

Special Issue

Designing Healthy and Restorative Urban Environments

Message from the Guest Editors

Rapid global urbanization creates unprecedented challenges for public health and environmental planning; a total of 68% of the world's population is expected to live in cities by 2050. Interdisciplinary research shows that built environments have measurable

psychophysiological effects on human health through various pathways, including air quality regulation, sensory stimulation, and cognitive restoration. Urban design strategies—ranging from neighbourhood planning to architectural choices—significantly impact physical activity, social connections, stress responses, and mental health across different populations.

However, significant gaps remain in translating this evidence into practical urban design strategies that can effectively tackle increasing urban stress, attention fatigue, and health inequalities. This Special Issue invites original research articles, systematic reviews, and methodological innovations focused on advancing evidence-based interventions in the built environment for health promotion. For further reading, please follow the link to the Special Issue Website

at: https://www.mdpi.com/journal/buildings/special_issues/WU7WTIK100

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About the Journal

Message from the Editor-in-Chief

Current urban environments are home to multi-modal transit systems, extensive energy grids, a building stock, and integrated services. Sprawling neighborhoods are composed of buildings that accommodate living and working quarters. However, it is expected that the cities and communities of the future will face complex and enormous challenges, including maintenance, interconnectivity, resilience, energy efficiency, and sustainability issues, to name but a few. A smart city uses advanced technologies and a digital infrastructure to improve the outcomes in every aspect of a city's operations. A smart building optimizes the experience of occupants, staff, and management by using a modern and connected environment. Innovations in technology that can bring dramatic improvements to design, planning, and policy are critical in developing the cities and buildings of the future.

Editor-in-Chief

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