WHO/EOS/95.10

HEALTHY CITIES
FOR BETTER LIFE

BUILDING A HEALTHY CITY: A PRACTIONERS GUIDE

A STEP-BY-STEP APPROACH
TO IMPLEMENTING HEALTHY CITY PROJECTS
IN LOW-INCOME COUNTRIES

WORLD HEALTH ORGANIZATION
GENEVA

55837

WHO/EOS/95.10
Original: English
Distr.: General

BUILDING A HEALTHY CITY: A PRACTITIONERS' GUIDE

A Step-by-Step Approach to Implementing Healthy City Projects in Low-income Countries

A manual prepared by the Unit of Urban Environmental Health
Division of Operational Support in Environmental Health

BIBLIOTHÈQUE OMS
28 NOV. 1995
WHO LIBRARY

World Health Organization, Geneva 1995

© World Health Organization 1995

This document is not a formal publication of the World Health Organization (WHO), and all rights are reserved by the Organization. The document may, however, be freely reviewed, abstracted, reproduced and translated, in part or whole, but not for sale nor for use in conjunction with commercial purposes.

The views expressed in documents by named authors are solely the responsibility of those authors.

CONTENTS

	Page
1. Urbanisation and health	1
2. Basic concepts of Healthy Cities	5
Aims of the Healthy City Programme	7
Role of WHO	10
3. Project implementation	11
Basic considerations	11
Objective and sub-objectives	11
Action plan	12
Phase 1 — Start-up	14
Phase 2 — Organization	15
Phase 3 — Implementation	19
4. Partnerships and settings	20
Agency/community partnerships	20
The "settings" approach	20
National and local policies	24
5. Expected outputs	26
Upgraded physical infrastructure	26
Better school health	26
Upgrading of health centres	27
Greater awareness	28
Networking	28
Occupational safety	28
Employment	28
Strengthened institutional capacity	28
Upgraded health sector information management	29
6. Evaluation	30
"Process type" indicators	30
"Outcome type" indicators	30
Acknowledgements	33
References	34
Further reading	35

DEFINITION

A Healthy City is one that is continually creating and improving those physical and social environments and expanding those community resources which enable people to mutually support each other in performing all the functions of life and in developing to their maximum potential.

HOW TO USE THIS MANUAL

The manual is designed for those considering or actually implementing a Healthy City Project (HCP) in their city. They may be project coordinators or people prepared to assist with projects, who may work in a non-governmental organization (NGO), a municipal agency, or a university or a health department. Readers familiar with the HCP concept may wish to turn straight to Chapter 3, where every activity required for implementation is outlined step by step. Others may wish to read first the preceding chapters on the problems of urbanization and how the HCP project addresses these. A more extensive description of the project concepts, scope and elements has been included in Chapter 4, in an effort to anticipate many questions that may arise in implementation.

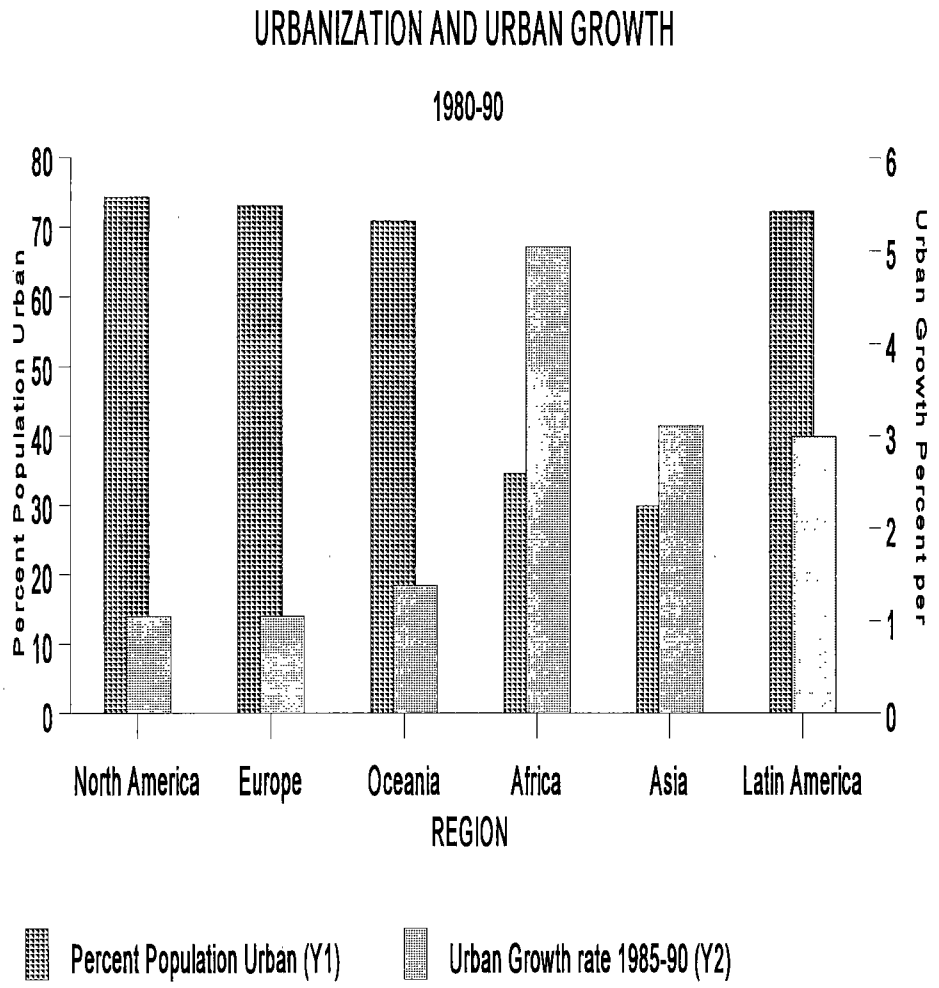
A key aspect of Healthy Cities is networking, and potential project coordinators and supporters are encouraged to contact and seek support from the global, regional or, in some cases, national networks of Healthy Cities. While this manual can guide and explain, it is no substitute for the exchange of experiences and support that contact with other Project cities can offer.

CHAPTER 1. URBANIZATION AND HEALTH

The world is being urbanised rapidly. Within 15 years, 20-30 cities will have over 20 million people. More importantly, human-made environments will account for the living space of most of the world's population. By 1990, at least 600 million people in the urban areas of developing countries were living under life- and health-threatening conditions. City governments are emerging as stronger forces, as national government resources become more limited and the global trend towards political and administrative decentralization develops pace. Many of the most pressing urban management problems are associated with rapid urban growth, particularly environmental health issues such as water supply, housing, pollution and solid-waste management.

Figure 1 shows that the level of urbanization (the proportion of the population that is urban) is high in 4 regions (North America, Europe, Oceania and Latin America) 3 of which have low rates of urban growth. The two regions with a low level of urbanization (Africa and Asia) have high urban growth rates that lead to severe urban health and environment problems.

Health problems in cities are aggravated by growth and development that is largely unplanned, uncontrolled, and underfinanced. Rapid urban growth is overwhelming the capacity of municipal authorities to provide basic environmental services, housing, employment and other minimum prerequisites for a healthy population. This generates severe — in some cases, explosive — social, financial, political, and health problems.



Legend Figure 1: Regions with the lowest level of urbanization, that is the proportion of the population that is urban, (Africa and Asia) are experiencing very high annual growth rates in the urban population.

Source: United Nations, World Population Prospects 1988, Population Studies No. 106

预览已结束，完整报告链接和二维码如下：
https://www.yunbaogao.cn/report/index/report?reportId=5_30703