shaping healthy communities

DESIGNING SAFER AND HEALTHIER CITIES FOR AND WITH CHILDREN

PRESENTED BY GREGOR H. MEWS

#UrbanSynergiesGroup #EMWF2017 @usg_gregor

2nd October 2017 for EcoMobility World Congress, Kaohsiung, Chinese Taipei / Taiwan
"It takes a whole village to raise a child."

African proverb
shaping healthy communities

#UrbanSynergiesGroup #EMWF2017 @usg_gregor
“Children today walk less than ever before in the history of humanity” (Roberts and Edwards, 2010, 39)
Current Fitness standards

<table>
<thead>
<tr>
<th>Achievement (%)</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Limited</td>
<td>9.6</td>
</tr>
<tr>
<td>Partial</td>
<td>61.4</td>
</tr>
<tr>
<td>Satisfactory</td>
<td>23.6</td>
</tr>
<tr>
<td>High</td>
<td>5.2</td>
</tr>
<tr>
<td>Excellent</td>
<td>0.2</td>
</tr>
</tbody>
</table>

Mean = 31.94
Std. Dev. = 12.638
N = 21,712.
Endocrine and circulatory disease admission rates/100,000 in 0-24 year olds - Canberra public hospitals

83% increase in 5 years
Increasing opportunities for children to be physically active

- Increase PE days
  - 20 minutes per class

- In-school activities
  - 19 minutes daily

- Walk, cycle or scoot
  - 15-30 minutes daily

- Active afters/sport
  - 10 minutes daily

- Renew parks/free play
  - 12 minutes daily


#UrbanSynergiesGroup #EMWF2017 @usg_gregor
"Children learn what they live"

Dorothy Law Nolte

Source: Urban Synergies Group images

#UrbanSynergiesGroup #EMWF2017 @usg_gregor
Cost of depression of adults in Taiwan.

Chen AL, Yang TC, Chen JX, Yu LH, Leung HW.

Abstract

OBJECTIVE: To estimate the direct cost of depression in Taiwanese adults for the years 2000-2002.

METHODS: The medical claims database of the National Health Bureau was analyzed and the cost of treating adults (>15 years of age) with the diagnosis of depression was calculated.

RESULTS: The total direct medical costs of adult depression in the three years 2000, 2001, and 2002 were approximately US dollars 93.

The recent annual prevalence of depression in Taiwan has been estimated at 4-5%. Thus, the Taiwanese health authority spends an annual average of US dollars 116.6 million to treat depression (1.2% of total national expenses). In sum, the treatment of depression, while costly, deserves greater attention by public health officials in order to avoid the already significant burden of this disease on both patients and society. Future research will therefore require more accurate statistical data in order to assess the effects of depression-related burdens on individuals and society, especially with respect to the capacity to work.
Depression

“The opposite of work isn’t play, it’s depression.”

Brian Sutton Smith, 1997

shaping healthy communities #UrbanSynergiesGroup #EMWF2017 @usg_gregor
Rediscover the magic in our neighbourhoods!

Provision – Protection - Participation

shaping healthy communities

#UrbanSynergiesGroup #EMWF2017 @usg_gregor
Children and the built environment

- Design and place “Kids at Play” signage to promote speed reduction on streets; and
- Co-location of amenities including local shops and play spaces.

Designs around children’s health

- Apply Co-design and engagement principles in school curriculum to ensure children’s engagement and ownership of initiatives that are relevant to their overall health and well-being; and
- Safe walking and cycling paths (map and smartphone apps) QR coded check-points, social school support element.

Play

- Safer speeds (30km/h or 15km/h) near areas where children’s play has priority; and
- Promote awareness of the importance of play and related strategies by targeting governments, stakeholders, communities and schools.
International Forum
SHAPING SPACES FOR GEN Z

twitter hashtags
#UrbanThinkers
#SS4GenZ