

Problem statement

According to research the main problem statement is that people all over the world (mainly in advanced societies of the West) face health problems concerning obesity and lack of exercise, especially children and the elderly. The current lifestyle of Western societies is encouraged and supported by the use of the automobile. The more advantage the transport industry gets the more negative impact it will have on the urban environment and therefore on people's daily activity. Therefore, urban design and public health have to come together to tackle this problem. By improving the spatial conditions of urban environment we can provide people with new kind of places where they are stimulated, invited and encouraged to have an active lifestyle and therefore lead a healthier life.

Research question

How can the design of public space create conditions for a healthier lifestyle of citizens?

Aim of graduation

The aim of this master's thesis is to develop spatial design interventions for public space in Dutch cities, which can be used to enhance the use of soft-mobility (like walking, cycling and other outdoor activities) and therefore stimulate people in having an active and healthy lifestyle, regardless of the venue. This thesis is about tackling the city from the design of public space's point of view in such a way to be able to contribute to a healthier lifestyle of people, especially for the very young and the elderly.

Relevance

Socially: The urgency of people's health is very important. It is a socially desirable image to keep people longer healthy. The social relevance is to make society aware of the opportunities and the contribution an urban environment can have for health.

Academically: The academic relevance is to increase the knowledge about spatial conditions that stimulates a healthy living and an active lifestyle in urban environment. This should

