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- **Paper / Proposal Title:**

Health, communities and resilience: lessons from a participatory budgeting programme

- **Author(s) Name:**

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- **University or Company Affiliation:**

University of East London (UEL), United Kingdom.

- **Presentation Method.** I would like to:

- present in person (with/without a written paper); **if possible**
- present via Zoom (with/without a written paper)

- **Abstract (300 words):**

Health, communities and resilience: lessons from a participatory budgeting programme

This paper investigates the impact of participatory budgeting on the health and well-being of individuals and communities in the reduction of inequalities in a community-based programme, as part of the [Well London](#) programme. Participatory budgeting allows local citizens to make decisions on a part of the public budget to pay for projects they believe will improve their lives and community. Many studies report the influence of participatory budgeting for improving democracy, governance, transparency and accountability (Cabannes, 2004; Reames, 2006; Shah, 2007; Boulding and Wampler, 2010; Cabannes and Lipietz, 2015; Brun-Martos and Lapsley, 2017; Godwin, 2018). Yet, less so of the impact on community health and Well-being (Campbell *et al.*, 2018).

Participatory budgeting was perceived as a catalyst for empowering residents, through capacity building, by increasing self-esteem, self-confidence and self-worth, sense of belonging, including reducing isolation and unhealthy lifestyle behaviours - these in turn impact on community spirit and community participation. The insights from this London based case study reveal many participants increased their involvement in volunteering opportunities, furthering their education levels or employment prospects. These engagements which address the social determinants of health ultimately reduce inequalities and affirm circular benefits to individuals and the communities of which they are a part (O'Mara-Eves *et al.*, 2013; Touchton and Wampler, 2014; Matosevic, 2013).

This study argues that if participatory budgeting influences the individual, then it has the potential to contribute positively to the health and well-being of the nation, which insights can be applied to broader, yet interconnected, challenges in our global community.

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• **Author(s) Biography (200 words each):**

I am a social scientist with over 12 years of experience in health research, and community development approaches for improving population health and well-being and reducing inequalities. I also have five years of experience teaching public health, social care and nursing at BSc and MSc levels.

I hold a masters degree in public health and currently a doctoral candidate at the School of Health, Sports and Bioscience, UEL. My research is concerned with the impact of participatory budgeting (PB) on health and well-being from a community development standpoint. My work uses a case study approach to explore how and why the presence of “participatory budgeting” may influence the health and well-being or reduce inequality among participants of the Well London programme aimed at improving the uptake of physical activities, healthy eating habits and mental well-being in a deprived community of London.

My previous research focused on community and system-wide approaches to improving health and well-being. This includes the award-winning ‘Well London/Communities’ programme and research, which is shaping national policies. Examples include research for the National Institute for Health and Care Excellence and Public Health England. A further contribution to research includes the Workplace Well-being for Chinese Businesses, NICE evidence reviews in community engagement & the Francis Crick community development project.

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