

Urban planning



Urban design has been historically one of the main promoters of public health. Cities with a **compact and complex design**, which means higher diversity of services available in **shorter distances, good infrastructure for public transport, walking and cycling and more green space**,



can have **lower levels of air pollution, noise, higher levels of physical activity and better health outcomes like better mental health and lower cardiovascular diseases prevalence.**

We asked members of our Healthy Ageing Advisory Group* what they thought...

"Sometimes we don't think about it, we all hop in our cars and go"

"Traffic has gotten a lot more noticeable, even in the outskirts"

Our stakeholders said...

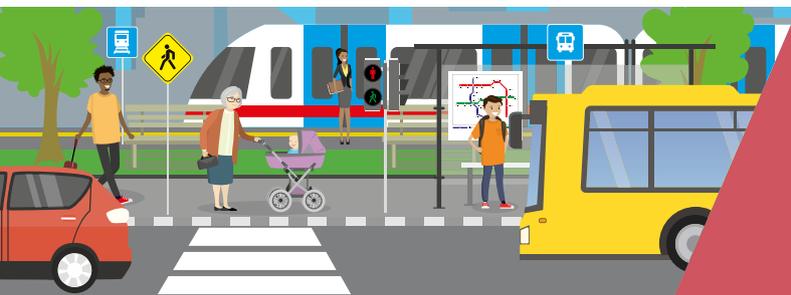
The population is ageing and by 2050, nearly 70% of the world's population will be living in cities. We want older people who live in cities to have access to the environments that meets their needs



National level: how we can shift from cars to walking, cycling, public transport.

City level: how we access services by walking and cycling (compact and complex cities).

Neighbourhood level: Involve citizens in the decision-making process for urban design and transport planning measures.



Cities should be designed for all, prioritising the needs of the most vulnerable