

Healthy Urban Living

An integrated approach for healthy urban development in Utrecht



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Gemeente Utrecht

Utrecht.nl



<https://www.youtube.com/watch?v=HlzY4vCLks4&feature=youtu.be>

Structure of presentation

Two key elements:

- **Health at the heart of all policies**
- **Together we are Utrecht**

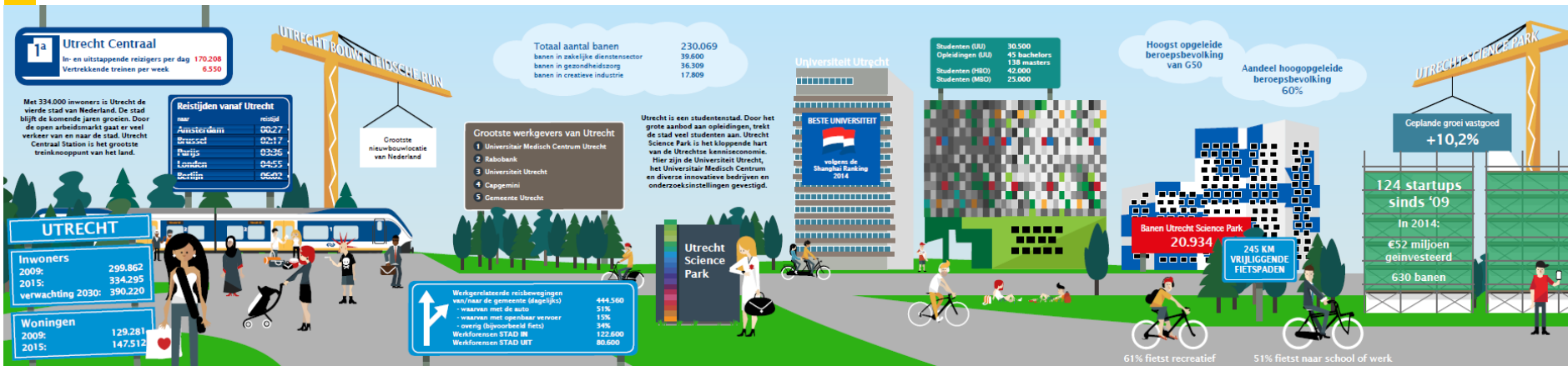
Presentation

1. More detail on policy and practice based on these key elements
2. There is still a lot of work to be done. How can we learn from you?
3. How can you learn from us? Which elements are transportable to other cities?



This is Utrecht!

- Utrecht is the 4th city in NL
- Population of 335.000; young citizens
- Number of dwellings 150.000
- 230.000 jobs: business services, health and creative sectors
- Highest educated population of G50
- 72.500 students
- Tourist: Dom tower, werfkelders and Miffy



Health at the heart of urban development strategy



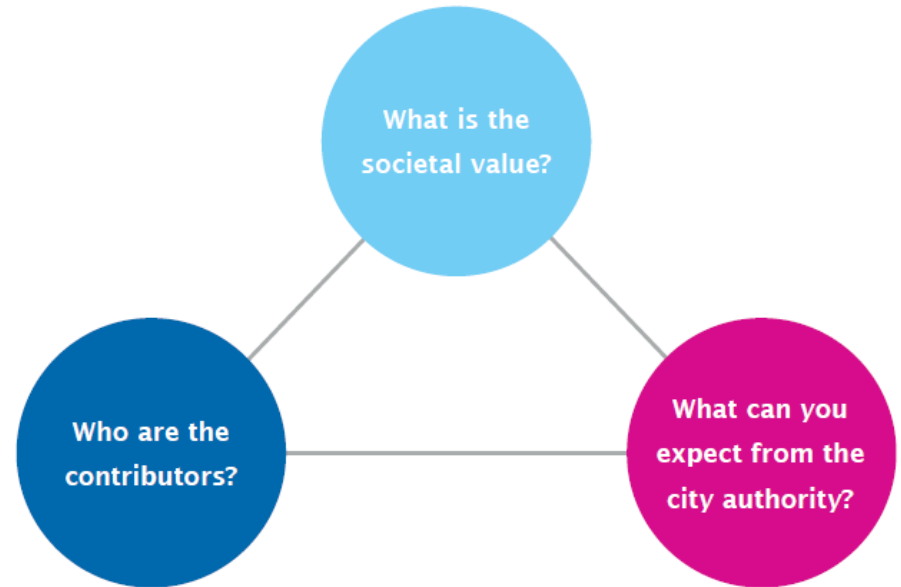
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Together we are Utrecht

Three questions

1. What is the societal value?
2. Who are the contributors?
3. What can you expect from the city authority?



➔ What is the role of the city authority of Utrecht?



Building a healthy future – an invitation to the city

Public health policy 2015-2018

Five basic principles

1. Positive approach to health
2. Preventing problems and helping people to lead 'normal lives'
3. Reducing health inequalities
4. Everyone must be able to live in dignity
5. Public health monitoring



Health, a broad and positive concept

**QUALITY OF LIFE,
LIFE EXPECTANCY AND PERCEIVED HEALTH**

**RESILIENCE AND
MEANINGFULNESS**

**CHRONIC DISEASES AND
ILLNESSES**

**SOCIAL
ENVIRONMENT**

**HEALTH CARE
ORGANISATION**

**PHYSICAL
ENVIRONMENT**

LIFESTYLE

BIOLOGY

ACTIONS AND POLICY



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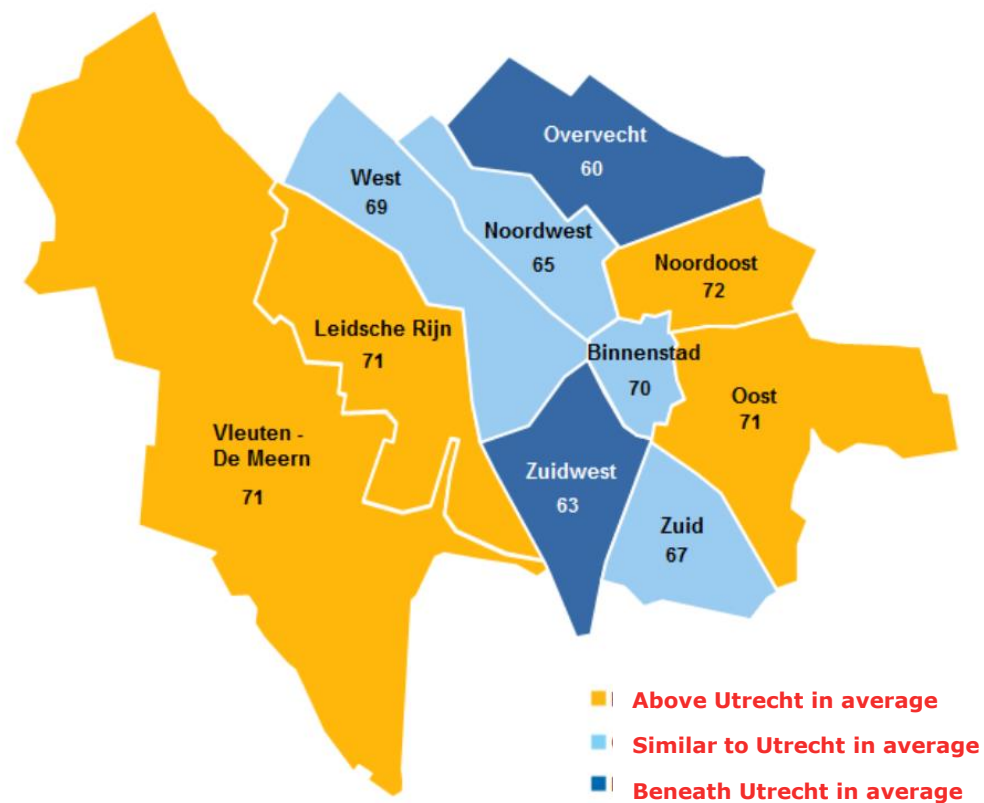


Vast differences between neighbourhoods in life expectancy

Life expectancy

at birth:	79,6	
• Vleuten–De Meern	82,6	4,8
• Overvecht	77,8	
in good health	67,3	
• Noordoost	71,8	12,1
• Overvecht	59,7	
without chronic diseases	44,1	
• Oost	50,7	15,8
• Overvecht	34,9	

Life expectancy in good health, per neighbourhood - 2012



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Search...



Home

Nederlands

- + Demographics
- + Birth and mortality
- + Quality of life
- + Physical and mental health
- + Lifestyle
- + Physical environment
- + Social environment
- + Education, employment and skills
- + Poverty and social exclusion
- + Care and support
- + In-depth studies

Districts

- About the Public Health Monitor Utrecht
- Contact
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- Newsletter



Welcome to the Public Health Monitor Utrecht website.

Featured

February 2017: What do you think of the Public Health Monitor Utrecht website?

The healthmonitorutrecht.com is one year old. Does the website meet your needs? Fill in our survey, so your opinion can help us improve the website! (Survey only available in Dutch)

December 2016: Over 25% of adults in Utrecht is a volunteer

28% of Utrecht people between 19 and 65 years old volunteer. Among socially vulnerable people, this is 58%. December 7th is National Volunteers Day.

Tweets by @Utrecht_gezond

Volksgesondheid030 Retweeted

Gemeente Utrecht
@GemeenteUtrecht

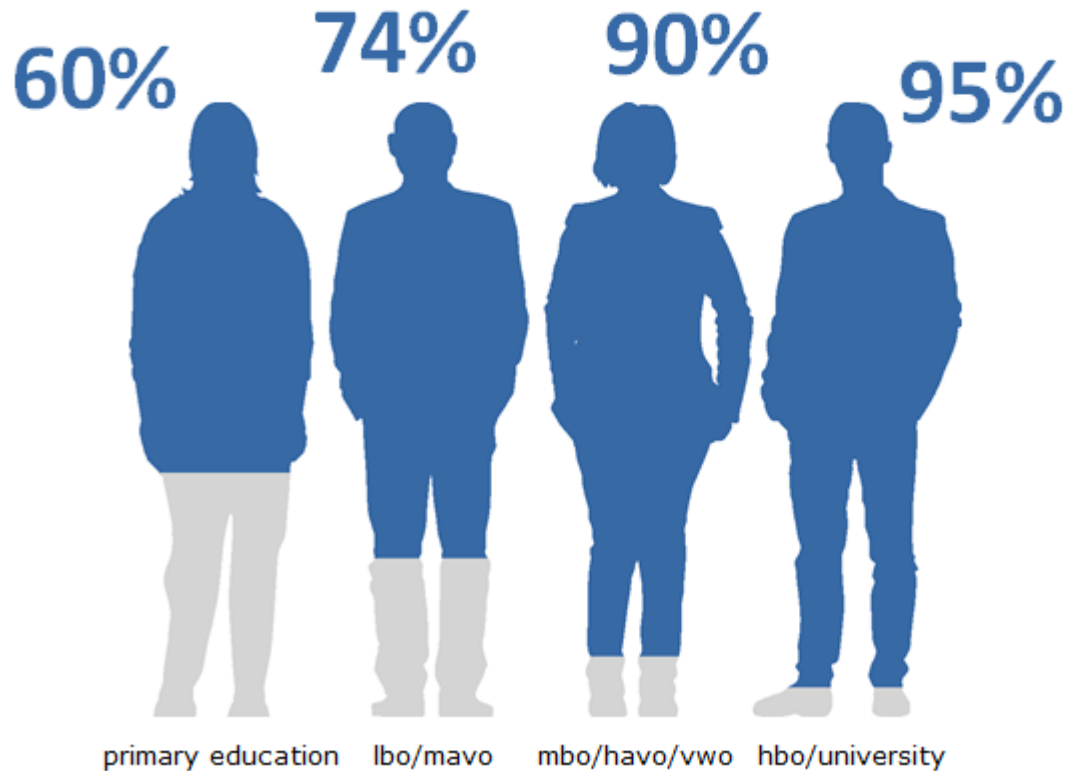
Oproep aan landelijke politiek! Pak armoede aan: Zorg voor voldoende inkomen, laat IEDEREEN meedoen #pakarmoedeaan bit.ly/2mJdi7z

09 Mar

Volksgesondheid030
@Utrecht_gezond

Highly educated adults feel healthy more often

The more highly educated Utrecht residents are, the more often they feel healthy. Especially people with a low level of education – [lbo/mavo/vmbo](#) – experience their health less often as good.



Building a healthy future – an invitation to the city

Public health policy 2015-2018



Healthy City



Healthy District



Healthy Start



Healthy city

- Health and spatial development
- Health and social development
- Promoting health via healthy, sustainable, local food
- Healthy life styles and healthy behaviours
- Health and economic development
- Human dignity and the safety net



Healthy City



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Healthy districts

Focus on reducing health inequalities

- Districts and neighbourhoods
- Healthy living
- Healthy living environment



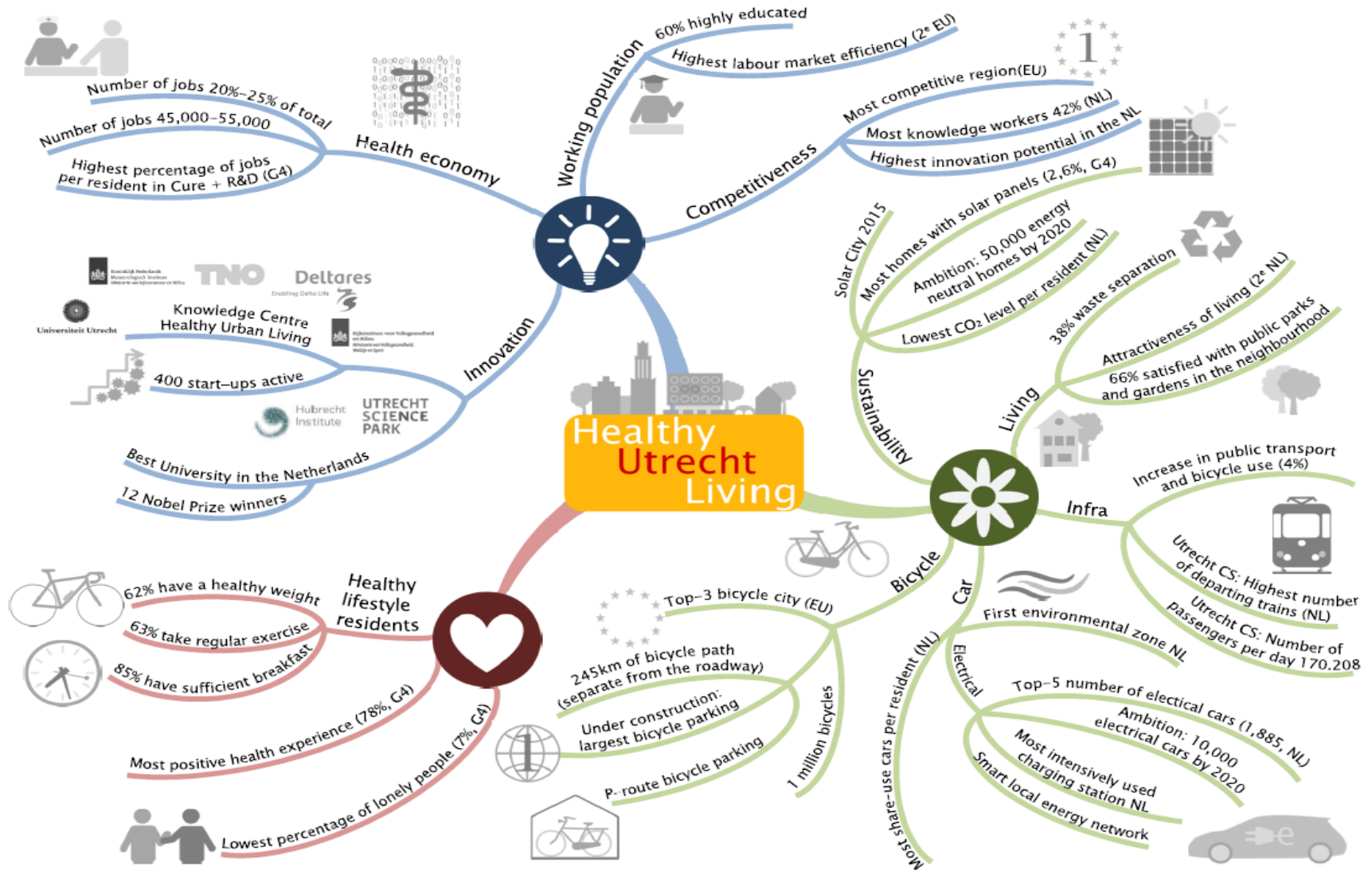
Healthy District



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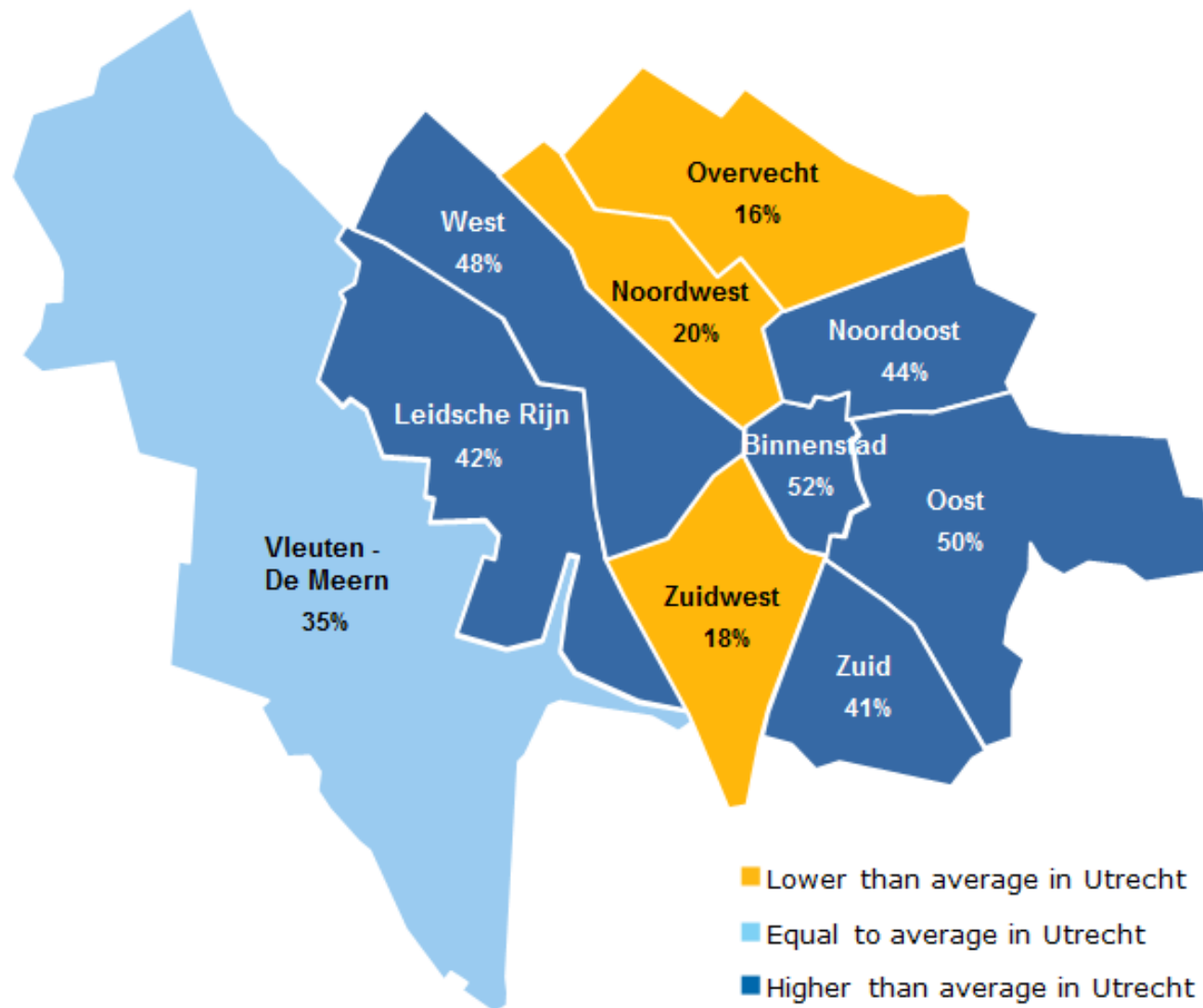
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Healthy Urban Living (HUL) in Utrecht



Fewer unhealthy snacks at school in Noordwest, Overvecht and Zuidwest

Pupils from Noordwest, Overvecht and Zuidwest take unhealthy consumptions with them to school less often than children from other districts do. On average 34% of pupils had taken unhealthy snacks with them to school, such as cake, sweets or crisps.



Example: Accessibility & clean transport



- Cycling Highways
- Largest indoor bicycle parking facility in the world
- Improve public transport continuously with smart technology
- Low Emission Zone for old cars
- Parking route for bikes

Example: Smart solutions for problems

- Acquisition smart – green – health check
- Transfer challenges into economic propositions
- Social enterprise hotspot (social impact factory)
- Startups
- iLab: open source laboratory
- Serious gaming (Dutch Game Garden/Utrecht Art Academy)
- The virtual patiënt
- Self management-activities



What is needed? Collaboration – Cocreation – Crossovers- Innovation – Partnerships!



Partnerships - our usual suspects in new ways of cooperation

Governmental organisations:

U10 region, National government (citydeals & living labs)

Economic Board Utrecht

cooperation between governmental organisations, knowledge institutions and trade and industry

Knowledge Institutes

University of Utrecht

University of Applied Sciences

Utrecht Art Academy (HKU)

Vocational Education & Training
(VET)



Citizen partnerships – new ways of democracy



Learning by doing and by sharing

New approach ... learning organization

- What is our role as city authority ?
- Tension between focus on positive health, abilities, resilience, own initiative \leftrightarrow vulnerable groups, health literacy.

What is the effect of strategy on health inequalities?

- Working with new partners: residents, private sector, etc. What are opportunities, what are pitfalls?
 - How to monitor activities, results? Scientific challenges.
- A lot of work still needs to be done...

What can we learn from other cities and other MS?



How to transfer to other cities/regions?

What is needed to transfer the Utrecht experiences to other cities/regions?

- Knowledge exchange / best practices
- Joint research
- Governance and business models in living labs



Further information

City of Utrecht: www.utrecht.nl/city-of-utrecht/

- Public health monitor Utrecht:
- Policy document: building a healthy future

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