

Welcome to the 2nd Urban Health Cluster Newsletter!

Urban health refers to the wellbeing and health of people living in cities. It focuses on the link between common chronic health conditions and the urban environment. The six projects forming the Urban Health Cluster (ENLIGHTENme, eMOTIONAL Cities, HEART, RECETAS, URBANOME, WELLBASED) aim to enhance collaboration and promote the importance of including health and wellbeing in urban related strategies and policies.

In this edition you will learn about the Cluster's progress,

the Annual Meeting held in October 2022, the first Joint Policy Brief and the UHC projects' activities to disseminate the Cluster's scope.

You may follow UHC online:

Website: <https://www.urban-health.eu/>

Twitter: [@ClusterUrban](https://twitter.com/ClusterUrban)

LinkedIn: [Urban Health Cluster](https://www.linkedin.com/company/urban-health-cluster/)

Kind regards,
The editorial team

Our latest news

Annual Meeting | 27-28 October, 2022

The first European Cluster to improve and safeguard health and well-being of citizens, leaving none behind.

The projects of the Urban Health Cluster have received funding from the European Union's Horizon 2020 research and innovation programme under call SCI-BHC-29-2020. Innovative actions for improving urban health and wellbeing - addressing environment, climate and socioeconomic factors.

Cluster's second annual meeting in hybrid format

The Urban Health Cluster held its second annual meeting in Valencia, Spain on October 27-28, 2022. Representatives from the European Commission (DG RTD & HaDEA), project coordinators and consortia members the of the six H2020 projects, representatives of European Initiatives and Networks, met for the second annual Urban Health Cluster.

The meeting advanced the urban health agenda through discussions of the **technical aspects of urban health research and the translation of these research areas into policy and actions**. Cluster members reviewed progress over the past 18 months and prepared for the next phase through Working Groups' sessions on science translation, health determinants and urban interventions, data protection, urban issues and epidemics, dissemination and communication, and citizen science and urban health.

The 2-day event took place in hybrid mode including in-person attendance and online participation.

The follow-up report of the Cluster's meeting is publicly accessible in the dedicated Cluster's [website](https://www.urban-health.eu/).

How does the urban environment impact on health and wellbeing of people?

1st Joint Policy Brief

In its first joint policy brief, the Urban Health Cluster introduces the core aspects of its aim to understand **the impacts of urban environment on citizens**.

The brief explains the Cluster's structure and strategy that revolves around **research and interventions in the form of experiments, pilot sites and urban living labs specifically** designed by each project.

Fundamental interventions planned by each project are listed and **key health determinants** to be monitored are mapped. The policy brief ties all the above aspects concluding on the main EU policy domains for which the Cluster seeks to produce **evidence-based recommendations**.

The Joint Policy Brief is publicly accessible in the dedicated Cluster's [website](https://www.urban-health.eu/).

UHC Projects' Highlights



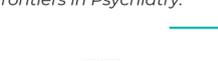
Firstly, we have successfully [launched the Urban Lighting Labs](#) in the three ENLIGHTENme cities: Amsterdam, Tartu and Bologna.

The three ENLIGHTENme cities have all started activities to recruit participants, made up of older adults, to take part in the study to assess the link between health, wellbeing, lighting and socio-economic factors. Learn more about the study visiting ENLIGHTENme [website page](#).



We held the 1st Neurourban Workshop to define trials routes in Lisbon between health professionals and urban planning and landscape architecture professionals. Two project partners, IGOT and FMUL, engaged with 16 guests from different areas of territorial and health domains. Read more about the workshop in the project's [website](#).

We have published two scientific articles: ['Health and the Urban Environment: A Bibliometric Mapping of Knowledge Structure and Trends'](#) at *Sustainability*; and ['Cities and neuroscience research: A systematic literature review'](#) at *Frontiers in Psychiatry*.



We have designed an extensive list of indicators, clinical, social, economic and environmental ones, to quantify and validate the impact of urban settings and Blue-Green spaces in citizens health; and to assess the impact of Blue-Green solutions in the environment, in the local economy and in the social aspect of public life..

We are currently implementing the [HEART ICT tools](#); and we have designed an [AI framework for Healthier "Blue-Green" European Cities](#).



A [Social Network Analysis](#) was conducted by Visible Network Labs in the six pilot cities: Barcelona, Cuenca, Helsinki, Marseille, Melbourne, Prague examining partnerships networks from more than 150 organisations..

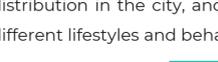
The survey data will allow us to better understand how stakeholders across the six cities are working to address mental health, well-being, and loneliness through social prescribing and nature-based activities.

The project aims to test and evaluate Nature-based Social Prescribing (NbSP) to improve city dwellers' wellbeing and reduce loneliness. The term may sound complicated, but RECETAS has produced a video to explain this concept that concerns all of us... [Watch it here!](#)



We have successfully launched the Urban Living Labs in the nine URBANOME cities: Aarhus, Athens, Aberdeen, Ljubljana, Madrid, Milan, Montpellier, Stuttgart, and Thessaloniki. The standardized protocol for the exposure and health studies common to all the nine ULLs has been finalized and shared with them!

Two URBANOME ULLs, Montpellier and Thessaloniki, have started recruiting participants for a study to assess the link between environmental exposures and urban health and wellbeing examining health determinants, their spatial distribution in the city, and the social distribution of their impact among different population groups, accounting for different lifestyles and behaviors.



We have delivered a report presenting insights from energy poor households that took part in WELLBASED focus groups across the seven pilot cities. The households discussed challenges they encounter in their daily life; and measures that would help them to improve their living situation.

This report is [publicly accessible](#) and is useful for those interested in co-creation and focus group research, and those interested in the challenges of energy poor households and energy poor households' suggestions for measures to support them.

UHC Events



1^o ΔΙΕΘΝΕΣ ΣΥΝΕΔΡΙΟ
INTERNATIONAL CONFERENCE
The White Tower Forum
on Urban Health and Sustainability

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The 1st International Conference on Urban Health and Sustainability, titled 'The White Tower Forum on Urban Health and Sustainability' was held by URBANOME in the context of UHC and marked the beginning of an open dialogue with society and its stakeholders, with the main theme of promoting public health and sustainability in cities. [Read more here](#).



How to create programs that improve health and eliminate energy poverty in our cities

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The special session was co-organised by WELLBASED and URBANOME projects within the Nature of Cities Festival 2022 (TNOC) that focused on transdisciplinary dialogue and collaborative spirit around solutions for how to build cities that are better for nature and all people. The session addressed the approaches to programs design to improve urban health. [Read more here](#).



Right To Energy Forum
Delivering energy justice through community energy

26 Jan - 16:00-17:30
With speakers from cities, cooperatives, research AND WITH YOU!

Power to the people: delivering energy justice through community energy

The special session was carried out by WELLBASED to promote UHC scope. The session's context elaborated on citizens as active participants and changemakers for creating an energy system that puts people both people and the planet at first. [Read more here](#).



16-17 December 2021
International Conference
SHAPING LIGHT FOR HEALTH AND WELLBEING IN CITIES

Shaping light for health and wellbeing in cities

The ENLIGHTENme project held a conference to promote UHC within the special focus of the project on urban lighting. The conference comprised sessions about urban lighting plans, exposure examination and health determinants as well as legal an ethical aspects. [Read more here](#).

CLUSTER PARTNERS



The European Urban Health Cluster has received funding through the European Union's Horizon 2020 research and innovation programme under call SCI-BHC-29-2020. Innovative actions for improving urban health and wellbeing - addressing environment, climate and socioeconomic factors.