

探索与过程

倡导城市健康

EXPERIMENTS & PROCESSES

ADVOCATING URBAN HEALTH

城市公益宣传由一系列的社会变革需求所驱动：经济平等、公共交通可达性、公平住房以及充足的基础设施和公共服务设施。这一系列对“可达性”的诉求，反映了人们对健康与长寿、对优质环境和公众健康的固有愿望。长久以来，“景观”都被视作是混乱城市生活的解药；令奥姆斯特德赢得纽约中央公园设计竞赛首奖的“绿地计划”方案，意在为城市提供一个“绿肺”，一个在快速扩张的城市中躲避喧嚣和污秽的重要避难所。对于快速扩张的中国城市而言，景观——特别是土壤与水——作为应对城市扩张与污染问题的解药，再次成为创造健康城市环境的必备条件。

意识到这一点，我们可以通过两个分别来自美国和墨西哥的研究项目，一窥促进城市健康的可行做法。泰勒·奥斯汀等人的“农业都市主义：城郊地区的发展”，为我们呈现了一套在无序的城市扩张中，通过保护农业用地、巩固本地粮食生产，以加强公众健康的有效模型。该项目指出，土壤作为农业可持续的基础，应如森林和水体一样，被视作城市生态基础设施的组成部分。由一系列可根据环境灵活转化的指导性框架所组成的“农业都市主义”，将促进食物生产本地化，并使城市发展对最优质土壤的破坏降至最低。在第二篇文章中，从特诺奇蒂特兰的填湖造城到如今缺乏城市用水的困境，洛蕾塔·卡斯特鲁·雷古拉-曼塞拉追溯了墨西哥城的景观变迁历史。墨西哥城的水历史——从过剩到短缺——将城市置于与环境相冲突的境地，并威胁着该城市的公众健康。雷古拉-曼塞拉继而将目光投向全球，试图通过4个案例找寻构建城市水健康的最佳实践。伴随着我们对都市主义逐步深入的理解，我们将看到良好的城市景观格局对于维护公众健康的重要作用。

Urban advocacy is driven by a need for social change: economic equality, equitable access to public transportation and housing, and adequate infrastructure. At the heart of these questions of access is an innate desire for wellness and longevity, a desire for quality environmental and public health. Landscape has long been an antidote to the chaos of urban life; Olmsted's "Greensward" plan for Central Park was designed as a green lung for the city, a vital refuge from the noise and squalor of the quickly expanding city. As the Chinese city expands at a breakneck speed, landscape, particularly soil and water, as antidote to urban expansion and pollution has reemerged as a necessity for urban environmental health.

With this in mind, we can explore two projects to understand feasible practices in regards to urban health from the United States and Mexico. "Agro-Urbanism: Peri-Urban Developments" by Tyler Austin, et al., provides a model for conservation of agricultural land in the midst of unregulated urban expansion. They argue that soil, the foundation for agricultural success, should be treated as an ecological service akin to forests or water resources. Agro-urbanism, which is presented as a set of transferable typologies, will help localize agricultural production and guide urban growth in and around agricultural land. In the second article, Loreta Castro Reguera-Mancera traces the landscape history of Mexico City, from the filling of Tenochtitlan's lakebed to the current lack of urban water. The water history of Mexico City — from surplus to scarcity — has placed it in conflict with environmental, and therefore public health. Reguera-Mancera looks to four global case studies in an effort to glean best practices for urban water health. With an expanded understanding of urbanism, we can begin to further understand the importance of well-designed environments and public health.