



Sustainable Elements for ... Sustainable CITY

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ABOUT US WHAT'S NEW MEMBERSHIP BOARDS & COMMITTEES CPD EVENTS PUBLICATIONS CONSULTANTS

A Seminar on Planning for Sustainable and Healthy Cities for Human Flourishing (6 Aug 2020, Thu)

The Hong Kong Institute of Planners
Task Force on Healthy City
A Seminar on
Planning for Sustainable and Healthy Cities for Human Flourishing

Guest Speakers

Professor NG, Mee Kam

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建築中大 School of Architecture
THE CHINESE UNIVERSITY OF HONG KONG



THE
NEW
SCHOOL
URBAN@PARSONS



醫護行者
Health In Action

What are the challenges faced by HK?

What is Health & Space and what is their relation?

Elderly = sick and weak?

What is Health?

Physical
Mental
Social

.....

Highest potential of an individual

What is Space?



Physical
Mental
Social

.....

Highest potential of an individual

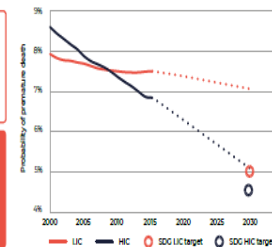
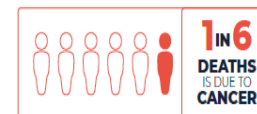
What is the meaning of getting old?

71% of all deaths are due to noncommunicable diseases



The global cancer burden is significant and increasing

Probability of premature death (30-69 years old) from cancer



DIABETES

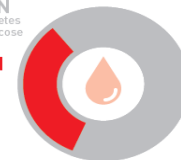
DIABETES IS ON THE RISE



422 MILLION adults have diabetes

3.7 MILLION deaths due to diabetes and high blood glucose

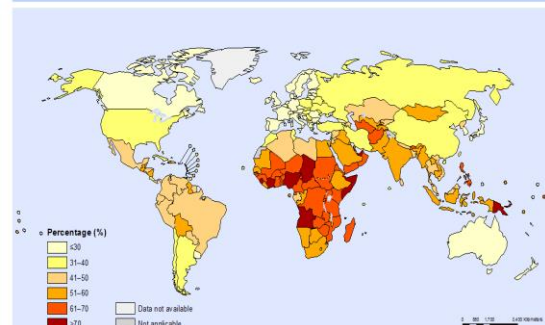
1.5 MILLION deaths caused by diabetes



THAT'S 1 PERSON IN 11



Percentage of deaths due to noncommunicable diseases occurring under age of 70 Both sexes, 2015



> 65 years old
70% ≥ 1 chronic illness

Chronic Illnesses

	35-44	45-54	55-64
hypercholesterolemia	6.8%	12.7%	25%
hypertension	4.7%	13.1%	28%
diabetes		3.6%	7.7%
Cardiovascular diseases	2.7%	8%	16%

Lifestyle Practices and Health Status	Male	Female	Both Sexes
Daily alcohol drinking	4.3%	1.4%	2.8%
Inadequate aerobic physical activity (by WHO's recommendations)	48.8%	62.2%	55.9%
Inadequate daily fruit and vegetable intake (less than 5 servings per day)	84.2%	74.8%	79.2%
Overweight and obesity (BMI≥23.0)	48.2%	30.5%	38.8%

二零一四至二零一五年度
人口健康調查報告書

衛生署
衛生防護中心
監測及流行病學處
二零一七年

Primary care Life Journey

Birth

Parenting

Establish Healthy Behaviour

Social Capital Make Living - Occupational Health, stay healthy

Learn to be carer (offsprings, parents, partners, yourself)

Socially Active, Participative, Keep Learning

Accommodate

PrePlanning x End-Of-Life

Dignified Death

Early Identification &
Intervention

x

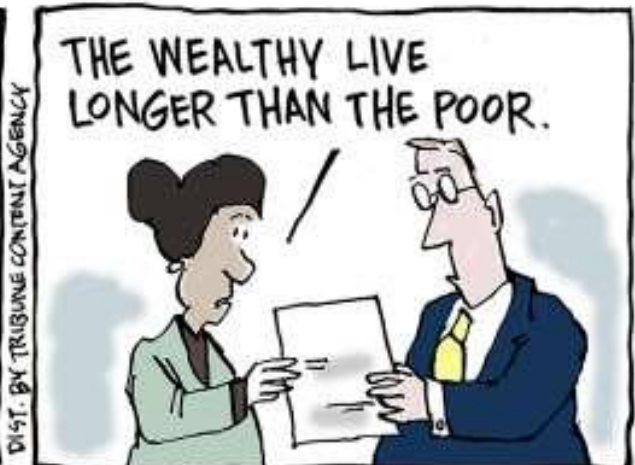
Physical, Mental, Social

What are the challenges faced by HK?

Space

Chronic illness (Cancers, Mental)
.... Ageing

Loneliness (social health)...
Poverty

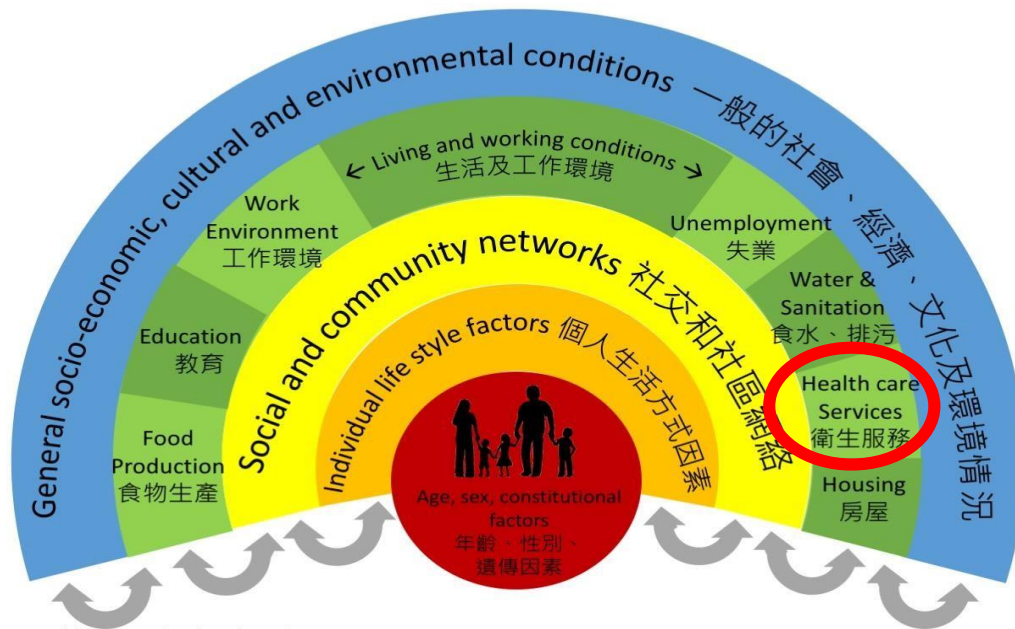


According to the 2018
HK Poverty Situation Report,
30.9% > 65yrs old live in **poverty**
= ~ 360,000 elderly

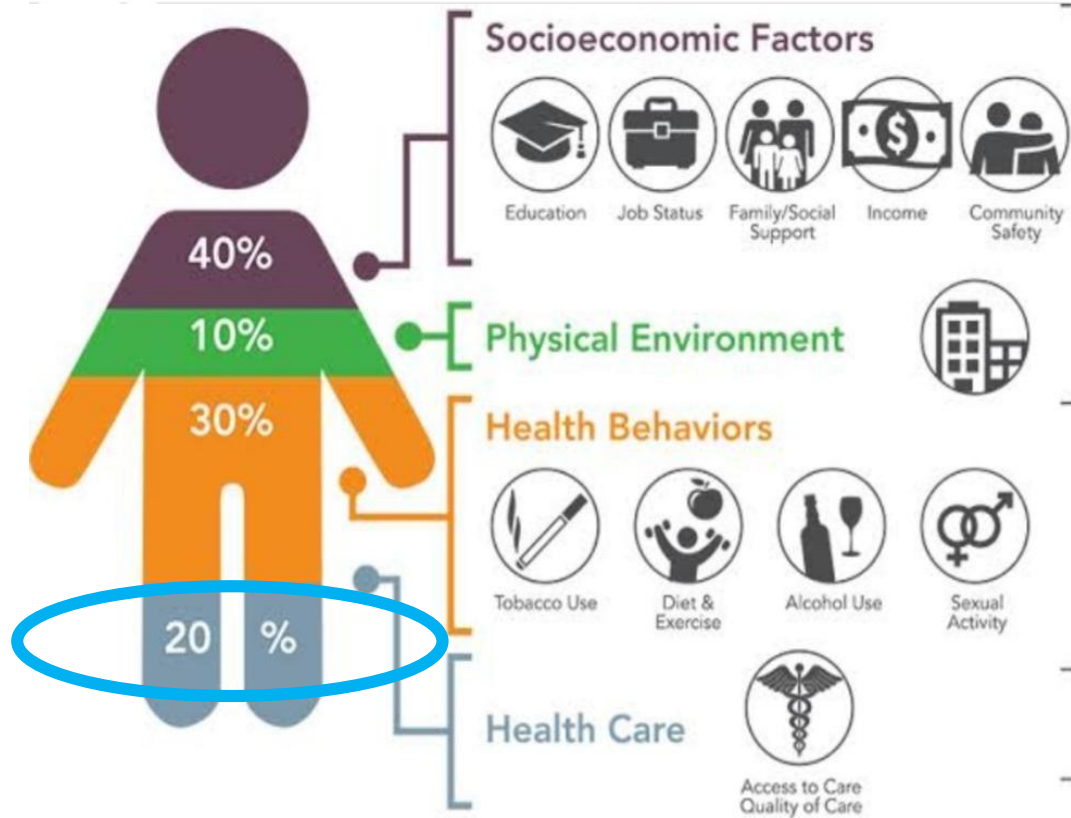
Oxfam

The right to health is an inclusive right, extending not only to timely and appropriate health care, but also to the underlying determinants of health...

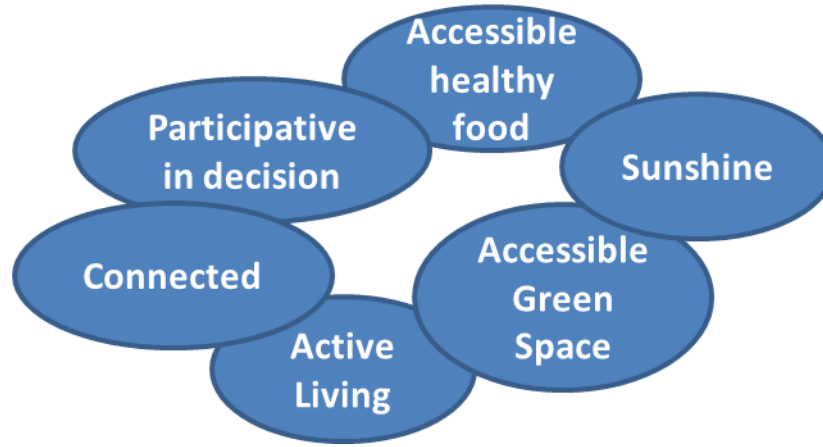
The Social Determinants of Health 健康的社會決定因素



Source: Dahlgren and Whitehead, 1991



Built Environment has to provide



Aging-in-place home plans (Intergeneration housing design)

Dying-in-place...

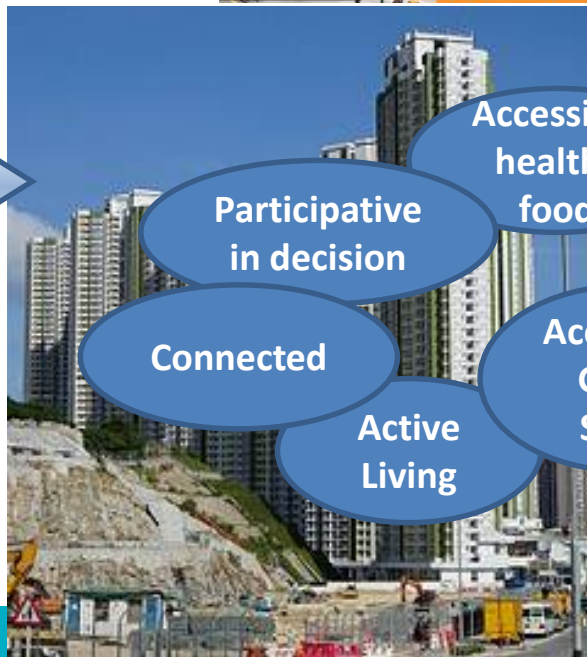
WHO on Housing and Health



Four pathways connecting housing and health



SOURCE: Adapted by the author from Gibson et al. 2011, Sandel et al. 2018, Maqbool et al. 2015, and Braveman et al. 2011.



- Accessible healthy food
- Sunshine
- Accessible Green Space
- Active Living
- Connected
- Participative in decision





融合健康的 社會政策?

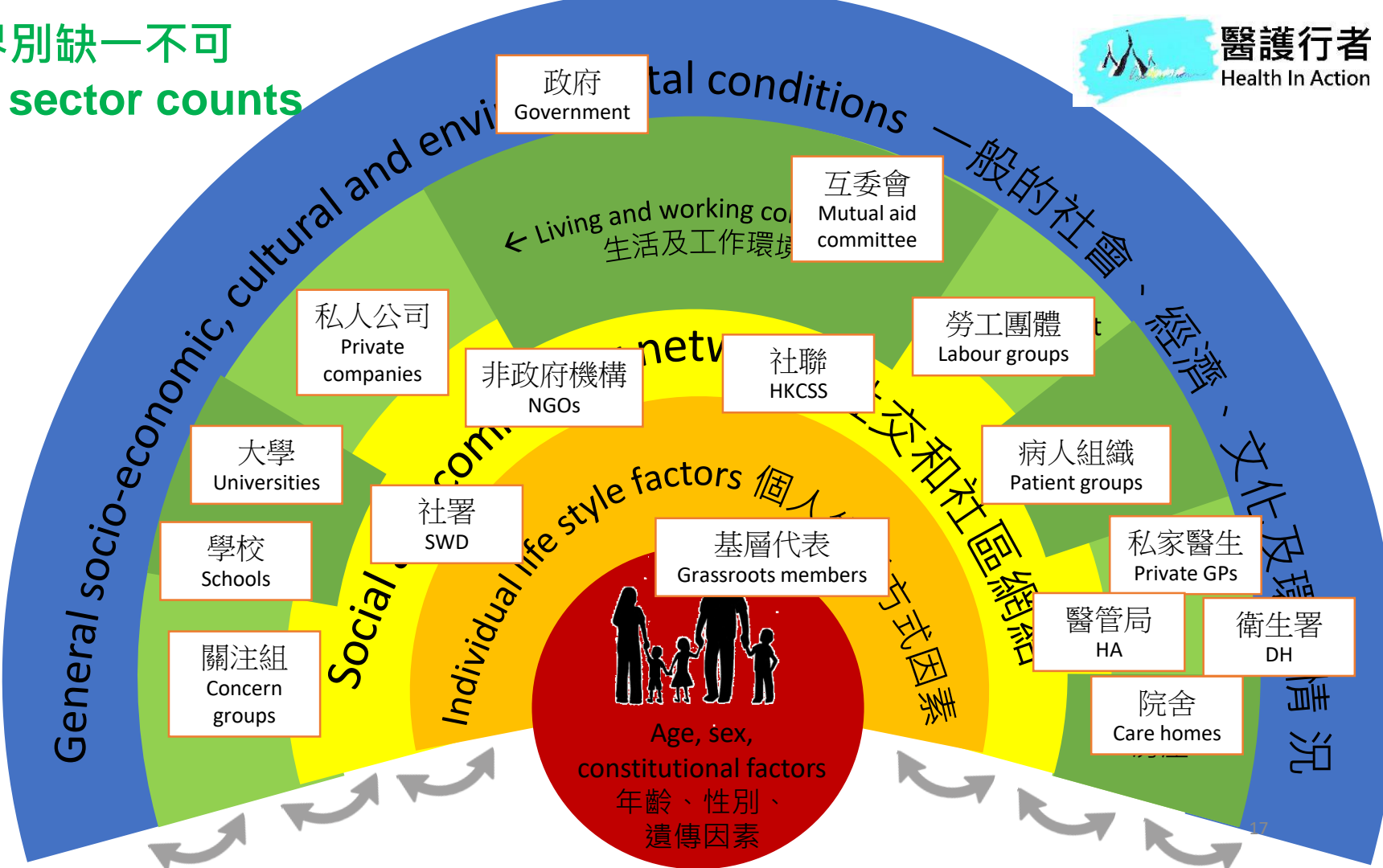
Health in All Policies?



Ref:
Dahlgren
and
Whitehead,
1991



每個界別缺一不可
Every sector counts



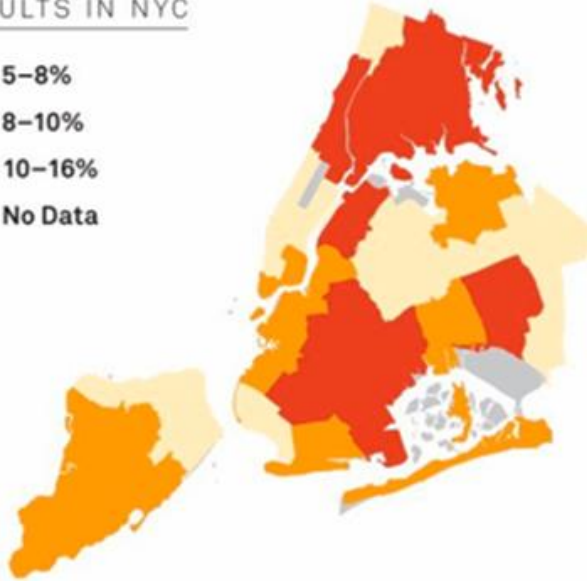
Ref: Dahlgren and Whitehead, 1991

DIABETES AND OBESITY RATES IN NYC

BY NEIGHBORHOOD

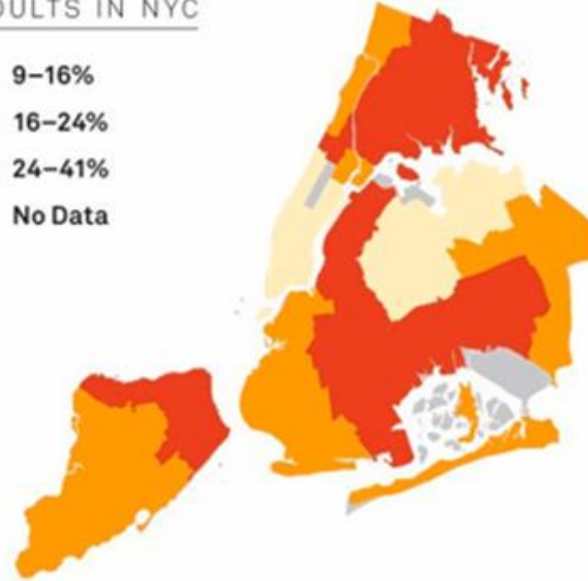
DIABETES IN ADULTS IN NYC

- 5-8%
- 8-10%
- 10-16%
- No Data



OBESITY IN ADULTS IN NYC

- 9-16%
- 16-24%
- 24-41%
- No Data



In New York, the government has developed the Active Design Guidelines: Promoting physical Activity and Health in Design. It is driven by the need of health concerns in the city, obesity and diabetes. Through design and providing cues, people need to take the choices and could develop the habit of walking, biking, taking stairs. However, these decisions are largely based on comfort, on a daily basis.

Healthy City For All:

The guiding vision, principles and assumptions

The Healthy City Strategy is guided by a vision of *A Healthy City for All*: a city where together we are creating and continually improving the conditions that enable all of us to enjoy the highest level of health and well-being possible.

A number of guiding principles and assumptions shaped the development of the Healthy City Strategy and will continue to guide the work as it moves forward. Below is a summary of these principles and assumptions that include:

- 1. A broad and holistic understanding of health and well-being:** The building blocks of a *Healthy City for All* are the social determinants of health and well-being that are all interconnected.
- 2. Fulfillment of fundamental rights and freedoms:** Fundamental rights and freedoms guaranteed under the Charter of Rights and Freedoms, within the context of municipal jurisdictions and Vancouver's aspirations, will be supported and protected.
- 3. Health and well-being for all:** A "for all" lens will help ensure that we pursue initiatives that are both universal for all citizens and focused on specific populations most vulnerable to health inequities.
- 4. Prevention and upstream oriented:** Priority should go to prevention of poor health rather than crisis intervention.
- 5. Health and well-being is everyone's business:** The health and well-being of Vancouver must involve the broader public, private and civil sectors, and all residents, including meaningful involvement of those most affected.

- 6. Healthy ecological environments:** All people have the right to live in a healthy environment, with awareness of pollutants and contaminants that can cause harm.
- 7. A need for innovation:** It will take social innovation and different ways of thinking and acting to significantly make progress on complex issues.
- 8. Enabling collective impact:** Efforts need to be integrated across City departments and its entities, and with all partners.
- 9. Focus investment and action based on evidence:** Priority will go to investments and actions that are grounded in evidence, realize value for our efforts, and move us toward meeting our targets.
- 10. Monitor, evaluate and communicate:** We need to track metrics to assess our progress, make changes based on evaluation, and communicate the results.
- 11. Lead and model:** The City will continue to show leadership in health and well-being, and model changes through our own operations.



put Health Equity into Action

... Build HEALTHY CITY

Social Inclusion

Public Health

Active Participation

Co Design

Equity



Health In Action 醫護行者

