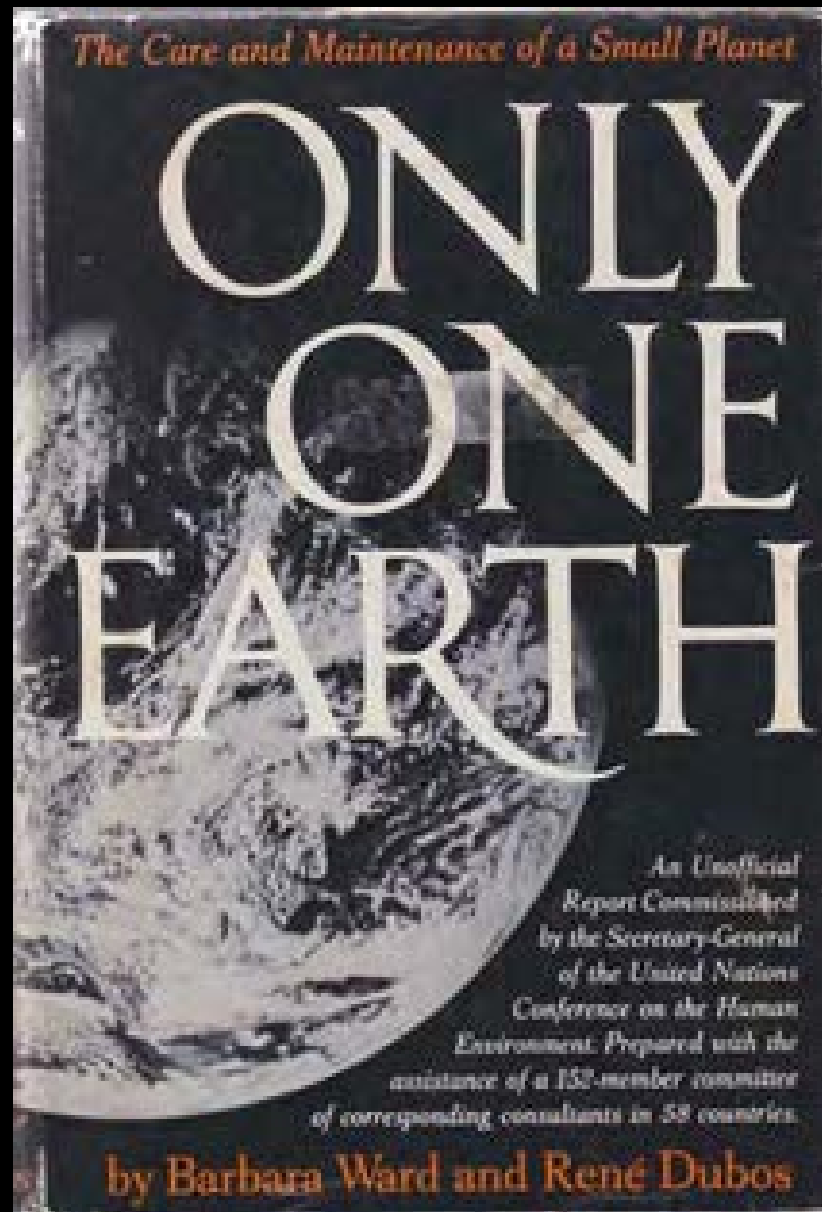


BOBMK Webinar 21 April 2026

Landscape Led Health Creation

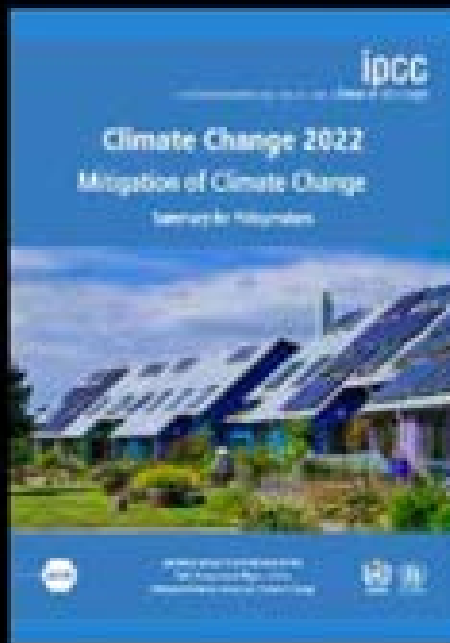
Luke Engleback CMLI FRSA
Founder/Director Studio Engleback

www.studioengleback.com



1972

2030



Climate



Biodiversity



Equity

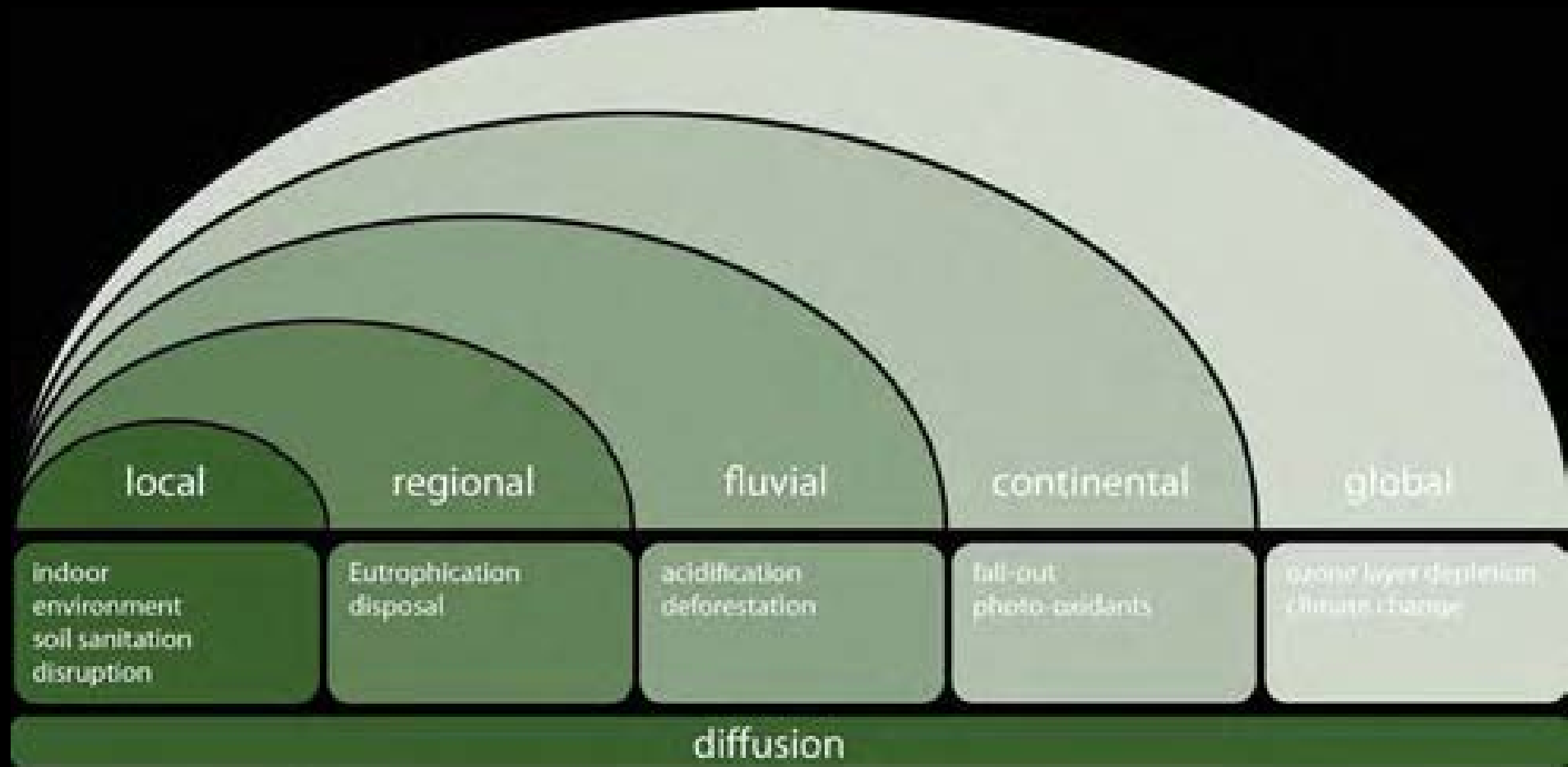
Landscape Led Planning starts with evidence...

SIMPLIFIED PROCESS MAP FOR THE LANDSCAPE-LED DESIGN APPROACH APPLICABLE TO MOST DEVELOPMENTS



image: The South Downs National Park, whose Local Plan (2019) is 'Landscape Led'

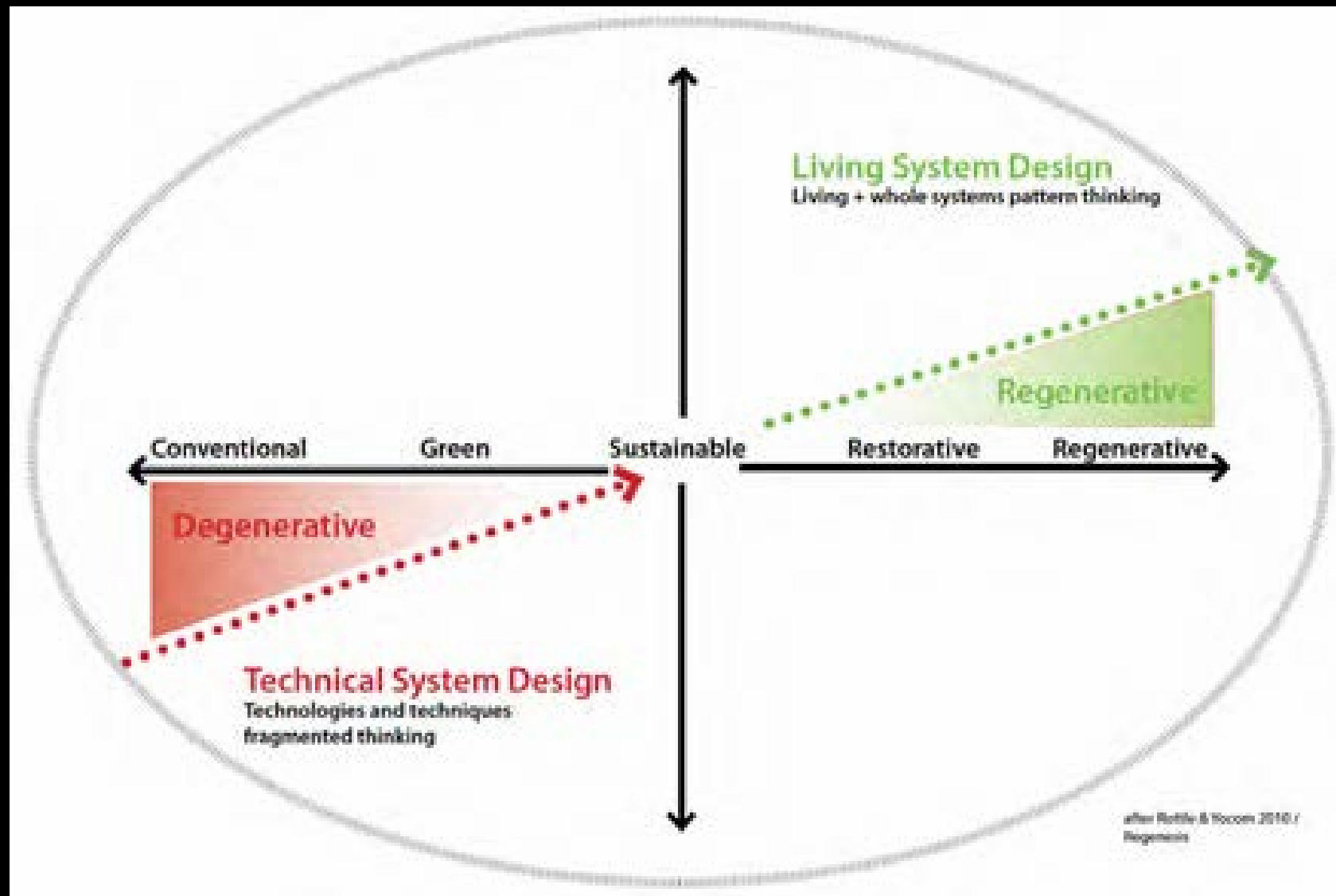
The Cumulative effect of actions

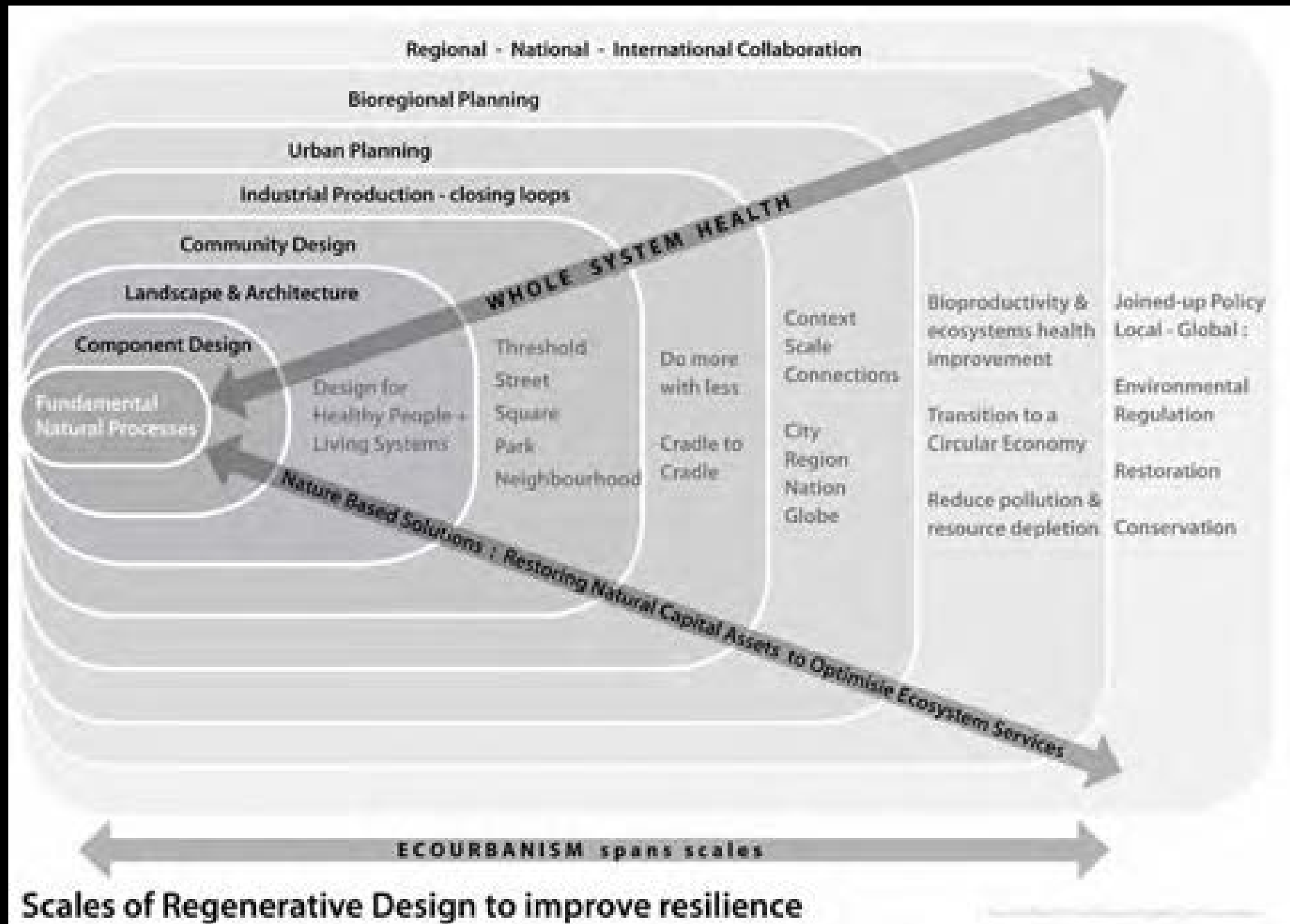


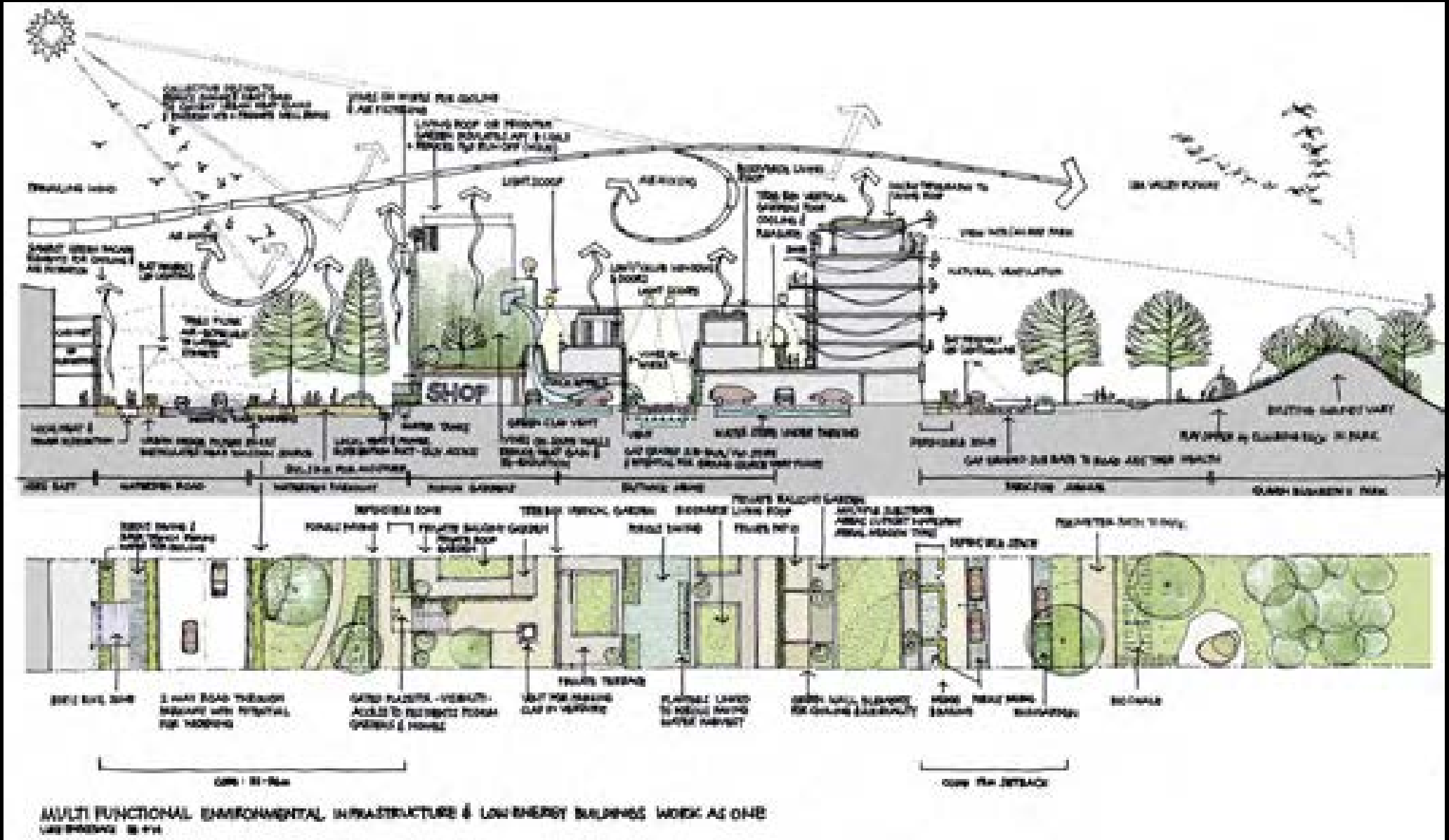
source: Galley and Christie (1992: 191, Fig. 8.2)
graphic: studioengleback

Solutions begin at the small scale, but they need coordination and vision to be effective

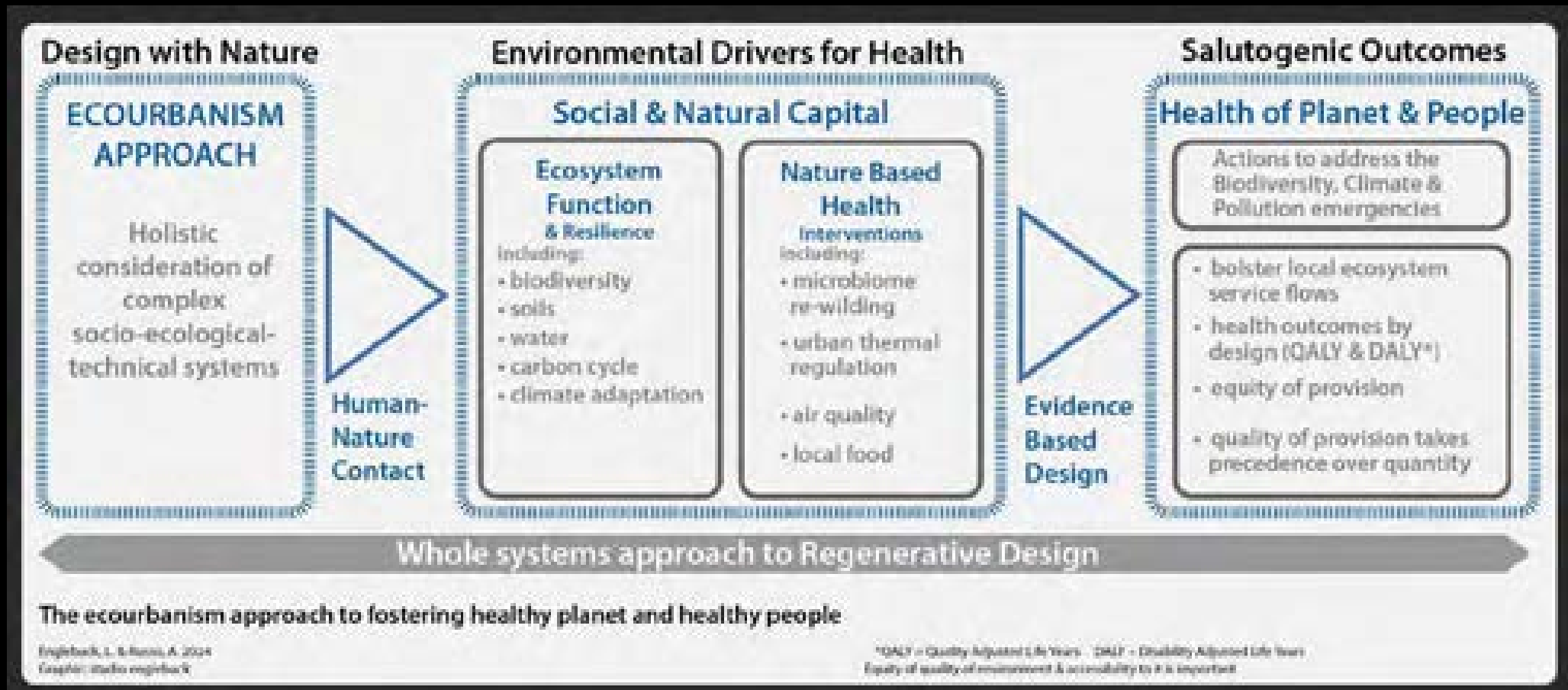
Regenerative Design







Landscape-Led Ecurbansim Approach & Health



graphic: studio engleback

UK Climate Change
Risk Assessment 2017

Health

Health is a state of complete physical, mental & social well-being & not merely the absence of disease or infirmity.

Governments have a responsibility for the health of their peoples which can be fulfilled only by the provision of adequate health and social measures.

WHO Constitution signed 22 July 1946



Well-being

is a positive state experienced by individuals & societies

a resource for daily life determined by
social, economic & environmental conditions

a society's well-being is determined by extent of its:

- resilience,
- capacity for action,
- preparedness to transcend challenges

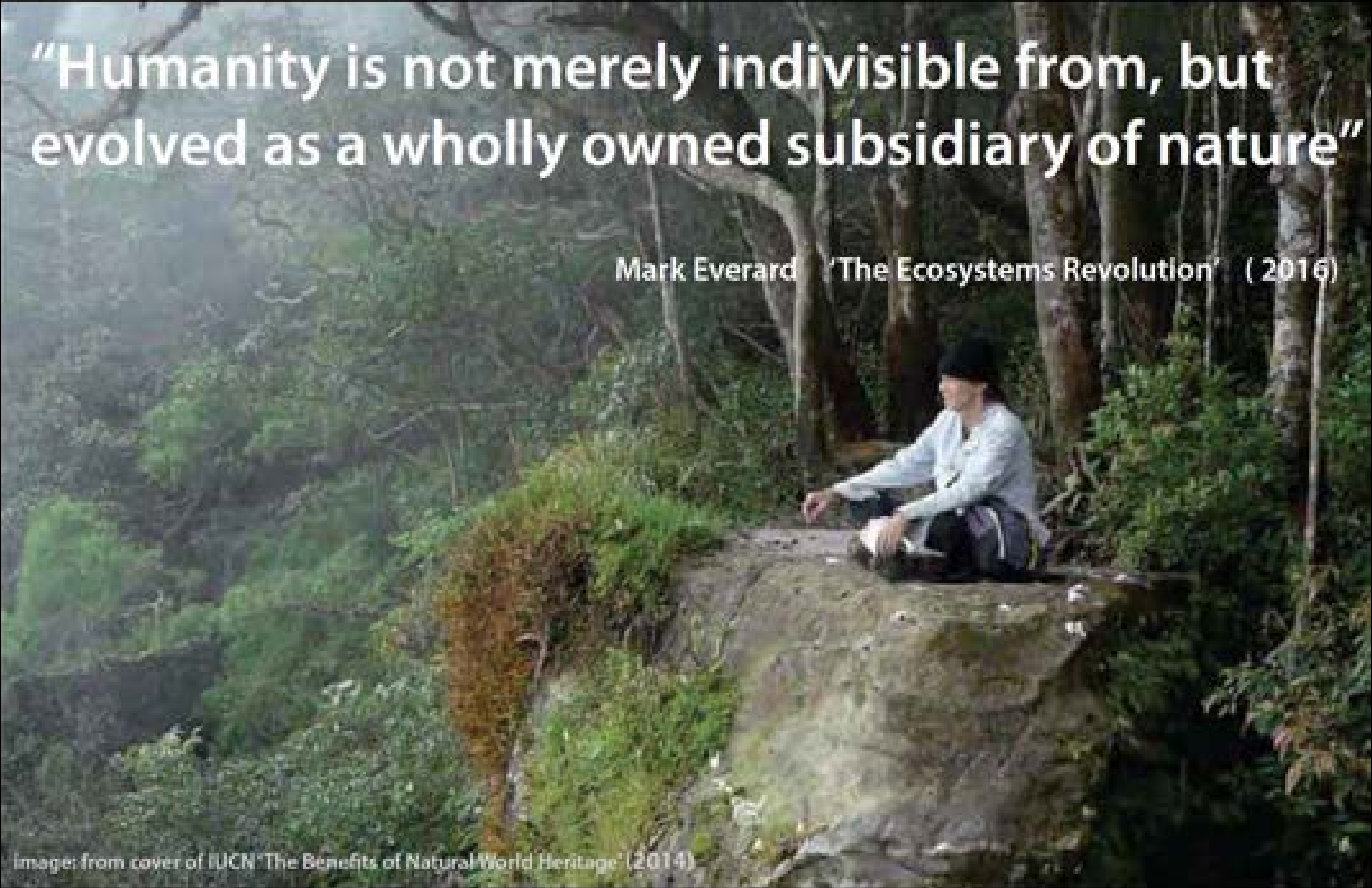


Healthcare spending is no guarantee of success

- Global Healthcare sector - 10% of global economic output
- Global prescription pharma worth >\$1.5 trillion by 2026
- The USA has greatest per capita spending on healthcare
 - but ranks 35th on global table of healthiness
- The UK ranks 19th , Spain is 1st
- Quality of Life & nutrition play a major role in health outcomes in best performing countries

Concerns about over-medicalisation



A photograph of a person sitting cross-legged on a large, moss-covered rock in a dense forest. The person is wearing a light blue long-sleeved shirt and dark pants. The forest is lush with green foliage and tall trees, with a misty or foggy atmosphere in the background.

“Humanity is not merely indivisible from, but evolved as a wholly owned subsidiary of nature”

Mark Everard ‘The Ecosystems Revolution’ (2016)

Image: from cover of IUCN ‘The Benefits of Natural World Heritage’ (2014)

Environment affects human health & wellbeing directly & indirectly at every scale



source: The Economics of Biodiversity - The Dasoupa Review (2019)

Non Communicable Diseases

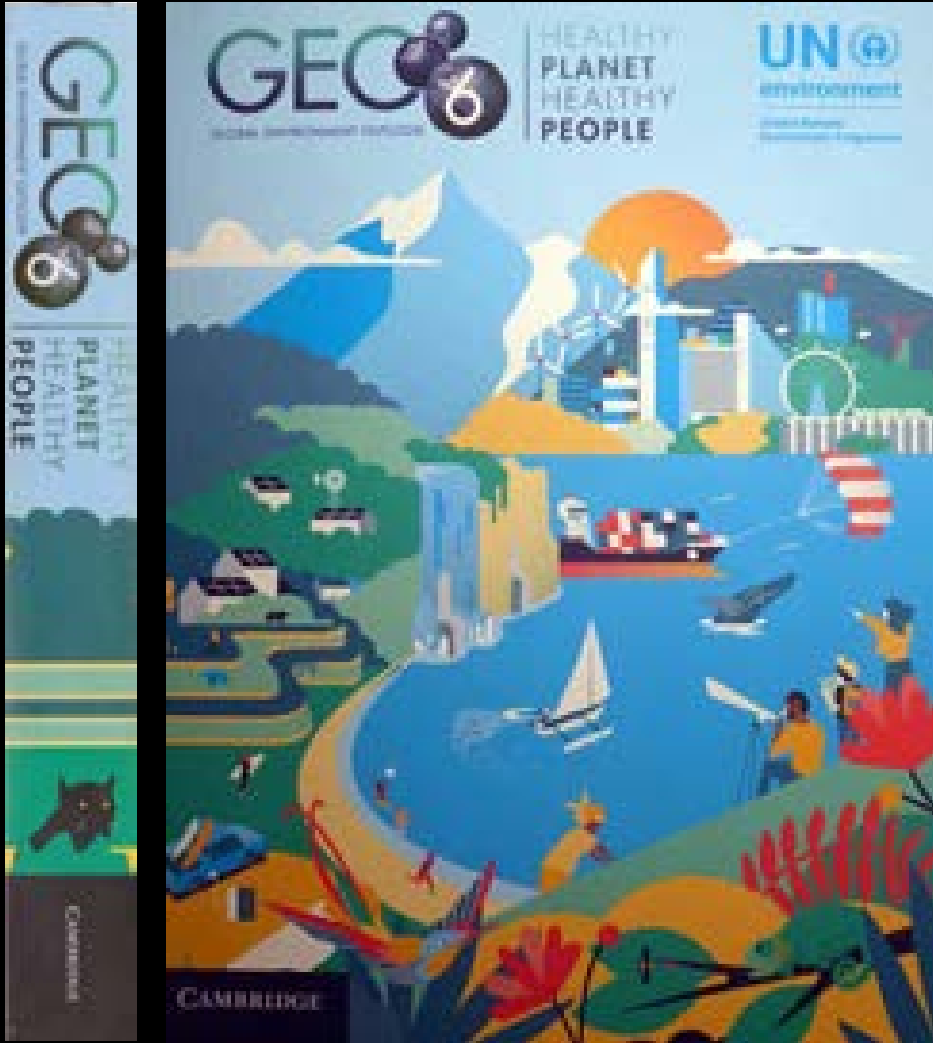
- Kill 41 million people a year - 74% of deaths globally
- Longterm illness is a drag on productivity
- 70% of NCD burden driven by the urban condition
- 55% of humanity live in urban areas at present

2030 UN Sustainable Development Goals



The UN 2030 Agenda: 17 Goals, 169 STG Targets, 232 unique indicators
Currently we are NOT on target...10 years to go

Macro Scale: **Healthy Planet, Healthy People**



“ A healthy planet is important for the health and wellbeing of all people”

Preface to Healthy Planet,Healthy People,
The UN Global Environment Outlook (10/2019)

Damaging the planet damages human health



The Rockefeller Foundation-Lancet Commission on Planetary Health, The Lancet 14.11.2015

These environmental threats could also exacerbate each other..

Climate change risks to health

	Communities and settlements	Buildings	Health and social care system	Population health
Heatwaves	Heatwaves, urban heat island, air pollution	Overheating	Overheating risks to patients, social care, occupational risks, energy use	Heatwave risks to population, mortality, injury etc.
Floods	Flooded communities, resilience, relocation, blight/economic effects	Flood damage, damp, mould	Flood risks to NHS assets, service disruption	Flood impact on mental health, deaths and injuries
Drought	Risk to water supply, drought	Subsidence	Service disruption	Water supply failure, risks to public health
Cold	Risks from extreme weather	Damaged homes, cold homes	Service disruption	Cold risks to mortality and morbidity

Top 5 Risks to:

- Natural Capital loss
- Food production
- Water shortages
- Flooding
- Heat & Health



UK Climate Change Risk Assessment 2017

Climate Change risks to people & the built environment

graphic: studio engleback

UK Landscape Architects Declare



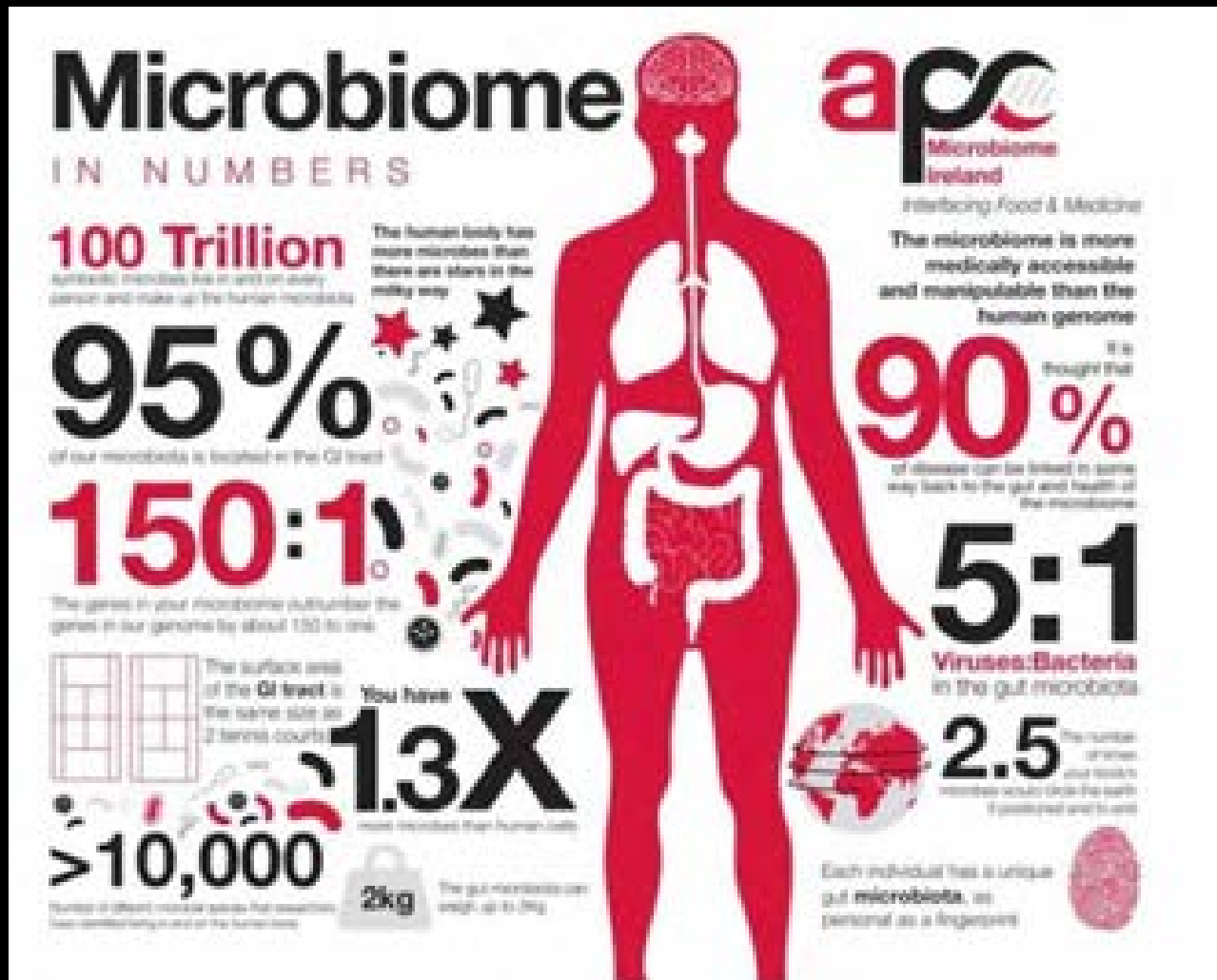
UK Landscape
Architects Declare
Climate &
Biodiversity
Emergency

*"We need to commission, plan & design landscapes, cities, infrastructure & buildings as **indivisible components** of a larger, constantly regenerating & **self-sustaining system** in balance with the natural world."*

<http://uk.landscapearchitectsdeclare.com>

studio engleback was a founder signatory in 2019

Micro Scale: The human microbiome



- Mostly established in first 10 years of life
- Early establishment of a diverse, balanced microbiome plays critical role in shaping long-term health

Microbiome Ireland - 20 years of research at University College Cork

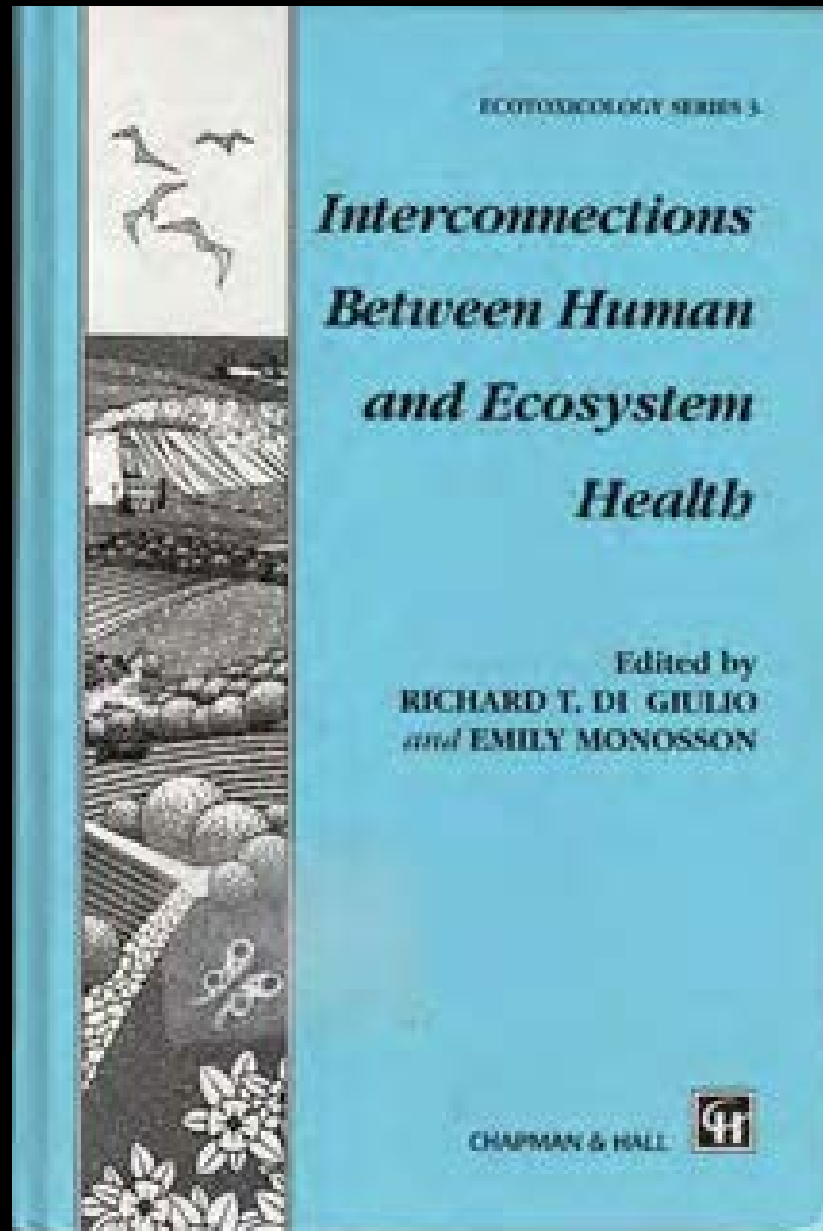
<https://www.ucc.ie>

The human exposome

We are more than our genes.

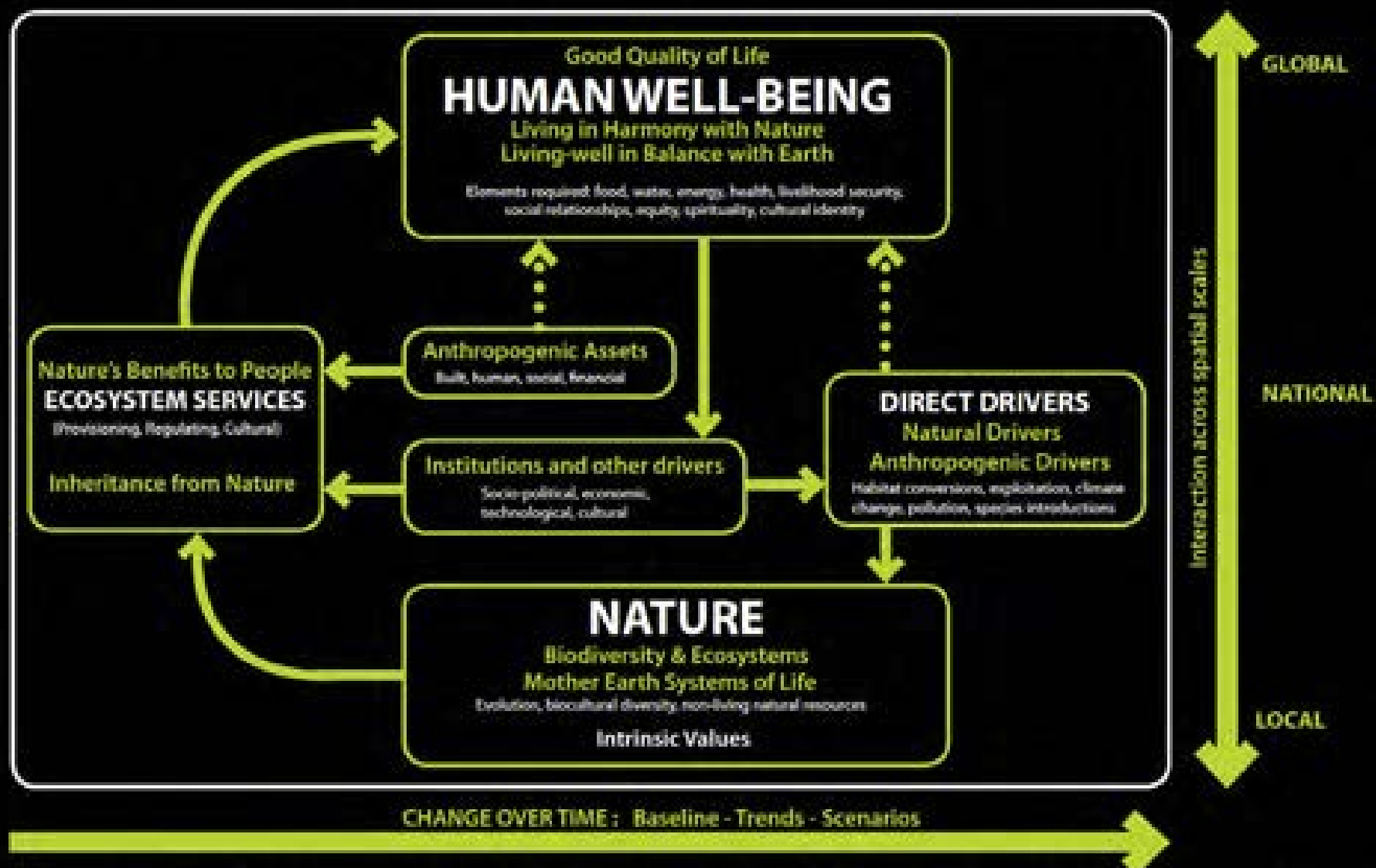
- The exposome is about non-genetic influences on health
- This includes inherent biophilia
- We encounter 'microbial old friends' when in contact with nature





Published 1996 - this book followed the first International symposium on Ecosystem Health & Medicine held in June 1994, Ottawa, Canada

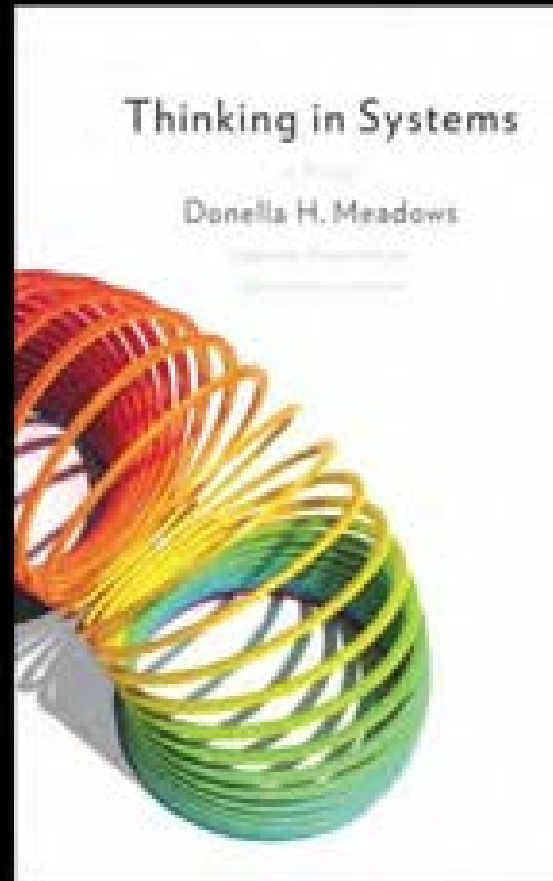
Nature & Human well-being relationships



Main elements & relationships linking biodiversity, ecosystem services, human well-being & sustainable development

Source: based on IPBES (2013, 2) Graphic: studioengleback

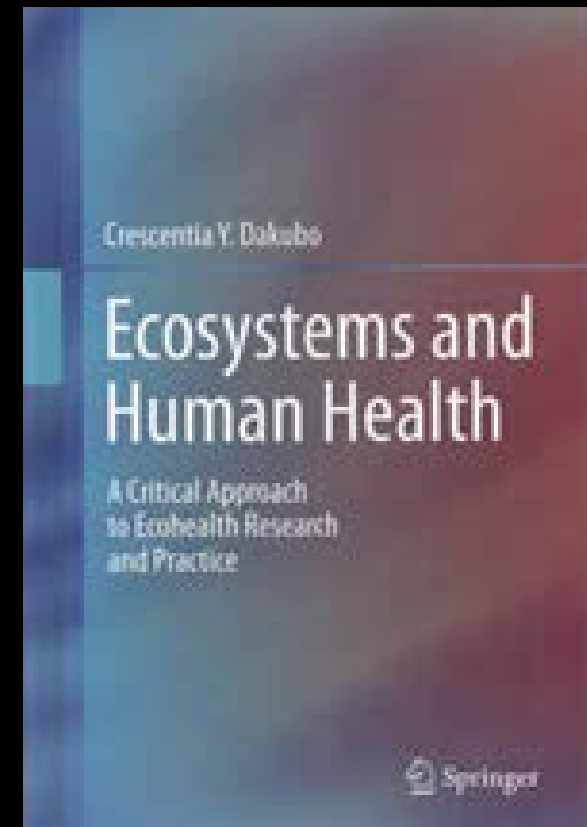
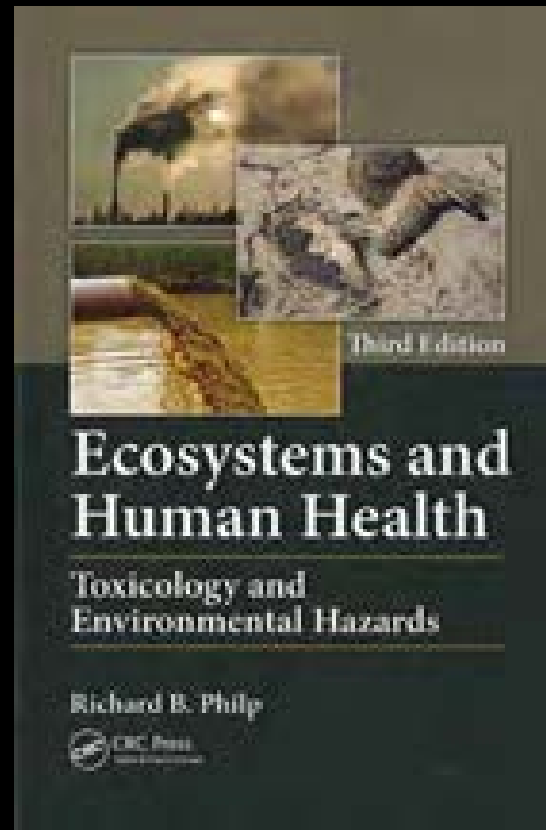
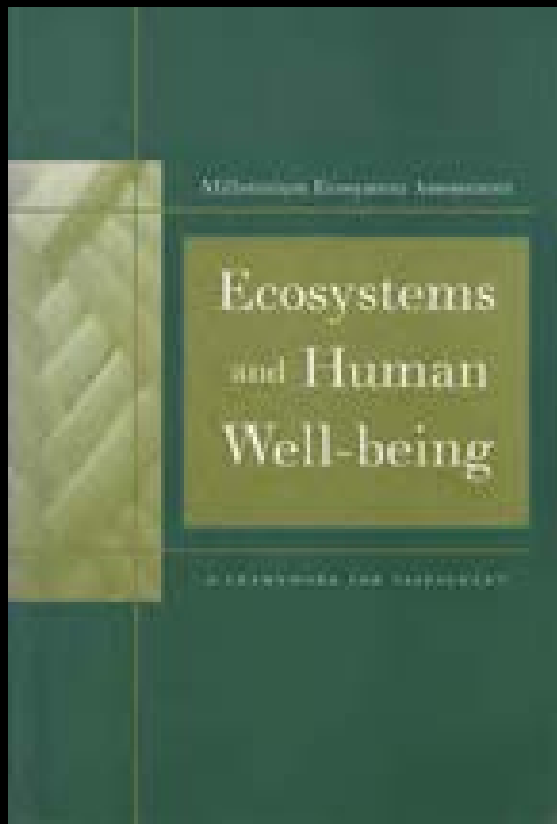
Thinking in systems



"Systems happen all at once. They are connected not just in one direction, but in many directions simultaneously."

Donella Meadows

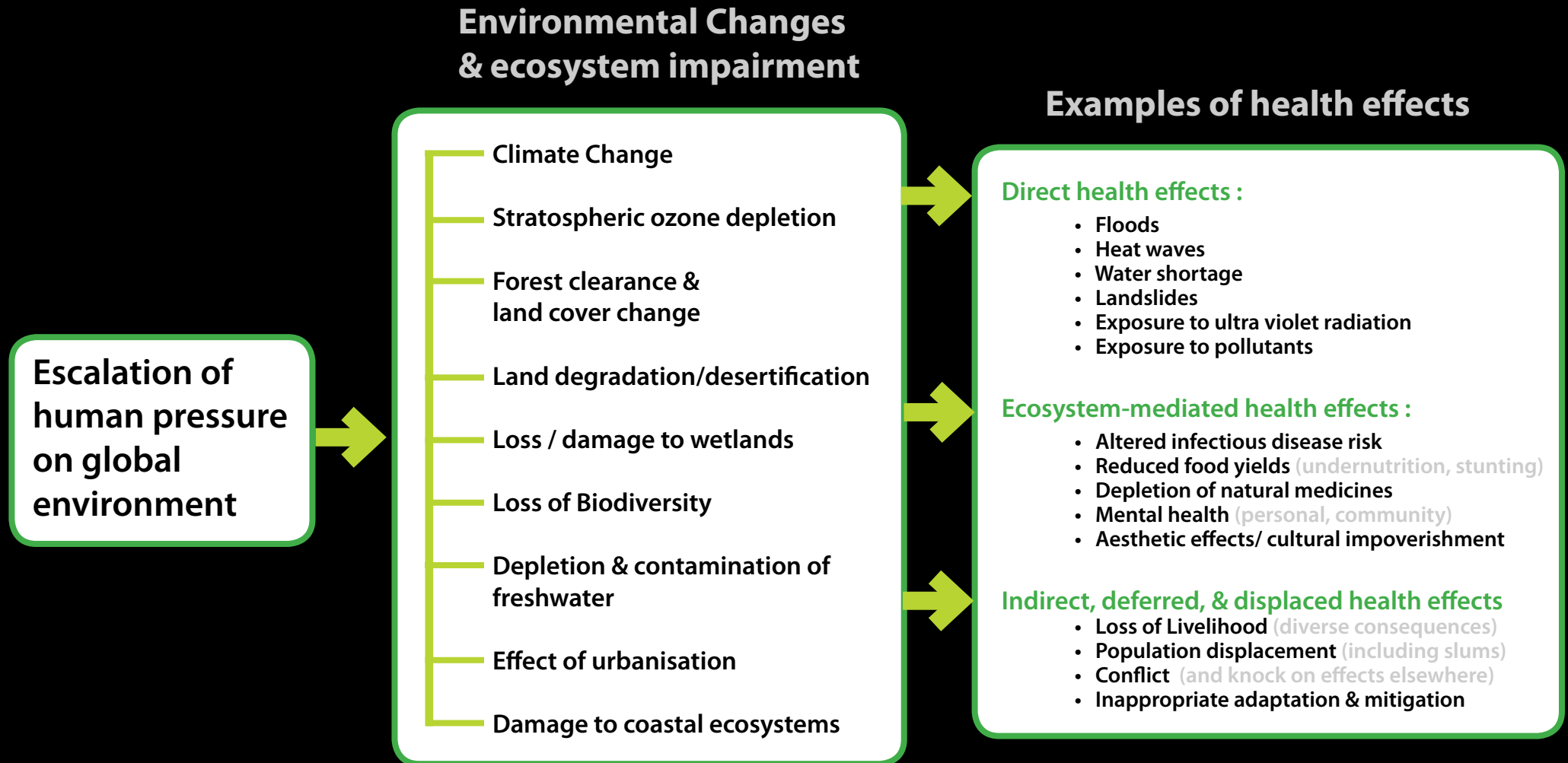
Ecosystems & Human Health



“ Many indigenous people across the world consider the health of the ‘country’ to be intricately linked to human health & community health & wellbeing”

Chapter 1 Ecosystems & Human Health - a critical approach to ecohealth research & practice (2011)

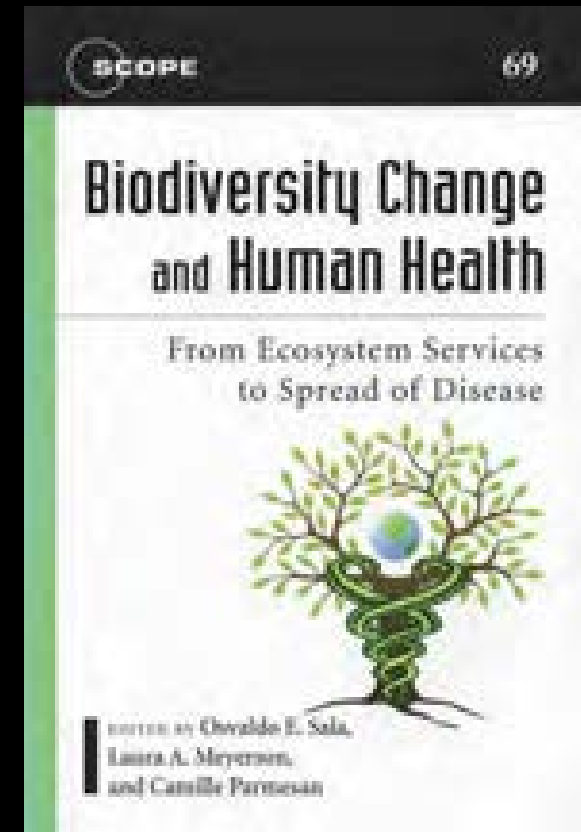
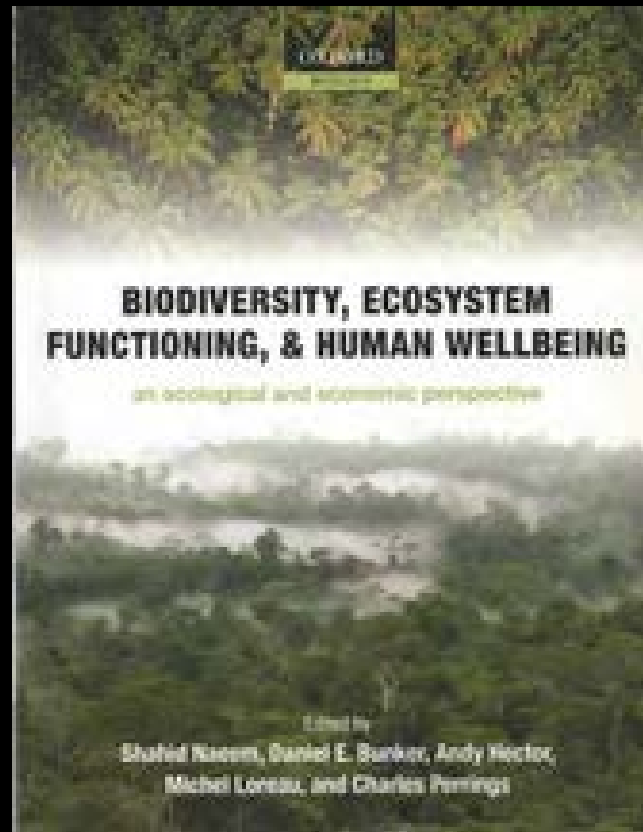
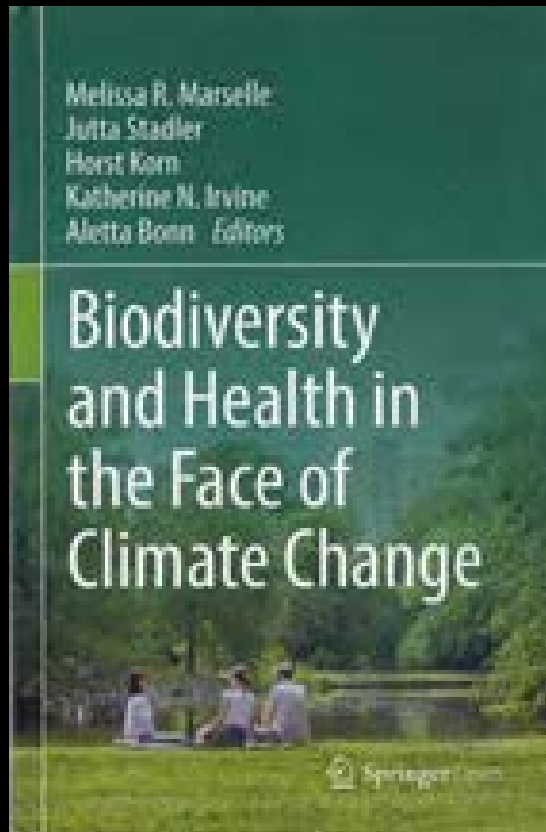
How harming ecosystems affects human health



Mechanisms by which the harmful effects of ecosystem changes can affect human health

source: UN Millennium Ecosystem Assessment, Graphic studioengleback

Biodiversity & Human Health



4 biodiversity drivers of human health:

- quality of life
- medicinal & genetic resources
- constraints on infectious diseases
- ecosystem services

(‘Biodiversity Change & Human Health’, 2009)

Biodiversity as the foundation for Human Health

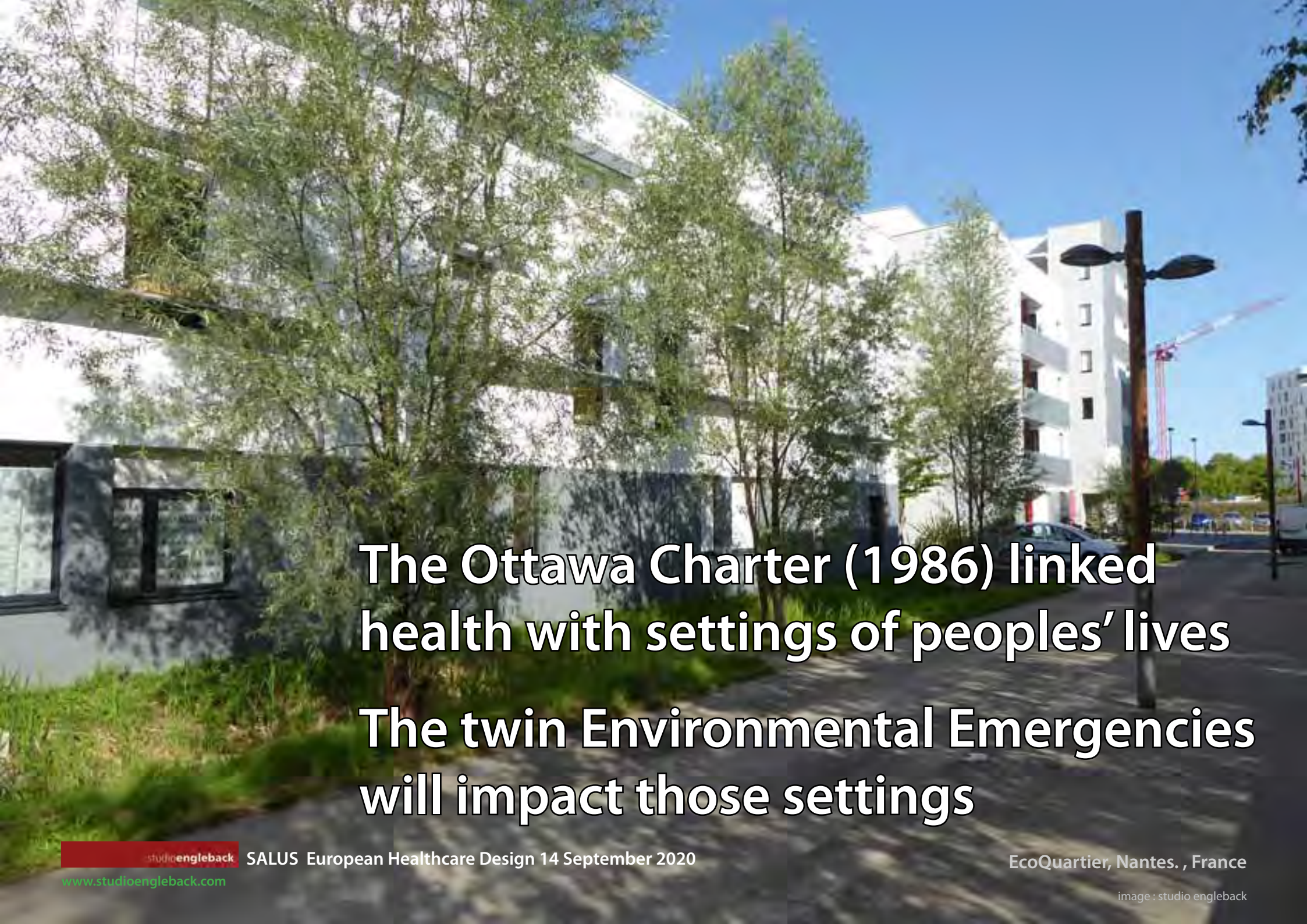


Resilience & functionality of biodiversity in ecosystems underpins health outcomes

It affects:

- Air quality
- Water quality
- Microbial biodiversity
- Nutrition
- Agricultural biodiversity
- Infectious diseases
- 'Natural' disaster risk
- Biomedical/pharmaceutical discovery
- Traditional medicines

World Health Organisation + Convention on Biological Diversity



**The Ottawa Charter (1986) linked
health with settings of peoples' lives**

**The twin Environmental Emergencies
will impact those settings**

Upstream healthcare investment



The Health Map (Barton & Grant)

Reducing the need for repairs in Hospital requires investment in where people live and work, especially in deprived areas

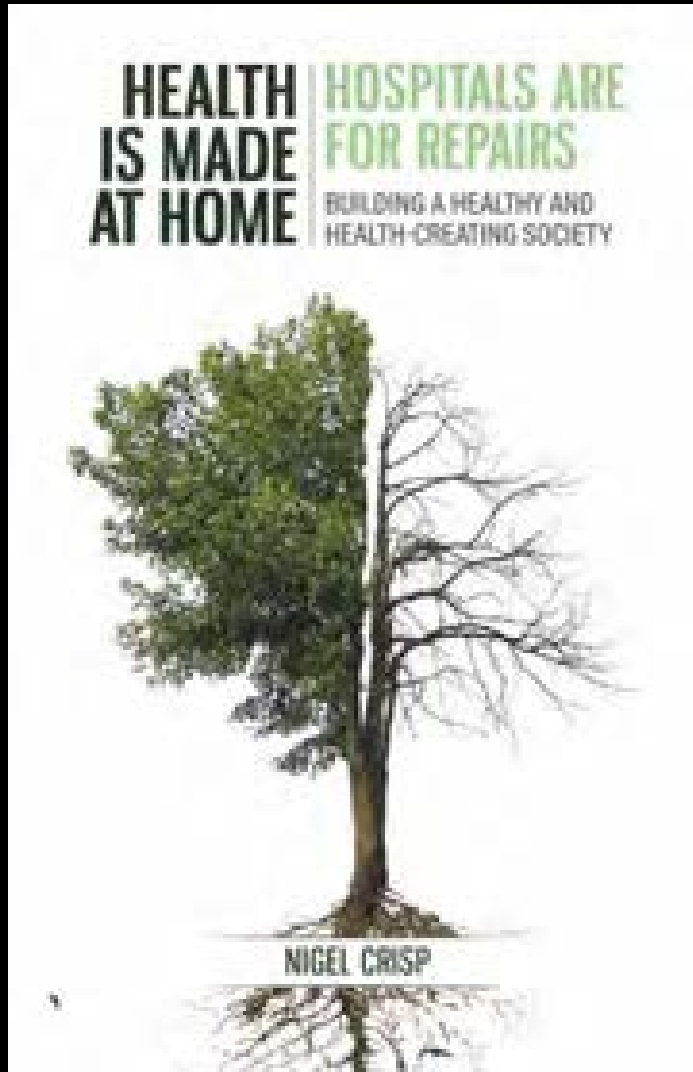
Environment and Health are interrelated and interconnected at Macro, Meso and Micro scales

Macro: The global ecosystem

Meso: The region - neighbourhoods

Micro: The home, office, street

Health is made at home, hospitals are for repairs

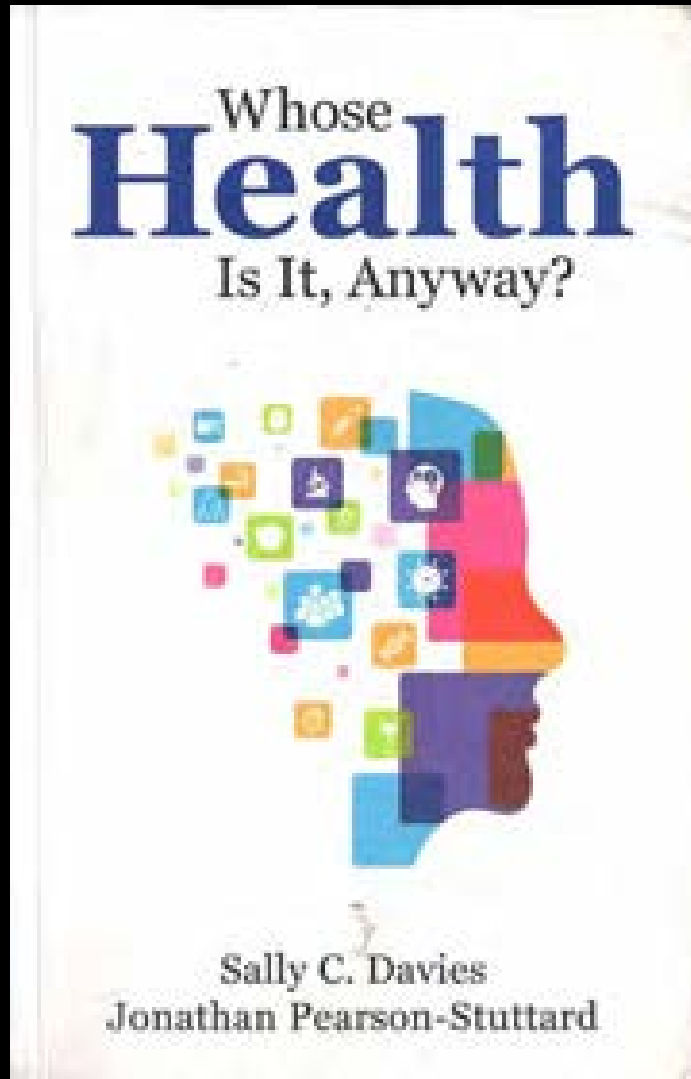


“Creating Health means providing the conditions in which people can be healthy & helping them to be so”

Nigel Crisp, former CEO of NHS England

Landscape Architects can play a key role as Good Health Creators

Total Health

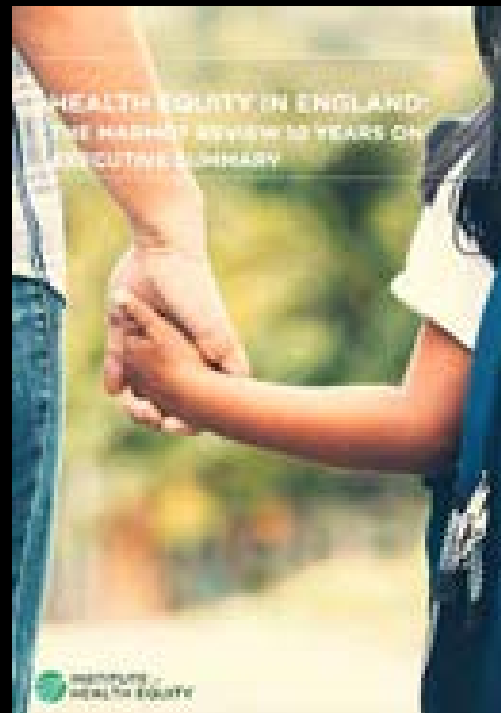
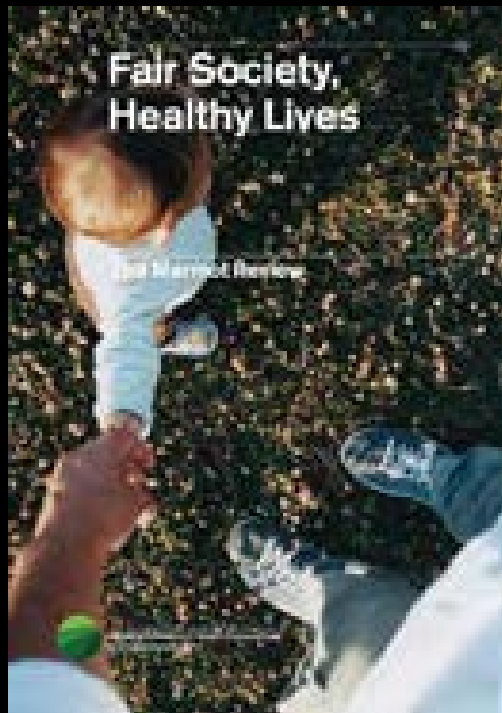


"Total health includes physical, mental and social health...

...& the underlying drivers that influence all those aspects of life"

Sally Davies former Chief Medical Officer

Health Inequality

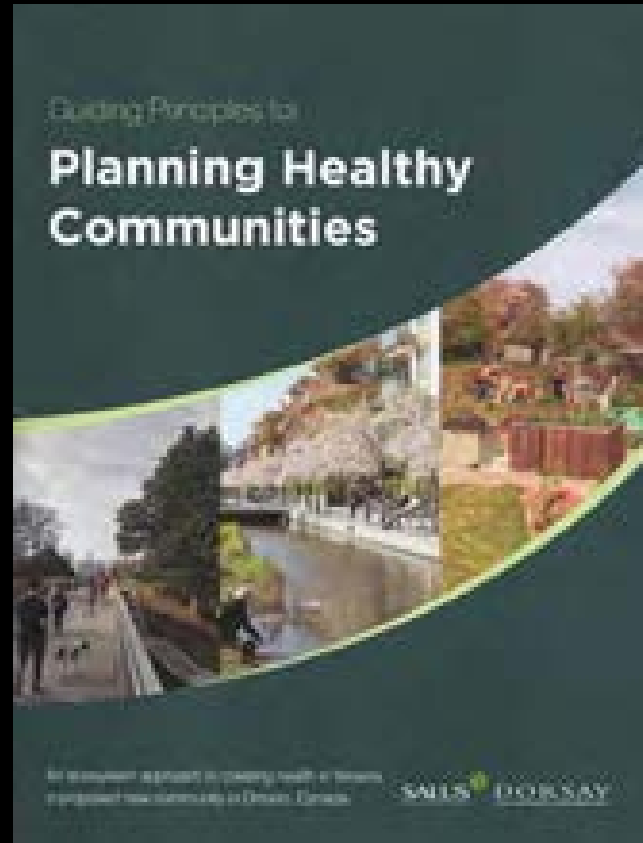
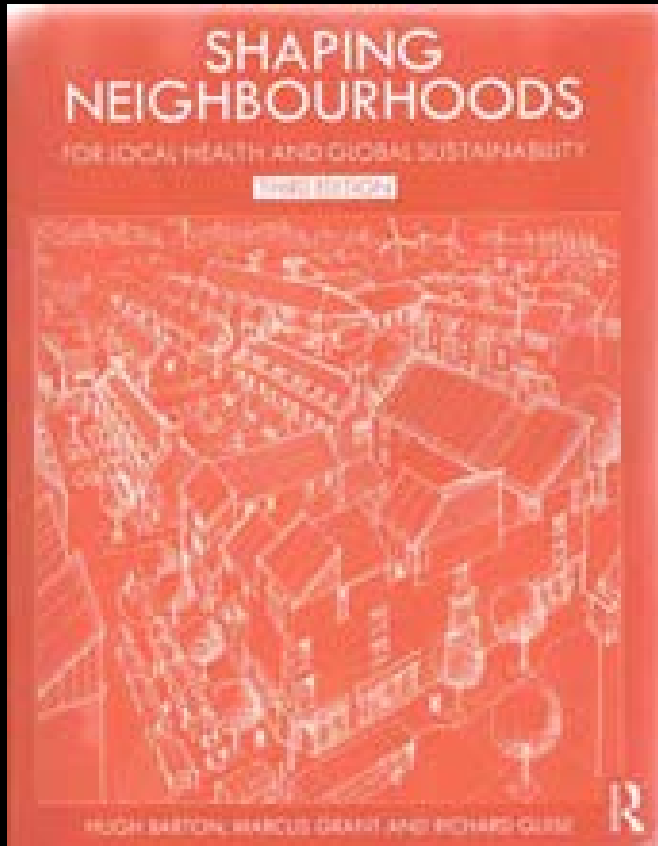


6 policy objectives:

- **Give every child the best start in life**
- Enable all children, young people and adults to maximise their capabilities and have control over their lives
- Create fair employment & good work for all
- Ensure a healthy standard of living for all
- **Create & develop healthy sustainable places and communities**
- **Strengthen impact of ill health prevention**

The Marmott Review 2010 + 10 years on

Address the Foundational Drivers of Health & Wellbeing



- health creation
- planetary health
- people identity & culture

Healthy City Generator

Launched 30 October 2024

30 Indicators of health

20 Urban Design Drivers of Health

- green coverage
- blue spaces
- green diversity
- green continuity
- urban landscape



<https://healthy-cities.com/healthy-cities-generator/>

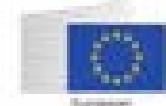


Diputació
Barcelona

UN HABITAT
FOR A BETTER URBAN FUTURE



World Health
Organization



European
Commission



Urban Mobility

Co-funded by the
European Union



Why are we still building like this?



Nature erased, excluded, siloed - not integrated & bolstered in the where we live

Why are we still doing conventional drainage?



Make space for water at the heart of places

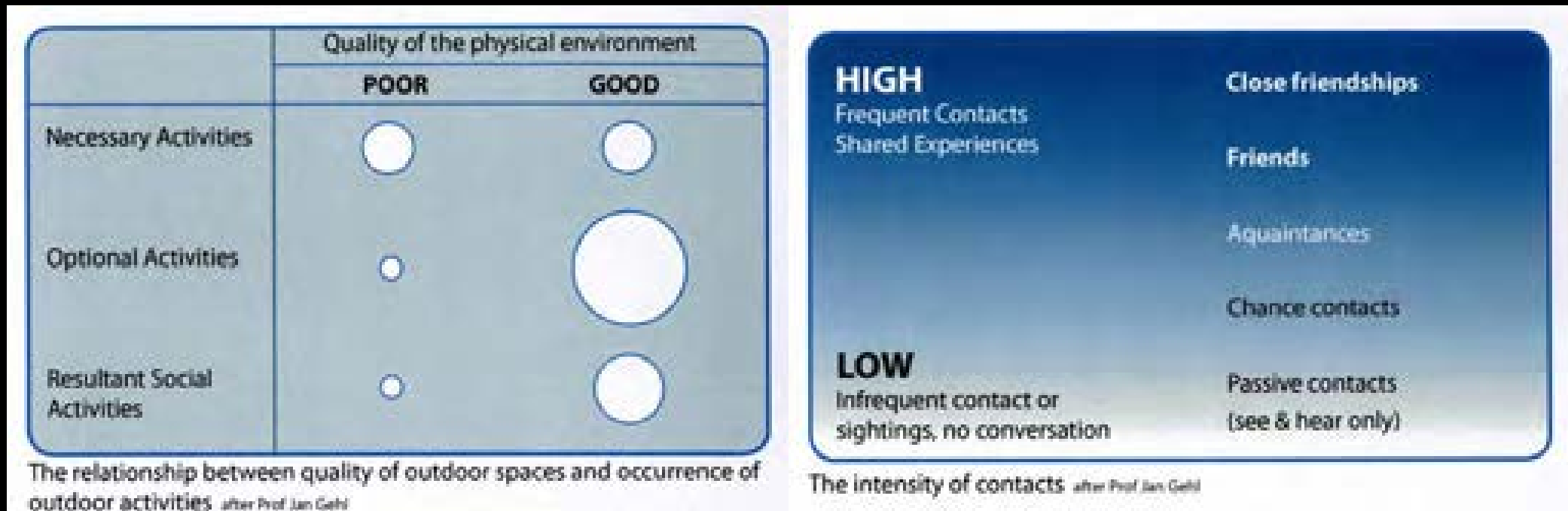


Water sensitive design is not a bolt-on to conventional urban drainage

Healthier Green Streets - planned & retrofitted



Pro-social considerations



Loneliness is a growing problem in cities

Quality, connectivity & arrangement of space is important

Pro-social spaces

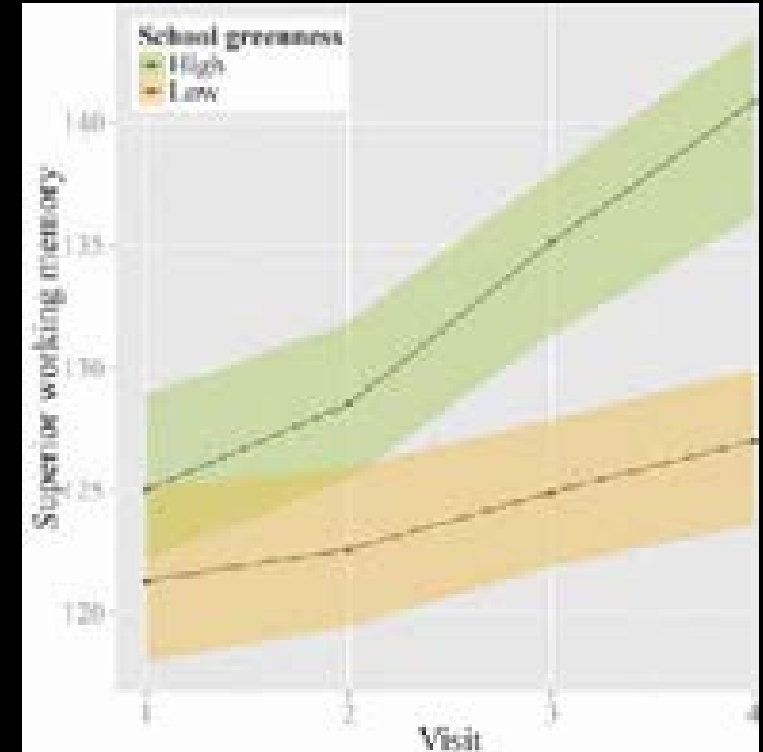


Applewood, Stroud, Gloucestershire



Temporary road closure, L'Aquila, Italy

Greening Childhood & getting hands dirty



Contact with nature brings diversity to the human biome
Years 0-10 particularly important for the whole life

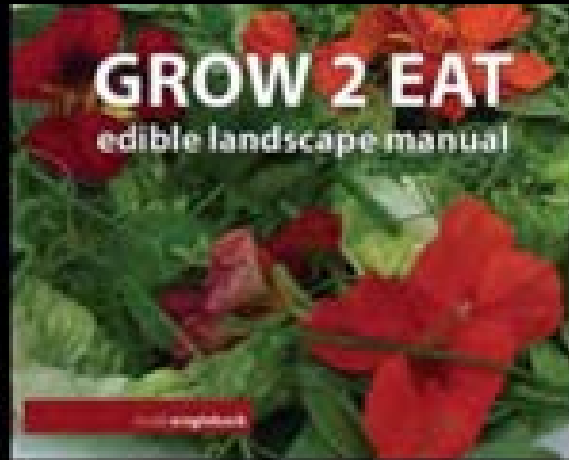
This courtyard spaces is 80 x 22 metres

Car free, Biophilic doorstep green playing with retained storm water
at the Shaftbruhl Tubingen, Germany

**Children have superior working
memory & cognition in green
rather than grey environments**

Dr Dadvand et al. Global Health Institute, Barcelona

An edible urban landscape



Improved nutritional value, creating community, improving urban biodiversity

Biophilic urbanism



The design of landscape influences the microclimate and can promote a sense of tranquillity

Green sheltered housing



Culemburg, The Netherlands



Appropriate scale, colour and biophilic setting

Functions of elements



Climbing plants

Increased water retention	
Urban thermal regulation	■
Air Quality (noise/pollution)	■
Increased biodiversity and habitat provision	■
Convenient living conditions	■
High value food production	■



Deep soil roof gardens

Increased water retention	■
Urban thermal regulation	■
Air Quality (noise/pollution)	■
Increased biodiversity and habitat provision	■
Convenient living conditions	■
High value food production	■



Planted screens

Increased water retention	
Urban thermal regulation	■
Air Quality (noise/pollution)	■
Increased biodiversity and habitat provision	■
Convenient living conditions	■
High value food production	■

© studio engleback

Addressing the causes of the causes of ill health by ecourban design



A taxonomy of elements – green infrastructure delivering green services

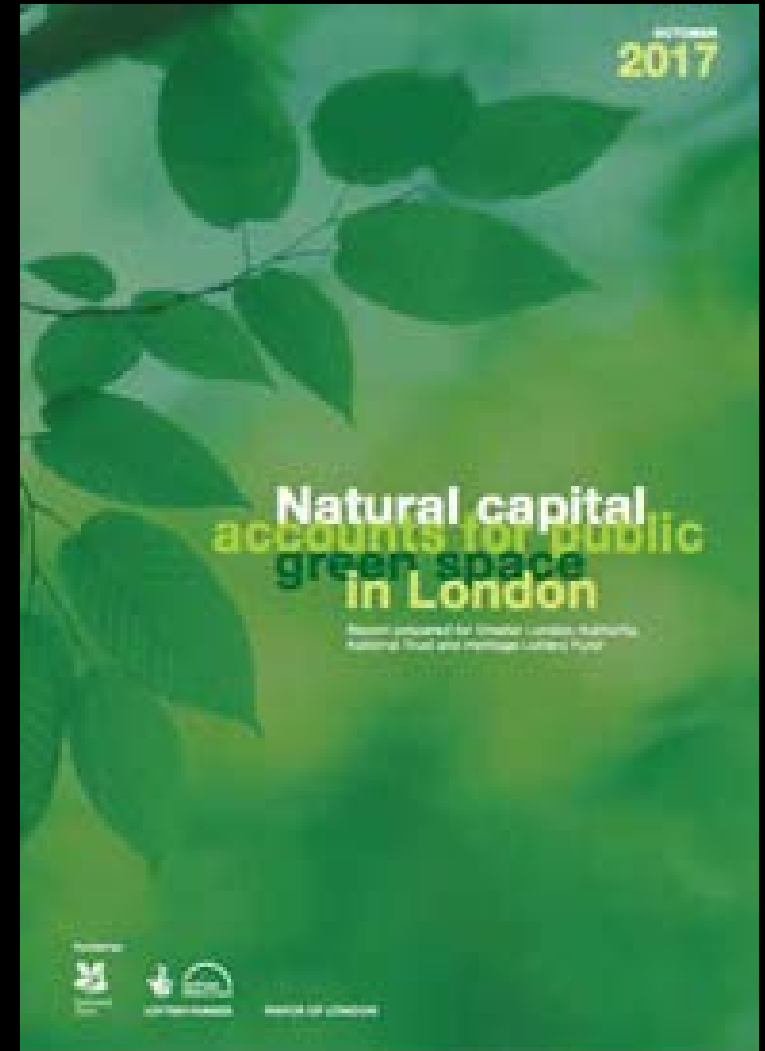
London's Public Greenspaces helped hospitals

The value of London's greenspaces was equal to all council tax receipts

For every £1 spent on parks
Londoners enjoy at least £27 in value

Green spaces saved £950 million
on avoided costs to the NHS

- £580 million on physical health
- £370 million on mental health



Healthcare has become too medicalised

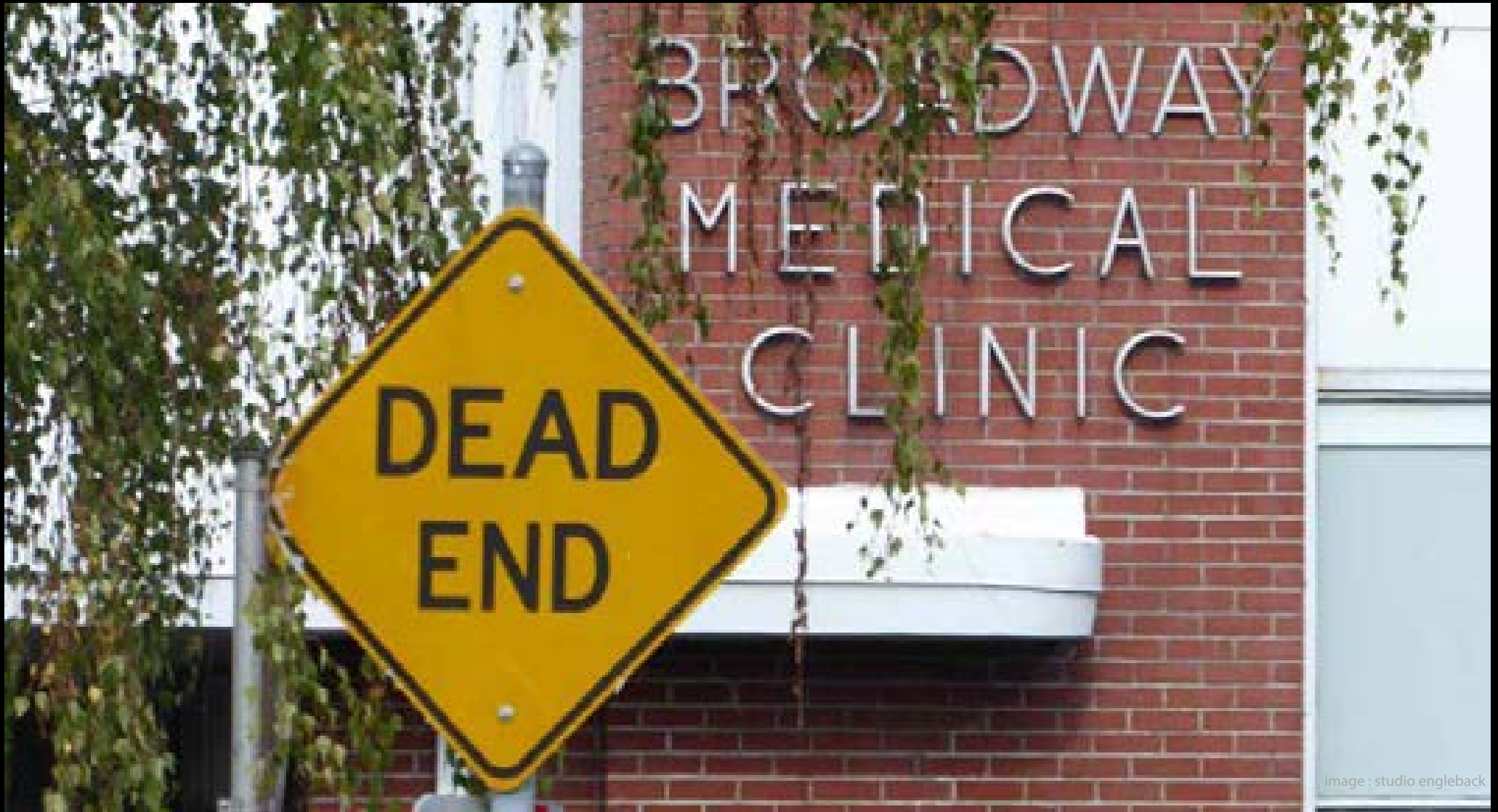


image : studio engleback

Salutogenic Design



Cannock Mill - Winner of best healthy homes & Neighbourhood 2024

anne thorne architects partnership & studio engleback

Learning from Cambridge



Marmalade Lane Mole Architects

Learning from Cambridge



Darwin Green - Design Codes for transport trump health & wellbeing

Learning from Cambridge



Northstowe - just too much paving!

Learning from Cambridge



Knights Park Park - could be greener

Learning from Cambridge



Knights Park Park - SUDS at the heart provides cooling

Learning from Cambridge



Knights Park Park - Too hard.... just right.....?





Photo: © Studio Engleback

Former Chippenham Cattle Market 2006



Photo: © Studio Engleback

Chippenham Cattle Market Quarter 2025

studioengleback

BOBMK Webinar 21.April 2026

Upstream Healthcare to everyday settings



Watercolour, Redhill, Surrey, UK studio engleback

Health is important to equality & liberty



Thank you



www.studioengleback.com