



HEALTHY CITIES APPROACH

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DEFINITION

A Healthy City is the city that continually creates and improves its physical and social environments and expands the community resources that enable people to mutually support each other in performing all the functions of life and developing to their maximum potential.



HISTORY

- Public Health Historical record shows that human health and urbanization was inseparable twin since the dawn of humankind.
- The etiological shift from parasitic to microbial infections, and current chronic diseases, to addressing social determinants of health (inequities, community development, policy and justice systems, etc.)

Health of the Towns, 1844

Ancient Rome
Public Toilet



Health Police in German
Megacities.

Public Health 1800-1900

When and why did the government start caring about the public's health?

In the 19th century the size of many British cities increased rapidly as a result of the Industrial Revolution. Over the century public health gradually improved but it took a long time to change the lives of people in the slums.



London terrace housing in 1872.

Factory towns became more and more crowded as they got bigger and houses were built as closely together as possible. They were damp and overcrowded and dirty; people had to cook, eat and sleep in filthy conditions. There were no sewers and there were piles of waste everywhere.

Disease was a major problem and frequent epidemics often killed thousands in a short space of time. The poor, cramped living conditions meant that infectious diseases spread easily. Smallpox, tuberculosis (TB), typhoid fever and cholera were all major killers. In 1831-32, cholera killed over 21,000 people in Britain and there were frequent outbreaks throughout the century. In the last major outbreak in 1885, 14,000 people in England and Wales were killed. It was outbreaks like these that eventually forced the government to take action and to take some responsibility for the welfare of its people. By taking action, the government gradually ended its policy of 'laissez faire'.



Was town life really that bad?

Lesson Objective:

Zhig up the advantages and disadvantages of life in 19th century towns.

Your housing conditions in industrial towns meant that everyday life was very hard. This sheet contains some contemporary sources showing just how appalling industrial towns really were.

Jacob's Island Bermondsey



In the bright light it appeared the colour of strong green tea, and positively looked as solid as black marble in the shadow - indeed it was more like watery mud than muddy water; and yet we were assured this was the only water the wretched inhabitants had to drink. As we gazed in horror at it, we saw drains and sewers emptying their filthy contents into it; we saw a whole tier of door-less privies in the open road, common to men and women, built over it; we heard bucket after bucket of filthy spish into it, and the limbs of the vagrant boys bathing in it seamed, by pure force of contrast, white as marble. And yet, as we stood doubting the fearful statement, we saw a little child, from one of the galleries opposite; lower a tin can with a rope to fill a large bucket that stood beside her. In each of the balconies that hung over the stream the self-same tub was to be seen in which the inhabitants put the mucky liquid to stand, so that they may, after it has rained for a day or two, skim the fluid from the solid particles of filth, pollution, and disease. As the little thing dangled her tin cup as gently as possible into the stream, a bucket of night soil was poured down from the next gallery.

Housing for the poor was the worst problem and it constantly grew worse still. It seems likely that two thirds of the Liverpool population was composed of families living in one room.

Child workers in Factories

You are living in Britain at the beginning of the Industrial Revolution. As you have seen the population of Britain is growing and people are moving from jobs in cottages and farms to jobs in towns working in big factories. These factories have been set up to use new machines to produce more goods for the growing number of people living in Britain.

As a Newspaper reporter it is going to be your job to investigate other that these factories are using child workers. You are need to write a newspaper article on:

- The conditions in factories for children

Tasks

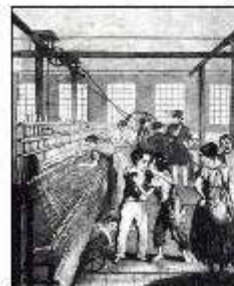
To help you with writing this report you will need to:

A) Look at the sources 1-5 below and consider what each source tells us about:

- The Jobs children did
- Accidents which often happened
- Punishments children faced
- The Food children were given
- The Hours children worked

B) Begin writing your newspaper article by thinking of a good heading and deciding what your investigation of the sources has found.

C) Prepare a list of questions for a factory owner. As part of the report you will also be able to interview a leading Factory Owner (The Teacher) about your findings.



Source 1

Some children, called scavengers, had jobs such as cleaning the machines while they were still working, which was very dangerous.

Source 2

There were terrible accidents. Sometimes the children's hands and arms were caught in the machinery; in many factories the machines had broken or stopped down to let the boys and girls clean the machines before they might be used.
Continued from a letter to the Manchester Guardian

Source 3

Children used the factory machine with a heavy whip, standing outside the mill. He punished the children who came late.

Ann, 13, a child in an overcoat, bareheaded in 1842

Source 4

"Our cottages had no outside privies, the only privies being in the streets. This was our privy and our dogs. Our dinner was potato pie with baked mutton, it tasted awful, but we were hungry enough to eat anything."
Walter, 12, a child worker

Source 5

"They claim the children are robust because they work for 12 hours, but their heads and feet go lame as a rule to their death."

Richard Gordon, interviewed in 1852

MODERN HEALTHY CITIES

1963 Healthy Cities Movement laid down the tenets for analysis and intervention in, for, on, and with social, natural, economic, and built urban environments for the promotion of human and ecosystemic health.

- First true healthy city “Toronto” the city celebrated emergent emancipatory health promotion approach by the World Health Organization (WHO) and decade of innovation in Canadian Health Policy (the Lalonde Report).
- <https://www.youtube.com/watch?v=oapW1JGQ0uQ>
- The original ambition of WHO to run a small scale, with a small group of European cities, demonstration project exemplifying the potential of urban administrations to deal with late twentieth-century health and disease
- <https://www.youtube.com/watch?v=lqluZPlako8> (e.g. EMRO)

WHO'S MOVING TOWARD MAKING CITY HEALTHIER FOR ALL PEOPLE

- **The Healthy Cities approach recognizes the determinants of health and the need to work in collaboration across public, private, voluntary and community sector organizations.**
- **This way of working and thinking includes involving local people in decision-making, requires political commitment and organizational and community development, and recognizes the process to be as important as the outcomes.**
- **The concept of Healthy Cities was inspired and supported by the WHO European Health for All strategy and the Health21 targets. It**

11 QUALITIES OF A HEALTHY CITY

1. a clean, safe physical environment of high quality (including housing quality)

2. an ecosystem that is stable now and sustainable in the long term

3. a strong, mutually supportive, and nonexploitive community

4. a high degree of participation and control by the public over decisions affecting their lives

5. the meeting of basic needs (food, water, shelter, income, safety and work) for all people

11 QUALITIES OF A HEALTHY CITY

6. access to a wide variety of experiences and resources, for a wide variety of interaction


7. a diverse, vital, and innovative city economy

8. the encouragement of connectedness with the past and heritage of city dwellers and others

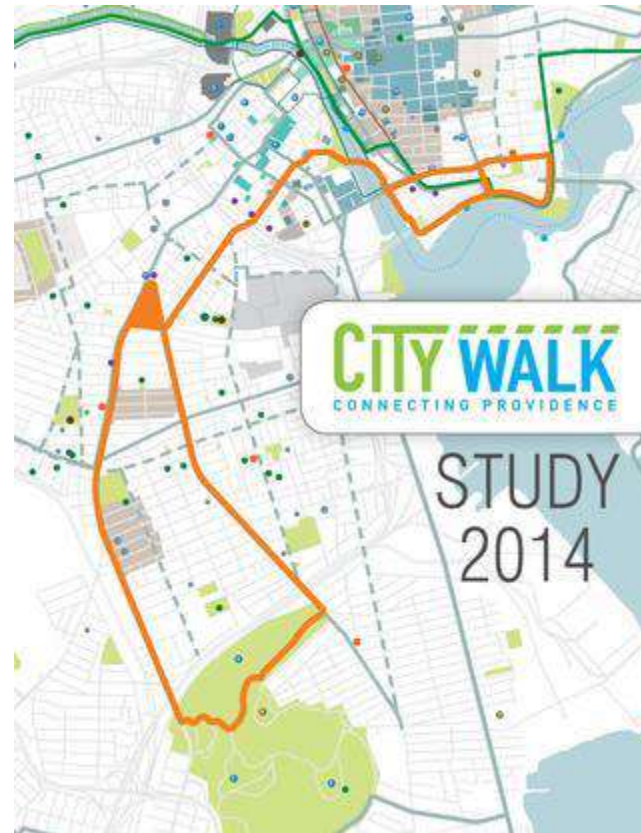
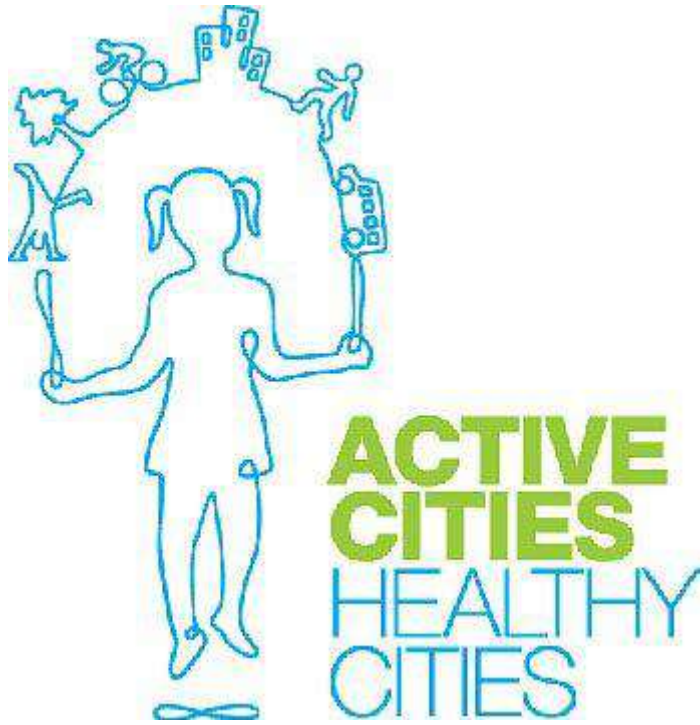
9. a form that is compatible with and enhances the preceding characteristics

10. an optimum level of appropriate public health and sick care services accessible to all

11. an optimum level of appropriate public health and sick care services accessible to all

- 
- **Healthy Cities also has become the vanguard of other settings-based health initiatives with which the project connects locally:** Healthy Marketplaces, Prisons, Workplaces, and Islands; Health Promoting Universities, Hospitals, and Schools.
 - In itself, this is an important proxy of the effectiveness of the approach, inspiring actors and communities at many different levels and domains to be engaged with a social model of health.

TRANSLATE IDEAS TO PRACTICES



PROMOTING HEALTHY, ACTIVE LIVING IS AN ECONOMIC NO-BRAINER!



Obesity-related job absenteeism costs \$4.3 billion annually.

Obese workers have higher workers' compensation claims.

HEALTHY COMMUNITY = HEALTHY ECONOMY

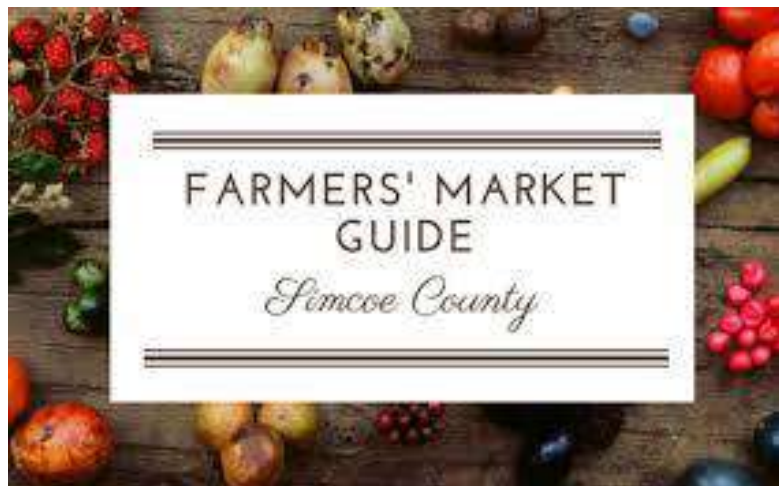
HEALTHY KIDS LEARN, SO HELP THE NEXT GENERATION GROW UP SMART WITH HEALTHY FOODS & PHYSICAL ACTIVITIES.



HEALTHY COMMUNITY = HEALTHY ECONOMY

Learn more: arkansasobesity.org/ghc/3m





**SOURCE MATTERS:
A GUIDE TO BUYING
HEALTHY
VEGETABLES
AND FRUITS**



COMENZANDO: 11 DE JULIO

**¡ACOMPÁÑANOS!
DEMONSTRACIÓN
DE COCINA SALUDABLE**

EL SEGUNDO MIÉRCOLES
DE CADA MES
12PM

**EL MERCADO DE
AGRICULTORES EN
EAST PALO ALTO**

RAVENSWOOD FAMILY
HEALTH CENTER
1800 BAY RD.
EAST PALO ALTO

IN PARTNERSHIP WITH
**COUNTY OF SAN MATEO
HUMAN SERVICES AGENCY**
<https://hsa.smcgov.org/health>

Obtenga más información: www.SMAFarmersMarket.org
#FreshApproach | Visit program@freshapproach.org | Fax: 650.757.2500

- 1 OBSERVA** Se demuestran y aprende cómo cocinar más saludable
- 2 PRUEBA** Se prueban platos de la demostración
- 3 COMPRA** El mercado te ayuda a encontrar los productos frescos que necesitas para preparar la receta en casa

STARTING: JULY 11th

**JOIN US!
HEALTHY COOKING
DEMONSTRATION**

THE 2ND WEDNESDAY
OF EVERY MONTH
12PM

**AT THE EAST PALO ALTO
FARMERS' MARKET**

RAVENSWOOD FAMILY
HEALTH CENTER
1800 BAY RD.
EAST PALO ALTO

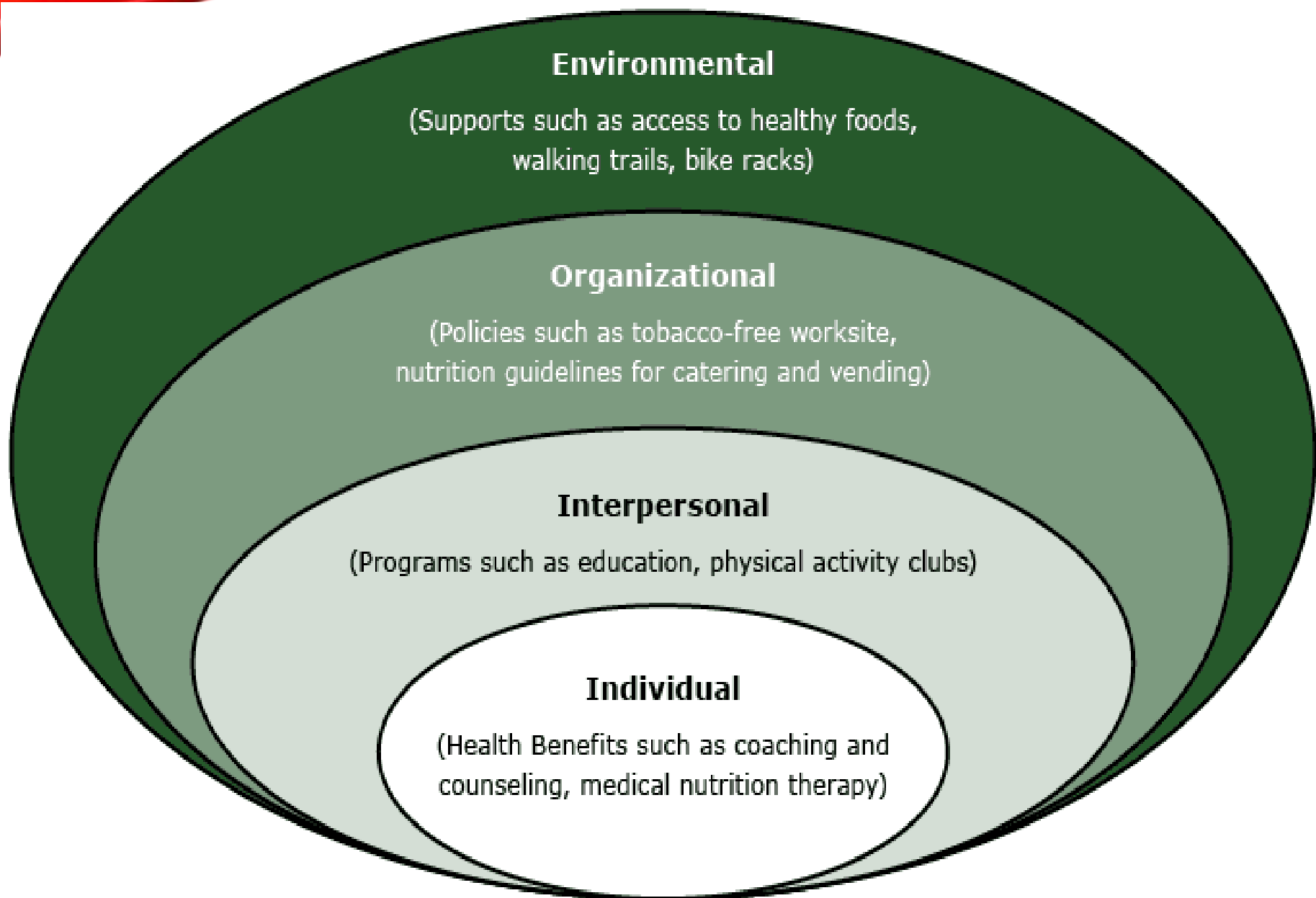
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Learn more at SMAFarmersMarket.org
Support? Contact program@freshapproach.org | (415) 775-2500

- 1 WATCH** Se demuestran y aprende cómo cocinar más saludable
- 2 TASTE** Se prueban platos de la demostración
- 3 SHOP** El mercado te ayuda a encontrar los productos frescos que necesitas para preparar la receta en casa

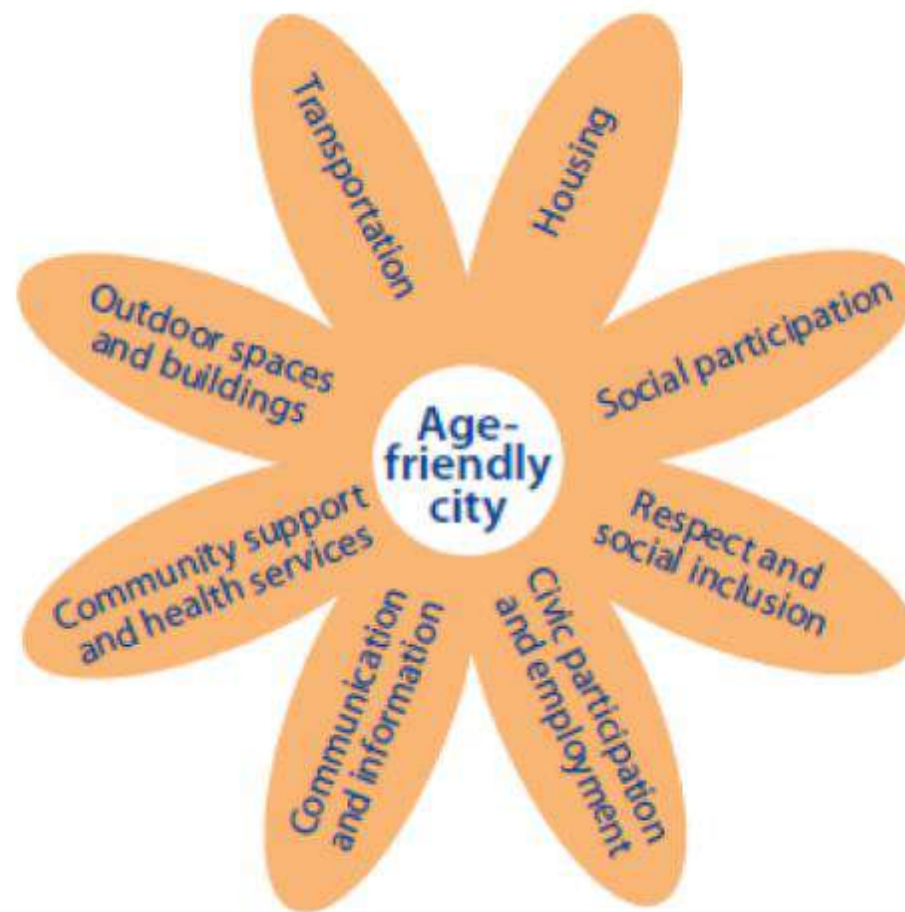
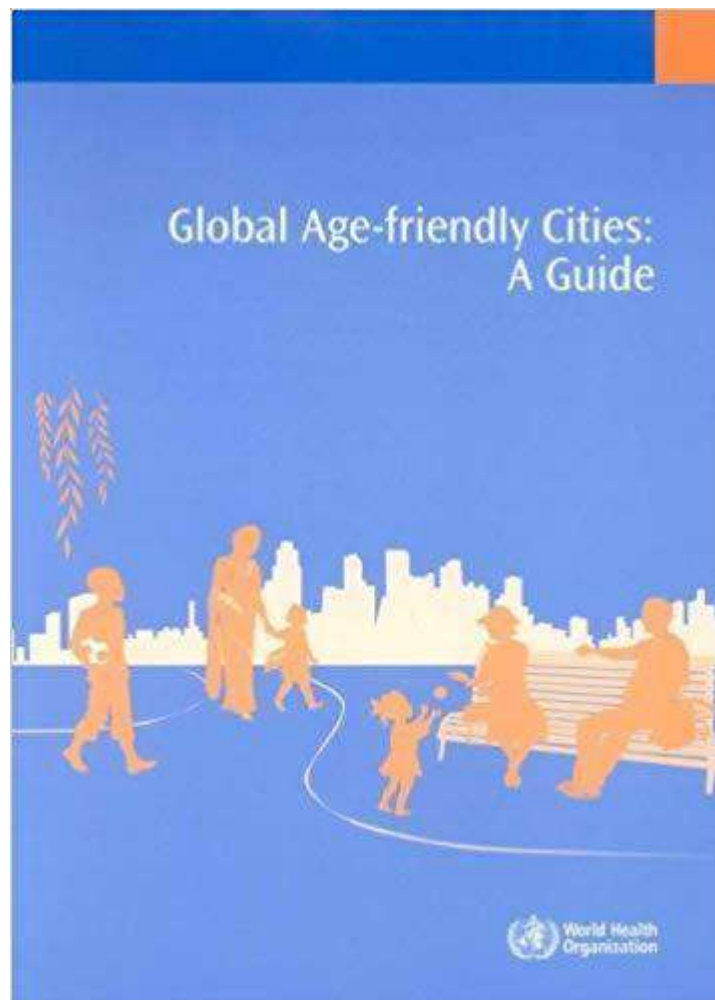
TRANSLATE IDEAS TO PRACTICES







WHO Global Network for Age-friendly Cities and Communities



Urban Planning Process in Curitiba

1943

Agache Plan – pop. = 127.000

First Master Plan

Radial and Perimetral Development



1943

1965 – 1966

New Master Plan (public contest) – pop. = 500.000

Serete + Jorge Wilhelm

Linear Structure – Axis – Linear Growth



1965



1966

2004

Master Plan Revision – pop. = 1,7 million

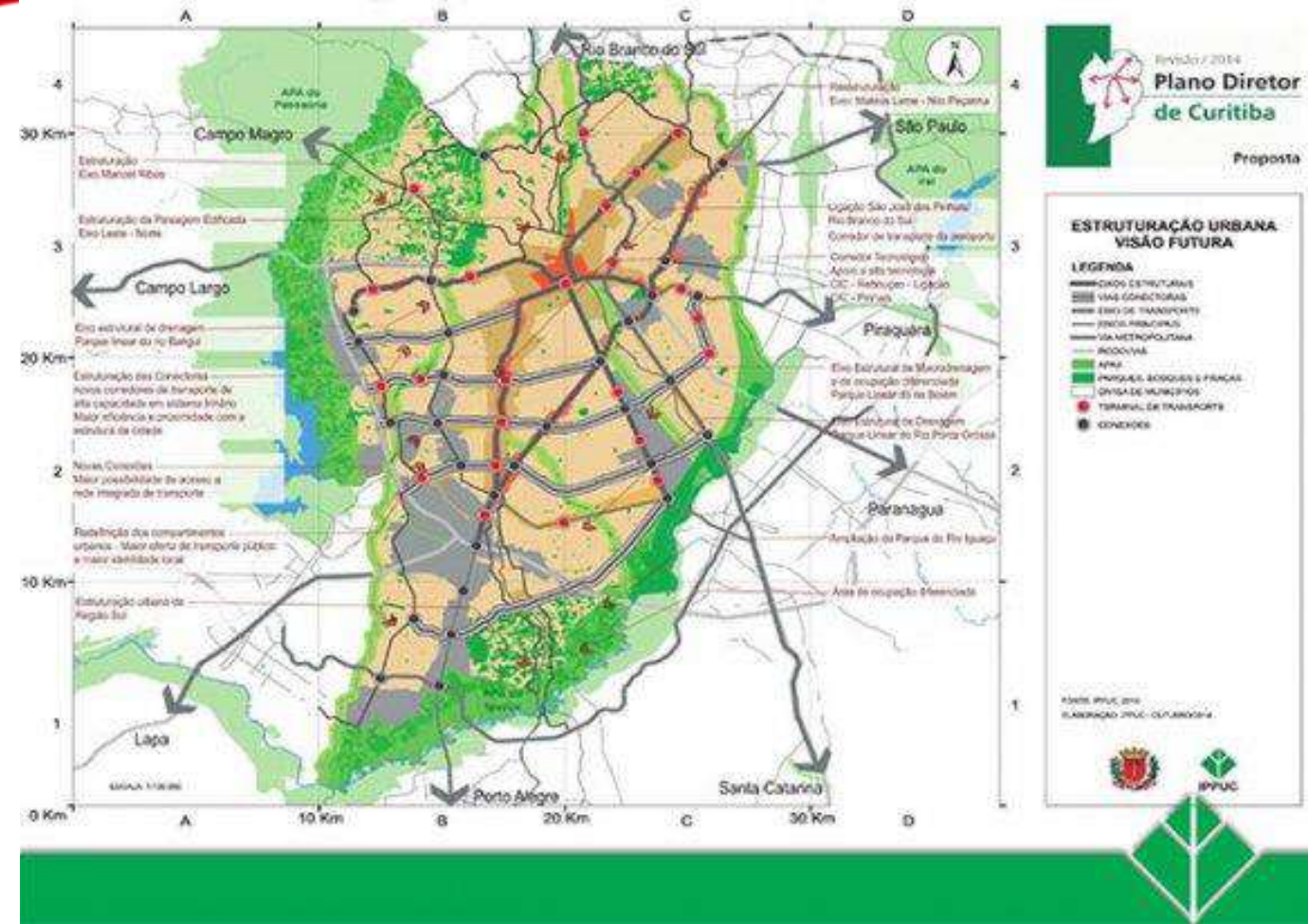
Same guidelines + Green Line

Public Participation



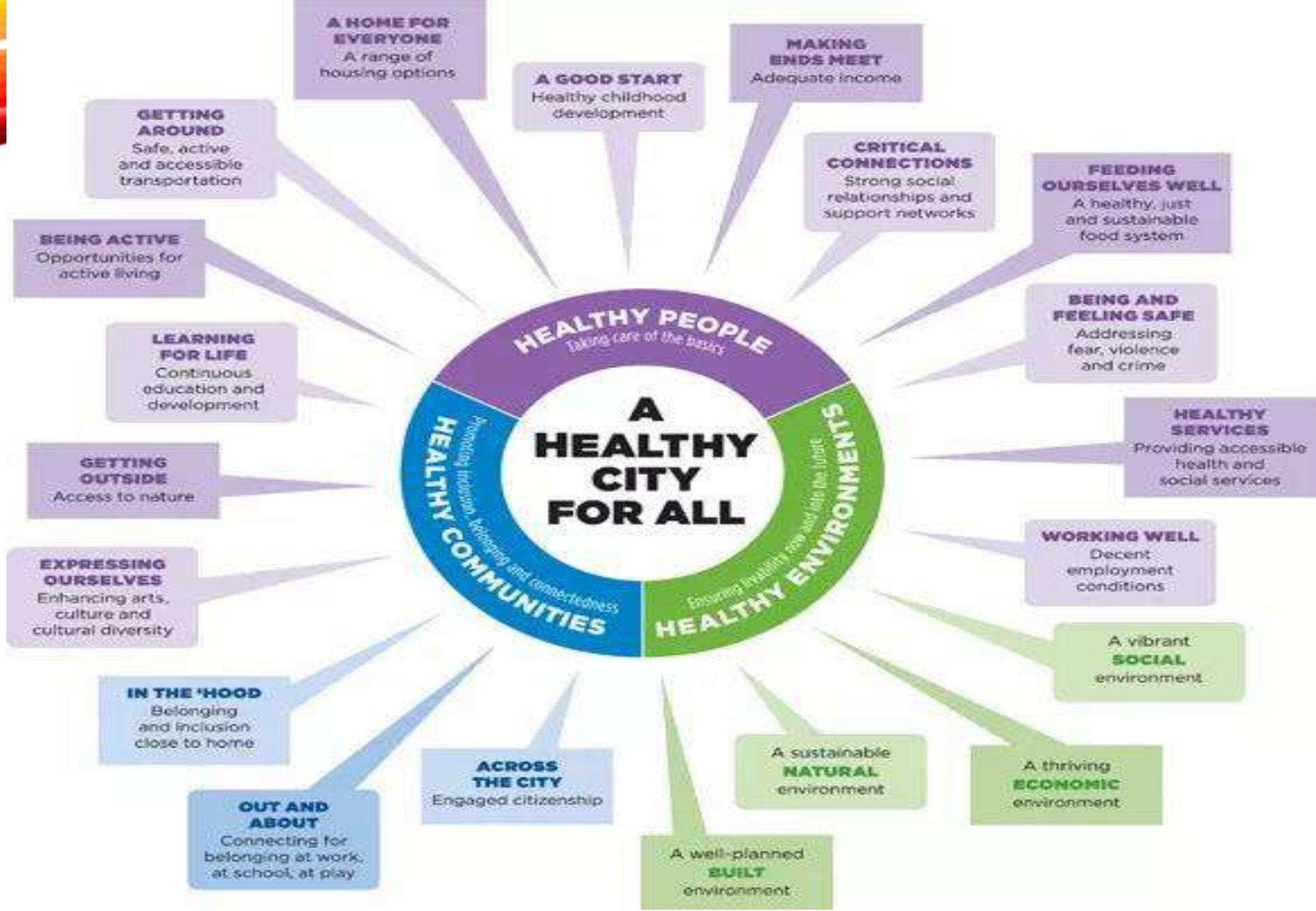
2004

2014/2015 – Master Plan revision – Future vision



- Curitiba, Brazil “revolutionized urban planning”
- <https://www.youtube.com/watch?v=hRD3l3rIMpo>

VANCOUVER'S HEALTHY CITY STRATEGY

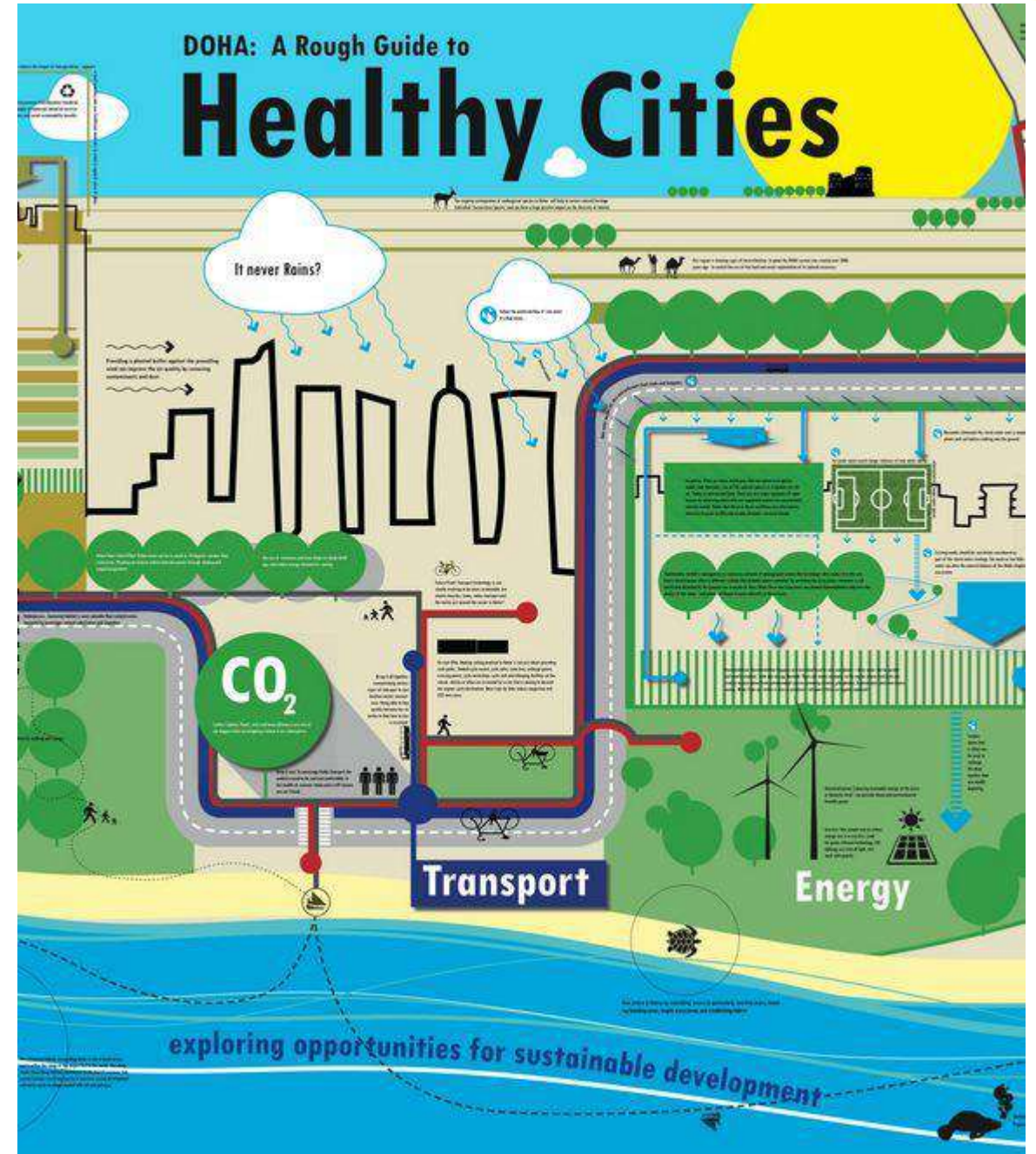


TORONTO HEALTHY CITY TODAY

- <https://www.youtube.com/watch?v=oapW1JGQ0uQ>

the guide will tackle the issue of the environmental health of urban areas which is becoming increasingly important to the world's population as a majority of people are shifting towards inner cities. The World Health Organization (WHO) anticipates that by 2025, approximately 80 percent of global citizens will live in cities.

Qatar is currently witnessing unprecedented urban development, from the establishment of Lusail City and the development of Doha, to the inception of numerous infrastructure projects which have all harnessed the need to incorporate healthy living into their frameworks.





Healthy Partners

Authorized Nonprofit Organization
Healthy City Support Organization





HEALTHY CITIES AND VILLAGES

Republican Health Promotion Center performs planning, implementation and coordination of activities on health promotion through the network of primary health care (PHC) and health committees

HEALTHY CITIES

Public health committees are created on the basis of the organizations carried out activities in towns and cities

- 2013 - 35 committees
- 2014 - 47 committees
- 2015 - 94 committees (100%)
- 2016 - 7 companies are implemented



PREVENTION OF ARTERIAL HYPERTENSION

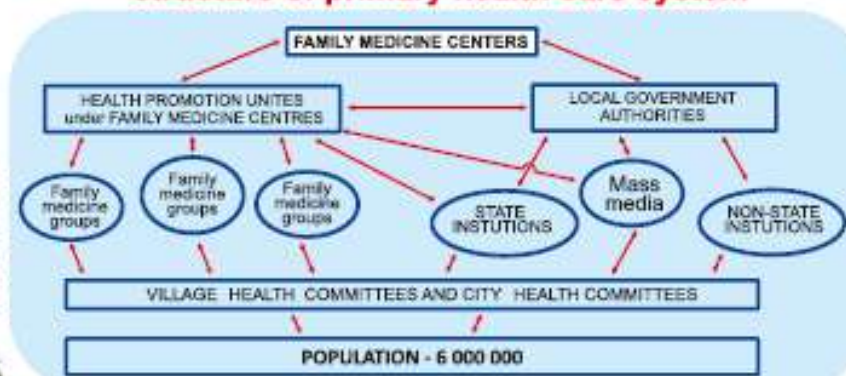
Objective: increase of public awareness about risk factors and importance of blood pressure monitoring

- Informational materials are developed and published
- VHCs are equipped with blood pressure monitors
- Annual screening of population with the aid of village health committees and city health committees
- Awareness campaign among population

RESULTS

- Increase of screening coverage of population of 18 years and older (2011 - 2015)
- Increase of number of newly diagnosed patients with arterial hypertension
- Reduction of mortality from cardiovascular diseases from 331.3 in 2012 to 300.9 in 2015 per 100 000 population

Integration of health promotion in the structure of primary health care system



Health committees in villages and cities

- Independent organizations in villages and cities
- Volunteer work on health issues
- Combined as NGOs
- The National Association



Health promotion units (HPU)

- Are part of family medicine centers
- Work in collaboration with health committees (training, monitoring and support)
- 150 HPU workers in 87 family medicine centers
- Are taken instructions from the Republican Health Promotion Center

HEALTHY VILLAGES

- 2002 - village health committees are established
- 2010 - village health committees forms the Association of village health committees
- 2016 - 1670 (85%) village health committees are functioning
- 2002-2016 - 26 campaigns are implemented



TOBACCO USE PREVENTION

Objective: non-smoking youth and reduction of tobacco products consumption

- In 2006 the WHO Framework Convention on tobacco control was ratified
- The Law "on protection of citizens of Kyrgyz Republic against harmful effects of tobacco use" was adopted
- A hotline to support smokers wishing to quit smoking have been launched
- Trained village health committees carry out informational-and-educational campaign among population and in schools
- Village health committees members equipped with smokerlyzers conduct monitoring

RESULTS

- Reduction of 2011-2015
- active tobacco smoking by 3%
 - passive tobacco smoking by 9.9%
 - smoking among women by 4% and children by 7.7%.

WINDOW OF OPPORTUNITIES

Objective - improvement of nutrition of pregnant women and infants from 0 to 24 months

- Informational materials are developed and published
- Trained village health committees carry out awareness campaign among the target audience
- Monitoring

RESULTS

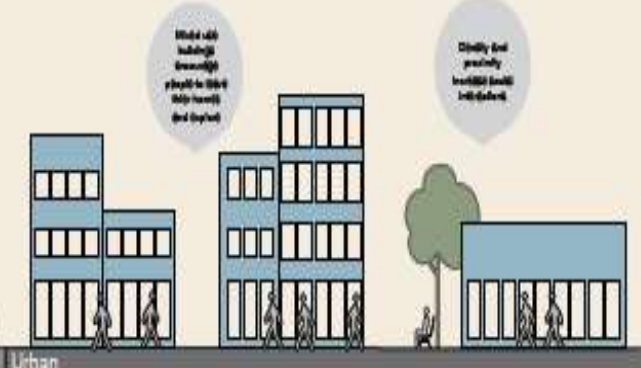
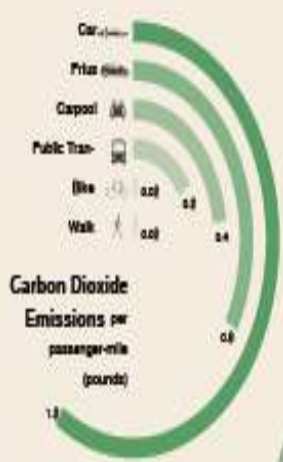
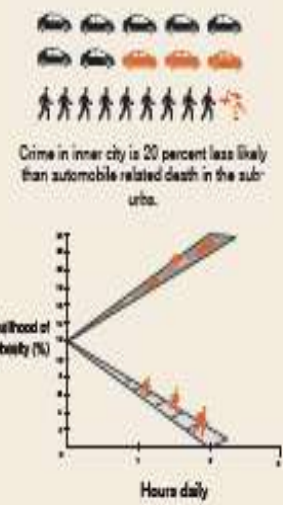
- Improvement of eating habits that lead to improvement of health of pregnant women: the exclusion of tea from diet, increase of meat and fortified products
- 98% of households use fortified products
- 96% of mothers exclusively use breastfeeding for children from 0 to 6 months
- Development and distribution of supplementary food "Gulazyk" across whole country with training of mothers on correct use of "Gulazyk" that resulted in reduction of anemia among children by 25%

THE BENEFITS OF WALKABLE CITIES

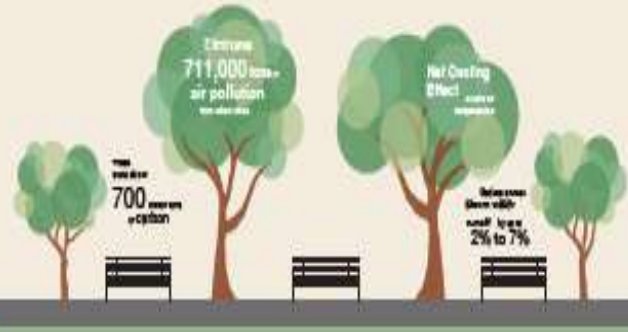
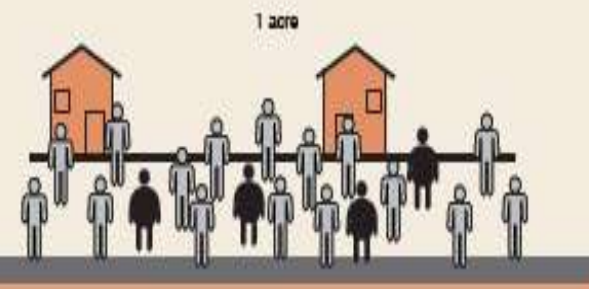
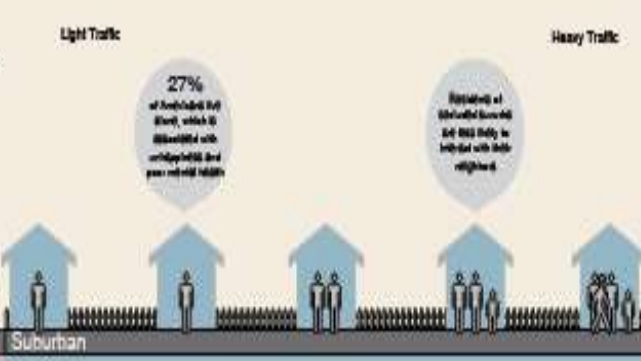
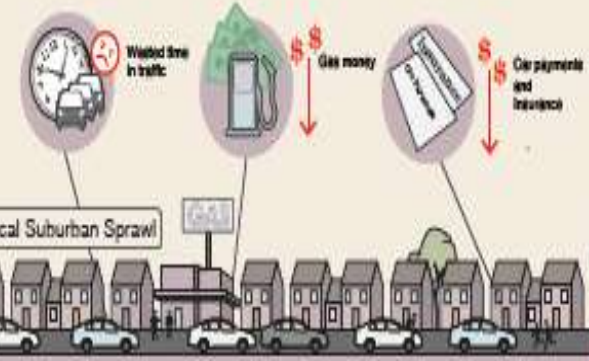
WALKABLE CITIES ARE:



Boston Globe Study - Average BMI lowest in dense, walkable city center



Number of obese males drops 10% as density rises from 2 dwellings/acre to 8+ dwellings/acre



ECONOMIC

SOCIAL

PHYSICAL

ENVIRONMENTAL

- “Healthy Cities” became one of the Health Promotion Strategies for Sustainable Development. Shanghai Declaration for Health Promotion 2016

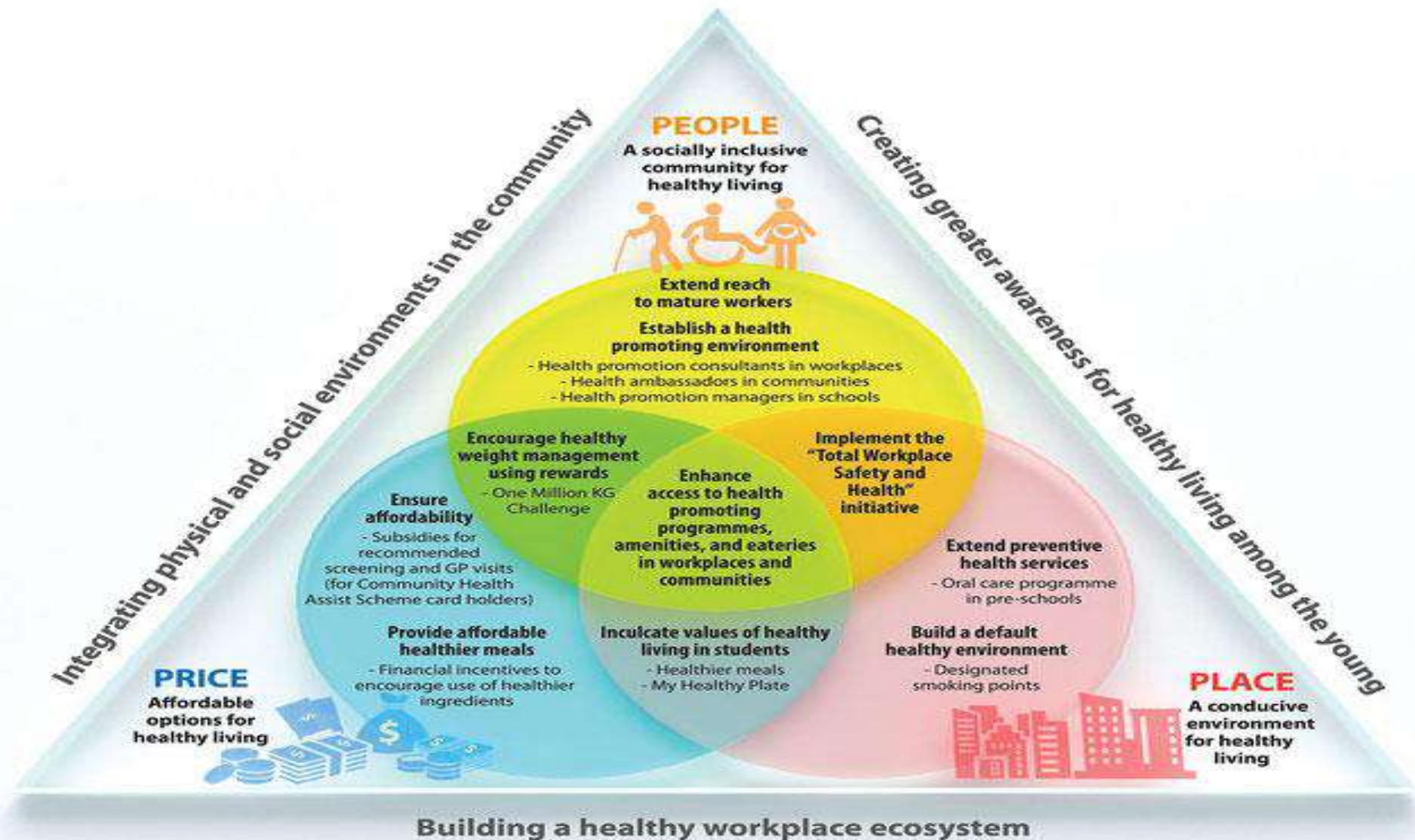


HEALTHY CITY FOR SUSTAINABLE DEVELOPMENT

Can be achieved through
Health &
Health Equity
in all Urban Policies



HEALTHY LIVING EVERY DAY: MAKING THE CONNECTIONS





ACTIVE LIVING

Facilitate opportunities for people in the Melbourne municipality to live more active lifestyles.



HEALTHIER EATING

Advocate for enhanced access to nutritious food in the municipality, so that eating healthy food is an easier choice.



PREVENTING CRIME, VIOLENCE AND INJURY

Partner to create an environment that feels safe and minimises harm, including from alcohol and other drug use and violence against women and children.



PLANNING FOR PEOPLE

Provide community and social infrastructure and services to maintain quality of life in a growing and increasingly diverse city.



SOCIAL INCLUSION

Facilitate opportunities for all people to participate in the social, economic and civic life of the city, irrespective of ability, background, class, gender and orientation.

FROM HEALTHY CITIES TO HEALTHY ISLANDS



HEALTHY ISLANDS



Aspiration from Papua New Guinea: “Healthy islands” should be a place where

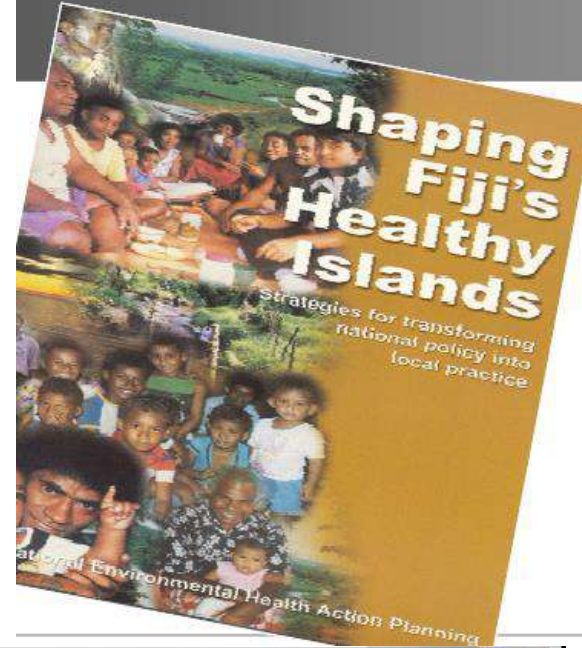
- Children are nurtured in body and mind
- Environment invites learning and leisure
- People work and age with dignity
- Ecological balance is a source of pride
- The Ocean which sustains us is protected.

<https://www.youtube.com/watch?v=hdzQlmt0h6c>

Healthy Islands has inspired country action



Healthy Samoa



PALAU

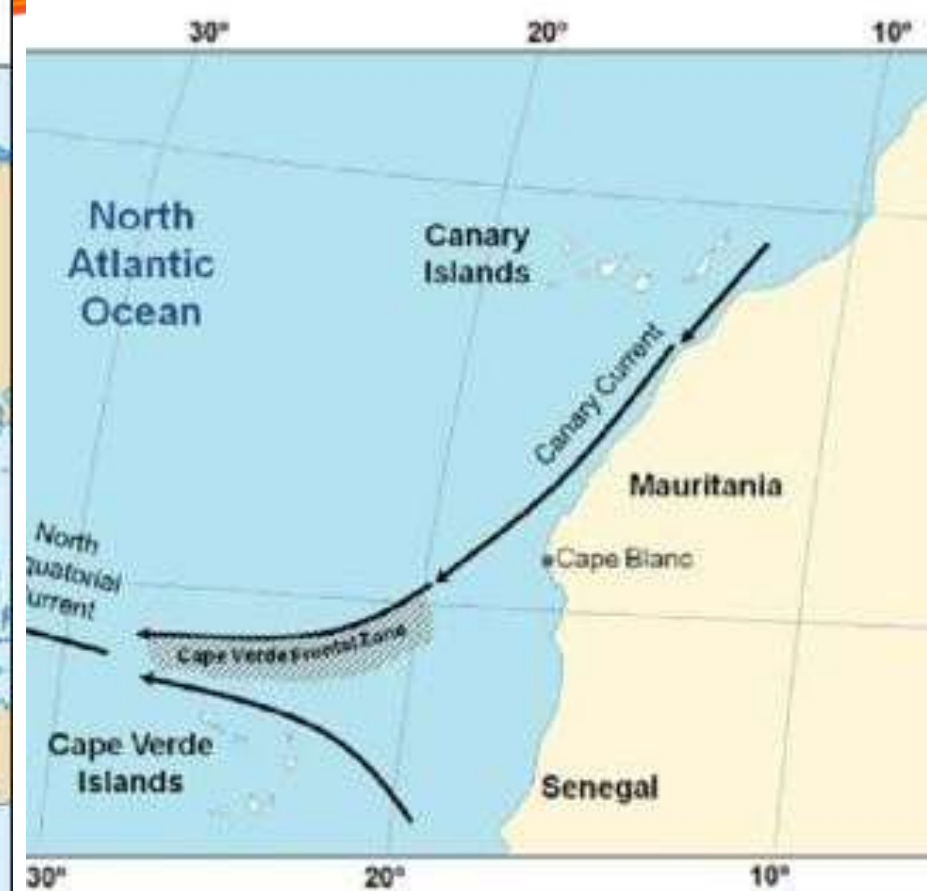
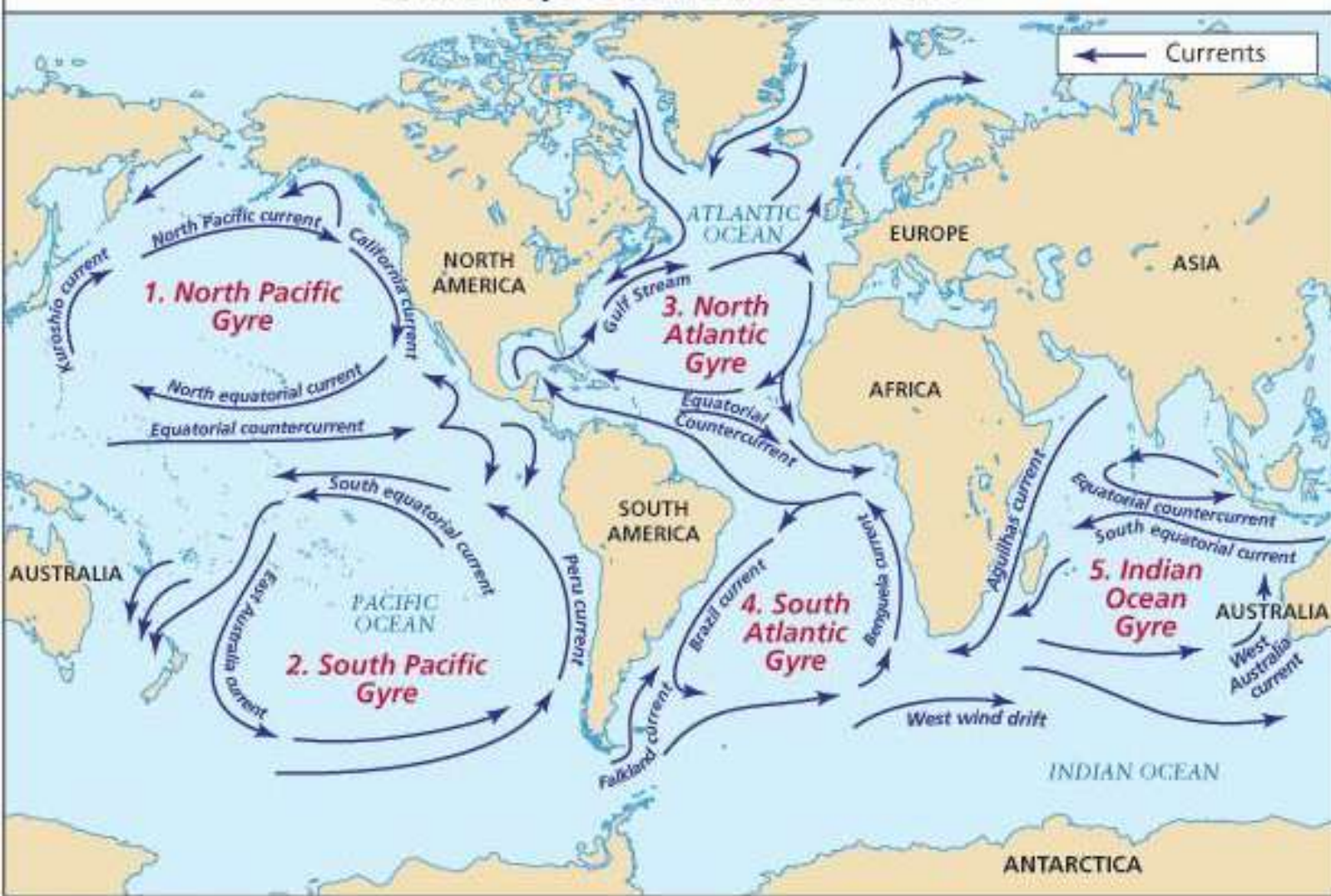
- The revitalization of Healthy Islands led to the PIHOA declaration on NCDs in 2010

Untapped potential in the Healthy Islands Vision



- Healthy Islands. The Pacific Health development vision for the century
- Countries are encouraged to develop their own interpretations related to the overall vision
 - Healthy Samoa; Islands of Wellness (Fiji); Healthy Lifestyles (Tonga); Healthy Blue Continent (PIHOA)
- *The ocean which sustains us is protected*; the shared agenda
- The vision could inspire the clinical workforce within countries
- Great gains possible from increased learning between countries
- Use by DPs in framing new policy initiatives in Pacific context

Earth's Major Ocean Surface Currents



© Infobase Publishing

Cape Verde: geographical & oceanic factors, land & marine resources, strengthen and challenges

CONSIDERATIONS: CAPE VERDE HEALTHY CITIES/ISLANDS

- Considering health conditions and well-being of population in urban/rural or island contexts
- Connecting the dots: human ecology and relationships between social, economic, political and environment factors influencing health of populations at all age groups as well as different demographic characteristics
- Creating win-win solutions: mutual benefits for health, well-being, economic prosperities, long-term and short term gains
- Mapping human capitals, capacities, resources
- Developing Strategic actions

Obrigado

