urban Initiatives, and Maria Morgan, founder of Kineara, who will be speaking on the subject of 'Building and sustaining better urban health through housing'. Both will also be participating in a workshop on housing and health equity, organised by Impact on Urban Health and taking place during lunch on day two.



Ricky Burdett
Co-chair,
Council on Urban
Initiatives, UK



Maria Morgan
Founder,
Kineara, UK

Along with Mariana Mazzucato, Ricky Burdett co-chairs the Council on Urban Initiatives, which launched in 2021 in response to a call from UN Secretary-General António Guterres that the Covid-19 pandemic should be used as an "opportunity to reflect and reset how we live, interact, and rebuild our cities".

Co-organised by UN-Habitat, the UCL Institute for Innovation and Public Purpose, and LSE Cities, the Council comprises mayors, academics and practitioners. Its work is centred on three interrelated themes: environmental sustainability (the green city); health and wellbeing (the healthy city); and social justice (the just city).

Maria Morgan founded Kineara in 2012, an organisation that aims to become a go-to provider of specialist, meaningful support services that make a difference to the quality of vulnerable people's lives across the UK. Maria is a qualified social worker and has a diploma in social work, a degree in social care and social care studies, and a diploma in systemic supervision for multiple contexts.



Keynote: Health equity: Marmot Cities

Taking action to reduce health inequalities is a matter of social justice. In developing strategies for tackling health inequalities we need to confront the social gradient in health, not just the difference between the worst-off and everybody else.

There is clear evidence when we look across countries that national policies make a difference and that much can be done in cities, towns and local areas. But policies and interventions must not be confined to the healthcare system; they need to address the conditions in which people are born, grow, live, work and age.

The evidence shows that economic circumstances are important but are not the only drivers of health inequalities. Tackling the health gap will take action, based on sound evidence, across the whole of society.



Sir Michael Marmot (UK)
Professor, director of the Institute of Health Equity, Department of Epidemiology & Public Health, UCL



Dr Nathalie Roebbel
(Switzerland)

Unit head – urban health,
World Health Organization

Keynote: A strategic approach to achieve urban health: Making the case and making it work

With the continuing expansion of cities worldwide, human health and wellbeing increasingly depend on urban dynamics and decisions.

Cities have historically taken action to protect public health and welfare. However, as the growing effects of modern urbanisation on health have become clearer, there has been a surge in academic research, practical interventions by urban stakeholders, governmental policy, and interest in global sustainable development. Together, these efforts demarcate the emergent field of urban health.

Urban health is broader than traditional public health, encompassing numerous sectors, players, and activities that have an impact on urban residents' health and welfare, as well as the efficient operation of the natural systems that sustain them. However, owing to its scope and complexity, it has proven hard to describe in a way that engages the many stakeholders or encourages co-ordinated, strategic action.

Interventions are frequently reactive, separate from other initiatives, and restricted to certain groups, results, or areas of interest in practice. This is partly due to the complexity of metropolitan environments, which makes it difficult to comprehend, foresee, or respond to intersecting processes that influence health in a co-ordinated manner. Institutions operate in silos owing to logistical issues and inherent human capacity restrictions also contribute. The rationale for strategic action on urban health and the manner in which it would serve other social goals have not been well defined – another reason why the full potential of cities to improve health remains dormant.

The WHO is taking the lead to promote an integrated approach to urban health and provide guidance on how to put it into practice and support it for the long term.

This keynote will focus on two main deliverables currently under development: the WHO Strategic Guide for Urban Health, and the Capacity Development Programme for Urban Health.

The Strategic Guide for Urban Health intends to equip national and city governments with a better understanding of the benefits of an integrated approach to urban health, and with tools to translate this understanding into effective, strategic advocacy and action.

The Capacity Development Programme for Urban Health ensures that member states have the capacities and enabling environments to create healthier, more equitable and sustainable cities.

Liverpool: A continuing story of public health innovation

Liverpool is the birthplace of public health. Its internationally significant maritime heritage and the prospects this brought, built on the back of the gruelling labour of a readily available, impoverished workforce, led to significantly unequal life chances and health profiles of those who lived here.

The trace of this history is visible in the built heritage of the city, from its world-renowned waterfront to the Georgian Quarter and its dense fabric of terraced streets. It was the poor health of those who worked in this maritime city that led to the employment in 1847 of the UK's first medical officer of health, Dr Duncan, whose efforts were focused on addressing the living and working conditions of these men, women and children.

Ingrained systemic health and wellbeing inequalities remain the biggest challenge of the city today. The University of Liverpool has a strong, long-term mission to work with Liverpool City Council, the Combined Authority, and residents of the region to understand and address these unjust and avoidable inequities, with a focus on the wider, social determinants of health and wellbeing.

This session showcases some of the innovative place-based public health and wellbeing research taking place at the University. Five short talks (see below), followed by audience and panel discussion, will move from a historical outline to examine Liverpool's public health innovations in whole systems governance; data use; changing perspectives; and green and blue space strategy.

Liverpool public health – then and now

Sally Sheard, Institute of Population Health, University of Liverpool, UK; Matthew Ashton, Liverpool City Council, UK

The Civic Data Cooperative

Gary Leeming, Liverpool City Region Civic Data Cooperative, UK

The mental health and wellbeing outcomes of the Preston Model

Ben Barr, Institute of Population Health, University of Liverpool, UK

Liverpool's Feminist City Network

Catherine Durose, Heseltine Institute of Public Policy, Practice and Place, University of Liverpool, UK

GroundsWell: Promoting systems thinking on green and blue spaces for health and wellbeing

Sarah Rodgers, Institute of Population Health, University of Liverpool, UK

Rhiannon Corcoran (UK)

PhD, Prof. of Psychology and Public Mental Health, Institute of Population Health, University of Liverpool



Sally Sheard (UK)

Professor, Institute of Population Health, University of Liverpool



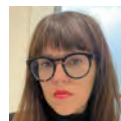
Matthew Ashton (UK)

Director of public health, Liverpool City Council



Gary Leeming (UK)

Director, Liverpool City Region Civic Data Cooperative



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Improving CHOICE: Community-asset and life-story approaches to improving civic engagement and activity for people living with severe mental illness

People with long-term mental health problems face profound social exclusion with life-limiting impacts leading to higher and younger mortality rates than the general population from preventable causes. In addition, environmental, social and psychological factors, such as low self-esteem, exclusion, loneliness, and discrimination that increases isolation from everyday public life and physical activity, need to be addressed through evidence-based research.

This paper addresses links between the latter three factors above, focusing on lessons for built and shared city spaces, primarily drawing on evidence from a UKRI-AHRC funded project using community-based participatory research (CBPR) methodologies, including arts-based photo-voice approaches to gather and connect first-person life stories about the traumas and challenges of living with severe mental illness, and in-depth policy reviews and data on mental health statistics from the ESRC-funded Administrative Data Research Centre Northern Ireland.

By focusing findings about the built environment outside the typical realm of experts and designers, the research seeks to inform more nuanced understandings about social and psychological factors from person-centred life stories, currently patchy or absent in urban-architectural policy and practice research.

Findings are connected to statistical and policy data to co-produce proposals for new or enhanced policy, management, and practical frameworks focused on improving access to and use of arts, culture and leisure facilities, for next-stage interventions and evaluations. This evidence-based approach and in-paper discussions factor into proposals for new frameworks of working with community and cultural assets for more equitable civic engagement and inclusivity that apply to Northern Ireland's new Mental Health Strategy (2022) and to local development aspiration across Northern Ireland that focus on more place-based inclusive and liveable cities, and which advocate more bottom-up integrated community asset approaches, drawing on international examples.

The paper concludes with future-looking methodologies to implement and evaluate proposals with project partners in future stages, arguing for broader transferable lessons that will be relevant internationally to those working in academic, government, and cultural institutions, or mental health organisations, towards a more inclusive health- and place-based society at all levels.

The Life Rooms and Liverpool public health

In late 2021, the Life Rooms was commissioned by Public Health Liverpool to launch a mental health initiative following the Covid-19 pandemic.

The pandemic and the austerity policies of 2010-2020 are associated with worsening health and widening health inequalities. In 2020-2021, for example, referrals to Mersey Care NHS Foundation Trust Mental Health Crisis services increased by 56 per cent for adults, and there was an annual increase in children and adolescent mental health referrals by 72 per cent. It was highlighted that following the pandemic, the majority of the population was likely to experience symptoms of poor mental health, such as stress, worry, fatigue and depleted resilience.

Objectives: The Life Rooms' Social Model of Health was identified as a model to assist in the population's recovery from the pandemic. Its services, including social prescribing, a learning offer, and a staff training offer were delivered across libraries, one-stop shops and children's centres in Liverpool. All of the peripatetic locations were strategically chosen based on levels of deprivation.

Methodology: The evaluation sought to prioritise the service user experience, giving significant time and weight to experiential data elicited through interviews, case studies and focus groups. Quantitative elements included completion of the outcome measure ReQoL. Audit data comprising activity data and demographics were collected to understand how the service was being utilised and by whom.

The following themes were highlighted from service user feedback:

- a service that puts the individuals first – staff going above and beyond and a person-centred approach;
- not just a short-term fix – ongoing support and future use, and improved mental wellbeing; and
- an accessible service – a safe space and a service without barriers.

Results and implications: An evaluation report has been shared to demonstrate the way in which system leaders can work better together to tackle the challenges of the health and care system. The partnership has been an exemplar of how systems look beyond those who are typically involved – building partnerships across traditional boundaries and working with people, communities, and those who represent them to create real change.



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Essential conditions in the context of public health policy advisors to have impact on a healthier living environment

Part of tackling health problems, such as obesity, is creating a healthy living environment. In order to achieve such an environment, it's essential to consider health considerations in spatial planning. However, numerous studies have shown that this is not easy and there are various obstacles. Obstacles lay in collaboration between social and physical domains, the incorporation of health interest in integrated decision-making, or in the visualisation of long-term health benefits.

Purpose: As paying attention to health in the development process of spatial planning is crucial to endorse change, this study focuses on what a public health policy advisor can do in this context and what conditions can help.

Methods: Semi-structured interviews were held with public health / healthy living environment policy advisors at three Dutch municipalities about policy, personal activities, network and organisation. Other municipalities in the Netherlands view these municipalities as a good example when it comes to creating a healthier living environment. Additionally, concrete cases were discussed of each municipality with the policy advisor and two other involved civil servants.

Results: The results showed that the policy advisors were engaged in different types of activities, such as building a network; collecting and disseminating knowledge; and ensuring concrete visible activities. Additionally, the results clearly showed that these policy advisors were hugely dependent on the context of policy, network and organisation to make a change. According to this study, essential conditions in the context are the presence of a city-wide vision on health, administrative initiators, and work with strategies at the various levels, i.e., administration, management, policy / implementation.

Conclusions and implications: This study shows that in order to achieve results in creating a healthier living environment, it's necessary that certain conditions must be present within a municipal organisation. These conditions on policy, network and organisations must be arranged so as to stimulate a positive change. Only in this way can municipalities have an actual impact on a healthier living environment.

Healthy Homes campaign – building momentum for better homes for all

The TCPA Healthy Homes campaign has been running for more than two years. It's seeking systemic legislative reform through the introduction of Healthy Homes Principles, promoted by Lord Nigel Crisp – former NHS chief executive and Lords peer – with the support of a wider coalition of parliamentarians and organisations.

Large portions of a proposed Healthy Homes Bill have been put forward as amendments to the Levelling Up and Regeneration Bill (LURB), which is currently passing through parliament.

Current planning policy and building regulations are failing to consistently promote health outcomes through housing development.

This roundtable debate will provide an opportunity to take stock of the Healthy Homes campaign and consider how current planning and legislative changes may impact the future delivery of healthy and affordable homes. It will look at the changes emerging from the LURB, the Healthy Homes Bill, and other related reforms.

The panellists, from different sectors (public, private, third sectors, and academia) will be invited to share their view of these reforms to date, as well as present their expectations for future progress towards delivering healthy homes in the run-up to the next general election.



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Projects and policy manager, TCPA



Ben Clifford (UK)

Associate professor of spatial planning and government, The Bartlett School of Planning, UCL



Gwyn Roberts (UK)

Senior consultant – strategic advisory team, Building Research Establishment



Steve Morton (UK)

Department of Health and Social Care



Councillor Jane Corbett (UK)

Everton West; Chair, Fairer Healthier Liverpool Partnership Group; Deputy chair, Liverpool Health & Wellbeing Board



Kieron Boyle (UK)
Chief executive,
Impact Investing Institute

Keynote: Investing in urban renewal and health equity

Impact investing – investing with intentionality for people and the planet – is a mega-trend within financial markets.

What was only recently a market in the billions, is now in the trillions. Many see it as one of the world's most credible tools for addressing global cities' great challenges around renewal and regeneration. What these challenges need are innovation and ambition – resources that capital markets have the capacity to provide at the speed and scale required.

At the same time, institutional capital has often been seen as too far apart from issues of health equity. Can impact investing really be a part of the solution?

In this keynote, Kieron Boyle, chief executive of the Impact Investing Institute, will explore practical examples of how institutional investors are partnering with places to support socially inclusive and sustainable growth. He will highlight both the challenges and opportunities of investing in urban health equity, and the varied role required of governments, businesses, civic society and communities in creating healthier cities.

Later living for healthy town centres: The power of a multi-generational approach

What if we could create a whole community who would use the town centre as their living room, dining room and study, bolstering its use in the less popular times of the day and gaining a sense of their own independence in the process? With backing, a town centre could be transformed from something additional into something essential; creating a strong backbone of community ownership to support further urban renewal.

Later living – but not as you know it – could provide such an opportunity and change the game on age-equity in the process. Inclusivity and accessibility regulations ensure that we design with the requirements of an ageing population in mind, but often the sense that older users are not the desired customer base prevents us from truly examining the advantages that attracting rather than accommodating these users could bring to our town and city centres.

The market for age-friendly accommodation is accelerating, but currently, the dominant approach is built on an insular model consisting of largely out-of-town accommodation and amenity space within an enclosed environment. Our vision for the future of later living empowers the older generation to 'rightsize' at a younger age, creating a model that supports independence through co-location with a town centre. Supported by strategic relationships with local businesses, shops and providers, alongside lower provisions of 'in-house' amenity, residents would be encouraged to utilise existing town centre amenities as though it were their own living room. Facilities required to differentiate the later living offering, such as on-site healthcare, could also serve younger residents.

The key is 'location, perception, collaboration' – and it's a joint effort. Town centre accessibility calls for an entirely different model to convince residents and planners that later living can support activation, rather than creating more introverted development. Only with this approach will the perception of later living begin to shift, creating a more enticing offer to younger residents and eroding the stigma that surrounds relocating to these offerings. This combined shift can have a huge impact on both urban renewal and health equity in our town and city centres, if we're willing to truly collaborate.



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Associate,
HLM Architects



Olivia Jackson (UK)

Associate,
HLM Architects



Christian Karlsson
(Denmark)

Architect, partner,
Karlsson Architects

Creating community across generations – a summary of a research study for future housing and local development

An ongoing research study, demensX is a non-profit collaboration between architects, designers, clinicians and the University of Copenhagen, aiming to create a new architectural approach for designing facilities and homes for citizens diagnosed with dementia, as a part of community.

Through the demensX pilot project, we convey the design concepts based on an understanding of the clinical and human challenges, the political ambition and the cultures of care into a virtual 1:1 model study as a basis for discussing possibilities in new thinking, solutions and alternatives. The study so far is recognised as a new standard for programming, integration, and project design of future facilities and homes for citizens with dementia.

In this paper, our focus is on the UN Global Goals – make cities and human settlements inclusive, safe, resilient, and sustainable, which involves environmental, social and economic issues.

The project demonstrates the potential to integrate dementia nursing homes and children's care to create facilities that embrace civil activities, shops, care stations, associations, sharing space (and investment), and social interaction across generations and social status. The integrated community model supports new thinking in public welfare, offering possibilities for a more holistic culture of care that includes relatives and volunteers.

A new community park connects access and frames daily activities for elders and relatives, children from daycare, and young people from the neighbourhood; community facilities include the workshop, cafe, and kitchen, which becomes the centre of activity during day and evening supporting the whole neighbourhood. The layout and development of the housing units are created through careful interaction between indoor and outdoor spaces, and the design is focused on diversity, light, transparency and simplicity, supporting easy wayfinding for all and multi-use of facilities.

The simplicity in design and construction also makes it possible to implement sustainable solutions for indoor climate control, as well as water-sensitive urban design and recycled materials.

A people-first, multi-generational approach to urban renewal and economic development – the Sefton case study

Sefton has a bold and ambitious growth and strategic investment programme, every aspect of which is intended to be people-first, resilient, green and connected.

This includes the repurposing of the Strand Shopping Centre in Bootle, following its acquisition by Sefton Council in 2017 for regeneration purposes. The future of the town centre comprises not only a revitalised retail core but also a more diverse range of uses to support the attraction and retention of talent in the town, to bring back a night-time economy to Bootle, and to bring an integrated, multi-generational health offering to the high street.

It also includes the Southport Town Deal, with only one single town out of 101 in the UK receiving a larger Town Deal than Southport's vision for its future. The Southport Town Deal and the major regeneration projects therein are being developed following one of the largest consultation processes ever undertaken by Sefton Council. More than 1000 schoolchildren have inputted into the project development process for the Marine Lake Events Centre – the centrepiece project of the Town Deal.

These programmes and projects, and others across Sefton, have been and are being developed on a “people-first” basis – from the strategic partnership working with community interest companies in the Strand, to the focus in design on inclusive spaces for women and girls as part of public realm enhancements in Southport, and beyond. The regeneration strategy for our borough, and the places therein, interfaces closely with the wider strategic objectives of the council in such areas as child poverty; ageing well; health and wellbeing; and equalities, diversity and inclusion.

Sefton Council is keen to share its good practice and lessons learned, as well as capitalising on the continued opportunity to learn and improve in this respect.



Andrea Watts (UK)
Executive director (People),
Sefton Metropolitan Borough
Council



Stephen Watson (UK)
Executive director (Place),
Sefton Metropolitan Borough
Council



Guibo Sun (Hong Kong)
Assistant professor,
University of Hong Kong

Urban renewal and health impacts on older people: A natural experiment in Hong Kong

Population ageing has become a common demographic phenomenon in many countries. The rapidly increasing number of ageing buildings with renewal needs poses an additional challenge for offering a living environment for the ageing population. Urban renewal is expected to improve elderly health. However, of the 62 projects that the Urban Renewal Authority (URA) in Hong Kong has implemented over the past 20 years, almost all (59) were redevelopments by demolishing low-rise buildings in old neighbourhoods and replacing them with high-rises. We test the URA's hypothesis that urban renewal and redevelopment can affect elderly health outcomes, focusing on mental health and wellbeing.

Method: We conducted a tracking study to compare the before-and-after effects of urban redevelopment interventions on the health outcomes of 900 older people from treatment and control groups. We focus on two types of affected elders as treatment groups: out-movers and remainers. The former live in buildings earmarked for demolition and will be rehoused to other places, exposed to rehousing; the latter live in the neighbourhood of the urban redevelopment site, exposed to rebuilding and potential improvements after redevelopment finished. Control groups are from old urban neighbourhoods outside of the URA's working area.

Results: We finished the baseline survey in April 2023. At the Congress, we will report our study protocol of the natural experiment and survey findings on associations between various health outcomes and independent variables on housing and neighbourhood, to demonstrate plausible impact pathways from urban renewal to health outcomes among older people.

Conclusion and implications: We collect practice-based evidence to enable future evidence-based practices to improve ageing-in-place in Hong Kong. Based on causal inference from the natural experiment, we will provide an objective basis to government, private and public sectors, for deepening discussions of urban renewal issues, and to help make renewal strategy more explicit and realistic about how urban renewal can achieve improvements in elderly health. In addition, our research findings will be of interest to other high-density double-ageing cities in the region, assisting in determining the wider societal impacts of future urban renewal and healthy ageing strategies.

Applying a life-course approach to placemaking for health and wellbeing at all ages

Public spaces can be a key enabler to deliver better urban health outcomes when health and wellbeing aspects are integrated into placemaking practices to plan, design and manage them.

When mainstreaming health and wellbeing into placemaking, a life-course approach is relevant. The life-course approach aims to ensure people's health and wellbeing throughout their lifetime by addressing specific needs at all ages.

This workshop will highlight the crucial roles of public spaces in improving urban health, while introducing selective global guidance and initiatives to take the life-course approach in designing public spaces. The session will also showcase practical examples from cities and city networks, including the Global Network for Age-friendly Cities and Communities, to show how the specific needs of vulnerable populations have been addressed in placemaking, and what health and wellbeing outcomes have been achieved in cities.

The session comprises the following:

Creating healthy and safe public spaces for children: Global principles and guidance

Dr Nathalie Roebbel, WHO, Geneva on behalf of WHO, UNICEF and UN-Habitat, Switzerland

Designing public spaces together with youth to achieve better urban health: Young Gamechangers Initiative

Christelle Lahoud, UN-Habitat, Kenya

Making public spaces age-friendly through a participatory approach: The experience of Metropolitan Borough of Sefton, Liverpool City Region

Councillor Paul Cummins, Cabinet member – adult social care and older people's champion, Sefton Metropolitan Borough Council (representing the Sefton Partnerships for Older Citizens); Fiona Caplan, Secretary, SAFE – Southport Access for Everyone (representing the Sefton Partnerships for Older Citizens).

Panel discussion

Christelle Lahoud
Councillor Paul Cummins
Fiona Caplan
Carolyn Daher
Rebecca Morley



Dr Nathalie Roebbel
(Switzerland)

Urban health lead, Department on Social Determinants of Health, World Health Organization



Christelle Lahoud (Kenya)
UN-Habitat



Councillor Paul Cummins
(UK) Cabinet member – adult social care, and older people's champion, Sefton Metropolitan BC



Fiona Caplan (UK)
Secretary, SAFE – Southport Access for Everyone

Panel:
Carolyn Daher (Spain)
Co-ordinator, Urban Planning, Environment and Health, ISGlobal

Rebecca Morley (UK)
Independent consultant,
Robert Wood Johnson Foundation



Inon Schenker (Israel)
Senior consultant, Global Health and Ageing, IMPACT, Jerusalem



Yoav Etzioni (Israel)
Ageing-policy planner, Munit00, JDC-Eshel, Jerusalem



Nesya Strasburg (Israel)
Manager, Health & Optimal Ageing, Southern Soreq Cluster

Panel:
Ilana Taler (Israel)
Urban planner, Israeli Ministry of Health

Sarela Sheinfeld (Israel)
Beit Yaakov Center & Jerusalem Municipality

Yifat Rom (Israel)
Environmental gerontologist and architect, GEO, Haifa

Age-friendly urban design: A national case study from Israel

In July 2021, Israel was one of the first countries to address the crisis of its ageing population through a normative, binding resolution on 'Indicators for optimal ageing', promoting policy, urban planning, innovation, inclusion, and new partnerships.

Israel is currently experiencing a burgeoning of evidence-based, measurable, multi-sectoral, sustainable initiatives for older persons. These aim to add health to the lives of its 1.3m over-65 population, including Holocaust survivors, and delay their dependency.

In this session, three short talks will set the stage, focusing on:

- sharing new principles and directives on living environments for older people in urban and rural settings;
- reshaping thinking and actions to fight ageism and improve physical accessibility in public spaces, increased participation of (lonely) older persons in social and cultural programmes, and revolutionising access to information and data; and
- highlighting challenges and solutions in integrated “optimal ageing” ecosystems, including application of different methodologies, prevention of risk factors, and building sustained partnerships.

Delegates will then discuss four themes with experts on the panel:

- new models of social belonging and participation;
- AgeTech innovations – the Psycho Spatial Evaluation Tool (PSET) for architectural plans of long-term care facilities and environmental assessment in urban and rural environments;
- the “Communihood” – community-resilient urban design with intergenerational interaction; and
- faith and public health leadership, enhancing trust and resilience.

The session comprises the following:

Healthy City Design in Israel 2023
Dr Inon Schenker

Optimal ageing for 100 years of life
Yoav Etzioni

An ecosystem for urban and rural healthy and active ageing
Nesya Strasburg

Panel discussion
Ilana Taler; Sarela Sheinfeld; Yifat Rom

Hardcoding equity and resilience into Toronto, Canada's transit expansion plans: A Scarborough LRT case study



Nick Shaw (Canada)
Senior transportation planner,
HDR

Toronto has entered a Golden Age of rapid transit expansion. Within the City limits alone, a total of 148km in-delivery new or upgraded higher-order transit will open within the next ten years, with another 40km in the pipeline.

The programme will largely see the network further expand radially from Toronto's central business district towards the outer suburbs. A transit system lacking network redundancy is vulnerable to the more frequent service disruptions anticipated in a changing climate. Gentrification has also pushed lower-income families further away from the downtown, meaning service disruptions will disproportionately impact equity-deserving communities reliant on increasingly long transit trips to access economic opportunities.

This paper aims to demonstrate how network redundancy and social equity can be addressed in practice using a proposed 18km light rail transit (LRT) project in Toronto's eastern borough of Scarborough as a case study. The paper will describe how an outcomes-focused business case approach was used to modify the project to maximise benefits, while reducing cost, schedule and risk, and then used to secure stakeholder buy-in and multi-partisan approval by Toronto City Council.

The Scarborough case study adopted the four-case framework developed by Metrolinx, the regional transit planning agency in southern Ontario. Leaning on PRINCE2 principles of "continued business case justification" and "tailor to suit the project", the methodology was modified so that it was fit for purpose, enabling the efficient identification and evaluation of options, while ensuring equity and network resilience outcomes were prioritised.

Following the discovery of a flaw with the previously approved design, coupled with inflationary pressures on capital cost, the study made the case for a modified LRT concept. This reset will save the City nearly \$2 billion in capital and lifecycle operation and maintenance costs; speed up construction by three to four years; enhance network redundancy by creating eight new interchanges; serve seven low-income "priority neighbourhoods"; and reduce embodied greenhouse gas emissions; all while reducing community and environmental impacts. This study provides a template for practitioners aiming to build broad-based support for a project based on equity and resilience objectives, in addition to other strategic objectives.



Ilaria Fabbri (Italy)
Architect, PhD, postdoctoral researcher,
University of Camerino



Gabriele Lelli (Italy)
Architect, associate professor,
University of Ferrara

A network of multi-functional urban objects supporting sustainable mobility and healthier living: Smart hubs prototypes in Ferrara, Italy

In 2019, the Po River Valley in Italy was one of the most air-polluted areas in the world, with Ferrara, in Emilia Romagna Region, one of the worst affected.

Purpose: The Air-Break project, co-ordinated by the Municipality of Ferrara, aims to reduce air pollution by 25 per cent in Ferrara within three years, and tackle interrelated issues, such as home-work commuting mobility patterns, the relatively low percentage of urban greenery in the municipal area, and a lack of information about neighbourhoods' air quality.

Air-Break provides for the following complementary actions: installation of new bike lanes and upgrade of existing ones with chemical/olfactometric sensors and innovative materials; set up a network of IoT sensors monitoring air quality throughout the city; extensive tree planting to reduce heat island effect and improve air quality; and co-design and prototyping of four smart hubs – multi-functional charging stations in strategic urban intersections.

This paper focuses on the smart hub prototype and explores what kind of urban services and design features may encourage residents, tourists and commuters to swap their private car for sustainable, healthier transport.

Methods: The Air-Break approach involves stakeholders and citizens in every step of the project.

Outcomes: Smart hubs are covered meeting points consisting of a steel-frame shelter, simply built and self-standing. Smart hubs, connected to the electric supply networks and supported by solar panels, allow the simultaneous charging of up to eight electric vehicles. With Wi-Fi, environmental sensors, and cameras, they enable the collection of data on travel patterns and exposure to noise and air pollution. Ferrara, together with research partners, is currently installing smart hubs in four locations to test how people interact with them and monitor their impact on travel patterns and air quality.

Implications: The development of smart hubs explores the most effective aggregation of different public amenities and facilities, and the possible impacts of these smart living environments on commuters and residents, including people with reduced mobility and autonomy. They aim to make sustainable mobility more comfortable, safer and healthier, and extend the range of services available to citizens for more enjoyable daily trips.

Measuring changes to travel patterns using an activity and agent-based model: Stage 1 of the Suburban Rail Loop

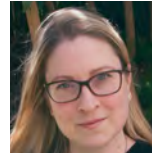
Melbourne is predicted to grow in population, placing pressure on already strained road and rail networks. Melbourne's rail network is radial, underserving residences in middle-ring suburbs and making cross-city travel challenging. To combat this, the State Government of Victoria has put forth the Suburban Rail Loop (SRL) to provide a cross-city line through the middle suburbs of Melbourne.

The business case suggests that the SRL will improve travel times, reduce congestion, and provide jobs, with the aim of creating a more sustainable, liveable and connected city. Underlying the business case are strategic modelling outputs from a four-step model, which provides aggregate outputs of transport behaviour and traffic flows. However, four-step models use data aggregation, obscuring individual-level behaviour. Instead, agent and activity-based models are being developed to understand how major infrastructure projects change and influence individual travel behaviours to inform transport planning.

Methods: We use an extension of an already developed agent and activity-based simulation model to assess individual-level impacts on active transport behaviour from a case study relating to Stage 1 of the SRL or SRL East. We aim to assess changes to travel patterns and identify whether there is a reduction in driving and an increase in active transport. Three scenarios are evaluated: a base case scenario of existing infrastructure; the SRL East scenario; and the precinct scenario, which includes population increases in the SRL East train station precincts.

Results: Younger people were most likely to alter their travel behaviours with the introduction of SRL East, with increased density helping to redress accessibility issues. Older people were less likely to change travel behaviours and more likely to drive.

Conclusions: SRL East has potential to influence and change travel behaviours, especially for those living close to SRL East train stations and for younger cohorts. However, to create a more equitable and inclusive city, it may be necessary to encourage older people to use the SRL for accessing important services, such as healthcare, which are located on the proposed SRL line. Future simulation models could consider including land-use changes and employment to realise the full extent of transport behaviour change arising from the SRL.



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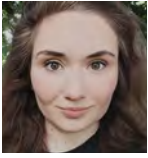
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Palacio (Colombia)**
Local consultant and researcher

Promoting inclusive and sustainable transport: Insights from Medellín for inclusive urban development

As cities strive for sustainable and low-carbon futures, the transport and mobility sector offers great opportunity to address the intersection between people's health and planetary health. Mobility is a vital component of inclusive cities advancing Sustainable Development Goal (SDG) 11.2 to "provide access to safe, affordable, accessible and sustainable transport systems for all". Yet, people with disabilities find transportation 15 times more difficult to use, owing to inaccessibility and unaffordability. With recent momentum for smart and low-carbon transport systems, it's essential that all new infrastructure is designed inclusively to ensure no one is left behind.

Disability-inclusive transport solutions support all members of the community to contribute to and benefit from society, supporting independent access to education, employment, healthcare and social activities. This inclusive approach enhances the economic and social fabric of cities. In the UK alone, it was found that closing the transport accessibility gap yields £72.4 billion in annual benefits. Moreover, investing in inclusive and sustainable transport systems plays a vital role in cross-cutting action for the SDGs, such as SDG 10 (Reduced Inequalities), 13 (Climate Action), and 3 (Good Health and Wellbeing).

To achieve inclusive and sustainable transport, strategies, tools and exemplary cases are needed to showcase how this can be accomplished, even in challenging environments. This paper will focus on a case study of Medellín's transport infrastructure, examining its successes and areas for improvement to achieve full inclusivity, including metro, tram, cable cars, bus rapid transit system, and free public bikes; and exploring how this transport infrastructure has powered economic and social transformation.

The paper will draw on research undertaken as part of a four-year UK Aid-funded research programme on inclusive infrastructure across six cities in the Global South. The research in Medellín consisted of interviews, co-design workshops and site visits. Participants included 15 people with disabilities and 15 stakeholders. Key findings included maintenance, attitudes, training requirements, linkages to peripheries, limited communication and information tools, contingency planning, and affordability.

This paper will conclude by discussing key learnings from Medellín that are relevant to other cities, drawing on shared challenges and providing valuable insights.

Communicating climate solutions: Imagining new methods of communication to kick-start sustainable urban transformation

How have towns and cities that have successfully transitioned to net-zero communicated effectively with citizens in order to achieve mass participation? This paper is based on a literature review of research that addresses how the Scandinavian cities of Sønderborg (Denmark) and Växjö (Sweden) have reached their net-zero targets.

Analysis of this research has revealed some significant themes. Firstly, that successful communication can lead to rapid urban transformation, but only if it connects with the deep-seated needs and wants of the local community. Often these needs connect to specific social issues faced by that community – such as health-related or economic needs. And secondly, that co-operation across organisations, businesses and political divides is not just possible but critical in order to achieve large-scale urban transformation.

The paper examines how we can make these methods of communication scalable for larger urban populations. Utilising large language processing models, mass consultation can be achieved at reduced cost and in a shorter timescale. This allows researchers to take the temperature of entire communities effectively and quickly, speeding up the process of change.

There are issues with this model – excluding people who are uncomfortable with technology and potentially excluding marginal ideas and issues. However, this is why we should view interventions of this kind as an interconnected network rather than a standalone, one-size-fits-all solution.

Analysis of this research allows us to imagine new possibilities for communication and new avenues for participation in urban environments. It lets us ask questions about how we currently communicate with affected groups when we ask them to undergo rapid transformation, and it forces us to confront patterns of inclusion and exclusion in the urban consultation processes.



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The Better Places Mapping Tool – providing social value evidence for better decision-making

As the social value agenda is continuing to gain prominence across the built environment sector, it's establishing itself as a catch-all for approaches and practices, which contribute to increased quality of life as an outcome of projects.

Our 'Better Places' research project focused on the lesser explored area of social value in practice, of local needs assessment at the initial project stages to shape the project for the end users while offering a robust baseline to measure outcomes against. Focusing on this area of social value work allowed us to examine the early, strategic decision-making in land development projects; putting community at the centre of placemaking from the outset.

Based on feedback from strategic stakeholder engagement with actors from across the sector, we chose to focus on integrating existing, large-scale datasets into GIS models to demonstrate their potential use to social value practitioners. Often, social value work doesn't engage with large-scale data, and existing social value data models don't portray a spatial variance, as experienced in large-scale projects.

Leaning on existing data analysis and GIS skills internally, we went through an iterative user research process to develop a prototype of a Better Places Mapping Tool. By analysing open datasets through a social value lens, we were able to build a resilience index that captured the social capital of existing communities. Using these geospatial maps of social value, we were able to unlock further conversations to make this process more sophisticated for a richer picture, while also making it more useful in practice.

By adding new success criteria, we're questioning what "better places" really look like. By using data more in our projects, we can provide the evidence needed to promote social value creation, and thus increase resilience of communities through the promotion of social capital.

We're continuing to roll this out across projects with clients, responding to user needs as the context dictates, and, as such, the data analysis continues to mature. We've developed this for the whole of England and made it accessible across our consulting business, while planning to extend to other national contexts.

Catalysing walkable, sustainable, and equitable development using innovative transportation strategies

Across America, communities are wanting to catalyse walkable, mixed-use development along wide, auto-oriented, suburban commercial highways. These highways are increasingly referred to as “stroads” – a street/road hybrid that has neither the charm of great streets, nor the speed of great roads. A “street” is where residents and businesses interact and, historically, where many residents lived; a “road” is for moving quickly from A to B at speeds of 40mph or higher.

Stroads underpin our sprawling suburbs and lead to extreme congestion. Every ten years, America converts 15-20 million acres of land into subdivisions, freeways, strip malls, etc. Segregated uses in low-density suburbs are not only inequitable and inaccessible but also lead to huge energy consumption per capita, contributing to climate change. Sprawl also contributes to physical inactivity and obesity, and inaccessibility for the disabled. It increases traffic fatalities, poor air quality, public debt for excessive infrastructure, and inequity in housing and transportation affordability.

Low-density and cheaply built suburban commercial corridors quickly degrade, as businesses and residents of means flee to the fringe. Abandoned neighbourhoods become havens of crime and inequity. In recent years, research on transportation and mobility has demonstrated how ‘complete streets’ can support liveability and accessibility in support of multi-modal and active transportation. However, there is a lack of understanding about how placemaking strategies can be used to convert “stroads” into complete streets”. Also, most of these efforts have stalled, owing to conflicting expectations and perceptions of various stakeholders.

Sustainable mixed-use real estate in suburbia and multi-modal transportation opportunities must become part of the mainstream interdisciplinary research, policy and practice conversation. To this end, focus groups and interviews were conducted to assess innovative intersection design strategies, as well as determine obstacles to achieving sustainable, walkable and equitable urban design strategies.

The findings revealed the worries of residents, businesses and other stakeholders, including the barriers to providing support for sustainable development. How to overcome these concerns can guide us to create effective transportation design strategies that can catalyse the development of walkable and equitable communities.



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Generate health in your city with the Healthy Cities Generator: A hands-on, practical tool with actionable indicators to incorporate health into urban planning

The Healthy Cities Generator (HCG) is a freely available, digital health impact assessment tool (HIA). The tool helps practitioners, local authorities, citizens and researchers to understand the evidence-based health impact of changes to the urban environment. Entering the actions of an urban plan or characteristics of an existing urban area allows the user to see the impact on 30 health determinants or outcomes, and results in additional visual guides to how holistic the plan is, and a score for the plan or place.

In this workshop, the HCG, its design process, and the scientific research underpinning it will be presented. The main part of the session will guide delegates through the process of using the tool to analyse the Liverpool urban environment health needs, outline potential actions to address these needs, and assess the health impact of those proposed actions.

The HCG is based on a systematic review of the literature (Puig-Ribera and Rofin, et al, 2017) and further meta-analysis of studies from 2017 to 2021. Building on this research, an algorithm was created to underpin the first online iteration of the tool. To make this resource accessible to practitioners, we designed a user-friendly application that automatically scores the health impacts of an urban plan or existing space. Later, we added the health entry point, which allows the user to select health goals to guide a suitable planning strategy.

The HCG has been put into action in cities across Europe. Implementing the tool with local authorities has shown us the utility of an easy-to-use visual aid for planning. The tool has helped bridge the gap between health and planning departments, crucial to better integrating preventive health actions into all areas of city planning. It offers visual support to help authorities advocate for health in planning. It has also demonstrated the importance of good user experience and a visual display in engaging citizens in evaluating the changes that are happening to their urban environment.

After introducing the tool and methodology behind its design, we will host an interactive session with delegates using the tool in the immediate area surrounding the conference.

The case of Heath Park: The challenge of making a place fit for the future

This case study focuses on the development of a plan for the regeneration of a major northwest site in Runcorn, Cheshire.

The process of designing and delivering real estate has never been consistently defined and therefore managed in a systematic way, and there are myriad theories and practices. The Fusion Process was consequently developed to ensure that projects undertaken deliver a defined vision against business drivers in a systematic and consistent manner.

The name Fusion denotes the imperative of combining all the parts of the process together at the onset of a project. Blending the skills of a multidisciplinary team, while applying broad horizon scanning to gather knowledge, evidence and insight to deliver a cohesive and creative solution, (particularly at the early stages), results in project outputs that might otherwise have been missed.

The Fusion Process was developed based on the successful regeneration of The Heath in Runcorn, and deployed when developing the Sanofi facility in Dagenham, London, into what became known as Londoneast-uk Business and Technical Park. The early stages of the process also included facilities belonging to ICI Pharmaceuticals, AstraZeneca, Sanofi, and University College London.

Fusion as a process is focused on finding the best way to deliver a vision from a real estate perspective. The whole process is aimed at keeping the vision and values in focus throughout the development process, understanding the context, history and decision-making, to ensure the eventual legacy is consistent not only with the site's past but also with the vision of the future. All this is done at the same time as ensuring it aligns with the business imperative.

This case study will illustrate how the Fusion Process was implemented for Heath Park and its vision: to put people first and create a futuristic model of Merseyside's Port Sunlight, a place where people of all ages can live, work and play together in a carbon-neutral environment; one that has strong community links and that is safe, secure and combats loneliness. The presentation will discuss the challenges of bringing all these dimensions together and the way in which the project team overcame them.



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The innovation ecosystem and the importance of place

The innovation district represents South Yorkshire's greatest opportunity for transformational economic development. It's nucleus of four campuses spans the Rotherham and Sheffield boundaries and it's the largest innovation district in the UK with a site covering 232 hectares.

Placemaking plays a central role in achieving our aim of creating a supportive physical environment for a dynamic innovation ecosystem, where collaboration and interaction produce new ideas and economic growth. This can be achieved through: clustering symbiotic businesses, institutions, and start-ups; efficient transport and movement; creating spaces for meeting, sharing ideas and networking; a walkable backbone of quality landscape; welcoming in surrounding neighbourhoods; a curated calendar of events; and good health and wellbeing through access to green space and leisure facilities.

The authors created a spatial vision and strategy, which proposes three vision pillars summarising the overarching placemaking ethos guiding future development of the innovation district. By fulfilling these vision pillars, the full potential of a unified innovation ecosystem will be realised.

The vision pillars with the power to transform are:

- 1. Lives and Communities:** The opportunity for transformational economic growth exists within the innovation district; providing access to thousands of high-value jobs and the opportunity to improve economic inclusion for the wider community through access to training and an improved environment.
- 2. Place and Planet:** An innovation district that not only creates the solutions for the climate crisis but also embodies them. The innovation district has the opportunity to become a world-leading centre for sustainable technologies. Its buildings and landscape can lead the way to demonstrate the latest in environmental innovations: a healthy, regenerative place to tackle the biodiversity and climate crises.
- 3. Movement and Connections:** Active, healthy lifestyles supported by safe, fast and convenient movement; where public transport and active travel are the preferred choice; and a public realm design strategy that supports walking and cycling through high-quality landscape, and the introduction of mobility hubs. The innovation district has the opportunity to serve as an exemplar case study for sustainable transport in the wider region and beyond.

Catalysing community health through community-focused retail

This presentation charts the trajectory of Fortune 4 company CVS Health and its journey in aligning with zero-net operational and embodied carbon targets by 2050, capitalising on its +10,000 prototype, community-based retail outlets as the catalyst to promote sustainability and health-focused outcomes.

This research is part of a process that uses a life-cycle assessment methodology to determine how to achieve this goal across multiple locations (ASHRAE Climate Zones 4 and 5) in the US.

This paper will present findings from the initial phases of this analysis, exploring: the drivers for publicly traded companies towards achievement of zero-net carbon emissions; the design team, tools and processes available to test and access options over time, the methodology utilised to balance operational and embodied carbon reduction decisions; the results of these efforts and their alignment with CVS Health's core ESG strategy; and how this strategy will be phased, allowing it to evolve and adapt over time, by 2050.

Specific outcomes will be shared, including: electrification of buildings systems with an aggregate 23-per-cent energy use reduction over baseline; an 18-per-cent potable water use reduction over baseline; a 22-per-cent reduction in embodied carbon over baseline, using environmental product declarations and through specification of "in-country" products; and increased resiliency through building and site design considerations.

It will also share evidence-based design strategies, including: improved ventilation strategies and compliance with ASHRAE 62.1; promotion of daylighting/resiliency through fenestration, skylights, and operable windows; amenities and signage to promote staff/ community health education and engagement; improved thermal comfort and compliance with ASHRAE-55; and incorporation of indoor/outdoor biophilic elements.

By conducting this work, CVS Health also supports the "triple-bottom-line" of people, planet, and profit in alignment with the UN Sustainability Development Goals (SDGs) – positively impacting planetary and population health in myriad ways.

In conclusion, the goal of the presentation is to demonstrate how major corporations are utilising their physical assets and ESG to reduce greenhouse emissions, promote community health, and align with the SDGs – capitalising on the goods and services they provide to do more good across their communities' supply chains.



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KQ Liverpool – the vision for developing a world-leading innovation district

Knowledge Quarter Liverpool (KQ Liverpool) is a 450-acre urban innovation district and home to some of the world's most influential players in science, health, technology, education, music, and the creative and performing arts.

It connects like-minded cultural and commercial organisations, academics, clinicians and scientists, to promote world-class innovation across the Liverpool City Region.

To support the growth of new innovative businesses, KQ Liverpool aims to promote programmes that invest in research and its student population, and position Liverpool at the forefront of global innovation.

Places within KQ Liverpool include:

- Paddington Village – Liverpool City Council's flagship development site;
- Upper Central – a key gateway into the city from Lime Street Station; and
- The Fabric District – a place of local, independent and creative commerce that is earmarked for regeneration.

Spaces within KQ Liverpool include, among others:

- The Spine – the venue of the HCD 2023 Congress, the northern home of the Royal College of Physicians;
- Liverpool Science Park – office space and laboratories for science, technology and knowledge-based businesses; and
- HEMISPHERE – a new eight-storey laboratory and office development.

The KQ Liverpool 2025 Vision encompasses five main areas of focus: attracting and retaining talent; growing business and attracting inward investment; collaborating with purpose; being a better neighbour; and creating a smarter, greener city. The vision, which was launched in 2020, sets out clear objectives and targets that will be carried out through collaboration with stakeholders and through the KQ Liverpool team.

Sciontec Developments (Sciontec) is the commercial, spin-out development company of KQ Liverpool. It owns and operates Liverpool Science Park, manages Sciontec AI in The Spine, and is developing new science and technology facilities across the Liverpool City Region.

Designing workplaces to beat burnout and encourage engagement



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Employee burnout is a serious workplace issue; it degrades employee quality of life and professional performance (Appel-Meulenbroek, Le Blanc, and de Kort, 2020). Employee engagement, conversely, supports employee wellbeing and performance (Bakker, 2011). Maslach (2017) reports that “work engagement . . . is not the opposite of burnout (although it’s negatively related to it).” Maslach recommends that organisations battle burnout by focusing on employee “workload, control, reward, community, fairness, and values”.

Focusing on Maslach’s six burnout predictors, design can generate conditions of positive affect inconsistent with burnout and supportive of engagement (e.g., Al Horr, et al., 2016; Appel-Meulenbroek, Le Blanc, and de Kort, 2020; Newsham, et al., 2009; Veitch, 2012). Similarly, design strategies can enhance employee engagement (e.g., Veitch, Stokkermans, and Newsham, 2013). Negative workload-related experiences are less likely when workplace design supports tasks at hand (Appel-Meulenbroek, Le Blanc, and de Kort, 2020).

Investigators have linked suitable amounts of environmental control to lower levels of professional burnout (e.g., Laurence, Fried, and Slowik, 2013). Researchers have also identified effective methods for providing environmental control, for instance, via activity-based work environments (e.g., Spivack and Milosevic, 2018).

Workplaces can send non-verbal messages that support positive moods inconsistent with burnout (e.g., Commission for Architecture and the Built Environment and the British Council for Offices, 2006; Visher, 2007) and they can signal that employment-related decisions and rewards are fair (e.g., Visher, 2005) as well as convey organisational values (e.g., Becker and Steele, 1995). Workplace design can also support the positive development of employee communities, via, for example, spatial layout (Allen and Henn, 2007) and tactile experiences (Ackerman, Nocera, and Bargh, 2010). Hoendervanger, Ernst, Albers, Mobab, and van Yperen (2018) link environmental satisfaction and more positive moods to employee engagement; and Nieuwenhuis, Knight, Postmes, and Haslam (2014) tie the presence of green plants to greater employee engagement.

Informed by scientific studies and empirical research, workplace design recommendations that support minimisation of burnout and optimal levels of employee engagement are synthesised in this paper into a model that is practical for workplace designers and managers and human resource professionals to apply.



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Multi-layer design: A chance for healthier workplaces

This paper presents innovative models that enhance healthy working environment and productivity across diverse settings, focusing on a children's hospital and a multi-layer building compound with elements of urban production.

It explores how multi-use building compounds can be designed to incorporate flexible workspaces, collaborative areas, and amenities that promote employee wellbeing and engagement.

In a hospital, the workplace model plays a pivotal role in fostering positive outcomes for both patients and healthcare professionals. The physical layout should facilitate easy navigation, prioritise access to natural light, and incorporate green spaces. Ergonomic principles are applied to furniture and equipment, ensuring comfort and reducing risk of occupational injuries. Incorporating elements of biophilic design has a positive impact on mental and emotional wellbeing. By establishing effective communication channels, optimising workflow processes, and providing opportunities for professional development, both purpose and productivity can be cultivated. Creating a sense of purpose and connection to the organisation's mission can motivate healthcare professionals, leading to improved job satisfaction and productivity.

The second case study, a multi-layer building compound, shows how workplace models can be tailored to suit the characteristics of productive cities, considering factors such as vertical connectivity, efficient space utilisation, and vibrant community engagement. By capitalising on the verticality and mixed-use nature of multi-layer cities, organisations can create dynamic workplaces that promote collaboration, flexibility and employee satisfaction. Flexible spaces accommodate diverse activities, such as offices, educational and manufacturing areas, and communal spaces for collaboration and social interaction. The design also incorporates considerations for sustainability. Fostering a sense of purpose can be achieved by aligning the objectives of the building with the broader goals of urban production, such as resource efficiency, innovation, and community engagement.

In summary, by integrating principles of ergonomic design, biophilic elements, efficient workflows, and sustainable practices, new workplace models can create environments that enhance the overall experience and performance of individuals working within them. Moreover, addressing the specific needs and objectives of each setting allows for the creation of tailored workplace models that optimise health, wellbeing, purpose and productivity.

User preferences on workplaces typology and biophilic design features towards collaborative and high-performance working environments in offices

In post-industrial society, the growing demand for high-performance working environments is discussed alongside complex issues that need to be solved through collaboration in the office. Numerous studies have been conducted ranging from built environment to management and psychology, mostly in the context of offices, showing that workplace typology and biophilic design could be associated with worker performance and collaboration in the office.

Using a case study in a government office in Indonesia, this research explores user preferences on a few workplace typologies or the incorporation of biophilic design in offices that might result in different outcomes for worker performance and collaboration. This area of research is critical to investigate in Indonesia owing to the plan to relocate its capital city, which involves the relocation of various government offices. The relevance of the relocation programme derives from the purpose to create a collaborative and high-performance working environment, where it can override current institutional barriers in terms of collaboration through the implementation of novel office design.

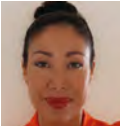
Responses from surveys of public servant office workers in a government office in Indonesia, with questions exploring typical user preferences towards collaborative and high-performance physical working environments, will be sought. Participants will be asked to rate their current working environment conditions, then rate the importance of such conditions in the context of collaborative and high-performance working environments. Participants will also be asked to rate workplace typologies or biophilic design characteristics that may impact the level of collaboration, work performance and wellbeing.

Although establishment of a collaborative and high-performance work environment may be influenced by many elements, this study addresses aspects of spatial layout and biophilia, eg, visual and non-visual connection with nature. The findings of this work will serve as a starting point to inform future research on understanding the impact of workplace typology and biophilic design on collaboration, performance and wellbeing in the office environment. It will also help produce appropriate and evidence-based design briefs to facilitate the development of numerous offices within Indonesia's new capital city relocation programme.



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Scale jumping: Implementing sustainability and health at multiple scales. Perspectives from the field

Organisations and regions are under increasing pressure to measure, monitor and disclose their impact on their people, the community, and the planet. Overlapping challenges have shown the inadequacy of single-scale approaches, and the need for both innovative solutions and a multi-scaled, holistic approach.

This workshop will discuss real-world case studies, research, and implementation examples that show how interventions at a workplace, building, community, and global scale can interact and move the needle forward to achieving specific health, social, and sustainability goals. The first case study is the Spine building, where the conference is being held and which is working towards WELL Platinum certification. This section will focus on sustainability and health targets; WELL features that address those targets; successes and lessons learned; and alignment and synergies with local city-level initiatives on sustainability and health.

The second case study looks at recent examples of a multi-tiered approach to workplace wellbeing from Sweden and the Middle East using an innovative, data-driven, neuroscience-based approach. Participants will leave with a clear understanding of the interconnectedness between the physical office environment, virtual environment, nature and society. They will also learn how by fundamentally changing ways of working, organisations can have a sustainable, positive impact on the brain health and cognitive performance of their people, both at individual and collective levels.

Lastly, the session will look at ESG and corporate social responsibility reporting, and how this is driving multi-scaled interventions, policy and disclosure. Recent drivers, such as the EU taxonomy, will be addressed in relation to their potential impact on reporting and disclosure. The presenters will explore what a healthy workforce means to the bottom line, society and economy as a whole, and the business case for a consistent way of reporting on employee wellbeing impact, as part of future ESG reporting activities. The session will conclude with future directions and lessons learned for scale jumping on sustainability, work, health and social goals.

A vision for Liverpool: Putting people's health first

Liverpool sits on an intricately folding landscape, in a magical estuary, enjoying the benefit of historically well-formed townscape. It's also a city of many firsts. This imagery captures the imagination of residents and visitors alike, inspiring and invoking a sense of meaning.

However, these are just the raw materials of a successful place. The true measure is in the people, their wellbeing and the life choices they enjoy. These are the real challenges facing Liverpool and many other cities around the world.

'Putting people's health' first describes this new era in the city's history. The 'how' of change will be through co-production and consistent 'right practice' for Liverpool and its wider region. We're renewing Liverpool's historic status as a health-creating human city.

To download Liverpool City Council's 'Liverpool Public Realm Strategy SPD', visit:
liverpool.gov.uk/media/i5jmbxy1/public-realm-strategy-spd.pdf



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Liverpool Green Lanes

In many cities, large parts of the built environment comprise outdated urban infrastructure that is not 'future-ready'. The challenge is to make these existing urban neighbourhoods more liveable, resilient and healthy.

Liverpool Green Lines is a proposition to catalyse, connect, green and grow Liverpool – promoting city living; health and wellbeing; cultural and civic life; sustainable and maker retail; transit and gateway; learning and knowledge; and urban food and ecology.

A key mechanism used to deliver urban change are major regeneration projects focused on specific urban districts and neighbourhoods. These have the potential to attract inward investment and bring multiple agencies and communities together to deliver transformation at scale. Liverpool's Knowledge Quarter (KQ Liverpool) is a great example of this type of transformation, and is attracting investment and global innovation leaders across health, science, culture and technology.

How can we extend the influence of focused urban regeneration projects like the KQ Liverpool beyond their boundaries? Rail, road and utility infrastructure are corridor- and line-based – these lines link points of demand and interest along their routes. What if we take this approach and apply it to urban regeneration?

We propose that by defining critical paths across cities, we can connect areas of need, interest and potential. These critical paths can amplify and accelerate positive transformation, providing many communities with access to a greener, healthier, more liveable, and better-connected urban environment.

Starting with the KQ Liverpool urban framework, backed by urban analytics and our local understanding of Liverpool, we'll explore the potential of an urban critical path – a 'Green Lane' of transformation – connecting Liverpool's Waterfront to the KQ Liverpool, and integrating everything in between. The ambition is for Liverpool Green Lanes to catalyse large-scale greening, and promote healthier living, active mobility, place activation, community engagement, and other future interventions to deliver liveable city principles at scale.

The outputs will stimulate discussion and debate on the broader city integration of the KQ Liverpool and help illustrate how healthy city principles can be developed and applied in major urban regeneration projects, providing a benchmark for similar projects.

Scaling healthy urbanism – from the what to the how

This expert panel, organised by the Academy of Urbanism, explores how we can scale healthy urban places.

As temperatures rise, economies stutter, food production industrialises, air quality deteriorates, and inequalities widen, cities play an increasingly defensive role in the health of their residents.

The facts are clear: we're living longer and child mortality has fallen. However, a series of intersecting factors are in danger of creating a perfect storm, threatening the ability of nations and communities to cope (Barton, 2017). By living longer, our elderly population is more dependent on a lower number of wage earners, while many others are subject to chronic conditions, such as heart disease, cancer, diabetes, and mental ill health. Technology and lifestyle choices are driving an epidemic of obesity and loneliness, and unhealthy behaviours are becoming increasingly locked-in through car dependency. The result is a postcode lottery of life expectancy throughout the UK. Ample research has been conducted to distil the ingredients of healthy urbanism. Indeed, the Academy of Urbanism's manifesto features 18 principles that outline how good urbanism can establish a healthy way of life. Yet despite this, we've not delivered healthy urban places at scale. Why not?

Split into four parts, with a special emphasis on case studies and audience participation throughout, this expert panel session will discuss: what are the core ingredients of healthy urbanism?; what are their blockers?; and what solutions are needed to deliver healthy urban places at scale? Pulling all this together, the panel will seek to align on five principles of how to deliver healthy urbanism at scale. These could include, for example, improved governance arrangements; new finance and funding packages; knowledge sharing and frameworks; collaborations between public and private; engagement; prioritisations; and innovative design.

The session will form the basis of a new report on 'Scaling urban health', to be produced in a partnership between the Academy of Urbanism and SALUS.



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Close to home: Exploring 15-minute urban living

This talk discusses a report on the 15-minute city, and an evaluation of the conditions, benefits and challenges associated with making this idea a reality.

The study is also relevant for understanding the parallel concepts of 20-minute neighbourhoods and 10-minute towns. In analysing the concept's real-world use, the report focuses on Ireland with global references throughout. The study has been informed by a broad review of academic articles, media coverage, policy documents, and online data. It also draws on insights from a population survey, commissioned for this report.

Findings: The 15-minute city aims to bring at least six core aspects of life closer to home: education; work; transport; nutrition; health and care; and recreation and culture. By having access to these categories of amenities within a short walk or bike ride, people are more likely to be able to live a healthful life within ecological boundaries. When both the amenity provision and density aspects are met, it's essential, too, that a high proportion of journeys can be completed by foot, bike, and public transport to avoid congestion. Concurrently, it will also become easier to deliver a high-quality active travel and public transport experience in a denser, more amenity-rich environment.

The study identifies several opportunities but also some challenges in applying the 15-minute city concept in Ireland – especially relating to people's experience with, and perceptions of, compact urbanism. Other challenges include high car-dependency and a lack of political will.

Conclusion: The biggest challenge and opportunity might be Ireland's relative lack of experience with high-quality, compact urban living, while rural identity remains strong. Although people desire to live a convenient, walkable lifestyle, the realities around how these types of services and amenities are implemented are not well understood or appreciated by the public. To address this, we recommend further citizen engagement and dialogue to better link people's motivations, urban strategy, and policy objectives.

We also recommend that the conversation moves away from focusing on binary options (building up or building out) towards a more holistic, multifaceted and creative approach. Finally, we outline a range of interventions to catalyse and inspire action.

Reframing the narrative of the 15-minute city: Shaping healthier and sustainable communities

The 15-minute city concept has gripped public and political debate, with opinions ranging from the simple notion that locating essential services and amenities within walking or cycling distance of homes supports the shaping of sustainable communities, to the more extreme view that the concept infringes personal liberty. There isn't yet a real-life example of a 15-minute city. Instead, the concept's application has been mainly associated with the construction of cycling lanes, the planning of longer-term low-traffic arrangements, or adding more amenity in local neighbourhoods.

It's crucial that we embrace the concept's wider benefits and highlight its potential to shape sustainable and healthier communities. This paper aims to delve into those broader aspects by exploring four key themes:

1. How can cities maximise the value of infrastructure investment?:

Through integrated developments around transport nodes, cities can maximise the value of infrastructure projects and extend benefits beyond transportation. Examples such as West Kowloon Station in Hong Kong demonstrate how developments can create vibrant mixed-use spaces within walking distance of stations.

2. How do we create synergies between the city centre and suburbs?:

Showcasing initiatives like Sydney's revitalisation of the central business district as a 24/7 mixed-use environment, we'll explore how cities can adapt and diversify their urban cores to stay relevant. We'll also look at initiatives to reinvigorate suburban environments, highlighting the potential of projects such as the Suburban Rail Loop in Melbourne.

3. How can we support the revitalisation of town centres?:

Showcasing examples of local high streets and town centres that have successfully adapted to changing retail landscapes by introducing wellness centres, shared workspaces, galleries, and local artisans, we'll illustrate how such retrofits can contribute to decarbonisation efforts, enhance place quality, and improve the urban experience.

4. How can we stimulate active and more sustainable modes of travel?:

By examining successful urban districts, we'll explore how planning at scale and delivering high-quality places can drive behavioural change and create vibrant communities. These examples illustrate the potential to provide attractive, healthier and safer options for movement, creating places where reduced car dependency is embraced by local communities and contributes to wellbeing.



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Keynote panel: Actions to improve urban renewal and health equity

To close the Congress, an expert panel will explore what measures and actions can be taken by urban and city policymakers, planners and practitioners to improve the lives of citizens and reduce health inequalities, while addressing the wider impacts of planetary health.

Reflecting on the lessons learned from the Congress, what are the priorities for 'climate-resilient' development and urban renewal that can make the difference to people's life chances and address health inequalities.

From the provision of green-blue spaces, nature-based interventions and better-designed and healthier housing, to the application of digital technology and environmental, social and governance (ESG) policies, what actions are needed to activate change?

Our expert panel will also explore the next steps for Liverpool's vision and ambition to build on its legacy of public health innovation to become a health-creating city of the future, building on the strength, resolve and talents of its people and communities.

Cool Squares Cafe: A participatory method for healthy and climate-adaptive squares

A healthier living environment positively influences lifestyle and health of neighbourhood residents. This is especially important in vulnerable neighbourhoods, where many people live together with a relatively low socio-economic status, poorer health, and an unhealthy lifestyle. Often, the living environment is also less healthy, with little attractive public space and green. Because of the large number of houses without a garden, an important part of life takes place in squares and in other public spaces.

A square with ample greenery and opportunities for sitting can seduce adults and children to play and exercise more, and it offers a comfortable environment to stay and meet others. In this way, such squares can also increase social cohesion in the neighbourhood and diminish health inequity. Furthermore, green squares contribute substantially to climate adaptation, e.g., by diminishing heat stress. Redesigning squares to stimulate healthy behaviours and encounters already occurs in many places; and in other squares, measures are taken to advance climate adaptation. However, often there is no integrated approach to contribute to both goals.

Municipal professionals from various departments often stress the importance of an integrated approach, but they experience a large knowledge gap. Therefore, we investigate how municipal professionals can redesign squares in vulnerable neighbourhoods in an integrated way, together with all kinds of stakeholders, including residents. Our research project includes the development of a Cool Square Cafe method for participatory research and education. This method is intended for researchers and students to involve residents, civil servants and other stakeholders in measuring and assessing to what extent a square already stimulates healthy behaviours and climate adaptation, and in contributing to its improvement by designing and experimenting with (prototypes of) alternative solutions.

This new method is based on the pre-existing Climate Cafe method, which aims to investigate the qualities of existing climate adaptation measures in a participatory way and discuss complementary measures. This method is adapted with and complemented by newly developed elements (such as a scorecard, an observation tool, and techniques for designing together), which are tested by means of participatory workshops on various occasions.



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Transforming towns and cities into greener, healthier, more inclusive places through community-embedded urban farming – a ten-year case study

Urban farms can bring nature and food production back into cities, create high-tech meaningful jobs for local people to revitalise deprived areas, and provide focal points to connect with people around issues of sustainability and health and wellbeing.

Methods: We're retrofitting hydroponic vertical farms into existing building infrastructure, turning failing urban assets into hyper-local food production systems and distributing ultra-fresh and nutritious food within a five-mile radius in reusable and compostable packaging, using zero-emissions bicycle distribution. We're undertaking research into aquaponics, hydroponics, vermiculture and mushroom cultivation to create sustainable growing systems, rooted in the principles of a circular economy and with zero waste.

Alongside this, our Routes & Shoots primary-to-pensioner education systems drive behaviour change on health and sustainability matters through community-embedded education – blending in-person and online learning programmes for schools, and adults in community spaces and the workplace.

Results: We've grown and distributed more than 20,000kg of clean, green superfood from our vertical farm since 2019, and nourished more than 5000 people across the North West of England. We've engaged more than 50,000 people on environmental sustainability through education programmes, visits, talks and online content:

- 80 per cent of students said they were inspired to solve environmental problems;
- 70 per cent of students said our programmes had inspired them to solve problems in their community;
- 83 per cent of visitors said they had thought about ways they could eat more healthily;
- 88 per cent of visitors said they had thought about ways they could improve their wellbeing; and
- 88 per cent of visitors said they had thought about ways they could live in a more environmentally friendly way.

Conclusions: Results to date demonstrate that community-embedded urban farming can indeed play a part in transforming towns and cities into greener, healthier, and more inclusive places. Future work will focus on replicating the work done in Liverpool across the UK and beyond through the Urban Oasis.

Peri-urban landscapes and the potential of integrated foodscapes to promote healthy communities

Imagine living in a city that has farms, orchards, market gardens – places where our communities could access local, healthy produce and ... get to know the farmer.

Aotearoa New Zealand is an agricultural nation producing enough calories to feed 40 million people globally. We also, however, import enough food to feed our national population. As has happened in many countries in the Global North, New Zealand has over the last 100 years actively zoned food production out of our cities, which for nearly 90 per cent of New Zealanders is where we live, purchase and consume food. There is a clear spatial disconnect between where our food is being produced and where the majority of New Zealanders live.

Our research, however, has shown that there is a strong desire by urban New Zealanders to reconnect with their food. The peri-urban zone, with its scale and proximity to urban centres offers valuable potential for communities to access local food produced close to where they live.

Based on an extensive survey and design critique workshop with Greenfield residents and peri-urban growers/farmers operating within the peri-urban zone of Canterbury, New Zealand, this research has developed a set of spatial land-use typologies specific to the peri-urban zone, and which addresses the question: 'How can landscapes for both people and production prosper within peri-urban New Zealand through spatial design, reconnecting New Zealanders with the land and with food?'

The outcome of this project is a series of urban design models for the co-existence and mutual benefit of accommodating both people and food production within peri-urban zones – spatial typologies that re-prioritise local food production and local access as a vital part of cities.



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Market Garden City

The Market Garden City concept demonstrates how a community can work together to provide plant-based food for self-sufficiency and security, essential to healthy living and achieving the fundamental goal of reducing carbon emissions.

The concept can be scaled so that an individual, starting by providing a small percentage of their own food, could, with a local self-sufficient community, create collective food security. In parallel, the concept provides carbon-emissions reduction; energy and water supply security; protection of the natural environment and biodiversity gain; employment skills; and training, education and caring.

The flexible urban design concept would integrate rural areas and urban streets and green spaces to provide a diverse mix of cultural public and functional spaces. The spatial plan identifies the amount of land required for a community to safeguard food production based on the calories required, and it's provided by predominantly vegetarian locally grown food.

Climate and soil quality will determine the food grown, creating diversity. Distribution will be through a hub, which could be based on the traditional market hall, a covered and daylight extension of the surrounding streets, and a modular or existing building adaptable to locations. The hub will provide collection, distribution, organised volunteering, and food share linked by electric vehicle and cycle hubs.

A new form of urban place, 'The Green Ecumenopolis', is a city without boundaries that can be created with productive landscape used for local food integral to the living place. The Market Garden City becomes a focus for local initiatives; sourcing and sharing staple foods and specialties; creating public realm; and supporting locally diverse cultures, lifestyles, health and wellbeing.

The Market Garden City concept is also referenced in the Greater London Plan 2020, to demonstrate that a city of London's scale could become self-sufficient in food production with predominantly plant-based horticulture.

Sustainability and equity in urban development (S&EUD): A content analysis of “bright spots” from the Accelerating City Equity (ACE) Project

Sustainable and equitable urban development (S&EUD) is vital to promote healthy lives and wellbeing for all ages.

We define equity as the fair and just distribution of resources and opportunities to all population groups, particularly marginalised populations, within and between communities. We define health equity within sustainable urban development to mean all population groups and communities have an equal/fair/just opportunity to support physical and social environments, allowing them to achieve optimal health today while also sustaining opportunities for future generations. And we define equity in sustainable development (ESD) as all community members, especially those who have been historically under-resourced, having agency over and equitable access to environments and opportunities that support and enhance health and wellbeing today and for future generations.

The aim of this study was to identify and assess the elements of equity and sustainability in exemplary urban health initiatives across the world aimed at reducing disparities (bright spots), using the Accelerating City Equity (ACE) Framework and the United Nations' 5 Ps of Sustainable Development.

A content analysis process was performed to identify initial case studies, obtain bright spot information, and select final case studies. A bright spot was defined as a case study that aims to improve environmental, system-level, community-level, and/or individual-level disparities affecting health and wellbeing outcomes of historically underserved groups, and demonstrates sustained impact over time with transferable learnings.

Results showed that equity and sustainability are key considerations in urban development work. Fourteen of the bright spots touched on all five dimensions of equity, and 12 of the bright spots touched on all five pillars of sustainability; the most common was distributional equity and the people pillar or social sustainability, and the least common intergenerational equity and the profit pillar or economic sustainability. Numerous effective strategies and outcomes identified in the bright spots could be replicated in other contexts. To reduce inequity and health inequalities in cities, a recognition of equity in both physical and social environments should be incorporated to ensure that outcomes promote health for everybody in society, not only those with the most agency and power.



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Health in climate adaptation: Global case studies and lessons for practice

Adaptation to climate change is essential to protect health and promote wellbeing. Adaptation activity is increasing across government, organisations and communities, but without careful thought and planning, adaptation measures can risk increasing health inequalities.

Health impact assessment (HIA) is a systematic process for assessing any impacts, underpinned by principles strongly related to Wales' Well-being of Future Generations Act, with its focus on long-term thinking and prevention. There is a need to better integrate knowledge about health and wellbeing with climate adaptation action to help maximise health and wellbeing benefits from adaptation while minimising unintended consequences.

Methods: Case studies were selected to demonstrate a range of locations, organisations, scale, and extent of HIA integration with climate change adaptation planning. These were first analysed vertically / ecologically for scope, type of HIA, populations assessed, and reflective learning; and second, horizontally / comparatively, to analyse learning from across different approaches.

Results: Five case studies are included: three individual HIAs and two programmes of multiple HIAs. Geographies include Wales, Minnesota, and a healthcare organisation serving Indigenous peoples of Alaska. Key findings include:

- integration of knowledge, including community knowledge of local climate, is important;
- mental health impacts are not systematically integrated;
- in bringing together different fields and practitioners, it may be valuable to identify synergistic alignment between approaches;
- existing planned adaptation interventions can maximise better outcomes for all, including health, by applying HIA;
- integrative practice requires investment of time and effort by stakeholders; and
- quality assurance of HIA is important.

Conclusion: The challenges of the climate crisis and global health inequalities are not small. Achieving the change that communities, practitioners, researchers and policymakers seek requires shared learning and integrated thinking. The value of HIA, to this end, can be seen not only in its methods but also in its underlying principles.

Forgotten Places: Greening coastal towns and cities in the UK

Through our new strategy, 'The Turn of Trees', Trees for Cities has taken strides to ascertain how we should step up to tackle climate change by refocusing our work programmes towards nature-based solutions. Our strategy is threefold: collaboration, evidence-based targeting, and capacity building.

This paper will present 'Forgotten Places' (FP), a pioneering programme to build resilience and adaptation to climate change in coastal towns and cities. Working with national partners and local NGOs, we targeted neighbourhoods with low tree canopy cover and high social and economic deprivation that are particularly vulnerable to climate change and yet are overlooked by national tree programmes.

FP combines grassroots and strategic action to empower communities through skills-based volunteering, training, tree planting, and innovative new resources for coastal authorities wanting to increase tree canopy cover. The project builds local community and local authority capacity through high-profile celebration of urban trees, helping to put these forgotten places firmly 'back on the map'.

With funding from the Green Recovery Challenge Fund over 18 months (Nov 2021 – Mar 2023), FP engaged more than 16,000 people across seven coastal towns and cities: beneficiaries received tree guides tailored to local species, volunteered at 130 tree planting events, and attended one-off or regular training, including paid placements. We planted more than 63,000 trees (whips, fruit trees and standard trees) in streets, schools, parks and open spaces that are most in need. The project has created 12 new jobs and helped retain 32 jobs in the green skills sector.

FP is innovative in its focus on coastal urban towns, where trees face harsh environmental conditions due to salt, wind and soil erosion, alongside pressures from seasonal tourism, vulnerability to tree pest/disease, and exposure to the effects of climate change (more frequent/violent storms, drought, flooding).

FP has created a scalable delivery model and a legacy of assets to increase, improve and celebrate urban trees in coastal locations: desktop targeting; opportunity mapping; stakeholder consultation; community tree planting; planting strategies; tree planting guidance for coastal authorities; and a public engagement campaign toolkit.



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Combatting disparities and driving health equity in urban low-income areas: Sharing lessons from research consortia working in the Global South (ARISE, CHORUS and IdeaMaps)

Rapid urbanisation means urban transformation processes and increased pressure on health systems, often exacerbating disparities. The joint panel will introduce three UK-funded research consortia (ARISE, CHORUS, IdeaMaps) that adopt participatory research approaches in cities in the Global South to improve the health of diverse low-income populations, and strengthen communities and health systems.

Critical learning from the Global South is increasingly applicable to urban environments in Europe and North America. This panel provides an opportunity for mutual learning on theories, processes and practice to combat disparities and address health equity.

The panel will disseminate findings and resources from the three research consortia around four themes, which have potential impact on research and practice in higher-income settings:

- co-production approaches – to capture local knowledge and build on the notion of knowing one's spaces and linked challenges, and enable communities to produce better data, articulate and co-lead interventions;
- intersectionality theory – understanding how power relations shape vulnerability to ill health and to meaningfully approach the co-design of health system interventions in urban spaces that analyse and address these intersecting inequities;
- safeguarding processes and guidance in participatory research – co-developed by researchers and communities to safeguard participants and research teams during different research processes; and
- participatory art as a dissemination and advocacy tool – examples include an ARISE collaboration with Luke Jerram and Sierra Leonean artists to install permanent solar lighting in Freetown's informal settlements; and a linked art parade on themes of safety, education, work and play, which will feature in Liverpool's 2023 River of Light Festival.

Delegates and panellists will then use a fishbowl method to discuss the findings and approaches to research and practice on urban transformation and health equities. A rapporteur will summarise the key points and next steps for all programmes in light of South-North sharing, with a planned report and blog distilling key lessons.

Dock Branch, Birkenhead: Community involvement in redesigning a new neighbourhood

Residents of Birkenhead have on average a ten-year lower life expectancy than those who live the other side of the Wirral peninsular, and 20 per cent of children live in poverty. Wirral Council recognises that the current form of the physical environment in Birkenhead plays a large part in widening inequality within the Borough.

The long-term sustainability of the town is at risk without intervention, and as such, the Council has defined an ambitious strategy for investment in the production of the Birkenhead 2040 Framework. However, it's recognised that physical projects alone will not address the imbalance of health inequality and prosperity, and it's through the Dock Branch project that the Council is demonstrating how a partnership approach to regeneration, with the local community at its heart, can create an intervention that has a catalytic effect on the town's fortunes. As a function of this, the Dock Branch Community Panel has formed to sit alongside the Council in formulating the plans for the design and occupation of a new park, and the neighbouring community. This group formulates ideas, provides critical challenge, promotes civic stewardship, and engages with the local community.

Make it Happen is a key stakeholder in the Community Panel and has taken on the role of a community translator, working with the community to ensure that their voice is heard while also working to create new positive perceptions of the regeneration plans for Birkenhead. Building pride and belief has been at the heart of the ambition, and it's beginning to feel that the regeneration of Birkenhead and, in particular, Dock Branch Park has the potential to become a key driving factor, not just of regeneration of place but also in regenerating the pride, confidence and aspirations of the local community. The golden thread lies in developing a citizen stewardship model to manage the future of the Dock Branch Park, which will support the growth of community resilience, support networks and development opportunities.

Make it Happen is keen to make sure there is a legacy of social growth that is inclusive for all aspects of the local community, offering a pathway towards better health, equality and economic prospects across Birkenhead. Working towards embedding community-led sessions in the community hub and volunteer-led projects into the way of working, Make It Happen is exploring ways in which community organisations can engage with and become a steering factor in formal regeneration projects to the benefit of both the projects and the people they are to serve.



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From department store to city campus

In a post-pandemic world compounded by huge pressures on global health systems, a climate crisis, a cost of living crisis, and impacts on wellbeing and mental health, there is more appreciation of our surroundings and where we live, learn and work.

The impact of these factors on our high streets creates an all-too familiar site – vacant shops and properties, exacerbated by the closure of large retail outlets and department stores. The result is an opportunity to explore a new concept and vision for the creative repurpose and re-use of department store buildings, the high street, and the city centre environment – where clinical facilities, support, and charity services blended with retail, education and training, inspire an evolution of the high street into a highly connected community space.

In this paper, we'll present a case study of how the University of Gloucestershire (UoG) purchased the Debenhams department store building in the heart of Gloucester city centre, in March 2021. The University has a ten-year plan for growth, with the School of Health and Social Care having seen the most significant recent growth. The vision is to provide a new city centre campus and thriving hub for teaching, learning and community-based partnerships – a mix of university, healthcare, and county council facilities.

The project has been successful in securing funding contributions to support the ambition, including from the Salix Public Sector Decarbonisation Scheme, the Government's Levelling Up Fund; and it's one of the first universities in the UK to secure funding linked to its commitment to ESG goals. Parts of the building will be accessible to the public, and in partnership with Gloucestershire County Council and the local NHS, forming an important anchor and link between the university, external NHS and other health and care providers, and an asset for the wider community.

The project is committed to regeneration and engagement with the city. It's not just about the building – it's about the positive impact the city campus will have on the local community and economy. Phase one of the build is due to open in academic year 2023–24.

Building society: Healthy finances, healthy high streets and healthy communities

There are several subjects that seem to be omnipresent in the UK's popular press: the decline of the local high street; ever-reducing public amenities; and the provision of face-to-face financial advice becoming limited or non-existent – with thousands of bank or building society branches closing.

One organisation, however, has seen an opportunity to invest in local communities. The Newcastle Building Society (NBS) has been partnering with local authorities and other organisations to improve access to financial advice and, at the same time, play a key role in actively supporting public amenities, while fostering a sense of wider community collaboration and cohesion.

Libraries and other community spaces are being regenerated by providing a range of easy-to-access local services under one roof – with a shared purpose of improving the lives of the local community. Libraries have been given a new lease of life along the lines of the Finnish model. Gyms, training, workspaces, community cafes and meeting places have become more central to local communities, with the addition of new services that compound footfall. Community groups have been given access to spaces to meet and grow.

Our options and choices are governed by our finances, and it's well documented that income and financial health can directly influence mental and physical wellbeing. Financial advice hubs in the centre of the community not only provide access to experts and specialists but are an important pillar to support and underpin local amenities (be it the library or the YMCA), as well as being integral to a wider symbiotic community eco-system and shared purpose.

In this context, NBS has developed a range of facilities, both as city centre hubs and local community satellites. This paper will share the learnings and positive impact of this values-based organisation, and the effect it has been having on the wellbeing of local communities. This includes not only the financial health of individual members of the community (and in turn, mental and physical health) but also its role in becoming integral to sustaining viable, valuable and relevant community physical assets at the heart of the local high street.



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Towards healthier planning and development

Our cities and towns can and should become engines of health – a virtuous loop of us making places healthier, and places providing us with greater and greater health and wellness opportunities. To achieve this, we need a different approach to placemaking and planning, one that builds on ‘health creation’ and the ideas of Lord Nigel Crisp, whereby we look beyond the role of the built environment in treating or even preventing poor health, to how it can actively be created through applying wellbeing principles.

Our planning system is central to achieving this, but it has lost sight of its public health origins. To this end, Nexus Planning is working with NHS Property Services (NHSPS) to evolve its approach to disposals and developments, and make a positive change in the way it addresses health inequalities and engages with the town planning process.

The cost of poor housing in the UK to the NHS is currently £2.5 billion per annum. Through reviewing best practice and existing processes and frameworks for healthy developments, we aim to create an holistic framework as a first step in establishing a consistent approach to better incorporating health and wellbeing principles, with an overarching and longer-term aspiration of achieving ‘net-health gain’.

This framework, currently being developed, builds on research in 2022 that presented “a vision of the city in 2050” and promoted the “health first” principle. The report suggests a new, re-imagined vision and framework for city transformation, which has become known as ‘Healthy, Attractive, Accessible, Adaptive, For All’.

Following an extensive literature review, workshops and developer interviews, we’re building on this work to create a practical approach for NHSPS to promote even better health in its developments. The NHSPS framework is being devised to apply the health focus throughout all stages of the development process.

Once developed, the framework might then inform and help evolve an industry standard based on a holistic approach to health that can be applied to a range of developments and locations. This is a vital change in approach for built environment professionals, as we look beyond treating or even preventing poor health, and instead focus on health creation.

Parks in the City: Findings from two park utilisation studies connect urban greenspace with health and wellness activities

Urban greenspaces, especially parks, are community assets and essential infrastructure that enrich daily city life by encouraging access to nature, physical activity, social interactions, and wellbeing. Studies of park usage in two different urban areas, New York, NY, and Richmond, BC, show similar indicators and outcomes among park users despite variations in geography and density.

Objectives: Two studies of city parks, in New York City and the City of Richmond, explored the role they play in community life and wellbeing. Park utilisation was assessed to characterise users' demographics, prioritised activities, motivations, barriers to access, and experience. The purpose was to understand park visitors' needs and determine how those responsible for funding, programming, and expanding urban greenspaces can ensure city parks continue to serve their respective communities by supporting personal wellness and population health goals.

Methodology: The City of Richmond's park system totals 871 hectares and includes 136 kilometres of trails, while Hudson River Park covers 220 hectares and runs 7.2 kilometres along Manhattan's west side. Survey responses were collected from City of Richmond residents (n = 1000) and visitors of Hudson River Park (n = 515). Eight focus groups were conducted among Richmond residents (n = 50) to better understand access and barriers to park use and other city services.

Results: Over 80 per cent of respondents from the City of Richmond reported visiting any one of the city's parks or trails in the past year and 66 per cent indicated that they visit multiple times per month to multiple times per week. Walking, socialising outdoors, cycling, and using outdoor sports amenities were the most frequently reported park activities. Similarly, visitors of Hudson River Park reported walking, exercising and relaxing with friends as their top park activities. Ninety-one per cent of respondents indicated that Hudson River Park is important to the health of nearby neighbourhoods.

Conclusions: City parks offer greenspaces where people can reconnect – with nature, others and self. Further study findings and examples of design and programmatic elements from the case studies will be shared to inform urban design and planning to spur health and wellness activities.



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Testing indicators for a 'Healthy Parks Framework'

In 2021, University College London (UCL) co-created a Healthy Parks Framework (HPF) with Camden and Islington local authorities, a visual assessment tool describing the characteristics of a health-promoting park / greenspace, with practical applications for park managers and greenspace teams in local authorities.

The HPF comprises ten characteristics that describe the health-promoting features of a greenspace or park, and three underlying values, which describe how health outcomes align to wider sustainability and equity drivers. Indicators for each characteristic were developed and tested in collaboration with Camden Council. This presentation will provide a summary of the testing of the framework's characteristics and indicators.

Application: To support the application of the HPF, a scoring approach was developed. The 'Healthy Parks Framework Score Card' was developed to provide quantitative indicators against the HPF characteristics. A review of urban health and greenspaces indicators helped identify appropriate indicators for the ten characteristics. These indicators were translated into a scorecard, which could be used to rate a greenspace. The scorecard was tested with stakeholders for two greenspaces in Camden and Islington Councils.

Outcomes: The results of the scorecards for each park confirmed that these could provide insights into the strengths and weaknesses of parks for health outcomes, and have possible use for supporting decision-making in park design and management. However, the testing also revealed the need to provide specific descriptions of each scale point, to ensure consistency in scoring, and highlighted gaps in existing literature and evidence in relation to several characteristics.

Next steps: While the indicators provide a mechanism for local authorities to assess parks in relation to varying health outcomes, the approach was found less suitable for engaging with park users or local communities. An alternative approach using 'reflective questions' for participatory scoring is being developed. In addition, the HPF framework and indicators are now being tested in new areas and with different stakeholder groups to assess the pathways between the HPF characteristics and specific health outcomes. In addition, a Partnerships for Healthy Parks Network has been funded to help embed the HPF in practice and policy.

Edinburgh's parks: Investing in sensitive lighting to support active travel

The City of Edinburgh Council investigated the city's parks to establish which ones are most suited to the installation of sensitive lighting, as part of its active travel plan. The research report provided evidence that led to the award of an initial £500,000 investment.

Objectives: The City sought to enhance the quality of life of residents through its sustainable transport and active travel plans, and identified that people's perceived safety of being in unlit parks decreases after dusk. As the parks are often key connecting routes between destinations, many people therefore choose cars or other motorised transport to move around the city safely.

By illuminating existing paths at nightfall, the city aims to enhance the perceived safety of its parks and encourage their use as sites of connection. This should see more people adopt active travel and public transport journeys, and the city will reap the associated health, economic and environmental benefits.

Methodology: The study comprised two stages. The first stage assessed Edinburgh's 149 parks against three criteria. From this, 58 parks were identified as suitable candidates for further assessment. The second stage evaluated the shortlisted parks using five critical place-based dimensions: Local destinations; Transport; the Scottish Index of Multiple Deprivation; Connecting paths; and Perception. Each dimension was separated into 'aspects', assessed and scored. The five scores for each park were combined to provide an overall score – a suitability rating. Further work was undertaken by weighting each dimension's score, leading to a ranked table of recommended parks. The research paid special attention to the needs of those in vulnerable situations.

Results: The core output of this research has been the report, 'Park lighting: Illuminating existing paths in Edinburgh's parks'. It sits alongside a technical report submitted to the Council as evidence for funding the lighting programme.

Conclusion: Mostly, the narrative is about the park as a destination and not as a thoroughfare to connect places. This research concerned people's sense of safety after dusk; encouraging them to use parks as active routes when walking, wheeling or cycling. Its recommendations have been accepted and will radically improve people's experience of Scotland's capital.



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Effectiveness of urban design interventions for mental wellbeing: Rapid evidence review

Mental disorders account for 14 per cent of the world's disease burden and are a major concern in urban areas, where city dwellers face a higher risk of depression, anxiety, and schizophrenia.

Although there is a known link between mental health and the built environment, it remains unclear which features of the built environment have the most impact on mental health.

In July 2021, the UK Government called on local authorities to create their own design guides and codes that reflect high-quality urban design principles in new developments, as part of a national strategy to create beautiful, distinctive and healthy places.

To assist urban planners and other built environment professionals in local authorities, we conducted a rapid review of more than 3000 papers published in peer-reviewed academic journals, to assess the effectiveness of urban design interventions for mental wellbeing. We identified 27 reviews of evidence and mapped their findings against national urban design guidelines.

Our review uncovered strong evidence linking greenspace to positive mental wellbeing, with certain features of greenspace having a greater impact than others. Housing affordability and quality were also ranked as critical factors. Also significant were walkable neighbourhoods; easy access to services and amenities; place belonging and safety; and identity of place and social connections.

Overall, our findings can help inform the design of healthier and more liveable urban environments.

Homestead – a holistic vision for mental wellness in society

This presentation is a collaboration with Compassionate Mental Health, Growing Better Lives and Others.

Homestead is a vision for a national network of truly therapeutic environments across the UK for people suffering from long-term mental illness, including those who are often excluded from other services. The vision is for symbiotic communities, where holistic relational care is provided with a deep sense of purpose and belonging for residents and staff. Homestead will be homely, safe, enlivening; accessible and affordable; and sustainable, close to nature, and beautifully crafted.

It's our aim that tens of thousands of people, whose lives are spent in and out of mental hospitals, could be helped by Homestead to get better and stay better; with net savings to the national purse and net increases to health and wellbeing across society.

Homestead also aims to become a thriving network of productive, community-based enterprises – from baking and pottery, bee-keeping and food production, and farm shops and animal rescue, to cycle cafes, coffee carts and high-street retail 'hubs'. These will aim to work symbiotically with the supported housing Homestead provides to create a positive relationship with local communities, and a transformative sense of purpose and belonging for those involved.

About 220,000 people are being treated for schizophrenia at any one time in the UK; over half suffering recurring hospitalisation. The cost to the NHS and social care is over £15 billion per year. We believe that some of these funds can be spent more effectively – supplemented by productive enterprise, charity giving and community involvement – to increase health and reduce cost. De-stigmatisation of mental illness is underway but needs to increase, not only to take the meaning of care in the community to a new level but also involve the young more in caring for their peers in need, and increasingly develop norms of healthy living.

We're moving towards a three-year plan, with pilots in Wales and Northern Ireland founded, firstly, on a solid research base, including social-return-on-investment analysis and joint working with universities around the country, and, secondly, on collaborative relationships with the NHS, local authorities, charities, and other organisations.



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Urban planning for health: Strategies and experiences of building resilience at the local level

Urban planning is a public health intervention that can transform the physical and social environments, reducing harmful exposures and facilitating healthy lifestyles. It can become crucial in reducing both health risks during extreme events and the associated burden on the health system.

Purpose: To compile evidence, local-level experiences and lessons learned on how urban design, management and planning can improve preparedness and resilience in cities.

Methodology: As part of the 'Protecting environments and health by building urban resilience project', led by the WHO European Centre for Environment and Health, we conducted: a) an evidence review on urban planning, design and management strategies for increasing preparedness and resilience; and b) semi-structured interviews in 12 European cities on their practical experiences with local emergencies and disasters.

Findings: The evidence review included a total of 172 scientific articles. Specific local response strategies were identified for six different hazard types under eight cross-cutting issues. Strategies such as institutional innovation, improving early warning, raising awareness, and understanding risks and cascading effects are important for all hazards. Others, such as urban greening, promoting compactness and mixed-use, and controlling urban sprawl, have synergies and co-benefits across multiple hazard types. Lessons learned from the 12 case studies support this idea of an all-hazards, multi-risk approach, finding synergies and co-benefits, while minimising trade-offs and unwanted consequences. Overall, findings are closely related to three healthy urban planning principles: promoting active mobility, reducing risk exposure through planning, and ensuring local access to basic services.

Implications: This compilation of evidence and local experiences can support local administrations and communities in further integrating health protection considerations into mainstream urban planning and management, and preparedness and response to environmental disasters.

Urban strategies to improve social cohesion, health equity, and economic opportunity in Ireland

Awareness and priorities in Ireland are shifting towards a more qualitative, inclusive and equitable approach for urban living. This paper will explore the challenges to be addressed and the actions being implemented.

Many Irish towns were developed as small, self-contained communities with a rural farming hinterland. This development model worked until the mid-20th century. With the introduction of a planning and development system based on single land-use zoning and car-based movement, a more dispersed settlement pattern became dominant, which has transformed how people move about and use towns.

Evidence-based research shows there is a correlation between the resulting dispersed development pattern, environmental quality, and people's health and wellbeing. This has resulted in a renewed focus on improving the quality of our towns and cities across the country as attractive places for people to enjoy life, based on 'sustainable compact growth'.

This focus is underlined by ongoing significant growth in a highly competitive economy, where inward investment is attracted to places where people want to live, with attractive cities such as Galway coming under huge pressure owing to economic and population growth.

Two key challenges will be explored: how to retain the quality of places already doing well; and how to improve the quality of places underachieving. It's intended to provide an overview of:

- Irish context – an update of recent policy and funding programmes for various initiatives;
- practice-based case studies – several proposals for Irish cities, towns, and neighbourhoods; and
- actions – project examples, both short-term during the pandemic and longer-term to achieve 'zero carbon' by 2050.

Conclusion: Architecture and urbanism must recognise that people living in cities and towns are part of an 'ecosystem' – their health and wellbeing, economic opportunity, and quality of life are interlinked with the quality of place, circularity of resources, improvements in land-use efficiency, and maximising social value.



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Developing 'City Know-how' from global research findings: Have your say!

This interactive session involves a tour of the proposed evolution and development of the popular 'City Know-how' blogs from *Cities & Health* journal, with a chance to provide feedback and become a founding user.

The problem: Evidence supports what we all intuitively know: that human health and planetary health are heavily influenced by the urban environments we create. Outcomes for human and planetary health show worrying trends of ongoing and increasing risks. Looking for solutions is the subject of an ever-growing and funded research community. But who beyond that academic community really gets to read about potential solutions?

What we did: Since its first issue in 2017, the Routledge academic journal *Cities & Health* has published a section called 'Research for city practice'. This demands of researchers, who have had their peer-reviewed work accepted in the journal, that they produce a summary of their findings for policymakers, professional practitioners, opinion-formers, and community leaders. These summaries are called 'City Know-hows'.

What we found out: With more than 150 City Know-hows now published, we found that they're a very popular element of the journal, for authors and readers, leading in part to the journal's success. We also found that with such a treasure chest of material, it's now time to set up a platform allowing people to easily search, collate and publish collections of City Know-hows to support their own initiatives.

What this means in practice: We're setting-up a new platform to allow the City Know-hows to be better accessed. They can be used as a shortcut to finding quality-assured evidence, to support research for a policy or project; to help plan for the best outcomes; to see how others have designed interventions; and to be informed about evidence-based policies. We hope they will become an essential tool in advocacy for healthier places at all project stages.

In this workshop, you will be introduced to the new platform by the developer, with a chance to provide feedback on its first iteration. We will talk about the partnership between Cities & Health, Building Health Lab, the International Society of Urban Health, SALUS, and Routledge, which are all supporting the platform's development. We will outline a few of the future options on the table for further development and, hopefully, hear from you about the functionality you would like to see included.

A “home away from home” – the social role of the Sydney Children’s Hospital Stage 1 and Minderoo Children’s Comprehensive Cancer Centre within the Randwick Health and Innovation Precinct



Tara Veldman (Australia)
Director, health lead,
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The design and integration of the Sydney Children's Hospital Stage 1 and Minderoo Children's Comprehensive Cancer Centre within the Randwick Health and Innovation precinct has been co-created with clinicians, researchers, children, families, and the community to optimise health outcomes.

The project partners, the Sydney Children's Hospital, Randwick, Children's Cancer Institute and UNSW Sydney, have a rich culture of collaboration, blended with commitment to transforming health through integrated research and care, and a focus on an inclusive community-oriented design to promote wellness outcomes.

The project takes a bench-to-bedside approach – embodied in the co-location of healthcare, education, and research environments to accelerate learning discoveries, engage clinical innovation with bedside care and, in this project, meet the complex health needs of children, their families, and the wider health community. It's designed as a holistic place of healing for children, families, carers, and hospital and research staff, with the latest technology incorporated.

The response to the brief is a “head and heart” approach to create an atmosphere of inclusion and uplift. Biophilic design principles are integrated through a focus on access to natural light between buildings, and physical and visual contact with green spaces, while nature-filled social spaces and a co-designed public, north-facing courtyard focus on wellbeing and “positive distraction”.

Deep collaborations have resulted in: a shared, north-facing public square; publicly accessible ground planes within buildings to facilitate connections across the campus and precinct; an Indigenous garden; a 'backyard' with a children's playground and performance space; a pet enclosure; cafes and restaurants with extended opening hours; an Uber Eats access area; separation of traffic flows and pedestrian zones to allow a completely car-free zone where people can gather; a precinct-wide art strategy; public laboratories – where visitors can see what researchers are doing; and an innovation and discovery centre open to the community.

The precinct is currently under construction and expected to open in late 2025. Through such close proximity of health, research and education, located within a biophilic setting, the development and its use by the communities it serves is expected to result in improved health outcomes.



Magali Thomson (UK)
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A healthy hospital street on Great Ormond Street: How can the streets that serve our city hospitals create healthy, sociable and inclusive environments for all?

To address the climate emergency, the NHS, education providers, local authorities, private developers, and local authorities must look beyond their individual boundaries and work collaboratively. Many of the challenges are highlighted in 'The Marmot Review 10 Years On', by the Institute of Health Equity, a report that summarises how people can expect to spend more of their lives in poor health, how improvements to life expectancy have stalled, and how the health gap has grown between wealthy and deprived areas.

GOSH is one of the world's best-known children's hospitals, yet the surrounding streets fail patients, hospital staff, visitors, and the community. The area scores highly on deprivation criteria with a lack of access to green space, and the street/arrival experience to GOSH is congested, noisy and unsafe. Air-quality data indicate it exceeds WHO-recommended levels for NO₂ and PM_{2.5}, exposure to which can cause respiratory illness and decreased lung function among children.

Aims: We realise it's no longer enough to treat the child; we also need to treat the environment they're in. This has led to us developing a 'Healthy Hospital Street' in collaboration with Camden Council. A new vision for GOSH aims to make it the healthiest, most child-friendly hospital street in London. This will create a radical model for urban design that could set a UK standard for healthy, green hospital streets, delivering significant social, environmental, and economic value, while ensuring hospital logistics are maintained.

Methodology: The proposals reclaim vehicle space for the hospital and wider community to enjoy, with 'play on the way', active travel, rainwater gardens, communal dining, integrated art, and seasonal planting with a high ecological value – creating a healing, biophilic environment that also enhances climate resilience.

Results: We'll share baseline data, pilots and what we've learnt so far. We'll also share feedback on how engagement with the local community and stakeholders is helping change design thinking for the better.

Implications: The issues faced on Great Ormond Street are also faced by hospitals across the capital. The Healthy Hospital Street on Great Ormond Street acts as a pilot for an approach that could be replicated throughout London and beyond.

Child-friendly urban environments (CFUE) – developing a framework and tool for designers

It's estimated that global urban population growth will significantly increase the number of children living in cities by 2050. As recognised at the UN Habitat III conference, historically, urban planning has failed to give sufficient consideration to vulnerable groups, including children.

There remains a lack of guidance and tools for designers to support the creation and development of places and spaces that positively contribute to child development. This project aims to address this through the development of a framework for assessing and improving urban environments with a child's experience and needs at its heart. The framework builds on the UNICEF Child Friendly Cities programme but focuses specifically on interventions within the urban design and planning sectors.

Methods: These include: literature reviews on key concepts around 'child-friendliness' in urban planning, vulnerabilities of children in urban areas, and the barriers to tackling them; case studies analysis; urban metrics and indicator cataloguing; evidence-based framework development; and iterative development and testing with practitioners.

Results: The resulting framework outlines six pillars for a Child-Friendly Urban Environment (CFUE), which include health and wellbeing; play; independent mobility; social amenities and education; community and connectivity; and safety and protection.

A visual, evidence-based framework was developed from the literature review and urban indicators review, presenting the pillars as a tool for design teams to assess urban interventions. To address the varying different interactions children have with urban environments, the framework also describes the pillars at three urban scales: city, neighbourhood, and street scales. This provides a structured framework for use in design workshops or reviews, and for understanding stakeholder priorities and requirements against the six pillars. Additionally, supporting tools and urban indicators and metrics for assessing the pillars have been created.

Conclusions: The CFUE framework and toolkit are now being piloted, increasing design teams' awareness of considerations for creating more child-friendly environments. Providing structured and evidence-based tools is vital to informing design decision-making and client engagement. In the next stages, we aim to explore opportunities to further develop the qualitative assessment tools, develop GIS-based tools, and collaborate with local authorities to test and develop the CFUE framework in practice.



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The relationship between pregnant women, new mothers and public spaces: A case-study approach of Liverpool

Urban areas around the world are “sites of social differences”, including a variety of people of different ages, ethnicities, and classes (Short, J, 2021). One fundamental social distinction affected by planning decisions is gender. Historically, places have been primarily designed by men, in male-dominated industries. Thus, urban areas we live and work in today have inadvertently been designed without fully considering women's experiences, routines and needs (Palit, N, 2019). One policy programme introduced to help create more equal cities and enhance gender-inclusive planning is gender mainstreaming.

Purpose: The aim of the project was to understand if gender mainstreaming has been successfully implemented into planning policy in Liverpool to create gender-inclusive public spaces for pregnant women and new mothers.

Methods: Social issues differ between cities; therefore, a case study of Liverpool Central Ward was chosen. The study followed a methodological strategy, with qualitative and quantitative research methods, including a mix of questionnaires and interviews collecting primary data from pregnant women, new mothers, and urban planners. Combining empirical research methods generated an understanding of different perspectives.

Results and conclusion: The study's results demonstrated that gender mainstreaming has not been successfully implemented into planning policy in Liverpool, regarding urban public spaces. The data collected indicate that public spaces in Liverpool don't facilitate the needs of pregnant women and new mothers, as they could not access public spaces in the city easily, with the appropriate facilities they needed. Moreover, there was evidence that planners did not consider these women's needs and routines in their planning decisions, mainly down to unintentional factors, such as gender mainstreaming not being outlined in policy. On the basis of the results, recommendations were proposed, such as producing better policies around gender; incorporating gender mainstreaming into education; and pushing towards social change.

Further research could help create more equal places for these women and strive towards ideas such as Glasgow's Feminist City Initiative, which could be a vision for Liverpool. This study won the Royal Town Planning Institute's Northwest Moss Madden Student Award 2022, as well as the Institute's Book Prize by the University of Liverpool.

Playful design for women and girls

It's well documented that play supports the healthy development of individuals and effective provision for play in the public realm supports the wellbeing of communities, but do different genders relate to playful spatial design differently?

With a focus on playable space, as well as all shared space, we'll look at the issues for women and girls in the public realm, in parks and greenspaces, and in their neighbourhoods, drawing on both project examples and research to highlight responses that have been voiced about how design could be more supportive of their needs.

We'll explore what measures are being taken to make women and girls feel welcome in homes, neighbourhoods, and the public realm. We'll question what approaches can be taken to avoid tokenism. We'll refer to some of the organisations leading the conversation in bringing gender equity to shared space.

We'll show examples of design choices to make this a reality. The paper will explore:

- a) the links between healthy play experiences and environments, and healthy outcomes for young people; and
- b) demonstrate how the application of knowledge and experience in the field of landscape architecture can be used to design spaces through the prism of gender equity that reflects the needs of women and girls in playful placemaking.



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Partners



Monday 16 October,
Space One and Two, 12.40-13.50

CHARTING THE PATH FOR HEALTH EQUITY

This special lunchtime workshop explores how two local authorities – East Sussex County Council and Merton Council – are charting a path to address health disparities within their local populations.

Charting an equitable path for planning for health in East Sussex

This session will discuss how the public health teams at East Sussex County Council (ESCC) and local planning authorities (LPAs) are working together to deliver the Council's statutory public health responsibilities and LPAs' duties to deliver relevant elements of the National Planning Policy Framework through the planning system.

Providing the policy context and links between planning and health, the East Sussex Public Health and Planning Memorandum of Understanding (MoU) sets out the high-level actions that parties will take, including working together to agree specific actions around processes, engagement and parameters to establish robust outcomes and objectives.

The MoU has helped build consensus and mutual understanding across the county in the approach to creating healthy, equitable and sustainable places, strengthening compliance to the 'duty to co-operate' as well as accountability. It's a useful mechanism to help deliver against the East Sussex Health and Wellbeing Strategy, the Integrated Care Strategy, and shape emerging Local Plan policy objectives on health, wellbeing and sustainability.

Charting the path for healthy equity in areas of urban deprivation

The London mayor piloted a programme in 2018-2019 that later expanded into 50 grants for London boroughs in 2022-2023. The aim was to develop schemes that could address two or more environmental harms identified within 400-metre zones around selected schools. Harms might include air pollution, food environment, road safety, or sales of alcohol or cigarettes.

The London borough of Merton secured grants for three primary schools in neighbourhoods with the borough's lowest Index of Multiple Deprivation, highest child obesity, and specific social-psychological issues. Each school targeted the elimination of 21.5 per cent of school-run car journeys and their conversion to active travel; the threat of street drinking to personal safety; and pupils overcoming hylophobia through active travel and road safety interventions.

The session will examine the case studies of these three schools, illustrating methods of improving health equity through social cohesion within neighbourhoods of deprivation. The case studies conclude with lessons and practical tools that exemplify methods for supporting local regions where health equity is inhibited by preventable behaviours and affordable physical interventions, and which can enable lasting results and measurable social cohesion.

Panel:



Lourdes Madigasekera-Elliott (UK)
Public health strategic lead –
Creating Healthy Places,
East Sussex County Council



Ellen Reith (UK)
Healthy places specialist,
East Sussex County Council



Annalise V. Johns (UK)
Health In All Policies lead,
Merton Council

Tuesday 17 October,
Space One and Two, 12.40-13.50

Organised by



HOUSING AND HEALTH EQUITY

Explore bold and practical examples of how we can address housing insecurity to support better health in this lunchtime workshop.

A stable, secure, decent, affordable home is a foundation for health. If we have a right to good health, then housing is an issue of health equity. Housing is a fundamental human right and one of the underlying key capabilities, which Amartya Sen argues, is required for opportunities to be harnessed (Sen, 1985).

The stark reality is that in Liverpool, London and other cities around the world, people are paying for precarious housing with their health. And too often, the mental and physical health of those living on low incomes from marginalised communities suffer the most.

This session, hosted by Impact on Urban Health, will explore a range of methods and approaches proposed and implemented by partners to address the issue of inadequate, precarious housing and its effect on health.

In the longer term, we need to build more decent, affordable housing, and give communities a say in where that is and what form it takes. In the short-term, precarious rented accommodation is a fact of life for people living on low incomes. With our partners, including Kineara and Cambridge House, we at Impact on Urban Health are showing that there are ways to improve the accessibility, affordability, quality and stability of tenure for homes in the private rented sector – and with it, people's health, slowing their progression to multiple long-term conditions.

The Council on Urban Initiatives will share some examples of integrated urban design from around the world, as well as key recommendations from its paper outlining a 'Mission-oriented and human rights-based approach to housing' – a new framework to guide governments in bringing about more sustainable, inclusive and resilient cities. The Council's research provides a framework and case studies for resolving the housing crisis by calling for a different approach from all levels of government, from national to local.

Join us to discuss a range of visionary and practical approaches that can be supported and adopted by myriad stakeholders – from government to community organisations, from local authorities to landlords – that can make housing in our cities healthier and fairer.

Panel:



Barbara Reichwein (UK)
Programme director,
Impact on Urban Health



Maria Morgan (UK)
Founder,
Kineara



Ricky Burdett (UK)
Co-chair,
Council on Urban Initiatives



Joey Carr (UK)
Representative,
Safer Renting Initiative,
Cambridge House

The Atrium

LIVERPOOL GREEN LANES

An interactive exhibit imagining the potential of a metro-like green network connecting the Knowledge Quarter to the waterfront in Liverpool.

A key mechanism used to deliver urban change are major regeneration projects focused on specific urban districts and neighbourhoods. The Liverpool Knowledge Quarter (KQ), including Paddington Village and the Spine are examples of this approach. These have the potential to attract inward investment and deliver transformation at scale. The Liverpool Green Lanes proposition is to connect and leverage this transformation into the wider city. Our prototype is a metro-like green network spreading out from a central spine, a 'Green Lane' that connects the KQ to the waterfront. The panel discussion will explore whether this type of approach can be a significant driver for healthier communities and more equitable cities. Could a 'Green Lanes' initiative catalyse greening, and promote healthier living, active mobility, place activation, and community engagement at scale?

Questions to consider

- Do you think that a network of activated, secure, people-first 'Green Lanes', connecting city communities to key urban destinations and amenities, is key to delivering healthier lives and healthier cities?
- How best do you think Green Lanes can become part of forward city planning?
- How best do you think Green Lanes can be funded?
- A key component of the Green Lanes idea is to be more than just a green and tree-lined route/corridor, and become a means of catalysing community activity. What types of activities and uses do you think could take place in and around a Green Lane?
- What do you see as the main challenges in delivering a Green Lanes initiative?
- How could the Green Lanes project be improved?

Session 16 will open with a presentation of the proposition that Ryder and Urban Place Network have been developing in collaboration with stakeholders across Liverpool. A panel discussion will follow, exploring how the Green Lanes idea can evolve through wider collaboration, while there will also be an opportunity to debate the potential broader impact of the concept for Liverpool and other global cities.

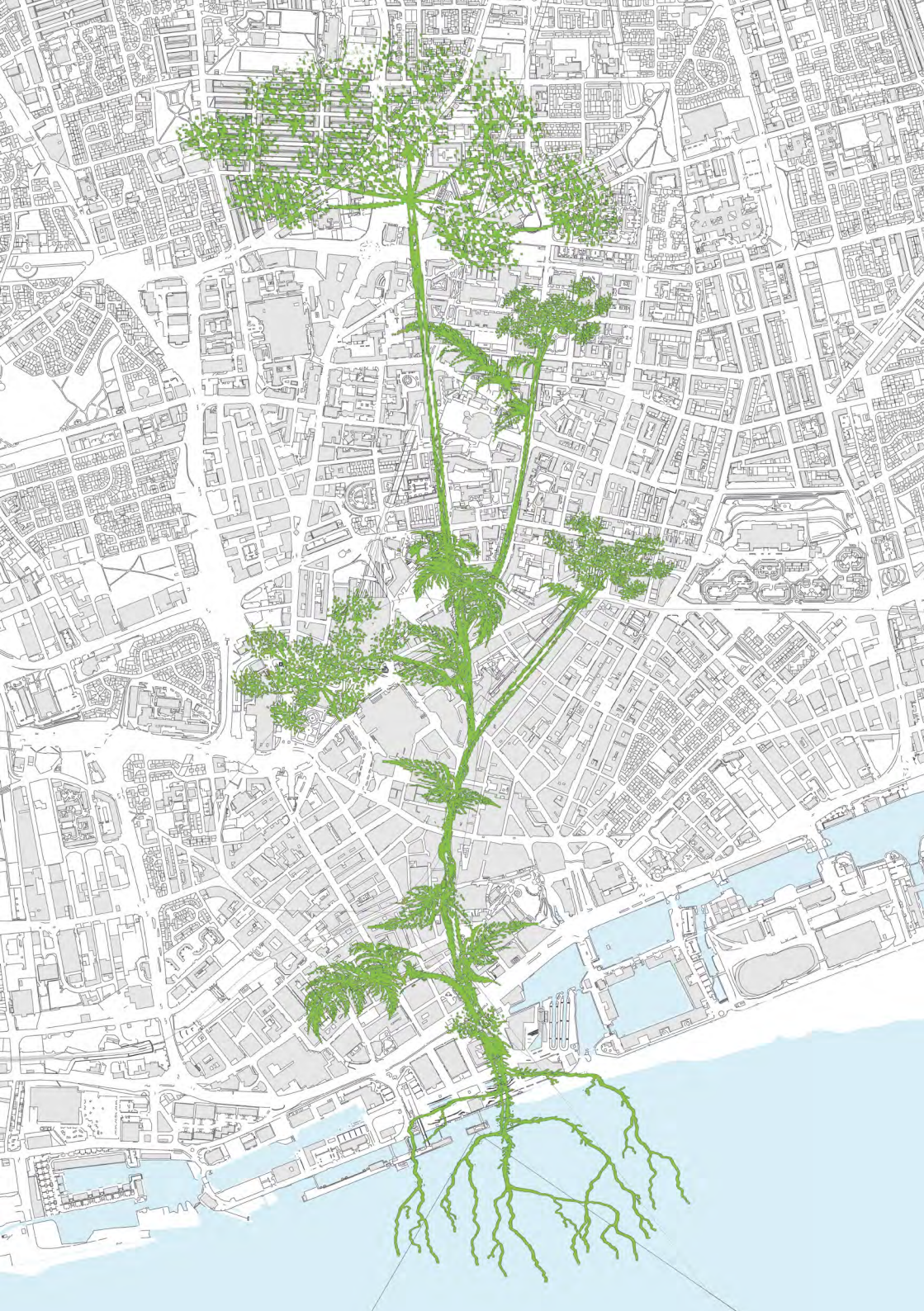


Invitation to participate

The session will look to articulate key findings and outline the next steps for the Green Lanes initiative.

In preparation for the session, the Green Lanes proposition will be exhibited in the breakout area and we would encourage all delegates to visit, explore and add your ideas to it. We will also be running a virtual survey during the Congress that we encourage delegates to participate in.

Ryder and Urban Place Network also aim to host a walking tour at the end of Day 1, along the Green Lane route, from the Spine to the Congress Evening Networking Dinner at the Maritime Museum.





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SALUS Global Knowledge Exchange

SALUS is an entrepreneurial global media, research, publishing, events and training organisation with a vision to improve human and planetary health through the global exchange of knowledge.

Our mission is to create, share and disseminate knowledge about the relationship between human health and the natural, built and social environments. We view the two great challenges of our age – the need to maintain and improve human health in the face of ageing populations and chronic disease, and addressing climate change through more sustainable management of our finite resources – as inextricably linked.

Knowledge exchange – events, publications and broadcasting:

Complementing our congresses is our broadcast channel, SALUS TV, which disseminates knowledge and content, and makes the virtual experience richer and more entertaining. Our vision is to stream live and 'on demand' content to a global audience 24/7, featuring people, organisations, innovations and projects designed to deliver better health, and improving human and planetary health by design.

The SALUS journal and online community: A resource providing a digital platform for publishing, mapping and archiving research, policy and practice in the field of designing for human and planetary health. In eight years, SALUS has published more than 6000 articles and abridged research papers and 2500 hours of video talks and posters in the field, collaborating with a global network of professional, academic and government organisations.

European Healthcare Design Congress: Now in its tenth year, the Congress brings together interdisciplinary researchers and practitioners in health system and service design, technology and infrastructure. In 2023, the Congress was held in-person and broadcast online to 1000+ participants from around 40 countries.

Healthy City Design International Congress: Launched in 2017, the Congress brings together leading researchers, practitioners and policy thinkers from across the fields of urban health, sustainable development and planetary health. In 2020 and 2021, owing to the pandemic, the Congress was broadcast online-only to around 400 delegates. In 2022, it was hosted in-person with live streaming for virtual delegates, and this year marks the first time the Congress has been held outside of London.

Research advisory: SALUS is currently building an independent research advisory arm. To date, its biggest commission was to produce a 'Guiding principles' document to support the development of Veraine, a planned new healthy community, in Pickering, Canada.

Health is made at home: In 2020, in a joint venture with Lord Nigel Crisp, former CEO of the NHS (2000-2006), SALUS published *Health is made at home, hospitals are for repairs* and broadcast a webinar series titled, 'Building a healthy and health-creating society', designed to promote 'health creation' in society. See www.healthismadeathome.uk.



Contact:

Rama Gheerawo, director

Dr Chris McGinley, senior research fellow, age and diversity research leader

Dr Jak Spencer, research fellow, social and global research leader

W: www.hhcd.rca.uk

The Helen Hamlyn Centre for Design, Royal College of Art

The Helen Hamlyn Centre for Design in London is the Royal College of Art's largest and longest-running centre for design research.

We are an international leader in people-centred and inclusive design – the process of designing products, services and systems for ease of use by the maximum number of people.

Founded in 1991 and endowed by the Helen Hamlyn Trust, our purpose is to conduct design research and projects with industry that will contribute to improving people's lives.

Our interdisciplinary approach is based around a series of interlocking research activities related to design for ageing, health, work, mobility and cities.

We've developed empathic and innovative research methods, working in partnership with a wide range of business, industry, government, academic and third-sector partners.

Our expertise in healthcare has also extended from design policy and information to the development of systems, services and products. Our projects include a total redesign of the interior space of the emergency ambulance.



Journal Partner

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Cities & Health

The international journal *Cities & Health* provides an innovative platform supporting the curation and communication of research for policy and practice. The journal's core focus is city planning, design and spatial governance for population health, planetary health and healthy equity.

The journal acts to support networks and communities with similar aims. It's committed to developing a shared evidence base, encouraging better cross-disciplinary understanding and supporting critical transdisciplinary practices.

The journal publishes papers and commentaries from researchers, practitioners and policymakers working to build a new wisdom for supporting healthier cities.

RESEARCH·DESIGN connections

Media Partner

Contact:
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Research Design Connections

Research Design Connections reports and synthesises (in everyday language) the findings of recent and classic research in neuroscience, cognitive science, and the social sciences considered to be useful to designers.

Both designers and their clients find it increasingly important to base design decisions on rigorous research into how people relate to the man-made and natural worlds. Furthermore, investments in human resources, materials, real estate, and tooling are rapidly becoming more expensive.

Research Design Connections supplies the knowledge that resources design professionals need to develop exceptional places and objects, valued by both clients and users. Using insights derived from objective, unbiased research to inform design decisions creates a competitive advantage that increases the perceived value of design services.

Subscribers receive a monthly newsletter, as well as access to the archive of past Research Design Connections articles: more than 3000 valuable articles that explore myriad aspects of research-backed design.

THE ACADEMY OF URBANISM

Contact:
Harry Knibb,
Director

Christine Smallwood,
Managing director

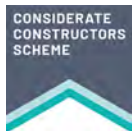
W: theaou.org

The Academy of Urbanism

The Academy is an active, not-for-profit, politically independent membership organisation founded to expand our collective understanding of placemaking and to share best practice. We bring together the current and next generation of leaders, thinkers, and practitioners spanning the disciplines and sectors that contribute to great places.

Through our events, activities, and programmes, we draw out and disseminate examples and lessons of good urbanism. We use the evidence we gather to promote better understanding of how the development and management of the urban realm can provide a better quality of living for all.

Creating places that promote health and resilience is at the heart of our mission, and we are happy to endorse the Healthy City Design International Congress.



Contact:
Victoria Knowles,
Head of public voice and
engagement

W: www.ccscheme.org.uk

Considerate Constructors Scheme

The Considerate Constructors Scheme (CCS) is designed to help the construction industry improve its image. We do this by supporting and encouraging the industry to raise its standards and build trust across the communities impacted by its work.

Each year, thousands of construction sites sign-up to the Scheme. By doing so, they commit to our Code of Considerate Practice, which focuses on three key areas: respecting the community; caring for the environment; and valuing the workforce. Our independent monitoring benchmarks how well these sites are performing in these areas.

Creating a healthy built environment for the communities impacted by construction activity, reducing the environmental impact of construction, and supporting the wellbeing of those working in the industry are a core part of our Code.

The Scheme also provides services for the public. Our dedicated public support team can assist anyone who has a concern or feedback about construction activity. The team liaises between contractors and the public and works towards finding a resolution to the latter's concerns.

Find out more at ccscheme.org.uk to see which construction sites are signed up to the Scheme.

For the latest best-practice examples in community and workforce wellbeing, visit our Best Practice Hub.



Contact:
Layla McCay,
Director

W: www.urbandesignmentalhealth.com

Centre for Urban Design and Mental Health

The Centre for Urban Design and Mental Health (UD/MH) is an international think tank focused on answering one question: how can we design better mental health into our cities?

Mental illness accounts for 14 per cent of the global burden of disease, and one in four people will experience mental health problems in their lifetime. Good population mental health is essential for a thriving, resilient, sustainable city. Yet urban living is not only associated with stress and loneliness but also with substantially elevated rates of depression, anxiety and schizophrenia.

Urban planners and designers are only just starting to understand the huge potential opportunities for impact and value in designing for good mental health.

UD/MH launched in 2015 in response to the need for increasing global knowledge at the nexus of urban design and mental health.

With fellows and associates around the world, UD/MH brings together diverse evidence, promotes strategic research, catalyses conversations, and develops practical guidelines to inspire and empower policymakers, planners and designers to systematically integrate public mental health into their work.



highstreetstaskforce.org.uk

Contact:
Mark Robinson,
Chair

W: www.highstreetstaskforce.org.uk

High Streets Task Force

The High Streets Task Force was commissioned by the UK Government in 2019 as part of its 'Plan for the High Street' and in response to recommendations of an expert panel on the high street, chaired by successful entrepreneur Sir John Timpson.

The Task Force has been set up to strengthen local leadership in high streets and town centres in England. It does this by providing information, advice, training, knowledge and data, helping people make a positive difference to their local communities. Since 2019, the Task Force has visited more than 140 locations to provide this support and learn about the challenges facing town and city centres.

Run by the Institute of Place Management on behalf of government, the Task Force brings together a range of expert organisations on reinventing and restructuring places.

The High Streets Task Force Board, with members from the private, public and community sectors, brings a track record of delivering innovative and positive change to town centres. Together, they are an authoritative voice for the high street and are working with the Task Force and government to enable transformation of the high street.



Contact:
Michael Chang,
Co-founder

W: healthinplanning.wordpress.com

Health and Wellbeing in Planning (HiP) Network

The Network was set up to help support practitioners working in the area of promoting health through planning and the built environment, whether you're a planner, health professional, architect, developer, academic, engineer, or anyone in any sector with an interest in capitalising on the power of planning to deliver healthier places.

The Network was set up in October 2018 and aims to remain an active platform for its members as it supports a new generation of public health spatial planners.



Contact:
Jeremy Porteus,
Chief executive

W: www.housinglin.org.uk

Housing Learning and Improvement Network

The Housing Learning and Improvement Network (LIN) is a sophisticated network bringing together housing, health and social care professionals in England, Wales, and Scotland to exemplify innovative housing solutions for an ageing population.

Recognised by government and the housing-with-care sector as a leading 'knowledge hub' on specialist housing, our online and regional networked activities aim to:

- connect people, ideas and resources to inform and improve the range of housing choices that enable older and disabled people to live independently;
- share market insight and intelligence on the latest funding, research, policy and innovative developments to spread practice faster; and
- engage with industry to raise the profile of specialist housing with developers, commissioners and providers, in order to plan, design and deliver aspirational housing for an ageing population.



Contact:
Carolyn Daher,
Co-ordinator, Urban Planning,
Environment and Health
Initiative

W: www.isglobal.org

ISGlobal

ISGlobal is a consolidated hub of excellence in health research that encompasses more than 30 years' experience, drawing on expertise from both the hospital environment and academic institutions.

ISGlobal has become a pioneer in its field, combining research on communicable diseases with research on chronic diseases and their environmental and climatic causes. A pivotal mechanism of our work model is the transfer of knowledge from scientific research to practice, a task undertaken by the institute's education and policy, and global development departments, and through programmes such as the Urban Planning, Environment and Health Initiative.

Our ultimate goal is to help close the gaps in health disparities between and within different regions of the world.



Contact:
Ana Peric,
Director for awards,
communication and marketing

W: www.isocarp.org

ISOCARP

Founded in 1965, the International Society of City and Regional Planners (ISOCARP) is a global association of professional city and regional planners, policymakers, and academics in the field. It brings together individual and institutional members from more than 85 countries with a vision to make cities inclusive, safe, resilient and sustainable through integrative participatory urban and territorial planning.

The mission of ISOCARP is to mobilise professional urban and regional planners to co-implement the vision enshrined in the Sustainable Development Goals and the New Urban Agenda by: creating a global network of practitioners; fostering planning research, training, and education; encouraging the professional exchange of knowledge; promoting the planning profession and excellence in practice in all its forms; developing and maintaining altruistic relations between members; enhancing public awareness and understanding of major planning issues at the global level; and supporting and protecting planning interest and professional planners.



Contact:
Giselle Sebag,
Executive director

W: www.isuh.org

International Society for Urban Health

Achieving improvements in urban health is essential to global health and achieving the UN Sustainable Development Goals. The International Society for Urban Health (ISUH) says it is the only global, non-governmental organisation that focuses fully on evidence for action to address the broad determinants of urban health and health equity.

The ISUH understands that the health challenges in urban environments are complex and require interdisciplinary collaboration among a variety of stakeholders, including researchers, educators, policymakers, practitioners, community and business leaders, and urban health advocates. The organisation is singular in its ability to promote and facilitate participation from sectors including urban planning, architecture, transportation, housing, energy, and environmental science, to make cities and urban communities healthier and more equitable by improving the built, social, economic and physical environments.



Contact:
Max Farrell,
Founder and CEO

W: www.ldn-collective.com

LDN Collective

LDN Collective is a network of 50 built environment experts and creatives working to improve people's lives and the planet's prospects. As self-employed entrepreneurs, we can tailor-make teams without the overheads, convening and disbanding for place-based projects like a film's cast and crew. Whether you are private, public or non-profit, we can turn your vision into a reality and make tomorrow's city, today.



Contact:
Julia Thrift,
Director of healthier
placemaking

W: www.tcpa.org.uk

Town and Country Planning Association

The Town and Country Planning Association's (TCPA) vision is for homes, places and communities in which everyone can thrive. Our mission is to challenge, inspire and support people to create healthy, sustainable and resilient places that are fair for everyone.

Our strategic priorities are to:

- work to secure a good home for everyone in inclusive, resilient and prosperous communities, which support people to live healthier lives;
- empower people to have real influence over decisions about their environments and to secure social justice within and between communities; and
- support new places and transform existing places to be adaptable to current and future challenges, including the climate crisis.

The TCPA has extensive experience of facilitating collaboration between public health teams, planners, councillors, businesses and others, to understand the health of local populations and to work together to create places that support good health and reduce health inequalities.



Contact:
Robert Huxford,
Director

W: www.udg.org.uk

Urban Design Group

The Urban Design Group (UDG) is an international membership charity devoted to improving life in cities, towns and villages through better design. The UDG believes that good urban design depends on successful collaboration between all those who shape the built environment, whatever their professional or personal background.

The Group promotes high standards of performance and inter-professional co-operation in planning, urban design and architecture, landscape design, and other aspects of the built environment; and educates relevant professions and the public in matters relating to urban design. It supports urban designers and fosters an appreciation of the value of quality in the public realm through its events programme, newsletter and acclaimed journal *Urban Design*.



Contact:
Jeremy Myerson,
Director

W: www.worktechacademy.com

WorkTech Academy

WorkTech Academy is the world's leading online knowledge platform and member network for exploring the future of work and workplace. Sharing the latest insights, research, case studies and expert interviews with its global community of 10,000 high-level professionals, the Academy draws on its worldwide network and series of events to harvest the newest knowledge and ideas in six key areas: people; place; culture; design; technology; and innovation.

In a rapidly changing world, where investment decisions require hard evidence, the WorkTech Academy provides the practical tools that shape how we'll work tomorrow.

Impact on Urban Health

Contact:
Antonia Orr,
National and international
partnerships manager

W: www.urbanhealth.org.uk



Impact on Urban Health

Impact on Urban Health works to make urban areas healthier places for everyone that lives in them. We do this by focusing on a few complex health issues that disproportionately impact people living in cities: children's health and food; multiple long-term conditions; the health effects of air pollution; and children's mental health.

Our programmes are long-term and formed of partnerships at local, borough, national and international scales. Using our funding and expertise, we back home-grown initiatives, evidence-based approaches from around the world, and exciting, brand-new ideas.

As a funder, we concentrate our efforts where evidence shows we will have the greatest impact and then layer up multiple initiatives that approach the issue from different angles. Part of Guy's & St Thomas' Foundation, we work in the London boroughs of Lambeth and Southwark and share insights from their work to improve health in London and other global cities.



Contact:
Hank Adams,
Global director, health

Jeri Brittin,
Director of research

W: www.hdrinc.com



HDR

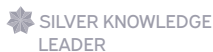
We believe the way we work can add meaning and value to the world; that ideas inspire positive change; that 'colouring outside the lines' can illuminate fresh perspectives; and that small details yield important realisations. Above all, we believe collaboration is the best way forward.

For more than a century, HDR has partnered with clients to shape communities and push the boundaries of what's possible. Our expertise spans nearly 10,000 employees, in more than 225 locations around the world – and counting. Our engineering, architecture, environmental and construction services bring an impressive breadth of knowledge to every project. Our optimistic approach to finding innovative solutions defined our past and drives our future.



Contact:
Simon Chenery,
Director

W: www.hlmarchitects.com/contact



HLM Architects

HLM is a leading design practice with six studios in the UK & Dublin. We're architecture, landscape and interior specialists with deep sector insight. We design places of education that inspire; healthcare environments that nurture; homes that are part of thriving communities; and infrastructure that is sustainable in every sense. It's this sense of social purpose that lies at the heart of everything we do.

We recognise the importance of design quality, sustainability, and innovation in the creation of truly healthy cities. We have expertise in the design and scale of projects from masterplanning and urban design, to workplace consultancy, to acute and primary healthcare. This cross-sector, cross-discipline approach, and expertise within our business, allows us to provide robust, trusted advice across the board.

LLEWELYN DAVIES

Contact:
Robert Etchell,
Director

W: www.ldavies.com



SILVER KNOWLEDGE
LEADER

Llewelyn Davies

The original partnership of Llewelyn-Davies Weeks was founded in 1960 by (Lord) Richard Llewelyn-Davies and John Weeks, both innovators in the design of flexible, highly serviced environments.

Llewelyn Davies has since pioneered new thinking in the planning and design of health and science buildings, delivering more than 250 hospital projects in 80-plus countries, by employing an adaptive, intelligent approach to create high-value solutions.

The company is also one of the UK's leading masterplanners. From Milton Keynes to the urban renaissance agenda of the 21st century, through policy guidelines and development strategies, it has influenced the UK Government's vision for planning and design. Furthermore, the global export of this knowledge has led to commissions in six continents.

Ryder

Contact:
Paul Bell,
Partner

W: www.ryderarchitecture.com



BRONZE INNOVATION
LEADER

Ryder Architecture

We are more than an architectural practice – we're a team of teams with diverse and extensive expertise. We lead projects in our own integrated way, delivering exceptional value and a positive impact for our clients and communities.

Founded in Newcastle upon Tyne in 1953, we now have teams collaborating across the UK and internationally, with a shared commitment to our ethos of 'Everything architecture' – to improve the quality of the world around us and, in doing so, improve people's lives.

URBAN HABITATS

thinking | strategy | making

Contact:
Mark Drane,
Founder and director

W: www.urban-habitats.com



BRONZE INNOVATION
LEADER

Urban Habitats

Urban Habitats is a creative research and design practice working internationally. Our values are working to address population health; planetary health; reducing inequalities; creating with communities; and taking an evidence-informed approach.

We work across and between public health, urban design, and urban health.

Recent work includes

- 'Making Space for Nature' – a co-produced project with school children in Wales through an industry and academia collaboration with Cardiff University;
- Climate change adaptation toolkits – how public bodies can plan climate change response in ways that reduce health inequalities; and
- 'Community Voices, Community Consultation for Quality of Life' – co-producing green space and park amenities with children.



HLM
Architects

Thoughtful design for Healthy Cities



Simon Chenery

Director

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recent
projects