

Co-Creation Approach for Healthy and Sustainable Neighborhoods

The Example of Nature-Based Solutions

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***Making a healthy city is not only about good design,
but also about empowerment of people in the city-making process.***

Jan Gehl



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Co-Creation Approach



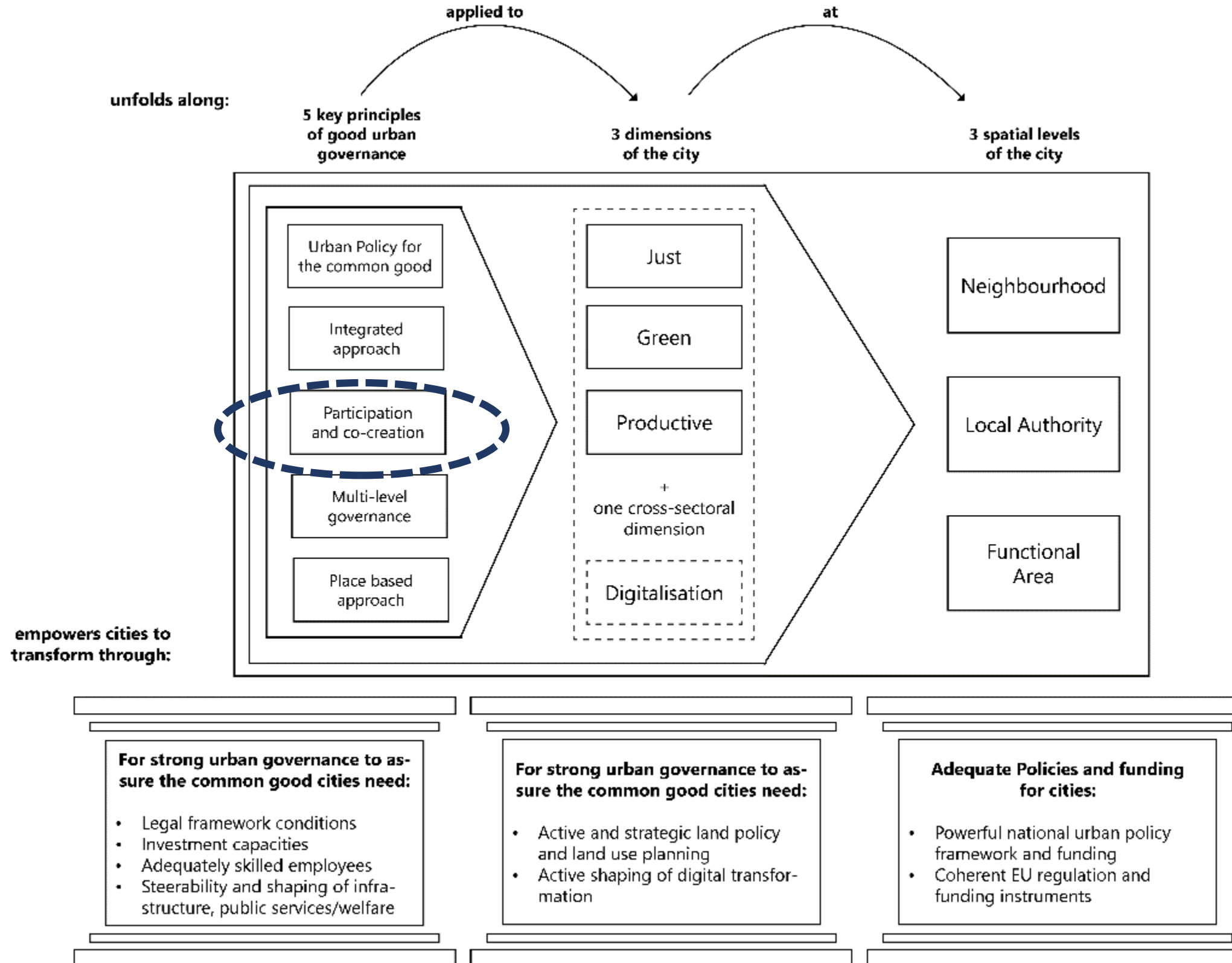


community participation in decisions that affect where and how people live, their common goods and services

- improved city spaces and services, based on the **needs** and assets in communities
- stronger accountability and governance for health and well-being
- empowered and resilient populations
- increased ownership over individual health and well-being

Source: WHO 2018

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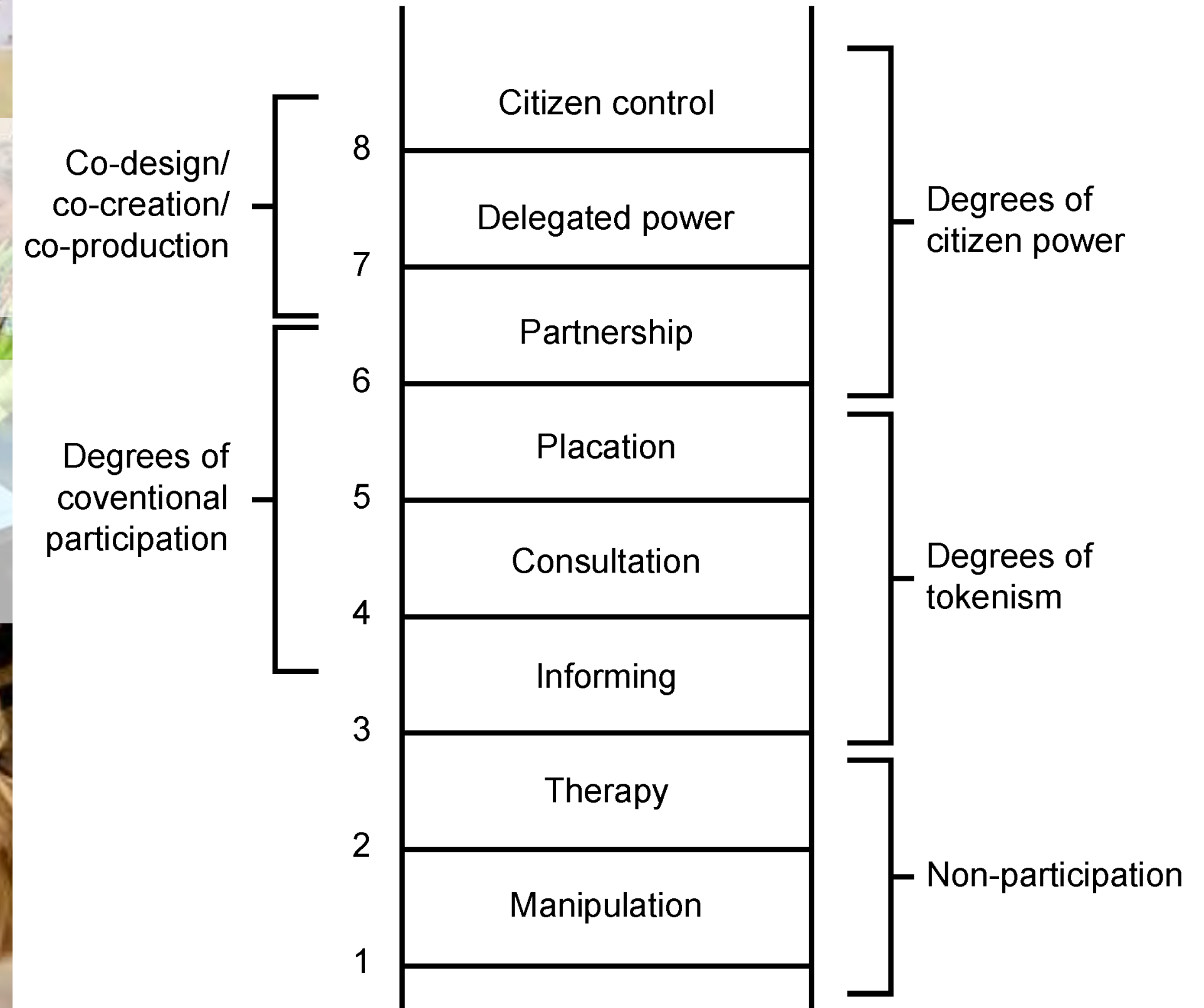


- integrated approach - involvement of the general public and social, economic and other stakeholders **to consider their concerns and knowledge**

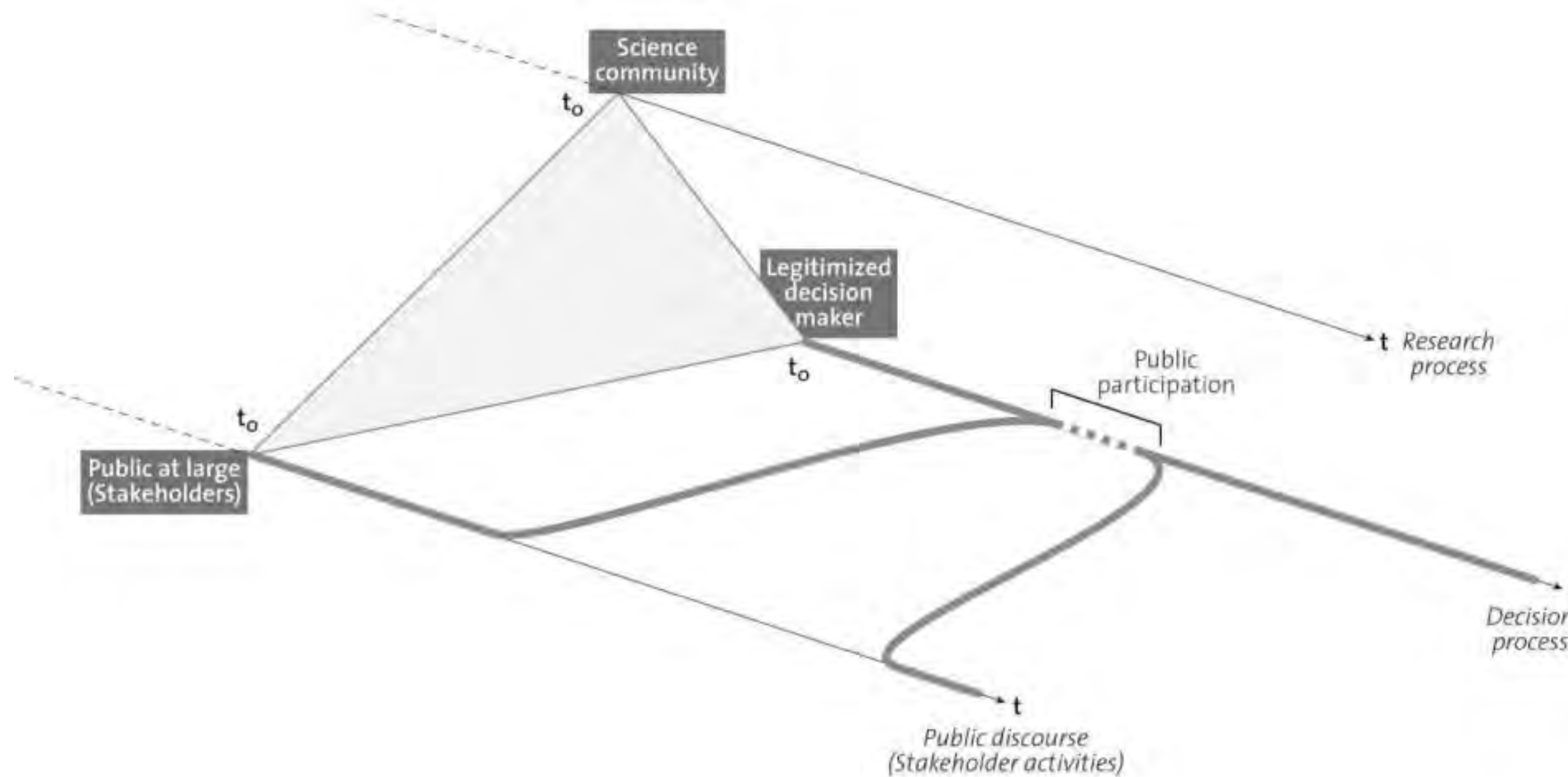
“New forms of participation should be encouraged and improved, including **co-creation and co-design** in cooperation with inhabitants, civil society networks, community organisations and private enterprises.”

Source: BMI 2020

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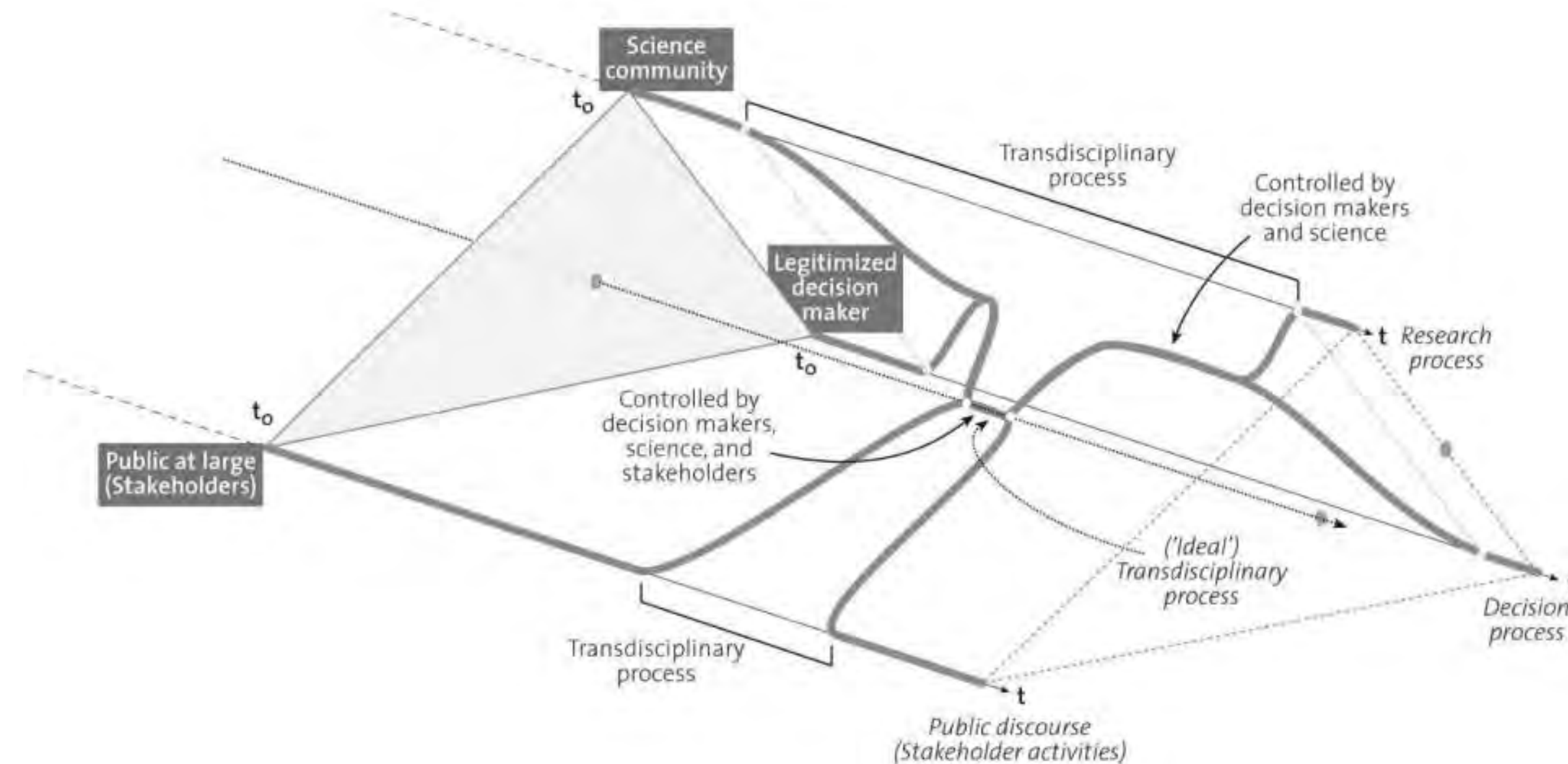
Source: Simon 2021 – adapted Arnstein’s Ladder of participation (1969)



- Governmental representatives keep control

Source: Scholz 2015

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poststructuralist theories and methods:

all forms of knowledge and experience have value and can contribute to solving the problem(s) at hand.

expert + multiple, plural knowledge - hybrid forms of knowledge - transdisciplinary

Source: Simon 2021

- Co-leadership among science and practice
- Mutual learning/knowledge integr. for socially robust solutions and groundbreaking research

Source: Scholz 2015



Photo: Reardon 2015

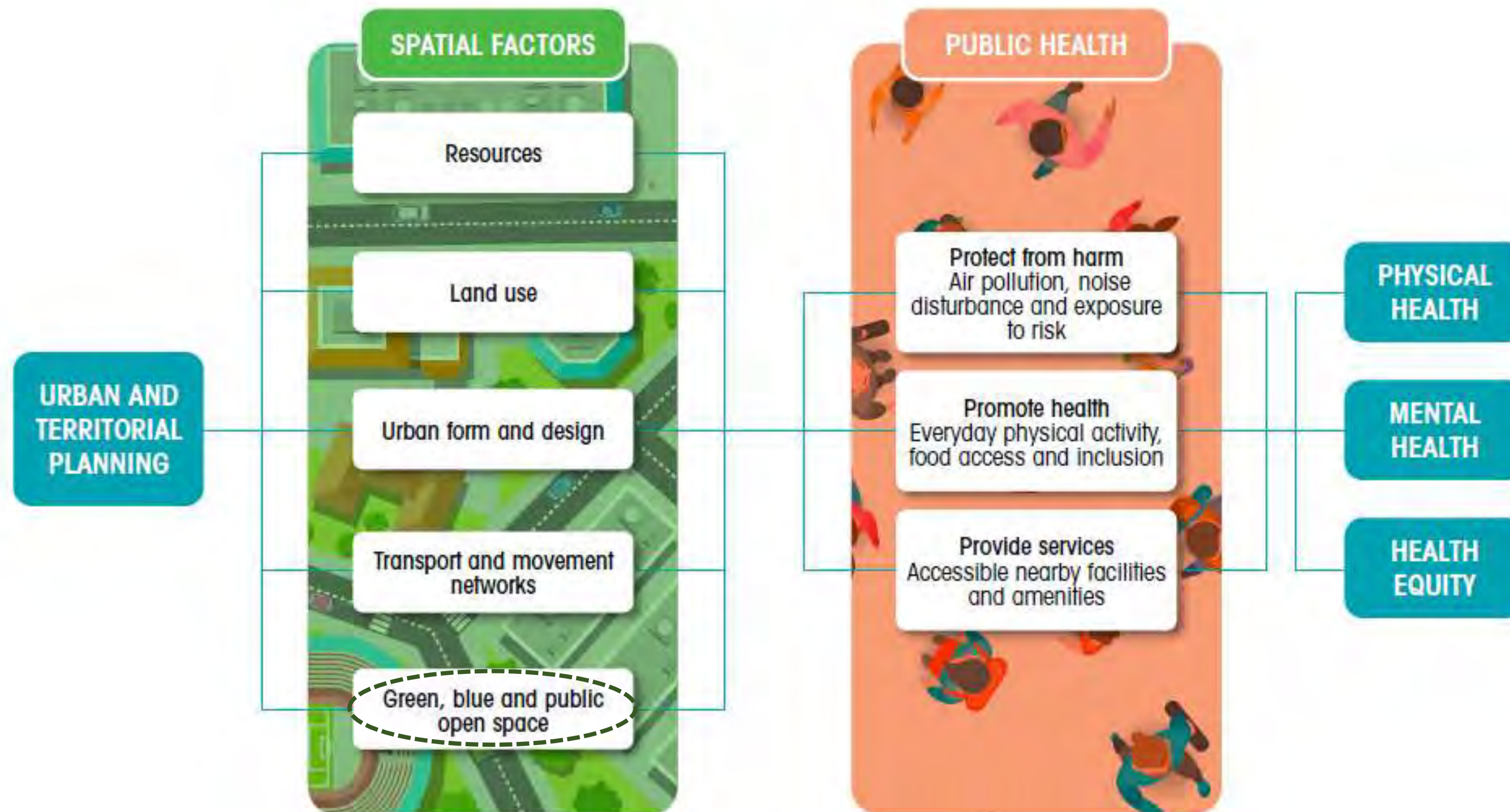
Holistic approach based on WHO – Centre for health development 2011,
(who.int/kobe_centre/publications/urban_planning2011.pdf)

Photo: author 2021



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How do spatial factors affect health and health equity?



Source: UN-HABITAT & WHO 2020, p.10

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- **environmental benefits**
- noise and air pollution mitigation

Mueller *et al.*, 2020, Markevych *et al.* 2017

- **mental well-being**

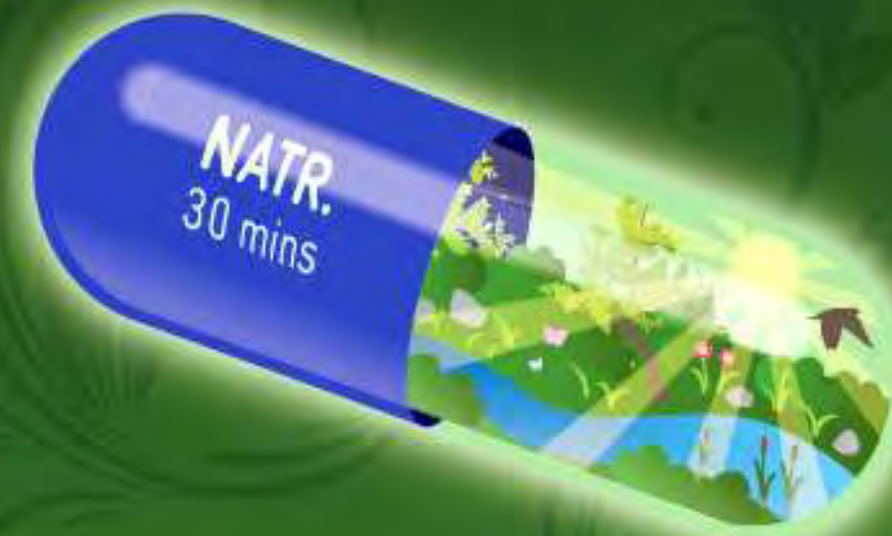
Sugiyama *et al.*, 2008, Barton and Pretty, 2010

- **active lifestyles**

Sallis *et al.*, 2012, WHO 2017

- **social cohesion**

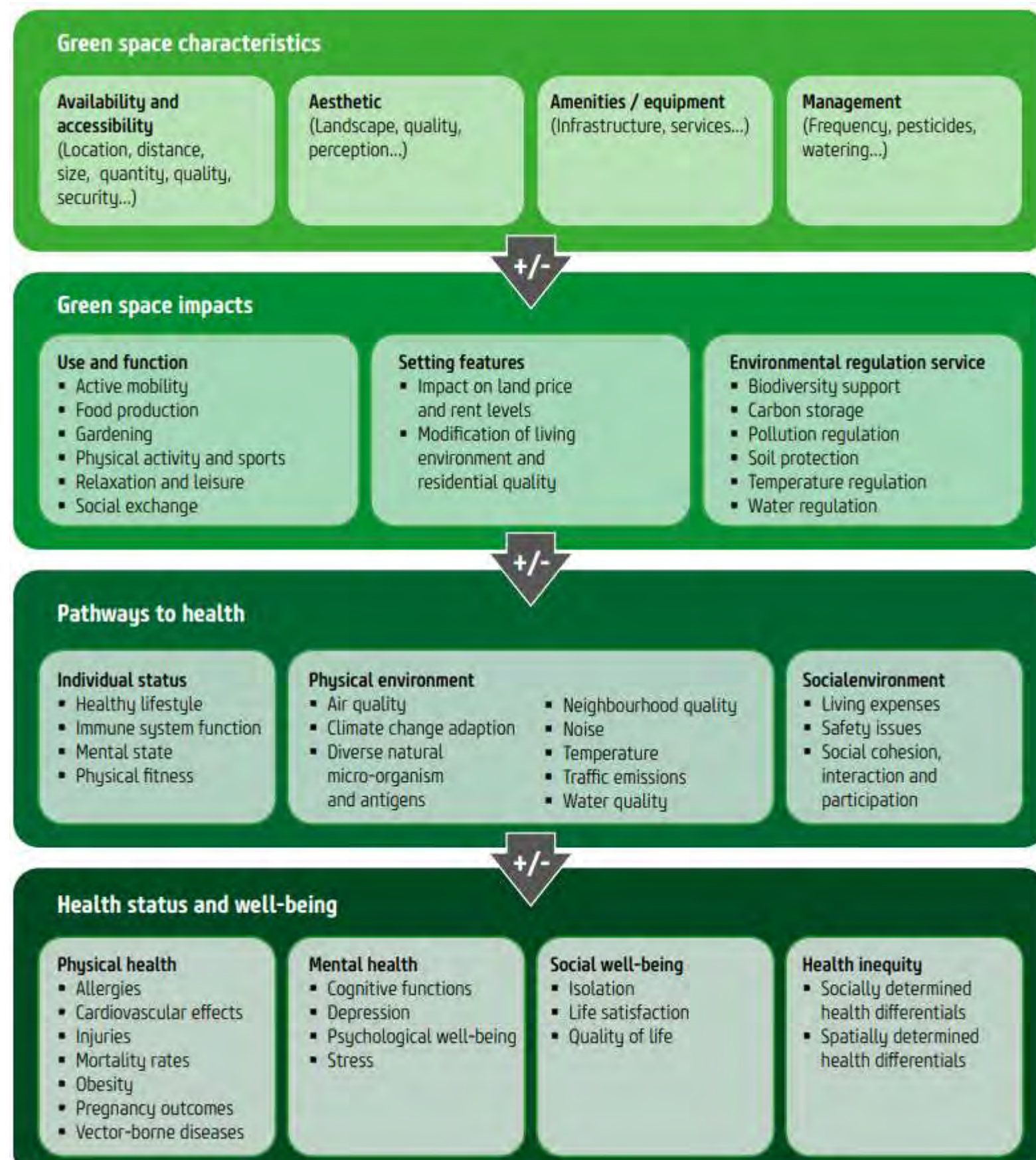
van Dillen *et al.*, 2012, de Vries *et al.* 2013



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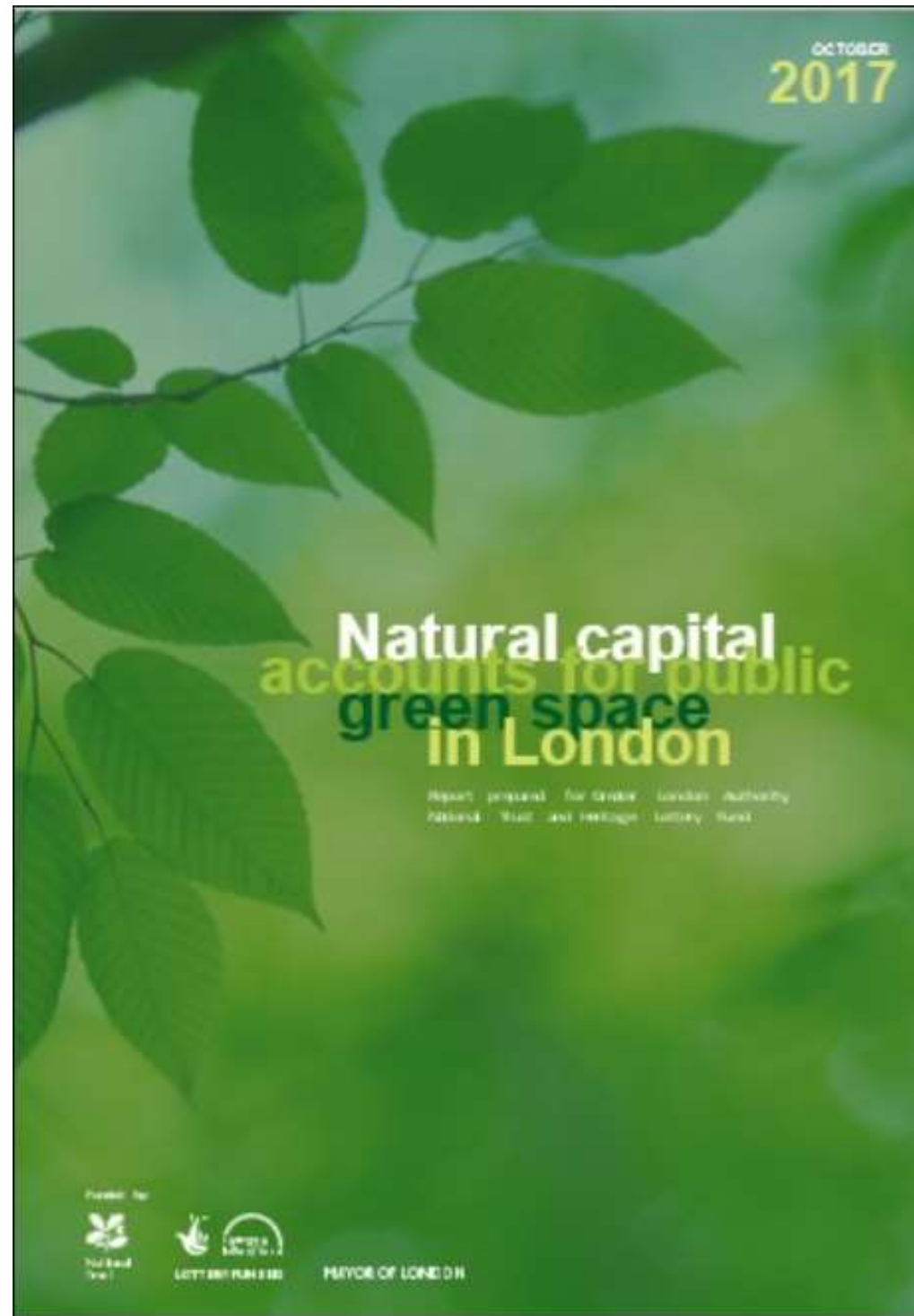
- Lowers blood pressure
- Lowers heart rate
- Promotes wellbeing

Available from all parks, seashores, forests or countryside near you.



A casual model of the impacts of urban green spaces on health and well-being

Source: [WHO, 2017](#), p.8



- for each £1 spent by local authorities and their partners on public green space, Londoners enjoy at least £27 in value
- Londoners avoid £950 million per year in health costs due to public green space
- the value of recreational activities is estimated to be £926 million per year
- economic benefits are not spread equally across or within London borough's

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Nature-based Solutions



Nature-based Solutions (NbS)

bring diverse nature as well as natural features and processes into cities, landscapes and seascapes through locally adapted, resource efficient and systemic interventions

European Commission, 2015

- **biodiversity and ecosystem services**

Nesshover et al., 2017; Eggermont et al., 2015; European Commission, 2015

- **climate resilience and climate adaptation**

Bush and Doyon, 2019

Kabisch et al., 2017a

- **wider societal challenges**

Cohen-Shacham et al., 2016; Maes and Jacobs, 2017

- **health and wellbeing**

Kabisch et al., 2017b



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Nature-based Solutions (NbS)



Source: [Dumitru and Wendling 2021](#)

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Co-creation with people but also co-creation with nature

NbS deliver climate services while ensuring wellbeing and social cohesion only when they are co-produced

Raymond et al. 2017

NbS positively transform the sense of place of local communities when these communities are actively engaged in co-creating them

Frantzeskaki 2019, p.104

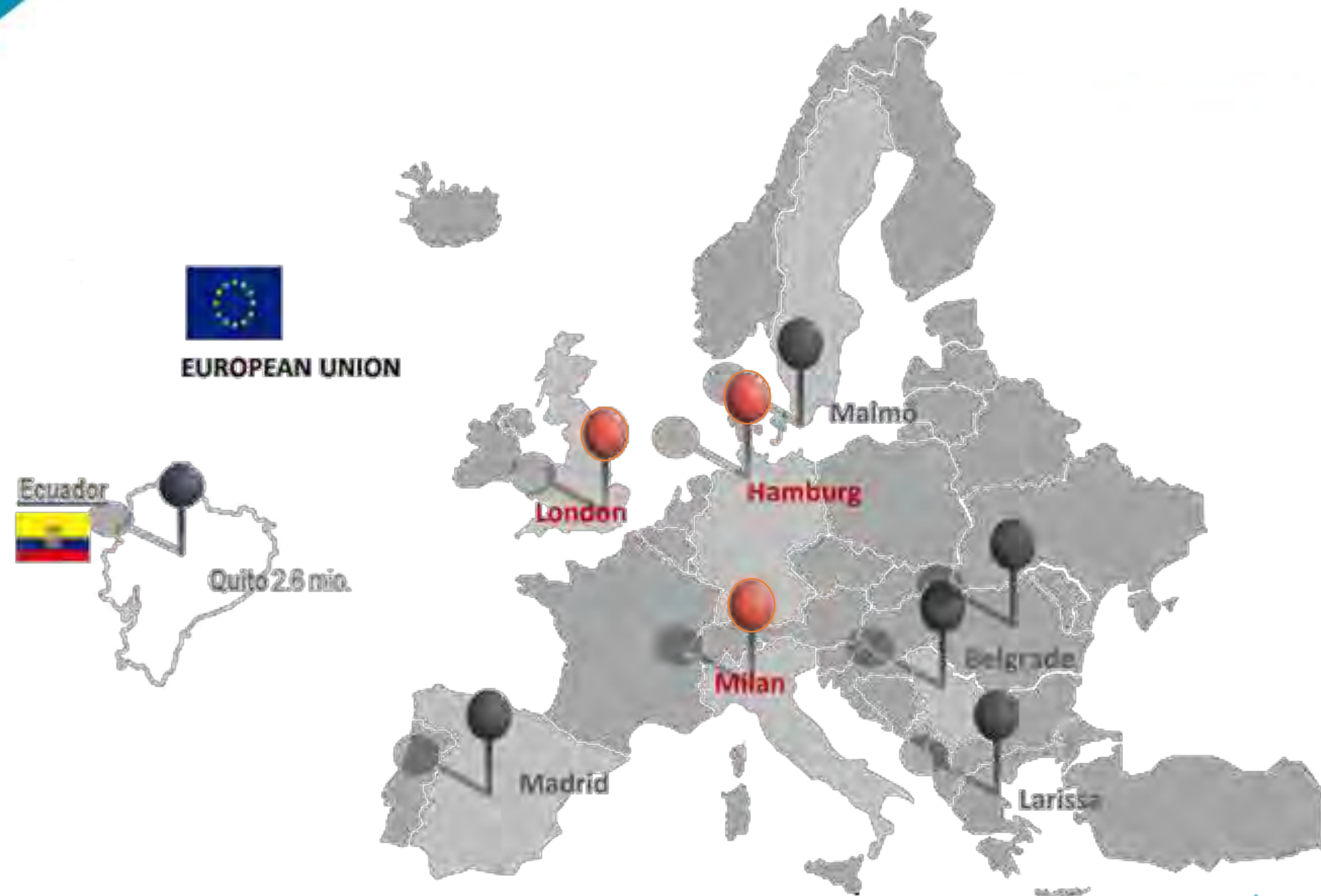
Photo: Phoenix Lake, Dortmund, 2014, J. Skodra

H2020 CLEVER Cities Project



Co-designing **L**ocally tailored **E**cological
solutions for **V**alue-add**E**d urban **R**egeneration
2018-2023

- nature-based urban transformation
in a multi-stakeholder, co-creation
approach
- focus on health, socio-economic
and ecological challenges



Co-designing of interventions

Co-developing NbS monitoring plans

Lead by CITIES
Supported by Tecnia

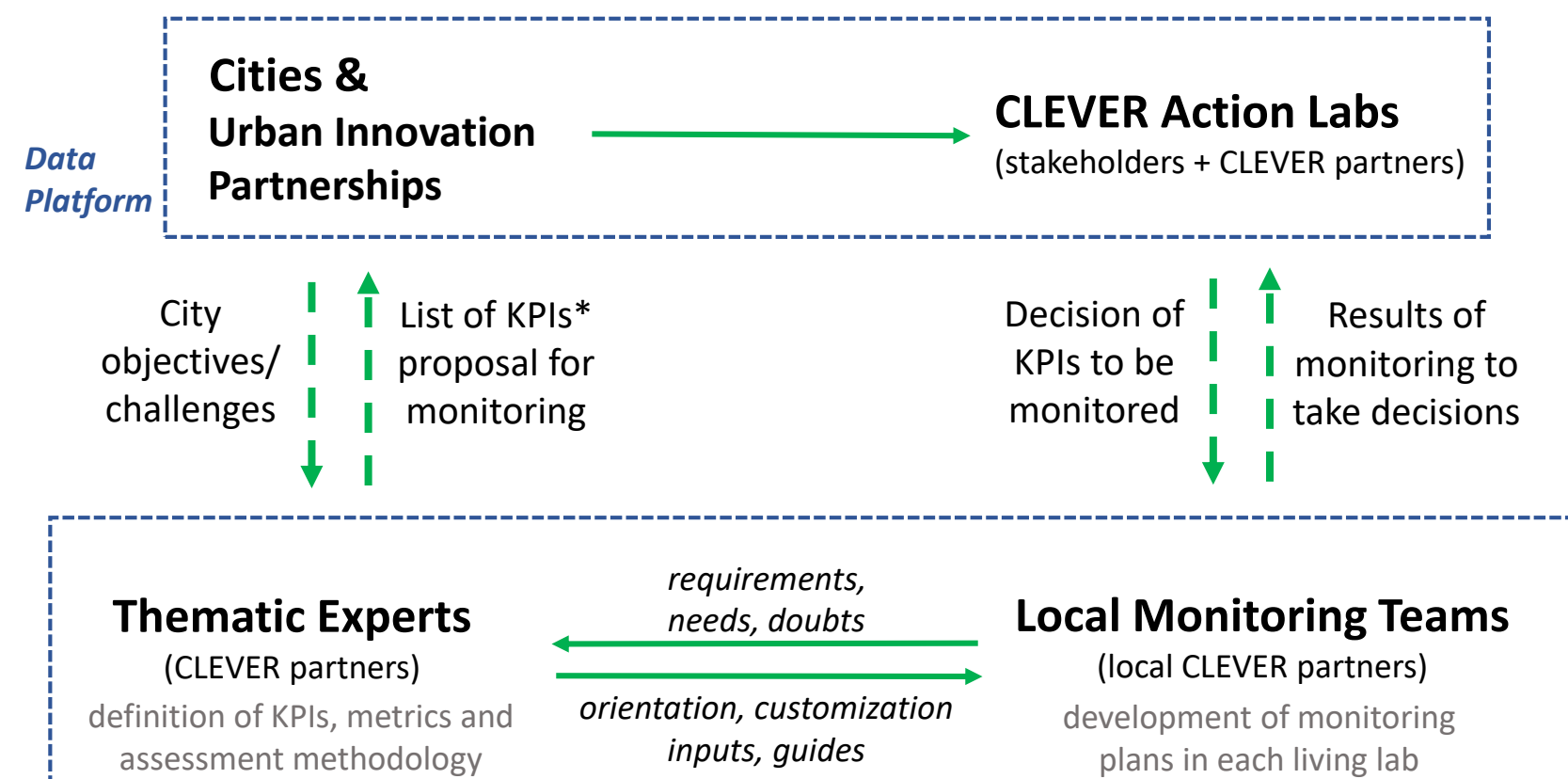
Urban Innovation Partnership (UIP)

city-wide or district-focused informal alliance of local and city authorities, community (groups), businesses, academics to promote the nature-based solutions (NBS) for regeneration or urban transformation, facilitate and drive the co-creation process.

UIP are defined at a city level - each supports one or more CLEVER Action Labs (CAL).

CLEVER Action Labs (CAL)

co-design, co-implement and co-manage NbS interventions in the deprived districts starting from specific place-based NbS technologies as impulses.

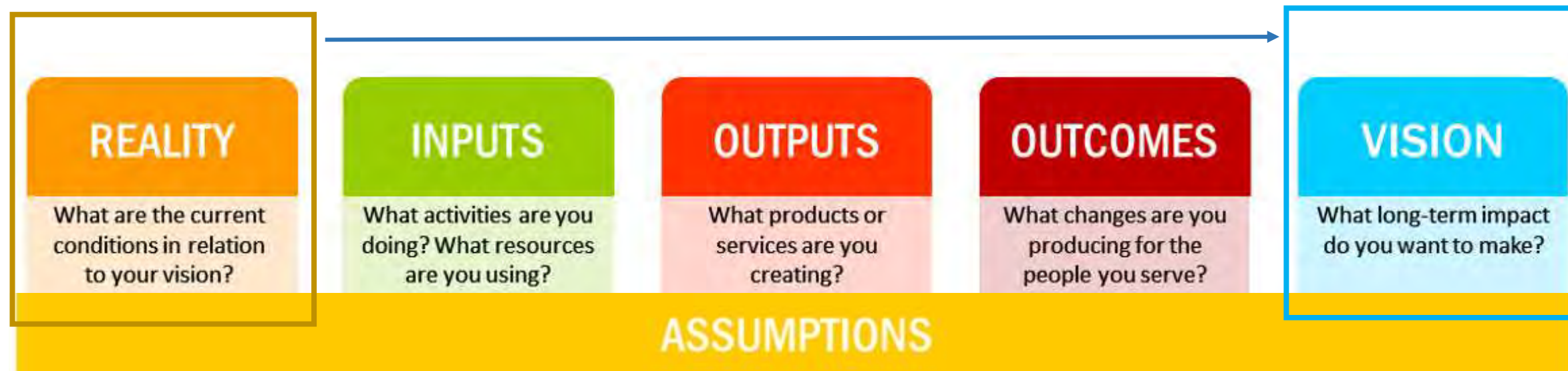


Lead by TECNALIA
Supported by cities

*KPI – Key Performance Indicator

Source: [Tecnalia 2018](#), adapted

Theory of Change



Source: Young Foundation

Thank you very much!



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