

# ASPHALT PARK

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Historically, the **public's health** has been directly influenced by the infrastructure of the built environment.

**Architects** and other **built-form designers** have long been asking themselves how to design healthier cities.

"...but it is not enough to make the dwelling healthier; its outside extensions - places for physical education buildings and various playing fields- must be created and planned for by incorporating the areas that will be set aside for them into the overall plan ahead of time"

Le Corbusier  
Athens Charter, 1943

"[The built environment] includes the land-use planning and policies that impact our communities in urban, rural, and suburban areas. It encompasses all buildings, spaces and products that are created or modified by people. It includes our homes, schools, workplaces, parks/recreation areas, business areas and roads."

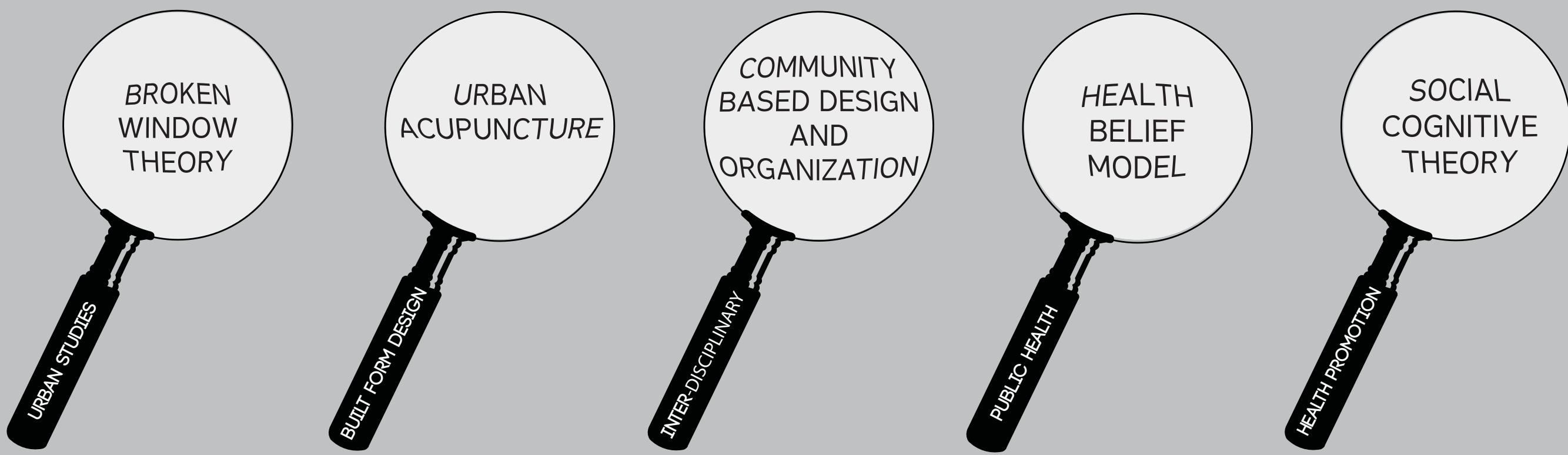
Ontario's Public Health Sector Strategic Plan, 2013

But... how do we influence the built environment without partnerships with the planners and architects who design it?

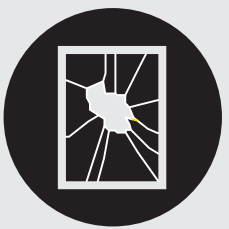
But... how do we design for health if we do not know the factors, indicators and metrics that inform it?



**TRANSDISCIPLINARITY** is key for evidence-based design solutions yet, we cannot forget who we are designing for: the **COMMUNITY**



A NEW APPROACH



Neighbourhood Safety and Aesthetics



Access to Parks and Recreational Spaces



Active Transportation



Physical Health



Mental Health

Using this transdisciplinary approach...

How do we design **healthier cities and communities?**

In the City of Toronto

With little open space left to develop, how will we address the health and recreational needs of our ever growing population?

**12.7%**<sup>6</sup>  
of city's land base is dedicated to **parklands**

**25%**<sup>10</sup>  
of city's land base is dedicated to **ROWS (rights of way)**



Transforming **TRANSPORTATION INFRASTRUCTURE** into **SOCIAL INFRASTRUCTURE**

## ASPHALT PARK

### FOCUS AREA

#### INPUTS

#### ACTIVITIES

#### OUTPUTS

#### OUTCOMES

#### IMPACTS

#### Toolkit

Equipment and Infrastructure Options  
Cost, Temporality and Demographic Considerations  
Activity Focus Area

#### Human Resources

Built Form Designer and Public Health Practitioner  
Community

#### Resources Available

Equipment and Infrastructure  
Physical Street Space  
City Policies

#### Community Partnerships

#### Funding

#### 1. Iterative Project Design

Community Stakeholder Consultations  
Workshop on health promoting activities  
Designer produces iterations with feedback  
After consensus, present to City for approval

#### 2. Implementation of Approved Interventions

Equipment and Infrastructure  
Community decides rules for the space  
Monitoring and evaluation of interventions and health impacts

#### 3. Use of Built Form Interventions

Participation in physical, social and recreational activities

Gain knowledge on health promoting activities

Access to a variety of built form intervention options

Engage in planning process collaboratively, co-design their neighbourhood, and take ownership

Create inclusive and safe neighbourhood spaces

Answer survey questionnaires

Engage in physical and mental health promoting activities

Maintain transient spaces, fine-tuning with designer input

Apply knowledge to maintain and improve their health

Participants are empowered to make informed decisions about their neighbourhood and voice their concerns

Improve aesthetics and safety of the neighbourhood

Community access to a recreational space

Contribute to evaluation of built form health projects

Increased physical activity rates

Build social support network

Decreased rates of chronic non-communicable diseases

Improved quality of life for the community

Improved health equity

Increased evidence base for built form health interventions

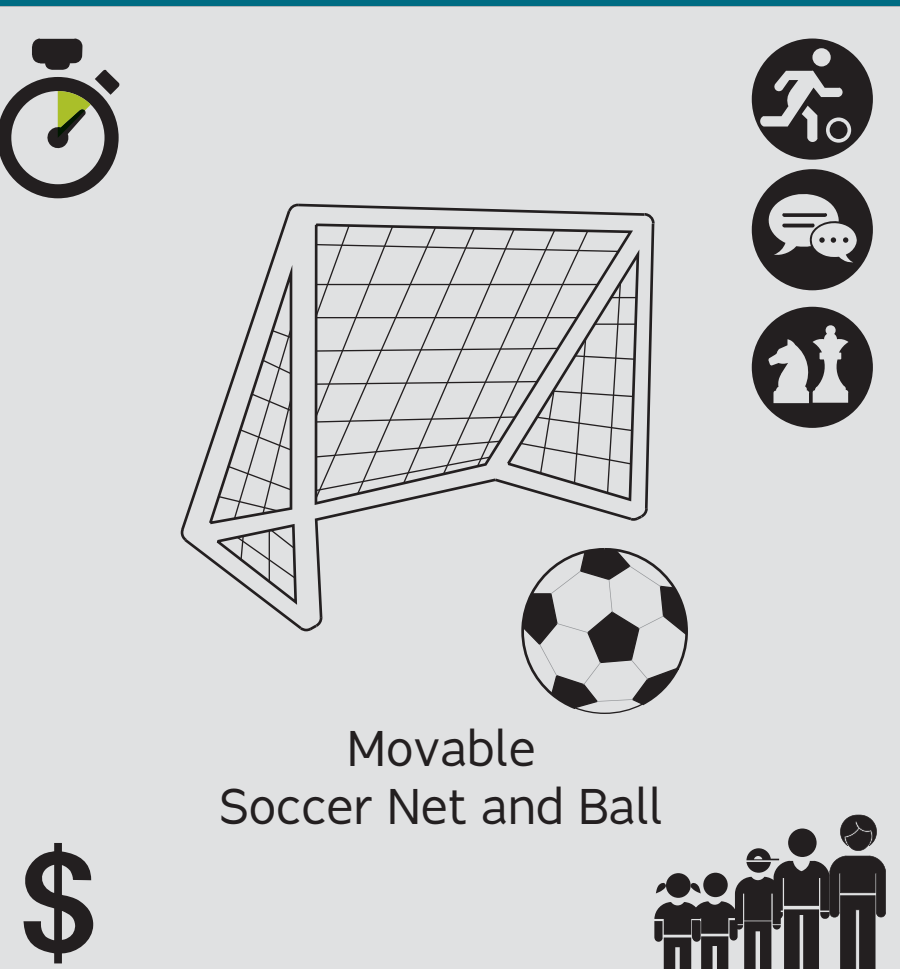

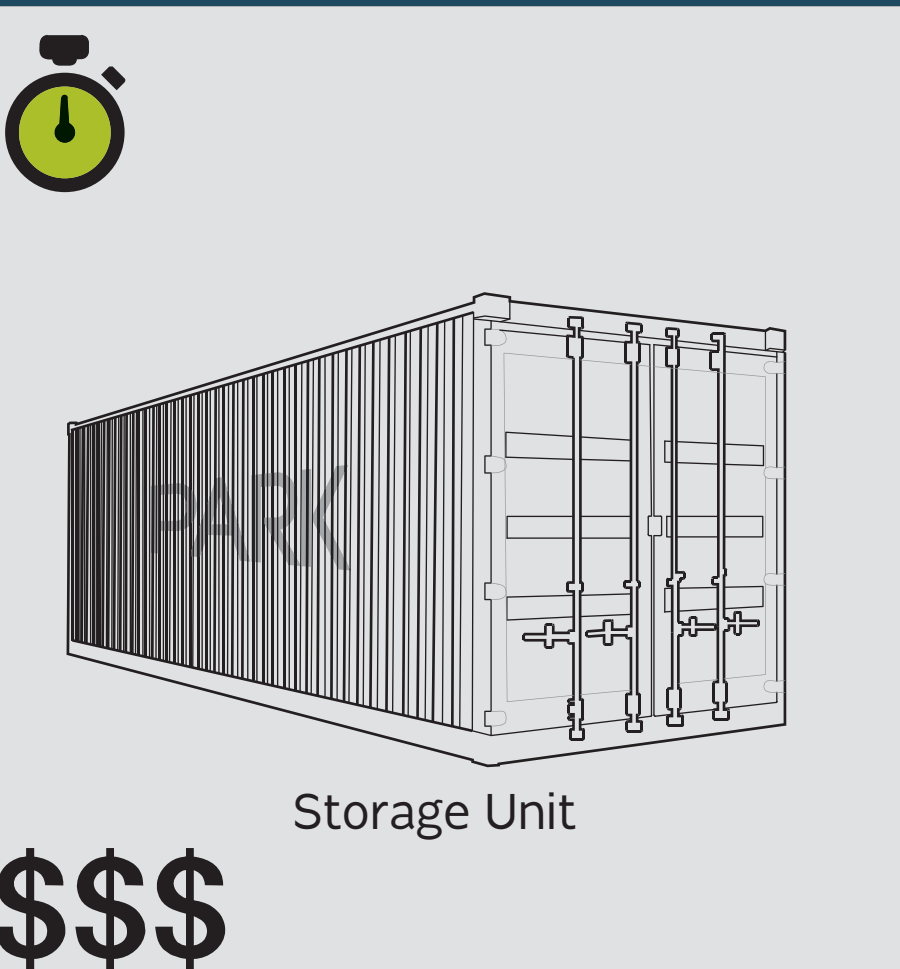
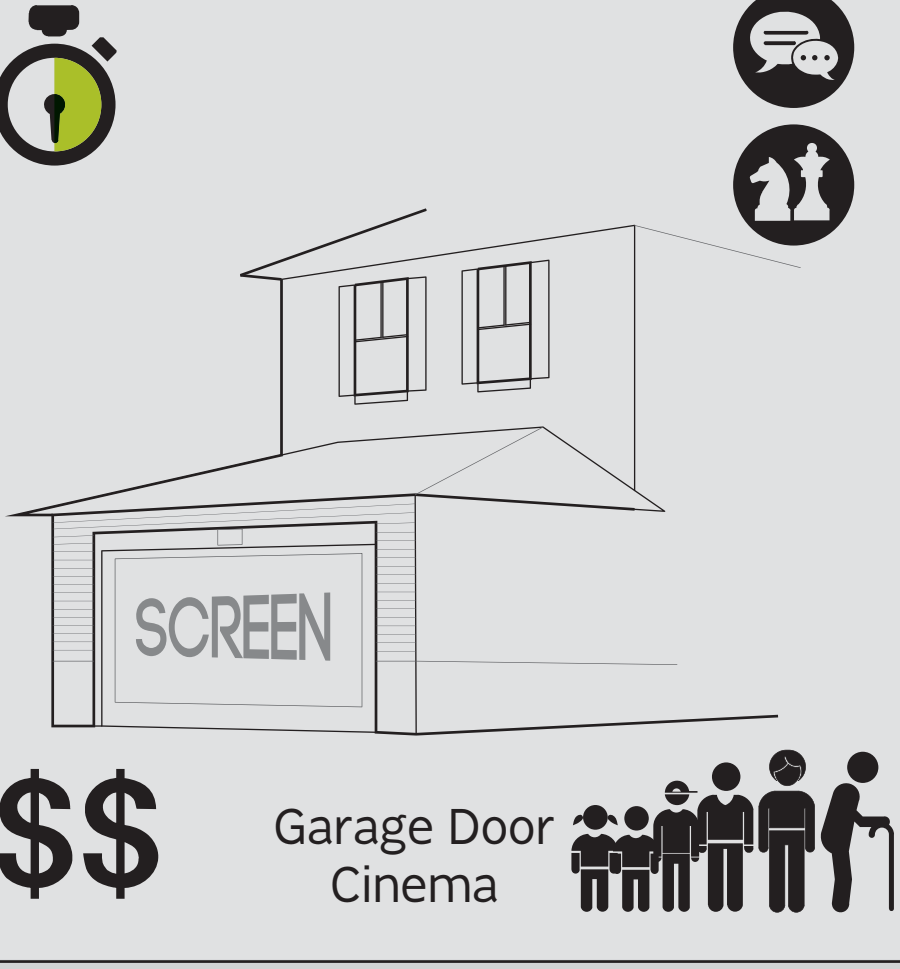
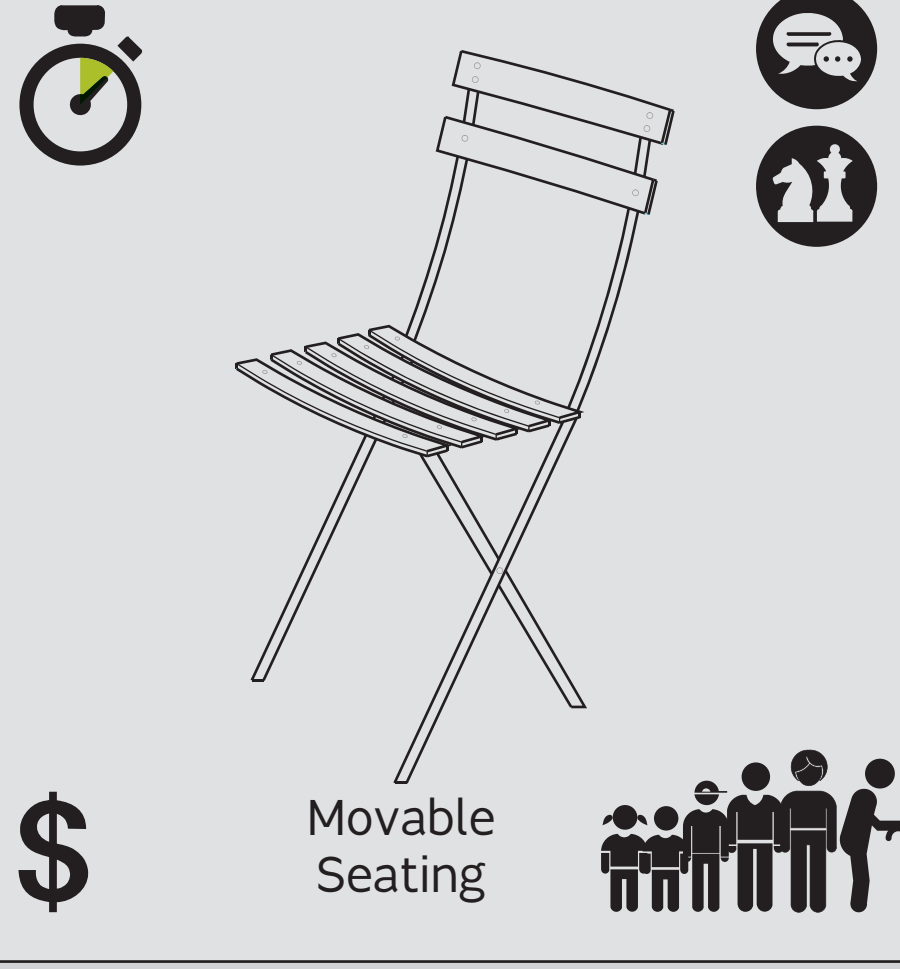
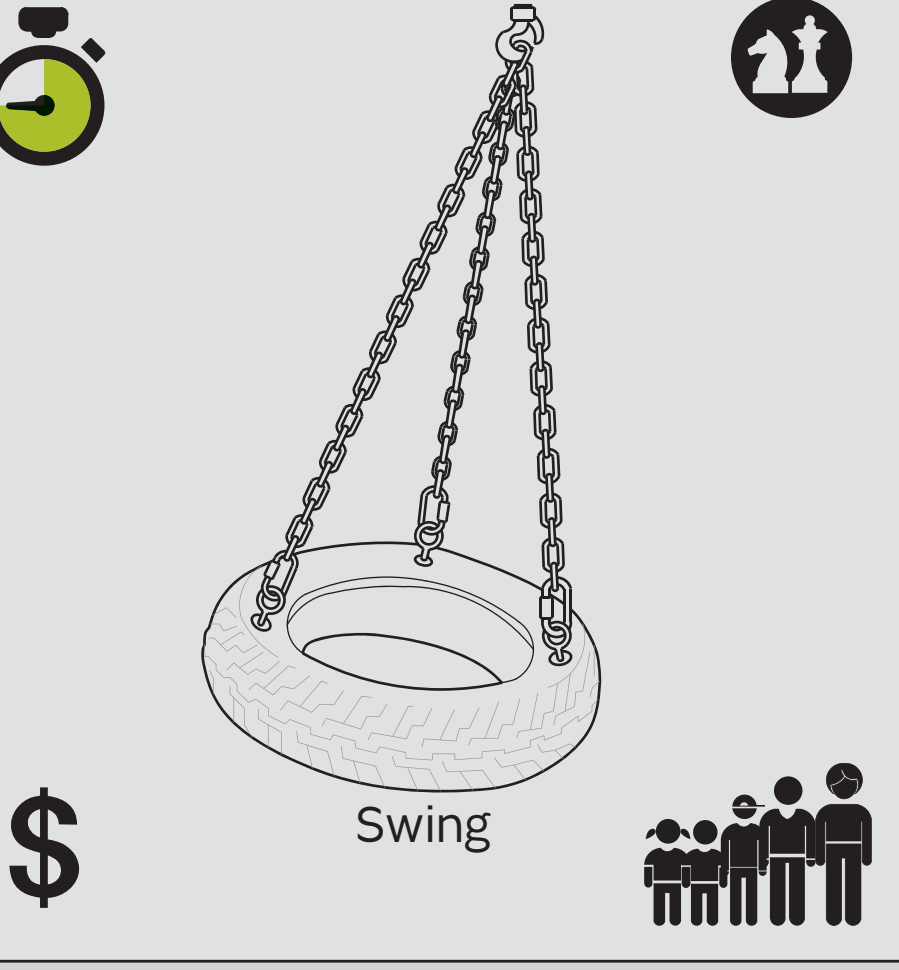
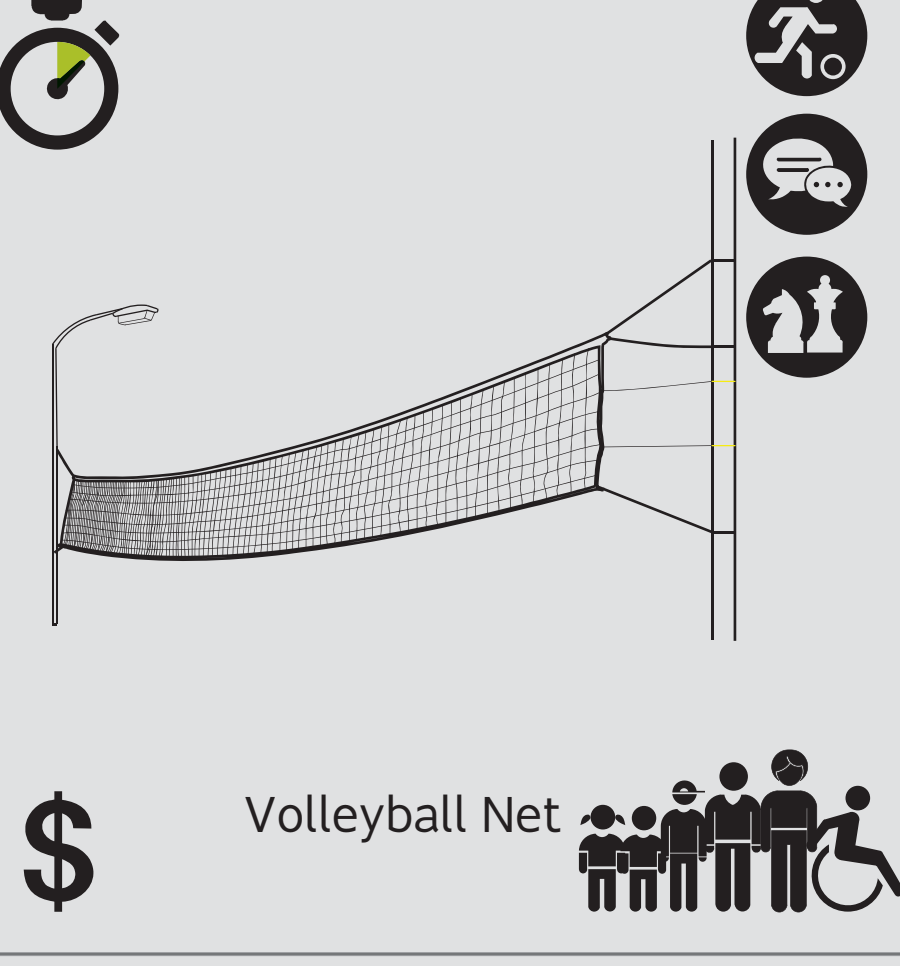
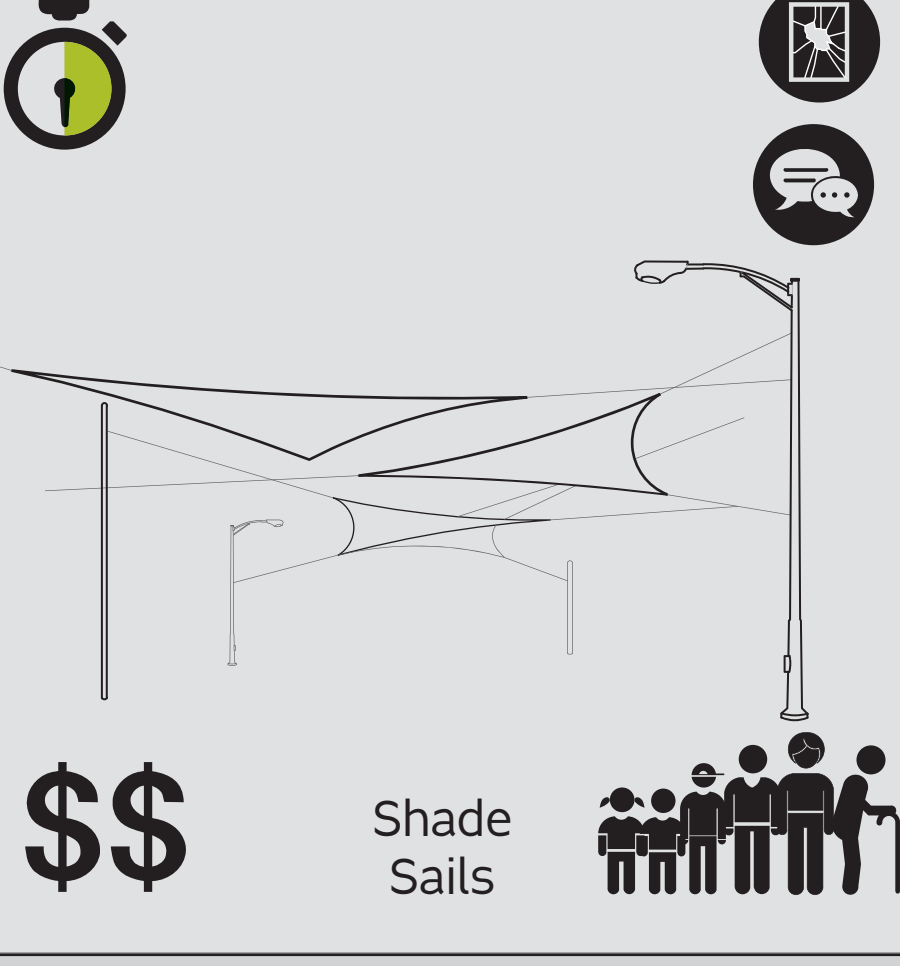



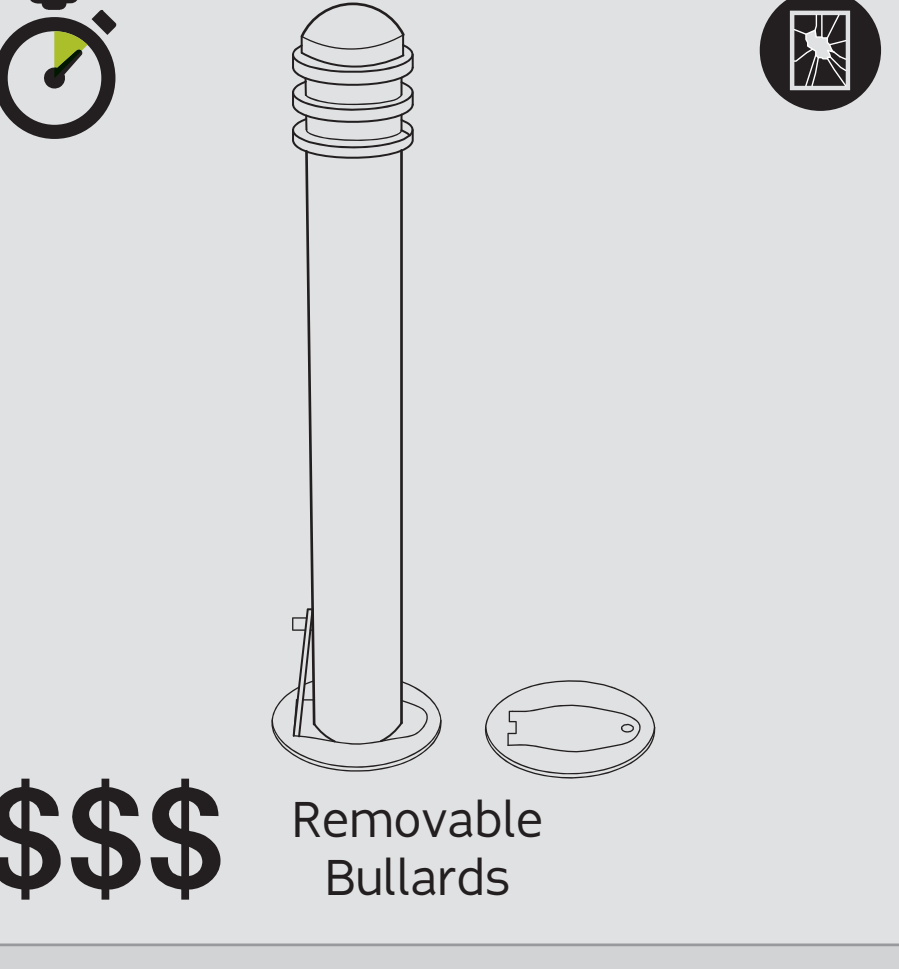
Increased social cohesion and social connectivity

Promote urban design as community-led initiative to improve population health.

Feedback process aided by built form designer.

SOLUTION

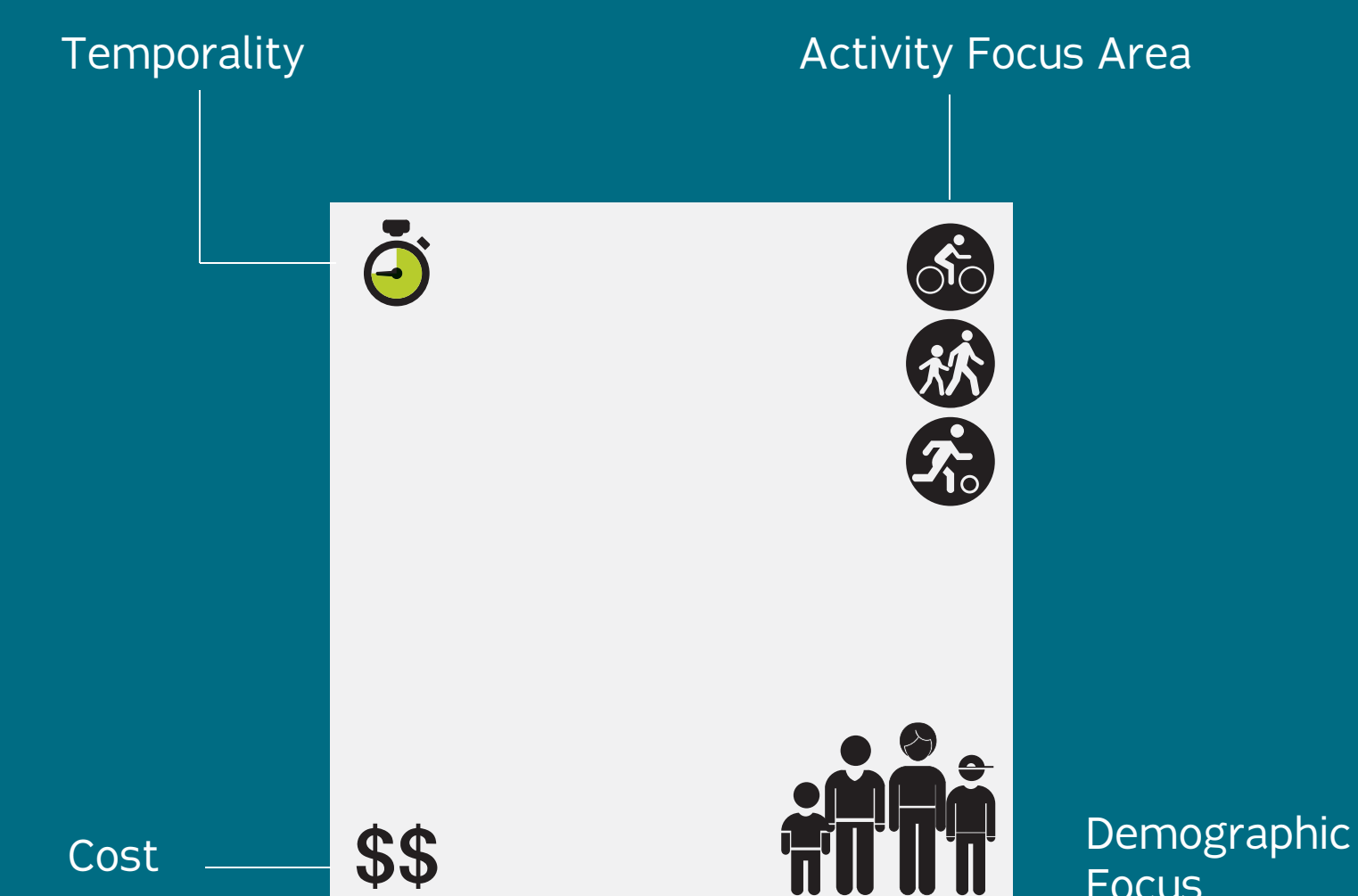
# INTERVENTION TOOLKIT

Activity - Light Equipment	Activity - Heavy Equipment	Light Infrastructure	Heavy Infrastructure	Community Specific
 <p>Movable Soccer Net and Ball</p> <p>\$</p>	<p>POST YOUR IDEA HERE!</p>	 <p>Hammock</p> <p>\$</p>	 <p>Storage Unit</p> <p>\$\$\$</p>	<p>POST YOUR IDEA HERE!</p>
<p>POST YOUR IDEA HERE!</p>	 <p>Garage Door Cinema</p> <p>\$\$</p>	 <p>Movable Seating</p> <p>\$</p>	<p>POST YOUR IDEA HERE!</p>	 <p>Swing</p> <p>\$</p>
 <p>Volleyball Net</p> <p>\$</p>	<p>POST YOUR IDEA HERE!</p>	<p>POST YOUR IDEA HERE!</p>	 <p>Shade Sails</p> <p>\$\$</p>	<p>POST YOUR IDEA HERE!</p>
 <p>Lamp-post Basketball Hoop</p> <p>\$</p>	<p>POST YOUR IDEA HERE!</p>	<p>POST YOUR IDEA HERE!</p>	<p>POST YOUR IDEA HERE!</p>	 <p>Cycling Lane</p> <p>\$</p>
<p>POST YOUR IDEA HERE!</p>	<p>POST YOUR IDEA HERE!</p>	 <p>Cones (for temporary road closure)</p> <p>\$</p>	 <p>Removable Bullards</p> <p>\$\$\$</p>	<p>POST YOUR IDEA HERE!</p>

## UNDERSTANDING THE TOOLKIT

The street is a feature of the built environment that serves multiple roles. While the main role is to provide linkage and connection, when overscaled, streets can form divides within communities. Working around the vehicular traffic and transportation cycle of neighbourhoods, it is possible to maximize the potential of the street and transform it from solely transportation infrastructure to social infrastructure that is temporarily occupied for recreational activities.

The toolkit is comprised of a range of equipment and infrastructure options that are designed to consider different residential environments and street types. The elements presented are a sample of possible interventions available to community members. Each urban design intervention targets specific activity focus area(s), demographic groups and considers temporality and cost.



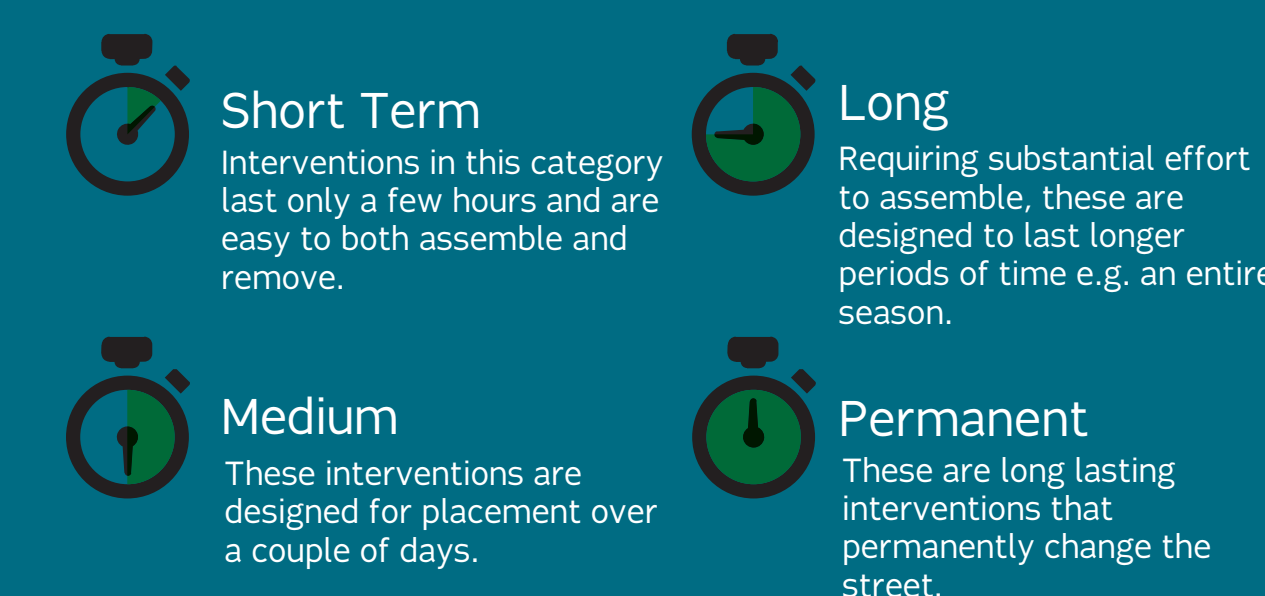
### ACTIVITY & BUILT FORM FOCUS AREAS

The activity focus areas were developed based on current understanding of how various aspects of the built environment impact the health of populations and communities. There is substantial evidence linking active transportation such as walking and cycling, access to parks and recreational spaces, neighbourhood safety and surroundings to physical and mental health.



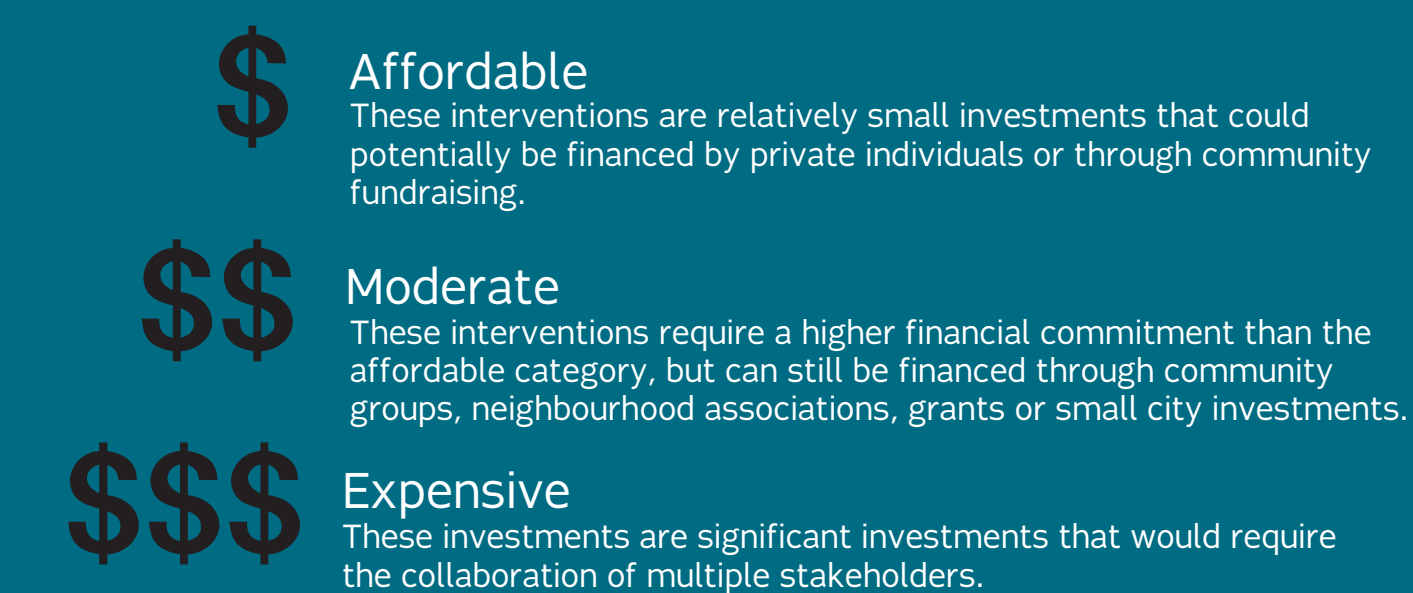
### TEMPORALITY

The interventions range in temporality providing flexibility to meet the needs of the community. This aspect considers the sensitivity to street closure that dominates current urban living and thinking.



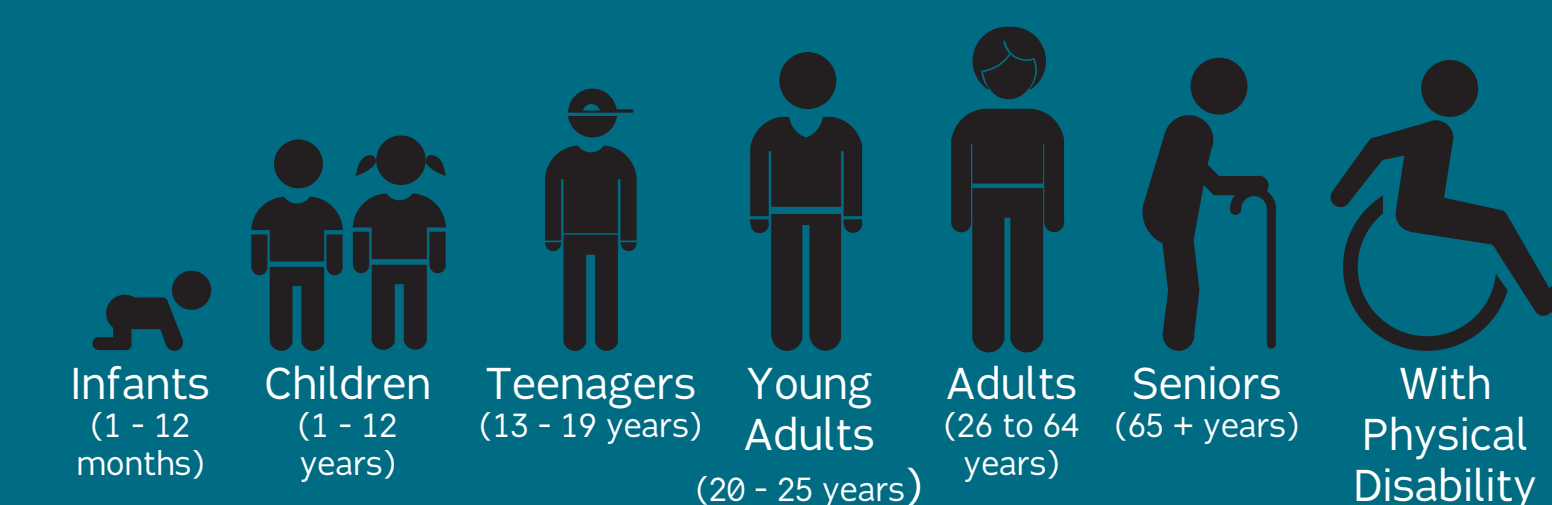
### COST

This aspect considers the funding constraints and challenges. For feasibility purposes and in keeping with urban acupuncture theory, the toolkit has been designed to maximize the results of small financial investments, using small-scale interventions to produce neighbourhood-scale results. In order to accommodate different financial capacities of neighbourhoods, a sliding cost scale has been developed. This empowers community members to move forward and create a healthier neighbourhood regardless of economic situation.



### DEMOGRAPHIC FOCUS

The elements of the toolkit are designed to meet a large demographic range. From a design perspective, demographic characteristics such as the lifecycle and physical ability inform the type of intervention necessary to address corresponding root causes of physical and mental health issues. By keeping these in mind, the transformed space meets the unique needs of the members of the community.



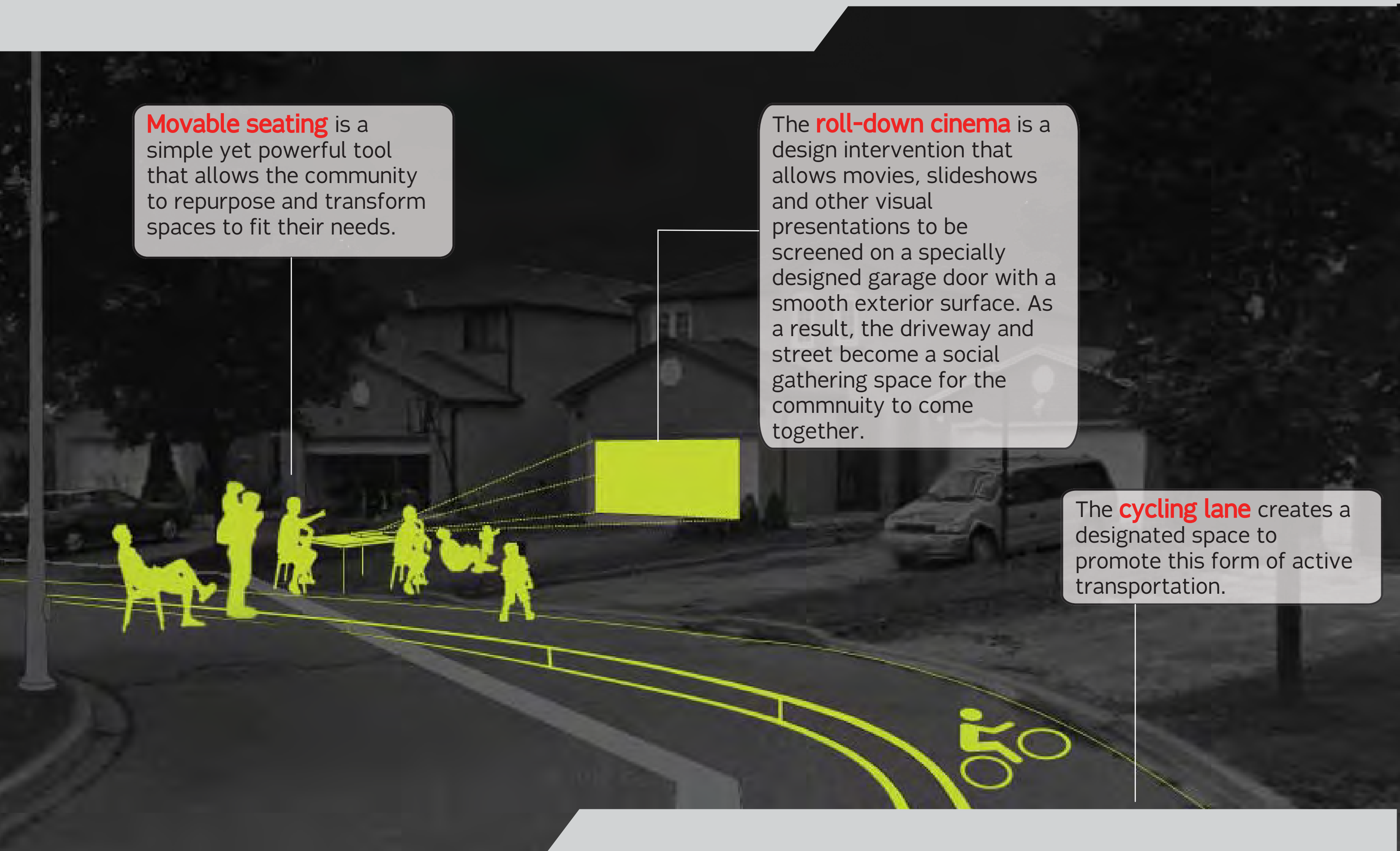
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This **basketball hoop** is designed to clip onto a standard lamp post. It is height-adjustable depending on the demographic and easily removable.

These **removable bollards** form a temporary barrier that can be assembled to stop vehicular traffic. When necessary, the bollards can be easily removed by pulling them out of their sockets.



**Movable seating** is a simple yet powerful tool that allows the community to repurpose and transform spaces to fit their needs.

The **roll-down cinema** is a design intervention that allows movies, slideshows and other visual presentations to be screened on a specially designed garage door with a smooth exterior surface. As a result, the driveway and street become a social gathering space for the community to come together.

The **cycling lane** creates a designated space to promote this form of active transportation.



This **volleyball net** is designed to be attached to specially retrofitted lamp posts that incorporate hooks to tie the net down, transforming the lamp post into a multi-tasking infrastructure piece. Additional vertical supports are added across the street when there is no other pole.