

INCLUSIVE HEALTH AND WELL-BEING IN SMALL AND MEDIUM SIZE CITIES

Co-design of green public space in vulnerable context: social and environmental sustainability to boost Inclusive Urban Health and Well-being

The logo for Sustainable Places 2023 consists of a stylized yellow graphic on the left, resembling a bar chart with three bars of increasing height, followed by a cloud shape. To the right of this graphic, the words 'SUSTAINABLE' and 'PLACES' are stacked vertically in a black, sans-serif font, with '2023' in a bold yellow font to the right of 'PLACES'.

**SUSTAINABLE
PLACES 2023**



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**Isotta Mac Fadden,
Universidad de Cordoba, Spain**



Social
Social Cohesion

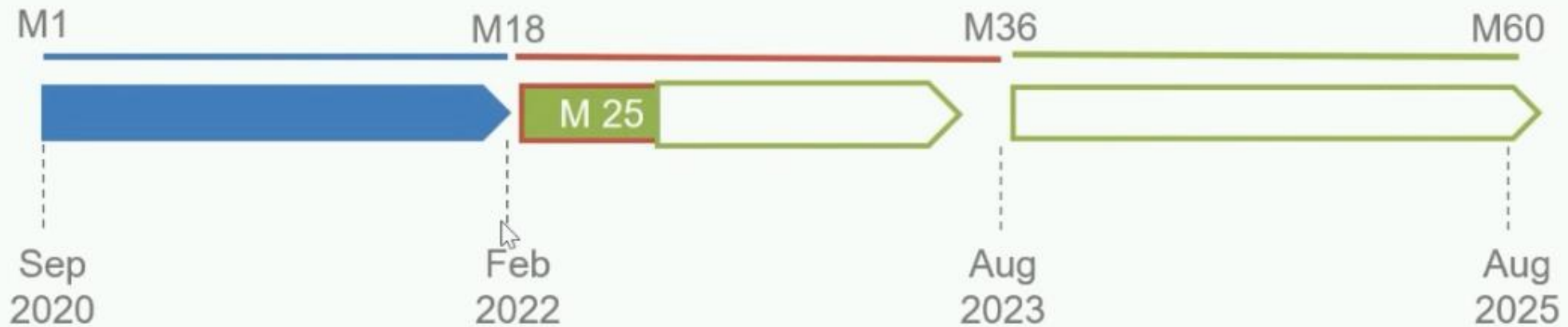


Environmental
Climate change

- More than **80%** of the **European population** will live in urban areas by 2030.
- **65% of the urban population** lives in small or medium size cities
- Cities are **essential players** in the transition towards a sustainable society.
- Health and wellbeing are specific **urban development dimensions**.
- **SMSCs** face bigger problems with accessing **research and innovation** (R&I) and attracting and **mobilising resources**.
- **COVID-19** opens up **new challenges** and new research avenues.



IN-HABIT Multidisciplinary Horizon 2020 Journey, September 2020-2025



Where we are?

Consortium is a multidisciplinary 21
Partners from 7 European countries

Who?

Main OBJECTIVE



To *investigate* how **innovative actions and solutions** can foster **Inclusive Health and Well-being** in
4 European cities (Cordoba, Riga, Nitra, Lucca).

In each city the project will *mobilising* **local undervalued resources**
(art and cultural heritage, food, human-animal bonds, environment and art)
with **visionary and integrated solutions** (VIS) co-designed, co-developed and co-managed by
local **inhabitants** and relevant **stakeholders (Public-Private-People Participation)** ,
with **Gender, Diversity, Equity and Inclusion** approach

Cities core groups: research institution, ground-base organization, City Hall
(multilevel)



SPECIFIC OBJECTIVES



1) To make urban public spaces **safer**, more **accessible** and more inclusive by **mobilising undervalued resources**.

2) To promote **healthy behaviour** and increase well-being of citizens in neighbourhoods facing challenges through innovative solutions.

3) To create IN-HUBs (lab of social innovation) in each city, innovative partnerships among **people, private and public** organisations and institutions.

4) To develop an urban planning framework focusing on gender, diversity, equity and inclusion.

5) To develop new ways of measuring the impact of actions on inclusive health and well-being.

6) To share **knowledge of the solutions** successfully deployed in each city for use elsewhere.

7) To place **Responsible Research and Innovation, Gender and Open Access** at the core of the project.



DIGITAL AND TECHNOLOGICAL INNOVATIONS

Interactive, renewable,
art lighting solutions
Digital platform to monitor H&W
IN-HABIT app
Digital storytelling
to involve children

SOCIAL INNOVATIONS

Behavioural games
Mindset change training
Training in new skills
Sustainable mobility ways
Gendered landscapes

CULTURAL INNOVATIONS

Inclusive art and exhibition
initiatives and spaces
Creative festivals and fairs
Food education initiatives
Behavioural games to promote
healthier lifestyles
Promotion of new
female gender roles

NATURE BASED SOLUTION INNOVATIONS

Therapy gardens
Greenery of existing infrastructure
NBS to increase climate
change resilience and address
air pollution

IN-HABIT

4 Pilot Cities

WP1. Sustainable mobility and creative square in Cordoba

WP2. Intercultural and creative food hub, community centre of Agenskalns

WP3. Looking at human-animal bond from a new perspective

WP4. Co-creating Reversible Multifunctional Open-source Urban Landscape

Transversal

WP5. Citizen Engagement, Inclusive Business Models and PPPs to Boost IHW

WP6. Enabling Behavioral Changes with a GDEI Perspective

WP7. Assessing the Impact of Visionary and Integrated Solutions on IHW

WP8. Dissemination, Exploitation, Communication and Outreach Strategy (DECO)

WP9. Project Management and coordination



Riga,
Latvia



Food and Healthy
Habits

Lucca,
Italy



Human-animal bond



Córdoba,
Spain



Art and cultural
heritage



Art and Enviroment



Nitra,
Slovakia

Intercultural and creative food hub, community centre of Agenskalns (Riga)

Promote **sustainably** produced
and **locally** sourced food

Encourage conscious and **healthy**
food habits

Revitalize **social life**, and increase
health and well-being in the
neighbourhood



RIGA - ĀGENSKALNS



AGENSKALNS MARKET



FOOD MARKET



Human-animal bonds from an urban perspective

Evaluate the number of pets in urban spaces and their impact on human everyday life

Examine the social support role of animals for different groups of people (elders, children, families, people in needs), as well as their economic impact

Promote **animal-friendly policies** and **urban planning** by focusing on hum-animal bonds



Reversible Multifunctional Open-source Urban Landscape in Dražovce

Explore the role of **environment** and **art** in boosting **IHW**

Build a **community centre** for migrants

Design and integrate **multifunctional furniture in the corridor**

Promote organic food and NBS



NITRA



HIDEPARK



INDUSTRIAL AREA



DRAŽOVCE



Sustainable and green spaces in Cordoba

Explore the **role of culture and heritage** to boost IHW (Vulnerable/connection with rest of the city)



The project will investigate **the role that patios**, as **sustainable and green socio-ecological systems**, might have to increase people health and wellbeing and how the co-creation and replication of patios in Las Palmeras can boost inclusive health and wellbeing in this area.





Figure 1 Las Palmeras neighbourhood (map)



Visionary and Integrated Solutions

A low-angle, close-up shot of a person's legs and feet as they run on a dry, grassy hill. The person is wearing dark athletic pants and running shoes with red and white accents. The background is a bright, slightly blurred landscape under a clear sky.

Challenges...

General and specific challenges in Cordoba



PUBLIC SPACES AND ENVIRONMENT

- Dirty and degraded public spaces
- No green areas nor leisure spaces
- Lack of light areas and streetlights (by night)
- Insecure space (violence, cohabitation patterns)



HOUSING AND INFRASTRUCTURE

- 700 (social) flats (70-125 m²)
- 5 patios (squares)
- 1 ~ 7 people per-home
- Low quality housing
- Electricity, water and sewage deficiencies
- Illegal cannabis production



IDENTITY, STIGMA AND VULNERABILITY

- Discrimination and stigma
- Low self-esteem
- Institutional mistrust
- Loneliness and isolation
- Gender-based violence and discrimination
- Violence
- Conflicts between familiar clans
- Insecurity (especially at night)



SOCIO-ECONOMICS

- Unemployment rate: > 70 % (lack of data)
- Average income/person: < 6.810€ (6th quarter with the lowest income in Spain)
- Informal economy and illegal activities



EDUCATION AND TRAINING

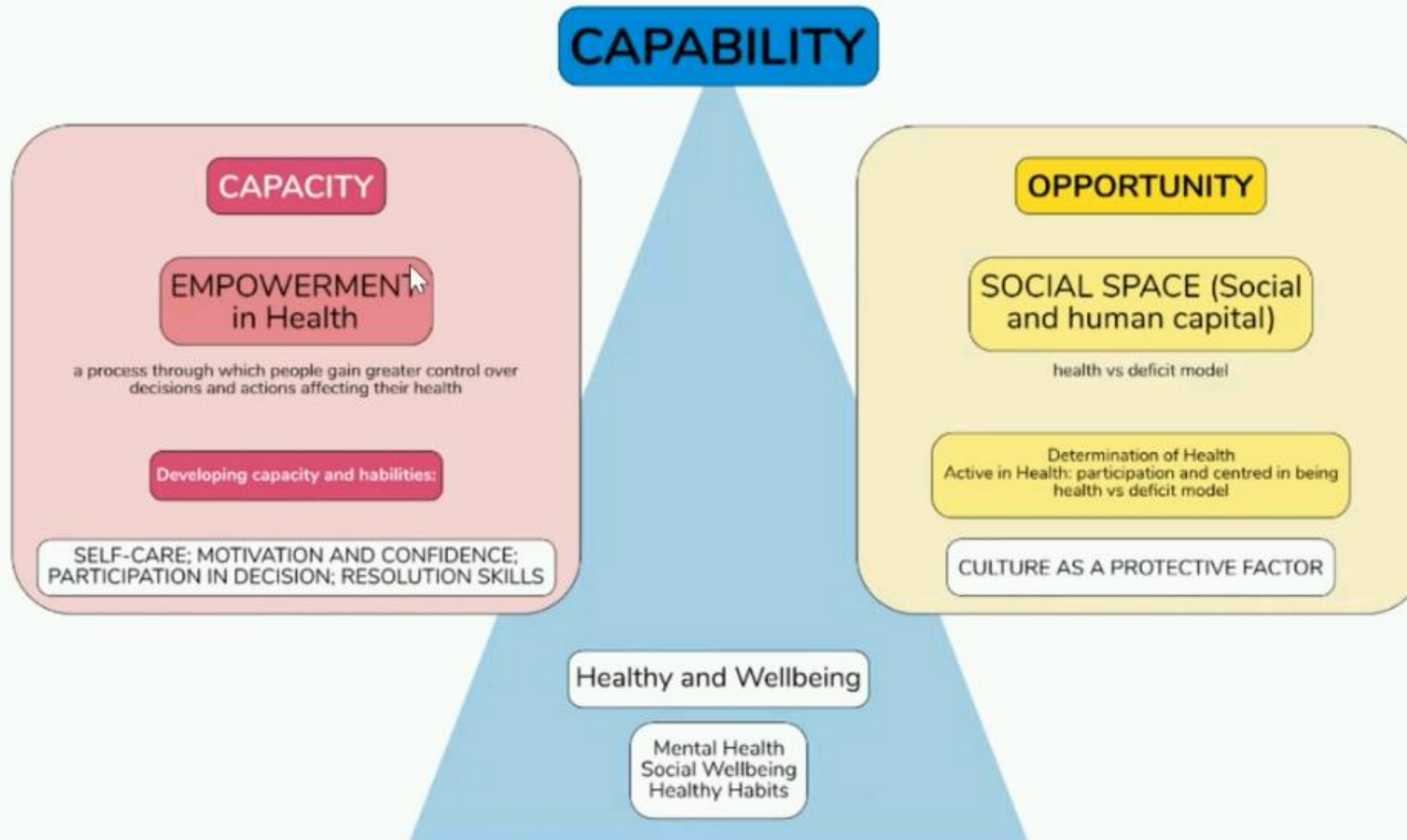
- High rate of school absenteeism
- High rate of school drop-out
- Families prefer schooling children outside the neighbourhood
- No secondary nor vocational training facilities
- Lack of social and educational skills
- Lack of digital competences



MENTAL HEALTH AND HEALTHY HABITS

- Lack of sport facilities
- Unhealthy diets
- Unwanted pregnancies
- Stress to cover basic needs
- Drug addictions
- Sleep problems / lack of sleep (noise, bad habits)
- Low self-care and lack of hygiene







GDEI Perspective based on behavioural change

groups at risk of discrimination and exclusion such as the elderly, women, migrants, ethnic minorities, LGBTIQ+ people, and persons with disabilities

Context integrated top-down bottom-up approach

Dimension	Sub-dimension
Social well-being	Social cohesion
	Crime/security and violence
	equality
	discrimination
	social inclusion
Mental health	Spatial well-being
	Positive emotions
Healthy lifestyles	Psychological well-being
	Physical health status
	Determinants of health
	Sports practice
	Cultural participation
	Leisure and free time
Economic well-being	Employment
	Job and skills satisfaction
	financial situation
	Housing

*Institutional
City Level...*

35 entities

*26
Manifesto of
Adhesion*

51 participants

*Las Palmeras
Neighbourhood*

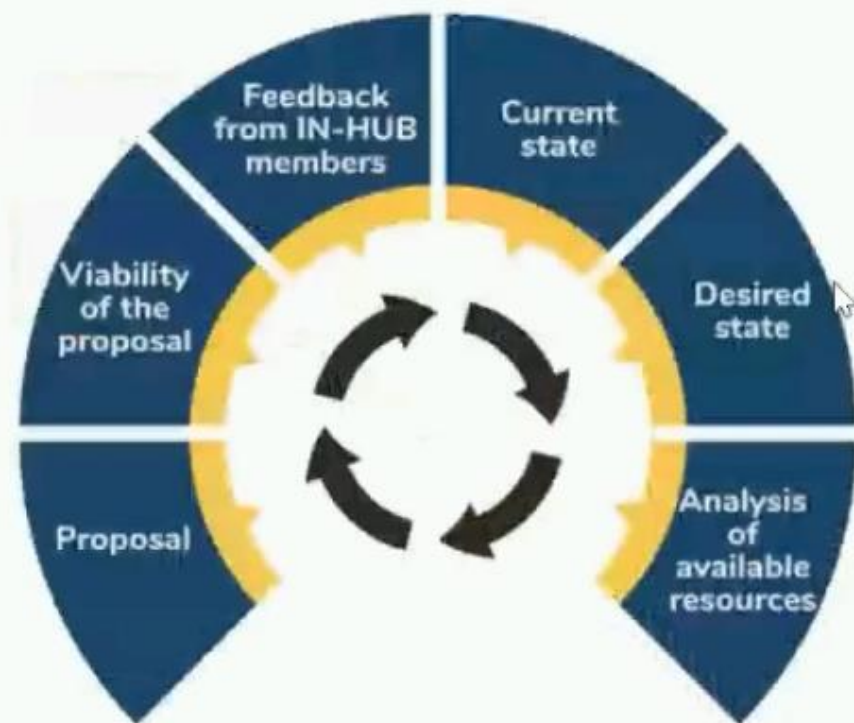
10 entities

**70 neighbours*



*International
communication
campaign,
27th of
September
2021*





Horizontal Process

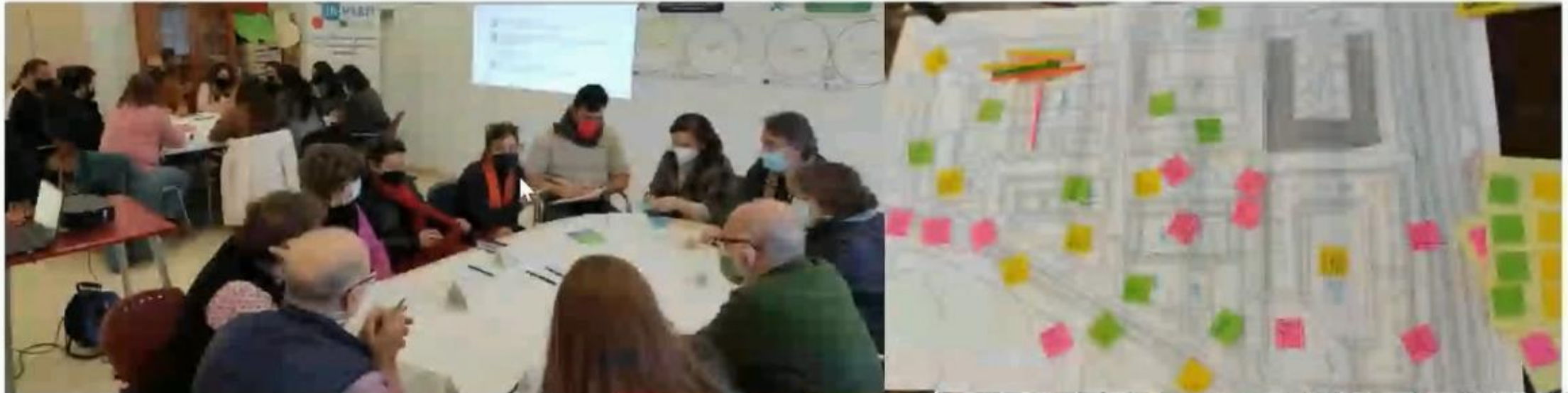
- the participation and involvement of neighbors
- the stakeholders directly interested in each VIS
- The guide to the experience of professional stakeholders who are subject matter experts
- the mediation of the IN-HABIT team (UCO, AVUE and City Council)

Final verification with the IN-HUB Advisory Council and the Las Palmeras Committee



Inspiring case: Patios as eco-social builders

From NBS to Social-NBS



NBS Solutions are inspired and support by nature..



cost-effective



provide environmental, social and economic benefits



build resilience through locally adapted



resource-efficient and systemic interventions



enhance urban quality of life, health and well-being



include a wide range of opportunities using nature to create sustainable ecological systems



Social innovations (building trust among participants and entities, creating capacities, developing safe spaces for interaction, etc.):



To **engage** and disseminate the project between Las Palmeras

tangible and real change
positive impact on their life



To encourage neighbors' **collaboration and coexistence**

built a neighborhood identity vs patio/families identity
cultivate value through a shared moment (respect, cleanliness, collaboration, empathy, solidarity..)



To reinforce sense of **security, identity and belonging**

have shared space like the rest of the city's neighborhoods

legitimize public spaces as a space for all



To reinforce **the participation skills**

Empowerment in heart of **the neighbours** (Self-care, motivation and confidence, participation in decision-making, knowledge acquisition, coping skills)

Strengthen networking and organizational skills of the **institutions of Las Palmeras**



1st Social-NBS: Picnic area



SOCIAL WELL-BEING

Social cohesion (socialisation space)

Social Inclusion

Sense of place

Ownership of the space

SPATIAL-ENVIRONMENTAL WELL-BEING

Spatial well-being

Perception of security

NBS to fight climate change and vulnerability

HEALTHY LIFESTYLES

Physical health status

Cultural consumption and production

Leisure/Free time

Renaturalisation and recovery of green spaces for public use

Walkable path

- Accessible & Safe (illumination, signaling)
 - Aesthetic (art and integration with the landscape; New European Bauhaus; NBS...)
 - Sustainable (natural and recyclable materials)
- **Beautiful**, enriching, inspired by art and culture, responding to needs beyond functionality.
- **Sustainable**, in harmony with nature, the environment, and our planet.
- **Inclusive**, encouraging a dialogue across cultures, disciplines, genders and ages.



Green Corridor

Social and environmental sustainability

Participatory approach & Co-creation

- Co-design
- Co-management
- Co-deployment

Combining soft and hard VIS

Inclusive NBS: vulnerable context

Creating synergies: City & IN-HUB entities



events held: 8

co-design workshops: 9

co-execution workshops: 27

co-management workshops: 16

Neighbours actively involved: 40



- Building trust and sense of place
- Boost IHW: Creating public safe spaces and vs stigma
- Social Procurement (legal constraints, bureaucratic processes, inertia, social, SME don't have the skills)
- Monitoring and long-term sustainability

