

Extended data

Table S1: Constituents of wellbeing and their relationship to SDGs.

Well-being dimension	SDG	Potential metric
Food		access to sufficient and safe nutrition
Water		access to adequate and clean drinking water
Air	 	exposure to dangerous concentrations; pollutants both indoor and outdoor
Health		access to health services; physical and mental health ; obesity
Sanitation		access to adequate sanitation; waste and sewage management
Energy		ability to attain a socially and materially necessitated level of energy services (often related to access to electricity) ; access to affordable, reliable and sustainable fuels (electricity); renewable and clean electricity
Shelter		access to accommodation ; affordable housing market
Mobility		ability to access key other services physically in a safe and affordable manner; access to safe walking and cycling infrastructures, and to public transport
Education		education for all ; access to education and material ; knowledge and information
Communication		ability to make human connections with and without personal meetings; access to information and entertainment
Social protection	   	community, social insurance, social assistance, and labor markets that enhance people's capacity to manage economic and social risks, e.g. unemployment, exclusion, sickness, disability and old age.
Participation	  	democratic rights (voting, association, etc.)
Personal Security	 	exposed to homicide, crime, war/state violence
Social cohesion	 	social trust; bottom-up initiatives; reduce inequality; sense of usefulness
Political stability	 	trust in politicians; good governance; quality of governance
Economic stability		not having to fear unexpected expenses; access to jobs
Economic supply side effects	 	upstream effects of demand-side measures on upstream production systems (e.g.: compact cities make reduce demand for cars, increase demand for shared mobility)
Material provision	 	ability to access wellbeing services which are derived from materials; provision of adequate industrial capacity; access to infrastructure

Table S2: Demand-side mitigation strategies and potentials over sectors- Extended version

Sector	Gt CO ₂ in 2050	Mitigation strategy	Changes in CO ₂	Sources
Building	8.8	Avoid: Sufficiency of energy and resources (include Compact city and Nature based solution from Urban sector) <i>Passive building design, energy saving practices (including passive management and flexibility over time), low carbon building materials, green/blue surfaces, circular and sharing economy</i>	10-40% [median: 25%]	IEA 2020 ¹ ; Ürge-Vorsatz et al. 2020 ² ; Niamir et al. 2020 ³ ; Ahl et al. 2019 ⁴ ; IGES et al. 2019 ⁵ ; van der Grijp et al. 2019 ⁶ ; ECF 2018 ⁷ ; Galassi & Madlener 2018 ⁸ ; Rakha et al. 2018 ⁹ ; Sköld et al. 2018 ¹⁰ ; Talele et al. 2018 ¹¹ ; Valencia et al. 2018 ¹² ; Ala-Mantila et al. 2017 ¹³ ; Alders 2017 ¹⁴ ; Chang et al. 2017 ¹⁵ ; Kusumadewi & Limmeechokchai 2017 ¹⁶ ; Hansen and Hauge 2017 ¹⁷ ; Sanguinetti et al. 2017 ¹⁸ ; Sun and Hong 2017 ¹⁹ ; Darby et al. 2016 ²⁰ ; Hasegawa 2016 ²¹ ; Taniguchi et al. 2016 ²² ; Virage-énergie 2016 ²³ ; Singh 2016 ²⁴ ; Dong et al. 2015 ²⁵ ; Rafsanjani et al. 2015 ²⁶ ; Ayoub et al. 2014 ²⁷ ; Cao et al. 2014 ²⁸ ; Fell et al. 2014 ²⁹ ; Brown et al. 2013 ³⁰ ; Tokuda et al. 2013 ³¹ ; van Den Wymelenberg 2012 ³² ; Volochovic et al. 2012 ³³
		Shift: Improve access and switch to renewables <i>On-site renewables, micro-grids, switch to lower carbon fuels and electrification for space heating, cooling, cooking, hot water and electrical uses</i>	30-70% [median: 50%]	IEA 2020 ¹ ; Niamir et al. 2020 ³⁴ ; Mastrucci & Rao 2019 ³⁵ ; González-Mahecha et al. 2019 ³⁶ ; IGES et al. 2019 ⁵ ; Langevin et al. 2019 ³⁷ ; ECF 2018 ⁷ ; Economidou et al. 2018 ³⁸ ; Peñaloza et al. 2018 ³⁹ ; Giraudet et al. 2018 ⁴⁰ ; Mata et al. 2018 ⁴¹ ; Oluleye et al. 2018 ⁴² ; Braulio-Gonzalo and Bovea 2017 ⁴³ ; Iten et al. 2017 ⁴⁴ ; Purohit and Höglund-Isaksson 2017 ⁴⁵ ; Sharma et al. 2017 ⁴⁶ ; Oluleye & Smith 2016 ⁴⁷ ; Purohit et al. 2016 ⁴⁸ ; Timilsina et al. 2016 ⁴⁹ ; Virage-énergie 2016 ²³ ; Wittchen et al, 2016 ⁵⁰ ; Novikova et al. 2015 ⁵¹ ; Markandya et al. 2015 ⁵² ; Markewitz et al. 2015 ⁵³ ; Ürge-Vorsatz et al. 2014 ⁵⁴ ; Bettgenhäuser & Hidalgo 2013 ⁵⁵ ; Dolman et al. 2012 ⁵⁶
		Improve: Efficiency <i>Improved building envelope, improved building technical systems (for HVAC, cooking and electrical uses), smart home and digitalization, efficient appliances, control systems, clean cooking</i>	50-95% [median: 70%]	IEA 2020 ¹ ; Mata et al. 2020 ⁵⁷ ; IGES et al. 2019 ⁵ ; Ellsworth-Krebs et al. 2019 ⁵⁸ ; ECF 2018 ⁷ ; Oluleye et al. 2018 ⁴² ; Braulio-Gonzalo & Bovea, 2017 ⁴³ ; Purohit and Höglund-Isaksson 2017 ⁴⁵ ; Sharma et al. 2017 ⁴⁶ ; ; Oluleye & Smith 2016; Purohit et al. 2016 ⁴⁸ ; Ruparathna et al. 2016 ⁵⁹ ; Timilsina et al. 2016 ⁴⁹ ; Virage-énergie 2016 ²³ ; Wittchen et al, 2016 ⁵⁰ ; Novikova et al. 2015 ⁵¹ ; Bettgenhäuser and Hidalgo 2013 ⁵⁵
Food	18	Avoid: Food waste <i>Food waste prevention: improved information ('best before dates'); adequate portion sized (HORECA); food sharing programs. Food waste recycling: use of food waste as animal feed (including insects);</i>	8-25% [median: 15%]	Poore and Nemecek, 2018 ⁶⁰ ; Schanes et al. 2018 ⁶¹ ; Gunders & Bloom 2017 ⁶² ; Makov et al 2020 ⁶³

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		<i>improved collection & composting, anaerobic digestion.</i>		
		Avoid: Over-consumption <i>Information campaigns; adequate portion sized (HORECA); marketing restrictions on energy-dense food; taxes on energy dense and/or luxury protein foods; choice architecture instruments</i>	n/a	Smith et al. 2013 ⁶⁴
		Shift: Animal free protein <i>Green procurement; food-based dietary guidelines; food labels; educational campaigns; subsidies/taxes; voluntary sustainability standards; R&I on improved on nutritional and agronomic characteristics of plant proteins; regulations on novel foods</i>	18%-87% [median: 40%]	Semba et al. 2020 ⁶⁵ ; Springmann et al. 2018 ⁶⁶ ; Willett et al. 2019 ⁶⁷ ; Parodi et al. 2018 ⁶⁸ ; Springmann et al. 2016 ⁶⁹ ; Aleksandrowicz et al., 2016 ⁷⁰ ; IPCC SRCCL, 2019 ⁷¹
Land Transport	9.5	Avoid: Teleworking <i>Teleworking or telecommuters partially or entirely replace their out-of-home work activities by working at home or at locations close to home. In general, telecommuting offers more flexibility to workers by relaxing the temporal and spatial work-related constraints. In addition IOT represents use of behavior data to nudge commuting behavior; school travel behavior and transforming shopping travel behavior</i>	0-10% [median: 1%]	Brand et al. 2020 ⁷² ; Creutzig et al. 2016 ⁷³ ; Ivanova et al. 2020 ⁷⁴ ; Riggs 2020 ⁷⁵
		Avoid: Walking and Cycling <i>Supported by compact highly accessible city design and safe infrastructures for pedestrians and cyclists.</i>	10-30% [median: 15%]	Brand et al. 2020 ⁷² ; Creutzig et al. 2016 ⁷³
		Shift: Shared economy and digitalization <i>Pooled shared mobility with high occupancy and micro-mobility with high lifetime of vehicle stock; convenient rail-based public transit; supported by urban design and transit-oriented development resulting in reduced travel distances; logistic optimization in last-mile freight.</i>	from -50% to +50% [median: 0%]	ITF, 2020 ^{76,77} ; ITF, 2017 ^{78,79} ; Creutzig et al. 2016 ⁷³ ; ITF, 2016 ⁸⁰

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		Improve: Evs <i>Electric Vehicles when charged with the electricity generated from medium decarbonized power system (IEA stated policies); Behavior change programs on the socio-economic structures that impede adoption of EV's; the urban structures that enable reduced car dependence and how EV's can assist grids; and the synergies between emerging technologies and shared economy to maximizing the greater benefit of EVs</i>	20-75% [median: 50%]	EEA, 2018 ⁸¹ ; Hill et al 2019 ⁸² ; Lutsey 2015; Plötz et al 2017 ⁸³ ; Khalili et al 2019 ⁸⁴
Industry	15.8 Gt CO2	Avoid: Materials efficient services <i>Materials-efficient service provision involves avoided material demand through dematerialization, the sharing economy, materials-efficient designs, and yield improvements in manufacturing. For example, researchers calculate that if beam designs were optimized to suit their use instead of their production cost, weight of up to 30 per cent could be saved. Opportunities to reduce metal requirement through lightweight design was assessed by Carruth et al. (2011) who found that 25% to 30% of metal can be saved across five case study products: construction beams, reinforcement bar, car body and crash structures, food cans and deep-sea oil and gas pipelines.</i>	5%-22% [median: 13%]	IEA 2020 ^{1,85} ; Grubler et al. 2018 ⁸⁶ ; Allwood and Cullen, 2015 ⁸⁷ ; Carruth et al., 2011 ⁸⁸
		Avoid: Lifespan extension <i>Designing products so that their lifetime can be extended through repair, refurbishing, and remanufacturing. For example, Cooper et al (2014) estimates that approximately 40% of annual demand for steel worldwide is used to replace products that have failed. Standardisation, modularity and functional segregation can help extending the lifespan of steel in products and therefore present a</i>	3%-7% [median: 5%]	IEA 2020 ^{1,85} ; Cooper et al. 2014 ⁸⁹

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		<i>significant opportunity to reduce demand and carbon dioxide emissions from steel production. Similar approach are possible with other emission intensive materials.</i>		
		Shift: Reuse and recycling <i>Increasing the re-usability and recyclability of product's components and materials once these products are at the end of their life. For example, old cars are dismantled to be re-used for repairing cars that can be repaired and most of the old components that cannot be re-used are recycled in scrap metals. / CE covers: avoid material use by reuse; shift from primary to recycled materials.</i>	4%-7% [median: 5%]	IEA 2020 ^{1,85} ; Ellen MacArthur Foundation, 2019 ⁹⁰ ; IEA 2019 ⁹¹ ; Material Economics 2018 ⁹²
		Improve: Energy Efficiency <i>Reducing the need for energy consumption through the installation of new efficient technologies and through systems and operating practices that contribute to reduce energy needs (ex: Energy Management System practices).</i>	25%-28% [median: 26%]	IEA 2020 ^{1,85} ; Material Economics 2018 ⁹²
Urban (not included in aggregate potential analysis to avoid double counting)		Compact city <i>Urban planning interventions for increasing density</i>	4-25% [median: 12%]	Creutzig et al. 2016 ⁷³ ; Borck and Brueckner 2016
		Circular and shared economy <i>Shared spaces and facilities: energy co-ops, group purchasing, libraries, repair cafes, food production and consumption; food sharing; . Circular economy: urban industrial ecology; Consumer actions at reducing waste, recycling. Shared spaces and shared mobility not included here due to overlap with buildings and transport; Improved diets and no excessive consumption</i>	30-60% [median: 50%]	Cantzer et al 2020 ⁹³

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		Systems approach <i>A comprehensive climate change city plan-climate change actions embedded in urban plans. Innovation in urban institutional structure; promote regenerative culture, behaviour, and design innovative financing, stronger science policy linkages. Nexus approaches' that trace linkages between water, food and energy systems ; integrated strategies for energy-material reduction through urban industrial ecology; formal and informal governance arrangements for green and built infrastructure. Local energy generation- renewables; waste to energy; reverse auctions</i>	n/a	
		Nature based solution <i>All urban scale green spaces/interventions including networks of parks and open spaces, green corridors, planted and indigenous trees, and original grassland and woodlands, protection of urban nature (e.g., forests and wetlands), urban agriculture, and water-sensitive designs well as possible street level design interventions that incorporate vegetation.</i>	0-10% [median: 5%]	Culwick and Bobbins, 2016
Aviation	1.8	Avoid: flights <i>Aviation is of low economic value and demand is highly sensitive to prices. A carbon price of aviation fuel of \$400/tCO₂ would have demand for aviation in 2050.</i>	0-47% [median: 40%]	IATA 2020 ⁹⁴ ; Schäfer et al. 2019 ⁹⁵ ; Gossling et al (in review)
Shipping	1.9	Avoid: Reduce demand and slow steaming <i>Shifting supply chains, lower demand for consumption goods, and slow steaming of ships would reduce shipping demand substantially.</i>	40%-60% [median: 47%]	Bouman et al 2017 ⁹⁶ , McKinnon 2020 ⁹⁷ , ITF, 2018 ⁹⁸

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		Shift: modal shift to train <i>Shift from ships to long-distance train (especially across the Eurasian continent) reduces GHG emissions, but not more than 1% of expected emissions.</i>	0%-1% [median: 1%]	ITF, 2018 ⁹⁸
		Improve: Design and power system <i>Independent of fuels (supply) better hull design and improved propulsion system can make ships highly more efficient</i>	30%-50% [median: 40%]	Bouman et al 2017 ⁹⁶ , McKinnon 2020 ⁹⁷ , ITF, 2018 ⁹⁸

Guide through Table S3-7



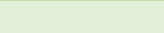
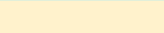

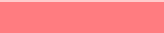









	High positive impact [+3]
	Medium positive impact [+2]
	Low positive impact [+1]
	Overall Neutral
	No impact
	Low negative impact [-1]
	Medium negative impact [-2]
	Level of evidence {limited, medium, robust}
	Level of agreement {low, medium, high}
	Level of confidence {very low, low, medium, high, and very high}

Table S3: Human wellbeing and demand-side mitigation strategies in building sector















	Sufficiency				Efficiency				Lower carbon and renewable energy			
Food	[+1]			★★★	[+2]			★	[+2/-1]			★★★
	Energy sufficiency measures result in lower energy bills and reduce the “heat or eat” dilemma ^{99,100} .				Improved cook stoves provide better food security and reduced risk of fuel shortage in developing countries. Under real-world conditions, these impacts may be limited as the households use these stoves irregularly and inappropriately ^{101,102} . Energy efficiency measures result in lower energy bills and avoiding the “heat or eat” dilemma ^{99,100} .				Improving energy access enhances agricultural productivity and improves food security. On the other hand, increased bioenergy production may restrict the available land for food production ^{86,103–106} .			

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Water	[+2]			★★★★	[+2]			★★★★	[+2/-1]			★★★★
	Reduced energy demand due to sufficiency measures can lead to reduced requirements on energy supply and the associated water consumption ^{103,107,108} .				Reduced energy demand due to efficiency measures can lead to reduced requirements on energy supply and the associated water consumption ^{103,107,108} .				An upscaling of RES usually results in reduced water demand for thermal cooling at energy production facilities. Improved access to electricity is necessary to treat water at homes. In some situations the switch to bioenergy could increase water use compared to existing conditions ^{103,107-111} .			
Air	[+2]			★★★★★	[+3/-1]			★★★★	[+3]			★★★★★
	Air quality improvements due to reduced direct and indirect emissions associated with sufficiency measures ¹¹²⁻¹¹⁶ .				Air quality improvements (indoor and outdoor) due to reduced direct and indirect emissions associated with energy efficiency measures, including improved cook stoves ^{3,102,102,112-115,117-119} . Energy efficiency interventions with inadequate ventilation or use of improper materials may have negative impacts on indoor air quality ^{120,121} .				Fuel switching to RES and improvements in energy access would eliminate major sources (both direct and indirect) of poor air quality (indoor and outdoor) ^{112-115,122-124} .			
Health	[+3]			★★★★★	[+3/-1]			★★★★★	[+3]			★★★★★
	A consequence of better indoor and ambient air quality, energy/fuel poverty alleviation and elimination of the heat island effect. Efficiency measures with inadequate ventilation may lead to the sick building syndrome symptoms ^{86,99,100,112-115,120-122,125-131} .				A consequence of better indoor and ambient air quality, energy/fuel poverty alleviation and elimination of the heat island effect. Efficiency measures with inadequate ventilation may lead to the sick building syndrome symptoms ^{86,99,100,112-115,120-122,125-131} .				A consequence of better indoor and ambient air quality, energy/fuel poverty alleviation, and elimination of the heat island effect ^{5,18,29,35-3786,99,100,112-115,120-122,125-131} .			
Sanitation	[+1]			★	[+1]			★				
	A consequence of improved conditions and smaller dwellings ¹³⁰ .				A consequence improved dwelling conditions ¹³⁰ .							
Energy	[+3]			★★★★	[+3]			★★★★	[+3]			★★★★
	Energy/fuel poverty alleviation in both developed and developing countries ^{86,115,126,130,132-135} (EC 2016).				Energy/fuel poverty alleviation in both developed and developing countries ^{86,115,126,130,132-135} (EC 2016).				Energy/fuel poverty alleviation in both developed and developing countries ^{86,115,126,130,132-135} (EC 2016).			

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Shelter					[+2]	■■■	😊😊	★★★★	[+1]	■■	😊	★★★
					Buildings with high energy efficiency and/or green features are sold/rented at higher prices than conventional, low energy efficient houses ^{136–150} (Högberg, 2013; EC, 2016).				Buildings with green features are sold/rented at higher prices than conventional, low energy efficient houses ^{136–150} (Högberg, 2013; EC, 2016).			
Mobility									[+1]	■■	😊😊😊	★★★
									Helpful if in-situ production of RES combined with charging electric two, three and four wheelers at home ^{103,151,152} .			
Education					[+1]	■■	😊😊😊	★★★	[+1]	■■	😊😊😊	★★★
					Energy efficiency measures result in reducing the school absenteeism due to better indoor environmental conditions. Also, energy poverty alleviation increases the available space at home for reading ^{99,153,154} .				Improved access to clean electricity and fuels enables people living in poor developing countries to read, while it is also associated with greater school attendance by children ^{103,106,128,155} .			
Communication					[+1]	■■	😊😊😊	★★★	[+2]	■■	😊😊😊	★★★
					Better indoor conditions, such as reduced exposure to cold, damp and mould in winter period, avoiding high temperatures in summer, reduced indoor pollution, etc., achieved through energy efficiency interventions can enable residents to avoid social isolation and improve social cohesion. Also, they can reduce stress related to chronic discomfort and high bills, fear of falling into debt, and a sense of lacking control, which are potential drivers of further social isolation ^{99,126,156,157} (Wilson et al. 2016).				Improved access to clean electricity and fuels in developing countries results in substantial timesaving for women and children, increasing the time for rest and communication ^{122,158,159} . Adoption of distributed generation and smart grids helps in communication infrastructure expansion ^{160,161} (ENISA 2015).			
Social protection												

Participation					[+1]			★★★★	[+1]			★★★
					When lower energy use gives occupants more control, their wellbeing increases ¹⁶² . Stakeholder engagement is a key success factor in urban energy efficiency initiatives ¹⁶³ .				RES projects are an opportunity for inclusion and participation of citizens, indigenous communities with different mechanisms (co-ownership, procurement, investments, knowledge transfer, professionalization), often leading to increased positive synergies for both the project and participants ¹⁶⁴ (Salman, 2016; Koch and Christ, 2018).			
Personal Security					[+1]			★★★	[+1]			★★★
					Building retrofits are associated with lower crime ⁹⁹ .				Improved access to electric lighting can improve safety (particularly for women and children) ¹⁰³ (Burnes and Sammad, 2018; Alston and Jacobson, 2018).			
Social cohesion	[+2]			★★★	[+2/-1]			★★★	[+2/-1]			★★★★
	Sufficiency measures lead to reduced energy expenditures that further lead to poverty reduction ^{103,115,130,135} .				Efficiency measures lead to reduced energy expenditures that further lead to poverty reduction. The distributional costs of some mitigation policies may reduce the disposable income of the poor ^{99,103,115,129,135,165} .				Access to RES will largely help alleviate poverty in developing countries as the productive time of women and children will increase, new activities can be developed, etc. The distributional costs of some mitigation policies may reduce the disposable income of the poor ^{101,103,119,135,155,165} .			
Political stability												

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Economic stability	[+2]	■■■	😊😊😊	★★★★★	[+2]	■■■	😊😊😊	★★★★★	[+2/-1]	■■■	😊😊😊	★★★★★
	Through lower energy prices due to the reduced energy demand, positive direct macroeconomic effects (GDP, employment, public budgets) and fostering innovation ^{103,115,133,135,166} .				Through lower energy prices due to the reduced energy demand, positive direct macroeconomic effects (GDP, employment, public budgets) and fostering innovation ^{103,115,129,130,133,135,166} .				Through lower energy prices due to the reduced energy demand, positive direct macroeconomic effects (GDP, employment, public budgets), improved energy access and fostering innovation ^{103,115,130,133,135,166} . Recognized risks of increased RES include higher peaks and congestions in low price-hours, difficulties in designing electricity tariffs and potential instability in the entire electricity system (Mata el al, 2020).			
Material provision	[+2]	■■	😊😊😊	★★★★★	[+2/-1]	■■	😊😊😊	★★★★★	[+2]	■■	😊😊😊	★★★★★
	Reduced consumption of natural resources, namely metal ores, minerals, etc ^{115,167–169} (EC 2016).				Reduced consumption of natural resources, namely metal ores, minerals, etc ^{115,167–169} (EC 2016). Negative impacts (increased use of materials) from increased penetration of new efficient appliances ¹⁵⁷ .				Reduced consumption of natural resources, namely metal ores, minerals, etc ^{115,167–169} (EC 2016).			
Economic supply side effects	[-2]	■■	😊😊😊	★★★	[+2/-2]	■■	😊😊😊	★★★	[+2/-2]	■■	😊😊😊	★★★
	Negative macroeconomic effects in upstream sectors due to reduced energy demand ^{103,115,129,133,135,166} .				Positive and negative macroeconomic effects in upstream sectors due to the realization of the energy efficiency measures ^{103,115,129,133,135,166} .				Positive and negative macroeconomic effects in upstream sectors due to the promotion of RES and clean energy fuels ^{103,115,129,133,135,166} .			

Table S4: Human wellbeing and demand-side mitigation strategies in food sector

	Food waste				Reduce over-consumption				Animal free protein			
Food	[+1]	📄	😊	★★	[+1]	📄	😊	★	[+1]	📄📄	😊😊	★★★
	Reducing food loss and waste increases food availability and can potentially increase food security; though distributional problems need to be overcome as well ^{71,170–173} . There is a high agreement and evidence that reducing food loss and waste in the agrifood sector is crucial for climate mitigation and wellbeing particularly in the developed world. Roughly, 20-40% of food that is produced is estimated to be lost to waste before it reaches the market or wasted by households ^{174,175} (Godfray et al. 2012). The energy embodied in wasted food is estimated at ~36 EJ/yr and during 2010–2016 the global food loss and waste was 8–10% of total GHG emissions (Mbow et al. 2019).				The, technical mitigation potential of dietary changes by 2050 range from 2.7–6.4 GtCO ₂ -eq yr ⁻¹ for different diets, part of which to be achieved through reduced overconsumption, and the rest mainly through reduced consumption of animal source food. The economic potential of such solutions is lower, ranging from 1.8–3.4 GtCO ₂ -eq yr ⁻¹ at prices of 20–100 USD tCO ₂ , with caloric costs up to 190 kcal per person per day (Mbow et al. 2019). Similar to reduced food waste, additional food available through reduced over-consumption can contribute to reducing food insecurity, if distributional challenges are addressed.							
Water	[+2]	📄📄📄	😊😊😊	★★★★★	[+1/-1]	📄	😊	★	[+2]	📄📄	😊😊😊	★★★★★
	reducing food waste reduces embodied water losses ^{171,176} and water pollution				Depends on substitution effects; policies targeting reduction of over-consumption focus on high-caloric foods ^{177,178} . These are often combined in food-based dietary recommendations (FBDGs) with recommendations to increased consumption of low-caloric (and healthier) products ^{179,180} . Though the impact on climate, water and air pollutants should be reflected in 'healthy sustainable diets' ¹⁸¹ , these are often not yet considered in national FBDGs ¹⁸² , thus the effect of reduction of over-consumption remains inconclusive.				Higher blue and green water footprints of animal source food as compared to plant based food allow significant reduction of water use ¹⁸³ , e.g. for vegan diets and diets consuming low-food chain products ^{70,184} .			
Air	[+2]	📄📄📄	😊😊😊	★★★★★	[+1/-1]	📄	😊	★	[+3]	📄📄📄	😊😊😊	★★★★★
	reduced food demand avoids emissions of air and water pollutants in food production, transport, processing, distribution and waste management ^{176,185} .				see water.				Livestock products are responsible for most agricultural NH ₃ and CH ₄ emissions; precursors of PM _{2.5} and tropospheric ozone ^{186–188} .			

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Health	[+2]	■	😊😊	★★★	[+3]	■■■	😊😊😊	★★★★	[+3]	■■■	😊😊	★★★
	Food waste increases risk of contamination with pathogenic microorganisms; there is a trade-off between through better food planning (=reducing health risk) and avoiding food waste by wasting less/eating more (in most cases neutral to health, might in some cases have negative health effect); indirect health effect reduced air and water pollution through avoided food supply & waste management ¹⁸⁹ .				Over-consumption is one of the major cause of the obesity pandemic and of non-communicable diseases ^{190,191} . Reducing US food overconsumption, especially meat, would lead to both health and environmental benefits ¹⁹² . In the US, healthy food choices -- higher fruit and vegetable consumption -- are positively correlated with wellbeing ^{193,194} .				Healthy diets are characterized by low consumption of meat, in particular red meat, with increased consumption of nuts, fruits, vegetables and legumes; however, the changes needed differ greatly by region ^{174,195} . Furthermore, livestock systems are associated with occurrence of Antimicrobial resistance ^{196,197} , and the potential risk of zoonotic diseases ¹⁹⁸ .			
Sanitation	[+1]	■	😊	★★	[+1]	■	😊	★★	[+1]	■■	😊	★
	Food waste increases risk of contamination with pathogenic microorganisms ^{199,200} .				Reducing junk foods and overconsumption would have positive impacts on Australia's environmental footprint and reduce waste ²⁰¹ .				Reduce dairy and animal industry residues.			
Energy	[+1]	■■■	😊😊😊	★★★★★	[+1/-1]	■	😊	★				
	Reduced energy needs in food supply, preparation & waste management ^{176,202} .				see water.							
Shelter												
Mobility	[+1]	■■	😊😊	★★★	[+1/-1]	■	😊	★				
	Less transport of food both within supply chain and for shopping end users.				see water.							

Education													
Communication	[+1]	📄	😊😊	★★					[-1]	📄📄📄	😊	★★★	
	Food sharing is proposed as a measure to reduce food waste ^{63,203,204} and requires communication.								information on how to 'use' animal free diets (recipes, what is healthy) not equally available (in the transition period); guidance on healthy plant-based diets largely missing ¹⁸² .				
Social protection	[-1/+1]	📄📄📄	😊😊	★★★	[+2]	📄📄📄	😊😊😊	★★★★★	[+3]	📄📄📄	😊😊😊	★★★★★	
	Food banks & donations to reduce food waste are an important social protection measure in some countries. On the negative side, this does reflect austerity measures and the on-going breakdown of social security nets ^{205–208} .				Reducing US food overconsumption, especially meat, would lead to both health and environmental benefits ¹⁹² . In the US, healthy food choices -- higher fruit and vegetable consumption -- are positively correlated with wellbeing ^{193,194} . Reducing junk foods and overconsumption would have positive impacts on Australia's environmental footprint ²⁰¹ .				Sustainable vegetarian diets are better for both human health and planetary health ^{209,210} . Meat increases the risks of chronic ill health, colorectal cancer and cardiovascular disease ²¹¹ . Improved health helps people to manage their socio-economic risks; conversely, non-communicable diseases harm social protection ^{212–216} .				
Participation	[+1]	📄📄	😊😊😊	★★★★★	[+2]	📄📄📄	😊😊😊	★★★★★	[+1]	📄📄📄	😊😊	★★★★★	
	Reducing food waste in the US requires attention to specific contexts, social and behavioural factors, motivations, values, skills and preferences ²¹⁷ . Reducing food waste can link to wellbeing, inclusiveness, and urban resilience ²¹⁸ . In Singapore, ecologies of participation help explain transition motivations ²¹⁹ .				Community-led interventions to reduce over-consumption and other health inequities can increase local control and socio-political impetus for improvements ²²⁰ . Traditional and community food systems also promise health (obesity-reduction), environmental, economic and social benefits ^{221,222} . Dietary norms are strongly influenced by social context ²²³ .				Interest in meat-free diets is socially-mediated and is growing quickly ²²⁴ . Diet shifts away from meat maybe understood as politicized and related to social identity ^{225,226} and as reflecting moral judgement ^{227,228} . In the US, vegans face social stigma ²²⁹ .				
Personal Security													

Demand-side solutions to climate change mitigation consistent with high levels of wellbeing

Social cohesion	[+1]	■	😊	★					[-1]	■	😊	★
	Food sharing arrangements (e.g. food banks, soup kitchens) can be actively designed to improve social cohesion, and are one strategy to reduce food waste.								Dietary shift requires a transformation of society - today large resistance against it; 'healthy food' as status symbol in the transition period; social divides around alternative diets could be exploited.			
Political stability	[+1]	■	😊	★	[0/+1]	■	😊	★	[+1]	■	😊	★
	indirect positive effects if positive impact on food security are realized.				unclear/slightly positive outlook; reducing overconsumption is likely opposed by vested interests in the food sector, leading to conflict; but successful reductions would tackle several underlying social problems, such as obesity and social class divisions.				unclear/slightly positive outlook; reducing overconsumption is likely opposed by vested interests in the food sector, leading to conflict; but successful reductions would tackle several underlying social problems, such as obesity and social class divisions.			
Economic stability	[+1]	■	😊	★★					[+2/0]	■	😊	★
	Depending on the cost of food waste reduction, household income can increase (less purchases) or slightly decrease ²³⁰ . Indirect savings through environmental and health benefits ¹⁸⁹ .								Shifted demand could also increase demand for new products with possibly high profit margins.			
Material provision												
Economic supply side effects	[-1]	■■■	😊😊	★★★★	[+1/-2]	■	😊	★	[-2]	■	😊	★
	Reduced demand for food might lead to a reduced demand for agricultural supply ²³⁰ ; however there might be opportunities for smart packaging or food processing industries valorising food waste ^{231,232} .				Reduced over-consumption might lead to a substitution effect with increased consumption of healthier products that partly compensates for reduced demand, or consumption of re-formulated products ^{177,233} .				Cattle and meat industry will witness a decrease in demand. Opportunity to produce higher value low-carbon meat.			











Table S5: Human wellbeing and demand-side mitigation strategies in land transport sector

	Teleworking & online education system				Non-motorized transport				Shared mobility				Evs			
Food	[+1]	📄📄	😊	★★	[+2]	📄📄	😊	★★	[+1]	📄📄	😊	★★	[+1]	📄📄	😊😊	★★★
	Food service delivery mediated through mobile applications have increased rapidly globally between 2015-2020. Most major countries have at least one major Online Provider for food delivery showing unyielding growth rates (Statista,2019).This may be tampering with family values, dine-out culture, case in India (Shentil et al 2020). Built environment plays significant role connected with eating behavior and practice ²³⁴ .				Active travel and healthy diets tend to cluster ^{235,236} . The causal mechanism is not clear ²³⁷ .				Food availability, food security by crowd-shipping services; see Le (2019) Sharing economy introduces new dynamics into the food service transaction and the food-service market change has implications for restaurants and the workforce ²³⁸ .				Pedelec's expand mobility options for those with low and medium fitness. Increased physical activity in turn is statistically correlated with healthier diets ^{235,236} .			
Water					[+1]	📄	😊	★★								
					Walking and use of non-motorized transport to fetch water a public health problem for many, especially women, in the poor regions ²³⁹ . Alternative decentralized water treatment systems is a means of achieving rapid health gains among vulnerable populations in rapidly growing urban and peri-urban slums ²⁴⁰ .											
Air	[+3]	📄📄📄	😊😊😊	★★★	[+1]	📄📄 📄	😊😊😊	★★★★★	[+3]	📄📄	😊😊😊	★★★	[+2]	📄📄📄	😊😊😊 😊	★★★★★
	Same as health. Reduced transportation needs -> reduced congestion and emissions. Teleworking improve traffic condition and air quality ²⁴¹ .				Reduced congestion and emissions ²⁴² . NMT solely give small CO2 emission reduction ²⁴³⁻²⁴⁵ . Combination with shared mobility/sharing system will improve air quality (PM 2.5) and public health ²⁴⁶ .				Considerable emissions reductions and hence air quality improvements possible (see following tabs), but some potential for rebound effect as latent mobility demand increases. Tirachini, 2019				Potential to eliminate particulate emissions from combustion (but not brakes, tire wear) ^{247,248} .			

Demand-side solutions to climate change mitigation consistent with high levels of wellbeing

Health	[+2]	■■■	😊😊😊	★★ ★★	[+3]	■■■ ■	😊😊😊	★★★★ ★	[+2]	■■■	😊😊😊	★★ ★★	[+1]	■■■	😊😊 😊	★★★★
	It has mix influence: "+2" for reduce commuting and (mico) trips > reduce emissions > increase public health; while "-1" for tendency of less physical activity which increase prevalence for cardiovascular diseases and obesity. Video formats are key requirements for COVID-19 and health provisioning ²⁴⁹ .				increase physical activity > increase health level while less air pollution, better quality of life ^{250,251} ; Combination of cycling & shared mobility/sharing system (bike sharing) will improve air quality (PM 2.5) and public health ²⁴⁶ .				Considerably reduce emissions via less energy consumption, therefore increase public health. While it could have a negative impact on physical activity (e.g. less walking). In combination with EVs or Autonomous Vehicle will improve public health ²⁵² .				It very much depends on the implementation, the impact could be +1 or +2 (in combination with other policies). Nature Conservation and Nuclear Safety (BMU) report; Buekers et al. (2014); Requia et al. (2018); House et al. (2019). Combination with Shared Mobility (Ride Sharing, Ride Splitting) will improve public health ²⁵² .			
Sanitation													[+1]	■■■	😊😊 😊	★★★★
													Sanitation vehicles with electric drive train reduce noise pollution in early morning hours, in addition to reducing GHG emissions ²⁵³ .			
Energy	[+2]	■■■	😊😊😊	★★ ★★	[+2]	■■■ ■	😊😊😊	★★★★ ★	[+1]	■■■	😊😊😊	★★ ★	[+3]	■■■	😊😊 😊	★★★★
	Walking is highly energy efficient. Improving Non-motorized transport facilities will increase modal share of NMT and reduce fuel consumption and GHG emissions. Combination of NMT infrastructures together with improvement of Public Transport System will give maximum benefits for modal share, energy consumption and GHG emissions ²⁵⁴ .				Walking is highly energy efficient. Improving Non-motorized transport facilities will increase modal share of NMT and reduce fuel consumption and GHG emissions. Combination of NMT infrastructures together with improvement of Public Transport System will give maximum benefits for modal share, energy consumption and GHG emissions ²⁵⁴ .				Shared cycling, shared e-scooters and shared pooled mobility are more energy efficient than ICEs. Ride sourcing (Uber, Lyft) are more energy intensive than ICEs ⁷⁷ (ITF, 2020).				Much more energy efficient than ICEs, key opportunity to reduce primary energy while keeping useful energy constant ^{86,255}			
Shelter	[+1]	■	😊	★★												
	Potential to de-link housing competition from job availability in dense urban areas, hence increasing affordability/access to shelter, but no known studies															

Demand-side solutions to climate change mitigation consistent with high levels of wellbeing

Mobility	[+2]			★★ ★★	[+3]			★★★★ ★	[+2]			★★ ★★	[+2]			★★★★
	Energy reduction from less travel, including less congestion and less stress on roads ^{256,257} . Overall savings are significant but modest. Accessibility gain to work (convenience, time savings). Travel time saved for more pleasurable activities.				Walking is an active mode of travel. Improving space use in terms of mode choice. A large number of car trips are less than 5 km and could be easily replaced by NMT (cycling), cycling use much less space than car and cyclists tend to be happier than other transport users ²⁵⁸ . Combination with sharing system (bike sharing) and electric-bike can remove barrier of elderly people for cycling longer distance and rides uphill ²⁵⁹ . Combination with improvement of public transport facilities will bring maximum benefit on the mobility (access to public transport & safety issues) ²⁵⁴ .				Shared mobility offers notable convenience effects ^{260–262} .				Another mobility option; higher air quality for traffic participants. Combined with Autonomous vehicle and shared mobility will increase the impact ^{260–262} .			
Education	[-1]			★★ ★	[+1]			★★★★								
	An experiment of university students indicates that live education leads to slightly larger average test scores than online education ^{263,264} .				all behavioural changes relates to education. The walkability could improve safety issue of school travel. Safe Route to School (SRTS) to promote active school travel (AST) through the improvement of infrastructure and non-infrastructures was common and famous ²⁶⁵ . The other example of intervention, walking school bus (WSB), was a promising intervention in short and long term in urban low-income elementary school students ²⁶⁶ .											

Demand-side solutions to climate change mitigation consistent with high levels of wellbeing

Communication	[+2]	■ ■	😊😊😊	★★ ★★	[+3]	■ ■	😊😊	★★★	[+1]	■ ■	😊😊	★★ ★				
	Facilitate interaction with distant communities and long-distance family interactions ²⁶⁷ .				Perceived walkability is positively related to neighbourhood social environment but neighbourhood socio-economic factors should be considered in walkability studies ²⁶⁸ . Walking enables more face to face contact than for example car driving				Shared mobility as a way to also share information and values ²⁶⁹ .							
Social protection	[+1]	■ ■	😊😊	★★ ★★	[+1]	■ ■ ■	😊😊	★★★★★	[+2]	■ ■	😊😊	★★ ★	[+3]	■ ■ ■	😊😊 😊	★★★★★
	IoT and digital commons represent key platforms for information (also eco-chambers of information) exchange, offer an open marked of alternatives for consumption e.g. (consumer) assisting decisions in the private and public spheres, and create new spaces for social and political interaction ^{270,271} .				Urban street reclaiming for non-motorized transport can make cities safer for children ²⁷² , and has high potential for health-promoting transport in less-developed countries ^{273,274} . However, due to policy failures, most victims of road accidents are non-motorized transport users ^{275–277} .				Shared mobility can fill gaps and extend the reach of public transport to connect low-income people with jobs and other opportunities ²⁷⁸ and increase quality of life for seniors ²⁷⁹ . Shared mobility may reduce and shorten trips and increase efficiency ²⁸⁰ as well as user control ²⁸¹ .				The widespread adoption of EVs has the potential to substantially reduce greenhouse gas and other emissions, plus associated health impacts and damages ^{282,283} .			
Participation	[+2]	■ ■	😊😊😊	★★ ★★	[+1]	■	😊	★★	[+1]	■	😊😊	★★ ★	[+2]	■	😊😊	★★★
	On daily basis less interaction with office mates however, Teleworkers able to develop greater social support relationships with some other teleworkers, while at the same time allowing them to distance themselves from negative work relationships ²⁸⁴ .				Walkable design solutions and hence require participation and may also foster it. Majority of pedestrians, cyclists, public transit and even car users would prefer a redistribution of road space and investment in favour of active transport.				Private car sharing require and foster local participation.				Demands for decentralized renewable energy systems controlled at the local level are emerging in democratic energy transition politics ^{285,286} . EV adoption in the US is linked to progressive political identity ²⁸⁷ . Energy transitions follow paths driven by policies, technology development, and markets ²⁸⁸ .			
Personal Security	[-1/+1]	■ ■	😊😊	★★ ★★	[+2]	■ ■ ■	😊😊😊	★★★★★	[-1/+1]	■ ■ ■	😊😊😊	★★ ★				
	Teleworking leads to reduced number of car crashes ²⁸⁹ . Teleworkers are less aware of ergonomic and health safety issues compared to office workers ²⁹⁰ .				Safety and Security are important aspect on the decision to walk or not ^{291–293} .				Platform security is a concern ²⁹⁴ , particularly in the case of ridesourcing ²⁹⁵ . Shared pooled mobility is comparatively safe, and shared cycling is also safe from assault. Increases road safety by taking cars from the roads ²⁹⁶ .							

Demand-side solutions to climate change mitigation consistent with high levels of wellbeing

Social cohesion	[+2]	■ ■	😊😊😊	★★ ★★	[+2]	■ ■ ■	😊😊	★★★	[-1/+1]	■ ■ ■	😊😊😊	★★ ★★				
	Reduced demand for cars. Teleworking may have positive implications on productivity of creative tasks but negative implications on productivity of dull tasks ^{297,298} .				More social cohesion in more walkable neighborhoods ²⁹⁹ (Wood et al 2009).				Local shared mobility can help to build and sustain communities ²⁶⁹ , but in many cases also create instability due to competition with regular taxis or regular paratransit drivers ²⁷⁶ .							
Political stability	[+2]	■ ■	😊😊	★★ ★	[+2]	■ ■	😊	★★	[-1]	■ ■ ■	😊😊😊	★★ ★★				
	Data sovereignty and data protection and security, as well as inclusivity, accessibility, net neutrality, resilience and robustness of digital and digitalized infrastructures are key requirements. // Inequality of internet service provision will make teleworking possible for some types of work. Equal and affordable access to internet services will define political possibilities.				Same as social cohesion				Shared mobility is seen as force of disruption in the automobile industry, possibly associated with slowdown in vehicle sales growth ³⁰⁰ . Even as overall revenue grows ³⁰⁰ , tomorrows highly paid jobs will differ from today's, making the speed of change a relevant issue. Potential conflicts with regular taxis or paratransit drivers in developing countries ²⁷⁶ .							
Economic stability	[+2]	■ ■ ■	😊😊😊	★★ ★	[+2]	■	😊😊	★★★	[+2]	■ ■ ■	😊😊😊	★★ ★★	[+2]	■ ■ ■	😊😊 😊	★★★★
	Spatial and social-group-specific differences in access to digital services (internet), differences in skills for dealing with ICT ,for the spread of telecommuting and for receiving economic benefits of digitalization ^{301,302} .				Active travel infrastructure is associated, in most cases, with increased local business activities ^{303–305} .				Large additional economic service-oriented turnover expected ³⁰⁰ .				Similar to the concept of #M4.			
Material provision									[+2]	■ ■	😊😊😊	★★ ★★	[-1]	■	😊	★★
									Material demand reduction ^{86,306–308} .				Material for EVs are heavier and more carbon intensive ^{306–309,309–312} .			

Demand-side solutions to climate change mitigation consistent with high levels of wellbeing


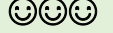






Economic supply side effects	[+1]			★★ ★★	[+1]			★★★	[-2]			★★ ★★ ★	[+1]			★★★
	spatial and social-group-specific differences in access to digital services (internet), differences in skills for dealing with ICT ,for the spread of telecommuting and for receiving economic benefits of digitalization ^{301,302} .				Walking increases creativity and improve productivity ³¹³ ; less car dependence may reduce monetary turnover for repairing and providing for new streets and automobile infrastructure				Reduced demand for private cars, may have negative impact on the existing public transport system ^{260,314} .				Although the adoption of electric vehicles are accelerating, it may not be clear that purchasing an electric vehicle is advantageous from an economic or environmental perspective ³¹⁵ ; diesel and ICE engines are more labor intensive than electric engines.			

Table S6: Human wellbeing and demand-side mitigation strategies in urban sector

	Compact city				Circular and shared economy				Systems approach in urban policy and practice				Nature based solutions			
Food	[+2/-1]	■	😊😊	★★★	[+2]	■■■	😊😊 😊	★★★ ★	[+1]	■	😊😊	★★★	[+2]	■	😊😊	★★★
	Mix effects. land use and land availability perspective; protecting agricultural land (which also has positive impact on food security and E stability) (+2) / increase transport (in contrast to local production) (-1) ; Creutzig (2016), Wake (2019), Azunre et al (2019), Yuan (2019), Anabtawi (2018), Gu et al (2019)				Community gardens that support sustainable food production and consumption, urban food sharing including sharing seeds, redistribution of food to the needy, food banks, shared kitchens, shared dining deliver substantial environmental benefits including avoided foodwaste to landfills (Munz and Cohen, 2016) (Davies & Legg, 2018)				Integrating urban agriculture can improve food access and security ³¹⁶ ; Bisello (2018); Integrating rural land use optimization, changing urban dietary structure, and reduce food waste in cities can all contribute to overall food security Gu et al (2019) / land use mix, connectivity, and accessibility > IPCC-AR5-Ch12				Sustainable urban agriculture can enhance local food production ³¹⁷ Petit-Boix (2018); Pauliuk (2018). Green infrastructure help biodiversity restoration and thus help pollinator health, contributing to longer term food security (Hall et al 2017).			
Water	[+1]	■	😊	★★	[+1]	■	😊😊	★★★	[+2]	■■	😊😊 😊	★★★	[+1/-1]	■■■	😊😊 😊	★★★★ ★
	Compact urban form that limits urban expansion in combination with both behavioural and structural shifts for reducing water demand, including rainwater harvesting, can reduce energy usage for water demands and CO ₂ emissions as well as the water stress of urban areas on 24 local and/or distant reservoirs (James et al. 2018; Lam et al. 2018; Xu et al. 2018a). Negligible effect of densification on residential water demand ³¹⁸ .				Likely large potential for rainwater harvesting via building design , as well as low water use devices and behaviours.. A circular economy approach for water could enable efficient use of water and enhance the city's water security ³¹⁹ . (Slys, 2009)				Similar to food, potential to integrate "water-energy-food" nexus in urban sites ³²⁰ the nexus approach allows for simultaneous planning to reduce energy and water footprint ³²¹ (Wang and Chen, 2017) Urbanization and urban air pollution both found to exacerbate heavy rainfall and thus flood risk in cities. Therefore, urban water management need to be considered through a systems approach considering these interlinkages ³²² .				Water-energy-food nexus. E.g. integrating food production with rainwater harvesting / waste water flows / water recycling schemes on shared urban spaces such as rooftops, parks ^{323,324} UNESCO, 2018); Lwasa et al. 2015. Support storm water management ³²⁵ (Mcphearson et al., 2015); Urban blue infrastructure enhances water quality and security; trade-off with choice of tree species especially in water scarce cities; Sponge city initiative in China reduces urban flood risk (Chan et al 2018)			

Demand-side solutions to climate change mitigation consistent with high levels of wellbeing

Air	[+2/-1]	■	😊😊 😊	★★★	[+2]	■	😊😊 😊	★★★	[+2]	■	😊😊 😊	★★★	[+3/-1]	■■■	😊😊 😊	★★★★
	There is evidence of improved air quality avoided deaths from reduced air pollution, especially when accompanied by appropriate transit policies ^{326–328} . However, some studies show low or no clear impact of compact urban development on air quality ^{329,330} ; Compactness if not accompanied by transit can add to congestion and poor air quality				Considerable emissions reductions and hence air quality improvements possible (see following tabs), but some potential for rebound effect as latent mobility demand increases Tirachini, 2019.				Same as health - integrated urban planning supporting air quality; Co-benefits between climate mitigation and air pollution reduction ²⁵ . Systemic (district) solutions to heating and cooling needs, as well as logistic needs can reduce overall air pollution ^{54,331} .				Urban tree planting can provide significant air quality benefits ^{332–334} (De la Sota et al. 2019). Choice of species matters- some species could produce wind dispersed pollen and gases that cause photochemical reactions ^{335,336} . Through reduced urban heat island effect, urban green surfaces also reduce photochemical smog. incl. ozone concentration ³³⁷ .			
Health	[+3/-1]	■■■	😊😊 😊	★★★ ★	[+2]	■	😊😊 😊	★★★	[+3]	■	😊😊 😊	★★★	[+3]	■■■	😊😊 😊	★★★★ ★
	Compact cities that support a modal shift away from private motor vehicles towards walking, cycling, and low-emission public transport ³²⁶ . This modal shift to active transport secured cleaner air, benefitting public health Savacool (2020); Newman (1989); Creutzig (2016); Urge (2018) Woodcock (2009); Balbus (2014). Trade-offs include the marginal health costs of transport air pollution ³³⁸ , noise stress (Madza Adli, 2017).				Health impact via less outdoor air pollution and improved indoor environmental conditions (Savacool, 2020); combine ICT, e-mobility could create sustainable urban spaces, thus a better quality of life including health and social cohesion (EU SCIS project, 2017); energy retrofit on urban regeneration mentioned in several project reports ³³⁹ (Bisello (2018). Indirectly from avoided air pollution and noise from manufacturing and construction. Health benefits from shared urban food systems ³⁴⁰ ; Significant reduction in energy use and material usage > air pollutant emissions reduction and therefore increase public health (Urge (2018)); increase leisure and social quality times; health benefits from improved diets (Christis et al., 2019)				Sustainable positive health outcomes in the urban context require a systems approach that integrates perspectives from urban planning > Bai (2016); Roux (2015); Tozan (2015); Bai (2012); Urge (2018); A better access to healthier food, improved air quality and waste management				Space for more physical activity for urban residents (Raymond et al., 2017). Health benefits including reduced cardiovascular morbidity, improved mental health ^{341,342} , higher birth weight (within 100 m) ³⁴³ and from reduced air pollution and access to green spaces ^{344,345} (Bellamy et al., 2017). Overall, urban greenery has significant impact on increased life expectancy (Jonker et al 2014)			
Sanitation	[+1]	■	😊	★★					[+1]	■	😊😊 😊	★★★	[+1]	■■	😊😊 😊	★★★
									by designing and operation of infrastructure to secure sanitation, control infiltration and storm water runoff; Circular economy unlocks a rich cycle of biological, and renewable, resources that can be used and reused continuously which usually being lost and often causing harm.				nature-based sanitation solutions can be implemented into wastewater treatment facilities (UNESCO 2018)			

Demand-side solutions to climate change mitigation consistent with high levels of wellbeing

Mobility	[+3]	■■■	😊😊 😊	★★★ ★★	[+3]	■■■	😊😊 😊	★★★ ★★	[+3]	■	😊😊	★★★	[+1]	■■	😊😊 😊	★★★
	Compact cities a) reduce the distance needed to drive; b) enable modal shift to public transit (require high ridership) and cycling (requires shorter distances). They may also increase congestion (unclear results) ³³⁸ (Creutzig, 2014). Denser, mixed use, and compact environments can provide benefits and offset effects of VMT and energy consumption, but also found that 12 such built environments can offset such benefits due to the fact that congestion often occurs in denser 13 urban areas. The study also found that population density and mixed use have only limited effects on 14 commuting trip distance, but for non-commuting trips, mixed use and street connectivity are associated 15 with shorter VMT Ding et al. (2017a).				Shared mobility (ride sharing) is among the most promising urban strategies to address congestion, parking challenges, frees up road space for more safe bicycle infrastructure ^{79,80} . Shared vehicle (without ride sharing) use makes mobility more flexible without having to rely on available parking and being tied to vehicle location. Simultaneously, it saves substantial embodied emissions through reduced needs for automobiles and parking infrastructures.				Joint car and bike sharing significantly reduces energy consumption and needs (Becker et al, 2020) and improves transport efficiency ³⁶⁰ .				Shaded pathways can enhance shift to walking and cycling ³⁶¹ .			
Education	[+1]	■■	😊😊 😊	★★★ ★★	[+1]	■	😊😊 😊	★★★ ★					[+2]	■■	😊😊 😊	★★★★
	Compact cities increase access to the schools and educational facilities ³⁶² .				Participants in food exchange programme gained new knowledge ³⁴⁰ ; community school gardens integrated into school curricula can deliver education and health benefits to children ³⁶³ . Widespread use of shared mobility substantially increases the inclusivity of cities, including access to education ⁸⁰ .								Schools, universities and urban forests can enhance knowledge regarding nature, ecosystems functions and biodiversity ^{364–366} .			

Communication	[+1/-1]	■ ■	😊😊	★★★	[+1]	■ ■	😊😊 😊	★★★ ★	[+1]	■	😊	★★				
	Mixed effects. Design of public spaces is important (Raman, 2010)				Shared housing (e.g. shared kitchens), improves communication between neighbours, or co-inhabitants, though design issues, and the predisposition of inhabitants are important (Baum, 1986). People with dementia benefit from shared living arrangements. Shared urban spaces enhance virtual and physical communication among urban communities ³⁴⁰ . Widespread use of shared mobility substantially increases the inclusivity of cities, including communication among its citizens, ability to form communities ⁸⁰				A systems approach can translate into improved communication at urban level, e.g. via urban-scale smart mobility systems that improve accessibility also for the disadvantaged (De, Sikarwar and Kumar, 2018). RE integration with smart city systems can enhance the potential of ICT. Food and appliances sharing system build on social group communication, both requiring this and fostering it.							
Social protection	[+2]	■ ■	😊	★★	[+1]	■	😊😊	★★★	[-1]	■	😊	★★	[+2]	■	😊😊 😊	★★
	Potentially greater access to amenities supporting social protection (health, education, green spaces, community spaces). These benefits could potentially also be offset by the gentrification and commercialisation of dense urban areas. References unknown. Safer urban environments (OECD, 2018) Streets that have kiosks, shops, etc. , more frequently found in compact cities, have "eyes on the street", and thus provide an element of the building of social capital (Jacobs, 2016)				Food sharing and re-distribution to the needy can enhance food security and act as a social protection strategy ^{340,367,368} . Widespread use of shared mobility substantially increases the inclusivity of cities, including the access to services and infrastructures to build community and social services ⁸⁰ .				Ambitious mitigation and adaptation plans could benefit private interests resulting in adverse effects on the urban poor Chu 2016; Mehta et al. 2019				Nature based solutions offer opportunities for greater interaction; spaces for shared activities, events, etc, improve societal health and well-being ³²⁴ (Bellamy et al., 2017)			

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Participation	[+1]	■	😊	★★	[+1]	■	😊😊 😊	★★★★	[+1]	■	😊😊	★★★★	[+3]	■	😊	★★
	The built environment (walkability) has a small but significant positive effect on social capital (Wood et al., 2009) (see also social cohesion)				Systems approach that engages public participation and developed solutions can enhance participation (Bai et al., 2018) Widespread use of shared mobility substantially increases the inclusivity of cities, including access to active participation opportunities ⁸⁰ .				Participation itself can realize system-wide solution, such as well-designed cable car systems in Medellin ³⁶⁹ .				Many solutions are bottom-up (participatory) ^{324,370,371} .			
Personal Security	[+1]	■■	😊😊 😊	★★★★ ★	[+2]	■	😊😊 😊	★★★★ ★	[+2]	■	😊	★	[+1]	■	😊	★★★★
	Compact and dense cities could enhance citizens safety ³⁵⁶ ; Compact and optimally designed cities enhance energy efficiency, and through this alleviate poverty ³⁷² .				Sustainable urban planning, particularly with nature-based solutions has a positive impact and contributes to urban resilience, human well-being, economic stability and physical security > H2020 report (2015) ; it also address the societal challenges of climate change, natural disasters, food and water security, human health and well-being, and economic and social development > Bush (2019); Cohen-Shacham (2016); EC (2015)				The system approach in urban planning and policies have a direct influence on spatial segregation of society and in the perception of urban security by citizens. Therefore enhance citizens and sources security, for example by creating safe and healthy places, urban crime and violence reduces > Saaty (2017)				In pandemics such as in COVID19, urban parks can provide access to safe exercise and safe leisure such as walking with pets or meeting friends ³⁷³ .			
Social cohesion	[+1]	■■	😊😊 😊	★★★★ ★★	[+1]	■	😊😊	★★	[+1]	■	😊	★★	[+2/-2]	■■	😊😊 😊	★★★★
	Access to recreation, amenities, education, jobs and opportunities for social interaction. Dense cities have small networks but stronger ties (Raman, 2010)				Shared spaces for interaction such as libraries, recycling cafes, community gardens and shared public spaces can offer opportunities for bringing communities together (Munz and Cohen, 2016). Many solutions are bottom-up and improve cohesion; sense of belonging main motivation to participate in sharing economy (Hawlitschek et al, 2016). Widespread use of shared mobility substantially increases the inclusivity of cities, including social cohesion ⁸⁰ .				By involving, in different ways, more people in the management and decision making about green spaces additional, more socio-cultural benefits can be unlocked (Andersson, 2018) See also communication and participation				Synergy: provide spaces for social engagement; improve well-being (Bellamy et al, 2017) greening strategies, upgrading and urban revitalization as primarily market-driven endeavours targeting middle class and higher income groups sometimes at the expense of less privileged residents. Rise in property prices could lead to further gentrification (Raymond et al., 2017) (Hasse et al., 2017); uneven distribution of costs and benefits (Bush & Doyon, 2019)			

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Political stability					[+1]	📄	😊	★★								
					Similar link to social cohesion - sharing economy fostering social cohesion and hence political stability											
Economic stability	[+1]	📄📄	😊😊 😊	★★★ ★	[+2]	📄	😊	★★	[+1]	📄	😊😊	★★	[+3]	📄📄	😊😊 😊	★★★★★
	Compact cities can foster regional economic growth, affect its economic activities. Improved productivity, better access to jobs through reduced travel distances ³⁵⁶ . Higher densities and close proximity of a larger population would mean that local businesses become more viable (Jenks, 2019, and enabled higher levels of energy efficiency help alleviate poverty ³⁷² .				Economic benefit for those receiving the redistributed food. Green jobs from urban start-ups, avoided costs ³⁴⁰ . Local economic opportunities through urban start-ups ((Munz and Cohen, 2016). Not enough evidence to show these benefits will be sustained				System approach poses an ability to deal with large number of interacting variables and relations. > direct and indirect positive impacts > address disaster risk reduction, urban poverty reduction and urban resilience > enhance economic stability. Systems approach entails creating demand and opportunities for entrepreneurship and business and civil society engagement ³¹⁶ ; this strategy can address a variety of societal challenges in sustainable ways, with the potential to contribute to green growth, 'future-proofing' society, fostering citizen well-being, providing business opportunities > H2020 report (2015)				has high positive impact on economic stability; see Ghisellini et al (2016), Esposito et al (2017), Esposito et al (2018), Tomey et al (2016) ,			
Material provision	[+1]	📄	😊	★★	[+3]	📄	😊😊 😊	★★★★	[+3]	📄📄📄	😊😊 😊	★★★★★	[+1]	📄	😊	★★
	Compact cities use land and resources efficiently (Fertner and Große 2016) but there isn't enough evidence on material use				Reduced material needs from higher recycling and reuse ³⁷⁴ (Cohen & Munoz, 2016)(Kumar and Baskar 2015) ; Urban organic waste can be recycled and reused in many urban applications, including as fertilisers ³⁷⁵ .				Integrated and efficient infrastructure reduces material from avoided infrastructure and better efficiency ; Policy on green procurement and changing industrial development policy may change the type and quantity of material provision as well as GHG emission of the city ^{376,377} .				Urban parks, gardens, green infrastructure can provide bio-based materials for various uses, including wood for construction, firewood, compost for fertilisation, etc ³⁷⁵ .			

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Economic supply side effects	[+1/-2]				[-1]				[+2/-2]				[+1]			
	☺☺	★★★	☺☺	☺☺	☺☺	★★★	☺☺	★★★	☺☺	★★	☺☺	★★	☺☺	★★	☺☺	★★
	Reduced demand for cars. Makes public transport viable; positive and negative effects on real estate sector; typically compact cities are productive for street-level business and in particular for service-oriented domains where in-person meetings are important (law, notary services, etc.) ³⁷⁸⁻³⁸¹ ; Improves labour productivity ⁵⁴				Reduced demand for primary material input (at the urban scale, net effects positive because recycling is more labour and technology intensive). Retrofitting rather than new construction has substantial net positive impacts on employment (Urge-Vorsatz et al 2010)				Impacts on centralised energy supply but higher opportunities for integrating renewables ³¹⁶ .				NBS may provide new opportunities for landscape planners and implementing agencies ^{324,351,370} .			

Table S7: Human wellbeing and demand-side mitigation strategies in industry sector

	Using less material by design				Product life extension				Energy Efficiency				Circular economy			
Food	[+2]	■	😊 😊	★★	[+2]	■	😊😊	★★	[+2]	■	😊😊	★★	[+2]	■■	😊😊	★★★
	More material efficient design of packaging > less waste food; more efficient fertilizer application > more food production (per unit of material) ⁸⁶ .				Extending the life of food products, through better packaging, refrigeration, genetic improvement > increased provision of food. Can cause increases in food loss and wastes and energy consumption in for storage/refrigeration ⁸⁶ .				Increased energy efficiency in food processing supply chains, increase food production (per energy input) ^{382,383} .				More circular material and food systems (i.e. recycled packing, composting of food) > improved system provision of food ⁸⁶ .			
Water	[+2]	■■	😊 😊	★★★	[+2]	■■	😊😊	★★★	[+2]	■■	😊😊	★★★	[+2]	■■	😊😊	★★★
	More material efficient design of water infrastructure > increased access to water (per unit of material) ⁸⁶ .				Long-life water infrastructure > increased access to water ⁸⁶ .				Increased energy efficiency in pumping and treating of water > increased water access ⁸⁶ .				Increased reuse/recycling/cascading of water (to avoid single use) > recyclable bottles > recycled water infrastructure > improved more water provision ⁸⁶ .			
Air	[+3]	■■	😊 😊	★★★	[+3]	■■	😊😊	★★★	[+3]	■■	😊😊	★★★	[+3]	■■	😊😊	★★★
	Less overall material demand > reduced industrial non-GHG emissions > air quality improvements ⁸⁶ .				Less overall material demand > reduced industrial non-GHG emissions > air quality improvements ⁸⁶ .				More energy efficient material production > reduced industrial non-GHG emissions > air quality improvements ⁸⁶ .				More circular material systems > less overall material demand > reduced industrial non-GHG emissions > air quality improvements ⁸⁶ .			
Health	[+2]	■	😊 😊	★★	[+2]	■	😊😊	★★	[+1]	■	😊😊	★★	[+1]	■	😊😊	★★
	More materially efficient of medical equipment and consumables > increased health provision (per unit of material) ⁸⁶ .				Longer life medical product design > increased health provision (per unit material) ⁸⁶ .				More energy efficient production of medical equipment and services > increased health provision ⁸⁶ .				More circular materials systems for medical equipment and services > increased health provision (per unit of material) ⁸⁶ .			

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Sanitation	[+2]	■ ■	😊 😊	★★★	[+2]	■ ■	😊😊	★★★	[+2]	■ ■	😊😊	★★★	[+2]	■ ■	😊😊	★★★
	More materially efficient design of sanitation infrastructure > increased access to sanitation (per unit of material) ⁸⁶ .				Longer life sanitation infrastructure > increased access to sanitation (per unit of material) ⁸⁶ .				More energy efficient sanitation infrastructure > increased access to sanitation ⁸⁶ .				More recovery of nutrients from sewage > recycling of sanitation infrastructure > increased access to sanitation (per unit of material) ⁸⁶ .			
Energy	[+3]	■ ■	😊 😊	★★★★	[+3]	■ ■	😊😊	★★★★	[+3]	■ ■	😊😊	★★★★	[+3]	■ ■	😊😊	★★★★
	More efficient designs > less materials > less industrial energy required > increased energy access (per unit of material) ^{86,87,306,308} .				Longer life energy designs > less materials > less industrial energy required > increased energy access (per unit of material) ^{86,87,306,308} .				Improved efficiency of energy system > more services delivered (per input of energy) > increased energy access ^{86,87,306,308,384,385} .				More circular material systems > less materials > less industrial energy required > increased energy access (per unit of material) ^{86,386,387} .			
Shelter	[+2]	■ ■	😊 😊	★★★★	[+2]	■ ■	😊😊	★★★★	[+2]	■ ■	😊😊	★★★★	[+2]	■ ■	😊😊	★★★★
	Better, more material efficient design of shelters > more shelter provision (per unit of material) ^{86,87,306–308} .				Longer lasting shelters > more shelter provision (per unit of material) ^{86,87,306–308} .				More energy efficient manufacture of shelter > more shelter provision (per unit of material) ⁸⁶ .				More circular material systems for shelters > more shelter provision (per unit of material) ^{86,307} .			
Mobility	[+2]	■ ■ ■	😊 😊	★★★★	[+2]	■ ■ ■	😊😊	★★★★	[+2]	■ ■ ■	😊😊	★★★★	[+2]	■ ■ ■	😊😊	★★★★
	Lightweight vehicles > more mobility (per fuel use and unit materials) ^{86,87,306–308} .				Longer life vehicles > more mobility (per unit material) ^{86,87,306–308} .				More energy efficient manufacture of vehicles and mobility infrastructure > increased mobility provision ⁸⁶ .				More circular material systems > more mobility (per unit material) ^{86,307} .			
Education	[+1]	■	😊 😊	★★	[+1]	■	😊😊	★★	[+1]	■	😊😊	★★	[+1]	■	😊😊	★★
	Less materials used to deliver education infrastructure and buildings > increase education facilities (per material use) ⁸⁶ .				Less materials used to deliver education infrastructure and buildings > increase education facilities (per material use) ⁸⁶ .				Less energy used to deliver education infrastructure and buildings > increase education facilities ⁸⁶ .				More circular materials systems > reuse of materials in education buildings > increase education facilities (per material use) ⁸⁶ .			

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Communication	[+2]	■	😊😊	★★★	[+2]	■	😊😊	★★★	[+2]	■	😊😊	★★★	[+2]	■	😊😊	★★★
	Less materials used in communication infrastructure > increased rollout of communication (per material use) ⁸⁶ .				Longer life communication infrastructure > increased rollout of communication (per material use) ⁸⁶ .				More energy efficient manufacture of communication infrastructure > increased rollout of communication ⁸⁶ .				Increased reuse and recycling of materials used in communication infrastructure > increased rollout of communication (per material use) ⁸⁶ .			
Social protection	[+1]	■	😊😊	★★	[+1]	■	😊😊	★★	[+2]	■	😊😊😊	★★★★	[+1]	■	😊😊	★★
	Better product design > increased sales > more social protection ⁸⁶ .				Longer life, higher quality products > more profits > more social protection ⁸⁶ .				Energy efficiency has human health benefits, and these are greater for low-income people ^{86,153,388,389} .				More circular product designs > increased sales > more social protection ⁸⁶ .			
Participation	[+1]	■	😊😊	★★★	[-1]	■	😊😊😊	★★★★	[+2]	■	😊😊	★★★	[+1]	■	😊😊	★★★
	Mix results: While public acceptability is high for resource-efficient products. In practice, findings for electronic devices also showed strong preferences for products with the highest perceived quality, which are more resource intensive by design ^{390,391} .				Extended producer responsibility and buy-backs tend not to be popular with consumers or producers; policy packages are proposed as a way to address this ^{86,392–395} (Yoon and Jang 2006).				Energy democracy movements advance the transition away from fossil fuels, which democratically link social justice with energy innovation through a mix of policies ^{396–398} .				Circular fashion, based on participatory eco/re-design and consumer meaning-making in expanded value-creation and sharing, is proposed as a way to reduce material throughput in clothing ³⁹⁹ . In electronics and other sectors too, consumers are ready for product take-back, design for disassembly, Extended Producer Responsibility, and remanufacturing ^{86,400–402} .			
Personal Security	[+1]	■	😊😊	★★	[+1]	■	😊😊	★★	[+1]	■	😊😊	★★	[+2]	■	😊😊	★★
	Increased material efficiency > reducing energy demand, reducing the emissions and other environmental impacts of industry, therefore increases national resource security ⁸⁶ (Allwood et al, 2013).				Extended lifecycle of materials > enhanced resource security ⁸⁶ .				Energy efficient production of materials > enhanced resource security				Increased circularity of materials > enhanced resource security ⁸⁶ .			

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Social cohesion	[+1]	■	😊 😊	★★	[+1]	■	😊😊	★★					[+1]	■	😊😊	★★
	Participatory design of products > better match to consumer needs ⁸⁶ .				Participatory design of products > better match to consumer needs ⁸⁶ .								Participatory design of products > better match to consumer needs ⁸⁶ .			
Political stability	[+1]	■	😊 😊	★★	[+1]	■	😊😊	★★	[+1]	■	😊😊	★★				
	material efficiency > reducing energy demand, reducing the emissions and other environmental impacts of industry, therefore increases national resource security ⁸⁶ (Allwood et al, 2013, IEA report)				Extended lifecycle of materials > enhanced resource security ⁸⁶ .				Energy efficient production of materials > enhanced resource security ⁸⁶ .							
Economic stability	[+2]	■■	😊 😊	★★★	[+2]	■■	😊😊	★★★★	[+2]	■■	😊😊	★★★★	[+2]	■■	😊😊	★★★★
	Better product design > competitive advantages > more sales ^{86,403} (Bleichwitz, 2010).				Better product design > competitive advantages > more sales ⁵ (Bleichwitz, 2010).				More energy efficient production of materials and manufacturer of products > competitive advantages > more sales ⁵ .				More circular product designs > competitive advantages > more sales ⁵ .			
Material provision	[+3]	■	😊 😊	★★	[+3]	■	😊😊	★★	[+2]	■	😊😊	★★	[+3]	■	😊😊	★★
	Better, material efficient designs > increased provision of services derived from materials ^{86,87,87,88,306–308,404,405} .				Better, longer life product designs > increased provision of services derived from materials ^{86,306,308,87,307,406,405,404} .				Energy efficiency and material efficiency are interrelated in industrial plants, often inversely ^{86,384,385,407,408} .				Better, more circular product designs > increased provision of services derived from materials ^{86,386,387,404,405,409–413} .			

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Economic supply side effects	[-2]				[-2]				[-2]				[-2]			
	☹️	📄	😊😊	★★	☹️	📄	😊😊😊😊	★★	☹️	📄	😊😊😊😊	★★	☹️	📄	😊😊😊😊	★★
	Reduced demand for primary energy > loss in rents of resource owners; reduced demand of energy intensive products > loss in demand for some incumbent industry and related perception bias (status quo, loss aversion) hindering changes in business models. For medium-term positive effects see > economic stability ^{86,403} .				Reduced demand for primary energy > loss in rents of resource owners; reduced demand of energy intensive products > loss in demand for some incumbent industry and related perception bias (status quo, loss aversion) hindering changes in business models. For medium-term positive effects see > economic stability ^{86,403} .				Reduced demand for primary energy > loss in rents of resource owners; reduced demand of energy intensive products > loss in demand for some incumbent industry and related perception bias (status quo, loss aversion) hindering changes in business models. For medium-term positive effects see > economic stability ^{86,403} .				Reduced demand for primary energy > loss in rents of resource owners; reduced demand of energy intensive products > loss in demand for some incumbent industry and related perception bias (status quo, loss aversion) hindering changes in business models. For medium-term positive effects see > economic stability ^{86,403} .			

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