



Heart of Health

How to develop a healthy Utrecht?

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Miriam Weber

Policy Advisor Healthy Urban
Living & WHO Healthy City
Coordinator



Inge Janssen

Advisor Healthy Urban Living



Let's meet!



4th largest city



Surrounded by landscape



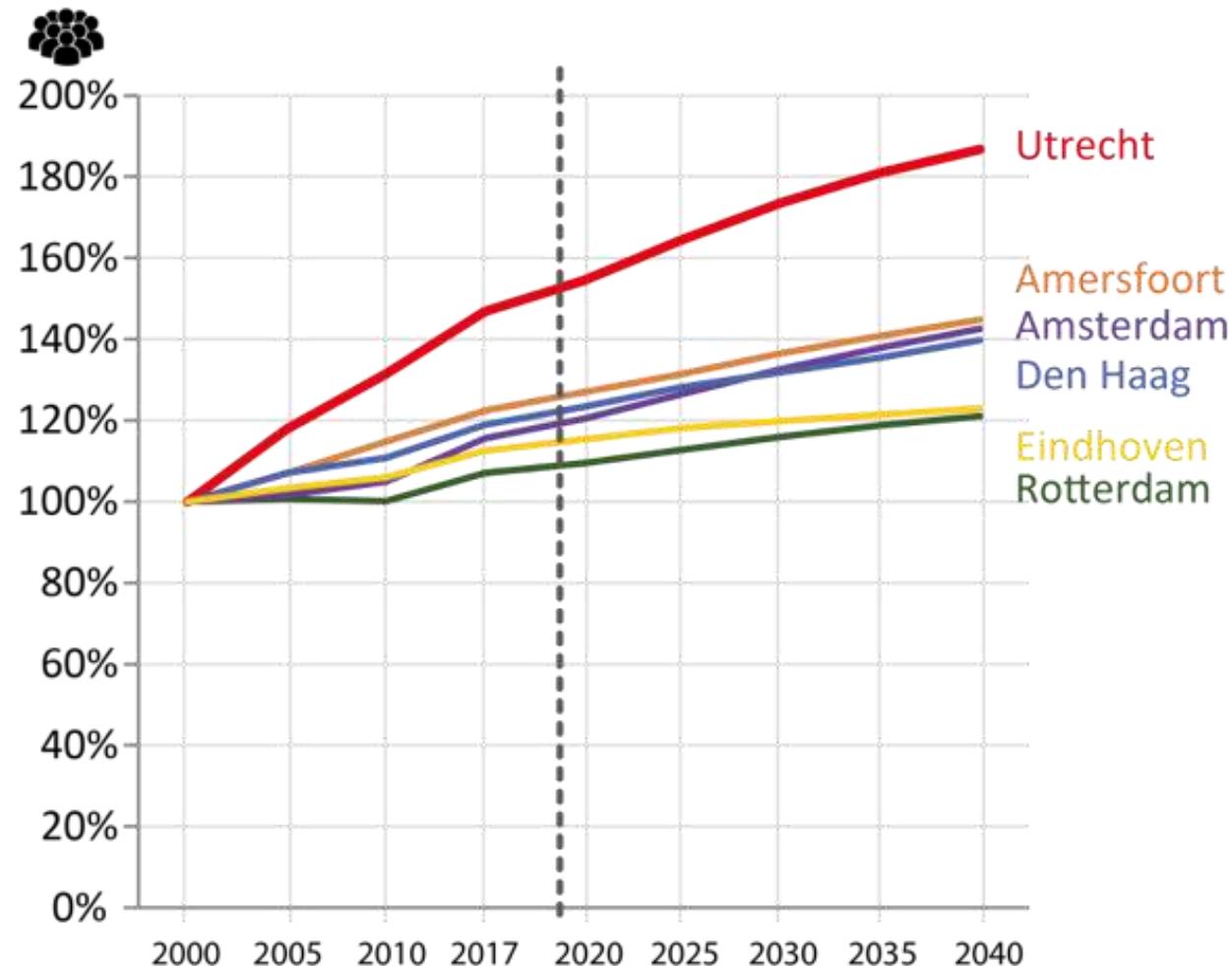
Urban facilities – metropolitan & village



Best educated city of the country

Growth

	2020	2040
 Inwoners	352.940	455.000
 Woningvoorraad	153.845	+ 60.000
 Banen	261.165	+ 70.000

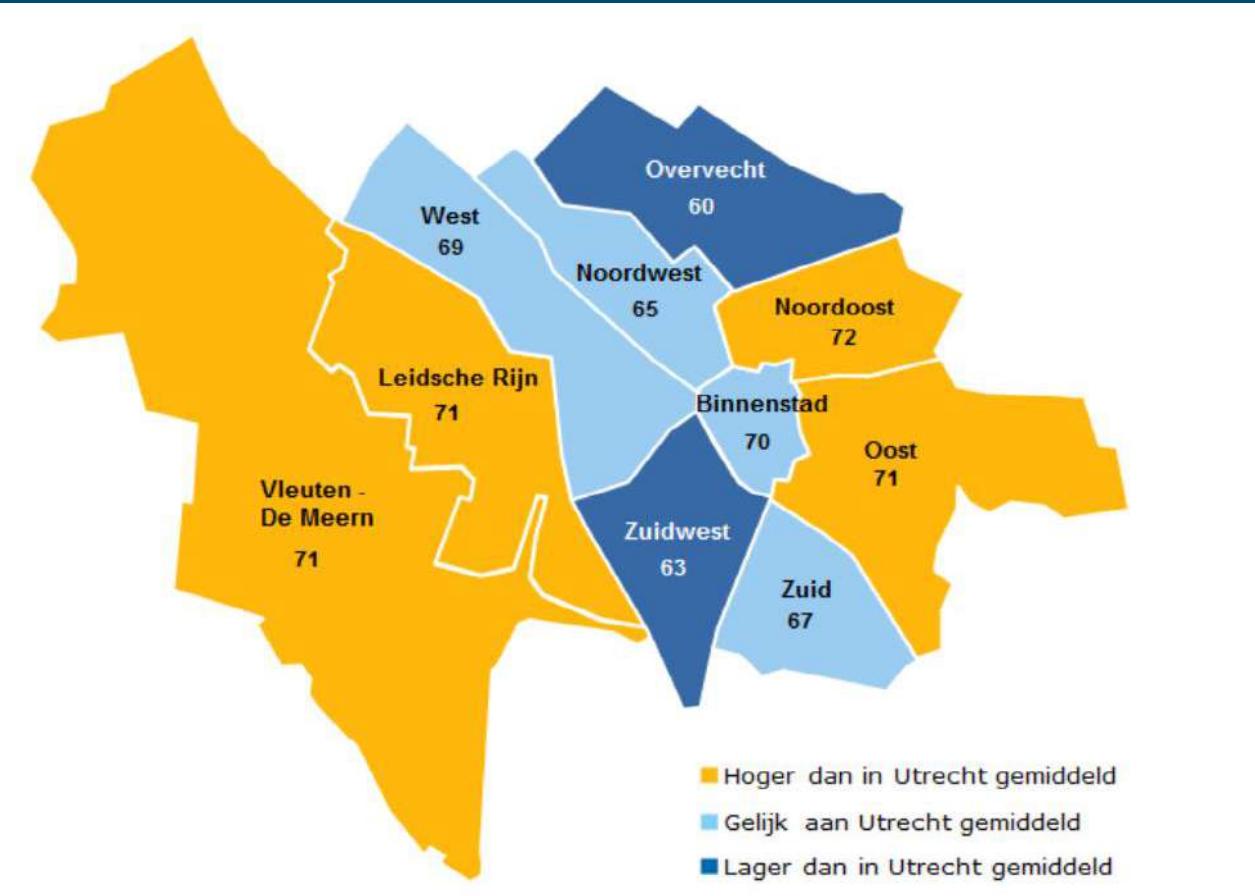


Our challenges

- Housing
- Public space under pressure
- Economic functions
- Amenities (schools, sports, healthcare)
- Mobility transition
- Energy transition
- Climate change



Health inequalities



Therefore: Unequal investing for equal opportunities





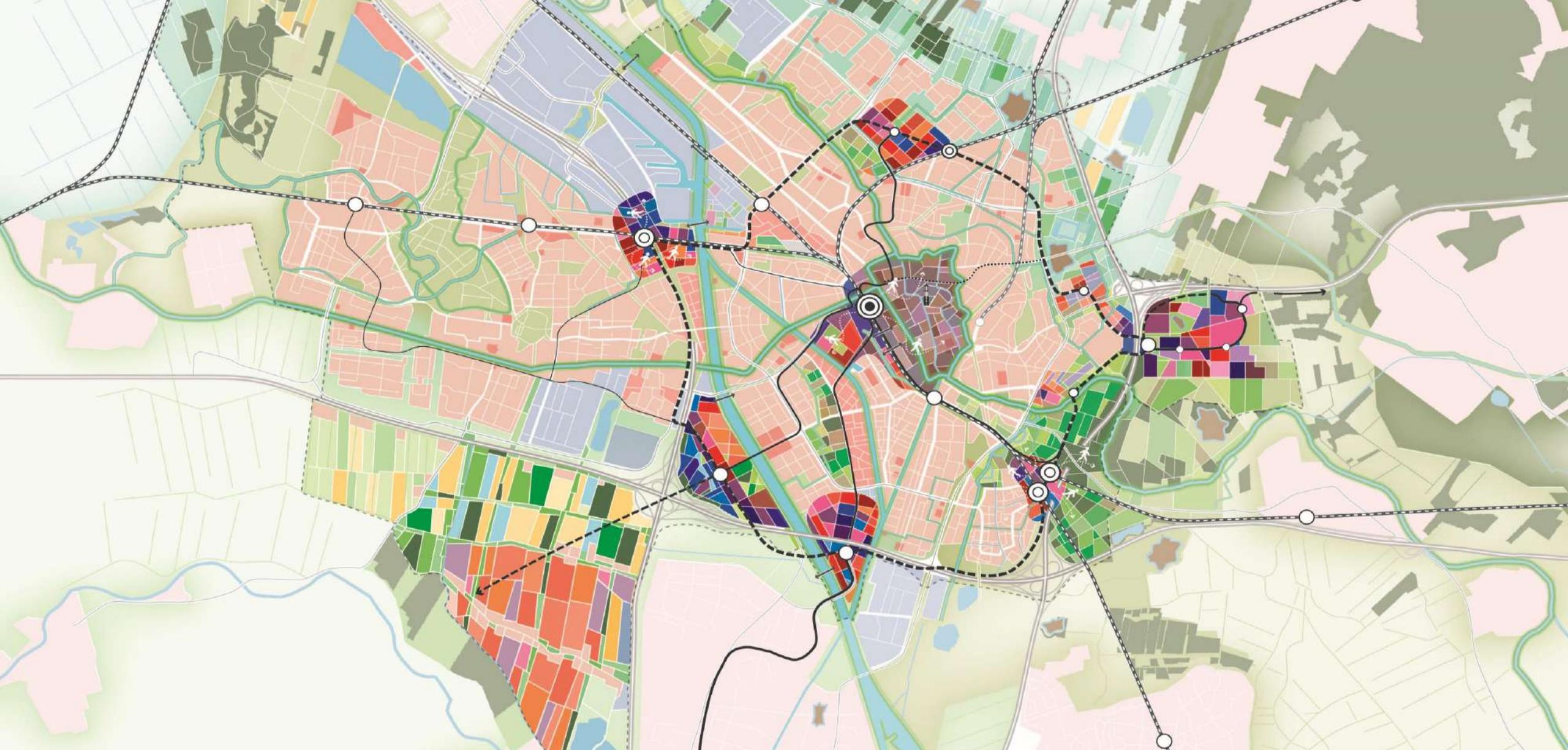
Utrecht 2040

Our vision: the 10-minute city

City residents can find everything they require within a 10-minute walk or by bike`.

Crucial factors:
> proximity
> diversity
> density





New strategy

Spatial Strategy 2040

Utrecht: 10-minute city



Social Vision Utrecht 2040

Focus on security of existence, a roof above your head, growing up with opportunities and living healthy together



The Utrecht barcode

- Urbanisation is not just building houses and roads
- But also providing sufficient greenery, water, facilities, infrastructure and energy supply.





— 0,7 middelbare scholen
— 5 basisscholen



— 1 buurtteamlocatie



— 3 gezondheidscentra
— 10 buurtcentrum/dagbesteding



— 1500m² voorzieningen
— 4,2 cultuurhuizen



— 0,25 theater
— 70.000 m² sportpark
— 10.000 m² sport in de openbare ruimte



— 2,2 Grintsteede
— 1,3 sporthal
— 0,2 zwembad



— 0,25 groen
— 25 ha
— 2,5 Wilhelminaparken



— 0,8 Bos Amelisweerd & Rhijnauwen
— 42 ha



— 3,5 Oude Gracht
— 5-10 ha



— 1 infrastructuur
— 28 ha



— 4,5 windmolens
— 1 of



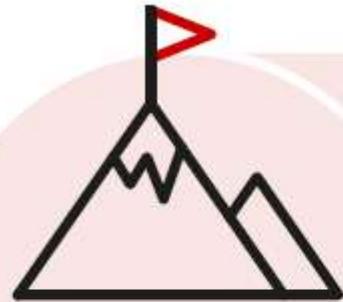
— 72 voetbalvelden met zonnepanelen





Health vision

Key ambition



**Hoofdambitie
2040**

In 2040 the health differences in Utrecht between highest and lowest socio-economic groups are reduced with 30%

Beleidsnota Gezondheid



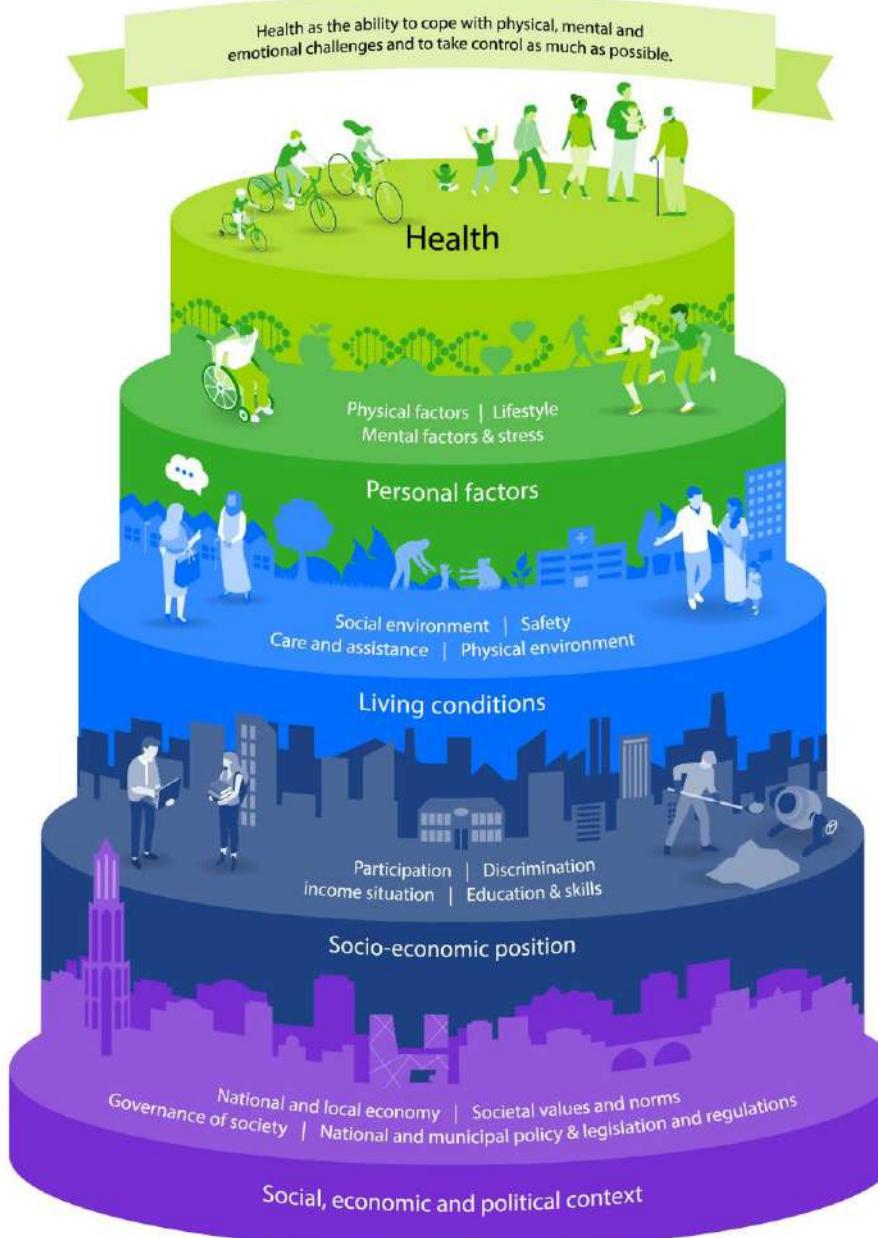
**Samen gezondheidsverschillen
verkleinen 2024 - 2027**



Gemeente Utrecht

Utrecht.nl

Utrecht Health Model



Focus health policy

Healthy habits

Mental health

Healthy environment

Social and human capital

Income security and employment

Healthy society

Because...

Most important themes where health disadvantage is manifest
(national en local data)

Most impactful underlying societal causes for health inequalities
(WHO)

For working effectively we need changes in national policy (incl. legislation) and societal values and norms

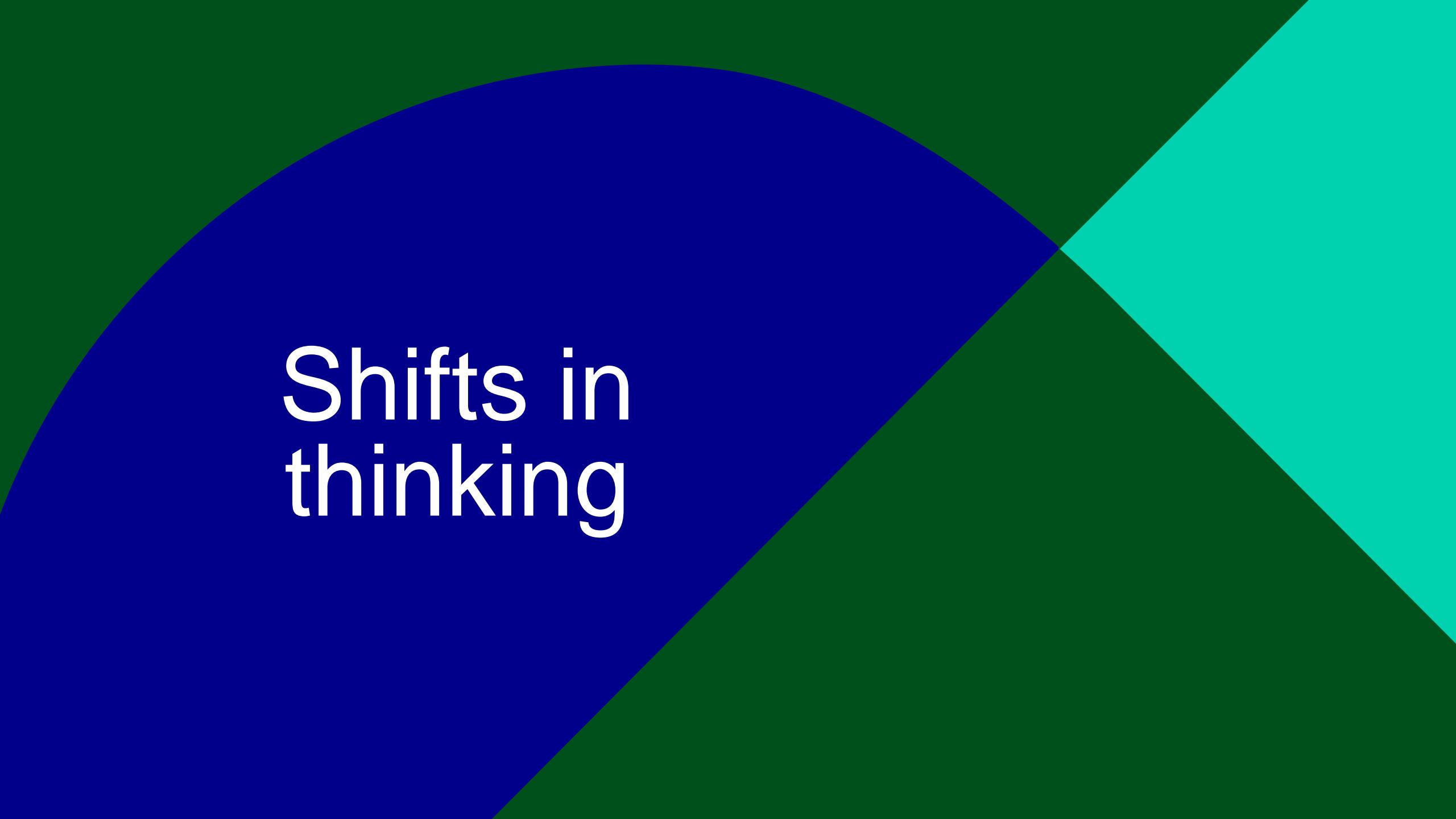
Healthy urban environment

Utrecht residents are protected against **negative environmental actors**.

The physical environment supports / facilitates **healthy lifestyles**.

The physical environment increases '**social fabric**' in neighbourhoods.





Shifts in thinking

1: Mobility

- Prioritize clean ways to travel
- Improve the livability of the streetscape





Priority to pedestrians

Bike infrastructure

- Is more than just bikelanes
- 12.500 bikes can be stored in the new parking



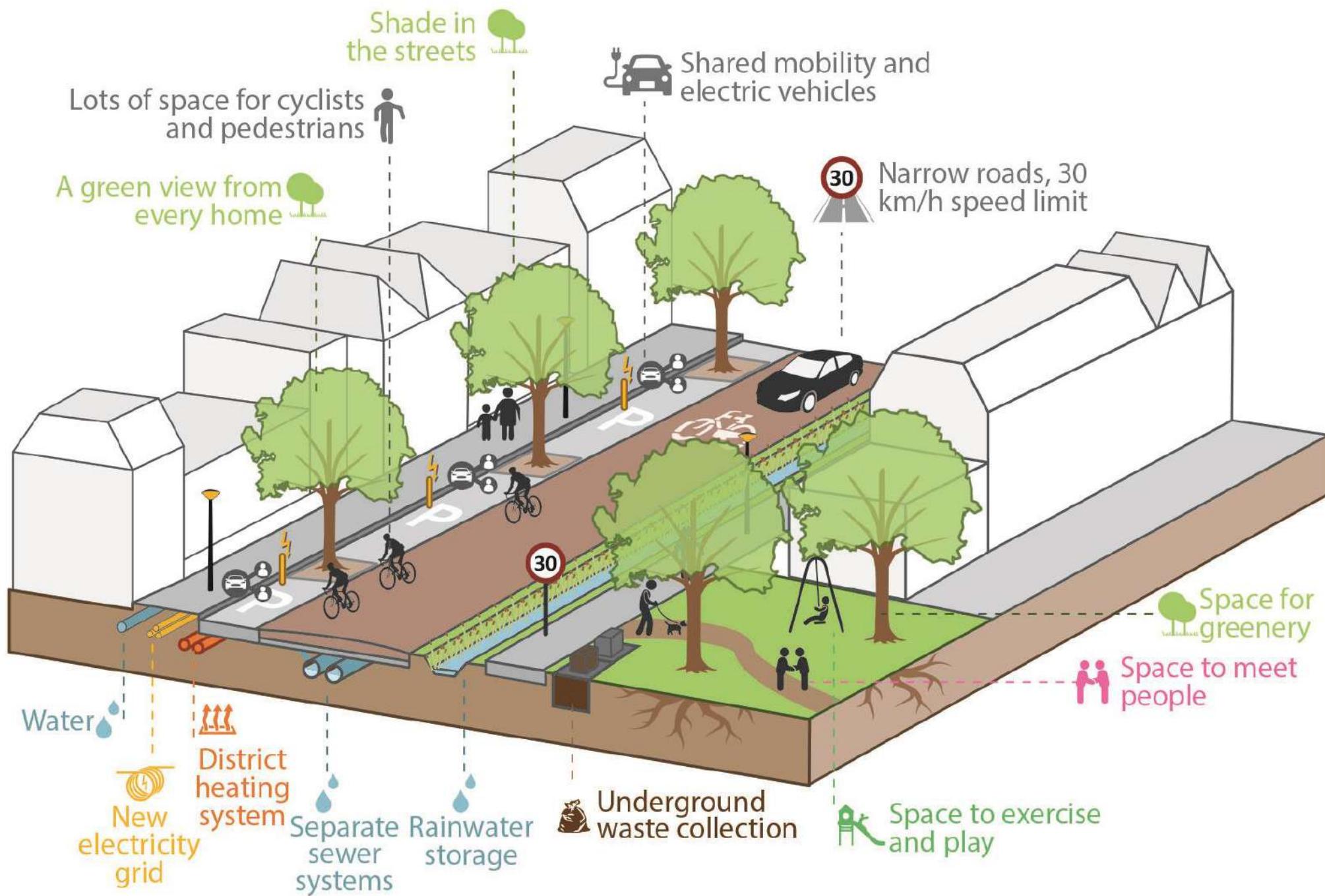


Excellent public transport

2: Redesign of streets

- Add quality for bikes/pedestrians
- Add green wherever possible





Example: Mariaplaats



Example: Catharijnesingel

From car orientation to quality



3: Urban nature

- Connect the city to the surrounding landscape
- Add qualitative green within the city



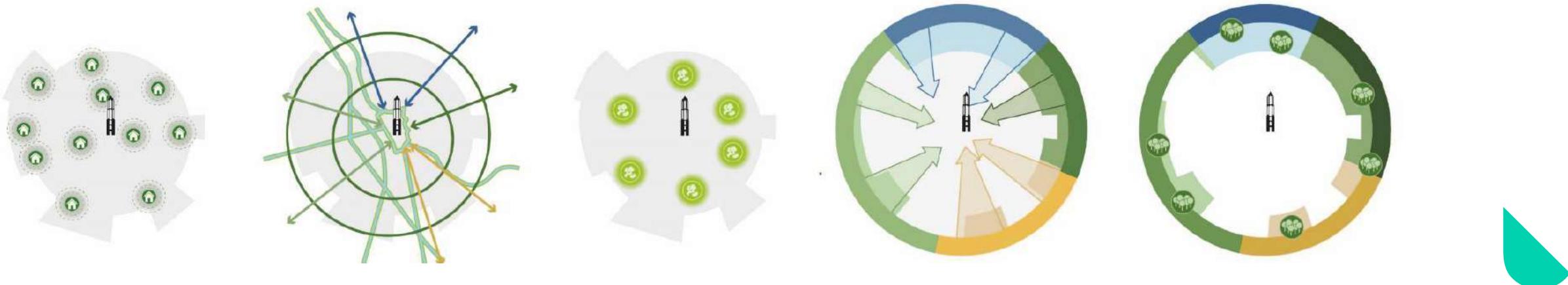
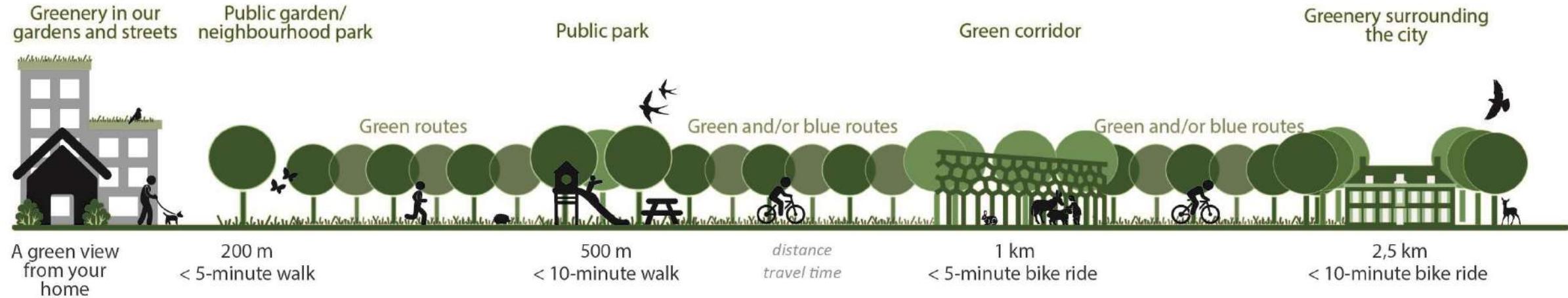
Green planning

Multifunctional use,
integrating (policy) goals
on e.g.

- > Climate adaptation
- > Biodiversity
- > Health (promotion and prevention)
- > Equity (available, accessible, affordable)



Landscape starts at front door



Iconic housing projects

Merwede

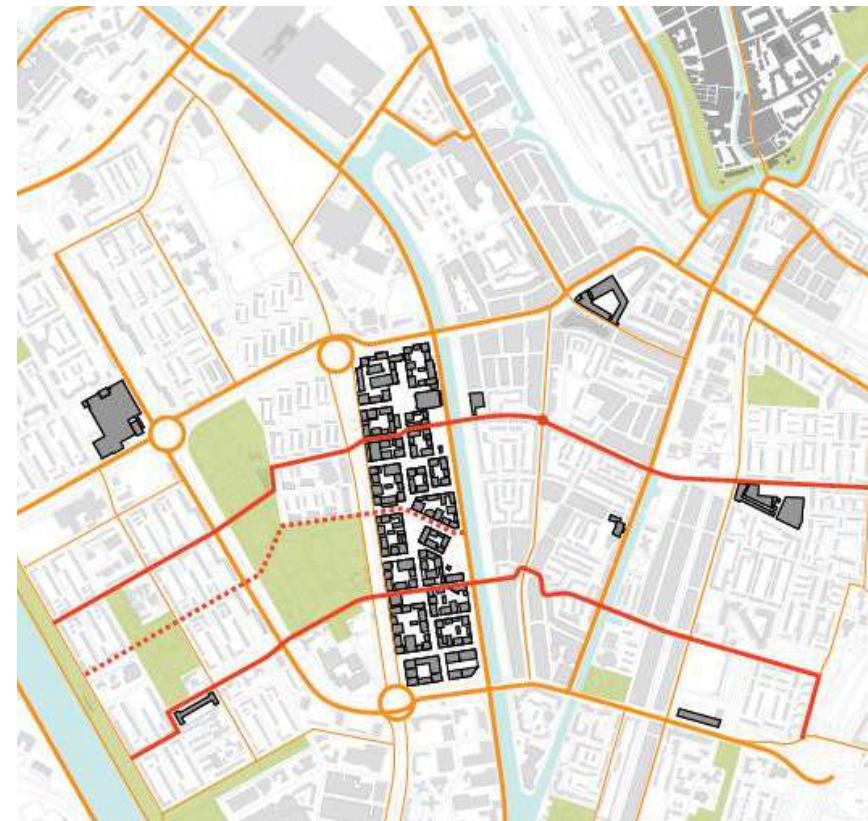
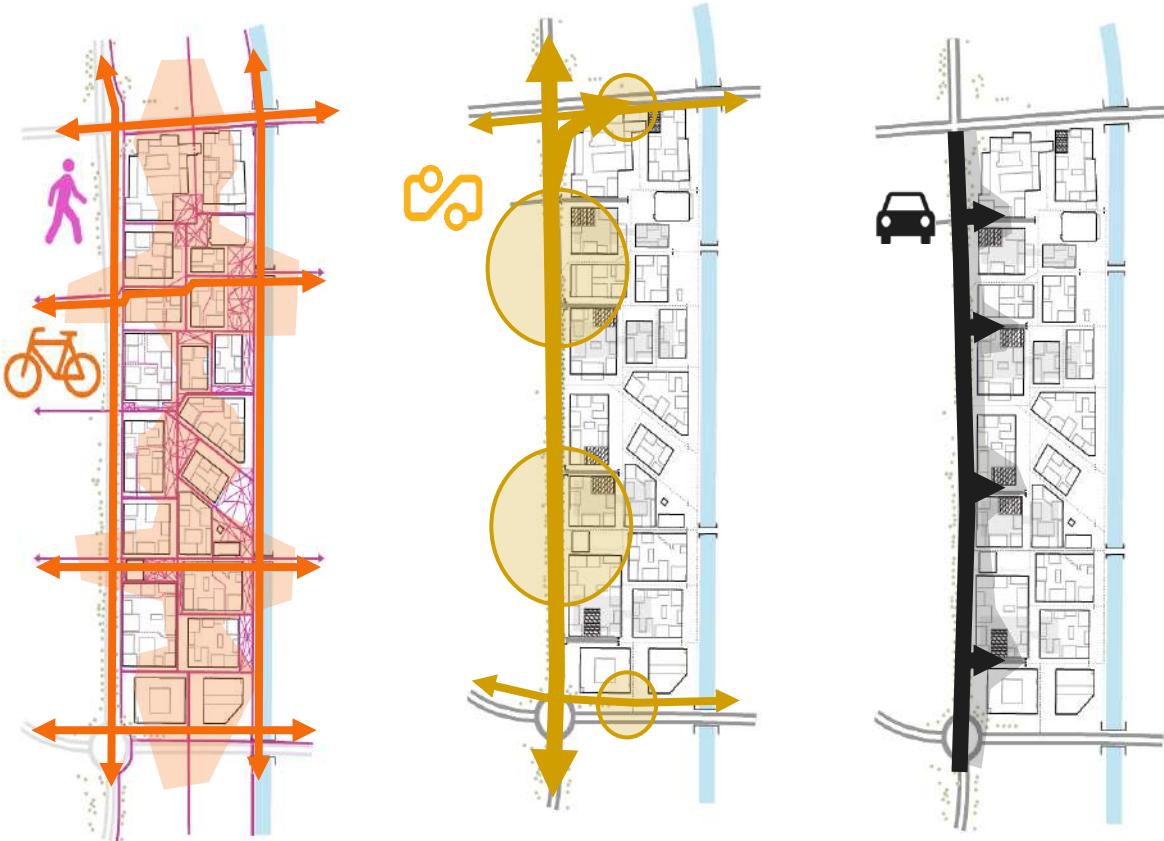
A large-scale Urban densification project

- 6000 apartments
- 50% green roofs with water retention
- 50% roofs with solar panels
- A new park
- Car free

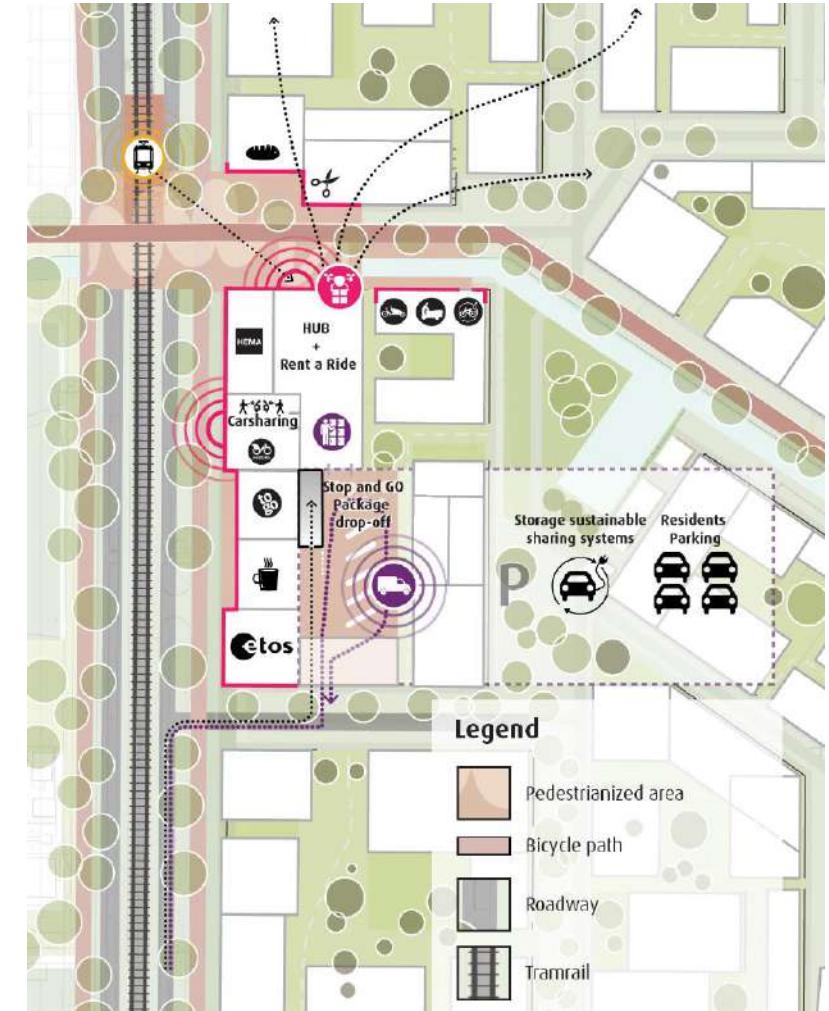




Smart networks



0,3 parking place per house



Climate proof and as green as possible



Intuitive navigation



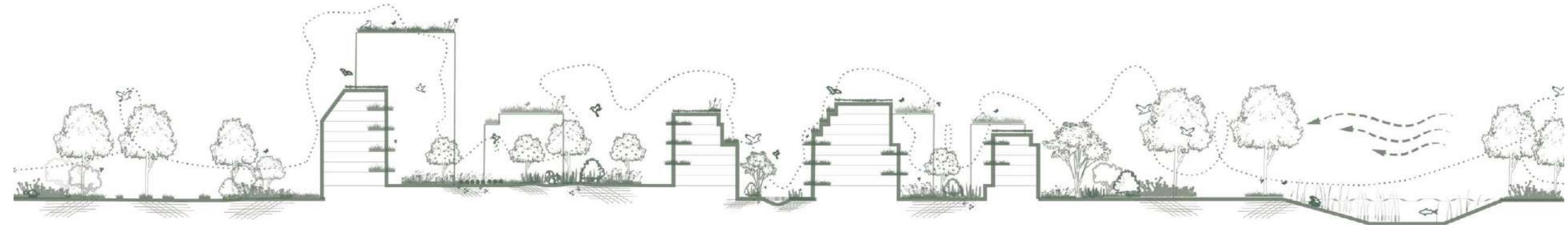
Rich city nature



Active public space



Biodiversity



Beurskwartier

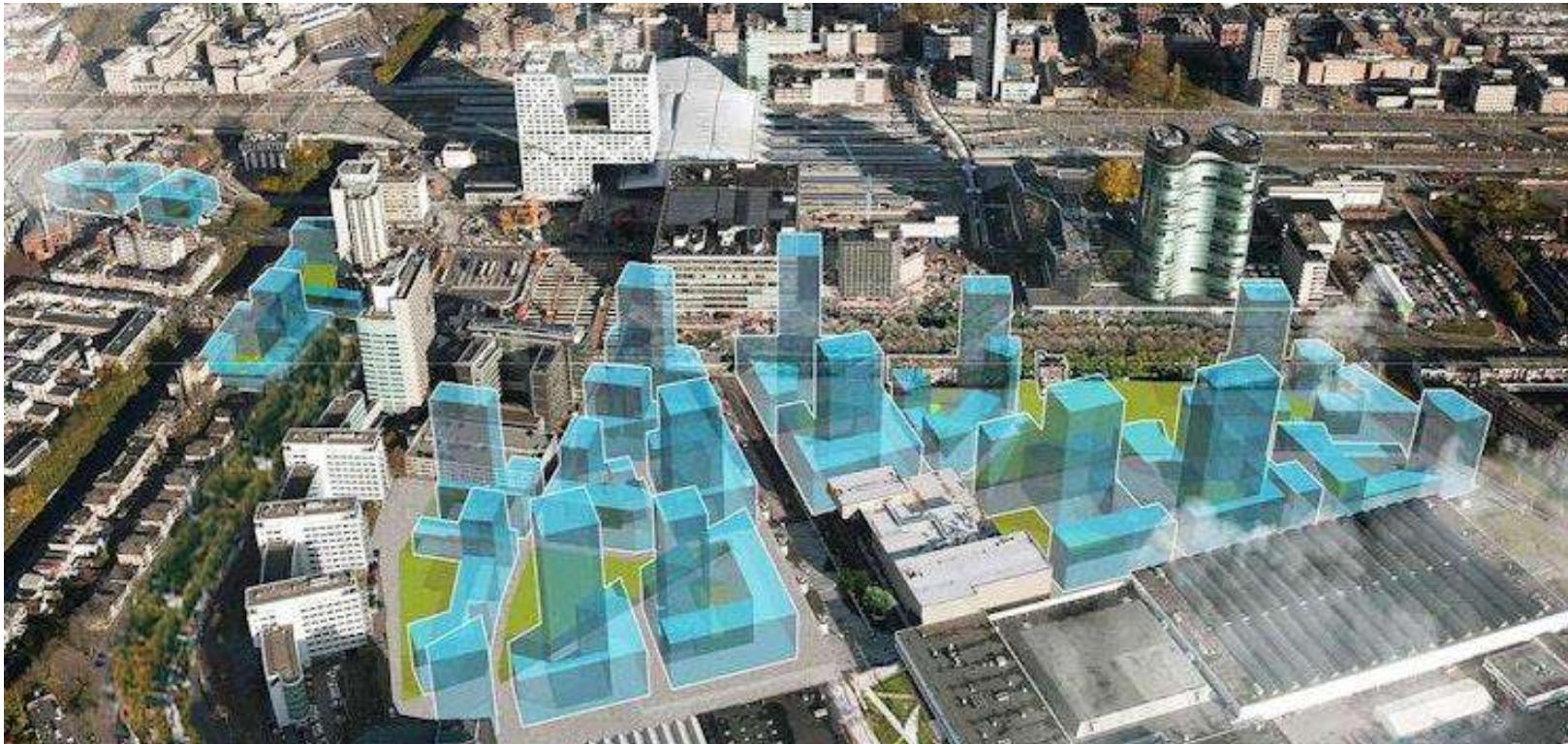


Beurskwartier

- Highly urban mix: Living, Working, and Leisure
- 2.500 -3.000 apartments, of which 35% social housing.
- 50.000 m² office.
- Elementary school, supermarket, health centre.
- Restaurants, cafés and coffee corners



Beurskwartier



Beurskwartier

Highly urban and still
green



Beurskwartier

- Building blocks surrounded by green
- Indoor waste collection
- Shared courtyards
- Cyclist and pedestrian are the priority
- Car free district – no parking spaces
- Community-building program



Miriam Weber PhD

Senior policy advisor

m.weber@utrecht.nl

heartofhealth.com

