Health on thin ice

Giving voice to youth, adults and elderly in urban planning to promote health

Catrine Kostenius, Associate Professor
Health on thin ice
Urban planning for good health in a cold climate

Mia Tossavainen
Lotta Berglund
Catrine Kostenius
Kristina Nilsson
Aim & method

Plan attractive outdoor spaces based on citizens' ideas and experiences.

Give voice and space to citizens of all ages.

Workshop 1 - "The silent poster"
Workshop 2 - "The walk-about"
Participants

Pupils
Adults
Older adults
WORKSHOP 1 – in Luleå
Places to meet

- Easy accessible, natural settings
- Fieldtrip destinations
- Something to eat & drink at a good price
- Lighting for security & esthetics

Activities & Relaxation

- Ice – bathing – sauna close by
- Outdoor SPA with beach chair and reindeer hide
- Resting the soul – meditation under the stars
- Portal in to a new room
- Physical activities – skiing, walking, skating, ”sparking”
WORKSHOP 2 – ”Walk about” in Pajala
Ideas & suggestions

- Places to sit outdoors
- Signs to point out walking routes
- For new paths follow dog owners
- Make more accessible with concrete and wide paths
- Creative use of snow – snow hill for children
- Make a city "white plan"
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Built environment promoting health and wellbeing in cold climate

Luleå University of Technology
Oulu University
Center for Arctic Medicine
Norweigan University of Technology and Science
Thank you!

Mail: catkos@ltu.se
Homepage: http://www.ltu.se/staff/c/catkos-1.11658