Cities experience and good practices on reopening and adjusting public health measures in response to COVID-19

6 October 2020
Seminar 4: Covid 19
Support for physical, mental and social well-being during a pandemic: the experience of Udine

STEFANIA PASCUT
Udine Healthy City Project Coordinator
Member of the Advisory Committee of WHO European Healthy Cities Network
Member of the Steering Committee of ARTESS/IFOTES – International Federation of Telephone Emergency Services
Member of the Steering Committee of the Italian Healthy Cities Network
UDINE pop 100,000 - 130000
Greater Udine pop 180,000
FRIULI pop 1,200,000
Snapshots from Udine
The “rogge” waterway system: brought fresh water for drinking and washing, as well as energy for operating mills and other machineries.
A street or a square? pedestrian streets? why preserve old buildings?
Main challenges in promoting healthy living

- **3 megatrends**: demographic change, urbanization, climate change
- **VUCA world**: volatility, uncertainty, complexity and ambiguity; flexibility and adaptation are needed
- **Social innovation**: how we can innovate to improve social well-being and *healthy* life-expectancy instead of just life-expectancy (‘Adding life to years, not only years to life’: WHO leit-motiv)
- **Whole-of-government, whole-of-society, health-in-all-policies** approaches (de-siloing, organ pipes)
- **Health inequities**: avoidable inequalities depending on determinants of health such as education, income, environment, access to services
- **Vulnerable groups**: children, older and dementia-affected people, migrants, energy poverty
- **Emotional & relational health**: loneliness, mental disorders, stress, resentment, stigma, discrimination, dis-connection are increasing, self- and community-efficacy of choices has being reduced
DEMOGRAPHIC CHANGE

Snapshots of Udine population

Censimento 2011 - 98.287 abitanti

1871

1936

2001
### Older People in Udine & Italy

#### Life Expectancy

<table>
<thead>
<tr>
<th>Year</th>
<th>M</th>
<th>F</th>
<th>M</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>77.47</td>
<td>83.34</td>
<td>82.43</td>
<td>88.75</td>
</tr>
<tr>
<td>2010</td>
<td>72.70</td>
<td>78.61</td>
<td>77.75</td>
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<td>2015</td>
<td>67.74</td>
<td>73.65</td>
<td>72.78</td>
<td>79.01</td>
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<td>2020</td>
<td>62.78</td>
<td>68.69</td>
<td>67.81</td>
<td>74.04</td>
</tr>
<tr>
<td>2025</td>
<td>57.96</td>
<td>63.76</td>
<td>62.96</td>
<td>69.08</td>
</tr>
<tr>
<td>2030</td>
<td>53.22</td>
<td>58.82</td>
<td>58.18</td>
<td>64.14</td>
</tr>
</tbody>
</table>

#### Ageing Index

- Population (65+)
- Population (0-14)

<table>
<thead>
<tr>
<th>Year</th>
<th>Udine</th>
<th>Italy</th>
</tr>
</thead>
<tbody>
<tr>
<td>2020</td>
<td>26.2</td>
<td>20.3</td>
</tr>
</tbody>
</table>

#### Dependency Ratio

- Population [(0-14) + (65+)]
- Population (15-64)

<table>
<thead>
<tr>
<th>Year</th>
<th>Udine</th>
<th>Italy</th>
</tr>
</thead>
<tbody>
<tr>
<td>2020</td>
<td>61.3</td>
<td>56.6</td>
</tr>
</tbody>
</table>

#### Urban Index

- Population (40-64)
- Population (15-39)

<table>
<thead>
<tr>
<th>Year</th>
<th>Udine</th>
<th>Italy</th>
</tr>
</thead>
<tbody>
<tr>
<td>2020</td>
<td>145.0</td>
<td>140.3</td>
</tr>
</tbody>
</table>

#### Exchange Rate

- Population (60-64)
- Population (15-19)

<table>
<thead>
<tr>
<th>Year</th>
<th>Udine</th>
<th>Italy</th>
</tr>
</thead>
<tbody>
<tr>
<td>2020</td>
<td>158.3</td>
<td>135.4</td>
</tr>
</tbody>
</table>

#### Average Age

<table>
<thead>
<tr>
<th>Year</th>
<th>Average Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>2020</td>
<td>47.3</td>
</tr>
</tbody>
</table>

### Older People Living Alone

<table>
<thead>
<tr>
<th>Age</th>
<th>Male</th>
<th>Female</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>65</td>
<td>21.2</td>
<td>52.1</td>
<td>39.6</td>
</tr>
<tr>
<td>75</td>
<td>10.5</td>
<td>35.9</td>
<td>25.6</td>
</tr>
<tr>
<td>85</td>
<td>3.8</td>
<td>15.6</td>
<td>10.8</td>
</tr>
</tbody>
</table>
Today in Udine there are 217.4 over 65 citizens for every 100 under 14.

0.06% centenaries

The need to cater for an AUTONOMOUS social component within the community with its own needs, but also EXPECTATIONS and LIFE PERSPECTIVES

In Udine there are 49,000 families
34,000 are single component families
8,800 of them are over 65, mostly women
AGEING POPULATION & CHRONIC DISEASES

Making dementia a priority: changing perceptions, practice and policy

Become a Dementia Friend
Global Burden of Disease Study 2016: between 1990 and 2016, the number of dementia cases increased by 117% (95% UI 114–121), from 20·2 million (17·4–23·5) in 1990 to 43·8 million (37·8–51·0) in 2016. Dementia was the fifth leading cause of death globally, accounting for 2·4 million (95% UI 2·1–2·8) deaths and overall, 28·8 million (95% UI 24·5–34·0) DALYs were attributed to dementia.
Loneliness & social isolation

- Loneliness and social isolation are **serious public health risks** but still getting little attention in healthcare (Cacioppo et al., 2015);
- Loneliness is a **risk factor for cognitive decline** and the progression of Alzheimer’s disease (Wilson et al., 2007);

- Loneliness is associated also with:
  - elevated blood pressure (Hawkley et al., 2010),
  - increased hypothalamic pituitary adrenocortical activity (Adam et al., 2006),
  - decreased sleep salubrity and diminished immunity (Cacioppo et al., 2002; Pressman et al., 2005),
  - underexpression of genes bearing anti-inflammatory responses (Cole et al., 2007, 2011), and
  - **premature mortality** (Luo et al., 2012).
Health and Social Problems are Worse in More Unequal Countries

Index of:
- Life expectancy
- Math & Literacy
- Infant mortality
- Homicides
- Imprisonment
- Teenage births
- Trust
- Obesity
- Mental illness – incl. drug & alcohol addiction
- Social mobility

- A Fair Society

Measure: Lorenz curve, Gini coefficient

Dental health as a proxy for health inequity

<table>
<thead>
<tr>
<th></th>
<th>ITALIAN POPULATION (n. 311)</th>
<th>Dev. Std.</th>
<th>FOREIGN-BORN POPULATION (n. 185)</th>
<th>Dev. Std.</th>
<th>P (test U di Mann-Whitney)</th>
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<tbody>
<tr>
<td>Average dmft</td>
<td>1,51</td>
<td>2,69</td>
<td>5,67</td>
<td>4,86</td>
<td>&lt; 0,001</td>
</tr>
<tr>
<td>SiC Index</td>
<td>4,39</td>
<td>3,07</td>
<td>11,44</td>
<td>2,80</td>
<td>&lt; 0,001</td>
</tr>
<tr>
<td>Oral hygiene behaviours</td>
<td>1,97</td>
<td>0,73</td>
<td>1,51</td>
<td>0,74</td>
<td>&lt; 0,001</td>
</tr>
<tr>
<td>Average caries prevalence</td>
<td>1,22</td>
<td>2,25</td>
<td>4,60</td>
<td>4,43</td>
<td>&lt; 0,001</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>ITALIAN POPULATION (n. 311)</th>
<th>FOREIGN-BORN POPULATION (n. 185)</th>
<th>Odds Ratio (IC 95%)</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>% caries free</td>
<td>190 (61,1%)</td>
<td>40 (21,6%)</td>
<td>72,67</td>
<td>5,69 (3,75-8,64)</td>
</tr>
<tr>
<td>% dental check up</td>
<td>207 (66,6%)</td>
<td>100 (54,1%)</td>
<td>7,69</td>
<td>1,69 (1,16-2,46)</td>
</tr>
<tr>
<td>% malocclusions</td>
<td>121 (38,9%)</td>
<td>71 (38,4%)</td>
<td>0,01</td>
<td>1,02 (0,70-1,49)</td>
</tr>
</tbody>
</table>

- Dmft index: decayed, missing, and filled teeth
- SiC Index: significant caries index
World Health Organization

Environment and health in Europe

1.4 m
1.4 million deaths in the WHO European Region are caused by environmental risks, corresponding to at least 15% of Europe's total deaths.

50%
Accorded half of these deaths are due to outdoor and indoor air pollution.

50 m
Altogether, European citizens annually lose 50 million years of healthy life due to environmental risks.

28% of ischemic heart disease
25% of strokes
17% of cancers.

Climate Change

The Ostrava Declaration
Determinants of health

Life course approach

Disability threshold

Figure 6: Functional capacity over the life course

- Early Life: Growth and development
- Adult Life: Maintaining highest possible level of function
- Older Age: Maintaining independence and preventing disability

UDINE joined the Healthy Cities movement in 1995
HEALTH ENLIGHTMENT
WHO HEALTHY AGEING STRATEGY

A DYNAMIC APPROACH

Udine

- Udine Rapid Assessment 2014
- Udine Rapid Assessment

Distribution of people 65+ years and pharmacies in districts of Udine, Italy

UDINE healthy ageing observatory developed on the basis of the EU Active Ageing Index

PILOT PROJECT WHO KOBE: Measuring the Age-friendliness of Cities: A Guide to Using Core Indicators
Social Innovation & Middle-out approaches

Open innovation model

- Social brokers, role of cities as intermediators
- Facilitating and enabling policies
- Often systems are out of balance between giving and receiving
- Resources are misused – scarce – onerose
- Web-based systems are open to uncertainty
- Sharing -circular
NO ALLA SOLIT’UDINE: age-friendly environments, social innovation, brokerage and intermediation

Networks NGOs, voluntary associations, retired craftmen, public services to support older and frail people in their everyday life, especially those living alone, with disabilities or economic difficulties (shopping, transports, listening, reading, legal advice, repairs, prescriptions etc)
AGE-FRIENDLY ENVIRONMENTS: cognitive decline prevention, intergenerational activities, contrasting solitude, promoting computer literacy, contrasting loneliness

Move your minds…minds on the move

Together we can fight loneliness & cognitive decline!
Volunteers reading to the elderly

Training courses for older people and caregivers to age well

Easy-to-read tools to promote independence at home
• Engage senior citizens in socializing through digital domain

**MoBe s.r.l.**

**MOBILE SOLUTIONS FOR HEALTH AND WELL_BEING**

Use ICT technologies for mobility impaired patients vital parameters remote sensing and monitoring:

- Medical device for measuring vital parameters and detecting falls
- Smartphone Android Internet connected and GPS sensors.
- Communication via Bluetooth on mobile devices.
- Data are stored locally on the patients smartphone and are periodically synchronized to those on a centralized cloud platform.
- Data are made accessible through a control panel to family members, caregivers, and medical staff.
WORLD GAMES DAY: more than 60 stakeholders organising recreational & educational activities, games, sports for all target groups
THE PLAYFUL PARADIGM

Using ‘games’ as a flexible and innovative way for healthy and sustainable place-making
URBAN GARDENS
International Congress 2019 in UDINE
LEAVING LONELINESS, BUILDING RELATIONSHIPS

How about MENTAL & EMOTIONAL HEALTH?

A connected society: a strategy for tackling loneliness
Laying the foundations for change


INSIEME PER IL BENESSERE EMOTIZONEALE E SOCIALE

24 mesi di riflessioni, proposte e azioni sul tema della solitudine per raggiungere il benessere sociale e relazionale

Da Udine all’Italia, con uno sguardo all’Europa
luglio 2018 - luglio 2020

International Federation Of Telephone Emergency Services
Covid-19 and MAIN CHALLENGES

• Special attention to ensure protection of **vulnerable groups**, including children, people with disabilities and immunocompromised, older people, ethnic/cultural groups targeted with stigma or discrimination, domestic violence;
• **Support** people in the community who felt worried or distressed but also frontline workers;
• Create **safe and protected environments for care** and make use of existing resources and strengths (NGOs, voluntary associations, mutual solidarity);
• **Communication**: confusion and fear in population, fake-news, importance of scientific evidence and normalisation messages about fear and anxiety;
• Promote **healthy lifestyles**, during and after isolation, to avoid the increase in disease burden and **resilience** at individual and collective level;
• **Re-define urban spatial planning**: open spaces and green areas have become fundamental as well as walking-distance services
Measures for helping families, workers and businesses - “Care for Italy Decree”

- extension of leave days and vouchers for baby-sitting;
- distribution of vouchers to buy food and basic products;
- distance learning platforms for schools in all grades;
- aids and financial support for people in need, with economic difficulties (agreement between the Government and the Network of Municipalities so that municipalities can identify people in need and give them vouchers or economic incentives);
- suspension of loans/mortgages, rents, fines, etc.;
- no dismissal of workers permitted;
- new contracts for health professionals and hospital workers;
- dedicated support for healthcare employees, including free accommodation in hotels or other places in order to avoid them to infect their relatives at home;
- facilities for people in quarantine or dismissed from the hospitals waiting to go back home;
- incentives for agriculture, businesses, arts, sports and culture sectors;
- extraordinary redundancy fund for workers.
Covid-19 and vulnerable groups

- Special attention to: ELDERLY, ISOLATED PEOPLE, PEOPLE WITH DISABILITIES, CHRONIC DISEASES OR IMMUNODEPRESSED
- Home delivery of food, medicines and parapharmaceuticals with the support of different associations of volunteers (red-cross, civil protection, local associations, etc.);
- Ready meals delivery at home;
- Withdraw of cash pension in the post office with staggered access to the counters or by appointment;
- Free taxi transport service dedicated to people over 65 accompanied by operator identified by the municipality (social caretaker or volunteer);
- Free dog-sitting services to carry out the animals for the daily-needs, to buy special food or care products and to accompany the animals to veterinarian;
- Identification of apartments and residential units, already intended for the housing emergency, to accommodate people who need to isolate themselves to protect their own and others' health, but who have no accommodation available.
Covid-19 and vulnerable groups

- **Special attention to: CHILDREN**
  - distance learning and homework brought at home for those who had no internet connection;
  - educational counselling for families of children through phone calls or webinars;
  - online dedicated institutional webpages and facebook accounts with useful educational content for playing and doing activities at home;
  - promotion of dedicated chats and newsletter to maintain the relationship between teachers, educators and kindergarten operators, with parents and children, proposing different forms of contact and sharing, with the support of pedagogists;
  - daily facebook live videos/programs to entertain children with games, chores, songs, nursery rhymes, books readings;
  - housing services, social support and short- or long-term hospitality in hotels for underage children whose parents are hospitalized and who do not have other adults of reference.
Covid-19 and vulnerable groups

- **Special attention to: MIGRANTS AND HOMELESS PEOPLE**
- Fundraising for solidarity emporiums/shops and soup kitchens;
- Solidarity projects and dedicated bank accounts to collect donations to buy food and basic necessities for people in need;
- 24-hour opening of shelter homes, hospitality houses and facilities for homeless to offer protection also during the day;
- Online information, brochures and vademecum on Covid-19 emergency translated in many foreign languages;
- Prolongation of the expiry of all documents and residence permits (according to the Interior Minister Decree).
Covid-19 and mental health

- Special attention to: ELDERLY, ISOLATED PEOPLE, PEOPLE WITH DISABILITIES, CHRONIC DISEASES OR IMMUNODEPRESSED
  - online courses or exercises to be practiced at home for keeping physically and mentally active;
  - promotion of self-care strategies or other cultural practices (i.e. Yoga-Based Breathing as Home-care Adjuvant Treatment);
  - activities in parks and open spaces and focus groups and interviews with caregivers;
  - gathering of volunteers, private companies and associations to activate neighborhood networks to be closer to citizens in need;
  - phone psychological assistance to support managing anxiety and panic and to prevent depressive states;
  - support to parents/caregivers providing care to older or frail people and keep in touch with them;
  - Re-design urban spaces in order to foster creativity and playful activities.
Soltudini e No è un progetto biennale avviato con il Comune di Udine - Progetto OMS Città Sane a luglio 2018 per sensibilizzare e far conoscere le diverse forme di solitudine che attraversano la società attuale. Era certamente imprevedibile che questa condizione potesse toccare ciascuno di noi oggi, isolati nelle nostre case.

Proprio in questo momento in cui siamo costretti un po’ tutti a sperimentare la solitudine e a tenere la distanza fisica, vogliamo ribadire la centralità delle relazioni interpersonali, indipendentemente dalla forma in cui si realizzano.

Proponiamo quindi di imparare a fare buon uso delle tecnologie della comunicazione e utilizzarle come canale “aperto e transitabile” che può avvicinare e costruire comunità, come risorsa per tenere vive le relazioni, in attesa di poterli nuovamente incontrare di persona.

**VIDEO-CONFERENZE**

**“USCIRE DALLA SOLITUDINE - COSTRUIRE RELAZIONI”**

Dal congresso internazionale “Uscire dalla Solitudine – Costruire Relazioni” (Udine, luglio 2019) proponiamo i video di alcune relazioni accessibili in live-streaming con un semplice collegamento a ARTESS YOUTUBE.

Noi sappiamo essere presenti per raccogliere commenti e domande e conversare con voi ovunque, sarà come essere in una grande sala diffusa nelle case di tutti noi. Vi aspettiamo!

**PROGRAMMA DELLE VIDEO-CONFERENZE IN STREAMING**

**LUNEDÌ 20 APRILE ORE 10**
Prof. Marco Trabucchi - Medicina, Università di Roma Tor Vergata.
Presidente dell'Associazione Italiana di Psicogeriatría
La solitudine e la condizione di fragilità negli anziani.

**Dott. Giovanni Barillari - Assessore alla Salute e al Benessere Sociale e Rapporti con l'Università di Udine**
I servizi di prossimità per il contrasto alla solitudine: il progetto “No alla solitudine”

**MERCOLEDÌ 22 APRILE ORE 10**
Prof.ssa Michela Marzano - Filosofia morale, Università della Sorbonne, Parigi.
Identità, memoria e legami effettivi: uscire dalla solitudine quando pezzi interi della nostra esistenza si sciogliono via per via sempre?

**MERCOLEDÌ 29 APRILE ORE 10**
Dott. Marco Crefaldi - Psicologo esperto di Comunicazione Digitale.
Presidente e fondatore dell'Associazione Hikikomori Italia
Hikikomori: il crecente fenomeno dell'isolamento sociale giovanile in Italia

**MERCOLEDÌ 6 MAGGIO ORE 10**
Don Pierluigi Di Piazza - Presidente del centro Ernesto Balducci, Zuglano (UD).
Se la vita è decisa dalle relazioni, come collocarvi le solitudini e come considerarle?

**MERCOLEDÌ 13 MAGGIO ORE 10**
Prof. Franco Fabbraro - Psicologia Clinica, Università di Udine. Direttore del Master in Meditazione e Neuroscienze.
Identità culturale, violenza e il problema della solitudine

**MERCOLEDÌ 20 MAGGIO ORE 10**
Prof.ssa line Testoni - Psicologia Sociale, Università di Padova. Direttrice del Master in Death Studies & The End of Life.
Morte come abbandono e solitudine: il valore del supporto sociale e della ricerca interessa.

**PIAZZADELLASOLITUDINE**

**INcontri ONLINE SULLA PANCHINA BLU CON IL COLLETTIVO WUNDERTRUPPE**

**MARTEDÌ 21 E 28 APRILE E 5 MAGGIO 2020 Dalle 10 alle 12**
**GIUGNO 23 E 30 APRILE E 7 MAGGIO 2020 Dalle 10 alle 12**

Immaginate una panchina con una panchina blu, su cui si seduta qualcuno che non conoscevi. Ora immaginate raggiungerlo, e che quella panchina diventi uno spazio d’incontro, aperto all’improvviso.

Vi invitiamo a sedere con noi, virtualmente, su quella panchina per parlare di lettere, faccende in sospeso, piccoli riti quotidiani, canzoni, ricette, oggetti cari, vicini e lontani, preoccupazioni e desideri di futuro ...

Potrete rispondere a una domanda che qualcuno ha lasciato in sospeso prima di voi e lasciare la vostra per chi passera’ in piazza dopo. Niente grandi folle, ci sarete voi insieme a noi del collettivo Wundertruppe.

Per prenotare il vostro posto scriveteci un’e-mail a wundertruppe@gmail.com; cconcordati con voi il giorno e l’ora dell’incontro e vi daremo tutte le istruzioni utili a raggiungerci online.

**#piazzadeellasolitudine è un progetto culturale del collettivo artistico Wundertruppe. E pensato per mettere in relazione le solitudini personali con diversi aspetti della vita pubblica attraverso gli strumenti dell’arte relazionale e del teatro.**

**LISTENING SKILLS - IMPARARE AD ASCOLTARE PER COMPRENDERE GLI ALTRI E SE STESSI**

Anche i più giovani vivono in questo momento una condizione di distanza e tristezza. Con 20 ragazzi di 16-17 anni del Liceo Percoto di Udine viene sviluppato un percorso formativo a distanza sulle abilità relazionali e di ascolto. Insieme ad una tavola virtuale, approfondiremo e esploreremo con i ragazzi i valori dell'ascolto, del rispetto dell'altro e della solidarietà per poter riprendere le relazioni sociali con più fiducia e consapevolezza.

**CARTA DI UDINE SULLA SOLITUDINE**

Un documento conclusivo con gli elementi più rilevanti e interessanti emersi sul tema della solitudine nell'arco dei due anni del progetto “Soltudini e No”. La Carta sarà presentata dal Comune di Udine e da ARTESS nell'autunno del 2020 e promossa attraverso diversi canali di comunicazione locali, nazionali e internazionali.

**PER INFORMAZIONI SULLE DIVERSE ATTIVITÀ DEL PROGETTO SOLITUDINI E NO (2018-2020)**
www.art-ess.org - info@art-ess.org - T. 320 9515134

Tutto l'impresa è realizzata con la collaborazione di e il contributo del Comune di Udine - Assessore alla Salute e al Benessere Sociale e Progetto OMS Città Sane, nello ambito del progetto biennale “Soltudini e No” (2018-2020).
PLACES VS NON PLACES

WHAT MAKES A GREAT PLACE?

KEY ATTRIBUTES

- Street Life
- Usability
- Interactivity
- Sociability
- Usability & Activities

PLACE

- Access & Linkages
- Comfort & Image

SOCIALITY

- Continuity
- Social Mix
- Social Functions

PROJECT FOR PUBLIC SPACES

NON LUOGHI
Covid-19: FUTURE PERSPECTIVES

- Special attention to: HEALTHY LIFESTYLES, CONTRAST TO LONELINESS AND DEPRESSION, RESILIENCE:
- Key psychosocial principles, including hope, safety, social connectedness and self- and community efficacy embedded across every intervention;
- Udine Loneliness Charter and improvement of the capacity to reach the most vulnerable and to enhance health systems, neighbourhood networks;
- more investments and funds for new initiatives: Regional Law for Active Ageing and Loneliness;
- telemedicine and remote prevention services;
- resilience promotion both at the individual and collective level (system of systems);
- Longer-term perspective: building capacity of local health and non-health actors in the current COVID-19 but also in preparation for future emergencies.
HEALTH DIPLOMACY: EUROPEAN PERSPECTIVES

Introduction to a new quasi-concept and paradigm

Edited by
Ilona Kickbusch Mihály Kökény

Udine, Italy: city health diplomacy
Furio Honsell Stefano Pascut & Gianna Tamaro
Health & sustainability needs not to leave anyone behind and rather take each and everyone on board.

Cities need to build alliances with all sorts and levels of partners and stakeholders.

Diplos: covenant, compact; Health as a lingua franca for inter-sectoral, multilevel, participatory dialogue.

4 main lines of action

- **CHD within the administration**: tackling the silos/organ pipes syndrome: Mobility Dept, Health Dept, etc.; whole-of-government, whole-of-society approach, health and sustainability in-all-policies, strong leadership and commitment.

- **CHD within the City – social innovation**: Camminamentim, No alla solit'udine, Reader's night, Energy in play, World Games Day, Pi Day, Urban Gardens, Healthy Snacks, Pedibus, de-siloing: building trust & process owners – middle-out approach, triple helix.

- **CHD networking with other cities**: Charters, EU Projects, Networks – Evaluation, Assessments, Indexes, Covenant, Consensus, city branding and reputation.

- **Multilevel Governance**: ADESSO (Health and Safety Now)
Cities can achieve what nations struggle for

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<th>WHY?</th>
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<td>• Vicinity to the citizens</td>
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<td>• Citizens’ dialogue</td>
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<tr>
<td>• Services delivered on a daily basis</td>
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<th>WHAT?</th>
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<tbody>
<tr>
<td>• SDGs 2030</td>
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<tr>
<td>• Covenant of Mayors on Energy &amp; Climate Change 202020</td>
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<tr>
<td>• Health 2020</td>
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<tr>
<td>• Healthy ageing</td>
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<tr>
<td>• Health for all, equity &amp; sustainability</td>
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<th>HOW?</th>
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<tbody>
<tr>
<td>• Co-creation, middle-out approach</td>
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<tr>
<td>• Social innovation &amp; brokerage</td>
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<tr>
<td>• Participation, empowerment, social inclusion</td>
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<tr>
<td>• Health in all policies, whole of government &amp; whole-of-society approach</td>
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<tr>
<td>• Determinants of health: environmental, economic, social, cultural, commercial</td>
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<tr>
<td>• Triple helix &amp; evidence-based policies</td>
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</tbody>
</table>

CITY HEALTH DIPLOMACY

Progress
People
Places
Prosperity
Peace
Participation
Planet
A MULTILEVEL GOVERNANCE APPROACH

COVENANT OF MAYORS OF FRIULI VENEZIA GIULIA FOR THE DEVELOPMENT OF HEALTHY, SUSTAINABLE AND INCLUSIVE CITIES

PATTO DEI SINDACI DEL FRIULI VENEZIA GIULIA PER LO SVILUPPO DI CITTÀ SANE, SOSTENIBILI E INCLUSIVE
Triple helix: science, action and investment

The Covenant on Demographic Change gathers European public authorities, at local, regional and national level, and other relevant stakeholders, committed to develop environments that support active and healthy ageing, enhance independent living and well-being of older persons, and create a society for all ages.

Towards an Age-Friendly Europe
Covenant on Demographic Change

The Covenant on Demographic Change
CHALLENGES

SOCIAL INNOVATION
- Demographic change (Ageing & Ageism)
- Intergenerationality (Isolation & Solitude)
- Hybridism & Melting pot cities and suburbs
- Health inequities
- Healthy lifestyles & Healthy tourism
- Young people & unemployment
- Transparency & participation
- Human rights

TECHNOLOGICAL/DIGITAL INNOVATION
- Smart homes and environments
- Sustainability and Environmental & Climate changes
- Reduce waste & increase re-use
- Reduce Carbon and Blue Water footprint
Improving the context

- Sedentarity – but people are unaware even of how you are supposed to sit down
- Unhealthy eating habits & smoking
- Empowering enabling
- Stress & anxiety
- Reduced mental activity
- Self efficacy of choices has shape
- Give new, or recover old, sense & meaning to ageing
- Dementia related to unhealthy lifestyles (insulin)
- Reduce institutionalization
- Silver economy – age-friendly labour market
- Age-friendly & supportive & enabling environments
- Geragogy teach how to get older, teach seniors
- Crystallized (wisdom) vs fluid intelligence
THANK YOU!

COMUNE DI UDINE

www.comune.udine.it/cittasane/