PRELIMINARY PROGRAMME

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

W: www.healthycitydesign.global  |  E: info@salus.global
INTRODUCTION

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

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## Session 1

**Opening keynotes – People and planetary health at a crossroads**

**Chair:** Jeremy Myerson, Royal College of Art, UK

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>08.45</td>
<td>Welcome and introduction</td>
<td>Jeremy Myerson, Royal College of Art, UK</td>
</tr>
<tr>
<td>09.00</td>
<td>Keynote address: Rewiring the urban landscape for people and planetary health</td>
<td>Dr Audrey de Nazelle, Senior lecturer, Centre for Environmental Policy, Imperial College London, UK</td>
</tr>
<tr>
<td>09.30</td>
<td>Keynote address: Designing for planetary health in the future city</td>
<td>Mark W Johnson, Founding principal, Civitas, USA</td>
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<td>10.00</td>
<td>Panel discussion</td>
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**Coffee, Poster Gallery and Exhibition**  
10.15–10.45

## Session 2

**Policy frameworks, tools and community**

**Chair:** Giselle Sebag, Bloomberg Associates, USA

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<tr>
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<tbody>
<tr>
<td>10.45</td>
<td>Creating utopia and correcting dystopia: innovative transdisciplinary contributions</td>
<td>Roderick Lawrence, Honorary professor and adjunct professor, University of Geneva, University of Adelaide, Universiti Kebangsaan Malaysia, International</td>
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</tbody>
</table>
| 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  
Natalie Mueller, Post-doctoral researcher, Barcelona Institute for Global Health, 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                                              |                                                                            |

**Lunch, Poster Gallery and Exhibition**  
12.30–14.00
### Session 3
**Designing a healthy new town**
Chair: Jeremy Porteus, Housing LIN, UK

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>14.00</td>
<td>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</td>
<td>Georgina Lee, Co Founder, Age of No Retirement, UK; Eric Kihlstrom, Founder, Age 2.0, UK; Kevin McGeough, Director, Ebbsfleet Development Corporation, UK</td>
</tr>
<tr>
<td>14.15</td>
<td>Northstowe: designing a healthy new town centre from scratch</td>
<td>Jane Manning, Director, Allies and Morrison Urban Practitioners, UK</td>
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<td>14.30</td>
<td>From contested space to democratised utopia: sharing ideals at Cranbrook Healthy New Town</td>
<td>Kenji Shermer, Urban designer, East Devon District Council, UK; Jenny McNeill, Assistant director, strategic development, NHS Devon CCG, UK</td>
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<tr>
<td>14.45</td>
<td>Building a healthy town</td>
<td>Katja Stille, Director, urban design, Tibbalds Planning and Urban Design, UK</td>
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<td>15.00</td>
<td>Panel discussion</td>
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### Session 4
**Designing equitable & inclusive communities**
Chair: Rachel Cooper, Lancaster University, UK

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<th>Time</th>
<th>Topic</th>
<th>Speakers</th>
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<tr>
<td>16.00</td>
<td>A healthy urban design and planning framework integrating sustainability, equity and inclusion</td>
<td>Helen Pineo, Lecturer in Sustainable and Healthy Built Environments, University College London, UK</td>
</tr>
<tr>
<td>16.20</td>
<td>A systematic review of interventions in community infrastructure (places and spaces) to boost social relations and community wellbeing</td>
<td>Anne-Marie Bagnall, Professor of Health &amp; Wellbeing Evidence, Leeds Beckett University, UK; Jane South, Professor of Healthy Communities, Leeds Beckett University, UK; Rhiannon Corcoran, Professor of Psychology, University of Liverpool, UK; Kris Southby, Research fellow, Leeds Beckett University, UK</td>
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<tr>
<td>16.40</td>
<td>Creating healthy, living communities – an Irish perspective</td>
<td>Philip Jackson, Associate director, Scott Tallon Walker Architects, UK; Donal Blake, Director, Scott Tallon Walker Architects, UK</td>
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<tr>
<td>17.00</td>
<td>Panel discussion</td>
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### Session 5
**Keynote address**
Chair: Chris Liddle, HLM Group, UK

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<th>Time</th>
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<th>Speaker</th>
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<tbody>
<tr>
<td>17.15</td>
<td>Keynote address: Building the healthy city – inciting the healthy choice</td>
<td>Dan Burden, Director of innovation and inspiration, Blue Zones, USA</td>
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<tr>
<td>17.50</td>
<td>Closing address</td>
<td>Jeremy Myerson, Royal College of Art, UK</td>
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<td>18.00</td>
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**Supported by:**

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### Session 6
**Healthy and sustainable neighbourhoods**

**Chair:** Janet Sutherland, The Academy of Urbanism, UK

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<th>Time</th>
<th>Topic</th>
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</thead>
<tbody>
<tr>
<td>10.45</td>
<td>Public housing and public amenities: achieving Sustainable Development Goal 11.7</td>
<td>Sridevi Rao, Landscape architect, Indian Society of Landscape Architects, India</td>
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<tr>
<td>11.05</td>
<td>Ruwais UN-planned: a public health and territorial intervention</td>
<td>Faris Abuzeid, Architect and urban strategist / managing director, Faris Abuzeid + Associates, Saudi Arabia</td>
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</table>
| 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 Petrovich, Senior interior designer, IBI Group, UK
Barry Lewis, Director, Ubuhle Bakha Ubuhle / 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

**Organised by:** Ryder

For more details, please see page 16

### Session 7
**Designing for mental health and wellbeing**

**Chair:** Rhiannon Corcoran, University of Liverpool, UK

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<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speakers</th>
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<tbody>
<tr>
<td>14.00</td>
<td>Urban planning factors and positive impacts upon mental wellbeing</td>
<td>Alexander Tully, Associate technical director, Arcadis, UK</td>
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</tbody>
</table>
| 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
Ross Cameron, Senior lecturer, University of Sheffield, UK
Alistair Griffiths, Director of Science and Collections, Royal Horticultural Society, UK
Jenny Roe, Professor, Director, Center for Design and Health, University of Virginia, USA |
| 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

Jade Lewis, Director of advocacy, Saint-Gobain UK and Ireland, UK and Ireland
Keith Ritchie, Executive chairman, Titon Holdings, UK

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. See page 16 for more details.
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, UK

11.05  Workplace loneliness: studies into various workplaces and design interventions  
Dr Trevor Keeling, Associate, BuroHappold Engineering, UK  
Rachel Edwards, Senior consultant, Lendlease, UK  
Helen Gowland, Head of workplace, Lendlease, UK  
Dr Nigel Oseland, Environmental psychologist and CEO, Workplace Unlimited, 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

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  
Francesco Aletta, Research associate, University College London, UK  
Tin Oberman, Research assistant, 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 Graham Kelly, Director, BIM Academy, UK
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
Melissa Gonsalves, Principal consultant, Urban Foresight, UK
Samuel Nair, Senior consultant, 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 Imaiz, 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).
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<td>Chair: Jeremy Myerson, Royal College of Art, UK</td>
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<tr>
<td>09.00</td>
<td>Keynote address: Creative cities: the importance of arts, culture and community to population health</td>
<td>Dr Daisy Fancourt PhD, Senior research associate, University College London, UK</td>
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<tr>
<td>09.30</td>
<td>Keynote address: Music, health and the city: a utopian vision</td>
<td>Dr Julia Jones, CEO, Found in Music / Author, The Music Diet, UK</td>
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<td>10.00</td>
<td>Panel discussion</td>
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<td>10.15–10.45</td>
<td>COFFEE, POSTER GALLERY AND EXHIBITION</td>
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<tr>
<td>10.45</td>
<td>Rapid assessment of the environmental and health impacts of city sustainability policies</td>
<td>James Milner, Assistant professor, London School of Hygiene &amp; Tropical Medicine, UK</td>
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<td>Phil Symonds, Research associate, University College London, UK</td>
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<td>Paul Wilkinson, Professor of Environmental Epidemiology, London School of Hygiene &amp; Tropical Medicine, UK</td>
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<td>Mike Davies, Professor of Building Physics and the Environment, University College London, UK</td>
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<tr>
<td>11.05</td>
<td>Developing a framework to encompass coastal flooding and mental health under present and future climate change</td>
<td>Luke Jackson, Research fellow, Climate Econometrics, University of Oxford, UK</td>
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<td>Caroline Anitha Devadason, Public health consultant, Johns Hopkins University, USA</td>
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<tr>
<td>11.25</td>
<td>Post-waste landscapes: design principles for a paradigm shift</td>
<td>Eleni Gklinou, Urban designer, Grimshaw Architects, UK</td>
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<tr>
<td>11.45</td>
<td>Health systems on Mars? Sustainable development designing for people, place and planet</td>
<td>Alice Liang, Principal, Montgomery Sisam Architects, Canada</td>
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<td>Karine Quigley, Intern architect, Montgomery Sisam Architects, Canada</td>
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<tr>
<td>12.05</td>
<td>Panel discussion</td>
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<td>LUNCH, POSTER GALLERY AND EXHIBITION</td>
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### Session 17
**Green infrastructure and urban health**
**Chair:** Helen Pineo, University College London, UK

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<tbody>
<tr>
<td>14.00</td>
<td>Sustainable landscape demonstration garden as an urban model for health</td>
<td>Ellen Vincent, Lecturer, Horticulture, Clemson University, USA</td>
</tr>
<tr>
<td>14.20</td>
<td>Valuing urban green infrastructure: a tool to level the playing field</td>
<td>John Haxworth, Landscape planner, Barton Willmore, UK</td>
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<td>Caroline Vexler, Analyst, Vivid Economics, UK</td>
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<tr>
<td>14.40</td>
<td>Restorative values and cognition ability improvement effects of man-made park in Hong Kong downtown area</td>
<td>Luyao Xinag, PhD candidate, Chinese University of Hong Kong, China</td>
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<tr>
<td>15.00</td>
<td>How community-focused systems are addressing urban-global issues</td>
<td>Blake Jackson, Sustainable design leader, Stantec, USA</td>
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<tr>
<td>15.20</td>
<td>Panel discussion</td>
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<td>15.45–16.15</td>
<td>COFFEE, POSTER GALLERY AND EXHIBITION</td>
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### Session 18
**Global responses to urban air quality**
**Chair:** Dr Audrey de Nazelle, Imperial College London, UK

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>16.15</td>
<td>The Clean Air Hospital Framework (CAHF): a health-sector response to tackling air pollution</td>
<td>Larissa Lockwood, Head of health and air quality, Global Action Plan, UK</td>
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<td>Nick Martin, Head of sustainability and environmental management, Great Ormond Street Hospital NHS Foundation Trust, UK</td>
</tr>
<tr>
<td>16.35</td>
<td>Air quality in the built environment: a national and global perspective</td>
<td>Catriona Brady, Head of Better Places for People, World Green Building Council, UK</td>
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<td>Sophia Cox, Sustainability advisor, UK Green Building Council, UK</td>
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<tr>
<td>16.55–17.10</td>
<td>Panel discussion</td>
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### Session 19
**Closing plenary**
**Chair:** Jeremy Myerson, Royal College of Art, UK

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<tr>
<td>17.10</td>
<td>Panel debate: Designing the healthy city – is utopia possible? Is dystopia inevitable?</td>
<td>Panel: Rachel Cooper, Professor of Design Management and Policy, Lancaster University, UK</td>
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<td>Sunand Prasad, Senior partner, Penoyre &amp; Prasad, UK</td>
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<td>Giselle Sebag, Urban planning consultant, Bloomberg Associates, USA</td>
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<td>Mark W Johnson, Founding principal, Civitas, USA</td>
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<td>Sue Morgan, Director of architecture and built environment, Design Council, UK</td>
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<td>17.45</td>
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<td>18.00–20.00</td>
<td>COFFEE, POSTER GALLERY AND EXHIBITION</td>
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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: re-imagining 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: re-imagining the garden city
Prachi Rampuria, EcoResponsive Environments, UK
Soham De, 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
Organised by: RUPA WELLNESS PLANNING
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 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 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 Tiernan, 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 Assessing the impact of urban design on bicycling comfort in an auto-centric German city
Greg A Rybarczyk, Associate professor, University of Michigan-Flint, USA

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 Exploring how neighbourhood design affects children’s experiences and use of their local area
Holly Weir (UK)

P04 Transformative learning to support caring places
Kirsty Macari (UK), Diarmaid Lawlor (UK)

P05 Reimagining a city’s assets and resources
Jane Ellery (USA), Sally Goerner (USA), Laura Torchio (USA)

P06 Designing the salutogenic city
Marcus Wilshere (UK), Richard Mazuch (UK)

P07 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)

P08 Inequalities in neighbourhood walkability for older adults
Razieh Zandieh (UK)

P09 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)

P10 Socially valuable: from opportunities to outcomes in the built environment
Michaela Packer (UK), Becci Taylor (UK)

P11 Flourishing cities
Derek Clements-Croome (UK), Marylis C Ramos (UK)

P12 Campaigning for lower speed limits as a catalyst for community regeneration
Rod King MBE (UK)

P13 A participative case study: changes required to transform urban community food growing in Dundee
Ness Wright (UK)

P14 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)

P15 The tyranny of lifeless housing: reinstating integrated good practices for a decure future
Simran Singh (India)

P16 Re-imagining a future world by humanising climate disaster
Tiandra Ray (USA), Peter Godart (USA)

P17 Research and practice for wellbeing in the workplace
Veronica Baroni (UK)

P18 Service design for homeless tuberculosis patients: peer-support network and pilot for inpatient rehabilitation / self-help capacity enhancement
Jisun Yang (South Korea)

P19 Challenged mobility
Anna Boldina (UK), Koen Steemers (UK)

P20 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)

P21 Healthcare at home: right size, right location
Mohammed Ul-Haq (UK), Neil Orpwood (UK)

P22 The plastic-free house
Harry Knibb (UK), Olga Turner Baker (UK), James Robb (UK), Fiona McGarvey (UK)

P23 Population influx: opportunity for salutogenic design
Maneka Kunder (USA), Darshita Gillies (UK), Jun Jia (USA)

P24 Health and wellbeing as a catalyst for whole-systems, place-based design
Paul Simkins (UK)

P25 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)

P26 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)

P27 Adopting the Scandinavian Sengetun model to design for end-of-life care
Alastair Forbes (UK), Oliver Jones (UK)

P28 Hospital and the city
Christine Nickl-Weller (Germany), Magnus Nickl (Germany)

P29 A net-zero carbon future: achieving ambitious energy demand targets in public-sector buildings
Alastair Forbes (UK), Oliver Jones (UK)

P30 Ecourbanism and healthy cities
Luke Engleback (UK)

P31 De-institutionalising long-term care for older adults in high-density environments
John Chye Fung (Singapore)

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MONDAY WORKSHOPS  
14 OCTOBER 2019

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

SESSION 8 WORKSHOP

16.00–17.00

Delivering health homes: influencing and shaping government policy and thinking
Room: Dorchester Library

Most of us spend around 90 per cent of our time indoors and unhealthy homes are known to be linked to a wide range of health conditions – in the short and long term. Even conservative estimates put the cost of unhealthy housing to the NHS at the multiple billions each and every year.

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, not least because the Government has set itself the ambition of building 300,000 new homes. 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. Maximising occupants’ health and wellbeing must be placed at the centre of new housing provision, and building design must take a holistic approach to include safety, space, energy efficiency, ventilation, heating, noise, air quality and lighting. It’s also important to note that 85 per cent of our housing will be existing stock by 2050. If we’re serious about delivering healthier homes, renovation of existing homes must become a national priority.

The APPG for Healthy Homes and Buildings’ recommendations set the agenda on how to deliver healthier housing in the UK. 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
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 through public engagement.

Healthy City Design: maximising your impact
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 panelist/speaker providing short, punchy insights. These structured interjections from panelists 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 like-minded practitioners to improve public health spatial planning practice.

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 application of scientific methods to assess how buildings influence community and individual health. 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.

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<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Rachel Cooper OBE, PhD</td>
<td>Professor of Design Management and Policy, Lancaster University, UK</td>
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<tr>
<td>Sean Hughes</td>
<td>Vice-president and head of design consulting, Philips, USA</td>
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<tr>
<td>Susanne Pini</td>
<td>Principal, director of retail and mixed use, HDR, Australia</td>
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<tr>
<td>Janet Sutherland</td>
<td>Director, The Academy of Urbanism, UK</td>
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<tr>
<td>Marcus Grant MA</td>
<td>Editor-in-chief, Cities and Health, UK</td>
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<tr>
<td>Helen Pineo PhD candidate, MRTPI, FRSA</td>
<td>Lecturer in Healthy and Sustainable Built Environments, University College London, UK</td>
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<tr>
<td>Angela Loder PhD</td>
<td>Vice-president, research, IWBI, USA</td>
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<tr>
<td>Tarsha Finney PhD</td>
<td>Senior research tutor and programme lead on city design, Royal College of Art, UK</td>
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<tr>
<td>Carolyn Daher MPH</td>
<td>Co-ordinator, Urban Planning, Environment and Health Initiative, Barcelona Institute for Global Health, Spain</td>
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<tr>
<td>Rhiannon Corcoran PhD</td>
<td>Professor of Psychology and Public Mental Health, University of Liverpool, UK</td>
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<tr>
<td>Montira Pongsiri PhD, MPH</td>
<td>Senior science policy advisor, The Rockefeller Foundation Economic Council on Planetary Health, USA</td>
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<tr>
<td>Blake Jackson MArch, LEED-WELL</td>
<td>Sustainability design leader, Stantec Architecture, USA</td>
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<tr>
<td>Giselle Sebag MPH, LEED AP ND</td>
<td>Urban planning consultant, Bloomberg Associates, USA</td>
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<td>Stephane Sadoux PhD</td>
<td>Deputy director, LabEx AE&amp;CC, Grenoble School of Architecture (ENSAG), Grenoble Alpes University, France</td>
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<tr>
<td>Katie Wood MEng</td>
<td>Director, operations consulting and lead on health and wellbeing, Arup, UK</td>
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<td>Rama Gheerawo</td>
<td>Director, Helen Hamlyn Centre for Design, Royal College of Art, Canada</td>
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<tr>
<td>Layla McCay MD</td>
<td>Director, Centre for Urban Design and Mental Health, UK</td>
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<td>Ken Greenberg</td>
<td>Principal, Greenberg Consultants, Canada</td>
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<tr>
<td>Tye Farrow</td>
<td>Senior partner, Farrow Partners, Canada</td>
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<tr>
<td>Kaia Nesbitt</td>
<td>Director, development, HDR, USA</td>
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<td>Robert Huxford</td>
<td>Director, Urban Design Group, UK</td>
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<td>Hugh Barton</td>
<td>Emeritus professor, WHO Collaborating Centre, UWE, UK</td>
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<td>John Zeisel PhD</td>
<td>President, Hearthstone Alzheimer Care, USA</td>
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<tr>
<td>Chris Liddle</td>
<td>Group chairman, Covalent Group, and director, HLM, UK</td>
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<td>Jeremy Porteus</td>
<td>Chief executive, Housing LIN, UK</td>
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<td>Sunand Prasad</td>
<td>Trustee, Green Building Council, and founding partner, Penoyre &amp; Prasad, UK</td>
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<td>Christine Hancock</td>
<td>Founder, C3 Collaborating for Health, UK</td>
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THE VENUE: A MODERNIST MASTERPIECE

Founded in 1518, the Royal College of Physicians’ 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.

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<tr>
<th>Room Type</th>
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<tr>
<td>Classic Single room</td>
<td>£180</td>
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<tr>
<td>Classic King room</td>
<td>£225</td>
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<tr>
<td>Executive room</td>
<td>£270</td>
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Executive includes executive lounge access. Rooms are also available without breakfast. All room rates are VAT inclusive.

On receipt of your registration, a website link will be provided to enable you to book your accommodation at the above rates. Please book early to avoid disappointment.

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RESEARCH • POLICY • PRACTICE
14-15 OCTOBER 2019
ROYAL COLLEGE OF PHYSICIANS, LONDON

For online registration and fees, please visit:
W: healthycitydesign.global

Early-bird discounts are available until 5 September 2019,
along with special discounts for public-sector delegates

For knowledge space and sponsorship enquiries, contact: info@salus.global

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