

The Art of Behaviour

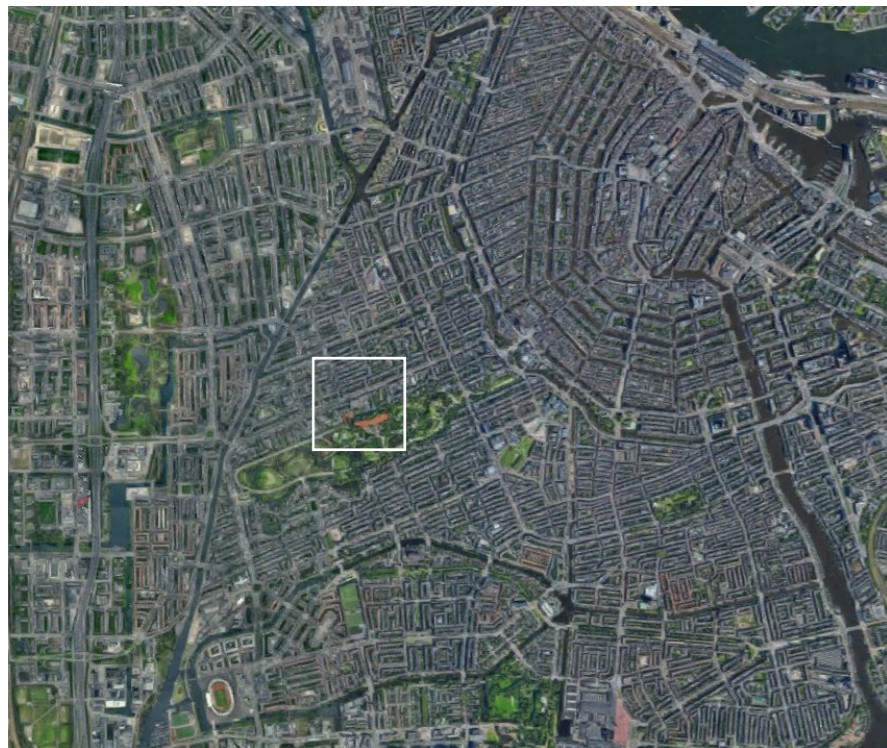
nudging towards healthy habits

Delft University of Technology
Faculty of Architecture and the Built Environment
Architectural Engineering
AR3AE100 Graduation Studio

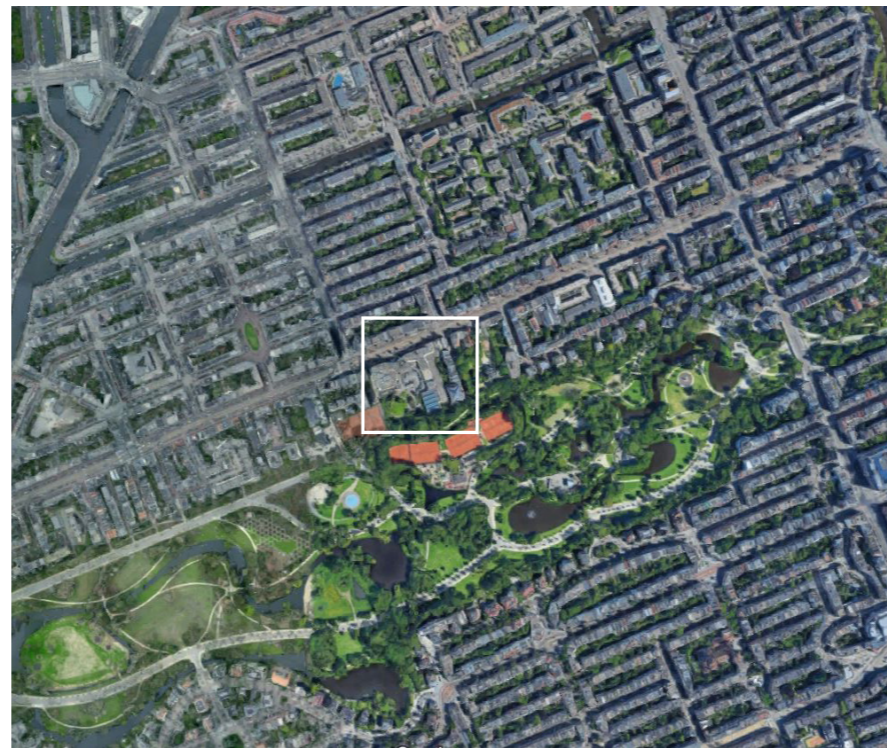
Myrthe den Heeten
4724240

Roel van de Pas
Engbert van der Zaag
Pieter Stoutjesdijk





amsterdam



overtoom



reade



overtoom



vondelpark



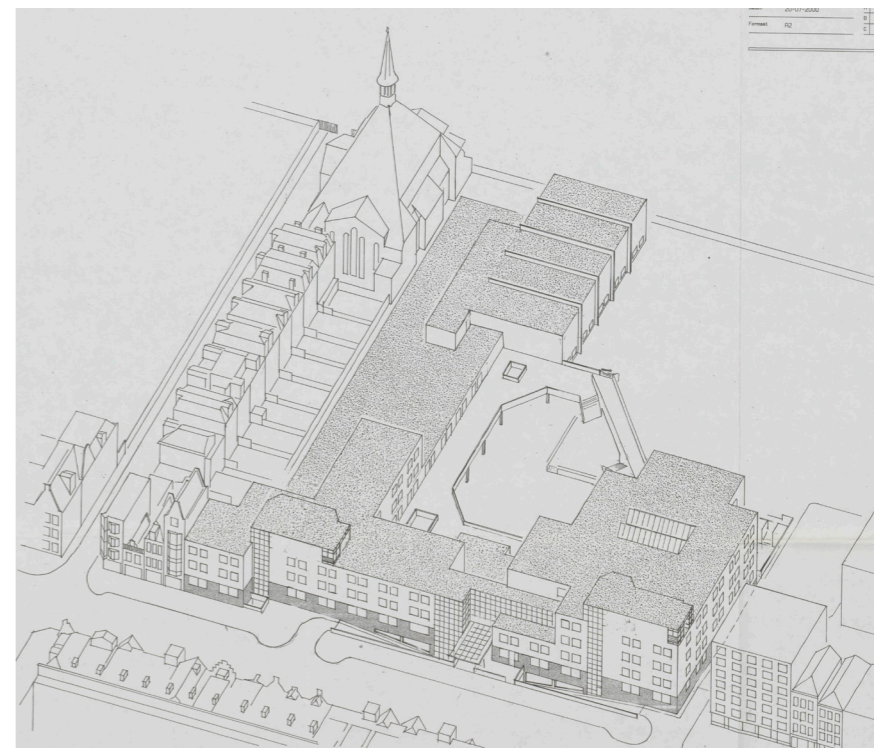




ned. hervormde diakonessen
1891



demolition
1989



reade
1991



✘ Gemeente
✘ Amsterdam
✘

Besluit: VN2021-006602

- Onderwerp: Verkenningnota Reade/Overtoom
- Beslissing: Akkoord onder mandaat

Het dagelijks bestuur stemt in met de Verkenningnota Overtoom - locatie Reade en neemt kennis van de ontwikkelstrategieën. De verkenningnota omschrijft de kaders voor de ontwikkeling van de locatie aan de Overtoom na het eventuele vertrek van Reade. Hierbij is behoud van maatschappelijke functies het uitgangspunt, eventueel in combinatie met woningbouw indien beide functies elkaar versterken.

“goal is **preservation of social and health function**, possibly in **combination with housing** if this complements each other”

how to design an building in high density living environments in Amsterdam that can positively influence the health of its users?

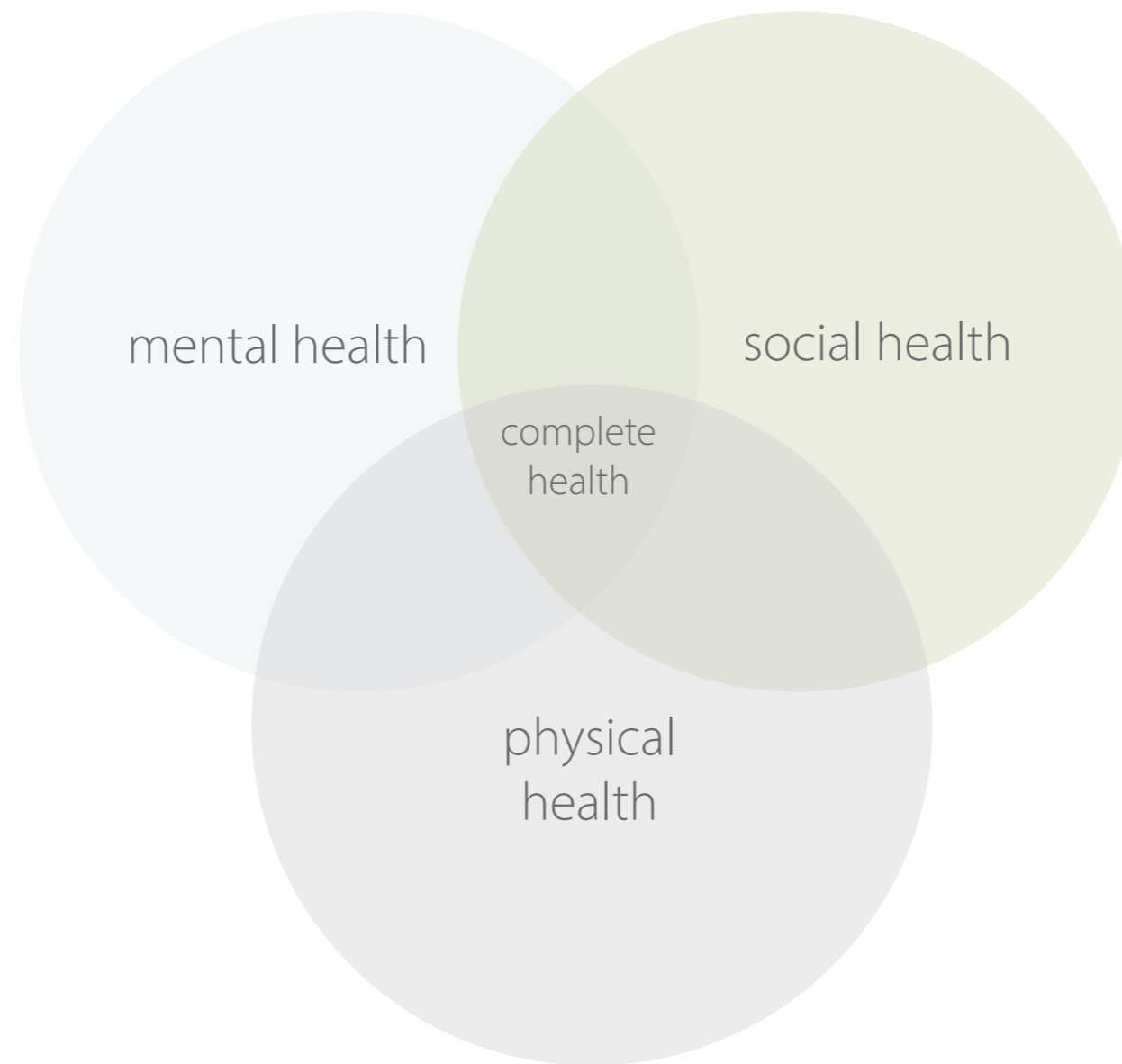


- 1 research
- 2 nudging
- 3 transformation of the building
- 4 users and building organisation
- 5 building technology
- 6 conclusion

1

research

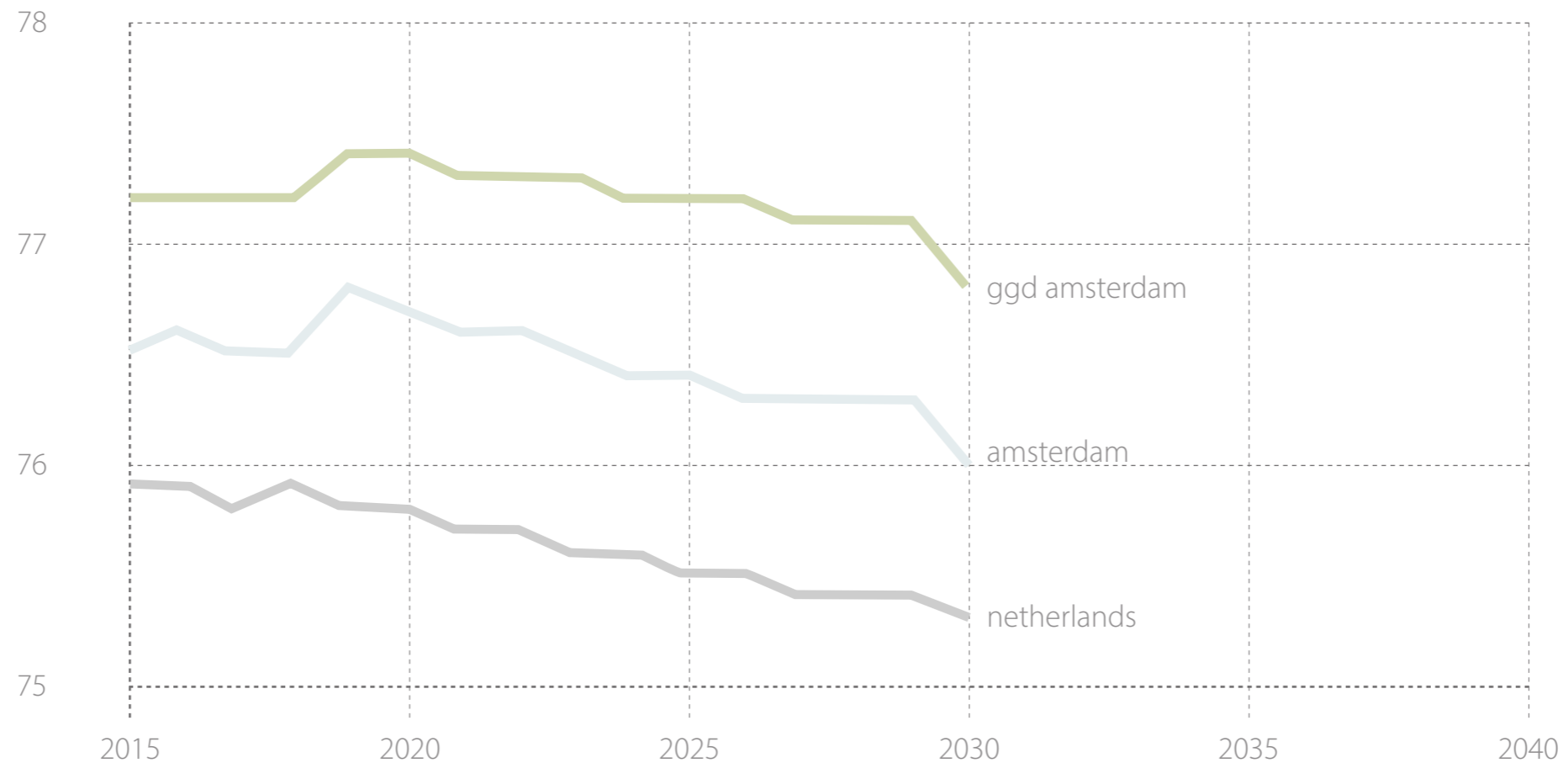
'the healthiest building'

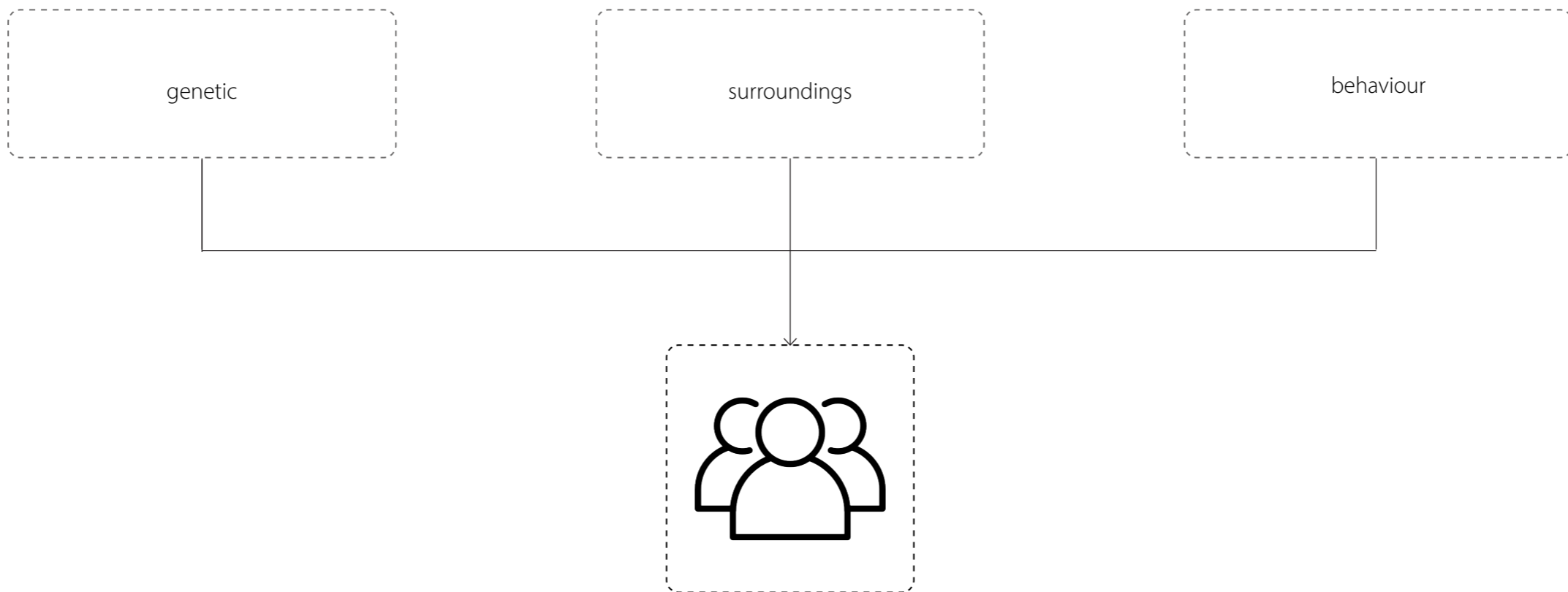


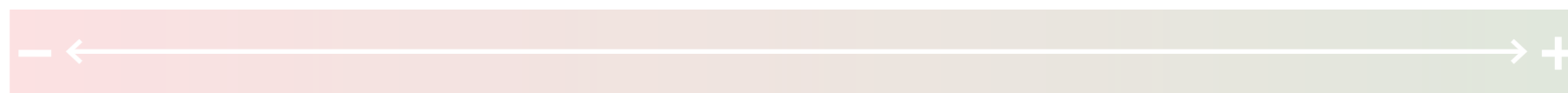
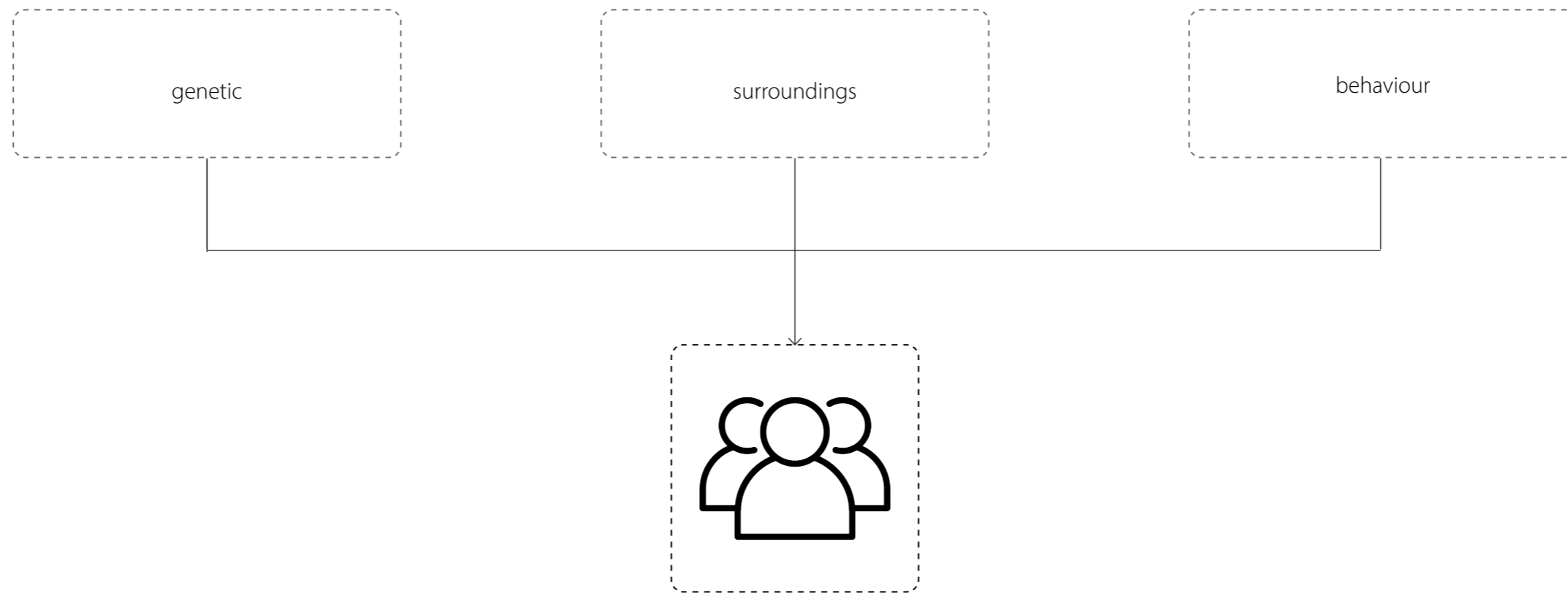
what is health?

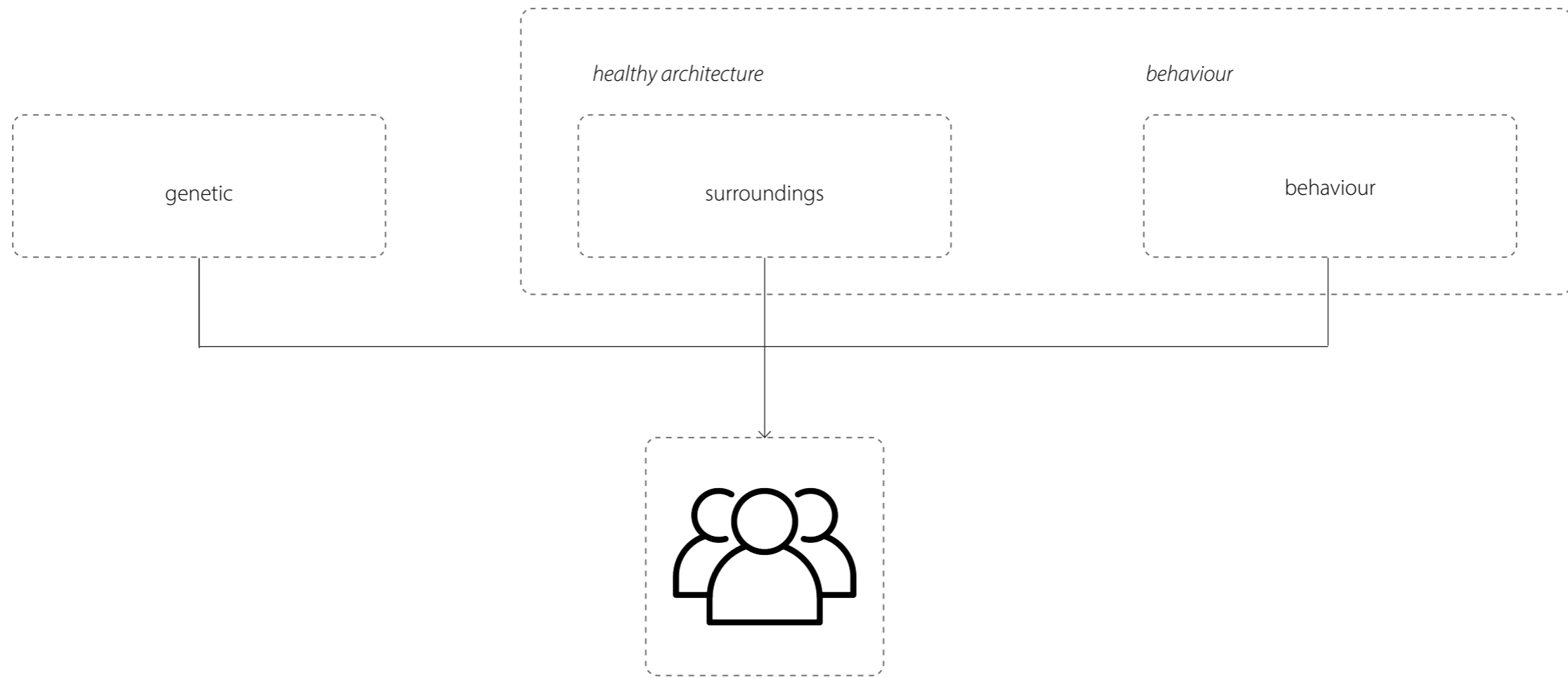
good experienced health

percentage







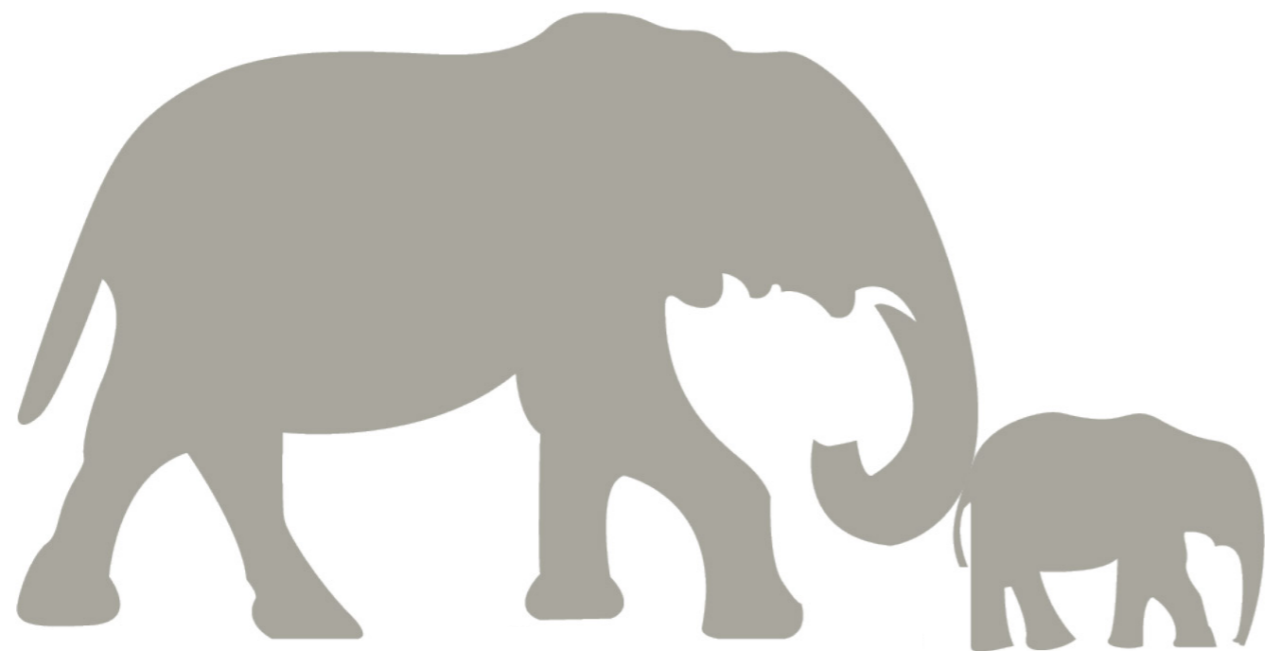


'the healthiest building'

2

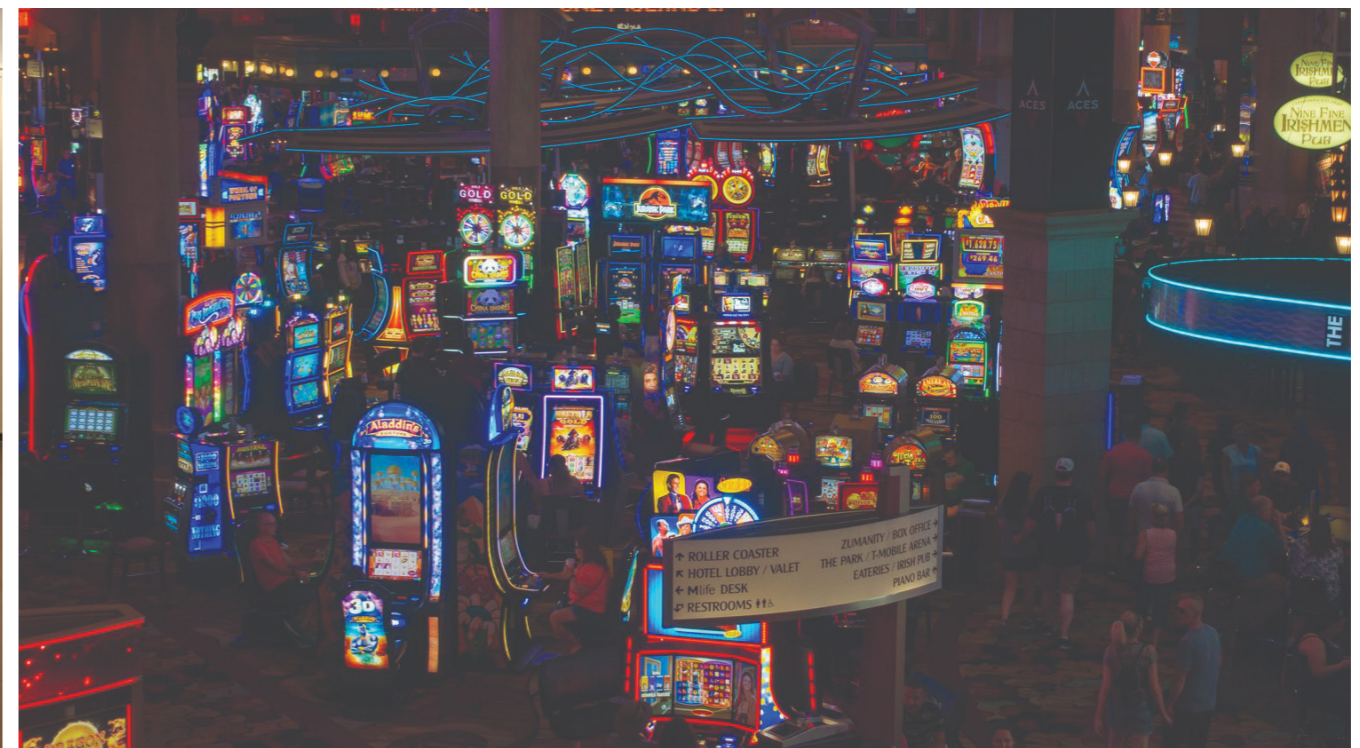
nudging

'...choice architecture that alters people's behaviour in a predictable way without forbidding any options'





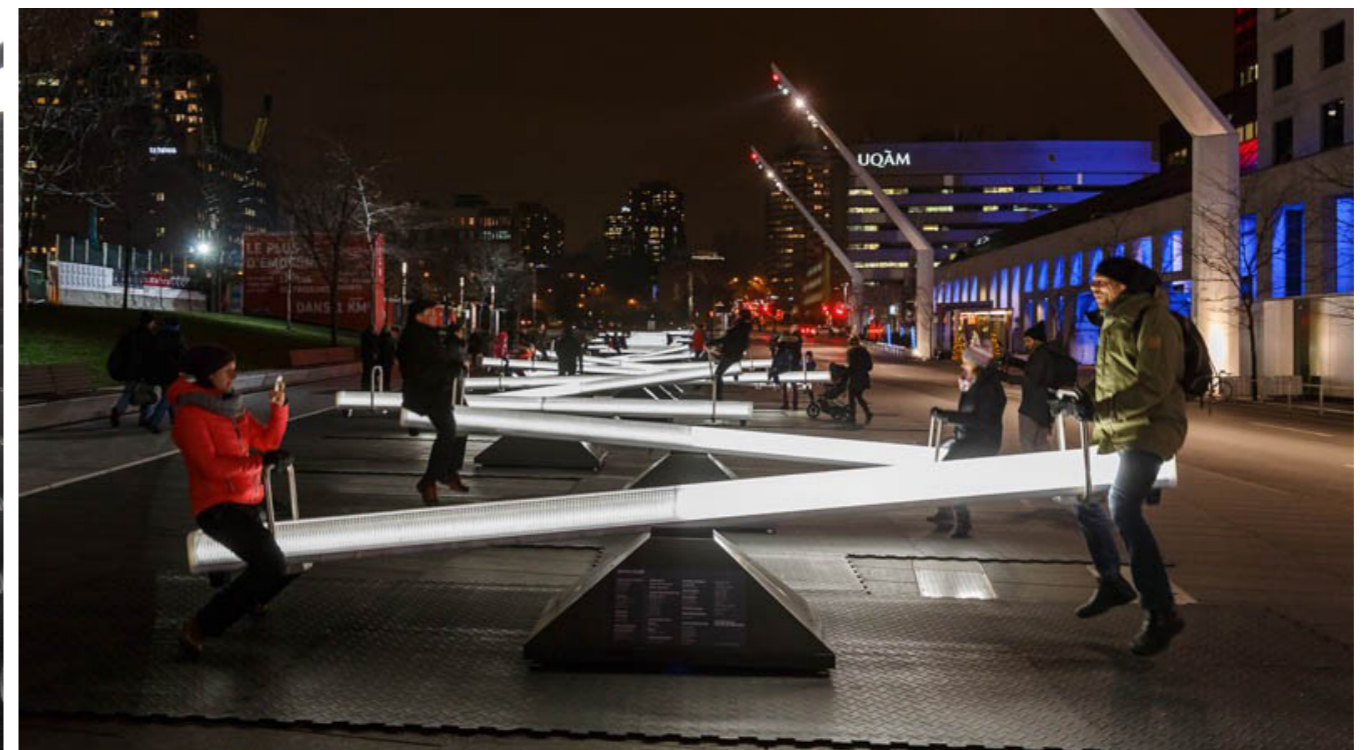
supermarket



casino



piano staircase Rotterdam Centraal



Montréal park

how can modern architectural nudge techniques be applied to improve the overall health in the built environment?

possible design elements



design
<i>design elements</i>

influencing different health types



health types		
<i>mental</i>	<i>social</i>	<i>physical</i>

as effective as possible



health level			
<i>individual</i>	<i>relational</i>	<i>communal</i>	<i>societal</i>

usable for architects and urban designers



scale	
<i>building</i>	<i>surrounding</i>

food garden	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
fitness area	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
furniture views outdoor	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
place for withdrawal	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
shading system	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Open plinth with multiple entrances	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
public art	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
walking trail	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
common kitchen facilities	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
communal spaces	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
playground	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
playgrounds with ground markings	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
public amenities	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
bike service	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
hiding elevator	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
inviting staircase	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
variety of climate environments	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
facilities that support exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
open spaces	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
drinking fountains	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
smoke free spaces	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
walkability	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
lighted streets	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
signage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>



College Square, London



Olympic House, Lausanne



Karen Blixens Plads, Copenhagen



IISPA, Almere



3

transformation of the building

1

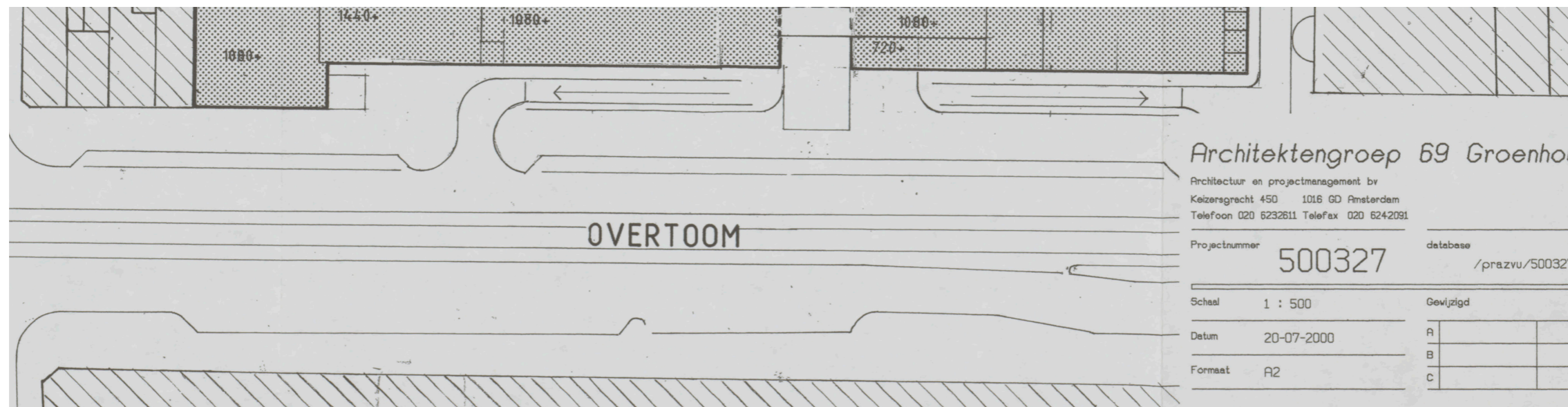
connection to city

2

connection to park

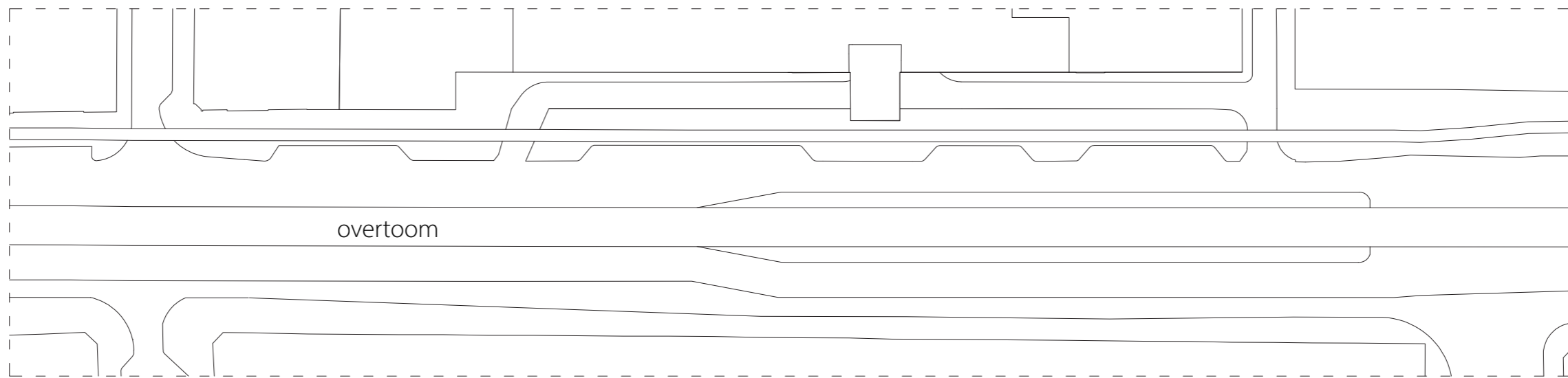
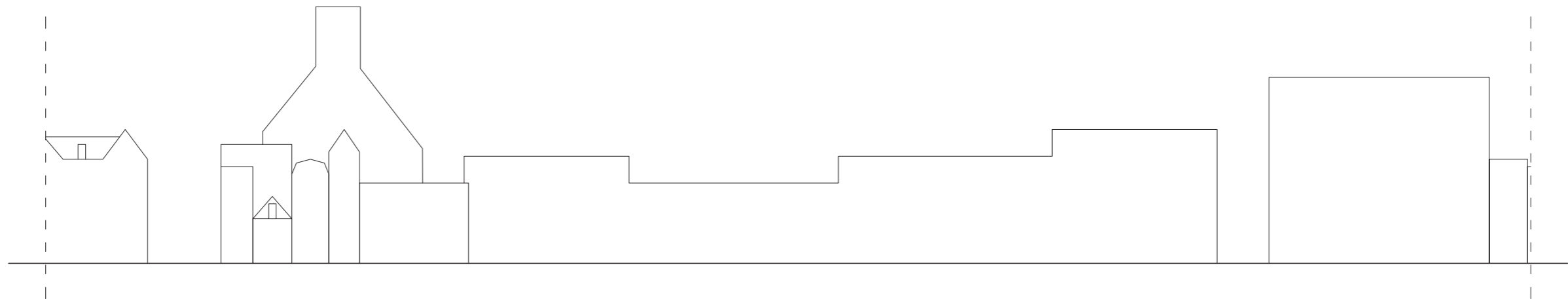
3

construction & materiality



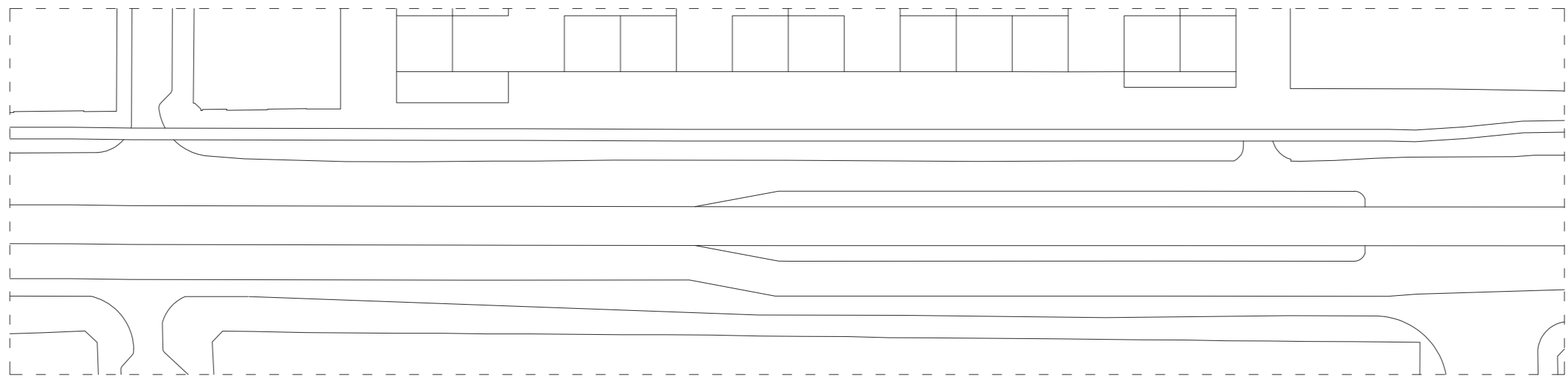
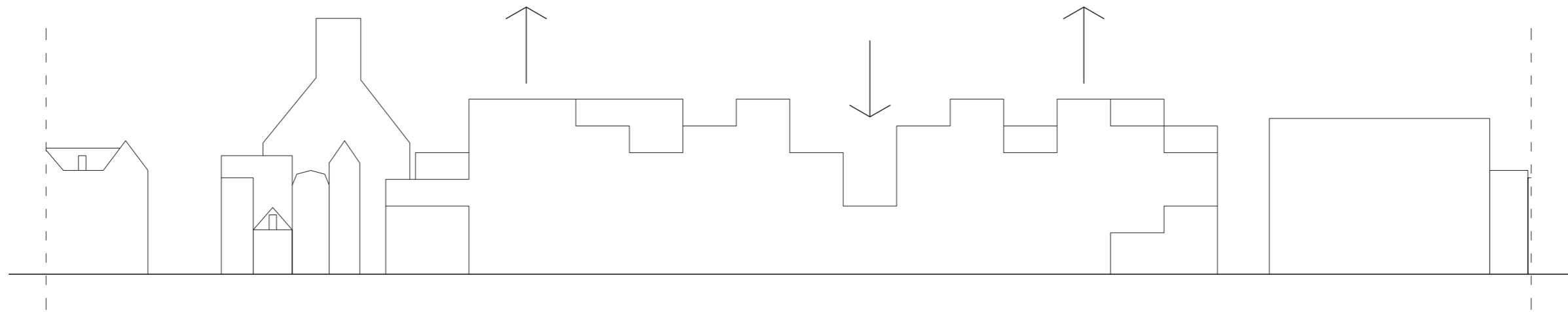
1

connection to the city



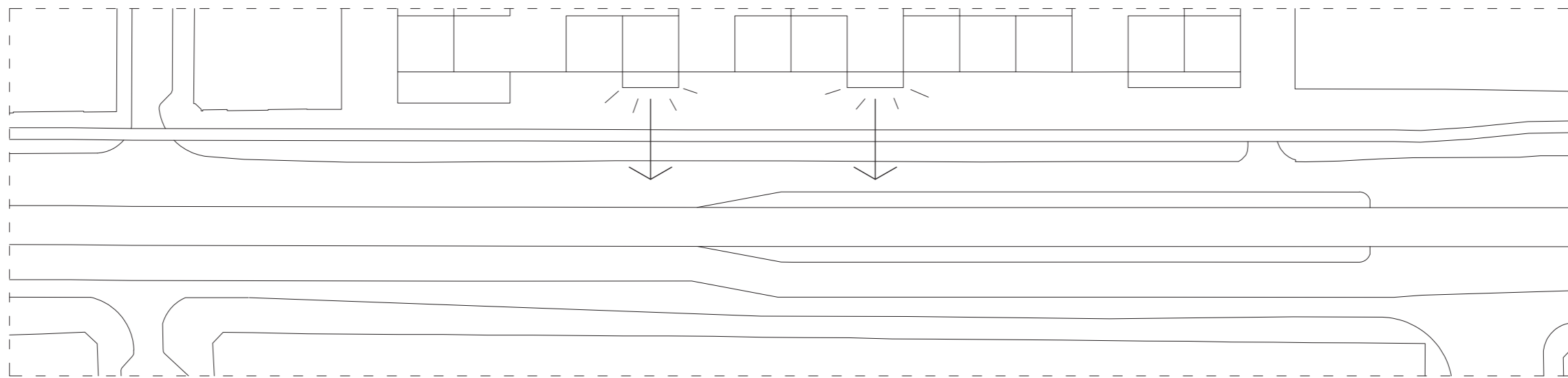
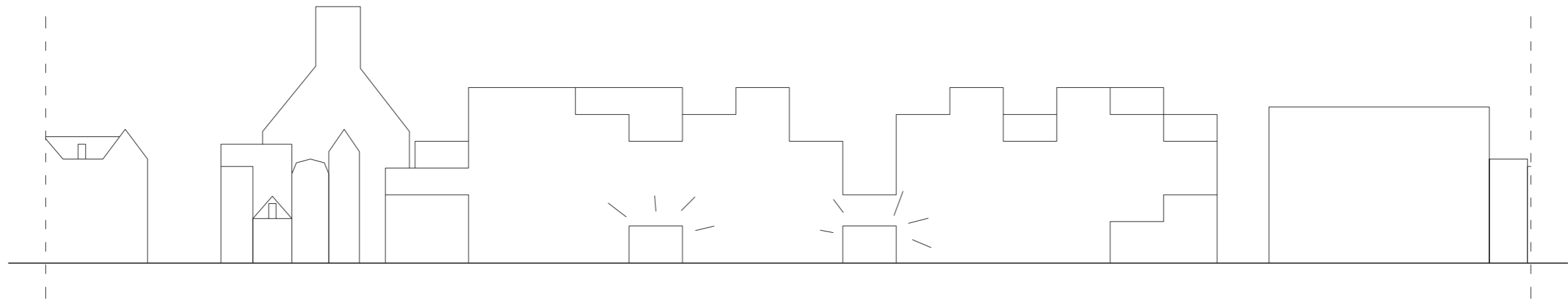
1

connection to the city



1

connection to the city



1

connection to the city



1/500

0 5 10m

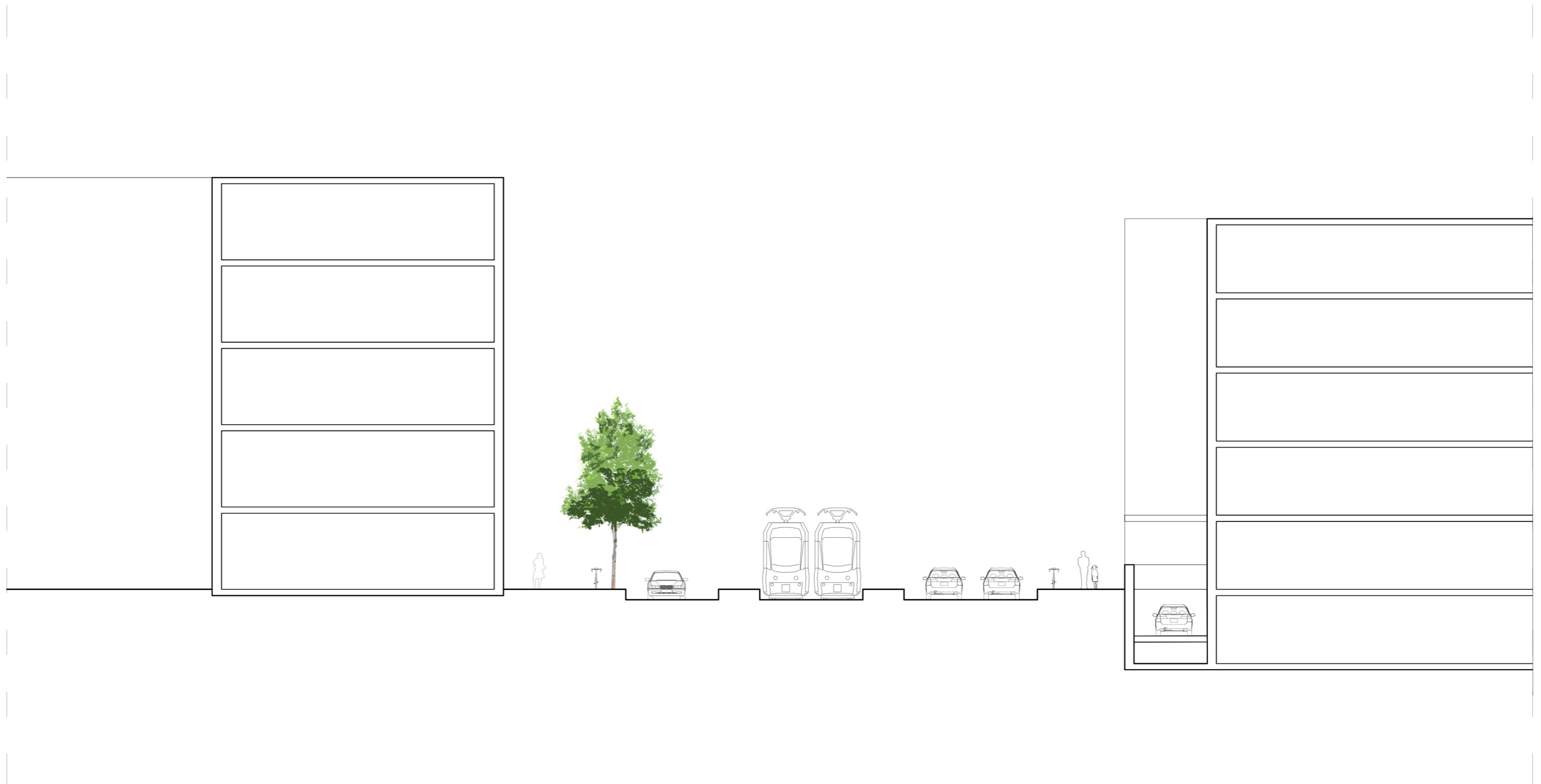
overtoom



reade

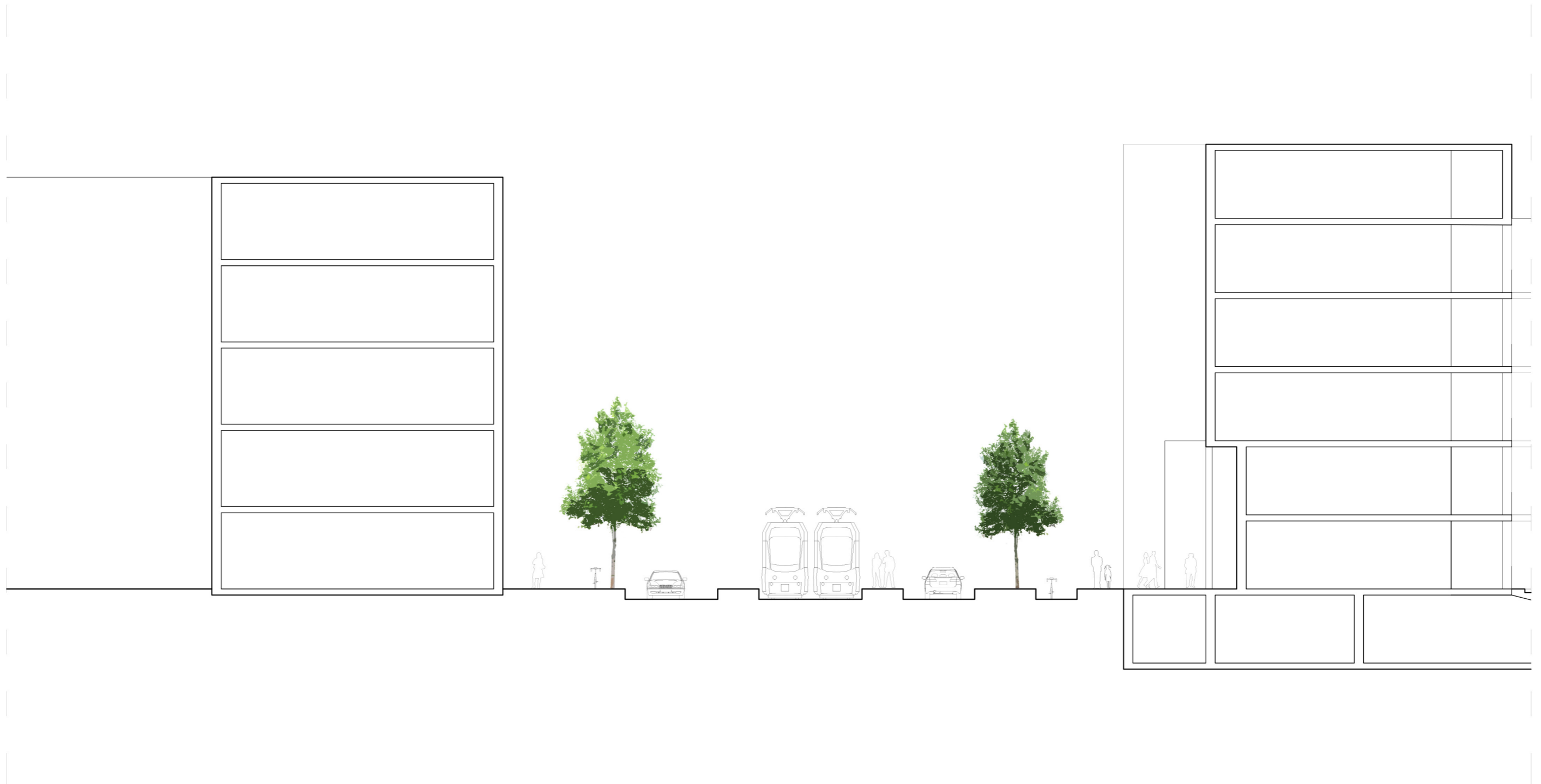
1

connection to the city



1

connection to the city



1

connection to the city



1

connection to the city



1

connection to the city

reade



vondelpark

2

connection to the park



1/1000

0 10 20m





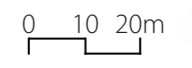
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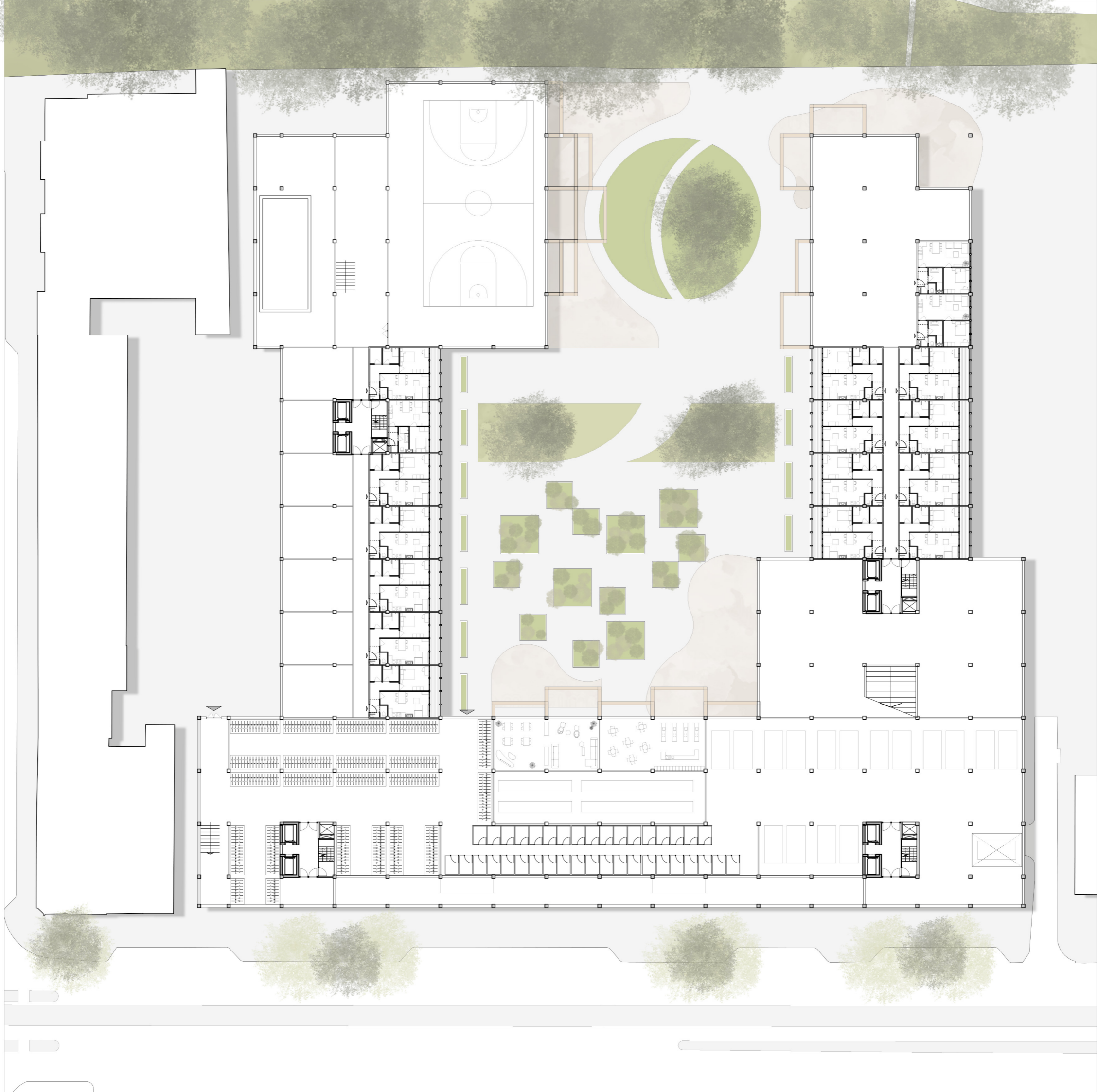
0 10 20m





1/1000







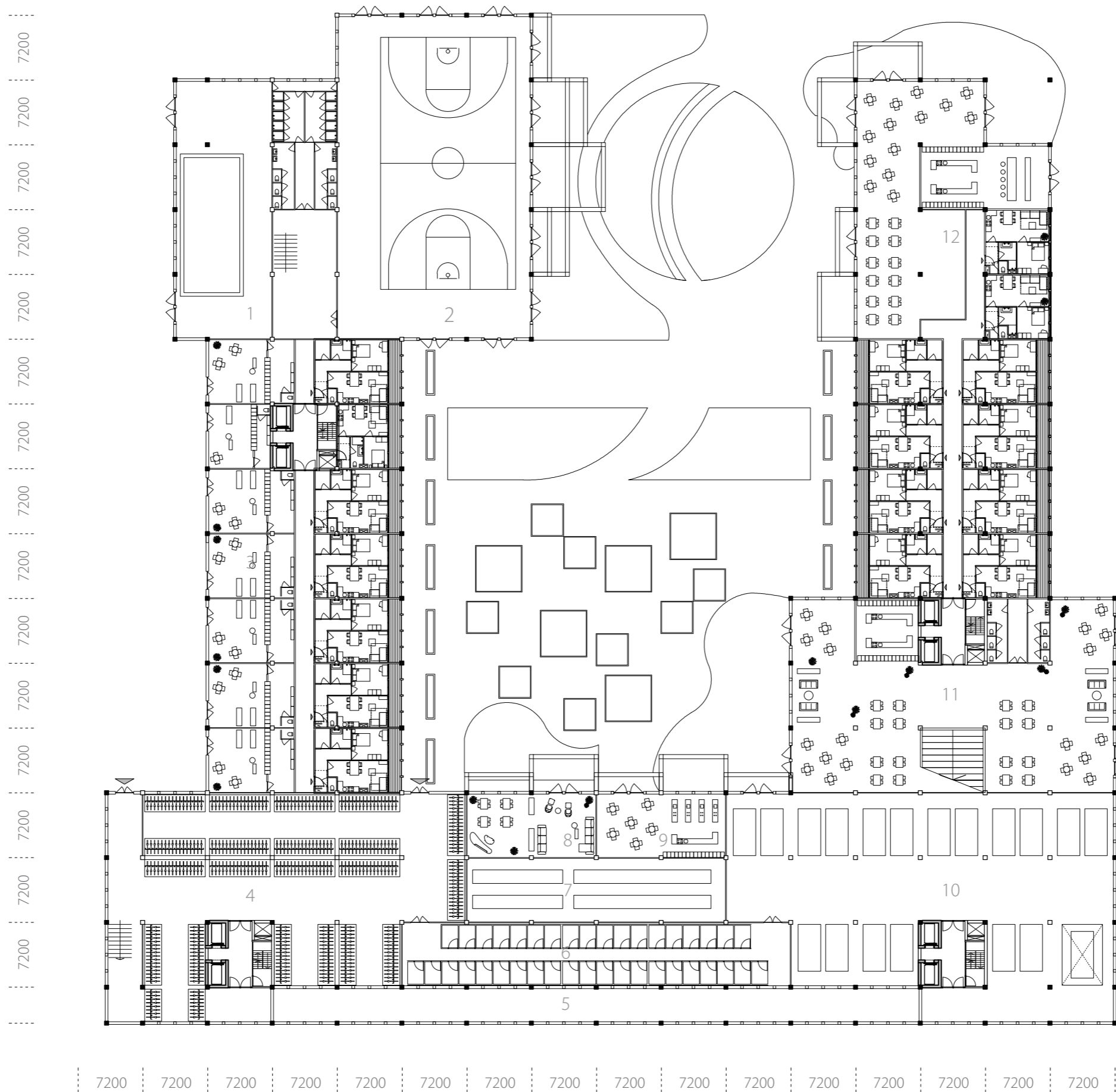
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connection to the park

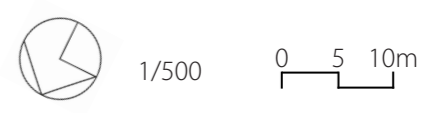


2

connection to the park



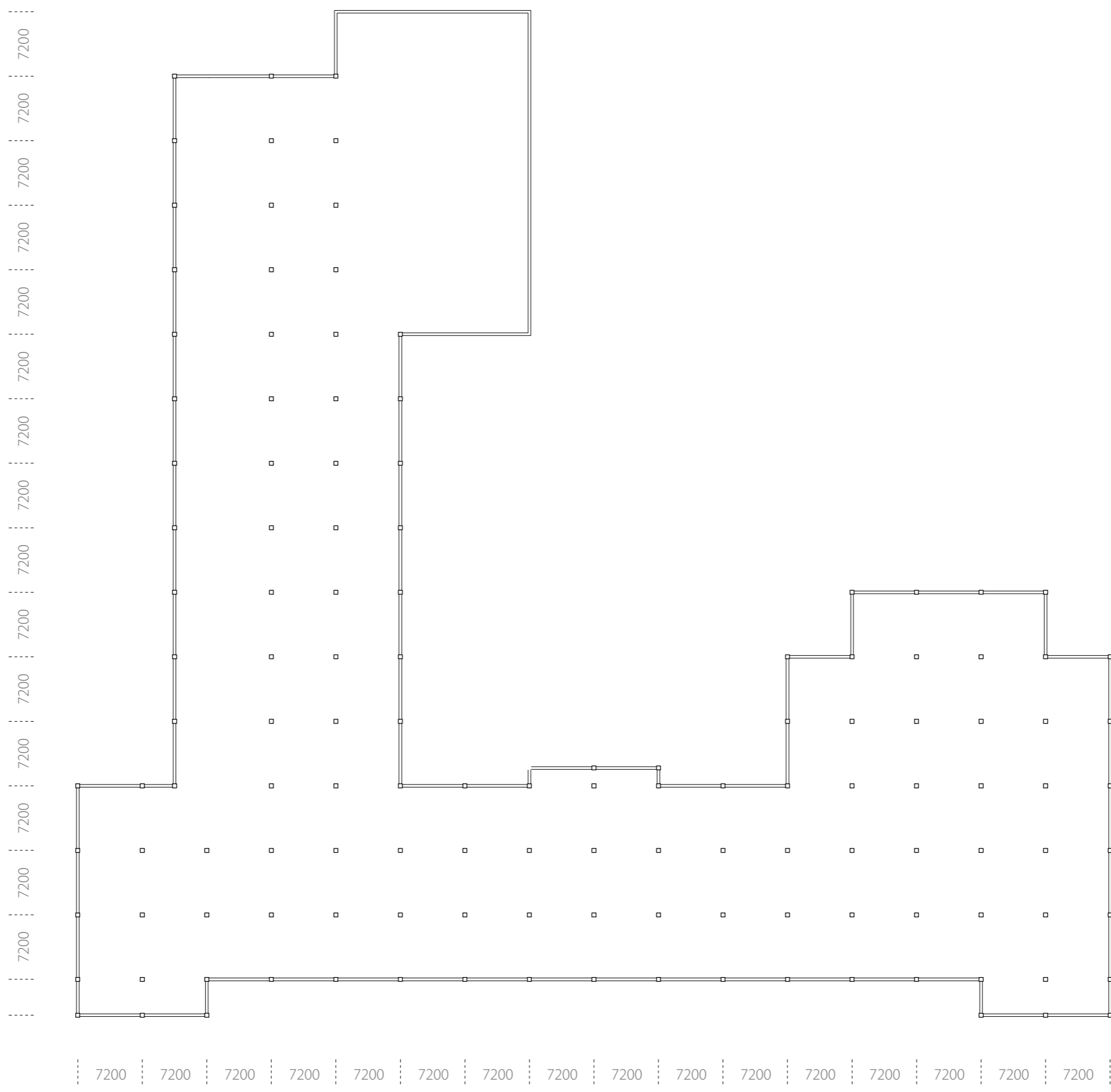
- Plattegrond -01
1. zwembad
 2. sportzaal
 3. zorgfuncties
 4. fietsenstalling
 5. wateropslag
 6. berging appartementen <50m²
 7. installatieruimte
 8. gemeenschappelijke woonkamer
 9. gemeenschappelijke keuken
 10. parkeergarage deelauto's
 11. restaurant
 12. clubhuis sportvereniging
vondelpark

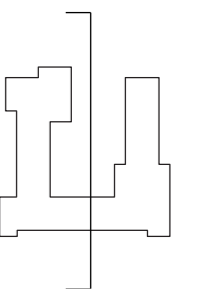
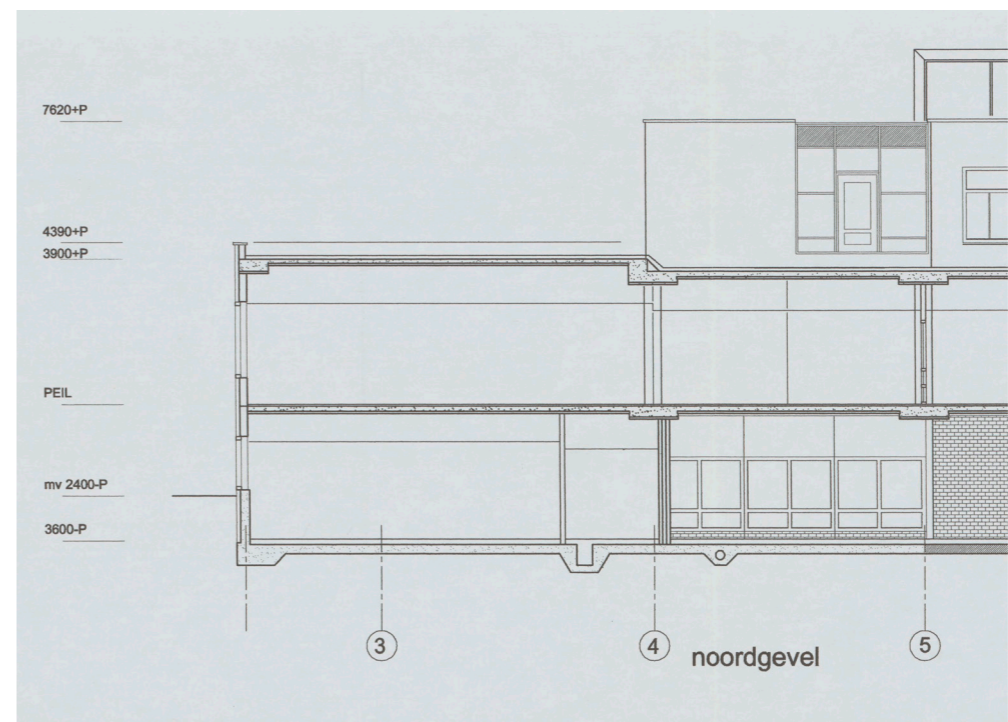
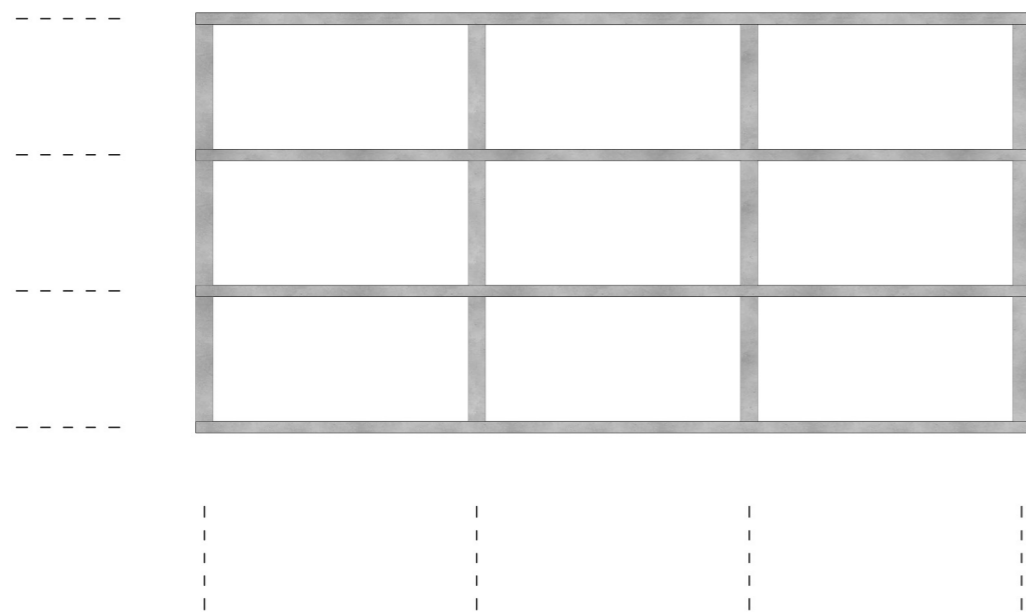


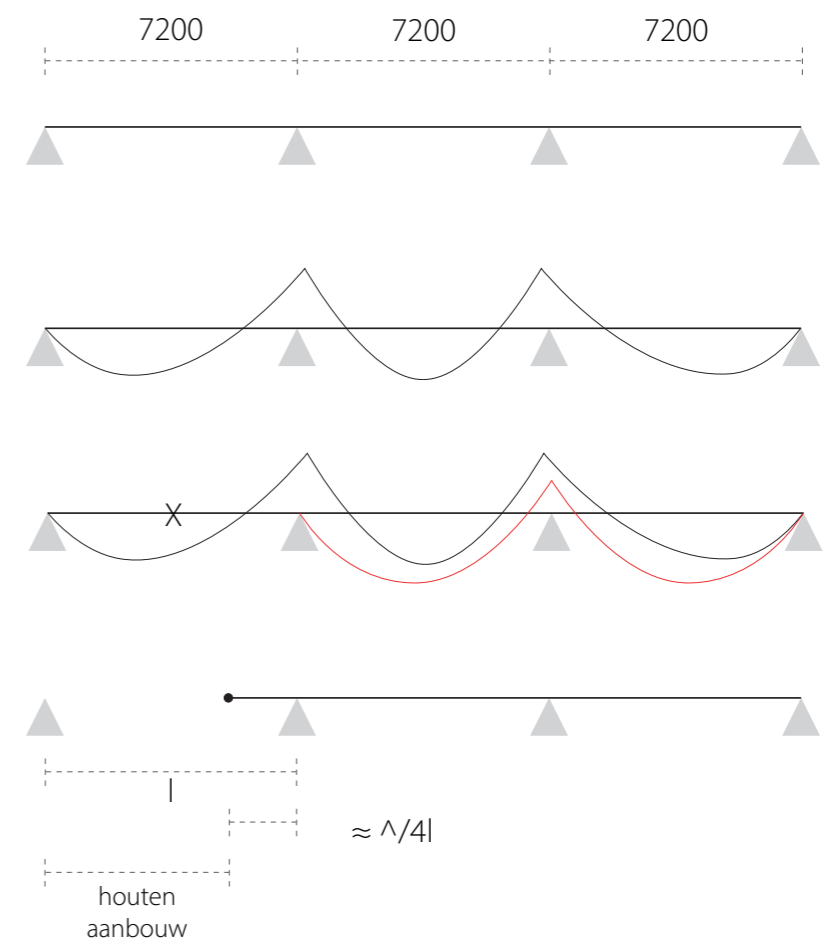
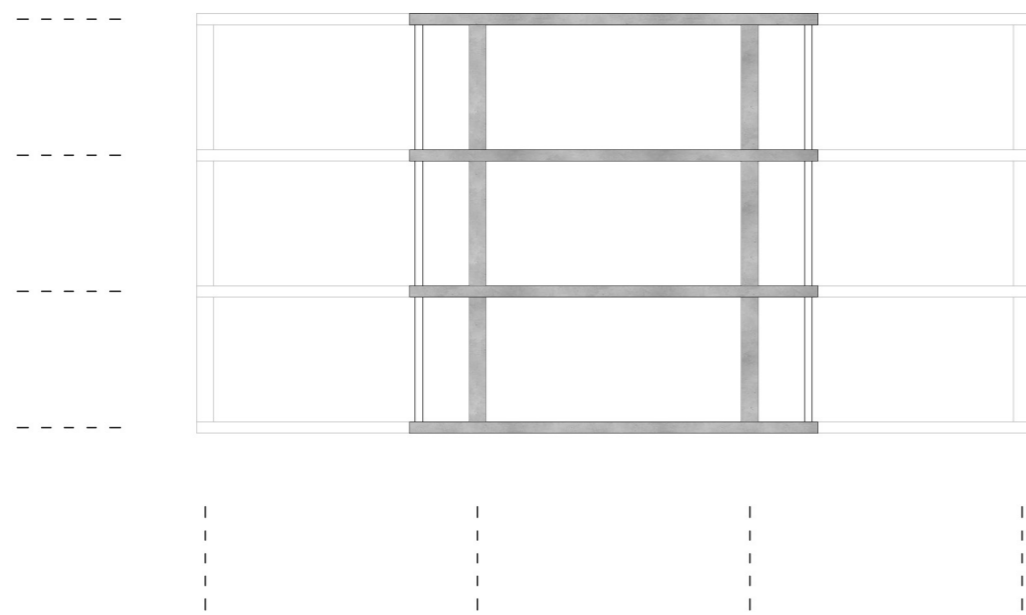


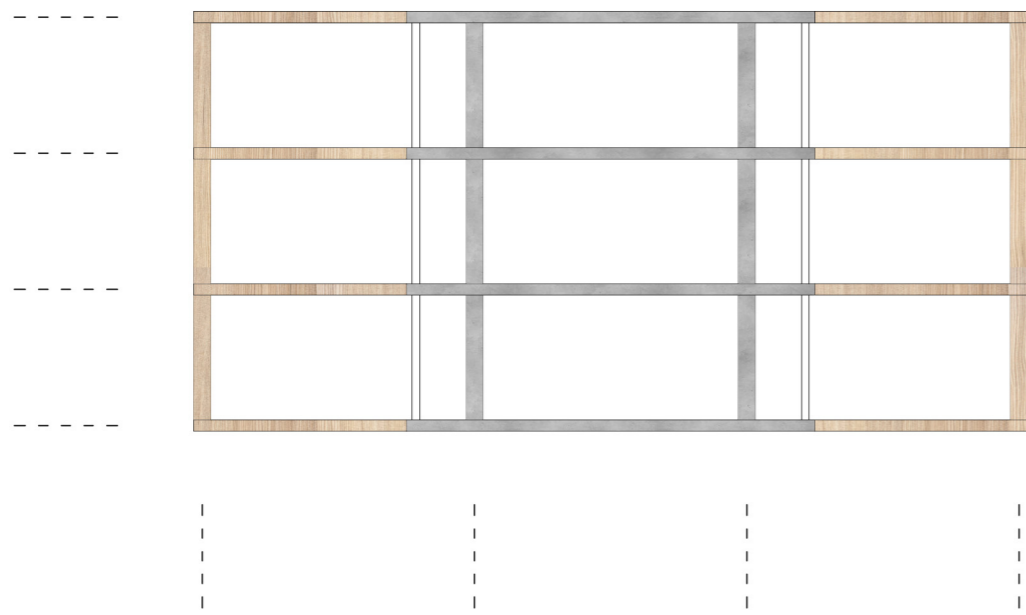
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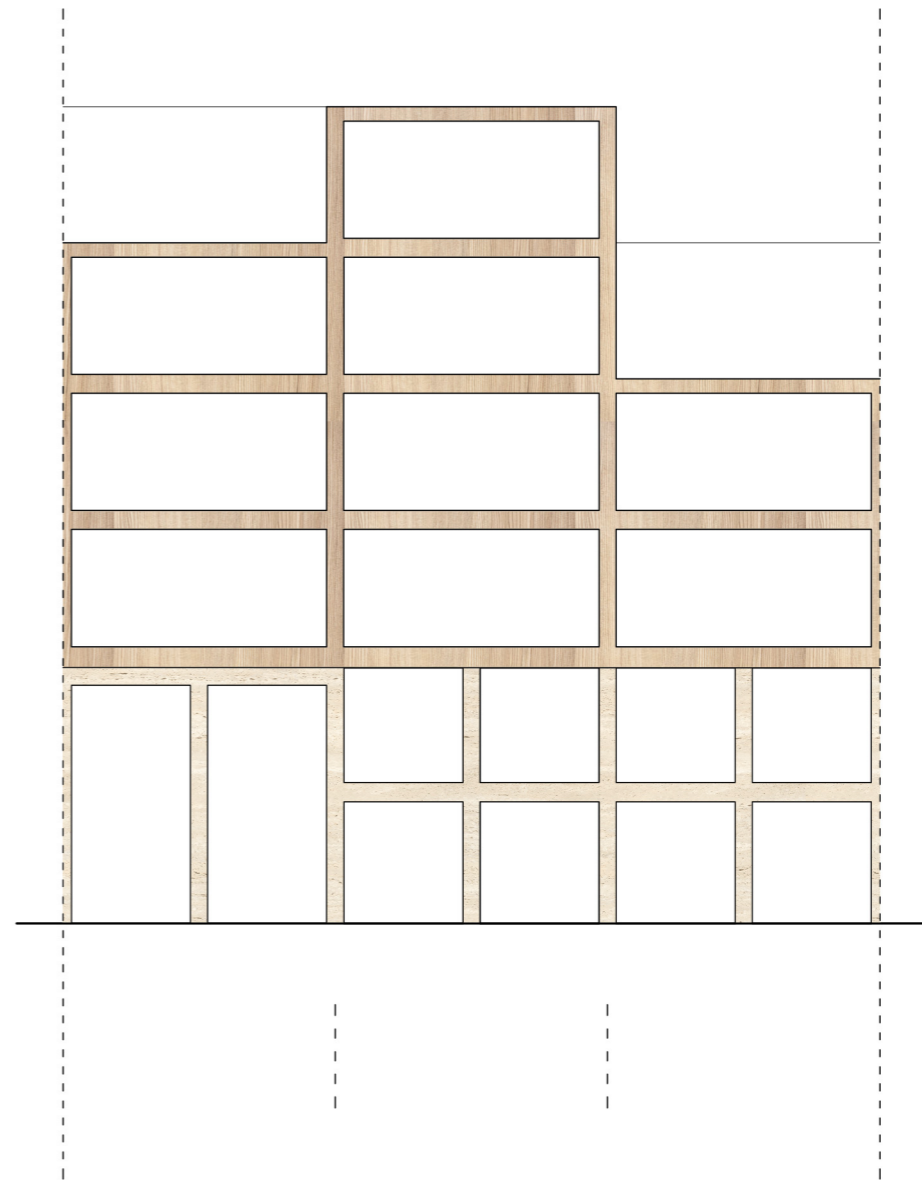
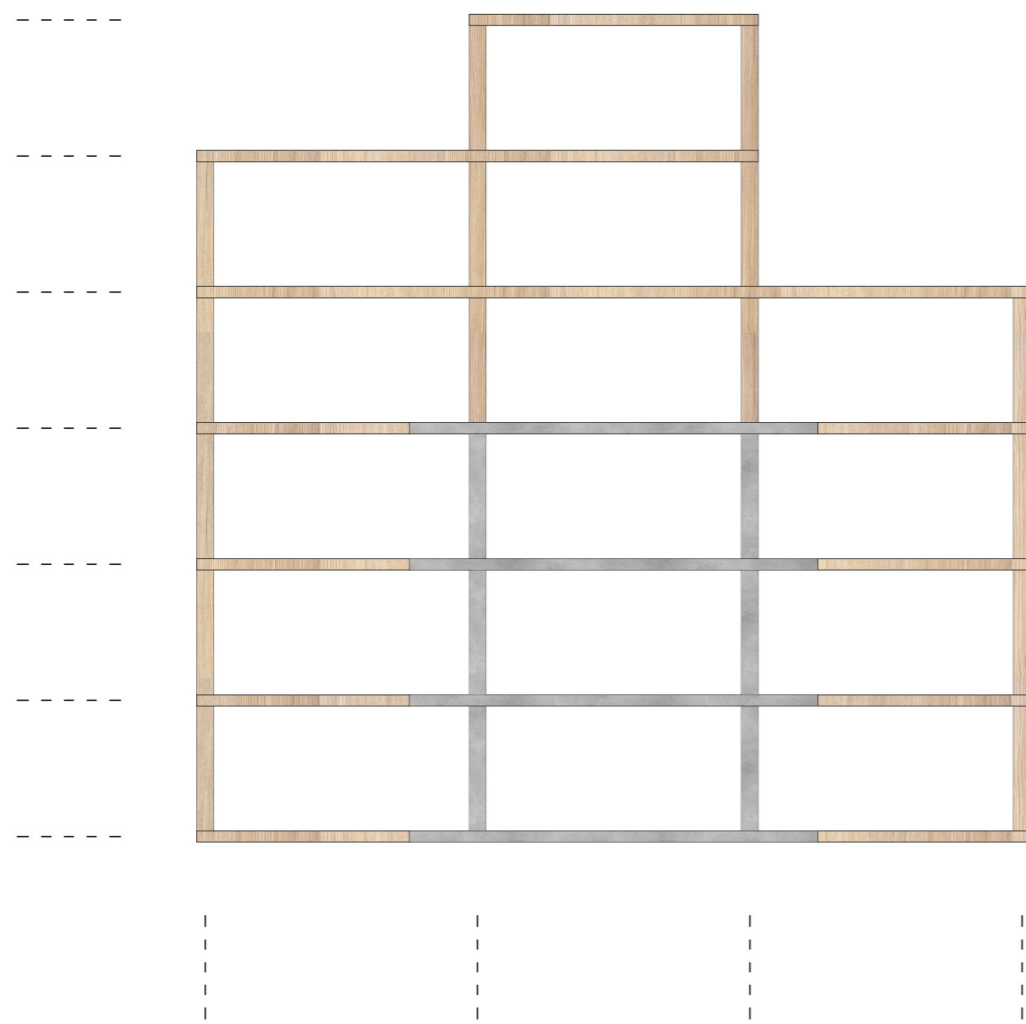
connection to the park

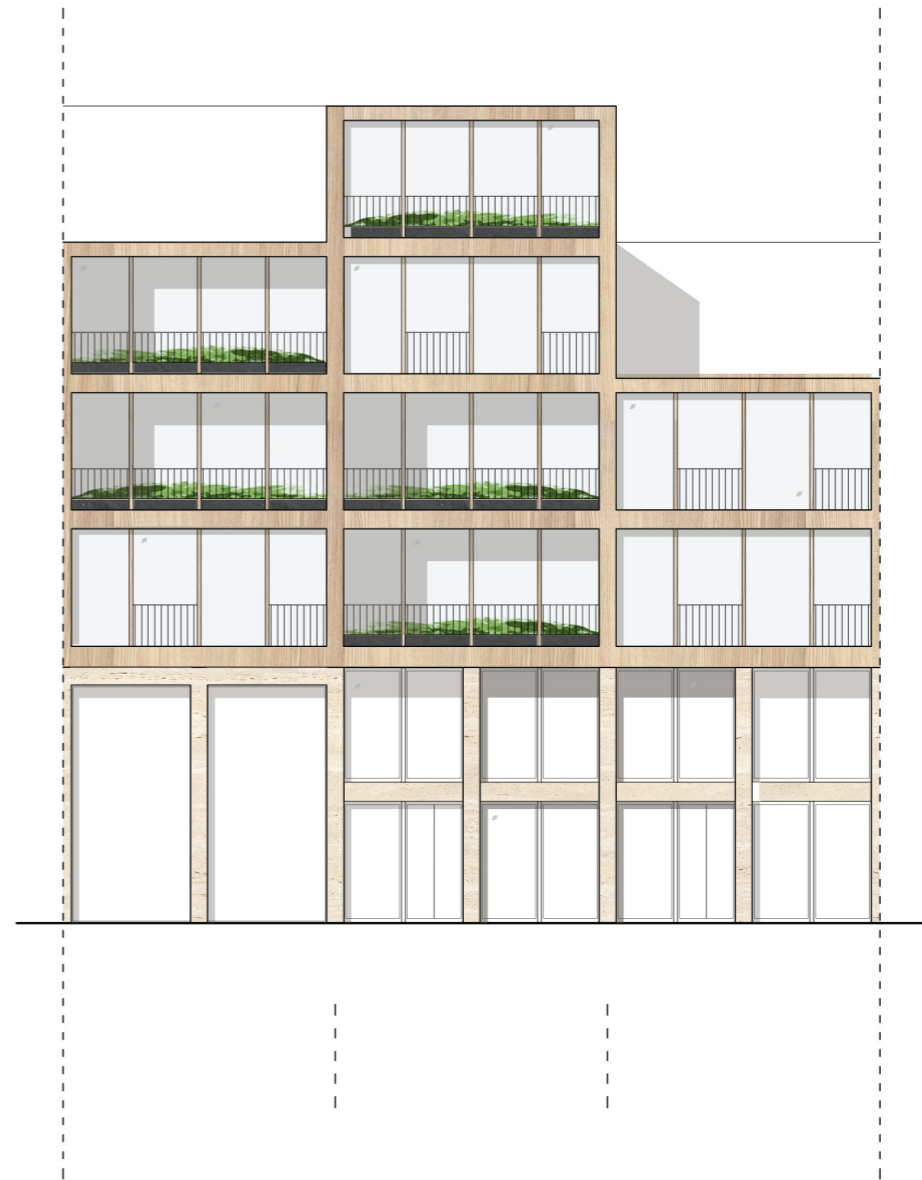
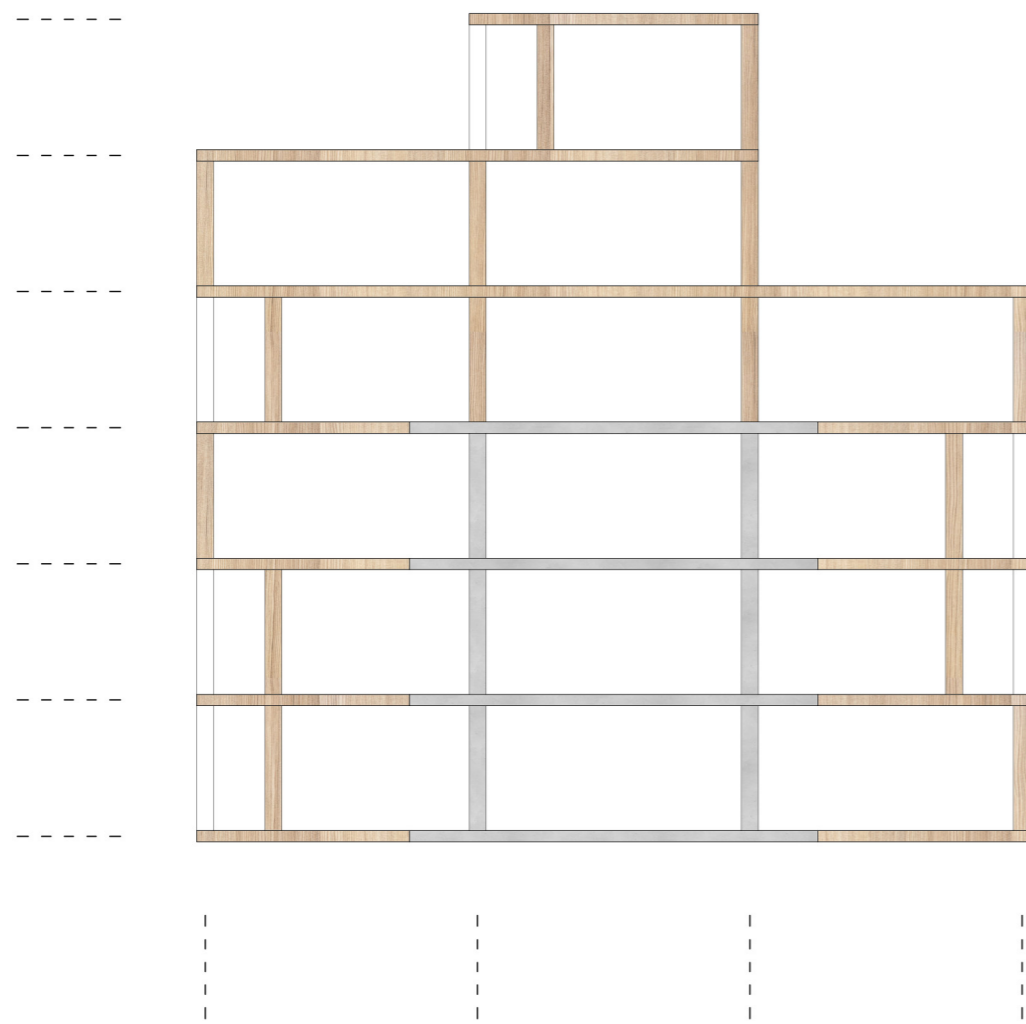














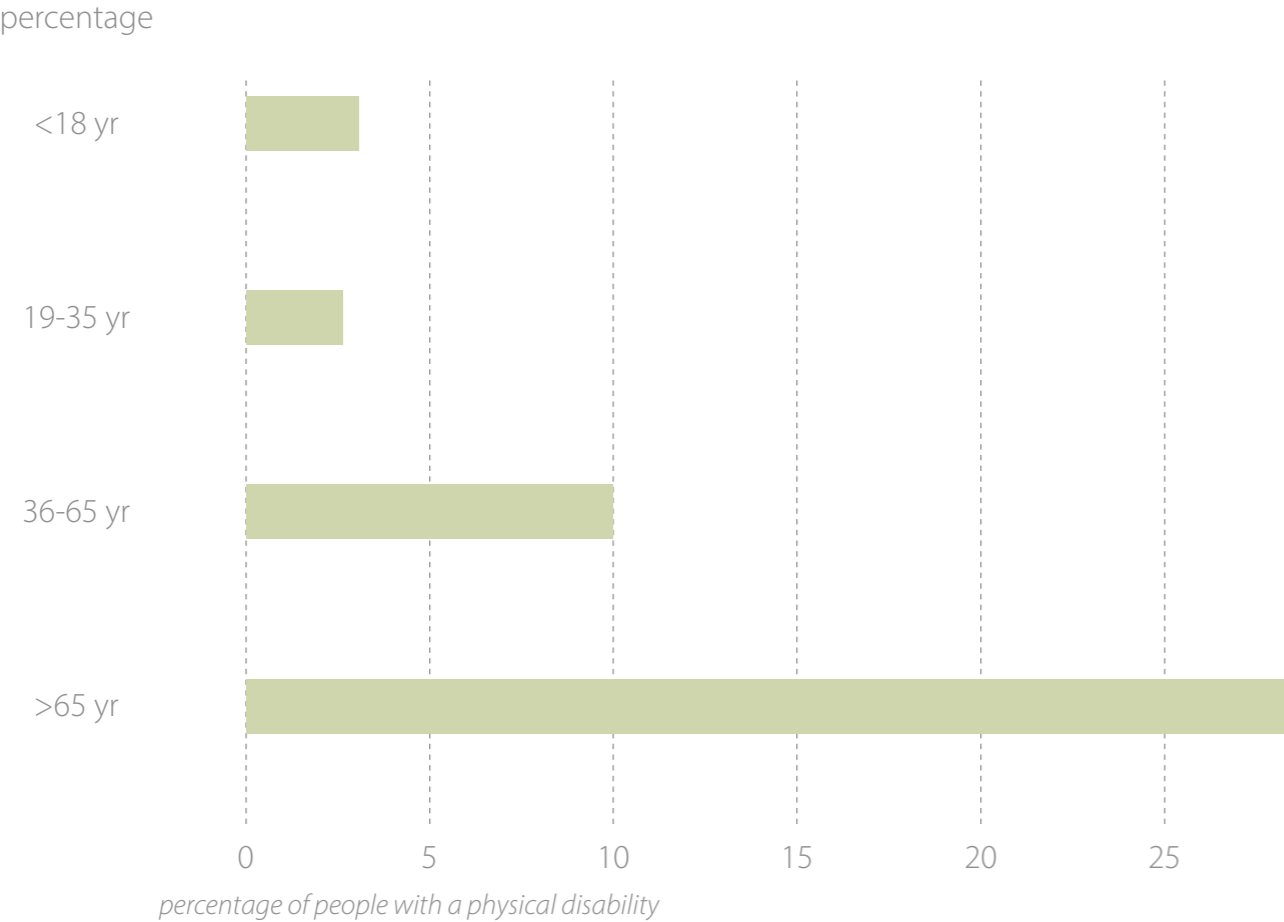


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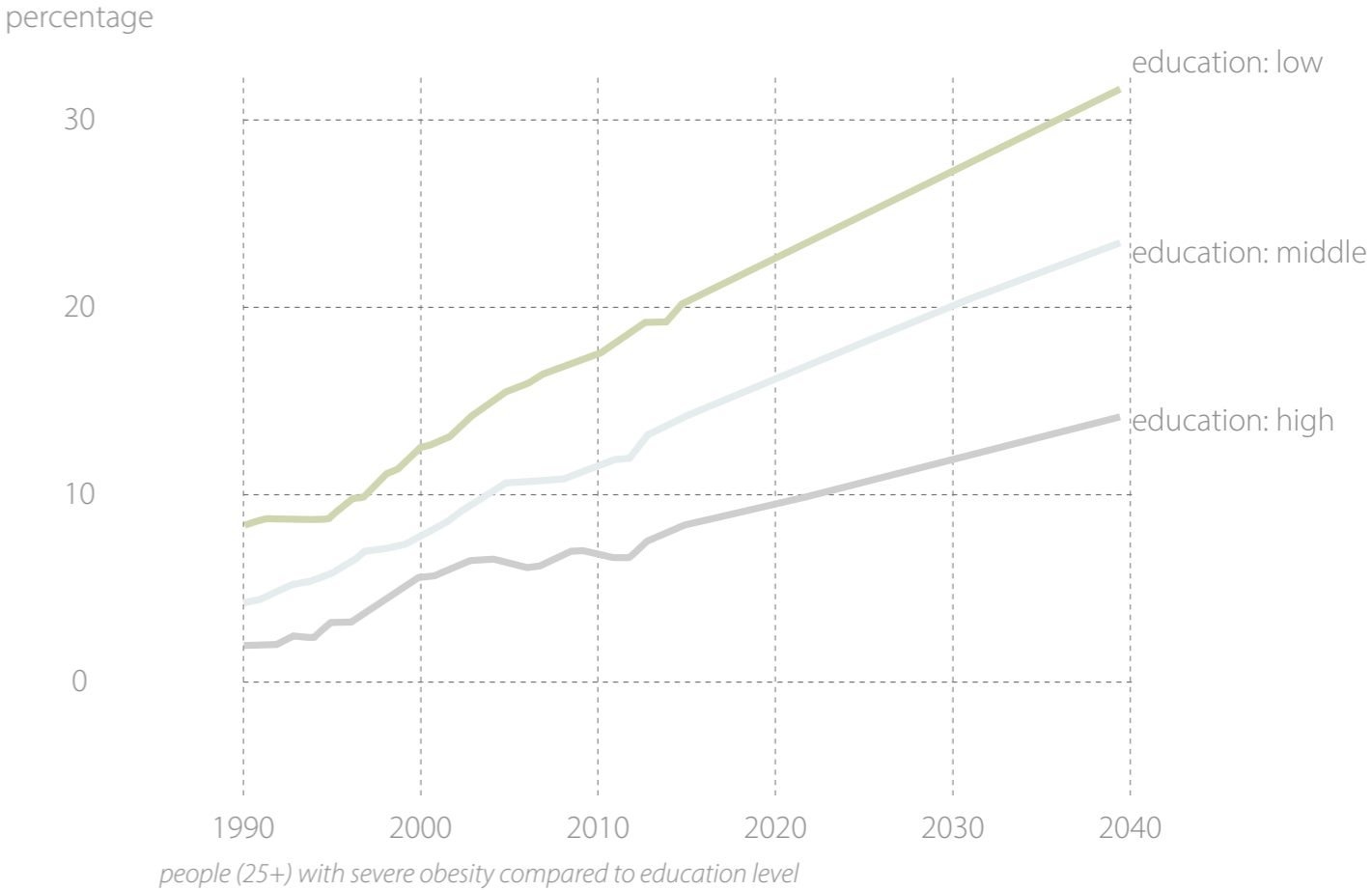
users and building organisation

who would benefit most?

physical health



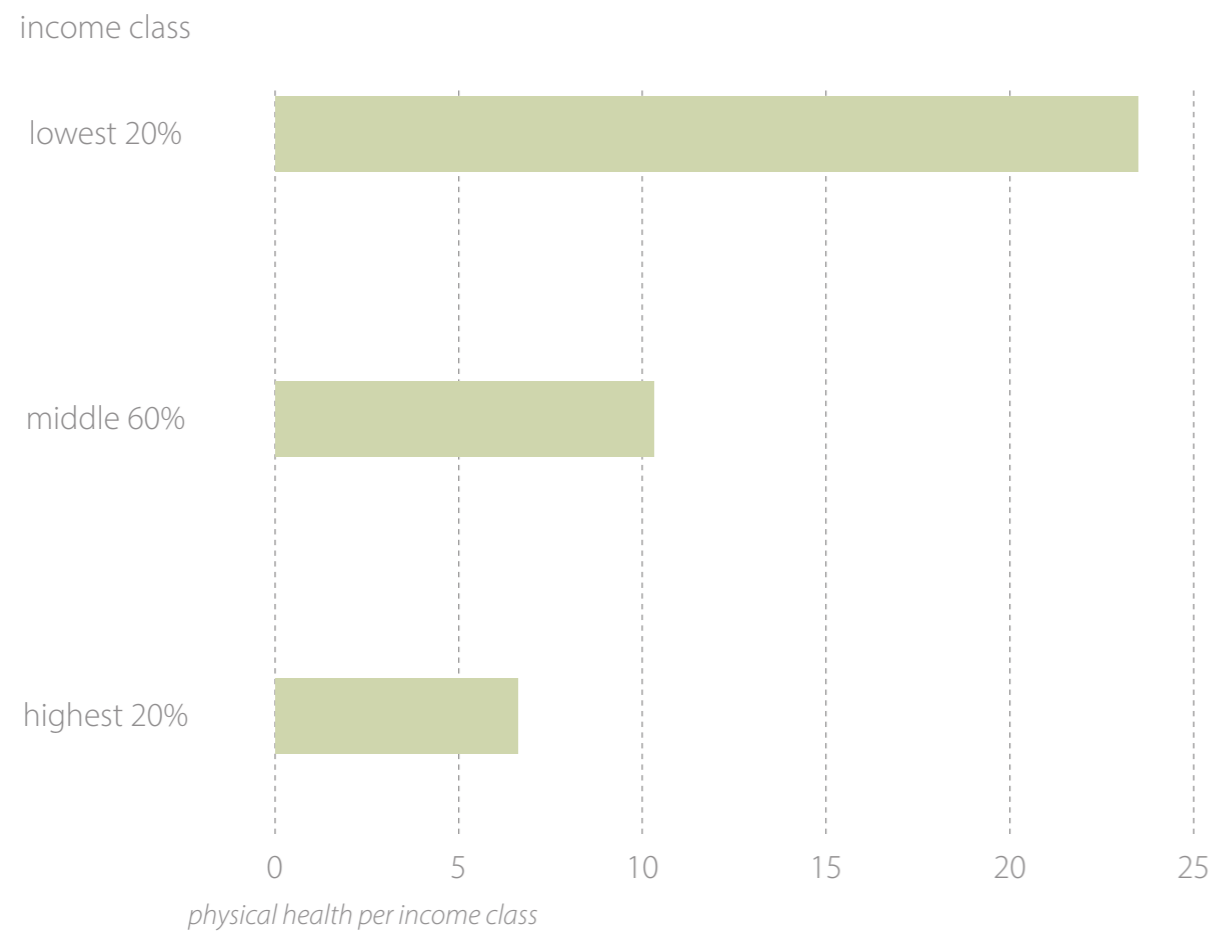
elderly



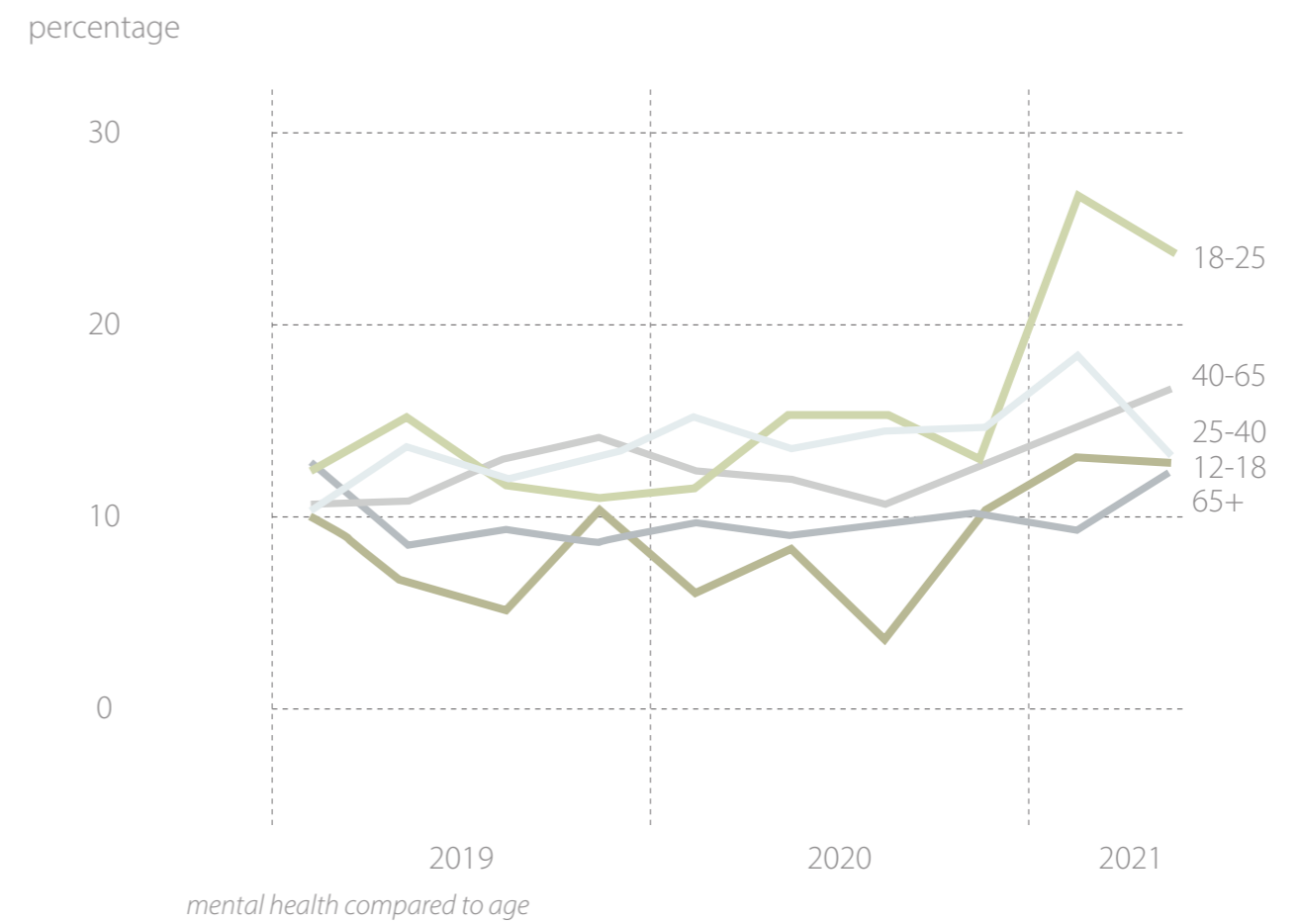
low social economic status

Kooiker, S. & Marangos, A.M. (2020). Gezondheid: De sociale staat van Nederland: 2020. Geraadpleegd via <https://digitaal.scp.nl/ssn2020/gezondheid>
 Ministerie van Volksgezondheid, Welzijn en Sport. (2018). Gezondheidsverschillen. Geraadpleegd via <https://www.vtv2018.nl/gezondheidsverschillen>

mental health

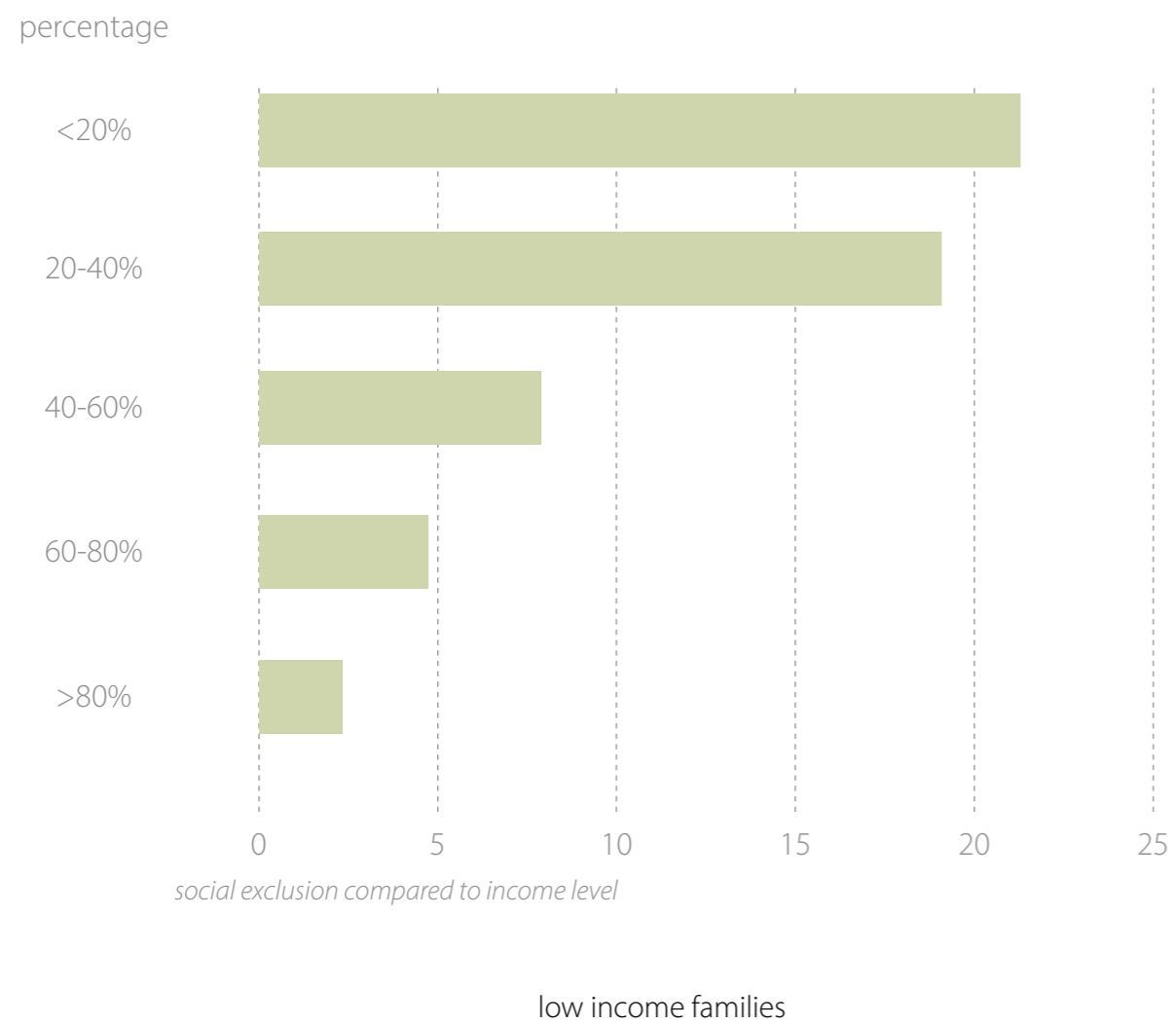


low income starters



young adults

social health

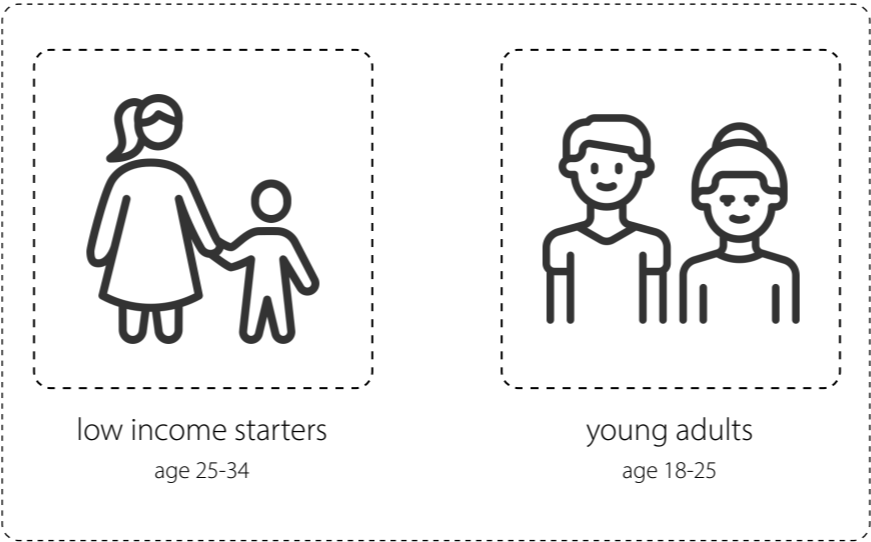




elderly

low socio economic status

physical health



low income starters
age 25-34

young adults
age 18-25

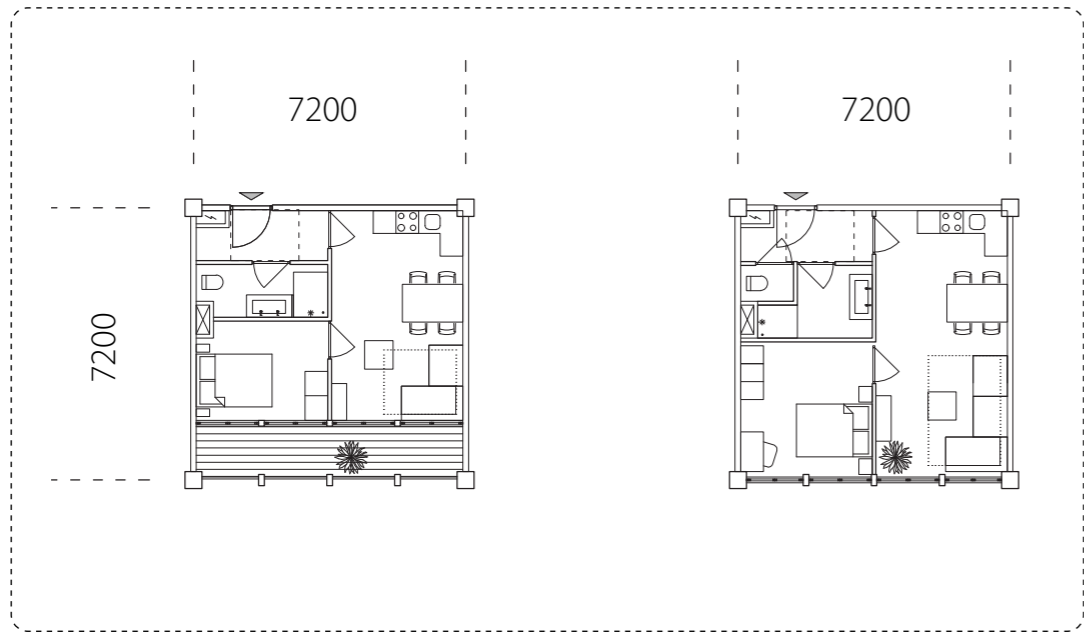
mental health



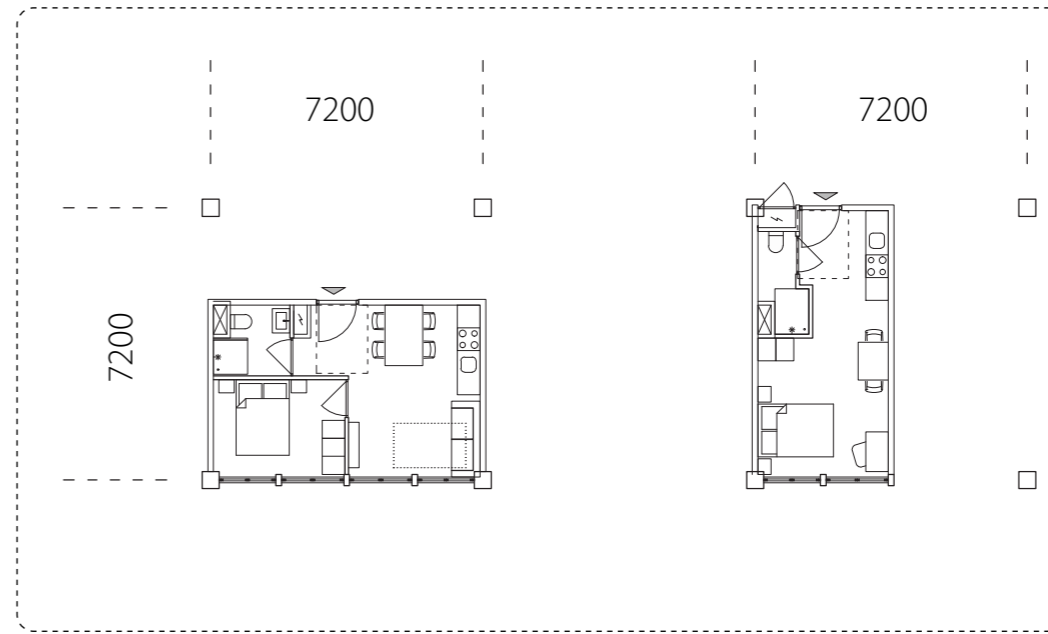
low income families

vulnerable groups

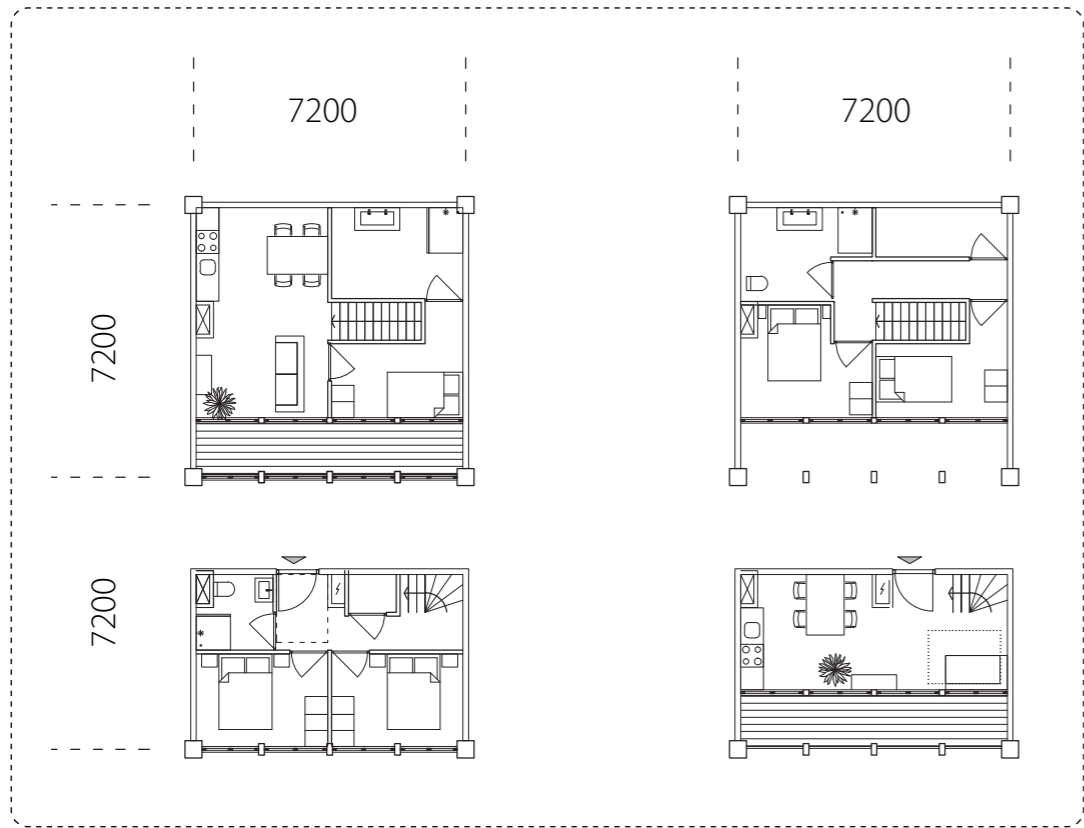
social health



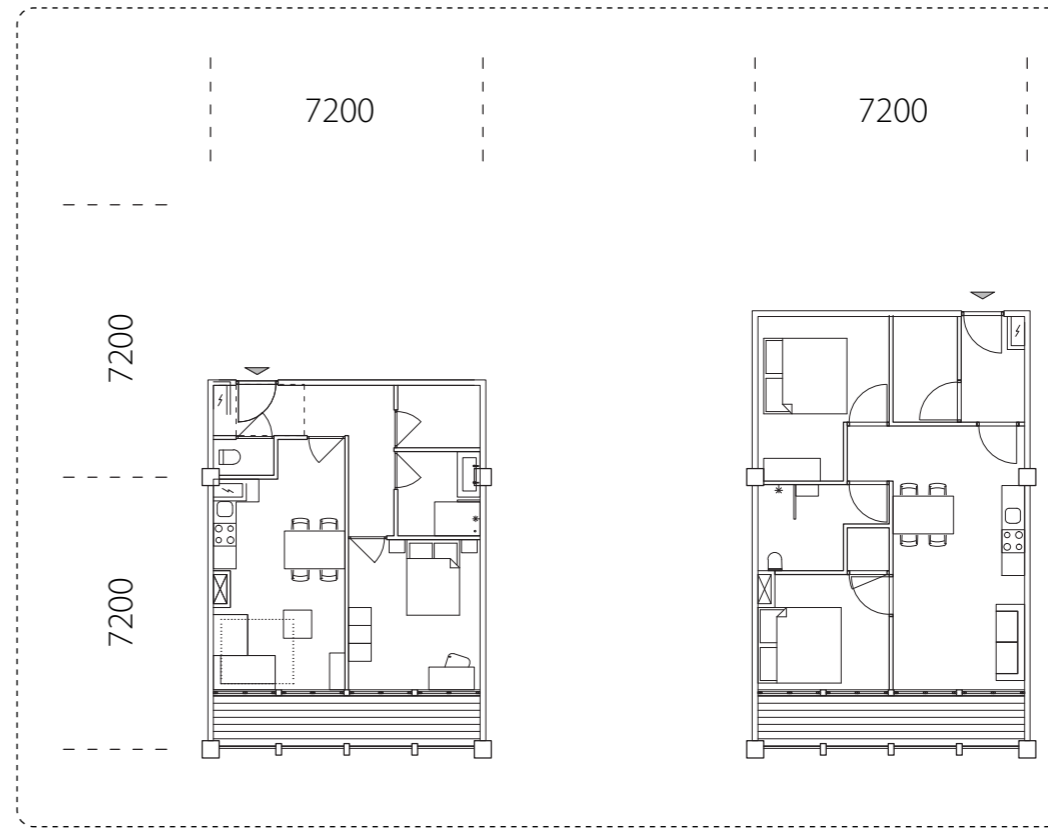
standard



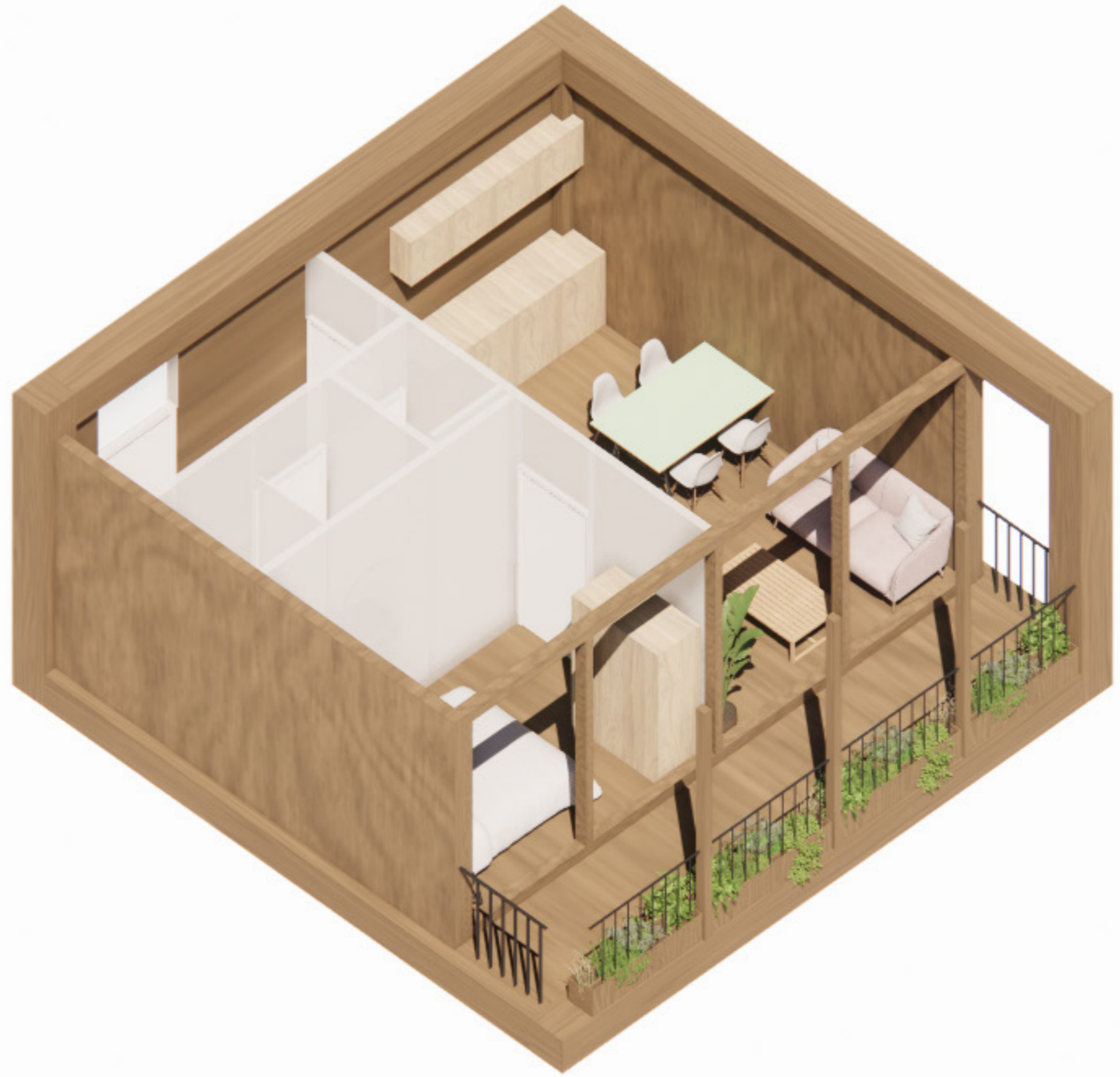
studio



maisonnette



double







natural materials

greenery

tv with lights

herbs

art

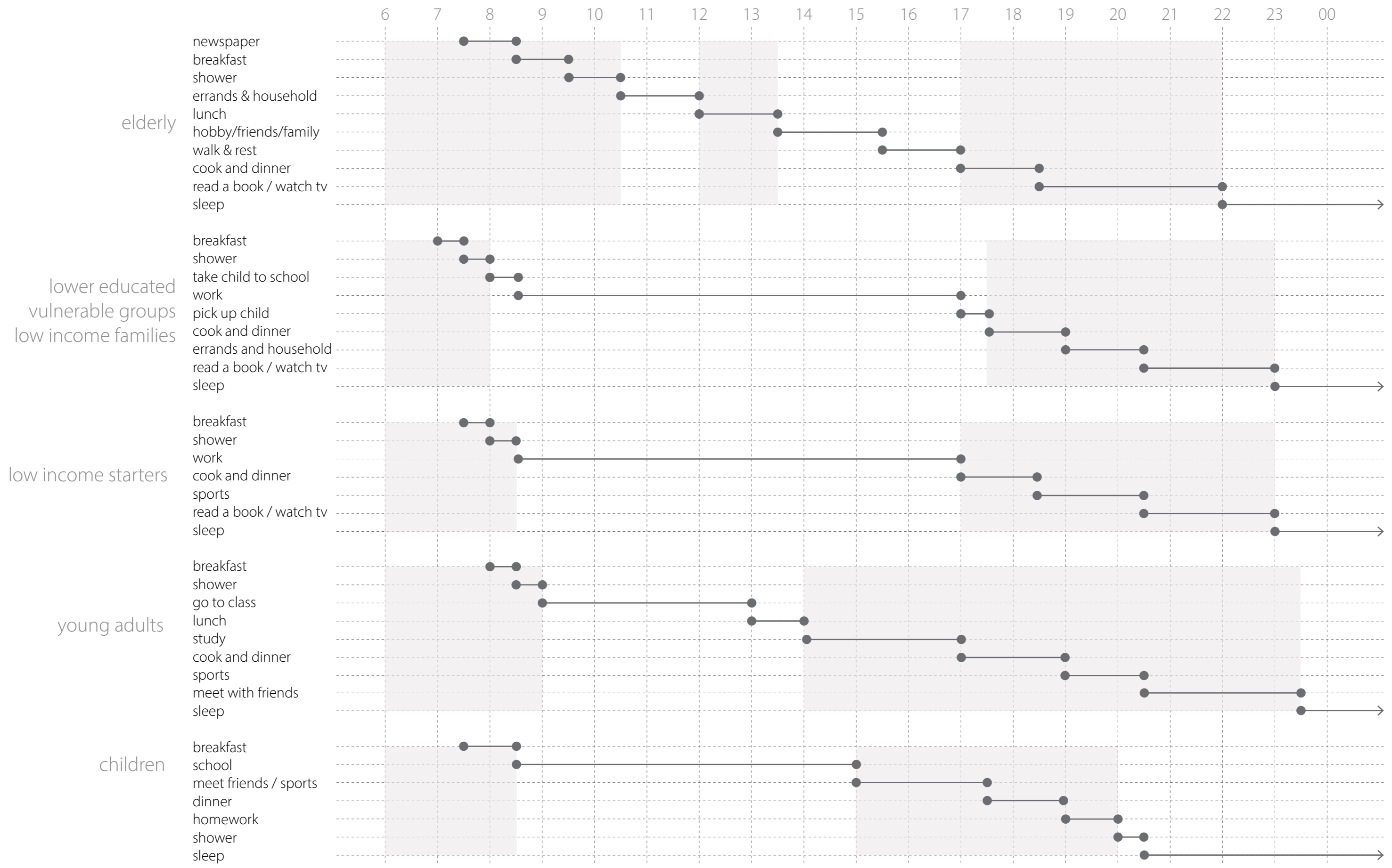
lights with a timer

display

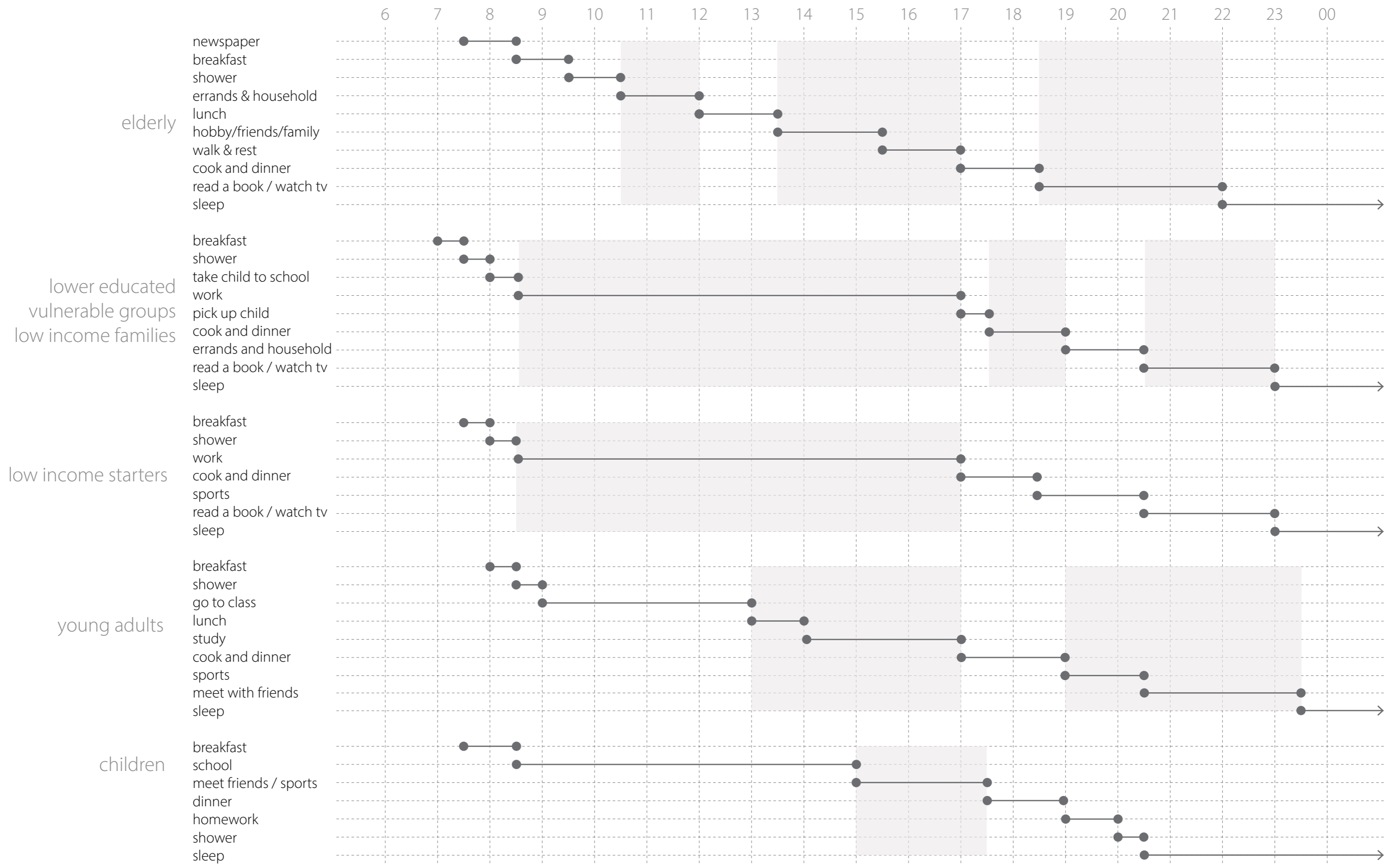
smaller plate

meals from the garden

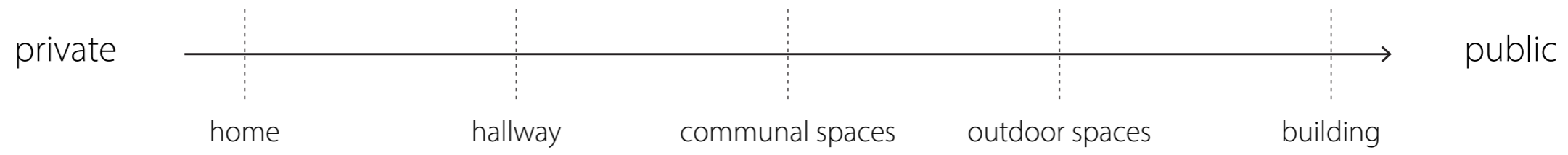




daily routine



daily routine



standard functions

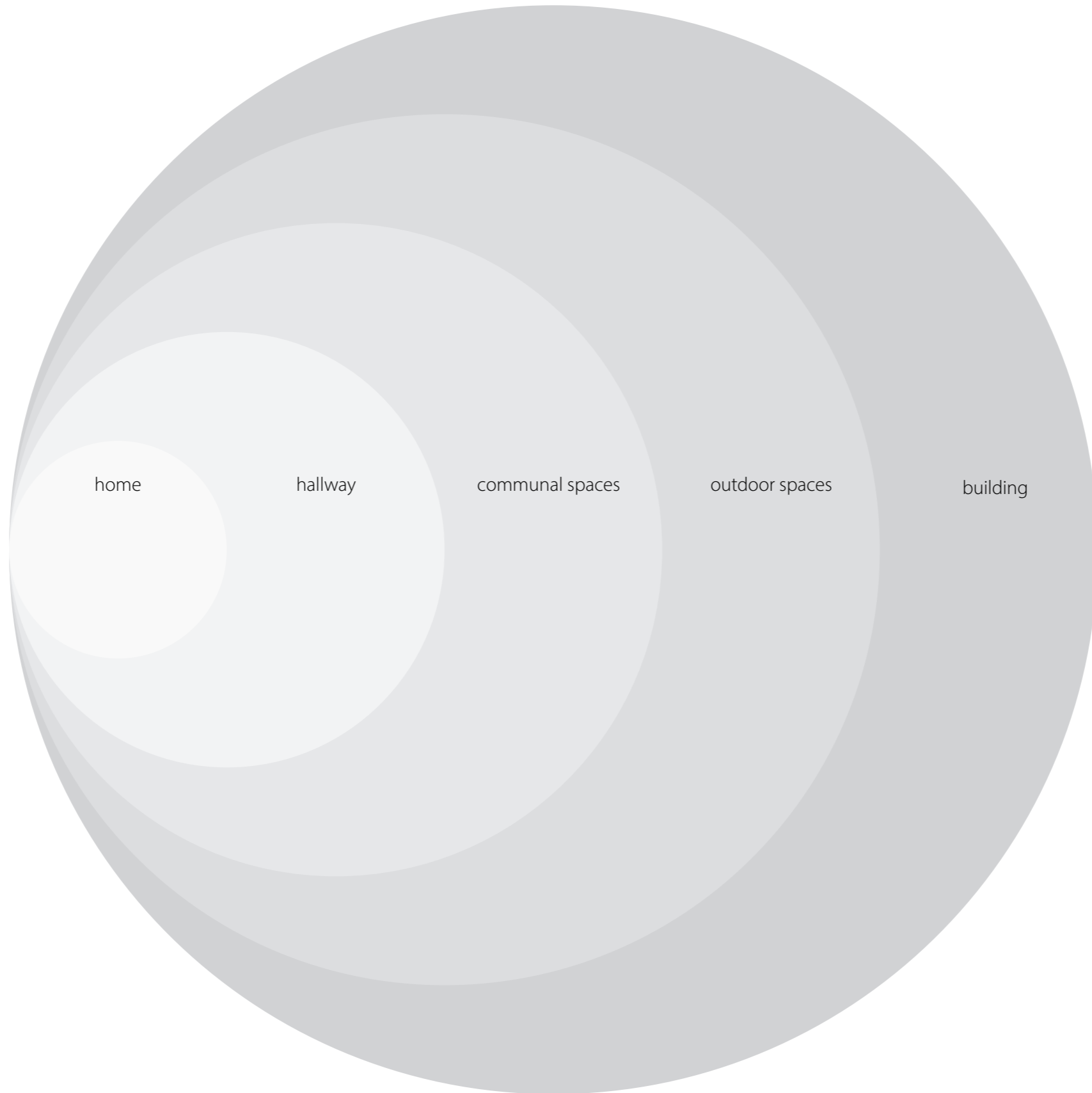


routine analysis



nudging framework





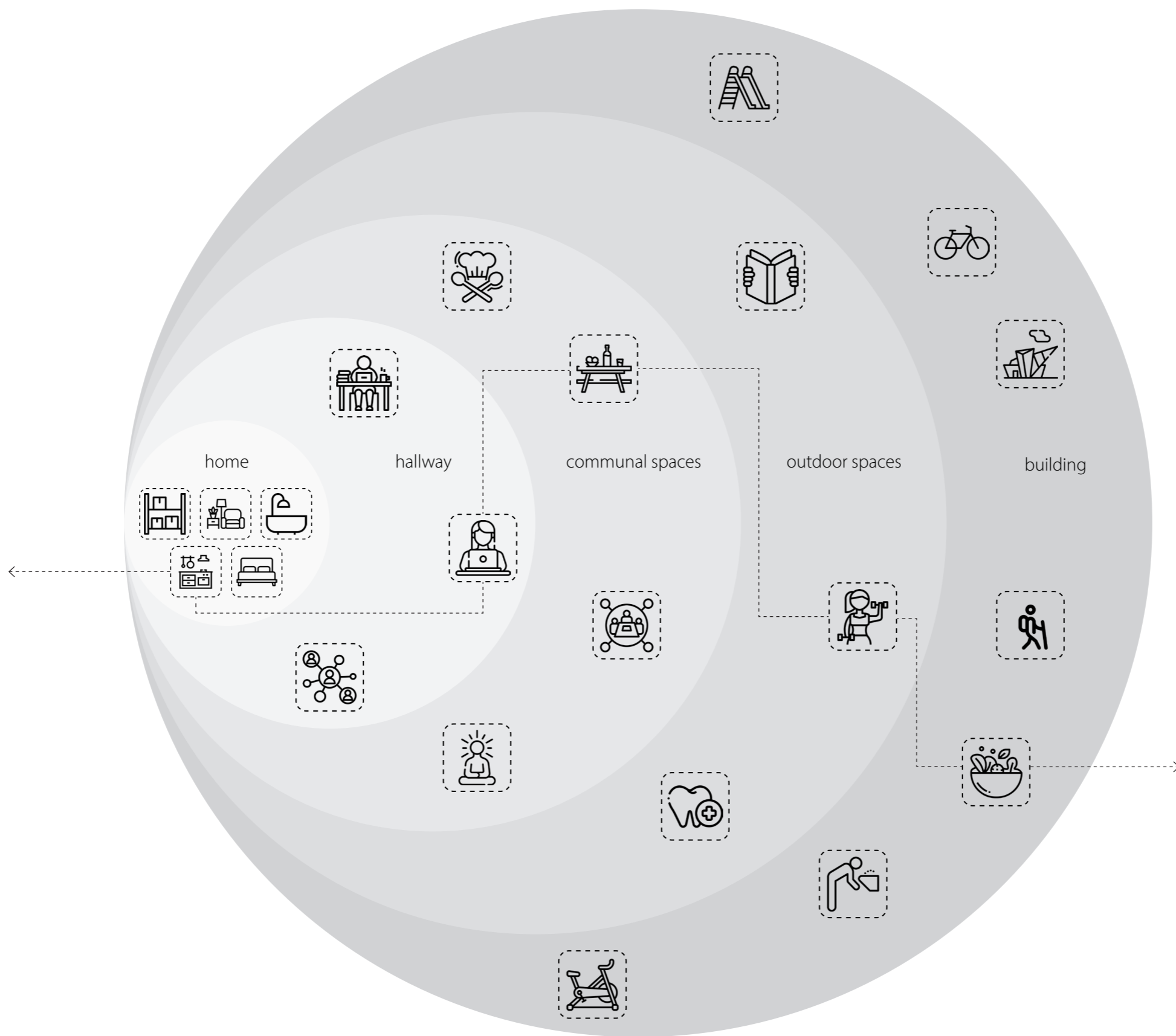
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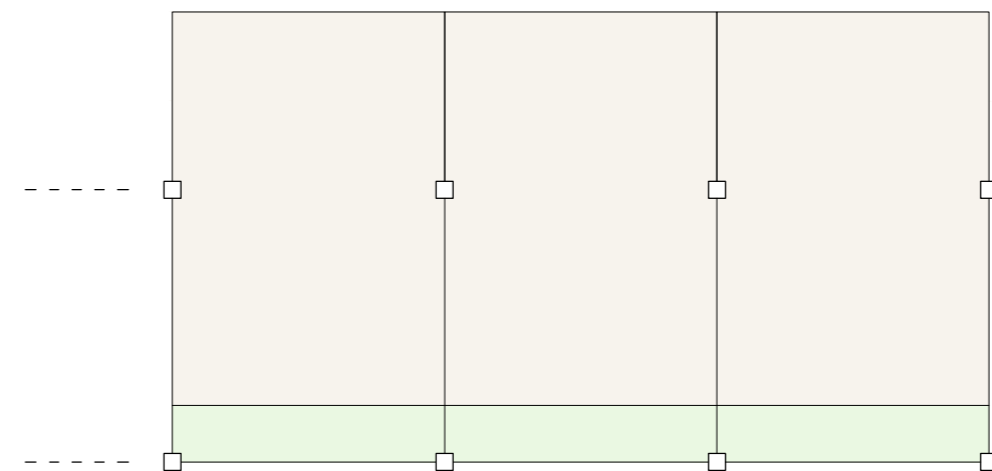
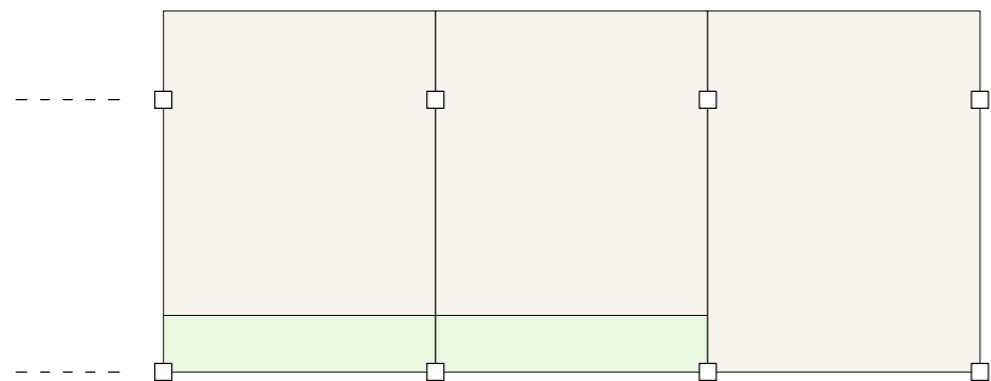
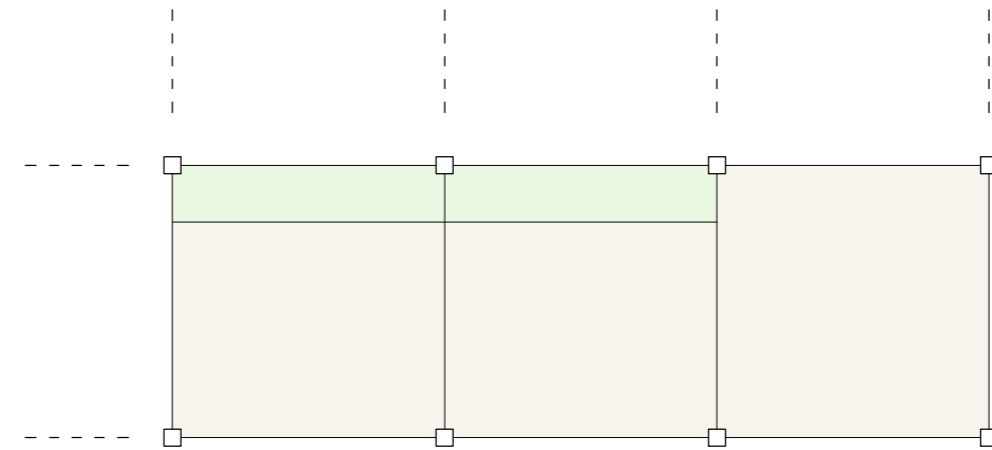
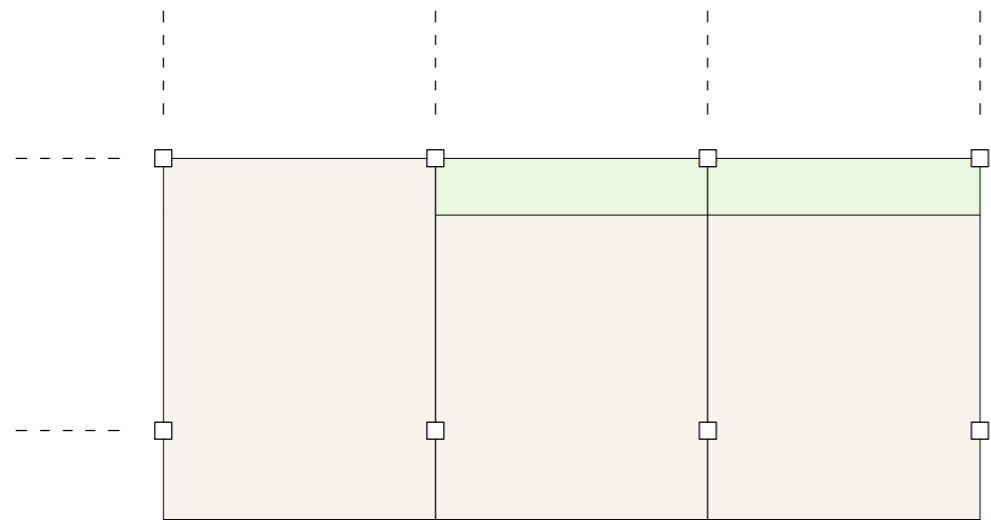
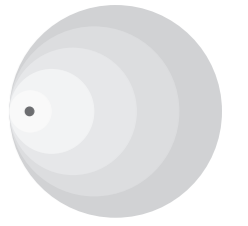
hallway

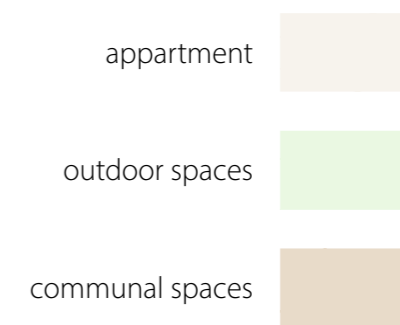
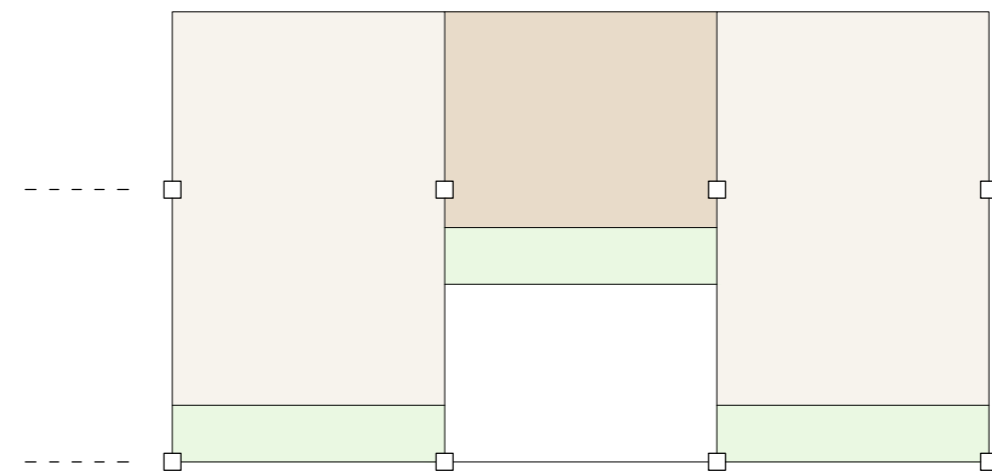
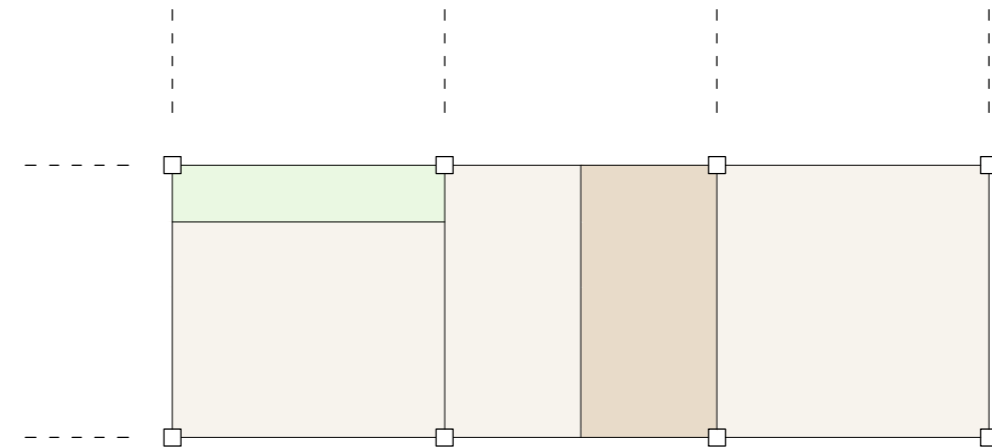
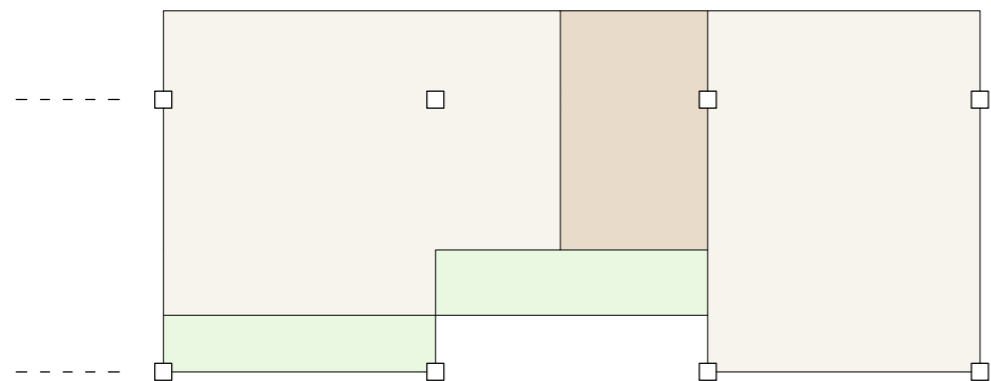
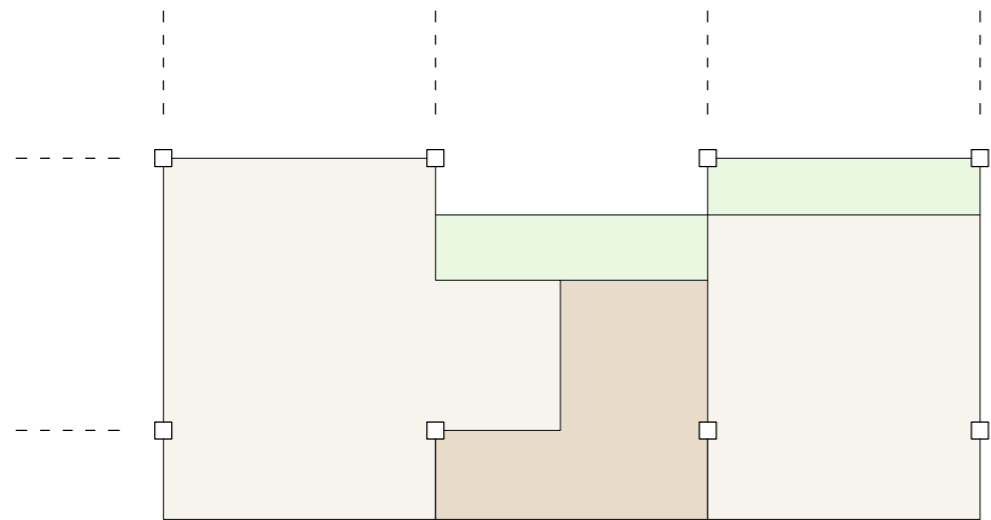
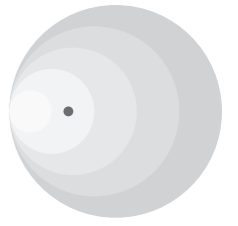
communal spaces

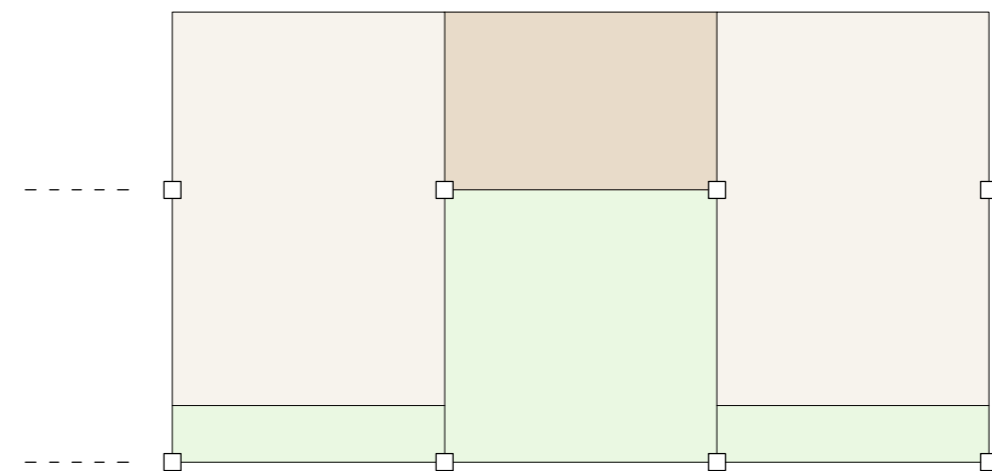
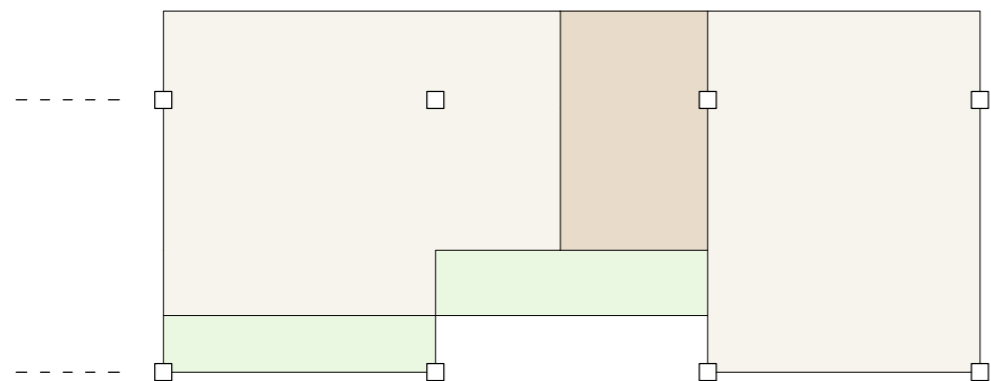
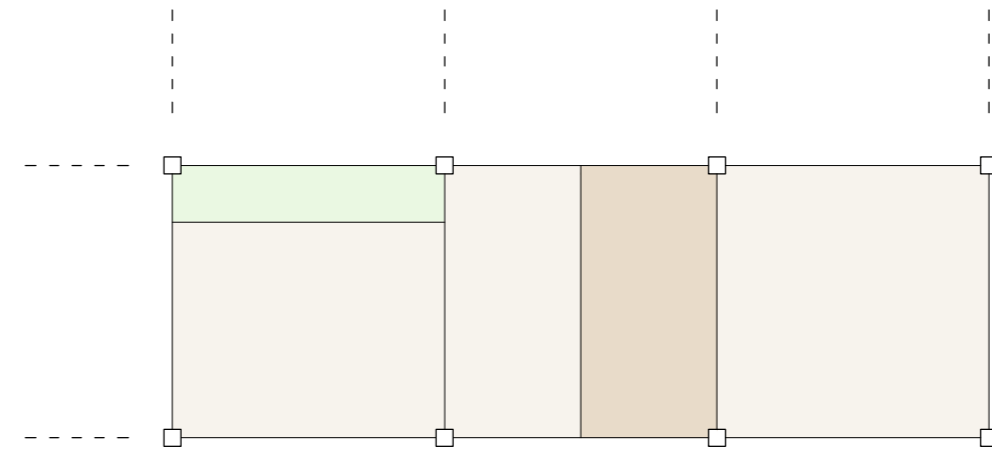
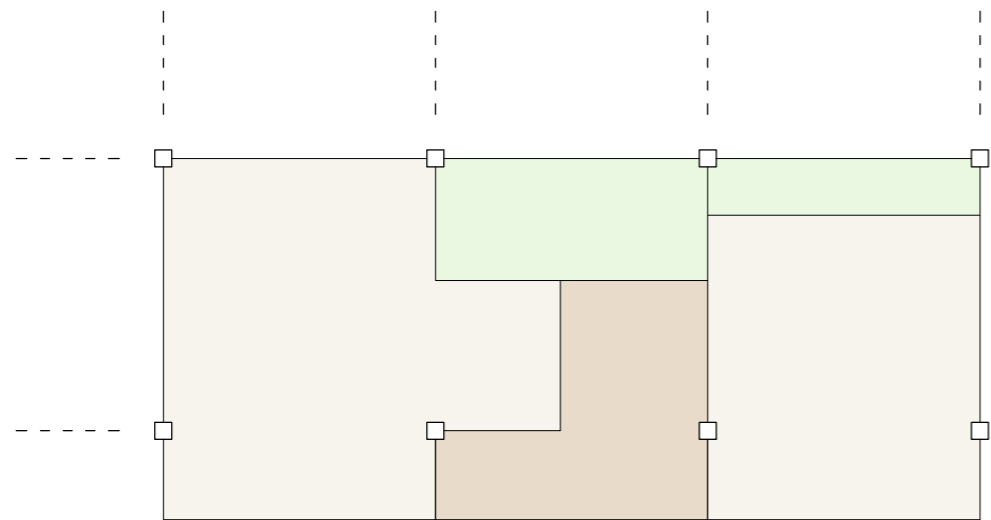
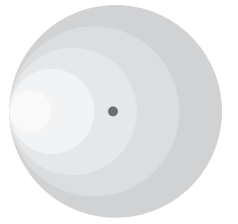
outdoor spaces



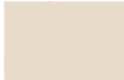
building







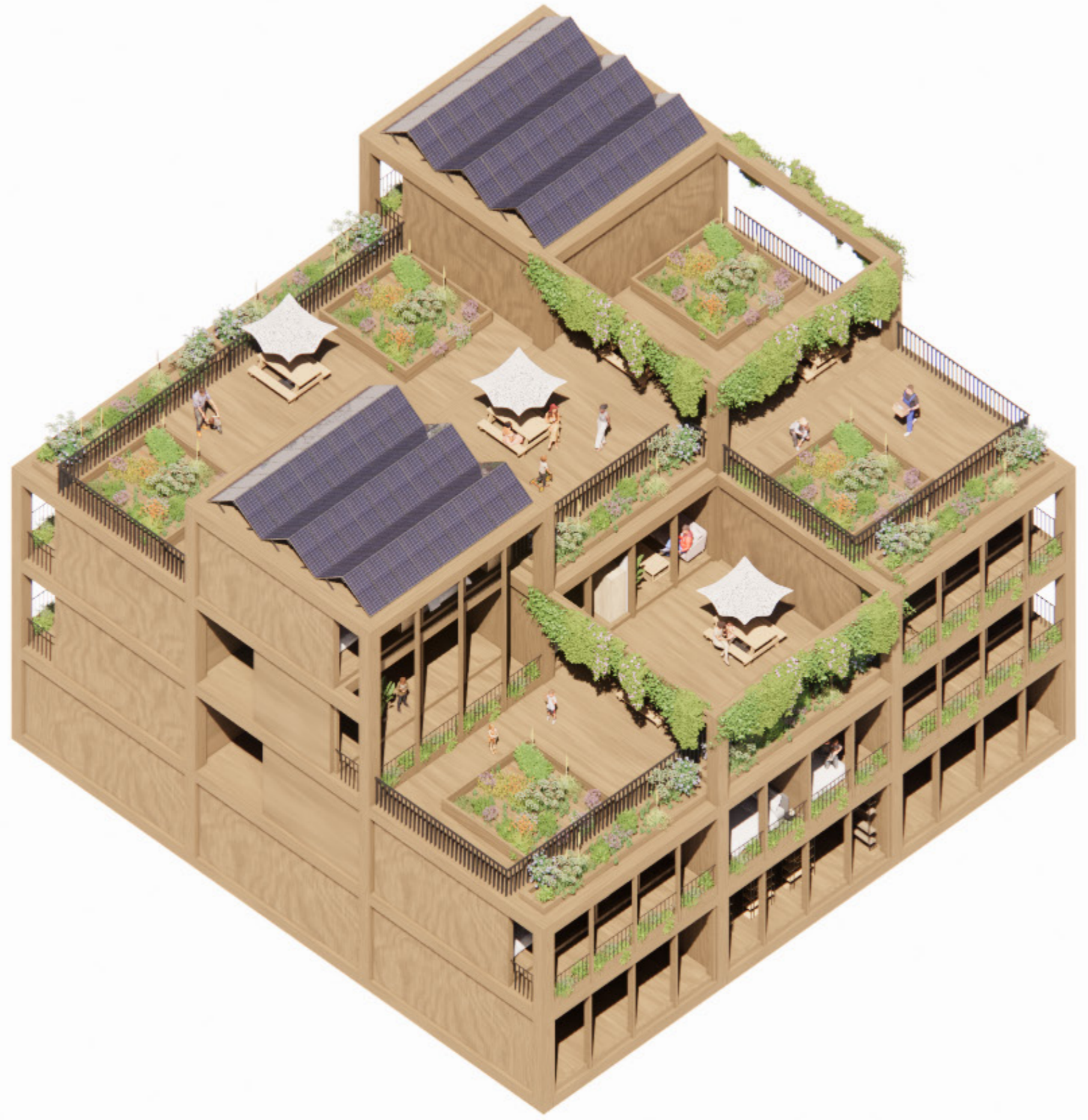


- apartment 
- outdoor spaces 
- communal spaces 









public functions

9.520m²

health functions

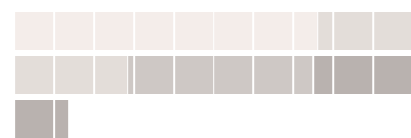
1850m²



fysio	500m ²
tandartsen	200m ²
huisarts	800m ²
apotheek	150m ²

sports functions

2160m²



sportzaal	760m ²
zwembad	515m ²
clubhuis	465m ²
fitness	420m ²

communal

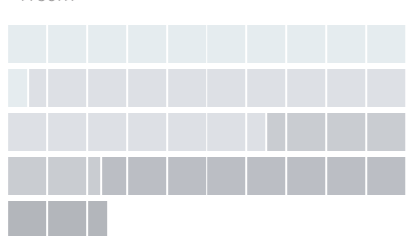
1350m²



woonkamers	100m ²
keukens	100m ²
restaurant	770m ²
kantine	380m ²

public functions

4160m²



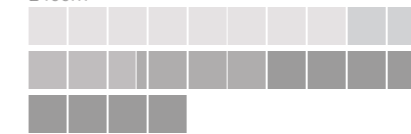
flex kantoor	1050m ²
bibliotheek	1600m ²
commercieel	580m ²
supermarkt	820m ²
entree	250m ²

apartments

14.795m²

supporting

2400m²



fietsenstalling	800m ²
installaties	200m ²
wateropslag	280m ²
bergingen	310m ²
parkeren	810m ²

communal

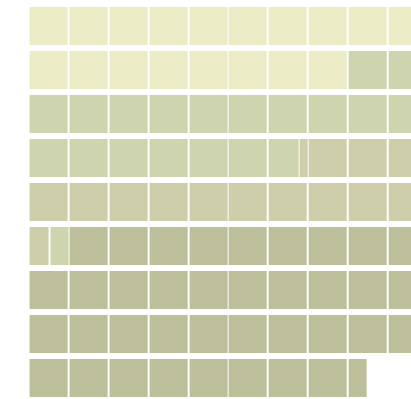
550m²



mentaal	200m ²
fysiek	300m ²
sociaal	250m ²

apartments

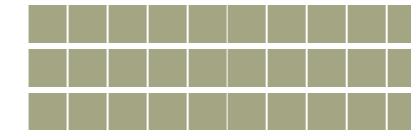
8845m²



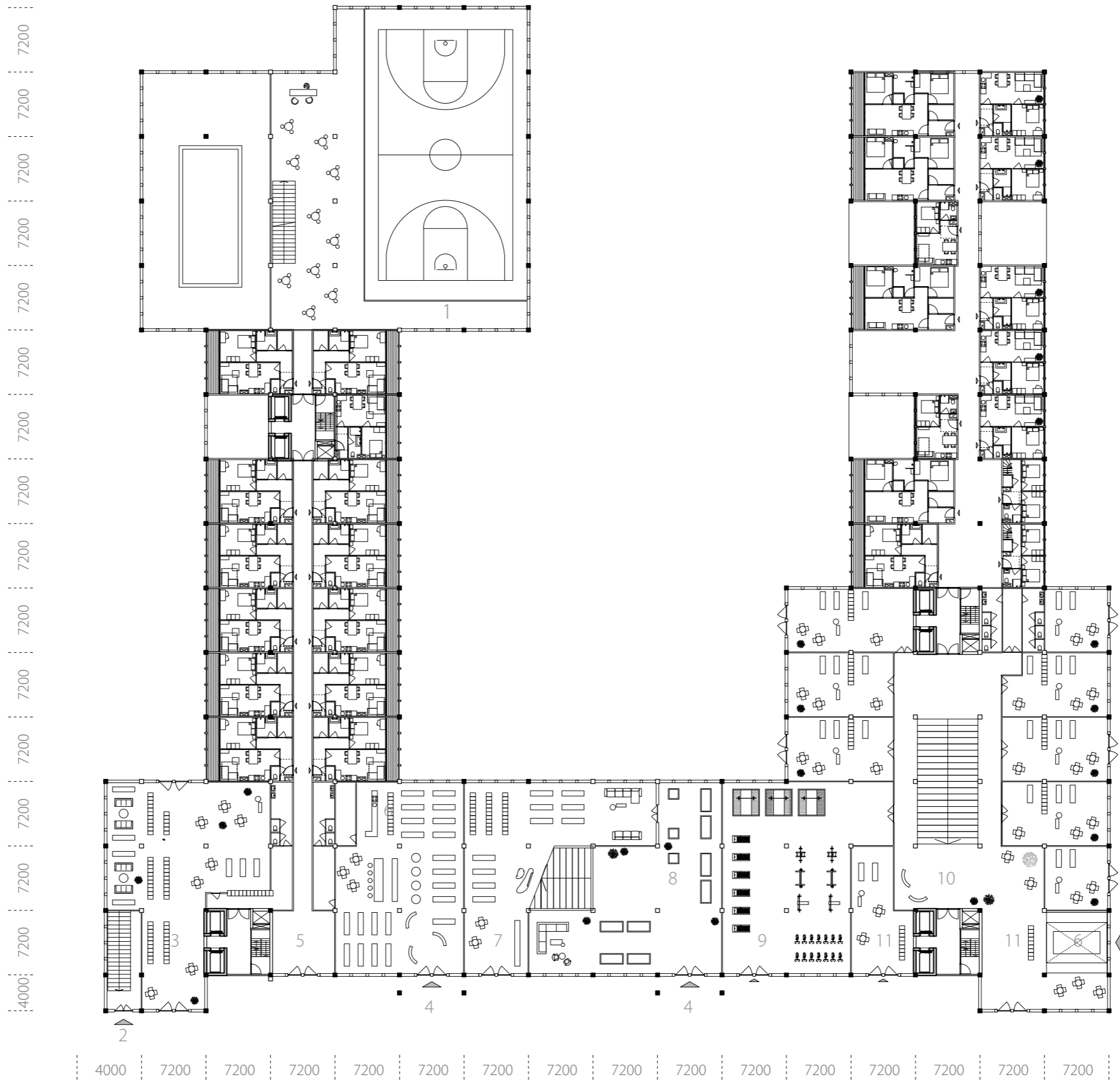
studio	1800m ²
standaard	1880m ²
maisonnette	1365m ²
dubbel	3800m ²

outdoor spaces

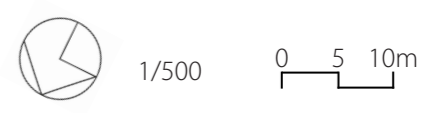
2400m²

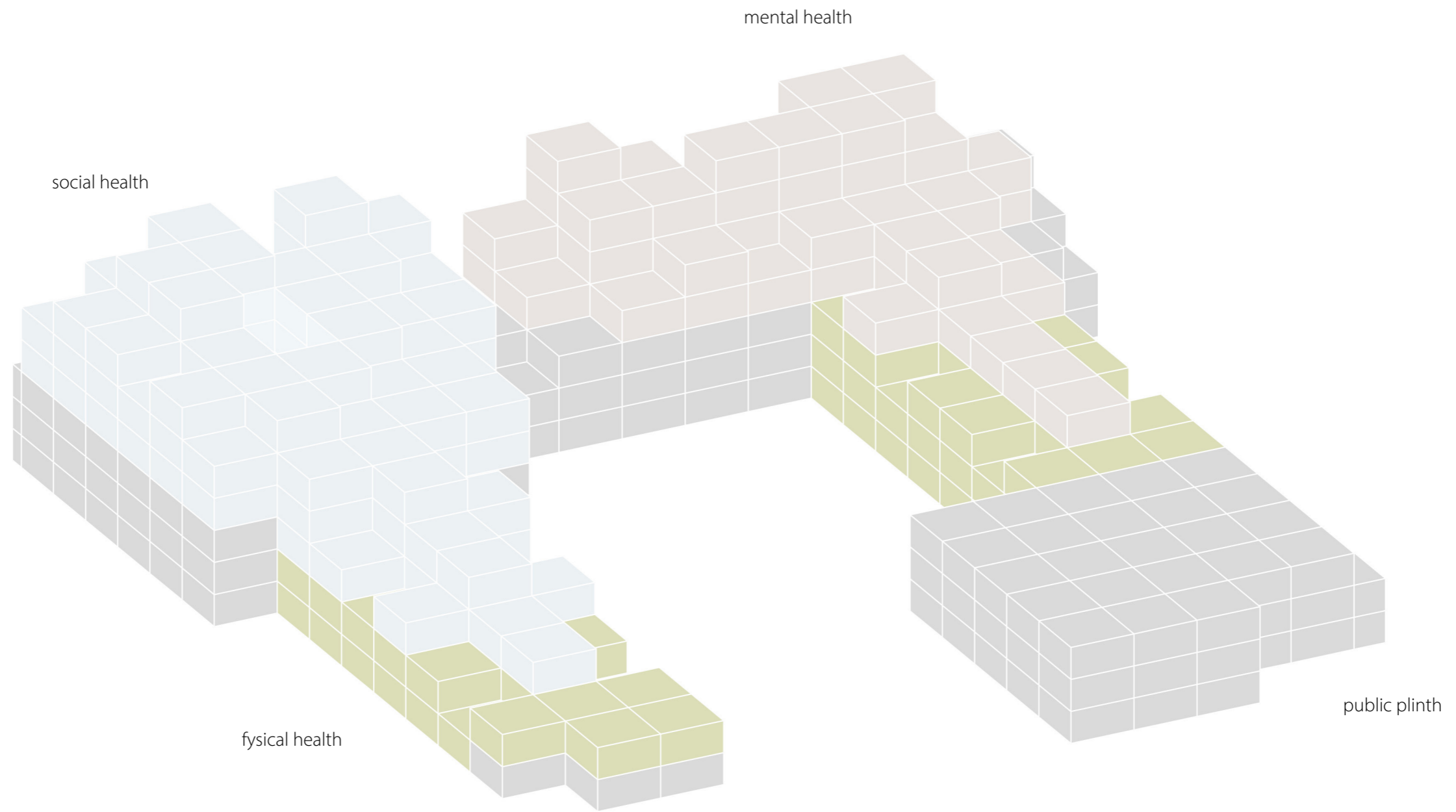


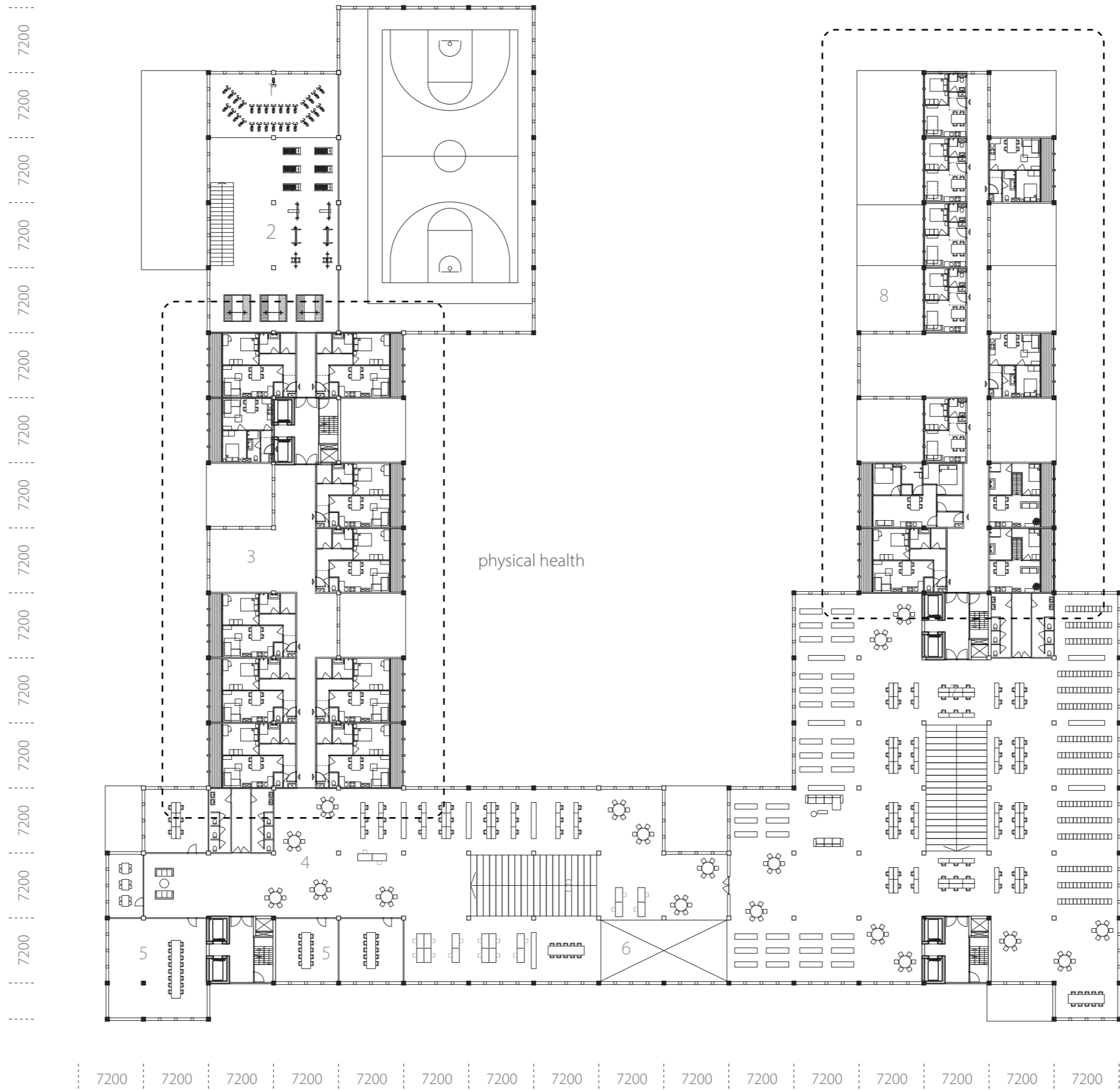
gezamenlijk	3000m ²
-------------	--------------------



- Floorplan 00
1. gym balustrade
 2. entree bike storage residents
 3. commercial space
 4. entrance
 5. lobby apartments
 6. healthy supermarket
 7. bookstore
 8. lobby & sale vegetable garden
 9. fitness space
 10. health functions
 11. entrance health centre



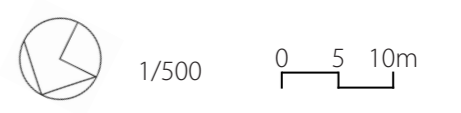




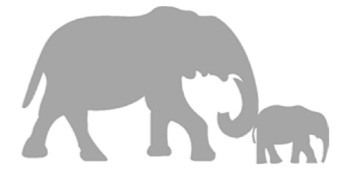
physical health

physical health

- floorplan 01
- 1. bike storage
 - 2. fitness space
 - 3. communal space
 - 4. flex office space
 - 5. meeting spaces
 - 6. vide
 - 7. library and reading rooms
 - 8. communal outdoor spaces







natural materials

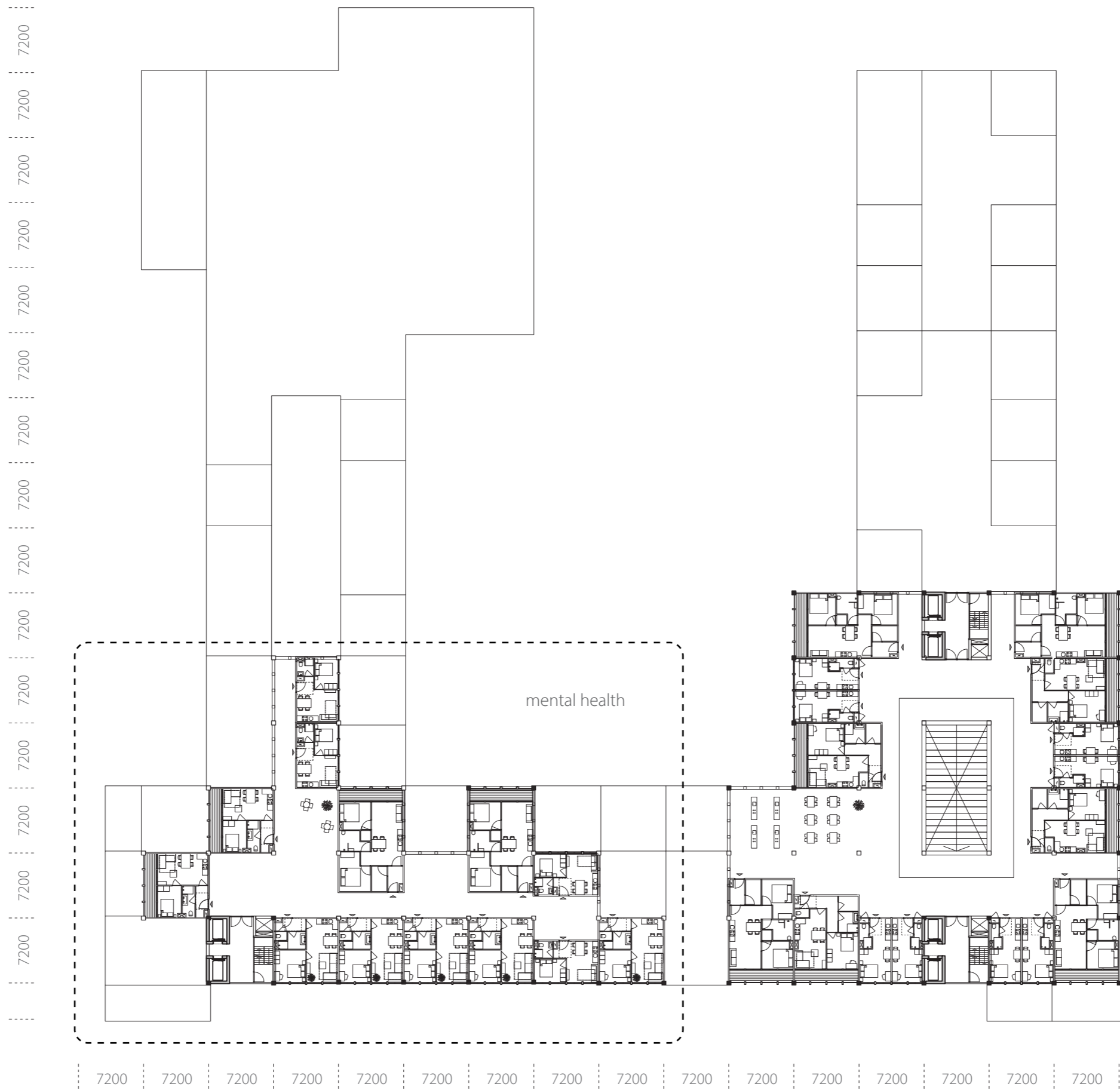
healthy cafeteria

transparent plinth

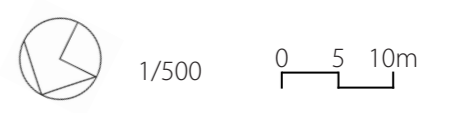
health functions



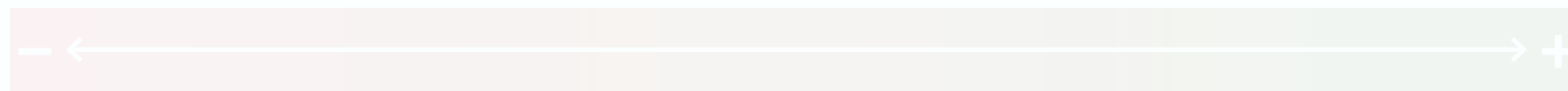
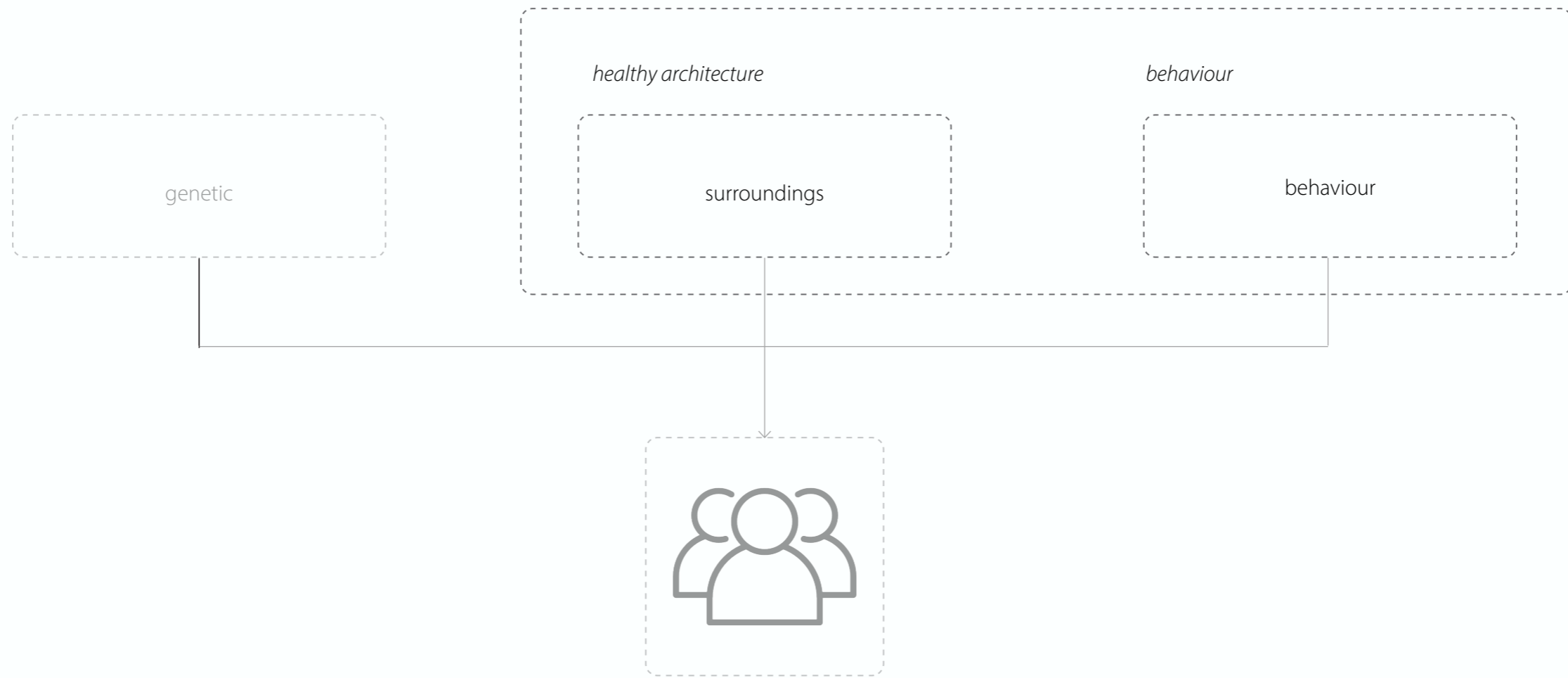




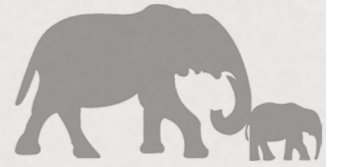
floorplan 03







'the healthiest building'



natural materials

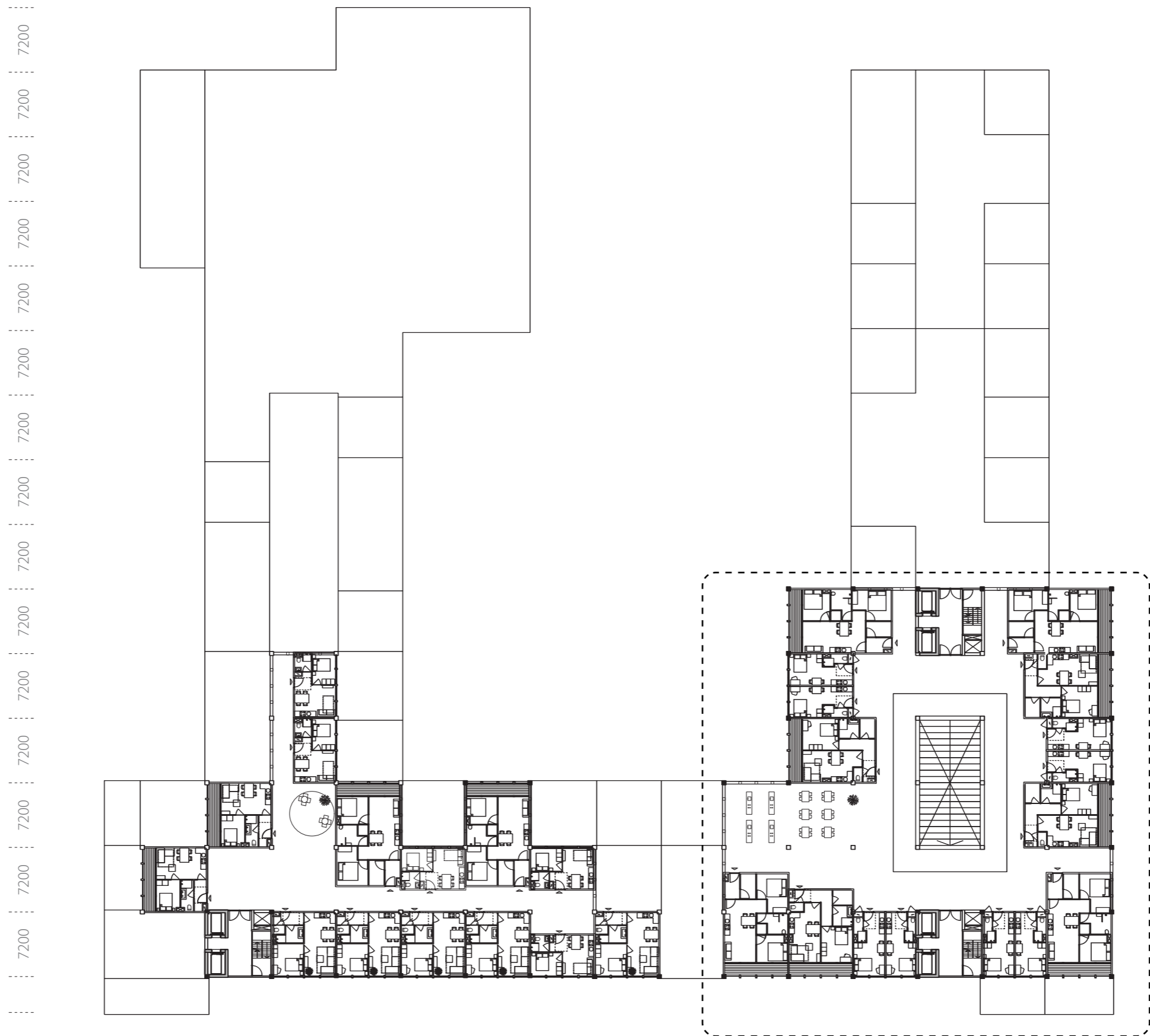
greenery

art

furniture views outdoor

place for withdrawal






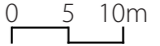
social health

floorplan 03

1/500



0 5 10m







routing with interaction

windows facing the gallery

communal spaces

room to play



communal kitchen



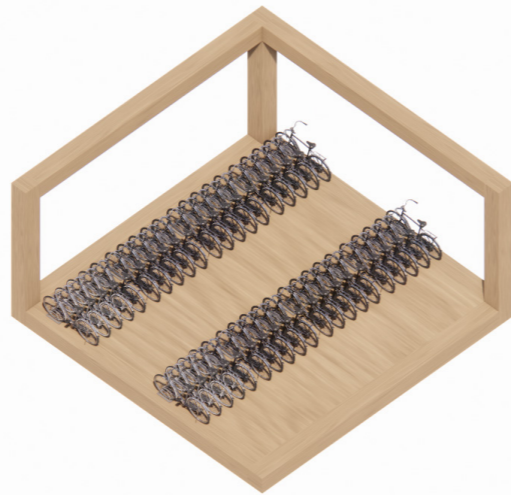
place for withdrawal



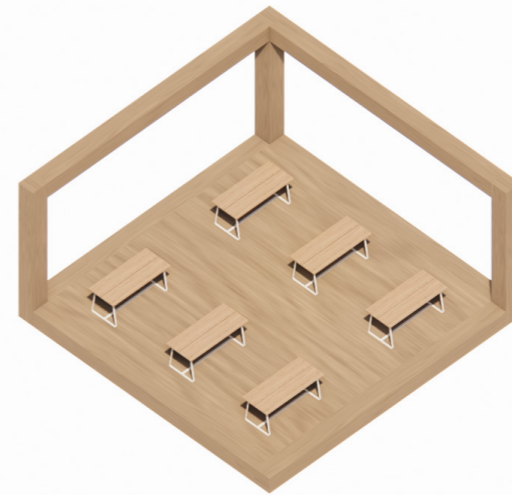
playground



supermarket



bike storage



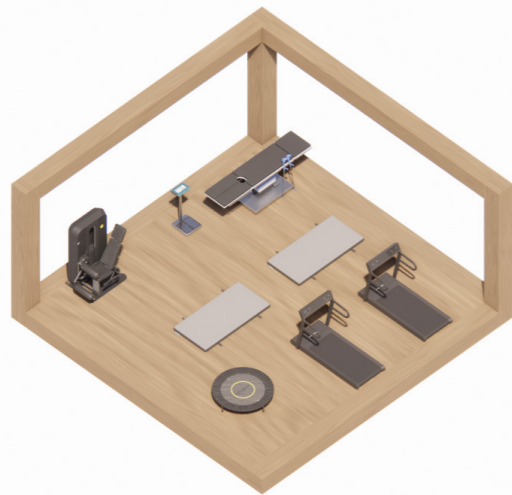
workspace



flex office

communal functions





physical therapist



dentist



fitness

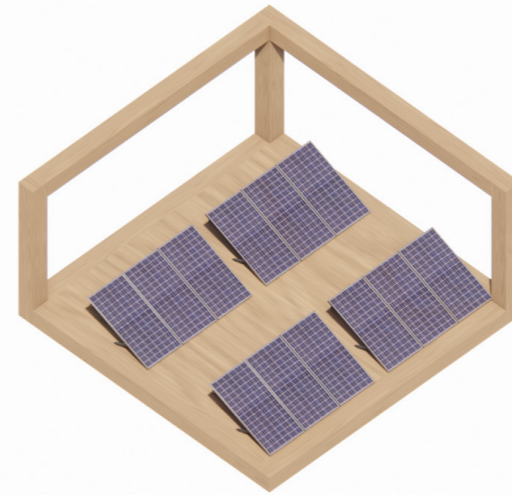
health functions



private balcony



communal outdoor space



solar roof



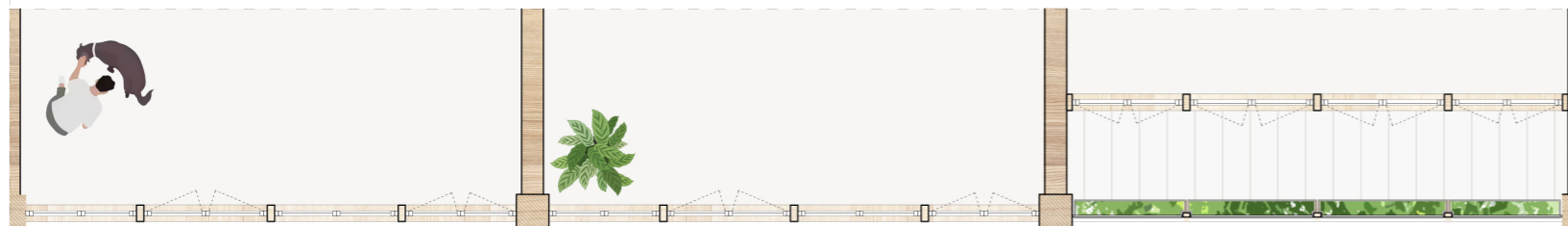
vegetable gardens

outdoor spaces



5

building technology



21.900m

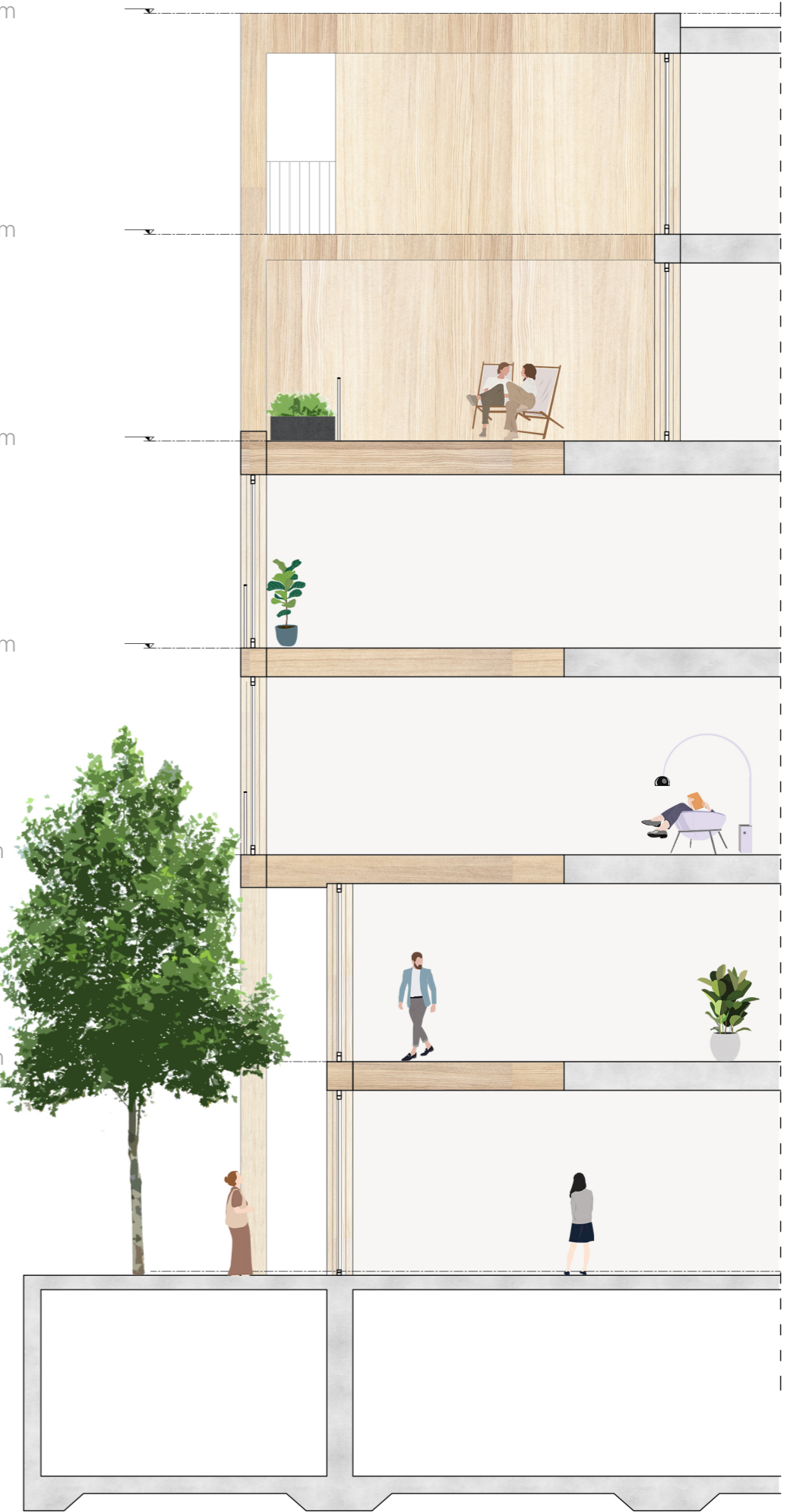
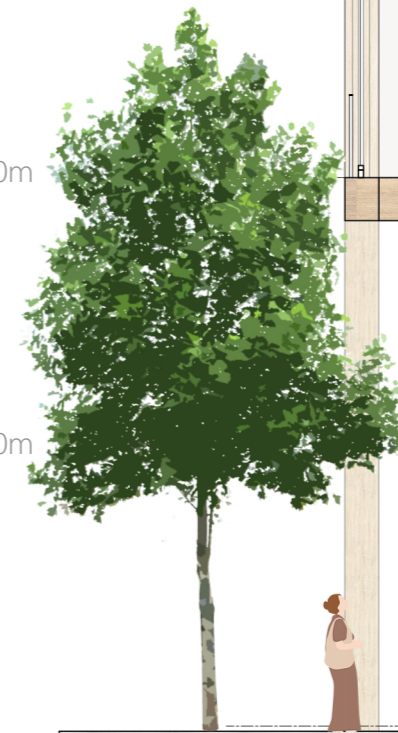
18.000m

14.400m

10.800m

7.200m

3.600m





aluminum



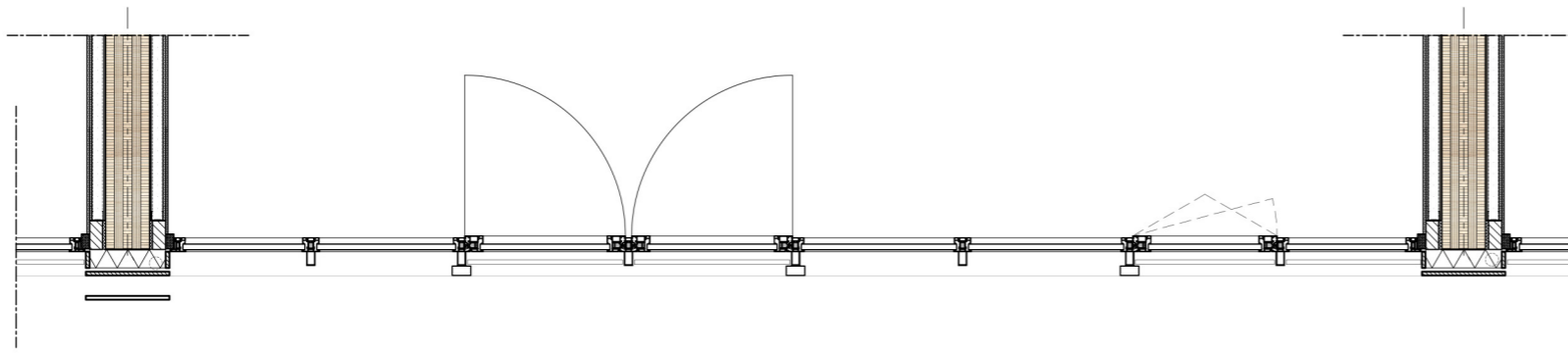
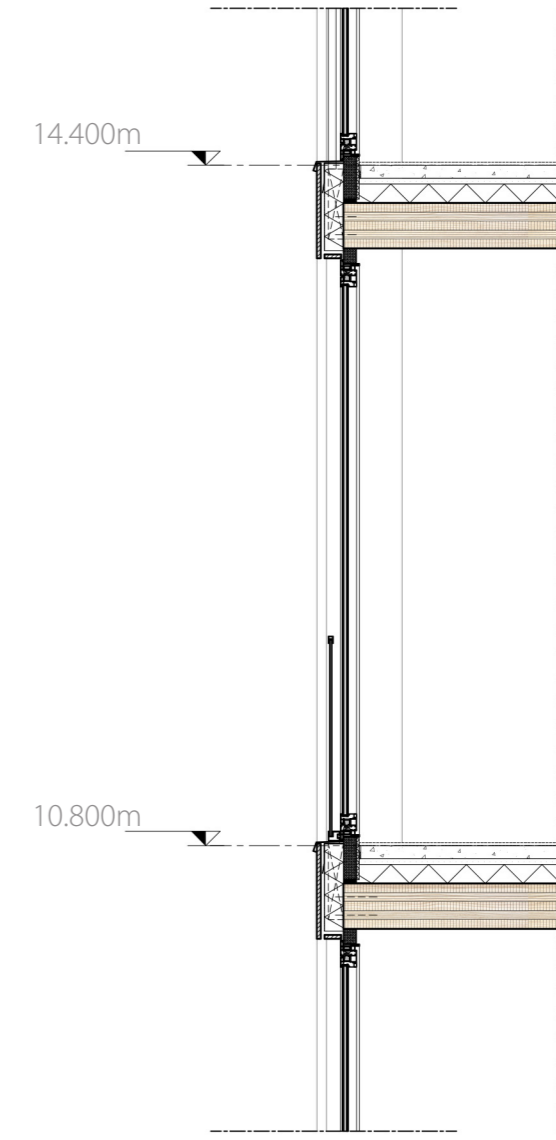
wood: accoya



natural stone: travertin



375 450 8400 6750 450 375
600 7200 600



7.200m

1/40 0 4 8m



8400
 375 450 6750 450 375
 600 7200 600



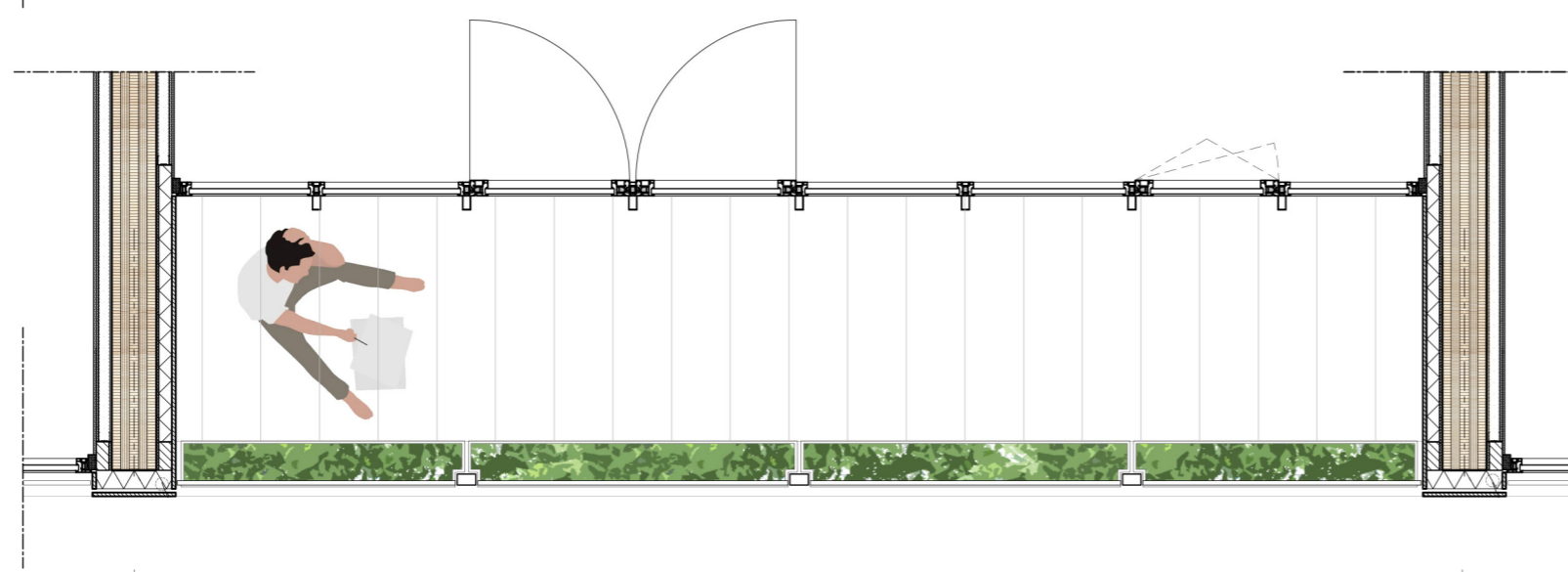
1074
 825
 583
 3600
 3017
 498
 1266
 1017



14.400m



10.800m



7.200m

1/40
 0 4 8m

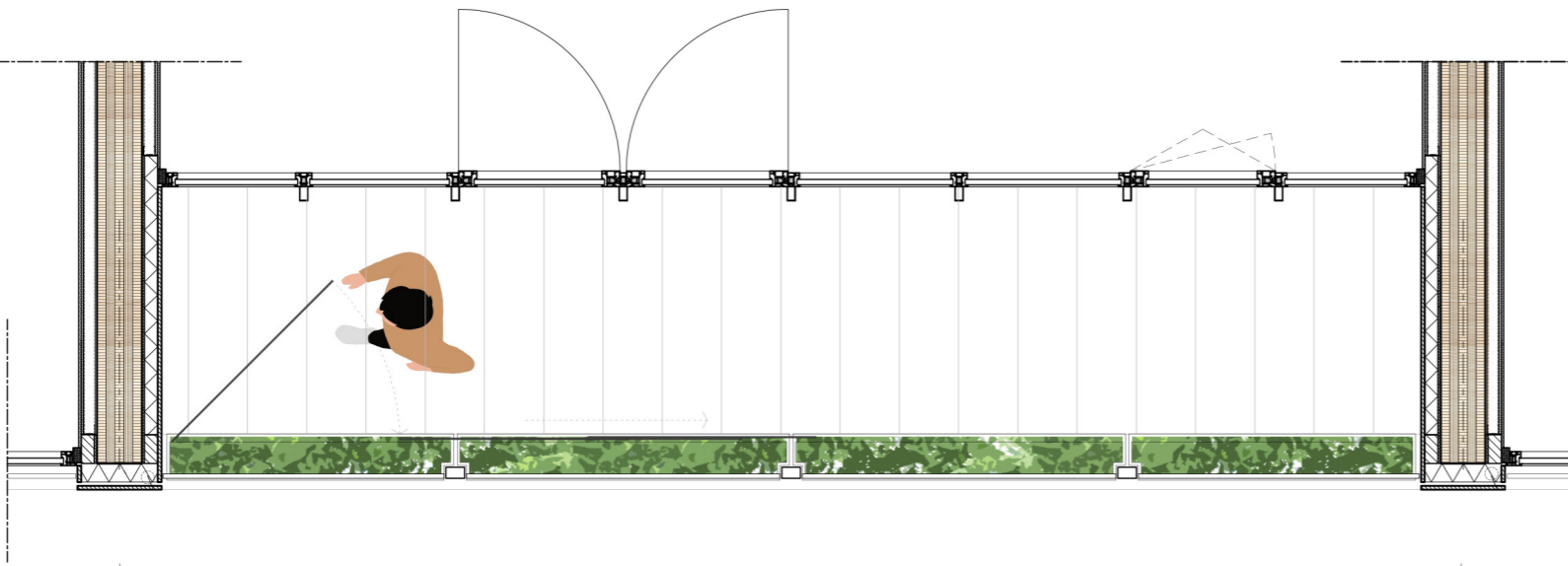


8400
 375 450 6750 450 375
 600 7200 600



14.400m

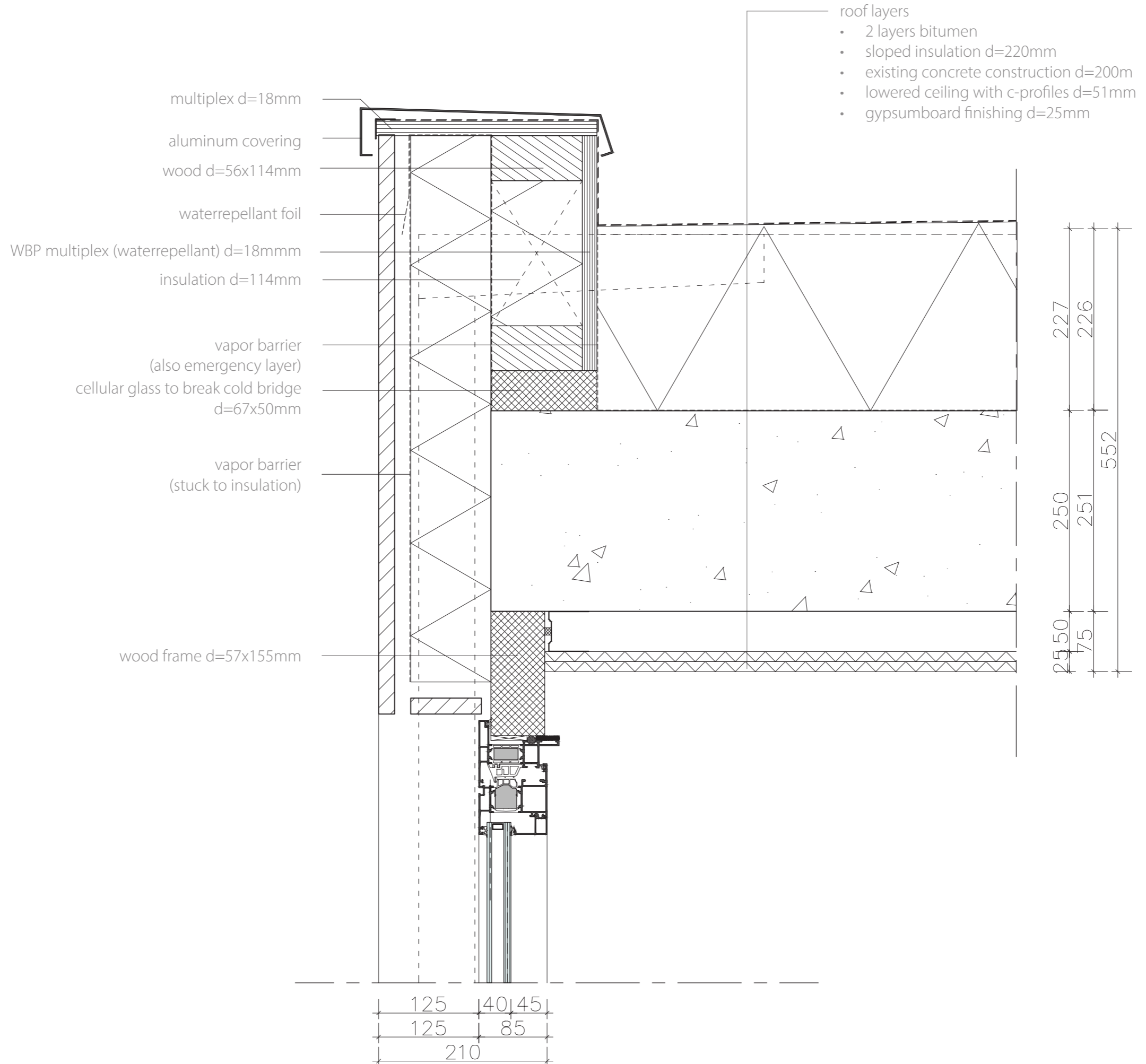
10.800m

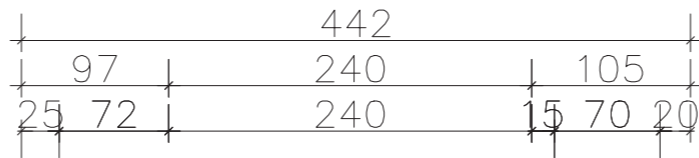


7.200m

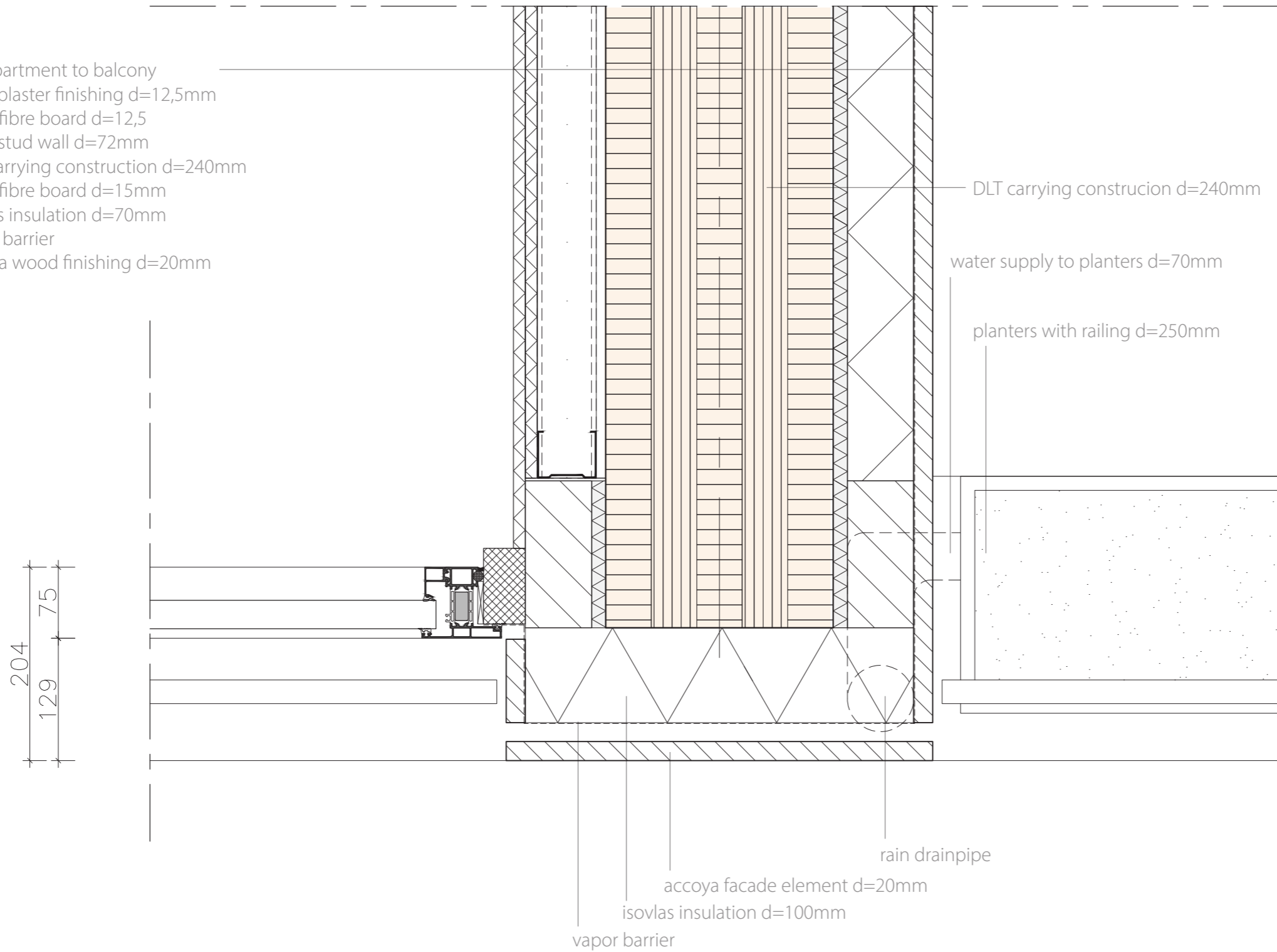
1/40

0 4 8m



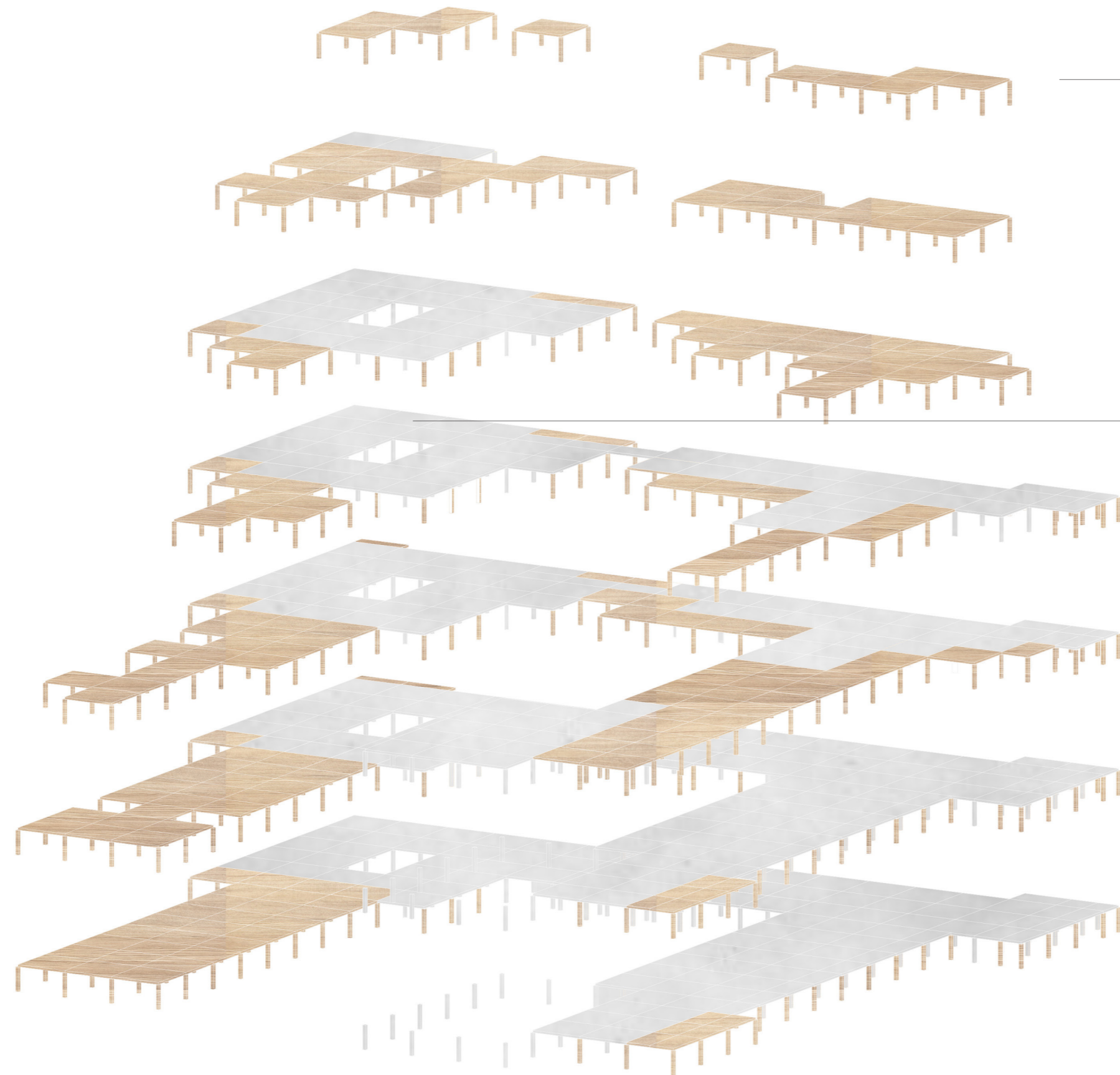


- layers apartment to balcony
- loam plaster finishing d=12,5mm
 - woodfibre board d=12,5
 - metalstud wall d=72mm
 - DLT carrying construction d=240mm
 - woodfibre board d=15mm
 - isovlas insulation d=70mm
 - vapor barrier
 - accoya wood finishing d=20mm





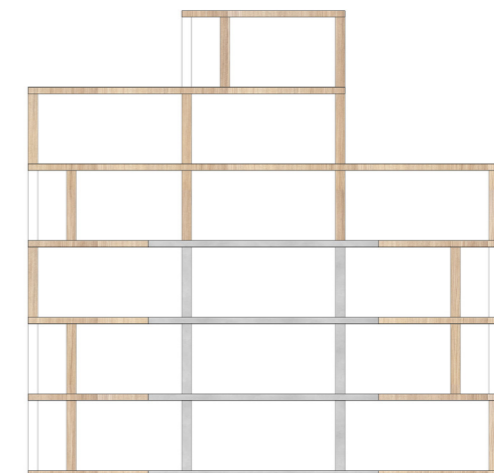




new DLT construction
14.000m²

existing concrete construction
11.000m²

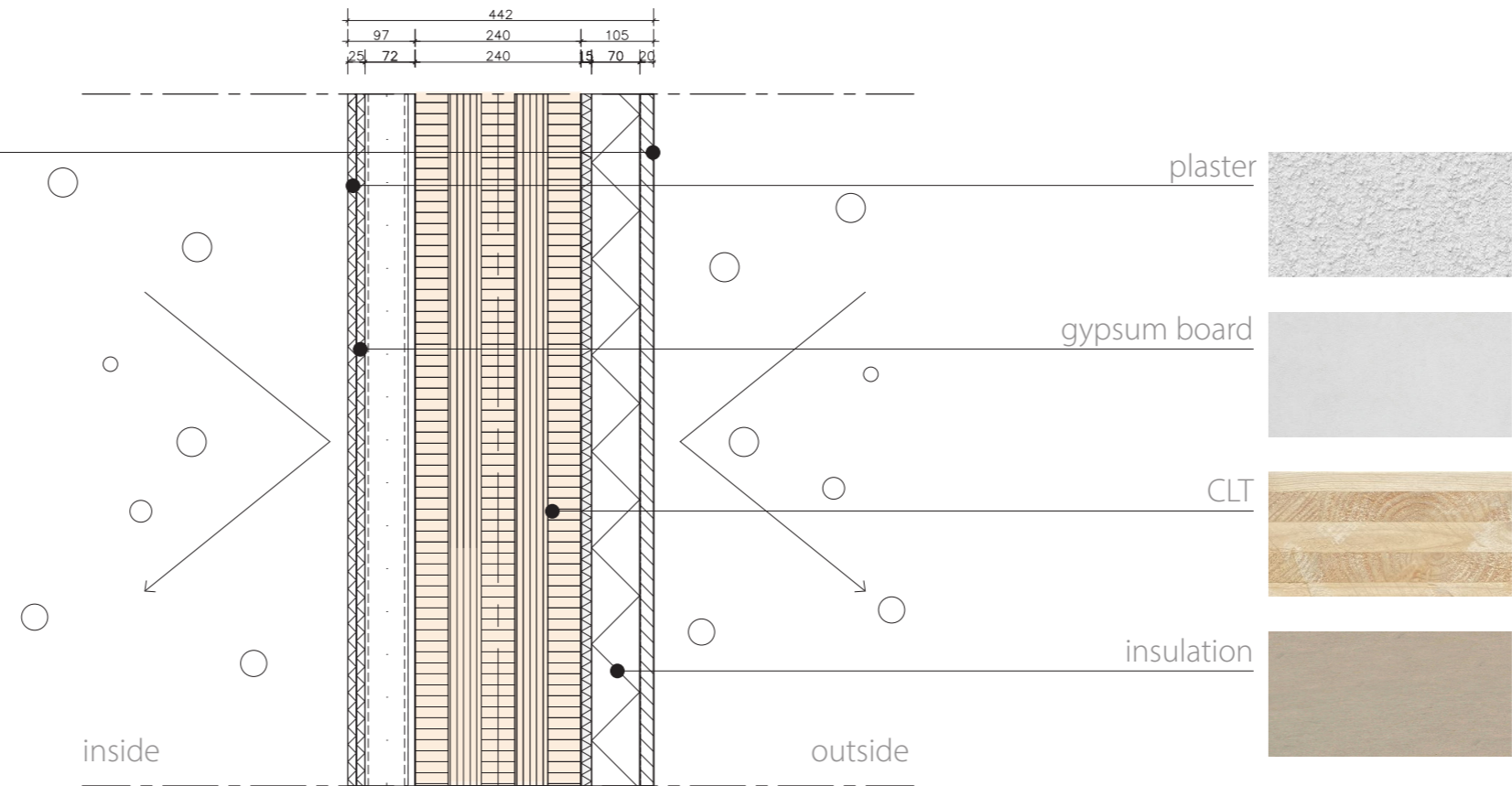
conservation
100% draagconstructie
60% vloervelden
0% gevel



classic building

layers outdoor wall

- gypsum finishing d=25mm
- metalstud wall d=72mm
- CLT carrying construction d=240mm
- gypsum finishing d=15mm
- vapour barrier
- accoya wood finishing

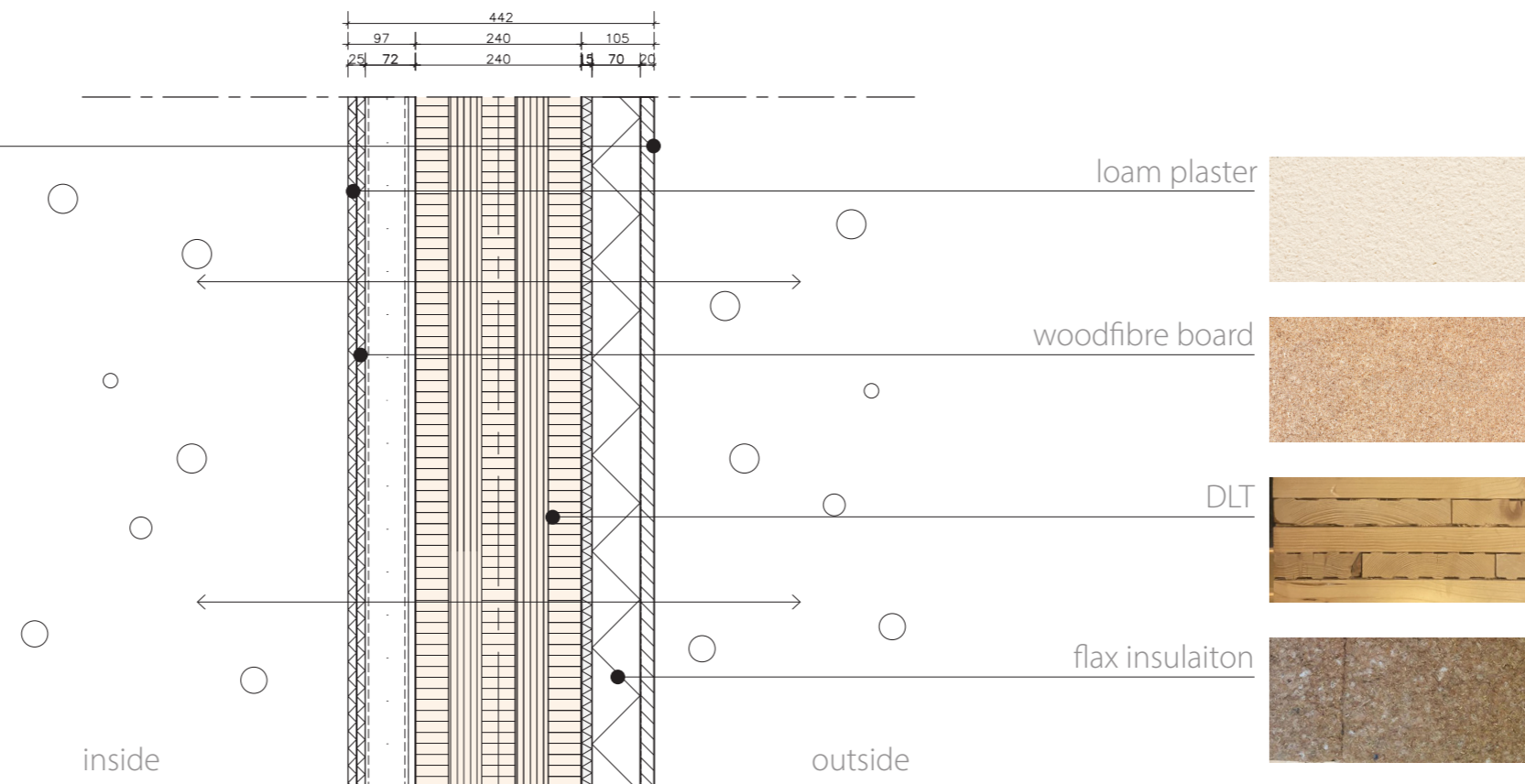


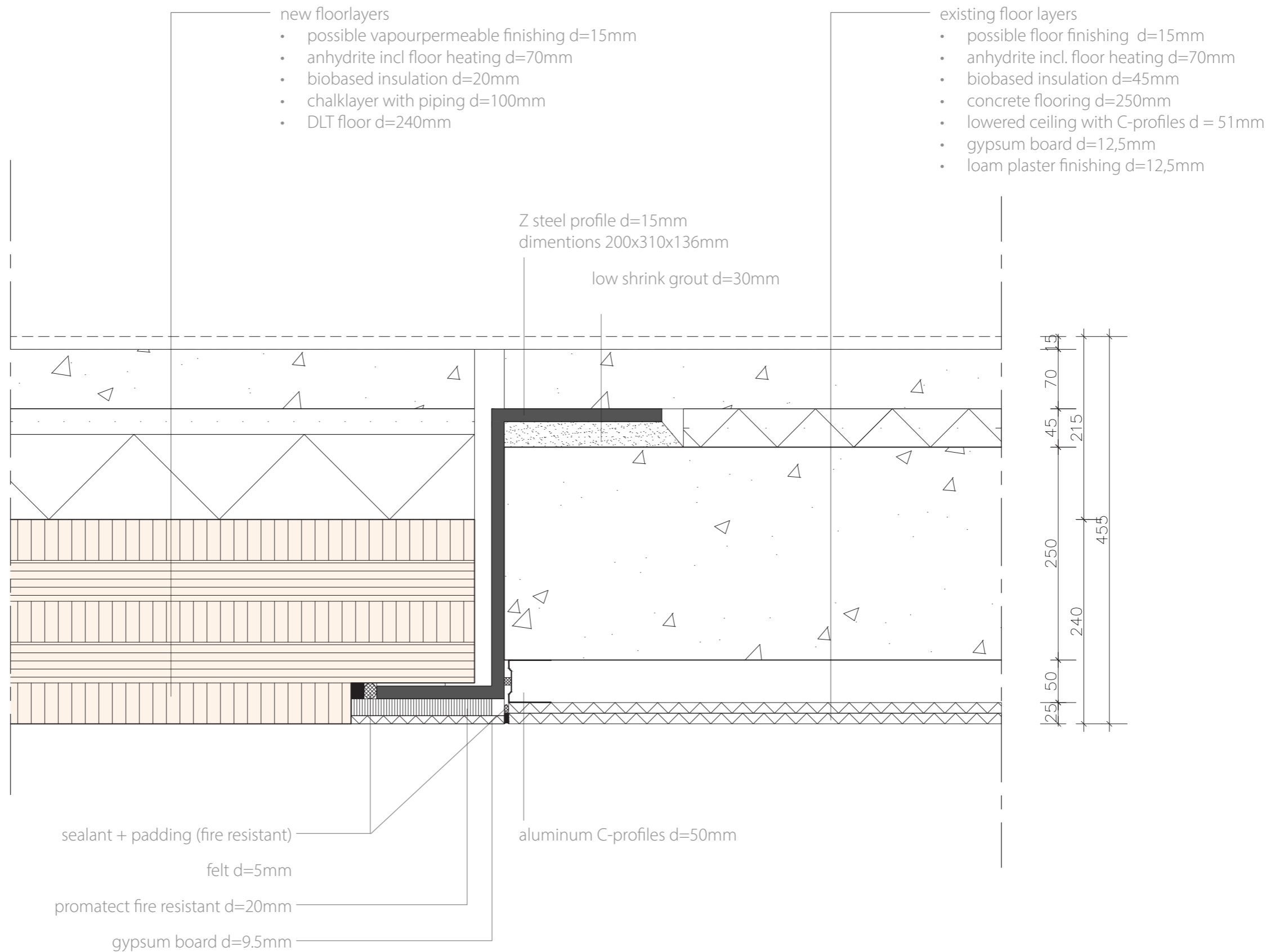
vapour-permeable building

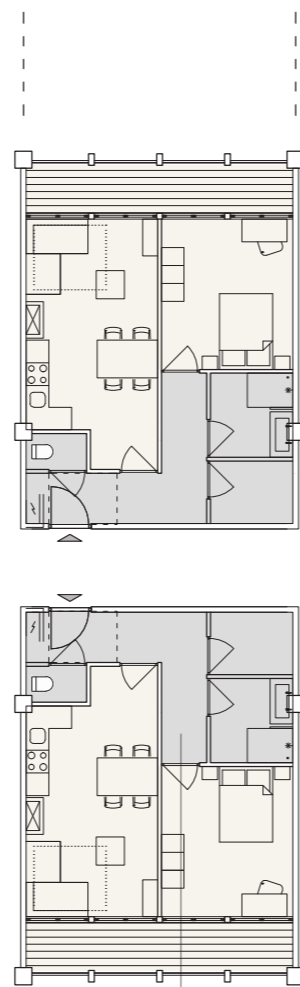
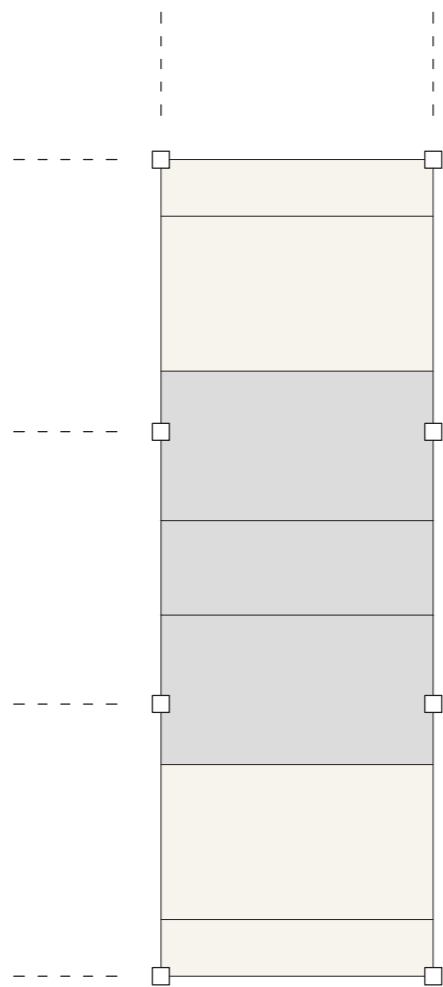
layers outdoor wall

- loam plaster finishing d=12.5
- woodfibre board d=12.5mm
- metalstud wall d=72mm
- DLT carrying construction d=240mm
- woodfibre finishing d=15mm
- isoflax insulation d=70mm
- vapour barrier
- accoya wood finishing d=20mm

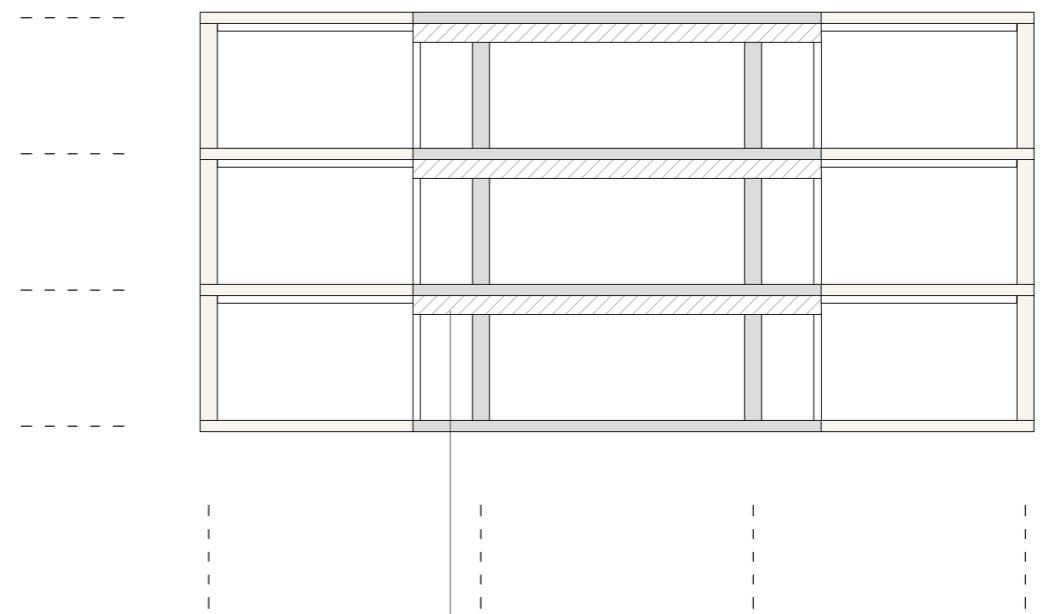
- + natural vapour- and temperature management
- + biobased materials



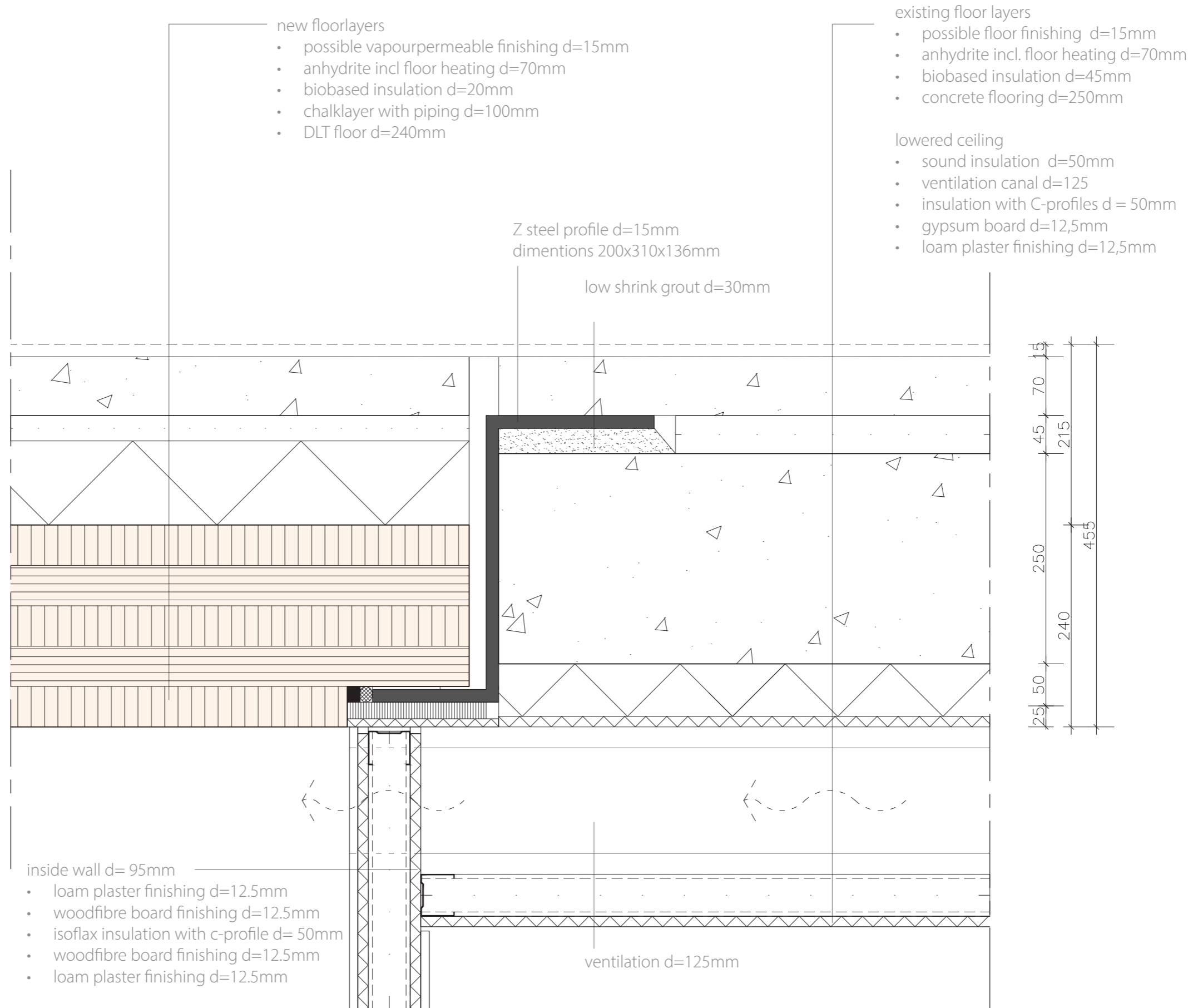




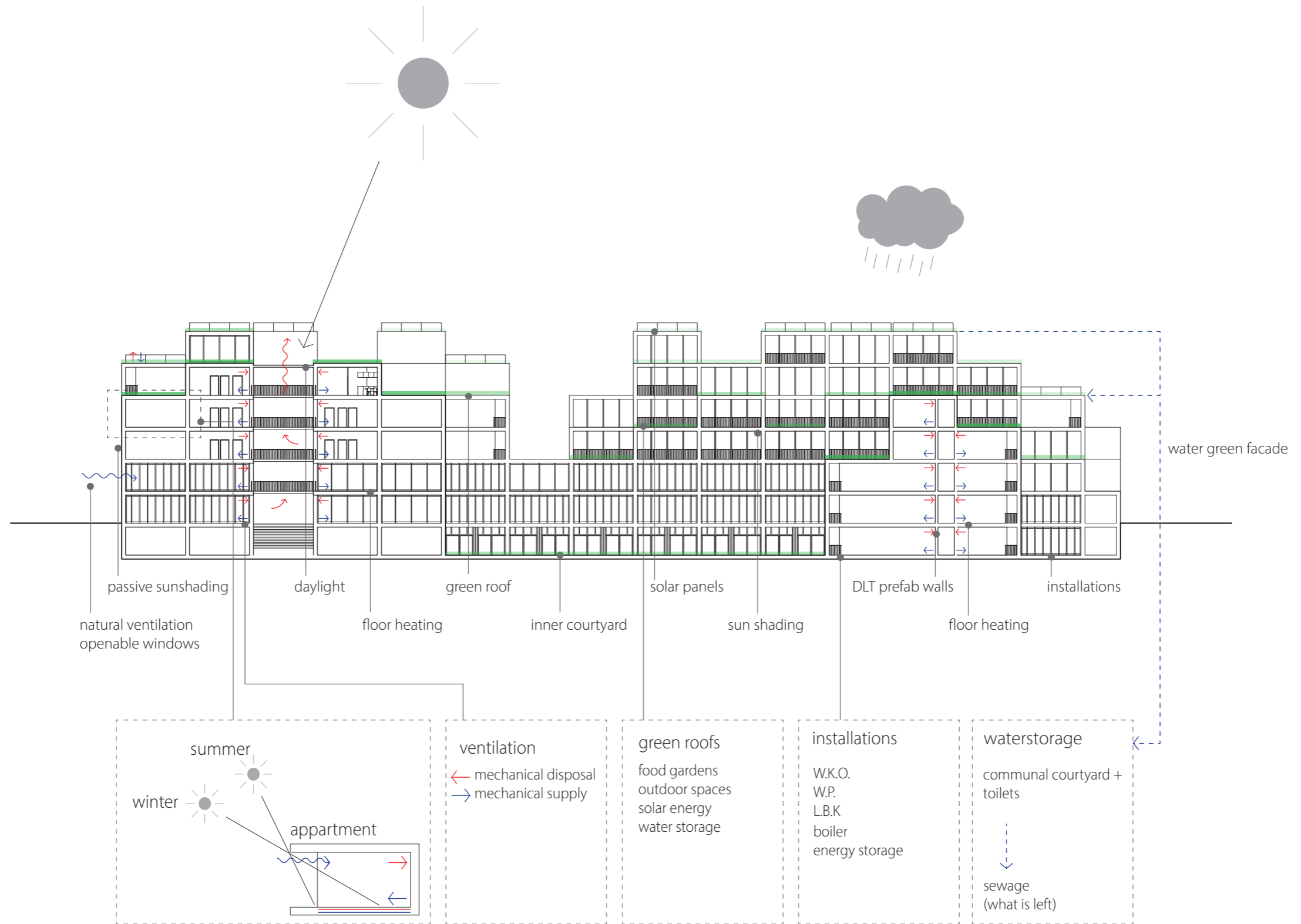
installation space in floorplan



installationspace in section







6

conclusion

design <i>design elements</i>	health types			health level				scale	
	<i>mental</i>	<i>social</i>	<i>physical</i>	<i>individual</i>	<i>relational</i>	<i>communal</i>	<i>societal</i>	<i>building</i>	<i>surrounding</i>
food garden	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
fitness area	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
furniture views outdoor	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
place for withdrawal	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
shading system	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Open plinth with multiple entrances	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
public art	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
walking trail	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
common kitchen facilities	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
communal spaces	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
playground	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
playgrounds with ground markings	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
public amenities	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
bike service	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
hiding elevator	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
inviting staircase	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
variety of climate environments	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
facilities that support exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
open spaces	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
drinking fountains	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
smoke free spaces	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
walkability	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
lighted streets	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
signage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

A DESIGNERS TOOLBOX TO IMPROVE HEALTH

*discover ways to nudge your
users into healthy behaviour*

Enter the Toolbox [→](#)



THE ART OF BEHAVIOUR

make a suggestion

are you an...

architect

urban designer

just feeling curious

improve
MENTAL
health



food garden



public art



withdrawal



shading system



outdoor views

improve
SOCIAL
health



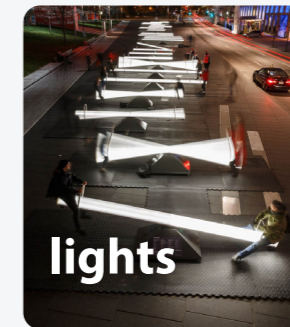
playground



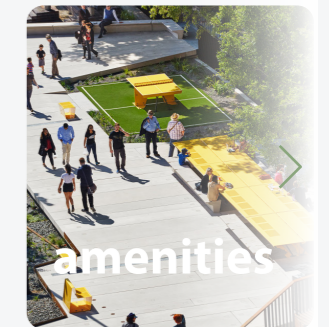
common kitchen



open spaces



lights



amenities

improve
PHYSICAL
health



bikes



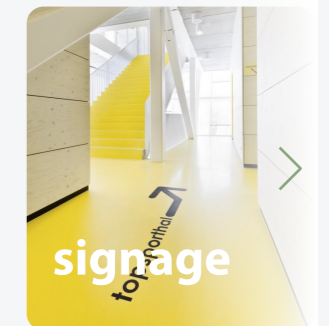
stairs



climates



support exercise



signage

THE ART OF FOODGARDENS

DAKAKKER

Zones Urbaines Sensibles
Schieblock Rotterdam
2015
1000m2
rooftop farm
<https://dakakker.nl/site/>



Connecting food environments and health through the relational nature of aesthetics: Gaining insight through the community gardening experience

Hale, J., Knapp, C., Bardwell, L., Buchenau, M., Marshall, J., Sancar, F., & Litt, J. S.

Social Science & Medicine, 72(11), 1853–1863.
<https://doi.org/10.1016/j.socscimed.2011.03.044>

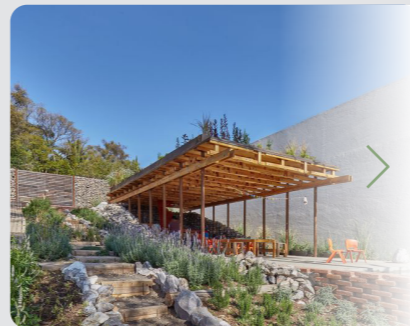
The physical and social qualities of garden participation awaken the senses and stimulate a range of responses that influence interpersonal processes (learning, affirming, expressive experiences) and social relationships that are supportive of positive health-related behaviors and overall health. This research suggests that the relational nature of aesthetics, defined as the most fundamental connection between people and place, can help guide community designers and health planners when designing environment and policy approaches to improve health behaviors.

Community Garden Initiatives
Addressing Health and Well-Being
Outcomes

Gregis, A., Ghisalberti, Sciascia, S., Sottile, F., & ...

El Terreno

Vertebral
Mexico City, Mexico
2021
700m2
Communal Garden
https://www.archdaily.com/966212/el-terreno-communal-garden-vertebral?ad_source=search&ad_medium=projects_tab



THE ART OF BEHAVIOUR

make a suggestion

are you an...

architect

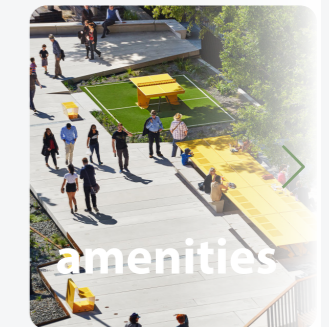
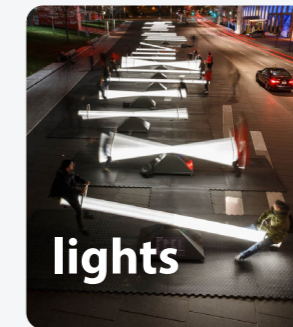
urban designer

just feeling curious

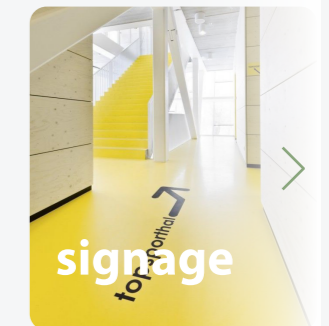
improve
MENTAL
health



improve
SOCIAL
health



improve
PHYSICAL
health



THANK YOU FOR MAKING A CONTRIBUTION!

design element

health type

health level

do you have a source?

do you have a reference project?

send



thank you!

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