Integrating health into urban policies: synergy and multiple benefits

- Clean Energy
- Housing
- Transport
- Waste Management
- Land-use planning
- Green and public spaces

Air pollution, noise, heat

- Injuries, physical inactivity, poor diet

Climate Change, biodiversity loss, environmental degradation

Local and global health impacts
How can public health and urban planners come together to promote healthy and liveable cities through sector policy change?
Integrating health in urban and territorial planning: A sourcebook

https://apps.who.int/iris/handle/10665/331678
**What is a good entry point?**

Resonates with all actors and decision-makers.

Results in co-benefits across the widest range of sustainable development goals.

Provides access to a range of different types of interventions

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### Entry points

**By setting**

- **Public spaces**
  - Squares, parks and gardens, streets, plazas
- **Movement corridors**
  - Local streets, routes to school, cycling and active transport, regional transport networks
- **Green and blue space**
  - Habitat networks, riverbanks, beaches and coast woodlands, migration corridors
- **Amenities**
  - Schools, hospitals, markets, airports, transport hubs
- **Estates**
  - Housing estates, business parks, commercial districts, town centres, campuses

**By outcome**

- Increasing everyday physical activity
- Better air quality
- Increasing food security and healthier nutrition
- Reducing health inequalities
- Tackling the diabetes trend at city level
- Increasing locational access to health care

**By principle**

- **Road danger reduction**
  - Vision Zero approach, slower speed zones, filtered permeability, school locality measures
- **Social and environmental justice**
  - Climate justice, community action, citizen-led renewal, participatory impact assessment
- **Life-course strategies**
  - Child-friendly, age-friendly, dementia-friendly places, places for teenagers
- **Healthy cities**
  - HAP: healthy urban planning, mayoral commitments

**By sector**

- Housing and health
- Local economy and health
- Transport and health
- Water and health
Provision of local open public space is a key to supporting health and health equity

All citizens, regardless of their role, are users of public spaces. All have the right to access and enjoy public spaces in complete freedom, within the rules of civic coexistence. In cities, ever more complex and diverse, this requires democratic processes, dialogue and regard for diversity.

Public spaces are all places publicly owned or of public use, accessible and enjoyable by all for free and without a profit motive. Each public space has its own spatial, historic, environmental, social and economic features.

The management of public space is a prevalent responsibility of local authorities. In order to be discharged successfully, this role requires the active collaboration of citizens, civil society and the private sector.

Open public spaces consist of outdoor environments (e.g. streets, pavements, squares, gardens, parks).

In extension plans of newly urbanizing cities, whose population will double over the next 10–20 years (Africa and Asia), it is very important to guarantee sufficient amounts of well-connected and adequately proportioned public spaces.

Source: Extracts from the Charter of Public Space (INU, 2013).
Articulating a new approach for the links between health and urbanization

“Health as an input + Health as an outcome”
If the purpose of planning is not for human and planetary health, then what is it for?