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Nota di contenuto	Healthy and Sustainable Living through Climate-Resilience Urbanism: Moving forward in Designing Healthy Cities and Communities -- Heat-Health Vulnerability in Developing Metropolitan Areas: A Spatial Analysis in Tehran, Iran -- Humanizing Al-Madinah Al-Munawarah Streets: From a Car-centric City to a Healthy, Culturally Vibrant, and Climate-resilient City -- The Potential of Biophilic Urban Planning for Climate Resilience Cities in Africa: The Case of Dakar Metropolitan Region -- Integrating Blue Zone Principles into Healthy City Design -- Vernacular Heat-Resilient Cities in Hot-humid Climates: Exploring Solutions and Strategies for Bushehr, Iran -- Adaptive Pathways to Flood Resilient Infrastructure in African Coastal Cities: Lessons and Experiences from Nigeria and South Africa -- Healthy Building and Resilient City in Dezful: A Study of Passive Climatic Solutions -- Leveraging Metro Data to Analyze Population Mobility and Reduce

Epidemic Risk in Megacities: A Novel Approach for Healthier City Development in Shenzhen, China -- Strengthening Health-Resilience Nexus through Sustainable Urban Design in Brisbane, Australia.

Sommario/riassunto

This book investigates how urban planning can promote inclusive, climate-resilient, and healthy communities. With cities worldwide battling the twin problems of increasing urbanization and the intensifying effects of climate change, this book offers a relevant, multidisciplinary framework for rethinking urban areas to support equity, well-being, and environmental sustainability. The book explores the connections between environmental resilience, urban planning, and public health, grounded in state-of-the-art research and enhanced by real-world case studies. It emphasizes how urgent it is for cities to adopt proactive, forward-thinking design strategies in order to both adapt to and lessen the effects of climate change. The book offers practical advice for designing areas that are useful and improve city dwellers' physical and emotional health by fusing sustainable urbanism with human-centered methodologies. The book emphasizes the necessity of adopting comprehensive, integrated approaches to urban development from a forward-looking standpoint. It urges people to change their perspective from seeing cities only as centers of economic activity to seeing them as living ecosystems that support and care for their residents. By doing this, the book hopes to motivate a new generation of urban leaders and thinkers who are committed to creating cities that coexist peacefully with the environment. It also gives the readers the essential knowledge and resources to help create a sustainable and resilient urban future, whether they are practitioners influencing urban policy or citizens who are enthusiastic about fostering healthier living conditions.
