

# ACTIVITY- AND HEALTH-ENHANCING PHYSICAL ENVIRONMENTS

## ACTION AT A LOCAL LEVEL FOR BETTER URBAN PLANNING, FOOD AND HEALTH

Conference September 1, 2016 in Copenhagen



**The conference aims to disseminate the latest knowledge about activity- and health-enhancing physical environments in communities and urban environments. The basis builds on a broad understanding of public health, offsetting in local urban spaces which increasingly serves as arenas for physical activity and new initiatives. A special focus will be on everyday life activities and how social interaction, movement and food can support inclusion, and promote health and quality of life.**

From a societal perspective, both nationally and internationally, great benefits are to be gained from this type of knowledge as a high level of concern is raised about increased social inequality resulting in poorer health, increased occurrence of obesity and diabetes type II etc., i.a. due to a lack of physical activity. The organization of urban space - the architecture, landscape and infrastructure - is very important for this development both in terms of movement and transport but also in terms of reducing social and spatial inequalities.

This conference aims to build bridges between different professionals, researchers and practitioners with the common interest in how to create communities and neighborhoods as meaningful "places" in terms of both food environments and the possibilities of creating activities in connection to this and related to movement and active transportation.

The conference is aimed broadly at municipal, regional and state actors, urban planners, architects, researchers, policy makers and practitioners working with health promotion. This multidisciplinary is reflected in the series of lectures with experienced professionals and experts from the US, Europe and Denmark disseminating their latest knowledge about how interventions for healthier food options in the community can be developed, on how gardening and aquaponics can be involved in small-scale food production and how the local community can be used or utilised to increase physical activity among citizens. And finally, how to include participatory and co-creative methods in use to ensure that the urban environments are developed in citizen-focused surroundings that can help to create long-term anchoring.

The conference is part of the international research network Activity- and health-enhancing Physical Environments Network led by the Royal Danish Academy of Fine Arts, Schools of Architecture, Design and Conservation. The research network involves leading European researchers.

### **Target audience**

The conference is aimed broadly at municipal, regional and state actors, urban planners, architects, researchers, policy makers and practitioners working with health promotion.

### **Location and contact information**

The Royal Danish Academy of Fine Arts, Schools of Architecture, Design and Conservation, Philip de Langes Allé 10, 1435 Copenhagen K, Denmark. Auditorium 2/6. Contact information: René Kural, mail: [cia@kadk.dk](mailto:cia@kadk.dk)

### **The registration fee is DKK 500.00 (67.50 €) incl. Danish VAT and service charges**

The amount covers the full participation in the conference, lunch and coffee during breaks.

Please register at the following link: <https://billetto.eu/en/events/apen>

## PROGRAMME

- 09:00 Registration and morning coffee**
- 09:30 Opening speech**  
Dr João Breda PhD MPH MBA, Programme Manager Nutrition, Physical Activity & Obesity, WHO Regional Office for Europe
- 09:45 International Activity- and health-enhancing Physical Environments Network – Why are we needed?**  
René Kural, Associate Professor and Director of the International Network, KADK
- 10:00 Relations between the built environment and physical activity and health - How can there be made use of us?**  
Jens Troelsen, Professor, Head of the research unit Active Living, University of Southern Denmark
- 10:30 Cities Changing Diabetes**  
Helle Søholt, CEO and founder of Gehl Architects
- 11:00 Break**
- 11:30 The role of the built environment in healthy aging: Community design, physical activity, and health among older adults**  
Jacqueline Kerr, Adjunct Professor, Family & Preventive Medicine, University of California, USA
- 12:00 Planning of the old city structure for leisure, housing and recreational purposes by participatory way**  
Kimmo Suomi, Professor, University of Jyväskylä, Finland
- 12:30 Body and the city - theories of the body towards the active city**  
Antonio Borgogni, PhD, Assistant Professor, University of Cassino and Southern Lazio, Italy
- 13:00 Lunch**
- 14:00 Innovative prevention in local communities - principles for an intersectoral approach**  
Bjarne Bruun Jensen, Professor and research director, Steno Health Promotion Research
- 14:30 Foodscape Walkabouts & Urban Songlines. Visual and Participatory tools for planning of community food programs – case of Health & Local Community and Ellebjerg programs**  
Bent Egberg Mikkelsen, Professor, University of Aalborg
- 15:00 The Children's Healthy Living Program from the US Affiliated Pacific region**  
Rachel Novotny, Professor, University of Hawaii, USA
- 15:30 Break**
- 16:00 Improving the food environment in low income settings: Approaches of the Healthy Stores projects**  
Joel Gittelsohn, Professor, John Hopkins School of Public Health, Baltimore, USA
- 16:30 Closing session**  
René Kural, Associate Professor and Director of the International Network, KADK

The program may be modified.

The APEN Network is supported by:

**TrygFonden**

VELUX FONDEN

LOKALE ANLÆGS FONDEN

The conference has been arranged by:



AALBORG UNIVERSITET



Det Kongelige Danske Kunstakademis Skoler  
for Arkitektur, Design og Konservering



The conference is supported by:

Additional partners of the APEN network:



KØBENHAVNS  
UNIVERSITET



MALMÖ UNIVERSITY



JYVÄSKYLÄN YLIOPISTO  
UNIVERSITY OF JYVÄSKYLÄ



UNIVERSITY OF FERRARA  
department of architecture

