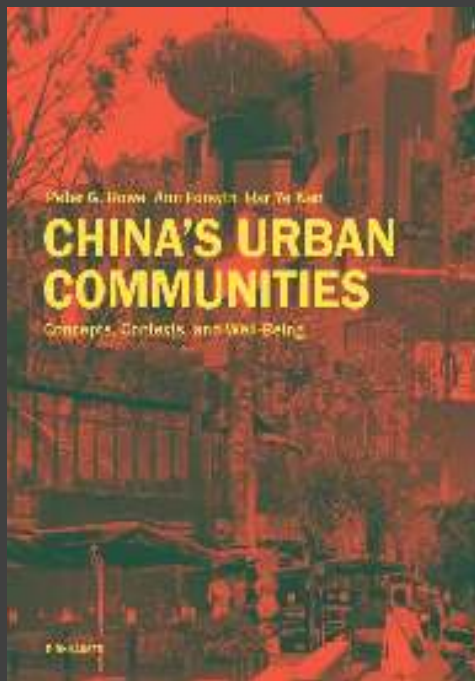
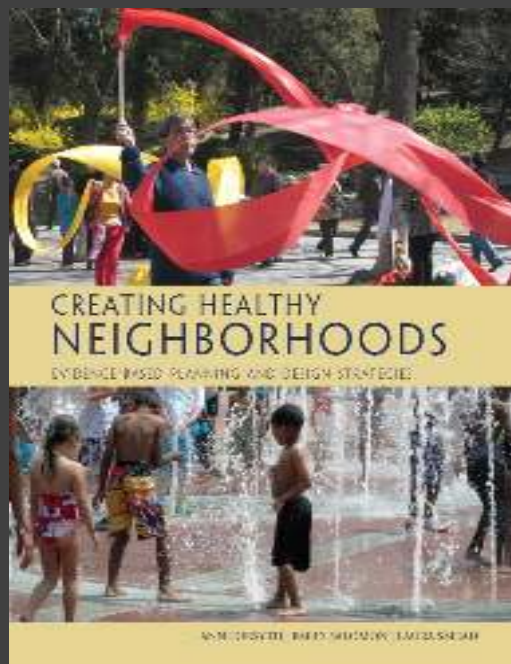




Healthy Cities in the Post-COVID-19 Era

Ann Forsyth,
Ruth and Frank Stanton Professor of
Urban Planning, Harvard University
December 2020

Hong Kong, relatively few deaths from COVID-19



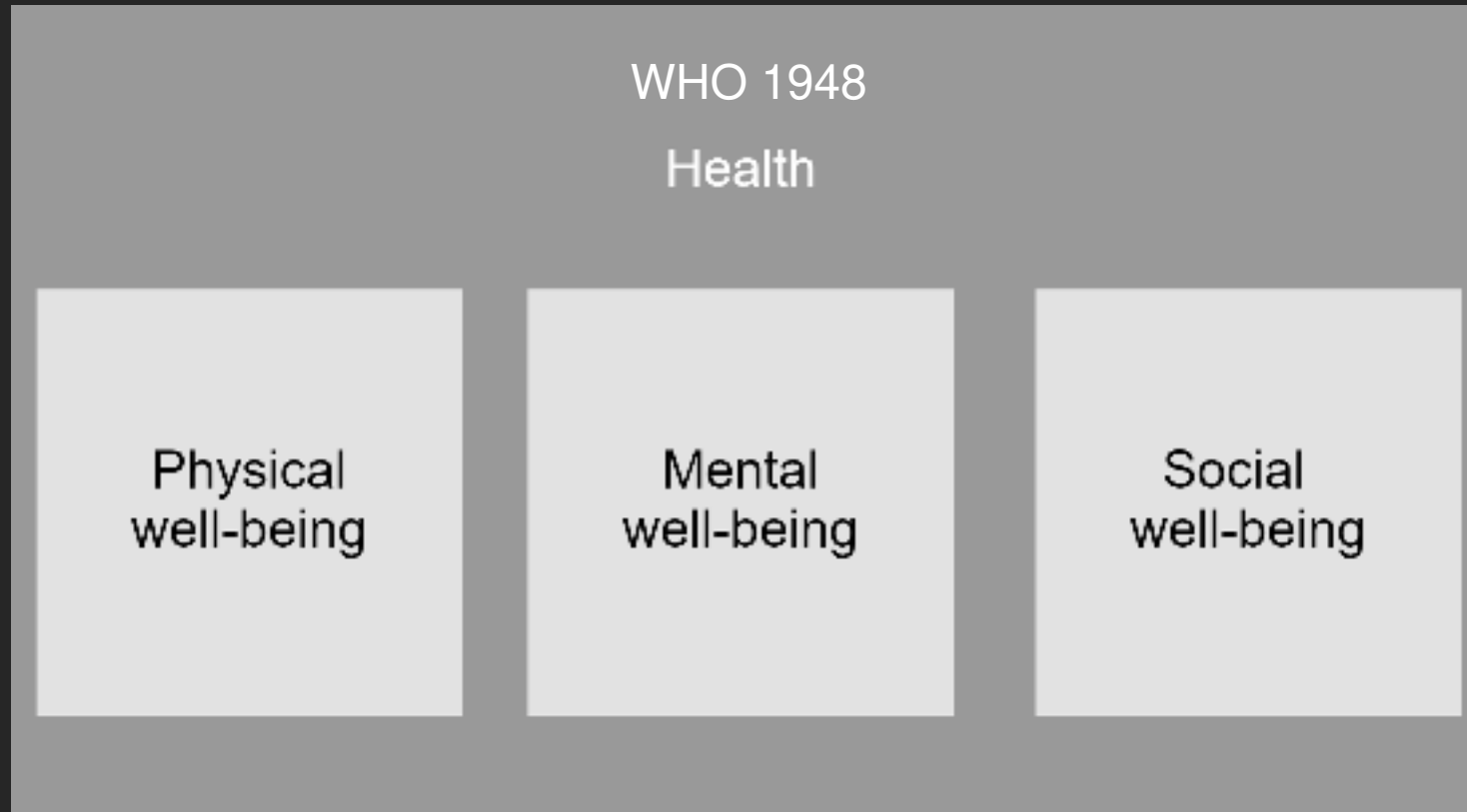
Healthy Cities in the Post-COVID-19 Era

Part 1: Health, Wellbeing, and Place
Many connections

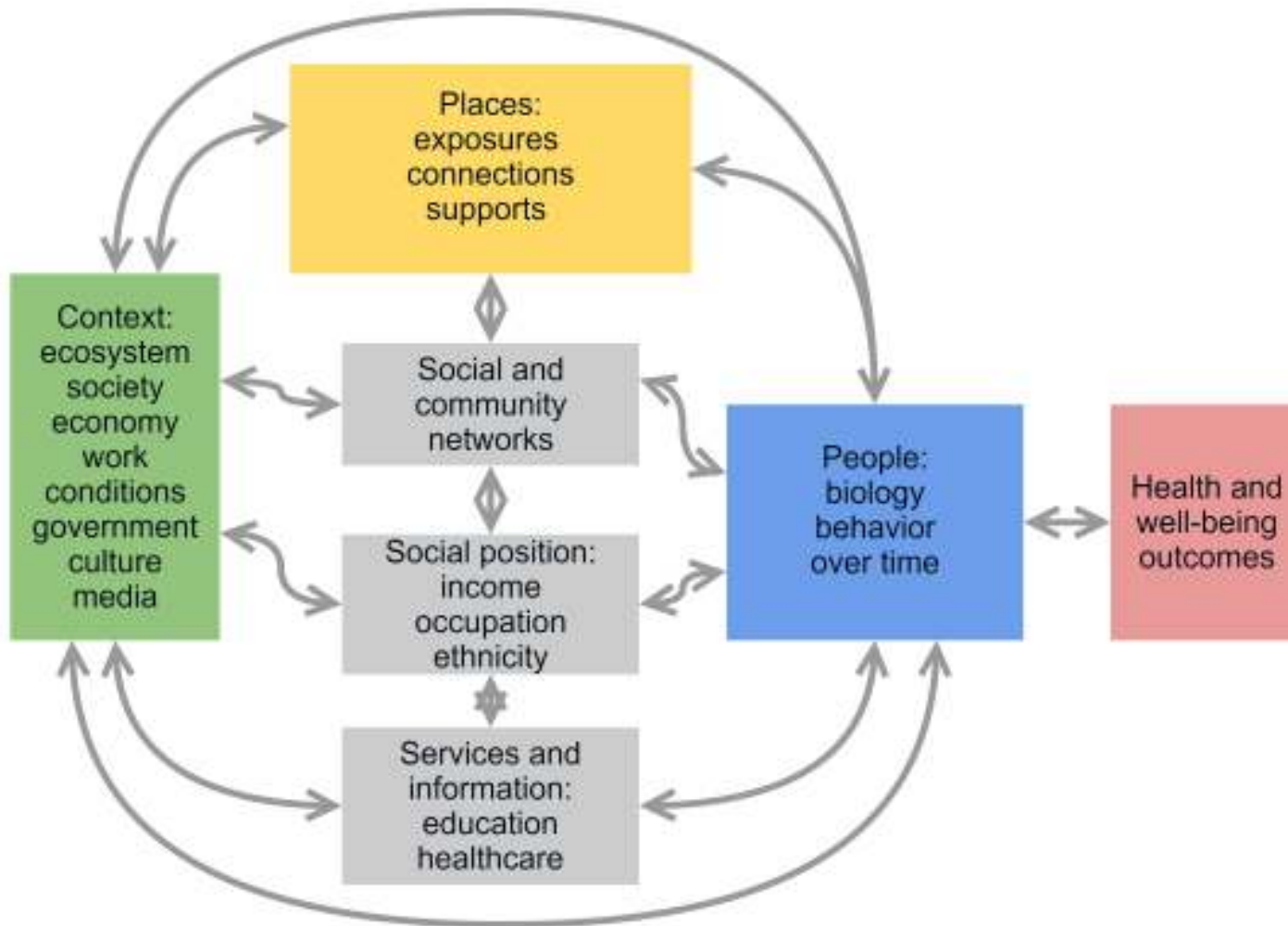
Part 2: Models for Healthy Places
Models deal with places and processes, populations, and technologies

Part 3: Paths Forward
Modest changes likely

What is Health? The Health Perspective



What are the Causes or Determinants of Health?



Places are part of the picture

Chronic rather than infectious diseases are the big killers (as they are generally)



Health
And
Places
Initiative

May 2015

Global Household Changes, Aging, Health, and Place

A RESEARCH BRIEF
VERSION 1.0



Photo by Ann Fongph

The HEALTH AND PLACES INITIATIVE (HAPI) investigates how to create healthier cities in the future, with a specific emphasis on China. Bringing together experts from the Harvard Graduate School of Design (HGSD) and the Harvard School of Public Health (HSPH), it creates a forum for understanding the multiple issues that face cities in light of rapid urbanization and an aging population worldwide.

Many Connections between Health and Place

Exposures

- Air quality
- Climate change
- Disasters
- Infections
- Noise
- Pollutants/toxics
- Safety hazards—accidents, crime
- Water quality

Connections

- Accessibility to services
- Healthcare access (physical)
- **Social capital/connections**
- Universal design

Supports and challenges

- Healthy eating
- **Mental health/well-being**
- Physical activity

Differ by populations



Almere, Netherlands

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Click the General Indicator Icons to Learn More



Small Cities - Overall Rankings

| | OVERALL | |
|-----------------|---------|-------|
| METRO | Rank | Score |
| Iowa City, IA | 1 | 80.44 |
| Manhattan, KS | 2 | 79.47 |
| Ames, IA | 3 | 79.04 |
| Columbia, MO | 4 | 79.03 |
| Sioux Falls, SD | 5 | 78.58 |
| Ann Arbor, MI | 6 | 74.77 |
| Ithaca, NY | 7 | 74.70 |
| Lawrence, KS | 8 | 74.64 |



What is an Example of a Healthy Place?

Typical definitions:

Places where healthy people live

Places with features thought to be health promoting

Places **deliberately** planned and designed with a comprehensive suite of features to promote health



Places Designed to Be Healthy

The city and neighborhood scale

Classic healthy places

- (a) healthy built environments
- (b) collaborative healthy cities

Population-based lenses

- (c) age-friendly
- (d) child-friendly

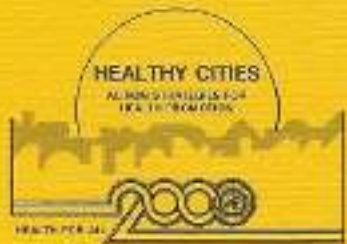
Technology-focused places

- (e) healthcare industrial cities
- (f) smart health environments

2020 **A. Forsyth**. What is a Healthy Place? Models for Cities and Neighborhoods. *Journal of Urban Design* 25, 2: 186-202; 2011 K. Crewe and **A. Forsyth**. Compactness and Connection in Environmental Design: Insights from Ecoburbs and Ecocities for Design with Nature. *Environment and Planning B* 38, 2: 267-288.

WHO HEALTHY CITIES PROJECT

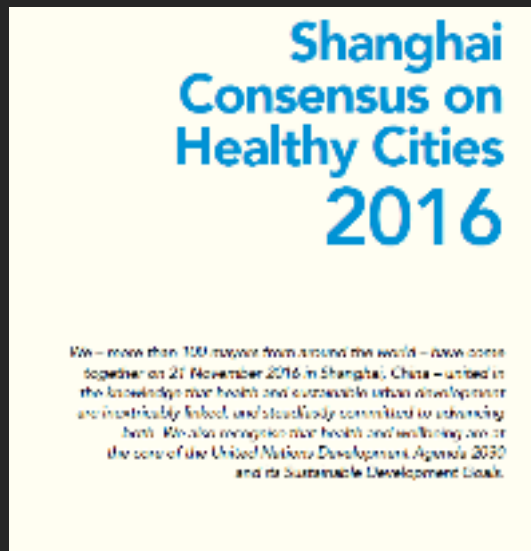
Promoting Health in the Urban Context



WHO HEALTHY CITIES PAPERS

No. 1

1986



Classic Healthy Places

Idea: Develop a physical and/or institutional structure to support health

(a) Healthy built environment

(b) Healthy communities' inter-sectoral collaboration

Narrow: cycling city

Broad: the best of the WHO Healthy Cities, healthy new towns



health
literacy

health
inequality

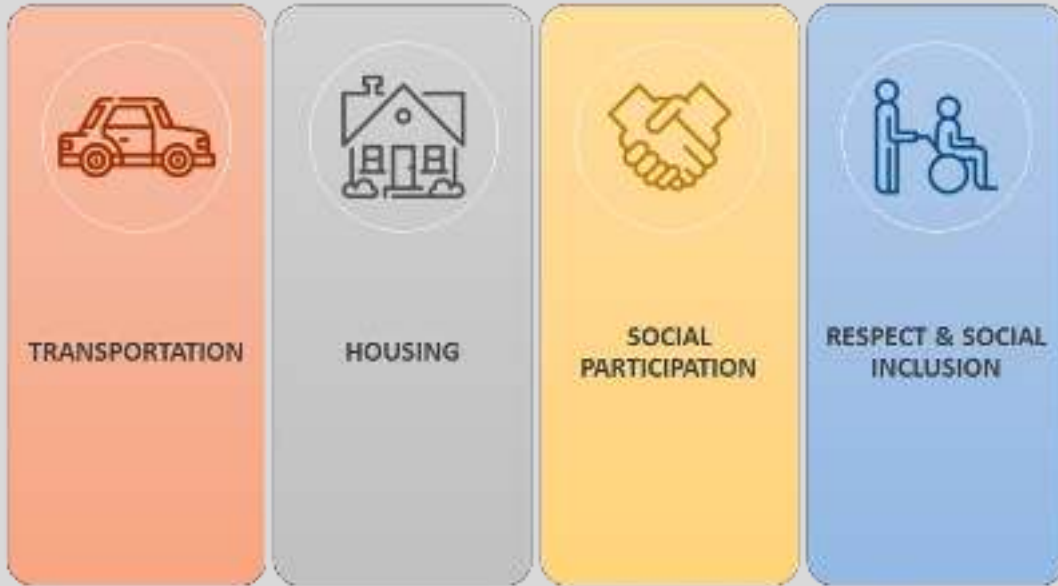


healthy
places

BHC
awards



WHO
europe



AGE FRIENDLY COMMUNITY DIMENSIONS



Population-based lenses

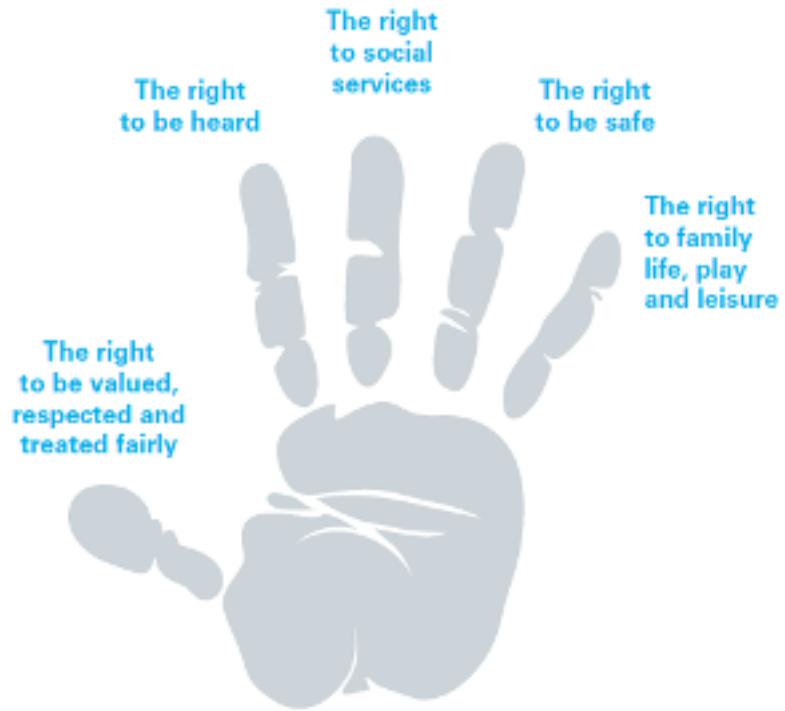
Idea: Focus on populations with health vulnerabilities—old and young

(c) Age-friendly communities

(d) Child friendly community

Narrow: adding senior exercise programs or child participation

Broad: best of the WHO Age Friendly Communities



UNICEF Child Friend Cities
Initiative Goals (1996-)

Cities For Play

[ABOUT](#) [PUBLICATIONS](#) [INSPIRATION](#) [BLOG](#) [EVENTS](#) [CONTACT](#) 

Lessons from Singapore: *Designing Child Friendly Neighbourhoods*



Image: Car-free street day, Kimpong Glem Singapore, photo by the Housing Development Board

Older people
tap transit
card for
longer
crossing time
in Singapore



Health Technology Cities

Idea: Harness technology for the economy and/or health monitoring and assistance

(e) Healthcare industrial city

(f) Smart health environment

Narrow: adding gadgets

Broad: combining technology with Classic Healthy City approaches



Builds on the Mayo Clinic for economic development and some livable community features



ABOUT

What is a smart city?

INITIATIVE

What is going on in Smart City?

ZONE

Three zones

MANAGEMENT

Area management

TOUR

Smart City Tour

LINK

Links

ACCESS

Access

What makes a town to be A New Vision for the Cities of Tomorrow?

KASHIWA-NO-HA SMART CITY TOUR

We provide at Kashiwa-no-ha Smart City,
a metropolis of the future.



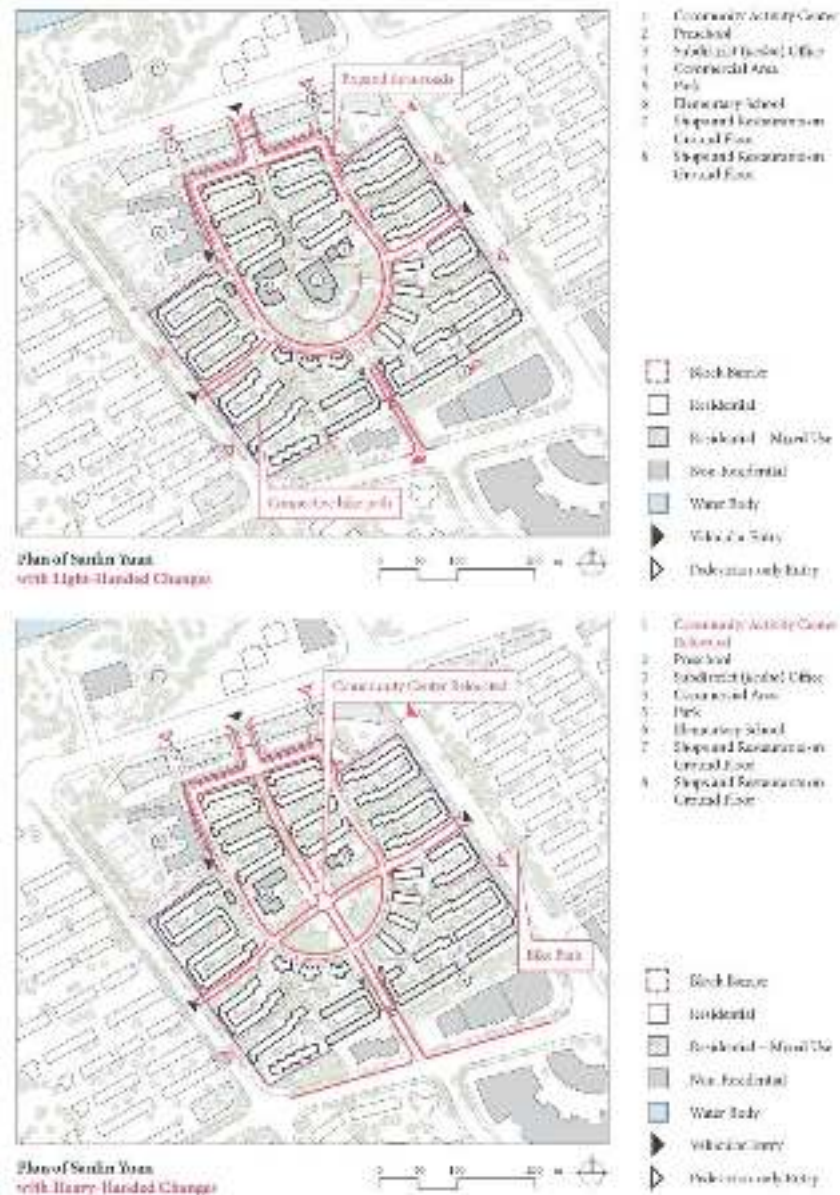


Figure 8. Plan of Sanliyuuan and proposed changes.

2017 H.Y. Kan, A. Forsyth, and P. Rowe. Redesigning China's Superblock Neighborhoods: Policies, Opportunities, and Challenges. *Journal of Urban Design* 22, 6: 257-277.

Healthy Cities in the Post-COVID-19 Era

Part 1: Health, Wellbeing, and Place
Many connections

Part 2: Models for Healthy Places
Models deal with (a) places and processes, (b) populations, and (c) technologies

Part 3: Paths Forward
Modest changes likely

Four Paths

Path 1 Forgetting

Path 2 Preparedness

Path 3 Sectoral shifts

Path 4 Healthy communities



To make big changes use many strategies at once.



Mexico City, Mexico, social housing

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Modest changes likely but more comprehensive collaborations would help