

Edited By Simon Bell, Lora E. Fleming, James Grellier, Friedrich Kuhlmann, Mark J. Nieuwenhuijsen, Mathew P. White

Description

This book presents an evidence-based approach to landscape planning and design for urban blue spaces that maximises the benefits to human health and well-being while minimising the risks. Based on applied research and evidence from primary and secondary data sources stemming from the EU-funded BlueHealth project, the book presents nature-based solutions to promote sustainable and resilient cities.

Numerous cities around the world are located alongside bodies of water in the form of coastlines, lakes, rivers and canals, but the relationship between city inhabitants and these water sources has often been ambivalent. In many cities, water has been polluted, engineered or ignored completely. But, due to an increasing awareness of the strong connections between city, people, nature and water and health, this paradigm is shifting.

The international editorial team, consisting of researchers and professionals across several disciplines, leads the reader through theoretical aspects, evidence, illustrated case studies, risk assessment and a series of validated tools to aid planning and design before finishing with overarching planning and design principles for a range of blue-space types.

Over 200 full-colour illustrations accompany the case-study examples from geographic locations all over the world, including Portugal, the United Kingdom, China, Canada, the US, South Korea, Singapore, Norway and Estonia.

Table of contents

FOREWORD

Mike Depledge

INTRODUCTION

Simon Bell, Lora E. Fleming and James Grellier

PART ONE: Water, blue space and health and well-being: The evidence base and how to use it

CHAPTER 1: Blue space as an essential factor in environment and health

George P. Morris, Himansu S. Mishra and Lora E. Fleming

CHAPTER 2: Potential benefits of blue space for human health and well-being

Mathew P. White, Lewis R. Elliott, Mireia Gascon and Lora E. Fleming

CHAPTER 3: Co-design with local stakeholders Mart Klvik, Mireia Gascon, Marina Cervera

Alonso de Medina, Lewis Elliott, Jekaterina Balicka, Frederico Meireles Rodrigues and Monika Sukevis

PART TWO: Tools, indicators and models for planning and design

CHAPTER 4: Generating evidence in support of site planning and design: The bluehealth

toolbox James Grellier, Himansu S. Mishra, Lewis R. Elliott, Susanne Wuijts and Matthias F. W. Braubach

CHAPTER 5: Assessing the land-water environment

Himansu S. Mishra, Katrin Saar and Simon Bell

CHAPTER 6: Observing behaviour for site planning and design

Peeter Vassiljev, Cristina Vert and Simon Bell

CHAPTER 7: Capturing affordances for health and well-being at the city scale

Gloria Niin, Peeter Vassiljev, Tiina Rinne and Simon Bell

CHAPTER 8: Assessing city-wide and local health and wellbeing benefits

Lewis Elliott, Mat White, Wilma Zijlema, Cristina Vert and Peeter Vassiljev

CHAPTER 9: A decision support tool for optimising blue space design and management for health

Arnt Diener, Marco Martuzzi, Francesco Palermo, Laura Mancini, Giovanni Coppini and Matthias F. W. Braubach

PART THREE: Inspirational practice for planning and design

CHAPTER 10: Reviewing the evidence for good planning and design
Himansu Mishra, Simon Bell, Jekaterina Balicka and Anna Wilczyńska

CHAPTER 11: Urban river revitalisation
Friedrich Kuhlmann, Jekaterina Balicka and Anna Wilczyńska

CHAPTER 12: Seafronts, beaches, lakeside, and promenades
Simon Bell, Himansu S. Mishra, Anna Wilczyńska and Jekaterina Balicka

CHAPTER 13: Urban wetlands and storm water management
Himansu Mishra, Simon Bell, Anna Wilczyńska and Jekaterina Balicka

CHAPTER 14: Docklands, harbours and post industrial sites
Simon Bell, Anna Wilczyńska and Jekaterina Balicka

CHAPTER 15: Tactical urbanism, urban acupuncture and small-scale projects
Jekaterina Balicka, Joanna Tamar Storie, Friedrich Kuhlmann, Anna Wilczyńska and Simon Bell

CHAPTER 16: Horizon scanning
Judith Hin and Susanne Wuijts

APPENDIX: A blue space typology

Editor(s) Biography

Simon Bell is a professor of landscape architecture at the Estonian University of Life Sciences, Estonia, and Associate Director of the OPENspace Research Centre at the University of Edinburgh, UK.

Lora E. Fleming is a professor and Chair of Epidemiology, Oceans and Human Health and Director of the European Centre for Environment and Human Health at the University of

Exeter Medical School, UK.

James Grellier is a research fellow at the European Centre for Environment and Human Health at the University of Exeter Medical School, UK, and a senior scientific fellow at the Institute of Psychology at the Jagiellonian University, Poland.

Friedrich Kuhlmann is a chief specialist in landscape architecture at the Estonian University of Life Sciences, Estonia.

Mark J. Nieuwenhuijsen is a research professor in environmental epidemiology at ISGlobal, Spain.

Mathew P. White is a senior scientist in environmental psychology at the University of Vienna, Austria.

Book information

Edited By *Simon Bell, Lora E. Fleming, James Grellier, Friedrich Kuhlmann, Mark J. Nieuwenhuijsen, Mathew P. White*

Urban Blue Spaces

Planning and Design for Water, Health and Well-Being

Taylor & Francis Ltd; Routledge; 2022

Pag. 266

ISBN 978-0-36717-318-0

Open Access for the book was funded by the European Union's Horizon 2020 research and innovation programme under grant agreement No 666773

The Open Access version of this book, available at:

www.taylorfrancis.com/books/oa-edit/10.4324/9780429056161, has been made available under a Creative Commons Attribution-Non Commercial-No Derivatives 4.0 license.

