

Univerza v Ljubljani
Biotekniška fakulteta
Oddelek za krajinsko arhitekturo



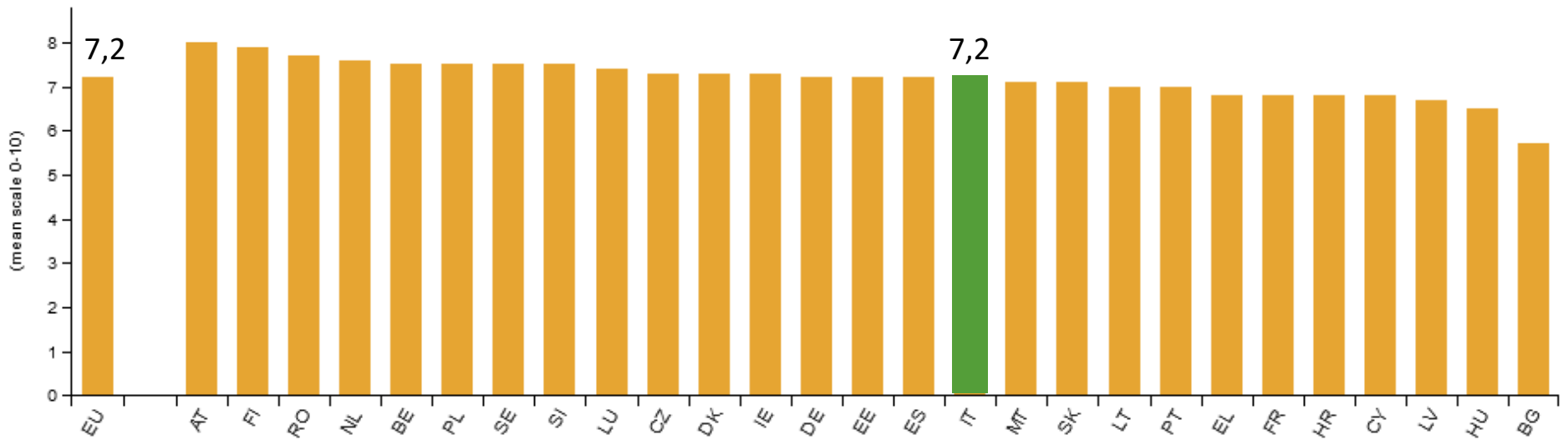
Quality of Life and Health

Assist. Prof. Dr. Naja Marot

*Malborghetto/Naborjet-
Ovčja vas, 9. 6. 2023*

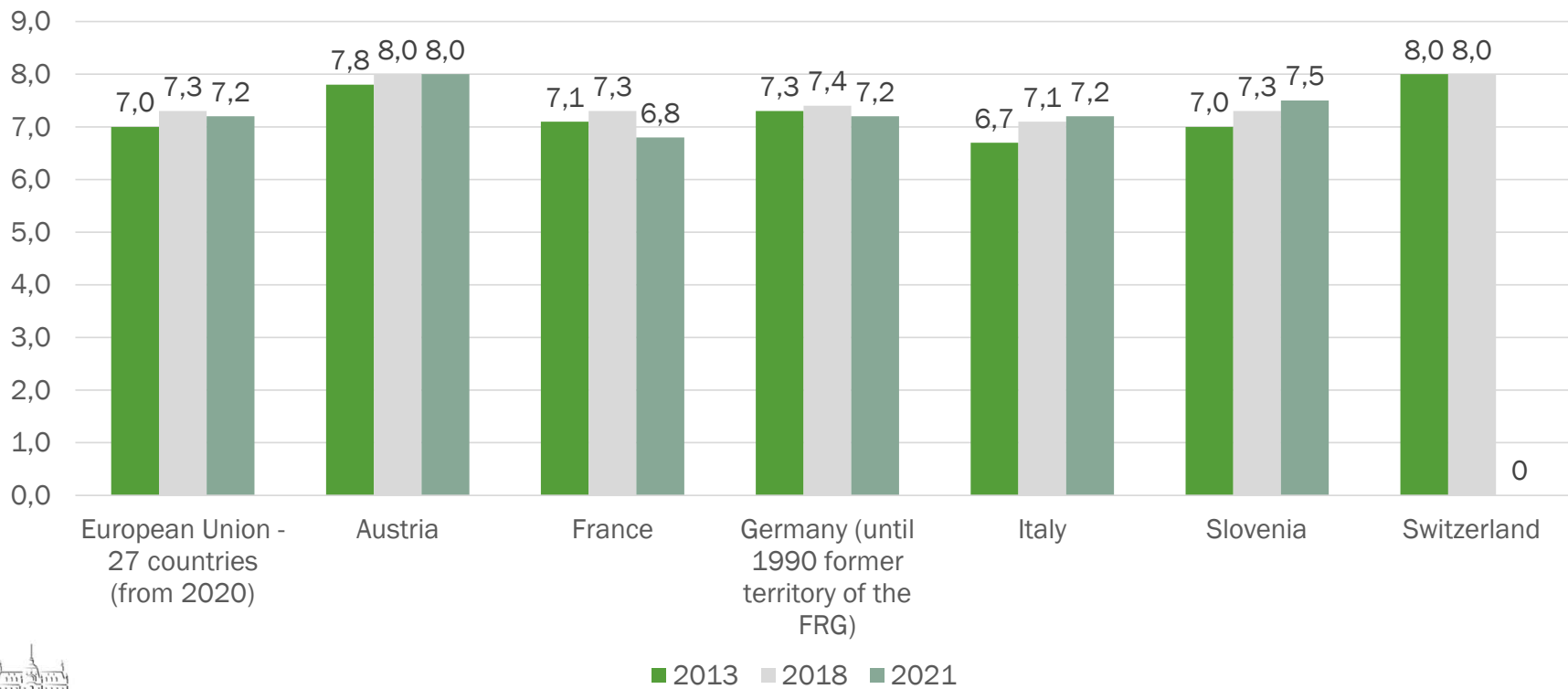
How satisfied are we with the quality of life?

Overall life satisfaction according to Eurostat, 2021



How satisfied are we with the quality of life?

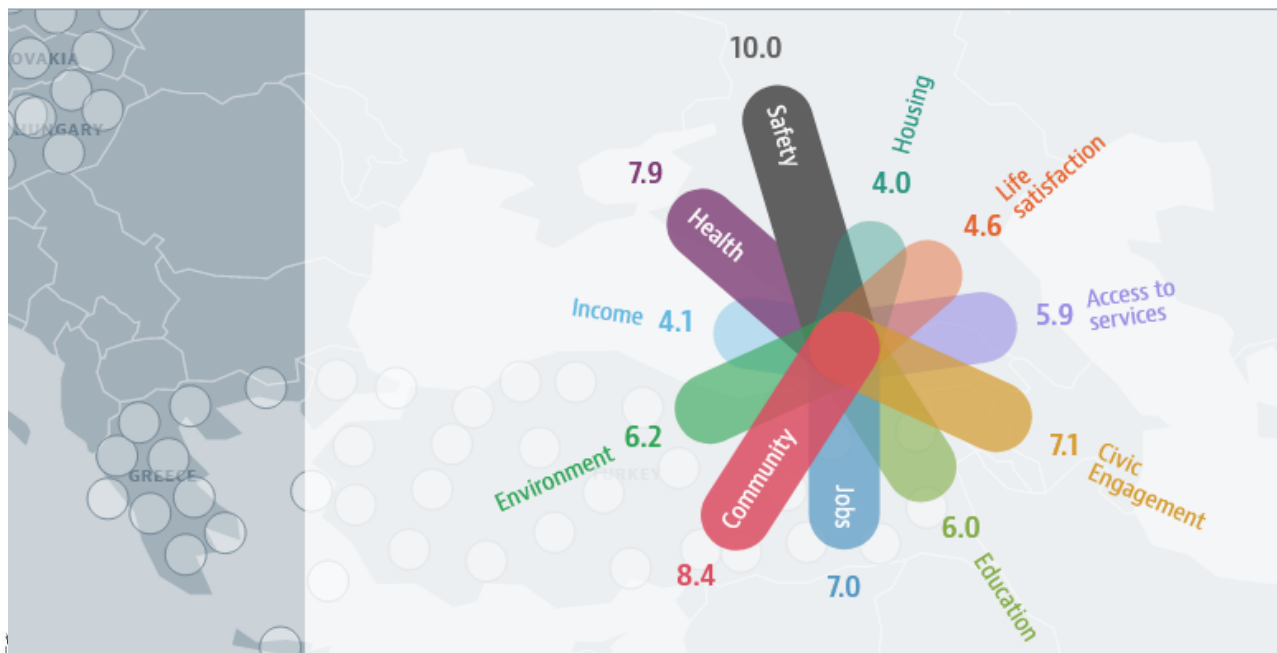
EUROSTAT QoL, NUTS0: Overall life satisfaction



How satisfied are we with the quality of life?

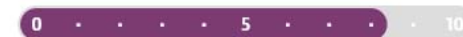
OECD Regional well-being concept, data from 2016 to 2021, depending on indicator

Friuli-Venezia Giulia



Health

Friuli-Venezia Giulia reaches **7.9** / 10 points in **Health**.



This puts the region in position **15** / 21 regions in Italy.



Compared across all OECD regions, the region is in the **top 29%** in **Health**.



Indicators

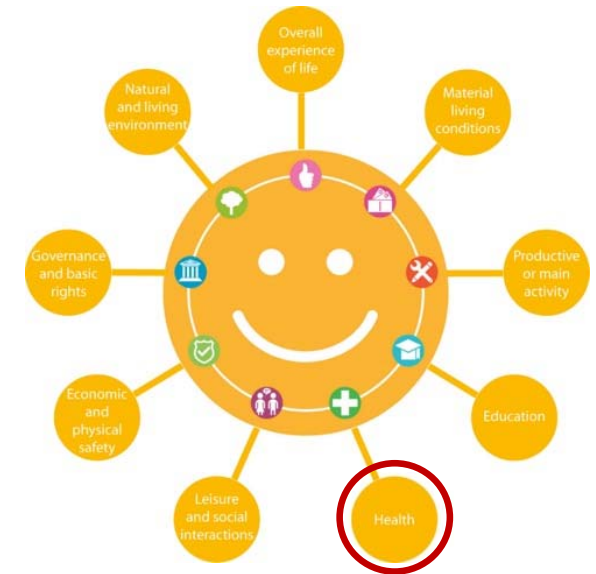
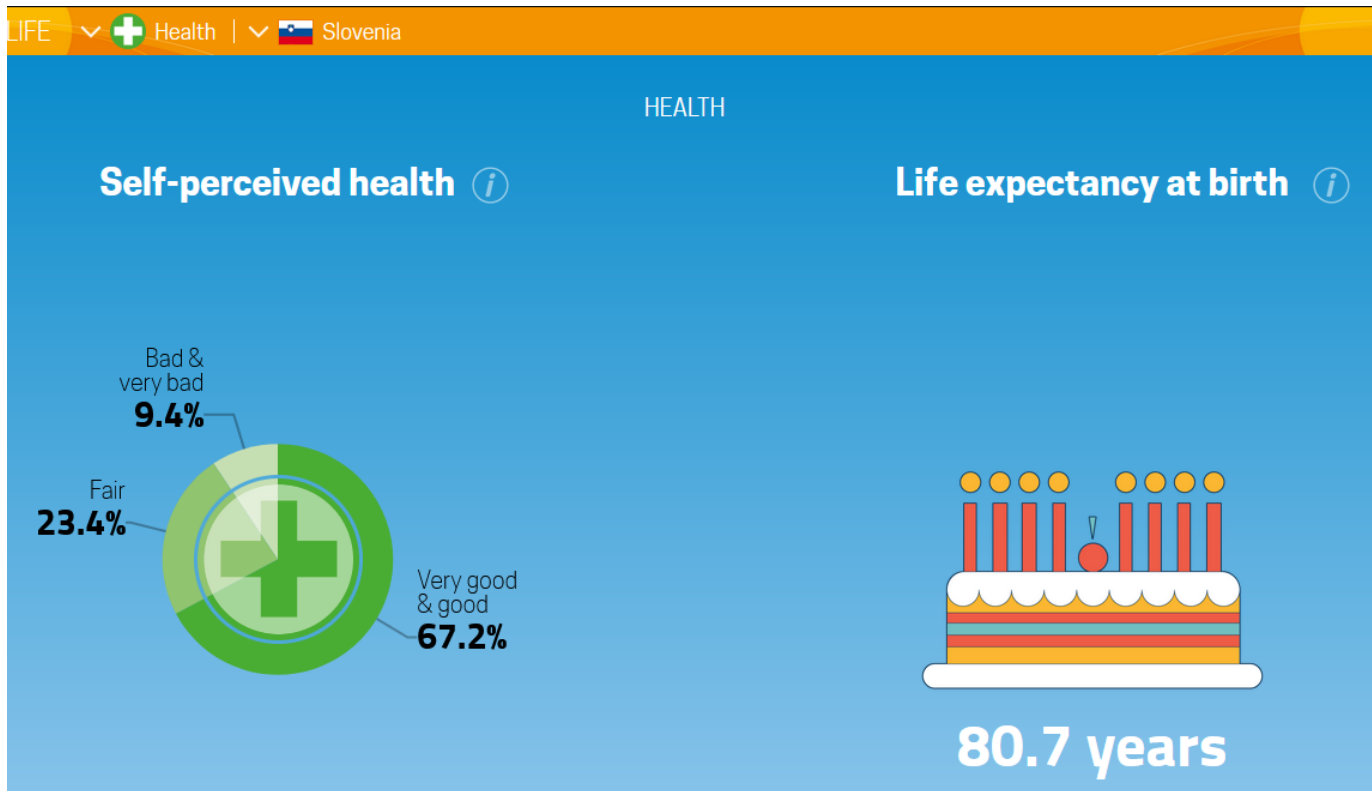
Mortality rate: **7.2** deaths per 1 000 people

Life expectancy: **82.1** years

[Compare Italy to other countries](#)

What about health?

EUROSTAT Quality of life, NUTSO: topic - health, country: Slovenia ([Source](#))



What about health?

EUROSTAT Quality of life, national level

- 1. Material living conditions** (income – net national income, household disposable income; consumption – household consumption per capita; material conditions – deprivation and housing) [EU SILC, Household Budget Survey]
- 2. Productive and main activity** (quantity of employment – working hours; quality of employment – balancing work and private life; other main activities – inactive population) [EU.LFS, Structure of Earnings Survey, Time Use Survey]
- 3. Health** (health outcome indicators, number of healthy life years, subjective assessment of own health, health determinants – access to health) [EU-SILC, European health interview]
- 4. Education** (level of education – population educational attainment, self-assessed and assessed skills, participation in life-long learning) [EU-LFS, OECD Programme for International Assessment of Adult competencies, Adult education survey, Community survey on ICT usage in households and by individuals]
- 5. Leisure and social interactions** (quantity – how often citizens spend time with people, quality – how satisfied they are with relationship, what they do for others - volunteering) [EU-SILC Ad-hoc modules]



Understanding of QoL concept

Keller, QoL in the Alps, 2010

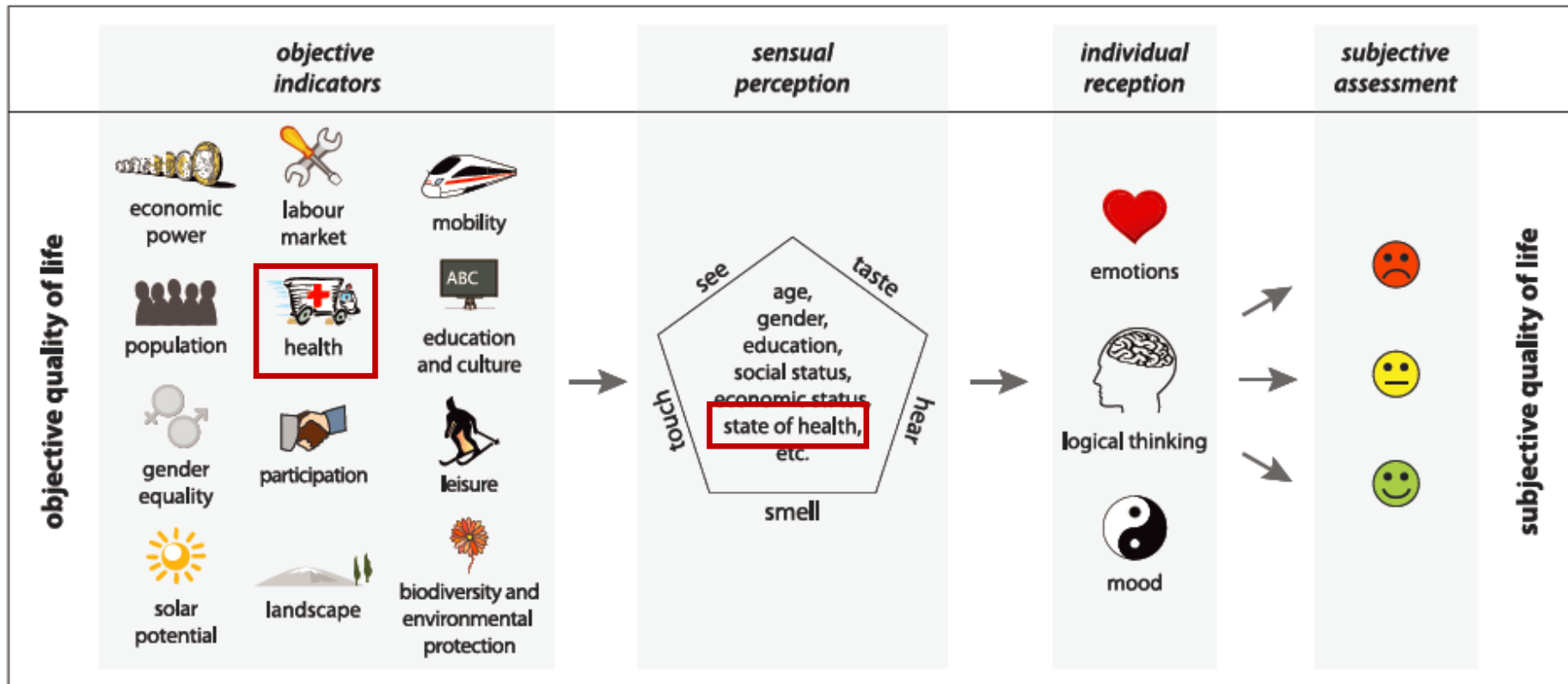


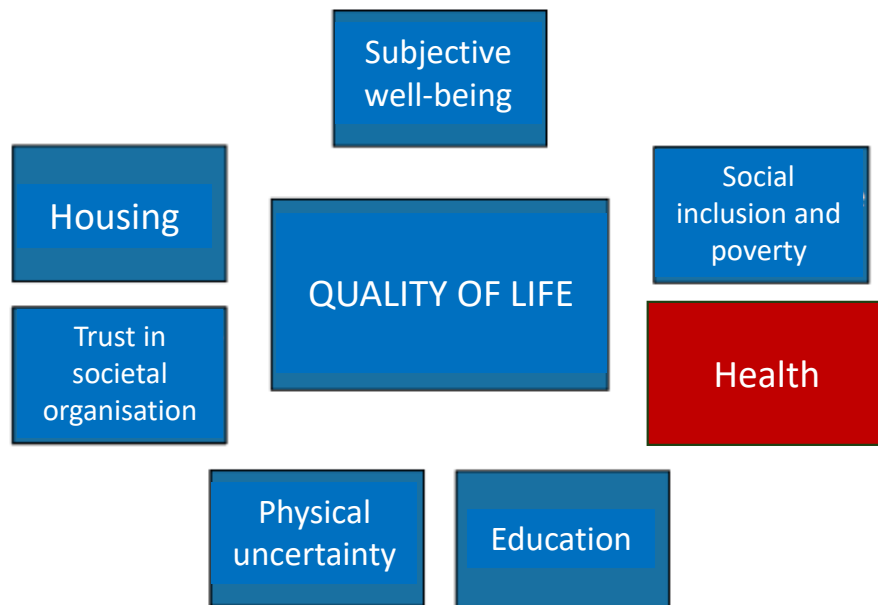
Fig. 1: Objective quality of life filtered by individual perception, processing and evaluation mechanisms.

Understanding of QoL concept

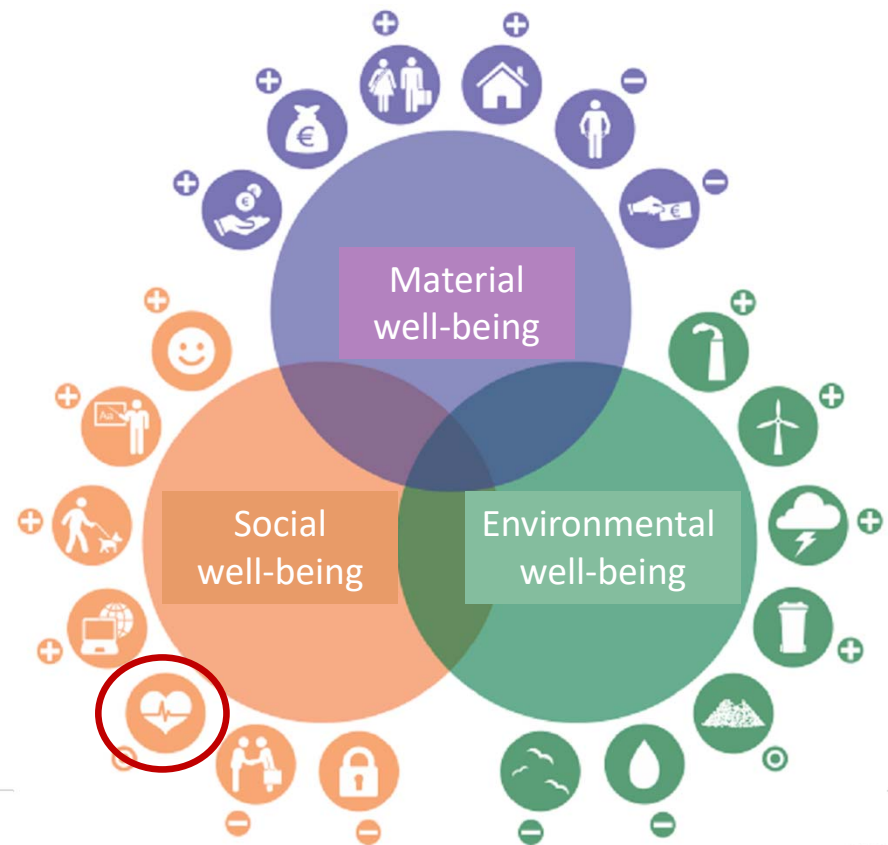
QoL according to Statistik Austria and well-being according to Slovenian Statistical Office (SURS)

Grafik 30

Dimensionen der Lebensqualität



Q: STATISTIK AUSTRIA, Wie geht's Österreich?



Understanding of QoL concept

ESPON QoL study

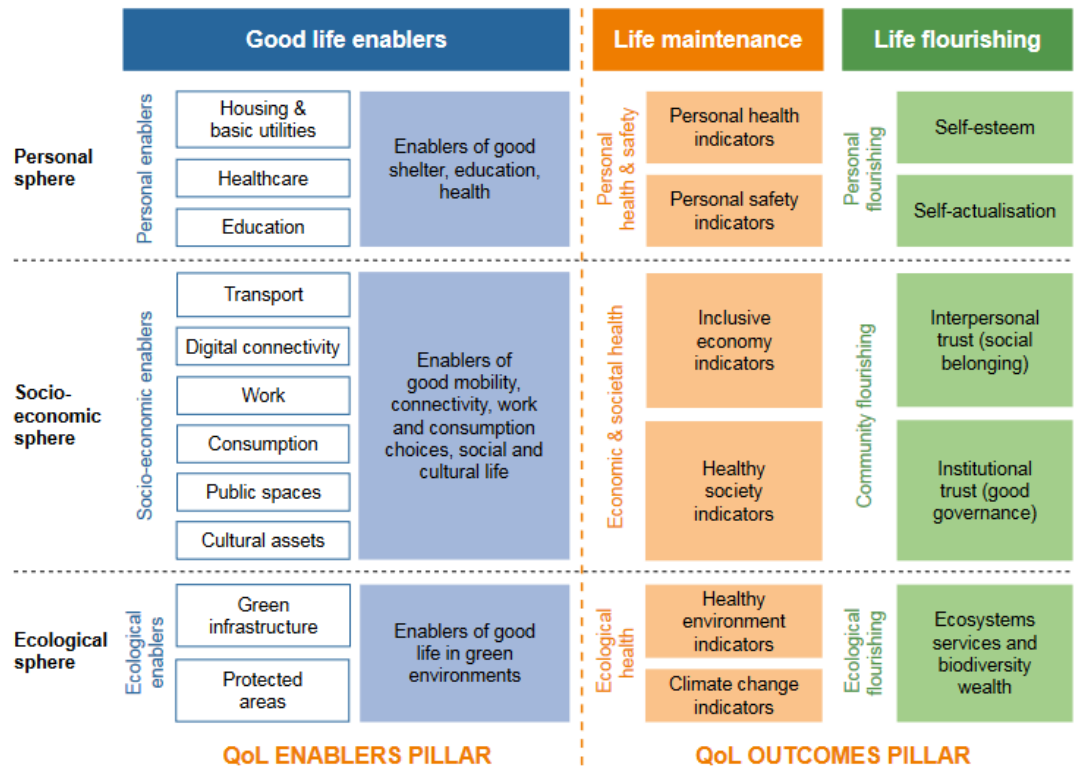
Good life enablers: living conditions in a certain area, can be influenced by planning, policy making and measures; also spatial interventions

Life maintenance: measurement of the well-being of the society, consequences of the enablers' "quality"

Life flourishing: one's perception of quality of life – enablers – and well-being



Figure 1
ESPON TQoL conceptual map

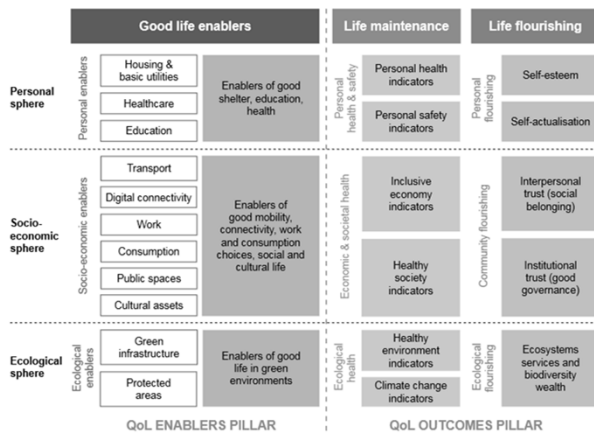


Source: ESPON 2021

Understanding of QoL concept

QoL concept for the preparation of 10th Report on state of the Alps

Figure 1
ESPON TQoL conceptual map



Source: ESPON 2021

MEASUREMENT FRAMEWORK OF QoL	GOOD LIFE ENABLERS	LIFE MAINTENANCE	LIFE FLOURISHING
ENVIRONMENT	LIVING CONDITIONS	SUSTAINABLE / ECO-CONSCIOUS SOCIETY	SATISFACTION WITH ENVIRONMENTAL QUALITY
	ECOSYSTEMS AND BIODIVERSITY		
	BUILD ENVIRONMENT AND HERITAGE CONSERVATION		
INFRASTRUCTURE AND SERVICES	RESILIENCE	HEALTHY, EDUCATED AND LIVELY / ENABLING / FUNCTIONING SOCIETY	SATISFACTION WITH QUALITY OF INFRASTRUCTURE AND SERVICES
	PUBLIC SERVICES		
	COMMERCIAL SERVICES		
	CONNECTIVITY		
WORK AND FINANCIAL SECURITY	HOUSING	PROSPEROUS SOCIETY	SATISFACTION WITH QUALITY OF WORK AND INCOME
	LEISURE & CULTURAL ACTIVITIES		
	JOB OPPORTUNITIES AND WORK CONDITIONS		
	SOCIAL SECURITY		
SOCIAL RELATIONSHIPS	INNOVATION CAPACITY AND SUPPORT FOR ECONOMIC TRANSITION	INCLUSIVE, CARING AND CONNECTED SOCIETY	SATISFACTION WITH QUALITY OF SOCIAL RELATIONSHIPS
	SOLIDARITY, INTRAGENERATIONAL AND INCLUSIVE CARE		
	COMMUNITY ACTIVITIES AND EVENTS		
GOVERNANCE	SAFETY	DEMOCRATIC SOCIETY	SATISFACTION WITH QUALITY OF GOVERNANCE
	PUBLIC POLICIES AND LEGISLATIVE PROCESSES		
	ENABLING, PROSPEROUS AND SUSTAINABLE FUTURE		
	INCLUSION AND PARTICIPATION		



How do we secure good QoL?



National policies and legislation:

- _ Multisectoral issue (difficult to root and trace)
- _ Development strategies may integrate the concept as an overarching concept (Slovenia, Switzerland, Monaco)
- _ Sustainable development goals as major objectives
- _ Standards of services of general interest delivery

Regional and local policies:

- _ Regional development programmes (EU initiatives and funding, LEADER)
- _ Transnational projects, financed via INTERREG and other programmes



How do we secure good health?

Access to health services (primary care, hospitals, specialists' treatment)

Access to pharmacy

Access to recreational infrastructure and good quality environment

Healthy lifestyle

Material conditions to support healthy lifestyle



Source: Getty images, iStock photo



Role of spatial planning in securing good health

National level

Network of tertiary health care (hospitals) – **not covered in national spatial development policies**

Standards regarding time/financial access to the health care (health insurance companies, ministries, responsible for health sectors, e.g, general practitioners' capacity)

Spatial dimension of services accessibility not considered except for emergency services (various approaches, also GIS supported) – **decrease in spatial coverage**

Investments into health infrastructure require major financial input – **new public hospitals?**

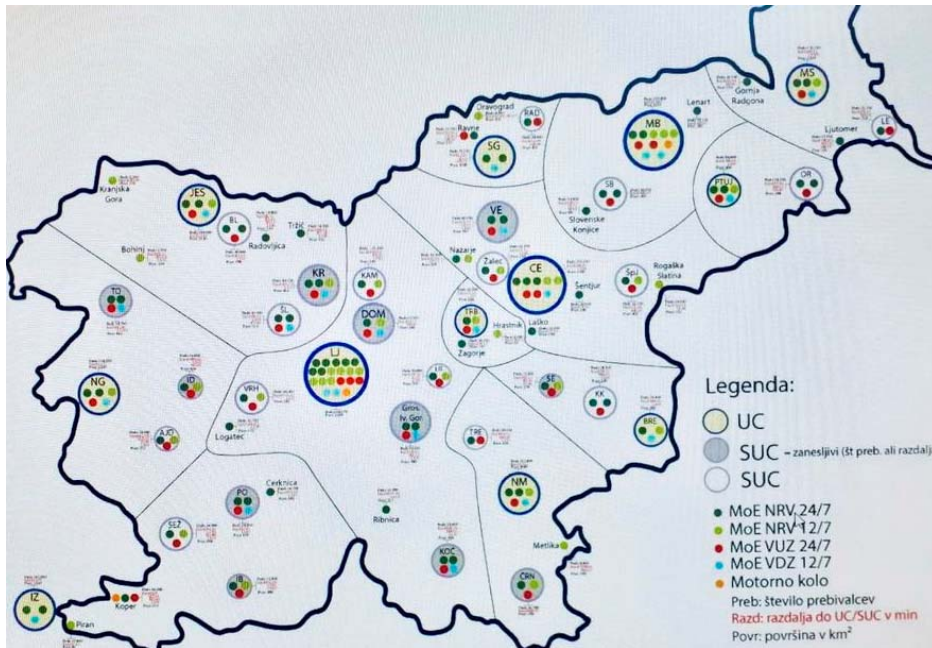
Poor cross-sectoral co-operation

Public vs. private provision of service – **remote areas require public support?**



Role of spatial planning in securing good health

National level



Kamnik.info



Slovenske novice



Role of spatial planning in securing good health

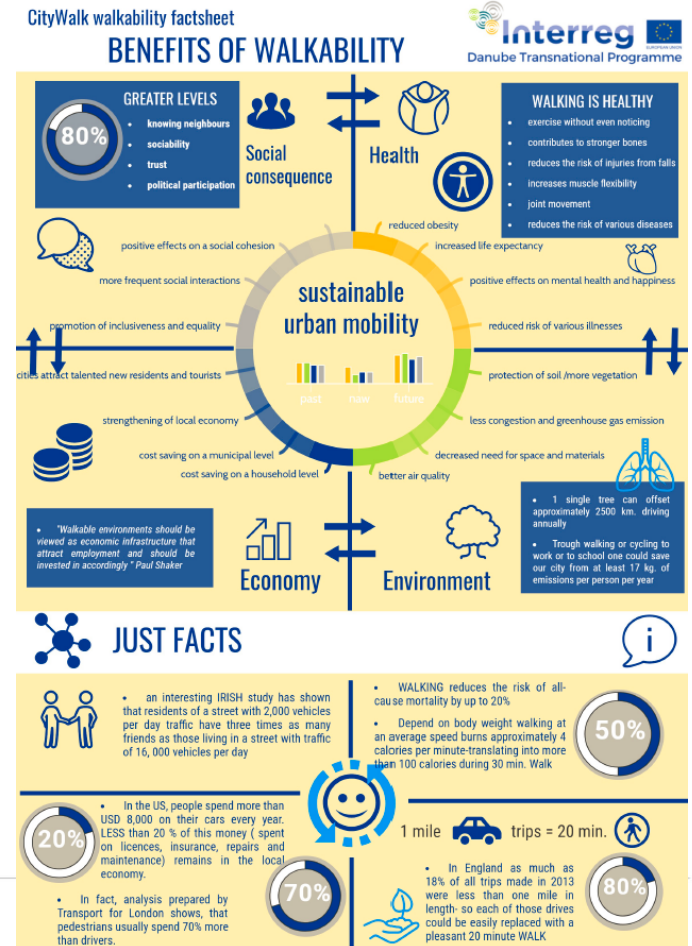
Regional level

Regional development programmes/other development programmes (EU initiatives, LEADER):

- _ Strategic goals for regional development
- _ Securing better material conditions for the inhabitants
- _ Cohesion funds for infrastructure (e.g. cycling paths)

Transnational projects, financed via INTERREG and other EU or national programmes:

- _ Analysis of services accessibility, people's satisfaction
- _ Financial resources for pilot activities, place for innovation
- _ Via topics such as services of general interest, health, green infrastructure, smart cities/villages, etc.



Role of spatial planning in securing good health

Local level

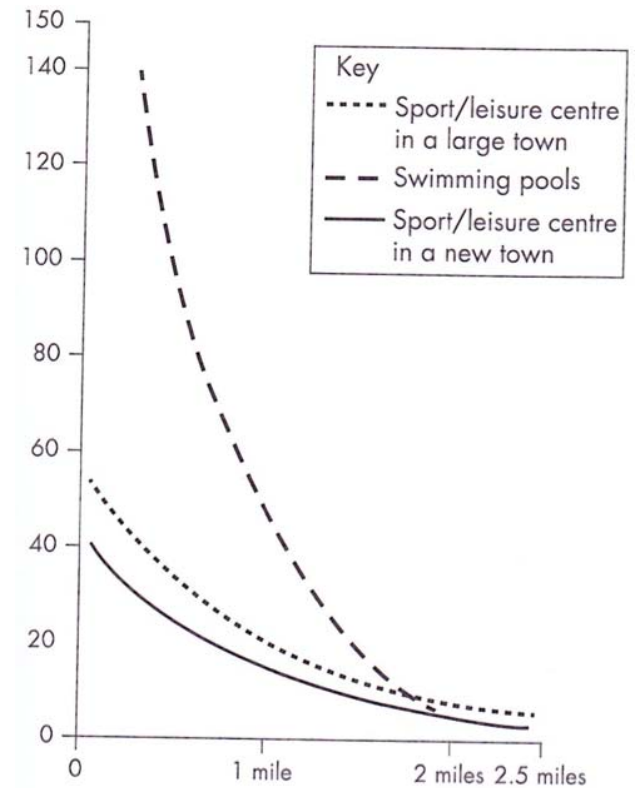
Securing accessibility to primary health care (general practitioner, pediatrician) - decrease in availability, closures

Securing accessibility to pharmacy - closures, on-line services

Access to recreational infrastructure - private vs. public

Needs of deprived social groups (elderly, youth, families with small children, single parents, immigrants etc.)

Urban design - walkability



Source: Visits in 1000 inh. per week; Veal, 1987

Role of spatial planning in securing good health

Local level

Manjka klopi. Klopi so samo pred lokali. Med blokí marsikdo starejših obstane na pločniku, odloži cekar in počaka da sem mu noge napolnijo! (Majda, 69; Žalec)

Parki in zelene površine, ki so majhne in razkropljene, bi morale biti povezane s sprehajalnimi potmi. Tako bi tudi star človek lahko naredil lep sprehod po mestu. (Tomo, 61; Trebnje)

A: Manjka nam klopic.

B: Pa saj so v parku klopce, še take da so mizice za šah, pa nihče ne sedi?

A: Ja, pa je senca tam?

B: Ne, te pa ni.

A: No, vidiš, stari ljudje ne morejo biti na soncu. Zelenje ti da dihati. Ker ni sence, ni ljudi. Če so zlate klopi ne bo nihče tam sedel! (starejši; Trebnje)

Bolj je zabavno, če ni preveč športnih in igralnih objektov. Potem si moramo sami izmisliti igre! (Pia, 15; Tolmin)

- Mislim, da nam manjka pravi mestni park, z lepimi drevesi in klopmi.
- Ampak saj ni prostora za park v našem majhnem mestu. Plus, imamo veliko gozdov v bližini!
- Ja, saj vem, ampak to ni isto. Imamo veliko travnikov na robu mesta, tam bi lahko naredili park! (Maja, 13 in Karin, 14; Trebnje)



Source: The role of open space in urban neighborhoods for the healthy childhood and active ageing J5-7323; Golobič et al., 2020ž

Role of spatial planning in securing good health

Local level

WALKABILITY = characteristics of the space, attractive for walking (Urbanistični ..., 2015)

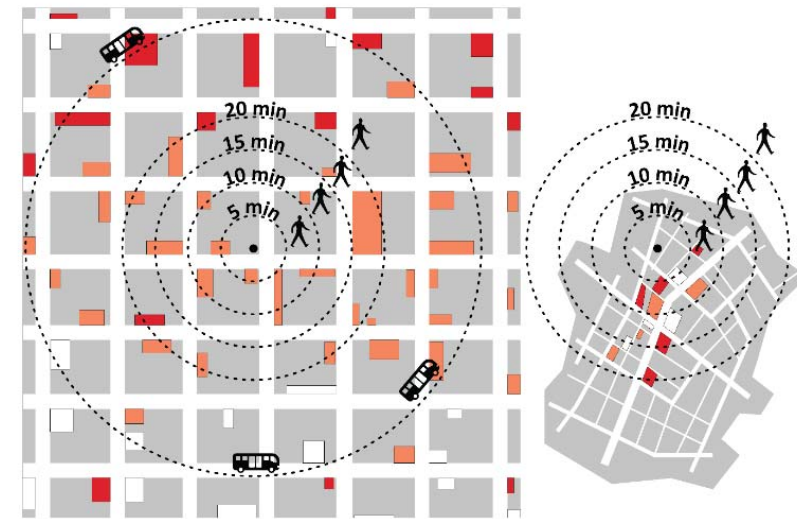
WALKABILITY INDEX = how walkable one area is (availability of elements and other factors like population density, shop surface area and number of crossings in specific area)

On average, a person is willing to walk 400 to 500 meters

Limiting factors: steep terrain, unattractive space

Better walkability improves % of walking for a person for 36 minutes per person per week => 12,8 % of non-active people reach the standards for fitness (Longo et al., 2015).

Multiple impacts on health: digestion, mental health, fitness, less probability for stroke



Slika 9: Primerjava časovne dostopnosti v velikem mestu in v majhnem mestu.

Source: [Hudoklin, 2019](#)

Role of recreational infrastructure in securing good health

Eurobarometer, 2017

A special Eurobarometer, ordered by the Directorate for education, youth, sport and culture

2. to 11. December 2017

Sample: 28.031 EU, 1.042 SI

Survey with inhabitants

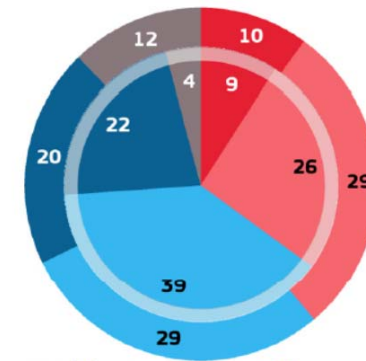
Common report

Separate reports for other countries



QB1.1.3 To what extent do you agree or disagree with the following statements about sport and physical activity?

Your local authority does not do enough for its citizens in relation to physical activities (%)



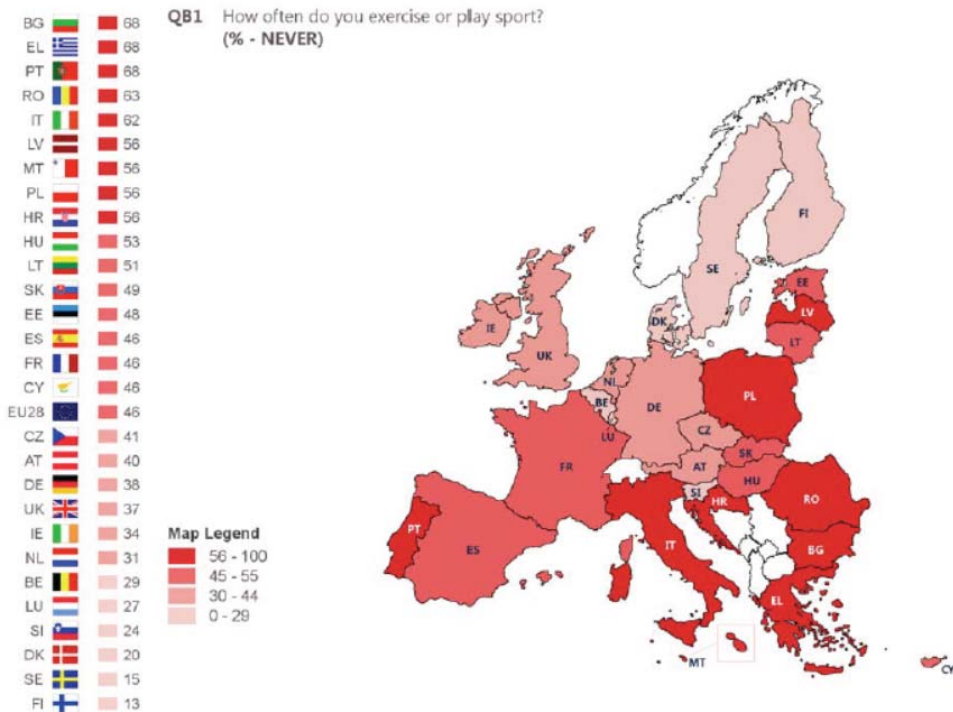
EU28 ■ Outer pie SI ■ Inner pie

	EU28		SI	
	EB88.4	EB88.4-EB80.2	EB88.4	EB88.4-EB80.2
Totally agree	10	- 3	9	- 5
Tend to agree	29	+ 3	26	- 2
Tend to disagree	29	- 3	39	+ 7
Totally disagree	20	=	22	+ 3
Don't know	12	+ 3	4	- 3

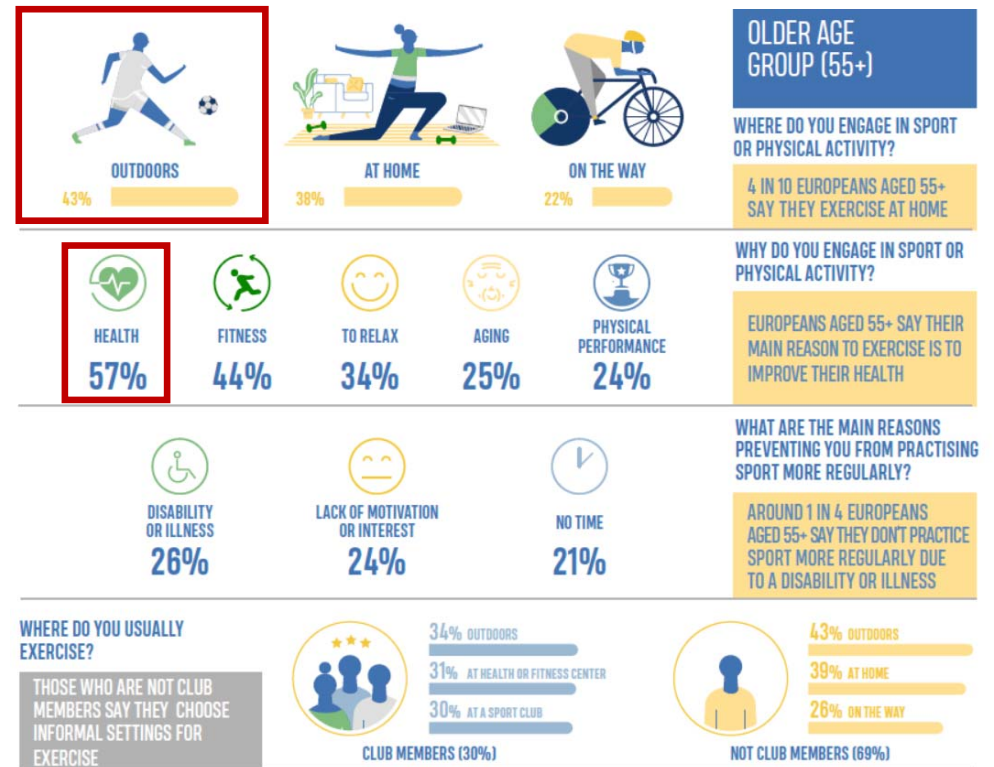
Evolution 12/2017 (EB88.4) - 11-12/2013 (EB80.2)

Role of recreational infrastructure in securing good health

Eurobarometer, 2017

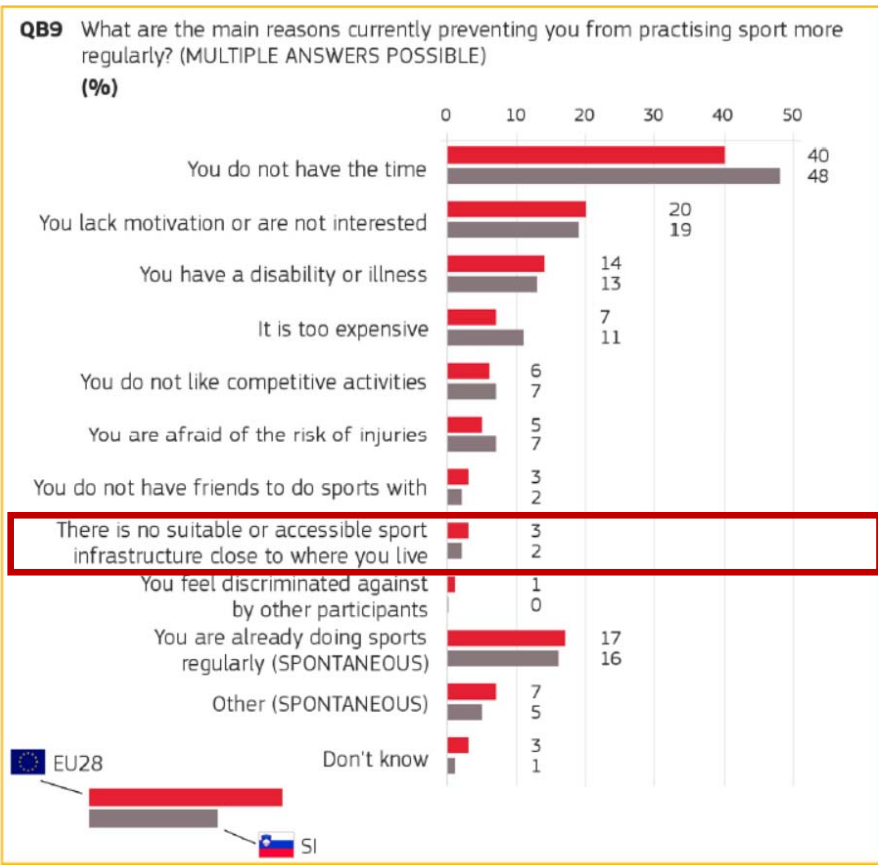


Base: All respondents (N=28,031)



Role of recreational infrastructure in securing good health

Eurobarometer, 2017



Infrastructure accessibility not among the factors influencing the non-recreational activity.

Measuring quality of life

Regional level

Preparation of the 10th RSA

Survey with the inhabitants of the Alps (25. 5. – 31. 7. 2023)

5 languages, 7 countries (Monaco?)

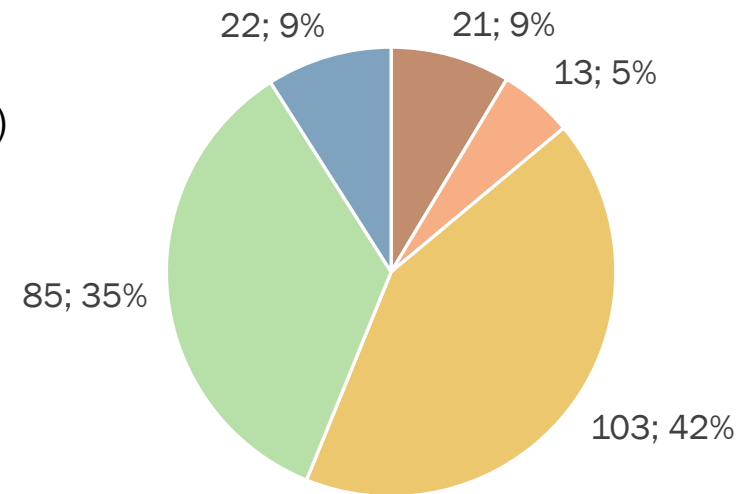
On-line survey, snow-ball sampling

So far around 250 people participated

Tell us your opinion as well!

Diteci la vostra opinione!

<https://1ka.arnes.si/ita>



- 1 (A big city)
- 2 (The suburbs or outskirts of a big city)
- 3 (A town or a small city)
- 4 (A country village)
- 5 (An isolated hamlet/the countryside with dispersed settlements)

Intermediate results for Slovenia only, do not quote

Conclusion

Health one of the aspects of quality of life (influenced by the environment, infrastructure, governance, work conditions)

Strong influence of public sector

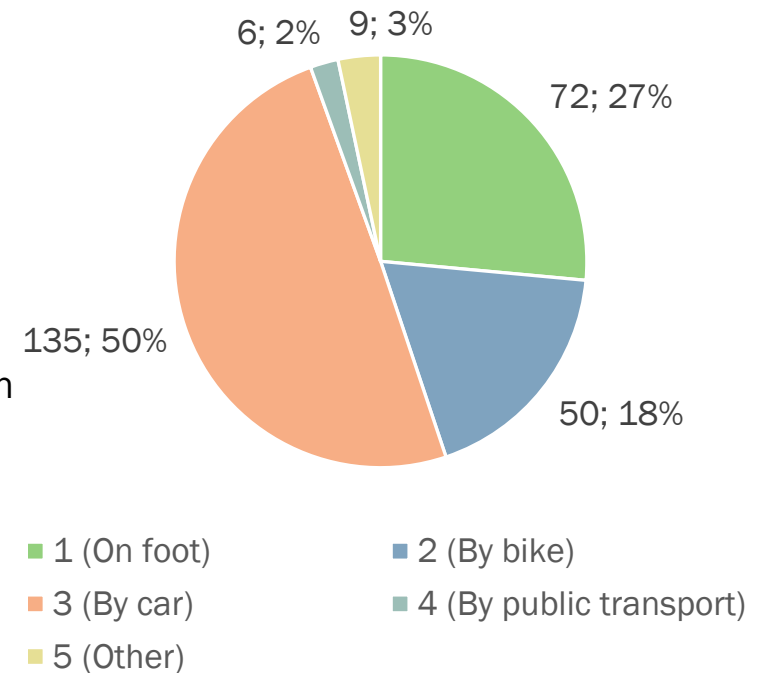
Strategic spatial planning has a moderate role in securing health (countryside vs. urban)

Importance of subjective perception and satisfaction with one's situation

Alpine regions should pay attention to securing health provision! (demographic change, decrease in service accessibility)



How do you usually run your daily errands?



Intermediate results for Slovenia only, do not quote