



WHO Awards for Healthy Cities 2004

INTRODUCTION

A decade ago, Healthy Cities were introduced as an approach for improving the health of urban populations in the Western Pacific Region. Since then more than a hundred cities have actively adopted the approach and have engaged communities, stakeholders and partners in multi-sectoral activities to address health problems and the determinants of health in urban settings.

In 2003, at the Regional consultation on a network of Healthy Cities, several cities organized themselves into the Alliance of Healthy Cities as an independent entity that would work in partnership with WHO and other partners towards further promotion of the Healthy Cities approach in their countries and internationally.

In support of the work of the Alliance of Healthy Cities, WHO will provide recognition and support to good practices and innovative projects within the framework of Healthy Cities. This document describes several opportunities for collaboration and contact information for interested parties.



General Information

In partnership with the Alliance for Healthy Cities Inc., the World Health Organization, Western Pacific Regional Office will provide awards to selected Healthy Cities in October 2004 for their contribution to improving health and quality of life among their citizens. Effectiveness and equity will be considered as part of the parameters for selection. Emphasis on addressing the needs of poorer, more marginalized and vulnerable communities and groups is strongly encouraged.

Categories for Recognition:

There will be two categories for recognition:

1) Regional Director's Award for Outstanding Healthy City – an honorary recognition presented to a city that has a track record in sustained improvement of the overall quality of life of its citizens using the Healthy Cities approach;

2) Healthy City Project Awards – recognition and support for cities in a specific technical area that contributes to improvement in the quality of life of its citizens using the Healthy Cities approach. For the year 2004, WHO will recognize good practice in the following areas:

- Healthy environments for children
- Promotion of healthy diet and physical activity through urban planning
- Health promotion investment planning
- Emergency preparedness planning



Category A *Regional Director's Award for Healthy Cities*



1. Background

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

Since 1987, when Healthy Cities was first adopted in the WHO Western Pacific Region, over a hundred cities have embraced the approach

WHO has taken the stance that there is no 'finite end point' for Healthy Cities as it is difficult to conceive of a perfect urban community. There have been cities however that have taken great strides to improve the quality of lives of their citizens and have played an important role in advocating for Healthy Cities approach at national and global levels.

Through the Regional Director's Award for Healthy Cities, WHO would like to recognize cities that have a long track record of performance in addressing local issues and have moved a step further by serving as 'models' for Healthy Cities at an international level.

Eligible awardees:

All members of the Alliance for Healthy Cities

Criteria for selection:

Recipients of the Regional Director's Award for Healthy Cities will be selected on the basis of the following criteria which will have equal weight:

- 1) Consistency, sustained action and a track-record of commitment to the Healthy Cities approach
- 2) Documentation of effectiveness and equity in improving quality of life
- 3) National and international advocacy efforts for Healthy Cities

Award:

A plaque of recognition will be provided.



2. Contact Information

Applications and any queries should be sent to:

*Acting Regional Adviser in Health Promotion
Healthy Settings and Environment Focus
WHO Regional Office for the Western Pacific
P.O. Box 2932 (UN Avenue)
1000 Manila
Philippines
Fax: +63(2)521-1036
Email: hpr@wpro.who.int*



Category B

HEALTHY CITY PROJECT AWARDS 2004

- Healthy Environments for Children
- Reducing the fat of the land:
Promotion of healthy diet and physical activity through urban planning
- Health promotion investment planning in Healthy Cities
- Making our Cities Safer through Emergency Preparedness Planning





Healthy Environments for Children

1. Background

The Healthy Environments for Children Alliance (HECA) was inaugurated by the Director-General of WHO at the World Summit on Sustainable Development (WSSD) in Johannesburg, South Africa, September 2002. The aim of HECA is to build a global alliance to tackle key environmental risks to children's health that are responsible for one third of the 13 000 child deaths that occur every day in the world. The key environmental risks include household water insecurity; hygiene and sanitation; air pollution, including indoor air pollution and environmental tobacco smoke; vector-borne diseases; chemical hazards (e.g. lead, mercury and unsafe use of pesticides); and unintentional injuries.

HECA adopts a setting approach with integrated, intersectoral responses to tackle multiple environmental risks to children's health. Target settings are the home, school and community. Activities in these settings are commonly found in many Healthy Cities programmes, and innovative solutions to children's environmental health problems can be developed by, and shared among, the members of the Alliance for Healthy Cities. For further information on HECA, the WHO website, <http://www.who.int/heca/en/>, is available.

At the first General Assembly of the Alliance for Healthy Cities, the WHO Regional Office for the Western Pacific will give non-monetary good practice awards and a monetary (project seed money) award for promising project.

2. Good Practice Awards

The World Health Organization Regional Office for the Western Pacific calls for application for good practice awards in Healthy Cities as follows:

Awards given:

Three outstanding practices in innovative, successful approach to Healthy environments for children.



Eligible applicants:

All members of the Alliance for Healthy Cities

Materials to be submitted:

A written report, and other supporting materials, describing the approach taken to address healthy environments for children, environmental risks addressed, measurable outcomes of implementing the approach, and other information considered useful for evaluating the submission.

Deadline for submission:

31 August 2004

3. Best Proposal Award

The WHO Western Pacific Regional Office calls for proposals for innovative projects in Healthy Cities as follows:

Subject area:

Healthy environments for children

Seed money awarded:

US\$ 10 000

Eligible applicants:

Full members (i.e. cities, towns, municipalities) of the Alliance for Healthy Cities in the following countries: Cambodia, China, Lao People's Democratic Republic, Malaysia, Mongolia, the Philippines, Viet Nam and any Pacific island countries

Format of proposal:

The following sections should be included:

- Background (project area, baseline information of the area, etc.)
- Objectives
- Proposed approach to solving children's environmental health problems
- Evaluation methodology
- Other pertinent information

Deadline for submission:

31 August 2004

Successful applicant will be notified before 30 September 2004.



4. Contact Information

Applications to both awards and any queries should be sent to:

*Regional Adviser in Environmental Health
Healthy Settings and Environment Focus
WHO Regional Office for the Western Pacific
P. O. Box 2932 (UN Avenue)
1000 Manila
Philippines
Fax: +63(2)521-1036
Email: hse@wpro.who.int*





**Reducing the fat of the land:
Promotion of healthy diet and
physical activity through urban
planning**

1. Background

The epidemics of cardiovascular disease, cancer, and diabetes dominate the public health burden of countries in the Western Pacific region. Already they cause six out of every ten deaths in the Region. The numbers are rising rapidly as populations in the Western Pacific move to the cities and change their lifestyles. Inactivity is a consequence of urban occupational patterns, of inactive leisure pursuits, and of passive motor transport. Pollution increases the risk of heart diseases, respiratory illness, and cancer. Diets stray from their traditional roots, become more homogeneous, more refined, more processed and consequently more energy dense, less fresh. The effects of diet and physical inactivity on health are reviewed in a recent WHO-FAO Expert Group Report:

<http://www.fao.org/DOCREP/005/AC911E/AC911E00.HTM>

The combined inactivity and poor quality diet result as much from the urban environment as from individual decision-making. People cannot decide to be active if they have to brave hazardous urban environments. Neighborhoods where crime is rife, where walkways do not exist, where stray dogs present a threat, where street lighting is deficient, or where traffic is unregulated will not invite people to walk. Communities with incomes that are low, where cheap food is processed or very energy dense but not rich in nutrients, where there is no access to space to grow one's own vegetables become food deserts, where the only affordable food may be convenience food of questionable or harmful nutritional value.

This award seeks to identify and foster successful innovations in urban planning for the promotion of physical activity and healthy diet.



The mechanism of this award is to identify and foster an exchange or twinning between two cities. Thus each application will be made jointly by two cities, at least one of which should be a member of the Alliance of Healthy Cities.

- The **Primary Applicant** will be a city that has organized and evaluated a project for the promotion of healthy diet and/or physical activity.
- The **Secondary Applicant** will be a city that will seek to replicate the project using its own resources.
- The award will fund a one-week exchange visit between the project managers in each city.

2. Best Proposal Award

The WHO Western Pacific Regional Office for proposals for innovative projects in Healthy Cities as follows:

Subject area:

Promotion of healthy diet and physical activity through urban planning.

Award funds:

A visit of one week with per diem and economy class fare for the project manager in each city to visit the partner city. Total cost of both visits will not exceed US\$ 6000 and will be paid according to WHO standard per diem rates. No project funds are contemplated; this award facilitates the exchange between cities that are devising sustainable projects using their own resources.

Eligible applicants:

At least one of the two cities must be a member of the Alliance of Healthy Cities. Twinning between a city in a developing country and one from a more industrialized country will be given preference.

Format of proposal:

-- The **primary applicant** will submit a full documentation of the project they have carried out. This documentation will provide the model for the twin city to replicate. It should illustrate the process of the project and the impact it had on the population in terms of improved diet, physical activity, or both.

-- The **secondary applicant** will send in an outline project proposal indicating the project manager, the project team, and an endorsement from the city authorities to carry out the project, and an outline budget for implementation (this will come from resources raised by the city).



Deadline for submission:

31 August 2004

Successful applicants will be notified before 30 September 2004.

3. Contact Information

Applications to this award and any queries should be sent to:

Regional Adviser in Noncommunicable Diseases

WHO Regional Office for the Western Pacific

P.O. Box 2932 (UN Avenue)

1000 Manila

Philippines

Fax: +63(2)521-1036

Email: ncd@wpro.who.int (use the subject line: « NCD Award »)



Health promotion investment planning in Healthy Cities

1. Background

Broadening health promotion financing arrangements in cities can contribute to the goal of health improvement by creating sustainable mechanisms for citizens to avail of information, services and supportive environments that promote healthy choices and behaviours.

Currently, there is evidence to show that funding for health promotion is scarce. Also, there is limited data available on sources and uses of funds for health promotion. While many cities have been participating in preparation of National Health Accounts¹, one of the basic barriers to effective characterization of health promotion fund sources and expenditures is the lack of clear functional classifications for health promotion activities and interventions. Until this barrier is overcome, it will be difficult to plan and track health promotion financing, expenditures or create health promotion investment plans that can significantly scale up health promotion interventions that reduce preventable diseases and conditions.

This award seeks to support a city that will undertake functional classification studies with appropriate “cost objects” for health promotion within a Healthy City and use this data to develop and implement a health promotion investment plan with sustainable and innovative financing.

Grantees will receive project support funds to conduct the analysis and to develop and implement an advocacy strategy and health promotion investment plan. The award will be granted to two Healthy Cities with the best project proposal developed in partnership with an institution / agency / organization with expertise in health economics / business administration.

The application should be made by member of the Alliance of Healthy Cities.

¹ WHO’s Guide to Producing National Health Accounts” with special application for low income and middle-income countries is available at <http://www.who.int/nha/eu/>



2. Best Proposal Awards

WHO Western Pacific Regional Office calls for proposals for innovative projects in Healthy Cities as follows:

Subject area:

Health promotion investment planning based on 'cost objects' within a city

Award funds:

US\$4000

Grantees will also be provided with technical assistance from WHO for the duration of the project.

Eligible applicants:

A member of the Alliance of Healthy Cities and a partner agency /institution / organization with expertise in health economics / business administration.

Format of proposal:

It is advised that proposals be developed with the "Guide to Producing National Health Accounts" with special application for low income and middle-income countries. Please refer to <http://www.who.int/nha/eu/>

- Background
- Goals and objectives of project
- Proposed functional classifications and cost objects for health promotion activities
- Proposed matrixes and tables for health promotion expenditure analysis
- Strategies and approaches to developing and implementing a health promotion investment plan

Deadline for submission:

31 August 2004

Successful applicants will be notified before 30 September 2004.

3. Contact Information

Applications to this award and any queries should be sent to:

Acting Regional Adviser in Health Promotion



WHO Regional Office for the Western Pacific
P.O. Box 2932 (UN Avenue)
1000 Manila
Philippines
Fax: +63(2)521-1036
Email: hpr@wpro.who.int (use the subject line: «HPR Award »)



Making our Cities Safer through Emergency Preparedness Planning

1. Background

Disasters and emergencies do not only take a toll in lives, but they can have serious economic consequences. Whatever development projects have been started out, these can be easily wiped out by a disaster hitting a city that has not prepared for it.

Approaches towards disaster mitigation and preparedness have been successful especially if they have been community based, inter-sectoral, and participatory in approach. A key component to such is the development of a practical and technically sound emergency preparedness plan. This would not stop in just having a paper plan, but should be able to integrate a participatory approach in developing the actual plan, community involvement in conducting risk analysis, actual drafting of the plan, a workable assessment tool, and mechanisms for sustainability of the continuous planning/reviewing process.

2. Best Proposal Award

The World Health Organization Regional Office for the Western Pacific calls for proposals for innovative projects in Healthy Cities as follows:

Subject area:

Emergency Preparedness Planning

3. **Best proposal:**

US\$ 5000

Eligible applicants:

Full members (i.e. cities, town, municipalities) of the Alliance for Healthy Cities in the following countries: Cambodia, China, Lao People's Democratic Republic, Malaysia, Mongolia, the Philippines, Viet Nam, and any Pacific Island countries



Format of proposal:

- Background (vulnerability to natural and human-generated hazards; history of disasters/emergencies in the community, etc)
- Objectives
- Strategies/activities
- Methodology for evaluation
- Sustainability of activity
- Budget

Deadline for submission:

31 August 2004

Awardee will be notified before 30 September 2004.

3. Contact information

Applications and queries should be sent to:

Regional Coordinator
Emergency and Humanitarian Action
WHO Regional Office for the Western Pacific
P.O. Box 2932 (UN Avenue)
1000 Manila
Philippines
Fax: 528-9072
Email: eha@wpro.who.int

