

Utrecht: healthy urban living for everyone






21 June 2023
Miriam Weber

Les rencontres de santé publique France



Gemeente Utrecht



	<u>2019</u>	<u>2040</u>
 Inhabitants	352.940	455.000
 Houses	153.845	+ 60.000
 Jobs	261.165	+ 70.000

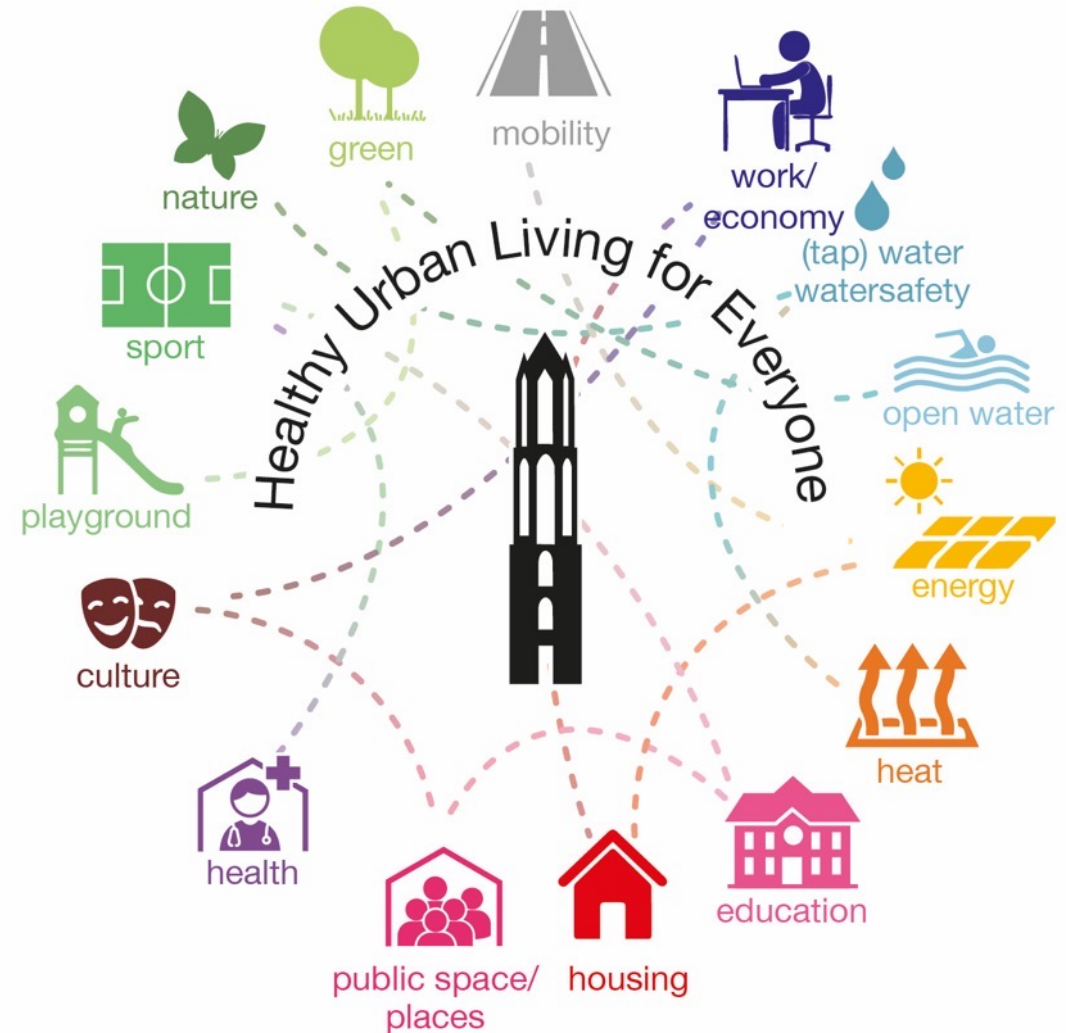
Our vision for Utrecht 2040

The 10-minute city

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

Crucial factors

- proximity
- diversity
- density



'Barcode'

Elements that form a healthy city



Utrecht: public health policy

Building a healthy future 2015-2018

Physical living environment and the food environment
Social living environment, social work and social welfare
Healthy behaviour & health literacy
Economic development
Safety net for vulnerable inhabitants
Healthy neighbourhood

Health for everyone 2019-2023

Guiding principle = we are committed to equal opportunities
Healthy lifestyles
First 1000 days
Healthy ageing
Healthy living environments
Mental health



From cars to **pedestrians and bikes**



Turn a 6-lane motorway into the **'Singel' waterway**



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

- in collaboration with WHO Health Equity Status Report (WHO Venice)
- [Gezondheidsverschillen bij volwassenen | \(volksgezondheidsmonitor.nl\)](https://volksgezondheidsmonitor.nl/gezondheidsverschillen-bij-volwassenen)
- [Gezondheidsverschillen bij kinderen | \(volksgezondheidsmonitor.nl\)](https://volksgezondheidsmonitor.nl/gezondheidsverschillen-bij-kinderen)

Specific groups

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

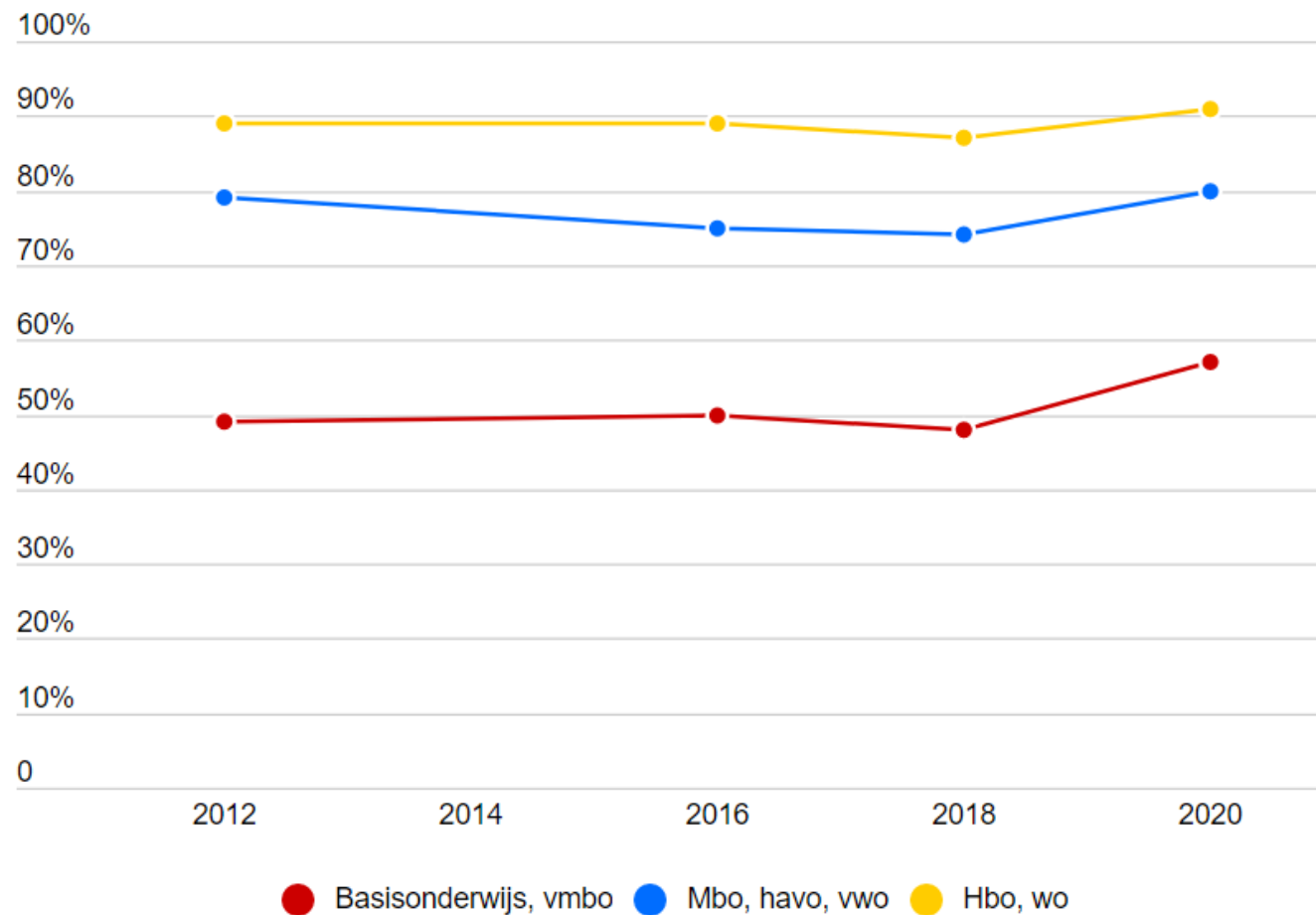


Monitor health inequalities

Key indicator: self-reported health

stable inequalities in self-perceived health between educational groups 2012-2020

Goed ervaren gezondheid volwassenen naar opleiding



Example of tackling health inequalities Utrecht: Social renovation

Aim = improve residents personal situation, housing & neighbourhood

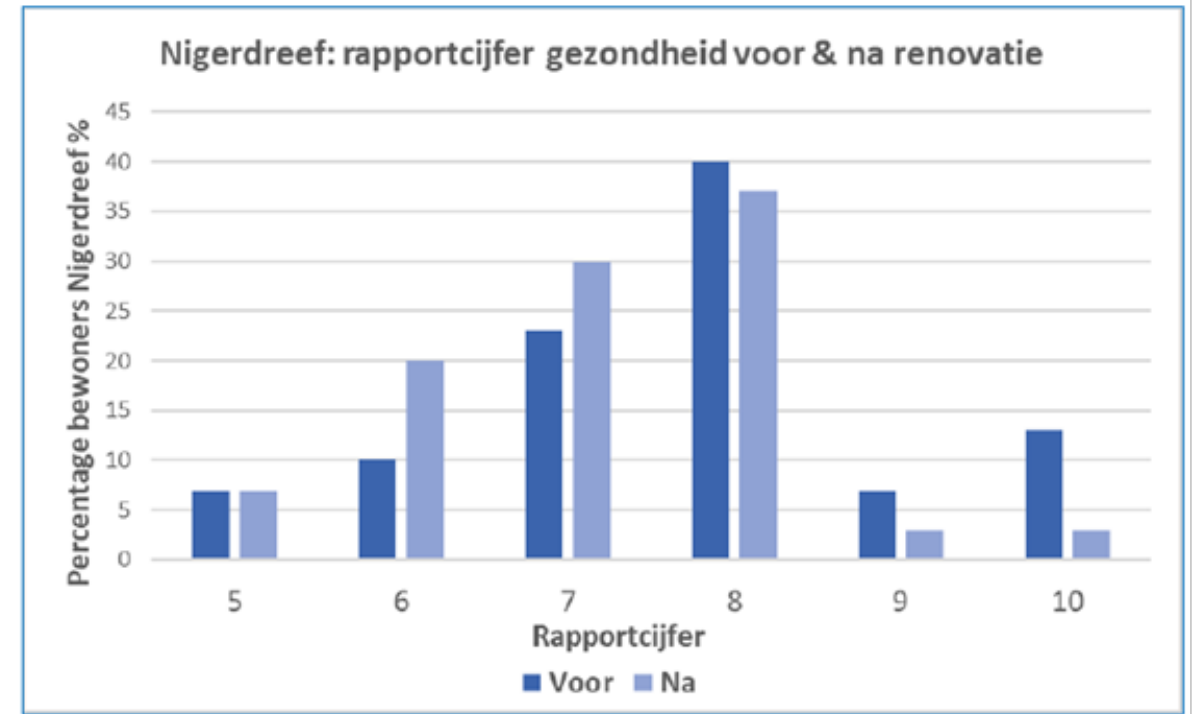
1. Exploration of situation (houses, residents, public space)
2. Building social networks
3. Enforcement (garbage, nuisance, etc.)
4. Renovation
5. New allocation procedures



Social renovation Nigerdreef

Evaluation study results:

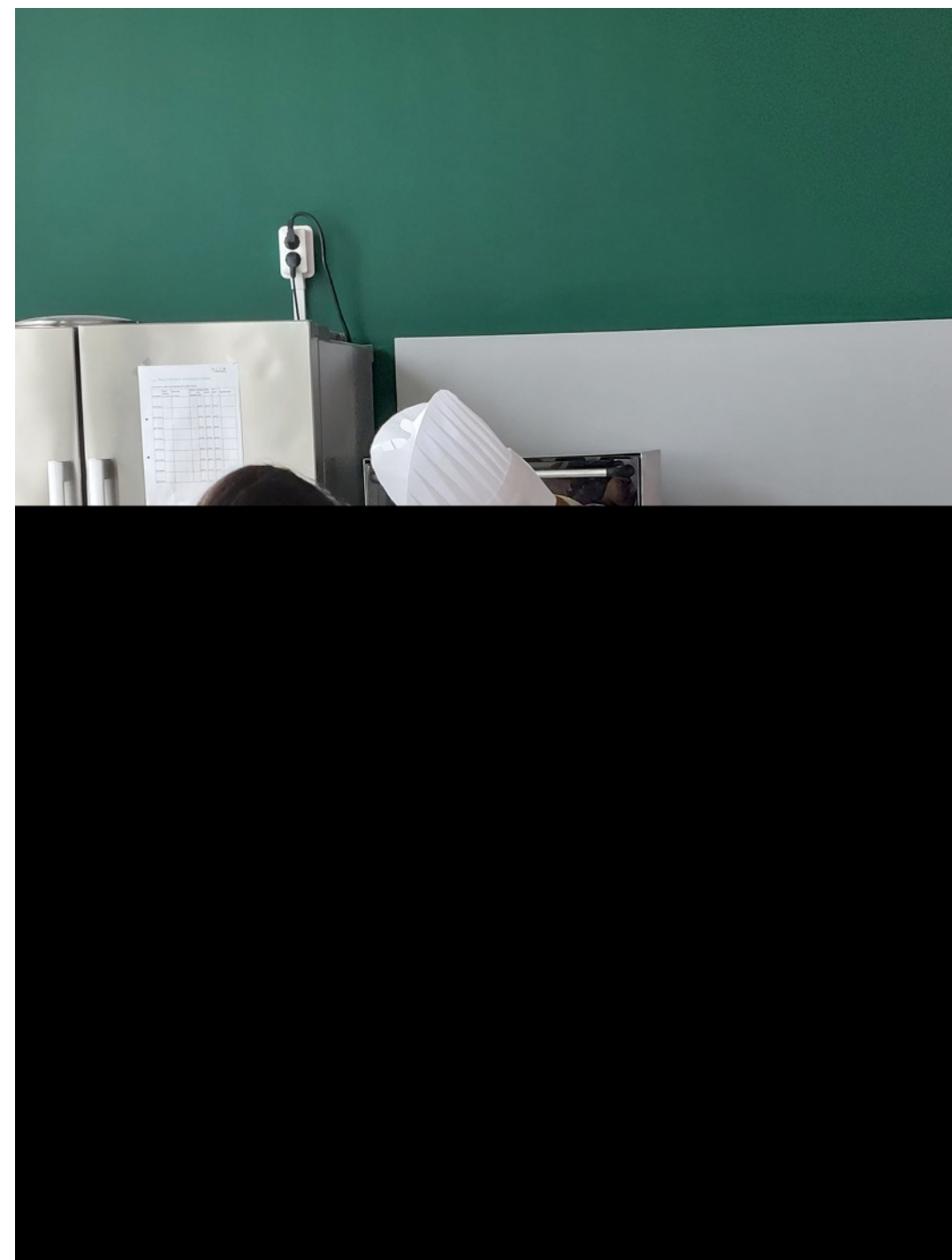
- Increase of appreciation of house (less noise annoyance, odeur, moist)
- But decrease of perceived health (mental health, sleep quality, control)
- Appr. 50 % residents experienced stress due to the renovation



Focus on specific neighbourhoods



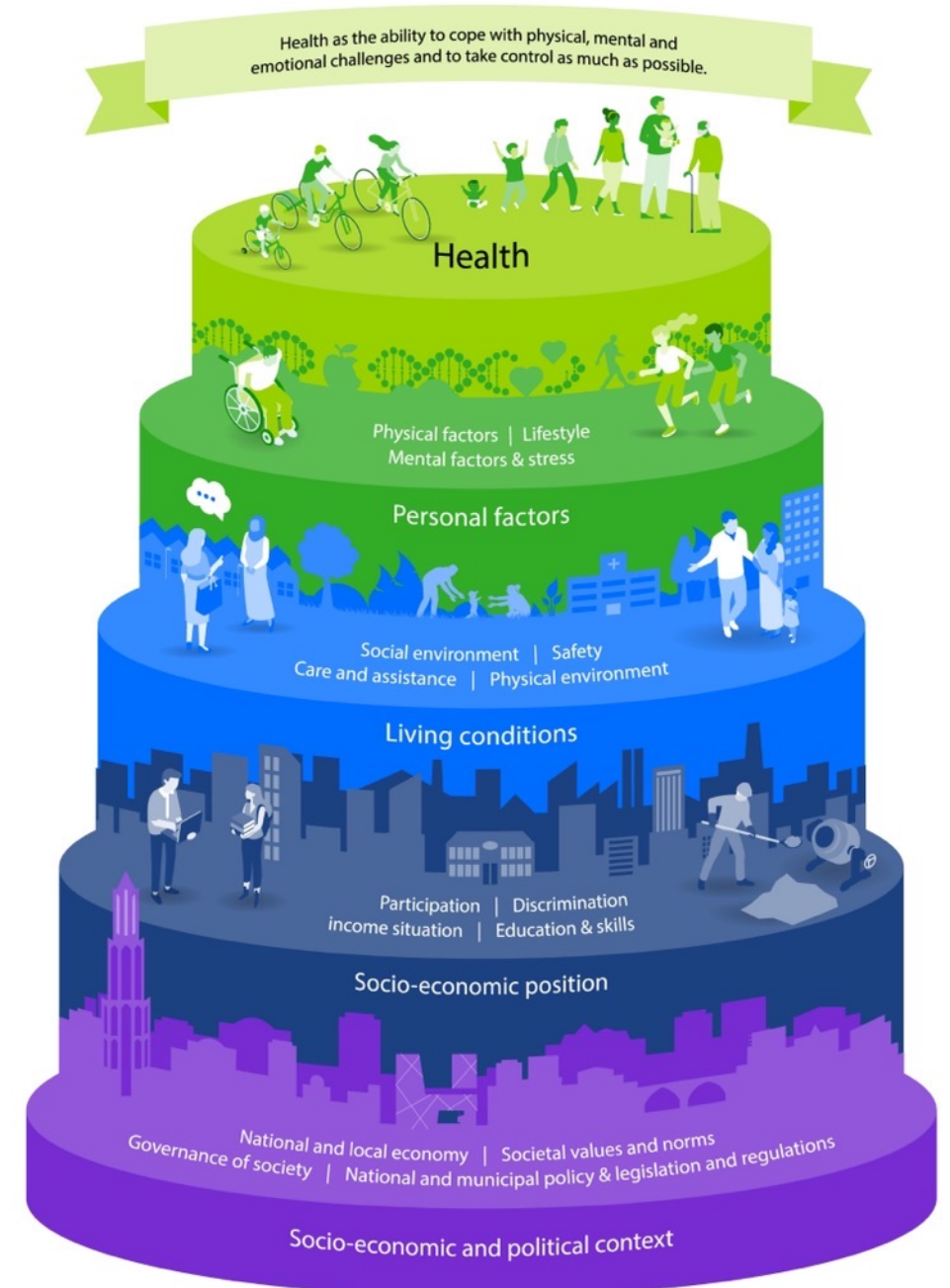
Focus on specific groups



Utrecht public health model

- Health
- Personal factors
- Living conditions
- Socio-economic position
- Socio-economic and political context

Utrecht Health Model



Public Health policy 2024-2027

- Sneak preview; *not* approved yet!
- Aim = to reduce health inequalities in Utrecht between the lowest and highest socio-economic groups by 30% in 2040, compared to 2012
- 5 key themes:

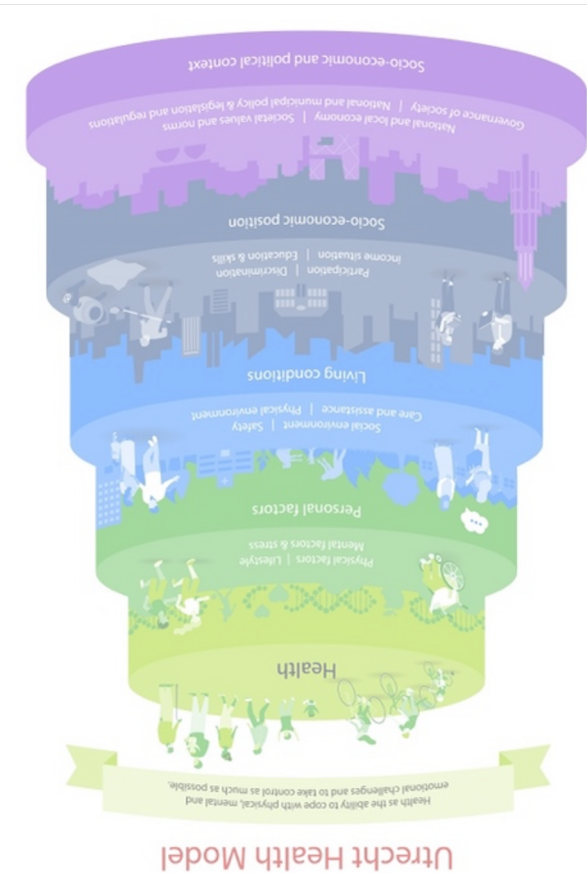
Social security
income,
work / participation,
housing

Resilient society

**Healthy living
environment**

**Healthy
behaviour**

**Mental
health**





Contact:

Miriam Weber

m.weber@utrecht.nl

