

7.D. Worskhop: Architecture and Urban Context's Design Strategies to Promote City Users' Healthy Behaviours

Organised by: EUPHA (CHR) (HP), WHO EURO, Politecnico di Milano University, Milan, Italy

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Rationale:

The connection between morphological and functional features of urban context and Public Health is a crucial and

contemporary aspect, considering the urban drift that defines modern societies. Urbanization and cities shaping provide substantial opportunities for Public Health promotion and protection, but can also bear risks that represent a main concern for the National Health Systems cause of the large fraction of population potentially involved: the population

density which characterises urban areas changes, in fact, Public Health perspectives in terms of both issues and possible solutions. From the Ottawa Charter and the strategies “Health in All Policies”, environment and living spaces have been considered a global, social, and political entity determining health. In particular, globalisation and urbanisation, combined with an ageing population, interact with social, cultural, and economic health determinants (education, living and working spaces) exposing people to behavioural health risk factors (smoking, unhealthy eating habits, limited physical activity, alcohol abuse, etc.), which can lead to chronic and degenerative diseases.

Aim

The aim of this workshop is to discuss new approaches to architecture, urban planning, and design that promote healthier ways of living. Researchers and practitioners, both of technical and medical education, identified the need of an interdisciplinary and trans-disciplinary approach, in order to address the main health problems of the city and of contemporary society; there is a need of joint action in order to involve communities starting from the professionals themselves. This workshop will provide useful support tools and strategies to inspire stakeholders (public health professionals, architects, designers, and policy makers) in the application of these new strategies into practice.

Workshop structure

The workshop will consist of five presentations representing various stakeholders’ perspectives. The first presentations will discuss the potential of behavioural science to nudge people to adopt healthier lifestyles and improve well-being. The second presentation will deal the WHO/Europe approach in addressing the physical inactivity via transformation of public spaces within the context of Sustainable Development Goals (SDGs). The third presentation will introduce the Erice 50 Charter. The fourth presentation will address the Design for All (DfA) principles to achieve inclusive and healthier places. The fifth presentation will deal with the needed evolution from the homo urbanus to the homo salus, where a critical role of urban planning health literacy for health promotion is staged as central for this move. Further to the reflexion on the current knowledge base, an audience discussion will give attendees the opportunity to recommend their policy priorities to strategies for health promotion and disease prevention within the context of urban planning, design, and architecture.

Key messages:

- Globalisation and urbanisation, combined with an ageing population are exposing people to behavioural health risk factors leading to epidemics of chronic noncommunicable diseases.
- The relationship between physical activity and the environment has consistently been shown to be a key factor that influences physical activity levels among local populations.