How Sustainability & Wellbeing are two sides of the same coin.

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HOW COULD THIS IMPROVE QUALITY OF LIFE FOR THE PEOPLE INVOLVED?
The HEALTHY CITY Triangle

- Body & Person
- Lifestyle & Social Context
- Spatial Context

Impact → Inform → Influence
Shopping center ‘In De Bogaard’, Rijswijk, NL
SUSTAINABILITY + WELLBEING as the key differentiator

- Mixed use + density
- Walking + cycling permeability
- Car parking + rooftop conversion
- Different levels of privacy
Local Economic Development
Local Economic Development:

- local catering
- local art commissioning
- a ‘hire local’ clause in retail leases
- summer jobs and pre-apprentice programs
- a local Employment Office
- ...

OUTCOME: +1300 people found a local job.
Urban Gardens & Farming

Residents of One Park Place Condominiums in Regent Park, enjoying a sunny day in the garden
Benefits of Gardening:

- Lower blood pressure
- Lower heart rate
- Community building & connection
- Reduces risk of loneliness & depression
- Better care & maintenance of buildings
Cooper Koo Family YMCA, Toronto
Environmental Benefits:
- Manage stormwater
- Decrease noise pollution
- Support biodiversity
- Reduce carbon footprint
Health Benefits:

Building community and social interaction
- combat the rising loneliness crisis

A place for connecting with nature
- reduces stress levels, risk of stroke, lowers risk of depression, ...

Improving air quality
- lowers risk of asthma and other respiratory diseases.
How will this improve wellbeing for the people living, working, and playing here?