

Healthy Urban Planning: Meaning of Sustainable Development to Improve the Quality of Human Life in the City

Haryo Sulistyarso

Sepuluh Nopember Institute of Technology, Surabaya, Indonesia
e-mail: urplan@its.ac.id

Abstract. Urban planning, as one of the first important process in developing a city, should also accommodate ethical dimensions of sustainable development which could promote health and the quality of human life, through a harmonious relation between human and nature. A healthy city should meet the basic needs for all the city's people, among others promoting a high health status and low levels of disease, a high degree of participation and control by the public over the decisions affecting their lives, health and wellbeing. Other planning policies and qualities of a healthy city are also discussed.

Key words: urban planning, sustainable city development, quality of life

Abstrak. Perencanaan kota, sebagai salah satu proses penting pertama dalam mengembangkan sebuah kota, seyogianya juga mengakomodasi dimensi etis pengembangan yang berkelanjutan yang mampu meningkatkan kesehatan dan kualitas hidup manusia, melalui hubungan harmonis antara manusia dan alam. Sebuah kota yang sehat wajib memenuhi kebutuhan dasar seluruh penghuni kota, antara lain peningkatan status kesehatan yang tinggi dan langka penyakit, tingkat keperansertaan yang tinggi dan kontrol ketat oleh masyarakat menyangkut putusan yang memengaruhi kehidupan, kesehatan, dan kesejahteraannya. Didiskusikan pula kebijakan perencanaan dan kualitas kota sehat yang lain.

Kata kunci: perencanaan kota, pengembangan kota yang berkelanjutan, kualitas hidup

A healthy city is one that is continually creating and improving those physical and social environment and expanding those community resources which enable people to mutually support each other in performing all the functions of life and in developing to their maximum potential (Hancock & Duhl, 1988, p. 98).

A healthy city is defined by a process and not just an outcome. A healthy city is not one that has achieved a particular health status level; it is conscious of health and striving to improve it. Those any city can be a healthy city, regardless of its current health statues; what is required is a commitment to health and a structure and process to achieve it. (International Healthy Cities Foundation, 2004).

The recent issue (about global warming) in both national or international discussions and meetings is also one of the environmental problems that we must think about this problem more intensively. The prob-

lem could be caused by ineffective urban/city planning and the ineffective implementation of the development planning concepts. Recently, urban planners try to find and implement the new concepts to reduce the negative effects of ineffective urban/city planning (spatial planning, land use planning). One of the planning and development concepts is "sustainable development," which have been presented for many years. But, however, it is only within the past view years that sustainable development has assumed prominence as an important concept and philosophy to guide economic development and environmental management. By the time, there is tendency to view and present sustainable development as 'a new environmental technologies' or 'population stabilization'.

History of the City Planning

Patrick Geddes is hailed as one of the founding fathers of the modern town planning movement, explained in his theory of the city and its practical

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