

Healthy Space Next Door

A Toolkit for Healthy Community Design

Thanchanok Wongtavilarp

Senior Urban Designer

Healthy Space Forum



We Are Where We Live

Great public spaces directly and indirectly shape people's quality of life.



✦ **A great city gives people choices** — how to live, move, and spend their time. When people have options, both physical and mental well-being follow.

✦ **When people come alive outside, so does the economy.** Active streets mean more foot traffic, more spending, and a more vibrant local economy.

Healthy Spaces Create More Opportunities for Physical Activity



Doesn't have to be green space



Doesn't have to be publicly owned



Doesn't have to be open 24 hours



Close to home and easy to reach



Inclusive for people of all ages and abilities



Size doesn't matter — accessibility does

A photograph of a busy urban street with a high density of cars and a yellow bus. An elevated train track runs parallel to the road. Tall skyscrapers are visible in the background under a clear sky.

Urban Areas

- High density, vertical living
- Public spaces not walkable

A photograph of a semi-urban residential area with a mix of single-story houses and trees. A road with parked cars runs through the middle. The houses are built on a slight incline.

Semi-urban Areas

- Mid density, horizontal housing
- Within city commuting range, Car-dependent

Distinct context, Custom design

A photograph of a slum area with extremely dense, multi-story informal housing. The buildings are packed closely together, with many having red-tiled roofs. The overall appearance is one of extreme land use intensity.

Slum Areas

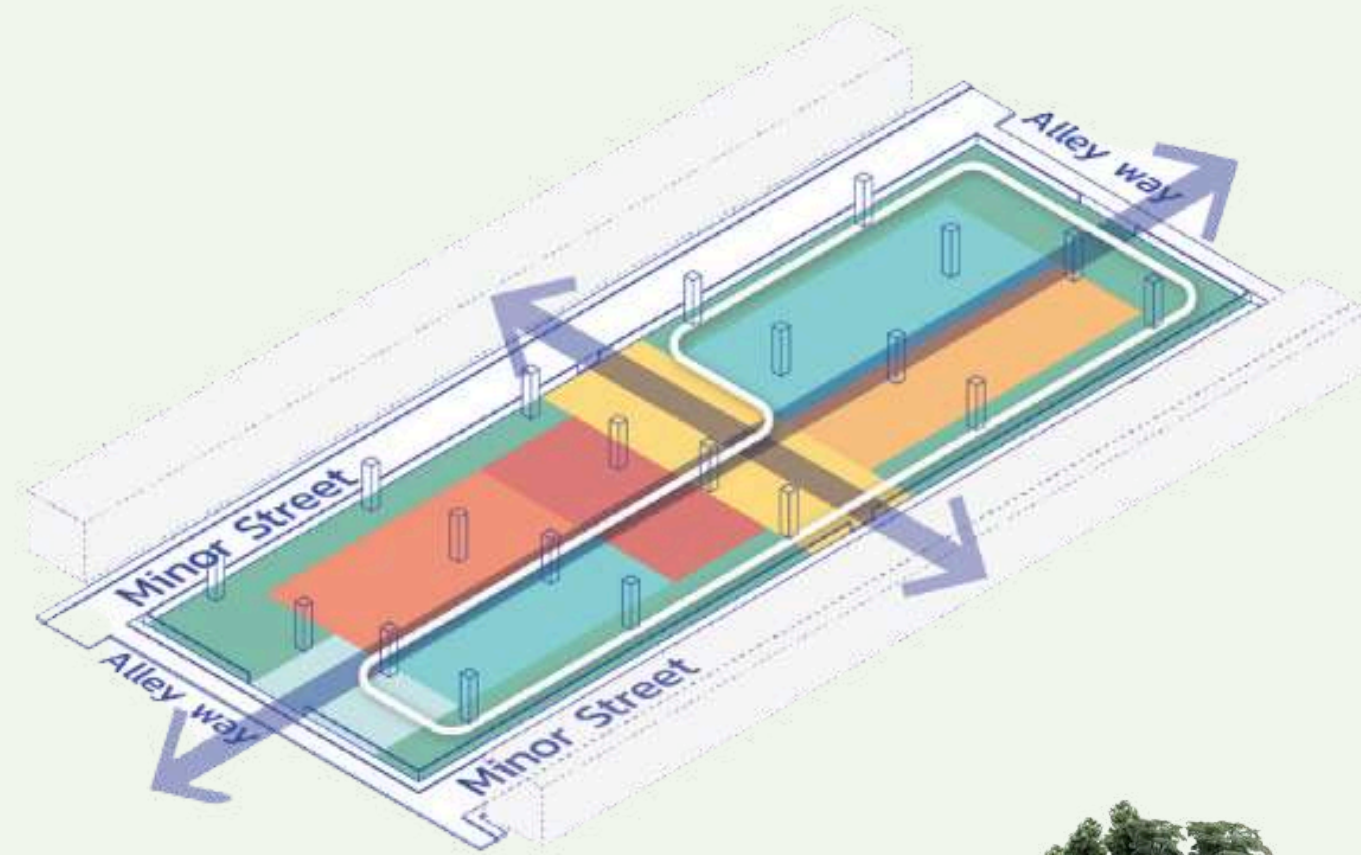
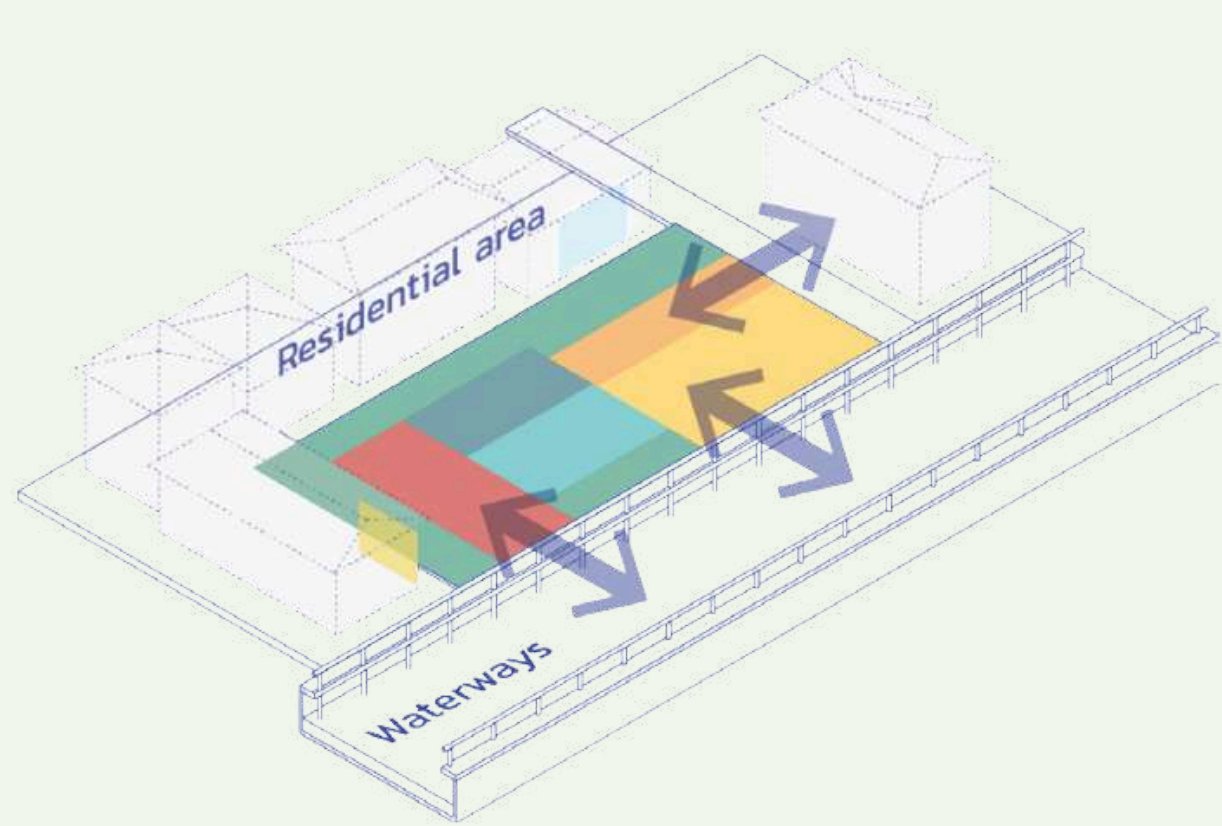
- Severely limited space
- Dense, informal housing
- Safety & hygiene concerns

A photograph of a rural landscape with a large, elevated wooden house on stilts in the foreground. The background shows a misty, hazy landscape with trees and hills.

Rural Areas

- Scattered, agriculture-based settlements
- Limited basic infrastructure

It's not just green space but Healthy Space



Each context calls for a distinct balance of **active and passive zones**, so the space works for the people who live there.

ACTIVE ZONE

- Space for exercise equipments
- Outdoor sports fields
- Space for children/seniors/people with disabilities
- Multipurpose yard
- Exercise wall
- Learning wall
- Running path

PASSIVE ZONE

- Park/softscape
- Green buffer
- Leisure area/multipurpose yard
- Parking/service area
- Community information board

↔ Circulation

Urban Areas



City Lab Silom

transforms sidewalks into urban activity spaces



Bangkok, Thailand

Urban Areas



City Lab Saraburi

Turn concrete into a playground



Saraburi, Thailand

Rural Areas



City Lab Chainat

Activity zones designed for everyone



Chainat, Thailand

Rural Areas



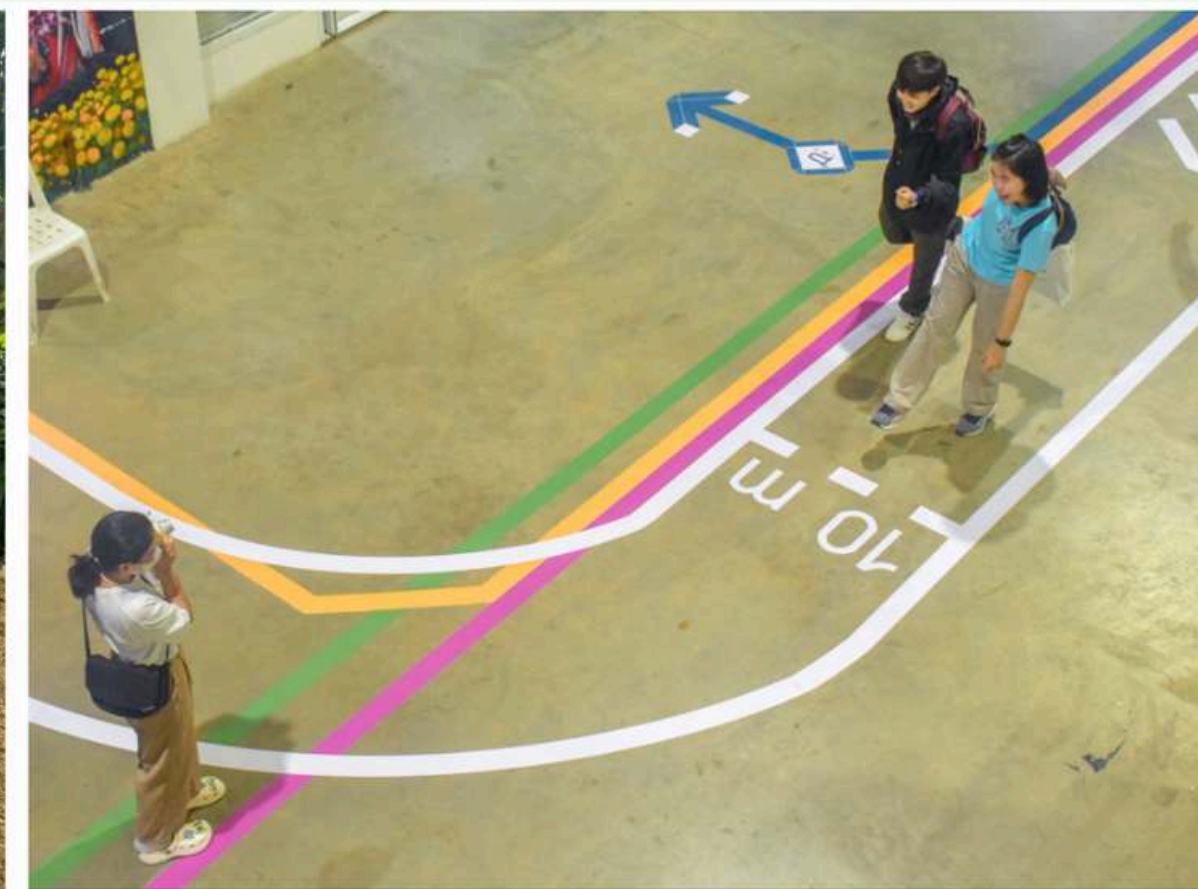
O KART D Market

transform a traditional "market" into a vibrant community public space



Chachoengsao, Thailand

Building a Network of Healthy Spaces



ขอบเขตและรัศมีการเข้าถึงพื้นที่สุขภาพดี

- รัศมีการเข้าถึง 500 ม.
- รัศมีการเข้าถึง 800 ม.
- ขอบเขตเทศบาลนครเชียงราย
- พื้นที่ทหาร

โครงข่ายพื้นที่สุขภาพดี

- ←→ เส้นทางเชื่อมโยงริมน้ำกก
- เส้นทางเชื่อมโยงหลัก
- เส้นทางเชื่อมโยงรอง
- เส้นทางเชื่อมโยงย่อย

พื้นที่ที่มีศักยภาพเป็นพื้นที่สุขภาพดี

- พื้นที่ทางธรรมชาติ
- สวนสาธารณะ
- สนามกีฬา/ลานกีฬา
- ลานสาธารณะ/ลานจอดรถสาธารณะ
- ศาลาสถาบัน
- สถานศึกษา
- พิพิธภัณฑ์และห้องสมุด
- สถานีขนส่ง
- พื้นที่เอกชน/พาณิชย์กรรม



Chiang Rai, Thailand



Urban Areas



Phuket Healthy Space Network

Creating a supportive urban environment accessible within a 15-minute walk



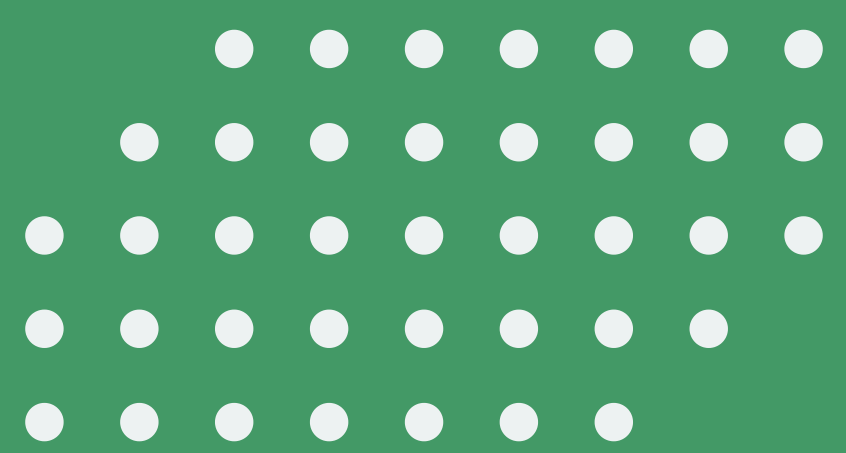
Phuket, Thailand



City Lab: Co-Creating Healthy Spaces Together

City labs foster collaboration among various stakeholders to co-create urban solutions





Thank you

Facebook Page: [Healthy Space Forum](#)

Instagram: [healthyspaceforum](#)

Youtube: [Healthy Space Forum](#)

Email: info@healthyspaceforum.org

Healthy
Space
Forum

