Urban Active Environments – approaches to supporting policy and action for active environments in the EU SPACe project

Introduction to the project and explanation of process

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5 CESIE, Palermo, Italy
6 Fit for Life Program, Finland
7 Tukums Municipality, Latvia
8 University of Thessaly, Greece
9 Municipality of Trikala, Greece
10 University of Castilla, Faculty of Sports Sciences, Spain
11 Castilla la Mancha Regional Government of Culture, Education, and Sport, Spain
Health and environment challenges in transport

- Physical inactivity
- Air pollution
- Climate change
- Injuries
- Psychosocial effects
- Noise
- Nature and landscape effects
A major health problem

- A lack of adequate physical activity causes:
  - Ischaemic heart disease
  - Hypertension
  - Diabetes type 2
  - Cancer (e.g. breast and colon)
  - Stress, anxiety, depression, loneliness

- A leading risk factor for health in Europe: nearly 1 million deaths/year
Aim

• To develop Urban Active Environment Action Plans (UActivE’s) to promote physical activity-friendly environments
  – increase physical activity in the involved communities
  – foster social inclusion through more active participation

• What do we mean by UactivE Action Plans?
  – co-produced comprehensive plan including a vision
  – with actions and specific goals for:
    1. Specific settings / population groups
    2. Built environments
town centres with reduced car access, cycling / pedestrian infrastructure, parks and green spaces, free outdoor exercise equipment, school playgrounds, etc.
    3. Social environment
supportive policies, campaigns, clubs / social media approaches, etc.
Project composition

Lead partner:
• University of Gloucestershire, UK  Project lead / expert support

Implementation sites
• Municipality of Trikala & University of Thessaly (Greece)
• Castilla la Mancha Regional Government & University of Castilla (Spain)
• CESIE (NGO), Palmero (Italy)
• Brasov Metropolitan Agency for Sustainable Development (Romania)
• Tukums Municipality (Latvia)

Expert support
• Oxford University, UK  - Evidence review, valuation of health effects
• Fit for Life programme, Finland  - UActivE Action Plan development
• University of Zurich, Switzerland  - Review of Action Plans, evidence, valuation
Action Plan Development

1. Evidence review
2. UActiveE Action Plan template
3. Stakeholder working groups
4. Expert input and review
5. Finalization of Action Plans
**Key elements**

- **Summary of the evidence**
- **Collection of good practice examples**
- **International guidelines and expert support**

Product: “Environments for physical activity in Europe – A review of evidence and examples of practice”

Development of UActivE Action Plans
Intersectoral working groups in 5 implementation sites
Tukums/Latvia, Palermo/Italy, Brasov/Romania, Castilla-La Mancha/Spain, Trikala/Greece

Valuation of the economic (health) benefits (HEAT)

Product: “How to create and evaluate an Urban Active Environment (UActivE) Action Plan”

[www.euro.who.int/HEAT](http://www.euro.who.int/HEAT)
Summary of evidence

Role of the document

– Process – engage partners in evidence and good practice first hand
– Product

Summary results

Attributes of the built environment associated with physical activity, include:

– Transportation infrastructure
– Walkability / street connectivity
– Land-use mix
– Residential density
– Low volume/speed of traffic
– Access to recreational facilities
– Aesthetics
Collection of case studies: co-produced by partners

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<thead>
<tr>
<th>Topic</th>
<th>Nr.</th>
<th>Residents</th>
<th>Visitors</th>
<th>Young people</th>
<th>Adults</th>
<th>Older adults</th>
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<tr>
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<td>x</td>
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<tr>
<td>Sport equipment / parks</td>
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Action Plan Template

Situation analysis

- **Data**
  health, physical activity, transport, cycling/walking → additional data needs?
- Existing (& lacking) **policies**
- Relevant **stakeholders**
Action Plan Development

Approach & template

• Planning meetings
• Co-production of action plans
  • Vision
  • Actions
  • Implementation plan
    – Responsibility & support
    – Time frame
    – Resources
    – Evaluation
• Communication
• Exchange with / feedback from SPACe experts
Stakeholder involvement

• Adapted to local situation and aims of the action plan, including:

  – Sustainable Development Agency
  – Agency for Transport / active transport
  – Police
  – Public Health / Health Promotion Department
  – Department of Education / School inspectorate
  – City hall
  – Teachers, youth workers
  – NGOs (cycling, walking/running, youth, environment etc.)
  – Academics
  – Architects
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Co-funded by the Erasmus+ Programme of the European Union
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