

# HEALTH PROMOTING HOUSING AND URBAN PLANNING

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Source: Frandsen et al (2009): *Helende  
Arkitektur*. Aalborg Universitet



# HEALTH PROMOTING HOUSING AND URBAN PLANNING

- State-of-art: Relations between housing / urban planning and health
- Ongoing research at NTNU/AB
- Relevant future issues

Source: Frandsen et al (2009): *Helende Arkitektur*. Aalborg Universitet



# RELATIONS BETWEEN HOUSING / URBAN PLANNING AND HEALTH

## Risks

- *Low material standard (moisture, overcrowdedness, worn-down structure etc)*
- *Poor socio-economic environment (low income communities)*
- *Air pollution, noise, lack of green areas*
- *Low physical activity level*

## Promotive issues

- *Daylight, fresh air, privacy*
- *Active everyday life (complexity, variation and challenges)*
- *Social arenas*
- *Access to nature, green areas and services*

Strategic Research Area 2014–2023

# NTNU HEALTH



# HEALTH – ONE OF 4 STRATEGIC AREAS AT NTNU

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**NTNU HEALTH**

Main research topics

**Health promotion, prevention and empowerment**  
Health promotion - Preventive medicine - Housing and residential environment - Social, geographical and ethnic differences in health and welfare - Work and health - Health communication

**Diagnostics and therapy**  
Neuroscience - Bionanotechnology - Regenerative medicine - Biotechnology - Medical imaging - Palliative medicine - Inflammation - Age and lifestyle related diseases - Major widespread diseases

**ICT-systems, welfare technology and organization of health services**  
ICT in health services - Electronic patient records - Search engine and database technology - Welfare technology - Health service organisation - Health management and leadership - Health policy

Take part in the network

- [receive news and updates](#), or
- [take part in our network](#)

Find project partners

[Find partners at the Faculty of Humanities](#)  
(in Norwegian)

Blog

I dag har mer enn 200 000 nordmenn lungesykdommen KOLS, og enda flere har diabetes. Rusproblemer og psykiske lidelser øker også i omfang. To av tre menn, og en av to kvinner over 40 år, lider av overvekt eller fedme.

[Les hele blogginnlegget.](#)

<http://www.ntnu.edu/health/>

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08.08.2015

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NTNU HEALTH



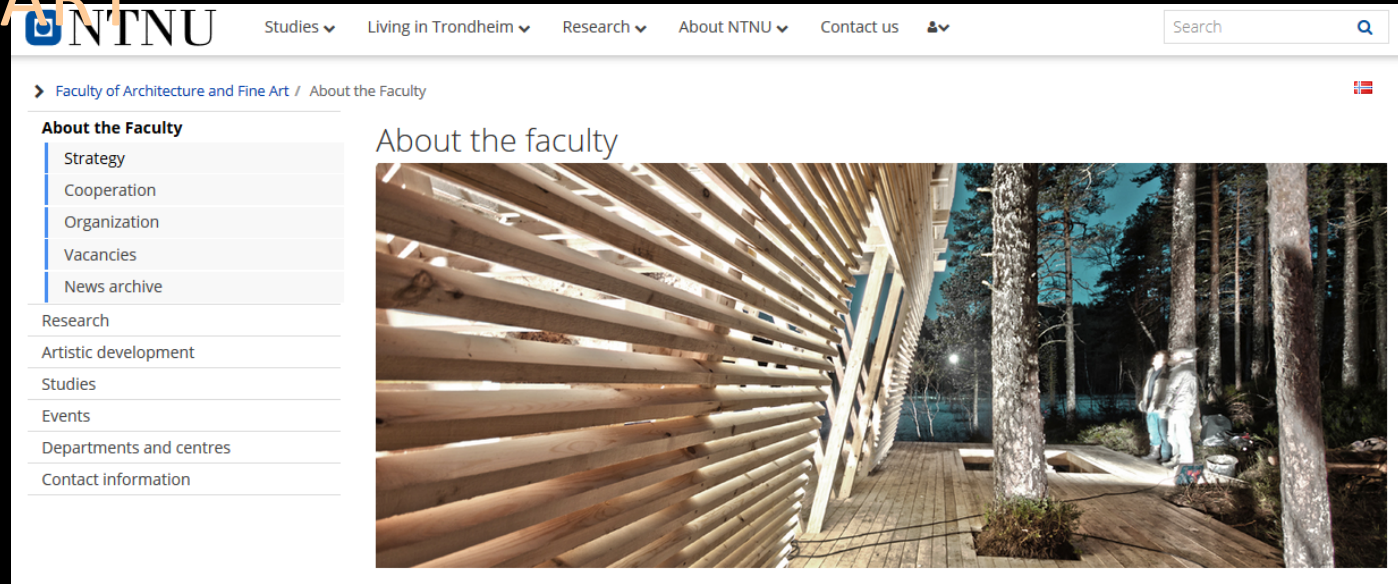
# HEALTH PROMOTION, DISEASE PREVENTION, ENPOWERMENT

## Relevant knowledge areas:

- Housing and neighbourhoods
- Social, geographic and ethnical inequalities in health and welfare
- Access to nature and social spaces

*«We need to understand how various technological and physical structures may support public health»*

# NTNU/AB: FACULTY OF ARCHITECTURE AND FINE ART



<https://www.ntnu.edu/ab/faculty>

## Strategic focus areas

- Cities of the future
- Sustainable architecture
- *Architecture and health*
- Art and culture as a pillar of society
- Innovative learning

# ARCHITECTURE AND HEALTH: ONGOING RESEARCH

## Preventive, promoting and healing built environment

### *Research topics*

- Housing qualities for vulnerable groups
- Architectural qualities in Healthcare buildings
- Active Design in public buildings and urban settings
- Inclusive architecture / universal design
- Environmental aesthetics / light and colors
- Sustainable urban development / transport
- Climate changes and health

# ARCHITECTURE AND HEALTH: ONGOING RESEARCH

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# Housing qualities for vulnerable groups – effects on well-being and mental health

Focus on homeless people – asylum seekers

- **Architectural design**

- Dignity, identity, empowerment, attachment, safety, privacy, social life, meaningful activities

- **Urban planning / localisation:**

- Safety, social activities, stimulating environment, respect, inclusion / integration



**Veiskillet** – housing for previous drugabusers and criminals, Moholt, Trondheim. Architect: Bård Helland (2005)

# Meaning of architectural quality for drug abusers and criminals



Hauge and Støa (2009): “Here you get a little extra push”: The meaning of architectural quality in housing for the formerly homeless – a case study of Veiskillet in Trondheim, Norway. *Nordic Journal of Architectural Research*



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Morgenbladet 26.7.2013

# What Buildings do: The Effect of the Physical Environment on Quality of Life of Asylum Seekers

Interdisciplinary research project funded by the Norwegian Research Council and UDI for the period 2012-2016

## Research questions:

*- How do housing quality, localization, and outdoor environments influence asylum seekers' well-being, mental health, conflict level and the relationship to the local community?*

*- How may localization and physical planning influence the local community where the asylum centres are established*



Sunddalen, Nustadbo, Ringsaker (2013)

# Poor housing conditions for asylum seekers

## Negative consequences for the residents' everyday lives and for important aspects of well-being and mental health

Privacy, identity / loss of social status, loss of control, social interaction and in some cases also safety

## 'Otherising' of asylum seekers is framed through the way they are housed

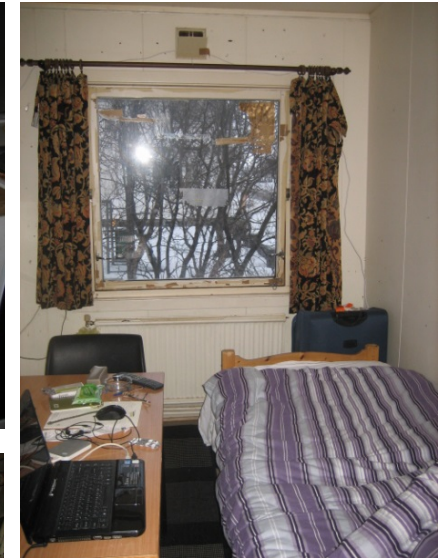
Overcrowding - Technical and aesthetical decay - Location

## Decentralised asylum centres may support processes of integration and normalization, but:

If houses stand out due to technical /aesthetic standard and overcrowdedness, the differences between housing for 'them' and 'us' may become even more evident

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Poor housing conditions are read by the residents as signs showing their inferior status in society:

*«...you only want to feel worthy, you know... to be someone in society» (male 29)*

*«Why don't you want us?» (male, 22)*

# HEALTH PROMOTING HOSPITAL ARCHITECTURE:

## The St Olav's Hospital as best practice case study



Ongoing post doc project: Johan van der Zwart

St.Olav's hospital: Patient centered care as a guiding principle (Aslaksen, 2003):

- Center Model, which structures the hospital into several smaller clinical centers
- Organised as a 'medical Neighborhood' in a structure of city blocks, as a part of the city's public realm
- Use of only single patient rooms throughout the hospital, organized in 'sengetun' (bed-courtyards) to minimize walking distances and the number of movements for the nursing staff



Photos: Røe Kommunikasjon - Stein Risstad Larsen.

Source:

<http://www.inclusivedesign.no/case-studies/architecture-st-olavs-hospital-article175-123.html#sthash.uLTnRI7s.dpuf>

# HEALTH PROMOTING HOSPITAL ARCHITECTURE: The St Olav's Hospital as best practice case study



Photos: Røe Kommunikasjon - Stein Risstad Larsen.

Source:

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## Three potential perspectives:

*(NB: preliminary outline)*

**1. Hospital as social construct:** *How do patients and employees experience, perceive and appreciate the hospital's communal and public areas*

**2. Hospital as infrastructure:** *How efficient is the architectural layout of the building in relation to the clinical processes?*

**3. Hospital as built environment:** *How are experience and expertise translated to the decision making on size and location of patient rooms?*

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# ACTIVE DESIGN

## Ongoing activities

- GNIST activity center. Build up reference project data base through 20 studentprojects. Develop network

## Planned activities

- «Guidelines sportfacilities» run by Siat in cooperation with Bjørke Arkitektur
- POE of Trond Club house with emphasis on informal activities and as social arena
- Pilot project in cooperation with designers sociologists, NIF and Siat

## Cooperation

- Siat , Center for Sports facilities and technology
- Norwegian Sports Federation (NIF)
- Bjørke Arkitektur AS
- Nice Industridesign AS

For more info, contact:

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Club house for the sportsclub Trond  
v/ Bjørke Arkitektur AS and the sportsclub Trond.

# POTENTIAL FUTURE RESEARCH

## Health promoting residential environment for an ageing population:

Creating neighbourhoods and outdoor areas offering and supporting varied and challenging physical, social and mental everyday activities. Proposal for NTNU/HEVET

## Health promoting nursing homes for people with dementia:

Interdisciplinary research proposal under development with one work package focusing on architecture. Potential research questions (*NB: preliminary*):

- *In what ways does the physical environment support the social organization and management of a nursing home?*
- *How can the physical environment be used to support 'Person centered' care?*
- *How can architecture reduce feelings of insecurity, anxiety and support the sense of being at home?*
- *How can user knowledge be translated into specific/ local design solutions?*

### Dementia Village 'De Hogeweyk' in Weesp, Netherlands

Architects: Molenaar&Bol&VanDillen architecten, Vught

Photo: Madeleine Sars, Eindhoven

Source:

<http://www.detail-online.com/architecture/topics/dementia-village-de-hogeweyk-in-weesp-019624.html>

