

Public space & human physical and mental health

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Many authors support the theory that the way we design our cities and, in particular, their public spaces may attract or repel the populations; and, at the end, the quality of public space may affect the physical and mental health of their users.

This is an early attempt to understand the quality of Lisbon public spaces. Thus, this paper will present and discuss the results from an assessment undertaken on five different quarters of Lisbon which they represent different stages of urban development; among these five sites of study is included one of the most recent renewable area where it was allocated the world exposition (EXPO98), in 1998.

How aware is the population about the quality of these particular areas? How they classify them? What are their visions of an attractive urban public space? How they use them and how often? How they could be used if the conditions would change? These are some of the questions the present research tries to answer.

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