

## PURPOSE

The aim of this workshop is to discuss new approaches to architecture, urban planning, and design that promote healthier ways of living. Researchers and practitioners, both of technical and medical education, identified the need of an interdisciplinary and trans-disciplinary approach, in order to address the main health problems of the city and of contemporary society; there is a need of joint action in order to involve communities starting from the professionals themselves. This workshop will provide useful support tools and strategies to inspire stakeholders (public health professionals, architects, designers, and policy makers) in the application of these new strategies into practice.

**Track 1:** Environment, climate and health / urban health.

**Track 2:** Healthy living and health promotion.

## CHAIR PERSONS

### Iveta Nagyova

Dr. Iveta Nagyova is a Senior Research Leader and Head of the Department of Social and Behavioural Medicine at Pavol Jozef Safarik University in Kosice, Slovakia. She is also a President of the Section on Chronic Diseases at the European Public Health Association and a member of the Platform for Healthcare Innovations at the Institute of Health Policies, Ministry of Health of the Slovak Republic.



### Stefano Capolongo

Architect and PhD in Public Health, Full professor in Public health, Politecnico di Milano and at Schools of Specialization in Hygiene and Preventive Medicine in Milan and Parma. Referent for Cluster "Design of Healthcare Facilities" at Politecnico di Milano. General Secretary of CNETO (Italian national center for building and hospital design) and Coordinator of European Chapter of International Academy "Design & Health".



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## REGISTRATION

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11 th European Public Health (EPH) Conference

*"Winds of change: towards new ways of improving public health in Europe"*

Cankarjev Dom, Ljubljana, Slovenia

## WORKSHOP

ARCHITECTURE AND  
URBAN CONTEXT'S  
DESIGN STRATEGIES TO  
PROMOTE CITY USERS'  
HEALTHY BEHAVIOURS

**Friday 30th November**

from 16:20 to 17:50

room TR3-1



## DRAFT PROGRAM

Architecture, urbanism, design and health behaviour in relation to chronic diseases.

Presenter: **Iveta Nagyova**  
iveta.nagyova@upjs.sk

Author / co-authors:

**I Nagyova** - PJ Safarik University, Department of Social and Behavioural Medicine - Kosice, Slovakia

Transforming public spaces to promote physical activity — a key contributor to achieving the Sustainable Development Goals in Europe.

Presenter: **Joao Breda**  
rodriguesdasilvabred@who.int

Author / co-authors:

**J Breda** - WHO European Office for the Prevention and Control of NCDs - Moscow, Russia

Strategies for Disease Prevention and Health Promotion in Urban Areas: The Erice 50 Charter

Presenter: **Daniela D'Alessandro**  
daniela.dalessandro@uniroma1.it

Author / co-authors:

**D D'Alessandro** - Department of Civil, Building and Environmental Engineering DICEA, Sapienza University of Rome - Rome, Italy

**A De Martino** - General Direction for Health Prevention, Ministry of Health - Rome, Italy

**A Rebecchi** - Department of Architecture, Built environment and Construction engineering, Politecnico di Milano - Milano, Italy

Design for All: Strategy to support Designers and Policy makers to achieve inclusive and healthier places.

Presenter: **Stefano Capolongo**  
stefano.capolongo@polimi.it

Author / co-authors:

**S Capolongo** - Department of Architecture, Built environment & Construction engineering, Politecnico di Milano - Milano, Italy

**El Mosca** - Department of Architecture, Built environment & Construction engineering, Politecnico di Milano - Milano, Italy

From homo urbanus to homo salus: the role of urban planning health literacy for health promotion.

Presenter: **Luís Saboga Nunes**  
saboga.nunes@gmail.com

Author / co-authors:

**L Saboga-Nunes** - CISP, National School of Public Health, Universidade NOVA de Lisboa; Isamb-FMUL - Lisboa, Portugal

**D Levin-Zamir** - University of Haifa School of Public Health - Haifa, Israel

**E McElhinney** - Dpt Nursing & Community Health, School of Health and Life Sciences, Glasgow Caledonian University - Glasgow, United Kingdom

**K Sørensen** - Global Health Literacy Academy - Aarhus, Denmark  
**J Broeder** - Centre for Prevention and Intervention in Childhood and Adolescence CPI, Bielefeld University - Bielefeld, Germany

**P Ardilles** - Simon Fraser University, Faculty of Health Sciences - Vancouver, Canada

**O Okan** - Centre for Prevention and Intervention in Childhood and Adolescence CPI, Bielefeld University - Bielefeld, Germany

## WORKSHOP STRUCTURE

The workshop will consist of five presentations representing various stakeholders' perspectives. The first presentations will discuss the potential of behavioural science to nudge people to adopt healthier lifestyles and improve well-being. The second presentation will deal the WHO/Europe approach in addressing the physical inactivity via transformation of public spaces within the context of Sustainable Development Goals (SDGs). The third presentation will introduce the Erice 50 Charter. The fourth presentation will address the Design for All (DfA) principles to achieve inclusive and healthier places. The fifth presentation will deal with the needed evolution from the homo urbanus to the homo salus, where a critical role of urban planning health literacy for health promotion is staged as central for this move. Further to the reflexion on the current knowledge base, an audience discussion will give attendees the opportunity to recommend their policy priorities to strategies for health promotion and disease prevention within the context of urban planning, design, and architecture.

Message 1: Globalisation and urbanisation, combined with an ageing population are exposing people to behavioural health risk factors leading to epidemics of chronic noncommunicable diseases.

Message 2: The relationship between physical activity and the environment has consistently been shown to be a key factor that influences physical activity levels among local populations.