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# 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

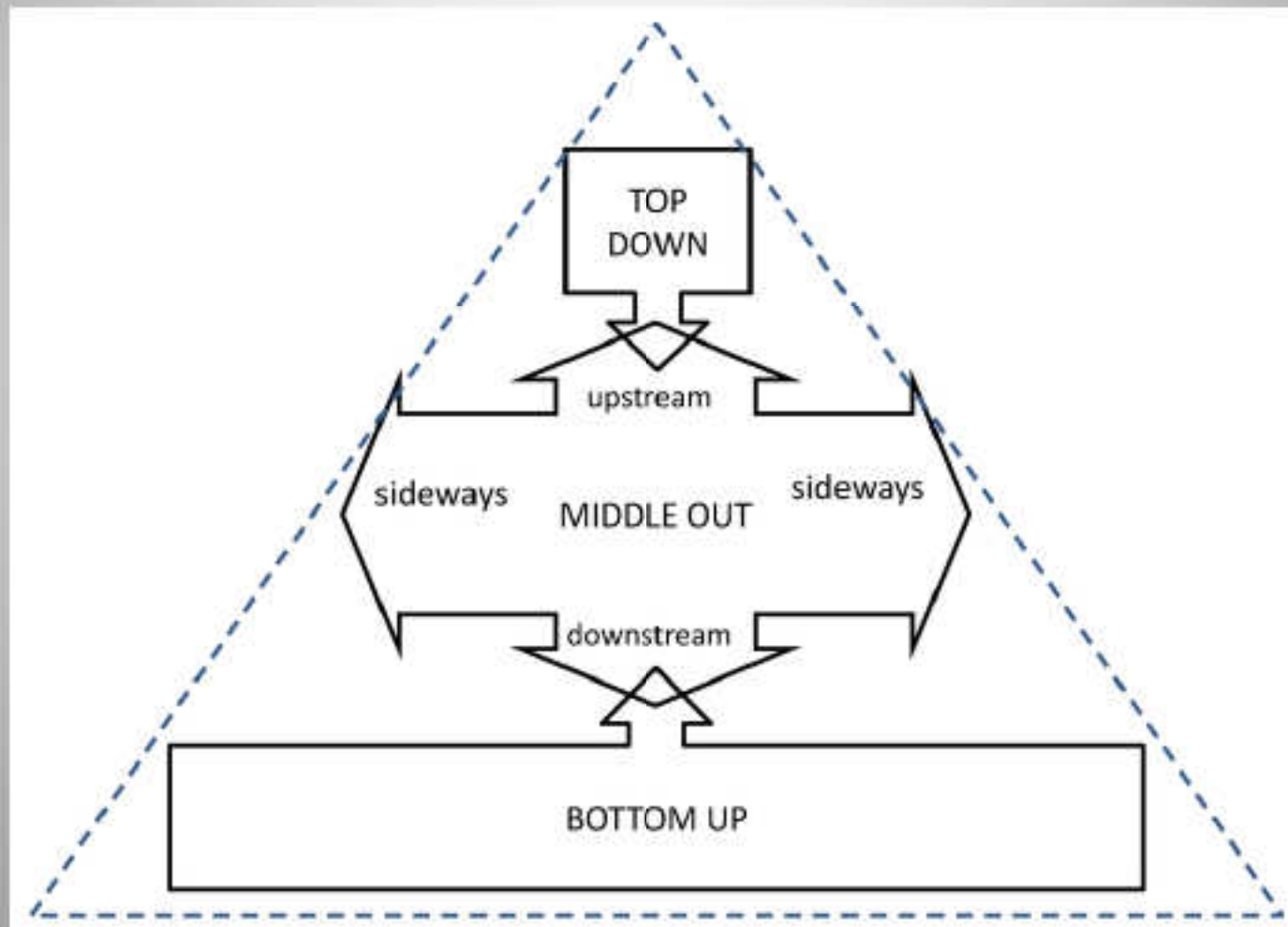
President of the Covenant on Demographic Change

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



**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



**LUDOTEC**



GioNa

Associazione  
Nazionale  
Città in Gioco



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




**Cochlea Archimedeae**





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

**LUD  
 LO  
 BUS** *Non compleanno, Albert!*



**π**

**Pi Day  
 3.14**

**π** ore 15:30 - 17:30 ⇒ Giochi d'ingegno con il Ludobus  
**π** ore 17:30 ⇒ Gara di Pi greco a memoria - sfida all'ultima cifra

**ffgimè**  
 Via...  
 Telefono...  
 Indirizzo...

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

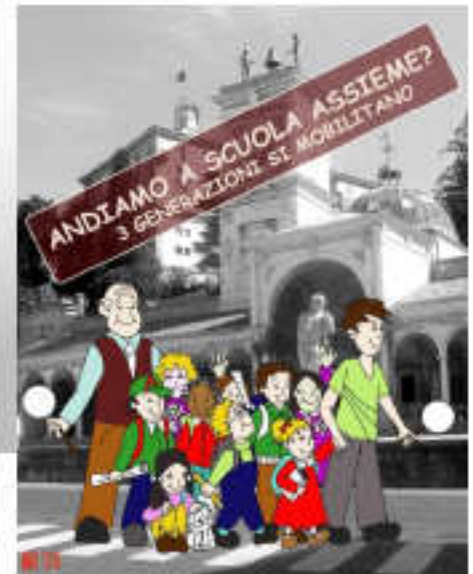




# CO-CREATION EXPERIENCES



# 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

**P.P.P.**



# 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



Torna a Progetto e 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 domotiche e degli spazi abitativi mirati alla necessità di passare con **maximizzazione uscita**.

L'appartamento ristrutturato con questo obiettivo è un piccolo edificio isolato con giardino, situato in zona giorno, zona notte e locali di servizio. L'edificio originario, situato nel centro nevralgico di Udine lungo Via Colugna, risale alla fine degli anni '70, poco dopo il terremoto del '76. La sua ristrutturazione è avvenuta interamente alla scala prima abitativa, costruendosi per sé in un caso del comune.



Attraverso precise scelte progettuali, sono state eliminate le ridondanze, il disordine e la dispersione di calore, sono state migliorate le condizioni di comfort interno attraverso la regolazione dell'aerazione e della qualità dell'aria interna. I materiali utilizzati sono stati scelti secondo criteri di ecologia, destinazione naturale e traspirabilità.

Sezioni costruttive

Accessibilità

Domotica

Il progetto di ristrutturazione 19.08



Le scelte progettuali hanno consentito l'organizzazione degli spazi interni ed esterni, nonché la selezione di arredi e dispositivi della casa. Una base di validazione saranno agli stand con disabilità motoria la gestione la definizione di interfaccia, servizi e funzionalità personalizzate. L'adattamento dei dispositivi della casa permette a tutti gli utenti di svolgere i compiti quotidiani, anche in piccolo contatto tra interno ed esterno. Il edificio rende accessibili tutti gli spazi della casa come pure vari spazi esterni in giardino e la coltivazione di un piccolo orto.

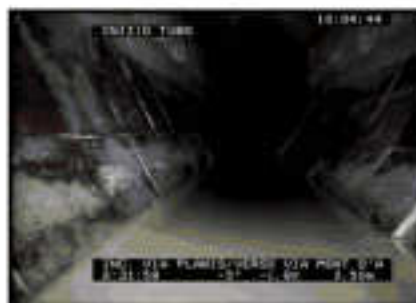


Nell'appartamento saranno sperimentati la fruibilità di spazi, le apparecchiature, gli arredi e l'interfaccia di controllo della casa che, commisurate alle capacità residue degli utenti, minimizza la necessità di spostamenti e l'utilizzo di comandi manuali.





## 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 «tributo»:  
il cavo 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





***Udine: SEAP in action***



Cerca indirizzo (es. Viale Tale I, Roma) Cerca

Login | Registrati

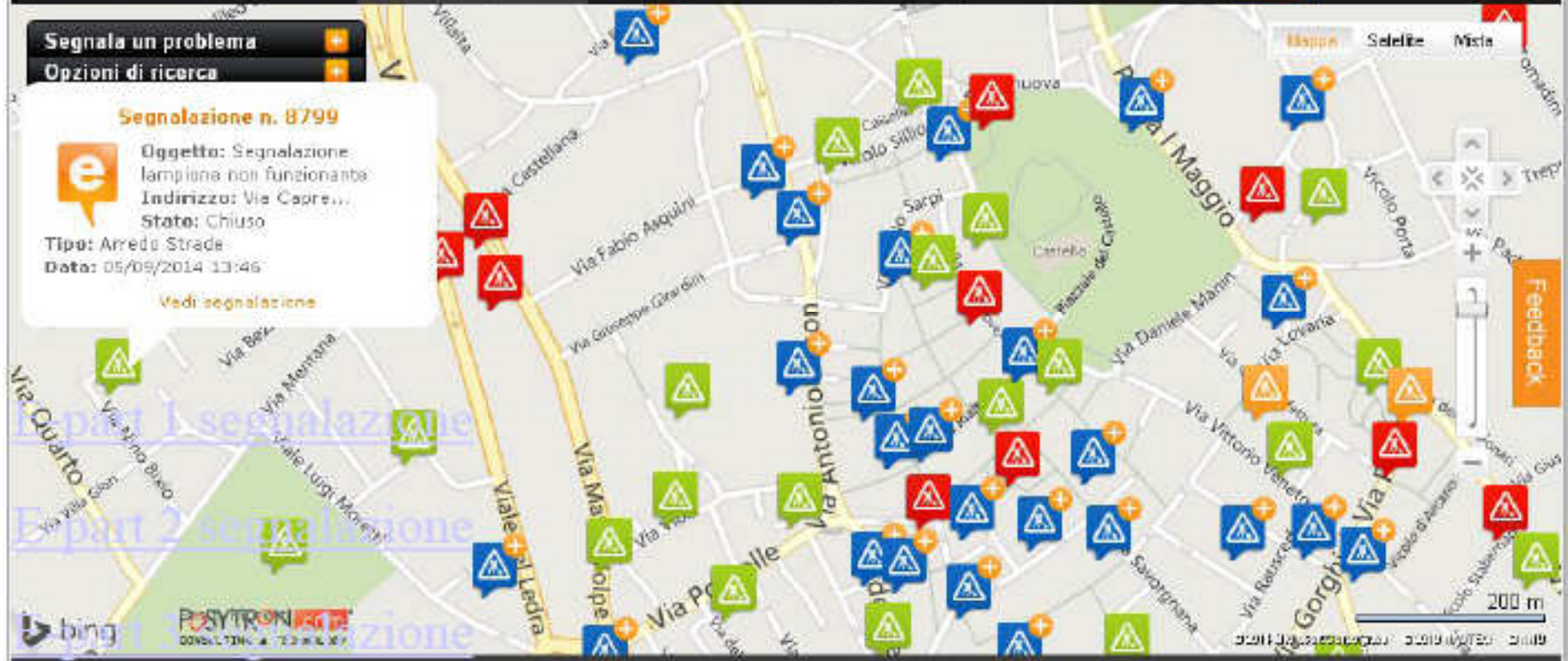
TUTTI I COMUNI DEL RETRIBUITO Segnala un problema Lista segnalazioni Report Help! Contatti Banner RSS

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](#)



# 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 fossile 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



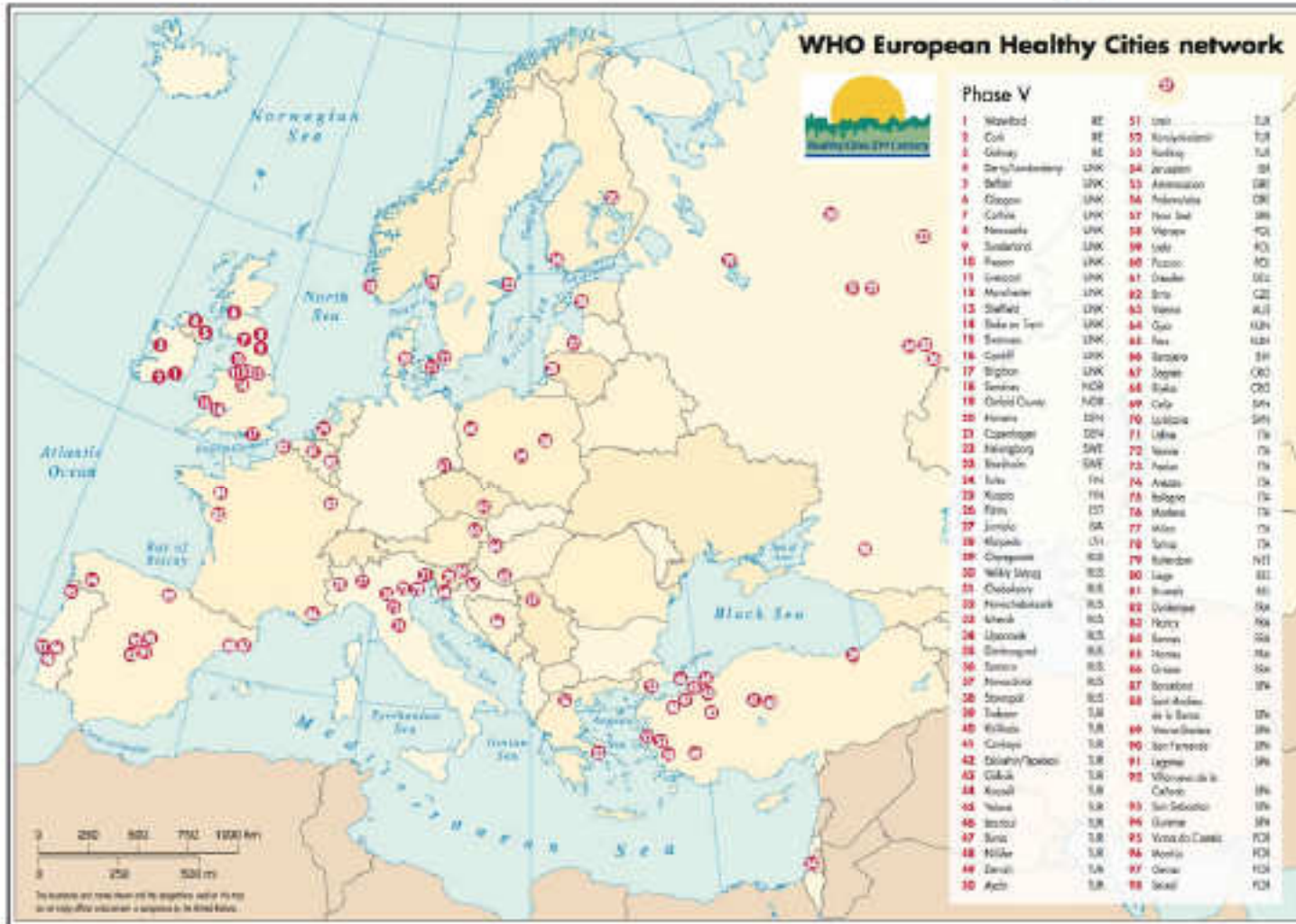


Reduce  
parasitic &  
passive  
traffic



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



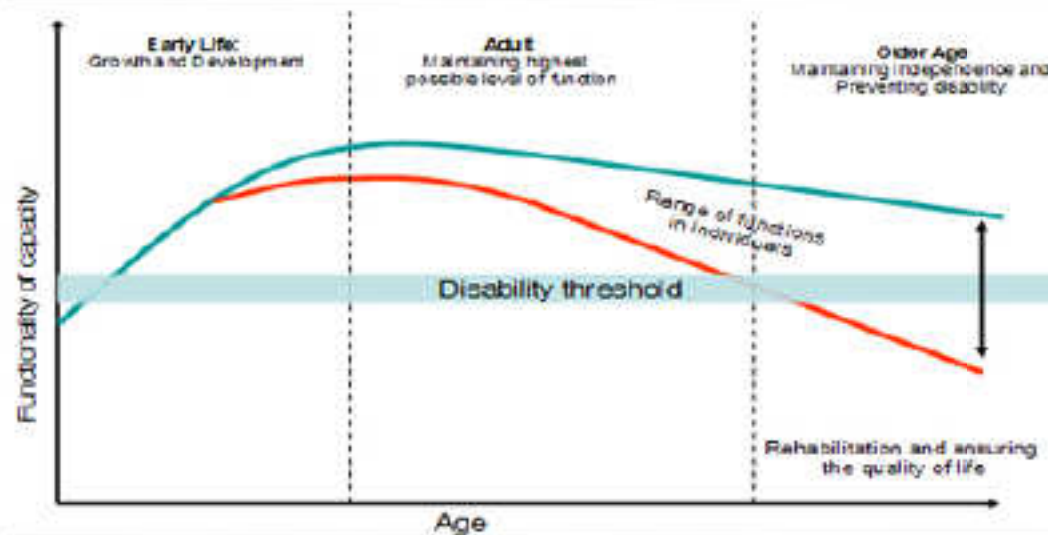
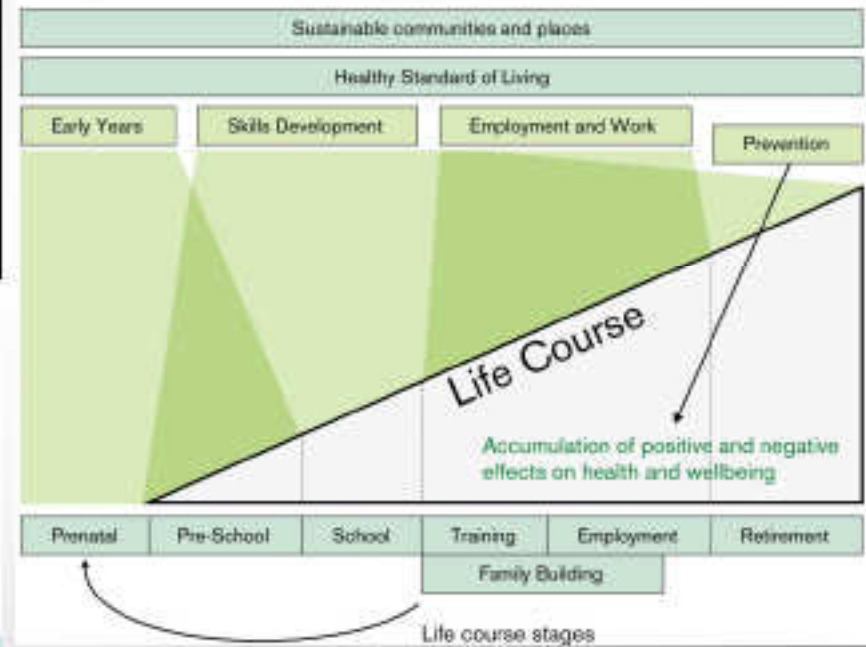
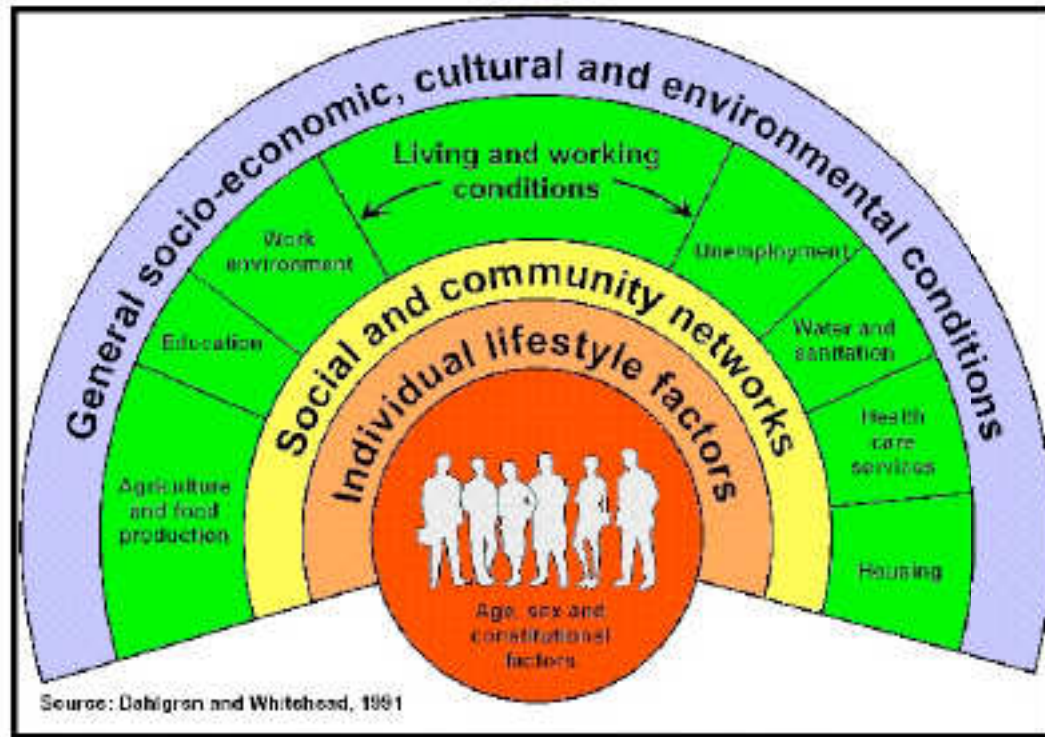


**UDINE joined the Healthy Cities movement in 1995**

**HEALTH ENLIGHTENMENT**

WHO European Centre for Urban Health June 2013

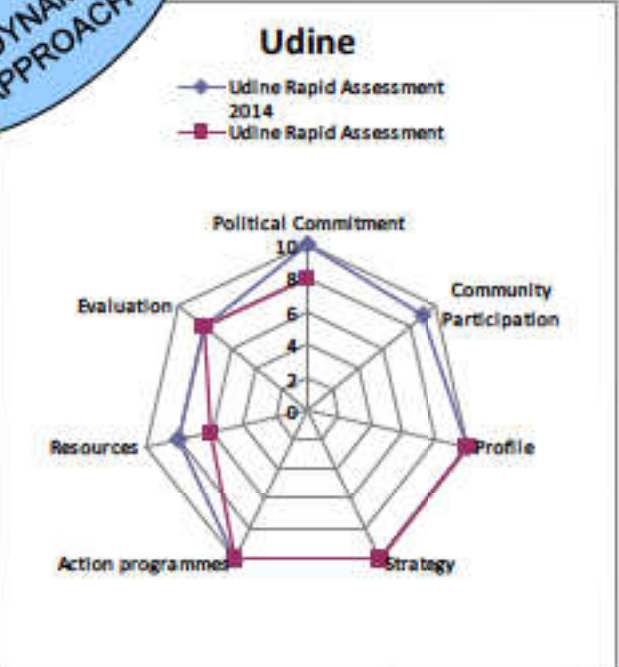
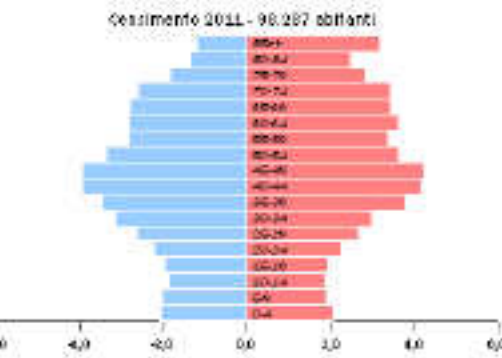
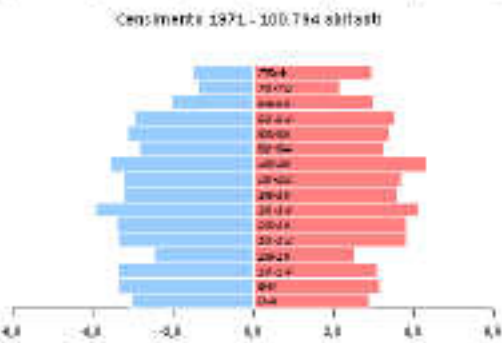
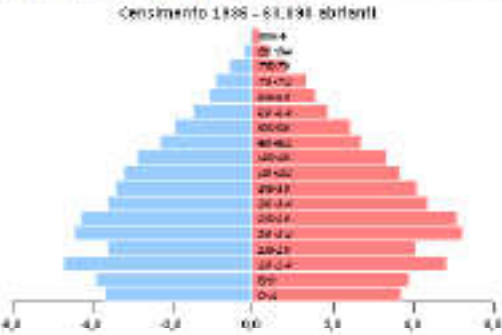
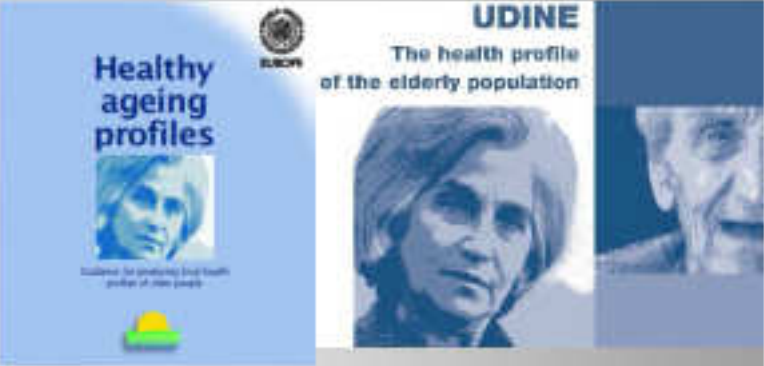
# SOCIAL DETERMINANTS OF HEALTH



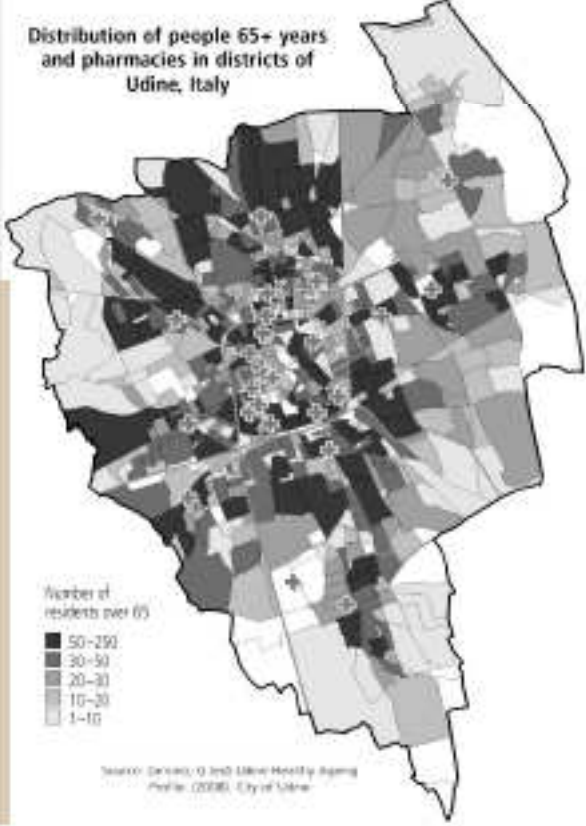
# Core theme Phase IV-VI: HEALTHY AGEING



**A DYNAMIC APPROACH**



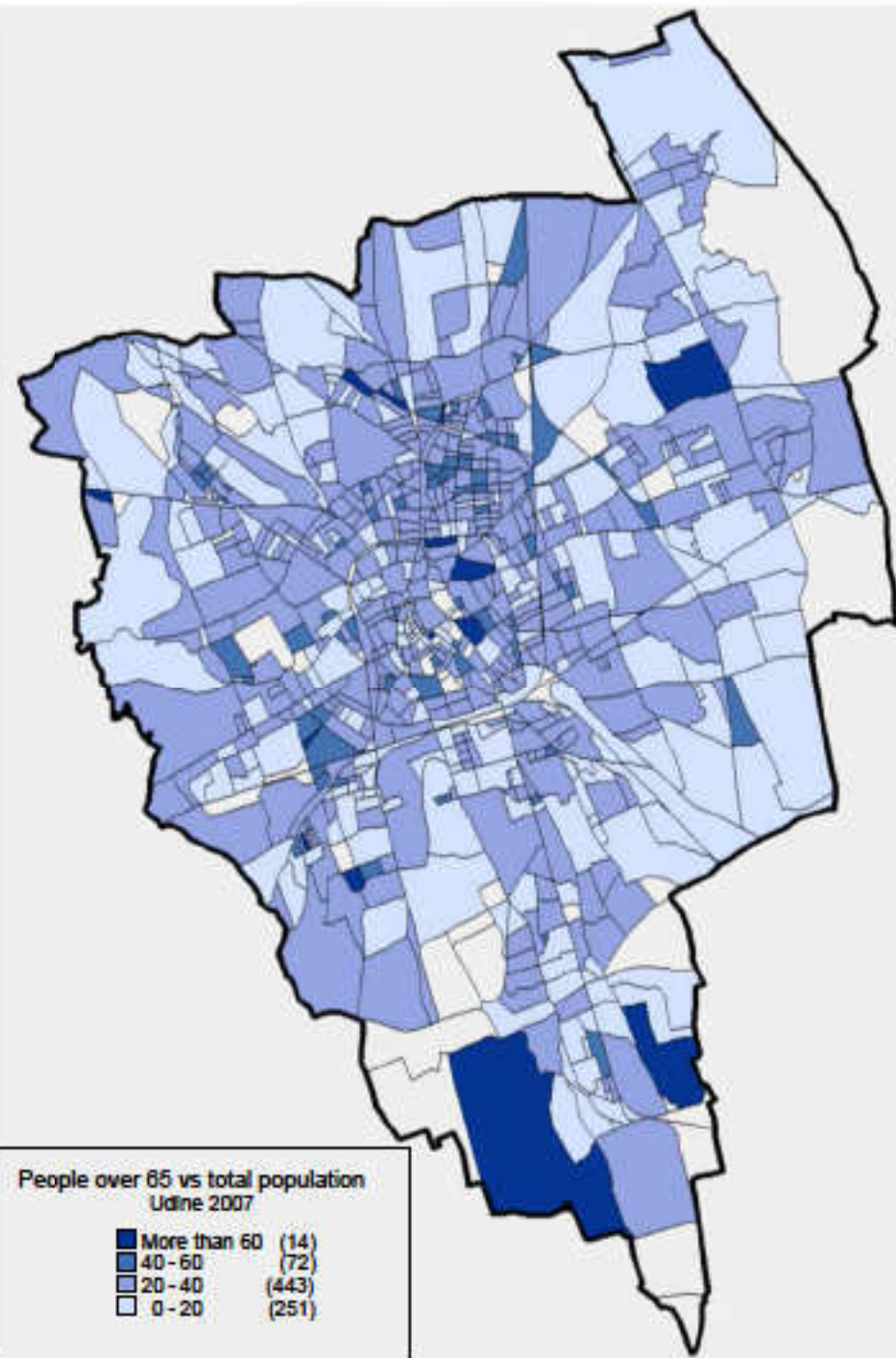
## POPULATION OVER 65 & PHARMACIES



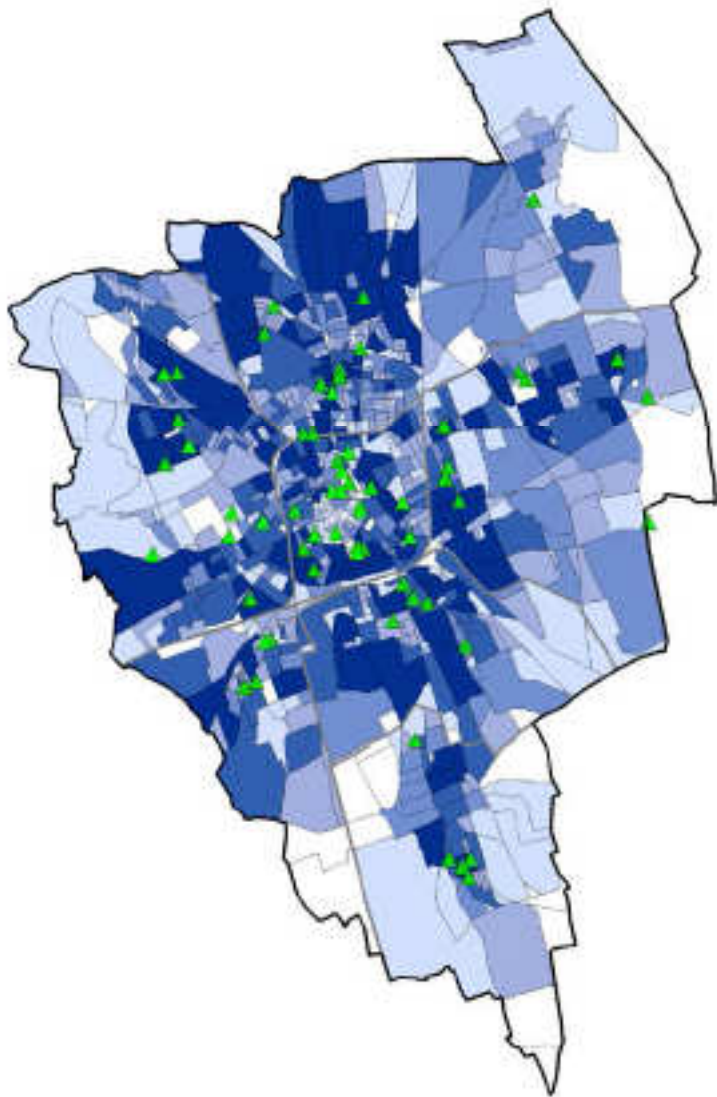


# A TOOL FOR HEALTHY URBAN PLANNING HEALTH MAPS POPULATION OVER 65

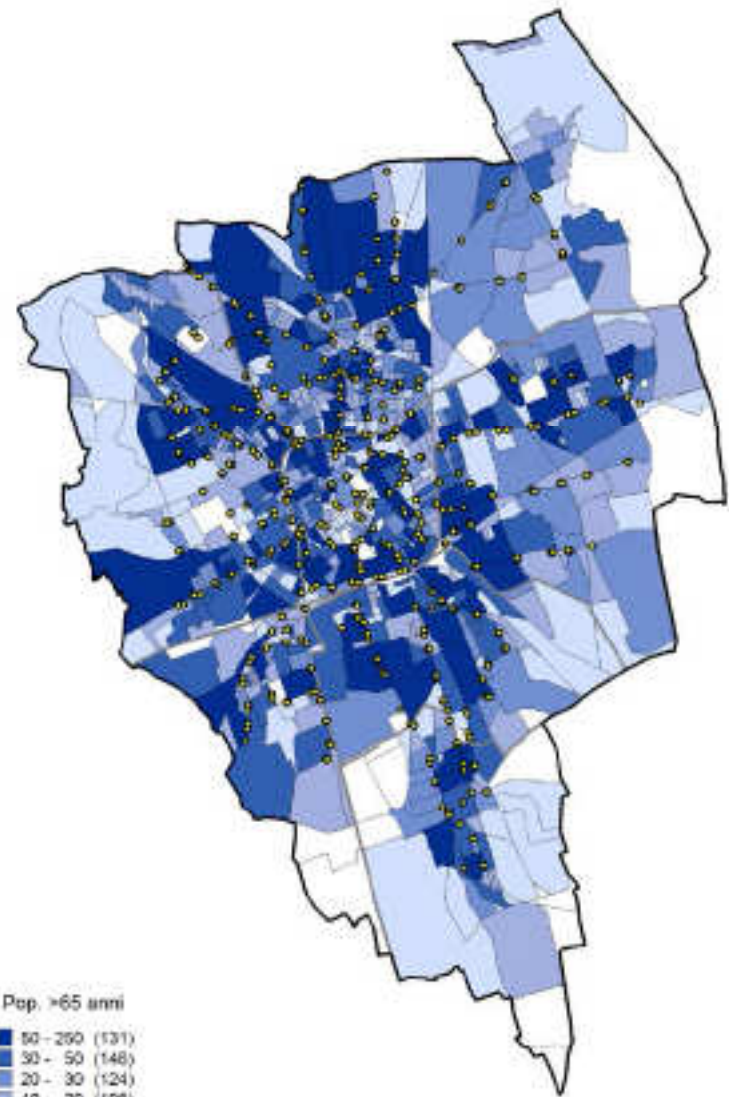
- Almost 1 citizen out of 4 in Udine is an older person



## POPULATION OVER 65 & GREEN AREAS



## POPULATION OVER 65 & BUS STOPS



Pop. >65 anni

|          |       |
|----------|-------|
| 50 - 250 | (131) |
| 30 - 50  | (148) |
| 20 - 30  | (124) |
| 10 - 20  | (190) |
| 1 - 10   | (163) |



## URBAN PLANNING CHANGES:

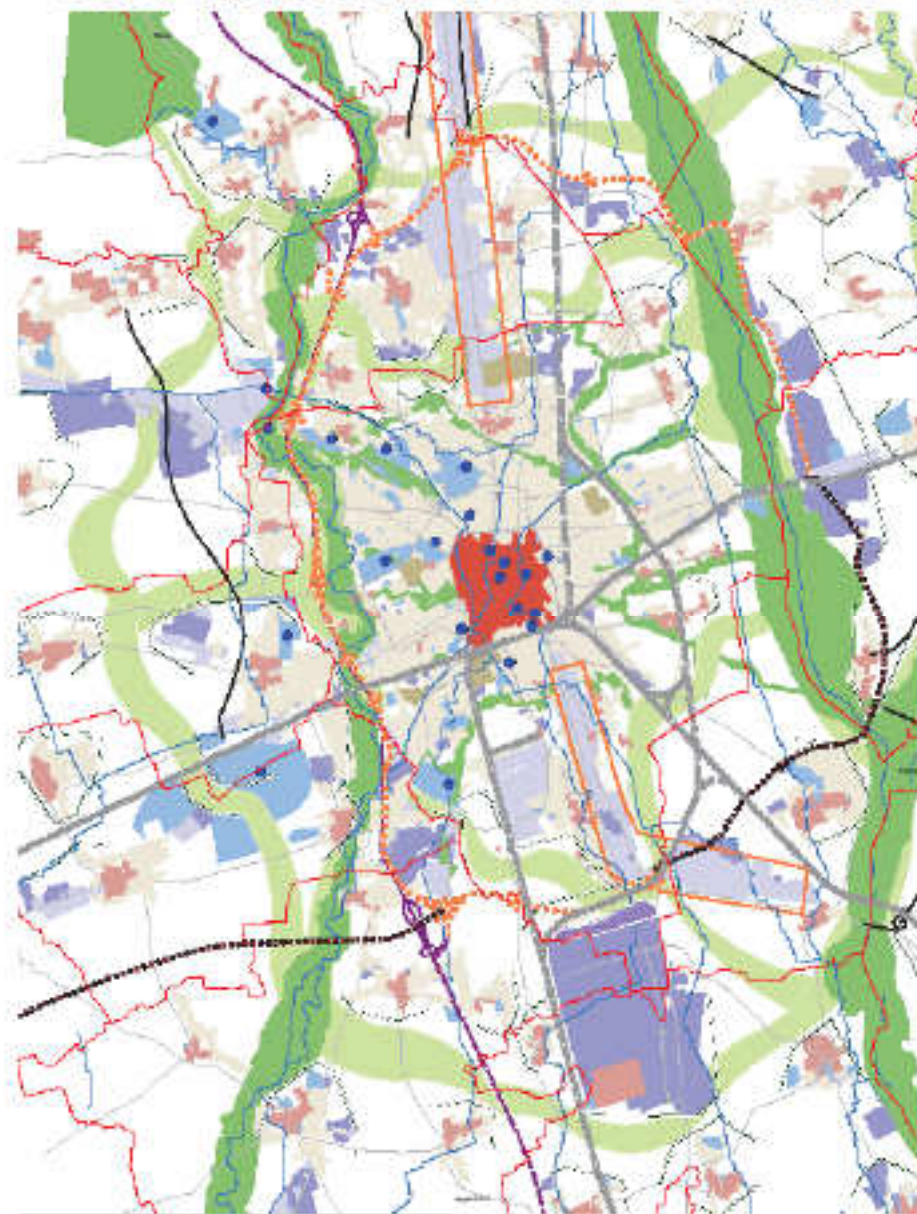
- Interventions to the built and natural environment
- Traffic calming interventions
- Improvement of walking and cycling infrastructures and of green areas
- Improvements for older and disabled people
- 500m distance from the main reference points for older people (pharmacies, shops, etc.)
- People's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

# URBAN ENVIRONMENTS INNOVATIVE PROJECTS

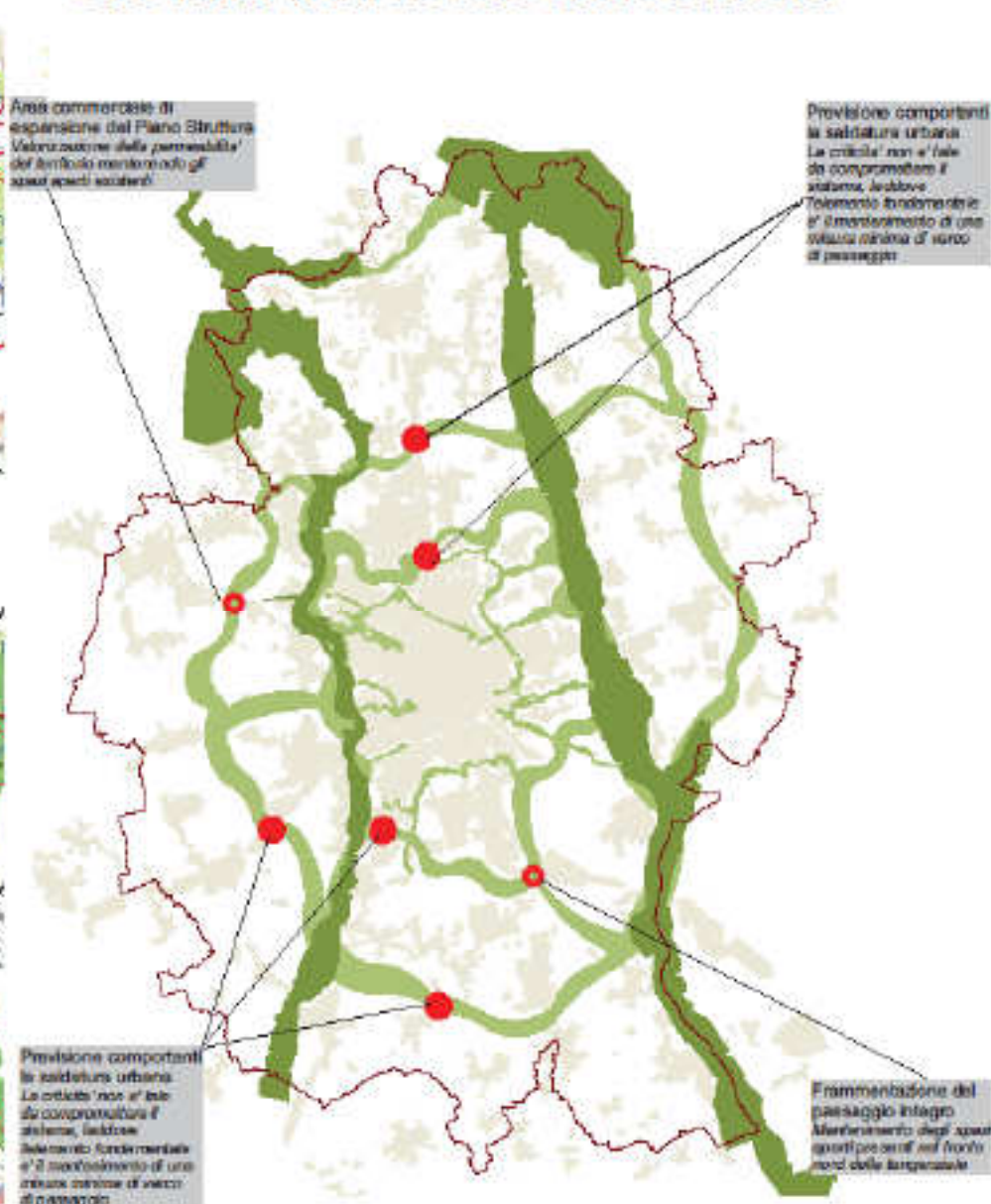
SAN DOMENICO:  
City planning  
Participation  
Schoolchildren  
Disadvantaged  
groups: older and  
disabled people  
Questionnaires  
analysis and  
diagnosis



## 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



Training courses for older people  
and caregivers to age well

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!**

Finanziato da:  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
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mindfulness

## RESILIENCE



**THANK YOU  
FOR YOUR ATTENTION!**

**COMUNE DI UDINE**

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