



Data- en Kennishub
Gezond Stedelijk Leven

Data and Knowledge Hub Healthy Urban Living (DKH HUL)

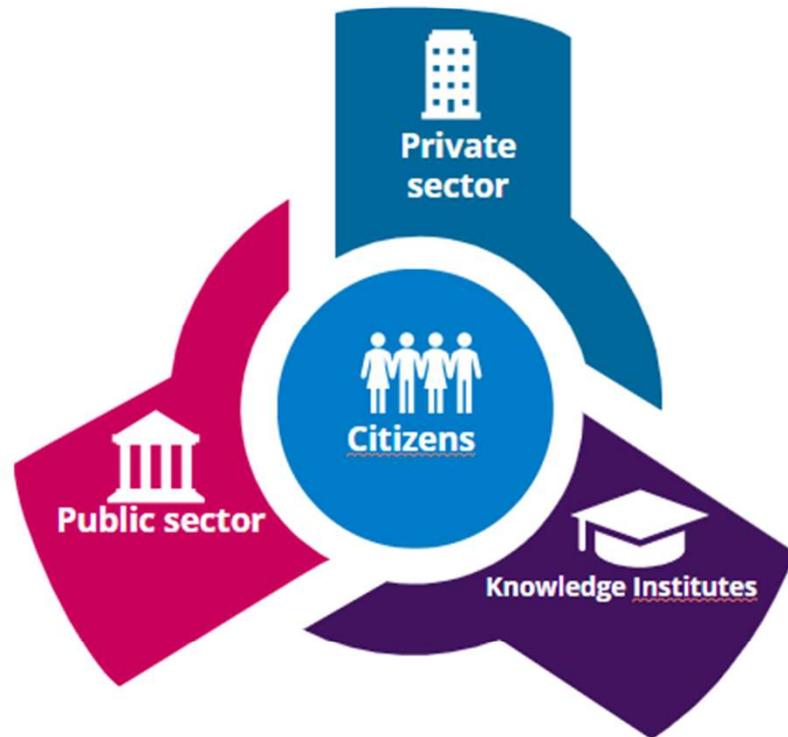
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17 September 2025

Data- and Knowledge Hub Healthy Urban Living



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Make urban life healthier

by

working together as a community of practice in living labs on the exchange and development of knowledge and data



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Example: Cartesius neighbourhood Utrecht

Living lab Cartesius

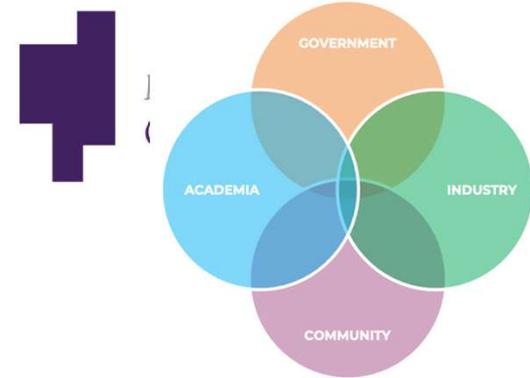


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“ 3000 new residential units near the city centre of Utrecht.



Covenant: Building a healthy neighborhood

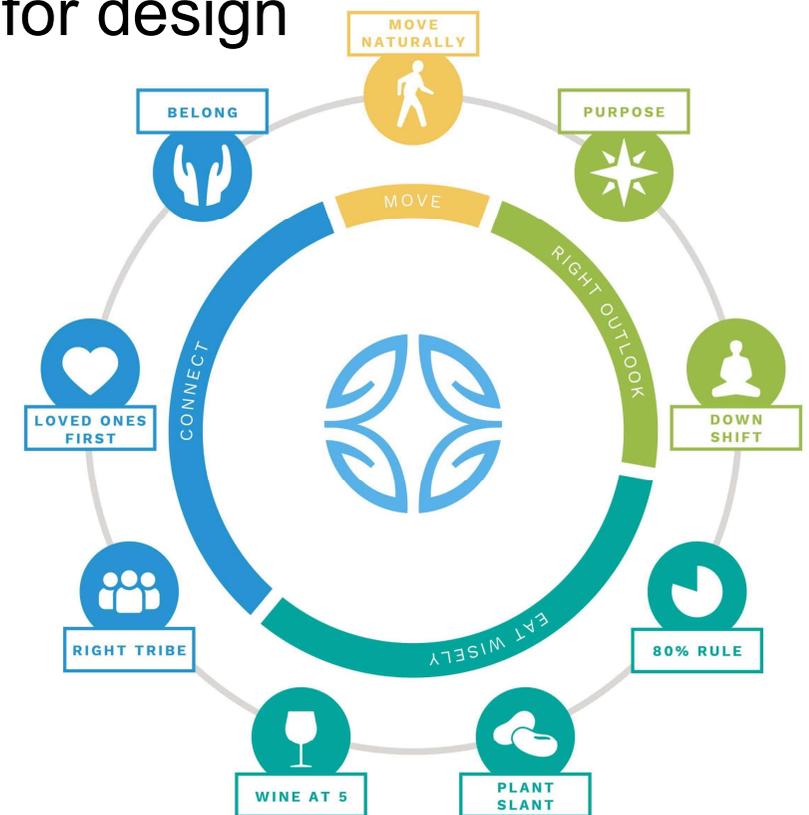


- Transdisciplinary collaboration in **quadruple helix**
- For **nationally applicable** monitoring programme (Cartesius pilot)
- Effects of **physical, social** and **healthcare environment** on people's health and well-being



Inspired by the principles of the Blue Zones

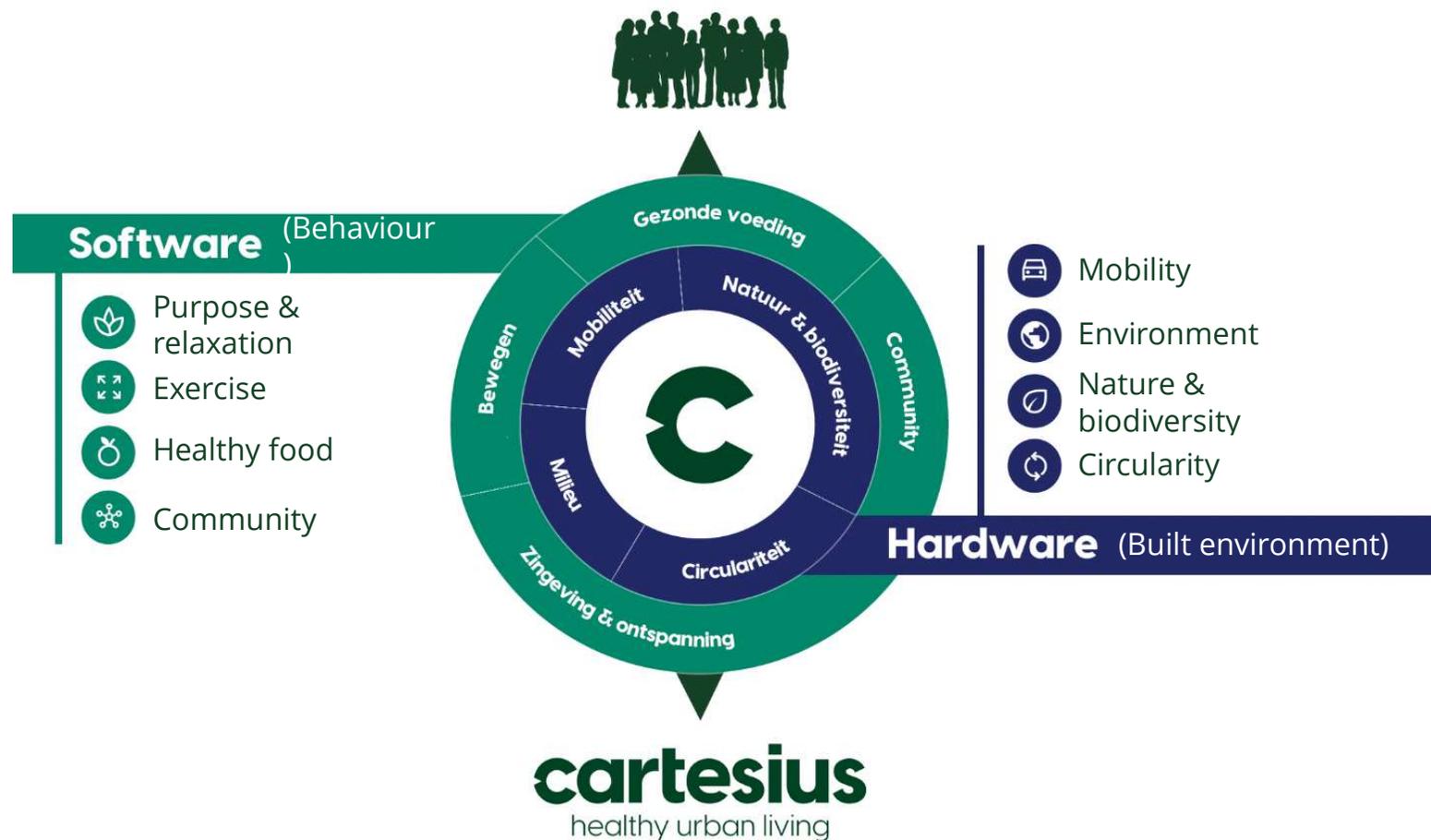
- Cartesius: residential area in development
- “Healthy and happy living” is starting point for design
- Based on the principles of the blue zones



Application of blue zone principles



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Location, plan and design



Bouwen aan een
Gezonde Wijk

Plan

~3000 dwellings
2,5 hectares
For sale and rent
25% social housing

Phase 1
322 dwellings completed

Phase 2
770 dwelling being built





**Green facades
Green or white roof**



CAB building 'living room'



Sound barrier



Parc and sports field



Children's center and sports complex

Temporary facilities and community building





Research



Bouwen aan een
Gezonde Wijk

Research methodology

1. Theory of change: possible effects of interventions
2. Research approach to study the effects
 - Questionnaires
 - Interviews
 - Observations
 - Sensors
3. Measuring the effects
4. Assessment of the effects



Examples of sensor measurements



Air pollution (mobile)



Air pollution (stationary)



Traffic counts



Soil humidity and temperature



Questions for discussion

Should all new neighbourhoods have requirements with regards to sustainability and health or should the focus be on existing neighbourhoods?

Would it be possible in your region to collaborate on a 'healthy' neighbourhood like Cartesius?

If not, what would be necessary?





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