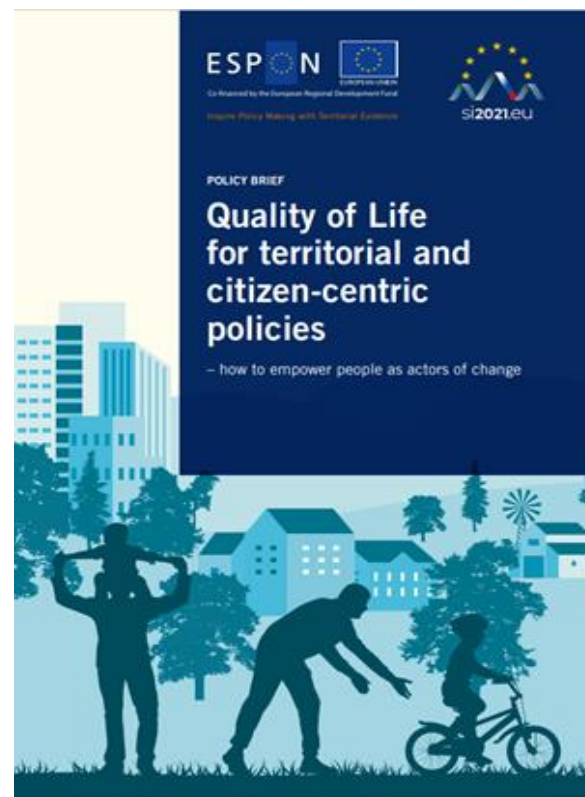


Carlo Sessa (ISINNOVA)

Il Progetto ESPON Quality of Life: Esperienza, risultati, proposte di metodo per la co-creazione di indicatori e soluzioni per la qualità della vita nei territori.

Quality of Life // ESPON Publications



What is the quality of life?

climate adaptation



food



connections



circular economy



culture



transport....



ESPON defines territorial quality of life as the capability of living beings to **survive** and **flourish** in a **place**, thanks to the **economic**, **social** and **ecological** conditions that support life in that place.

Why quality of life is important?

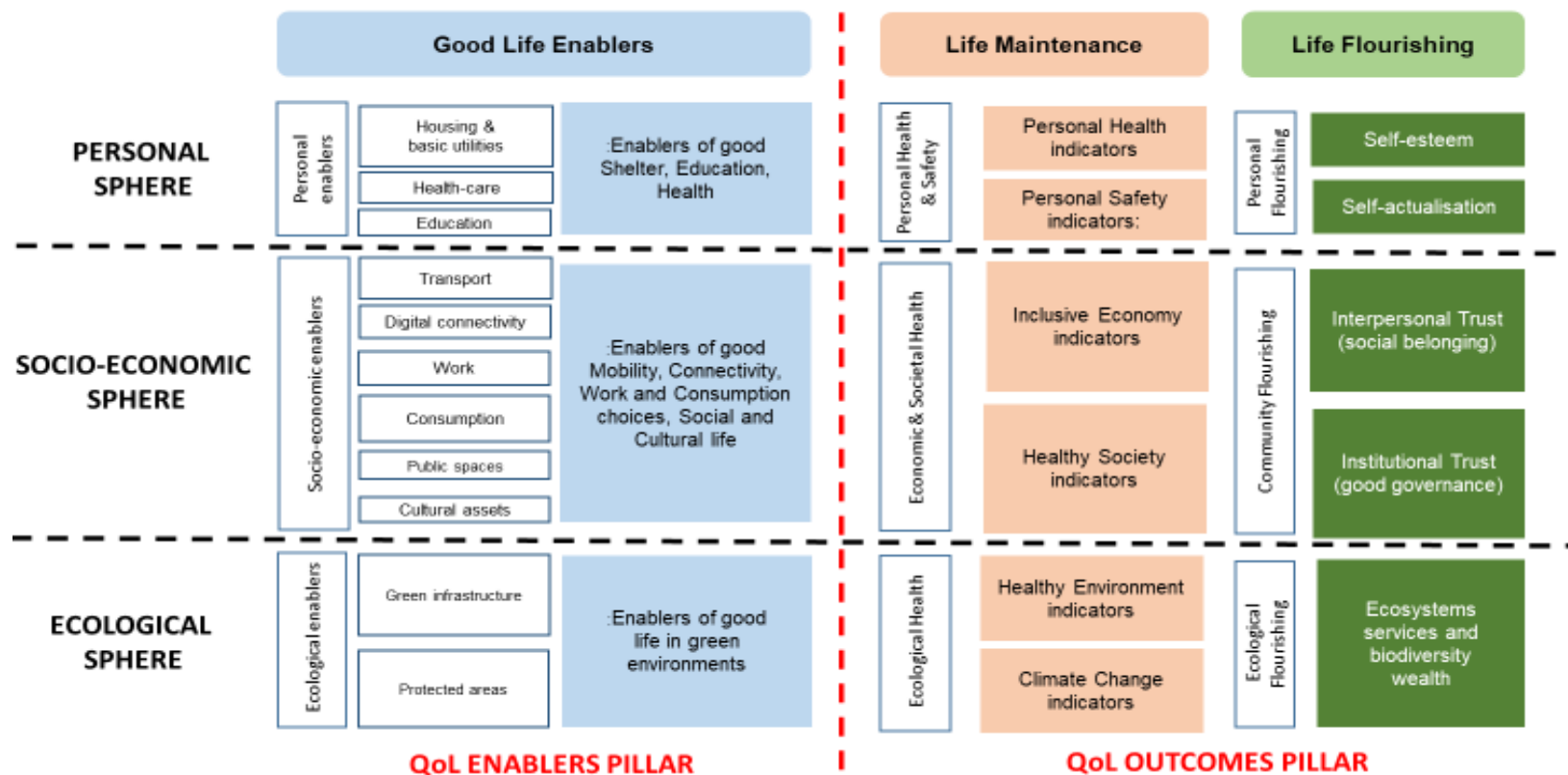
1. QoL is an **overarching objective of public policies** and an **objective for territorial development**: What territory do citizens want in the future?
2. It helps to bring policies **closer to citizens** being it European, transnational, national or regional by making public participation integrated in spatial planning processes. Collaboration with the **local level**, especially **involving young people**, matters - because today's policies and changes shape our quality of life in 5 to 10 years.
3. It contributes to **empower people as actors of change** – ESPON has developed an **innovative approach** to a place-based and citizen-centric understanding and measurement of QoL.

The ESPON approach - QoL

1. Key elements of the ESPON approach: **QoL conceptual map**, a **Territorial Quality of Life Dashboard** and **Territorial quality of life (TQoL) Living Labs**.
2. ESPON provides inspiration to achieve a **balance between top-down and bottom-up approaches for measuring QoL** and use it in public policies. There is a **gap** between QoL's indicators considered by **public policies** and the **means of QoL defined by people**.

Territorial Quality of Life - conceptual map

Territorial Quality of Life Measurement System: Conceptual Map



Territorial Quality of Life Dashboard

- **Simple tool** (.xls), in illustrating the ESPON method to measure quality of life
 - <https://www.espon.eu/programme/projects/espon-2020/applied-research/quality-of-life>
- Capture the results in a **structured and comparable** format
- Useful to compare quality of life indicators at **different territorial scales**
- Allowing **benchmarking** the position of a region **in a broader context**

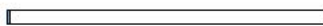
Territorial Quality of Life Dashboard

Example: Koroška region - Slovenia

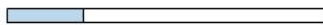
Good Life Enablers



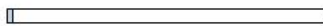
Personal Enablers



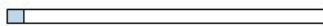
Housing & basic utilities



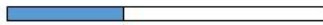
Healthcare



Education



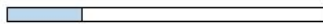
Socioeconomic Enablers



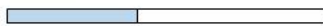
Transport



Digital connectivity



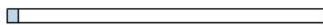
Work opportunities



Consumption opportunities



Cultural assets



Ecological Enablers



Green infrastructure



Protected areas



Life Maintenance



Personal Health and Safety



Personal Health



Personal Safety



Economic and Societal Health



Inclusive Economy



Healthy Society



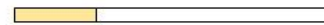
Ecological Health



Healthy Environment



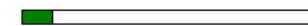
Climate Change



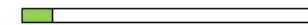
Life Flourishing



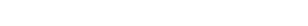
Personal Flourishing



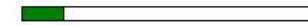
Self-esteem



Self-actualization



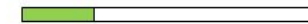
Community Flourishing



Interpersonal Trust (societal belonging)



Institutional Trust (good governance)



Ecological Flourishing



Ecosystems services and Biodiversity wealth

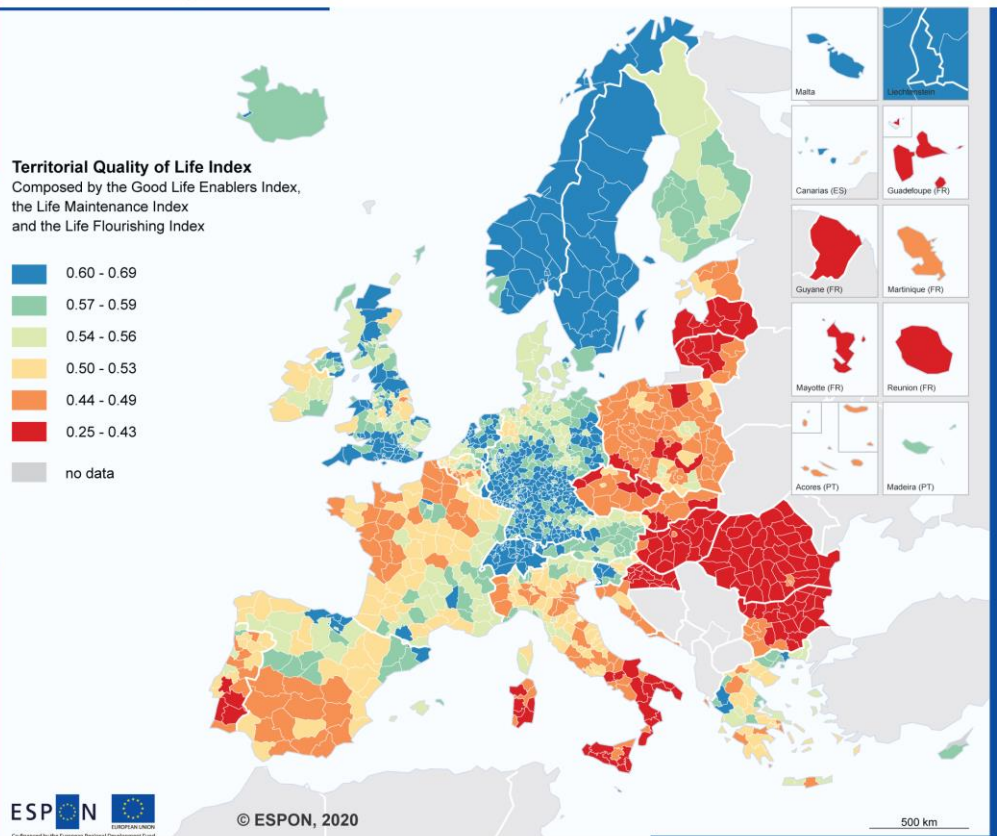
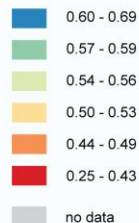


High performance in ecological enablers and flourishing, there is a need for discussing efforts to improve personal and socio-economic indicators, as well as life satisfaction in the region.

Is our life good enough? QoL in Europe

Territorial Quality of Life Index

Territorial Quality of Life Index
Composed by the Good Life Enablers Index,
the Life Maintenance Index
and the Life Flourishing Index



- Results reflect a **centre-periphery pattern** driven by the economic indicators
- The maps should be **interpreted with caution** - European maps are affected by the limited availability of data.

Addressing quality of life in practice?

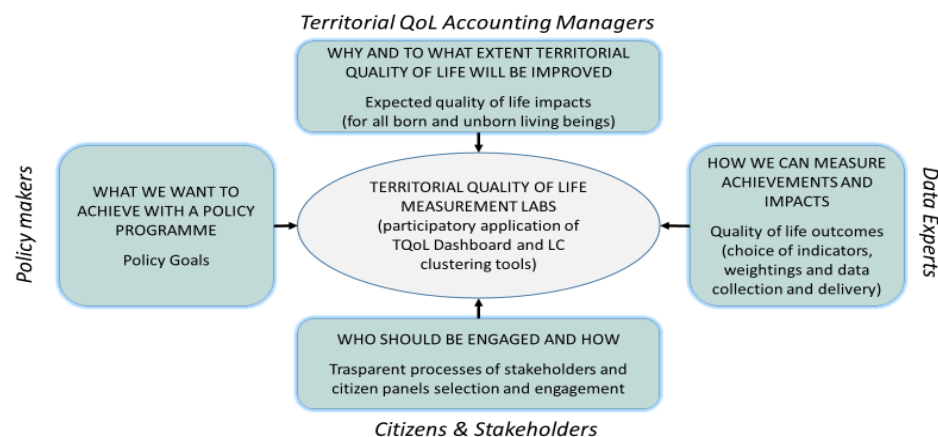
Co-creation is essential – living labs



- Small groups discussions
- Identify the best and worst aspects of living in the area and explaining why
- Weigh the indicators in the dashboard tool, produce composite indexes that better reflect the QoL priorities of the people
- Feed the policy making process

Territorial Quality of Life Living Labs

- A TQoL measurement lab is a **policy innovation milieu** where **experts from various institutions work together** with citizens and stakeholders **to define QoL priorities, test indicators, and monitor and evaluate QoL**
- Facilitate participatory approaches, putting the **perceptions of people in the foreground**
- Tool for **increasing public participation as part of spatial planning processes** and for **integrating QoL in spatial planning policies and instruments**

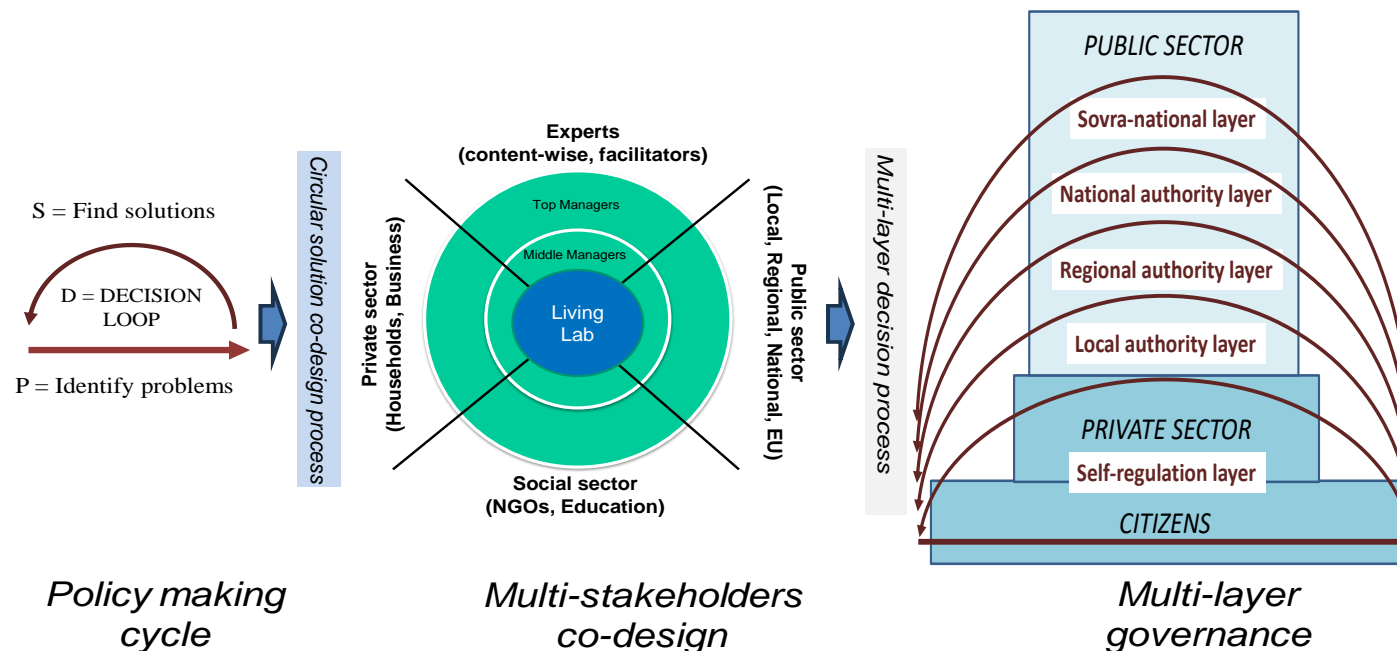


TQoL living labs: Multi-stakeholders and multi-governance model of policy co-creation

Policy making is represented on the left as a cycle starting with the identification of problems (P) which will require a decision loop (D) to find solutions (S).

Multi-layer governance, represented on the right, where decisions may be taken by the citizens and/or business agents themselves (self-regulation layer) or require government decisions/regulations at the local, regional, national, or supra-national layers (e.g. EU).

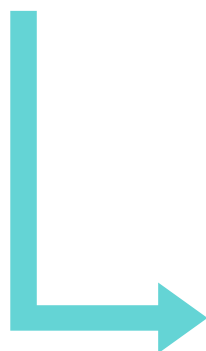
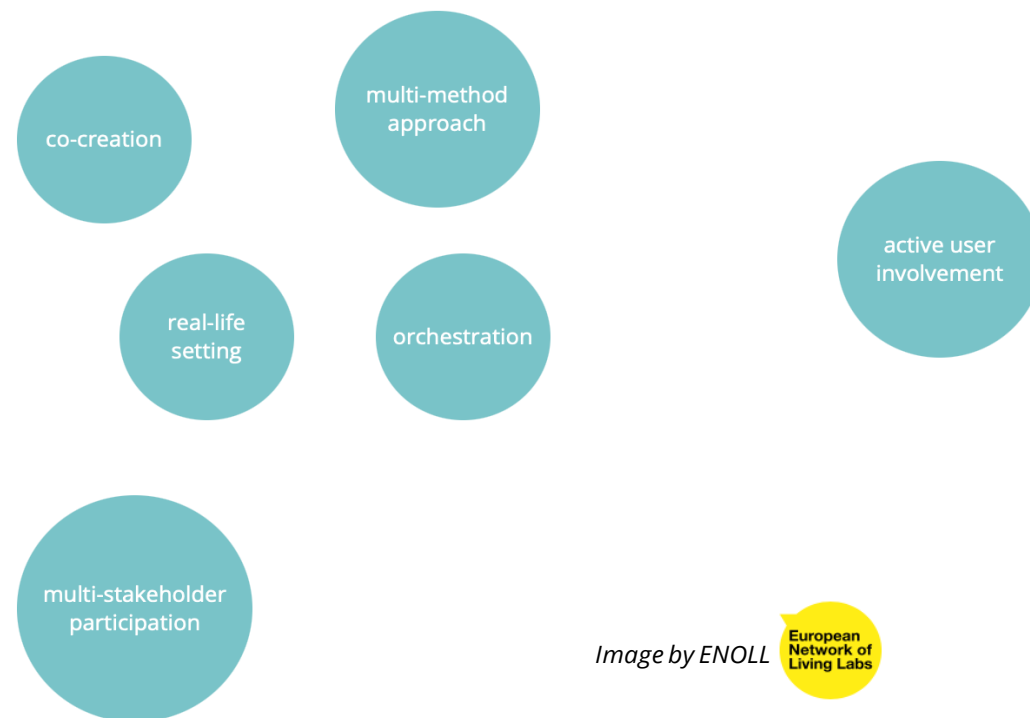
In the middle the living lab approach enables a **multi-stakeholders co-design process** where all the relevant actors, from all decision levels, are represented and involved simultaneously (e.g., in a workshop) to work out together solutions.



The **living lab outcomes** are implemented by policy makers/managers at the appropriate administrative layers, with a transparent governance process.

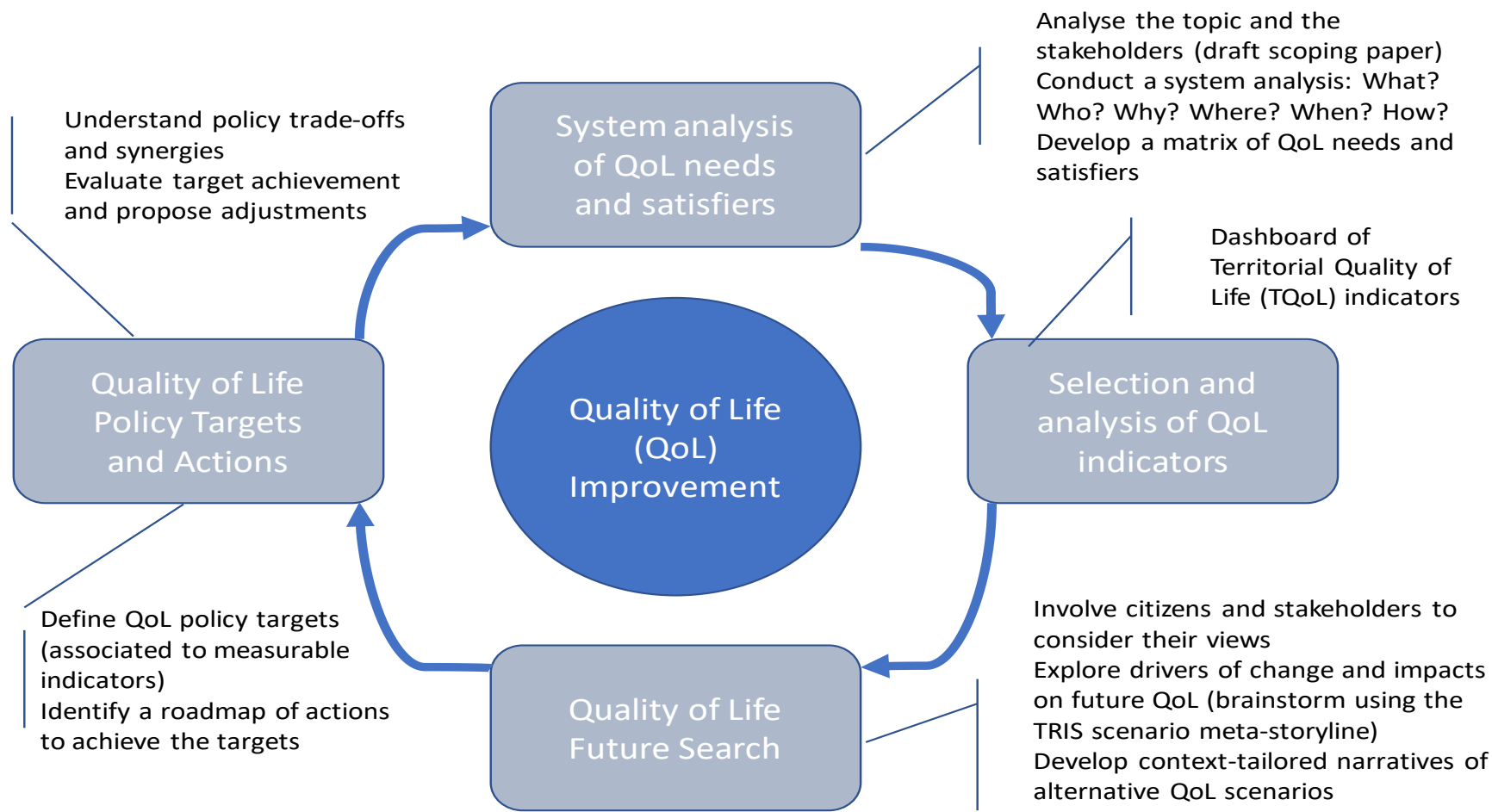
Why using the living labs?

- A. Leverage **innovation ecosystems** in **real-life environments**
- B. Focus on rapid **co-creation**, **testing** and **scaling-up** of **solutions** – policies, products or services - providing value for all involved stakeholders
- C. Employ **iterative feedback processes** to create **grounded, validated and sustainable impact**



Living labs operate as **intermediaries/orchestrators** among **citizens, research organisations, companies** and **government agencies** at different levels

TQoL living labs: Enabling policy co-creation cycles



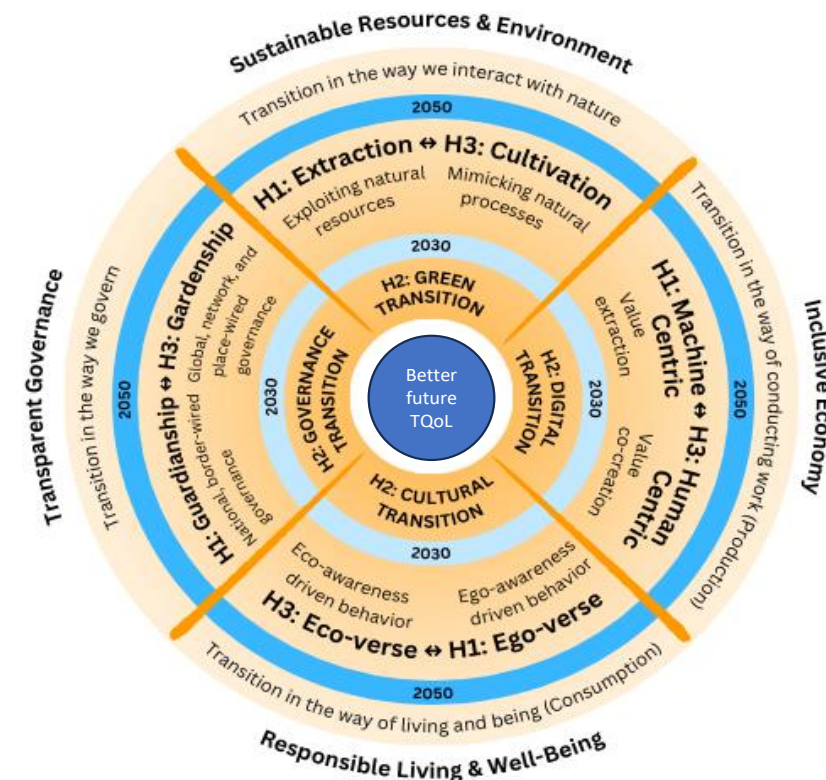
‘Three Horizons’ future thinking approach

Explore intertwined green, digital, demographic, cultural and governance transition scenarios...

H1 INERTIAL scenario, where the system will stand in 2050 if current paradigms will remain dominant

H3 TRANSFORMATIVE scenario, how the system will look in 2050 if new emerging paradigms will become dominant

H2 window of opportunity, what can be done until 2030 to facilitate the best future quality of life outcome



Quality of Life Future Search

Who is it for?

Stakeholders and public engagement in envisioning ‘a better future territorial quality of life scenario’

MACRO-SECTORS

- Environment
- Production
- Consumption
- Governance



DRIVERS OF CHANGE

- Climate change
- Technological change
- Population and behavioural change
- Governance change



TRANSFORMATION PATHWAYS

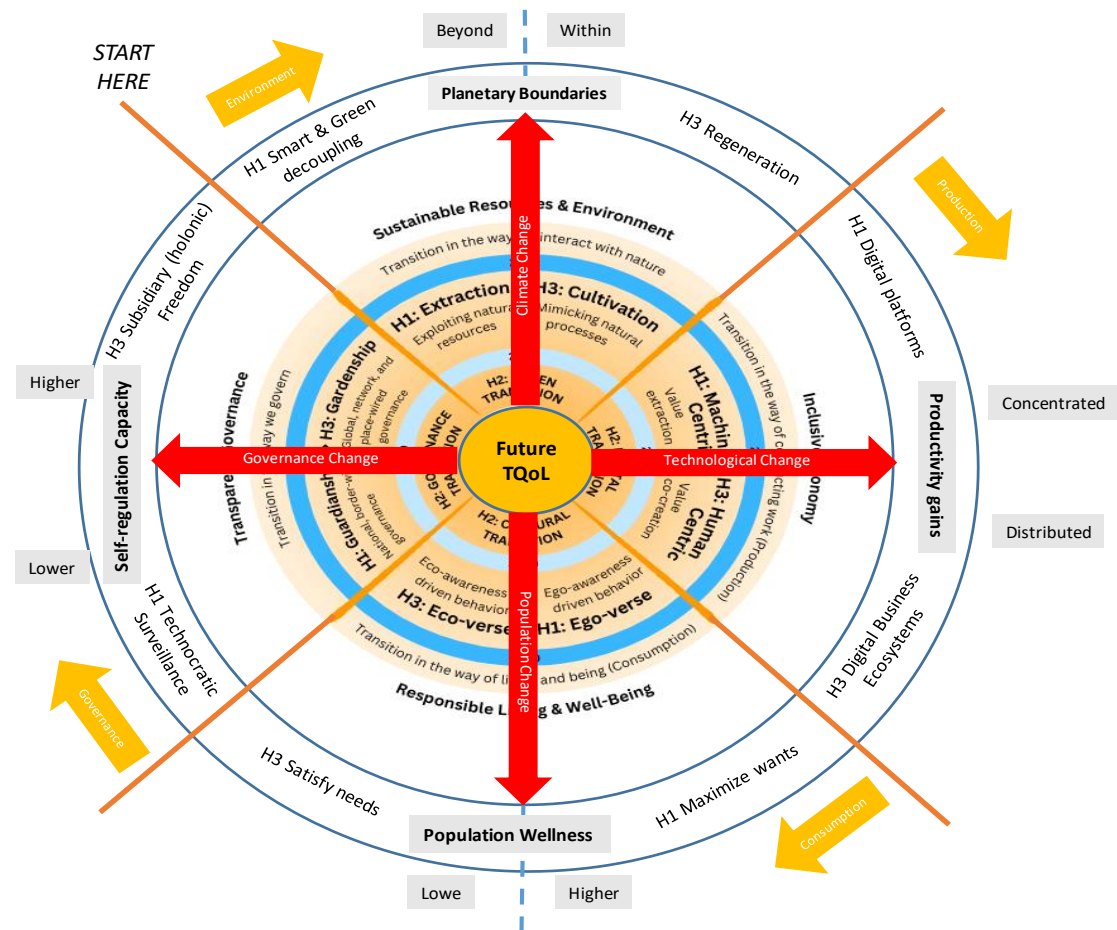
- Environment: H1 beyond vs H3 within planetary boundaries
- Production: H1 polarized vs H3 distributed productivity gains
- Consumption: H1 'ego-verse' vs H3 'eco-verse' preferences
- Governance: H1 lower vs H3 higher self-regulation capacity



Territorial QoL impact scenarios



Future scenarios' meta-narrative

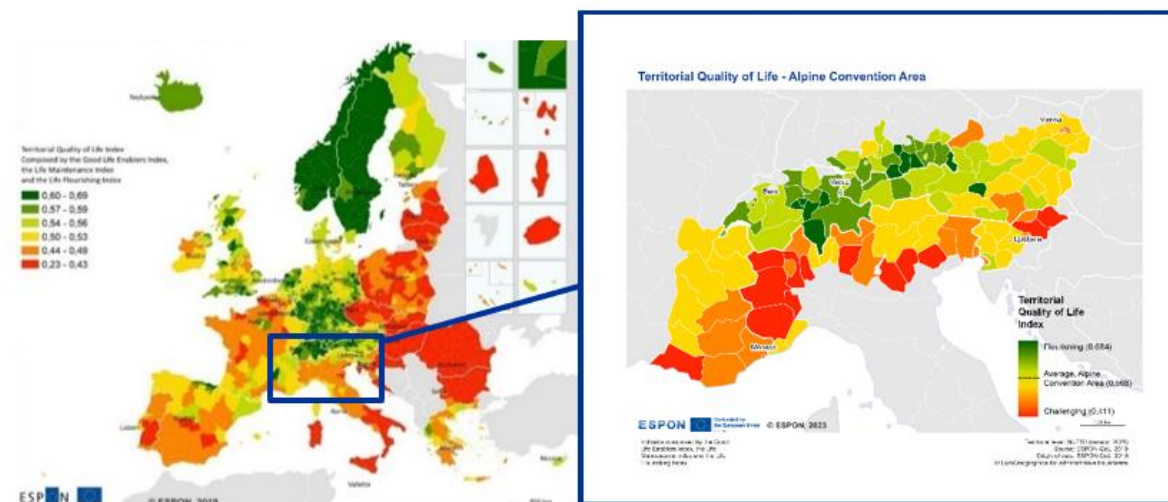


ESPON Territory Study

“Quality of Life in the Alpine Convention space”

- An **analysis** at sub-national level on the Quality of life in the Alpine Convention space, considering its territorial diversity
- Test **TQoL living labs** in the Alpine Convention space and provide recommendations to support the use of TQoL living labs in policy making
- Elaborate recommendations to the ESPON programme on how **further develop** the TQoL approach and how to promote Quality of life measures in policy making at all territorial levels

Territorial Quality of Life in the Alpine area in comparison to the European Context

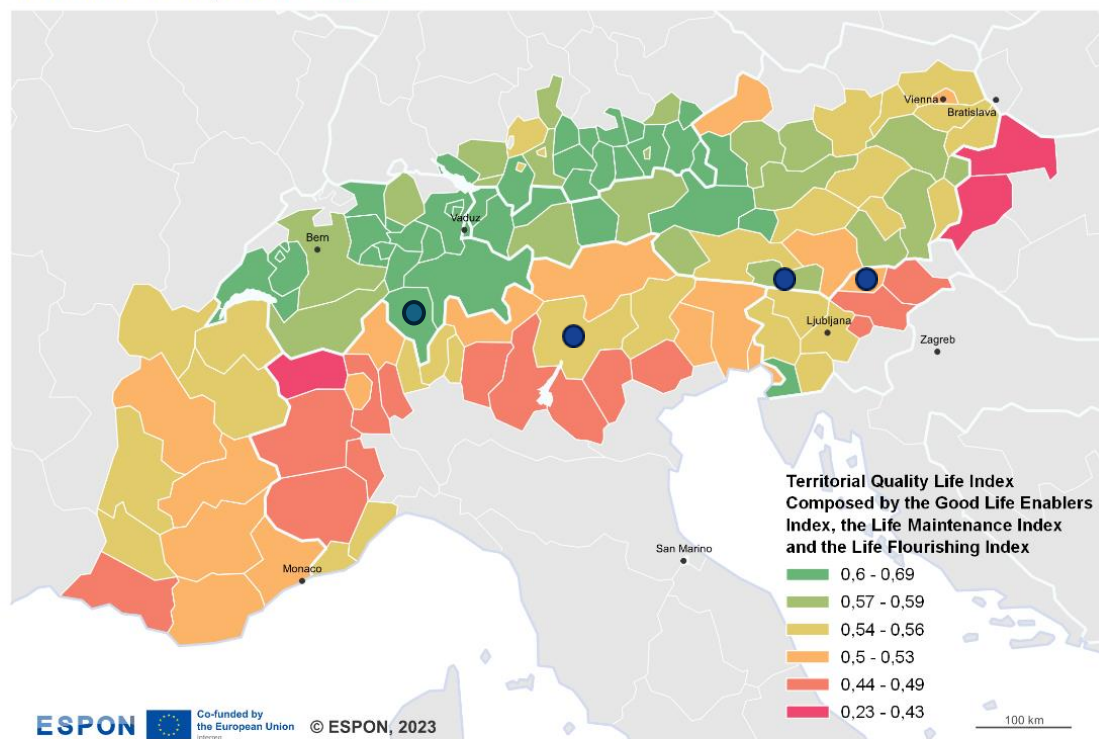


Lifetime: May 2023 – February 2024

<https://www.espon.eu/sites/default/files/2024-05/final-report-espon-qol-alpine-area-01-03-2024-with-cover.pdf>

Is our life good enough? QoL in the Alps

Territorial Quality of Life Index



Territorial level: NUTS3 (version 2021)
Source: ESPON QoL, 2019
Origin of data: ESPON QoL, 2019
© EuroGeographics for administrative boundaries

- Entire **Alps** perform well in the European context. Differences in the Alps, reflecting various territorial profiles.
- The objective is **NOT to compare nor ranking** but highlight the diversity of QoL in the regions and discuss with citizens and stakeholders why there are differences and what can be improved (living labs).
- Maps are also very useful in **highlighting the consequences of data gaps**, contribute to stimulate data collection improvements and, to start **discussions among various actors**

Alpine living labs in the ESPON study

Canton Ticino Region (CH)

Regional departments
Statistical offices
University researchers
Industry associations
Civil society associations
Chamber of commerce

Carinthia/Unterkrnten Region (AT)

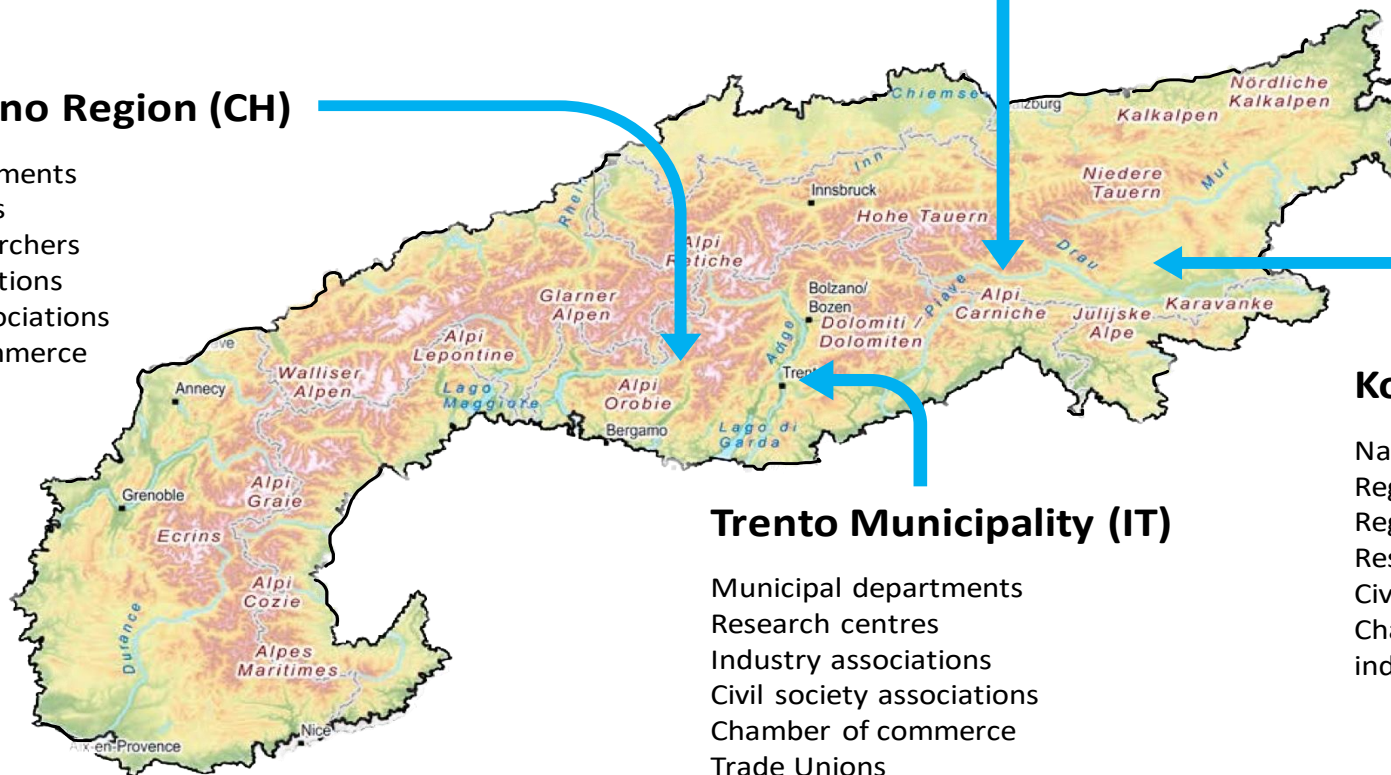
Regional departments
Statistical offices
Industry associations
Civil society associations
Business associations

Koroška Region (SI)

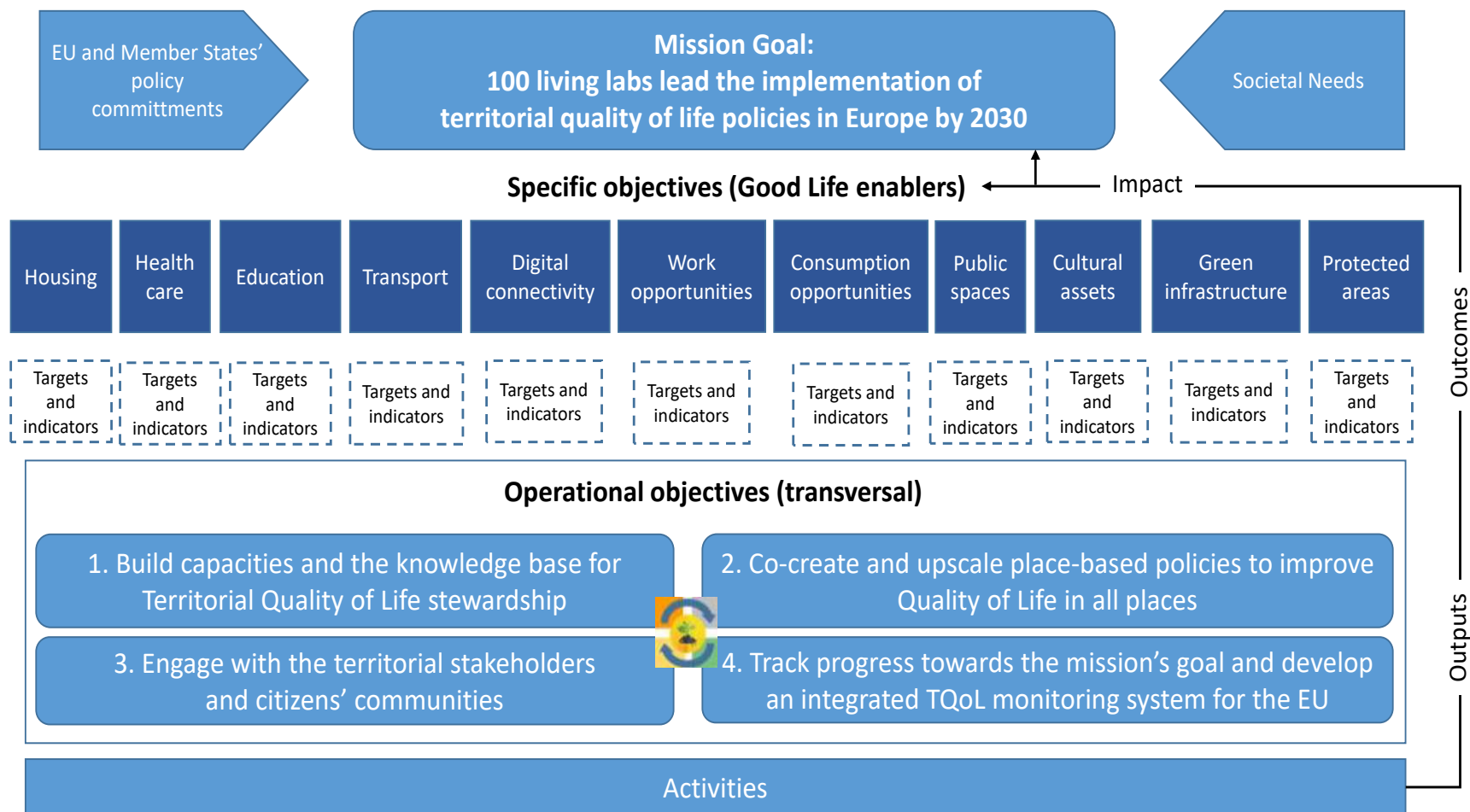
National ministry
Regional development agency
Regional forest agency
Research centres
Civil society associations
Chamber of commerce and industry

Trento Municipality (IT)

Municipal departments
Research centres
Industry associations
Civil society associations
Chamber of commerce
Trade Unions
Students
Citizens



Upscaling TQoL living labs to an EU research & innovation mission



Take aways

- **TQoL living labs** should work as ‘territorial commons trusts’, involving institutions, stakeholders and citizens on different territorial planning topics – using QoL targets and indicators to drive and monitor integrated QoL policies in a functional area (urban or rural).
- The establishment of a **network of living labs** would significantly **empower** the **local communities** to be actors of **large-scale transformative societal change** and **inform territorial policies**
- This network would **foster cross-regional exchanges**, **inspire innovative solutions**, and **raise the quality of life** in European regions and communities

For more information, please visit:

[ESPON QoL – Quality of Life Measurements and Methodology](#)

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