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**“A healthy city for achieving sustainable urban development”**

**Saeid Pira (Master of Urban and Regional Planning, Azad university of Qazvin)**

**Abstract**

The idea of a healthy city is an idealistic plan. Although the theory hasn't been prevalent for more than a couple of years, it has a long history. 1984 marked a turning point in the efforts of researchers such as Professor Dahl, Dr. Ashton, and the World Health Organisation (WHO), who regarded it as a promise of the achievement of their objectives and policies. The concept of a healthy city has become a worldwide phenomenon, more than two decades later. With the development of urbanization, problems such as environmental degradation, pollution, lack of housing, quality of life, etc. have provided difficult conditions for urban residents, and public health, which is one of the most important indicators of urban quality of life, has decreased.

Urban planners have introduced the concept of a healthy city to achieve sustainable urban development. To use this theory to provide suitable conditions for citizens and improve their quality of life. The importance of planning a healthy city according to its values and standards is essential for cities during planning, given the cities are living and human-centered creatures.

Keywords: Utopia city, Sustainable Development, Healthy City

**Introduction**

It's been nearly a hundred years since we discussed how to build a city. And we understand that we remain in the early stages, despite numerous endeavors. Cities continue to suffer from extinction, poverty, and social hardship. Most people are dissatisfied with their lives, and the future of children is by no means hopeful. People with low incomes constantly experience issues such as homelessness, unemployment, and physical health issues. Some areas were not a pleasant place to stay for high-income groups, either. And they are faced with concerns such as air and environmental pollution, traffic congestion and social issues, etc [4].

Currently, the world requires cities with appropriate conditions including economic, social, cultural, health, and the environment. For years, urban theorists and planners have come up with approaches and plan to achieve such cities. One of these theories is the theory of a sustainable city. It provides development, prosperity, and environmental, economic, and social quality for all residents. It also seeks to integrate economic, social, and environmental development [1].

Another theory is a healthy city approach that creates or improves social, physical, and human resource development. It also seeks to provide the right and complete performance to maximize the potential of urban residents [5].

In 1986 the first conference on health promotion took place in Ottawa. The conference followed the ideals of health policy, with the highest focus on the following:

1. To adopt a general policy to strengthen health

2 - Strengthen social participation

3 - Improve personal skills

4- Reviewing the orientation of health services.

Those principles provided the framework for the Healthy Cities initiative of the World Health Organization.

**Research background**

Upon the introduction of the concept of a healthy city in early 1986, the regional office of the World Health Organization in Europe decided to implement health-enhancing projects in small cities. The project, which only included six cities, was called the Healthy Cities Project and began in Lisbon in March 1986. From the very beginning, this project was seen as a strategic framework for establishing and implementing the public health theory [6].

The results of the project have been highly positive. After that, the Safe City initiative started in many cities on the European continent and later in other metropolitans around the world as a modern approach. So this was a trend that expanded rapidly. Currently, more than 2,000 cities worldwide launched effective efforts to become healthy cities [5].

The theory of a healthy city in Iran was first introduced at a World Health Organisation conference in the eastern Mediterranean area in November 1990. The conference emphasized the usage of European country's experience in the field. And they randomly selected the three cities of Lahore, Alexandria, and Tehran as case studies. In this regard, in December 1991, the Municipality of Tehran organized the first symposium on healthy city theory, in collaboration with the Ministry of Health, Treatment and Medical Education, with the participation of experts and officials from the organizations and administrative bodies of the country in Tehran [3].

**Research Methodology**

The analysis approach used in this article is the library process. Based on this, by researching various sources, we conduct research on the healthy city and the specific elements and influences that affect this phenomenon.

**Research Theoretical Foundation**

**Healthy city goals**

• Political mobility and community participation in equipping and completing an urban health plan.

• Efforts to increase health awareness in urban development by national and urban authorities.

• Creating increasing capacity for city officials and partner organizations with social organizations to improve living conditions in the community.

• Create a network of cities in exchange and information technology.

• Ensuring women's participation in decision-making on issues such as housing, health, and health services [7]

**Healthy city policies**

• Development of urban health attitudes based on two attitudes, health for all and health promotion.

• Promoting health in urban political and social programs.

• Emphasize measures for public health that affect the relationships between individuals and the environment and lifestyles.

• Dealing with factors that threaten the health of people living in the city is the main policy of a healthy city project [4].

**Principles of a healthy city**

Healthy societies have unique characteristics. But they have common principles, which are presented in the table below [2]:

**Table 1: The 12 Principles of a Healthy City**

|  |  |  |
| --- | --- | --- |
| Row | Principle | Description |
| 1 | Sustainable life | The city must survive and be able to provide basic human health and needs. |
| 2 | safety and security | The city has got to be safe. The city is immune from natural disasters (including floods and earthquakes), natural disasters, and financial losses. |
| 3 | Economic productivity | The city has got to have a financial economy. And, in all aspects of society, increase productivity and quality. |
| 4 | Cooperation | Healthy social communication which includes cooperation and assistance. |
| 5 | Access | The city must provide real and potential conditions and facilities for optimal access not only to service centers but also to information, news, resources, and special places of culture and religion, etc. |
| 6 | Balance | The city will strive to preserve stability, strengthen balance in its general sense, meet needs, and avoid excessive pressure on one sector in favor of the other. |
| 7 | Compatibility | According to this principle, the city should provide compatibility and harmony with each other of the components and elements, as well as different aspects of urban life with natural conditions. |
| 8 | Dynamics | The city has to be dynamic and this dynamism is defined as a purposeful, continuous and as predictable development as possible that oversees a particular objective or target. |
| 9 | Identity | The city must be prevented from historical rupture, as well as the severance of cultural ties, etc., through their preservation and promotion, so that the identity of the city can be recognized. |
| 10 | Beauty | The city must strive to satisfy the people in all respects, especially in physical and visual manifestations. |
| 11 | Variety | The city should strive to establish full diversity in its physical, social, and economic system and provide the opportunity for citizens and evaluate and make choices. |
| 12 | Free time productivity | In order to Reconstruction all members of society with favorable circumstances, the city must have the necessary and suitable arrangements for spending leisure time outside the severe currents of life. That is, allowing maximum use of free time to achieve a healthier person's goal. |

**Healthy city indicators**

The World Health Organization identifies a healthy city as a city that continually improves its physical and social environments and expands its resources so that people can mutually support each other in the realization of all their abilities. In addition, a healthy city's set of indicators is grouped into three main groups: environmental indicators, socio-population indicators, and health indicators. In the table below the sub-indicators for each of these categories are given:

**Table 2: World Health Organization healthy city standards**

|  |  |  |
| --- | --- | --- |
| Environmental indicators | Socio-demographic indicators | Health Indicators |
| air pollution | The unemployment rate | Covering baby vaccine levels 6 years |
| water quality | Percentage of people with disabilities who have been hired. | Number of deaths |
| Green space level | Average education of girls and boys | Birth of infant with low birth weight |
| Public access to green space | Adult literacy | Existence of programs of health education |
| Recreational and sports venues | Percentage of people who earn less income per capita. | Hope to live in birth |
| Percentage of households below standard living. | Employment | Infant mortality |
| Garbage collection | - | Nutritional quality |

**Utopia**

The utopia is a representation of a faultless and perfect truth. It may also be an inalienable fact. Plato is regarded as the first idealistic Western thought philosopher. In fact, the utopia is completely in line with Plato's idea principle. Plato applies governance in the Republican treatise to wider fields such as government and the constitution. He depicts the main lines needed to organize an ideal city. That is why he is named as the founder of this idea. The utopia is the will to form an image society based on the moral ideal, a concept of justice, a concept of happiness, and a concept of adequacy, efficiency, and responsibility. In utopia, it's always about looking for the best in the world. Or at least try to find the best, to find a definition of the conditions in which human beings can live in peace, tranquility, and happiness. Utopia, the product of human imagination, is frustrated with the condition of the times and is actually a representation of the desires of the author. And each of the thinkers has interacted with a corner of the utopia, Plato said the purpose is to attain happiness, and Farabi considers a utopia in which society's ultimate goal is cooperation in matters leading to human happiness [7].

**The necessities of the utopia**

1- A city is a location that should shape human facilities, ideas, and interactions and play a crucial role in ensuring the well-being, health, and comfort of its residents. Yet contemporary cities are not pleasant places for human life, so there's always been this dissatisfaction in city literature.

2- To achieve maximum comfort in the environment (suitable air, shade, light, view, and landscape) and to achieve identity values (cultural, ethnic, social, political, economic, religious, historical and beauty) and maximum safety, and security from natural and human threats (earthquake, flooding, and war) has taken steps to reach and inhabit its environment [1].

**Sustainable urban development**

Cities are one of the core areas where sustainable development concepts should be considered. Since cities have the following characteristics:

1- The result of the activity of decision-makers, planners, managers, economists, and scientists,

2- Natural resources are the most significant consumers,

3- they contain the greatest volume of pollution.

4. They are the industry's greatest victims of unbridled evolution.

Overuse of energy resources, as well as waste and pollution due to overpopulation, is one of the main triggers of urban instability. Public plans have to be somehow moderated. In terms of the connection between urban development projects and sustainable development in the twentieth century, we can mention the Garden Cities in England and other European cities. Also, the idea based on parking and green space was proposed in different parts of the world, especially in third world countries. The project of suburbanization and living in villas on the outskirts of big cities was also realized in the United States. The three schemes which aimed at improving the quality of urban life were emerging all over the world. But in the mid-twentieth century, the urban garden idea ran into trouble.

Another consequence of sustainable development research is the compact city, in which buildings are placed in a row and compactly next to each other. In these cities, social justice is clearly seen, and one of the other benefits of a compact city is that many residents may use municipal infrastructure, so access to public facilities is not subject to personal cars. This will increased automobile consumption and energy use. The rise in pedestrian city center trips also leads to social interactions and people do not feel isolated from each other. Such two are urban planning concepts that have been suggested to achieve sustainability in towns, which includes both positive and negative points [4].

**The needs of a healthy and sustainable city**

Professor Dohel, the founder of the idea of a "healthy city", in a paper comparing the city to a living organism, defines and explains the needs of the city and raises the following two basic questions.

1- What does the city need to develop as a healthy organism and allow people to evolve?

2- What are the needs of the city in all stages of its development?

In answer to these questions, Dohel points to the following as urban needs:

A. Basic needs

That city has to be able to fulfill its residents' basic needs such as food, clothing, housing, safety, health care, and the like.

B- Functional needs

Accordingly, the existing process is more than just a basic provision. Then it needs to be necessary to know all the functions of life. In this regard, areas for education, work, and leisure development are essential for the city's residents and must be accessible to everyone. Additionally, individuals should be able to participate regularly in different hobbies, including beauty, art, and athletic experiences.

C- Communication and network

Places with cultural richness are also seen as requirements in various contexts. The device combines a number of various dimensional interactions. The city needs ways to make a living with food and resources, social initiatives, and people-to-people communications. Additionally, the city requires interacting with other communities, nutrition, individual beliefs, and other cultural aspects are required.

D- Infrastructure

Because of the body-like nature of the town, the obviously distinct and identical incidents have specific impacts on each other. The first aspect to be noticed at a glance at the city is the basic architecture (the structure of the town). Yet invisible infrastructures have a key role. Such as the rules and regulations of processes and patterns of behavior which together form and direct how to manage the society.

Leonardo Dohel defines a healthy city as follows: a social and physical area with amenities that enable for simple and effective implementation of all life activities. He also explains the Healthy City requirements:

Firstly, the responses of the city to the people's individual needs and their organizations must be appropriate and efficient.

Secondly, the city has the opportunity to adjust the process and individual specifics.

Third, to satisfy the ever-emerging and ever-changing requirements, the city should adapt itself.

Fourth, the city needs to allow residents to make the best of it.

Eventually, that won't be feasible until the city could train its citizens. Therefore, the kinds of city needs and the circumstances that control them play a vital role in making the vision of a healthy city come true [6].

**Suggestions**

Currently, the urban management system's most significant issues are the increase of urban inequality or lack of affordable public resources, strong economic competitiveness tensions, high demand for more municipal income, community financial, social, cultural, and legal issues. Such problems have to be added to the complexity of Third World urban social structure. The following can be listed as the most significant concerns for urban managers in the field of development and the continuation of sustainable development:

- Understanding the different capabilities of the urban system according to how to deal with the environment

- Carrying out scientific studies on how to form and establish cities and examining their structural-functional characteristics

- Investigate the congestion, intensity, and sources of the migration of the population which has often created cultural confusion and social tension in towns.

- Understanding the main dimensions of the natural and human environment of cities, which along with the physical dimensions should be considered in studies and sustainable development programs.

- Basic attention to issues of the elderly, youth and women in sustainable development programs

- Paying attention to public participation in various growth and development programs from the stage of thinking and decision making, design and implementation in the process of sustainable development

- Attempts to reduce economic and social injustice and tackle malnutrition and disease problems by the development of specific decision-making centers

- Development of contracts as a basic instruction for any activity and program in the city

- Reporting information on strategies, decisions, and actions about the importance and role of urban management in informing citizens

- Connecting city managers with educational and academic centers and undertaking community living research to help local managers establish objectives

**Conclusion**

As mentioned, the indicators of a healthy city and utopias and their goals all correspond to the pattern of a sustainable city. Therefore, in order to achieve a sustainable city, it is necessary to have a healthy city. In which sustainability is manifested in all dimensions, physical, social, economic, and ecological.

One of the characteristics of a healthy society is that there are equal and balanced biological opportunities for all members of society. It means a birth, a life, and a death with dignity. But this is only possible on the condition that the members of the community have the opportunity to use equal natural resources and be able to enjoy the benefits of human activities equally. In sustainable development, the principle of communication is very important, because nothing is independent and separate, and in human health and development, the principle of its relationship with the environment is important. Because the environment encompasses all human activities that take place in a historical and temporal process and in a geographical context in order to elevate human beings. While topics such as safety, healthy people, environment, ecosystem, and development are interconnected. What was suggested is an efficient natural resource process and a sustainable development model. Sustainable human ecology values are social justice and fairness based on equal usage of natural resources and property, and human talents, which inevitably involve human resources.

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