BACK TO BASICS

NOVEMBER 18TH 2015 . . .

human physiology, psychology and place-making

arcc

Welcome!

"OUR vision is a world where everyones wellbeing is enhanced by healthier buildings and spaces"

FEELINGGOOD FOUNDATION

PROF RHIANNON CORCORAN

UNIVERSITY OF LIVERPOOL

PROSOCIAL PLACE programme.

"aspiring to build RESILIENT communities"

"places change people ~ and they do quite profoundly"

LIFE HISTORY THEORY

RESOURCES

we need a balance

Shows how the conditions of our environments directly determines our life strategies and well-being.

"IN GREAT CITIES MEN ARE BROUGHT TOGETHER BY THE DESIRE TO GAIN."

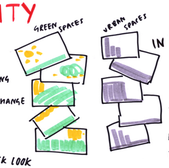
WELLBEING
- → feeling good and functioning well.
- → HEDONIC APPROACH – pursuit for maximum pleasure
- → EUDAIMONIC APPROACH – meaningful pursuits

WHAT MAKES A GOOD PLACE?
- Community spirit
- NATURE & OPEN SPACE
- A CLEAN LIVING ENVIRONMENT

WHERE'S YOUR DISMALAND?

PROSOCIALITY

IN THE LAB . . .
- WE MEASURED
  - FUTURE THINKING
  - THREATS
  - HOW PLACES CHANGE OUTLOOK



IN THE CITY . . .

QUICK LOOK AT PLACES CHANGING OUTLOOKS

FEELINGS OF PARANOIA

FOCUS ON FUTURE

ANTICIPATION OF THREAT

Places change beliefs.

STUDENTS WALKERS APPRECIATE THEIR RELATIVE ADVANTAGE.

HIGH SES FAMILIES ANTICIPATED THREAT MORE.

CO-DESIGN OF PLACE
- INCREASE IN OPTIMISM
- COMMUNITY THINKING

WELL-DESIGN

HOW CAN WE IMPROVE PLACES OF THE FUTURE?

SASKIA HEIJNEN

WELLCOME TRUST

THE CRUNCH — LAUNCHING IN 2016.

HOW DOES NUTRITION WORK?

AN ENGAGEMENT ACTIVITY FOR SCHOOLS / ADULTS AND FAMILIES IN THE UK.

all our packaging is biodegradable

we have a 90% recycling rate!

air sensor monitors

CO FOUNDED BURROUGHS WELLCOME TRUST IN 1880 IN LONDON

IT IS NOW A GLOBAL CHARITABLE FOUNDATION DEDICATED TO ACHIEVING EXTRAORDINARY IMPROVEMENTS IN ANIMAL AND HUMAN HEALTH

"We focus on ANYTHING to do with HEALTH."

SUSTAINING HEALTH

PILOT IN KENYA

'SPATIAL, SOCIAL AND ENVIRONMENTAL DETERMINANTS OF MALNUTRITION'

linking environment, nutrition and health

momentum is building!
- → MOVING BEYOND JUST ACADEMICS
- → WHO conference on Health and Climate
- → UN CLIMATE SUMMIT

HEALTH IMPACTS OF CLIMATE CHANGE

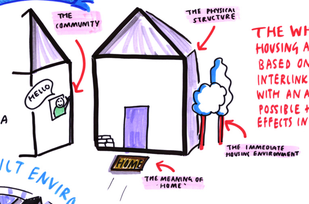
HEALTH CONDITIONS SENSITIVE TO CLIMATE CONDITIONS:
- malaria / malnutrition / diseases
- SEVERE HEAT WAVES
- FREQUENT FLOODS AND DROUGHTS

PROCESSES THAT CAUSE CLIMATE CHANGE CAN ALSO CAUSE IMMEDIATE HEALTH PROBLEMS
- ENERGY AND TRANSPORT CHOICES
- AIR POLLUTION

ANTONIO CAPERNA

INTERNATIONAL SOCIETY OF BIOURBANISM

HEALTH IS . . .



THE WHO DEFINES HOUSING AS BEING BASED ON FOUR INTERLINKED LEVELS, WITH AN ARRAY OF POSSIBLE HEALTH EFFECTS IN EACH.

HOW DOES THE BUILT ENVIRONMENT AFFECT OUR HEALTH?

BIOURBANISM & BIOPHILIC DESIGN

TO CREATE AN ENVIRONMENT USABLE BY ALL PEOPLE THAT REFLECTS THE INHERENT HUMAN AFFINITY FOR NATURE.

CONTACT WITH NATURE HAS BEEN LINKED COGNITIVE FUNCTIONING ON TASKS REQUIRING CONCENTRATION AND MEMORY.

HEALTHY CHILDHOOD MATURATION AND DEVELOPMENT HAS BEEN CORRELATED WITH CONTACT WITH NATURAL FEATURES AND SETTINGS.

THE HUMAN BRAIN RESPONDS TO SENSORY PATTERNS AND CUES FROM THE NATURAL ENVIRONMENT.

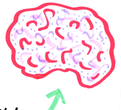
DR. GEORGINA HOSANG

GOLDSMITHS

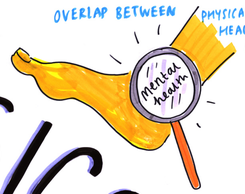
MENTAL HEALTH

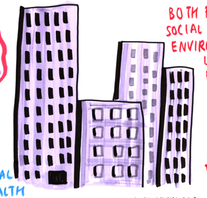
We all have it!

"NO HEALTH WITHOUT MENTAL HEALTH"



OVERLAP BETWEEN PHYSICAL HEALTH AND MENTAL HEALTH.





BOTH PHYSICAL AND SOCIAL FEATURES OF THE ENVIRONMENT ARE LINKED TO MENTAL HEALTH.

CITY AS A 'STRESSOR'

PARTICULAR INDIVIDUALS CAN BE VULNERABLE TO THE DETRIMENTAL EFFECTS OF THE CITY.

SOCIAL ISOLATION

CAN WE MAKE IT A MORE HELPFUL PLACE TO LIVE?

↓ CREATE SOCIAL / COMMUNITY SPACES

THERE ARE HIGHER RATES OF MENTAL ILLNESSES IN URBAN RATHER THAN RURAL AREAS.

LONDON MOOD APP

MAPPING EMOTIONS TO AREAS OF A CITY.

THERE IS SO MUCH DATA ABOUT TRANSPORT, BUT → THE COMMUTE . . .

what about pedestrians?

WHEN TRYING TO UNDERSTAND PEDESTRIAN MOBILITY QUESTIONNAIRES ONLY GO SO FAR . . .

HOW CAN WE OPERATIONALISE NEW TECHNOLOGIES TO INFORM DESIGN AND PLANNING?

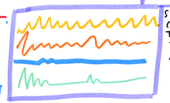
PANOS MAUROS

UCL

EEG

CONTINUOUS RECORDING OF MENTAL STATES

WITH MOBILE EEG AND NOVEL SENSING TOOLS WE CAN START TO MAP HUMAN EXPERIENCE OF CITIES!



SIGNALS CAN BE TRANSLATED TO TOPOGRAPHIC MAPS

THESE CAN THEN BE CLASSIFIED INTO EMOTIONS.

TREMENDOUS AMOUNT OF VALUE TO PUBLISH THE INTENTIONS OF A PROJECT BEFORE . . . AND REFLECTING AFTER.

THE MOST IMPORTANT THING IS TO CREATE SPACES LIKE THIS. CO-DESIGN WORKSHOPS OPEN PEOPLE'S EYES

'HOW DO YOU FEEL' THEY DON'T KNOW - YOU HAVE TO ESCORT THEM ALONG TO UNDERSTAND.

DESIGN IS A BELIEF SYSTEM

BRINGING RESEARCH AND PROCESS CLOSER TOGETHER

NOTHING LIKE THAT ON LARGE SCALE BUILDING PROCESSES

ASKING THE RIGHT QUESTION IS INCREDIBLY IMPORTANT.

IN TERMS OF URBAN PLANNING - WE DON'T DO DATA OR ANALYSIS WELL

LOVE TO EXPLORE THAT MORE IN THIS SERIES

IN THE NEXT 18 MONTHS CAMDEN WILL BE GOING THROUGH A HUGE DISRUPTION - IS THERE A WAY TO MEASURE THE MENTAL AND PHYSICAL WELLBEING OF THOSE WHO WILL BE AFFECTED?

WE MUST START CREATING RESEARCH THATS TRANSFERABLE.

MOST RESEARCH IS 'HUNCH' BASED AT THE MOMENT

5,000 PEOPLE SIGNED A PETITION AGAINST A BUILDING WITH A NIGHT CLUB TO BE TURNED TO FLATS - IT MAY SEEM HEDONISTIC BUT SURELY THAT CAN BE COUNTED AS WELL-BEING?

WELL-BEING IN PLACES MORE THAN JUST GREEN SPACES

AREAS OF SENSORY STIMULATION

WE HAVE THE TOOLS BUT NEED TO LEARN HOW TO USE THEM

OFTEN GO BY THE RULES

PLANNERS ARE OFTEN HARD PRESSED AND JUST WANT COLD ANSWERS.

BEHAVIOURAL GENES . . . IS ANYONE LOOKING AT THAT?

HAVE YOU BEEN LOOKING AT DATA FROM THE COMMERCIAL SECTOR?

GREAT QUESTION. WE HAVE RETAIL CLIENTS - SO WE WILL ASK!

WHAT WE LIKE IS STILL A VALID REASON . . .

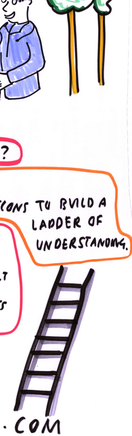
. . . NOT ENOUGH EVIDENCE FOR A CLIENT TO GO WITH - NEED DATA TO BACK UP.

ANY TOOLKITS TO HELP?

IMPORTANT TO ASK THE RIGHT QUESTIONS TO BUILD A LADDER OF UNDERSTANDING.

CAN'T ASK 'WHAT PEOPLE WANT' ← DIFFICULT TO ASK WITHOUT A WAY TO PROCESS IT.

NEED A MIDDLE GROUND.



INKYTHINKING.COM

feelinggood FOUNDATION

THE CENTRE FOR URBAN DESIGN AND MENTAL HEALTH

PROF. LAYLA MCCAY

MENTAL HEALTH

Why cinderella wasn't invited to the ball

HOW CAN WE BUILD BETTER MENTAL HEALTH IN OUR CITIES?

STIGMA
- SELF FULFILLING PROPHECY OF LOW PRIORITY → need more people to think about it
- COMPLEXITY → SUCK practical health

share knowledge

INCREASE KNOWLEDGE

MOTIVATE ACTION

INCREASE CROSS-SECTOR DISCUSSION.

HOW CAN WE TAKE CINDERELLA TO THE BALL?
- RESEARCH / ASK PEOPLE / ENCOURAGE OTHERS TO THINK ABOUT HOW WE CAN INTEGRATE MENTAL HEALTH INTO URBAN DESIGN.
- SHARE AND BUILD KNOWLEDGE
- TALK / WRITE / SHOWCASE

WE KNOW

NATURE EXPOSURE CAN IMPROVE MENTAL HEALTH INCLUDING DEPRESSION, STRESS, ADHD AND MORE

WE DON'T KNOW

SPECIFIC IMPACTS OF 'DOSE' - TYPE / DURATION FOR EXPOSURES.

ONE DOSE OF WOODLAND SHOULD DO THE TRICK!