shaping healthy communities

Capacity Building Seminar
DESIGNING CITIES FOR HEALTH AND WELL-BEING
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The New Urban Agenda has been agreed upon by the international community. It is now time for interdisciplinary action that enables better health and well-being outcomes in cities for all residents. There is a need to understand the complex interconnection between urban development and human health. Achieving meaningful change requires full citizen participation, collaboration, engagement at all levels amongst people with various professional backgrounds.

This capacity building seminar is specifically designed to introduce the concept of health and planning to a wide range of stakeholders in cities that aspire to deliver better outcomes for health and well-being. The seminar is also a platform to deepen ones understanding of the nexus between health, planning and design. Participants can learn from and with each other. By harnessing the collective wisdom of the room, key issues and barriers in the local context can be identified and collaboratively addressed. Through the experience based learning element of the walkshop people get a true and lasting understanding what can be changed.

THIS UNIQUE CAPACITY BUILDING SEMINAR OFFERS FOUR MAIN MODULES:

[1] OVERVIEW OF HEALTH IN PLANNING AND DESIGN
[2] DESIGNING FOR HEALTH AND WELL-BEING
[3] GREEN, FUNCTIONAL AND ATTRACTIVE SPACES AND PLACES IN CITIES
[4] CREATING AN ENVIRONMENT FOR CHANGE

The aim of the seminar is to increase the collective understanding of the importance of health and planning in an interdisciplinary context. At the end of this two - day seminar participants will be able to reflect on many critical aspects relating to their role and gain practical advice for their practice, research, and governance.

The number of participants is limited.

TARGET GROUP
Professionals involved in the design of cities, including planners, urban designers, architects, landscape architects, engineers, government officials, non-government organisations, social planners and health practitioners.

DURATION
Two full days

DELIVERY LANGUAGE
English
FOUR MODULES

FIRST DAY
Welcome and warming up

[1] OVERVIEW OF HEALTH IN PLANNING AND DESIGN
• Historical planning context (urban planning and design for health).
• Public health context (mental and physical health).
• Contemporary urban environments.

Group activity for the local context.

[2] DESIGNING FOR HEALTH AND WELL-BEING
• Introduction of key design principles
• Active travel (walking, cycling and access to public transport)

Walkshop (1.5 hour walk in groups locating environmental barriers). This will be followed by a 30 minute de-brief and feedback from participants.

SECOND DAY
Warming up

[3] GREEN, FUNCTIONAL AND ATTRACTIVE SPACES AND PLACES IN CITIES
• Understanding the value of green open spaces, food in the city, safe and attractive places.

Group activity (Strengths, Weaknesses, Opportunities and Possibilities - SWOP analysis of the cities represented).

[4] CREATING AN ENVIRONMENT FOR CHANGE
• Case studies and experiences of successful collaboration breaking down the institutional barriers to unleash better outcomes for health and well-being in your city.

Group activity and reflection.
OUR EXPERTS

Prof. Rachel Davey
Rachel is the Director of the Health Research Institute at the University of Canberra in Australia. Rachel has over 25 years' research experience in areas related to the prevention of chronic disease and the promotion of health and well-being. Her research has taken an integrated ‘urban ecosystem’ approach in addressing the development and dynamics of spatial heterogeneity and influences of the built, natural and social environment on behavioural risk factors, health outcomes and health care costs. Rachel currently collaborates with the international team of researchers in the International “IPEN Study – International Physical Activity and the Environment Network” that has collected data from over 14,000 participants across the globe to better our understanding of environmental correlates of physical activity and obesity. Empirical findings from this trans-national research on these complex interactions has helped inform policy and practice for future urban design.

Key expertise
• Prevention of chronic disease
• Health Promotion
• The built environment and physical activity behaviour

Gregor H. Mews
Greg is an urban planner/designer working as the Founding Director for Urban Synergies Group – an international ‘think and do’ tank that provides services in the space of health and well-being in urban systems. Greg earned his Planning and Design Degrees from the Technical University of Berlin and University of Canberra. In his former role with the Australian National Heart Foundation in Canberra, Australia, he advocated for a shift towards better health and well-being outcomes in built environments. He commenced his professional journey in Germany and then continued to undertake projects in various parts of the world. In his current position, Greg uses his strong interest in integrated urban design, sustainable transport and exceptional problem solving abilities to make cities better for health and well-being through policy advice. Greg holds an honorary adjunct position at the Centre for Research and Action in Public Health at the University of Canberra.

Key expertise:
• Sustainable mobility (public transport, personal mobility, cycling and walking)
• Play and play spaces
• Healthy planning and design
• Child friendly cities
• Strategic policy advice
• International knowledge exchange

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