

Better Urban Playscapes

– a structural approach to promote health, wellbeing and joyfulness



29 September 2014

Keynote – 7th Child in the City Conference

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Better Urban Playscapes

– *a structural approach to promote health, wellbeing and joyfulness*



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Active Living Research in Denmark



www.interventionsforskning.dk



www.bikeability.dk



www.engodomvej.dk



www.drønpåskolegården.dk



www.ipenproject.org



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



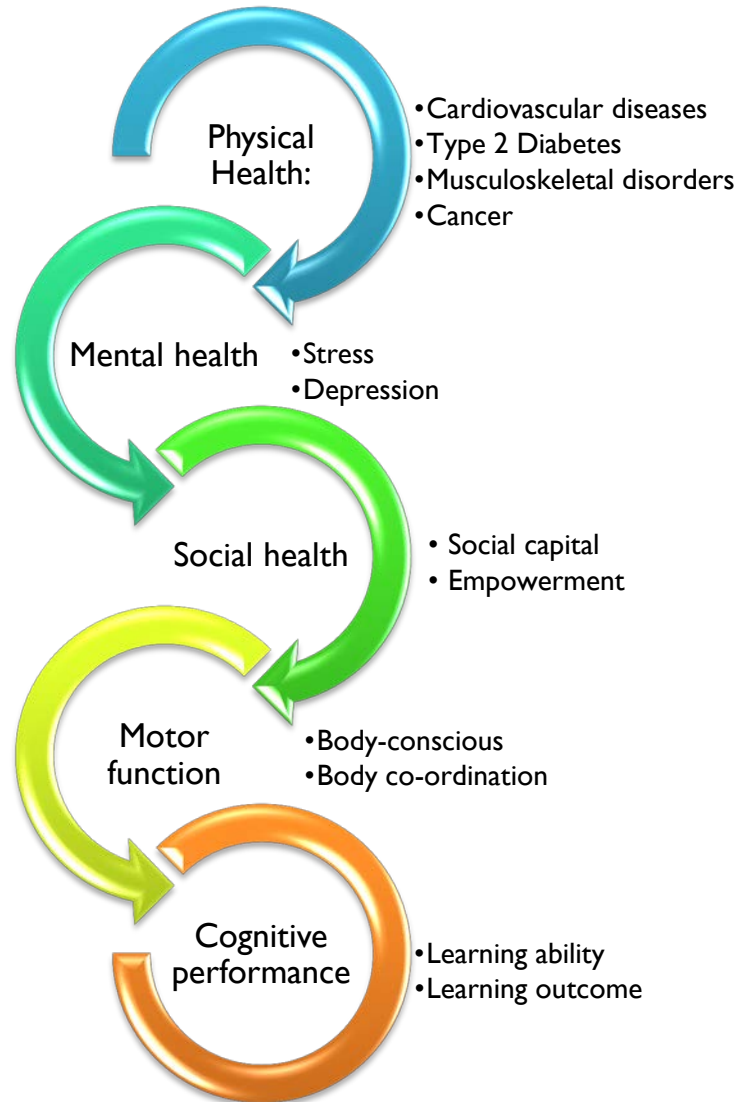
~~M~~ismatch between children's needs and the provided settings



WIKY!



Reason for movement and play



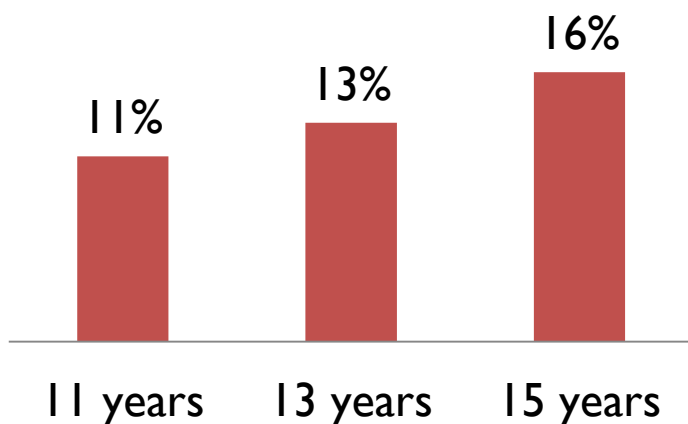
***Interrelated
benefits!***



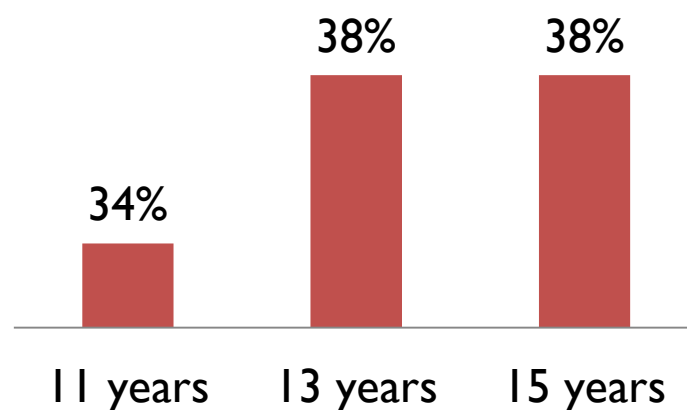
Need to take action

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



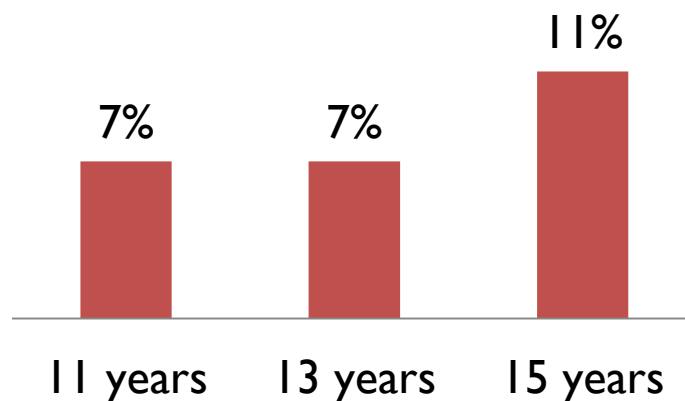
Source: Rasmussen M, Due P, red. Skolebørnsundersøgelsen 2010.

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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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.....



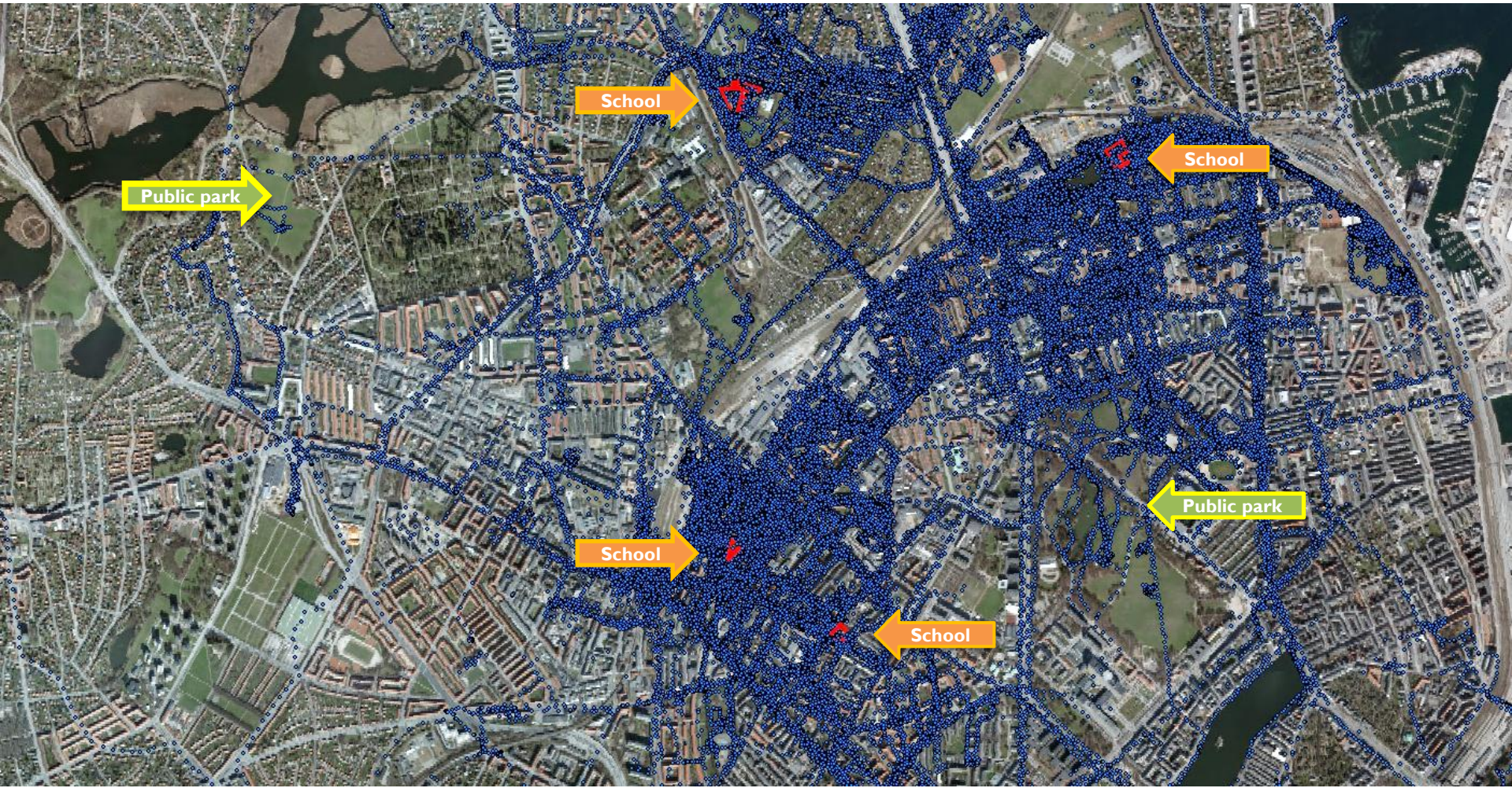
Analytical approach

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









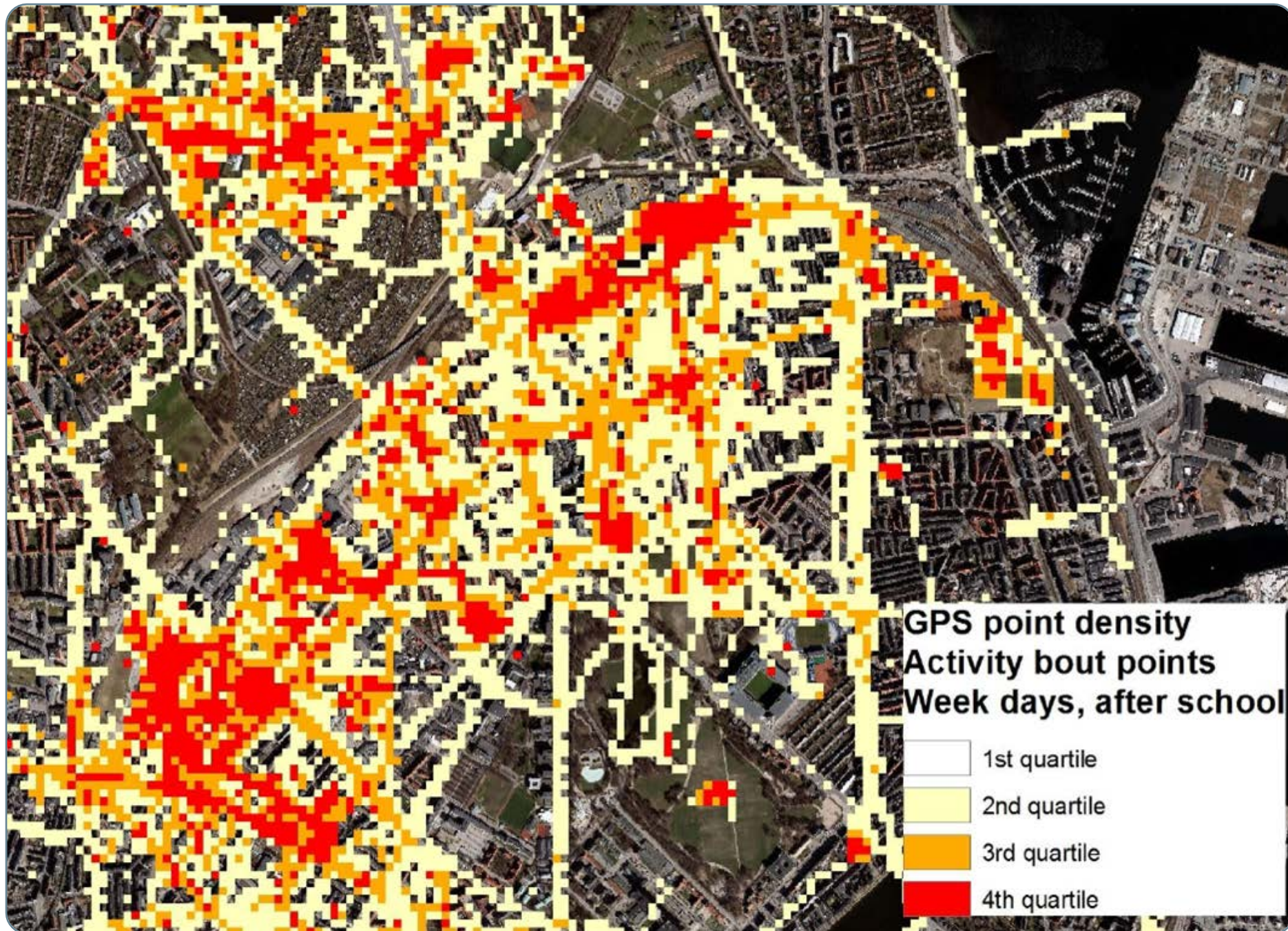
Movement patterns – one day



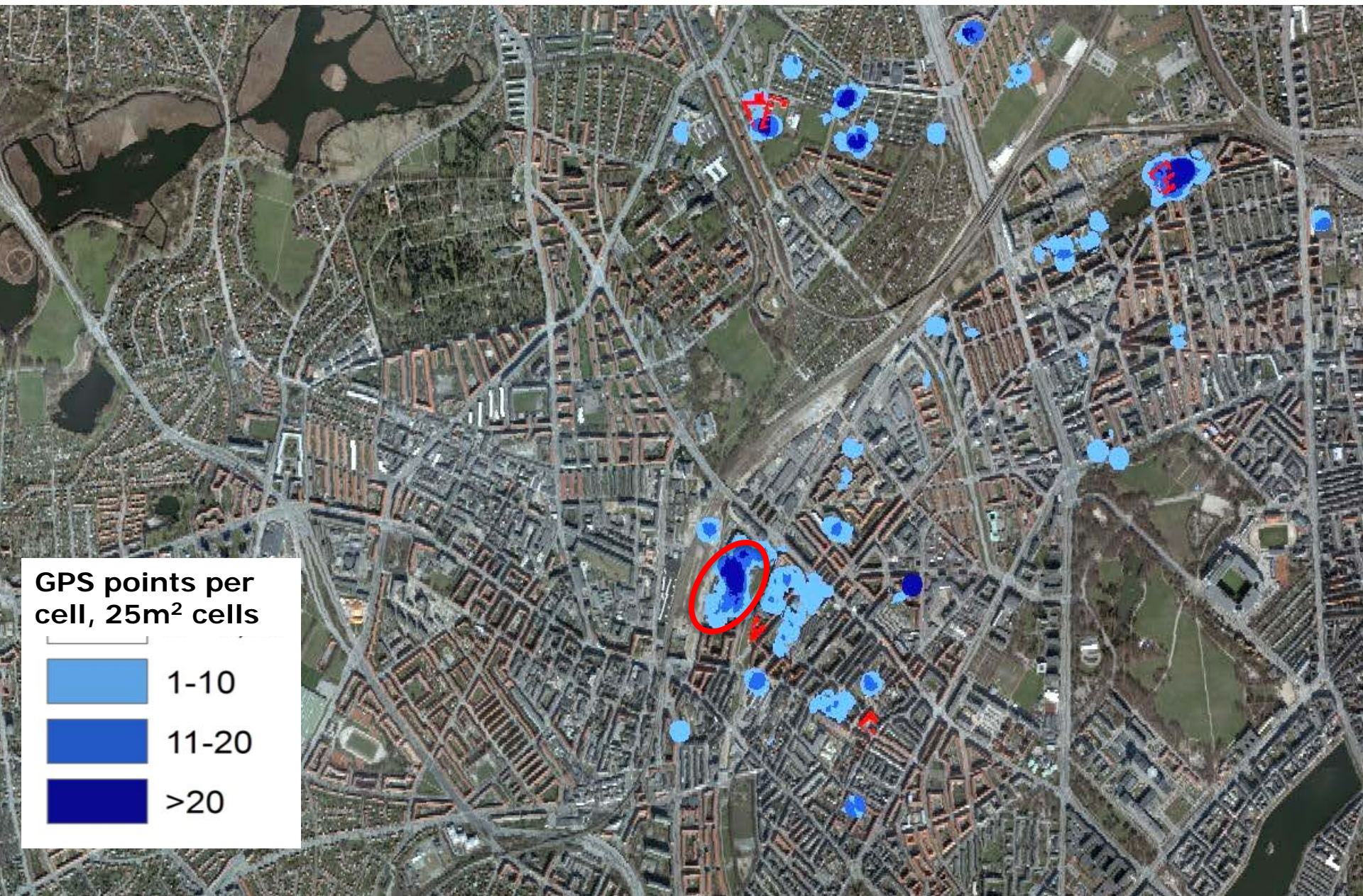
Activity Intensity

-  Sedentary
-  Light
-  Moderate
-  Vigorous

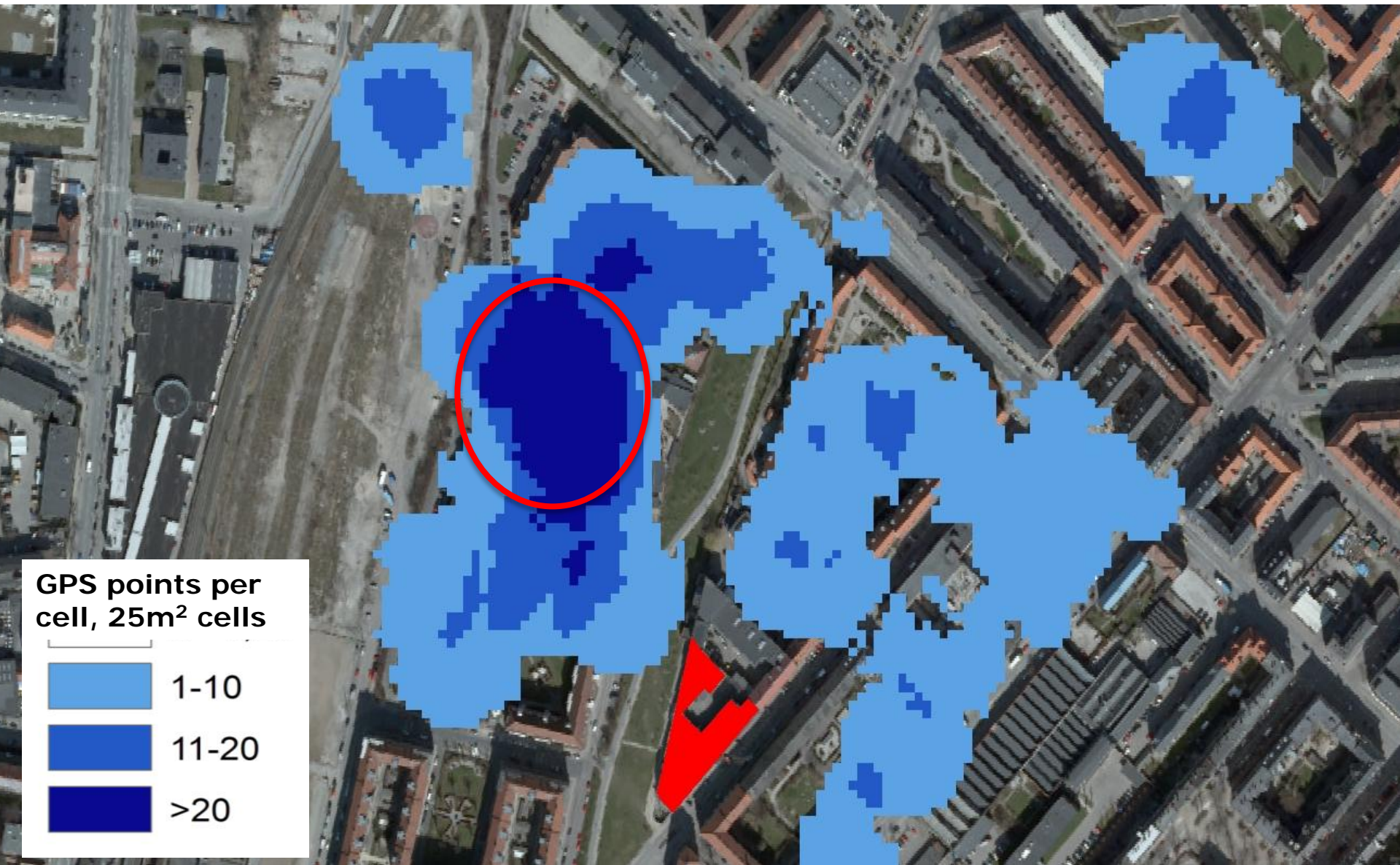
6:00:15 AM



Physical activity hotspots



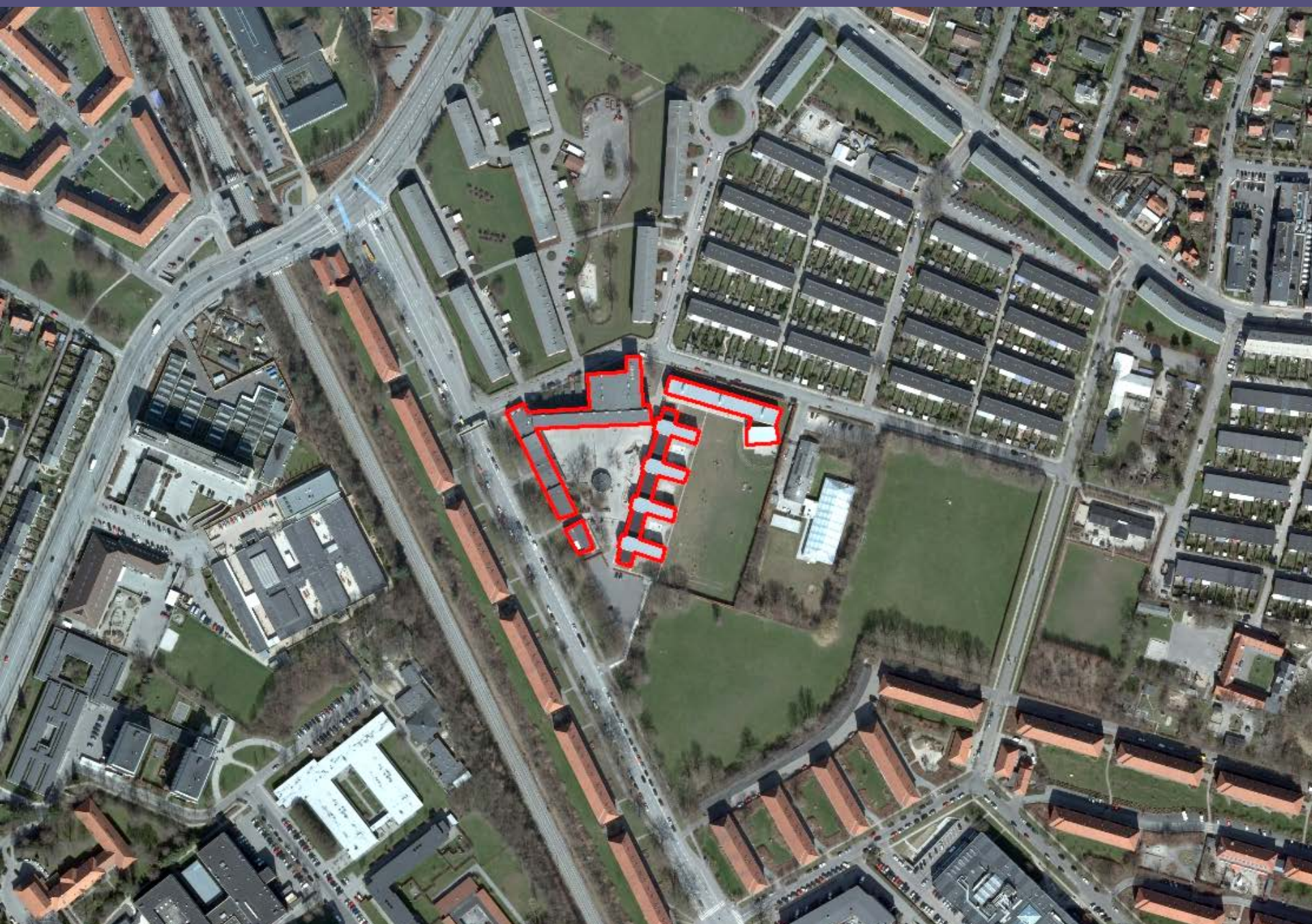
Activity hotspots – Mjølner Park



Activity hotspots – Mjølner Park



Movement pattern, one school, one dag



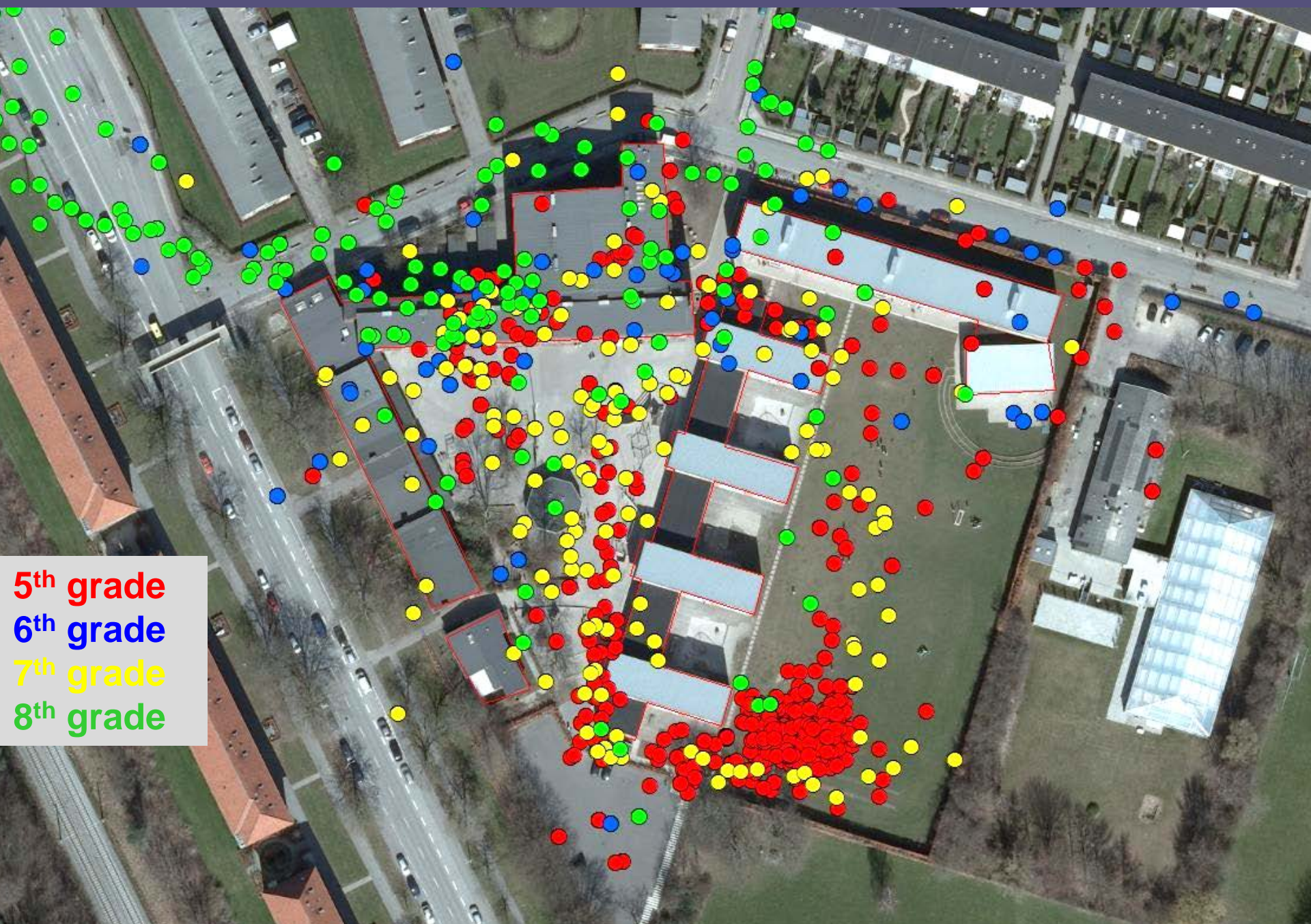
Lundehusskolen, one day (8AM-2PM), N=151



Recess (9.30-9.45 AM) N=151



Recess for 5 – 8 graders



Intensity of physical activity during recess





Activity hotspots, week days, after school boys versus girls

	Boys		Girls	
Land use	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%
Total	91	100%	90	100%

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

Research findings



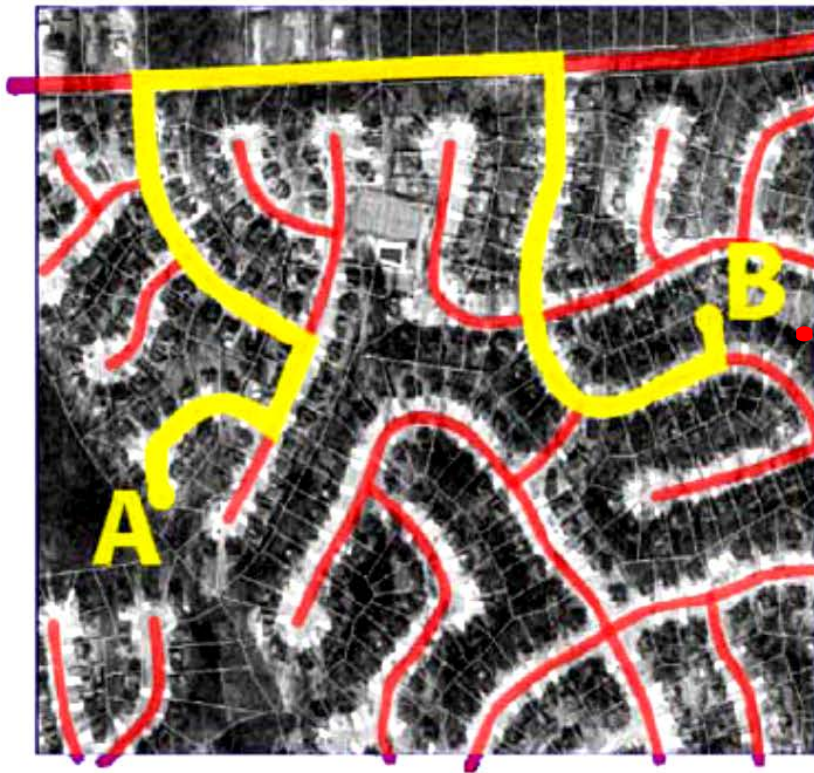
- **Accessibility**
- **Accessibility**
- **Accessibility**
- **Independent mobility**



Moveability

Moveability

Low moveability



2 km.

High moveability



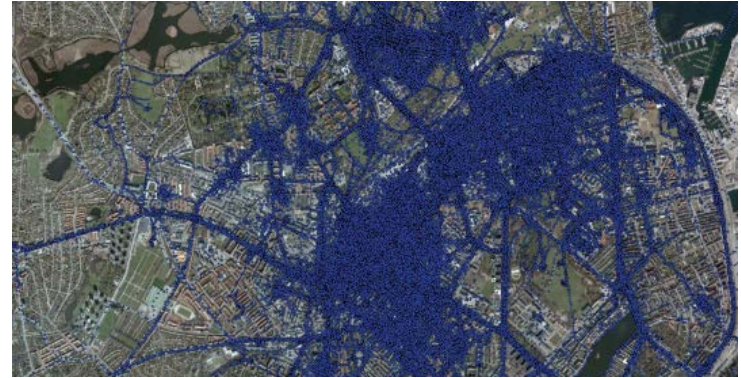
800 m.

versus

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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