

Welcome to the 4th 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.

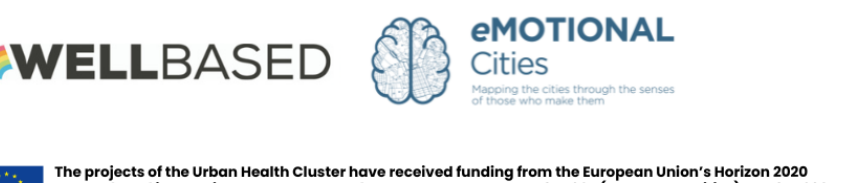
In this edition you will learn about the latest thematic

workshop of the Cluster, the second Joint Policy Brief and the open call for stakeholders issued by the Cluster! You will also discover three pilot cities from two of the Cluster projects and have a glance at all the projects' significant recent activities

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



The projects of the Urban Health Cluster have received funding from the European Union's Horizon 2020 research and innovation programme, under grant agreement, No. 845307 (eMOTIONAL cities), No. 845238 (ENLIGHTENme), No. 845105 (HEART), No. 845095 (RECETAS), No. 845391 (URBANOME), No. 845097 (WELLBASED)

Thematic Event
Geospatial Data Webinar
 24 NOVEMBER 2023

On Friday, November 24, 2023, WELLBASED and eMOTIONAL Cities held a joint virtual webinar discussing their approaches and strategies to deal with geospatial data in the context of their project plans. The webinar was attended by 16 participants/experts and unfold in two parts.

In the first part, Ricard Martinez, lecturer at the Department of Constitutional Law at the University of Valencia, Spain and leader of ethics and data protection work package of WELLBASED, shared some lessons learnt regarding GDPR, and presented the report "How to build a municipal data space". The second part was led by Antonio Cerciello and Joana Simoes, GIS experts from consulting and R&D company Byte Road, and leaders of data management work package of eMOTIONAL Cities. They showed best practices regarding spatial data infrastructure design and development from their project experience.

Both presentations were based on the results of an internal survey passed within UHC partners, to collect information on the kind of geospatial and health data used by UHC projects and privacy aspects related!

Policy topics addressed by the Cluster & primary health determinants analysed within projects

2nd Joint Policy Brief



The second issue of the Joint Policy Brief of UHC focuses on the relation between the policy questions pointed out by the Cluster and the policy topics that were emphasised in the first Joint Policy Brief. In addition, this issue is also focused on highlighting the health determinants that have been analysed the most and the least by the UHC. Furthermore, the issue aims to identify the main Sustainable Development Goals (SDGs) that are being covered within the UHC efforts. All of these aspects are crucial to ensure that the UHC policies are comprehensive and effective in addressing the healthcare challenges faced by the communities that they serve. The second Joint Policy Brief is publicly accessible via the dedicated UHC website section [\[click here\]](#).



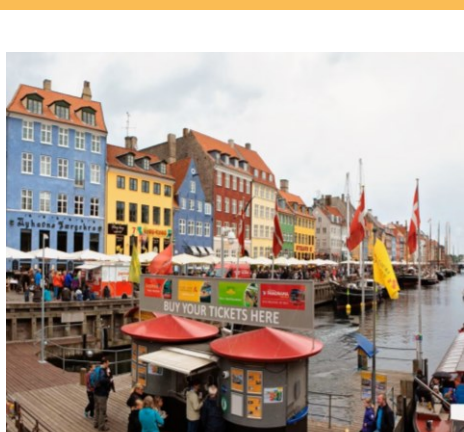
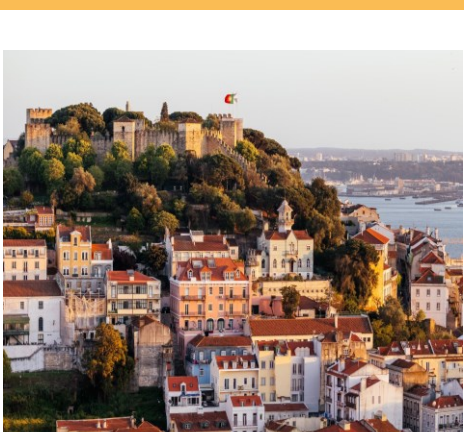
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Open Call
 Join the Stakeholders' Community of Urban Health Cluster!

Science translation of research results is crucial for achieving project impacts and ensuring that the most up-to-date, evidence-informed policies and practices are implemented to improve wellbeing, public health and reduce inequalities. The UHC is calling on all relevant stakeholders, (i.e., researchers, practitioners, policymakers, citizens) interested in such efforts to become members of the Cluster's Joint stakeholders' community! Joining our stakeholder list means staying in touch with us and receiving relevant information on the results and progress of the Cluster; news about important events to which you may be invited, like workshops and open events to disseminate methods, tools, and research results regarding urban wellbeing!

[To become member of the Cluster's community of Stakeholders fill in our online survey!](#)

UHC Projects' Pilots under the spotlight!



Copenhagen, Denmark & Lisbon, Portugal | eMOTIONAL Cities

Athens, Attica, Greece | HEART

The eMOTIONAL Cities pilot for Greater Copenhagen Area (Denmark) and in Lisbon (Portugal) were designed to collect physiological, psychological and mobility data, which will be used to model and map individuals' activity and travel decisions and their connections with the built environment and mental states (e.g., stress, anxiety), and derive sustainable scientific-based policy recommendations for improving individual well-being through mobility aspects.

The Pedion Areos park is located at the center of the city of Athens amidst densely built neighborhoods. It underwent extensive renovation between 2008 and 2010, and consists of green recreation areas, pedestrian routes and places for social interaction. HEART pilot aims to leverage the park for improving health conditions of its visitors. Also, the neighboring area, Attiko Alsos, is planned to be used as an extrapolation area, where urban planners can be trained at innovative HCPM methodologies.

UHC Projects' Highlights



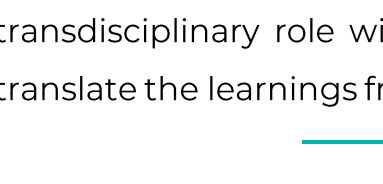
In March 2024 the Lab of Interdisciplinary Spatial Analysis within the Department of Land Economy of the University of Cambridge organised a workshop focused on Spatial Analysis of Urban Health. This event was tailored for doctoral students, and young researchers interested in urban health, health inequity, and spatial analysis.

The agenda included presentations, tutorials, and focus group discussions.



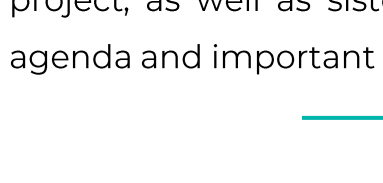
ENLIGHTENme has recently launched its awareness raising campaign to help citizens understand how indoor and outdoor lighting can affect their health and wellbeing. A new video highlights the need for an enhanced understanding of lighting impacts on health and wellbeing, especially for older people. The video, which explains the project's research approach, is available [here!](#)

The first edition of the ENLIGHTENme Health City Manager training has taken place in Bologna and Tartu, and it will come to Amsterdam soon! The training targets municipalities and city officials aiming to introduce a transdisciplinary role within public administration focusing on health and wellbeing in cities and hence help translate the learnings from ENLIGHTENme into public policy. A second edition is set to take place later in 2024.



The HEART project shares an invitation to the third annual Mikser Festival on 23-25 of May 2024 in Belgrade, Serbia. The event features sessions and interventions that align with urban health and well-being, nature-based solutions implementations, gender mainstreaming in urban planning and many more!

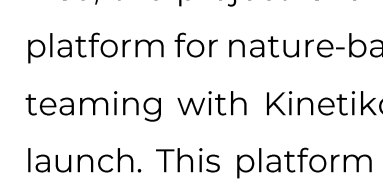
The Mikser Talks programme will include participants from the Mikser cluster group! UHC partners form HEART project; as well as sister projects and initiatives from many cities across Europe! The event's concept note, agenda and important dates are available [here](#).



RECETAS pilot cities are currently conducting two different studies: Barcelona, Helsinki and Prague are implementing randomized controlled trials (RCTs) while Cuenca, Marseille, and Melbourne are conducting pre-post studies. All studies are using "Friends in Nature," a nature-based social prescribing intervention developed by the project's investigators. Over 1000 participants are currently enrolled and more than

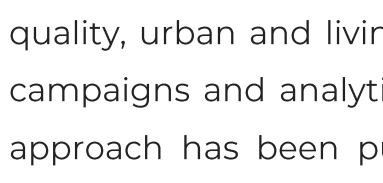
100 professionals have been trained in the intervention's methodology. Initial results are expected in 2025. Details of the study protocols are available via publications on RECETAS' [logic model](#) and approach, and the [RCT protocol](#). Further insights into social prescribing, can be found at RECETAS [recent publication](#), "Current Trends and Future Directions in Social Prescribing."

Also, the project is leveraging the Horizon Results Booster services to develop an exploitation plan and digital platform for nature-based social prescribing, alongside pilot studies. In parallel, the RECETAS Consortium is also teaming with Kinetikos, a Portugal-based startup, who are prototyping a digital platform for a spring 2024 launch. This platform will connect individuals feeling lonely together with referral providers and third-sector organizations to foster nature-based engagements with a strong social organization.



URBANOME has concluded the first phase of volunteers' recruitment in nine Urban Living Labs (ULLs) across European cities, with more than 2000 citizens participating in initial medical examinations and assessment of their mental, physical health, sleep

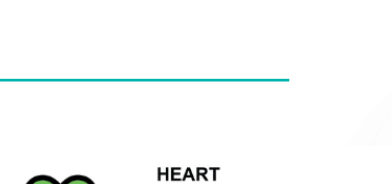
quality, urban and living environment. The ULLs are now at the pre-intervention stage that includes sensor campaigns and analytical medical examinations of the volunteers. In addition, a qualitative, ethnographic, approach has been put forward to give a more integrated character in the project research. The post-intervention stage of the second phase will be launched soon, where the volunteers will put in practice co-designed individual interventions, and an ex-post assessment will examine the impact of urban planning in different aspects, including socio-economic disparities.



WELLBASED calls for commitment of local stakeholders! The project has put forward a Manifesto to address the gaps on energy and health policies that negatively impact households across Europe. The Manifesto is available [here](#).

The project successfully organised its second capacity building webinar for cities that seek energy justice on 5 December 2023. The event was addressed to local and regional decision makers and revolved around an open discussion about services that benefit the most vulnerable and cities wanting to design exit energy poverty strategies. You can watch the recording of the webinar that is available [here](#).

CLUSTER PARTNERS



The European Urban Health Cluster has received funding through the European Union's Horizon 2020 research and innovation programme under call SC1-BHC-29-2020: Innovative actions for improving urban health and wellbeing - addressing environment, climate and socioeconomic factors.