

INTALInC 3rd Annual Seminar Series, 26th April 2023—5th July 2023 (bi-weekly)



SHOWCASING INTALInC RESEARCH: OUTPUTS AND IMPACTS

Session 3: Health and wellbeing interactions in East African cities

Wednesday 24th May 2023 at 2:30pm (BST)



Chaired by Steve Cinderby (SEI York). Presentations: Cassilde Muhoza Romanus Otieno Opiyo (SEI Africa); Constant Cap (Urban planner and researcher); Sherlyne Omangi (Urban planner and researcher); Nancy Abira (Transport engineer); Rachel Pateman (Ecologist)

INTRODUCTION

For many East African residents, travel around cities is problematic due to poor walking and cycling infrastructure, traffic congestion leading to long travel times, and exposure to pollution and road safety hazards, all of which impact on people's health and wellbeing. We have worked with vulnerable urban residents (including the poor, disabled and children) to understand how their journeys, and the daily challenges and risks they confront, affect their health and wellbeing, both psychologically and physically. This has included novel health measurements, journey mapping and storytelling to understand different dimensions of the problem. Our assessments have considered how informal mobility solutions adopted by these groups interact with official mobility infrastructure and systems.

PRESENTATIONS

Perceived impacts of journeys in Kenyan cities on health and wellbeing - through journey mapping and spatial analysis *Constant Cap*

Collecting journey maps with vulnerable urban residents (the elderly, youth, people with disabilities and low-income groups) reveals the impacts of undertaking trips in Mombasa and Nairobi on these groups wellbeing. The mapping work has identified key themes that are affecting the mobility experiences of these vulnerable groups (both positively and negatively) that can be grouped around Behaviours, Services and Infrastructure.

Digital stories to capture lived mobility experiences

Sherlyne Omangi

Digital stories enable participants to explore, describe and share their lived experiences through the development and production of visual narratives. This talk will explore how these methods were used with our vulnerable groups, the key issues identified through the stories, and how these have been shared with decision makers in Mombasa and Nairobi to influence inclusive solution generation.

Evaluations of the physiological and psychological impacts of journeys on health and wellbeing

Rachel Pateman or Cassilde Muhoza

Active mobility is typically recommended as beneficial to health and wellbeing in the Global North. This talk focuses upon evaluations of the impacts of walking on participants in Mombasa and Nairobi. The data presented will include using low-cost sensors to generate environmental data to quantify exposure to harmful air quality and how this interacts with wellbeing impacts of walking on participants using subjective and objective assessments.