



# SALUS

SALUS is a 50-year experiment project that focusses on HEALTH as a building block for our urban built environment.

Our urban landscape is predicated on a convenience of time over health, though without health we lose time. This is correlated with the desire for instant gratification and pleasure. Our urban landscape does not offer the affordance of health. Yes, we have the opportunities to go to a gym or run outside. We have access to medical services and resources. But at what cost? Our urban landscape that we have built creates issues that force us to seek medical help, creating a pathogenic approach to our physiological and mental health issues. This creates the mind frame to cure what is already there and not aim to correct the issue before it arises. Though this approach does work to some degree, it misses a vital point in health – PREVENTION. Many ailments, illnesses and diseases can be avoided with the correct approach to a healthier lifestyle.

Physical movement, clean food, good sleep, socialisation and meaningful engagement can alter someone's life to a point where they can pre-empt potential health concerns. Imagine a society where the majority of people, had meaning and a clear mind. Their decisions in any given day would be more directive and thoughtful towards them self and others creating positive feedback loops within the community. Good health feeds good health from one individual to another.

To achieve a Salutogenic and pathogenic environment for health we must understand how the user experiences the landscape currently, giving insight on how to mould it to create the affordance required for the user. Influences like identity, movement, biological connections to nature, history and culture all have profound effects on our health as an individual and collective being. By using the landscape to provide physical, mental and social health benefits, we are able to instil existing and create a new positive identity to health where the users can bond themselves to a cause much greater than them, where a landscape reminds and incentives the user to become ideologically aligned with their health.

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Supporting Material 3: Final Design Statement