With the rise of cities, one billion people live in slum conditions worldwide and migration to cities is increasing. At the same time, natural ecosystems and their life-support functions are being degraded by resource use, depletion and pollution. These changes have negative repercussions and threaten the health of people and the planet. In “On the Health and Wellbeing of Cities” I suggest that rethinking urban sustainability needs to be done by taking a systems approach and understanding cities as complex living systems, which are plannable and self-organising. Better understanding urban complex systems have the potential to unlock the creative capacity of people to interact and engage with one another, to provide public goods and services, improve interconnectivity, enhance communication and engage people in the co-creation of health and well-being in cities.

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