Health*by*Design 1

Arch 409/509 I Seminar
Part of the Design + Health Concentration
2023 Challenge: Mental Health in the Phygital Age

Alfred A. Taubman College of Architecture and Urban Planning Meeting
Time and Location: **Wednesday: 6pm-9pm** Rm 2108 A&AB
Zoom Room: https://umich.zoom.us/j/96200314032 Password: #HByD
Instructor: Dr. Upali Nanda (upali@umich.edu. 832.729.7652. @upalinanda) Office hours: By Appointment

> The world is in crisis today. It has more than ever before- and more to lose as well. At the core of this crisis is our health as a planet, as people, and as a society. This course is set up to explore systemic issues of health and address them along the design continuum- from information, to product, to place, to policy, while being anchored on the environments we live in, and the human minds & behaviors that shape them. It is practice-based and focused on making real, actionable, meaningful change. The first of this two part course focuses on health across all typologies, taking on one societal challenge at a time. Through this course you will join (and shape) a growing **HealthBYDesign Community**

How do we set the stage for better health, <u>by design</u>?
How can environments support mental, physical and cognitive health?
How can we rethink the built environment to achieve better health outcomes?

This course is founded on the belief that design makes a difference. We will learn how to link design intent to health outcomes and explore what it means to truly improve health and wellbeing. What are the measures? Are they meaningful? Do they matter? We will learn about practice-based research methods, evidence-based design, and evidence-challenging design. We will learn about core areas like public health, clinical outcomes, safety, technology, and human perception- and then seek to bridge this insight, across disciplines, towards the design of communities built for health.

Guest speakers will join most of these classes, held in the evening to better include professionals- from design organizations, to non-profit change agencies, to individual change-makers. The sessions are hybrid with alternate weeks in person and on zoom to allow a global reach to experts and innovators. Each session will have a catalyst presentation, an interdisciplinary conversation/ workshop, and a point of view generation. The outcome of the course will be an open-source web publication on the *healthbydesign* website with a proposed design intervention/ innovation that is actionable, bridges disciplines, and addresses the design continuum. We encourage students from various disciplines to take this course- so we can have a rich dialogue and an actionable outcome.

About the Instructor. Dr. Upali Nanda is an associate professor of practice at Taubman school of Architecture & Urban Planning, an adjunct faculty at School of Public Health, a fellow of the Institute for Health Policy Innovation, and the Global Research Director for HKS, an international architecture firm. She lives in the intersection between practice and academia, brain and building, health and design, and serves on many boards in the healthcare design community. She was voted as one the 10 most influential people in Healthcare Design by Healthcare Design Magazine in 2015 and awarded the Women in Architecture Innovator Award by Architectural Record in 2018. She advocates for putting our disciplinary arrogance aside to effect real change, while leveraging the agency our unique skill sets give us.