



Innovative Urban Lighting Policies for Better Health and Wellbeing

Research aims:



Understand the impact of indoor and outdoor lighting on health and wellbeing



Understand how the health and well-being impacts of lighting connect to **urban diversity and inequality**



Ensure that **urban lighting design and policy making** are better informed by research and evidence

Target group:
>65 years



- How can lighting support active ageing?
- How can lighting address specific issues of ageing such as **visual impairment, fall-prevention, cognitive incapacities, social exclusion?**
- How can lighting support **access to public space and active participation in civic life?**

Light is important to health and wellbeing because...



... good lighting design in the home can support **safety, sociability, pleasant atmosphere and activity.**



... **people's biological clocks** react sensitively to different types of light at different times of the day, with impacts on health and wellbeing such as tiredness, insomnia, headaches, mental health issues, increased risk of disease.



... it impacts **atmospheres and feelings of safety** in public space, with implications of social activity, inclusion and access.



... sensitive use of light can **support diverse users and uses of urban space.**

ENLIGHTENme Facts



Start
March 2021



Budget
5 Mio €



Duration
48 months



22 Partners
10 Countries



Qualitative research and engagement to **understand the lives of older people**



3 cities
Amsterdam
Bologna
Tartu



Co-design of **large lighting installations** in each city



Health intervention in each city to determine **health impacts of therapy light**

www.enlightenme-project.eu



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