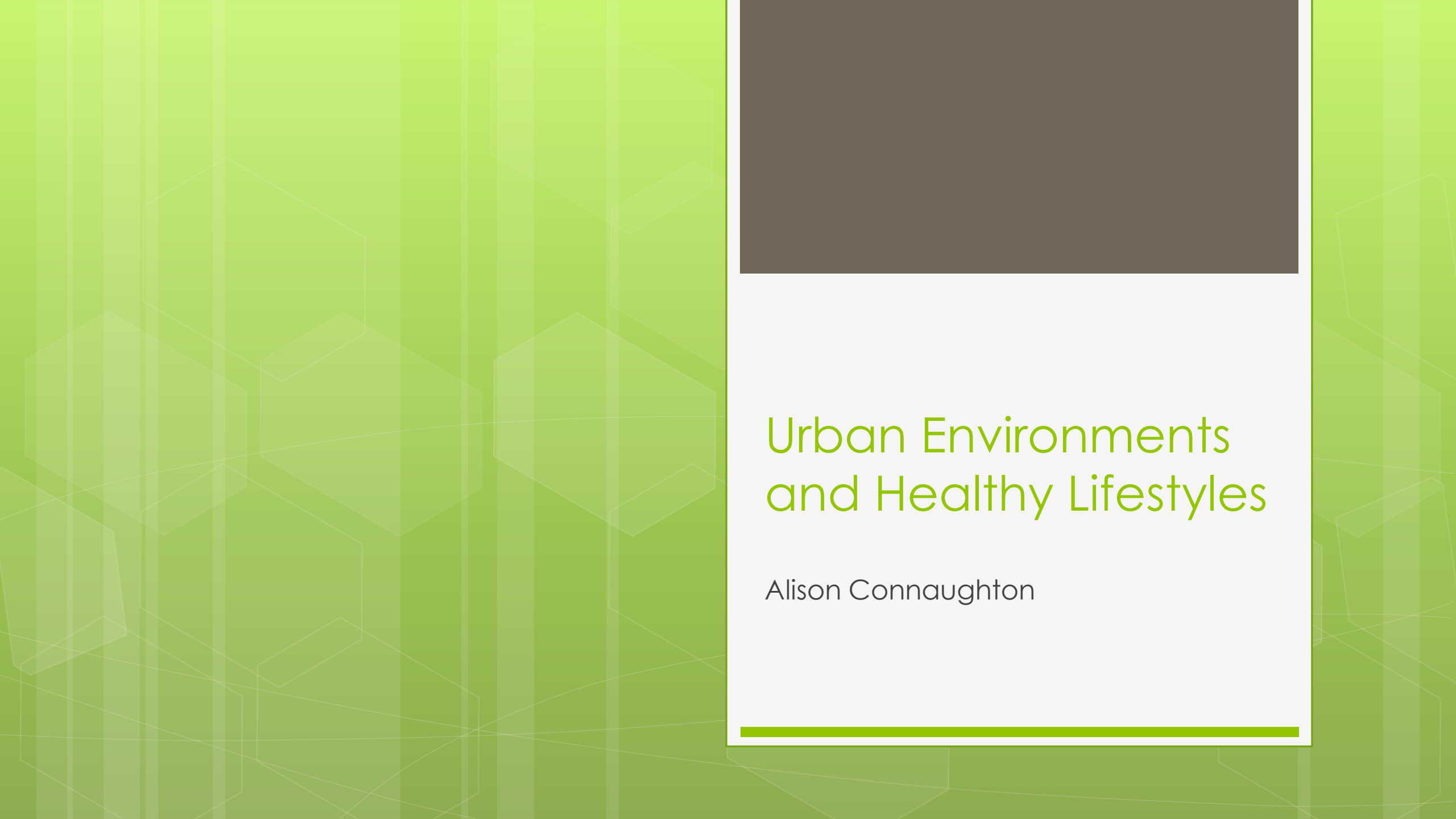


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Urban Environments and Healthy Lifestyles

Alison Connaughton



What defines the Urban Environment? (Task 1)

- Area of Human Settlement
 - High density of population
- Density of Human structures (Houses, Roads, Railways etc.)
 - Towns, Cities and Suburbs

- By the middle of 2009, the number of people living in urban areas (3.42 billion) had surpassed the number living in rural areas (3.41 billion) and since then the world has become more urban than rural.
- By 2020 it is estimated that almost 80% of EU citizens will be living in cities. (EU Commission for the Environment)
- The world urban population is expected to increase by 84 per cent by 2050, from 3.4 billion in 2009 to 6.3 billion in 2050. By mid-century the world urban population will likely be the same size as the world's total population was in 2004 (UN Dept. Economic & Social Affairs)
- Overall objective of the EU policy on urban environments is that by 2050 that all Europeans are "living well, within the limits of the planet".

How does Urban living effect our health and wellbeing?

(Task 2)

City-living has important effects on health, both good and bad.

Benefits of city-life include:

- Better access to health care
- Education
- Social support
- Improved water and sanitation
- Infrastructure

Adverse effects include:

- Poor physical activity
- Poor dietary habits
- High prevalence of various infectious and chronic diseases
- Exposure to environmental pollution
- Poor mental health
- Increased tobacco, alcohol, and drug use

Dahly, D. L., & Adair, L. S. (2007)

How are we encouraging healthy lifestyles in urban areas?

(Task 3)

Nature Connectedness

- Plants in Offices and Homes
- Pets
- Reading dogs in schools
- Nutrition and cooking classes
- Horticultural projects
- Forest Schools
- City Parks

Physical Activity

- Leisure activities and programs
- Green Gyms
- Horticultural Projects
- Cycle to work schemes
- Cycle routes
- Congestion Charges – (Tube and Walk)
- Rental bikes

Barriers and Motivators to a Healthy Urban Lifestyle

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- Financial Capability
- Education
- Choice and Location of Leisure Facilities
- Transport Links
- Childcare
- Investment
- Corporate packages

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- Time pressures
- Financial pressures
- Social influences
- Access to green space
- Pollution
- Personal safety
- Cost and availability of leisure facilities

**Task 4: Research the Following Existing
Schemes
Evaluate the following...**

Group 1: Urban Cycle Routes

Group 2: Park Run