



# Building Healthy Communities

## Newsletter, Issue No 8, February 2011



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### Project partners:

Torino (Italy), Amaroussion (Greece), Bacău (Romania), Baia Mare (Romania), Barnsley (United Kingdom), Belfast (United Kingdom), Lecce (Italy), Lidingö, (Sweden), Łódz (Poland), Madrid, (Spain) and respective Managing Authorities



# BHC STATE OF THE ART: EXTENSION AND BUDGET REPROGRAMMING

This past two months have been very busy from the management point of view.

The BHC Management Team, particularly the financial and strategic managers have been negotiating with the URBACT II monitoring committee and its Secretariat in order to get the extension of on the project duration and the possibility of make some changes on the budget.

The extension was approved and the closing date has been postponed to 19 July 2011.

As far as the budget is concerned the Monitoring Committee will transmit us its decision in the following weeks. We are optimistic about, but we will officially inform you once we get the approval. The revised budget will be then circulated.

It is time now to gather all the work we already developed and to make some more efforts on the final products we will be presenting during our final conference in Brussels which will be organised also thanks to the support of DG REGIO whose responsible are seeking to find us a good location.

Given the new deadline of the project we are pleased to say that we can organise our last steps and outputs in a longer lapse of time, but though some of the activities and tasks have been then postponed we need to bear in mind the new work programme and its crucial cornerstones.

The preparatory documents presenting the template for the final LAPS as well as the “BHC Cities Guide” and the content for the website have been circulated recently and the majority of the already produced material have been uploaded on our dedicate page in the Urbact website.

Two weeks before the next multilateral exchange which will be held in Lecce from 13 to 16 March 2011 drafts of BHC City Guide have to be circulated in order to be then adapted to the graphic layout which will be presented in Lecce.

Some last words about the multilateral exchange in Lecce: it will be focused in sustainability, energy and environment and will be linked to our last Steering Group Meeting.

In the next issues of our newsletter we will give more detailed information about the structure and the organisation of the Final Conference and for the moment we just remind you to fix the dates (6-8- June 2011 in Brussels) and to start publicising it in the Locals Support Groups and among all the stakeholders involved in the LAP elaboration, political representatives included.

***Luisa Avedano, BHC Strategic Manager***



# THE EUROPEAN DISABILITY FORUM (EDF)

Another glance on the world of another European patients' organisations whose mission is strictly connected to one of the topic of our BHC: improve the quality of life of people with disabilities and their families.

The strong voice of persons with disabilities in Europe

**The European Disability Forum (EDF)** is an independent European non-governmental organization that represents the interests of 80 million disabled people in the European Union and stands for their rights. EDF is the only European platform of disabled people, which is run by disabled people or the families of disabled people unable to represent them. Its mission is to promote equal opportunities for disabled people and to protect their Human Rights, making sure that no decisions concerning disabled people are taken without disabled people. The organisation was created in 1996 by its member organizations to defend issues of common concern to all disability groups, and to be an independent and strong voice for disabled citizens towards the EU institutions and other European authorities.

Since that date, the European Disability Forum has played a key role in ensuring that all relevant European Union policies and initiatives take disabled people into account.

EDF has no political or religious affiliation; it does not represent any specific interest or country and it is not a European institution or body.

It is a democratic European platform that believes that a society, in which disabled people are fully included, is a better society for all.

The work of EDF covers all fields of European Union competence and a great number of initiatives. Although the European institutions might seem far for many citizens, the decisions taken by the European Union, which are the result of negotiations between all Member States, have a direct impact on disabled people's lives.

The work of EDF is strongly committed to:

- The implementation of EU legislative instruments on equalisation of opportunities and non-discrimination for people with disabilities, and in particular the Treaty on the European Union;
- The implementation of the United Nations Standard Rules;
- The promotion of a rights-based approach to disability;
- The solidarity principle across the disability movement at EU and world-wide level;
- The promotion of equal opportunities in relation to disability, gender, race, age, religion or belief, and sexual orientation;
- The political independence;
- The establishment of partnerships with other organisations defending the rights of people facing discrimination and at risk of social exclusion.

EDF work programme focuses on nine main priorities areas:



1. Actions towards the full employment of people with disabilities
2. Obtaining a comprehensive EU law that will fight discrimination against disabled people in all fields of life;
3. Promoting the recognition of human rights of people with disabilities;
4. Promoting and achieving access for all, particularly in the field of transports, built environment, information and communication technologies;
5. Promoting full participation in society by access user-led, quality and affordable personal and social services;
6. Playing an active role in the debate on the future of Europe;
7. Mainstreaming disability in development cooperation and EU pre-accession process;
8. Building up a stronger and unified European disability movement;
9. Ensuring the diversity and the disability of all impairment groups in EDF work and priorities.

At the moment, EDF is involved in 5 following campaigns:

- European Disability Pact
- European comprehensive disability specific legislation
- European e-accessibility binding legislation
- The United Nations Convention on the Rights of Persons with Disabilities
- Disabled Air passengers' Rights

find more information: <http://www.edf-fehp.org/>

**Luisa Avedano, BHC Strategic Manager**

## THE TURIN LOCAL SUPPORT GROUP

**Luisa Avedano is BHC Strategic Manager and participates in Local Support Group of Turin. She works for the City Council Urban regeneration and Integration Policies. She interviewed Maria Carmela Ricciardi and Silvia Bigli actively involved in the Turin USLG:**

**What are the objectives of your Local Support Group?**

The Turin Local Support Group was created as a part of a bigger group of professionals and stakeholders whose common work is focussed in the design of a huge complex urban regeneration programme named PISU (Integrated Programme of Urban Development) located in a neighbourhood called Barriera di Milano. The area is characterised by numerous dismissed industrial sites and it is the objective of huge infrastructural investments (public and private ones) in some cases supported by social programmes and local development activities.

For these reasons, the Torino USLG is designing its LAP with the purpose of including a number of actions on quality of life and healthy life styles within the PISU. These actions will be "BHC" labelled and considered, as pilot actions, which are successful, will be repeated in similar situations.

The Torino USLG is also working on a transversal action aiming at applying indicators on health and quality of life to the whole urban regeneration programme.



## **Which agencies are involved in your Local Support Group?**

The Torino Local Support Group has a concentric structure whose core group is working since the very beginning of the project and it is composed by professionals and stakeholders belonging to:

- Department of Structural Funds, Economic Development and Employment
- Urban Regeneration and Integration Sector
- Department for City Planning
- Social Affairs Department
- District 6
- University of Turin
- Regional Health Service
- Professional Institutes
- Sport and Leisure Local Associations

## **What has your Local Support Group achieved so far?**

The ULSG has elaborated 3 actions within above mentioned PISU P.I.S.U. - AXIS 3 SOCIAL INTERVENTIONS – MEASURE C 3.3

### **ACTION 1**

Promoting traditional medicine and integrated models for a healthy lifestyle to sustain integration of migrant population.

Based on a local mapping of the existing health systems used by migrants. It will be testing actions for facilitating access to health services, promoting information and communication tools, integrating health services to traditional medicine(s), identifying a specific desk for delivering services. This action will start on February 2011 and close on April 2014

### **ACTION 2**

Promoting a healthy and sustainable lifestyle among young people and valorising existing sport facilities in the borough

Based on an analysis of the associations in terms of internal regulation and statute, as well as of their respective offers in terms of sport and health promotion. Questionnaires and interviews will be administered and the associations with a positive assessment will get a “quality label”. This action will start on February 2011 and close on April 2014

### **ACTION 3**

Quality of life/Health impact indicators

On the basis of BHC toolkit on indicators, an “ad hoc” instrument will be developed and applied to the ordinary and extraordinary programmes/projects of the city. This action will start on February 2011 and close on April 2014

The total amount of money dedicated to the C 3.3 actions is € 150.000, a part of the 25 million € of the Barriera di Milano integrated programme. All the actions developed thought the Torino LAP will get the label “BHC” in order to give more visibility and strength to the BHC approach.

## **What challenges does your Local Support Group face?**

The Local Support Group represents an interesting way of working together that gives the opportunity of a teamwork that could not be given for granted at the beginning of the project.

The most challenging aspect of this teamwork was the fact that the LAP had to be part of a more articulated and complex project located in a large and variegated neighbourhood.

## **How has your Local Support Group been involved in the transnational elements of the BHC project and what benefits has this brought to your local work?**

The participations in the 3 thematic workshops as well as in the multilateral exchanges in Belfast, Barnsley and Madrid gave the opportunity of a in depth understanding of different working approached and methodologies. The possibility of face to face meetings was an excellent occasion for sharing not only successes but difficulties and common problems.

**Luisa Avedano, BHC Strategic Manager**

# ŁÓDŹ LOCAL SUPPORT GROUP

The formation of the group started back in 2008, by presenting the idea of BHC project to several departments of the City office and a few NGOs active in the field of health promotion and European integration.

The first members of the LSG were, apart from the representatives of the Department of Public Health. This Department coordinates the project in Łódź.

Among the others member we find two organizations working in the area of healthy aging; an organization which supports European initiatives; a women's organization running a website promoting entrepreneurship among women; city departments responsible for roads and organization of traffic in the city the environment, and communal management and a regional agency working in the field of health education.

The turning point for the project in Łódź was early 2009 when the group was joined by representatives of the Urban Planning Department. The idea of the revival of Green Ring of Tradition and Culture as the focus of the Local Action Plan in Łódź was their contribution in the project.

The current composition of the LSG, confirmed by a formal nomination by the City Mayor is as follows:

- 2 representatives of the Department of Public Health
- 2 representatives of the Department of Urban Planning
- 3 representatives of the Department of Entrepreneurship Development
- 1 representative of the Department of Environment Protection
- 1 representative of the Department of Communal; Management
- 1 representative of the Department of Partnership and Funds

- 1 representative of the Roads and Traffic Board
- 1 representative of Voivodship Sanitary Epidemiological Agency
- 1 representative of the Third Age University Association.

The work of the group on the Local Action Plan is based on informal contacts and exchange of the members. New ideas and comments are sent to the Department of Public Health, where they are compiled and forwarded to the rest of the group.

Formal meetings of the whole group take place once every two months, when the successive versions of the Local Action Plan are discussed. This has helped to improve cooperation between the city departments as well as integrate the ideas of local community in the planning process.



## CITY PROFILE: MADRID

Madrid is the capital and largest city of Spain. The population of the city is roughly 3.3 million (as of December 2009) and the whole population of the metropolitan area (urban area and suburbs) is nearly 6.5 million.

Madrid is the third-most populous municipality in the European Union after London and Berlin, and its metropolitan area is the third most densely inhabited in the European Union after Paris and London. The city spans 698 km<sup>2</sup> (234 sq mi).

Madrid is administratively divided into 21 districts, which are further subdivided into 128 wards (barrios)

The city's urban agglomeration has the fourth largest GDP on the continent (230 billion euro in 2009).

Its economic output, the high standard of living and the market size made of Madrid the major financial centre of Iberian Peninsula and Southern Europe in general.

The majority of the key Spanish companies have placed their head offices in the capital as well as three of the world's 100 largest companies. Madrid is the 10th most liveable city in the world according to Monocle magazine, in its 2010 index.

Two main characteristics make Madrid quite different from the other BHC partners. It is the capital city of the country (thus having somehow different opportunities and problems) and is a big city. The migrant population constitutes 17% of the total inhabitants and its distribution in the city is unequal. Due to the city's economic situation, (Madrid is richer than the national average), we find in Madrid a better distribution of wealth and good quality of services.

The City has no direct experience in HIA but on 2005, a detailed Health Survey has been produced and that could be considered as a basis for developing a toolkit of urban health indicators. Besides Madrid is focusing on one specific city area to implement at the local level the Local Action Plan that will be produced as the major output of BHC project.

The City of Madrid is having a giving its added value to the network by

sharing its wide experience in health related policies and by the definition of a place-focused Local Action Plan that can be considered as a pilot project

***Delia Giorgianni, BHC Project and Communication Assistant***



# THE MADRID EXCHANGE ON URBAN REGENERATION AND USE OF QUALITY OF LIFE INDICATORS



Representatives from the cities of Bacau (RO), Baia Mare (RO), Lecce (IT) and Torino (IT), plus Marco Santangelo, BHC Lead Expert, Antonella Cardone, BHC Thematic Expert, and Delia Giorgianni, BHC Project and Communication Assistant, met in Madrid

(ES) on 16-18 December 2010 to learn more about the Local Action Plan and the use of quality of life indicators to improve urban regeneration processes occurring in the central city.

The Oficina del Centro, part of Madrid Municipality, hosted the workshop and a site two site visit were organised, to see the areas of the city in which regeneration is taking place and where BHC focus is.

The Madrid Local Action Plan was presented as it is in this finalization phase, just before the end of BHC. The LAP is focused on a renewed use of some parts of the historic city, the Embajadores area, to achieve at least three main goals: to rediscover new ways of living the city, to facilitate the communication between two large green areas of the city, to promote a healthier lifestyle through improved walking facilities.

The project has been developed taking into account several indicators that could help in monitoring the quality – from the health point of view – of the whole operation.

This approach is new to Madrid, or at least is new in such an extensive way: to define a working methodology efforts have been made to create a common language and, thus, a common understanding; a list of indicators have been defined and for each one a specific table has been created so to allow constant monitoring; a risk checklist has been created to better define and reshape the LAP.

A walking site visit to the Embajadores areas allowed all the partici-

pants to experience the challenges and potentials linked to this regeneration project.

A second project was then presented, the Madrid Rio. This is a major project in the city of Madrid and regards the creation of a park alongside the Manzanares river, in which both the goals of linking together the historic city with its first belt and the regeneration of large areas are achieved. A visit to the area was also scheduled and various art

installations created for the regeneration process were visited.

Part of the workshop was also dedicated to meet members of the Local Support Group, among which members of the Complutense University and members of different departments of the Municipality. Their main message being that a significant result of their involvement in BHC is the opportunity to work together, to share ideas and to create solid networks.

***Marco Santangelo, BHC Lead Expert***





# URBACT ANNUAL CONFERENCE 2010

Workshop 2: Living conditions in traditional inner city areas: Prevention is better than the urban regeneration cure.

During the 2010 URBACT Annual Conference in Liège (BE) Luisa Avadano (LP), Erica Ison and Adele Keys (Belfast ULSSG), as BHC representatives, were involved in the organisation of a workshop dealing with the challenges of traditional inner city areas. In those areas, often working class neighbourhoods that have been built between the late 19th and most of the 20th centuries, the traditional intervention methodology has been the urban regeneration approach (integrated approach in the last decades or EU driven interventions). But what if a greater attention could be paid to preventing problems and crisis in those areas as in any part of the city? What if the growing capacities those cities are developing in assessing and monitoring policies and interventions could become a way to prevent problems to happen?

Another objective of this workshop was to reflect on the fact that regeneration often calls for gentrification, that is substitution of former residents with wealthier newcomers (which, by the way, help to improve statistics performances). Maybe a more preventive approach could help in avoiding the worst effects of a forced eradication and of displacements.

The lively debate focused on four themes: the role of data and indicators in regeneration and prevention policies; the limitations of the area-based approach (somehow cutting out that part of the city in which problems and regeneration occurs from the rest of the city); the dilemmas of gentrification as said above; which are the main physical and social aspects of regeneration.

Main results from the workshop are available in the report that has been prepared by Darinka Czischke (SUITE Thematic Network) (<http://urbact.eu/en/header-main/news-and-events/view-one/urbact-events/?entryId=4860>).

**Marco Santangelo, BHC Lead Expert**

## BHC AS AN IRRIGATION SYSTEM

BHC has been a case study for my Master thesis on “International Networks and Cooperation among Cities”, briefly presented in the Newsletter n° 6. In the first part of the thesis, BHC and two other networks (“EuroGaza” and “100 Cities for 100 Projects”) were analysed at the network/international level in order to understand interactions among cities and problems that can arise.

The analysis focused on the motivations that drive participants (in this case, the cities) to come in a network, and the meaning and function they attribute to it. These are elements, in fact, that affect the way in which cities participate and contribute to the partnership.

Besides, it is interesting to find if there is a mismatch between the meanings that different participants give to the network, or between functions originally conceived by the promoter and those identified by other participants.

To synthesize functions and results attributed by each city to the partnership metaphors related to concrete networks have been used: the image of a telephone system (or pipe or railway network), for instance, can be used as a metaphor for the network in which information (or resources in general) are exchanged; the image of the fishing net (or the spider’s web) can be used for a network which main aim is to catch resources, such as the networks through which cities can access to European funds; the trapeze artist’s safety net is a suitable representation for a network that give support and/or protection to its participants. Such metaphors can thus help to understand if a common meaning is shared among the participants, and can clarify expectations.

To collect and select information, a questionnaire has been proposed to BHC partner cities, so that different kind of motivations to participate



came out. Some of these, such as “sharing knowledge and practices”, are common and obvious, but others are more specific: some cities, for instance, expressed their need to learn about a specific topic (e.g. the use of indicators or the multi-sectoral approach). Some partners explicitly attributed to BHC a function of “motivation” and “help” (e.g. through guidelines) in undertaking actions to improve health in the urban context.

This is mainly the case of a technical and/or motivational support, consisting in conveying competences and methodologies, while other international city networks can offer a more political support (e.g. strengthening and widening pre-existing international relations). For these reasons, we can compare BHC to a supportive framework, such as the trapeze artist’s safety net. Another function that has been identified is “building a common knowledge”.

It is important to distinguish it from the simple exchange of knowledge, because something new is created thanks to the common work at network level. In the case of BHC, the irrigation system is an appropriate metaphor: it represents the fact that, thanks to the exchange of information, new and common resources (e.g. the indicators toolkit) are generated and, if well used and maintained, they will be able to foster development in each partner city.

BHC partners have shown a good level of agreement and sharing of the meaning and function they give to the network, and of the type of added value they are expecting from it. If the suggestion of the irrigation system metaphor is approved and shared, then the challenge from now on is to keep alive the seedlings that have been growing thanks to the system. This is up to the network, in the final part of the project, and then to each partner, that during the project should have gathered sufficient resources (in terms of new ideas, competences, practical tools) in order to continue the implementation at local level of actions linked to health and sustainable lifestyles.

***Cristina Viano, Torino ULSG Member***

## **A FRUITFUL COOPERATION BETWEEN LOCAL AUTHORITIES AND THE MANAGING AUTHORITY: INTERVIEW TO JOAO AFONSO**

***Interview to João Afonso- Coordinator of the “Observatório das Dinâmicas Regionais” – Lisbon and Tagus Valley Managing Authority***

**Could you describe the organisation you are working with and which are its main tasks?**

In Portugal we don’t have political regions, only administrative ones where Managing Authorities operate.

Our body reports to two national Ministries, the Ministry of Environment and Territorial Planning (MAOT) and the Ministry of Economy, Innovation and Development.

The regional commissions are also responsible for the management of the regional funds. For this reason, we have a long tradition in cooperation and relationship with the municipalities. We establish a bridge between central government and municipalities, as well as a link between the region and the EU, through the management of Structural Funds allocated to our Operational Programme and through the participation in territorial cooperation programmes.

The Lisbon and Tagus Valley Regional Development Coordination Commission (CCDRLVT) is thus a decentralised body of the central government, with administrative and financial autonomy.

Its main responsibilities are:



- Strategic planning: Contribution to the elaboration of regional development policies having into account the national/European framework
- “Lisboa 2020” Regional Development Plan
- Implementation, monitoring and evaluation, at regional level of the environmental policies, nature conservation, land and cities management;
- Ensuring the development, monitoring and evaluation of territorial management instruments;
- Ensuring compliance of management responsibilities within the cohesion policy of the European Union in Portugal (Management of Structural Funds);
- Technical support to local authorities and their associations.

**As far as the Urbact programme is concerned, when did your experience start ?**

Our experience started in 2007 in partnership with the municipality of Amadora part of the URBACT II MILE project, which was the first pilot Fast Track within the above mentioned programme. This pilot project was considered a good practice, because the Amadora Local Action Plan was implemented and later disseminated in the Region of Lisbon by other municipalities through the Regional Operational Programme funding. The URBACT Fast Track well responded to a specific role we have as Managing Authority as, in order to realise the Lisbon Regional operational Programme we need to maintain good relationships with municipalities and to be able to promote joint projects that contribute to regional development.

As I said earlier the MILE project took place between 2007 and 2009 and as it was focused on finding solutions to the integration of migrant communities, the participation of Amadora, one of the municipalities in the region with a larger migrant population, perfectly suited within the Regional strategy “Lisboa 2020”, that we developed and published at the beginning of 2007. Lisboa 2020 identified, in its diagnosis, the existence of critical areas in the region, where first and second generations of migrants are living, highlighting the need of urgent interventions by the means of integrated projects able to promote social integration as well as the territorial rehabilitation.

**Besides the “local” reasons, did you find any further benefit in your participation?**

We wanted to know ongoing projects in other European regions, to learn from similar experiences that could have positive results and be replicated in other contexts, in neighbourhoods with similar characteristics and problems. We participated in this project with common interests, but with different perspectives.

The positive result of the Amadora LAP, both at regional and national level, drew the interest of other partners, private and public ones, like the Ministry of Education and also other cities showed their interest seeking for financial support in order to develop the initiative in their territories. This is, therefore, a good practice between Lisbon Managing Authority and the municipalities, which shows how it is possible, through European cooperation, to design and develop projects that can be financed the Structural Funds and replicated in other territories.

***Interview by Luisa Avedano***

# NEWS FROM THE BHC PARTNERS

## Łódź



The focus of Building Healthy Communities project in Łódź is the Green Ring of Tradition and Culture – a belt of green areas with a number of historical objects, which runs around the city centre. The idea of the Green Ring is included in the key strategic document. The Study of the Conditions and Directions of Space Development in the City of Łódź, which was approved by the Łódź City Council in October 2010.

The end of 2010 was therefore the time of promotion of the Green Ring among different target groups in Łódź. The Department of Public Health, which coordinates BHC project in Łódź, and the Polish Tourist Country Lovers' Society organized a number of walking tours in the Ring for 15 groups of children and 3 groups of adults – over 450 participants in all.

At the same time, a cycle of Nordic Walking workshops in the green areas of the Ring was organized for six groups of adult participants.

Students of 20 primary and junior high schools in Łódź had an opportunity to learn about the attractions of the Green Ring of Tradition and Culture during 80 lessons run by a certified tourist guide and illustrated by photos of the Ring. Almost 2000 students attended the lessons.

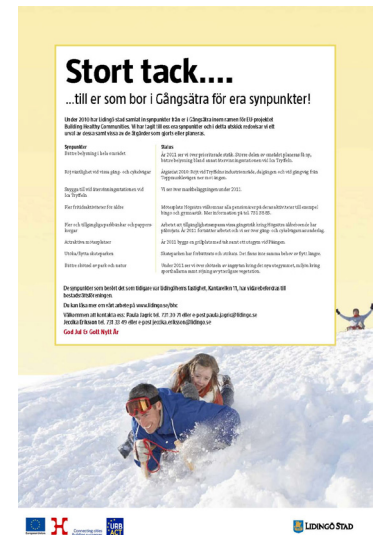
The Local Support Group also decided that a tourist guide on the Green Ring should be printed. The content of the guide with maps of several interesting trails was prepared and 70 photos of different parts of the ring were made. The guide will be issued in 2011. Both the text and the photos will also be available on the Green Ring website to be open also in 2011.

Finally, we decided to produce T-shirts promoting the Green Ring. They will be distributed to participants of events organized in the Ring.

## Lidingö

The residents living in the Gångsätra area received a letter to thank them for the inputs given on 2010. During different activities that started with an Open Door event in January, they have had the possibility to voice their opinions on a wide range of issues such as the outdoor environment, healthy ageing and other activities in their neighbourhood.

The inputs have been compiled and translated in several actions, some of them have been undertaken already or are planned in the beginning of this year. The skateboard park has been expended and more activities are taking place for the pensioners living in the area. A path with accessible benches, more lightening in the area, an out-door meeting place with a shelter and BBQ where several generations can meet and an outdoor gym will be finalised during the spring. Besides, thanks to the collaboration with the Youth Centre Kulan, in Gångsätra, the impact that the BHC Project is having in Lidingö will be represented with audio-visual products realized by the young members of the Centre by the spring 2011



## Belfast

The city of Belfast is carrying on a project dealing with health and regeneration.

Good for Regeneration, Good for Health has the aim “To use a health impact assessment approach to develop a set of indicators appropriate for monitoring the effects of regeneration on health and well-being”.

This was seen as one way of improving the effectiveness of sustainable urban development through regeneration, particularly for communities living in deprived environments experiencing economic, social and environmental inequalities. To help people use the set of indicators for regeneration and health, a framework was developed to “house” them rather than providing a long list.

A set of checklists has been developed to assess urban regeneration proposals prospectively and the next steps are to test the set of indicators and tools on at least 3 pilots with the Area Partnerships, refine the indicators and finally develop a training programme, including a train the trainers course.

### **Barnsley**

The National Social Marketing Centre is encouraging international projects to submit case studies to their website for best practice and sharing. More info here

## **EU NEWS**

### **PUBLICATIONS**

#### **New publication: Health Assets in a Global Context Theory, Methods, Action**

Edited by Antony Morgan, Maggie Davies, and Erio Ziglio. This book proposes a model that assesses multiple levels of health-promoting aspects in populations, and that promotes joint solutions between communities and outside agencies to address global health inequalities. More info here.

#### **New survey of 18,500 residents of the North West region (UK)**

The survey highlights crucial role of mental well-being in improving people's lives: A Mental Wellbeing Survey was undertaken in response to a growing need to understand more about positive mental health and well-being. For the official press release, click here or to see the full survey please visit the North West Public Health Observatory.

#### **A rare chance for better health and social equity in EU food laws?**

The European Commission (EC) has published its plan for the future of

the Common Agriculture Policy (CAP) “The CAP towards 2020 - meeting the food, natural resources and territorial challenges of the future”.Read more.

### **EVENTS**

#### **January 2011**

- 25th January 2011  
ETNO Innovation Day 2011- eHealth: an answer to EU healthcare and demographic challenges
- 26 - 28 January 2011  
Global Risk Assessment Dialogue
- 26 - 28 January 2011  
Workshop on Integrated Environmental Health Impact Assessment (IE-HIA)

#### **February 2011**

- February 3rd 2011  
4th Interregional Cooperation Forum
- 4 - 7 February 2011  
International Meeting on emerging diseases and surveillance
- 14 - 18 February 2011  
Public Health Ethics. Scientific methods, foundational concepts, and

case analyses

- February 15th 2011

Launch of Obesity Hub Workshops: Data on the Health Well website

- 22 - 23 February 2011

ETUI-EPSU Conference: Austerity, Economic Governance reforms and social policies in Europe

- February 28th 2011

Rare Disease Day 2011: Focus health inequalities

## March 2011

- 2 - 3 March 2011

5th Annual European Nutrition & Lifestyle Conference 2011

- 3 - 4 March 2011

Promoting Mental Health and Well-being at Workplaces

- 4 - 5 March 2011

ERS Summit on priorities in respiratory medicine

- 8 - 9 March 2011

Health and Wellbeing at Work

- 9 - 13 March 2011

10th International Conference on Alzheimer's and Parkinson's diseases: Advances, concepts and new challenges

- 16 - 19 March 2011

4th World Congress on Women Mental Health

- 28 - 30 March 2011

European Conference Tobacco or Health

- March 30th - April 1st 2011

11th International Conference on Integrated Care: Recent Developments and Future Challenges of Integrated Care in Europe and Northern America

- 30 - 31 March 2011

Innovation in Healthcare: from Research to Market Innovation in Healthcare: from Research to Market

## April 2011

- 7/04/2011

World Health Day

# One Book a day keeps the doctor away

The new selection of books suggested by the BHC project partners it is now available. Enjoy the reading!

**Touching the void** by *Joe Simpson*

**Moby Dick** by *Herman Melville*

**To kill a mockingbird** by *Harper Lee*

**The year of the hare** by *Arto Paasilinna*

**L'enfant Léopard** by *Daniel Picouly*

**My family and other animals** by *Gerald Durrell*

**The man who mistook his wife for a hat** by *Oliver Sacks*

**Les Bienveillantes** by *Jonathan Littell*

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