Issues and Challenges in Urban Planning and Practices regarding Urban Public Health and Well-Being

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Abstract
Urban planning and public health both come to existence in the 19th century and were collaborated to access and adjust poor health and well-being conditions that were connected to the urban environment simultaneously with human health in the emerging urban areas. This report introduces the proposed thesis research topic of issues and challenges of urban planning, talks about the global, regional and local background, insights into public health care systems, clarify the aims and objective of the research topic, defines the scope and limitations, advocates the projects need and importance, illustrates the research methodology and procedure and describe the topic validity along with the conclusion of the proposal at the end of this thesis proposal report.Urban Planning and Public Health have always been major issues of discussion for urban developers, public health professional, medical professional, and dwellers from the industrial age to the present. Urban Planning and Public Health are sources of knowledge of practice for developing healthy cities for being healthy people. Hence examining the coordination between planning, health and well-being is the major concern of this research. This is an effort of my research to examine various aspects of urban planning and practices for maintaining holistic health and well-being. This work particularly focuses on the review of international and national documents such as policies, strategies, laws/acts, key informant interviews, etc.

Keywords
Urban, Planning and Practices, Public Health, Well-Being

1. Introduction

Urban Public health and well-being has been of utmost priority concerns in changing global scenarios of sustainable urban planning and practices. In 1900 the total human population was around 1.65 billion. By 2017, it had increased to over 7.9 billions [1]. It had been experienced an unexampled demographic transitional phase from rural to urban living in last three decades. "Prevention is better than Cure"- Louis Pasteur. The origin and increase of lives in urban area have doubtlessly ascended the standard, norms and quality of life population in urban areas. Cities area spaces of cultural, economic, social, innovations, entrepreneurship and technological advancement. They provide the physical environment for urban population to live, work, play, sheltering elements for societal functioning, development and livelihood. Urban planning and public health share common missions and perspectives. Both aim to improve human well-being, emphasize need assessment and service delivery, manage complex social systems, focus at the population level, and rely on community-based participatory methods [2]. Public Health, art and science of study of the well-being of society, creates community-based strategies to maintain health, promote well-being and prevent disease both in individual and urban level. Urban planning ,art, science and technology of study of urban settlement,regulates development in neighborhoods, cities, and regions in relation to land use policy and regulations. Urban health and human health are highly inseparable as parts of the coin. As urban health distorts accordingly, human health also seems to have deteriorated in terms of Spatial-physical, Essential- spiritual, Institutional-emotional, and Ecological-energetic well-being. Urban health components include spatial features, essential features, institutional features, and environment-ecological features whereas the human health component includes physical, health, spiritual health, emotional health, and energetic health. Urban

spatial features consist of built-up features and natural features whereas Human physical health consists of the human body. Urban essential features are the essence that any urban settlement and life is maintained whereas human spiritual health means the ultimate truth that is. Urban institutional features tell about the process of formation of institutions and their behavior to urban life and livelihood whereas human emotional health tells about the state of mind that any human is in. Urban environment-ecological features elaborate the basic elements (water, earth, light, wind, and ether) and flora and fauna and coordination between each element whereas human energetic health elaborates the energy system that the body works on.

Urban healthcare system planning is an integral part of urban planning and policing. Urban healthcare system planning is an integrated approach for planning urban health services within areas of jurisdiction. Urban health system planning is a local version of national healthcare system planning for urban areas of its jurisdiction. Urban healthcare system planning comprises three planning components viz. Urban healthcare facility resource planning, urban health care human resource planning, and urban healthcare financial resource planning. The urban healthcare facility resource planning deals with effective planning and policing of healthcare facilities i.e. infrastructure and buildings in terms of numbers, hierarchy, capacity, specialty, types, ownership, etc. Likewise, urban healthcare human resources planning deals with the planning and policing of healthcare human resources in terms of numbers, specialty, types, etc. needed for effective and efficient health care service delivery. The urban healthcare financial resource planning deals with planning and policing of modes and mediums of financing with a view to maximization of both the financial and social cost-benefit ratio.

2. Problem Statement

Cities around the world face many environmental health challenges including contamination of air, water and soil, traffic congestion and noise, poor housing conditions exacerbated by unsustainable urban development and climate change [3]. Urban planning and practices have a significant impact on public health and well-being. The rapid growth of urbanization and the inadequate planning and management of cities have led to several issues and challenges that affect the health of urban dwellers. Issues such as air pollution, inadequate sanitation, lack of access to green spaces, unhealthy housing conditions, and insufficient healthcare facilities have emerged due to ineffective urban planning and practices. These issues pose a significant threat to the health and well-being of urban dwellers and exacerbate health inequalities. Therefore, it is crucial to examine the issues and challenges of urban planning and practices regarding public health and well-being to develop effective strategies and policies that promote healthy and sustainable cities. The need for comprehensive and environmentally-friendly solutions in urban settings poses both challenges and opportunities for the promotion and protection of public health. By utilizing trans-disciplinary planning and practices, urban environments can be designed to address issues related to sustainability and human health. The challenges faced by urban areas in the 21st century are complex, particularly with regard to climate change, land use, and shifting demographics, which impact planning and policing efforts. As more of the world's population becomes concentrated in cities, the demand on natural resources, urban infrastructure, and healthcare systems grows. However, there is also potential for managing these risks through the adoption of innovative technologies, international cooperation, and participatory decision-making processes at the local level [4]. The urban planning and policy in Nepal is primarily geared towards boosting economic development, which has resulted in an increase in urban health and well-being problems. There is a need to reevaluate planning and practices to consider the economic, health, and environmental aspects simultaneously. A collaborative approach between urban planners, public health experts, and medical professionals is crucial to safeguard health, foster well-being, and prevent illnesses. Consequently, this research aims to identify the difficulties, concerns, obstacles, and prospects for promoting health and well-being.

3. Research Objective

This research has primarily two objectives:

1. to find issues and challenges in urban planning and practices regarding urban public health and

2. to find out ways to re-integrate urban planning and urban public health for effective planning,

designing, development and management in Nepalese cities

4. Literature Review

The connection between urban planning and public health is strong since the condition of the urban environment has a significant impact on the health and well-being of city residents. A clear example of this can be seen in the 19th century, when several problems such as industrialization, poor sanitation, fast urban growth, insufficient water supply, poor waste management, high levels of pollution, lack of control measures, and inadequate housing for low-income individuals, contributed to the spread of disease and unhealthy living conditions [5].

4.1 Urban Planning and Practices: A Healthy City Planning Approaches

Urban planning is a critical process for designing and shaping the built environment of our cities, towns, and communities. The way we design our cities, the infrastructure we put in place, and the services we provide all play a crucial role in shaping the health and well-being of the people who live in them. A healthy city planning approach, therefore, is essential to ensure that we create vibrant, livable, and sustainable urban environments that promote the physical, social, and mental well-being of our citizens. One of the key elements of healthy city planning is creating an environment that supports physical activity. This can be achieved by promoting walk-ability, cycling, and other forms of non-motorized transport. This can be achieved through the provision of safe, well-designed pedestrian and cycling infrastructure, such as sidewalks, bike lanes, and shared paths. The availability of parks, playgrounds, and other recreational spaces can also encourage people to engage in physical activity, helping to combat obesity and other chronic health conditions.

Another important aspect of healthy city planning is creating an environment that supports mental health and social well-being. This can be achieved by designing public spaces that promote social interaction and community engagement, such as community gardens, public squares, and outdoor seating areas. Creating spaces that are safe, accessible, and inclusive can help to reduce social isolation and improve mental health outcomes. Healthy city

planning also means creating an environment that supports access to healthy food and nutrition. This can be achieved through the provision of community gardens, farmers' markets, and other initiatives that promote local food production and distribution. Access to healthy food is essential for good health and well-being, and urban planning can play a critical role in ensuring that people have access to fresh, healthy, and affordable food.

In addition to these specific initiatives, healthy city planning requires a holistic approach to urban design and development. This means considering the social, economic, and environmental impacts of development, and engaging with communities to understand their needs and priorities. It also means taking a long-term view of urban development, considering how decisions made today will impact the health and well-being of future generations. However, healthy city planning faces a range of challenges. One of the biggest challenges is the pressure to prioritize economic growth and development over health and well-being. This can lead to decisions that prioritize cars over pedestrians and cyclists, and neglect the social and environmental impacts of development. Addressing these challenges requires strong leadership, effective policy frameworks, and collaboration across different sectors of government and civil society.

As cities continue to experience population growth, there is a growing concern for urban public health addressed both globally through the Healthy Cities Movement and locally through governance interventions. The Healthy Cities Movement incorporates innovations in health promotion, urban planning, and ecosystem perspectives, moving towards decentralization of government services and community-based work, as well as inter-departmental action to address local public health issues. Health is a critical element in the conceptualization and policy development of this movement. However, there is a need for a more fundamental reevaluation of how social, economic, and environmental impacts shape and are influenced by spatial planning and physical development. The planning and design of human habitation play a significant role in promoting health and well-being, and spatial planning or urban planning in our cities profoundly affects environmental and human health challenges. The complex and dynamic interplay of various social, economic, and environmental factors impacting the

health and well-being of individuals and households is encompassed in a settlement health map developed by the World Health Organization.

In conclusion, healthy city planning is essential for creating livable, sustainable, and healthy urban environments. It requires a holistic approach that considers the physical, social, and mental well-being of urban residents, and engages with communities to understand their needs and priorities. By prioritizing health and well-being in urban planning and practices, we can create vibrant and resilient cities that promote the health and well-being of all citizens.

4.2 Public Health and Well-Being: Promoting, Preventive, Curative and Palliative Approaches

The field of public health aims to promote, prevent, treat, and provide comfort for health-related issues at the population level. Promoting public health involves activities such as health education campaigns, disease prevention programs, and community-based initiatives to improve overall health and well-being. Preventive approaches focus on reducing the risk of diseases and injuries before they occur, such as immunization programs, screening programs, and policies that promote healthy lifestyles. Curative approaches involve treating illnesses and injuries through medical interventions such as medication, surgeries, and therapies. Palliative approaches aim to provide relief and comfort to individuals who are suffering from serious illnesses or injuries, often through pain management and emotional support. Public health and well-being require a multifaceted approach that involves collaboration between healthcare providers, policymakers, community leaders, and individuals to address the complex factors that influence health outcomes.

Public health is an interdisciplinary field focused on enhancing the health and wellness of communities through education, promotion of healthy behaviors, and research for preventing diseases and injuries. Its primary objective is to safeguard the health and well-being of populations ranging from small neighborhoods to entire countries. Public health aims to make a positive impact on the lives of many people, often at the scale of thousands, millions, or even billions. This field is crucial in identifying and addressing various health risks faced by populations, particularly in urban areas, and dealing with communicable and non-communicable diseases from

different sources. Contemporary urban centers confront numerous challenges like obesity, drug-resistant infections, mental health issues, emerging diseases, environmental pollution, disparities in healthcare access, among others. Public health is composed of various sub-disciplines such as environmental health, behavioral sciences, health education, and epidemiology. Public health practices are designed to maintain the physical, mental, emotional, and energetic well-being of the urban population. In the past, health service providers have not given much attention to patient-specific health promotion and disease prevention services, missing opportunities for addressing these issues during patient visits. Identifying and removing barriers can facilitate the integration of health promotion and disease prevention services into curative healthcare services.[6] Prevention in health care refers to action that prevents disease occurrence that includes actions aimed at eradicating, eliminating, or minimizing the impact of disease and disability, or if none of these is feasible, retarding the progress of disease and disability [7]. Preventive medicine comprises both the care of individual patients and public health practices which focuses on the prevention of disease rather than treatment, integration of health promotion.

4.3 Integrating Urban Planning and Public Health: A Scientific Approach to Settlement Planning

The integration of urban planning and public health has become increasingly important in recent years, as cities face a range of challenges related to population growth, environmental degradation, and social inequality. To address these challenges, a scientific approach to settlement planning is needed, one that takes into account the complex interplay between urban design, social determinants of health, and the built environment. At its core, this approach requires an understanding of how the built environment affects health outcomes, and how changes to the physical environment can promote healthier behaviors and lifestyles. This includes everything from the design of streets and sidewalks, to the location and accessibility of parks and green spaces, to the availability of healthy food options and public transportation. To achieve this, planners and public health officials must work together to develop evidence-based policies and interventions that promote health and well-being at the community level. This might involve implementing zoning regulations that encourage

mixed-use development, designing public spaces that are accessible and inclusive, or creating safe and convenient pedestrian and bike paths. Ultimately, a scientific approach to settlement planning requires a commitment to collaboration, data-driven decision-making, and ongoing evaluation and adaptation. By bringing together the expertise of urban planners, public health professionals, and other stakeholders, it is possible to create communities that are healthy, livable, and sustainable for all.

The way in which urban areas are planned and designed can have a significant impact on both the environment and the health and well-being of people living in them. Green spaces, such as parks, provide opportunities for physical activity, access to nature, fresher air, and aesthetic enjoyment of the environment. Encouraging physical, social, and cultural cohesion, non-motorized transportation networks, and healthy activities can lead to a safer environment, reduced car reliance, and equity in access, which helps reduce harmful emissions. However, the effectiveness of planning and practices is often limited by economic and spatial development drivers, which can lead to changes that have the opposite effect. To truly improve health and well-being, planning for these factors must be a central purpose of plans at the local, city, and regional levels, and involve collaboration between a range of institutions, including public health units, planners, housing officials, green space managers, regeneration experts, and transport planners. [8]. The fundamental of planning and practices has ways of pursuing economic objectives of creating dynamics of economics activities along promoting philosophy of developing healthy settlement in terms of environment and human health and well-being

4.4 City Planning Concept

Garden City Concept

Sir Ebenezer Howard created the Garden City Concept as a response to the deteriorating conditions of cities during the industrial era of the 18th century. He believed that green and open spaces were crucial for improving the quality of life in overcrowded and polluted communities that had caused environmental damage and posed health risks. His plan focused on three magnet concepts: town magnets that offered opportunities for work, entertainment, well-lit streets, and social welfare programs; country magnets that emphasized natural beauty, healthfulness, and fresh
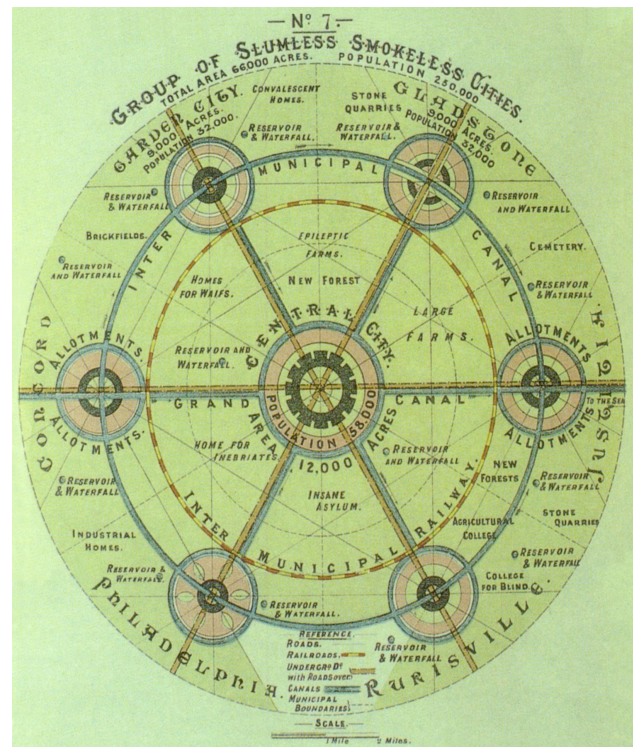

Figure 1: Garden City Concept by Sir Ebenezer Howard

air; and town-country magnets that balanced the benefits and risks of urban and rural life. Howard's plan prioritized the creation of open spaces, central parks, and green areas. The ideal planned city might be a small community of 6000 acres, of which 5000 are permanently set aside for agriculture. It is required by a maximum of 32,000 people. Private gardens and parks can be found everywhere. In addition, the streets are helical rather than straight and range in width from 120 to 420 feet for Grand Avenue. Zoning that is practical is essential within the town. Employers in the commercial, mechanical, private, and open sectors are spatially distinctly segregated from one another. Additional factors include joint arrival proprietorship cooperatives and the absence of individual arrival ownership. Additionally, the local community took part in the decision-making process for reform.As can be seen in the graph, there is a central stop with open structures. It is surrounded by shopping streets that are advanced surrounded by residing units in all directions. Production facilities and commercial operations are in the outer circle. The town is bypassed by rail lines, which assemble it at a detour.

Neighborhood Concept

Clearance Perry's Neighborhood Concept of Planning

is a model for residential development that was created in the early 20th century. It aimed to provide urban planners with a blueprint for designing desirable neighborhoods that were self-sufficient and encouraged a community-centered lifestyle. The model was created in response to the social and intellectual attitudes prevalent at that time. The guiding principles of Perry's Neighborhood Unit were based on physical design concepts, such as placing the school in the center of the neighborhood to enable children to walk there in under half a mile without having to cross a busy road. The objective was to create useful and peaceful neighborhoods that were away from the noise of trains and skyscrapers.
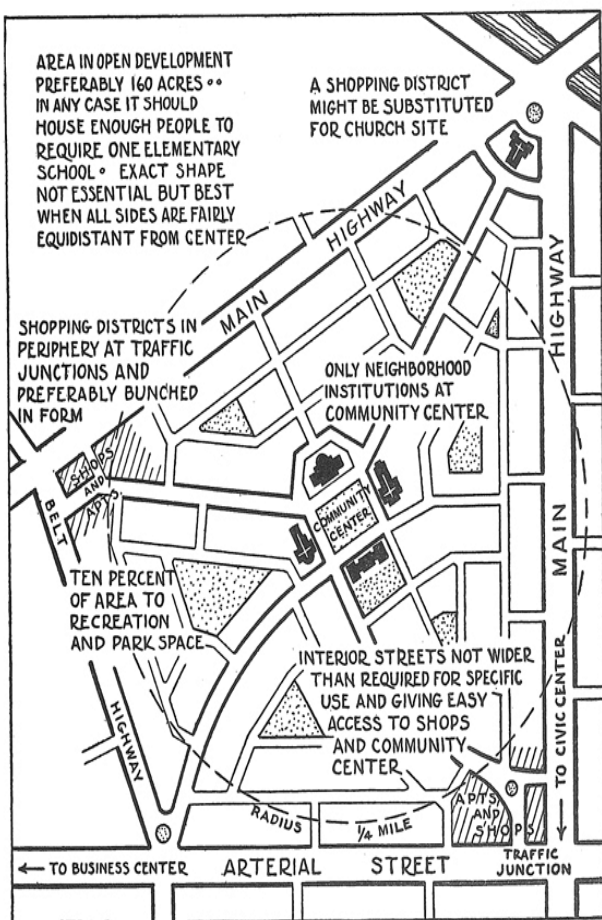
through-traffic. Internal streets should have a hierarchy that easily distinguishes local from arterial streets, and should have curvilinear designs for safety and aesthetics. Local shopping areas should be restricted to the neighborhood's main entrance to prevent non-local traffic from intruding on the neighborhood's main entrance. A minimum of 10 percent of the neighborhood's land area should be dedicated to parks and open spaces to provide places for play and community interaction. The neighborhood unit was praised for its community-oriented approach in promoting public health, safety, and welfare.

Radburn Concept

Radburn, In 1929, a planned community was created by the City Corporation based on plans made by Clarence Stein and Henry Wright. This community, known as Radburn, was the first garden community in America and served as an example of how public and private space could coexist harmoniously. The goal of the planning concept was to build a community that could accommodate modern life's complexities while still providing amenities like open space, community service, and economic viability. Radburn was
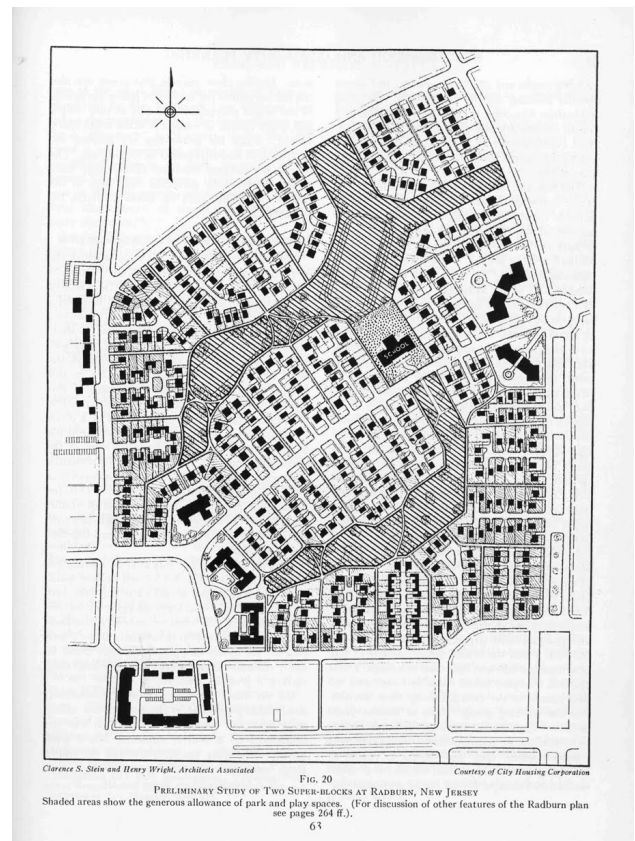

Figure 2: Neighborhood Concept by Clarence Perry

To support a school, a neighborhood should have a population of 5,000 to 9,000 residents and cover an area of approximately 160 acres with a density of ten units per acre. It is important to use school facilities for neighborhood meetings and activities, and build a large playground around the school that can be used by the whole community. Arterial roads should be placed around the perimeter of the neighborhood to define its location and prevent unwanted

Figure 3: Radburn Concept by Clarence Stein

designed to occupy one square mile of land and house 25,000 people, but due to the Great Depression, only 149 acres were developed. It includes single-family homes, row houses, semi-attached houses, an apartment complex, a shopping center, and several amenities like parks, swimming pools, tennis courts, a playground, an archery plaza, and a school. The community center houses administrative offices, a library, a gymnasium, a club room, services, and maintenance areas.

Ancient Vedic Concept

Vaastu Shastra is an art that focuses on correct placement to maximize the benefits of the Panchabhutas, or the five natural elements, as well as the earth's magnetic field and the rotational influence of celestial bodies. It is based on several building principles such as the doctrine of origin, site planning, proportionate building measurement, the six canons of Vedic architecture, and building aesthetics. Town planning is both a civic art and a form of civil architecture that should consider factors such as location, climate, and soil. In addition, examining the soil is crucial for proper town planning. A perfect town should have a green belt of forests with tall trees, plants, and flowers to provide a healthy climate, as well as fruits, fuel, and fodder. The location of a town should be near a river, seashore, or lake, and Milky trees, fruits, and flowers should be planted around the site. There are eight basic layout typologies found in ancient Vedic settlements, including Dandaka, Sarvathobhadra, Nandyavarta, Padmaka, Swastika, Prastara, Karmuka, and Chaturmukha.

5. Research Methodology

This research has adopted the Healthy Urban Planning perspective which focuses on addressing and re-analyzing urban planning and practices issues and challenge in terms of promoting health and well-being. The ontological ,nature of reality, claims states that urban planning leads to health and well-being of urban population through policy and infrastructural intervention in urban settlements/towns. The epistemological, theory of knowledge,claims states that the study of history, observation and perception tends to links issues, problem, challenges and prospects in urban planning and practices. The axiological, role of values-beliefs of researcher, positioning states that a systematic research approach helps to construct clear and so far unbiased understanding and scientific knowledge for economic,

sustainable and healthy urban settlements/towns. The methodological, ways to investigate and examine, positions states that implying inductive and deductive logic for qualitative approach with critical-interpretative-constructive paradigm leads to appropriation of research objectives. This research is staged into four phased viz. preliminary study and topic selection, extensive-comprehensive review of literature, data collection using key informant interviews and direct observations and finally, data analysis and information extraction for obtaining research objectives in scientific and coherent manner.

6. Case Study

6.1 International Case Studies

Thousands of habitats once thrived along England's River Thames, which flows out of the center of London. The river served as a gem in London's crown. But as a result of pollution, sewage, and industrial waste, the river began to die, and by 1957, the Natural History Museum pronounced it to be "biologically dead." The Thames was referred to in newspapers as a filthy, foul-smelling drain. It appeared that it had little chance of surviving, but it fought back, defying the odds. The Thames has returned as one of the world's cleanest rivers after 60 years of being pronounced dead. Today, both above and below its waters, life is thriving. The awful stench London's garbage ended up in the 200-mile river. The awful aroma The 200-mile river was where London's trash resulted. At around that time, London's rubbish can. Industrial garbage, raw sewage, and waste from slaughterhouses were all dumped into the Thames during the Victorian era, which caused the river to become rapidly polluted. More sewage leaked into the Thames as a result of World War II bombings over sewage treatment plants. This made the Thames River even worse, but it wasn't until the Great Heat of 1857 that people began to notice the Thames' foul odor. Pollution caused the oxygen level in the water to drop so low that no life could exist. As a result, fish either died or swam away. The "Great Stink" moniker was attributed to the Jewel of London. The Thames began to stink and die due to a lack of oxygen and constant spills of untreated contaminants. The Natural History Museum eventually declared it extinct in 1957. In fact, conditions were so bad that in the 1950s, if you fell into the River Thames, you would need to be transported to the hospital so your stomach could be

pumped. This is because the river was teeming with untreated sewage. Ultimately, the responsibility for the notorious Great Stink of Paris in 1880 was attributed to the many waste disposal sites and treatment facilities located in the suburbs, which were the ultimate destination for most of the city's sewage at that time. The operators of these facilities were accused of reckless behavior and a lack of concern for the health and well-being of the neighboring communities in which they were situated. By 1880, the entire city had joined in the condemnation of these practices. [9]. This show that the urban planning and practices are directly related to public health and well-being in complete sense.

6.2 National Case Studies

Land pooling ventures such as Manohara area is aimed at improving the overall quality of the urban environment. It have the potential to connect newly developed areas with existing neighborhoods, provide essential services and infrastructure, create new open spaces and parks, and utilize spare land for social benefits like affordable housing. Typically, land pooling areas tend to develop later than the surrounding regions. In the Kathmandu Valley, land pooling areas have shown some positive signs of improving urban public health and well-being, with land values appreciating more rapidly than in adjacent areas. However, they often have limited direct linkages with neighboring regions in terms of road infrastructure or plot layouts. A clear distinction between planned Manohara and unplanned. The author reports feeling a sense of well-being while walking in the streets of the Manohara land pooling area, while the unplanned Nakhibot area lacks natural cohesion between built structures and other observed activities. The Bhaktapur Development Project also demonstrates how an enhanced built environment can create favorable surroundings for health and well-being.

7. Discussion and Analysis

Urban areas across the globe face a range of environmental health challenges, including issues such as air, water, and soil pollution, noise pollution, traffic congestion, and inadequate housing conditions. These issues are exacerbated by unsustainable urban development and the impacts of climate change. To address these challenges, it is important to undertake an integrated assessment of these concerns. This presents an opportunity to develop comprehensive, low-carbon solutions in the urban environment, which can have a multitude of positive effects on public health. Arranging a city is complex work in arrange to join well-being. The thoughts are not utilized accurately since they are by and large conceived and proposed as alterations to be consolidated either into the extend conception itself, or else into the conception of open possession of subsidized lodging. As great a put as any to start is with the strategies for subsidizing residences, since the strategies concocted and embroidered over the a long time to create extend communities a reality for the destitute have profoundly contaminated arranging strategies for all purposes. The gadgets of large-scale clearance, ghetto moving, ghetto immuring, extend arranging, wage sorting, utilize sorting have gotten to be so settled as arranging pictures and as collections of strategies that city re-builders, and most standard citizens as well, confront a clear when they attempt to think of city revamping without these implies.The major sixteen issues and challenges in urban planning and practices regarding urban public health and well-being has been found Philosophical and Principle, Demographic and Sociological, Geographical and Topographical, Planning Tools and Skills, Participation and Partnership, Integrated Land Use, Fooding and Housing, Transportation(Mobility), Environmental and Ecological, Waster Supply, Cleanliness and Sanitation, Economic and Financial, Political and Governance, Linkage and Interaction, Healing, Recreational and Healthcare, Resilient, Smart and Sustainable, Public awareness and Collective Consciousness.

Healthy urban planning involves prioritizing the needs of people and communities and taking into account the impact of decisions on human health and well-being. This approach requires striking a balance between social, environmental, and economic pressures, which aligns with the principles of sustainable development. The core principles of Healthy Cities, including equity, inter-sectoral cooperation, community involvement, and sustainability, underpin this concept. Urban planners and other professionals have the ability to transform the conditions in which people live and work, including access to services and facilities, lifestyles, and social networks, which are critical determinants of health, well-being, and quality of life in urban areas. This paper explores the links between health

and urban planning and examines how urban planning can positively impact health and well-being. Although living in urban environments can pose various health-related challenges, healthy urban planning can address these issues. Local authorities and communities should adopt and implement evidence-informed health and sustainable development strategies that improve local environments as well as community resources, which determine health and well-being for all – leaving no one behind. As Nepal undergoes rapid urbanization, it is crucial to incorporate health considerations in the early stages of urban planning to support sustainable development. This research aims to establish a connection between planning, health, and well-being to raise awareness and generate evidence to inform public policy-making related to urban planning, public health, and well-being. The paper addresses issues and challenges related to climate change and air pollution, as well as good practices for promoting physical activity. Collaboration across various sectors and community engagement are critical factors in ensuring the successful implementation of policies. The integration in phases and aspects that were introduced included Planning, Designing, Development and Management along with physical, social, cultural, economic, ecological, environmental, financial aspects. These phases and aspects need to be applied ranging from in the early decision-making phase to in the late management phase to produce evidence that justifies the inclusion of health and well-being in policy and plans later. The phases integration of planning, health and well-being includes:Planning and Designing, Development and Construction Phases, Management and Operation, Monitoring and Evaluation Redevelopment and Regeneration. Likewise, Integration of urban planning and practices to public health for urban environment and human health can also be done through aspects such Social and Cultural, Environmental and Ecological, Economic and Financial Aspects, Political and Governance, Technological and Resilient. This found out two methods of trans-disciplinary integration is going to contribute for urban environment and human health simultaneously.

8. Conclusion and Recommendation

Urban planning utmost goals is to maintain and promote health, hygiene, sanitation, well-being, safety, security, resilience in the cities and town that we are dwelling in. Firstly, urban planner should have knowledge of how the human body works in the process of making it healthy and attaining well-being. Secondly, they should know the human body interaction with surrounding environment (air, water, energy, wind and space). Thirdly, They should know the various cycle and system in the cities and town incorporating both the internal and external factors of influence and affluence. This research has tried to find out major issues and challenges in urban planning for health, well-being, prevention and control of infectious diseases. The issues and challenges of urban planning are categorized by phase which includes planning phase, designing phase, development phase, management phase and redevelopment phase; by sectors physical-developmental, socio-cultural, political-legal (governance-administration), environment-ecological, economic-financial and technological-smartness. This paper comes to conclude issues of different thirteen headings including Philosophical and Principle, Demographic and Sociological, Planning Tools and Skills, Participation and Partnership, Integrated Land Use, Fooding and Housing, Transportation(Mobility), Environmental-Ecological, Waster Supply, Cleanliness and Sanitation, Economic and Financial, Governance and Regulatory, Linkage and Interaction, Healing, Recreational and Healthcare, Resilient, Smart and Sustainable,Public awareness and Collective Consciousness. Urban arranging comprises of two components such as physical and socio¬economic arrangement Physical includes morphological viewpoints like arrive utilize, engineering, transportation and vitality, while financial component includes social or human environmental forms, which ought to be taken into thought amid urban arranging[10].

Social and cultural processes are central to locational processes, that is, is shifting and sorting of people leaves a deep impact on the morphology or internal structure of the city. Urban mobility is one of the basic aspect of urban life. In urban life mobility is taken as spatio-temporal activities with peaks hours and routine traffic movin to CBD from pheriphey to perform various economic activities. The urban roads, mobility structure of cities and towns, are seems to be overloaded which is causing congestion at peak hours which is firstly, directly polluting the urban environment affecting health of urban populations and secondly, taking more time in commuting which is affecting dynamics of urban economics by losing time

and deteriorating the health of urban populations. Due to increase in urban population, and increase in environmental health hazards, the capacity of social infrastructure healthcare facility are overloaded. Similarly education facility seems to be overloaded in Nepalese cities and towns. The overloaded water supply and sanitation system is causing emergence of infectious diseases such as cholera, dysentery, etc. in urban populations. It is conventional wisdom to plan of water supply and sanitation as though they can not be separated. To address these challenges, urban planning and practices should focus on creating healthy and sustainable environments that promote public health and well-being. This can include promoting active transportation such as walking and cycling, providing access to green spaces, ensuring adequate housing conditions, and addressing the unequal distribution of resources. Additionally, urban planning should prioritize the mitigation of climate change impacts and adaptation strategies to reduce health risks associated with climate change. Zoning serves as a means of controlling and organizing land use within a local authority's statutory area, with the aim of regulating the built environment and fostering functional real estate markets. This is achieved by dividing the land into distinct sections that permit particular land uses on designated sites. Zoning plays a key role in shaping the layout of towns and cities, determining the location, size, and use of buildings, as well as the density of city blocks. The primary goal of zoning is to provide local and national authorities with a tool for regulating and controlling land and property markets to ensure that the land uses are complementary to each other. Although zoning is a relatively new tool for land-use planning, it has become an essential aspect of urban planning and development. Ecological planning involves satisfying human needs in a manner that is both efficient and sustainable with regards to natural resources, while simultaneously preserving ecological balance. Benefits of ecological planning include the protection of environmental health, the promotion of healthy ecosystems, the reduction of environmental pollution, and the provision of green spaces. These are only a few of the numerous advantages associated with ecological planning. Good planning achieves this at minimal cost in comparison to the public value generated. A positive planning culture is demonstrated when planning processes are used proactively to achieve a strategic outcome. The legacy of good planning is a predictable basis for investment

in housing, employment and other beneficial uses which reflect community values for a place. Participatory urban planning directly engages neighborhood residents in the process of land use planning. Residents provide local knowledge and information to compliment the technical know-how of experts and officials. Participatory urban planning involves actively involving local residents in the process of land use planning. By doing so, the knowledge and information provided by residents can supplement the technical expertise of officials and experts. Through this collaboration, solutions are developed collectively to address the needs of the community. This study also reveals that urban dwellers have issues and challenges regarding their public health and well-being because of poorly planned and practices urban amenities. So, the philosophical clarity in management level to technical competency in implementation is taken as major issues and challenges. The economic and financial sense of developing countries like Nepal need yet to be developed so that collaboration between government, public and private sector can be envisioned and implemented accordingly. The technical enhancement of Nepalese human resources working as urban planners yet needed to sharpen so far for effective and efficient planning and practices for better health and well-being outcomes of urban dwellers which includes clarity in integrated land policy and land use policy. The further research can be done in each issues sorted from this research.

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