

# Healthy Utrecht Living



**Working population**  
 60% highly educated  
 Highest labour market efficiency (2<sup>o</sup> EU)

**Competitiveness**  
 Most competitive region (EU)  
 Most knowledge workers 42% (NL)  
 Highest innovation potential in the NL

**Health economy**  
 Number of jobs 20%–25% of total  
 Number of jobs 45,000–55,000  
 Highest percentage of jobs per resident in Cure + R&D (G4)

**Innovation**

Universiteit Utrecht  
 Kennis&Nederland  
 Meteorologisch Instituut  
 Ministerie van Infrastructuur en Milieu  
**TNO**  
 Deltares  
 Enabling Delta Life  
 Rijksinstituut voor Volksgezondheid en Milieu  
 Ministerie van Volksgezondheid, Welzijn en Sport  
**UTRECHT SCIENCE PARK**  
 Hubrecht Institute  
 400 start-ups active  
 Knowledge Centre Healthy Urban Living  
 Best University in the Netherlands  
 12 Nobel Prize winners

**Sustainability**

Solar City 2015  
 Most homes with solar panels (2,6%, G4)  
 Ambition: 50,000 energy neutral homes by 2020  
 Lowest CO<sub>2</sub> level per resident (NL)  
 38% waste separation  
 Attractiveness of living (2<sup>o</sup> NL)  
 66% satisfied with public parks and gardens in the neighbourhood

**Living**

Increase in public transport and bicycle use (4%)  
 Utrecht CS: Highest number of departing trains (NL)  
 Utrecht CS: Number of passengers per day 170.208

**Infra**

First environmental zone NL  
 Top-5 number of electrical cars (1,885, NL)  
 Ambition: 10,000 electrical cars by 2020  
 Most intensively used charging station NL  
 Smart local energy network

**Bicycle**

Top-3 bicycle city (EU)  
 245km of bicycle path (separate from the roadway)  
 Under construction: largest bicycle parking  
 P-route bicycle parking  
 1 million bicycles

**Car**

Most share-use cars per resident (NL)



**Healthy lifestyle residents**  
 62% have a healthy weight  
 63% take regular exercise  
 85% have sufficient breakfast  
 Most positive health experience (78%, G4)  
 Lowest percentage of lonely people (7%, G4)





#### Health economy

- **Number of jobs: 20%–25% of total.** The number of jobs directly related to the health economy is 20% of the total number of jobs. Estimate: additionally, up to 5% of all jobs are linked to the health economy. Source: IB Onderzoek, calculation on the basis of data from PAR/LISA, 2015.
- **Number of jobs: 45,000–55,000.** Source: IB Onderzoek, calculation on the basis of data from PAR/LISA, 2015.
- **Highest percentage of jobs per resident in Cure + R&D (G4).** The number of jobs in Cure (treatment of illnesses) and Research & Development (education, medical technology, trade and consultancy/interest organisations) in proportion to the number of residents is twice as large as in the rest of the G4 (Amsterdam, Rotterdam, The Hague, Utrecht). Source: IB Onderzoek, calculation on the basis of data from PAR/LISA, 2015.

#### Innovation

- **Knowledge Centre Healthy Urban Living.** KC HUL (Knowledge Centre Healthy Urban Living) provides integral expertise and a collective knowledge infrastructure for setting up and further developing healthy and sustainable living environments in urban areas. The Knowledge Centre is a collaboration between Utrecht University, RIVM (National Institute for Public Health and the Environment), TNO (Netherlands Organisation for Applied Scientific Research), KNMI (Royal Dutch Meteorological Institute) and Deltares. Source: KC HUL, 2015.
- **400 start-ups active.** In Utrecht, over 400 start-ups are currently active in the life sciences, healthcare, medtech, gaming, cleantech, and IT. This number has grown steadily over the years. Source: EBU, June 2015.
- **Best University in the Netherlands.** Utrecht University is the Dutch university with the highest position on the Shanghai Ranking. Source: Academic Ranking of World Universities, 2014.
- **Twelve Nobel Prize winners.** Since the Nobel Prize was first awarded in 1901, various scientists who are or have been attached to Utrecht University in some way have won this prestigious prize. Source: Utrecht University, 2015.

#### Working population

- **60% highly educated.** Working population municipality of Utrecht by educational level: low (13%), secondary (27%), high (60%). Highest percentage of Dutch municipalities. G4 average is 47%. Source: Employment Participation, CBS (Central Statistical Office), March 2015.
- **Highest labour market efficiency (2nd in EU).** The Utrecht region has the second-highest labour market efficiency, including such indicators as employment, unemployment and labour productivity. Source: Regional Competitiveness Index, 2013.

#### Competitiveness

- **Most competitive region (EU).** For the second time in a row, the Utrecht region (province) has been announced most competitive region in the EU, the highest score of all 262 regions listed on the EU Regional Competitiveness Index (RCI). Source: *Regional Competitiveness Index*, 2013.
- **Most knowledge workers (42%, the Netherlands).** Utrecht has the highest percentage of knowledge workers of all provinces. Source: ING Economic Bureau, *Quarterly Report Regions*, May 2014.
- **Highest innovation potential in the Netherlands.** Utrecht has the highest innovation potential of all provinces. Source: ING Economic Bureau, *Quarterly Report Regions*, May 2014.



#### Healthy lifestyle residents

- **62% have a healthy weight.** Source: *Volksgezondheidsmonitor* (Public Health Monitor), municipality of Utrecht, 2014.
- **63% take regular exercise.** Source: *Volksgezondheidsmonitor* (Public Health Monitor), municipality of Utrecht, 2014.
- **85% have sufficient breakfast.** 85% of all Utrecht adults have sufficient breakfast, 40% eat sufficient fruit, and 48% eat sufficient vegetables. Utrecht children (10- to 12-year-olds) eat healthier food and take more exercise. 92% have sufficient breakfast, 48% eat fruit every day, 41% eat vegetables every day, 84% take sufficient exercise. Source: Public Health Monitor, municipality of Utrecht, 2014.
- **Most positive health experience (78%, G4).** Most Utrecht adults experience their health as (very) good (78%). Of all G4 adults, the highest percentage that indicates their health is good to very good is from Utrecht. Source: *Volksgezondheidsmonitor* (Public Health Monitor), municipality of Utrecht, 2014.
- **Lowest percentage of lonely people (7%, G4).** Proportionately, loneliness occurs more often in the G4 than in the rest of the Netherlands. In 2012, the number of residents of 19 years and older feeling lonely to very lonely was 12% in the G4; in the Netherlands this was 8%. The percentage of lonely people had increased everywhere in comparison with 2008, except in Utrecht. In Utrecht, the percentage was 7% in 2012. Source: *Monitor Openbare Geestelijke Gezondheidszorg G4* (Public Mental Health Monitor G4), USER, August 2014.

#### Sustainability

- **Solar City 2015.** Utrecht has won the title 'Solar City 2015'. The jury praised Utrecht's ambition in the field of solar energy and mentioned the long-term Utrecht Energy programme, the active involvement of the municipality's own employees, and the high number of neighbourhood initiatives as the main reasons for awarding Utrecht the title of 'Solar City 2015'. Source: *Solar Days*, June 2015.
- **Most homes with solar panels (2.6%, G4).** Of the G4, Utrecht has the highest percentage of homes/addresses equipped with solar panels G4 (2.6%). Source: municipality of Utrecht.
- **Ambition: 50,000 energy-neutral homes by 2020.** 50,000 homes with 'zero on the meter' in the province of Utrecht. Source: Economic Board Utrecht, 2015.
- **Lowest CO<sub>2</sub> level per resident (NL).** The province of Utrecht has the lowest CO<sub>2</sub> emission per resident per year (5.4 tons). The Dutch average is 10.9 tons per resident. Source: Emission Registration 2012, *Staat van Utrecht* (State of Utrecht), 2014.

#### Living

- **38% waste separation.** Source: *Utrecht Monitor*, municipality of Utrecht, 2015.
- **Attractiveness of living (2nd NL).** Utrecht has the fastest population growth of 50 municipalities and takes first place in terms of educational level (many highly educated and few lowly educated residents). Utrecht also has favourable scores in the field of accessibility of work locations (by car or public transport), cultural supply, proximity of areas of natural beauty and employment participation of women. Utrecht ranks second on the Residential Attractiveness Index. Source: *Atlas voor gemeenten* (Atlas for Municipalities), 2015



#### Living

- **66% satisfied with public parks and gardens in the neighbourhood.** The number of respondents that is (very) satisfied with public parks and gardens in the neighbourhood is very high. Source: *Utrecht Monitor*, municipality of Utrecht, 2015.

#### Infrastructure

- **Increase in public transport and bicycle use.** Bicycle traffic increased by 4% in 2003–2010. Public transport use increased by 3.5% in 2004–2012. Source: *Trends in de stad* (Trends in the City), Goudappel Coffeng, municipality of Utrecht, 2015.
- **Utrecht CS: Highest number of departing trains (NL).** Number of trains departing from Utrecht Central Station per week in 2014: 6,550. Source: NS Marktonderzoek en Advies (NS Market Research and Consultancy).
- **Utrecht CS: Number of passengers per day: 170,208.** Number of passengers getting on and off the train at Utrecht Central Station: 167,313 in 2011, 172,860 in 2012, and 170,208 in 2013 (average working day, exclusive of passengers changing for other destinations). Source: NS Marktonderzoek en Advies (NS Market Research and Consultancy).

#### Car

- **First environmental zone in the Netherlands.** No old, diesel-driven cars have been allowed in the city centre of Utrecht since 1 January 2015. Source: municipality of Utrecht, 2015.
- **Top-5 number of electrical cars (1,885, NL).** Utrecht belongs to the Top-5 of Dutch cities with the highest number of electrical cars. Source: *Klimaatmonitor* (Climate Monitor), Rijkswaterstaat, 2015.
- **Most intensively used charging station in the Netherlands.** The most intensively used charging station in the Netherlands is located at Mariaplaats. Source: EVnetNL, 2015.
- **Smart local energy network.** The new 'Vehicle-to-grid' recharging unit was developed by Lomboxnet in collaboration with General Electric, Stedin and others. It was put into operation on 11 June 2015. Solar energy is stored in the battery of an electric car and can be used by connected homes. Source: Lombox, 2015.
- **Ambition: 10,000 electric cars by 2020.** One of Utrecht's plans is to be climate neutral and have a considerably higher number of electric cars by 2030. Source: municipality of Utrecht, 2015.
- **Most shared-use cars per resident (NL).** There are 991 shared-use cars in Utrecht. In proportion to the number of residents the ratio is the highest in the Netherlands. Source: *CROW-KpVV Dashboard duurzame en slimme mobiliteit* (sustainable and smart mobility), October 2014.

#### Bicycle

- **Top 3 bicycle city (EU).** Utrecht ranks third on the index. Source: *The Copenhagenize Index*, 2015.
- **245km of bicycle paths (separate from the roadway).** Source: *WistUdata*, municipality of Utrecht, 2015.
- **Under construction: Largest bicycle parking.** The largest bicycle parking in the world, with a capacity of 12,500 bicycles, will be opened in 2018. Source: CU2030, 2015.
- **P-route bicycle parking.** Utrecht is the first city in the world with a digital bicycle parking system. The system was put into operation on 2 June 2015. The principle is similar to that of the parking route for cars: 21 digital signs along the access roads to the city centre and the Railway Station Area inform cyclists of the number of free parking places in the nearest bicycle parkings and indicate the route to these parkings. If a parking is full, cyclists are guided to the nearest parking where places are available. Source: municipality of Utrecht, 2015.
- **1 million bicycles.** There are 1 million bicycles in Utrecht. Source: ANWB, *Dit is Utrecht* (This is Utrecht), municipality of Utrecht, 2015.