

# Building a healthy future



<https://www.youtube.com/watch?v=HlzY4vCLks4>

# Building on...in Utrecht (1)

- Zorg voor morgen.

- Health prevention; health care access; healthy early lifeyears; no healthy living environments; #270.000 inhabitants in 2004



Beweging in gezondheid,  
Utrecht gezonder in 2010



Actieprogramma Volksgezondheid 2007-2010

www.utrecht.nl

- Programme (less policy plan); public management; Vogelaarwijken; health protection in urban planning; vulnerable groups; green left wing government (GL/D66); #294.000 inhabitants in 2008)

# Building on...in Utrecht (2)



Duurzaam gezond!  
Fit en weerbaar de toekomst in



Nota Volksgezondheid 2011-2014

www.utrecht.nl

**Bouwen aan een gezonde toekomst**  
Een uitnodiging aan de stad



Volksgesondheidsbeleid 2015 - 2018



Utrecht.nl/bouwen-aan-een-gezonde-toekomst

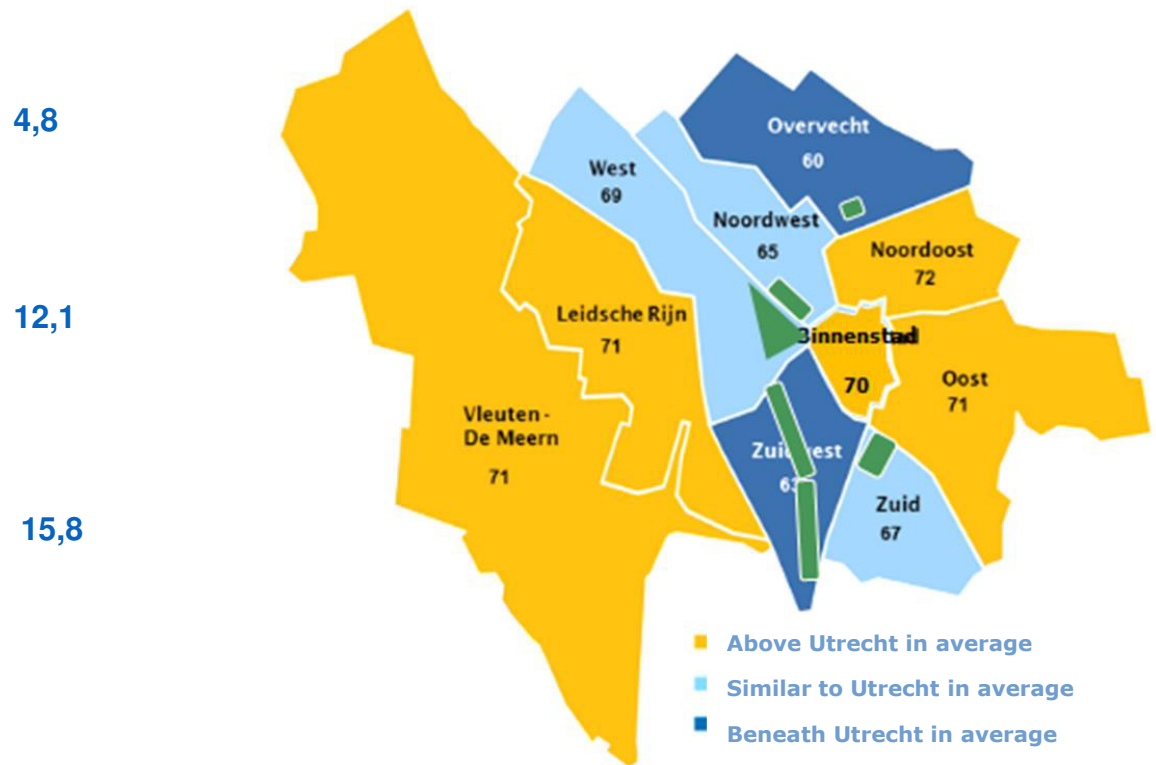
- **Healthy Living Environments:** health protection and promotion; healthy food; addressing **neg. health outcomes**; participation society; public health service integrated in local government in 2014; liberal / green left wing government (D66/GL); #316.000 inhabitants in 2012
- **Positive health;** healthy city / neighbourhood/start; public value management; integrated approach for **health inequalities**; healthy living environment as **guiding principle** and **organisation** structure; green left wing government (GL/D66/CU); #339.000 inhabitants in 2016

# Health inequalities and densification

## Life expectancy

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

## Life expectancy in good health, per neighbourhood



# Ruimte voor iedereen (2018)

- 'Ruimte' = place AND space AND room for...
- Overall ambitions: growing with quality
  - Healthy (living) environment
  - Green and water
  - Attractive, accessible public space; making healthy physical activities and choices easy; safe and climate proof; et cetera
  - Air quality meets WHO standards
  - Neighbourhood approach
  - More.....



**UTRECHT**  
RUIMTE  
VOOR  
IEDEREEN

# Whole of government approach

- Local to global, or linking (inter)national, regional and local governments
- Political leaders and professionals
- For example: WHO European Healthy Cities Network and JAHEE



# An example: City Deals



**HEALTH HUB UTRECHT**

PRAKTIJK | ONDERZOEK | BELEID | ONTWERP | ONDERNEMEN



# Next steps

- Shifts from equality to equity, from differences to potentials
- General, broad AND targeted, specific policy aiming at health benefits



# “Spatial equity”

- “In order to create equity, we (sometimes) need to act un-equal”.
- Linking spatial ambitions (growth of Utrecht) with societal challenges and vice versa (fairness)

# Contact

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# Guiding questions

- How is a HEiAP approach applied in your country (city)
- How did it start? What was the window of opportunity, the motivation?
- Which specific instruments/tools/capacities are developed and applied?
- Are there already results for acceptance / effectiveness?
- What is the role of the health sector?
- What are success factors?
- What are lessons learned transferring your approach to Germany?