CATALOGUE OF RESOURCES

Urban Planning, Environment and Health Initiative

GUIDELINES

Housing and Health: an evidence review
Access

This guide synthesis the scientific evidence about how housing factors affect health, offering guidance for integrating health into housing policies and promoting healthier construction.
Available in: catalan

Ventilate for your health: Criteria and recommendations to improve household ventilation.
Access

This guide offers practical advice to improve indoor air quality through proper ventilation.
Available in: catalan, spanish

Ventilate for your health: Online tool
Access

Tool associated with the basic guide to better ventilate our home.
Available in: catalan, spanish

Incorporating Health Criteria into Urban Transformation Processes with Citizen Participation
Access

Guidelines for integrating health transversally into urban interventions, combining scientific evidence, citizen participation, and equity to promote healthier and more democratic environments.
Available in: catalan

Protecting environments and health by building urban resilience
Access

WHO Europe series to support local authorities in using urban planning to enhance preparedness, reduce risks for natural disasters and to create safe, healthy, and sustainable cities that align with global resilience and sustainability agendas. Publications include an evidence review, key messages, a review of indicators and experiences from 12 cities.
Available in: english

TOOLS

Tool for assessing determinants of health in public spaces
Access

This tool, developed collaboratively with the Diputació de Barcelona, integrates health criteria into the design of parks and plazas, providing a score that can be used to evaluate and compare specific designs.
Available in: catalan, english, spanish

Healthy Urban and Transport Planning Checklist
Access

This checklist helps municipalities assess urban and environmental plans using indicators that align strategies with health and environmental goals.
Available in: catalan, english, spanish

ISGlobal City Ranking
Access

This resource ranks 1000 European cities by air pollution, noise and green space levels and health impacts, offering data to inform policies and improvements.
Available in: catalan, english, spanish

Database of tools to incorporate the health perspective in municipal actions
Access

Searchable database of tools to facilitate the observation, measurement and evaluation of health impacts that public space interventions in communities and cities.
Available in: catalan, english, spanish, depending on the tool

SOOPEN: a systematic observation tool for physical activity and social interaction in the schoolyard
Access

This systematic observation tool allows assessing the group dynamics of children for different charcteristics and activity types of all children playing in schoolyard areas.
Available in: english

CITIZEN SCIENCE

LabCSU
Access

This citizen science methodology builds a collaborative space for innovation, learning, and community action that drives participatory solutions to build resilient, healthy, sustainable, and inclusive neighborhoods.
Available in: catalan, spanish

Protocol for Monitoring Air Quality Around School Environments
Access

This protocol enables citizens, schools, and community groups to monitor NO_2 levels and assess air quality, offering a standardized approach that can be adapted for other citizen science projects.
Available in: english, spanish

OPEN ACCESS ONLINE COURSES

Streets for Kids
Access

This course explores the impacts of street design on child health and how to design healthy urban environments for kids - and for everyone.
Available in: english

The Urban Heat Island effect: How to tackle excess heat in cities
Access

This course explores the Urban Heat Island (UHI) effect, its impact on health, climate change, and urban mobility, and presents innovative solutions to mitigate its effects.
Available in: english

Tackling noise pollution in cities
Access

This course explores the impact of noise pollution in cities on human well-being and the environment and provides solutions that cities can take.
Available in: english

GRAPHIC MATERIAL

Redrawing Barcelona
Access

This comic examines Barcelona's search for an urban model that prioritizes health, equity, and sustainability.
Available in: catalan, english, spanish

SDG3: Health & Wellbeing in Cities
Access

Brief video illustrating the importance of urban planning, design and management and health to achieve SDG3.
Available in: english, spanish

5 Keys to Healthier Cities
Access

Interactive Report about the links between urban environmental exposures and health.
Available in: catalan, english, spanish

The #SchoolsWeWant Social Campaign
Access

This social media campaign offers free and ready-to-share digital and print materials to raise awareness about healthy school environments.
Available in: catalan, english, spanish

PROJECTS

Safe and Healthy School Environments
Access

This project focuses on school environments, particularly air pollution, providing resources to create healthier, safer spaces for students and educators.
Available in: catalan, english, spanish

The Clean Cities Campaign
Access

A European collaboration working to reduce emissions, improve air quality, and create healthier, quieter cities with fewer traffic collisions.
Available in: english, with some content incatalan, italian, polish, or spanish

RECETAS
Access

A visual overview of the RECETAS project that uses Nature Based Social Prescription to address loneliness and improve mental health.
Available in: catalan, czech, french, finnish english, spanish