

Roundtable 4: Towards healthier urban planning

Chair: Catherine Pérez, Vice-President EUPHA-Urban Public Health Section; Head of the Department of Health Promotion. Agència de Salut Pública de Barcelona (Spain)

Co-Chair: Piedad Martín-Olmedo, president of EUPHA-HIA section; professor in public health at Escuela Andaluza de Salud Pública (Spain)

Urban planning decisions have a deep impact on population's health, influencing everything from air quality and mobility to social cohesion and mental well-being. Despite growing scientific evidence and innovative tools, the integration of health into urban policy and practice remains a challenge.

This session aims:

To explore how urban planning can promote healthier and more equitable environments, through the role of HIA as a key tool for integrating health into urban decision-making processes.

Speakers

Marta Rofin, *Architect, founder and Director of the urban planning and health consultancy Healthy Cities.* **Health Impact Assessment: A Pathway to Healthier Urban Planning**

Mark Drane, *Founder & Director, Urban Habitats and Senior Research Fellow in Public Health, Centre for Health & Wellbeing, (UWE Bristol, UK).* **From healthy streetlife to healthy cities: HIA securing health promotion at all scales**

Carmen Devesa, *Innovation and Internationalization Director. AEICE-Cluster of Efficient Habitat. (Valladolid, Spain).*

Elena Marañón, *Head of the Plans and Process office. City council of Bilbao (Bilbao, Spain).*
Towards building capacity in health impact assessment at the local level

1. Which health determinants do you focus on most in your urban planning work? (Select up to three)

- a. Air quality
- b. Noise
- c. Access to green spaces
- d. Housing conditions
- e. Mobility and transport
- f. Health or wellbeing
- g. Mental health
- h. Physical activity
- i. Social connections/community
- j. Access to healthy food
- k. Safety and security
- l. Economic opportunities
- m. Other

2. How do you address health inequalities in your health assessments? (Select up to three)

- a. We do not specifically address inequalities
- b. Collect data on different population groups
- c. Use equity-focused frameworks
- d. Target interventions to vulnerable groups
- e. Consult with affected communities
- f. Other

3. Do you involve health consultants or public health officers when conducting urban planning?

- a. Yes, always
- b. Rare times
- c. No



HIA as a tool for Urban Planning

Marta Rofin Serrà

Architect & urban planner

Founder and CEO Healthy Cities

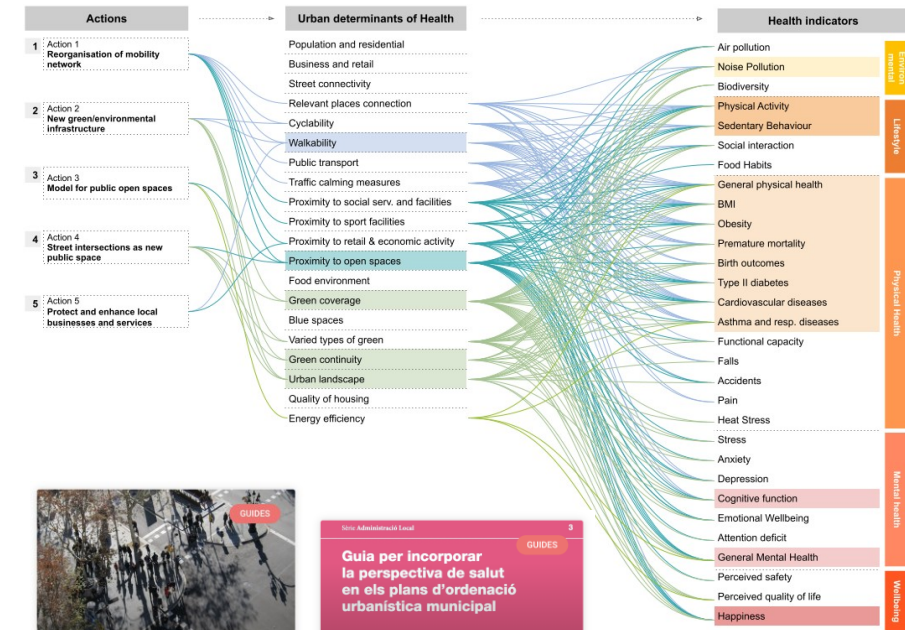
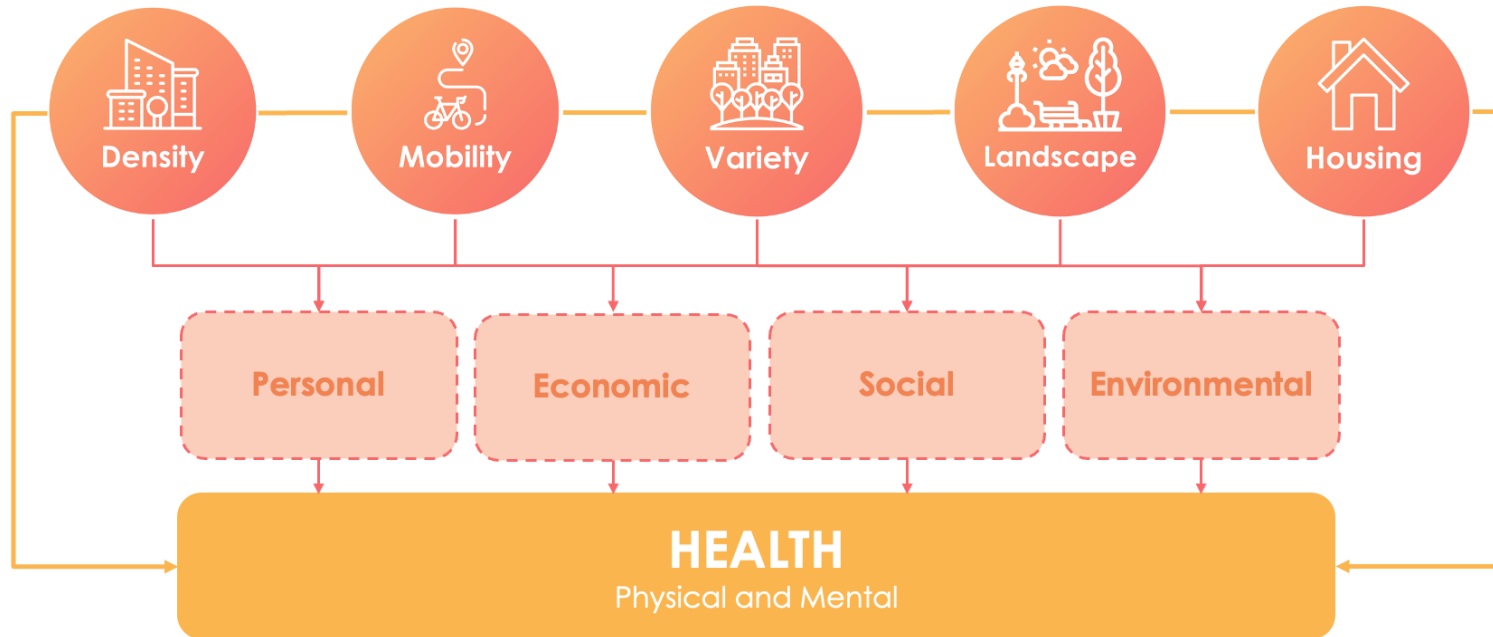


20 urban determinants of health

Direct Health Outcomes (23)																						
Physical Health (13)											Mental and Social Health (8)					Wellbeing (3)						
General physical health	BMI	Obesity	Premature mortality	Birth outcomes	Type II diabetes	Cardiovascular diseases	Asthma and respiratory diseases	Functional capacity	Accidents and falls	Injury	Pain	Heat Stress	Stress	Anxiety	Depression	Cognitive function	Emotional Wellbeing	Attention deficit	General Mental Health	Perceived safety	Perceived quality of life	Happiness

The image displays a 5x10 grid of colored circles, each containing a small arrow pointing in one of the four cardinal directions (up, down, left, right). The grid is organized into five horizontal bands, each with a distinct background color: light gray, light blue, light brown, light green, and light yellow. The circles are colored red, blue, brown, green, and yellow, corresponding to the bands. The arrows indicate a flow or direction, often pointing towards the center or following a specific pattern within each band.

Urban determinants of health:
Aspects that can be modified by urban planning and urban design, and that have an impact on health



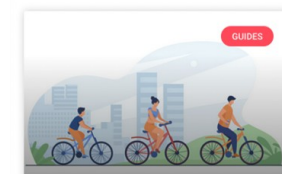
Guide for the design of healthy streets

READ MORE >



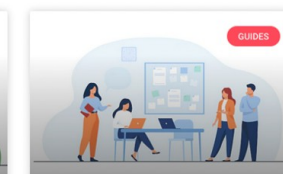
Guide for incorporating health into municipal urban planning Master Plans

READ MORE >



Mobility and Health Practical Guide

READ MORE >



Methodological guide for incorporating health into territorial plans

READ MORE >



Health as a
planning tool



Cities as a tool for
health

Healthy Cities.

- Home
- Barcelona Urban
- Example plans
 - Bradford** Urban
 - Cascais Mobility
- Account
- About Healthy Cities
- Help & support
- Sign out

Summary

Setup

Actions

Results

Comments

Home > Bradford > Summary

Summary

Plan description Urban

Bradford

The plan focuses on fostering mixed-use neighborhoods in the outskirts of the city, with a blend of housing, commerce, and public green spaces. This approach aims to create vibrant and livable spaces that cater to local residents' needs.

Context

Surroundings factors

- 540,000 people
- High status
- 32.5M € cost

Priorities

Health concepts to impact

- Air pollution
- Heart diseases
- 3 more...

Baseline

Current city status

Slightly negative

Actions

Action 1

Green Infrastructure: connections

Done

Action 2

Municipal compost initiative

Done

Action 3

Incentives for sustainable SMEs

To be done

+6 more actions

View all

Comments

Sarah Smith · 10 Nov. 24 · 15:28 h

Yeah, that's a good point. The plan does mention a focus on public transportation and bike lanes, which could help, but I know some people still rely on cars.

Poi Carrera · 9 Nov. 24 · 10:40 h

Totally agree. And the shops and restaurants right on the water? That would create such a vibrant atmosphere. Though I am a little worried about parking... Please note how this affects the report.

+2 more comments

View all

Healthy Cities Score

76

High health

By 9 actions

Deaths avoided

-3.5 deaths

Per year

Estimated savings

+6,547,093 €

Saved per year

Return of investment

5.7 years

Mid-term ROI

1 Assess

Assess your baseline and identify urban priorities to meet health goals

2 Review

Review the impact of your plan or current environment on health

3 Save

See how much your urban plan could save on health each year

Engage

Engage citizens to inform the baseline assessment from a user perspective

Green heart

Description

A comprehensive urban regeneration plan aimed at transforming the central district of the city into a vibrant, environmental hub. Prioritising active mobility, the plan focuses on expanding pedestrian zones and cycling infrastructure while redefining car spaces. New green corridors and urban parks will breathe new life into the area, creating a healthier environment. Enhanced public transport and mixed-use developments will ensure accessibility and inclusivity, fostering a thriving community at the heart of the city.

Healthy Cities Score 72 **High score** By 10 actions

Estimated savings +16,909,497 € **Saved per year**

Life expectancy +0.78 months **Per person**

Context

Affected population of 20,000 p

The area has a **High biodiversity**

The total plan cost is **5,000,000 €**

Health

Inclusion aims to address 8 health priorities

- Accessibility
- Equity
- Healthcare
- Healthcare
- Healthcare
- Healthcare
- Healthcare
- Healthcare

Baseline

Current city status

Slightly negative

Actions

Green Infrastructure: connections

Municipal compost initiative

Incentives for sustainable SMEs

+6 more actions

Comments

Sarah Smith · 10 Nov. 24 · 15:28 h

Yeah, that's a good point. The plan does mention a focus on public transportation and bike lanes, which could help, but I know some people still rely on cars.

Poi Carrera · 9 Nov. 24 · 10:40 h

Totally agree. And the shops and restaurants right on the water? That would create such a vibrant atmosphere. Though I am a little worried about parking... Please note how this affects the report.

+2 more comments

View all

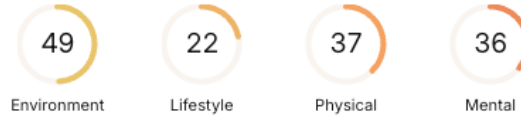
Calculation settings

The following table shows the values used for your plan calculation.

Parameter	Value	Unit
Population	540,000	People
Urban area	100	km²
Green area	10	km²
Water area	5	km²
Highway area	5	km²
Public transport	100,000	People
Healthcare	100,000	People
Education	100,000	People
Employment	100,000	People
Income	100,000	€
Cost of living	100,000	€
Healthcare cost	100,000	€
Education cost	100,000	€
Employment cost	100,000	€
Income cost	100,000	€
Cost of living cost	100,000	€



Health outcomes



Health indicator	Health impact	Plan performance
Environment		
Air pollution	6	50 %
Noise pollution	8	30 %
Biodiversity	6	67 %
Lifestyle		
Physical activity	15	28 %
Sedentary habits	10	26 %
Social interaction	8	33 %
Food habits	0	0 %
Physical health		
Perceived health	14	29 %
Body mass index	13	27 %
Obesity	10	24 %
Premature mortality	13	54 %
Birth outcomes	12	50 %
Type2diabetes	8	21 %
Cardiovascular disease	13	27 %
Respiratory disease	14	47 %
Functional capacity	7	58 %
Accidents and falls	5	42 %
Traffic injuries	3	17 %
Pain	7	58 %
Heat stress	4	33 %
Mental health		
Stress	5	56 %
Anxiety	3	33 %
Depression	6	22 %
Cognitive function	8	30 %
Emotional state	5	42 %
Attention deficit	3	50 %
Mental wellbeing	8	22 %
Perceived safety	5	33 %
Quality of life	5	42 %
Happiness	8	30 %



Life expectancy: 77,3 years

12 years below the average of other city
neighbourhoods
(Sants 89, Vila Olímpica 88,8)



Impact by indicator

Health indicator	Expenditure	Performance	Weight	Savings per person/year
Physical health				
Obesity	396 €	24 %	2.14 %	8 €
Premature mortality	1,548 €	54 %	4.88 %	75 €
Type2diabetes	1,445 €	21 %	2.87 %	41 €
Cardiovascular disease	524 €	27 %	3.79 %	20 €
Respiratory disease	110 €	47 %	7.93 %	9 €
Accidents and falls	451 €	42 %	3.75 %	17 €
Traffic injuries	126 €	17 %	1.50 %	2 €
Pain	1,866 €	58 %	5.25 %	98 €
Heat stress	253 €	33 %	3.00 %	8 €
Mental health				
Stress	505 €	56 %	5.00 %	25 €
Anxiety	807 €	33 %	3.00 %	24 €
Depression	436 €	22 %	2.00 %	9 €
Emotional state	255 €	42 %	3.75 %	10 €
Attention deficit	445 €	50 %	4.50 %	20 €
Mental wellbeing	79 €	22 %	2.00 %	2 €


strategic approach



data analysis



HIA





PLANNING

Pla Estratègic de Salut Urbana per al municipi de Subirats

October 2023

[READ MORE »](#)


 **AJUNTAMENT DE Subirats**



PLANNING

Strategic Master Plan for the regeneration of productive areas in the Besòs area

[READ MORE »](#)

 **Ajuntament de BCN**



HIA

Urban health analysis and strategy for the regeneration of the Mundet campus

[READ MORE »](#)

 **Diputació Barcelona**



HIA

Study of opportunity spaces for Castellón de la Plana

[READ MORE »](#)


 **Ajuntament de Castelló**



PLANNING

Urban health analysis and strategy for the regeneration of the Maternitat campus

[READ MORE »](#)

 **Diputació Barcelona**



HIA

Health Impact Assessment of the "La Industrial+ " transformation project

[READ MORE »](#)

 **Diputació Barcelona**



HIA

Health Impact Assessment of the urban proposals of the Green Axes Project in Barcelona

[READ MORE »](#)

 **Agència de Salut Pública**



HIA

Health Impact Assessment and Definition of Monitoring Indicators for the Biopol-Granvia Urban Development Plan (PDU)

[READ MORE »](#)






HIA

Health Impact Assessment of Seacombe River Corridor Masterplan

[READ MORE »](#)

 **WIRRAL**

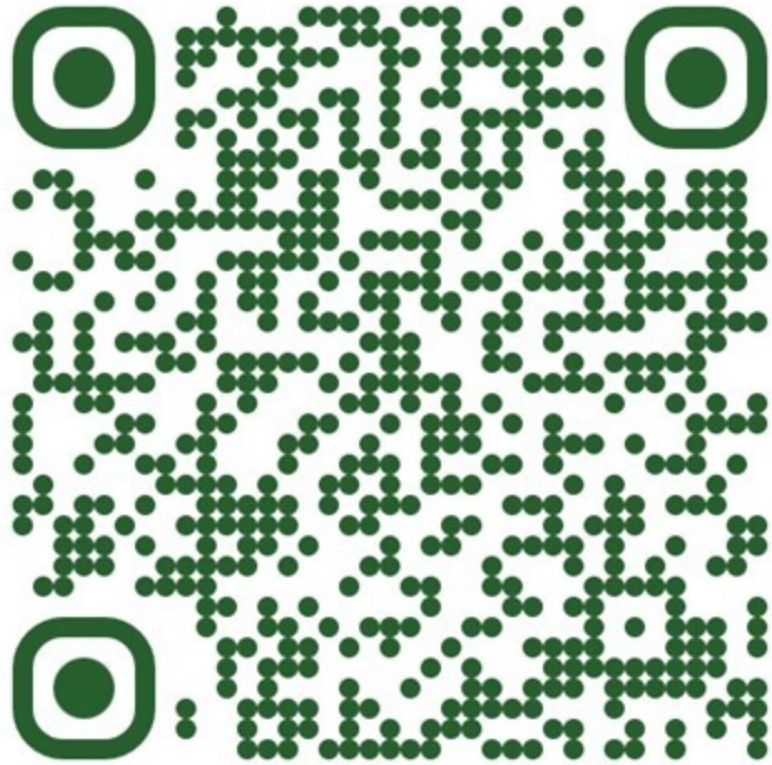


HIA

Health Impact Assessment and Definition of Monitoring Indicators for the Parc de l'Alba technological centre

[READ MORE »](#)

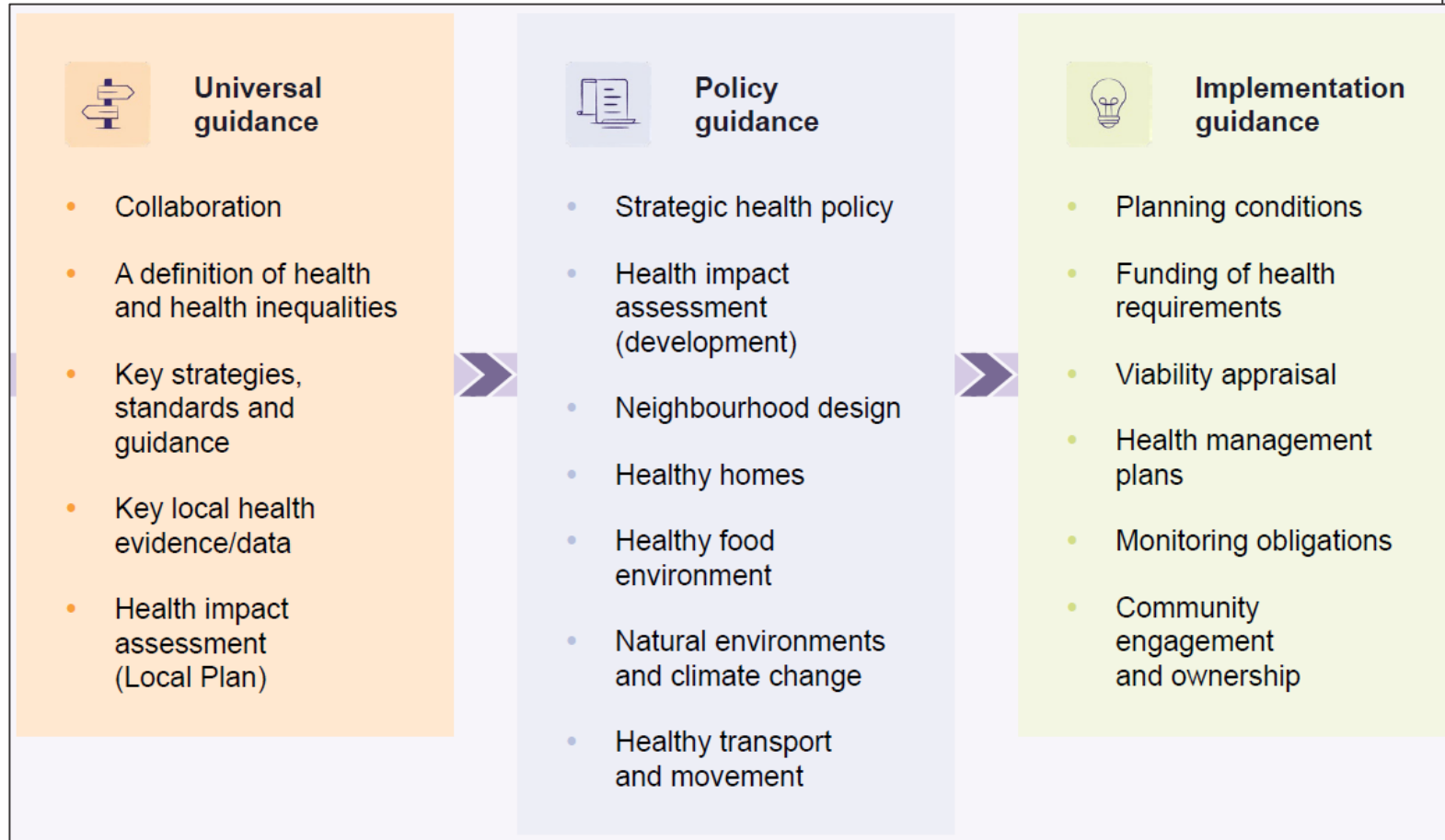
 **PARC DE L'ALBA**



**from healthy streetlife to
healthy cities: HIA securing
health promotion at all scales**



Planning for Healthy Places: getting evidence into practical guidance for HIA at all levels



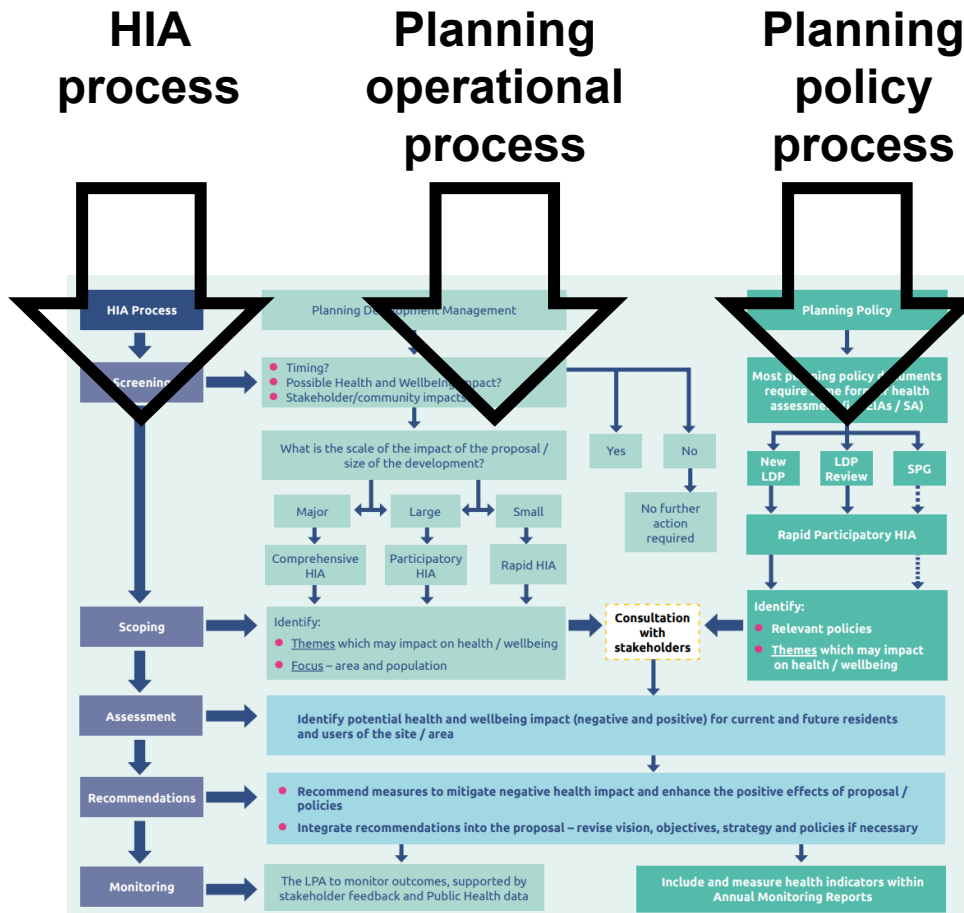
Planning for healthy places:

a practical guide for local authorities on embedding health in Local Plans and planning policies in England



planning leads the way with HIA in Wales

institutionalising = systematising



(A Toolkit for Practice, Green et. al, 2021)

lechydd Cyhoeddus
Cymru
Public Health
Wales

World Health Organization
Collaborating Centre on Investment
for Health and Well-being

Health Impact Assessment for Climate Adaptation

Examples from

Authors: Mark Drane; Nerys E...

lechydd Cyhoeddus
Cymru
Public Health
Wales

UGAEIC
Uned Gymorth Asesu
Eaffall ar lechydd Cymru

WHIASU
Wales Health Impact
Assessment Support Unit

Canolfan Gydweithredol Sefydliad
lechydd y Byd ar Fuddsoddi
ar gyfer lechydd a Llesiant

World Health Organization
Collaborating Centre on Investment
for Health and Well-being

Case study 5: Local Development Plan, Wrexham County Borough Council

Local development plans (LDPs) are prepared by all planning authorities in Wales (which include local authorities and national parks) on a cyclical basis and are long term policies that plan for up to 15 years ahead. This case study is based on the HIA of the 2017 deposit LDP for Wrexham Borough Council and followed on from the success and usefulness of an earlier HIA at the preferred strategy stage. LDPs themselves exemplify a place-based approach and often also use systems-based thinking through policies to address topics such as food and housing. Increasingly LDPs incorporate healthy places policies; this is an area WHIASU has supported in recent years with specific guidance for the use and integration of HIA in LDPs.

- **Who:** Wrexham County Borough Council supported by WHIASU.
- **What topic:** Deposit LDP.
- **When:** during 2018.
- **Where:** Wrexham County.
- **Why:** continued integration of HIA into public body's work; integrate HIA with planning legislation activities.
- **How:** rapid participatory / prospective, follows WHIASU HIA guidance.
- **Of particular interest for:** local authorities and public bodies with a formal or informal input to local development plans. Organisations that wish to integrate HIA with place-based approaches.
- **Of relevance to:** employers and those involved with asset management and across sectors including planning in the physical and natural environment and all other sectors as these are affected by local development plans, especially Specific and General Consultation Bodies who are defined in guidance.

Putting the Spotlight on Health, Well-being and Equity Using Health Impact Assessment

Case Studies from
Public Bodies in Wales

HIA at the street-scale: 'Back to the Streets CoLab'

Let us cocreate streets
reflective of the diversity,
complexity, and
interconnectedness of
contemporary societies,
whilst promoting social
justice and community
wellbeing.

Diolch / thank you!

the problem: outside experts acting top-down and ignoring
community knowledge harms health



Community Technical Aid... reimagined, not an office, workers are locals,
produce is all manner of brilliant things from performances to planters to pasta.

Collaborative innovation to improve health from the habitat sector

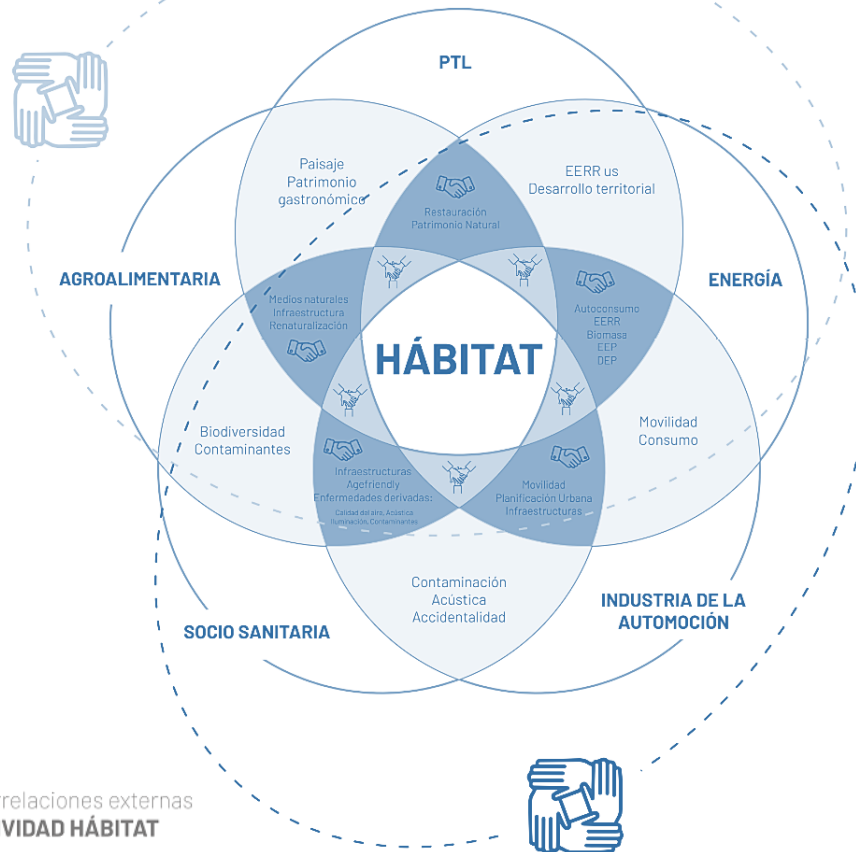


Carmen Devesa Fernández
Director of innovation and internationalization

aeice CLÚSTER
HÁBITAT EFICIENTE

hábitat
SECTOR CYL

CONSTRUIMOS
UNA OPORTUNIDAD



Esquema de interrelaciones externas
de la **MACROACTIVIDAD HÁBITAT**



GESTIÓN INTELIGENTE PARA EL DESARROLLO DE ESPACIOS SALUDABLES



ENTIDADES PARTICIPANTES



COFINANCIADO POR

Convocatoria: Orden de 11 de abril de 2023
Bases reguladoras: Orden ICT/1117/2021, de 9 de octubre,
modificada por la Orden ICT/474/2022, de 20 de mayo.
Número de expediente: AEI-010500-2023-109

Se ha recibido una ayuda cofinanciada por los
fondos Next Generation EU



EDIFICIOS Y SALUD

REINVENTAR EL HÁBITAT
PENSANDO EN LA SALUD DE LAS PERSONAS



TOWARDS BUILDING CAPACITY IN HEALTH IMPACT ASSESSMENT AT THE LOCAL LEVEL

BILBAO CITY COUNCIL'S DEPARTMENT OF HEALTH AND CONSUMER AFFAIRS

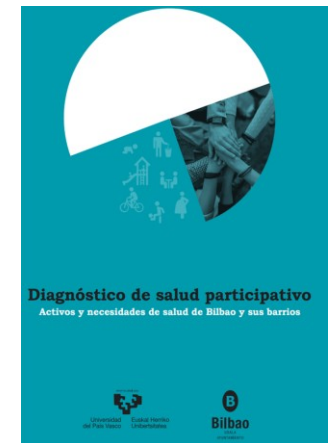
E. Marañon*, A. Etxebarria*, K. Barainka*, A. Zuazo*, D. Saez*, C. Capelastegui*, A. Otaola*, L. Arribas*, I. Urretxa*

HEALTH IMPACT ASSESSMENT

in Bilbao's Municipal HEALTH PLAN I

HEALTH DIAGNOSIS QUANTITATIVE AND QUALITATIVE:

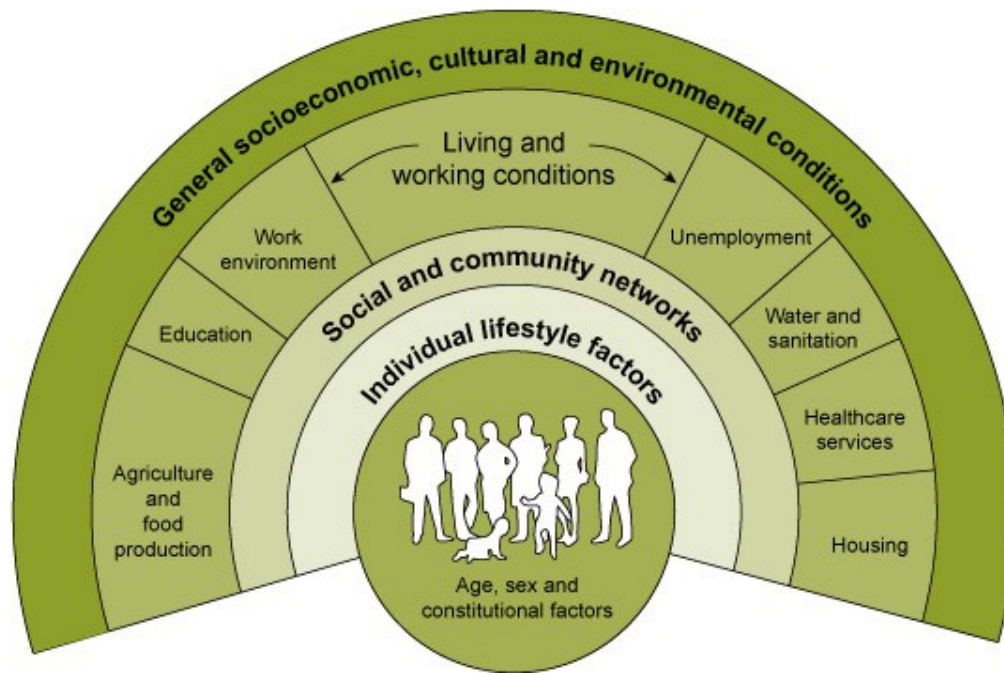
TOWN PLANNING
PUBLIC SPACE
MOBILITY
ENVIRONMENT (air, noise, green areas)



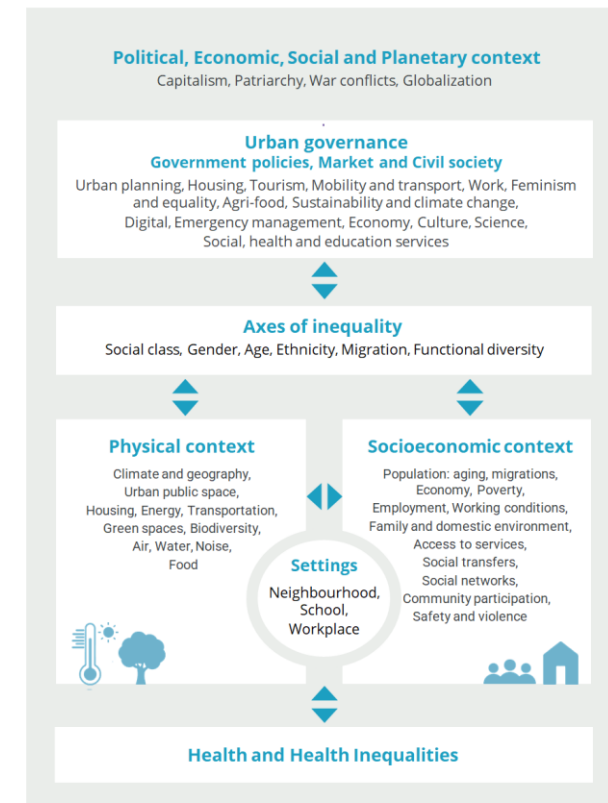
HEALTH IMPACT ASSESSMENT

in Bilbao's Municipal HEALTH PLAN I

CONCEPTUAL FRAMEWORK:



SOURCE: The Dahlgren and Whitehead Rainbow, 1991



SOURCE: Borrell, C., Carrere, J., Rodriguez-Sanz, M., Gomez-Gutierrez, A., Daban, F., Perez, G., ... & Perez, K. (2025)

IMPLEMENTATION CHALLENGES

From the Municipal Perspective in Bilbao

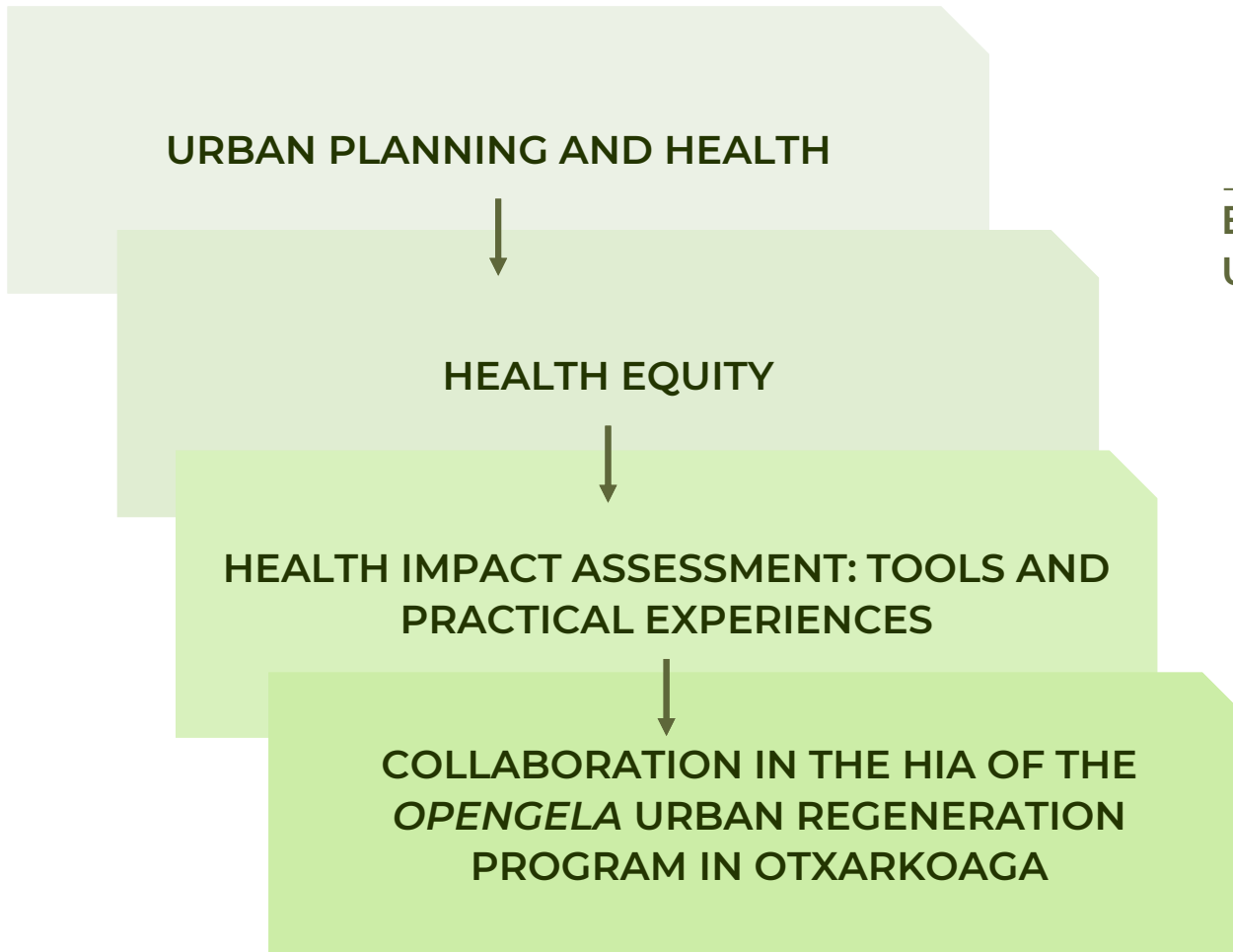
LACK OF MANDATORY REGULATIONS

**LACK OF INTERDEPARTMENTAL WORK
DYNAMICS**

**LIMITED UNDERSTANDING OF THE SOCIAL
DETERMINANTS OF HEALTH FRAMEWORK**

LACK OF EXPERIENCE AND TIME

TRAINING PROGRAM FOR HEALTH IMPACT ASSESSMENT I



BILBAO CITY COUNCIL'S DEPARTMENT OF URBAN PLANNING:

- Awareness
- Communication
- Collaboration
- Integration of Health Impact Assessment

PEÑASCAL URBAN PLAN

Health Impact Analysis

INTERVENTION GOALS AND OBJECTIVES

- Improve accessibility: new roads
- Replace buildings with lack of accessibility
- Create new buildings for re-housing
- Preserve buildings with good accessibility
- Improve humidity and sunlight

Images provided by the Bilbao City Council's
Department Of Urban Planning



barreras arquitectónicas



solar 85 viv
en construcción
Fase 1

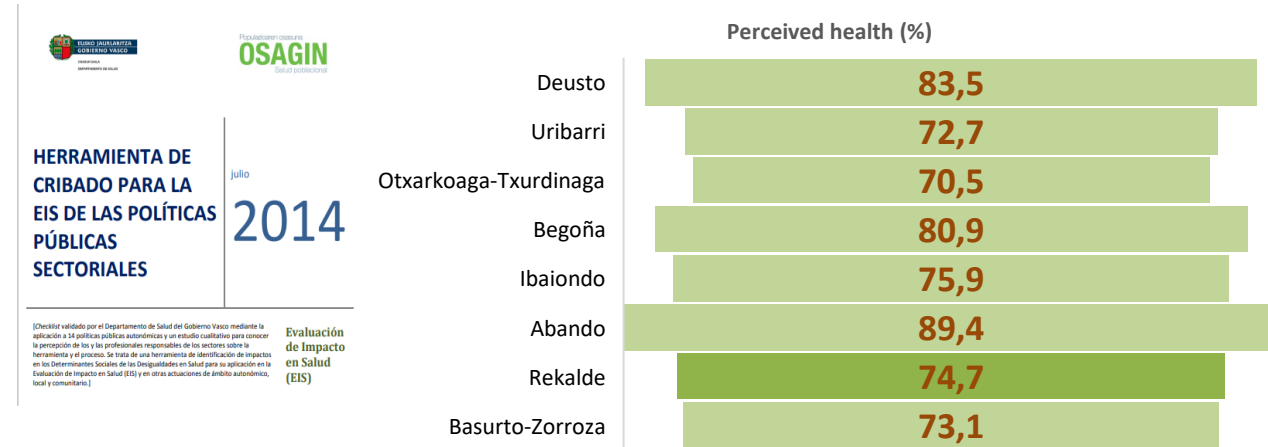


viv para realojos ya ejecutadas_Fase1

SCOPING AND EVALUATION


Peñascal HIA

RELEVANT HEALTH PROBLEMS
1. Loneliness and lack of protection of the elderly population.
2. Adverse socioeconomic conditions.
3. Ghettoization of some groups in public schools.
4. Lack of resources and adequate assessment in mental health and dependency.
5. Gender inequalities.
6. Problems of accessibility and quality of housing.
7. Problems related to traffic.
8. Deficient public transportation.
9. Lack of formal and civic education.
10. Lack of community resources.



	ITURRIGORRI- PEÑASKAL	BILBAO
UNEMPLOYMENT RATE	13 %	6,6 %
FAMILY INCOME	23.564 €	46.502 €
ILLITERATE	12,4%	2,5%
IMMIGRATION	22%	15%

TRAINING PROGRAM FOR HEALTH IMPACT ASSESSMENT II



PUBLIC HEALTH LAW OF THE BASQUE COUNTRY (13/2023)
STUDY ON HEALTHY HABITS AND LIFESTYLES IN THE POPULATION OF BILBAO
ROLE OF LOCAL GOVERNMENTS IN HEALTH EQUITY AND PROMOTION
ASSESSMENT OF LOCAL GOVERNMENTS' CAPACITY FOR HEALTH PROMOTION (CAPSALGOB)
ADVICE FROM EXPERTS

The steering committee includes two working subcommittees, one focused on implementing the Health Impact Assessment (HIA).

PUNTA ZORROZA HEALTH IMPACT ASSESSMENT

Challenges and Opportunities

CURRENT SITUATION



UPCOMING PROJECT



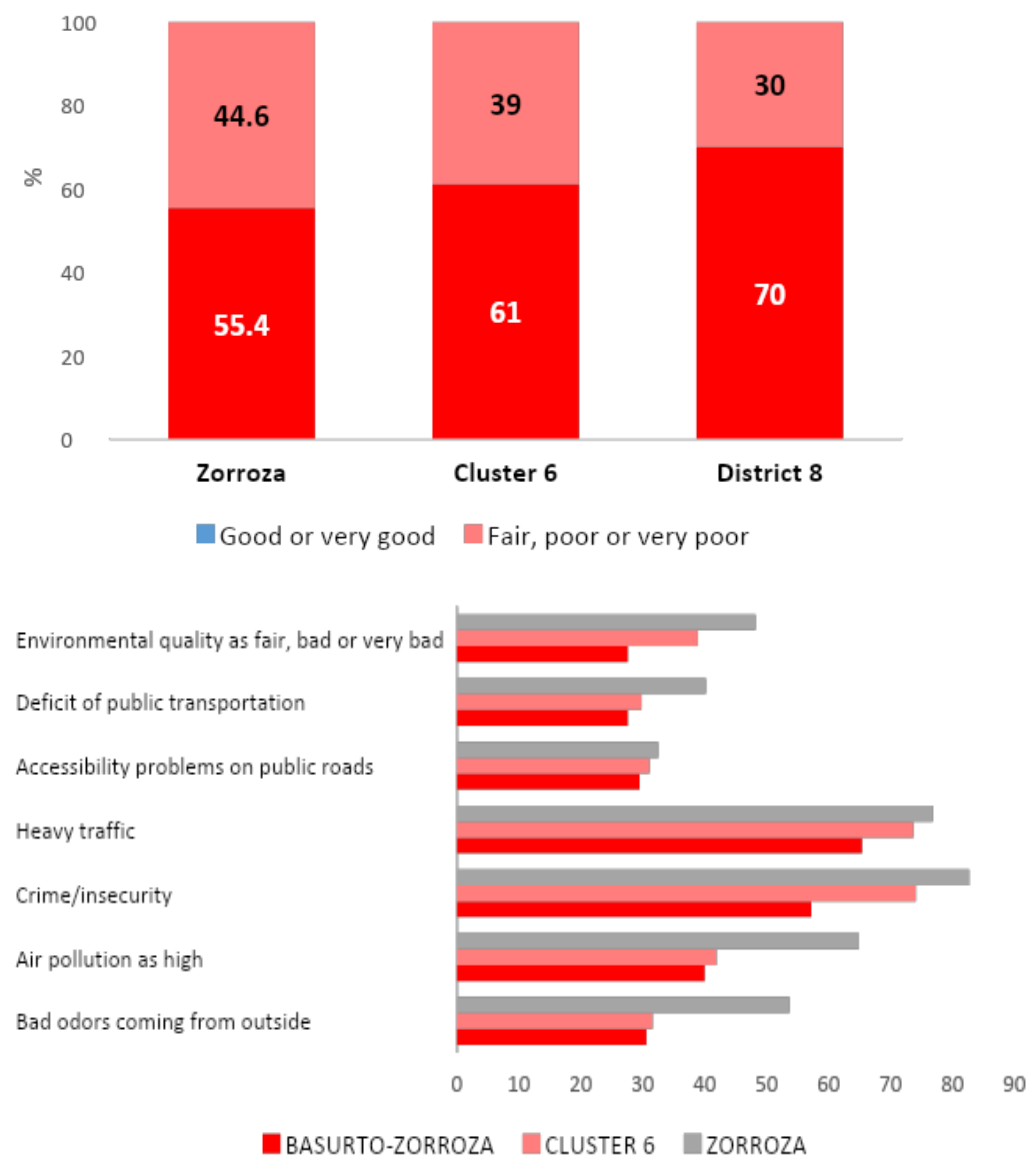
Images provided by the Bilbao City Council's
Department Of Urban Planning



PUNTA ZORROZA HIA

Scoping and evaluation

	ZORROZA	BILBAO
UNEMPLOYMENT RATE	11,8%	9,7%
FAMILY INCOME	17.741 €	50.398 €
UNDERGRADUATE	30,7%	47,6%
IMMIGRATION	15,7%	15,8%



FINAL THOUGHTS

- Training in Health Impact Assessment.
- Good communication and awareness within municipal departments (Urban Planning).
- Opportunity for collaboration and awareness-raising on Health in all Policies and the application of Health Impact Assessment.

THANK YOU!

osasunudalplana@bilbao.eus

