



Healthy cities through urban planning

'Cities Changing Diabetes'

Gehl

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We make
cities
for
people

Photo by: Anders Hansson

**Gehl Architects
focus on the
relationship
between the built
environment
and people's
quality of life.**



Putting people at the centre of planning

We take a holistic
approach to the
future of cities

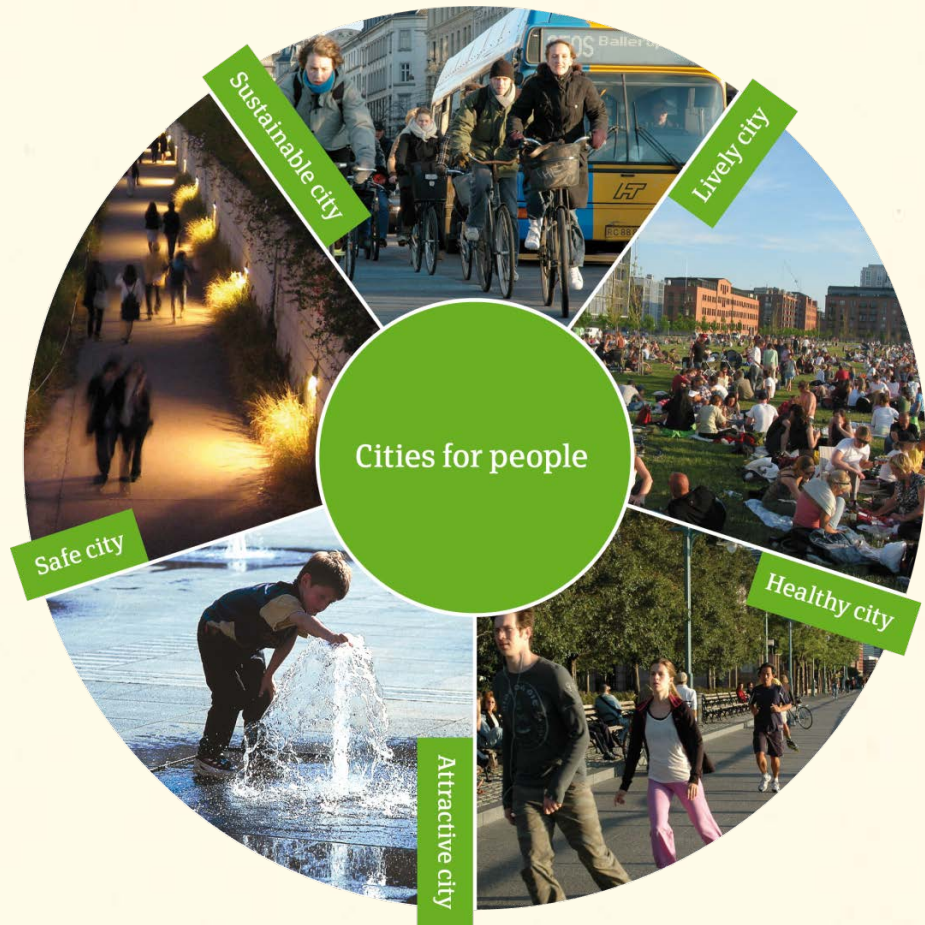
Sustainable

Lively

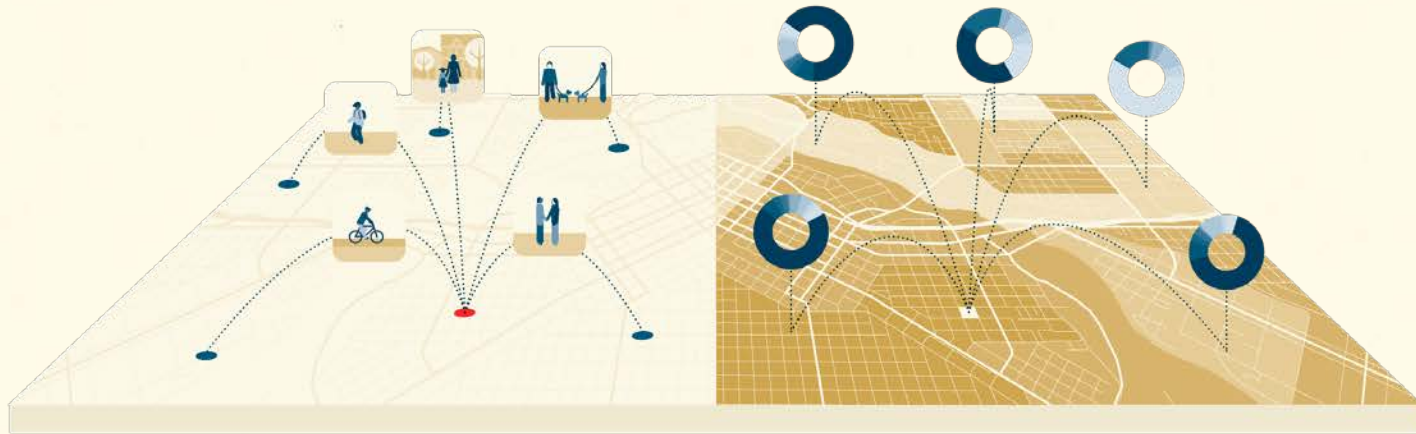
Healthy


Attractive

Safe



We measure how the city is performing for people through **observation and analysis.**





**Measure
what you
care about**

Cities measure
traffic,
economy &
demographics

Shouldn't we measure **people's** activities, happiness and quality of life?



Design affects behaviour



Urban planning has
a history of making
cities that do not
invite for use



Lack of
human
scale





Poor
conditions
for
pedestrians



**Use urban
planning to
tackle the
challenge of
lifestyle
diseases like
diabetes**

Any doctor or nurse
would recommend:

Fresh air
Exercise
Meeting people

Yet we make it
so difficult...



Urban resources

Our public spaces
can promote health



Streets



**Streets make up
25-35% of the city**



**Everything
Else**

**Streets often
account for 80%
of open space**

Parks



Streets

Framework for a
healthy lifestyle

The Copenhagen story

Why do Copenhageners cycle?

56% Quick, easy, convenient

21 % Exercise

12 % Cheap

1 % Environmentally friendly



Net Health
Impact
\$0.80 / km
\$3m / year

Behavioral Change:

70%

continue to bike
during winter
season





Copenhagen – not
only a city for cyclists
but a livable and
healthy city.





Before the
project

89%

road space

11%

people space



After the
project

Design can
change
behaviour and
urban culture





17% improvements in travel time



11% increase in pedestrian numbers



63% decrease in pedestrian injuries



80% fewer pedestrians walking in roadway



74% say Times Square has improved dramatically



An aerial photograph of a city street scene. In the background, a long wooden bench is occupied by several people sitting and standing. The street is paved with light and dark grey tiles. A woman is riding a bicycle across the frame. A man is walking towards the bottom left. A group of children are playing in the lower left. A woman in a red skirt is walking towards the bottom center. A dark green car is parked on the right side of the street, with a person in a yellow vest standing next to it. A woman is walking a dog on the right. A large blue circle is overlaid in the center of the image, containing white text.

Healthy Cities
call for
Active Mobility
Safety
Clean air
Liveability

Initiative by Novo Nordisk:
Getting diabetes on the
urbanisation agenda
Gehl is “city design partner” &
part of the “leading light”
campaign.

‘**Cities Changing Diabetes**’ aims to drive
change to defeat diabetes by creating
alliances between global and local partners.

We believe change can be achieved by
putting urban diabetes:

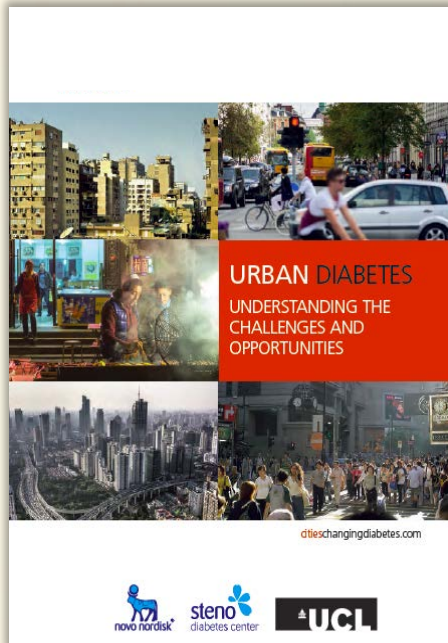
- At the top of the healthcare agenda
- On the agenda of those shaping cities



Three main stages to the initiative

- and the significant mark in the fight against urban diabetes

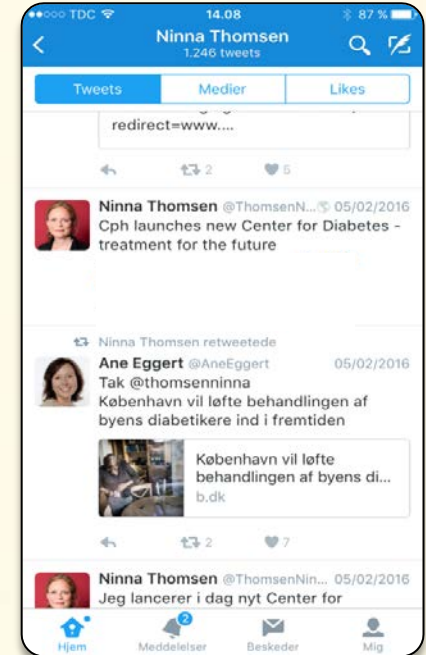
MAP



SHARE



ACT



The seven member cities

Representing more than 70 million people



No organisation or company can solve the challenge alone.

Global partners

Global fight
against urban
diabetes



Partner to Novo Nordisk



City partners

Today we have **100+ local partners** in the Cities Changing Diabetes partnership programme including:

- City governments
- Academia
- City designers
- Health communities (incl. patient voice)
- Inter-governmental institutions
- Media
- Community voices
- Others (e.g. companies and potentially other stakeholders)

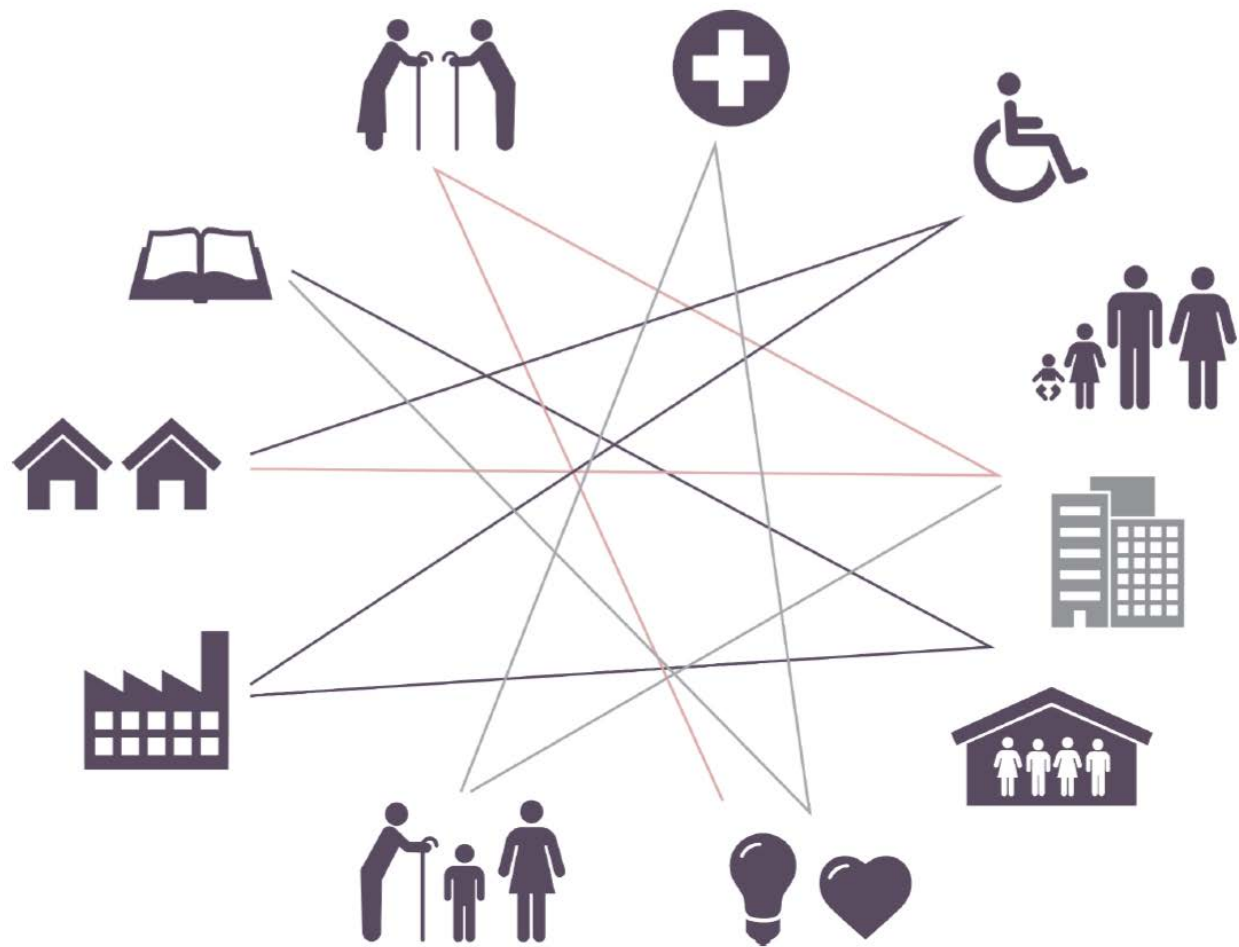


Copenhagen:

Putting diabetes higher on the political agenda – and investing in improved care

- Novo Nordisk Research identified hard to reach populations at high risk, but currently not reached by municipality
- Acknowledgement that diabetes requires multi-sector response: Health, employment, housing and peer support
- ‘Diabetis treatment 2.0’ connecting all 7 municipal departments:
 - Jobs & Integration services (Beskæftigelse og Integrationsforvaltningen)
 - Social services (Socailforvaltningen)
 - Planning & Environment (Teknik & Miljøforvaltningen)
 - Children & Youth services (Børne og Ungdomsforvaltningen)
 - Healthcare(Sundheds & omsorgsforvaltningen)
 - Cultural services (Kultur & Fritidsforvaltningen)
 - Economic development (Økonomiforvaltningen)





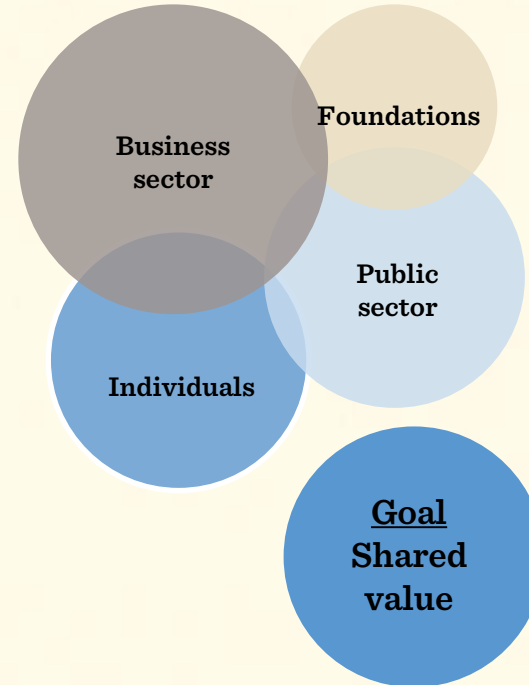
Traditional role

Reactive



Facilitating role

Proactive



Collective impact

Democracy

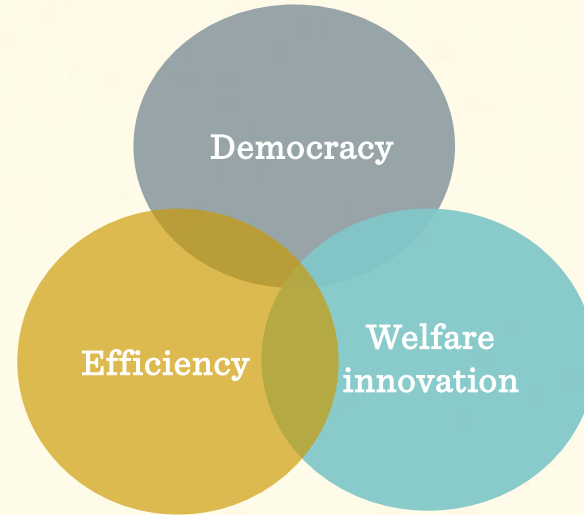
- Political trust and participation
- Social capital and citizenship

Efficiency

- From decision to implementation
- More resources

Welfare innovation & Institutional change

- New solutions to wicked problems



We are now two organizations moving towards the same vision...



Design, Advice & process
leadership



Knowledge &
intervention research



where everything
meet up:

Public space

Our 'urban health
resource'

Thank you for
listening