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**Happiness and public space**

**Guide lines for a Urban happiness Handbook**

International Workshop-exhibition

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# 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

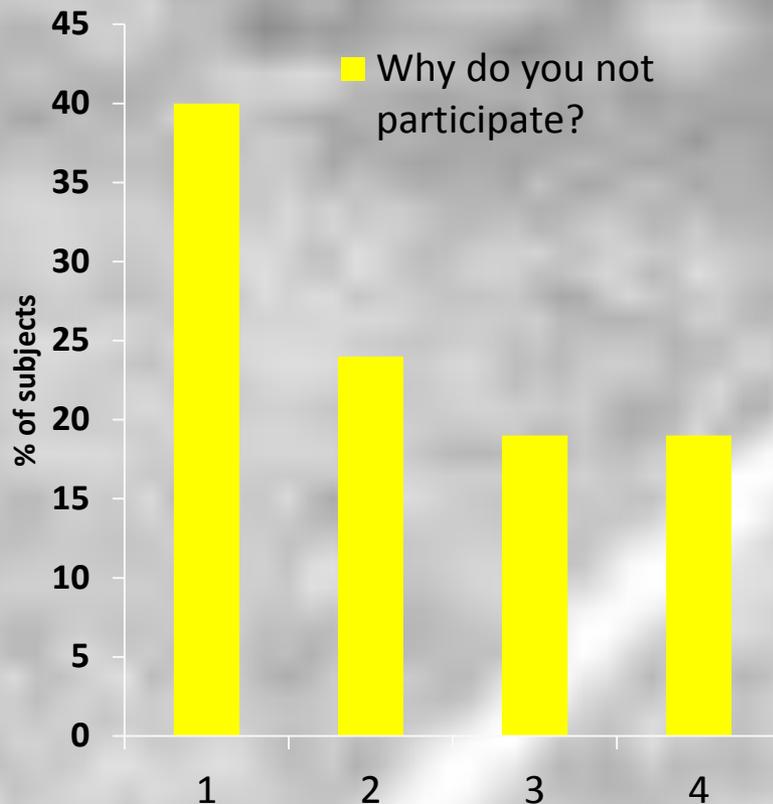
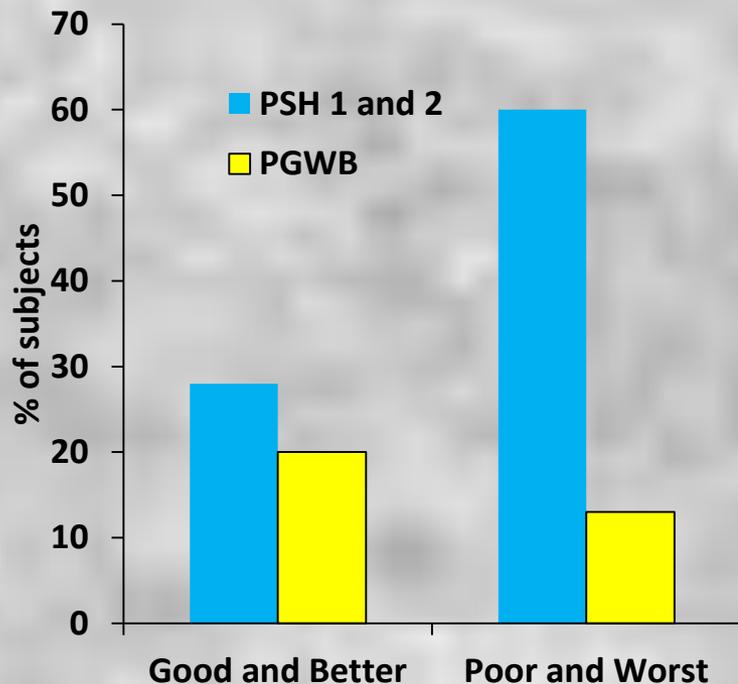
Housewife 45%  
PGWB Resilience  
13,8±5,3 4,8±2

moderate distress      distress

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  $3.8 \pm 2.7$



- 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
<b>private cars</b>	<b>41</b>
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	<b>14,8</b>	5,48
6>12>	27	<b>18,8</b>	5,57

# Conclusion



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