一次关于城市景观对人类健康影响的学术对话（上）

A Dialogue on the Impact of Urban Landscape on Human Health (I)

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P. 摘要

Abstract

The dialogue emphasized the importance of exploring multiple impacts of urban landscapes on human health. We identified four main aspects of research on this topic: (1) The Importance of the Urban Landscape from a Health Perspective; (2) The Impact of Urban Landscape Changes; (3) The Benefits of Appreciating Nature; and (4) The Implications for Urban Planning and Design.

Key words

Urban landscape, human health, health benefits, social interaction, environmental justice.

1. 引介

2012年4月，威廉·C·苏尔文（以下简称苏尔文）教授到访北京大学，我们以“城市景观对人类健康的影响”为主题展开了为期一天的学术对话。我们还就如何将这一主题通过国际会议和交流，尽可能多地影响城市景观与人类健康的政策和设计工作作为国际教育合作项目进行了探讨。

苏尔文：欢迎到北京大学，我的团队和我有机会讨论有关城市景观如何影响人类健康和幸福一系列问题。您觉得这方面的研究最合适多讨论了？

张教授（以下简称张教授）：我在这个领域的研究已经进行了10年左右的研究。我发现城市与自然环境相关，城市环境对人类的

1. Introduction

In April 2012, the three of us had a day-long dialogue in Professor William C. Sullivan (SULLIVAN hereafter)’s house. Our discussion focused on the impact of urban landscapes on human health. In addition, we discussed our plans to initiate an international education program to explore the benefits of urban landscape and design approaches that promote human health on a global scale.

SULLIVAN: Gentlemen, it is so good to see you in my home, and I have to chance to explore a range of issues about how urban landscape influence human health and well-being. Professor Chang, how long have you been examining landscape and health issues?

Chun-Yen CHANG (CHANG hereafter): I have been examining the relationships between healthy landscape and healthy people for about 10 years. I noticed that compared to more natural settings, urban settings can make people more and more stressed, and that a lot of people have health problems in urban areas. These people often seek better living environments. They hope the city can add some green spaces back into their neighborhoods. Gradually, I began to think about the health consequences of green spaces in urban areas.

SULLIVAN: What do you think are the most important issues we need to explore right now with respect to healthy landscapes and healthy people?

CHANG: This is a hard question. Generally, people are gradually coming to understand that it may be more important live in a setting that has a connection to the natural environment rather than a house with beautiful artificial decorations that is surrounded by parking and concrete.

SULLIVAN: In the West, there is a drive called The Small House Movement. This refers to building houses that are about 1,500 square feet or 400 square feet. For Americans, it is a sizable reduction to go from 4,000 to 1,500. The idea is to have a small house that has been designed to a higher standard, with more contact with nature, wonderful daylight, a lot of windows, and thoughtful, sophisticated, efficient construction rather than poor design with a great deal of square feet.

Bin JIANG (JIANG hereafter): Around 20 years ago, people brought ideas of landscape ecology from the West back to China. From then on, researchers gradually realized the importance of home and healthy living. The focus was primarily on ecological health. The relationship between the built environment and human health has been emphasized only recently, at least not from the field of landscape architecture. Even now, only a few articles in the field of landscape architecture have examined the relationship between the built environment and human health.

So the purpose of our discussion today is to push forward a little bit in the hope that doing so will help people understand that when we are talking about the health of environment, it’s not only about ecological health but also about human health.
当人们生活在城市中时，社区的规划和设计对身心健康具有重要的影响。研究表明，拥有更多绿地和自然元素的社区，居民的身心健康状况会更好。因此，城市规划者在设计社区时，应充分考虑自然元素的融入，如公园、绿地、河流等，以促进居民的身心健康。

此外，城市景观设计还应注重社区的多样性和包容性。不同年龄、文化背景的居民都有不同的需求和偏好。因此，城市景观设计应考虑到这一点，设计出适合所有居民的社区空间。例如，为老年人设计的社区公园应考虑到其活动需求，而为儿童设计的社区空间则应考虑到其游戏和学习需求。

总的来说，城市景观设计对于促进社区居民的身心健康具有重要意义。因此，城市规划者在设计社区时，应充分考虑到自然元素的融入和社区多样性的设计，以促进居民的身心健康。
4 研究环境对社交交流的影响

张：我们的一些研究结果表明，人与人之间的社交接触与社交交流对健康具有重要影响。研究表明，适量的社交接触和交流能够促进心理健康和幸福感。在研究中，我们发现，参与社交活动的人比不参与的人更少感到孤独和抑郁。此外，社交交流还能够增强个人的社会支持网络，帮助人们更好地应对生活中的压力。

4.1 促进身心健康的益处

李：研究已经证明，参与社交活动的人比不参与的人更少感到孤独和抑郁。此外，社交交流还能够增强个人的社会支持网络，帮助人们更好地应对生活中的压力。

4.2 社交交流对幸福感的影响

张：社交交流不仅仅是满足个人社交需求的活动，它也是社会支持系统的一部分。通过参与社交活动，人们能够建立和维护长期的社交关系，这些关系在面临困难或挑战时能够提供支持。此外，社交交流还能够促进个人的自我认知和发展，帮助人们更好地了解自己和他人。

4.3 社交交流对心理健康的影响

李：社交交流对心理健康的影响是多方面的。研究显示，参与社交活动的人比不参与的人更少感到孤独和抑郁。此外，社交交流还能够增强个人的社会支持网络，帮助人们更好地应对生活中的压力。社交交流还能够提高个人的自尊和自信，从而促进心理健康。

4.4 社交交流对社会参与的影响

张：参与社交活动的人比不参与的人更愿意参与社会活动。通过参与社交活动，人们能够了解和融入不同的社会群体，从而增强社会参与感。此外，社交交流还能够促进社区的凝聚力，帮助人们建立更紧密的联系。

4.5 社交交流对经济的影响

李：社交交流对经济的影响也是不可忽视的。通过参与社交活动，人们可以学习和分享新的技能和知识，从而提高个人的就业机会和收入水平。此外，社交交流还能够促进区域经济的发展，吸引更多的投资和消费者。

4.6 社交交流对环境的影响

张：社交交流对环境的影响也是不可忽视的。通过参与社交活动，人们可以了解和分享新的环境保护知识，从而提高个人的环保意识和行动。此外，社交交流还能够促进社区的环保行动，帮助人们建立更环保的生活方式。

4.7 社交交流对文化的影响

李：社交交流对文化的影响也是不可忽视的。通过参与社交活动，人们可以学习和分享不同的文化知识和经验，从而增强个人的文化理解力和包容性。此外，社交交流还能够促进文化交流，帮助人们建立更广泛的文化联系。

4.8 社交交流对健康的影响

张：社交交流对健康的影响也是不可忽视的。通过参与社交活动，人们可以学习和分享新的健康知识和经验，从而提高个人的健康水平和生活质量。此外，社交交流还能够促进健康的生活方式，帮助人们建立更健康的生活习惯。
5 Education Collaboration Project

SULLIVAN: Let’s talk briefly about education related to landscapes and health. We have expertise from the University of Illinois and Taiwan University, China and have been thinking about how we can make this expertise available to students from many places around the world. Thus, we created a study abroad program (Fig. 7). Students from the U.S. study for one semester at Taiwan University, China and students from the East study at the University of Illinois for a semester. Students focus on understanding the relationships between places and human health and wellbeing, and improve living environment to promote human health.

CHANG: Students are eager to have this program. In 2013, the first group of students will travel from Taipei to Illinois to take part in this new collaboration. There is a great deal of interest on the part of students to understand the ways in which the built environment impacts health and wellbeing and to have a cross-cultural understanding of these impacts can be really powerful.

Many students are aware that landscape architecture and planning are not merely local concerns—that they understand that these disciplines impact regional economic health, ecological health, and human health. You cannot limit that to one specific culture—you need to learn from different cultures and other disciplines. That is the reason we have initiated this program.

SULLIVAN: I also want to reach universities in China — to have students from Chinese universities gain access to this new program. I look forward to working with Chinese faculty members as we work to promote study and health. We also look forward to collaborating with Chinese faculty members as they work to prepare students whose work will benefit hundreds of millions of people because they have this knowledge and capacity to serve. LAF.