

# How urban environments can contribute to increased physical activity

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National Institute for Public Health and the Environment  
City of Voorhout  
Municipal Health Service

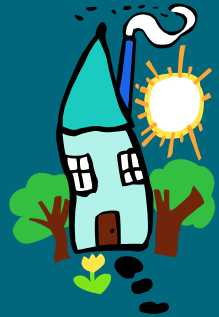
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# Hooghkamer

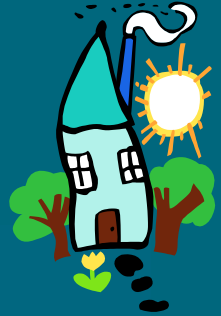


# How urban environments can contribute to increased physical activity



- The city of Voorhout
- Goals of the project
- Activities and results
- Process and evaluation

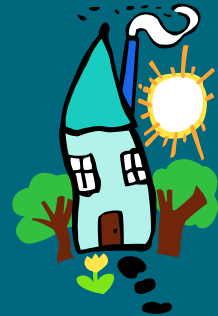
# The city of Voorhout



- Fast growing city
- Memorandum on Public Health Policy
- Physical inactivity associated with high blood pressure, coronary heart disease and diabetes
- Incorporating physical activity in day-to-day routine most effective
- Safety is prerequisite for physical activity

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# Goals of the project



- Manual for building districts which enhance safety and physical activity
- Study (under which conditions) the manual can be used by the municipality

# Activities

- Make a manual: process and 50 items
- Install Working group
- Decree manual in working group
- Stakeholders analysis & communication plan
- Screen Note on Requirements
- Note on Requirements AND advise established by city counsel
- Talk to town planner
- Screen ultimate plan and inform city counsel on findings



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# Ad 1. Examples manual

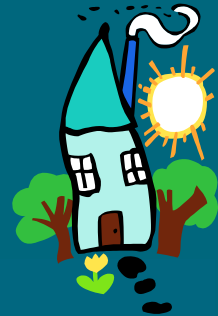
- Try to combine functions in district (houses/shops/schools)
- Try to find grow structures that link with the existing city
- Ensure that there are good facilities at starting points and destinations, fe bicycle sheds
- Choose safe design principles of transport infrastructure:
  - shortest route is safest route
  - avoid searching behaviour



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## Ad 2. Working group



- Department of Health
- Department of Spatial Planning
- Municipal Health Service
- RIVM

## Ad 4. Stakeholders analysis and communication plan

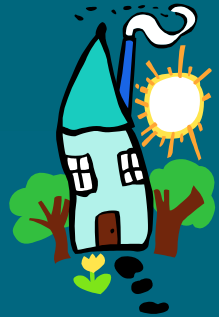


- Persons and institutions with interest in the project
- Nature of the interest and power
- Relations between different actors,
- Whether they supported the project.
- Make communication plan

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## Ad 4. Example of communication plan

- aldermen informed on regular basis
- working conference for colleagues and pressure groups
- future inhabitants informed by newspaper
- interview inhabitants of other districts



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# Ad 5. Example of Screening Note on Requirements



- No provisions in new district will stimulate use of the car. Advice is to build a small shopping centre.
- New district links to existing city. Stimulates walking and going by bike
- New districts a lot of water. Plea for unsteep slopes.
- Little space reserved for public green spaces

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# Process and evaluation

- We describe the process
- We interview members of the working group
- University of Utrecht conducts analysis of administrative context
- University of Utrecht conducts evaluation
  - process and usability of manual
  - extent to which the plan is altered

