



# 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**

## **Furio Honsell**

Mayor of Udine (ITALY)

Former VC of the University of Udine

Professor of Automata Theory

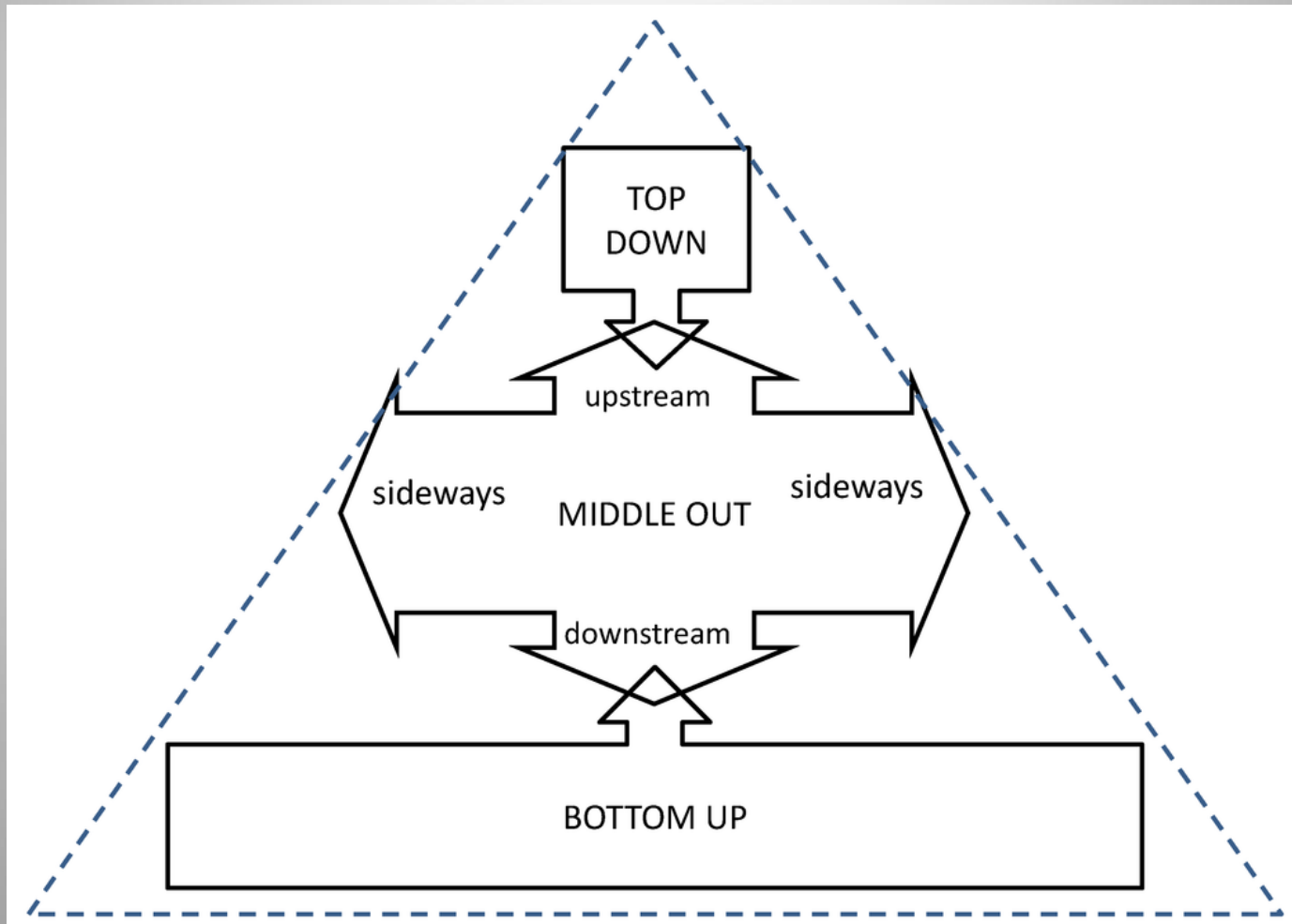
President of the Covenant on Demographic Change

Vice President of the Italian WHO Healthy Cities Network

President of the Italian Association of Public Toy Libraries

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



*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





GioNa

Associazione  
Nazionale  
Città in Gioco



# ENERGY DAY: frugality, education, integration PROMOTING SUSTAINABLE LIFESTYLES



Cochlea Archimedeia



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

**LUDOBUS**  
Buon compleanno, Albert!



**$\pi$**

**Pi Day**  
3.14

$\pi$  ore 15.30 > 17.30 >> Giochi d'ingegno con il Ludobus  
 $\pi$  ore 17.00 > Gara di Pi greco a memoria - sfida all'ultima cifra

info  
Comune di Udine  
Puntoinforma tel. 0432 414717  
Ludobus tel. 0432 271677 - 756  
www.comune.udine.it

**$\pi$**

**Pi Day**  
3.14

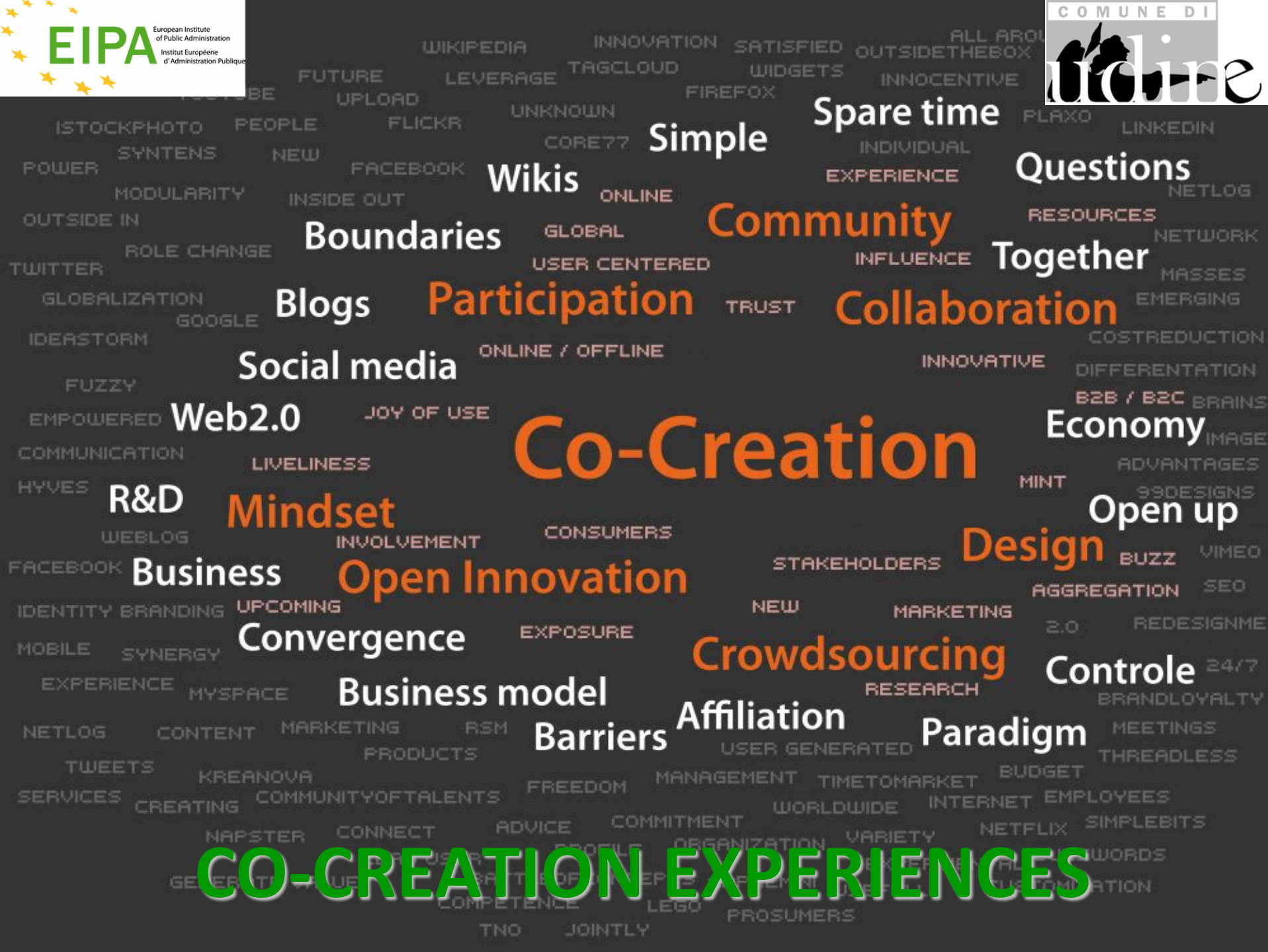
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**PROMOTING LITERACY**  
14 March a little after 15.00 hrs  
**Pi DAY**

# **READERS' NIGHT:** more than 60 stakeholders including bookshops organising activities to promote and enjoy reading

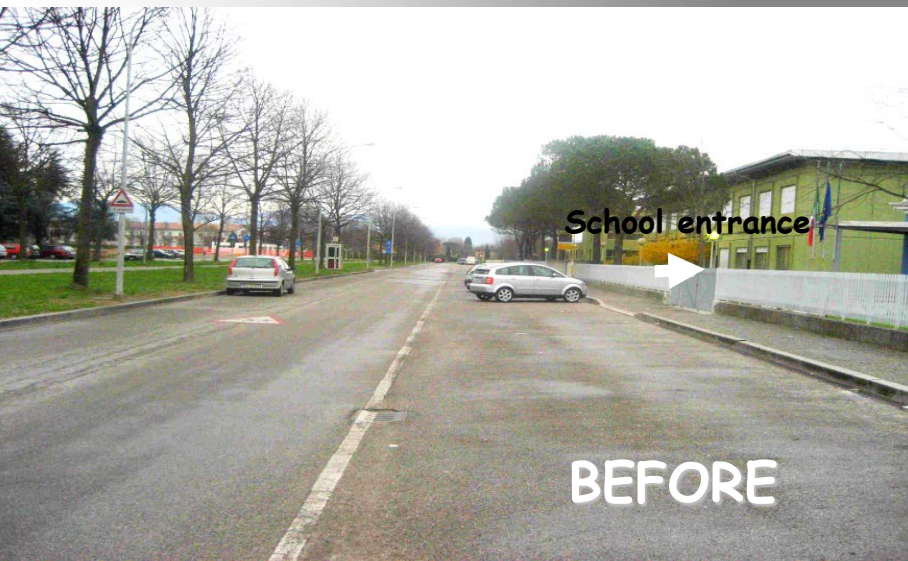
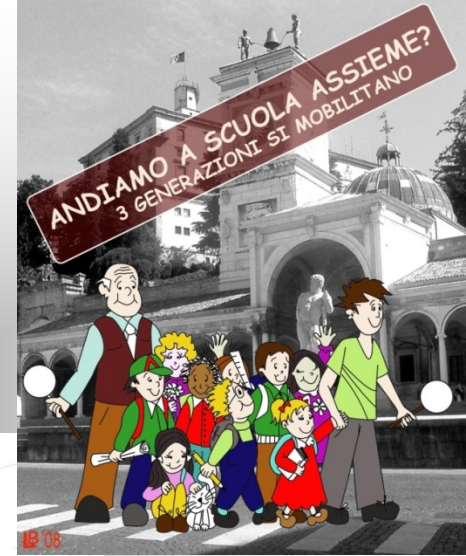




# CO-CREATION EXPERIENCES



# 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 broad band 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





IT | EN

A- 0 A+

REFREEDOM

Rete Funzionale per la Ricerca e sperimentazione di servizi innovativi per la DOMICILIARITÀ

● PROGETTO ● PARTNER ● EVENTI E NEWS ● BACHECA ● ACCESSIBILITÀ

Home » Progetto » Appartamento Test - via Colugna

## APPARTAMENTO TEST - VIA COLUGNA

*Disabilità motoria - unità abitativa indipendente in via Colugna*

Il laboratorio di Via Colugna è dedicato alla sperimentazione delle **tecnologie domestiche** e degli spazi abitativi misurati sulle necessità di persone con **menomazione motoria**.

L'appartamento ristrutturato con questo obiettivo è un **piccolo edificio isolato con giardino**, suddiviso in **zona giorno, zona notte** e locali di servizio. L'edificio originario, situato nel settore **nord-ovest di Udine lungo Via Colugna**, risale alla fine degli anni '70, poco dopo il terremoto del 1976. La sua realizzazione è avvenuta unitamente alla scuola primaria adiacente, costituendone per anni la **casa del custode**.

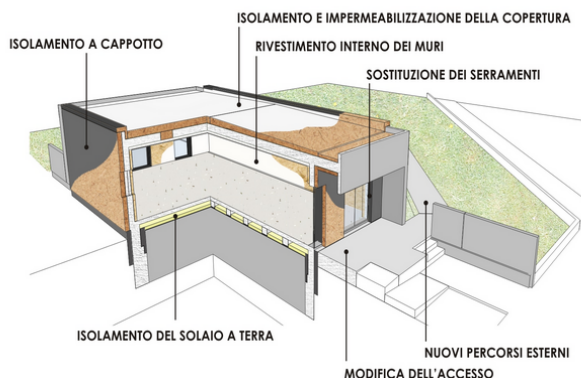


Soluzioni  
costruttive

Accessibilità

Domotica

Attraverso **precise scelte progettuali**, sono state eliminate le infiltrazioni d'acqua e le dispersioni di calore, sono state migliorate le condizioni di **comfort interno** attraverso la **regolazione dell'umidità** e della qualità dell'aria interna. I materiali utilizzati sono stati scelti secondo criteri di **ecologicità, derivazione naturale e traspirabilità**.

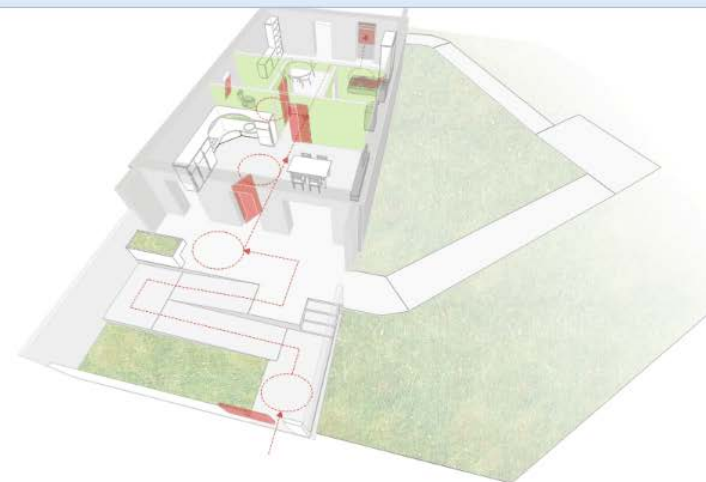


Il progetto di  
riqualificazione  
15.3 MB

Le scelte progettuali hanno coinvolto l'organizzazione degli spazi interni ed esterni, nonché la **selezione di arredi e dispositivi della casa**. Una fase di **validazione assieme agli utenti con disabilità motoria** ha riguardato la definizione di **interfacce, scenari e funzionalità personalizzate**. L'automazione dei dispositivi della casa permette a tutti gli utenti di svolgere i compiti quotidiani, inoltre un **percorso continuo tra interno ed esterno** dell'edificio rende accessibili tutti gli spazi della casa come pure varie attività ricreative in giardino e la coltivazione di un piccolo orto.

igna — Ref... +

ito-test



Nell'appartamento saranno sperimentati la **fruibilità di spazi**, le **apparecchiature**, gli **arredi** e le **interfacce di controllo della casa** che, commisurate alle capacità residue degli utenti, minimizza la necessità di spostamenti e l'utilizzo di comandi manuali.



## 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

Il cavo in realtà è un «tritubo»:  
il cavetto in FO è inserito in seguito:

- flessibilità di esercizio
- indipendenza



## Le fasi realizzative per FTTCab

I tecnici Telecom Italia eseguono i lavori di predisposizione  
all'armadio stradale



FTTC Fiber to the Cabinet  
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





Cerca Indirizzo (es. Viale Italia 1, Roma)

Cerca

Login | Registrati

TUTTI I COMUNI DEL NETWORK

Segnala un problema

Lista segnalazioni

Report

Help!

Contatti

Banner

RSS

Segnala un problema

Opzioni di ricerca

Segnalazione n. 8799

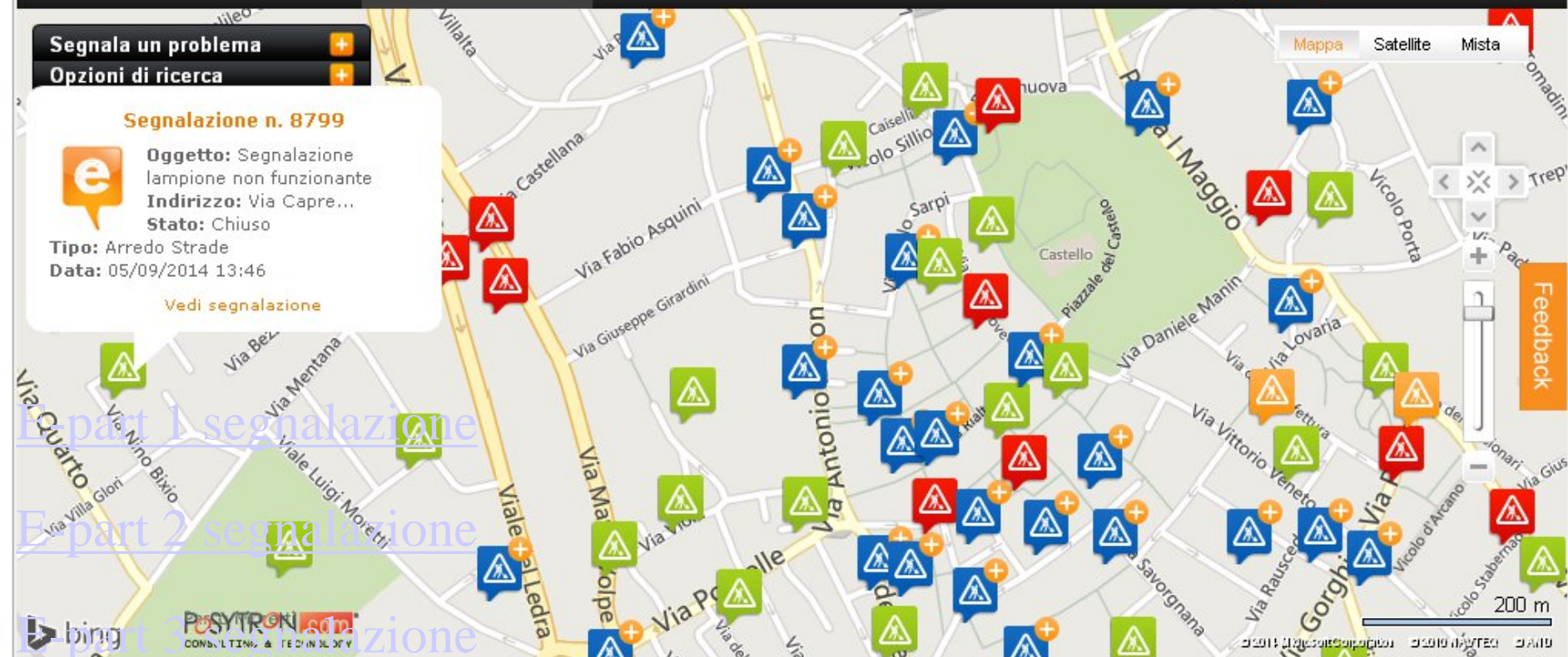


**Oggetto:** Segnalazione  
lampione non funzionante  
**Indirizzo:** Via Capre...  
**Stato:** Chiuso

**Tipo:** Arredo Strade

**Data:** 05/09/2014 13:46

Vedi segnalazione



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CONSULTING & TECHNOLOGY

# NEW STADIUM

## FRIULI DACIA ARENA



# A NEW STUDENTS' TERMINAL FROM A FORMER BROWNFIELD

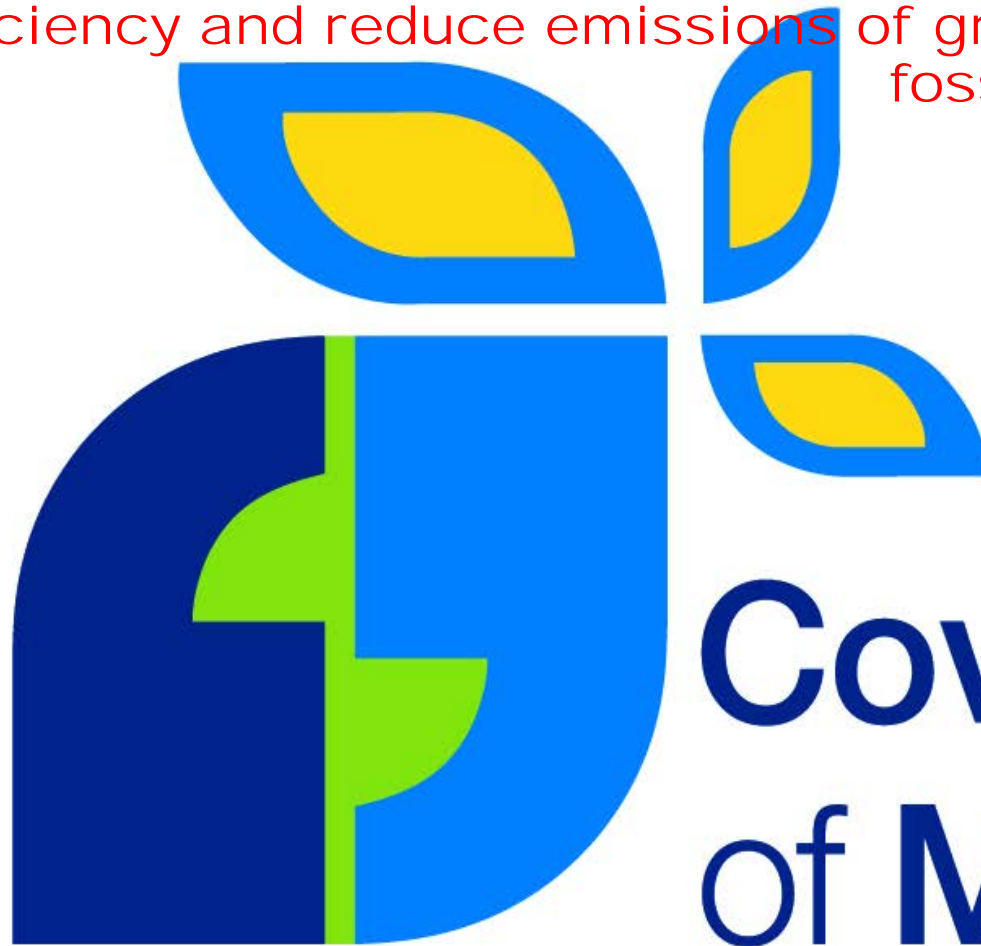


# RETROFITTING INITIATIVES



**2020 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 CO<sub>2</sub> t from fossile 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*



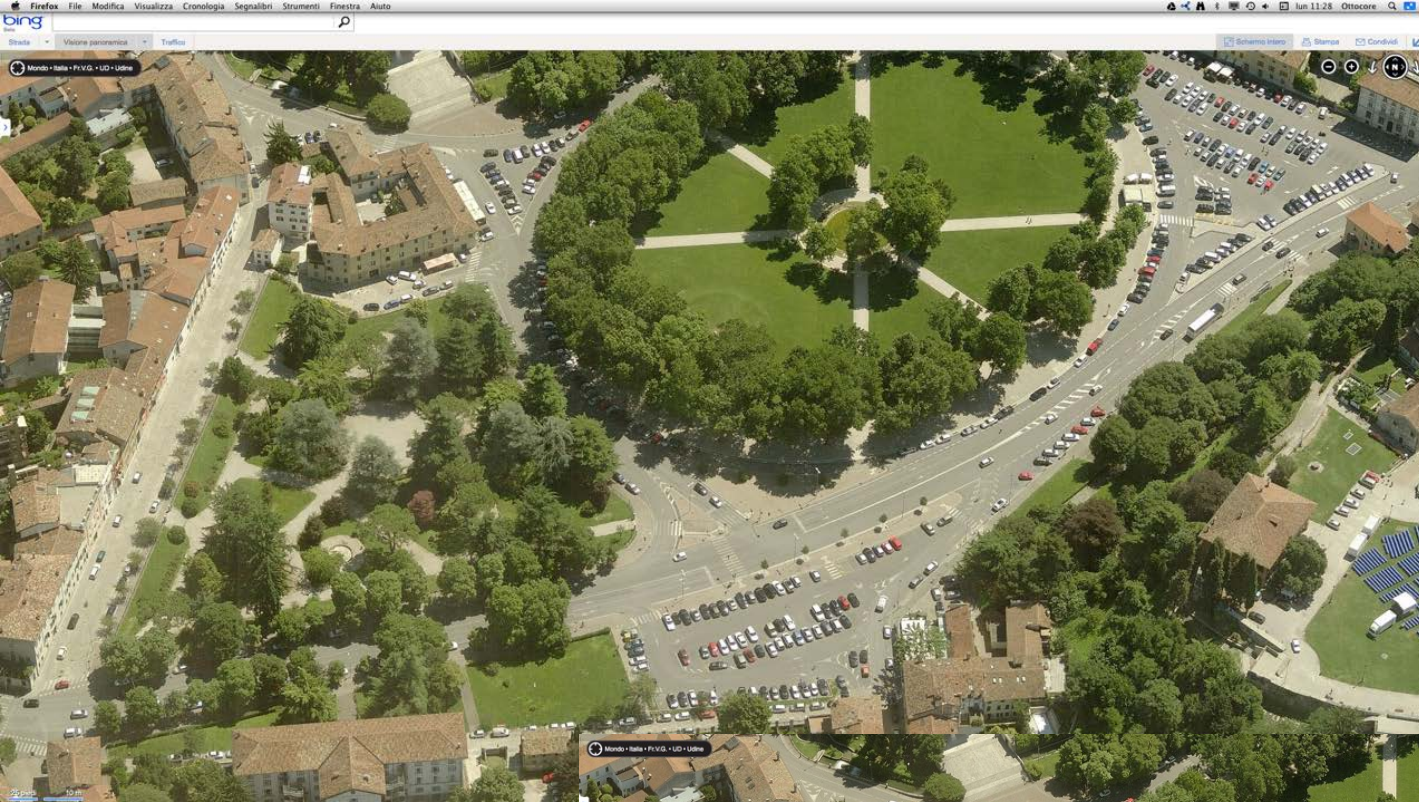
Multimedia library, conference room, children hands-on

- 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  
parasytic &  
passive  
traffic



# Health hub for migrants & refugees in a former military area





## WHO European Healthy Cities network



### Phase V

1	Waterford	IRE	51	Izmir	TUR
2	Cork	IRE	52	Karşıyaka-Izmir	TUR
3	Galway	IRE	53	Kadıköy	TUR
4	Derry/Londonderry	UNK	54	Jerusalem	ISR
5	Belfast	UNK	55	Amarousion	GRE
6	Glasgow	UNK	56	Palaiofidos	GRE
7	Carlisle	UNK	57	Novi Sad	SRB
8	Newcastle	UNK	58	Warsaw	POL
9	Sunderland	UNK	59	Lodz	POL
10	Preston	UNK	60	Poznan	POL
11	Liverpool	UNK	61	Dresden	DEU
12	Manchester	UNK	62	Brno	CZE
13	Sheffield	UNK	63	Vienna	AUS
14	Stoke on Trent	UNK	64	Gyor	HUN
15	Swansea	UNK	65	Pecs	HUN
16	Cardiff	UNK	66	Sarajevo	BIH
17	Brighton	UNK	67	Zagreb	CRO
18	Sandnes	NOR	68	Rijeka	CRO
19	Orsfold County	NOR	69	Celje	SVN
20	Horsens	DEN	70	Ljubljana	SVN
21	Copenhagen	DEN	71	Udine	ITA
22	Helsingborg	SWE	72	Venice	ITA
23	Stockholm	SWE	73	Padua	ITA
24	Turku	FIN	74	Arezzo	ITA
25	Kuopio	FIN	75	Bologna	ITA
26	Pärnu	EST	76	Modena	ITA
27	Jurmala	LVA	77	Milan	ITA
28	Klaipeda	LTH	78	Torino	ITA
29	Cherepovets	RUS	79	Rotterdam	NET
30	Velikiy Ustyug	RUS	80	Liege	BEL
31	Cheboksary	RUS	81	Brussels	BEL
32	Novocheboksark	RUS	82	Dunkerque	FRA
33	Izhevsk	RUS	83	Nancy	FRA
34	Ulyanovsk	RUS	84	Rennes	FRA
35	Dimitrovgrad	RUS	85	Nantes	FRA
36	Samara	RUS	86	Grasse	FRA
37	Novosibirsk	RUS	87	Barcelona	SPA
38	Stavropol	RUS	88	Sant Andreu de la Barca	SPA
39	Trabzon	TUR	89	Vitoria-Gasteiz	SPA
40	Kirkkale	TUR	90	San Fernando	SPA
41	Cankaya	TUR	91	Leganes	SPA
42	Eskisehir/Tepebasi	TUR	92	Villanueva de la Cañada	SPA
43	Gölcük	TUR	93	San Sebastian	SPA
44	Kocaeli	TUR	94	Ourense	SPA
45	Yalova	TUR	95	Viana do Castelo	POR
46	Istanbul	TUR	96	Montijo	POR
47	Bursa	TUR	97	Oeiras	POR
48	Niğde	TUR	98	Seixal	POR
49	Denizli	TUR			
50	Aydın	TUR			



UDINE joined the Healthy Cities movement in 1995

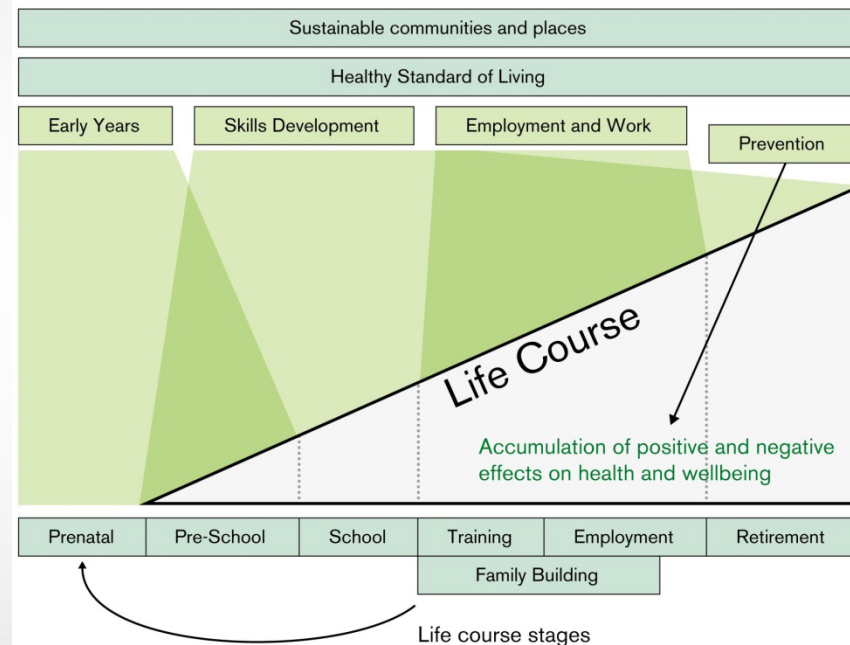
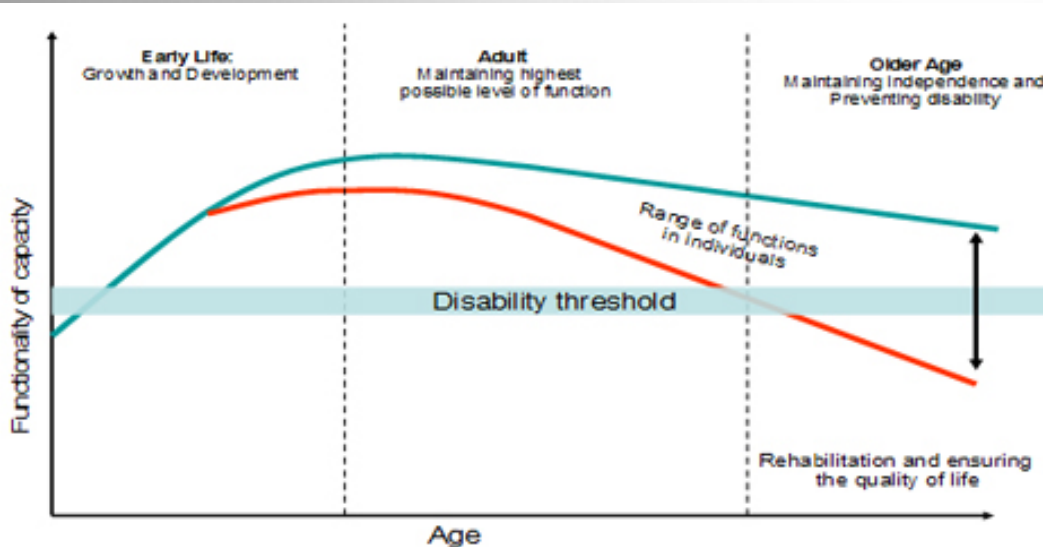
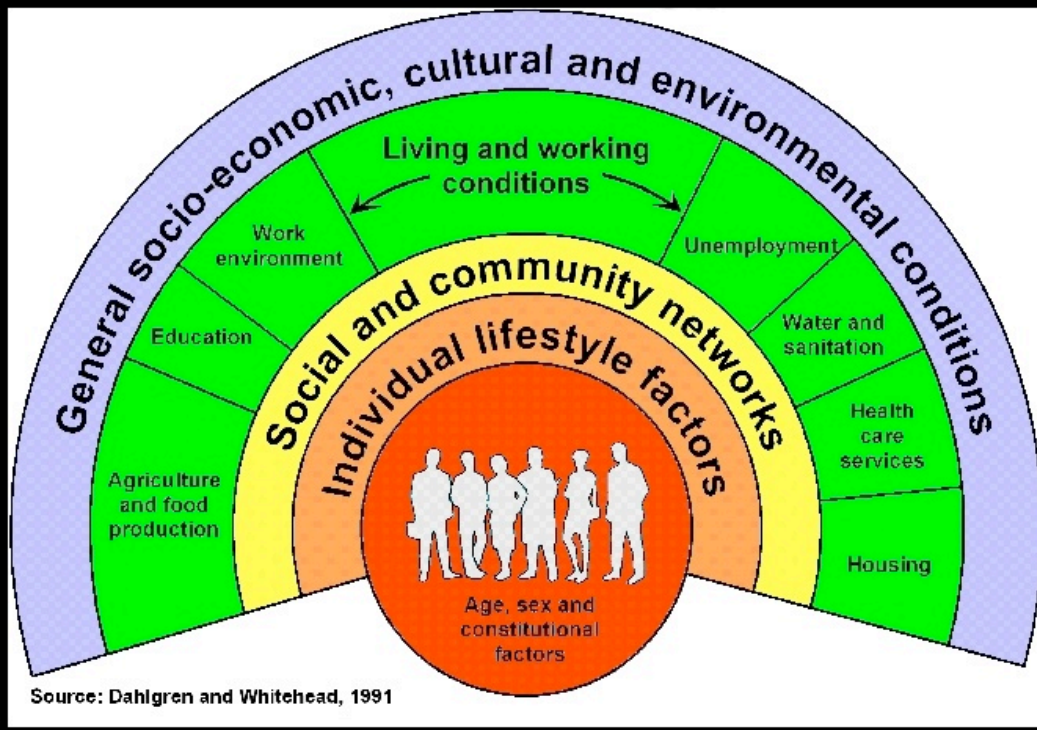
**HEALTH ENLIGHTMENT**

0 250 500 750 1000 km

0 250 500 mi

The boundaries and names shown and the designations used on this map do not imply official endorsement or acceptance by the United Nations.

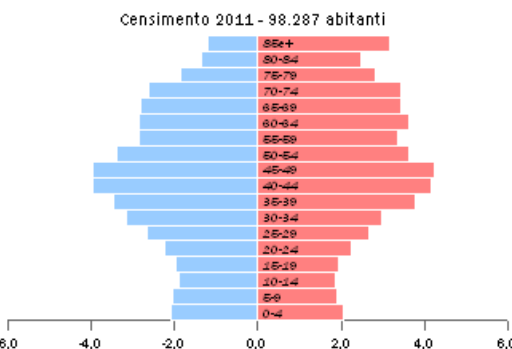
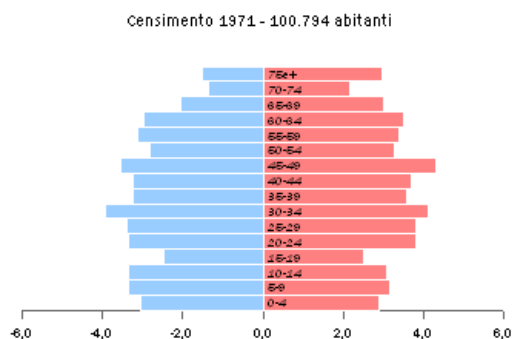
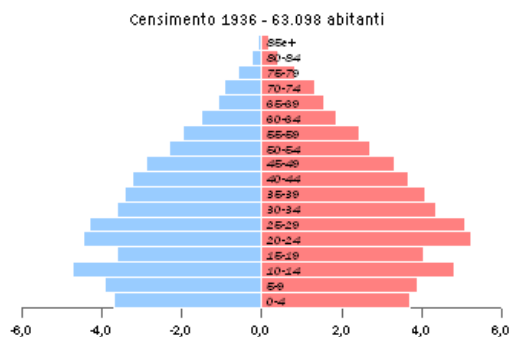
# SOCIAL DETERMINANTS OF HEALTH



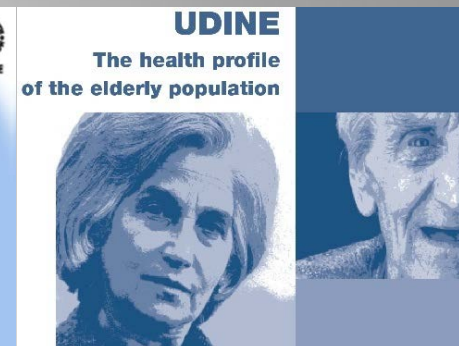
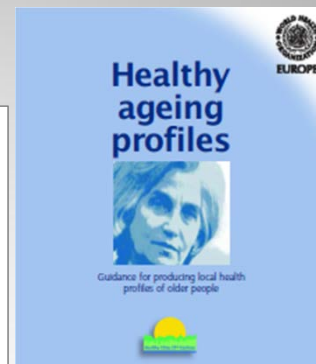
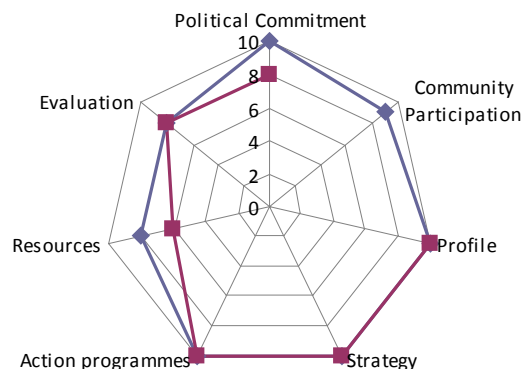
# Core theme Phase IV-VI: HEALTHY AGEING



A DYNAMIC  
APPROACH

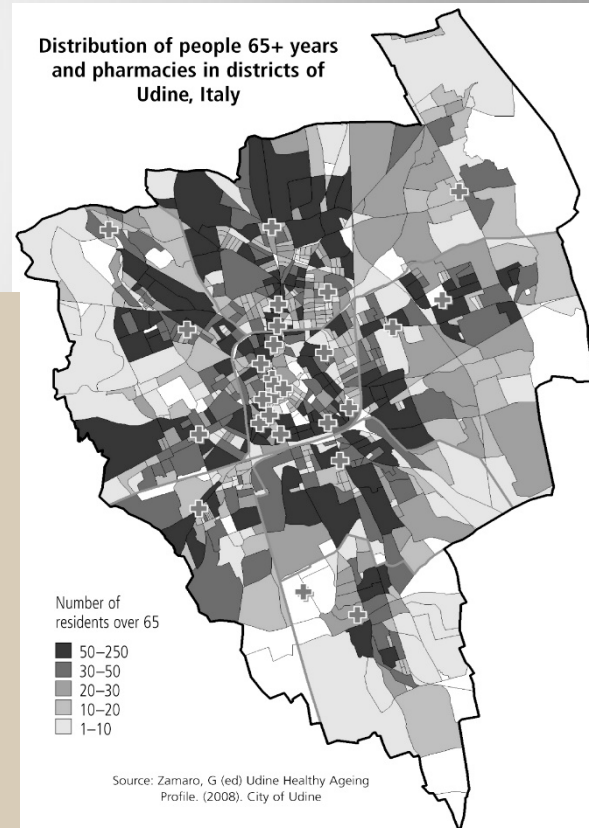


**Udine**  
— Udine Rapid Assessment  
2014  
— Udine Rapid Assessment



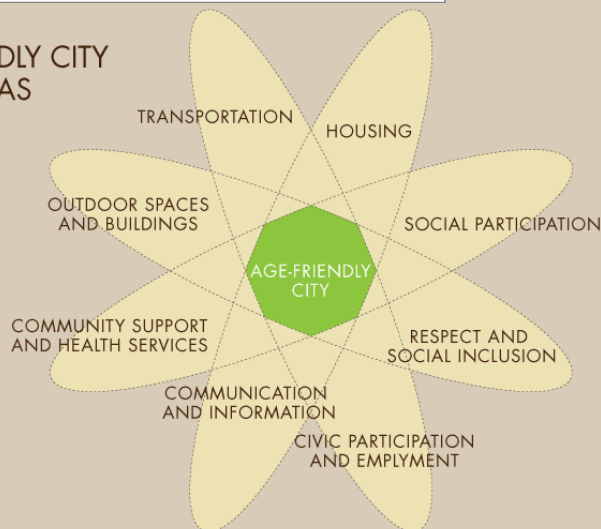
## POPULATION OVER 65 & PHARMACIES

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



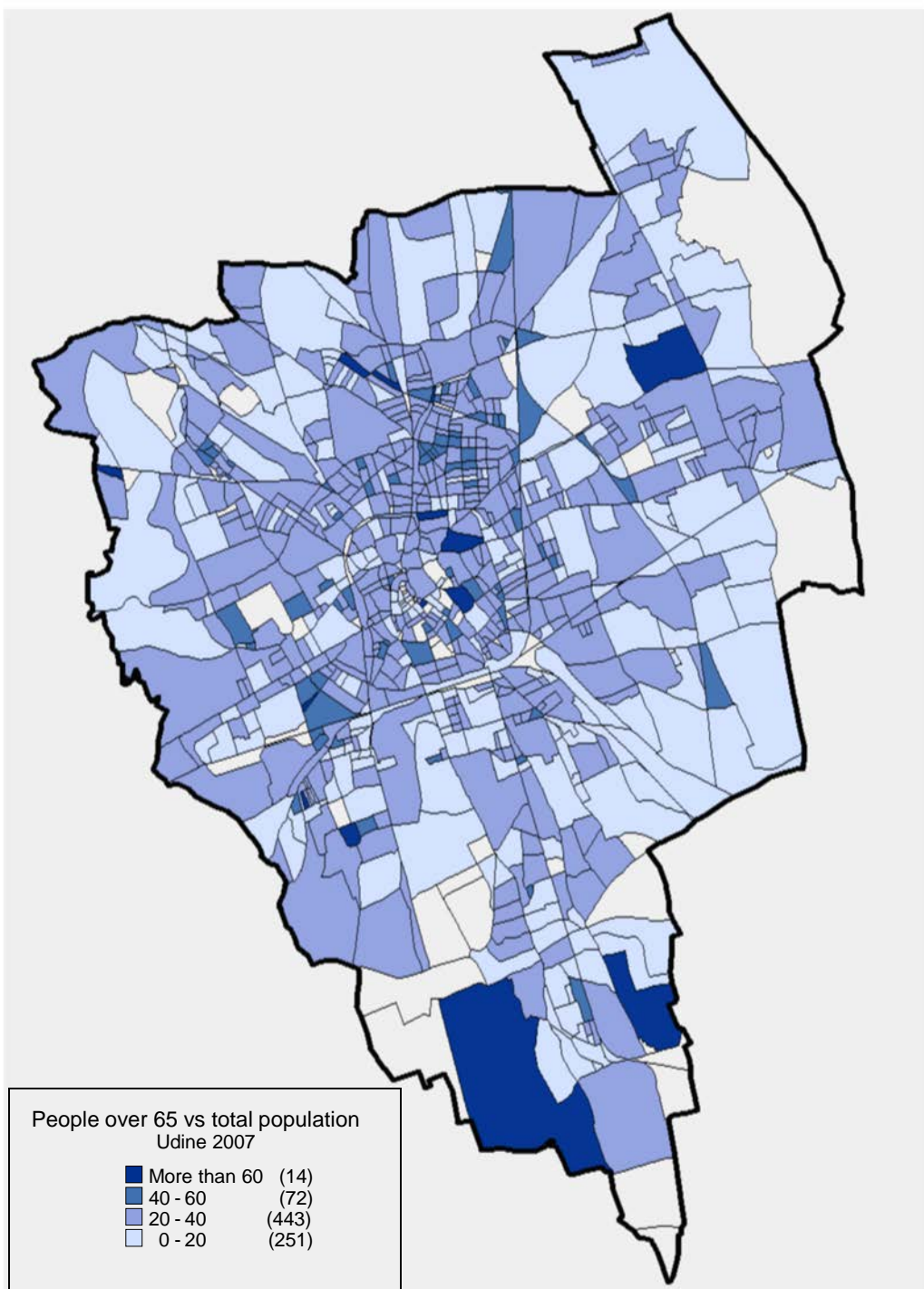
Source: Zamaro, G (ed) Udine Healthy Ageing Profile. (2008). City of Udine

## AGE-FRIENDLY CITY TOPIC AREAS

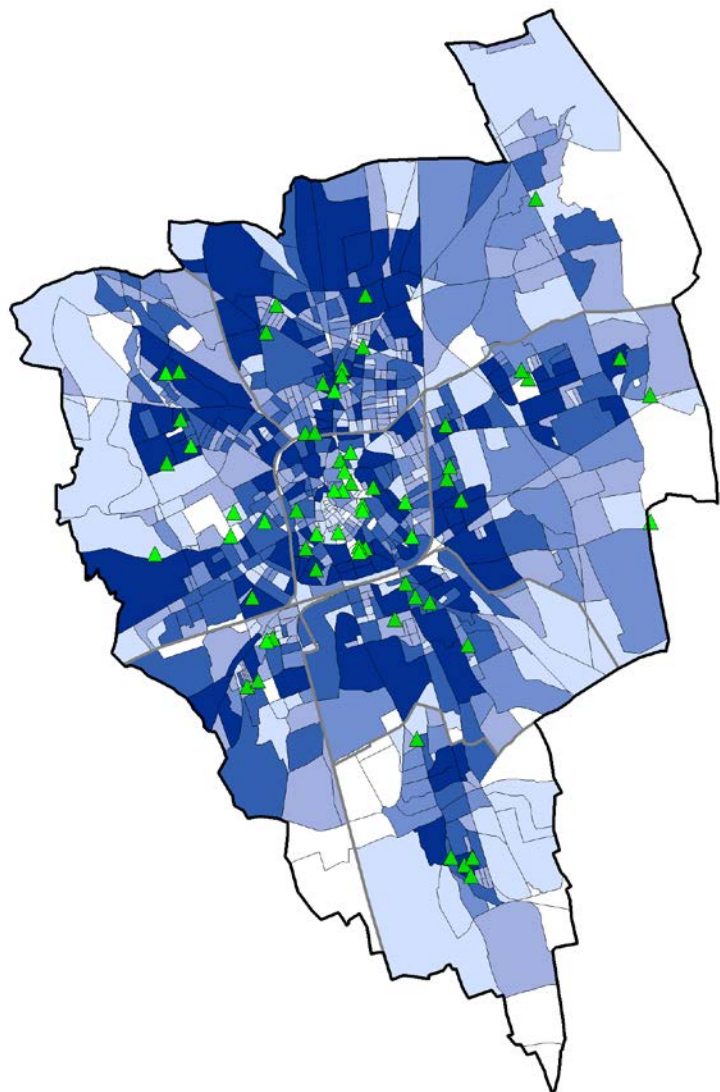


# A TOOL FOR HEALTHY URBAN PLANNING HEALTH MAPS POPULATION OVER 65

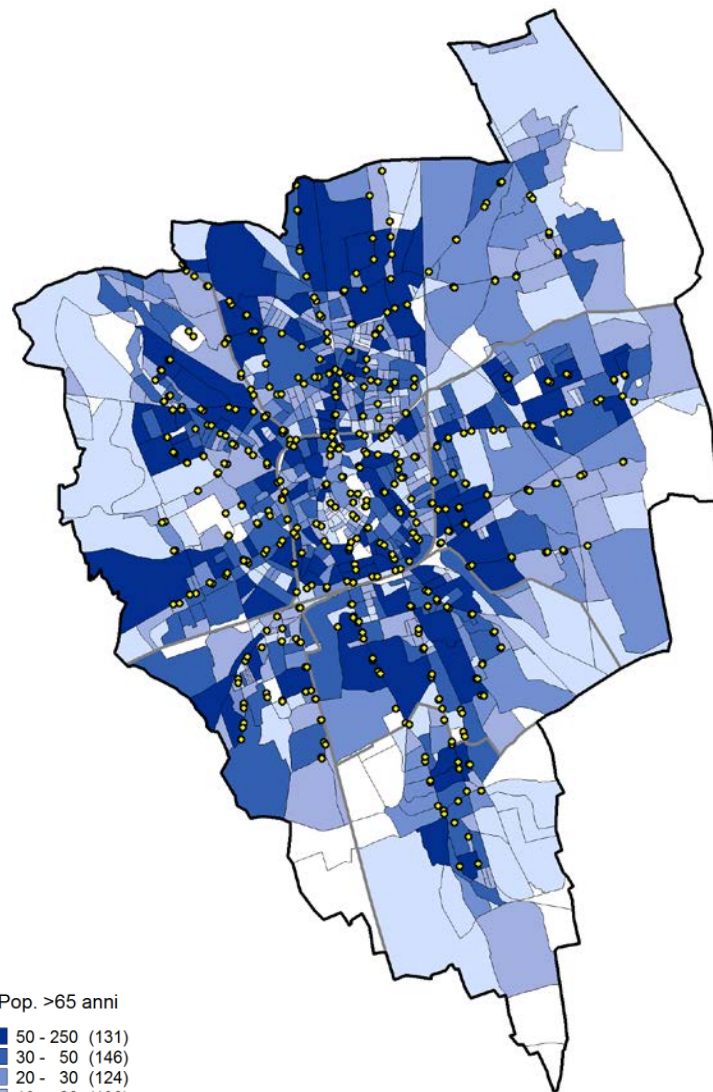
- Almost 1 citizen out of 4 in Udine is an older person



## POPULATION OVER 65 & GREEN AREAS



## POPULATION OVER 65 & BUS STOPS



Pop. >65 anni

50 - 250	(131)
30 - 50	(146)
20 - 30	(124)
10 - 20	(196)
1 - 10	(183)

# 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

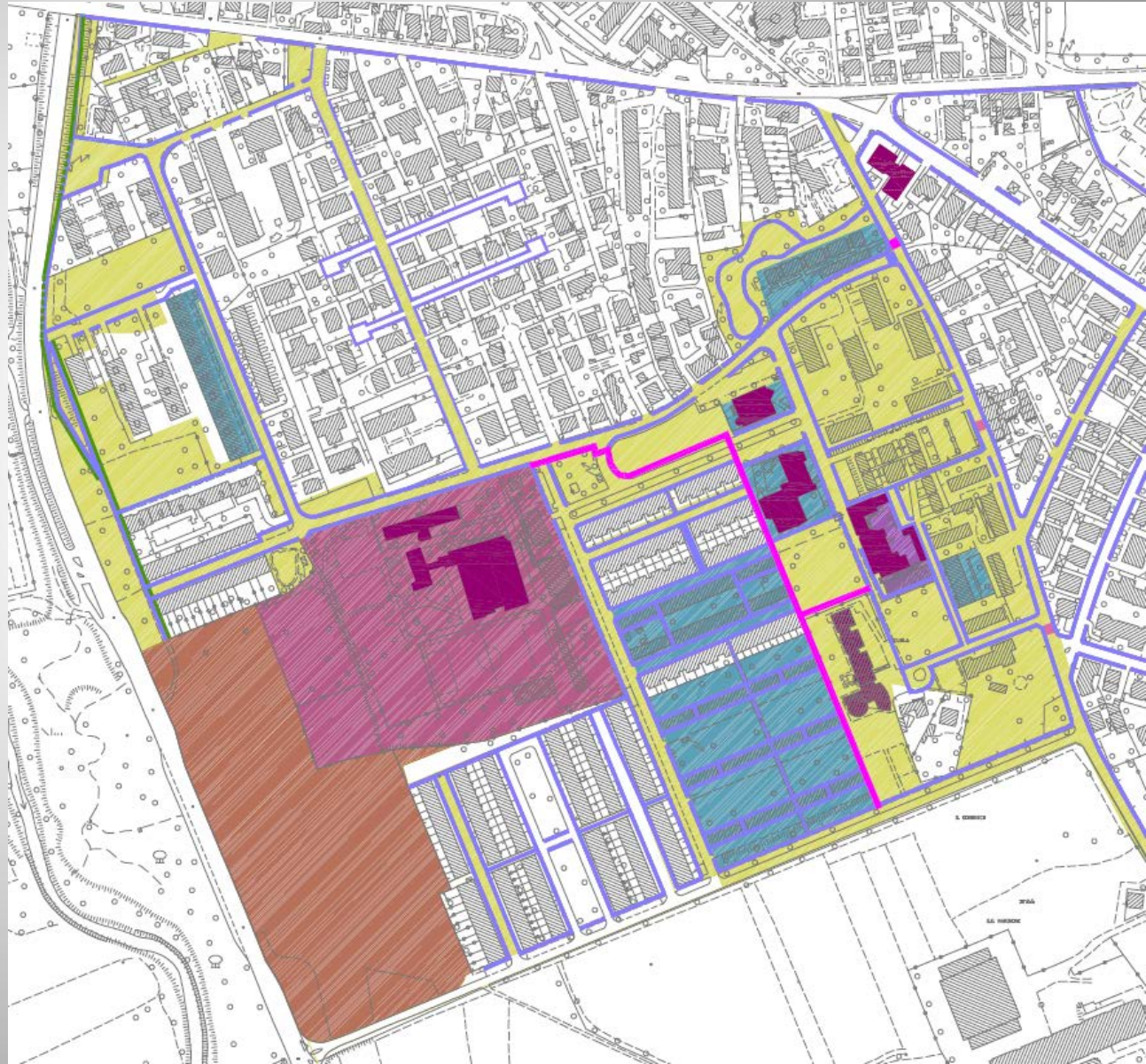
Participation

Schoolchildren

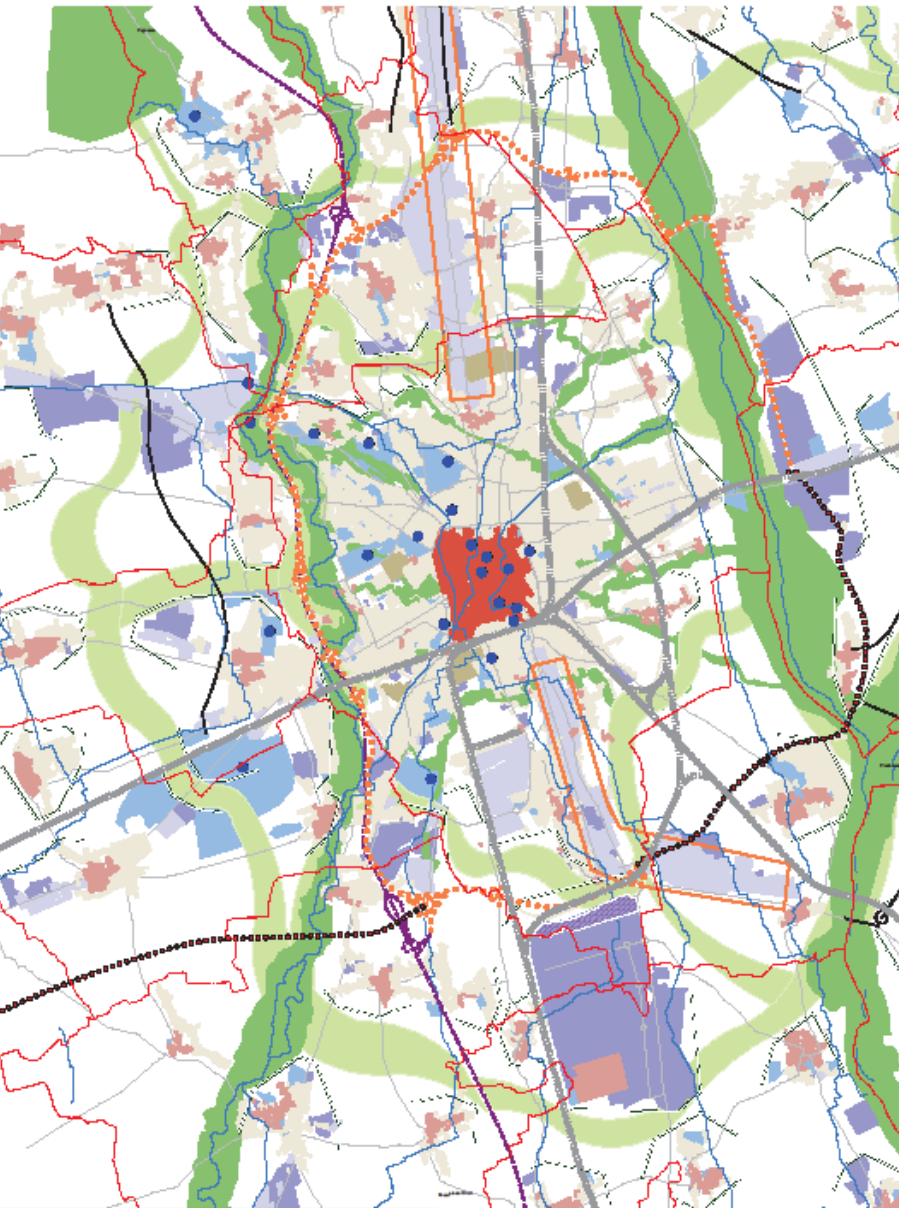
Disadvantaged

groups: older and  
disabled people

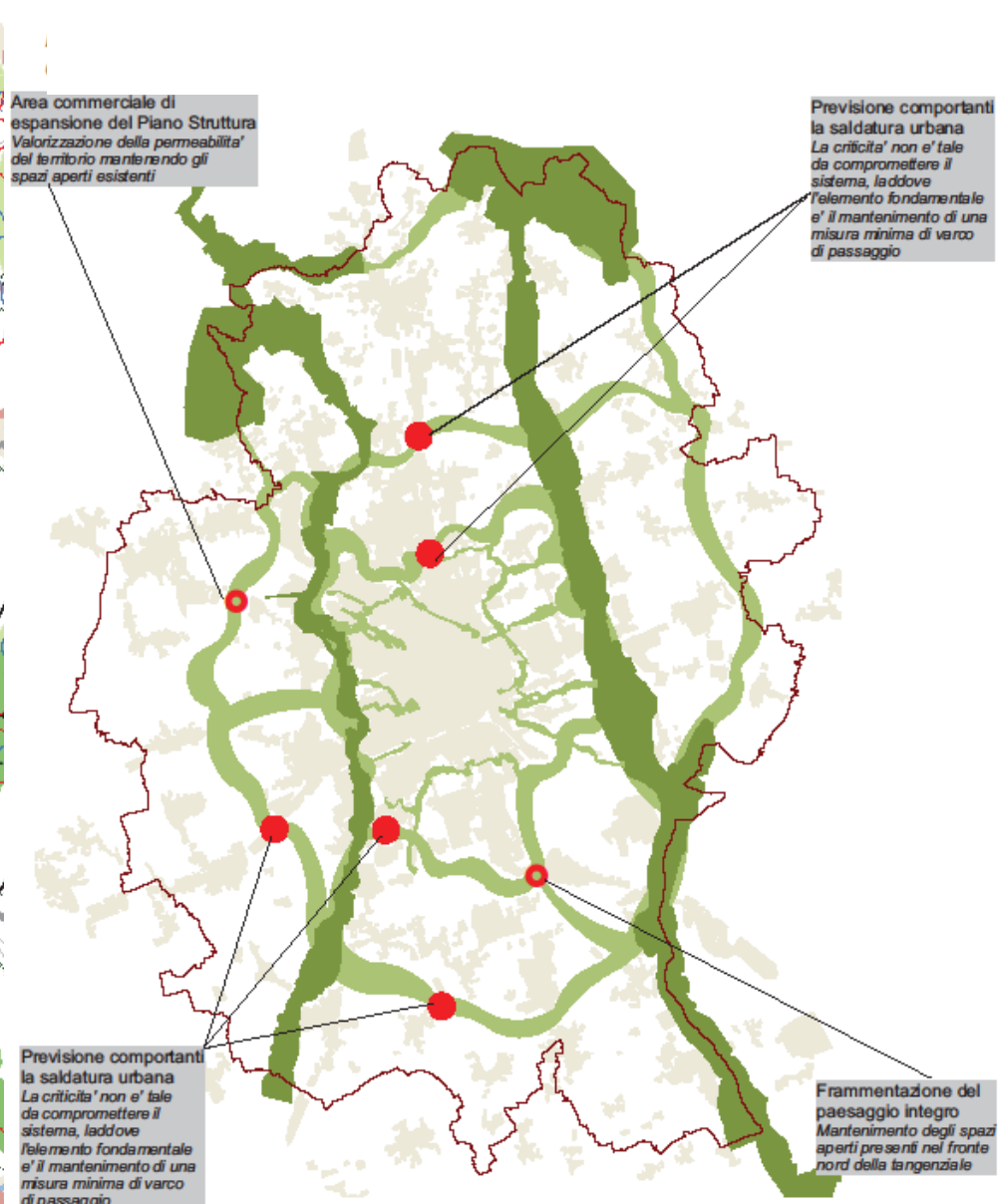
Questionnaires  
analysis and  
diagnosis



# GENERAL DEVELOPMENT PLAN



# GREEN AREAS DISTRIBUTION



# 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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bread school	Fruit home	Yogurt school	Fruit home	Bread school	Fruit home
					

Volunteers reading  
to the elderly



Easy-to-read tools to promote  
independence at home



**10 esercizi**  
per stare in salute

PINA e GINO vi aiutano a rimanere in forma  
e vi seguono passo passo in ogni fase  
degli esercizi!

**INIZIATE SUBITO!**

Realizzato da:



Realizzato da:  
Ministero della Sanità  
Ministero delle Politiche Sociali  
Ministero dell'Istruzione, dell'Università e della Ricerca



# RESILIENCE



**THANK YOU  
FOR YOUR ATTENTION!**

**COMUNE DI UDINE**

[www.comune.udine.it/cittasane/](http://www.comune.udine.it/cittasane/)