



# Advancing health in a well-being society

Health – or a well-being economy for Belfast  
*Celebrating 35 years of Belfast as a World Health  
Organization Healthy City*

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6 December 2023

# Zooming in on the European Region

## Mental Health

**64%** of young people 18-30yr olds report worsening of mental health between 2019-2022, women reporting higher anxiety and men higher suicide risk.



## Urbanization

**Two-thirds** of the population lives in urban environments



## Child Poverty

In high-income countries, **one child in five** lives in poverty



## Air Pollution

**1.4 million** Europeans die prematurely each year due to polluted environments



## Non communicable diseases (NCDs)

Physical inactivity is responsible for **1 million deaths every year.**



## Road Traffic Injuries

**92 492** people die every year from road traffic injuries in the Region



# Healthy Cities Network: Strategic Vehicle to Implement The SDGs and EPW



## OUR STRATEGIC PRIORITIES

BY 2023

### HEALTH COVERAGE

**1 BILLION** more people with health coverage, which provide access to health services when and where they are needed, without financial hardship

### HEALTH SECURITY

**1 BILLION** more people better protected from health emergencies and outbreaks

### HEALTHIER POPULATIONS

**1 BILLION** more people enjoying better health and well-being

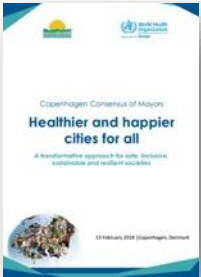
# The Beginning of the Healthy Cities Movement

1986  
Ottawa Charter of Health Promotion



  
Belfast joins the network

1988  
Phase 1 Initiates First HCN NN Meeting Liverpool, UK



2023  
35<sup>th</sup> Anniversary of HCN



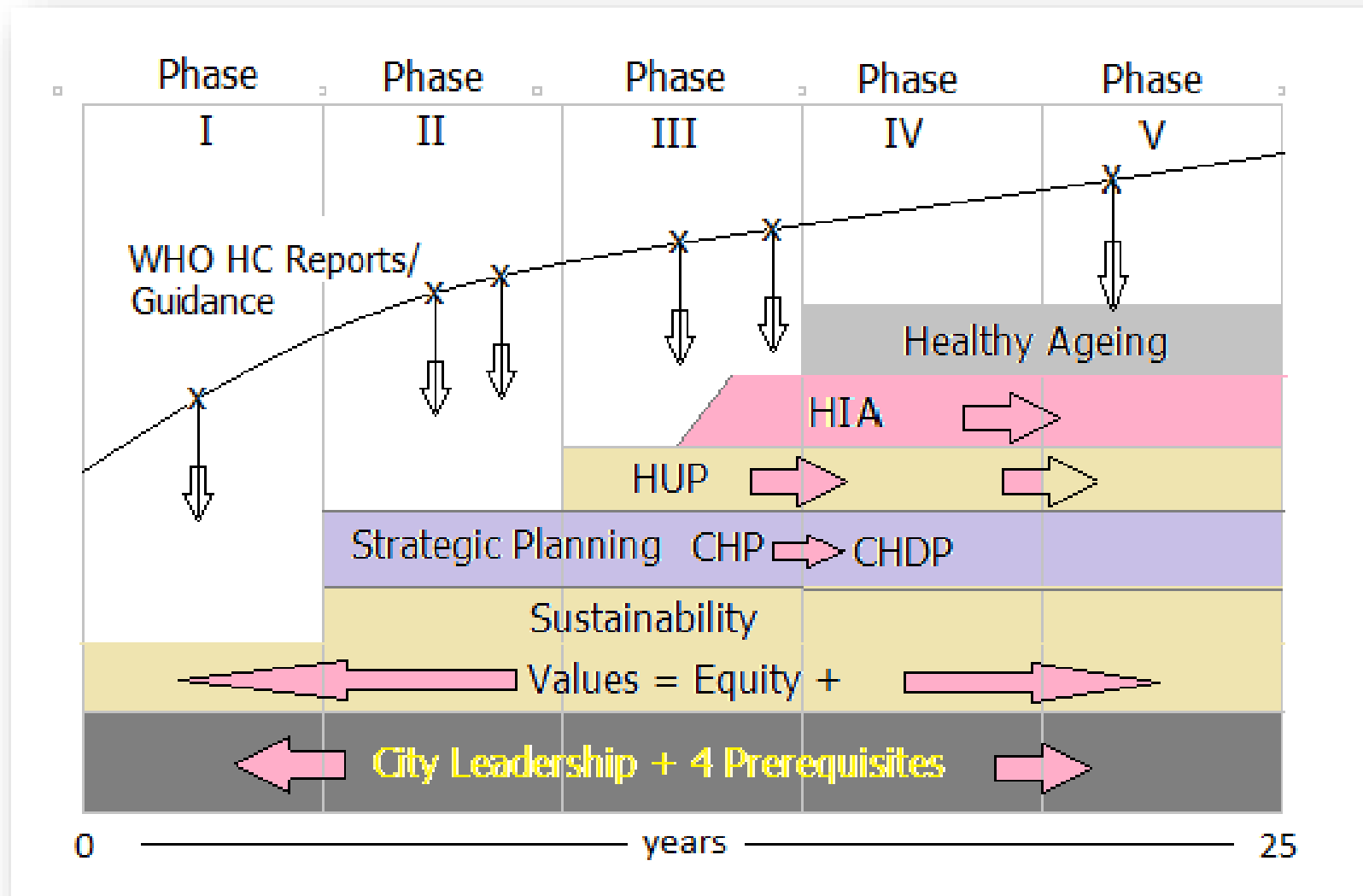
1986  
A small planning group led by Ilona Kickbusch convenes in Copenhagen, Denmark



2018  
Copenhagen Consensus of Mayors



# Healthy Cities - A Dynamic Concept



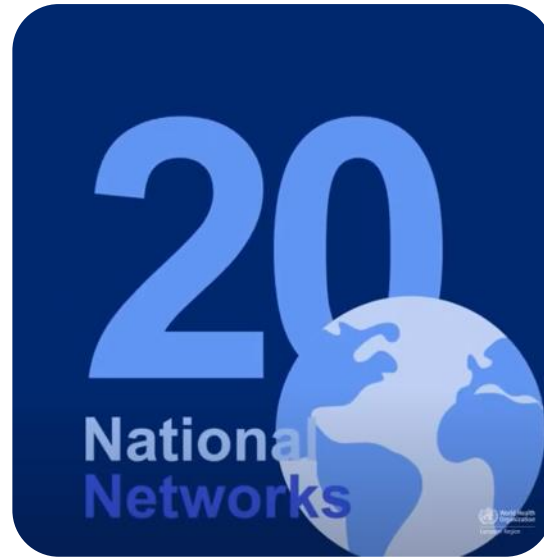


# Core themes for Phase VII

1. Investing in the **people** who make up our cities;
2. Designing urban **places** that improve health and well-being;
3. Fostering greater **participation** and partnerships for health and well-being;
4. Improving community **prosperity** and access to common goods and services;
5. Promoting **peace** and security through inclusive societies; and
6. Protecting the **planet** from degradation, including through sustainable consumption and production.



- Phase VII (2019 – 2025) marks **35 years of knowledge, experience and innovation**



# WHO European Healthy Cities Network

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‘As people are born, live and age in cities, **the urban environment provides a setting to adopt a life-long approach, disrupt transmission of generational inequities and take early action to address future health challenges**’



- The Healthy Cities Network established **35 years ago** with a view to translate the Ottawa Charter into the streets of Europe

Three-pronged approach:

- **Political Commitment**
- **Technical Excellence and**
- **Community Participation**



# Political Commitment - The European Regional High-level Forum:

Showed **how countries are shifting investment, spend and resources** to promote healthy, fairer and prosperous societies:

Took forward the work of the Pan-European Commission on Health and Sustainable Development Commission, including integrating health considerations within economic and business frameworks; and

Supports the European Programme of Work regional plan of implementation 2023-2025.





**How is the Healthy Cities Network promoting well-being at the local level?**

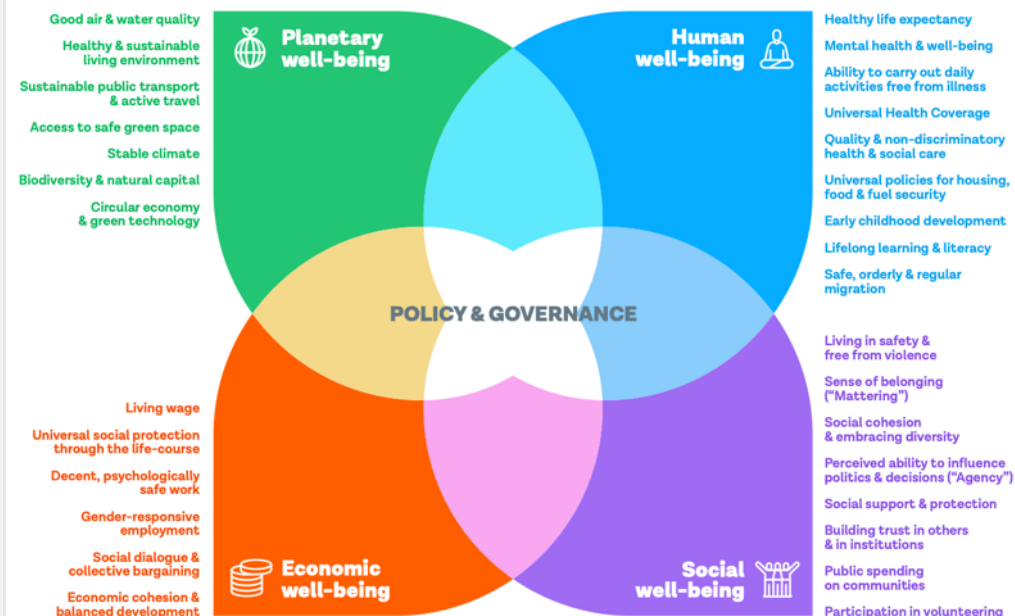
# Political Commitment

Political Statement of the WHO European  
Healthy Cities Network  
**Towards Thriving Societies: *Advancing Health in  
the Well-being Economy***

**Adopted on 23 November 2023** at the  
Annual Business Meeting and Technical  
Conference in Utrecht, the Netherlands

Outlines 12 concrete Policy  
Recommendations in the domains of  
**Planetary, Human, Economic and Social  
well-being**

**FIG. 1.2**  
Well-being capitals with examples in each domain



Source: adapted from the OECD well-being framework (26).

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## 12 concrete action points for increased sustainability, health and well-being for all residents

*Well-being economies prioritize social well-being and environmental sustainability over traditional economic growth, aligning them with existing movements such as circular economies, community wealth building and social sustainability. They go far beyond measuring gross domestic product (GDP), placing people and communities at the centre of policy- and decision-making.*



### Four capitals:

- Planetary
- Human
- Economic
- Societal

# 12 Recommendations



## Planetary well-being

- **Protecting and enhancing the environment** through improved air quality, increased green spaces, and initiatives that reduce pollution and protect biodiversity.
- Integrating **well-being into urban planning** with clear indicators, ensuring that decisions on infrastructure, housing, management of natural spaces, regeneration and transport give priority to human and planetary well-being.
- **Promoting sustainable communities** through approaches such as a circular economy and new ways to promote renewable energy sources and enhance energy efficiency while promoting novel financing mechanisms to benefit the environment and the health of residents.



## Human well-being

- Giving priority to health-care services as drivers of improved health and economic outcomes, and committing to **investing in initiatives that promote preventive health care, mental health, and equitable access** to high-quality and nondiscriminatory health-care services for all.
- **Empowering citizens through learning and development**, investing in early childhood development and supporting lifelong learning opportunities, which are integral to human well-being.
- **Advocating for health, security and inclusion** in essential factors such as housing, food, migration and security, while recognizing the contributions of older people to communities and cities.



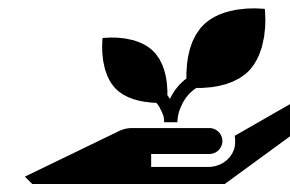
# 12 Recommendations



## Social well-being

- Enabling individuals through **public participation, trust and volunteering**, seeking and encouraging diverse voices and perspectives in decision-making processes and ensuring that action is community-driven.
- Embracing **diversity and inclusion and tackling health and social inequalities** by ensuring that all residents, regardless of age, gender, ethnicity or place of origin, have access to high-quality health care, education, social services and life opportunities, and prioritizing **community safety initiatives** and programmes aimed at reducing violence and creating secure living environments.

## Economic well-being



- **Promoting inclusive and sustainable economic growth, guided by proactive city leadership** and a dedication to workforce well-being – a key component of a well-being economy – through public health-oriented policies such as living wages, fair and decent work, safe workplaces, and social protection to enable people to thrive.
- **Fostering participatory decision-making** and inclusive practices and incorporating meaningful youth engagement.
- Recognizing the **responsibility of public and private actors for health-promoting and health-enabling practices**, engaging civil society, implementing conflict-of-interest policies, and encouraging transparent dialogue with industry stakeholders.
- Boosting **investment in cities through fair taxation and increased investment in urban centres**, linked to transparent and accountable governance to ensure optimal and equitable resource allocation.

# Championing health in the well-being economy across cities

## Stage 1

### Step 1



**Current status of health and well-being and policy review**  
(e.g., reviewing city health profile to align with the four capitals, conducting a policy review to identify enablers and barriers)

### Step 2



**Identify city “well-being” goals and vision**

## Stage 2

### Step 3



**Identify an intervention and develop implementation road map**  
(e.g., national or sub-national indicators, integrating “wellbeing” city strategy or city health development plan)

### Step 4



**Co-create with relevant stakeholders and empower local implementation**  
(e.g., multistakeholder steering committee)

## Stage 3

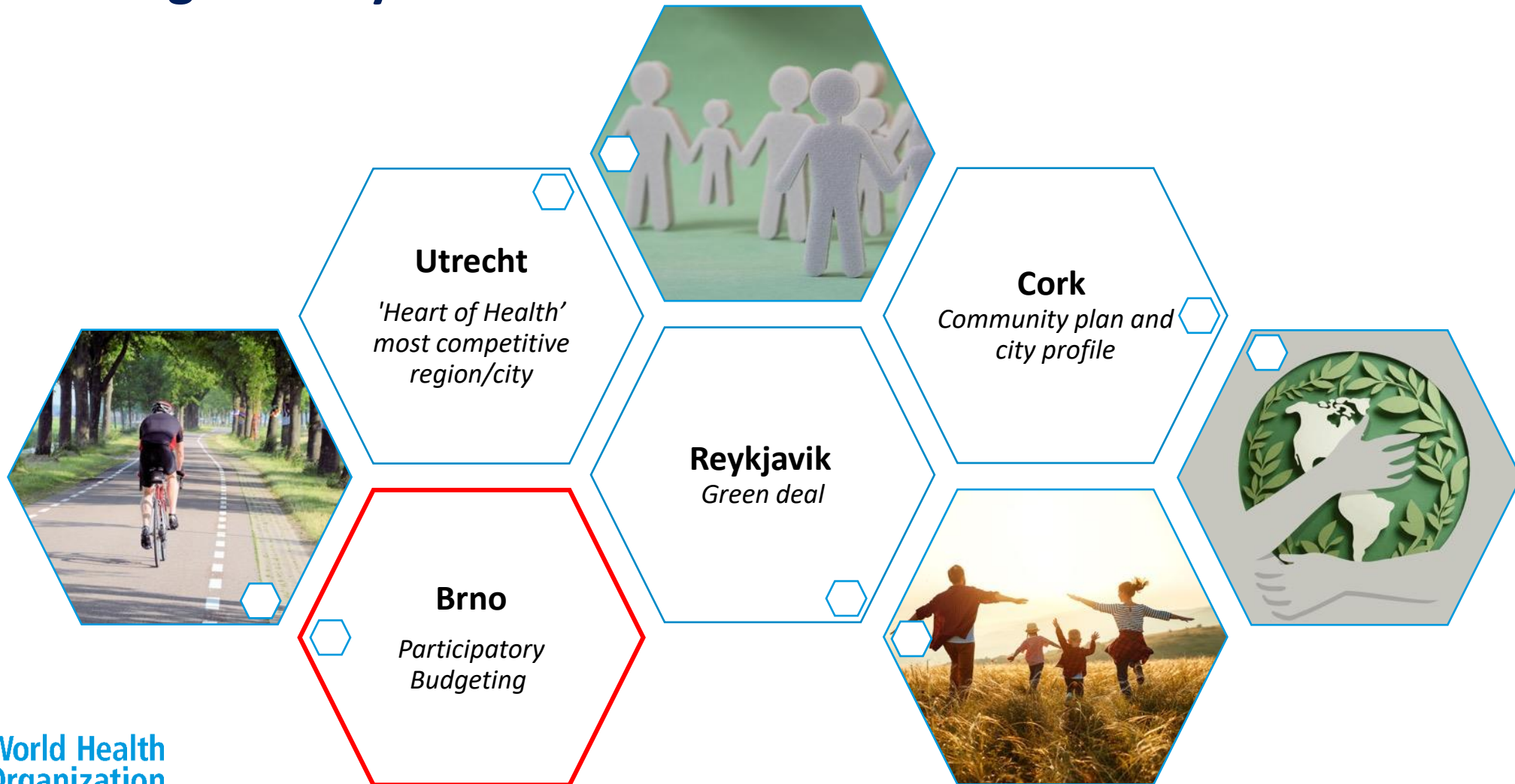
### Step 5



**Identify best practices, lessons learned, adapt and scale up**  
(e.g., evaluation of the city health profile)



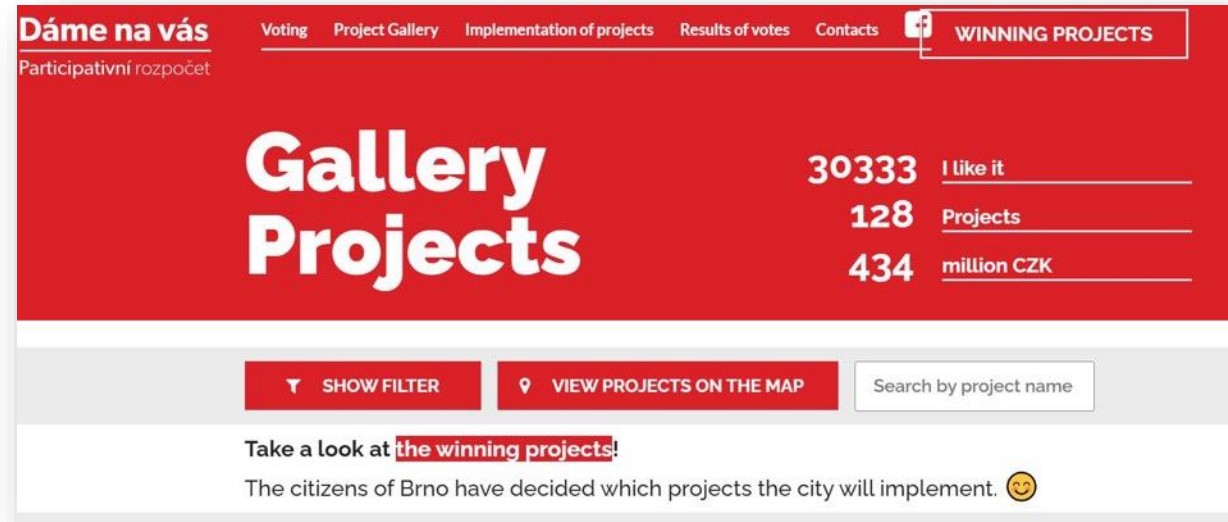
# Cities leading the way!



# BRNO, CZECH REPUBLIC

## What is participatory budgeting?

A democratic process that enables citizens to actively participate in the decision-making of allocating public funds within a community or organization. It allows individuals to have a direct say in how a portion of the budget is spent, typically at the local level. The process is designed to promote transparency, engagement, and collaboration in the allocation of resources.



The screenshot shows the 'Dáme na vás' website interface. At the top, there is a navigation menu with links for 'Voting', 'Project Gallery', 'Implementation of projects', 'Results of votes', and 'Contacts'. A 'WINNING PROJECTS' button is visible in the top right. The main header area is red and features the text 'Gallery Projects' in large white font. To the right of this text, there are three statistics: '30333 I like it', '128 Projects', and '434 million CZK'. Below the header, there are two buttons: 'SHOW FILTER' and 'VIEW PROJECTS ON THE MAP', along with a search bar labeled 'Search by project name'. A message below the buttons reads: 'Take a look at **the winning projects!** The citizens of Brno have decided which projects the city will implement. 😊'.

- Started in **2017**, Brno is the first statutory city in the Czech Republic to introduce participatory budgeting at the city-wide level.
- In Brno, for the seventh year of participatory budgeting, the city has allocated **CZK 35 million** for the implementation of this year's winners.
- Since one project can cost a maximum of **CZK 5 million**, this means that at least **7 projects** will be implemented.
- The aim is to involve the city's citizens in decision-making about public finances and to support the development of civil society.

# Process:

Everyone can submit their ideas on what to implement for a given amount. The city will assess the feasibility of the submitted projects.

Then the citizens of the city will decide in a **vote** which projects the city will implement.

All projects are listed and voted on the site - <https://paro.damenavas.cz>

Project Name	Budget (CZK)	Location	Proponent	Upvotes	Downvotes
<b>1 Educational trail of St. Anthony</b>	4,079,600	Brno - north	Zuzana Řežačová Lukášková	3,341	273
<b>2 Revitalization of the sports area - Bystrc</b>	4,900,000	Brno - Bystrc	Jakub Vodička	3,317	265
<b>3 Field for small football</b>	4,900,000	Brno - Žebětín	Pavel Štrobl	3,291	356
<b>4 Let's build a new community sauna in Juliánov</b>	4,086,000	Brno - Žitónice	Mario Kala	3,284	604

**This year's winner among others:** An interactive nature trail that will connect the existing and built relaxation elements of the area and several city districts.



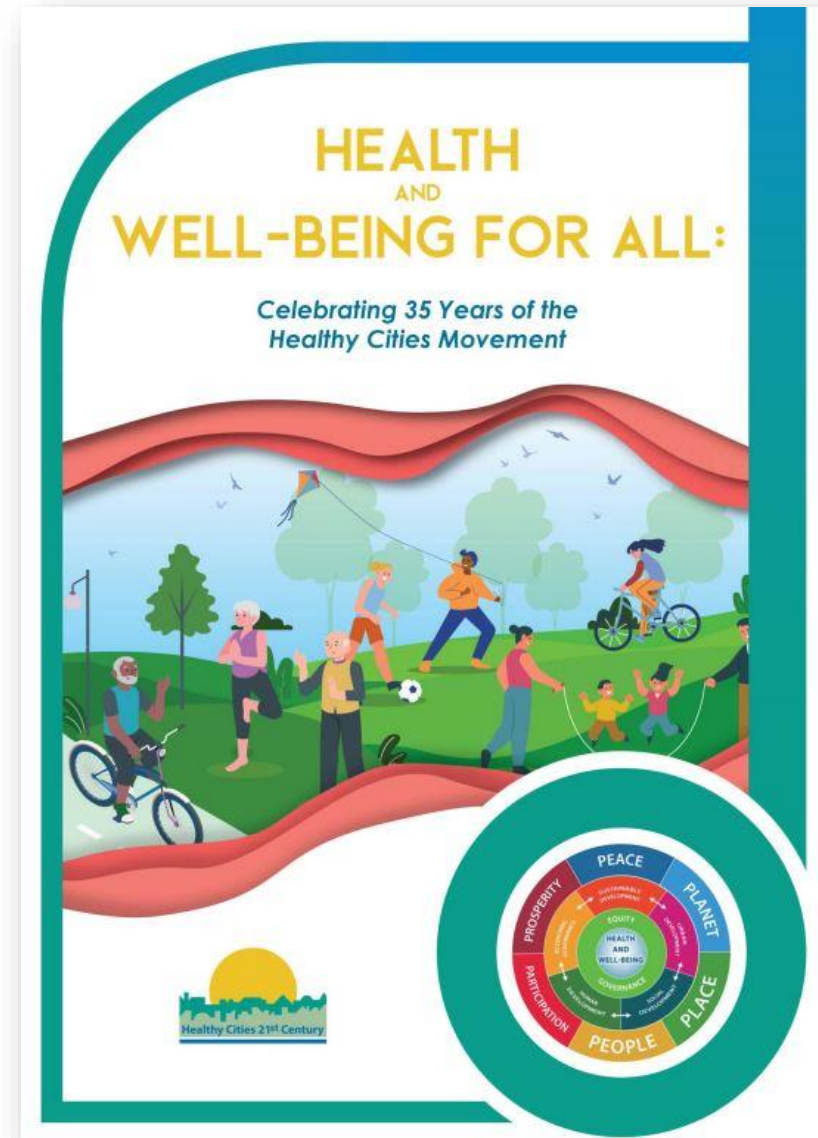
# Book of abstract shared during 2023 Annual Business Meeting

Health and Well-being for All:  
*Celebrating 35 years of the  
Healthy Cities Movement*



World Health  
Organization

European Region

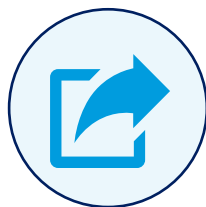


# Summing it all up



## TODAY: 2023 What we have delivered

- **Healthy Cities Network** established **35 years ago** with a view to translate the Ottawa Charter into the streets of Europe
- WHO European Healthy Cities Network has brought together **88 flagship cities, 20 national networks and more than 1200 cities and municipalities** as members
- **Copenhagen Consensus of Mayors for a Healthier and Happier Future for All** adopted in 2018
- **Developing local level technical priorities** through 6 working groups/task forces
- **Launched Phase VII** of the WHO European Healthy Cities Network – a vehicle to implement the SDG, GPW13 and EPW
- Phase VII **Scientific** and **Political Committees** are enacted and helping shape the strategic vision



## TOMORROW: 2023-2025 What we plan to deliver

- **Implementing political statement on well being economy:** 12 recommendations on human, planetary, social and economic well-being
- **Equity efforts and initiatives scaled up** further supporting local governance through local Health-in-All-Policies mechanisms (**Twining and Peer Learning**)
- The Healthy Cities Networks' **success stories and innovations successfully showcased** to the world through regional hub
- Increasing buy-in and **building capacity** by tailoring responses in line with cities' realities
- The **Geneva Charter on Well-being** implemented with key participation from the Healthy Cities Network
- **Inter-regional mechanism** established to document lessons learnt from COVID-19



## FUTURE: 2025 onwards Where we are heading

- New and expanded regional **narrative on Health Promotion, Well-being and Local Governance** in place and operationalized
- **Healthy cities Innovation Hub** in place and available to all
- **Sustained commitment, investment and action** on addressing the Equity gap using the Healthy Cities Network as a vehicle
- By **2025 well-being is integrated into the development of local social and economic policies** to improve health of those that are most vulnerable in at **least 20 cities**
- **Integrated surveillance systems in place** coordinated with regional and national systems to monitor and address potential threats to communities' health and well-being



**Congratulations Belfast!**  
*Celebrating 35 years of Belfast as  
a Healthy City*

**Celebrating**  
*Joan Devlin's*  
**long standing**  
**commitment to the**  
**healthy cities network**





# Thank you

Connect with us at:  
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