HEALTHY LIVING?
Health, urban places, sustainability and the planet

STEFANIA PASCUT, Healthy Cities Project Coordinator, Municipality of Udine
With the collaboration of FURIO HONSELL, Former Mayor of Udine
The city of Udine and the Territorial Inter-municipal Union (UTI)

- LOCATION: North-East Italy
- POPULATION: 100,000 (city) – 140,000 (UTI: city + 5 municipalities)
- AREA: sqkm 57 (city) – 162 (UTI)
Snapshots from Udine
The “rogge” waterway system: brought fresh water for **drinking** and **washing**, as well as **energy** for operating mills and other machineries.
A street or a square? pedestrian streets? why preserve old buildings?
Challenges in promoting Healthy Living

- **3 megatrends**: urbanization, climate change, demographic change
- **VUCA world**: volatility, uncertainty, complexity and ambiguity; flexibility and adaptation are needed
- **Copernican principle**: it is not the individual who is disabled within an environment but rather it is the built environment which can make everyone disabled if badly designed
- Beware **inequities & determinants of health**
- Social innovation: how you can innovate to improve social well-being
- Whole-of-government, whole-of-society, health-in-all-policies approaches (de-siloing, organ pipes)
- **Multi-level governance**: transparency, open dialogue, "be friend to your neighbour", build trust, participation
- **Behavioural insights**: test, learn, adapt, and share, make the healthy way the easy way, the enjoyable way
- **Vulnerable groups**: children, older and dementia-affected people, migrants, energy poverty
Health and Social Problems are Worse in More Unequal Countries

Index of:
- Life expectancy
- Math & Literacy
- Infant mortality
- Homicides
- Imprisonment
- Teenage births
- Trust
- Obesity
- Mental illness – incl. drug & alcohol addiction
- Social mobility

• A Fair Society

Measure: Lorenz curve, Gini coefficient

Health hub for migrants & refugees in a former military area
DEMENTIA FRIENDLY COMMUNITIES

the project

Making dementia a priority: changing perceptions, practice and policy

Become a Dementia Friend
SOCIAL DETERMINANTS OF HEALTH

Source: Dahlgren and Whitehead, 1991
Sismic hazard
national territory has been classified into 4 categories (from the lowest to the highest) Udine and the surrounding areas are situated in the 3rd one
Flood hazards
Two torrential rivers cross the municipal territory. According to the local civil protection plan the hazard of flood is medium-high.

2014

2016
Last year...

10th August 2017

- 200 fallen trees
- 7,000,000.00€ damages
- 390,000.00€ to restore green areas

...fortunately: no people injured or dead!
Cities can achieve what nations struggle for

**WHY?**
- Vicinity to the citizens
- Citizens’ dialogue
- Services delivered on a daily basis

**WHAT?**
- SDGs 2030
- Covenant of Mayors on Energy & Climate Change 2020
- Health 2020
- Healthy ageing
- Health for all, equity & sustainability

**HOW?**
- Co-creation, middle-out approach
- Social innovation & brokerage
- Participation, empowerment, social inclusion
- Health in all policies, whole of government & whole-of-society approach
- Determinants of health: environmental, economic, social, cultural, commercial
- Triple helix & evidence-based policies

**CITY HEALTH DIPLOMACY**

- Progress
  - People
  - Prosperity
  - Places
  - Peace
  - Participation
  - Planet
The Ostrava Declaration

Ostrava public health priorities

- Improve air quality for all
- Ensure access to safe drinking water, sanitation and hygiene for all
- Minimize the adverse effects of chemicals
- Prevent and eliminate the adverse effects of waste management and contaminated sites
- Strengthen adaptation to and mitigation of climate change
- Support cities and regions to become healthier
- Build the environmental sustainability of health systems
HEALTH DIPLOMACY: EUROPEAN PERSPECTIVES

Introduction to a new quasi-concept and paradigm

Edited by
Ilona Kickbusch  Mihály Kökény

15. Udine, Italy: city health diplomacy
Furio Honsell
Stefania Pascut
& Gianna Zamaro
Municipal Diplomacy: a strategy for Health and Energy transition

• **Health & sustainability** needs not to *leave anyone behind* and rather take *each and everyone on board*
• Cities need to build **alliances** with **all sorts** and **levels** of **partners** and **stakeholders**
• **Diplos**: covenant, compact; Health as a *lingua franca* for inter-sectoral, multilevel, participatory dialogue
• 4 main lines of action
  • **CHD within the administration**: tackling the silos/organ pipes syndrome: Mobility Dept, Health Dept, etc.; whole-of-government, whole-of-society approach, health and sustainability in-all-policies, strong leadership and commitment
  • **CHD within the City – social innovation**: Camminamenti, No alla solit'udine, Reader's night, Energy in play, World Games Day, Pi Day, Urban Gardens, Healthy Snacks, Pedibus, de-siloing: building trust & process owners – middle-out approach, triple helix
  • **CHD networking with other cities**: Charters, EU Projects, Networks – Evaluation, Assessments, Indexes, Covenant, Consensus, city branding and reputation
  • **Multilevel Governance** ADESSO (Health and Safety Now)
UDINE's recent CV

• 1995 – member WHO Healthy Cities European Network
• 2004 – member WHO Healthy Ageing Task Force – (lead city since 2008)
• 2007 – member WHO Global Age-friendly Cities and Communities Network
• 2009 – EU Covenant of Mayors 202020
• 2010 – signed WHO Kobe declaration on Urbanization and Health
• 2011 – signed Dublin Declaration on Global Age-friendly Cities and Communities
• 2012 – signed Committee of the Regions Charter for Multilevel Governance in Europe
• 2015 – member Covenant on Demographic Change – NGO under Belgian Law
• 2015 signed the Milan Food Policy Pact during EXPO
UDINE joined the Healthy Cities movement in 1995

HEALTH ENLIGHTMENT
The Covenant on Demographic Change gathers European public authorities, at local, regional and national level, and other relevant stakeholders, committed to develop environments that support active and healthy ageing, enhance independent living and well-being of older persons, and create a society for all ages.
ENVIRONMENT & HEALTH WORKING GROUP

Topics

- Air pollution
  - Indoor
  - Outdoor
- Housing
  - Quality and quantity
  - Energy efficiency
- Water
  - Quality
  - Quantity
  - Sanitation
- Noise pollution
- Active mobility (cycling and walking)
- (Healthy) Urban planning
- Green spaces
- Food (production and consumption)
A MULTILEVEL GOVERNANCE APPROACH

COVENANT OF MAYORS OF FRIULI VENEZIA GIULIA FOR THE DEVELOPMENT OF HEALTHY, SUSTAINABLE AND INCLUSIVE CITIES

PATTO DEI SINDACI DEL FRIULI VENEZIA GIULIA PER LO SVILUPPO DI CITTÀ SANE, SOSTENIBILI E INCLUSIVE
Health City Institute: advocacy for health at national level

MANIFESTO

HEALTH AS A COMMON GOOD
2020 EUROPEAN INITIATIVE: Increase energy efficiency and reduce emissions of greenhouse gases from fossil fuels by 20% by 2020

- In 2012 the Municipality has achieved the 20% reduction
- Overall emissions have increased
- Need for collective action

Covenant of Mayors
Committed to local sustainable energy

- Energy Budget: compute carbon and water footprints
- District heating
- Energy aware building regulations: insulation, orientation
- Turbines, Geothermal, Solar
- Reuse, recycle, recovery
2006  
Baseline 700,000 CO\textsubscript{2} t from fossil fuels

2009  
Joined the **Covenant of Mayors**

2010  
Definition of **Action Plan for Sustainable Energy** 20-20-20

2011-14  
European project **Cyber Display** for energy efficiency in public buildings

2011  
Certification **ISO 14001** of Municipality

2012  
Certification **EMAS** of Municipality

2012  
**Environment Budget**

2009-13  
Scientific mediation and education
CLIMATE CHANGE & CO₂ EMISSIONS

-18%

-48.8%

-20%

Covenant of Mayors
Committed to local sustainable energy
Udine: SEAP actions done in the past 10 yrs

Sustainable mobility: bike sharing & cycle routes

Energy efficiency in social housing stock

Increasing of green areas

Sustainable mobility: car sharing

Innovation/savings in public light

Energy efficiency in traffic lights & in votive lights
Udine: SEAP actions done in the past 10 yrs

Municipal buildings
Energy smart mngm

Cogenaration plant and district heating network

Solar thermal panels on sports facilities

Photovoltaic plants on school roofs

Energy Retrofit of municipal (historical) buildings

Telecontrollo contabilizzazione calore

30t

6000t

87t

28t

+ 38%
Udine: co-generation plant and district heating
Strategy

2009 Adhesion to the Covenant of Mayors Initiative

2010 Sustainable Energy Action Plan (SEAP)

2011 General Municipal Land Use Plan (PRGC)

2014 Italian Institute for Environmental Protection and Research – ISPRA: questionnaire on the adaptation to climate changes

2015 National strategy for Adaptation to Climate Change approved

2016 Adhesion to the Mayors Adapt initiative

2017 Adhesion to the Covenant of Mayors for Climate and Energy National Climate Change Adaptation Plan under construction

2018 Municipal strategy for Mitigation and Adaptation to Climate Change by 2030 Study of climate changes and their most significant impacts on the Friuli Venezia Giulia Region
Integrating adaptation and mitigation strategies

From SEAP to SECAP + ISO 50001

Project 1 ongoing

Transfer knowledge: insurance to PA and SMEs on risk assessment & management of climate change events;
- self-assessment tool
- innovative forms of PPP
- innovative financial instruments that allow you to move capital devoted to risk reduction.

Update from SEAP to SECAP (Mitigation + Adaptation)
Energy Management System Certification (ISO 50001)
International competition between Municipalities on Energy Efficiency and Management Systems

Adaptation

Mitigation + Adaptation + Standardization

Project 2 ongoing
SECAP – Adaptation target: Drought

- Reducing water withdrawals from groundwater
- Restoring water quality
- Reducing leakages
- Reducing residential water consumption
- Reducing potable water use (irrigation, car washes...)

[Image of a diagram showing the above points]
SECAP – Adaptation target: Hot waves

- Increasing tree-planting in the city
- Extension of urban gardens and green areas
- Greening the public domains (spaces and buildings)
- Promoting the green roofs on private homes
- Preventing negative effects of heat waves
SECAP – Adaptation target: Flood hazard

- Reducing soil sealing
- Improving the drainage system
- Minimising pollutants affecting water
- Strengthen the civil infrastructure resilience
- Improve the management of cultural heritage
SECAP - step by step

The current planning system
STEP1

Vulnerability assessment
STEP3

Projects and actions ongoing/realised
STEP2

Definition and planning of new actions
STEP4

Implementation of activities
STEP5

Monitoring and reporting
STEP6

“spontaneous” mitigation and adaptation

“planned” mitigation and adaptation

national, regional and local context

set of indicators information
(administrators, citizens...)

regulations, procedures, investments,...

hazards
(seismic, flood, soil sealing...)

“spontaneous” mitigation and adaptation

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“spontaneous” mitigation and adaptation
A step further: Urban Agenda and Energy Transition Partnership

the City joined the Energy Transition Partnership

- **Coordinators**: Gdansk (PL), London (UK), Roeselare (BE)

- **urban/regional Authorities**: Gothenburg (SE), Navarra NasuVinsa (ES), Tilburg (NL), **Udine (IT)**, Vaasa (FI), Vidzime Region (LV), Warsaw (PL)

- **CEMR, EUROCITIES**

- **MSs**: France, Germany

- **EU Commission**: DG REGIO, DG ENERGY

- **EIB, URBACT**
Air quality monitoring system

Electromagnetic pollution monitoring system

Asbestos removal
INFRASTRUCTURE INNOVATION

- New generation broad band network: fiber to the cabinet through the sewage & street lighting pipes, 50Mbps 250km
- FTTC FTTH
- European Digital Agenda 20 Mbps by 2020
- Open data
- District heating & cogeneration plants
- Video inspection
URBAN PLANNING CHANGES:

• Interventions to the built and natural environment
• Traffic calming interventions
• Improvement of walking and cycling infrastructures and of green areas
• Improvements for older and disabled people
• 500m distance from the main reference points for older people (pharmacies, shops, etc.)
• People’s needs taken into account in the decision-making processes
INCLUSIVE ROAD SAFETY & MOBILITY
Social Innovation & Middle-out approaches

Open innovation model
- City brokers, role of cities as intermediators
- Politics of facilitation, rather than running
- Human systems are out of balance between giving and receiving
- Resources are misused - scarce onerose
- Web-based systems are open to uncertainty
- Sharing -circular
WALK TO SCHOOL & INCLUSIVE PLANNING

BEFORE

AFTER
COGNITIVE DECLINE PREVENTION

- Music
- Story telling
- Maths & logic games
- Memory games
- English words in common use
- Cards games
- Calligraphy
- Healthy lifestyles
- Mindfulness

Move your minds...minds on the move
INTERGENERATIONAL INITIATIVES
NO ALLA SOLIT’UDINE: age-friendly environments, social innovation, brokerage and intermediation

Networks NGOs, voluntary associations, retired craftsmen, public services to give support to older and frail people in their everyday life, especially to those living alone, with disabilities or economic difficulties (shopping, transports, listening, legal advice, repairs, drugs etc)
The United Nations Sustainable Development Summit for the adoption of the post-2015 development agenda and the Sustainable Development Goals will be held from 25 to 27 September 2015 in New York and convened as a high-level plenary meeting of the General Assembly.

RESPONSIBLE CONSUMPTION
READERS’ NIGHT: more than 60 stakeholders including bookshops organising activities to promote and enjoy reading
WORLD GAMES DAY: more than 60 stakeholders organising recreational & educational activities, games, sports for all target groups
THE PLAYFUL PARADIGM

Using ‘games’ as a flexible and innovative way for healthy and sustainable place-making
Behavioral Insights

“Make the Healthy Way the Easy Way”

Behavioural Insights Applied to Policy
European Report 2016
PLACES VS NON PLACES
Healthy eating habits and 0 km Markets

A contract for a healthy snack

<table>
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European Day of Integrated Sport

Saturday 23 May 2015

www.europeanday.eu

ASU Udine 1875
7 Maggio 2016
GIORNATA DELLO SPORT INTEGRATO

La sport integrato come elemento di inclusione sociale

Palazzetto dello sport di Via Lodi 1
33100 Udine
dalle ore 15:00

Sponsor:

Asociare Sportivo Udinese

ASU
THANK YOU FOR YOUR ATTENTION

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