Health Promotion and Urban Planning

8th Global Conference on Health Promotion
11 June 2013
11:00-12:30
Walkable Green Spaces [JECH, 2002]

http://jech.bmjjournals.com/
• *City is a dynamic physical and social entity whose health is closely linked to those who reside in it.*
Healthy Urban Planning

• Background
• Objectives
• Principles
• Evidence
• Innovative Projects
• Good Practices
• Implications
Healthy Urban Planning: Background

• The majority of the world’s population lives in cities -> urban planning is crucial
• Urbanization is a health risk, but also an opportunity to improve health, wellbeing and quality of life
• Health objectives as a central part of urban planning
• Shared recognition of the problems – shared determination to tackle them
• Urban planning as a powerful tool for policy-makers to improve the health of urban populations and ensure health equity
Background – Public Health Issues in Urban Area

- Obesity
- Mental health
- Diabetes
- COPD
  - Asthma
- Circulatory
  - Heart disease
- Cancer
- Communicable disease
- Demography
- Overcrowding
- Pollution
- Housing
- Traffic
- Health care
- Diversities
- Stress
- Industrial risk
- Violence & Crime
Healthy Urban Planning: Key Objectives

- Physical activity & Healthy diet
- Access to goods and services
- Mental health
- Accidents and injuries
- Air quality
Healthy Urban Planning: Key Objectives

- Environment for healthy exercise
- Environment for healthy diet
- Smoke-free environment
- Social cohesion
- Housing quality
- Access to employment opportunities
- Access to social and market facilities
- Local low-impact food production and distribution
- Community and road safety
- Good air quality and protection from excessive noise
- Good water and sanitation quality
- Conservation and decontamination of land
- Climate stability
Principles

- Intersectoral Action for Health
- Community Involvement
- Equity
- Political Support
Intersectoral Action for Health

- “Health in All Policies”
- Healthy urban planning requires cooperation between health experts and urban planners, national and municipal authorities, citizens, communities, international organizations, NGOs, academia...
- But how in practice?
Evidence
Innovative Projects
Good Practices
Policy Implications
Implications:
Connecting urban planning and health

• Local governments in important role
• Focusing on living environment instead of individual needs
• Resisting economic pressure in order to take health and other long-term consequences into account in urban planning
• Battling narrow-sighted land-use decisions to avoid poor planning and quality
Toward Success in Healthy Urban Planning

- Research/Evidence
- Tools/Technologies
- Practices/Examples
- Policies/Legislations
- Local Actions/Network
- Training/Capacity Building