Content

Problem statement
Research question
Research
Vision for Transvaal and Moerwijk
Design interventions
What's next?
Problem Statement

Urbanism: people moving through space
Change in the use of public space
Overweight
1980: 27%
2010: 47%

<table>
<thead>
<tr>
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<th>Adults age 30-70</th>
<th>Youth age 2-21</th>
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<td></td>
<td>male</td>
<td>female</td>
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<td>(BMI &gt;25 kg/m²)</td>
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<tr>
<td>Obesity</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>(BMI &gt;30 kg/m²)</td>
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<table>
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<th></th>
<th>Amsterdam</th>
<th>Rotterdam</th>
<th>The Hague</th>
<th>Utrecht</th>
<th>NL</th>
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<tbody>
<tr>
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<td>30 %</td>
<td>34 %</td>
<td>34 %</td>
<td>28 %</td>
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<tr>
<td>obese</td>
<td>10 %</td>
<td>14 %</td>
<td>13 %</td>
<td>10 %</td>
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<tr>
<td>total</td>
<td>40 %</td>
<td>48 %</td>
<td>47 %</td>
<td>38 %</td>
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Lack of physical activity
Facilitating Soft-transport
Improving spatial conditions
Main research question

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

What is the link between people’s health and public environment?

aim
- create theoretical framework
- explore existing knowledge about people’s health and public space

output
review paper for design recommendations
Children: obesity is increasing
Elderly: stay longer independent
Healthy behaviour
Amenities and accessibility
Reference study
Which characteristics of public space creates conditions for active urban life?

aim
- discover practical solution used elsewhere
- discover design principals and recommendations

output
matrix of principles/ideas for spatial design
City: green routes for cyclist and pedestrians
Neighbourhood: different activities
Street: challenging the users
Spatial analysis

What are the structural elements of a place that makes a route interesting for leading an active life?

**aim**

discover spatial problems & potentials

**output**

maps with different layers of existing conditions
Interview

How can I redesign the spatial environment in a neighbourhood in order to create conditions for an active and a healthy lifestyle?

**aim**
discover spatial shortcomings people face in daily life

**output**
set of conditions/ideas for design area
Residents and key-actors
Mono-functional public space
Gated play/sport grounds
Unclear/Uninteresting routes
Vision for Transvaal and Moerwijk

City scale: facilitating physical activity at a long distance
Neighbourhood scale: recognizable and continues routes
Street level: openness and challenging environment
Design interventions
Conclusion

Three different scales
Improve health through urban design
Provide conditions in public space

Stimulate
Invite
Encourage