



# Building Healthy Communities

## Newsletter, Issue No 9, June 2011



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**European Union**  
European Regional Development Fund

### Project partners:

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



# THE BHC'S JOURNEY

This is the last but one issue of our BHC newsletter.

A long journey is nearly at its end with the Final Conference as cornerstone.

It is not the time yet to take to the stock of our project. Nevertheless I believe that the past 3 years have been full of positive experiences but also very demanding.

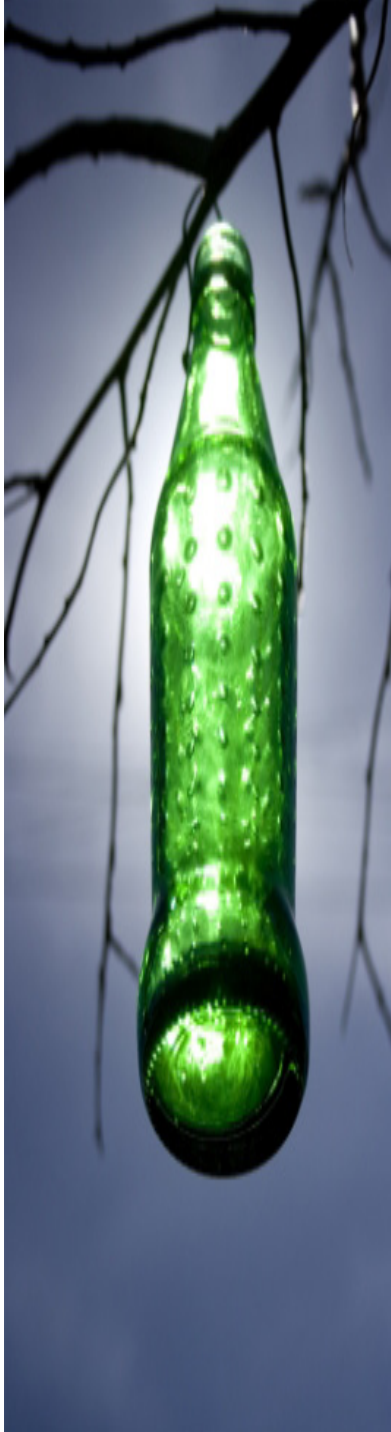
Our group took shape step by step and I'm really grateful to all the cities and their delegates who concretely allowed us – the BHC Management Team – to lead the project and to look after the numerous obligations, rules and bureaucratic bindings that are part of every integrated projects as well.

Here we are at a very short distance from the end of Building Healthy Communities and I will take more space and words in the last issue of our newsletter.

These days are very heavy and we all need to be very focused on our last final common goal: a fruitful final event where our local results can be clearly presented and where we will be finally able to test and show our common path towards more livable cities and neighborhoods, better places to live where quality of life and sustainable policies are really able to influence political plans in order to put health as a prior issue in urban agendas.

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





# BHC AND CONAMA, THE SPANISH NATIONAL CONFERENCE ON ENVIRONMENT

From 22nd to 26th November 2010 Madrid hosted the 10th edition of CONAMA (CONAMA 10 - National Conference for the Environment). The Madrid City Hall has participated to this event and prepared a dynamic session titled “Urban renovation of the consolidated city”

The Spanish National Conference for the Environment (CONAMA) was held for the first time on 1992. Since then, every two years this event is a must for the professionals in the environmental and sustainable development field. The main objective of the Conference is sharing views, projects and experiences with the aim of building a more sustainable future, based on 3 main principles:

- i. Sustainable development is possible but it requires continuous and steady support over time.
- ii. Sustainability is based on collective dialogue and on the individual’s commitment.
- iii. Knowledge sharing and dissemination are basic tools for sustainability.

There are several ways of exchange within CONAMA: extensive discussions; round tables; technical workshops, working groups, dynamic sessions, exhibitions, plenary assemblies, and special activities, such as competitions, surveys, activities with children and lunch-debates.

With its dynamic session, the Madrid Municipality wanted to point out the challenges that urban areas are currently handling, and the need of working on interdisciplinary and versatile solutions, promoting an integrated urban development, characterised by the coordination of the different policies affecting cities and citizenship. The session was proposed as a meeting place for every municipal department involved in the development of activities related with renovation, such as urban plans based on integrated approaches, sustainable renovation, business dynamization, promotion of the active citizenship, renovation of public spaces and promotion of healthier environments.

In this sense, the Directorate-General of the City Centre Office assessed the benefit of disseminating the Urbact II programme and specifically the Building Healthy Communities project in this Forum, given that some of its objectives were discussed the CONAMA event, such as:

- i. Creating strong bonds between cities and their management authorities, pledging a commitment for a coordinated intervention.
- ii. Introducing Local Support Groups as basic members participating in the network, supporting the cross-cutting interpretation of social reality.
- iii. Pledging a commitment for urban renovation, using compre-



hensive tools.

iv. Obtaining the involvement of the City Council in a global and non-sectoral approach, able to handle a complex and multidimensional reality with a systematic working model.

*Written in collaboration with the Madrid ULSG Members*

*previous page, Picture by Josue Reye*

## THE LIDINGÖ LOCAL SUPPORT GROUP

Since the begin the Lidingö Local Support Group has worked as a very motivated and harmonious team. It consisted of twelve persons, mainly coming from five different municipal departments:

- Culture and Recreation Department
- Property Management Department
- Department for the Elderly
- Technical Service Department
- Urban Planning Department

Two Project Managers from the City Executive Office led the group, one of them was focused on the international aspects of BHC and the other one was in charge of the local “side” of the project. This was a winning concept given that it is much more creative and less vulnerable. In order to strengthen the health perspectives of the LSG activities, the Karolinska Institutet School of Public Health joined in the group, giving to all members an important asset for their work.

The LSG members met regularly every third week of the month. Prior to special events has been created a smaller group of LSG-members. The LSG-meetings always started with a round table discussion, letting each member talk about the plans and news from their department. In this way everybody felt involved and got a good picture of what was going on in the municipality. This has created new types of cooperation’s and effectiveness within the organisation.

The focus of the LSG has been to involve the citizens in the implementation of the Health Strategy of Lidingö. Different kinds of meetings were arranged such as Open Doors, Area walks, Outdoor exhibitions, Open space and Home visits. The dialog meetings were addressed to different target groups and took place in several locations. In 2010 the meetings were focused on collecting feedbacks and suggestions from the inhabitants and in 2011 on giving feedback. These exchanges has been conceived as an inclusive moment, that’s why has been created an on-line platform where, those who couldn’t participate to the meetings, had the possibility to follow the project development through the website [www.lidingo.se/bhc](http://www.lidingo.se/bhc).

*Written in collaboration with the Lidingö ULSG Members*



## CITY PROFILE: LECCE



Lecce is a historic city of 95,200 inhabitants in southern Italy, the capital of the province of Lecce, as well as one of the most important cities of the Apulia Region with more than 2000 years of history.

From the 15th century, Lecce was one of the most important cities of southern Italy, and, starting in 1630, it was enriched with precious Baroque monuments; because of this the city is commonly nicknamed “The Florence of the South”.

Lecce also has a long traditional affinity with Greek culture going back to its foundation; the Messapii population, who founded the city, are said to have been Cretans in Greek records. To this day, in the Grecia Salentina, a group of towns not far from Lecce, the griko language is still spoken by the local inhabitants.

The city of Lecce has an important industrial and commercial tradition: the “Lecce stone” is the city’s main export, and it is well-known for its softness and malleability which make it suitable for sculptures and artistic purpose. Therefore the artistic tradition of the city is perpetuated thanks to its industrial centre specialised in ceramic production.

The agricultural sector is flourishing, and the city is famous all over the world for its olive oil and wine production.

The participation of the city as partner of the BHC project has allowed the development of a targeted Local Action Plan, focused on the regeneration of a particular urban area and on a specific mission: improving the life condition and the wholesomeness both of the historical city centre and of the peripheral areas.

The creation of a dynamic local support group and the organization of public events, where all the citizens were welcomed to discover the activities planned by the City Council and the state of the art of the project, have fostered the bottom-up approach which is part of the bigger process of exchange promoted by the URBACT II Program.

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

*Picture by Maraca Fotografie (Lecce)*

# THE LECCE EXCHANGE ON URBAN REGENERATION, URBAN PLANNING AND ENVIRONMENTAL SUSTAINABILITY

*The BHC project has been characterised by the willing of create a constant and stable contact among the partners and the ULSG. One of the way to reach this goal has been the promotion of Multilateral Exchanges where the partner cities had the opportunity to share their experience and point of view on health and urban regeneration issues.*

The last BHC exchange meeting, held in Lecce in March 2011, was devoted to explore the link between urban regeneration and urban sustainability. This is an important issue/topic which is currently being addressed at several levels ranging from academic research to economical, social, political and to the managing authority level including the more practical implementation stage.

It is already understood that quality of life of urban citizens is more and more affected by what and how a city is going to develop and what kind of services, public spaces etc. will offer. Starting from a simple analysis of the structural transformation that the Lecce city centre has undergone in the latest years, the meeting gave to the Municipality of Lecce the opportunity of sharing ideas about our Local Action Plan developed during the BHC project.

The main purpose of the meeting was to deliver, through a worked example, how good practises can be implemented to satisfy several criteria based on current understanding of urban sustainability. Important to this respect

is the strict connection between urban regeneration and the environment. Any modification of the physical world will have consequences on the environment which require in-depth analyses. Although the discussion did not have the formalism and the basis of a scientific workshop, several messages were highlighted including the importance of the implementation of good practices at local administration levels.

The development of local action plans whose objectives are somehow shared with other cities could have a tremendous impact in addressing current fundamental environmental issues. Urban heat, islands and flooding are some of them and afflict many cities in Europe.

As a scientist I have enjoyed working with the Lecce municipality team and for the BHC project because it offered to me the opportunity of dealing with practical problems often more challenging than academic research. The meeting was from Lecce perspective a very successful experience. The members of the City Council and of the Lecce ULSG surely had benefit from the examples offered by the other cities and knowledge acquired during the BHC project.

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.

**Silvana Di Sabatino**  
**Lecce ULSG Coordinator**



# THE WARM WELCOMING OF MR. PAOLO PERRONE, MAYOR OF LECCE



*During the last exchange meeting in Lecce, we had the chance to be welcomed by the Mayor of the city, Mr Paolo Perrone. His words and his commitment to the event organisation, showed once again the wish that cities have to play an active role in the improvement of life quality and to be the bridge between citizens*

## ***needs and Managing Authorities.***

We are very happy to welcome all of you in Lecce, heart of the Salento. The BHC Project is a precious occasion to deal with the important issues that our cities are now facing in this moment of substantial renewal.

During this two days, we will enjoy the unmissable possibility of talking on themes we care about and of exchanging our different experiences. because the story of our cities are different as well as the changes that we want to realise.

We hope that this experience here in Lecce, will be worthwhile and will add positive contents to subject so critical and fundamental for the communities of our home-countries.

I wish you will also have the time to enjoy our wonderful city, its Baroque art, its traditions, its culture and, most of all, its people historically well-known for the generosity and hospitality.

Thank you for your commitment, which is also our commitment, in this challenge for a positive change.

***Paolo Perrone, Mayor of Lecce***



*Picture by Afro Carpentieri*

## BHC RECAP



It's time to recap! On the 7th of June, in Brussels, BHC partners and guests will meet for the final conference that will present results from the project.

The main aim of the conference is to present the Local Action Plans that have been designed in the past two years and six months. Each partner city has selected specific issues to focus on or has redefined existing development strategies in order to include health and quality of life in urban policies. Similarities and peculiarities of the ten LAPs will be presented by local representatives

and will help participants to understand the complexity – but also the richness – of the health framework in European cities.

Representatives from DG SANCO, DG REGIO and the URBACT Secretariat will take an active part in the conference, but also other networks and organisations that are working in the field of health and quality of life will be involved. To this extent, a major experience of networking in this field is that of “Healthy Cities”, a WHO global network whose activities inspire member cities and local authorities all over Europe and whose point of view will be presented in the conference by Jonna Monaghan (Healthy Cities Secretariat).

Taking into account results and weaknesses of BHC, attention has been paid to links between health and the current economic crisis, and specifically between health related policies and funding possibilities (especially as far as EU funds are concerned). BHC has experimented the difficulties to built concrete actions in this field and for this reason has

decided to involve other expertise in the conference The first speech builds on the experience of HealthClusterNet ([www.healthclusternet.eu](http://www.healthclusternet.eu)) and Euregio III ([www.euregio3.eu](http://www.euregio3.eu)), brought by Jonathan Watson, HCN Executive Director. The second presentation is from Ben Cave, who is leading a project for DG Sanco that is looking at the potential that European structural funds have for health gain ([www.healthgain.eu](http://www.healthgain.eu)).

During the conference there will also be the chance to meet representatives from other network of cities that are dealing with quality of life in its broader sense. The Italian network of the “Associazione dei Comuni Virtuosi” will be presented by Gianluca Fioretti (mayor of Monsano, one of the member municipalities) (<http://www.comunivirtuosi.org/>). There will be also the presentation of Q-Cities, a network of European municipalities that is working of quality of life (<http://www.q-citiesnet.eu/>) and whose presidency is of the city of Amaroussion (GR), one of BHC partner cities.

A report from the conference will be available in the 10th and final BHC newsletter, while main presentations will be uploaded in the URBACT website pages dedicated to our project.

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



# NEWS FROM THE BHC PARTNERS

## BHC in Turin: let's start with Urban Barriera di Milano !

On April 19, the headquarters of “Urban Barriera di Milano” Committee was opened in the district of Barriera di Milano, in Turin. The Committee headquarters is a meeting place where citizens and public staff can work together and discuss the problems of the area, and it includes also an information desk able to provide information on the changes envisaged within the IPUD - Integrated Plan for Urban Development - called Urban Barriera di Milano. The Plan, with its four years duration, is an important opportunity for the district regeneration, as it associates the recovery of public space and the redevelopment of public spaces for social initiatives which support economy and employment, with a special attention to social and cultural issues.

The BHC Local Support Group took part to many round tables in the last three years, involving various professionals from different sectors of the city administration for the definition of axes and action to be included in the IPUD



The three actions proposed by BHC in the Local Action Plan included in the IPUD, are briefly described below:

### 1. Traditional medicine

Citizen-centred health and quality of life promotion in Barriera di Milano cannot ignore the need of paying particular attention to the immigrant population and its relationship with the local system of health services for which the ad hoc project - “Traditional medicines” - has been identified. The project involves a network of actors (departments, districts, universities, local health authorities, professional organizations, etc.) and tries to identify and test actions finalised at promoting changes, both in the behaviour of individual immigrants in dealing with health problems, both in the current forms of social and health services provision, i.e. by providing professionals with information/training tools about health models brought by immigrants.

### 2. Local realities for health promotion for young people.

This second line of intervention rises from the collaboration with ASL TO2 (health authority at district level), and its objective is the identification and promotion of all local sports, cultural, social club and associations etc., which pay significant attention to the youth population health and welfare. The associations which will get a positive evaluation will receive the title of “local reality that promotes young people health”, a label that will represent, on the one hand, a “quality seal” for associations and on the other hand, a “hallmark” for citizens who will decide to use the provided services.

### 3. Impact indicators on citizens quality of life.

The third line of intervention intends to build a set of indicators that can be applied to ordinary and extraordinary city policies and programmes, in order to assess the impact on health and quality of life of the analysed urban transformation policies. The toolkit of indicators developed by the BHC transnational level will be the starting point for the identification of these indicators.

BHC, as a starting point and presence in the area, took part in the inauguration of the Committee headquarters by offering a BHC “Zero Kilometer” meal to children of the schools district. Genuine snack foods made from organic production of vegetable gardens and farms near the city have been the first way to introduce the “BHC label” represented by BHC logo in Barrera! Over the next few months, the label will indicate places and new initiatives to improve the quality of life ... not only in Barrera, but for the whole city!

**Silvia Bigli**  
**Torino ULSG**



## PUBLICATIONS

### WHO Report: Social determinants approaches to public health

WHO published a report related to social determinants approaches to public health. The health of a population is measured by the level of health and how this health is distributed within the population. The Report is available here

### WHO Reports on Social determinants for health

The Department of Ethics, Equity, Trade and Human Rights of WHO launched a WHO publication series devoted to the social determinants of health. The series will explore themes related to strategy, governance, tools and capacity building for addressing the social determinants of health to improve health equity. Papers will also include reviews of country experiences

- The report **Action on the Social Determinants of Health: learning from previous experiences** is available here
- The report **A Conceptual Framework for Action on the Social Determinants of Health** is available here
- The report **Monitoring Social Well-being to Support Policies on the Social Determinants of Health: the case of New Zealand's Social Reports/Te Purongo Oranga Tangata** is available here

## EVENTS

### July 2011

- 6 - 8 July 2011  
New Directions in Welfare 2011 Congress in Paris
- 6 - 8 July 2011

Warsaw: Building an Active and Caring Society: Innovation, Participation, Community

- 12 - 13 July 2011

Rights and Needs of Older Patients in Warsaw

- 25 - 27 July 2011

Riga: Environmental Health Risk

# One Book a day keeps the doctor away

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

**The God of Small Things** by *Arundhati Roy*

**Fahrenheit 451** by *Roy Bradbury*

**Reading Lolita in Tehran: A Memoir in Books** by *Azar Nafisi*

**Every Man Dies Alone** by *Hans Fallada*

**The Hours** by *Michael Cunningham*

**The Kreutzer Sonata** by *Lev Nikolaevič Tolstoj*

**The Prince** by *Niccolò Machiavelli*

**Norwegian Wood** by *Haruki Murakami*

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