Designing and planning healthy urbanism: The THRIVES Framework

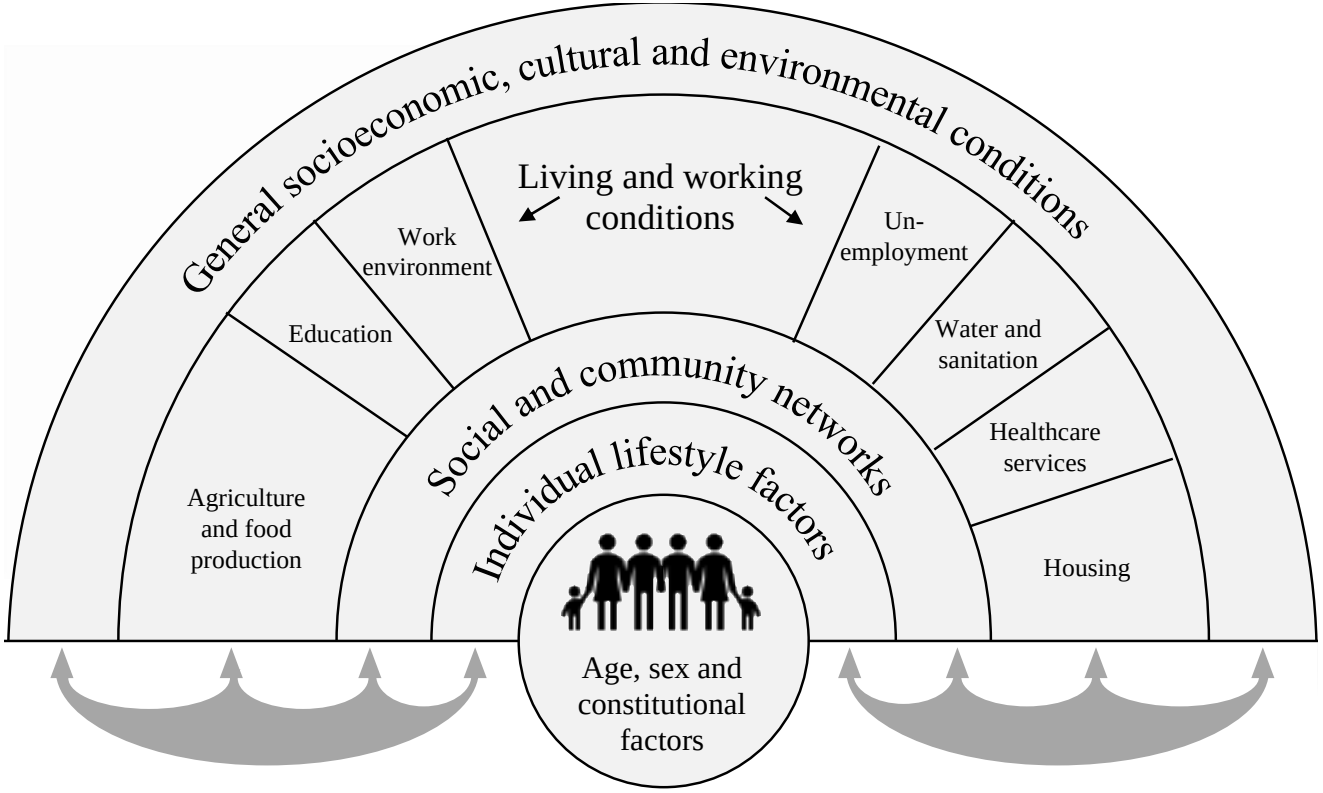
Dr Gemma Moore
Senior Research Fellow & Associate Professor

Dr Helen Pineo
Associate Professor

- The link between the built environment & health
- Healthy Urbanism: the THRIVES Framework
- Focusing on inclusion & inclusive processes: why does inclusion matter for health?

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Socio-ecological and social determinants models show the health impact of our environment



Reproduction of Goran Dahlgren and Margaret Whitehead's 'Main Determinants of Health' framework (1991)

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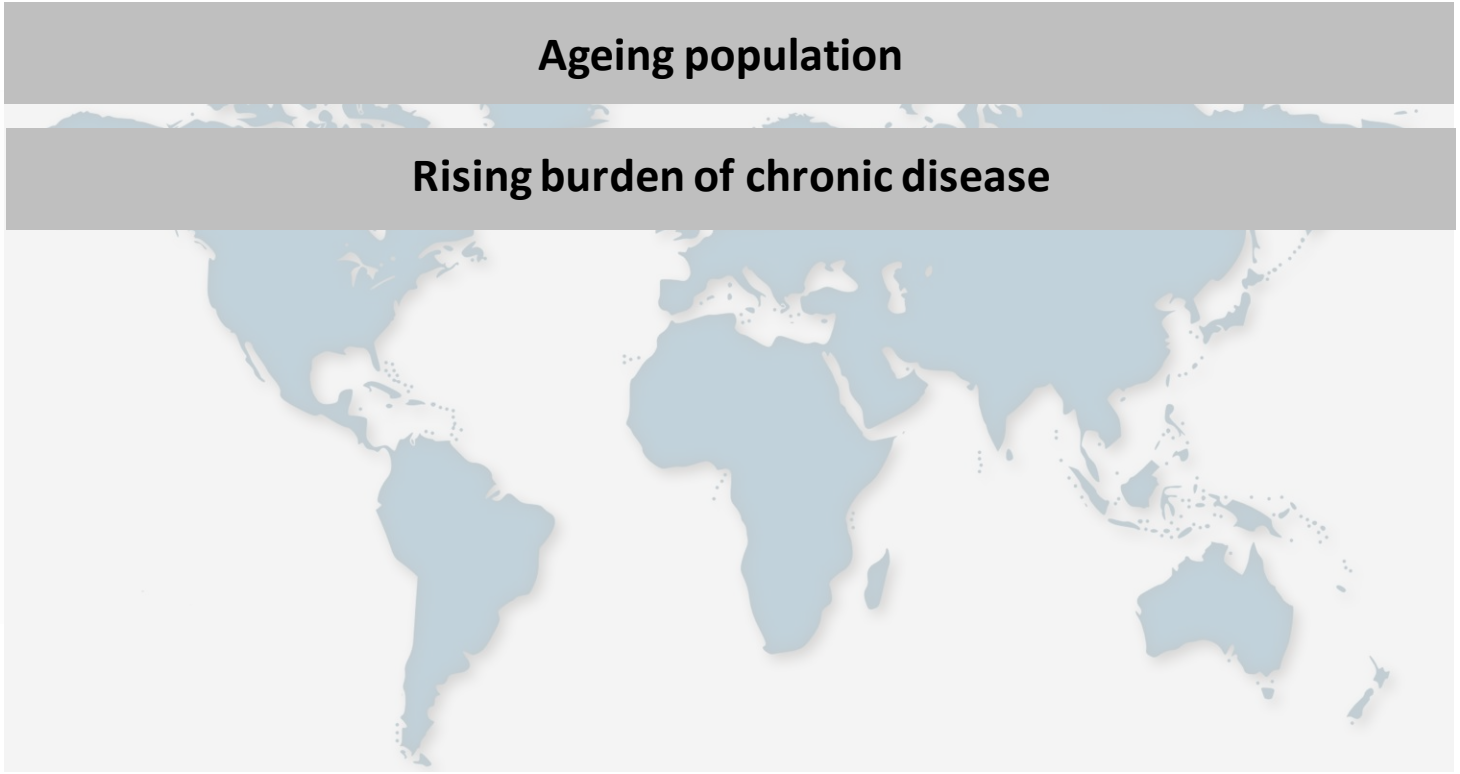
Global health trends

Ageing population



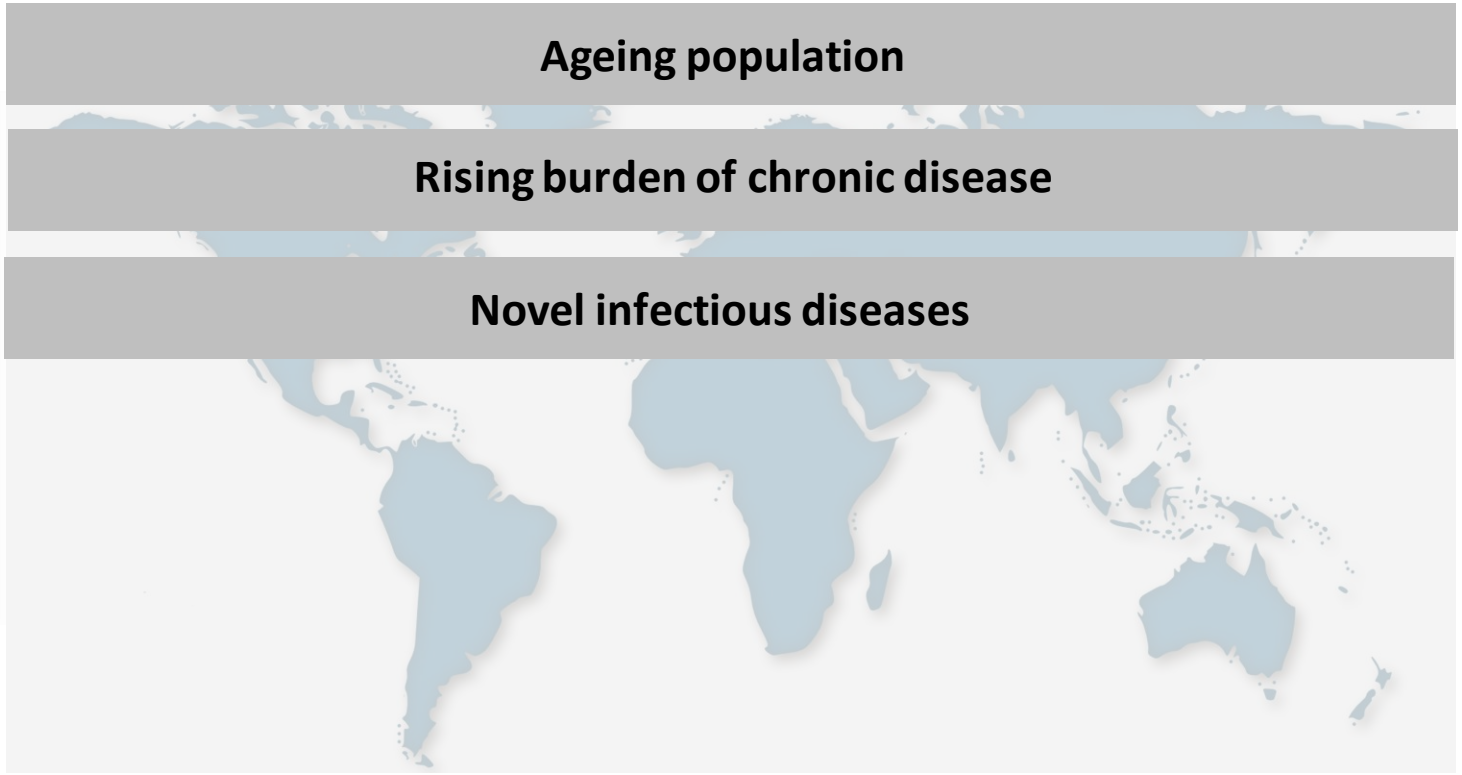
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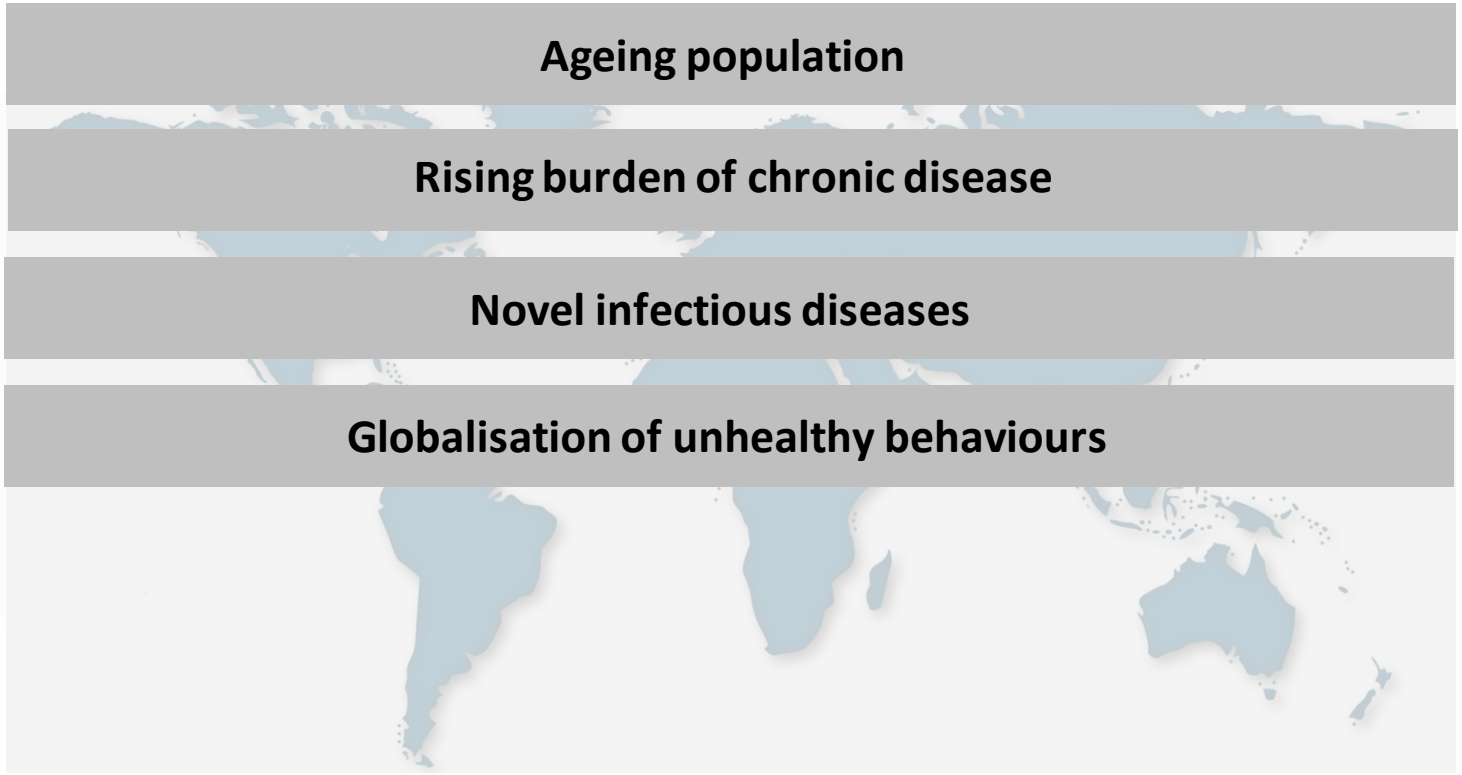
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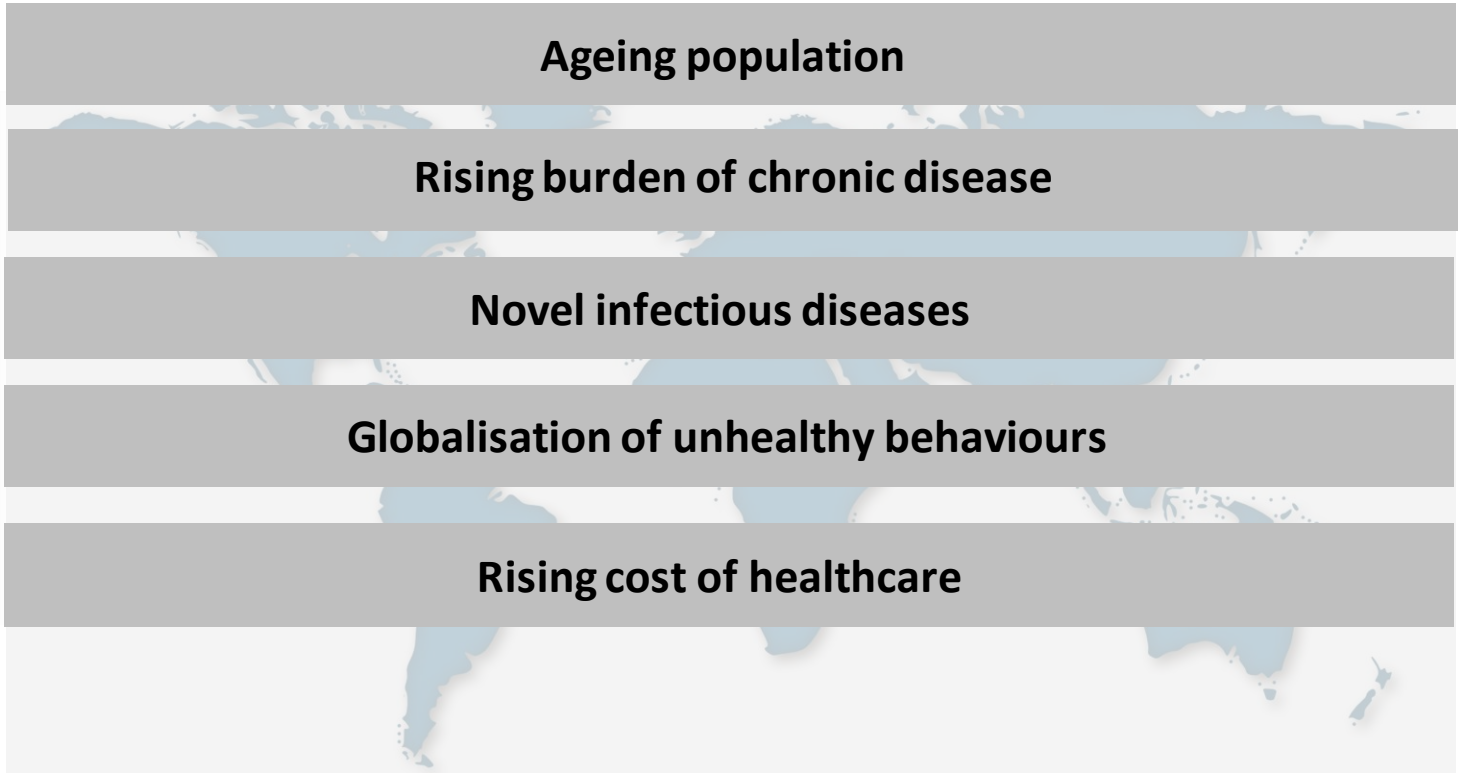
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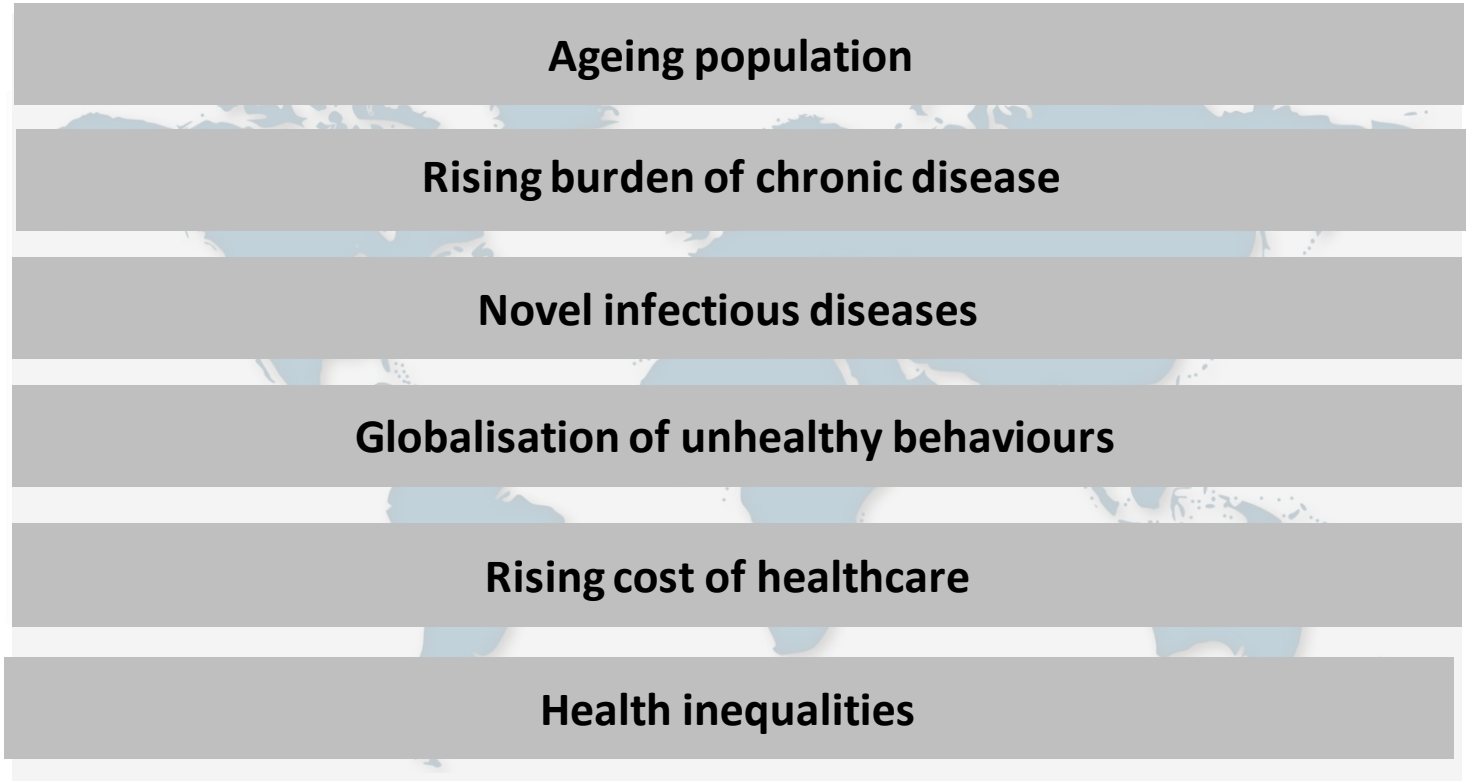
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Societal challenges affecting health and wellbeing in the built environment:



inequities



resource depletion



extreme weather



biodiversity loss



climate change

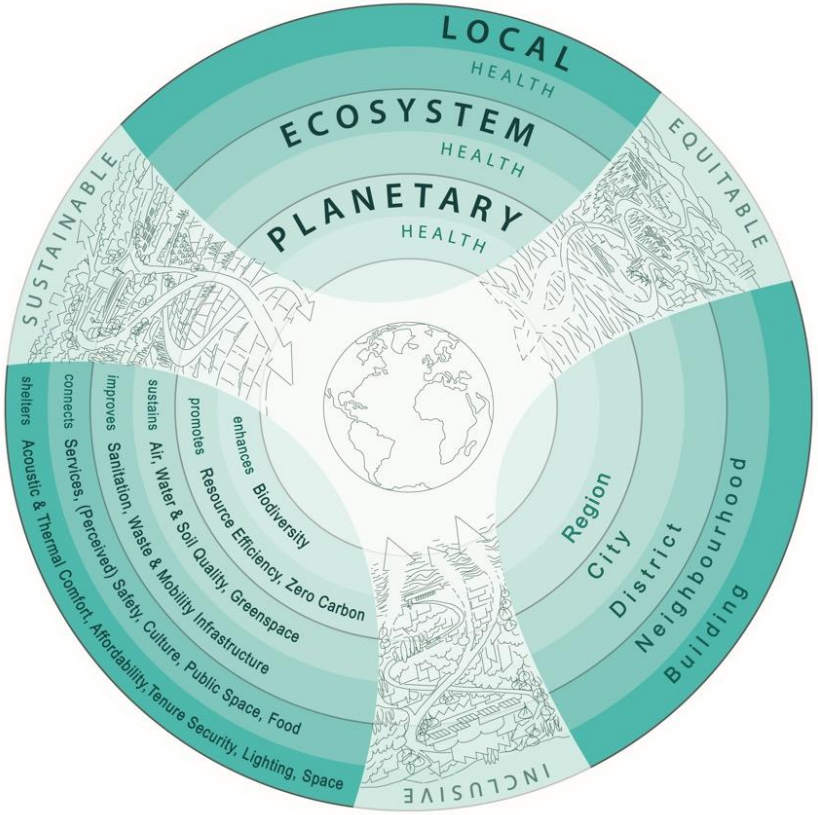


rapid urbanisation

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Towards healthy urbanism



THRIVES

towards healthy urbanism: inclusive equitable sustainable

(Pineo, doi.org/10.1080/23748834.2020.1769527)

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THRIVES Key Messages

Health impacts often occur far away from new development	Think beyond the 'boundaries' of development
Structural barriers prevent healthy living for many people	Target interventions & design with inclusive processes
Environmental degradation affects health now	Use sustainable design principles for health



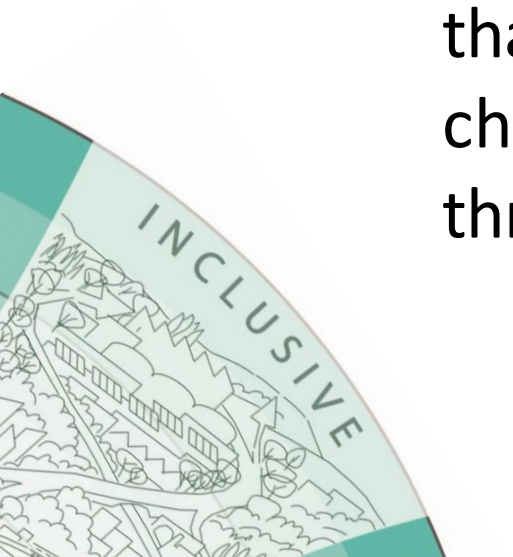




(Pineo, doi.org/10.1080/23748834.2020.1769527)

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An **inclusive urban environment** enables all members of society to conveniently participate in daily activities without feeling that they are disadvantaged by their personal characteristics or needs, and this is achieved through participatory processes.



Pineo (2020)



Design for all means ‘design for human diversity, social inclusion and equality’.

European Institute for Design and Disability (2009)

Why does inclusion matter for health?



15%
disabled



25.6%
under 14



49.6%
female



9%
over 65



50%

Half of all deaths from road injuries are among those with the least protection, including cyclists and pedestrians.

World Health Organization (2016)

Inclusive processes





Left: Acnatta, Right: JSeattle

An **inclusive process** for healthy urbanism should be:

active, responsive, (at times) difficult, open to all, challenging, messy, meaningful, respectful and rewarding









Barton HNT - the impact on residents

Target interventions & design with inclusive processes

Barton Park, Oxford, UK

Creation of a new baseline for health, wellbeing and health inequality, based on data and primary research, to guide the project's future physical and service plans. Improved health and community hub accessible to new and existing residents. Co-designed with the community and supported by the voluntary sector. Aims to improve access to initiatives such as social prescribing but also deliver better utilisation of community assets to help address inequalities faced by existing residents.

Chang, M., 2018. Securing constructive collaboration and consensus for planning healthy developments: A report from the Developers and Wellbeing project. Town and Country Planning Association, London, UK.

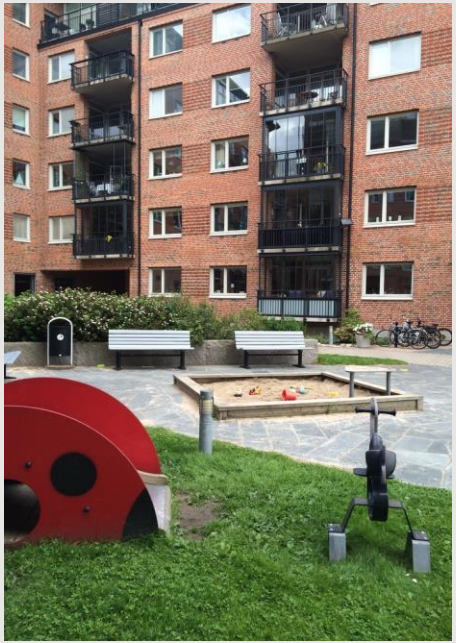
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Inclusive outcomes

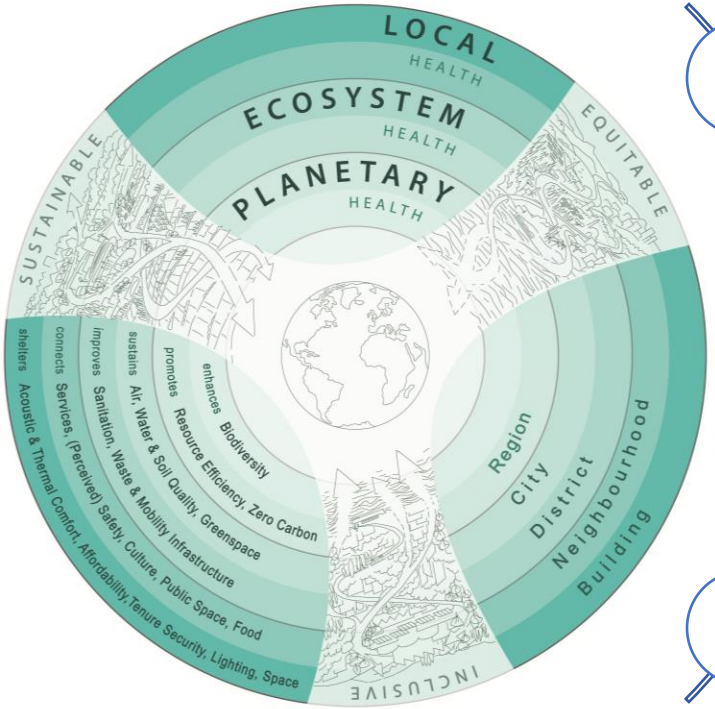








THRIVES Using the framework



- Build shared understanding
- Explore health impacts
- Support community participation
- Adapt THRIVES for your needs
- Inform further research

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www.healthyurbanism.net

https://www.ucl.ac.uk/short-courses/





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