EXPERIENCE
AN ECO & LIFESTYLE MALL

Sources:
ecostraws.co.uk/product/firefly-eco-soap-stainless-steel-odor-eliminating/ embassy-suites-detroit-livonia-novi.booked.net/
GEORGE TOWN, PENANG
Competition between cities
People choose their cities jobs
Source: World Bank
Impact of Rapid Urbanisation

- Infrastructure
- Environment
- Safety
- Social Cohesion
- Health
So, what kind of city do we want?
GRANTS FOR BUILT HERITAGE

GRANTS FOR INTANGIBLE HERITAGE
The Result

OVER 200 PROJECTS

CO-INVESTMENT OF 3:1
Green Transformation Programme

Source: http://greenonwall.com/
City living affects our mental health

We know:

Urban living can increase
• blood pressure
• anxiety
• depression

And decrease
• sleep

We also know:

Exposure to nature improves mental health including
• Depression
• Stress
• ADHD

http://sites.psu.edu/aspsy/2014/11/24/its-always-the-guy-in-the-infiniti/

http://asiamarvels.com/malaysia-klcc-fountain-show-time/
City living affects our physical health

Car travel driving us to obesity

By transport writer ROD SMITH

SYDNEY commuters who travel by car face substantial health risks from physical inactivity, according to a transport report.

The University of Sydney's Warren Centre for traffic research found that habitual car use contributed to making 41 per cent of Sydneysiders overweight or obese.

"Increased car use has displaced active transport — walking, cycling and using public transport," the report said. "Current transport and infrastructure foster habitual car use. Consequently almost half the population is exposed to substantial health risk from physical inactivity."

The report, Healthy Transport, Healthy People, is due to be released in the next few weeks and is part of a three-year research project by the Warren Centre entitled Sustainable Transport In Sustainable Cities.

"Our travel habits help determine our health," the report said. "The most effective and enduring way of increasing our physical activity is by using 'active transport' rather than driving."

The centre said that public transport provided "incidental exercise" at a time when 40 per cent of NSW city dwellers were not active enough.

"Physical activity almost halves the risk of cardiovascular disease and also reduces the risk of diabetes, osteoporosis and colon cancer," the report said. Another aspect of increased car usage was a predicted rise in the numbers of traffic accidents as the population of Sydney ages.

"Public and active transport infrastructure is required as a safer, healthier alternative for the over 60s of the future who are predicted to have a 143 per cent higher rate of crash involvement," the report found.

Air quality would also suffer with increased pollutants being injected into the environment.

The Warren Centre put forward a number of recommendations.

These included facilities to encourage walking and cycling, investment in public transport, more car free zones and walk-to-school programs.
The shape of things to come
OVERWEIGHT POPULATIONS IN SOUTHEAST ASIA

Overweight prevalence (%) for adults of both sexes (BMI of > 25 kg/m²)

Cambodia 12.1
Indonesia 21
Laos 13.3
Malaysia 44.2
Myanmar 18.4
Philippines 26.5
Singapore 30.2
Thailand 32.2
Vietnam 10.1

Source: WHO Non Communicable Disease Country Profiles 2011
GREEN IS THE NEW BLACK
Are Green Buildings Truly Green?

https://gedeongrc.com/cities/green-office-buildings/
What Do Green Buildings Provide?

- use less water
- optimize energy efficiency
- conserve natural resources
- generate less waste
What is a holistic view?

What is the land being developed?

Where is the building located?

Does it fit in the city ecosystem?

https://gedeongrc.com/cities-green-office-buildings/
The land

What is the land being developed?

Where is the building located?

Does it fit in the city ecosystem?

https://gedeongrc.com/cities/green-office-buildings/
Is it a Brownfield Site?

**Positives**
- Good use of existing resources
- Maximise economic density
- Improvement of the city’s aesthetics

**Questions**
- Has the land been properly cleaned?
- Are toxins safely cleared, how are they disposed?
- Are local regulations adequate to ensure enforcement?
- Is adaptive reuse a better option?

What about a Greenfield Site?

**Positives**

- Often cheaper to develop
- Greater flexibility of design
- 100% new development can require less maintenance

**Questions**

- How was the land used previously?
- What are the impacts on the environment?
- How are these impacts to be mitigated?
- Is a brownfield site a better & greener option?
How did the land benefit the community?

- Urban farming?
- Children’s play area?
- Informal park?

- Reduce Stress
- Lower blood pressure
- Reduce anxiety & depression
- Reduce Flooding
- Reduce pollutants
- Improved biodiversity
Location

What is the land being developed?

Where is the building located?

Does it fit in the city ecosystem?

https://gdeongrc.com/cities/green-office-buildings/
Location

New roads?

New drainage, sewage and water?

New electric pylons?

With this new infrastructure is it really a green building?

Location

How will people get there?

Is driving the only real option?

What is the impact on human health if we must drive there?

The Eco-system

What is the land being developed?
Where is the building located?
Does it fit in the city eco-system?

https://gedeongrc.com/cities/green-office-buildings/
Location within the Eco-system

Existing infrastructure means less negative impact

But what else are we looking for?

https://qsentralatklcentral.wordpress.com/who-in-kl-central/
Location within the Eco-system

Access to good public transport

https://www.myrapid.com.my
Location within the Eco-system


Access to daily necessities


The Holistic View

Design for People, Planet & Profit
ENCOURAGE
EXERCISE

www.wsj.com/articles/office-stairs-with-more-than-a-walk-on-role-1431511202
Designs for People, Planet & Profit

USE NATURAL MATERIALS

https://www.pinterest.co.uk/pin/104427285080506585/
PROVIDE NATURAL LIGHT & VENTILATION

https://www.pinterest.com/gingerwei7/operable-window/?lp=true
CREATE GREEN SPACES WITHIN THE BUILDING

Designs for People, Planet & Profit

PROVIDE ROOFTOP GARDENS
Designs for People, Planet & Profit

PROVIDE WELCOMING SOCIAL SPACES

http://www.marketingfundamentals.com/rise-social-space-offices/
In Conclusion

Rapid urbanisation has created huge problems for the health of the planet and people.

http://amitmurao.com/urbanisation/
In Conclusion

Building design has a vital role in tackling human health issues

https://collaborationnation.wikispaces.com/My+Editorial+Cartoon+59
In Conclusion

Who are we building for?

Design for People, Planet & Profit