

## Teachers Training Workshop

Belgrade, June 16-17, 2022

### Session 3: Application and impacts (with guest listeners)

# Design choices: Evaluation of the most satisfactory project proposals

UNICAM

# Master Plan: give shape to the selected actions in an overall urban design



Tesi di Laurea Valentina Moroni - UNICAM



# Evaluate the design solution for climate change adaptation to and quality of life, and its possible effects on health:

## es. Check List

(Healthy Urban Checklist - London Healthy Urban Development Unit)

The checklist aims to ensure a development proposal is as ‘healthy’ as possible, by achieving as many ‘Yes’ ticks and avoiding ‘No’s.

A ‘No’ gives a warning that an aspect of a development may need to be reconsidered. Local circumstances may justify why a scheme cannot meet the expected standard.

Theme	Planning issue	Health and wellbeing issue
1. Healthy housing	<ul style="list-style-type: none"> <li>Housing design</li> <li>Accessible housing</li> <li>Healthy living</li> <li>Housing mix and affordability</li> </ul>	<ul style="list-style-type: none"> <li>Lack of living space - overcrowding</li> <li>Unhealthy living environment – daylight, ventilation, noise</li> <li>Excess deaths due to cold / overheating</li> <li>Injuries in the home</li> <li>Mental illness from social isolation and fear of crime</li> </ul>
2. Active travel	<ul style="list-style-type: none"> <li>Promoting walking and cycling</li> <li>Safety</li> <li>Connectivity</li> <li>Minimising car use</li> </ul>	<ul style="list-style-type: none"> <li>Physical inactivity, cardiovascular disease and obesity</li> <li>Road and traffic injuries</li> <li>Mental illness from social isolation</li> <li>Noise and air pollution from traffic</li> </ul>
3. Healthy environment	<ul style="list-style-type: none"> <li>Construction</li> <li>Air quality</li> <li>Noise</li> <li>Contaminated land</li> <li>Open space</li> <li>Play space</li> <li>Biodiversity</li> <li>Local food growing</li> <li>Flood risk</li> <li>Overheating</li> </ul>	<ul style="list-style-type: none"> <li>Disturbance and stress caused by construction activity</li> <li>Poor air quality - lung and heart disease</li> <li>Disturbance from noisy activities and uses</li> <li>Health risks from toxicity of contaminated land</li> <li>Physical inactivity, cardiovascular disease and obesity</li> <li>Mental health benefits from access to nature and green space and water</li> <li>Opportunities for food growing – active lifestyles, healthy diet and tackling food poverty</li> <li>Excess summer deaths due to overheating</li> </ul>
4. Vibrant neighbourhoods	<ul style="list-style-type: none"> <li>Healthcare services</li> <li>Education</li> <li>Access to social infrastructure</li> <li>Local employment and healthy workplaces</li> <li>Access to local food shops</li> <li>Public buildings and spaces</li> </ul>	<ul style="list-style-type: none"> <li>Access to services and health inequalities</li> <li>Mental illness and poor self-esteem associated with unemployment and poverty</li> <li>Limited access to healthy food linked to obesity and related diseases</li> <li>Poor environment leading to physical inactivity</li> <li>Ill health exacerbated through isolation, lack of social contact and fear of crime</li> </ul>

Theme 1: Healthy Housing				Theme 2: Active Travel				Theme 3: Healthy Environment				Theme 4: Vibrant Neighbourhoods			
Issue	Key questions	Yes / No / Not relevant Comment	Why is it important	Issue	Key questions	Yes / No / Not relevant Comment	Why is it important	Issue	Key questions	Yes / No / Not relevant Comment	Why is it important	Issue	Key questions	Yes/No / Not relevant Comment	Why is it important
a. Healthy design	Does the proposal meet all the standards for daylight, sound insulation, private space and accessible and adaptable dwellings?		Satisfying these standards can help meet carbon dioxide emissions targets.  Good daylight can improve the quality of life and reduce the need for energy to light the home.  Improved sound insulation can reduce noise disturbance and complaints from neighbours.	a. Promoting walking and cycling	Does the proposal promote cycling and walking through measures in a travel plan, including adequate cycle parking and cycle storage?		A travel plan can address the environmental and health impacts of development by promoting sustainable transport, including walking and cycling.  Cycle parking and storage in residential dwellings can encourage cycle participation.	a. Construction	Does the proposal minimise construction impacts such as dust, noise, vibration and odours?		Construction sites can have a negative impact on an area and can be perceived to be unsafe. Construction activity can cause disturbance and stress, which can have an adverse effect on physical and mental health. Mechanisms should be put in place to control hours of construction, vehicle movements and pollution.  Community engagement before and during construction can help alleviate fears and concerns.	a. Health services	Has the impact on healthcare services been addressed?		Poor access and quality of healthcare services exacerbates ill health, making effective treatment more difficult. The provision of support services and advice on healthy living can prevent ill health.
	b. Accessible housing	Does the proposal provide accessible housing for older or disabled people?				Does the proposal include measures and safe crossings to encourage pedestrian and cycling?			Traffic management and calming measures and safe crossings can reduce road accidents involving cyclists and pedestrians and increase levels of walking and cycling.	b. Air Quality	Does the proposal minimise air pollution caused by traffic and energy facilities?			The long-term impact of poor air quality has been linked to life-shortening lung and heart conditions, cancer and diabetes.	b. Education
				Does the proposal connect local and walking and public		Developments should prioritise the access needs of cyclists and pedestrians. Routes should be safe, direct and convenient and barriers and gated communities should be avoided. Developments should be accessible by public transport.					c. Access to social infrastructure		Does the proposal contribute to new social infrastructure provision that is accessible, affordable and timely?  Have opportunities for multi-use and the co-location of services been explored?		

London Healthy Urban Development Unit

**HUDU Planning for Health**

**Healthy Urban Planning Checklist**

Third Edition  
April 2017

Thank you very much!

[rosalba.donofrio@unicam.it](mailto:rosalba.donofrio@unicam.it)

clicche.erasmus@gmail.com