Architectural prevention
A healthcare transition in time and space

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Cuba, Complex projects
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Everyone has the right to health protection and care!
Cuba’s Surprisingly Cost-Effective Healthcare

Can Cuba’s Healthcare System Offer Lessons for the U.S.?

The life of a human being is more worth than all the gold of the richest man in the world.
Prevention
Staying healthy

Treatment
Getting better
“Cubans life like the poor, and die like the rich”

Ageing  Increase obesity  Smoking  Drinking

Cuban citizens die from the same diseases as in higher income countries

Heart diseases  Diabetes  Cancer  Strokes

Huge investment in public health education around smoking, alcohol, diet, and exercise

Growth obesitas

62%

American future for Cuba?
Cuban healthcare system

Campaigns
Community Prevention

Primary care
Consultorios Prevention

Secondary care
Policlinicos treatment

Tertiary care
Hospitals treatment
Visit annually
Before you are sick

Visit
When you are sick
Preventive meeting at a consultorio

- Prevention
- Improvement of health
- Monitoring proces of illness

Determine
Body weight
Height
Blood pressure

Discussing
Home situation
Work situation
Risk factors
Lifestyle

Plan
Risk evaluation
Personal action plan
Prevention in the Netherlands

ROKEN IS ZÓÓÓ FUCKING LEKKER
rokenkanechtnietmeer.nl

iedereen verdient een morgen
Development digital prevention
Self monitoring
Point of care testing

Annually

Daily?
Community based
Pro active

Individualistic
Chances!

- Strengthen prevention architecturally by improving the public character.
- Implementing new development of self monitoring in a community based system by organizing it spatially.

The life of a human being is more worth than all the gold of the richest man in the world.
Location
Malecon
‘The sofa of Havana’
Usages parks
Lack of public space

High density

deterioration
Empty plots
Direct relation Centro Havana Malecon
Building underneath
Building besides
Building above
Design process
Preserving emptiness
Placing stent
Extending Centro Havana
Creating edges square
Giving volume to gate
New orientation existing
Implementation for the city
Acupunctural moments
Giving an impuls to surroundings
A sustainable liveable city
Organization

Primary care

Digital prevention

Sport

Mindfulness

Active prevention

Community centre
Square as heart of project
Disconnection
Three squares

Existing roads

Proposed roads

Three squares
A transition of three moments

Sea pool
‘openness’

public prevention
‘public interior’

Community centre
‘intimacy’
Swimming pool
Bathing houses ± 1910
Traces bathing houses
Sea access point
Filter water

Plus Pool by Family and PlayLab
Swimming pool

Low tide

High tide

Heavy sea
The romantic period
Hollow core slab 350mm
vierendeelligger
balk 650mm
woodwork
weather barries
brick anchors
Brickwork 160mm

785mm
- In order to grant sufficient natural ventilation is a total area of a minimum of 15% of the plot needed.

- Complete covered solar roof produces 715.046 kWh per year.

- Enough to provide 204 Dutch households a year.

- 1243 litres of rainfall a year.
- Complete water collection roof 3,971,571 litres a year.

- Enough to sustain 91 Dutch people a year.