URBAN PLANNING FACTORS AND POSITIVE IMPACTS ON MENTAL WELLBEING

Research paper

MA International Planning and sustainable development

Salus Healthy City Design 2019
Background

Urbanisation and mental wellbeing

All data United Nations and WHO

Urban Population

<table>
<thead>
<tr>
<th>Year</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>50%</td>
</tr>
<tr>
<td>2019</td>
<td>55%</td>
</tr>
<tr>
<td>2030</td>
<td>60%</td>
</tr>
<tr>
<td>2050</td>
<td>70%</td>
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</tbody>
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Mental Wellbeing

- Global urban population surpasses rural population
  
  UN (2009)

- 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

UN (2019)

Urbanisation and mental wellbeing
A development issue

**Mental health included in the Sustainable Development Goals**


**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

Positive impacts

- Develop potential
- Work productively
- Build social relationships

Mental Capital

- Cognitive ability
- Learning
- Emotional intelligence

Resilience

Productivity

Sustainability

Research study and paper
Study approach

Keywords
- Mental Health
- Mental wellbeing
- Urban
- Planning
- Resilience
- Productivity
- Sustainability

Literature search → 7364 Results → Screening → 58 articles

Toward mental capital and resilience
Emerging patterns and links
Conclusions

Access alone won’t maximise the benefit

Collaboration
- Participatory
- Care v accessibility
- Management
- Ownership
- Complex connections
- Cross cutting conversation

Nature
- Powerful in urban areas
- Surroundings
- Biophilic Urbanism
- Living v Natural
- Exposure
- Benefits are indirect

Perception
- Orientation
- Awareness
- Accessibility
- Legibility
- Street Patterns
- Control
Recommendations - First

Innovate programs toward specific mental wellbeing principles ...

Physical health focus

- 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...

Global Shapers
Knowledge share
City executive
Bio diversity net gain
Natural Capital
City analytics
Digital
Urban Resilience
Sustainable Indexes
Citizen Mobility
EDI
Investible masterplans
Health sector
Engagement
Strategic level
Application

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

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

Mental wellbeing focus

- Diverse conversations
- Challenge assumptions
- Understand the complexities

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
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