

doi: 10.21307/ACEE-2018-037

HEALTH-AFFIRMING EVERYDAY LANDSCAPES IN SUSTAINABLE CITY. THEORIES AND TOOLS

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Received: 2.02.2018; Revised: 19.03.2018; Accepted: 23.08.2018

Abstract

As cities and urban population continue to grow, causing serious threats to public health, the development of health-affirming urban landscapes becomes even more important topic than ever before. The purpose of this paper is to answer the question which qualities of urban landscape make it the health-affirming landscape. In the first part of the paper, a concept of health-affirming landscapes and a modern approach to sustainable city design are examined. In the second part, the qualities of health-affirming urban landscape according to theories and research are discussed. The tools, which might be applied to urban design to create health-affirming landscapes are reviewed. The conclusions concern the need and possibilities to create health-affirming landscapes. The need for further research on impact of such landscapes on health and well-being of city dwellers is indicated.

Keywords: Health-affirming landscapes; Therapeutic landscape; Sustainable city; Health and well-being; Tools.