SUPERBLOCKS AS HEALTHY PLACEMAKING

ISSUE

The design and function of our living space can either worsen or reduce health inequities.

SOLUTION

Barcelona’s superblocks: is a healthy placemaking model that transformed the city into blocks with pedestrian-friendly interiors.

What is healthy placemaking?

An approach in urban planning that aims to foster a safe, active, and engaged community and physical environment.

OUTCOME

SUPERBLOCKS HAVE THE POTENTIAL TO:

- Decrease preventable deaths annually by: reducing the pollutant nitrogen dioxide (291 deaths), reducing noise (163 deaths), reducing heat (131 deaths), increasing green spaces (61 deaths), and increasing physical activity (36 deaths).
- Reduce annual antidepressant use and visits to mental health specialists by 13%.
- Extend the lives of young adults by nearly 300 days.

Sources can be found on the EPHA website.