Urban Mobility Days 2020
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Incorporating the health perspective into urban planning:
URBACT's Healthy Cities Network
Why Healthy Cities?

- **75%** of people’s health depends on the space and the environment in which they develop their lives:
  - Lifestyles
  - Built environment
  - Natural surroundings
  - Social relationships

- **Promoting Health** requires a cross-sectional, cross-sectorial approach, beyond the assistance of Health Systems.
Urban Planning = Health generator

Healthy City

- Social Cohesion
- Public Facilities
- Public Spaces
- Land Use Mix
- Walkability
- Housing
- Mobility
- Air Quality
- Green Areas
Healthy Cities
From planning to action

- Explore the interactions between HEALTH and URBAN PLANNING
- from an evidence-based perspective and cross-sectorial approach.
- Incorporating a methodology for the health impact assessment.
Healthy Cities network

- Bradford
  Mobility & Green spaces for activity and social cohesion
- Alphen Aan den Rijn
  Greening streets for ecosystem services
- Pärnu
  Connect green areas & mainstreaming
- Anykšciai
  Infrastructure for physical & mental health based on culture
- Farkadona
  Active mobility, Access to services
- Loulé
  Urban planning for healthy lifestyle & sports
- Vic
  Integration of urban green spaces, and redevelop Health area
- Malta
  Obesogenic Env, Urban health & mobility

Urban Planning
- Greening
- Connectivity
- Lifestyle
- Healthy City
Health Impact Assessment

“Health Impact Assessment is a combination of procedures, methods and tools by which a policy, program 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” (WHO 1999).
Objectives of HIA in HEALTHY CITIES?

WHY DO WE IMPLEMENT HIA?

1. Assess the Integrated Action Plans
2. Improve the Integrated Action Plans to provide more positive health benefits
3. Use the insights for Deep-Dives Thematic: Consider and understand the health determinants & impacts
4. Use it as a discussion tool in the ULG meetings and with external policy and decision makers where possible
5. Ambition: Provide recommendations for policy/decision makers
6. Ambition: Improve all future strategies and plans to include Health in all Policies
## HIA Methodology

### 6 steps

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Screening</strong></td>
<td>Identifying plan, project, or policy decisions for which an HIA would be useful.</td>
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<td><strong>Scoping</strong></td>
<td>Planning the HIA and identifying what health risks and benefits to consider.</td>
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<tr>
<td><strong>Assessment</strong></td>
<td>Identifying affected populations and quantifying health impacts of the decision.</td>
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<td><strong>Recommendations</strong></td>
<td>Suggesting practical actions to maximize positive and minimize negative health effects.</td>
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<td><strong>Reporting</strong></td>
<td>Presenting results to decision makers, affected communities, and other stakeholders</td>
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<td><strong>Monitoring &amp; Evaluation</strong></td>
<td>Determining the HIA’s impact on the decision and health status.</td>
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Health Impact of Urban Planning

**CONNECTIVITY:**
- Promoting walking and cycling
- Minimising car use
- Safety

**GREENING:**
- Open space
- Green space
- Play space
- Playing fields
- Biodiversity
- Views and landscaping

**LIFESTYLE:**
- Safe play areas
- Public spaces
- Facilities and infrastructure accessible to all population groups

**PHYSICAL HEALTH**
- Physical inactivity
- Cardiovascular disease
- Obesity
- Diabetes
- Respiratory diseases

**SOCIAL HEALTH**
- Mental illness
- Depression
- Mental health benefits from access to nature
- Ill-health exacerbated through isolation, lack of social contact and fear of crime.

**ENVIRONMENTAL HEALTH**
- Noise
- Air pollution
- Biodiversity
Thank you!

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