

Annual Business and Technical Conference of the WHO  
European Healthy Cities Network and Network of European  
National Healthy Cities Networks

/4

**Changing Cities to Change the World**  
*Celebrating thirty years of the Healthy Cities Movement*

**29 September 2018**

**Belfast, Northern Ireland, United Kingdom**  
**1–4 October 2018**

### **Provisional annotated programme**

**Changing Cities to Change the World**  
*Celebrating 30 Years of the Healthy Cities Movement*

**Sunday, 30 September 2018**

**19:00–21:00**    **Registration, Belfast Waterfront, Riverside Entrance**

**Monday, 1 October 2018**

**7:00**            **Registration, Belfast Waterfront, Riverside Entrance**  
*Music by Blackthorn*

Conference Chair:

- Monika Kosinska, Programme Manager, Division of Policy and Governance for Health and Well-being, WHO Regional Office for Europe and Regional Focal Point, WHO European Healthy Cities Network

Master of Ceremonies: Brendan Mulgrew

**8:00–10:00**    **Business meeting: WHO European Healthy Cities Network business meeting**  
*Belfast Waterfront, Hall 2*  
*Russian, Spanish and Turkish translation available*

**Close of Phase VI and preparation for Phase VII of the WHO European Healthy Cities Network**

*Open to all participants; voting restricted to members of the WHO European Healthy Cities Network in Phase VI*

Welcome opening

- Kate Nicholl, Councillor, Chair, People & Communities Committee, Belfast

Session chairs

- Monika Kosinska, Programme Manager, Division of Policy and Governance for Health and Well-being, WHO Regional Office for Europe and Regional Focal Point, WHO European Healthy Cities Network
- David Stewart, Chair, Belfast Healthy Cities

#### 10:00–12:30 Side events

*Delegates will leave Belfast Waterfront, city side entrance at 10:10 to travel to the side events.*

*Delegates not attending the business meeting should go directly to their chosen side event venue.*

*Refreshments will be available on arrival at each side event*

<b>Side event 1</b> <i>Adverse childhood experiences: a trauma-informed approach to early years</i>  <b>Venue:</b> Belfast Central Library, Royal Avenue, Belfast	<b>Side event 2</b> <i>Healthy stadia: the contribution of sports venues to health and well-being</i>  <b>Venue:</b> National Football Stadium at Windsor Park, Donegall Ave, Belfast  <b>Lunch provided</b>	<b>Side event 3</b> <i>Technology and innovation to support active and healthy ageing</i>  <b>Venue:</b> Assembly Buildings, 2–10 Fisherwick Place, Belfast  <b>Lunch provided</b>	<b>Side event 4</b> <i>Ageing in place: insights from recent United Kingdom–Brazil research</i>  <b>Venue:</b> City Hall, Belfast, Donegall Square, Belfast
<b>Side event 5</b> <i>Better Bedford Street</i>  <b>Venue:</b> Ulster Hall, 34 Bedford Street, Belfast	<b>Side event 6</b> <i>Building sustainable, healthy and equitable cities</i>  <b>Venue:</b> PRONI (Public Record Office of Northern Ireland) 2 Titanic Boulevard, Belfast	<b>Side event 7</b> <i>Northern Ireland's journey towards or away from peace</i>  <b>Venue:</b> Linenhall Library, 17 Donegall Square North, Belfast	<b>Side event 8</b> <i>Health-promoting schools in healthy cities</i>  <b>Venue:</b> Belfast Waterfront, Room Hall 2B

#### 12:30–14:00 Lunch, Belfast Waterfront, Hall 1 (all participants unless otherwise stated)

#### 14:00–16:00 Plenary 1: Primary health care, universal health coverage and healthy cities – where do we go from here?

**Auditorium**

**Russian, Spanish and Turkish translation available**

*The session will reflect on the progress and achievements since the landmark United Kingdom Dawson report in 1920 preparing the ground for primary health care, universal health coverage and the healthy cities approach to improving health for all. It will highlight the United Kingdom experience and reflect on opportunities and challenges, particularly within the context of the growing noncommunicable disease burden.*

*Recital by Colin Dardis: “Confidence”: National Health Service 70*

Welcome:

- Deputy Lord Mayor of Belfast, Councillor Emmet McDonough Brown

Keynote speakers:

- John Ashton, Senior Adviser, WHO European Healthy Cities Network
- Bente Mikkelsen, Director, Division of Noncommunicable Diseases and Promoting Health through the Life-course

Round-table:

- Michael McBride, Chief Medical Officer, Northern Ireland, United Kingdom

- Gina Radford, Deputy Chief Medical Officer, England, United Kingdom
- Catherine Calderwood, Chief Medical Officer, Scotland, United Kingdom
- Chris Jones, Deputy Chief Medical Officer, Wales, United Kingdom

Moderator:

- David Buck, Senior Fellow, Public Health and Inequalities, King's Fund, United Kingdom

Speakers:

- Yerlan Aukenov, Deputy Mayor of Almaty, Kazakhstan
- Imin Sabirov, Deputy Mayor of Astana, Kazakhstan
- Kamalzhan Nadyrov, Head of Public Health Care Department, Astana, Kazakhstan

Session Chairs

- Pirooska Östlin, Director, Division of Policy and Governance for Health and Well-being, WHO Regional Office for Europe
- Nigel McMahon, Chief Environmental Health Officer, Department of Health, Northern Ireland, United Kingdom

**16:00–16:30 Break**

**16:30–18:00 Parallel Session A**

#### Summary Parallel Session A

<b>Strategic workshop</b>  <i>A1: Place-making in the city: different experiences</i>  <i>Hall 2B</i> <i>Spanish translation</i>	<b>Learning through practice</b>  <i>A2: Health in all policies</i>  <i>Auditorium</i> <i>Russian translation</i>	<b>Learning through practice</b>  <i>A3: City policies for population and planetary health</i>  <i>Hall 2A</i> <i>Turkish translation</i>	<b>Learning through practice</b>  <i>A4: Promoting mental health and reducing suicides: urban strategies</i>  <i>Room 1B</i>
<b>Learning through practice</b>  <i>A5: Health: a key element of urban prosperity</i>  <i>Room 2A</i>	<b>Learning through practice</b>  <i>A6: Cultural activities: enhancing accessibility through collaboration</i>  <i>Room 2B</i>	<b>Learning through practice</b>  <i>A7: Second chance: empowerment through community-based learning</i>  <i>Room 3A</i>	<b>Meeting</b>  <i>A8: United Kingdom Healthy Cities Network meeting: preparation for Phase VII</i>  <i>Room 3B</i>

#### Detailed Parallel Session A

## **A1: Place-making in the city: different experiences**

### **Hall 2B, Spanish translation**

This workshop has presentations on high streets, urban regeneration in deprived neighbourhoods and tales of ageing across four cities. But what do they have in common? They can all shed light on the experiences of healthy place-making in cities. The Copenhagen Consensus of Mayors vision of healthier and happier cities for all highlights where place occupies a pivotal role between planet and people: linking human, social and urban development together.

Healthy places, settings and resilient communities also comprises one of five strategic directions agreed in the Roadmap to implement the 2030 Agenda for Sustainable Development, building on Health 2020, the European policy for health and well-being, adopted by the WHO Regional Committee for Europe in autumn 2017.

In this session, we invite attendees to discuss the action and experiences of healthy place-making in cities and renew a commitment to healthy place-making.

Chair: Bernadette Cullen, Belfast, Northern Ireland, United Kingdom

Discussant: Marcus Grant, Senior Adviser, WHO European Healthy Cities Network

Abstract 135, Essen, Germany: Julita Skodra

*Co-creating health-promoting neighbourhoods: urban regeneration of deprived neighbourhoods in metropolitan regions*

Abstract 328, Dublin, Ireland: Sarah Gibney

*Age-friendly environments and healthy and positive ageing in Ireland: a tale of four cities*

Abstract 294, Glasgow, Scotland, United Kingdom: Gillian Dick

*Connecting nature – bringing life to cities, bringing cities to life*

## **A2: Health in all policies**

### **Auditorium, Russian translation**

Developing a broad concept of health that is supported by all policy sectors within government is key to tackling major public health issues and address health inequalities among the population. A multisectoral approach to health requires giving priority to health in policies and sectors other than the health sector. The health in all policies approach aims to achieve just that. The health in all policies approach sets out to develop understanding of the main determinants of health across government departments at all levels of government while also encouraging coordinated actions. Such coordinated actions generate great potential for tackling the multifaceted health challenges societies face.

Chair: Gerry Eijkmans, WHO Regional Office for the Americas/Pan-American Health Organization

Discussant: Elia Diez, Barcelona, Spain

Abstract 118, Utrecht, Netherlands: Miriam Weber

*Health in all policies: lessons learned and next steps in Utrecht, Netherlands*

Abstract 301, London, England, United Kingdom: Emily Humphreys and Fiona Wright (two speakers)

*Developing London's Health Inequalities Strategy*

Abstract 316, Sevenoaks, England, United Kingdom: Michelle Lowe

*Well-being starts at home – how Sevenoaks District Council approaches public health*

## **A3: City policies for population and planetary health**

### **Hall 2A, Turkish translation**

Current rates of urbanization in the world, particularly in cities in developing economies, make policy-makers face unprecedented challenges in dealing with environmental issues and associated public health risks. Existing urban infrastructure systems are often not able to cope with the increased demand placed on them as a result of high levels of population growth that are extremely difficult to manage. This problem persists particularly in informal urban settlement such as shantytowns. As a result, large numbers of people are exposed to poor environmental standards that harm both humans and the environment as a whole. Comprehensive and effective urban policies are needed to deal with these issues.

Chair: Fiona Donovan, National Healthy Cities and Counties of Ireland Network

Discussant: Pierpaolo Mudu, WHO Regional Office for Europe

Abstract 203, London, England, United Kingdom: Michael Davies

*Complex urban systems for sustainability and health: a structured approach to support the development and implementation of city policies for population and planetary health*

Abstract 96 –Torres Vedras, Portugal: Ana Umbelino

*Co-construction of a healthy city: meta-analysis of participatory processes for democratic governance*

Abstract 196, London, England, United Kingdom: Danielle Antonellis

*Reducing fire risk in low-income and informal urban settlements*

#### **A4: Promoting mental health and reducing suicides: urban strategies**

##### **Room 1B**

Poor mental health is an issue that affects increasing numbers of people across the globe, often leading to higher levels of reported instances of depression and suicides among the population. The associated direct and indirect costs for individuals and society as a whole are generally high, but few health strategies effectively deal with the problem of poor levels of mental health.

Chair: Sandra Davies, Liverpool, England, United Kingdom

Discussant: Elizabeth Mitchell, Belfast, Northern Ireland, United Kingdom

Abstract 198, Espoo, Finland: Riikka Puusniekka

*Integrating a positive mental health approach in local government strategic management in Espoo*

Abstract 71, Rotterdam, Netherlands: Pascal Bisscheroux

*Preventive mental health in Rotterdam*

Abstract 141, Kaunas, Lithuania: Iveta Kučinskaitė

*Implementation of Kaunas city suicide prevention model*

Abstract 132, Belfast, Northern Ireland, United Kingdom: Sean Devlin, Jo Murphy

*CareZone initiative – Oldpark (North Belfast)*

#### **A5: Health: a key element of urban prosperity**

##### **Room 2A**

Policy-makers around the world increasingly recognize that urban prosperity should not be measured by economic indicators only and that public health indicators can act as a better measure of prosperity. Positive health and well-being outcomes are now often being used to promote cities as sustainable and attractive places to live and work. This renewed focus on health as part of the urban agenda merits innovative and integrated approaches to boosting public health.

Chair: Piroos Ostlin, WHO Regional Office for Europe

Discussant: Michael Gibbs, Belfast, Northern Ireland, United Kingdom

Abstract 188, Belfast, Northern Ireland, United Kingdom: Sara Melo

*Understanding evidence-policy interactions for an age-friendly city: a case study of Belfast*

Abstract 83, Turku, Finland: Karolina Mackiewicz

*Participatory urban planning for healthier urban communities – how to engage sectors and city residents in developing cycling in cities*

Abstract 155, Belfast, Northern Ireland, United Kingdom: Satish Kumar, Behnam Firoozi Nejad, Steven Donnelly (three speakers)

*Assessing the spatial correlations between prosperity and mental health in Northern Ireland*

#### **A6: Cultural activities: enhancing accessibility through collaboration**

##### **Room 2B**

Effective culture planning is often overlooked within urban policy due to the traditional giving priority to, for example, infrastructure and housing. However, cultural activities can play an important role in promoting people's well-being, particularly by boosting the social inclusion of socially isolated groups.

Chair: Tony Fitzgerald, Cork, Ireland  
Discussant: Daniele Biagioni, Italian Healthy Cities Network

Abstract 54, Prague, Czech Republic: Jitka Bouskova  
*Culture planning in a healthy city – Czech inspirations: method of evaluating culture organizations and cultural facility mapping in the city*

Abstract 13, Kuopio, Finland: Jonna Forsman  
*Culture Comes Along: developing cultural participation and social inclusion in the neighbourhoods in Kuopio, Finland*

Abstract 56, Kuopio, Finland: Eeva Mäkinen  
*The Well-being Power Plant of Eastern Finland: advancing health, well-being and social involvement*

#### **A7: Second chance: empowerment through community-based learning**

##### **Room 3A**

Public health care can often be made more effective when people have the ability to recognize the early symptoms of disease. In addition, much can be gained by increasing knowledge among the general population about healthy lifestyles to prevent diseases from developing. This requires effective learning methods and ways of dissemination.

Chair: Diane McIntyre, Belfast, Northern Ireland, United Kingdom  
Discussant: Geoff Green, Senior Adviser, WHO European Healthy Cities Network

Abstract 219, Brno, Czech Republic: Ivana Draholová  
*One lesson for saving life: implementing stroke and heart attack as a topic in an educational programme*

Abstract 284, Udine, Italy: Stefania Pascut  
*School and community programmes to reinforce resilience, emotional health and peace*

Abstract 248, Cork, Ireland: Denis Barrett  
*Learning neighbourhoods are healthy neighbourhoods*

#### **A8: United Kingdom Healthy Cities Network Meeting: preparation for Phase VII**

##### **Room 3B**

This session will discuss the future of healthy cities in the United Kingdom, looking at building on the long history and experience in the context of an evolving national and international landscape. It will focus on drawing on experiences from the work of the United Kingdom national network; challenges and opportunities for expanding the healthy cities approach in the United Kingdom; and strengthening the learning from other international healthy city networks as well as the healthy cities approach in the United Kingdom.

Chair: David Stewart, Chair, Belfast Healthy Cities, Northern Ireland, United Kingdom

##### **Speakers**

Darren Crossley, Deputy Chief Executive, Carlisle City Council, England, United Kingdom  
David Buck, Senior Fellow, Public Health and Inequalities, King's Fund, United Kingdom  
Monika Kosinska, Programme Manager, WHO Regional Office for Europe

##### **Round-table**

Michael McBride, Chief Medical Officer, Northern Ireland, United Kingdom  
Gina Radford, Deputy Chief Medical Officer, England, United Kingdom  
Catherine Calderwood, Chief Medical Officer, Scotland, United Kingdom  
Chris Jones, Deputy Chief Medical Officer, Wales, United Kingdom

##### **Moderator**

John Howie, Organisational Lead – Health Equity (Place), Place & Equity Team, NHS Health Scotland, United Kingdom

**18:30**                      **Leave Belfast Waterfront to travel to Whitla Hall, Queen's University Belfast**

**19:00–21:00**           **Welcome reception, Whitla Hall, Queen's University Belfast**  
*Welcome dance by Artsektá*

- Ian Greer, Vice Chancellor, Queen's University Belfast

## Tuesday, 2 October 2018

**7:00–9:00**      **Registration, Riverside entrance, Belfast Waterfront**  
*Music by Blackthorn*

**7:15–7:45**      **Physical activity session: morning run**  
**Meet at Riverside entrance, Belfast Waterfront**

**9:00–10:15**      **Official opening ceremony**  
*Auditorium, Belfast Waterfront*  
*Russian, Spanish and Turkish translation available*  
*Welcome by Celtic Storm*

Welcome from Belfast:

- Lord Mayor of Belfast, Councillor Deirdre Hargey

Welcome from Northern Ireland

- Michael McBride, Chief Medical Officer, Northern Ireland, United Kingdom

Welcome from World Health Organization

- Pirooska Östlin, Director, Division of Policy and Governance for Health and Well-being, WHO Regional Office for Europe

Presentation

- Monika Kosinska, Programme Manager, Division of Policy and Governance for Health and Well-being, WHO Regional Office for Europe and Regional Focal Point, WHO European Healthy Cities Network

Presentation of the Belfast Charter

Keynote speaker

- Agis Tsouros, International Adviser, Global Healthy Cities and former Director, WHO Regional Office for Europe

**10:15–10:45**      **Break**  
*Press conference, Boardroom 2*

**10:45–12:30**      **Plenary 2:**  
**A healthy city: peace through participation**  
*Auditorium*  
*Russian, Spanish and Turkish translation available*

The session will explore the role of cities in mobilizing the people within them to contribute to peaceful and resilient communities and societies, in particular in the aftermath of conflict or events that serve to fragment society. It will highlight mental health and the psychosocial elements of post-conflict reconciliation in urban environments, and explore the role of cities in ensuring, maintaining and rebuilding peace through participation.

Keynote speakers

- Brandon Hamber, Professor, International Conflict Research Institute, Ulster University, Northern Ireland, United Kingdom
- Ilona Kickbusch, Director, Global Health Centre, Graduate Institute Geneva, Switzerland

Round-table

- Brandon Hamber, International Conflict Research Institute, Ulster University, Northern Ireland, United Kingdom
- Ilona Kickbusch, Director, Global Health Centre, Graduate Institute Geneva, Switzerland
- John Middleton, President, Faculty of Public Health, United Kingdom

Moderator

- Richard Alderslade, Senior Adviser, WHO Regional Office for Europe

Session Chairs

- Clark Bailie, Chief Executive, Northern Ireland Housing Executive
- Bente Mikkelsen, Director, Division of Noncommunicable Diseases and Promoting Health through the Life-course

**12:30–14:00 Lunch, Harbour Commissioners Office (invitation only)**  
*Music by Ruth Corry, Harpist*

**12:30–14:00 Lunch, Belfast Waterfront (all participants)**  
*Participatory Art, Hall 1*



## Summary Parallel Session B

<b>Learning through practice</b>  <i>B1: Healthy city stories: around the world 1</i>  <i>Auditorium</i> <i>Russian translation</i>	<b>Strategic workshop</b>  <i>B2: Planetary health: building sustainable, healthy and equitable cities</i>  <i>Hall 2A – Turkish translation</i>	<b>Learning through practice</b>  <i>B3: Ageing populations: support systems to live at home</i>  <i>Room 1B</i>	<b>Learning through practice</b>  <i>B4: Schools: key vehicles for improving children's health outcomes</i>  <i>Hall 2B</i> <i>Spanish translation</i>
<b>Learning through practice</b>  <i>B5: Co-creation: approaches in shaping public health strategies</i>  <i>Room 2A</i>	<b>Learning through practice</b>  <i>B6: Improving Air quality: creating healthy urban environments</i>  <i>Room 2B</i>	<b>Learning through practice</b>  <i>B7: Smart technologies: designing inclusive public health interventions</i>  <i>Room 3A</i>	<b>Strategic workshop</b>  <i>B8: Using place to make a difference</i>  <i>Room 3B</i>

## Detailed Parallel Session B

**B1: Healthy city stories: around the world 1***Auditorium, Russian translation*

Healthy cities share a vision for urban health in which cities put people and their health and well-being at the centre of all their policies and actions. Healthy cities have strong political leadership, are centres of good practice and are in a unique position to learn and share knowledge, insight and inspiration in a spirit of solidarity. This is the first session of three sessions that will highlight the progress that has been achieved as part of the last 30 years of the Healthy Cities programme.

- Chair: Oskonbek Moldokulov, WHO Regional Office for Europe
- Discussant: Agis Tsouros, International Adviser, Global Healthy Cities

Abstract 97, Horsens, Denmark: Ingunn Søndergaard Jacobsen  
*Horsens Healthy City – co-creating welfare for 30 years*

Abstract 268, Sharjah, United Arab Emirates: Abdelaziz Al Mheiri  
*Sharjah: the first healthy city in the Eastern Mediterranean Region*

Abstract 29, Bursa, Turkey: Murat Ar, Emine Didem Evci Kiraz (two speakers)  
*The story of healthy cities in Turkey*

Abstract 313, Seixal, Portugal: Manuela Calado  
*Portuguese Healthy Cities Network: promoting health for 20 years*

Abstract 342, Russian Federation: Tatiana Shestakova  
*Implementation of the WHO Healthy Cities project in the Russian Federation: opportunities for cooperation*

**B2: Planetary health strategic workshop***Planetary health: building sustainable, healthy and equitable cities**Hall 2A, Turkish translation*

This workshop will explore three interlinked challenges to building sustainable, healthy and equitable cities: reducing the environmental footprint, increasing resilience to environmental change and promoting and protecting health.

**Speakers:**

- Paul Wilkinson, London School of Hygiene and Tropical Medicine, England, United Kingdom
- Mike Davies, University College London, England, United Kingdom
- Mehrnaz Ghojeh, C40 Cities Climate Leadership Group
- Susan Parnell, University of Bristol, England, United Kingdom
- Charlotte Marchandise-Franquet, Rennes, France
- Jonathan Patz, University of Wisconsin at Madison, United States of America

**B3: Ageing populations: support systems to live at home**

**Room 1B**

Populations across the globe are ageing, particularly in developed economies, presenting new challenges for urban policy-makers. Larger numbers of older people with health needs lead to increased pressures on public health systems. Having older people live in their own home for longer by providing care at home is one way of relieving health facilities from some of the increased demands.

- Chair: Manfred Huber, WHO Regional Office for Europe
- Discussant: Elizabeth Mitchell, Belfast, Northern Ireland, United Kingdom

Abstract 70, Kuopio, Finland: Tuula Hartikainen

*Clinical coordination centre for acute mobile integrated social and health care: developing multiprofessional cooperation and communication in acute home care*

Abstract 276, Kuopio, Finland: Pauliina Kämäräinen

*Promoting the well-being of older people through innovative safety technology – a platform*

Abstract 298, Khon Kaen, Thailand: Rina Patramanon

*Fostering healthy subrural community ecosystems by smart technologies for the ageing society in Thailand*

Abstract 144, Glyfada, Greece: Evanthia Evangelou

*Exploring the quality of life of the users of an open care centre for older people in the Municipality of Glyfada, Greece*

**B4: Schools: key vehicles for improving children's health outcomes**

**Hall 2B, Spanish translation**

Good childhood health and well-being are instrumental for improving educational attainment. In addition, a healthy childhood increases the prospect of good health and well-being during adulthood. Schools play a central role in children's lives and can therefore act as main drivers for promoting children's health and well-being.

- Chair: John Ashton, Senior Adviser, WHO European Healthy Cities Network
- Discussant: Heini Parkkunen, Turku, Finland

Abstract 28, Swansea, Wales, United Kingdom: Emily Marchant

*The HAPPEN Swansea project – the health and attainment of students in a primary education network.*

Abstract 209, Matosinhos, Portugal: Mariana Ferreira

*Tackling childhood obesity using setting-specific strategies for promoting health and well-being in preschools and public elementary schools in Matosinhos*

Abstract 211, Madrid, Spain: Eva Maria Martin

*Childhood obesity longitudinal prevention program of Villanueva de la Cañada (Madrid, Spain): effects of various health promotion strategies on the prevalence of overweight and obesity*

Abstract 165, Riga, Latvia: Diāna Koerna

*A comprehensive approach for preventing injuries among children*

**B5: Co-creation: approaches in shaping public health strategies**

**Room 2A**

Cities play an increasingly more prominent role than they did in the past when responding to societal challenges, including urbanization, ageing populations and climate change. To create effective public health strategies, new alliances and relations between partners within the city, but also between cities and regional and national authorities, have become indispensable.

- Chair: Richard Alderslade, Senior Adviser, WHO Regional Office for Europe
- Discussant: Darren Crossley, Carlisle, England, United Kingdom

Abstract 61, Helsinki, Finland: Nella Savolainen

*Regional well-being reports – a tool for strategic management in Finland*

Abstract 250, Utrecht, Netherlands: Hanneke Schreurs

*An example of people-centred, integral and participatory public health monitoring at the local level: public health monitor in Utrecht, Netherlands*

Abstract 278, Udine, Italy: Stefania Pascut

*City health diplomacy: co-creation and middle-out approaches for better health and sustainability*

Abstract 172, Kuopio, Finland: Arto Holopainen

*Living Lab services promoting health in the community through participation*

## **B6: Improving air quality: creating healthy urban environments**

### **Room 2B**

The adverse effects of human exposure to air pollution, both indoors and outdoors, are increasingly being backed up by solid evidence. This has led to a greater emphasis on preventing air pollution in a range of policy strategies in recent decades that aim to improve air quality both indoors and outdoors, ranging from source control to air-cleaning solutions.

- Chair: Pierpaolo Mudu, WHO Regional Office for Europe
- Discussant: Geraint Ellis, Belfast, Northern Ireland, United Kingdom

Abstract 238, Porto, Portugal: Eduardo de Oliveira Fernandes

*Empowering society by creating healthy urban environments*

Abstract 124, Belfast, Northern Ireland, United Kingdom: Gordon Clarke, Claire Pollock

*The CHIPS project: improving air quality – cycle highways innovation for smarter people transport and spatial planning*

Abstract 81, Sydney, Australia: Alana Crimeen

*Healthy airports*

Abstract 87, Modena, Italy: Daniele Biagioni

*Urban forestation in Modena*

## **B7: Smart technologies: designing inclusive public health interventions**

### **Room 3A**

Policy-makers have become increasingly aware of the need to engage the general population to be able to respond to future challenges in an inclusive way. Helping citizens to observe, understand and shape processes that adversely affect public health will ultimately lead to more effective policy choices. Smart technologies now provide new platforms to assist in this process.

- Chair: John Middleton, Faculty of Public Health, United Kingdom
- Discussant: Bryan Nelson, Belfast, Northern Ireland, United Kingdom

Abstract 159, Edinburgh, Scotland, United Kingdom: Petra Biberbach, Cliff Hague

*Technology, governance and volunteering: bridging the gap between people, place and participation*

Abstract 58, Kuopio, Finland: Anni Riepponen

*Supporting the oral health of youth and children by multidisciplinary digital intervention in Kuopio Public Oral Health Care*

Abstract 98, Dublin, Ireland: Philip Crowe, Aoife Corcoran (two speakers)

Abstract 76, Turku, Finland: Karolina Mackiewicz

*Participatory approaches in disease prevention and health promotion – let the user guide the development: the BaltCityPrevention project*

## **B8: Using place to make a difference**

### **Room 3B**

This session explores how place and healthy place-making can be used to make a difference to people's lives.

*“A healthy city leads by example, with the social, physical and cultural environments aligned to create a place that is actively inclusive, and facilitates the pursuit of health and well-being for all.”*

The quote above is from the Copenhagen Consensus of Mayors vision Healthier and Happier Cities for All (February 2018). This document sees designing urban places that improve health and well-being as key to what a healthy city needs to be engaged with. Healthy place-making is very much part of a fully integrated agenda. The WHO Regional Office for Europe developed a roadmap to assist Member States with implementing the 2030 Agenda for Sustainable Development, building on Health 2020. This roadmap proposes the establishment of healthy places, settings and resilient communities as one of five strategic directions. Enabling measures are: investment for health; multi-partner cooperation; health literacy, research and innovation and monitoring and evaluation. In this session, we want all attendees to think through the wide variety of approaches available for cities to explore and to implement.

- Chair: Pirooska Ostlin, WHO Regional Office for Europe
- Discussant: Marcus Grant, Senior Adviser, WHO European Healthy Cities Network

Abstract 114, Glasgow, Scotland, United Kingdom: John Howie

*The place standard: how good is your place?*

Abstract 34, Bristol, England, United Kingdom: Laurence Carmichael

*Environment and health for European cities in the 21st century: empowering cities in international governance to make a difference*

Abstract 123, Sheffield, England, United Kingdom: Geoff Green

*Social return on investment in housing modernization*

Abstract 62, Malmö, Sweden: Marianne Dock

*Knowledge alliances connected to place*

**16:00–16:30 Break, Belfast Waterfront**

**16:30–18:00 Parallel Session C**

### **Summary Parallel Session C**

<b>Learning through practice</b>  <i>C1: Peace journeys: building resilient communities in Northern Ireland</i>  <b>Auditorium</b> Russian translation	<b>Learning through practice</b>  <i>C2: Empowering older people: active participation for healthier lives</i>  <b>Room 1B</b>	<b>Learning through practice</b>  <i>C3: Leaving no one behind: inclusive approaches towards universal well-being</i>  <b>Hall 2B</b> Spanish translation	<b>Learning through practice</b>  <i>C4: Active travel and transit</i>  <b>Room 2A</b>
<b>Learning through practice</b>  <i>C5: Promoting healthy and active environments</i>	<b>Learning through practice</b>  <i>C6: Improving the health of children through urban design</i>	<b>Learning through practice</b>  <i>C7: Inspiring change: inclusive arts for health and well-being</i>	<b>Meeting</b>  <i>C8: Environment and Health Working Group meeting</i>

Room 2B	Room 3A	Room 3B	Hall 2A Turkish translation
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## Detailed Parallel Session C

### C1: Peace journeys: building resilient communities in Northern Ireland

#### Auditorium

#### Russian translation

It has been 20 years since the Peace Agreement was signed that formally ended the Northern Ireland conflict. Although various peace-building programmes have since been introduced, the legacy of the conflict remains a challenge to be dealt with. Intercommunal strife and residential segregation based on community affiliation have not gone away. Initiatives that contribute to more positive community relations therefore still have an important role to play within Northern Ireland society

- Chair: Heather Moorhead, Belfast, Northern Ireland, United Kingdom
- Discussant: Agis Tsouros, International Adviser, Global Healthy Cities

Abstract 256, Belfast, Northern Ireland, United Kingdom: Eva Urban

*Building peace and inclusive communities in Northern Irish theatre: healing divisions in Kabosh's Green and Blue and Lives in Translation*

Abstract 26, Lisburn, Northern Ireland, United Kingdom: Adrian Bird

*After conflict: one community's journey to peace*

Belfast, Northern Ireland, United Kingdom: Jacqueline Irwin

*Monitoring peace: why and how? The background story to the Northern Ireland Peace Monitoring Project*

### C2: Empowering older people: active participation for healthier lives

#### Room 1B

Societies across the globe are ageing: it is estimated that, by the middle of the century in many high-income countries, one third of the population will be 60 years or older. This anticipated increase in the number of older people highlights the need to make sure that older citizens are included within the wider society and are less dependent on health facilities. Age-friendly planning and governance structures contribute to more active and healthier lifestyles for older people, thereby reducing pressure on the public health sector.

- Chair: Pascal Bisscheroux, Rotterdam, Netherlands
- Discussant: Manfred Huber, WHO Regional Office for Europe

Abstract 68, Belfast, Northern Ireland, United Kingdom: Elma Greer

*Age-friendly Belfast – a brief overview*

Abstract 103, Lisbon, Portugal: Nuno Veludo

*Physical activity and older people – integrated city response to promote the quality of life*

Abstract 192, Belfast, Northern Ireland, United Kingdom: Sylvia Moore

*Greater Belfast Seniors' Forum – an innovative, intersectoral, participatory partnership advocating for the place of older people in our city, our peace and our prosperity*

### C3: Leaving no one behind: inclusive approaches towards universal well-being

#### Hall 2B

#### Spanish translation

Access to suitable health facilities for all citizens is instrumental for achieving universal health and well-being across the population. However, vulnerable groups often miss out on health support due to lack of knowledge or opportunities to access facilities. The development of tailored programmes for reaching and providing health support to such groups more effectively would contribute to the inclusiveness of public health systems.

- Chair: Matthew Philpott, European Healthy Stadia Network
- Discussant: David Stewart, Belfast, Northern Ireland, United Kingdom

Abstract 257, Modum, Norway: Jurunn Killingstad, Malin Maurset (two speakers)  
*Leisure time as part of the systematic public health promotion: experiences from the Municipality of Modum, Norway*

Abstract 261, Galway, Ireland: Catherine Anne Field, Saoirse NicGabhainn  
*Galway healthy city strategy to prevent and reduce alcohol-related harm: evaluation findings*

Abstract 63, Belfast, Northern Ireland, United Kingdom: Sherlyn Logue  
*Giving priority to the participation of experts by experience in decisions that affect them*

#### **C4: Active travel and transit**

##### **Room 2A**

*"A healthy city leads by example, with the social, physical and cultural environments aligned to create a place that is actively inclusive, and facilitates the pursuit of health and well-being for all."*

The quote above is from the Copenhagen Consensus of Mayors vision Healthier and Happier Cities for All (February 2018). In this vision, place occupies a pivotal role between planet and people, linking human, social and urban development together. This session allows cities to discuss place through the lens of active travel and transit.

- Chair: Piroos Ostlin, WHO Regional Office for Europe
- Discussant: Marcus Grant, Senior Adviser, WHO European Healthy Cities Network

Abstract 258, Belfast, Northern Ireland, United Kingdom: Andrew Grieve  
*Walking the walk on active travel*

Abstract 224, Belfast, Northern Ireland, United Kingdom: Chris Karelse  
*Promoting active travel within communities*

Abstract 7, Quezon City, Philippines: Angelo Paulo Mogul  
*The TOD suitability index (TSI): establishing a method for selecting sites suitable for transit-oriented developments (TOD)*

#### **C5: Promoting healthy and active environments**

##### **Room 2B**

The creation of built environments that promote active and healthy lifestyles is a complex task that requires a multitude of disciplines to come together to develop a shared understanding of the impact of the built environment on health. It also requires close cooperation between the public sector and partners from the academic and private sectors to achieve well-informed policies and interventions.

- Chair: Nigel McMahon, Belfast, Northern Ireland, United Kingdom
- Discussant: Etive Currie, NHS Health Scotland, United Kingdom

Abstract 287, Bicester, England, United Kingdom: Rosie Rowe  
*Bicester Healthy New Town programme: a whole system approach to healthy place-making*

Abstract 169, Belfast, Northern Ireland, United Kingdom: Geraint Ellis  
*The governance of the age-friendly city: emerging findings from Belfast*

Abstract 333, Brisbane, Australia: Mimi Tsai  
*Ageing and dwelling: residents' healthful landscape experiences in Australian aged care facilities*

#### **C6: Improving the health of children through urban design**

##### **Room 3A**

The United Nations Convention on Right of the Child has enshrined a child's right to play, but often a lack of suitable spaces for children to play outdoors unattended means that this right is being restricted. In addition, children are often overlooked when planning and designing the urban environment despite the importance of outdoor play for children's healthy development. Urban environments that encourage playful activities not only contribute to children's health but can also improve the health of adults, particularly older people.



- Chair: Richard Alderslade, Senior Adviser, WHO Regional Office Office
- Discussant: Russell Jones, Glasgow, Scotland, United Kingdom

Abstract 106, Falu, Sweden: Birgitta Matsson, Annie-Maj Johansson (two speakers)  
*Students' participation and influence in designing school grounds*

Abstract 161, London, England, United Kingdom: Alison King  
*A child's right to play: designing healthy and accessible play in the city*

Abstract 285, Udine, Italy: Stefania Pascut  
*Play and the city: an innovative paradigm for social inclusion, sustainability and place-making*

## **C7: Inspiring change: Inclusive arts for health and well-being**

### **Room 3B**

Participation in cultural activities can promote the well-being of people by increasing social inclusion, enhancing self-confidence and developing skills that are useful for the employment market. These outcomes can all act to improve health and well-being. Participation in cultural activities can be particularly helpful for vulnerable people, who might face challenges with social participation and skills development.

- Chair: Ingunn Søndergaard Jacobsen, Horsens, Denmark
- Discussant: John Ashton, Senior Adviser, WHO European Healthy Cities Network

Abstract 199, Carlisle, England, United Kingdom: Darren Crossley, Catherine Coulthard  
*Supporting inclusive arts for health and well-being*

Abstract 119, Horsens, Denmark: Inge Kristiansen  
*Horsens Healthy City: human growth through participation in culture groups*

Abstract 158, Rijeka, Croatia: Jadran Mandekic  
*i-Fest – creativity festival for children and adults with disabilities in Rijeka*

## **C8: Environment and Health Working Group meeting**

### **Hall 2A, Turkish translation**

Facilitator: Miriam Weber, Utrecht, Netherlands

### **17:45–18:30 Hall 1**

*Choir practice – Celebrate 30 years of Healthy Cities in song*

### **18:30 Delegates leave Riverside entrance of Belfast Waterfront to walk to City Hall**

### **19:00–21:00 Civic Reception, City Hall, Belfast**

*Music by Amy McAllister, vocalist and harpist*  
*Music by Conor Taggart*

- Deputy Lord Mayor, Councillor Emmet McDonough Brown

## **Wednesday 3 October 2018**

### **7:30–8:15 Physical activity session, Morning walk**

Belfast Waterfront, Riverside entrance, Belfast Waterfront

### **8:30–10:00 Plenary 3: Transformative approaches for environment and health in European Cities: inspiring, connecting, acting**

#### **Auditorium**

#### **Russian, Spanish and Turkish translation available**

The 2030 Agenda for Sustainable Development requires and stimulates transformative approaches to addressing existing and emerging environment and health challenges faced

by cities. This means, for example, linking people, their health and well-being to the places where they live and to the planet, which provides the resources and support on which our very existence depends. In this complex and intertwined context, any European healthy cities are at the forefront of addressing themes such as the circular economy and the rethinking of urban spaces in an effort to turn the urban challenges of the 21st century into opportunities that can deliver multiple benefits. The session will use inspiring experiences from different European urban contexts to stimulate action.

#### Keynote speakers

- Janez Potočnik, Co-chair, UNEP International Resource Panel; former European Commissioner for Research and Development; former European Commissioner for the Environment; and Partner SYSTEMIQ
- Victor Everhardt, Deputy Mayor of Utrecht and Chair, WHO European Healthy Cities Network Working Group on Environment and Health

#### Round-table

- Janez Potočnik, Co-chair, UNEP International Resource Panel; former European Commissioner for Research and Development; former European Commissioner for the Environment; and Partner SYSTEMIQ
- Victor Everhardt, Deputy Mayor of Utrecht and Chair, WHO European Healthy Cities Network Working Group on Environment and Health
- Brigit Staatsen, RIVM, Netherlands, Chair of the Environment and Health Process Working Group
- Jonathan Patz, Professor and Director of Global Environmental Health, University of Wisconsin at Madison, United States of America
- Tom Andrews, Director, Sustainable Food Cities, United Kingdom
- Representative of the European Committee of the Regions (to be confirmed)

#### Moderator

- Laurence Carmichael, Head, WHO Collaborating Centre for Healthy Urban Environments, University of the West of England, Bristol, England, United Kingdom

#### Session chairs

- Katrina Godfrey, Permanent Secretary, Department for Infrastructure, Northern Ireland, United Kingdom
- Pirooska Ostlin, Director, Division of Policy and Governance for Health and Well-being, WHO Regional Office for Europe

**10:15**

#### **Delegates to leave Riverside entrance, Belfast Waterfront for site visits**

*Tea and coffee will be served on arrival at site visits*

#### **Site visits**

<p><b>Site visit 1: Innovative approaches to medicine</b></p> <p><i>Host: Cancer Centre at Belfast Health and Social Care Trust and Macmillan Support and Information Centre, including a visit to the Botanic Gardens</i></p> <p><i>Lunch venue: Deanes at Queens</i></p>	<p><b>Site visit 2: Regional Trauma Unit, Royal Victoria Hospital</b></p> <p><i>Host: Emergency Department, Royal Victoria Hospital, Belfast Health and Social Care Trust, including a historical tour of the community</i></p> <p><i>Lunch venue: Howard Street Restaurant</i></p>	<p><b>Site visit 3: Diversity in South Belfast</b></p> <p><i>Host: Chinese Welfare Association and South Belfast Partnership Board, including a visit to Ormeau Park</i></p> <p><i>Lunch venue: Tedfords Kitchen Bar &amp; Restaurant</i></p>
<p><b>Site visit 4: Shaping the future development of Belfast, a local development plan</b></p> <p><i>Host: Belfast City Council, including a tour of Belfast's Cathedral Quarter</i></p>	<p><b>Site visit 5: Connswater Community Greenway</b></p> <p><i>Host: Eastside Visitors Centre, including a walk or cycle along the greenway</i></p>	<p><b>Site visit 6: Supported housing for people living with dementia and developing dementia-friendly communities</b></p> <p><i>Host: Belfast Health and Social Care Trust in partnership with Clanmil Housing Association, Helm Housing, including a</i></p>



<i>Lunch venue: Salt Bistro</i>	<i>Lunch venue: Eastside Visitors Centre</i>	<i>guided historical tour of the local area</i>  <i>Lunch venue: Belfast Castle</i>
<i>Site visit 7: Public health tour of Belfast</i>  <i>Host: Belfast Healthy Cities, including a walking tour of Belfast city centre</i>  <i>Lunch venue: Clifton House</i>	<i>Site visit 8: Treating conditions – exercise through prescriptions</i>  <i>Host: Active Belfast, Public Health Agency, including a tour of Olympia Leisure Centre</i>  <i>Lunch venue: Tedfords Kitchen Bar &amp; Restaurant</i>	<i>Site visit 9: W5 Science Centre</i>  <i>Host: W5, including a walking tour of Titanic Quarter</i>  <i>Lunch venue: Titanic Hotel</i>
<i>Site visit 10: Early years: intervention approaches in Shankill</i>  <i>Host: Greater Shankill Partnership, including a walking tour of Shankill Road</i>  <i>Lunch venue: The Foundry Café, Spectrum Centre</i>	<i>Site visit 11: Belfast – an age- friendly city</i>  <i>Host: Healthy Ageing Strategic Partnership, including participation in a tea dance</i>  <i>Lunch venue: James Street South Bar and Grill</i>	<i>Site visit 12: Belfast – a UNESCO Learning City</i>  <i>Host: Footprints Women’s Centre, including a tour of west Belfast</i>  <i>Lunch venue: Tedfords Kitchen Bar &amp; Restaurant</i>
<i>Site visit 13: Sustainable growth – a city region deal</i>  <i>Host: Belfast City Council, including a tour of Belfast City Hall</i>  <i>Lunch venue: Coco</i>	<i>Site visit 14: Prosperity along the River Lagan</i>  <i>Host: Department for Communities, including a boat tour of the River Lagan</i>  <i>Lunch venue: The Dark Horse</i>	<i>Site visit 16: Institute for Global Food Security</i>  <i>Host: Queen’s University Belfast, including a guided tour of Queen’s University</i>  <i>Lunch venue: Deanes at Queens</i>
<i>Site visit 17: Bryson Recycling - leading social enterprise</i>  <i>Host: Bryson Charity, Mallusk</i>  <i>Lunch venue: Belfast Castle</i>	<i>Site visit 19: A Care Zone in north Belfast</i>  <i>Host: Care Zone, including a visit to Belfast Castle</i>  <i>Lunch venue: Belfast Castle</i>	<i>Site visit 20: Health and housing</i>  <i>Host: Northern Ireland Housing Executive, including a bus tour of Belfast</i>  <i>Lunch venue: Café Parisian</i>
<i>Site visit 21: Creating a shared city</i>  <i>Host: Girdwood Community Hub, including a visit to Crumlin Road Gaol</i> <i>Places available: 40</i>  <i>Lunch venue: Belfast Castle</i>		

**13:15–14:30** Lunch, Belfast Waterfront, Hall 1, for participants not attending a site visit

**14:30–16:00** Parallel Session D

## Summary Parallel Session D

<b>Learning through practice</b>  <b>D1: Empowering people for improved mental well-being: collaborative approaches</b>  <b>Room 1B</b>	<b>Strategic workshop</b>  <b>D2: Nature and health: the contribution of place-making</b>  <b>Room 2A</b>	<b>Learning through practice</b>  <b>D3: Young people's personal journeys: NEET solutions</b>  <b>Hall 2B</b> <b>Spanish translation</b>	<b>Learning through practice</b>  <b>D4: Co-production: enhancing sustainable communities</b>  <b>Room 2B</b>
<b>Learning through practice</b>  <b>D5: Taking action: hard-to-reach groups</b>  <b>Auditorium</b> <b>Turkish translation</b>	<b>Learning through practice</b>  <b>D6: Equity and inclusion: urban, regional and national initiatives</b>  <b>Room 3A</b>	<b>Learning through practice</b>  <b>D7: Engagement and prevention strategies: measuring the impact</b>  <b>Room 3B</b>	<b>Strategic workshop</b>  <b>D8: Environment and health</b>  <b>Hall 2A</b> <b>Russian Translation</b>

## Detailed Parallel Session D

### D1: Empowering people for improved mental well-being: collaborative approaches

#### Room 1B

People who are emotionally healthy are generally better able to cope with life's challenges, build strong relationships and recover from setbacks. Empowering people to support their emotional well-being and to become more resilient to adversity, trauma and stress is key to preventing mental health problems from developing.

- Chair: Elizabeth Mitchell, Belfast, Northern Ireland, United Kingdom
- Discussant: John Ashton, Senior Adviser, WHO European Healthy Cities Network

Abstract 130, Rijeka, Croatia: Jadran Mandekic  
*Mentalfest – a festival of mental health in Rijeka.*

Abstract 222, Frederiksberg, Denmark: Lone Brink Rasmussen *Promoting mental health through social interaction and mental well-being and measuring mental health in existing health initiatives may improve mental health in local communities*

Abstract 255, Waterford, Ireland: Deirdre Lindy  
*#KindWaterford – kindness through collaboration and participation.*

Abstract 80, Belfast, Northern Ireland, United Kingdom: Maria Morgan, Linda Armitage, Margaret Walker (three speakers)  
*Top Tips for Looking After Yourself – a tool to help build emotional resilience*

### D2: Nature and health: the contribution of place-making

#### Room 2A

*"A healthy city leads by example, with the social, physical and cultural environments aligned to create a place that is actively inclusive, and facilitates the pursuit of health and well-being for all."*

The quote above is from the Copenhagen Consensus of Mayors vision Healthier and Happier Cities for All (February 2018). In this vision, place occupies a pivotal role between planet and people, linking human, social and urban development together.

This session enables cities to discuss place through the lens of nature and its contribution to health and health equity.

- Chair: Carol Ramsey: Belfast, Northern Ireland, United Kingdom
- Discussant: Laurence Carmichael, Bristol, England, United Kingdom

Abstract 187, Belfast, Northern Ireland, United Kingdom: Ruth Hunter  
*Systematic review of the environmental, health, well-being and equity effects of urban green space interventions: recommendations for policy-makers, practitioners and researchers*

Abstract 113, Jerusalem, Israel: Miri Reiss  
*Urban nature sites as a health resource in Jerusalem*

Abstract 1, France: Zoë Heritage  
*Health in all policies, urban green spaces and health: the GREENH-City research project with the members of the French Healthy Cities Network*

### **D3: Young people's personal journeys: NEET (not in education, employment or training) solutions** **Hall 2B, Spanish translation**

The growing reliance of developed economies on the service sector means that young people not in education, employment or training (NEET) find it increasingly difficult to sustain themselves and fully participate in society. The social exclusion and marginalization of young people is not only a financial burden for society but leads to a human cost that is much more difficult to address.

- Chair: Danny McQuillan, Belfast, Northern Ireland, United Kingdom
- Discussant: Justine Daly, Belfast, Northern Ireland, United Kingdom

Abstract 45, Kuopio, Finland: Eija Tanninen-Komulainen  
*Happy:D – social inclusion and well-being for young people through design*

Abstract 138, Turku, Finland: Matti Mäkelä  
*Youth guarantee in Turku, Finland: vision, results and best practices*

Abstract 154, Belfast, Northern Ireland, United Kingdom: Stephen Atkinson  
*Health, wealth and happiness: young people extending their choices for learning and work in Belfast*

### **D4: Co-production: enhancing sustainable communities** **Room 2B**

There is growing acknowledgement that building healthy and sustainable communities requires collective action. A challenge remains in identifying inclusive models of governance in which citizens move away from being passive recipients of service delivery to being truly engaged in the decision-making processes. Co-production offers a framework for effecting such a shift in governance models.

- Chair: Nigel McMahon, Belfast, Northern Ireland, United Kingdom
- Discussant: Greg Straton, Dublin, Ireland

Abstract 129, Antrim and Newtownabbey, Northern Ireland, United Kingdom: Alison Briggs, Wendy Brolly  
*Co-production: how to remove barriers that prevent people from participating in the decisions affecting their lives – Duneane Collective case study*

Abstract 254, Newtownabbey, Northern Ireland, United Kingdom: Gavan Rafferty  
*Inclusive engagement for co-producing healthy places: reflections from research and practice*

Abstract 288, Yarmouk, Kuwait: Ghassan Alothman  
*Yarmouk Healthy City: reviving community engagement for a multisectoral impact*

### **D5: Taking action: hard-to-reach groups** **Auditorium, Turkish translation**

Public health-care systems around the globe have often been established for the purpose of providing good-quality care to all citizens, without due attention to gender, social or economic background. Some groups of people experience more difficulties in accessing health care than others. This deficit in health-care provision is particularly evident for immigrants, who often face social and economic marginalization and might lack knowledge about the structure of public health-care systems. These three case studies explore different approaches to increasing access to health care for hard-to-reach groups such as immigrants.

- Chair: Piroska Ostlin, WHO Regional Office for Europe
- Discussant: Joan Devlin, Belfast, Northern Ireland, United Kingdom

Abstract 185, Bursa, Turkey: Murat Ar

*Role of municipalities in Turkey on economic and social development: current status and activities of the Metropolitan Municipality of Gaziantep*

Abstract 332, Farsala, Greece: Kyriaki Panagiotopoulou

*Strategic planning and actions on Roma integration in the Municipality of Farsala*

Abstract 180, Cork, Ireland: Denise Cahill

*Traveller women's perspectives on the underlying causes of their food choices: an interagency partnership working towards an alternative health education discourse and practice*

## **D6: Equity and inclusion: urban, regional and national initiatives**

### **Room 3A**

The emergence of health inequalities within society can often be linked to the existence of structural social inequalities, particularly factors that make it difficult for deprived people to escape deprivation. Addressing these factors should therefore act as a prerequisite for tackling health inequalities. This is particularly important in early childhood services that, if successful, can contribute to reducing the risks for children from deprived backgrounds developing a poor health record in early life. These three case studies explore initiatives at various governance levels that seek to address social inequalities among children to provide them with increased future life opportunities.

**Chair: Raimonda Daksa, Jurmala, Latvia**

**Discussant: Lee Sherriff, Carlisle, England, United Kingdom**

Abstract 50, Swansea, Wales, United Kingdom: Nina Sunthakar Williams

*Narrowing the gap in speech and language and communication skills in readiness for school in Abertawe Bro-Morgannwg (Swansea, Neath, Port Talbot and Bridgend)*

Abstract 44, Gothenburg, Sweden: Elisabeth Bengtsson

*Reducing school failures – the road to health and regional development*

Abstract 36, Beer Sheva, Israel: Dan Dekel-Markovich

*Caries prevention in maternal and child health centres in deprived areas in Israel*

## **D7: Engagement and prevention strategies: measuring the impact**

### **Room 3B**

Key elements that underlie any attempt to make public health strategies more effective are the development and understanding of the population's health needs and the involvement of target groups in the planning of public health interventions. However, challenges remain around developing a set of indicators that reliably measure the impacts of community engagement models.

These four case studies explore various community engagement models in the health sector and attempt to identify a practical framework for measuring their impact.

- Chair: Brianna Connaughton, Galway, Ireland
- Discussant: David Stewart, Belfast, Northern Ireland, United Kingdom

Abstract 105, Glyfada, Greece: Evanthia Evangelou

*Quality of life of local social service users in the Municipality of Glyfada, Attica, Greece: results of a pilot case study*

Abstract 314, Newtownabbey & Belfast, Northern Ireland, United Kingdom: Karen Casson, Patricia Gillen (two speakers)

*Monitoring, measuring and evaluating the impact of personal and public involvement in health and social care in Northern Ireland*

Abstract 302, Victoria, Canada: Diana Gresku, Victoria Barr (two speakers)

*Measuring outcomes at multiple levels: a Canadian evaluation framework for healthier communities*

**D8: Environment and health tools: how to assess health impacts of environmental conditions**  
*Hall 2A, Russian translation*

Facilitator: Brigit Staatsen, RIVM, Netherlands, Chair of the Environment and Health Process Working Group

**16:00–16:30**    **Break**  
*Participatory art, Hall 1*

**16:30–18:00 Parallel Session E**  
**Summary Parallel Session E**

<b>Learning through practice</b>  <i>E1: Investing in early years: collaborating for better outcomes for children</i>  <b>Room 1B</b>	<b>Strategic workshop</b>  <i>E2: Making co-design real: improving people's lives or still a challenge</i>  <b>Room 2A</b>	<b>Learning through practice</b>  <i>E3: Participation, inclusion and community for healthy places</i>  <b>Hall 2A</b> Russian translation	<b>Learning through practice</b>  <i>E4: Living well with dementia: inclusive responses</i>  <b>Auditorium</b> Turkish translation
<b>Learning through practice</b>  <i>E5: Natural capital: promoting environmental sustainability</i>  <b>Room 2B</b>	<b>Learning through practice</b>  <i>E6: Capacity and skills to reduce inequalities</i>  <b>Hall 2B</b> Spanish translation	<b>Learning through practice</b>  <i>E7: Building resilience: tools and self-help</i>  <b>Room 3A</b>	<b>Training</b>  <i>E8: Place Standard Tool Part 1</i>  <b>Room 3B</b>

**Detailed Parallel Session E**

**E1: Investing in early years: collaborating for better outcomes for children**

**Room 1B**

Early childhood years are hugely significant in terms of safeguarding children's health and well-being and their academic and social development in later life. The quality of the education settings and home learning environments, including the support parents provide, can strongly influence the development outcomes of children. Investing in good-quality services for children, parents and caregivers is therefore of paramount importance for increasing levels of well-being.

- Chair: Judy Cronin, Cork, Ireland
- Discussant: Bernadette Cullen, Belfast, Northern Ireland, United Kingdom

Abstract 21, Zagreb, Croatia: Dorja Vočanec

*Development of early childhood investment policy in Croatia*

Abstract 136, Belfast, Northern Ireland, United Kingdom: Roisin McCooey, Kevin Duggan (two speakers)

*Empowering Sure Start families in Northern Ireland – partnership and collaboration makes Sure Start work to give every child the best possible start in life*

Abstract 226, Dublin, Ireland & Belfast, Northern Ireland, United Kingdom: Majella McCloskey, Aisling Sheenhan (two speakers)

*Empowering parents and using evidence to improve child and family outcomes in Ireland and Northern Ireland: a US\$ 200 million investment in early intervention*

**E2: Making co-design real: improving people's lives or still a challenge?**

**Room 2A**

Public health systems can often benefit from knowledge and experience that rest within communities as opposed to health professionals determining the most effective approaches in improving public health outcomes in atypical target groups. The co-design approach enables a wide range of people to make a creative contribution in the formulation of healthcare solutions by acting as experts of lived experiences.

- Chair: Denise Cahill, Cork, Ireland

- Discussant: Zoë Heritage, French Healthy Cities Network

Abstract 168, Setúbal, Portugal: Raquel Levy

*Nosso Bairro Nossa Cidade – promoting life conditions in Setúbal's neighbourhood Bela Vista*

Abstract 69, Belfast, Northern Ireland, United Kingdom: Sandra McCarry, Bernie Kelly, Laura Collins

*Supporting the participation of family carers in Belfast – moving beyond the tick box*

Abstract 125, Belfast, Northern Ireland, United Kingdom: Kathy Martin

*Building the Community–Pharmacy Partnership – bringing pharmacy and community together to tackle health inequalities*

### **E3: Participation, inclusion and community for healthy places**

*Hall 2A, Russian translation*

*“A healthy city leads by example, with the social, physical and cultural environments aligned to create a place that is actively inclusive, and facilitates the pursuit of health and well-being for all.”*

The quote above is from the Copenhagen Consensus of Mayors vision Healthier and Happier Cities for All (February 2018). In this vision, place occupies a pivotal role between planet and people, linking human, social and urban development together.

This session enables cities to discuss healthy place-making as mediated by participation, inclusion and community.

- Chair: John Ashton, Senior Adviser, WHO European Healthy Cities Network
- Discussant: Ruth Hunter, Belfast, Northern Ireland, United Kingdom

Abstract 232, Oxford, England, United Kingdom: Azul Strong Corcoran

*Barton Healthy New Town – an asset- and population-based approach providing equal opportunity for good physical and mental health and well-being*

Abstract 230, Chapayevsk, Russia: Oleg Sergeyev

*Decrease of PYLL-65 after a city remediation programme and throughout Chapaevsk's participation in the WHO European Healthy Cities Network*

Abstract 335, Bursa, Turkey: Nalan Fidan

*Participatory approach to define environmental problems in Bursa and an environment management action plan*

### **E4: Living well with dementia: inclusive responses**

*Auditorium, Turkish translation*

Dementia prevalence rates are increasing due to a globally ageing population, triggering policy-makers to include the provision of supportive and enabling environments for people with dementia in health strategies and programmes. The social and physical environment and the design of the care system can support people with dementia and their caregivers in coping better with their condition and improving their quality of life.

- Chair: Geoff Green, Senior Adviser, WHO European Healthy Cities Network
- Discussant: Manfred Huber, WHO Regional Office for Europe

Abstract 94, Turku, Finland: Katarina Kaipainen

*Reading messengers and culture godparents*

Abstract 300, Manchester, England, United Kingdom & Belfast, Northern Ireland, United Kingdom: Emma Ferguson-Coleman, Alice Johnston, Fiona Brown (three speakers)

*Supporting deaf people living with dementia in Belfast: cultural considerations*

Abstract 90, Modena, Italy: Daniele Biagioni

*Our House/Ca' Nostra: an innovative project of home-based health care*



Abstract 329, Cambridge, England, United Kingdom: Stefanie Buckner  
*Evaluating dementia-friendly cities and communities*

### **E5: Natural capital: promoting environmental sustainability**

#### **Room 2B**

Natural capital can be defined as all the “elements of nature that directly and indirectly produce value or benefits to people” (United Kingdom Natural Capital Committee). The relationship between human society and natural spheres is often seen in terms of resources, but policy-makers are becoming acutely aware of the risks involved in depleting our natural environment beyond a limit from which it cannot recover.

- Chair: Piroska Ostlin, WHO Regional Office for Europe
- Discussant: Geraint Ellis, Belfast, Northern Ireland, United Kingdom

Abstract 52, Tunbridge Wells, England, United Kingdom: Luke Engleback  
*Natural capital health and well-being*

Abstract 253, Calgary, Canada: Dylan McLernon  
*Beehabilitation on spaceship earth*

Abstract 269, Jerusalem, Israel: Milka Donchin  
*Promoting healthy urban nutrition policy – guidelines for implementing a healthy, equitable, sustainable and safe food and nutrition policy*

### **E6: Capacity and skills to reduce inequalities**

#### **Hall 2B, Spanish translation**

People from deprived backgrounds often suffer disproportionately from urban conditions that adversely affect health and well-being. At the same time, this group of people do not benefit proportionally from interventions that aim to improve public health. Improved knowledge and skill sets can help disadvantaged people to address this gap in healthy living conditions.

- Chair: Benny Sell, Lolland, Denmark
- Discussant: Elizabeth Mitchell, Belfast, Northern Ireland, United Kingdom

Abstract 227, Brussels, Belgium: Ingrid Stegeman  
*The INHERIT project: identifying what works to enable and empower people to behave their way to more environmentally sustainable, healthier and more equitable societies*

Abstract 259, Belfast, Northern Ireland, United Kingdom: Anne McCusker  
*Reducing inequalities: getting results*

Abstract 16, Oslo, Norway & Copenhagen, Denmark: Ingvild Little, Charlotte Iisager Petersen (two speakers)  
*Scandinavian partnership to strengthen the soft skills of public health change agents*

### **E7: Building resilience: tools and self-help**

#### **Room 3A**

Resilience refers to a person's capacity to handle difficulties, demands and pressure without experiencing negative effects. Strong social networks and high levels of mental well-being generally make people more resilient. The promotion of resilience among the population can help to make people less dependent on public health facilities and can therefore help to unburden public health systems.

- Chair: Michael Gibbs, Belfast, Northern Ireland, United Kingdom
- Discussant: Heini Parkkunen, Turku, Finland

Abstract 120, Horsens, Denmark: Ingunn Søndergaard Jacobsen  
*Help to self-help – local based empowerment in Horsens Healthy City*

Abstract 299, Belfast, Northern Ireland, United Kingdom: Fiona Murphy, Mandy Cowden  
*Earning through practice: how can we address loneliness?*

Abstract 201, Belfast, Northern Ireland, United Kingdom: Helen Poston  
*Promoting health and well-being in local libraries: demonstrating how libraries provide people with the support and skills to become part of their community*



**E8: Place Standard Tool Part 1**  
**Room 3B**

Facilitator: John Howie and Etive Currie, Glasgow, Scotland, United Kingdom

**19:00–22:00 Politicians' dinner, Malone House, Barnett Demesne (Invitation only)**

*Shuttle buses will be available. See transport information page.*

*Music by Belfast String Quartet*

- Lord Mayor of Belfast, Councillor Deirdre Hargey

**Thursday 4 October 2018**

**8:45– 10:00 Plenary 4: Food and food systems at the heart of delivering healthier and happier cities for all**

**Auditorium**

**Russian, Spanish and Turkish translation available**

*Harmony Choir, North Belfast Schools*

*Harmony North project aims to bring together ten choirs from North Belfast to sing together in a four-piece harmony.*

Food and food systems are critical to health, well-being, community resilience and tackling health inequalities. They are relevant to each theme of the Copenhagen Consensus of Mayors and include both a strong cultural and cohesive dimension of communities and urban places, as well as contributing to the economic health and sustainable development of cities. Food plays a crucial role in addressing the global non-communicable disease burden, and food security is essential to withstand shocks and maintain resilience in emergencies. This plenary session will explore the role of cities in achieving food systems that are inclusive of people and contribute to sustainable and healthy places for all.

Keynote speaker

- Geoff Tansey, Curator, Food Systems Academy, Member, Food Ethics Council

Respondent

- Agis Tsouros, International Adviser, Global Healthy Cities and former Director, WHO Regional Office for Europe

Session chairs

- Peter May, Permanent Secretary, Department of Justice, Northern Ireland
- Richard Alderslade, Senior Adviser, WHO Regional Office for Europe

**10:00–10:30 Break**

## Summary Parallel Session F

<b>Learning through practice</b>  <b>F1: Healthy city stories: around the world 2</b>  <b>Hall 2B</b> <b>Turkish translation</b>	<b>Learning through practice</b>  <b>F2: Entry points for healthy places: architecture and urban design</b>  <b>Room 1B</b>	<b>Learning through practice</b>  <b>F3: Giving children a voice: successful tools</b>  <b>Room 2A</b>	<b>Learning through practice</b>  <b>F4: Health literacy: a means to improve health outcomes</b>  <b>Hall 2A</b> <b>Russian translation</b>
<b>Learning through practice</b>  <b>F5: Defining indicators: multisectoral approaches to data collection</b>  <b>Room 2B</b>	<b>Learning through practice</b>  <b>F6: Collaboration: central to developing successful and inclusive city health policies</b>  <b>Auditorium</b> <b>Spanish translation</b>	<b>Learning through practice</b>  <b>F7: Climate change: risk assessment and positive responses</b>  <b>Room 3A</b>	<b>Training</b>  <b>F8: Place Standard Part 2</b>  <b>Room 3B</b>

## Summary Parallel Session F

**F1: Healthy city stories: around the world 2****Hall 2B, Turkish translation**

Successful healthy cities have strong political leadership, are centres of good practice and are in a unique position to learn and share knowledge, insight and inspiration in a spirit of solidarity. Healthy cities share a vision for urban health that puts people and their health and well-being at the centre of all policies and actions. This is the second session of three sessions that highlight the progress and impact that has been achieved as part of the last 30 years of the Healthy Cities programme.

- Chair: Oskonbek Moldokulov, WHO Regional Office for Europe
- Discussant: John Ashton, Senior Adviser, WHO European Healthy Cities Network

Abstract 337, Taipei, Taiwan, China: Hsien-wen Kuo

*The development and achievement of a healthy cities network in Taiwan, China: sharing leadership and partnership building*

Abstract 156, Almaty, Kazakhstan: Valikhan Akhmetov, Altyn Aringazina (two speakers)

*Almaty as the initiator of healthy cities in Kazakhstan*

Abstract 92, Samar Elfeky, Cairo, Egypt

*The Eastern Mediterranean Regional Healthy City Network, a platform for multisectoral action for health and well-being*

Abstract 341, Belfast, Northern Ireland, United Kingdom: Joan Devlin

*Belfast: sustaining and celebrating 30 years of healthy cities*

**F2: Entry points for healthy places: architecture and urban design****Room 1B**

“A healthy city leads by example, with the social, physical and cultural environments aligned to create a place that is actively inclusive, and facilitates the pursuit of health and well-being for all.”

The quote above is from the Copenhagen Consensus of Mayors vision Healthier and Happier Cities for All (February 2018). In this vision, place occupies a pivotal role between planet and people, linking human, social and urban development together.

This session allows cities to discuss place: the concept of entry points in architecture and urban design for healthy places.

- Chair: Pierpaolo Mudu, WHO Regional Office for Europe
- Discussant: Geraint Ellis, Belfast, Northern Ireland, United Kingdom

Abstract 126, Bristol, England, United Kingdom: Marcus Grant  
*Healthy place-making: finding our strengths*

Abstract 59, Bristol, England, United Kingdom: Emily Prestwood  
*Healthy buildings for a healthy city: is the public health evidence base informing current building policies? The implementation gap in the United Kingdom today*

Abstract 200, Bristol, England, United Kingdom: Louis Rice  
*Healthy architecture: a conceptual framework for the integration of public health into the architectural profession*

### **F3: Giving children a voice: successful tools**

#### **Room 2A**

Engaging children promotes citizenship and develops ideas that provide the opportunity to develop projects on issues that directly affect their lives and in a way that addresses their needs. Cities use creative methods of engagement, including digital tools, to develop proposals that will improve the environment, lifestyles and citizenship. Schools play a key role in promoting citizenship.

- Chair: Pirooska Ostlin, WHO Regional Office for Europe
- Discussant: Diane McIntyre, Belfast, Northern Ireland, United Kingdom

Abstract 205, Belfast, Northern Ireland, United Kingdom: Chris Karelse  
*Healthy Places, Healthy Children – a teaching resource to support a child-led, creative approach to designing healthy and child-friendly places and structured engagement with local decision-makers to affect change*

Abstract 93, Turku, Finland: Mari Helin, Anri Niskala  
*A good everyday environment promotes well-being and facilitates encounters*

Abstract 75, Turku, Finland: Karolina Mackiewicz  
*How to empower children from families with low income to take healthy choices in daily life with digital tools – the EmpowerKids project (Estonia, Finland and Latvia)*

### **F4: Health literacy: a means to improve health outcomes**

#### **Hall 2A, Russian translation**

Health literacy is being developed by a number of healthy cities, with many working to establish health literacy levels among various population groups, particularly those that experience inequalities. This session considers the approaches being used, the level of health literacy knowledge among professionals and plans in progress to improve health literacy levels.

- Chair: Ivana Draholova, Brno, Czech Republic
- Discussant: Bernadette Cullen, Belfast, Northern Ireland, United Kingdom (to be confirmed)

Abstract 9, Stavropol, Russian Federation: Karen Amlaev  
*Project on increasing health literacy*

Abstract 167, Beijing, China: Lil You  
*Effect of government-leading healthy city strategy on residents' comprehensive health literacy improvement: evaluation of Luzhou Healthy City in China*

Abstract 11, Swansea, Wales, United Kingdom: Nina Sunthankar Williams  
*A call to arms – using the Director of Public Health's annual report to raise awareness of local health literacy and how it can affect health outcomes*

Abstract 260, Belfast, Northern Ireland, United Kingdom: Anne McCusker

## **F5: Defining indicators: multisectoral approaches to data collection**

### **Room 2B**

The creation of reliable databases lies at the core of any effort to develop informed policy responses to complex societal challenges. The quality and range of the data collected often dictate the effectiveness of indicators adopted as part of public health strategies. Much can be gained from combining quantitative and qualitative datasets that provide information on a range of social determinants of health.

- Chair: John Ashton, Senior Adviser, WHO European Healthy Cities Network
- Discussant: Geoff Green, Senior Adviser, WHO European Healthy Cities Network

Abstract 181, Cork, Ireland: Judy Cronin, Denise Cahill

*A multisectoral approach to open data – Cork Healthy Cities brings key data providers together to enhance city profile information and data sharing*

Abstract 64, Coimbra, Portugal: Angela Freitas

*A place-based approach to healthy equity in Lisbon*

Abstract 27, Istanbul, Turkey: Handan Turkoğlu

*Residential environments as a contributor to urban quality of life*

Abstract 295/296, Beijing, China: Yuting Pan, Kaiyuan Min (two speakers)

*Physical activity compliance rate and its relationship with the healthy city project: the healthy city project evaluation in Luzhou*

*Satisfaction with the healthy city project and its relationship with subjective well-being: evaluation in Luzhou*

## **F6: Collaboration: central to developing successful and inclusive city health policies**

### **Auditorium, Spanish translation**

Strategic city plans are enhanced through the collaboration of sectors from across the city and through engagement with residents. Increased participation in actions being delivered by healthy cities is in evidence when users are enabled to participate in planning processes and in decisions around agreed actions. Implementing policies to improve health and well-being also requires participatory planning.

- Chair: Ursula Hübel, Vienna, Austria
- Discussant: Agis Tsouros, International Adviser, Global Healthy Cities

Abstract 82, Järvenpää, Finland: Tero Seitsonen, Kristina Kariniemi-Örmälä

*Good life in Jamppa – collaborative development and communality project in the Jamppa suburb in 2016–2017 implemented by Jamppa residents, with the city acting as platform*

Abstract 331, Agioi Anargyroi Kamatero, Greece: Angeliki Oikonomopoulou

*Investing in the people through innovative, holistic approaches and using local resources: the example of the Municipality of Agioi Anargyroi Kamatero*

Abstract 46, L'Hospitalet del Llobregat, Spain: Cristina Santón

*How to get citizens involved in designing and constructing a healthy city through communication and transversal work*

Abstract 166, Győr, Hungary: Maria Miklosyne Bertalanfy

*Health development planning and implementation in Győr*

## **F7: Climate change: risk assessment and positive responses**

### **Room 3A**

Since the majority of the world's populations live in urban areas, climate change is increasingly a concern, with many cities focusing on developing adaptive response plans to minimize key urban risks and carrying out research with those who experience social and structural inequalities and who are most likely to experience the more negative effects of climate change. The Global Covenant of Mayors for Climate and Energy offers the opportunity for an intersectoral strategy creating healthy, sustainable and resilient environments.

- Chair: Emma Dixon, Carlisle, England, United Kingdom

<p>- Discussant: Nigel McMahon, Belfast, Northern Ireland, United Kingdom</p> <p>Abstract 10, Glasgow, Scotland, United Kingdom: Russell Jones <i>Weathering change: community resilience in the face of climate change</i></p> <p>Abstract 191, Cork, Ireland: Roberta Paranzio <i>Urb-ADAPT: assessing vulnerability to climate-related impact in the Greater Dublin Region based on environmental and socioeconomic data</i></p> <p>Abstract 283, Udine, Italy: Stefania Pascut <i>Promoting sustainability and contrasting climate change in Udine</i></p> <p>Abstract 43, Çankaya, Turkey: Ethem Torunoğlu <i>Building a resilient city by empowering women</i></p> <p><b>F8: Place standard tool training Part 2</b> <b>Room 3B</b></p> <p>Facilitator: John Howie and Eive Currie, Glasgow, Scotland, United Kingdom</p>
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**13:00**                    **Moderated poster walk, Hall 1, Belfast Waterfront**

**12:30–14:00**        **Lunch**  
*Participatory art, Hall 1*

**12:30–14:00**        **Universities meeting, Hall 2B, Belfast Waterfront**  
During its 30-year history, Healthy Cities has accumulated many facts, practical results and techniques that require scientific understanding. Universities can develop such data, including new preventive medical and socioeconomic technologies that can support Healthy Cities in Europe. To achieve maximum efficiency based on cooperation and specialization, it is necessary to create a scientific platform on the basis of which the universities entering the WHO European Healthy Cities Network can exchange ideas and develop and share them collaboratively with the cities participating in the Network.

The meeting will explore developing an open partnership of universities cooperating with the Network to develop principles of cooperation and the direction of the partnership and key themes for scientific and practical support for the cities in the network.

**14:00–15:30**        **Parallel Session G**

#### **Summary Parallel Session G**

<b>Strategic workshop</b>  <i>G1: Honing your professional skills</i>  <b>Room 3A</b>	<b>Learning through practice</b>  <i>G2: Healthy place-making in the face of challenge</i>  <b>Hall 2B</b> <b>Turkish translation</b>	<b>Learning through practice</b>  <i>G3: Healthy city stories: around the world 3</i>  <b>Auditorium</b> <b>Spanish translation</b>	<b>Learning through practice</b>  <i>G4: Equity: barriers and innovative approaches with vulnerable groups</i>  <b>Hall 2A</b> <b>Russian Translation</b>
<b>Learning through practice</b>  <i>G5: Influencing the whole life-course through setting and place</i>  <b>Room 2A</b>	<b>Learning through practice</b>  <i>G6: Building age-friendly communities</i>  <b>Room 2B</b>	<b>Meeting</b>  <i>G7: Place &amp; Health Working Group</i>  <b>Room 3B</b>	

#### **Detailed Parallel Session G**

## **G1: Honing your professional skills: supporting cities through engaging with healthy cities research** **Room 3A**

Facilitator: Marcus Grant, Senior Adviser, WHO European Healthy Cities Network

## **G2: Healthy place-making in the face of challenge**

### **Hall 2B, Turkish translation**

The scope of this session will be to explore approaches to health and well-being through place in tough and unusual circumstances: to identify good practices and hear from others and review what has worked and why.

- Chair: Chris Karelse, Belfast, Northern Ireland, United Kingdom
- Discussant: Pierpaolo Mudu, Technical Officer, WHO European Centre for Environment and Health

Abstract 190, Belfast, Northern Ireland, United Kingdom: Mark Hackett  
*Rebuilding the fractured city and the urban work of Ashton Centre in inner north Belfast*

Abstract 236, Eskisehir, Turkey: Nuran Zeren Gulersoy  
*Creating a sustainable settlement in an earthquake-risky area: the case of Eskisehir, Turkey*

Abstract 3, Dublin, Ireland: Sile Ginnane  
*Using a collective, participatory citizen-led approach to drive inclusive urban design to enable diverse people to adopt healthy and active modes of transport around their cities*

## **G3: Healthy city stories: around the world 3**

### **Auditorium, Spanish translation**

Healthy cities share a vision for urban health in which cities put people and their health and well-being at the centre of all their policies and actions. Healthy cities have strong political leadership, are centres of good practice and are in a unique position to learn and share knowledge, insight and inspiration in a spirit of solidarity. This is the first session of three sessions that will highlight the progress that has been achieved as part of the last 30 years of the Healthy Cities programme but also the challenges.

- Chair: Natassa Kentepozidou, Municipality of Agioi Anargyroi, Greece
- Discussant: Karolina Mackiewicz, Turku, Finland

Abstract 271, Swedish Healthy Cities Network: Kerstin Månsson  
*Mapping the state of the Swedish Healthy Cities Network*

Abstract 249, Dresden Leibniz Graduate School, Germany & Tongji University, Shanghai, China: Jiaying Lin  
*Reorient: integrating a local campaign with an international movement – from patriotic health campaign to healthy city programme in Shanghai*

Abstract 336, Sports University of Tirana, Albania: Qamil Dika  
*Applying standards of the Healthy Cities project: the case of Albania*

Abstract 327, Ministry of Health, Muscat, Oman, Nazar Elfaki  
*Community participation and empowerment: findings from recent evaluation of three healthy cities in the WHO Eastern Mediterranean Region*

## **G4: Equity: barriers and innovative approaches with vulnerable groups**

### **Hall 2A, Russian translation**

Improving health outcomes and accessing health care for special groups of people can be challenging, but identifying the needs of these groups of people can increase access and ensure that services are delivered in a more appropriate way that will reduce inequities in health. Four case studies demonstrate how this is being achieved.

- Chair: Agis Tsouros, International Adviser, Global Healthy Cities
- Discussant: David Stewart, Belfast, Northern Ireland, United Kingdom

Abstract 19, Croatian Healthy Cities Network: Selma Šogorić  
*People with disabilities: challenging health-care system accessibility*

Abstract 233, Derry & Strabane, Northern Ireland, United Kingdom: Louise Boyce  
*Making life better with access and inclusion in Derry City and Strabane District Council*

Abstract 22, Zagreb, Croatia: Selma Šogorić  
*Croatian Healthy Cities Network action research into the needs of single-parent families*

## **G5: Influencing the whole life-course through setting and place**

### **Room 2A**

*“A healthy city leads by example, with the social, physical and cultural environments aligned to create a place that is actively inclusive, and facilitates the pursuit of health and well-being for all.”*

The quote above is from the Copenhagen Consensus of Mayors vision Healthier and Happier Cities for All (February 2018). In this vision, place occupies a pivotal role between planet and people, linking human, social and urban development together.

This session enables cities to discuss place through the lens of the life-course.

- Chair: Danny McQuillan, Belfast, Northern Ireland, United Kingdom
- Discussant: Elisabeth Bengtsson, Gothenburg, Sweden

Abstract 65, Coimbra, Portugal: Ângela Freitas  
*The effects of deprivation on mortality in a densely urban area: case study of Lisbon*

Abstract 340, London, England, United Kingdom: Jon Siddall  
*The context and complexity of place: how people and place interact to influence health in urban environments*

Abstract 186, Melbourne, Australia: Victoria Berquist  
*Action for Health – engaging youth in building healthy cities*

## **G6: Building age-friendly communities: approaches and tools**

### **Room 2B**

Maintaining and enhancing the lives of older people in communities across Europe requires action research to define the needs of older people: intersectoral approaches and intergenerational approaches. Empowering older people within all of these approaches is central to key to building successful age-friendly communities.

- Chair: Roger O’Sullivan, Belfast, Northern Ireland, United Kingdom
- Discussant: Manfred Huber, WHO Regional Office for Europe

Abstract 55, Ballymena, Northern Ireland, United Kingdom: Deirdre McCloskey  
*IMPACTAgewell® – co-producing a community development approach to the health and well-being of older people, led by Mid & East Antrim Agewell Partnership*

Abstract 4, Newtownards, Northern Ireland, United Kingdom: Vicki Titterington  
*Building an age-friendly, age-connected Northern Ireland – age together not apart*

Sheffield, England, United Kingdom: Geoff Green  
*Creating age-friendly environments in Europe: a tool for local policy-makers and planners*

## **G7: Place, Health, Inequalities and Well-being Working Group**

### **Room 3B**

Chair: John Howie, Glasgow, Scotland, United Kingdom

**15:30–16:00 Break**

**16:00–17:30 Business meeting and official closing ceremony**  
**Auditorium**  
**Russian, Spanish and Turkish translation available**



This session will conclude the Conference, including a moderated discussion on the new approaches and exploring a systems approach to healthy cities in Phase VII. It will also present the outcomes of the business discussions during the conference.

Moderated discussion

Healthy Cities – reflections and forecasts:

A moderated conversation between Monika Kosinska and Agis Tsouros

- Monika Kosinska, Programme Manager, Division of Policy and Governance for Health and Well-being, WHO Regional Office for Europe and Regional Focal Point, WHO European Healthy Cities Network
- Agis Tsouros, International Adviser, Global Healthy Cities and former Director, WHO Regional Office for Europe

Moderator

- Franklin Apfel, Managing Director, World Health Communication Associates

Healthy Cities 2024 – presentation poster award

Adoption of the Belfast Charter

Closing on behalf of the City of Belfast

- Suzanne Wylie, Chief Executive, Belfast City Council

Closing on behalf of WHO

- Monika Kosinska, Programme Manager, Division of Policy and Governance for Health and Well-being, WHO Regional Office for Europe and Regional Focal Point, WHO European Healthy Cities Network

Session Chairs

- Elizabeth Mitchell, Chair, Belfast 2018 Conference Steering Committee
- Monika Kosinska, Programme Manager, Division of Policy and Governance for Health and Well-being, WHO Regional Office for Europe and Regional Focal Point, WHO European Healthy Cities Network

**19:00**                    **Shuttle buses will be available from pick-up points**  
*See the transport information page*

**19:30**                    **Farewell reception, Titanic Belfast**  
*Grahame Harris, Piper*  
*Celtic Dream*  
*McStocker Celli Band*



## POSTER PRESENTATIONS

### Moderated poster walk

*Thursday, 4 October 2018, 13:00–14:00, Hall 1*

### PEOPLE

Abstract 8, Stavropol, Russian Federation: Karen Amlaev  
Intersectoral project on combating the tobacco epidemic in the Russian Federation

Abstract 12, Belfast, Northern Ireland, United Kingdom: Joana Caldeira Fernandes da Silva  
A partnership approach to developing Minimum Nutritional Standards for catering for staff and visitors in health and social care settings in Northern Ireland

Abstract 23, Zagreb, Croatia: Selma Šogorić  
Assessing the value of counties' public health capacity-building programme in Croatia

Abstract 30, Aydin, Turkey: Emine Didem Evci Kiraz, Elmas Arus  
Roma-friendly cities

Abstract 40, Çankaya, Turkey: Nilay Ogultürk  
Voluntary HIV testing and counselling centre

Abstract 47, Belfast, Northern Ireland, United Kingdom: Caroline Hughes  
Action Cancer's Get Fit, Get Healthy: an evaluation

Abstract 48, Çankaya, Turkey: Ethem Torunoğlu  
Healthy city, liveable city – urban environment and health in the context of environmental ethics

Abstract 78, Belfast, Northern Ireland, United Kingdom: Lucy Cochrane  
Northern Exposure: a community action-based project designed to tackle the high levels of fuel poverty within Belfast working directly with health professionals

Abstract 86, Modena, Italy: Daniele Biagioni  
Mental health in the Italian Healthy Cities Network

Abstract 88, Turku, Finland: Hanna Dunning, Iina Lenz  
Empowering middle-aged men with past addiction problems through peer group activities to develop skills for social and working life

Abstract 100, Taiwan, China: Jui Ling Yang  
Preliminary study of muscle mass and weight loss on health promotion

Abstract 107, Belfast, Northern Ireland, United Kingdom: Maresa McGettigan  
The ManPowered Project: empowering men with low-risk prostate cancer

Abstract 115, Taiwan, China: Yu Rong Lou  
Effectiveness of promoting smoking cessation on community health promotion

Abstract 122, Kuopio, Finland: Marjo Markkanen  
Senior citizens as an asset for society – a national project coordinated by Kuopio Community College

Abstract 127, Novi Sad, Serbia: Olja Niciforovic Surkovic  
"Understanding my body changes" – sexuality education of primary school children in the City of Novi Sad, Serbia

Abstract 128, Belfast, Northern Ireland, United Kingdom: Jenny Dorrans  
Get cooking ... making the most of your food parcel – a new resource for food bank users

Abstract 149, Belfast, Northern Ireland, United Kingdom: Dolores Atkinson  
No one left behind – using lifelong learning to create an inclusive and equitable city

Abstract 160, Belfast, Northern Ireland, United Kingdom: Maresa McGettigan  
Well Aware: successful approaches in cancer prevention for an ageing population

Abstract 174, Kuopio, Finland: Mari Antikainen  
A Bayesian model to identify factors associated with custody decisions in social care and child protection

Abstract 189, Riga, Latvia: Nikola Tilgale-Platace

We Are for a Healthy Riga! project – to reduce social and health inequality in Latvia

Abstract 223, Turku, Finland: Johanna Ritvanen  
Developing person-centred service guidance for services for older people in south-western Finland

Abstract 228, Glyfada, Greece: Evanthia Evangelou  
Implementation of School Social Work Service in the Municipality of Glyfada, Greece: results of a pilot case study

Abstract 237, Belfast, Northern Ireland, United Kingdom: Susan Gilchrist  
Communicating sustainable food consumption messages: perspectives of professional and consumer organizations

Abstract 275, Çankaya, Turkey: Nilay Ogultürk  
We are more beautiful with different colours

Abstract 280, Udine, Italy: Stefania Pascut  
Oral health as a proxy for health inequity

Abstract 297, Nea Chalkidona, Greece: Evangelia Tsapatsari  
Day care centre for older people of the Municipality of Nea Philadelphia – Nea Chalkidona

Abstract 312, Dubrovnik, Croatia: Miho Katicic  
Strategy for equalizing opportunities for people with disabilities

Abstract 317, Zagreb, Croatia: Romana Galić  
City of Zagreb – local community friendly to older people

Abstract 326, Belfast, Northern Ireland, United Kingdom: Mark Tully  
Peer-led walking programme to increase physical activity among inactive older adults: Walk with Me pilot randomized controlled trial

## PARTICIPATION

Abstract 2, Belfast, Northern Ireland, United Kingdom: Mairead Mitchell  
Taking engagement to another level

Abstract 15, Belfast, Northern Ireland, United Kingdom: Fionnuala Close  
Calorie Wise: encouraging the display of calories on menus in Northern Ireland – the Food Standards Agency in partnership with district councils in Northern Ireland

Abstract 31, Vienna, Austria: Ursula Hübel  
Healthy ideas for Vienna – a tool for participation

Abstract 89, Turku, Finland: Hanna Dunning, Iina Lenz  
Intersectoral cooperation for health and well-being at the local level – how can we build capacity to make it a reality? Practical implementation of health in all policies in the municipalities of the Baltic Sea Region

Abstract 164, Geneva, Switzerland: Jean Simos  
Theme cities: a survival guide

Abstract 171, Turku, Finland: Pia Suviuo  
Finland's family centre model – child and family services in the new environments

Abstract 176, Kuopio, Finland: Arto Holopainen  
Health communities facing cyber transformation

Abstract 183, Cork, Ireland: Tony Fitzgerald  
A Lord Mayor's intervention: consulting schoolchildren on what makes a healthy city

Abstract 204, Belfast, Northern Ireland, United Kingdom: Kevin McSorley  
Referring people with diabetes to physical activity

Abstract 221, Liverpool, United Kingdom: Sandra Davies  
Health in all policies: a systemic approach to implementation at the city level

Abstract 267, Kuopio, Finland: Mirja Wihuri  
Local democracy belongs to everybody in Kuopio

Abstract 289, Yarmouk – Kuwait City, Kuwait: Farid Al-Fozan  
Yarmouk Healthy City Office: the pivotal point for success

Abstract 310, Riyadh, Saudi Arabia: Mohammed Khashoggi  
Twenty years of experience, government sector role, community participation, women's empowerment, different implementation models and learned lessons from healthy cities – Saudi Arabia

Abstract 320, Villa Nueva, Guatemala: Guillermo Hegel  
Primary health care, an urban challenge: the experience of Villa Nueva, Guatemala in the process of developing a municipal health policy

## PLACE

Abstract 33, Bursa, Turkey: Murat Ar, Gul Atanur  
Evaluation of bicycles as a mode of sustainable transport in Turkey

Abstract 37, Leicester, England, United Kingdom: Alan Wells  
Urban healthy living: satellite-enabled air pollution monitoring and mitigation

Abstract 73, Glasgow, Scotland, United Kingdom: Jonathan Olsen  
Urban landscapes, city diversity and quality of life: an objective cross-sectional study of 66 European cities

Abstract 74, Cork, Ireland: Judy Cronin  
Lessons learned from a worksite walkability audit

Abstract 91, Kuopio, Finland: Aku Taira  
Communal housing contributes to individual and collective well-being, the formation of beneficial social contacts between students and supports the positive progression of academic studies

Abstract 108, Carlisle, United Kingdom: Emma Dixon  
Health-integrated urban planning and design

Abstract 117, Dresden, Germany: Freya Trautmann  
Participatory creation of walking tours for older people in neighbourhoods – developing and implementing training courses for multipliers

Abstract 133, London, United Kingdom: Amber Morley  
London's health check-up: a study into whether town planners can deliver the healthy planning principles outlined in the Draft London Plan

Abstract 137, Belfast, Northern Ireland, United Kingdom: Claire McLernon, Gordon Clarke  
A fitter future for all – impact of Sustrans active travel behaviour change in schools, workplaces and communities

Abstract 146, Kuopio, Finland: Emilia Rönkkö  
Forest preschools in Finland as places of healthy learning

Abstract 148, Kuopio, Finland: Leena Auvinen  
An open learning environment provides and increases well-being for everyone in the community  
Conference theme: place and people

Abstract 150, Leeds, England, United Kingdom: Becky Robertson  
Changing urban green spaces to find win-win interventions to improve biodiversity, ecosystem services and the health of children 0–4 years old

Abstract 153, Glasgow, Scotland and London, England, United Kingdom: Alison King  
Reducing health inequality by activating residual green space: a Glasgow city case study

Abstract 182, Cork, Ireland: Denise Cahill  
PSYCHED: initiating citywide workplace mental health promotion

Abstract 184, Limassol, Cyprus: Daphne Kleopa  
Social gradient in health-related features of the neighbourhood environment in Limassol, Cyprus: the Cy-NOTES audit tool

Abstract 231, Belfast, Northern Ireland, United Kingdom: Claire Cleland  
Healthy Urban Living and Ageing in Place (HULAP): an assessment of older people's physical activity and sedentary behaviour in the social environment

Abstract 235, West Midlands, England, United Kingdom: Rebecca Willans  
Delivering the benchmark for well-being in future high-quality housing growth in the West Midlands

Abstract 272, London, England, United Kingdom: Emma Hutchinson, Paul Wilkinson  
Health impact of home energy efficiency upgrades: evaluation of a pilot scheme in DUBLIN

Abstract 279, Udine, Italy: Stefania Pascut

Assessing home environments and quality of life to prevent falls and promote healthy ageing among older people

Abstract 281, Udine, Italy: Stefania Pascut  
Place-making and tactical urbanism to create a culture shift in urban planning

Abstract 339, Dresden, Germany: Peggy Looks  
Fit in the Park – physical activity in public spaces

## PROSPERITY

Abstract 104, Viana do Castelo, Portugal: Carlota Borges  
The Nautical World into Our Schools

Abstract 111, Carlisle, England, United Kingdom: Darren Crossley  
Investing in health and well-being

Abstract 139, Turku, Finland: Tanja Matarma  
Effectiveness of a park renovation to improve physical activity and outdoor leisure time – Varissuo Central Park

Abstract 147, Kuopio, Finland: Erkki Soini  
Predicted cost–benefit of virtual hospital 2.0 in terms of health-care capacity freed: towards potential economic efficiency with digitization and customer-responsive secondary care services

Abstract 229, Brussels, Belgium: Ingrid Stegeman  
The INHERIT project: identifying what works to improve collaboration across sectors to address common societal challenges

Abstract 264, Helsinki, Finland: Sanna Ahonen  
Supporting municipalities in using prospective impact assessment of decisions

Abstract 282, Udine, Italy: Stefania Pascut  
Promoting social inclusion and physical activity through ethical investments

Abstract 292, Ramat Gan, Israel: Rachel Wilf-Miron  
A community-based intervention applying digital technology to create a persuasive urban environment

Abstract 308, Belfast, Northern Ireland, United Kingdom: Övgü Pelen Karelse  
Sustainable urban regeneration design in Portrush

Abstract 319, Seixal, Portugal: Joaquim Santos  
Sovereign debt and population health – the case of Portugal

## PLANET

Abstract 112, Lolland, Denmark: Peter Sarka  
The Municipality of Lolland already fulfils the climate target for 2025

Abstract 322, London, England, United Kingdom: Anna Mavrogianni  
Urban heat vulnerability mapping: working with a London borough to translate research output