



shaping healthy communities

# DESIGNING SAFER AND HEALTHIER CITIES FOR AND WITH CHILDREN

PRESENTED BY  
GREGOR H. MEWS



#UrbanSynergiesGroup #EMWF2017 @usg\_gregor

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**“It takes a whole village to raise a child.”**

African proverb





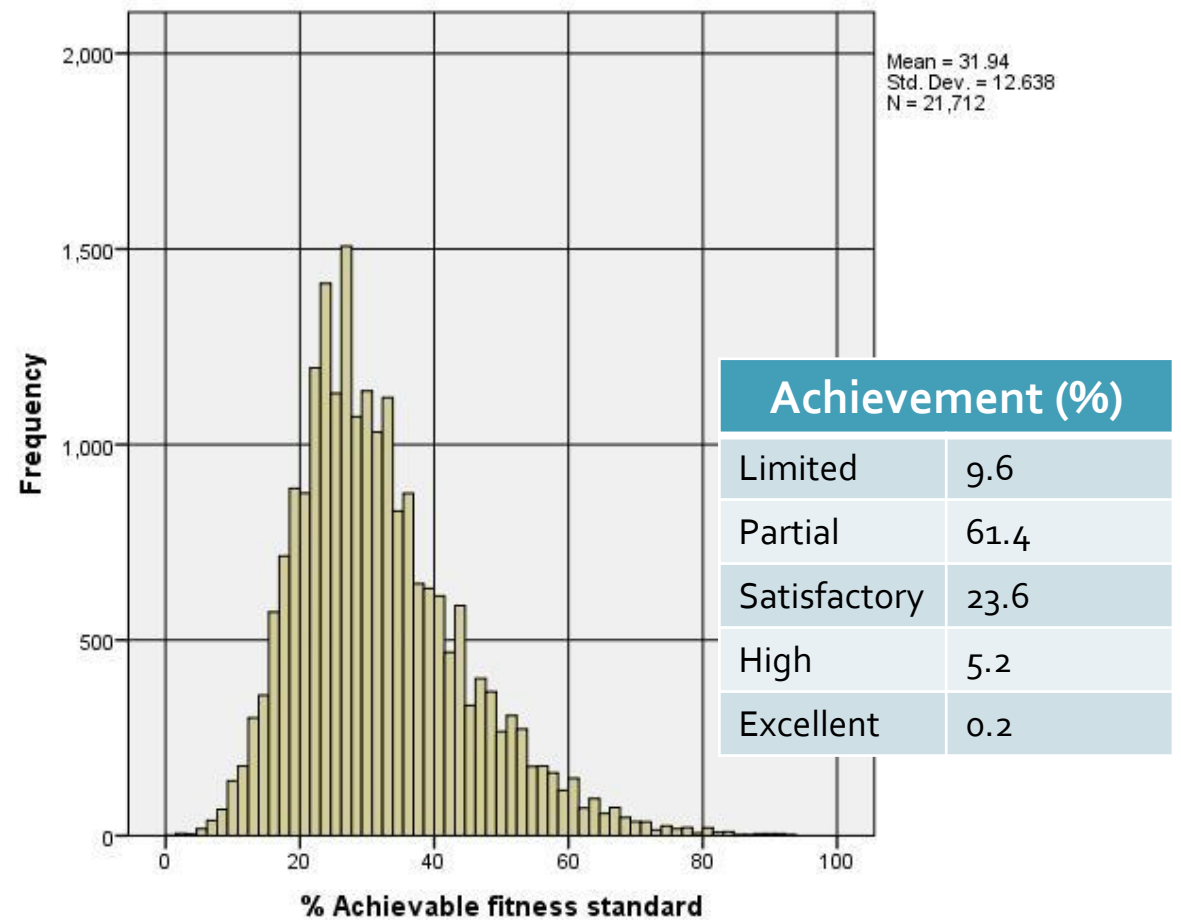


*“Children today walk less than ever before in the history of humanity”*  
(Roberts and Edwards, 2010, 39)

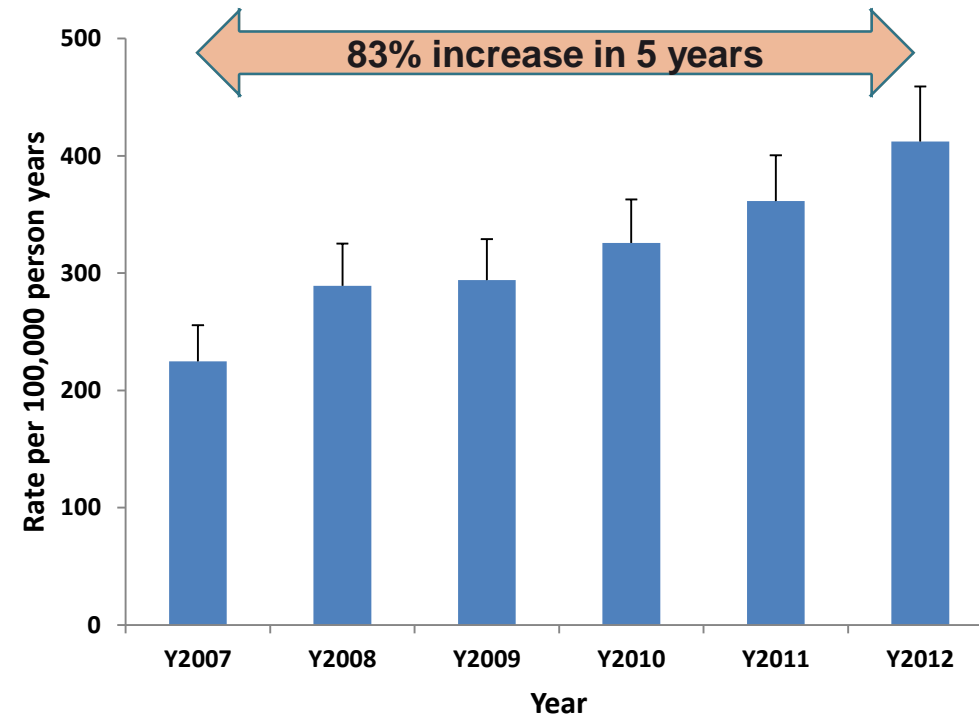




## Current Fitness standards



## Endocrine and circulatory disease admission rates/100,000 in 0-24 year olds - Canberra public hospitals





# Increasing opportunities for children to be physically active



Source: Bassett DR et al (2013) Estimated energy expenditures for school-based policies and active living. Am J Prev Med 42(2) 108-113; Health status of young people report – 2011, ACT Health; Y6 PANS Survey – 2012, ACT Health; LOOK Study



## “Children learn what they live”

Dorothy Law Nolte



boy in car by zen  
<http://www.flickr.com/photos/zen/3856125/>



Source: Urban Synergies Group images



Format: Abstract

Int J Psychiatry Med. 2006;36(1):131-5.

## Cost of depression of adults in Taiwan.

Chan AL<sup>1</sup>, Yang TC, Chen JX, Yu LH, Leung HW.

### Author information

### 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

receiving treatment did not increase steadily over the same time period with treatment rates of 1.5 % in 2000, 2.5 % in 2001, and 2.0 % in 2002. 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.

PMID: 16927584 DOI: 10.2190/6KN8-F4LV-7YV9-FM8G

[Indexed for MEDLINE]



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# Depression

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

Brian Sutton Smith, 1997



**Rediscover the  
magic in our  
neighbourhood  
s!**



**Provision – Protection -  
Participation**





## 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.

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