CENTRE for LiveableCities SINGAPORE

LECTURE SERIES

THE HEALTHY STREETS APPROACH

Land Transport Authority
We Keep Your World Moving

Speaker
Lucy Saunders
Public Health Specialist -
Transport & Public Realm
Greater London Authority &
Transport for London
@LE_Saunders

Panellist
Hwang Yu Ning
Deputy Chief Executive
Officer & Chief Planner
Urban Redevelopment Authority

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Dr Paul Barter
Adjunct Associate Professor
Lee Kuan Yew School of Public Policy
National University of Singapore
@PaulABarter

Moderator
Jeremy Yap
Deputy Chief Executive,
Public Transport, Policy & Planning
Land Transport Authority

Introduction to Healthy Streets

Lucy Saunders FFPH

The Healthy Streets Approach

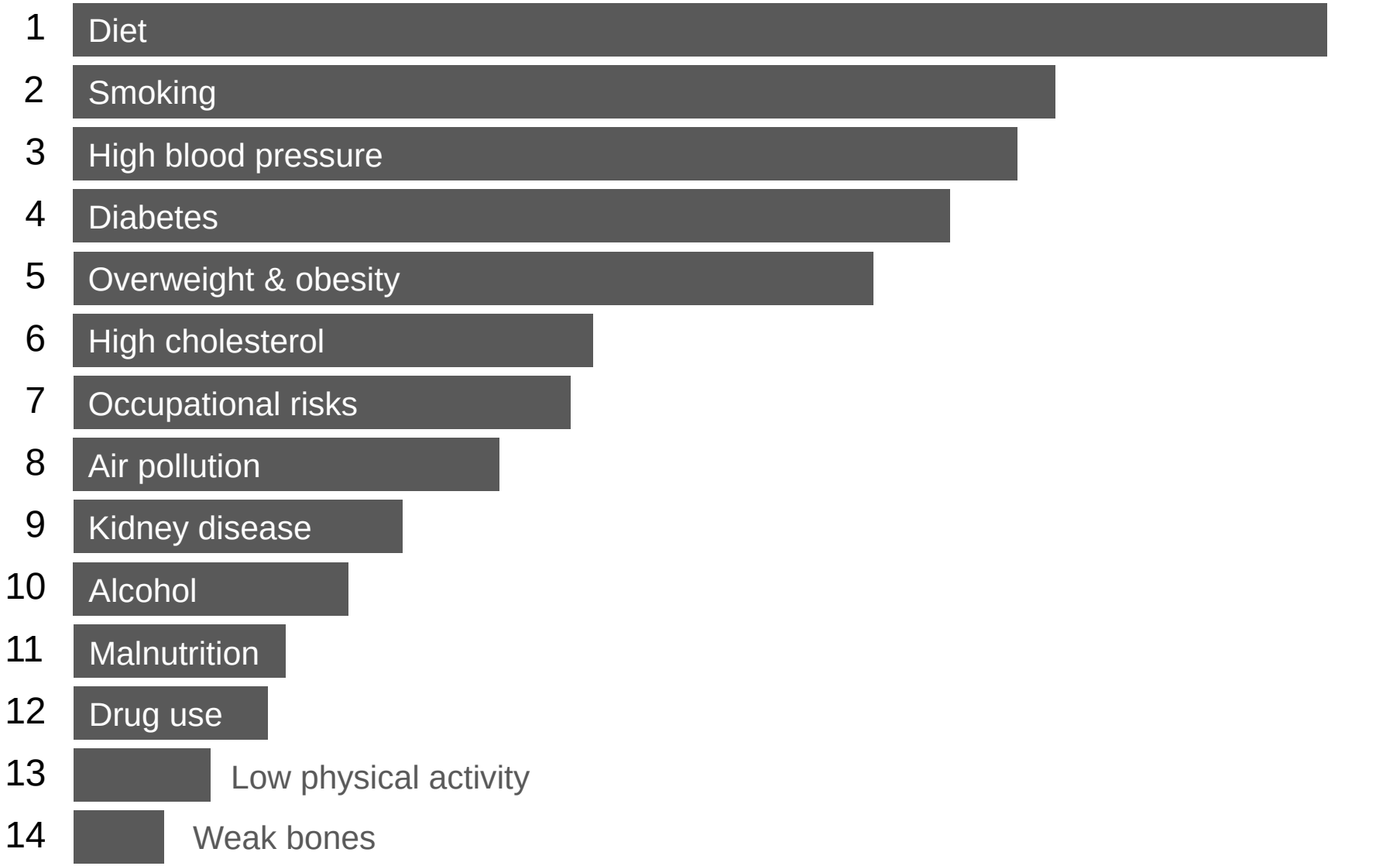
Source: Lucy Saunders

The big 5 health impacts of urban transport

The health impacts of the transport system in urban areas relate to how we manage motorised road transport

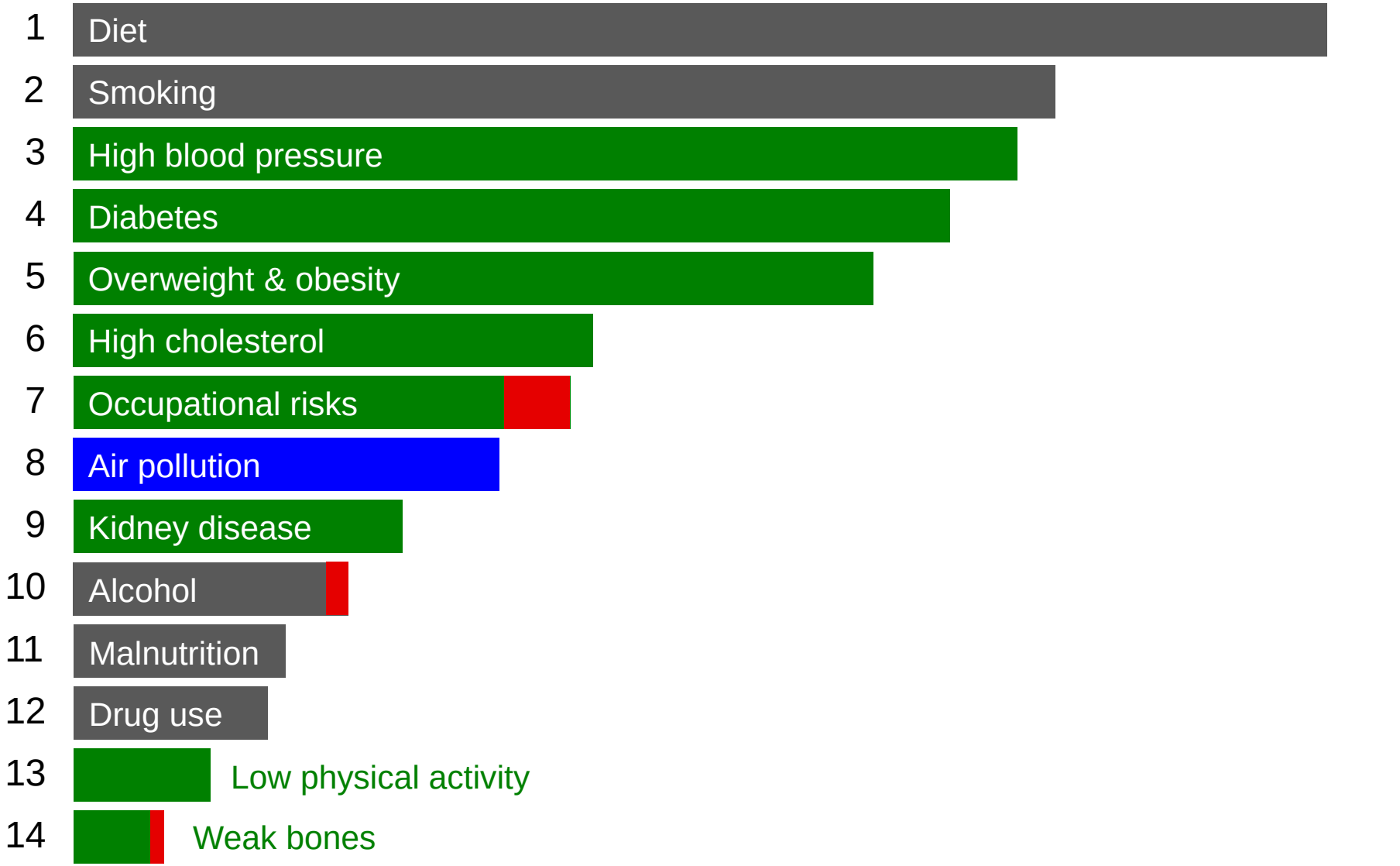
- Physical activity
- Injuries
- Air quality
- Noise
- Severance

Top causes of illness and early death in Singapore



DALYs, Global Burden of Disease, 2017

Top causes of illness and early death in Singapore



DALYs, Global Burden of Disease, 2017

Making every day life easier

New daily tablet provides instant benefits, improving your ability to…

- Get to sleep quickly and sleep deeply
- Manage and organise daily tasks
- Get more stuff done, more easily
- Stay focused and perform well
- Remember things
- Feel like you have a good quality of life

Making every day life easier

It also helps you to…

- Not feel tired and weary
- Not feel depressed
- Not feel anxious
- Not feel overwhelmed
- Not be snappy and rude to others

“If physical activity was a drug it would be classed as a wonder drug”

Public Health England, 2016

Is our environment meeting our basic needs?

10 Healthy Streets Indicators

Source: Lucy Saunders

Easy to cross

Easy to cross

Easy to cross

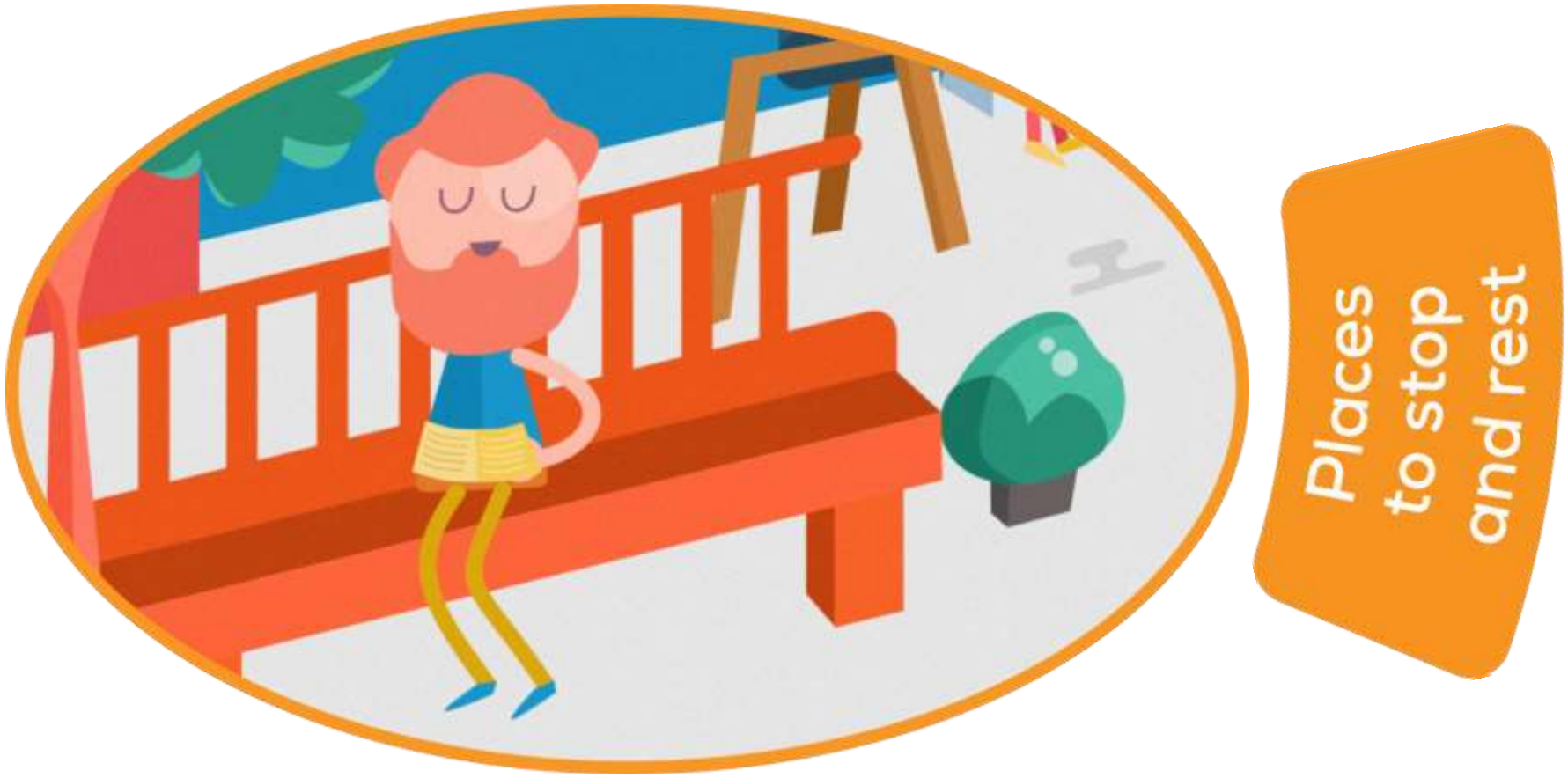
Valencia, Spain

Shade and shelter

Shade and shelter

Chicago, USA

Places to stop and rest



Places to stop and rest

Montreal, Canada

Not too noisy

Not too noisy

Not too noisy

New York, USA

People choose to walk and cycle

People choose to walk and cycle

Vancouver, Canada

People feel safe

People feel safe

People feel safe

Vienna, Austria

Things to see and do

Things to see and do

Things to see and do

Paris, France

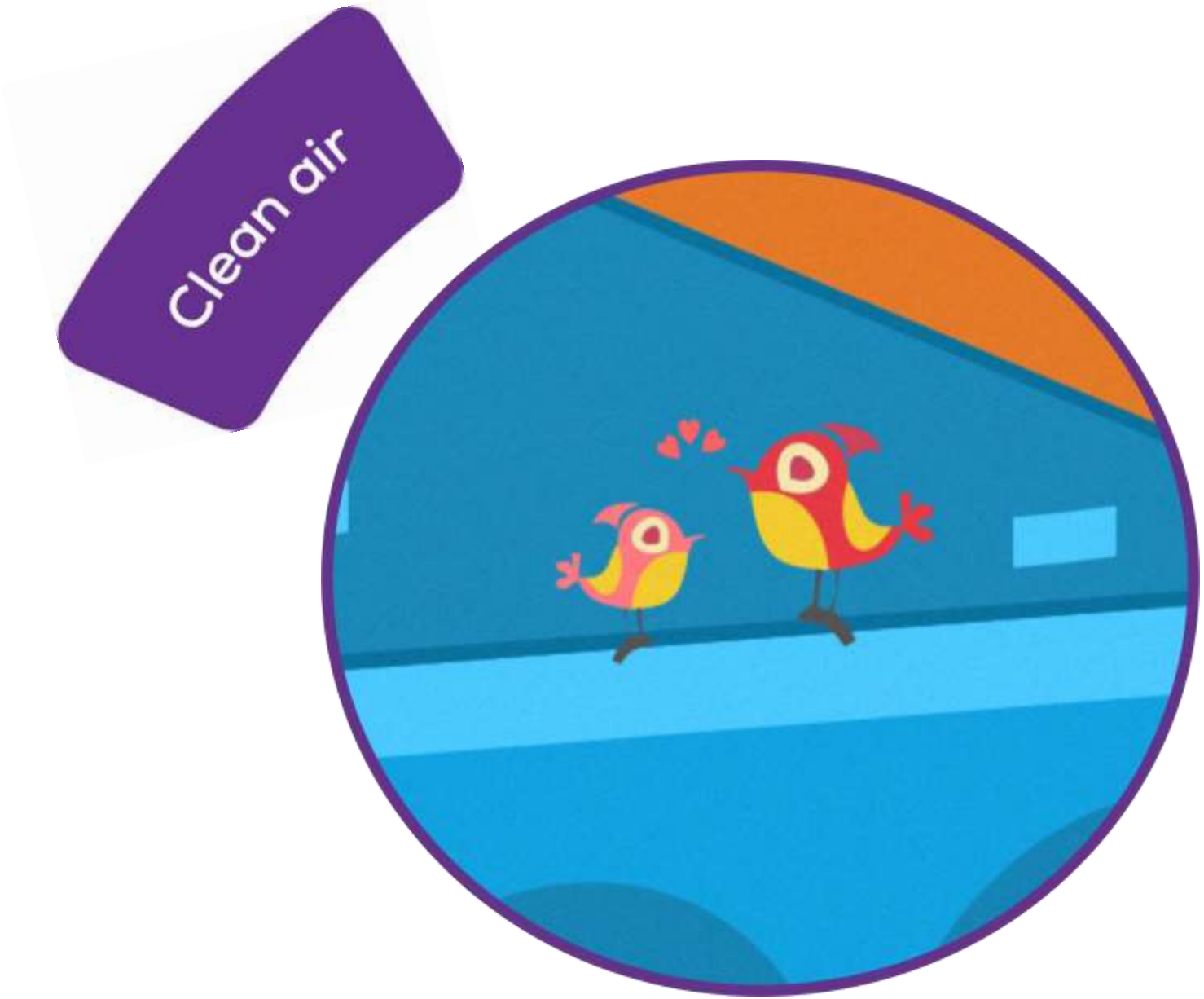
People feel relaxed

People feel relaxed

People feel relaxed

London, UK

Clean Air



Cle

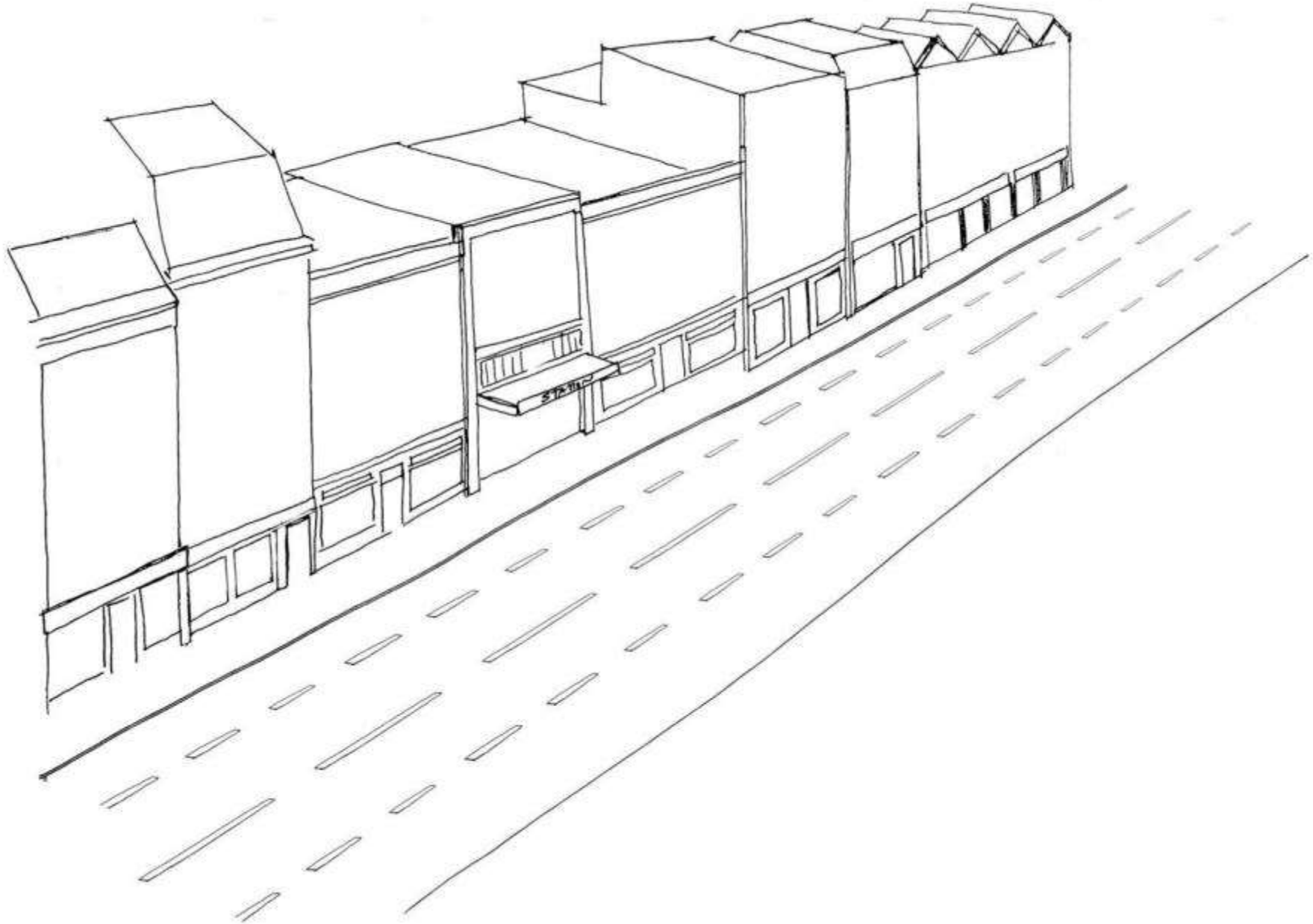
Clean air

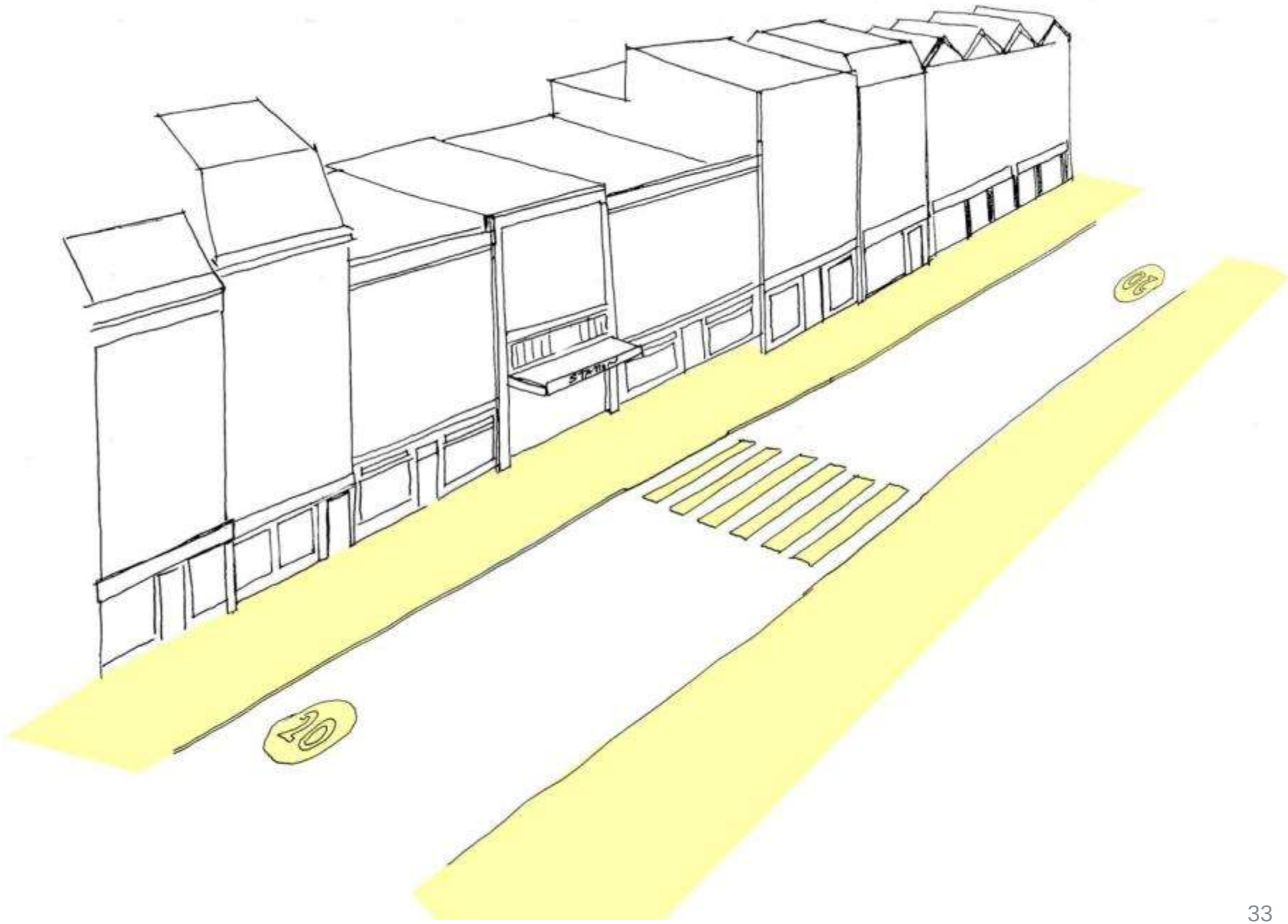
Seoul, South Korea

Everyone feels welcome

Everyone feels welcome

Freiburg, Germany

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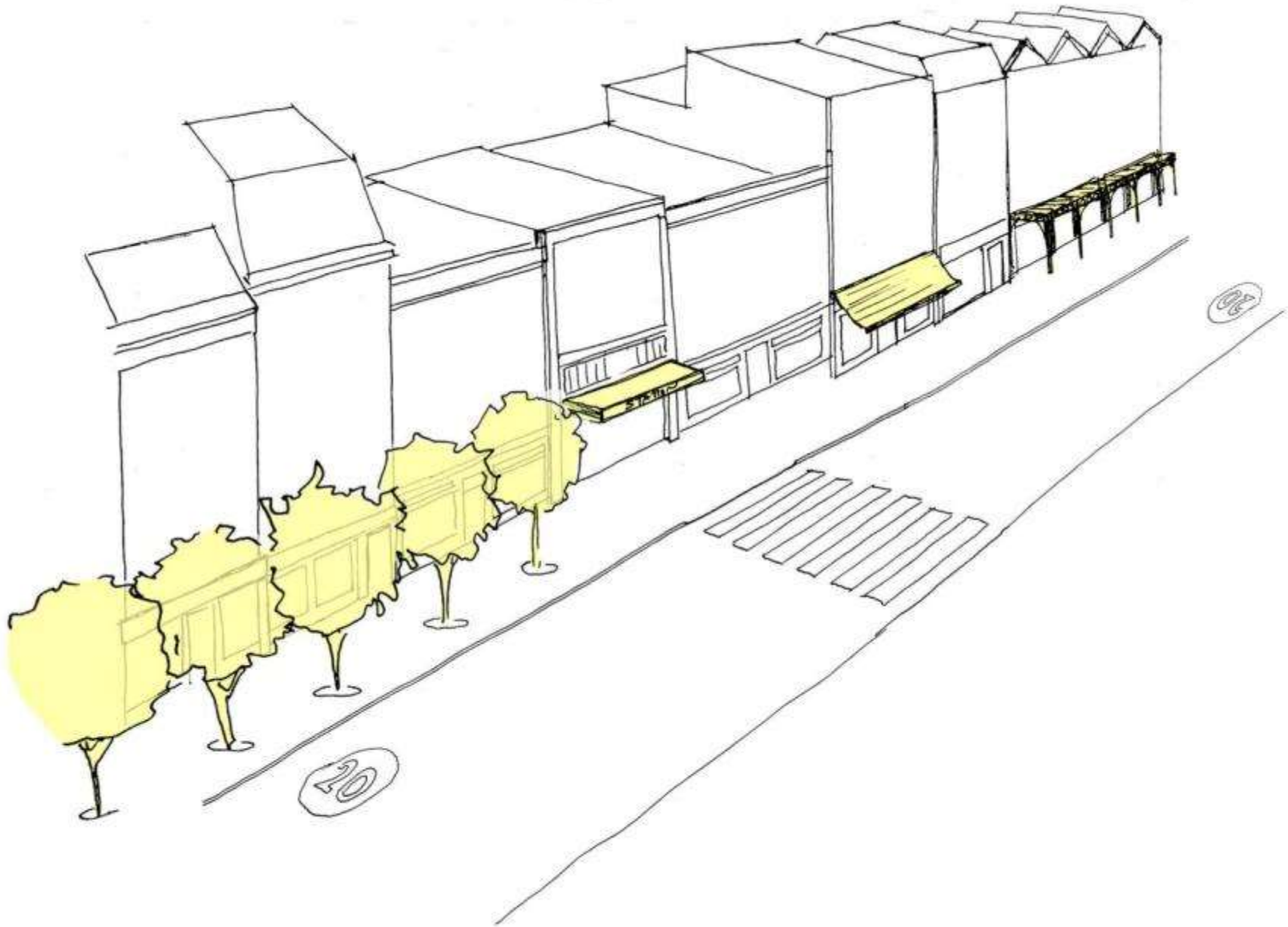
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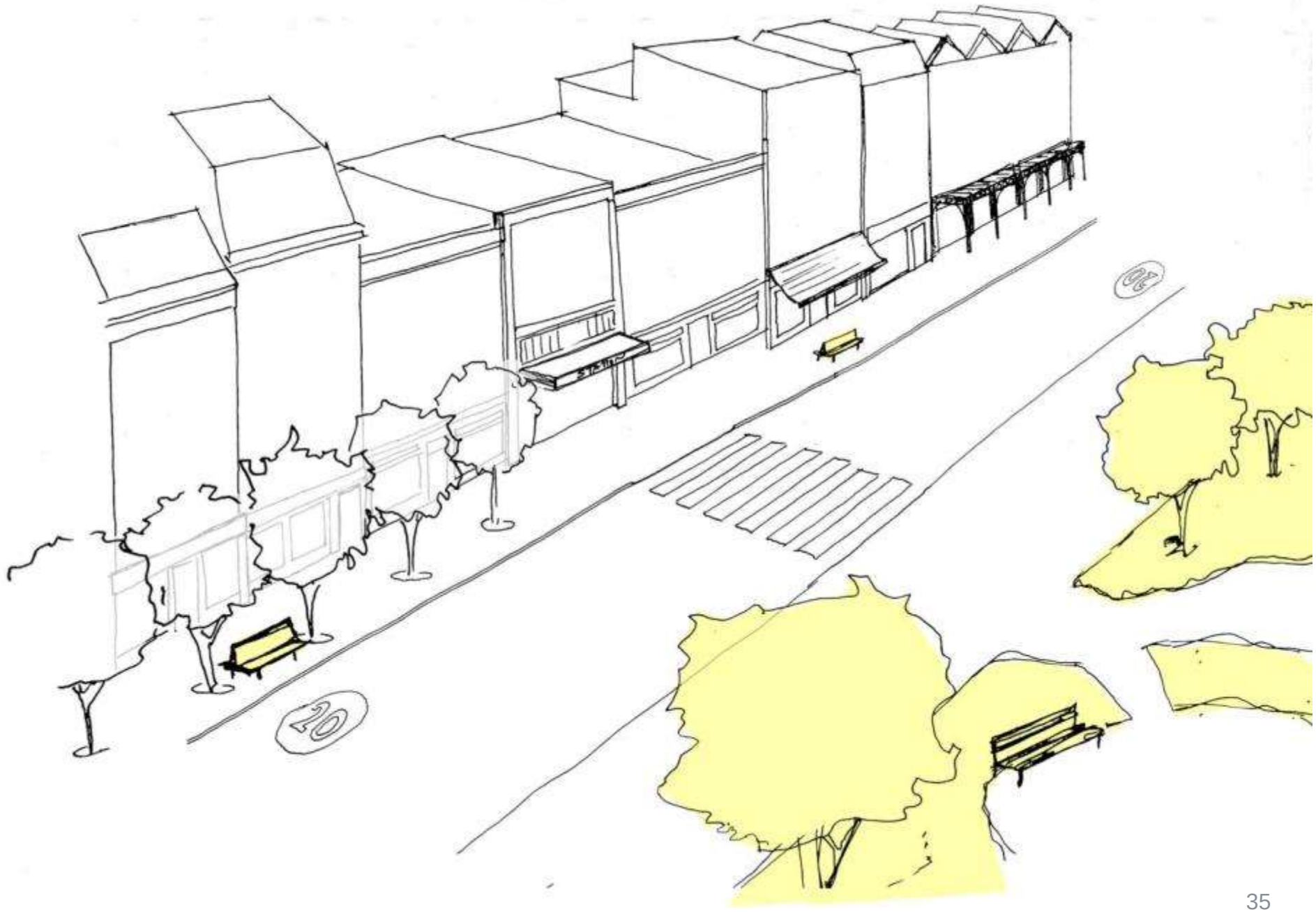
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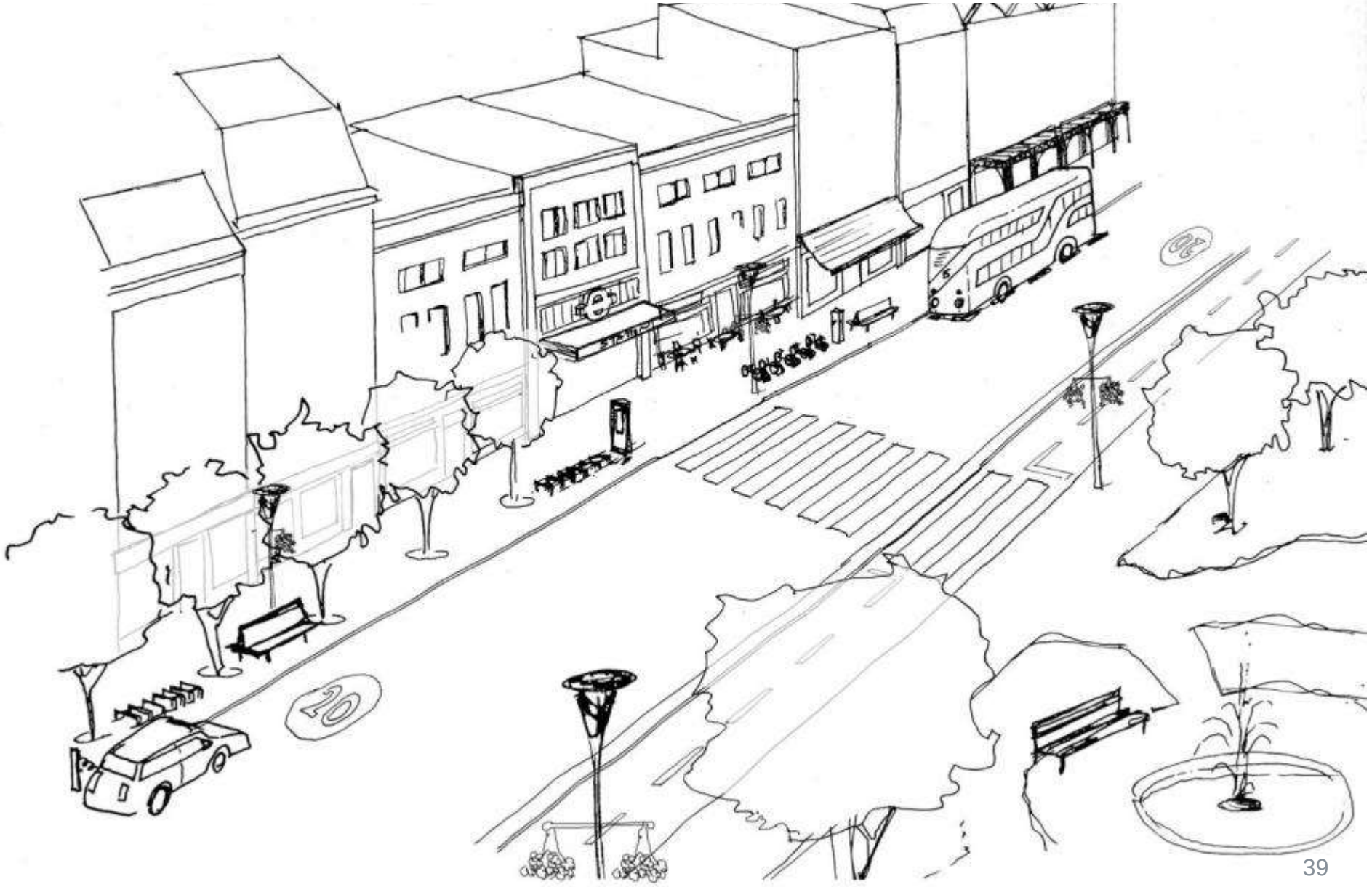
A street that works for people is a street that is good for health



Healthy Streets is embedded in all London strategies

MAYOR OF LONDON

Spatial Plan

Transport Strategy

Environment Strategy

Health Inequalities Strategy

Housing Plan

Policing and Crime Plan

Francis Road, London, UK

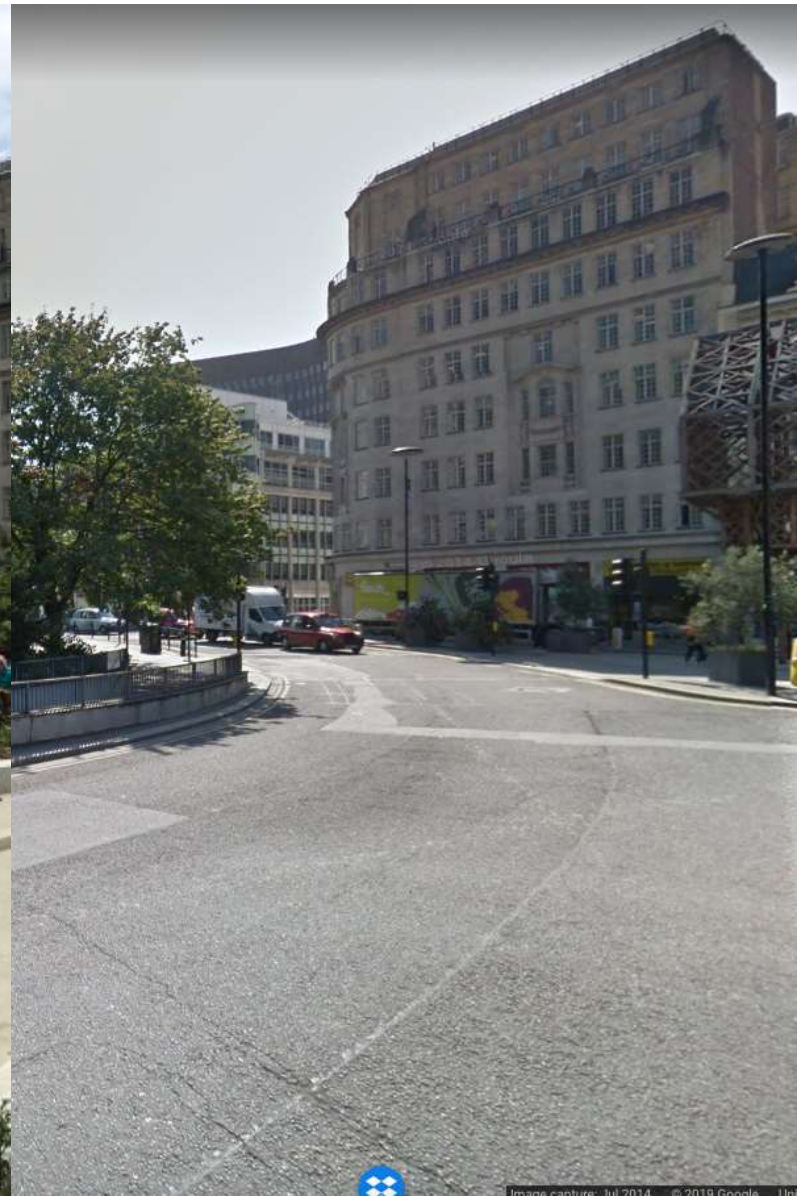
Francis Road, London, UK

Healthy Streets is about giving streets back to people

Francis Road, London, UK

London, England
Google
Street View - Jul 2014
30 St Mary Ax (The Gherkin)
Lloyd's of London
Google

Healthy Streets is about giving streets back to people



Healthy™ Streets

lucysaunders@healthystreets.com
@le_saunders

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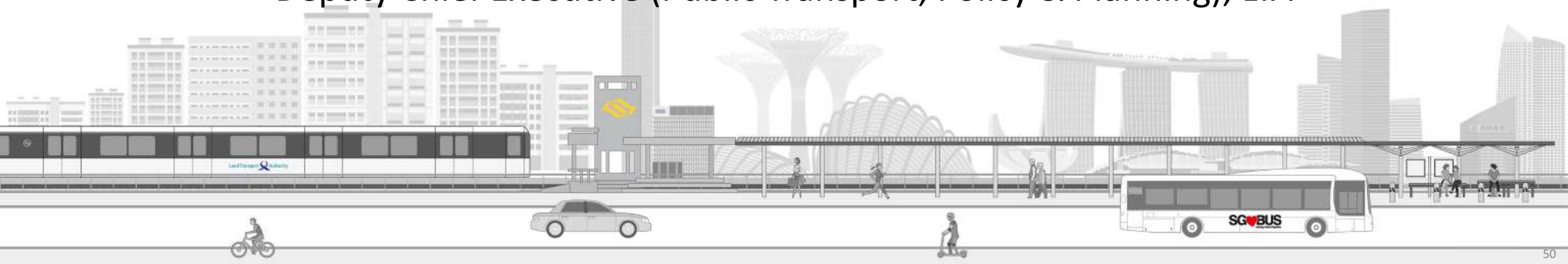
Healthy Lives & Safer Journeys

Opening Remarks

by Jeremy Yap,

Deputy Chief Executive (Public Transport, Policy & Planning), LTA



Land Transport Master Plan (LTMP) 2040

Key recommendations from our LTMP Advisory Panel:

20-min Towns & a 45-min City:

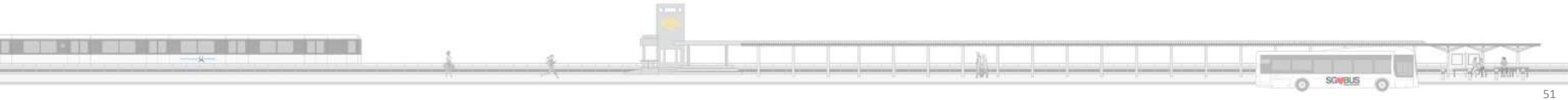
1. Prioritise Public, Active and Shared Modes of Transport
2. Facilitate More seamless Multi-Modal Travel
3. Bringing Jobs and Amenities Closer to Homes

Transport for All:

1. Nurture a gracious and caring commuting culture
2. Develop capabilities of Public transport workers to meet diverse needs
3. Provide infrastructure for better accessibility and barrier-free travel

Healthy Lives & Safer Journeys:

1. Enable healthy lives: more spaces for public transport and active mobility
2. Facilitate safer journeys: towards a future with fewer land transport-related fatalities
3. Provide a clean environment: environmentally-friendly vehicles & infrastructure



Healthy Lives, Safer Journeys

Enable Healthy Lives: More Spaces for Public Transport and Active Mobility

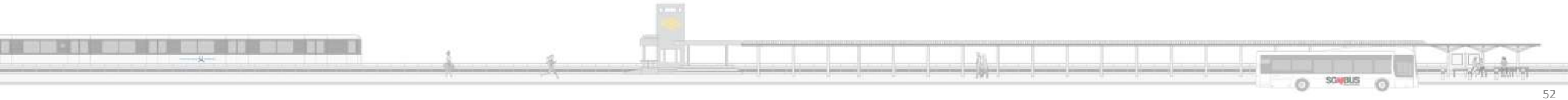
- **Transform streets** to be more pedestrian- and active mobility-friendly
- Improve how **active mobility** connects to public transport
- **Redesign townships** to promote healthier and active lifestyles

Facilitate Safer Journeys: Towards a Future with Fewer Land Transport-Related Fatalities

- Design roads and paths to **enhance safety** and **encourage safer behavior**
- **Reduce potential conflict** between pedestrians and cyclists by building more cycling paths
- **Educate road users** to look out for their own safety and that of others

Provide a Clean Environment: Environmentally-Friendly Vehicles and Infrastructure

- Adopt **more energy-efficient** and cleaner fuel sources for public bus fleet
- Work with shared transport operators to set targets for the use of cleaner vehicles for taxi and Private Hire Car fleets



REVITALISED BENCOOLEN STREET

Healthy Lives: Active Mobility and Shared Spaces

North South Corridor (around 2026)
Artist's Impression

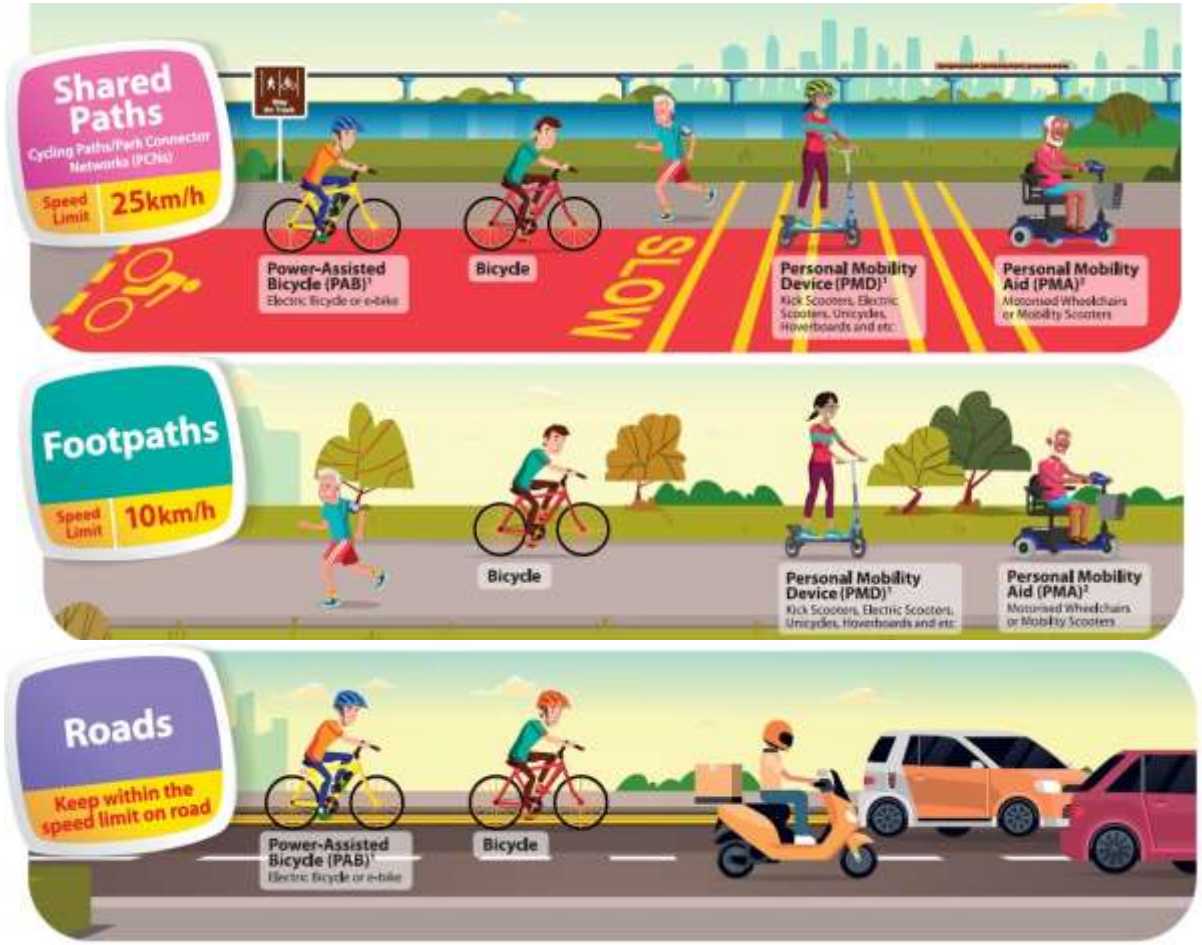
Art installation along viaduct
Ang Mo Kio Town

Dedicated Cycling Paths,
Ang Mo Kio Town

Bicycle wheeling ramps
Ang Mo Kio Town

Shared Spaces
Bencoolen Street

Safer Journeys



Longer Crossing Time

Silver Zone Gateway

Above: Enhanced School Zone

Healthy Lives, Safer Journeys

Greater focus on Health and Community in our Transport Plans

Moving beyond just **building infrastructure**…

to **shaping cultures** and

… **co-designing** with communities …

for a **more vibrant** commuter space.

END

www.lta.gov.sg

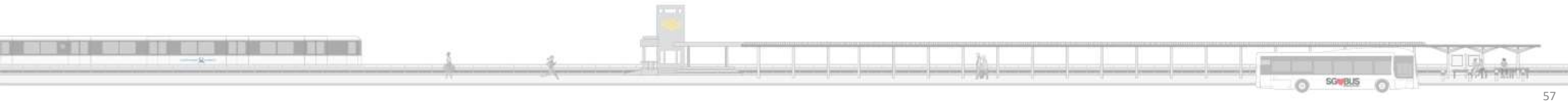
WeKeepYourWorldMoving

LTAsg

LTAsg

LTAsingapore

LTA Singapore



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URBAN REDEVELOPMENT AUTHORITY

Healthier Living Through Urban Planning & Design

Ms **Hwang Yu-Ning**

Chief Planner

Urban Redevelopment Authority, Singapore

Photo: Eric Goh Zhi Wei

Healthy Living in Both Natural & Built Environments

Treetop Walk @ MacRitchie Rservoir

Photo: NParks

Cycling in CBD

Photo: Foo Chen Khai

URBAN REDEVELOPMENT AUTHORITY

Outline

1. Integrating green and blue strategies in urban planning
2. Planning for mixed-use precincts & developments for more active lifestyle
3. Planning & designing for active mobility
4. Cultivating active culture through urban design & place-making

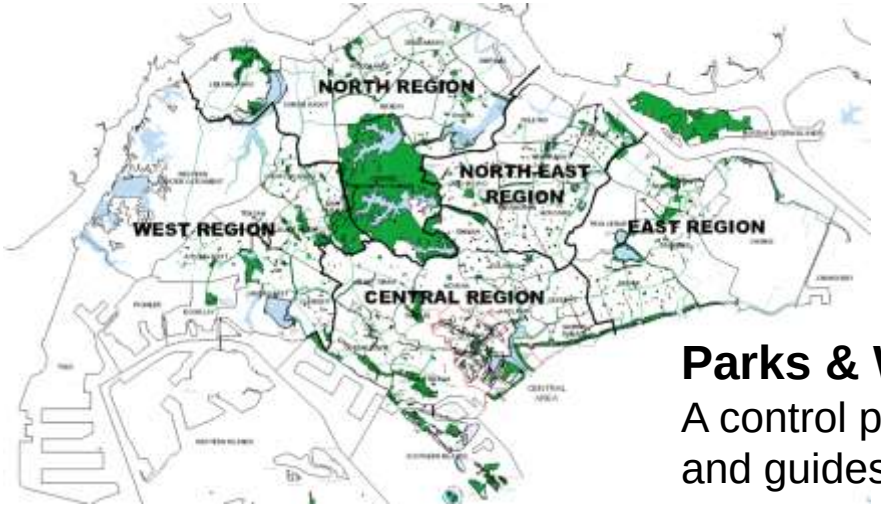
Photo: Chen I Chun

Vision: ‘Garden City’ to ‘Biophilic City in a Garden’

Gardens By the Bay

Photo: NParks

Central Catchment Nature Reserve

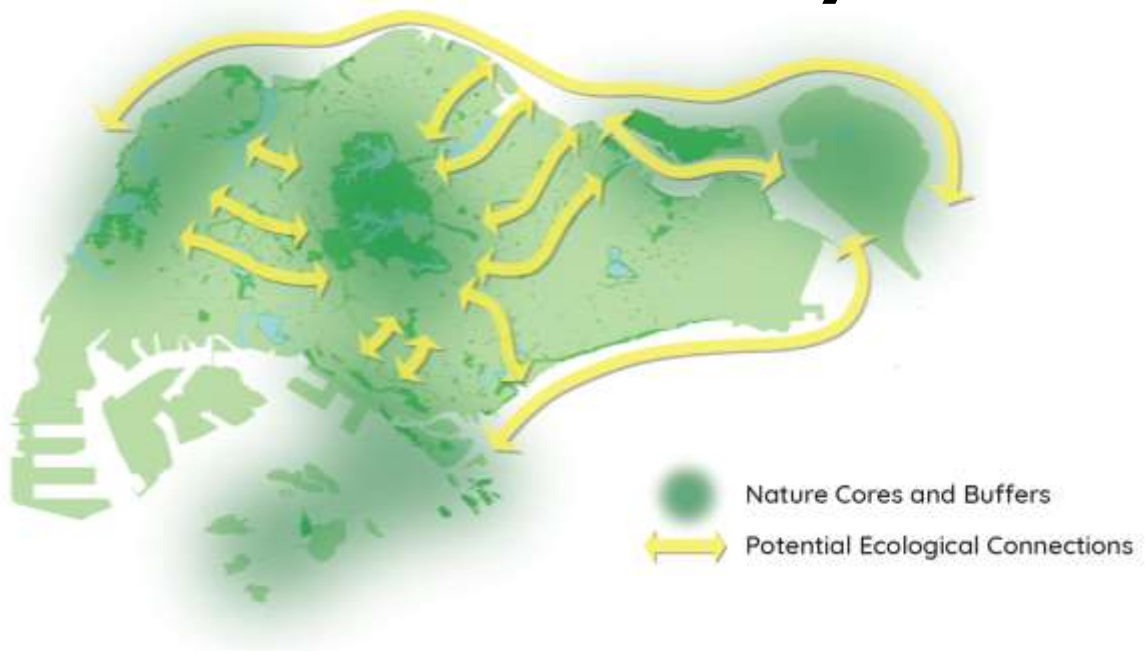


Parks & Waterbodies Plan:

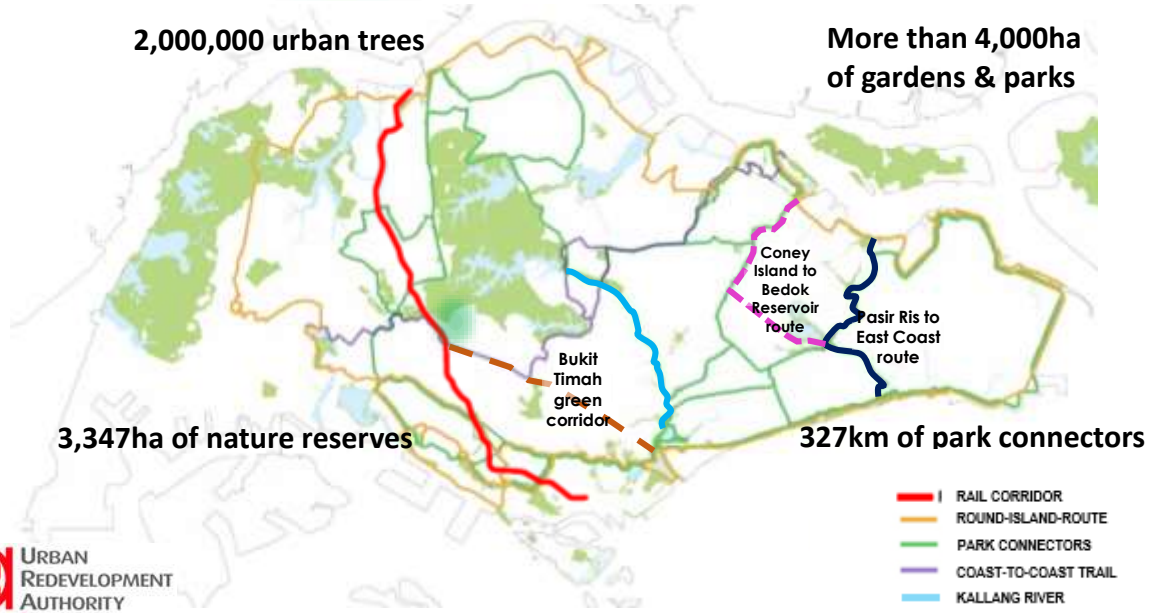
A control plan that supports the statutory Master Plan and guides future developments/ redevelopments

URBAN REDEVELOPMENT AUTHORITY

Vision: 'Garden City' to 'Biophilic City in a Garden'



Park Connector



Creating conducive outdoor environment through design (*image from HDB* - Punggol Northshore District)

URBAN REDEVELOPMENT AUTHORITY

Greater Rustic Coast

A 50km continuous belt of *rustic green*, *rich heritage*, and *recreational spaces* for all, along Singapore's northern coast

The rustic identity is expressed in three ways:

- A place of **military & industrial heritage**
- A **recreational, laidback heartland**
- A place teeming with **biodiversity**

URBAN REDEVELOPMENT AUTHORITY

Therapeutic Gardens

- Community gardens
- Community in Bloom

Photo: NParks

@ Bishan-Ang Mo Kio Park

Photo: NParks

@ Choa Chu Kang Park

Therapeutic gardens employ evidence-based design, enabling people to fulfil their inborn need to connect with nature so as to improve their mental well-being.

URBAN REDEVELOPMENT AUTHORITY

Active, Beautiful, Clean Waters (ABC Waters)

- Long-term strategic initiative to enhance our water and bring Singaporeans closer to water so that we can appreciate and cherish this precious resource.

Active: Provide new community and recreational spaces

Beautiful: Improve aesthetics of urban environment

Clean: Improve water quality through:
a) natural cleansing features
b) public education by building closer people-water relationships

URBAN REDEVELOPMENT AUTHORITY

Mixed-use precincts: Jobs and amenities close to homes

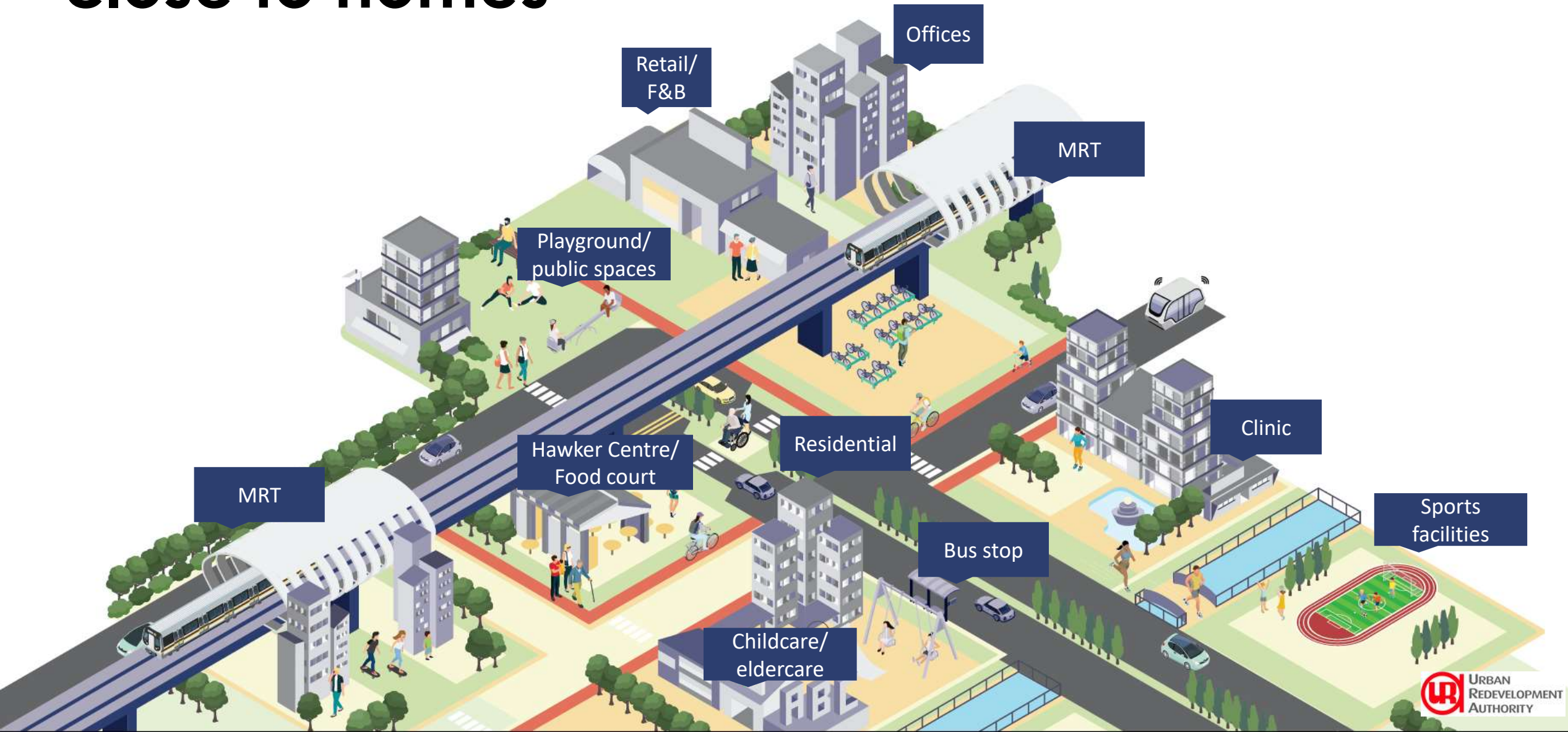


Photo: PUB

Photo: Yeaw Choon Wee

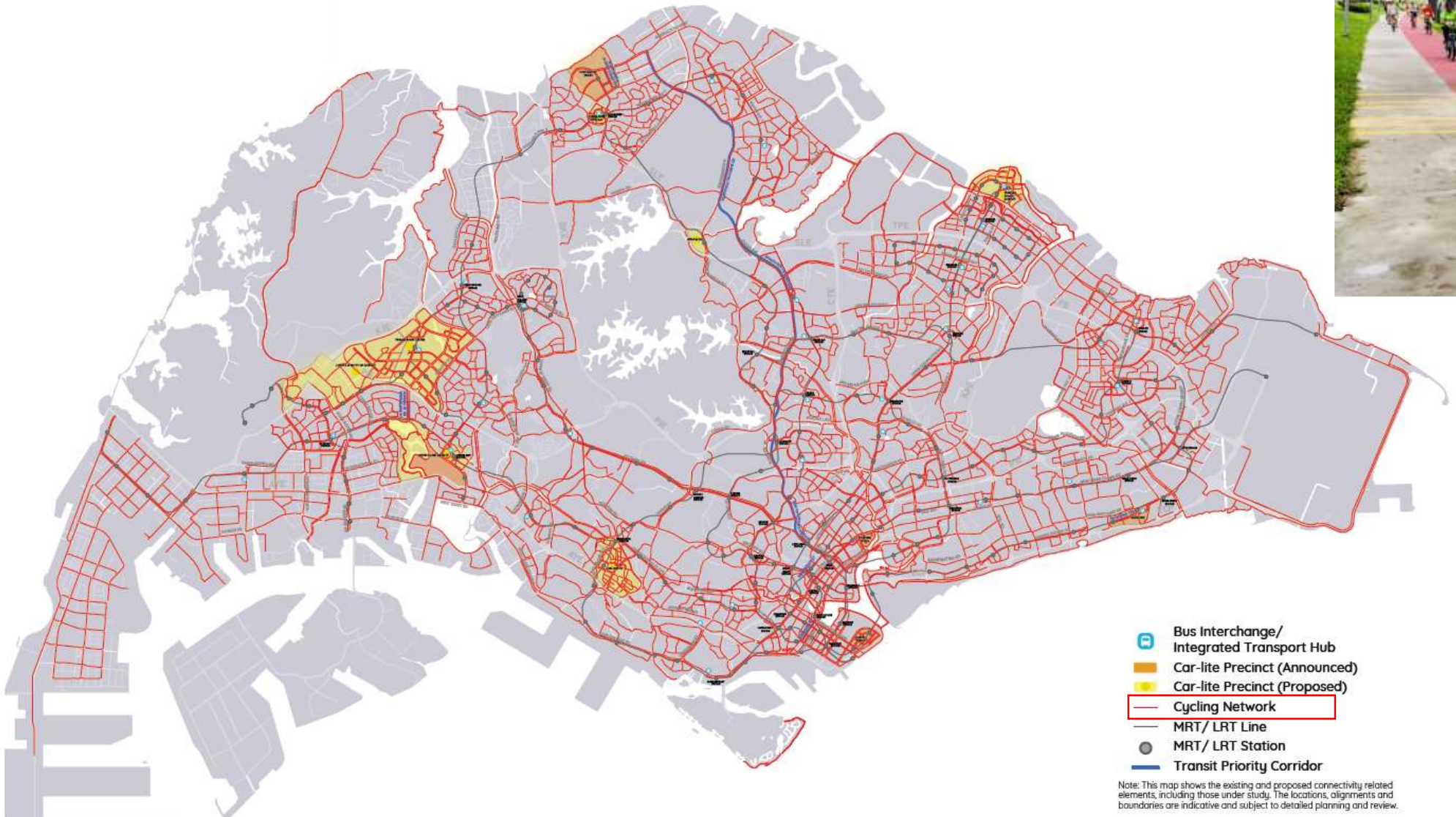
Marina Barrage

Photo: Wong Yan Zhi

Photo: Goh Ling Fang

URBAN REDEVELOPMENT AUTHORITY

Facilitating Active Mobility:
Connectivity Special and Detailed Control Plan



URBAN REDEVELOPMENT AUTHORITY

Walking and cycling paths @ Ang Mo Kio

'Five-foot Way' outside shophouses @ Chinatown

Enhance walking experience with greenery, shelter and rest areas

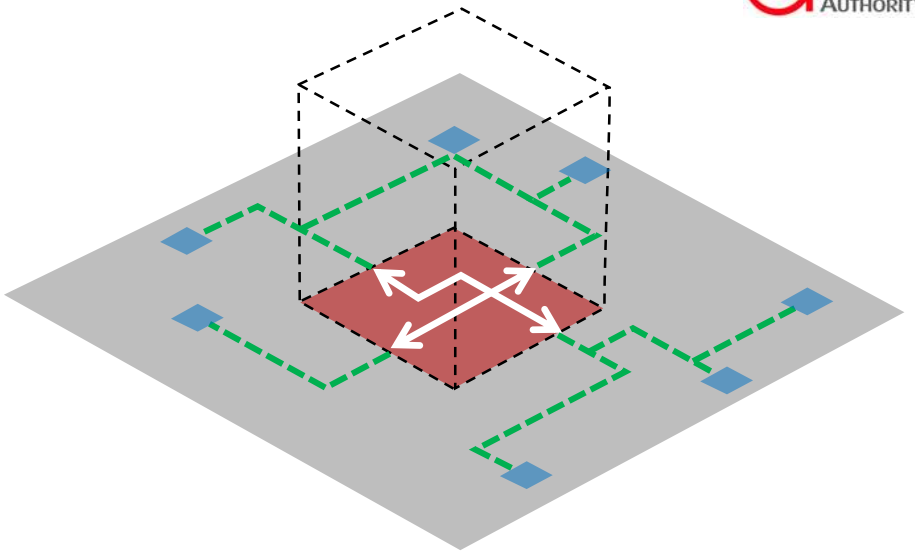
Covered walkway @ Shenton Way

Covered linkway with rest area @ Bedok

URBAN REDEVELOPMENT AUTHORITY

Walking & Cycling Plan

- Developers have to submit a **Walking & Cycling Plan** as part of planning submission for various land uses



Key Considerations

Connectivity **Bike parking & End-of-Trip facilities** **Minimizing conflicts**

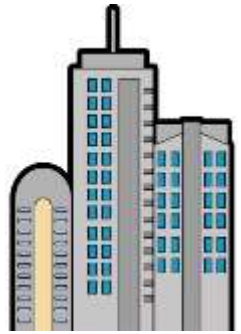
Temporary path during construction **Signage** **Others**

School

Commercial

Retail

Business Park



Science/
High Tech Park

Private
residential

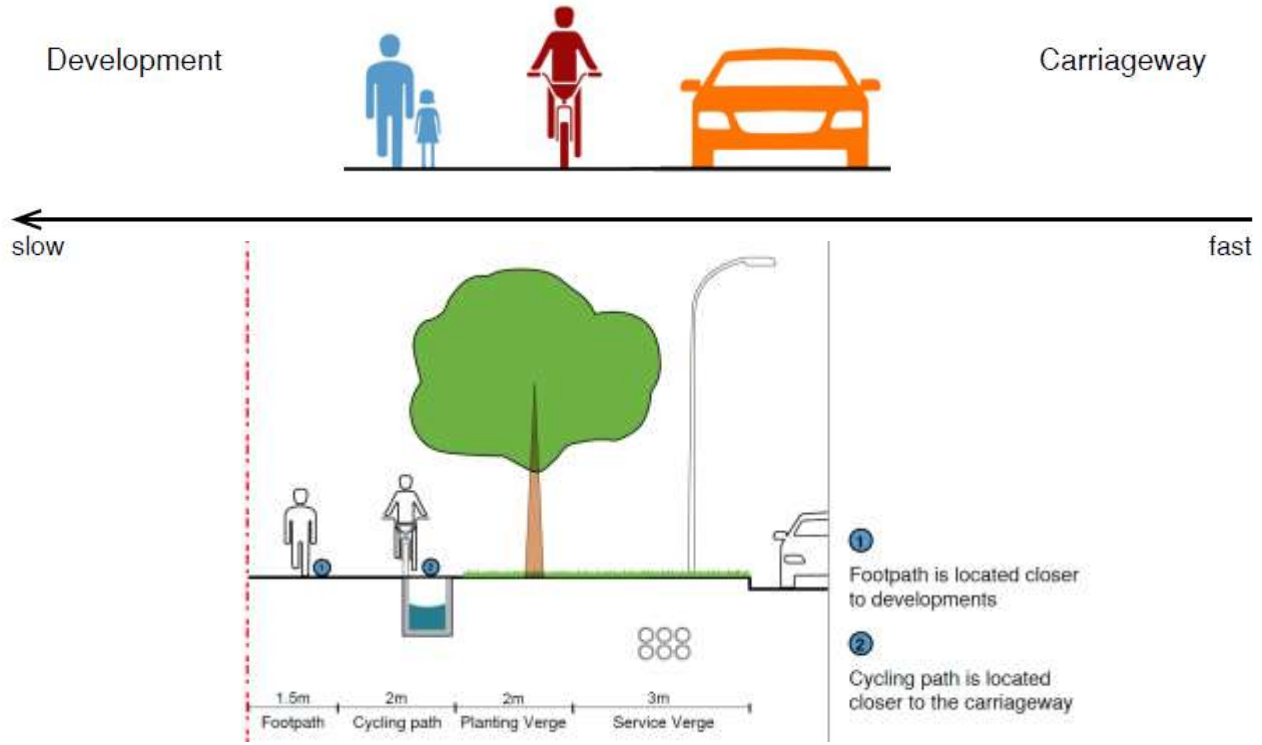
Recreational
developments

SINGAPORE

WALKING AND CYCLING

DESIGN GUIDE

Public Version 1.0



☆ Pedestrian Priority Zone at waiting areas

Pedestrian-friendly Streets

Benches

Wide walkway

Queen Street

Installations cum benches

Fun installations

Bencoolen Street

Wide walkway converted into rest area at an event

Bike racks

Wide walkway

Cycling path

Pedestrianising Our Streets

Permanent closure of Armenian St (on-going)

Permanent closure at certain hours of the day, e.g. Club St, Liang Seah St

Temporary closure: Car-Free Sundays, PARKing Day

Snapshots of 'PARKing Day'

‘Car-Free Sundays’

Place-making Programmes

Mass yoga @ Lorong Liput, Holland Village

‘Streets for People’

Traditional film-watching @ Kampong Glam

A driveway is turned into a public park with pianos for music performances & gatherings

‘Our Favourite Place’

Benches designed by NAFA students, Bencoolen Street

URBAN REDEVELOPMENT AUTHORITY

Conclusion

Photo: Wong Sai Weng

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