



**QUEEN'S  
UNIVERSITY  
BELFAST**



# Healthy urban planning summary

Placement in Belfast Healthy Cities

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**Date: 20/03/2019**

**MSc Leadership of Sustainable Development**

2019

# Healthy Urban Planning (HUP) Summary

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## Introduction

# Introduction of Belfast Healthy Cities (BHC)

## Belfast Healthy Cities (BHC)

Belfast Healthy Cities, established in 1988, was the first strategic partnership in the city. Belfast Healthy Cities is part of the World Health Organization Healthy Cities Network, and the aim is to make Belfast a more healthy, equitable and sustainable city. It promotes innovation, collaborative action and policies for better health and wellbeing for everyone.



Resource: <https://www.belfasthealthycities.com/news/2019-who-healthy-city-explorer-bursary>

# Introduction of Belfast Healthy Cities (BHC)

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## • Vision

To be a leader in creating a healthy, equitable and sustainable city.



## • Value

- Good health is a fundamental human right of each individual.
- Health inequities should be avoided, otherwise it will have a negative impact on society.
- Good health as a valuable resource to families, social and economic development.
- Health and well being is a shared priority for all sectors and whole of government.

## • Mission

Promote health and well-being, provide inspiration and facilitate innovative collaborative action and good policies.

Resource: <https://www.belfasthealthycities.com/news/2019-who-healthy-city-explorer-bursary>

# /02

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Task and roles

# My Role and Task in BHC-Structure

## Funders

- Belfast Health & Social Care Trust
- Public Health Agency
- Belfast City Council
- Northern Ireland Housing Executive

Chief Executive

Joan Devlin

Support Officer

Caroline Scott

Project Officer

Chris Karelse

Grace

Research Assistant

Julie McAllister

Office and Finance Manager

Anne McCusker

Policy and Project Officer

- Healthy Urban Planning (HUP) Literature review
- Health and Urban Planning Policies Summary
- Analysis the BHC role implementing HUP
- Outcome: A high quality summary report

# My role and task in BHC-Schedule

## Timeline

Week 1-2

Healthy urban planning literature review

Week 3-4

HUP Policies and Programme Review

Week 5-6

Northern Ireland Programmes and Belfast Agendas Review

Week 7-8

Summary the Implementation of HUP in Northern Ireland



**/03**

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**Healthy Urban Planning Summary**

# Health Urban Planning- The factors influence human health



The main determinants of health

resource: [https://www.researchgate.net/figure/The-main-determinants-of-health-Dahlgren-and-Whitehead-1993\\_fig4\\_268195286](https://www.researchgate.net/figure/The-main-determinants-of-health-Dahlgren-and-Whitehead-1993_fig4_268195286)

*Healthy urban planning means planning for people. It promotes the ideas that a city is much more than buildings, streets and open spaces, but a living, breathing organism, the health of which is closely linked to that of its citizens” (Huge, B. and Catherine, T., 2000, back cover)*



## Health

Four factors impact on human health:

- ✓ Individual lifestyle;
- ✓ Living and working conditions;
- ✓ General socioeconomic;
- ✓ Cultural and environmental conditions

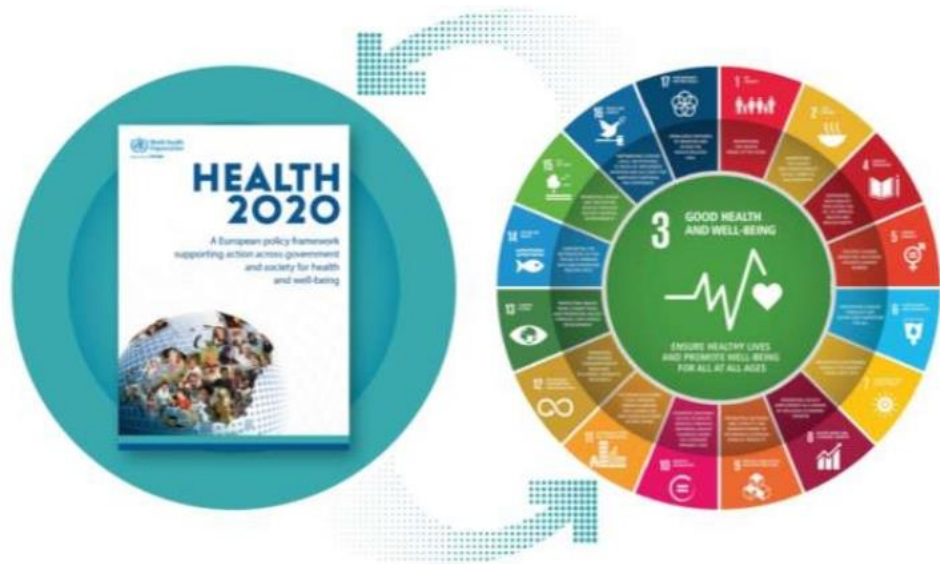


## Urban Planning

Local urban planning could affect the quality of environment which include air, water, soil and so on.

# HUP-Health and Sustainable development

- **Target 3** :Ensure healthy lives and promote well-being for all at all ages.
- **target 11** :Make cities and human settlements inclusive, safe, resilient and sustainable”.



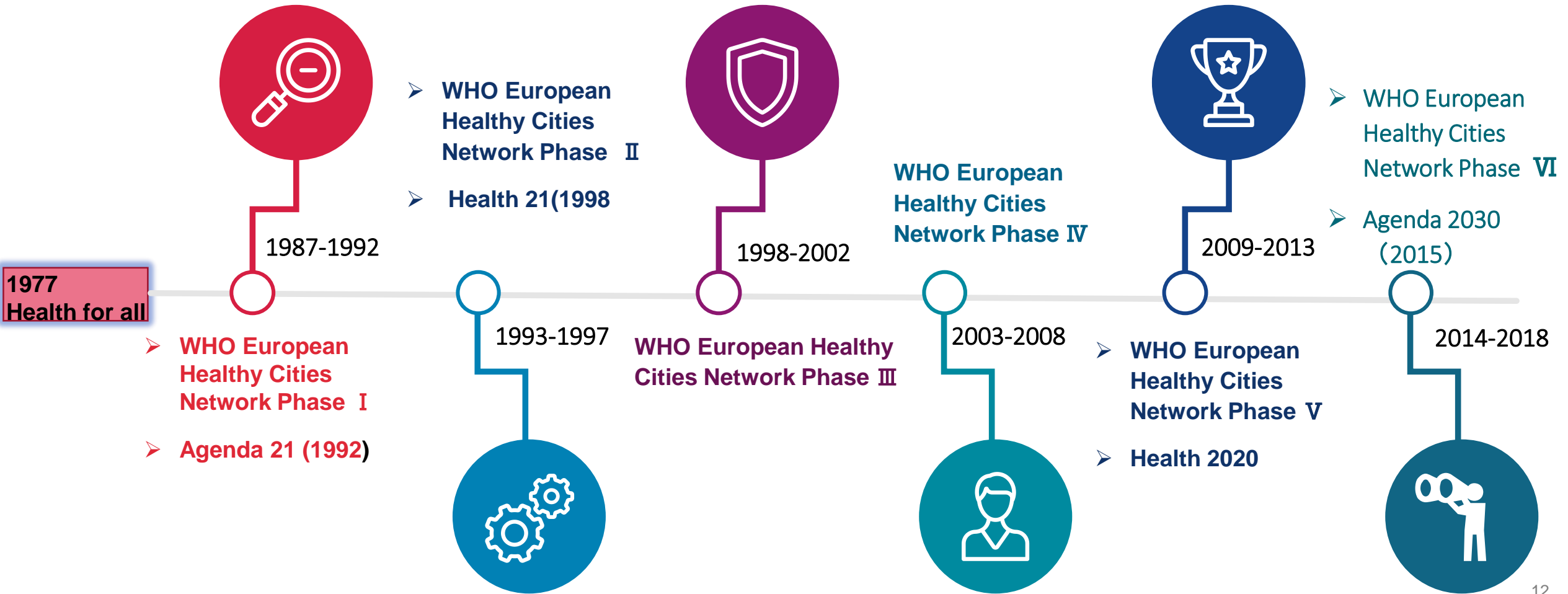
Resource: <http://www.euro.who.int/en/about-us/regional-director/speeches-and-presentations-by-year/2016/presentation-health-2020-and-agenda-2030-realizing-co-benefits-for-health-and-development>

Table 1: SDG goals related to Health 2020 and HUP

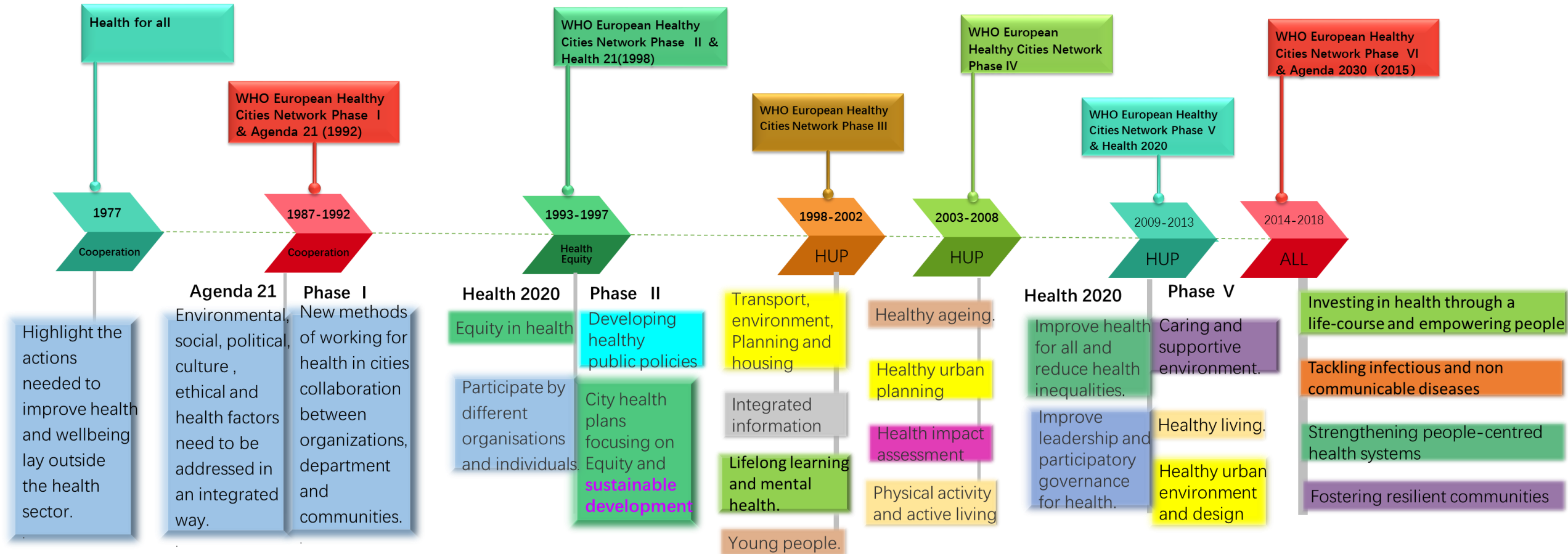
SDG Goals		Health 2020
Goals 3 Ensure healthy lives and promote well-being for all at all ages	SDG target 3.6 Road traffic	By 2020, halve the number of global deaths and injuries from road traffic accidents
	SDG target 3.9 Environmental health:	By 2030, substantially reduce the number of deaths and illnesses from hazardous chemicals and air, water and soil pollution and contamination
	SDG target 3.d Emergency preparedness:	Strengthen the capacity of all countries, in particular developing countries, for early warning, risk reduction and management of national and global health risks
Goals 11 Make cities and human settlements inclusive, safe, resilient and sustainable	SDG target 11.2 Transport:	By 2030, provide access to safe, affordable, accessible and sustainable transport systems for all, improving road safety, notably by expanding public transport, with special attention to the needs of those in vulnerable situations, women, children, persons with disabilities and older persons
	SDG target 11.5 Disaster mitigation:	By 2030, significantly reduce the number of deaths and the number of people affected and substantially decrease the direct economic losses relative to global gross domestic product caused by disasters, including water-related disasters, with a focus on protecting the poor and people in vulnerable situations

Resource: <http://www.euro.who.int/en/health-topics/health-policy/sustainable-development-goals/q-and-a-health-and-the-sustainable-development-goals/annex-health-related-targets,-by-thematic-area>

# HUP-Development Timeline

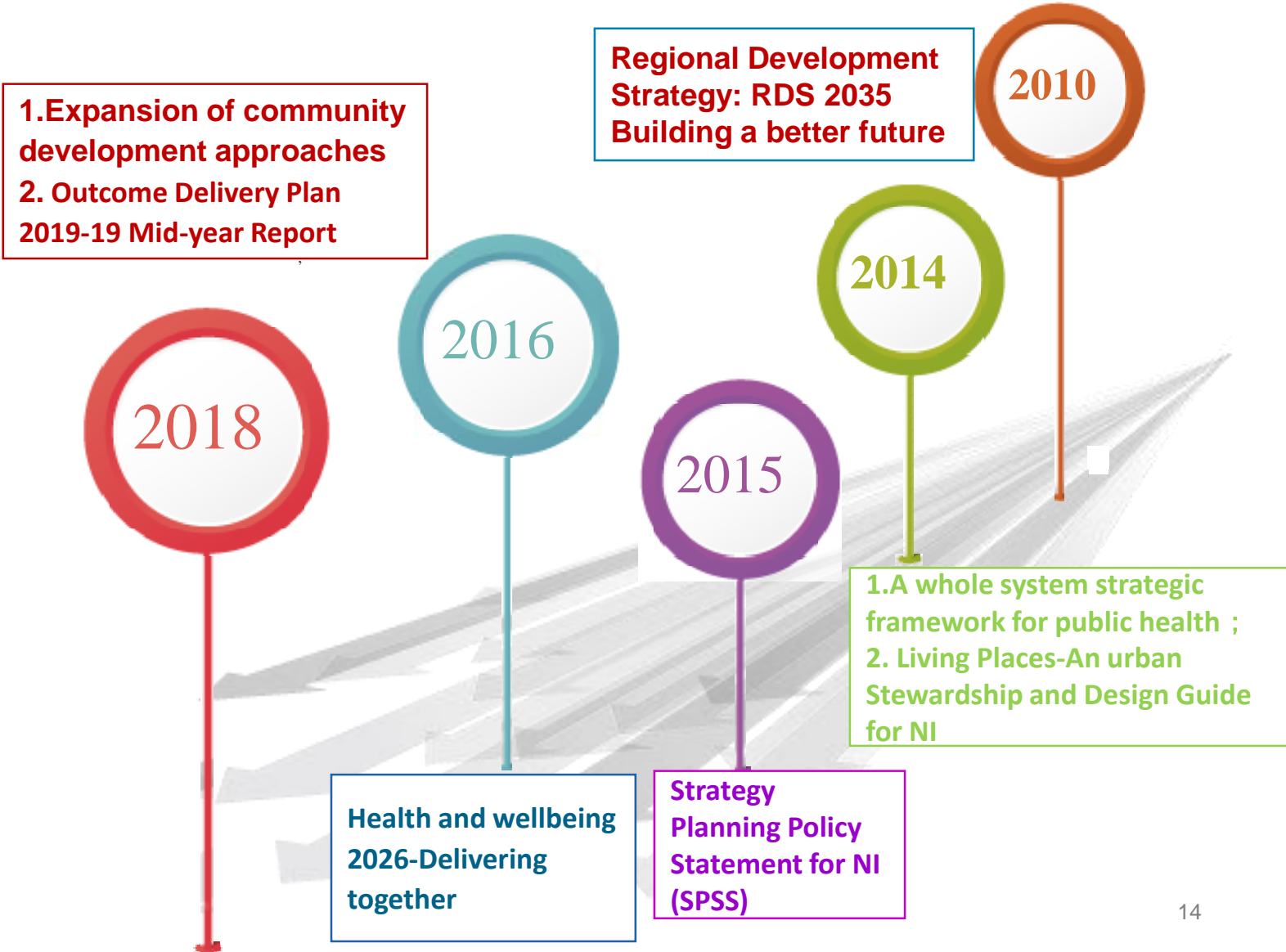


# HUP-Priorities of the policies



# HUP- Influence Policies in NI and Belfast

Since 2010, seven NI strategic plans and programmes related to HUP have been released, which includes health and urban planning policies. They are interrelated and emphasize the importance and guiding position of HUP for policy development..



# HUP- Influence Policies in NI and Belfast

Table 2: NI Outcomes and HUP implementation indicators

Theme	Planning issue	NI Outcomes	Health and wellbeing issue Indicators
1. Healthy housing	Housing design Accessible housing Housing mix and affordability	Outcome 8: We care for others and we help those in need Outcome 11: We connect people and opportunities through our infrastructure	★ Number of households in housing stress ★ Gap between the number of houses we need, and the number of houses we have
2. Active travel	Promoting walking and cycling Connectivity Minimising car use	Outcome 2: We live and work sustainably – protecting the environment Outcome 11: We connect people and opportunities through our infrastructure	★ % of all journeys which are made by walking/cycling/public transport ★ Usage of online channels to access public services. % of all journeys which are made by walking/cycling/public transport
3. Healthy environment	Air quality	Outcome 2: We live and work sustainably – protecting the environment	★ Greenhouse gas emissions
4. Vibrant neighborhoods	Healthcare services Education Access to social infrastructure Local employment and healthy	Outcome 3: We have a more equal society Outcome 4: We enjoy being healthy, active lives Outcome 6: We have more people working in better jobs Outcome 8: We care for others and we help those in need Outcome 12: We give our children and young people the best start in life.	★ Satisfaction with health and social care; ★ Number of adults receiving social care services at home or self-directed support for social care as a % of the total number of adults needing care ★ School leavers achieving at least level 2 or above including English and Maths; ★ % schools found to be good or better. ★ Employment rate of 16–64 year olds by deprivation quintile ★ Proportion of the workforce in employment qualified to level 1 and above, level 2 and above, level 3 and above, and level 4 and above

# HUP- BHC implementation in Healthy Cities and urban Planning



PHASE I

PHASE II

PHASE III

PHASE IV

PHASE V

Phase VI

1988-1992

1993-1998

1998-2002

2003-2008

2009-2013

2013-2018

- Belfast a Healthy City
- Play Policy & Strategy
- Traffic Guidelines launched.

- Habitat Housing Assoc receives Healthy Building Award
- City Health Plan Framework

- publication of the plan “Planning for a Healthy City” in February 2002.

- healthy ageing
- healthy urban planning
- health impact assessment
- physical activity and active living

- Health Equity in All Policies (HEAP)
- Healthy Urban Environments
- Climate Change and Health.

- Improving health for all and reducing health inequities and
- Improving leadership and participatory governance for health.

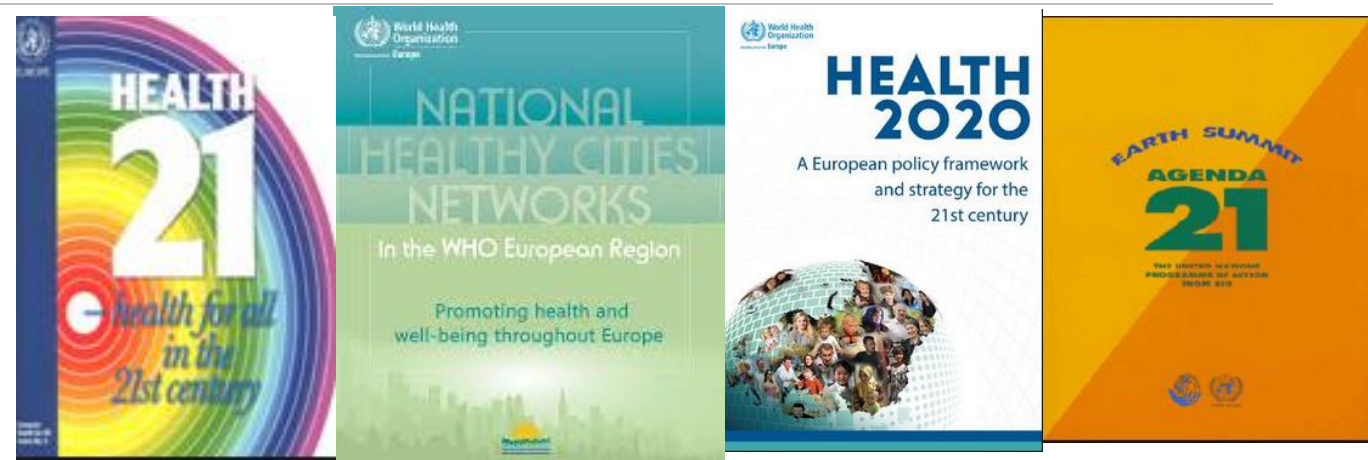
**/04**

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**Conclusion**

# Conclusion

Urban planning and policy-making play an essential role in health which has been confirmed by several case studies. Health, with the relationship to income, equity, social capital, and environmental quality, provides a human-centered perspective sustainable development (Hugh, B., Claire, M. & Catherine, T.,2000, P54).



Resource: <http://www.euro.who.int/en/publications/key-publications#H>



Resource: <https://sustainabledevelopment.un.org/sdgs>

**/05**

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**Achievement and Learning  
Outcomes**

# Achievement and Learning Outcomes

## Academic Writing

Finish a report for BHC



HUP Report

## Summary Skills

Finish 13 NI and Belfast policies and programs summary.

## Communication and Cooperation Skills

Cooperation with colleagues in HUP programs and have interview with the residents.

## Confidence and Networking

Get new projects and opportunities by bravely expressing myself.



# Achievement and Learning Outcomes

## Before

### Ideas

1. Healthy is only related to health service, medicine, pharmacy and so on.
2. Improve human health and well-being by improve medical service.

### Behaviors

1. Likely to drive a private car, and most of time take a bus instead of walk.
2. Un-health lifestyles such as stay up late or mental stress.

VS

## After

### Ideas

1. Health is not only related to health service but also closely related to the environment.
2. Improve human health could through strategy urban planning and change the environment, transportation, housing and so on.

### Behaviors

1. Encourage me to walk, for example: walk from accommodation to library 30mins instead of taking 6 stops bus.
2. Build a healthy lifestyle, regular schedule time and try to relax and keep mental health.

**/06**

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**Recommendation**

# Recommendation

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**Convey** healthy cities' concept through a variety of activities to the public, that could influence more people to change their ideas and behaviors and better participate in building healthy cities.



**Healthy Cities**

# Unforgettable Moment Photos

On February 4, 2019, the Chinese Lunar New Year of the Year of the Pig, my hand-made dumplings, cooked in the office and shared with colleagues to celebrate the festival.



On March 12, 2019, during the last internship week, my colleagues prepared a farewell lunch for me. This very delicious Italian restaurant is memorable.

# Unforgettable Moment Photos

On March 14, 2019, on the last day of the internship, Caroline took a photo of me working at BHC and posted it with my blog on BHC website.



The gifts that BHC's colleagues prepared for me, including two exquisite BHC 30th Anniversary Editions, a bookmark, a set of exquisite Irish necklaces and earrings, made me very moved!



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**THANKS**

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