

IN-HABIT - INclusive Health And well-being In small and medium size ciTies

D7.3 - ANNEX 4 Context and Impact indicators for the baseline study

Project Number	869227	Acronym	IN-HABIT
Full Title	INclusive Health And well-being In small and medium size ciTies		
Project URL	https://www.inhabit-h2020.eu/		
Document Type and Name	Deliverable, D 7.3 Baseline Study Report on IHW		
Project Coordinator	University of Cordoba		
Project Call and Funding Scheme	SC5-14-2019 - Visionary and integrated solutions to improve well-being and health in cities H2020-SC5-2019-2 (IA)		
Date of Delivery	M18 – Date 28/02/2022		
WP, WP Leader	WP n7, ISIMPACT (ISIM)		
Status	Final		
Dissemination level (confidentiality)	Public		
Authors (names and affiliations)	Roberta Cocchioni (ISIM), Paola Di Lazzaro (ISIM), Helen Dodd (UREAD/Exeter), Rachel Mc Cloy (UREAD), Cristiana Russo (ISIM), Shannon Wake (UREAD)		

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

1. CORDOBA

1.1. Context indicators for Cordoba

Equality	
Context Indicators for Cordoba	Description
Sense of being treated equally	Persons who feel they are treated with less courtesy and respect than others (or other groups) (qualitative/self reported/Context indicator)
Access to internet from home	Persons who have access to internet from home (quantitative/self reported/Context Indicator)
Obstacles for the access to culture and leisure	Persons who think to have economic, time, family, mobility, cognitive, cultural obstacles in the access to culture and leisure opportunities in their City/neighbourhood (quantitative and qualitative/self reported /context Indicator)
Obstacles for the access to social care services and health services	Persons who think to have economic, time, family, mobility, cognitive, linguistic/cultural, social obstacles in the access to social care and health services in their city/neighbourhood (qualitative/self reported /context Indicator)
Obstacles for the access to training opportunities	Persons who think to have economic, time, family, mobility, cognitive, linguistic/cultural, social obstacles in the access to training opportunities in their city (qualitative and quantitative/self reported /context Indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Discrimination	
Context Indicators for Cordoba	Description
Perception of discrimination in society	Persons who believe that minority groups are considered dangerous/dishonest/ criminals/ unreliable/ bad neighbours by local inhabitants (qualitative/self reported /context Indicator)
Perceived personal condition of discrimination	Persons who can describe themselves as being a member of a group that is discriminated against in their country. (quantitative/self reported /context Indicator)

Physical health, physical activity and eating habits	
Context Indicators for Cordoba	Description
Self-reported health status	Average level of physical health reported by persons on a 5 points scales (quantitative/self reported / context indicator)
Practice of physical activity	Frequency of practice of physical activity in a week (quantitative /self reported / context indicator)
Time spent on food preparation at home	Average time spent by persons preparing their meals at home in a day (quantitative/self reported / context indicator)
Consumption of fruits and vegetables	Persons who declare to consume fresh fruits and vegetables on a daily basis (quantitative/self reported / context indicator)
Access to healthy and nutritious food	Persons who were unable to eat healthy and nutritious food in the last week (quantitative/self reported / context indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Time devoted to family, leisure and pets care	
Context Indicators for Cordoba	Description
Time devoted to leisure and personal care	Average time (hours) devoted to leisure and personal care in a typical working day (quantitative/self reported / context indicator)
Time devoted to family care	Average time in a day devoted to family care (quantitative/self reported / context indicator)
Time devoted to pets' care/playing with pets	Average time devoted to pets' care/playing with pets in a day (quantitative/self reported / context indicator)
Satisfaction with free time use	Persons who are satisfied with the quality of their free time/the way they spend their free time (quantitative/self reported / context indicator)

Economic situation	
Context Indicators for Cordoba	Description
Feeling that one's basic needs are met	persons who believe that their basics needs are sufficiently met (quantitative/self reported /context indicator)
Satisfaction with time and resources for personal care	number of persons who think to have sufficient resources to manage personal matters/personal care (quantitative/self reported /context indicator)
Satisfactions with one's own financial situation	Average level of satisfaction related to one's own family or individual income and resources (quantitative/self reported /context indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

1.2. Key Impact Indicators for Cordoba

Social cohesion			
Expected changes	Key Indicators for Cordoba	Impact for	Description
Improved social relations	Satisfaction with personal relationships in the neighbourhood	with	Persons who declare a good/very good level of satisfaction with personal relationships in the neighbourhood/living area (quantitative/self reported/Key Impact Indicator)
Increased trust among people	Trust in others		persons who declare a good/very good level of trust in other persons within their community (qualitative/self reported/Key Impact Indicator)
Improved social network support	Social support	network	Persons who rely on getting help from services organized by associations, neighbourhood committees, groups of inhabitants (including visiting services) (quantitative and qualitative/self reported /Key Impact Indicator)
increased collective self-esteem	Collective self-esteem		Persons who feel proud of thier community, feel a sense of self-esteem as a community (qualitative self reported/key impact indicator)

Perception of security		
Expected changes	Key Impact Indicators for Cordoba	Description
Increased sense of safety	sense of safety at night	Persons who feel safe walking at night in the city (quantitative/self reported/Key Impact Indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

	sense of safety in green areas	Persons who feel safe to walk in the public green areas of their neighbourhood (quantitative/self reported/Key Impact Indicator)
	perception of crime, violence or vandalism in the living area	Average level of crime, violence and vandalism in the neighbourhood perceived by persons on a range from 1-10 (quantitative/self reported/Key Impact Indicator)

Social inclusion			
Expected changes	Key Indicators for Cordoba	Impact for	Description
Increased social relations in public spaces	Contact with others in public spaces		Persons who get together with friends and relatives in public spaces once a week (quantitative/self reported/Key Impact Indicator)
	Domestic Isolation		Persons who spend the majority of their time alone at home (qualitative/self reported/Key impact indicator)
Improved sense of inclusion	Sense of inclusion		Persons who feel to be part of the community (quantitative and qualitative/self reported/Key Impact Indicator)
Improved sense of freedom and comfort in personal relationships	Freedom of personal contact		People who experience a sense of freedom, absence of discomfort and tranquillity in personal relationships (qualitative/self reported/Key impact indicator)
Improved civil engagement and democratic participation	Civil engagement 1		Persons who declare to take part to democratic life at city level (neighbourhood committees, municipal or school councils, election committees, political parties) (quantitative/self reported/Key Impact Indicator)
	Civil engagement 2		Persons who believe they can influence local policies/political decisions (qualitative/self reported/Key Impact Indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Improved social engagement	Social engagement 1	Persons who declare to participate in voluntary activities (social, cultural, educational, religious) (quantitative/self reported/Key Impact Indicator)
	Social engagement 2	Persons who are satisfied with their level of involvement in the local community life qualitative/self reported/Key Impact Indicator
	Social engagement 3	People who are committed to take care of public spaces and green areas in their neighbourhood (qualitative and quantitative/self reported/Key Impact Indicator)
Improved openness to diversity	Openness to diversity	Persons who are open towards new values and alternative way of living and thinking (qualitative/self reported/key impact indicator)
Increased change-making attitude	Change-making attitude	Persons who believe they can change the reality of their neighbourhood (social situation, beauty/attractiveness of the space, economic situation) (qualitative/self reported/Key Impact Indicator)

Equality in the access to culture and leisure

Expected changes	Key Indicators for Cordoba	Impact for	Description
Improved equal access to culture and leisure	Equal access to culture and leisure		Persons who believe to have the same opportunity than others to access the available cultural and leisure opportunities in their city/neighbourhood (qualitative/self reported/Key Impact Indicator)

Spatial well-being

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Expected changes	Key Indicators for Cordoba	Impact for	Description
Improved accessibility of local resources	Accessibility of local resources		Persons who think in their neighbourhood is easy to find help from others; find job opportunities; training opportunities; find safe, pleasant and accessible green areas, participate in cultural events; find adequate social and health assistance, find a place to do sports, find healthy food, find children playgrounds, moving on foot, moving by bike (qualitative and quantitative /self reported /Key Impact Indicator)
Improved satisfaction with urban green areas	Satisfaction with urban green areas		Persons who are satisfied with public green areas of their neighbourhood in terms of accessibility, safety, inclusiveness, beauty, comfort (quantitative/self reported / Key impact indicator)
Increased inclusiveness of public squares and green areas	Inclusiveness of public squares and green areas		Persons who feel free to access, to use and to move within the public squares and green areas in their neighbourhood (quantitative and qualitative/self reported /Key Impact Indicator)
Improved air quality perception	Air pollution perception		Persons who think that the quality of air in their neighbourhood is satisfactory/good (quantitative/self reported / Key impact indicator)
Improved sense of belonging and satisfaction with the quality of the neighbourhood	Sense of belonging and perception of the neighbourhood		Number of persons who like their neighbourhood; who think that it has a good reputation; who think that the image of the neighbourhood has improved in the past two years; who think it could attract more tourists in the next years; who would not move to another neighbourhood (qualitative and quantitative /self reported /Key Impact Indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Sports practice and consumption of self-grown fruit and vegetables			
Expected changes	Key Indicators for Cordoba	Impact for	Description
Increased consumption of self-grown fruit and vegetables Not detected	Self-grown fruit and vegetables consumption		Persons who declare to consume self-grown fruit and vegetables (qualitative/self reported /Key Impact Indicator)
Increased awareness and motivation towards healthy habits	Awareness and motivation towards healthy habits		Persons who are aware about healthy habits and motivated to change their lifestyles (qualitative/self reported/ Key Impact Indicator)
Increased practice of sports in public green areas (P;C)	Practice of sports in public green areas		Frequency of use of the public outdoor/green areas to do sports in a week (quantitative and qualitative/self reported / Key impact indicator)
Increased perception of benefits from sports	Benefits from sports		Persons who think that sports/physical activity contributes to their well-being (qualitative/self reported /Key impact indicator)

Cultural participation and culture-related well-being			
Expected changes	Key Indicators for Cordoba	Impact for	Description
Increased satisfaction with cultural facilities	Satisfaction with cultural facilities		Persons who are satisfied with the cultural places/events and opportunities in their neighbourhood (quantitative/self reported / Key impact indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Increased participation in cultural activities within public spaces	Participation in cultural activities within public spaces (outdoor/indoor)	Frequency of participation in cultural activities/consumptions in public squares, green areas, centers of their neighbourhood in a week (quantitative/self reported / Key impact indicator)
Increased perception of benefits from culture Not detected	Benefits from culture	Persons who think that cultural activity contributes to their well-being (qualitative/self reported /Key impact indicator)
Increased local cultural engagement	Local cultural engagement	Persons directly involved in the organization, production and management of cultural activities, products, places and events in their neighbourhood (quantitative self reported/ key impact indicator)

Free time and leisure		
Expected changes	Key Indicators for Cordoba	Impact for
		Description
increased practice of healthy leisure	Practice of healthy leisure	People who practice healthy behaviours for leisure /avoid unhealthy leisure (qualitative /self reported /Key Impact Indicator)
Increased time spent playing relaxing or doing sports in public green areas	time spent playing, relaxing or doing sports in public green areas	Average time (hours) spent playing, relaxing or doing sports in public green areas in a day (quantitative/self reported / Key impact indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Increased time spent in social and recreational public spaces	time spent in social and recreational public spaces	Average time spent in social and recreational public spaces in a day (quantitative/self reported / Key impact indicator)
Increased perception of benefits from social and recreational public spaces	Benefits from social and recreational public spaces	Persons who think that social and recreational public spaces contribute to their well-being (qualitative self reported/key impact indicator)
Increased quality of free time in public spaces	Perceived quality of free time in public spaces	Persons who think that the quality of their free time in public spaces is satisfactory (qualitative self reported/key impact indicator)

Employability and satisfaction with one's living environment		
Expected changes	Key Indicators Impact for Cordoba	Description
Increased employment of people	Opportunity to find a job in the city	persons who are satisfied with the opportunities offered by the job market at city level (qualitative/self reported/key impact indicator)
	Expected sector of occupation	persons who think they can find a job in NBS related sector in the next 6 months (qualitative/self reported/key impact indicator)
Increased satisfaction with one's skills and competences	Satisfaction with one's own competencies, skills 1	persons who are satisfied with their level of skills and competences (qualitative/self reported/key impact indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

	Satisfaction with one's own competencies, skills 2	Persons who think that their education, skills and competences will be helpful to find a paid job in the city (qualitative/self reported/key impact indicator)
Increased satisfaction with one's surroundings and living environment	Satisfaction with one's surroundings/living environment	satisfaction related to one's own surroundings/living environment (qualitative/self reported /Key impact indicator)

2. RIGA

2.1. Context indicators for Riga

Equality	
Context Indicators for Riga	Description
Sense of being treated equally	Persons who feel they are treated with less courtesy and respect than others (or other groups) (qualitative/self reported/Context indicator)
Access to internet from home	Persons who have access to internet from home (quantitative/self reported/Context Indicator)
Obstacles for the access to culture and leisure	Persons who think to have economic, time, family, mobility, cognitive, cultural obstacles in the access to culture and leisure opportunities in their City/neighbourhood (quantitative and qualitative/self reported /context Indicator)
Obstacles for the access to training opportunities NOT DETECTED	Persons who think to have economic, time, family, mobility, cognitive, linguistic/cultural, social obstacles in the access to training opportunities in their city (qualitative and quantitative/self reported /context Indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Discrimination	
Context Indicators for Riga	Description
Perception of discrimination in society	Persons who believe that minority groups are considered dangerous/dishonest/ criminals/ unreliable/ bad neighbours by local inhabitants (qualitative/self reported /context Indicator)
Perceived personal condition of discrimination	Persons who can describe themselves as being a member of a group that is discriminated against in their country. (quantitative/self reported /context Indicator)

Physical health, physical activity and eating habits	
Context Indicators for Riga	Description
Self-reported health status	Average level of physical health reported by persons on a 5 points scales (quantitative/self reported / context indicator)
Practice of physical activity	Frequency of practice of physical activity in a week (quantitative /self reported / context indicator)
Time spent on food preparation at home	Average time spent by persons preparing their meals at home in a day (quantitative/self reported / context indicator)
Consumption of fruits and vegetables	Persons who declare to consume fresh fruits and vegetables on a daily basis (quantitative/self reported / context indicator)
Access to healthy and nutritious food	Persons who were unable to eat healthy and nutritious food in the last week (quantitative/self reported / context indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Time devoted to family, leisure and pets care	
Context Indicators for Riga	Description
Time devoted to leisure and personal care	Average time (hours) devoted to leisure and personal care in a typical working day (quantitative/self reported / context indicator)
Time devoted to family care	Average time in a day devoted to family care (quantitative/self reported / context indicator)
Time devoted to pets' care/playing with pets	Average time devoted to pets' care/playing with pets in a day (quantitative/self reported / context indicator)
Satisfaction with free time use	Persons who are satisfied with the quality of their free time/the way they spend their free time (quantitative/self reported / context indicator)

Economic situation	
Context Indicators for Riga	Description
Feeling that one's basic needs are met	persons who believe that their basics needs are sufficiently met (quantitative/self reported /context indicator)

2.2. Key Impact Indicators for Riga

Perception of security		
Expected changes	Key Impact Indicators for Riga	Description

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Increased sense of safety	sense of safety at night	Persons who feel safe walking at night in the city (quantitative/self reported/Key Impact Indicator)
	sense of safety in green areas	Persons who feel safe to walk in the public green areas of their neighbourhood (quantitative/self reported/Key Impact Indicator)
	fear of road accidents	Persons who express fear to be victim of road accidents when walking or cycling in the street of their neighbourhood (quantitative/self reported/Key Impact Indicator)
	perception of crime, violence or vandalism in the living area	Average level of crime, violence and vandalism in the neighbourhood perceived by persons on a range from 1-10 (quantitative/self reported/Key Impact Indicator)

Social inclusion

Expected changes	Key Impact Indicators for Riga	Description
Increased social relations in public spaces	Contact with others in public spaces	Persons who get together with friends and relatives in public spaces once a week (quantitative/self reported/Key Impact Indicator)
	Domestic Isolation	Persons who spend the majority of their time alone at home (qualitative/self reported/Key impact indicator)
Improved sense of inclusion	Sense of inclusion	Persons who feel to be part of the community (quantitative and qualitative/self reported/Key Impact Indicator)
Improved social engagement	Social engagement 1	Persons who declare to participate in voluntary activities (social, cultural, educational, religious) (quantitative/self reported/Key Impact Indicator)
	Social engagement 2	Persons who are satisfied with their level of involvement in the local community life qualitative/self reported/Key Impact Indicator

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

	Social engagement 3	People who are committed to take care of public spaces and green areas in their neighbourhood (qualitative and quantitative/self reported/Key Impact Indicator)
Increased change-making attitude NOT DETECTED	Change-making attitude	Persons who believe they can change the reality of their neighbourhood (social situation, beauty/attractiveness of the space, economic situation) (qualitative/self reported/Key Impact Indicator)

Spatial well-being		
Expected changes	Key Impact Indicators for Riga	Description
Improved accessibility of local resources	Accessibility of local resources	Persons who think in their neighbourhood is easy to find help from others; find job opportunities; training opportunities; find safe, pleasant and accessible green areas, participate in cultural events; find adequate social and health assistance, find a place to do sports, find healthy food, find children playgrounds, moving on foot, moving by bike (qualitative and quantitative /self reported /Key Impact Indicator)
Improved satisfaction with urban green areas	Satisfaction with urban green areas	Persons who are satisfied with public green areas of their neighbourhood in terms of accessibility, safety, inclusiveness, beauty, comfort (quantitative/self reported / Key impact indicator)
Increased inclusiveness of public squares and green areas	Inclusiveness of public squares and green areas	Persons who feel free to access, to use and to move within the public squares and green areas in their neighbourhood (qualitative/self reported /Key Impact Indicator)
Improved sense of belonging and satisfaction with the quality of the neighbourhood	Sense of belonging and perception of the neighbourhood	Number of persons who like their neighbourhood; who think that it has a good reputation; who think that the image of the neighbourhood has improved in the past two years; who think it could attract more tourists in the next years; who would not move to another neighbourhood (qualitative and quantitative /self reported /Key Impact Indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

--	--	--

Healthy habits		
Expected changes	Key Impact Indicators for Riga	Description
Increased consumption of self-grown fruit and vegetables	Self-grown fruit and vegetables consumption	Persons who declare to consume self-grown fruit and vegetables (qualitative/self reported /Key Impact Indicator)
Increased awareness and motivation towards healthy habits	Awareness and motivation towards healthy habits	Persons who are aware about healthy habits and motivated to change their lifestyles (qualitative/self reported/ Key Impact Indicator)
Increased practice of sports in public green areas	Practice of sports in public green areas	Frequency of use of the public outdoor/green areas to do sports in a week (quantitative and qualitative/self reported / Key impact indicator)
Increased perception of benefits from sports	Benefits from sports	Persons who think that sports/physical activity contributes to their well-being (qualitative/self reported /Key impact indicator)

Cultural participation and engagement		
Expected changes	Key Impact Indicators for Riga	Description

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Increased participation in cultural activities within public spaces	Participation in cultural activities within public spaces (outdoor/indoor)	Frequency of participation in cultural activities/consumptions in public squares, green areas, centers of their neighbourhood in a week (quantitative/self reported / Key impact indicator)
Increased local cultural engagement	Local cultural engagement	Persons directly involved in the organization, production and management of cultural activities, products, places and events in their neighbourhood (qualitative self reported/ key impact indicator)

Free time and leisure		
Expected changes	Key Impact Indicators for Riga	Description
Increased time spent playing relaxing or doing sports in public green areas	time spent playing, relaxing or doing sports in public green areas	Average time (hours) spent playing, relaxing or doing sports in public green areas in a day (quantitative/self reported / Key impact indicator)
Increased time spent in social and recreational public spaces	time spent in social and recreational public spaces	Average time spent in social and recreational public spaces in a day (quantitative/self reported / Key impact indicator)
Increased perception of benefits from social and recreational public spaces	Benefits from social and recreational public spaces	Persons who think that social and recreational public spaces contribute to their well-being (qualitative self reported/key impact indicator)
Improved perception of the quality of one's free time in public spaces	Perceived quality of free time in public spaces	Persons who think that the quality of their free time in public spaces is satisfactory (qualitative self reported/key impact indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Employability and satisfaction with one's living environment of target beneficiaries		
Expected changes	Indicators	Description
Increased employment of people	Opportunity to find a job in the city NOT detected	persons who are satisfied with the opportunities offered by the job market at city level (qualitative/self reported/key impact indicator)
	Expected sector of occupation NOT detected	persons who think they can find a job in NBS related sector in the next 6 months (qualitative/self reported/key impact indicator)
Increased satisfaction with one's skills and competences	Satisfaction with one's own competencies, skills 1 NOT detected	persons who are satisfied with their level of skills and competences (qualitative/self reported/key impact indicator)
	Satisfaction with one's own competencies, skills 2 NOT detected	Persons who think that their education, skills and competences will be helpful to find a paid job in the city (qualitative/self reported/key impact indicator)
Increased satisfaction with one's surroundings and living environment	Satisfaction with one's surroundings/living environment	satisfaction related to one's own surroundings/living environment (qualitative/self reported /Key impact indicator)

3. LUCCA

3.1. Context indicators for Lucca

Equality in the access to culture and digital services	
Context Indicators for Lucca	Description
Access to internet from home	Persons who have access to internet from home

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

	(quantitative/self reported/Context Indicator)
Obstacles for the access to culture and leisure	Persons who think to have economic, time, family, mobility, cognitive, cultural obstacles in the access to culture and leisure opportunities in their City/neighbourhood (quantitative and qualitative/self reported /context Indicator)
Obstacles for the access to social care services and health services	Persons who think to have economic, time, family, mobility, cognitive, linguistic/cultural, social obstacles in the access to social care and health services in their city/neighbourhood (qualitative/self reported /context Indicator)

Discrimination	
Context Indicators for Lucca	Description
Perception of discrimination in society	Persons who believe that minority groups are considered dangerous/dishonest/ criminals/ unreliable/ bad neighbours by local inhabitants (qualitative/self reported /context Indicator)
Perceived personal condition of discrimination	Persons who can describe themselves as being a member of a group that is discriminated against in their country. (quantitative/self reported /context Indicator)

Physical health, physical activity and eating habits	
Context Indicators for Lucca	Description
Self-reported health status	Average level of physical health reported by persons on a 5 points scales (quantitative/self reported / context indicator)
Practice of physical activity	Frequency of practice of physical activity in a week (quantitative /self reported / context indicator)
Time spent on food preparation at home	Average time spent by persons preparing their meals at home in a day (quantitative/self reported / context indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Consumption of fruits and vegetables	Persons who declare to consume fresh fruits and vegetables on a daily basis (quantitative/self reported / context indicator)
Access to healthy and nutritious food not detected	Persons who were unable to eat healthy and nutritious food in the last week (quantitative/self reported / context indicator)

Time devoted to family, leisure and pets care

Context Indicators for Lucca	Description
Time devoted to leisure and personal care	Average time (hours) devoted to leisure and personal care in a typical working day (quantitative/self reported / context indicator)
Time devoted to family care	Average time in a day devoted to family care (quantitative/self reported / context indicator)
Time devoted to pets' care/playing with pets	Average time devoted to pets' care/playing with pets in a day (quantitative/self reported / context indicator)
Satisfaction with free time use	Persons who are satisfied with the quality of their free time/the way they spend their free time (quantitative/self reported / context indicator)

Economic situation

Context Indicators for Lucca	Description
Feeling that one's basic needs are met	persons who believe that their basics needs are sufficiently met (quantitative/self reported /context indicator)
Satisfaction with time and resources for personal care	number of persons who think to have sufficient resources to manage personal matters/personal care (quantitative/self reported /context indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

3.2. Key Impact Indicators for Lucca

Social cohesion		
Expected changes	Key Impact Indicators for Lucca	Description
Improved social relations	Satisfaction with personal relationships in the neighbourhood	Persons who declare a good/very good level of satisfaction with personal relationships in the neighbourhood/living area (quantitative/self reported/Key Impact Indicator)
Improved social network support	Social network support	Persons who rely on getting help from services organized by associations, neighbourhood committees, groups of inhabitants (including visiting services) (quantitative and qualitative/self reported /Key Impact Indicator)
Improved institutional support	Institutional support 1	Persons who count on getting help from public care services in case of need (including visiting services) (quantitative and qualitative/self reported /Key Impact Indicator)
	Institutional support 2	Persons who trust in the capacity of local authorities in maintaining and promoting peace and security (quantitative and qualitative/self reported /Key Impact Indicator)

Perception of security		
Expected changes	Key Impact Indicators for Lucca	Description
Increased sense of safety	sense of safety at night	Persons who feel safe walking at night in the city (quantitative/self reported/Key Impact Indicator)
	sense of safety in green areas	Persons who feel safe to walk in the public green areas of their neighbourhood (quantitative/self reported/Key Impact Indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

	perception of crime, violence or vandalism in the living area	Average level of crime, violence and vandalism in the neighbourhood perceived by persons on a range from 1-10 (quantitative/self reported/Key Impact Indicator)
--	---	---

Social inclusion		
Expected changes	Key Indicators for Lucca	Description
Increased social relations in public spaces	Contact with others in public spaces	Persons who get together with friends and relatives in public spaces once a week (quantitative/self reported/Key Impact Indicator)
	Domestic Isolation	Persons who spend the majority of their time alone at home (qualitative/self reported/Key impact indicator)
Improved sense of inclusion	Sense of inclusion	Persons who feel to be part of the community (quantitative and qualitative/self reported/Key Impact Indicator)
Improved sense of freedom and comfort in personal relationships	Freedom of personal contact	People who experience a sense of freedom, absence of discomfort and tranquillity in personal relationships (qualitative/self reported/Key impact indicator)
Improved civil engagement and democratic participation	Civil engagement 1	Persons who declare to take part to democratic life at city level (neighbourhood committees, municipal or school councils, election committees, political parties) (quantitative/self reported/Key Impact Indicator)
	Civil engagement 2	Persons who believe they can influence local policies/political decisions (qualitative/self reported/Key Impact Indicator)
Improved social engagement	Social engagement 1	Persons who declare to participate in voluntary activities (social, cultural, educational, religious) (quantitative/self reported/Key Impact Indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

	Social engagement 2	Persons who are satisfied with their level of involvement in the local community life qualitative/self reported/Key Impact Indicator
	Social engagement 3	People who are committed to take care of public spaces and green areas in their neighbourhood (qualitative and quantitative/self reported/Key Impact Indicator)
Increased change-making attitude	Change-making attitude	Persons who believe they can change the reality of their neighbourhood (social situation, beauty/attractiveness of the space, economic situation) (qualitative/self reported/Key Impact Indicator)

Access to pets' service, culture and leisure

Expected changes	Key Impact Indicators for Lucca	Description
Improved equal access to culture and leisure	Equal access to culture and leisure	Persons who believe to have the same opportunity than others to access the available cultural and leisure opportunities in their city/neighbourhood (qualitative/self reported/Key Impact Indicator)
Improved equal access to pet's care services (NOT detected)	equal access to pet's care services	Persons who believe to have the same opportunity than others to access pet's care services (qualitative/self reported/Key Impact Indicator)

Spatial well-being

Expected changes	Key Impact Indicators for Lucca	Description
Improved accessibility of local resources	Accessibility of local resources	Persons who think in their neighbourhood is easy to find help from others; find job opportunities; training opportunities; find safe, pleasant and accessible green areas, participate in cultural events; find adequate social and health assistance, find a place to do sports, find healthy food, find children playgrounds, moving on foot, moving by bike (qualitative and quantitative /self reported /Key Impact Indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Improved satisfaction with urban green areas	Satisfaction with urban green areas	Persons who are satisfied with public green areas of their neighbourhood in terms of accessibility, safety, inclusiveness, beauty, comfort (quantitative/self reported / Key impact indicator)
Improved Satisfaction with green areas devoted to pets	Satisfaction with green areas devoted to pets	Persons who are satisfied with public green areas devoted to pets in their neighbourhood in terms of accessibility, safety, inclusiveness, beauty, comfort (qualitative and quantitative /self reported /Key Impact Indicator)
Increased inclusiveness of public squares and green areas	Inclusiveness of public squares and green areas	Persons who feel free to access, to use and to move within the public squares and green areas in their neighbourhood (quantitative and qualitative/self reported /Key Impact Indicator)
Improved sense of belonging and satisfaction with the quality of the neighbourhood	Sense of belonging and perception of the neighbourhood	Number of persons who like their neighbourhood; who think that it has a good reputation; who think that the image of the neighbourhood has improved in the past two years; who think it could attract more tourists in the next years; who would not move to another neighbourhood (qualitative and quantitative /self reported /Key Impact Indicator)

Sports practice in public green areas

Expected changes	Key Impact Indicators for Lucca	Description
Increased satisfaction with sports facilities	Satisfaction with sports facilities	Persons who are satisfied with the areas and facilities devoted to sports in their neighbourhood (quantitative/self reported / Key impact indicator)
Increased practice of sports in public green areas	Practice of sports in public green areas	Frequency of use of the public outdoor/green areas to do sports in a week (quantitative and qualitative/self reported / Key impact indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Increased perception of benefits from sports NOT detected	Benefits from sports	Persons who think that sports/physical activity contributes to their well-being (qualitative/self reported /Key impact indicator)
--	----------------------	--

Cultural participation and culture-related well-being

Expected changes	Key Impact Indicators for Lucca	Description
Increased satisfaction with cultural facilities	Satisfaction with cultural facilities	Persons who are satisfied with the cultural places/events and opportunities in their neighbourhood (quantitative/self reported / Key impact indicator)
Increased participation in cultural activities within public spaces	Participation in cultural activities within public spaces (outdoor/indoor)	Frequency of participation in cultural activities/consumptions in public squares, green areas, centers of their neighbourhood in a week (quantitative/self reported / Key impact indicator)
Increased perception of benefits from culture	Benefits from culture NOT detected	Persons who think that cultural activity contributes to their well-being (qualitative/self reported /Key impact indicator)
Increased local cultural engagement	Local cultural engagement	Persons directly involved in the organization, production and management of cultural activities, products, places and events in their neighbourhood (quantitative self reported/ key impact indicator)

Free time and leisure

Expected changes	Key Impact Indicators for Lucca	Description
------------------	---------------------------------	-------------

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Increased time spent playing relaxing or doing sports in public green areas	time spent playing, relaxing or doing sports in public green areas	Average time (hours) spent playing, relaxing or doing sports in public green areas in a day (quantitative/self reported / Key impact indicator)
Increased time spent in social and recreational public spaces	time spent in social and recreational public spaces	Average time spent in social and recreational public spaces in a day (quantitative/self reported / Key impact indicator)
Increased perception of benefits from social and recreational public spaces	Benefits from social and recreational public spaces	Persons who think that social and recreational public spaces contribute to their well-being (qualitative self reported/key impact indicator)
Increased quality of free time in public spaces	Perceived quality of free time in public spaces	Persons who think that the quality of their free time in public spaces is satisfactory (qualitative self reported/key impact indicator)
Increased perception of benefits from human-animal bonds	Benefits from human-animal bonds	Persons who think that animals/pets contribute to their well-being (qualitative self reported/key impact indicator)
Increased perception of benefits from urban nature (initially not included in the value chain for Lucca)	benefits from urban nature	Persons who think that urban nature contributes to their well-being

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Employability and satisfaction with one's living environment		
Expected changes	Key Impact Indicators for Lucca	Description
Increased employment of people	Opportunity to find a job in the city	persons who are satisfied with the opportunities offered by the job market at city level (qualitative/self reported/key impact indicator)
	Expected sector of occupation	persons who think they can find a job in pets related sector in the next 6 months (qualitative/self reported/key impact indicator)
Increased satisfaction with one's surroundings and living environment	Satisfaction with one's surroundings/living environment	satisfaction related to one's own surroundings/living environment (qualitative/self reported /Key impact indicator)

4. NITRA

4.1. Context indicators for Nitra

Equality	
Indicators	Description
Sense of being treated equally	Persons who feel they are treated with less courtesy and respect than others (or other groups) (qualitative/self reported/Context indicator)
Access to internet from home	Persons who have access to internet from home (quantitative/self reported/Context Indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Obstacles for the access to culture and leisure	Persons who think to have economic, time, family, mobility, cognitive, cultural obstacles in the access to culture and leisure opportunities in their City/neighbourhood (quantitative and qualitative/self reported /context Indicator)
Obstacles for the access to training opportunities Not detected	Persons who think to have economic, time, family, mobility, cognitive, linguistic/cultural, social obstacles in the access to training opportunities in their city (qualitative and quantitative/self reported /context Indicator)

Perceived Discrimination (personal condition)

Indicators	Description
Perceived personal condition of discrimination	Persons who can describe themselves as being a member of a group that is discriminated against in their country. (quantitative/self reported /context Indicator)

Physical health, physical activity and eating habits

Indicators	Description
Self-reported health status	Average level of physical health reported by persons on a 5 points scales (quantitative/self reported / context indicator)
Practice of physical activity	Frequency of practice of physical activity in a week (quantitative /self reported / context indicator)
Time spent on food preparation at home	Average time spent by persons preparing their meals at home in a day (quantitative/self reported / context indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Consumption of fruits and vegetables	Persons who declare to consume fresh fruits and vegetables on a daily basis (quantitative/self reported / context indicator)
Access to healthy and nutritious food	Persons who were unable to eat healthy and nutritious food in the last week (quantitative/self reported / context indicator)

Time devoted to family, leisure and pets care	
Indicators	Description
Time devoted to leisure and personal care	Average time (hours) devoted to leisure and personal care in a typical working day (quantitative/self reported / context indicator)
Time devoted to family care	Average time in a day devoted to family care (quantitative/self reported / context indicator)
Time devoted to pets' care/playing with pets	Average time devoted to pets' care/playing with pets in a day (quantitative/self reported / context indicator)
Satisfaction with free time use	Persons who are satisfied with the quality of their free time/the way they spend their free time (quantitative/self reported / context indicator)

Economic situation	
Indicators	Description
Feeling that one's basic needs are met	persons who believe that their basics needs are sufficiently met (quantitative/self reported /context indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Satisfaction with time and resources for personal care	number of persons who think to have sufficient resources to manage personal matters/personal care (quantitative/self reported /context indicator)
Satisfactions with one's own financial situation	Average level of satisfaction related to one's own family or individual income and resources (quantitative/self reported /context indicator)

4.2. Key Impact Indicators for Nitra

Social cohesion		
Expected changes	Key Impact Indicators for Nitra	Description
Improved social relations	Satisfaction with personal relationships in the neighbourhood	Persons who declare a good/very good level of satisfaction with personal relationships in the neighbourhood/living area (quantitative/self reported/Key Impact Indicator)
Increased trust among people	Trust in others	persons who declare a good/very good level of trust in other persons within their community (qualitative/self reported/Key Impact Indicator)
Reduced social conflict	Social conflicts	Persons who have experienced or witnessed conflicts among persons or groups in their neighbourhood (qualitative/self reported/Key Impact Indicator)
Decreased perception of discrimination in society	Perception of discrimination in society	Persons who believe that minority groups are considered dangerous/dishonest/ criminals/ unreliable/ bad neighbours by local inhabitants (qualitative/self reported /Key Impact Indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Perception of security		
Expected changes	Key Impact Indicators for Nitra	Description
Increased sense of safety	sense of safety at night	Persons who feel safe walking at night in the city (quantitative/self reported/Key Impact Indicator)
	sense of safety in green areas	Persons who feel safe to walk in the public green areas of their neighbourhood (quantitative/self reported/Key Impact Indicator)
	fear of road accidents	Persons who express fear to be victim of road accidents when walking or cycling in the street of their neighbourhood (quantitative/self reported/Key Impact Indicator)
	perception of crime, violence or vandalism in the living area	Average level of crime, violence and vandalism in the neighbourhood perceived by persons on a range from 1-10 (quantitative/self reported/Key Impact Indicator)

Social inclusion		
Expected changes	Key Impact Indicators for Nitra	Description
Increased social relations in public spaces	Contact with others in public spaces	Persons who get together with friends and relatives in public spaces once a week (quantitative/self reported/Key Impact Indicator)
	Domestic Isolation	Persons who spend the majority of their time alone at home (qualitative/self reported/Key impact indicator)
Improved sense of inclusion	Sense of inclusion	Persons who feel to be part of the community (quantitative and qualitative/self reported/Key Impact Indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Improved sense of freedom and comfort in personal relationships	Freedom of personal contact	People who experience a sense of freedom, absence of discomfort and tranquillity in personal relationships (qualitative/self reported/Key impact indicator)
Improved civil and democratic participation	Civil engagement 1	Persons who declare to take part to democratic life at city level (neighbourhood committees, municipal or school councils, election committees, political parties) (quantitative/self reported/Key Impact Indicator)
	Civil engagement 2	Persons who believe they can influence local policies/political decisions (qualitative/self reported/Key Impact Indicator)
Improved social engagement	Social engagement 1	Persons who declare to participate in voluntary activities (social, cultural, educational, religious) (quantitative/self reported/Key Impact Indicator)
	Social engagement 2	Persons who are satisfied with their level of involvement in the local community life qualitative/self reported/Key Impact Indicator
	Social engagement 3	People who are committed to take care of public spaces and green areas in their neighbourhood (qualitative and quantitative/self reported/Key Impact Indicator)
Increased change-making attitude	Change-making attitude	Persons who believe they can change the reality of their neighbourhood (social situation, beauty/attractiveness of the space, economic situation) (qualitative/self reported/Key Impact Indicator)

Equality in the access to culture and leisure		
Expected changes	Key Impact Indicators for Nitra	Description
Improved equal access to culture and leisure	Equal access to culture and leisure	Persons who believe to have the same opportunity than others to access the available cultural and leisure opportunities in their city/neighbourhood (qualitative/self reported/Key Impact Indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Spatial well-being		
Expected changes	Key Impact Indicators for Nitra	Description
Improved accessibility of local resources	Accessibility of local resources	Persons who think in their neighbourhood is easy to find help from others; find job opportunities; training opportunities; find safe, pleasant and accessible green areas, participate in cultural events; find adequate social and health assistance, find a place to do sports, find healthy food, find children playgrounds, moving on foot, moving by bike (qualitative and quantitative /self reported /Key Impact Indicator)
Improved satisfaction with urban green areas	Satisfaction with urban green areas	Persons who are satisfied with public green areas of their neighbourhood in terms of accessibility, safety, inclusiveness, beauty, comfort (quantitative/self reported / Key impact indicator)
Increased inclusiveness of public squares and green areas	Inclusiveness of public squares and green areas	Persons who feel free to access, to use and to move within the public squares and green areas in their neighbourhood (quantitative and qualitative/self reported /Key Impact Indicator)
Improved air quality perception	Air pollution perception	Persons who think that the quality of air in their neighbourhood is satisfactory/good (quantitative/self reported / Key impact indicator)
Decreased noise pollution perception	Perception of noise pollution	Persons who think that in their neighbourhood is easy to find places/areas where the noise is not high (quantitative/self reported / Key impact indicator)
Improved sense of belonging and satisfaction with the quality of the neighbourhood	Sense of belonging and perception of the neighbourhood	Number of persons who like their neighbourhood; who think that it has a good reputation; who think that the image of the neighbourhood has improved in the past two years; who think it could attract more tourists in the next years; who would not move to another neighbourhood (qualitative and quantitative /self reported /Key Impact Indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Healthy habits		
Expected changes	Key Impact Indicators for Nitra	Description
Increased consumption of self-grown fruit and vegetables	Self-grown fruit and vegetables consumption	Persons who declare to consume self-grown fruit and vegetables (qualitative/self reported /Key Impact Indicator)
Increased satisfaction with sports facilities NOT detected	Satisfaction with sports facilities	Persons who are satisfied with the areas and facilities devoted to sports in their neighbourhood (quantitative/self reported / Key impact indicator)
Increased practice of sports in public green areas	Practice of sports in public green areas	Frequency of use of the public outdoor/green areas to do sports in a week (quantitative and qualitative/self reported / Key impact indicator)
Increased perception of benefits from sports	Benefits from sports	Persons who think that sports/physical activity contributes to their well-being (qualitative/self reported /Key impact indicator)

Cultural participation and culture-related well-being		
Expected changes	Key Impact Indicators for Nitra	Description
Increased satisfaction with cultural facilities	Satisfaction with cultural facilities	Persons who are satisfied with the cultural places/events and opportunities in their neighbourhood (qualitative/self reported / Key impact indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Increased participation in cultural activities within public spaces	Participation in cultural activities within public spaces (outdoor/indoor)	Frequency of participation in cultural activities/consumptions in public squares, green areas, centers of their neighbourhood in a week (quantitative/self reported / Key impact indicator)
Increased perception of benefits from culture NOT detected	Benefits from culture	Persons who think that cultural activity contributes to their well-being (qualitative/self reported /Key impact indicator)
Increased local cultural engagement	Local cultural engagement	Persons directly involved in the organization, production and management of cultural activities, products, places and events in their neighbourhood (quantitative self reported/ key impact indicator)

Free time and leisure		
Expected changes	Key Impact Indicators for Nitra	Description
Increased practice of healthy leisure	Practice of healthy leisure	People who practice healthy behaviours for leisure /avoid unhealthy leisure (qualitative /self reported /Key Impact Indicator)
Increased time spent playing relaxing or doing sports in public green areas	time spent playing, relaxing or doing sports in public green areas	Average time (hours) spent playing, relaxing or doing sports in public green areas in a day (quantitative/self reported / Key impact indicator)
Increased benefits from urban nature	benefits from urban nature	Persons who think that urban nature contributes to their well-being (qualitative/self reported/key impact indicator)
Increased time spent in social and recreational public spaces	time spent in social and recreational public spaces	Average time spent in social and recreational public spaces in a day (quantitative/self reported / Key impact indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Increased perception of benefits from social and recreational public spaces	Benefits from social and recreational public spaces	Persons who think that social and recreational public spaces contribute to their well-being (qualitative self reported/key impact indicator)
Improved perception of the quality of one's free time in public spaces	Perceived quality of free time in public spaces	Persons who think that the quality of their free time in public spaces is satisfactory (qualitative self reported/key impact indicator)

Employability and satisfaction with one's living environment		
Expected changes	Key Impact Indicators for Nitra	Description
Increased employment of people	Opportunity to find a job in the city	persons who are satisfied with the opportunities offered by the job market at city level (qualitative/self reported/key impact indicator)
	Expected sector of occupation	persons who think they can find a job in NBS related sector in the next 6 months (qualitative/self reported/key impact indicator)
Increased satisfaction with one's skills and competences	Satisfaction with one's own competencies, skills 1	persons who are satisfied with their level of skills and competences (qualitative/self reported/key impact indicator)
	Satisfaction with one's own competencies, skills 2	Persons who think that their education, skills and competences will be helpful to find a paid job in the city (qualitative/self reported/key impact indicator)
Increased satisfaction with one's surroundings and living environment NOT detected	Satisfaction with one's surroundings/living environment	satisfaction related to one's own surroundings/living environment (qualitative/self reported /Key impact indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

5. Common indicators on mental health and Covid 19 effects

5.1. Mental health

Mental health and life satisfaction		
Expected changes	Indicators	Description
Improved Mental health	feeling cheerful and in good spirit	Percentage of person who, half of the time or more, have been feeling cheerful and in good spirit over the last two weeks
	feeling calm and relaxed	Percentage of person who, half of the time or more, have been feeling calm and relaxed over the last two weeks
	feeling active and vigorous	People who, half of the time or more, have been feeling active and vigorous over the last two weeks
	feeling fresh and rested	Percentage of person who, half of the time or more, woke up feeling fresh and rested over the last two weeks
	feeling that one's life has been filled with things that interest oneself	Percentage of person who, half of the time or more, have been feeling that their daily life has been filled with things that interest them over the last two weeks
	feeling nervous	Percentage of person who, most of the time or more, have felt nervous over the past 30 days

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

	feeling hopeless	Percentage of person who, most of the time or more, have felt hopeless over the past 30 days
	feeling restless or fidgety	Percentage of person who, most of the time or more, have felt Restless or fidgety over the past 30 days
	Feeling depressed	Percentage of person who, most of the time or more, have felt so depressed that nothing could cheer you up over the past 30 days
	feeling that everything was an effort	Percentage of person who, most of the time or more, have felt that everything was an effort over the past 30 days
	feeling worthless	Percentage of person who, most of the time or more, have felt worthless over the past 30 days
	life satisfaction	Percentage of person who are from satisfied to very satisfied with their life at the moment

5.2. Covid 19 effects

Effects of the Covid 19 pandemic	
Indicators	Description
Change of social, cultural and healthy habits after Covid-19 restrictions 1	Persons who have changed the frequency of Reading a book for pleasure (quantitative/self reported/context indicator)
Change of social, cultural and healthy habits after Covid-19 restrictions 2	Persons who have changed the frequency of doing physical activity (quantitative/self reported/context indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).

Change of social, cultural and healthy habits after Covid-19 restrictions 3	Persons who have changed the frequency of Caring for family members (quantitative/self reported/context indicator)
Change of social, cultural and healthy habits after Covid-19 restrictions 4	Persons who have changed the frequency of Engaging in cultural activities (quantitative/self reported/context indicator)
Change of social, cultural and healthy habits after Covid-19 restrictions 5	Persons who have changed the frequency of Cooking (quantitative/self reported/context indicator)
Change of social, cultural and healthy habits after Covid-19 restrictions 6	Persons who have changed the frequency of Sleeping (quantitative/self reported/context indicator)
Change of social, cultural and healthy habits after Covid-19 restrictions 7	Persons who have changed the frequency of Listening to music (quantitative/self reported/context indicator)
Change of social, cultural and healthy habits after Covid-19 restrictions 8	Persons who have changed the frequency of Eating (quantitative/self reported/context indicator)
Change of social, cultural and healthy habits after Covid-19 restrictions 9	Persons who have changed the frequency of Taking care of your body and appearance (quantitative/self reported/context indicator)
Change of social, cultural and healthy habits after Covid-19 restrictions 10	Persons who have changed the frequency of Taking care of your home (quantitative/self reported/context indicator)
Change of social, cultural and healthy habits after Covid-19 restrictions 11	Persons who have changed the frequency of attending social and recreational public spaces (quantitative/self reported/context indicator)
Change of social, cultural and healthy habits after Covid-19 restrictions 12	Persons who have changed the frequency of playing, relaxing or doing sports in public green areas (quantitative/self reported/context indicator)

...



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Disclaimer: The content of this document does not reflect the official opinion of the European Union and in no way anticipates the European Commission's future policy in this area. Responsibility for the information and views expressed therein lies entirely with the author(s).