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HEALTHY CITY DESIGN INTERNATIONAL

RESEARCH • POLICY • PRACTICE

14-15 OCTOBER 2019

ROYAL COLLEGE OF PHYSICIANS, LONDON

PRELIMINARY PROGRAMME DESIGNING FOR UTOPIA OR DYSTOPIA? PEOPLE AND PLANETARY HEALTH AT A CROSSROADS

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Timetable of events

July 2019

Launch of Preliminary Programme and online registration

5 September 2019

Deadline for Early Bird and speaker registration

1 October 2019

Deadline for full written papers for publication at www.salus.global

Monday 14 October 2019

08.45-18.00: Healthy City Design 2019 International Congress
18.30-20.00: Gala Dinner

Tuesday 15 October 2019

08.55-18.00: Healthy City Design 2019 International Congress

DESIGNING FOR UTOPIA OR DYSTOPIA? PEOPLE AND PLANETARY HEALTH AT A CROSSROADS

Against a background of global climate change, healthier cities and communities are shaped by taking tough decisions on issues such as air quality, resilience planning, spatial strategies, working practices, active travel, sustainable homes and green spaces. How can we design a thriving, health-inducing future for all citizens – and avoid a dystopian alternative where our cities descend into crisis and chaos?

Making our cities more healthy, successful and sustainable for people to live, work and play in requires a co-ordinated interdisciplinary effort across a wide range of areas – from policymaking and governance to investment, planning and design. Progress in one area can be slowed or impaired by a lack of action or resolve in another.

As a result, the bigger picture around improving the health and sustainable development of our cities can be challenging and often overwhelming. Are we moving in the right direction or doing things now that will make matters worse down the line for both people and planetary health? How do we reconcile economic prosperity with the preservation of the natural planetary systems that sustain life? As Dr Howard Frumkin, head of the Our Planet, Our Health programme at the Wellcome Trust, told the Healthy City Design Congress in 2018, we should not be “mortgaging the health of future generations for economic growth in the present”.

The movement to develop healthier cities appears to be coming to a crossroads. On one hand, there is a utopian vision of urban change and renewal, with the green shoots of revival clearly evident in a host of policies and projects that support healthier lifestyles. In this scenario, walking, cycling and public transport addresses over-reliance on the car; effective resilience planning stops the spread of infectious diseases

and mitigates the effects of climate change; flexible working strategies and environments reduce stress and improve productivity; and access to safe, affordable housing, green spaces and healthy local food underscore a commitment to community wellbeing. Technological advances and AI are safely integrated into our daily lives, enhancing city services, increasing efficiencies and creating intelligent environments, seamlessly converging with art and culture in the city to improve the quality of life for all citizens in a fair and equitable way. As a result, a significant burden is lifted off formal healthcare services.

The alternative vision is dystopian. In this scenario, indoor and outdoor air quality (already unacceptable in many cities, homes and workplaces) deteriorates further as cars clog up the roads; more than 500 cities are threatened with flooding, and many more with water shortages and heatwaves more intense than ever before; tensions rise between well-heeled business districts and areas of urban deprivation that circle them; ‘food deserts’ increase and green spaces are gobbled up by development. Healthcare services, in this scenario, start to collapse under exceptional pressure and demand.

In this, our third Healthy City Design International Congress, we’ll address the question of designing for utopia or dystopia. In a world where the effects of population migration and



ageing play out amid rapid urbanisation, how can we support cities to take a healthier path? How can we ensure that, despite the best intentions of policymakers, urban planners, public health professionals, architects, designers and developers, our worst dystopian nightmares don't come true. Environmentalist Sir David Attenborough's impassioned plea to save our planet at the World Economic Forum in Davos, in January this year, effectively sketched out the destructive path we're currently on.

Bridging the gap between research, policy and practice

Healthy City Design 2019 (HCD 2019) International Congress & Exhibition is a global forum for the exchange of knowledge on the research, policy and practice of designing healthy and sustainable cities and communities.

Each day will open and close with keynote plenary sessions before splitting up into four streams (eight in total). Day one will focus on: urban design and placemaking; homes and neighbourhoods; work and workplace; and smart cities. Day two will cover: sustainable development; city planning and the public realm; place-based health; and mobility, travel and transport.

The event will also host a poster gallery of innovative research and projects, a knowledge-focused exhibition space, and an evening gala dinner.

Keynote speakers



Dr Audrey de Nazelle
Senior lecturer, Centre for Environmental Policy, Imperial College London, UK



Mark W Johnson
Founding principal, Civitas, USA



Dan Burden
Director of innovation and inspiration, Blue Zones, USA



Dr Daisy Fancourt
Senior research associate, University College London, UK



Dr Julia Jones
CEO, Found in Music / Author, The Music Diet, UK



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

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08.00 REGISTRATION OPENS



Session 1

Opening keynotes – People and planetary health at a crossroads

Chair: Jeremy Myerson, Royal College of Art, UK

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

09.00 **Keynote address: Rewiring the urban landscape for people and planetary health**
Dr Audrey de Nazelle, Senior lecturer, Centre for Environmental Policy, Imperial College London, UK

09.30 **Keynote address: Designing for planetary health in the future city**
Mark W Johnson, Founding principal, Civitas, USA

10.00 **Panel discussion**

10.15–10.45 **COFFEE, POSTER GALLERY AND EXHIBITION**



Session 2

Policy frameworks, tools and community

Chair: Giselle Sebag, Bloomberg Associates, USA

10.45 **Creating utopia and correcting dystopia: innovative transdisciplinary contributions**
Roderick Lawrence, Honorary professor and adjunct professor, University of Geneva, University of Adelaide, Universiti Kebangsaan Malaysia, International

11.05 **Improving global and national wellbeing through place-centred approach**
Michael Chang, Programme manager – planning and health, Public Health England, UK
Aimee Stimpson, National lead – Healthy Places, Public Health England, UK
Dr Tazeem Bhatia, Consultant in public health, Public Health England, UK

11.25 **From evidence to practice: interdisciplinary guidelines to integrate health into urban planning processes in Catalunya, Spain**
Carolyn Daher, Co-ordinator, Urban Planning, Environment and Health Initiative, Barcelona Institute for Global Health, Spain
Irene Martin, Technical officer for planning and programmes, Generalitat de Catalunya, Spain

11.45 **The place standard – how good is your place?**
Shruti Jain, Health improvement manager (place), NHS Health Scotland, UK

12.05 **Panel discussion**

12.30–14.00 **LUNCH, POSTER GALLERY AND EXHIBITION**



Session 3

Designing a healthy new town

Chair: **Jeremy Porteus**, Housing LIN, UK

14.00 **Human connections help us live longer and better, but how do we do it? The case study of 'LOCAL' – a new integrated and sustainable community model**

Georgina Lee, Co Founder, Age of No Retirement, UK
Eric Kihlstrom, Founder, Age 2.0, UK
Kevin McGeough, Director, Ebbsfleet Development Corporation, UK

14.15 **Northstowe: designing a healthy new town centre from scratch**

Jane Manning, Director, Allies and Morrison Urban Practitioners, UK

14.30 **From contested space to democratised utopia: sharing ideals at Cranbrook Healthy New Town**

Kenji Shermer, Urban designer, East Devon District Council, UK
Jenny McNeill, Assistant director, strategic development, NHS Devon CCG, UK

14.45 **Building a healthy town**

Katja Stille, Director, urban design, Tibbalds Planning and Urban Design, UK

15.00 **Panel discussion**

15.30–16.00 **COFFEE, POSTER GALLERY AND EXHIBITION**



Session 4

Designing equitable & inclusive communities

Chair: **Rachel Cooper**, Lancaster University, UK

16.00 **A healthy urban design and planning framework integrating sustainability, equity and inclusion**

Helen Pineo, Lecturer in Sustainable and Healthy Built Environments, University College London, UK

16.20 **A systematic review of interventions in community infrastructure (places and spaces) to boost social relations and community wellbeing**

Anne-Marie Bagnall, Professor of Health & Wellbeing Evidence, Leeds Beckett University, UK

16.40 **Creating healthy, living communities – an Irish perspective**

Philip Jackson, Associate director, Scott Tallon Walker Architects, UK
Donal Blake, Director, Scott Tallon Walker Architects, UK

17.00–17.15 **Panel discussion**



Session 5

Keynote address

Chair: **Chris Little**, HLM Group, UK

17.15 **Keynote address: Building the healthy city – inciting the healthy choice**

Dan Burden, Director of innovation and inspiration, Blue Zones, USA

17.50 **Closing address**

Jeremy Myerson, Royal College of Art, UK

18.00 **Close**

18.00–20.00 **GALA DINNER, LIVE MUSIC AND KEYNOTE ADDRESS**

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Stream 2 begins at 10.45 in the Dorchester Library, after the day's opening plenary session (08.45–10.15).



Session 6

Healthy and sustainable neighbourhoods

Chair: Janet Sutherland, The Academy of Urbanism, UK

- 10.45** **Public housing and public amenities: achieving Sustainable Development Goal 11.7**
Sridevi Rao, Landscape architect, Indian Society of Landscape Architects, India
- 11.05** **Ruwais UN-planned: a public health and territorial intervention**
Faris Abuzeid, Managing Director, Faris Abuzeid + Associates (FA+A), Saudi Arabia
- 11.25** **Can affordable and sustainable housing be the keystone to social mobility? Progress one year on**
Mike Nightingale, Founder, The Mike Nightingale Fellowship, UK
Elizabeth Petrovitch, Senior interior designer, IBI Group, UK
Barry Lewis, Director, Ubhle Bakha Ubhle / Beauty Builds Beauty, South Africa
- 11.45** **A framework for a healthy neighbourhood: Establishing relationships between healthy behaviours and the social-environmental determinants of health**
Denise Tan, Executive architect, Ministry Of Health, Office for Healthcare Transformation (MOHT), Singapore
Samantha Singham, Executive, Ministry Of Health, Office for Healthcare Transformation (MOHT), Singapore

12.05 **Panel discussion**

12.30–14.00 **LUNCH, POSTER GALLERY AND EXHIBITION**

12.40–13.50 **Lunchtime workshop: Designing a healthy city: global perspectives on future living**

For more details, please see page 16

Organised by:
Ryder



Session 7

Designing for mental health and wellbeing

Chair: Rhiannon Corcoran, University of Liverpool, UK

- 14.00** **Urban planning factors and positive impacts upon mental wellbeing**
Alexander Tully, Associate technical director, Arcadis, UK
- 14.20** **Impact of design of urban dwellings on health and wellbeing**
Parisa Kanabar, Architectural assistant, BDP, UK
Steve Marshall, Architect director, BDP, UK
- 14.40** **How do front gardens impact health and wellbeing?**
Lauriane Suyin Chalmin-Pui, PhD researcher, University of Sheffield, UK
- 15.00** **Panel discussion**
- 15.30–16.00** **COFFEE, POSTER GALLERY AND EXHIBITION**

Session 8

UK and international policy on healthy homes

16.00 **Delivering healthy homes: influencing and shaping government policy and thinking**

The All-Party Parliamentary Group (APPG) for Healthy Homes and Buildings' White Paper 'Building our future: laying the foundations for healthy homes and buildings' makes a series of policy recommendations aimed at ensuring that the homes we live in, both new and old, positively contribute to our physical and mental health and wellbeing. This panel and workshop will explore and compare UK and international research and policy on creating healthier homes and buildings.

The APPG calls for better governance to join up all government departments and agencies responsible for health, housing and construction to ensure that health and wellbeing sit at the heart of housing provision. Evidence from the Healthy New Towns initiative shows that it's possible to build quality new homes and communities with health and wellbeing at the forefront of delivery.

This workshop looks at the need for practice, which requires leadership not just from government but from industry too.

The authors of the White Paper set out what they see as the challenges that lie ahead and delegates are invited to partake in this interactive session, with a view to highlighting best practice, examining success in other nations, and determining where industry can and should lead the way.

Panel:



Jade Lewis, Director of advocacy, Saint-Gobain UK and Ireland, UK and Ireland



Keith Ritchie, Executive chairman, Titon Holdings, UK

Stream 2 will be brought to a close at 17.15, whereupon delegates are invited to return to the Wolfson Theatre for the day's closing plenary session (17.15–18.00).

Stream 3 begins at 10.45 in the Council Chamber, after the day's opening plenary session (08.45–10.15).



Session 9

Inclusive workplaces: behaviour and biophilia
Chair: Jane Ellery, Ball State University, USA

- 10.45** **Designing in the age of anxiety – shaping space through affect**
Abbie Galvin, principal, director, BVN Architecture, Australia
- 11.05** **Workplace loneliness: studies into various workplaces and design interventions**
Dr Trevor Keeling, Associate, BuroHappold Engineering, UK
Rachel Edwards, Senior consultant, Lendlease, UK
- 11.25** **Optimism in workplace design through biophilia**
Robert Hopkins, Regional director, AHR, UK
Clive Constable, Commissioning director, Royal College of Physicians, UK
- 11.45** **The role of landscape architecture in creating the biophilic workplace**
Joe Clancy, Senior landscape architect, WSP, UK
- 12.05** **Panel discussion**
- 12.30–14.00** **LUNCH, POSTER GALLERY AND EXHIBITION**
- 12.40–13.50** **Lunchtime workshop: Moving from productivity to performance: understanding the modern workplace and how it links to health**
Organised by: International Well Building Institute
For more details, please see page 16



Session 10

Briefing, measurement and performance
Chair: Eve Edelstein, HxLab Perkins&Will, USA

- 14.00** **The role of creative participatory briefing in strategic workplace design**
Aditya Aachi, Architect and Partner, Cullinan Studio, UK
- 14.20** **Measuring the impact of health and wellbeing in the workplace**
Young Lee, Research associate, University College London, UK
Derek Clements-Croome, Professor, University of Reading, UK
- 14.40** **Power to the people: using pre- and post-occupancy evaluations to shine a light on actual design performance**
Harry Knibb, Associate, Sustainable Places team lead, WSP, UK
- 15.00** **Panel discussion**
- 15.30–16.00** **COFFEE, POSTER GALLERY AND EXHIBITION**



Session 11

Light, sound and health
Chair: Jeremy Myerson, Royal College of Art, UK

- 16.00** **Exploring soundscaping options for the cognitive environment in an open-plan office**
Young Lee, Director, Innovative Workplace Institute, UK
Elizabeth Nelson, Head, Learn Adapt Build, Netherlands
Joshua S Jackman PhD, Senior science consultant, ART Health Solutions, UK
Mark J Flynn, Senior science consultant, ART Health Solutions, UK
- 16.20** **A comparison of daylight and artificial lighting: the effects on subjective alertness, vitality and cognitive performance**
Chengpeng Zhao, PhD student, The Bartlett School of Environment Energy and Resources, UCL, UK
- 16.40** **How to make cities sound healthier**
Jian Kang, Professor, University College London, UK
- 17.00–17.15** **Panel discussion**

Stream 3 will be brought to a close at 17.15, whereupon delegates are invited to return to the Wolfson Theatre for the day's closing plenary session (17.15–18.00).

Stream 4 begins at 10.45 in the Sloane Room, after the day's opening plenary session (08.45–10.15).



Session 12

Mapping and data: people, place and health
Chair: Blake Jackson, Stantec Architecture, USA

- 10.45** **Public participation GIS approach for mapping leisure-time physical activity**
 Anna Kajosaari, Doctoral candidate, Aalto University, Finland

- 11.05** **Project CityZen: impact-focused research to deliver transformational health improvements in Sao Paulo, Brazil**
 Michael Wilkinson PhD, CEO and founder, Inavya Ventures, UK

- 11.25** **Streetcoin: an idea to integrate place-based social landscape with healthcare risk models through the electronic health record**
 Chethan Sarabu MD, Paediatrician / Director of clinical informatics, Stanford Medicine / doc.ai, USA
 Alan Waxman MLA, Landscape architect, Alan Waxman Ecosocial Design, USA

- 11.45** **How data analytics can speed up the urban transformation towards a healthy city**
 Marianne Lefever, Partner, Healthy City Global, Canada

- 12.05** **Panel discussion**

- 12.30–14.00** **LUNCH, POSTER GALLERY AND EXHIBITION**



Session 13

Connected cities: modelling the urban experience
Chair: Katie Wood, Arup, UK

- 14.00** **Developing a BIM-based predictive digital advice platform and retrofitting sensors to measure energy consumption, damp and mould in housing association properties to improve facilities management and occupant health and wellbeing**
 Dr Oliver Jones, Director of research, Ryder Architecture, UK

- 14.20** **Using CFD to model the impact that tall buildings have on the dispersion of roadway emissions**
 Ender Ozkan, Vice-president, RWDI, Canada

- 14.40** **Examining urban oppressiveness in real and virtual settings**
 Robin Mazumder, Vanier Canada graduate scholar, PhD candidate, University of Waterloo, Canada
 Dr Colin Ellard, Professor, University of Waterloo, Canada
 Dr Hugo Spiers, Professor, University College London, UK

- 15.00** **Panel discussion**

- 15.30–16.00** **COFFEE, POSTER GALLERY AND EXHIBITION**



Session 14

Resilient and productive neighbourhoods
Chair: Peter Ellery, National Wellness Institute, USA

- 16.00** **How people-focused smart cities can forge healthy inhabitants**
 Graham Thrower, Head of Infrastructure & Investment, Urban Foresight, UK

- 16.20** **Construction of health resilience of local communities: with the contribution of IoT technologies**
 Rosalba D'Onofrio, Associate professor, University of Camerino, Italy
 Elio Trusiani, Associate professor, University of Camerino, Italy

- 16.40** **Commercialising health: the future of productive neighbourhoods**
 Andrea Imaz, Senior urban designer, Perkins+Will, UK
 Peter Baird, Associate, Perkins+Will, UK
 Veronica Reynolds, Specialist travel advisor, Vectos / Milton Park, UK

- 17.00–17.15** **Panel discussion**

Stream 4 will be brought to a close at 17.15, whereupon delegates are invited to return to the Wolfson Theatre for the day's closing plenary session (17.15–18.00).



08.00 REGISTRATION OPENS



Session 15

Day 2, Opening keynotes – Arts and health in the city

Chair: Sunand Prasad, Penoyre & Prasad, UK

08.55 **Welcome and introduction**
Chair: Sunand Prasad, Penoyre & Prasad, UK

09.00 **Keynote address: Creative cities: the importance of arts, culture and community to population health**
Dr Daisy Fancourt PhD, Senior research associate, University College London, UK

09.30 **Keynote address: Music, health and the city: a utopian vision**
Dr Julia Jones, CEO, Found in Music / Author, The Music Diet, UK

10.00 **Panel discussion**

10.15–10.45 **COFFEE, POSTER GALLERY AND EXHIBITION**



Session 16

Designing for planetary health

Chair: Carolyn Daher, Barcelona Institute for Global Health (ISGlobal), Spain

10.45 **Rapid assessment of the environmental and health impacts of city sustainability policies**
James Milner, Assistant professor, London School of Hygiene & Tropical Medicine, UK

11.05 **Developing a framework to encompass coastal flooding and mental health under present and future climate change**
Caroline Anitha Devadason, Public health consultant, Johns Hopkins University, USA

11.25 **Post-waste landscapes: design principles for a paradigm shift**
Eleni Gklinou, Urban designer, Grimshaw Architects, UK

11.45 **Health systems on Mars? Sustainable development designing for people, place and planet**
Alice Liang, Principal, Montgomery Sisam Architects, Canada
Karine Quigley, Intern architect, Montgomery Sisam Architects, Canada

12.05 **Panel discussion**

12.30–14.00 **LUNCH, POSTER GALLERY AND EXHIBITION**





Session 17

Green infrastructure and urban health

Chair: Helen Pineo, University College London, UK

14.00 Sustainable landscape demonstration garden as an urban model for health

Ellen Vincent, Lecturer, Horticulture, Clemson University, USA

14.20 Valuing urban green infrastructure: a tool to level the playing field

John Haxworth, Landscape planner, Barton Willmore, UK
Caroline Vexler, Analyst, Vivid Economics, UK

14.40 Restorative values and cognition ability improvement effects of man-made park in Hong Kong downtown area

Luyao Xiang, PhD candidate, Chinese University of Hong Kong, China

15.00 How community-focused systems are addressing urban-global issues

Blake Jackson, Sustainable design leader, Stantec, USA

15.20 Panel discussion

15.45–16.15 COFFEE, POSTER GALLERY AND EXHIBITION



Session 18

Global responses to urban air quality

Chair: Dr Audrey de Nazelle, Imperial College London, UK

16.15 The Clean Air Hospital Framework (CAHF): a health-sector response to tackling air pollution

Larissa Lockwood, Head of health and air quality, Global Action Plan, UK

Nick Martin, Head of sustainability and environmental management, Great Ormond Street Hospital NHS Foundation Trust, UK

16.35 Air quality in the built environment: a national and global perspective

Catriona Brady, Head of Better Places for People, World Green Building Council, UK

Sophia Cox, Sustainability advisor, UK Green Building Council, UK

16.55–17.10 Panel discussion



Session 19

Closing plenary

Chair: Jeremy Myerson, Royal College of Art, UK

17.10 Panel debate: Designing the healthy city – is utopia possible? Is dystopia inevitable?

Panel: Rachel Cooper, Professor of Design Management and Policy, Lancaster University, UK

Sunand Prasad, Senior partner, Penoyre & Prasad, UK
Giselle Sebag, Urban planning consultant, Bloomberg Associates, USA

Mark W Johnson, Founding principal, Civitas, USA

Sue Morgan, Director of architecture and built environment, Design Council, UK

17.45 Close

Stream 6 begins at 10.45 in the Dorchester Library, after the day's opening plenary session (08.55–10.15).

07.30-08.45 **Breakfast workshop: Healthy City Design: maximising your impact through public engagement**
 Facilitators: Dan Burden, Director of innovation and inspiration, Blue Zones, USA; Sarah Bowman, Director of strategic engagement and impact, Trinity College Dublin, Ireland
 For more details, please see page 17



Session 20

Modern visions of the garden city
 Chair: **Marcus Grant**, Cities & Health, UK

- 10.45** **A new vision for Letchworth Garden City**
 Sarah Wigglesworth, Director, Sarah Wigglesworth Architects, UK
- 11.00** **Gardenia: reimagining the garden city**
 Robert Delius, Divisional Director, Stride Treglown, UK
- 11.15** **Nostalgia or utopia? The role of garden villages in delivering healthy communities**
 Geraint Hughes, Director, NEW masterplanning, UK
 Andy Ward, Director, NEW masterplanning, UK
- 11.30** **A systemic approach to healthy placemaking: reimagining the garden city**
 Prachi Rampuria, EcoResponsive Environments, UK
- 11.45** **Growing together: a productive framework for a circular garden city**
 Peter Gram Jorgensen, C.F. Moller Architects, UK

12.00 **Panel discussion**

12.30–14.00 **LUNCH, POSTER GALLERY AND EXHIBITION**

12.40–13.50 **Lunchtime workshop: Taking action towards trans-disciplinary partnership working for planning inclusive and healthy places**

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For more details, please see page 17



Session 21

Urbanisation, active living & placemaking
 Chair: **Steven Ware**, Art & Build, France

- 14.00** **Challenges to providing active living infrastructure in England and Jamaica: a qualitative cross-cultural comparison**
 Anna Le Gouais, PhD researcher, University of Cambridge, UK
- 14.20** **Study on the generation mechanism of Macao's high-density built environment from the perspective of healthy urban design**
 Mingyu Chen PhD, Tsinghua University, China
 Lanchun Bian, Professor, Tsinghua University, China
- 14.40** **Madinat al Irfan: a case study for the New Urban Agenda**
 Alfredo Caraballo, Partner, Allies and Morrison, UK
 Nicholas Choy, Associate, Allies and Morrison, UK
- 15.00** **Creating a sense of place through placemaking**
 Peter Ellery, Senior advisor, National Wellness Institute, USA
 Jane Ellery, Assistant professor, Ball State University, USA

15.20 **Panel discussion**

15.45–16.15 **COFFEE, POSTER GALLERY AND EXHIBITION**



Session 22

Design for the public realm
 Chair: **Tarsha Finney**, Royal College of Art, UK

- 16.15** **The Nighttime Design Initiative**
 Joana Mendo, Architect and lighting designer, Joana Mendo | Lighting Design, Germany
 Leni Schwendinger, Creative director and consultant, NightSeeing, USA
- 16.35** **Designing for active lives: contextualising toilet provision**
 Gail Ramster, Senior research associate, Helen Hamlyn Centre for Design, Royal College of Art, UK
 Dr Jo-Anne Bichard, Senior research fellow, Helen Hamlyn Centre for Design, Royal College of Art, UK
- 16.55–17.10** **Panel discussion**

Stream 6 will be brought to a close at 17.10, whereupon delegates are invited to return to the Wolfson Theatre for the day's closing plenary session (17.10–17.45).

Stream 7 begins at 10.45 in the Council Chamber, after the day's opening plenary session (08.55–10.15).



Session 23

Community-based healthcare

Chair: **Adrian Powell**, NHS Property Services, UK

- 10.45** **Developing model communities**
John Cooper, Director, JCA, UK
Richard Darch, CEO, Archus, UK
- 11.05** **The therapeutic landscape**
Lucy Brittain, Architect and partner, Cullinan Studio, UK
- 11.25** **Physical, mental and civic health: suburban intensification and integration**
Kathryn Firth, Urban design director, NBBJ, USA
David Lewis, Partner, NBBJ, UK
- 11.45** **Healthcare in the urban habitat: challenging healthcare providers, designers and urban leaders to collaborate for the improvement of community health**
Andrew Irvine, Senior principal, Stantec – Architecture, USA
- 12.05** **Panel discussion**
- 12.30–14.00** **LUNCH, POSTER GALLERY AND EXHIBITION**
- 12.40–13.50** **Lunchtime workshop: Designing the healthy city from the inside-out: measuring the impact of places on people**

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For more details, please see page 17

Perkins&Will



Session 24

Designing for children

Chair: **Sue Morgan**, Design Council, UK

- 14.00** **Child obesity and the built environment**
Jessica Attard, Portfolio manager, Guy's & St Thomas' Charity, UK
Kieron Boyle, CEO, Guy's and St Thomas' Charity, UK
- 14.20** **School Superzones: creating healthier and safer places for children to live, learn and play**
Katie Hunter, Public health specialist, GLA, UK
Jin Lim, Deputy director of public health, Southwark Council, UK
Michael Chang, Programme manager – planning and health, Public Health England, UK
- 14.40** **Exploring children's needs of natural elements in the school environment under hot desert conditions**
Tasneem Bakri, Architectural engineer, Alpin, UAE University
Kheira Anissa Tabet Aoul, Professor, Chair of Architectural Engineering Department, UAE University, UAE
- 15.00** **Paving the way for neighbourhood play: examining the social and environmental affordances that support children's neighbourhood activity and mobility**
Dr Janet Loebach, Assistant Prof., Cornell University, USA
- 15.20** **Panel discussion**
- 15.45–16.15** **COFFEE, POSTER GALLERY AND EXHIBITION**



Session 25

Designing for ageing

Chair: **Hugh Barton**, WHO Collaborating Centre, University of West England, UK

- 16.15** **Homes4Life: certification for investment in ageing in place**
Menno Hinkema, Senior researcher and consultant, TNO, Netherlands
- 16.35** **The potential for intergenerational living**
Roland Karthaus, Director, Matter Architecture, UK
Lucy Block, Associate, Matter Architecture, UK
Anthony Hu, Architect, Matter Architecture, UK
- 16.55–17.10** **Panel discussion**

Stream 7 will be brought to a close at 17.10, whereupon delegates are invited to return to the Wolfson Theatre for the day's closing plenary session (17.10–17.45).

Stream 8 begins at 10.45 in the Sloane Room, after the day's opening plenary session (08.45–10.15).



Session 26
Mobility and the urban realm
Chair: Harry Knibb, WSP, UK

- 10.45** **A framework for integrated active travel in the future city**
Cathy Russell, Urban designer, Ryder Architecture, UK
Dr Oliver Jones, Director of research, Ryder Architecture, UK

- 11.05** **Reclaiming the public realm: how evolving mobility could help reclaim our cities**
Gerry Tierney, Associate principal, co-director, P&W Mobility Lab, Perkins&Will, USA

- 11.25** **Small Change, Big Impact**
Andy Martin, Urban designer, Transport for London, UK

- 11.45** **Slow interchange and the quality of sharing in public and mobile spaces**
Dan Phillips, Studio leader, Royal College of Art, UK
Artur Mausbach, Senior research fellow, Royal College of Art, UK

- 12.05** **Panel discussion**

- 12.30–14.00** **LUNCH, POSTER GALLERY AND EXHIBITION**



Session 27
Designing and planning for active travel
Chair: Oliver Jones, Ryder Architecture, UK

- 14.00** **The walkable city**
Snigdha Jain, Associate sustainability consultant, WSP, UK
Andrea Botti, Senior sustainability consultant, WSP, UK

- 14.20** **What are city streets for? Bring back the “jaywalker”!**
Dr Bernd Steffensen, Professor, Darmstadt University of Applied Sciences, Germany
Robert F Cox PhD, Senior associate, Dean for Globalisation, Purdue University, USA

- 14.40** **Inequalities in Neighbourhood Walkability for Older Adults**
Dr Razieh Zandieh, Lecturer in Urban Design and Planning, University of Manchester, UK

- 15.00** **What prevents city planners monetising the benefits of active travel through a widely available online tool? Results of a mixed-methods study**
Christopher Billington, Public health specialist, Transport for London, UK

- 15.20** **Panel discussion**

- 15.45–16.15** **COFFEE, POSTER GALLERY AND EXHIBITION**



Session 28
Urban mobility, behaviour and health
Chair: Jim Chapman, Manchester School of Architecture, UK

- 16.15** **Cognitive health and mobile navigation systems: the role of physical environment**
Negar Ahmadpoor, Lecturer in Urban Planning and Design, Ulster University, UK
Alastair D Smith, Associate Professor in Psychology, University of Plymouth, UK

- 16.35** **Comparative roles of urban form factors shaping walking behaviour to/from school**
Ayse Ozbil Torun, Senior lecturer, Northumbria University, UK

- 16.55–17.10** **Panel discussion**

Stream 8 will be brought to a close at 17.10, whereupon delegates are invited to return to the Wolfson Theatre for the day's closing plenary session (17.10–17.45).

POSTER GALLERY

- P01 The community as a catalyst for healthier lifestyle**
Jane Ellery (USA), Peter Ellery (USA)
- P02 Engaging a wider public health workforce: bringing public health into architecture education**
Rachael Marsh (UK), Paul Pilkington (UK), Elena Marco (UK), Louis Rice (UK)
- P03 Transformative learning to support caring places**
Kirsty Macari (UK), Diarmaid Lawlor (UK)
- P04 Reimagining a city's assets and resources**
Jane Ellery (USA), Sally Goerner (USA), Laura Torchio (USA)
- P05 Designing the salutogenic city**
Marcus Wilshere (UK), Richard Mazuch (UK)
- P06 Acoustic performance planning and assessment protocols for open-plan offices: a case study in an open-plan office prototype lab**
Young Lee (UK), Elizabeth Nelson (Netherlands)
- P07 Inequalities in neighbourhood walkability for older adults**
Razieh Zandieh (UK)
- P08 What's next? An analysis of Groningen's ambitions and challenges to figure as a healthy city in the 21st century**
Lara Caldas Fernandes da Silveira (Netherlands)
- P09 Socially valuable: from opportunities to outcomes in the built environment**
Michaela Packer (UK), Becci Taylor (UK)
- P10 Flourishing cities**
Derek Clements-Croome (UK), Marylis C Ramos (UK)
- P11 Campaigning for lower speed limits as a catalyst for community regeneration**
Rod King MBE (UK)
- P12 A participative case study: changes required to transform urban community food growing in Dundee**
Ness Wright (UK)
- P13 Autism-friendly cities: a first set of spatial requirements to promote the urban capabilities of people with autism spectrum disorder**
Valentina Talu (Italy), Giulia Tola (Italy)
- P14 The tyranny of lifeless housing: reinstating integrated good practices for a secure future**
Simran Singh (India)
- P15 Reimagining a future world by humanising climate disaster**
Tiandra Ray (USA), Peter Godart (USA)
- P16 Research and practice for wellbeing in the workplace**
Veronica Baroni (UK)
- P17 Service design for homeless tuberculosis patients: peer-support network and pilot for inpatient rehabilitation / self-help capacity enhancement**
Jisun Yang (South Korea)
- P18 Challenged mobility**
Anna Boldina (UK), Koen Steemers (UK)
- P19 An exploration of the impact of oriental culture and its physical environment on present-day city suicidal prevention design in Seoul, Republic of Korea**
Alex Harrington (UK)
- P20 Healthcare at home: right size, right location**
Mohammed UI-Haq (UK), Neil Orpwood (UK)
- P21 The plastic-free house**
Harry Knibb (UK), Olga Turner Baker (UK), James Robb (UK), Fiona McGarvey (UK)
- P22 Population influx: opportunity for salutogenic design**
Maneka Kunder (USA), Darshita Gillies (UK), Jun Jia (USA)
- P23 Health and wellbeing as a catalyst for whole-systems, place-based design**
Paul Simkins (UK)
- P24 Better workspaces – a holistic practical standard for temporary construction facilities**
Dr Eva Gkenakou (UK), James Pay (UK), Maria Fernandez Cachafeiro (Canada), Paloma Algarra Resino (UK)
- P25 Impact of urbanisation and sunlight exposure on cataract incidence: a population-based study in an Asian country**
Chia-Hui Wang (Taiwan), Wan-Syuan Yu (Taiwan), Nai-Wen Kuo (Taiwan)
- P26 Adopting the Scandinavian Sengetun model to design for end-of-life care**
Alastair Forbes (UK), Oliver Jones (UK)
- P27 Hospital and the city**
Christine Nickl-Weller (Germany), Magnus Nickl (Germany)
- P28 A net-zero carbon future: achieving ambitious energy demand targets in public-sector buildings**
Alastair Forbes (UK), Oliver Jones (UK)
- P29 Ecourbanism and healthy cities**
Luke Engleback (UK)
- P30 De-institutionalising long-term care for older adults in high-density environments**
John Chye Fung (Singapore)
- P31 Light Therapy for All: Light Therapy in Public Space**
Pam Sethi (Canada) Elizabeth Brazen (Canada) Deborah D'Amico (Canada)




LUNCHTIME WORKSHOP

12.40–
13.50 **Designing a healthy city: global perspectives on future living**
Room: Dorchester Library

Organised by:
Ryder

This workshop will bring together international projects and perspectives to discuss the challenges and opportunities facing future living from across residential, education, workplace, healthcare and urban design sectors.

Discussion will focus on how changing behaviours, technology and economic models are influencing how we are likely to live and work in the future. There will also be discussion on the key challenges that those involved in the design of future healthy cities will need to address.

Panel:  Dr Oliver Jones, Director of research, Ryder Architecture, UK

LUNCHTIME WORKSHOP


12.40–
13.50 **Moving from productivity to performance: understanding the modern workplace and how it links to health**
Room: Council Chamber

Work sits at the core of contemporary societies, shaping much of our lives, structuring our buildings and our cities, catalysing the priorities of our life choices, and impacting strongly on our temporal and physical identities. Indeed, the workplace is the subject of profound transformations, challenged by the blurred confines brought to the fore by the digital revolution, the expectations of permanent connectivity, the increasing interference and interpenetration between professional, social and family timeframes, the flexibility of working hours and conditions, etc.

New forms of work types are also emerging, changing the requirements for working conditions that have dominated the workplace for several decades. This has a direct and indirect impact not only on the principles by which workplaces operate (eg, energy use) but also on occupants' physical, physiological and psychological comfort, wellbeing and health. In fact, the conditions conducive to energy performance, human comfort and health can, at times, be substantially different, while the combination of physical parameters that are considered conventionally to support task performance might, in the long run, be to the detriment of sustained health and wellbeing.

This workshop aims to catalyse discussion on several interdisciplinary challenges that are necessary to grasp and address in order to design better, more comfortable, healthier, higher-performing and, ultimately, more sustainable and resilient workplaces.

Panel:  Professor Sergio Altomonte PhD, Faculty of Architecture, Architectural Engineering, Urbanism, Catholic University of Louvain, Belgium

 Aidan Parkinson PhD, Senior engineer, skills manager, building performance and systems, Arup, UK




BREAKFAST WORKSHOP

07.30–08.45 **Healthy City Design: maximising your impact through public engagement**
Room: Dorchester Library

Public engagement is based on the idea that those most affected by a particular project should be involved in that project. Initiatives are advanced with community partners rather than for or about them. The best-supported outcomes for built environment projects happen when relevant stakeholders have a role in confirming values, identifying and addressing challenges, and envisioning viable solutions together.

Agencies, elected officials, advocacy organisations, researchers, and those with complementary objectives are valuable partners in built environment interventions, and yet co-ordination across sectors and disciplines is often missing. It's critical that stakeholders feel heard and understand how their input integrates into the full process, maximising the value of their participation, and ensuring both shorter-term outcomes and longer-term impacts. This workshop presents tools for advancing strategic engagement plans, including an impact framework for modelling your project, and choosing key performance indicators to monitor and measure success. Public engagement and impact planning examples from the United States and Ireland, and which illustrate levels of engagement to involvement, will be presented, along with lessons learned and best practices.

Panel:

 Dan Burden, Director of innovation and inspiration, Blue Zones, USA	 Sarah Bowman, Director of strategic engagement and impact, Trinity College Dublin, Ireland
 Pam Sethi, Chief Innovation Officer, The Institute for Advancements in Mental Health	

LUNCHTIME WORKSHOP

12.40–13.50 **Taking action towards trans-disciplinary partnership working for planning inclusive and healthy places**
Room: Dorchester Library










This session embraces the spirit of innovation and combines this with co-operation and mutual support around the broad agenda of healthy planning and places. For the first time, leading thinkers and doers on this agenda will come together to help build a critical mass of like-minded practitioners to improve public health spatial planning practice.

There is an inherent complexity in the way professions, sectors and parts of civil society operate to plan the places where we live, work and play, which has resulted in a number of different networks. This fragmentation can deepen a sense of silo-mentality within and across professions.

The workshop will be structured in a PechaKucha format, with each panellist/speaker providing short, punchy insights. These structured interjections from panellists will provide the necessary context and provoke positive structured contributions from all participants in working towards a collective pledge. This pledge will be a call to action from individuals or as a critical mass of public health spatial planners, which the panel chair, with the congress organiser, will publish after the congress.

Panel:

 Michael Chang, Co-founder, Health and Wellbeing in Planning Network (HiP Network), UK	 Rachel Flowers, Director of public health, Croydon Council; Co-founder, HiP Network, UK
 Gemma McKinnon, Public health officer – planning, Warwickshire CC; Co-founder, HiP Network, UK	 Paul Southon, Chair, Faculty of Public Health, Healthy Spatial Planning Special Interest Group, UK
 Charlotte Morphet, Principal policy planner, Waltham Forest Council; Co-founder, Women in Planning Network, UK	 Irene Beautyman, Planning for Place programme manager, Improvement Service Scotland, UK
 Liz Green, Programme director for health impact assessment, Public Health Wales, UK	

LUNCHTIME WORKSHOP






12.40–13.50 **Designing the healthy city from the inside-out: measuring the impact of places on people**
Room: Council Chamber



An interdisciplinary panel of experts, representing technologically driven shifts in medicine, neuroscience, urban analytics, and transportation, will debate how to avoid dystopia by design. They will explore the proposition that a citizen's journey through a city impacts their health and wellbeing. Dr Stockton, a consultant anaesthetist at Great Ormond Street Hospital, and doctor on London's Air Ambulance, will present a view from above, reflecting on the bleeding edge of design and how distributed health systems may impact community and individual health.

The panel, who specialise in research-based design, will consider the application of scientific methods to assess how buildings influence the brain, body and experience of design. Novel 4D mapping of urban development will reveal how multiple features interact, and test the proposition that technological autonomy and artificial intelligence may be leveraged to yield our utopian dreams for healthy communities.

Panel:

 Eve A Edelstein, Clinicians for Design and HxLab Perkins&Will, USA	 Emma F Stockton, Great Ormond Street Hospital, UK
 Gerry Tierney, Perkins&Will, USA	 Peter Baird, Perkins&Will, UK
 Andrea Imaz, Perkins&Will, UK	

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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.

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