



COPENHAGEN NEIGHBOURHOOD COMMUNITY

Tingbjerg Changing Diabetes is a long-term initiative to promote health and prevent type 2 diabetes in the socially deprived neighbourhood of Tingbjerg in Copenhagen. The initiative follows a place-based approach that includes numerous coordinated interventions driven by multiple stakeholders.

Partners

- Tingbjerg Changing Diabetes
- Steno Diabetes Center
Copenhagen
- Boligsociale Helhedsplaner
- Hotel og Restaurantskolen



A community garden and restaurant are changing diabetes in Tingbjerg

A neighbourhood in need of support

The neighbourhood of Tingbjerg is one of the largest public housing areas in Denmark. With approximately 80 nationalities contributing to a wealth of cultures, languages and traditions, Tingbjerg is characterised by ethnic diversity. In 2018, 81% of the neighbourhood's 7,000 residents were immigrants or descendants of immigrants, largely from non-western countries. Tingbjerg is considered to be a socially vulnerable neighbourhood because of low education and income levels.

Tingbjerg is a prime neighbourhood for diabetes prevention interventions because its 9.2% prevalence of type 2 diabetes among adults¹ is considerably higher than the prevalence in the surrounding area of Brønshøj. All projects implemented by Tingbjerg Changing Diabetes are based on local priorities and co-created through action research methodology.

Residents find social connection in Fælleshaven

Established in 2019, Fælleshaven is a community garden at the Tingbjerg Community Hub. The garden is a place where residents can foster relationships, engage in social gardening and become involved in other community-motivated projects. Residents come up with ideas for and take control of Fælleshaven projects with support from Tingbjerg Changing Diabetes.

In addition to growing vegetables and herbs, the residents have taken on beekeeping, poultry farming and the income-generating production

of herbal-based soft drinks. Additional projects include: woodworking and bicycle workshops, leisure job cafés, weekly baby cafés, open healthcare counselling, and an apple juicery that uses apples from nearby gardens to produce locally sold juice. Surplus from income-generating activities is invested into the creation of smaller jobs for residents in the various activities.

Community restaurant promotes healthy habits

The community restaurant project, Virketrang, builds on the diverse cultural heritage of Tingbjerg residents. The restaurant provides residents with the opportunity to prepare and eat healthy meals, while establishing strong social bonds within the community. Overseen by a professional chef, residents prepare and serve affordable healthy dinners to fellow residents once a week. When possible, the ingredients used in these

meals are grown by the community in Fælleshaven or brought in from Svanholm organic farm.

The restaurant has strengthened trust between the participating residents and the community stakeholders who contribute to Virketrang. Children who participated in the project developed a sense of ownership and responsibility in relation to the restaurant, overall helping foster a greater sense of community in Tingbjerg.

Mobilising Tingbjerg for social and health actions

Through projects like Fælleshaven and Virketrang, Tingbjerg Changing Diabetes and its wide networks of stakeholders have mobilised socially marginalised residents to support social development and healthier lifestyles.

