

Health Promotion and Urban Planning

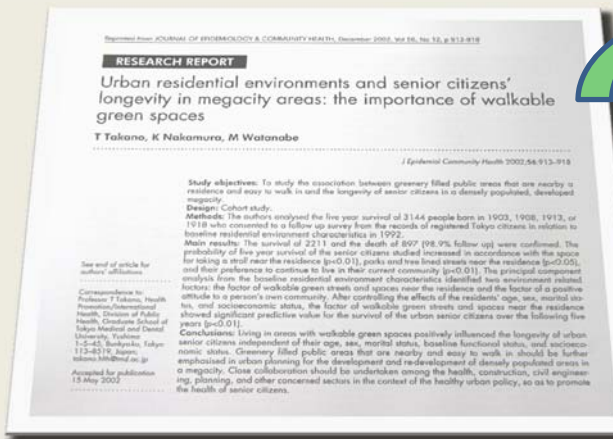
8th Global Conference on Health Promotion

11 June 2013

11:00-12:30

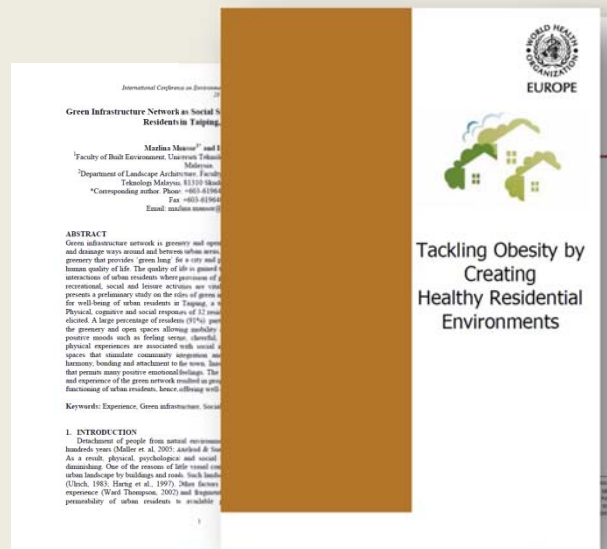


Creation of Health Supportive Environment



Walkable Green Spaces [JECH, 2002]

<http://jech.bmjournals.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?



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