



14 OCTOBER 2020 | 12.00 UTC

Participate in the roundtable!

NBS and Green Public Spaces for Health & Resilience

Register here: bit.ly/nbsHR

Meet eminent speakers:

Marc Nieuwenhuijsen, ISGlobal Barcelona

Cecilia Vaca Jones, Bernard van Leer Foundation

Laura Petrella - UN-Habitat

Thiago Hérick de Sá - World Health Organization

Nabi Agzamov, Strelka Kb

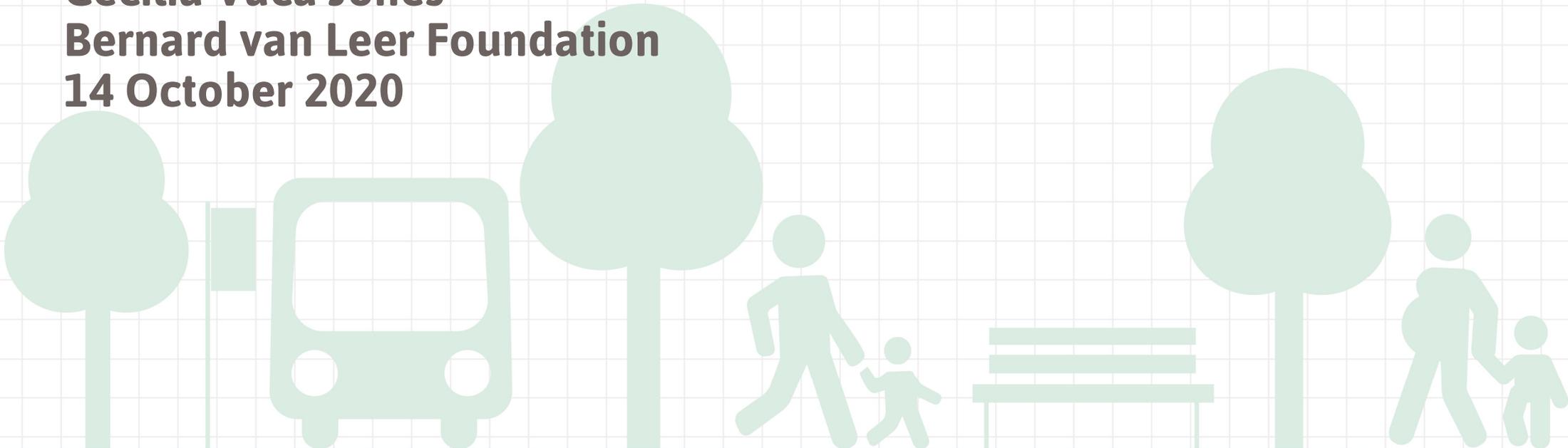
Nathan Iyer, IYER Planning, Urban Design & Architecture

Uta Christine Dietrich, ThinkCity



Urban95, Urban Health and Urban Resilience

Cecilia Vaca Jones
Bernard van Leer Foundation
14 October 2020



A good start for all children

All babies deserve a good start.

A good start puts each individual child on the path to realizing their full potential and, collectively, sets the foundation for a **healthy, creative and peaceful society**.

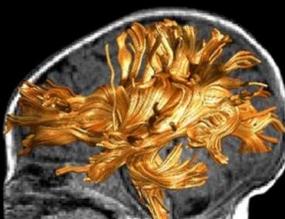
This requires universal policies and programmes catering to all children, but going the extra mile to ensure that the **most disadvantaged** get extra support to help level the playing field.



EARLY EXPERIENCES SHAPE THE BRAIN...AND THE FUTURE



SURVIVING



THRIVING

HEALTH



A growing body of evidence links significant adversity in childhood to increased risk of a range of adult health problems, including diabetes, hypertension, stroke, obesity, and some forms of cancer. For example, having 7 or 8 serious adverse experiences in childhood translated to 3 times higher probability of having cardiovascular disease as an adult.

EDUCATION



In Jamaica, longitudinal studies have shown stunted children who received home visits promoting caregiver-infant play and verbal interaction were 5 times more likely to stay in school, achieved 0.6 years more of schooling, and were 3 times more likely to have some college-level education. They also earned 25% more income than children who did not participate in the programme .

ECONOMICS



Research by Nobel Laureate James Heckman has shown that high-quality early childhood programmes for disadvantaged children can deliver up to 13% return on investment through savings to health, welfare and special education as well as increased income. In cost-benefit terms, every \$1 spent on early childhood development programmes can lead to a return of \$7-10.

URBAN95 

A Bernard van Leer Foundation Initiative

**IF YOU COULD
EXPERIENCE
THE CITY FROM
95cm – THE HEIGHT
OF A 3-YEAR-OLD –
WHAT WOULD
YOU CHANGE?**



WE CAN DESIGN HEALTHY URBAN ENVIRONMENTS



Reduce car dominance



Social interaction



Active & walkable streets



Welcoming & inclusive



Connection to nature



Access to services & play

PRENATAL

0-6 MONTHS

1-3 YEARS

3-5 YEARS



0 YEARS

5 YEARS

TO SUPPORT POSITIVE INTERACTIONS AT EVERY SCALE



Between neurons



Between child and caregiver



Between children



Between caregivers



Between caregivers and children with their surrounding space



Between caregivers and children and their destinations

HEALTHY INTERACTIONS



CAREGIVER MENTAL HEALTH



UTILISATION OF SERVICES



CAREGIVER-INFANT INDOOR/OUTDOOR PLAY



HEALTHY INFANT FEEDING PRACTICES



STORYTELLING, SINGING AND READING



NON-VIOLENT DISCIPLINE



HEALTHY URBAN ENVIRONMENTS



PUBLIC SPACE



TRANSPORTATION



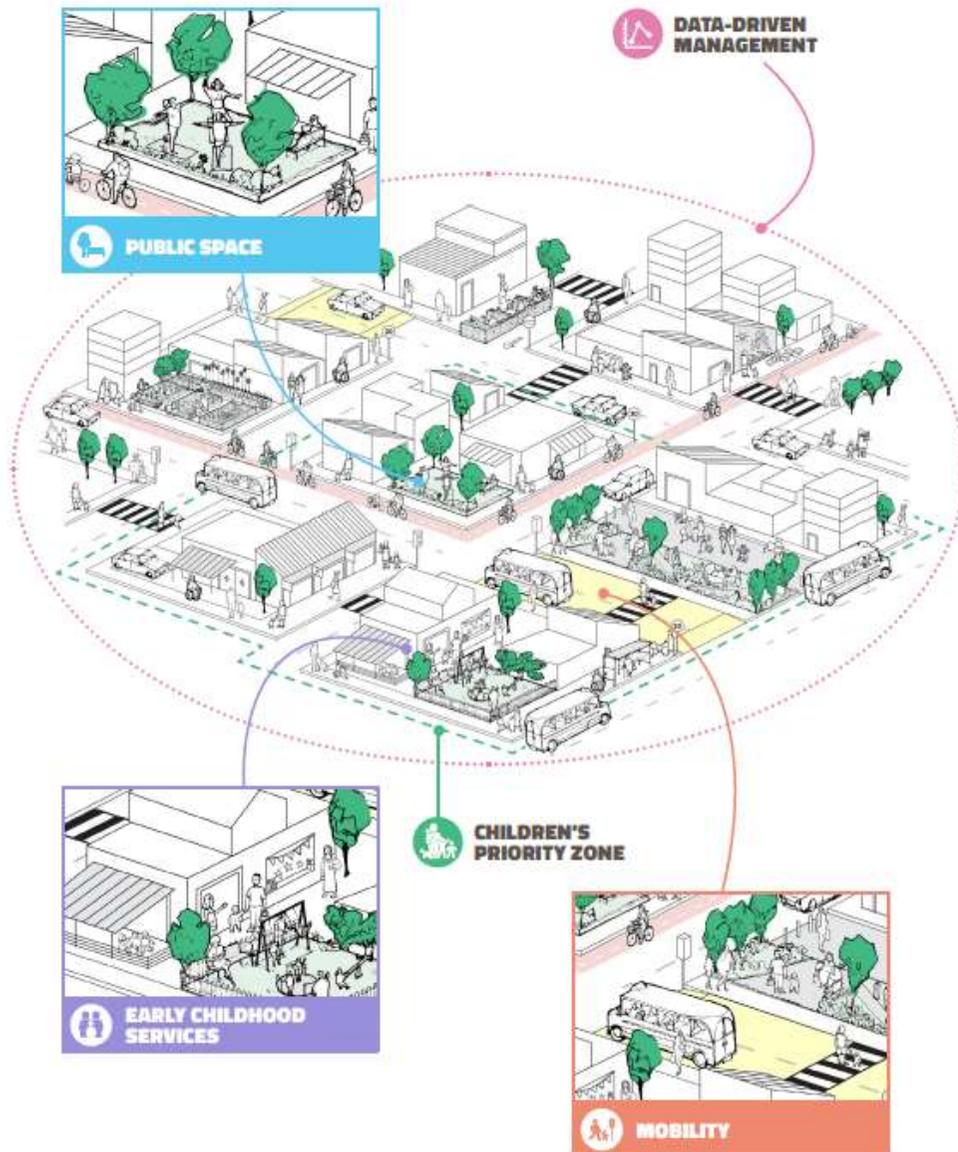
NEIGHBOURHOOD PLANNING



AIR QUALITY



EXPOSURE TO NATURE



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Core areas

- **Public Space**
- **Mobility**
- **Neighbourhood planning**
- **Air**
- **Nature**

City management principles

- **Data-driven decision making and inter-agency collaboration**

Public Space Quality & proximity

- Tirana, 48 new playgrounds in 48 months, and symbolic square redesign for all
- Play design innovations
- Istanbul: Link to [design guidance](#)
- Tel Aviv, solving the “sand problem”
- Libreville, temporary play streets with sand boxes

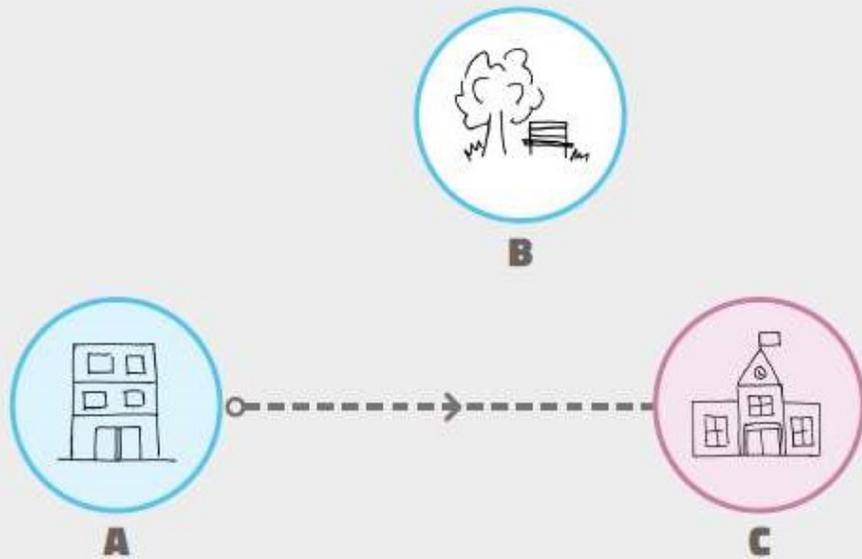




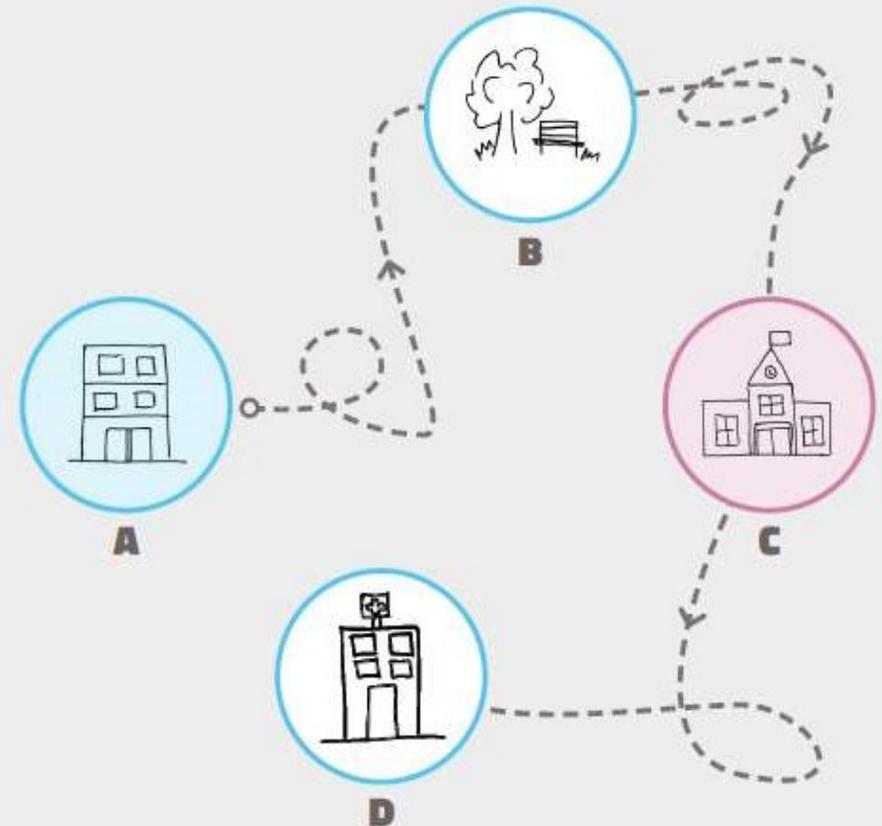
Public Space Street design

- Copenhagen, centred on the school
- Design for:
 - Traffic calming
 - Play along the way
 - Low stress environment
 - Bicycle parking

Lone person, peak commute



Infant & caregiver journey



At the neighbourhood scale, Urban95 journeys can include indirect routes and extra stops to reach services.

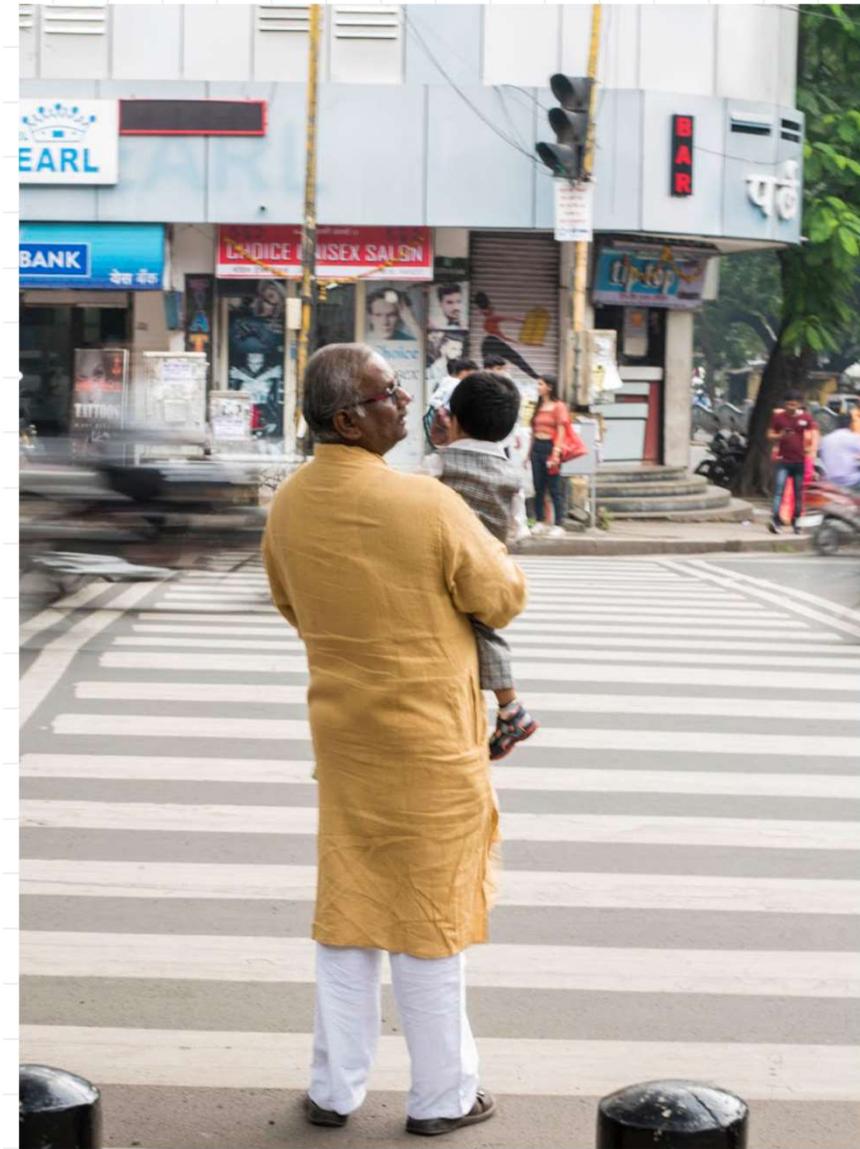
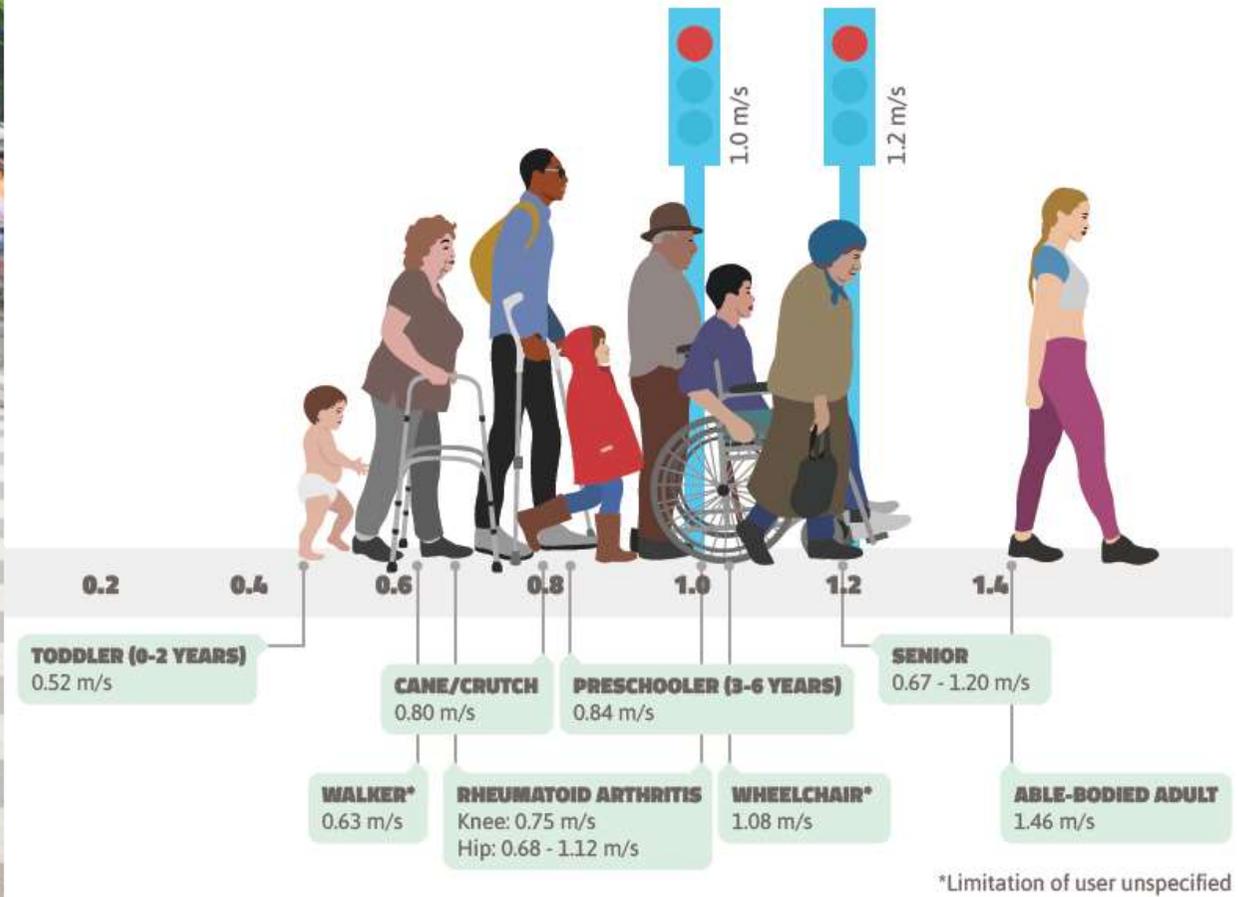
Combining design and behaviour

Early Years Cycling

- Well-designed bicycle infrastructure needs to be complemented with changing social norms and behaviours
- Research: Cities fit for Children and Cycling with ByCS
- Cycling in Tirana
- Pune's bicycle playground



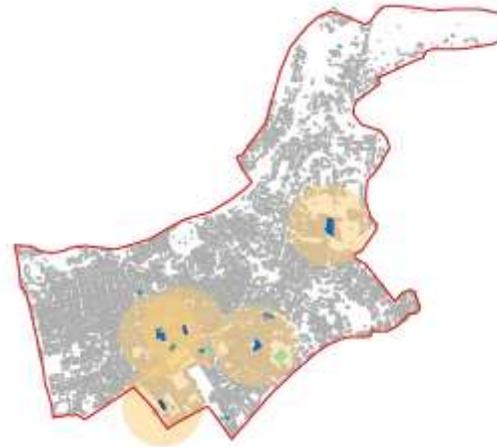
Speed: Can you make the light?



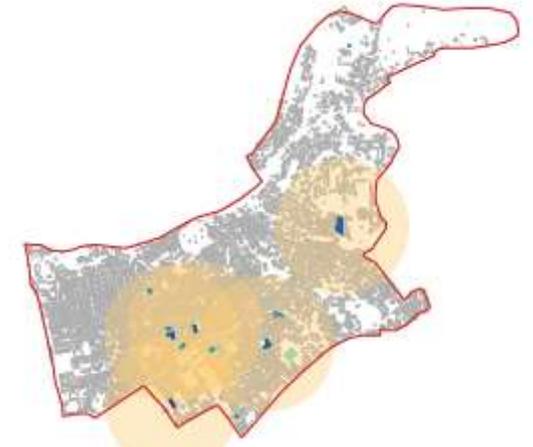
Picture from ITDP India

Reaching Scale Neighbourhood planning

- Tirana, reaching scale via 48 neighbourhood-scale interventions
- Neighbourhood level indicators, design, engagement processes within city-wide framework



Administrative Unit 4
ITC Neighborhood with a 300m radius



Administrative Unit 4
ITC Neighborhood with a 500m radius



Don Bosko proposed school site
Building heights and density in a 500m radius



Vasil Shanto school site
Building heights and density in a 500m radius

Reaching Scale Neighbourhood planning

- Bogotá, *Crezco con mi barrio* project
- Neighbourhood scale tactical urbanism
- Community engagement and city officials engagement
- Reduced traffic speeds, accidents and increased use of public space by residents



URBAN95
BOGOTÁ

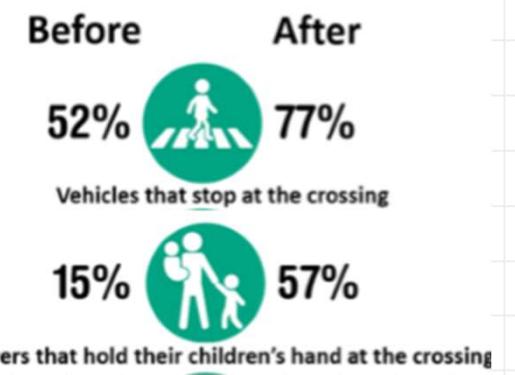


Figura 3 - Análisis de tendencias por categorías del diario de campo en NVivo, Talleres de grupos focales

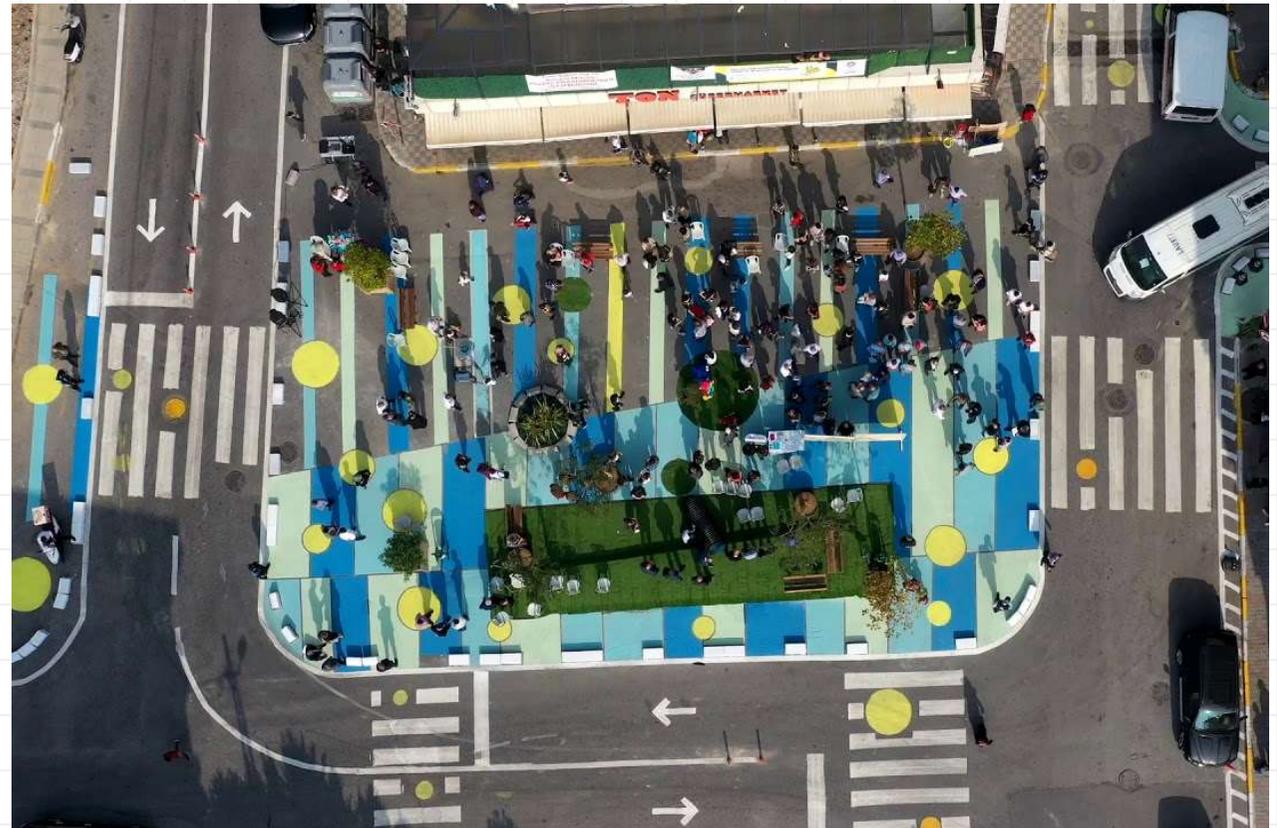


Public Space and Walkable Streets on disadvantaged neighbourhoods

- Lima, walking routes
- Testing and iterating to learn what works and what does not and adapting along the way.
- Identifying opportunities for action at scale

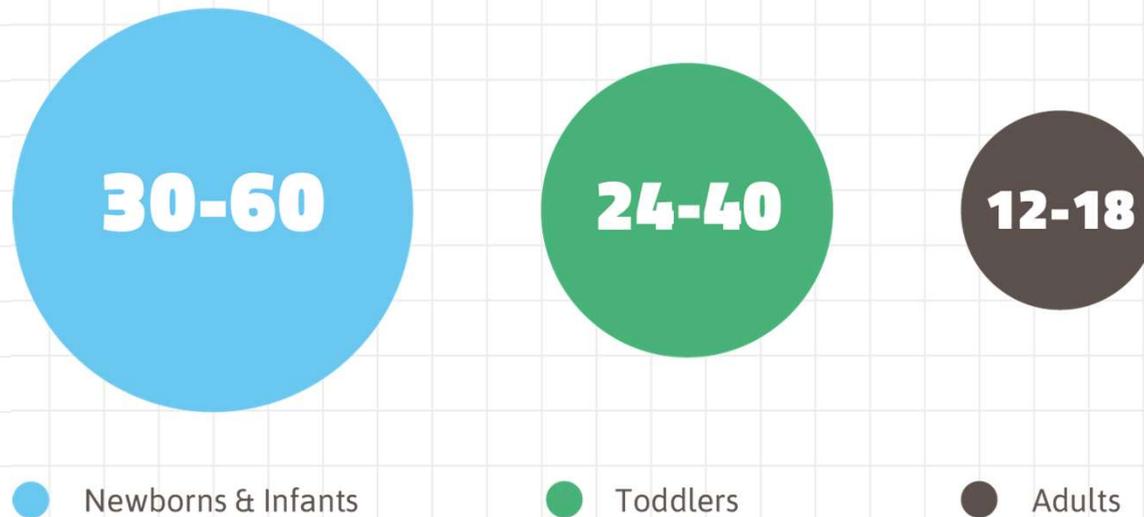
Testing and iterating when designing solutions

- Tactical urbanism as a methodology
- Istanbul, Turkey
- With NACTO's Streets for Kids



Air Pollution

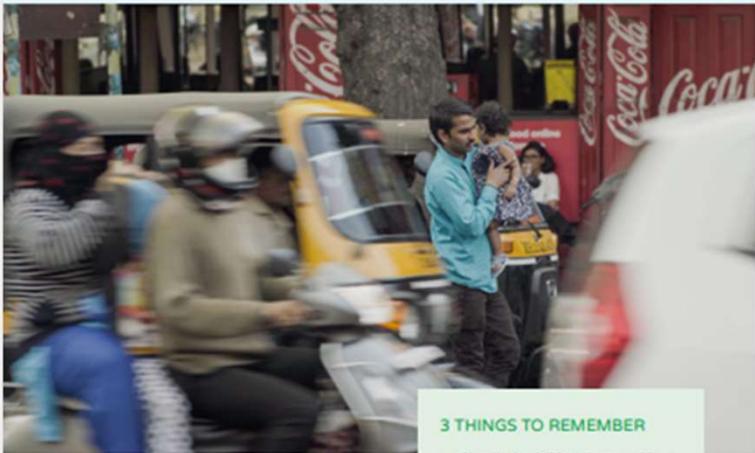
BREATHS PER MINUTE



POLICY BRIEF

Air Pollution in Early Childhood

Bernard van Leer  FOUNDATION



3 THINGS TO REMEMBER

- ▶ Air pollution inflicts short- and long-term damage on children, impairing development and causing chronic health problems
- ▶ Young children are most vulnerable, as they breathe more air and travel or play close to sources of pollution – like vehicle exhausts
- ▶ Action is needed at all levels, from national clean energy policies to mapping local pollution to protect children

▶ In brief

Air pollution is a global health emergency and young children are the most vulnerable. Polluted air causes long-lasting damage to babies and toddlers, whose brains and bodies are still developing and who breathe in more toxic air than adults. A comprehensive set of policies are needed to reduce emissions at source, while protecting children from the pollution which already exists.

Bernard van Leer  FOUNDATION

Policy Brief: Air Pollution — 2019

REDUCING AIR POLLUTION THROUGH URBAN DESIGN



It is true that you can only take action on something you can quantify and “see”. In this novel approach, by combining Google’s Air View data with Gehl’s lived experience data of children and their caregivers we’ve made air pollution visible and suggested actionable urban design solutions to reduce exposure to poor air quality and increase access to better air quality at the neighbourhood and street scales.

Air quality in cities is one of the most impactful elements effecting the health and quality of life of all urban residents. For decades, it’s been a well-known and persistent challenge, but one that has seen few successfully implemented solutions.

Client
Bernard van Leer
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Team
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Sofie Thorsen

Location



Collaborators
Copenhagen Solutions
Lab, Google, Utrecht
University

Date
2019 –

Print PDF



Covid-19 briefs

We've compiled three briefs on ways to limit the impact of Covid-19 on babies, toddlers and those who care for them

Five ways Covid-19 economic recovery plans must invest in the next generation

Bernard van Leer Foundation Following
May 6 - 8 min read



This brief is part of our series on [ways to limit the impact of Covid-19 on babies, toddlers and the people who care for them](#). We will be updating these briefs as we collectively learn more. We'd love to hear your examples, ideas and feedback at info@bvleerf.nl.

This policy brief was updated on 27 August 2020 and is also available in [Spanish](#).



Five ways health and social services can support babies, toddlers and the people who care for them through the Covid-19 pandemic

Bernard van Leer Foundation Following
May 6 - 11 min read



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Six ways cities can support babies, toddlers and their caregivers during the Covid-19 pandemic and beyond

Bernard van Leer Foundation Following
May 6 - 9 min read

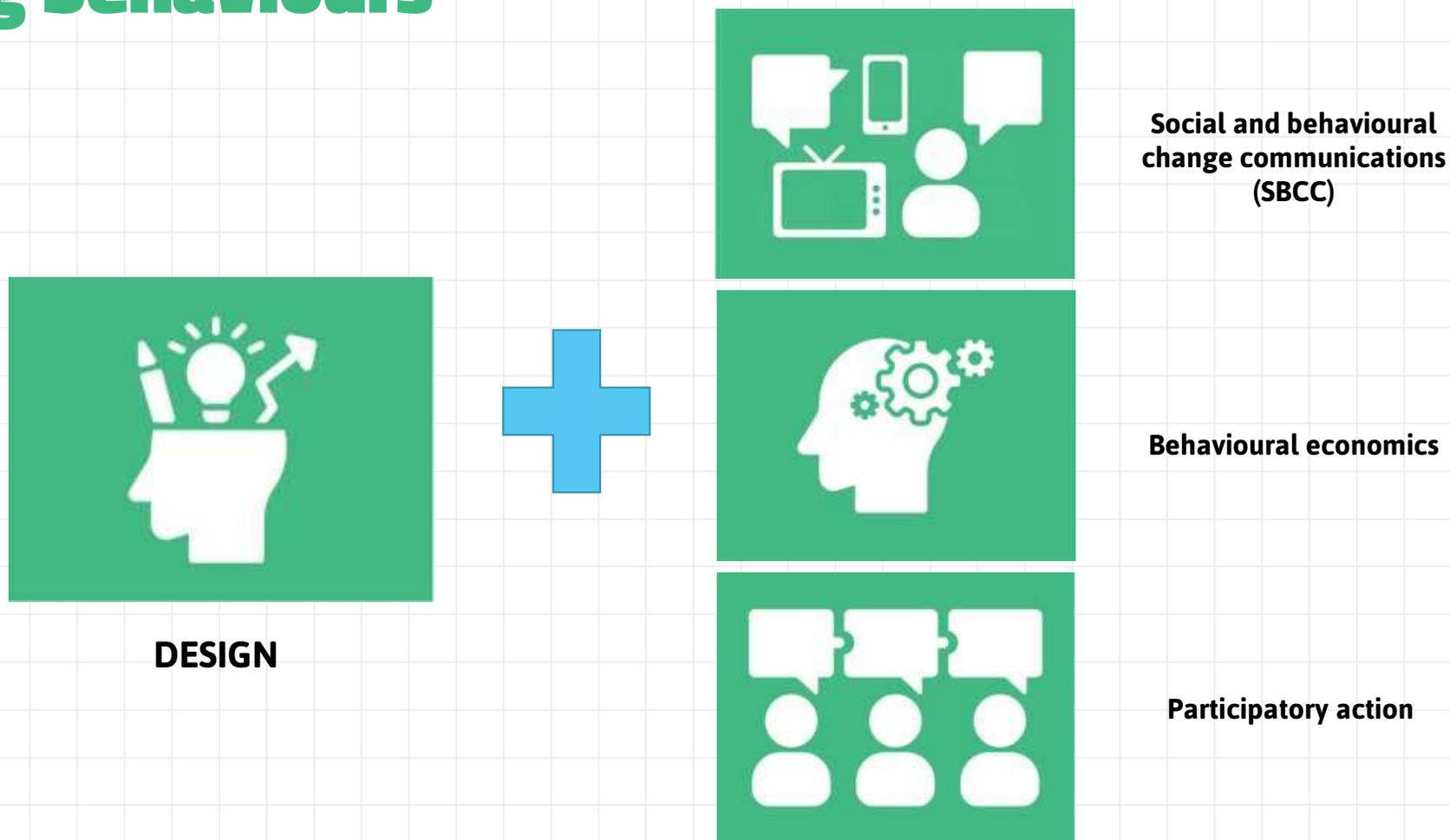


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Inviting behavioural scientists to reinforce the effects of DESIGN on caregiver well-being and caregiving behaviours



THANK YOU!

Presented by:

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Executive Director

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URBAN95 

www.bernardvanleer.org/urban95

