

## **Sustainable cities and quality of life in old age**

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### **ABSTRACT**

The objective of this study was to carry out a theoretical and investigative deepening on the relationship of sustainable cities in the quality of life in the elderly. This article is a systematic review of studies published between 2017 and 2022 in the following databases: CAPES-collections journal (CAPES) and Scientific Electronic Library Online (SciELO) PubMed, Medline, Lilacs, Scopus. A search was carried out, 1825 articles were identified and 8 articles included in this research were selected, in which they tell us the real influence and the investigative theoretical deepening of sustainable cities on the quality of life of the elderly. These were categorized in relation to the authors, year of publication, theme addressed, objectives, type of instrument used, description of goals and incorporation of objectives to investigate the main results of the studies, especially those related to the quality of life in the elderly, also including SDG 3 and the possibility of Brazil having sustainable cities to improve this public. However, it is concluded that there is still much to improve if talking about sustainable cities and quality of life in the third region, there is a lack of many structures for the elderly to have better mobility and safety in their daily commutes, it is up to the rulers to try to improve the paving conditions, especially in cities that claim to be sustainable, only then can a better experience with the elderly public be framed.

**Keywords:** Sustainable cities, Quality of life, Physical activity, Old age.

### **INTRODUCTION**

The population has been increasing significantly nowadays, however the proliferation of urbanization has increasingly awakened the appropriate and acceptable measures by large companies and by government institutions, having the ability to transform the social and economic fabric of all nations, thus considering the emergence of increasingly sustainable cities that collaborate with the preservation of the environment. encouraging the population to have the discernment of separating recyclable and organic materials, focusing on the fact that there is no waste of various renewable materials (Japiassú & Guerra, 2017).

The concept of sustainable city is a set of guidelines that tend to improve urban management, relating it to future improvements and for it to be considered sustainable, there must be improvements in the economic, environmental and cultural spheres, there was a large migration of people who lived more in the urban area than in the rural area in 2008 (Martins, 2022).

However, sustainable development is associated with economic, social, cultural and environmental rights, also involving the commands of prevention for the well-being of current and future

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generations, being possible if environmental resources are used in a rationalized way, having as a final product the protection of the dignity of all people, whether with basic sanitation, health, education, employment, thus making the best decisions for the balance of the economy associated with social inclusion, however the main role of the state is to make efficient and environmentally responsible plans for quality of life being a fundamental right of all (Melo et al., 2022).

The improvement in people's lives is given by the ability to combine confidence and willpower to achieve a prosperous and promising future, however, for this improvement to occur, it is up to local collective development, both in urban and rural areas, to come together to seek to identify the difficulties that plague both sides, idealizing to change the economic capacity to the positive side, conserving natural resources and being increasingly sustainable (Oliveira et al., 2014).

Aging has not yet been portrayed as natural by most older people; However, most of them are not aware of the importance of physical activity for their lives and especially for the maintenance of health and longevity. According to the IBGE projection (2018), the aging index points to a change in the age structure of the Brazilian population, however, any individual aged 60 years or over is considered elderly, thus having 28 million people in this age group in Brazil, representing 13% of the country's population and may double in the coming decades.

In Brazil, cities have become relevant in the implementation of the SDGs (Sustainable Development Goal), where cities aggregate problems that end up interfering in a tragic way in the sustainability of the planet, and the vast majority emerged without any planning and all disorderly, many with a peculiar and unsustainable infrastructure, being dependent on the state and federal governments, resulting in a poor quality of life for the resident population (Melo et al., 2022).

SDG 03, "Good Health and Well-Being", plays a crucial role in building healthier, more equitable and more prosperous cities. With ambitious goals and strategic actions, cities can be transformed into environments that promote the physical and mental health of their inhabitants at all stages of life.

The planning and actions, as well as the achievements in obtaining a sustainable development, depends a lot on the humanistic character, with man himself being the main beneficiary for the improvement in the changes proposed by various governments around the world, attributing in a cultural way in history and development for the modernization of society, having the appreciation of people in humans and not in objects, thus implying the participation of the entire community, so that there are more concrete and safe actions in relation to local development (Martins, 2022).

As reported by Dantas and Santos (2017), regardless of where the exercises are performed, they characterize many benefits for the elderly population, exemplifying the improvement in blood circulation, muscle strength and improvement in the lubrication of synovial fluid in the joints, thus having better mobility of locomotion, muscle power, balance and motor coordination. The improvement in physical



fitness, through physical exercise, improves functional capacity, increasing the life expectancy of the elderly regular practitioners, in addition to further delaying the aging process (Abdala et al., 2017).

## **OBJECTIVE**

The study aims to analyze the relationship between the themes of sustainability, sustainable cities, quality of life and the elderly/elderly through an investigative process in the literature of the main national and international databases. With the significant increase in life expectancy of all age groups, especially the elderly worldwide, the present study sought a contribution through an investigative theoretical deepening on the relationship of sustainable cities in the quality of life in the elderly.

## **METHODOLOGY**

This research was a systematic review study, carried out using the PRISMA method, relating the following question: What is the relationship of sustainable cities in the quality of life in the elderly? We searched for articles published between 2017 and 2022, articles and datasets in the period of 05 years (2017-2022), works published in Portuguese or Spanish, published in full, ordered by relevance, available on online platforms, open access and peer-reviewed journals.

A systematic review is characterized by meticulous planning, aiming to answer a specific question in a comprehensive and impartial manner. To this end, it employs explicit and systematic methods in the identification, selection and critical evaluation of relevant studies, ensuring the robustness of the analysis. The collection and analysis of data from the studies included in the review are rigorously carried out, ensuring the reliability of the results obtained (Lycarião, Roque, Costa, 2023).

For the bibliographic search in this systematic literature review, the following databases were used: Portal Periódico CAPES-acervos (CAPES) and Scientific Electronic Library Online (SciELO)PubMed, Medline, Lilacs, Scopus, considering that they would be databases with several publications related to the researched theme, finding the terms: sustainable cities; quality of life and old age. There were reasons for excluding some articles from the titles and not being related to the objective of this systematic study.

In the searches, a total of 1825 articles were located, but, applying the exclusion criteria, all those that did not contain titles similar to the study carried out here, with the help of the Mendeley Software, after all were analyzed, were selected for the final study only 8 articles in full. These were categorized in relation to the authors, year of publication, theme addressed, objectives, type of instrument used, description of goals and incorporation of objectives, the main results of the studies, especially those related to sustainability, sustainable cities, quality of life and the elderly.

Table 1 presents the checklist summarizing the methodology used to analyze the selected articles.

Table 1. Summary check list on the methodology used

SECTION/TOPIC	No.	Item do checklist
Title	1	SUSTAINABLE CITIES AND QUALITY OF LIFE IN OLD AGE
Structured summary	2	The research strategies, the general objective, eligibility criteria, synthesis of methods, results, and study design were presented.
<b>INTRODUCTION</b>		
Rational	3	The study presents a systematic review of the literature on the subject of research in the field of sustainability and quality of life.
Objectives	4	To understand the relationship of sustainable cities in the quality of life of the elderly.
<b>METHODS</b>		
Enforceability Criteria	5	To perform the systematic review, it was necessary to: (1) elaborate the research question; (2) literature search; (3) selection of articles; (4) data extraction; (5) evaluation of methodological quality; (6) synthesis of data (meta-analysis); (7) assessment of the quality of the evidence; and (8) writing and publication of the results (Galvão & Pereira, 2014).
Sources of Information	6	For the bibliographic search in this systematic literature review, the respective databases were used: Portal Periódico CAPES-acervos (CAPES) (Result 59) and Scientific Electronic Library Online (SciELO) (Result 1), considering that they would be databases with several publications related to the researched theme at the national level and in Latin America.
Quest	7	CAPES-Collections (CAPES) and Scientific Electronic Library Online (SciELO), with the descriptors "sustainable cities, quality of life and the elderly".
Study Selection	8	The descriptors were searched in the Portal Periódico CAPES-acervos (CAPES) and Scientific Electronic Library Online (SciELO), finding the terms "sustainable cities, quality of life and third age". Articles published between 2017 and 2022 were searched.
Data collection process	9	Articles and datasets in the period of 05 years (2017-2022), works published in Portuguese or Spanish, published in full, ordered by relevance, available on online platforms, open access and peer-reviewed journals were analyzed. Articles were located, but applying the exclusion criteria, eight articles were analyzed in full.
Data List	10	In the searches, a total of 1825 articles were located, but, applying the exclusion criteria, all those that did not contain titles similar to the study carried out here, with the help of the Mendeley Software, after all were analyzed, were selected for the final study only 8 articles in full.
Risk of bias from each study	11	The study presents a systematic review of the literature, and to ensure quality control, the PRISMA checklist (GALVÃO; PANSANI, 2015), thus seeking to maintain the impartiality of the authors researched.
Summarization measures	12	This systematic review was carried out in scientific electronic databases and covering a period of 05 years located 08 (eight) articles in full, working on national and Spanish articles, with a greater increase in publication from 2017 and 2022.
Summary of results	13	It was concluded that there is still much to improve if talking about sustainable cities and quality of life in the third world, there is a lack of many structures for the elderly to have better mobility and safety in their daily commutes, it is up to the rulers to try to improve the conditions of pavements, especially in cities that claim to be sustainable, only then can a better experience with the elderly public be framed.

Source: Authors (2024)

## DEVELOPMENT

Chart 2 presents the summary of the articles that make up this review, highlighting: title, author(s)/year, type of study, abstract of sustainable cities/sustainability, quality of life and the elderly and their conclusion

Table 2. Summary of the articles selected in the systematic review

Title/Author(s)/Year	Type of study	Article Summary	Article Conclusion
<p>Good Living as a paradigm of development: utopia or possible alternative? Development and Environment. Alcântara, Liliâne Cristine Schlemer, Sampaio Carlos Alberto Cioce, 2017.</p>	<p>The study was carried out by means of a bibliometric study, using the Bradford law of dispersion of journals as a measurement technique. The research is framed as bibliographic and documentary.</p>	<p>The consumer society puts the survival of the planet at risk. In Latin America, development approaches are emerging, anchored in paradigms and ideologies with a long existence, such as "Good Living". The bibliographic sources of research were the Web of Science, Scielo and CAPES Periodicals Portal.</p>	<p>The result showed that Good Living, as a proposal under construction, presents itself as a criticism of inconsequential consumption in terms of environmental degradation and, as a synonym of happiness, seeks to privilege the balance between well-being and sustainability.</p>
<p>Social sustainability through accessibility in open spaces: methodology of analysis and proposition on public sidewalks. Savi, Aline Eyng M.Sc.; Hespanho, Lays Juliani, 2017.</p>	<p>The methodology considers the criteria of "Active Design: Shaping the Sidewalk Experience" and the impressions of the Accompanied Tour.</p>	<p>Public open spaces form a complex system of connections with multiple roles, including socialization. In them, the existence of physical barriers restricts use, causing embarrassment and preventing participation in activities. In this scenario, the objective is to evaluate the accessibility conditions and propose design guidelines for public sidewalks in a section of Criciúma, southern Santa Catarina</p>	<p>The results are suggestions that contemplate the standards and provide the user with safety, comfort and independence in use and displacement, based on the Universal Design. By allowing the city to learn and live with inclusion in its different spheres, social sustainability is made possible.</p>
<p>Elderly Rights and Public Policies for Urban Sustainability. Sousa, Ana Maria Viola de; Aquino, Bueno, Rodolfo Anderson, 2018.</p>	<p>Based on the bibliographic research, the propositions can be referential in the elaboration of public policies that preserve the dignity of the elderly.</p>	<p>Ageing and urbanisation are two topics of great relevance, interconnected, comprising two sides of the same coin. Both cause worrisome effects on the life of the population, requiring ethical intervention and responsible commitment from everyone: the elderly, family, authorities, society, public and private agencies, and social organizations.</p>	<p>The present work aims to reflect on the complementarity of the themes, emphasizing the value of urban sustainability necessary for the defense and guarantee of the legally established rights of the elderly.</p>



<p>The relationship between the elderly and the environment in squares and parks: an exploratory analysis. R Boletti Neto, R., Graeff, B. &amp; Bestetti. M. L. T. 2021.</p>	<p>This is an analysis that explores concepts, theories and empirical studies, considering that the study area still presents a shortage of production and data collection.</p>	<p>Progressively, Environmental Gerontology is developed as a sub-area of this interdisciplinary field that is Gerontology. This study focuses on the environment, especially from the perspective of the elderly person who frequents parks and squares, seeking to understand the social context and the interrelationship between people and the environment, specifically concerned with this population segment.</p>	<p>Results were obtained regarding the motivations that lead the elderly to frequent parks and squares, such as the practice of physical activity and socialization.</p>
<p>The elderly and the city: the quality of the urban space in the center of Fortaleza. Lima, Manuela de Castro Mendonça, 2021.</p>	<p>Documentary and bibliographic research on aging and urban issues involving the elderly, where a literature review on the subject was carried out during the last decade, in addition to contextualizing the biopsychosocial issues of aging.</p>	<p>The Brazilian Constitution of 1988 should instigate public policies that will favor the quality of life of this portion of the population, the need for accessibility in the built environment of cities is presented as a prominent parameter to contribute to the feasibility of new actions in the field of Architecture, Urbanism and Design. It was analyzed, in the context of urban spatial quality, with a focus on accessibility, the center of the city of Fortaleza, aiming to understand how the current reality of the place interferes in the daily life, physical and emotional safety of the elderly.</p>	<p>The result was to analyze, in a qualitative way, a section of the Center of Fortaleza and the relationship with the quality and fluidity of the use of space by the elderly, in order to present the points that stand out as problems for this public and collaborate for possible new actions and guidelines of public policies.</p>
<p>Mobility for Sustainable Cities: presupposition for the promotion of human rights with an emphasis on the elderly. Zerbini, Brancalioni, Fernanda, 2021.</p>	<p>The hypothetical-deductive method devised by Karl Popper was used, bibliographic review of works and articles related to the theme, analysis of concrete cases, as well as legislation, jurisprudence and reports; relevant technicians.</p>	<p>This research analyzed the importance of accessible urban mobility for the promotion of the human rights of the elderly and for the construction of more sustainable cities, in which the demands and needs of this population category can be met.</p>	<p>It was hypothesized that new public mobility policies that meet. The principles of the National Urban Mobility Policy, such as those of universal accessibility and travel safety, would be essential for the advancement of sustainability, proclaimed by the Sustainable Development Goals of the 2030 Agenda.</p>



Ageing, health and the right to the City. The perception of the elderly regarding accessibility and mobility in the urban space: a review. Weliomar Antonio de Oliveira, Weliomar Antonio; Martins, Islane,2022.	This study aimed to carry out an integrative review of the literature in order to reflect on: aging, health and the right to the city, regarding the accessibility of the elderly to urban spaces	The integration of good mobility and accessibility conditions is fundamental in aging, as it provides easy and convenient access to desired services, as well as social integration.	The elderly population suffers from social abandonment and exclusion, regardless of social class. This situation is aggravated by the scenario of poverty in the periphery. The right to enjoy the city and all its spaces must be defended in order to provide quality accessibility, guaranteeing a healthy old age for all.
Evaluation of Quality of Life and Intelligence Indicators in Cities: a comparative analysis. Ferreira <i>et al.</i> ,20223.	This study is characterized as a quantitative and qualitative research, of a descriptive nature through a documentary analysis that aims to compare the municipal intelligence indicators and the challenge of municipal management.	This research aimed to compare the similarities between the indicators of smart cities with the indices of the challenges of municipal management in six cities: São Paulo (SP), Florianópolis (SC), Curitiba (PR), Maringá (PR), Jundiá (SP), and São José do Rio Preto (SP).	The results of the research indicate important relationships that indicate a similarity in the performance of the municipalities, in the same way they show deficiency between the municipalities in the environmental, mobility, energy and education axis and these are not fully connected with the ICTs

Source: Authors (2024)

In the study by Alcântara and Sampaio (2017), they tell us about how consumerism puts the survival of the planet at risk, giving rise to paradigms and ideologies such as "Good Living", where they identified some publications from 2001 to 2015, a total of 66 journals, made through bibliometric study, using Bradford's law of dispersion of journals, this research was carried out as bibliographic and documentary. As a result, it was demonstrated that Good Living presents itself as a criticism of exacerbated consumption, leading to environmental degradation, thus having as a synonym of happiness, seeks privileges and the balance between sustainability and the well-being of all.

Culturally, the community must add a set of various activities to refer to problems related to nature, covering many socio-political, economic aspects, making the right decisions in the exercise of power by all responsible rulers and encompassing values and beliefs, fitting the main and fundamental rights of the human being, thus considering an understanding for the valorization of the environment and collaborating for the transformation of the world, expressing artistic, domestic and other communities (Kashimoto, Emília M.; Marinho, Marcelo & Russef, Ivan (2022).

Another study of great relevance by Savi and Hespanho (2017), trace in their work, how free public spaces connect with many multiple systems for the socialization of the public, there are some barriers to their proper use, there are restrictions for their use in various types of activities, however the researchers evaluated the conditions of accessibility, in several squares and parks in the city of Criciúma – SC, where they came to the conclusion that there are many things to do, being included within the safety standards and especially dealing with greater safety for the user who will use it, as well as the



displacement that were based on the Universal Design that were shared to the entire community for better information, Especially when it comes to social inclusion within sustainability.

The management develops the results that will have repercussions in the future, having the orientation for policies and actions, expanding investments, obtaining improvement in aspects that are not satisfactory, continuing actions after government changes, the SDGs appear to the public as a difficult problem to solve, however it is recommended the participation of the population as a whole in all ecological practices, where, most of the time, the population itself assumes a role of spectator, passing around them, aggravating the weakening of the collectivity, thus having the importance of conference papers on the environment around the world (MELO et al., 2022).

Urbanization has also been related to aging, as the two are interconnected in the same scope, however both cover two topics of great relevance, as they have criteria of responsibility to the public power and society, and are also the responsibility of the elderly themselves and their family, in this research Sousa & Aquino (2018) aimed to reflect on the themes of urban sustainability for the rights of the elderly, They observe that it is necessary to develop public policies that mainly address the issues of aging, being a challenge for today's society to offer a dignified life and that promote various changes in cities, effectively urban planning, respecting national or international legal norms, aiming with totality at the elderly public.

Zerbini (2021) sought to analyze urban mobility and accessibility for the elderly population, in the construction of more sustainable cities, so that this population is better served, however, in her research she raised the hypothesis that new public policies are of great relevance in safety and displacement so that there is the advancement of sustainability, since we are in a process of acceleration in Brazil when it comes to aging, the demand for more egalitarian access is paramount, covering excluded and vulnerable people, such as the elderly population, aiming at SDG11.

Oliveira & Martins (2022), based on their studies that it is essential to have good accessibility and mobility conditions for the elderly, having greater convenience to travel to daily services, in addition, of course, to socialization.

They carried out an integrative review and reflected on the right to age healthily and with quality of life in the city with greater accessibility of urban spaces and concluded that the elderly are increasingly suffering from social exclusion and abandonment, regardless of social class, however there is a worsening of some situations in the periphery, without the enjoyment of accessibility, which is a right for all. especially the elderly public, so that they have a dignified and healthy aging.

Boletti; Graeff & Bestetti (2021) point out that Environmental Gerontology derives from the sub-area of Gerontology, being from the interdisciplinary field: Gerontology. The study of these authors was to seek the perspective of the elderly population that is frequently using the parks and squares, trying to





understand how is the relationship of this population with the environment, being an area of study still very scarce, however they concluded that there are several motivations that lead this population to be frequenting squares and parks, especially the walk because it is external and especially taking them for regular physical activity.

With the increase in the elderly population in Brazil, the Brazilian Constitution of 1998 should intervene in favoring the issue of quality of life, accessibility, thus contributing to the viability of this population, however, this present study prepared by Lima (2021), analyzes accessibility in the city of Fortaleza, where it aimed to understand what the reality of this public was like on a daily basis, in their safety and in the emotional state of the elderly. The author did a documentary and bibliographic research on aging, as well as several concepts about sustainable cities and the relationship with elderly individuals, where the physical understanding of the place and how the city of Fortaleza is currently was made.

The focus of sustainability ends up being configured for initiatives in valuing and legitimizing the advancement of the agreed organizations that reflect the positive effects that will be potentiated and multiplied in cities that will be sustainable in the future. Companies advocate the process of seeking sustainability to be adopted in 3 stages: pollution prevention, the relationship of environmentally sustainable products and technologies with high cleanliness content (Mokski et al. 2023).

Ferreira et al. (2023) compared indicators of 6 smart cities with various challenges in their municipal administrations of Santa Catarina (1 city), São Paulo (3 cities), Paraná (2 cities) and as results there was a similarity in municipal performances and also many deficiencies in the environmental sector, accessibility, education and energy, without much connectivity with ICT, however there is a need for smart infrastructure to achieve better investment in education and obtaining improvements in the quality of life and common well-being in a context of regional development.

Therefore, the community is the main responsible for its local growth, its development is due to the way the population fights for its goals, having the cultural identity to strengthen its choices with its solutions in local development (Kashimoto et al., 2002).

## **FINAL THOUGHTS**

Thus, the data found in this review showed that in the literature and among several researches about sustainability, sustainable cities, quality of life and the elderly/elderly, it is clear that almost everything is interconnected, relating to some concepts of the entire population, it is suggested that they need quality physical structures to achieve benefits. However, in the case of the elderly population, a population that is fragile in these following conditions: social, economic, emotional, environmental, health services, social inclusion, safety and accessibility.



Thus, these are some guidelines to ensure quality of life for the elderly in sustainable cities, however, each locality and its representative must adapt and expand some of these measures mentioned above, taking into account the needs and particularities of its elderly population, and must be met within its specific reality.

It is hoped that this work will provide and encourage the practice of physical activities aimed at the elderly public, increasing them a better lifestyle, thus relating to health, physical, mental and social well-being, and especially longevity, exceeding expectations with a healthier and more balanced life.



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