

The background features a stylized illustration of an urban environment. At the top, there are several orange buildings of varying heights and shapes. Below the buildings, a green field represents a park or open space. In the center, a white silhouette of a person is riding a bicycle. To the right, a white silhouette of a person is running. In the foreground, a white silhouette of a person is walking with a cane. On the left side, there are several grey, stylized trees of different shapes and sizes. The overall scene is set against a white background with a green horizontal band across the middle.

Urban Planning, Environment and Health Initiative

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Promote Healthy and Sustainable Cities.

The Urban Planning is an important tool to make our cities Healthy for citizen, conserve Natural Environment and Initiate disease-free population based on scientific evidence.

Major killer is Air pollution.



Historically cities have been centres of innovation and wealth creation, but they are also main sources for air pollution related diseases. There is a established relationship between poor urban and transport planning with harmful environmental exposures, low levels of physical activity, and ill health. Rapid urbanization has been accompanied by a fast increase in non-communicable diseases (NCDs), accounting for the large no of deaths by this disease worldwide. NCDs cause 68% of global mortality, and may cost a projected \$30 trillion between 2011 and 2030.

Better Land use and Transport planning Prevents premature deaths

Inactivity or less Physical inactivity is considered to be one of the most significant health problems of this century, and is estimated to cause some 2.1 million deaths every year worldwide.

Air and Noise pollution has been associated with numerous negative effects on human health, including impaired cognitive function, sleep disturbance, cardiovascular disease, obesity and type-2 diabetics.

Climate change and Heat islands, the result of the concrete and asphalt urban environments in cities, is resulting in increase in temperature and flooding which leads to increase in illness and related deaths.



Tackling the Diabetes Explosion in India

www.sameersharma.blog



Denting the diabetes epidemic

The problem of diabetes is so huge and increasing so quickly that it can be labeled as an **epidemic** whose effects are felt in the long run, especially in terms of increasing costs of diagnostics, medicines, loss of productive days, and income. Focusing on increasing the physical activity levels of individuals is unlikely to counter this epidemic. Interventions at the population level are required, and this means an Indian way of imagining, building, and running our cities.

Focusing on increasing the physical activity levels of individuals is unlikely to counter this epidemic. Interventions at the city and regional level are required. This means back to basic an Indian way of designing buildings & streets, and introducing social spaces like choupal/chowk to the cities.

What are some specific ways to make our cities more walking-friendly?

1. Develop parks or walking pathways within reach of all localities in the city, meaning that residents should be able to reach them within 10 minutes (about 1000 meters distance).
2. Eyes on the street principle may be followed while building streets, allow more activities along walking path to safety of users, provide water bodies and play equipment for children in parks, and landscape the walking paths. It has been found that children play more in parks with play structures, as compared to open fields. Parents bring children to parks if they are safe, toilets and drinking water is available, the park is well-lit, and shade-providing trees are present.

3. For vigorous physical activity, build courts and playgrounds for two or more localities, and sports complexes for five or more localities. Walking pathways should always skirt these as well.
4. Footpaths in all localities should be wide, easy to access, unobstructed pedestrian movement covered by trees or shades, street lights in the night and are seamlessly connected to shops and bus stops/metro stations. Well-maintained street crossings encourage children to walk.
5. Development of social ties in the locality should be encourages, as this plays a crucial role in encouraging physical activity in the elderly, children, and women.

Creating social zones

Most important method to make Indian cities more -friendly is to divide all roads into i) Traffic zones and ii) Social zones. In practice, this would mean:

THE 4 PRINCIPLES OF A WOONERF

VISIBLE
ENTRANCES

PHYSICAL
BARRIERS

SHARED AND
PAVED SPACE

LANDSCAPING
AND STREET



CONCLUSION

- ▶ **Promote Healthy and Sustainable Cities.**
 - ▶ **Major killer is Air pollution.**
 - ▶ **Better Land use and Transport planning Prevents premature deaths**
 - ▶ **Denting the diabetes epidemic**
 - ▶ **What are some specific ways to make our cities more walking-friendly?**
 - ▶ **Creating Social Zones.**
- ▶ ***THANKS***