

WORLD HEALTH ORGANIZATION
REGIONAL OFFICE FOR THE WESTERN PACIFIC



REPORT

REGIONAL CONSULTATION ON HEALTHY CITIES

Convened by the

Regional Office for the Western Pacific of the
World Health Organization
Beijing, China, 16-18 October 1996

Manila, Philippines
December, 1997

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The views expressed in this report are those of the members of the Regional Consultation on Healthy Cities and do not necessarily reflect the policies of the Organization

This report has been prepared by the Regional Office for the Western Pacific of the World Health Organization for the governments of Member States in the Region and for the members of the Regional Consultation on Healthy Cities, which was held in Beijing, China, from 16 to 18 October 1996.

CONTENTS

	<u>Page</u>
SUMMARY	1
1. INTRODUCTION	3
1.1 Background information.....	3
1.2 Objectives	4
1.3 Members	4
1.4 Opening remarks.....	5
2. PROCEEDINGS	5
2.1 Introduction	5
2.2 Plenary discussion: Introduction to Regional Consultation	5
2.3 Group discussion 1: Range of activities in Healthy Cities - Healthy Islands	6
2.4 Group discussion 2: Developing, implementing, monitoring and evaluating Healthy City - Healthy Island plans.....	7
2.5 Group discussion 3: Coordination and communication network	7
2.6 Group discussion 4: Plan of action framework	8
2.7 Closing ceremony	8
3. CONCLUSIONS AND RECOMMENDATIONS	8
3.1 Conclusions	8
3.2 Recommendations	10

ANNEXES:

ANNEX 1 - LIST OF TEMPORARY ADVISERS REPRESENTATIVES/OBSERVERS AND SECRETARIAT MEMBERS	11
ANNEX 2 - OPENING REMARKS OF THE REGIONAL DIRECTOR AT THE OPENING CEREMONY OF THE REGIONAL CONSULTATION ON HEALTHY CITIES	17
ANNEX 3 - PROGRAMME OF ACTIVITIES	21
ANNEX 4 - DRAFT GUIDING PRINCIPLES AND ELEMENTS OF A HEALTHY CITY/HEALTHY ISLAND PROJECT	23
ANNEX 5 - PLAN OF ACTION FRAMEWORK	25

Keywords:

Urban health / City planning / Health promotion / Healthy cities / Healthy islands / China

SUMMARY

The Regional Consultation on Healthy Cities was convened in Beijing, China from 16 to 18 October 1996 by the World Health Organization Regional Office for the Western Pacific (WHO/WPR). The consultation was held in conjunction with an International Conference on Healthy Cities, also held in Beijing, 14-16 October 1996.

The objectives of the meeting were:

- (1) to review activities carried out in developing and implementing Healthy Cities - Healthy Islands initiatives within the framework of *New horizons in health*;
- (2) to define the range of activities required in order to achieve the status of Healthy Cities - Healthy Islands;
- (3) to adopt appropriate indicators and associated activities for a more systematic and comprehensive approach to developing, implementing, monitoring and evaluating specific plans to achieve the status of Healthy Cities - Healthy Islands;
- (4) to develop strategies and mechanisms for establishing and operating an interregional, regional, and where appropriate, a national coordination and communication network on Healthy Cities - Healthy islands activities; and
- (5) to develop an overall plan of action framework based on the outcome of all the above, for enhancing regional cooperation and coordination in responding to the opportunities and challenges provided by the outcome of Habitat II and preparation for: the 1997 Conference of the Ministers of Health of the Pacific Islands; the 1997 United Nations Conference on Environment and Development (*Agenda 21* follow-up); and the 1997 Fourth International Conference on Health Promotion.

The consultation was attended by 22 temporary advisers from Member States, three representatives from AusAID, United Nations Economic and Social Commission for Asia and the Pacific (ESCAP) and the World Bank, two observers and six secretariat members. Dr Zhu Zonghan, China, was elected Chairperson, Dr E. Nukuro as Vice-Chairperson, and Professor Takehito Takano and Dr Frances Elaine Baum as Rapporteurs.

In the preceding International Conference on Healthy Cities, Dr S.T. Han, Regional Director, presented a keynote address and all temporary advisers presented a city or country report on their Healthy City or Healthy Island activities.

During the regional consultation, four group sessions were conducted to discuss issues associated with the above-mentioned objectives (2) to (5). Results of group discussions were presented at plenary sessions, and conclusions and recommendations reached.

The conclusions of the consultation were as follows:

- (1) In view of the close relationship between the approaches used in developing and implementing Healthy City and Healthy Island initiatives, it would be appropriate if, at the regional level, a single WHO programme title such as Healthy Cities-Healthy Islands was used to accommodate these initiatives.

(2) The healthy island vision statement in the 1995 Yanuca Island Declaration (i.e., "a healthy island should be a place where: children are nurtured in body and mind; environments invite learning and leisure; people work and age with dignity; and ecological balance is a source of pride.") applies equally to cities, villages, communities and megacities and would be appropriate as the overall vision statement for the regional Healthy Cities-Healthy Islands programme.

(3) Healthy City-Healthy Island initiatives have been well-received in the Region. Given the experiences that have been accumulated to date, it would be timely to develop region-specific guidelines that reflect the particular nuances of the Western Pacific. Some official recognition of Healthy City and Healthy Island projects by WHO would provide significant encouragement in many country situations. These guidelines need to consider the principal elements required for such recognition; provide a framework to support the project development, monitoring and evaluation; and account for differences in stages of development, health problems, and physical and social environments, particularly in island settings.

(4) An essential part of networking and programme review and evaluation is the availability of a timely, accurate basic set of data on each Healthy City and Healthy Island project. This minimum set of data needs to be specified, and a regional directory developed for projects officially recognized by WHO/WPR, as well as other projects with similar objectives.

(5) Over the next five years, the Healthy Cities-Healthy Islands programme could benefit from annual meetings such as this Regional Consultation. Such meetings need to: provide for continuity as well as encourage emerging projects; be used in assessing the progress of implementation of the programme and recommending changes where appropriate; consider specific topics; and initiate and review MICAPS (multi-island/city action plans).

(6) Effective networking is extremely important to the process of sharing information and experiences. In the Western Pacific Region, a successful approach has been the use of project staff from one project to collaborate in initiating and implementing other projects. Other approaches include the utilization of ongoing twinning arrangements; study tours; secondment of staff between organizations; and focused cooperation among cities and islands concerned with the same problems and settings.

The recommendations of the participants were as follows:

(1) WHO/WPR should accommodate Healthy City and Healthy Island initiatives under a single programme title called Healthy Cities-Healthy Islands.

(2) The following vision statement should be adopted for the WHO/WPR Healthy Cities - Healthy Islands programme:

Healthy cities and healthy islands should be places where:

- children are nurtured in body and mind;
- environments invite learning and leisure;
- people work and age with dignity; and
- ecological balance is a source of pride

(3) An overall regional guideline document should be developed for the Healthy Cities - Healthy Islands programme. The guideline should focus on the principal elements required for official recognition as a WHO Western Pacific Region Healthy Cities - Healthy Islands project; the

components and checkpoints in major areas that may be considered in the development, monitoring and evaluation of such projects; and the special features that characterize Healthy Islands.

(4) A regional directory of Healthy Cities-Healthy Islands project should be developed and widely disseminated. The directory should include projects officially recognized by WHO as well as other projects with similar objectives. The directory should contain a minimum set of information, and should be updated on a periodic basis as part of an overall annual project-status reporting scheme. WHO/WPR should cooperate with WHO Collaborating Centres and partner agencies in establishing and maintaining the directory.

(5) A periodic regional meeting of Healthy Cities-Healthy Islands project representatives, involving countries or projects from other regions as appropriate, should be held. In 1997, the Regional Meeting on Healthy Islands tentatively scheduled to be held in August in conjunction with the Conference of Ministers of the Pacific island countries should be used for this purpose¹. Subsequent meetings should be held on an annual basis until the year 2001.

(6) Every effort should be made to fully utilize various mechanisms for exchanging information and experiences. These mechanisms should include technical cooperation among project cities and islands; utilization of ongoing twinning arrangements to enhance Healthy Cities-Healthy Islands objectives; staff secondment-type arrangements; study tours; and multi-island/city action plans (MICAPS) based on focused cooperation among cities and islands concerned with the same problems and settings.

1. INTRODUCTION

1.1 Background information

The health policy framework, *New horizons in health*, emphasizes an integrated, multisectoral approach to problem solving with strong individual and community participation. It is in this context that the regional Healthy Cities - Healthy Islands approach is emerging as an important and effective developmental strategy for improving health and the environment in urban areas and islands.

Based on a strong public health tradition, formulation of the approach began in 1992 as reflected in the Regional Committee's endorsement of a Healthy Urban Environment Project. The activities under this project were further delineated in the 1993 Biregional Meeting on Urban Health Development, as well as in the development of the Regional Health Promotion Programme and the Regional Strategy on Health and Environment, also in 1993. The main activities carried out in 1994-1995 included: (a) the development and implementation of local action plans for health and environment in nine cities/districts in China, Malaysia and Viet Nam, and the conduct of national workshops to share the results of local planning studies with other cities in these countries; (b) a ministerial meeting on, among other things, Healthy Islands, held in Fiji, which produced the "Yanuca Island Declaration on Health in the Pacific in the 21st Century"; (c) preliminary steps to establish Healthy Island projects in Fiji and the Solomon Islands (where intensified malaria control is the main focus of the project); (d) urban health promotion activities, including development of videos, and health promoting school and workplace initiatives; and (e) closer collaboration with other international agencies in related programme areas, including a joint regional workshop on urban health and environmental management with the UNDP/United Nations Centre for Human Settlements (UNCHS)/World Bank Urban Management Programme; joint regional seminars on Healthy Cities with

¹ This meeting on Healthy Islands was subsequently postponed.

United Nations Economic and Social Commission for Asia and the Pacific (ESCAP); and cooperation with AusAID in their Healthy Island initiative in selected Pacific island countries, using health promoting schools as the entry point.

In 1996, there have been a number of significant forums focusing on Healthy Cities - Healthy Islands issues. These include World Health Day (7 April) with the theme "Healthy Cities for Better Life"; Habitat II (June) in the United Nations Conference on Human Settlements; and the "International Conference on Healthy Cities" (Beijing, China, 14-16 October). In 1997, there will be a number of forums which will highlight Healthy Cities - Healthy Islands approaches. These include the Conference of the Ministers of Health of the Pacific Islands in August; and global conferences on Health Promotion and *Agenda 21* follow-up in June and July. These forums will present both opportunities and challenges with respect to future Healthy Cities - Healthy Islands-related activities in the Region. In responding to these opportunities and challenges, the need for improved cooperation and coordination among the various stakeholders to help ensure the most judicious use of limited resources is evident. It is in this context that a consultation of selected stakeholders with significant involvement in Healthy Cities - Healthy Islands approaches was proposed, focusing primarily on Healthy Cities, with island participation.

The consultation was held from 16 to 18 October 1996 in Beijing, China, following the International Conference on Healthy Cities.

1.2 Objectives

The objectives of the meeting were:

- (a) to review activities carried out in developing and implementing Healthy Cities - Healthy Islands initiatives within the framework of *New horizons in health*;
- (b) to define the range of activities required in order to achieve the status of Healthy Cities - Healthy Islands;
- (c) to adopt appropriate indicators and associated activities for a more systematic and comprehensive approach to developing, implementing, monitoring and evaluating specific plans to achieve the status of Healthy Cities - Healthy Islands.
- (d) to develop strategies and mechanisms for establishing and operating an interregional, regional, and, where appropriate, a national coordination and communication network on Healthy Cities - Healthy islands activities; and
- (e) to develop an overall plan of action framework based on the outcome of all the above, for enhancing regional cooperation and coordination in responding to the opportunities and challenges provided by the outcome of Habitat II and preparation for: the 1997 Conference of the Ministers of Health of the Pacific Islands; the 1997 United Nations Conference on Environment and Development (*Agenda 21* follow-up); and the 1997 Fourth International Conference on Health Promotion.

1.3 Members

The consultation was attended by 22 temporary advisers with varying involvements and expertise in Healthy Cities - Healthy Islands activities from Australia, Cambodia, China, Fiji, Hong Kong, Japan, Lao People's Democratic Republic, Malaysia, New Zealand, Republic of Korea, Republic of Singapore, Solomon Islands, and Viet Nam. Three representatives from AusAID, ESCAP, and the World Bank and two observers also participated. The consultation was supported by a secretariat composed of WHO staff in environmental health and health promotion from the Western

Pacific Regional Office, WHO Headquarters, the South-East Asia Regional Office and the WHO Representative in China. A list of temporary advisers, representatives, observers and secretariat members is given in Annex 1.

Dr Zhu Zonghan, Director-General of the Beijing Municipal Health Bureau, Beijing, China was selected as Chairperson; Dr Ezekiel Nukuro, Under-secretary (Health Improvement), Ministry of Health, Honiara, Solomon Islands, as Vice-Chairperson; and Dr Frances Elaine Baum, Head, Department of Public Health School of Medicine, the Flinders University of South Australia, Australia and Professor Takehito Takano, Department of Public Health and Environmental Science School of Medicine, Tokyo Medical and Dental University, Tokyo, Japan, as Rapporteurs.

1.4 Opening remarks

In his opening remarks, the WHO Regional Director for the Western Pacific, Dr S.T. Han, pointed out the uniqueness of Healthy Cities-Healthy Island activities in the Region as compared to the healthy cities projects developed in Europe. He requested the members of the consultation to suggest some criteria for officially recognizing a Healthy City or Healthy Island project and innovative ways of exchanging experience and information on a regional basis. Such suggestions would define the future course of WHO action in its Healthy Cities-Healthy Islands programme and ways to implement the *New horizons in health* policy in the Region. The full text of Dr Han's opening remarks is given in Annex 2.

Professor Chen Minzhang, Minister of Health, China, welcomed all participants to his country and stated that the meeting was timely as urban population and associated health problems in China and other countries in the Western Pacific Region were growing. He highlighted the initial success achieved in four project cities/urban districts in China and looked forward to sharing their experiences with the participants and learning from those projects in other countries. He wished every success in the participants' deliberations in the meeting.

2. PROCEEDINGS

2.1 Introduction

Following self-introduction by all participants and secretariat, a provisional agenda and tentative timetable of activities were introduced by the Chairperson and discussed and adopted by the participants. The programme of activities is given in Annex 3.

2.2 Plenary discussion: Introduction to Regional Consultation

The objectives of the Regional Consultation were reviewed with particular emphasis on the outputs that were anticipated as a result of the deliberations. These outputs included:

- agreement on the title of the WHO regional programme covering healthy cities and healthy islands, as well as an associated vision statement;
- preliminary identification of guiding principles and elements to serve as criteria for WHO to use in officially recognizing healthy city and healthy island projects;
- preliminary identification of common activity areas, including components and checkpoints if possible, to provide guidance in developing, implementing, monitoring and evaluating healthy city and healthy island plans;

- specification of the minimum set of information that should be included in a regional directory of healthy city and healthy island projects, as well as the time-frame for updating this information;
- an indication of how frequently regional meetings on healthy cities - healthy islands should be held, as well as who should be involved; and
- suggestions regarding mechanisms that can be used to enhance the exchange of information and to share experiences.

It was noted that Objective 1 of the Regional Consultation ("To review activities carried out in developing and implementing Healthy Cities - Healthy Islands initiatives within the framework of *New horizons in health*") had been accomplished as part of the preceding International Conference on Healthy Cities through the special concurrent session involving all of the WHO-related participants. Based on this review and sharing of experience, there was discussion of the desirability, from a WHO perspective, of having a single WHO programme title at the regional level to reflect healthy city and healthy island activities, as well as a common vision statement for this programme. In this regard, particular note was taken of the Yanuca Island Declaration and its associated vision statement (Conference of Ministers of Health of the Pacific Islands, Yanuca Island, Fiji, March 1994). It was generally agreed that the title Healthy Cities - Healthy Island programme should be used by WHO at the regional level, and that the vision statement of the Yanuca Island Declaration was equally applicable to cities and should be adopted as the vision statement for WHO's Regional Programme.

2.3 Group discussion 1: Range of activities in Healthy Cities - Healthy Islands

The first group discussion session focused on the second objective of the meeting, namely the range of activities required to achieve the status of Healthy Cities - Healthy Islands.

Using Part 2 of the Conference Report on Healthy Cities and Healthy Islands in the Western Pacific Region, 1991-1996 prepared by the secretariat, Dr H. Ogawa introduced to the participants those guiding principles and elements which could be considered as a range of activities in developing a Healthy City or Healthy Island project. He emphasized that these guiding principles and elements were provided to help initiate the discussion. He also mentioned that these principles and elements could serve as criteria for officially recognizing a project as a Healthy City/Healthy Island project by WHO. The participants were then divided into three groups to discuss this information in the context of Objective 2 of the consultation.

Results of group discussions were presented and further discussed at a plenary session. All participants were in general agreement that there should be a system of formal recognition of a city or an island initiative as a Healthy City or a Healthy Island project, and the recognition should be based on the process of developing and implementing a project rather than a status of socioeconomic development, environment or health development in a particular city or island setting.

The ten elements of a Healthy City - Healthy Island project (see Annex 4) were considered generally acceptable by the participants as criteria to be used for WHO recognition of a Healthy City - Healthy Island project. However, some participants considered that the list was too long. They also suggested that such criteria or elements should include the human resource development aspect and reflect the differences which exist among cities or islands, and among different sectors of population and society. It was decided that the secretariat should continue working on the criteria to develop a set of principal elements required for official recognition as a WHO Western Pacific Regional Healthy City or Healthy Island project.

2.4 Group discussion 2: Developing, implementing, monitoring and evaluating Healthy City - Healthy Island plans

To provide guidance for a systematic and comprehensive approach to developing, implementing, monitoring and evaluating specific city/island plans, Dr R. Erben introduced six areas, for which components and checkpoints might be developed, namely: city/island policies and programmes; the economic environment of the city/island; the physical environment of the city/island; the social environment of the city/island; community relationships; and health skills and services. She provided examples for components and related checkpoints in each of the six areas. Dr Erben suggested that, during the following group work, the six areas be reviewed and suggestions made for more components and checkpoints. These could then serve as the basis for developing a guideline document.

Results from the four discussion groups were presented and discussed in the plenary session. There was agreement that it was useful to formulate components and checkpoints in these six suggested areas and to develop indicators on the local level from these starting points. It was mentioned that a combination of some of the areas could be considered. A wide range of components and checkpoints were suggested by the groups. The secretariat was requested to develop these further and to use a consultative process for their improvement, recognizing the difficulty of this exercise.

2.5 Group discussion 3: Coordination and communication network

This session of the meeting concerned itself with Objective 4. The focus of discussions was on the usefulness of a regional directory of healthy city and healthy island projects, and on a few other selected mechanisms for enhancing the exchange of experience and information. The individual discussion groups were asked to address the following questions:

- What minimum set of data should be included in a regional directory of healthy city and healthy island projects?
- Over the next five years, what should be the role of regional meetings in the Regional Healthy Cities - Healthy Islands programme?
- What are some of the more effective mechanisms for exchanging information and experience that should be considered?

Based on the group discussion and a subsequent plenary session, there was general agreement on the need for a regional directory; for specifying a minimum set of data; for regularly updating the directory; and for including not only projects officially recognized by WHO, but also other projects with similar objectives. Included in the minimum set of data were items such as the name and contact information of the project focal point; a brief description of the project, including objectives, cooperating organizations, overall timeframe, etc.; and some indication of how the project fits in with related projects in the context of more comprehensive initiatives (e.g., the overall development plan for the area, city, province, etc.). It was suggested that these data should be updated annually. While recognizing the difficulty of getting other organizations to provide project data in a specific format, the importance of including non-WHO projects with similar aims was emphasized. In this regard, healthy cities was seen as a process that does not necessarily have to have the healthy cities-healthy islands banner flying over it. The important factor is exchanging information and experience among individuals who share a common vision of what they want their city or island to be.

Given the enthusiasm that has been generated in the Region over the last couple of years for the healthy cities-healthy islands approach, and the growing body of experience that is developing, the participants agreed that annual meetings over the next five years would greatly enhance the information exchange process. In conducting these meetings, efforts should be made to maintain a core group of participants for purposes of continuity while, at the same time, encouraging fresh input.

Included among the other promising information exchange mechanisms discussed were multi-island/city action plans (MICAPS) that focus on common issues faced by groups of cities or islands; the sharing of project staff between cities and islands; and sister-city-type relationships (i.e., the idea of fully utilizing ongoing, established relationships for healthy cities purposes). Emphasis was placed on the need to be innovative and to look for convenient entry points in existing mechanisms rather than overly focusing on developing new mechanisms.

2.6 Group discussion 4: Plan of action framework

Mr Tamplin and Dr Ogawa outlined a draft plan of action framework, together with draft conclusions and recommendations of the consultation prepared by the group discussion facilitators and secretariat. They requested each group to discuss these draft documents.

In a plenary session after the group discussions, comments of the groups were presented and discussed, and final conclusions and recommendations, reflecting the group comments, were adopted by the participants. The plan of action framework to guide implementation of the recommendations, is given in Annex 5; and the conclusions and recommendations are presented in Section 3 of this report.

2.7 Closing ceremony

Dr R.W.K. Gee, WHO Representative in China, delivered the closing remarks on behalf of the Regional Director for the Western Pacific, Dr S.T. Han. He thanked all the participants for their efforts to produce the future direction framework for the Regional Healthy Cities-Healthy Islands programme, and looked forward to working with the participants in translating this framework into action. He extended his special appreciation to Beijing Municipality, its Dongcheng District, and the Ministry of Health for their support in implementing the consultation.

Dr Ezekiel Nukuro, Vice-Chairperson, made brief remarks on behalf of all the participants, and Dr Zhu Zonghan, Chairperson, officially closed the conference.

3. CONCLUSIONS AND RECOMMENDATIONS

3.1 Conclusions

(1) In reviewing activities carried out in developing and implementing Healthy Cities - Healthy Islands initiatives, it is clear that there is a close relationship between the approaches used and that a number of common elements are shared by each. In view of this, it would be appropriate and less confusing if, at the regional level, a single WHO programme title such as Healthy Cities-Healthy Islands was used to accommodate these initiatives.

(2) The healthy island vision statement in the 1995 Yanuca Island Declaration (i.e., "a healthy island should be a place where: children are nurtured in body and mind; environments invite learning and leisure; people work and age with dignity; and ecological balance is a source of pride,") applies equally to cities, villages, communities and megacities. The vision statement has been endorsed by the governments of Pacific island countries and is widely recognized in other parts of the Western Pacific Region. As it reflects the spirit of *New horizons in health*, as well as the Healthy Cities approach, this vision statement should be adopted as the overall vision statement for the Regional Healthy Cities-Healthy Islands programme.

(3) Healthy City-Healthy Island initiatives have been well-received in the Region. These initiatives have been based on guidance developed at the global level and in other regions. Given the experiences

that have been accumulated to date, it would be timely to develop region-specific guidelines that reflect the particular nuances of the Western Pacific Region. Some official recognition of Healthy City and Healthy Island projects by WHO would provide significant encouragement in many country situations. These guidelines should include consideration of the principal elements required for such recognition. In addition, the guidelines should provide a framework to support the development, monitoring and evaluation of Healthy City and Healthy Island projects.

It is noted that the programme needs to recognize differences in stages of development; health problems; and physical and social environments among cities and islands. The regional guidelines need to accommodate these differences. The special considerations that must be accounted for in island settings should also be included in the guidelines. While it is clear that there are many similarities between Healthy City and Healthy Island approaches, it is equally clear that the framework within which these approaches are applied differ significantly in some situations. Different approaches to establishing relationships and recognizing cultural differences are of particular importance.

(4) An essential part of networking and programme review and evaluation is the availability of a timely, accurate basic set of data on each Healthy City and Healthy Island project. This minimum set of data needs to be specified, and a regional directory developed, including consideration of the associated administrative issues such as maintenance, updating and distribution. The directory should include projects officially recognized by WHO/WPR, as well as other projects with similar objectives.

(5) Over the next five years, the Healthy Cities-Healthy Islands programme could benefit from regular meetings such as this Regional Consultation. In this regard, an annual meeting would be appropriate. Such a meeting should:

- provide for continuity as well as encourage emerging projects;
- be used in assessing the progress of implementation of the Programme in its early stages and recommending changes where appropriate;
- consider specific topics; and
- initiate and review MICAPS (multi-island/city action plans).

Participation in these regular meetings should provide for continuity as well as encourage new initiatives.

(6) Effective networking is extremely important to the process of sharing information and experiences. In the Western Pacific Region, a successful approach has been the use of project staff from one project to collaborate in initiating other projects, sometimes in cooperation with WHO staff. This process can also be used at other stages of project implementation. Other approaches that should be considered include the utilization of ongoing twinning arrangements; study tours; secondment of staff between organizations; and focused cooperation among cities and islands concerned with the same problems and settings.

3.2 Recommendations

(1) WHO/WPR should accommodate Healthy City and Healthy Island initiatives under a single programme title called Healthy Cities-Healthy Islands.

(2) The following vision statement should be adopted for the WHO/WPR Healthy Cities - Healthy Islands programme.

Healthy cities and healthy islands should be places where:

- children are nurtured in body and mind;
- environments invite learning and leisure;
- people work and age with dignity; and
- ecological balance is a source of pride.

(3) An overall regional guideline document should be developed for the Healthy Cities - Healthy Islands programme. The guideline should focus on the principal elements required for official recognition as a WHO Western Pacific Region Healthy Cities - Healthy Islands project; the components and checkpoints in major areas that may be considered in the development, monitoring and evaluation of such projects; and the special features that characterize Healthy Islands. Where appropriate, use should be made of existing and ongoing work on indicators relevant to Healthy Cities-Healthy Islands.

(4) A regional directory of Healthy Cities - Healthy Islands projects should be developed and widely disseminated. The directory should include projects officially recognized by WHO as well as others with similar objectives. The directory should contain a minimum set of information, and should be updated on a periodic basis as part of an overall annual project status reporting scheme. WHO/WPR should cooperate with WHO Collaborating Centres and partner agencies in establishing and maintaining the directory.

(5) A periodic Regional Meeting of Healthy Cities - Healthy Islands project representatives, involving countries or projects from other regions as appropriate, should be held. In 1997, the Regional Meeting on Healthy Islands, tentatively scheduled to be held in August in conjunction with the Conference of Ministers of the Pacific island countries, should constitute the first such meeting². Subsequent meetings should be held on an annual basis, until the year 2001.

(6) Every effort should be made to fully utilize various mechanisms for exchanging experience. These mechanisms should include, but not necessarily be limited to, technical cooperation among project cities and islands; utilization of ongoing twinning arrangements to enhance Healthy Cities - Healthy Islands objectives; staff secondment-type arrangements; study tours; and multi-island/city action plans (MICAPS) based on focused cooperation among cities and islands concerned with the same problems and settings.

² This meeting on Healthy Islands was subsequently postponed.

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OPENING REMARKS OF THE REGIONAL DIRECTOR
AT THE OPENING CEREMONY OF THE
REGIONAL CONSULTATION ON HEALTHY CITIES
16 OCTOBER 1996, BEIJING, CHINA

PROFESSOR CHEN MINZHANG, MINISTER OF HEALTH; PARTICIPANTS IN THIS
REGIONAL CONSULTATION ON HEALTHY CITIES; DISTINGUISHED GUESTS; LADIES AND
GENTLEMEN,

I am delighted to welcome you to this Regional Consultation, which is being held in conjunction with the Beijing International Conference on Healthy Cities. Over the last two days we have had an opportunity to review and to benefit from discussion of a wide variety of Healthy City and Healthy Island experiences. We have learned that there are a number of similarities between Healthy Cities and Healthy Islands. We have also learned that each setting is unique, and requires innovative thinking to resolve priority health issues effectively. In this meeting, we have an opportunity to focus on the uniqueness of the Western Pacific Region. Let us now explore options for better measuring the effectiveness of our approaches, for improving our coordination and communications, and for cooperating in our response to the opportunities and challenges provided by large conferences such as Habitat II.

Thus far, the Healthy City and Healthy Island efforts in the Region have been well received and have attracted popular support. While building on the European healthy city experience, there is a general understanding that the approaches developed out of that experience need to be applied somewhat differently in Asia and the Pacific. The addition of the Healthy Island dimension has been enthusiastically welcomed by the governments of Pacific island countries. The vision statement of the Yanuca Island Declaration is also highly relevant to urban areas throughout the Region. From a policy perspective, healthy cities and healthy islands are serving as effective implementation mechanisms for *New horizons in health*.

Annex 2

The challenge to this Regional Consultation is what to learn from this early experience. I would like you also to suggest how these lessons might enhance our future efforts. For example, we have consciously avoided providing an explicit definition of a "healthy city" or a "healthy island." Instead, we have emphasized that such definitions must be developed on a case-by-case basis. Each individual definition reflects a commonly shared, local vision of what the city, the town, the community or the island wants to become. Having said this, it would be useful to have some criteria for officially recognizing a "Healthy City" or "Healthy Island" project on a regional basis. I would like to suggest that you consider this in your deliberations.

Discovering more effective ways of exchanging experience and information also presents a challenge. How can we move beyond newsletters and occasional meetings? Although our experience to date in this field is limited, one of the most promising mechanisms has been the use, on a consulting basis, of project staff in one developing country to facilitate the initiation of a similar project in another developing country. This type of hands-on collaboration between countries and cities facing similar problems avoids some of the dangers of more traditional consulting approaches. Using combinations of developed and developing country staff in a consulting capacity has also proven fruitful. I look forward to other suggestions you might have for innovative approaches to exchanging experience and information.

Responding in a meaningful way to the outcome of large global meetings like Habitat II is always a challenge. Often this duty comes as yet another addition to a list of responsibilities that is already far too long. Yet our response should be an integrated part of our daily work. For example, from WHO's perspective, we want to be able to say that, in urban and island settings, our response to global change, to renewing the health-for-all strategy, to Habitat II and to other such conferences is through our work on Healthy Cities and Healthy Islands. In the Western Pacific Region, we can add that this is all guided by the common policy framework of *New horizons in health*. If our work has

Annex 2

integrated plans of action that are formulated with this idea in mind, we will find that responding to the outcomes of such conferences is much less burdensome. As you focus on developing an overall plan of action framework to support the objectives of this Regional Consultation, I trust that you will keep this in mind, and use the excellent frameworks available to you.

I welcome your advice, suggestions and recommendations in these and other related areas. You are at the forefront of the development of healthy city and healthy island initiatives in this Region. As external partners, WHO, and the others participating in this meeting will work closely with you to achieve your particular healthy city or healthy island vision.

I wish you every success in your deliberations. I look forward to the outcome of this Consultation, which I anticipate will be an important step forward for our Region in the path to achieving health, and improved quality of life for all. Thank you.

PROGRAMME OF ACTIVITIES

16 October 1996 (Wednesday)

0800 - 0830	Opening ceremony	
	Opening remarks by the WHO Regional Director for the Western Pacific	Dr S.T. Han
	Welcome address by the Minister of Health	Prof. Chen Minzhang
	Designation of Chairperson and Rapporteur	
	Group photograph	
0830 - 0900	Self-introduction by all participants and secretariat adoption of agenda Administrative briefing	Dr Zhu Zonghan Chairperson
0900 - 0930	Tea/coffee break	
0930 - 1000	Introduction to the Regional Consultation: <i>(Objective 1: To review activities carried out in developing and implementing Healthy Cities-Healthy Islands initiative within the framework of "New horizons in health")</i>	Mr S.A. Tamplin Regional Adviser in Env. Health, WHO/WPRO
1000 - 1030	Video tapes on Dongcheng and Kuching Healthy Cities	
1030 - 1130	<i>(Participants to attend the Closing Ceremony of the International Conference on Healthy Cities)</i>	
1130 - 1215	Lunch	
1230 - 1900	<i>(Study tour to Huairou County in conjunction with the International Conference on Healthy Cities)</i>	

17 October (Thursday)

0830 - 0900	Briefing on range of activities in Healthy Cities-Healthy Islands <i>(Objective 2: To define the range of activities required to achieve the status of Healthy Cities - Healthy Islands)</i>	Dr H. Ogawa Env. Systems Engineer, WHO/EHC
0900 - 1200	Group discussion 1: Range of activities in Healthy Cities - Healthy Islands	

Annex 3

1000 - 1030	Tea/coffee break	
1030 - 1130	Plenary session on range of activities	
1130 - 1200	Briefing on indicators and monitoring (<i>Objective 3: To adopt appropriate indicators and associated activities for a more systematic and comprehensive approach to developing, implementing, monitoring and evaluating specific plans to achieve the status of Healthy Cities - Healthy Islands</i>)	Dr R. Erben Regional Adviser in Health Promotion and Mental Health, WHO/WPRO
1200 - 1300	Lunch	
1300 - 1400	Group discussion 2: Indicators and monitoring	
1400 - 1500	Plenary session on indicators and monitoring	
1500 - 1520	Tea/coffee break	
1520 - 1540	Briefing on coordination and communication network (<i>Objective 4: To develop strategies and mechanisms for establishing and operating an interregional, regional and where appropriate a national coordination and communication network on Healthy Cities - Healthy Islands activities</i>)	Mr S. A. Tamplin
1540 - 1640	Group discussion 3: Coordination and communication network	
1640 - 1730	Plenary session on coordination and communication network	

18 October (Friday)

0830 - 0900	Briefing on plan of action framework (<i>Objective 5: To develop an overall plan of action framework based on the outcome of the other objectives</i>)	Mr S.A. Tamplin Dr H. Ogawa
0900 - 1000	Group discussion 4: Conclusions, recommendations and plan of action framework	
1000 - 1030	Tea/coffee break	
1030 - 1140	Plenary session on conclusions, recommendations and plan of action framework	
1140 - 1200	Closing ceremony	Dr Zhu Zonghan
	Closing remarks	Dr R.W.K. Gee WHO Representative in China

DRAFT GUIDING PRINCIPLES AND ELEMENTS OF A HEALTHY CITY/HEALTHY ISLAND PROJECT

1. Guiding principles

A Healthy City or Healthy Island project

- facilitates the health sector to play an advocacy role in incorporating health considerations into urban/island development and management (**health advocacy**);
- integrates efforts of different parties or stakeholders within and outside the health sector and coordinates their activities (**intersectoral coordination**);
- encourages and mobilizes communities to participate in planning and management of urban/island development for better health (**community participation**);
- respects and preserves the social and cultural values of the communities and develops a future vision and goals of the city/island by consensus (**vision development**);
- seeks political and local government commitment and support for the development and implementation of activities (**political commitment**); and
- focuses on developing activities in different settings such as schools, markets, restaurants, recreational parks, etc. (**setting approach**).

2. Ten Elements of a Healthy City/Healthy Island Project

- Intersectoral committee/task force with the designation of a coordinator
- Political/local government commitment with written policy statements
- Programme to involve community in planning and implementation
- Health profile with risk factors related to physical and social environments
- Future vision/goal through consensus
- Priority health problems identified through intersectoral discussions
- Local action plan for resolving priority health problems
- Indicators and targets for the monitoring of progress of plan implementation
- Mechanism for regular review and evaluation of plan implementation
- System of information services accessible by the general public and those interested

PLAN OF ACTION FRAMEWORK

ACTION	TARGET DATES ³
<p>1. Adoption of Regional programme title and vision statement</p> <ul style="list-style-type: none"> - Healthy Cities - Healthy Islands Programme - Healthy Cities and Healthy Islands should be places where: children are nurtured in body and mind; environments invite learning and leisure; people work and age with dignity; and ecological balance is a source of pride,") applies equally to cities, villages, communities and megacities. 	<p>October 1996 (Ongoing)</p>
<p>2. Preparation of draft Regional guidelines on Healthy City and Healthy Island projects (preliminary draft attached as Annex)</p> <ul style="list-style-type: none"> - components/checkpoints, - principal elements for WHO recognition - special features for Healthy Islands 	<p>January 1998</p> <p>Incorporating the outcome of Meetings of Directors of Health and Ministers of Health of Pacific Island Countries, August 1997</p>
<p>3. Development of a draft directory of Healthy Cities - Healthy Islands</p> <ul style="list-style-type: none"> - criteria for inclusion of cities and islands in the directory - a minimum set of information to be included - mechanisms to update on a periodic basis, and - preliminary collection of city and island information 	<p>July 1998</p> <p>Collaboration with global efforts, WHO-CC for Environmental Health (University of Western Sydney-Hawkesbury); and WHO-CC for Healthy Cities and Urban Policy Research (Tokyo Medical & Dental University)</p>
<p>4. Regional meeting on Healthy Islands</p>	<p>1999: As a follow-up to the outcome of the Meeting of Ministers of Health of Pacific Island Countries, August 1997</p>

³ Adapted to reflect postponement of Regional Meeting on Healthy Islands.

Annex 5

ACTION	TARGET DATES ⁴
<p>5. Exchange of experiences among project cities and islands</p> <ul style="list-style-type: none">- use of experienced project city/island personnel as consultants/advisers to other cities/islands developing Healthy Cities/Healthy Islands projects- study tours- use of existing twinning arrangements to incorporate Healthy Cities/Healthy Islands activities- staff exchange programme (e.g. secondment) on Healthy Cities/Healthy Islands- multi-island/city action plans (MICAPS) development and implementation	<p>Ongoing, including:</p> <ul style="list-style-type: none">- use of Malaysia project staff in Lao PDR;- use of Fiji project staff to initiate Healthy Islands project in Tonga- study tours for CAM, CHN, LAO, MAA, MOG and VTN officials (ICP/EUD/004; development of and EHRC/IMR, Malaysia- collaboration with CITYNET in Healthy Cities Seminar (Yokohama, Japan, November 1997)- City of Hawkesbury, Australia and Hue, Viet Nam Memorandum of Understanding (1998-1999)- Promote in relation to well-established programmes in Malaysia (1998-1999) and Fiji (1999)

⁴ Adapted to reflect postponement of Regional Meeting on Healthy Islands.