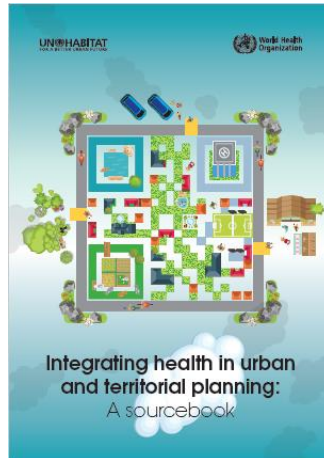# Key messages

Integrating Health in Urban and Territorial Planning: A Sourcebook

Integrating Health in Urban and Territorial Planning is a source book for urban planners, city managers, health professionals, and all those interested in the basis for our collective well-being. It is designed as a tool to assist national governments, local authorities, planning professionals, civil society organizations and health professionals to improve planning frameworks and practice through the incorporation of health considerations, at all levels of governance and across the spatial-planning continuum.

The way we plan and build our cities defines our quality of life. Planning affects not only the quality of our living spaces and transport, but also the air we breathe, the water we drink, and our access to nutritious food, energy, education, health care services and employment. To reap the multiple health, economic and environmental benefits, urban and regional leaders need the knowledge, guidance and tools to integrate health and well-being into planning processes; and the health sector must rise to the challenge of catalyzing multisectoral action towards healthy and sustainable cities.

Key messages for Urban Planners:

- **Healthy by design.** Good urban planning can reduce health risks for communicable and noncommunicable diseases, and relieve pressure from health systems.
- **Urban planning determines human health, wellbeing and equity; and planetary health.** With the right tools, health is not only an outcome, but an asset for good urban planning across sectors.
- **Integrating public health in urban planning** creates more equitable, socially inclusive and resilient cities.
- **Well-connected and integrated system of public spaces including streets** – Creates more walkable streets that result in better air quality and inclusive, vibrant and healthier communities
- **How can cities raise the value of public spaces while improving public health?** Check out Nairobi Placemaking Week and find tools and resources to transform urban spaces into working health laboratories.[LINK]

- **Air pollution is the greatest environmental risk to health. Solutions exist.** Check out the Aburra Valley, Medellin air quality management plan, and find tools for good planning in transport, energy, waste, and land-use to improve health and mitigate climate change.
- **How can urban planning address food deserts and obesity?** Check out England's Planning Healthy Weight Environments and find tools for assessing food security and nutrition, and best practice interventions on diet and physical activity.[LINIK]

Key messages for a general audience:

- **Everyone has a role to play** in such an important agenda We all need to take actions to improve health and health equity. We are all part of a broad family of public health.

- By 2050, two-thirds of the planet will be urban dwellers. **Let's work to improve health through equitable and fair urban planning.**
- **Walking to work can improve your health.** Good urban planning can improve the walking path.
- **Integrating health in urban planning makes economic sense.** With good planning cities can reduce the burden of disease through non-health budgets,and support universal health coverage (UHC).
- **Unlock the power of public health to address climate change and achieve SDGs.** Good urban and territorial planning can capture multiple co-benefits of development through a health lens.

Key messages for decision makers:

- Political commitment and leadership across civil society and the built environment and public health professions is needed
- Stakeholder commitment to develop a shared vision for healthier and more equitable placemaking and policy decisions with territorial and spatial implications.

Key messages for health professionals:

- **Health professionals help to deepen the knowledge** of how spatial planning can control disease vectors and influence disease transmission, including for emerging infectious diseases
- **Health data, statistics and knowledge of public health issues** influence evidence-informed decisions and then track and monitor the success of urban and territorial planning interventions

***