

## **Call for Applications 2010**

### • **Awards for Progress of Healthy Cities**

#### **Conceptual Framework**

The approach of 'Healthy City Programme' (HCP) is based on philosophy with assumption in enhancement in health through improvements in certain social, cultural and economic conditions with changes in human attitudes; initiatives in improvement of personal and environmental health; and health being regarded as integral part of development in the community.<sup>1,2</sup> The Ottawa Charter for Health provided the strategic framework defining health promotion as "the process of enabling people to take control over, and to improve their health".<sup>4</sup> Therefore a Healthy City is not necessarily the one that has achieved a particular level of health but is conscious of health and is striving to **improve** it. HCP and healthy setting literature states that when such long term development projects are evaluated during the first few years, the focus should be on process rather than outcomes because improvement in health status are only likely to change in longer term.<sup>4-6</sup>

Key features of a Healthy Cities should include high political commitment and mobilisation, effective and strong leadership, intersectoral collaboration and involvement of key stakeholders, community participation, increasing awareness of health issues, capacity building, integration of activities in elementary settings, development of a city health profile and a local action plan, incorporation of views from all groups within the community, mechanism for sustainability, creation of network locally and overseas, information sharing, monitoring and evaluation, and research.<sup>1,2,5, 7-10</sup>

#### **SPIRIT Framework**

Public health problems result from complex social, economic, political, biological, genetic and environmental causes.<sup>11</sup> Improvements in health literacy can help individuals tackle the determinants of health better as they build up the personal, cognitive and social skills which determine the ability of individuals to gain access to, understand and use information to promote and maintain good health.<sup>12</sup> Healthy setting can empower members of the setting to improve health literacy and findings from Healthy Promoting School have demonstrated this perspective.<sup>13-14</sup> For improvement of population level, both macro and micro level perspectives need to be taken into account.<sup>15</sup> **SPIRIT** framework is proposed to evaluate the city for award from Alliance for Healthy Cities. It can provide a framework in which an integrated and holistic approach to public health can be pursued so policy, environment, social matters, behaviour and biomedical interventions can take their rightful place side by side.<sup>15-16</sup>

Setting approach, **S**ustainability

Political commitment, **P**olicy, community **P**articipation

Information, **I**nnovation

Resources, **R**esearch

Infrastructure, **I**ntersectoral

Training

SPIRIT Checklist was developed to recognize progress of individual cities and a series of awards will be given to AFHC members on the basis of their applications.

#### **Award given**

Assessment of different levels of Awards will be conducted by leading academics in the field as they have the expertise in assessment based on evidence provided. They will then make their reports to the Award Committee of Alliance.

There will be three types of Award to be given:

### **Award for Healthy City with Good Infra-structure**

*The City must demonstrate the initiatives in using multiple setting to promote population health with strategic planning. Political commitment with healthy public policy and involvement of different stakeholders are important steps forward. The City needs to create her city health profile with resources earmarked to address the health needs of the city including training at different levels. The City should have the basic layout of infra-structure involving different sectors. If the City has initiated all these steps, it would be considered for **"Healthy City Award with Good Infra-structure"**.*

### **Award for Healthy City with Good Dynamic**

*For next stage of development, the City can demonstrate action in linking healthy settings to promote better health. The City needs to demonstrate how policies are being translated into practice and how the city makes use of her city health profile. The City also needs to demonstrate how local leaders and stakeholders are placed in the infra-structure of Healthy City to push the healthy city movement forward. If the City has reached that level, it would be considered for **"Healthy City Award with Good Dynamic"**.*

### **Award for Healthy City with Strong Action**

*For advanced development of Healthy City, the Healthy City becomes an integral part of city planning and development. The City will have resources allocated for research and development including networking with cities nationally and internationally taking the City into international arena. Local politicians and leaders are well aware of importance of Healthy City to the livelihood of the local residents. There will be active participation from professional groups, academic and private sectors. This can take the city to get the **"Healthy City Award with Strong Action"**.*

#### **Eligible Applicants**

Full Members of the Alliance for Healthy Cities which gained its membership status before January 2010. (Except the cities that received "AFHC Award for Healthy Cities with Outstanding Performance" in the past.)

#### **Materials to be submitted**

Fill in the SPIRIT Checklist (SPIRIT\_CHECKLIST\_2010.doc) with supplementary information as evidence to support your application

#### **Deadline for submission**

31 July 2010

#### **Contact Information**

Applications and any queries should be sent to:

Awards Committee of the Alliance for Healthy Cities  
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**References:**

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