

RESTORATIVE CITIES: Building a Healthier Tomorrow

Jenny Roe

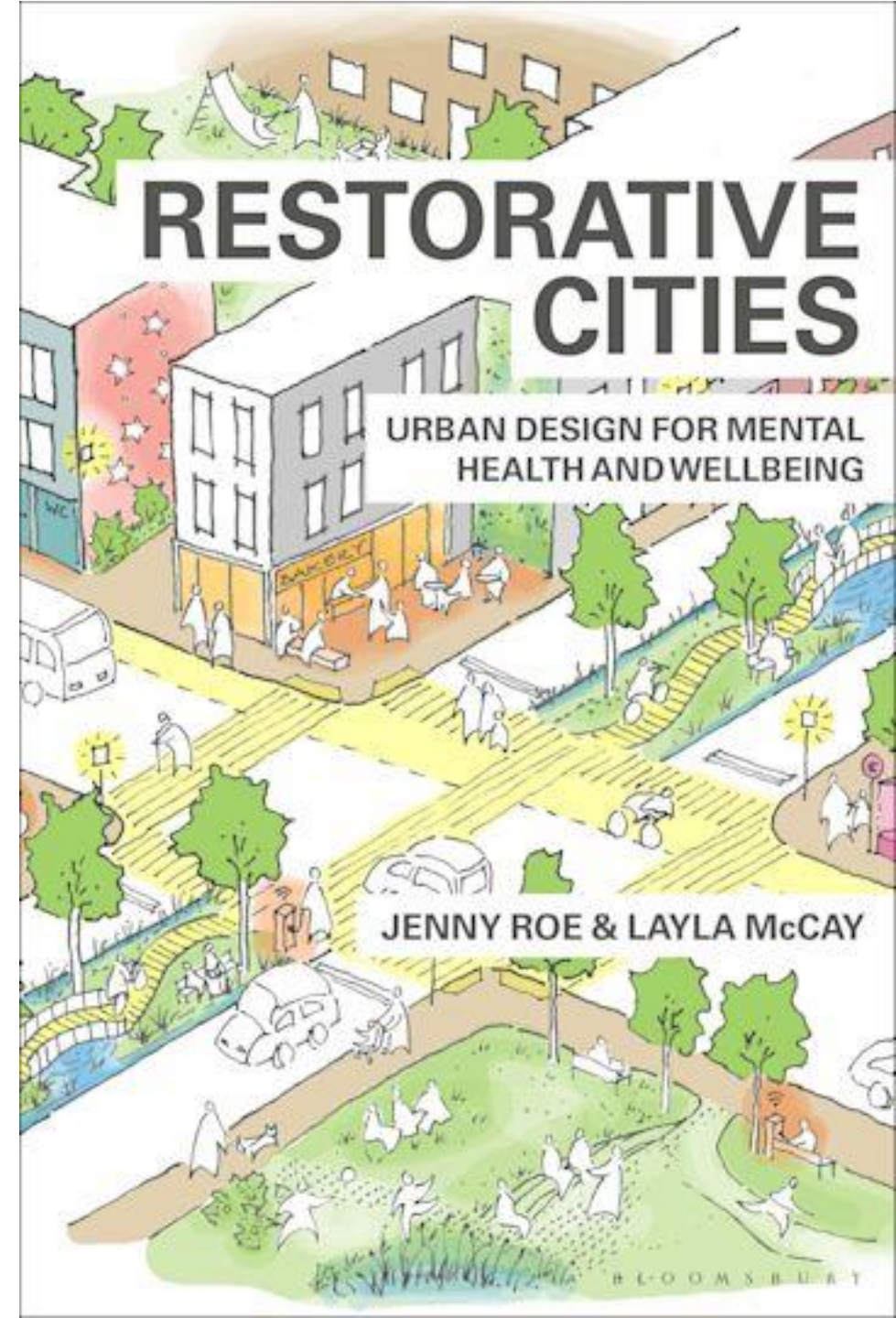
Director, Mary Irene DeShong Professor in Design & Health

DCSA Workshop, Sarasota

Thursday, March 24, 2022, 4 pm to 5:30 pm



CENTER FOR
DESIGN & HEALTH



What is mental health – and how does it apply to urban design?

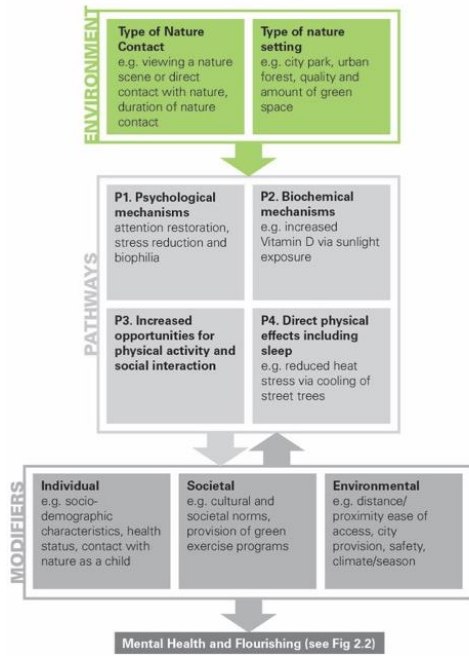


Restorative City Framework

Image may be reproduced with accreditation: *Restorative Cities: Urban Design for Mental Health and Wellbeing* by Jenny Roe and Layla McCay, Bloomsbury Publishing (2021)

The Green City





Effects of green space on mental health



Benefits of green cities for mental health

GREEN NEIGHBOURHOOD



- 1 water wall
- 2 green roofs + gardens
- 3 linear park
- 4 street trees
- 5 green trees
- 6 green space seating
- 7 pocket park

The Green City: Neighbourhood Scale

GREEN CITY



- 1 green courtyard
- 2 large downtown park
- 3 green roof
- 4 green wall
- 5 large park
- 6 shared playing field
- 7 green edges
- 8 pocket park
- 9 linear park

The Green City: City Scale

The Blue City





Source: Urban Scale Interventions

The Sensory City



The Neighbourly City



The Active City



The Playable City



Source: NL Architects



Source: J Roe



Source: Martin Knöll



Source: J Roe

The Inclusive City



Source: L McCay



Source: C Martin

Fascination



Compatibility



Being away and extent



Wonder and curiosity

Restorative Streets

“Its essence is intricacy of sidewalk use ... [we may] liken it to ... **an intricate ballet** ... The ballet of the good city sidewalk never repeats itself from place to place, and in any one place is always replete with new improvisations.”

Jane Jacobs, *The Death and Life of American Cities* (1961)



source @citylab

Roe, J. and Mondschein, A. (in press) *Restorative Streets: a conceptual framework for capturing – and measuring – the impact of urban streetscapes on walkability and mental health*. **Mobility Design**. Design Research Editors: Vöckler, K., Eckart, P. & Knöll, M.

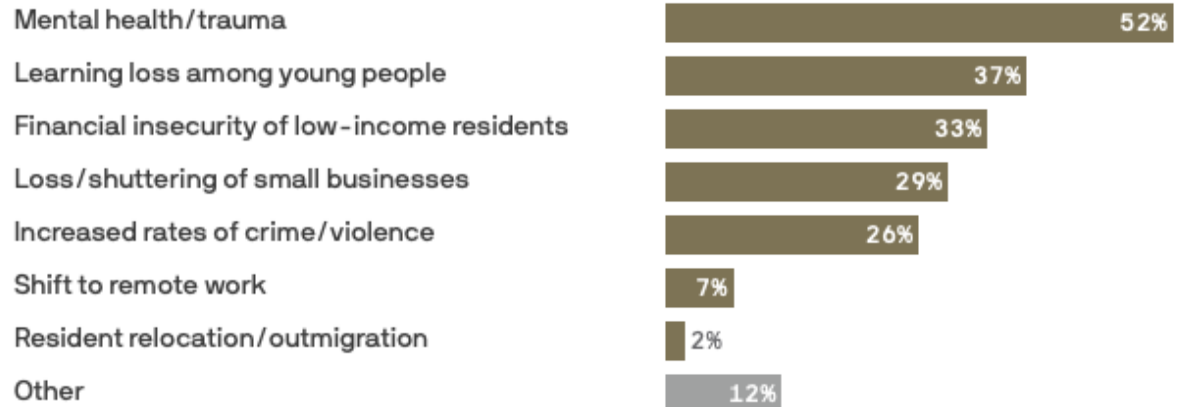
Mayors' top concern: mental health

Over half of mayors surveyed are concerned about lingering mental health challenges:

“Our community and business are still very fearful, cautious, emotionally drained, and on edge”

2021 Menino Survey of Mayors

Survey of 126 city mayors in 2021; Mayors could select up to two responses



Data: Menino Survey of Mayors; Chart: Kavya Beheraj/Axios

The opportunity to Build Back Better

“This is our moment. If we want to bring about transformation, the demand is there.”

Joanna Frank, CEO, Center for Active Design, 2021



Source: cnu.org

Tune into the 'zeitgeist'

Build on, adapt, refresh... catalyze the restorative city”

Jenny Roe, 24 March 2022



Source: Sarasota Herald-Tribune / RADD



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