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Happiness and public space

Guide lines for a Urban happiness Handbook

International Workshop-exhibition

edited by Marichela Sepe

The sick city sickens.

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Social Isolation
is a predictor of
mortality
and a risk
factor
comparable to
smoking and
hypertension.

Engagement
into social and
cultural activities,
positively
affecting health,
is a strategic tool
to fight
social isolation

Cities ,
where people interact, meet,
and exchange knowledge,
may profoundly
impact
on social isolation

We have developed *ad hoc* questionnaire to score:

Subjective well-being

how people evaluate their own lives in terms of environment and emotions.

Resilience

the ability of people to successfully adapt to changes and to positively face chronic stress and adversity.

and their relation with

percieved health

**engagement
into social and
cultural activities**

social isolation

1255 questionnaires have been collected thanks to

Arci Movie Movie Club, MetroArtTour participants, beach resort, Outpatients of Cardiology Clinics, Gastroenterology and Geriatric Clinics, Federico II University of Naples Medical School, Thai Chi center, Arenella Parish, San Francesco Parish, Rosa Anna Pironti Editore, Alla Corte di Federico, Morrica Pharmacy, Family Doctors...

covering the entire city of Naples metropolitan area

Question: Do you participate to social and cultural activities?

YES 84% NO 16%

NP are 3 times more than other part of the country!!!!

FOCUS on NP

Gender	%	PGWB	Resilience
M	53	17,64	5,5
F	47	14,44	4,8

} P<0,05

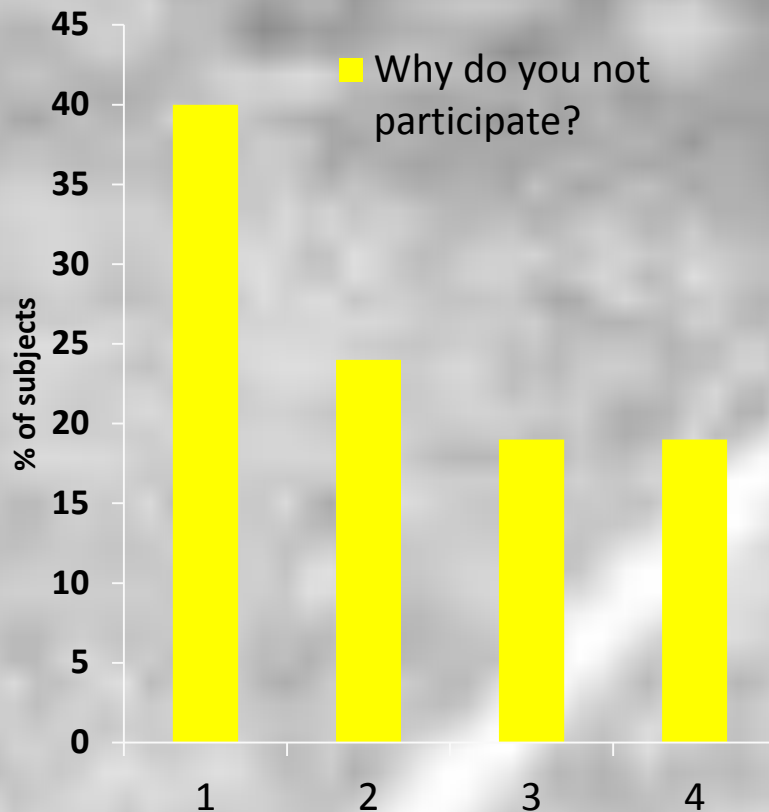
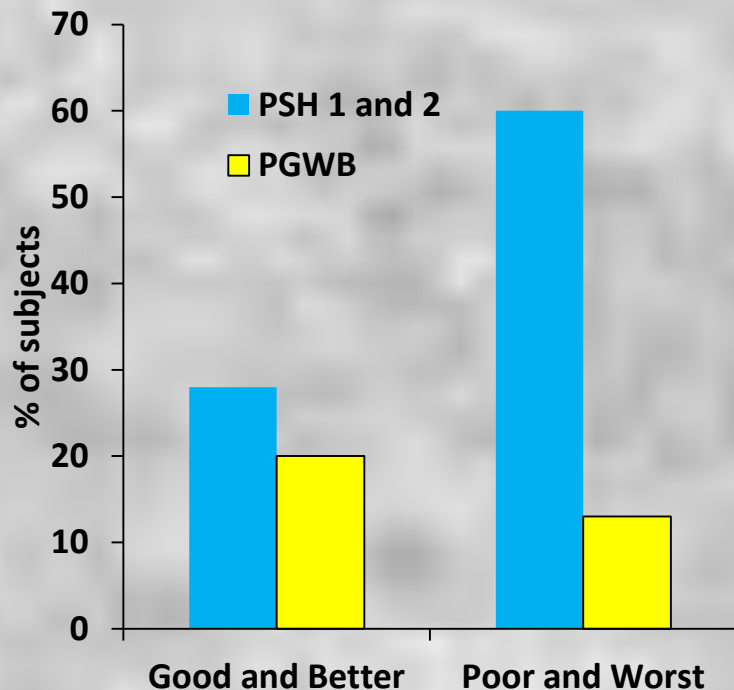
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moderate distress distress

Housewife 45%
PGWB Resilience
13,8±5,3 4,8±2

Females display PGWB and resilience significantly lower than males in all demografic, educational and occupational indicators.

Health profile of the NP population

Number of diagnosed diseases of the NP 3.8 ± 2.7



- 1-I am not interested
- 2-I have economic problems
- 3-I have physical limitation
- 4-There aren't close facilities or they are difficult to reach**

Physical activity

	YES		NO
%	PGWB	%	PGWB
13	18,96 \pm 6	75	15,66 \pm 6,0

Transportation	%
public transportation	27
private cars	41
walking	23

63% of NP has a small social network,
no more than 5 people,
made only of family members

social network	%	PGWB	Resilience
0>5	63	14,8	5,48
6>12>	27	18,8	5,57

Conclusion



Stay together and have fun, it is good for you!