Integrating health into urban and territorial planning
Keynote presentation at the UIA Year of Design for Health

Dr Thiago Herick de Sa
Department of Environment, Climate Change and Health, WHO-HQ
Our future is urban!

From only 751 million in 1950, the population of the world’s cities has rocketed to 4.2 billion.

World Urbanization Prospects: The 2018 Revision
Access the report: bit.ly/wup2018 • #UNPopulation
Several potential pathways to health

• Air pollution
• Physical Activity
• Noise
• Interpersonal violence
• Social interaction and exchange
• Food environment
• Natural spaces
Demographic transition
<table>
<thead>
<tr>
<th>Rank</th>
<th>Cause</th>
<th>Crude death rate (per 100,000 population)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Ischaemic heart disease</td>
<td>120</td>
</tr>
<tr>
<td>2</td>
<td>Stroke</td>
<td>90</td>
</tr>
<tr>
<td>3</td>
<td>Chronic obstructive pulmonary disease</td>
<td>70</td>
</tr>
<tr>
<td>4</td>
<td>Lower respiratory infections</td>
<td>40</td>
</tr>
<tr>
<td>5</td>
<td>Alzheimer disease and other dementias</td>
<td>30</td>
</tr>
<tr>
<td>6</td>
<td>Trachea, bronchus, lung cancers</td>
<td>20</td>
</tr>
<tr>
<td>7</td>
<td>Diabetes mellitus</td>
<td>10</td>
</tr>
<tr>
<td>8</td>
<td>Road injury</td>
<td>5</td>
</tr>
<tr>
<td>9</td>
<td>Diarrhoeal diseases</td>
<td>4</td>
</tr>
<tr>
<td>10</td>
<td>Tuberculosis</td>
<td>2</td>
</tr>
</tbody>
</table>

**Cause group**
- Communicable, maternal, perinatal and nutritional conditions
- Noncommunicable diseases
- Injuries

**Select WHO region(s), year, sex and age of choice:**
- World
- African Region
- Region of the Americas
- South-East Asian Region
- European Region
- Eastern Mediterranean Region
- Western Pacific Region

**Year**
- 2016
- 2015
- 2010
- 2000

**Sex**
- Both sexes
- Males
- Females

**Age group**
- All ages
- Under 5
- 5-14
- 15-29
- 30-49
- 50-69
- 60-69
- 70+

**Epidemiological transition and the double burden of disease**
Climate change and environmental degradation
Can architects, urban planners and the health community come together to catalyse action and influence the urban transformation?
WEBINAR

4 February 2022 | 14:00-16:00 CET

2022: UIA YEAR OF DESIGN FOR HEALTH
Launch and Roundtable Forum
WHO Manifesto for a healthy recovery from COVID-19

5. Build healthy, liveable cities

Integrating health into urban policies: synergy and multiple benefits

- Clean Energy
- Housing
- Transport
- Waste Management
- Land-use planning
- Food systems

Safer roads, physical activity, better diets
Clean air, temperature comfort
Climate and environmental protection, improved biodiversity
Local and global health impacts
Design for better healthcare

- Healthcare facilities
- Healthcare on Emergencies
Design for healthier sectors and building

- Housing
- Transport
- Schools / Workplaces
Design for healthier urban planning, open and public spaces; green and blue areas; streets
Design for healthier living at all ages

https://apps.who.int/iris/rest/bitstreams/1302979/retrieve
Entry points for health to engage as an input and outcome in urban design and territorial planning

Entry points

By setting
Public spaces
Movement corridors
Green and blue spaces
Amenities
Estates

By outcome
Increasing everyday physical activity
Better air quality
Increasing food security and healthier nutrition
Reducing health inequalities
Tackling diabetes at city level
Increasing locational access to health care

By principle
Road danger reduction
Social and environmental justice
Life-course strategies
Healthy city

By sector
Housing and health
Local economy and health
Transport and health
Water and health
Healthy food systems
Integrating health in urban and territorial planning: A sourcebook

Integrar la salud en la planificación urbana y territorial: Manual de consulta

Intégrer la santé dans la planification territoriale et l’aménagement urbain: guide de référence

https://apps.who.int/iris/handle/10665/331678

https://apps.who.int/iris/handle/10665/341581

https://apps.who.int/iris/handle/10665/346692
Sector-specific work (example: transport)

https://apps.who.int/iris/handle/10665/44732
Sector-specific work (example: housing)

https://apps.who.int/iris/handle/10665/276001
COVID-19 and cities

Strengthening Preparedness for COVID-19 in Cities and Urban Settings
Interim Guidance for Local Authorities

https://www.who.int/emergencies/diseases/novel-coronavirus-2019
Articulating a new approach for the links between health and urbanization

“Health as an input + Health as an outcome”
Thank you

WHO Urban Health topic page:
https://www.who.int/health-topics/urban-health