

HEALTHY CITY DESIGN INTERNATIONAL

RESEARCH • POLICY • PRACTICE

16-17 OCTOBER 2017

ROYAL COLLEGE OF PHYSICIANS, LONDON

PRELIMINARY PROGRAMME

UNLEASHING HEALTH BY DESIGN:

CREATING A CULTURE OF WELLNESS IN OUR CITIES

W: healthycitydesign2017.salus.global | E: info@salus.global

Organised by



In collaboration with



Timetable of events

July 2017

Launch of Preliminary Programme and online registration

7 September 2017

Deadline for early bird/speaker registration, and manuscripts

Monday 16 October 2017

08.45–17.45: Healthy City Design 2017 International Congress
18.00–20.00: Walking tour (18.15 start), Welcome drinks reception and the Knowledge Space

Tuesday 17 October 2017

07.00–08.00: StreetGym urban running tour
08.55–17.45: Healthy City Design 2017 International Congress
18.00–20.00: Cocktail reception (*no formal dress code*)

Wednesday 18 October 2017

09.00–17.00: Study tour visits

UNLEASHING HEALTH BY DESIGN: CREATING A CULTURE OF WELLNESS IN OUR CITIES

For the first time in history, more people live in cities than in rural communities. As the world confronts a crisis of global and planetary health¹ in the 21st century, cities are the new battleground for rethinking approaches to sustainable development and the creation of a healthier and health-creating society.

Urban populations are growing at an unprecedented rate, a trend which – when set against the backdrop of an ageing society, rising obesity and chronic conditions, and the urgent need to respond to climate change – presents a powerful case for new thinking on how to design more sustainable, resilient cities that enhance health, wellbeing and social inclusion.

The World Health Organisation defines a healthy city as one that “supports health, recreation and wellbeing, safety, social interaction, easy mobility, a sense of pride and cultural identity, and... is accessible to the needs of all its citizens”. More recently, in a *Lancet* series on urban design, transport and health, cities are highlighted as the “key to the future sustainable development agenda”.

Aligned with these definitions, the inaugural Healthy City Design 2017 (HCD 2017) Congress & Exhibition will be held on 16–17 October, 2017 at the Royal College of Physicians, London, UK, and will provide an interdisciplinary forum for policy advisors, researchers and practitioners from around the globe.

Organised by SALUS Global Knowledge Exchange in collaboration with the Helen Hamlyn Centre for Design, Royal College of Art, the congress seeks to share and stimulate new research, innovative practice and progressive

policy ideas on how to design economically and ecologically sustainable cities that enhance citizen health and wellbeing.

Collaboration across multiple disciplines

A new interdisciplinary collaboration between public health and medical professionals, urban planners and designers, environmentalists, policymakers and citizens is required to create a whole-system approach that recognises the importance of preserving the earth’s natural systems and resources as the foundation for a new culture of wellness and health in our cities. This new vision should consider:

- new spatial strategies to support factors that positively influence health and wellbeing;
- better resilience planning to equip cities in the face of climate change, natural disasters and to protect against the rapid transmission of infectious diseases;
- urban transport and technologies that promote healthier and more ecologically supportive modes of travel for work, leisure, sports and culture;
- ways of working that improve work-life balance, reduce commuter journey times, provide access to workplace health programmes, and enhance employee productivity and enjoyment;



- development of healthier homes and neighbourhoods that nurture family wellbeing and community interaction, and provision of specialist housing for older people that supports independence and home medical care, and prevents social isolation; and
- rethinking urban planning and design to create healthier and more sustainable ways of living, make healthier lifestyle choices easier, offer access to nature, green spaces and places to exercise, and provide opportunities to enjoy more nutritious foods.

Compelling, challenging and captivating discourse

Healthy City Design 2017 features two days of high-level, insightful, provocative and entertaining presentations. Each day will open and close with keynote plenary sessions before splitting up into three streams (six in total). Day one will focus on citymaking, sustainable development and smarter cities, while day two will cover issues around urban planning, homes and neighbourhoods, and work and mobility.

The event will also host a welcome drinks reception, a poster gallery of innovative research and projects (pp12-13), a knowledge-focused exhibition space, and an end-of-congress cocktail reception. On the following day, 18 October, three exciting study visits (p18) will provide further insight into the themes explored at the Congress.

1. The Rockefeller Foundation-Lancet Commission on Planetary Health: Safeguarding human health in the Anthropocene epoch. Lancet, 2015; 386: 1973-2028



Prof Jeremy Myerson
Helen Hamlyn Chair of Design
The Helen Hamlyn Centre for Design,
Royal College of Art



Marc Sansom
Director
SALUS Global
Knowledge Exchange

Keynote speakers



Professor Sir Andy Haines
Professor of Public Health
and Primary Care
London School of Hygiene
& Tropical Medicine, UK



Professor Sarah Harper
Director, Oxford Institute
of Population Ageing, UK



Lord Andrew Mawson OBE
Executive chairman, Well
North; Director, Andrew
Mawson Partnership, UK



Dr David Pencheon
Director, Sustainable
Development Unit,
NHS England and Public
Health England, UK



Lord Nigel Crisp KCB
Independent crossbench
member of the House
of Lords; Co-chair of the
All-Party Parliamentary Group
on Global Health, UK



Dr John Zeisel
President, Hearthstone
Alzheimer Care and the
I'm Still Here Foundation,
USA

Organised by



08.00 REGISTRATION OPENS



Session 1

Opening keynotes: Healthy and sustainable cities

Chair: Jeremy Myerson, Helen Hamlyn Centre for Design, Royal College of Art

08.45 **Welcome and introduction**
Jeremy Myerson, Royal College of Art, UK

09.00 **Keynote address: Healthy streets for London**
Valerie Shawcross, Deputy Mayor of London for Transport, UK

09.15 **Keynote address: The work of the Rockefeller Foundation-Lancet Commission on Planetary Health**
Sir Andy Haines, Professor of Public Health and Primary Care, London School of Hygiene & Tropical Medicine; Chairman, Lancet Commission on Planetary Health, UK

09.40 **Keynote address: What makes cities, communities and citizens healthy and resilient?**
Dr David Pencheon, Director, Sustainable Development Unit, NHS England and Public Health England, UK

10.05 **Panel discussion**

10.15–
10.45 **COFFEE, POSTER GALLERY AND KNOWLEDGE SPACE**



Session 2

Urban health equity in North America

Chair: John Zeisel, Hearthstone Alzheimer Care / I'm Still Here Foundation, USA

10.45 **Health equity in the city: opportunity and responsibility**
Guillermo Penalosa MBA PhDc CSP, Founder and chair, 8 80 Cities, Canada

11.15 **Towards a healthy city: the transformative power of urban design**
Ken Greenberg, Principal, Greenberg Consultants, Canada

11.45 **The future of Atlanta: designing for equity, resilience and civic identity**
Ryan Gravel, Founder, Sixpitch, USA

12.15 **Panel discussion**

12.30–
14.00 **LUNCH, POSTER GALLERY AND KNOWLEDGE SPACE**



Session 3

Evidence-based policy and practice in European city design

Chair: **Hugh Barton**, WHO Collaborating Centre for Healthy Urban Environments, UWE, UK

14.00 **From health evidence to practice: stories from Barcelona**

Carolyn Daher, Co-ordinator, Urban Planning, Environment and Health Initiative, Barcelona Institute for Global Health, Spain

Mark J Nieuwenhuijsen, Research professor in environmental epidemiology, air pollution and urban environment, Barcelona Institute for Global Health, Spain

14.20 **Replanning Södra Skanstull**

Krister Lindstedt, Partner and architect, urban planning, White Arkitekter, Sweden

14.40 **Health in local planning policy in Grenoble, France: from the margins to the mainstream**

Stéphane Sadoux, Deputy director, LabEx AE&CC, Grenoble School of Architecture, Grenoble Alpes University, France

Gilles Novarina, Professor of urban and regional planning, Institut d'Urbanisme de Grenoble, Grenoble Alpes University, France

Susannah O'Carroll, Researcher, LabEx AE&CC, Grenoble School of Architecture, Grenoble Alpes University, France

Jean-Louis Pépin, Clinic of Physiology, Sleep and Exercise, Grenoble Alpes University Hospital, France

15.00 **Panel discussion**

15.30–16.00 **COFFEE, POSTER GALLERY AND KNOWLEDGE SPACE**



Session 4

Design paradigms for reimagining healthy communities

Chair: **John Mathers**, British Design Fund, UK

16.00 **The modern prison – can the architecture of incarceration propose a healthy city in the making?**

Chris Liddle, HLM, UK

16.20 **Salutogenic city design**

Kristen Whittle, Director, architecture, Bates Smart, Australia

16.40–17.00 **Panel discussion**

Session 5

Closing keynote address

17.00 **Hopeful cities – creating a life worth living for all citizens**

Dr John Zeisel, president, Hearthstone Alzheimer Care and the I'm Still Here Foundation, USA

17.40 **Closing remarks**

17.45 **Close**

18.00–20.00 **KNOWLEDGE SPACE AND WELCOME RECEPTION**



Stream 2 begins at 10.45 in the Council Chamber, after the early morning plenary session (08.45–10.15, see pp4-5 for details).



Session 6

Health and healthcare resilience in the future city

Chair: Ben Smith, AECOM, UK

- 10.45** **A blueprint for healthy and resilient cities**
Emily Loquidis, Principal consultant, infrastructure and sustainability, buildings and places, AECOM, UK
Professor Kate Arden, Executive director, public health, Wigan Council, UK
Derek Clements-Croome, Professor emeritus, Construction Management and Engineering, University of Reading, UK
Dr Sotiris Vardoulakis, Research director, Institute of Occupational Medicine, UK
- 11.35** **Designing for disaster: A conversation about resilient healthcare**
Jane McElroy, Healthcare principal, NBBJ, UK
- 12.00** **Panel discussion**
- 12.30** **LUNCH, POSTER GALLERY AND KNOWLEDGE SPACE**
- 12.45–13.45** **Lunchtime design workshop (TBC)**
Mental Health First Aid and City Mental Health Alliance



Session 7

Empowering citizens to build sustainable communities

Chair: Fiona Adshead, advisor – wellbeing, sustainability and public health, UK

- 14.00** **Paradise found? Can one place work for all its citizens?**
Mike Nightingale, Charity founder and trustee, The Mike Nightingale Fellowship; consultant, IBI Group UK, UK
Marcus Wilshere, Architect and masterplanner, IBI Group UK, UK
Elizabeth Petrovitch, Interior designer, architect, IBI Group UK, UK
- 14.20** **Denai Alam housing: a symbiotic relationship between human and natural environment**
Mustapha Kamal Bin Zulkarnain, Architect, Arkitek Mustapha Kamal, Malaysia
- 14.40** **Healthy cities: lessons from traditional cities of India**
Sumita Singha, Chartered architect, Ecologic Architects, UK
- 15.00** **Panel discussion**
- 15.30–16.00** **COFFEE, POSTER GALLERY AND KNOWLEDGE SPACE**



Session 8

Integrating health and wellness with ecology and economy

Chair: Dr Jo-Anne Bichard, Helen Hamlyn Centre for Design, Royal College of Art, UK

- 16.00** **Healthy landscapes, healthy communities**
Andrew Tindsley, Principal and director of landscape and urbanism, BDP, UK
- 16.20** **Cardinia Health Precinct: sustainability, self-sufficiency and wellness promotion in health precincts**
Christon Batey-Smith, Director, architecture and urban planning, DesignInc Melbourne, Australia
Robert Payne, Director, Guildfords, Australia
Keith Davis, Director, building services consultants, Norman Disney & Young, Australia
Alex Rodger, Director, building services consultants, Norman Disney & Young, Australia
- 16.40–17.00** **Panel discussion**

Stream 2 will be brought to a close at 17.00, whereupon delegates are invited to return to the Wolfson Theatre for the day's closing plenary and keynote address (17.00–17.45, see pp4-5 for details).

Stream 3 begins at 10.45 in the Library, after the early morning plenary session (08.45–10.15, see pp4-5 for details).



Session 9

Promoting health in the digital city
Chair: Sean Hughes, Philips, USA

10.45 Technology and citizen health
Mario Bozzo, IBI director, IBI Group UK, UK

11.10 “The measure of intelligence is the ability to change” – Einstein
Gail Borthwick, Principal, buildings, Stantec, Canada
Rod Schebesch, Regional business leader – transportation, Stantec, Canada
Eric Dunford, Sustainability analyst, community development, Stantec, Canada
Matt Cable, Sustainability associate, buildings, Stantec, Canada

11.35 Enabling wellness through intentional design
Susanne Pini, Principal/director of retail, mixed-use, and urban living, HDR, Australia
Kaia Nesbitt, Associate vice-president, site design principal, HDR, USA
Beth Zacherle, Strategic innovation designer, HDR, USA

12.00 Panel discussion

12.30–14.00 LUNCH, POSTER GALLERY AND KNOWLEDGE SPACE



Session 10

Smarter cities are healthy cities
Chair: Katie Wood, Arup, UK

14.00 Building a business case for smart urban environments
Julie Alexander, Director, urban development and smart cities, Siemens, UK

14.20 Healthy Active by Design Tool
Kieren Morgan, Principal, architecture, HASSELL, UK
Robina Crook, Associate, planning, architecture, HASSELL, Australia

14.40 Integrating public health and the built environment – contribution from WELL communities
Julie Godefroy, Consultant, Delos, UK
Ann Marie Aguilar, Director of operations, International WELL Building Institute, UK

15.00 Panel discussion

15.30 COFFEE, POSTER GALLERY AND KNOWLEDGE SPACE



Session 11

Future cities: the impact of digital health and AI
Chair: Cathy Crawley, BRE, UK

16.00 AI and machine learning: new methods to connect a city and citizens
Michael Wilkinson, Director, R&D, Inavya Ventures, UK

16.20 Health and wellbeing: raising productivity through technology
Steve Turner, Associate, digital, Arup, UK

16.40–17.00 Panel discussion

Stream 3 will be brought to a close at 17.00, whereupon delegates are invited to return to the Wolfson Theatre for the day's closing plenary and keynote address (17.00–17.45, see pp4-5 for details).

08.00 REGISTRATION OPENS



Session 12

Opening keynotes: Health-creating societies and environments

Chair: Chris Liddle, HLM, UK

08.55 **Welcome**

Chair: Chris Liddle, HLM, UK

09.00 **Keynote address: Designing a healthier and health-creating society**

Lord Nigel Crisp, Independent crossbench member of the House of Lords; former chief executive of the NHS in England; and former permanent secretary of the UK Department of Health, UK

09.25 **Keynote address: We are the environments we live in**

Lord Andrew Mawson OBE, Executive chairman, Well North; Director, Andrew Mawson Partnership, UK

09.50 **Panel discussion**

10.15–
10.45 **COFFEE, POSTER GALLERY AND KNOWLEDGE SPACE**



Session 13

Ecological health and city planning

Chair: Prof Rachel Cooper OBE, Lancaster University, UK

10.45 **A systems approach to addressing planetary health in cities**

Dr Montira Pongsiri, Senior research associate, Cornell University; Commissioner, The Rockefeller Foundation-Lancet Commission on Planetary Health, USA
Dr Andrea Bassi, Professor, Stellenbosch University; CEO, KnowlEdge, Italy
Dr Graham Alabaster, Chief, Waste Management & Sanitation, Urban Basic Services Branch, United Nations Human Settlements Programme, Intl
Stephen Passmore, Head of platform delivery, The Ecological Sequestration Trust, UK

Dr Robin Stott, Member, Commission for Sustainable London; Co-chair, BMJ Climate and Health Council; Sustainability Advisor to Mayor of Lewisham, UK

11.25 **The impact of the built environment on health: an evidence review**

Janet Ige, Research associate in public health, health and social sciences, University of the West of England, UK
Paul Pilkington, Senior lecturer in public health, health and social sciences, University of the West of England, UK

11.50 **Rewilding cities**

Tom Armour, Director and global leader of landscape architecture, Arup, UK

12.15 **Panel discussion**

12.30–
14.00 **COFFEE, POSTER GALLERY AND KNOWLEDGE SPACE**





Session 14

Barriers to improving urban health

Chair: Marcus Grant, Cities & Health, UK

- 14.00** **Land, power and wellbeing**
Hugh Barton, Emeritus professor of planning, health and sustainability, WHO Collaborating Centre for Healthy Urban Environments, University of the West of England, Bristol, UK
- 14.20** **Research protocols for planning healthy cities**
David Green, Principal, global practice leader, Cities and Sites, Perkins+Will, UK
- 14.40** **What stops built environment professionals creating healthier places?**
Rachel Toms, Insight and standards manager, Design Council, UK
Ammar Mesari, Senior social researcher, Social Change UK, UK

15.00 **Panel discussion**

15.30–16.00 **COFFEE, POSTER GALLERY AND KNOWLEDGE SPACE**



Session 15

River-based community design

Chair: Sunand Prasad, Penoyre & Prasad, UK

- 16.00** **Living bridges: healthy urban infrastructure as a multi-use economic asset**
Tye Farrow, Senior partner, architecture, Farrow Partners, Canada
- 16.20** **The tale of a whale: creating a space for designing wellbeing in Northern Ireland**
Jo-Anne Bichard, Senior research fellow, Helen Hamlyn Centre for Design, Royal College of Art, UK
Jonathan West, Research fellow, Helen Hamlyn Centre for Design, Royal College of Art, UK
Elizabeth Raby, Research associate, Helen Hamlyn Centre for Design, Royal College of Art, UK
Ralf Alwani, Research associate, Helen Hamlyn Centre for Design, Royal College of Art, UK

16.40–17.00 **Panel discussion**

Session 16

Closing keynote address

- 17.00** **Population ageing and health in the urban age**
Sarah Harper, Director, Oxford Institute of Population Ageing, UK
- 17.40** **Closing remarks**
Jeremy Myerson, Royal College of Art, UK

17.45 **Close**

18.00–21.00 **COCKTAIL RECEPTION**

Stream 5 begins at 10.45 in the Council Chamber, after the early morning plenary session (08.55–10.15, see pp8-9 for details).



Session 17

Participatory design to create healthy communities

Chair: David Green, Perkins+Will, UK

10.45 Healthy New Towns: delivering innovation at pace framework – policy implementation

Sara McCafferty and Dan Northam-Jones, senior strategy programme managers, NHS England, UK
Danny McDonnell, Strategy programme manager, NHS England, UK

11.05 CHESS™ – engaging communities in designing healthy environments

Christine Hancock, Founder and director, C3 Collaborating for Health, UK

11.35 Translating community perceptions of health and place into local planning policy and monitoring frameworks

Simon Bevan, Director of planning, Southwark Council, UK

11.55 Voluntary evidence-informed health and wellbeing design: a public realm strategy for a key London masterplan

Jamie Anderson, Research associate, University of Sheffield, and senior consultant, BuroHappold Engineers Department of Landscape, UK
Trevor Keeling, Senior engineer, sustainability, BuroHappold, UK
Duncan Price, Director, sustainability, BuroHappold, UK

12.15 Panel discussion

12.30–14.00 LUNCH, POSTER GALLERY AND KNOWLEDGE SPACE

12.45–13.45 Lunchtime design workshop (TBC)
BRE, UK



Session 18

Multi-generational community design and care

Chair: Janet Sutherland, The Academy of Urbanism, UK

14.00 Carebnb – concept for short-term light-care in your own neighbourhood

Femke Feenstra, Board architect, de Jong Gortemaker Algra Architects, Netherlands
Aziza Aachiche, Senior advisor, real estate, Twynstra Gudde, Netherlands

14.20 The implementation of the Older People's External Residential Assessment Tool (OPERAT)

Vanessa Burholt, Professor of gerontology; Director, Centre for Innovative Ageing / Centre for Ageing and Dementia Research, Swansea University, UK
Charles Musselwhite, Associate professor, Centre for Innovative Ageing, Swansea University, UK
Martin Hyde, Associate professor, Centre for Innovative Ageing, Swansea University, UK

14.40 Health warning: is too much safety bad for our children's health?

Jennette Emery-Wallis, Director, landscape architecture, landscape design, LUC, UK
Alison King, Senior landscape architect, landscape design, LUC, UK

15.00 Panel discussion

15.30–16.00 COFFEE, POSTER GALLERY AND KNOWLEDGE SPACE



Session 19

Planning neighbourhoods for active living

Chair: Christine Hancock, C3 Collaborating for Health, UK

16.00 How 'prescribing planning' can help lead to healthier-weight communities

Michael Chang, Project and policy manager, planning, Town and Country Planning Association, UK
Helen Horrocks, Strategic lead for public health, Thurrock Council, UK

16.20 Hypo-Park: an open space pilot for at-risk urban communities

Roger Sherman, Design director, Lifestyle Studio, Gensler (Los Angeles), USA
Claudia Carol, Studio director, planning and urban design, Gensler (Los Angeles), USA

16.40–17.00 Panel discussion

Stream 5 will be brought to a close at 17.00, whereupon delegates are invited to return to the Wolfson Theatre for the day's closing plenary and keynote address (17.00–17.45, see pp8-9 for details).

Stream 6 begins at 10.45 in the Library, after the early morning plenary session (08.55–10.15, see pp8-9 for details).



Session 20

Wellness in the workplace

Chair: Rama Gheerawo, Helen Hamlyn Centre for Design, Royal College of Art, UK

10.45 To what extent the physical environment influences wellbeing at work
Bart van Roekel, MSc student, YNNO, Netherlands

11.05 Workplaces leading city-wide healthy places efforts
Jane Ellery PhD, Assistant professor of wellness management, Ball State University; Senior fellow, Project for Public Spaces, USA

11.35 Healthy offices, healthy life@work
Rebecca Pearce, EMEA head of sustainability, CBRE Wouter Oosting, Senior director, advisory and transaction services; occupier, CBRE, UK
Elizabeth Nelson, PhD candidate, biosensors and biomedical engineering, University of Twente, Netherlands

11.55 WELL designed: the first project in Europe certified to the WELL Building Standard – how a commercial London office was designed and the policy changes required to promote occupant health and wellbeing
Alan Fogarty, Partner, sustainability, Cundall, UK

12.15 Panel discussion

12.30–14.00 LUNCH, POSTER GALLERY AND KNOWLEDGE SPACE



Session 21

The future of active and sustainable travel

Chair: Clare Devine, Design Council, UK

14.00 The impact of spatial-economic structure of cities on the potential for active travel
Eime Tobari PhD, Associate director, Space Syntax, Japan/UK
Ioanna Kolovou, Senior consultant, Space Syntax, UK
Ward Alsafi, Senior consultant, Space Syntax, UK
Ed Parham, Director, Space Syntax, UK

14.20 Driverless futures: utopia or dystopia?
Dan Phillips, Project manager, Helen Hamlyn Centre for Design, School of Design, Royal College of Art, UK
Rama Gheerawo, Director, Helen Hamlyn Centre for Design, Royal College of Art, UK
Professor Dale Harrow, Head of programme, vehicle design, School of Design, Royal College of Art, UK
Stephen Boyd Davis, Professor of design research, School of Design, Royal College of Art, UK

14.40 The role of electric cycles in the healthy city
Tim Jones, Reader, School of the Built Environment, Oxford Brookes University, UK
Ben Spencer, Research fellow, School of the Built Environment, Oxford Brookes University, UK

15.00 Panel discussion

15.30–16.00 COFFEE, POSTER GALLERY AND KNOWLEDGE SPACE



Session 22

Experience-design of transit hubs and journeys

Chair: Susanne Pini, HDR Rice Daubney, Australia

16.00 Health through innovation in transit facility design – a study of MRTS, Chennai, India
Dr P Meenakumari, Associate professor, Department of Architecture, Anna University, India
Ar. Amita Gupta, Consultant and visiting faculty, Department of Architecture, Anna University, India

16.20 Decisions, decisions: decision-making and its impact on passenger experience and wellbeing
Jonathan Leah, principal, Woods Bagot, UK

16.40–17.00 Panel discussion

Stream 6 will be brought to a close at 17.00, whereupon delegates are invited to return to the Wolfson Theatre for the day's closing plenary and keynote address (17.00–17.45, see pp8-9 for details).

- P01 Integrated infrastructure: the human health imperative**
Alastair Leighton (Australia)
- P02 Walking and healthy cities**
Susan Claris (UK)
- P03 Health by urban design – how addressing a particular issue can help in tackling multiple issues and creating better places to live, work and play**
Eike Sindlinger (UK)
- P04 Newtownabbey's 'Do it together' team**
Arthur Acheson (UK), Karen Tufts (UK)
- P05 Can cities actually make us healthier?**
Nels Nelson (USA)
- P06 Interior air quality and public health in Northern Ireland**
Arthur Acheson (UK)
- P07 The relationship between living space per capita, usage of green spaces, and health of urban dwellers: a case study in Taipei, Taiwan**
Jia-Jin He (Taiwan), Tzu-Yuan Chao (Taiwan)
- P08 How the built environment makes the elderly feel? The relationship between elderly people with depression and built environment in high-density urban areas: a comparative case study of Taiwan and Hong Kong**
Hung-Chun Lin (Taiwan), Tzu-Yuan Chao (Taiwan)
- P09 A community hub providing integrated local care for elderly people**
Dr Peter Wilkinson (UK), Dr Liz Lawn (UK), Neil Selby (UK), Dr Radcliffe Lisk (UK)
- P10 Sustainable urban garden – a replicable model for health**
Dr Ellen Vincent (USA)
- P11 Planning the efficiency of emergency departments' spatial design simulating clinical workflows and capacity planning: the evidence-based design experience of the Healthcare Authority of Matera**
Dr Giuseppe Lacanna (Italy), Dr Carmine Sinno (Italy), Dr Pietro Quinto (Italy), Dr Rossella Bisceglie (Italy)
- P12 Becoming better neighbours: exploring the processes of engagement between non-profit hospitals, local communities and cities**
Rebecca Ramsey (USA)
- P13 The importance of placing people at the heart of designs**
Simon Saint (UK)
- P14 Designing healthy communities**
Marcus Wilshere (UK)
- P15 Multi-stakeholder collaboration to improve air quality in West Yorkshire – a critical reflection on progress**
Yannish Naik (UK), Helen Christmas (UK), Sally Jones (UK), Mike Gent (UK), Peter Roderick (UK)
- P16 Reimagining the hospital as a community hub creates health and wellness in our cities**
Burkhard Musselmann (UK), Velimira Drummer (UK), Michael Moxam (Canada)
- P17 The role of a hospital in repairing a city's urban fabric**
David Lewis (UK)
- P18 Culture, neuroscience, and design**
Sally Augustin (USA)
- P19 Back to the future: rethinking the architectural education of placemakers**
Richard Reid (UK)
- P20 Developing active landscapes within the built environment to encourage physical activity and improve health and wellbeing**
Richard Timmins (UK), Andy Mytom (UK), David Morley (UK)
- P21 Healthy garden towns and city districts**
Nigel Wakefield (UK), Katie Kershaw (UK)
- P22 Tranquil city**
Julie Godefroy (UK), Grant Waters (UK), Diana Sanchez (UK), Ben Warren (UK)
- P23 Healthy places: placemaking as a community change tool**
Jane Ellery (USA), Laura Torchio (USA)
- P24 Finding your way to wellbeing: point-of-decision design and "nudge" architecture**
Upali Nanda (USA), Colin Boylan (UK)
- P25 Quantification of health benefits through urban masterplanning design of public realm**
Chris Burgess (UK), Mitch Cooke (UK)
- P26 Encouraging active mobility through comic strips. An experiment in research dissemination**
Steven Saulnier-Sinan (France)

POSTER GALLERY

- P27 Urban Farm at Ryerson University at the Daphne Cockwell Health Sciences Centre, Church Street, Toronto, Ontario**
Yasin Visram (Canada)
- P28 Transforming neighbourhoods: placemaking, public realm and healthier living**
Georgia Butina Watson (UK)
- P29 Using illustrated characters to make Evelina London Children's Hospital a place where children belong**
Peter Shenai (UK)
- P30 Virtual reality delivers the human perspective**
Oliver Lowrie (UK), Jon Ackroyd (UK)
- P31 Healthy placemaking**
Fred London (UK)
- P32 Can architecture cure loneliness?**
Susanne Pini (Australia), Kaia Nesbitt (USA)
- P33 Urban planning factors reducing peoples' risks of diabetes: a review on existing links in literature**
Adha Viala (Germany), Martin Knöll (Germany)
- P34 Designing spaces for improved healthcare accessibility**
Polly Barker (UK)
- P35 The green connection: design as a strategy towards a healthier city**
Ingrid Mulder (Netherlands)
- P36 My journey – sustainable travel brand**
Julian Maynard (UK)
- P37 Our cities are alive but how healthy are they?**
Josh Artus (UK)
- P38 Salutogenic cities: evolution in thinking for healthcare and the urban environment**
Henry Chao (USA), William Kenworthy (USA)
- P39 Promoting health, wellbeing and socio-ecological resilience in cities**
Lakshmi Priya Rajendran (UK)
- P40 Design of diagnostic environments at points of entry in the healthcare system: development of an investigational framework**
Philip Astley (UK), Timothy McHugh (UK), Anne Wood Symons (UK)
- P41 Shifting from green to healthy buildings**
Emily Loquidis (UK)
- P42 Working Well Laboratory: social inclusion and public realm facilities as innovation tools for thinking differently about workplace health**
Liz Swinstead (UK)
- P43 Workplace wellbeing: applying research to enhance the wellbeing of our people**
Rebecca Milner (UK)
- P44 Wellbeing valuation for commercial built environments**
Dr Kelly Watson (UK)
- P45 Redevelopment project of the Martini Hospital in Turin: an example of humanisation of healthcare spaces**
Grazia Giulia Cocina (Italy), Gabriella Peretti (Italy), Francesca Thiebat (Italy), Riccardo Pollo (Italy)
- P46 Activity-based working: creating spaces that are so flexible, people can be inflexible**
Amelia Saberwal (UK)
- P47 Working for healthy cities: combining livelihood and health policies for the post-Habitat III era**
Edmundo de Werna (Switzerland)
- P48 Working well: being well – design as a catalyst**
Ronak Gawarwala (UK)



PROGRAMME COMMITTEE



Rachel Cooper OBE, professor of design management and policy, Lancaster University, UK

Rachel is academic lead for the N8 universities on Urban Transformation Research. She is a non-executive director of Future Cities Catapult and the UK representative on the International Council for Science Programme, Health and Wellbeing in the Changing Urban Environment.



David Green, principal, global practice lead, Perkins+Will, UK

David works on large-scale planning and urban design projects, focusing on sustainable development and the creation of health and research districts. He was a member of Georgia Tech College of Architecture Faculty (1992-2013), and appointed Professor of the Practice of Architecture.



Sean Hughes, vice-president and head of design consulting, Philips, USA

Sean leads the design consulting organisation of Philips Design. This global team is tasked with developing solutions for customers in the healthtech space. The practice is delivering projects in Australia, Africa, Middle East, China, USA and Europe.



Susanne Pini, principal, director of retail and mixed use, HDR, Australia

Susanne is at the fore of an evolution in city-shaping that embraces the convergence of mixed-use typologies centred around an overarching feeling of community wellness. Her skills encompass spheres of design from architectural to urban placemaking and public domains.



Janet Sutherland, director, The Academy of Urbanism, UK

Janet specialises in housing and regeneration, with 30 years' experience forming strategies and policies and leading complex programmes of work, including neighbourhood renewal, community engagement, urbanism, housing for older people, and research.



John Zeisel PhD, president, Hearthstone Alzheimer Care and the I'm Still Here Foundation, USA

John has a background in sociology and architecture. He received a PhD from Columbia University and a Loeb Fellowship at Harvard's Graduate School of Design. John's work at the I'm Still Here Foundation is focused on creating inclusive, community-based arts and culture programming.



Dr Franz W Gatzweiler PhD, executive programme director, Urban Health and Wellbeing: a Systems Approach, ICSU-IAP-UNU, China

Franz studied agricultural economics at the University of Bonn and the Humboldt University of Berlin. His research interests lie at the intersection of ecological, economic and social sciences.



Clare Devine, exec director for architecture, built environment and design, CABE, Design Council, UK

Clare trained as an architect and has spent 20 years in practice at a number of multi-disciplinary design studios. She is also chair of women in architecture and vice-chair of Architects for Change in the RIBA Equality and Diversity Forum.



Marcus Grant, editor-in-chief, Cities and Health, UK

Marcus is an independent advisor, and former associate professor and deputy director of the WHO Collaborating Centre for Healthy Urban Environments at the University of the West of England, Bristol. He is editor-in-chief of the new Routledge journal, *Cities and Health*, which seeks to connect 'city know-how' and academic knowledge.



Helen Pineo, associate director, Cities at BRE, UK

Helen is an urban planner specialising in urban health and sustainability. At BRE, Helen helps deliver healthy and sustainable communities through research, strategy development, performance metrics, training and publications. She is an MPhil/PhD candidate at University College London.



Hugh Barton, Emeritus professor, WHO Collaborating Centre for Healthy Urban Environments, UWE, UK

Hugh is a town planner and author of publications on the planning of healthy, sustainable settlements, including *City of Well-being: a radical guide to planning*. He is a recognised international expert, and special advisor to the WHO Healthy City movement.



Christine Hancock, C3 Collaborating for Health, UK

Christine founded C3 to address the impact of the growing burden of chronic disease worldwide, after a career including posts as president of the International Council of Nurses, and CEO at the Royal College of Nursing, and Waltham Forest's NHS. Christine was educated as an economist at the London School of Economics.



Ken Greenberg, principal, Greenberg Consultants, Canada

Ken is an urban designer, teacher, writer, and former director of urban design and architecture for the City of Toronto. He has led the transformation of urban settings in North America and Europe, focusing on the rejuvenation of downtowns, waterfronts and neighbourhoods.



Ryan Gravel, founding principal, Sixpitch, USA

Ryan is an urban planner, designer and author working on site design, infrastructure, concept development, and public policy as the founder of Sixpitch. His master's thesis in 1999 was the original vision for the Atlanta Beltline, a 22-mile transit greenway that is changing the physical form of his city and the decisions people make about living there.



Guillermo Penalosa, founder, 8 80 Cities, Canada

Gil is the founder and chair of the internationally recognised Canadian non-profit organisation 8 80 Cities. He is chair of World Urban Parks, as well as senior advisor to Children & Nature and Vision Zero Network. He holds an MBA from the University of California LA's Anderson School of Management.

SPEAKERS



Aziza Aachiche, Senior advisor, real estate, Twynstra Gudde, Netherlands

Aziza is a senior consultant in the strategic planning of healthcare facilities and housing. She joined Twynstra Gudde in 2003 and has worked on hospitals and facilities for long-term care and assisted living. She has also contributed to new strategies that provide healthy 'future proof' built environments in logistics, finance, user needs and architecture.



Dr Michael Wilkinson, CEO and founder, INAVYA, UK

Michael heads up INAVYA, a London-based incubator of Project Avatr – a machine-learning, quantum-computing, and artificial intelligence platform. Michael is an appointed innovation expert to InnovateUK and the European Commission, as well as a consultant to the NHS. While at the London School of Hygiene & Tropical Medicine, he was lecturer in health informatics, founder of a health informatics lab, and scientific advisor to the World Health Organisation.



Professor Kate Ardern, Director of public health, Wigan Council, UK

Recipient of the RCGP Professor Patrick Byrne Prize for General Practice, Kate was awarded a fellowship of the Faculty of Public Health in 2006. She is lead director of public health for the Association of Greater Manchester Authorities for Health Protection and Emergency Planning & Response, as well as Wigan Council's director of public health.



Simon Bevan, Director of planning, Southwark Council, UK

Simon is a town planner who has worked for Southwark Council for 30 years. For the past nine years, he has led the planning service, guiding development in Southwark's regeneration programmes in Elephant and Castle, Canada Water, the Aylesbury Estate, and Peckham town centre. His latest project is the Old Kent Road opportunity area.



Gail Borthwick, Principal, buildings, Stantec, Canada

With a passion for sustainable architecture and urban design, Gail believes that successful projects must consider a range of theories about the city. Smart city concepts are an area of special interest to Gail, and she has worked with experts in multiple connected fields, including urban design, automated vehicles, resilience, computation, and smart building technology.



Mario Bozzo, Director, IBI Group, UK

A director at design and technology firm IBI Group, Mario founded the group's UK practice around 22 years ago. He now works across the transport, health, education and major event management sectors. IBI Group is support partner for NHS England's Healthy New Towns Initiative, for which Mario leads on digital and smart community strategies.



Matt Cable, Sustainability associate, buildings, Stantec, Canada

Matt is sustainability lead at Stantec with more than nine years' experience in sustainable design and energy modelling. Since graduating with a Masters in Computational Fluid Dynamics, Matt has built a sustainability team that excels in energy modelling, LEED compliance and renewable technology design. He is focused on designing smarter, stronger, and more resilient and sustainable solutions.



Derek Clements-Croome, Professor emeritus, Reading University, UK

Recently appointed a visiting professor at Queen Mary University of London, Derek is developing teaching and research on intelligent buildings and cities. He offers strategic advice to clients, designers and facilities managers on attaining and managing healthy and sustainable environments in buildings of all types.



Carolyn Daher MPH, Co-ordinator, urban planning, Environment and Health Initiative, Barcelona Institute for Global Health, Spain

Carolyn is a public health specialist with over 15 years' experience. She has worked in the US, Europe, Africa and Latin America, managing research projects, teaching, and implementing public health programmes. Her work includes emergency and tropical health, and chronic diseases.



Eric Dunford, Sustainability analyst, community development, Stantec, Canada

Eric focuses on the way we plan and design infrastructure that underpins our urban lives, striving for new opportunities to bolster community sustainability, resilience and health. He has worked with local governments across North America, liaising closely with engineers and architects to implement new approaches to the development of public infrastructure.



Jane Ellery PhD, Programme co-ordinator for wellness management, Ball State University, USA

Jane focuses on the intersection of place, health and engagement, including salutogenic initiatives. She enjoys exploring the ideas of Halbert Dunn, Aaron Antonovsky, Holly White and Elinor Ostrom, among others. Jane is also a member of the Placemaking Movement and a senior fellow of Project for Public Spaces.



Jennette Emery-Wallis, Director of landscape architecture, LUC, UK

Jennette is a chartered landscape architect with over 20 years' experience working on numerous design projects, often on sensitive sites. She's led the way in designing active, playful spaces for children of all abilities. Her award-winning work includes the Diana Princess of Wales Memorial Playground in Kensington Gardens, and Tumbling Bay, the first Olympic legacy project.



Tye Farrow, Senior partner, Farrow Partners, Canada

Tye has gained international recognition for designing places that enhance our capacity to thrive, initiating a global 'Cause Health' movement aimed at raising expectations for design as the basis for total health. He has been identified as a global leader making "a significant contribution to health and humanity through the medium of architecture and design".



Femke Feenstra, Director, de Jong Gortemaker Algra, Netherlands

Educated at the Royal Academy of Fine Arts in The Hague, and the Rotterdam Academy of Architecture, Femke has been working for de Jong Gortemaker Algra architects and engineers since 2001, first as an interior designer and later as head of the architectural concept team. She has a keen interest in social responsibility, health and education.



Ar. Amita Gupta, Advisor, Center for Urbanization, Buildings and Environment, India

Amita is an urban development professional with 15 years' experience in urban development projects spanning various sectors, including tourism, transportation, and physical urban planning and design. She currently works with the Center for Urbanization, Buildings and Environment (CUBE) at the Indian Institute of Technology, Madras in an advisory capacity.

SPEAKERS



Janet Ige, Research associate in public health, University of the West of England, Bristol, UK

Janet has research experience on projects that use the physical and social environment as a precursor to health improvement. Her research revolves around the complex links between the built environment and public health, with focus on non-communicable diseases. Janet is primary researcher in the public health work stream for the UpStream project.



Alison King, Senior landscape architect, LUC, UK

Alison is a chartered landscape architect with eight years' experience. She is passionate about health and wellbeing for all, and sees landscape and public realm design as pivotal in today's health crisis. Alison is designing play spaces in Hounslow for the Hounslow Active Spaces initiative, and has designed accessible schemes to increase activity on a range of sites.



Dan Phillips, GATEway project manager, Royal College of Art, UK

Dan is a designer and engineer with 30 years' experience in the development of innovative environments, products and services. He tutors on the Service Design programme at the RCA and Imperial College. A fellow of the Royal Society of Arts, he has been a member of a number of advisory groups on cities, sustainability and the built environment.



Jonathan Leah, Principal, Woods Bagot, UK

Jonathan is an architect and principal in Woods Bagot's global studio. He has extensive experience in leading design teams and delivering large, complex projects. Jonathan has worked on several high-profile projects in the transportation sector, including the new Elizabeth line station at Paddington; the London Blackfriars station redevelopment, and the Isle of Dogs Crossrail station.



Krister Lindstedt, Architect SAR/MSA, partner, White Arkitekter, Sweden

With 30 years' experience as an architect and urban designer, Krister is a strategic advisor to the City of Stockholm. He leads the design on several developments, including Södra Skanstull, which aims to expand the inner city. Other major projects include the urban transformation of Sweden's sixth biggest city, Jönköping, and the masterplan for the Nya Karolinska Solna hospital.



Emily Loquidis, Principal consultant, infrastructure & sustainability, buildings and places, AECOM, UK

Emily is a principal consultant with the Sustainable Development Group at AECOM. Her activities include advocacy for people-focused design centred around wellbeing, high-performance building design, technology integration, and sustainability execution at masterplan level. She is one of the UK's first WELL accredited professionals.



Sara McCafferty, Senior strategy programme manager, Healthy New Towns Programme, NHS England, UK

Prior to her role on the Healthy New Towns Programme, Sara was senior policy advisor at the Department of Health, where she worked on myriad strategy and delivery projects, including national performance standards, transforming out-of-hospital care, and devolution. Sara is passionate about evidence-based policy and using public resources effectively.



Jane McElroy, Principal, NBBJ, UK

A principal in NBBJ's London office, Jane has over 25 years' experience in healthcare, residential, corporate and community architecture, including several new hospital projects in the UK and Ireland. A member of Architects for Health's executive committee, she is an innovator in the design of surgical suites, wards and patient rooms, and women's and children's facilities.



Dr P Meenakumari, Associate professor, Department of Architecture, SAP, Anna University, Chennai, India

Meenakumari's areas of interest lie in socio-cultural aspects of city planning, building design relating to behaviour and environment – especially in healthcare buildings – and research with cross-disciplinary knowledge in behaviour architecture. With more than two decades of teaching experience, Meenakumari is currently researching the use of digital architecture in the design of urban cities.



Tom Armour, Director and leader of global landscape architecture Arup, UK

Tom founded the landscape business and has developed it into an award-winning practice with teams in the UK and internationally. He plays a key role in developing Arup research and thought leadership. He also led the landscape design for two of the biggest UK projects in recent years: the London Olympic Park (South) and the £8bn High Speed 1.



Kaia Nesbitt, Site design principal, HDR, USA

Kaia is an associate vice-president and site design principal for HDR Architecture in Denver. An award-winning landscape architect with over 22 years' experience, Kaia provides leadership in building HDR's architectural presence and site design practice. She has a passion for placemaking and problem-solving, and integrates multiple design perspectives into strategic thinking and site solutions.



Mike Nightingale, Charity founder and trustee, Mike Nightingale Fellowship; consultant, IBI Group UK, UK

In 1989, Mike founded Nightingale Associates, architects specialising in healthcare, science and education. The firm is now part of IBI Group and Mike is retained as a consultant. In 2012, Mike and his fellow trustees set up the Mike Nightingale Fellowship, a charity mainly operating in South Africa that aims to "change lives through sustainable development".



Dr Robert Payne, Managing director and founder, Guildfords Funds Management, Australia

Graduating from the Program for Management Development from Harvard Business School in 1991, Robert has held positions in corporate governance, compliance management, funds, and asset management. His senior executive experience includes roles at pharmaceutical and listed stockbroking firms in Germany, USA and Australia.



Elizabeth Petrovitch, Interior designer, architect, IBI Group UK, UK

Elizabeth is interior design lead for IBI Group UK, specialising in evidence-based healthcare design – in particular, designing for children and the elderly. She has worked on large-scale health campus projects in the UK and Middle East, helping develop therapeutic interiors, wayfinding and art strategies. She is interested in how evidence-based healthcare design can enhance low-income housing environments.



Dr Paul Pilkington, Senior lecturer in public health, University of the West of England, Bristol, UK

Paul's research centres on how healthy and sustainable environments can impact on population-level health and wellbeing. Paul is interested in the relationship between the built environment and health, especially issues relating to road safety and spatial planning. He is public health lead in the UpStream project, funded by Wellcome.

SPEAKERS



Rod Schebesch, Regional business leader – transportation, Stantec, Canada

Rod leads Stantec's Transportation Business Unit, where he specialises in new transportation technology. Rod has led projects involving automated vehicles, transit-rideshare technology, automated shuttles and smart cities planning. He is Stantec's programme manager for Active-Aurora, Canada's largest test bed for connected and automated vehicles.



Roger Sherman, design director of urban strategy, Gensler LA, USA

Founder of Roger Sherman Architecture and Urban Design, Roger's work has been featured in *Newsweek* and *Fast Company*, on CNN and The History Channel, and exhibited at the Rotterdam and Venice Biennales. He is former co-director of cityLAB, an urban design think tank at UCLA, where he is an adjunct professor.



Michael Chang, Chartered town planner, Town and Country Planning Association, UK

Michael leads the Town and Country Planning Association's 'Reuniting Health with Planning' initiative, which offers guidance on systems integration between the planning and public health systems. He collaborates with Public Health England and NHS England, and recently worked on a project to engage with housebuilders on creating healthy places.



Andrew Tindsley, Landscape architect, principal, BDP, UK

Andrew is a landscape architect who leads the Urbanism team in BDP's London studio. He also chairs its design studio in Rotterdam and is profession head for a 50-strong group of landscape designers based in the UK and overseas. The creation of 'healthy landscapes' has been the focus of Andrew's attention throughout a career lasting almost four decades.



Eime Tobari PhD, Associate director, Space Syntax, Japan/UK

A qualified architect in Japan, Eime has extensive research experience in architecture and sociology, focusing on the relationship between space and its behavioural, social and economic outcomes. Eime's work ranges from the internal layout of buildings to city-wide masterplanning, in the UK and internationally, and for public and private-sector clients.



Steve Turner, Associate, Arup, UK

Steve is part of multidisciplinary design team Arup Digital. He is currently undertaking a review of 20 global smart city strategies while supporting a number of UK cities, including Greater Manchester, Liverpool, Leeds and Sheffield, on defining their digital visions and strategies. Before joining Arup he was head of Future Cities at Manchester City Council.



Dr Sotiris Vardoulakis, Research director, Institute of Occupational Medicine, UK

Dr Sotiris Vardoulakis is director of research at the Institute of Occupational Medicine. He was previously head of the Environmental Change Department and leader of the Air Pollution and Climate Change Group at Public Health England. He also co-chairs the International Consortium for Urban Environmental Health and Sustainability (Healthy Polis).



Chris Liddle, Chairman, HLM, UK

Over two decades Chris has helped HLM become the leading firm that it is today by continually developing its management ethos while remaining hands-on in some of HLM's flagship projects. A champion of social architecture, his dedication to design excellence carries on outside the practice, with lectures and seminars in the design of healthcare, custodial and defence facilities across the world.



Helen Horrocks, strategic lead for public health, Thurrock Council, UK

Helen leads the council's work on place, environment and communities, and whole-systems obesity. She has over 14 years' experience in health improvement and public health. Her remit involves working with planning, regeneration, transport and environment teams, and with the community and voluntary sector, to create environments for improving people's health and wellbeing.



Kristen Whittle, Executive director, Bates Smart, Australia

Kristen has sought to expand the opportunities for health design, initiated through the design of the award-winning Royal Children's Hospital Melbourne. This design philosophy now underpins the Melbourne Airport Masterplan, the new Melbourne Metro proposal, the new Australian Embassy Washington and several tall buildings envisaged for the city.



Marcus Wilshere, Architect and masterplanner, IBI Group UK, UK

Marcus specialises in creating liveable neighbourhoods. A leading figure in the UK's urban design movement, Marcus has been at the forefront of changing the way we plan and build towns and cities. Working with local communities, he has designed places that are popular, safe and well cared for, meeting the needs of the people who live there.



Beth Zacherle, Strategic innovation designer, HDR, USA

Beth uses human-centred design to help clients develop innovative solutions and implement change. Her projects include healthcare design and community planning, while she constantly strives to push thinking beyond 'business as usual'. Prior to joining HDR, Beth practised as a licensed architect for 10 years at internationally recognised firms, including Studio Gang Architects.



Christon Batey-Smith, Director, Melbourne, DesignInc, Australia

Over 25 years of practice in Australia and the UK, Christon has developed award-winning projects in the biotechnical, educational and health sectors. He is an innovator in practice, buildability and technology, and an advocate for sustainable design. Christon was joint-venture director for the architectural design team of the Victorian Comprehensive Cancer Centre.



Julie Godefroy, Sustainability consultant, Delos, UK

With over 10 years' experience as a sustainability consultant, Julie has a PhD in low-carbon buildings. She is a chartered engineer, BREEAM accredited professional (AP) and WELL AP. Her projects include consultancy on the WELL Building Standard, the Tranquil City initiative, and producing guidance on health and wellbeing for the Chartered Institute of Building Services Engineers.



Victoria Lockhart, Global business development, International Well Building Institute, UK

Victoria brings expertise in sustainable building practices with a passion for medical insights that enhance human wellbeing. She was one of the first WELL accredited professionals and now provides support for the industry as a WELL Faculty member. Previously, she spent many years building the health and wellbeing consultancy business at Arup.



STUDY TOURS

Participants in the Healthy City Design 2017 Congress will get the opportunity to join three unique study tours featuring benchmark UK projects in sustainable design and human health and wellbeing. Places on each tour are limited, so please register early to avoid disappointment.

Study tour 1: East London (pictured left), Wednesday 18 October The Crystal building and Olympic Park walking tour, including Tumbling Bay playground

The Crystal, a Sustainable Cities Initiative by Siemens, is one of the most sustainable buildings in the world. It operates as a sustainable events venue and as the world's largest exhibition on urban sustainability. The structure also serves as Siemens' Centre of Competence Cities, a technology and innovation centre bringing together political decision-makers, infrastructure experts and the general public in order to develop concepts for the future of cities and their infrastructures. Britain's largest regeneration project, London's Olympic Park is a story of extraordinary change. Hear about the bid for the London 2012 Olympic and Paralympic Games, the architectural build, the greening of the landscape, and the post-games project to change health outcomes for one of London's poorest neighbourhoods. Following the story of the Games, the tour includes iconic venues, such as the London Aquatics Centre, the Copper Box Arena and Lee Valley VeloPark. Participants will also get to see the Sir Ludwig Guttmann Health & Wellbeing Centre, designed by Penoyre & Prasad, and Tumbling Bay, an award-winning expansive, landscape-embedded, fence-free play space. The play space caters for children of all ages and abilities, and presents an interesting case study in maximising play value and the acceptability of risk.

Study tour 2: Watford, Hertfordshire (pictured right), BRE Innovation Park, Wednesday 18 October

The BRE Innovation Park Network aims to inform sustainable development at a global level and stimulate innovation in the built environment, by establishing a research and demonstration network that inspires innovative solutions. This network will work with stakeholders to identify and support innovations that demonstrate true sustainability, and deliver social, economic and environmental benefits at national and international levels. The parks feature full-scale demonstration buildings that display innovative design, materials and technologies that address development challenges across the world. Technology demonstration, research, testing training and dissemination are key activities that underpin the network. The organisers are finalising details for a second visit on this tour, which will be announced at [w: healthycitydesign2017.salus.global](http://w:healthycitydesign2017.salus.global)

StreetGym walking tour (free), Monday 16 October, 18.15–19.15

A one-hour, early-evening walking tour and demonstration of how StreetGym supports people to stay physically and mentally fit without the need for expensive gyms. E-mail info@salus.global to book (Maximum 20 participants).

StreetGym urban running tour (free, pictured right), Tuesday 17 October, 07.00–08.00

A 45 to 60-minute urban circuit-training session organised by StreetGym, which turns architectural features, street furniture and gradients into bodyweight-based workstations. Along a circular two-mile route, participants will stop to perform exercises at iconic places before running on to the next spot. Before the congress, freshen up your mind and energy levels on an urban adventure – running, jumping, crawling and weaving your way around the back streets of London. E-mail info@salus.global to book (Maximum 10 participants).



VENUE & HOTEL ACCOMODATION

THE VENUE: A MODERNIST MASTERPIECE

Founded in 1518, the Royal College of Physician's current headquarters is a Grade 1 listed building in Regent's Park, designed by architect Sir Denys Lasdun and opened in 1964. Considered a modernist masterpiece, it is one of London's most important post-war buildings. In 1992, Sir Lasdun was awarded the Royal Institute of British Architects' Trustee Medal in recognition of his work at the RCP, considered to be "the best architecture of its time anywhere in the world".

Sir Lasdun won the competition to design the new headquarters in 1959. He was surprised at being asked to design for such a traditional body, given his modernist philosophy, and he made it clear that he would not create a classical-style building.

DISCOUNTED ROOM RATES FOR DELEGATES

The Melia White House Hotel still preserves its architectural value as a prime example of late 1930s architecture, offering an eclectic style where contemporary and classic design meet.

After a recent refurbishment, this four-star hotel has 581 rooms, 112 apartments, nine meeting rooms, two restaurants and a bar with a terrace, a fitness centre, and an executive lounge. The hotel benefits from a prime central London location in Regent's Park, within close proximity of London's main attractions and a few minutes walk from the conference venue. The hotel is served by three underground stations – Warren Street, Great Portland Street and Regent's Park – and main train stations including King's Cross St Pancras and Euston Station.

Melia White House Hotel

Classic Single room with breakfast £170

Classic King room with breakfast £215 (double rate: £230)

Executive room all inclusive £260 (double rate: £275)

Executive includes executive lounge access. All room rates are VAT inclusive.

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Please mention **Healthy City Design 2017** when booking.

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