



Creating Healthy Places through

# ACTIVE MOBILITY

*Mr Khoo Teng Chye*  
*Executive Director*

CENTRE for  
**LiveableCities**  
SINGAPORE

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# Why are we championing cycling and walking?



CENTRE for  
**LiveableCities**  
SINGAPORE

2014 ULI Fall Meeting



Javits Center, NYC | October 21-23

#ULINYC

# Why are we championing cycling and walking?

A photograph showing two men sitting at a table, eating. The man on the left is wearing a black t-shirt with yellow stripes on the sleeves. The man on the right is wearing a light-colored, striped polo shirt. They are both focused on their food. The table has several dishes, including a bowl of yellow food and a bottle of sauce. The background is a plain, light-colored wall.

**1 in 9 Singaporean adults are obese today.**  
4 in 10 are overweight .

By AP. <http://asiancorrespondent.com/98644/asias-waistlines-growing-with-its-wealth/>

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# Why are we championing cycling and walking?

By 2030, 19% of our population will be over 65 years in age.

**Designing health into residents' daily lives through active mobility makes for a healthier elderly community in the future.**

And lower healthcare expenditure.

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# Why are we championing cycling and walking?

Cycling injects fun into a monotonous journey and helps to develop community belonging!



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# Why are we championing cycling and walking?

On average, a journey on a bike saves 250 g of CO<sub>2</sub> per km for every passenger.

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# Mobility in Singapore



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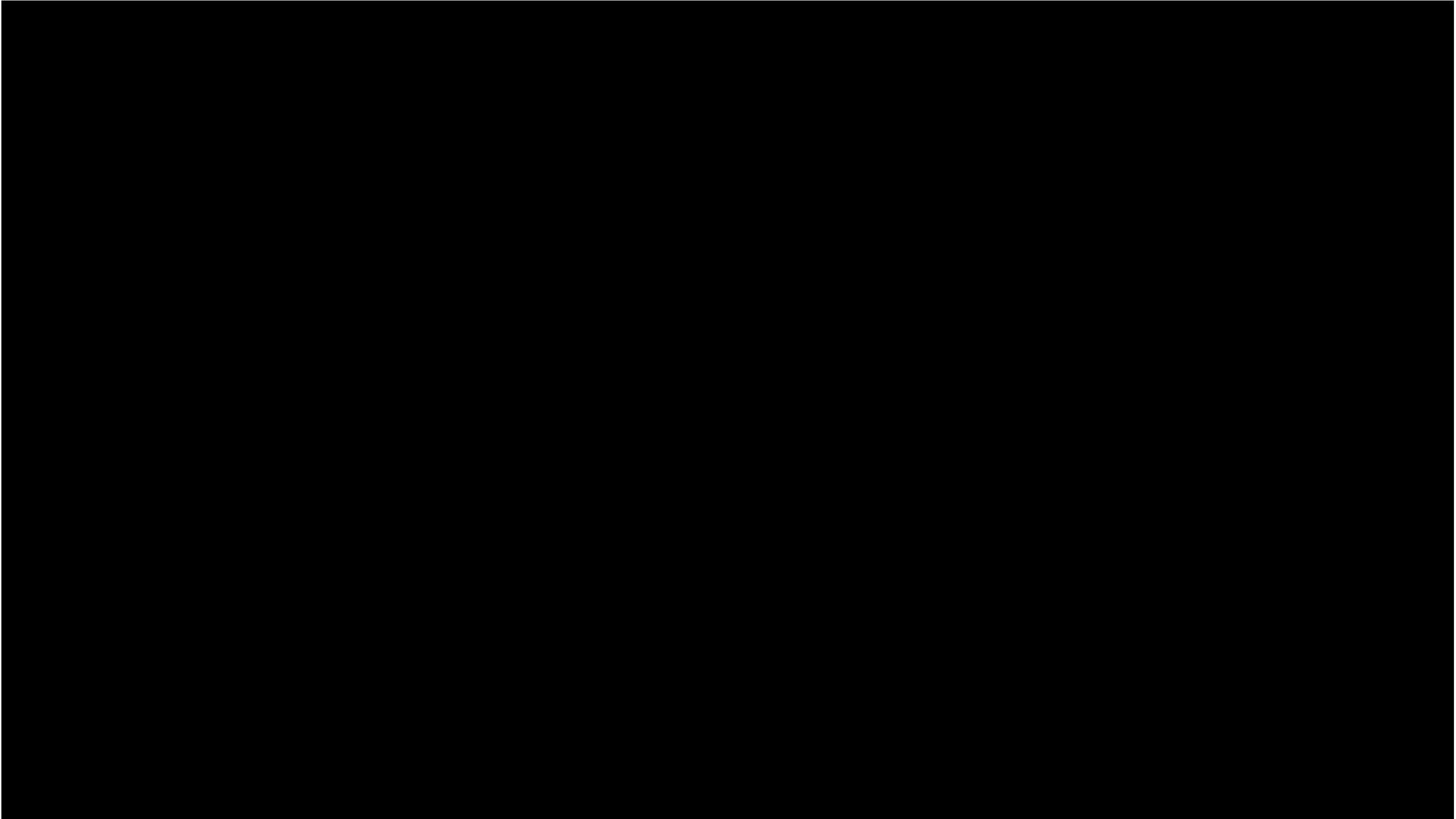
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# Active mobility developments in Singapore



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# A CLC-ULI collaborative research project





**A new paradigm :  
People-centric  
planning**

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# Site study at Ang Mo Kio residential town



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# 10 IDEAS FOR PEOPLE-FRIENDLY

## WALKING & CYCLING CITIES

2

### PROVIDE DEDICATED SPACE FOR ALL

Protected **bike lanes & cycle tracks** alongside pedestrian sidewalks and vehicular carriageways

1

### MAKE IT CONVENIENT & EFFICIENT

Integrate cycling and walking infrastructure with **public transit**

**Bike share** systems for cities starting to promote cycling

3

### ENSURE VISIBILITY AT JUNCTIONS

**Safe junction** designs that allow drivers to look out for pedestrians and cyclists when turning

**Painted cycling lanes** at junctions maximise and hold onto drivers' attention

4

### MAINTAIN CONTINUITY OF MOVEMENT

**Cyclist friendly junction designs** with gentle bends to facilitate continuous cycling

**Continuous sidewalks** that require cars to stop and allow pedestrians and cyclists to continue through intersection without stopping

5

### KEEP IT SLOW

**Stringent speed limits and slow speed zones** at high pedestrian traffic areas

**Shared streets** with design interventions to slow vehicles and allow co-existence of road users

6

### PRIORITIZE AT-GRADE CROSSINGS

**At grade crossings** to facilitate continuous movement by pedestrians and cyclists

**Above/sub-grade crossings only for direct connections** between destinations

**Diagonal crosswalks** at high pedestrian traffic areas

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### ENSURE CONSISTENCY IN DESIGN STANDARDS

**Standard infrastructure design** for the whole network for user friendliness

**Consistent signage**

**CHECKLIST FOR TROPICAL CITIES**  
Factors that will enhance comfort of active travel in the tropics

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### MAKE IT COMFORTABLE & ATTRACTIVE

**Street planting** to provide shade and visual relief for all road users

**Sheltered walkways for pedestrians**

**Prioritize maintenance** for pedestrian and cycling infrastructure

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### MIX UP THE USES

**Mixed use developments** to make walking and cycling more convenient for daily commutes

**Prioritize maintenance** for pedestrian and cycling infrastructure

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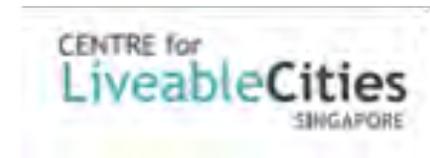
### CLOSE THE LOOP WITH END-OF-TRIP AMENITIES

**Adequate public bike parking** facilities at destinations

**Showers and laundromats** at workplaces

# Outcomes

- Project publication
- A panel discussion on active mobility strategies at the World Cities Summit 2014
- Public lectures to discuss people-centric principles as well as active mobility



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# Book Launch

Do join us outside at the pavilion at our book launch with some refreshing, healthy smoothies!



CENTRE for Liveable Cities SINGAPORE URBAN LAND INSTITUTE

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## 2014 ULI Fall Meeting

MENU



Javits Center, NYC | OCT. 21-23

CONNECT WITH  
THE WORLD OF  
REAL ESTATE



### Networking: Creating Healthy Places through Active Mobility

REGISTER

DATE: Wednesday, October 22

TIME: 2:30 PM to 3:30 PM

LOCATION: Hub Activity Area - Javits Center

Join us for this meet-and-greet where you will have a chance to connect with the authors of the latest collaboration between ULI Singapore and the Centre of Liveable Cities (CLC), *Building Healthy Cities through Active Mobility*. Stop by and have your questions answered by the research team behind it, pick up your complimentary copy, and enjoy a healthy smoothie.

#### About the Report

ULI Singapore has been engaging with the Centre of Liveable Cities (CLC) to demonstrate thought leadership on how densely populated tropical cities can still be a healthy and desirable places to live. *Building Healthy Places through Active Mobility* argues that making active transportation a priority has multiple benefits, including: effective and convenient mobility, an enriched urban experience, economic and environmental dividends, and improved cohesiveness and connectivity between neighborhoods. The work forms part of ULI's Building Healthy Places Initiative, a multifaceted program including research and publications, events, and advisory activities—to leverage the power of the Institute's global networks to shape projects and places in ways that improve the health of people and communities.



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**Thank you.**

*Sidney*