

## Cork Healthy Cities Update



### Report to CPG Cork City Council

#### Background

Health can be improved or harmed by social policy, transport policy, education policy and the built environment and has a particular impact on vulnerable groups in society. European health policy 'Health2020'; puts increased emphasis on and brings new evidence on the right to health, equity, well-being and health in all policies through whole-of-government and whole of-society approaches.

To this end, Cork City was first designated by the World Health Organisation (WHO) in January 2012 as a Healthy City under Phase V of the WHO Healthy Cities programme acknowledging Cork city's commitment and contribution to the WHO European Network of Healthy Cities of which there are 98 cities officially affiliated.

**Cork Healthy Cities Vision:** A city that connects to improve the health and well-being of all its people and reduce health inequalities. SUPPORTING, VALIDATING, ENABLING, STRENGTHENING

#### Steering Group Membership:

- Cllr Tony Fitzgerald Cork City Council Political Representative and National Steering committee Political Representative
- Mr. Jim O'Donovan, Director, Community & Enterprise, Cork City Council. Chair.
- Ms. Denise Cahill, Healthy Cities Co-ordinator, (funded and employed by the HSE South)
- Con O'Donnell, Community & Enterprise, Cork City Council
- Ms. Katherine Harford, (Young Knocknaheeny )
- Ms. Sandra Coughlan, Area Functional Manager Health Promotion, HSE South
- Dr. Michael Byrne, Occupational Health, UCC
- Dr. Colin Bradley, Dept of General Practice, UCC
- Mr. Stephen Murphy, Community Worker HAZ HSE
- Ms. Siobhán O'Dowd, Ballyphehane Togher CDP
- Ms. Deirdre Seery, Sexual Health Centre
- Mr. Barry Murray, TUSLA
- Ms. Judy Cronin, Health Information Manager, Dept of Public Health, HSE South
- Ms. Hilary Fitzgerald NICHE
- Mr. Michael Crowley, Cork Local Sports Partnership

#### Achievements Healthy Cities

- An annual operational combined budget of €20,000 is provided by Cork City Council and Health Promotion & Improvement Dept., HSE
- A Primary Care & Community Health Seminar was organised in St Mary's Orthopaedic Health Campus in March 2014 in partnership with Healthy Cities, the HSE & Ballyphehane Togher CDP.
- Cork Healthy Cities website went live in May 2014 together with a Facebook and Twitter presence
- Cork submitted the Phase VI application to the WHO and received designation in September 2014.
- Led by Cork Healthy Cities and the Social Inclusion Unit Cork City Council, an inter-agency Cork City

Profile was launched in October 2014. Tremendous media coverage both locally and nationally and a great resource has been produced for statutory, non-statutory and community organisations in the city. Presentations on the City Profile are available on request from the Healthy Cities Co-ordinator <http://corkhealthycities.com/cork-city-profile-2014/>

- Cork Food Policy Council has been established in March 2014 with the support of Cork Healthy Cities. This multi-agency Council has many achievements including *Feed the City* Event in March 2014 with 5,000 citizens in Cork City receiving a free curry from vegetables that were to be sent to landfill – highlighting the issue of food waste in the city.
- Cork Healthy Cities is a key partner in the EcCoWeLL steering group, organising approximately 4 networking events in the city annually. These networking events are an opportunity to consult with stakeholders in the areas of health, economics, education and environment.
- Cork Healthy Cities has been instrumental in the development of Cork as a WHO Age Friendly City with active involvement in the consultation with older adults in the city and the development of an Age Friendly Alliance
- Cork City has very strong representation National Network of Healthy Cities in Ireland with a political, local authority and Co-ordinator representative participating on the Network
- Cork Healthy Cities supports the development of an Alcohol Strategy Group in Cork City with the remit of developing an alcohol strategy for Cork & Kerry.
- Appointment of Political Representative from Cork City Council.

### **Phase V WHO Healthy Cities Designation**

Healthy Cities is based on a recognition that population health is not merely a product of health sector activities but largely determined by policies and actions beyond the health sector. The WHO Healthy Cities model provides a very practical framework for innovative and creative approaches to the promotion of public health beyond the health sector.

In 2011 Cork City Development Board committed to the process of Cork becoming a Healthy City, and endorsed the development of a City Health Profile for Cork, with the aim of applying for WHO Healthy City status in 2012. The Health Promotion Department of the HSE South supported a Cork Healthy City Forum in partnership with the community sector, Cork City Council, and University College Cork. The Health Promotion Department appointed a Co-ordinator to oversee the development of the City Health Profile with the aim of developing the first inter-agency health plan for Cork City. In January 2012 Cork was designated a WHO Healthy City.

### **Phase VI WHO Healthy Cities / Action Plan**

In December 2013 Lord Mayor of Cork Cllr. Catherine Clancy wrote to the WHO to express interest in applying for Phase VI of Healthy Cities. To support the application for Phase VI of WHO Healthy Cities the steering group drafted an Action Plan (2014 – 2018) in line with the four key priority city health areas set out by the WHO (see attached)

- investing in health through a life-course and empowering people;
- tackling the European Region's major health challenges of infectious and noncommunicable diseases;
- strengthening people-centred systems and public health capacity and emergency preparedness and surveillance; and
- creating resilient communities and supportive environments.

An application form was submitted by the end of February 2014. To support this application a council resolution in support of the application was passed and Cork was designated a WHO Healthy City under Phase VI of the European Healthy Cities Network.

### **Cork City Profile 2014**

An interagency subgroup of Healthy Cities developed an interagency City Profile of Cork City which published in April 2014. Data based on Census 2011, in addition to data routinely collected by the Gardaí, Fire Services, Dept of Education / VEC, City Council, HSE and community sector was included in the

profile. Based on the Social Determinants of Health model (Dahlgren & Whitehead); key health and social inclusion data was compiled on each of the 74 electoral districts in the city. This is the first time that an inter-agency group in Cork City have co-operated to produce a joint report on the city.

<http://corkhealthycities.com/cork-city-profile-2014/>

### **EcCoWeLL**

EcCoWell is an integrated approach to deliver better quality of life to citizens in a sustainable way. EcCoWell promotes integrating strategies to maximise the positive impacts on the health and educational opportunities of all citizens as well as developing the environmental and economic sustainability of the city, resulting in greater equality, social inclusion and ultimately quality of life.

An International EcCoWeLL Conference was held in Cork City in September 2013. Cork Healthy Cities played a significant role in this conference and continues to support the work of EcCoWeLL including the hosting of at least three more Open Networking Seminars in the City every year since.

[www.eccowellcork.com](http://www.eccowellcork.com) and <https://www.facebook.com/eccowellcorkcity>

### **Age Friendly Seminar Cork City Council**

Cork Healthy Cities actively supported the Lord Mayor of Cork in hosting an Age Friendly Seminar in Cork City Hall on November 4<sup>th</sup> 2013. An overwhelming 500 older people residing in Cork city attended the seminar and contributed to the consultation in the afternoon which was facilitated by Cork Healthy Cities Co-ordinator Denise Cahill. Since the seminar further local consultations have been carried out across the city and an Age Friendly Forum has been established in Cork to represent the views of older adults in the city in the development of Cork as an Age Friendly city. An Age Friendly Alliance chaired by Chief Executive of the City Ms. Ann Doherty has been established and an Age friendly Strategy for the city is planned for Autumn 2015. Cork Healthy Cities actively supports this process by attendance at the Age Friendly Alliance and support for the age Friendly Forum.

### **Cork Food Policy Council**

Cork Healthy Cities has actively supported the development of the Cork Food Policy Council. Cork Food Policy Council is a partnership between representatives of the community, food retail, farming, fishing, restaurant/catering, education, environmental and health sectors and local authorities.

Cork Food Policy Council seeks to influence local food policy to follow best practice in developing a healthy, sustainable, & resilient food system. Supporting new partnerships in Cork between statutory, community and voluntary groups, educational institutions & businesses to promote knowledge, skills & experience around food. Advocating for innovative community food initiatives that seek improvements to the food system improving equitable access to quality food

#### *'Feed the City'*

Cork Food Policy Council was launched on the Grand Parade on Saturday March 15<sup>th</sup> 2014. The centre piece of the day was the preparation and serving of over 5,000 plates of vegetable curry at the event. This lunch, FREE for everyone in attendance to enjoy, was prepared from perfectly safe vegetables and other ingredients that would otherwise have gone to waste. One of the key messages from the event was the need to reduce the volumes of food thrown away each day.

Cork FPC continues to develop an action plan for the development of a healthy, sustainable, & resilient food system the city. A number of key initiatives include support for the development of growing groups across the city, redevelopment of derelict sites in the city, a food award scheme, and an autumn lecture series on various aspects of the food system. A part-time Co-ordinator has been recruited to commence in September 2015.

For more information visit [www.CorkFoodPolicyCouncil.com](http://www.CorkFoodPolicyCouncil.com) or [www.Facebook.com/CorkFoodPolicyCouncil](http://www.Facebook.com/CorkFoodPolicyCouncil)

## **National Network of Healthy Cities**

Cork City in partnership with Galway, Waterford and Belfast cities supports the development of the National Network of Healthy Cities which will be launched in 2016. Cork is currently represented on this national committee by the Co-ordinator (Denise Cahill), political representative (Cllr Tony Fitzgerald) and Local authority representative (Mr Jim O'Donovan).

## **Cork Healthy Cities Website**

Cork Healthy Cities is currently in the process of developing a logo, website and social media presence – [www.corkhealthycities.com](http://www.corkhealthycities.com) this work will be completed by mid-February 2014.

## **European Network of Healthy Cities**

A Business and Technical Meeting is held in a European Healthy City on an annual basis. To date representation from Cork has been present at European Network meetings in St Petersburg (2012), Athens (2014) and Kuopio (2015). Two papers from Cork were presented at the Kuopio conference in 2015.

## **Cork City Horse Initiative Proposal**

Cork Healthy Cities Co-ordinator chairs the Horse Initiative for the City. The objectives of this group include:

- To secure a suitable site(s) for the location of a horse project in the Cork area that will meet the requirements of Traveller horse owners, Traveller Projects, Cork City Council and the ISPCA.
- To review other horse projects in Ireland to consider all of the requirements of a Horse Project.
- To engage with all stakeholders to identify needs, potential supports and resources available to develop a horse project initiative in Cork City
- To develop a proposal for the development of a horse project for submission to potential funding agencies.

## **Cork Learning Cities Development**

Cork city is currently undergoing a bid to be recognised by UNESCO as a Learning City. Cork Healthy Cities has provided on-going support for the initial bid. Cork Healthy Cities is a member of the Data Collection subgroup for the completion of the initial UNESCO data template and plays a key advisory role in the development of the UNESCO bid (in line with WHO Healthy Cities Framework).

## **Cork Community Cancer Prevention Action Group**

In April 2015, the Irish Cancer Society approached Cork Healthy Cities for support in the development of a Community-based Cancer Prevention programme in the City. To date, 8 Community Health Projects (3 in Cork County and 5 in the City) have agreed to participate in the process in partnership with the Irish Cancer society, Cork Healthy Cities, the Cancer Screening Services and the Health Promotion Department of the HSE.

Attendance of WHO Healthy Cities Conference.

Athens (see Appendix)

Kuopio (see Appendix)

## **Plans for 2016**

- A Healthy Cities Conference / Exchange of ideas is planned for 2016.
- Progress on the implementation of the Action Plan
- Continued support for the Cork Food Policy Council

- Support for the development of the Neighbourhood Education Networks in Ballyphehane/Togher and Knocknaheeny
- Support for the implementation of x3 EcCoWeLL Open Networking seminars
- Support for the Implementation of a Community Cancer Prevention Action Programme for Cork City
- Reporting Mechanism to Cork City Council through the CPG.
- Ensuring Healthy Cities is placed highly on the agenda with all political parties and none.

# Appendix

## Athens Healthy Cities 2014

### Key Themes

#### **Healthy Cities Phase V & 25th Anniversary:**

Key findings from evaluation: advances in leadership, governance & equity across Phase V

Shift from project type interventions to programmatic interventions – collaborative, inter-disciplinary

90 Cities within Healthy Cities Network

20 National Networks supporting the work of Healthy Cities and effective intermediary between local and national government & other key stakeholders eg academia

Irish national Network co-ordinator just appointed – keen to make links across Irish Healthy Cities

#### **Urban Design for Health & Urbanicity:**

Three keynote presentations on urban design and one on urbanicity – impact of urban setting on humans and their health. Pan - municipality approach vs classical planning policies

#### **Liveable cities - place is not just a setting but agentic**

Health synchronisation - Facility vs facilitation

Happy City - Cities should make us happier – can be designed this way

Design fields – interaction, mastery, social opportunities

City is a human habitat - A lot of developments unsustainable in terms of human habitat

Green space & Access equals social connection, mental health, physical health

Number of presentations also on Smart & Innovative cities – didn't seem as human or health focussed but they do have health impacts

#### **City Health Diplomacy:**

City Health Diplomacy – how politicians can impact on health leadership

Mayors (with executive powers) make a difference – who is equivalent in Cork?

Importance of political buy-in & political leadership also has to be collaborative, intersectoral problem solving, needs democratic mandate

Health as a whole city/area agenda but priority given to disadvantaged communities – health equity

#### **Public Health & Health Promotion:**

Public health needs not only describe or judge but take action at local level

Good public health system - need to build & sustain public health

Public health needs to focus more on people and less on health systems

Health promotion: Lot of focus on harmful behaviours, smoking cessation, alcohol strategies, drug addiction also screening

Also Active lifestyles and health promoting activities across the life course

#### **Social determinants of Health/Health Equity**

Wide acceptance of social determinants of health and models of health initiatives, activities that actively try and re-dress health inequities – Inequality kills people

Building community resilience and health equity into strategies and actions

Austerity and disproportionate effect of Austerity on poorer communities

## Report: Healthy Cities Conference Kuopio, Finland. June 23<sup>rd</sup> – 26<sup>th</sup> 2015

Attendees: Denise Cahill Healthy Cities Co-ordinator & Cllr. Tony Fitzgerald

### Overarching Conference theme: **Political Choices for Healthy Cities**

First Annual Business and Technical Conference of the WHO European Healthy Cities Network and the Network of European National Healthy Cities Networks in Phase VI.

The overarching theme of the conference political choices for Healthy Cities was explored through three main themes and priority issues:

1. **city health diplomacy** and **reaching out to other sectors**;
2. **equity, resilience** and **life-course**, with a special focus on the **health of women and older people**; and
3. **healthy urban planning** and **urban innovation and technology**, with a special focus on physical activity and active living in general.

The conference took place over 3 full days with evening events included also.

Each day there was a plenary session for all delegates in the main conference hall, followed by 4-5 Parallel themed **Case Study** sessions in break out rooms.

Training in **Health In All Policies** was also available to Co-ordinators.

There was a **Politicians meeting** and a **Co-ordinator meeting** also as well as **sites visits** on Wednesday afternoon.



### In attendance:

- Delegations from the cities participating in the WHO European Healthy Cities Network, which included the mayor or lead politician, the city coordinator and selected focal points identified to work on the Conference and Phase VI core themes;
- Delegations from national healthy cities networks, including the political chair of the network, the coordinator, a representative of the health ministry and the regions and one or two observers from member cities;
- Invited dignitaries, keynote speakers, resource experts and advisers; and
- Representatives from European Region countries currently not involved in the Healthy Cities movement.

## Day 1:

### Plenary Session

#### 'WHO: Global health challenges & local action' Agis Tsouris WHO

- Health higher on the political agenda now more than ever
- Need for greater investment in health globally – public health emergencies and co-operation at inter-governmental level
- Lancet article – health as a precondition and outcome of sustainability
- Our health systems are not designed for current level of chronic disease
- Resilient communities impossible without local support
- Special needs of diverse societies need to be accounted for
- Austerity, poverty & unemployment of younger people require national policies to address
- Landscape of Europe has changed drastically – need to decide society we want and the values we want to uphold
- Sustainable Development Goals
- Struggling to reach out to other sectors, intersectoral action – public health has been focused on this for 30 years
- City Health Diplomacy – local power can influence national; level to implement and address global issues

#### City Health Diplomacy and intersectoral action - Michele Acuto

Originated in Athens Declaration

Huge potential and strategic focus and capacity are key

Definition – a mediated relationship between representatives of polities, communication, negotiation and representation of interest

A responsible commitment to 'glocal' action

[www.cityleadership.net](http://www.cityleadership.net)

Link with Habitat III Quioto October 2016 – new urban agenda of the UN

Sustainable Development goals

- New York – Corporatist
- London – Decentralised
- Brighton – Partnership
- Yokohama – Investor

#### Happy Cities: a call to action – Christine McLaren

Examples in practice: Bogota

Transmilenia Bus route

Sharing resources to make life better

- Increased optimism
- Decreased crime
- Increased happiness

City seen as an engine for human happiness – cities need to build for happiness

Integrating health and happiness

Happy cities = lower levels of stress, greater happiness, live longer, better quality of life

Cities design our social lives

The longer we drive the less happy we are

Distance decreases social ties – growth of urban sprawl and dispersal has impacts on health and interaction (Walking scores)

Spend x2 times more money, 10lbs heavier in inaccessible neighbourhoods

Design impacts how we feel and how we behave

#### Strategic Panel: Reaching out to other sectors: intersectional action

Panel members included *Healthy Ireland – the response of the Government of Ireland to Health 2020* – Fiona Donovan

## Parallel Sessions: Case Studies

- Early intervention case studies
- Denise Cahill & Tony Fitzgerald presented at:

### **Collaborative leadership: tools for monitoring health and sustainability at the local level**

Welcoming Event – performance and reception

## Day 2

### Plenary Session

#### **The Role of local government in health promotion**

Strategic Panel: **Intersectoral governance for health in all policies: experience of Finland at the local level**

317 Municipalities in Finland

Local Authorities have responsibility for social and healthcare services

Impacts of policies on health:

1970's – single health problems

1980's large scale programmes

1990's – systematic work on permanent structures and government resolution on Health 2015

2000's – Health in All Policies (HiAP) Legislation also theme of the EU presidency in Finland (2006)

Legislative basis for the management of health and well-being

Established the National Institute for Health & Welfare

Constitution 1999 – public authorities required to provide adequate social, health and medical services to promote health

Local Government Act 1995 & 2015 – health promotion part of the general duties of the Municipality

#### Obligations:

1. Impact Assessment – on all planning & decisions on health & well-being of residents (ambitious)
2. Objectives and Measures set for each Municipality
3. Monitoring & reporting (electronic reporting system to monitor health & wellbeing, politicians more involved)
4. Responsibilities and co-operation – responsibilities defined and co-operation between administrative sections

#### Lessons learned:

Long term commitment & vision

Public health capacity and expertise for advocacy at all levels

Data on health and health determinants analysis – links between local authority and DoH

Greater health literacy

Intersectoral structures, processes and tools

Legislation is key

#### Next steps:

Continue development work

Programme of new government health & well-being

Reform of social services

## Parallel Sessions

Panel for Political and Senior officials

Case Studies (Towards Healthy food for All )

Politicians Meeting

Co-ordinators meeting

Discussions and feedback on

- 20 Steps to a Healthy City (Sept 2015)
- Support for Healthy Cities from WHO

Site visits:

- **Health and Wellbeing from green space** (Denise Cahill)
- **Habitats of healthy urban fabric: new precincts of the walking and transit urban fabrics** (Cllr. Tony Fitzgerald)

### Day 3

#### Plenary Session Innovation & life-course approaches for health and well-being

##### Innovation technology & life-course approaches - Arto Holopainen

Making health fun

Games for Health Finland 2015

[www.gamesforhelth.fi](http://www.gamesforhelth.fi)

#### Age-friendly policies – a movement gone viral

Linking life-course in support of health & well-being

Use term life course in strategies to describe interventions at different stages of life – life stages approach not life course approach

#### Manfred Huber – Healthy Aging WHO Europe

Untapped potential of demographic aging in our cities

Health 2020 – core concept builds on earlier work

3 principles: Act Early, Act on time, Act together - *It is never too late*

Developmental risk factors and critical life stages

Early life has huge impact on later life

Critical transitions e.g. smoking under 20 years, employment – mental and social health impact, staying in employment connected to functional ability

Life course – looking at the gaps and range of the life course where people can be supported / empowered, seen as a maximization model, interventions on a continuum

Key strategies to maintain health over the life course require interventions on:

- Falls Prevention
- Social Isolation
- Physical Activity

#### Physical Activity: new WHO European physical activity for health strategy for 2016-2025 – Agis Tsouris

Launch date Sept 2015

Key aspect is to tackle burden of non-communicable diseases

Guiding principles:

- Address need
- Inter-sectoral approaches
- High level leadership at all levels
- Co-ordination mechanisms
  
- Physical activity during pregnancy and early childhood
- Pre schools & schools
- Beyond school based activity
- Active communities – walking buses, cities neighbourhoods and workplaces. Part of everyday life
- Reduced car traffic
- Integration of PA in prevention, treatment and rehab services
- Improved access to PA facilities and offers

#### Parallel Sessions: Case Studies

Towards sustainable and more equal futures: designing out inequalities

Cllr. Tony Fitzgerald chaired the session on *Collaboration in using cultural activities to promote well-being*

Denise Cahill presented at *Focusing on food: policies and practice*