

# Better Urban Playscapes

– a structural approach to promote health, wellbeing and joyfulness



29 September 2014

Keynote – 7<sup>th</sup> Child in the City Conference

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# Active Living Research in Denmark



[www.interventionsforskning.dk](http://www.interventionsforskning.dk)



[www.bikeability.dk](http://www.bikeability.dk)



[www.engodomvej.dk](http://www.engodomvej.dk)



[www.drønpåskolegården.dk](http://www.drønpåskolegården.dk)



[www.ipenproject.org](http://www.ipenproject.org)



[www.impala-eu.org](http://www.impala-eu.org)

# Active Living Research Team



# What are we up against?



# What are we up against?



# What are we up against?



# Mismatch between children's needs and the provided settings



# ~~M~~ismatch between children's needs and the provided settings

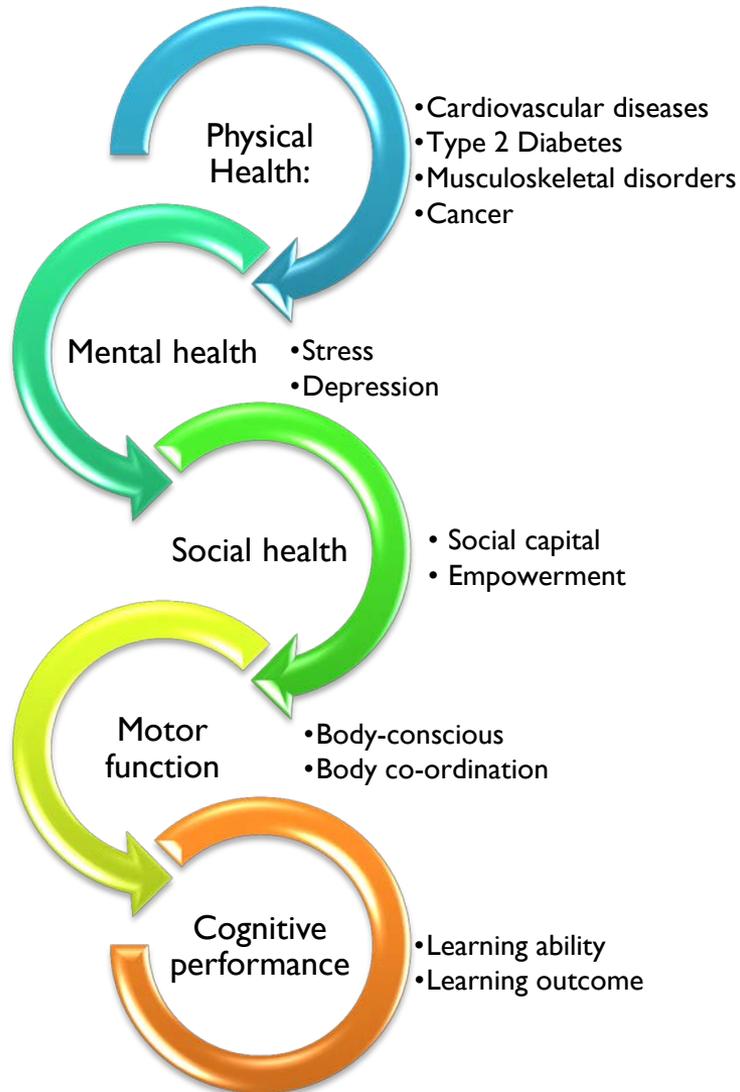


W N H Y

U



# Reason for movement and play



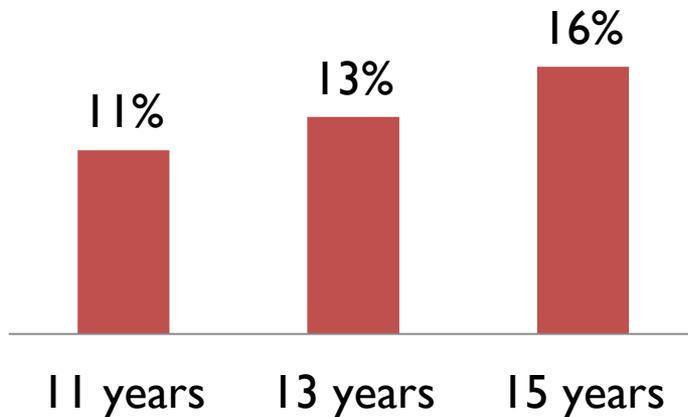
*Interrelated  
benefits!*



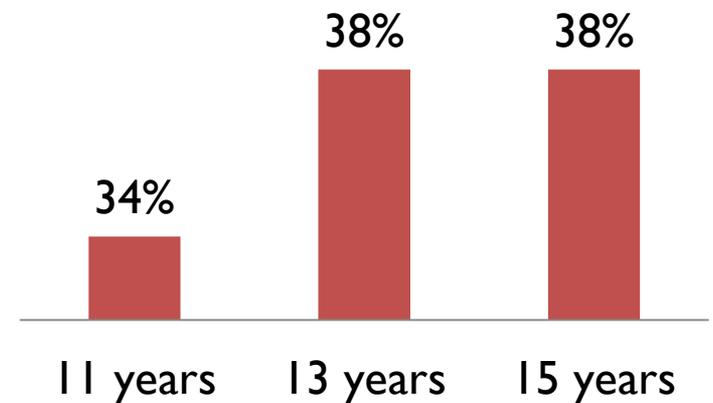
# Need to take action

Physical inactivity is going to be the one of the biggest threats to health

Percentage of Danish children being physical active in leisure time at least 7 hours/week



Percentage of Danish Children being physical active in leisure time at least 4 hours/week



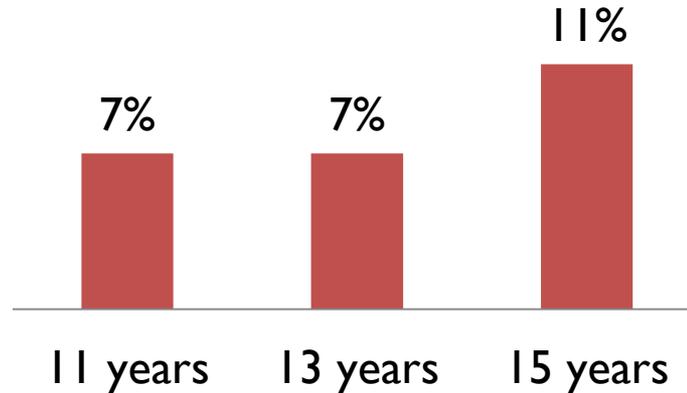
Source: Rasmussen M, Due P, red. Skolebørnsundersøgelsen 2010.

Skolebørnsundersøgelsen 2010 is funded by Nordea Foundation. The study is based on a random selection of 4.922 students on 5th, 7th and 9th grade (11, 13 and 15 years old)

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Physical inactivity is going to be the one of the biggest threats to health

Percentage of Danish children  
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*Source: Rasmussen M, Due P, red. Skolebørnsundersøgelsen 2010.*

*Skolebørnsundersøgelsen 2010 is funded by Nordea Foundation. The study is based on a random selection of 4.922 students on 5th, 7th and 9th grade (11, 13 and 15 years old)*

# ~~Mismatch~~ between children's needs and the provided settings



**What  
can  
we  
do?**

# Analytical approach



# Analytical approach

*and this is the one of the answers.....*



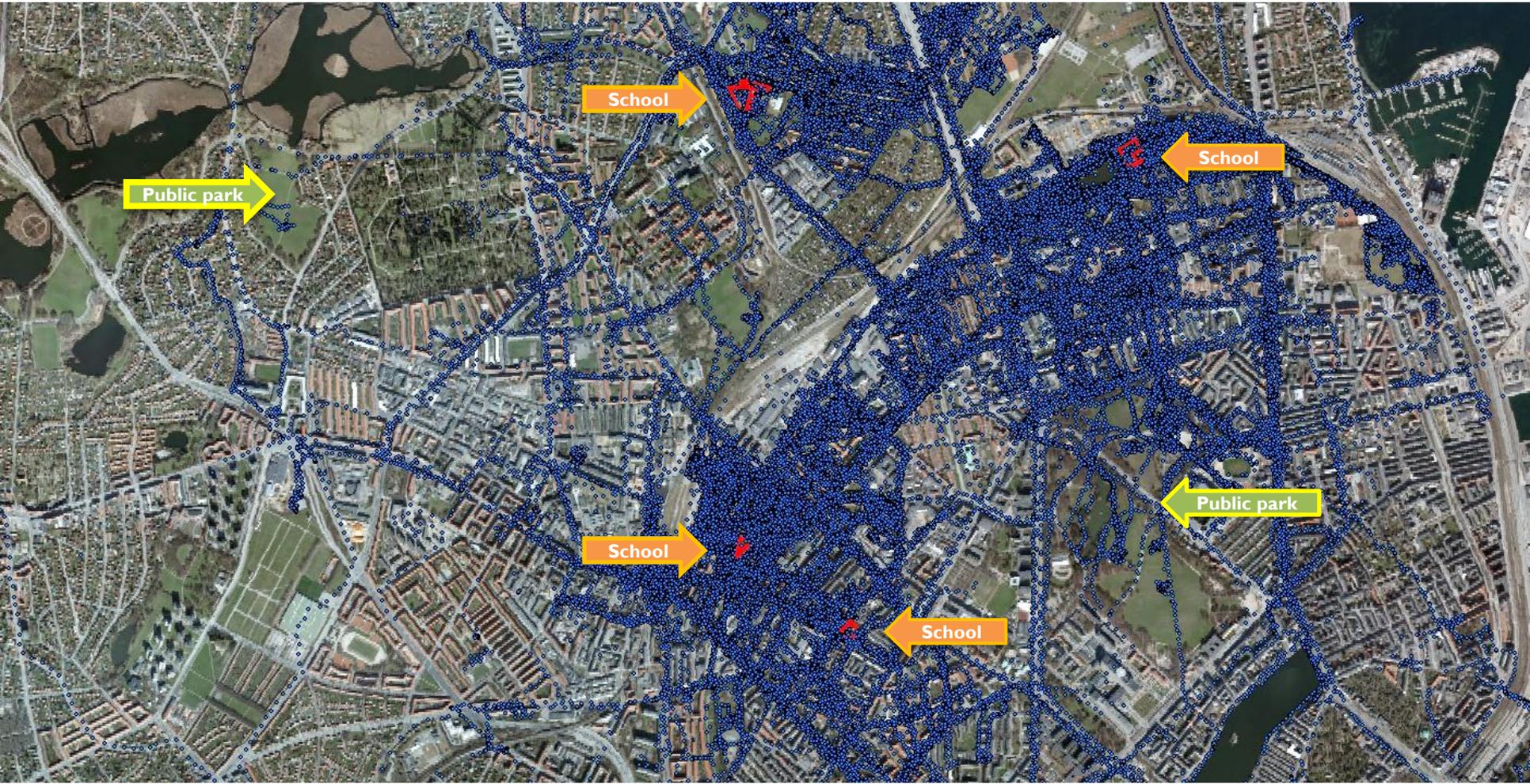
# Analytical approach

*and this is the one of the answers.....* **Movement patterns**





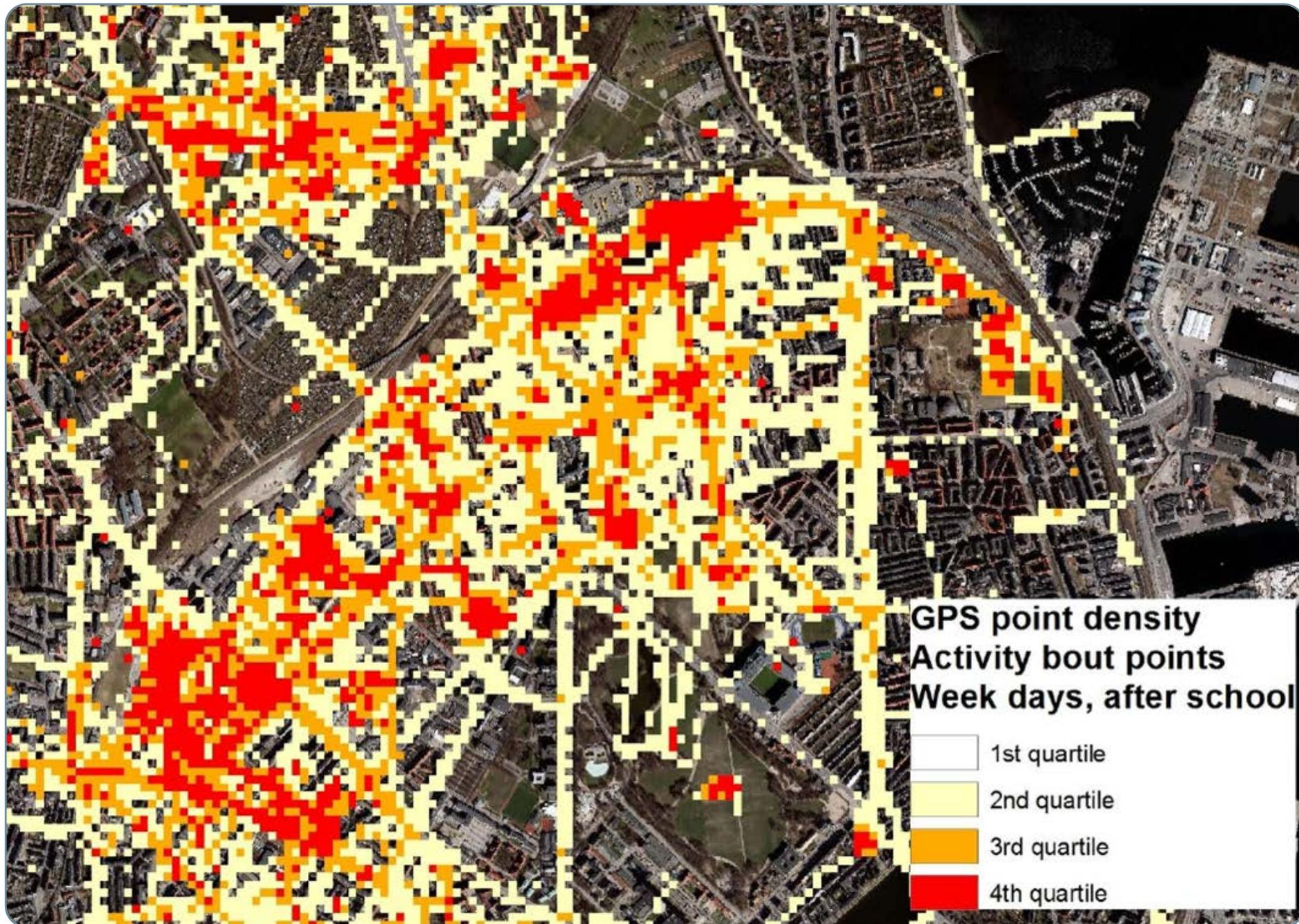
# Movement patterns – one day



## Activity Intensity

- Sedentary
- Light
- Moderate
- Vigorous

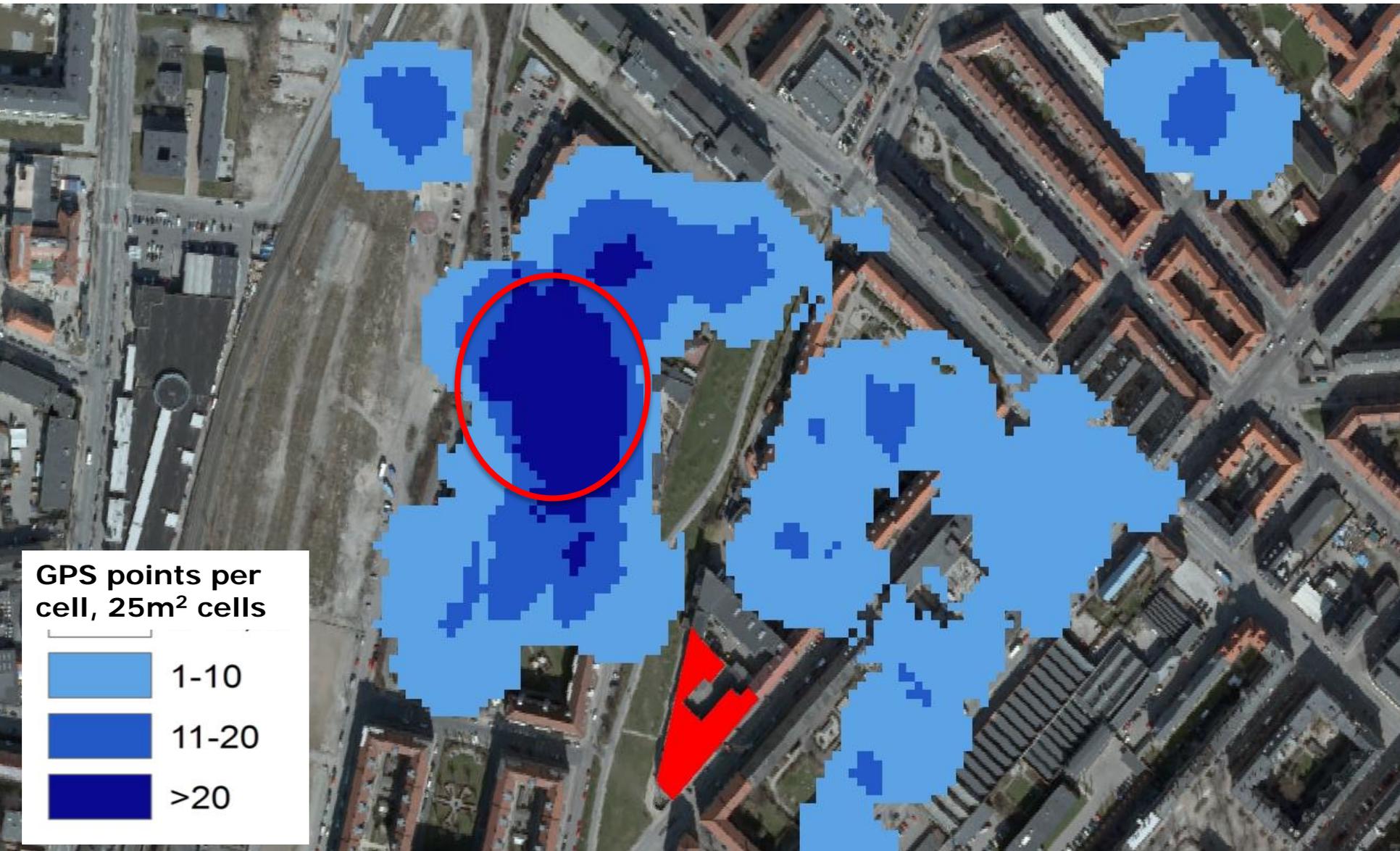
6:00:15 AM



# Physical activity hotspots



# Activity hotspots – Mjølner Park



# Activity hotspots – Mjølner Park



# Movement pattern, one school, one dag



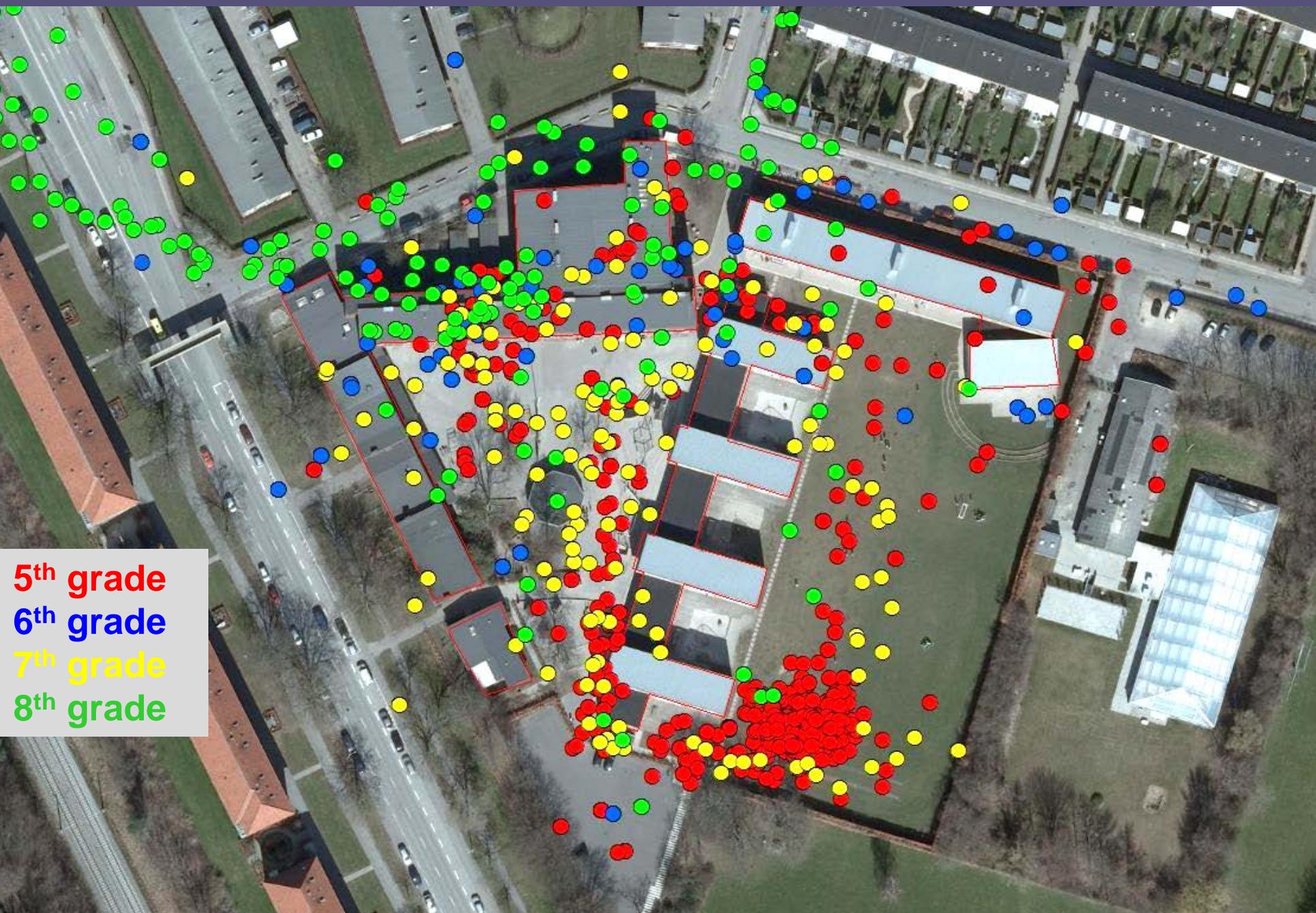
# Lundehusskolen, one day (8AM-2PM), N=151



# Recess (9.30-9.45 AM) N=151



# Recess for 5 – 8 graders

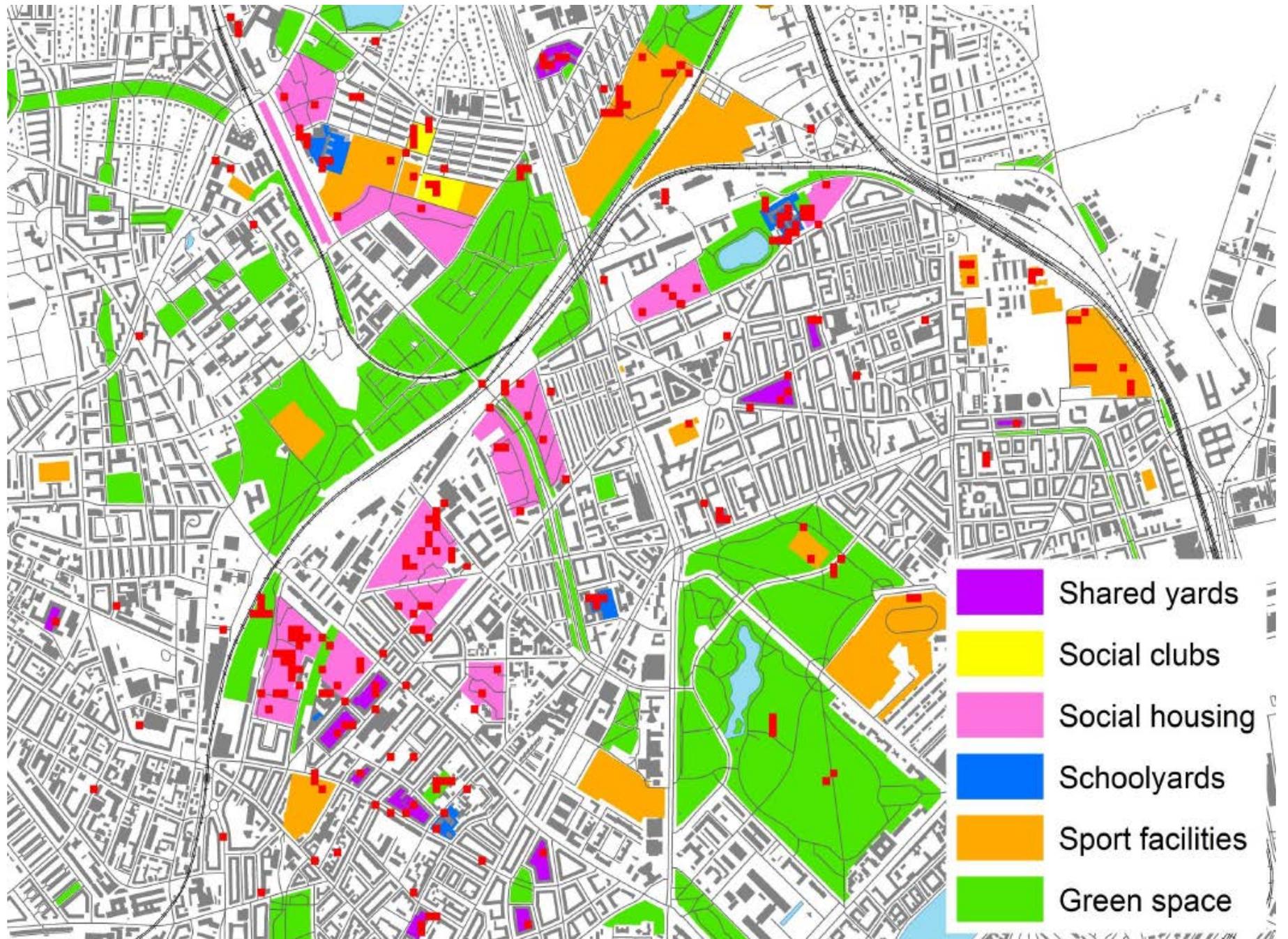


5<sup>th</sup> grade  
6<sup>th</sup> grade  
7<sup>th</sup> grade  
8<sup>th</sup> grade

# Intensity of physical activity during recess



**Sedentary**  
**Light**  
**Moderate**  
**Vigorous**  
**Hard**



# Activity hotspots, week days, after school boys versus girls

Land use	Boys		Girls	
	count	percent	count	percent
Social housing	23	25%	22	24%
Sports facilities	15	16%	10	11%
Shared backyard	7	8%	15	17%
Green space	9	10%	7	8%
Schoolyards	7	8%	4	4%
Social club	4	4%	2	2%
<i>Currently uncategorized</i>	26	29%	30	33%
<b>Total</b>	<b>91</b>	<b>100%</b>	<b>90</b>	<b>100%</b>

Source: Klinker, Schipperijn, Kerr, Ersbøll, Troelsen (2014)

# Research findings



- **Accessibility**
- **Accessibility**
- **Accessibility**
- **Independent mobility**



## **Moveability**

# Moveability

Low moveability

High moveability



2 km.

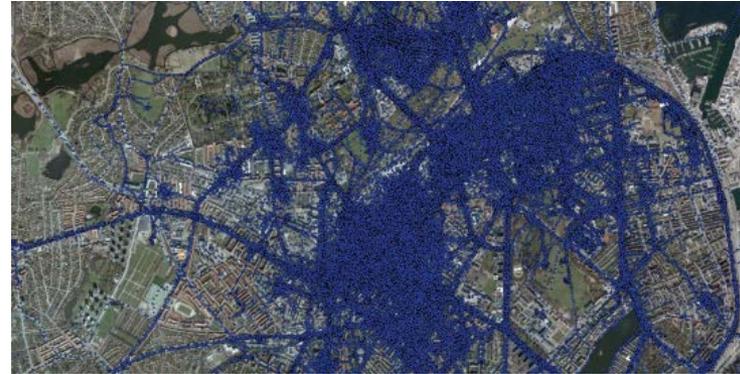
versus

800 m.

# Analytical approach



## Quantitative approach



## Qualitative approach



# Qualitative analytical approach

**What is  
up?**

**What is  
down?**



# Qualitative analytical approach

- **Architecture and aesthetic**

- *Affordance - functional versus sculptural design (Spect Petersen, 2010, 2014)*



- **Social relations**

- *Placeness - The quality of being a place together (Olesen, 2013)*

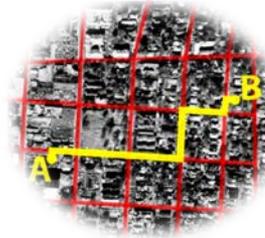
- **Safety**

- *Peace of mind in a challenging setting (Sandseter, 2013)*



# Conclusions

- **M**oveability



- **A**ffordance



- **P**laceness



- **S**afety



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