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HORUS URBAN HEALTH

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

HORUS Results

Building Healthier Cities Together

Discover the methodologies, digital tools and resources developed through the HORUS project.



How can we better understand the connection between cities and health?

Through its pilots in Valencia, Rijeka and Rotterdam, HORUS combined research, digital technologies and citizen participation to explore how urban environments influence health and everyday behaviours.

UNDERSTANDING URBAN HEALTH: The HORUS Methodologies



Spatial and Urban Analysis

Analysing neighbourhood characteristics, accessibility and local resources to identify barriers and opportunities for healthier living.



Citizen Engagement and Participatory Research

Involving residents in identifying local challenges and developing solutions that reflect their communities' needs.



Behavioural Research and Personalised Support

Exploring health behaviours and using community activities and motivational interviews to encourage healthier habits.

DIGITAL TOOLS FOR HEALTHIER CITIES

Wakamola Developed by UPV



A mobile app combining questionnaires, digital phenotyping and behavioural support to monitor daily habits and explore how urban environments influence health.





Healthy Cities. Developed by Bax

A decision-support tool to assess the potential health impacts of urban interventions. Within HORUS it was developed a citizen engagement module to incorporate residents' perspectives.

EXPLORE THE HORUS FINAL PUBLICATION



Discover the project's journey, achievements and key findings

The HORUS Final Publication will bring together the project's main achievements, methodologies, digital tools and key findings from the pilot cities of Valencia, Rijeka and Rotterdam.

Discover how HORUS has contributed to understanding the relationship between urban environments and health, and explored new approaches to creating healthier, more inclusive cities.

HORUS URBAN HEALTH

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