

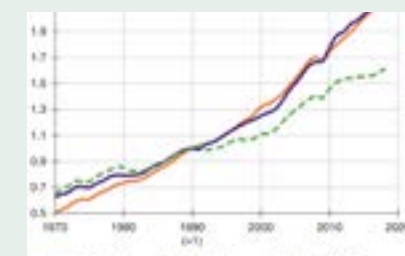
Prioritising people: Top spot for Järfälla in world wellbeing index



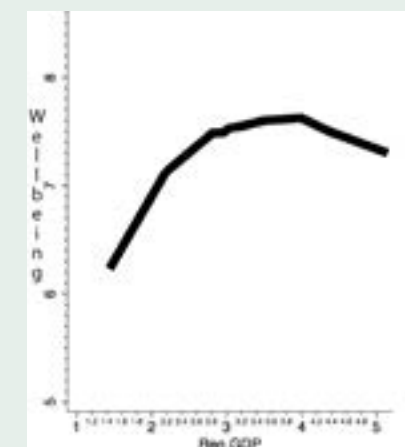
Main image: AI-generated vision. Top right: F. Savini (2023) Current Approaches to Sustainability [Graph]. <https://www.youtube.com/watch?v=UZhacqB44>. Top bottom: Redrawn from F. Savini (2023) Life satisfaction stagnates or declines at highest GDP per capita in regions [Graph]. https://www.youtube.com/watch?v=_LXb9tqHqik

» Groundbreaking transformation successful » GDP now superfluous

Under the GDP-focused 2020's, economic gain had been pursued at any environmental cost, despite contemporary research proving that its limited benefits for wellbeing. After a certain tipping point life satisfaction even started to decline. Faced with the fact that decoupling economic growth from the degradation of natural resources could not be done, planners and Järfälla residents braved a new path from GDP growth to growing well-being. 25 years later Järfälla now tops the world wellbeing index charts.



Correlation GDP global material footprint and CO2 emissions (Savini, 2023)



Correlation GDP-wellbeing (Savini, 2023)

News

No-build zoning policy stops the world's biggest polluter: construction



Struggling for years to reduce its dependency on private, profit-driven developers in providing homes and public infrastructure, the municipality finally completes what has been a long trial of temporary no-build zoning policies. Yesterday a permanent policy was approved. Staff at the material libraries and passport offices cheered at the announcement and the reinforced habit of circularity.

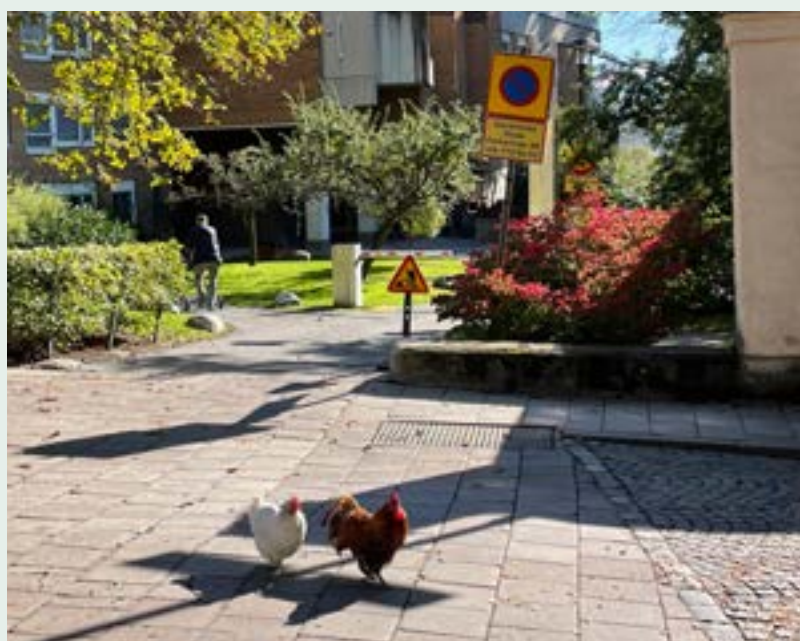
More and merrier: Cooperatives own 40% of Järfälla's housing

Exploring new forms of living and sharing resources has opened up for new configurations of homes, with intergenerational connections and increased self-expression for residents to shape their own living environments.



Left: Brose, P. (2023). Roster DC [Image]. <https://rosterdc.org/en/projects/roster-dc-reuse-made-easy> Right: Vundhausen Architects (no date). Living together in modern co-housing [Image]. <https://vundhausen.com/en/projects/co-village-co-housing>

Lifestyle



New chicks on the block – more eggs than ever

Urban farmlife is less stress, more rewards



Top tips for veg! Get the most of the season

Get ready for spring: prep seeds in the soil



DIY hacks for office conversion homes

Unique characteristics of 2010's heritage

Right: Author's own. Middle: Gardeningknowhow [Photo credit: allianz]. Vegetable Gardening Guide [Image]. (2021). <https://www.gardeningknowhow.com/daily/vegetable-garden/increase-garden-yield.htm> Left: AI-generated visual.

Sports

Public pool and sauna initiative breaks social borders

A new study on the sauna and swimming initiative launched in Järfälla in 2030 reveals significant improvements in mental and physical health across the municipality. Public saunas and pools have become popular leisure spots, with free access for those under 18 fostering positive social effects. Teenagers, who frequently use the pools as regular meeting places, showed the most significant improvements in mental health, highlighting the success of the municipality's decision to prioritize accessibility for young residents.



Folkbaserat (no date). Kallhälls bastu [Image]. <https://folkbastu.se/>

Celebrating 25 years of degrowth!

After successfully reaching our net zero targets, we look back at the transition Järfälla has made, leading a new pathway in sustainable urban development. Degrowth principles have challenged the previous consumption based economy and shifted focus to circularity, responsible resource use and wellbeing, giving residents a say and agency in shaping our municipality. A brave decision 25 years ago paid off. Let us look at what has happened since!

Land use and zoning adjustments

Planning policies have focussed on retrofitting, converting offices to homes, introducing no-build zones and car-free zones, as well as using municipal pre-emptive rights to prioritise community needs, which has led to a more people-friendly environment.

Sustainable local food production and agriculture

An emphasise on urban gardening, greenhouses, food subscriptions, new farmland, and incentives for local agriculture have boosted self-sufficiency, the circular economy, and community engagement.

Circular economy and resource efficiency

An increased focus on reuse using material libraries and passports, incentivising local businesses and urban husbandry to enhance resource use, have reduced emissions and strengthened self-sufficiency within ecological limits.

Shared and communal living spaces

New shared and communal living spaces have promoted co-living, intergenerational housing, co-working hubs and workshops, as well as resource-sharing initiatives to reduce isolation and enhance social and ecological resilience.

Public and communal infrastructure for wellbeing

An emphasise on increasing saunas, swimming pools, roofed spaces, flexible communal areas, and shared indoor living rooms have fostered wellbeing, social interaction and community resilience.

A2129. By Christofer Håkansson, Julia Nordenvall, Petra Rosenius, Cecilia Sundström, Jacob Svensson and Valur Elli Valsson