



# Shaping healthier cities and enhancing wellbeing:

## three research studies from Córdoba, Nitra and Lucca

Dear all,

We are delighted to share insights from three recent **studies conducted under the IN-HABIT project**, focusing on innovative approaches to enhancing inclusive health and well-being in urban environments.

### **Perception of green spaces' role in enhancing mental health and mental well-being in small and medium-sized cities**

María Mar Delgado-Serrano, Katarína Melichová, Isotta Mac Fadden, and Catalina Cruz Piedrahita have researched how **green spaces** play a crucial role in mental well-being and how factors such as climate, accessibility, and cultural habits shape their impact. The research in **Córdoba (Spain)** and **Nitra (Slovakia)** highlights how urban greenery contributes to mental health in small and medium-sized cities. The findings provide valuable insights for urban planners and policymakers striving to create healthier, more inclusive cities.

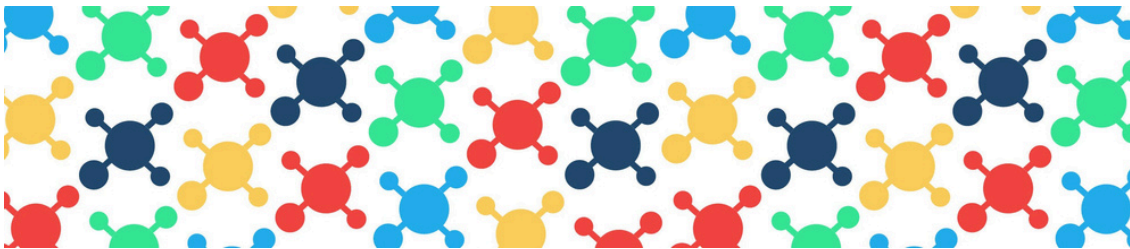
### **Co-Created Assessment Framework in Córdoba's Las Palmeras neighborhood**

María Mar Delgado-Serrano, Isotta Mac Fadden and Roberta Cocchioni have developed a **participatory framework** to assess health and well-being in

mental well-being and how factors such as climate, accessibility, and cultural habits shape their impact. The research in Córdoba (Spain) and Nitra (Slovakia) highlights how urban greenery contributes to mental health in small and medium-sized cities. The findings provide valuable insights for urban planners and policymakers striving to create healthier, more inclusive cities.

## Benefits of Dog Ownership in Urban Environments

Another study within the IN-HABIT project, conducted by **Carmen Borrelli, Giulia Granai, Francesco Paolo Di Iacovo, Giacomo Riggio, Massimo Rovai, Roberta Moruzzo, Francesco Riccioli, Carlo Bibbiani, Angelo Gazzano** and **Chiara Mariti**, highlights the advantages of dog ownership in urban areas. The research indicates that **dog ownership** can lead to increased physical activity, improved mental health, and enhanced social interactions. In **Lucca**, Italy, initiatives such as developing '**Animal Lines**', dedicated infrastructures promoting dog walking in green spaces, and educational programs in schools aim to strengthen the human-animal bond. These efforts not only improve **individual health** but also **foster community cohesion** by **integrating pets into societies**.



## Looking ahead

These studies underline the importance of **context-specific, participatory approaches** in **urban planning** and the potential of **green spaces** and leveraging **human-animal relationships** to enhance well-being. We invite urban planners, policymakers, and community stakeholders to explore these findings further and consider their implications for fostering inclusive, healthy urban environments.

## For the full publications, please find below:

1. Perception of green spaces' role in enhancing mental health and mental well-being in small and medium-sized cities,  
<https://doi.org/10.1016/j.landusepol.2024.107087>
2. A Co-Created Assessment Framework to Measure Inclusive Health and Wellbeing in a Vulnerable Context in the South of Europe,  
<https://doi.org/10.3390/ijerph21040510>

3. The benefits of dog ownership on people as an undervalued resource in urban environments, <https://doi.org/10.4454/db.v8i3.163>

## To read our shorter articles based on the publications, click below:

1. Perception of green spaces' role in enhancing mental health and mental well-being in small and medium-sized cities, [here](#).
2. A Co-Created Assessment Framework to Measure Inclusive Health and Wellbeing in a Vulnerable Context in the South of Europe, [here](#).
3. The benefits of dog ownership on people as an undervalued resource in urban environments, [here](#).

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