

Public Spaces, Health and Well-being

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UN HABITAT
FOR A BETTER URBAN FUTURE



**PUBLIC SPACE
PROGRAMME**



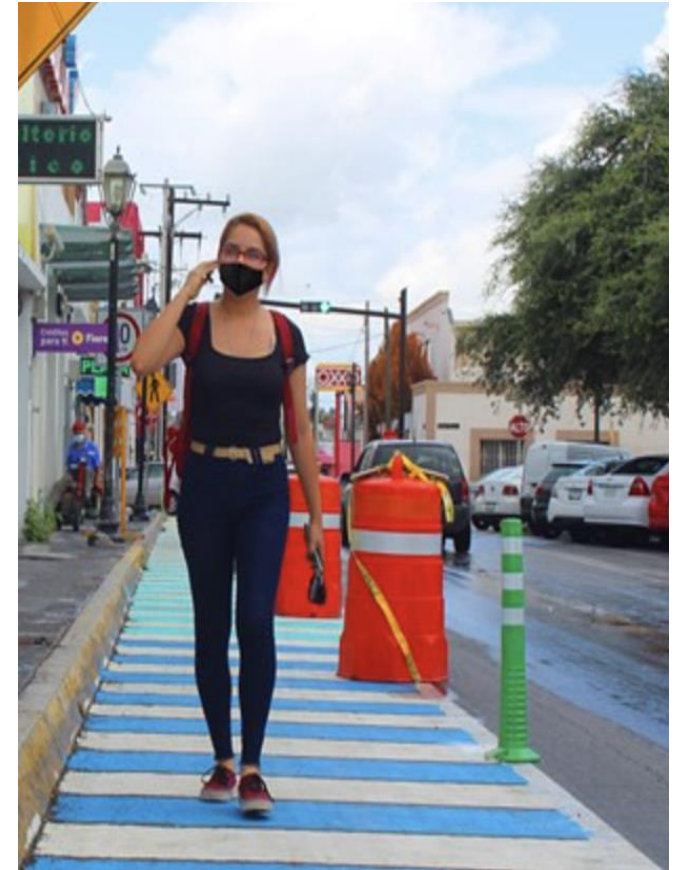
**COVID-19
RESPONSE**





GLOBAL URBAN HEALTH SITUATION

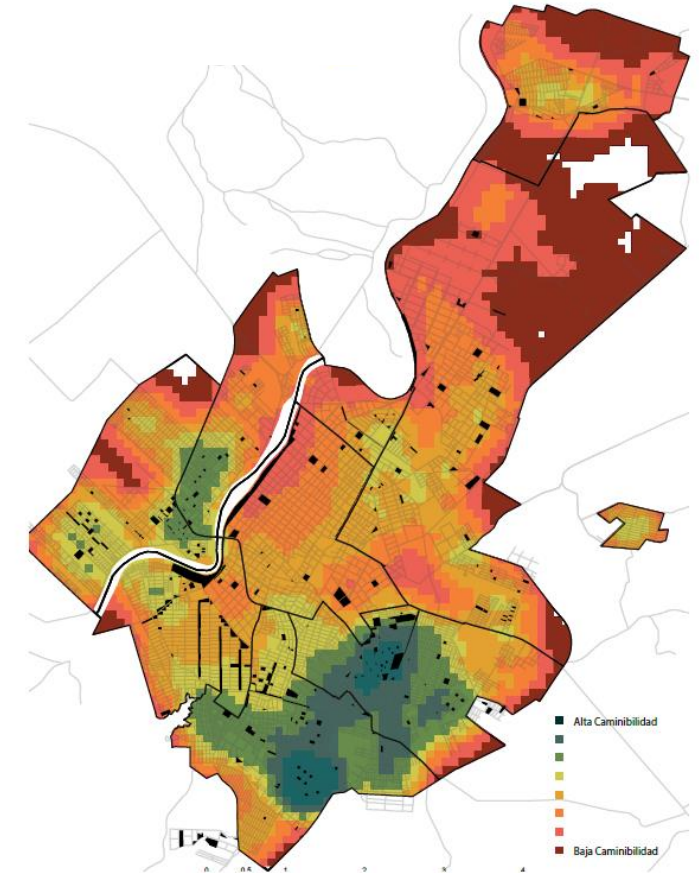
- **Unhealthy Environments:** In 2012, 12.6 million people worldwide died from living or working in unhealthy environments
- **Air Pollution:** In 2016, 7 million deaths worldwide were attributable to the joint effects of household air pollution and air pollution (WHO, 2018a). About 91% of the world's population lived in spaces that did not meet the WHO guidelines on air quality (WHO, 2018b)
- **Physical Inactivity:** Currently, one in four adults and three in four adolescents in the world do not meet the WHO minimum recommendations for physical activity. In 2013, the global cost of physical inactivity was \$54 billion in direct health care and an additional \$14 billion in decreased productivity. 1% to 3% of national health spending.





GLOBAL URBAN HEALTH SITUATION

- **Climate Crisis:** Global warming of just 1.5°C could expose an additional 350 million people to deadly heat stress by 2050, and double the number of megacities subjected to intense heat (Ebi et al., 2018).
- **Noise and Mental Health:** According to a WHO study, at least one million years of healthy life are lost each year in Western Europe alone due to environmental traffic noise (WHO Regional Office for Europe and JRC, 2011).
- **Inequity:** Data from different cities in 79 countries indicate that children from the poorest fifth of the urban population are twice as likely to die before the age of five as those from the richest fifth. In some territories, this proportion is higher than five (WHO, 2016a).





COVID 19 AND CITIES

- More than **95 percent** of coronavirus cases in the world are in **cities**.
- About **1.8 billion** people (more than 20% of the world's population) lack **adequate housing**.
- About **1 billion** people live in **informal settlements** or slums.
- Access to **adequate Sanitation and Hygiene** services is not adequate in urban areas.
- Disruption of social and protection networks and decreased access to services **exacerbate the risk of violence for women and children**.



Over **95 %** of total cases in urban areas



1 billion people live in informal settlements and slums in overcrowded and inadequate housing



2.4 billion people lack adequate access to safe water and sanitation





URBAN ENVIRONMENT as a SOCIAL DETERMINANT of HEALTH

- **The concentration of people** in settlements and cities facilitated **the spread of communicable diseases**, especially in disadvantaged neighborhoods.
- The current urbanization model may lead to an **increased incidence of non-communicable diseases** (obesity, alcohol and substance abuse, mental illness).
- **Urban policies** that prioritize adequate housing, water and sanitation, efficient waste management systems, and safer places to live, work, and **play can reduce health risk factors**.
- **Access to high-quality services** (education, health, public transportation, and child care, for example) can play an **important role in protecting the health of children** in urban settings.





Public Spaces' Contribution to HEALTH and WELL-BEING



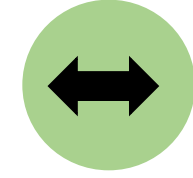
Protecting from Harm by **encourage non-motorised transport, physical activity and reduce traffic injuries** with improved accessibility, better quality, safer streets.



Promoting healthy by **Reduce hypertension and Cardiovascular diseases** with improved environments.



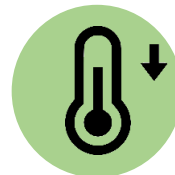
Improves Mental behavioural and neurological disorders



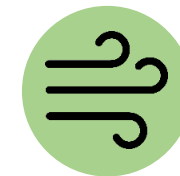
Facilitate Adaptability, a vital component of resilience against unpredictable natural hazards and climate change.



Increase biodiversity and build ecological health.



Cool the air reducing high temperatures from heat absorbing surfaces.



Clean the air reducing pollution through carbon storage



Participatory to engage local and specific knowledge, and build awareness





GLOBAL AGENDAS: SUSTAINABLE DEVELOPMENT GOALS

Goal 3: Ensure healthy lives and promote well-being for all at all ages

The connection between health and the 17 SDGs is not limited to SDG 3. The strong correlation between urban/territorial planning and health protection for a healthier life (health promotion) is reflected in SDG 11 (Sustainable cities and communities) and SDG 3.

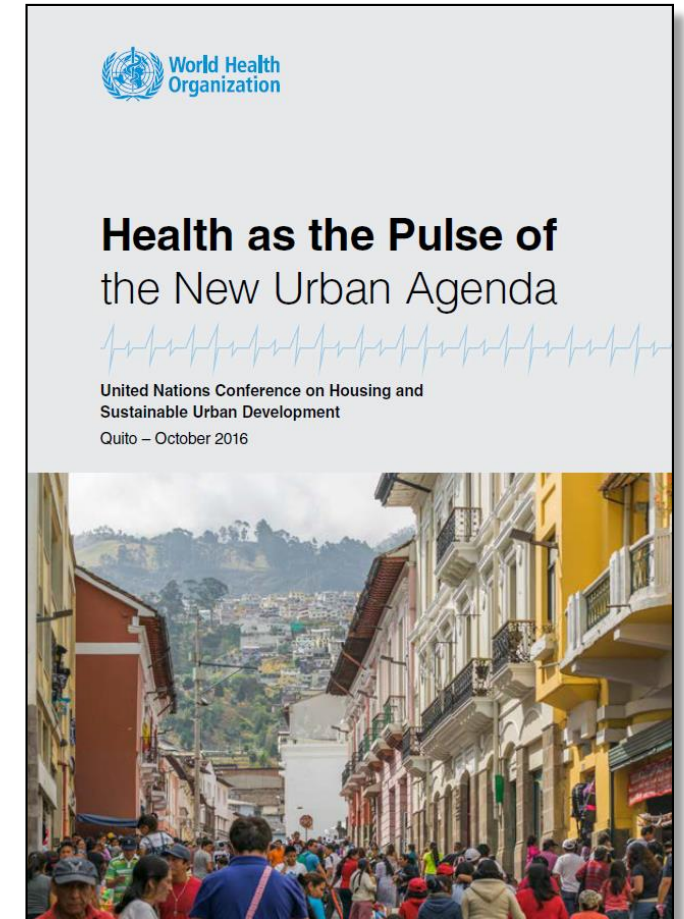




GLOBAL AGENDAS: THE NEW URBAN AGENDA (NUA)



37. “We are committed to promoting the creation of safe, inclusive, accessible, green and quality public spaces.... **for social interaction and inclusion, human health and well-being, economic exchange and cultural expression, and dialogue** among a wide diversity of people and cultures...”



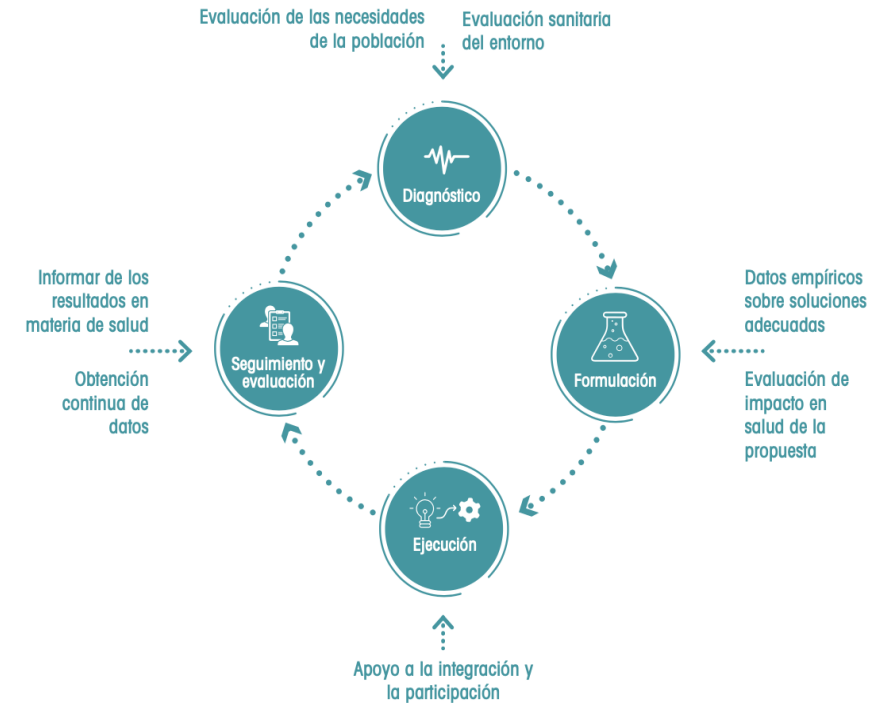


PLANNING FOR HEALTHY CITIES & TERRITORIES

- 1. Collection, evaluation, promotion and development of tools** to integrate health and wellness in urban development and decision-making processes.
- 2. Evaluation and definition of indicators.** Example: percentage of green area for health improvement.
- 3. Orientation and training for the integration of the health sector and the urban sector.**

Main documents: Manual of consultation for the integration of health and compendium of case studies. More than 100 people have received training workshops, representing more than 15 cities.

<https://unhabitat.org/topic/urban-health>



1.1 1.3 3.1 4.3



3 GOOD HEALTH AND WELL-BEING

3.4, 3.9

11 SUSTAINABLE CITIES AND COMMUNITIES

11.6, 11.7





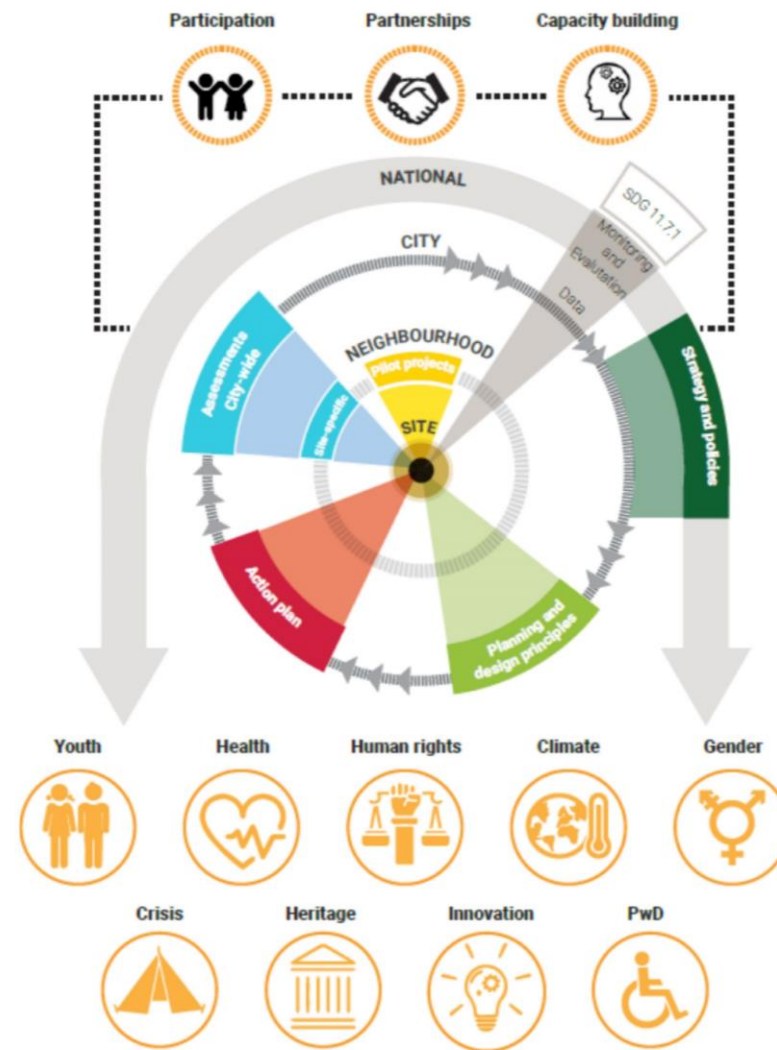
GLOBAL PUBLIC SPACE PROGRAMME

1. **Knowledge management**, tools and promotion
2. **Technical cooperation**, pilot projects and capacity building
3. **Strategic alliances** and networks of allies

134 public spaces improved, 30 evaluations at the city level,
20,000 citizens engaged.

1.85 million beneficiaries

<https://unhabitat.org/programme/global-public-space-programme>





SOURCEBOOK: INTEGRATING HEALTH IN URBAN AND TERRITORIAL PLANNING

Linking health (mental, physical, equity) and public spaces

- **Protect from Harm**, with **safety public spaces that limit our exposure to risk**, with public spaces that help to clean our air pollution and reduce noise disturbance.
- **Promote Health**, **public spaces that promote everyday physical activity**, food access and social inclusion.
- **Provide Services**, **public spaces adjacent to health facilities that can be transformed to provide health services**.
- **Ecological Public Health**, **local food markets and public spaces that make cities more resilient**.

1. **Protect Health**

2. **Develop Health**

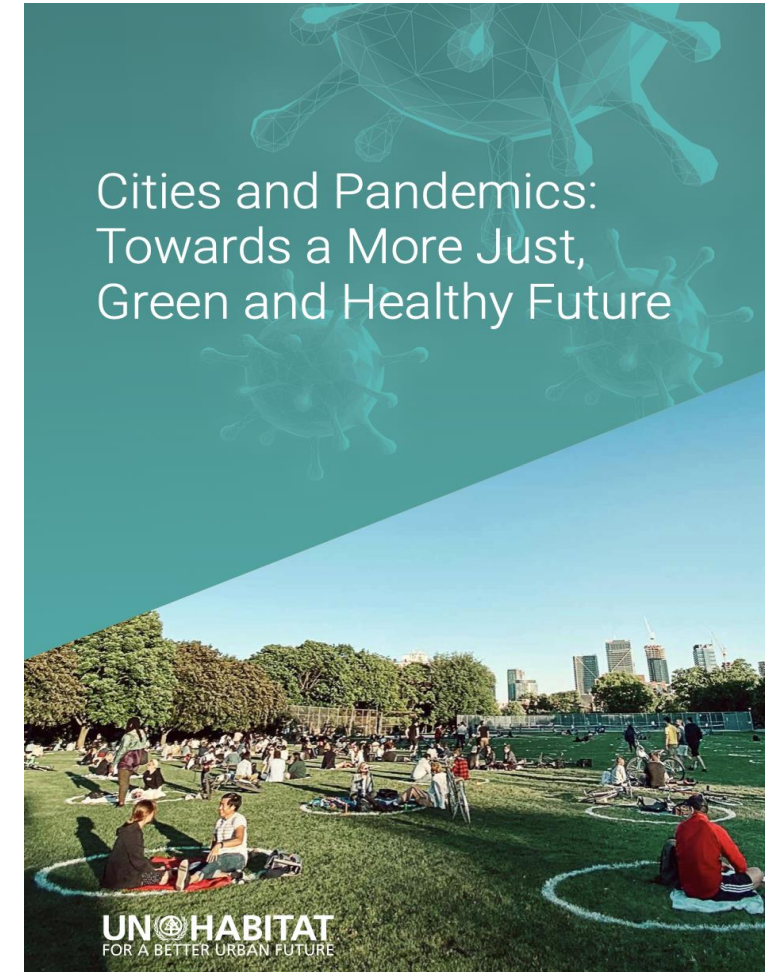
3. **Restore Equity**





CITIES AND PANDEMICS REPORT

- **Comprehensive analysis between COVID-19 and the city** through the lenses of **urban morphology, inequality, urban economy and governance.**
- **Health, housing and security must be prioritized** for the most vulnerable not only out of social need, but also out of a deep **commitment to human rights for all**
- “Cities are engines of dynamism and innovation and can help us overcome development deficits. They can spearhead reforms towards a new social contract to tackle poverty, strengthen social protection, restore public trust, and reach people who are marginalized or discriminated against.” António Guterres

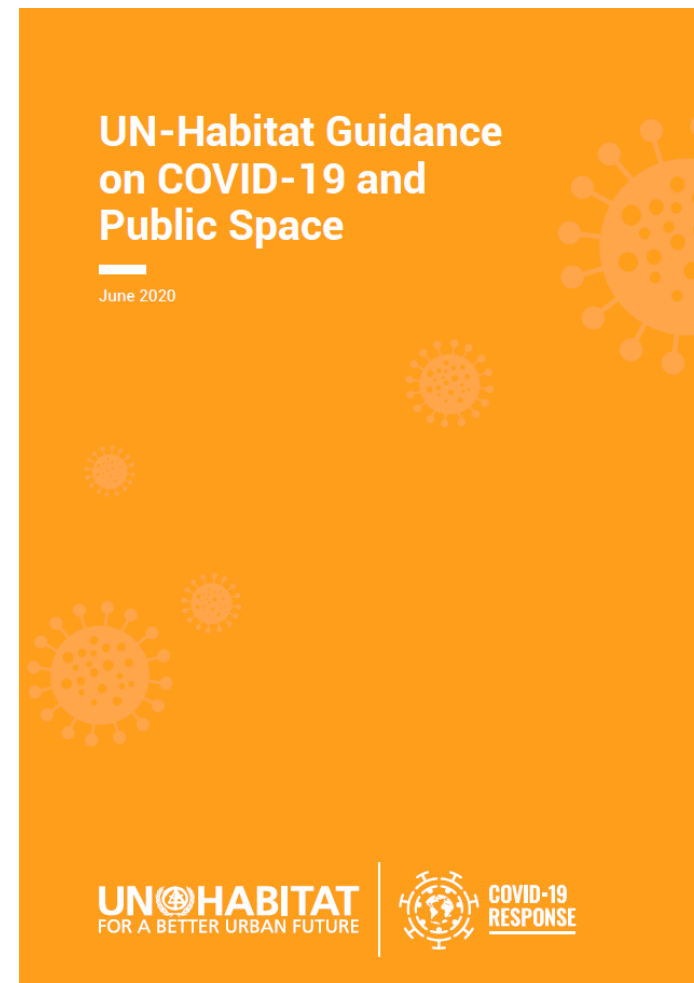




GUIDANCE PUBLIC SPACE AND COVID-19

Short Term Recommendations

1. **Public spaces are an important asset in times of crisis:** rapid establishment of temporary and secondary facilities (for example, for medical care and for the distribution of food and resources).
2. **Well-connected and integrated system of public spaces, including streets.** Cities are temporarily closing and some are even permanently reallocating road space from cars to provide more space for people and non-motorized transport.
3. **Adopt the flexibility of functions:** public spaces must be multifunctional, flexible and continuously adapt to the situation (e.g. temporary markets).
4. Public space and urban equipment can provide **essential services needed by marginalized communities.** They can provide toilet facilities, temporary disinfection points, shelter for the homeless.
5. Public space is **important for their economic livelihood, particularly for vulnerable groups.** This is why it is important to allow street vendors to continue operating and provide adequate measures





DESIGN FOR HEALTH: PROTECT, DEVELOP AND RESTORE

Design that Protects Health

Design that Develops Health

Design that Restores Health

To raise awareness of public and stakeholders on the impact of design on health and well-being





PROTECTS HEALTH

Open markets on streets for safe distance in Salatiga, Indonesia

Public spaces are essential in providing space for the swift and rapid establishment of temporary and secondary facilities.

Open spaces are needed for health care and for food & resource distribution which may be used longer than originally expected so therefore need to be flexible, multi-functional and adaptable.



<https://regional.kompas.com0>



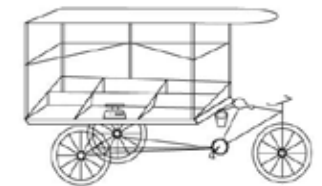


DEVELOP HEALTH

Improving livelihoods of street vendors in Dhaka and Khulna, Bangladesh

Due to the pandemic, **the congested markets in Dhaka have been relocated to open spaces**, to allow for physical distancing. The temporary markets are currently visited by more than 7,000 people per day. Local representatives have been working on the ground to raise awareness of the pandemic, however hygiene measures are still poorly understood, and vendors face difficulties operating in the open space.

The goal of the project was to provide **immediate livelihood support to the extremely poor** who lost their jobs due to a pandemic and to **promote health and safety measures among customers** and vendors in street markets.





DEVELOP HEALTH: PUBLIC SPACES FOR CHILDREN

Pop-up mobile playgrounds for children in response to COVID-19 in Hanoi, Vietnam

In Vietnam, the government has committed to ensuring proper sanitation in public spaces in response to COVID-19. However, **the pandemic is having a negative impact on children, both physically and mentally**. Hanoi has eased social distancing regulations; however, primary school children still cannot go back to school.

The goal of the project was to **increase the safety and inclusion of community playgrounds by promoting physical activities and social connections, mitigate the impacts of COVID-19 among children in disadvantaged neighborhoods**; and capacity building for local residents to manage and develop a mobile playground model in their community.





RESTORE HEALTH

Public spaces in Latin America and the Caribbean - IDB

Public space in the region is characterized by **social segregation and the lack of regulation** for its proper implementation.

Study cases:

- Montevideo, Uruguay,
- National District of Santo Domingo (Dominican Republic)
- Monteria (Colombia)

The evaluation made it possible to **understand the state of public space** in the region and to prepare scalable and replicable public policy recommendations.





FINAL REMARKS

1. To ensure that we are integrating health into practices, it is necessary to **consider health aspects in each of the project stages** (Health as an input and not only as a result)
2. **Post-pandemic recovery starts in our closest environments** (Neighborhoods, Community)
3. There are **different entry points for improving health** in our urban environments. **Public space is a key infrastructure during and for post-pandemic recovery** (analysis, policy development, co-creation and management)
4. **Citizens play a fundamental role** in creating healthy urban environments (local knowledge, activism, disseminating information, promoting activation of spaces, etc.)

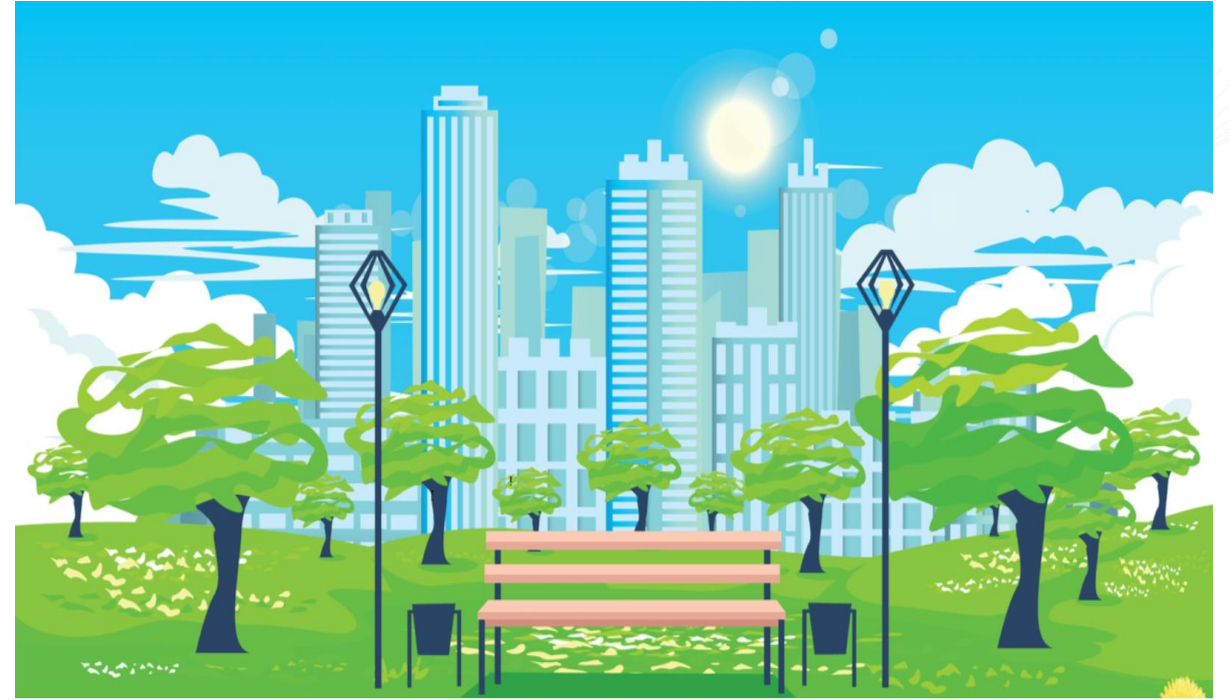


“Health is fostered in homes and cities, hospitals are for treatments”

(Nigel Crisp, Former Chief Executive of the National Health Service, and Former Permanent Secretary of the UK Department of Health)



Thanks!



WEBINAR: HEALTHY CITIES AND PUBLIC SPACES

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