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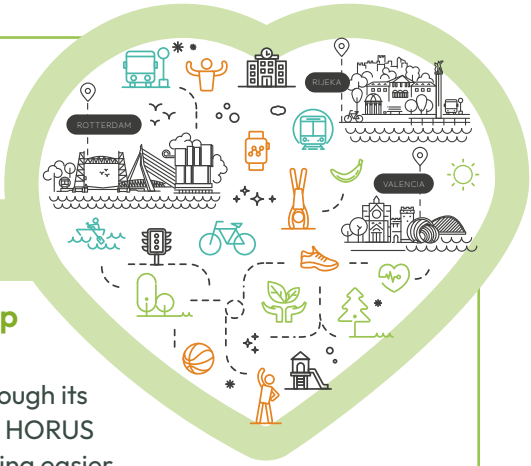
HORUS
URBAN HEALTH

Transforming urban health habits and lifestyles to make cities become positive health determinants for people.

Healthier Neighbourhoods, Healthier Lives



6 policy recommendations from the HORUS project.

How can our neighbourhoods help us live healthier lives?

Where we live influences our health. Through its pilots in Valencia, Rijeka and Rotterdam, HORUS explored how cities can make healthy living easier through better neighbourhoods, community activities and personalised support.

POLICY RECCOMMENDATIONS

Creating Neighbourhoods That Support Healthy Living

PR01



Listen to residents before improving neighbourhoods

Combine neighbourhood data with residents' experiences to identify barriers and prioritise improvements where they are most needed.

PR02

Bring healthy activities closer to home

Support affordable, regular activities in familiar community spaces, designed around residents' needs and abilities.



PR03



Make healthy food easier to access

Identify local barriers to healthy eating and improve access to affordable, nutritious food.

Helping People Build Healthier Habits That Last

PR03



Connect healthcare with local activities

Help residents turn health advice into action by connecting them with suitable neighbourhood activities.

PR05

Offer personal support for healthier lifestyles

Provide personalised guidance to help residents set realistic goals, find local opportunities and stay motivated.



PR06



Keep successful health initiatives going

Use evidence and residents' feedback to identify which community health activities should continue, improve or receive long-term support.

Healthier Cities Start with Healthier Neighbourhoods

By listening to residents, improving local environments and supporting community participation, cities can make healthy living easier and more accessible for everyone.



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