



Healthy Cities.

From planning to action

INTEGRATED ACTION PLAN

FARKADONA

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INTRO

This is the Integrated Action Plan of Farkadona, according URBACT Methodology, one of the final results - deliverables of the 3-years project planning and implementation.

Due to the specific topic, methodology and tools of the “Healthy Cities” project, It incorporates the Health Impact Assessments and Healthy Cities Generator Results.

It is written by Konstantinos Asikis, the Head of the Strategic Planning dpt. of Farkadona and PhD candidate in National Technical Polytechnic of Athens, with the contribution of Vassilios Mitsios, PhD on Economics.

PART 1: PRESENTATION OF CONTEXT AND PROCESS

CITY CONTEXT AND DEFINITION OF THE INITIAL PROBLEM/POLICY CHALLENGE

Overview of the city

Farkadona has a long history, several traditional festivals, and is located in the region of Thessaly, in the prefecture of Trikala, in Central Greece. A good proportion of the city's inhabitants are young people, made up of both locals and immigrants from developing countries. The municipality consist of two small towns with a population of 2.000 inhabitants each and 16 villages with population between 200 and 1.000. It covers a total of 370km² with 13.400 citizens. The city is surrounded by low mountains, extended fertile plains with cultivation, some small forests and several rivers, among them one of the biggest in Greece. Its economy is based mainly on modern agriculture and traditional livestock farming (which are important), on trade and some industries.



Location:

- Region of Thessaly - Prefecture of Trikala - Central Greece



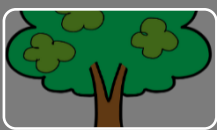
Population:

- 13.400 inhabitants
- Youth population, great number of migrates



Settlements:

- Small towns and villages. Farkadona retains some remarkable examples of classical and folk architecture in its historical centre, and this area deserves to be redevelopment



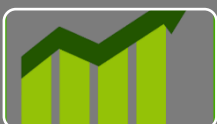
Natural environment:

- Low mountains with pastures, fertile plains with cultivations, small forests and several rivers



Historical and Cultural Heritage:

- Historical / cultural wealth: prehistoric settlements, Mycenaean settlement, Byzantine Monasteries / churches, Castle, Bridge, Outposts
- Several traditional festivals and customs



Economy:

- Based mainly on modern agriculture and traditional livestock farming, which are important, trade and some industries



Key characteristics and priority topics

Population	13.400
Density	36,21/km ²
Demographic profile	Age 0-19: 19% Age 20-59: 49% Age 60+: 32%
Life expectancy	Men: 78,46 Female: 83,72
Overweight (country)	62,3%
Mental Health	4,7%
Physical Inactivity	31,5%

Basic Demographic Data:

Population	de facto: 13.305 inhabitants, de jure: 16.238, residents: 13.396								
Density	36,21 inhabitants/km2								
Inhabitant's Birth place	Total	Farkadona	Trikala Prefect.	Greece		Abroad			
	13.396	10.772	702	822		1.100			
Inhabitant's Education level	Total	Higher	Post middle	Middle	Post basic	Basic	Pre-basic, no-educated	Not listed (too young)	
	13.396	737	276	1.532	1.617	5.347	3.219	668	
Inhabitant's Nationality			Other countries						
	Total	Greece	Total	EU	Others				
	13.396	12.710	686	55	631				

Residences density and ownership type	Density (m ² / inhabitant)		Total		Type of ownership							
					Owned		Rented					
	Farkadona Area		4.804		4.490		314					
	Under 15		244		199		45					
	15 - 29		1.321		1.194		127					
	30 - 44		1.369		1.304		65					
Over 45		1.870		1.793		77						
Residence's heating system	Total		Central heating system		Other heating way		Without heating					
	6.480		3.885		2.023		572					
Residence's Buildings Type	Total		One residence building		Multiple residences building							
	6.480		5.925		555							
Residence's Rooms Number	Total		1	2	3	4	5	6+				
	6.480		199	1.036	2.141	2.034	721	349				
Residences with or without inhabitants	Total		With inhabitants		Empty							
					Total	For sale/rent	cottages	seconds	other			
	6.480		4.804		1.676	61	386	910	319			
Residence's Extent	Total		- 40	40 - 49	50 - 59	60 - 69	70 - 79	80 - 89	90 - 99	100 - 109	110 - 119	120+
	6.480		235	258	391	620	655	892	669	805	505	1.450
Residence's Age	Total		- 1945	1946 - 1960	1961 - 1970	1971 - 1980	1981 - 1990	1991 - 2000	2001 - 2005	2006 +		
	6.480		641	1.152	1.388	1.413	1.055	542	159	130		
Families	Type		Families		Members		Children					
	Total		4.135		11.543		3.790					
	Married		3.618		10.357		3.121					
	Only Father		113		261		148					
	Only Mother		404		925		521					
Children number per family	Total		0	1	2	3+						
	4.135		1.749	1.301	815	270						
Family members with occupation	Total		None		One		Two or more					
	4.135		1.715		1.455		965					
Cars per Household	Total		0 cars		1 car		2+ cars					
	4.833		1.936		1.978		919					
Parking places per Household	Total		0 parking places		1 + parking place							
	4.833		3.077		1.756							
Households with internet access	Total		with internet access		without internet access							
	4.833		16,5 %		83,5%							

Population per occupation situation			Financial Active				Financial Inactive				
	Total	13.396	Total	With occupation	Without occupation		Total	Students	Pensioners	Others	
					Total	Ex					New
	Total	6	4.700	3.913	787	511	276	8.696	1.591	4.488	2.617
Men	6.657	3.195	2.710	485	350	135	3.462	825	2.077	560	
Women	6.739	1.505	1.203	302	161	141	5.234	766	2.411	2.057	
Occupation sector	Total	Agriculture stockbreeding	Constructions	Commerce	Logistics	Hotels – restaurants	Services	Public services	Education	Health – social care	other
	3.913	1.872	310	438	73	233	35	153	116	109	574
Profession	Total	Executives	Professionals	Technicians	Office	Sales, services	Farmers	Tech experts	Industry experts	Workers	
	3.913	152	223	108	93	538	1.655	521	197	426	
Profession per education level	Total	Higher level	Middle level	Post basic	Basic – other						
	3.913	425	882	727	1.879						
Occupancy per nationalities	Total	Financial active			Financial inactive						
		Total	Greeks	Foreigners	Total	Greeks	Foreigners				
	13.396	4.700	4.377	323	8.696	8.333	363				
Occupancy per education level	Total	Financial active				Financial inactive					
		Total	Higher level	Middle level	Post basic	Basic – other	Total	Higher level	Middle level	Post basic	Basic – other
	13.396	4.700	561	1.182	877	2.080	8.696	176	626	740	7.154
Unemployed per education level	Total	Higher	Middle	Post basic	Basic - others						
	787	136	300	150	201						
People with occupation / occupancy place	Total	Farkadona	Out of Farkadona								
	3.913	3.062	851								
Occupation hours per week	Total		- 20	20-29	30-39	40-49	50+				
	3.913		263	567	565	1.363	1.155				
Occupation per sector	Total	Financial active					Unemployed	Financial inactive			
		Total	With occupation								
	13.396	Total	1 st sector	2 nd sector	3 rd sector	787	8.696				
		4.700	3.913	1.872	682	1.359					

Challenges:

Urban health is a complex issue that concerns all the aspects of the urban life. This fact is recognised by the WHO and the EU which have adopted the UN 17 SDGs.

The main challenges are:

- The isolation of some areas and the distance from the urban centres which provide a higher level of medical, educational, cultural etc. services
- The quality of the local level services (medical, educational, cultural) which are provided by the municipal structures
- The public information opportunities about the substantial healthy living matters and the people participation in these actions
- The activation of the citizens as the local stakeholders to join a multisectoral action plan concern the urban space and the local development.

The specific challenge we wish to address in this Action planning network as a Project Partner is the Local Action Planning in the frame of the 2030 Agenda for Sustainable Development, focusing on SDGs ^{no}3 (good health and well-being) and ^{no}11 (sustainable cities and communities) and concerning the cities in the rural space.

SETTING OF FOCUS AND OBJECTIVES

Focus of IAP

Strengths	Weaknesses
<ul style="list-style-type: none"> • The urban conditions and the natural environment • The cultural heritage • The supremacy of the agriculture and stockbreeding sector • The long experience concerning the implementation of the proposed actions • Municipal structures and prior actions concerning public health • Experience of European Programmes 	<ul style="list-style-type: none"> • Isolation of some areas and the distance from the urban centres which provide a higher level of medical, educational, or cultural services • Pollution by the intense production activities (agriculture, etc.) • The quality of the local level services (medical, educational, cultural)
Opportunities	Threats
<ul style="list-style-type: none"> • EU and national funding programmes • Membership in W.H.O. National HEALTHY CITIES Network, in the CIVITAS network, etc. • Joining in the European Weeks (EMW, ELDW, etc.) • Public information campaigns about the substantial healthy living matters 	<ul style="list-style-type: none"> • Lack of engagement with the citizens in a multisectoral action plan • Lack of the municipal staff for the actions implementing

Specific challenge and focus of the Integrated Action Plan

The municipality of Farkadona is aware of its multiple urban health issues and will tackle these. From a practical point of view, many of the region's inhabitants are far from main urban centres. Therefore, it is hard to provide local services or medical care to a satisfactory standard. As a first step and due to Farkadona's geographical spread, the city will work on connecting the smaller places with the main services in the two bigger urban centres. Later, Farkadona will work on connections with the closest bigger cities. Its Action Plan will target the connectivity of the city with its local services but also with the region, as well as improving its citizens' lifestyles to prevent mental health issues. Farkadona will work in Deep Dives on Connectivity & Mobility, to build its capacity and contribute to its most urgent challenges, supporting its Integrated Action Plan.

1st phase potential actions:



Sustainable mobility

- promoting of the walking, cycling, scooters
- road safety



Culture and heritage for Mental Health



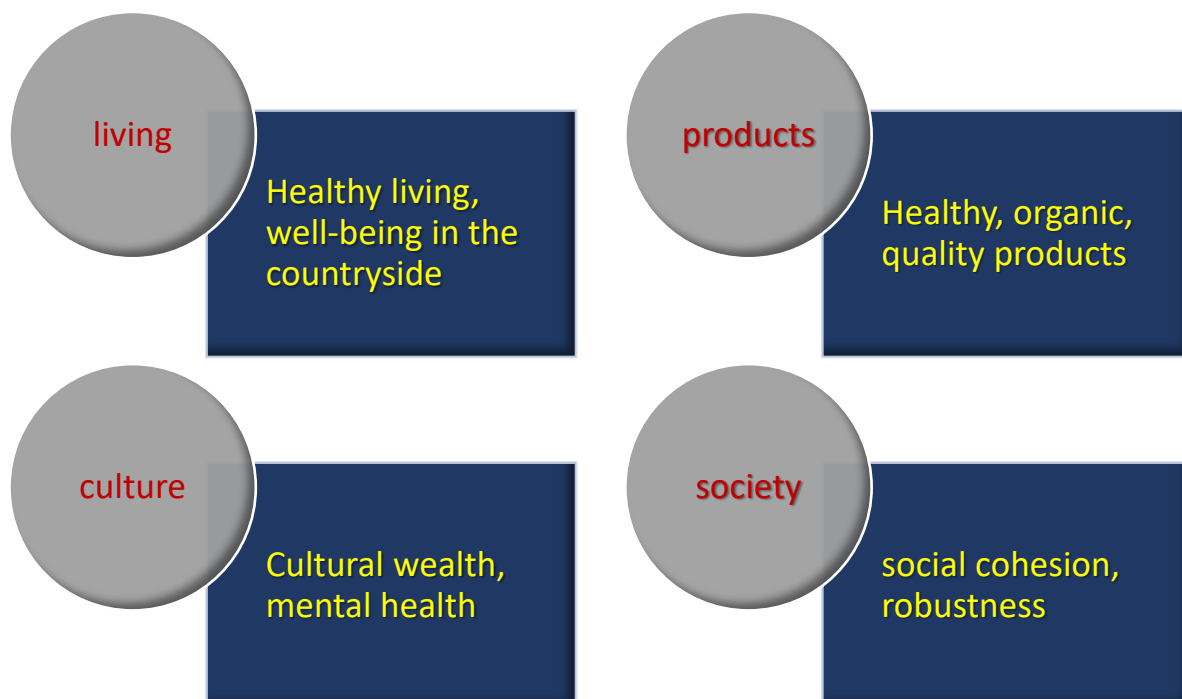
Public awareness raising, illnesses prevention.

- e-health, preventive medicine
- informative campaigns over health, social, environmental, etc. issues
- physical activity and athletic events
- health providers - public servants' knowledge over psychological issues



Local democracy

Policies:



Summary of main aspirations and objectives for the IAP

The municipality vision in regards to become a Healthy City includes:

- the improvement of the real or of the virtual connection between the settlements and between the settlements and the medical centers in order to overcome the isolation of some areas
- the sustainable mobility actions which have a great amount of positive impact to the Public Health and Well Being.
- the exploitation of the reach tangible and intangible elements of the cultural heritage of the area with the purpose of the Mental Health improvement through Culture.
- the providing of quality social care services to the citizens, in local / municipal level.
- the public awareness raising and the illnesses prevention actions, like informative campaigns over health, social, environmental, etc. issues, physical activity and athletic events
- the improvement of the features of integration, coherence, democratic engagement and active citizenship

Summary of how it links to the URBACT network as a whole and how learning from transnational exchange has informed the choice of focus

Farkadona’ Action Plan will target the connectivity of the city with its local services but also with the region, as well as improving its citizens’ lifestyles to prevent mental health issues. Farkadona will work in Deep Dives on Connectivity & Mobility, to build its capacity and contribute to its most urgent challenges, supporting its Integrated Action Plan.

	Needs	Contributions
Landscape & Greening		
Connectivity & Mobility	Sustainable mobility actions, Virtual connectivity applications	Sustainable mobility actions
Land Use Mix & Density	Integrated social care services, Cultural services	Integrated social care services, Cultural services
Traffic		
Lifestyle	Sustainable mobility actions, Local democracy actions, Activity and sports	Sustainable mobility actions, Local democracy actions
Social & Green Prescribing	Health matters campaigns; Local democracy actions; Cultural activities	initial experience on ‘need’ described below
Monitoring		
Assessment & Valuation		

Presentation of strategic goal and vision

By becoming a healthy city, the municipality envisions better public health and well-being for its citizens, both physical and mental, getting them involved and making them aware of health challenges. By improving its mobility facilities, connecting the city’s settlements and services, previously isolated areas will become more

accessible. This mobility project will be integrated in a set of sustainable mobility actions leading to an increase of active mobility, improving physical health, but also capitalize on the cultural heritage of the city to improve mental health. Preventive actions are also planned to increase public awareness about the importance of health, social, environmental, challenges and the necessity of physical activity.

DESCRIPTION OF THE PROCESS

Composition and role of URBACT Local Group

Organisation	Name
Coordinating Team (Planning Dpt.)	Konstantinos Asikis Dimitris Merivanis
URBACT LOCAL GROUP MEMBERS	
Community Center	Evaggelia Galani
Financial Dpt.	Georgios Vasilioris Tzina Mitsiadi
Municipal Administrative Board (Vice Mayors)	Evangelos Kosmas Athanasios Zotos
Social Policies Municipal Co.	Irene Kakaitza
Municipal Council	Konstantinos Kosmas Lena Chalvatza Evangellos Tsiakaras
Citizens' Service Center	Christos Koursovitis
Medical Centre	Violeta Roka
High Schools' Teachers	Stergios Papastergiou Giorgos Kyritsis
Bikers' Local Team	Giorgos Natsinas
Local Cultural etc. Assosiations	Vaso Basiakou Despoina Mpoti Thodoris Lakiaras Kostas Vasiliadis

ULGs are considered to be vital part of the project design and implementation until its end. Therefore, our intention was to organise as many as possible ULG meetings in which the participants will have the opportunity to discuss the project's progress, define the local context, identify good practices, design the strategy, monitor its implementation and make suggestions, where applicable.

The URBACT Local Group of Farkadona consists of a core group (steering committee) and a wider group of stakeholders, who are involved via an open procedure. The core group is responsible for the project delivery, while the wider group supports the core ULG on specific issues and activities.

Farkadona's URBACT Local Group Coordinator is Mr. Konstantinos Asikis, Director of the Municipal Department of Programming. Mr Asikis has broad experience in networking with local stakeholders and

planning actions the context of European Projects. The active participation in the meetings also demonstrate that the Farkadona stakeholders have very high motivation.

As mentioned above the core ULG consists of Municipal departments and employees, who are responsible for the daily operation and have the knowledge and capacity to design, fund and implement the actions mentioned in the next chapter. The wider group consists of local stakeholders who are directly involved; universities and research centres; professional and scientific chambers; social, cultural, scientific, and professional institutions and associations etc. Farkadona Municipality can already gather the above-mentioned potential partners in a network, since the local stakeholders are among its citizens, its institutions (Municipal Consultation Committee) and that of the national or European government.

The list above is not restricted but several changes/replacements may occur. In any case, a “campaign” will take place so the City of Farkadona will inform and consequently engage the identified stakeholders by explaining efficiently the project in general, its scope and aims, the potential results and the expected overall outcome. Since the project extends in two years’ time and a large number of stakeholders has been identified in order to become part of Farkadona’s ULG, we assumed that there would be changes in the group’s synthesis throughout these 24 months period. There may be a lack of interest from their behalf, or different priorities in their activities with regards the project’s scope and timeframe.

Another obstacle may be political or personal issues within ULG members and in some cases a conflict of interest. For policy makers and practitioners, increased awareness of and involvement of stakeholders can be a double-edged sword. It can help bring new perspectives to an intractable issue or problem, but it can also bring to the surface new issues and new expectations which challenge existing practices, institutions, and policies. These challenges, nonetheless, can have positive outcomes and should be seen as part of a continuing process of evolution in policy and practice. Used inappropriately stakeholder consultation processes can also be a way of bypassing or challenging established democratic structures and governance processes. Therefore, we have decided to work on two types of groups (core and wider) in order to avoid any possible obstacles that may jeopardize the ULG operation and be able to distinguish the stakeholders, based on the level of commitment and interest, by allowing the stakeholders to be able to move from core to wider group and vice versa

Farkadona’s s ULG meetings were designed to be carried out before or mainly after Transnational’s Meetings, in order to transfer and share knowledge, inspire its member by good practices and new ideas and finally link transnational and local activities of the Network. Furthermore, and in order to efficiently monitor the progress the core ULG meetings are be carried out before and after significant milestones of the Project (SSA, IAP Draft, Final IAP) in order to share and discuss ideas, define and plan actions, prioritize and define next steps of the Action Plan and the SSA process.

So far, the vast majority of ULG meetings have been conducted virtually, due to covid 19 restrictions, a fact that has caused a low number of meetings so far (four of them), which we intend to increase in the forthcoming period and meet our target by the project’s end.

It’s worth noticing that our participation in the Transnational Meetings, have been very helpful from the very beginning, firstly because we get the chance to identify good practices from fellow European cities, but also, we can discuss and have our ideas reviewed from experts who can safely guide us throughout this journey. The use of online tools like Miro and Menti have helped to minimize the distance among us and bring us together, even if it is a virtual environment.

Role/impact of transnational exchange and learning

Municipality of Farkadona Strategic Plan	
Environment and Quality of Life	
Environment	Integrated waste management.
	Green spaces improvement, exploitation and expansion.
	Energy saving, sustainable energy systems.
Quality of Life	Water infrastructures improvement.
	Protection against floods, Civil protection.
	Improvement of the life conditions in the settlements, improvement of the municipal transport.
Social care, Health, Education, Culture and Sports	
Culture - Sports	Creation – improvement of the culture and sport structures.
	Protection and exploitation of the architectural heritage.
	Cultural events enhancing.
Education	Improvement – development of the education structures.
	Long life learning centers.
Social care	Cover of the inhabitants’ needs in nursery schools.
	Enhance – expansion of the social policy (health, social care) structures’ activity.
Local economy and occupation	
Entrepreneurship	Creation of structures for the economy activity enhancing.
	Creation – exploitation of potential attractive to visitors sites.

Agriculture	Improvement of rural roads, water management infrastructures.
	Farmers' school creation.
Administration improvement	
Administration capacity	Administration procedures improvement
	Public buildings improvement.
Cooperations – networking	Cooperations for funding plans, occupation increasing, poverty decreasing.
	Creation of volunteer teams in action fields.
	Networking with national and international institutions.

Needs and potential contributions		
Issue	Contribution in terms of experience and practice to others	Knowledge and skills to learn from others
Landscape & Greening		
Connectivity & Mobility Options	Sustainable mobility actions Bike rides, students in action, street art festival, walking incentives, smart crossing, road safety actions, etc. European Local Democracy Week	Sustainable mobility actions Virtual connectivity applications
Land Use Mix & Density	Integrated social care services Community Center, Health Services Center, Municipal Social Care Structure Cultural services Local festivities, youth festival, Local culture and identity actions	Integrated social care services Cultural services
Traffic		
Lifestyle	Sustainable mobility actions Bike rides, students in action, street art festival, walking incentives, smart crossing, road safety actions, etc. European Mobility Week Local democracy actions Adolescents' municipal council European Local Democracy Week	Sustainable mobility actions Local democracy actions Activity and sports
Social & Green Prescribing	Health matters campaigns Medical matters' prevention and knowledge spread campaigns Local democracy actions Adolescents' municipal council European Local Democracy Week Cultural activities Local festivities, youth festival, Local culture and identity actions	Health matters campaigns Local democracy actions Cultural activities

Monitoring		
Assessment & Valuation		

ULG Member	Interests	Learning needs
Planning dpt.	All the project fields	All the project fields (mobility, culture, active life, well-being, health, local democracy)
Financial dpt.	The financial management	All the project fields (mobility, culture, active life, well-being, health, local democracy)
Vice Mayors	All the project fields	All the project fields (mobility, culture, active life, well-being, health, local democracy)
Local Schools	The sustainable mobility, the local democracy, the cultural action	The sustainable mobility, the local democracy procedures, the cultural activities, the active life
Local Communities	All the project fields	All the project fields (mobility, culture, active life, well-being, health, local democracy)
Community Center	All the project fields	All the project fields (mobility, culture, active life, well-being, health, local democracy)
Cyclists local union	The sustainable mobility	The sustainable mobility
Medical center	The health matters campaigns	The health matters campaigns
Women local associations	The health matters campaigns, the cultural actions	The health matters campaigns, the cultural actions, the active life, the well-being
Cultural local associations	The cultural actions	The cultural actions

All the interventions will be spread in all the municipal area.

Each target groups will be the proper according the action

- the European mobility week actions
bike rides, students in action, street art festival, walking incentives, etc.
- the European local democracy week actions
municipal adolescents council
- the local historical and cultural heritage actions
local festivities, youth festival
- the smart pedestrian crossing
road safety action
- the health matters campaigns
medical matters' prevention and knowledge spread campaigns
- the social care structures
health services center, community center

PART 2 - ACTION PLAN

Analysis of Planned Actions

Main policy challenge to be addressed in ULG	Focus of IAP	Expected changes/ results
sustainable cities and communities	sustainable mobility	mobility / health improvement
good health and well-being	health /culture actions	raising awareness / mental health

Farkadona' Action Plan will target the connectivity of the city with its local services but also with the region, as well as improving its citizens' lifestyles.

Firstly, we intent to implement sustainable mobility actions.

The majority of these actions could be intergraded in the European Mobility Week, in which our Municipality has a long tradition and excellences as its Golden Participant and as a member of the CIVITAS network.

The core of these actions will be:

- promoting of the walking, cycling, scooters, zero-emission vehicles etc. as the best ways of urban mobility, which contribute to the urban health via the physical activity or/and their environmental friendly character.
- urban mobility safety, which contributes to the urban health via the decreasing of the road accidents.

Secondly, we intent to implement "Culture for Mental Health" actions, aiming to activate the heritage and culture resources. Via this action we want to achieve a maximum psychological well-being of the citizens.

Thirdly, we will make more intensive our successful policy which concerns the public awareness raising and the illnesses prevention actions. Some of these actions are:

- Health information centre, e-health providing services, preventive medicine (e.g. by mobile units)
- informative campaigns over health, social, environmental, etc. issues
- health providers - public servants' knowledge over psychological issues upgrading.

Our municipality already:

- has collaborations with the experts of the public health sector, like medical centers, voluntary organizations and health providers
- is in line with the Regional Health Administration and the Local Medical Center
- is in the core of the National Healthy Cities Network (WHO)

Finally, we will organize Activities related to the Lifestyle

- physical activities and athletic events

Very important is the fact that, we intent to use our expertise regarding the bottom-up procedures, as the only Greek authority which is a member of the European Local Democracy Week.

- the sustainable mobility and the urban environment improvement actions have the potential to be funded by the National “Green Fund”.
- some of the actions have the potential to be funded by the ERDF/ESF/EAFRD operational programmes via the national and regional ones.

- the European mobility week actions: implementation every year
- the European local democracy week actions: implementation every year
- the local historical and cultural heritage actions: is about to start
- the smart pedestrian crossing: is about to start
- the health matters campaigns: implementation several times per year
- the social care structures: implementation during last years, some of them are ready to start

We intent to implement the project actions by engaging the more possible local stakeholders:

- groups of citizens, schools, local public bodies (community center, medical center, etc.)
- every public or private institution or organization in local, national or European level would have the eagerness and the capability to offer its experience and knowledge.

We intent to implement actions which will:

- give an added value to project
- be under the spectrum of the multi-sectoral approach
- contribute to a cohered and sustainable territorial plan
- be oriented to be integrated by the local society

After the above mentioned, the key capacity is the stakeholders activation.

As a Local Authority, we are in the same time:

- the first level of the Public Administration in all the sectors concerning our territory and
- higher level of the local society representation.

As a result, we have:

- the proper bottom-up procedures to the decision making, like the Municipal Consultation Committee and
- the competency to boost the local development in the whole of its aspects (urban space, nature, economy, society, health, etc.).

Some domains of municipal responsibilities are: Development, Infrastructures, Investments, Local Resources, Administration, Public Services, Citizens’ Participation, Local Rules, Projects Stakeholders’ Coordination, Enterprises’ Licensing and Encouragement, Quality of Life, Urban Space, Environment, History, Social Protection and Integration, Education, Health.

Municipality can organize partnerships for the implementation of the specific policies under a Territorial Plan. The local plan regarding to urban health must be coherent, multi-sectoral, participatory and continual.

The role of the Municipality - as the local administrator - in all the scheme phases is fundamental. Networking with the stakeholders, integrating of them in the plan, creation of alliances, synergies and complementarities are necessary for multiple benefits.

As a result, the Municipality should seek wide partnerships and networking across the whole range of the social capital and institutions, in local, national and international level in order to design and implement its territorial policy.

The network of people and organizations includes the municipality in the central place and its connections with the:

- Local Stakeholders directly involved
- Universities and Research Centers
- Professional and Scientific Chambers
- Social, Cultural, Scientific and Professional Institutions and Associations
- Emigrants' Organizations, Voluntary Organizations
- Transnational Organizations, European Bodies, Governmental Bodies
- Development Companies, Neighbouring Municipalities

Our Municipality already has the ability to gather the above mentioned potential partners in a network in the frame of the project, because:

- The local stakeholders are among its Citizens.
- The local institutions – organizations representatives are members of the Municipal Consultation Committee
- The national or European institutions – organizations are together with our Municipality members of the public administration structure.

The similar period with the “Healthy Cities” project, Municipality of Farkadona joins:

- ➡ • Erasmus+: Lead Partner of “Capacity Building for Integrated Sustainable Development in Rural Areas”
- ➡ • Erasmus+: Partner in the project “CULTURAL”, lead partner University of Extremadura
- ➡ • Erasmus+: Partner in the project “Learning Villages”, lead partner University of Extremadura
- ➡ • International Urban Cooperation: Peer Partner Leh (Himalaya, India)

We are following a knowledge leverage and dissemination policy regarding the results of these EU funded projects, in order to multiply the positive effects of each one.

The next list describes the main domains and the main categories of actions that IAP has to include, according our profile and strategic planning.

GREEN AREAS, VEGETATION, BIODIVERSITY

- **Green Areas for Sports, Leisure**
- **Agrifood: Sustainable Production, High Quality Products**
- **Smart water & waste management**
- **Attractiveness and liveability of the towns centers improvement**

CONNECTIVITY AND MOBILITY

- **Sustainable mobility: Micro-mobility, Walkability, Road Safety**
- **Connectivity: Smart apps, IoT systems**
- **Public services providing**

ACCESSIBILITY

- **Services for vulnerables providing**
- **Actions for people with disabilities**
- **Health information providing**

ACTIVITIES AND LIFESTYLE

- **Physical Activities: Sports for all, Smart apps**
- **Cultural Heritage for mental health**
- **Local Festivities**

COMMUNICATION

- **Health matters raising awareness campaigns**
- **Preventive medicine activities**
- **e-government, local democracy**

HEALTH IMPACT ASSESSMENT

- **Data**
- **Impact on health**
- **Life quality**

MAIN OBJECTIVES

Sustainable mobility / connectivity / safety
Culture / heritage / mental health
Health issues awareness raising / prevention
Public / Health / Social Services providing
Physical Activity / Green areas
Smart cities / IoT management
High quality / sustainable produced Agrifood
Social cohesion / local democracy
COVID-19 build back better

URBAN DETERMINANTS

Population, business density
Road / cycling / pedestrian infrastructures
Health / Wellness / Community services
Entertainment / culture / recreation services
Physical / sport infrastructures / open public spaces
Vegetation coverage
Aesthetic / cleanness / urban furniture/ lighting

HEALTH INDICATORS

PHYSICAL HEALTH:
Physical activity
Cardiovascular diseases
Obesity and Overweight
SOCIAL HEALTH:
Emotional wellbeing
ENVIRONMENTAL HEALTH:
Air pollution
GLOBAL HEALTH:
Quality of life

Small Scale Action

Small Scale Action:

It is named “**Fitness Trails**” and it includes the next actions, regarding some pilot Natural and Historical Paths:

- Paths upgrading and marking
- Fitness External **on-road** Equipment
- Activity Trackers Apps
- Public Walk via Paths
- Calories consumption awards

Brief description

The trail usually starts with arrow signs with names of destinations and number of kilometres marked. Each trail is then colour marked by simple markers and arrows painted between white lines (for better visibility) on fixed objects along the trail (trees, rocks, utility posts or walls) in a colour given to a specific trail.

Basic implementation of the system requires only a color paint and a brush (plus a cardboard cut matrix for even size of the signs), with which an entire country can be marked. Nevertheless, many other also very modern features can be added. The paint is chosen so that it does not impact on the surrounding environment.

The basic system of trails with markers painted along the trail can be complemented by other features. These additional features are not necessary for the basic functioning of the system though.

Fitness External on-road Equipment made by wood would be established in the trail, in order to offer to the people an holistic experience that combines walking and physical exercise through nature.

-Information boards along the trail, giving information about the trail and its difficulty, nature protection, monuments, animals and trees along the trail. Logos of the supervising institution can be shown.

-Printed Maps with coloured lines showing the trails.

-GPS information on each trail, board or sign

-Mobile phone application with a map and site descriptions (electronic tourist guide) contains additional information about the trail difficulty, slope inclination, gives the opportunity of hike planning and features that would not be possible on the signs etc.



Sample of the proposed equipment



Sample of the proposed equipment

ACTION Title: Outdoor Gyms

Typology of Action: New infrastructure

Link to strategy / Subobjectives:

CATEGORY OF THE ACTION

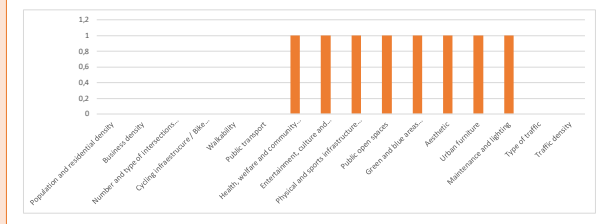
- GREENING / LANDSCAPE
- VEGETATION/BIODIVERSITY
- CONNECTIVITY / MOBILITY
- ACCESSIBILITY
- ACTIVITIES AND LIFESTYLE
- COMMUNICATION
- HEALTH IMPACT ASSESSMENT
- OTHER

Short Description Outdoor gyms in the public Space of the main villages	Action Owner Municipality of Farkadona	Finance / Resources Green Fund
	Stakeholders Municipality Local sports clubs	Risks

ACTIVITIES

ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns

Impact on Urban Determinants of Health



Estimated Impact on Health Indicators



Qualitative Assessment. Certainty of occurrence. Description of impact. Recommendations

This action has already gain funding by the Green Fund of the Hellenic Ministry of Environment. It is going to be procured during next weeks and implemented during next months.

Indicate if your ACTION has an impact on each of the urban determinants of health.

0- no impact
1- impact

Population and residential density	0
Business density	0
Number and type of intersections (junctions)	0
Cycling infrastructure / Bike lanes / cyclability	0
Walkability	0
Public transport	0
Health, welfare and community services	1
Entertainment, culture and recreation services	1
Physical and sports infrastructure (free time and sports)	1
Public open spaces	1
Green and blue areas (greenness index, trees, vegetation, lakes, rivers, etc.)	1
Aesthetic	1
Urban furniture	1
Maintenance and lighting	1
Type of traffic	0
Traffic density	0

Planning Actions

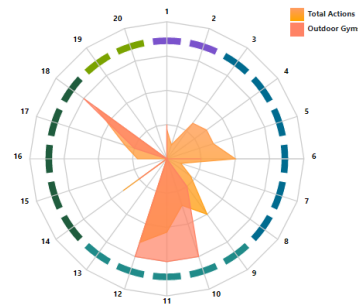
[View Final Results](#)

1 2 3 4 5
+

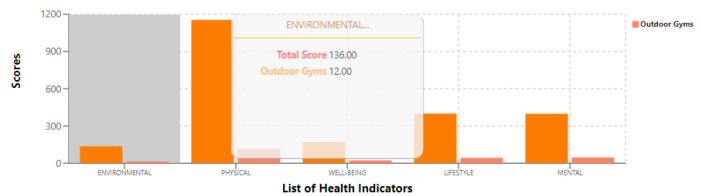
Action Name Delete Update

Action's Description

- 1 Population density [Density]
- 2 Business density [Density]
- 3 Street connectivity [Mobility and transport]
- 4 Location connectivity [Mobility and transport]
- 5 Cyclability [Mobility and transport]



Please mouse over on the chart to see the description.



ACTION Title: Upgrading of the public space of Taxiarches

Typology of Action: New infrastructure

Link to strategy / Subobjectives:

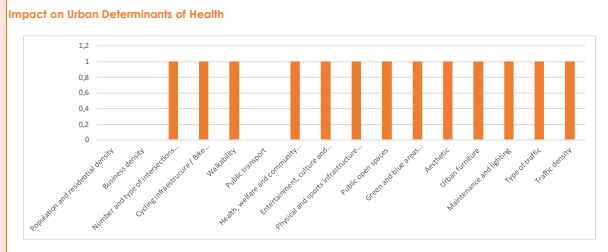
CATEGORY OF THE ACTION

- GREENING / LANDSCAPE
- VEGETATION/BIODIVERSITY
- CONNECTIVITY / MOBILITY
- ACCESSIBILITY
- ACTIVITIES AND LIFESTYLE
- COMMUNICATION
- HEALTH IMPACT ASSESSMENT
- OTHER

Short Description Pedestrianisation on the main road to the school.	Action Owner Municipality of Farkadona	Finance / Resources Green Fund
	Stakeholders Municipality	Risks

ACTIVITIES

ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns



Qualitative Assessment. Certainty of occurrence. Description of Impact. Recommendations

This action has already gain funding by the Green Fund of the Hellenic Ministry of Environment. It is going to be procured during next weeks and implemented during next months.

Indicate if your ACTION has an impact on each of the urban determinants of health.	0- no impact 1- impact
Population and residential density	0
Business density	0
Number and type of intersections (junctions)	1
Cycling infrastructure / Bike lanes / cyclability	1
Walkability	1
Public transport	0
Health, welfare and community services	1
Entertainment, culture and recreation services	1
Physical and sports infrastructure (free time and sports)	1
Public open spaces	1
Green and blue areas (greenness index, trees, vegetation, lakes, rivers, etc.)	1
Aesthetic	1
Urban furniture	1
Maintenance and lighting	1
Type of traffic	1
Traffic density	1

Planning Actions

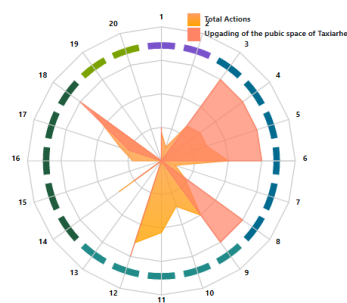
[View Final Results](#)

← 1 **2** 3 4 5 → +

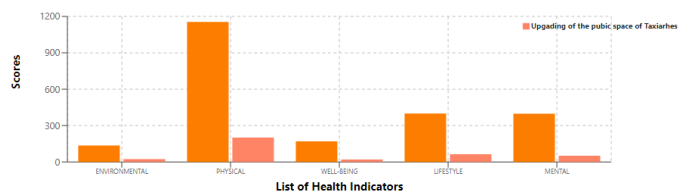
Action Name Delete Update Reset

Action's Description

- 1 Population density [Density] ▶
- 2 Business density [Density] ▶
- 3 Street connectivity [Mobility and transport] ▶
- 4 Location connectivity [Mobility and transport] ▶
- 5 Cyclability [Mobility and transport] ▶



Please mouse over on the chart to see the description.



ACTION Title: New sports outdoor infrastructures

Typology of Action: New infrastructure

Link to strategy / Subobjectives:

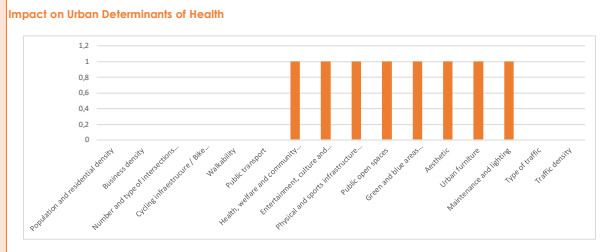
CATEGORY OF THE ACTION

- GREENING / LANDSCAPE
- VEGETATION/BIODIVERSITY
- CONNECTIVITY / MOBILITY
- ACCESSIBILITY
- ACTIVITIES AND LIFESTYLE
- COMMUNICATION
- HEALTH IMPACT ASSESSMENT
- OTHER

Short Description 18 new outdoor courts of Basket and tennis in all villages	Action Owner Municipality of Farkadona	Finance / Resources Programme Philodemus
	Stakeholders Municipality Local sports clubs	Risks

ACTIVITIES

ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns



Qualitative Assessment. Certainty of occurrence. Description of Impact. Recommendations

This action has already gain funding by the Programme Philodemus of the Hellenic Ministry of Internal Affairs. It is going to be procured during next weeks and implemented during next months.

Indicate if your ACTION has an impact on each of the urban determinants of health.	0- no impact 1- impact
Population and residential density	0
Business density	0
Number and type of intersections (Junctions)	0
Cycling infrastructure / Bike lanes / cyclability	0
Walkability	0
Public transport	0
Health, welfare and community services	1
Entertainment, culture and recreation services	1
Physical and sports infrastructure (free time and sports)	1
Public open spaces	1
Green and blue areas (greenness index, trees, vegetation, lakes, rivers, etc.)	1
Aesthetic	1
Urban furniture	1
Maintenance and lighting	1
Type of traffic	0
Traffic density	0

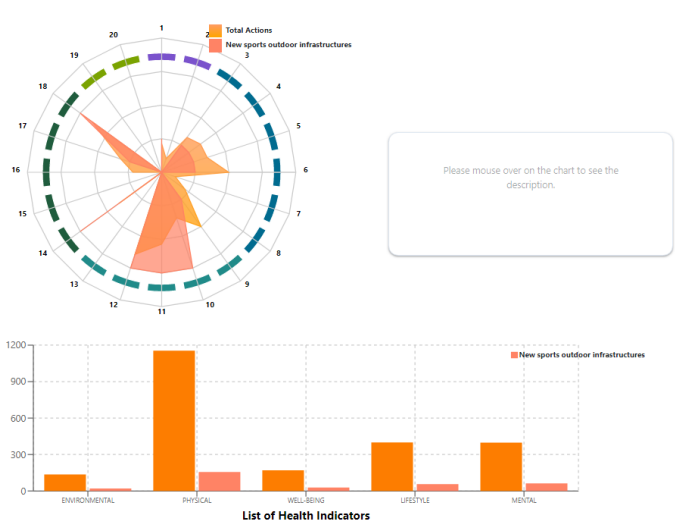
Planning Actions [View Final Results](#)

◀ 1 2 **3** 4 5 ▶

Action Name Delete Update Reset

Action's Description

- 1 Population density [Density]
- 2 Business density [Density]
- 3 Street connectivity [Mobility and transport]
- 4 Location connectivity [Mobility and transport]
- 5 Cyclability [Mobility and transport]
- 6 Walkability [Mobility and transport]



ACTION Title: School infrastructures for disable students

Typology of Action: New infrastructure

Link to strategy / Subobjectives:

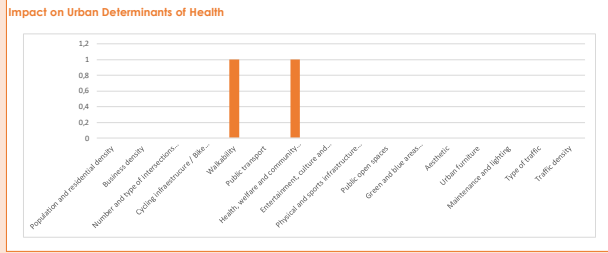
CATEGORY OF THE ACTION

- GREENING / LANDSCAPE
- VEGETATION/BIODIVERSITY
- CONNECTIVITY / MOBILITY
- ACCESSIBILITY
- ACTIVITIES AND LIFESTYLE
- COMMUNICATION
- HEALTH IMPACT ASSESSMENT
- OTHER

Short Description infrastructures for disable students in 10 schools.	Action Owner Municipality of Farkadona	Finance / Resources
	Stakeholders Municipality Local schools	Risks

ACTIVITIES

ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns



Qualitative Assessment. Certainty of occurrence. Description of Impact. Recommendations

This action has already gain funding by the Programme Philodemus of the Hellenic Ministry of Internal Affairs. It is going to be procured during next weeks and implemented during next months.

Indicate if your ACTION has an impact on each of the urban determinants of health.	0- no impact 1- impact
Population and residential density	0
Business density	0
Number and type of intersections (junctions)	0
Cycling infrastructure / Bike lanes / cyclability	0
Walkability	1
Public transport	0
Health, welfare and community services	1
Entertainment, culture and recreation services	0
Physical and sports infrastructure (free time and sports)	0
Public open spaces	0
Green and blue areas (greenness index, trees, vegetation, lakes, rivers, etc.)	0
Aesthetic	0
Urban furniture	0
Maintenance and lighting	0
Type of traffic	0
Traffic density	0

Planning Actions

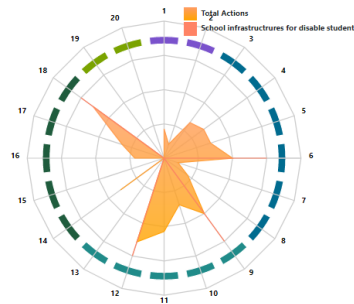
[View Final Results](#)

Navigation: 1 2 3 **4** 5 +

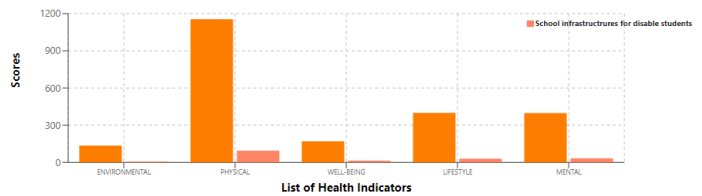
Action Name: Delete Update Reset

Action's Description:

- 1 Population density [Density]
- 2 Business density [Density]
- 3 Street connectivity [Mobility and transport]
- 4 Location connectivity [Mobility and transport]
- 5 Cyclability [Mobility and transport]



Please mouse over on the chart to see the description.



ACTION Title: Upgrading of the pubic space of Petroporo, Nomi, Faneromeni

Typology of Action: New infrastructure

Link to strategy / Subobjectives:

CATEGORY OF THE ACTION

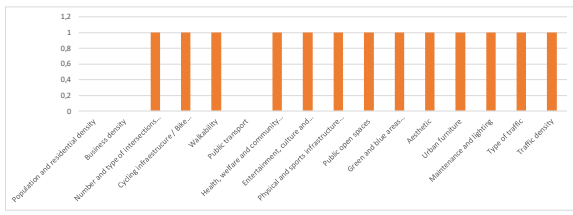
- GREENING / LANDSCAPE
- VEGETATION/BIODIVERSITY
- CONNECTIVITY / MOBILITY
- ACCESSIBILITY
- ACTIVITIES AND LIFESTYLE
- COMMUNICATION
- HEALTH IMPACT ASSESSMENT
- OTHER

Short Description Upgrading of the central squares of three villages	Action Owner Municipality of Farkadona	Finance / Resources CLLD/LEADER
	Stakeholders Municipality	Risks

ACTIVITIES

ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns

Impact on Urban Determinants of Health



Estimated impact on Health Indicators



Qualitative Assessment. Certainty of occurrence. Description of impact. Recommendations

This action has already gain funding by the CLLD/LEADER. It is going to be procured during next weeks and implemented during next months.

Indicate if your ACTION has an impact on each of the urban determinants of health.

0- no impact
1- impact

Population and residential density	0
Business density	0
Number and type of intersections (junctions)	1
Cycling infrastructure / Bike lanes / cyclability	1
Walkability	1
Public transport	0
Health, welfare and community services	1
Entertainment, culture and recreation services	1
Physical and sports infrastructure (free time and sports)	1
Public open spaces	1
Green and blue areas (greenness index, trees, vegetation, lakes, rivers, etc.)	1
Aesthetic	1
Urban furniture	1
Maintenance and lighting	1
Type of traffic	1
Traffic density	1

Planning Actions

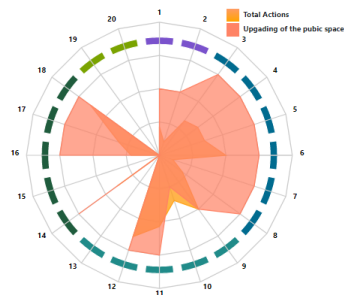
[View Final Results](#)

1 2 3 4 **5**

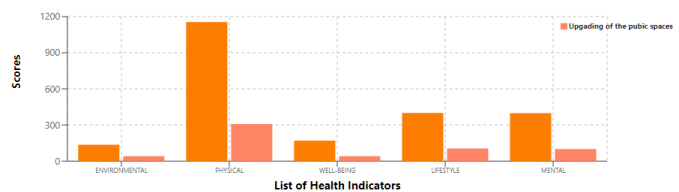
Action Name

Action's Description

- 1 Population density [Density]
- 2 Business density [Density]
- 3 Street connectivity [Mobility and transport]
- 4 Location connectivity [Mobility and transport]
- 5 Cyclability [Mobility and transport]



Please mouse over on the chart to see the description.



ACTION Title: Digitalisation of the Cultural Heritage of Farkadona

Typology of Action:

Link to strategy / Subobjectives:

CATEGORY OF THE ACTION

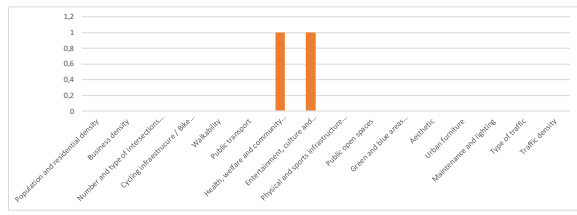
- GREENING / LANDSCAPE
- VEGETATION/BIODIVERSITY
- CONNECTIVITY / MOBILITY
- ACCESSIBILITY
- ACTIVITIES AND LIFESTYLE
- COMMUNICATION
- HEALTH IMPACT ASSESSMENT
- OTHER

Short Description Digitalisation of the Cultural Heritage of Farkadona	Action Owner Municipality of Farkadona	Finance / Resources CLLD/LEADER
	Stakeholders Municipality schools	Risks

ACTIVITIES

ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns

Impact on Urban Determinants of Health



Estimated impact on Health Indicators



Qualitative Assessment. Certainty of occurrence. Description of impact. Recommendations

This action has already gain funding by the CLLD/LEADER. It is going to be procured during next weeks and implemented during next months.

Indicate if your ACTION has an impact on each of the urban determinants of health.	0- no impact 1- impact
Population and residential density	0
Business density	0
Number and type of intersections (junctions)	0
Cycling infrastructure / Bike lanes / cyclability	0
Walkability	0
Public transport	0
Health, welfare and community services	1
Entertainment, culture and recreation services	1
Physical and sports infrastructure (free time and sports)	0
Public open spaces	0
Green and blue areas (greenness index, trees, vegetation, lakes, rivers, etc.)	0
Aesthetic	0
Urban furniture	0
Maintenance and lighting	0
Type of traffic	0
Traffic density	0

Planning Actions

[View Final Results](#)

◀ 6 7 8 9 10 ▶

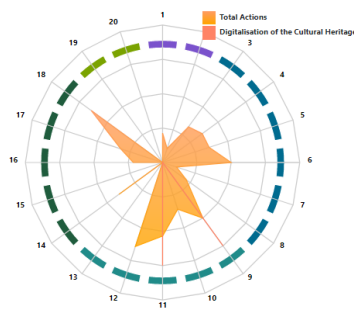
Action Name ⓘ

Digitalisation of the Cultural Heritage 🗑️ Delete 🔄 Update 🔄 Reset

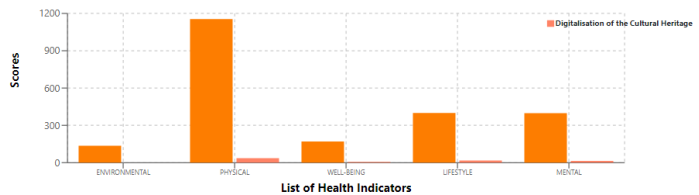
Action's Description ⓘ

Digitalisation of the Cultural Heritage of Farkadona

- 1 Population density [Density]
- 2 Business density [Density]
- 3 Street connectivity [Mobility and transport]
- 4 Location connectivity [Mobility and transport]
- 5 Cyclability [Mobility and transport]



Please mouse over on the chart to see the description.



ACTION Title: Cultural & Natural Paths of Grizano

Typology of Action:

Link to strategy / Subobjectives:

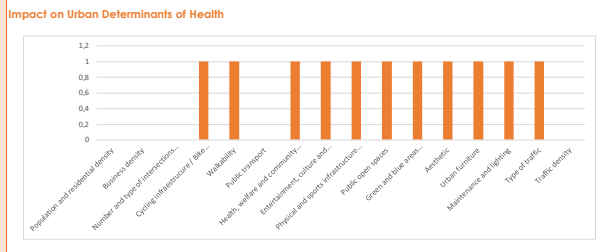
CATEGORY OF THE ACTION

- GREENING / LANDSCAPE
- VEGETATION/BIODIVERSITY
- CONNECTIVITY / MOBILITY
- ACCESSIBILITY
- ACTIVITIES AND LIFESTYLE
- COMMUNICATION
- HEALTH IMPACT ASSESSMENT
- OTHER

Short Description Cultural paths to the Monuments of Grizano, through the Nature of the village landscape.	Action Owner Municipality of Farkadona	Finance / Resources Programme Tritsis
	Stakeholders Municipality Local Cultural associations	Risks

ACTIVITIES

ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns



Qualitative Assessment. Certainty of occurrence. Description of impact. Recommendations

This action is going to be funded by the Programme Tritsis by the hellenic ministry of Internal Affairs. The studies are going to be finished soon.

Indicate if your ACTION has an impact on each of the urban determinants of health.	0- no impact 1- impact
Population and residential density	0
Business density	0
Number and type of intersections (junctions)	0
Cycling infrastructure / Bike lanes / cyclability	1
Walkability	1
Public transport	0
Health, welfare and community services	1
Entertainment, culture and recreation services	1
Physical and sports infrastructure (free time and sports)	1
Public open spaces	1
Green and blue areas (greenness index, trees, vegetation, lakes, rivers, etc.)	1
Aesthetic	1
Urban furniture	1
Maintenance and lighting	1
Type of traffic	1
Traffic density	0

Planning Actions

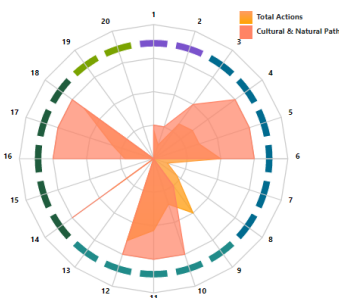
[View Final Results](#)

Navigation: 6 **7** 8 9 10

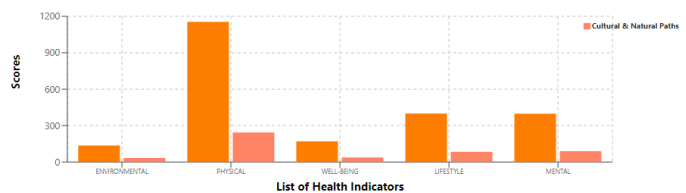
Action Name: Cultural & Natural Paths [Delete] [Update] [Reset]

Action's Description: Cultural paths to the Monuments of Grizano, through the Nature of the village landscape.

- 1 Population density [Density]
- 2 Business density [Density]
- 3 Street connectivity [Mobility and transport]
- 4 Location connectivity [Mobility and transport]
- 5 Cyclability [Mobility and transport]



Please mouse over on the chart to see the description.



Score - Evaluation



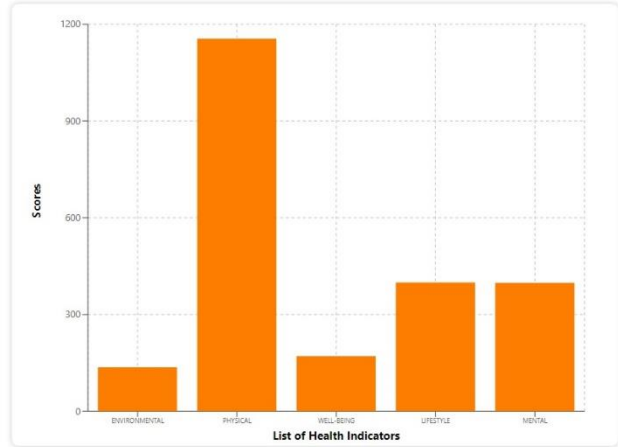
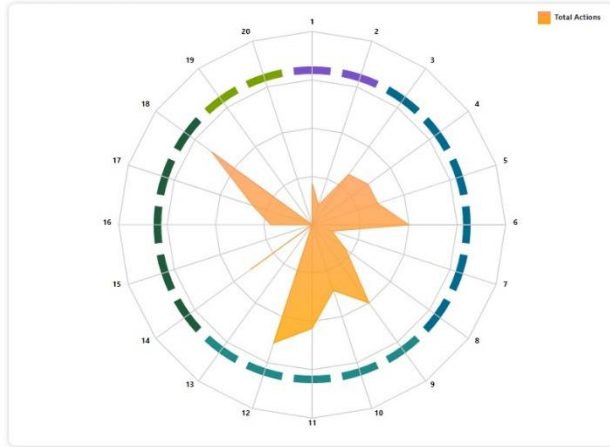
FARKADONA

7.6/10



[Back To Planning Page](#)

Final Results



This result indicates that Farkadona is on the right “road” regarding Healthy Cities pillars, but the dynamic and continuous planning will incorporate as more as possible measures with a good impact on health. This mid-term procedure will gradually increase the achieved (till now) score.

ANNEX

Health Impact Assessment

Screening & Scoping

OBJECTIVE/ACTION DESCRIPTION AND ANALYSIS							
Partner name							
Title of your final objective or Action	ACTION 1. Outdoor Gyms	ACTION 2. Upgrading of the public space of Taxiarches	ACTION 3. New sports outdoor infrastructures	ACTION 4. School infrastructures for disable students	ACTION 5. Upgrading of the public space of Petroporo, Nomi, Faneromeni	ACTION 6. Digitalisation of the Cultural Heritage of Farkadona	ACTION 7. Cultural & Natural Paths of Grizano
Analysis	Outdoor gyms in the public Space of the main villages	Pedestrianisation on the main road to the school.	18 new outdoor courts of Basket and tennis in all villages	infrastructures for disable students in 10 schools.	Upgrading of the central squares of three villages	Digitalisation of the Cultural Heritage of Farkadona	Cultural paths to the Monuments of Grizano, through the Nature of the village landscape.
Planning and Design	This action has already gain funding by the Green Fund of the Hellenic Ministry of Environment. It is going to be procured during next weeks and implemented during next months.	This action has already gain funding by the Green Fund of the Hellenic Ministry of Environment. It is going to be procured during next weeks and implemented during next months.	This action has already gain funding by the Programme Philodemus of the Hellenic Ministry of Internal Affairs. It is going to be procured during next weeks and implemented during	This action has already gain funding by the Programme Philodemus of the Hellenic Ministry of Internal Affairs. It is going to be procured during next weeks and implemented during next months.	This action has already gain funding by the CLLD/LEADER. It is going to be procured during next weeks and implemented during next months.	This action has already gain funding by the CLLD/LEADER. It is going to be procured during next weeks and implemented during next months.	This action is going to be funded by the Programme Tritsis by the hellenic ministry of Internal Affairs. The studies are going to be finished soon.
Governance	Municipality, Local sports clubs	Municipality	Municipality, Local sports clubs	Municipality, schools	Municipality	Municipality, local schools	Municipality, local cultural associations

Assessment & Recommendations

Risk analysis table

Description of risk	Type of risk (e.g. operational, financial, legal, staffing, technical, behavioural)	Categorisation (low, medium or high risk with regard to the successful implementation of your IAP)	Outline of steps which could be taken to mitigate the risk
The actions may not be accepted by local community	operational, financial, behavioural	medium	Informing local community about the impact of the SSA and rest of actions
The lack of efficient funding	financial	high	Take advantage of available resources such as ERDF, NextGenerationEU and European Programmes
The actions may fail to have a positive effect on the issue of healthy living	behavioural	high	Informing local community about the social impact of the SSA, Change of mentality, Raising awareness
Delays due to covid 19	operational, financial, staffing, technical	medium	Increase the level of awareness and dissemination for the beneficiaries in order to benefit from the actions above and minimize the effects on public health

Reporting & Monitoring and Evaluating

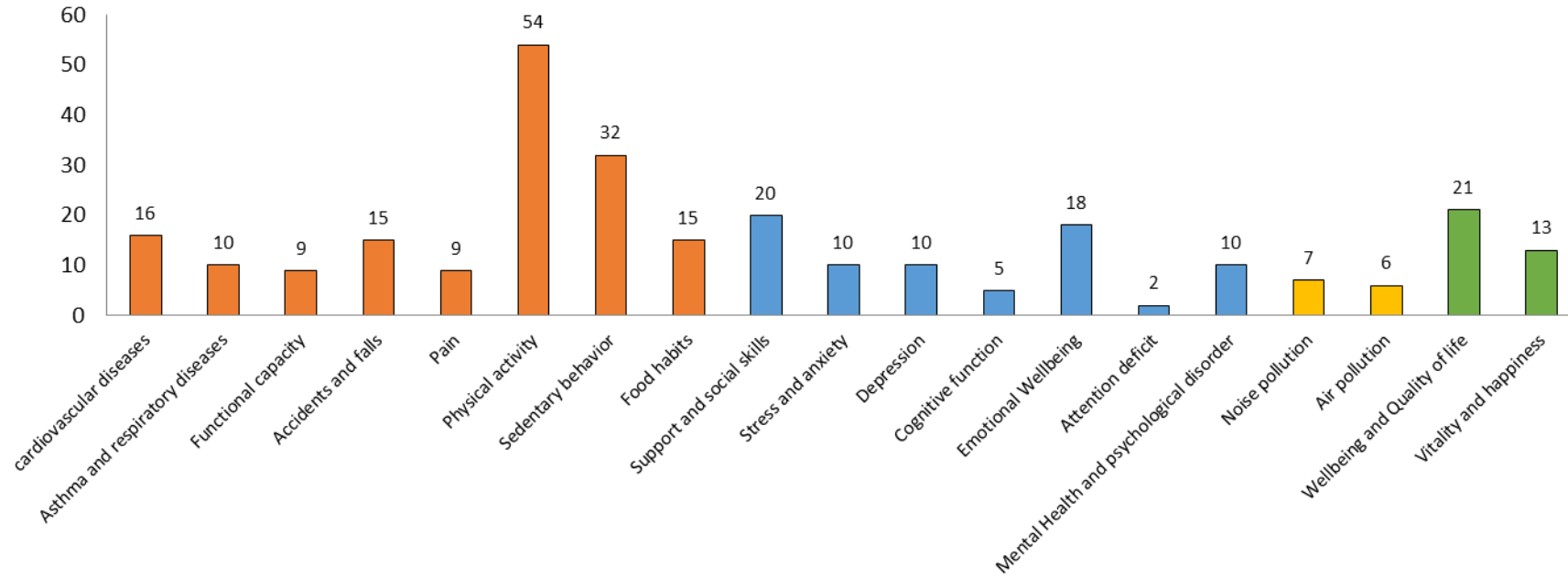
URBAN DETERMINANTS OF THE OBJECTIVE/ACTION															
			ACTION 1	ACTION 2	ACTION 3	ACTION 4	ACTION 5	ACTION 6	ACTION 7						
TYPE	URBAN DETERMINANT	MEASURABLE INDICATOR	ACTION INVOLVES THIS URBAN DETERMINANT (YES/NO) - * see explanation		ACTION INVOLVES THIS URBAN DETERMINANT (YES/NO) - * see explanation below		ACTION INVOLVES THIS URBAN DETERMINANT (YES/NO) - * see explanation below		ACTION INVOLVES THIS URBAN DETERMINANT (YES/NO) - * see explanation below		ACTION INVOLVES THIS URBAN DETERMINANT (YES/NO) - * see explanation below		ACTION INVOLVES THIS URBAN DETERMINANT (YES/NO) - * see explanation below		
			(IF YES)IMPACT	(HIGH/MEDIUM/LOW)	(IF YES)IMPACT	(HIGH/MEDIUM/LOW)	(IF YES)IMPACT	(HIGH/MEDIUM/LOW)	(IF YES)IMPACT	(HIGH/MEDIUM/LOW)	(IF YES)IMPACT	(HIGH/MEDIUM/LOW)	(IF YES)IMPACT	(HIGH/MEDIUM/LOW)	(IF YES)IMPACT
DENSITY	Population and residential density	inhabitants per km ²													
		housing units per ha													
	Business density	height of buildings													
		stores per inhabitant /retail ratio													
CONNECTIVITY	Number and type of intersections (junctions)	Gross income per capita													
		nº of intersections with 3 or more streets per km ²													
	Cycling infrastructure / Bike lanes / cyclability	nº of physical barriers for pedestrians or cyclists													
		distance between block intersections													
		linear m of bike lanes													
		interruption points separate bike lanes on the widest streets													
	Walkability	width of bike lanes													
		continuous vegetation on cycling infrastructure													
	Public transport	% streets with pavements wider than 1.5 m			YES	HIGH									
		availability of pedestrian crossings (ramps, level crossings, etc.)			YES	HIGH			YES	HIGH					
Health, welfare and community services	continuous vegetation on walking infrastructure												YES	HIGH	
	interconnection with other active modes of transport														
Entertainment, culture and recreation services	access to a public transport stop (<300 m to bus stops / <600 m to metro/tram stop / <800 m to train station)														
	average distance to nearest stop														
Physical and sports infrastructure (free time and sports)	average distance to nearest store														
	health / community services per 20,000 people		YES	HIGH			YES	HIGH			YES	HIGH	YES	HIGH	
Public open spaces	closeness to sports services (average distance)		YES	HIGH			YES	HIGH							
	distance to public open space >0.5 ha (< 300m)								YES	HIGH					
Green and blue areas (greenness index, trees, vegetation, lakes, rivers, etc.)	distance to public open space >5 ha (< 2 km)														
	distance to public open space >15 ha														
Aesthetic	percentage of people who have a green area less than 300 m away														
	built-up land percentage														
Urban furniture	m ² of green area per inhabitant								YES	HIGH					
	no. trees / inhabitant														
Maintenance and lighting	% streets with vegetation														
	perception survey														
Type of traffic	no. of banks, bins, fountains per 1000 inhabitants														
	Perception survey														
Traffic density	Proximity to truck routes														
	average speed of traffic														
	percentage of land used for streets and car parks														
	traffic calming and speed reduction measures														
	car traffic / day														

	16 Urban Determinants															
	DENSITY		CONNECTIVITY				MIXTICITY				LANDSCAPE				TRAFFIC	
	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
	Population Density	Business density	Intersection density and street connectivity	cycling infrastructure	walkability /pedestrian infrastructure/ hilliness	Public transport density	Health, wellness, schools and community services	entertainment, culture and recreation services	Physical and sport infrastructures and facilities	Public open spaces and nature areas	Green and blue areas (greenness index, vegetation coverage)	Eaesthetic and cleanliness	Urban furniture	Well maintenance and lighting	Type of traffic / Truck routes	Traffic density
Outdoor Gyms							1	1	1	1	1	1	1	1		
Upgrading of the pubic space of Taxiarches			1	1	1		1	1	1	1	1	1	1	1	1	1
New sports outdoor infrastructures							1	1	1	1	1	1	1	1		
School infrastructures for disable students					1		1									
Upgrading of the pubic space of Petroporo, Nomi, Faneromeni			1	1	1		1	1	1	1	1	1	1	1	1	1
Digitalisation of the Cultural Heritage of Farkadona							1	1								
Cultural & Natural Paths of Grizano				1	1		1	1	1	1	1	1	1	1	1	
TOTAL	0	0	2	3	4	0	7	6	5	5	5	5	5	5	3	2

21 Health Indicators

PHYSICAL HEALTH (10)								SOCIAL HEALTH (7)							ENVIRONMENTAL		GLOBAL (2)	
F03	F04	F05	F06	F07	F08	F09	F10	S01	S02	S03	S04	S05	S06	S07	A01	A02	G01	G02
cardiovascular diseases	Asthma and respiratory diseases	Functional capacity	Accidents and falls	Pain	Physical activity	Sedentary behavior	Food habits	Support and social skills	Stress and anxiety	Depression	Cognitive function	Emotional Wellbeing	Attention deficit	Mental Health and psychological disorder	Noise pollution	Air pollution	Wellbeing and Quality of life	Vitality and happiness
3	2	1	2	1	8	4	2	3	2	2	1	2	1	2	1	1	3	3
3	2	2	3	2	12	7	3	4	2	2	1	4	0	2	2	1	4	3
3	2	1	2	1	8	4	2	3	2	2	1	2	1	2	1	1	3	3
1	0	1	1	1	2	2	1	1	0	0	0	2	0	0	0	1	2	1
3	2	2	3	2	12	7	3	4	2	2	1	4	0	2	2	1	4	3
1	0	0	1	0	2	2	1	2	0	0	0	1	0	0	0	0	1	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2	2	2	3	2	10	6	3	3	2	2	1	3	0	2	1	1	4	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
16	10	9	15	9	54	32	15	20	10	10	5	18	2	10	7	6	21	13

IMPACT ON HEALTH INDICATORS



IMPACT ON URBAN DETERMINANTS OF HEALTH

