

Title

GOSASUN concrete initiative “Thinking Fadura”

Short description

The intervention is innovative as it is in the process of designing a new public space where sporting facilities are linked and coexist with a natural park and a river to promote healthier lifestyles, so that physical activity is promoted along with access to the natural park in the same area through a combination of nature-based solutions with sporting facilities (living and moving).

Topic

Living and moving – Green spaces

Characteristics (type, level)

Neighborhood (municipality level)

Country/Countries of implementation

Spain

Aims and Objectives

The purpose of Thinking Fadura is to understand public preferences to include them in the development of a park. The new park will incorporate new elements in order to motivate the regular practice of physical exercise, achieve environmental improvements, increase employment in the leisure, health and sports sectors and improve access and control spaces.

Target Group

The whole municipality of Getxo (84,000 inhabitants) (in Basque country). Opportunity to improve the initiative to affect as many people as possible within the municipality (scalability).

Status

Ongoing

Start and Completion dates

2017 March – 2017 December

Lifestyle and Behavior Change

The project aims to promote physical exercise, achieve environmental improvements, increase employment in the leisure, health and sports sectors and improve access and control spaces among society.

Effects on:

<p>Health and Wellbeing</p>	<p>Thinking Fadura will impact on the health and wellbeing of users of the park. Improvements in health can be achieved by increasing physical exercise and reducing air pollutants by the plant of the park. Societal wellbeing can be improved by reducing stress as a result of spending time in the park.</p>
<p>Vulnerable populations</p>	<p>Opportunity to improve the intervention to engage specific groups including low SES-groups (women, young, immigrants, elderly and people with pre-existent health conditions or specific needs). Also an opportunity to involve groups which tend to be less represented in moving and sporting activities, and promoting multicultural environments.</p>
<p>Environment</p>	<p>The effect on the environment is going to be very small as the park is already built. However, the project aims to increase the number of users.</p>

Initiated and/or implemented by

Getxo Kiroalak leads a local health network in which the Basque Government Public Health Department, Osakidetza-OSI URIBE, and the municipal areas of social services, immigration and equality are actively involved.

Stakeholders and sectors involved

In addition to the project, all the municipal areas are immersed, among them the collaboration of urbanism, environment and economic promotion.

Financial support

Getxo municipality and many other supporters/donors:

Evidence-base

Thinking Fadura is under the umbrella of the GOSASUN program which includes different initiatives. GOSASUN includes numerous experts on different disciplines and embraces more than 200 organizations of different types engaged in diverse initiatives with the common objective of creating a healthier territory in the Basque Country. Each organization count on a personal profile identified in the web page www.gosasun.net, from where it can share the

initiatives put in place with other agents and organizations, and at the same time learning from the experience gathered by other organizations through their initiatives.

Main activities

To ask people how they would design the new park in order to increase physical exercise, achieve environmental improvements, increase employment in the leisure, health and sports sectors and improve access and control spaces among society.

Evaluation

The certification GOSASUN Recognizes good practices. The recognition is given to those initiatives which have been particularly successful in stimulating the adoption of healthy lifestyles in the Basque Country. These initiatives are not part of regular/usual activity of the organizations involved, but they go beyond their responsibility regarding public health, and therefore represent an example to be followed by other organizations. Currently there are 20 initiatives recognized with the GOSASUN certification in the Basque Country.

Main results

Society increases physical exercise, some environmental improvements are achieved, increase employment in the leisure, health and sports sectors and improve societal engagement in public initiatives.

Key success factors and barriers

Some of the key success factors are the capability of generating confidence and trust among participants, to attain a considerable engagement of participants (willing to cooperate), to establish partnership with key agents and experts in the field. One key barrier is to attain a level of engagement and commitment of the organizations participating so that they become active agents in the promotion of healthy lifestyles. Collective effort could also be a barrier.

INHERIT perspective

THINKING FADURA program was included in INHERIT because it engages society with green areas. This can improve societal wellbeing and health. Furthermore, it engages society in the design of green areas and sport outdoor facilities.

More information

For more information, please see the following websites:

- <http://thinkingfadura.eus/es/>
- <http://www.getxo.eus/es/getxo-kirolak>
- <http://getxo.eus/en/turismo/>
- <http://www.getxo.eus/es/getxo-kirolak>
- Social networks (Facebook/twitter) @getxokirolak

Contact



<http://www.getxo.eus/es/getxo-kirolak>

Facebook/twitter @getxokirolak

Ayuntamiento de Getxo

Fueros, 1 | 48992 Getxo | Teléfono 944660000