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

• 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)

- **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

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**Life expectancy in good health, per neighbourhood**

- Above Utrecht in average
- Similar to Utrecht in average
- Beneath Utrecht in average
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........
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
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?