Europe’s Healthiest Capital City - Our Sources and Methodology

We accumulated data for 10 variables relating to health from each of Europe’s capital cities. The data was taken from a number of sources including Numbeo, HPI ThinkTank, World Population Review, World Bank Group and Index Mundi.

The following countries and capital cities, comprising 46 in total, were included in this study: Albania (Tirana), Armenia (Yerevan), Austria (Vienna), Azerbaijan (Baku), Belarus (Minsk), Belgium (Brussels), Bosnia and Herzegovina (Sarajevo), Bulgaria (Sofia), Croatia (Zagreb), Cyprus (Nicoasia), Czech Republic (Prague), Denmark (Copenhagen), Estonia (Tallinn), Finland (Helsinki), France (Paris), Georgia (Tbilisi), Germany (Berlin), Greece (Athens), Hungary (Budapest), Iceland (Reykjavik), Ireland (Dublin), Italy (Rome), Kazakhstan (Nur-Sultan, Astana), Kosovo (Pristina), Latvia (Riga), Lithuania (Vilnius), Luxembourg (Luxembourg), Malta (Valletta), Moldova (Chisinau), Montenegro (Podgorica), Netherlands (Amsterdam), North Macedonia (Skopje), Norway (Oslo), Poland (Warsaw), Portugal (Lisbon), Romania (Bucharest), Russia (Moscow), Serbia (Belgrade), Slovakia (Bratislava), Slovenia (Ljubljana), Spain (Madrid), Sweden (Stockholm), Switzerland (Bern), Turkey (Ankara), Ukraine (Kiev) and United Kingdom (London).

Due to small and unreliable data-sets, the following countries and capital cities had to be excluded from this study: Andorra (Andorra la Vella), Liechtenstein (Vaduz), Monaco (Monaco) and Vatican City (Vatican City).

We used the 10 variables to gain some insight into overall health landscapes. For each variable, each capital city is given a ‘rank’ out of 46. At the end, all ranks for each variable are added together to give an overall sum. The overall sums were then ordered. Those capital cities which scored lowest were deemed healthiest.

The variables were as follows:

**Fitness Club, Monthly Fee for 1 Adult**
We took the monthly fee of a gym membership for every capital city. Cheaper gym memberships score more highly than those which are priced more highly when judged against the UK currency. Data for this variable was taken from Numbeo. The data is survey based, with respondents reporting sums.

**Life expectancy**
For this variable, we looked at the life expectancy of entire countries as opposed to capital cities as this is more widely recorded at national level (and not city level). Data for life expectancy was taken from the World Population Review and Index Mundi.

**Air quality**
Data for this variable was taken from Numbeo. View Numbeo’s indices and formulas for the calculation of this variable [here](#).

**Water quality**
Data for this variable was taken from Numbeo. View Numbeo’s indices and formulas for the calculation of this variable [here](#).

**Overall quality of life**
Numbeo calculates overall quality of life with a formula that accounts for factors such as pollution, house price to income rate, cost of living and health care index. You can read more about this formula [here](#).

**Percent of GDP allocated to healthcare**
This variable was also collated from existing national data. Those with higher healthcare expenditure as a percent of GDP were ranked more highly. All data came from the World Bank Group, with the exclusion of one country - in which case the data came from the Health Policy Institute.

**Cost of 5 fruit or vegetables**
We took the cost of the following: apples (1kg), bananas (1kg), oranges (1kg), tomato (1kg) and lettuce (1 head) for each capital city. The added values, converted to pound sterling, were then ranked. The cheaper, the higher the rank. Data for this variable was taken from Numbeo. The data is survey based, with respondents providing a score out of one hundred.

**CO2 emissions**
Capital cities with higher emissions scored lower. Data for this variable was taken from Numbeo. The data is survey based, with respondents providing a score out of one hundred.

**Walk or cycle to work**
Capital cities with a higher percent of people walking or cycling to and from school and work were ranked more highly. Data for this variable was taken from Numbeo. The data is survey based, with respondents providing a score out of one hundred.

**Quality of green spaces**
Data for this variable was taken from Numbeo. The data is survey based, with respondents providing a score out of one hundred. The city with the highest average score was given the highest number of points, and the lowest score the lowest number of points.

You can view a spreadsheet of individual and combined data [here](#).