



Regional Experiences on Healthy City Programme “lessons learnt and way forward”



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Healthy City-at a glance

Ottawa Charter

Fundamental prerequisites for health

peace, shelter, education, food, income,
a stable ecosystem, sustainable
resources, social justice, and equity.

***Health promotion is a process of
enabling people to increase control over and
improve their health***

Healthy City-at a glance

The process of health promotion is at the heart of peoples' empowerment

A healthy city is not necessarily one that has high health status, rather it is one that continually strives to be healthier in all decisions it makes.

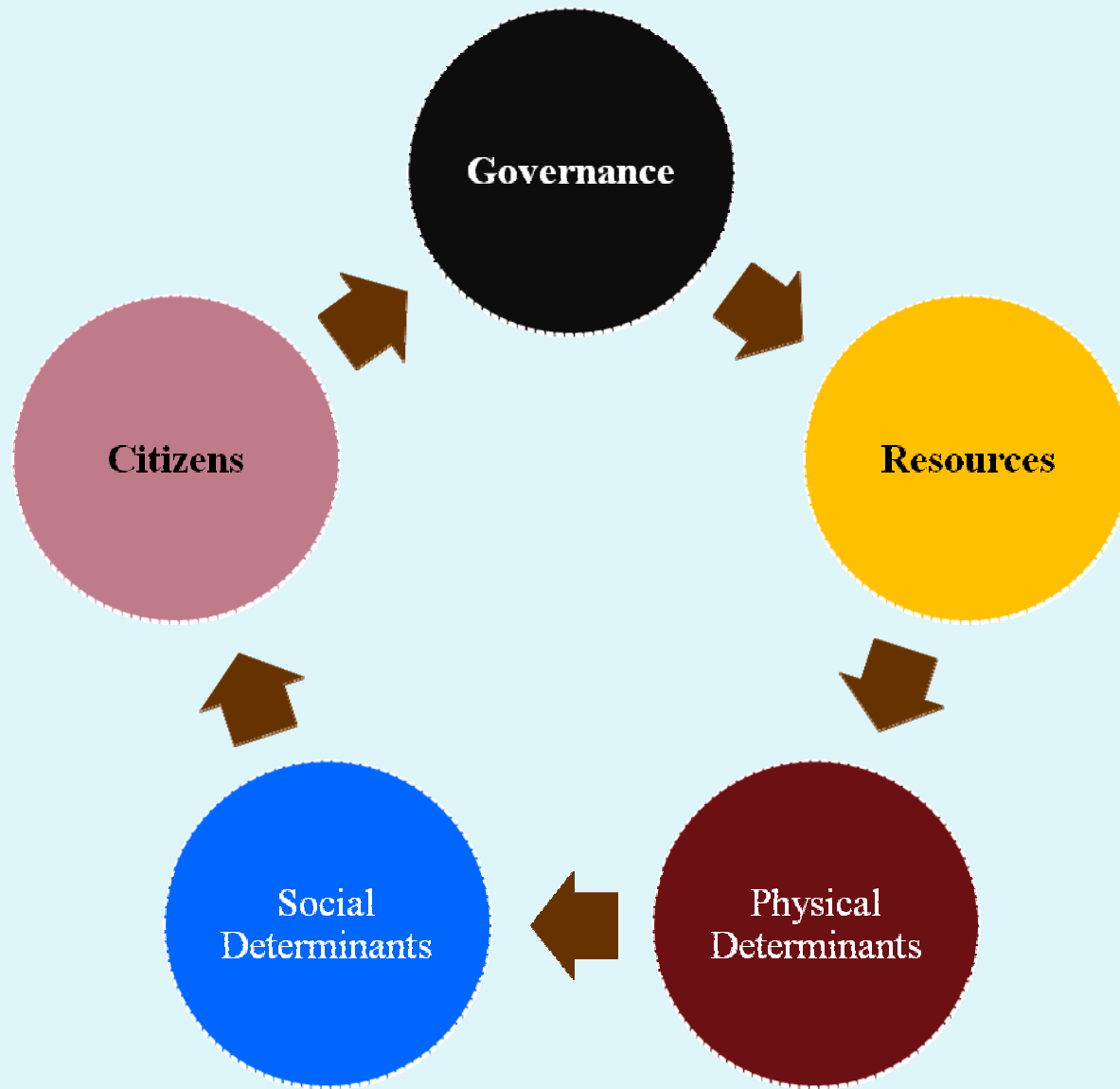
This equates to public health policy at a local level

Healthy City-at a glance

WHO Healthy City programme started in 1988, with alliance of 34 cities in European Region.

In EMR, WHO/EMRO started the concept in 1989

The MOH&ME and the Municipality of Tehran in IRI from the start of the HC in EMR until now have been one of the most effective pioneers and supporters for promotion of the concept in the Region

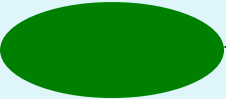






Dynamics of health in a city



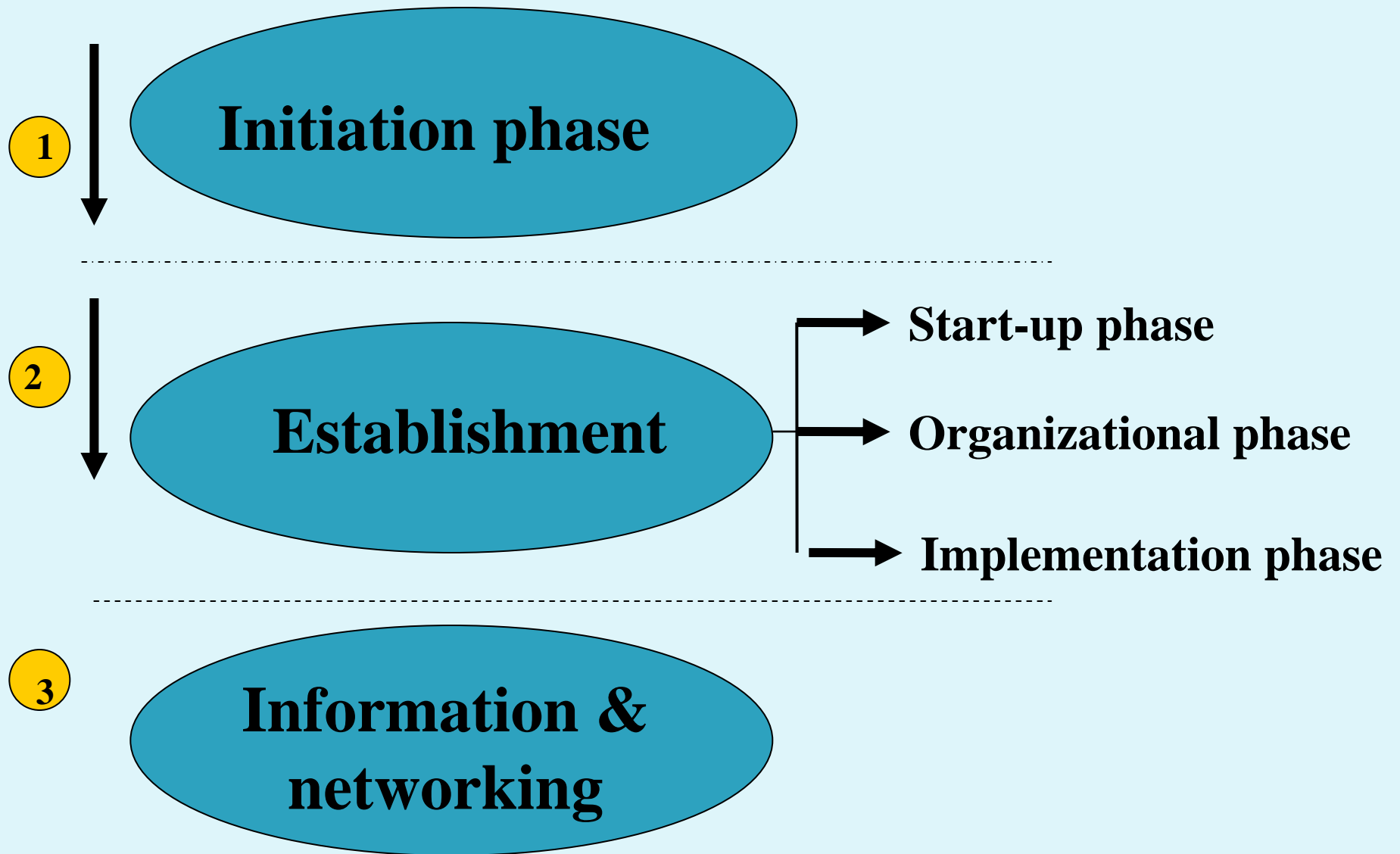
THE ORIGINAL AIMS OF HEALTHY CITIES IN WHO/EMR

Improve health of citizens through:

-  **Improving environmental services**
-  **Improving health services**
-  **Raising awareness/ organizing citizens for health**
-  **Focusing on urban poor health**
-  **Mobilizing people & creating partnership**

Original Strategies/Approaches

- **Develop strong promotional process**
- **Promote the needs of women and children & care of elderly**
- **Strengthen health and environment institutions.**
- **Create links between related health programmes**
- **Mobilize NGOs, universities, etc.**
- **Encourage the establishment of networks.**
- **Mobilize resources.**



Phases of healthy cities action

Healthy cities organization

- **Focal point(s)**
- **Support Group**
- **Coordinating Committee**

**Healthy Cities in *EMR-20 Year*
Experience
1989-2009**

Summary profile of HC Projects progress in Countries of EMR

1989- 2000	2000- 2005	2005- 2010
Rapid expansion	Decline, drop outs	Consolidation/ Sustainable expansion
<ul style="list-style-type: none">• Leadership at country• WHO Advocacy• Strong appeal• Misconception about external resources	<ul style="list-style-type: none">• Too ambitious• Lack of clear understanding of the concept• Inability of partners to cooperate• Lack of resources	<ul style="list-style-type: none">• Leadership• Felt need• Appreciation of promotion value• Political appeal• WHO follow up

**Current Major Healthy Cities Activities in
EMR**

HC programme special characteristics;

- A strong leaderships by Governors and MOH
- Active private sector and huge donations
- An intersectoral team manages HCP in 23 cities (districts HQ);

- Type of projects:

- *school health, care and rehabilitation of disabled, establishment of sport facilities & green areas, prevention and control of NCDs.*
- women's committee for: prevention of domestic **child violence**, campaign for **blood donation**, organ **transplantation**, **medical screening** of partners before marriage etc.

Saudi Arabia



Website: www.hcp.gov.sa

HCP key success factors in I. R of Iran

- Formation of **national coordination council** with membership of relevant Ministers;
- **Structural set-up**: HCP is part of the environmental and occupational health department in the MOH;
- **Defined tasks** of the relevant sectors at all levels;
- Encouraging **self-reliance** and community managed projects;
- Community **acceptability**;
- Continuous **capacity building** and management improvement.



Theme : Government Ownership

Caption : Meeting of Concerned Departments on Quality of Water Saveh Healthy City Project

Area : Saveh Healthy City Project, Markazi Province, Iran

Date : 12 October 2005

HCP key success factors in Sultanate of Oman

- High level political commitment (Wali head the committee);
- Two years plan for 2004-2005 followed by 5 years plan 2005-2010;
- Community active involvement;
- Research based interventions (Risk factors of NCDs);
- Strong Intersectoral collaboration;
- Well planned monitoring and supervision.



Sultanate of Oman, Sur Promotion of Healthy Life Style



**Construction of 4 walking pathway and
promoting physical activity**

Key lessons learnt in 20 Years

HC most successful in;

- health promotion
- raising awareness
- bringing partners together
- fostering local action


HC faces challenges for;

- MOHs to sustain the promotional efforts
- The special focus on environmental health bringing expected results
- Municipalities assuming leadership
- Inter-sectoral collaboration at operational level

Key lessons learnt in 20 Years


- **National setup in Iran successful, needs promotion as a model by others**
- **Strong leadership by MOH in Saudi Arabia is another good model**
- **Potential of HC for NCDs and emergency preparedness at city level not utilized.**
- **HC projects weak collecting and disseminating data, except in Tehran.**

Key lessons learnt: THE POTENTIALS OF HEALTHY CITIES

 Putting health at Center of city **social** and **political** agenda.

 **Advocating action for environment**

 Addressing social determinates of health

 A unique venue for prevention of **NCDs**.

 A venue to advance health equity in the city

Way Forward

Recommendations for new cities starting HC initiative

Proper orientation of key city authorities that;

- **MOHs key technical motivators, but municipality leads.**
- **HC facilitates implementation of existing projects.**
- **The main role of HC :promote health, foster linkages, cement partnership and facilitate CP**
- **Minimal essential facilities: a focal person , an office, connectivity**

Future Directions

- **Institutionalization of HCP as part of the national health and city development agenda/plan**
- **Strengthening national and Regional networks**
- **Developing a Regional Healthy City Charter**
- **Review and up-grading legislative framework
Developing and fostering civic education**
- **Improve data collection, analysis and evidence based policy, plans and approaches- city health profile**
- **Emergency preparedness**
- **Promoting health security**
- **Promoting and supporting operation research.**