

# Health in the streets



Objective  
To assess  
the impact of  
the superblocks  
on health

## Superblocks

The Superblock model is a way of organising the city based on reversing the distribution of public space between vehicles and people, to prioritise all citizens in order to improve environmental conditions and people's quality of life

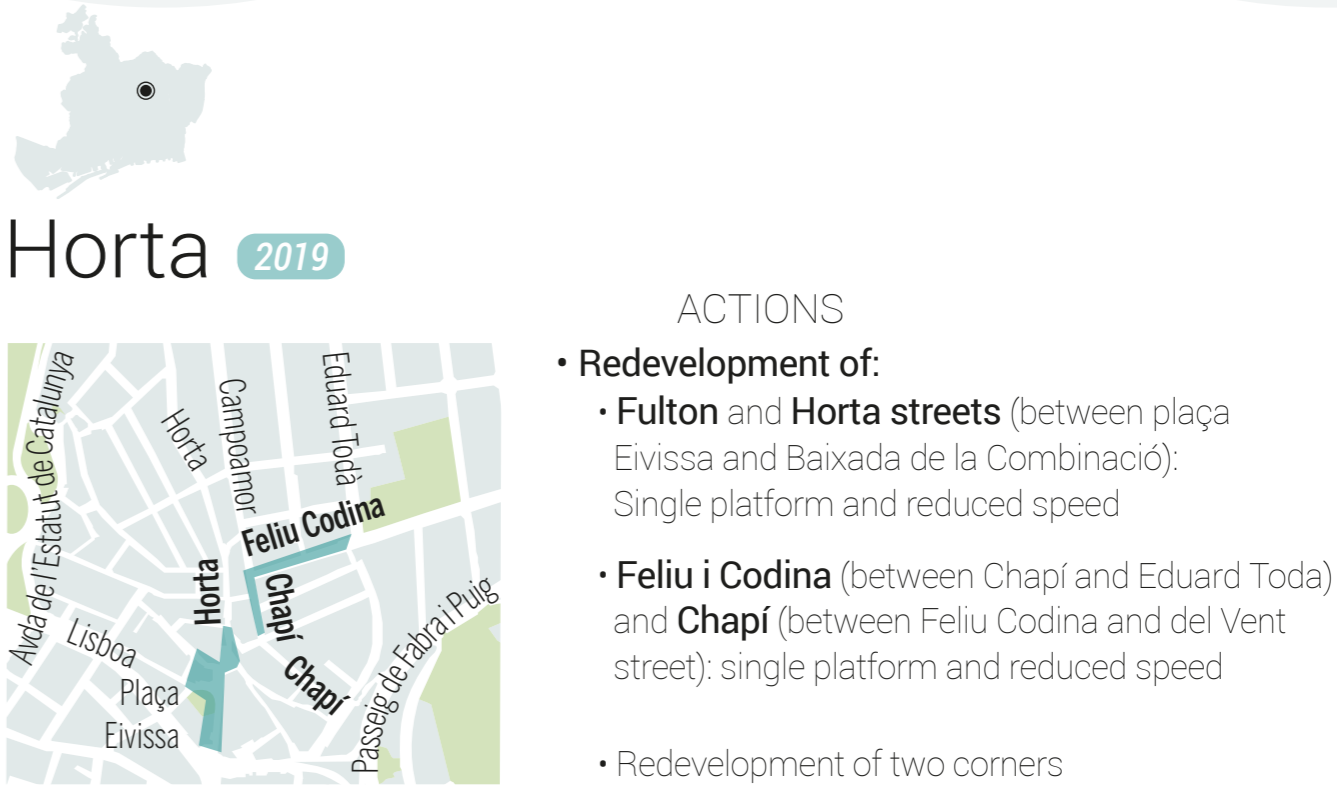
Let's fill the streets  
with life

Government policy approved  
in 2016 aimed at extending  
the Superblocks model  
in the city of Barcelona




- To improve the habitability of public space
- To make progress in sustainable mobility
- To increase and improve urban green spaces and diversity
- To encourage citizen participation and co-responsibility

## Superblocks assessed

YEAR OF INAUGURATION



























METHODOLOGY USED

STUDY	TYPE OF STUDY	AREAS OF STUDY	MEASURES
		<ul style="list-style-type: none"><li>Use of public space</li><li>Mobility</li><li>Air and noise pollution</li><li>General health and well-being</li><li>Mental health</li><li>Social context</li></ul>	

- Focus groups**  
6 discussions groups with different profiles: adults with and without children, young people, older people, workers and women
- Audit use of spaces (SOPARC)**  
Observation of levels of physical activity in different social profiles
- Guerilla ethnography**  
Combines ethnographic observation and semi structured interviews to individuals or groups
- Survey**  
Survey to 1200 randomly selected people from the district
- Mobile unit**  
Taking measurements with the Mobile unit from ASPB
- Sensors**  
Taking environmental measurements
- MAPS (Walkability audit)**  
Measurement of environmental factors that promote or limit physical activity

● QUALITATIVE   ♦ QUANTITATIVE   ◀ PRE-INTERVENTION   POST-INTERVENTION ▶

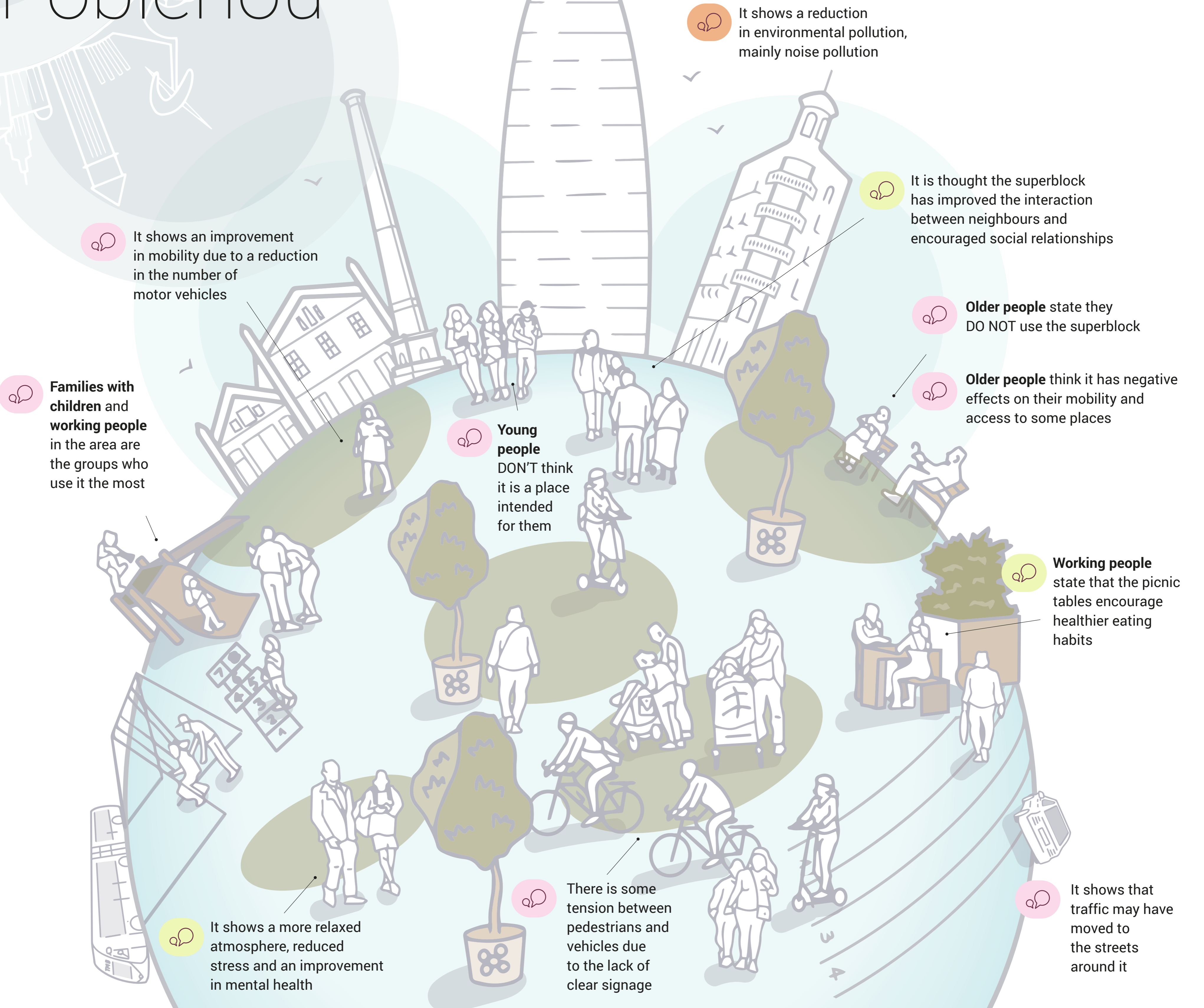
STUDY	TYPE OF STUDY	AREAS OF STUDY	MEASURES
		<ul style="list-style-type: none"><li>Physical activity</li></ul>	
		<ul style="list-style-type: none"><li>Overall assessment of the superblock</li><li>Use of the public space</li><li>General health and well-being</li></ul>	
		<ul style="list-style-type: none"><li>Air pollution (NO2 and particulates)</li></ul>	

STUDY	TYPE OF STUDY	AREAS OF STUDY	MEASURES
		<ul style="list-style-type: none"><li>General health and well-being</li><li>Mental health</li><li>Quantity and quality of sleep</li><li>Physical activity</li><li>Social context</li></ul>	
		<ul style="list-style-type: none"><li>Air pollution (NO2 and particulates)</li></ul>	
		<ul style="list-style-type: none"><li>Air pollution (Black Carbon)</li></ul>	
		<ul style="list-style-type: none"><li>Walkability</li></ul>	
		<ul style="list-style-type: none"><li>Overall assessment of the superblock</li><li>Use of the public space</li><li>General health and well-being</li><li>Suggested improvements</li></ul>	

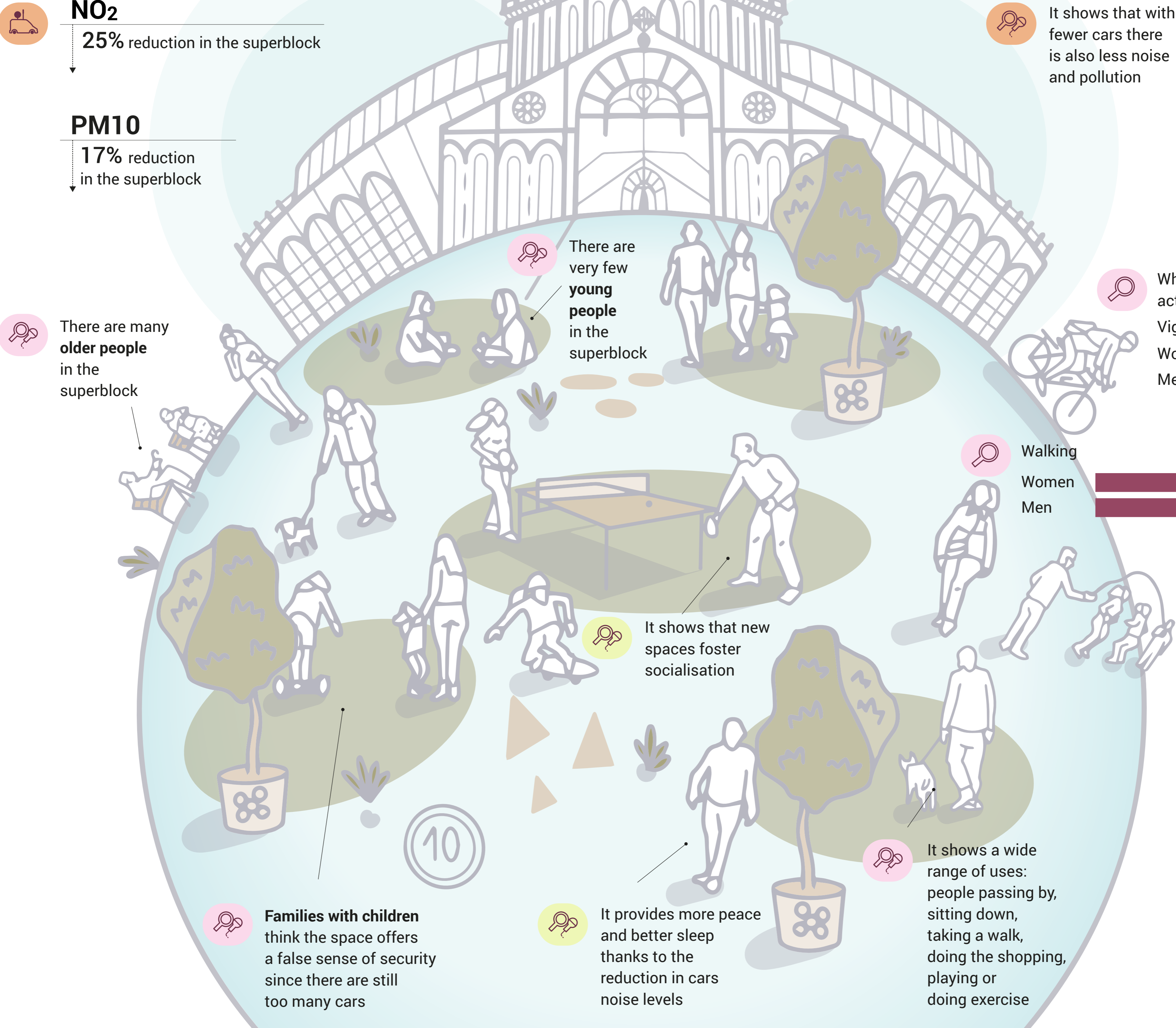
## Results

POLLUTION   USE OF SPACES AND MOBILITY   HEALTH AND WELL-BEING

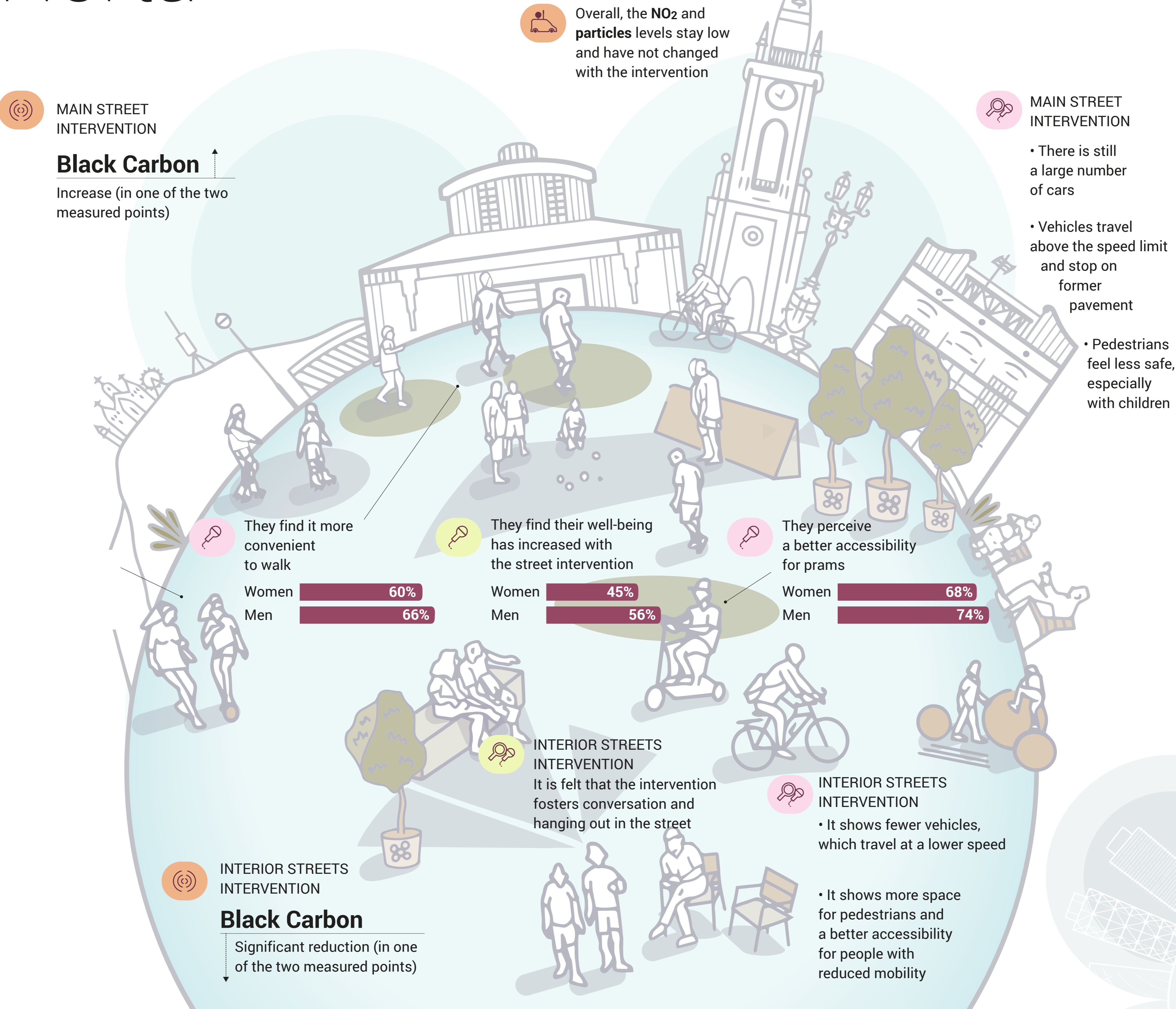
## Poblenou



# Sant Antoni



# Horta



[www.aspb.cat/salutalscarrers](http://www.aspb.cat/salutalscarrers)