Urban planning

Urban design has been historically one of the main promoters of public health. Cities with a compact and complex design, which means higher diversity of services available in shorter distances, good infrastructure for public transport, walking and cycling and more green space,

can have lower levels of air pollution, noise, higher levels of physical activity and better health outcomes like better mental health and lower cardiovascular diseases prevalence.

We asked members of our Healthy Ageing Advisory Group* what they thought...

"Sometimes we don't think about it, we all hop in our cars and go"

"Traffic has gotten a lot more noticeable, even in the outskirts"

Our stakeholders said...

The population is ageing and by 2050, nearly 70% of the world's population will be living in cities. We want older people who live in cities to have access to the environments that meets their needs



National level: how we can shift from cars to walking, cycling, public transport.

City level: how we access services by walking and cycling (compact and complex cities).

Neighbourhood level: Involve citizens in the decision-making process for urban design and transport planning measures.

Cities should be designed for all, prioritising the needs of the most vulnerable

*Members of the public representing older persons who helped shape our research and ensured we considered their lived experiences, insights and opinions





This work was supported by UK Research and Innovation [ES/V016075/1]

Healthy Ageing Challenge Social, Behavioural and Design Research





Economic and Social Research Council

qub.ac.uk/sites/space