

# The role of healthy cities in healthy urban planning

## City Health Development Planning

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SEVENTH MINISTERIAL CONFERENCE ON ENVIRONMENT AND HEALTH

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# What is a health plan?

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## HEALTH PLAN

The city health development plan is a **strategic planning document** that designates the city's directions of action related to health protection and health development for a given period.\*

„It integrates all health and health-related activities and links health to **all relevant sectors** that affect it.”\*\*

**Health plan is not equal** to a strategy for the health care services.

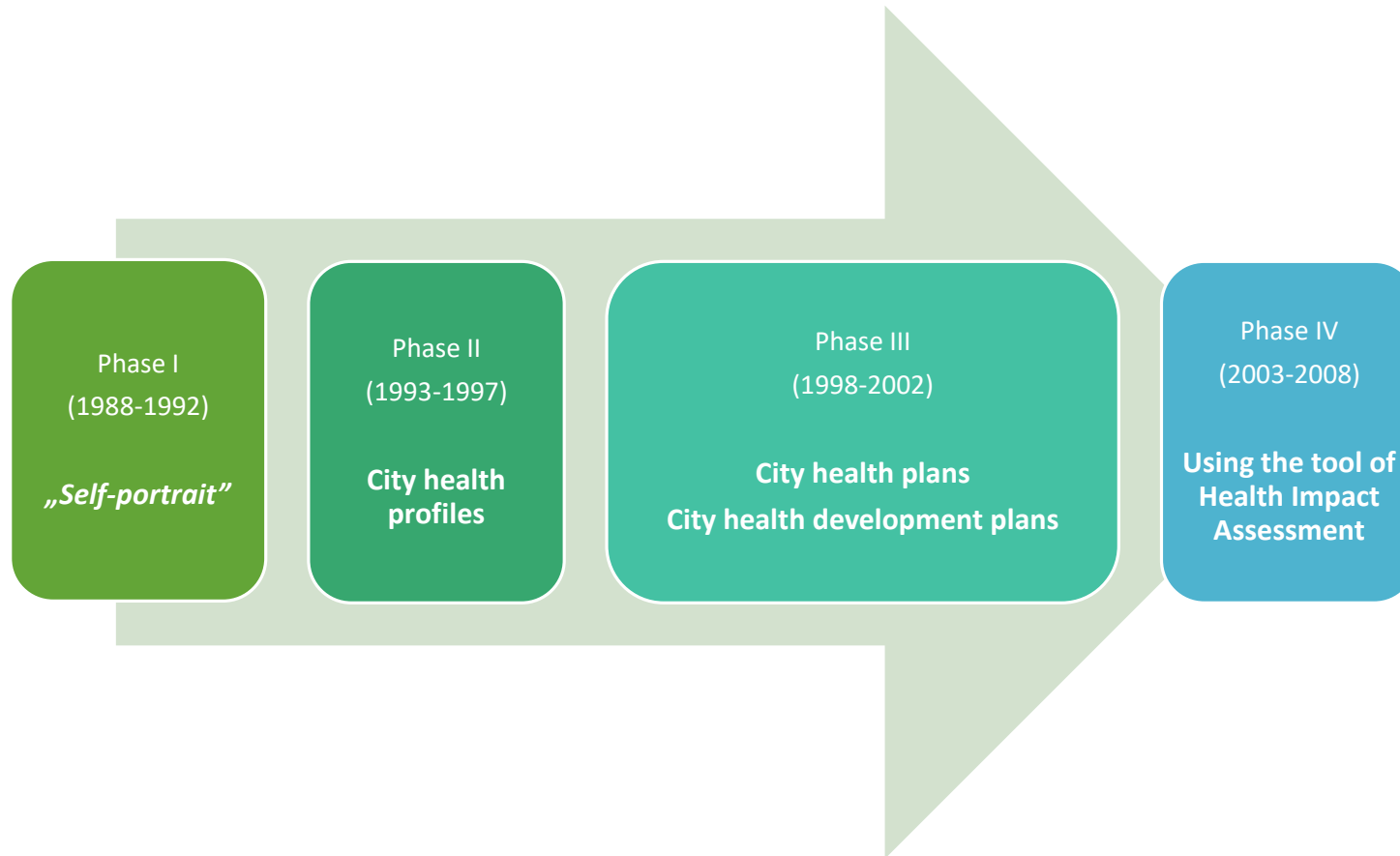
**Health plan applies a social approach for health** because it is affected by social and community influences, living and working conditions, general socioeconomic, cultural and environmental conditions beside individual lifestyle factors.

\* Definition based on the Health Development Plan of the City of Pécs 2019-2024, City of Pécs, 2019

\*\* City planning for health and sustainable development, World Health Organization, 1997

# „Evolution’ of health development planning during the Phases of Healthy Cities

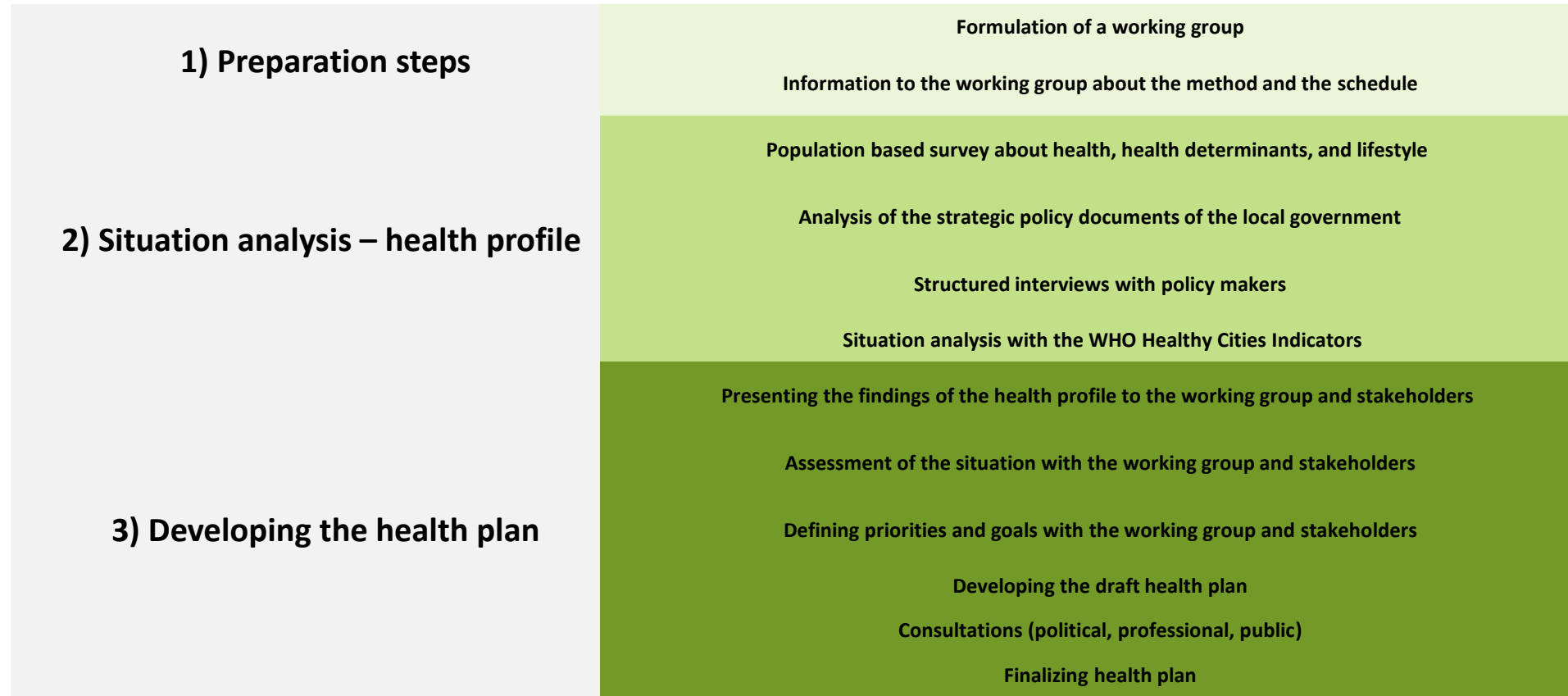
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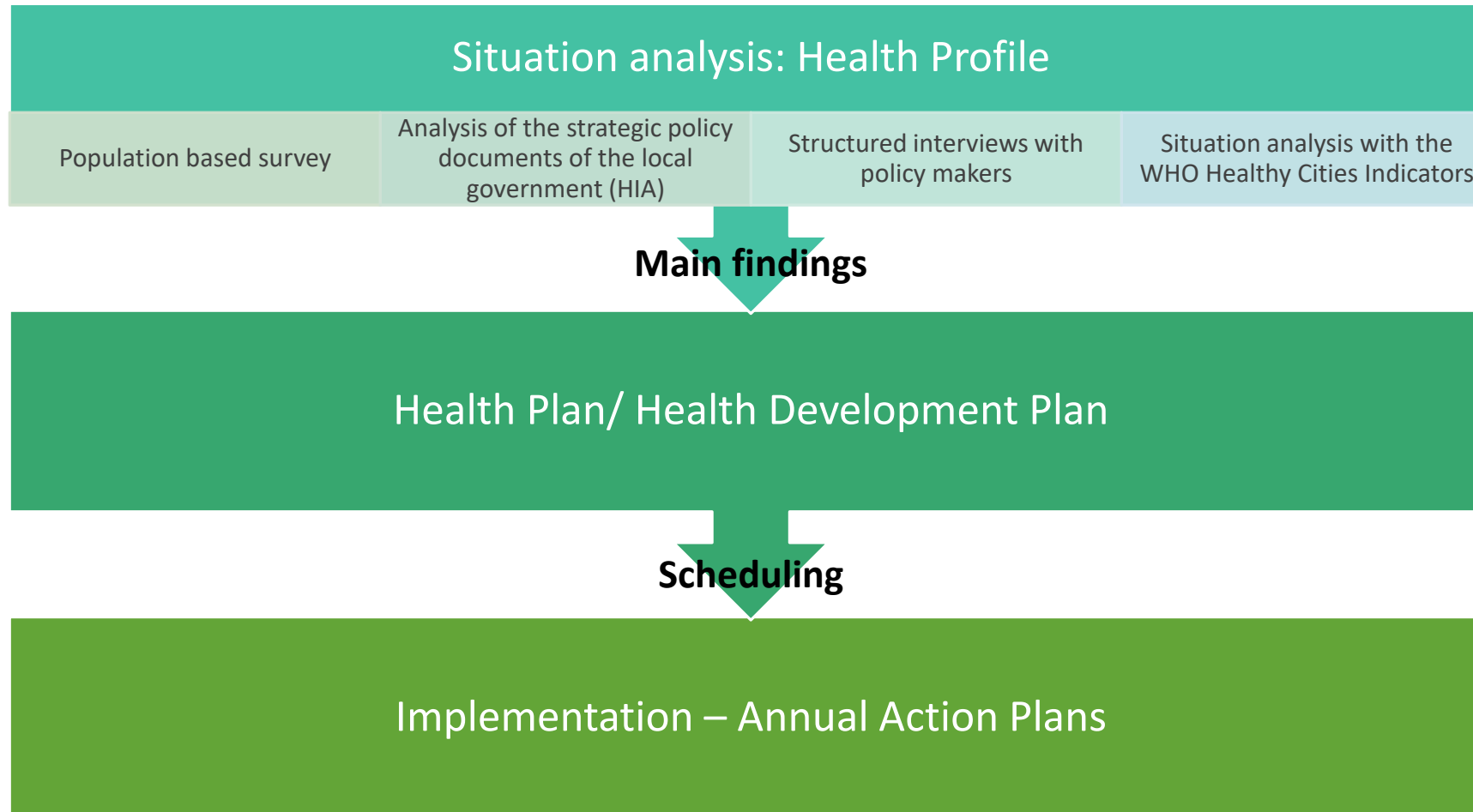
Health plans can also be prepared for other settings, such as schools and workplaces, or other institutions.

# Process of developing a health plan

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# Method and main steps



# Health Impact Assessment (HIA)

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„A combination of procedures, methods and tools by which a policy, programme or project may be judged as to its potential effects on the health of a population, and the distribution of those effects within the population.”

*(Gothenburg Consensus Paper, WHO Regional Office for Europe & European Centre for Health Policy, Copenhagen, 1999)*

# Healthy Cities indicators

Health	Mortality
	Main causes of death
	Low birth weight
Health services	City health education programmes
	Immunization rates
	Inhabitants per primary health care practitioner
	Inhabitants per nurse
	Percentage of population covered by health insurance
	Availability of services in foreign languages
	Health debates in city council
Environmental indicators	Air pollution
	Water quality
	Sewage collection
	Household waste treatment
	Green space
	Derelict industrial sites
	Sport and leisure facilities
	Pedestrianization
	Cycle routes
	Public transport access
	Public transport range
	Living space
Socioeconomic indicators	Percentage of population in inadequate housing
	Homelessness
	Unemployment
	Poverty
	Availability of child care
	Age of mothers at time of birth
	Abortion rate
	Employment of disabled people

# Roles in city health development planning

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## Healthy Cities

- Introduce the method to decision-makers
- Coordinate the process
- Track the progress

## Local government

- Make the decision to develop a health plan
- Endorse the document of the health plan

## **Implementation is a joint task!**

E.g.

- Local government – big investments projects, such as bicycle paths
- Health promotion and lifestyle programmes – civil organizations, city institutions



# How to improve healthy urban environments with city health plans

## *Some examples from the City of Pécs*

### Healthy City Foundation of Pécs

- Member of the WHO European Healthy Cities Network since 1988
- Centre of the Hungarian National Network of Healthy Cities

### Health development plan of the City of Pécs (Hungary) for 2019-2024

- Endorsed by the City Council in 2019
- Structure of planned measures: *Themes of Phase VII of WHO European Healthy Cities Network*



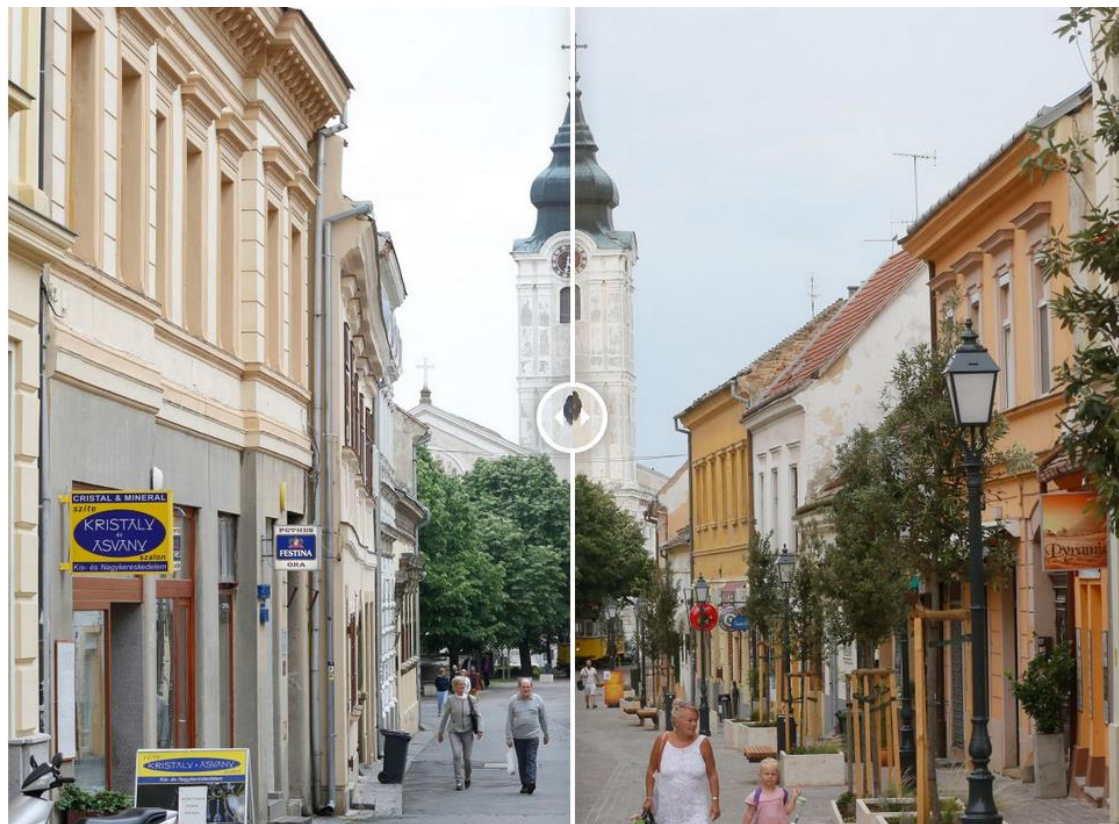
THEME	PLANNED MEASURES BASED ON THE FINDINGS OF THE HEALTH PROFILE	IMPLEMENTED MEASURES
<p><b>PLACE</b> Designing urban places that improve health and well-being</p>	<ul style="list-style-type: none"> <li>• Urban green space development programme</li> <li>• Free sport opportunities</li> <li>• Outdoor fitness parks, intergenerational playgrounds</li> </ul>	<ul style="list-style-type: none"> <li>• Creating of a multi-age playground and community place in the biggest district of the city</li> <li>• Creating of the Active and hiking centre at the „Mecsek” Hills</li> <li>• Implementing the LIFE-IP HungAIRy project – green cadastre</li> </ul>



THEME	PLANNED MEASURES BASED ON THE FINDINGS OF THE HEALTH PROFILE	IMPLEMENTED MEASURES
<p><b>PLANET</b> Protecting the planet from degradation, including through sustainable consumption and production</p>	<ul style="list-style-type: none"> <li>Continuing the development of the bicycle path network</li> <li>Promoting bicycle as a means of transport</li> </ul>	<ul style="list-style-type: none"> <li>Implementing bicycle road construction projects at four venues</li> <li>Initiating a demo project by the local community transport company to promote cycling – transporting bikes on buses going to the „Mecsek” Hills</li> </ul>



THEME	PLANNED MEASURES BASED ON THE FINDINGS OF THE HEALTH PROFILE	IMPLEMENTED MEASURES
<p><b>PLANET</b> Protecting the planet from degradation, including through sustainable consumption and production</p>	<ul style="list-style-type: none"> <li>Continuing the measures aimed at improving the quality of public roads and sidewalks, keeping public areas clean and taking care of green areas</li> </ul>	<ul style="list-style-type: none"> <li>6 investments project have been implemented, e.g. reconstruction of streets; reconstruction of a surface parking lot; creating a smart-parking system in the city centre</li> </ul>



THEME	PLANNED MEASURES BASED ON THE FINDINGS OF THE HEALTH PROFILE	IMPLEMENTED MEASURES
<p><b>PLACE</b> Designing urban places that improve health and well-being</p>	<ul style="list-style-type: none"> <li>Continuation of the already existing air cleanliness protection initiatives</li> </ul>	<ul style="list-style-type: none"> <li>Preparing the Climate strategy and action plan of the City of Pécs</li> <li>Reviewing of the air quality improvement measures program and air quality plans of Pécs and its neighbourhood</li> </ul>



THEME	PLANNED MEASURES BASED ON THE FINDINGS OF THE HEALTH PROFILE	IMPLEMENTED MEASURES
<p><b>PEACE</b> Promoting peace and security through inclusive societies</p>	<ul style="list-style-type: none"> <li>Development and implementation of measures aimed at increasing the subjective sense of security</li> </ul>	<ul style="list-style-type: none"> <li>Implementing of the Public Safety and Crime Prevention Concept of the City</li> <li>Creating the Public Safety and Crime Prevention Council</li> <li>Creating a Public Safety Centre in one of the districts of Pécs</li> </ul>



THEME	PLANNED MEASURES BASED ON THE FINDINGS OF THE HEALTH PROFILE	IMPLEMENTED MEASURES
<p><b>PARTICIPATION</b> Fostering greater participation and partnerships for health and well-being</p>	<ul style="list-style-type: none"><li>• Topics related to factors determining health should also be included among the public hearing topics</li></ul>	<ul style="list-style-type: none"><li>• Topics of public hearings have been chosen by the citizens: e.g. transport; parking; electric scooter network</li></ul>



# Examples of other measures included in the health development plan of the City of Pécs

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- Health promotion and lifestyle programmes for different target groups of citizens, City Health Day, WHO Health Days
- Health promotion and communication tools and campaigns
- Physical activity programmes for different age groups
- Disease prevention programmes for homeless people
- Strategic documents: Elderly Conception, Local Equity Programme, Revision of the building regulations of the city
- Forums and online tools to learn the opinion of the citizens
- Reconstruction of outgoing patient clinics
- Complex community development projects in segregated areas



## Achievements in numbers (until December 2022)

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26 planned measures for the 5-year period

- 23 of them: projects/programmes/investments/strategies/actions have been realized
- 2 of them: added to the plans for 2023
- 1 of them: situation analysis has been realized, further actions depend on available financial resources

Implementation rate: 88.46% (31 December 2022)

## PUBLICATION IN ENGLISH

University of Pécs, Faculty of Health Sciences: Handbook for health promotion and prevention of chronic diseases for health science students (p 114-118)

<https://www.etk.pte.hu/public/upload/files/efop343/HandbookForHealth230323.pdf>

## DOCUMENTS IN HUNGARIAN

City Health Development Plans

- City of Győr 2022-2026 <https://gyor.hu/easy-docs/62011d89ec4e2>
- City of Pécs 2019-2024 [https://gov.pecs.hu/file/index/221922?entityType=REG\\_30176&t=REG\\_EDIT\\_PUBLISH\\_12014&oid=&pgid=](https://gov.pecs.hu/file/index/221922?entityType=REG_30176&t=REG_EDIT_PUBLISH_12014&oid=&pgid=)
- **Progress report I** [https://gov.pecs.hu/file/index/267193?entityType=REG\\_30176&t=REG\\_EDIT\\_PUBLISH\\_12019&oid=&pgid=](https://gov.pecs.hu/file/index/267193?entityType=REG_30176&t=REG_EDIT_PUBLISH_12019&oid=&pgid=)
- **Progress report II** [https://gov.pecs.hu/file/index/309241?entityType=REG\\_30176&t=REG\\_EDIT\\_PUBLISH\\_12019&oid=&pgid=](https://gov.pecs.hu/file/index/309241?entityType=REG_30176&t=REG_EDIT_PUBLISH_12019&oid=&pgid=)
- City of Székesfehérvár 2019-2024  
[https://www.szekesfehervar.hu/\\_upload/editor/2019/Onkormanyzat/dukumentumok/koncepcio\\_konceptiak/Egeszsegfejlesztési\\_Terv\\_2019\\_2024.pdf](https://www.szekesfehervar.hu/_upload/editor/2019/Onkormanyzat/dukumentumok/koncepcio_konceptiak/Egeszsegfejlesztési_Terv_2019_2024.pdf)



# Thank you for your kind attention!

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