

URBAN PLANNING FACTORS AND POSITIVE IMPACTS ON MENTAL WELLBEING

Research paper

MA International Planning and
sustainable development

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Salus Healthy City Design 2019

Background

	2009	2019	2030	2050
Urban Population	50%	55%	60%	70%
Mental Wellbeing	Global urban population surpasses rural population <i>UN (2009)</i>	1 in 10 of us affected by mental disorders 13% of the global health burden	Depression expected to become the leading global disease	70% of us will be living in urban areas by 2050 <i>UN (2019)</i>

All data United Nations and WHO

Urbanisation and mental wellbeing

A development issue

Mental health included in the Sustainable Development Goals

United Nations (2015)

Mental wellbeing contributes to the development of resilience

UN (2016) The New Urban Agenda

The origins of planning are closely aligned with those of public health

Creating Healthy Places (2019)

‘There is no health, without mental health’

WHO (2007)

40% increased risk of depression, living in urban spaces

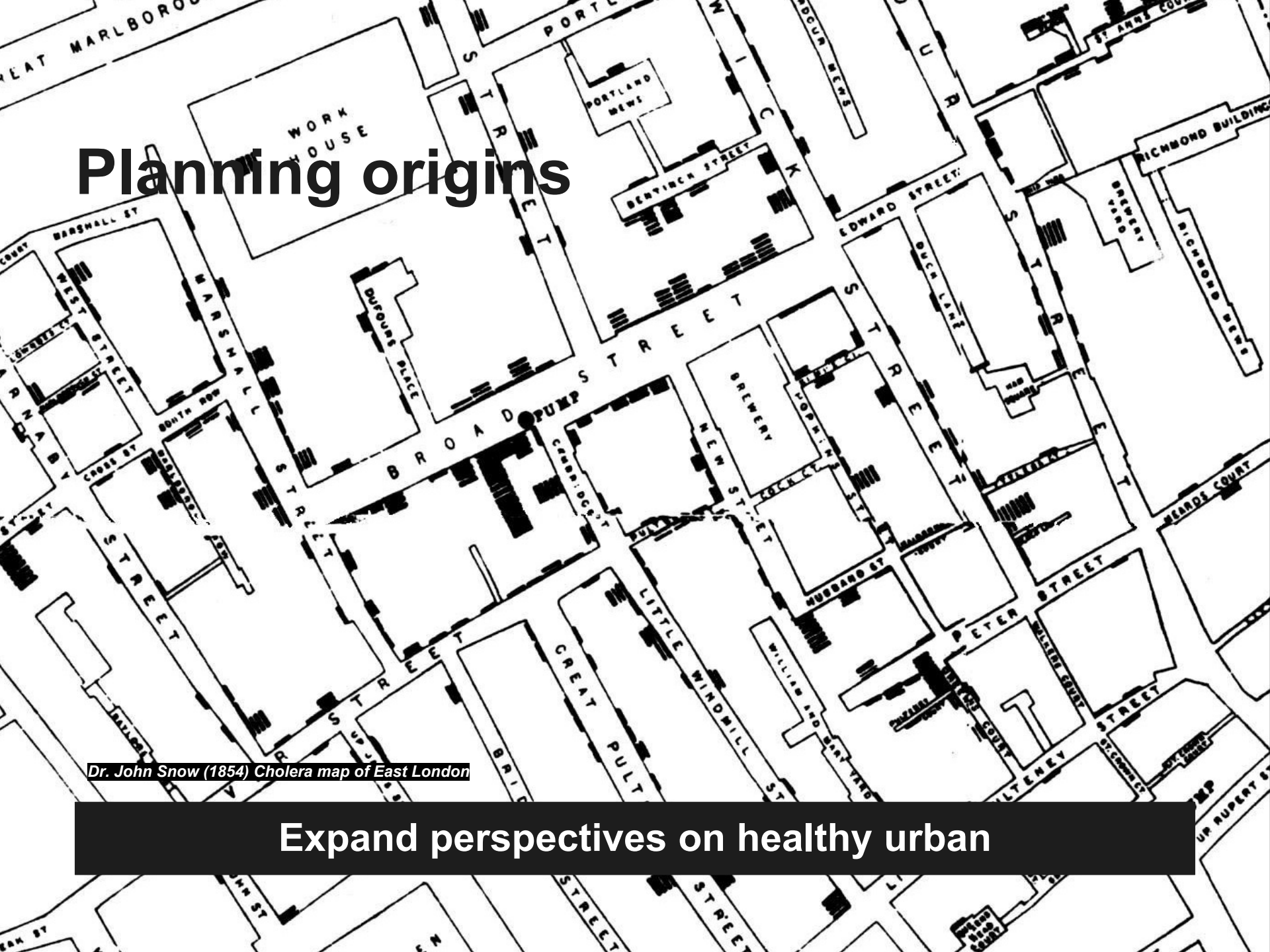
NHS (2019)

Global development community recognition

Planning origins

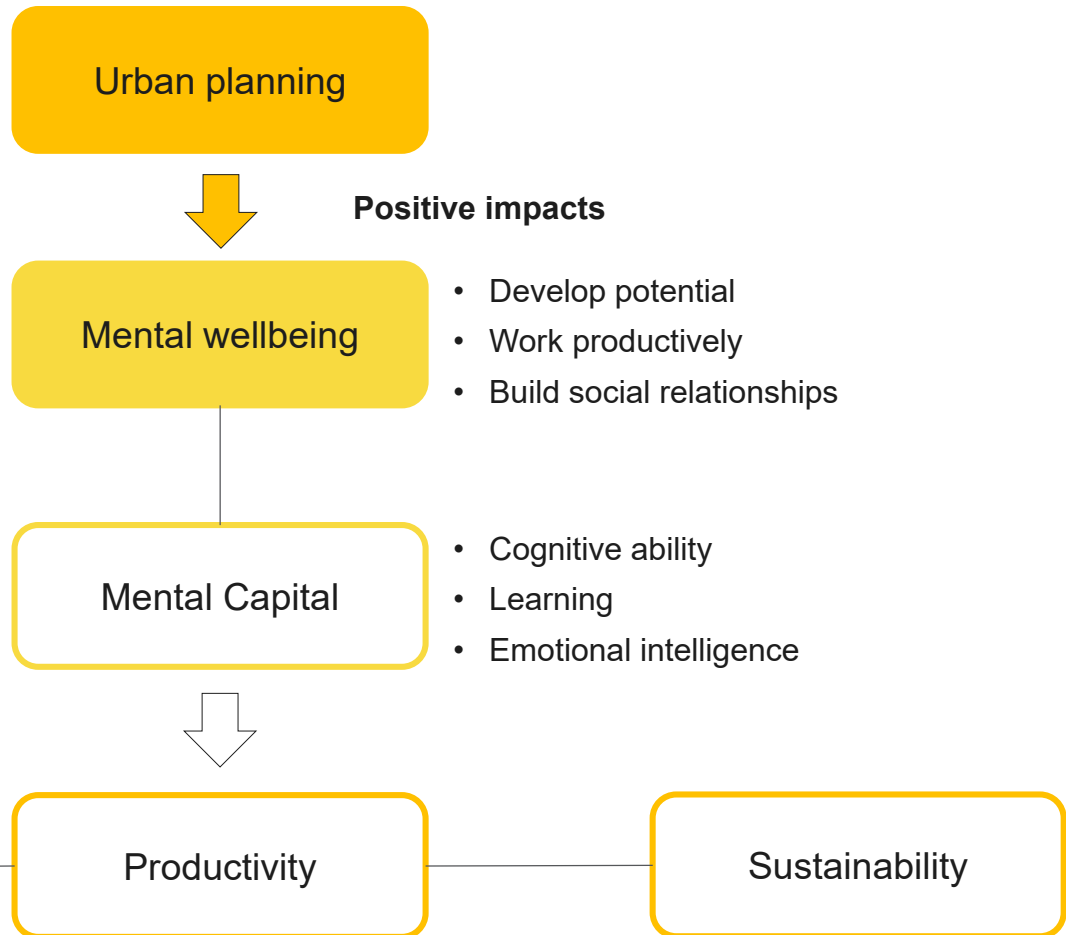
Dr. John Snow (1854) Cholera map of East London

Expand perspectives on healthy urban



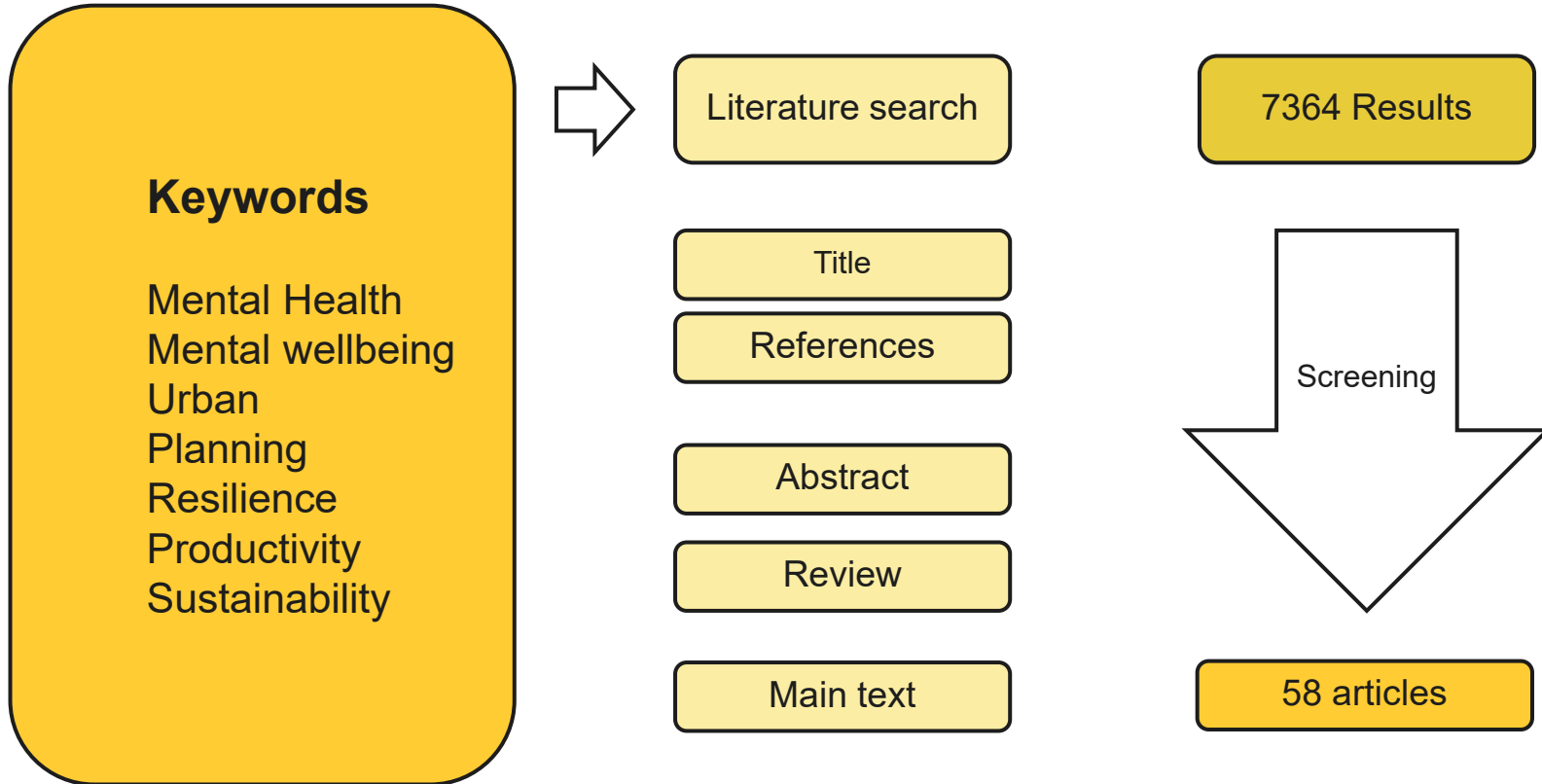
Study Aims

Urban planning factors that can have a positive impact upon mental wellbeing



Research study and paper

Study approach



Toward mental capital and resilience

Results

Nature

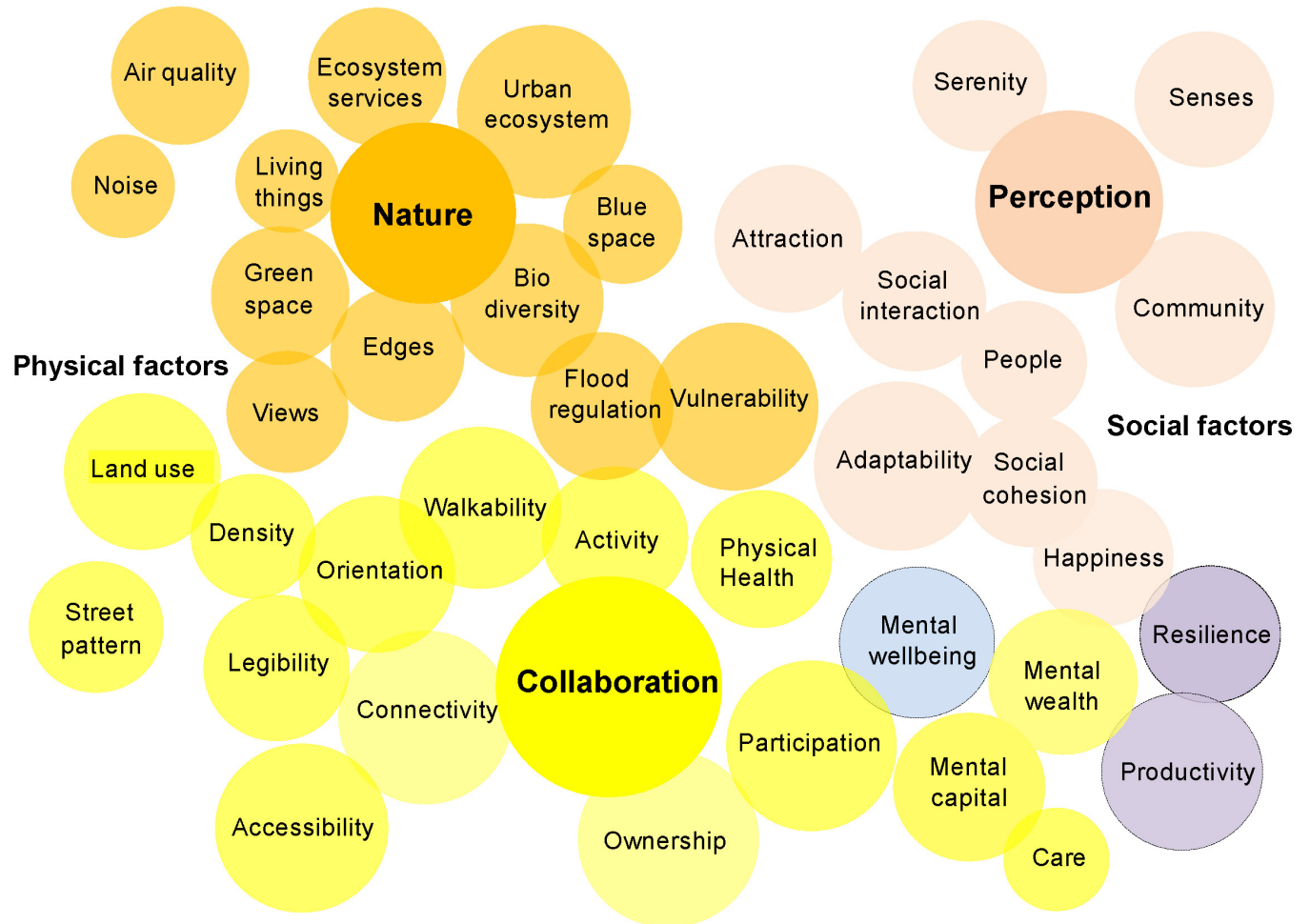
Green space
Biodiversity
Surroundings

Collaboration

Engagement
Orientation
Ownership

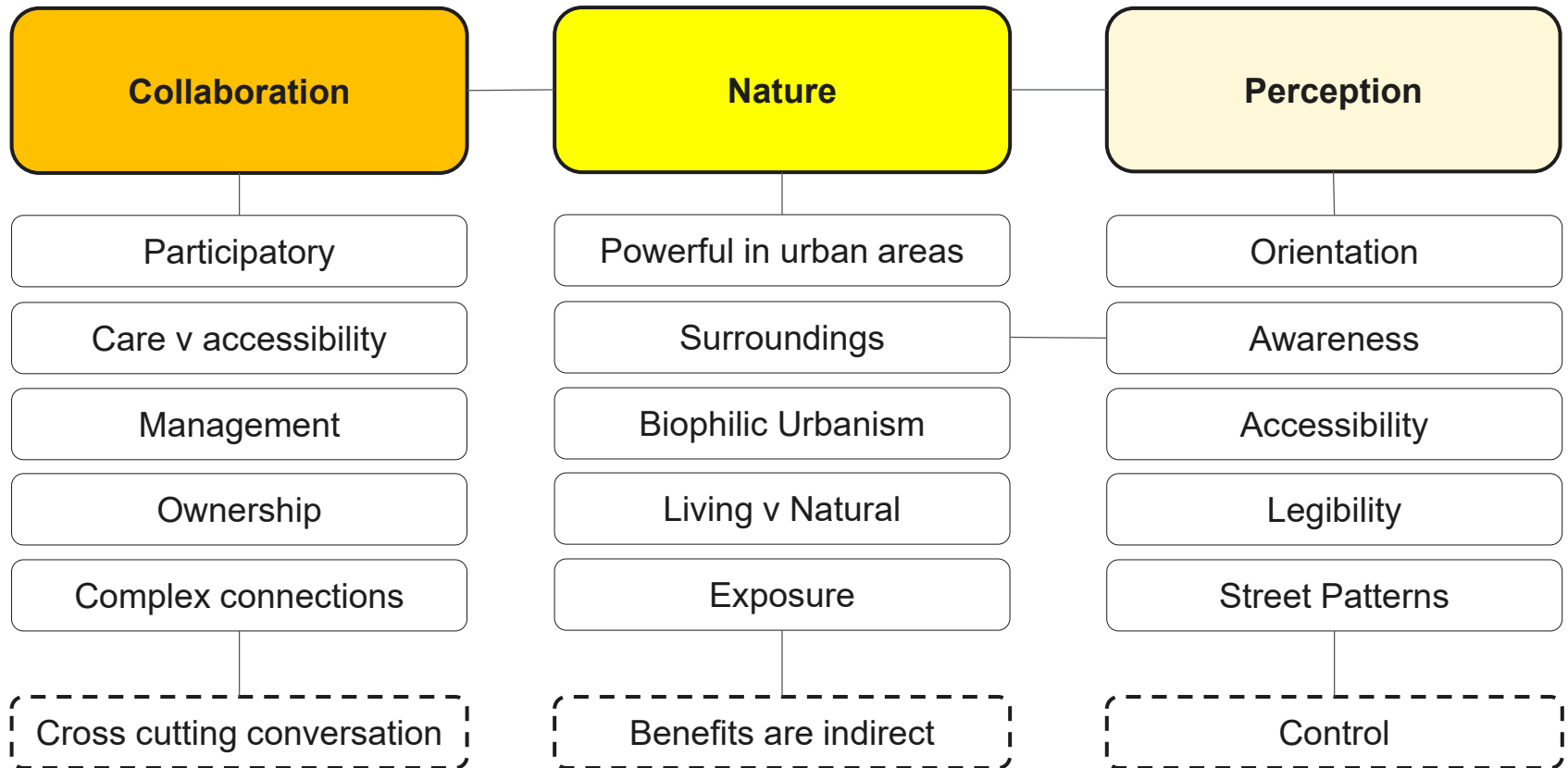
Perception

Availability
Serenity
Happiness



Emerging patterns and links

Conclusions



Access alone won't maximise the benefit

Recommendations - First

**Innovate
programs
toward
specific
mental
wellbeing
principles ...**



Limited
understanding

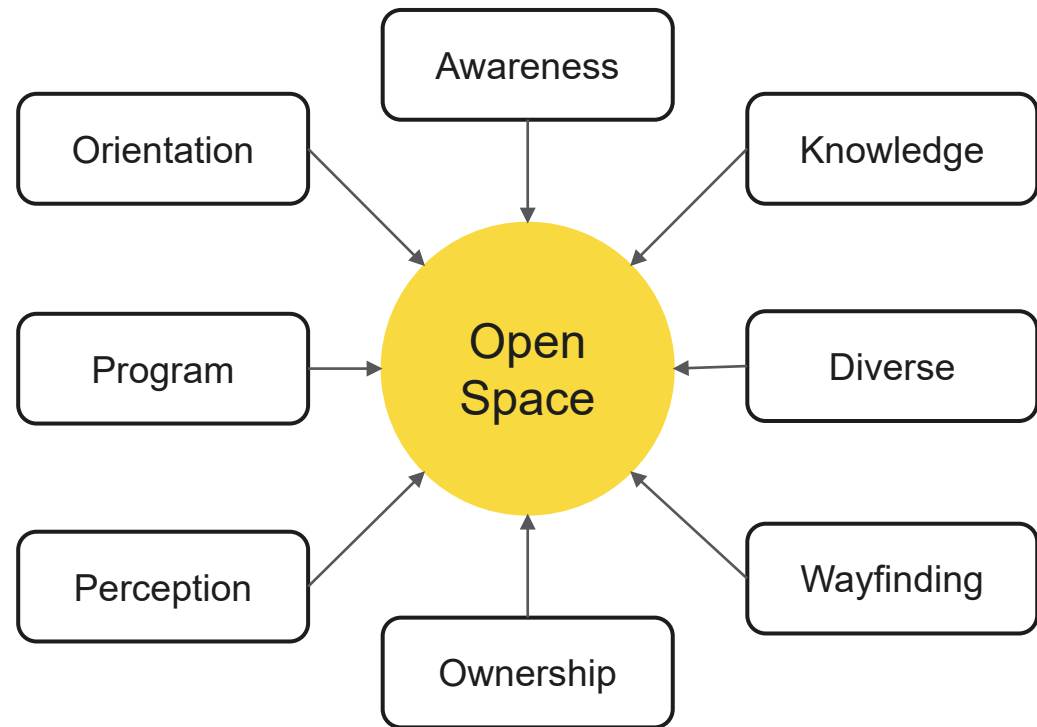
Consequential
benefits

Complex
connections

Physical health outcomes dominate policy

Recommendations - Second

**Rethink
provision
based
approach
to open
space...**



Provision of open space is not enough

Recommendations - Third

**Can we reform
allotment types
and tenures for
wider access
and benefit ...**

Benefits from spaces people care for

Application

**Thought
leadership,
predictive
analytics and
placemaking...**



Strategic level

Application

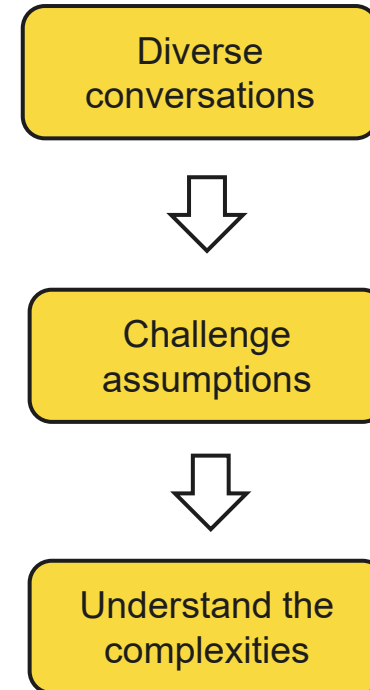
Use Healthy New Town programs as a platform for innovation ...

Project level



Application

**Bring forward
mindful
street
principles as
part of public
realm
programs...**



Forward thinking level

Reconnect planning with health

“ Planners have a critical role to play in response to all of these issues. Just as the challenges of a hundred years ago spurred the development of planning as a professional discipline and as a field of study, so the challenges we face over the next hundred years will demand new contributions from the profession and beyond ”

RTPI (2014) Planning Horizons No.3 Promoting Healthy Cities

Address planning and health together

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Tully.A (2017) Urban Planning Factors that can
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