Healthy Cities for Active-Ageing in the Western Pacific Region

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IAGG/WHO Symposium on Age Friendly Cities
The Western Pacific,... a very diverse and dynamic Region
Healthy Cities in the Western Pacific Region

- Healthy Cities initiated in WPR in late 1980s as an integrated, multisectoral approach to health and development in urban settings
- 2003: Alliance for Healthy Cities

- Environment, Road Safety, Injuries and Violence, NCDs,
- Mothers, infants, children, women, ageing
Goal: To promote, expand and upscale Healthy Cities through national government support as a pathway to healthy urbanization towards the attainment of optimum and equal population health and development.
An introductory guide

Initiating and Scaling up Healthy Cities in the Western Pacific Region: an introduction

- To inspire
- To support
- To guide
Toolkit contents: the steps,...
Toolkit contents: Operational Framework

- Vision, Mission
- Organizational structure
- Programme delivery infrastructure
- Knowledge management
- Human resources, capacities
- Financial management system
WRPO Activities to support Healthy Urbanization

“HC Leadership Programme”
- City to city learning
- Advocacy and multisectoral action planning
- Healthy Cities Leadership Course

Other activities
- Urban HEART
- HC Recognition
- Advocacy and training materials
Tools for priority areas
Publications: Ageing

Ageing and Health
A Health Promotion Approach for Developing Countries

Healthy Ageing
Practical Pointers on Keeping Well
• An Age-friendly City is one that “encourages active ageing by optimizing opportunities for health, participation and security in order to enhance quality of life as people age”

• Melville, Canberra, Boroondara, Rockingham, Unley and Warrnambool, Australia

• Qiqihaer, China

• Akita, Japan

http://www.agefriendlyworld.org/cities-and-communities
Checklist of Essential Features of Age-friendly Cities

- Transportation
- Outdoor spaces and buildings
- Community support and health service
- Communication and information
- Civic participation and employment
- Housing
- Social participation
- Respect and social inclusion

Age-friendly city
Healthy Cities – for active ageing

Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age.

- Healthy Cities Best Practice Recognition
  - 2008
    - Changsu, China
    - Ichikawa, Japan
    - Seongbuk-Gu, Seoul
  - 2012
    - (ESHUT) Owariasahi, Japan
Owariasahi, Japan
Source: Presentation by Yoshinori Mizuno, Mayor of Owariasahi City, Japan (at the 5th AFHC Global Conference, Brisbane, Australia)
Age-friendly cities indicators

• “Piloted” in Seoul and Jeju
  - Characteristics of indicators
  - Technical / practical
    - Within local influence
    - Can be linked to action
    - Easy to collect
Opportunities to Scale up Active Ageing in Healthy Cities

- Healthy Cities Recognition 2014
- Framework of Action on Ageing and Health
- Create stronger ‘ties’ between the Age-Friendly Cities Network and Healthy Cities
Thank you very much for your attention

Noncommunicable Diseases and Healthy Cities

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