GOBIERNO DE ESPAÑA — MINISTERIO DE SANIDAD

Citizen participation in local health and environmental equity in Utrecht

	2019	2040
Inwoners	352.940	455.000
Woningvoorraad	153.845	+ 60.000
Banen	261.165	+ 70.000

The 10-minute city

City residents can find everything they require within a 10-minute walk or by bike

Crucial factors

- proximity

- diversity

- density

Monitor health inequalities

Underlying causes

- Inequalities in:
  - health and health behaviour
  - health care
  - income and social welfare
  - education, skills and health literacy
  - employment and working conditions
  - physical environment
  - safety
  - social environment

Specific groups

- Inequalities between:
  - men and women
  - age groups
  - educational levels
  - migration backgrounds
  - (not) being able to make ends meet
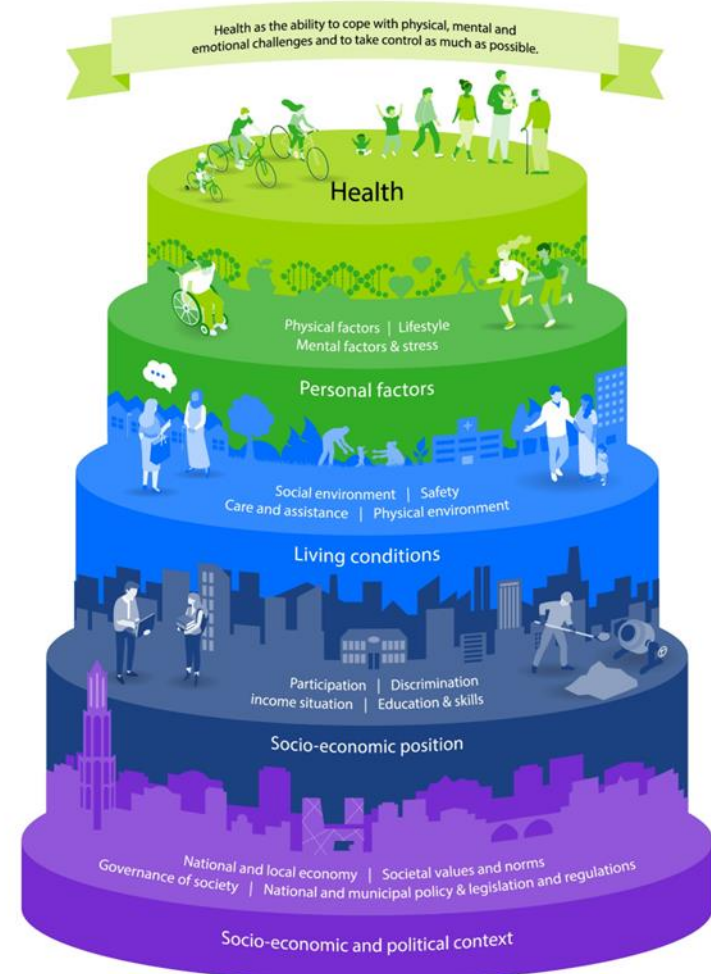 - neighbourhoods

in collaboration with WHO Health Equity Status Report (WHO Venice)

- Health

- Personal factors

- Living conditions

- Socio-economic position

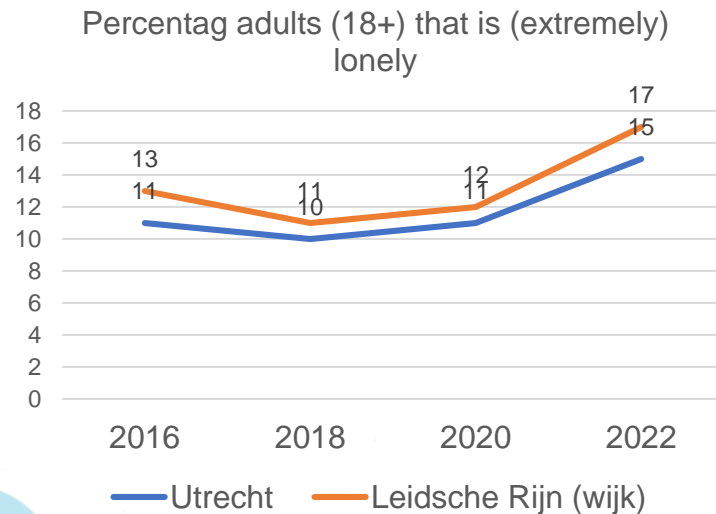- Socio-economic and political context

Utrecht Health Model

Health as the ability to cope with physical, mental and emotional challenges and to take control as much as possible.

Health

Physical factors | Lifestyle
Mental factors & stress

Personal factors

Social environment | Safety
Care and assistance | Physical environment

Living conditions

Participation | Discrimination
income situation | Education & skills

Socio-economic position

National and local economy | Societal values and norms
Governance of society | National and municipal policy & legislation and regulations

Socio-economic and political context

Vital and social new neighbourhoods

Why this new approach?

Percentag adults (18+) that is (extremely) lonely

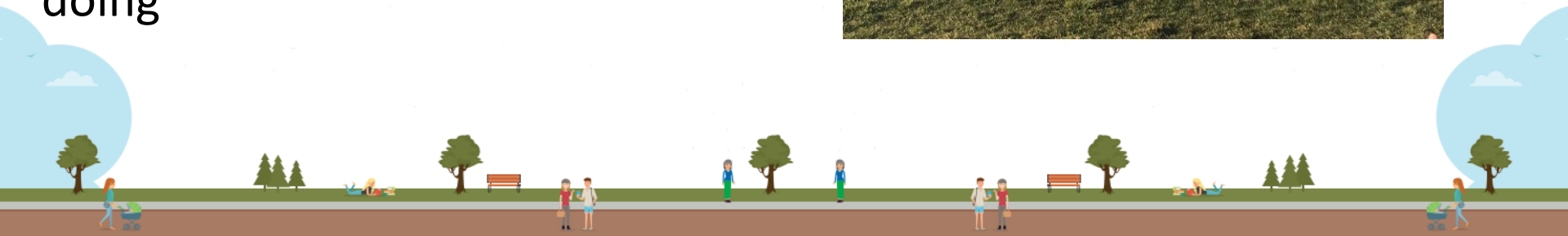| Year	Utrecht	Leidsche Rijn (wijk)
2016	11	13
2018	10	11
2020	11	12
2022	15	17

Idea:
-Temporally (2-3 years) of intensive involvement in order to initiate social contacts and citizen engagement and initiatives
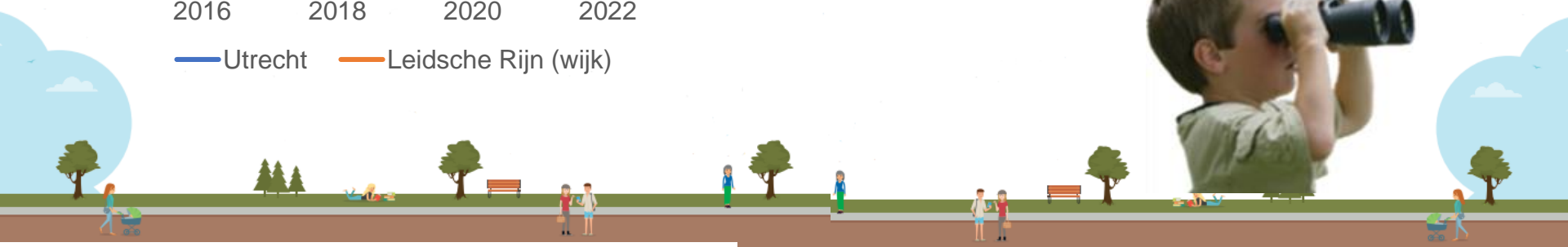
Principles of cooperation

-Resident-centered

-Looking beyond our own organizational interests

-Building on what we are already doing

Leeuwesteyn

- 1100 rental and owner-occupied houses
- 30 % social housing
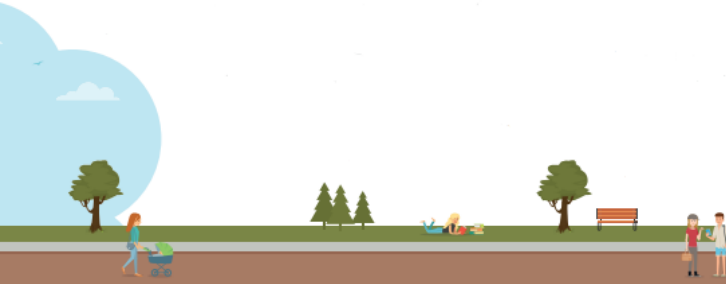
Getting to know the residents
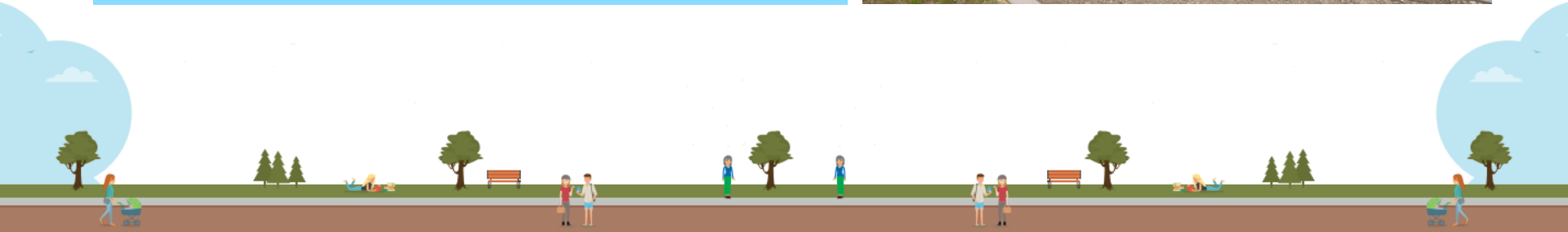

Picknicktafels in het
Willem Alexanderpark

vrijdagmiddag 28 mei 14.30-16.30
maandag 31 mei   19.00 20.30
vrijdagmiddag 4 juni 14.30 - 16.30

Kun je niet naar ons toe komen? Dan komen wij
met onze bakfiets naar jou.
Mail ons op bchogeweide@DOCK.nl

Liever online? dat kan ook
op dinsdag 1 juni 19.00 - 20.30
Mail ons op bchogeweide@DOCK.nl

WIFI

Various projects

Sports activities

Cultural activities

Festivals

Various projects

Social mapping

Bee hive
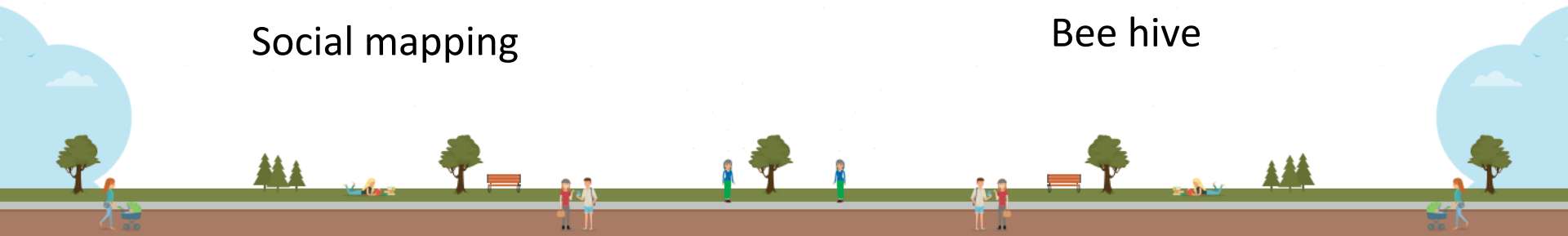
The community gets started!

Various sports groups

Clean up activities

Neighbourhood gatherings

Lessons learned

Social and vital design neighborhoods
 -> spatial perspective

Social dynamics new construction neighborhood
-> resident perspective

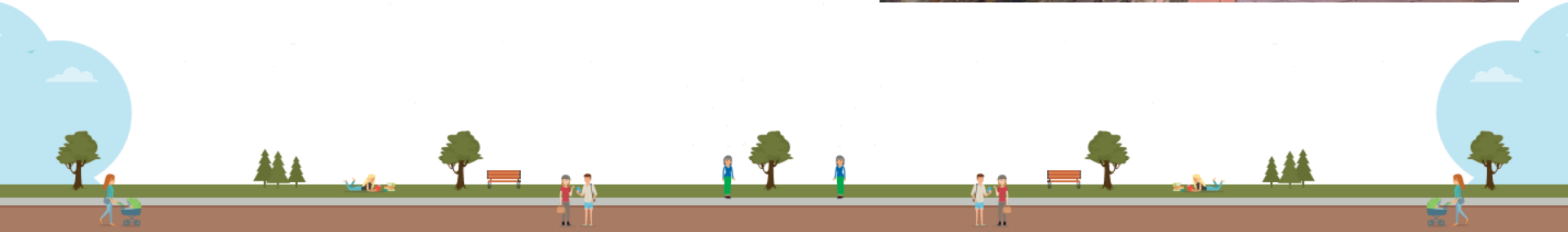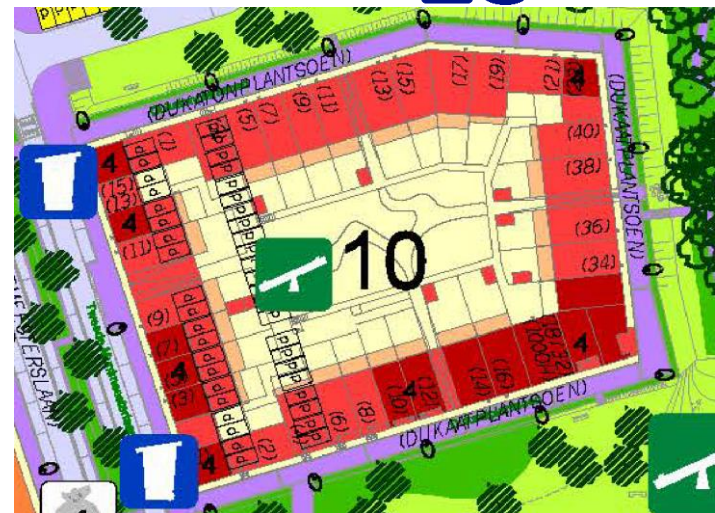Working in new (built) neighborhoods
-> organizational perspective

Spatial perspective

The more socially organized the neighborhood is, the more natural interaction between residents will take place.

Spatial perspective

Spatial design always has social repercussions

Designing public space for social interaction
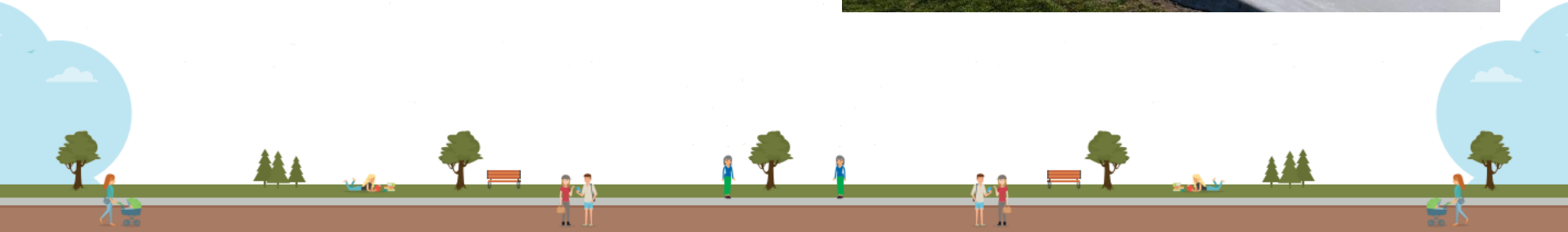
Spatial perspective

Combine spatial interventions with social programming

Creating an identity for the neighbourhood

Identity
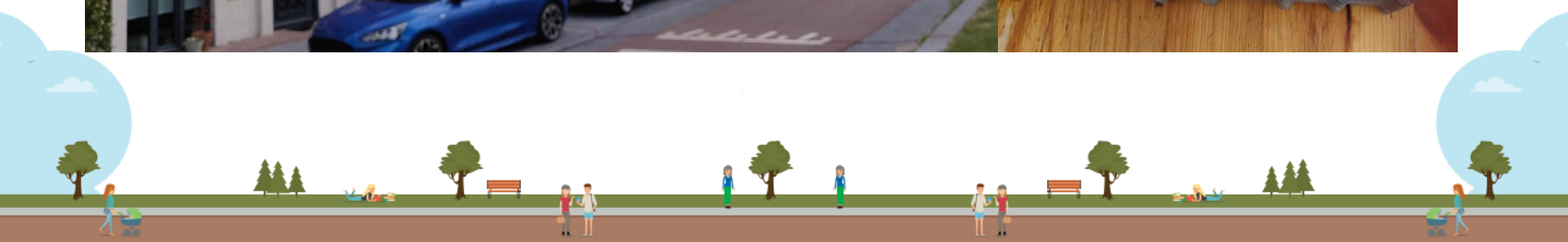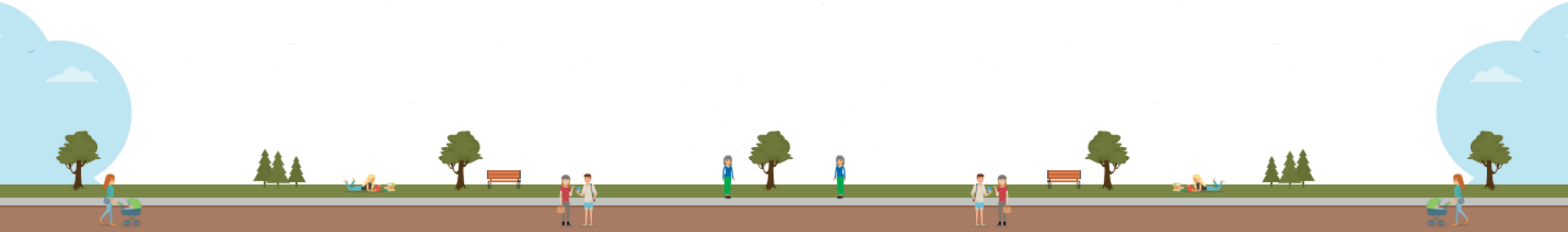
Residents' perspective

An opportunity to jointly define the culture

Residents' perspective

In a new neighborhood, it is sometimes harder to ask for help
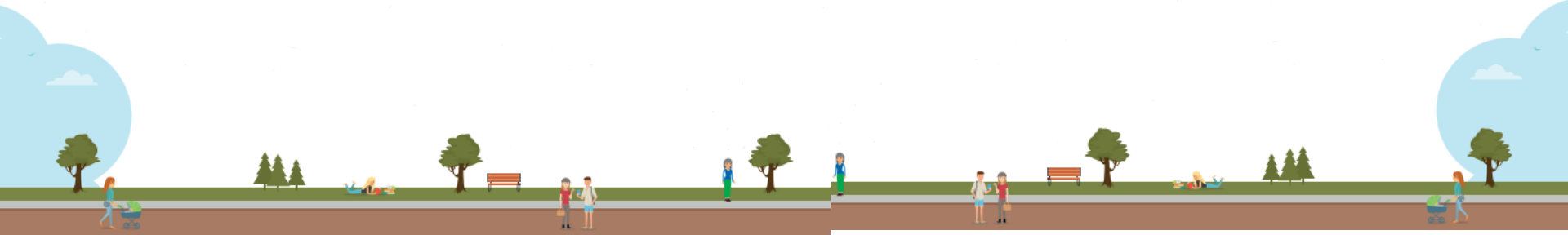
Organisation perspective

Working in a new neighborhood really requires something more and different than working in an existing neighborhood.

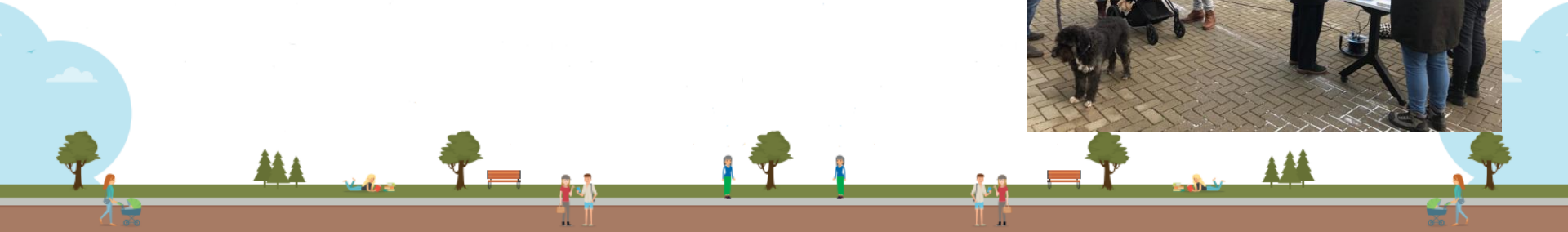*Collaborate with social entrepreneurs and organisations*

Organisation perspective

Build relationships first before directing questions to appropriate organizations. Everyone is a point of contact in the early stages. Listen to what is going on and build trust with residents
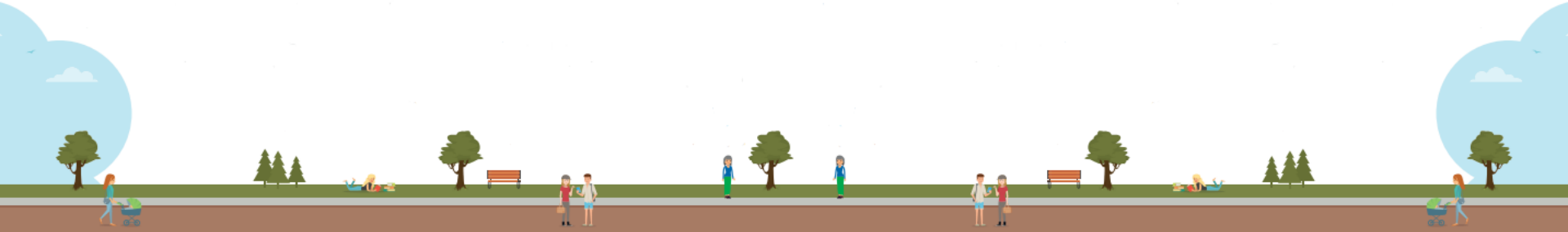
Organisation perspective

'Commit to initiatives. Tap into where the energy is'

Conclusions

It works!

- Governments/organizations can work with residents to boost social cohesion.

- Preventive/positive effects:
    - Solitude
    - Health
    - Safety
    - Conflict

- There is enough initiative power in a newly built neighborhood.

- Above all, just do it!

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Ministerio de Sanidad