



International Making Cities
Livable Conference 2014
(Adventures in Portlandia)
K. Doherty

Background: Livable Cities

- ▶ International Making Cities Livable (IMCL)
- ▶ Mission:
 - ▶ To enhance the well-being of inhabitants of cities and towns, strengthen community, improve social and physical health, and increase civic engagement by reshaping the built environment of our cities, suburbs, and towns

Background: Livable Cities

- ▶ advocates of public places
- ▶ True urbanism: “city of short distances” encompassing:
 - ▶ Human scale architecture
 - ▶ Mixed use shop/houses
 - ▶ Compact urban fabric: blocks, streets, squares
 - ▶ Outdoor cafes, restaurants, farmer’s markets, and community festivals to enliven

Background: Livable Cities


- ▶ **Balanced transportation planning:**
 - ▶ pedestrian networks,
 - ▶ bicycle networks,
 - ▶ traffic quietened streets
 - ▶ public transportation
 - ▶ **Regional planning:**
 - ▶ controlled growth,
 - ▶ focused economic development,
 - ▶ integrated transportation systems
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Background: Livable Cities

- ▶ Each city has **unique identity**
- ▶ **city itself is considered a work of art**
- ▶ Identity is further expressed through **public art**



Background: Livable Cities


- ▶ **Ecologically sustainable** by:
 - ▶ Reducing energy consumption
 - ▶ Emphasizing infill and reconstruction
 - ▶ Rather than greenfield development
 - ▶ **Socially sustainable** by:
 - ▶ Promoting the individual's social, mental and physical well-being
 - ▶ And the community's cultural, economic and social well-being
 - ▶ **A measure of a city's livability is how good it is for children and youth**
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Background: Livable Cities


- ▶ **Principles of True Urbanism:**
- ▶ Facilitate **community social life**
- ▶ Facilitate **access to nature**
- ▶ Facilitate **independent mobility**
- ▶ Create a **hospitable built environment**



Background: Livable Cities

- ▶ Cult of Jane Jacobs!
 - ▶ **Membership**: Urban Planners, Architects, Engineers, Academics, Public Health officials, municipal leaders (**City Makers**) from around the world
 - ▶ **Sylvia Sutherland**, former Board member
 - ▶ Vast repository of literature on the topic
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Conference Theme/ Sessions

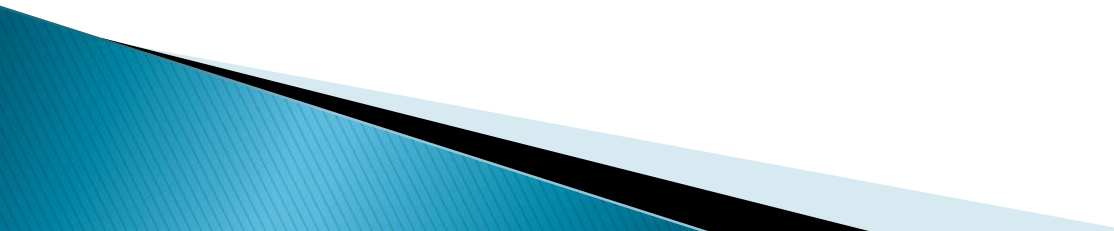
- ▶ 51st IMCL Conference in Portland Oregon June 8–12 2014
 - ▶ **Making Cities Healthy for All**
 - ▶ Increasing walking as a transit mode
 - ▶ What makes a square successful
 - ▶ Urban Revitalization: the importance of the public realm
 - ▶ Sustainable Urban Development: the role of Architecture
 - ▶ Streets for People
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Richard Jackson: connections between built environment and health:


- ▶ American pavement = State of Georgia
- ▶ **State of Iowa** = monoculture; 98% under cultivation could only last 3 days on its own
- ▶ **Built environment = social policy in concrete**
- ▶ More fast food restaurants in low income neighbourhoods
- ▶ Diabetes doubled in 13 years
- ▶ **Create healthy communities through design**
- ▶ Put people first



Suzanne Crowhurst: Shaping the Healthy city for all

- ▶ 2 value system
 - ▶ **GDP** = economic development (**consumerism**)
 - ▶ **Versus Quality of Life**: the care and culture of human beings
 - ▶ Consumerism is **ecologically, socially, physically unhealthy**
 - ▶ E.g. **China, Japan, United States and Canada**
 - ▶ **QoL: Germany, Holland, France, Sweden, Austria, Norway**
 - ▶ Need to change the model!
 - ▶ 10 minute city
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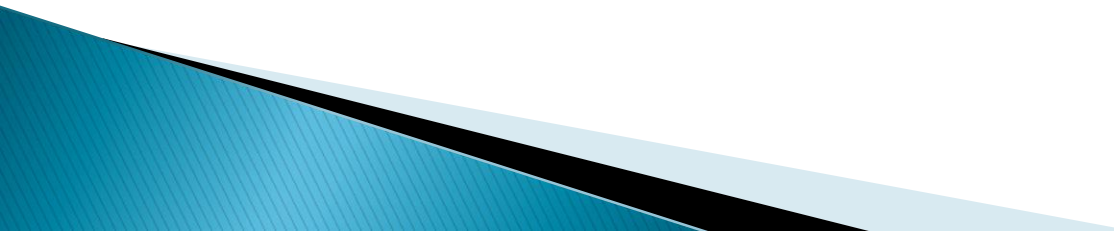
James Braynard, Mayor Carmel Indiana

- ▶ #1 best place to live in U.S with pop under 300,000
 - ▶ **No natural attractions**; focused on built environment
 - ▶ **Created arts and design district**; public art = 2% of gross revenues
 - ▶ Has more **roundabouts** than any other American city (100)
 - ▶ Turned abandoned **railway corridor to Indianapolis into bike trail: 15,000 per day**
 - ▶ 125 km of trails
 - ▶ **No taxes for 25 years if underground parking**
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George Ferguson, Mayor of Bristol UK; Bristol healthy for all

- ▶ Focused on **getting people out of their cars**; better cycling lanes; free training
 - ▶ Named UK cycling community in 2008
 - ▶ Recognize **green spaces as lungs of community**
 - ▶ **Street party capital**
 - ▶ Aim for **30% affordable housing in new developments** “sprinkle it”
 - ▶ European Green Capital; **Britain's most livable city**
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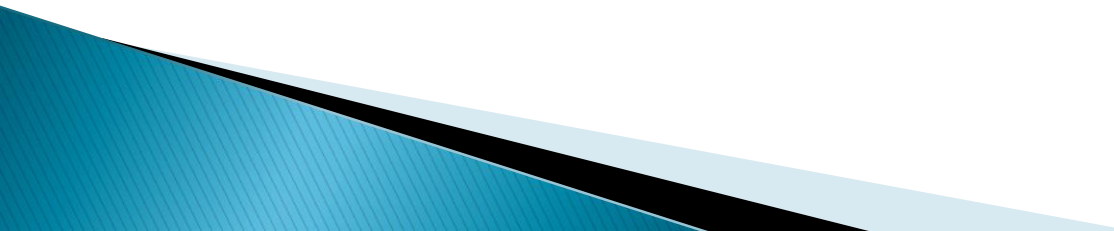
Dayana Salazar/ Hillary Nixon: building academia–community–government partnerships for civic engagement

- ▶ San Jose Cal.
 - ▶ **“communiversity”**
 - ▶ Multi sectoral partnership
 - ▶ Commitment to community building
 - ▶ **50 community based projects, 1,200 students affecting thousands of residents**
 - ▶ **Urban agriculture and gleaning project** = 20,000 lbs of fruit donated locally
 - ▶ Neighbourhood gardens: grow/harvest/share
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Charlie Hales, Mayor: making Portland healthy for all

- ▶ Keep Portland weird
 - ▶ **Converted major riverside freeway to parkway/festival site**
 - ▶ **Localism:** 95 neighbourhood associations, 20 farmer's markets, 1000 community gardens
 - ▶ **Environmentalism:** \$1b to clean river; salmon
 - ▶ **Communitarianism:** use of public schools/adopted by churches and NFP
 - ▶ **Sunday parkways (cycling)** 85,000 in 5 events
 - ▶ **Youth pass transit system**
 - ▶ Every 6th graders goes to outdoors camp
 - ▶ **16,000 cycling commuters**
 - ▶ **Discourage toxic companies**
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John Massengale: street design

- ▶ Great cities need variety of streets
 - ▶ **Complete streets can still be bad design**
 - ▶ Favours 2 way street over 1 way; slows traffic down
 - ▶ **Cities now tearing down freeways across the states**
 - ▶ Nantucket is his favourite!
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Amanda Fritz: Portland's special work with people experiencing houselessness

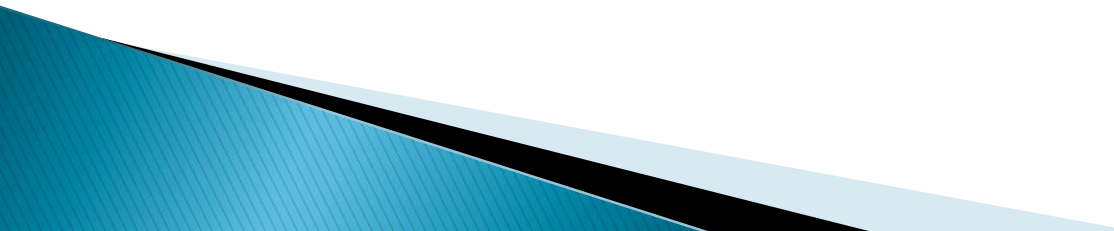
- ▶ Versus gun violence (2 kids that day)
- ▶ **Rent to Dream 2**
- ▶ 1 full city block tent city with 70–100 in tents
- ▶ –own rules; safe; couples; pets; waiting list
- ▶ –now looking for city property: not legal to sleep outside at night
- ▶ Trying to change process so no harassment 9:00 p.m. to 7:00 a.m
- ▶ **“nothing about us without us”**
- ▶ **Compassion–connect:** free doctor/ dental service 1x per month
- ▶ 250 schools with church sponsors; sportfields
- ▶ **Backpack buddies:** food for kids for the weekend
- ▶ **Street Roots:** houseless magazine: publish/sell

Patrick Condon: is the sky the limit? concentrated vs distributed density

- ▶ Vancouver
- ▶ Good cities are flat with density from 15–30 dwelling units per acre
- ▶ Low rises more energy efficient than high rises; latter not shaded, rely on AC and heating
- ▶ 50% of condos in Vancouver are investor owned; 15–20% vacant all year
- ▶ Earthquakes don't kill people,
- ▶ buildings do!




Steve Rudman: housing homeless families and preventing homelessness

- ▶ **Gentrification forces homeless to periphery**
 - ▶ Portland 2013 point in time count
 - ▶ **2,869 homeless (474 with families, vets)**
 - ▶ –recession, >ed costs, <ed apartment vacancies, <ed federal benefit programs
 - ▶ **Huge development boom but vacancies at all time low**
 - ▶ **Home Forward:** 6400 apartments, partner with 100 agencies
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Steve Rudman: housing homeless families and preventing homelessness

- ▶ **Bud Clark Common:**
- ▶ LEED platinum
- ▶ Men's shelter (90); apartments for 130; day centre with showers & laundry; 24/7
- ▶ **80% successfully housed after 3 years**
- ▶ **Hope VI:**
- ▶ Demolished public housing and rebuilt livable community
- ▶ **New Columbia:** 852 unit mixed income; 1/3 homeowners, 2/3 renters
- ▶ **bring services to the neighbourhood**

Andrew Dannenberg: health impact assessment

- ▶ Teaches both **public health and urban planning**
 - ▶ Need to bring these 2 solitudes together
 - ▶ **Diagnostic tool:** rapid, intermediate, comprehensive
 - ▶ **Screen, scope, assess, record, report, monitor, evaluate**
 - ▶ **Build sidewalks, more people will walk**
 - ▶ Used tool to plan football stadium, coal fired power plant, trail and park development
 - ▶ **National Research Council now encouraging**
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Phil Stafford: lifetime communities

- ▶ “old people everywhere”; **silver tsunami**
- ▶ Design principle
- ▶ **Aging in place model**
- ▶ **Continuous care retirement community**
- ▶ Or **NORC, naturally occurring retirement community**
- ▶ Portland 1st American city to adopt WHO Age Friendly Plan
- ▶ **50% of seniors walk**
- ▶ **21% don't drive**
- ▶ **65% more likely to walk if there are sidewalks**
- ▶ **Pocket neighbourhoods; 10 minutes**
- ▶ **Ideal community 6,000 to 8,000**

Lamine Mahdjoubi: active life enabled by child-friendly environment

- ▶ Trend: < socializing, < # of best friends, < connection with nature, > sedentary lifestyle
- ▶ 20% of kids play outside < than 1 hour per week; 49% walk to school
- ▶ Ghettoized play with dedicated play spaces
- ▶ >ed parental concern, paranoia/ chaperones
- ▶ Importance of outdoor play including streets
- ▶ South Meade Bristol study: 63 kids with GPS accelerometers
- ▶ Play longer in informal settings,
- ▶ >ed intensity; >ed social interaction
- ▶ Street play has natural surveillance
- ▶ Need to reclaim fun for kids



Margot Jacobs: landscape strategies for promoting public health through urban agriculture

- ▶ Cal. Produces 50% of fruit and vegetables in U.S. but L.A. gets most of its food from Chile
 - ▶ Average food in U.S. travels 1 500 km
 - ▶ Good food: healthy, affordable, sustainable
 - ▶ >ed use of school grounds for edible gardens
 - ▶ > urban fruit trails; 1 50 fruit tress in park, then gleaning
 - ▶ Roof top gardens, community gardens, streetscape gardens, vertical farming
 - ▶ Redesign farmer's markets: farms on wheels
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Joe Zehnder: planning for Health and equity in Portland

- ▶ Equity = access to opportunities
- ▶ **Put health first**
- ▶ New urban design framework
- ▶ **Goal to get 80% living in complete neighbourhoods (40%): > accessible, affordable housing, transit; flat city**
- ▶ **Active transportation**, sidewalk connectivity
- ▶ Healthy affordable food
- ▶ **24/7 use of schools**; eco-districts/ energy conservation
- ▶ **Focus on town centres (5) and neighbourhood centres (for 3500 households)**

Portland Profile

- ▶ Only elected regional government states; co-exists with 24 cities
- ▶ 1700 homeless; income inequality
- ▶ **Designed for automobile but transforming for walkability**
- ▶ World naked bike ride; bike blessing



Portland Profile

- ▶ Food court pods



Portland Profile





Edge

NAILS

Acrylic

Pink & White Solar

Mani-Shellac

Spa Pedicure

Mani-Pedi

Facial-Waxing

WALK-INS WELCOME

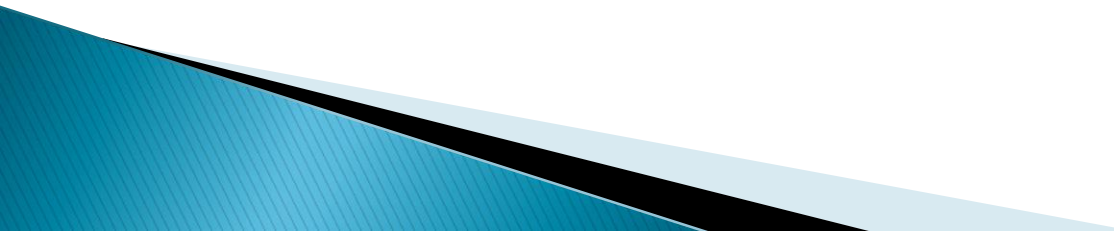
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52nd Annual Conference

- ▶ **Achieving Green, Healthy Cities**
 - ▶ **Bristol England**, June 29 – July 3
 - ▶ **European Green Capital 2015**
 - ▶ **Highest rate of commuting on foot and cycling in England and Wales**
 - ▶ **1 / 3 is green and blue open space**
 - ▶ **Waste <ed by 27%**
 - ▶ **Recycling >ed to 50%**
 - ▶ **50,000 residents involved in green initiatives**
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