Nature in Cities: Tonic for Health, Justice & Resilience

Uta Dietrich - 14 October 2020
Urban Thinkers Campus
WHO WE ARE

WE ARE A SOCIAL PURPOSE ORGANISATION DRIVEN BY IMPACT IN MALAYSIA

We want to make cities people-friendly and resilient by being a catalyst for change in the way cities are planned, curated, developed, and celebrated.
Kuching Statement
On healthy, just and sustainable urban development

The hallmark of successful 21st century cities will be an understanding of urban development in terms of the complex interconnections between the ecological, economic and social foundations of human development and health.

Health Promotion International:
https://doi.org/10.1093/heapro/daw046
NBS & Green Public Spaces: Tonic for Health, Justice & Resilience

From the Kuching Statement, there are 3 key parallels

Health & Wellbeing of People
Nature’s effect on all dimensions on health cannot be underestimated

Spatial Justice for all Populations
Distribution of NBS & green public spaces needs to accessible by all and equitably distributed

Resilience & Planetary Health
Build resilience by strengthening health of human civilisation and the state of the natural systems on which it depends
Health & Wellbeing of Individuals and Groups
creating welcoming green spaces for all ages
Physical activity - social connection – cooler temp.
JETI LAMA RAIN GARDEN – ORIGINAL SITE

Existing Site Condition

- Tarmac area used as an informal car park
- No line markings; ‘free-for-all’ parking anywhere within the tarmac and concrete area
- Open drain surrounding site

Proposed Rain Garden

- Rationalize and optimize tarmac area for car, OKU and motorcycle parking
- Leftover space converted into Green Space
- Convert Informal Square into Rain Garden
Jeti Lama Rain Garden – current condition

Nature Intensity: more is better, but anything is better than nothing
The greener bus shelter provides a larger area of cooler temperatures; It incorporates rain harvesting (columns) & solar panels for phone charging stations

- Solar radiation is assessed based on the amount of direct solar radiation on site, as well as the diffused radiation that is reflected.
- Lower solar radiation means less infiltration of radiation, which tends to make a place cooler.
- Adding panels around the sides of the roof will help reduce solar radiation even more.
Accessibility

39% of the Penang residential areas do not meet the international benchmark of living within a 5 min walk (400m) of an open space.

• 20,000+ hectares identified (excluding open space and recreational areas) to achieve:
• 90% of residential areas are within 400 meters of at least one of these spaces
Southeast Asia is one of three regions in the world which will be hardest hit by climate change in the near future.

*Special Report on Global Warming of 1.5 °C, IPCC, October 8th, 2018*

Create connectivity of green and open spaces through green streets, eco-boulevard, blue corridors and protected areas with aim to create a well-defined network of open spaces that maximises the potential for social interaction & physical activity, economic activity and environmental preservation.
Resilience & planetary health
Dose, Intensity, Diversity of interventions for health of people, city & planet

NB-SOLUTIONS

Women and girls programme
Schools programme
Comprehensive social vulnerability assessment
Knowledge transfer platform
Penang Climate and Disaster Risk Board
Public health pilot project

HEAT STRESS
Swales

FLOODING
Upstream retention
Green roofs
Pocket parks
Blue corridors

SOCIAL

INSTITUTIONAL
Connected canopies
Backlane
Greening parking spaces
Green Public Spaces: Tonic for Health, Justice & Resilience

Each green space is good for health & resilience of its users

Sufficient green space equitably spread is good for health & resilience of populations

Intensity & diversity & connectivity of green & blue spaces is good for health of people and planet
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