



Welcome to HealthyVille

When you think about living a healthy life, what sorts of things do you think about?

Perhaps you think about doing physical activity (like running, dancing or playing sports), going to the doctor when you feel ill, eating healthy foods or drinks, or maybe you think about travelling in a way that is safe and doesn't increase air pollution.

Did you know that where you live can help you make good choices about living a healthier life? Health researchers at the University of Glasgow are researching what things might help make it easier, within your neighbourhood, your city or your town, to live a healthier life.

There are lots of features in our fictional town, **HealthyVille**, that will help the people who live, work and visit it to be healthy. Can you find them all? You can zoom in and out.

Can you spot:

- a playground
- a park, trees or other green space
- outdoor physical activity
- pedestrian crossings with easy access for prams and wheelchairs
- safe walking routes to nursery and school (school and a stop sign)
- pedestrian areas (that is, car free walking spaces)
- public spaces with benches
- a community centre
- a library
- a museum
- bikes and bicycle lanes
- a billboard with a positive health message
- a healthy food shop, farmers market
- football pitch, skateboard park, tennis court, outdoor pool
- a health centre
- city bike rental
- an electric car charging station
- disabled spaces
- a recycling centre and recycling bins
- a gym
- on-street lighting
- public transport (for example a train station or bus stops)

did you find everything? Download your certificate at gla.ac.uk/Healthyville

Why do you think these features might be important for health? Do you have some of these features in your neighbourhood, town or city?

In an ideal world we would all have good access to these healthy features, but unfortunately some people have poor access. This means they might not have many of these features nearby to where they live, go to school or work, and might not have the same opportunities to be as healthy as those with lots of healthy features nearby.

If you'd like to find out how these features could help us all lead a healthier life then scroll to the next page!



Physical activity



Being physically active every day, for example, playing with our friends, participating in sport, cycling, or doing other activities that increase our heart rate and make us breathless, are important for our health. Physical activity makes us fitter, keeps our heart and bones strong, and improves our mood. This city provides loads of opportunities for people to be active and healthy. Can you spot all the areas in HealthyVille that encourage us to be physically active?

You should be able to spot: a community centre, a park and playground, football pitch, skateboard park, tennis court, outdoor swimming pool, gym, cycling lanes and rental and car free areas for people to walk safely. Not only do these features make us more active and healthier, they make cities safer with fewer cars on the road and less crime.

Green space



People who live in towns or cities with more green space, for example, trees and parks, tend to be healthier than people who live in cities with fewer green spaces. Green spaces boost our mental wellbeing by providing us with a safe space to meet with our friends and family and take part in physical activity outdoors. It also helps the environment by protecting us against the pollution that petrol or diesel cars and buses release into the air.

Health care



It is very important that children and adults are able to visit a doctor if they are feeling ill. HealthyVille has a health centre for people to visit for a health check or to collect medicine. If people don't find it easy to see a doctor they may not get the medicine they need and may get sicker. Countries, cities and towns without good doctors and hospitals are more likely to have people with many health problems.

Culture / education / things to do



In HealthyVille you will spot a community centre, library and museum. These are features that people of all ages visit to keep us busy, meet friends and family, read and learn. Community centres often provide activities that bring people together, for example, sports and play sessions, music and educational activities, which are all important for our physical and mental health. Libraries contain thousands of books and access to computers to help us learn new words and improve our reading and writing which will help us in school. Museums can teach us about loads of topics, for example, history, art and science. They often provide fun interactive activities that encourage creativity and help us learn new information that will be useful throughout our life.

more on the next page

Healthy eating



In HealthyVille you may have noticed the healthy food shop and farmers market. Having many shops which sell healthy foods, for example, fruit and vegetables, near to homes, schools and workplaces, gives people opportunities to eat a healthy diet. Places with many fast food shops, could encourage eating more unhealthy foods, for example takeaway pizzas, burgers, and chips, which contain salt, sugar and fat. Eating healthily helps you to get the vitamins, and nutrients your body needs for growing, and decreases your chances of suffering from health problems in the future.

You may have spotted the billboard message in the poster saying “eat more fruit” (hint – the billboard was outside the gym). Although you might not have seen this type of health message near where you live there are different types of adverts on, for example, bus shelters. Chocolate, sweets or sugary drinks are sometimes seen on bus shelters near schools where children may notice them. Advertising healthy snacks and drinks could encourage children to make healthier snack choices.

Access for everyone



Our fictional town is designed so that everyone can easily visit all the different buildings and outdoor spaces even if they have problems with walking or moving around. Disabled people might find it difficult to do daily tasks, for example, food shopping or going to the doctor, but the features in our town will help them. The town includes parking spaces for disabled people (hint – see the blue squares with white symbols shaped like wheelchairs) so that people can park nearby to a building and don't need to walk a long way. The pedestrian road crossings make it easier for people in wheelchairs to cross roads, and the benches dotted around town can help people who can't walk without stopping for a rest, for example elderly people.

Environmentally friendly



In HealthyVille we have a recycling centre and bins for everyone. Recycling is important for the health of our whole planet. There is also an electric car charging station where people can charge up their electric cars. Electric cars are better for the environment because they do not produce high amounts of air pollution like petrol and diesel cars do. Air pollution is bad for our bodies and can cause health problems. Electric cars are quite expensive just now so people might use public transport, for example buses and trains. If more people use buses or trains then there will be less pollution from cars on the roads. Public transport is also good for people who don't own cars so they can still travel around.

Safety forwalking



HealthyVille shows some features which make it safer for people to walk around the area, such as safe walking routes to nursery and school, and street lights for walks when it's darker. We explained how important for your health it is to be physically active. If children and adults feel safe in their area they may walk, or cycle to school or work more often, rather than using a car. If a neighbourhood has traffic lights, speed limits to stop cars driving too fast, and signs that show drivers that children will be travelling to school, then walking will be safer. There will also be less accidents in these areas.

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