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HEALTHY CITY DESIGN INTERNATIONAL

RESEARCH • POLICY • PRACTICE

30 NOV - 3 DEC 2020

VIRTUAL

PRELIMINARY PROGRAMME

DESIGNING RESILIENT COMMUNITIES

RECOVERY, RENEWAL AND RENAISSANCE

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THE ACADEMY
OF URBANISM



Timetable of events

October 2020

Launch of Preliminary Programme
and online registration

15 November 2020

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

20 November 2020

Extended deadline for Early Bird
and speaker registration

Monday 30 November 2020

08.45-19.00 Healthy City Design 2020
International Congress

Tuesday 1 December 2020

08.55-18.45 Healthy City Design 2020
International Congress

Wednesday 2 December 2020

08.00-18.00 Healthy City Design 2020
International Congress

Thursday 3 December 2020

08.55-18.00 Healthy City Design 2020
International Congress

People at Work Summit

Please note that all times in the programme are Greenwich
Mean Time (GMT).

DESIGNING RESILIENT COMMUNITIES

RECOVERY, RENEWAL AND RENAISSANCE

In a rapidly urbanised world struggling to adapt to a climate crisis and the public health emergency of a global health pandemic, the ability of our cities and governments to keep all citizens safe and well has never been under greater scrutiny. Public health professionals, scientists, urban planners, architects and policymakers must now speak with one voice on the need to make our cities more resilient in the face of far-reaching, life-changing threats.

However, the whole concept of resilience is multi-dimensional. In its narrowest sense, resilience means snapping back into shape after some adverse incident or effect. It implies the buoyancy, strength and ability to recover an original position or form – but resilient cities are required to do more than that in the context of becoming healthier places to live and work. They must anticipate the future and have the capacity to adapt their disease-resistant and health-creating systems and designs accordingly.

Resilience takes on many different aspects when applied to the healthy city. There is the challenge of environmental resilience that will protect city dwellers from floods and fires, and other adverse climate conditions becoming increasingly common amid a growing sense of climate catastrophe. There is also the conventional healthcare resilience planning we see around international medical emergencies, such as the COVID-19 outbreak. As new hospitals are constructed in China in a matter of weeks as part of a rapid response to infectious disease control, we're already witnessing the next chapter in healthcare resilience.

But what about operational and technological resilience to keep cities running efficiently, with transport systems moving, workplaces connected to the global digital grid, workforces

able to access work, and goods and services flowing around the urban realm unencumbered? In other words, what are the steps to keep the economic pulse of the city beating?

Then there is social and community resilience. How can design strategies in the built environment create more social connection among people of all ages and abilities, improving air quality, decreasing isolation, reducing inequalities, delivering green spaces, and providing safe, affordable housing to boost community wellbeing? Connected to this, we also find the issue of food resilience: as life expectancy stalls among the poorest, how can our cities maintain supplies of fresh, locally produced food that will fuel citizens, avoid panic-buying in times of distress, and prevent ill health?

Resilience is not simply a big topic for the healthy city – the impact of COVID-19 means it is now the burning question of the day. In this, the 4th Healthy City Design International Congress, we'll look at the resilient city from many angles – from creating more resilient homes, neighbourhoods, transport systems and workplaces, to the design decisions that underscore more resilient placemaking, and urban renewal. We'll look at how smart technologies support the resilient city – and at how low-tech social innovations also have a big impact. We'll share best practice through case studies and encourage



new practice through toolkits and frameworks. Scales of resilience will be examined from recovery to complete renewal, and the kind of transformative effect on city living implied by the term 'renaissance'.

In this, our 4th Healthy City Design International Congress, we'll ask how do we adapt and change to prevent, avoid and mitigate disaster, whether natural or man-made?

Bridging the gap between research, policy and practice

The Healthy City Design 2020 (HCD 2020) International Congress & Exhibition will take place virtually on 30 November – 3 December 2020. A global forum for the exchange of knowledge on the research, policy and practice of designing healthy and sustainable cities and communities, the congress is organised by SALUS Global Knowledge Exchange in partnership with the Helen Hamlyn Centre for Design, Royal College of Art.

The first two days will open with keynote plenary sessions before splitting up into three parallel streams. The fourth day will largely be devoted to a special conference around the wellness of people at work, curated jointly with the People Energy Partnership (see p4). Delegates will be able to purchase tickets for the full four-day event or individual days at extremely attractive prices, with sessions available to watch on demand for 30 days after the event.



Prof Jeremy Myerson

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



Marc Sansom

Director
SALUS Global
Knowledge Exchange

Keynote speakers



Professor Tony Capon

Sustainable Development
Institute, Monash University,
Australia



Sir Michael Marmot

Professor, director of the
Institute of Health Equity
(UCL Department of
Epidemiology & Public
Health), UK



Fiona Howie

CEO, Town
and Country Planning
Association, UK



David Pencheon

Honorary professor,
Health and Sustainable
Development, University
of Exeter, UK



Ben Page

CEO, Ipsos MORI, UK



Lord Nigel Crisp

Independent crossbench
member, House of
Lords; Co-chair, All-Party
Parliamentary Group
on Global Health, UK



Carolyn Steel

Architect and author, UK

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Timetable of events

Fuel

08.55-10.00

People at Work – Main Stage

Motion

11.30-12.30

People at Work – Main Stage

Restoration

13.30-14.15

People at Work – Main Stage

Resilience

15.45-16.30

People at Work – Main Stage

Please see page 14 for more information.

Please note that all times in the programme are Greenwich Mean Time (GMT).



Designing a resilient, healthy and energised workforce

In just a few months, COVID-19 has changed the world of work beyond recognition. In some cases, existing trends away from the traditional office settings to the home have been accelerated. In other settings, notably public-facing environments, such as healthcare, education, retail and transport, the workplace environments and operations have required a radical redesign to protect both workers and the public against this new threat to public health.

In the case of greater home-working, there are arguably potential benefits for workers, businesses and for planetary health, but in other settings, the costs arguably outweigh the benefits.

And what are the unforeseen consequences for people, including both the workers themselves and their families of this change in the way we work. Beyond the threat to our physical health, what is the impact on our emotional health and mental wellbeing?

In direct response to this challenge, SALUS Global Knowledge Exchange and the **People Energy Partnership have launched the People at Work Summit: Designing a resilient, healthy and energised workforce**, fully integrated into the 4th Healthy City Design Congress on the final day, Thursday 3 December.

The programme for the Summit will be structured around the Five Foundations of Fuel, Motion, Restoration and Resilience under the umbrella of Community. As the fifth foundation, Community will thread through each of the four sessions. How do we continue to build human community, kindness and gratitude in diverse workplace settings? What does a 'sense of community' mean in a virtual world? At home, in the office, in a hospital, school or retail outlet, can we connect community through outside space and access to nature, so we can build and maintain trust with our neighbours or work colleagues while still physically distancing.

Sessions will comprise a relaxed style of interviews, conversations, live demos and short presentations.

Event hosts and facilitators



Kate Cook BA Hons, Dip ION, MBANT
Director and founder, The Nutrition Coach



Jon Bockelmann-Evans
Director and founder, JBE Health

DAY 1, KEYNOTE PLENARIES AND STREAM 1: PANDEMIC IMPACTS, PREPAREDNESS AND RESPONSE

30 NOVEMBER 2020 MAIN STAGE (all times are Greenwich Mean Time; all sessions streamed online)

Keynote plenaries



Session 1: Opening keynote plenaries Recovery, renewal and renaissance

Chair: Jeremy Myerson, Royal College of Art, UK

08.45 Welcome and introduction

Jeremy Myerson, Royal College of Art, UK

09.00 Keynote address: Beyond COVID-19: a healthy, fair and green recovery is possible

Tony Capon, Professor, Sustainable Development Institute, Monash University, Australia

09.15 Keynote address: Social justice, health equity and COVID-19

Sir Michael G. Marmot, Professor, Director of the Institute of Health Equity (UCL Department of Epidemiology & Public Health), UK

09.30 Keynote address: Designing health systems to create a safe, equitable and prosperous planet for all

David Pencheon, Honorary professor, Health and Sustainable Development, University of Exeter, UK

09.45 Keynote address: Healthy homes, sustainable places: empowering people and communities

Fiona Howie, CEO, Town and Country Planning Association, UK

10.00–10.30 Panel discussion

Stream 1: Pandemic impacts, preparedness and response



Session 2 Urban agendas: the impact of COVID-19

Chair: Marcus Grant, Cities & Health, UK

11.00 Responding to COVID-19: a transdisciplinary triad

Roderick Lawrence, University of Geneva, Switzerland

11.15 COVID-19 impacts and speedy construction of temporary quarantine camps – the Hong Kong experience

Paul Lee Chun-kau, Architectural Services Department of the HKSAR, Hong Kong

11.30 Filipino neighbourhoods in quarantine: a COVID-19 pandemic study

Rhay Daniel R Racoma, Centre for Neighbourhood Studies, Philippines

11.45–12.15 Panel discussion



Session 3 International city responses: difficult choices

Chair: Carolyn Daher, Barcelona Institute for Global Health, Spain

13.30 Lockdown urbanism: pandemic-induced lifestyle change, spatial aftershocks and design responses in Wuhan, China and Manchester, UK

Prof Tom Jefferies, Queen's University Belfast (QUB), UK

13.45 Community-based healthcare system. Learning the lesson from COVID-19 in Tuscany

Nicoletta Setola, Chiara Milani, University of Florence, Italy

14.00 Pandemic preparedness: integrating housing, work, urban wellbeing and daily life

Mokolade Johnson, University of Lagos, Nigeria

14.15 Systemic approaches to COVID-19 in big cities: Bogota, New Delhi and Kinshasa

Clara Affun-Adegbulu, Sara Van Belle, Institute of Tropical Medicine, Antwerp, Belgium; Zulma Cucunuba, Department of Infectious Disease Epidemiology Imperial College London, UK; Radhika Arora, Oxford Policy Management, UK

14.45–15.15 Panel discussion



Session 4 Urban communities: place-based resilience

Chair: Sunand Prasad, UK Green Building Council; Penoyre & Prasad, UK

15.45 Activity-friendly neighbourhoods can benefit non-communicable & infectious diseases

Dr Deepti Adlakha, QUB, UK

16.00 A Bayesian approach to public health resilience: the risk journey map

Michelle Ossmann PhD, MSN, Herman Miller; Eric Ossmann MD, FACP, Prisma Health, USA

16.15 New urban codes to reduce the spread of COVID-19 in Paraguay

María Gloria Melián, Stella González de Olmedo, Ana Maria Sisa, Universidad Católica Nuestra Señora de la Asunción, Paraguay

16.30 Research parks to inform community design: precedents for an unexpected crisis

Peter Baird, Andrea Imaz, Perkins and Will; Nick Goodwin, Norwich Research Park, UK

16.45–17.15 Panel discussion

DAY 1, STREAM 2: WORK AND WORKPLACE

30 NOVEMBER 2020 BREAKOUT SESSION (all times are Greenwich Mean Time; all sessions streamed online)



Session 6

Modernising the workplace in a pandemic

Chair: Harry Knibb, Oxford Properties, UK

10.30 Workplace for healthy cities

Ivan Harbour, Steve Martin, Rogers Stirk Harbour + Partners, UK

10.45 Safe return to the office during the COVID-19 period

Eva Hernandez Garcia, Evangelia Chrysikou, University College London, UK

11.00 Modern workplace

King Kwok Cheung, The Hong Kong SAR Government, Hong Kong

11.15–11.45 Panel discussion



Session 7

Urban communities: integrating work, home and health

Chair: Janet Sutherland, The Academy of Urbanism, UK

12.15 Home is where the work is: the case for an urban design revolution

Dr Frances Holliss, London Metropolitan University; Jeremy Porteus, Housing LIN, UK

12.30 The impact of community businesses on community wellbeing: a systematic review

Anne-Marie Bagnall, University of Liverpool, UK

12.45–13.15 Panel discussion



Session 8

Building-level strategies: air quality, disease and stress

Chair: Suzanne MacCormick, WSP, UK

14.30 Places matter: building-level strategies for prevention and preparedness, resilience and recovery

Angela Loder, Ann-Marie Aguilar, International WELL Building Institute, USA

14.45 How can research emerging from the COVID-19 pandemic inform design strategies for healthier indoor air?

Hannah Wood, Otis Sloan Brittain, Ingvarsen Architects, Denmark

15.00 An exploration into the psychological and physiological effects of distance from and repeated exposure to high-rise buildings: implications on stress restoration

Robin Mazumder, University of Waterloo, Canada

15.15–15.45 Panel discussion



Session 9

Nature and nurture: wellbeing in the workplace

Chair: Kate Cook, The People Energy Partnership, UK

16.15 Creating a better normal to nurture creativity, wellbeing and health at work

Suzanne MacCormick, WSP UK, UK

16.30 Designing to beat burnout and encourage engagement

Sally Augustin PhD, Design With Science / Research Design Connections, USA

16.45 Re-imagining obsolete buildings as new, green and healthy workplaces

Blake Jackson, Stantec, USA

17.00 Five ways to achieve a healthier workspace now and after COVID-19

Rachel Bannon-Godfrey, Stantec, USA

17.15–17.45 Panel discussion



Session 10

Sustainable and resilient healthcare ecosystems

Chair: **Richard Darch**, Archus, UK

- 14.00** **Safe, Active & Sustainable Travel during COVID & beyond**
Mark Hayden, Charlie Hardy, Magali Thompson, Nick Martin, Great Ormond Street Hospital for Children NHS Foundation Trust, UK
- 14.15** **Health ecosystems – a new health estate paradigm**
Dan Gibson, Kieren Morgan, MJ Medical, UK
- 14.30** **Spatial analysis of the distribution of government hospitals in the city of Irbid using the GIS**
Bushra Obeidat, Jordan University of Science and Technology, Jordan
- 14.45** **Birthplace design in resilient cities**
Doreen Balabanoff, Professor, OCAD University Toronto, Canada; J Davis Harte, Programme advisor and thesis faculty design for human health, masters, The Boston Architectural College, USA

15.00–15.30 Panel discussion

HEALTH IS MADE AT HOME

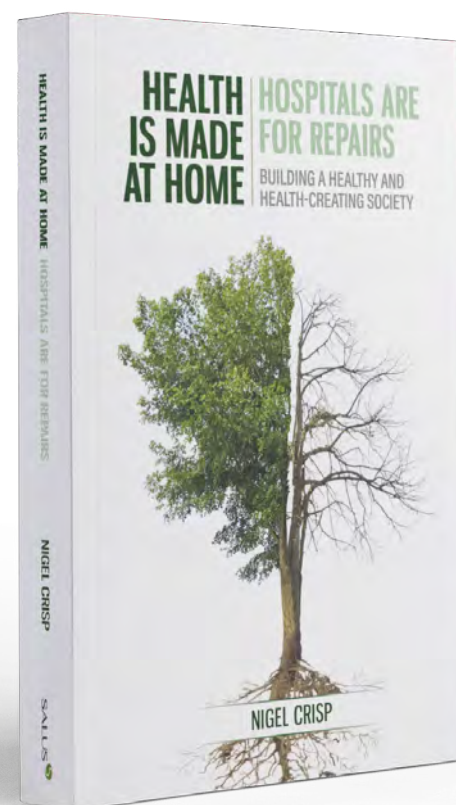
HOSPITALS ARE FOR REPAIRS

BUILDING A HEALTHY AND HEALTH-CREATING SOCIETY



The NHS has been fighting for our lives for the past few weeks and months. Throwing all its resources at the Covid-19 pandemic. The millions of health and care workers involved have been magnificent and we must resource them better for the future.

Health is made at home challenges us to set aside our normal assumptions and take off our NHS spectacles to see the world differently and take control of our health. And it calls for a new partnership between the NHS, government and the general public to build a healthy and health-creating society.



'Nigel Crisp is our leading independent thinker on health and global health. In this powerful call to action, he invites us to consider how to renew our collective commitment to the health of the nation. This is nothing less than a book for our times.'

Dr Richard Horton, Editor in Chief of the Lancet

'This book is stuffed with great examples of communities collaborating to find better solutions. Trust and relationship-building are the new bandages to promote healing.'

Heather Henry, Nurse Entrepreneur

'Nigel Crisp has hit the nail on the head... a new way of thinking... preventing problems, creating our own good health and dismantling poverty become the order of the day, the homeless remain off the streets for good, and we root for the interests of our future generations.'

Lord John Bird, Founder of Big Issue

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DAY 2, KEYNOTE PLENARIES AND STREAM 4: PLANETARY HEALTH

1 DECEMBER 2020 MAIN STAGE (all times are Greenwich Mean Time; all sessions streamed online)

Keynote plenaries



Session 12: Keynote plenaries

Designing a new world: insights and paradigms

Chair: Chris Liddle, Covalent Group, HLM Architects, UK

- 08.55** **Welcome and introduction**
Chris Liddle, Chairman of Covalent Group; director of HLM Architects, UK
- 09.00** **Keynote address: Citizens' insights: the twin impact of climate and pandemic risk**
Ben Page, CEO, Ipsos MORI, UK
- 09.15** **Keynote address: Sitopia: how food can save the world**
Carolyn Steel, Architect and author, UK
- 09.30** **Keynote address: Health is made at home, hospitals are for repairs**
Lord Nigel Crisp, Co-chair, All-Party Parliamentary Group on Global Health, UK
- 09.45** **Nightingale Challenge Global Solutions Initiative: Develop an innovative, nurse-led initiative to empower communities to create and sustain health**
Presentation of the winning solution by Lord Nigel Crisp, Co-chair, Nursing Now, UK

09.55–10.30 Panel discussion

Stream 4: Planetary health



Session 13

Waterscape resilience

Chair: Dr Rachel Cooper, Lancaster University, UK

- 11.00** **Study on sponge city design in Hong Kong**
Billy S H Law, HKSAR Government, Hong Kong
- 11.15** **Mediating waterscapes, case of Jakarta, Ciliwung river delta, Indonesia**
Tapasya Mukkamala, Technical University of Delft, Netherlands
- 11.30** **Six 'spatial tactics' for flood resilience**
Ed Barsley, The Environmental Design Studio, UK

11.45–12.15 Panel discussion



Session 14

Building city immunity: microclimates, ecology & health

Chair: Audrey de Nazelle, Imperial College London, UK

- 13.45** **Building immunity: a new understanding of the imperative of healthy city design**
Tom Hook, B+H Architects, Canada
- 14.00** **Urban thermal comfort: a driver for wellbeing in the city**
Rafael Alonso Candau, Atmos Lab, UK
- 14.15** **Lessons for post COVID-19 public realm design**
Sheena Bell, Gillespies, UK

14.30–15.00 Panel discussion



Session 15

Designing in biophilia, designing out disease

Chair: Sue Morgan, Design Council, UK

- 15.30** **Ecurbanism: a systems approach to resilient, healthy, biophilic city adaptation**
Luke Engleback, Studio Engleback, UK
- 15.45** **Preventing vector-borne disease outbreaks in emergent peri-urban settings: a study on the Integrated Housing Development Programme in Jimma, Ethiopia**
Stefanie Dens, Witteveen+Bos, Belgium; Adamu Addisie, Addis Ababa University, Ethiopia
- 16.00** **The threat of a Yellow Fever pandemic: how can we "build out" the mosquitoes?**
Fiona Shenton, Steve Lindsay, Durham University, UK

16.15–16.45 Panel discussion



Session 16

Cities with nature: improving human & planetary health

Chair: Dr Angela Loder, IWBI, USA

- 17.15** **COVID-19 and climate change: community vulnerability and the integration imperative**
Robert Newell, Ann Dale, Royal Roads University, Canada
- 17.30** **The importance of nature to city living during the COVID-19 pandemic**
Lindsay J McCunn PhD, Vancouver Island University, Canada
- 17.45** **Social and physical benefits of urban greening: the Energy Garden contribution**
C M (Tilly) Collins, Billie-Louise Schlich, Imperial College London; Agamemnon Otero, Energy Garden, UK
- 18.00** **Sustainable landscape demonstration garden as an urban model for health**
Ellen Vincent, Clemson University, USA

18.15–18.45 Panel discussion

DAY 2, STREAM 5: HOMES AND NEIGHBOURHOODS

1 DECEMBER 2020 BREAKOUT SESSION (all times are Greenwich Mean Time; all sessions streamed online)



Session 17

Co-designing integrated and resilient communities

Chair: Dr Liz Paslawsky, SALUS Global Knowledge Exchange, Australia

- | | |
|------------------------------|---|
| 10.30 | Suburban + Urban – will COVID-19 force us to choose between physical health + mental health? Resiliency in urban forms
Susanne Pini, HDR, Australia; Nelson Zhuojian Peng, HDR; Hunan University, China |
| 10.45 | Future homes: co-design as an approach to designing a resilient community
Philip Miller, Ryder Architecture, UK |
| 11.00 | Research on building integrated community based on public health in Chinese context
Chuhan Wang, 5th Studio, China |
| 11.15–11.30 Panel discussion | |



Session 19

Healthy urban communities: places for human flourishing

Chair: Mario Bozzo, SALUS Global Knowledge Exchange, UK

- | | |
|-------|---|
| 14.15 | Lessons for healthy urban development: a synthesis of international cases
Helen Pineo, Gemma Moore, Karla Barrantes Chaves, Elizabeth Cooper, University College London, UK |
| 14.30 | Powers of ten: addressing the requirements of sustainable communities at different scales
Dr Caroline Paradise, Ruth Hynes, Dr Paul Goodship, Atkins, UK |
| 14.45 | Verraine – a healthy city for the 21st century and beyond: what are the quintessential design elements for a healthy resilient community?
Amanda Santo, Geoff Grayhurst, John Koke, Dorsay Development Corp, Canada |
| 15.00 | Community-BLOC: a prototype of a neighbourhood designed for business and life continuity
Upali Nanda, Craig Kolstad, Babak Soleimani, Thom Greving, HKS, USA |

15.15–15.45 Panel discussion



Session 20

The science and practice of healthy community design

Chair: Giselle Sebag, Bloomberg Associates, USA

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|-------|---|
| 16.15 | Advancing from healthy buildings to healthy cities through building science epidemiology
Dr Esther Obonyo, Penn State University, USA; Dr James Mutunga, KEMRI Centre for Global Health Research, Kenya |
| 16.30 | Matlock Spa – a model for future development of healthy towns and cities
David Morley, David Morley Architects, UK |
| 16.45 | Green and healthy communities: Cottingwood case study
Cathy Russell, Steve Blacklock, Ryder Architecture, UK |
| 17.00 | What makes a resilient green space? Picturing a future-ready approach
Ioana Nica, Matthew Jessop, WSP, UK |

17.15–17.45 Panel discussion

DAY 2, STREAM 6: DIVERSITY, INCLUSION AND EQUITY

1 DECEMBER 2020 BREAKOUT SESSION (all times are Greenwich Mean Time; all sessions streamed online)



Session 21

Planning for healthy and equitable urban environments: innovations in turning knowledge into action

Chair: Michael Chang, Public Health England, UK

Panel: John Vick, Tennessee Department of Health, USA; Dr Sebastian Weise, PlaceChangers Ltd, UK; Gill Eaton, Icen Projects, UK



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HEALTH & WELLBEING in PLANNING

11.30–
13.00

The practice of integrating public health and wellbeing considerations into the spatial planning process is evolving. We now appreciate the connected roles and fundamental skillsets of those working in town planning, the built environment and public health, in improving and protecting people's health. The Health and Wellbeing in Planning Network exists to bring together these different disciplines to highlight creative and transferrable practices and ideas to tackle society's public health challenges.

The past year has provided us with a unique experience in that we have all been affected by one single thing, bringing us together while reminding us of the disparity between our lives. We already understand how communities from poor environments that experience high levels of poverty will suffer negative impacts to their health and wellbeing. More than ever, there is a need to maximise partnership working towards wellbeing and using the appropriate tools to do so.

This workshop brings together speakers with international and cross-sector perspectives. It will seek to provide reflections and insights on how we can reduce vulnerability to physical and mental health issues through novel approaches and ideas in local government practice, despite challenges around COVID-19. It will explore whether the creation of these approaches, such as planning for health frameworks, can truly re-orient decisions towards improving wellbeing.



Session 22

The Healthy Homes Act

Chair: Julia Thrift, Director of healthy place making, Town and Country Planning Association (TCPA), UK

Panel: Lord Nigel Crisp, All-Party Parliamentary Group on Global Health, UK; Fiona Howie, CEO, TCPA, UK; Hugh Ellis, Policy director, TCPA, UK; Sir Malcolm Grant, Chancellor of the University of York, UK; Dr Nancy Holman, London School of Economics, UK; Rachel Coxcoo, Centre for Sustainable Energy, UK; Daniel Slade, TCPA, UK

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14.00–
15.30

British town planning emerged in the Victorian era as a response to the terrible impact unregulated urban development was having on public health, and to combat what Sir Peter Hall, after the poet James Thomson, described as 'the city of the dreadful night'. More than a century later, evidence that where we live has profound effects on our health has only continued to amass. Despite this, a decade of deregulation is producing 'slums of the future', with huge costs for their residents. In England, national planning policy often seems to undermine, rather than support, public health.

What has brought about this rift between public health and town planning policy? How can we bring these two policy areas back together, and secure a stronger focus on prevention? And is it possible to ensure that all new homes and neighbourhoods support residents' health and wellbeing?

In this session the TCPA, with guest speakers Professor Sir Malcolm Grant (Chancellor of the University of York and formerly Chairman of NHS England), Rachel Coxcoo (Programme Director, Climate Emergency Strategic Support at the Centre for Sustainable Energy), and Dr Nancy Holman (Associate Professor of Urban Planning at the London School of Economics) will discuss these questions, and explore the case for ground-breaking legislation in the form of a 'Healthy Homes Act'.



Session 23

Health inequity: inclusive design for diversity & disability

Chair: Jeremy Myerson, Royal College of Art, UK

16.00

The 'diversity crisis' in architecture: co-creating new strategies for how to diversify who creates the built environment and the health benefits this could yield

Umi Baden-Powell, insider-outsider; Design Council, UK
Neba Sere, Greater London Authority; Black Females in Architecture, UK

16.15

Integrating inclusion and resilience through inclusive design practice: challenges and opportunities for designing with disabled people in lower- and middle-income countries

Mikaela Patrick, Iain McKinnon, Global Disability Innovation Hub, UCL, UK

16.30

Sheltering in structurally vulnerable places: how neighbourhood environments contribute to racial/ethnic inequities in SARS-COV-2 exposure and COVID-19 morbidity and mortality

Rachel L Berkowitz DrPH, MPH, University of California, Berkeley, USA

16.45–17.15 Panel discussion

DAY 3, STREAM 7: SMART CITY INFRASTRUCTURE

2 DECEMBER 2020 MAIN STAGE (all times are Greenwich Mean Time; all sessions streamed online)



Session 24

Sustainable urban mobility: designing active communities

Chair: **Mario Bozzo**, SALUS Global Knowledge Exchange

- 08.45** **Sustainable urban mobility to improve health in Grenoble, France**
Cecilia Di Marco, Grenoble Alpes University, France
- 09.00** **Sharing believable stories: understanding contextual relevance of case studies to influence the creation of new walking and cycling routes**
Anna Le Gouais, University of Cambridge, UK
- 09.15** **Perceived influence of driverless vehicles on older adults' outdoor mobility**
Dr Razieh Zandieh, University of Manchester, UK
- 09.30** **Do public health teams and transport planners collaborate on developing Local Cycling and Walking Infrastructure Plans (LCWIPs)?**
Angela Hands, Public Health England, UK

09.45–10.15 Panel discussion



Session 25

Smart communities: choice, control and agency

Chair: **Stephane Sadoux**, Grenoble Alpes University, France

- 11.00** **ASPIRE: Leveraging technology to engage communities in addressing the link between obesity, unemployment and the built environment**
Christine Hancock, Elisabeth Morgans, Nathalie Vauterin, C3 Collaborating for Health, UK
- 11.15** **Active communities: children's experiences of the social and physical neighbourhood on their journeys to school**
Nafsika Michail, Northumbria University, UK

11.30–11.45 Panel discussion



Session 26

Investing in smart and resilient city infrastructure

Chair: **Clare Wildfire**, Mott MacDonald, UK

- 14.30** **Urban resilience fund Project Screen framework to fund and build resilient communities**
Peter Hall, Wood, USA
- 14.45** **Newcastle Helix: a sustainable urban campus**
Jonathan Seebacher, Ryder Architecture, UK
- 15.00** **Beyond brittle, beyond resilient: making the City of Venice antifragile**
Tye Farrow, Farrow Partners Architects, Canada
- 15.15** **Growing into the sea – a provocative idea for waterfront resilience**
Blake Jackson, Stantec, USA

15.30–16.00 Panel discussion



Session 27

Modelling the city for health and social equity

Chair: **Dr Oliver Jones**, Ryder Architecture, UK

- 16.30** **Simulation of our cities at a personal level: agent-based modelling from Arup's City Modelling Lab**
Nick Bec, Arup, UK
- 16.45** **Leveraging healthcare information to design healthy and resilient societies**
Nolan Rome, WSP, USA; Kevin Cassidy, WSP, Canada
- 17.00** **Healthy densification? Transit-oriented development, green spaces and health impacts**
Anushka Thakkar, University of California, Berkeley, USA
- 17.15** **An equitable electric vehicle charging infrastructure**
Ivan Harbour, Rogers Stirk Harbour + Partners, UK

17.30–18.00 Panel discussion

DAY 3, STREAM 8: URBAN DESIGN, PLACEMAKING & PUBLIC REALM

2 DECEMBER 2020 BREAKOUT SESSION (all times are Greenwich Mean Time; all sessions streamed online)



Session 28

Resilient cities, therapeutic places

Chair: **Susanne Pini**, HDR, Australia

08.00 **Resilient cities: how are cities to cope after COVID-19? The good news and the future**
Mustapha Kamal Zulkarnain, Arkitek Mustapha Kamal, Malaysia

08.15 **The therapeutic city**
Rob Delius, Stride Treglown, UK; Dr Amy Frost, Bath Preservation Trust, UK; Funda Kemal, Bath & North Somerset Council, UK; Lucy Barron, Donald Insall Architects, UK

08.30–09.00 Panel discussion



Session 29

Designing for children: international policies & practice

Chair: **Dr Liz Paslawsky**, SALUS Global Knowledge Exchange, Australia

10.00 **Children's outdoor play, exercise and mobility during the pandemic: a UK-wide and international study of emerging policy and practice**
Tim Gill, University of Reading, UK

10.15 **Built environment: one of the 10 ways that we will overcome child obesity in London**
Rachel Toms, Paul Lindley OBE, London's Child Obesity Taskforce, UK

10.30 **Study on design of children play space in Hong Kong**
Raymond Lau, HKSAR Government, Hong Kong

10.45 **Resilient schoolyards as a driver for healthier and cohesive neighbourhoods: the OASIS approach**
Raphaëlle Thiollier, City of Paris, France; Maria Sitzoglou, City of Paris, European Commission – Urban Innovative Action Initiative, France

11.00–11.30 Panel discussion



Session 30

Healthy places: guidelines, strategies and assessments

Chair: **Mark Drane**, Urban Habitats; SALUS Global Knowledge Exchange, UK

13.30 **'Putting health into place' – a practical guide for creating resilient places with strong, supportive communities**
Julia Thrift, Town and Country Planning Association, UK

13.45 **Shielding the nation's wellbeing through improving the use of health impact assessments in healthy urban development**
Michael Chang, Public Health England; Dr Thomas Fischer, Environmental Assessment and Management Research Centre, University of Liverpool, UK; Emma Dyson, Liverpool City Region Combined Authority, UK

14.00 **Simple Integrated Resilience Scan (SIRS)**
Jakob D'herde, Hilde Heynen, KU Leuven, Belgium

14.15 **The Leeds approach: placemaking for resilient communities**
Jenny Fisher, Lizzie Greenwood, Leeds City Council, UK

14.30–15.00 Panel discussion



Session 31

The art and science of healthy placemaking

Chair: **Katie Wood**, Arup, UK

15.30 **Healthy placemaking: from theory to practice**
Fred London, JTP, UK

15.45 **Healthy placemaking 2020**
Jane Ellery, Ball State University / Project for Public Spaces, USA; Peter Ellery, E2praxis, USA

16.00 **Challenges and opportunities of integrating health and wellbeing in new development: a qualitative study of the perceptions of built environment professionals**
Helen Pineo, Gemma Moore, UCL, UK

16.15 **How choice architecture induces healthy action**
Avani Parikh, Avani Parikh Architecture, USA

16.30–17.00 Panel discussion



Session 32

Getting research into planning practice

Chair: Michael Chang, Public Health England, UK

Panel: Andy Netherton, Public Health England; Peter Varey, Public Health England North West, UK; Dr Danni Sinnett, University of the West of England; Julia Thrift, TCPA, UK

11.30–
13.00

Getting research into planning locally led approaches to healthy urban planning

Getting research into planning practice is a key challenge facing practitioners working in local settings within different national frameworks. Public Health England is committed to help local authority public health and planning teams influence the planning process in an evidenced-based way by ensuring that improvements in health and wellbeing underpin all urban development projects. Never has this commitment been more timely as we emerge from our shared COVID-19 experiences of the environment, which can help inform future practice.

There is an abundance of research, with both hard and soft evidence, but further thought should be given on how to maximise its application by built environment professionals.

Presentations will be framed around the PHE support package based on engagement in local authority areas. Workshop participants will explore how these resources can be applied in respective contexts and gain a better understanding of the collective benefits of a collaborative approach to healthy planning. Presenters will provide insight on how COVID-19 will shape the respective approaches on ways of working, policy approaches and emerging trends.



Session 34

The International WELL Building Institute (IWBI) Task Force on COVID-19

Chair: Dr Angela Loder, International WELL Building Institute, USA

Panel: Jason Hartke, Victoria Lockhart, International WELL Building Institute, USA/UK; Jeff Risom, Gehl Institute, Denmark; Elizabeth Rojas, Cincinnati 2030 District, USA; Michael Chang, Public Health England, UK; Sowmya Parthasarathy, Arup, UK; Ann-Marie Aguilar, International WELL Building Institute, USA

16.00–
17.30

Prevention and preparedness, resilience and recovery. Lessons and guidelines for recovery from the IWBI Task Force on COVID-19 and infectious airborne disease

In early 2020, it became clear that business as usual was an inadequate – if not, outright dangerous – approach to the COVID-19 pandemic. It also became clear that the countries and organisations that managed to contain the spread of SARS-CoV-2 used a holistic, multi-stakeholder approach that crossed traditional boundaries between levels of government, organisations, and areas of expertise. Lastly, given the novel nature of the disease and the uncertainties around its transmission and impact, an open-minded, adaptive approach to translating evidence to practice was needed.

The WELL Building Standard (WELL) aims to encourage the development of healthier buildings and organisations through design, policy and performance. Given the role and experience of WELL in translating research to policy, guidance was developed on what building owners could do to protect their workers, their real estate investment, and themselves. As part of this response, a Places Matter initiative was created, which included evidenced-based strategies for organisations to address COVID-19, a webcast series with leading experts, and a task force.

Chaired by renowned experts, thought leaders and authorities across public health, medicine, design, real estate, government and academia, the Task Force on COVID-19 set about to inform new Guidelines for Prevention and Preparedness, Resilience and Recovery. The Task Force also recommended possible modifications to WELL, so that buildings could be better prepared for future airborne infectious disease outbreaks. Drawing on the expertise of the Task Force, this workshop highlights key actionable insights and evidence-based strategies for recovery from COVID-19, while providing recommendations and insights for different stakeholders, including the design community, government and policy, real estate, investment and finance, sustainability accounting, and research.

The programme for the People at Work Summit will be structured around the **Five Foundations of Fuel, Motion, Restoration and Resilience** under the umbrella of **Community**. As the fifth foundation, Community will thread through each of the four sessions. How do we continue to build human community, kindness and gratitude in diverse workplace settings? What does a 'sense of community' mean in a virtual world?



Event hosts and facilitators

Kate Cook BA Hons, Dip ION, MBANT

Director and founder, The Nutrition Coach;
Co-founder, People Energy Partnership



Jon Bockelmann-Evans

Director and founder, JBE Health;
Co-founder, People Energy Partnership



Session 35 Fuel

Panel: Jenny Irvine, Pure Package, UK; Wendy Bartlett, Bartlett Mitchell, UK;
Rob Verkerk, Alliance for Natural Health, UK; Kate Cook, People Energy Partnership, UK;
James Marsh, Planet Organic, UK

**08.55–
10.00**

'Boosting immunity' has never been more important, not only to fight off COVID-19 if it comes knocking but, just as importantly, to cope with and manage economic challenges, lifestyle stresses and workplace changes that the pandemic has created for so many of us globally. Through interviews and expert panels, this session will explore the relationship between food, stress and vibrant energy. What do we mean by a connection between mind and body? How do we access good food, creating time for cooking 'real food' and the importance of what to eat, and the impact of the workplace setting on how to fuel ourselves?



Session 36 Motion

Panel: Sam Wowk, Time Warner, UK; Jonathan Bloomfield, Support to Perform, UK;
Michael Smyth, Graham Construction, UK

**11.30–
12.30**

Working from home has for many meant a less active lifestyle, without the walk to work or daily commute. How does motion impact on health? And how do we measure it? How do we build more movement and exercise into our daily lives so we're at our most creative and productive at work? How can movement and exercise improve our emotional health if we're feeling isolated from our colleagues or overworked? Is there a new and flexible balance between home and office working to be created, allowing us to be at home for more focused tasks and in the office for more collaborative tasks?



Session 37 Restoration

Panel: Marcus de Guingand, 3rd Pillar of Health, UK; Hamira Riaz, Volvo Group Trucks Technology, UK; Tiina Hoffman, FirstBeat UK Ltd, Finland; Dean Corbett, Avado Learning, UK

**13.30–
14.15**

Modern life often gets in the way of sleep. The competitive pressure to get on in life, to create and produce more, or enjoy life more than the next person has often left people feeling sick, tired and depressed. Yet sleep is the essential ingredient for a productive and creative working life and underpins our emotional health and wellbeing. Neuroscientist Dr Matt Walker reveals how sleep deprivation can lead to depression, heart disease, cancer and Alzheimer's. In this session, we reflect on the positive benefits of a good night's sleep, a daytime rest, or a simple change of environment to shift our brain from left to right.



Session 38 Resilience

Panel: Colin Priestley-Wall, Sanctum Learning, UK; Niki Mullin, Dukece, UK; Clive Johnson, Derwent London, UK; Amit Oberoi, The Resilience Factor, UK; Nick Dalton, Unilever, UK

**15.45–
16.30**

How resilient are we? How ready are we to spring back from a setback or get up off the floor after we get knocked down? The pandemic is testing the resilience and wellbeing of even the most hardened warriors. In this session, we explore the concept of 'emotional health'. How do you know your emotional needs and assess how well they are being met? How are your emotional needs influencing your ability to build coping strategies to deal with life's challenges? This session will offer some straightforward resilience strategies, identifying why focusing on resources and not demands is the key to being resilient.



DAY 4, STREAM 11: WORKSHOPS: HEALTHY ECOSYSTEMS – WHEN WORK COMES HOME

3 DECEMBER 2020 BREAKOUT SESSION (all times are Greenwich Mean Time; all sessions streamed online)



Session 39

Creating a healthy ecosystem of work

Chair: Muriel Altunaga, CBRE, UK

Panel: Yvonne Pinniger, Heta Architects, UK; Namrata Krishna, Design and behaviour change strategist, UK

10.00–
11.30

Our new reality: envisioning a healthy ecosystem of work

We will never come back to the way we lived before January 2020. In a matter of weeks, the COVID-19 pandemic transformed ways of working across the world that decades of workplace strategy and consulting failed to change. In lockdown, we've all experienced a dramatic shift in how we think about what we need from work, the spaces we work in, and who we work for.

This workshop is 'set' in two years' time, in a post-COVID vaccine world. We've adapted to a new normal, but how we interact has irrevocably changed. We now know that we're vulnerable and that another pandemic could happen at any time.

Building on the valuable lessons learned – across myriad disciplines including health, economics, spatial design, and data science – the workshop will focus on creating a healthy ecosystem of work, including and beyond the office. It will explore what an ideal 'work day in the life' looks like for two extreme personas. An output from the workshop will be a report for participants, providing suggestions on how we can begin engaging with clients and end users to design a healthier, more meaningful, and pluralistic workplace.



Session 40

Integrated healthy neighbourhoods

Chair: Cany Ash, Ash Sakula Architects, UK

Panel: Maria-Magdalena Atanasova, Lydia Stott, Ash Sakula Architects, UK; Dr Frances Holliss, London Metropolitan University, UK

12.30–
14.00

100 WorkHomes: integrated healthy neighbourhoods built on micro businesses

This participatory workshop will involve a piece of service design to create a healthy prosperous neighbourhood on the edge of a large city. We aim to explore what it takes to link home-based businesses together so that they can start to form a localised ecology – mutually beneficial networks from which jobs for young people might be created.

The new ecology of the WorkHome neighbourhood will be scoped around three concepts, each offering a generosity currently lacking in present residential areas:

- The neighbourhood supports flexi-time working, where networking events, skill shares, pitching practice, and social business can happen in a 24/7 framework, allowing people to design their lives to their own clocks and tailored to meet care responsibilities, their own health and creativity.
- The neighbourhood shares spaces outside the home to bring businesses into physical contact with a variety of settings and characters. This offers micro-regeneration opportunities for lacklustre places, and distributes hosting duties in a way that builds networks.
- The neighbourhood consciously builds links, knowing that businesses exist to discover one another and the synergies that help products and services thrive.

The workshop will help develop the methodology for crowdsourcing solutions, and involving local government and private resources to improve the chances for establishing friendly, open, diverse, and self-sustaining communities.



Session 41

Designing the future workplace post COVID-19

Chair: Rime Cherai, re(s) public collective, Morocco

Panel: Nuria Benítez Gomez, Jonathan Gayomali, Kiproula Bartzoka, re(s) public collective, Morocco

14.15–
15.45

Mapping flexibility – a re-invented working culture

There is no denying that the future workplace will be based more in the domestic setting, facilitated in cyberspace and through digital platforms.

Designing the future workplace will consist more of designing for a series of dispersed places and practices: the office, the patio, the park, the coffee shop, even the beach. Through co-creation and collaborative mapping, identifying desirable areas of social concentration and relief can enable us to design the future workplace for a dislocated urban mindset, and help us preserve a healthy work-life balance.

Participants will be asked to dive into a short auto-ethnography investigation, to collect a wide range of observations and sufficient variety within the study. They will be asked to document the typical condition of their workplace; identify challenges they have faced during the lockdown; and, finally, highlight one new condition that defines their new relationship to the workplace.

Participants will then be asked to map out the working environment system on a weekly calendar, placing flexibility at the centre. The objective will be to understand the transition of flexibility within work and other facets of everyday life, and to reframe the desired flexibility for the future of workspace. The workshop will conclude with an open conversation on the different maps produced.

The results of this exercise can lead to identifying the workplace as not just a place but as a combination of movement through varying levels of intensity of qualities. It aims to restructure the working week not only in terms of elements of desirable and undesirable qualities but also in terms of time and location. With remote working even more accessible and acceptable than before, this can lead to restructuring our cities to enhance this balance.

Main stage – Closing keynote plenaries



Session 42

Closing keynote panel – The future healthy city

Chair: Jeremy Myerson, Royal College of Art, UK

17.00–
18.00

In a rapidly urbanised world struggling to adapt to a climate crisis and the public health emergency of a global health pandemic, how do we make our cities, communities and economies more resilient in the face of far-reaching, life-changing threats? Our panel explore how we adapt and change to prevent, avoid and mitigate against disaster to create the healthy, resilient city of the future.



Carolyn Daher,
Barcelona Institute for
Global Health, Spain



Giselle Sebag,
Bloomberg Associates,
USA



Audrey de Nazelle,
Imperial College
London, UK



Clare Wildfire, Mott
MacDonald, UK



Sunand Prasad,
Green Building Council;
Penoyre & Prasad, UK

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Design thinking and innovation are the foundational premise of the Healthy City Design 2020 International Congress. The success of the design of a city, community, neighbourhood, home, workplace, transport system or technology, is determined largely by the design thinking, principles and insights applied. We are seeking sponsors and exhibitors that can demonstrate their innovative design thinking to solving some of the critical human and planetary health issues we face as a global society, as we enter a new reality shaped by the existential threats of climate change and a global pandemic.

We are also grateful for the fantastic support we have received from all of our existing sponsors and event partners in the transition this year from an 'in person' to a virtual event. There is recognition that the expert knowledge and content delivered and shared at Healthy City Design each year are more valuable and relevant than ever, during and beyond the pandemic, and their support is enabling us to increase access more affordably to many more practitioners, researchers and policy thinkers worldwide engaged in the design and planning of cities and communities.

To provide your support and build your knowledge brand as part of this global healthy city design partnership, learning environment and community, please review the packages below and contact Marc Sansom at marc@salus.global

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- Qualified audience analytics and lead manager
- Event offer option for delegates



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Presented in its new virtual format from 30 November – 3 December, the 4th **Healthy City Design 2020 International Congress (HCD 2020)**, incorporating the inaugural **People at Work Summit**, is the world's leading forum for the exchange of knowledge on the design and planning of healthy and sustainable cities and communities.

With access to more than 100 talks and workshops – as well as the ability to create your own personal profile and network via live chat and messaging, and video meetings – attendees will enjoy a unique professional development and networking experience with colleagues in the field of designing healthy and sustainable cities from all over the world at accessible prices.

A range of ticket types is available, giving attendees from around the globe great value for money. Attendee registration is available at www.healthycitydesign.global at the following rates:

Early bird rates (available until 20 November)

UK – 4 days: £165 + VAT	Rest of the World – 4 days: £165
UK – 1 day: £60 + VAT	Rest of the World – 1 day: £60

Standard rates (available from 21 November)

UK – 4 days: £225 + VAT	Rest of the World – 4 days: £225
UK – 1 day: £85 + VAT	Rest of the World – 1 day: £85

- Members of our event partners, listed on the front and back covers, are entitled to a 15% discount on four-day tickets. Please apply for your discount code at info@salus.global or contact the event partner direct. Please note that a discount code may only be used once by the same user.

- Please note VAT is not applicable to tickets bought by registrants outside of the UK. UK registrants will be e-mailed a VAT invoice receipt.

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