15-Minute Neighborhoods: Principles of Well-Being for Babies, Toddlers and Caregivers

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People, including caregivers, move about in myriads of ways, but walking is fundamental.
Walking by whom? Walking speeds and behaviors

Mobility characteristics:

- Shorter trips, more often
- Trip chaining
- Limited time
- Off peak travel
- Care specific destinations

Distance walked in 15 minutes:

- 15 m/min: 240 m
- 31 m/min: 490 m
- 48 m/min: 750 m
- 78 m/min: 1000 m

Mobility trip chaining
### Essential destinations as close to home as possible

<table>
<thead>
<tr>
<th>Destinations</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health clinic</td>
<td>DAILY</td>
</tr>
<tr>
<td>Specialized shopping, cultural activities and centers</td>
<td>WEEKLY</td>
</tr>
<tr>
<td>Libraries, community centers</td>
<td>MONTHLY</td>
</tr>
<tr>
<td>Employment opportunities</td>
<td>DAILY</td>
</tr>
<tr>
<td>Neighborhood markets</td>
<td>WEEKLY</td>
</tr>
<tr>
<td>Neighborhood parks</td>
<td>MONTHLY</td>
</tr>
<tr>
<td>Local pharmacies</td>
<td>DAILY</td>
</tr>
<tr>
<td>Daycares and preschools</td>
<td>WEEKLY</td>
</tr>
<tr>
<td>Local grocery stores or other sources of fresh food</td>
<td>MONTHLY</td>
</tr>
<tr>
<td>Nearby playground and parklets, plazas, green spaces</td>
<td>DAILY</td>
</tr>
</tbody>
</table>

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**Proximity To home**
- Further away from home
- Closer to home
A 15-minute neighborhood is...

Where daily needs can be reached within 15 minutes

And where there are healthy places to grow and develop
Walking and pedestrian spaces are the cornerstone of healthy thriving.
Basic infrastructure

- Space for connected sustainable mobility networks
- Street drainage, sewage, water, solid waste management
- Public transport services

New sidewalk, Gondar, Ethiopia
Framework for improving access through Mobility: **Walking** first but multiplicity of modes
Local mobility

- Multiple mode options
- Safe conditions for walking and cycling
- Seating and active frontage

New protected bike lane in Jakarta, Indonesia
Local destinations

- Framework for improving access through land use:
  Proximity to a mix of different services
Local destinations

- Essential services nearby (less than 300 meters from home)
- Clustered and co-located services
- Informal vending and pop-ups
- Housing types
Local play

- Diverse, frequent open spaces
- Play streets
- Green spaces and trees
- Activation and programming for different ages
- Safe street design
- Low speed zones
- Reduced parking
- Greenery and cleaner air
Achieving 15-minute neighborhoods

- Public awareness and participation
- Community programs
- Pilots and scale up strategies
- Data collection
- Embedding child-development and caregiving considerations in policies
Thank You!