Designing cities with a focus on wellbeing and health

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Designing cities with a focus on wellbeing and health

To collectively explore the contribution that built environment and public health professionals can make in addressing the European health objectives in Health 2020:

► Innovative leadership
► Reducing inequalities
► Active citizenship
► Life-course approaches

Designing cities with a focus on wellbeing and health

Health 2020	Urban environment and health			
	Urban planning	Green spaces	Housing	Facilities
Innovative leadership	?	?	?	?
Reducing inequalities	?	?	?	?
Active citizenship	?	?	?	?
Life-course approaches	?	?	?	?

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► Reducing inequalities
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► Life-course approaches

Leadership is . . .

"a process of social influence in which one person
can enlist the aid and support of others
in the accomplishment of a common task"

Chemers M. (1997)

What is health?

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."
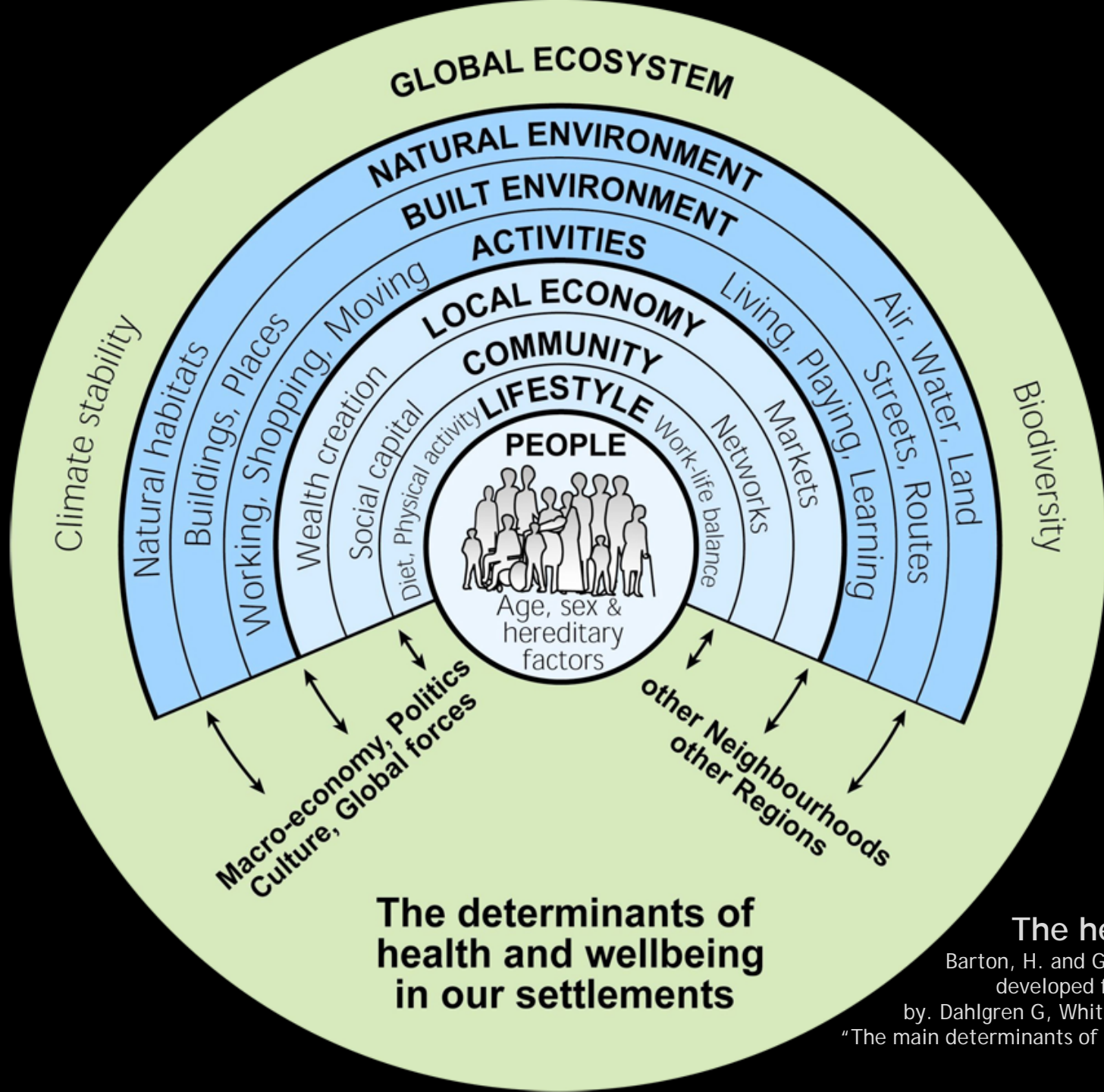
"The health of individuals, the health of towns, and the health of the planet are indissolubly linked"

The ultimate source of all human health

The ultimate source of all human health

GLOBAL ECOSYSTEM

NATURAL ENVIRONMENT

BUILT ENVIRONMENT

ACTIVITIES

LOCAL ECONOMY

COMMUNITY

LIFESTYLE

PEOPLE

Age, sex & hereditary factors

Climate stability

Natural habitats

Buildings, Places

Working, Shopping, Moving

Wealth creation

Social capital

Diet, Physical activity

Work-life balance

Networks

Markets

Living, Playing, Learning

Air, Water, Land

Streets, Routes

Biodiversity

Macro-economy, Politics Culture, Global forces

other Neighbourhoods other Regions

The determinants of health and wellbeing in our settlements

The health map
Barton, H. and Grant, M. (2006)
developed from the model
by. Dahlgren G, Whitehead M (1991)
"The main determinants of health" model
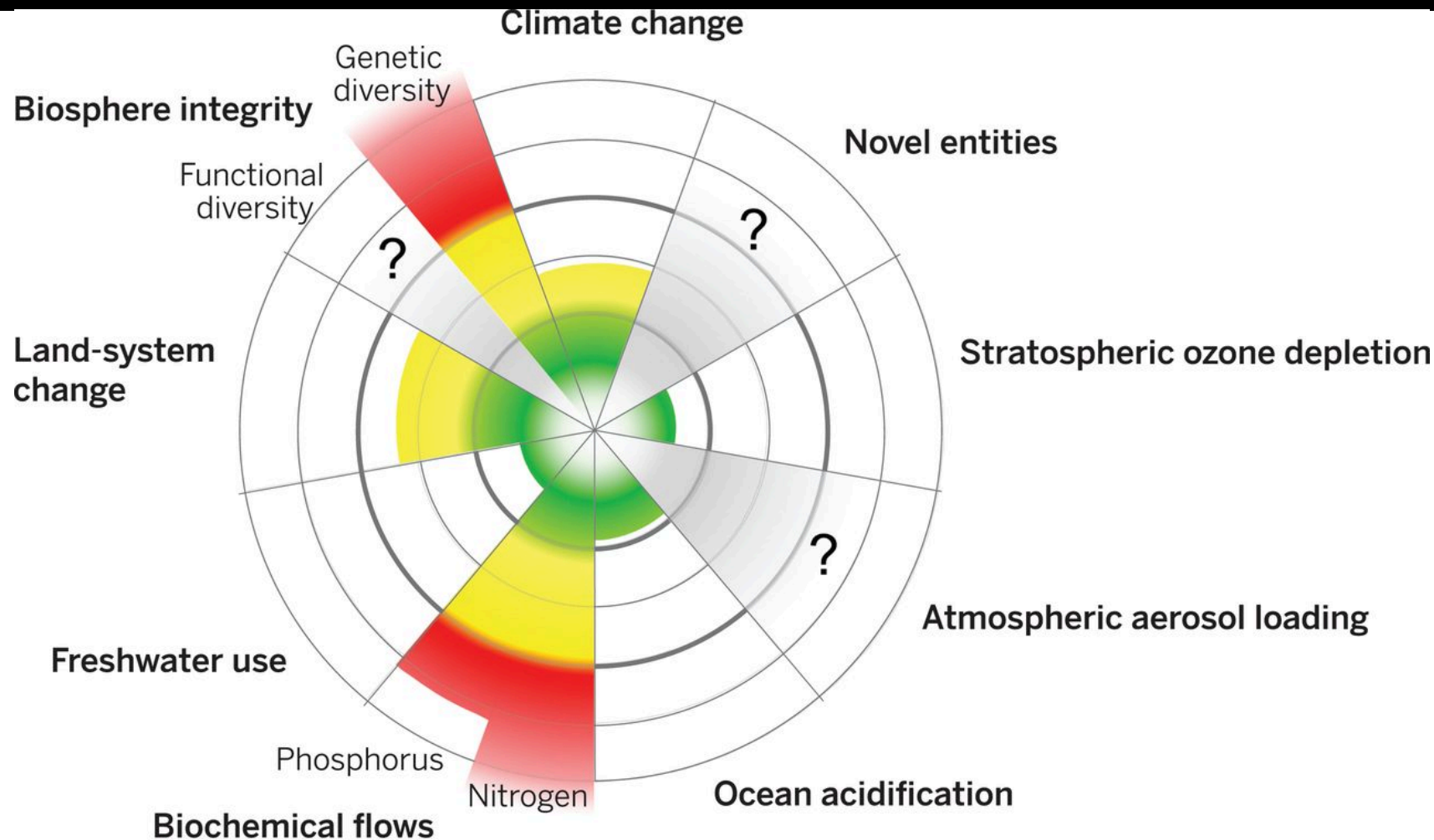
The health map
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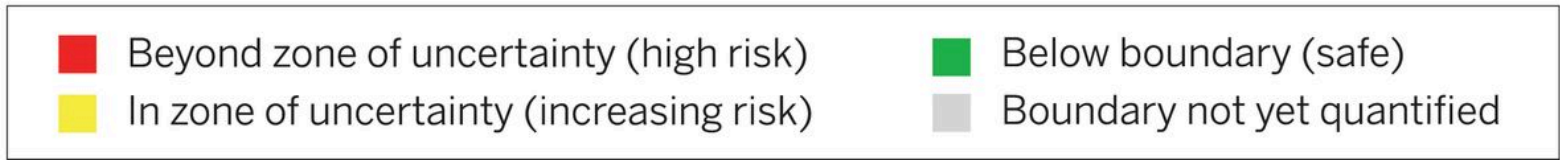"The main determinants of health" model

'You can't have healthy people on a sick planet'

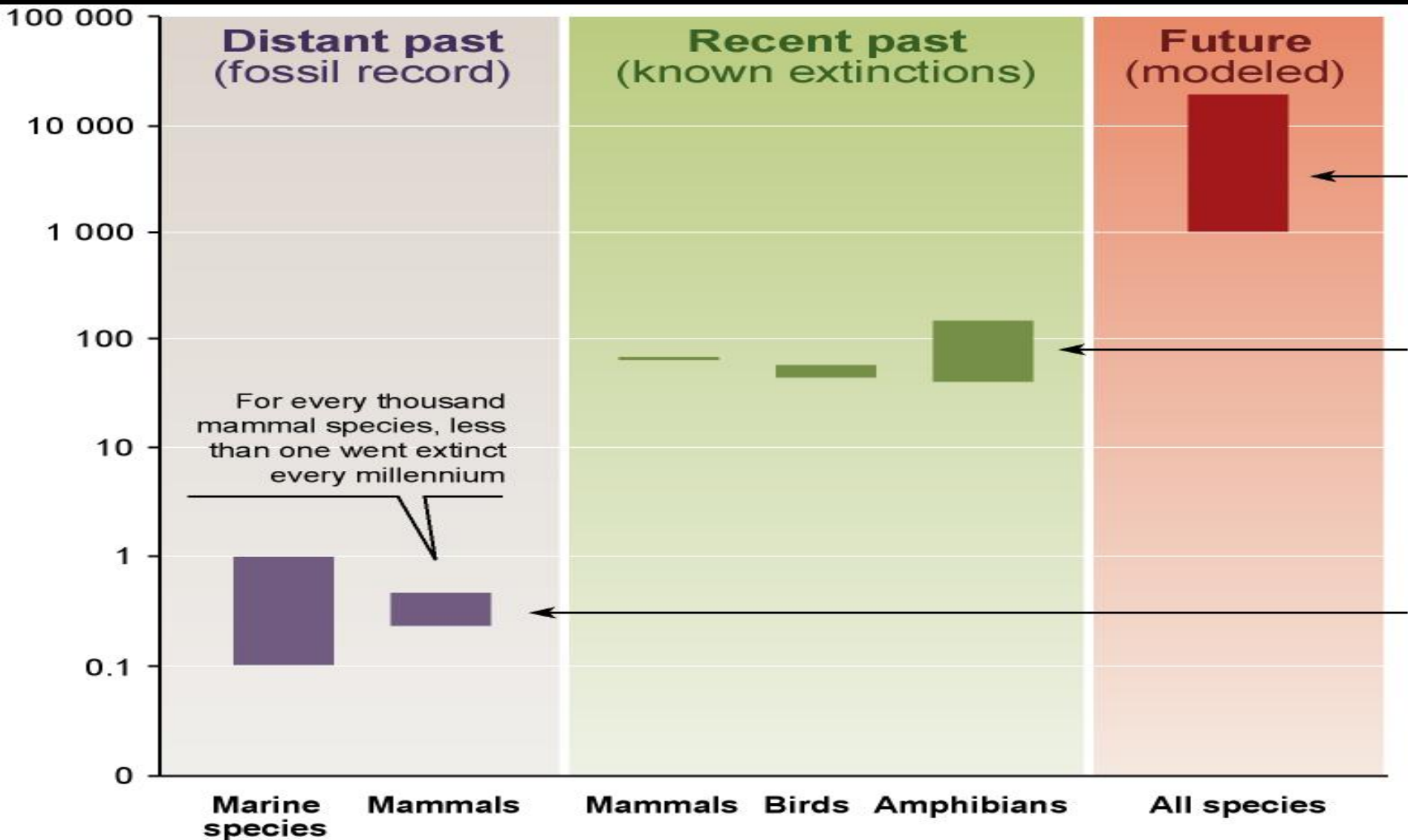Thomas Berry, *The Dream of the Earth,* 1998

Running-out of planetary operating space

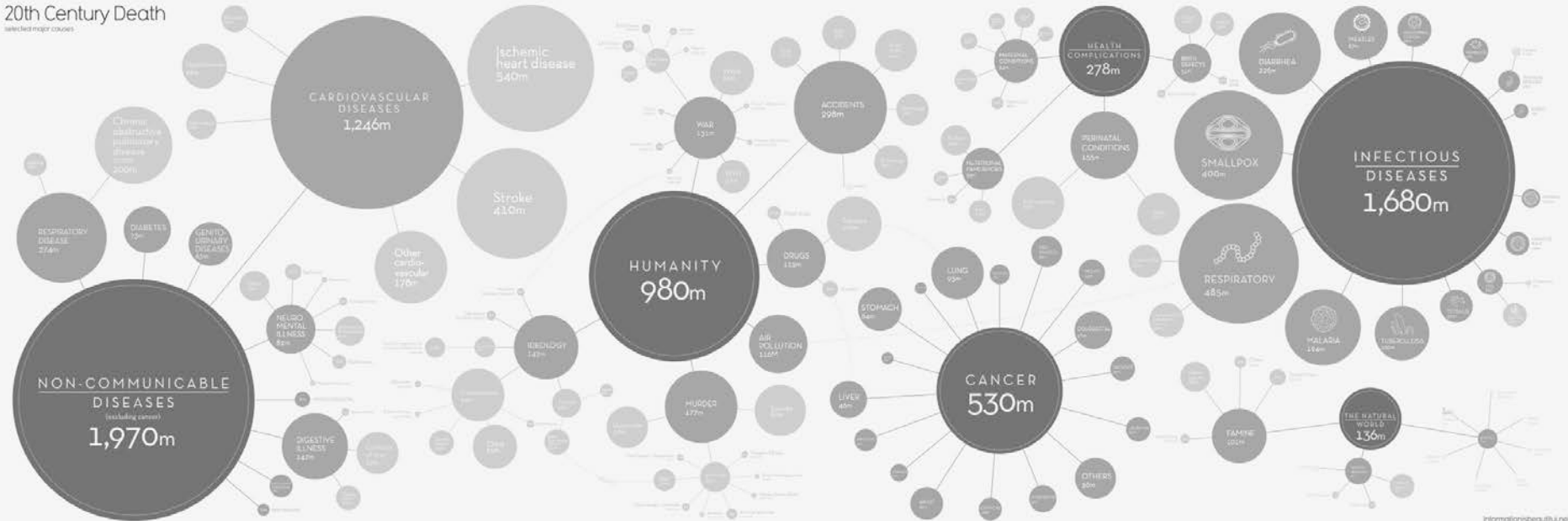Steffen, W. et al. (2015)

Extinctions per 1000 species per millennium

Source: Millennium Ecosystem Assessment

20th century death

20th century death

informationisbeautiful.net

'You can't have healthy people in a sick city'
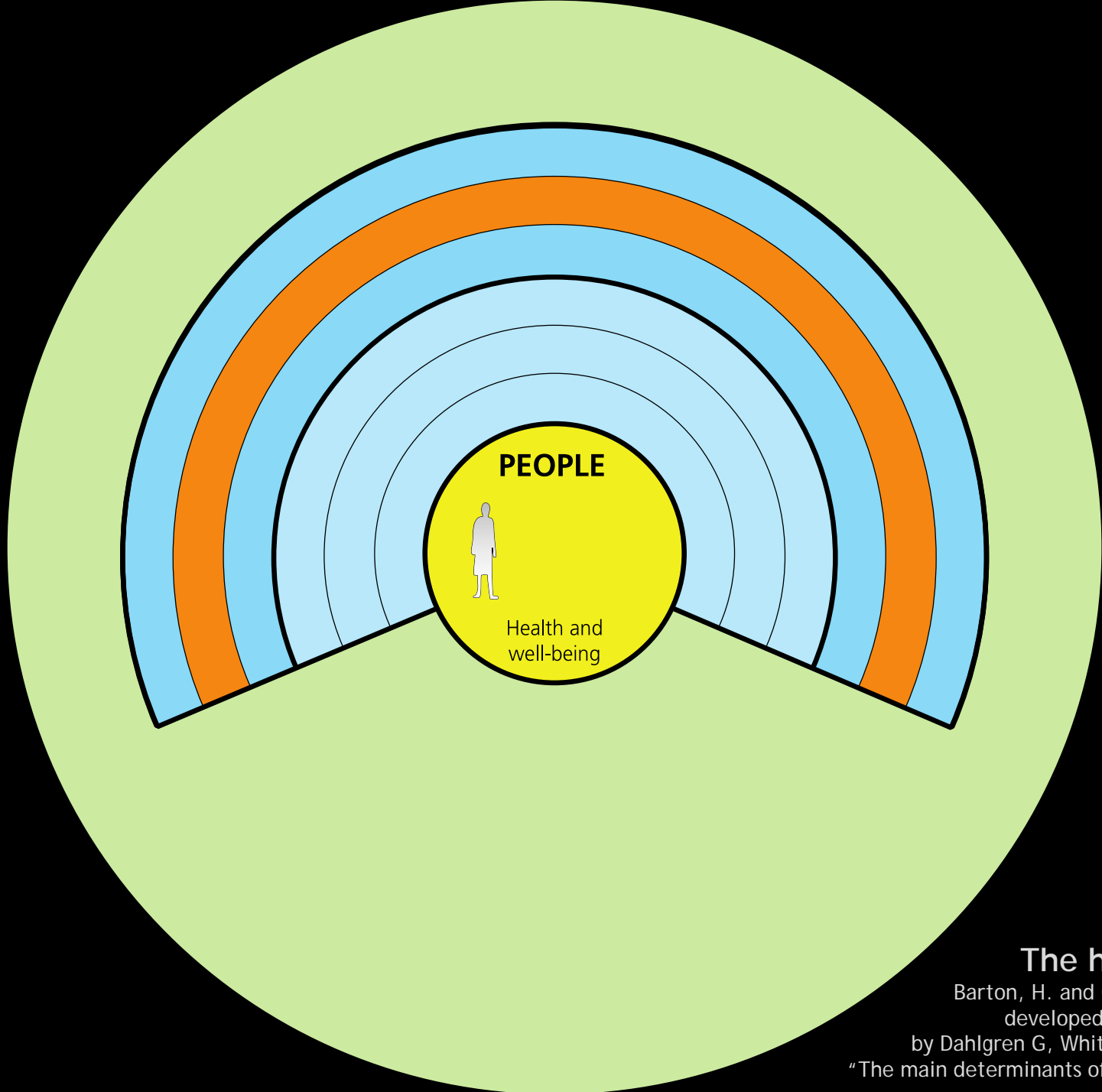
PEOPLE

Health and well-being

The health map
Barton, H. and Grant, M. (2006)
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"In cities; progress in health depends not only on the strength of health systems,

but also on shaping urban environments."

Alex Ross; Global report on 'Urban health: equitable, healthier cities for sustainable development". WHO and UN Habitat 2016

WHO European Healthy Cities Network – Phase VI (2014–2018)

	Castelo	POR
		POR
NK	d	SRB
	vo	BIH
	novsk	RUS
	ce	ITA
	nizli	TUR
	hisinau	MDA
	Bucharest	ROM
	Frederiksberg	DEN
	Filothei-Psychiko	GRE
	Chapayevsk	RUS
	Burdur City	TUR
3	Osmangazi	TUR
54	Riga	LVA
65	Mezitli Municipality	TUR
66	Poznan	POL
67	Trabzon Metropolitan	TUR
68	Skopje	MKD
69	Brno	CZE
70	Ljubljana	SVN
71	Stupino	RUS
72	Pärnu	EST
R	73	Sant Andreu de la Barca	SPA
JR	74	Waterford	IRE
UR	75	Barcelona	SPA
TUR	76	Brussels	BEL
TUR	77	Derry City and Strabane	UNK
TUR	78	Düsseldorf	DEU
GRE	79	Gorki	BLR
POL	80	Kaunas	LTH
POL	81	L'Hospitalet de Llobregat	SPA
DEU	82	Rennes	FRA
AUS	83	Stockholm	SWE
HUN	84	Sunderland	UNK
HUN	85	Turin	ITA
CRO	86	Turku	FIN
SVN	87	Novosibirsk	RUS
RUS	88	Municipality of Arad	ROM
CRO	89	Balçova/İzmir	TUR
ITA	90	Jerusalem	ISR
ITA	91	Podgorica	MON
ITA	92	Çankaya	TUR
ITA	93	Drama	GRE
rdam	NET	
e	BEL	
ahisar (Trabzon)	TUR	
oria-Gasteiz	SPA	
llanueva de la Cañada	SPA	

🔵 64 Designated cities

🔴 29 Applicant cities

Network of European National Healthy Cities Networks

Healthy Cities 21st Century
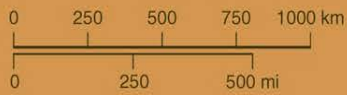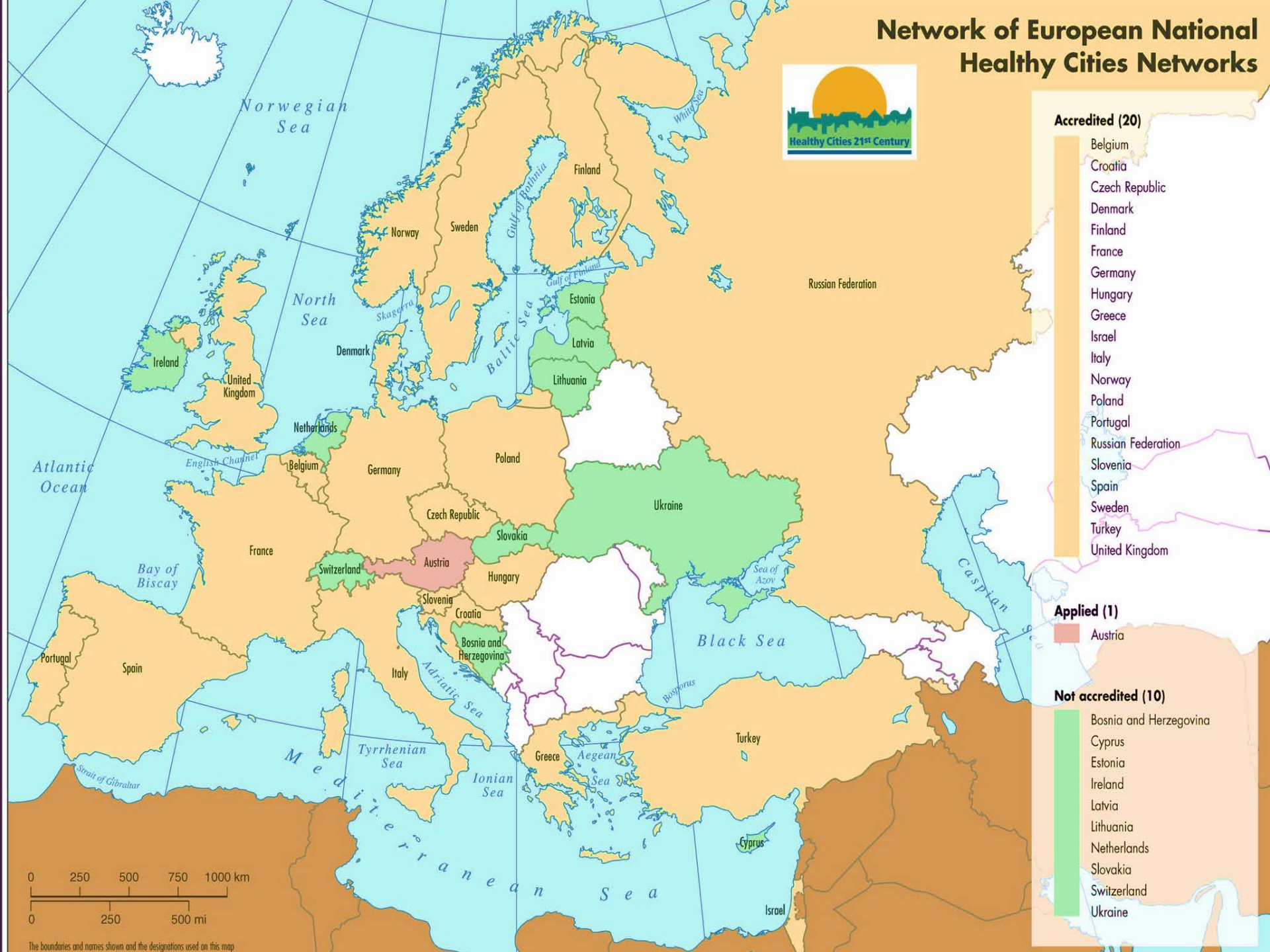
Accredited (20)

- Belgium
- Croatia
- Czech Republic
- Denmark
- Finland
- France
- Germany
- Hungary
- Greece
- Israel
- Italy
- Norway
- Poland
- Portugal
- Russian Federation
- Slovenia
- Spain
- Sweden
- Turkey
- United Kingdom

Applied (1)

- Austria

Not accredited (10)

- Bosnia and Herzegovina
- Cyprus
- Estonia
- Ireland
- Latvia
- Lithuania
- Netherlands
- Slovakia
- Switzerland
- Ukraine

Norwegian Sea

Iceland

North Sea

Atlantic Ocean

Bay of Biscay

Portugal

Spain

Ireland

United Kingdom

Netherlands

Belgium

France

Switzerland

Germany

Denmark

Norway

Sweden

Finland

White Sea

Gulf of Bothnia

Gulf of Finland

Baltic Sea

Estonia

Latvia

Lithuania

Russian Federation

Poland

Czech Republic

Austria

Slovenia

Slovakia

Hungary

Croatia

Bosnia and Herzegovina

Ukraine

Sea of Azov

Black Sea

Caspian

Italy

Adriatic Sea

Tyrrhenian Sea

Mediterranean Sea

Ionian Sea

Aegean Sea

Greece

Turkey

Cyprus

Israel

Bosporus

Strait of Gibraltar

English Channel

Skagerrak

| 0 | 250 | 500 | 750 | 1000 km |

| 0 | 250 | 500 mi |

The boundaries and names shown and the designations used on this map

How can we support leadership for healthy urban planning?

- Political leadership

- Citizen leadership

- Professional leadership

- Academic leadership

- Business leadership

# Designing cities with a focus on wellbeing and health

▶ Innovative leadership
▶ Reducing inequalities
▶ Active citizenship
▶ Life-course approaches

How can we support leadership for healthy urban planning?

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▶ Innovative leadership
▶ **Reducing inequalities**
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Entrenched urban disease and rising health inequality are providing a renewal in healthy urban planning
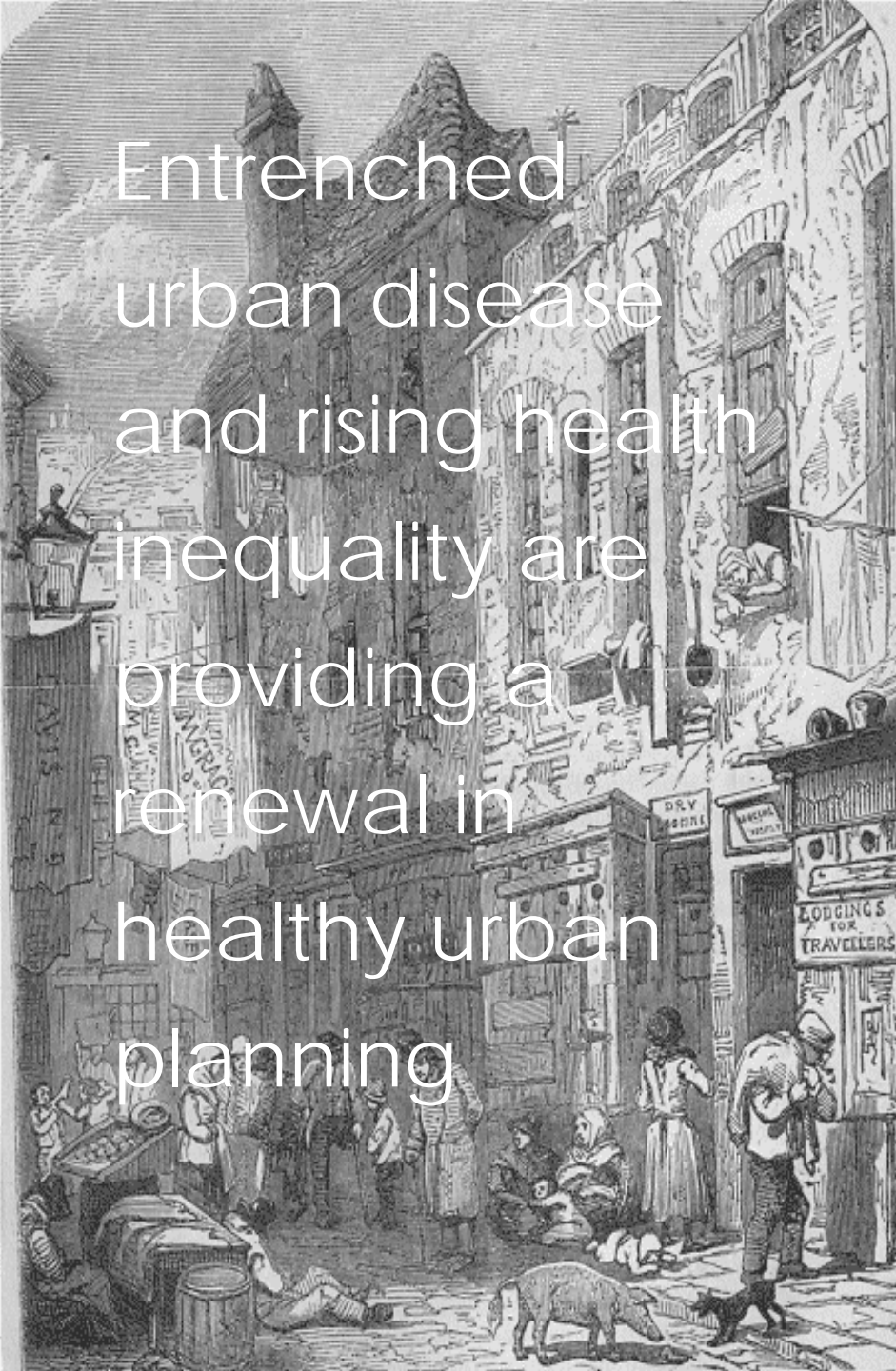
Communicable

Cholera

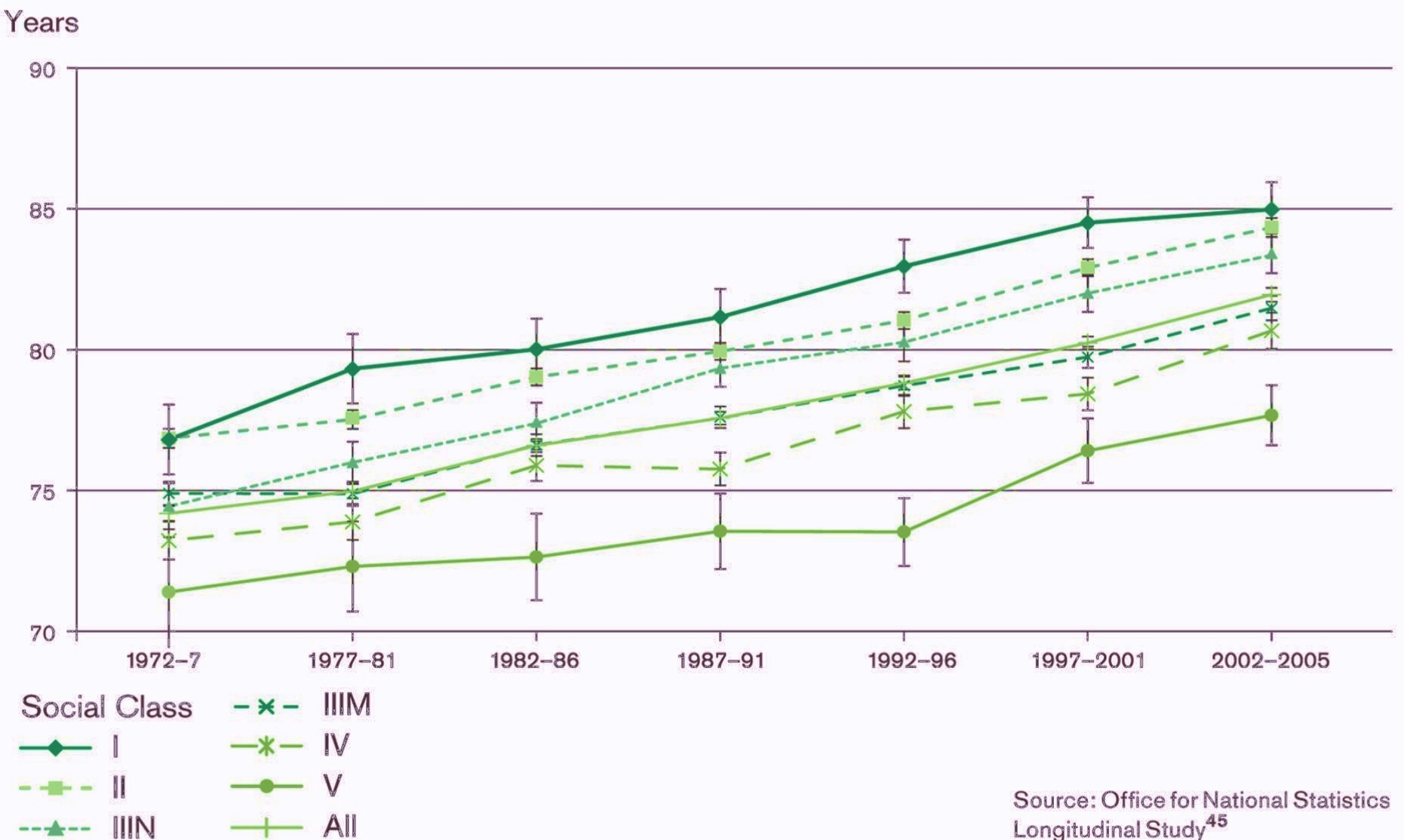Scrofula

Typhoid

Dysentery

Non-communicable

obesity and diabetes

heart disease, some cancers
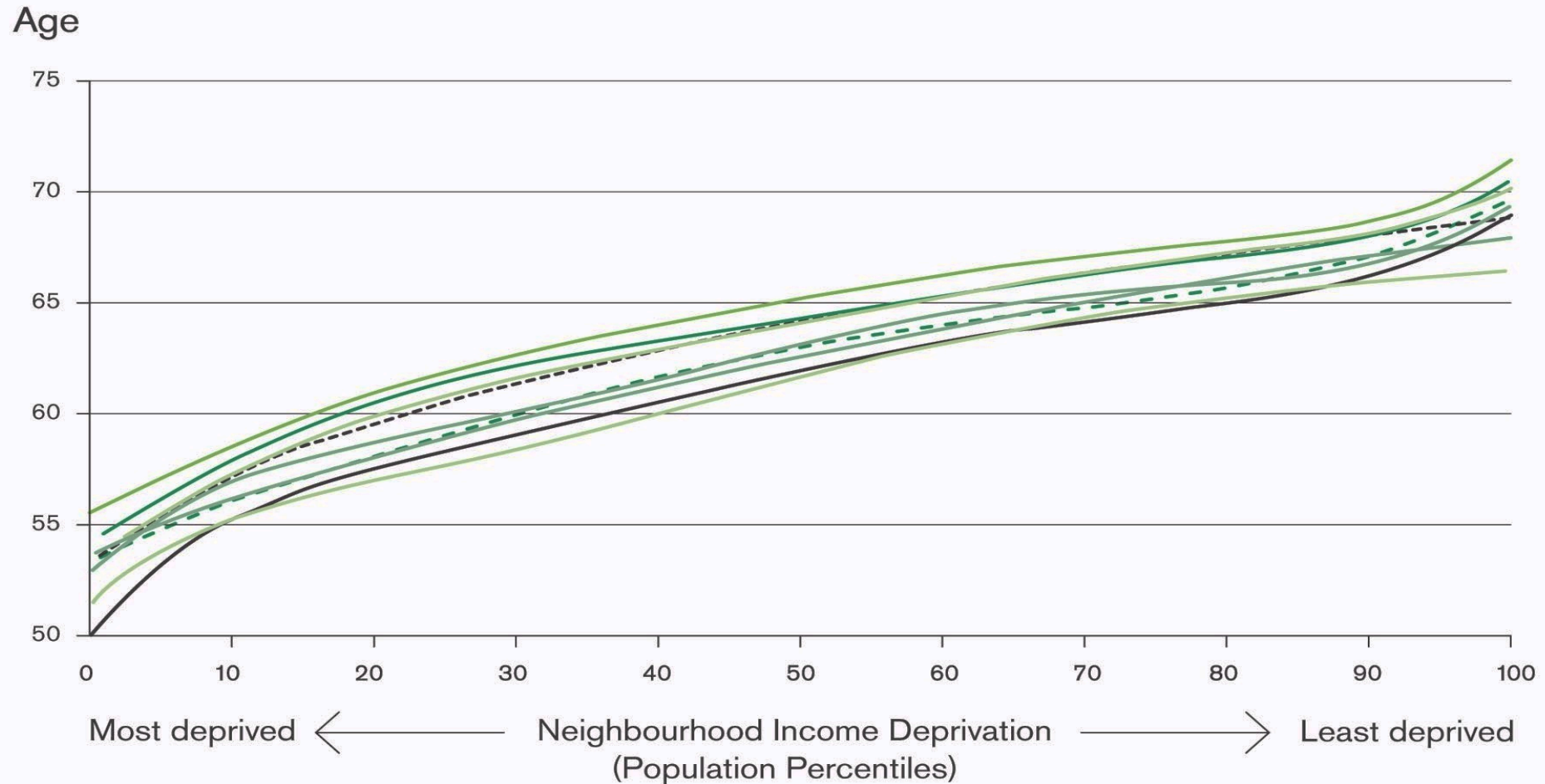
asthma & respiratory problems

stress & mental illness

Life expectancy at birth for males over time plus social class (Marmot report)

Years

Social Class
- - ×- - IIIM
—♦— I
—*— IV
- - ■- - II
—●— V
- - ▲- - IIIN
—+— All

Source: Office for National Statistics Longitudinal Study[45]

Disability-free life expectancy at birth vs. neighbourhood income (Marmot report)

Age

| | Most deprived ← | Neighbourhood Income Deprivation (Population Percentiles) | → Least deprived |

- - - Yorkshire/Humber average
- - - - South West average

— East Midlands average
— North West average

— South East average
— North East average

Source: Office for National Statistics

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EUROPEAN PORTAL FOR ACTION ON
HEALTH INEQUALITIES
This website is part of Equity Action, which has received funding from the European Union in the Framework of the Health Programme

EuroHealthNet
EUROPEAN PARTNERSHIP FOR IMPROVING HEALTH, EQUITY & WELLBEING

Health in All Policies (HiAP)

Targets the key social determinants of health through integrated policy response across relevant policy areas with the ultimate goal of supporting health equity.

EUROPEAN PORTAL FOR ACTION ON
HEALTH INEQUALITIES

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EuroHealthNet

EUROPEAN PARTNERSHIP FOR IMPROVING HEALTH, EQUITY & WELLBEING

The rationale behind Health in All Policies

Health is influenced by social, environmental and economic factors, which lay beyond the realm of the health sector.

AT LEAST 3,000,000 PEOPLE TAKE PILLS FOR DEPRESSION IN THE UK.

ARE YOU HAPPY?

The market is not delivering places where people can thrive

The market is not delivering places that support healthy lifestyles

Built with no concern for population health

Attractive homes . .
.
. . behind walls . .
. . . in unattractive neighbourhoods

Built with no concern for population health

Strung out local facilities . . .

. . .design optimised to suppress walking!!?

Built with no concern for population health

Office and retail parks looking lavish . . .

. . . but 90% car-dependent

Childhood environments which lack of stimulation

We even build toxicity into our high streets

Betting shops

Money lenders

Fast-food takeaways

Cheap alcohol

Tanning salons

Vaping emporia

Source: Tim Townshend, Manchester

Obesogenic towns
(Swinburn et al. 1999)

Depressogenic towns
(Francis et al. 2012)

Pathogenic towns

Total UK health spending

Per cent of GDP

Illness spending NOT health spending!

y-axis: 5, 6, 7, 8, 9, 10, 11, 12, 13

x-axis: 1977-78, 1982-83, 1987-88, 1992-93, 1997-98, 2002-03, 2007-08, 2012-13, 2017-18, 2022-23
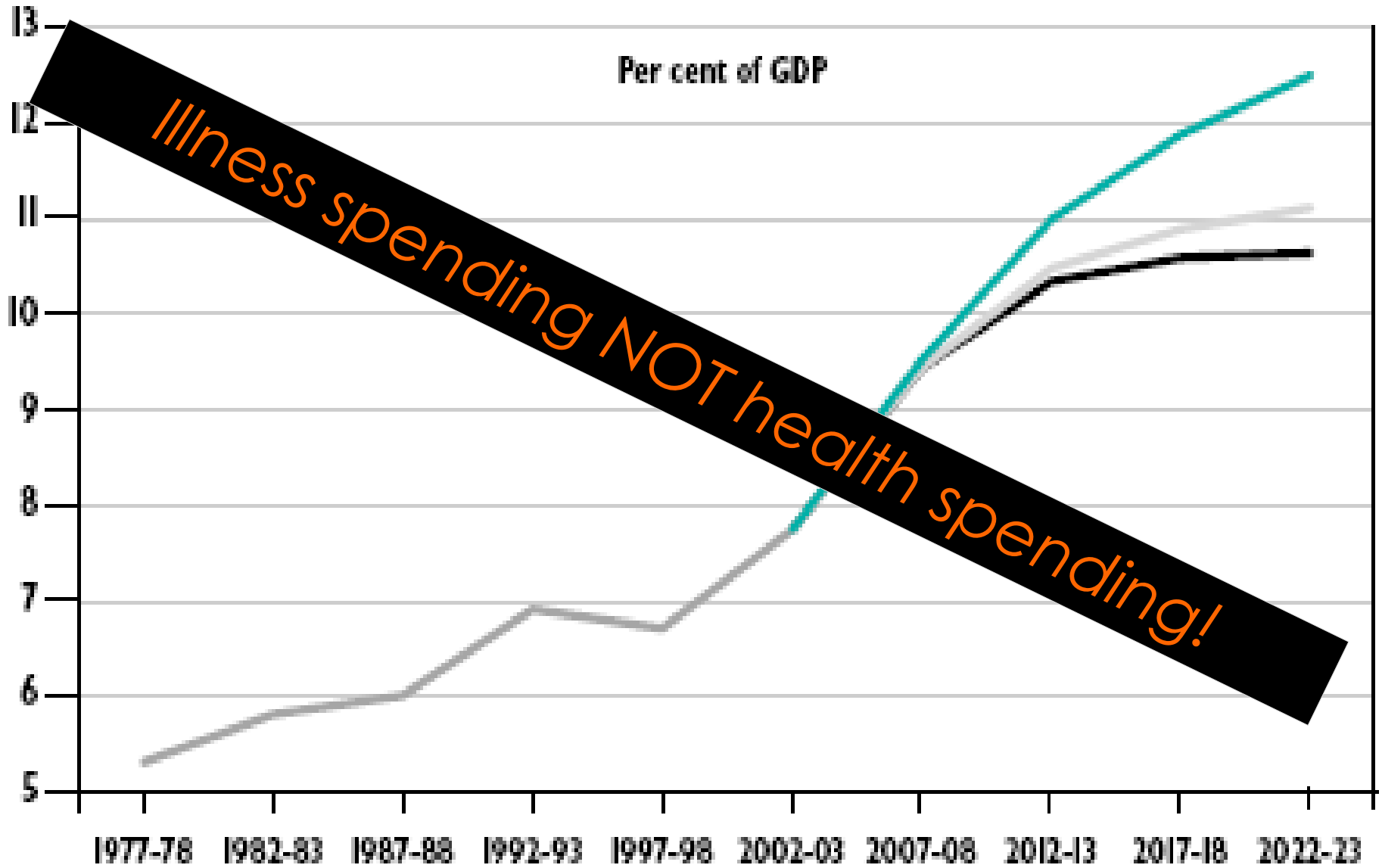
Legend: Slow uptake — Solid progress — Fully engaged

DH Department of Health

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How do we ensure that city development reduces inequalities?

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Age, sex & hereditary factors

Climate stability

Natural habitats

Buildings, Places

Working, Shopping, Moving

Wealth creation

Social capital

Diet, Physical activity

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Networks

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Air, Water, Land

Streets, Routes

Biodiversity

Macro-economy, Politics Culture, Global forces

other Neighbourhoods other Regions
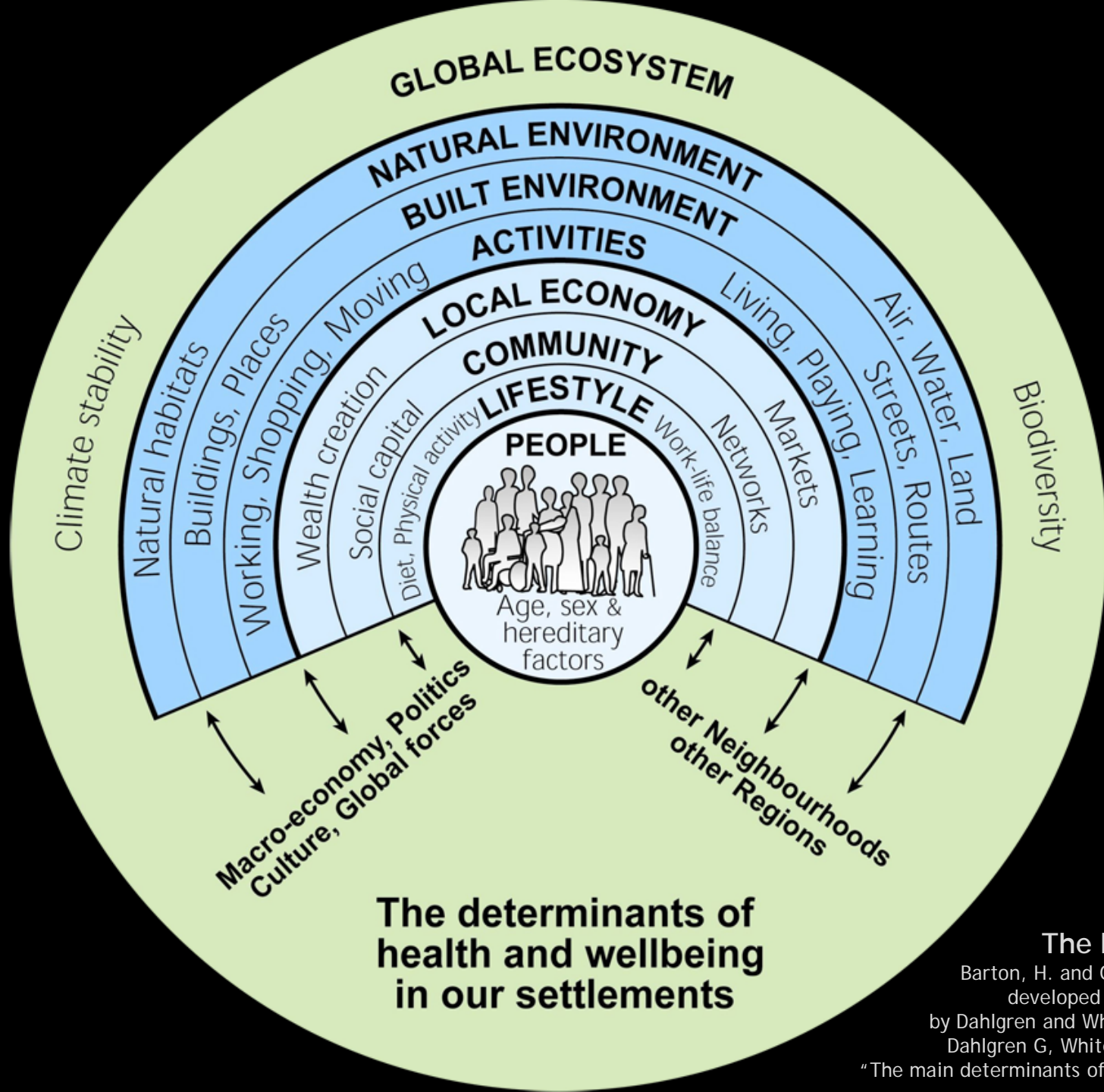
The determinants of health and wellbeing in our settlements

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ECOSISTEMA GLOBAL

Estabilidad climática

Biodiversidad

MEDIO NATURAL

MEDIO URBANO

ACTIVIDADES

ECONOMÍA LOCAL

COMUNIDAD

ESTILO DE VIDA

Hábitats naturales

Edificios, lugares

Trabajar, ir de compras, desplazarse

Creación de riqueza

Capital social

Dieta, actividad física

Equilibrio laboral/personal

Redes sociales

Mercados resilientes

Vivir, jugar, aprender

Calles, carreteras

Aire, agua, tierra

GENTE

Edad, sexo, factores hereditarios

Macroeconomía, política
Política, fuerzas mundiales

Otros barrios, otras regiones

Los factores determinantes para la salud y el bienestar en nuestros barrios

Health Walk Audit:
Communities and their local environments

- What keeps your community healthy?

plus

- What detracts from health?

makes

- Agenda for action

Health Walk Audit:
Communities and their local environments

Health Walk Audit:
Communities and their local environments

Health Walk Audit:
Communities and their local environments

What keeps St Jude's and Old Market healthy?

Aspects of the local area which support (and detract) from health

the bristol partnership

Neighbourhood Health Check
Healthy City Group
19 October 2011

Supporting health

- Quiet areas + seats
- Safe connecting routes walking + cycle
- Safe housing/entry
- Trees
- Buildings + Identity
- Basket Ball ✓✓ (right one)
- Specialist traders in Old Market · Gay community
- Vibrant shops + food - Stapleton Rd.
- Leisure centre (not at capacity)

Needs a Voice

Agenda for health
- ▷ Health equality + accessibility
- ▷ Health + Transport forum actions
  - ↳ "invisible barriers"
- ▷ Asset of empty buildings
- ▷ Asset of green 'dead' land - no ownership
  - - heed   - community
  - - real purpose - allotment
  -                - play
- ▷ Street party/markets/carnival?
- ▷ Event] animation
- ▷ Messages Don't do or 'Welcome'
- ▷ Proposals + change as a focus
- ▷ Recycling issues with community

Detracting from health
- · Drug paraphernalia in park
- · Dead 'Green lands · Lack of community facilities
- · Empty buildings - absentee landlords || Empty shops + Old Mkt.
- Noise levels in some areas
- · Traffic speed + road design - unsafe
- · Quality of Old Market eg. Greening
- · Rough sleepers in underpass ⟨ social / individual problems
- ▷ Lack of play – under 5s / 5-10s / Early teens
- ▷ Community engagement · Library closure / · Community Venue
- ▷ Connecting routes - pedestrian + cycling
- + Alcohol /sexual health · "untreatable scene" education services

SPECTRUM APPRAISAL: HEALTH SCOPING TOOL

WHO Collaborating Centre for Healthy Cities and Urban Policy
University of the West of England

Excellent	The health determinant is fully addressed. A very well-designed scheme could set to exemplary practice.
Good	The health determinant is generally addressed. Well thought out, should act to correct best practice.
Negotiable	The health determinant is partially addressed. A more successful outcome depends on two issues.
Problematic	The health determinant is very weakly addressed. A more successful outcome depends on basic changes e.g. in relationship, configuration or form.
Unacceptable	The health determinant is not being addressed at all. It is not likely to be satisfactorily fulfilled with the current approach.

Spectrum: Health appraisal
Location and configuration
Step 1 – Develop appropriate local criteria (examples provided)

Global ecosystem
Does the location of...
Will the proposal...

Natural environment
Will people have good access to the natural environment?
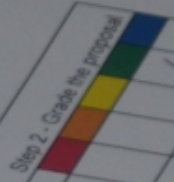Is the development mindful of facilities minimise carbon intensive travel?

Built environment
Does the proposal provide a healthy built living and working context?

Activities
Will people have good access to local facilities?

Local economy
Does the proposal provide local jobs and conditions for a strong local economy?

Community
Does the configuration provide a context for social capital and community space?

Lifestyle
Will the proposal support or frustrate active lives?

People
Does the development cater for local need?
Is the development suited to the demographic, also to projected (lifecourse)?

Broader strategic implications
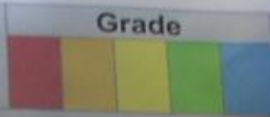Does the proposal relate well to existing development/communities in the area?

Step 2 – Grade the proposal

| Derriford / Seaton Draft Health Impact Criteria	Grade					Health + − •
Strategic Links						**Equity**
1 - Strategic transport links			28	4		
2 - Strategic sectoral links				20		
People						
3 – Homes for all			25	3		
4 – Services that support well-being			32			+•• +ve potential
Lifestyle						
5 - Diet and local food growing						
6 - Active lives						
Community						
7 - Community buildings						
8 - Stakeholder involvement in planning and management			9/6	14		
Activities						
9 – Provision of local retail facilities						
10 - Accessibility of local retail facilities						
Local economy						
11 - Local jobs, training and wealth creation						
12 - District centre			23	10		
Built environment						
13 - Quality of the public realm as a place						
14 - New transport links		(1)	23	8		
Natural environment						
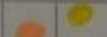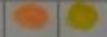
We can create healthy and sustainable places people want to live

In San Francisco; bike priority lanes proliferate
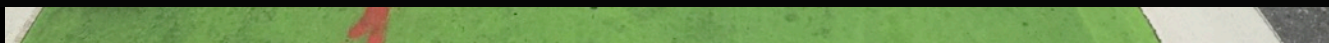
In San Francisco; bike priority lanes proliferate

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How can we support our communities to demand healthier neighborhoods?

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Ageing – A success story

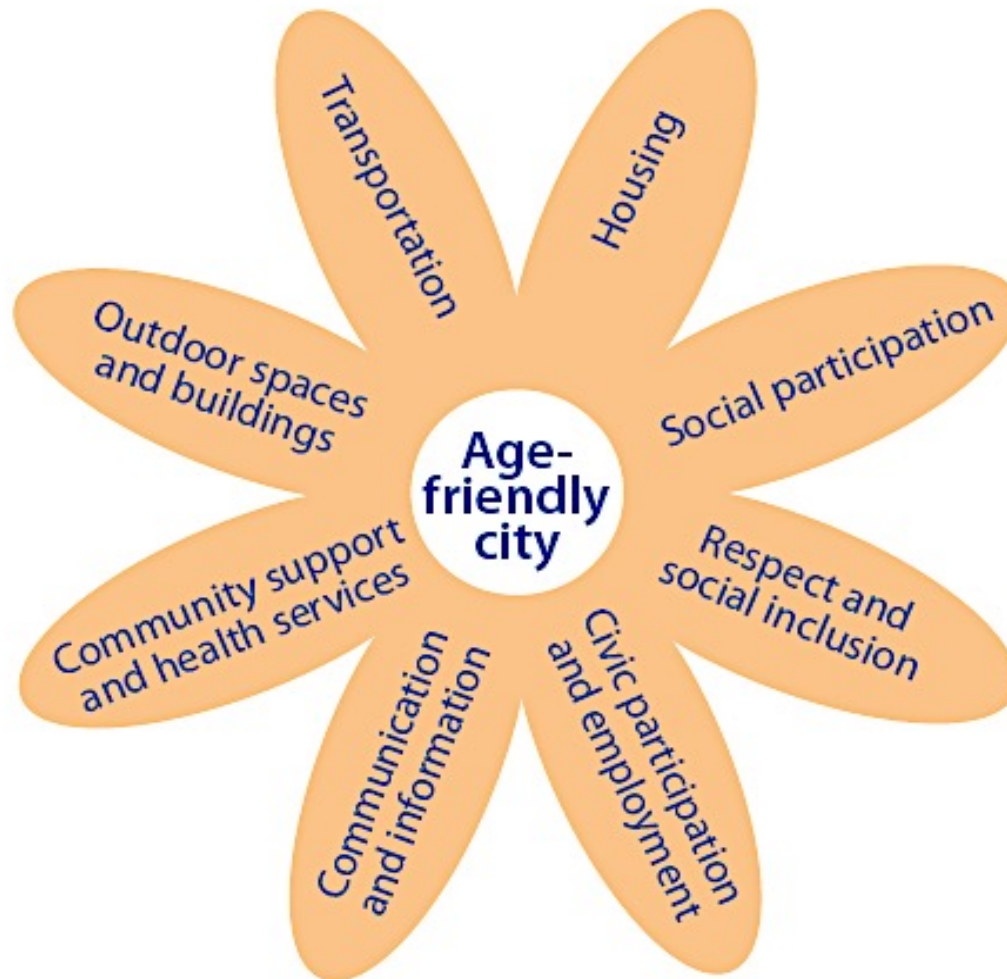60 year olds now have the life of 40 year olds from a century ago

Older person?

Age 71

European age-friendly cities

Figure 6. Age-friendly city topic areas

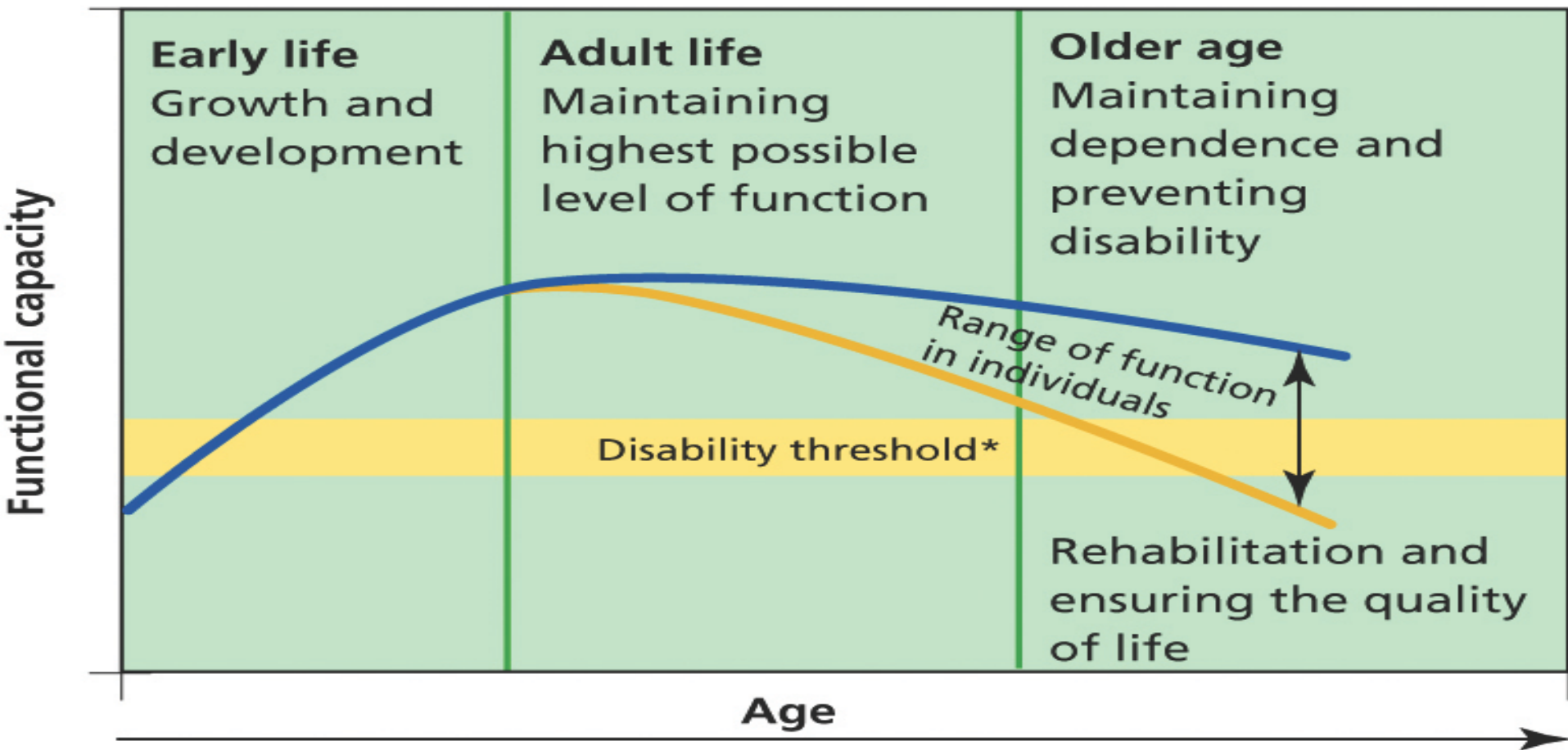# The evidence base: Getting outdoors

- Many older people face barriers getting outdoors, e.g. 52% of respondents in the UK said that a lack of public toilets in their area prevented them from going out as often as they liked

- Those living in residential care or sheltered homes are much less likely to get outdoors

- People living close to open and green spaces are more likely to get out

For older people

- Immediate home environment becomes more important due to increased physical difficulties which limit their spatial range

- Satisfaction with neighbourhood has a significant predictive effect on quality of life

Fig 9.1 A life-course approach to ageing

Functional capacity (y-axis)

Early life
Growth and development

Adult life
Maintaining highest possible level of function

Older age
Maintaining dependence and preventing disability

Range of function in individuals

Disability threshold*

Rehabilitation and ensuring the quality of life

Age (x-axis)

* Sources in the environment can lower the disability threshold, thus decreasing the number of disabled people in a given community

Source: Kalache A, Kickbusch I. A Global strategy for healthy ageing. World Health, 1997, 50(4):4-5.

A life-course approach to ageing (Kalache et al. 1997)

We can create safe play spaces

We must support healthy lifestyles for all

Life-course in the built environment

Themes for a healthy built environment :

- everyday movement and accessibility

- opportunities for social interaction and recreation

- supporting safe and inclusive communities

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*Are we creating places that support
health across all ages?*

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Health 2020	Urban environment and health			
	Urban planning	Green spaces	Housing	Facilities
Innovative leadership	?	?	?	?
Reducing inequalities	?	?	?	?
Active citizenship	?	?	?	?
Life-course approaches	?	?	?	?

*'**Health** is created and lived by people within the settings of their everyday life; where they learn, work, play, and love.'*

WHO Ottawa Charter 1986

Our challenge for this conference

Can we form a consensus on:

► *What issues cities need to prioritise?*

► *What kind of interventions might be effective?*

► *What are the constructive steps we can take to further this agenda?*

Gap - what we know and what we do

Bridging the "Know–Do" Gap

Meeting on Knowledge Translation in Global Health
10–12 October 2005
World Health Organization
Geneva, Switzerland

World Health Organization

International Public Health Symposium on Environment and Health Research

Science for Policy, Policy for Science: Bridging the Gap
Madrid, Spain, 20–22 October 2008

EUROPE

Guidance for
designers

Evidence for
policy-makers
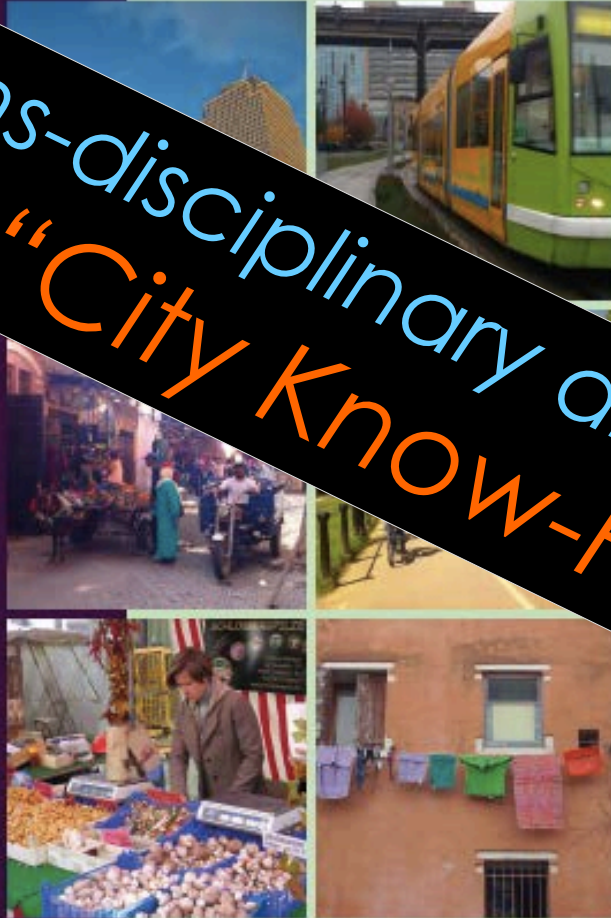
Thank you

Marcus Grant
Marcusxgrant@citieshealth.world