

# 建设健康城市：来自世卫组织的视角

第十二届规划信息化实务论坛 (2018年6月14-15日)

姜晓朋，世卫组织驻华代表处



# 城市面临的主要健康挑战



缺乏饮用水和清洁环境



清洁的燃料



居所质量、城市绿地



安全的邻里社区



空气质量



道路交通安全



新发/再发传染病、慢性病



工作场所安全



全球气候变化



医疗服务可及性



妇女、儿童卫生保健公平性



人口变化、老龄化

# 快速增加的慢性非传染性疾病 (NCD) (生活方式和环境相关)



Source: China Daily Shot by: Gao Hetao

- 接近 **90%**死于NCDs
- 每年超过**300万**过早死亡  
(premature death)
- **28%**的成年人吸烟—即 **3.15**亿烟民
- 每**5**个青少年中有**4**个缺乏身体运动
- 空气污染(室内和室外)每年带来**200万**过早死亡

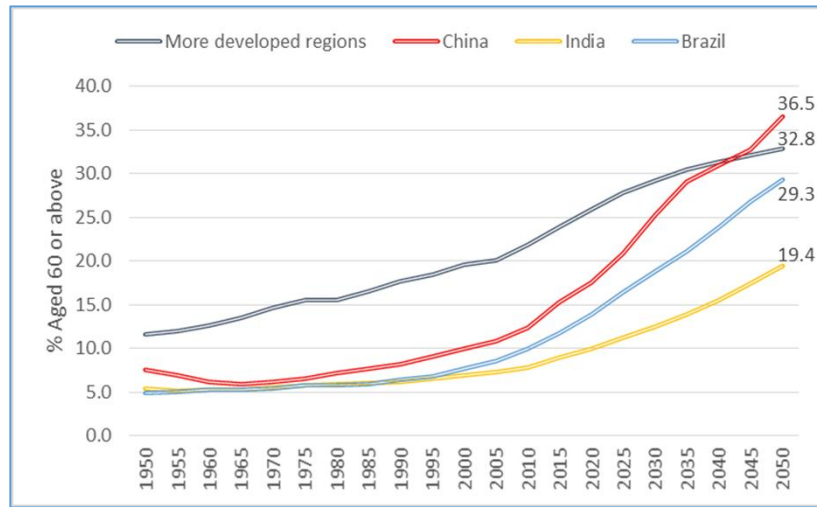
# 心理健康Mental Health



- 超过 **5,400** 万人患有抑郁 (**4%** 的人口)
- 遭受抑郁症困扰的**10**个人中只有**2**个获得了治疗
- 治疗有限
- 缺乏认识/高度的歧视
- 抑郁的支出/损失每年高达 **78** 亿美元
- 17.8 million reads of hashtag #LetsTalk & 68.6 million reads of hashtag #WHD on Weibo:

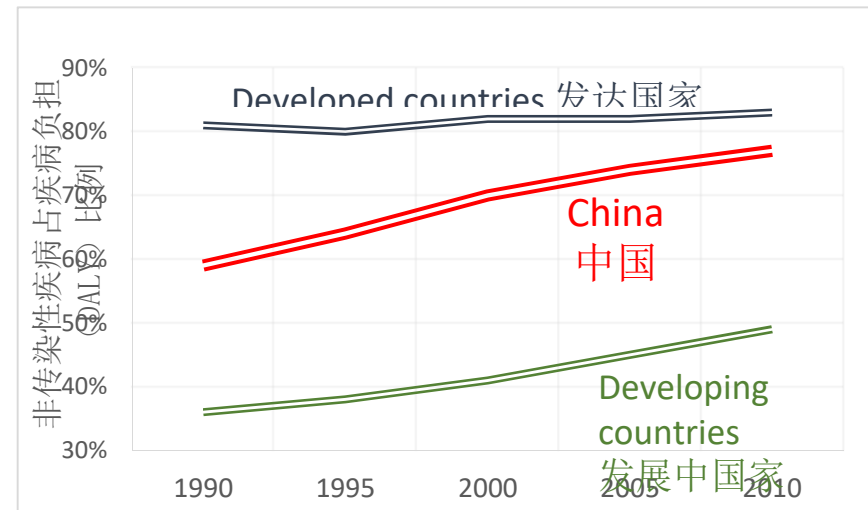
# 健康需求的变化： 老龄化和慢性非传染性疾病

中国的老龄化将很快赶上发达国家



Source: Population Division of the Department of Economic and Social Affairs of the United Nations World Population Prospects: The 2012 Revision.

慢病带来的疾病负担快速增加



Source: Global Burden of Disease, Institute for Health Metrics and Evaluation. Country group follows the WHO criteria.

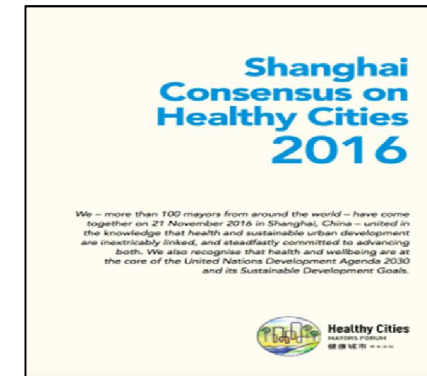
# 可持续发展目标 Sustainable Development Goals





# 2016上海第九届全球健康促进大会

## 9<sup>th</sup> Global Conference on Health Promotion Shanghai 2016



人人享有健康，  
一切为了健康



第九屆全球健康促進大會  
上海 2016



世界卫生组织

WWW.WHO.INT/SHANGHAI2016/ZH





#一切为了健康#



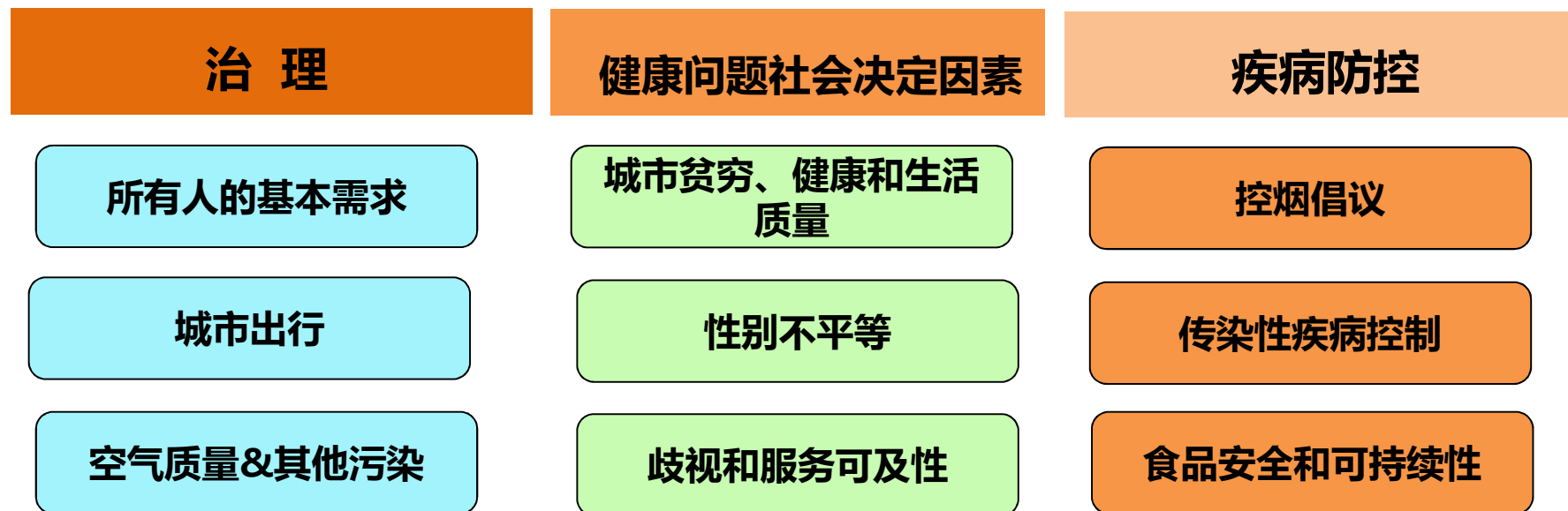
世界卫生组织

[www.who.int/shanghai2016/zh](http://www.who.int/shanghai2016/zh)



第九屆全球健康促進大會  
上海 2016

# 健康城市优先行动领域



创新方法：数据驱动和支持！

October 2017

# 创建澳大利亚宜居城市 Creating liveable cities in Australia

Mapping urban policy implementation and  
evidence-based national liveability indicators

评估现有城市政策与制定基于证据基  
础的国家宜居性指标

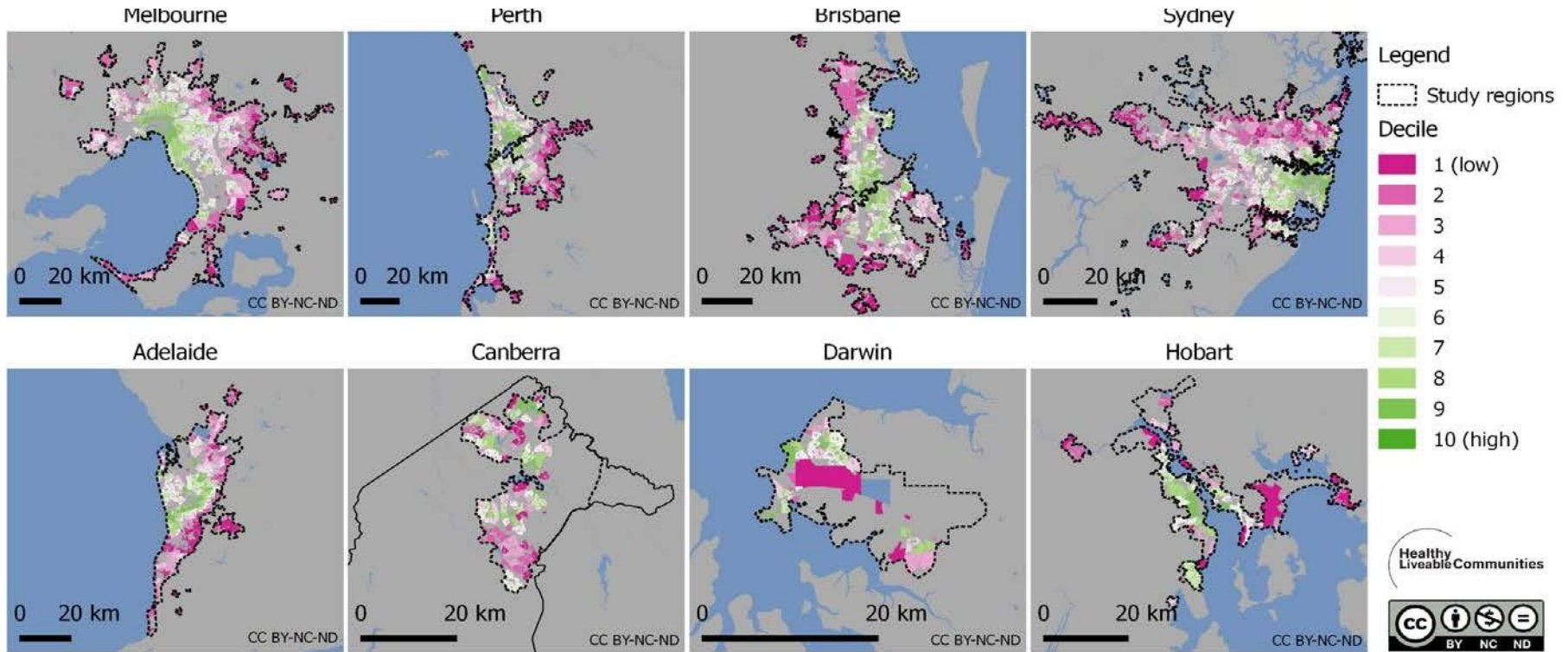
Jonathan Arundel, Melanie Lowe, Paula  
Hooper, Rebecca Roberts, Julianna Rozek,  
Carl Higgs, Billie Giles-Corti

 **RMIT** | Centre for  
UNIVERSITY Urban Research

 **ACU**  
AUSTRALIAN CATHOLIC UNIVERSITY

 **THE UNIVERSITY OF  
WESTERN  
AUSTRALIA**

# 宜居城市--所有首府城市郊区的步行率复合指标



\* decile score for the suburbs of each city, combining street connectivity, dwelling density and daily living scores - note that decile rankings are not comparable across cities

National Liveability Study leads: Jonathan Arundel, Melanie Lowe and Paula Hooper



# 城市健康—城市中的不同系统共同影响健康

Urban Health-integrated urban systems policies affecting health



交通



就业和经济发展



社会和卫生服务



教育



土地利用和  
城市设计



住房



公共空间和  
娱乐场所



公共安全

## 通过基于证据的政策和实践鼓励主动交通：宜居城市带来的健康影响





## 英国布莱顿，2007



改造前



改造后

- 公共交通/步行率↑
- 慢性病+道路交通相关伤害↓



- 道路设计和绿地空间↑
- 休闲体育活动 ↑
- 心理问题↓

## 俄罗斯莫斯科市, 2014





# 伦敦的主动交通方案 – 带来的健康影响

	疾病负担的变化		过早死亡人数的变化
缺血性心脏病	10-19%	↓	1950-4240
脑血管疾病	10-18%	↓	1190-2580
痴呆	7-8%	↓	200-240
乳腺癌	12-13%	↓	200-210
道路交通事故	19-39%	↑	50-80

- 节能减排
- 积极健康出行

## 健康城市，市长先行！（2017年7月，威海）



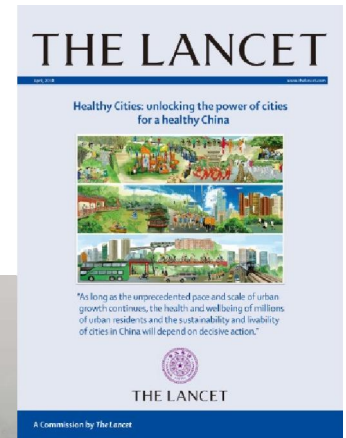
# 应对慢病挑战

## #NoTobacco #Beijing

- Since 1 June 2015, all indoor and many outdoor public places are required to be 100% smoke-free
- Beijing's new law is fully compliant with the WHO Framework Convention on Tobacco Control (FCTC)



# 下一步是什么？



主动交通？



道路交通安全？



环境污染？



城市规划和设计？



老龄化？



健康饮食？

**MORE ACTIVE  
PEOPLE FOR  
A HEALTHIER  
WORLD**

# WHO 全球身体活动行动计划 (2018-2030)

**GOAL TO REDUCE  
PHYSICAL INACTIVITY**

**BY 2025  
10%**

**BY 2030  
15%**

## **1 CREATE ACTIVE SOCIETIES**

**SOCIAL NORMS AND  
ATTITUDES**

Create a paradigm shift in all of society by enhancing knowledge and understanding of, and appreciation for, the multiple benefits of regular physical activity, according to ability and at all ages.

## **2 CREATE ACTIVE ENVIRONMENTS**

**SPACES AND PLACES**

Create and maintain environments that promote and safeguard the rights of all people, of all ages, to have equitable access to safe places and spaces, in their cities and communities, in which to engage in regular physical activity, according to ability.

## **3 CREATE ACTIVE PEOPLE**

**PROGRAMMES AND  
OPPORTUNITIES**

Create and promote access to opportunities and programmes, across multiple settings, to help people of all ages and abilities to engage in regular physical activity as individuals, families and communities.

## **4 CREATE ACTIVE SYSTEMS**

**GOVERNANCE AND  
POLICY ENABLERS**

Create and strengthen leadership, governance, multisectoral partnerships, workforce capabilities, advocacy and information systems across sectors to achieve excellence in resource mobilization and implementation of coordinated international, national and subnational action to increase physical activity and reduce sedentary behaviour.



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