Innovation, leadership and participatory governance for health and wellbeing – Three cities, three models

International EPSA Knowledge-Transfer Conference on Urban Development for Healthier Cities
A Cross-cutting Approach to Innovative Local Governance, Barcelona, 13-14 June 2016

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Vice President of the Italian WHO Healthy Cities Network
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Member of the Learning Cities Network
MIDDLE-OUT APPROACHES
COGNITIVE DECLINE PREVENTION: age-friendly environments, intergenerational activities, contrasting solitude & promoting resilience

Move your minds...minds on the move

CamminaMenti
Le menti in cammino

Together we can fight loneliness & cognitive decline!
NO ALLA SOLIT’UDINE: age-friendly environments, social innovation, brokerage and intermediation

Networks NGOs, voluntary associations, public services to give support to older and frail people in their everyday life, especially to those living alone, with disabilities or economic difficulties (shopping, transports, listening, legal advice, repairs, drugs etc)
WORLD GAMES DAY: more than 60 stakeholders organising recreational & educational activities, games, sports for all target groups
ENERGY DAY: frugality, education, integration
PROMOTING SUSTAINABLE LIFESTYLES

Cochlea Archimedeae
Festa del Pi greco
 Udine, Piazza Matteotti
 sabato 14 marzo 2009

PROMOTING LITERACY
14 March  a little after 15.00 hrs
 Pi DAY
READERS’ NIGHT: more than 60 stakeholders including bookshops organising activities to promote and enjoy reading
CO-CREATION EXPERIENCES
CO-CREATION EXPERIENCES
WALK TO SCHOOL: social inclusion, intergenerational activity, urban planning to enhance house-to-school routes
YOUNG POPULATION

40% unemployment due to globalization and the closing down of manufacturing industry

INNOVATIVE INITIATIVES

CO-WORKING
MEANWHILES
POP UP SPACES
RAPID PROTOTYPING

EMERGING SECTORS: Energy Efficiency, Social Care
PUBLIC-PRIVATE PARTNERSHIPS
INFRASTRUCTURE INNOVATION

New generation broadband network: fiber to the cabinet through the sewage & street lighting pipes, 50Mbps 250km FTTC FTTH
European Digital Agenda 20 Mbps by 2020
Open data
District heating & cogeneration plants
APPARTAMENTO TEST - VIA COLUGNA

Disabilità motoria - unità abitativa indipendente in via Colugna.

Il laboratorio di Via Colugna e dedicato alla rappresentazione del sistema domotico e degli apparati utilizzati nelle necessità di persone con disabilità motoria.

L'appartamento, nel rispetto di questo obiettivo, si articola in modo tale da poter essere utilizzato da persone con disabilità motoria, in particolare con disabilità di mobilità. L'appartamento è stato studiato per essere accessibile e indipendente, con particolari attenzioni alla sicurezza e alla comodità dello spazio.

Le scelte progettuali hanno conciso attenzione alle esigenze degli abitanti, rendendo l'abitazione indipendente e adatta alle specifiche esigenze di chi la utilizza.

Nell'appartamento esistono spazi progettati per le persone con disabilità motoria, che permettono di vivere in modo indipendente e autonomo, garantendo una qualità di vita elevata. Le soluzioni progettuali, pensate per le esigenze di chi l'abità, offrono un'ambientazione spaziale adatta alle specifiche esigenze dei singoli individui.
La video ispezione

Il cavo speciale
- Completa resistenza all'acqua
- Elevatissima resistenza alla trazione e allo schiacciamento
- Nessuno stress alle FO (coefficiente di dilatazione termica costante)
- Completa resistenza ai roditori

Le fasi realizzative per FTTCab

FTTC Fiber to the Caboinet
FTTH Fiber to the Home
NEW TECHNOLOGIES

- Video inspection
- E-PART
- District heating

- How do turn every citizen into a “controller” who indicates what has to be improved in town?
- Traceability via e-mail
Udine: SEAP in action
NEW STADIUM
FRIULI DACIA ARENA
A NEW STUDENTS’ TERMINAL FROM A FORMER BROWNFIELD
RETROFITTING INITIATIVES
202020 EUROPEAN INITIATIVE: Increase energy efficiency and reduce emissions of greenhouse gases from fossil fuels by 20% by 2020

In 2012 the Municipality has achieved the 20% reduction Overall emissions have increased Need for collective action

Covenant of Mayors
Committed to local sustainable energy

Energy Budget: compute carbon and water footprints

District heating
Energy aware building regulations: insulation, orientation
Turbines, Geothermal, Solar
Reuse, recycle, recovery
Udine sustainability & efficiency

2006  Baseline 700,000 CO₂ t from fossil fuels

2009  Joined the **Covenant of Mayors**

2010  Definition of **Action Plan for Sustainable Energy** 20-20-20

2011-14  European project **Cyber Display** for energy efficiency in public buildings

2011  Certification **ISO 14001** of Municipality

2012  Certification **EMAS** of Municipality

2012  Environment Budget

2009-13  Scientific mediation and education
Project CEC5: “building 8”, a former municipal slaughterhouse

Multimedia library, conference room, children hands-on

- energy management system,
- energy saving light,
- reduce water footprint,
- coibentation,
- floor heating,
- innovative sun heating,
- display for monitoring energy produced.
Re-use & retrofit public buildings
Reduce parasitic & passive traffic
Health hub for migrants & refugees in a former military area
UDINE joined the Healthy Cities movement in 1995

HEALTH ENLIGHTMENT
A TOOL FOR HEALTHY URBAN PLANNING
HEALTH MAPS POPULATION OVER 65

- Almost 1 citizen out of 4 in Udine is an older person
URBAN PLANNING CHANGES:

- Interventions to the built and natural environment
- Traffic calming interventions
- Improvement of walking and cycling infrastructures and of green areas
- Improvements for older and disabled people
- 500m distance from the main reference points for older people (pharmacies, shops, etc.)
- People’s needs taken into account in the decision-making processes
URBAN ENVIRONMENTS INNOVATIVE PROJECTS

SAN DOMENICO:
City planning
Participation
Schoolchildren
Disadvantaged
groups: older and
disabled people
Questionnaires
analysis and
diagnosis
Measuring the Age-friendliness of Cities: A Guide to Using Core Indicators

*Indicates cities that assessed specific districts or neighborhoods in their city*
Udine Decalogue of Healthy Initiatives for the Elderly

Healthy lifestyle (over the life-course)
- Physically active: gentle fitness, walking groups, physical activity at home
- Mentally active: brain training, playing, humour
- Healthy habits: No smoking, less alcohol consumption, less TV
- Healthy eating habits
- Health checks, screening, vaccinations opportunities

Age-friendly housing: fall prevention, accessibility

Social inclusion, conviviality, aggregation

Intergenerational solidarity: walk to school, grandpa-traffic warden, local history

Social support and care-giving, home-care

Time for yourselves vs contrasting isolation
Physical activity for the elderly

- Encouraging healthy lifestyles in adult and old age, to prevent or delay the onset of physical disability
- Offering opportunities of socialization and tackling solitude
Gentle fitness and physical exercises at home
COGNITIVE DECLINE PREVENTION

- Music
- Story telling
- Maths & logic games
- Memory games
- English words in common use
- Cards games
- Calligraphy
- Healthy lifestyles
- Mindfulness

Move your minds...minds on the move
Healthy eating habits and 0 km Markets

A contract for a healthy snack

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<th>Monday</th>
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<tbody>
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<td>Bread school</td>
<td>Fruit home</td>
<td>Yogurt school</td>
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Volunteers reading to the elderly

CARING FOR THE ELDERLY

Easy-to-read tools to promote independence at home

Training courses for older people and caregivers to age well
THANK YOU FOR YOUR ATTENTION!

COMUNE DI UDINE

www.comune.udine.it/cittasane/