FitCity6

PROMOTING PHYSICAL ACTIVITY
THROUGH DESIGN
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Fit City

Fit City 6, held on May 17th, 2011 at the Center for Architecture, was the sixth annual conference examining how design of the built environment can create opportunities for increasing physical activity and improving public health in New York City. The conference brought together public officials, health professionals, architects, landscape architects, developers, urban designers, planners, and others to address how building, site, and neighborhood design and policy decisions can increase physical activity and access to healthy foods and beverages.

Fit City 6 focused on confronting childhood obesity through Active Design. In New York City, 40 percent of elementary school children are overweight or obese. Two major risk factors for childhood obesity are poor diet and physical inactivity — both of which can be addressed through Active Design interventions.

Co-hosted by the American Institute Architects New York Chapter (AIANY) and the NYC Department of Health and Mental Hygiene, Fit City 6 featured design and health practitioners working in the U.S. and around the world to create healthier communities through design. This publication includes highlights from the event’s presentations and speakers’ remarks.

Karen K. Lee, MD, MHSc, FRCP, Built environment and Active Design Program, NYC Department of Health and Mental Hygiene

These Fit City conferences have led to some very important initiatives, such as the Active Design Guidelines and the LEED Innovation Credit for Physical Activity. The LEED Design for Health through Increased Physical Activity Innovation Credit now complements the other sustainable site credits that are available to promote physical activity within the LEED green building and development rating system. This LEED Innovation Credit for Physical Activity has been approved for several projects in New York City by the U.S. Green Building Council, and there are more than 15 other projects in the pipeline, both in New York City and elsewhere in the U.S., utilizing this credit.

Margaret O’Donoghue Castillo, AIA, LEED AP, 2011 President, AIA New York Chapter

AIA New York has been a partner with the New York City Department of Health and Mental Hygiene in organizing Fit City conferences in New York over the last six years. As architects we know that the spaces we design have enormous consequences on some of the most important issues facing our country and globe, our energy consumption, the environment, the livability of our communities and the health of our citizens. Whether it’s through design that encourages walking, bicycling, active recreation or star climbing, Active Design is about being smarter and more efficient in the design decisions we make to get better outcomes for our citizens and communities which are even more important today with our limited budgets and resources.
Rick Bell, FAIA, Executive Director, AIA New York Chapter

Yogi Berra was quoted as saying if you don’t know where you’re going, you’re likely to get there. Translating that into design parlance—if you don’t care about what you’re designing, you’re likely to get what you deserve. I think architects, designers, interior designers, planners have been complicit in creating a sedentary society. Now with the Active Design Guidelines and with consciousness about the real cost impact of our design decisions, we’re seeing changes in New York City and across the world.

Skye Duncan, Associate Urban Designer, NYC Department of City Planning

As of today there have been six Fit City conferences, two Fit Nation conferences and I have no doubt that before we know it, we could be organizing a Fit World conference as its very own event. To take such critical discussions to the global scale is absolutely essential so that we can learn from others around the world and share both our successes and our challenges in striving for healthy and active cities.

Active Design encourages stair climbing, walking, bicycling, transit use, active recreation, and healthy food and beverage consumption. In January 2010, the Active Design Guidelines (www.nyc.gov/adg) were released. The Guidelines present design strategies for neighborhoods, streets, and buildings to help people lead healthier lives. A product of New York City’s Departments of Health and Mental Hygiene, Design + Construction, Transportation, and City Planning, the Active Design Guidelines were developed following a two-year process that involved more than 12 New York City agencies, the American Institute of Architects New York Chapter (AIANY), as well as academic partners, community organizations, professional associations, and private sector partners.

Download the Guidelines at: www.nyc.gov/adg

Obesity and type 2 diabetes are now epidemic throughout the country, and both problems have been growing worse rapidly over the past few decades. Mounting scientific evidence, as referenced in the Guidelines, demonstrates the important impact that design of the built environment has on physical activity and nutrition. Today, architectural and urban design too often support unhealthy diets and sedentary lifestyles. The Active Design Guidelines aim to reverse these trends, by providing architects, planners, building owners and managers, and other real estate professionals with a manual for creating healthier and more active buildings, streets, and urban spaces. At the same time, the Guidelines improve environmental sustainability and universal accessibility, as well as support more vibrant, desirable places to live.

Louise Cox, LFRAIA, RIBA, FHAIA, President, International Union of Architects

The International Union of Architects is committed to making our world sustainable by design and to ensure that architects take a responsible attitude. When fundamental questions about our future, health, food, energy supply, social relations, natural resources and the environment are raised, it is the architect’s task to come up with spatial design solutions that can help address these issues. Architecture can make a difference and we must work with the government, with the private sector, and with communities to help solve these issues—we can’t do it just by ourselves.

NYC Dept. of Health & Mental Hygiene Deputy Commissioner Andrew Goodman, Dept. of Parks and Recreation Commissioner Adrian Benepe, Dept. of Design + Construction Commissioner David Burney, Dept. of Transportation Assistant Commissioner of Urban Design & Art Wendy Feuer, and Dept. of City Planning Commissioner Amanda Burden

FIT City’s physical activity break

Credit: Randi Rosenblum

ACTIVE DESIGN GUIDELINES
Our nation, our states, and our leaders are increasingly hungry for creative solutions that do not pour more money into the healthcare treatment side, but that deal with the upstream solutions necessary to combat obesity and related chronic diseases, including how we design our communities to make healthier choices easier for people.

Our healthcare sector is very adept at treating chronic diseases: doing renal dialysis and kidney transplants and open-heart surgeries. We are suffering from obesity.

Our nation, our states, and our leaders are increasingly hungry for creative solutions that do not pour more money into the healthcare treatment side, but that deal with the upstream solutions necessary to combat obesity and related chronic diseases. Due to the obesity epidemic, today’s generation of children may be the first to not live as long as their parents in the history of our nation.

In 1960, when the first Surgeon General of the United States asked the question, “What can each of us do to help prevent the spread of heart disease?” it seemed like a narcissistic question. It was only 40 years ago that 50 percent of U.S. adults smoked. Since that time, we’ve made dramatic changes in the environment that has made it tougher for people to use tobacco products; paired with education and pricing incentives, we have successfully curtailed the number of people smoking nationwide.

Here in the 21st century, we have a challenge that is exponentially more difficult, but probably equally as threatening: obesity and the myriad of associated chronic diseases. Due to the obesity epidemic, today’s generation of children may be the first to not live as long as their parents in the history of our nation.

In the 1980’s and 1990’s, only about five percent of our children were obese. But starting in the 1970’s, childhood obesity rates began to rise, and today, 17 percent of our kids nationwide are suffering from obesity.

In the early 1970’s, cardiovascular disease was the leading cause of death in the United States. Today, it is the third leading cause of death. In 1980, the estimated number of Americans with high blood pressure was 55 million. By 2000, it increased to 76 million. The great news is that these changes do not benefit our health and the amount of money we spend on healthcare. Creating healthier, more active communities will help us save energy, create more green space, and revitalize our cities. We have to make sure that our kids and families have a healthy environment within which they can live, work, and play, which in turn will safeguard the future of our nation.

The ‘no risk’ group comprised individuals who were normal weight, did not use tobacco, and engaged in physical activity five days a week or more. Credit: Arkansas Center for Health Improvement

<table>
<thead>
<tr>
<th>Age Group</th>
<th>No Risk</th>
<th>Obese</th>
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<td>$1,230</td>
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<td>25-34</td>
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Total costs are payments for medical (outpatient and inpatient) and pharmacy claims for Arkansas state employees, for the claim period 10/1/04 through 2/28/06. The ‘no risk’ group comprised individuals who were normal weight, did not use tobacco, and engaged in physical activity five days a week or more. Credit: Arkansas Center for Health Improvement

Total cost of claims paid
This section includes highlights from two Commissioners’ panels that were held at Fit City 6, which featured remarks from ten New York City agencies and offices about their Active Design work. Since the Active Design Guidelines were released in January 2010, City agencies have worked together to implement the Guidelines by creating policies, programs, and projects that support healthier, more active places for New Yorkers.

Making the Healthy Choice the Easy Choice
Deputy Commissioner Andrew Goodman, MD, MPH, Health Promotion and Disease Prevention, NYC Department of Health and Mental Hygiene

We have learned that we cannot shift behaviors by relying on education alone, so instead we have to think about how to change the environment and how we make the healthy choice the easy choice. The Health Department is very good at documenting problems, identifying issues, and understanding risks. But we have fewer tools available to us to actually change the physical environment that we all live in, which is why it’s so critical for us to have partnerships with other agencies, professional associations like AIANY, and others who play a direct role in design decisions.

During the past year, we were fortunate to receive funding from federal stimulus funds. With that, we have expanded our core group of the Built Environment program of the Health Department and we are also financing positions at our sister agencies and other organizations. We have also engaged in a partnership with 14 other communities and health departments across the country that are working to create healthier, more active places through design.

In partnership with the Departments of Parks and Recreation, Transportation, and other City agencies, the Health Department launched a new campaign called Make New York City Your Gym. One element of this is an enhancement of the Parks Department website called Be Fit NYC (www.nycgovparks.org/befitnyc), so that you can search, find, and organize free and low-cost physical activity and exercise programs around the city.

We have also distributed over 20,000 stair prompt signs to nearly a thousand buildings, working with building owners and managers to make sure that these signs are posted near elevators and staircases. We have also worked with City-operated buildings to ensure their stairwells are open and accessible so that it’s easier for people who are able to take the stairs instead of an elevator or escalator.

Integrating Active Design and Universal Design
Deputy Commissioner Robert Piccolo, AIA, NYC Mayor’s Office for People with Disabilities

The Active Design Guidelines coincide with what we’re trying to do at the Mayor’s Office for People with Disabilities. The Active Design guidelines coincide with how we’re trying to do at the Mayor’s Office for People with Disabilities, which is universal design, or creating places that are usable by all people, regardless of ability. We recently released

We cannot shift behaviors by relying on education alone, so instead we have to think about how to change the environment and how we make the healthy choice the easy choice.
Inclusive Design Guidelines, which are a Universal Design blueprint for New York City, and Active Design strategies are incorporated throughout this book.

Creating safer and friendlier streets is critical. We’re working with the Department of Transportation to help reduce traffic speeds and create safer street crossings, including use of audible pedestrian signals for those who are blind or have vision problems.

We’re also working with the Department of Parks and Recreation to support recreational accommodations that work for children with disabilities. There is a wide continuum of what ‘disability’ means, and it’s not just about people in wheelchairs. We need to create play spaces that support children who may have different mental, emotional, or physical abilities.

Five proposals that emerged from a Green Codes Task Force are related to increasing the accessibility and attractiveness of staircases in buildings. This encourages physical activity and also saves energy on avoided elevator and escalator use.

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Urban Design

The Urban Design Chapter of the Active Design Guidelines presents strategies for designing neighborhoods, streets, and outdoor spaces that encourage active transportation and recreation, including walking, bicycling, and active play. Key recommended measures include:

• Develop and maintain mixed land use
• Design accessible, pedestrian-friendly streets and neighborhoods with high connectivity, traffic calming features, landscaping, lighting, benches, and water fountains
• Facilitate bicycling for transportation and recreation by developing continuous bicycle networks, and incorporating infrastructure such as safe indoor and outdoor bicycle parking
• Improve access to transit and transit facilities
• Improve access to plazas, parks, open spaces, and recreational facilities, and design these spaces to maximize their active use
• Improve access to full-service grocery stores and fresh produce

Creating a More Walkable and Transit Friendly City

Commissioner Amanda Burden, FAICP, NYC Department of City Planning

The Fit City program and the Active Design Guidelines has affected each one of us profoundly. In City Planning, we’re responsible for land use and zoning and we have been working to channel growth only around transit nodes and to create a more walkable New York City. We have rezoned well over one-fifth of the city, and 87 percent of all new development is within a 10-minute walk of a subway station. That really changes the way New Yorkers live and makes for a healthier, more walkable city.

The way we judge all of our projects is how it feels at the street—whether it’s walkable, inviting and whether the project helps foster a great journey. We have passed several initiatives through the City Council to help those goals. The Pedestrian Streetscapes Text limits curb cuts on neighborhood streets and makes sure you have more continuous sidewalk planting to create welcoming places to walk. We also made it legal to park Carshare vehicles in garages around the city. Now with that passage, people who are Carshare members can either give up or use cars less often.

This summer we’re going to open one of the most important waterfront parks in Lower Manhattan, East River Esplanade South. Just south of the South Street Seaport, this park will give 30,000 residents of Lower Manhattan access to the East River. In partnership with DOT, a continuous bike lane will be available from all the way down the West Side, around the tip of Manhattan and up on the East Side.

We are working to create what we call complete neighborhoods. A complete neighborhood is one that offers schools, work, shopping and services close to home so that you

Separated pedestrian and bike paths on the East River Esplanade in New York City
Credit: Kate Rube
Working closely with us, to the tune of about $90 million a year.

Brian Greenberg, executive director of CityBench, which last year drew more than 200,000 people to walk, run, bike and play along seven miles of car-free weekends in the summer, creating additional opportunities for fun and recreation. People really want to get out and be active. If we provide places for them to do so, they will come.

As a part of our work, we are in the process of designing and growing new parks in the city. This is an expansion of the modern history of the city, and it’s a testament to the importance of having great spaces in which to exercise and play. As part of our work, we are in the process of building eight major regional parks. We are transforming 250 schoolyards, historically only used during the school day, into full-time playgrounds. Asphalt play yards that were only used during the school day, into full-time playgrounds, which historically were built in the 1950’s are also being converted into synthetic turf playing fields that can be used for year-round play. Building Design

The Building Design Chapter of the Active Design Guidelines highlights opportunities for incorporating regular physical activity into daily life across the city that may not be found only outdoors, but inside buildings as well. The following measures can help building occupants incorporate physical activity into their daily routines:

- Increase stair use among the able-bodied by providing conveniently located stairs, posting motivational signage at elevators and designing visible, appealing and comfortable stairs
- Where feasible, incorporate ramps for active vertical circulation
- Locate building functions to encourage active walking to shared spaces such as mail rooms, and, provide appealing, supportive walking routes within buildings

Bringing back the staircase is one of the biggest design opportunities that architects have in their work. Designing a staircase should be a golden moment for an architect. It’s a three-dimensional sculptural space that can be beautiful, not merely a dingy fire stair at the back of the building. Once a staircase is brought back to better prominence, it becomes a social space. You look at structures like the new Cooper Union building in Manhattan, and you see a staircase where the public can hang out.
You can also make small changes to improve staircase design, as in The Melody, an affordable housing building developed by Bluesea Development. Partner Les Bluestone, working with Magnusson Architects took this building and redesigned it to make the staircases more prominent. I think this was an extremely enlightened approach, and it also demonstrates that the Active Design Guidelines are for the most part cost-neutral, because Les is in a business where he has to make a profit. You can do this stuff if you want to and it’s not going to cost you a whole lot of money.

Queens Borough Commissioner Ira Gluckman, RA, AIA, NYC Department of Buildings

We’re working with other agencies to promote people using the stairs more often. One solution to making the stairs more visible in buildings is to use magnetic hold-opens; these allow stair doors to remain open instead of closed, except in the case of an emergency, when the doors will close to prevent the spread of a fire. There’s a lot you can do to improve stairways, while still adhering to the Building Code. You can also adjust the tread-riser ratios of stairs to make them more comfortable for people to walk up and down, and you can improve the finish and paint inside stairwells to make them more attractive.

In the summer months, you can also think about air conditioning stairwells. Finally, more designers should think about incorporating windows into stairwells. In some cases you can actually get floor area bonuses for introducing daylight into corridors.

Creating Healthier Buildings for City Employees
Commissioner Edna Wells Handy, NYC Department of Citywide Administrative Services

At the Department of Citywide Administrative Services, we provide city government with people, places and things: the supplies, the buildings, the space and the co-workers needed to get the job done. Soon after I started at DCAS, we began opening up the stairwells in City buildings. We’ve worked to overcome issues like security and access by bringing together tenants with our security teams. The new Department of Health and Mental Hygiene building in Long Island City, Queens has several internal staircases incorporated into the office space, allowing employees to travel freely between floors.

We’re also looking at our office buildings’ concessions and the products that are sold in vending machines. By working together with the Health Department, we’ve been able to provide healthy food alternatives in many City buildings.

Bringing back the staircase is one of the biggest design opportunities that architects have in their work.
Public Schools that Encourage Active Play and Physical Activity
E. Bruce Barrett, AIA, LEED AP BC+D, Vice President, Architecture and Engineering, NYC School Construction Authority

There are a lot of opportunities for Active Design in our public school system. Since New York City is a densely populated urban environment, our schools are generally four to five stories tall, and our requirement for students is that, if they are able, they use the stairs. In buildings where we have elevators, the use of elevators is restricted to actual physical need, so nearly everyone in our school buildings takes the stairs on a daily basis.

Primary and Intermediate schools have outdoor playgrounds, whether on grade or on a roof level, and we are working to ensure these facilities are designed for a broad range of kids and for a variety of activities. Today’s play facilities are more colorful than they were in the past. There are different activity zones for children of different ages, and landscaping beyond just the requisite street trees. Where site area allows, high schools have playing fields and on small sites, we try to provide at least some opportunities to get out in the open air.

A few years ago we stopped putting auditoriums into new primary and intermediate schools in favor of installing gymatoriums. Typically the gymatorium is a gym with a stage at one side, which, for schools that already have a gym, doubles the amount of exercise space available within a school. Another version of the gymatorium has fixed or moveable stadium seating with a large roof area that is used for exercises and for performance. We’re also looking to introduce walking or running tracks around the second level of gymnasia.

Hydration goes hand in hand with physical activity, so we make sure that there are chilled water dispensers at the end of every serving line in school cafeterias. The corridor water fountains have bottle filler spigots. Some of the new schools also have gardens, and the Department of Education School Food Services has a Garden to Café program where they actually take the produce grown by the kids and include it in school lunches.

Finally, the School Construction Authority works closely with the Department of Transportation to create safe ways for children and their families to walk to school. We have also been working to make schools friendlier for commuting by bicycle. New schools all have bicycle racks, and we’re expanding the school entry vestibules to include bicycle parking, so that bikes can be locked up just within view of the School Safety Officer.

School vegetable garden at the New York City Urban Assembly Harbor School on Governors Island
Credit: NYC School Construction Authority
Playstreets: Closing Streets to Create New Play Spaces
Elena Madison, Assistant Vice President, Project for Public Spaces

A lot of communities around New York City are suffering from lack of public space — playgrounds, open space, and parks. In my neighborhood in Jackson Heights, Queens, I became involved with establishing a temporary plaza and park space as a part of the City’s Playstreets program. Public spaces are very much lacking in the area.

The Playstreets program is a joint initiative involving the Departments of Health and Mental Hygiene, Transportation, Parks and Recreation, and Education, working in conjunction with community organizations, residents, and schools.

Playstreets are single blocks of quieter streets that are closed to cars and opened up to children and families for active play.

When we started the 78th Street Playstreet, we created a calendar of events and programs for children and their families on the street, which we marketed in many languages to the area’s residents. The Playstreet project has been really successful with not just children, but with seniors, as well. They enjoy having a place to congregate together with younger people. The 78th Street Playstreet started as a temporary street closing that happened once a week. Last summer, however, we were able to keep the street closed to cars for two months. Now we are in discussion about potentially making this site a permanent plaza that will be open to the public at all times.
The High Line Park
Charles Renfro, AIA, Principal, Diller Scofidio + Renfro
I think what encourages people to be fit is creating cities and places that people want to move in, around and through naturally. The design of the High Line encourages different kinds of physical behavior that engages visitors in a variety of actions—up, down, and across. It’s more than a park—it’s a platform for experiencing New York City in a new way.

The Kalahari: 40 West 116th Street
Yvonne Isaac, Vice President of Operations, Full Spectrum of NY, LLC
The Kalahari, located on West 116th Street between Lenox and 5th Avenues in Harlem is a LEED-certified, mixed-income housing development by Full Spectrum that opened in 2008. We wanted to make this development about placemaking. Designed by GF55 Partners LLP, Schwartz Architects, and Studio JTA, the development has two buildings with a plaza in between the two, which is a green roof of the garage. All of the common spaces, such as the exercise room and music practice rooms, open up onto that plaza.

We also have a lot of space for changing art displays on the lobby walls, which encourages people to walk through the long lobby hallway from the front of the building to the back. The building also has bike storage, which is extremely popular; there’s actually a waiting list for spots. We were also able to get a permit to have bicycle storage and bike racks on the sidewalk.

If you start early in a collaborative process with your design team, there are many Active Design strategies that can be incorporated from the beginning and that do not require any additional costs.
Obesity and Diabetes Epidemics in Latin America and the Caribbean
Carlos Santos-Burgoa, MD, MPH, PhD, Senior Advisor on Violence, Injury and Human Security, Pan American Health Organization (PAHO/WHO)

In the 48 countries and territories in the Region of the Americas, 76 percent of people die from chronic diseases like diabetes, heart disease, and cancer. Diabetes, in particular, is reaching epidemic proportions. The number of people suffering from diabetes in the Americas is expected to grow from 55 million in 2000 to 83 million by 2030, an increase of 50 percent, according to the International Diabetes Federation. We know that the ways to prevent or delay the onset of type 2 diabetes are to have a healthier diet, exercise regularly, maintain a normal body weight, and avoid tobacco use.

In Latin America and the Caribbean, the cost of diabetes as of 2002 was estimated at $65 billion, mostly due to premature deaths and disability. More than 80 percent of diabetes deaths occur in low- and medium-income countries.

The major challenge for us in combating chronic diseases is in making it easier for people to lead healthy lives, particularly in low-income areas and countries. The Americas is one of the world’s most unequal regions, and problems such as rapid urbanization, poor planning, poor access to healthy foods, and not enough areas to exercise are having a direct effect on our chronic disease rates.

I have been glad to see my organization and other world leaders respond to these challenges. The United Nations has a meeting of heads of government to address chronic diseases and there is also a World Conference on Social Determinants of Health in Rio de Janeiro this year. We need a response that is proportional to how large the problems of chronic disease and obesity are for our world.

Using Art and Design to Encourage Physical Activity
Rosan Bosch, Artist and Managing Director, Rosan Bosch Ltd.

I’m a contemporary artist living in Copenhagen. I have a studio working with architects, designers and artists and we try to change society through our designs. We know that it’s wrong for us to be physically inactive, but the problem is not in knowing what’s wrong. The challenge is for people to understand that this isn’t just about going to a gym, or playing sports, but that we can become healthier by making small changes in our everyday life.

Free Zone Signs
These activity zone signs, which mimic traffic signs, comment on the way we use public space. The signs have been developed as an exhibition series under the name ‘Free Zone,’ an art project creating new and different types of public space. These signs aim to encourage physical activity, but they are also about enjoying life and having fun. It is possible to be active on the streets, not only if you’re running late, but as an integrated part of everyday life.

Rosan Bosch jumping in the ‘Jump Zone’ that she created at the Center for Architecture in New York City.
Credit: Laura Trimble

Stair promoting path in the lobby of the Maison du Danemark, Champs-Elysées in Paris, France Credit: Rosan Bosch / VTI-vistec
Maison du Danemark | Champs Elysées, Paris, France
The clients for this project wanted people to use the stairs instead of the elevator, but the hierarchy of the room tells you to go to the elevator. This is the way a lot of modern buildings are, and we need to think creatively about how to encourage stair use if major re-design is not an option. In this project, we painted a red path to lead people to the stairs, instead of to the elevator.

Hjørring Library | Hjørring, Denmark
For the public library in Hjørring, we created a red ribbon that runs throughout the library, becoming a tool for communication, exhibition, display and interaction. The whole space invites you to use it in a different way: store things in it, crawl on it, etc. It’s a very popular space, combining joy and motivation with a place that is usually about quiet and duty.

Encouraging Walking and Bicycling through Building Design
Kai-uwe Bergmann, AIA, RIBA, MAA, LEED AP, Partner, Director of Business Development, BIG
Our approach to architecture is what we call “Yes is More,” which in its essence is calling for a positive approach towards the process of creating a building or public space. It can also be defined as the desire to elevate everyone’s quality of life by making places where people will want to live, work, or play. In Copenhagen today, where our office is based, 37 percent of people bicycle to work or their studies and the goal is to have 50 percent do so by 2015. Copenhagen is actually in the midst of reshaping its bicycle lanes to be wider than the roads they are adjacent to, thus flipping the space devoted from cars to bikes.

Denmark World Expo Pavilion | Shanghai, China
The Denmark pavilion was designed so that you can actually walk or bicycle through the entire exhibition. We enlisted an

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Danish Pavilion with continuous walking and bicycling path at the 2010 Shanghai Expo.
Credit: Image courtesy of BIG, © Iwan Baan.

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FIT CITY 6
artist, Jeppe Hein, to create a 270-meter-long bench throughout the pavilion, serving as a lighting element and a way to separate pedestrians from the bicyclists. This ‘social bench’ is also a way to engage people in the space as it twists, turns, and arches. This pavilion was the only one out of 200 that did not use air conditioning. Instead the air was cooled naturally by placing a large amount of water from Copenhagen Harbor in the center of the building. The water cooled the air through a continuous loop in the space. The harbor water was brought over to entice people in China to jump in and to realize that they too could live in a modern harbor city with clean water. During its six months of use, over six million visitors biked, walked and swam through the pavilion, which is more than the entire population of Denmark.

• 8 House | Copenhagen, Denmark 8 House is a tower with nearly five hundred apartments, located adjacent to a stop of the Copenhagen metro system and a large protected area that forms a park. The 8 House is formed through the layering of penthouses, apartments, row houses and retail, which loop up into the sky. Our underlying objective is to create density without losing the intimacy of each and every individualized residence. The inspiration was an Italian hillside town, in which people walk up and pass their neighbors’ homes and have social relationships with those people who live next door to them. The building incorporates a continuous 600 meter ramp for walking and bicycling, which is open for use to anyone living in or visiting Copenhagen.

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