



**WHO REGIONAL OFFICE FOR EUROPE
HEALTHY CITIES AND URBAN GOVERNANCE PROGRAMME**

**HEALTHY URBAN PLANNING SUB-NETWORK
PREPARATORY MEETING**

MILAN, ITALY, 15-16 APRIL 2005

MEETING REPORT

Present:

Dr. Emilio Cazzani, Director of Urban Planning, Municipality of Milan, Italy

Ms. Laura Donisetti, Healthy City Co-ordinator, Municipality of Milan, Italy

Prof. Alessandro Balducci, Director, Department of Architecture and Planning, Milan Polytechnic, Italy

Dr. Angelo Menegatti, Director of Socio-sanitary Services, Municipality of Milan, Italy.

Marcus Grant, Research Fellow, WHO Collaborating Centre, Faculty of the Built Environment, University of West England, Bristol, UK.

Nalan Fidan, Healthy City Co-ordinator, Bursa, Turkey.

Natalia Madureira, Urban Planner, Seixal, Portugal.

Rob Fraser, Head of Planning Strategy, Brighton & Hove City Council.

Lydie Lawrence, European & International Development Manager, Brighton & Hove City Primary Care Trust.

Angela Flood, European & International Development Manager, Brighton & Hove City Primary Care Trust.

Marco Zanussi, Senior Planning Officer, Municipality of Sandnes, Norway.

Prof. Geoff Green, Professor of Urban Policy, Centre for Regional Economic & Social Research, Sheffield Hallam University, Sheffield. UK.

Dr. Agis Tsouros, Head of Urban Health Centre, WHO Regional Office for Europe.

1. Context

Agis Tsouros facilitated the preparatory meeting. The purpose was to develop terms of reference for the Healthy Urban Planning (HUP) Sub-Net Group of the European Healthy Cities Network. 50 Cities are expected at the next Business Meeting in Bursa when HUP will be the major theme. WHO suggests each city delegation includes a senior urban planner. Cities must opt for at least one of the three theme Sub-Nets before the end of April. Probably 15 cities will opt for the HUP Sub-Net. Some cities have a good grasp of HUP, others less so. This sub-net must include cities with experience and/or strong commitment to fast-track HUP. It will be a laboratory of ideas and concepts. Sub-Nets also

have the responsibility of organising training and learning events for all the cities in the WHO Phase IV Network.

The meeting used as background documents the scope and purpose and programme prepared by WHO; a 'food for thought' note prepared by Hugh Barton and two books: *Healthy Urban Planning: A WHO guide to planning for people*¹ and *Healthy Urban Planning in practice: experience of European cities*²

Agis Tsouros presented an overview of the issues developed in the applications for Phase IV and evidence from the literature. Issues included pollution, traffic, child-friendly streets, and the social component of urban planning. It is evident from the international literature that HUP is developing as an important theme. An article in the Lancet links the design of cities to obesity, arguing that urban planning can encourage healthy lifestyles, making the 'healthy choice the easier choice.' Other academic articles point to links between fast roads and accidents, injury and death; noise and mental health; strong evidence on the causal relationship between housing and health; indirect relationships between physical planning, access, isolation, urban sprawl, social life, social networking and psychosocial health. There is evidence that compact cities are healthier cities, and that a sense of place, a city identity is linked to better health. Clearly there is a need to build up a robust evidence-base for HUP both through research on the health effects of the urban build environments and through innovative HUP practices.

Urban Planning and health were strongly linked 150 years ago in the developing cities of the industrial revolution. The HUP sub-net should aim to reconnect urban planning to health; embed public health in urban planning. It is a process that can take a long time. It is hoped that the HUP work of the WHO Phase IV Network, will further develop the practical implications of the HUP concept and will stimulate innovative practices across Europe.

2. Topics

The second session identified issues for consideration by the HUP sub-net. It began with a brainstorm. Topics raised were (a) reconciling community aspirations with commercial imperatives (AF, AB, GG, EC) and the related issue (b) of traffic; (c) compact city versus sprawl (AB, NF, MZ, RF) and again the related issue of (b) traffic; a sense of identity with place (d) either neighbourhood (MG, AT, EC) or city (AB). There was technical discussion of strategic plans, zoning and services in Bursa (NF) the traditional hierarchy of functions in Sandnes (MZ) the relationship between strategic city plans and planning instruments (RF) in Brighton and Hove and legislative instruments (AT) and new planning tools reflecting more complex and sophisticated strategies (AB) in Milan.

It was agreed to recommend five priority topics for the further development of HUP concepts and applications by the sub-net cities and the broader WHO Network:

¹ Hugh Barton and Catherine Tsourou, (2000), *Healthy Urban Planning, A WHO guide to planning for people*

² Hugh Barton, Claire Mitcham and Catherine Tsourou (eds), (2003), *Healthy Urban planning in practice: experience of European cities*. WHO Regional Office for Europe, Copenhagen

- (a) *Transport: current domination by vehicle traffic in European cities, economically dysfunctional, social divisive, environmentally damaging, unhealthy. Positive agenda required.*
- (b) *Healthy Ageing: assumption that physical environments supportive of older people and people with disabilities will also make the city more liveable and more enjoyable for all age- groups and social groups. The emphasis will be on accessibility for all through universal design approaches and solutions. Inappropriate and poorly designed urban solutions can result in reduced safety, greater physical and mental strain and limited possibilities for activity for many people including older people, children, obese people, people with disabilities, etc.*
- (c) *Obesity and physical activity: in recent years has become a major concern of public health professionals as a key determinant of poor health, specifically non-communicable diseases and premature death. Professional and political responses can tend to individualise responsibility for harmful lifestyles; however the design of a city (as it has been suggested in the literature) can create urban spaces that are conducive to physical activity (walking, cycling, exercising and participating in leisure activities).*
- (d) *Neighbourhood: an arena in which all the determinants of health can be analysed and reflected in a local plan. A neighbourhood focus will also provide the framework for exploring the practical urban planning implications of many issues including architectural barriers, street safety and social cohesion.*
- (e) *Strategic planning: In addition participants agreed that cities should also address the broader long-term strategic issues relating to urban planning and health, both in strategic and master plans as well as in more general visionary, value-based, strategic documents on the future of the urban development of the city. The latter would be particularly useful for politicians and professionals from other disciplines.*

3. Function of HUP sub-net

AT summarised the potential of the HUP sub-net. It was relevant and inspiring; there was international interest in HUP and the HUP sub-net could give added value to the cities involved in Healthy Cities networks and the international community generally.

The HUP sub-net would be a laboratory for developing common concepts, tools, strategies and know-how from implementing HUP ideas in the different city contexts. The sub-net will disseminate ideas and experience to the other WHO Network Cities and to the National Networks. The sub-net should conclude its work by the end of 2007.

After discussion it was concluded that the basic pre-conditions for successful HUP work in a city are (a) explicit political commitment (b) executive and operational capability (resources and capacity) and (c) an implementation programme at a strategic and operational level. Awareness of the HUP concepts and potential benefits is essential at political and professional levels. It was agreed that the nine summary principles (Table 1) in the WHO book *Healthy Urban Planning in practice: experience of European cities*²

could convert into a checklist, enabling cities to assess their baseline position on these basic elements.

TABLE 1 EMERGING PRINCIPLES

<ol style="list-style-type: none"> 1. Human health as a key facet of sustainable development 2. Cooperation between planning and health agencies 3. Cooperation between the public, private and voluntary sectors 4. Community consultation and empowerment 5. Political commitment at the highest level 6. Health-integrated plans and policies 7. Health integration at all scales from macro to micro 8. A comprehensive approach to the determinants of health 9. Evidence-based planning for health

Expert support to the HUP Sub-Net will be provided by the Department of Architecture and Planning of the Milan Polytechnic (Prof. A. Balducci); the WHO Collaborating Centre for Urban Health and Policy, Faculty of the Built Environment, University of West England, Bristol, UK (Executive Director: Mr Hugh Barton). Additional experts will be invited to participate in meetings of the sub-net according to need, on an ad hoc basis.

4. Bursa Business Meeting

HUP is the main theme for the Bursa Business Meeting. WHO has requested chief/senior planners are included in each city delegation. Several sessions will have a focus on HUP. The group suggested the following format:

1. A plenary introductory session
 - To include 1-2 keynote presentations by leading experts in the field of urban planning
 - To present Sub-Net proposed programme of work (priorities) and overview of designated and applicant cities progress with HUP work
 - Presentation of the evidence-base of HUP
 - Possibility of panel debate on HUP
2. Presentation and discussion of select case-studies (preferably on the 4 topics) in small groups
 - There will be a call for case studies to cities in May. Alternatively cities will be invited to present case studies on basis of reported progress in ART 2004/2005.
 - The case studies will be selected by A. Balducci and H. Barton in consultation with Agis Tsouros and the Meeting Scientific and Programme Committee
3. Debate of HUP issues in small groups
 - Discuss proposed priorities and programme of work by HUP sub-net
 - Strategic and process issues about spreading awareness and introducing the HUP concepts in the city
 - Possibly grouping cities according to size
4. Urban Planners session(s)

- One or two sessions. Two options of format: (a) presentation by chief practitioner, synthesis by chair followed by Q&A to a panel, or (b) moderated discussion, prior preparation on concept and 4 topics (outlined in section 2 above) using facilitator and flip charts.
 - They should receive briefing material on HUP before Bursa
 - They should be given some questions to think about before Bursa
5. Politicians session
- Two sessions; one general, one on HUP. They should be briefed on HUP and the proposed 4 topics before the Bursa Business Meeting. No written presentations are advised but they should be given questions to think about in preparation for this meeting. It is not a technical meeting.
 - Political insights are valuable; significant quotations could be recorded in HCP publications.
 - Possibility to issue political statement on HUP along the lines of the 2000 Horsens Mayors Statement on Equity
6. Poster presentations
- Poster presentations are encouraged in the free space provided at the Bursa conference venue, on HUP and other themes. There is to be a national and international painting and photography exhibition. HUP images are welcome.
7. Meeting with Bursa Chamber of Planners
- The Bursa Chamber of Planners is planning a meeting with WHO Network cities planners, which may include site visits to local planning projects.

5. Follow-up and Deliverables

	<i>Item</i>	<i>Responsible</i>	<i>Deadlines and Comments</i>
1	Selection of HUP sub-net cities	WHO	May- June: Selected cities will be asked to name focal person to follow this work
2	Sub-net Terms of Reference	WHO	June
3	Sub-net agreed priorities and proposed action plan for 2006 to present at Bursa Meeting Individual member cities to propose activities/deliverables for 2005-2006	WHO in consultation with Milan Lead City Hugh Barton Member cities	September
4	Briefing paper (3-4 pages) on HUP for politicians with concepts and extracts from presentations	Hugh Barton	First week of September
5	Introductory pack on HUP for city planners : <ul style="list-style-type: none"> • Introduction • The two WHO books • Recommended literature • Visual material – CD-Rom from CAG Work 	WHO Milan Lead City Hugh Barton Milan Polytechnic	First week of September

	<ul style="list-style-type: none"> Guidance on organising briefing events on HUP in city for politicians, professionals and media (optional) 		
6	Checklist for sub-net cities on HUP progress based on 9 principles outlined in concluding chapter of the <i>Healthy Urban Planning in Practice Book</i> ² .	Hugh Barton to include in presentation in Bursa	September
7	Literature Review on the evidence base of HUP	To be commissioned by WHO in close consultation with Hugh Barton and Alessandro Balducci	September 1 st
8	Analysis of city progress with HUP in ART Reports from 2004/2005 ART submissions	Hugh Barton and Marcus Grant	June
9	Selection of Case Studies for Bursa	Hugh Barton WHO Members of the WHO Network Advisory Committee	Latest end June
10	Sub-net members contacts	Milan sub-net Secretariat	July
11	Draft political statement on HUP The statement will have to be sent out to all cities for comments/changes in July	WHO in close consultation with Milan Lead City, Hugh Barton and HCP Network Advisory Committee	July
12	Detailed session briefs for all the Bursa sessions related to HUP		July

It is unlikely there will be time to organise a meeting of the HUP Sub-Network before Bursa. Participants left open the possibility of a second preparatory meeting in Copenhagen if necessary.

Rapporteur: Geoff Green. The document was subsequently edited and expanded by the WHO Office; Copenhagen 29 April 2005