HORUS

URBAN HEALTH

POLICY RECOMMENDATION 1

Creating Healthier Neighbourhood Environments

How can cities create neighbourhood conditions that make healthy lifestyles easier and more accessible?



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1. The Challenge

Healthy lifestyles depend not only on individual choices, but also on access to green spaces, safe walking routes, affordable healthy food and community activities.

Physical barriers, limited resources and activities that do not reflect residents' needs can make healthy living difficult. Cities must therefore create neighbourhood environments that better support healthier choices.

2. What HORUS Has Shown

Drawing on neighbourhood data, residents' experiences and pilots in Valencia, Rijeka and Rotterdam, HORUS highlights the value of combining spatial analysis, citizen engagement and locally adapted interventions to identify barriers and improve access to healthier lifestyles.

3. Policy Recommendations

PR01 . Use neighbourhood health and accessibility maps and resident-led walks to set investment priorities

Recommended Action

Municipal authorities should combine neighbourhood health and accessibility maps with resident-led walks to identify barriers and prioritise investment in underserved areas, including accessible public spaces, active travel infrastructure and maintenance.

HORUS Contribution

HORUS connects spatial analysis with residents' experiences to identify accessibility barriers that maps alone may overlook.

PR02 . Fund regular, resident-designed activities in familiar neighbourhood spaces

Recommended Action

Municipalities should fund regular, affordable community activities designed with residents and adapted to local needs, abilities and schedules. Local contacts should help residents overcome barriers to participation.

HORUS Contribution

The pilots provide practical examples: community walks in Rotterdam, guided green-space activities in Rijeka, and exercise sessions and social events in Valencia.

PR04 . Target food policy where residents face barriers to eating well

Recommended Action

Municipalities and public health authorities should use dietary data and residents' experiences to identify barriers to healthy eating and implement targeted measures, such as affordable meals, price support or improved local food availability.

HORUS Contribution

HORUS mapped dietary indicators and organised nutrition workshops, connecting local dietary patterns with residents' experiences.

4. Key Message for Policymakers

Healthier lifestyles require healthier neighbourhood conditions.

Combining local evidence, resident participation and targeted investment can help cities create environments that make healthy choices more accessible to everyone.