

Health and/as Quality of Life in Cities: the Urb-Health Project

Dr Luisa Avedano

Urb-Health Thematic Network
via San Francesco d'Assisi, 3
10121 Torino
Italy

Tel: +39 011 443 2546

Email: luisa.avedano@comune.torino.it; marco.santangelo@gmail.com

Co-Authors: Dr Marco Santangelo and Dr Haroon Saad

ABSTRACT

In this paper the authors will address the issue of health and/as quality of life in European cities basing their assumptions on the Urb-Health project experience. Urb-Health is a thematic network, co-designed and co-managed by Quartiers en Crise – ERAN and the City of Torino, established in the framework of the URBACT Programme that, as part of the URBAN Community Initiative, aims to develop trans-national exchange of experience between actors, whether cities or other partners, URBAN programmes or Urban Pilot Projects, and to capitalise on these projects, drawing lessons from the results, successes and weaknesses noted.

The Urb-Health project has established a thematic network of 10 partners cities across Europe, with the purpose to capitalise knowledge and practice on urban factors influencing health. It is addressing intersectoral efforts to tackle urban poverty and health inequalities, the needs of vulnerable groups, as well as the social, economic and environmental aspects of physical and mental health. The aim of the thematic network is to establish a cross-national exchange of effective strategies illustrating how urban regeneration practice in Europe can contribute to reducing health inequalities. To achieve such result the Urb-Health network has promoted the peer review exchange programme that consists of four workshops (PREW), attended by relevant delegates from partner organisations, invited delegates from non-partner EU networks and international organisations and experts related to the sub-themes.

The PREW are focusing on four interrelated themes:

- Vulnerable Groups (Elderly, Children, Disabled) and Health;
- Ethnic Diversity and Health;
- Gender and Health;
- Housing and Health.

The network is therefore contributing to disseminate knowledge on healthy urban environment across Europe by addressing a multitude of interrelated issues concerning housing conditions, health, well-being and social welfare. In this paper, the authors will focus on the Urb-Health experience to highlight its positive results in terms of methodology applied and obtained results and to stress the important link between health issues in a broader sense and the quality of life in European cities.

Key Words: quality of life, exchange of experiences, methodology