
Contents

Part I Land, Water, Economy and Health

- 1 Urban Regeneration and Green Spaces System: São Paulo Metropolitan Area** 3
Daniela Maria Eigenheer
- 2 Water Efficiency Strategies for Improving Sustainability in Social Housing: Comparative Analysis Between Cairo and São-Paulo** 17
Esraa Elazab and Ahmed Eltawil
- 3 Sustainable Infrastructure and Water Strategies for a Resilient Addis Ababa (Ethiopia)** 31
Ruben Garcia Rubio, Alec Paulson, and Sonsoles Vela Navarro
- 4 New Water Village Planning Model: Preserving Ocean Biodiversity for Community's Health and Well-Being** 43
Muhammad Adham Nor Efenday, Rahinah Ibrahim, Harhamsah Hairal, and Anna Kamelia Kamarudin
- 5 Age Distribution and Accessibility to Green Areas in the City of Copenhagen** 57
Gustavo Ribeiro and Aleksander Nowak
- 6 Study on the Complexity of Urban Waterfront Interface from the Perspective of Restorative Experience** 77
Chengzhe Lyu and Chunxia Yang
- 7 Health, the Circular Economy, and Our Built Environment** 93
Tiago Da Costa Vasconcelos

Part II Health as Consequence of Design

- 8 Analysis of Spatial Elements Affecting Human Thermal Perception and Thermal Landscape Design.** 107
Zhuoyu Yu and Dexuan Song

9 **Design as Loom: Interweaving Health with Nurturing Care. A Visual Essay on Two Early Childhood Development Centres in Eastern Zambia as Architectures of Health** 119
Tomà Berlanda and Sunniva Berlanda Viking

10 **The Effect of the Front Porch and Loft on Natural Ventilation of the Main House in Beijing Courtyard** 135
Zhongzhong Zeng and Zichen Liang

11 **Cities Designed in Human Scale Make Healthier and Happier Societies: A Visual Essay** 141
Shreya Das

12 **Designing a Rehabilitation Center for People with Physical Disabilities: Social Sustainability-Climatic Approach Interaction in Tehran** 159
Mona Sadeghian, Seyedeh Negar Seyedmahmoudbaraghani, and Mehrnoosh Sherafat

13 **Using Co-benefits of Sustainable Building to Drive Net Zero Emissions in Southeast Asia: Findings of Two Evidence-Informed Stakeholder Dialogues.** 175
Nita Lauren, Paul Kellner, Alyse Lennox, Peter Graham, and Peter Bragge

14 **The Thermal Indoor Environment of Danish Detached Houses—Past, Present and Future** 183
Mette Lyhne

Part III COVID-19

15 **Place Attachment and Community Impacts of 24-H Convenience Stores: A Case Study in the Central City of Nanjing, China** 197
Jin Xu and Yuzi Da

16 **Sustainable Housing Provision in Post COVID-19 Era in the Developing World: Challenges for the Architects.** 207
Oluronke Odunjo and Sharon Odunjo

17 **Impact of Environmental Design Changes on Primary Healthcare Services in Mohalla Clinics During COVID-19: Findings from a Rapid Ethnographic Study** 217
Amarjeet Mohanty and Gourab Kar

18 **Research on Resilience Regeneration of Old Community in the Post COVID-19 Era—A Case Study of Factory Community in Harbin.** 235
Jiayu Xie, Zhiqing Zhao, and JiXian Wang

19 24 H of Happiness: A Child-Initiated COVID-19 Response to Reopen Schools, Mitigate Prolonged School Closures and Rebuild Resilient School Communities 249
Ruchi Varma and Tarusha Mishra

Part IV Planning for Healthy Environments

20 VARCITIES EU Project: Visionary Nature-Based Actions for Health, Well-Being and Resilience in Cities. 267
Sara Van Rompaey, Eleni Goni, and Denia Kolokotsa

21 Tools to Promote Physical, Mental and Social Well-Being in the Built Environment-Takeaways from the Development Project ‘the Urban Health Culture of the Future’ 275
Helle Juul

22 Healthy Cities Make Healthy People and Healthy Planet. 285
Karin De Poortere and Jose Alejandro Gómez

23 Restorative Perceptions of Different Urban Residential Environments in Different Seasons in the Severe Cold Area: A Case Study in Harbin, China 295
Lei Zhu, Yue Wu, Cunyan Jiang, Boxu Chen, and Hongyu Wei

24 Planning Response of Urban Community Governance in China from the Perspective of Prevention and Control of Children’s Mental Health Risks 307
Hong Leng, Dongyu Zhang, and Qing Yuan

25 A Study of How Residents’ Subjective Well-Being Affects the Design of Healthy Sports Parks in Cold Areas 319
Boxu Chen, Lingling Li, Youpeng Yan, Lei Zhu, Yuanrui Zheng, Chenxi Liu, and Hongyu Wei

26 The Necessity of Natural Darkness for Humans and Biodiversity. 335
Lisbeth Dam Kørner

Part V Healing through Design and Academic Research

27 A Narrative Essay on the Relationship Between the Biopsychosocial Model of Health and the Built Environment 347
Ab Rogers and Ashish Ranpura

28 Rethinking the Design of Architectural Space Thermal Environment—Thermal Landscape 355
Zhuoyu Yu and Dexuan Song

29	Walkability Assessment Using Agent-Based Model: Why It Becomes An Advantageous Way	367
	Yi Liu, Dexuan Song, Zhengyang Wang, Xiangyu Yu, and Ruimin Wang	
30	Changing Health Needs: Victoria Nurses' Home, 1927–1933.	375
	Di Lu	
31	Implementation of Biophilic Design at Workplaces.	393
	Muhammed Yildirim, Anastasia Globa, Arianna Brambilla, and Ozgur Gocer	
32	Analysis of Key Points in the Design of Hybrid Operating Room for the Future	417
	Yaonan Ai, Yue Wu, and Shanshan Zhang	
33	Facing up to the UK's Food Crisis—A Design Exploration of the Self-Sufficient City for Resilience and Food Security	427
	Jiayi Jin and Mingyu Zhu	
34	Healthcare 2030. A Design Studio on the Future of a Distributed System in Singapore.	441
	Thomas Kong	