

## **CAMBODIA**

Phnom Penh Municipality, Cambodia
-----------------------------------

 <p><b>His Excellency PA SocheateVong Governor of Phnom Penh</b></p>	<p style="text-align: center;"><b>Phnom Penh</b></p> <p style="text-align: center;"><a href="http://www.phnompenh.gov.kh">http://www.phnompenh.gov.kh</a></p>	<ul style="list-style-type: none"> <li>- Population : 1,501,926 People (2013)</li> <li>- Number of households : 295,358 Households (2013)</li> <li>- Area : 678.46 km<sup>2</sup> (2013)</li> <li>- Major industries : Garment factory</li> </ul>
---	---	---

The members of Committee of Phnom Penh Healthy City (totally 44 members)

- |                                       |   |
|---------------------------------------|---|
| 1. H.E. PA Socheatevong               | Governor of Phnom Penh                                  |
| 2. Ms. MAK Vansitha                   | Deputy Governor of Phnom Penh (PP)                      |
| 3. Prof. SOK Sokun                    | Director of PP Municipal Health Dept                    |
| 4. H.E. General CHUON Sovan           | PP Municipal Police Chief                               |
| 5. H.E. General RATH Sreang           | PP Para-Military Chief                                  |
| 6. Mr. ORN Neang                      | Deputy-Director of Admin. of PP Capital Hall            |
| 7. Governors of Districts             | (12 members)  |
| 8. Directors of Municipal Departments | (17 members)  |
| 9. Ms. CHAN Sokunthea                 | Director of Inter-Sectorial Division of PP Capital Hall |
| 10. Staff of Phnom Penh Capital Hall  | (4 members)   |
| 11. and other                         |   |

The members of Secretariat of Phnom Penh Healthy City (totally 19 members)

- |                            |   |
|----------------------------|---|
| 1. Mrs. MAK Vansitha       | Deputy Governor of Phnom Penh                           |
| 2. Prof. SOK Sokun         | Director of Phnom Penh Municipal Health Dept.           |
| 3. Dr. NGY Mean-Heng       | Deputy Director of Phnom Penh Muni. Health Dept.        |
| 4. Mr. ORN Neang           | Deputy Director of Admin. of PP Capital Hall            |
| 5. Mr. MAO KolMardy        | Director of Waste Management of PP Hall                 |
| 6. Mr. CHEA Chea           | Director of Muni. Dept. of Education, Sport and Youth   |
| 7. Mr. CHEAK Ang           | Director of Municipal Environmental Dept.               |
| 8. Mr. SAM Piseth          | Director of PP Public Work and Transportation Dept.     |
| 9. Mr. NET Moniponka       | Director of PP Industry and Manufacturing Dept.         |
| 10. Mr. TAING SochetKrisna | Director of PP Muni. Tourism Dept.                      |
| 11. Ms. CHAN Sokunthea     | Director of Inter-Sectorial Division of PP Capital Hall |
| 12. and other              |   |

## Vision

Improving the living condition of Phnom Penh citizen through Healthy City Approaches

## Overview

Phnom Penh Healthy City Steering Committee presided by governor of Phnom Penh was established since 1997. Then the secretariat of Phnom Penh Healthy City (PPHC) has been established to coordinate this programme that led by a deputy governor.

This programme starts with three healthy settings (Bak Touk School as a healthy school, Orussey Market as a healthy market, and Phnom Penh Municipal Referral Hospital as a healthy hospital) in 1997. To expand their activities the Capital Hall implements the Road Safety in 2005, Health Care Waste Management in 2008, Environmentally Sustainable Healthy Urban Transportation in 2009, Prevention of Non-Communicable Disease in 2012, Smoke free Initiative and Introduction of Bus Transportation in 2014.

To improve the living condition of citizen, the Capital Hall educate them to access properly the basic sanitation, food hygiene practices, waste management, road safety, healthy lifestyle, and prevent the domestic violence, drug abuse...

To avoid the negative impact from health care waste, the city hall and Phnom Penh Red Cross Branch have established the health care waste management since 2008 with the private company participation. Health care waste was collected and transported to the incinerator located in Dangkor Commune, the south part of Phnom Penh (Fig.1).



Fig.1: The incineration of health care waste.

After the dissemination workshop of Phnom Penh Healthy City Strategic Plan in 2010, some school and market management boards have installed the sinks/faucets and flush toilets in their facilities. This achievement is contributing to an overall improvement in hygiene at their settings. The integration of health education and healthy lifestyle into school curriculum has been introduced.

To contribute in improving food hygiene practices, the secretariat of PPHC cooperates with authorities conduct the training course on food hygiene to restaurant chefs and managers, and to food service providers (Fig.2). As a result, 891 chefs/managers who came from 393 restaurants and 172 food providers who came from 73 food caterers attended this course (from mid 2009 to August 2014). The using structured checklist to monitor the hygiene practices of food providers who work in the restaurants has been implemented. The restaurant managers and chefs can learn about the food hygiene basic practices from that checklist. See website: <http://www.phnompenh-healthdept.org>



Fig. 2: Training on Food Hygiene to restaurant chefs/managers.

The Capital Hall has built gardens and parks and planted trees along the roads for making the city looks more beautiful and to participate in healthy environmentally sustainable urban transportation. The residents can get more advantages from green space for many reasons- playground for practicing physical exercises and for leisure (Fig.3).



Fig. 3 Gardens for practicing physical exercises and leisure.

The secretariat of Phnom Penh Healthy City conducted the Dissemination Workshop on Implementing Healthy Settings and Raising Awareness on Non-Communicable Diseases (NCDs) on Dec 21, 2012 at Phnom Penh Hotel. The objectives of workshop are to encourage the communities' leaders to implement the healthy setting in voluntary basis, and to raise awareness on non-communicable disease (NCD) risk factors.

Participants who are the members of commune councils in Phnom Penh and head of schools, learnt about minimum commitments to be healthy commune and school, and learnt also about the NCD risk factors- smoking, alcohol use, unhealthy diets, and physical inactivity. Similarly they gain the knowledge on healthy lifestyle- no smoking, no alcohol use, take healthy diet, practice physical activity and reduce salty and fatty foods.

Gaining knowledge on NCD prevention from this workshop, they will share their awareness to community members. As they know about the NCD risk factors and healthy lifestyle, they will reflect their behavior and practices, and then they will try to avoid those risk factors and practice healthy lifestyle. Consequently they contribute in preventing NCDs incidence in Phnom Penh. See website: <http://www.phnompenh-healthdept.org>

The secretariat of PPHC conducted the World Health Day 2013, presided by deputy governor of Phnom Penh and WHO representative in Cambodia, at Wat Botumvattei in Phnom Penh, Cambodia. About two hundreds of participants who are staff of various municipal departments and citizens living in the communes of Chamkamorn and Daun Penh district, participated in this event.

Participants learnt about the risks of high blood pressure, and its can be prevented by: reducing salt intake, eating balance diet, take regular physical activities (be active- brisk walk or jog for 30 minutes every day), avoiding tobacco use, maintaining a healthy body weight (not overweight nor big belly), and avoiding harmful use of alcohol. The participants will disseminate this knowledge to their community members, and then they should practice the healthy lifestyle.

The secretariat of PPHC and Phnom Penh Municipal Health Department conducted the workshop on PPHC, presided by Mrs. **MAK** Vansitha- Deputy Governor of Phnom Penh, Dr. **Ung** Phirun- Secretary of State of Ministry of Health- and Dr. **SHIN** Hai-Rim- Head of NCD Prevention and Health Promotion of WHO Western Pacific Region Office on 22-23 May 2014. Fifty-one participants including ten deputy governors of districts, 11 commune council members, 12 director/deputy directors of municipal departments, four Phnom Penh Capital Hall staff, and other joined this workshop.

Participants learnt about healthy city approach, the green handbook titled Phnom Penh Healthy City 2011, and the "Health in All Policies"- an approach to public policies across sectors that systematically takes into account the health implications of decisions, seeks synergies, and avoid harmful health impacts in order to improve population health and health equity.

The participants also learnt about Healthy Setting and major risk factors of NCDs such as smoking, alcohol abuse, unhealthy diet and physical inactivity. They understand that NCDs can be prevented by avoiding tobacco use and harmful use of alcohol, practicing physical activities and health diet intake. They will share their gained knowledge to the community members.

As the result of group discussion, the workshop members identify four priority problems: most school students drink soft drinks frequently, need in master plan to develop the cities, create the job opportunity to



citizen, and road traffic accidents. Then, the Capital Hall will consider these prioritized problems, and then put it into action in the next year action plan.

The policy of Smoke Free in public space has been implemented since February 2014. Because of the existence of Smoke Free Circular issued by ministry of health, Phnom Penh Capital Hall disseminates it to the owners and managers of restaurants, pub, hotels, bus company... by asking them to implement it. The campaign for smoke free in the public space is done every trimester or semester.

To contribute in reducing the number of road accident injury/death, Samdech HUN Sen- Prime Minister of Cambodia- asks His Excellency Governor of Phnom Penh to establish the bus transportation, despite knowing that they will encounter a budget deficit to run this public transportation system. Phnom Penh Capital Hall has introduced three bus lines in city since September 15th 2014. Student, elderly, disability, and monk can access this service free of charge (Fig.3). During the monthly meeting on September 26th 2014, the Governor of Phnom Penh asks the district governors to set up the walk-sides that pedestrian can access safely, especially along the bus road.

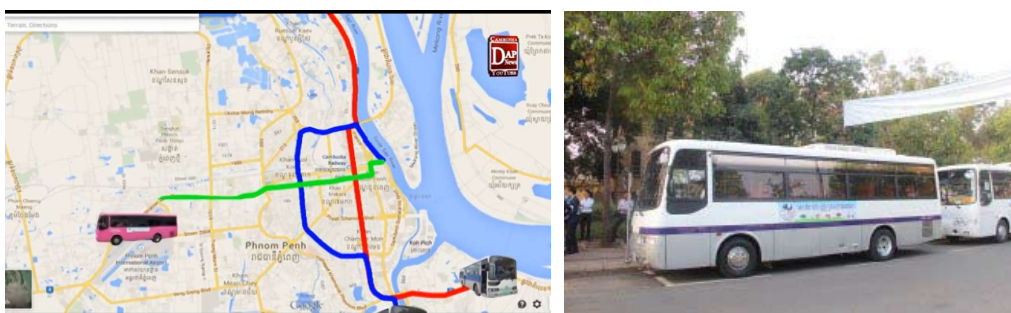


Fig. 3: Introduction of bus transportation in Phnom Penh since September 2014.

Phnom Penh is improved rapidly in infrastructure, wealth, lifestyle, living condition... during last decade. The Capital Hall encourages all development partners to participate in healthy city programme. Both public and private sectors should take more actions to contribute in improving the living condition of Phnom Penh citizen. Everyone should do something more for a better city.

Written by

Dr. Mean-Heng NGY

Deputy Director of Phnom Penh Municipal Health Department, and  
Permanent Member of Secretariat of Phnom Penh Healthy City





Challenges: Some drivers do not strictly follow traffic rules.

### Scenes of your activities





Scenes of community group activities



## History

---

- Healthy Setting
- Road Safety
- Health Care Waste Management Initiative
- Environmentally Sustainable Healthy Urban Transportation (Green Space)
- Raising Awareness on Prevention of Non-Communicable Diseases
- Smoke Free Initiative in the public area
- Introduction of Bus Transportation in Phnom Penh