

Planing healthier cities

Opinion

Increasingly, public health issues must be duly considered in spatial planning and city management policies. The need to provide for ample green spaces and spaces for collective use is one of the essential requirements for obtaining an adequate urban environment, which guarantees a healthy life for its citizens. The concept of urban environment, however, is more comprehensive because it requires measures to reduce the outbreaks of urban pollution, limiting, for example, the exercise of some polluting or noisy activities in the city or limiting car use in certain periods, encouraging the circulation and use of public transport and smooth mobility means. To make the city healthy it is also necessary to plan and execute laser spaces, valuing the public space as a space of fruition by the population, providing for the existence of equipment, namely sport's equipments, or creating pedestrian circuits and cycling.

Territorial plans must also comply with the principle of preventive removal, relocating industries from the city centers to more suitable places. Those plans must also comply with the principle of sustainability in its environmental dimension. Urban rehabilitation policies also lead to healthier cities by allowing the replacement

Volume 8 Issue 1 - 2019

Fernanda Paula Oliveira

University of Coimbra, Portugal

Correspondence: Fernanda Paula Oliveira, Professor of urban planning law of the, Faculty of Law of the University of Coimbra, Portugal, Email fpaula@fd.uc.pt

Received: February 16, 2019 | **Published:** February 19, 2019

of obsolete and unhealthy buildings, by buildings that are more functionally adapted to the new demands of life and more conducive to public health. Only by complying with these various requirements can cities become spaces of healthy coexistence and human well-being, and one can properly speak of the existence of healthy cities.

Acknowledgments

None.

Conflicts of interest

Author declares that there is no conflicts of interest.