



Health in the Cities

URBAN HEALTH ROME DECLARATION

The **URBAN HEALTH ROME DECLARATION** defines the strategic aspects of action to improve health in cities through a holistic approach, with regard to the individual, and a multi-sectoral approach, with regard to health promotion policies within the urban context.

The **URBAN HEALTH ROME DECLARATION** recognizes that the concept of health is an essential element for the well-being of a society, and this concept does not merely refer to physical survival or to the absence of disease, but includes psychological aspects, natural, environmental, climatic and housing conditions, working, economic, social and cultural life - as defined by the World Health Organization (WHO).

The **URBAN HEALTH ROME DECLARATION** considers health not as an "individual good" but as a "common good" that calls all citizens to ethics and to the observance of the rules of civil coexistence, to virtuous behaviors based on mutual respect.

The common good is therefore an objective to be pursued by both citizens and mayors and local administrators who must act as guarantors of equitable health ensuring, that the health of the community is considered as an investment and not just as a cost.

The role of cities in health promotion in the coming decades will be magnified by the phenomenon of urbanization with a concentration of 70% of the global population on its territory.

URBAN HEALTH ROME DECLARATION in line with the recommendations by the WHO:

1. **Recognizes** that every citizen has the right to a healthy and integrated life in its urban context. We must make the health of citizens the fulcrum of all urban policies.
2. **Highlights** how administrations must engage in promoting the health of citizens by studying and monitoring the specific health determinants of their urban context, leveraging on the strengths of the cities and drastically reducing health risks.
3. **Calls** on the Health Institutions and the Auditors to ensure a high level of literacy (Health Literacy) and accessibility to health information for all citizens, increasing the degree of self-awareness.
4. **Notes** the necessity to include health education in all school programs, with particular reference to health risks in the urban context.
5. **Encourages** to implement strategies to ensure the promotion of healthy lifestyles in schools, universities, workplaces, large communities and families.



6. **Proposes** the implementation of incentive policies aimed at socially responsible companies that invest in safety and prevention and promote health in the workplace.
7. **Calls** for the promotion of an appropriate food culture through targeted dietary programs, preventing obesity, cardiovascular diseases, type 2 diabetes.
8. **Encourages** the creation of local initiatives to promote citizens' adherence to primary prevention programs, with particular reference to chronic, communicable and non-communicable diseases.
9. **Draws** attention to the need to expand and improve access to sports and physical activities for all citizens, fostering the psychophysical development of young people and active aging.
10. **Welcomes** and encourages the sharing of good practices at local level, such as the creation of cycle-pedestrian routes for running and walking activities and the use of public green spaces equipped as "open-air gyms".
11. **Urges** local governments to develop local urban transport policies aimed at environmental sustainability and creation of a healthy life.
12. **Stresses** the urgent need to act directly on environmental and climate factors to reduce the risks linked to the development of diseases related to air and environmental pollution.
13. **Reiterates** the need to consider the health of the most vulnerable and at risk groups as a priority for social inclusion in the urban context.
14. **Desires** a strong alliance between Municipalities, Universities, Health Centers, Research Centers, Industry and Professionals to study and monitor the determinants of citizens' health at an urban level.
15. **Suggests** the creation of a Health City Manager figure, able to guide the process of health improvement in urban areas in synergy with local and sanitary administrations.

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