



building healthy communities

# Building Healthy Communities

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HEALTHY SUSTAINABLE LIFESTYLES



European Union  
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Connecting cities  
Building successes



# Healthy Sustainable Lifestyles

«All dimensions of sustainable development should be taken into account at the same time and with the same weight. These include economic prosperity, social balance and a healthy environment. At the same time attention should be paid to cultural and health aspects»

(Leipzig Charter on Sustainable European Cities” - 24<sup>th</sup> of May 2007, p. 1).

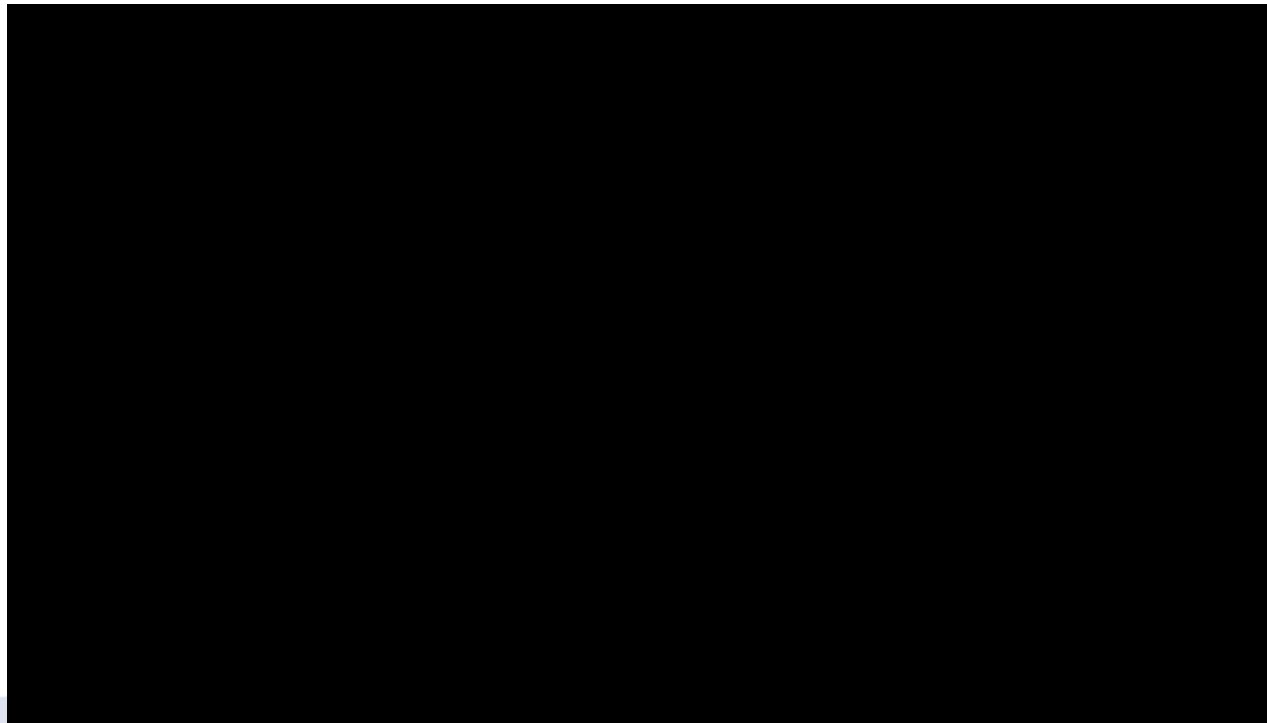
A positive model of sustainable lifestyle depends on health determinants, such as personal behaviour and lifestyles, living and working conditions and access to health services, and general socio-economic, cultural and environmental conditions.

*(all these quotes from the BHC Baseline Study, October 2008)*

# Building Healthy Communities

«The prospect of generating improvements to quality of life at the local level and individual level of the individual incentivises local efforts towards sustainable activity» (Fahy and O Cinnéide, 2008),

We have at least 10 healthy sustainable lifestyle ways!



A two day Health Impact Assessment workshop was hosted by Belfast on 28-30 September 2009. The purpose of the workshop was to give partner cities an understanding of the concept and process of HIA and to see how it has been applied in Belfast. The workshop was organised by Belfast's local support group which is chaired by Joan Devlin from Belfast Healthy Cities project managed by Adele Keys, Belfast City Council.

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### Inform

John Svensson from the Building for Health project presented BHC at the EU-conference Young People – Making it Happen including children and young people and their own activities will have a positive impact on their own neighbourhood.

AN URBAN

Iwona Iwanicka from the Building for Health project participated in a conference on Health and Health Equity in Viana do Castelo 2009. It was hosted by the City Office as part of the Building for Health Cities Networks.

The Belfast project work has been included in the annual conference on Health and Health Equity in Viana do Castelo 2010 on 24-25 March 2010 in Bournemouth. The Belfast representatives will present on the use of Health Impact Assessment to develop indicators for Health and Regeneration.

For BHC being designated as a fast track project is a two edged sword of responsibility and privilege for both the Commission and the network members - including the managing authorities. The work of the BHC network will no doubt get greater scrutiny as a result of its status.

At the same we also have a great opportunity together to define measures to support health communities and reduce socio economic disparities that can appeal to support from the EU co-financed operational programmes of your region or Member States. The prize is

that if we are successful other will be inspired to build on our success and replicate our results.

ed at the local

#### WHAT'S YOUR OPINION ON YOUR NEIGHBOURHOOD?

Give us a hand to improve our work with health! We would like to hear your ideas on how Gängsätra should be developed.

All our Open House you have the opportunity to make yourself heard and meet representatives responsible for parks, safety, city planning, culture and leisure as well as various projects.

Date: 26 January 2010

Time: 16.00-20.00

Place: The canteen at Högsättra school.

fruit, cones and drinks will be served.

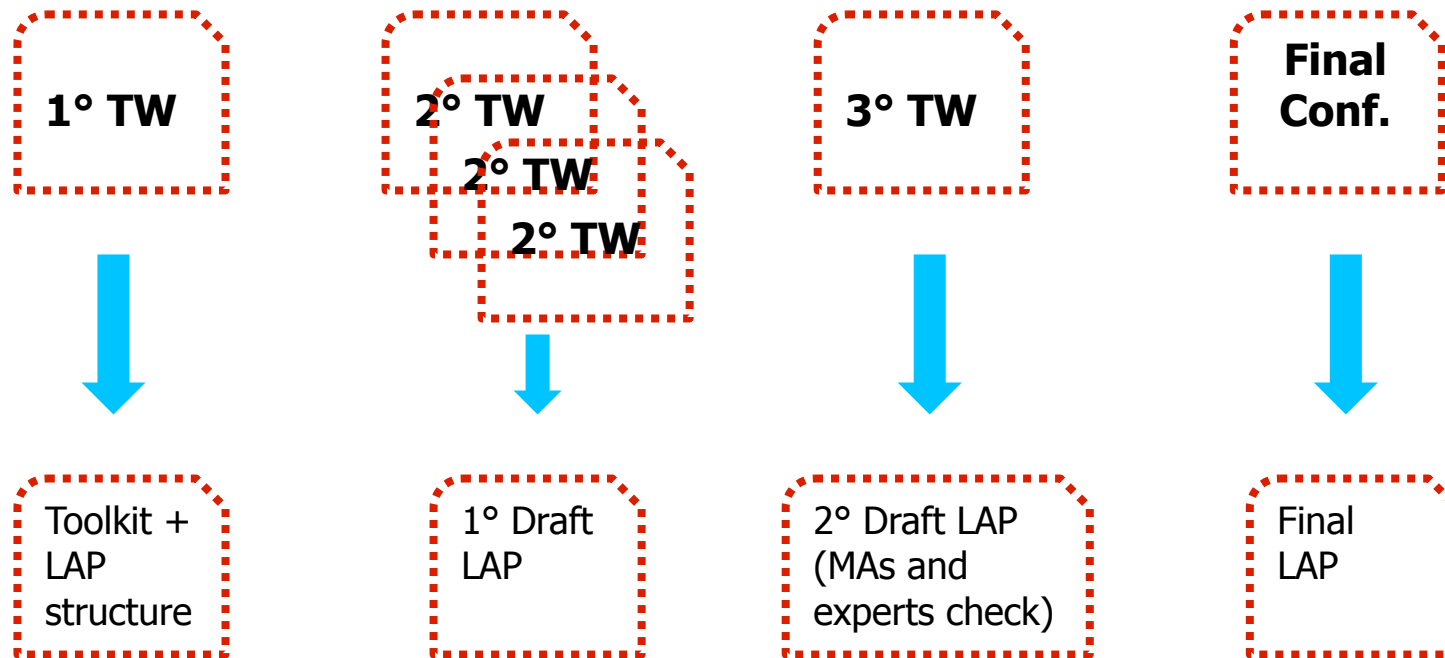


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Why this workshop? A brief recap of our work programme...  
*(from the Kick Off Meeting in Brussels, 18-19.02.2009)*

## A Roadmap



(also from the Kick Off Meeting in Brussels, 18-19.02.2009)

# The ULSG Calendar

(as from the Application Form)

## 01.08-06.09 Development Phase:

- Review local mappings and local profile;
- find key issues



## 06.09-04.11 Commitment and Participation Phase:

- Elaboration of key issues;
- Widen participation;
- Create conditions for widespread consensus



## 09.10-04.11 Implementation Phase:

- Definition of strategy;
- Definition of concrete projects

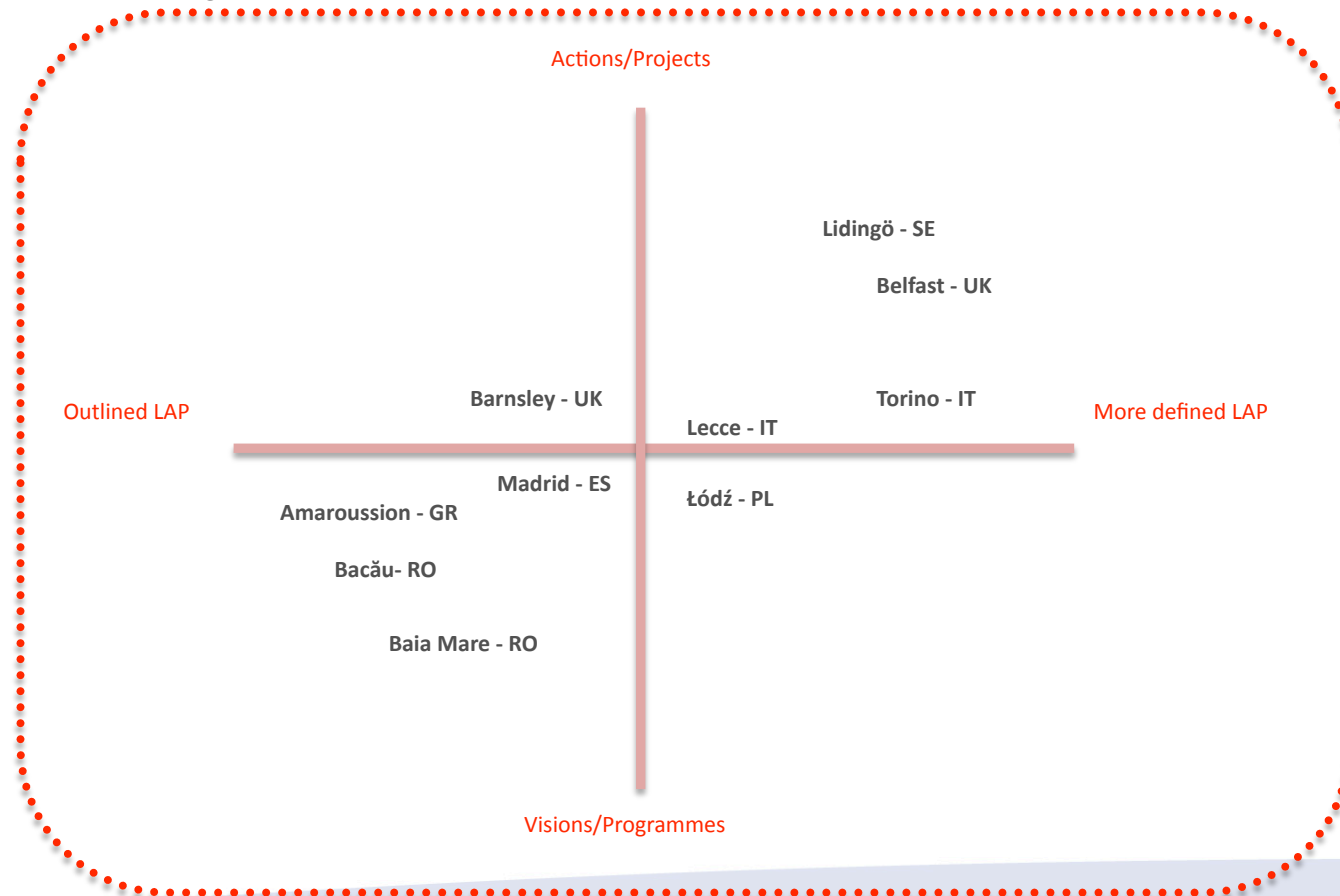


## 09.10-..... Follow-up and Consolidation Phase:

- Monitoring and evaluation of the actions;
- Find practical lessons;
- Definition of practices to be shared and institutionalized;
- BHC City Guide to provide insights towards healthier policies and higher quality of life conditions

# State of the Art of the LAPs

- › Some LAPs focus on specific needs and problems and result in actions and projects;
- › Other LAPs outline wider urban regeneration strategies and result in strategic visions or programmes.



(from the BHC 1st Thematic Report, November 2009)

AN URBACT II PROJECT

# Towards a better definition of the LAPs





# Main theme

Health?

Quality of Life?

Urban Regeneration?

Environmental Sustainability?

...

Has this theme changed because of the ULSG meetings and works?

Could you describe your LAP with a short phrase?

Could you create a slogan to describe your LAP?

# Actions foreseen

Why those actions have been identified?

A specific target group has been identified?

A specific area of the city needed attention?

Has the economic crisis (re)shaped your actions?

# Use of indicators

More later...  
(Antonella Cardone's presentation)

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# Timetable

Do you plan to implement some or the total of your actions before the end of the project (April 2011)?

Have you already started to test your LAP and its actions?

Do you think that by the next Thematic Workshop (due in Sept 2010) you can test your LAP with the relevant MA?

# Funding opportunities

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Have you already got funds for some of your actions?

If yes, from which source?

Can you highlight any difficulty you may have had in searching for funds?

How many funding possibilities are you exploring?

Would you consider your LAP a failure if no major fund will be available at the end of the project?

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**For the Jamie Oliver video:** <http://www.tedprize.org/>

Grazie Thanks  
Danke **Merci** Gracias  
**Ευχαριστώ** multumesc  
Takk dziękuję dakujem hvala  
**Obrigado** dziękować  
tänan kiitos köszönöm aciu  
Tack děkuji paldies  
**nizžik ħajr dank u wel**