



# (Happy) Cities for Mobility

Marten Sims







In 3 days

700+









# Aione







# Englewood

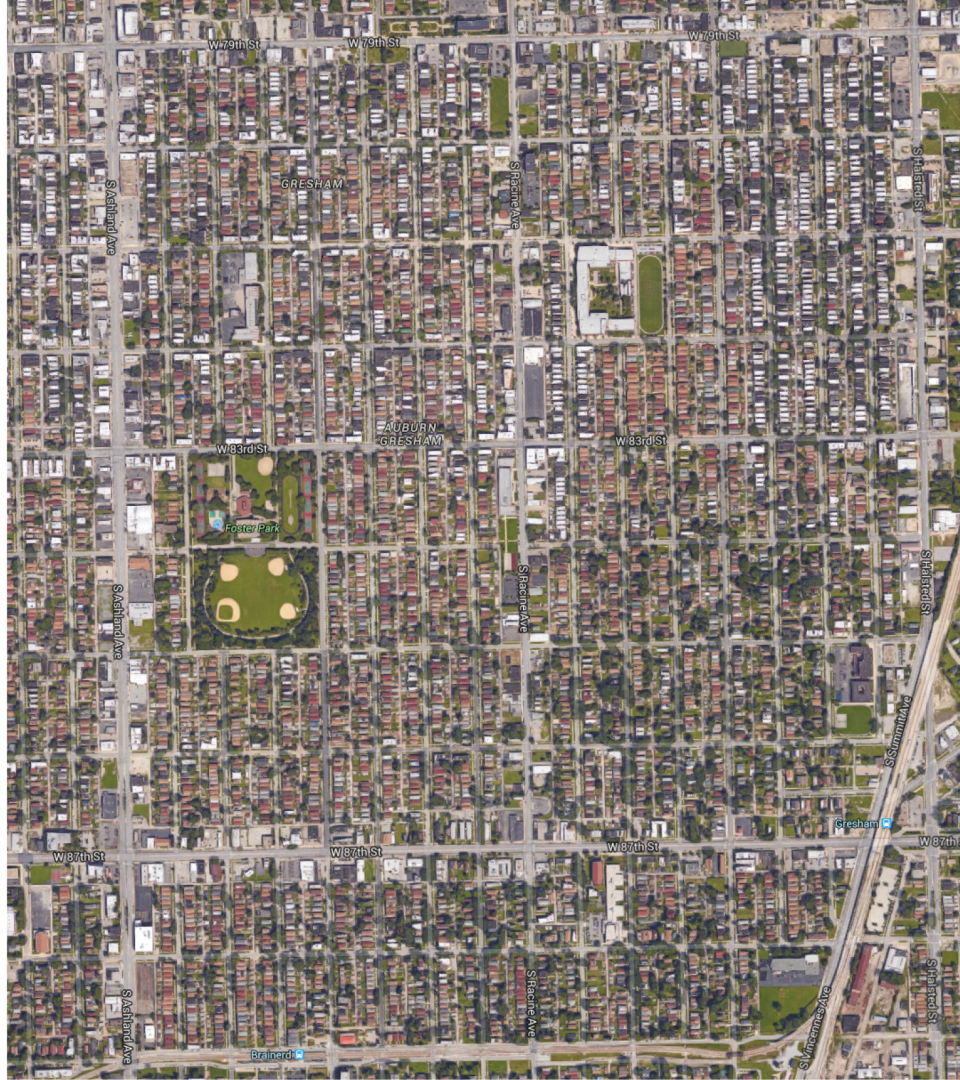
5km apart



# Auburn Gresham

5km apart















Less urban mix =



More urban mix =



**MORE LIKELY TO DIE!**



**LESS LIKELY TO DIE!**





The background features a series of overlapping, semi-transparent blue arches. Each arch is filled with a fine, light blue grid pattern, resembling a brick or stone masonry. The arches are arranged in a way that they appear to recede into the distance, creating a sense of depth and architectural structure. The overall color palette is a range of blue tones, from a deep, dark blue to a lighter, almost white blue.

Cities design how  
we **connect, move**  
**and feel.**



**Public Health**



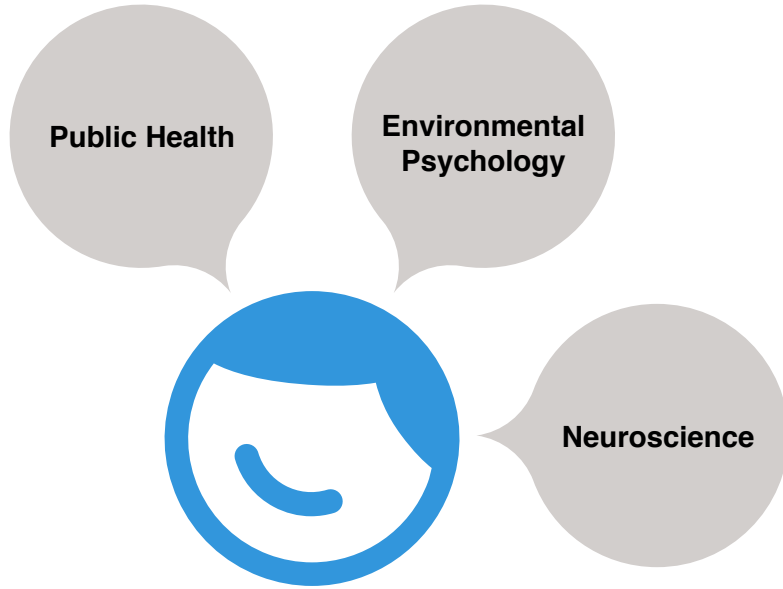




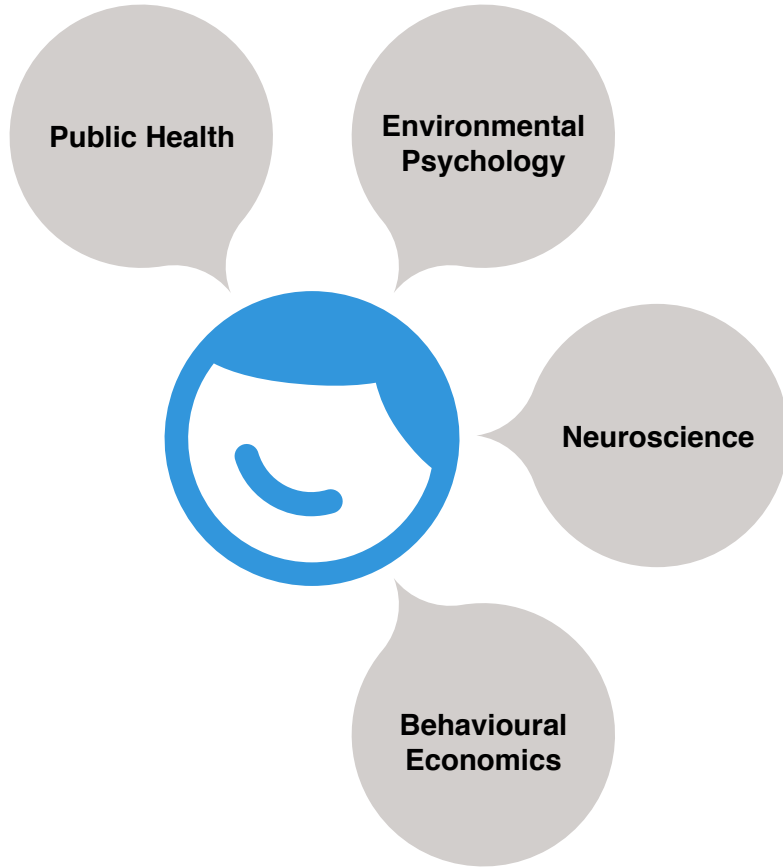
**Public Health**

**Environmental  
Psychology**

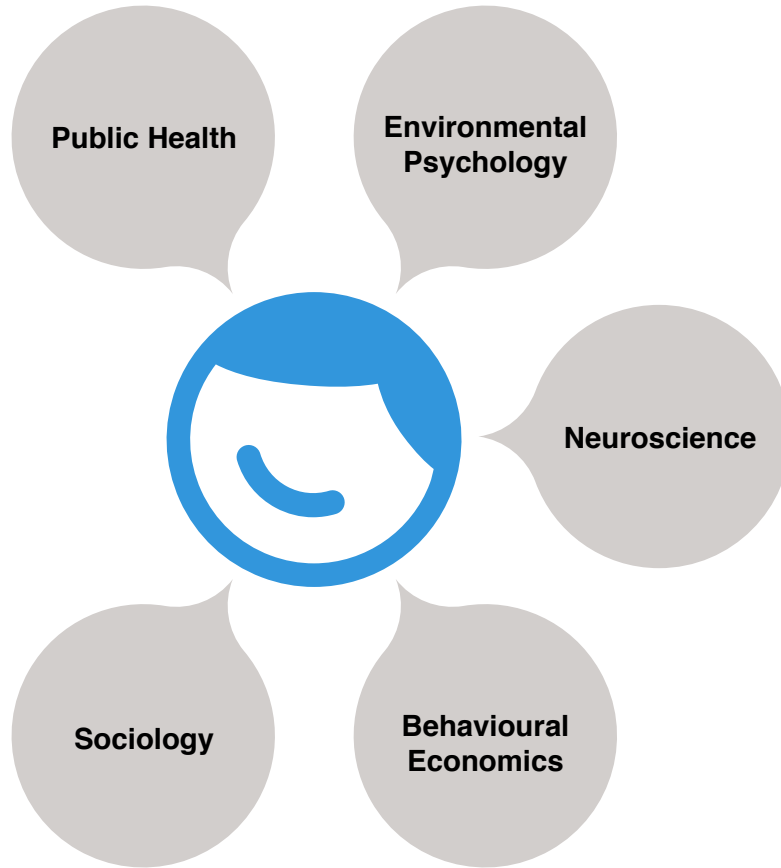












**Public Health**

**Environmental  
Psychology**

**Neuroscience**

**Behavioural  
Economics**

**Sociology**





**Public Health**

**Environmental  
Psychology**


**Neuroscience**

**Behavioural  
Economics**

**Sociology**

**Other  
disciplines**



The background features a series of overlapping, semi-transparent blue arches that create a sense of depth and structure. A faint grid pattern is visible within the arches, suggesting a blueprint or architectural plan. The overall color scheme is a vibrant, solid blue.

We can repair the  
damage and **build**  
**happiness** into  
**new places.**



( ? = 😊 )

Eudaimonia = 'guided by a good spirit'







A state of human flourishing:

Happy  
Healthy  
Wealthy  
Respected  
Thriving

# Elements of Wellbeing







‘Obesity already costs more in public health terms, and will overtake smoking as Britain’s biggest killer in 10–15 years if current trends persist.’

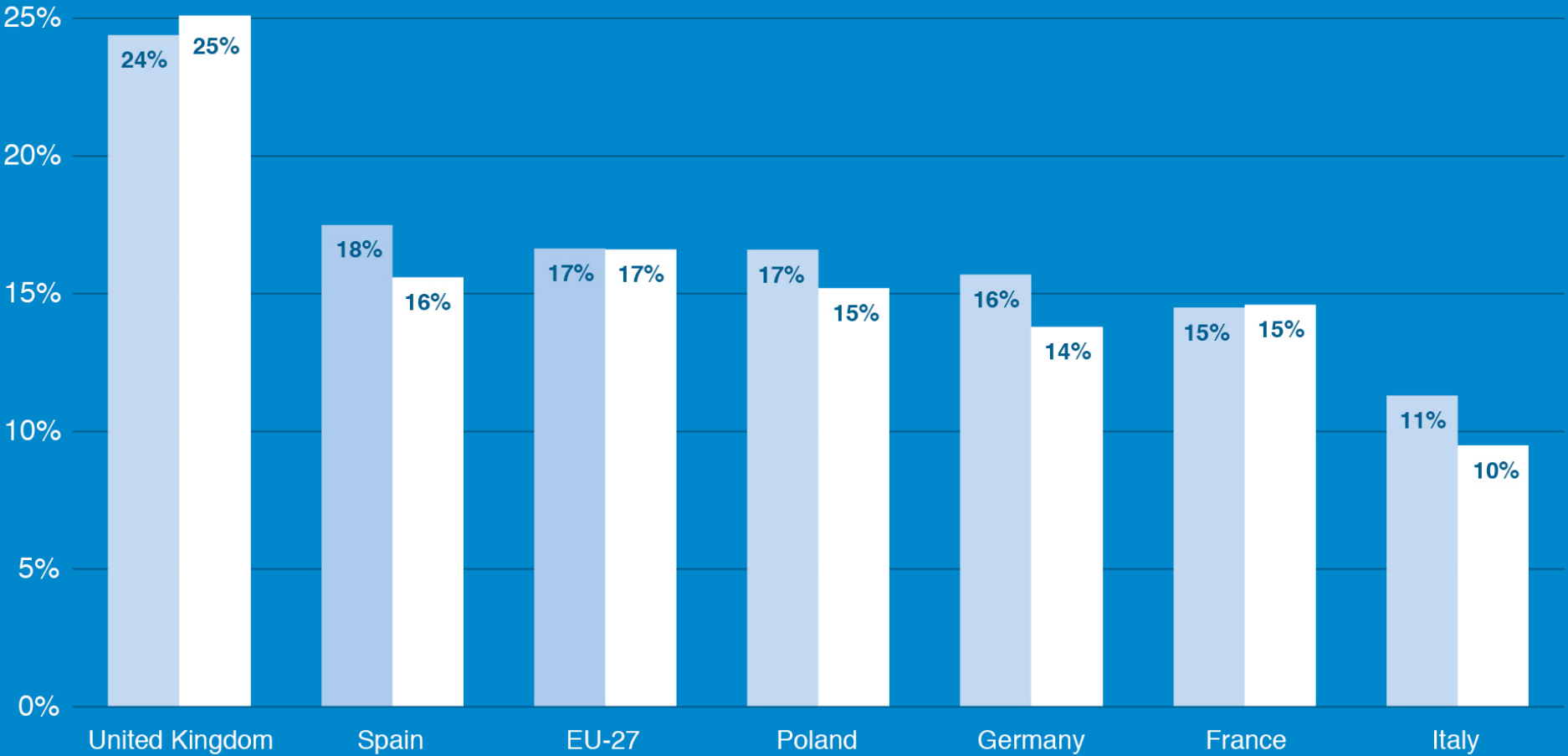
– Cade Report, 2003





# Obesity rates, % of adult population, 2012 or most recent year

Males Females



Source: OECD

Sedentary lifestyles = Heart disease, diabetes, shortens lives by years





10 – 14km





A photograph of four men from the Hamar tribe in a savanna landscape. They are dressed in traditional minimal clothing and are carrying spears and bows. The man in the foreground is looking back over his shoulder. The background shows a dirt path leading through tall grass and trees under a clear blue sky.

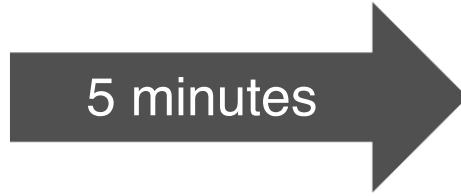
2.5 – 3.5 hrs



A photograph of four men in a savanna landscape, likely the Hadza people. They are carrying spears and bows on their backs, suggesting a hunting or gathering activity. The men are dressed in minimal traditional clothing. The background shows a mix of trees and tall grasses under a clear sky.

2.5 – 3.5 hrs

Can prevent: osteoporosis, dementia, heart disease







Cheers you up.  
Boosts energy.  
Gives you optimism.  
**Food tastes better!**

“Walking works like a drug,  
and it starts working even  
after a few steps.”

– Robert Thayer, *The Origin of Everyday Moods*, (1996)

















ATM

ATM 99

NATIONAL  
Lockdown!  
Happy Hour  
1/2 off drinks  
12-7  
ADD BURGER  
IN NYC

FREE  
LIMEADE  
+ WIFI

TRUCK  
NO STANDING  
ANYTIME

ECONOMY

Cigarettes

BURGERS GELATO

REAR VIEW



IR







A photograph of a city sidewalk. In the foreground, a man in a brown leather jacket and sunglasses is looking at a smartphone. The sidewalk is lined with a modern building featuring large glass windows that reflect the street. In the background, there are trees, parked bicycles, cars, and other pedestrians. The scene is brightly lit, suggesting a sunny day.

No seating > **Keep people moving**



A man in a brown leather jacket and sunglasses stands on a city sidewalk, looking at a building with large glass windows. The building's facade is made of light-colored stone or concrete panels. The sidewalk is paved and has several people walking. In the background, there are trees, parked bicycles, and cars on a city street. The sky is clear and blue.

No seating > **Keep people moving**  
No options > **Discourage exploration**





No seating > **Keep people moving**  
No options > **Discourage exploration**  
No door handles > **Trapped and cornered**





ATM

Cigarettes

ATM 99

NATIONAL  
Lockdown!  
Happy Hour  
1/2 off drinks  
12-7  
ADD BURGER  
IN NYC

FREE  
LIVE  
MUSIC  
WIFI

TRUCK  
NO STANDING  
ANYTIME

ECONOMY

PUSH



IR





Seats > Places to stop, rest and gather





Seats > Places to stop, rest and gather

Lots of options + details > Food, drinks, ice cream, wifi!



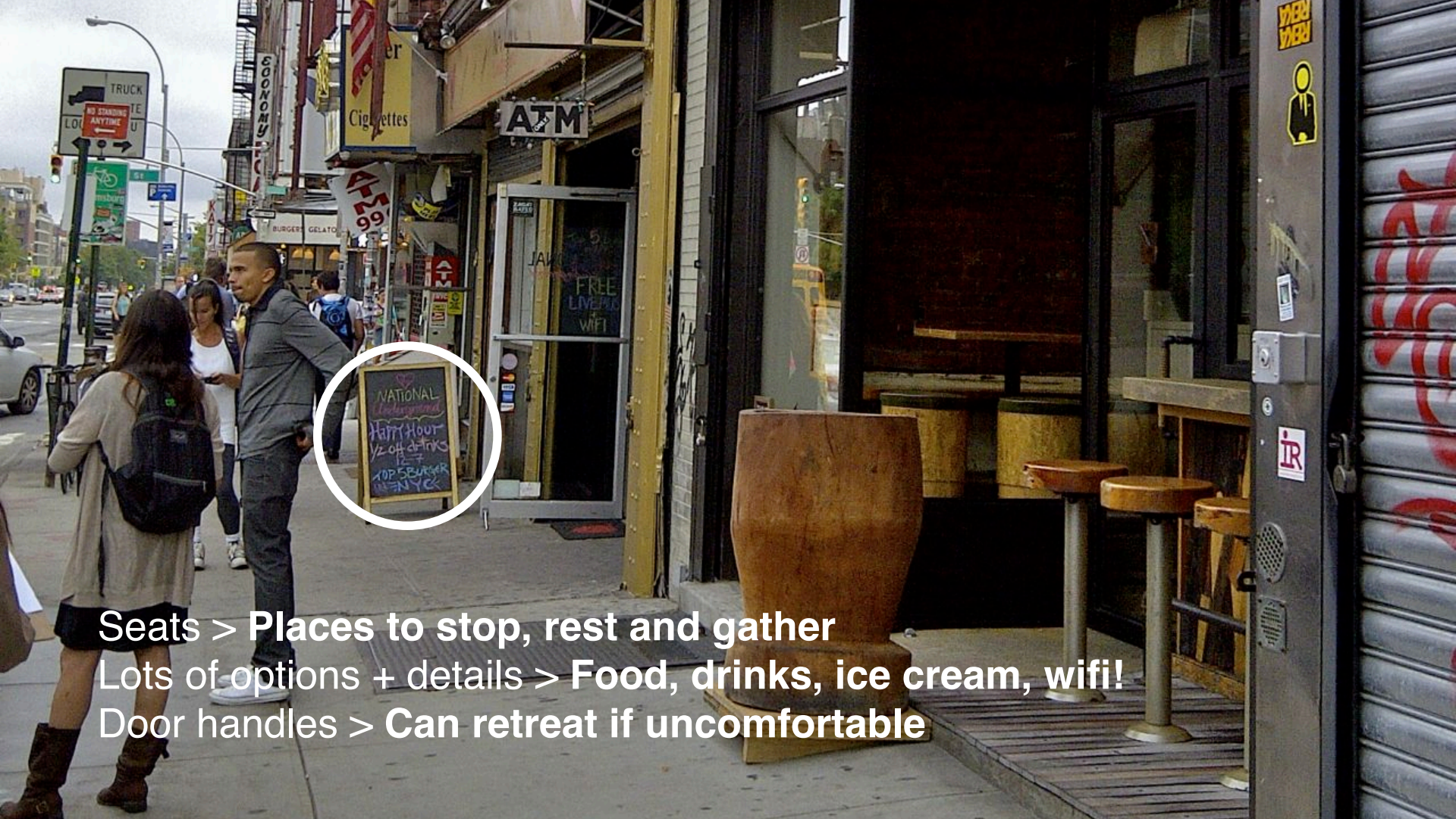


**Seats > Places to stop, rest and gather**

**Lots of options + details > Food, drinks, ice cream, wifi!**

**Door handles > Can retreat if uncomfortable**





Seats > Places to stop, rest and gather

Lots of options + details > Food, drinks, ice cream, wifi!

Door handles > Can retreat if uncomfortable











Do I  
feel safe?











Do I  
feel **safe**?

Do I need  
to prepare for  
**confrontation**?

Should I put  
up my **guard**?







Do I  
feel **safe**?

Do I need  
to prepare for  
**confrontation**?

Should I put  
up my **guard**?



Can I be  
more **open**?







## Inactive edges

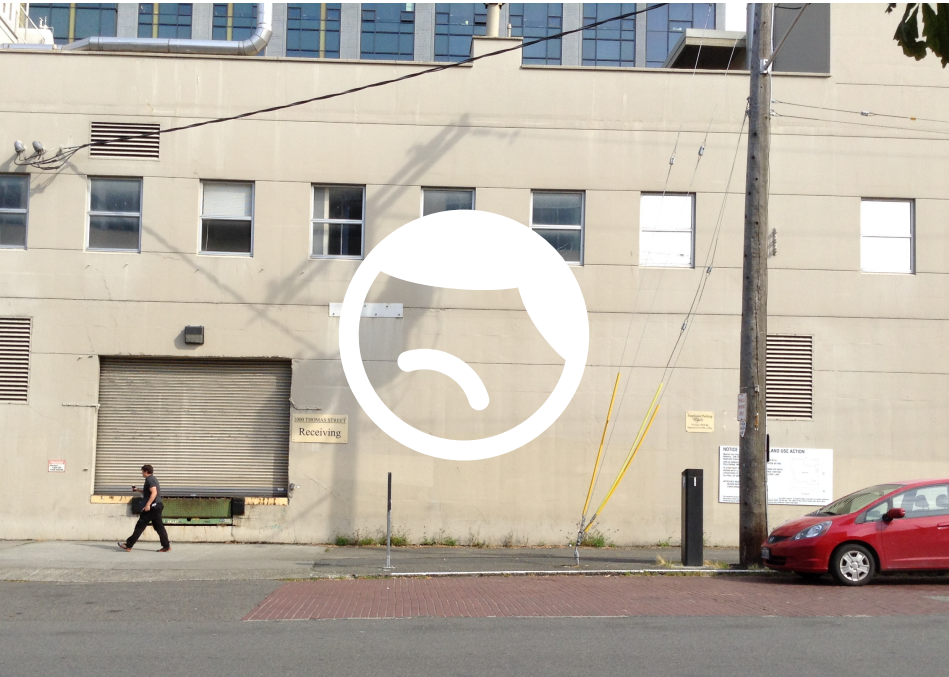


## Active edges





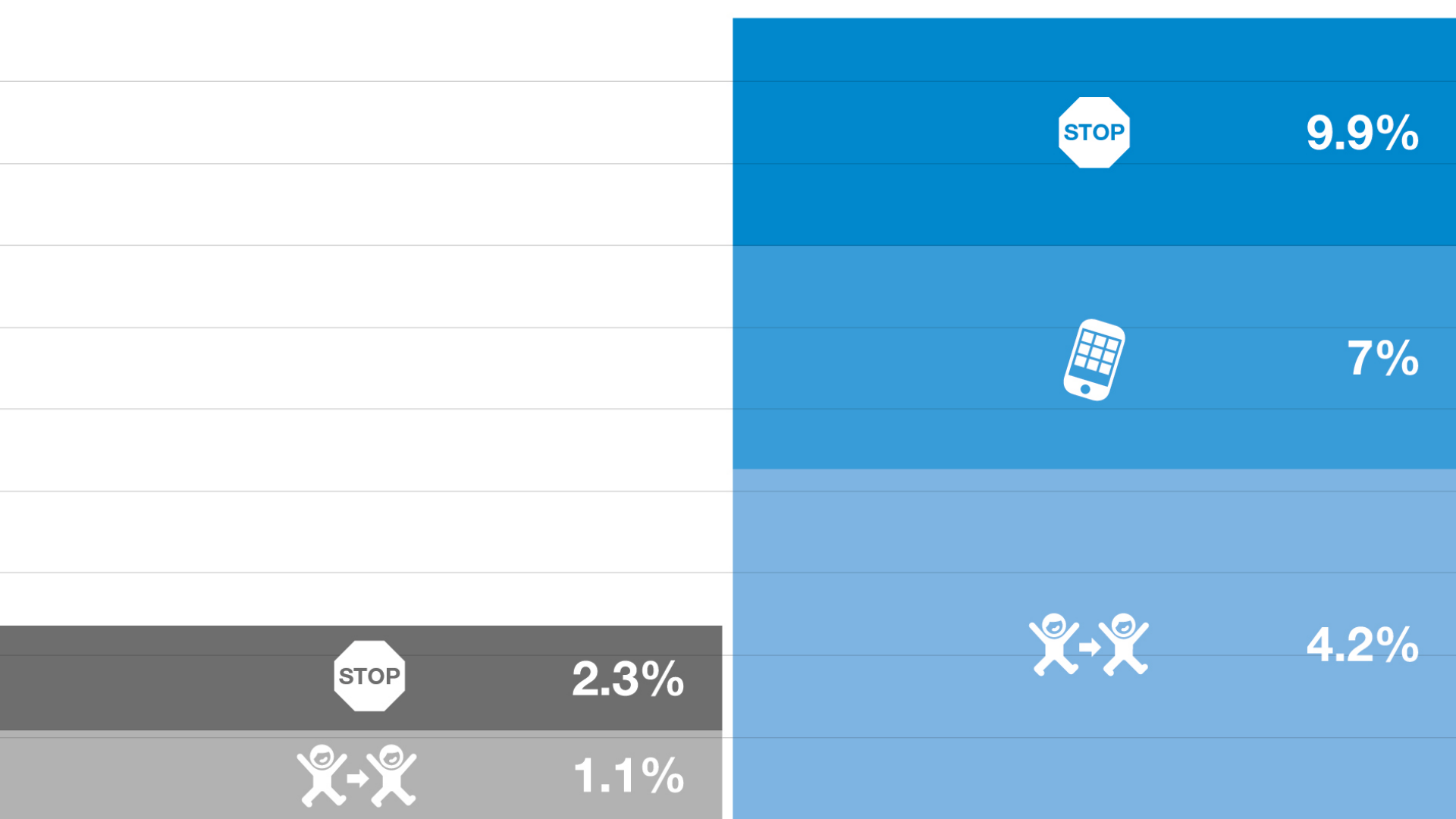
## Inactive edges



## Active edges







9.9%



7%



4.2%



2.3%



1.1%









Weak ties cheer people up!



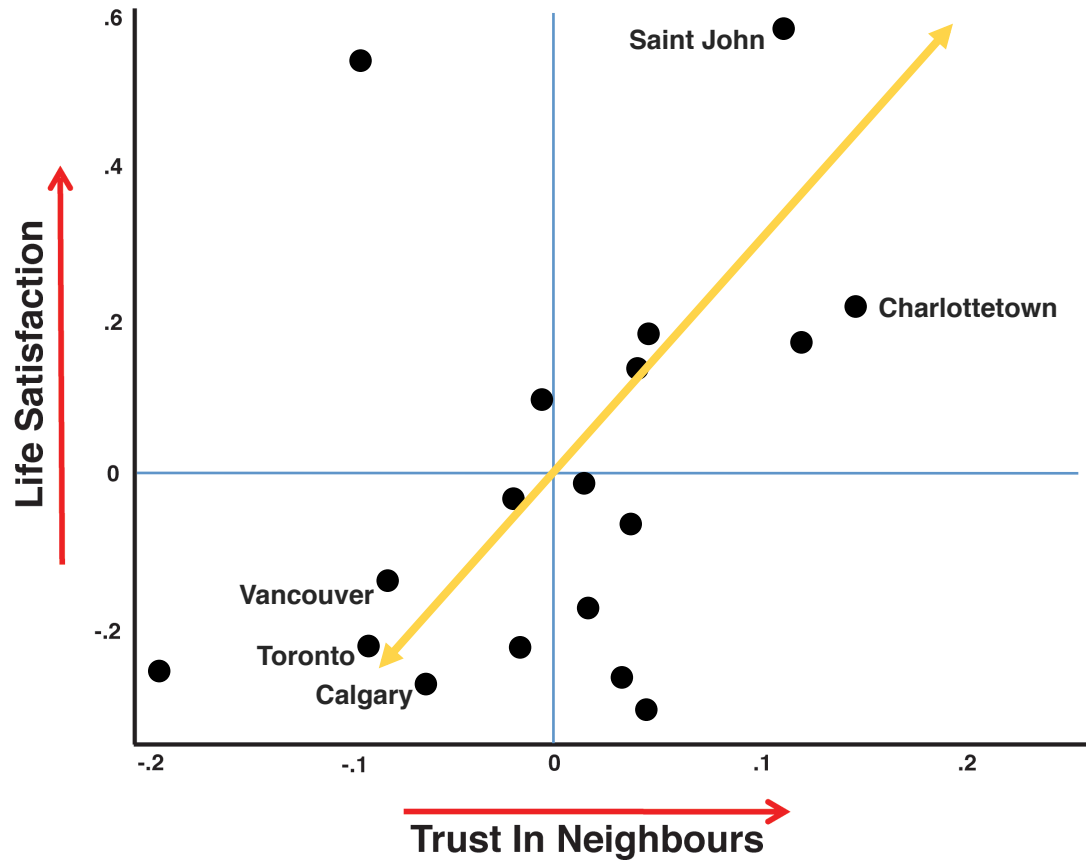




“Eye contact or superficial contact with strangers makes people just as happy at end of day as contact with friends and family!”

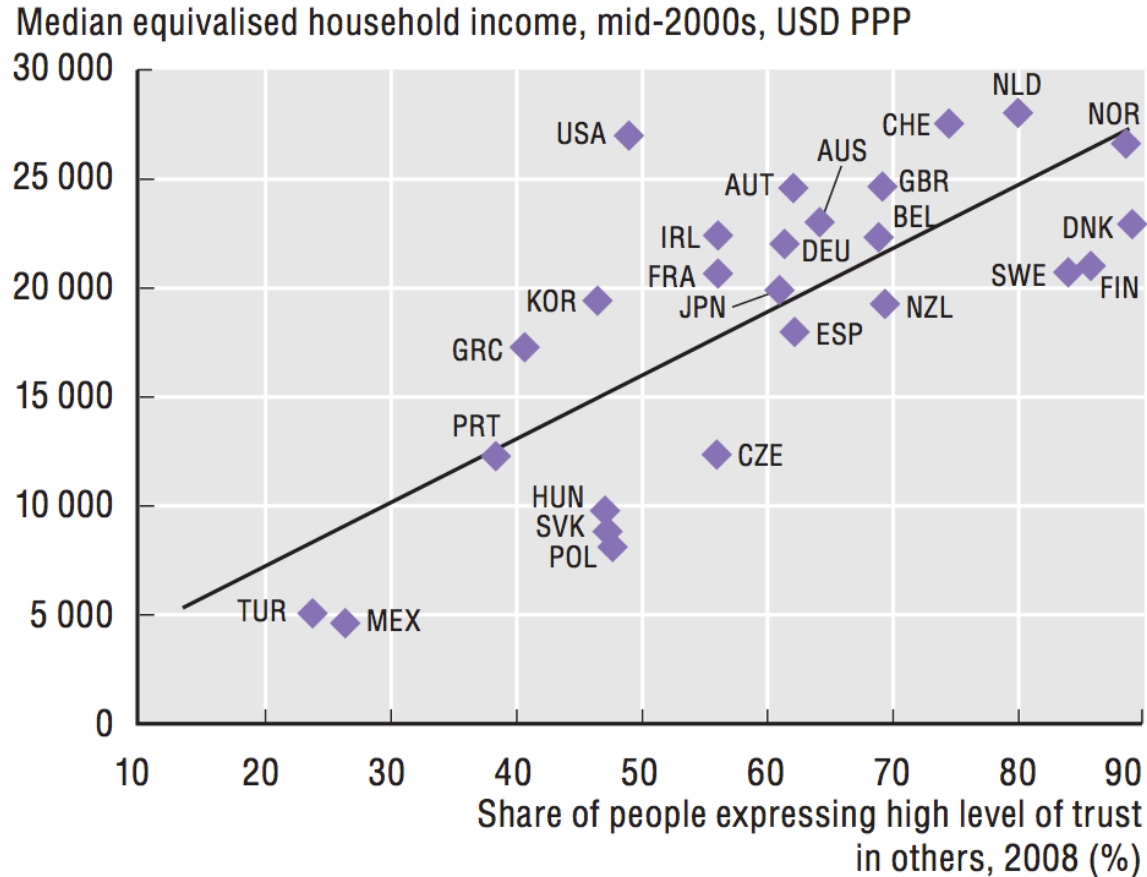
– Liz Dunn & Gillian Sandstrom, *‘Social Interaction and Wellbeing’*

# Trusting cities = Happier cities



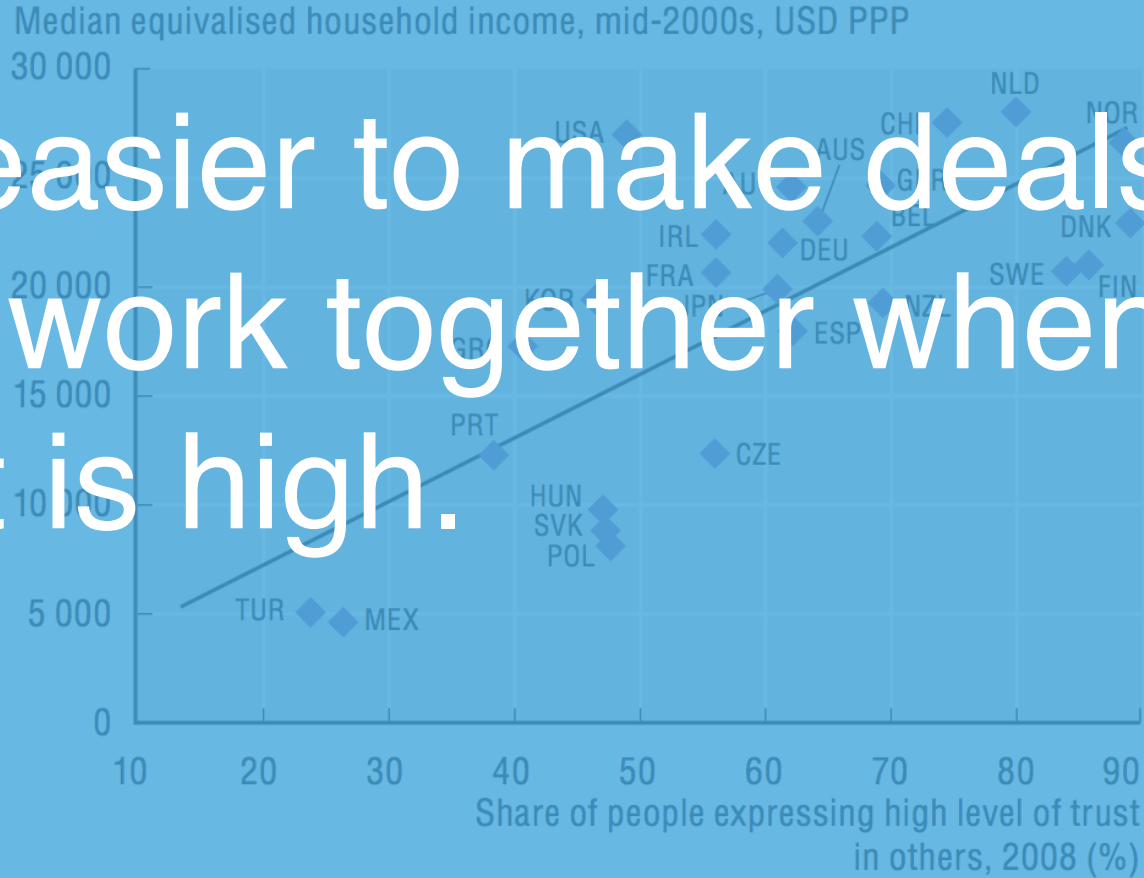


# Trust is good for the economy



# Trust is good for the economy

It's easier to make deals and work together when trust is high.







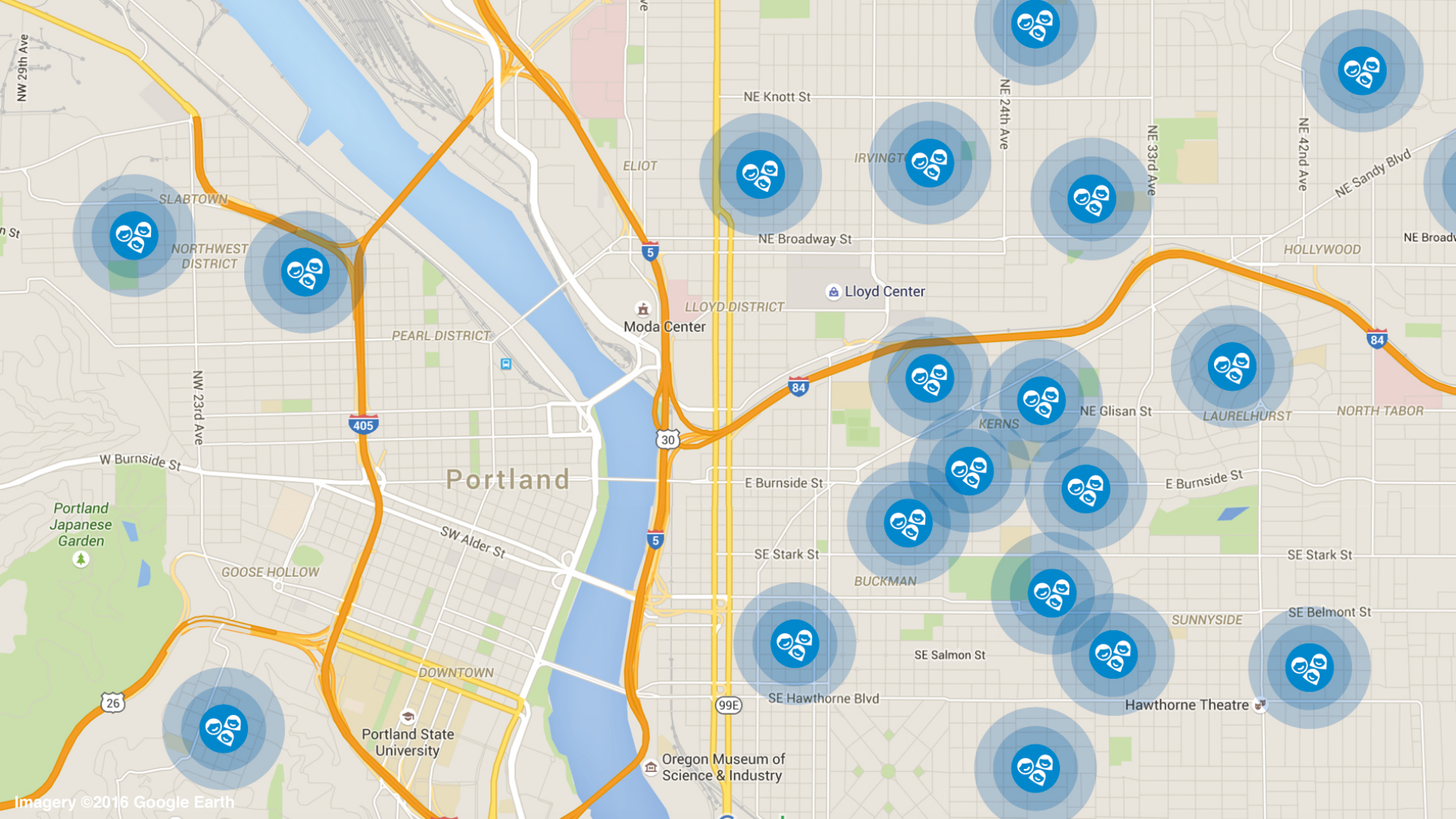




Installed benches and shelters  
Painted their own pedestrian crossings  
Tore down fences between gardens  
Planted green spaces  
Started community gardens  
Started looking after one another's kids  
One couple adopted a girl when her parents died

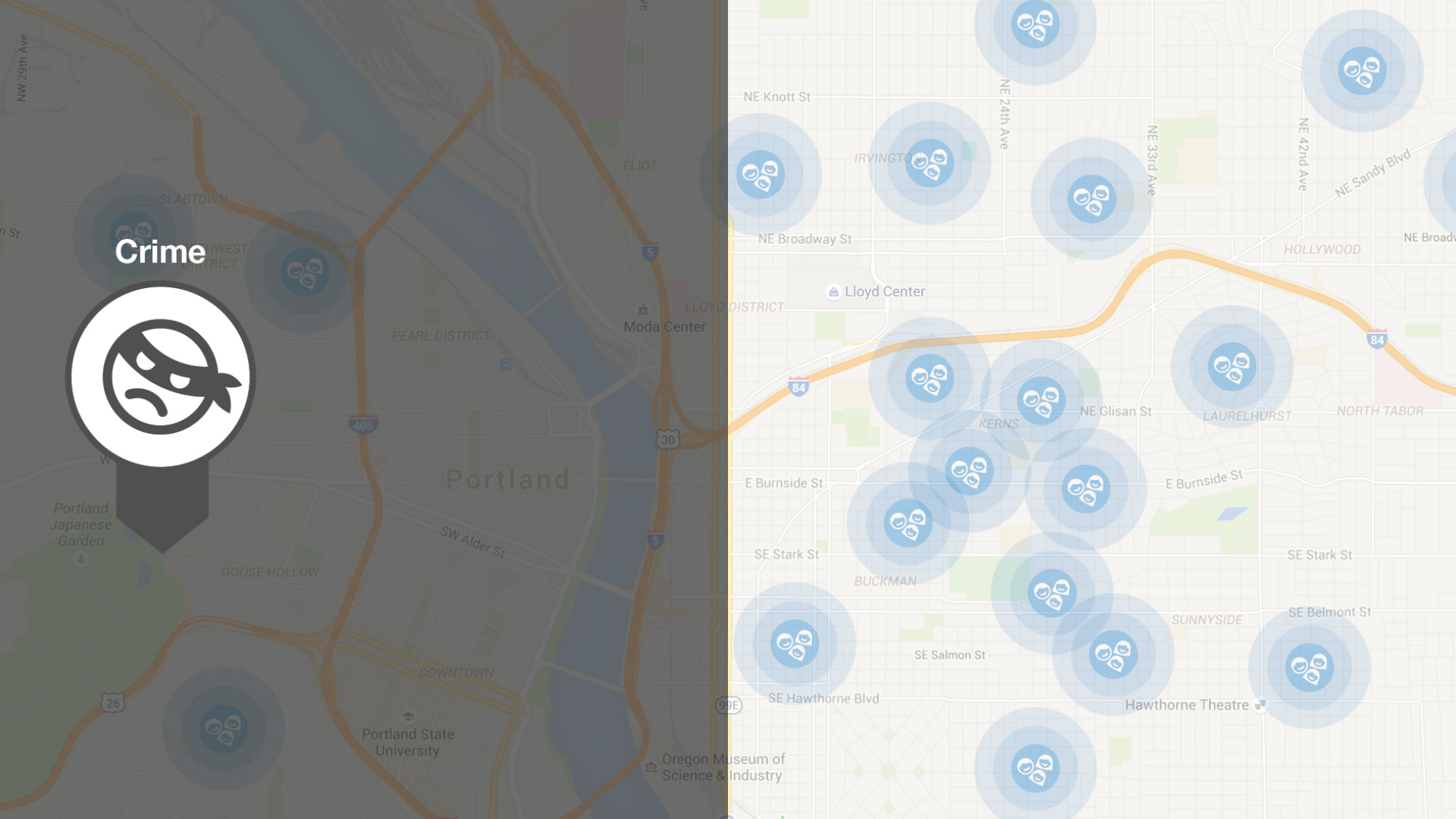








# Crime



Portland

Portland State University

Oregon Museum of Science & Industry

Lloyd Center

Hawthorne Theatre

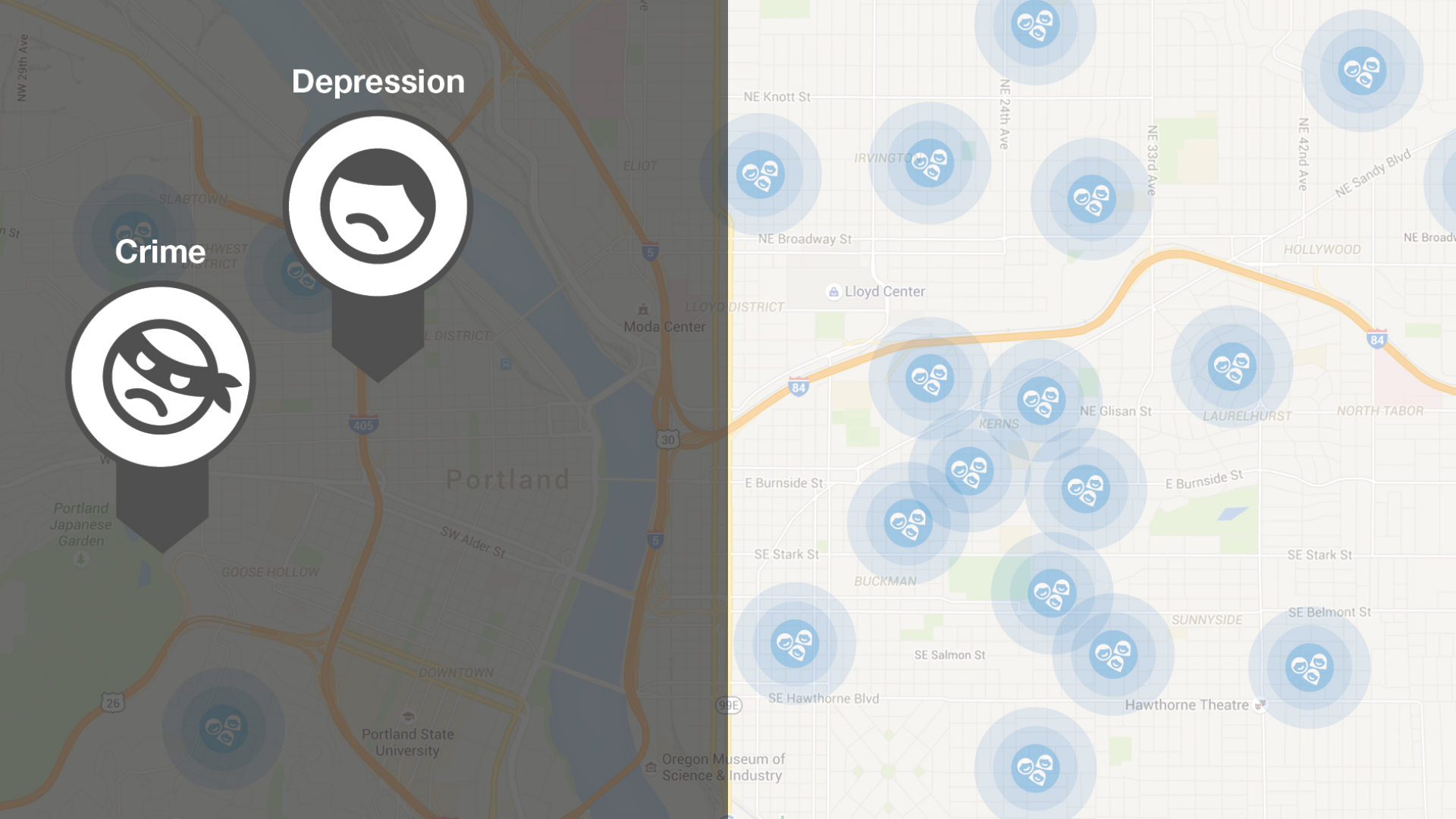
Moda Center

Portland Japanese Garden

# Depression



# Crime





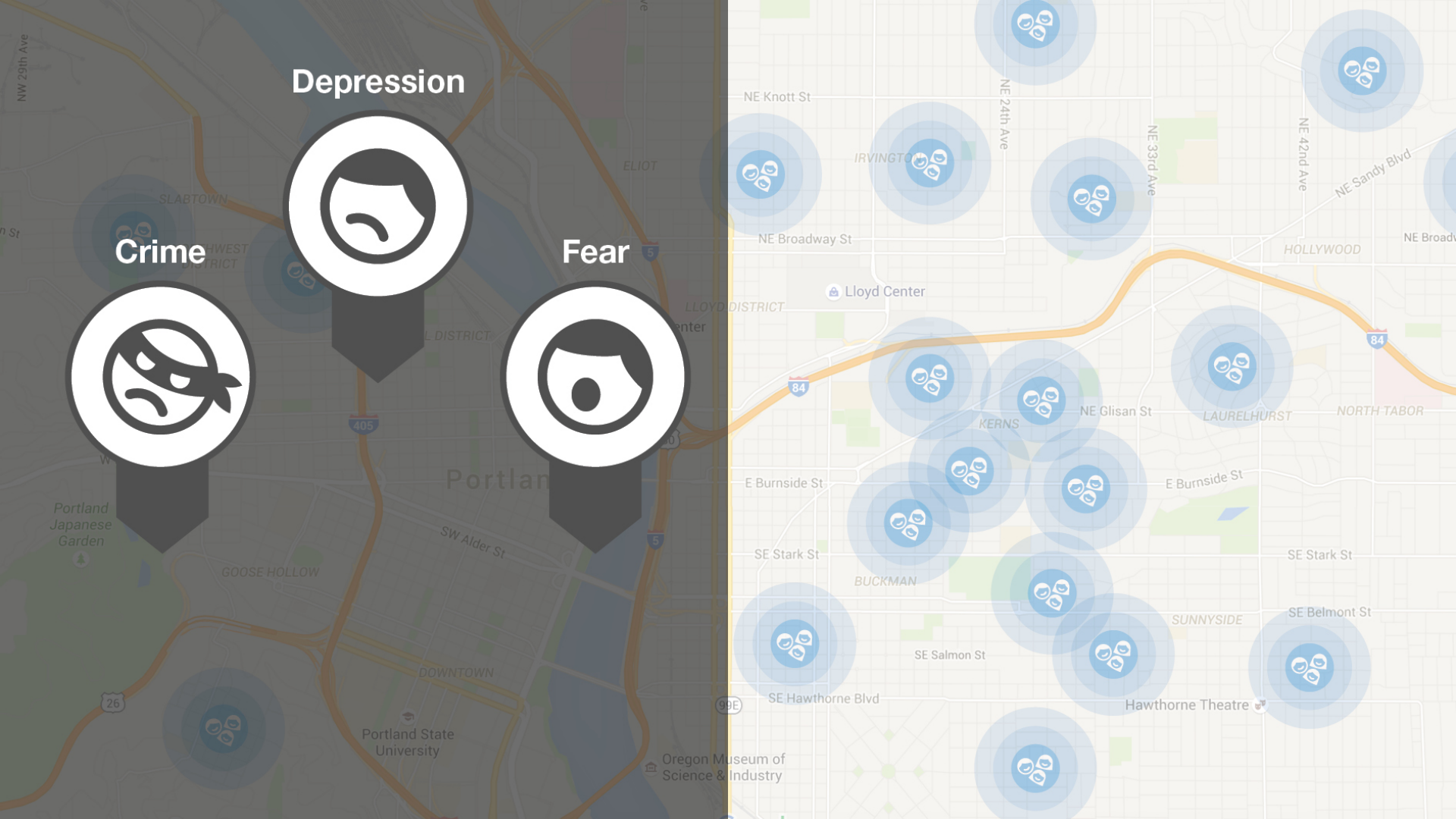
Depression



Crime



Fear



Depression



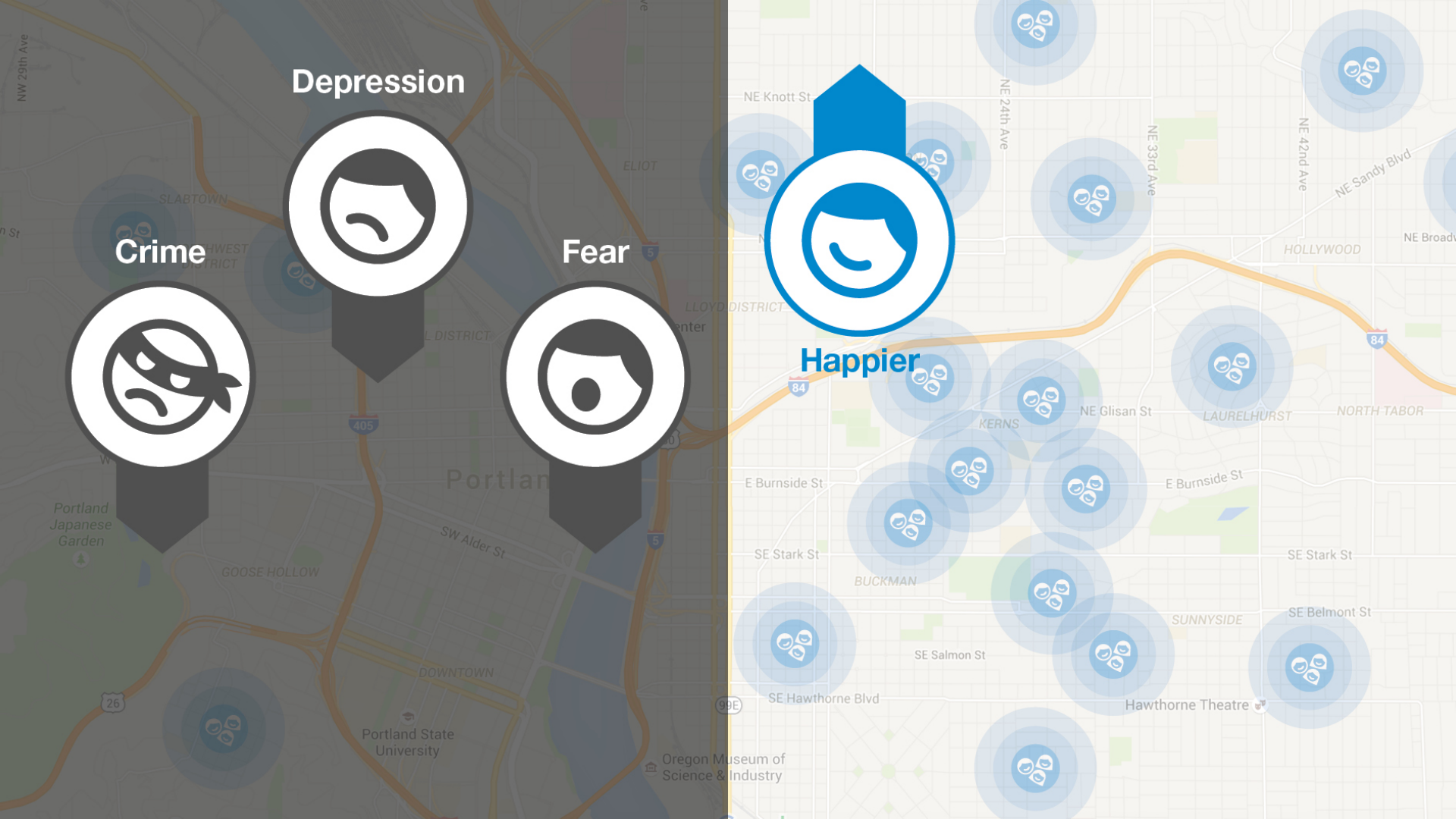
Crime



Fear



Happier





Depression



Crime



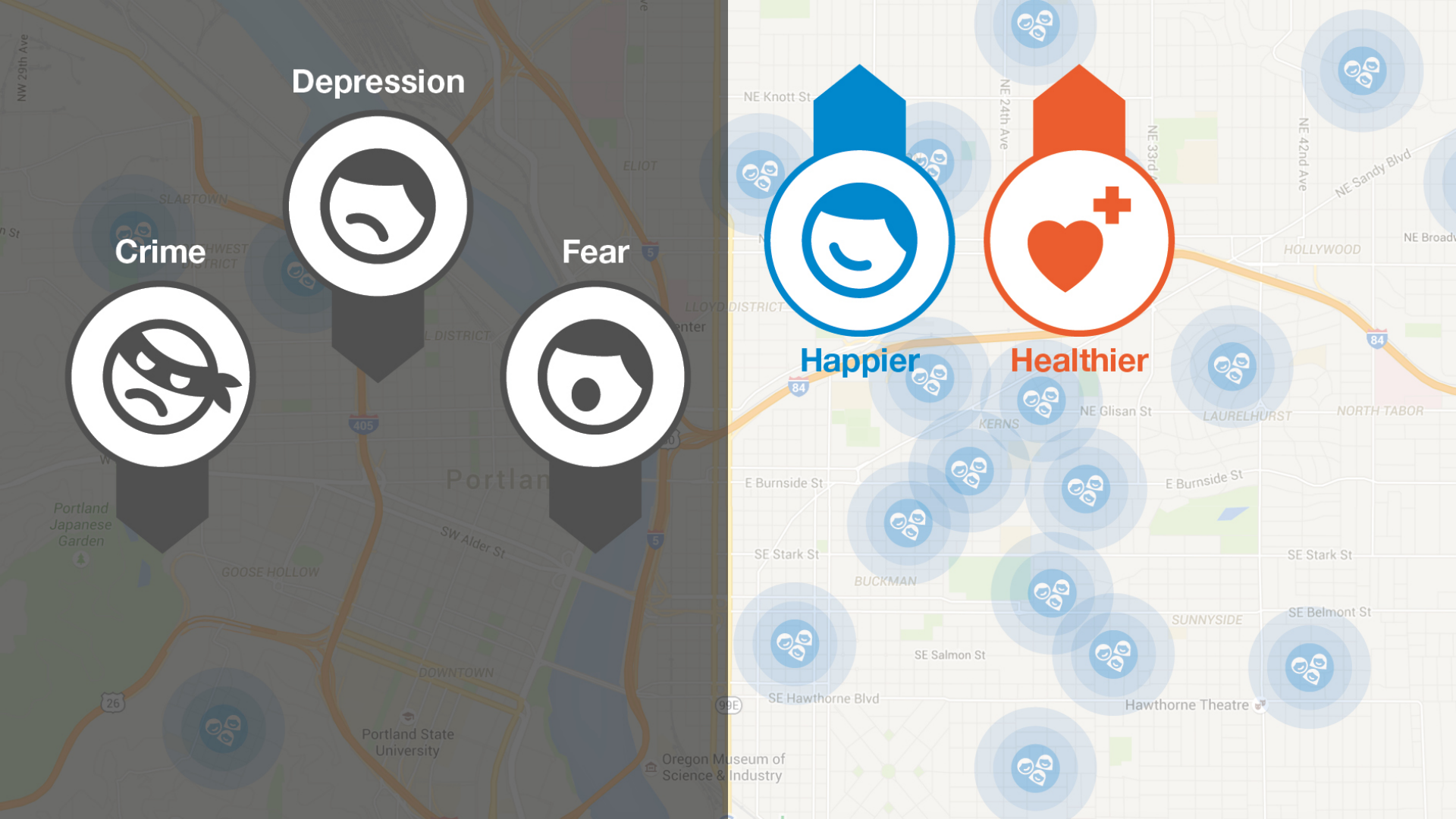
Fear



Happier



Healthier



Depression



Crime



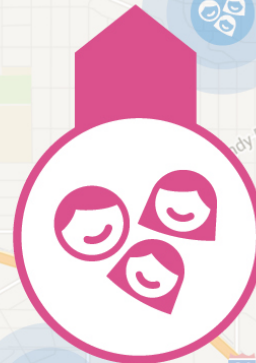
Fear



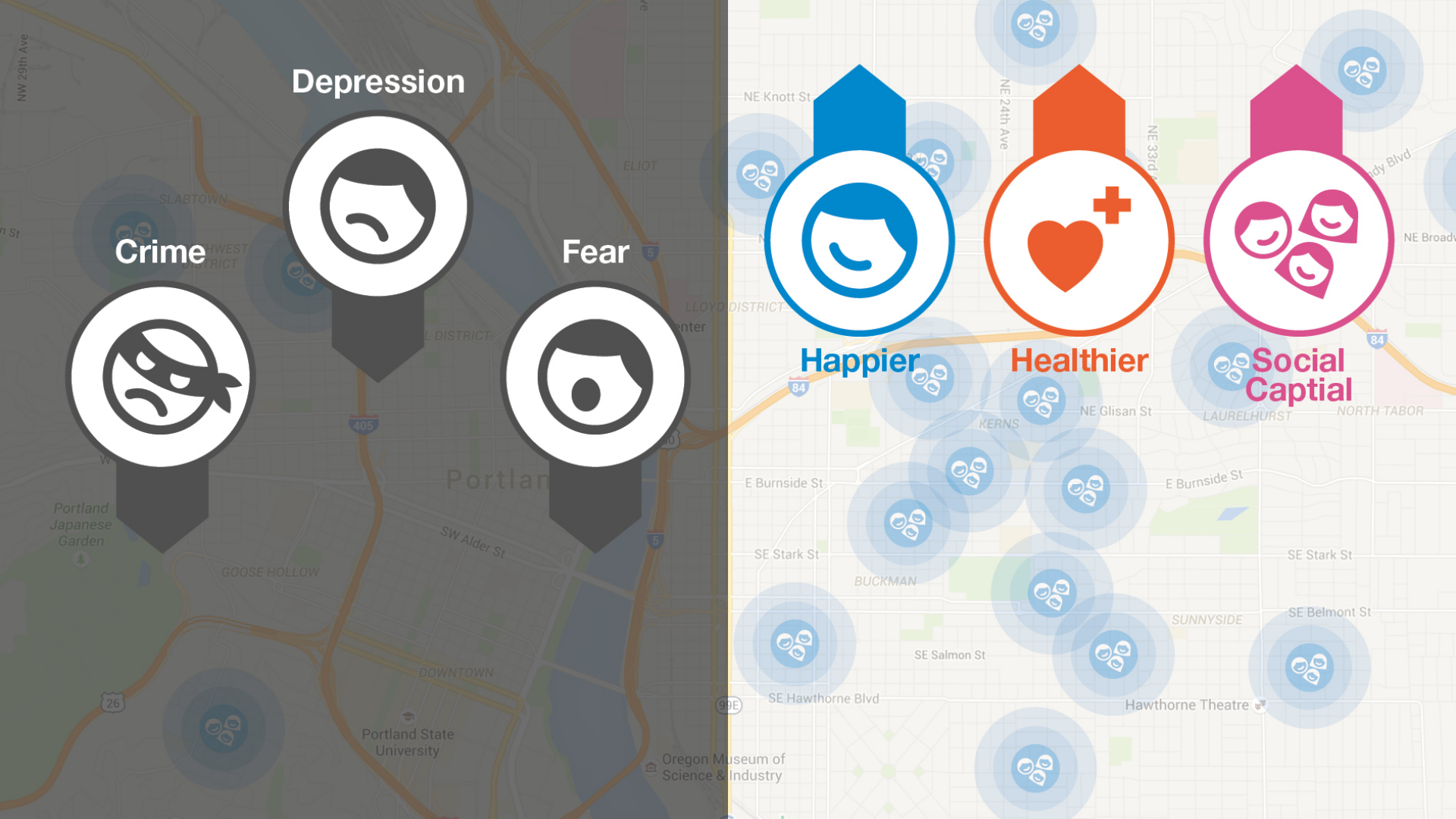
Happier



Healthier



Social Capital





Depression



Crime



Fear



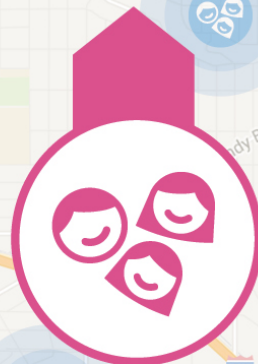
Happier



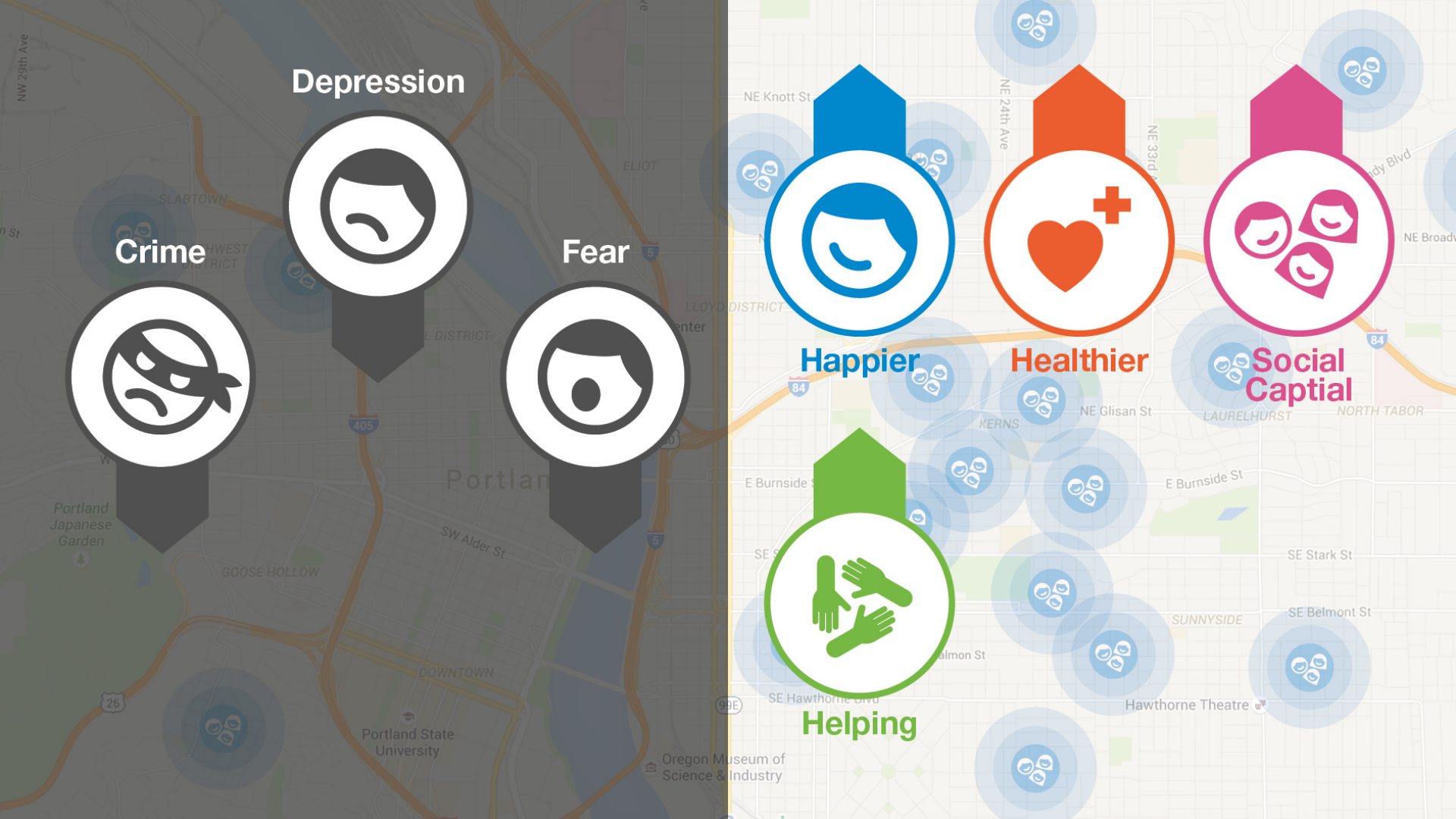
Healthier



Social Capital



Helping



Depression



Crime



Fear



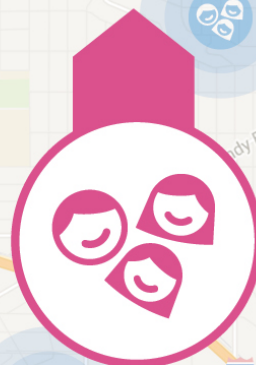
Happier



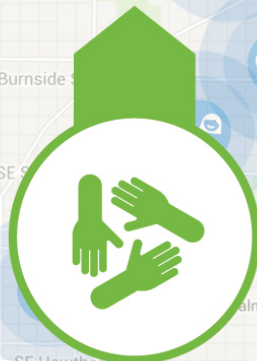
Healthier



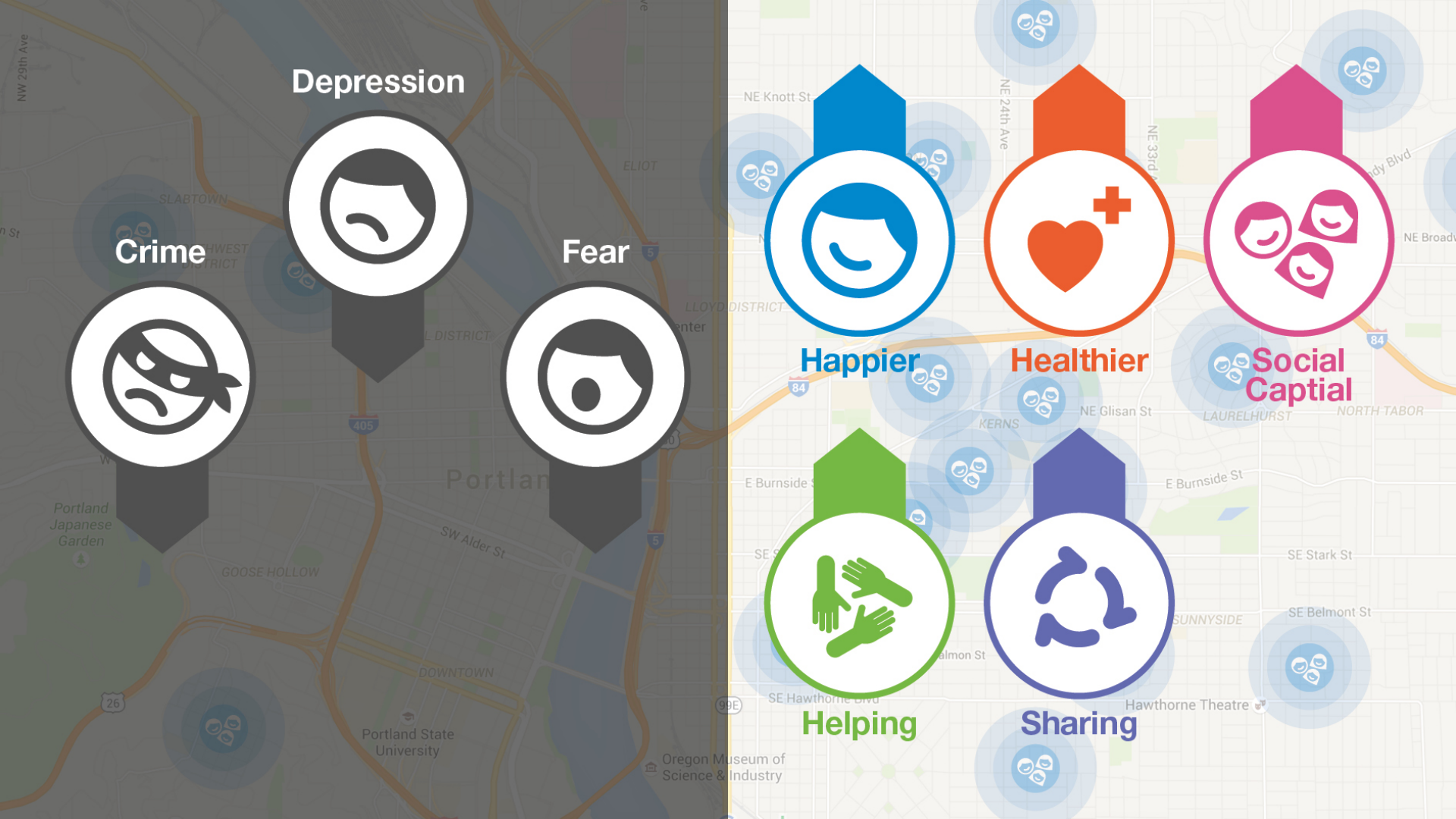
Social Capital



Helping



Sharing





Depression



Crime



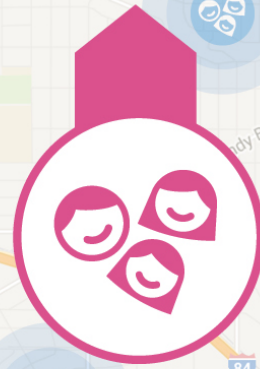
Fear



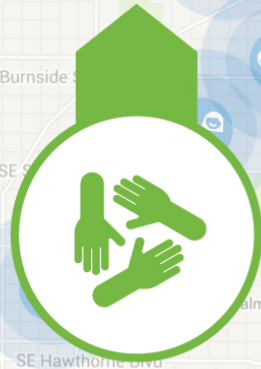
Happier



Healthier



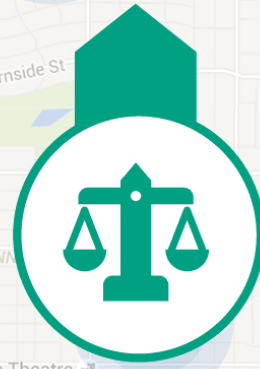
Social Capital



Helping



Sharing



Saving



Depression



Crime



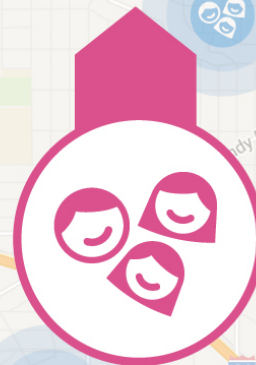
Fear



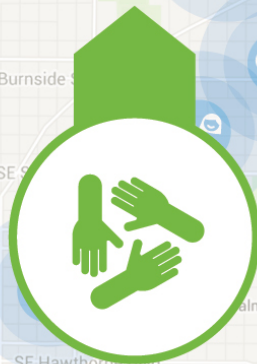
Happier



Healthier



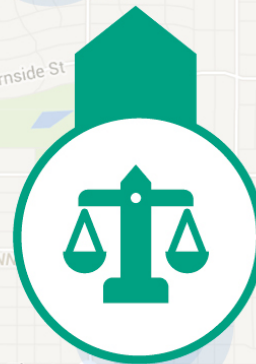
Social  
Capital



Helping



Sharing



Saving



Depression



Crime



Fear



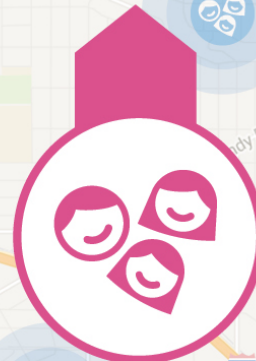
Commutes



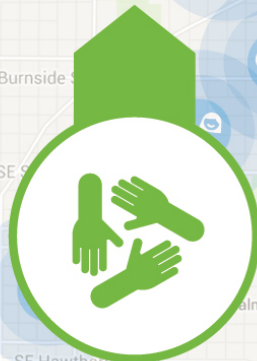
Happier



Healthier



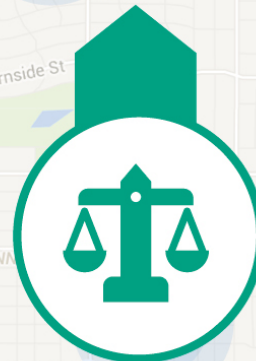
Social Capital



Helping



Sharing



Saving

# “Climate change adaptation strategy.”

Jan C. Semenza, PhD







Our challenge is not:

How can we get people from A to B?

But:

How can we build cities where people are happier, healthier and thriving?



# Happy City

The background features a series of overlapping, semi-circular arches. Each arch is filled with a light blue brick pattern, creating a sense of depth and architectural structure against the solid blue background.

# Thank you!

Marten Sims

[thehappycity.com](http://thehappycity.com) @thehappycity