

## WP7 – Assessing the impact of visionary and integrated solutions on IHW

<p><b>WP Objectives</b></p>	<ul style="list-style-type: none"> <li>• Assess the impact of IN-HABIT Visionary and Integrated Solutions (VIS) on inclusive health and well-being (IHW) in small and medium-sized cities.</li> <li>• Measure changes in mental health, socio-economic well-being, healthy lifestyles, and social inclusion.</li> <li>• Co-design and validate context-sensitive and GDEI-aware impact indicators.</li> <li>• Implement a multi-phase evaluation framework (baseline, ongoing, ex-post).</li> <li>• Support evidence-based decision-making through integrated data platforms and mixed-methods analysis.</li> </ul>
<p><b>Problems addressed</b></p>	<p>Limited evidence on how urban regeneration affects inclusive well-being in small and medium-sized cities.</p> <p>Lack of context-sensitive and GDEI-aware indicators beyond standard health metrics.</p> <p>Fragmented data and weak links between urban interventions and long-term impacts.</p> <p>Difficulty in capturing intangible and social outcomes (e.g. trust, belonging, empowerment).</p> <p>Need for comparability across cities while respecting local specificities.</p>
<p><b>Main innovations</b></p>	<ul style="list-style-type: none"> <li>• Conceptualisation of IHW as a co-created common pool resource, combining individual and collective dimensions.</li> <li>• Development of a shared, multidimensional impact assessment framework applied across four cities.</li> <li>• Integration of quantitative surveys, qualitative methods, storytelling, and text analysis.</li> <li>• Use of control and intervention groups to strengthen causal interpretation.</li> <li>• Strong GDEI lens embedded across indicators and analysis.</li> <li>• Connection between urban data, citizen-generated data, and evaluation outputs via the IN-HABIT Data Platform.</li> </ul>
<p><b>Why it matters?</b></p>	<ul style="list-style-type: none"> <li>• Demonstrates that inclusive well-being impacts can be measured, even in complex urban settings.</li> <li>• Provides evidence that small-scale, place-based interventions can generate multidimensional benefits.</li> <li>• Offers a replicable evaluation model for cities often underrepresented in urban innovation research.</li> <li>• Supports policymakers in moving from outputs (what was built) to outcomes and impacts (what changed).</li> <li>• Contributes to European debates on urban resilience, social cohesion, and health equity.</li> </ul>
<p><b>Who benefited?</b></p>	<ul style="list-style-type: none"> <li>• Local residents in intervention areas, including vulnerable and marginalised groups.</li> <li>• Municipal authorities and planners, through evidence-based insights.</li> <li>• Community organisations and stakeholders, involved in participatory evaluation processes.</li> <li>• Researchers and practitioners, through transferable tools and methods.</li> <li>• European policy community, via tested approaches for inclusive urban innovation.</li> </ul>

<p><b>What changed</b></p>	<ul style="list-style-type: none"> <li>• Across the four cities, WP7 documented changes in:</li> <li>• Increased social cohesion, participation, and sense of belonging.</li> <li>• Improved perceptions of safety in public spaces (context-dependent).</li> <li>• Greater use and appreciation of public and green spaces.</li> <li>• Increased physical activity and engagement in outdoor and cultural activities.</li> <li>• Improved perceived quality and inclusiveness of urban spaces.</li> <li>• Better accessibility to cultural and recreational resources in several pilots.</li> <li>• Enhanced perceived economic stability and employment-related opportunities, uneven across contexts.</li> <li>• Increased visibility and participation of women, elderly, migrants, and other vulnerable groups.</li> <li>• Persistent gaps highlight where structural barriers remain.</li> </ul>
<p><b>How we measured impact?</b></p>	<p>Ex-ante (Baseline): Large-scale surveys, focus groups, storytelling, secondary data.</p> <p>Ongoing evaluation: Stakeholder surveys, qualitative feedback, text and sentiment analysis.</p> <p>Ex-post evaluation: Comparison of intervention vs control groups. Mixed-methods analysis across five IHW dimensions.</p> <p>Use of standardised instruments combined with context-specific indicators. Integration with the IN-HABIT Data Platform for data management and visualisation.</p>
<p><b>Governance &amp; sustainability</b></p>	<p>Strong coordination across partners and cities through a shared methodological framework. Engagement of local community activators and stakeholders throughout the evaluation cycle. Open-access deliverables and public dissemination ensure transparency and reuse. Data infrastructure and indicators designed for post-project usability by cities.</p>
<p><b>Main lessons learnt</b></p>	<ol style="list-style-type: none"> <li>1. Process matters as much as outcomes: co-design and participation amplify impacts.</li> <li>2. Quantitative effects may be modest, but qualitative and symbolic impacts are substantial.</li> <li>3. One-size-fits-all indicators are insufficient: contextualisation is essential.</li> <li>4. Small and medium-sized cities can act as laboratories for inclusive urban innovation.</li> <li>5. Evaluation must be flexible to external shocks (e.g. COVID-19, governance changes).</li> </ol>
<p><b>Replication &amp; legacy</b></p>	<p>WP7 provides a replicable impact assessment toolkit for other cities and projects. Framework adaptable to different policy domains (health, culture, environment, social inclusion). Indicators and methods can be reused in Horizon Europe, cohesion policy, and urban missions. Evidence supports scaling inclusive, co-created urban solutions beyond the pilot cities.</p>
<p><b>Resources</b></p>	<ul style="list-style-type: none"> <li>• WP7 methodological framework and indicators.</li> <li>• D7.2 IN-HABIT Data Platform architecture.</li> <li>• Baseline, ongoing, and ex-post impact assessment reports.</li> <li>• Qualitative tools: focus group guidelines, storytelling protocols, survey instruments.</li> <li>• Public deliverables available via the IN-HABIT project website.</li> </ul>