

Healthy cities for the next generation

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Defining elements city

- Big
- Work
- Public Domain
- Apartments/flats
- Stones and density
- Anonymity
- Urban jungle

Defining elements child

- Small
- Play/Care
- Private domain
- Single family house
- Space and Green
- Familiar environment
- Rural idyll

Mutually exclusive concepts?

(Karsten, 2018)

City

- Big
- Work
- Public domain
- Apartmentbuildings
- Stony and dense
- Anonimity
- Urban jungle

Child

- Small
- Care/Play
- Private domain
- Single family home
- Green and spacious
- Familiar environment
- Rural idyll

But....



Today

Increasing numbers of and diversity among children and families in several (capital) cities

(Boterman et al, 2010; Rerat, 2013; Hjortal and Bjornskau; Butler, 2003; Lilius, 2014)



Fundamental change

- Growing number of families living urban
- Families who can afford remain in the city:
Yupps
(Karsten, 2007)



Amsterdam





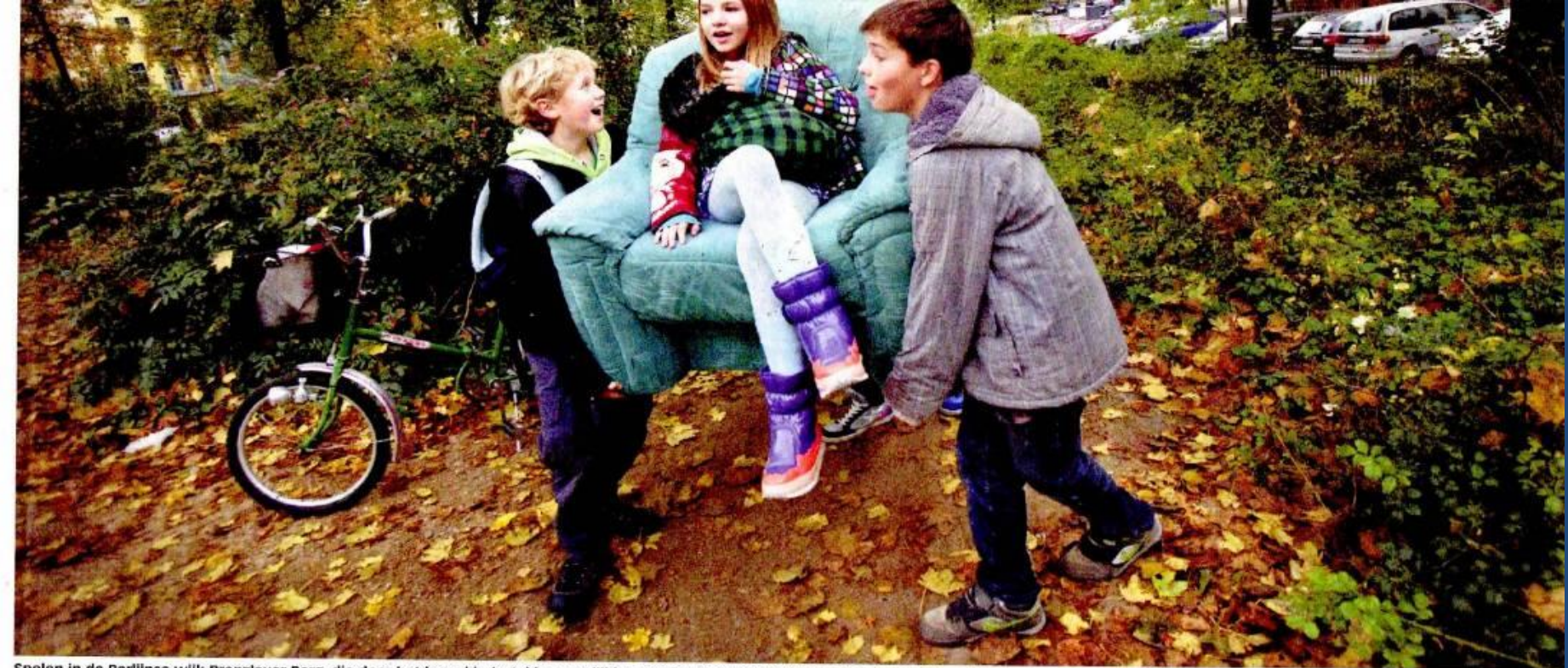
New York



Stockholm



Berlijn



Spelen in de Berlijnse wijk Prenzlauer Berg, die door het hoge kindertal in vergelijking met de rest van Duitsland Pregnancy Hill wordt genoemd.

Foto Daniel Rosenthal / de Volkskrant

REPORTAGE Duitsland heeft al jaren een van de laagste geboortecijfers van Europa. De uitzondering is Prenzlauer Berg, een wijk met uitsluitend hoog opgeleide beterverdieners in Berlijn. Waarom willen ze daar wel kinderen? 'Het zaad lijkt hier door de lucht te vliegen.'

Door Merlijn Schoonenboom

Pregnancy Hill in Berlijn

Why? (Karsten, 2007)

- Time spatial reasons (combination of daily activities) (Hjorthol & Bjornskau, 2005)
- Social networks (Butler, 2003)
- Urban identity (Ley, 1996)



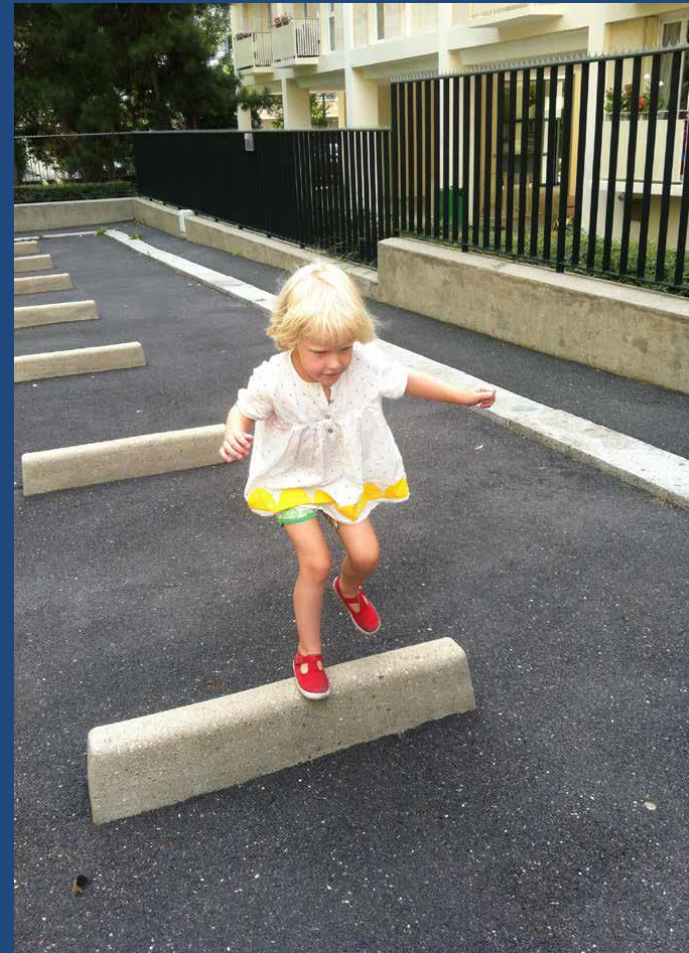
Urban population is changing: cities have to change



Making space for healthy growing up

Health drivers from urban planning perspective
(broad definition of health/including well-being):

- *Housing*
- *Neighbourhood/school*
- *Outdoor space to play*
- Childcare facilities and children's clubs (sports)
- Mobility/ safety/ air quality
- Etc.



1. Housing

- Basic condition of living urban (Karsten, forthcoming)
- Families need square metres/ access to the outdoors!
- How to accommodate family life in high-rise (Appold & Yuen, 2007; Karsten, 2015)?

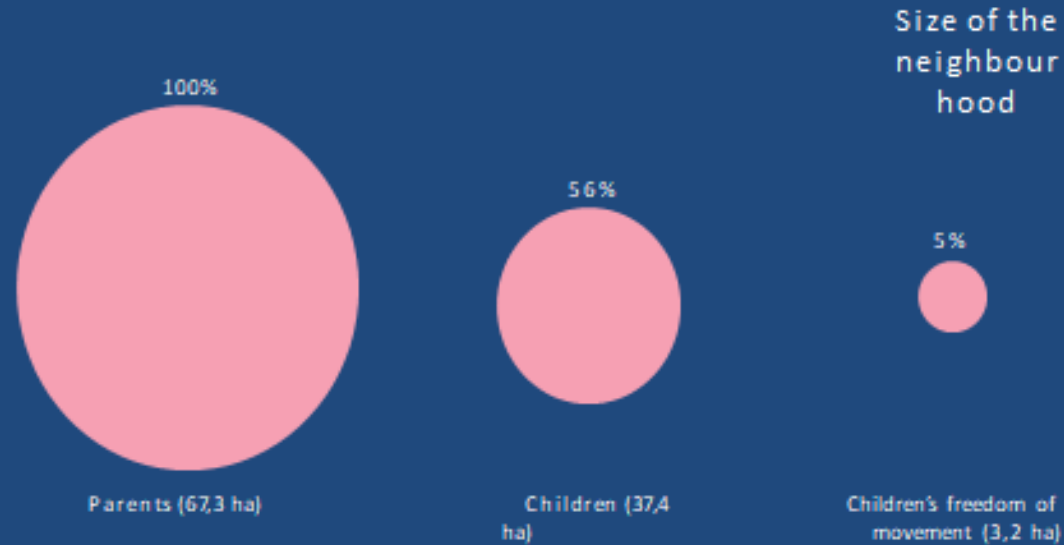


Densing cities: international trend

(Sluisjesbuurt, Adam)



2. Neighbourhood and school



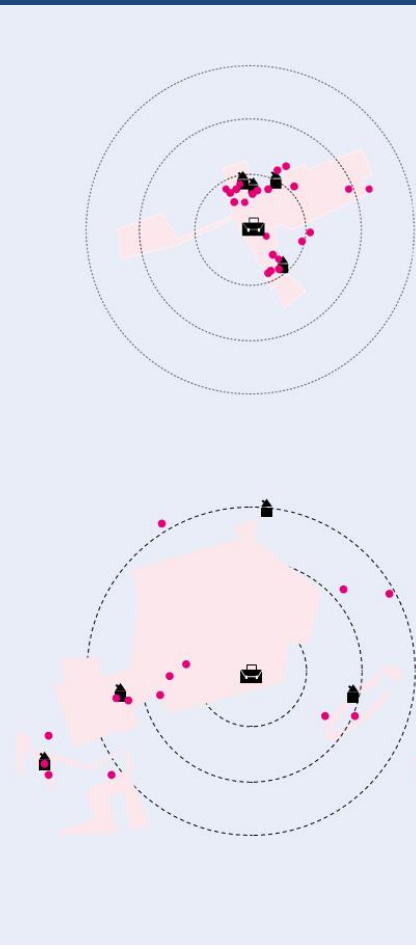
Gemiddelde buurtgrootte afgezet tegen de zelfstandige bewegingsvrijheid van kinderen

Exploring the neighbourhood

- Traffic infrastructure should support sustainable modes of travelling (walking or biking)
- First of all: home-school (everyday routine)
- Need to choose a school in the neighbourhood.
- Attending school in the neighbourhood is an important driver for children's well being:
- Samira (11) goes to school some kilometres from home. She would like to play outdoors more often, but:
- *"I don't know neighbour children. I don't know what my neighbourhood is actually"*

The influence of school on friendship

(Karsten and Felder, 2016)



- Friends of a child going to school **in** the neighbourhood
- Friends of a child going to school **outside** the neighbourhood

Public Schoolyard: welcoming to the neighbourhood



3. Outdoor Play

Positive:

- Weight/ obesitas
- Motoric skills
- Cognitive skills
- Social skills
- Creativity
- Emotional balance

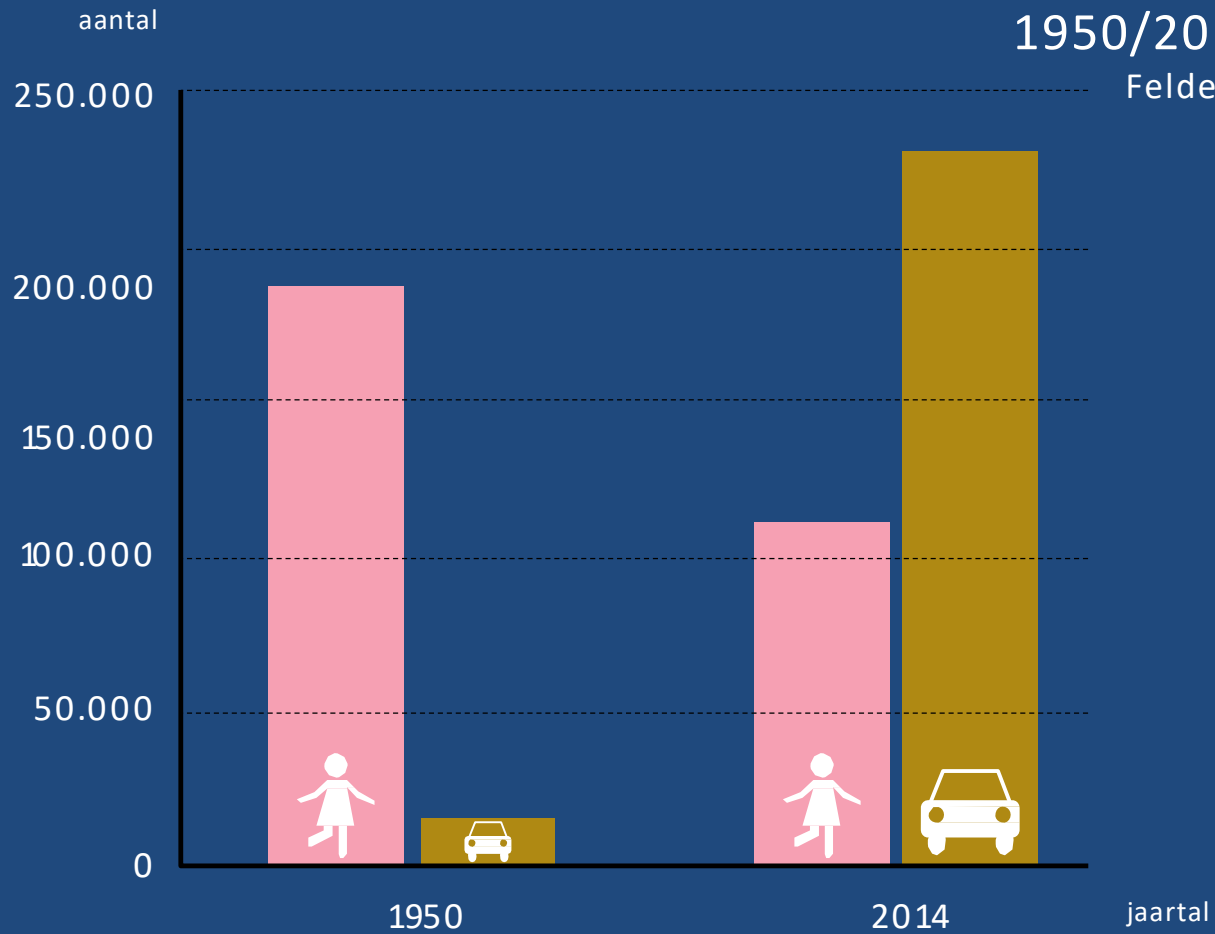
- Social cohesion nbh

Serious problem: over time a sharp reduction of children's outdoor play

(Gaster, 1991; Karsten, 2005; Kinoshita, 2009; Drianda & Kinoshita, 2011;).



Number of children/cars in 1950/2014 (Karsten & Felder, 2016)



Veranderde verhouding tussen kinderen en auto's in Amsterdam door de jaren heen

(Bron: O+S, 2014)

Playground



Sidewalk



Nearby places in general:

(woonerf/back-yard/car-free square, etc.)



Concluding reflections

- The urban environment fundamentally influences children's and families' health
- To improve children's health spatial conditions are important, but also.....
- Health workers: stimulate parents and children to explore the neighbourhood and to play outdoors (children like it!)
- And be aware....

And be aware.....

