

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 well-being 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

LinkedIn: Urban Health Cluster

Kind regards,
The editorial team

Our latest news

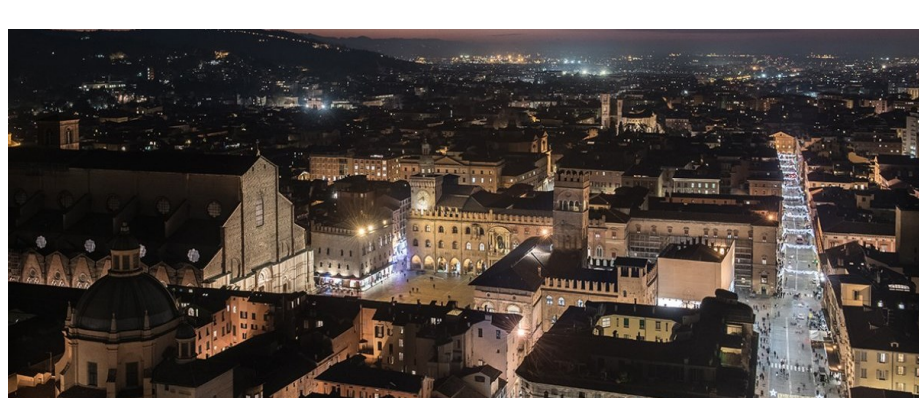
Cluster's third annual meeting in hybrid format

The Urban Health Cluster held its third annual meeting in Bologna, Italy on June 8-9, 2023. This year, the cluster members gathered at the Palazzo Hercolani in University of Bologna and met with European Union's officers from DG RTD & HaDEA, representatives of European and global initiatives including [Istituto Superiore di Sanità \(ISS\)](#), [Health City Institute \(HCI\)](#) and [HEAL Network](#).

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 and the prominent guests reviewed the efforts of the cluster during the past 8 months and delved into current and upcoming needs and challenges on the urban and environmental research, the adjoining areas between the projects' evidence and policy making in European context and the next steps of the six Working Groups of the Cluster. Once more, 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](#).

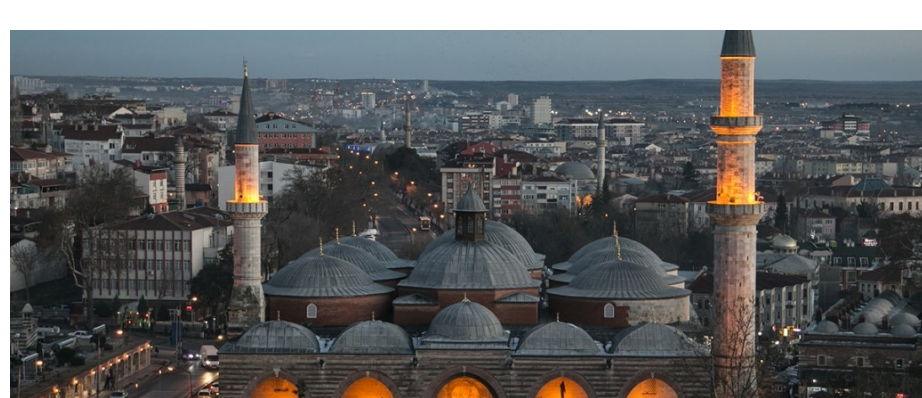
UHC Projects' Pilots under the spotlight!



Bologna, Italy | ENLIGHTENme

Bologna, the Regional capital of Emilia-Romagna in Northern Italy, is a national and international hub for people, goods, cultures and ideas, which have always fostered economic, scientific and industrial development. Piazza Lambrakis is a rich social setting in the city of Bologna. The ENLIGHTENme team is engaged with the local community through public events, workshops and interviews to co-create new smart light installations.

In June 2023, the ENLIGHTENme team proudly presented the first set of newly installed lights surrounding the square which are part of the new lighting scheme co-designed with the local community. In July 2023, the new lighting installations were used to lit a free outdoor cinema screening in Piazza Lambrakis in an optimum way.

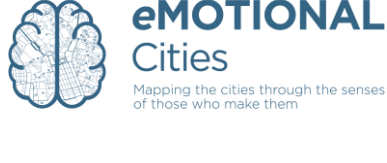


Edirne, Turkey | WELLBASED

Edirne is located in European part of Turkey in the border of Bulgaria and Greece. The city has a huge historical heritage from the ancient times to present. Remainings of Old Thrace, Roman and Byzantium Eras still exist, and the marvelous architectural pieces of Ottoman Era are the jewelries of the city panorama.

The WELLBASED pilot is implemented in five neighborhoods of the city, where Roma communities face deep energy poverty and consequent health issues. The pilot envisages energy audits, renovations, renewal of heating systems and energy training as interventions. Its study plans to put forward evidence-based policy recommendations to fight energy poverty and improve health conditions of the affected people.

UHC Projects' Highlights



The 3rd annual meeting of the eMOTIONAL Cities was held on September 11-12 at Michigan State University. During the first day project partners held a private meeting to review their progress, while the second day was open to experts, including scientists, decision-makers, politicians, urban planners and physicians

who discussed their roles in shaping healthier and thriving cities. The discussion centered around topics such as air quality, green spaces, and increasing access to healthcare and well-being services.



In the context of the UHC annual meeting, the ENLIGHTENme project organised a visit in Piazza Lambrakis, one of the three pilot sites of the project. The lighting design team of the Configuring Light research group of the London School of Economics and Political Science, together with NERI, proudly presented the first

set of newly installed lights surrounding the square, which are part of the new lighting scheme co-designed with the local community. During the visit, residents and the UHC projects teams came together to celebrate this first milestone of ENLIGHTENme project.



The HEART partners recently started installing the environmental sensors that will back up the upcoming clinical study within the project. Taking place in Aarhus, Belgrade, and Athens, as case study cities, the local partners will extract the data that depict the environmental circumstances in each demo site and will use them to prove the plethora of benefits to the physical and mental health of the citizens.



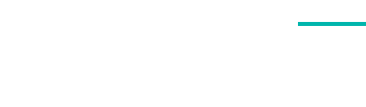
The pilot cities (Barcelona, Cuenca-Ecuador, Helsinki, Marseille, Melbourne, Prague) have begun clinical trials on groups of participants, to assess the impact of nature-based group activities on well-being and health.

Elderly, people in vulnerable economic situations, members of the LGBTQIA+ community, asylum seekers, among others...in total, more than 500 people from different communities, who experiencing loneliness, are taking part in these clinical trials around the world. The trials are running the groups in 9-week cycles through which participants are evaluated before the intervention and in 3 months, 6 months and one year after it. The first results of the trials should be published in early 2024!



All the nine URBANOME ULLs are progressing well with the recruitment of volunteers that undertake medical examinations and respond to standardized surveys to assess their health and wellbeing, to hold a first screening of the most vulnerable population that will constitute the pool for the second phase, starting within 2023.

communication channels with the local communities, awareness raising campaigns during public events and most importantly, early engagement with the decision makers that were strong supporters of the ULLs' initiatives. The second phase of the screening, is going to include more analytic medical examinations and sensor campaigns.



WELLBASED just published the [findings](#) of its most recent research carried out between October 2022 till April 2023 in five countries. It shows that low-income households were not comfortably warm in their homes during the past winter and suffered from bad health, despite the emergency measures introduced for the most

vulnerable including regulated tariffs and energy vouchers or grants for home energy retrofits. The Ukrainian city of Chortkiv, member of WELLBASED partner, Energy Cities, has opened a [crowdfunding call](#) for the rehabilitation of a center for disabled children in the city with solar panels and other sustainable technologies.

UHC Events



Parallel Session – The contribution of Pan-European research

The UHC was part of the parallel session in the Seventh Ministerial Conference on Environment and Health (7MCEH). The session was organised by DG Research and Innovation of the European Commission. The session addressed the contributions of EU projects to urban health and their importance to providing evidence-based recommendations to the decision makers across EU.

eMOTIONAL Cities coordinator, Bruno Miranda, represented UHC. His keynote speech revolved around the concepts of the 1st Joint Policy Brief delivered by the six projects of UHC. The 1st Policy Brief elaborates on the essential urban data examined by each project and the common intervention-fields where the UHC projects are going to positively impact by delivering new evidence.



Joint Workshop - Innovative investment for the smart communities of tomorrow

The UHC member, eMOTIONAL Cities together with H2020 projects, AURORAL, dRURAL co-organises a workshop within the 21st European Week of Regions and Cities that takes place in Brussels, Belgium from 9 to 12 of October 2023.

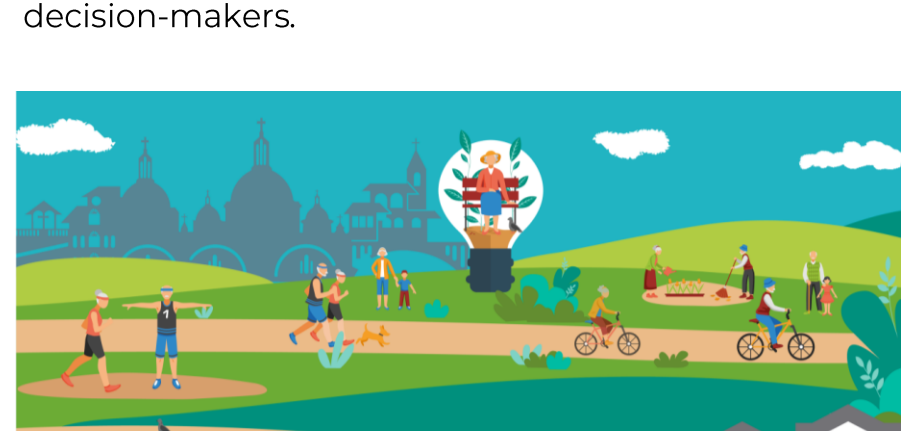
This session showcases smart solutions of advanced investment for Greener, Bluer, Smarter and Healthier Communities that co-develop on the basis of scientific evidence, digital services and advanced interoperability. Examples of cases from H2020 projects, AURORAL and dRural will be presented, as well as the Joint Policy Brief of the European Urban Health Cluster that delivers the learnings and outcomes of six projects towards the EU and national decision-makers.



UHC Thematic Event - Geospatial data webinar

The Urban Health Cluster is organising its next Thematic Workshop in the context of Working Group 3 on the 24th of November, from 10.30 to 12.30h CET.

This webinar discusses strategies to deal with geospatial data, based on experiences from projects of the UHC. The participation to the event is open and free of charge. The event is aimed for everyone, although particularly targeted to people dealing with data: data analysts, professionals of data infrastructure building, etc. as well as people related to Data Protection.



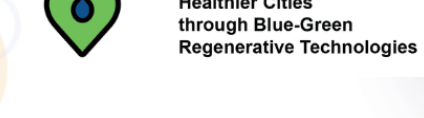
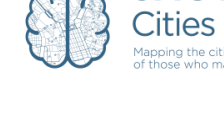
RECETAS Conference on Loneliness in Cuenca, Ecuador

Do you work on issues related with mental health, loneliness, social connections, nature-based solutions or urban planning? Are you a Spanish speaker? Join the RECETAS Conference on Loneliness organised by the Spanish University of Cuenca. The event will be in Spanish and will take place in Cuenca, Ecuador on October 3 and 4.

To register, please contact: recetascuenca@gmail.com

More information about the event can be found in the project's brochure, available [here](#).

CLUSTER PARTNERS



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