

Special Issue

Body, Brain, and City Living—Contributions to More Sustainable and Healthy Urban Spaces That Promote Well-Being

Message from the Guest Editors

Although urban areas can provide easier access to healthcare facilities, education, and job opportunities, it is also where mental health problems are more prevalent. Emotions are key drivers of our decisions and, similarly, our choices are the conduit for our well-being. While spending most of the time (work, live, and travel) in urban built environments, people can experience positive (happiness, pride, or joy) or negative (fear, sadness, or disgust) emotions triggered by the city's infrastructure and dynamics. Moreover, positive emotions can also promote social relationships, which lead to significant benefits for people's health and wellbeing. It is, therefore, of utmost importance to fully understand how (and how much) of our urban space—under a climate change scenario—can affect human health as a whole, paying specific attention to some vulnerable groups, such as the elderly population. We hope to shed light on the above-mentioned challenges and build evidence-based knowledge for the identification of priorities and the support of more efficient policy-making decisions at the city/municipal level.

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