

Health and well-being for all: Celebrating 35 Years of the Healthy Cities Movement

WHO European Healthy Cities Network
Annual Business Meeting and Technical Conference,
21–23 November, Utrecht, Netherlands (Kingdom of the): meeting report





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European Region

ABSTRACT

This report provides a comprehensive overview of the proceedings and key discussions held during the 2023 WHO European Healthy Cities Annual Business Meeting and Technical Conference in Utrecht, Netherlands (Kingdom of the). It covers the opening session, plenary sessions, roundtable discussions, workshops, abstract presentation sessions, and business meetings, highlighting themes such as the transformative power of intersectoral collaboration, navigating challenges brought by the COVID-19 pandemic, and reflections on 35 years of the Healthy Cities Movement. Key topics addressed include climate change, health inequalities, the well-being economy, and youth engagement. The report also includes 12 practical recommendations from a political statement adopted by the network on advancing health in the well-being economy.

Keywords:

HEALTHY CITIES MOVEMENT

INTERSECTORAL COLLABORATION

HEALTH INEQUALITIES

WELL-BEING ECONOMY

YOUTH ENGAGEMENT

FUTURE ACTIONS

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Foreword

I was delighted to welcome you to this year's WHO European Healthy Cities Annual Business Meeting and Technical Conference and to have the opportunity to meet you in person. I feel privileged to be part of this impressive network.

For 35 years, the WHO European Healthy Cities Network has been a political movement putting health high on the local-level agenda. It has been implementing innovative practices within cities for people, for the planet and for health.

The Network is adapting quickly to crucial issues on the global health agenda and translating these into action at the local level. This is not an easy task, but this movement is truly ahead of the curve in taking on future challenges.

I find inspiration in seeing the efforts of cities to ensure health and well-being in all that they do. But our ambitious plans can only be achieved through close collaboration both within and beyond the European Region. To solve the complex issues we face as decision-makers, we need to play with open cards and look for synergy to learn from each other.

Therefore, I was moved by the vision and initiatives led by cities across Japan during our recent interregional study tour. Our delegates witnessed city-level initiatives in healthy ageing, green spaces, blue zones and urban agriculture. We can see that cities are the change makers, and it is at this level that we can truly understand and respond to the specific needs of our communities. By fostering a platform for cross-cultural collaboration, we can collectively elevate our approaches to public health.

As we come together to celebrate 35 years of the WHO European healthy cities movement, we also look towards the next 35 years. To keep up with the challenges the world and our communities are facing, we need sustainable solutions and we need to innovate. Meaningful youth engagement plays a crucial part in this. Young people are our societies' future. They are changemakers, and we need to engage them.

Looking at the future of healthy cities, the Youth4Health Network can play a crucial role in bringing together diverse perspectives in achieving health and well-being outcomes and more broadly the Sustainable Development Goals. Young people can facilitate in creating connections and building trust with local communities, including those in vulnerable situations. At the grassroots level, young voices can reach peers and be key advocates for change.

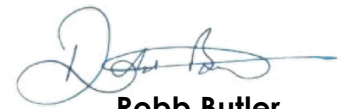


As Jane Jacobs once said: "Cities have the capability of providing something for everybody, only because, and only when, they are created by everybody."

It is through sustained collaboration and shared efforts that we can continue to promote health and well-being within our cities and communities. Together with the communities we serve, we can create a ripple effect, encouraging healthier lifestyles and environments.

As city leaders, you have the power and influence to make change happen. But you are not alone on this journey. The coordinators, the Secretariat and the WHO European Healthy Cities Network have your back in navigating the way forward towards a resilient future.

Thank you all for this gathering of motivated leaders in protecting and promoting health. I encourage everyone to engage, to challenge and to learn from one another and make the most of this opportunity to shape the healthy cities movement for years to come.



Robb Butler

Director, Division of Communicable Diseases, Environment and Health
WHO Regional Office for Europe

I have a profound sense of gratitude and privilege. Over the past year, I have had the unique honour of working closely with cities across the WHO European Healthy Cities Network, witnessing the dedication and tireless efforts invested at the local level. I am moved by the collective vision we share.

Particularly within the European Region, where we face unique and evolving challenges, our cities have shown themselves to be at the forefront of innovation and resilience. The work carried out at the local level transcends the ordinary; it is a profound commitment to building cities that not only echo inclusivity and sustainability but also respond dynamically to existing and emerging challenges. From the far-reaching effects of the COVID-19 pandemic, the consequences of conflicts and displacement to the threat of climate change, our cities have proven to be a source of resilience. They pioneer new solutions, showcasing a remarkable capacity to innovate and emerge stronger.

In our pursuit of healthier and thriving cities, it becomes imperative to not only recognize the progress made but also to set our sights on a shared future. The cities we are cultivating today are the blueprints for tomorrow – a tomorrow in which well-being is not a luxury but a shared right and the heartbeat of a city resonates with the health and happiness of all its residents.

Our vision for healthier cities must also echo the sentiments and aspirations of everyone, including the unique perspectives of young people. Engaging young people is not just a statement; it is a necessity. They are the architects of the future, and their involvement ensures that our cities are dynamic, responsive and relevant to the evolving needs of all.

Let us carry this momentum forward, working together to build cities that are not just places on a map but vibrant communities where every resident thrives. Thank you for your unwavering dedication for the past 35 years, and I look forward to continuing this journey with each one of you. Together, we shape the future.



Kira Fortune

*Regional Adviser for Healthy Cities, Health Promotion and Well-being
WHO Regional Office for Europe*

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Introduction

The Annual Business Meeting and Technical Conference of the WHO European Healthy Cities Network showcases the quality and impact of the Network in the WHO European Region and beyond. The Conference brings together researchers, practitioners and policy-makers to discuss important public health issues, perspectives, methods and findings, thus contributing to the ongoing conversation on how to create healthier and more equitable cities.

The theme of the 2023 Annual Business Meeting and Technical Conference was Health and Well-being for All: Celebrating 35 Years of the Healthy Cities Movement. This theme follows the principles outlined in the Geneva Charter for Well-being adopted in December 2021. This Conference also marks five years since the adoption of the Copenhagen Consensus of Mayors and its six Ps: people, place, participation, peace, prosperity and planet. These focus areas are as relevant as ever to guide the Network on its path to achieving health and well-being for all.





**Paving a way towards
health and well-being for all:
Tuesday, 21 November 2023**

Opening session



The conference was opened by **Ernst Kuipers**, Minister of Health, Welfare and Sport, Netherlands (Kingdom of the), who congratulated the WHO European Healthy Cities Network on its 35th anniversary. The Minister stressed the importance of looking to the next 35 years and inspired hope for the future by describing the incredible transformation the City of Utrecht made over the past 35 years, changing from a city that was not a desirable place to live to a leading global example of healthy urban development. Through a video message to participants, **Hans Henri P. Kluge**, WHO Regional Director for Europe, outlined the multiple crises the European Region is facing, collectively called a permacrisis. He highlighted that cities are demonstrating resilience and innovation in adapting to these challenges and that cities are making a difference by implementing policies and practices where they are needed most.

In opening remarks, **Robb Butler**, Director, Communicable Diseases, Environment and Health, WHO Regional Office for Europe reiterated the Minister's message of the importance of looking ahead to the next 35 years and emphasized that sustainable solutions and innovation are required to meet the challenges communities are facing. He pointed out that meaningful youth engagement is a part of these solutions and that young people are our societies' future, that they are changemakers and that we need to engage them. **Kira Fortune**, Regional Adviser, Healthy Cities, Health Promotion and Well-being, WHO Regional Office for Europe provided additional opening remarks, thanking the WHO European Healthy Cities Network for its unwavering dedication and acknowledging the tireless efforts invested at the local level over the past 35 years.

The final opening was delivered by **Sharon Dijksma**, Mayor of Utrecht, who welcomed participants to the City of Utrecht and reminded them that we all have an important role to play in creating healthy cities. She stressed that sometimes we need to remove a well-trodden path and provided an example of how the City of Utrecht did this a few years ago when they demolished an eight-lane road in the city centre and restored the former canal in its place. The Mayor encouraged participants to take a walk outside, explore the city and see what the future can look like.

I would ask you to challenge each other, challenge yourself, learn from each other and look to your agenda for the coming 35 years. I am confident that a few years from now, you can come together and say yet again, we have made progress.

Ernst Kuipers

Let us be inspired by the 35-year legacy of this remarkable movement, leading the change of today and for generations to come.

Hans Henri P. Kluge



Together we are much stronger and together we are making a difference.

Kira Fortune

We all have an important role to play – to think, contribute and come up with solutions to create healthy cities.

Sharon Dijksma



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Plenary session 1

Paving a way towards health and well-being for all



The first plenary session explored the transformative power of intersectoral collaboration and cities as central hubs for fostering health and well-being for all. The speakers delved into the urgent issue of climate change and how it affects cities, discussed the persistent health inequalities within urban environments and explored how cities have shifted towards a well-being economy for communities in direct response to challenges of the 21st century. The session featured two keynote speakers and a facilitated panel discussion.

Katja Iversen, Chief Executive Officer, Museum for the United Nations – United Nations Live, presented the first keynote address, providing a global perspective on how UN Live has been amplifying the healthy cities movement and educating and inspiring the world to achieve a healthier and more equitable future. Katja highlighted that systematic and behavioural change are key in creating healthier and sustainable development but that most people are not changing behaviour fast enough. The world currently has an empathy deficit, and the need for increased empathy is the way to boost behaviour change since empathy enables people to feel like they are being heard and that their voices matter. Focus was directed to the work of UN Live, a borderless museum that creates connections through conversations in a short amount of time, creating the feeling of a “Global We”. The WHO European Healthy Cities Network was commended for its efforts to work across budget lines and barriers and encouraged to think more about how to incorporate popular culture into its work.

The second keynote speaker, **Machteld Huber**, Founder, Institute for Positive Health, shared perspectives from her work in the field of positive health, which moves away from considering health as a final goal but instead focuses on creating meaningful lives for populations. Machteld stressed the importance of shifting approaches from disease management to focusing on prosperity in health and the need to leave behind conventional approaches based on control models and move towards adaptation models that focus on resilience.

The session's panel discussion featured seven speakers who provided a collaborative dialogue and exchange of innovative solutions to pave the way towards health and well-being for all. Keynote speaker **Katja Iversen** discussed the well-being economy approach, highlighting that the strength of this approach is its focus on acknowledging and delivering co-benefits and that these interconnecting elements help to build strong local environments. **Machteld Huber**, the other keynote speaker, encouraged participants to practice the positive health approach by first asking people what they want and then connecting them to what they are asking for.

To demonstrate how collaboration can be fostered in public health leadership to address disparities and promote inclusivity, **Vicky Hobart**, Greater London Authority Group Director of Public Health and Deputy Statutory Health Adviser, Greater London Authority, shared their journey of setting up a public health function. Vicky stressed that having a strategy in place is critical and that change to address health equity needs to happen at the local level with an aim to then align with the national level while understanding the population, system and levers along the way. Via a recorded video message, **Kevin Fenton**, Regional Public Health Director for London, spoke about effective community engagement in shaping health policies within urban settings, noting that local communities can help to identify solutions that are most relevant to their unique urban challenges and therefore are a critical part of tailoring effective solutions.

Highlighting the interconnectedness of environmental factors with health crises, **Francesca Racioppi**, Head, WHO European Centre for Environment and Health, Bonn, Germany, discussed using nature-based solutions and active mobility to address environmental challenges to mitigate health risks in cities. **Aaron Reeves**, Professor of Sociology and Social Policy, Department of Social Policy and Intervention, University of Oxford, United Kingdom, spoke on reorienting policies for the public through the principles of the well-being economy and emphasized that building well-being economies requires redistributing power. Aaron stressed that democratic transitions happen when they are built on participation and that listening is important but not enough by itself. People need to be listened to and given power to make changes themselves.

Lara Van Schaick, WHO Youth Delegate, International Federation of Medical Students Associations of Netherlands (Kingdom of the), addressed the significance of engaging youth to foster health and well-being and the importance of including youth visions and aspirations for a healthier future. Lara reminded participants that most are motivated from a young age to create and shape the future but that young people often feel that they are not being heard. Participants were encouraged to scale up efforts to create and enhance intergenerational solutions.

The world is at a tipping point: the healthy cities movement plays a crucial role in determining if it tips the wrong way or the right way.

Katja Iversen

We need to move away from focusing on disease management to focusing on prosperity in health. We need a different way of thinking.

Machteld Huber





WHO European Healthy Cities Network business meeting 1

The first business meeting of the Conference was opened by **Kira Fortune**, Regional Adviser, Healthy Cities, Health Promotion and Well-being, WHO Regional Office for Europe, who voiced that one of the unique characteristics of the Network is its sound governance structure, while one of the most important tasks of the Network's secretariat is to capture the work of the Network and share it broadly.

The meeting discussed business matters and summarized the activities of the previous working year. The items presented included a 2023 activity report, which included more than 30 high-level network activities, Advisory Committee report, review of interregional collaboration and the WHO European Healthy Cities Network financial overview.

Activity reports were also presented by the Network's three working groups and task forces: (1) Environment and Health Working Group, (2) Healthy Ageing Task Force and (3) Place, Health Inequalities and Well-being Working Group.

Towards Thriving Societies: Advancing Health in the Well-being Economy – Political Statement of the WHO European Healthy Cities Network and its drafting process were reviewed along with the nomination and election procedures for the Advisory Committee for 2024–2026. The Network was informed that there were three vacant seats for healthy city coordinators and one vacant seat for a national network coordinator.

The first business meeting concluded with a celebration to welcome two newly designated Network members, both from Greece: the Municipality of Orestiada and the Municipality of Agii Anargiri Kamatero.

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The future of cities:
Wednesday, 22 November 2023

Plenary session 2

The future of cities



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The second plenary session explored how to navigate the challenges brought by the COVID-19 pandemic and provided participants with an inspiring vision for future cities in which well-being, inclusivity, sustainable urban development and political commitment take centre stage. The session featured three keynote speakers and a facilitated panel discussion.

The session began with a keynote address by **Carlos Moreno**, Professor, Institut d'Administration des Entreprises (IAE) Paris Sorbonne Business School, Paris, France and creator of the 15-minute city concept. He discussed the 15-minute city concept, in which proximity is used to improve people's quality of life by developing polycentric cities that incorporate social circularity. This type of development results in people travelling short, low-carbon distances and services being provided nearby, thereby changing the shape of cities and making them more habitable. **Rosamund Adoo-Kissi-Debrah**, Ella Roberta Foundation, London, United Kingdom, shared her lived experience with the tragic loss of her seven-year-old daughter, Ella Roberta, whose asthma was triggered to a fatal point by air pollution. Rosamund detailed her journey in campaigning against the harmful effects of unsafe air on our health and the planet. It was stressed that the effects of air pollution on health and solutions to address this are known and that people need to act. A call to action was given to scale up engagement with doctors to increase their education on air pollution. Participants were encouraged to go back to their countries and reflect about what they are doing to make sure that the least well off are not suffering from the effects of air pollution.

Lot van Hooijdonk, Alderman of Utrecht, Netherlands (Kingdom of the), recounted her journey being involved in transforming the City of Utrecht into a cycling city and underscored the importance of giving priority to sustainability in governance at the local level to combat climate change. Lot highlighted that Utrecht was not always a cycling city and that the current infrastructure is a person-made situation that was motivated by creating not just a city for bicycles, but a city that is more pleasant to live in. Challenges that cities in the Utrecht region are facing were described along with corresponding solutions that have been implemented such as adding water and green spaces where there is a lot of concrete to combat the urban heat island effect.

The session's panel discussion featured five leading voices on urban futures, who supported a deeper understanding of the future of cities. **Mark Nieuwenhuijsen**, Professor, ISGlobal – Barcelona Institute for Global Health, Spain, unpacked essential strategies and interventions cities can incorporate to address the environmental determinants of health. Mark encouraged transitioning from passive to active mobility, car-free neighbourhoods, low-emission zones, 15-minute cities, increasing green spaces and decreasing noise exposure. A call to action was given to participants to act within their realms to push for the revision of the Ambient Air Quality Directives of the European Union to align with the latest WHO Air Quality Guidelines. Keynote speaker **Rosamund Adoo-Kissi-Debrah** spoke about the role of advocacy in promoting investment and action toward better health and highlighted that we do not need more evidence; we need to act. Political will was described as essential, and politicians were encouraged make the difficult decisions, recognizing that they may not be thanked immediately, but in 10 years, it will be evident that what was done was a good thing.



Olga Devic, Youth Affairs Specialist and member of the Youth4Health network, gave her perspective on what constitutes a healthy city for the next generation and advised how local decision-makers can support youth-led initiatives that can help to empower young people to act in their communities. Olga described a formula for meaningful engagement with four components: (1) consult young people to identify their needs, (2) engage young people to co-develop and co-deliver local community programmes, (3) support youth-led initiatives by increasing funding for youth initiatives and (4) engage youth representatives through local councils and working groups. Keynote speaker Lot van Hooijdonk complimented Olga's intervention by sharing insights on how local decision-makers can engage young people and those often excluded from conversations. Lot shared the city of Utrecht's experience with community engagement and indicated that when the city recognized that the people responding to engagement methods were mostly citizens with higher education, the city started engaging people directly in the streets and in schools.

In an overall reflection to close the session, keynote speaker **Carlos Moreno** cautioned that we need to be aware that cities are in a well-being crisis. Carlos stressed that a vibrant economy is needed and that citizens need to be empowered to participate and inspired to change individual mindsets and behaviour. Carlos warned that many people consider driving a car to be freedom and that radical change needs to be developed here and now to change this perception.

**Cities are at the heart of the problem
and hold the key to the solution.**

Carlos Moreno

**It stinks when politics are
a part of clean air.**

Rosamund Adoo-Kissi-Debrah

**Stay true to long-term city
development goals, even if
they are not popular – small
steps create the urban
structure of the future.**

Lot van Hooijdonk



Roundtable: Healthy Cities around the world

This session explored Healthy Cities approaches around the world while discussing various ways to promote participation and peace both locally and globally. The session featured a keynote speaker and a panel discussion.

Lee Chien Earn, Deputy Group CEO (Regional Health System), SingHealth, Singapore, kicked off the session with a keynote address detailing the approach of SingHealth, a network of hospitals in Singapore. SingHealth uses social prescribing in delivering health services to provide place-based, person-centred care. Lee highlighted that SingHealth has developed a living assets map and a community ageing in place ecosystem and, when combined with a social prescribing approach, the result is empowered care providers, partners and populations.

The panel discussion featured five speakers who explored urban health and discussed good practices and learnings from cities and nations worldwide. **Maha El-Adawy**, Director, Healthier Populations, WHO Regional Office for the Eastern Mediterranean, shared how she has seen global networks make a difference in advancing healthier communities worldwide. Maha underscored the importance of partnerships and working across regions and shared the success story of how countries in the Eastern Mediterranean Region incorporated a twinning approach to learn from the Hellenic Healthy Cities Network. **Keiko Nakamura**, Director, WHO Collaborating Centre for Healthy Cities and Urban Policy Research, Tokyo, Japan, spoke about the diversity of the WHO Western Pacific Region and the challenges that exist in sharing experiences with such diverse countries. To demonstrate how these challenges can be overcome, Keiko shared the example of the recent study tour for healthy city mayors from the European Region to Japan. Keiko highlighted that by sharing experiences, participants were able to see that they are working towards the same direction and overcame differences by reflecting on the core values of healthy cities.





If we understand each other's aspirations, then we enhance the quality of our relationships and enhance the ability to have good-quality outcomes.

Lee Chien Earn

Sasha Rodricks, Director, Global We, Museum for the United Nations – UN Live, talked about her experience with Global We and how international conversations can be transformational in addressing urban health disparities on a broader scale. Sasha informed that the Global We was launched to create a global empathy network and that when one speaks with others around the world in a Global We portal, they are honouring fellow humans who are recognized as people and not just the face of crisis. It was emphasized that it is often not facts and evidence that produce change, it is people. **José Luis Castro**, CEO, Vital Strategies, New York, United States of America, discussed some of the pressing issues for cities that require collective action related to noncommunicable diseases and violence and injury prevention. José stressed that the key is to enact the policies that we know work, the WHO best buys. The examples of Santo Domingo implementing a road safety policy and Cape Town regulating buildings to be smoke free were given to demonstrate the implementation of best buys. The importance of building partnerships with youth was emphasized to help to shape policies to respond in a comprehensive way.

The panel discussion concluded with all speakers sharing some final reflections. **Lee Chien Earn** called for increased investment in the life-course approach to support people to age in place in their communities. **Maha El-Adawy** encouraged patience, stating that change will take time but that people need to continue to do the work, listen and implement. Keiko Nakamura expressed her respect for the depth of the technical work the WHO European Healthy Cities Network is doing and encouraged the Network to increase their efforts to share their work with other regions. Sasha Rodricks expressed how struck she has been by ripple effects that result when people simply speak to one another and become inspired to implement actions that are happening in other parts of the world. **José Luis Castro** stressed the importance of addressing the equity gap and pointed out that cities are and can be leaders in driving change to increase equity. **Kira Fortune** ended the session by highlighting the sense of belonging that exists in the Network. Kira emphasized that Network members are all facing the same challenges, and these challenges create a sense of connection.

35 years of building Healthy Cities:

Thursday, 23 November 2023

Plenary session 3

35 years of building Healthy Cities



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The third plenary session reflected on the WHO European Healthy Cities Network reaching 35 years of being a key mechanism for promoting health and well-being in the WHO European Region. The session featured two keynote speakers and a large panel discussion bringing together valuable insights from the beginning of the movement to newer voices from around the European Region.

Evelyne de Leeuw, Professor of Public Health, University of Montreal, Canada provided an enthusiastic start to the session by delving into the rich history of the Network including its evolution, milestones and lessons learned. Evelyne shared the series of firsts that the Network delivered, including being the first social movement to put health high on political and social agendas instead of blaming individuals for poor health behaviour. Evelyne pointed out that the Network is good at connecting, listening and developing relevant publications but that one of the things the Network has failed to do is communicate effectively about all the work and insights that have been generated in the past 35 years. Evelyne concluded by praising the Network for all its efforts and thanked and acknowledged those who have been a part of the Network since its inception. The second keynote speaker, **Eelco Eerenberg**, Deputy Mayor of Utrecht, showcased successful local initiatives in the City of Utrecht and discussed the role of municipal governments in implementing the health in all policies approach. Eelco described the Utrecht Health Hub, comprising private and public sector stakeholders, which is used as an engagement medium for healthy urban development and gave the example of how the City of Utrecht intentionally placed

its exhibition place next to the central station to encourage train travel for visitors. Further, achieving a 15- or 10-minute city requires huge investment, especially in the areas where people do not live as long, and this type of investment can be a political challenge. Eelco highlighted that the City of Utrecht's learning has only begun and that there is much more work to do.

The panel discussion featured nine speakers and began with the keynote speakers providing additional input. **Evelyne de Leeuw** spoke about the role of the WHO European Healthy Cities Network in advancing urban health and well-being, summarizing this role in one word – community – stating that everything the Network does must be based on and driven by what communities need, want and deserve. Evelyne stressed that the Network has engaged communities. **Eelco Eerenberg** was asked how political leaders can foster a culture of health within urban landscapes. Eelco replied by offering that political leaders should start by recognizing the issues citizens are facing and, by asking the right questions, one often finds that people are worried about basics. Continuing, Eelco added that citizens often express concerns about stress, housing and income and that political leaders are responsible for connecting these issues with health.

Ilona Kickbusch, Founding Director and Chair, Global Health Centre at the Graduate Institute of International and Development Studies, Geneva, Switzerland provided a recorded message for participants highlighting the strength of the Healthy Cities movement and how it is more important than ever to focus on the local level to achieve global goals. Ilona described the Network as an integral part of WHO's work in delivering on interconnected global agendas and supporting them through local action. The political statement on the health and well-being economy adopted later in the Conference was described as a significant step since it mirrors the link to larger innovations and represents a powerful declaration of the Network's commitment to fostering health and well-being on the global scale. **Vakhtang Lomjaria**, Healthy City Coordinator, Tbilisi, Georgia, shared his perspective as a newly appointed coordinator on how the Network is supporting transformation in Tbilisi. Vakhtang highlighted that the Network provided inspirational examples that have resulted in Tbilisi developing a concept for three “super blocks” to increase accessibility, a plan to redevelop one of the largest parks, the creation of new green areas and multifunctional community centres.

Milka Donchin, Coordinator, Israel Healthy Cities Network, was asked how she bridged the gap for healthier communities in her early experience as a healthy city coordinator and what advice she would give to cities initiating similar efforts

The WHO European Healthy Cities Network was one of the first to put health high on social and political agendas, and this is what will make change.

Evelyne de Leeuw

We have the power to change for the better if we change the way we design our cities.

Eelco Eerenberg



today. Milka reflected that she first identified the need to start measuring, which resulted in the creation of indicators based on the individual needs of cities. The recommendation was given to national networks to hold training courses for their coordinators to provide support and guidance on how to proceed. **Ingunn Jacobsen**, Healthy City Coordinator, Horsens, Denmark, reflected on the impact observed from the WHO European Healthy Cities Network over the years and specific approaches that have demonstrated effectiveness. Ingunn stressed the importance of having political commitment and underscored that, without political commitment, it is hard to act. Further, it was emphasized that it is an honour to be a healthy city coordinator but that getting the most out of the role requires engaging and being willing to give back to the Network.

Ana Gil Luciano, Head, Health Promotion and Equity Area, Ministry of Health, Spain, reflected on Spain's healthy cities journey and what transformational aspects have stood out. Ana described four main transformational aspects for Spain, including having a health in all policies approach, interconnections with the national health strategy, creating networking opportunities and having a stable, long-term financing mechanism in place. **Ann Doherty**, Chief Executive, Cork City Council, Ireland outlined how local leaders in Cork have played a transformative role in shaping the future of healthy communities, stating that some of the important actions have been creating opportunities for community engagement and working across sectors.

Hilaire Armstrong, Technical Officer (Youth Initiative), WHO Regional Office for Europe, outlined ideas to increase youth involvement in the WHO European Healthy Cities Network. Hilaire recommended the following four ways to engage youth in the Network:

- invite young people to co-design and plan for Phase VIII of the Network, which could involve setting up a youth task force;
- establish a formal and sustainable mechanism to engage young people in the Network, which could involve integrating youth representatives into existing governance structures such as the Advisory Committee and the Healthy Ageing Task Force evolving into an intergenerational task force focusing on the life-course approach;
- create flexible spaces in which young people feel comfortable, respected and protected, including creating flexible engagement models and meeting times outside of school and work hours; and
- update the WHO European Healthy Cities Network application criteria to include a nudge for cities to demonstrate how they are integrating the perspectives of young people in local decision-making.





WHO European Healthy Cities Network business meeting 2

The objectives of the second business meeting were to announce the results of the Advisory Committee election, adopt the political statement, review the way forward for the Network in 2024–2025 and receive a report from the Rapporteur.

Kira Fortune, Regional Adviser, Healthy Cities, Health Promotion and Well-being, WHO Regional Office for Europe opened the business meeting by reviewing the objectives and stating: "We have networked, we have learned, we have inspired."

Eelco Eerenberg, Deputy Mayor, City of Utrecht, provided a brief opening, expressing satisfaction with the late inclusion of mental health and youth mental health into the political statement that will be presented for adoption. Eelco highlighted that youth in our cities want to connect on this topic since they often suffer most. He expressed that including mental health is not just a paragraph but a call to action and stated that the City of Utrecht remains committed to delivering on the political statement, translating its words into action.



Charlotte Marchandise, Executive Director, European Public Health Association (EUPHA), Brussels, Belgium spoke about the work of EUPHA and expressed the desire of EUPHA to work with the WHO European Healthy Cities Network and its politicians moving forward. Charlotte informed that EUPHA is in the process of signing a new memorandum of understanding with WHO that can help to guide its work with the Network. The memorandum of understanding will focus on the topics of mental health, behavioural and cultural insights, health equity, noncommunicable diseases, primary health care and innovation. **Brigit Staatsen**, Senior Research, National Institute for Public Health and the Environment, Utrecht, Netherlands (Kingdom of the) provided an update on the results of the Seventh Ministerial Conference on Environment and Health and the associated environment and health partnerships. Brigit informed that the Seventh Ministerial Conference adopted the Budapest Declaration, which encompasses commitments, actions and partnerships for moving forward the environment and health agenda. **Liesbeth van Holten**, Programme Manager, Healthy Urban Living, Province of Utrecht, Netherlands (Kingdom of the) provided an update on the Regions for Health Network informing that it held its annual meeting the previous week to set its priorities for next year. Liesbeth drew attention to the similarities between the Regions for Health Network and the WHO European Healthy Cities Network in terms of priorities and functioning and encouraged greater future collaboration.

The results of the Advisory Committee elections were presented. Two new healthy city coordinators and one national network coordinator were welcomed to the Committee. The following will be representing the WHO European Healthy Cities Network in the Advisory Committee for the next year:

Panikos Trakkides, Municipality of Geroskipou, Cyprus (new)
Harpa Thorsteinsdottir, City of Reykjavik, Iceland (new)
Anne McCusker, City of Belfast, United Kingdom (2022–2024)
Denise Cahill, City of Cork, Ireland (2022–2024)
Jitka Bouskova, Healthy Cities of the Czech Republic (new)
Maude Luherne, French Healthy Cities Network
Selma Šogorić, Croatian Healthy Cities Network
Johanna Linnarsson, Swedish Healthy Cities Network
Ingunn Jacobsen, City of Horsens, Denmark (2022–2024).



Towards Thriving Societies: Advancing Health in the Well-being Economy – Political Statement of the WHO European Healthy Cities Network was presented by Tony Fitzgerald, member of the Political Committee of the WHO European Healthy Cities Network. The statement contains 12 concrete action points for improving sustainability, health and well-being for all residents of cities. Tony highlighted that 55 cities and 19 national networks drafted the recommendations, and by adopting them, the Network commits to championing a well-being economy for cities and residents in four areas: planetary, human, economic and social. The political statement was adopted by acclamation with no objections.

Kira Fortune presented the way forward in 2024–2025, outlining some of the upcoming milestones for the next year, which include consultations with the Advisory Committee, Scientific Committee and Political Committee, evaluation of Phase VII, planning for Phase VIII, consultations with designated cities and national networks, launch of a digital hub and the 2024 Annual Business Meeting and Technical Conference. Kira informed the Network that the next Annual Business Meeting would take place virtually in October 2024 and that the next in-person Annual Business Meeting and Technical Conference will take place in the first half of 2025, which will also mark the launch of Phase VIII.



Julie Steffler, Conference Rapporteur, presented the report from the Rapporteur highlighting some of the key themes and recommendations that emerged over the three days. The themes included the need for increased empathy in the world, the well-being economy approach and its resulting co-benefits, the importance of focusing on urban development that decreases air pollution and incorporates nature-based solutions and the importance of meaningful engagement, especially with young people. The ongoing theme of recommending the creation of more intergenerational solutions was reiterated, and participants were reminded of the statement earlier in the Conference by youth delegate Olga Devic, Youth Affairs Specialist, who said: "This is birthday zero for having young people involved directly in the Conference."

During the Conference, WHO was advised to "slow down" to be able to "do better". Additional recommendations included the following.

1. Simplify the designation and accreditation process to join the WHO European Healthy Cities Network to make it more inclusive.
2. Increase the number of study tours taking place within the national networks and Network cities to be able to learn better from one another and ensure that study tours are accessible to all.
3. Improve communication to raise awareness and communicate better about what the Network is doing, including through more digital platforms and solutions.

The business meeting was closed by Kira Fortune, who expressed gratitude to the WHO European Healthy Cities Network and thanked all member cities for being the reason that the Network is so strong after 35 years.



The background features a white page with two vertical bars on the left side. The top bar is blue and the bottom bar is green. A blue wavy ribbon with a drop shadow effect runs horizontally across the middle of the page, overlapping the bars. On the right side, there are faint, light-colored curved shapes in shades of green and blue.

Parallel sessions: **Abstract presentations** **and workshops**

The parallel sessions are platforms for cities, national healthy cities networks and other experts to share experiences, good practices, challenges and lessons learned with other colleagues across the WHO European Healthy Cities Network. The parallel sessions featured abstract presentations and workshops related to the main theme of the conference, Health and Well-being for All, and sub-themes aligned with the broader Network agenda.

During the Conference, two time slots for abstract presentations and three time slots for workshops were available to participants. In total, 54 abstracts were presented, and six workshops were delivered. Summaries of these sessions are outlined below.

Abstract presentations session 1.1

Learning from experience: fostering resilient cities in the face of emergencies

Presenters in this session included the Polish Healthy Cities Association and the cities of Utrecht (Netherlands (Kingdom of the)), Wrexham (United Kingdom) and Zagreb (Croatia). Each presentation in this session focused on factors for enabling a resilient response to crises. Discussion following the presentations highlighted the key role of existing relationships in developing effective responses at the city level. Noteworthy takeaways were that established relationships with key stakeholders can increase the ability of municipalities to respond and mobilize effectively in a targeted and timely manner. There was consensus from participants that the research presented in this session could be used to develop toolkits for emergency crisis responsiveness.

Abstract presentations session 1.2

Leaving no one behind: advancing health in a digital era

This session explored the intersection of the work of public health and the transformative power of digital technologies. Four innovative examples of practice were presented, including Västra Götaland (Sweden), which highlighted health advancements within the school setting using digital technology to engage and co-produce tailored health interventions. Representatives from Budapest, Hungary presented an example of improving health outcomes within a homeless shelter by using a telehealth hybrid solution. The Municipality of Palaio Faliro (Greece) presented how they use digital innovation to enable a whole system approach to healthy ageing, and the Portuguese Healthy Cities Network presented their public web platform characterizing their municipalities through a broad set of health dimensions and indicators.

Key messages from the presentations included the critical need for meaningful community engagement when exploring and implementing digital solutions for advancing health while accepting and embracing the power of information in the digital era to influence data-informed interventions, address health disparities, engage politicians and reach the most vulnerable people.

Abstract presentations session 1.3

One health, one future: moving towards planetary well-being

The One Health approach was the focus of this session, which featured presentations that explored integrating health and well-being into urban ecosystems, underscoring the interconnection of animal, human and environmental health. This session featured three presentations.

The first presentation featured a Jerusalem (Israel) case example about preserving urban green spaces and wildlife habitats to mitigate climate change impact and flooding and provide shade during heat-waves while also serving as a public park for recreation by children, tourists and the local community.

The second presentation introduced a WHO air quality visualization tool that was used to assist rapid decision-making in eastern Türkiye. In the third presentation, the University of Delft (Netherlands (Kingdom of the)) described a framework for assessing children's access to green spaces aimed at enhancing urban planning for mayors and local authorities.

These presentations showcased the importance of a holistic health perspective connecting human, animal and environmental health at the local and global levels.

Abstract presentations session 1.4

Power of cities: delivering an inclusive mental health agenda

This session amplified the important role of cities in providing the right framework and structure for citizens to flourish mentally and physically.

Bottom-up processes, community-driven approaches, partnerships, data collection and giving a voice to the people affects by decisions were some key messages from the session. Additionally, it was emphasized that cities have the power to drive change and ensure that the mental health of citizens is given priority in an inclusive manner, reaching all residents and leaving no one behind.

Abstract presentations session 1.5

Thriving together: navigating health in the well-being economy

This session highlighted the diversity of what well-being economies embrace. During the session, participants heard about four initiatives, including: (1) a strategy that enables public health interventions to support communities' quality of life through social activities in Madrid, Spain, (2) access to health and environmental data at the neighbourhood level to improve the efficiency of local policies in Utrecht (Netherlands (Kingdom of the)), 3) how new tools have been invented to monitor people's well-being in Kuopio (Finland) and (4) how caring values such as gratitude have been a focus in the Värmland Region (Sweden), including for those who contribute to the population's health and well-being without being officially labelled as care workers.

Abstract presentations session 1.6

Urban futures: co-creating sustainable places for all generations

This session investigated diverse strategies for urban development and public health. Presentations covered topics such as engaging children and youth in Healthy Cities initiatives, fostering resilience and cohesion in cities, addressing climate change for climate-resilient urban development, and examining local policies' impact on eating behavior. Moreover, the session emphasized the pivotal role of social sustainability in shaping resilient local communities. Overall, this session presented an inspiring opportunity to imagine cities where diverse generations thrive in harmony, emphasizing the shared responsibility of co-creating spaces that endure and benefit everyone.



Abstract presentations session 2.1

Learning from experience: fostering resilient cities in the face of emergencies

The presentations in this session focused on emergency responses at the city level for natural disasters and COVID-19. Discussion arising from the presentations centred on the need to learn from these experiences for future events, for cities to gather data on methods of intervention that were successful in both responding to the crisis and building back better. Recommendations for adequate reflection following a crisis were encouraged, and it was highlighted that this can be overseen in the need to go back to normal to build urban resilience, manage risk and support public health.

Abstract presentations session 2.2

Leaving no one behind: advancing health in a digital era

The session delved into diverse projects situated at the crossroads of public health and digital advancements. The presenters covered microgrants for seniors, addressing social and digital exclusion; Ireland's sexual health network, fostering collaboration; Finland's national concept for well-being; a community project in Madrid (Spain) tackling loneliness among young adults; and Strit.Fitness in Rijeka (Croatia), promoting free fitness through information technology. A common thread throughout the presentations was the imperative of ensuring equitable access and fostering community engagement in deploying digital solutions for health. Each project provided insight, highlighted effects, addressed challenges and outlined future plans. The focus remained on developing inclusive health-care strategies in the digital era, prompting further discussion for potential positive changes within diverse communities. The session delved into diverse projects situated at the crossroads of public health and digital advancements. The presenters covered microgrants for seniors, addressing social and digital exclusion; Ireland's sexual health network, fostering collaboration; Finland's national concept for well-being; a community project in Madrid (Spain) tackling loneliness among young adults; and Strit.Fitness in Rijeka (Croatia), promoting free fitness through information technology. A common thread throughout the presentations was the imperative of ensuring equitable access and fostering community engagement in deploying digital solutions for health. Each project provided insight, highlighted effects, addressed challenges and outlined future plans. The focus remained on developing inclusive health-care strategies in the digital era, prompting further discussion for potential positive changes within diverse communities.

Abstract presentations session 2.3

One health, one future: moving towards planetary well-being

This second session on One Health began with a case example from Türkiye in which limited awareness of the One Health approach was found among health research assistants, indicating the need for better interdisciplinary education. Next, the Togher Community Garden in Cork (Ireland) was described as demonstrating One Health in action through its permaculture and educational initiatives.

Participants also heard about the SOCIO-BEE Project in Amaroussion (Greece), which involves citizens in air pollution monitoring, blending technology and social innovation. Next, the One Health 4 Cities network was presented. This network seeks to integrate the One Health approach into urban policy, with a plan to share tools and insights by December 2025. The final presentation explored efforts underway by WHO to quantify the benefits of the One Health approach by developing a One Health investment case, moving from theory to evidence-informed best practices.

All these case examples, from local community gardens to global networks, underscore the vital importance of integrating human, animal and environmental health into a cohesive, actionable framework to improve health outcomes and sustainability worldwide.

Abstract presentations session 2.4

Power of cities: delivering an inclusive mental health agenda

This session demonstrated the wide range of work underway in cities to address the mental health and well-being of people in communities. The presentations featured community-driven mental health promotion activities, examples of treatment and care for those who feel that life is no longer worth living, mental health initiatives targeting adolescence and the example of being SeniorCool when transitioning from formal work to retirement. These five important case examples highlighted the power of cities to shape their citizens' mental health and leave no citizen behind.

Abstract presentations session 2.5

Thriving together: navigating health in the well-being economy

This session highlighted key levers that support health in the well-being economy, such as: (1) enhancing participatory budgeting to support citizens-led health projects in Brno (Czechia), (2) supporting health literacy skills for everyday health habits, such as medicine consumption, in Belfast (United Kingdom), (3) supporting preventive home visits as a way to create contact and support communities' social and health dynamics in Haderslev (Denmark), (4) building a local strategy including co-benefits for health and environment in Cork (Ireland) and (5) supporting local organic food production as a lever for engaging inhabitants in adopting healthier eating patterns in Hasanaga (Türkiye).

Abstract presentations session 2.6

Urban futures: co-creating sustainable places for all generations

This session showcased a rich tapestry of approaches to enhance urban well-being, revealing intriguing complementarities. The Health Office of Dresden (Germany) outlined a comprehensive plan addressing health disparity, which echoed Norway's focus on social sustainability interventions. SportUtrecht activities, championing cycling for safer school environments, could align with the objectives of Spain's collaborative efforts involving both the Ministry of Health and municipalities in healthy urban planning. Bax & Company's Healthy Cities initiative tied these threads together, emphasizing cross-departmental collaboration. Lively discussions during the session underscored the diverse perspectives, fostering a dynamic exchange of ideas. The collective efforts illustrated the multifaceted nature of urban well-being, in which various strategies intertwine to create holistic, sustainable cities.



Empowering cities and communities to foster age-friendly environments for all

Meeting of the Healthy Ageing Task Force (HATF)
WHO European Network of Healthy Cities

Utrecht, The Netherlands
27 November 2023

#HCH23



Workshop 1

Profiling health, well-being and prosperity

The objective of this workshop was to share learning from the development of the two most recent healthy city profiles of Belfast Healthy Cities (United Kingdom), illustrating health and well-being before the COVID-19 pandemic, together with the pandemic's impact on population health status, risk factors and the social determinants of health. The workshop covered the benefits of compiling a profile and how to use it to support healthy city work across the municipality. Some associated challenges of developing a profile were discussed, such as data availability, accessibility and coverage, highlighting the solutions (tips and tricks) that were devised during the process.

The workshop described the types of information that can effectively be used in a profile and ways of integrating it to fully illustrate an issue. Participants looked at how to select indicators considering the availability and priorities within a city or region, the perspectives of politicians, policy-makers and service providers and local community concerns. The data comparisons that were used to identify health and other inequalities in the city's population were outlined for participants. The workshop featured an interactive component that explored the challenges participants face and the possible options to resolve them, together with the types of indicators that could spotlight their city's priorities and issues of interest or concern.

Workshop 2

Deal-making for healthy cities

This workshop unpacked the question: "How can collaboration create liveable cities, where healthy and sustainable food is accessible for all and where space is created for pedestrians to walk, meet and relax?" City deals were explored, in which municipalities, the central government and various social organizations work together to strengthen growth, innovation and quality of life in Dutch cities by searching for innovative solutions and working on new approaches to create better regulation. In the first part of the workshop, participants saw how city deals work: multilevel collaboration with relevant knowledge and private partners. Participants were then guided through the results and challenges arising from two city deals.

Workshop 3

Cities accelerating well-being economies for inclusive and sustainable development

Workshop 3 unpacked well-being economies. A growing movement of cities, regions and countries is shifting to giving priority to well-being, with benefits for greater prosperity and resilience. At a time when health and welfare systems are under strain, shaping economic and social systems is vital to secure healthier populations and health equity. This includes investing in key assets for well-being and health equity such as health systems, child development, healthy and sustainable living environments and decent work. This interactive workshop introduced participants to key concepts and levers cities can use in implementing well-being economies. With contributions from cities participating in the WHO European Healthy Cities Network pilot programme around well-being economies, the session offered the opportunity for accelerated learning exchange between cities.



Workshop 4

Strengthening community vaccine acceptance and demand through educational interventions: the case study of the Immune Patrol

This workshop unpacked the question: "How can collaboration create liveable cities, where healthy and sustainable food is accessible for all and where space is created for pedestrians to walk, meet and relax?" city deals were explored, in which municipalities, the central government and various social organizations work together to strengthen growth, innovation and quality of life in Dutch cities by searching for innovative solutions and working on new approaches to create better regulation. In the first part of the workshop, participants saw how city deals work: multilevel collaboration with relevant knowledge and private partners. Participants were then guided through the results and challenges arising from two city deals.

Workshop 5

The first 1000 days of children

The topic of this workshop was early childhood development and participants explored how the City of Utrecht (Netherlands (Kingdom of the)) is committed to its youngest people through its focus on the first 1000 days of children's lives. Every child, in every neighbourhood, deserves the best possible start in life and the best possible chance of a good future. The City of Utrecht focuses on the first 1000 days of children's lives, increasing their chances and opportunities in later life with a particular focus on investing in future families in vulnerable situations. Participants learned about the important principles of this approach, which includes disease prevention, cooperation with professionals in the neighbourhoods, working together with parents and learning from each other.

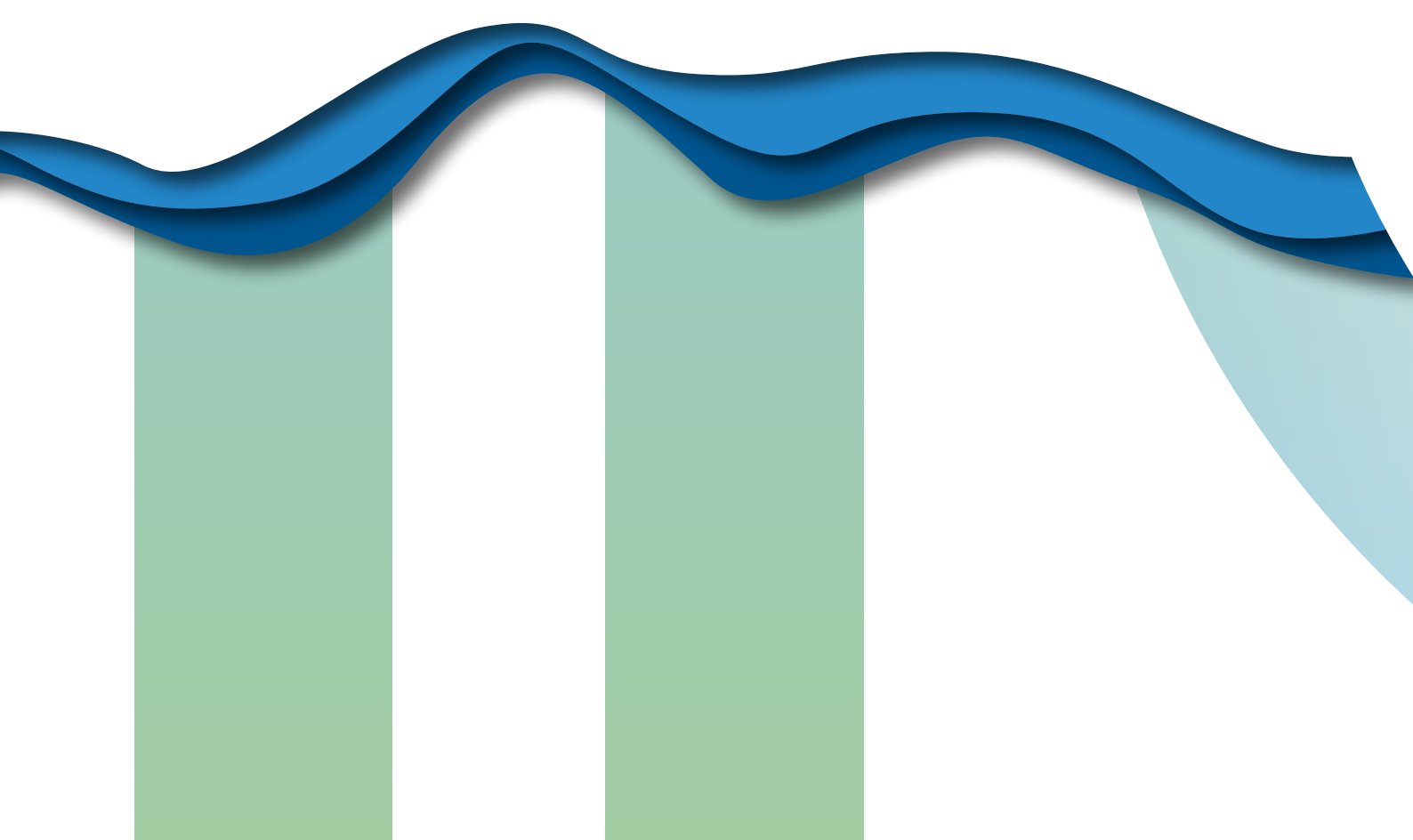
Workshop 6

Health Hub Utrecht

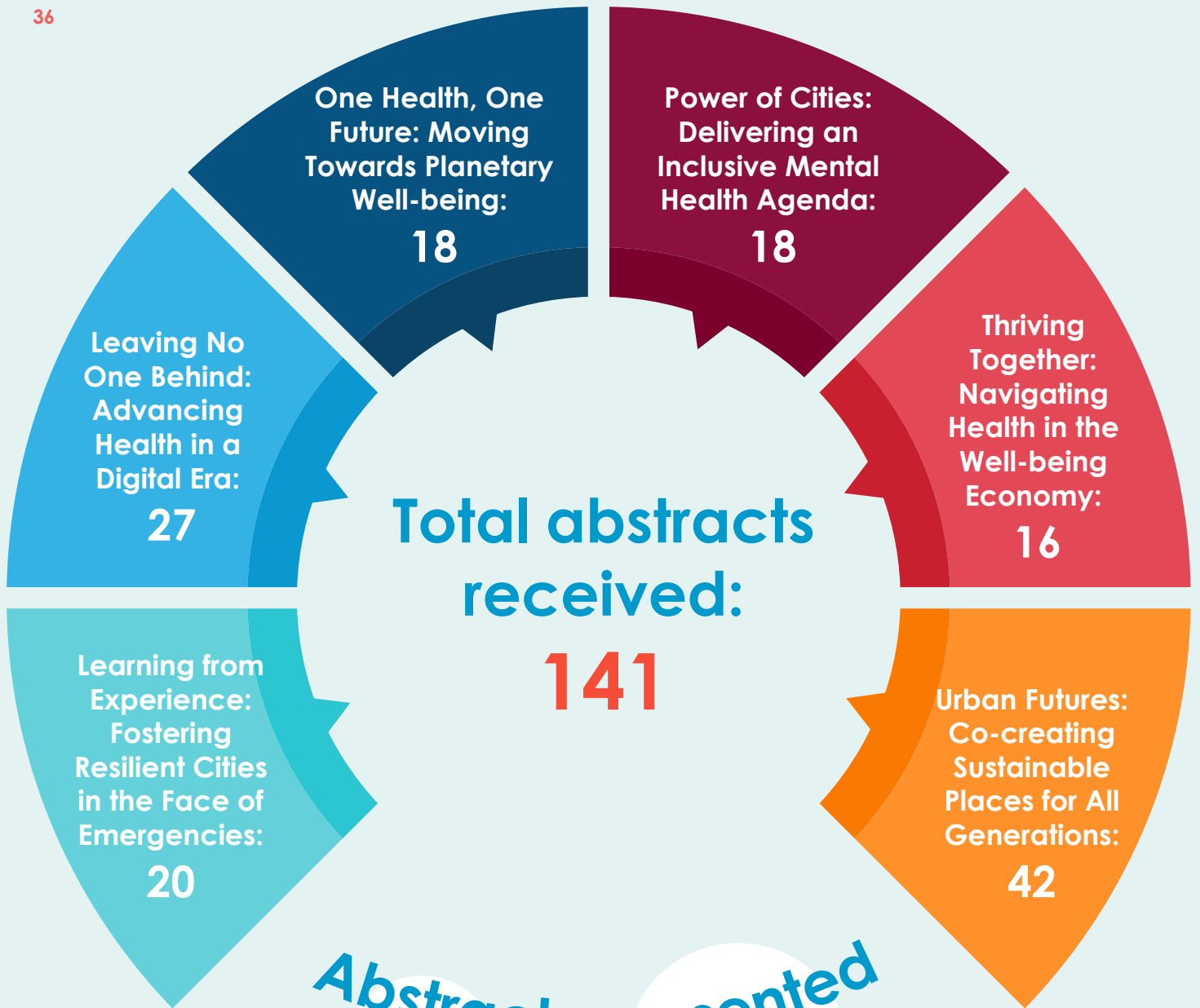
This workshop explored how multiple helix collaboration can help in creating healthy cities and citizens. To understand this collaboration, participants were introduced to two networks in the region of Utrecht (Netherlands (Kingdom of the)) – Health Hub Utrecht, a multiple helix network aimed at preventive health and reducing health inequalities, and the Data and Knowledge Hub Utrecht. During the workshop, participants discussed how to ensure that the results in these networks benefit citizens and the collaborating partners.

Annex 1.

Conference statistics







Abstracts presented at the conference:

58

Submissions included in the book of abstracts

126

1 Film screened: Green City Life



6 Workshops conducted



13 City tours called urban safari organized



Annex 2.

Scope and purpose

The WHO European Healthy Cities Network was launched in 1988 as a political, cross-cutting and intersectoral initiative to be implemented through direct collaboration with cities. A key strategic mechanism of the WHO European Healthy Cities Network is the annual Healthy Cities Business Meeting and Technical Conference. These meetings bring together both political representatives and technical focal points from the WHO flagship cities and the national networks. The WHO European Healthy Cities Network comprises 88 flagship cities and over 20 national healthy cities networks, together having more than 1400 cities and municipalities as members in total.

The theme and subthemes of the 2023 WHO European Healthy Cities Annual Business Meeting and Technical Conference build on the Copenhagen Consensus of Mayors from 2018, One Health and, more recently, the European Regional High-level Forum on Health in the Well-Being Economy. The theme is Health and Well-being for All: Celebrating 35 years of the Healthy Cities Movement. In 2023, along with WHO's 75th anniversary, the WHO European Healthy Cities Network also celebrates 35 years of this movement. The Conference will be in person and will be coordinated by the Healthy Cities Secretariat in the Division for Communicable Diseases, Environment and Health.

The main objectives and expected output of the 2023 Conference relate to:

- adopting Towards Thriving Societies: Advancing Health in the Well-being Economy – Political Statement of the WHO European Healthy Cities Network;
- election for vacant seats in the Advisory Committee;
- reporting back on 2023 Network activities and planning priority actions for 2024; and
- sharing and learning from good practices of cities in the Network and national networks.

A Conference opening dinner is planned for Monday, 20 November. There will be a politician's meeting and dinner on Tuesday, 21 November. On the third day, Thursday, 23 November, a closing reception will be held to mark the 35th anniversary of the Healthy Cities movement.

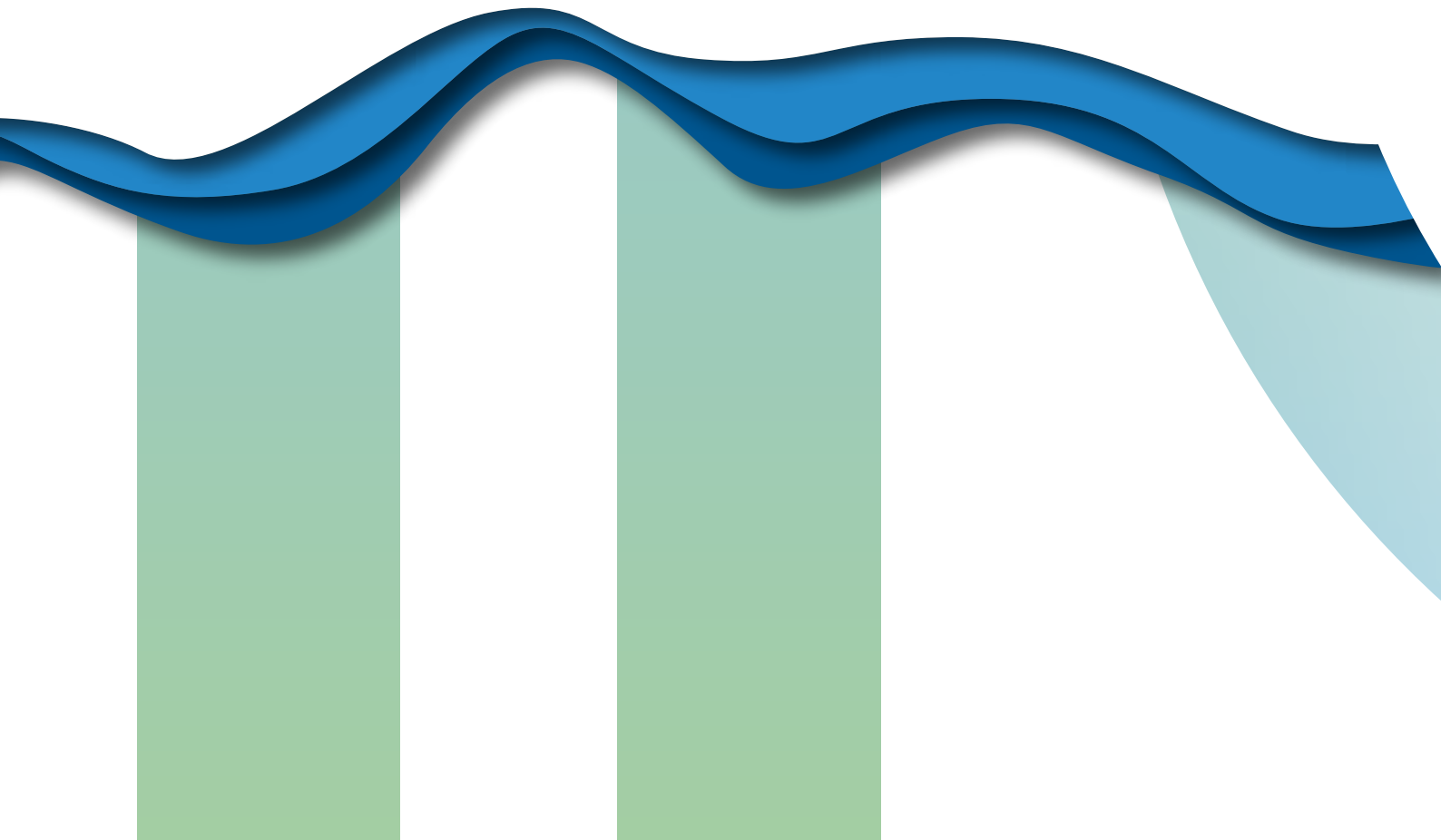
The expected participants will be:

- delegations from the city or municipality members of the WHO European Healthy Cities Network, which will include the mayor or lead politician, the coordinator and selected focal points identified to work on the Conference and Phase VII core themes;
- delegations from national healthy cities networks, which will include the political chair of the network, the coordinator, a representative of the health ministry and the regions and one or two observers from member cities;
- invited dignitaries, keynote speakers, resource experts and advisers; and
- representatives from European Region countries interested in joining the Healthy Cities movement.

This will be the fourth Annual Business Meeting and Technical Conference to be held in Phase VII (2019–2025) of the WHO European Healthy Cities Network. The themes of the Conference are aligned with the Copenhagen Consensus of Mayors and the WHO European Healthy Cities Network Phase VII implementation framework.

Annex 3.

Programme





Health and well-being for all: Celebrating 35 Years of the Healthy Cities Movement

WHO European Healthy Cities Network
Annual Business Meeting and Technical Conference,
21–23 November, Utrecht, Netherlands (Kingdom of the)



PROGRAM

**NOVEMBER 21–23, 2023
UTRECHT, NETHERLANDS (KINGDOM OF THE)**

WHO European Healthy Cities annual business meeting and technical conference

We are delighted to welcome you to the 2023 WHO European Healthy Cities Annual Business Meeting and Technical Conference hosted by the city of Utrecht from 21-23 November. This year's theme is - Health and Well-being for All, Celebrating 35 years of the Healthy Cities movement.

As we look back on the past 35 years, we are proud of all that we have accomplished together. We have built a strong network of committed individuals and organizations who are passionate about creating healthier communities. Over the course of the conferences, we will be exploring a wide range of topics around the Healthy City movement, including the latest trends, cutting-edge research, and innovative ideas presented by the cities of Healthy Cities network.

The theme and subthemes of the 2023 WHO European Healthy Cities Annual Business Meeting and Technical Conference build on the Copenhagen Consensus of Mayors from 2018. We have developed innovative strategies and tools that have been adopted around the world. And most importantly, we have improved the health and well-being of millions of people across Europe.

The WHO European Healthy Cities Network was launched in 1988 as a political, crosscutting and intersectoral initiative and movement that directly collaborates with cities across the WHO European Region. It is a crucial platform for bringing about change and achieving improved health, well-being and equitable and sustainable development in cities across the Region and globally.

**#HEALTHFORALL
#HCN35**



Plenary sessions

Sessions with all participants attending. No other Conference session or event is taking place during plenary sessions.

Parallel sessions

Different types of sessions taking place at the same time. Participants are free to choose which session to attend.

Workshops

Interactive learning sessions on areas key to the work of Healthy Cities.

Participants should be aware that photos and video will be taken during this event, and may be published on WHO platforms (web and social media).

Unless specified, all sessions for the duration of the conference (21 November to 23 November) will be conducted at the Jaarbeurs/Beatrix building, Jaarbeursplein 6A | 3521 AL Utrecht



PROVISIONAL PROGRAMME

Session	Time	Monday, 20 November 2023
Meeting of national healthy cities networks	9:00–17:00	Meeting of national healthy cities networks Venue: Stadsplateau 1 3521AZ Utrecht
Registration 1	15:00–15:30	Registration 1 Venue: TivoliVredenburg Vredenburgkade 11 3511 WC Utrecht Netherlands (Kingdom of the)
European Congress on Tropical Medicine and International Health session	15:30–17:30	European Congress on Tropical Medicine and International Health plenary session Read more: Monday 20 November ECTMIH2023
Registration 2	17:00–17:30	Registration 2 Venue: TivoliVredenburg Vredenburgkade 11 3511 WC Utrecht Netherlands (Kingdom of the)
Welcome Reception	17:30–19:30	Joint welcome reception with European Congress on Tropical Medicine and International Health Venue: TivoliVredenburg Vredenburgkade 11 3511 WC Utrecht Netherlands (Kingdom of the) Reception for all Conference participants



Session	Time	Tuesday, 21 November 2023
Registration at Mies Bouwman Foyer	08:00–09:00	Registration 3 Venue: The Jaarbeurs / Beatrix building Jaarbeursplein 6A 3521 AL Utrecht
Opening session		Official opening
Room: Beatrix Theatre	09:00–10:00 <i>Interpretation available</i>	Moderator: Petra Hongell, WHO Regional Office for Europe Conference Rapporteur: Julie Steffler, WHO Regional Office for Europe Welcoming speeches <ul style="list-style-type: none"> • Ernst Kuipers, Minister of Health, Welfare and Sport, Netherlands (Kingdom of the) • Hans Henri P. Kluge, Regional Director, WHO Regional Office for Europe • Robb Butler, Director, Communicable Diseases, Environment and Health, WHO Regional Office for Europe • Kira Fortune, Regional Adviser for Healthy Cities, Health Promotion and Well-being, WHO Regional Office for Europe • Sharon Dijkma, Mayor of Utrecht
	10:00–10:15	Group Photograph
Room: Mies Bouwman Foyer	10:15–10:30	Break
Plenary Session 1		Paving a way towards health and well-being for all
Room: Beatrix Theatre	10:30–12:00 <i>Interpretation available</i>	Moderator: Petra Hongell, WHO European Healthy Cities Network Conference Rapporteur: Julie Steffler, WHO Regional Office for Europe Lightning talk: <ul style="list-style-type: none"> • Katja Iversen • Machteld Huber Round-table discussion (in alphabetical order): <ul style="list-style-type: none"> • Aaron Reeves, Professor of Sociology and Social Policy, Department of Social Policy and Intervention, University of Oxford, United Kingdom • Francesca Racioppi, Head, WHO European Centre for Environment and Health, Bonn, Germany • Katja Iversen, Chief Executive Officer, Museum for the United Nations – United Nations Live • Kevin Fenton, public health physician and infectious disease epidemiologist (recorded message) • Lara Van Schaick, WHO Youth Delegate International Federation of Medical Students Associations of Netherlands (Kingdom of the) • Machteld Huber, Founder, Institute for Positive Health, Utrecht, Netherlands (Kingdom of the) • Vicky Hobart, Greater London Authority Group Director of Public Health & Deputy Statutory Health Adviser, Greater London Authority, United Kingdom
Room: Mies Bouwman Foyer	12:00–13:00	Lunch
Room: Royal Bar		Political Committee Lunch (Closed) <i>Attendance by invitation only</i>

Session	Time	Tuesday, 21 November 2023
Business Meeting 1		
Room: Beatrix Theatre	13:00–14:30 <i>Interpretation available</i>	<p>Welcome</p> <p>Moderator: Kira Fortune, WHO Regional Office for Europe</p> <p>Conference Rapporteur: Julie Steffler, WHO Regional Office for Europe</p> <ul style="list-style-type: none"> • Opening remarks by Kira Fortune • Review of 2023 activities and meetings held in 2023 • Advisory Committee report • Lessons from Japan study tour • Review of working group activity by leads • Brief financial overview • Introduction to the 2023 political statement • Review of the Advisory Committee election procedures • Recognition of the newly designated cities in the WHO European Healthy Cities Network and accredited national healthy cities networks
Room: Mies Bouwman Foyer	14:30–15:00	Break
Site Visit (Urban Safari)		
<p>To start at 15:15 until no later than 17:30</p> <p>Meeting point: Jaarbeursplein foyer</p>		
	15:00–17:30	<ul style="list-style-type: none"> • The sound of Utrecht A walking tour along busy, quiet, nice and also less pleasant locations to listen to what the city sounds like. What possibilities does the soundscape approach offer to influence this? Location: Jaarbeurs – Beatrix Theater, Jaarbeursplein 6a, 3521 AL Utrecht • Bike tour – a new city district: Merwede Will you join us in Merwede? Over the next few years, this area will be transformed into a lively, green and car-free city district. The municipality, other owners and developers are working together in this, united in a collective. How? We would love to show you. Location: bike rental Laag Catharijne Catharijnesingel 28, 3511GB Utrecht • The story of Cartesius What is the life of a Cartesius like? We invite you, also on behalf of the developers, to visit this new district and would like to tell you the story of Cartesius. We open the door of the historic CAB building, the developers share their vision for the area and we visit the construction site of the first phase with almost 300 mid-rental homes. Come and see! Location: Beatrix Theater, Jaarbeursplein 6a, 3521 AL Utrecht

DAY 1

Session	Time	Tuesday, 21 November 2023
Site Visit (Urban Safari)		
	<p data-bbox="517 907 654 936">15:00–17:30</p> <p data-bbox="488 1005 683 1090"><i>(To start at 15.15 until not later than 17.30)</i></p>	<ul style="list-style-type: none"> <li data-bbox="743 315 1458 555"> <p>• The Utrecht Singel Escape The Utrecht Singel Escape is a riddle tour that largely takes you along the canal. You step into a story from the time of emperors, canons and guilds and solve riddles while walking. You will visit special places and learn about (the history of) the canal, which is more than 900 years old and which is the blue vein of the city of which Utrecht is proud. Location: Jaarbeurs – Beatrix Theater, Jaarbeursplein 6a, 3521 AL Utrecht</p> <li data-bbox="743 568 1458 891"> <p>• Healthy urban living for everyone in the Beurskwartier Come and walk with us through Beurskwartier! The two former parking lots of the Jaarbeurs are currently being prepared for a new part of the centre of Utrecht. It will be an area of excitement and vibrancy. Beurskwartier will have at least 2500 homes, creative workspaces, offices, restaurants and stores for daily groceries, a primary school and health care for the neighbourhood. Two parks make the diversity of this new centre part complete. Beurskwartier becomes a place for everyone. Location: Jaarbeurs – Beatrix Theater, Jaarbeursplein 6a, 3521 AL Utrecht</p> <li data-bbox="743 904 1458 1093"> <p>• Bike tour – a look behind the scenes at the shelter for Ukraine Behind the scenes at the refugee shelter. If you want to know more about the Ukrainians who live here in Utrecht, come along on our bike tour. Location: bike rental, Laag Catharijne Catharijnesingel 28, 3511GB Utrecht</p> <li data-bbox="743 1106 1458 1473"> <p>• Health Pact Utrecht Health Pact Utrecht is a Utrecht movement towards healthy urban living for everyone. Health Pact Utrecht offers a dynamic and growing network for the city. Anyone who wants to can join this network to contribute, collaborate and inspire each other and learn from each other. There is still much to gain if we combine initiative, knowledge, skills and strengths. In this way, together we increase the (impact on) health in Utrecht. Residents, professionals, volunteers, initiators, entrepreneurs, the municipality, companies, authorities: everyone makes a contribution! Location: Jaarbeurs – Beatrix Theater, Jaarbeursplein 6a, 3521 AL Utrecht</p> <li data-bbox="743 1487 1458 1675"> <p>• Utrecht to a 30 km/hour zone To improve road safety and quality of life in the coming years until 2040, Utrecht will continue to set more streets from 50 to 30 km per hour. How do we do this? Step on your bike and get the experience. Location: bike rental Laag Catharijne Catharijnesingel 28, 3511GB Utrecht</p>

DAY 1

Session	Time	Tuesday, 21 November 2023
Site Visit (Urban Safari)		Paving a way towards health and well-being for all
	<p data-bbox="534 1014 671 1043">15:00–17:30</p> <p data-bbox="507 1113 699 1196"><i>(To start at 15.15 untill not later than 17.30)</i></p>	<ul style="list-style-type: none"> <li data-bbox="762 315 1469 734"> <p>• Visit the Kanaalstraat The redevelopment of Kanaalstraat and Damstraat into attractive and liveable residential-shopping streets stems from a vision made by the neighbourhood itself. It is also about improving the quality of life, safety and economic functioning of the streets. The integrated design for the redevelopment pays a lot of attention to pedestrians, accommodation, greenery and climate adaptation. The redevelopment started in November 2022. Would you like to know how we arrived at the design and how the neighbourhood was involved? Would you like to see work in progress and know what we are doing to limit disruption to the neighbourhood? Then register and join us! Location: Jaarbeurs – Beatrix Theater, Jaarbeursplein 6a, 3521 AL Utrecht</p> <li data-bbox="762 759 1469 1010"> <p>• City deal on education You will learn more about how the Municipality of Utrecht collaborates with local institutions for secondary vocational education, higher professional education and university education to tackle societal issues from the city, at locations in the city, together with neighbourhood professionals and residents. This collaboration aims to forge a sustainable connection between the local knowledge institutions and the city to tackle societal challenges.</p> <li data-bbox="762 1034 1469 1308"> <p>• Streetlife030 walk: a guided tour by an ex-homeless person The Streetlife030 walk is a very special city walk with an ex-homeless person as a guide and his or her story from the street! The walk takes you through the city centre of Utrecht, along important places from his or her homeless and/or addicted days, past and present. And of course you will pass other beautiful places and buildings in the city centre of Utrecht. Location: Jaarbeurs – Beatrix Theater, Jaarbeursplein 6a, 3521 AL Utrecht</p> <li data-bbox="762 1332 1469 1583"> <p>• Guided walk about the history of health care in Utrecht Three guides from Het Gilde Utrecht will provide walks about the history of health care in Utrecht. Each guide has his or her own perspective; one will focus more on the monasteries, for example, from which health care was previously arranged, while another will focus more on the development of the university and hospitals. Location: Jaarbeurs – Beatrix Theater, Jaarbeursplein 6a, 3521 AL Utrecht</p> <li data-bbox="762 1608 1469 1881"> <p>• One-hour tour of the art collection at the University Medical Center Utrecht and the Wilhelmina Children's Hospital This is a unique opportunity to visit the University Medical Center Utrecht and the Wilhelmina Children's Hospital to see the hospital and how art is integrated into the public spaces of the hospital. A tour will be given by students from the MA Medical Humanities of Utrecht University. Both European Congress on Tropical Medicine and International Health and WHO European Healthy Cities Network participants are welcome to join.</p>

Session	Time	Tuesday, 21 November 2023
Room: 117	15:00–18:00	Political Committee Meeting (closed) <i>Attendance by invitation only</i>
Politicians' dinner	19:00–21:30	(Open to all politicians, attendance by RSVP invitation) Time: 19.00–21.30 Venue: Paushuize, Utrecht Paushuize Evenementenlocatie Heirloom



Session	Time	Wednesday, 22 November 2023
Meeting of working groups		
Room: 111	08:30–10:00	<p>Environment and Health Working Group Contact Person: Miriam Weber</p> <p>The Environment and Health Working Group was established after the 6th WHO Ministerial Conference on Environment and Health in Ostrava, Czechia in 2017. The topics in this domain are broad, diverse and urgent, and with lessons from COVID-19, the Environment and Health Working Group restarted in summer 2021. The aims are to provide a platform for cities that want to strengthen work on environment and health and to develop tools and guidance materials and to disseminate results to the WHO European Healthy Cities Network and national healthy cities networks.</p> <p>The Working Group works closely with the WHO European Centre for Environment and Health and is chaired by the City of Utrecht. The Working Group meeting during the 2023 WHO European Healthy Cities Network Annual Business Meeting and Technical Conference is an open meeting and will provide an opportunity for further knowledge exchange beyond the membership of the Working Group.</p> <p>The main topics will be</p> <ol style="list-style-type: none"> (1) update on draft deliverables of the working group including the policy brief on urban green space and health and (2) consultation on partnership healthy and sustainable living environment for all under the umbrella of the Budapest Ministerial Declaration on Environment and Health (2023). <p>Since the Working Group is setting its agenda for 2024 and beyond, we are open for new participants as well.</p>
Room: 117		<p>Healthy Ageing Task Force Meeting Contact Person: Yongjie Yon</p> <p>The Healthy Ageing Task Force is the longest-standing subnetwork technical working group. After the onset of the COVID-19 pandemic, the Healthy Ageing Task Force convened 12 cities to share experiences on how they responded. The Healthy Ageing Task Force is welcoming cities from the WHO European Network to join the meeting and learn more about how they can become engaged in creating age-friendly environments.</p> <p>In this session, a workshop will be conducted that aims to introduce the United Nations Decade of Healthy Ageing by fostering a collective commitment to the well-being of older people. It will empower cities and communities to become advocates for older adults, emphasizing inclusivity and accessibility. The workshop will serve a threefold purpose:</p> <ol style="list-style-type: none"> 1) revealing a policy brief report on city resilience, extracting crucial lessons from the COVID-19 pandemic to inform future preparedness and response strategies, 2) presenting age-friendly city profiles from members of the Healthy Ageing Task Force of the WHO European Healthy Cities Network and 3) highlighting the potential synergy between the Task Force and the WHO Global Network of Age-Friendly Cities and Communities, enabling a collaborative effort to promote healthy ageing across the WHO European Region. <p>The main topics will be</p> <ol style="list-style-type: none"> (1) update on draft deliverables of the working group including the policy brief on urban green space and health and (2) consultation on partnership healthy and sustainable living environment for all under the umbrella of the Budapest Ministerial Declaration on Environment and Health (2023).

Session	Time	Wednesday, 22 November 2023
Meeting of working groups	08:30–10:00	
Room: 110		<p>Place, health inequalities and well-being (open to all) Contact Persson: John Howie</p> <p>Working group workshop on Place Standard version 2 – introduction and practical workshop</p> <p>The Place Standard tool was launched in 2015 and first introduced to the European WHO European Healthy Cities Network in 2017. It provides a practical solution to identify in a collaborative and inclusive manner what works well within a place, what needs improving and the solutions to address these. The place dimensions of the tool align with the Sustainable Development Goals and is used by WHO European Healthy Cities Network members to deliver on the place theme of Phase VII. In 2024, Public Health Scotland aims to host a new collaborating centre for place, part of which will be to support further the roll-out of Place Standard across the Network.</p> <p>This working group workshop would introduce participants to Place Standard, how to use it and some case studies (20 minutes) followed by a practical exercise using the tool to assess a neighbourhood close to the conference venue (one hour) and final discussion.</p>
Room: Mies Bouwman Foyer	10:00–10:30	Break
Plenary Session 2		The Future of Cities
Room: Beatrix Theatre	10:30–12:00 <i>Interpretation available</i>	<p>Moderator: Petra Hongell, WHO Regional Office for Europe</p> <p>Conference Rapporteur: Julie Steffler, WHO Regional Office for Europe</p> <p>Lightning Talk:</p> <ul style="list-style-type: none"> • Carlos Moreno, University Professor, IAE Sorbonne, 15-Minute City Creator • Rosamund Adoo-Kissi-Debrah, Ella Roberta Family Foundation • Lot van Hooijdonk, Alderman of Utrecht <p>Round-table discussion (in alphabetical order):</p> <ul style="list-style-type: none"> • Carlos Moreno, University Professor, IAE Sorbonne, 15-Minute City Creator • Lot van Hooijdonk, Alderman of Utrecht • Mark J Nieuwenhuijsen, Professor, ISGlobal • Olga Devic, Youth Affairs Specialist, Youth4Health network member • Rosamund Adoo-Kissi-Debrah, Ella Roberta Family Foundation
Room: Mies Bouwman Foyer	12:00–13:00	Lunch

DAY 2

Session	Time	Wednesday, 22 November 2023
Roundtable		Healthy Cities around the world
Room: Beatrix Theatre	13:00–14:30	<p>Moderator: Kira Fortune, WHO Regional Office for Europe</p> <p>Conference Rapporteur: Julie Steffler, WHO Regional Office for Europe</p> <p>Speakers (in alphabetical order):</p> <ul style="list-style-type: none"> • José Luis Castro, CEO, Vital Strategies • Keiko Nakamura, Director, WHO Collaborating Centre for Healthy Cities and Urban Policy Research, Tokyo, Japan • Lee Chien Earn, Deputy Group CEO (Regional Health System), SingHealth • Maha El - Adawy, Director, Healthier Populations, WHO Regional Office for the Eastern Mediterranean • Sasha Rodricks, Director, Global We, Museum for the United Nations – UN Live
Room: Mies Bouwman Foyer	14:30–15:00	Break
Abstract Presentation Session		
Room: 117	15:00–16:15	<p>Abstract Presentation 1.1</p> <p>Theme: Learning from experience: fostering resilient cities in the face of emergencies</p> <p>Moderator: Denise Cahill, City Coordinator of Cork</p> <ul style="list-style-type: none"> • (AP 1.1.1) Association of Healthy Polish Cities in the face of the refugee crisis • (AP 1.1.2) Key Persons: They Hear What Is Not Being Said And They See What Is Not Visible • (AP 1.1.3) City led trauma-informed communities: a North Wales case study • (AP 1.1.4) Where has the vision gone?
Room: 116		<p>Abstract Presentation 1.2</p> <p>Theme: Leaving no one behind: advancing health in a digital era</p> <p>Moderator: Vinnie O'Shea, National Network Coordinator in Ireland</p> <ul style="list-style-type: none"> • (AP 1.2.1) Student health database for monitoring the development and diversity in health among schoolchildren and adolescents in Västra Götaland, Sweden • (AP 1.2.2) Digital health as a tool to integrate health and social care in homeless shelters • (AP 1.2.3) Healthy ageing • (AP 1.2.4) Healthy Cities health atlas

Session	Time	Wednesday, 22 November 2023
Abstract Presentation Session		
Room: 115		<p>Abstract Presentation 1.3</p> <p>Theme: One health, one future: moving towards planetary well-being</p> <p>Moderator: Tine Rikke Jorgensen, WHO Regional Office for Europe</p> <ul style="list-style-type: none"> • (AP 1.3.1) Expanding Responsible Consumption In Our Energy And Water Resources From The Corporate To The City • (AP 1.3.2) Jerusalem's Gazelle Valley urban nature site: community building and preservation through nature-based solutions • (AP 1.3.3) Data visualization experience on European air quality and health outcomes • (AP 1.3.4) Assessing universal access to urban green spaces: what indicators should be used when?
Room: 112	15:00–16:15	<p>Abstract Presentation 1.4</p> <p>Theme: Power of cities: delivering an inclusive mental health agenda</p> <p>Moderator: Jan Andersson, National Network Coordinator in Denmark</p> <ul style="list-style-type: none"> • (AP 1.4.1) What do we want? Change! When do we want it? Now! • (AP 1.4.2) Data collection and youth participation • (AP 1.4.3) Improving health and well-being in Copenhagen's therapy garden • (AP 1.4.4) Community mental well-being – the role of the municipalities
Room: 111		<p>Abstract Presentation 1.5</p> <p>Theme: Thriving together: navigating health in the well-being economy</p> <p>Moderator: Maude Luherne, National Network Coordinator in France</p> <ul style="list-style-type: none"> • (AP 1.5.1) The Film Thank You • (AP 1.5.2) Developing and sustaining a healthy Madrid: a coordinated strategy • (AP 1.5.3) How Public Health Monitor Utrecht contributes to targeted policy interventions and activities • (AP 1.5.4) SOLA Calculator for assessing well-being
Room: 110		<p>Abstract Presentation 1.6</p> <p>Theme: Urban futures: co-creating sustainable places for all generations</p> <p>Moderator: Vigdis Holm, National Network Coordinator in Norway</p> <ul style="list-style-type: none"> • (AP 1.6.1) Engaging children and youth – participatory tools and methods, system of support for Healthy Cities in the Czech Republic • (AP 1.6.2) Creating a resilient, cohesive and peaceful city for everyone: the example of the Municipality of Agji Anargyiri Kamatero • (AP 1.6.3) Climate change and heat: implementation of the climate change action plan of the City of Frankfurt am Main to support climate-resilient urban development • (AP 1.6.4) The Market – can a local policy change eating behaviour?

Session	Time	Wednesday, 22 November 2023
Workshops		
Room: 116	16:30–17:45	<p>Workshop 1 (open to all participants) Theme: Profiling health, well-being and prosperity Contact person: Erica Ison Sign up: https://tinyurl.com/dd9ze7j9</p> <p>The workshop objective is to share learning from the development of Belfast Healthy Cities' two most recent healthy city profiles, illustrating health and well-being before the COVID-19 pandemic, together with the pandemic's impact on population health status, risk factors and the social determinants of health. We will cover the benefits of compiling a profile and using it to support healthy cities work across the municipality, together with the associated challenges, such as data availability, accessibility and coverage, highlighting the solutions (tips and tricks) we devised during the process.</p> <p>We will describe types of information it is effective to use in a profile and ways of integrating them to illustrate an issue as fully as possible. We will look at how to select indicators, taking account of availability, priorities within a city or region from the perspectives of politicians, policy-makers and service providers and local community concerns. We will also outline the data comparisons we used to identify health and other inequalities in the city's population. In the workshop's interactive component, we will explore the challenges that participants face and the possible options to resolve them, together with the types of indicators that could spotlight their city's priorities and issues of interest or concern.</p>
Room: 115		<p>Workshop 2 (open to all participants) Theme: Dealmaking for healthy cities Contact person: Steven Kroesbergen</p> <p>How could collaboration create liveable cities: where healthy and sustainable food is accessible for all and where space is created for pedestrians to walk, meet and relax? In city deals, municipalities, the central government and various social organizations work together to strengthen growth, innovation and quality of life in Dutch cities. Together we search for innovative solutions, work on new approaches and create better regulation. We will show you how city deals work: working in a multilevel collaboration with relevant knowledge and private partners. We will guide you through the results and challenges arising from two city deals. Share your experiences!</p>
Room: 112	17:45–19:00	<p>Workshop 3 (open to all participants) Theme: Cities accelerating well-being economies for inclusive and sustainable development Contact person: Yannish Naik</p> <p>A growing movement of cities, regions and countries is shifting to giving priority to well-being, with benefits for greater prosperity and resilience. At a time when health and welfare systems are under strain, shaping economic and social systems is vital to secure healthier populations and health equity. This includes investing in key assets for well-being and health equity such as health systems, child development, healthy and sustainable living environments and decent work. This interactive workshop will introduce cities to key concepts and levers cities can use in implementing well-being economies. With contributions from cities participating in WHO European Healthy Cities Network's pilot programme around well-being economies, the session offers the opportunity for accelerated learning exchange between cities.</p>

Session	Time	Wednesday, 22 November 2023
Workshops		
Room: 111	17:45–19:00	<p>Workshop 4 (open to all participants)</p> <p>Theme: Strengthening community vaccine acceptance and demand through educational interventions – the case study of the Immune Patrol</p> <p>Contact person: Siff Malue Nielsen</p> <p>Because of vaccines, many once widespread diseases are rarely seen today, but they could reappear if immunization coverage falls. To maintain high coverage, awareness about diseases, sustained trust in vaccines and combatting misinformation is necessary. Additionally, investing in children's understanding of the immune system and disease prevention is vital to increase their capacity to make informed health decisions today and ahead.</p> <p>The WHO Regional Office for Europe has developed Immune Patrol: an innovative, online education package for 10- to 12-year-olds to fill a gap in education on infectious diseases, outbreaks and immunization and digital literacy related to these topics in national primary school curricula. Immune Patrol introduces a game-based approach to teach scientific concepts and evidence on the immune system and vaccination and create a foundation for health literacy in school health curricula.</p> <p>The first part of the presentation will discuss the rationale for developing Immune Patrol, provide evidence of the positive effect of adding health subjects to school and present steps for implementing the module. The importance of investing in children will be addressed, and a visual presentation of the game will be provided throughout. The second part will cover the history of game-based learning and explain the psychology behind the positive effect this approach has on children's motivation and accelerated learning outcomes. This presentation will end with a question-and-answer session.</p>
Film Screening and panel discussion		
<i>Green City Life / La Belle Ville</i>		
	19:30–22:00	<p>Time: 19:30–22:00</p> <p>Venue: Kinopolis, Jaarbeursboulevard 300, 3521 BC Utrecht</p> <p>Ticket booking: The future of cities: Green City Life documentary and discussion night Tickets, Wednesday, 22 November 2023 at 19:30 Eventbrite</p> <p>In the documentary, two young French city dwellers, Manon and François, take you on an inspiring journey around the world, meeting ordinary people with extraordinary initiatives and solutions for healthier urban environments that reconnect people, cities and Nature. The screening is followed by a discussion and Q&A with experts and the audience. The film is in French/English, with English subtitles. The discussion will take place in English.</p>



Session	Time	Thursday, 23 November 2023
Room: Mies Bouwman Foyer	08:30–9:00	Coffee and snacks for the workshop attendees
Workshops		
Room: 111	09:00–10:30	<p>Workshop 5 (open to all participants)</p> <p>Theme: The first 1000 days of children</p> <p>Contact Person: Eline Dekker</p> <p>Every child, in every neighbourhood, deserves the best possible start in life and the best possible chance of a good future. Utrecht focuses on the first 1000 days of children's lives, increasing their chances and opportunities in later life. Here, we invest especially in (future) families in a vulnerable situation. Important principles are prevention, cooperation with professionals in the neighbourhoods, working together with parents and learning from each other. Curious about how Utrecht is committed to the very youngest people? Then come to our workshop! We would love to hear your views and ideas and hope to inspire each other.</p>
Room: 117		<p>Workshop 6 (Closed)</p> <p>Theme: Health Hub Utrecht</p> <p>Contact Person: Marjoke Verschelling</p> <p>How can multiple helix collaboration help in creating healthy cities and citizens? In this interactive workshop you get introduced to two networks in the region of Utrecht. First, the Health Hub Utrecht, a multiple helix network aimed at preventive health and lowering health inequalities. Second, the Data and Knowledge Hub Utrecht. We would like to discuss with you how to ensure results in these networks that benefit to citizens and to all partners collaborating.</p>
Room: Mies Bouwman Foyer	09:00–10:30	Networking coffee
Plenary Session 3		35 Years of Building Healthy Cities
Room: Beatrix Theatre	10:30–12:00 <i>Interpretation available</i>	<p>Moderator: Petra Hongell, WHO Regional Office for Europe</p> <p>Conference Rapporteur: Julie Steffler, WHO Regional Office for Europe</p> <p>Lightning Talk:</p> <ul style="list-style-type: none"> • Evelyne de Leeuw, Professor of Public Health, University of Montreal, Canada • Eelco Eerenberg, Deputy Mayor, Utrecht <p>Round-table discussion (in alphabetical order):</p> <ul style="list-style-type: none"> • Ann Doherty, Chief Executive, Cork City Council • Ana Gil Luciano, Head, Health Promotion and Equity Area, General Subdirectorate of Health Promotion and Prevention, General Directorate Public Health, Ministry of Health of Spain • Eelco Eerenberg, Deputy Mayor, Utrecht • Evelyne de Leeuw, Professor of Public Health, University of Montreal, Canada • Hilaire Armstrong, Technical Officer (Youth Initiative), WHO Regional Office for Europe • Ilona Kickbusch, Founding Director and Chair, Global Health Centre at the Graduate Institute of International and Development Studies in Geneva, Switzerland and member, Scientific Committee, WHO European Healthy Cities Network (recorded message) • Ingunn Jacobsen, Healthy City Coordinator, Horsens, Denmark • Milka Donchin, Coordinator, Israel Healthy Cities Network • Vakhtang Lomjaria, Healthy City Coordinator, Tbilisi, Georgia

Session	Time	Thursday, 23 November 2023
Room: Royal Bar	12:00–13:00	Networking lunch for city coordinators
Room: Mies Bouwman Foyer		Lunch
Abstract Presentation Session		
Room: 117	13:00–14:30	<p>Abstract Presentation 2.1,</p> <p>Theme: Learning from experience: fostering resilient cities in the face of emergencies</p> <p>Moderator: Denise Cahill, City Coordinator of Cork</p> <ul style="list-style-type: none"> (AP 2.1.1) Sectoral priorities for urban resistance after the earthquake in Türkiye (AP 2.1.2) Barriers and drivers towards uptake: acceptance and adherence to COVID-19 public health and social measures among underserved groups in the Netherlands (Kingdom of the) (AP 2.1.3) Spatial distribution of the COVID-19 cases in Reus and estimating the risk at the small-area level (AP 2.1.4) Urban planning for better-prepared, pandemic-resilient and healthy cities (AP 2.1.5) Predictive Factors Of Anxiety, Depression And Health-Related Quality Of Life In Community-Dwelling And Institutionalized Elderly During The Covid-19 Pandemic
Room: 116		<p>Abstract Presentation 2.2,</p> <p>Theme: Leaving no one behind: advancing health in a digital era</p> <p>Moderator: Yongjie Yon, WHO Regional Office for Europe</p> <ul style="list-style-type: none"> (AP 2.2.1) Microgrants for seniors as a tool to reduce social and digital exclusion of older people (AP 2.2.2) Ireland's first sexual health network – supporting communities and professionals (AP 2.2.3) National concept for well-being and health promotion – developing operating models and digital solutions (AP 2.2.4) Innovative solutions for loneliness among teenagers and young adults: a community project in Madrid (AP 2.2.5) Strit.Fitness – fitness for free (with the help of information technology)
Room: 115		<p>Abstract Presentation 2.3,</p> <p>Theme: One health, one future: moving towards planetary well-being</p> <p>Moderator: Tine Rikke Jorgensen, WHO Regional Office for Europe</p> <ul style="list-style-type: none"> (AP 2.3.1) Interdisciplinary sectoral view of One Health awareness (AP 2.3.2) Togher Community Garden – a One Health approach in an urban setting (AP 2.3.3) Empowering communities for healthier environments: the SOCIO-BEE project's innovative approach to monitoring air pollution through citizen engagement (AP 2.3.4) One Health 4 Cities: cities in action for human, animal and environmental health (AP 2.3.5) The investment case for One Health: a scoping review

Session	Time	Thursday, 23 November 2023
Abstract Presentation Session		
Room: 112	13:00–14:30	<p>Abstract Presentation 2.4,</p> <p>Theme: Power of cities: delivering an inclusive mental health agenda</p> <p>Moderator: Jan Andersson, National Network Coordinator in Denmark</p> <ul style="list-style-type: none"> • (AP 2.4.1) <i>Ativa'mente</i> – programme aimed at promoting mental health in Matosinhos, Portugal • (AP 2.4.2) Implementing measures for reducing the number of suicides in the City of Kaunas, Lithuania • (AP 2.4.3) Exercise coaching as a path to inclusive mental health agenda • (AP 2.4.4) Senior Cool – from burden to resource • (AP 2.4.5) Cork as a trauma-sensitive city – becoming trauma aware – developing an interagency eLearning training awareness module for the City of Cork, Ireland
Room: 111		<p>Abstract Presentation 2.5,</p> <p>Theme: Thriving together: navigating health in the well-being economy</p> <p>Moderator: Maude Luherne, National Network Coordinator in France</p> <ul style="list-style-type: none"> • (AP 2.5.1) <i>Not to Be Alone</i>: an example of comprehensive support for people with cancer through a community approach in the City Of Brno, Czechia • (AP 2.5.2) Health literacy in a healthy city • (AP 2.5.3) Strategic investment in preventable home visits and community activities for seniors • (AP 2.5.4) City planning with a health and well-being agenda • (AP 2.5.5) Hasanaga Food Hub: a win-win for all
Room: 110		<p>Abstract Presentation 2.6,</p> <p>Theme: Urban futures: co-creating sustainable places for all generations</p> <p>Moderator: Zsofia Pusztai, WHO Regional Office for Europe</p> <ul style="list-style-type: none"> • AP 2.6.1) <i>On the way to a city health development plan for Dresden</i> • (AP 2.6.2) <i>Cycling for greater independence and safer schools</i> • (AP 2.6.3) <i>Strengthening health and urban planning at the national level in Spain</i> • (AP 2.6.4) <i>Social sustainability as a new driving force in local community development</i> • (AP 2.6.5) <i>Healthy Cities: deploying the full potential of health as an urban planning tool</i>
Room: Mies Bouwman Foyer	14:30–15:00	<p>Break</p> <p>Coffee, water and refreshments will be served</p>
Room: Beatrix theatre	15:00–15:30	<p>Launch of the 20 steps training module</p>

Session	Time	Thursday, 23 November 2023
Business Meeting 2		
Room: Beatrix Theatre	15:30–17:00 <i>Interpretation available</i>	<p>Moderator: Kira Fortune, WHO Regional Office for Europe</p> <p>Conference rapporteur: Julie Steffler, WHO Regional Office for Europe</p> <ul style="list-style-type: none"> • Welcome by Kira Fortune • Short address by Eelco Eerenberg • Presentation by Charlotte Marchandise, Executive Director, European Public Health Association • Presentation and update by Brigit Staatsen on the WHO European Ministerial Conference on Environment and Health and the EHP partnerships • Presentation and update by Liesbeth van Holten on the Regions for Health Network. • Advisory Committee Election Results • Presentation of the Political Statement • Updates on the next Annual Business Meeting and Technical Conference • Rapporteur's report • Closing remarks by Kira Fortune
Farewell Dinner	18:00–22:00	<p>Venue: NOLA Mariaplaats 11/12, 3511 LJ Utrecht, Netherlands (Kingdom of the)</p>





UTRECHT Walking Time

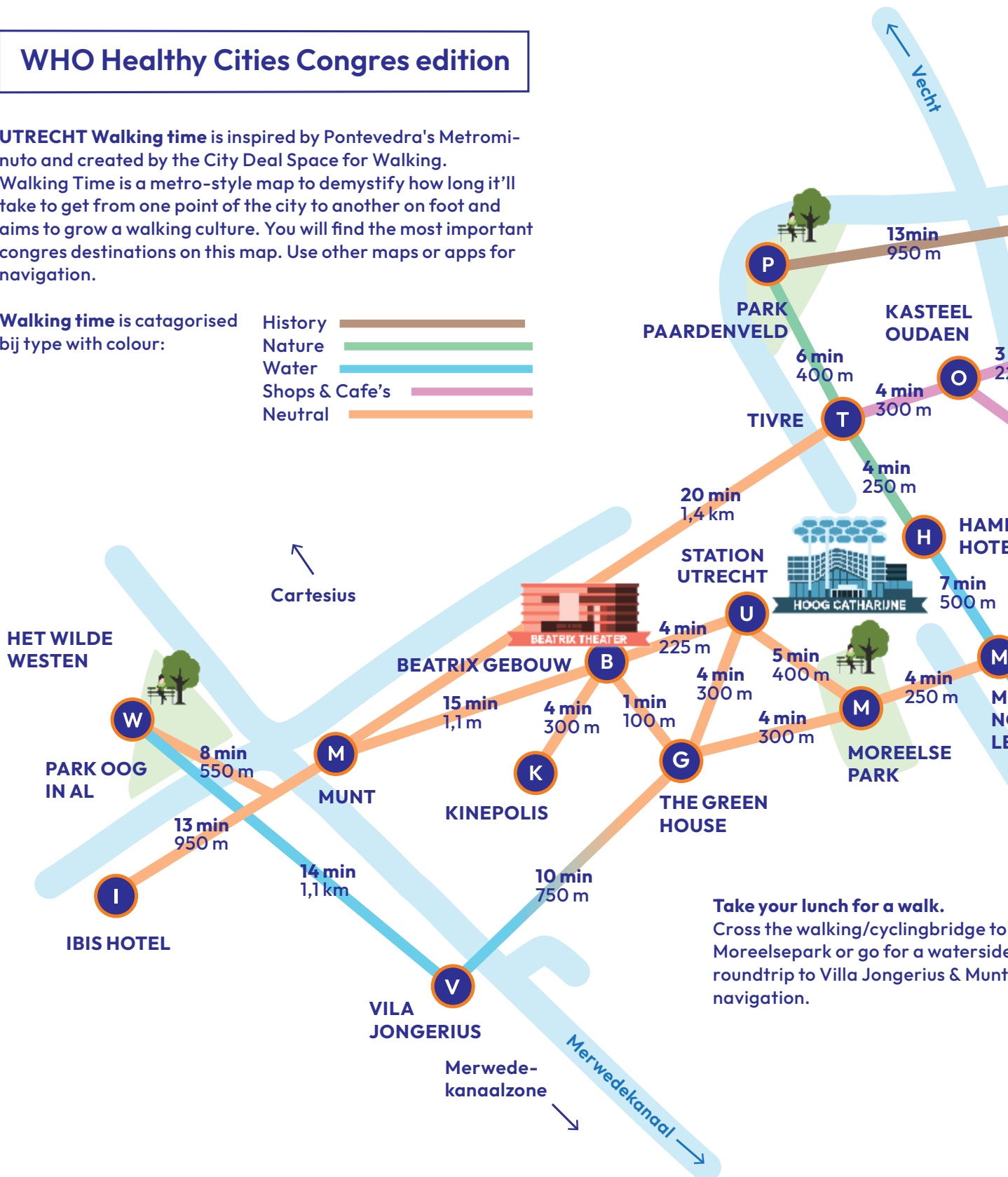
Meters & minutes to your destination

WHO Healthy Cities Congres edition

UTRECHT Walking time is inspired by Pontevedra's Metrominuto and created by the City Deal Space for Walking. Walking Time is a metro-style map to demystify how long it'll take to get from one point of the city to another on foot and aims to grow a walking culture. You will find the most important congres destinations on this map. Use other maps or apps for navigation.

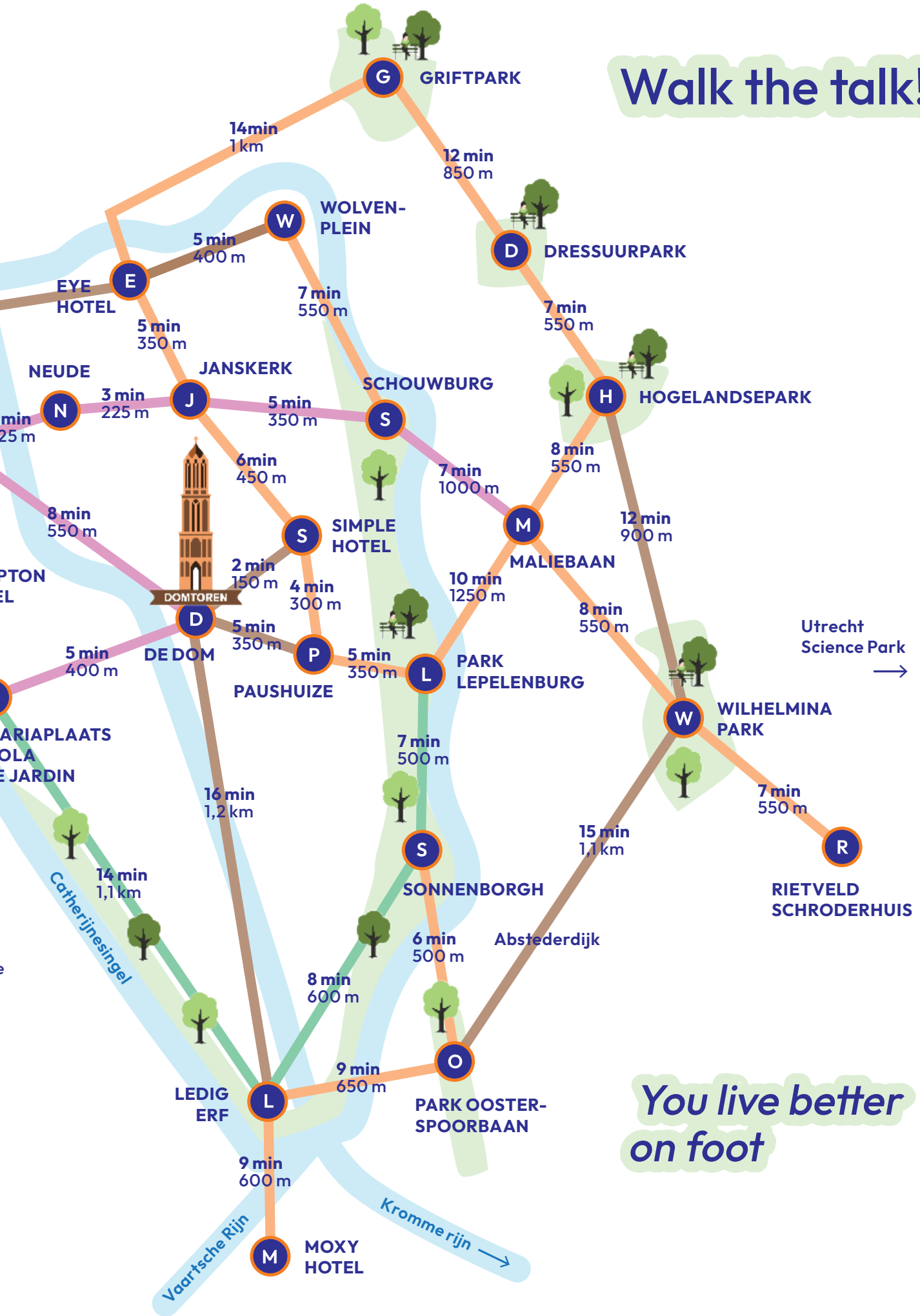
Walking time is catagorised bij type with colour:

History	
Nature	
Water	
Shops & Cafe's	
Neutral	



Take your lunch for a walk.
Cross the walking/cyclingbridge to Moreelsepark or go for a waterside roundtrip to Villa Jongerius & Munt navigation.

Walk the talk!



You live better on foot

Annex 4.

**Political statement of the WHO
European Healthy Cities Network –
Towards thriving societies:
advancing health in the well-being
economy**



Political statement of the WHO European Healthy Cities Network

**Towards thriving societies:
advancing health in the
well-being economy**

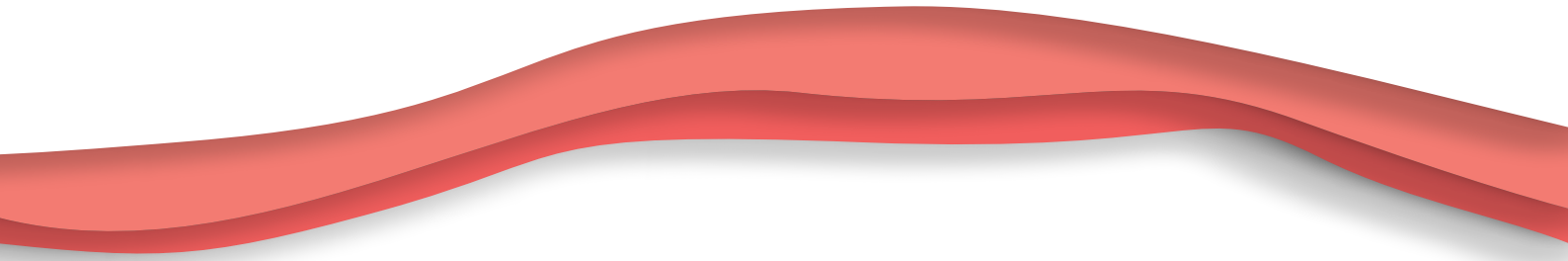


 **World Health
Organization**
European Region

Cities are drivers of innovation across public and private sectors towards enabling an economy that works for everyone. The following Political Statement has been developed through consultation with member cities and WHO European Office for Investment for Health and Development and reflects commitment to the Health and Well-Being Economy Pilot initiated by the WHO European Healthy Cities Network. The pilot aims to bring expertise together to support action in cities towards well-being economies

Provisional note: the graphics in the document are reflective of the various discussions that took place during the WHO European Healthy Cities Network's Annual Business Meeting from November 21–23, 2023 in Utrecht, Netherlands (Kingdom of). The graphics are key takeaways from the conference and are independent of the statement.






We, the mayors and senior political representatives of cities, gathered on 21–23 November 2023, confirm our commitment to the values and principles of the Healthy Cities movement.

In recent years, the world has experienced a confluence of crises that pose a significant threat to the progress made in public health. This threat is compounded by the intricate interaction of social, environmental, economic and commercial determinants of health, in which the actions and omissions of commercial actors positively and negatively influence the conditions shaping people's lives – how they are born, grow, work, live and age (1). These crises span various sectors, including public health, economics and the environment, and are exemplified by events such as climate change, the COVID-19 pandemic and ongoing conflicts globally. These crises have not only put the health gains made over previous decades at risk but have also negatively affected the personal and societal well-being of communities and especially affect young adults and children.

The adverse effects have been felt across communities in the WHO European Region, intensifying existing health inequities, which have been further exacerbated by poverty, migration and social inequalities such as income disparity, various forms of discrimination and inadequate housing (2). These multifaceted inequalities persistently afflict communities and maintain part of the population in vulnerable situations. They create barriers in accessing health care and essential resources and pose significant challenges to the physical and mental health of the general population and the resilience of health systems. To address these challenges, a paradigm shift is urgently needed in how we think about the relationship between health and the economy. This shift in thinking is embodied by the well-being economy approach, which emphasizes the importance of public and private responsibility for population health, and by public investment, early intervention approaches and allocating resources to improving population and societal well-being while also focusing on the environment and health in a sustainable way.

Well-being economies not only respond to crises; the approach picks up and amplifies the already growing movements of circular economies, community wealth building, social sustainability and beyond GDP – many of which have been driven by local authorities and actors. Added to this is the increased call from the general public to live in places that are safe and vibrant and where people can thrive and not merely survive. These changes have created new opportunities for the health and development sectors to work together to improve people's lives and societies today and for the coming generations.



The pursuit of healthier societies and well-being economies is an interconnected agenda that has gained traction among governments and international institutions throughout the WHO European Region. This movement builds on progress to date, including the Pan-European Commission on Health and Sustainable Development, the Geneva Charter for Well-being and the integration of health considerations within economic and business frameworks. It specifically takes forward WHO Regional Committee for Europe resolution EUR/RC69/R5: Accelerating progress towards healthy, prosperous lives for all, increasing equity in health and leaving no one behind in the WHO European Region, specifically around bringing the social values of solidarity, equity, social justice, inclusion and gender equality into mainstream fiscal and growth policies and the outcome of the WHO European Regional High-level Forum on Health in the Well-being Economy (3). At the heart of this approach lies the recognition that health both drives and co-creates well-being economies based on the complex interaction between individual and community health, early interventions, economic prosperity and social and environmental factors. Healthy populations, health-care services and health equity deliver more prosperous and resilient societies and economies, and the health sector can also maximize these economic and social benefits. Health will also benefit from well-being economies through improved conditions for everyone to be well.

A well-being economy has a policy orientation and governance approach that aims to put people and their well-being at the centre of policy and decision-making (4). Well-being economies shift and maximize the benefits of all investment for equitable well-being across human, social, economic and planetary well-being (Fig.1) (5,6). This includes using a wide range of levers, such as innovative fiscal instruments, procurement, employment, regulation and impact assessment of policies to deliver well-being while maximizing the co-benefits across these domains.

We recognize that a well-being economy is designed and meant to serve people's well-being and protect the planet, with the economy delivering for our communities and the environment. We therefore build on the One Health approach and the Copenhagen Consensus of Mayors: Healthier and Happier Cities for All and reaffirm our commitment to the six key themes and to ensuring that our policies are structured around them.

We commit to shifting towards a well-being economy by reorienting and advocating for investment in priorities that promote:



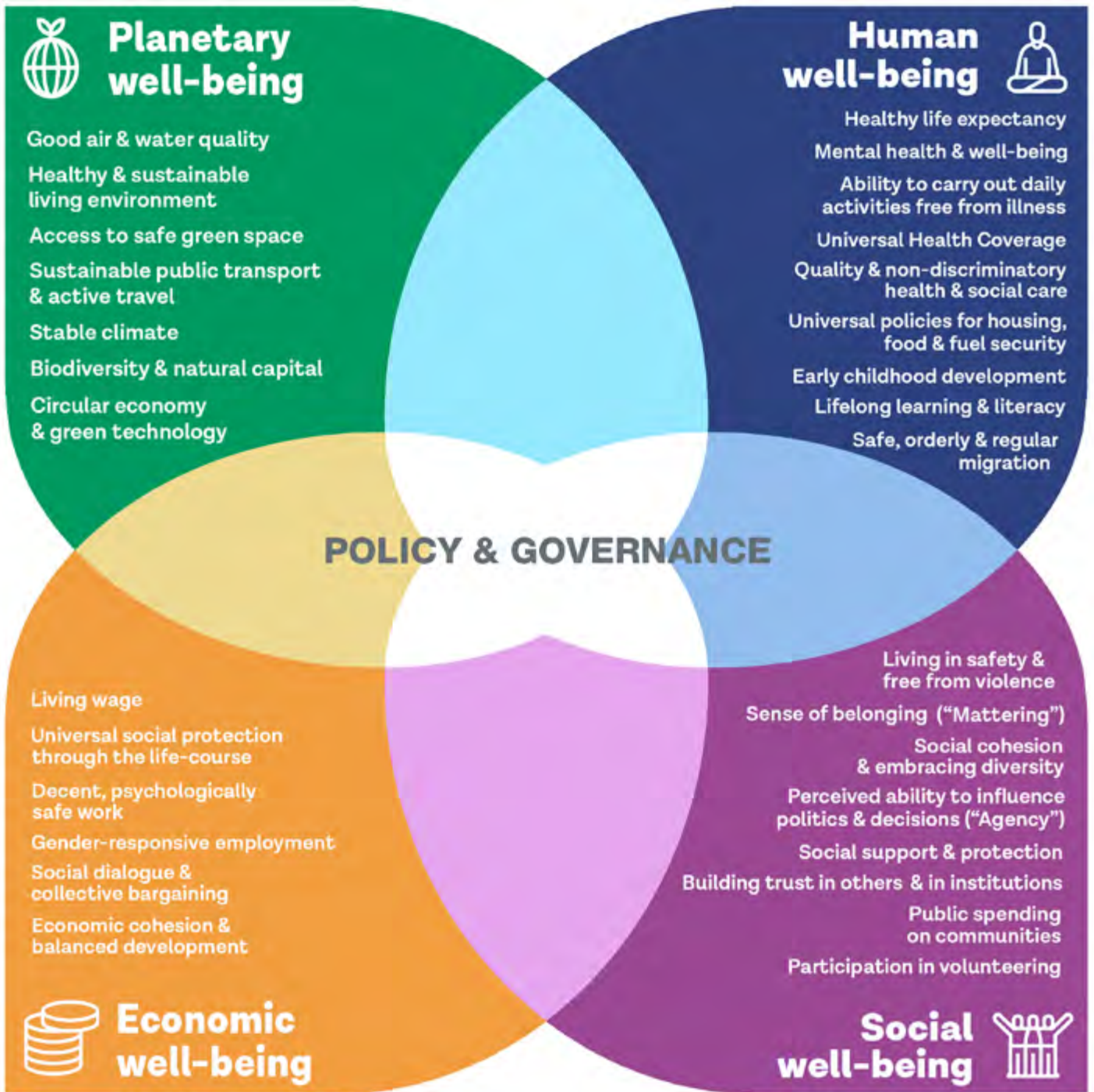
- > **PLANETARY** WELL-BEING
- > **HUMAN** WELL-BEING
- > **ECONOMIC** WELL-BEING
- > **SOCIAL** WELL-BEING

WELL-BEING
FOR ALL

CELEBRATING 35 YEARS OF
THE HEALTH CARE MOVEMENT



Fig. 1. Planetary, human, economic and social well-being capital



Source: WHO analysis, building on OECD well-being framework. Measuring well-being and progress: well-being research. OECD well-being framework [website]. Paris: Organisation for Economic Co-operation and Development OECD; 2022 (<https://www.oecd.org/wise/measuring-well-being-and-progress.htm>).

By responding to current challenges and preparing for future generations, we aim to cultivate a sustainable and inclusive society that gives priority to the overall welfare of individuals, communities and the environment, striving for a world in which well-being is at the forefront of our policies, progress and prosperity and no one is left behind.

We consider that the process of integrating well-being across the European Region is an essential step in aligning our mandates to strengthen cooperation and coordination between cities, sectors and stakeholders at the local level. Cities are at the front line of this transformation and can lead by example, leveraging their hands-on experience to pioneer innovative well-being initiatives that can guide broader regional progress towards thriving societies.

As mayors and senior political representatives of cities in the WHO European Healthy Cities Network, we are committed to advancing the principles of a well-being economy to benefit our cities and their residents and future generations. Building on the insights and commitments from decades of action and collaboration across various sectors, we acknowledge the importance of the four types of well-being capital – planetary, human, economic and social – and are putting forward the following recommendations for specific action in giving priority to the health and well-being of our communities.



> PLANETARY WELL-BEING

Cities are vital accelerators of action on climate change and planetary well-being, including the following:

1. Protecting and enhancing the environment
2. Integrating well-being into urban planning
3. Promoting sustainable communities.



1. Protecting and enhancing the environment

Given the importance of planetary well-being, we will work towards creating healthier cities by enhancing air quality, promoting access to green spaces and supporting access to safe, clean water. We will actively support initiatives that reduce pollution and protect biodiversity through partnerships with local stakeholders, piloting community initiatives and increasing awareness on how climate change and extreme weather events affect human health. Ensuring that the people who are at the highest risk from climate change are not also the most severely affected is vital.



2. Integrating well-being into urban planning

We recognize that cities can strategically use urban planning in shaping the well-being of our residents. We will work towards integrating well-being indicators into our city planning processes, ensuring that decisions on infrastructure, housing, management of natural spaces, regeneration and transport give priority to human and planetary well-being. Through effective urban planning, we can foster entrepreneurship, innovation and sustainable business practices. This approach contributes to economic growth that is not only inclusive but also environmentally conscious, aligning with our vision of a flourishing and equitable society.



3. Promoting sustainable communities

We remain committed to advocating for sustainable communities through transformative approaches such as the circular economy and adopting new ways to promote renewable energy sources and enhancing energy efficiency to minimize carbon emissions while promoting the uptake of novel financing mechanisms to benefit the environment and incorporating social and health benefits within these processes.



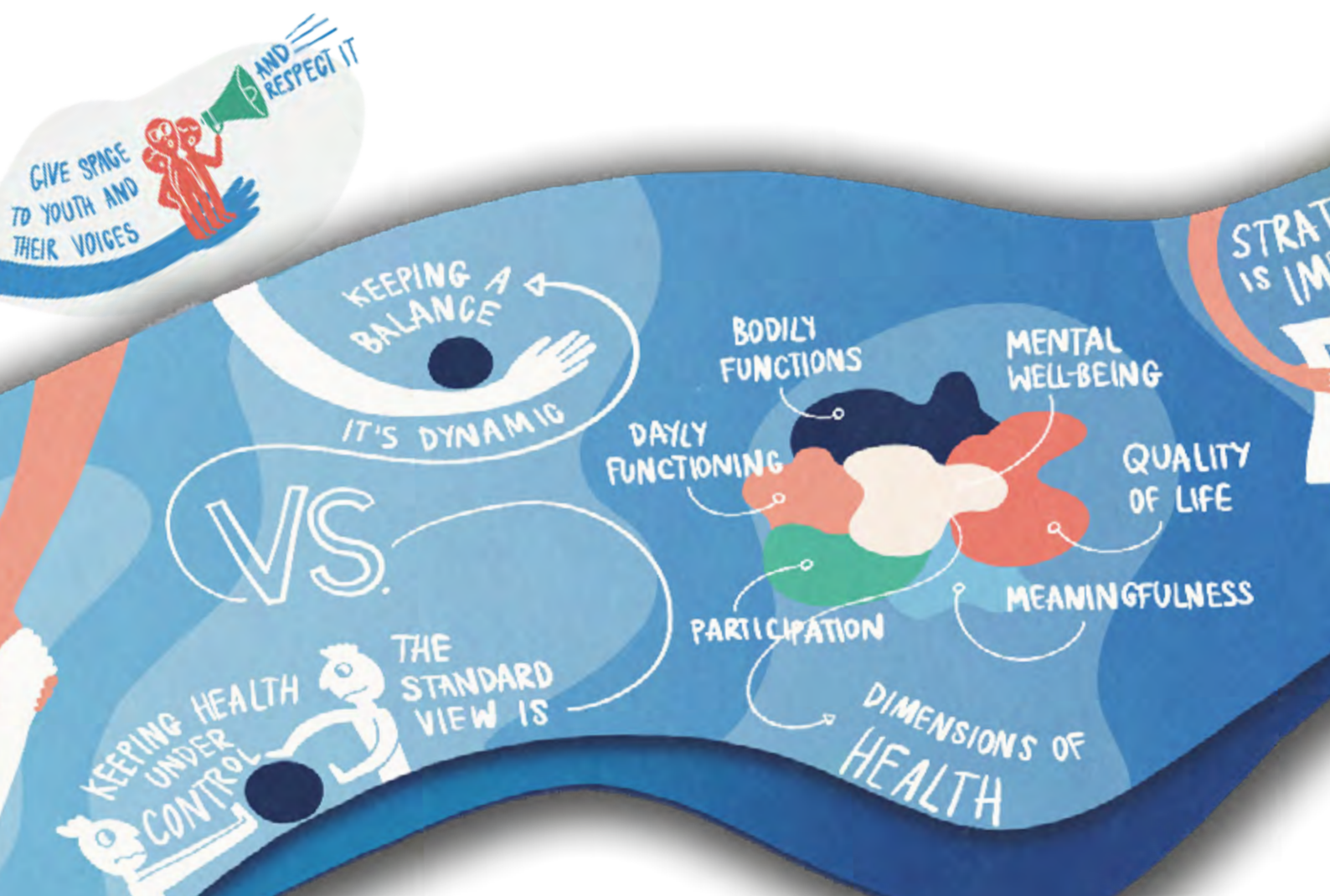
> HUMAN WELL-BEING

4. Giving priority to health-care services as drivers of improved health and economic outcome
5. Empowering through learning and development
6. Advocating for health, security and inclusion
7. Improving mental health of adolescents and young adults, fostering participatory decision-making and inclusive practices and incorporating meaningful youth engagement



4. Giving priority to health-care services as drivers of improved health and economic outcomes (7)

We firmly acknowledge that the prosperity and progress of any society are closely rooted to a person's well-being. This fundamental understanding underscores the significance of investing in and nurturing the physical, mental and emotional health that collectively contribute to the quality of life for everyone within our community. We understand that a strong public health and health-care system is needed and commit to investing in initiatives that promote preventive health care, mental health support and equitable access to high-quality and non-discriminatory health-care services for all. Health-care services can go further in maximizing their benefits for economies and societies by proactively using their employment and procurement levers.



5. Empowering through learning and development

We believe that investing in early childhood development and continually supporting lifelong learning opportunities within workplaces and communities are integral to human well-being. These initiatives are essential building blocks of our dedication to the well-being and prosperity of our communities to ensure that we are better skilled, connected and equipped to realize our full potential. Investment to support early childhood development is key, establishing strong foundations for the development of children to mitigate the impact of intergenerational child poverty and to support the life-course approach to developing health as a key resource for health and social development.



6. Advocating for health, security and inclusion

In our pursuit of healthier and safer societies, we as leaders recognize that well-being extends to encompassing essential factors such as housing, food, migration and security and strongly support the implementation of universal policies to ensure that every individual has the necessary resources to thrive. We recognize the contributions of older people to our communities and cities. Support for older people needs to be a priority. Investment to support those who live alone and want to continue living at home is invaluable. Focusing on each individual's needs is required to find new homes in residential care. Older people's skills and talents need to be recognized and applauded while focusing on problems such as loneliness, impaired mobility, vision and hearing and especially dementia and Alzheimer's disease. Healthy ageing and age-friendly communities need to be a strong focus, including whole-of government responsibility for healthy ageing throughout the life-course(8).



7. Improving mental health of adolescents and young adults, fostering participatory decision-making and inclusive practices and incorporating meaningful youth engagement

The pressure on mental health is most urgent among adolescents and young adults, and this is the time to focus on reducing underlying causes (such as pressure to perform, an individualizing society and strong focus on quick fixes) and offering perspective, in terms of economic well-being, social support, empathy and community spirit, and care, for a resilient and mentally healthy generation. The mental health of adolescents and young adults and including them in both society and the economy are vital to future healthy, fairer and prosperous societies and also a key point of convergence across health, labour, social policy and education. Solutions can only be found by working in co-creation with the adolescents and young adults themselves. At the local level, we will promote well-being approaches by encouraging public dialogue and including diverse voices, with an emphasis on engaging young people in decision-making processes. We will establish spaces for young voices to be heard and valued.



> ECONOMIC WELL-BEING

- 8. Promoting inclusive and sustainable economic growth, guided by proactive city leadership
- 9. Recognizing the responsibility of public and private actors for health-promoting and health-enabling practices
- 10. Boosting investment in cities through fair taxation

WELL-BEING
ECONOMIES
DELIVER

8. Promoting inclusive and sustainable economic growth, guided by proactive city leadership

We acknowledge that workforce well-being is a key component of a well-being economy. This includes advocating for public health-oriented policies such as living wages, fair and decent work, safe workplaces and social protection to enable people to thrive. In addition, it is imperative to emphasize the importance of addressing not only physical health but also to take concerted action to enhance mental health and foster high-quality social links. These aspects fundamentally drive a well-being economy. We are dedicated to actively seeking input from various perspectives, including young people, on spending priorities (such as gender budgeting and participatory budgeting) and incorporating their unique perspectives into such areas as education, health care, environmental sustainability and youth-focused initiatives. Moreover, to ensure comprehensive inclusive practices, we remain steadfast in our commitment to designing policies that encourage equal opportunities within workplaces and ensuring that gender-responsive practices are integrated across all sectors and result in positive outcomes.

DECISION-MAKERS

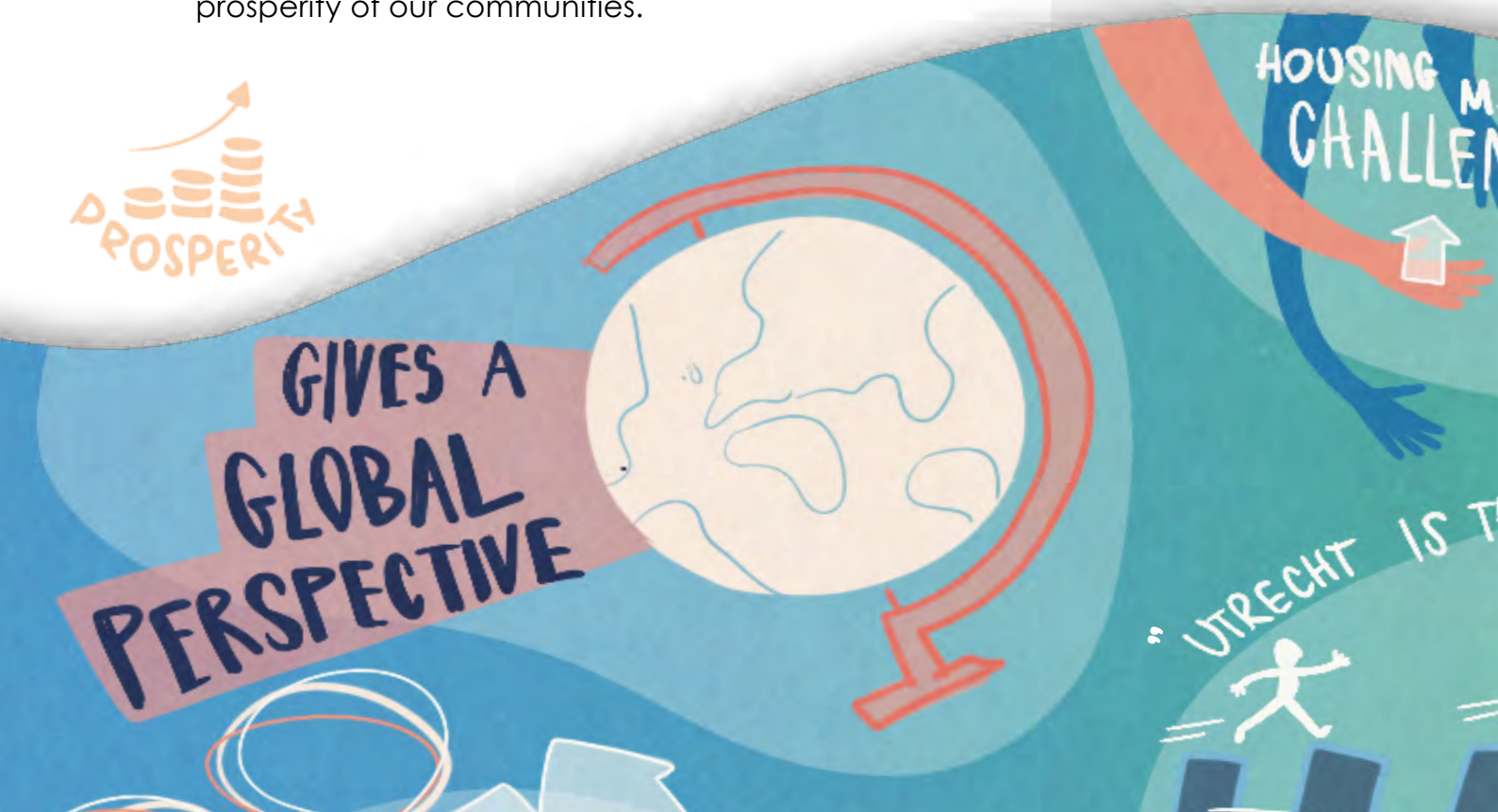
LABOUR EXPERTS FINANCE

HEALTH ECONOMY SOCIAL PROTECTION
CIVIL SOCIETY

INTERGOVERNMENTAL ORGANIZATIONS

9. Recognizing the responsibility of public and private actors for health-promoting and health-enabling practices

In tackling the commercial determinants of health and advancing the well-being economy, we advocate for public and private actors taking an active role and cooperating, both as employers and as health promoters, to achieve these goals. This involves engaging civil society, implementing conflict-of-interest policies and encouraging transparent dialogues with industry stakeholders. Given the vital role of city leaders in shaping and implementing policies that give priority to public health and economic sustainability, we emphasize the importance of supporting regulation, legislation and incentives and minimizing health-harming commercial determinants of health. To drive progress, we as cities will focus on strategies between local government, civil society and the private sector to align efforts to improve public health outcomes. By taking these specific steps, cities can effectively address the commercial determinants of health, promoting a well-being economy that gives priority to the health and prosperity of our communities.



10. Boosting investment in cities through fair taxation

We endorse fair taxation policies that drive progress in our cities and align with the principles of a well-being economy. Given the central role cities play in fostering well-being and prosperity, we emphasize the necessity to increase investment in our urban centres. Through fair taxation practices and policies, we can generate the necessary revenue to fuel transformative actions within our cities. These investments should be linked to transparent and accountable governance, ensuring optimal and equitable resource allocation. Effectively directing investment will lay the foundation for a well-being economy that uplifts our cities.



> SOCIAL WELL-BEING

11. Enabling individuals through participation, trust and volunteering, recognizing that health begins at home and within the community
12. Embracing diversity and inclusion



11. Enabling individuals through participation, trust and volunteering, recognizing that health begins at home and within the community



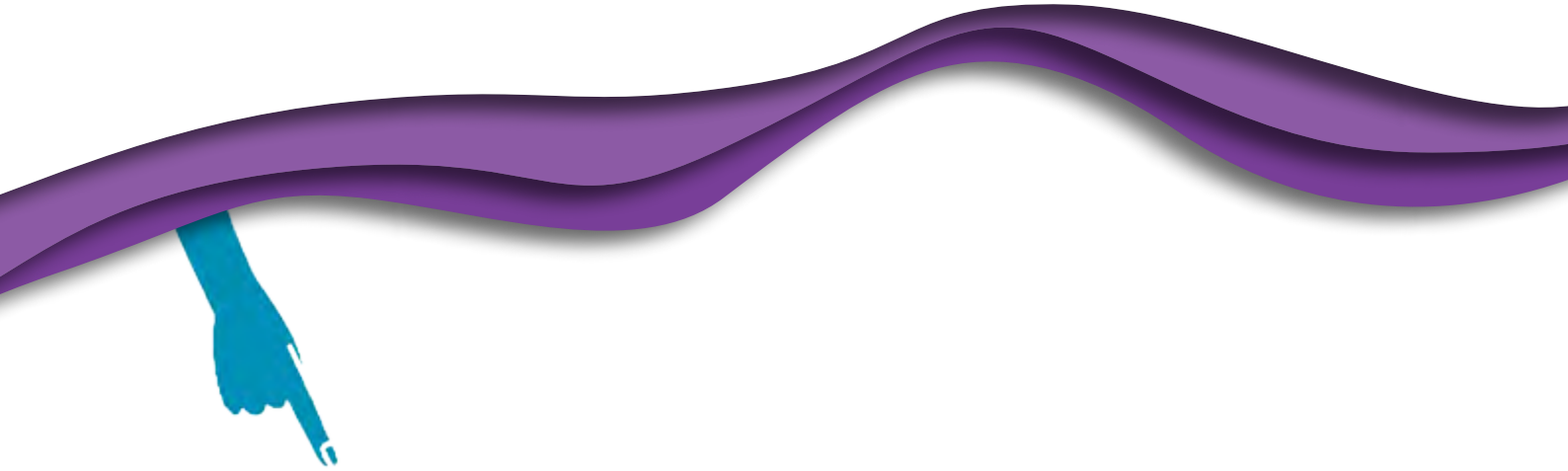
Trust, sense of belonging and social cohesion lie at the heart of social well-being. Since building well-being economies and addressing health equity require active community engagement, we strive to enable individuals by establishing platforms for public participation, seeking and encouraging diverse voices and perspectives in decision-making processes and ensuring that action is community-driven.

We firmly believe that health and well-being start at home and within communities. Adopting a community development approach, we advocate for local interventions that empower residents to actively participate in and contribute to shaping their own well-being. This approach promotes a sense of ownership and responsibility, fostering a stronger sense of trust, belonging and social cohesion.

Since volunteerism strongly influences social well-being, we recognize volunteering as a powerful means through which individuals can actively contribute to their communities and foster a sense of belonging and trust. These combined efforts are directed at uplifting communities and building trust within communities and institutions, ultimately shaping a more cohesive and prosperous society.

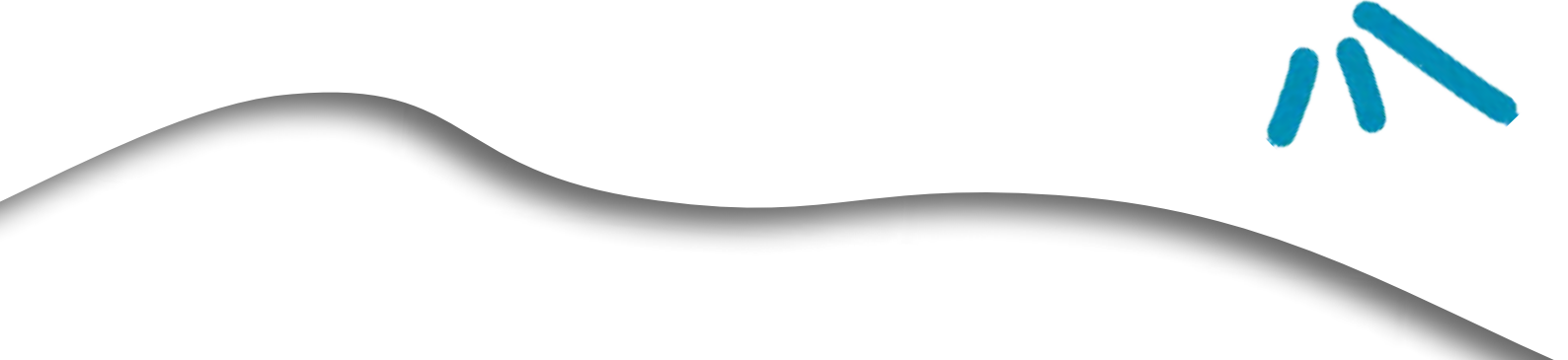


12. Embracing diversity and inclusion



We reaffirm our commitment to equity and social justice. We will work towards tackling health and social inequalities by ensuring that all residents, regardless of age, gender, ethnicity or place of origin, have access to high-quality health care, education, social services, and life opportunities. Further, cities will give priority to community safety initiatives and programmes aimed at reducing violence and creating secure living environments.

In adopting these actions, we align ourselves with the principles of the well-being economy and pledge to make our cities healthier, more equitable and sustainable to benefit everyone.



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The WHO Regional Office for Europe

The World Health Organization (WHO) is a specialized agency of the United Nations created in 1948 with the primary responsibility for international health matters and public health. The WHO Regional Office for Europe is one of six regional offices throughout the world, each with its own programme geared to the particular health conditions of the countries it serves.

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World Health Organization European Region

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