

## Analysis

# Torribera urban health diagnosis



Client Diputació de Barcelona

Location Santa Coloma de Gramenet, Barcelona, Spain

Year 2024-2025

The Torribera Campus is a 33-hectare site housing healthcare, university, and sports facilities at the foot of the Serralada de Marina. As part of its progressive transformation, the Diputació de Barcelona commissioned a comprehensive health diagnosis to ensure that the future Master Plan prioritizes user well-being. Conducted between 2024 and 2025, this study evaluates how the physical environment impacts the health of over 20,000 annual users, including psychiatric patients, students, and staff.

## Healthy Cities Approach

The methodology combined rigorous technical data with a deep qualitative analysis to identify how specific urban determinants influence local health risks.

### 1 Health Needs Baseline

The surrounding district shows high rates of diabetes, obesity, and depression, with cardiovascular mortality risk significantly exceeding the Catalan average.

### 2 Action on Urban Determinants

The diagnosis prioritized 22 physical factors, identifying Green Coverage, User Mobility, and Space Quality as the most critical levers to address existing mental and physical health gaps.

### 3 Participatory Design Logic

A collaborative approach integrated user experience into the scientific logic. Through workshops, the study connected technical health evidence with the lived needs of patients and citizens.



## Findings and Achievements

### Health & Social Environment

- High Mental Health Impact: Boosting green diversity and site maintenance are top priorities to reduce local depression and anxiety.
- Anti-Stigma Strategy: Organized community activities in public spaces successfully combat stigma surrounding the mental health center.
- Priority Score: High-quality public spaces directly correlate with improved perceived health and lower stress levels.
- Safety Thresholds: Data shows 79% of women feel unsafe at night due to poor lighting, establishing a clear target for urban intervention.

### Workshops & User Engagement

- 175 Active Participants: A multi-generational mix of students, psychiatric patients, and neighbors collaborated on the qualitative evaluation.
- 120 Comprehensive Surveys: Campus user data established a "User Perceived Quality" index across 22 distinct urban determinants.
- Co-Design Workshops: Patients and professionals defined "therapeutic routes" and proposed physical adaptations for inclusive campus use.
- Visual Connection: Users derive significant psychological benefit from viewing green areas from inside campus buildings.

### Urban & Environmental

- Biodiversity Excellence: Rated "Very Good" for its diverse green infrastructure and role as a natural connector to the mountain range.
- Mobility Targets: Bridging the 600m gap to the nearest Metro station is critical to improve physical activity and social equity.
- Therapeutic Water Use: Proposals target recovering the Can Calvet stream to introduce stress-reducing, climate-regulating "Blue Spaces."