

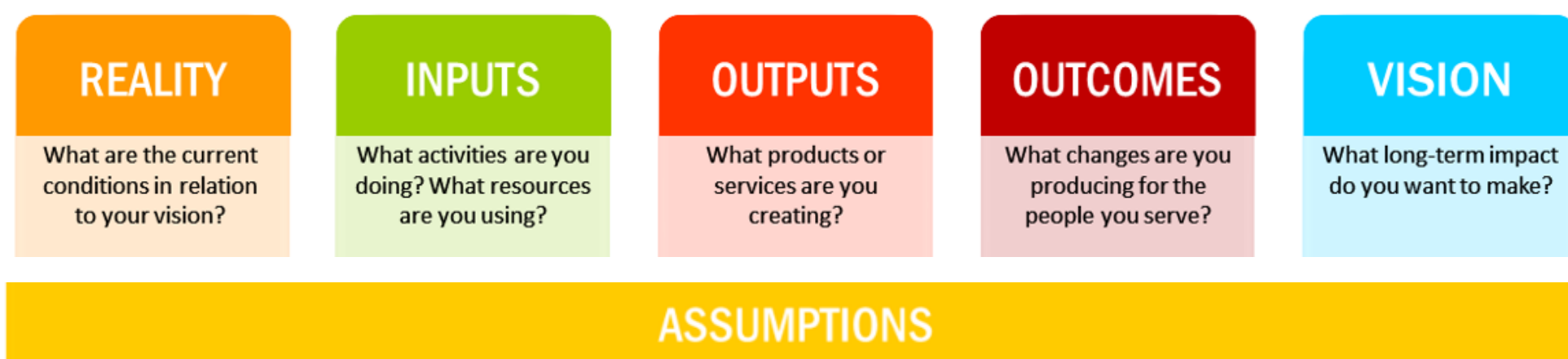
# Healthy and sustainable cities: An Urban Public Health Approach – The Institute for Urban Public Health (II)

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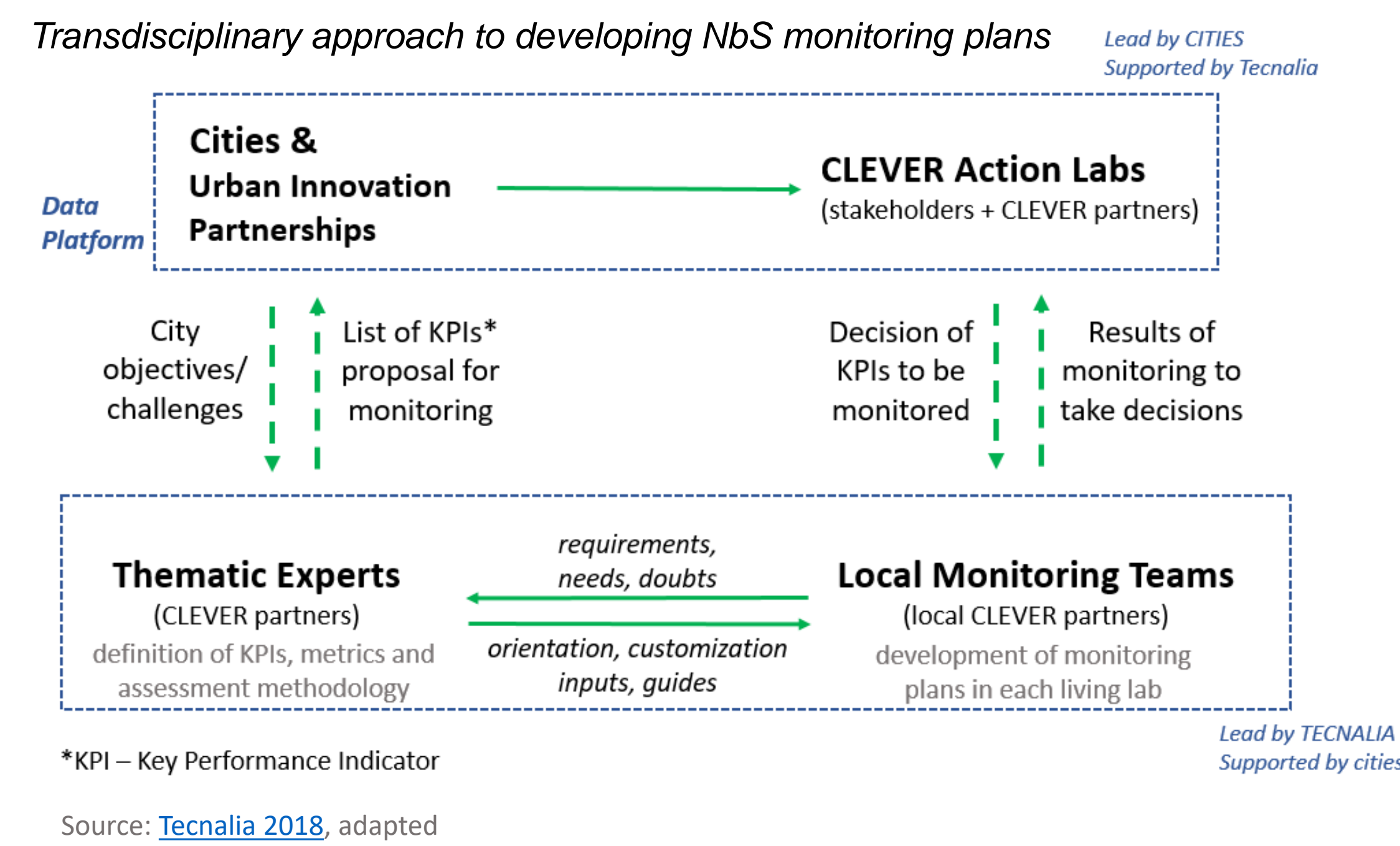


Co-designing Locally tailored Ecological solutions for Value added, socially inclusive Regeneration in Cities

Theory of Change was used to determine the desired long-term outcomes related to the main challenges: health and wellbeing and social cohesion

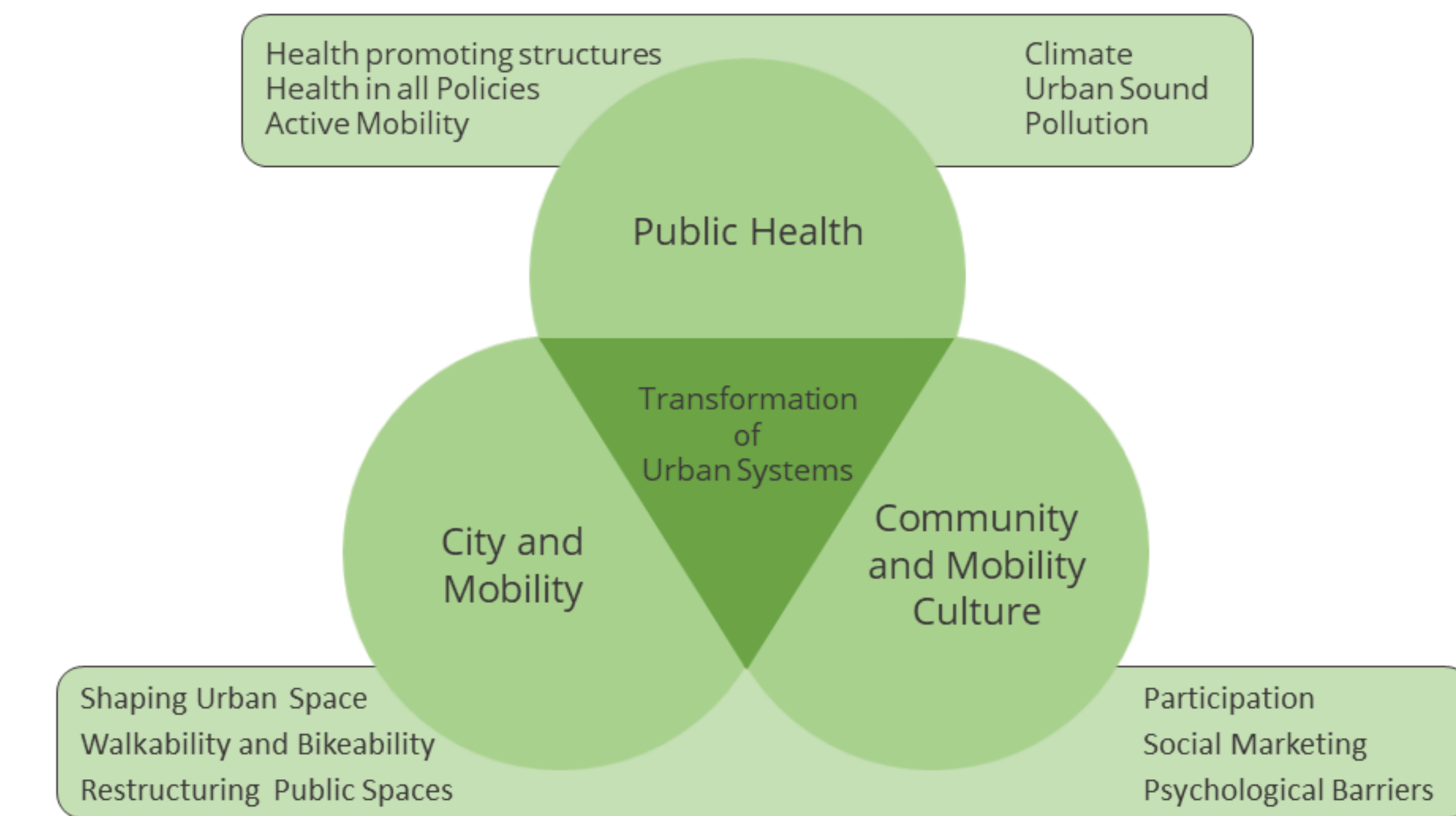


Source: Young Foundation



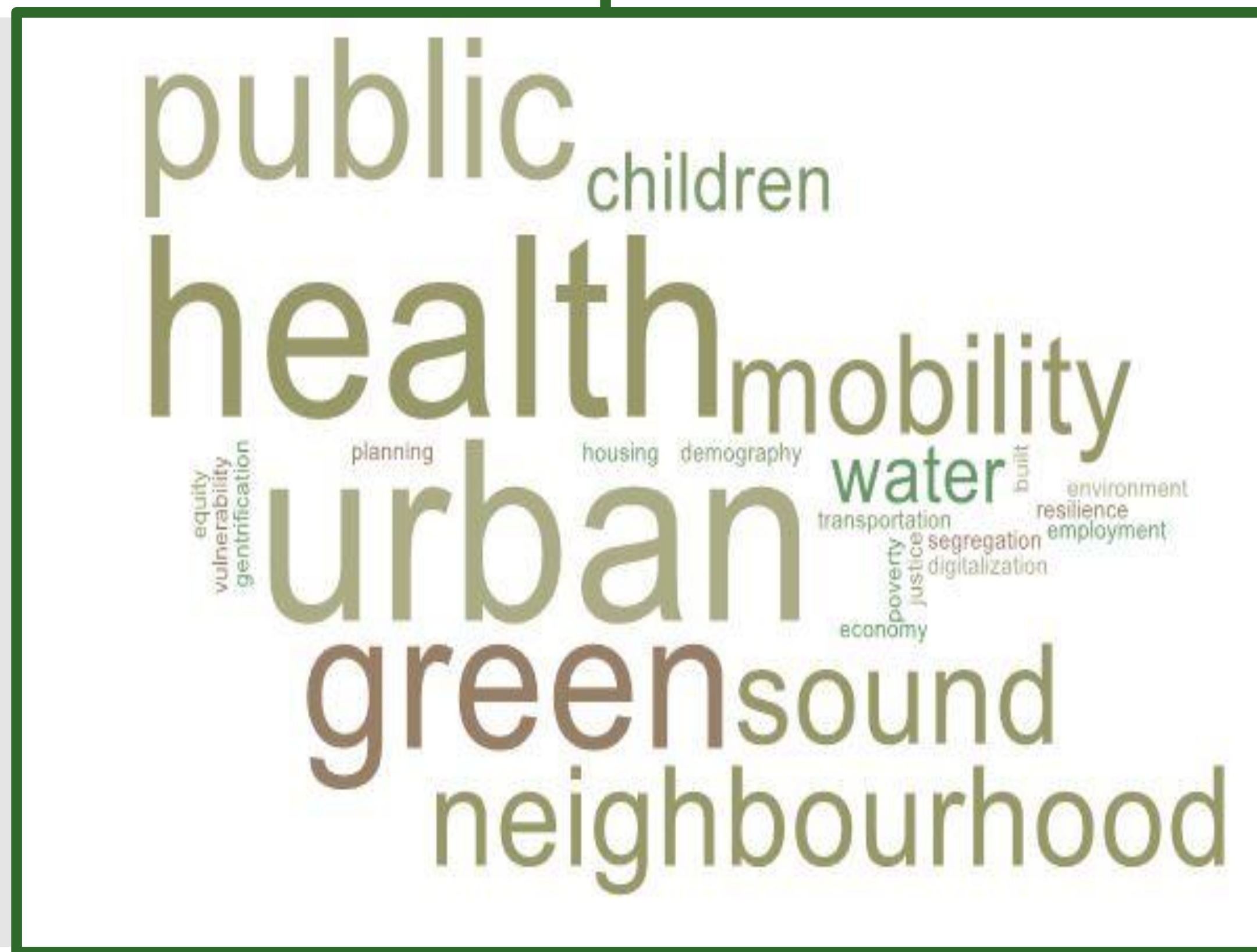
## Be-MoVe

Participation-based transformation of active Mobility for Health-Promoting Urban and Transport Infrastructures



The EU H2020 CLEVER Cities project (2018-2023) explores connections and interrelationships between the physical and social environment in the living labs in Hamburg, London and Milan. Nature-based urban transformation for sustainable and socially inclusive neighbourhoods should improve public health, social cohesion, citizen security and increase economic opportunities in deprived areas. InUPH engages with 33 international partners in the transdisciplinary collaborative process to develop, monitor and evaluate Nature based Solutions (NbS) and to integrate urban public health approach into the interventions, contribute to EU policy-making and support the uptake of nature-based solutions for healthy urban planning. InUPH has also contributed to the handbook "Evaluating the impact of nature-based solutions" published by the European Commission.

Funding: EU funding grant agreement No 776604



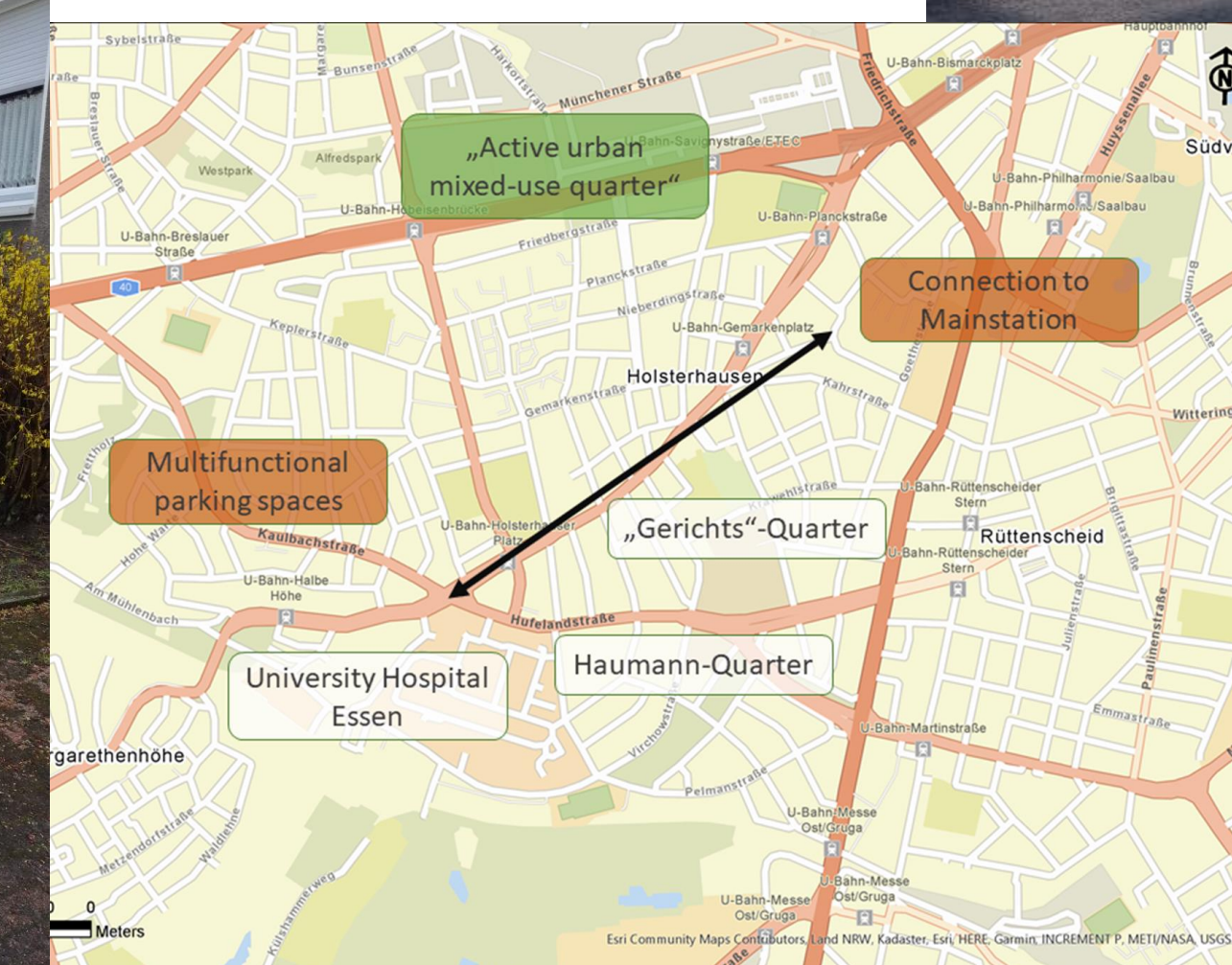
Recently initiated project Be-MoVe will set two living labs in Essen and explore how a change in street spaces, new access to transportation and technological incentive systems affect local mobility, health and urban sound quality. InUPH engages in a collaborative process with interdisciplinary partners and focuses on impacts of street changes on health and urban sound quality. In this context, InUPH will conduct Soundwalks with residents to assess changes in the urban soundscape.

In cooperation with: "Grüne Hauptstat Agentur"(City of Essen) and the Institute for Mobility and Urban Planning (imobis, Prof. Wittkowski)

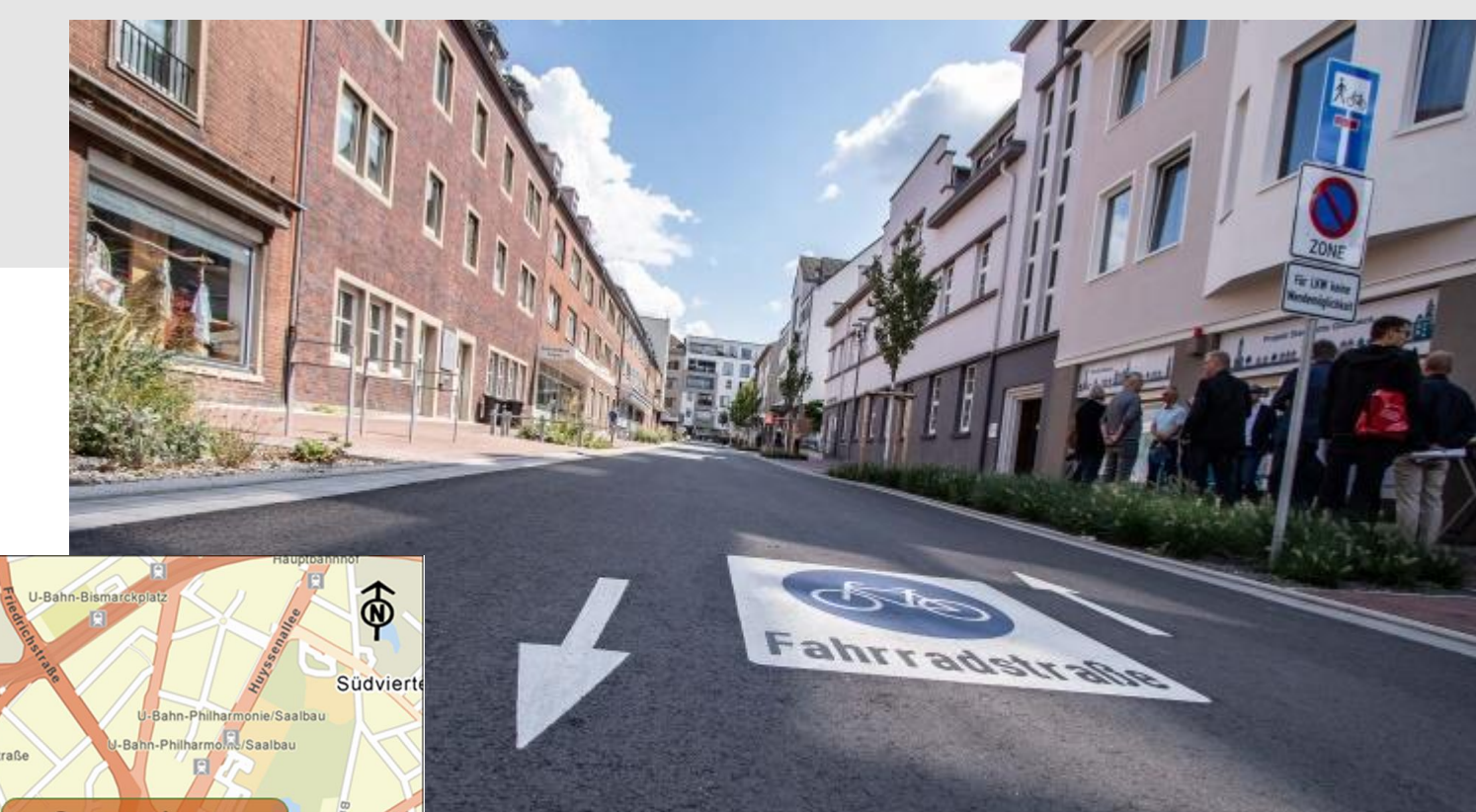
Funding: BMBF No. 01UV2127C



Soundscapes and sound walks



Living Lab in the inner City of Essen: Car-free innerCity



Source: Gladbeck MobilitätsWerkStadt 2025

