A healthier and health-creating society

Healthy City Design

17th October 2017

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- Health today
- One World Health
- A manifesto for a healthy and health-creating society

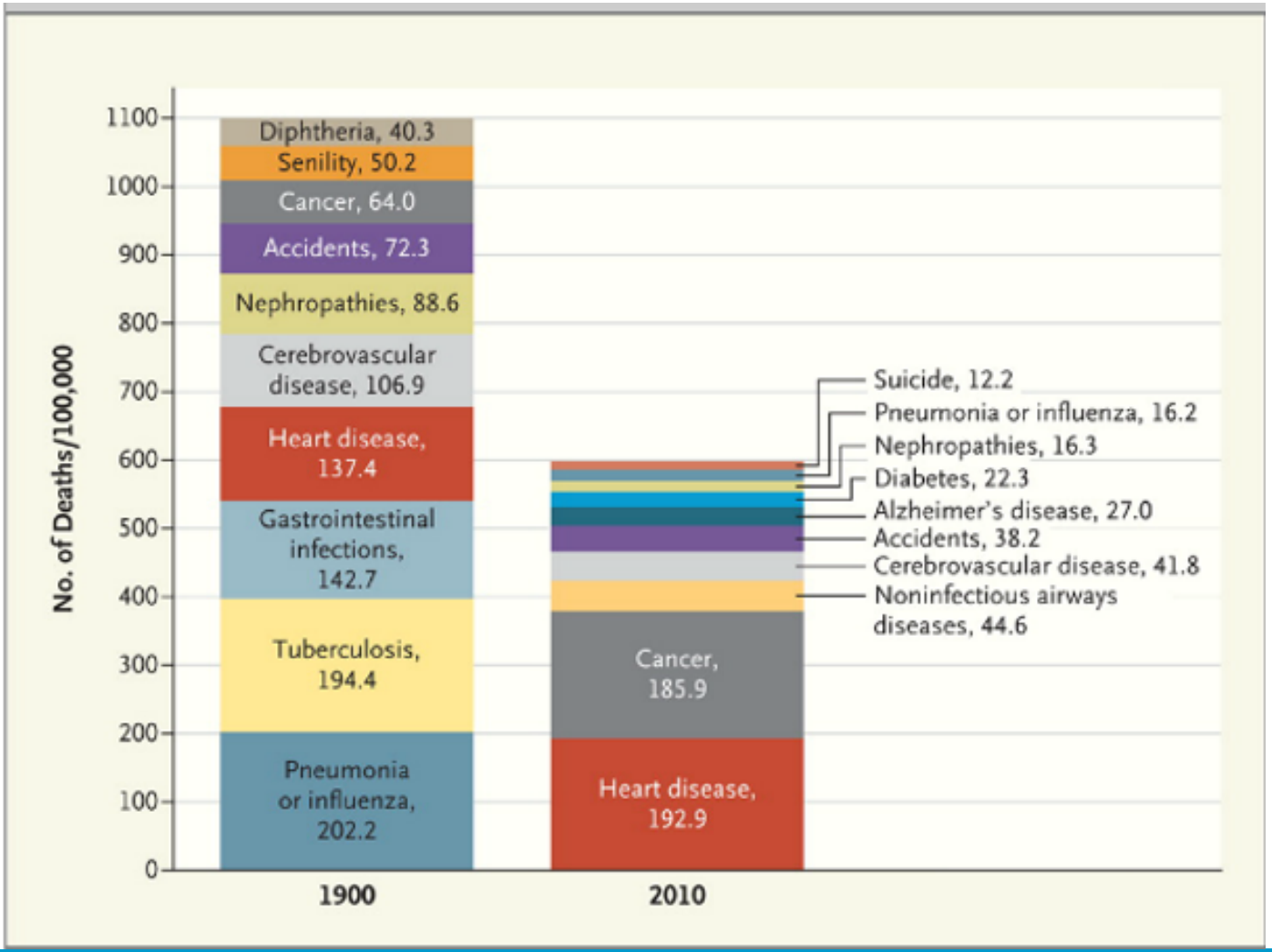
Today's health issues include

- Obesity, diet
- Environment and pollution
- Child development
- Mental health
- Loneliness
- Poverty and unemployment

The determinants of health

Dahlgren and Whitehead 1991

Top 10 causes of death in the US 1900-2000



Jones DS, Podolsky SH, Greene JA: *The Burden of Disease and the Changing Task of Medicine*; N Engl J Med 2012; 366:2333-2338 June 2

One World Health

- Interdependence
- Integration
- Right to health
- Implementation
- …… and co-development

Interdependence

- New and resurgent infectious diseases
- Non-communicable diseases
- Universal Health Coverage
- Climate and environmental change
- Staffing and shared resources

Turning the World Upside Down

- Mothers to Mothers
- Severe acute malnutrition community programmes
- The weavers of URVAL
- From Africa to New York
- BRAC

NATIONAL ONCHOCERCIASIS CONTROL PROGRAMME
CDTI

Manifesto for a healthy and health-creating society

Manifesto for a healthy and health-creating society

- Health is central to the economy
- Transition to community and health
- Health creation
- Sharing values

Crisp N, Stuckler D, Horton R et al: Manifesto for a Healthy and health-creating society; Lancet
http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(16)31801-3/abstract

Health is central to the economy

- Bio-medical and life sciences at centre of industrial strategy
- The impact of ill-health and health systems on the environment and economy
- The contribution of health to the economy
- Health employment and economic growth

UN High Level Commission on Health Employment and Economic Growth: Working for Health and Growth; September 2016
http://www.who.int/hrh/com-heeg/en/

Example: The City Mental Health Alliance

- 40+ City of London firms
- Services, Mental Health First Aid and prevention
- Developing the business case

City Mental Health Alliance http://citymha.org.uk/

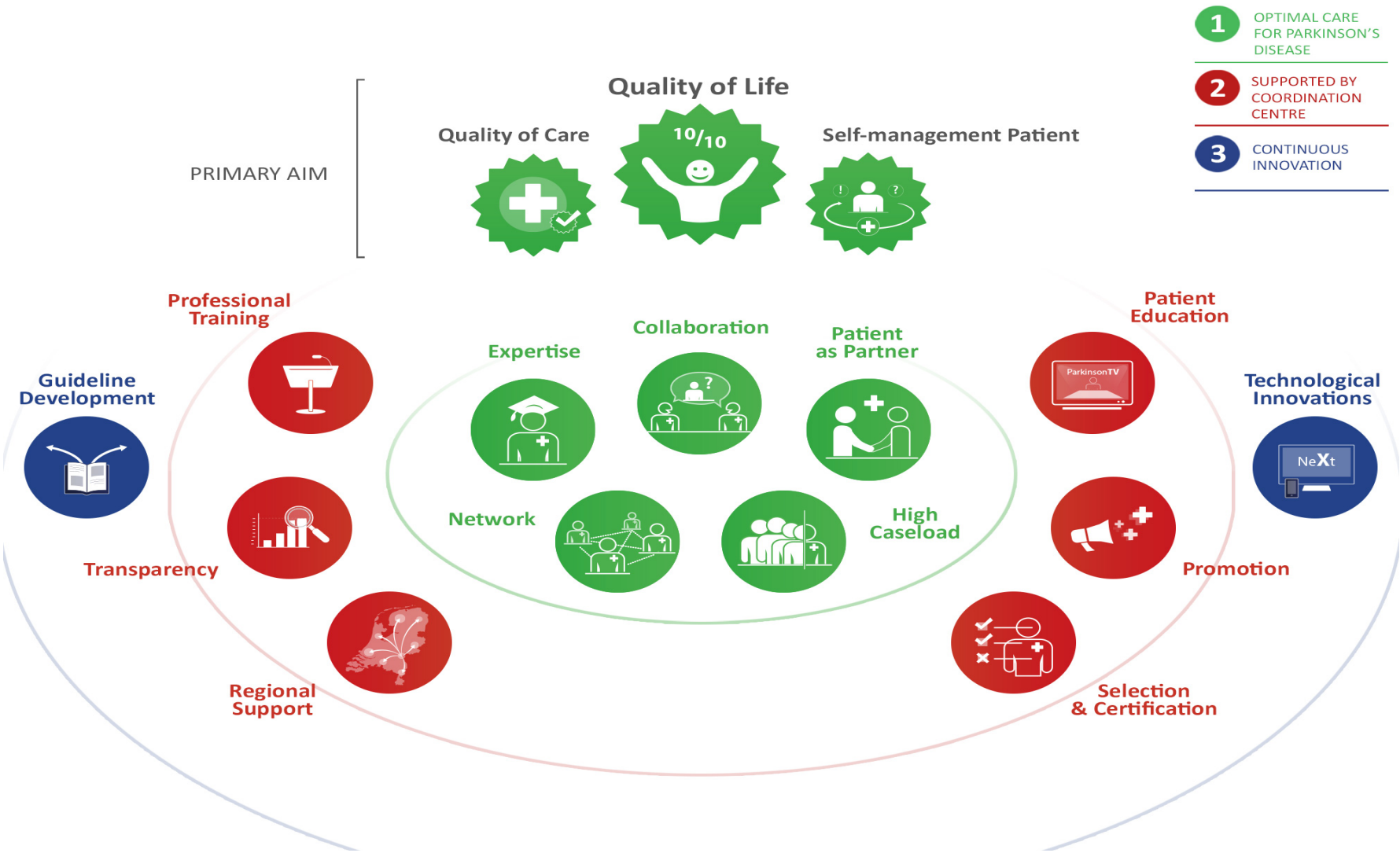
Transition to community and health

- From a hospital and illness based system to a person-centred and health based one – to meet today's needs and reach everyone
- Using the wrong model is inefficient and wasteful and leads to sub-optimal care – and leaves people behind

"The internet is the organising principle of our time"

Martha Lane-Fox

Example: *ParkinsonNet*



ParkinsonNet http://www.parkinsonnet.info/

A health-creating society

- *Modern societies actively market unhealthy lifestyles*

  WHO European Region

A health-creating society

- *Modern societies actively market unhealthy lifestyles*

  WHO European Region

- *Health is made at home, hospitals are for repairs*

  Traditional African saying

A health-creating society

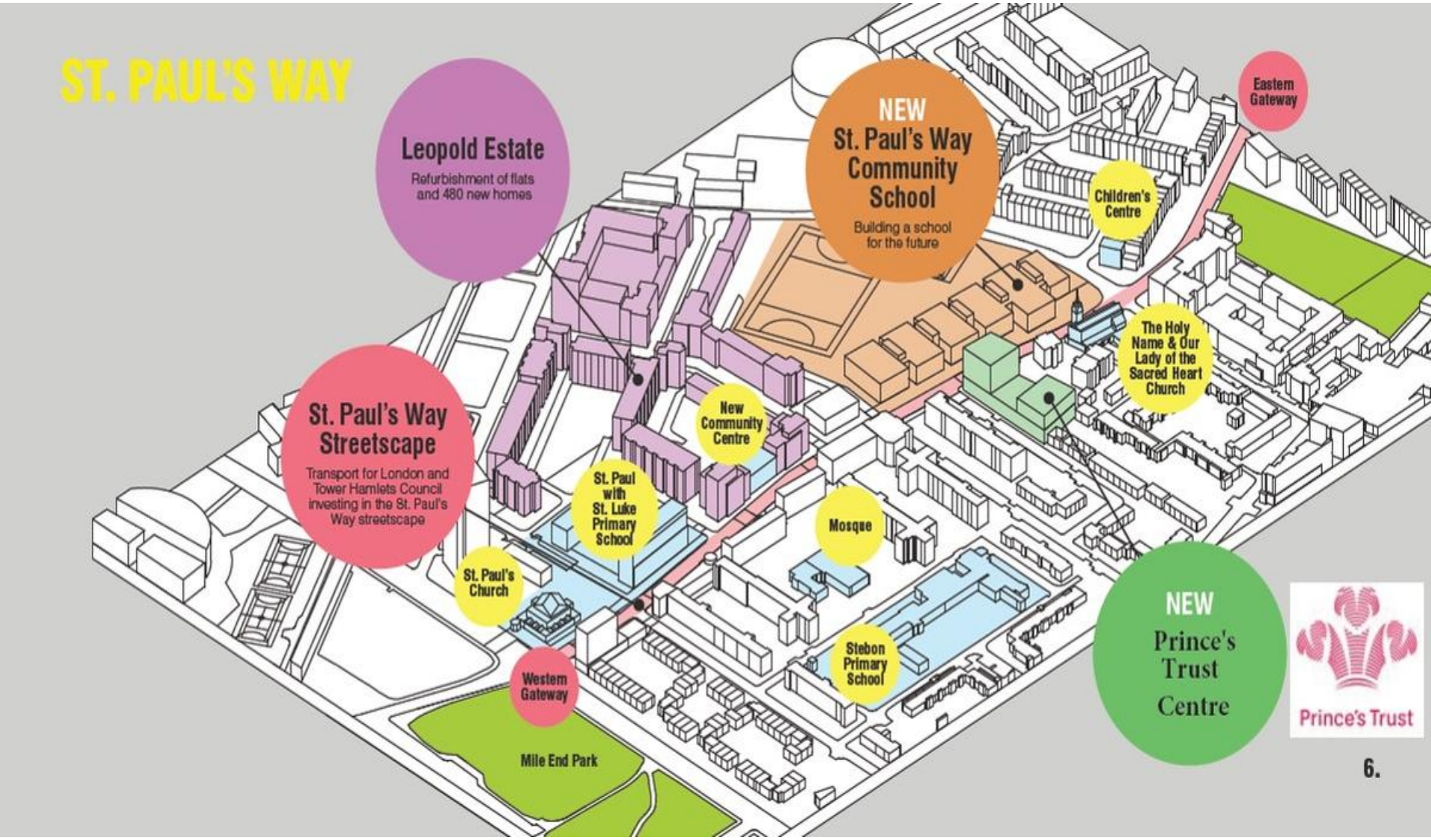
Engage all sectors – employers, manufacturers, educators, architects , designers as well as communities and individuals in building a healthy and health-creating society

Vertical Future

A technology start-up focused on improving health in cities.

- "**MiniCrops" is the company's flagship initiative**, using **agriculture technology** to address food sustainability, food security, and nutrition in cities
- The initiative involves setting up **high-yield indoor farms in areas of high social and economic deprivation**, bringing with it jobs and new economic activity
- Its first farm in Deptford **produces over 1 tonne of vegetables every month, using a footprint of less than 200 square metres**
- **50-100x more efficient** than traditional farms, using **no herbicides or pesticides**, significantly **less energy**, at a **lower cost**, and **closer to end consumers**
- Focus is on **microgreens** – **superfood with high nutrient concentration per gram and a much shorter growing time**
- Delivered to restaurants and at home customers by foot, by bike, or by electric van – further **minimising the impact on the environment**

Example: St Paul's Way



St Pauls Way Transformation Project; http://www.stpaulsway.com/

Sharing values

Health and science institutions with their values of objectivity, knowledge, openness and compassion can contribute towards building a better society.

Practical action on

- The economy
- Service delivery
- Community development
- Shared values – and vision
- And …… join the dots

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