



Healthy Cities.

From planning to action

INTEGRATED ACTION PLAN

VIC

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PART 1: PRESENTATION OF CONTEXT AND PROCESS

CITY CONTEXT AND DEFINITION OF THE INITIAL PROBLEM/POLICY CHALLENGE

OVERVIEW OF THE CITY

Vic is a medium-sized city (45.000 inhabitants), located in central Catalonia, halfway between the sea and the Pyrenees, and about 70 kilometres from Barcelona.

Vic is the capital of the Osona region and, despite its medium size, the city has traditionally been one of the most important urban centres in interior Catalonia, and nowadays it is a university town, as well as a commercial and services centre which influences a large territory around. Vic, as an intermediate city, has the challenge of keeping itself as the nexus between the territory and the big capitals. It is a city that retains traditions and the very essence of the interior of the country. The city has a very strong personality, due to the more than two thousand years of history which have left an important historical, artistic and architectural heritage.

KEY CHARACTERISTICS AND PRIORITY TOPICS

Population	45.000
Density	1.472/km ²
Demographic profile	Age 0-17: 20,7% Age 18-64: 63,8% Age 65+: 15,5%
Life expectancy	Men: 80,6 Female: 86,12
Overweight	15,4%
Mental Health	15%
Physical Inactivity	30%



AMBITION AND VISION

Vic is interested in incorporating health in urban design from a broad perspective. Its vision of a healthy city includes aspects related to the environment, green areas, mobility, and the promotion of healthy lifestyles. The city's goal is to develop an environment that contributes to improving the quality of life from a physical, social and environmental perspective.

The city has just developed a Master Urban Plan for this purpose, in order to encourage an active lifestyle as a way of preventing diseases and improving its citizens' health. In addition, the city has developed a methodology to evaluate the scope of the health impact related to the planned urban actions.

Vic wants to generate an urban structure capable of improving the quality of life of its inhabitants through social cohesion, integration of different neighbourhoods, economic stimulus, the consolidation of its university and the appreciation of its heritage, incorporating the concept of sustainability and health in all actions.

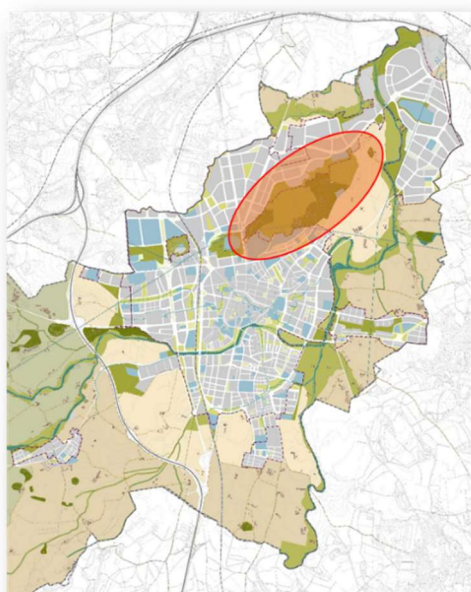
DEFINITION OF THE INITIAL PROBLEM/POLICY CHALLENGE

Two main challenges in relation to the HEALTHY CITIES network have emerged for the city. The first one is the Integration of Urban Green Areas and the recovery of Puig dels Jueus, following the integrated Master Urban Plan with its cross-sectorial approach and holistic vision. The second challenge is to adjust the indicators and the methodology to perform the health impact assessment of this action.

Strengths	Weaknesses
<ul style="list-style-type: none"> Political commitment Master Urban Plan already finished Integration of health in municipal plans Health as a policy priority (AM) Compact City Model Active and engaged citizens 	<ul style="list-style-type: none"> Difficulty and low experience in cross-departmental work Limited funds
Opportunities	Threats
<ul style="list-style-type: none"> Large free space currently unused Integrate the whole green area of Puig dels Jueus into the city Complete the green belt Rethink the mobility of the area and the accesses to the city The healthy city is an important issue in the context of the Catalan Urban Agenda 	<ul style="list-style-type: none"> Management difficulty due to different stakeholders and interests Busy lifestyle Careful balance to not apply excessive pressure on the area

SETTING OF FOCUS AND OBJECTIVES

FOCUS OF IAP



Over the years, the **Puig dels Jueus area** has been neglected, a space separating the industrial zone without a clear project that would benefit the citizens. Meanwhile, the local large public-service buildings such as hospitals and schools do not have straightforward access from the north, and the boundaries of the area are not clearly defined.



Vic will start a process of urban citizen empowerment of the park. This action responds to multiple objectives such as:

- Integrating the whole green area into the city
- Preserving the hill space of any urbanisation process
- Facilitating the access; allowing different uses to the space
- Giving continuity to the green belt as a health itinerary around the city



SUMMARY OF MAIN ASPIRATIONS AND OBJECTIVES FOR THE IAP

The Vic's IAP focuses on the integral recovery of the area, Puig dels Jueus, covering 57 hectares in the north of the city.

This area is located between the residential and the industrial zone. It is a huge area with a strategic potential but without a clear project.

This represents a regeneration project, with a high content of urban planning, but Vic wants to achieve a cross-sectional cross-cutting approach. The project has allowed discussions about mobility, environment, services, land use, activities or accessibility.



The main objectives of the Action Plan were defined by the Local Group and were included in the project's Roadmap document (December 2020).

These objectives fall into the following 7 categories:

Strategy

- Coordination with the "Special Urban Development Plan"
- Coordination between stakeholders
- Achieve a balance between an area closer to the city and urban services and an area with more natural conditions
- Citizen empowerment

Green Areas, Vegetation and Biodiversity

- Protect the quality of the environment
- Keeping the agricultural activity
- Promoting biodiversity / possible blue spaces
- Trees and vegetation

Connectivity and mobility

- Improve access to the park. Connect with the city. Entrances
- Improving north access to public buildings
- Enhance the relationship between the park and public buildings, especially with the Hospital and other health service buildings
- Improve the relationship between the park and the business area
- Continuity of the green ring
- Layout of available car parks

Accessibility

- Provide for all types of public accessibility
- Physical disability
- Mental disability

Activities and Lifestyle

- Promote activities according to the area (related to natural environment)
- Promote physical activity
- Support therapeutic activities linked to health care buildings
- Cultural, school and family activities

Communication

- To disseminate the use of the park
- Social prescribing and sport prescribing
- Signposting

Health Impact Assessment

- Users data
- Impact on health. Health indicators data
- Air quality

SUMMARY OF HOW IT LINKS TO THE URBACT NETWORK AS A WHOLE AND HOW LEARNING FROM TRANSNATIONAL EXCHANGE HAS INFORMED THE CHOICE OF FOCUS

The URBACT Healthy Cities network aims to identify/analyse/deepen the different factors in the urban environment that have an impact on health, in order to use urban planning as a tool to improve people's health.

The network, through its transnational exchanges and Deep-Dive meetings, has gone into detail on issues such as green spaces (design, characteristics, uses, vegetation, management, etc.), mobility (city connectivity, relationship with urban planning, active mobility, characteristics of cities that make them more walkable or cyclable, etc.) or the relationship of the urban environment with lifestyles (mix of uses and typologies, quality of public space, street design, etc.).

Indeed, our action plan includes (first as objectives, then as actions) aspects related to all the thematic axes dealt with in the network.

PRESENTATION OF STRATEGIC GOAL AND VISION

The interaction between the urban environment and health is wide and diverse, with many possible approaches and opportunities. The subject is so broad that requires an integrated and

multidisciplinary overview, always keeping the focus on the urban planning as the main tool to bring together all the decisions on the different issues that affect the city.

To make the most of the city's potential, we must consider how the design and structure of the city affects our lifestyle positively or negatively. We should take into account the health impact of the decisions.

In this context, the city of Vic developed its Master Plan under a health perspective, and incorporated a methodology to have an overview of the health impact of urban development proposals, which now allows us to prioritize actions.

That is why now, within the framework of the Healthy Cities network, Vic focuses its Action Plan on the recovery and integration of the large green area called "Puig dels Jueus" (57 Ha) located at the north of the city, between the residential and the industrial area. We foresee that this action will have an impact on physical activity, mental health, overweight and quality of life indicators. But we need to develop a tailor-made health impact assessment to make it visible.

DESCRIPTION OF THE PROCESS

COMPOSITION AND ROLE OF URBACT LOCAL GROUP

Goals of the URBACT Local Group

The main goal of the URBACT Local Groups (ULG) is to use the URBACT framework and methods to design an Integrated Action Plan on local level for sustainable urban development and to strengthen the capacity of local stakeholders to develop efficient policies.

This to be done by establishing a durable cooperation of the stakeholders, using the URBACT method. The URBACT method is based on a holistic approach, that takes into consideration the physical, economic and social dimensions of urban development, from a sustainable perspective. The participative approach – the development of strong partnerships between public bodies, the private sector and civil society (including citizens and inhabitants) – is recognized as a cornerstone of efficient urban development policies.

The ULG translate these principles into concrete local dynamics that aim to foster shared ownership of the urban planning process. A key element of the process is to nurture the talent of city stakeholders and build their capacities, so they can actively get involved in delivering participative policy making and co-creation of Integrated Action Plans on local level.

Role of the ULG

The ULG ensures the viability and the feasibility of the Integrated Action Plan (IAP) at local level and the Group will be the token of sustainability of results in the long term, after the end of the project. The responsibility of the group is to ensure that the impact of the transnational exchange of practical experience between the cities is spread to the largest possible extent. The main task of the ULG is to gather all stakeholders who can actively contribute to the elaboration of the IAPs and involve them in the activities of the network.

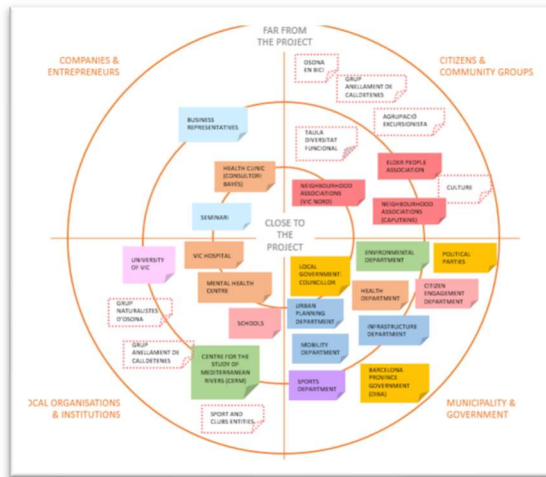
ULG activities include:

- Analysing local challenges, seeking solutions and ultimately developing Integrated Action Plans to address these challenges
- Embedding the learning from transnational exchange (practical knowledge, good practices, peer review, etc. from other cities in the network and beyond) in to the local policy-making process
- Contributing to the transnational exchange and learning process taking place at transnational level
- Communicating results at local level, and disseminating lessons learnt to the wider community
- Taking part in the URBACT training schemes organised at national and European levels by the URBACT Programme, thereby developing the capacities of local stakeholders

Composition of the URBACT Local Group

The recovery of the Puig dels Jueus area incorporates aspects related to the design of the green area itself as well as the quality of the vegetation, protection of biodiversity, accessibility, connectivity with the rest of the city, or some other aspects such as adapting spaces for social interaction, programming cultural activities or facilitate/encourage the practice of sports. Everything without forgetting aspects such as comfort or safety, achieving a welcoming space, with shade in summer and easy to use.

The approach is totally transversal and integrated, and therefore the Local Group gathers technical expertise with representatives from all sectors involved (planning, environment, health, sports, education and mobility) both public and private, as well as social stakeholders, neighbourhood, business community the University of Vic and the regional authority, Diputació de Barcelona. As it is a city project, the Local Group also has representatives from all the political parties in the council.



Stakeholders Mapping

Entity	Participants
Coordination Team (Vic municipality)	Marta Rofin (Project Coordinator) Núria Garriga (Financial Officer) Fabiana Palmero (Local government)
URBACT Local Group	
Municipal Departments	Jordi Boadas (Environment) Núria Camps (Urban planning) Roser del Val (Public health) Joana Rodriguez (Mobility) Ramon Roquer (infrastructure) Júlia Almor (Sports) Fabiola Mora (Citizen engagement)
Provincial Government	Lorena Perona / Iñigo Rebollo (DIBA)
University of Vic	Anna M. Puig-Ribera Judit Bort Roig Ignasi Arumí
Environmental research group	Marc Ordeix (CERM)
Vic Hospital	Jaume Castellano (CHV)
Mental Health Center	Mercè Generó (Osonament)
Health clinic	Clàudia Bayés (Consultori Bayés)
Seminari	Raimon Casals (Seminari de Vic)
Neighbourhood association	AAVV/Vic Nord AAVV Caputxins
Business representatives	Joan Panadès (GEP)
Schools	Lluïsa Prat
Political parties	Viqui Terricabras (ERC) Clàudia Dinarès (Capgirem Vic) Carme Tena (PSC)

Composition of the URBACT Local Group

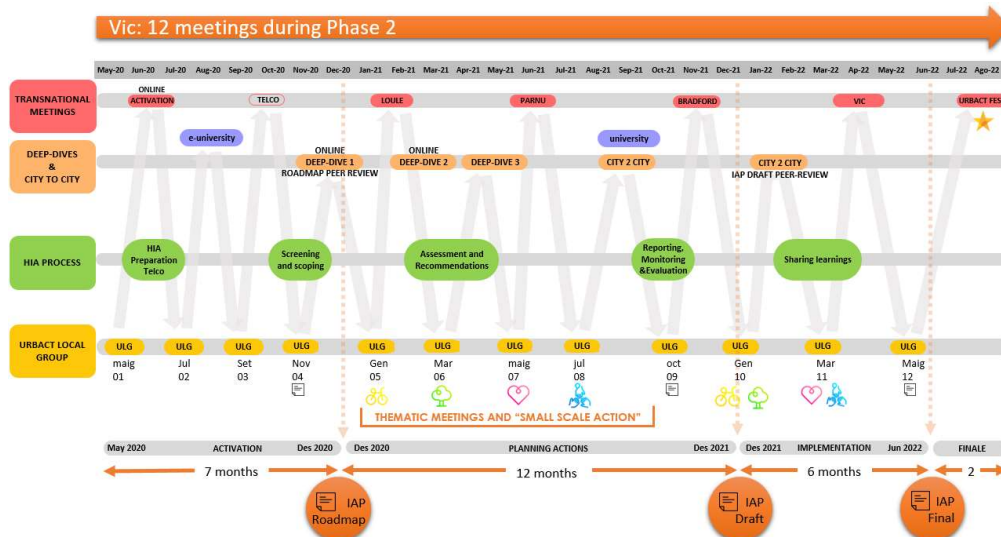
ROLE/IMPACT OF TRANSNATIONAL EXCHANGE AND LEARNING

We planned to organize 12 ULG meetings during the lifetime of the project. ULG meetings are organized before and after the transnational meetings (TM).



Before the TM: The ULG has discussed the agenda of the meeting, identify any questions that the ULG expects to be answered and identify any thematic input that the ULG could channel to the meeting.

After the TM: The delegated participants should transfer the answers to the questions of the ULG and the lessons learned from the meeting.

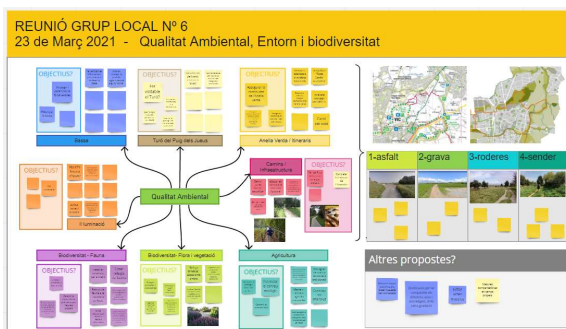
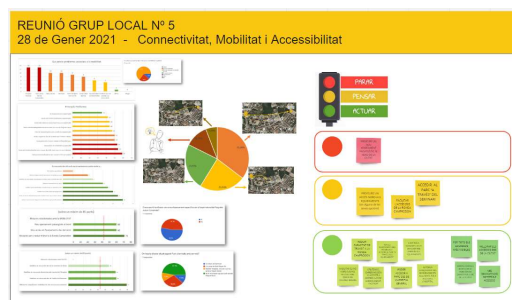


The first 4 meetings of the Local Group focused on setting the challenges and agreeing on the objectives for the action plan.

The following four meetings (5 to 8) were thematic meetings, in which aspects related to mobility, the natural environment, uses and activities were specifically dealt with. There were also two visits to the Puig dels Jueus area and a visit to the example of Olot.

Most of the meetings have had an online format, but interactive activities have been carried out using the MIRO platform.

Here are some pictures of the activities:



The learning from the transnational meetings has been transferred to the local group meetings. In fact, the thematic areas have been parallel, so that knowledge has been built up jointly.

PART 2 - ACTION PLAN

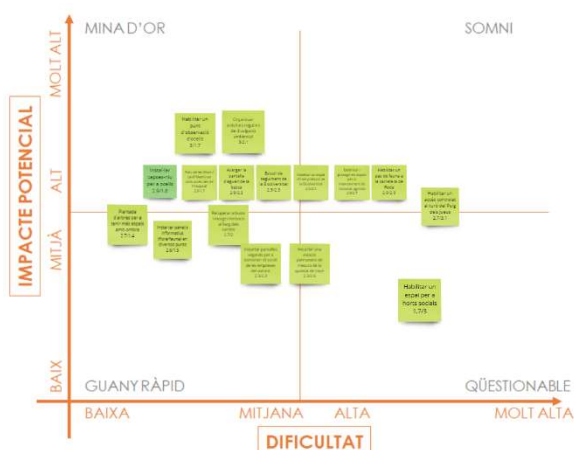
Analysis of Planned Actions

After 11 meetings with the Local Group, up to **58 activities** were identified as necessary to implement in the Puig dels Jueus area.

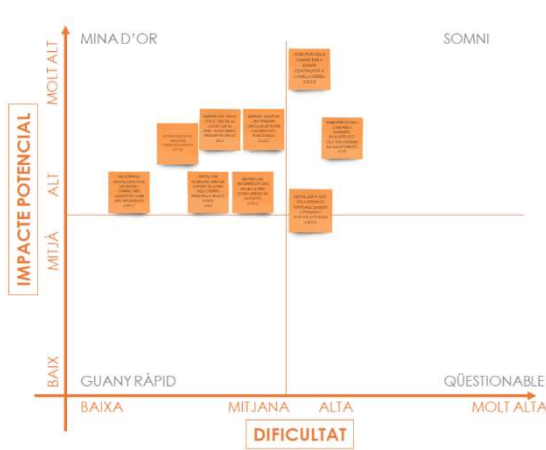
Initially, the activities were classified according to their typology:

- Environmental quality
- Paths and Accessibility
- Connectivity and mobility
- Use and Activities
- Communication
- Health Impact Assessment

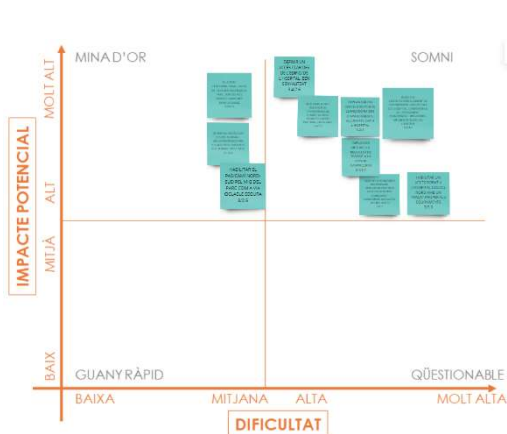
During one of the meetings of the Local Group, the activities were organised according to their degree of impact and the degree of difficulty in their implementation:



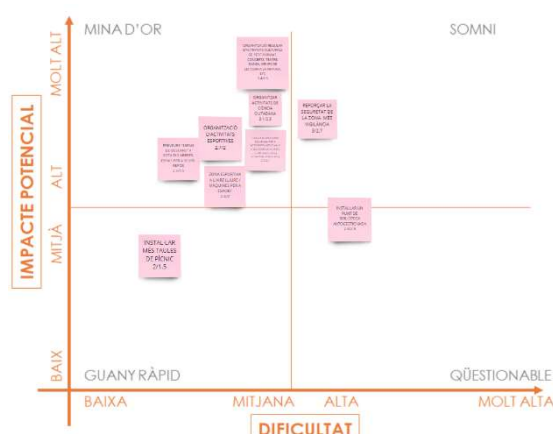
Environmental Quality



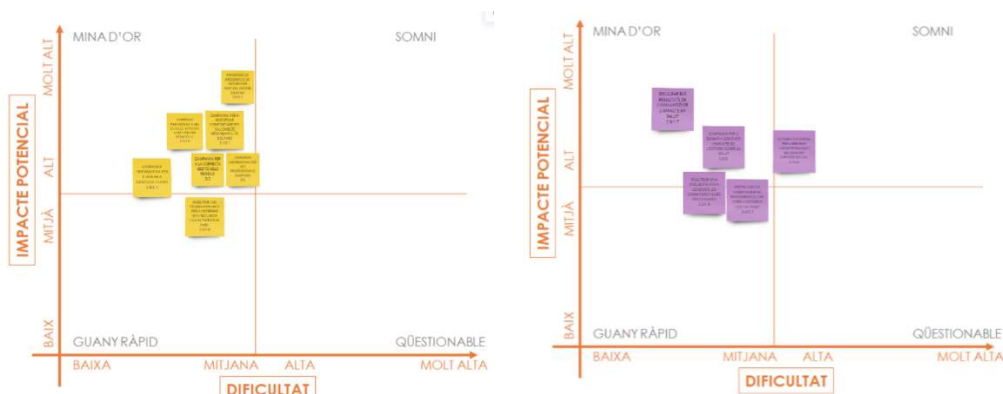
Paths and accessibility



Connectivity and mobility



Uses and activities



Communication

Health Impact Assessment

Some of these activities (of different categories) responded to the same action/objective, so we classified them accordingly.

Thus, we arrived at the final classification, which is summarised in **10 actions** under the three objectives of improving physical, mental and environmental health. Plus **2 general actions**: health impact assessment and overall coordination.

IMPROVING PHYSICAL HEALTH (3 ACTIONS / 14 ACTIVITIES)

PH01-IMPROVING ACCESS

- Drafting the project for providing direct access from the Hospital building
- Improving access from the Seminar area
- Signposting of all accesses
- Define pacified green routes from the city to the green zone

PH02-CONTINUITY AND IMPROVEMENT OF TRAILS AND PATHWAYS

- Enable the north-south path as a safe cycle path. lighting
- Solving the path interruptions
- New east-west connection
- Improve accessibility of paths. Adapted circular route
- Arranging the access to the Puig dels Jueus hilltop
- Strongly delineate the main footpath

PH03 -COMMUNICATION AND PROMOTION OF ROUTES AND PATHS

- Define and signpost routes from other green areas in the city
- Define, Signposting and promotion of physical/mental health routes
- Improve general path signposting. Health indications on routes. More information points (360° map explaining mountains from benches)
- Online promotion of the routes

IMPROVING MENTAL HEALTH (4 ACTIONS / 20 ACTIVITIES)

M01-REGULAR PROGRAMMING OF ACTIVITIES

- Organisation of sport and physical activity programmes
- Organisation of walks for vulnerable groups
- Regular organisation of cultural activities
- Co-design of activities with the health sector to adapt the proposals to the specific needs of the most vulnerable groups in terms of health.

M02-RELATIONSHIP WITH FACILITIES AND THE INDUSTRIAL AREA

- School activities in the park. Educational area/outdoor classroom

- Promote the use of the park among the employees of the industrial area
- Raising awareness in the health sector. Nature/Social prescribing

M03-PROMOTION OF THE GREEN AREA

- Campaign to raise awareness of the park
- Campaign to explain the impact of the urban environment on health
- Campaign to encourage healthy lifestyles through the use of the resources offered by the park
- Publicise the shaded areas available in the park
- Campaign for proper waste management
- Strengthening security/surveillance of the area

M04-IMPROVING SERVICES AND INFRASTRUCTURE

- Provide a space with minimum infrastructure for events. Amphitheatre with landscape hill. Education / Culture
- Provide a suitable space for outdoor medicinal activities
- Medicinal garden with access from the hospital
- Sitting spots along the main pathways
- Incorporate resting elements under trees (stones, rocks, logs, wood, etc.)
- Provide more picnic tables
- Enable an outdoor sports area
- Play area

IMPROVING ENVIRONMENTAL HEALTH (3 ACTIONS / 15 ACTIVITIES)

E01-TRAFFIC CALMING AND MOBILITY MANAGEMENT

- Drafting the project to provide new access from the north to the car parks ensuring minimum impact on the environment.
- Traffic calming measures
- Turning the doctors' parking lot into a "landscaped" one
- Reducing parking on the Seminary complex
- Public transport service from other car parks to the hospital

E02-ENHANCING THE NATURAL ENVIRONMENT AND BIODIVERSITY

- Define an overall landscape strategy. Different identities for various spaces
- Planting of trees in an area close to the facilities and public buildings
- Define and protect areas for the maintenance of agricultural activity. Renature, rewild some areas. More bramble and thorny bushes to create edges and buffers to wildlife areas
- Restore shrubs and grassy margins along paths
- New wildlife crossing on the Roda road
- Extending the observation screen of the pond
- Install vegetation screens to mitigate noise and take measures to soften the impact of industrial buildings (greenery, hedges, painting of facades, etc.).

E03-CAMPAIGNS FOR THE PROTECTION OF THE ENVIRONMENT

- Organise regular environmental dissemination activities
- Install information panels on flora/fauna/biodiversity
- Organising citizen science activities

HEALTH IMPACT ASSESSMENT (1 ACTION / 6 ACTIVITIES)

HIA-HEALTH IMPACT ASSESSMENT

- PRELIMINARY DATA: Survey on user characteristics. Monitor use of various target groups and physical human counting
- PRELIMINARY DATA: Health data collection
- MONITORING: Repeat the survey on a regular basis
- MONITORING: Biodiversity monitoring study
- MONITORING: Installing an air quality monitoring station
- REPORTING & EVALUATION: Communicating the results

STRATEGY (1 ACTION / 3 ACTIVITIES)

S01-COORDINATION BETWEEN THE DIFFERENT STAKEHOLDERS AND PROCESSES

- Coordination between the IAP and the drafting of the Puig dels Jueus Urban Development Plan.
- Citizen participation in the development of the actions and maintenance of the space.
- Regular meetings between the municipal departments of environment, urban planning, mobility, sports, culture and health.

Action sheets

The **12 action sheets** are included below.

- Some of these actions are specifically about urban planning and design, so we have applied the health impact assessment tool "**Healthy Cities Generator**" (see Annex) to identify the health indicators that will be most impacted by each action.

The health impact assessment graphs are included in each action sheet, and show the health indicators that will benefit most from the action.

A small spider diagram is also included in the action sheets. This diagram identifies the urban determinants of health (i.e. those aspects of the urban environment that are related to health) that will be influenced by each Action.

- For those actions not related to urban planning (e.g. programming of activities, or communication campaigns), we have included a qualitative analysis of the impact on health.

ACTION TITLE: IMPROVING ACCESS

Typology of Action: Strategy and new infrastructure

Link to strategy / Subobjectives: Improve Physical Health

CATEGORY OF THE ACTION

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

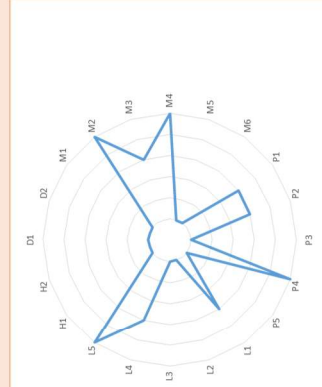
Short Description	Action Owner	Finance / Resources	Risks
The action consists of a set of measures to improve access to the green area of Puig dels Jueus. The aim is to improve access from two key public services (Hospital and Seminary building) and from the city. The accesses from these two big buildings require complex projects to overcome the current physical barriers. The accesses from the city will be improved with better signposting, and will be accompanied by the definition of pacified routes from the city centre.	Stakeholders Hospital consortium Seminar de Vic Vic city Council Neighbourhood associations Land and building owners Inclusive accessibility organisations		The main risk would be the large scope of the project and the lack of collaboration between the two buildings involved (Hospital and Seminary). The other major risk is the lack of resources to undertake the required works.

ACTIVITIES

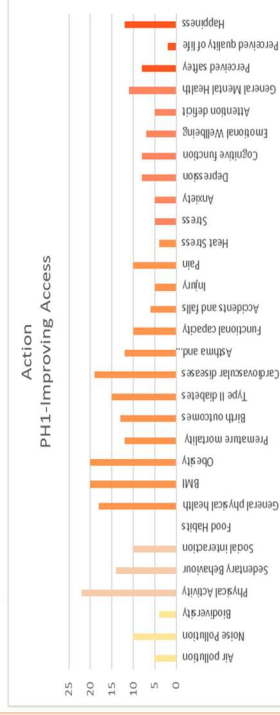
ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns
Drafting the project for providing direct access from the Hospital building	TR2-TR4 2024	project and implementation	Strategy (S01)	Resources/funding
Improving access from the Seminar area	TR3 2023	project and implementation	Strategy (S01)	Resources/funding
Signposting of all accesses	TR1-TR3 2023	New signage at access points to the park	Related with Action PH03	
Define pacified green routes from the city to the green zone	TR1-TR2 2023	Improve continuity of green infrastructure	Related with Action PH03	

Impact on Urban Determinants of Health

- ✓ Increase walkability and pedestrian infrastructure
- ✓ Increase residential proximity to public open spaces and nature areas
- ✓ Increase green coverage and green visibility
- ✓ Improve the urban landscape and general amenities in public open space



Estimated Impact on Health Indicators



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

It is expected that this action will facilitate access to the park, both for the general public and, especially, for users of the Hospital. Increased and improved access to the park is expected to have a positive impact on indicators related to physical activity and, consequently, on overweight and obesity. Also note the impact on Mental health indicators, specifically on "happiness".

PH01

ACTION TITLE: CONTINUITY AND IMPROVEMENT OF TRAILS AND PATHWAYS

Typology of Action: Strategy and new infrastructure

Link to strategy / Subobjectives: Improve Physical Health

CATEGORY OF THE ACTION

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

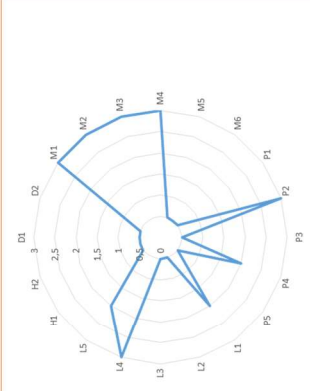
Short Description	Action Owner	Finance / Resources
Define an overall strategy of paths: variety widths and soils Set of activities to improve the current discontinuities in the paths and to improve their accessibility. The actions will require the purchase of land/ custody arrangements / access rights by the municipality, as well as the corresponding works to adapt the paths.	Stakeholders Vic City Council Owners Vic city Council Functional diversity entities	Risks As the action requires the purchase of land, it means dealing with landowners after the approval of the necessary planning document.

ACTIVITIES

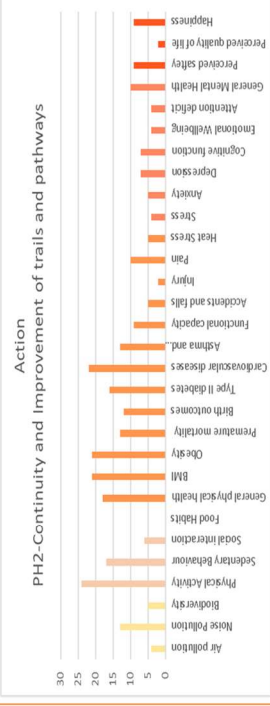
ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns
Enable the north-south path as a safe cycle path. Lighting	TR3-TR4 2023	Increasing active mobility to the industrial area	Communication (PH03)	Resources
Solving the path interruption when passing by the Burniola house	TR4 2022	Increased use of paths	Communication (PH03)	agreement with owners
New east-west connection	TR2-TR4 2024	Project and implementation	Strategy (S01)	Resources
Improve accessibility of paths. Adapted circular route	TR3-TR4 2023	signposting and promotion of the route	Communication (PH03)	Resources
Arranging the access to the Puig dels Jueus hilltop	TR1-TR2 2024	project and implementation	Strategy (S01)	agreement with owners
Strongly delineate the main footpath				

Impact on Urban Determinants of Health

- ✓ Increase street connectivity and intersection density
- ✓ Increase cyclability and cycling infrastructure
- ✓ Increase walkability and pedestrian infrastructure
- ✓ Increase residential proximity to physical and sport infrastructure and facilities
- ✓ Improve the urban landscape and general amenities in public open space



Estimated Impact on Health Indicators



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

This action is clearly oriented towards facilitating walkable and accessible routes for the entire population. It is estimated that it will have a considerable impact on physical activity and on almost all indicators related to physical health.

PH02

ACTION TITLE:

COMMUNICATION AND PROMOTION OF ROUTES AND PATHS

Typology of Action:

Communication

Link to strategy / Subobjectives:

Improve Physical Health

CATEGORY OF THE ACTION

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

Short Description

Under this action are all communication activities related to the promotion of routes and paths.
Setting up a signposting plan for routes and itineraries, both in the park itself and from other green areas in the city.

Action Owner

Vic City Council
Stakeholders
Vic city Council: environment, sports and communication department
Hospital
Oronament
Consejeria Boyes
Schools

Finance / Resources

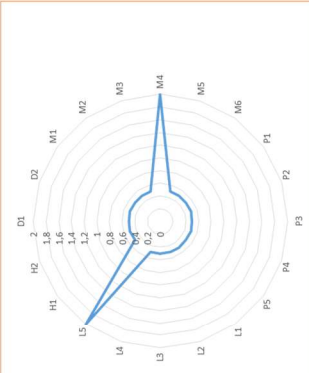
Risks
Coordination with Action M03
Resourcing.
Lack of coherence of all messages.
Lack of financial and human resources to carry it out.

ACTIVITIES

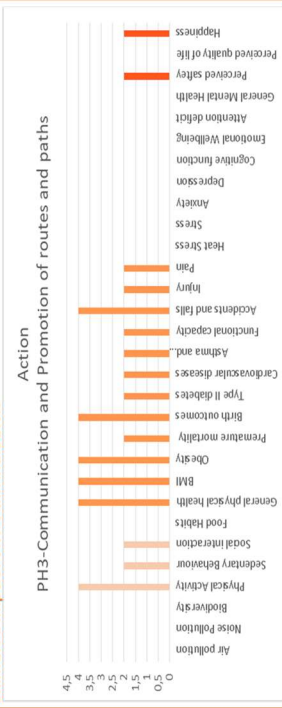
ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns
Define and signpost routes from other green areas in the city	TR2-TR4 2023	Joint planning of image and signage	Improving Access and pathways (PH01-PH02)	Resources/funding
Define. Signpost and promotion of physical/mental health routes	TR1-TR3 2024			Resources/funding
Improve general path signposting. Health indications on routes. More information points (360° map explaining mountains from benches).	TR2-TR4 2023			Resources/funding
Online promotion of the routes	TR4 2023		Promotion (M03)	Resources/funding

Impact on Urban Determinants of Health

- ✓ Increase walkability and pedestrian infrastructure
- ✓ Improve the urban landscape and general amenities in public open space (aesthetics, urban furniture, maintenance, lighting, etc.)



Estimated Impact on Health Indicators



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

Improved communication is the prerequisite for the successful use of the park and all routes. It is estimated that it will improve walkability, and also the urban landscape, which will improve the physical health indicators.

PH03

ACTION TITLE: REGULAR PROGRAMMING OF ACTIVITIES

Typology of Action: Communication / Strategy

Link to strategy / Subobjectives: Improve Physical/Mental/Social Health

CATEGORY OF THE ACTION

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

Short Description	Action Owner	Finance / Resources
The main objective of this action is that the Puig dels Jueus area becomes part of the city's regular programming of activities. Vic is a very active city in terms of organising events of all kinds, especially those related to music. The idea is that the Puig dels Jueus area becomes part of the spaces used for a certain type of small-format activities, which can be favoured by taking place in nature.	Vic City Council Stakeholders Vic city Council Sportifiles Health Centres Neighbourhood associations School citizen organisations	Risks Lack of involvement of municipal departments in charge of programming activities. Ability to sustain interest over time

ACTIVITIES

ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns
Organisation of sport and physical activity programmes	2023-2024-2025		Coordination with the urban development plan to provide appropriate sites for each activity.	
Regular organisation of walks for vulnerable groups	2023-2024-2025			
Regular organisation of cultural activities	2023-2024-2025	concerts, theatre, dance, reading groups, etc.		
Co-design of activities with the health sector to adapt the proposals to the specific needs of the most vulnerable groups in terms of health.	2022-2023	Plan of activities	Raising awareness with the health sector (MO2)	Lack of interest and involvement

Impact on Urban Determinants of Health / Impact on Health Indicators

This action is not related to urban determinants of health, as it does not involve changes to the environment, but rather the use of it. These could be some images of the proposals:



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

It is expected that the "activity+nature" pair will have a very positive impact on the different **mental health indicators** of the population. In fact, also the physical activity increases its positive effects on health if it takes place in a natural environment. The same applies to cultural activities. Actually, during the "Small Scale Action", a small-scale concert was organised in the area, with very positive and highly appreciated results.

M01

ACTION TITLE: RELATIONSHIP WITH PUBLIC SERVICES/BUILDINGS AND THE INDUSTRIAL AREA

Typology of Action: Communication

Link to strategy / Subobjectives: Improve Social Health

CATEGORY OF THE ACTION

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

Short Description

A key aspect of incorporating the whole Puig dels Jueus area into the daily life of the city is the relationship of the park with its most direct "neighbours": the hospital, the schools and the industrial area. Therefore, this action is proposed, which consists of raising awareness and promoting the use of the park in a special way among these three stakeholders. Specific activities are planned for each of the three groups, thus promoting knowledge of the space and the possibilities it offers.

Action Owner	Finance / Resources
Vic City Council	
Stakeholders	Risks
Vic City Council Schools Hospital consortium Health centres Industrial area Citizen organisations	Acceptance of the message by the population. Lack of financial and human resources to carry it out.

ACTIVITIES

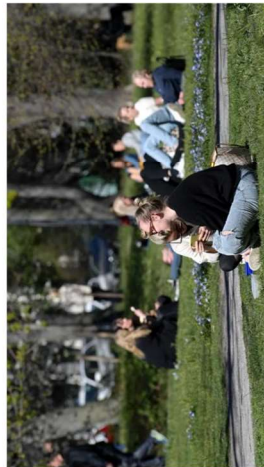
ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns
School activities in the park. Outdoor classroom	2023-2025	Using the park as an educational resource	Improving access (PH01)	
Promote the use of the park among the employees of the industrial area	2023-2024	Specific campaigns targeting workers in the industrial zone	Communication (PH03 and M03)	Lack of interest
Raising awareness in the health sector . Nature/social prescribing	2023	Information, nature prescription, activities in the park	Activities (M01)	Habit change

Impact on Urban Determinants of Health / Impact on health indicators

This action is not related to urban determinants of health, as it does not involve changes to the environment. This action aims to involve/create awareness/promote the space among the main public services around it.



School activities



workers in the park



A workshop on "Nature prescribing" programmes

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

It is expected that this Action will have a positive impact on indicators of **social health** (social interaction) and **mental health** (emotional well-being, quality of life, happiness, etc.).

M02

ACTION TITLE: PROMOTION OF THE GREEN AREA

Typology of Action: Communication

Link to strategy / Subobjectives: Improve Social Health

CATEGORY OF THE ACTION

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

Short Description	Action Owner	Finance / Resources
In general, it is necessary to make the park known to the public, so that they are aware of its possibilities and the resources it offers. Apart from publicising the specific activities that may take place in the area, it is important to publicise the space itself.	Vic City Council	
Stakeholders	Risks	
Vic City Council Health centres ULG citizen organisations	Coordination with Action PH03 Lack of coherence of all messages. Lack of financial and human resources to carry it out.	

ACTIVITIES

ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns
Campaign to raise awareness of the park	Annually	create a logo and a message to be used for all campaigns related to the topic.	Communication (PH03)	Resources/funding
Campaign to explain the impact of the urban environment on health	Annually	Campaigns in the health centres	Improve access (PH01) Activities (M01)	
Campaign to encourage healthy lifestyles through the use of the resources offered by the park	Annually	More users on heatwave days	Natural environment (E02)	
Publicise the shaded areas available in the park	Annually	Increased cleanliness of the area	Improving infrastructure (M04)	
Campaign for proper waste management	Annually	Increase the perception of security in the area		Human resources
Strengthening security/surveillance of the area	Annually			

Impact on Urban Determinants of Health / Impact on Health Indicators

This action is not related to urban determinants of health.



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

It is expected that this action will encourage the use of the park by citizens. It is also expected to increase awareness of health and the urban environment, leading to an improvement in general health indicators.

M03

ACTION TITLE: IMPROVING SERVICES AND INFRASTRUCTURE

Typology of Action: New infrastructure

Link to strategy / Subobjectives: Improve Mental Health

CATEGORY OF THE ACTION

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

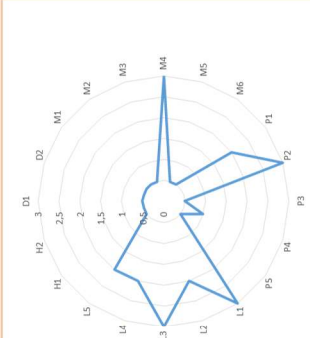
Short Description	Action Owner	Finance / Resources	Risks
Provide a space with minimum infrastructure for events. Amphitheatre with landscape hill. Education / Culture Provide a suitable space for outdoor medicinal activities Medicinal garden with access from the hospital Sitting spots along the main pathways Incorporate resting elements under trees (stones, rocks, logs, wood etc) Provide more picnic tables Enable an outdoor sports area Play area	Vic City Council Municipal Departments Neighbourhood associations Hospital Schools		Coordination with the overall strategy. (S01) Lack of financial and human resources to carry it out.

ACTIVITIES

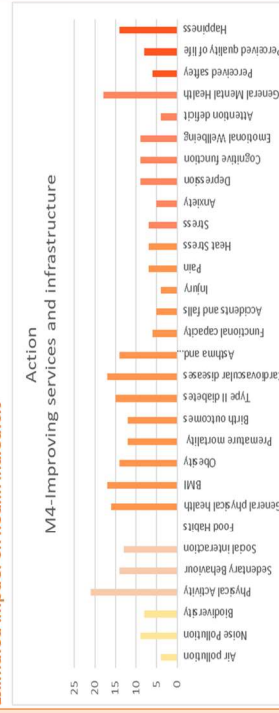
ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns
Provide a space with minimum infrastructure for events. Amphitheatre with landscape hill. Education / Culture	TR2 2024	Accessible footpath, electrical connection point	Cultural activities (M01)	Resources/funding
Provide a suitable space for outdoor medicinal activities	TR4 2024	Accessible space	Access from Hospital (PH 01)	Hospital participation
Medicinal garden with access from the hospital	TR1 2025	Increase in green	Access from Hospital (PH 01)	
Sitting spots along the main pathways Incorporate resting elements under trees (stones, rocks, logs, wood etc)	TR4 2023	Improving the environment	Pathways improvement (PH 02)	
Provide more picnic tables	TR1 2024	Design, plan and implementation	Communication (M03)	
Enable an outdoor sports area	TR2 2024	Increased use of the park		
Play area	TR3 2023	Project and implementation	Strategy (S01)	Resources

Impact on Urban Determinants of Health

- ✓ Increase green coverage and green visibility (includes all types of greenery: public green areas, private green areas, street tree canopy, etc.)
- ✓ Provide varied types of green areas (neighbourhood parks, varied planting, wild areas, large-scale city and regional green areas etc.)
- ✓ Improve continuity of the green infrastructure
- ✓ Improve the urban landscape and general amenities in public open space (aesthetics, urban furniture, maintenance, lighting, etc.)



Estimated Impact on Health Indicators



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

The main impact of this action is on the urban determinants related to the improvement of the environment and landscape. In general, these aspects have a positive impact on most mental health indicators. Mental health and perceived quality of life stand out, along with happiness.

M04

ACTION TITLE: TRAFFIC CALMING AND MOBILITY MANAGEMENT

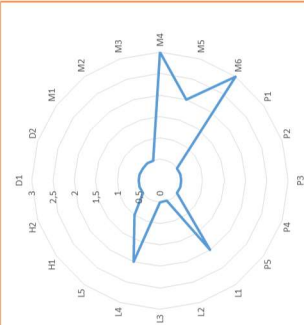
Typology of Action:	New infrastructure / Regulation / Strategy				CATEGORY OF THE ACTION
Link to strategy / Subobjectives:	Improve Environmental Health				
Short Description Traffic management around large facilities is a very important issue, as they provide a regional, and not only a local service. The current accesses from the south of the facilities are now causing congestion on the Ronda Camporadón, a street that becomes a barrier to access the Puig dels Jueus park from the city. Under this Action, several activities are planned to manage traffic and to make it compatible with the natural environment.	Action Owner Vic City Council	Finance / Resources	Risks These are large-scale projects that require large human and economic resources.		GREENING / LANDSCAPE VEGETATION / BIODIVERSITY CONNECTIVITY / MOBILITY ACCESSIBILITY ACTIVITIES AND LIFESTYLE COMMUNICATION HEALTH IMPACT ASSESSMENT OTHER
	Stakeholders Vic City Council Hospital Seminari				

ACTIVITIES

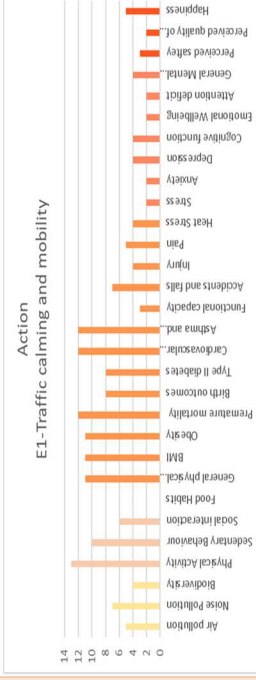
ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns
Drafting the project to provide new access from the north to the car parks ensuring minimum impact on the environment	TR3 2024-TR2 2025	Reduction in traffic volume on the Rda. Camporódon	Strategy (S01)	Resources/funding
Traffic calming measures	TR4 2023-TR2 2024	Reduction of traffic volume		
Turning the doctors' parking lot into a "landscaped" one	TR3 2024-TR2 2025	Green roof increment	Strategy (S01)	Collaboration with Hospital
Reducing parking on the Seminary complex	TR3 2024-TR2 2025	Improvement of walkability from the city		Collaboration with Seminar
Public transport service from other car parks to the hospital	TR2-TR4 2025			Resources/funding

Impact on Urban Determinants of Health

- ✓ Increase walkability and pedestrian infrastructure
- ✓ Increase availability of public transport
- ✓ Reduce the speed and/or volume of traffic



Estimated impact on Health Indicators



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

Air quality and noise pollution levels are expected to improve as a result of measures related to traffic reduction. On the other hand, the actions will lead to an improvement in walkability, which is expected to have a positive impact on both physical activity levels and most of the indicators related to physical health.

E01

ACTION TITLE: ENHANCING THE NATURAL ENVIRONMENT AND BIODIVERSITY

Typology of Action: New infrastructure / Regulation / Strategy

Link to strategy / Subobjectives: Improve Environmental Health

CATEGORY OF THE ACTION

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

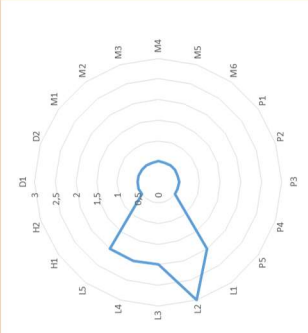
Short Description	Action Owner	Finance / Resources
There is a great consensus on the natural value of the environment of Puig dels Jueus, so actions aimed at the preservation of the landscape are very important. A number of actions are planned to maintain the landscape, and to protect it from possible overuse by human activities.	Vic City Council	
Stakeholders	Risks	
Vic City Council Environment associations	Coordination with the overall strategy. Lack of financial and human resources to carry it out.	

ACTIVITIES

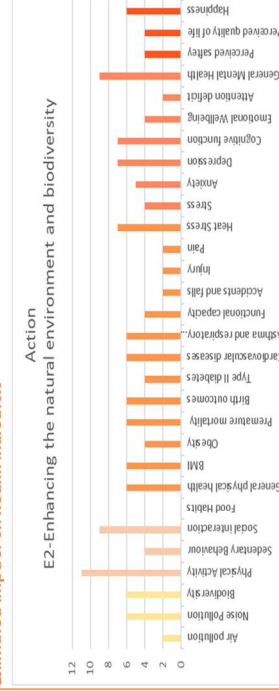
ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns
Define an overall landscape strategy. Different identities for various spaces	TR4 2022-TR2 2023	Landscape project	Strategy (S01)	Human resources
Planting of trees in an area close to the public buildings	TR1-TR3 2024	Increase green coverage		
Define and protect areas for the maintenance of agricultural activity. Renature, rewild some areas. Move bramble and thorny bushes to create edges and buffers to wildlife areas	TR3-TR4 2023	keep the continuity of green infrastructure and ecosystems.		
Restore shrubs and grassy margins along paths	TR3-TR3 2023	Improve urban landscape	Biodiversity study (HIA 01)	Resources/funding
New wildlife crossing on the Ronda road	2025	Protect biodiversity		
Extending the observation screen of the pond. Install vegetation screens to mitigate noise and take measures to soften the impact of industrial buildings (greenery, hedges, painting of facades, etc).	TR4 2022 TR2-TR3 2024	Reducing noise from surrounding industries		

Impact on Urban Determinants of Health

- ✓ Increase green coverage and green visibility (includes all types of greenery; public green areas, private green areas, street tree canopy, etc.)
- ✓ Provide varied types of green areas (neighborhood parks, varied planting, wild areas, large-scale city and regional green areas etc.)
- ✓ Improve continuity of the green infrastructure
- ✓ Improve the urban landscape and general amenities in public open space (aesthetics, urban furniture, maintenance, lighting, etc.)



Estimated Impact on Health Indicators



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

This action is expected to have a very positive impact on **environmental indicators**. The main focus is on improving the environment and landscape, protecting agriculture and ensuring a diversity of habitats suitable for the variety of species.

On the other hand, increasing green cover, diversifying green space typologies and improving the continuity of green infrastructure also have a positive impact on **mental health indicators**.

E02

ACTION TITLE: CAMPAIGNS FOR THE PROTECTION OF THE ENVIRONMENT

Typology of Action:	Communication
Link to strategy / Subobjectives:	Improve Environmental Health
Short Description	Communication activities are foreseen specifically aimed at increasing awareness of the environmental values of the area. Also to involve citizens in caring for the environment.
Action Owner	Vic City Council
Stakeholders	Vic City Council Environment associations ULG
Finance / Resources	
Risks	Coordination and coherence between all the messages.

CATEGORY OF THE ACTION

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

ACTIVITIES

ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns
Organise regular environmental dissemination activities	biannually		Activities (M01)	Lack of interest
Install information panels on flora/fauna/biodiversity	TR2-TR4 2023		Promotion (PH03)	
Organising citizen science activities	Annually	Data collection	Activities (M01)	Lack of interest

Impact on Urban Determinants of Health / Impact on Health Indicators

This action is not related to urban determinants of health, as it does not involve changes to the environment. This action aims to involve/create awareness/promote the environmental values of the area.



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

It is expected that this set of activities will have a positive impact on **environmental health** and **mental health** indicators.

E03

ACTION TITLE: HEALTH IMPACT ASSESSMENT

Typology of Action: Strategy

Link to strategy / Subobjectives: Health Impact Assessment

CATEGORY OF THE ACTION

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

Short Description

In order to carry out the health impact assessment, a set of activities are foreseen to collect the necessary data, as well as the subsequent evaluation process in order to be able to communicate the results to the public.

Action Owner

Vic City Council

Stakeholders

Vic City Council
Community health roundtable
University of Vic
Diputació de Barcelona
ULG

Finance / Resources

Risks

Lack of experience of the team.
Difficult to keep interest due to the long-term nature of the project.

ACTIVITIES

ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns
PRELIMINARY DATA: Survey on user characteristics and monitor use of target groups	TR4 2022-TR1 2023	Define and conduct the survey. Data collection		Resources
PRELIMINARY DATA: Health data collection	TR1 2023	Data collection		Resources
MONITORING: Repeat the survey on a regular basis	Annually	Data collection		Resources
MONITORING: Biodiversity monitoring study	2023	Biodiversity data of the area		
MONITORING: Installing an air quality monitoring station	TR2 2023	Air quality data		
REPORTING & EVALUATION: Communicating the results	TR4 2025	Report. Conference to present the results		Lack of interest

Impact on Urban Determinants of Health / Impact on health indicators

This action is not related to urban determinants of health, but rather on the set of processes to analyse them.
At the beginning, data will be collected for the initial state, but the intention is to continue collecting data on a regular basis in order to be able to assess the impact on health of the different actions carried out.
It will be necessary to set up a steering group to lead and coordinate the whole process.



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

The set of actions included in the Action Plan is expected to have a positive impact on several health aspects, as reflected in each of the action sheets. Continuous monitoring of data is necessary as actions are implemented to check the evolution of the indicators.

HIA

ACTION TITLE: COORDINATION BETWEEN THE DIFFERENT STAKEHOLDERS AND PROCESSES

Typology of Action:

Strategy

Link to strategy / Subobjectives:

Coordination

CATEGORY OF THE ACTION

GREENING / LANDSCAPE

VEGETATION / BIODIVERSITY

CONNECTIVITY / MOBILITY

ACCESSIBILITY

ACTIVITIES AND LIFESTYLE

COMMUNICATION

HEALTH IMPACT ASSESSMENT

OTHER

Short Description

In order to ensure the proper implementation of the Integrated Action Plan, it is important to ensure proper coordination between the different stakeholders involved in its development, and also to ensure coherence with the urban development plan of the area.

Action Owner

Vic City Council

Stakeholders

Vic City Council

University of Vic

Diputació de Barcelona

ULG

Finance / Resources

Risks

Difficult to keep the interest due to the long-term nature of the project.
Coordination and coherence between all Actions.

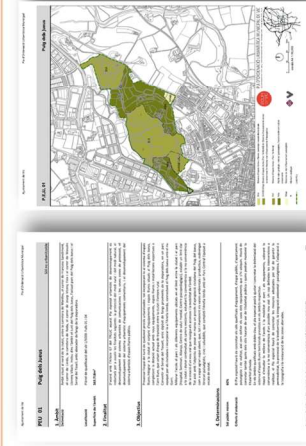
Lack of financial and human resources

ACTIVITIES

ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns
Coordination between the IAP and the drafting of the Puig dels Jueus Urban Development Plan.	TR4 2022-TR2 2023	"Pla Especial" Urban development plan of the Puig dels Jueus area	Everything	
Citizen participation in the development of the actions and maintenance of the space.	Throughout the implementation of the plan. Continuously	Regular meetings		
Regular meetings between the municipal departments of environment, urban planning, mobility, sports, culture and health.	Quarterly	Partially maintain the Local Group, as a space for exchange to closely follow the development and implementation of the actions	Everything	

Impact on Urban Determinants of Health / Impact on Health Indicators

This action is not related to urban determinants of health, but it is what will enable the proper implementation of the Action Plan as a whole.
Beyond each of the individual actions, it is necessary to ensure coherence in their implementation as well as coordination with the urban plan.



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

S01

TIMING CHART

PHYSICAL HEALTH														
ACTION	Activities	TR4 2022	TR1 2023	TR2 2023	TR3 2023	TR4 2023	TR1 2024	TR2 2024	TR3 2024	TR4 2024	TR1 2025	TR2 2025	TR3 2025	TR4 2025
PH01	IMPROVING ACCESS													
	Drafting the project for providing direct access from the Hospital building													
	Improving access from the Seminar area													
	Signposting of all accesses													
	Define pacified green routes from the city to the green zone													
PH02	CONTINUITY AND IMPROVEMENT OF TRAILS AND PATHWAYS													
	Enable the north-south path as a safe cycle path.													
	Solving the path interruption when passing by the Burniola house													
	New east-west connection													
	Improve accessibility of paths. Adapted circular route													
	Arranging the access to the Puig dels Jueus hilltop													
	Strongly delineate the main footpath													
PH03	COMMUNICATION AND PROMOTION OF ROUTES AND PATHS													
	Define and signpost routes from other green areas in the city													
	Define, Signposting and promotion of physical/mental health routes													
	Improve general path signposting. Health indications on routes.													
	Online promotion of the routes													

SOCIAL AND MENTAL HEALTH														
ACTION	Activities	TR4 2022	TR1 2023	TR2 2023	TR3 2023	TR4 2023	TR1 2024	TR2 2024	TR3 2024	TR4 2024	TR1 2025	TR2 2025	TR3 2025	TR4 2025
M01	REGULAR PROGRAMMING OF ACTIVITIES													
	Organisation of sport and physical activity programmes													
	Organisation of walks for vulnerable groups													
	Regular organisation of cultural activities													
	Co-design of activities with the health sector to adapt the proposals to the specific needs of the most vulnerable groups in terms of health.													
M02	RELATIONSHIP WITH PUBLIC SERVICES/BUILDINGS AND THE INDUSTRIAL AREA													
	School activities in the park													
	Promote the use of the park among the employees of the industrial area													
	Raising awareness in the health sector. Nature/Social prescribing													
M03	PROMOTION OF THE GREEN AREA													
	Campaign to raise awareness of the park													
	Campaign to explain the impact of the urban environment on health													
	Campaign to encourage healthy lifestyles through the use of the resources offered by the park													
	Publicise the shaded areas available in the park													
	Campaign for proper waste management													
	Strengthening security/surveillance of the area													
M04	IMPROVING SERVICES AND INFRASTRUCTURE													
	Provide a space with minimum infrastructure for events													
	Provide a suitable space for outdoor medicinal activities													
	Medicinal garden with access from the hospital													
	Sitting spots along the main pathways													
	Incorporate resting elements under trees (stones, logs, etc)													
	Provide more picnic tables													
	Enable an outdoor sports area													
	Play area													

ENVIRONMENTAL HEALTH															
ACTION	Activities	TR4 2022	TR1 2023	TR2 2023	TR3 2023	TR4 2023	TR1 2024	TR2 2024	TR3 2024	TR4 2024	TR1 2025	TR2 2025	TR3 2025	TR4 2025	
E01	TRAFFIC CALMING AND MOBILITY MANAGEMENT														
	Drafting the project to provide new access from the north to the car parks ensuring minimum impact on the environment.														
	Traffic calming measures														
	Turning the doctors' parking lot into a "landscaped" one														
	Reducing parking on the Seminary complex														
	Public transport service from other car parks to the hospital														
E02	ENHANCING THE NATURAL ENVIRONMENT AND BIODIVERSITY														
	Define an overall landscape strategy														
	Planting of trees in an area close to the facilities and public buildings														
	Define and protect areas for the maintenance of agricultural activity. Renature, rewild some areas														
	Restore shrubs and grassy margins along paths														
	New wildlife crossing on the Roda road														
	Extending the observation screen of the pond														
	Install vegetation screens to mitigate noise and take measures to soften the impact of industrial buildings														
E03	CAMPAIGNS FOR THE PROTECTION OF THE ENVIRONMENT														
	Organise regular environmental dissemination activities														
	Install information panels on flora/fauna/biodiversity														
	Organising citizen science activities														

HEALTH IMPACT ASSESSMENT															
ACTION	Activities	TR4 2022	TR1 2023	TR2 2023	TR3 2023	TR4 2023	TR1 2024	TR2 2024	TR3 2024	TR4 2024	TR1 2025	TR2 2025	TR3 2025	TR4 2025	
HIA 01	HEALTH IMPACT ASSESSMENT														
	PRELIMINARY DATA: Survey on user characteristics														
	PRELIMINARY DATA: Health data collection														
	MONITORING: Repeat the survey on a regular basis														
	MONITORING: Biodiversity monitoring study														
	MONITORING: Installing an air quality monitoring station														
	REPORTING & EVALUATION: Communicating the results														

STRATEGY															
ACTION	Activities	TR4 2022	TR1 2023	TR2 2023	TR3 2023	TR4 2023	TR1 2024	TR2 2024	TR3 2024	TR4 2024	TR1 2025	TR2 2025	TR3 2025	TR4 2025	
S01	COORDINATION BETWEEN THE DIFFERENT STAKEHOLDERS AND PROCESSES														
	Coordination between the IAP and the drafting of the Puig dels Jueus Urban Development Plan.														
	Citizen participation in the development of the actions and maintenance of the space.														
	Regular meetings between the municipal departments of environment, urban planning, mobility, sports, culture and health.														

MAP

Although the Urban Development Plan will be the document that will determine the characteristics and regulations of the space, a first graphic approach is included below, to complement the information provided in the previous sheets.

The following image shows a proposal for a general spatial regulation. It is proposed to work the area on the basis of 3 different "degrees of protection", according to the activities, uses and functionality of each one of them.

- Spaces for the maintenance of agricultural use
- Spaces for ecological protection and biodiversity.
- Spaces for public use and recreation

The three types of zones interrelate with each other, turning the whole Puig dels Jueus area into a great mosaic.

MOSAIC

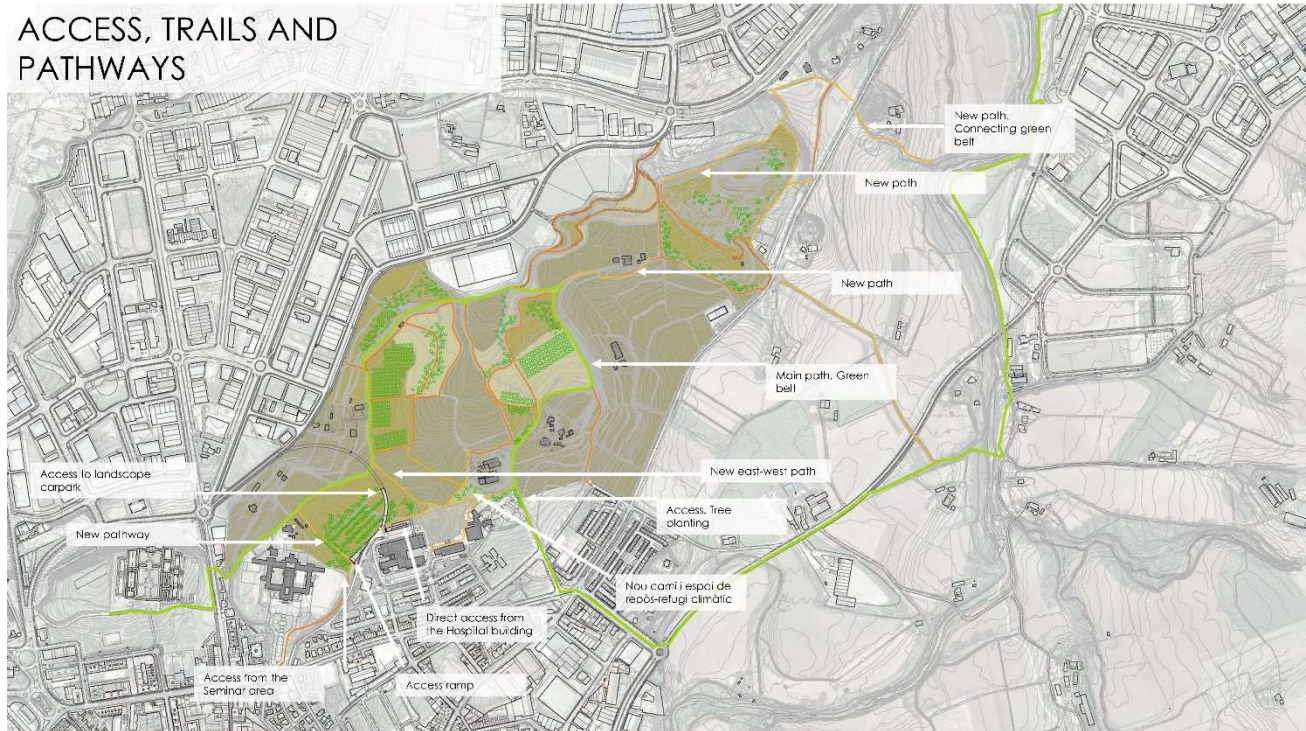
- Agro
- Bio-eco
- Cit



The following map shows the proposed footpath network and connections. It proposes those routes that would need to be completed or linked to give continuity to the existing footpath network.

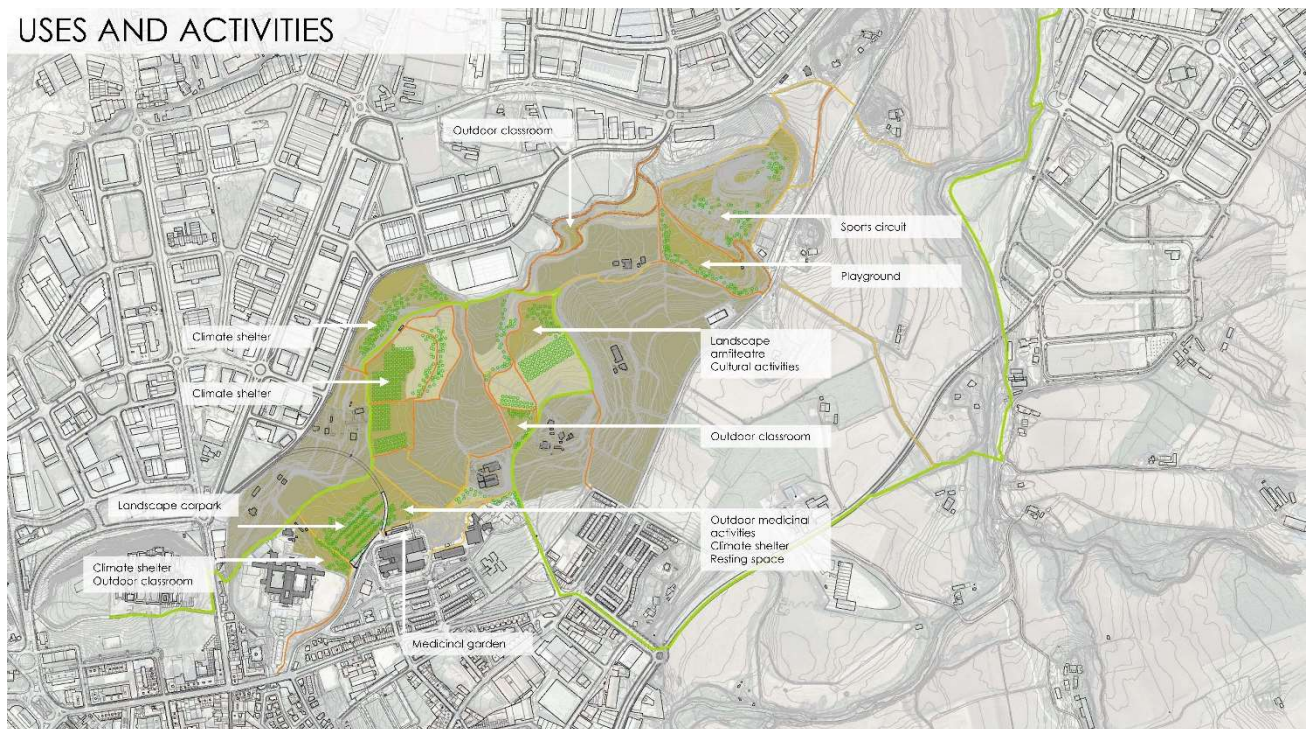
The proposed new pedestrian accesses are also included.

ACCESS, TRAILS AND PATHWAYS



The following image suggests a potential distribution of activities and uses in the different spaces of the area.

USES AND ACTIVITIES



Small Scale Action

In the case of Vic, as the focus of our Action Plan is on the recovery and integration of the Puig dels Jueus green area, the Small-Scale Action has consisted of a series of actions to raise awareness of this area and its potential impact on health.

Following some of the outputs of the local group meetings, where a lack of knowledge of the site was noted, as well as a lack of visualisation of the access points, the following was done during the two weeks of the small-scale action:

GREEN LINES

Starting at 5 different points in the city, "green" routes were marked out to the access points to the park.



More than 5km of green lines (made with a natural biodegradable pigment) were painted. Along the routes, some words were added, such as "discover" or "be healthy".

This provoked great expectation and interest among the neighbours, who began to ask "where is this line going?"

INFORMATION POINTS

At the beginning of the lines, and also along the routes, different information points were installed, with information about the Puig dels Jueus Action Plan, the URBACT project, and the relationship between health and the urban environment.



WELCOME GATES

At the entry points to the park, we set up large entrance gates to welcome people.



ACTIVITIES

In addition, over the course of these days we organised 3 activities for the public.

A nest-box hanging activity, a "healthy walk" following one of the routes painted on the ground, and a small-format music show, under the name "culture and nature for health".



Images to promote activities through social networks

The nesting boxes were produced by the social enterprise ARETÉ, which promotes the social and occupational integration of people with mental health problems. This company is managed by one of the entities that are part of our Local Group.



All these activities, in addition to inviting the community to get to know the Puig dels Jueus space, aimed to raise awareness of the different dimensions of health related to the urban environment: Physical health, through active mobility (healthy walking), mental health, through its relationship with culture (culture&nature for health) and environmental health, related to the improvement of biodiversity (installation of nesting boxes).

LESSONS LEARNED

All the actions carried out under the Small-Scale Action were assessed very positively.

All the actions had been proposed in the Local Group meetings, and corresponded to different purposes, so that a wide range of options could be tested.

Regarding the activities organised, it was highlighted that the different areas of Puig dels Jueus are very suitable for carrying out sporting, cultural and environmental activities.

In this regard, the Action Plan foresees specific actions aimed at incorporating the Puig dels Jueus area into the city's regular programme of activities.

This will certainly help a lot to raise awareness of the area and encourage citizens to use it on a regular basis.

Framework for delivery

The city of Vic is strongly committed to health promotion from a cross-cutting and holistic point of view.

Well-being and health constitute one of the fundamental axes of the city project, included in the Municipal Action Plan (axis 5) (<https://pam.vic.cat/pla-dactuacio-municipal/ciutat-saludable>); and the Puig dels Jueus Integrated Action Plan is proposed as a strategic action in this sense.

On the other hand, the work carried out over the last two years by the Local Group has meant a greater commitment by all the stakeholders involved in the development of the necessary actions for the recovery of the entire Puig dels Jueus area.

The different public services facing the green zone have rediscovered their potential, and are determined to take the necessary measures, also internally, to make the implementation of the Action Plan a reality.

The Integrated Action Plan will be presented to politicians and to technical staff related to the topic that it is addressed. In this regard, further prioritization of the listed actions in the plan could be done as well as advances in relation to funding of the actions.

It is foreseen to use the structure of the ULG to follow-up the implementation of the integrated action plan. It is proposed to partially maintain the Local Group, as a space for exchange to closely follow the development and implementation of the actions:

- Monitoring and be actively involved in the implementation of the actions;
- Monitoring the process (twice per year) and giving recommendations for actions to be implemented
- Updating the IAP (by learning from the implemented actions and adapt the medium and long-term objectives, according to that).

However, the governance structure will remain flexible and it will be opened for new members, as well as for the withdrawal of members who are not interested anymore.

On the other hand, there are some documents, aligned with the objectives of the project and the action plan, which will support the delivery and implementation of the planned actions:

- Master Plan
- Environmental Action Plan
- Mobility Plan
- Urban Green Master Plan

Resourcing and funding scheme

Options for financing the actions planned in the integrated action plan will be explored both at national and international level. On this regard, European funds will be examined in order to find suitable calls for proposals to finance the activities planned. When found, projects will be prepared together with the stakeholders involved.

EU FUNDS

The implementation of the actions of this plan will require varying levels of financial resources, as seen in Section Risk Analysis. Here we present financial tools that are available at the international level that can be used to finance some of the actions in this plan. Although our plan will be implemented at the local level, it would be a mistake not to take into account the financial possibilities available at the European Union level.

The table below outlines a 5-step approach:



For some of our actions finance is key to their implementation. Without the necessary financial support and resources, these actions are unlikely to be implemented and therefore the plan will not achieve the envisioned impact. There is, however, no single source that will deliver sufficient finance to fund all individual aspects of the IAP.

EU funding is available on local, regional, national, interregional and EU level.

For the moment it is not possible to foresee in detail the different options that will be available, as specific calls for proposals are not still launched and thus, no topics or eligibility criteria, for example, are defined yet to be able to analyse their suitability.

However, the most relevant for our IAP are presented below.

ERDF

The European Regional Development Fund (ERDF) aims to strengthen economic, social and territorial cohesion in the European Union by correcting imbalances between its regions.

In 2021-2027, the fund will enable investments to make Europe and its regions:

- **More competitive and smarter**, through innovation and support to small and medium-sized businesses, as well as digitisation and digital connectivity
- **Greener**, low-carbon and resilient
- **More connected** by enhancing mobility
- **More social**, supporting effective and inclusive employment, education, skills, social inclusion and equal access to healthcare, as well as enhancing the role of culture and sustainable tourism
- **Closer to citizens**, supporting locally-led development and sustainable urban development across the EU
-

INTERREG

ERDF also provides funding for several European territorial cooperation activities including the Interregional cooperation programmes known as 'INTERREG'.

Interreg Europe has just launched the new programme for interregional cooperation for the period 2021-2027.

In this new period, the program calls and projects are structured around those 6 main topics: Smart, Green, Connected, Social, Citizens i Governance.

The actions foreseen in this Action Plan could easily match with the program topics and requirements.

EUROPEAN URBAN INITIATIVE

The European Union has grouped together European programmes related to urban initiatives under the name European Urban Initiatives.

URBACT

The URBACT programme supports implementation networks for cities to improve the delivery of their integrated urban strategies and action plans. Support for IAP implementation, for sustaining and developing the Healthy Cities cooperation could be obtained from URBACT.

URBAN INNOVATIVE ACTIONS

Urban Innovative Actions (UIA) is an Initiative of the EU that provides urban areas with resources to test new, unproven solutions to address urban challenges.

After further development parts of the IAP could be developed into innovative actions related to specific topics of UIA –e.g. adaptation to climate change or sustainable use of land and nature based solutions.

HORIZON EUROPE

Horizon Europe is the EU's key funding programme for research and innovation with a budget of €95.5 billion.

It tackles climate change, helps to achieve the UN's Sustainable Development Goals and boosts the EU's competitiveness and growth.

https://ec.europa.eu/info/research-and-innovation/funding/funding-opportunities/funding-programmes-and-open-calls/horizon-europe_en

The Horizon Europe program is structured around 6 main clusters:

- Health
- Culture, Creativity and Inclusive Society
- Civil Security for Society
- Digital, Industry and Space
- Climate, Energy and Mobility
- Food, Bioeconomy, Natural Resources, Agriculture and Environment

Each one of these clusters groups projects and programs that are intended to respond to the 5 missions defined:

- Adaptation to Climate Change mission
- Cancer mission
- Restore our Oceans and Waters mission
- Climate-neutral and smart cities mission
- Soil Deal for Europe mission

The 2023-2024 Plan will open different calls related with the topics above mentioned, and health will be one of the main transversal topics.

NEW EUROPEAN BAUHAUS

The New European Bauhaus is a creative and interdisciplinary initiative that connects the European Green Deal to our living spaces and experiences.

The New European Bauhaus initiative calls on all of us to imagine and build together a sustainable and inclusive future that is beautiful for our eyes, minds, and souls. Beautiful are the places, practices, and experiences that are:

- Enriching, inspired by art and culture, responding to needs beyond functionality.
- Sustainable, in harmony with nature, the environment, and our planet.
- Inclusive, encouraging a dialogue across cultures, disciplines, genders and ages.

STATE FUNDS AND LOCAL FUNDS

At the same time there would be options to finance some of the activities planned through resources that might come either from the Province Public Administration (Diputació de Barcelona) or the Generalitat de Catalunya.

Besides, internal resources will also be deployed in terms of dedicated staff involved in the development of the action plan.

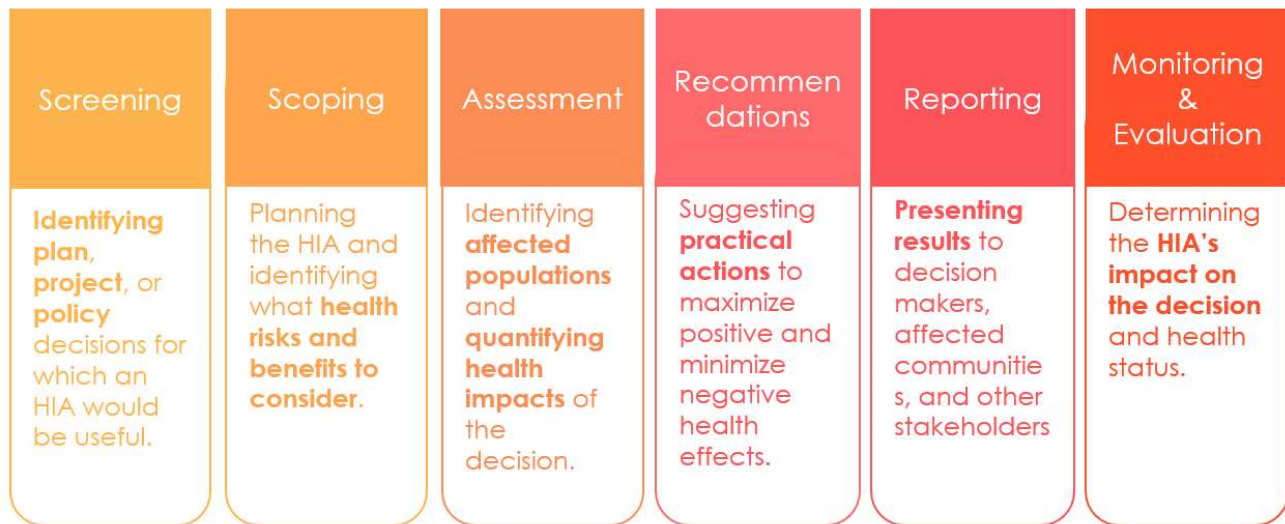
Risk analysis

The risk analysis has been included in the action sheets.

ANNEX

Health Impact Assessment

We have followed the classical approach to Health Impact Assessment, through the 6 steps:



STEPS 1–2 : SCREENING & SCOPING

Analysis

The HIA will address the project of the integral recovery of the area, Puig dels Jueus, and covering 57 hectares in the north of the city.

This area is located between the residential and the industrial zone. It is a huge area with a strategic potential but without a clear project.

This represents a regeneration project, with a high content of urban planning, but Vic wants to achieve a cross-sectional cross-cutting approach. The project will allow discussions about mobility, environment, services, land use, activities or accessibility.

We are interested in knowing the impact that the set of actions to turn this area into a great accessible, green and active park will have on health.

- KEY HEALTH ISSUES

The main health issue we want to address is physical activity, the fight against sedentarism and the emotional well-being and quality of life of citizens.

In Vic, 70% of the population does not make enough physical activity (moderate or intense). 30% are physically inactive.

- PURPOSE OF THE HIA

The purpose of the HIA is to know the main health impacts of the set of actions for the recovery of the Puig dels Jueus area.

- DETERMINE THE ANALYTIC METHODS THE TEAM WILL USE

We still have to define the appropriate methods for analysing the indicators.

We want to measure at the environmental level (air quality).

We are considering the possibility of placing sensors or some kind of mobile unit to measure air quality and noise.

On the other hand, we are considering the possibility of carrying out a survey to find out more details about the physical activity and general state of health of the park's potential users

- GEOGRAPHIC BOUNDARIES OF THE HIA



Governance

STAKEHOLDERS INVOLVED

The stakeholders involved are:

- members of ULG
- "taula de salut comunitària" (organization that brings together all the city's entities related to community health)

HOW HIA WILL BE USED

During the URBACT process the HIA will be used to improve the urban planning measures as much as possible for the Green-Blue city projects, within the feasibility of those measures. After that we aim to use the HIA as a tool to improve new and existing policies for the entire municipality.

Planning and design (compulsory)

The actions/activities foreseen in this Action Plan have been organised on the basis of the established health objectives.

Actions have been planned with the aim of improving physical health, mental health and environmental health:

- **PHYSICAL HEALTH:**
 - Improving access
 - Continuity and improvement of trails and pathways
 - Communication and promotion of routes and paths
- **SOCIAL AND MENTAL HEALTH:**
 - Regular programming of activities
 - Relationship with facilities and the industrial area
 - Promotion of the green area
 - Improve services and infrastructure
- **ENVIRONMENTAL HEALTH:**
 - Traffic calming and mobility management
 - Enhancing the natural environment and biodiversity
 - Campaigns for the protection of the environment

STEPS 3-4: ASSESSMENT & RECOMMENDATIONS

In order to identify the health indicators potentially most influenced by the actions planned, we used the health impact assessment support tool (healthy cities generator) developed within the project.

This tool is based on published scientific evidence linking attributes of the urban environment to health effects.

Following a systematic review of the scientific literature published between 2015-2021, it has been possible to define which elements of the urban environment have an impact on health.

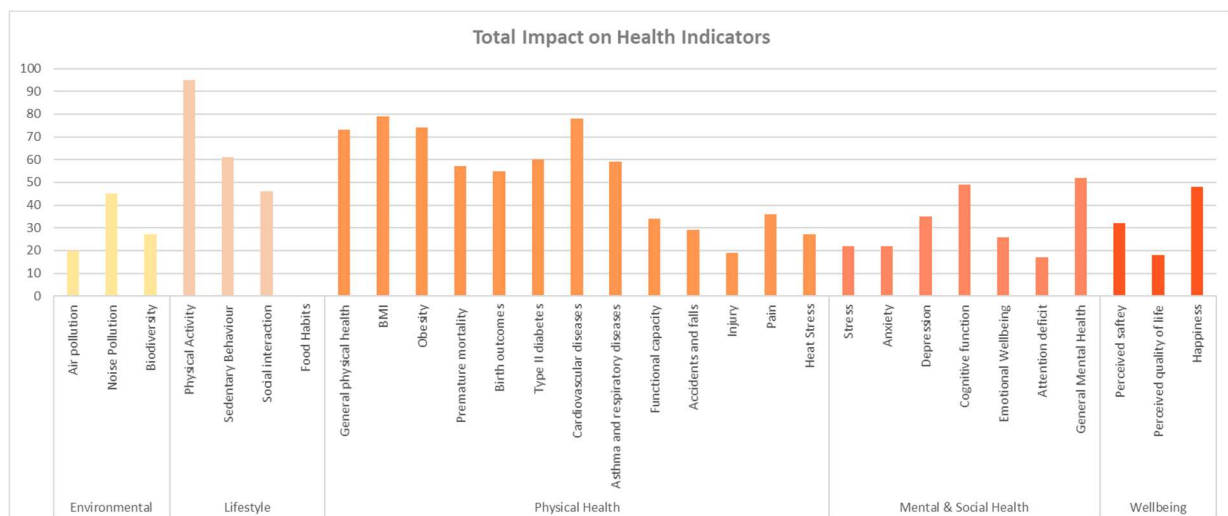
		IMPACT ON HEALTH																															
		HEALTH DETERMINANTS (7)							DIRECT HEALTH OUTCOMES (23)																								
									PHYSICAL HEALTH (16)																MENTAL AND SOCIAL HEALTH (7)				WELL-BEING (3)				
		OB1	OB2	OB3	LO1	LO2	LO4	LO4	PH1	PH2	PH3	PH4	PH5	PH6	PH7	PH8	PH9	PH10	PH11	PH12	PH13	PH14	PH15	PH16	PH17	PH18	PH19	PH20	PH21	PH22	PH23		
		Air pollution	Noise pollution	Biodiversity	Physical activity	Sedentary behavior	Social integration	Food habits	General physical health		BMI	Obesity	Prevalence of chronic diseases	Birth outcomes	Type II diabetes	Cardiovascular diseases	Accidents and falls	Functional capacity	Accidents and falls	Injury	PH11	PH12	PH13	PH14	PH15	PH16	PH17	PH18	PH19	PH20	PH21	PH22	PH23
URBAN DETERMINANTS OF HEALTH	1	DENSITY																															
	2	Population density	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
	3	Business and retail density	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	4	Street corner density and intersection density	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	5	Connection to relevant places (facilities, green areas, urban transport)	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	6	Cycling infrastructure (cyclability)	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	7	Walkability / pedestrian infrastructure	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	8	Availability of public transport	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	9	Reduce the speed and/or volume of traffic	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	10	RECREATION AND PROXIMITY																															
11	Residential proximity to leisure services and facilities (theatres, museums, cultural and sports centers)	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
12	Residential proximity to physical and sports infrastructure and facilities	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
13	Residential proximity to recreational amenities, commerce, retail and	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
14	Residential proximity to public open spaces and urban areas (parks, gardens, etc.)	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
15	Food environment (reduce density of fast-food outlets, increase grocery	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
16	ENVIRONMENT AND LANDSCAPE																																
17	Improve/recreate green coverages, green visibility and blue areas (includes all types of greenery: public green areas, private green areas, street trees, etc.)	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
18	Provide different typologies of green areas (neighbourhood-city)	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
19	Improve connectivity of green and blue infrastructure	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
20	Urban landscape and general amenities in public open spaces (benches, urban furniture, maintenance, lighting, etc.)	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
21	HOUSING AND ENVIRONMENT																																
22	Measures to improve the quality of housing	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
23	Energy efficiency measures (heating, insulation)	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	

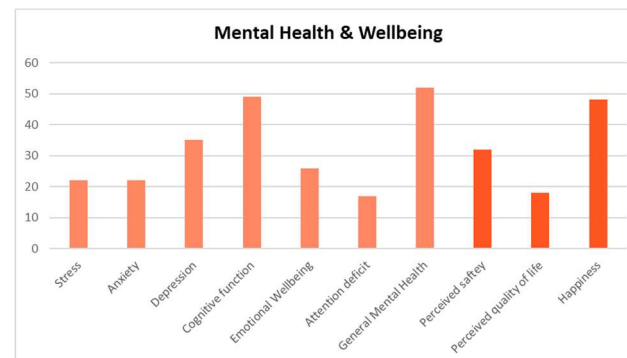
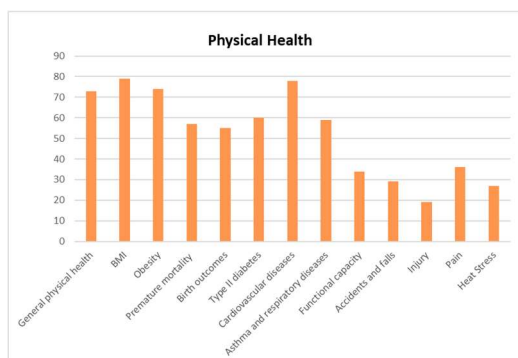
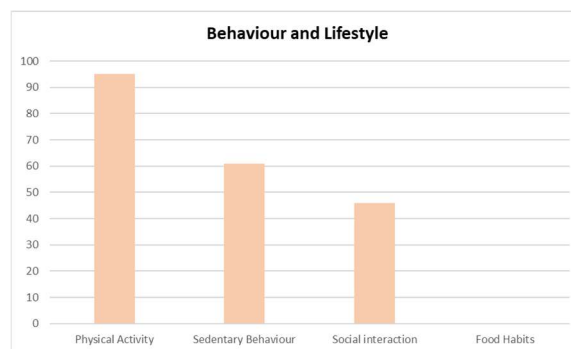
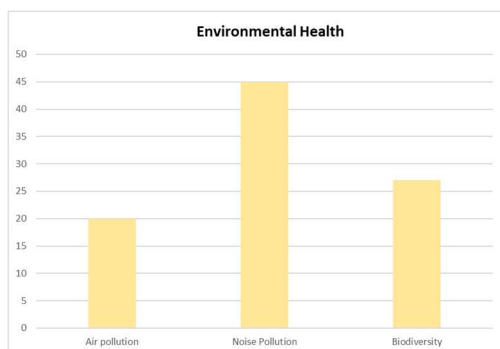
Based on this evidence, a tool has been developed that makes it possible to visualise the health indicators most influenced by a given action, by analysing the elements of the environment that will be modified.

This tool has been used to analyse all IAP actions that have an impact on the urban environment.

For actions that do not modify the urban environment, but propose other types of activities, the health impact has been estimated through a qualitative analysis, to be validated by the Local Group and the subsequent HIA monitoring group.

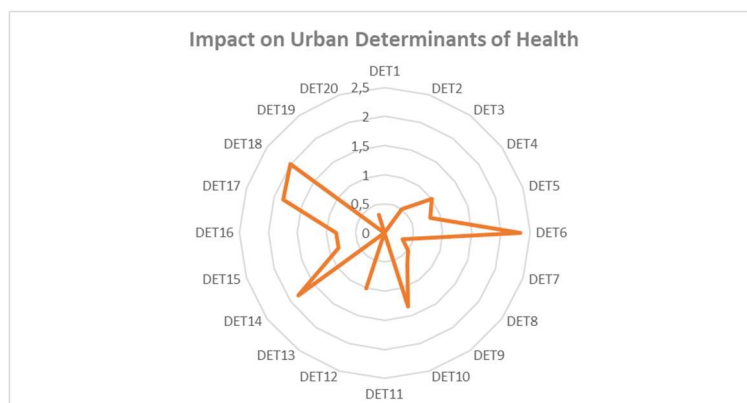
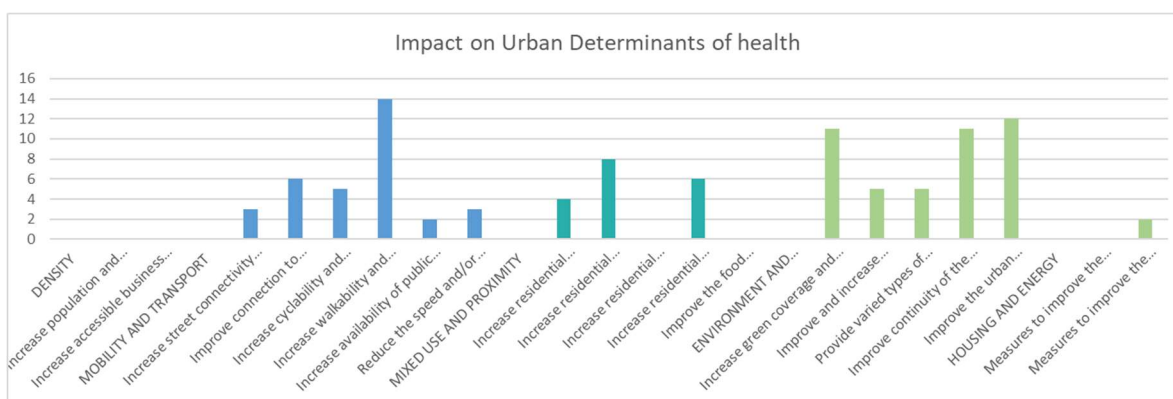
After using the health impact assessment tool (Healthy Cities Generator), we see the following estimated impact on health indicators related to the urban environment:





Each of the IAP factsheets incorporates the corresponding detailed information.

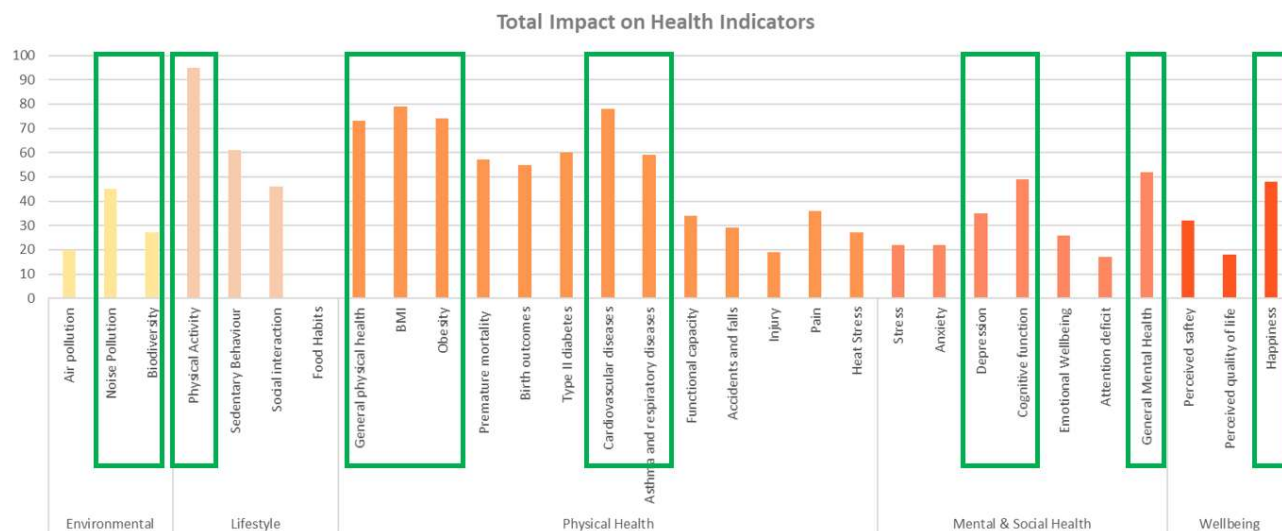
Regarding the impact on the elements of the urban environment that influence health ("urban determinants of health"), this is the impact:



	D1	Increase population and residential density
	D2	Increase accessible business and commercial density
✓	M1	Increase street connectivity and intersection density
✓	M2	Improve connection to relevant places (facilities, green areas, other transport networks)
✓	M3	Increase cyclability and cycling infrastructure
✓	M4	Increase walkability and pedestrian infrastructure
✓	M5	Increase availability of public transport
✓	M6	Reduce the speed and/or volume of traffic
✓	P1	Increase residential proximity to diverse social services and facilities (Healthcare, education, cultural and community centres etc.)
✓	P2	Increase residential proximity to physical and sport infrastructure and facilities
	P3	Increase residential proximity to recreational amenities, commerce, retail, and economic activity
✓	P4	Increase residential proximity to public open spaces and nature areas (Parks, lakes, trails, etc.)
	P5	Improve the food environment (reducing the density of fast-food stores and increasing proximity to grocery stores)
✓	L1	Increase green coverage and green visibility (includes all types of greenery: public green areas, private green areas, street tree canopy, etc.)
✓	L2	Improve and increase proximity to and visibility of blue spaces
✓	L3	Provide varied types of green areas (neighbourhood parks, varied planting, wild areas, large-scale city and regional green areas etc.)
✓	L4	Improve continuity of the green infrastructure
✓	L5	Improve the urban landscape and general amenities in public open space (Aesthetics, urban furniture, maintenance, lighting, etc.)
	H1	Measures to improve the quality of housing
✓	H2	Measures to improve the energy efficiency

STEPS 5-6: REPORTING & MONITORING AND EVALUATING.

Based on the above analysis, we have identified those 12 indicators that will be most influenced by the planned actions:

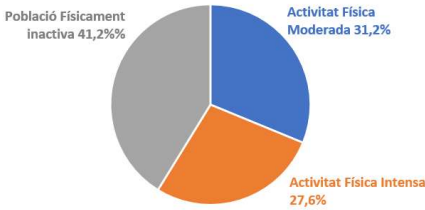



All of them are listed below, together with the corresponding data for monitoring purposes:

Physical Health	Obesity and Overweight		% of population (18-74) overweight	15,4 %	Centre d'Atenció Primària de Vic (2017)
		<div> <p>% població 18-74 anys amb sobrepes o obesitat Vic 2017</p> </div> <div> <p>% població 18-74 anys amb sobrepes o obesitat</p> </div>			
	Cardiovascular diseases	deaths due to diseases of the circulatory system	% of total mortality for the period/ number and percentage of deaths by sex in central Catalonia	26,06% (2010-2013) / Women: 819 (32,68%); Men: 693 (28,14%); Total: 1.512 (30,43%)	Servei de Gestió i Anàlisi de la Informació per a la Planificació Estratègica, Anàlisi de la mortalitat a Catalunya 2015
		<div> <p>Mortalitat per malalties cardiovasculars Vic 2015</p> </div>			

	Perceived general health	Validated survey (qualitative) which includes the questions posed in the ESCA and the calculation of the necessary representative sample, which is 1,745 inhabitants of Vic.	Perceived general health	Excellent (Men: 13,2%; Women: 9,7%; Total: 11,4%) / Very good (Men: 38,8%; Women: 37,1%; Total: 38%) / Good (Men: 33,6%; Women: 34,2%; Total: 33,9%) / Regular (Men: 11,6%; Women: 14,8%; Total: 13,2%) / Bad (Men: 2,8%; Women: 4,2%; Total: 3,5%)	Enquesta validada segons ESCA a Catalunya 2015																	
	<div>Percepció de Salut Vic 2015</div> <table><thead><tr><th>Salut</th><th>homes</th><th>dones</th></tr></thead><tbody><tr><td>excel·lent</td><td>13,2%</td><td>9,7%</td></tr><tr><td>molt bona</td><td>38,8%</td><td>37,1%</td></tr><tr><td>bona</td><td>33,6%</td><td>34,2%</td></tr><tr><td>regular</td><td>11,6%</td><td>14,8%</td></tr><tr><td>dolenta</td><td>2,8%</td><td>4,2%</td></tr></tbody></table>					Salut	homes	dones	excel·lent	13,2%	9,7%	molt bona	38,8%	37,1%	bona	33,6%	34,2%	regular	11,6%	14,8%	dolenta	2,8%
Salut	homes	dones																				
excel·lent	13,2%	9,7%																				
molt bona	38,8%	37,1%																				
bona	33,6%	34,2%																				
regular	11,6%	14,8%																				
dolenta	2,8%	4,2%																				
	Asthma and respiratory diseases		% Incidence over total population / Asthma prevalence by gender	EAP VIC 1 NORD: Women 3,62%; Men 3,18% / EAP VIC 2 SUD: Women 6,7%; Men 5,4%	Centres d'Atenció Primària de Vic (2017)																	
	<div>Asma Vic 2017</div> <div>% Asma respecte total de població</div> <table><thead><tr><th>EAP</th><th>homes</th><th>dones</th></tr></thead><tbody><tr><td>EAP VIC NORD</td><td>3,18%</td><td>3,62%</td></tr><tr><td>EAP VIC SUD</td><td>5,4%</td><td>6,7%</td></tr></tbody></table> <table><thead><tr><th>Category</th><th>Percentage</th></tr></thead><tbody><tr><td>Grey</td><td>85,58%</td></tr><tr><td>Blue</td><td>8,58%</td></tr><tr><td>Orange</td><td>10,32%</td></tr></tbody></table>					EAP	homes	dones	EAP VIC NORD	3,18%	3,62%	EAP VIC SUD	5,4%	6,7%	Category	Percentage	Grey	85,58%	Blue	8,58%	Orange	10,32%
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Salut Mental	Depression and anxiety	Data	Depression: % of population diagnosed with depression Anxiety: % of population diagnosed as anxious or distressed	Depression: 6% Anxiety: 15,2%	Depression: Centre d'Atenció Primària de Vic (2017) Anxiety: Centre d'Atenció Primària de Vic (2017)																	

		<div> <div> <p>Salut Mental Vic 2017</p> </div> <div> <p>Depressió</p> </div> </div>			
	Cognitive function	Test. Colour Trail Test (CTT)			
	General Mental Health	<p>Use of psychotropic drugs (Registre de farmàcia, CatSalut) /</p> <p>Population using psychotropic drugs aged 65 and older</p>	<p>% of population aged 15-64 using psychotropic drugs in Osona</p> <p>% of population aged 65 and older using psychotropic drugs in Vic</p>	<p>Osona: 19,2%</p> <p>Vic: 54,22%</p>	<p>Observatori de Salut. Generalitat de Catalunya (dades 2015) / Central de resultats (indicadors 2016)</p>
		<div> <div> <p>% població 15-64 anys consumidora de psicofàrmacs - Osona 2015</p> </div> <div> <p>% població +65 anys consumidora de psicofàrmacs - Vic 2016</p> </div> </div>			
Environmental Health	Noise	Decibels day/night	Annual days exceeding the limit set by the WHO		
	Biodiversity				
Lifestyles	Physical activity	<p>Minutes per week of physical activity/</p> <p>Qualitative survey. (IPAQ 17-19 (15-69 years)</p>	% of population doing healthy physical activity. moderate + intense physical activity.	<p>31,2% moderate physical activity</p> <p>27,6% intense physical activity</p> <p>58,8% healthy physical activity</p> <p>50% % of the population does not walk daily for</p>	<p>Enquesta qualitativa elaborada en base a l'IPAQ 17-19 (15-69 anys)</p>

				at least 10 minutes at a time													
		<div><p>Activitat Física Vic 2017</p><table><caption>Activitat Física Vic 2017</caption><thead><tr><th>Activitat</th><th>Porcentatge</th></tr></thead><tbody><tr><td>Població físicament inactiva</td><td>41,2%</td></tr><tr><td>Activitat Física Moderada</td><td>31,2%</td></tr><tr><td>Activitat Física Intensa</td><td>27,6%</td></tr></tbody></table></div> <div><p>% Població que camina un mínim de 10 minuts seguits cada dia de la setmana Vic 2017</p><table><caption>% Població que camina un mínim de 10 minuts seguits cada dia de la setmana Vic 2017</caption><thead><tr><th>Resposta</th><th>Porcentatge</th></tr></thead><tbody><tr><td>SÍ</td><td>43,45%</td></tr><tr><td>NO</td><td>56,55%</td></tr></tbody></table></div>	Activitat	Porcentatge	Població físicament inactiva	41,2%	Activitat Física Moderada	31,2%	Activitat Física Intensa	27,6%	Resposta	Porcentatge	SÍ	43,45%	NO	56,55%	
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