

Examining Best Practices for alleviating the rising stress of Urbanization on the Health and Well-being of the Urban Populations

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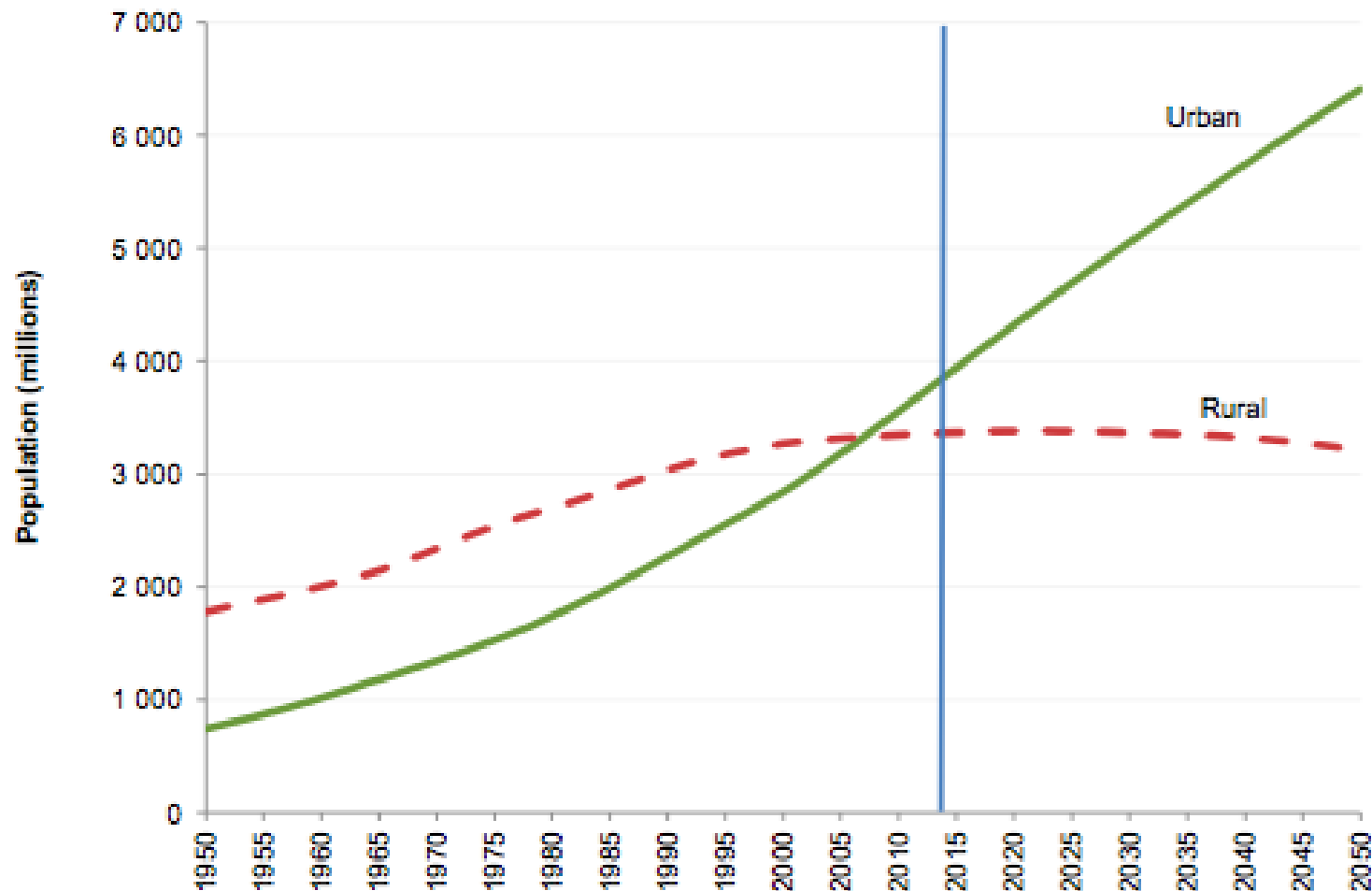
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INTRODUCTION

70% of the world will live in urban centers by 2050

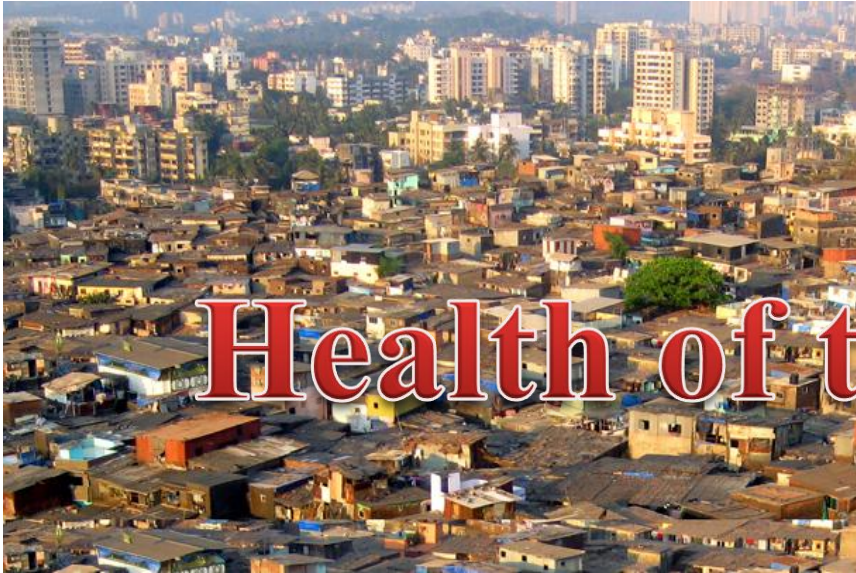


Source: World Urbanization Prospects: The 2014 Revision, Highlight

Benefits of Urban Living



Problems of Urban Living



Health of the People?



AIM

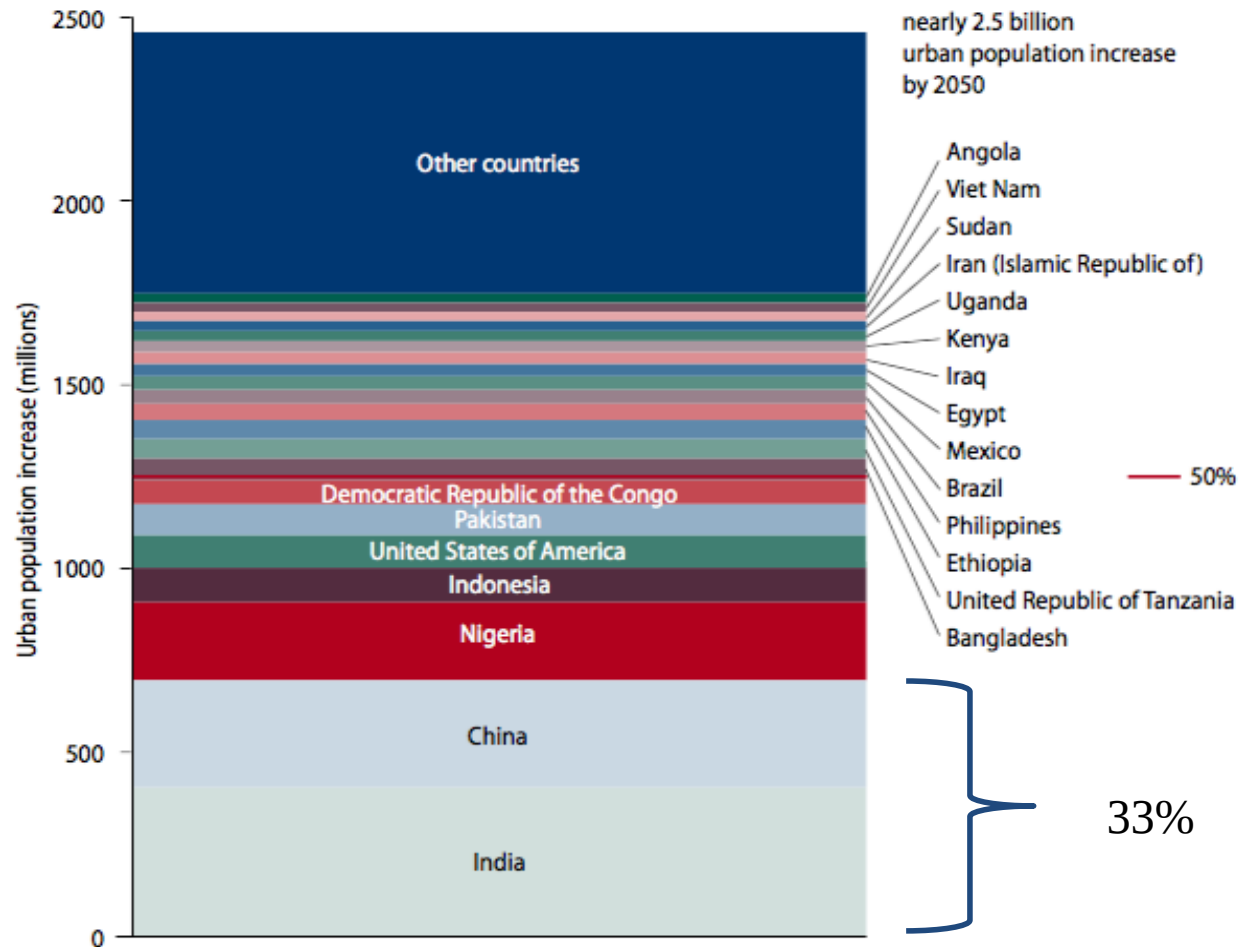
To identify global ‘best practices’ in policy, technology and governance that have relieved the rising stress on the health and well-being of the populations in urban centers and to present few case studies of best practices most relevant to the Indian scenario.

OBJECTIVES

- To describe the effects urbanization has on the health of people residing in cities through a comprehensive framework
- To identify ‘best practices’ (benchmarks) in policy, technology or governance that foster healthy living, through extensive literature review.
- To select a few key best practices and showcase the features by means of brief case studies.

BACKGROUND

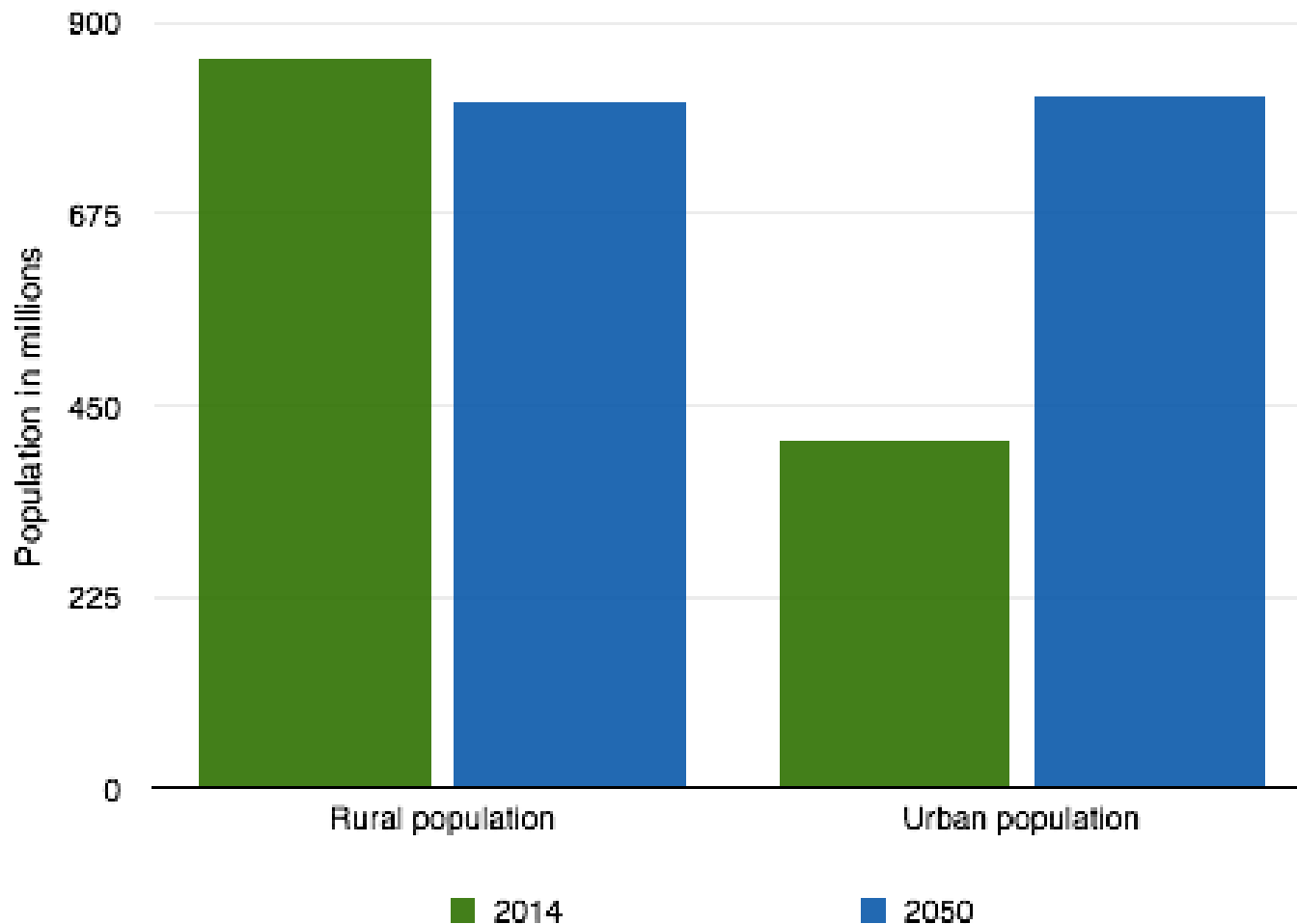
India and China will contribute to 1/3rd of the world's urban population by 2050



Source: World Urbanization Prospects: The 2014 Revision, Highlight

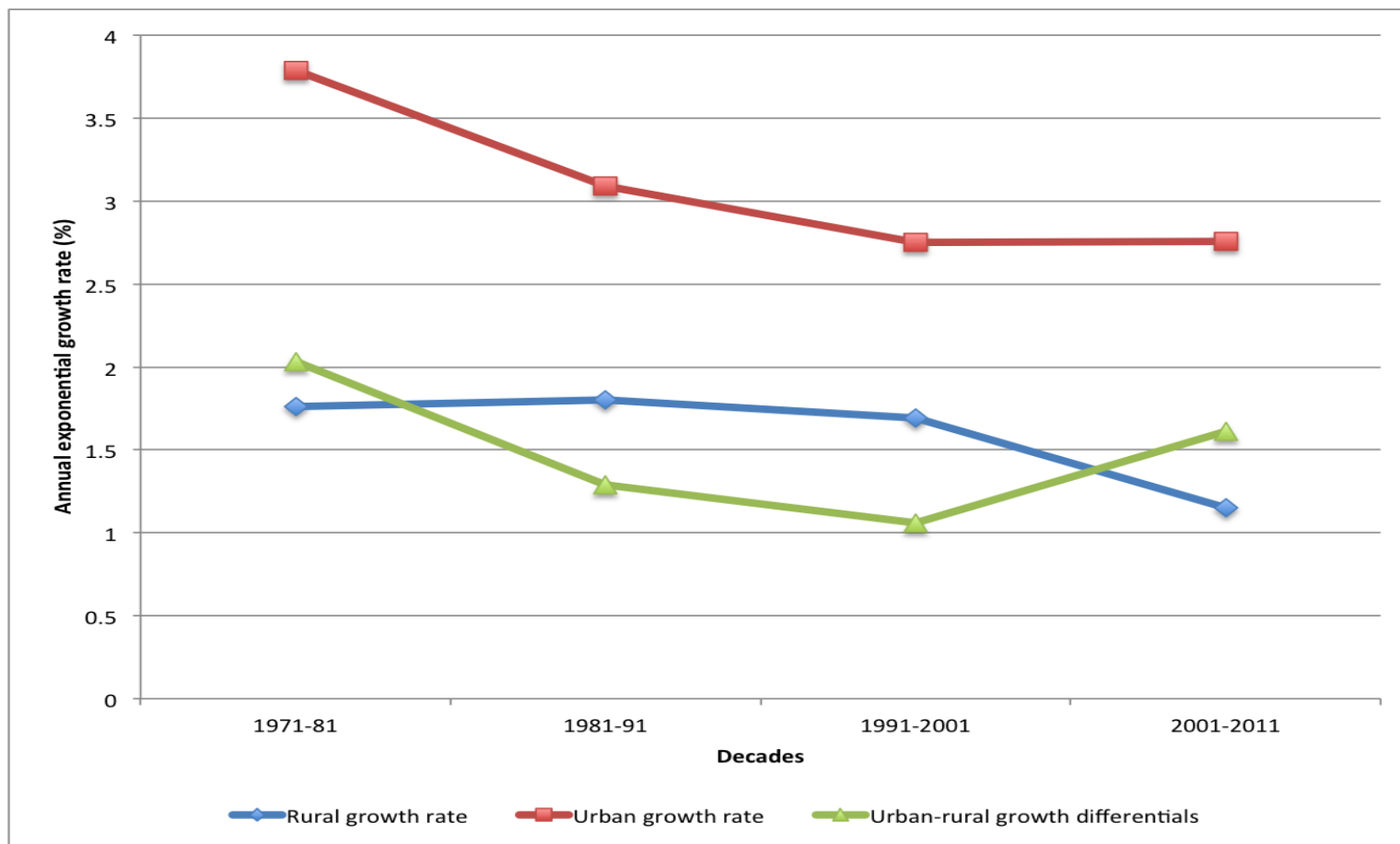
India's urban population will match the rural population by 2050

India's rural and urban populations (2014-2050)



Source: World Urbanization Prospects: The 2014 Revision, Highlight

The urban-rural growth differential provides a clear picture of urbanization in India



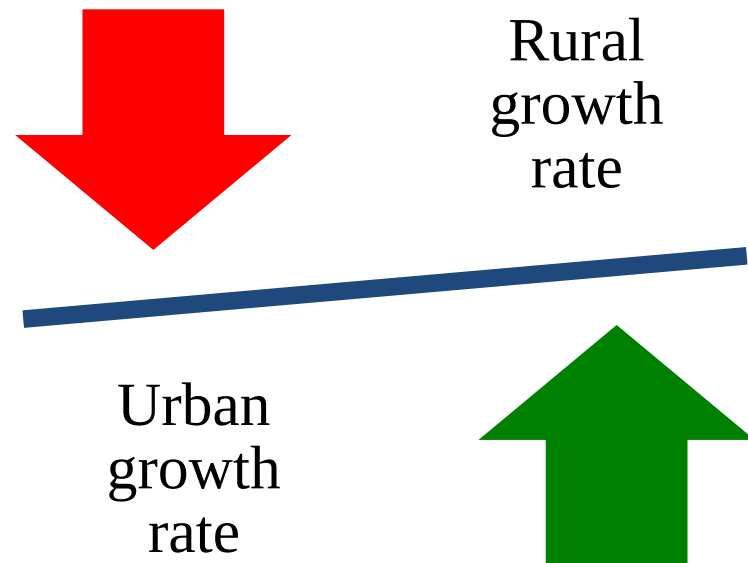
Urbanization

- Two factors
 - Urban growth rate
 - Rural growth rate

“Annual growth differential”

Product of

- The difference in the natural increase between rural and urban areas
 - The net rural-urban classification
 - The net rural to urban migration
- Pace of urbanization is attributed to level of urbanization in country



Heterogeneity in classification of cities

- UN Population Division- Source of internationally comparable estimates and projections of urban centers
 - Major challenge
 - Vary across regions and countries
 - Vary over time
 - Inaccurate boundaries of cities
 - Broad criteria used-
 1. Administrative criteria
 2. Population size or density
 3. Economic criteria
 4. Urban characteristics
-
- The diagram consists of four colored arrows pointing from the list of criteria to specific classification factors on the right. A dark blue arrow points from 'Administrative criteria' to 'Municipalities'. A blue arrow points from 'Population size or density' to 'Minimum population threshold or density'. A teal arrow points from 'Economic criteria' to 'Non-agricultural activities'. An orange arrow points from 'Urban characteristics' to 'Infrastructure provisions (paved roads, piped water, sewage system, electricity, education & health)'.
- Municipalities**
 - Minimum population threshold or density**
 - Non-agricultural activities**
 - Infrastructure provisions (paved roads, piped water, sewage system, electricity, education & health)**

India also classifies cities in more than one way

- *“All places with a municipality, corporation, cantonment board or notified town area committee, etc.”*

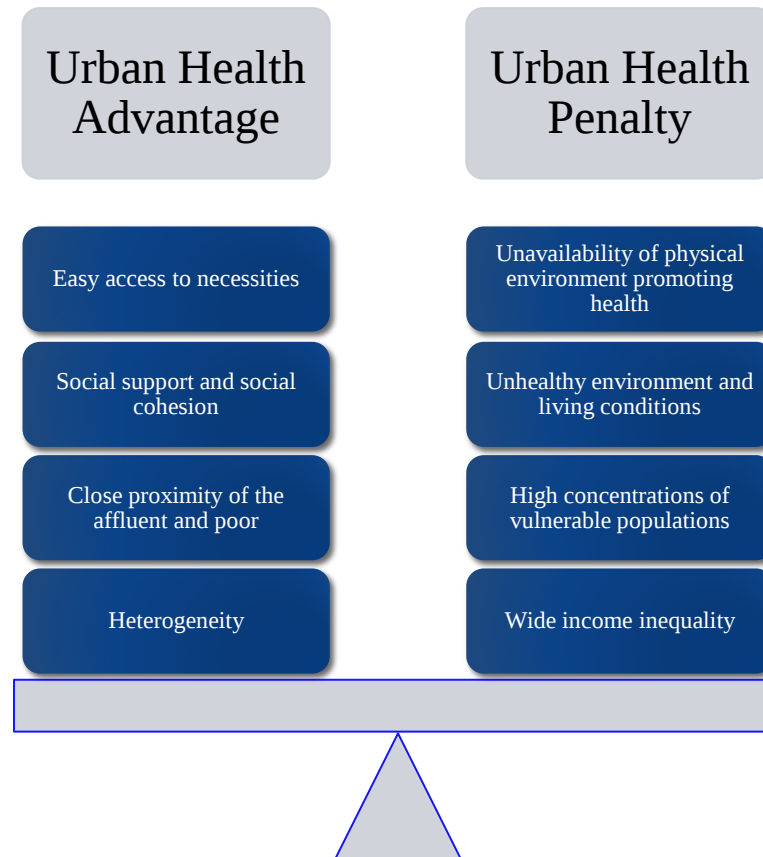
(These are **Statutory Towns**)

- *“All other places which satisfies the following criteria:*
 - *A minimum population of 5,000;*
 - *At least 75% of the male main working population engaged in non-agricultural pursuits; and*
 - *A density of population of at least 400 persons per sq. km.”*

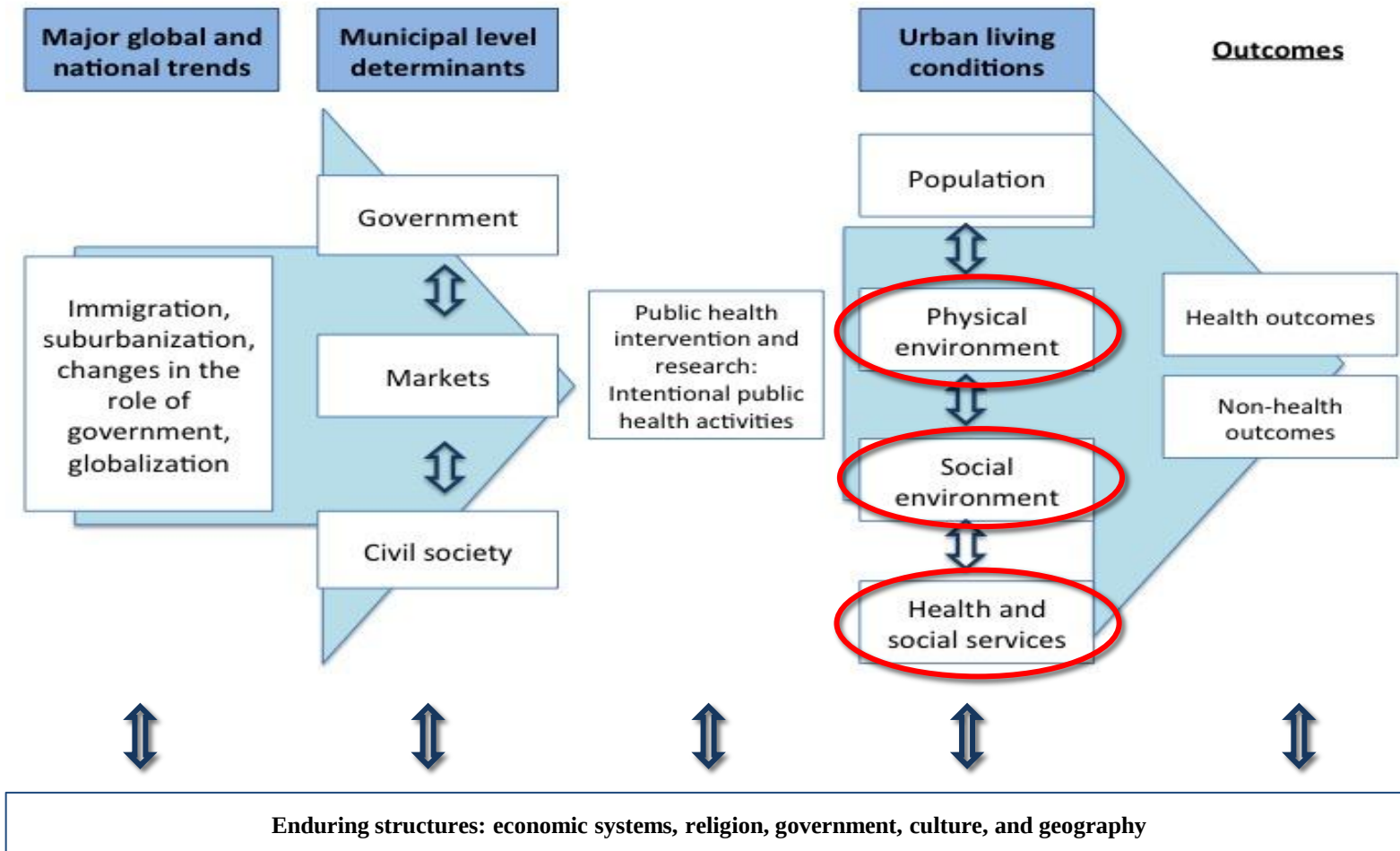
(These are **Census Towns**)

Delicate balance between advantages and penalties of urban living

‘Urbanicity’- static view of living in cities; at a given point in time; both positive and negative impacts

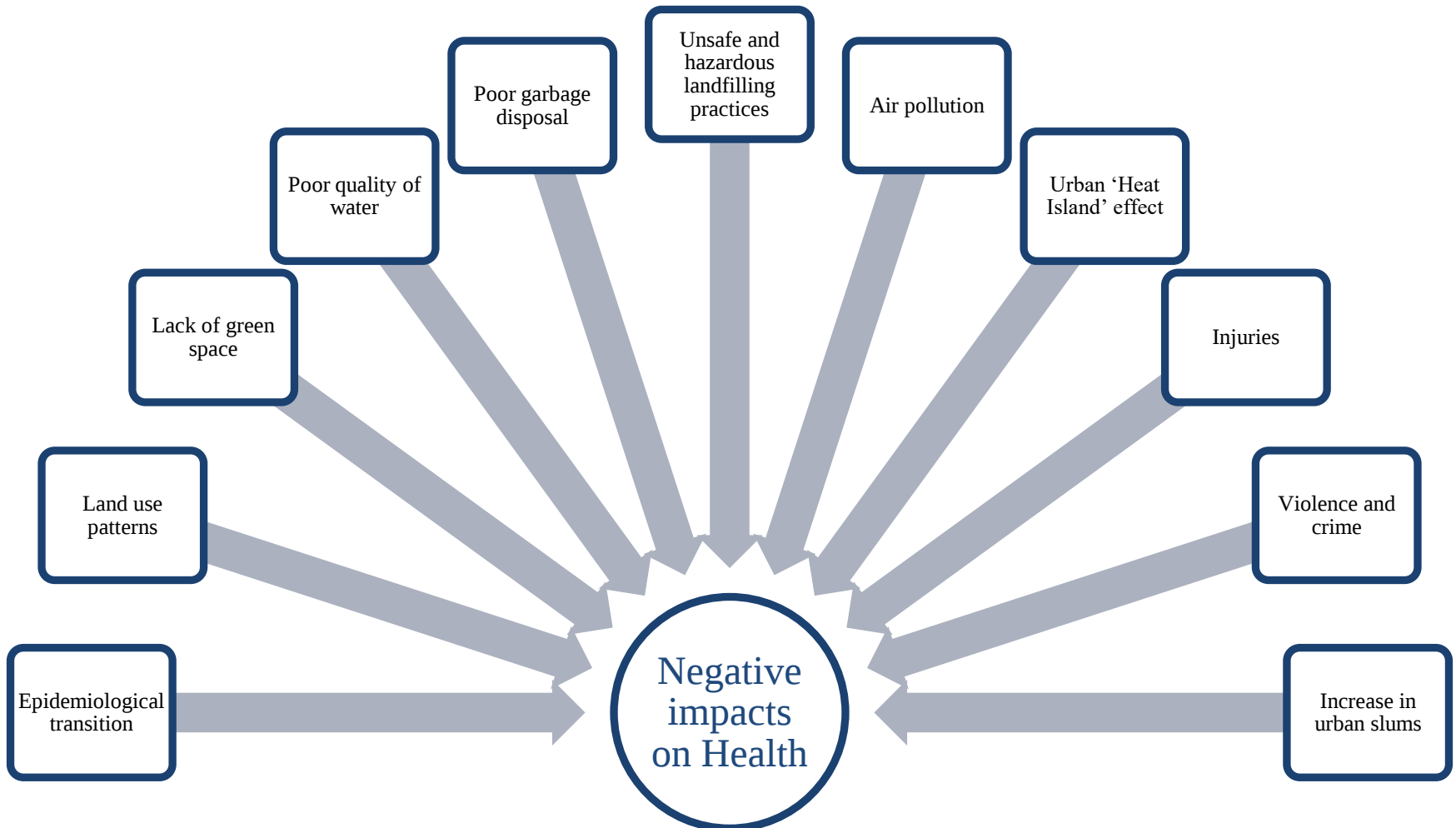


Determinants that impact urban health



Source: Gales et al. Cities and Population Health (2005)

Factors of Urban Living impacting Health



CDC provides the most appropriate definition of 'Best Practice'

“Process of identifying the best performance achieved by an individual organization or an entire industry, in order to set a competitive target for oneself”

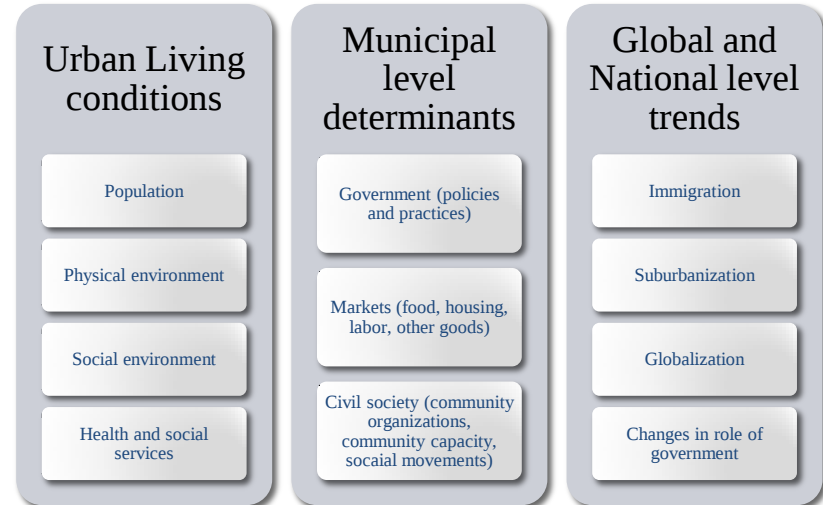
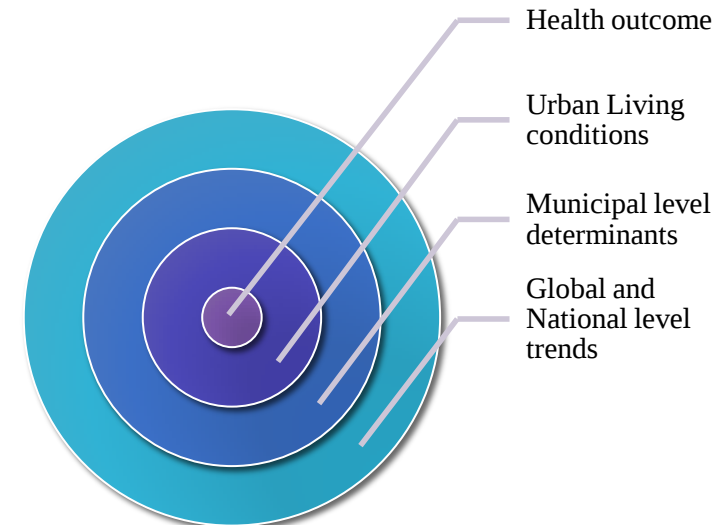
- Focuses on best practices
- Continuous improvement exercise
- Can be customized to ensure best-fit

CDC defines 'Best Practice' as

“a practice supported by a rigorous process of peer review and evaluation indicating effectiveness in improving health outcomes, generally demonstrated through systematic review”

METHODOLOGY

- Extensive literature review carried out
 - PubMed search of MeSH terms (“Benchmarking”, “Urban Health”)
 - Journal of Urban Health
 - Google Scholar search for “Best Practices in Urban Health”
 - UN-HABITAT Best Practices database
- ‘Conceptual Framework for Urban Health’ redesigned to organize all best practices identified
 - Concentric circles
 - Innermost- health outcomes
 - Closer to the core, more impact



CASE STUDIES

(relevant to Indian setting)

Bogotá enforced regulations and promoted mass transportation system to reduce road fatalities

- Year 1998

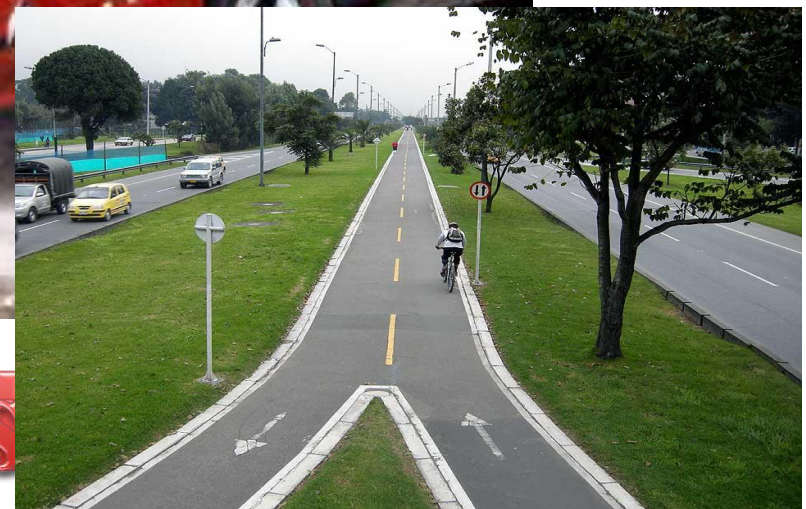
- 52,764 accidents
- 21,053 injuries
- 914 deaths

India 2

- 2 Mayors- Successful campaign

- Employing mimes to discourage bad behavior
- Volunteers to target pedestrians who disobeyed rules
- Restricted car access to city center
- 'TransMilenio'
- 'CicloRuta'- cycle only lanes

46399091 papers



Mexico linked earnings with other essentials to alleviate poverty

- Govt. of Mexico- food subsidies to all from 1995 (post Peso devaluation)
- Drastic change- targeting only poorest households through census data and survey for food subsidies
- ***Oportunidades (Progres)***
- **Conditional cash transfer scheme**

35% of urban households live BPL

Education

- Health check-ups

- Nutritional supplements for children



Regarded as an effective and innovative program to reduce Third World poverty

Porto Alegre's model of ensuring good governance through civic engagement

- Aid in sustainable urban development
- ***Participatory Budgeting***
- Strong after 1988
- Restructured in 1994 to cover-
 - Urban planning and development
 - Traffic management and public transport
 - Health and social welfare
 - Education, culture and recreation
 - Economic development and taxation

Contracting of community organizers within the administration

Government officials present city budget to people

District and thematic plenary assemblies where people list priorities

Negotiations between Govt. and people

DISCUSSION

Integrated approach for better health status

- MDGs → SDGs
- Key lessons learned:
 - Involvement and support of Government
 - Formulation of strategic policies
 - Empowerment of citizens
 - Strict enforcement and regulation
 - Innovation
 - Concerted effort to prioritize health while planning cities
- Drawbacks:
 - Need for standardization of classification
 - Systematic urbanization plan
 - Prioritize health in all policies



THANK YOU



ANNEXURE

Best Practices from around the world are categorized as per the 'concentric circles' framework

Best Practice	Urban Living conditions	Municipal level determinants	Global and National level trends
Urban Health Observatories (UHO) in 7 countries		Government policy	
Liuyun Xiaoqu walkable, mixed use neighborhood (Guangzhou, China)	Physical environment		
Hammarby neighborhood, reducing environmental footprint (Stockholm, Sweden)	Physical environment		
Disaster Response Matrix (USA, UK)		Government policy	
Vauban car-free zone (Freiburg, Germany)	Physical environment; Social environment		

Best Practices from around the world are categorized as per the 'concentric circles' framework (contd.)

Best Practice	Urban Living conditions	Municipal level determinants	Global and National level trends
Innovative Public Space in 5 countries	Physical environment; Social environment		
Dongtan Eco-city (China)	Physical environment; Social environment		
Reduction in traffic fatalities (Bogota, Colombia)	Physical environment		
Congestion charges (London, UK)	Physical environment	Government policy	
Oportunidades/ Progresa- Conditional Cash Transfer (Mexico)	Social environment	Government policy	

Best Practices from around the world are categorized as per the 'concentric circles' framework (contd.)

Best Practice	Urban Living conditions	Municipal level determinants	Global and National level trends
Clean water and sanitation in 3 countries	Physical environment; Health and social services		
Promoting Physical Activity (various programmes in 15 countries)	Physical environment; Health and social services		
Contextualizing Urban Governance (South Africa)			Governance
Participatory Budgeting (Porto Alegre, Brazil)	Social environment	Civil society	
Niagara Prosperity Initiatives (Niagara, Canada)		Civil society	

Best Practices from around the world are categorized as per the 'concentric circles' framework (contd.)

Best Practice	Urban Living conditions	Municipal level determinants	Global and National level trends
Changing Governance (Brazil)			Changing role of Government
Comites Comanales de Proteccion Civil (Acajutla, Brazil)	Social environment		
The Network of Healthy Communitites (Rio de Janeiro, Brazil)		Civil society	
Environmental Health Planning (San Francisco, USA)	Physical environment	Government policy; Civil society	
Self-Employed Women's Association (India)	Social environment	Civil society	

Best Practices from around the world are categorized as per the 'concentric circles' framework (contd.)

Best Practice	Urban Living conditions	Municipal level determinants	Global and National level trends
COBRACE (Brussels Air, Climate and Energy Code) (Brussels, Belgium)		Government policy	
E-ticket scheme (Kaunas, Lithuania)	Physical environment		
Strategic Green Infrastructure Framework (Bristol, UK)	Physical environment	Government policy; Market	
Dublinked (Dublin, Ireland)		Government policy	
Urban Ecological Zone (Ljubljana, Slovenia)		Government policy	

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