



# HEALTHY ENVIRONMENT STIMULATION PROGRAMME

## A HEALTHY ENVIRONMENT CALLS FOR SMART SOLUTIONS

A healthy environment has a positive effect on our health. It encourages us to exercise, relax, and meet other people. Inviting cycling and hiking trails, clean air, attractive meeting places, and green playing areas in cities, towns and rural areas are essential to maintaining a healthy environment for our citizens. And as our province is getting busier, we need to take action now.

Through its Healthy Environment Stimulation Programme, the Province of Utrecht is taking the lead in this. We have joined forces with municipalities, businesses, universities and research institutes to develop smart and innovative solutions that contribute to a healthy environment and encourage healthy behaviour. We also share best practices, both our own and those of others. In this way, we keep our region healthy, attractive and accessible.

### The programme consists of three parts



1

We believe a healthy environment should be the basis of all our plans. In this way, we show that the Province brings into practice what we ask of others.

*Practise what you preach*

DOING

## CONNECTING

Together with our partners, we stimulate smart and innovative solutions for a healthy living environment. We connect expertise and issues relating to healthy urbanisation and developments within towns and villages. Besides exchanging knowledge and experience, we also apply what we have learnt in practice.

*Together we are stronger*

2



3

We show the efforts and results of our stimulation programme and share good practices to inspire others. In this way, we make people more aware of the importance of a healthy environment and encourage them to take action.

*Setting the right example*

SHARING

**Want to know more?** Go to [www.provincie-utrecht.nl/gezondeleefomgeving](http://www.provincie-utrecht.nl/gezondeleefomgeving) (only available in Dutch) or contact one of our employees through [gezondeleefomgeving@provincie-utrecht.nl](mailto:gezondeleefomgeving@provincie-utrecht.nl).

## BEST PRACTICES



### Healthy trails – Recharge your Batteries in Nature

The 'Recharge your Batteries in Nature' campaign focuses on hiking and cycling trails through the cleanest and quietest areas in our province. It includes a hike through Leersumse Veld and a cycling trail along the river Vecht and the nearby lakes. With these trails, we hope to inspire people to take more exercise, not only in their spare time, but in everyday life. For more information, go to [www.opladenindenatuur.nu](http://www.opladenindenatuur.nu) (only available in Dutch).



### Spatial planning support

Together with municipalities, we are developing measures that can lead to a healthier living environment throughout our region. Our support includes a Map Table. This tool visualises the most important features of an area, makes an inventory of spatial requirements in terms of various interests (such as health, sustainability, etc.), and determines the effects of potential spatial choices and measures in an interactive design process. This way of working results in an agreement on the environmental quality required in a specific area. Agreements on how to achieve this can be laid down in a 'health deal'.



### Air Quality Collaboration

The Province of Utrecht aims to ensure a healthy living environment in order to keep our region healthy, accessible and attractive. One of the main prerequisites of a healthy living environment is good air quality. However, air quality is an issue that goes across borders. We cannot tackle this on our own. We have therefore entered into a collaboration with other stakeholders. Together, we search for the best solutions to improve air quality.



### Healthy Urban Living Knowledge Alliance

This alliance is a collaboration between governments (the Province and the City of Utrecht) and universities (University of Applied Sciences and Utrecht University). The alliance carries out research and draws up proposals for solutions to contribute to the health of residents and workers in the city and the region. Through practical and fundamental research and 'living labs', we are looking for answers to questions such as 'How can we diminish health differences between people?', 'How can we combine denser urban development with greener areas?', 'How can we encourage people to choose sustainable and healthy food?', 'How can we stimulate the use of clean forms of mobility?' and 'How do we make sure there will always be work for everyone?'.



### Living Lab Utrecht

Together with the City of Utrecht and the national government, the Province participates in the three-year Living Lab Utrecht project (2016-2018). This Living Lab works on knowledge development and innovative, design-based research in the field of healthy urban living. It focuses on four themes: (1) the climate-neutral and climate-robust city, (2) the circular economy, (3) sustainable and clean mobility, and (4) encouraging healthy behaviour through smart urban design. Want to know more? Read the fact sheets on [www.slimmeengezondestad.nl/pilotsteden/utrecht](http://www.slimmeengezondestad.nl/pilotsteden/utrecht) (only available in Dutch).



### Series of lectures

In 2018 and 2019, in collaboration with Architecture Centre Aorta, the Province of Utrecht is organising a series of lectures on healthy urbanisation. In each lecture, we link this theme to a different social issue. This will reveal a joint vision on the urgency and benefits of healthy urbanisation in relation to these issues, and what will be needed to find effective solutions.