Architecture and Urban Planning Towards Healthy Communities

Felino A. Palafox, Jr., FUAP, PIEP, APEC Architect
Harvard GSD, Int. Associate, CTBUH Fellow
Principal Architect-Urban Planner, PALAFOX ASSOCIATES
President, PALAFOX ARCHITECTURE Group, Inc.
Global Urbanization

Urbanization

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1900</td>
<td>2/10</td>
<td>2 out of every 10 people lived in an urban area</td>
</tr>
<tr>
<td>1990</td>
<td>4/10</td>
<td>4 out of every 10 people lived in an urban area</td>
</tr>
<tr>
<td>2010</td>
<td>5/10</td>
<td>5 out of every 10 people lived in an urban area</td>
</tr>
<tr>
<td>2030</td>
<td>6/10</td>
<td>6 out of every 10 people will live in an urban area</td>
</tr>
<tr>
<td>2050</td>
<td>7/10</td>
<td>7 out of every 10 people will live in an urban area</td>
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Defined by UN HABITAT as a city with a population of more than 10 million
2013 population: 100 million

2013 urban population: 80 million
66.40% of total population
2.81 growth rate

2040 urban population projection: 141 million

Source: 2000 NSO census (medium assumption)
Promote Active Mobility
Order of Prioritization of Transportation

- Pedestrian
- Bicycle
- Public
- Private
WALKING

Shibuya, Tokyo

- 2,500 pedestrians during rush hour
- 60 seconds for pedestrians (for every 60 seconds car traffic)

Source: http://onestep4ward.com
Oxford Circus, London

- 30 seconds for pedestrians (for every 90 seconds car traffic)
- 25 meter diagonal crossing

Source: The Daily Mail, The Telegraph
Access for All

- Disabled Persons
- Children
- Elderly
- Pregnant Women
- People of all types of Physical Abilities

Source: http://mplsbike.org, streetsblog.org, BBC
Access for All

Tactile Paving Surfaces

- For warning or directional purposes
- It indicates where pedestrians should not step beyond on crossings while the signal is on red

Source: http://mplsbike.org
http://landscapeonline.com
http://www.sydneyforall.com
Provide amenities such as bike racks, street lamps, public art, benches, and bus shelters to turn sidewalks into more appealing spaces.
“Those with less in wheels should have more in roads”

1/3 for PEOPLE

1/3 for VEHICLES

1/3 for LANDSCAPING
Remedios Street | Manila
Incorporate a Mix of Uses
Incorporate a Mix of Uses

✓ Promotes Walking
✓ Maximizes the Land Values for Priority Areas
✓ Promotes Sharing of Infrastructure
✓ Provides an attractive transition between land uses
Mixed-Use

Felcris Centrale | Davao City
Provide PUBLIC Open Spaces and Parks
Parks and Open Spaces

WHO: 9 sqm/person

HLURB: 500 sqm/1,000 persons

Evacuation: 1 sqm/person
BUILDING-TO-OPEN SPACE RATIO 60:40

The remaining 40% of the site will be for:

- Pedestrian walkways, utilities and infrastructure (20%)
- Green Open Spaces (20%)
Benefits of Open and Green Space

1. You exercise longer if you like the view

2. Even if you didn’t exercise more, an open, green space still makes you healthier

3. Adequate space leads to greater productivity

4. Exercising in green, open spaces fends off depression

Sources: Open Space is Living Space by Dr. Stef Del Cruz, myproperty.ph, July-Sept 2014.
5. You earn more money in a spacious workplace

6. You spend more time gossiping in a cramped workplace

7. Crowding leaves you deprived of shuteye

Sources: Open Space is Living Space by Dr. Stef Del Cruz, myproperty.ph, July-Sept 2014.
Create Access to Healthy Food and Drinking Water
An average food item travels 1300 to 1500 miles from farm to plate.

With urban agriculture, the average food item travels 0 to 100 miles from farm to plate.

Source: Holcim 2012, Urban Farm, Urban barn
Urban Agriculture

Edible Landscaping
Cornwall, UK
Adaptive Architecture towards Sustainable communities

- Adaptive Architecture and Urban Planning
- Vertical Urbanism
- Green Architecture
GREEN WALLS
Edible Plants

- Egg plant (*Talong*)
- Beans (*Mongo*)
- Tomatoes (*Kamatis*)
- Cucumber (*Pipino*)
- Ampalaya
- Alugbati
- Passion Fruit
- Vine Squash
- Talbos ng Kamote
Support a Healthy Environment and Social Well-Being
Indoor Environmental Quality

Deals with human comfort, lighting, thermal levels, acoustics and views

- Glare control
- Cooling systems control
- Illumination control
- Good Indoor Acoustics
- Good Indoor Air Quality (no smoking policy 10 meters from Entrances)
- Microbial Contamination Prevention
- Low VOC Environment
Activate Spaces for Social Interaction

| Cultural events

Public performances |
Pocket Green Spaces | San Francisco

Pavements to Parks Program

Source: pavementtoparks.sfplanning.org
Places for People

Chongae Canal Source Point Park | Seoul, South Korea

Source: myk-d.com
Selected Projects
Healthcare and Well-being
Dubai Healthcare City | UAE

AERIAL PERSPECTIVE
VIEW FROM THE CREEK

DUBAI HEALTH CARE CITY - THE CREEK SIDE DEVELOPMENT

MEECON PALAFOX

Creating Green Urbanism
Sharjah Healthcare City | UAE

Creating Green Urbanism
Sharjah Healthcare City | UAE

Creating Green Urbanism
Kingdom Hospital | KSA

Creating Green Urbanism
King Abdul Aziz Medical City | KSA
Maternity Hospital of My Tho | Vietnam
Asian Eye Institute | Philippines
Tzu Chi Eye Clinic | Philippines

Creating Green Urbanism
Proposed St. Luke’s Medical Center | Philippines

Creating Green Urbanism
We like to live in ENVIRONMENT-FRIENDLY cities and communities

Connected
Accessible
Walkable
Bikable
SAFER
Better Lighted
Convenient
Clean
Mixed Income
Cross-generational
Mixed-use Developments
Places to live, work, shop, dine, learn, worship, healthcare, recreation, and leisure
24-hour cycle activity center

CONCLUSION
26 YEARS SINCE THE FIRM STARTED IN JULY 1, 1989

38 COUNTRIES WHERE WE CARRIED OUT PROJECTS

1200+ PROJECTS SINCE THE FIRM STARTED

16 BILLION SQ. METERS OF MASTER PLANNED LAND AREA

12 MILLION SQ. METERS OF FLOOR AREA DESIGNED

200+ AWARDS & CITATIONS

Architecture
Planning
Interior Design
Engineering
Urban Design
Consultancy
Green Architecture and Green Urbanism towards Global Excellence
Websites: www.palafoxarchitecture.com/www.palafoxassociates.com

communications@palafoxarchitecture.com
jun_palafox@palafoxarchitecture.com
jun_palafox@palafoxassociates.com
karmipalafoxassociates@palafoxarchitecture.com
architecture@palafoxassociates.com
urbanplan@palafoxassociates.com
masterplan@palafoxassociates.com
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career@palafoxassociates.com/palafoxarchitecture.com
accounting@palafoxassociates.com
library@palafoxassociates.com

T: +(632) 812.12.54 to 55; +(632) 752.33.33
F: +(632) 893.91.97

Facebook: Palafox Associates/Palafox Architecture Group
Twitter: @OnePalafoxTeam/@palafoxarch
Instagram: palafoxassociates/palafoxarchitecture
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