Healthy campus planning and design: overview & opportunities

14 May 2019, UK Healthy Universities Network

Including extra resources at end.
Urban Habitats works with communities and organisations to support thinking to create health.

We run a day workshop focused on healthy campus design for higher education. Please get in touch if this would be of interest or you would like a sample workshop plan.

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“I have made valuable connections with colleagues to help put some of this into action.”

“Really enjoyable thank you.”
holistic health

social

mental

physical

“health is created and lived by people within the settings of their everyday life: where they learn, work, play and love.”

WHO, 1986

“…the resilience or capacity to cope and maintain and restore one’s integrity, equilibrium, and sense of wellbeing.”

Huber et al., 2011
holistic health

a social-ecologic systems approach...

population health over the lifecourse
wider determinants of health

barton & grant, 2006
holistic health

aiming for population(s) impact
health + sustainable development go hand in hand
current / ongoing trends in the sector

- increasing competition
- generation z
- learning & teaching
- research
- residential accommodation
- social life
- work life
- city life
- investment in capital estates
(some) physical environment elements related to health

- Mode of travel
- Urban design
- Public open space
- Play space
- Design for safety & security
- Food shops
- Outdoor planting (for food)
- Masterplan patterns
- Urban green space
- Design affecting heat
- Urban heat islands
- Energy efficiency
- Design affecting air quality
- Water management
- Drainage and flooding
- Green infrastructure
- Blue infrastructure
- Residential accommodation design
- Design affecting energy demand / supply
- Design for all ages
- Walking infrastructure
- Vehicle infrastructure
- Public transport infrastructure
- Public realm design

Barton, et al. (2015)
and it's complex...
five opportunities for healthy campus planning

#1 get it right at all scales

#2 healthy food environment

#3 green + blue infrastructure

#4 active travel & physical activity

#5 co-creation & engagement
#1 quality design at all scales

macro | meso | micro | in use

physical activity
mental health
social health
#2 active travel as the norm

simple’ solution – needs effort to change though

physical inactivity kills more people globally than smoking

prioritise walking, cycling, & public transport

perception affects how people choose travel

many health benefits from physical activity

changing existing travel decisions is difficult – new facilities are an ideal time to adjust how people get around

physical activity built in to every day practices
#2 physical activity on campus

Campus walking, running and cycling routes

lunchtime walking routes

- Distance = 1.3 km/0.8 miles
  - Time = 15 minutes walk
  - Level = beginner
  - [www.motionbased.com log in / my activities / route 1](#)

- Distance = 1.7 km/1.1 miles
  - Time = 18 minutes walk
  - Level = beginner
  - [www.motionbased.com log in / my activities / route 2](#)

- Distance = 1.6 km/1 mile
  - Time = 20 minutes walk / 10 minute run
  - Level = beginner/intermediate
  - [www.motionbased.com log in / my activities / route 3](#)

- Distance = 3 km/1.8 miles
  - Time = 50 minutes walk / 30 minutes run
  - Level = intermediate/advanced
  - [www.motionbased.com log in / my activities / route 4](#)

- Distance = 4.3 km/2.6 miles
  - Time = 1 hour walk / 1/2 hour cycle
  - Level = advanced
  - [www.motionbased.com log in / my activities / route 5](#)
#2 active travel as the norm
#3 healthy food environment

food options – on campus and surrounding area

social benefits of food

but eating in large canteen can be isolating too

access to drinking water

a range of smaller flexible spaces can be working areas too

healthy options for staff and researchers too

not eating at desk; adequate fridge space for packed lunch; access to water; a fork!

seeking to limit access to fast food in vicinity (working with local authority & health trusts)

Talk Table: encouraging social interaction over food.
#3 healthy food environment

MOBKitchen.co.uk
aimed at students
1 minute videos + recipes
feed 4 for £10

“We believe anyone can make delicious, healthy, beautiful food on a budget.”

“no food porn”
“no molten, double deep fried cheese”
“no absurd store cupboard assumptions”

diet
mental health
social wellbeing
#4 green & blue infrastructure

the value of outdoor space:

sense of arrival – the first thing people see

not just ‘left over space’

outdoor space is part of the learning environment

opportunities to integrate with research projects too – living lab

contact with nature

encourages physical activity

provides social space

benefits for mental wellbeing of being outdoors and links to nature

‘building with nature’ benchmark

green also means blue
mental wellbeing
encourages physical activity
links to natural environment
New York City Street Tree Map
Explore and Care For NYC's Urban Forest

Tree Care Activity
There are no activities reported for this tree.
Get tips on tree care activities in the Learn section.

Ecological Benefits
Benefits are calculated using formulas from the U.S. Forest Service. Learn more about the benefits of trees to NYC.

- Stormwater intercepted each year
  3,749 gallons  Value: $37.11
- Energy conserved each year
  1,994 kWh  Value: $251.74
- Air pollutants removed each year
  3 pounds  Value: $18.02
- Carbon dioxide reduced each year
  4,057 pounds  Value: $13.55
- Total Value of Annual Benefits
  $333.97

New York has mapped every tree and measured its economic value.
#4 green & blue infrastructure

small space | aging building | green + blue | great value
#5 co-creation & engagement

University of British Columbia 'The Nest'
“I liked working with people from different areas.”

“Most interesting: was considering disadvantaged groups & thinking our actions will impact.”
thank you.

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Additional resources...
sustainability standards and benchmarks

GULF Sustainable Campus Charter

...and emerging health standards
Guidance

Spatial planning for health: evidence review

From: Public Health England
Part of: Homes for health
Published: 6 July 2017

search: phe “spatial planning for health”
Guide to the Healthy Streets Indicators
Delivering the Healthy Streets Approach

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