

PRINCIPLES FOR HEALTHY AND SUSTAINABLE PLACES



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CONTEXT

To secure human health and wellbeing in the 21st century, we need to think, plan and act with renewed imagination and courage. As monumental as the task may seem, the vision can be forged with new commitments to working together, tackling multiple threats to people's and planetary health, entrenched poverty, rising inequities, violent conflicts, climate change, environmental degradation and economic insecurity.

Traditional ways of working, characterised by narrow and siloed approaches that separate out social, economic and environment priorities, will not move us forward. Place makers across the globe will need to reach beyond traditional ways of understanding health as health services and medicines, to embrace a holistic view of health that simultaneously deals with these interconnected priorities.

Climate change, sustainability problems, violence, social conflicts are huge challenges that face us every day, but through planning, urbanism and architecture, using the power of city management to create liveable communities, to create places for social inclusion and for the development of stronger and democratic social processes, we have powerful options to tackle problems and to create a more viable world -Jorge Pérez Jaramillo

At the United Nations University – International Institute for Global Health our approach to people's health and wellbeing is through an eco-social lens. This eco-social view of health contrasts with the traditional bio-medical view, recognising the interconnections between environmental, social and economic dimensions of human health and development. It is based on evidence that shows people's health is intrinsically linked to the health of the environment.

People cannot thrive without the Earth's life support systems or natural ecosystems, for instance, fresh water, clean air, nutrient-rich soil. The eco-social perspective recognizes we are living in an increasingly urbanised world where food and water security, energy use, quality housing, air pollution, emergencies and disasters, conflict, reliable technology, transport and work are determining chronic and communicable disease, mental and physical health, happiness and a sense of belonging in new, complex ways.

It recognises that changes in one area or process can have multiple consequences, intended or unintended, positive or negative, in close proximity or far away. The eco-social view helps us to identify solutions, or what we call co-benefits; the multiple positive health and sustainability benefits that may arise from one single action. It is this definition of health that guides our interaction with global urban thinkers and their 'big ideas' for health and sustainability in the 21st century.

An understanding of co-benefits enables us to realise the near term and personal health benefits of transitions to environmentally sustainable ways of living - Anthony Capon

As part of a project to strengthen health and wellbeing considerations in the preparatory process for the 2016 UN Habitat III conference on housing and sustainable urban development, we asked 25 leading global urban thinkers to tell us what it will take to create healthy and sustainable places. Bringing a range of disciplinary and geographical perspectives, they all agreed we need to put people and planetary health at the centre of thinking about human settlements.

Good governance, citizen engagement, integrated approaches and promoting equity are longstanding beacons for change. Being inspired by the laws of nature, lateral and creative thinking will be required to transform big challenges into opportunities for health and sustainability. The contradictions and complexities associated with balancing social, economic and environmental goals will need to be tackled collaboratively and head on. Big questions will need to be answered but equally place makers will need to stay committed to the 'human scale' and environmental realities that brush our senses every day.

If it's healthy for the environment, it will be healthy for people too - Susan Thompson

Here we present ten principles for healthy and sustainable places. Distilled from the big ideas of today's foremost leaders in global urban health thinking, as well as evidence from key documents. They represent a set of transportable 'ethics', guiding place makers to catalyse change for creating healthy and sustainable places. Whilst specially designed to stimulate discussions about actions for urban health and wellbeing at the Urban Thinkers Campus on Health and

Wellbeing in the City we Need (Kuching, Malaysia, January 2016), these easy to read principles and ideas will resonate with lay citizens, academics, practitioners and leaders alike.

Many examples highlight issues in 'the urban context' but the principles are broader than that. They are about place-making. Our reasoning for this is that urban and rural environments should be thought of as a continuum; that is, they are an intimately connected, complex system.

Some ideas will be familiar and well-formed. Others novel and still evolving; the latter demonstrating that some ideas are just surfacing and need developing to take shape. We invite you to notice the ambiguities, the deliberate tensions between principles and ideas. We encourage you to translate them into your own terms, into your own local context.

We're 80 per cent urbanised [in North America and other high and -increasingly- middle-income regions], and we're 90 per cent of the time in doors, but we're 100 per cent of the time within natural ecosystems - Trevor Hancock



OVERVIEW OF THE PRINCIPLES FOR HEALTHY AND SUSTAINABLE PLACES

- 1. IGNITE THE SENSES** – Humans (like animals) are intimately connected to place through the senses – hearing, touch, smell, taste and sight. Beautiful, vibrant and culturally distinct places activate the senses bringing joy, happiness, creativity and generosity of spirit.
- 2. BUILD FOR HEALTH AND WELLBEING** – Human and ecosystem health are centre stage in good place design. Physical activity, mental health, social connection and healthy eating are fostered through natural and built environments that are designed to connect, respect and protect.
- 3. COLLABORATE FOR EQUITY AND ACCESS** – Justice and equity are longstanding beacons for human health and development in human settlements. Burdens of climate change, unsustainable development and inadequate place design should not be carried by the most vulnerable citizens, cities and countries.
- 4. EXUDE OPENNESS AND FLEXIBILITY** – Prerequisites for innovation and change are human health and a willingness to view things afresh, differently. Lateral, creative thinking transforms challenges into new opportunities for health and sustainability.
- 5. EMBRACE DIVERSITY AND COMPLEXITY** – Natural, economic and cultural diversity make for complex but equally interesting and resilient places. Welcome chaos by engaging with diverse ideas, cultures and approaches to realise healthy, fair and sustainable places.
- 6. SEEK BALANCE AND HARMONY** – Be inspired by the laws of nature. Understand the city as a complex human-created ecosystem nested within natural ecosystems. Bring together the physical, economic and social elements of places in ways that enhance people-people, and people-ecosystem harmony.
- 7. ENGAGE CITIZENS DYNAMICALLY** – Citizens are not spectators. Mobilise community around big questions and strive for local answers. Community-led processes help places become stronger and thrive.
- 8. ENACT PARTICIPATORY GOVERNANCE** – Good governance is key to the future of human settlements. For many people, participative, accountable and effective systems of governance support place-making ambitions.
- 9. PRIVILEGE INTEGRATION AND HOLISTIC APPROACHES** – Social, environmental and economic goals are integrated and indivisible. Siloed, narrow approaches are trumped by partnership-based, multi-level ways of doing business.
- 10. CONTEMPLATE THE PARADOXES** – Consuming less to have more. Invisible in a city of millions. Cars thrive, people and planet suffer. Notice paradoxes that guide responses to modern threats; climate change, economic instability and health inequity.

01



IGNITE THE SENSES

Humans (like animals) are intimately connected to place through the senses – hearing, touch, smell, taste and sight. Beautiful, vibrant and culturally distinct places activate the senses bringing joy, happiness, creativity and generosity of spirit.

Knowledge of the human body and senses is a good starting point for planning urban environments. The environment is continuously supplying us with subtle cues setting off different emotional and behavioural responses. Sterile or confusing places can trigger fear and anxiety. Garbage, graffiti, shabbiness and ugliness can prompt feelings of alienation and depression. In sprawling urban environments where distances and spaces are vast, buildings can be very large or spread out and there are few people, the experience is impersonal, formal or cold.

Green spaces in urban environments calm the mind and alter attitudes, making people feel more trusting and generous toward others. Places that seem familiar and which trigger good memories, promote feelings of trust and solidarity. Strengthening efforts to maintain and protect natural and cultural heritage in urban environments - safeguarding local places to meet such as parks, sports facilities, cafes, restaurants, cultural institutions (libraries and museums) and other commons - helps to create a sense of identity and stability.

Encouraging connectedness with the past and other people can be fostered through a mix of 'old and new' in the built environment. For some, a sense of heritage, as well as local employment can be created through the restoration of old buildings and the valuing of traditional craftsmanship.

Rejuvenate social halls and create new community centres in every major neighbourhood, which can be a focal point for community activity, a safe place for teenagers to spend time as well as for small children to be cared for while parents work. - Amolo Nwgeno

Cyclists and walkers connect to environment in a way that is not possible in a car. Human senses are custom built for slower speeds and closer distances. Architecture that is built with walking in mind – spaces are small and detailed, buildings are close together, places hosting multiple activities incite a rich and intense sensory experience. Places built to 'human scale' feel safer, more lively, promoting health and wellbeing (through incidental physical activity and social connections) as well as sustainability through active transport.

For fifty years we have made city planning ensuring that people never moved a muscle. Now it is high time to change to city planning which invites walking and bicycling. - Jan Gehl

Beauty in our surroundings (within art, objects, buildings, nature) can promote health and wellbeing. Culturally defined but not necessarily expensive, beauty can bring feelings of joy and happiness to urban places across the world. Conversely, ugliness can be depressing and harm health. Like other important determinants of health, beauty and ugliness are socially distributed, with the urban poor tending to have a dearth of beauty and an excess of ugliness in their surroundings. The public policy implication is that we need to preferentially build more beautiful, green, accessible and inviting urban spaces in disadvantaged communities to correct this imbalance.

Beauty is a determinant of health and ugliness is a determinant of ill health... however, in our society, beauty and ugliness are socially distributed inequitably. - Trevor Hancock

02



BUILD FOR HEALTH AND WELLBEING

Human and ecosystem health are centre stage in good place design. Physical activity, mental health, social connection and healthy eating are fostered through natural and built environments that are designed to connect, respect and protect.

Human health and ecosystem health are building blocks for creating sustainable places. Clean air and fresh water, access to fuel and nourishing food, good quality housing, education, income, safe communities, social justice and equity are all essential for good health. These basic conditions and resources for people's health come from healthy, stable ecosystems. A wilful focus on sustaining ecosystems that resource our cities, whilst actively crafting the conditions for health, is central to good urban planning.

Cities in low and middle-income countries experience very large health burdens from diseases (water-borne and food-borne illness) and accidents (motor vehicle-related, injuries from falls, scalds and burns) related to inadequate or no infrastructure.

Globally, there is a lack of infrastructure to support clean energy production and use. Indoor air pollution (i.e. from the use of 'dirty fuels' for cooking and heating) and outdoor pollution (i.e. from high concentrations of polluting emissions from cars, trucks and industry) can be addressed through urban dweller access to clean energy and stringent air pollution control laws.

The good news is clean renewable energy extends its benefit to the environment through the reduction of polluting greenhouse gases linked to climate change. Essential but not necessarily universal, reliable, sustainable and resilient urban infrastructure - housing, water, sanitation, energy, waste management, public transportation - is a salient concern for all cities.

Please do not plan the city for cars! Instead please favour mass transit and walkable mixed-use neighbourhoods where cars are not needed. - Amolo Nwgeno

The built environment can promote physical activity, mental health, social connection, and access to healthy food. Physical activity including walking and cycling for transport is supported by safe and connected streets, higher densities featuring a mix of shops, housing and services, well maintained footpaths and cycling lanes and good public transit.

Networks of local public open spaces including parks and gardens support active recreation. Access to green space in local neighbourhoods can bring comfort and relief from mental fatigue, stress and anxiety and promotes mental wellbeing across the generations. Green spaces help offset mental and physical impacts of the heat-island effect, cooling the city's inhabitants. Public spaces, such as town squares, that are safe, inviting and meaningful encourage social interaction and sense of community.

Access to healthy food is encouraged through local farmer's markets, community gardens and a street food culture. Limiting access to fast food, especially within schools, workplaces and recreational facilities, makes the healthy choice, the easy choice. Focusing on the local level features of the built environment helps to protect ecosystems through cutting polluting emissions linked to car use and the transportation of food.

Every city around the world should have a park or a play area within a short walking distance of every citizen. - Gil Penalosa

The use of green space and public space is a central part of planning because it allows density to exist...they make it liveable...a city that doesn't have some green space really is not a very pleasant setting. - Andrew Dannenberg

03



COLLABORATE FOR EQUITY AND ACCESS

Justice and equity are longstanding beacons for human health and development in human settlements. Burdens of climate change, unsustainable development and inadequate place design should not be carried by the most vulnerable citizens, cities and countries.

Without exception, global urban thinkers from all regions of the world point to equity as key to promoting health and sustainability in urban settings. Equitable and universal access to quality education, employment, health care, transport and housing are critical to assuring physical, mental and social well-being of urban dwellers. Access to a healthy natural environment and affordable, reliable and clean energy are modern-day concerns and essential to making sure all people have the opportunity to enjoy a healthy and satisfying life.

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Set a poverty line unrealistically low and there is no poverty. - David Satterthwaite
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Today, climate change presents a significant number of equity issues for urban dwellers. The greatest burden of climate change falls on urban communities in low-income countries and low-lying coastal communities and among poor people living and working on marginal land in urban areas, the elderly people and children.

Extreme weather events and environmental disasters force unplanned rural-urban migration and rapid growth of low-income urban populations, often in hazardous zones that increases their vulnerability, thus magnifying urban health inequities linked with inadequate housing and lack of infrastructure. Urban health inequities linked to food and water security, transport and mobility, and affordable and dependable energy supply are amplified.

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To make a city healthy and sustainable, you have to have programs and policies that include everybody. Once you have sub-groups within the city that are excluded from any progress or improvement in health it tends to undermine sustainability in the long-term. The issues of equity become quite important, you want to ensure access, equitable access to all groups within the population. - Alex Ezeh
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However, climate change need not contribute further to urban health inequities or environmental degradation. The 2015 Lancet Commission on Health and Climate Change concluded that 'tackling climate change could be the greatest global health opportunity of the 21st century' (The Lancet). Taking up a co-benefits framework to deal with climate change means recognising multiple health and sustainability benefits from a single action.

Systems of governance which help urban dwellers to play a greater role in the formation and implementation of climate-related policy and interventions at a local level are crucial to reducing vulnerability to climate change. Actively involving vulnerable communities in decision-making, building new inter-sectoral partnerships, encouraging conversations about local needs and creating opportunities for participation in urban planning simultaneously addresses longstanding inequities, whilst promoting health and sustainability.

04



EXUDE OPENNESS AND FLEXIBILITY

Pre-requisites for innovation and change are human health and a willingness to view things afresh, differently. Lateral, creative thinking transforms challenges into new opportunities for health and sustainability.

In a time of dramatic change, as we are currently experiencing, individuals and organisations need to become inventive, think laterally; work together to deal with threats to urban health (i.e. health inequity, climate change and economic instability). Open and flexible approaches are required, experimentation is prioritised, small-scale 'safe to fail' projects are put into action. The mood created means that urban challenges are seen as opportunities for health and sustainability in disguise.

Citizens from the public, private and community domains can add to the ideas bank of potential solutions to urban problems by responding to the question: What can be done simply in an urban area to improve health and sustainability, that can be replicated, and doesn't require highly technological, expensive solutions to problems? Confident cities study suitable examples from elsewhere but do not copy them thoughtlessly. They develop their niche, modifying good practice to their own circumstances.

The key principle underlying everything is being open and creating the conditions for people to think, plan and act with imagination in either generating opportunities or solving problems. - Charles Landry

As planners or designers we should keep our eyes open to new options and possibilities. - Leena Silverberg

Given the level, dynamics and sheer overwhelming complexity of the challenges, we are not going to solve 21st century challenges with measures based on the old paradigms. So much has changed in terms of technologies and the way we use them. So prepare to think very different! - Eric Britton

Little victories have a way of creeping up to become national revolutions. - Anwar Fazal

If we unleash the genius within our local communities, we can build a future far more fulfilling and enriching, more connected to and more gentle on the Earth, than the life we have today. - Rob Hopkins

05



EMBRACE DIVERSITY AND COMPLEXITY

Natural, economic and cultural diversity makes for complex but equally interesting and resilient places. Welcome chaos by engaging with diverse ideas, cultures and approaches to realise healthy, fair and sustainable places.

Different people see success of cities or places in different ways; the challenge is to blend these ideas in ways that create health and sustainability for all. Intercultural understanding, tolerance, mutual respect and an ethic of shared responsibility can cut through the chaos and help move people toward shared visions for places.

A good starting point for planning is recognising that all cultures can contribute, that diversity of natural ecosystems is fundamental and that vital, innovative economies build community resilience. Agendas that are shaped by the voices of women, children, the young, the elderly and our indigenous peoples are the signal for progress.

Sustainability cannot be planned, decided and administered by a minority. Daily life styles, needs and perceptions of women differ in many ways. The only possible path to planning and implementing sustainable, safe, efficient and just communities is to ensure full gender parity in all decision fora. - Eric Britton

Diversity can also be viewed as a resource upon which cities can develop their niche. The unique and special characteristics of cities - be it buildings or parks, cultural activities and events, or local industries - should be highlighted, celebrated in fact. Places in all regions of the world can use their niche or 'local advantage' as a strategy to build confidence and to attract and maintain talent. Diversity is an important platform for innovation, also doubling as a basic system of protection for people and places during and after disasters.

The idea of resilience is not to bounce back to starting conditions, if that is the source of the problem in the first place, but to 'bounce forward' to new and better conditions. - Trevor Hancock

Within and between cities, complex health and sustainability challenges arise out of variations in socio-economic status, levels of education and income. Urban development that prioritises all people's livelihoods (specifically decent, safe and stable work) and fosters a local, self-reliant economy will go part way to addressing these challenges. At the neighbourhood level, maintaining a mix of housing and land-use types is another way to make sure all people have access to a wide variety of experiences, work opportunities and social interactions that are necessary for individual and community health.

What is needed is a 'new' economy - a green economy, which focuses on local production for local use. Local people build organizations and partnerships that interconnect businesses and other aspects of sustainable communities such as skills and education, housing, health, social connectivity and the environment. - Slow Movement

06



SEEK BALANCE AND HARMONY

Be inspired by the laws of nature. Understand the city as a complex human-created ecosystem nested within natural ecosystems. Bring together the physical, economic and social elements of places in ways that enhance people-people, people-ecosystem harmony.

Place makers understand the city is a complex human-created ecosystem nested within natural ecosystems, a place where the natural, built and social environments intersect. They take inspiration from the cycles and systems established by the laws of nature; seeking to create the conditions where people live in harmony with one another and with nature. They ask, how can the elements of the urban environment be balanced to provide opportunities for all people to build social bonds, enjoy community cohesion?

Recognising the inter-dependence of rural and urban environments, they set about protecting wildlife and other living species, sustainably governing forests and waterways, restoring degraded land and stopping biodiversity loss. Indigenous people's knowledge and strong attachments to the land are sources of wisdom for urban thinkers.

Sustainability in settlements means reducing the city's ecological footprint (water, energy, land, materials, wastes...) whilst simultaneously improving quality of life (health, housing, employment, community...) within the capacity limits of the city and its bioregion. - Peter Newman

Conviviality is about people living in harmony together, living better together. - Cordia Chu

Modern urban lifestyles, characterised by materialism and over-consumption negatively tip the scales for mental and physical wellbeing as well as for the health of the natural environment. Many people are living their lives out of sync from the natural rhythms and cycles of nature and of their own bodies. Not surprisingly, several movements have emerged including the Slow Movement and Transition Movement to help individuals and communities understand the issues, and in turn, reconnect with one another and the environment.

We need to rebuild our relations with ourselves, with each other and with the "natural world". That requires focusing on the heart and soul of transition. - Transition Movement

Peace with ourselves, Peace with other people and Peace with Mother Earth. - Anwar Fazal

07



ENGAGE CITIZENS DYNAMICALLY

Citizens are not spectators. Mobilise community around big questions and strive for local answers. Community-led processes help places become stronger and thrive.

Community engagement matters when looking for responses to environmental crisis, weakening urban health and economic insecurity. There is a distinct power that comes from working together and generating meaningful change through shared action. Places where there are community-led processes are stronger, happier and livelier. Community knowledge, involvement and support give legitimacy and currency to urban decision-making and planning. A well-balanced combination of top down and bottom up approaches recognize the value of citizens and specialists.

Engaging with communities, putting people and place at the head of the agenda. - Sarah Burgess

We need citizen engagement. Not tokenism. Citizen engagement has to be honest, to honestly listen to what the citizen wants and because the community in many ways are the answer. They know what to do. - Gil Penalosa

Through community engagement processes we have been able to create better institutions, better public management of the city, better planning procedures and a strong local democratic city management for urban development. - Jorge Pérez Jaramillo

Government has an important role to play but mobilising in partnership with communities is critically important. - Jo Ivey Boufford

Bottom up campaigns to create shared visions and constant planning and actions towards common goals. - Wayne Gao

Everywhere, all citizens can be engaged in urban thinking and action for health and sustainability through encouraging the spread of, and links between, self-directed community groups. There are boundless examples around the world. Here are three:

1. Shack/Slum Dwellers International (SDI) is a network of community-based organisation of the urban poor in countries across Africa, Asia and Latin America. <http://sdinet.org/sdi-focus/>.
2. Transitions Network is a network of grassroots community projects that seek to build resilience in response to peak oil, climate destruction, and economic instability. <https://www.transitionnetwork.org/>
3. World Streets is an independent, internet-based collaborative network aimed at improving the worlds street's and public places, through advocacy on sustainable transport. <https://worldstreets.wordpress.com>

08



ENACT PARTICIPATORY GOVERNANCE

Good governance is key to the future of human settlements. For many people, participative, accountable and effective systems of governance support placing making ambitions.

Global urban health thinkers from across the world believe good governance is key to creating healthy and sustainable places. Good governance – featuring processes and structures that bring people together, all of the people of the city, around a common vision or common purpose is central to 21st century 'big ideas' and city examples of good practice. Here is what global urban health thinkers are saying about governance in the different regions of the world.

Most importantly, ensuring cities become more equitable through participatory planning and budgeting processes, through focusing investment on public transport and improving the living environment of low-income residential areas...Allow all residents to have a say in the allocation of government resources in cities - Warren Smit

Transparency is an important feature in participatory governance. As Governments across the grapple with budgetary cuts in public and social services, the increased commercialization or privatization of these services raises questions of citizen and community participation in decisions that affect their lives. The governance architecture for urban sustainability should be anchored on accessible and inclusive institutions for all.

If you do not have good governance, where there is corruption and wastage of public resources, you really cannot sustain the impact of policy and programmes for healthy and sustainable cities in the longer term. - Alex Ezeh

Metropolitan areas and urban local governments will be at the centre of decision-making and therefore need to be empowered, but they must work with many actors. - Aromar Revi

We know today that the construction sector, the transport sector, the energy sector but also people from the public and private sectors and local communities should be able

to develop a shared vision of the city they want for the future. This is all part of transdisciplinary enquiry. It's used increasingly at the local level. - Roderick Lawrence

Effective and accountable governance systems are built on strong institutions, formal and informal, public and private to accommodate diverse interests and take cooperative action. Participatory governance of the urban space involves multiple actors: governments, business and private sector, and a conglomeration of civil society interests.

There is more to democracy than occasional elections. We need to mobilise civil society in all its diversity and differences around big questions and strive for local answers. - Eric Britton

There's something very powerful about local government. I don't know if we pay enough attention. Municipalities do not use GDP to navigate by. What they measure is quality of life or liveability or wellbeing. So municipal governments' focus is entirely different, and is very people centred. - Trevor Hancock

While formal regimes and institutions are key to good governance, the opportunities and problems in cities and urban environments in the 21st century require a new governance framework that brings together public and private actors in the push for urban sustainability and resilience.

Cities, they have to be thought of as a whole, as a metabolic system, from cell to the neighbourhoods. The public sector is able to dialogue with communities, private partners and institutions of research and training in a very smooth and systematic participatory network. - Waleska Caiaffa

Good governance will be essential - governance which takes real account of the diverse needs of the whole population, rather than focusing on narrow perspectives and sectarian interests. - Mardie Townsend

09



PRIVILEGE INTEGRATION AND HOLISTIC APPROACHES

Social, environmental and economic goals are integrated and indivisible. Siloed, narrow approaches are trumped by partnership-based, multi-level ways of doing business.

Urban thinkers cut across silos to be effective in achieving goals for health and sustainability. One sector alone cannot bring forth the new urban vision. Joined-up, respectful and integrative ways of working are the way forward. Cross-sector partnerships and interdisciplinary thinking are vital to the success of cities.

Thinking cross-sectorially in our planning, in our thinking around healthy and sustainable places is important. - Nite Tanzarn

All of us is better than anyone of us! - Wayne Gao

Urban health is a good example of the need for cross-sector work. Health problems cannot be solved exclusively by the health sector because many of the determinants of urban health (sanitation, education, employment, housing etc.) are the responsibility of other sectors. Collaboration between health professionals and those working in other sectors or disciplines - urban planners, developers, architects, housing authorities, educators, welfare workers – is a hallmark of contemporary urban planning.

Promoting health is joint work, interdisciplinary and cross-sector approaches are important. For most cities health can be the centre of things for citizens to seek and as well as the policy makers to set as a goal for their activities. - Keiko Nakamura

Holistic, integrative and multi-level approaches guide urban thinkers in planning for the health of people, places and planetary systems. The co-benefits framework is being used to identify strategies that simultaneously promote positive environmental, economic and social impacts in an integrated way. It supports joined-up thinking and creative solutions to complex urban problems. These efforts can be supported by the cross-sector approach of Health in All Policies and by the use of health impact assessment as a tool.

Draw on different wisdom and perspectives, to solve a whole problem which has many dimensions from social, political, economic to environmental. - Cordia Chu

10

CONTEMPLATE THE PARADOXES

Consuming less to have more. Invisible in a city of millions. Cars thrive, people and planet suffer. Notice paradoxes that guide responses to modern threats; climate change, economic instability and health inequity

Curious paradoxes guide urban health thinkers. Cities in rich countries have enormous economic wealth but sometimes lower levels of mental health and wellbeing. People can feel the loneliest and disconnected in large, populous cities. Cars bring geographic mobility and freedom for many but imprison those same people in traffic, shrinking opportunities for physical movement and activity. Noticing such contradictions allows urban thinkers to see and act on the complexities within modern urban living.

The way we experience most parts of cities is at velocity: we glide past on the way to somewhere else. City life is as much about moving through landscapes as it is about being in them - Charles Montgomery

Urban mobility contains many ironies, many invisible, despite being clearly in the line of sight. Eric Britton, well known for his work in promoting integrated public transport, car and bike sharing says... In a city, as in life, we normally register only what we set out to look

for. The anomalies, the absences, the troubling, somehow escape our attention. But when it comes to transport and public spaces, everywhere the eye might wander there are valuable cues, both visible and invisible for planners, policy makers and the concerned citizen. However, if we fail to use our eyes we miss out on valuable information and as a result our cities just do that much less well.

Become interested in reclaiming urban spaces for active mobility (walking and biking) and safe public transit. - Wayne Gao

Retire distance, speed and indifference. Replace with proximity, safety and neighbourliness. - Eric Britton

Perhaps that's enough said on this principle. We have provided a number of examples that will trigger thinking about threats to health and sustainability. We now invite you to look for yourself, use all of your senses to notice the invisibilities before you.

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