

# Building a case for an urban solution

**NZ's Waistline What will it take to fix it?**  
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[www.healthyhousing.org.nz](http://www.healthyhousing.org.nz)  
[www.sustainablecities.org.nz](http://www.sustainablecities.org.nz)



*We shape our buildings,  
thereafter they shape us*

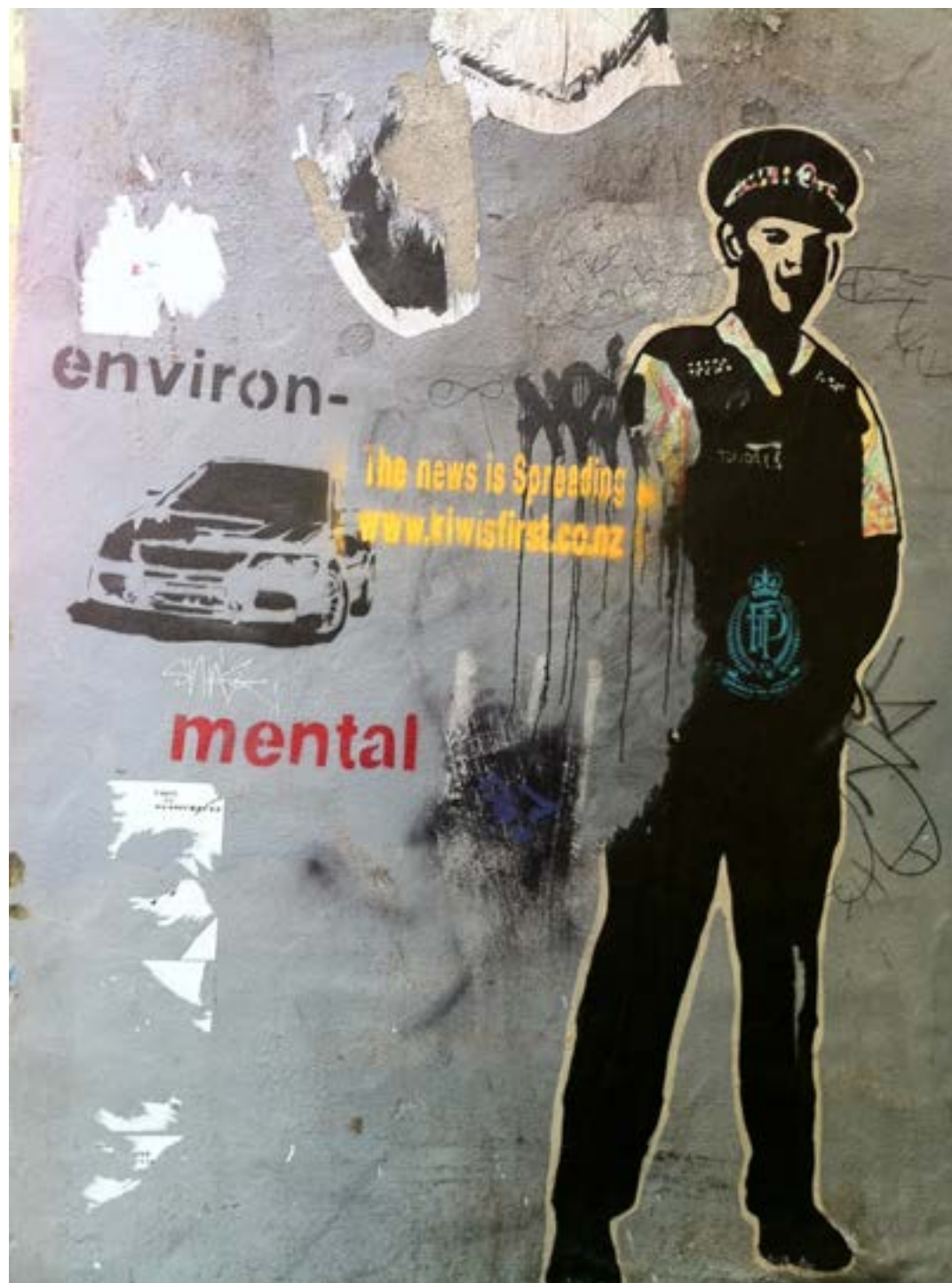
Winston Churchill

# Where To, & What To Do?

MAKE ORGONITE  
GIFT EVERYWHERE

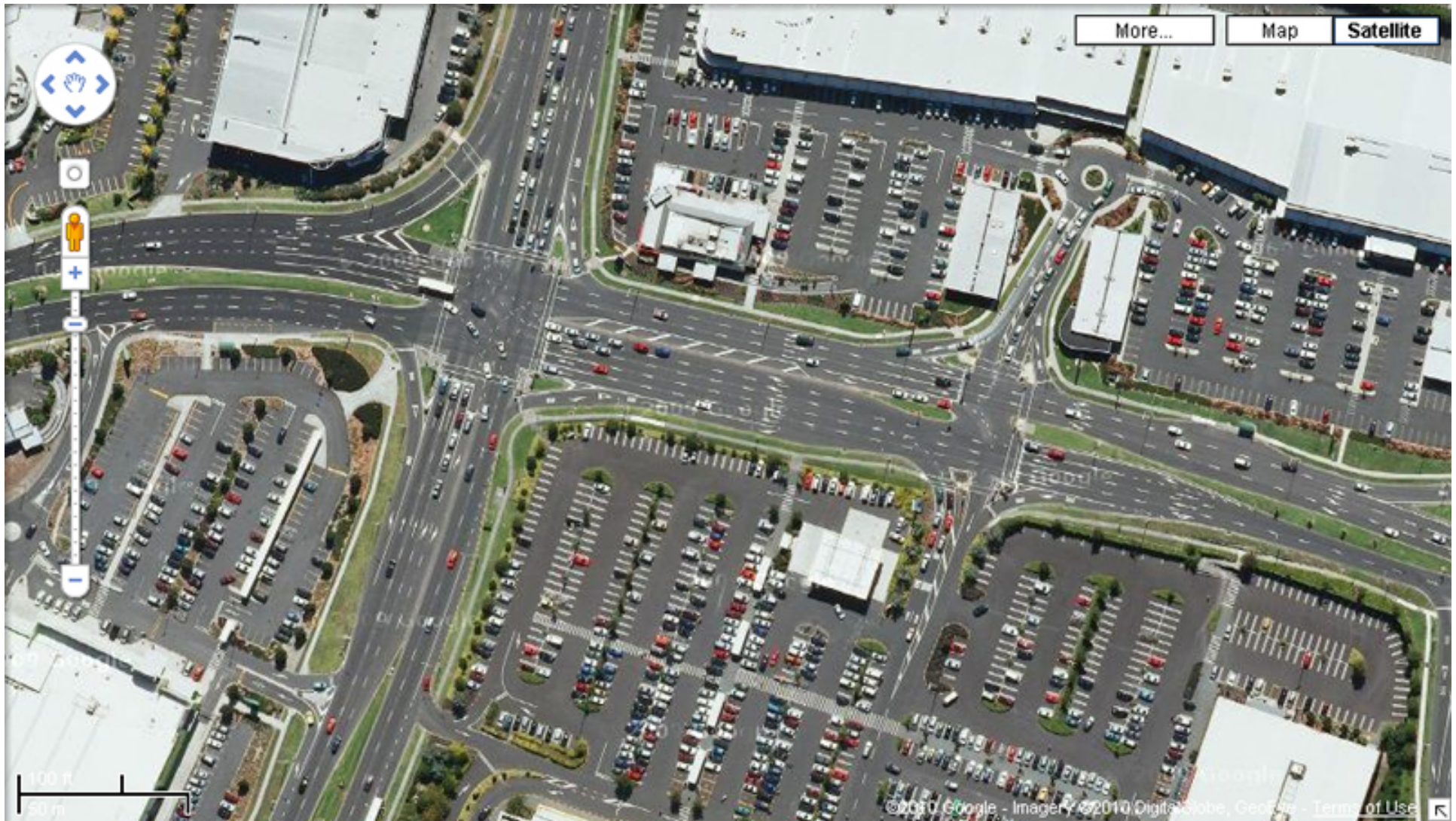
# Outline

- Sustainable cities
- Importance of transport
- Active ways of getting there
- Framing solutions





Resilience is not assisted by building this sort of development



<http://transportblog.co.nz/tag/auto-dependency/>

# Compact vs sprawl

- Long lags to modify built environment
- Co-benefits of compact cities
  - richer
  - reduced carbon emissions
  - greater amenities
  - more socially inclusive
  - more walkable



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IN CLIMATE CHANGE, THERE'S  
MONEY TO BE MADE DOING  
SOMETHING ABOUT IT.**

**THERE'S MONEY IN BEING GREEN.**



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# Denser cities are richer

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### One Path to Better Jobs: More Density in Cities



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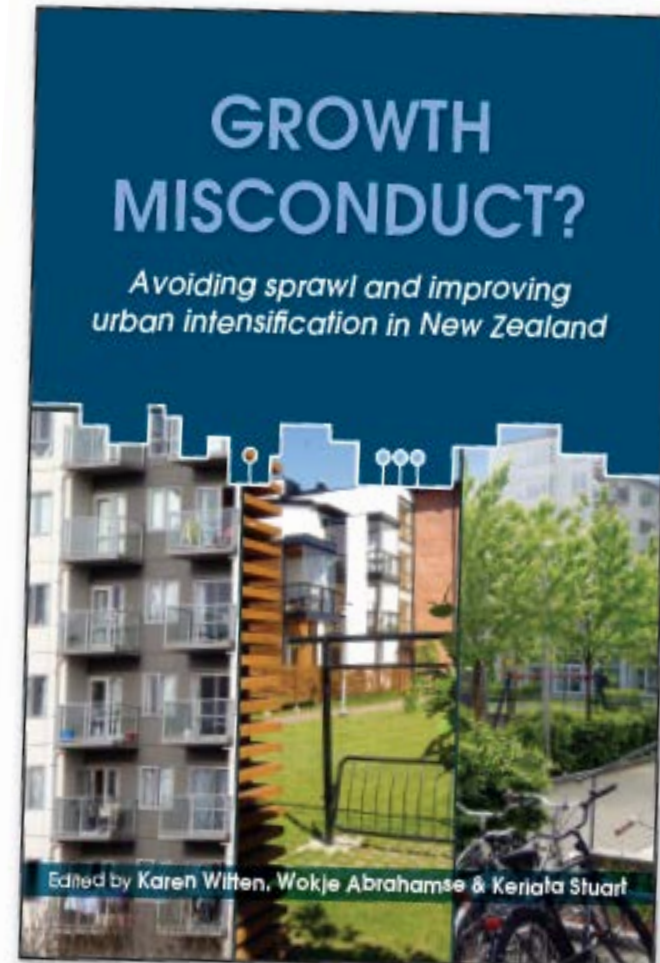
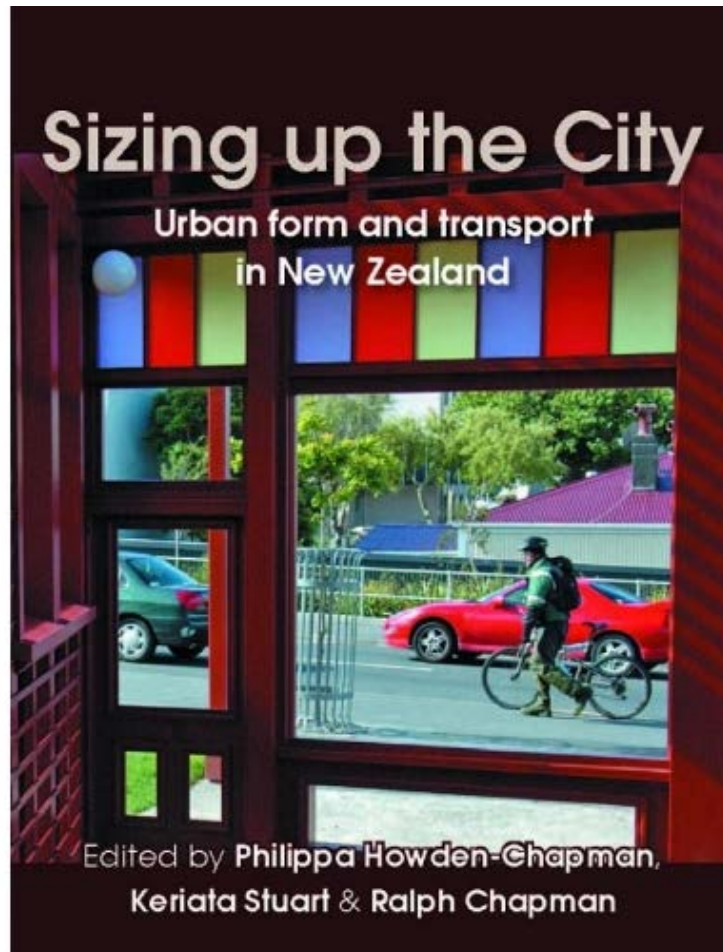
# Compact city

- Increases walkability & cycling  
(Witten et al, 2012)
- Public transport more affordable
- People drive 20-40 % less, with minimal or reduced cost, with other health & fiscal benefits  
(Ewing et al, 2007)

‘The health benefits of exercise are greatest in the case of daily repetitive and necessary activities, such as commuting, as these are more successful and durable over longer periods –

Lawlor et al 2003

# Benefits and examples of social inclusion in urban design









# Designing activity

- Shared social space means slower speeds and more social contact









# Conclusion

- Compact city has many co-benefits for health, well-being & reduced carbon emissions
- Shape of cities affects the shape of our bodies