

22.3 Encouraging a healthy lifestyle

Project Name: UNaLab (Grant Agreement no. 730052)

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Encouraging a healthy lifestyle	Health and Wellbeing
Description and justification	<p>A core co-benefit of NBS is the encouragement of healthy lifestyles for urban residents. Many different measures can be employed to encouraging a healthy lifestyle, such as:</p> <ul style="list-style-type: none"> - Increasing bicycling opportunities in the neighbourhood - network of bicycle paths covering an area between residences and businesses/services - Increasing walking opportunities in the neighbourhood - network of pedestrian walkways covering an area between residences and businesses/services - Increasing the number, diversity or accessibility public sports facilities - Increasing the extent or accessibility of community gardening facilities - Designating public areas as non-smoking zones
Definition	Extent to which the NBS project and associated activities serve to promote a healthy lifestyle among local residents (qualitative, unitless)
Strengths and weaknesses	<p>+ The indicator gives useful data for assessing impacts of the NBS on healthy lifestyle</p> <p>- Data collection and processing might be challenging</p>
Measurement procedure and tool	<p>The overall process of NBS co-creation, co-implementation and co-management with stakeholders provides ample opportunity to specifically target NBS interventions that provide opportunities for local citizens to adopt healthier lifestyles. The extent to which this is considered during NBS planning and implementation is assessed qualitatively using a five-point Likert scale from not at all (1, no encouragement of healthy lifestyles) to excellent (extensive online and offline encouragement):</p> <p>Not at all – 1 – 2 – 3 – 4 – 5 – Excellent</p> <p>1. Not at all: no measures were taken to encourage a healthy lifestyle.</p>

	<ol style="list-style-type: none"> 2. Poor: there was little encouragement of a healthy lifestyle. 3. Somewhat: there was some encouragement of a healthy lifestyle with the implementation of some measures. 4. Good: a sufficient encouragement of a healthy lifestyle was translated into several offline (biking facilities, public sports facilities) and online (i.e., reminder app) initiatives. 5. Excellent: a healthy lifestyle was extensively encouraged offline (biking facilities, public sports facilities, pedestrian networks) and online (i.e., exercise apps).
Scale of measurement	District to metropolitan scale
Data source	
Required data	NBS project documentation, urban land use data
Data input type	Quantitative
Data collection frequency	Before and after implementation of the NBS project
Level of expertise required	Moderate
Synergies with other indicators	Synergies with indicators <i>Distribution of public green space</i> , <i>Accessibility of urban green spaces</i> , <i>Proportion of road network dedicated to pedestrians and/or bicyclists</i> , and <i>Availability and equitable distribution of blue-green space</i>
Connection with SDGs	SDG 3 Good health and well-being, and SDG 15 Life on land
Opportunities for participatory data collection	No opportunities identified
Additional information	
References	<p>Bosch, P., Jongeneel, S., Rovers, V., Neumann, H.-M., Airaksinen, M., & Huovila, A. (2017). CITYkeys indicators for smart city projects and smart cities. CITYkeys D1.4.</p> <p>http://nws.euocities.eu/MediaShell/media/CITYkeysD14Indicatorsforsmartcityprojectsandsmartcities.pdf</p>