



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

D2.3 Monitoring and evaluation of VIS for IHW in Riga. Midterm report.

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D2.3 Monitoring and evaluation of VIS for IHW in Riga

Midterm report

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Executive summary

The activities of the Riga pilot focus on Āgenskalns, a neighbourhood located on the left bank of the river Daugava where a diverse range of issues affect overall quality of life. These issues are being addressed via an investment project, which serves as the primary anchor point of the project in Riga - the transformation of Āgenskalns Market into a multifunctional food hub. IN-HABIT interventions in Riga are designed with the aim of creating synergies and complementarities between the project's methodology and conceptual approach and the market's development plans. Furthermore, in the case of Āgenskalns Market, the link between health and well-being is integrated into the very concept of a multifunctional urban food hub, and this synergy is something that Riga's pilot builds upon.

The distinctiveness of Riga in IN-HABIT lies in its focus on food as the basis for healthy and inclusive urban well-being. Urban markets, as hubs of food exchange and cultural interaction, offer a unique platform for exploring the intersection of food, health, and social inclusion, and the choice to focus on food is predicated on the idea that it is a powerful force that shapes both individual health and social dynamics within urban environments. Consequently, the Riga team mobilises the relatively undervalued potential of food, such as food in relation to culture and social activities, for a particular urban development project – the transformation of a historical marketplace into an innovative and multifunctional food hub.

This midterm monitoring and evaluation report of VIS for IHW in Riga (i) provides an overview of the key impacts and contributions to IHW that project-funded and project-driven activities have made and (ii) describes the extent to which these correspond to the goals of the project and city-specific objectives, and address city-specific challenges. In line with the conceptual and analytical approach taken in IN-HABIT, this report reflects a collaborative effort with researchers continuously interacting with practitioners, public officials and a community of stakeholders in a participatory manner. Following the logic of IN-HABIT, the report emphasises the lived experiences of health and well-being within the neighbourhood and draws on both quantitative and qualitative methodologies that aim to capture the impact of project-funded interventions in Āgenskalns Market on the health and well-being of residents of Āgenskalns and beyond.

Overall, the renovation of the historic Āgenskalns neighbourhood market and the implemented IN-HABIT solutions present a unique opportunity to examine the intricate interplay between the physical



environment, social interaction, and health and well-being. However, a central challenge in determining and evaluating the impact of the project on Āgenskalns is the inherent difficulty in isolating the specific effects of IN-HABIT interventions from the broader impact of the market revitalisation project and concurrent transformations in Riga. From a practical and methodological standpoint, the presence of self-selection bias is a serious issue with the data at our disposal, which may conceal certain aspects of how the market is perceived.

Nonetheless, looking at the impact of IN-HABIT through the prism of the implemented visionary and integrated solutions suggests that the multifunctional market has generally been successful in creating a space that promotes healthy and sustainable food habits, social and cultural integration, and cohesion, while making the neighbourhood a more desirable place to live and visit. The multifunctionality of the market is generally viewed in a positive light, and the integration of hard and soft solutions create a space that is conducive to health and well-being. However, there are indications that some parts of the population (e.g. seniors) feel excluded, with the perceived increase in prices and the perception that this iteration of the market is for younger and well-off members of society being contributing factors. The lack of certain cultural and artistic events may be another factor. This suggests that, while the market is viewed in a positive light overall, equal access to the health and well-being impacts of the implemented solutions is a contentious issue that requires further attention in the final monitoring period.

The situation is broadly similar if we look at the impact of IN-HABIT activities through the prism of the five dimensions of inclusive health and well-being. Our data suggest that the impact has generally been positive. However, there are nuances that require further exploration. Specifically, while the market is believed to be an inclusive and accessible space physically and culturally, it is not perceived to be economically inclusive. What is more, even though the renovation of the market is generally viewed positively, there are indications that its aesthetic appeal is believed to clash with its perceived primary function – a space for buying and selling goods. Thus, it appears that project activities have altered the market's function, which urges us to consider the possibility that not everyone benefits from this.

Overall, the findings suggest that the project has had a positive influence on well-being in Āgenskalns. However, the ambivalence surrounding the economic aspects has significant implications for the market's role in community life and the goals of the project. Moreover, the report highlights the challenges of measuring the intangible yet significant aspects of the project's impact, such as changes in community dynamics and social cohesion. Finally, it is crucial to acknowledge the potential ripple effects of the market



renovation project on the surrounding neighbourhood. While preliminary findings indicate progress towards project objectives, further research with a refined monitoring and evaluation framework is imperative to establish more concrete links and relationships and determine the impact of IN-HABIT activities.



Introduction

This midterm monitoring and evaluation report of VIS for IHW in Riga (i) provides an overview of the key impacts and contributions to inclusive health and well-being (hereafter – IHW) that project-funded and project-driven activities have made and (ii) describes the extent to which these correspond to the goals of the project and city-specific objectives, and address city-specific challenges. The report builds upon the findings of the baseline study conducted in 2021 and, drawing on the project’s conceptual and analytical framework (*see IN-HABIT Conceptual an analytical framework*), makes use of various data sources collected between 2022 and 2024.

In line with the approach taken in IN-HABIT, this report reflects a collaborative effort with researchers continuously interacting with practitioners, public officials and a community of stakeholders in a participatory manner. The visionary and integrated solutions (hereafter – VIS), key indicators and foci for monitoring and evaluating the impact of project-funded activities on IHW were not predetermined by the project team alone. However, there was an overall framework for thinking about IHW and the core team formulated initial assumptions as to the impact of the project on the residents of Āgenskalns. In addition, we embarked on a co-design and participatory process with various stakeholders invested in the well-being of Āgenskalns and the future of Āgenskalns Market. Residents, community activists and representatives of NGOs speaking for vulnerable population groups all participated in workshops and focus groups as part of a participatory research process. Through these discussions, we collectively identified priority areas for the project's interventions via the market and collaboratively developed a framework to capture and assess their impact.

In line with IN-HABIT’s conceptual and analytical framework, the co-design process was not a one-time event. We employed an iterative approach, revisiting the chosen indicators and areas of focus throughout the project and significantly revising them prior to the main data collection period in the spring and summer of 2024. This allowed us to refine our approach based on the emerging evidence. By co-designing the monitoring and evaluation framework and iteratively adapting it, we aimed to ensure that the report identifies avenues of impact that can be plausibly associated with the activities at the market, though strong claims as to the causal connection should be made with caution. This approach strengthens the relevance of our findings and allows us to demonstrate the project's contribution to improving health and



well-being in Āgenskalns, while also acknowledging the role of contextual factors in shaping the impact of localised interventions.

Following the logic of IN-HABIT, the report emphasises the lived experiences of health and well-being within the neighbourhood, while also attending to the barriers that hamper access and prevent the Riga team from achieving the goal of IHW. By analysing data through this lens, the report aims to identify the intervention's effectiveness in reaching and improving the lives of those most in need. The report will explore how the project's activities have influenced key health and well-being indicators, access to various services and opportunities, and overall well-being within the target groups.

The report draws on both quantitative and qualitative methodologies that aim to capture the impact of project-funded interventions in Āgenskalns Market on the health and well-being of residents of Āgenskalns and beyond. The qualitative data, gathered through focus groups and stories, provides valuable insights into the lived experiences of participants. These narratives complement the quantitative findings from surveys, offering a deeper understanding of the project's impact on individual lives and perceptions of health and well-being in an evolving urban landscape. By combining these methodologies, the report aims to deliver a comprehensive picture of the project's effectiveness in addressing the health and well-being needs of the residents of Āgenskalns.

Finally, this report aims to illustrate a multitude of impact forms, some of which are indirect. While this presented several methodological challenges, we suggest that thinking about the impact of a mutable entity like a neighbourhood market requires an iterative approach to accommodate unexpected developments. This is why the midterm report plays an important role in further refining the monitoring and assessment framework for the final report to be submitted at the end of the project.

Structure of the report

We start the report by introducing the project's conceptual and analytical framework. We continue by outlining the objectives of the pilot and the activities in Riga and provide an overview of the relevant IHW dimensions and sub-dimensions, VIS implemented in Riga and the methods and processes that allowed us to articulate our approach to understanding the impact of IN-HABIT on our activities in Riga. We subsequently outline our methodological approach and data sources. We then move on to present the results of our study and discuss the observed project impacts on IHW in the city (Āgenskalns community



and Riga at large). We conclude with a discussion of what the results mean in terms of achieving the goals and objectives of the Riga team and IN-HABIT as a whole.



IN-HABIT Conceptual an analytical framework

The urban dimension of health has strongly emerged in research in recent years. The rise in **urbanisation** has brought about positive economic and social benefits. Still, it has also significantly impacted health and well-being, exacerbating **segregation and disparities** and raising awareness of the need to ensure inclusiveness in urban settings (Badland and Pearce, 2019). With more than 80% of the European population expected to live in urban areas by 2030, health and well-being are increasing areas of attention in the urban political agendas. Furthermore, in Europe, the most significant proportion of the urban population (65%) lives in cities with fewer than 500,000 inhabitants (UN, 2014), prompting the need to pay attention to the context-specific and specific research and innovation needs of peripheral small and medium-sized cities (SMSCs).

IN-HABIT is giving answers to the challenges specified in *SC5-14-2019: Visionary and integrated solutions to improve well-being and health in cities*: delivering visionary and integrated solutions at the intersection of social, cultural, digital and nature-based innovation to increase citizens' health and well-being in cities; demonstrating how the integration of these solutions into innovative land use management, urban design and planning could reduce health-related environmental burdens in socially deprived neighbourhoods, foster equitable access for all to public spaces, enhance their quality and use and promote sustainable urban mobility patterns; and testing new transition management approaches, governance models, legal frameworks and financing mechanisms to re-design public spaces and urban commons and assess their contribution to improving health and well-being. They should promote multistakeholder initiatives, citizens' engagement and co-creation and co-ownership of public spaces.

The project is developed in four European peripheral SMSCs - Cordoba (Spain), Riga (Latvia), Lucca (Italy) and Nitra (Slovakia) and is focused on the testing of **visionary and integrated solutions (VIS)** to foster **Inclusive Health and Wellbeing (IHW)** with a focus on gender, equity, diversity and inclusion (GDEI). Our conceptual approach combines the concepts of inclusivity, health, and well-being in urban areas and is based on the recognition that IHW is a collectively generated resource that surpasses the mere aggregation of individuals' personal well-being. IN-HABIT considers **IHW as co-created common pool resources (CCPR)**, understood as resources that are owned, managed, and used by the community but have characteristics of both, a private good that is rival in consumption (community well-being depletes if citizens do not invest in it and are not concerned with the well-being of others) and a public good that is



non-excludable (living in places of high well-being is beneficial to anyone who moves there). In this scenario, the most vulnerable and fragile groups have underserved needs.

Each of the 4 IN-HABIT pilot cities is different in size, demography, position in the settlement hierarchy of their respective countries and prevailing and emerging challenges in terms of health and well-being. Also, each pilot targets a different urban scale in the area of intervention and works with different vulnerable collectives:

- **In Cordoba**, the target area Las Palmeras is an entire deprived neighbourhood, affected by segregation, concentration of socio-economic-environmental problems and territorial stigma. Spatial isolation influences the reproduction of disadvantages and prevents social mobility.
- **In Riga**, conversely, the spatial extension is very contained, with the project entirely concentrated on the regeneration and management of a single building, although considering the district as the spatial dimension directly impacted by the building regeneration.
- **In Lucca**, the project works transversally in the city aiming at introducing the opportunity to promote non-human-animals for IHW for citizens. In this perspective the project works both structuring the idea and the evidence of A-NBS and to physically reorganise part of the existing urban space to create an infrastructural green urban system connecting the historical centre with peripheral areas.
- **In Nitra**, the spatial dimension is fundamental, with the focus on the development of an open and flexible green design principle for a peripheral area of the city and on its territorial integration within the urban system.

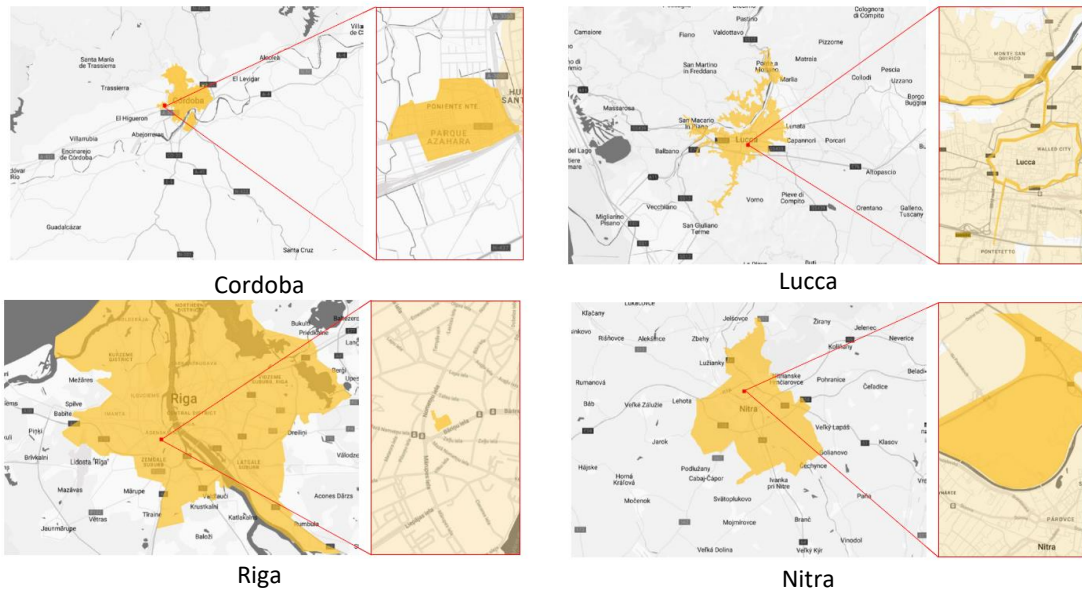


Figure 1 Urban scale of 4 IN-HABIT pilots

IN-HABIT pilots are developed through the so-called **VIS for IHW**. **Visionary** because putting vulnerable collectives at the centre of the innovative solutions, we are mobilising existing undervalued resources, such as culture, food, human-animal bonds, environment and art, to boost IHW, overcoming the limited health and well-being provision for these collectives. **Integrated** because we combine ‘soft’ solutions based on social and cultural actions with ‘hard’ solutions based on NBS solutions, infrastructures and digital tools. **Inclusive** because the project is developed with a gender, diversity, equity and inclusion approach. Soft and hard VIS are articulated around heritage and culture in Córdoba (as a nexus for inclusive societies), food in Riga (nurturing daily healthier lifestyles), animals in Lucca (human-animal bonds as new relational urban goods) and art and environment in Nitra (to connect places and people).

IN-HABIT is testing **innovative methods of working with vulnerable collectives** (elderly, excluded citizens, ethnic minorities, migrants, homeless, women, children and youngsters, LGBTBIQ+, people with mental disorders, refugees and others) to make cities more liveable and inclusive and looking ahead to the threats they face, such as climate change, increasing disparities and exclusion, ageing and isolation, decreasing mental well-being or the increasing presence of animals in people’s lives.

Our four cities are very different, and so are the VIS deployed and the collectives targeted, but in all of them, we work using the same conceptual framework for inclusive urban change and the same working methods. We never aimed at direct **comparability** but at **complementarity**, offering a broad catalogue of



solutions, experimenting in different contexts and working with different collectives to deliver evidence of the results of our VIS and methods to other SMSCs in Europe and beyond.

Our **COMMON WORKING METHODS** are based on the following:

IN-HUBS: The IN-HUBs are inclusive innovation labs that mobilise human resources by activating people-public-private partnerships (PPPPs) and nurture VIS co-design, co-deploy, co-manage, and co-monitor processes (**CO-CO-CO-CO**). They are based on a science-society-policy interface where these different actors meet to do real practical work, share and transfer knowledge, deliver evidence, assess the impact, and craft the future legacy of the project. This collaborative approach enables civic, public, and private sector actors to work together, ensuring that everyone feels included and part of the solution. Together, we work to find the best solutions to improve IHW. IN-HABIT is not only building capacities in vulnerable collectives but also building communities and boosting the willingness to work together.

Different spatial scopes of the 4 pilot cities, as well as different target groups, also guided the engagement process. With the aim to **test innovative and inclusive governance models**, co-design methodologies and co-management schemes, the 4 IN-HUBs were launched. Building on the 4-P (Public-Private-People Partnership) as an emerging concept that broadens the scope of traditional public-private partnerships by including a wider range of actors, particularly NGOs, civil society, and informal groups, in planning and execution processes. This approach aims to address limitations of conventional public-private partnerships by incorporating the general public ("people") as active participants alongside public and private entities, fostering more inclusive and community-centred development initiatives (Maraña, 2020).

Vulnerable contexts and collectives as target groups and VIS based on addressing their perceived IHW needs. IN-HABIT has been based on multistakeholder engagement (listening to our target groups in our IN-HUBs), including their views through our CO-CO-CO-CO method, thinking differently and catalysing changes (small actions can make great differences), creating processes rather than actions (putting in place soft VIS before co-deploying hard VIS), listening and amplifying the voices of these collectives (making Europe accessible to them for the first time thanks to the cross-case visits and the attention paid by a H2020 project to them). We aim to leverage the opportunities offered by the VIS to foster human-centred cities, where citizens become city-makers and shapers, taking an active role, but also the responsibility, in the co-creation of IN-HABIT public spaces and urban development.



The CO-CO-CO-CO working methods are inspired by the **Participatory Action Research (PAR)**. PAR is a qualitative methodology commonly used in community psychology that actively involves community members in the research process to effect social change (Macdonald, 2012; Miller, 1994). It is characterized by democratic, equitable, and liberating principles, distinguishing it from other qualitative approaches (Macdonald, 2012). In an iterative process, it links participation, social action, knowledge generation and organisational learning in various diverse stakeholder ecosystems (Greenwood, 1993). It's a particularly suitable concept when introducing marginalized populations as co-researchers, developing new roles and strategies of engagement (Frisby, 2005) and in recent years the approach is emerging as a flexible way to address participation of vulnerable groups in identifying linkages between public space use and well-being in an urban setting (Cheung, et al., 2022; Corburn, 2005) and foster environmental learning and civic literacy (Ballard & Belsky, 2010).

Common Impact Assessment Framework, based on 5 dimensions of IHW: *subjective well-being, spatial and environmental well-being, social well-being, economic well-being and healthy lifestyles*. Different subdimensions have been identified for each dimension. The general framework has been adapted to the context and target groups of each city, and a battery of final indicators has been proposed (see Mac Fadden et al. 2024 for Cordoba's case study). Our innovative impact assessment framework goes beyond monetary and biophysical aspects to recognise the complex interrelationships among the economic, environmental, psychological, social and relational dimensions of IHW.

IN-HABIT has co-created an Impact Assessment Framework grounded in an interdisciplinary and multidimensional approach that integrates top-down and bottom-up approaches to measure Health and Wellbeing. We first did a comprehensive search for existing frameworks from reputable entities such as the World Health Organization (WHO), the OECD and the European Commission. This allows us to work with well-accepted and common dimensions and subdimensions to assess IHW and several pertinent health and well-being indicators. Concurrently, we put in place a bottom-up approach involving interviews and questionnaires with various stakeholders in each city to adapt the indicators to the local context and their perceptions of health and well-being. This dual approach culminated in creating an inclusive health and well-being assessment framework specifically tailored to the needs of each pilot.

Central to the framework is the understanding that health and well-being are influenced by a combination of individual, social, and environmental determinants, a concept strongly supported by the World Health Organization (WHO) and the Organisation for Economic Co-operation and Development (OECD). The



WHO's Social **Determinants of Health** (SDH) framework emphasises that health outcomes are shaped by the conditions in which people are born, grow, work, live, and age, as well as by the broader systems and policies that influence these conditions (WHO, 2010). The framework also aligns with the Diderichsen's model of health inequality, which highlights how social stratification leads to different health outcomes based on socioeconomic status (Diderichsen, Andersen, & Manuel, 2012).

Our framework also incorporates the subjective experience of well-being, drawing on both **hedonic and eudaimonic perspectives**. Hedonic well-being is associated with constructs such as happiness, positive affect, and life satisfaction, while eudaimonic well-being focuses on positive psychological functioning and human development (Bradburn, 1969; Diener, 1984; Ryff, 1989; Waterman, 1993). Subjective well-being is thus a multifaceted construct that includes general psychological well-being, life satisfaction, and the absence of mental distress (Bech, 2004; Topp et al., 2015; Kessler et al., 2003). This approach is consistent with definitions from the Eurofound, which emphasise the individual's assessment of their quality of life (Eurofound, 2017).

The following 5 dimensions form the cornerstone of the IN-HABIT assessment of IHW. The framework guides both PAR methodologies and the development of hard and soft VIS, ensuring that interventions are grounded in the lived experiences and needs of the community. By aligning assessment and intervention strategies with local conditions, the VIS can significantly enhance the effectiveness of health and well-being initiatives, ultimately leading to more resilient and thriving communities.

- **Subjective Well-being:** This dimension considers personal perceptions of happiness and life satisfaction.
- **Spatial and Environmental Well-being:** This includes the quality of physical surroundings, green spaces, and environmental health.
- **Social Well-being:** This addresses social cohesion, community engagement, and social support networks.
- **Healthy Lifestyles:** This dimension focuses on behaviours such as physical activity, diet, and substance use.
- **Economic Well-being:** This encompasses income levels, employment status, and economic security.

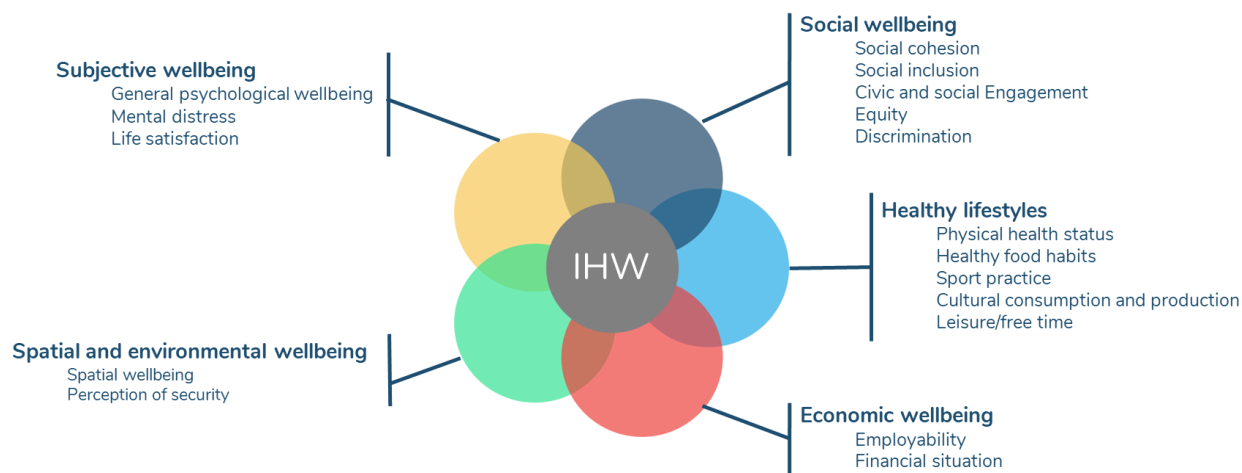


Figure 2. The IN-HABIT impact evaluation framework

The significance of this methodology lies in the recognition of health and well-being as co-created common pool resources influenced by the collectivity and the environment in which individuals reside and not exclusively linked to the individuals. Consequently, the metrics for assessing health and well-being must be adaptable to the distinct characteristics of different urban settings. This hypothesis is particularly important when considering small and medium-sized cities, which often face unique challenges and circumstances that larger metropolitan frameworks may not properly address. IN-HABIT framework has common indicators for the 4 cities, and some are more specific for each city's needs and context.

GDEI as a cross-cutting perspective that emphasises the relationship between well-being and discrimination. Discrimination, often stemming from prejudiced attitudes, disempowers individuals, hinders their active participation, restricts skill development, and often obstructs access to essential opportunities such as work, health services, education, or housing.

The **Gender, Diversity, Equity, and Inclusion (GDEI)** perspective as another critical component of the framework is informed by theories such as the minority stress model, which describes how social stressors impact the mental health of marginalised groups, particularly the LGBT community (Meyer, 2003). The WHO also recognises that inequalities and discrimination significantly affect health and lifestyles, influencing individual well-being (WHO, 2012). Research further supports that discrimination, whether structural or individual, has profound negative effects on both mental and physical health outcomes (Alvarez-Galvez & Salvador-Carulla, 2013).



Testing **mindset and behavioural change** approaches in the 4 cities to investigate the effects on mental health, well-being and healthier lifestyles of the VIS and the importance of adopting behavioural science to promote sustainable and inclusive mindset and behaviour changes in urban environments targeting vulnerable contexts and collectives. Prospective options are discussed to inform IHW policies.

To boost IHW in urban design and planning for small and medium-sized cities, a systemic urban planning framework is being developed based on the DOs and DONTs identified by the project. This framework will represent a unique reference for SMSCs.

Moreover, IN-HABIT is **fully aligned with the current EU policy priorities**: the **EU Green Deal** making Europe a climate-smart continent; the **One Health** approach and its links to human and nature health; the **Nature Based Solution** approach and the need for green-blue, but also animal spaces; the **Biodiversity-Climature nexus**; the restoration of urban ecosystems, aligned with the **Nature Restoration Law**, and last but not least, the **New European Bauhaus**. The project will deliver evidence to make these policies operational for the most vulnerable groups and places.

In short, the IN-HABIT project addresses emerging, pressing and urgent problems: The need for the inclusion of vulnerable and excluded collectives in the health and well-being agenda, the specificities of SMSCs, the existence of unused or undervalued resources that can boost health and well-being at the city level and the impact of the integration of soft and hard solutions to boost social urban transformation and healthier cities.

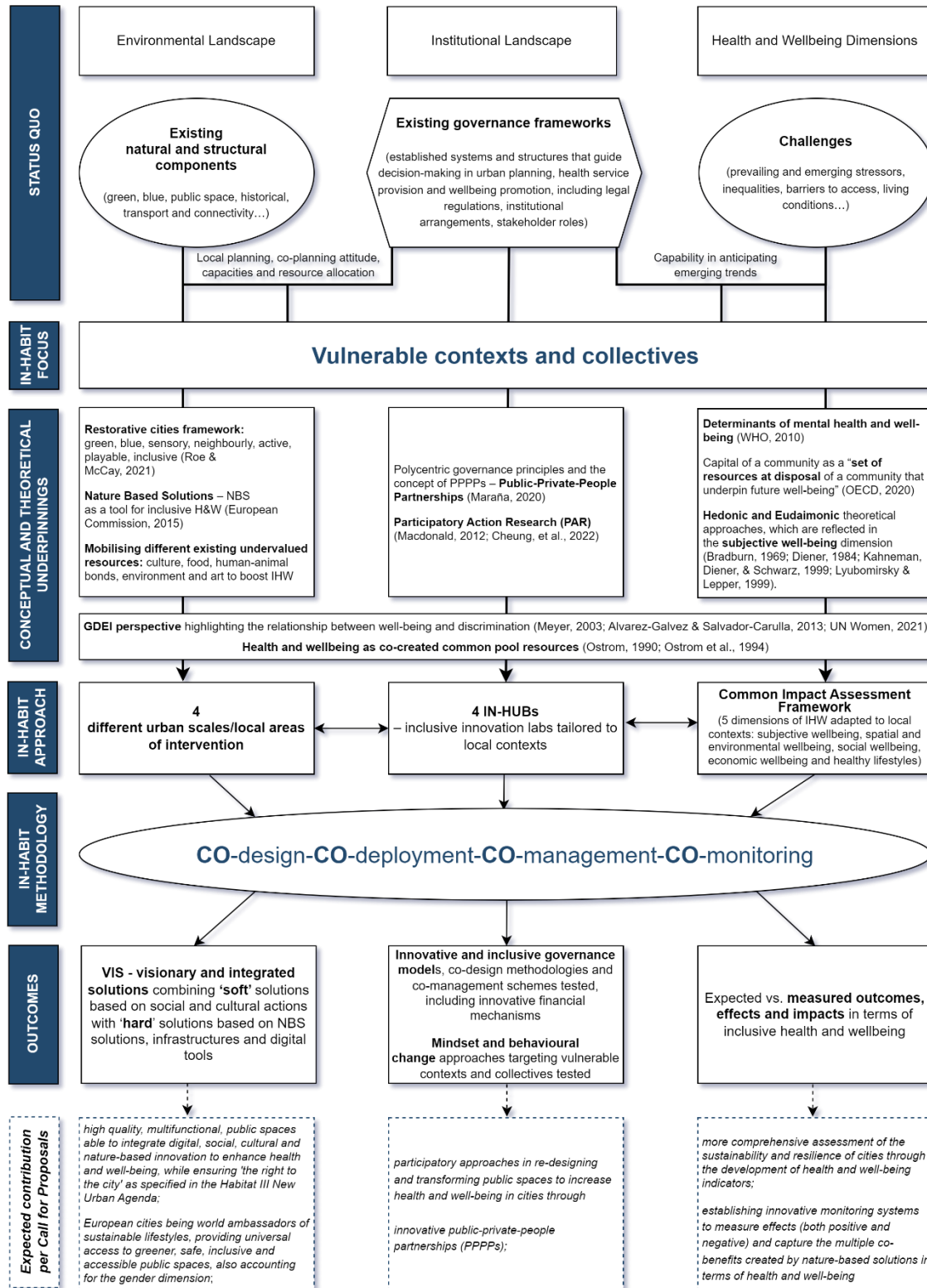


Figure 3. IN-HABIT Conceptual and Analytical Framework



The connection between mobilising undervalued resources to co-create visionary and integrated solutions for inclusive urban transformation and boosting the health and well-being of vulnerable collectives is grounded in the principles of **urban psychology** and the concept of **restorative cities**. In an urbanising society, building cities able to co-design, co-deploy and co-manage positive and livable environments in the everyday life of the people really matters. The organisation of urban spaces has a clear impact on spatial and environmental well-being, subjective well-being, and social well-being, as well as in the organisation of everyday healthy lifestyles.

Among the specific challenges of a healthy city, psychological well-being is gaining increasing attention (Peen et al., 2010). Since the beginning of the last century, urban psychologists have focused scientific attention on the relationships between city living and the health and well-being of their citizens. City living offers access to shared resources and opportunities (Gifford & Sussmann, 2012). While cities might be enjoyable, exciting, and potentially sustainable, they can also generate stress, health concerns, anxiety, insecurity and distrust, as well as frustration and isolation. Enhancing positive outcomes and reducing negative ones is essential in urban development. Studies have investigated diverse aspects like satisfaction with physical condition, social relations, political climate and convenience (Fried, 1984), as well as feeling of attachment to neighbourhoods, including place identity, dependence, and nature friends and family bonding (Raymond et al., 2010, Brown et al. 2003).

Following such perspective, people are generally more satisfied when they feel at home in their living environment and have greater satisfaction when have positive relationships with their neighbours (Gifford R. Sussmann R 2011). It is worth considering that in evolutionary contexts, stability and instability are always in a dynamic interplay. This can apply to urban infrastructures, social dynamics and geographical organization (i.e., different urban spaces within the same city can have diverse arrangements that may affect residents' satisfaction differently, depending on their specific evolutionary needs and community composition).

Subjectivity also plays a critical role (personal levels of anxiety, personal perspectives and attitudes to live in urban or rural settings). These subjective factors might influence and shape the behaviour and choices of specific groups of people (i.e., the counter-urbanization movement of the 70's from urban to rural



settings of groups of young people protesting the modernisation process and the individualisation of the way of living in the urban areas).

The extensive body of scientific literature produced by urban psychologists over the past century reflects this complexity (Takooshian H. 2005). From Simmel's (1905) exploration of "The Metropolis and Mental Life" to Milgram's (1970) study "The Experience of Living in Cities," and more recent reflections on restorative cities (Roe & McCay, 2021; Hartig, 2004 ; Kaplan & Kaplan, 1989, Ulrich, 1993; Ulrich et al., 1991, Weber & Trojan, 2018), there has been a continuous evolution in understanding urban living. The debate on restorative cities focuses on seven dimensions aiming to create an environment ready to better fit human needs at the city level (Roe and McCay, 2021):

- **Green:** the availability of green spaces and access to nature to reduce depression and stress, improve brain functions, and reduce anxiety, ADHD and dementia;
- **Blue:** about water availability, access, and cleanness that can reduce depression and stress;
- **Sensory:** regarding the level of noise, smell and pollution or, on the contrary, positive soundscapes, sonic refugees and visual complexity that might exert positive human outcomes;
- **Neighbourly:** the impact of city organisation and the presence of public spaces in the definition of social networks and social dialogue among ages, ethnicities, income, social classes and groups of individuals;
- **Active cities:** the possibility of having access to physical activities and different mobility ways – walking, running, biking, using transportation for diverse groups of people – women, elders, males, families, youngsters, children;
- **Playable:** regarding the availability of spaces where it is possible to play and to foster mental, social, cognitive, and emotional development;
- **Inclusive:** regarding spaces, activities, and services, able to reduce as much as possible diverse types of exclusion - linked to ages, ethnicities, genders, sexual orientation, physical and mental diversities and capabilities.

The seven dimensions of a restorative city should be read and adapted to each specific context, starting from the existing structural and social conditions and relating them to the existing evolutionary dynamics.

The seven dimensions match with the opportunity to co-design, co-deploy, co-manage and co-assess spaces, activities, services, and resources that enhance the 5 IN-HABIT dimensions and subdimensions of IHW:

- **Spatial and environmental well-being** (Sense of security, Satisfaction with urban green areas, Perception of noise and air pollution, Perception of the neighbourhood and sense of belonging)
- **Subjective well-being** (Mental distress, Psychological well-being, Life satisfaction)
- **Social well-being** (Social cohesion, Social inclusion and cohesion, Civic and social engagement, discrimination, and equity)



- **Healthy lifestyles** (Perceived physical health, Eating habits, Sports practice, Social and cultural habits, Human-animal interaction, Leisure and free time)
- **Economic well-being** (Employment, Job and skills satisfaction, Financial situation, Housing and living conditions).

Building on the existing literature, a specific conceptual and analytical framework can be organised to read the IN-HABIT approach (Figure 2.). It looks to the analysis of state of the art in the 4 cities regarding the key health and well-being indicators of the common assessment framework, context-specific emerging trends and stressors at the starting point. The 7 regenerative dimensions are linked to specific intersections between “soft” and “hard” solutions combining social, cultural, NBS, technological and digital innovations co-created within the CO-CO-CO-CO methodology. The participatory approach takes existing local institutional context into account, building on existing and creating new collaborative actions, boosting the capacities and empowering vulnerable groups.



IN-HABIT Pilot in Riga

Riga is the capital city and the largest city of Latvia, with a population of approximately 605.000 inhabitants that is steadily declining. It is also the most economically developed and vibrant city in Latvia, and accounts for over half of the national GDP. Nonetheless, Riga faces several issues that hamper the perception of Riga as an inclusive and safe place for all social groups, leading to different experiences of the city's urban spaces. Specifically, Riga has disparities in income and access to social and cultural activities across the city, which can contribute to marginalisation and exclusion of certain economic and age groups, people with disabilities, and the LGBTQ+ community among others.

Project activities in IN-HABIT focus on Āgenskalns, a district located on the left bank of the river Daugava. The historical Āgenskalns neighbourhood is currently envisaged in Riga city development plans as a residential area and place for innovative businesses, to be developed by means of advancing green infrastructure, nature-based innovations and developing science and education centres of national importance. – the campuses of three universities and the National Library are located near Āgenskalns. Furthermore, the neighbourhood is undergoing a significant socio-economic transformation and an influx of residents from various economic and ethnic backgrounds.

The specific challenges related to IHW include a diverse range of issues affecting the quality of life in Āgenskalns. While the city centre is easily accessible via public transportation, there are limited opportunities for cultural life and social life in Āgenskalns itself, particularly for families and young professionals. In addition, the presence of several liquor shops and gambling establishments has historically contributed to the perception that Āgenskalns is insufficiently safe and, consequently, limited its social desirability, even though there are several green areas both in and near to Āgenskalns (e.g. Jaunatnes dārzs) that could potentially be used as recreational zones, contributing to better health and overall quality of life. Secondly, while the local community has been described as cohesive and the neighbourhood association is believed to be among the most active in Riga, the influx of new residents and students from abroad due to the proximity of Āgenskalns to several university campuses, may be seen as disrupting the social equilibrium. This, in turn, may require spaces that allow individuals from various different backgrounds to interact. This equally applies to professionals who work in creative industries and have decided to move to Āgenskalns due to the proximity of Kalnciema Quarter and the opportunities that Āgenskalns Market can provide.



These challenges are being addressed via a new investment project, which serves as the primary anchor point of the Riga IN-HUB - the transformation of Āgenskalns market into an intercultural and creative food hub in collaboration with the Riga Planning Region (RPR) and Baltic Studies Centre (BSC).

IN-HABIT activities in Riga operate in lockstep with the overall vision of Kalnciema Quarter (hereafter – KQ), which has undertaken the renovation and reconstruction of Āgenskalns market and is actively investing in the market¹. **IN-HABIT interventions are designed with the aim of creating synergies and complementarities between the project’s methodology and conceptual approach and KQ’s development plans and actions.** This synergy is consistent with the business model of KQ (a social enterprise) that connects commercial and socially oriented activities. This business model is characterised by the following:

- Many activities are simultaneously economically oriented, socially focused on the inclusion of different groups, and environmentally motivated towards sustainability objectives.
- A combination of food sales with social, cultural and educational activities in a renovated, accessible and attractive urban environment.
- Business practices that are open to new opportunities and dynamic cooperation with different partners, including: business partners (producers, processors, traders, buyers, other SMEs), public partners (municipalities, public authorities), civil society partners (neighbourhood associations NGOs, interest groups), and science and education partners (universities, research institutes, schools).
- A diverse range of funding sources: private investment, public co-financing for development and innovation projects, funding for social entrepreneurship, borrowing, income from renting premises and other sources of funding. In some cases, voluntary work and other forms of social participation are relied upon.
- Active work on the image and reputation of the project, which contributes to public recognition of the market, promoting consumer engagement and improving credibility in the eyes of financial partners and public institutions.

The above is relevant to underline the fact that, **in the case of Āgenskalns market, the link between health and well-being is built into the very concept of a multifunctional urban food hub.** The visionary and integrated solutions described below are geared towards food education and the popularisation of sustainable diets and consumption habits, and social and cultural activities in the neighbourhood.

¹ The building is owned by Riga City Council. In 2018 the Riga City Council selected KQ as the next lessee of the market for a period of 30 years.



The synergy between the market and IN-HABIT is an important aspect to build upon. It provides value added to market activities that otherwise would have remained limited in terms of impact. IN-HABIT brings international expertise and methodologies for developing particular activities in the framework of IHW, whereas the market itself provides the physical space and infrastructure to embed the visionary and integrated solutions and a team that is respected and trusted by local stakeholders for their commitment to social entrepreneurship.

Objectives in Riga

The overarching goal of the Riga team in IN-HABIT is to promote healthy and inclusive communities in Āgenskalns neighbourhood. The plan is to achieve this by turning Āgenskalns Market² into a multifunctional and creative urban food hub. The core idea is that the market will continue to function as a space for selling goods, with a focus on making locally sourced food more easily accessible. Nonetheless, it will also provide cultural and educational opportunities, thus acting as a kind of community or cultural centre in the neighbourhood, contributing to different aspects of health and well-being.

In contemporary urban environments, food plays a complex role that extends beyond mere sustenance. It contributes to health and well-being, shaping both physical and mental states of individuals. Access to nutritious food is a fundamental determinant of health and overall quality of life. However, food consumption is deeply intertwined with cultural identity. These cultural dimensions of food can contribute to a sense of belonging and social cohesion within communities.

Urban markets, as hubs of food exchange and cultural interaction, offer a unique platform for exploring the intersection of food, health, and social inclusion. Consumers' food consumption choices cannot be understood as solely mental processes that are linked with rational thinking and construction of the identity, as they are also based in everyday routines, conventions and material infrastructures that make food available (Blumberg and Mincyte 2019, 253). The market serves as such a platform that enables the inhabitants to simultaneously showcase and experience a diverse range of cuisines, reflecting the multicultural and sociodemographically diverse nature of contemporary European cities. By providing opportunities for individuals from different backgrounds to interact and share their lives and experiences,

² More information about the market can be found here: <https://www.agenskalnatirgus.lv/en>



urban markets can foster a sense of community and inclusivity. Furthermore, the availability of locally produced food at these markets can contribute to healthier dietary choices and support local economies.

The Riga IN-HUB focuses on the transformation of a traditional urban market into a **multifunctional urban food hub**. **Multifunctionality is a keyword** meaning various functions that the food hub plays in contemporary urban settings. These functions include not only contribution to food security (e.g. improved availability, access, utilisation, stability of nutritious and culturally appropriated food), but also connections between food provision activities and other manifestations of urban life, such as educational activities, sport activities, cultural activities, community socialising, mobility, urban infrastructure development, waste reduction, greening of territories, and other. The Riga IN-HUB traces and enables these sometimes explicit, sometimes implicit and subtle connections between food, the urban environment, culture, education and social life. The people – market visitors, participants of events, Āgenskalns community are seen as the main connectors of multiple food hub functions and as the end beneficiaries upon the condition that they are being involved in co-creation, co-deployment, and co-management of the Āgenskalns Market project.

The multifunctionality of Āgenskalns market project is inherently linked to **diversity and inclusion**. Enrichment and diversification of food hub functions opens new opportunities for people to engage and participate. Multifunctionality acts against economic, social and cultural exclusion. For example, the enhanced inclusivity of socialising and cultural events may compensate for certain exclusion effects of other developments enabled by the market. The observed exclusion in certain types of market activity can be remedied by activity modification, introducing economic or social innovations.

Diversity and inclusion are dynamic processes. Both inclusion and exclusion mechanisms and processes are being continuously reproduced and modified in an economic, social and political context. The Riga IN-HUB strives for synergies between economic, social and cultural functions of Āgenskalns food hub in order to enhance impacts on health and wellbeing. The Riga IN-HUB is equally sensitive to emerging exclusion effects seeks to co-create compensatory activities.

Thus, the choice to focus on food is predicated on the idea that it is a powerful force that shapes both individual health and social dynamics within urban environments. The market on the other hand allows to embed food in a multifunctional context that serves different needs that communities have. Food is, therefore, a point of departure for addressing broader issues associated with IHW and sustainability.



Consequently, the Riga team mobilises the relatively undervalued potential of food, such as food in relation to culture and social activities, for a particular urban development project – the transformation of a historical marketplace, Āgenskalns Market, in Riga into an innovative and multifunctional food hub. The Riga team, driven by the innovative approach of KQ, aims to convert a historical market into a multifunctional food hub which combines a diverse set of economic, cultural, sports, educational and ecological activities and has a strong focus on the health and well-being of local residents. The Riga team works closely with market managers, private investors, other businesses, architects, urban planners, NGOs, research organisations and neighbourhood communities to openly design and develop solutions that meet the needs of various publics.

The specific objectives of the activities in Riga formulated at the outset of the project were:

- to increase healthy food consumption habits among local people by reducing sedentary lifestyles and unhealthy diets (subjective well-being, healthy lifestyles);
- to improve accessibility for all while encouraging sustainable mobility (walking and cycling) from and to Āgenskalns Market (spatial and environmental well-being);
- to use food as a means to improve intercultural and intergenerational social relations, sense of belonging and ownership of the place (subjective well-being, social well-being);
- to shorten food supply chains and decrease food waste in the market (spatial and environmental well-being, economic well-being).

The distinctiveness of Riga in IN-HABIT lies in its focus on sustainable food as the basis for healthy and inclusive urban well-being. The main activities concern the area surrounding Āgenskalns Market, though this is not limited to Āgenskalns neighbourhood. The goal is to utilise the potential of the market as a space of promoting healthy and sustainable food habits, social and cultural integration and cohesion, thereby making the neighbourhood a desirable and safe place to live and visit.

In particular, work in Riga is concentrating on: (i) improvements to physical public infrastructure in and around the territory of Āgenskalns market in Riga, and (ii) the promotion of food related educational and consumption practices. This approach initially coalesced into four main directions of work. All four are examples of incremental innovation: (i) transformation of the outdoor marketplace, (ii) community kitchen, (iii) minimisation of waste at the market, and (iv) an online food purchasing system. Over time,

however, the fourth direction (online market) lost its relevance³, and a decision was made to focus on a variety of social and cultural events (described in more detail below). Nonetheless, activities related to online food purchasing did result in the establishment of the first (in Latvia) parcel shipping/collection point for fresh food on the premises of the market⁴.



Figure 4. Āgenskalns Market: a cultural centre in the neighbourhood contributing to different aspects of health and well-being

While these are not radical departures from available solutions and build upon existing examples found both locally and abroad, they are contextually novel and will seek to (i) introduce changes in the way people socialise at the market, (ii) create opportunities for different groups to bond over food and (iii) encourage healthy and more sustainable consumption practices.

The initial plans for Āgenskalns Market involved both hard (infrastructural) and soft (practices, events) solutions. While some key components of the solutions (spaces to be renovated, main infrastructural innovations and functions) had been clearly defined at the outset (e.g. equipment for the community

³ The online facility was useful during the pandemic, but the market team noted a gradual loss of interest after the pandemic.

⁴ See: <https://www.lsm.lv/raksts/zinas/ekonomika/darbu-sak-latvija-pirmais-partikas-pakomats.a492248/>



kitchen), it was believed that many elements would be co-designed with local stakeholders to ensure that a variety of perspectives and needs would have a chance to shape the development of Āgenskalns Market. This was done continuously, and the feedback received itself functioned as a form of monitoring and evaluation, albeit episodic.

The GDEI (Gender, Diversity, Equity, and Inclusion) approach has been an important part in all phases and tasks of the project, from the co-definition of impact and IHW indicators to the implementation of solutions in Āgenskalns Market. It allowed us to attend to lived experiences (understanding the extent to which the cities are lived differently by different social groups, and design an effective urban space), health and well-being inequality (capturing the extent of inequality in health and well-being in the cities to understand how urban design affects health and well-being). The Riga team tried to ensure that specific (vulnerable and less represented) groups of the population are involved in market activities and the elaboration of the visionary and integrated solutions. However, we note that this has not always been successful, and groups without institutions or organisations that represent their needs have been challenging to involve.

Furthermore, an additional aim is to transfer and popularise the Riga IN-HUB experience in other cities in Latvia. To achieve this aim, RPR will use its policy networks to spread information and best practices developed in Āgenskalns Market to other municipalities in Latvia. *Several activities are planned to ensure that other markets, municipalities and policy makers can learn from the experiences of IN-HABIT:* 1) face to face workshop to present and discuss the challenges and achievements of IN-HABIT with other markets in the Riga planning region; 2) panel discussion with policy makers (e.g. panel discussion with Riga city department heads and elected officials; 3) integration of IN-HABIT results in policy planning documents.

Co-design in Riga

It is important to note that a general vision for Āgenskalns Market pre-existed the IN-HABIT project. It was initially formulated as part of previous projects and input from the local community (e.g. via a survey). Nonetheless, the project provided an opportunity to increase the presence of IHW aspects and further refine the plans.

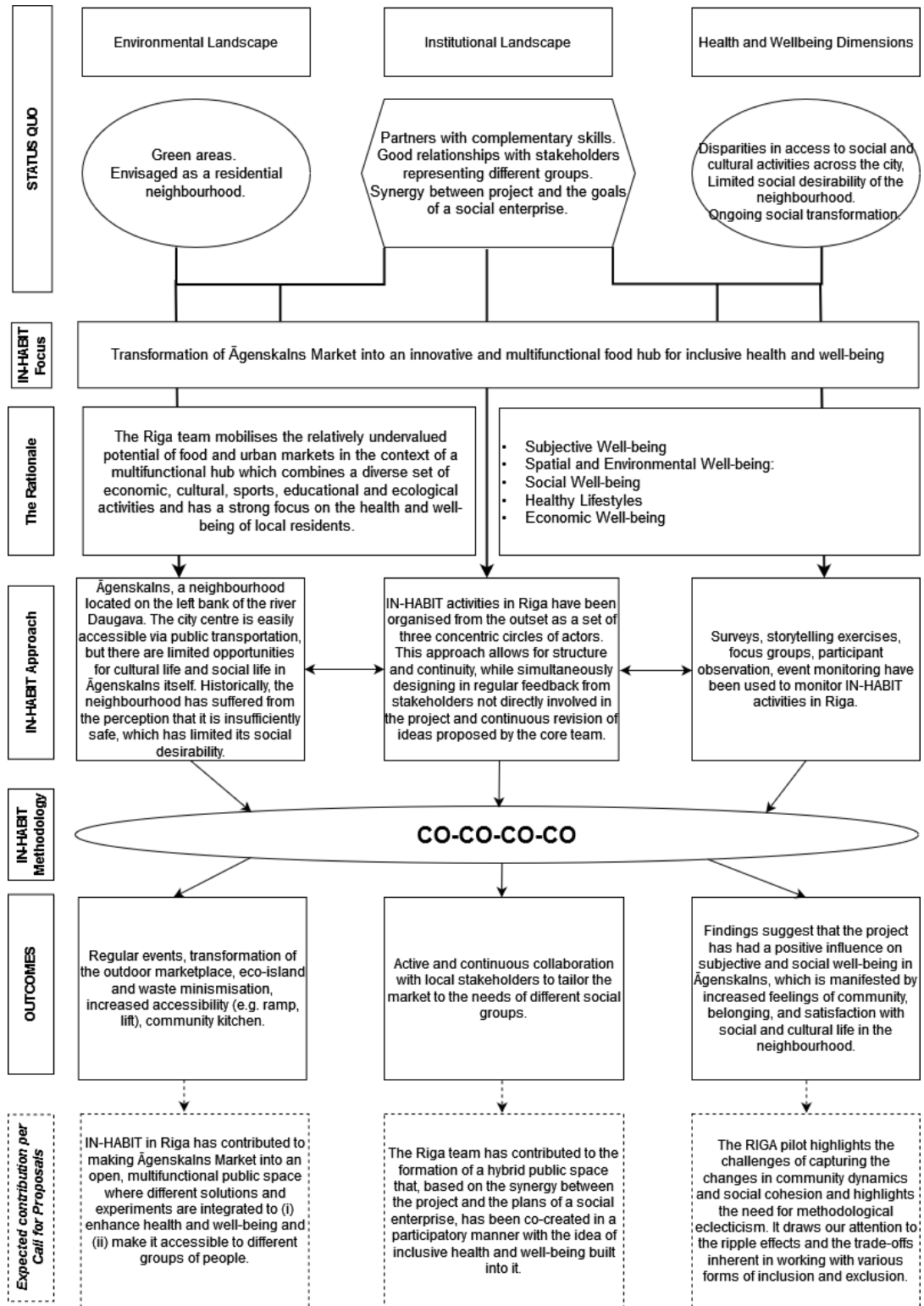


Figure 5: IN-HABIT in Riga – an overview

The preparation for the baseline study and the baseline study itself was among the first engagement activities in the framework of IN-HABIT. Pre-existing relationships with stakeholders were re-activated, and trust and communication channels started to open by discussing with some of the target groups their opinion on the most important aspects that influence their health and well-being. Furthermore, we noted that activities at the market and the baseline study itself, were of interested to primarily well-educated, digitally savvy, socially active people. Other target groups (e.g. the elderly and ethnic minorities) were harder to reach, in part due to the restrictions associated with the pandemic.

The organisation and governance of the Riga IN-HUB, and IN-HABIT activities in Riga more generally, have been organised from the outset as a set of three concentric circles of actors. While there is interaction and networking between different stakeholders, IN-HABIT activities are primarily driven by the vision of the core team. This approach allows for structure and continuity, while simultaneously designing in regular feedback from stakeholders not directly involved in the project and continuous revision of ideas proposed by the core team in general, and the practice partner (KQ) in particular. This decision derives from the specific nature of the IN-HABIT interventions in Riga, which take place in a neighbourhood market currently managed by a social enterprise.



Figure 6. Riga IN-HUB

The first circle consists of the core group. The core team consists of three project partners who have agreed on their roles and responsibilities. The second circle includes the members of the core group and a small number of development specialists and activists, and representatives of various organisations and associations. This is exemplified by the UAB, which consists of the core team and ten individuals not directly involved in the project. Members of the UAB come from different organisations and represent



different stakeholder groups. The outermost circle refers to the residents of Āgenskalns neighbourhood and other actors interested in the future development of Āgenskalns market. This is the most loosely defined “circle” as it includes everyone participating in activities aimed at generating ideas for the future of Āgenskalns as part of IN-HABIT. Despite its identity being less clear, this circle has been regularly involved in IN-HABIT activities (e.g. co-creation workshops, community survey) and has been a regular source of input that allowed the core team to revise the initial plans for Āgenskalns Market.

At the end of the baseline assessment process in October 2021 (M13), the Riga IN-HUB had already defined the four directions of work that they will follow in the next few years. These were taken from the pool of ideas of the project proposal, directly deriving from the consultation with citizens done by KQ in 2018 and reshaped by the input of the UAB and other input received as part of IN-HABIT. Specifically, it was a result of a series of thematic meetings and digital interactions among the UAB members and members of the wider community, two public discussions (online and physical), one focus group and two community surveys.

It is important to note that the co-design phase was primarily exploratory. While the four directions of work were agreed upon, the details of their implementation were not spelled out. Consequently, the specific form they took was defined during the subsequent phases.

Co-deployment and Co-management in Riga

Co-deployment and co-management of VIS broadly follows nine steps.

- 1. Community Needs Assessment:* A needs assessment to understand the specific needs, interests, and preferences of the community is carried out. This involves surveys, interviews, focus groups, or community forums.
- 2. Community Consultation:* Based on the needs assessment, a series of community consultation sessions (both in person and online) to gather input and feedback on potential activities are organised.
- 3. Activity Proposal Development:* Using the insights gathered, KQ develops proposals that outline the objectives, target audience, format, resources required, and expected outcomes of each activity.
- 4. Community Feedback and Refinement:* Community members are encouraged to provide suggestions and refine the activity proposals accordingly.



5. *Co-creation Workshops*: KQ hosts a co-creation workshop where community members where participants brainstorm ideas, prioritise activities, develop action plans, and assign responsibilities.

6. *Implementation Planning*: Following the co-creation workshop, KQ works closely with community members to finalise the implementation plans for the selected activities.

7. *Activity Implementation*: The planned activities are implemented according to the agreed-upon timelines and action plans.

8. *Monitoring and Evaluation*: Throughout the implementation phase, the Riga team monitors the progress of the activities and collects data on their impact and effectiveness. Community feedback is continuously sought, though structured data gathering activities have only started recently.

9. *Reflection and Learning*: After the activities have been completed, KQ facilitates reflection sessions with community members to review what worked well, what could be improved, and key learnings for future initiatives.

However, we should note that in the case of soft VIS, this process is usually streamlined.

Visionary and integrated solutions in Riga

Several integrated solutions were initially proposed to be co-developed with the direct involvement of local residents, businesses, NGOs, farmers and educational institutions. The initial plans were ambitious and not all of them could be put into practice, although we note that many of the elements were successfully realised, albeit in a different way than initially envisaged. Below is a list of ideas proposed in the ITP.

- Transformation of a public square and related traffic junctions next to Āgenskalns market into a new, easily accessible and green urban square to encourage the use of bicycles and healthy mobility practices.
- New green zones, sports facilities and art corners will be co-deployed in collaboration with local artists, sports associations and enterprises.
- Interactive events for children and parents about healthy nutrition and sustainable diets.
- Educational courses for urban gardeners in collaboration with specialists of the Botanical Garden of University of Latvia and other partners.



- Behavioural games, digital guidance and information provided via the INHABIT-APP to support healthy diets, sustainable food production/consumption and recycling practices as well as physical activity and sports (walking and cycling) in the neighbourhood.
- Novel food chain arrangements that bring together farmers, small scale processors, food artisans, craftsmen and women, catering businesses and consumers in order to shorten supply chains and promote healthy food habits (ongoing).
- Culinary events, vocational training and educational activities in the community kitchen, with the involvement of children, the elderly and other vulnerable groups (ethnic minorities, persons with disabilities), thereby contributing to social cohesion and delivering a fair and equitable distribution of benefits.
- New collection and re-use practices for food close to its expiration date in collaboration with market vendors.

The subsequent sections provide an overview of the soft and hard VIS in Riga. While they are divided into soft and hard solutions for narrative purposes, in practice they have taken shape together. Furthermore, there is an inherent relationship between hard and soft solutions as the implementation of hard VIS has enabled many soft activities, while soft VIS allow for the identification of needs and directions of further hard VIS.

Soft VIS

Soft VIS of the Riga IN-HUB are being co-designed and implemented in the form of events. Since the beginning of IN-HABIT project, Āgenskalns Market team together with other IN-HUB partners and (community groups and stakeholders) organise a series of events or soft intervention activities aimed at achieving the IN-HABIT objectives of inclusion, well-being and sustainability and targeted at the general public as well as specific groups.

In terms of thematic focus and means of intervention, the event can be classified as economic (trade), social, cultural, environmental and educational events.



Figure 7. Āgenskalns Market – a venue for cultural, educational, and interdisciplinary events

To monitor the IN-HABIT events at Āgenskalns Market and evaluate their impact, the Riga team has designed and continuously fills in a living event database (an Excel sheet) where all the activities organised as part of IN-HABIT or thematically relevant to IN-HABIT are being recorded in a structured way.

The events are documented and analysed according to the following criteria:

- Event name;
- Event type (economic, social, cultural, environmental, educational);
- Date;
- Content description;
- Partners in organisation;
- Target groups;
- Correspondence to the INHUB directions of work;
- Observed impact on IHW according to the common IN-HABIT framework;
- Comments and reflection by INHUB members.

During the 2nd reporting period⁵ 196 events were organised (from 01.05. 2022 till 30.11.2023) while in the 3rd reporting period 87 events have taken place at Āgenskalns Market (from 01.12.2023 till 31.05.2024). Figure 8 reflects the event dynamic by type of events in two reporting periods. The smaller number of events in the 3rd period reflects a shorter time span covered.

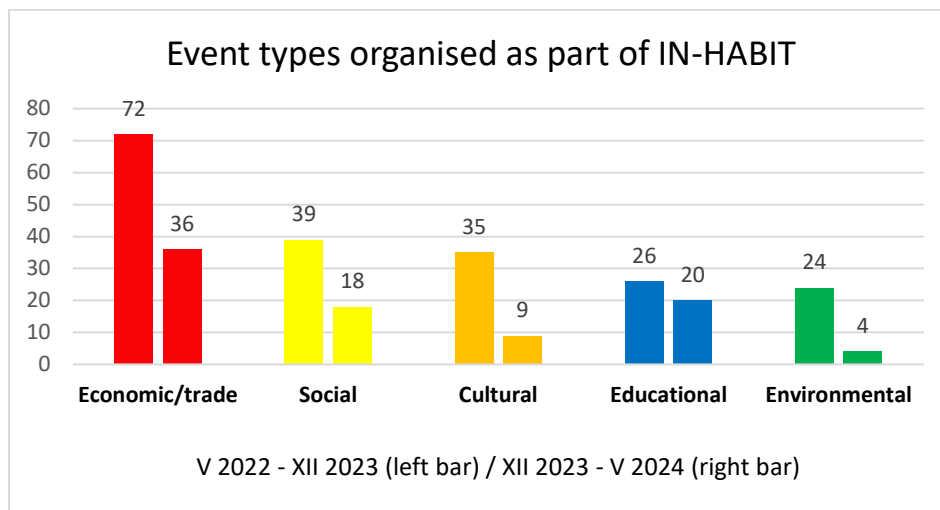


Figure 8. Event types (types of soft VIS) at Āgenskalns Market

Economic / trade events are the most frequent at the market, which is not surprising. These are weekly flea and monthly vintage markets which bring together antiquity traders and customers interested in second-hand goods, reuse and repair practices. Trade events relate to *minimisation of waste* direction of the Riga INHUB. They promote the ideas of sustainable lifestyles and circular resource use and potentially contribute to economic well-being.

⁵ This corresponds to the time the market was re-opened.



Figure 9. Weekly flea market and monthly vintage market.

Social events organised at the market take different forms: festivities, celebrations, competitions, creative workshops, sport activities, community sharing and gifting events, reading sessions, meal preparation, ethnic days and other. They are oriented towards the general public and the participants include various groups from Āgenskalns neighbourhood as well as visitors, tourists and residents of other neighbourhoods. A common characteristic of social events is their interactive nature, thereby facilitating community engagement and skill development. They also act against discrimination and foster inclusion. Thematically speaking, social events may be related to different topics from calendar festivities to food, ethnic cultures, crafts and sports.



Figure 10. Social events in Āgenskalns Market



Social events are usually organised in collaboration between Āgenskalns Market team and food traders, caterers, shopkeepers, involving also media, cultural institutions, researchers and artistic groups. Social events entail a strong component of performative action and engagement of participants. Doing and experiencing together / DIY is essential to social events.

In terms of relation to hard VIS, social events are largely made possible due to the renovated outdoor marketplace, the equipped community stage, community greenhouse and community kitchen. Social events may happen on multiple locations at the market. Box 1. presents some examples of social events.

Box 1. Examples of social events

Event “Cook with actors”: Professional actors prepare with participants their favourite meal and read poetry from their musical shows.

Event “Celebration of National Independence Day”: The market tables are decorated with white tablecloths, the Latvian music is played, in the cafes and market stands on the 1st floor special gifts from local farmers and craftswomen are provided.

Event “Read your favourite book”: Participants bring their favourite book and read aloud the page 79th.

Cultural events have professional and amateur arts in their background. They include concerts, artistic performances, theatrical shows, dances, musical performances and more. Folk, jazz and choir music concerts frequent at the market. Similarly to social events, cultural events are offered free of charge and are aimed at the general public. Most of them take place in the transformed outdoor marketplace (community stage, community greenhouse). Cultural events are co-organised by Āgenskalns Market team together with artistic collectives, such as musical groups, literary associations and cultural education establishments. Box 2 gives a flavour of some cultural events.

Box 2. Examples of cultural events

Event “Summer evening”: Folk group GRODI plays music and invites everyone to dance - old and young. Less known and more well-known Latgalian dances, songs and games are being played.

Event “Improvised theatre about conspiracy theories”: In interaction with the audience, actors create etudes in which they imagine what would happen if conspiracy theories were true. The audience is invited to make suggestions for possible scenarios and play them out together.

Event “Read your favourite book”: In a joint reading event participants bring their favourite book and read aloud the page 79th.



Figure 11. Cultural events taking place in the transformed outdoor marketplace

Educational events include such activities as cooking masterclasses, meal preparations, food recipe demonstrations, craftsmanship training, bicycle repair sessions, gardening classes and more. These events usually take place at the community kitchen and transformed outdoor marketplace. Many educational events are food related as they address various aspects of sustainable consumption, such as meal preparation, food saving, food planning, food waste avoidance, cooking, menu diversification, healthy nutrition, culinary heritage, ethnic cuisines, local and seasonal products. Teaching, demonstrating, learning and sharing knowledge about healthy nutrition and sustainable food consumption is essential to these events. Other topics of educational events may involve language training for migrant population, entrepreneurship start up courses for Ukrainian war refugees, craftsmanship classes, and physical health related workshops.



Figure 12. An example of expanding the functions of the market: educational events about sustainability organised in Āgenskalns Market

Educational events, compared to social and cultural events, are more targeted towards specific groups, such as young people, families with children, senior citizens, work collectives, gardeners, ethnic minorities, refugees. Most educational events are offered free of charge. The exception is cooking, and degustation events and masterclasses demanded by organisational clients.

Educational events require special knowledge, therefore they are organised with the involvement experts, such as food producers, cooks, nutritionists, caterers, waste managers, agronomists, physicians, who act as trainers. Entrepreneurship coaches and advisers have been invited to deliver learning events on business start-up and critical thinking. Box 3 presents some examples of educational events.

Box 3. Examples of educational events

Event “Speed-dating about health”: Meeting and speed dating with the members of Riga Stradiņš University scientific groups about heart health, physical health and healthy nutrition, while throughout the day traders offer fresh and local produce.

Event “Cook with celebrity”: The famous film director shares his cooking experience and various recipes by demonstrating meal preparation at community kitchen.

Event “Basic Latvian”: With the support of the Social Integration Program of the Riga City Council, the Latvian language teachers train the basics of the Latvian language to people who do not know the language at all.

Environmental events are smallest in number. Thematically they are devoted to gardening (using the premises of the community garden), waste sorting and minimisation of waste at the market, improvement

of energy-efficiency of buildings, and repair and recycling activities. These events are related to two directions of the Riga INHUB work: transformation of outdoor marketplace and minimisation of waste.



Figure 13. *Repair Cafe* workshops represent some of repair and recycling activities organised in the market

Hard VIS

Several hard and infrastructural solutions were developed as part of the project. These address various dimensions of IHW and the decision to go ahead with the relevant procurement procedures was based on the input of the user advisory board and market visitors.



Figure 14. Improvements in the territory and accessibility

Transformation of the outdoor marketplace

Short description: Restoration of the area outside the market pavilion into a dynamic and inclusive multifunctional space for social gatherings that combines food provision with cultural and educational



opportunities. This involved renovating the market square and a community greenhouse, creating a community stage and community garden and installing an accessibility ramp.

IHW dimensions: transversal

Users: Local residents, people from other parts of Riga and Latvia, vendors, NGOs, research and educational organisations, tourists

Stakeholders consulted in co-design stage: Local residents, NGOs, small businesses, Riga City Council, neighbourhood associations, architects

Co-deployment: Alignment and integration of (i) competing visions of the marketplace expressed by stakeholders and (ii) conflicting needs and interests of car drivers and other road users in and around the market.

Co-management: The primary actor is KQ, but the outdoor marketplace (both in form and in function) is envisaged as dynamically changing in response to demand.

Community (co-creation) kitchen

Short description: A dedicated area on the first floor of the market pavilion equipped with the necessary appliances to host community cooking and co-creation events targeted at different audiences. Most events are organised for free or at cost.

IHW dimensions: Healthy lifestyles, subjective well-being

Users: Local residents, tourists, students, children, educators (e.g. nutrition specialists), professional cooks, NGOs

Stakeholders consulted in co-design phase: Local residents, NGOs, small businesses, Riga City Council, neighbourhood associations, architects, nutrition specialists

Co-deployment: (i) Clarification of the purpose of the community kitchen to potential users, (ii) ensuring health and safety standards for cooking in public spaces. Installation of the necessary equipment was done by a private company hired by KQ following a procurement procedure.

Co-management: The primary actor is KQ. Events are planned in cooperation with local NGOs, scientific organisations and public institutions to ensure that a wide range of people (including those at risk of discrimination) are involved in events organised in the community kitchen.



Figure 15. A community cooking workshop in the community kitchen

Lift to first floor

Short description: The installation of a lift in the historic neighbourhood market such Āgenskalns Market is a crucial step towards ensuring accessibility and inclusivity. This addition will allow individuals with mobility impairments, including elderly residents, people with disabilities, and parents with young children, to fully enjoy all the market has to offer. By removing the physical barrier of stairs, the market can cater to a wider range of customers, promoting community engagement and supporting the needs of a diverse population.

IHW dimension: Spatial and environmental well-being, social well-being

Users: Market visitors

Stakeholders consulted in co-design phase: No specific co-design activities were needed as various members of the community continually voiced their concerns about the lack of a lift.

Co-deployment: Organisation of a procurement procedure

Co-management: The market team

Eco-island



Figure 16. Eco-island in the courtyard area of Āgenskalns Market

Short description: In the spring of 2024, an eco-island was established in the courtyard area of Āgenskalns Market with the aim of improving waste sorting practices and reducing the volume of waste. An internal audit of waste management at the market revealed that the biggest issue with waste sorting was among the vendors. As a result, a dedicated area for waste sorting was created, along with the appointment of a person responsible for educational outreach and assistance. Within just a few months, a reduction in waste management costs by an average of 600 euros per month was observed. Additionally, the environment and safety were improved, and access to the containers by local residents was restricted. Currently, a sorting system is being developed to meet the needs of market visitors.

IHW dimension: Spatial and environmental well-being

Users: vendors and market visitors

Stakeholders consulted in co-design phase: No specific co-design activities were organised, but the UAB, environmental NGOs and waste management companies were consulted.

Co-deployment: n/a

Co-management: n/a

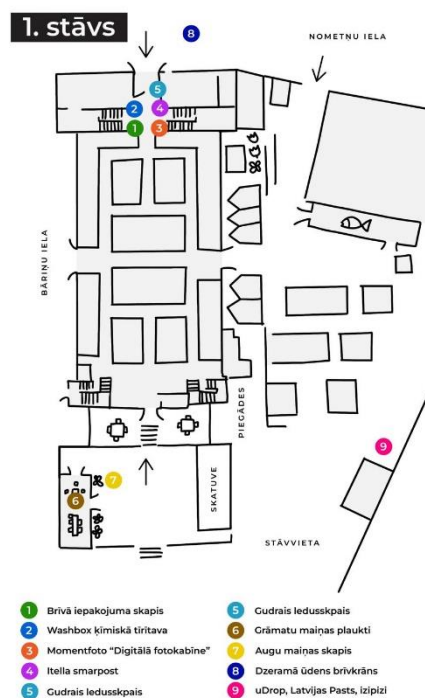


Figure 17. Waste reduction efforts in the market territory: Packaging exchange point, Book exchange cabinet; Plant exchange point; Textile drop-off point; Drinking water fountain; Zero-waste store; Last-minute food product offers at the market.

We noted above that there is an inherent relationship between hard and soft solutions. For example, improvement of the outdoor marketplace – erecting a community stage, installing a community garden, building a community greenhouse, constructing an accessibility ramp have created premises for various social, cultural and educational events. Investing in the community kitchen, buying the necessary equipment, installing a lift to access the kitchen has made it possible to launch a programme of culinary, educational and community events. **Our experience, therefore, suggests that the integration of hard and soft solutions is a precondition to generate the desired impacts and community well-being pathways.**

Dimensions of IHW in Riga

The IN-HABIT project has a common impact assessment framework, based on five dimensions of IHW: subjective well-being, spatial and environmental well-being, social well-being, economic well-being and healthy lifestyles. Crucially, each dimension is expounded by several sub-dimensions or aspects of well-being that were operationalised by set of indicators and measured by various data collection and analysis methods in several iterations, as further explained in the Methodology section. As each of the IN-HABIT



cities focus on specific VIS and target groups, the evaluation framework was adjusted to the objectives, target groups and activities in Riga while developing Āgenskalns Market in Riga as a multifunctional urban food hub for health and well-being in city.

Articulating key IHW dimensions in Riga

The initial articulation of key IHW sub-dimensions to focus upon was determined in part by the core team (see Appendix A), but the list was further refined via a participative and co-creative approach, which relied on the perspective of local residents (see Appendix B). Our strategy was also inclusive in outlook as key target groups were involved from the beginning in the co-articulation IHW dimensions relevant in the case of Āgenskalns Market and the co-design of indicators. The target group for the solutions in Riga is represented by the inhabitants of Āgenskalns neighbourhood as well as by people living outside the neighbourhood who may attend the market area. The following specific target groups were initially identified:

Young people and students

- LGBTQI+ people
- People with disabilities
- Families (incl. those with children)
- Children
- Lonely and elderly people
- Ethnic minorities

The initial conceptualisation of IHW in Riga involved a comprehensive assessment of a wide range of health and well-being indicators that could be monitored to assess the impact of the activities in Āgenskalns Market. The full list of indicators is available in Appendix C. However, several factors necessitated a refinement of this initial framework over the course of the project across all five dimensions of well-being.

Firstly, the dynamic nature of health and well-being, coupled with significant political (e.g. Russian invasion in Ukraine) and economic (e.g. high inflation) changes in recent years, necessitated a reassessment of the initial set of indicators and sub-dimensions of IHW to be monitored in Riga. To ensure the relevance and impact of our research, it was crucial to align our focus with contemporary challenges and opportunities. Secondly, practical considerations, such as research fatigue and data collection feasibility, played a pivotal role in shaping the final selection of indicators and sub-dimensions. Given the general population's



declining willingness to engage with lengthy questionnaires and the feedback we received while carrying out the baseline study (e.g. some respondents noting that some of the questions adversely affected their mental well-being), we recognised the importance of minimising respondent fatigue. Finally, we prioritised those sub-dimensions of IHW where we could most plausibly attribute changes to the interventions implemented as part of our project. This strategic approach allowed us to establish a more definite connection between our actions and the observed outcomes, thereby enhancing the relevance of our findings.

By carefully considering these factors, we were able to construct a focused and actionable set of health and well-being indicators for in-depth exploration.

- Sense of safety in the neighbourhood (social and spatial and environmental well-being)
- Sociality in public spaces and participation in cultural activities (social and subjective well-being)
- Satisfaction with cultural offer and recreational opportunities in the market (social well-being)
- Sense of belonging to neighbourhood (social well-being)
- Consumption of healthy food and time spent on food preparation at home (subjective well-being and healthy lifestyles)
- Time spent in recreational areas in the neighbourhood (social well-being)
- Minimisation of waste and spread of circular practices (environmental well-being and healthy lifestyles)
- New skills and professional opportunities (subjective well-being and economic well-being)

Initially, the monitoring and evaluation framework also considered various sub-dimensions of economic well-being and questions about them were included in the baseline survey. However, upon closer examination, it became apparent that many of these sub-dimensions were not meaningfully linked to project activities in the sense that any changes we observe could just as easily be attributed to contextual factors, rather than the activities of the market. In other instances, the project's support was highly specific and targeted (e.g. legal support for Ukrainian refugees), making it challenging to integrate questions about economic well-being into the monitoring and evaluation exercise without compromising the integrity of the analysis. A notable exception was the business incubator established in collaboration project partner Bridge for Billions.



For the final round of research activities in 2024, we also revised the initial list of assumptions about impact:

- The VIS will increase the perception of security in the neighbourhood.
- The VIS will strengthen social inclusion in the neighbourhood.
- The VIS will improve the reputation of the neighbourhood.
- The VIS will increase a sense of belonging to the neighbourhood.
- The VIS will increase satisfaction with the cultural offer in the neighbourhood.
- The VIS will contribute to the formation of healthy and sustainable habits.
- The VIS will enhance cultural participation and engagement.
- The VIS will improve the quality of free time and leisure.
- The VIS will enhance mental well-being.
- The VIS will enhance learning, skill development and agency for IHW.

These lists of indicators and assumptions about impact were the employed in the design of methodological tools described in the next chapter.



Methodology: thinking about and capturing the impact of IN-HABIT in Riga

While the market was designed with the intention of enhancing local residents' health and well-being, it is important to acknowledge that the impact of project activities may be obscured, limited or amplified by the complex interplay of various contextual factors. Monitoring and evaluation are essential to understanding the project's true contribution, but it is crucial to acknowledge the limitations imposed by the challenging context in which it was implemented. This chapter will explain our approach to understanding and capturing the impact of our activities.

IN-HABIT impact in Riga

Evaluating the influence of a physical, social and cultural “renovation project” (such as the one in Āgenskalns Market) on a neighbourhood’s level of inclusion, health and well-being is a complex endeavour fraught with methodological challenges. Central to these is the issue of causality - establishing a compelling link between the project’s activities in the market and specific IHW outcomes. This is often elusive and debatable. Numerous confounding contextual variables (some of which were outlined in D7.1) can obscure or falsely indicate potential impact. Moreover, the long latency period between project completion, implementation and measurable outcomes further complicates analysis. This is underscored by the complex interplay of various determinants of health and well-being in a medium-sized city, making it difficult to isolate the contribution of localised interventions. Finally, it is important to acknowledge that, while IN-HABIT has made a clear contribution to the vision of the market, the scope of market activities extends beyond those that were driven by the project.

The task of assessing the impact of Āgenskalns Market is rendered even more challenging by the turbulent political and economic climate of the period in which it was renovated, completed and opened to the public (e.g. pandemic, Russian invasion in Ukraine). These major contextual factors create significant societal changes, economic fluctuations and policy shifts, all of which can significantly influence residents' health and well-being, regardless of the activities at the market. These external factors introduce a high degree of “background noise”, making it tricky to disentangle the effects of Āgenskalns Market (and IN-HABIT) from broader societal trends. Consequently, any observed changes in IHW outcomes must be interpreted with caution.

These remarks notwithstanding, the impact of IN-HABIT activities in Riga is conceptualised and measured according to the project’s overarching impact framework. It was developed in collaboration



with various work packages and referencing the project's overall conceptual framework. The specific dimensions of IHW considered in this report were outlined in a previous chapter.

It is important to note that impact is being assessed in multifaceted and evolving way. First, our understanding of impact is organised (narratively) along the four main directions of work and the associated VIS. However, our activities frequently address several dimensions and sub-dimensions of IHW simultaneously, with each source of data introducing a specific version of this impact. Second, the impact is assessed vis-à-vis the chosen sub-dimensions of IHW. Third, the impact is observed as an evolutionary process in the project's time perspective given that visionary and integrated solutions are being co-designed and co-deployed in a participatory manner and the outcomes of initial solutions shape avenues for subsequent activities, outcomes and impacts.

This last point is exemplified by a discussion with focus group participants (July 2024), who were asked to provide their understanding of how the impact of the market should be approached and conceptualised now that it has been open for just over two years. The following themes were generated from an overview of the discussion transcript:

- **Increased activity in the market and neighbourhood overall:** Growing visitor numbers - local residents, people from other parts of the city, and beyond are seen as indicators of how the implemented changes are positively influencing both the market and the surrounding area, as well as its popularity and appeal.
- **Economic growth stimulated in the neighbourhood by the market's development:** The market is regarded to have the potential to increase the neighbourhood's well-being by driving economic growth via attracting new businesses and investments, indirectly contributing to economic well-being.
- **Changing demographic profile of market visitors:** The presence of diverse groups that previously were absent from the market is regarded as a sign of improved inclusivity and appeal for various demographics.
- **Inclusivity and representation of different age and interest groups:** The market's capacity to cater to and include a diverse range of age and interest groups is seen as crucial for promoting socialisation and overall well-being. Ensuring that activities and the environment address various needs and capabilities, especially those of older adults, is regarded as a key aspect.



- **Expansion of the market's functions:** The market's multifunctionality and capacity to serve multiple needs in one location are regarded as beneficial for personal mental well-being and overall satisfaction with one's neighbourhood.
- **Increased sense of agency in influencing the market's development:** Having more opportunities to influence the market's evolution and its role within the community by participating in and organising events is seen as a contributing factor to IHW.
- **Well-maintained and safe environment:** A well-maintained environment and a reduced presence of individuals with disruptive behaviours are regarded as important factors for comfort and well-being.

Most of the themes put forward by respondents closely align with the criteria outlined in the project's methodology and the sub-dimensions of IHW that were chosen for Riga. However, they also indicate potential additions that will be considered in the preparation of the final report.

Methodology

This section details the monitoring and evaluation activities designed to assess the impact of the interventions aimed at improving health and well-being in Āgenskalns.

Data from 2021 and early 2022 serve as the baseline and point of departure for the analysis.

The baseline study was carried out in 2021 (M13-14). The data were collected following a co-design process with stakeholders in which research partners determined the most plausible avenues of impact and main indicators of health and well-being to be employed in the project. Subsequently, researchers carried out a survey, focus group and conducted five short interviews with residents of Āgenskalns. The methodology for the baseline study is described in more detail in D7.3. In addition, during the preparation of the initial version of the inclusive transformation plan (D2.1), the team organised two community surveys. These contained open questions about the initial vision for the four main directions of work. We received 128 responses. These were useful in preparing the inclusive transformation plan, and illustrated conflicting visions for the market before it was re-opened in May 2022.

Data collected between 2022 and 2024 are used to assess the impact of both hard and soft VIS implemented at Āgenskalns Market. We employed a mixed-methods approach to monitor and capture the impact of hard and soft VIS over the first two years of the market.

Initially (RP2), the Riga team focused on non-intrusive monitoring and evaluation methods. The local approach taken by the Riga team was thus qualitative in nature and generally relied on the expert judgement of valued partners and active stakeholders (see *Co-deployment and Co-management in Riga*). **Concerted data collection for formal monitoring and evaluation activities at the local level began in year three (M43-48)**. The gap of approximately 30 months is justified by the fact that the activities in the intervening period focused on establishing foundational elements and piloting interventions. In practice, this involved extensive consultations with residents to identify key concerns (e.g. lack of a lift) and areas of improvement. Based on the input received, a range of potential interventions were designed. Recognising the potential for adaptation, interventions were rolled out gradually, allowing for adjustments based on community feedback and initial observations. Taking time to understand community needs and co-create solutions with residents fostered trust and collaboration, crucial for the project's long-term success. A gradual rollout allowed for piloting interventions on a smaller scale, enabling adjustments and improvements based on feedback and user input.

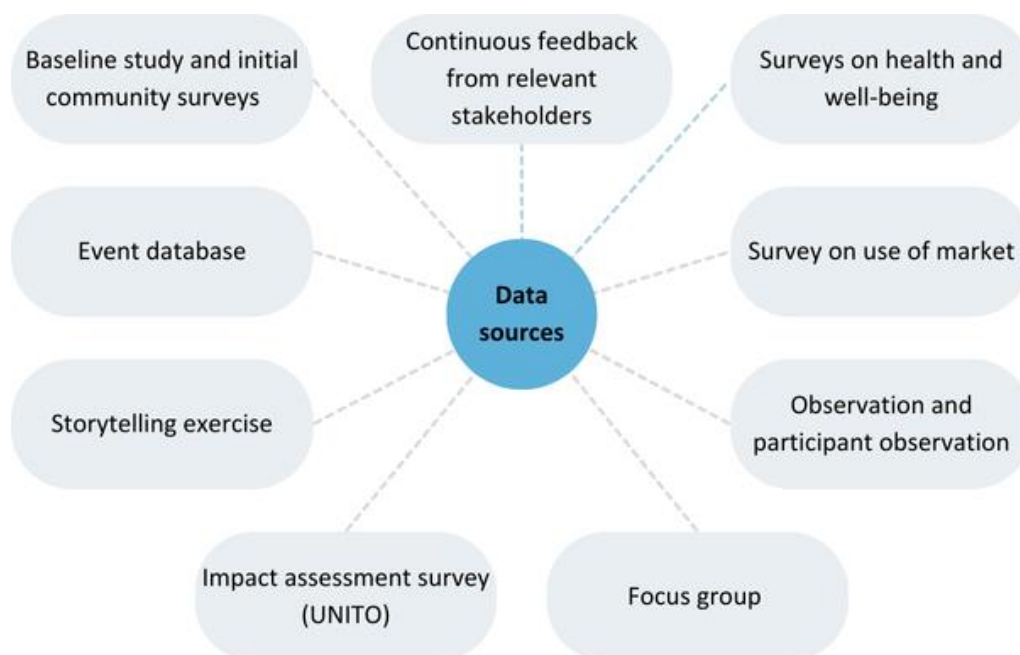


Figure 18. Data sources

In RP2, the team developed an **internal spreadsheet (event database)** to monitor and keep track of various social, cultural, market, and educational events organised on market premises in the framework of the IN-HABIT project. Each entry about an event contains the date of the event, a short description of the event,



the target group, associated direction of work and primary areas of (intended) impact. This allowed us to identify emerging trends and gaps that need to be addressed. This activity will continue in RP3.

In 2022 and 2023, researchers from BSC made **regular site visits to conduct observations** of activity at the market on different days of the week. The initial phase (in the second reporting period) was exploratory in nature, as the team tried to identify aspects that should be the focus of more systematic observations (carried out in the spring and summer of 2024).

In addition, to understand the effect of Āgenskalns Market activities in relation to the history of the neighbourhood and the market that operated in the same building between 1914 and 2018, **20 local residents' recorded stories were analysed**. The interviews were recorded in 2023. The stories were told by residents who had been living in the neighbourhood for significant time and had experienced the transformation of the neighbourhood and the market.

A more systematic data gathering exercise aimed at obtaining quantitative data for monitoring and evaluation purposes was carried out in the spring and summer of 2024. The initial step was a **survey to understand how people make use of the market**. It was launched in April 2024. It was an online survey, advertised at the market (QR codes) and on the social media profiles of the market and neighbourhood. A total of 963 responses were collected in this survey. **The second and third surveys were explicitly designed to cover different aspects of health and well-being that formed the core of the baseline study in 2021.** However, we reviewed the list of indicators that was co-developed with ISIMPACT for D7.1 with the purpose of narrowing down the list to indicators that could plausibly measure the impact of market activities on the health and well-being of local residents.

The questionnaires were designed so that each of the indicators would have at least one question attached to them. Building on the previous experience of the researchers, it was decided that the questionnaires must be shorter to ensure a reasonably high number of responses. Consequently, we decided to divide the questionnaire into two parts – the first was primarily dedicated to physical and mental well-being, while the second focused on social and cultural well-being. Both questionnaires also asked each respondent to assess one of the four directions or work within the framework developed by partner UNITO. **The survey on physical and mental well-being was conducted in June 2024. We received a total of 175 responses. The survey on social and cultural well-being was launched in July 2024 - 232**



responses. Both were online surveys, advertised at the market (QR codes) and on the social media profiles of the market and the neighbourhood.

A focus group discussion was organised on 18 July 2024. It ran for approximately 90 minutes. The aim of the focus group was to discuss (i) the initial findings of the monitoring and evaluation exercise and (ii) the impact of the market with representatives of groups hitherto underrepresented in the data (the surveys in particular). Consequently, an effort was made of invite people who were 50 years or older and men. The discussion was held at Āgenskalns Market with 10 participants (five men, five women – four participants over the age of 50).

In addition to surveys and the focus group discussion, BSC researchers made regular site visits to carry out **observation and participant observation.** An observation protocol was developed to ensure consistency and continuity between observers (four researchers from BSC), and **12 observation visits were made in preparation for the midterm report).** From April 2024 onwards, data from people counters were collected. The purpose of this activity is to measure attendance and track differences between different days and types of events.

In summary, the fourth year of the project marked the full implementation of planned interventions and the design and implementation of data collection activities. This data, along with ongoing community feedback, will be used to evaluate the impact of the project on key health and well-being indicators selected in 2020-2021 and refined over the course of the project. Thus, while formal monitoring and evaluation activities did not commence in the first two years, the project's focus on community engagement and phased implementation laid a strong foundation for success. Going forward, the monitoring and evaluation framework will provide valuable insights to guide project adjustments and measure its overall impact on improving the health and well-being of residents in Āgenskalns.

Limitations

It is essential to acknowledge the limitations inherent in the methodology underpinning the monitoring and evaluation report. The study's reliance on a non-random sampling strategy, primarily relying on visitors to the market and users of social media, introduces the potential for self-selection bias. Individuals who frequent the market may have particular interests or demographics that do not accurately represent the broader community (e.g. over 80% of survey respondents were female). Consequently, the findings may not be generalisable to the entire population affected by the project. Additionally, the sample size of the



study may limit the statistical power to detect significant differences in outcomes. Another limitation stems from the respondents' limited understanding of the full scope of the IN-HABIT project interventions. As many participants were unaware of the specific initiatives or their purpose, it became challenging to talk about specific accurately attribute observed changes to particular project components and This lack of awareness highlights the need for improved communication strategies to inform the community about the project's goals and activities. This, along with the other issues identified above, will be addressed in the preparation of the final report.



Results

How have the visionary and integrated solutions allowed us to address our objectives?

As noted above, the primary goal of IN-HABIT activities in Riga is to utilise the potential of Āgenskalns market as a space of promoting healthy and sustainable food habits, social and cultural integration and cohesion, thereby making the neighbourhood a desirable and safe place to live and visit. This was to be achieved by (i) improvements of physical public infrastructure in and around the territory of Āgenskalns market in Riga, and (ii) the promotion of food related educational and consumption practices. To understand to what extent our activities have successfully reached our goals, we have carried out several monitoring and evaluation activities. The results are described below.

Results from surveys

In the surveys aimed at understanding the impact of Āgenskalns Market on various dimensions of health and well-being, we asked respondents to share their opinion on one of the directions of work using a six-point scale (0-5) in relation to statements prepared by UNITO. We note that the vast majority of the respondents only selected two of the four options, with the other receiving considerably less attention. The results are summarised below.

Survey on mental and physical well-being (six-point scale (0-5))

	Cultural and educational events (average rating)	Renovation of the outdoor marketplace (average rating)
Improved social relations in the city/neighbourhood	3.79	3.21
Helped reducing social discrimination in the city/neighbourhood	2.97	2.3
Has/have been associated with a positive and emotional personal feeling	4.12	3.52
Has/have been associated with a positive atmosphere and emotional feeling in the neighbourhood	4.23	3.76
Has/have been associated with physical wellness	3.12	2.84
Provided the community with additional opportunities to participate in healthy activities	3.58	2.88



Provided opportunities for job finding/upgrading	2.30	2.13
Enriched the professional networking relationships	2.53	2.06

We note that, generally speaking, the two chosen directions of work are believed to have contributed to emotional (subjective) well-being both in the neighbourhood and on an individual level, while also having a positive impact (3 or higher) on the social relations in the neighbourhood, though to different extents. A positive impact (3 or higher) can also be observed with regard to the provision of additional opportunities to participate in healthy activities, with the cultural and educational events having a notably higher perceived impact. Another area with a different perceived positive impact is physical wellness. Of note is that the reduction of social discrimination is perhaps lower than was initially anticipated. The last two statements covering professional and economic well-being received relatively low scores, suggesting a lower perceived impact.

Survey on social and cultural well-being (six-point scale (0-5))

	Cultural and educational events (average rating)	Renovation of the outdoor marketplace (average rating)
Improved social relations in the city/neighbourhood	3.60	3.34
Helped reducing social discrimination in the city/neighbourhood	2.92	2.60
Has/have been associated with a positive and emotional personal feeling	4.15	3.88
Has/have been associated with a positive atmosphere and emotional feeling in the neighbourhood	4.10	3.98
Has/have been associated with physical wellness	3.32	3.23
Provided the community with additional opportunities to participate in healthy activities	3.55	3.13
Provided opportunities for job finding/upgrading	2.56	2.56
Enriched the professional networking relationships	2.68	2.20

The results are broadly similar in the sense that the same statements have received a score above 3, with cultural and educational events scoring higher across the board. On the whole, the surveys indicated



that the VIS in question scored well in terms of their impact on social, subjective and, to some extent, physical well-being, with economic well-being scoring lower. Environmental well-being was not explicitly addressed.

It is of note that the minimisation of waste and the community kitchen consistently attracted fewer responses in the surveys aimed at the general population. There are several possible reasons for this. In the case of waste minimisation, the impact is not clearly visible and pronounced from the perspective of the visitors and clients. Indeed, specific actions associated with waste management started only recently and many activities associated with minimising waste fall under the umbrella of cultural and educational activities. The situation is less clear in the case of the community kitchen, as it has been open to the public for longer than a year, but we note from conversations with stakeholders (Autumn 2023) that not everyone understood how the community kitchen operates. Likewise, it is possible that visitors do not see it as a separate part of the market as it is easily accessible and not fenced off.

Insights from storytelling exercise

Depending on the storytellers' age, they shared memories about the historical market, starting from the late 1930s and covering most of the decades of the 20th century, as well as early 2000s. The stories also revealed a comparison between the market “then” (previous decades) and “now” (after the opening of the new Āgenskalns Market in 2022).

The stories highlight that life at the market has always been largely impacted by and intertwined with larger political and socio-economic transformations, leading to changes in the types of products offered over years and shaping social interactions that took place in the market. While the stories reveal that the market used to serve as a platform for informal social interactions during the 20th century, they largely depended on chance encounters (e.g. between sellers and buyers; between vendors; between market visitors and animals) rather than being encouraged by the space and specific events. As one of the storytellers who used to help her family sell apples in the market suggested, in her childhood the market also served for her as a social platform via informal connections with the customers when selling apples; however, nowadays she comes to the market not only to buy food but also to visit **different cultural events, corroborating the claim that the perceived functions of the market have become more diverse, due, at least in part, to the VIS implemented at the market.**



Considering the produce offered at the market, it can be concluded that it was also largely dependent on the spirit of the decade in question. While during all decades some local produce was available, the market was relatively empty for significant periods of time, indicating that a common vision for its development was missing. **This has also changed as a result of the innovations introduced by the new management team and the VIS implemented at the market, leading to more predictability as regards the availability of local goods.**

Overall, **the stories reveal the potential for the Āgenskalns Market to function as a neighbourhood centre, promoting healthy and sustainable food habits, social and cultural integration and cohesion.** However, a common theme is that this potential has historically been undervalued and the activities taking place in the market have been somewhat sporadic. The storytellers appreciate the changes in the market and currently visit the market at least once a week. It can be observed that the market visits, both in the past and in the present, often function as part of a weekly routine of local residents. **The regularity of the visits underlines the potential of the market to contribute to local inhabitants' subjective and social well-being.**

Insights from focus group discussions

Focus group participants observed that both the market and the neighbourhood have become livelier compared to the way it was, attracting not only local residents but also visitors from other parts of the city. It is perceived as a central hub, with its development 'spreading' and positively impacting the rest of the neighbourhood by boosting activity and stimulating the local economy. The reasoning is that, as the market attracts more visitors and activity, it encourages new businesses to open, leads to property renovations and other investments, thereby fostering further growth and contributing to the community's well-being. **One respondent also suggested that increased activity and ongoing development could inspire greater social engagement, motivating residents to become more involved in neighbourhood associations and take a more active role in community decisions.**

The changes in visitor demographics are considered an indicator that **the market has become more attractive to people from various backgrounds**, with its multifunctionality and diverse range of activities seen as key factors. Participants observed that young people and families with children are frequenting the market more often; however, at the same time, the new format seems to have alienated older adults. **Three female respondents over the age of 50 identified the high cost of food products and events, a lack**

of information about activities, and the absence of events or spaces within the market specifically designed for seniors as the main issues. The following solutions were put forward as desired improvements: (1) hosting events for senior citizens with reduced fees on specific days of the month, similar to practices used by museums and other cultural venues, and (2) distributing event information through traditional media outlets like television, considering that some older adults may lack digital literacy.

Another reported change in the market and its surrounding area was the perceived reduction in individuals experiencing homelessness and substance abuse issues. A young male respondent saw this as the result of the market and its territory's maintenance efforts and the change in the market's character, an influence he regarded to be gradually affecting the rest of the neighbourhood.

A male respondent in his 50s remarked that older generations may see the market's primary function in a more traditional sense, seeing it as a place for affordable shopping. Two other respondents, drawing on their travel experiences, expressed the view that Āgenskalns Market is gradually broadening its concept and becoming more like multifunctional markets found in other European cities. However, it was highlighted that generational representation differed, with elderly people reported to be more visible in markets abroad. A young male respondent in his mid-20s attributed this to cultural differences, positing that socialising in small groups for leisure is more common among seniors in other countries. **In response, senior respondents cited financial difficulties as the main reason for their visiting the market less, emphasising that they appreciate its new format and would attend events and shop more if it were less expensive.**

On the whole, the market's multifunctionality was regarded as a positive change by all participants, with some elaborating more specifically on how it might contribute to well-being. A male respondent in his early 30s observed that, based on his experience of living in a different neighbourhood in Riga, having more local services and amenities makes it easier to meet a variety of needs. This, in turn, enhances one's overall satisfaction with the neighbourhood and increases motivation to stay. He noted that Āgenskalns Market seems to have a similar effect. Another male respondent of the same age proposed that the market could offer residents a greater sense of agency by allowing them and various groups to host their own events. Thus, residents have the chance to influence what is featured at the market and define the neighbourhood's identity.

Event monitoring

Events (soft VIS) are being monitored using the event database which is continuously updated as new events are organised, supplemented by data from people counters. In this section we characterise the event correspondence to our directions of work, specific objectives of activities in Riga, target groups, and health and well-being indicators, as outlined above in the section *Dimensions of IHW in Riga*. We also consider the relation between hard and soft VIS and reflect on the impact of events on five IHW dimensions. Table 1 gives an overview how different event types contribute to the aims of Riga INHUB.

Table 1. Event contribution to INHUB aims

Event types	Directions of work			Specific objectives addressed	Main target groups	Main HW indicators addressed
	Minimisation of waste (N of events)	Transformation of outdoor market (N)	Community kitchen (N)			
Trade	33	29	0	Healthy and inclusive communities	Young people Lonely and elderly people	Minimisation of waste and spread of circular practices
Social	16	4	0	Healthy and inclusive communities	Families People with disabilities Lonely and elderly people Ethnic minorities	Time spent in recreational areas in the neighbourhood Sense of safety in the neighbourhood Sense of belonging to neighbourhood
Cultural	0	9	0	Healthy and inclusive communities Undervalued potential of food in relation to culture and social activities	Young people Families Lonely and elderly people	Sociality in public spaces and participation in cultural activities Satisfaction with cultural offer and recreational opportunities

Educational	2	8	13	Sustainable food as the basis for healthy and inclusive urban well-being	Young people Ethnic minorities Children	Consumption of healthy food
Environmental	1	3	0	Healthy and inclusive communities	Families Lonely and elderly people	Minimisation of waste and spread of circular practices

Soft VIS are often multipurpose and cover several directions of work, specific objectives, target groups and impact indicators, while the integration of hard and soft solutions is a precondition to generate the desired impacts and community well-being pathways.

Transformation of the outdoor marketplace

Key figures and KPIs



HARD SOLUTIONS
Investment: 100 000€
~ Partly done
~ Accessibility ramp
~ Community stage
~ Greenhouse
~ Recreation area

SOFT SOLUTIONS
~ 100 co-creative events (concerts, workshops, theatrical performances, festivities, etc.)
~ 44 thematic markets

GROUPS INVOLVED
~ 30 000 visitors of outdoor market events in 2023
~ Diverse groups
~ Including ethnic minorities and vulnerable

Community kitchen

Key figures and KPIs



HARD SOLUTIONS
Investment: 120 000€
~ All done
~ Kitchen equipment
~ Community garden

SOFT SOLUTIONS
~ 35 public workshops
~ 80 group workshops
~ Masterclasses, tastings, cooking shows

GROUPS INVOLVED
~ 50 – 60 participants per WS
~ Children, students
~ Community residents
~ Seniors
~ Corporates and work collectives

Minimisation of waste at the market

Key figures and KPIs



HARD SOLUTIONS
Investment: 100 000€
~ Partly done
~ Eco-island
~ Waste reduction site
~ Areas for waste separation
~ Packaging exchange spot

SOFT SOLUTIONS
~ Educational events
~ Thematic DIY trainings
~ Repair workshops
~ Gardening workshops

GROUPS INVOLVED
~ Families with children
~ Young people
~ Gardeners
~ Cyclists, technicians
~ Traders at the market

Figure 19. Integration of hard and soft VIS according to directions of work



As already noted in this report and supported by data from various data collection methods, the VIS may have multiple impact dimensions. However, the impact dimensions and particular impact aspects are articulated by type of VIS, in this case events and soft activities. These impact variations are shown in the spider diagrams, Figure 20, where the numbers reflect the count of impact dimensions per event as recorded in event database.

Economic / trade events primarily influence the economic well-being and spatial and environmental well-being of participants. They promote circular consumption habits, enhance practices of reuse of consumer goods, raise awareness about green consumption and minimisation of waste, as well as facilitate the spread of peer-to-peer exchange practices. They also provide opportunities for cost saving on consumer goods, in particular for lower income households. To a lesser degree, trade events contribute to subjective well-being, healthy lifestyles and social well-being, although they undoubtedly provide socialisation opportunities for interest groups and contribute to diversification of leisure and free time opportunities in Ågenskalns.

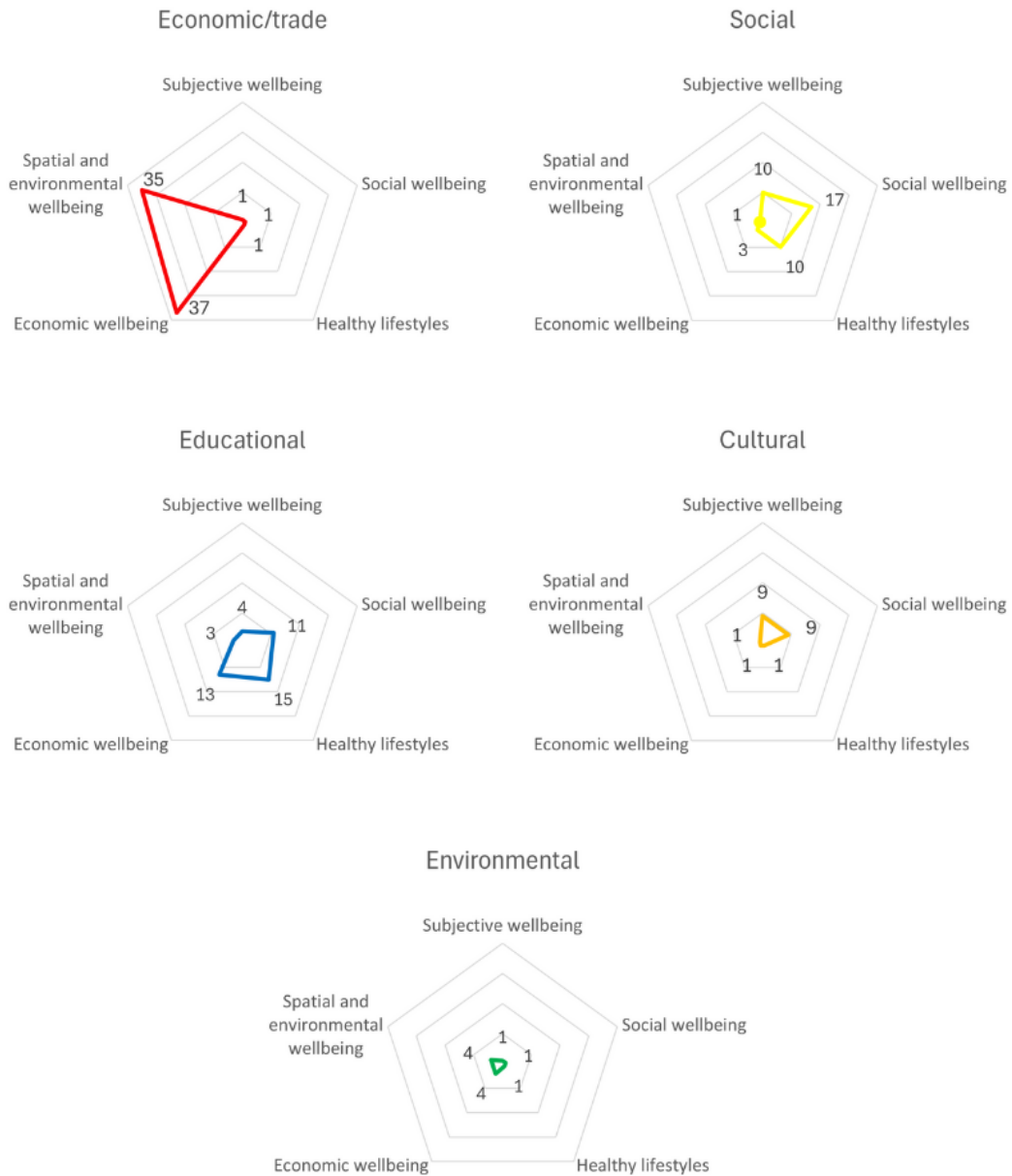


Figure 20. Impact dimensions of events / soft VIS

Figure 20 in a spider diagram form illustrates impact dimensions by event type. The size of coloured rectangle corresponds to the number of events organised whereas the peaks show the main impact directions. For example, economic and trade events (red triangle) are most numerous at the market and they predominantly impact on the aspects of economic and spatial and environmental wellbeing. The



social events (yellow rectangle) are less numerous at the market, and their main impact dimensions are subjective and social wellbeing.

Social events are geared primarily towards social well-being (indicators such as inclusion, social cohesion, participation and social engagement, acting against discrimination, promoting equal opportunities). However, substantial contribution is observed also with regards to promotion of healthy lifestyles (leisure and free time, cultural consumption and production, physical health) and subjective well-being (sense of belonging, psychological well-being, experiencing togetherness with others). To a certain extent, social events encourage people to do things together and engage in joint action, thus also enhancing people's skills, thereby potentially contributing to economic well-being.

Cultural events are aimed primarily at social well-being (notably inclusion, civic and social engagement) and subjective well-being (sense of belonging, psychological well-being). They contribute to healthy lifestyles (in terms of cultural consumption and production, leisure and free time), although the cultural offer at the market is seldom framed in the same way as the offer of cultural institutions and art establishments. Culture at Āgenskalns Market is a means to socialise and engage with the community. Some cultural events may have a pedagogical intention, for example, artistic performances aimed at improving the critical thinking of participants (an aspect of economic well-being according to the IN-HABIT framework).

Educational events due to their thematic diversity and workshop style have a relatively balanced impact on all IHW dimensions. Most educational events are related to food and sustainable consumption, therefore the primary impact pathway is the popularisation of healthy lifestyles (healthy food habits, knowledge and skills of meal preparation, food saving, food planning, healthy nutrition, local and seasonal products, etc.). Learning to cook, sharing food knowledge, practicing meal preparation together can be considered a contribution to the physical well-being of participants as these activities enhance skills and competencies and eventually may result in more healthy nutrition and consumption habits. This is particularly important with regards to such specific target groups of educational events as young people and children. In the meantime educational events as a form of joint learning and group activity contribute also to social well-being (inclusion, engagement), and subjective well-being and spatial and environmental well-being.

The impact of environmental events relates mainly spatial and environmental well-being of people participating in activities such as tree planting at the market, growing in the community garden, plant and seed exchange, gardening workshops. Environmental events also relate to economic well-being as activities usually involve DIY style workshops and practical learning of environmental solutions. Environmental events aim to develop the skills of participants and result in improved green territories and solutions for the entire Āgenskalns community.



Figure 21. Educational workshops in the community garden

Overall, there are indications (based on the preliminary data collected by people counters) that these events directly correlate with increased flows of people to the market. This will be explored in more detail in the final report.

Summary

In summary, looking at impact through the prism of VIS suggests that the multifunctional market has generally been successful in creating a space that promotes healthy and sustainable food habits, social and cultural integration, and cohesion, while making the neighbourhood a more desirable place to live and visit. The multifunctionality is generally viewed in a positive light, and the integration of hard and soft



solutions create a space that is conducive to health and well-being. The evidence suggests that most dimensions of IHW are being addressed, though the economic dimension has been more challenging.

There are also indications that some parts of the population (e.g. seniors) feel excluded. The perceived increase in prices and the perception that this iteration of the market is for younger and well-off members of society is one aspect, while the lack of certain cultural and artistic events (e.g. choir concerts) may be another. This suggests that, while the market is viewed in a positive light overall, equal access to the health and well-being impacts of the VIS is a contentious issue. The situation is broadly similar if we look at the impact of IN-HABIT activities through the prism of the five dimensions of IHW.

Dimensions of IHW addressed

Social well-being

The chosen proxies for changes in social well-being (used in both the baseline study and the surveys in 2024) indicate moderate increases throughout.

Previously, 38% of respondents reported talking informally with neighbours about a community problem at least once a month. In 2024, this number is slightly lower – 34%. In 2021, 24% of respondents reported engaging in neighbourhood cultural or voluntary activity at least once a month. In 2024, this number is slightly higher – 34%. In 2021, 61% of the respondents reported meeting frequently with friends and relatives in public spaces (once a month or more). In 2024, this number has grown to 74%. **This suggests that the overall level of social engagement has increased in the intervening years.**

In the baseline study, the majority (76%) agreed that the image of the neighbourhood had improved in the past two years. This number has increased in 2024 (88%). The market has been suggested as a key contributing factor, so it appears that the activities of the project have **contributed to an improved reputation**. An indicator of its growing appeal is that 19 survey respondents and several focus group participants reported observing that the market has become more socially active and lively, with the number of visitors growing, including people coming from other parts of the city and beyond. Five survey respondents and a senior focus group participant also mentioned that they would bring visiting guests from other cities and abroad to the market. Additionally, eight survey respondents referred to the market as a neighbourhood centre, with some drawing comparisons to the (Riga) Old Town centre and noting that it offers similar opportunities.



In 2021, 34% thought that feeling a sense of community with people in one's neighbourhood is important or very important. In 2024, this number had grown to 42%. Furthermore, 31% noted **that this sense of community had become stronger over the last two years.**

As regards social inclusion, the picture is somewhat more complicated. In 2021, the majority (77%) of the respondents from Āgenskalns disagreed with the statement "In the neighbourhood where I live no one is left alone". In 2024, the number is roughly the same – 76%, indicating that no obvious changes have taken place. Nonetheless, in 2021 only 58% of respondents from Āgenskalns reported that finding help from others in their neighbourhood is easy. In 2024, this number has grown to 74%. Furthermore, the market itself appears to be viewed as an inclusive place. The survey carried out in 2024 indicates that:

- 94% agree that Āgenskalns market is frequented by people of all ages.
- 80% agree that Āgenskalns market is accessible to people with disabilities
- 86% agree that the market is a pleasant and beautiful place to spend their free time

Similar claims were made by the participants of the focus group discussion.

In an open-ended survey question about neighbourhood well-being, 24 respondents brought up inclusivity. 13 indicated that the market has a contributing effect, while 10 suggested that it does not. **Twelve respondents noted the market caters to the needs of various groups**, including children, young people, families, older adults, and foreigners. Several added that the variety of activities on offer makes the market attractive to diverse people, which, in turn, make it a convenient venue for groups with different needs to socialise together, families in particular. Furthermore, reflecting on observations about discrimination in the neighbourhood, one respondent noted that the market's provision for people to host their own events allows individuals from different backgrounds (ethnic, cultural, interest groups) to better represent themselves. Not only that, the market was regarded as unique in the sense that it allows for more interactions with diverse people than elsewhere in the city.

By contrast, ten respondents who did not view the market as promoting inclusion felt it benefits only a subset of people, with six specifying income as a factor. A similar view was also brought up in the focus group discussion, further explored in the section on economic well-being. Nonetheless, one participant emphasised that, unlike before, the market now has potential to address inclusivity issues, which was not the case previously.



As regards the cultural offer and recreational opportunities in Āgenskalns, the situation appears to be positive. In 2021, 74% of respondents from Āgenskalns considered that participating in cultural events in their neighbourhood to be easy. In 2024, this number has grown to 94%. In 2021, 45% were satisfied with the way they spend their free time. In 2024, 65% noted that they are currently more satisfied with the way they can spend their free time, and 81% noted that the market is at least partially responsible for these changes, with 37% noting that the impact has been significant. Finally, in 2021, 9% of respondents reported attending cultural activities organised in public and green spaces of their neighbourhood once a week or more. In 2024, this number is slightly higher (13%). **Overall, therefore, it appears that the market has made a positive contribution to cultural offer in the neighbourhood and improve the quality of free time and leisure, though the level of cultural participation and engagement in the neighbourhood is roughly the same.**

The recorded stories indicate that the functions of the market historically were generally limited to selling and buying products. Several storytellers noted, however, that nowadays the functions of the market have expanded, also including a broad cultural offer. One of the residents reflected on the concept of the current market as a space for culture where one feeds both the soul and the body with good-quality items. Another storyteller reflected on the broad range of market functions as follows: “Nowadays the market is like a magnet. One can skip going to the city centre and stay in Āgenskalns, as everything one needs can be found here. A few days ago, I overheard a Russian-speaking woman saying that his is not a market, but a house of culture. **It means that the market starts getting associated with a place for culture, which is good, it is a new dimension of the market.**” Relatedly, in the survey question about factors contributing to neighbourhood well-being, 75 respondents listed specific market functions, with the majority citing recreational options: events (45 mentions), leisure (13) and entertainment (7), with shopping mentioned to a lesser degree (23).

Subjective well-being

As regards subjective well-being, the results paint an unclear picture. The comments made by participants in the focus group and storytelling exercise suggest that the market has had a positive overall impact on the well-being of local residents, with a few caveats. Notably, a small subset of survey respondents reported feeling excluded due to affordability issues, suggesting that the market is more geared towards individuals with medium and high incomes – a view which was also echoed by senior focus group participants. This is explored further in-depth in the following section on economic well-being.



Two respondents also expressed concern that increased activity in the market and its surrounding territory has led to more traffic, noise pollution, and a decrease of available parking spaces (especially on weekends and event days). Regarding the latter, one respondent indicated that it has become more difficult for people with disabilities to park closer to the market building, posing an accessibility issue. Lastly, a few respondents also suggested there was room for improvement regarding activities and spatial arrangements for individuals with specific needs. For example, a mother indicated in the survey she would prefer earlier events that could be worked around her baby's sleep schedule; senior focus group participants would like to see discount events tailored for older adults; and another focus group member suggested it would be worthwhile to design events and spaces considering the needs of neurodivergent individuals.

These considerations notwithstanding, 68% of respondents in the survey on mental and physical well-being noted that activities at the market have improved their mental well-being. However, some of the questions that were meant to serve as proxies for subjective well-being indicate that the situation is more complicated. In 2021, 45% of respondents reported spending on average more than one hour a day to prepare their meals at home. In 2024, this number was only 28%. In 2021, 70% of respondents reported devoting one hour or more a day to leisure or personal care. In 2024, this number is 67%. In 2021, 55% of respondents reported spending at least one hour a day caring for their family. In 2024, this number is 77%. In 2021, 33% of respondents reported spending at least one hour a day playing with or caring for pets. In 2024, this number is 27%. In 2021, 28% of respondents reported spending at least one hour a day in social and recreational public spaces. In 2024, this number is 27%. By contrast, it was noted by 40% of respondents that the time devoted to these activities in Āgenskalns has increased. **Thus, there is evidence to suggest that the market has enhanced mental well-being, though this claim should be explored further as there also seem to be trade-offs.**



Figure 22. Improving residents' mental and social well-being with the help of free events in the Āgenskalns Market

The storytelling exercise suggests that, in the previous decades, market visitors often had their favourite products at the market, and, when they came to the market, they focused on a specific goal of purchasing these items (e.g. fresh spinach or sauerkraut) instead of enjoying the visit of the space as such. The overall values and direction of the historical market remained unclear and often puzzling to the visitors. For instance, one of the storytellers revealed that during some decades of the Soviet times it was not uncommon for the sellers to work under the influence of alcohol and, while overall some interactions were found nice and inspiring, others were described as somewhat unsafe (especially by children), unpleasant, and even scary. While, speaking of the old market, only some mention it as a space for eating out or meeting others (apart from sellers), remarks about the current market highlight its function as a local centre for meeting friends and acquaintances, having casual conversations and exchanging news. Nevertheless, the historical market before its closure in 2018 offered some aspect of socialisation between the sellers and the buyers, similar to informal interactions happening in the market nowadays. Over time, the buyers form informal relationships with sellers that encourage further market visits in the future. **This social aspect is highlighted as one of the most prominent differences between a visit to the market in its current iteration and a grocery store.**



Physical well-being

The table in the above section on VIS suggests that the activities at Āgenskalns market have made a moderately positive contribution to physical wellness. **Survey responses to other questions seem to paint a similarly moderate picture.** In 2021, 57% reported engaging in physical exercise at least once a week. In 2024, this number had grown to 65%. In 2024, 64% of respondents said that it is easy to access healthy food. In 2021, the number was lower (57%). Crucially, 41% of respondents noted that Āgenskalns market has positively affected accessibility of healthy food.

In the open-ended survey question about aspects that contribute to their well-being, 25 respondents listed food products and services. Of these, 17 respondents mentioned dining services, of whom 9 specified leisure foods such as coffee, ice cream, and confectionery. By contrast, 10 respondents referred to staple food items, and one of the respondents stated they do not buy them at the market due to the price.

The responses do not provide in-depth insights about health and consumption habits; though it does seem that more respondents associate mental well-being with food that gives pleasure. Focus group participants initially also associated physical well-being with consumption of leisure food. The general sentiment was that the market does not promote physical fitness and healthy lifestyles in an obvious way. However, one participant noted that it motivates her to leave the house and be more active, which was also reported by a few survey respondents.

The storytelling exercise reveals that a common aspect of the market visits during different decades is their regularity. Those who go to the market often develop a certain routine of visiting the space a certain number of times a week or a month. The residents usually use this opportunity also to enjoy the walk itself **which turns into a positive activity both for physical and mental well-being.** Speaking of the offer available at the market, the stories reveal contrasting memories that largely depend on the time period that is being described. According to the storytellers, there have been times when the offer at the historical market was narrow or insufficient, compared to the currently offered produce. “Before, if I needed anything more than potatoes, I went to the Central Market, but not anymore. Now everything can be found here, even if in smaller portions,” expresses one of the market visitors.

Spatial and environmental well-being

The survey indicates that a higher percentage of people feel safe walking and cycling without being afraid of becoming a victim of an accident (71% in 2024, compared to 48% in 2021). Similarly, a higher percentage



of people feel safer walking alone after dark (74% in 2024, compared to 65% in 2021). The percentage of people who feel safe walking alone during the day (98% in 2024, compared to 92% in 2021) has remained comparatively high, as has the percentage of people who feel safe walking alone in public green zones (97% in 2024, compared to 89% in 2021). **We can conclude, therefore, that the perception of security has moderately increased.**

There are other indications that the level of spatial-well-being has somewhat improved. In 2021, 80% of respondents said that it was easy finding a green space to do sports. In 2024, this number has grown to 92%. In 2021, 94% said that it was easy to move around on foot in their neighbourhood, while 79% said this about moving around on a bicycle. In 2024, the percentages are 97% and 79% respectively. In 2021, 82% of respondents considered it easy to find safe, accessible, and pleasant green areas in Āgenskalns. In 2024, this number has grown to 94%.

Environmental aspects contributing to mental well-being were noted by 45 survey respondents, with 28 reporting positive emotional responses such as joy, an uplifted mood, and a sense of comfort. Specific aspects highlighted include a positive atmosphere (20 respondents), a well-maintained environment (15), aesthetic appeal (9), and convenience (4). While most did not specify what creates a positive atmosphere, those who did mentioned sensory experiences such as live music, the smells and tastes of products, and interactions with other people at the market. Notably, other visitors were described as happy and smiling, and staff members were characterized as polite. Some respondents also mentioned that seeing many people frequenting the market fosters a sense of belonging.

The market's aesthetic appeal is cited as a reason why residents would bring visitors from other cities or abroad. Some respondents highlighted the marked improvement over the pre-renovated state of the market, which now has an uplifting impact on people's mood, indicating a close connection between subjective well-being and spatial/environmental well-being. As for a well-maintained environment, cleanliness, infrastructure, and safety are highlighted as key aspects. Some commented that with the addition of street curbs, ramps, the lift and water fountain (among other amenities) the market and its surrounding area have become more accessible. Focus group participants and survey respondents indicate that streets in the neighbourhood could be further improved for people who use strollers and wheelchairs, and that the market would be more accessible to people with disabilities if low-floor public transportation were introduced. Additionally, a focus group member and a few respondents noted that maintenance efforts seemed to have reduced the number of individuals displaying disruptive behaviours in the area.



The storytelling exercise indicates that the market was often viewed as a rather chaotic space which lacked a coherent concept; the lack of coherence was visible both in terms of different food and non-food items that were sold and the design of the space. Additionally, the former market space itself was described as disorderly and untidy by some of the storytellers. One of the frequent visitors expresses the change of the market as follows: “Previously the market used to be as if frozen and stiff. Now it is breathing. (..) It used to be a semi-criminal space before where children were forced to give away their phones on their way back from school. Now it is a safe, aesthetic, and nice space.”

Economic well-being

Regarding career and capacity-building opportunities, only one survey respondent specifically mentioned that the market’s development had a beneficial impact on business growth. A more nuanced view was provided by a focus group participant who suggested the market could indirectly enhance the neighbourhood’s economic well-being by attracting more people and fostering local commercial development. He posited that making the area more attractive to businesses has the potential to create additional work opportunities for residents in the long term.

As for the workshops offered at the market, focus group members found them helpful for developing new skills but felt that it was not clear how these could be turned into professional or economic capital. One respondent also suggested that the changing character of the market has influenced the forms of work that are available. Compared to its previous, more barter-based format, the new market model may not accommodate those who relied on such opportunities, though it creates new possibilities for other groups.

With respect to access to resources and various benefits the market confers, a few survey responses highlight affordability as an issue. In the question concerning the market’s effect on well-being, the topic was brought up directly by twelve respondents. Of these, only one individual found current prices accessible, while the remaining eleven considered the market to be too expensive. They noted that high prices have led them to shop less frequently at the market, avoid purchasing general food items, or visit the market less often or not at all. In the question about neighbourhood well-being, five respondents expressed negative views about the affordability of products and services. Some individuals mention seeking alternatives, such as the Central Market or other local shops, to find more budget-friendly options. One respondent noticed that market visitors seem to be purchasing staple products less in general.



A noteworthy observation is that in both questions, some respondents (six in the first and three in the second) expressed the belief that the primary function of a market should be to provide affordable shopping. These respondents were also among those who felt that the market does not impact well-being. As one commented, the **shift towards multifunctionality has diminished its ability to offer affordable options, thus alienating a segment of visitors.** This sentiment, though tacitly, seems to be echoed by a few other respondents who characterise additional market functions as unnecessary or, in some cases, bothersome. In a similar vein, two respondents described the market's environment as increasingly upscale and less reflective of a traditional market setting. One compared it to a museum, noting that typical market produce is harder to find, while another criticised the chandeliers in the indoor area as excessive and suggested the market should prioritize accommodating local farmers' needs. However, not everyone who finds the market expensive views its broadening concept negatively. A few survey respondents and three senior focus group participants regarded the changes positively and expressed a desire to access the new benefits offered.

It can be deduced from the stories told by locals that the historic market used to offer staple foods at reasonable prices, making them accessible to residents with different levels of income. For instance, the market was frequented by students who went there to buy specific products and have meals in the few catering places of the time. It also served as a space for farmers to sell their produce. Still, several storytellers shared memories of either themselves helping to sell seasonal produce from the family garden at the market or knowing someone personally who used to trade there. It also seems that the market can serve as an opportunity for switching career paths in times of difficulty; for instance, there is anecdotal evidence of a famous Latvian TV star starting to trade in the market during a financially challenging period in the 1990s.

Summary

When approached from the perspective of IHW dimensions, **our data suggests that the impact has generally been positive. However, there are nuances that require further exploration** as we note that different forms of inclusion appear to be in tension. Specifically, while the market is believed to be an inclusive and accessible space physically and culturally, it is not perceived to be economically inclusive. What is more, even though the renovation of the market is generally viewed positively, there are indications that its aesthetic appeal is believed to clash with its perceived primary function – a space for



buying and selling goods. Thus, it appears that project activities **have altered the market's function, which urges us to consider the possibility that not everyone benefits from this.**



Discussion and conclusions

The renovation of the historic Āgenskalns neighbourhood market and the implemented IN-HABIT VIS present a unique opportunity to examine the intricate interplay between the physical environment, social interaction, and health and well-being. The solutions and activities at the market undoubtedly have the potential to (i) catalyse positive change (and it appears that they have done so already) and (ii) make health and well-being accessible to a wide range of individuals as co-created common pool resources. However, a comprehensive understanding of the impact of our activities necessitates a critical and nuanced approach. Indeed, there are several challenges.

A central challenge in determining and evaluating the impact of the project on Āgenskalns is the **inherent difficulty in isolating the specific effects of IN-HABIT interventions (VIS) from the broader impact of the market revitalisation project and concurrent transformations.** This co-existence and cross-pollination of impacts underscores the importance of considering the market as a complex social and physical assemblage, rather than as a collection of discrete elements. Furthermore, the market itself is embedded in an urban ecosystem and the function of the urban market is constantly evolving. Some of the impacts described above are likely to have been facilitated by IN-HABIT activities, but we acknowledge that making definitive statements establishing a causal connection is beyond what we can do.

From a practical and methodological standpoint, the presence of self-selection bias is a serious issue with the data at our disposal, which may conceal certain aspects of how the market is perceived. Moreover, the observation that many market visitors appear to be unaware or less interested in specific IN-HABIT activities suggests the need for more effective communication strategies to maximise the project's reach and influence. This would also make it easier for respondents to identify and talk about the impact of IN-HABIT, rather than the market as a whole. However, this would not necessarily mean that IN-HABIT would achieve greater impact. Rather, market visitors would simply have a better understanding of where this impact comes from, and researchers could more easily distinguish between the impact of the market and the impact of the project.

Multifunctionality introduces a further layer of complexity. While food was the focal resource around which IN-HABIT activities in Riga were organised, the intended multifunctionality of Āgenskalns Market meant that we had to extend our focus to social and cultural activities that went beyond food. They retained a clear link to health, well-being and inclusion but food was complemented with broader



considerations pertaining to sustainability. This may be aligned with more contemporary visions for how a market should operate, but the data we have collected also show that a minority of respondents took issue with the market moving away from its perceived primary function.

Despite these reservations, there are several issues and topics that our midterm analysis has raised. These are described below and will be explored further in the final report.

Dimensions of IHW	Subjective well-being	Healthy lifestyles	Spatial and environmental well-being	Social well-being	Economic well-being
Soft VIS					
Economic/trade events			X		X
Social events	X	X		X	
Cultural events	X	X		X	
Educational events	X	X	X	X	X
Environmental events			X		
Hard VIS					
Transformation of the outdoor marketplace	X	X	X	X	X
Community kitchen	X	X			
Lift to first floor			X	X	
Eco-island			X		

Dimensions of IHW addressed by VIS in Riga

The team was committed to a collaborative approach, involving vulnerable and target groups in every stage of development. Co-design sessions ensured that the VIS were aligned with the needs and experiences of these groups, while together forming a coherent vision for the market curated by a social enterprise (KQ). This collaboration extended to deployment, with community members actively participating in the implementation of solutions (particularly soft VIS), while actively pushing for specific hard VIS (e.g. lift). Co-articulation of impacts and indicators and real-time feedback and adjustments ensured that the project remained responsive to the evolving needs of its users. Thus, while the core team (KQ in particular) provided strategic guidance, the involvement of institutions and organisations



representing local residents and vulnerable and target groups was central to the project's success, ensuring that it was inclusive and impactful. Nonetheless, this arrangement was predicated on the pre-existing relationships between KQ and different stakeholders, which had been established before and during the project. Furthermore, the fact that KQ is a social enterprise made it much easier to align its approach to renovation with the framework of IN-HABIT.

From a sociological perspective, health and well-being are not merely individual constructs but are deeply embedded within social and environmental contexts, and this is reflected in the IN-HABIT framework. The market renovation project offers a microcosm to explore these interconnections. **The findings suggest that the project has had a positive influence on subjective and social well-being in Āgenskalns**, which is manifested by increased feelings of community, belonging, and satisfaction with social and cultural life in the neighbourhood. These outcomes align with sociological theories that emphasise the importance of social capital and collective efficacy in fostering individual well-being.

As a physical place, the relative importance of the market (in terms of economic and social activity, and as an urban landmark) extends beyond the neighbourhood, and this was acknowledged by the participants. Its development into a creative and multifunctional food hub was mobilised through networks and relationships that extend across various scales: the neighbourhood, Riga, and the Greater Riga Region and beyond, while the soft VIS and their impacts tend to reach a wide range of people who benefit from activities aimed at increasing IHW.

From the point of view of the quality of public space, the IN-HABIT project has promoted several important attributes of place that contribute to spatial well-being. First of all, **accessibility** as a measure of physical structure and a factor of social availability (Vale et al., 2016) was improved by installing an lift and accessibility ramp. Second, **walkability** as a measure of pedestrian friendliness (Ewing & Handy, 2009) has been improved by introducing various infrastructure improvements in the market territory. Third, the **vitality** of place or the degree of actual and perceived presence of users in space (Gómez-Varo et al., 2022) has increased which is reflected in the growing number of market visitors and event attendees. Fourth, the **publicness** of place or the degree of supporting the spectrum of public activities (Varna & Tiesdell, 2010) has increased which is evidenced by the number of people attending cultural, social, educational and trade events. The market provides a spatial platform for organising variety of meaningful activities. Finally, **sense of interest** in a place measured by the strength of the affective reaction (Kerr & Tacon, 1999)



has increased in various publics which is reflected by the rising numbers of market followers on social media.

The experience of the Riga pilot testifies to the formation of a hybrid public space with potentially greater impact on IHW. Public space is defined as an asset shared and deliberately crafted by humans according to social principles and values to meet the needs of the community (Charter of Public Space). Accessibility is a property of public space, and such spaces are publicly owned or publicly used, accessible and enjoyable for all and for free. They are a key element of individual and social well-being. The community recognises itself in its public places and pursues the improvement of their spatial quality. All of this can be observed at Āgenskalns Market. However the nature of public space is hybrid in this case. The market buildings and land belong to the municipality; the market is operated and its functions and services coordinated by a private company (social enterprise); the open environments (the pavilion, the outdoor marketplace, the community stage, the greenhouse, the community kitchen) are publicly used by community groups. Therefore this place is being gradually possessed by various stakeholder groups and becoming a place of identity for many.

As a landmark of Āgenskalns, the market has a long history as a place of trade, meeting and social connectivity which was illustrated by our analysis of market stories and peoples' memories about it. In recent years of co-design and co-deployment of many new functions and activities we may observe a conversion of a 'traditional market' into an identity place, first of all for the Āgenskalns community, but also for visitors and inhabitants of other neighbourhoods in Riga. In the web of various physical manifestations of a enriched place and multiple functions and activities we observe a social aggregation and social condensation of people coming together. The hybrid place obtains an inner dimension of an (individual and community) identity place. People come here, spend time and interact. This type of place promotes conviviality, social encounter and self-expression, and has an impact on subjective, spatial and social well-being.

Nonetheless, **the impact of the multifunctional market in terms of physical and spatial well-being is still complex.** While improvements in accessibility and aesthetics have enhanced the market environment, the potential for displacement and gentrification raises concerns about the long-term sustainability of these benefits for different groups. Furthermore, while our data underline the perception that the market is an inclusive space, there are also indications of exclusion (e.g. due to age, income). A sociological lens is required to examine how these changes impact different social groups within the community and whether



the project contributes to greater equity or exacerbates existing disparities. However, the data at our disposal are currently insufficient for this, and this question will be analysed in greater depth in the final report.

Economic well-being is also a contentious topic, as evidenced by rising prices and the perception of the market as a place for comparatively well-off individuals. While events are frequently free of charge or are organised at cost, the ambivalence surrounding economic aspects has significant implications for the market's role in community life and the goals of the project. The affordability of the market is crucial for ensuring its accessibility to diverse populations, but funding and resources are fundamental for the long-term maintenance of market facilities. Further data and work are necessary to explore how changes in market dynamics affect social inclusion and exclusion, considering factors such as income inequality, occupation, and social status, while considering different funding mechanisms that can ensure the sustainability of the current iteration of the market.

Thus, while promoting various forms of inclusion, particularly of target groups, the Riga team is aware of potential forms of exclusion. Focus group participants noted rising commodity and services prices at the market. The narratives collected in the stories mention signs of gentrification at the market and in the neighbourhood, such as an influx of tourists, rising property prices, exclusivity of some offers. The market stands are increasingly populated by contemporary life-styles oriented businesses, such as gourmand cafes and speciality food stores. This inevitably tends to exclude lower income customers. In particular, senior citizens admitted that the food products sold at the market had become economically less accessible for them. Becoming a trendy, recognised place and refurbished place in the city entails risks of gentrification and exclusion (Atkinson & Bridge, 2005; Gravari-Barbas & Guinand, 2017).

At the same time, target group representatives acknowledge that many activities and services, such as cultural and social events, the green zones, the outdoor facilities are offered for free and are appreciated. In this case the multifunctionality of the market itself acts as a vehicle for inclusion and serves to counterbalance exclusion. Economic exclusion is being compensated for by introducing specific economic measures (e.g. reduced prices, discounts at certain times) and amplifying social, educational and cultural activities. Indeed, multifunctionality may, in fact, be key to inclusion.

Furthermore, the Riga team takes the issue of senior citizen inclusion and well-being seriously. Seniors are a specific target group who may experience a scarcity of economic, health, social and other resources

to continue social engagement. In a context of an increasing life expectancy the healthy longevity in cities becomes important. Healthy longevity requires a new look at the relationship between people and the urban environment. The Riga IN-HUB takes into consideration a life cycle perspective (WHO, 2018) and a neighbourhood perspective (White & Rea, 2021) when it comes to the involvement of senior community members in food hub activities. Green spaces (e.g. community garden) are provided for senior socialisation and outdoor physical activity, while cultural and social events offered for free promote healthy habits and social engagement, rather than withdrawal from social life. Analysing the contribution of Āgenskalns Market to senior citizen well-being in the framework of an age-friendly city developed by the World Health Organisation (Figure 23), we can observe that these impacts relate to social participation, respect and social inclusion, civic participation, communication and information, community support, and provision of outdoor space.

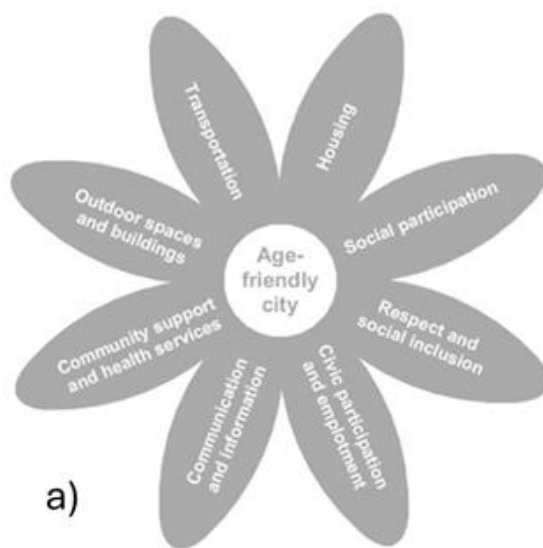


Figure 23. Model of age-friendly city (WHO 2007)

As regards the seven dimensions of the restorative city, our assessment is that the activities of IN-HABIT and the market directly contribute to sensory, neighbourly, active, inclusive and playable dimensions. They contribute to the sensory dimension by creating a visual, sonic, and olfactory space. They contribute to the neighbourly dimension by providing opportunities for different groups to interact and creating a space for local residents to socialise (previously lacking). They contribute to the active dimension by organising events at encouraging physical activity and touting the benefits of active and healthy lifestyles.



They contribute to playability by creating a place that encourages a free and creative use of spaces (corroborated by participant observation). They also contribute to inclusivity, which is further strengthened by role of GDEI in the project, though there are trade-offs (described above).

Overall, the project's impact on IHW is a promising area of inquiry. While the data suggest positive trends, further research is needed to delve deeper into the mechanisms through which the market influences health and well-being outcomes. Specifically, research is needed to examine how the market environment contributes to healthy lifestyles and social inclusion and explore how factors such as age, gender, ethnicity, and income intersect to allow or preclude individuals from benefitting from the VIS.

A multifunctional space which becomes an enhanced community place with a focus on IHW is a key contribution of the IN-HABIT pilot in Riga. There is a connection between an enhanced public space and the social fabric of a community. This development of the market, together with community involvement creates spatial, environmental, physical, social and psychological preconditions for well-being.

However, the report also highlights the challenges of measuring the intangible yet significant aspects of the project's impact, such as changes in community dynamics and social cohesion. While quantitative data provide a valuable foundation, we have argued that it is essential to complement these findings with qualitative research to capture the richness and complexity of people's lived experiences. This justifies the use of sociological methods, such as storytelling, focus groups, and participant observation. They offered invaluable insights into the social processes and meanings that underpin the project's outcomes.

Finally, it is crucial to acknowledge the potential ripple effects of the market renovation on the surrounding neighbourhood. The influx of visitors, new businesses, and potential changes in property values may contribute to gentrification processes. To fully understand these dynamics, a mixed-methods approach is essential. Quantitative data can track changes in demographics, housing prices, and business composition, while qualitative research can provide insights into residents' lived experiences and perceptions of change.

While preliminary findings indicate progress towards project objectives, further research with a refined monitoring and evaluation framework is imperative to establish more concrete links and relationships and the impact of the market renovation project. As we enter the final year of the project, collaborative efforts with stakeholders will remain important and help to revise evaluation methodologies and ensure that the project remains responsive to evolving community needs. Impact is dynamic and requires ongoing



refinement as the market itself undergoes transformation. Indeed, this was one of the purposes of the focus group we organised in July 2024. By engaging with stakeholders in a participatory process, a shared understanding of the project's goals and outcomes can be developed. This collaborative approach will be instrumental in adapting evaluation strategies for the final report to capture the evolving nature of the market's identity and its role within the community, while identifying innovative funding mechanisms and discussing the replication of specific solutions in other contexts.



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Appendix A

Riga VIS	Expected results - partners perspective
a. new, easily accessible and green urban square	<p>Increased social relations in public spaces</p> <p>Improved sense of inclusion</p> <p>Improved accessibility of local resources</p> <p>Improved satisfaction with urban green areas</p> <p>Improved access to green and recreational spaces</p> <p>Increased inclusiveness of public squares and green areas</p> <p>Improved sense of belonging and satisfaction with the quality of the neighborhood</p> <p>Increased participation in cultural activities within public spaces</p> <p>Increased perception of benefits from social and recreational public spaces</p> <p>Increased satisfaction with one's surroundings and living environment</p>
b. green zones, sports facilities and art corners	<p>Increased social relations in public spaces</p> <p>Improved sense of inclusion</p> <p>Improved accessibility of local resources</p> <p>Improved satisfaction with urban green areas</p> <p>Increased inclusiveness of public squares and green areas</p> <p>Improved sense of belonging and satisfaction with the quality of the neighborhood</p> <p>Increased participation in cultural activities within public spaces</p>
c. community greenhouse	<p>Improved sense of inclusion</p> <p>Improved sense of belonging and satisfaction with the quality of the neighborhood</p> <p>Increased time spent in social and recreational public spaces</p> <p>Increased perception of benefits from social and recreational public spaces</p>
d. eco-island	<p>Increased perception of benefits from social and recreational public spaces</p>
e. community kitchen	<p>Increased social relations in public spaces</p>

	<p>Improved sense of inclusion</p> <p>Improved accessibility of local resources</p> <p>Increased perception of benefits from social and recreational public spaces</p> <p>Increased satisfaction with one' skills and competences</p> <p>Increased awareness of healthy, environmentally friendly food practices, esp. consumption</p>
f. Educational activities	<p>Increased satisfaction with one' skills and competences</p> <p>Increased awareness and motivation about healthy habits</p>
g. Training courses for urban gardeners	<p>Increased satisfaction with one' skills and competences</p>
h. civic-driven organised food practices	<p>Improved social engagement</p> <p>Improved accessibility of local resources</p> <p>Increased awareness and motivation about healthy habits</p>
i. food chain arrangements	<p>Improved accessibility of local resources</p>
l. Culinary events, vocational training and educational activities	<p>Increased social relations in public spaces</p> <p>Improved sense of inclusion</p> <p>Increased participation in cultural activities within public spaces</p> <p>Increased time spent in social and recreational public spaces</p> <p>Increased perception of benefits from social and recreational public spaces</p> <p>Increased satisfaction with one' skills and competences</p> <p>Increased awareness and motivation about healthy habits</p>
m. food waste reduction practices	<p>Increased change-making attitude</p> <p>Improved accessibility of local resources (food)</p> <p>Increased perception of benefits from social and recreational public spaces</p> <p>Increased awareness and motivation about healthy habits</p>

Appendix B

Social group	Expected changes - citizens view
All the groups	<ul style="list-style-type: none"> - Improved sense of belonging and satisfaction with the quality of the neighborhood - Increased time spent in social and recreational public spaces - Increased perception of benefits from social and recreational public spaces - Increased participation in cultural activities within public spaces - Increased awareness and motivation about healthy habits - Improved quality of one's free time in public spaces - Improved accessibility of local resources (healthy food, local products, safe food and high quality products, job opportunities)
Elderly people	<ul style="list-style-type: none"> - Reduced isolation - Increased social relations in public spaces - Increased participation in cultural activities within public spaces
Persons with disabilities	<ul style="list-style-type: none"> - Increased employability of people - Increased inclusiveness of public squares and green areas
Women	No specific gendered expected change was identified
LGBTQI+ people	<ul style="list-style-type: none"> - Increased sense of safety - Increased inclusiveness of public squares and green areas
Ethnic and religious minorities	<ul style="list-style-type: none"> - Increased social relations in public spaces - Improved sense of inclusion

Appendix C

Social well-being

Sub-dimension	Expected change (P=partners' view / C=citizens' view)	Indicator	Description
Perception of security	Increased sense of safety (C)	sense of safety at night	Persons who feel safe walking at night in the city (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)
		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	Increased social relations in public spaces (P; C)	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 (P; C)	Sense of inclusion	persons who feel to be part of the community (Quantitative and qualitative/Self reported/Key Impact Indicator)

	Improved social engagement (P)	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/Self Reported/Key Impact Indicator)
	Increased change-making attitude (P)	Change-making attitude	persons who believe they can change the reality of their neighbourhood (social situation, beauty/attractiveness of the space, economic situation)
Equality	No change expected - context indicator (P)	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)
	No change expected - context indicator (P)	Access to internet from home	Persons who have access to internet from home (Quantitative/Self reported/Context Indicator)
	No change expected - context indicator (P)	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)

	No change expected - context indicator (P)	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)
Discrimination	No change expected - context indicator (P)	Perception of discrimination in society	Persons who believe that minority groups are considered dangerous/dishonest/ criminals/ unreliable/ bad neighbours by local citizens (qualitative/Self reported /context Indicator)
	No change expected - context indicator (P)	Perceived personal condition of discrimination	Persons who can describe themselves as being a member of a group that is discriminated against in their country. (qualitative/Self reported /context Indicator)
Spatial well-being	Improved accessibility of local resources (P; C)	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 (P)	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 (P; C)	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	Sense of belonging and	Number of persons who like their neighbourhood; who think that it has a good reputation; who think that the image of the



	satisfaction with the quality of the neighbourhood (P; C)	perception of the neighbourhood	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)
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Healthy lifestyles

Sub-dimension	Expected change (P=partners' view / C=citizens' view)	Indicator	Description
Physical health status	No change expected - context indicator (P)	Self-reported health status	Average level of physical health reported by persons on a 5 points scales (Quantitative/Self reported / context indicator)
Determinants of health	No change expected - context indicator (P)	Practice of physical activity	frequency of practice of physical activity in a week (Quantitative /Self reported / context indicator)
	No change expected - context indicator (P)	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)
	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)
	No change expected - context indicator (P)	Consumption of fruits and vegetables	persons who declare to consume fresh fruits and vegetables on a daily basis (Quantitative/Self reported / context indicator)



	No change expected - context indicator (P)	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)
	Increased awareness and motivation towards healthy habits (P; C)	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)
Sports practice	Increased practice of sports in public green areas (P)	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 (P)	Benefits from sports	persons who think that sports/physical activity contributes to their well-being (qualitative/Self reported /Key impact indicator)
Cultural consumption and production	Increased participation in cultural activities within public spaces (P; C)	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)
	No change expected - context indicator (P)	Cultural consumptions	Average time devoted to cultural consumptions during the week (theatre, reading books, cinema, exhibitions) (Quantitative/self reported/context indicator)
	Increased local cultural engagement (P)	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)

Leisure/Free time	No change expected - context indicator (P)	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)
	Increased time spent playing relaxing or doing sports in public green areas (P)	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 (P)	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)
	No change expected - context indicator (P)	Time devoted to family care	Average time in a day devoted to family care (Quantitative/Self reported / context indicator)
	No change expected - context indicator (P)	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)
	No change expected - context indicator (P)	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)
	Improved quality of one's free time in public spaces (C)	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 social and recreational public spaces (P; C)	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)
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Economic well-being

Sub-dimension	Expected change (P=partners' view / C=citizens' view)	Indicator	Description
Employability	Increased employability of people (C)	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 (P)	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)
Financial situation	No change expected - context indicator (P)	Feeling that one's basic needs are met	persons who believe that their basics needs are sufficiently met (Quantitative/Self reported /context indicator)



Increased satisfaction with one's surroundings and living environment (P; C)	Satisfaction with one's surroundings/living environment	satisfaction related to one's own surroundings/living environment (qualitative/Self reported /Key impact indicator)
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