

Smart City need concept for wellness & happiness



October 8, 2019

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Need Concept Change Transition to SWC (=Walkable City)

- 1. WHO defined health city as Walkable City**
- 2. In order to achieve, It is necessary that the street should be to focus on the people rather than the car.**
- 3. ICT health care service is very important for creating SWC.**
- 4. Public transportation is also a leading role, the use of ICT is essential.**

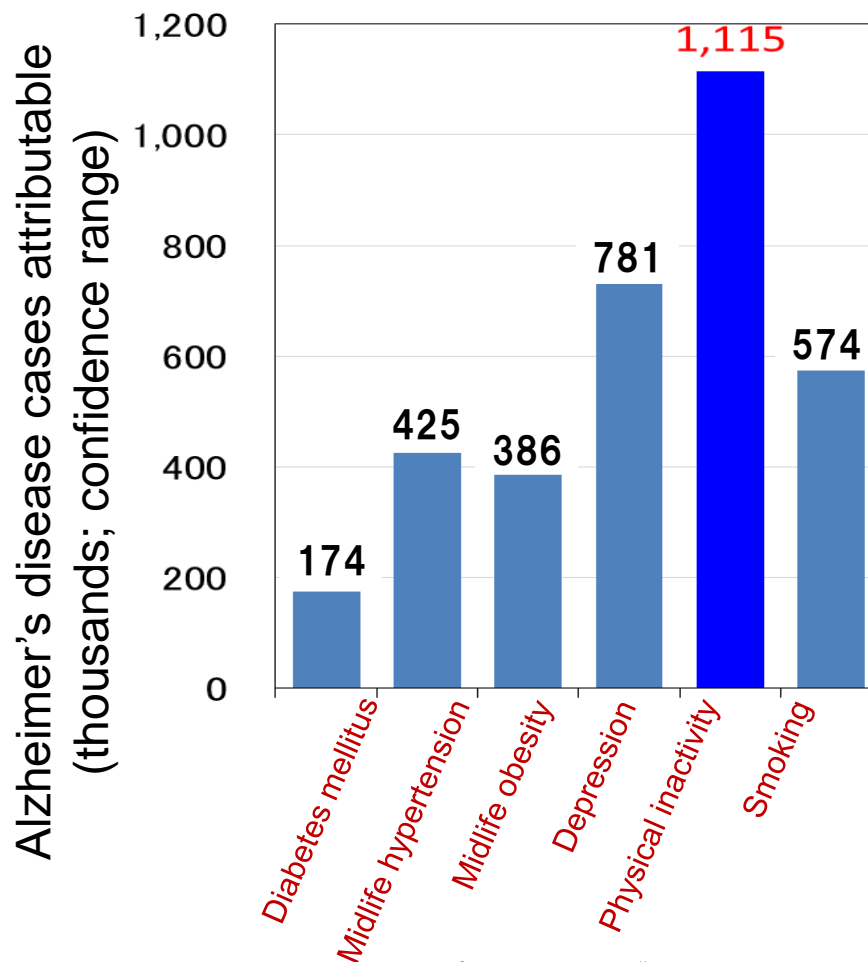
Relationship between healthy longevity and physical activity

Lack of physical activity is the fourth leading global risks for mortality

(Global health risks WHO 2009)

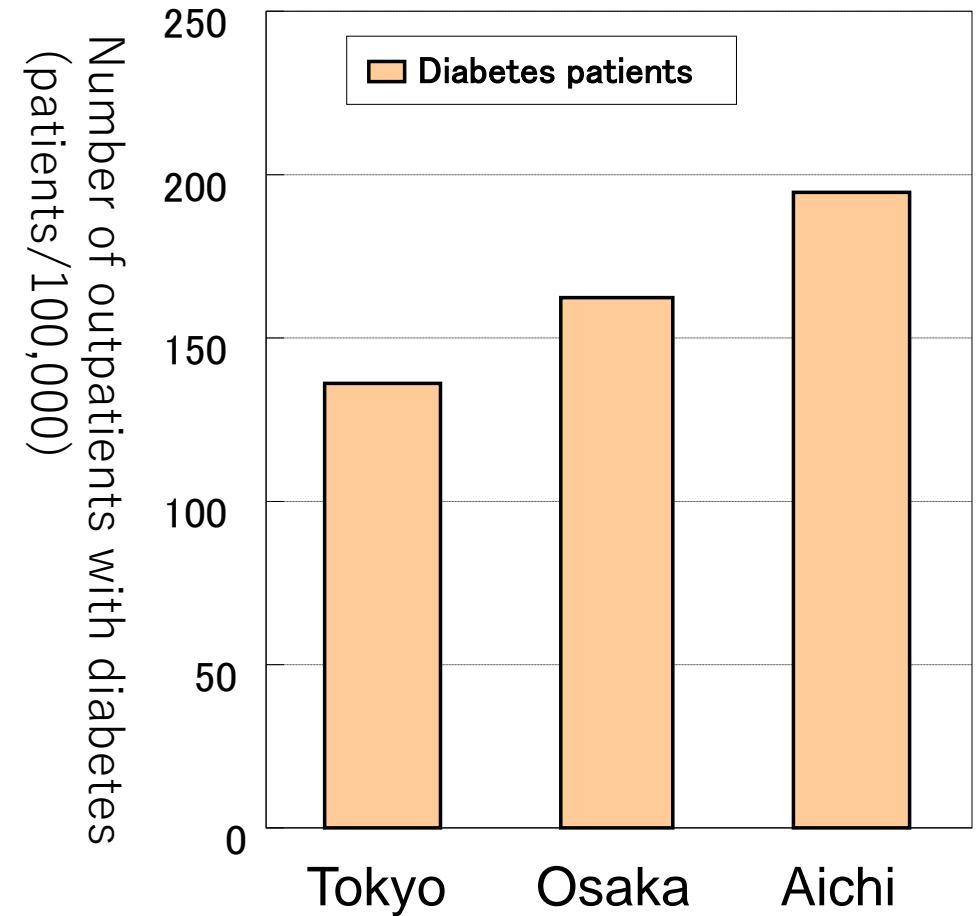
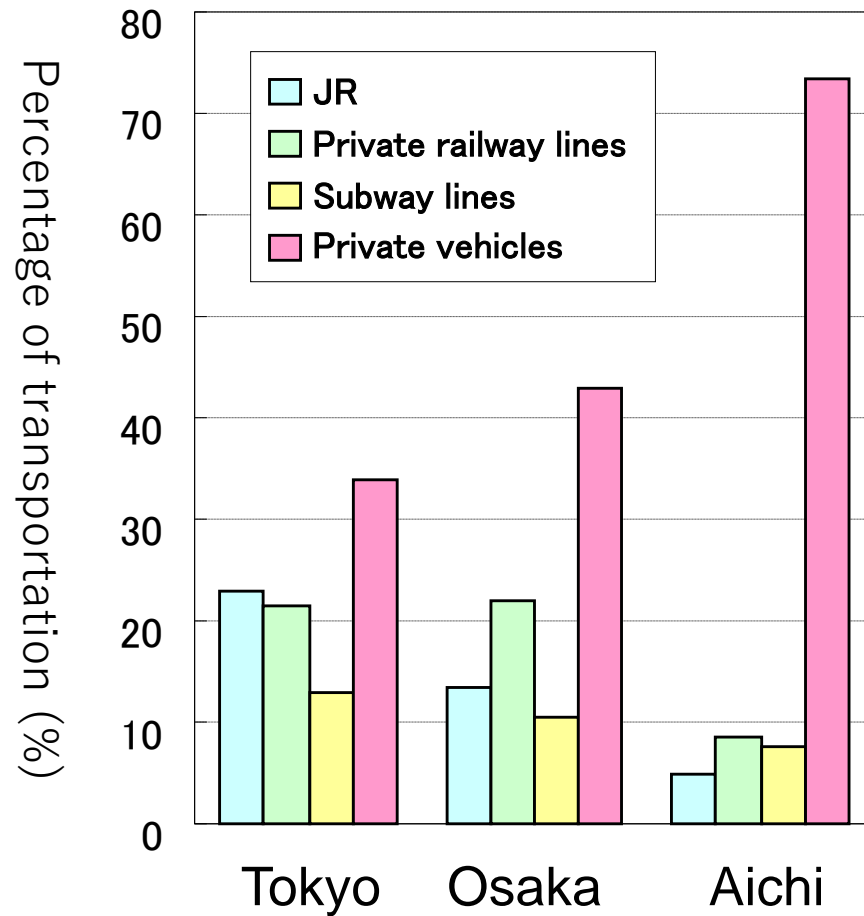
1. high blood pressure
2. tobacco use
3. high blood glucose
4. physical inactivity
5. obesity

Exercise are important for preventing dementia



(Barnes DE: "Lancet Neurol," 10(9): 819-828, 2011)

The trigger of the lifestyle disease is not only the individual factors, but environmental factors in the area and nearby areas play some role as well



(Hiroyuki Tamemoto: "Obesity and Diabetes," 8: 923, 2009)

Healthy Cities should be aimed at supporting the super-aging society

The future direction of city planning is to create Healthy Cities where people walk regardless of the intention. For this, consolidation of the urban functions, development of walkable spaces and public transit, and renewed vibrancy of the city-center streets (revitalization of shopping districts) are needed. With this type of planning, many other community issues are expected to be solved, not just health issues. (Kuno, 2011, Hiroi, 2012)

In the 1970s



Source: Freiberg City archive

Current (as of 2017)



Source: SWC Council 2017

47 years ago, Freiberg City in Germany banned vehicle use in the city center and re-established public transit such as LRT. This succeeded in creating the comfortable walkable space.

Benefits of the walkable town

(Calculation based on data from Tsukuba University Kuno Research Laboratory)

Public transport policy is health policy

👉 Creating a walkable residential city

Contributing to reduced medical costs by

An additional 1,000 steps per day by 20,000 people,

0.061 yen per step X 2,000 steps X 365 days X 10,000 people

= more than **400,000,000** yen