# Benchmarking healthy, sustainable cities

City planning policies influence urban environments, lifestyles, health, and sustainability. Effective policies require evidence-informed quantitative targets.

The Lancet Global Health Series on urban design, transport, and health created policy and spatial indicators for urban design and transport features in 25 cities on 6 continents to evaluate success and guide improvement. In short, the series...



Cities in middle-income countries (MICs) had greater gaps in recommended policies and fewer spatial features than their counterparts located in high-income countries (HICs)



## Spatial features





Proportion of population living within 500m of a...



Sustainable cities are typified by a high prevalence of active transport — a lifestyle choice influenced by urban design and transport features



#### Optimising active and sustainable lifestyles

A minimum 80% probability of engaging in any walking for transport is a key indicator of a healthy and sustainable city

Probability of engaging in any walking for transport, by...



#### Achieving design thresholds to optimise active and sustainable lifestyles

Proportion of population living in neighbourhoods that are meeting thresholds for reaching WHO's target of walking to decrease physical inactivity by 15% by 2030

97-2% 51-8% 37-5% Cities in MICs Cities in HICs All cities Cities in MICs Cities in HICs Cities in MICs Cities in HICs

Population density, 5665 people per km<sup>2</sup>

Join the 1000 Cities challenge



All tools are freely available. Information on the challenge, plus scorecards and reports for each of the 25 cities studied, can be found at www.healthysustainablecities.org

Read the full Series at: www.thelancet.com/series/urban-design-2022

Street intersection density, 98 per km<sup>2</sup>

**58.9**%

All cities

### THE LANCET Global Health

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