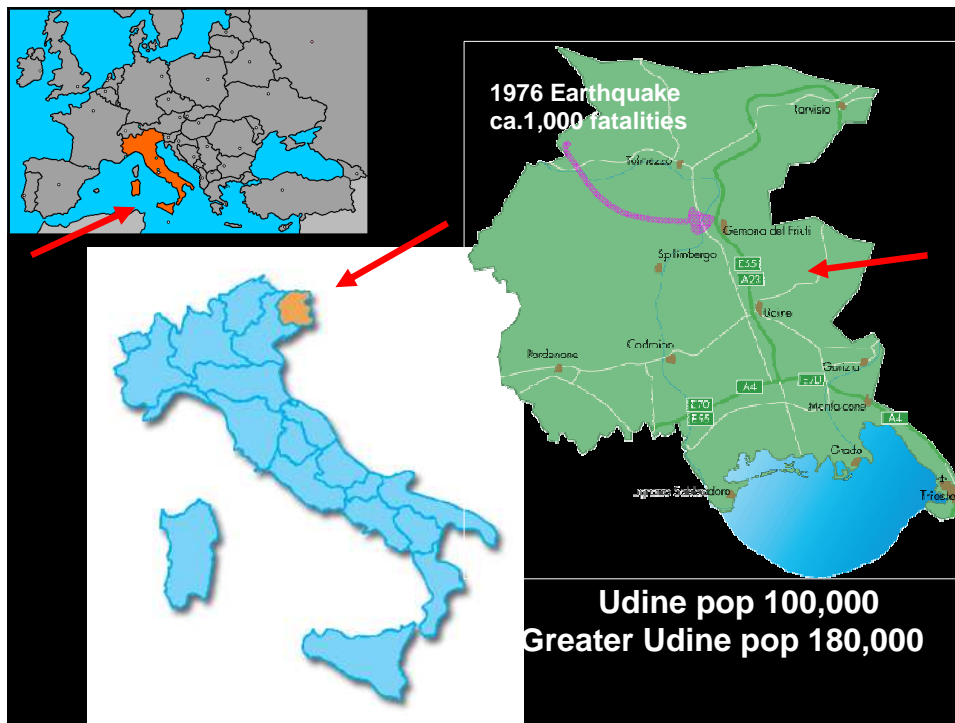


Meeting of Phase IV (2003-2007)  
WHO Healthy Cities Network

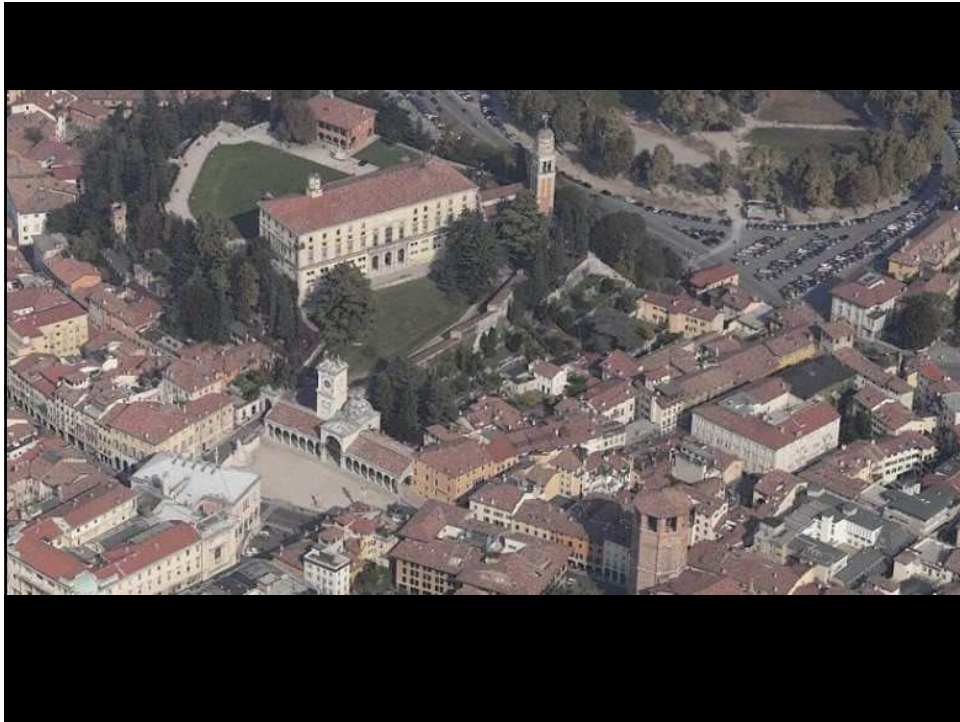


Meeting of Phase IV (2003-2007)  
WHO Healthy Cities Network





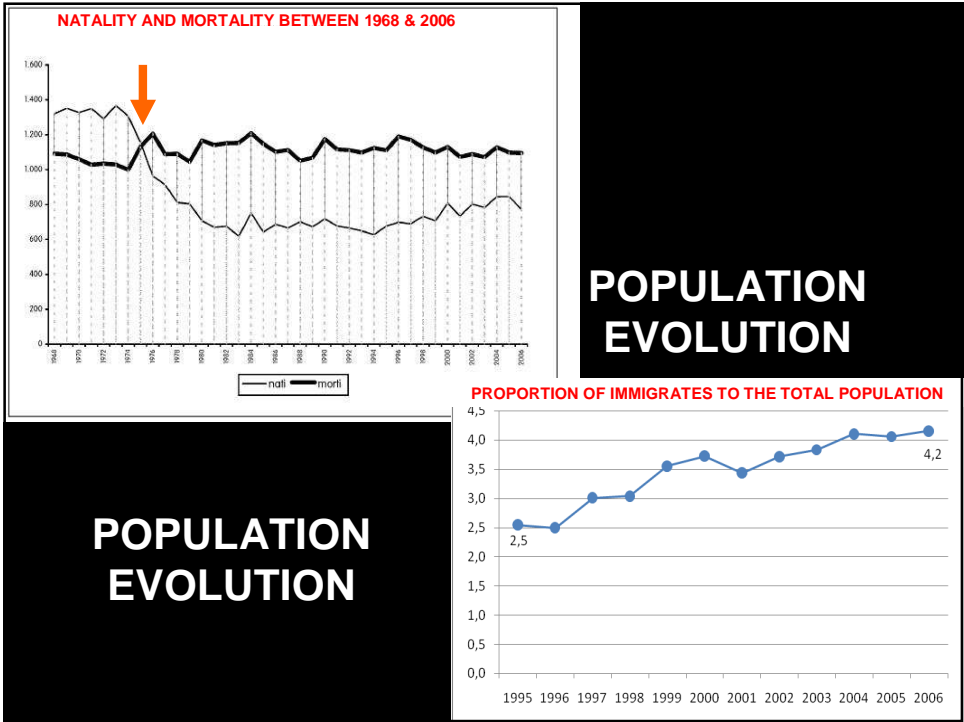
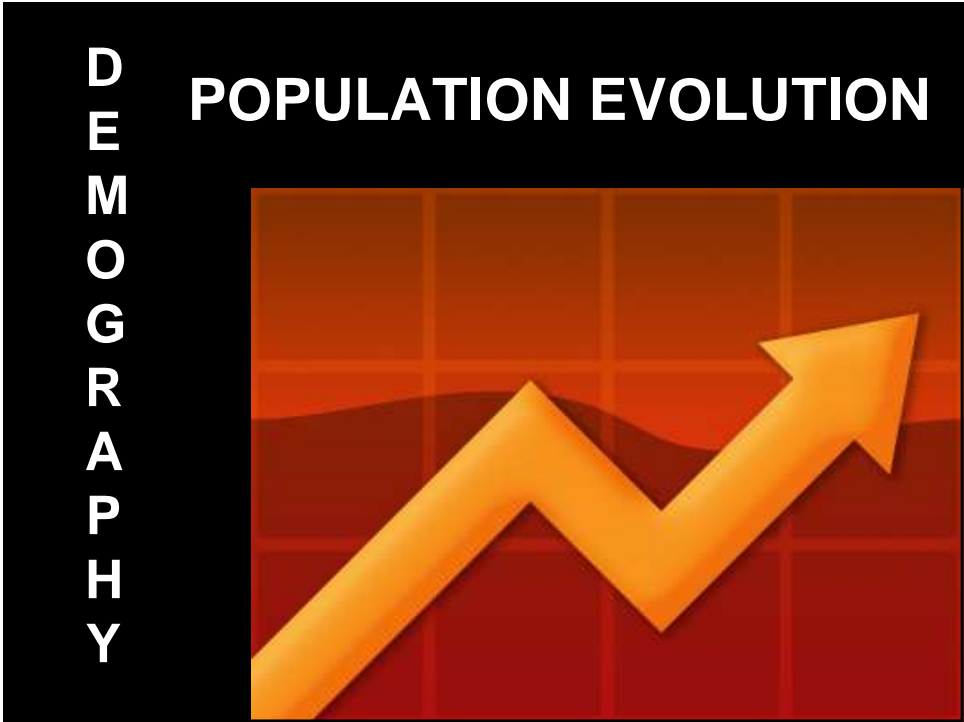
Meeting of Phase IV (2003-2007)  
WHO Healthy Cities Network



Meeting of Phase IV (2003-2007)  
WHO Healthy Cities Network

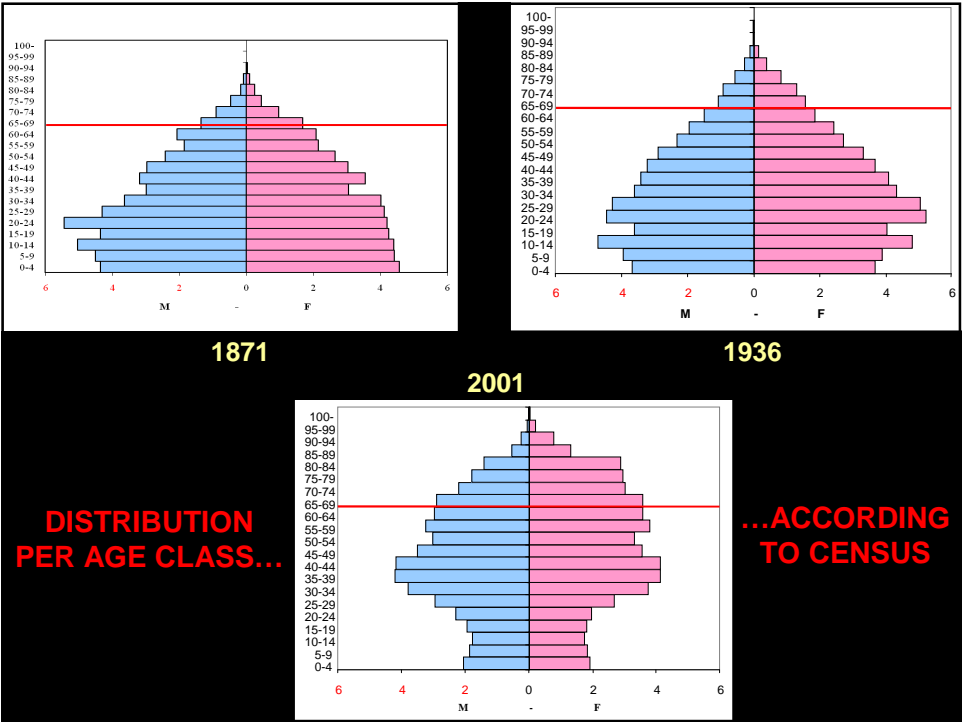






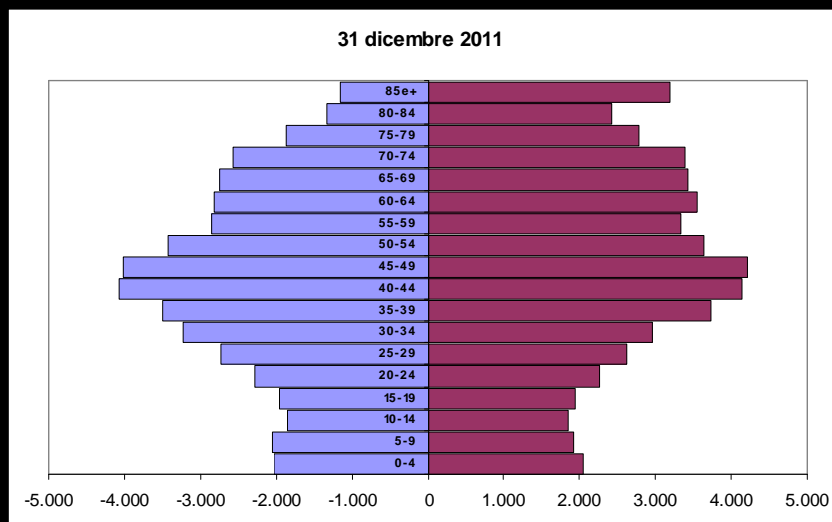
OLDER PEOPLE IN UDINE, ITALY & EUROPE

		Udine (2011)	Italy (2011)	Europe (2010)
Average age		46	43	40.9
Older people percentage		24.9	20.3	17.4
Old age index	Population (65+)	211.7	144.5	111.5
	Population (0-14)			
Dependency ratio	Population [(0-14) + (65+)]	57.8	52.3	49.3
	Population (15-64)			
Old dependency ratio	Population (65+)	39.3	30.8	25.9
	Population (15-64)			
Exchange rate	Population (60-64)	163.4	130.3	-
	Population (15-19)			



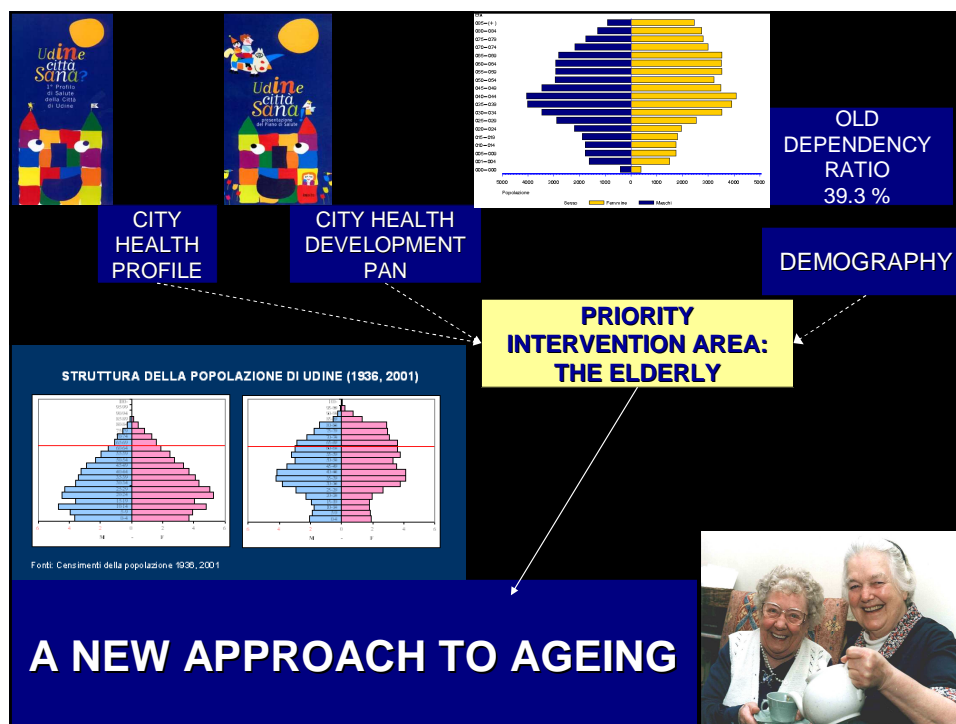


## Age class distribution in 2011



## PERCENTAGE OF OLDER PEOPLE LIVING ALONE

Age	Males	Females	Total
% over 65	21,2	52,1	39,6
% over 75	10,5	35,9	25,6
% over 85	3,8	15,6	10,8



## HEALTHY AGEING PROFILES

- 22 INDICATORS

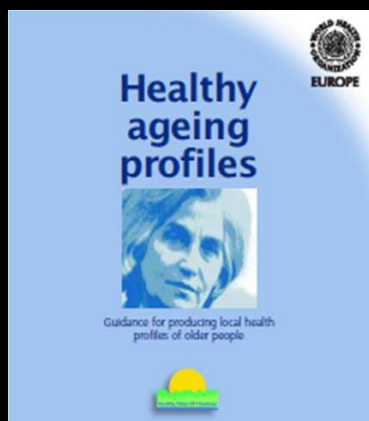


Table 1. List of indicators

### Section A Population profile

1	Population structure
2	Small-area residence
3	Life expectancy
4	Population dynamics
5	Dependency ratio
6	Single household status
7	Mortality by cause, age and sex
8	Morbidity
9	Mental health
10	Functional impairment
11	Behaviour

### Section B Access to health and social support services

12	Values
13	City delivery and social support system
14	Health and social care responsibility

### Section C The socioeconomic portrait: vulnerabilities and strengths

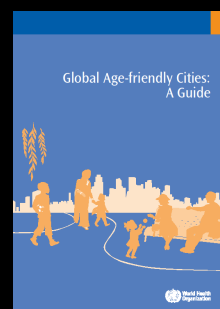
C1	Employment, income and social position
15	Economic status
16	Income
17	Education
C2	Housing and environment
18	Housing ownership
19	Safety and security at home and in the neighbourhood
20	Access to transport
C3	Participation and empowerment
21	Participation in decision-making
22	Influence in the community



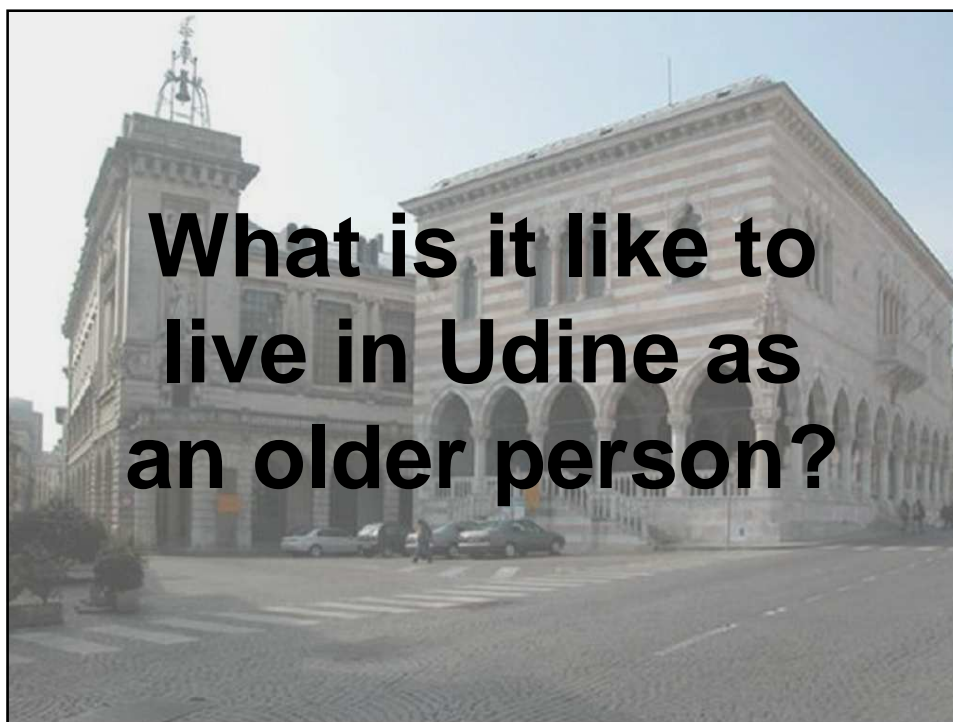
## Age-friendliness community assessment

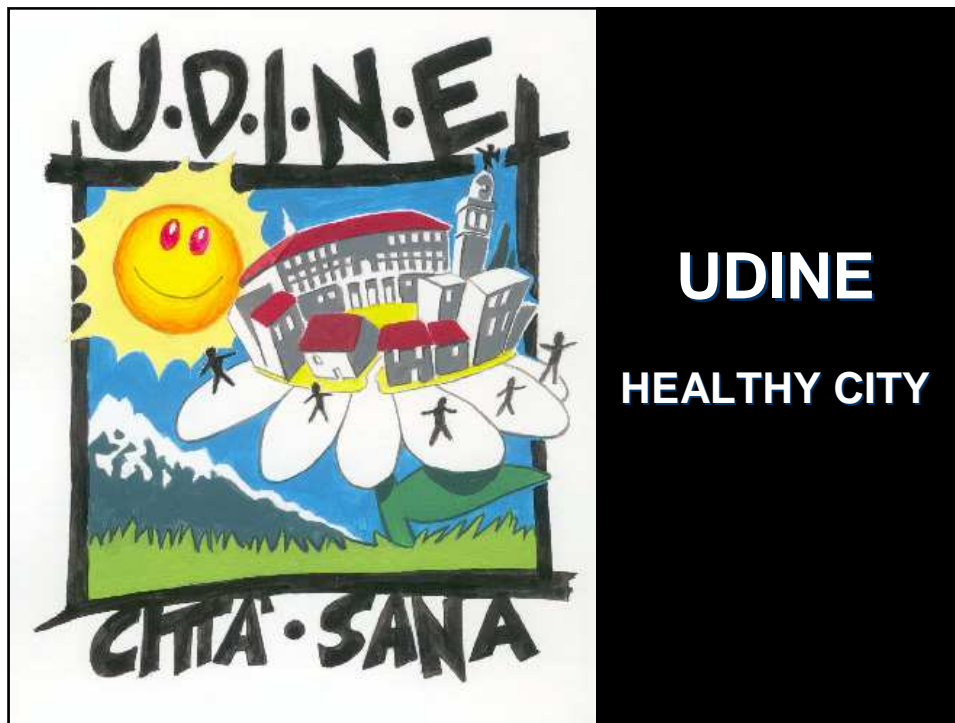


- Cities involved: 33 cities (22 countries)
- Objective: to identify age-friendliness features of the physical & social environment and elicit suggestions for improvement
- Results published in the



**What is it like to  
live in Udine as  
an older person?**







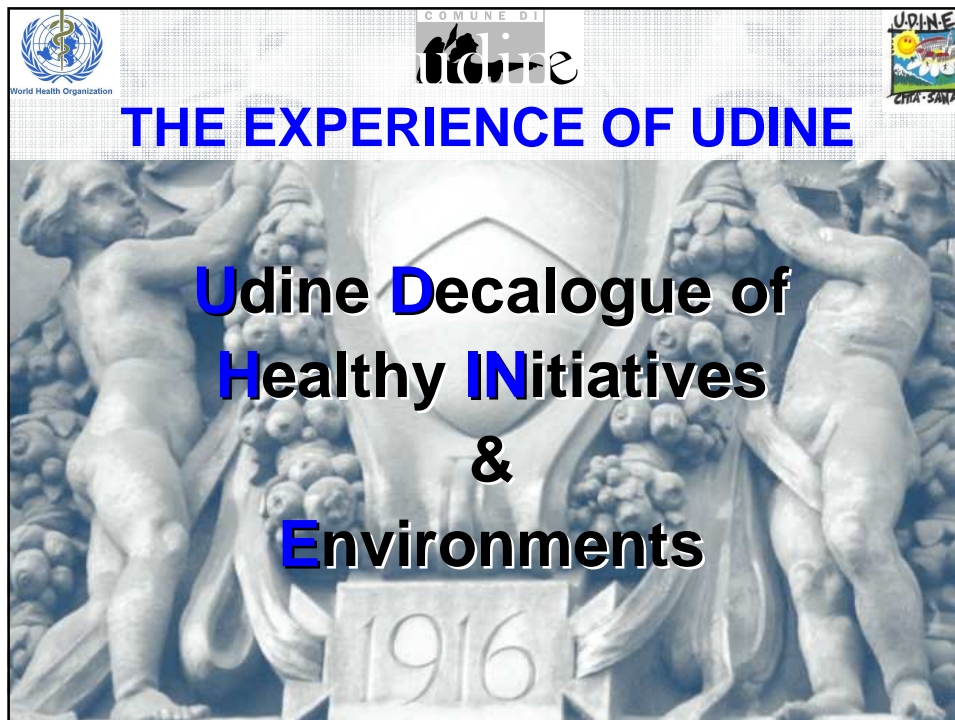


## ROMA NET

**Addressing the integration of Roma  
population focusing on:**

**(URBACT II)**

- Access to key services,
- Active inclusion of Roma into the labour market,
- Self-help programmes for Roma.



## WALKING GROUPS

- Regularly meet 1, 2 or 3 times a week to walk on urban or extra-urban tracks;
- Are guided by a walking leader previously trained;
- Could be made by 10-30 persons each;
- Walk in a total of almost 1 hour of moderate intensity activity



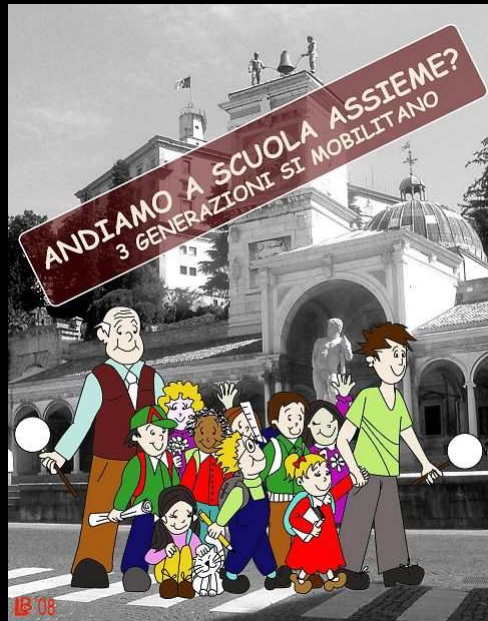


Meeting of Phase IV (2003-2007)  
WHO Healthy Cities Network



## PEDIBUS

An  
intergenerational  
activity



For CHILDREN...  
but also for  
ADULTS &  
OLDER PEOPLE





Meeting of Phase IV (2003-2007)  
WHO Healthy Cities Network







**D  
E  
C  
I  
P  
H  
E  
R**

 Sheffield Hallam University

 Sheffield City Council

 turku

 HELSINGBORG

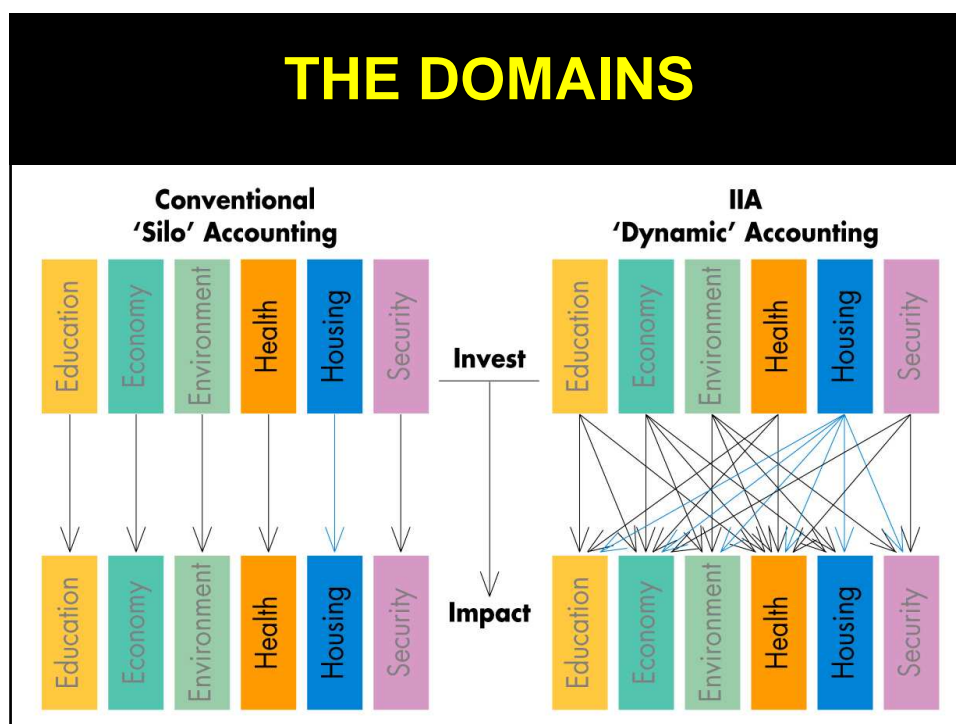
 COMUNE DI Udine

 Institute of Public Health Iasi

Developing an Evidence-Based Approach to City Level Public Health Planning & Investment in Europe

Sviluppo di un modello basato su evidenze per la pianificazione e l'investimento in strategie di salute pubblica a livello locale in Europa

[pre test post test](#) [R1](#) [R2](#)





## Profile Milestones

### **Strengths and potential**

Active citizenship and participation to the community life, solidarity, experience and skilled professionals both in private and public sector, cultural heritage, medium-high cultural status, research, educational and innovation institutes

### **Weaknesses**

A wide offer of opportunities, but without sufficient coordination, difficulties to reach some potential targets, sometimes lack of awareness about the importance of adult learning

### **Priority Targets**

< 30: special attention to childhood and new generations,  
Older people, especially those living alone  
Lifelong Learning

## Results, methods and challenges

### Learning challenges

- to valorize persons for their own cultural competences and experience
- to increase awareness and responsibility, for example by encouraging young people's involvement
- to offer tools for democracy and active citizenship
- to promote innovative methods and organizational patterns

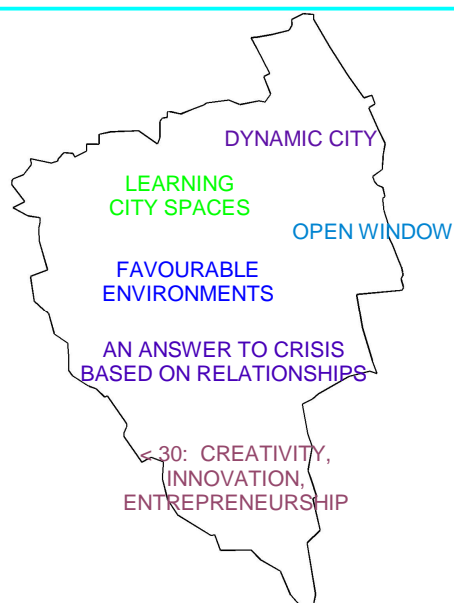
### Social challenges

- to stimulate the sense of belonging to the community, self-confidence and motivation
- to promote integration and social equity

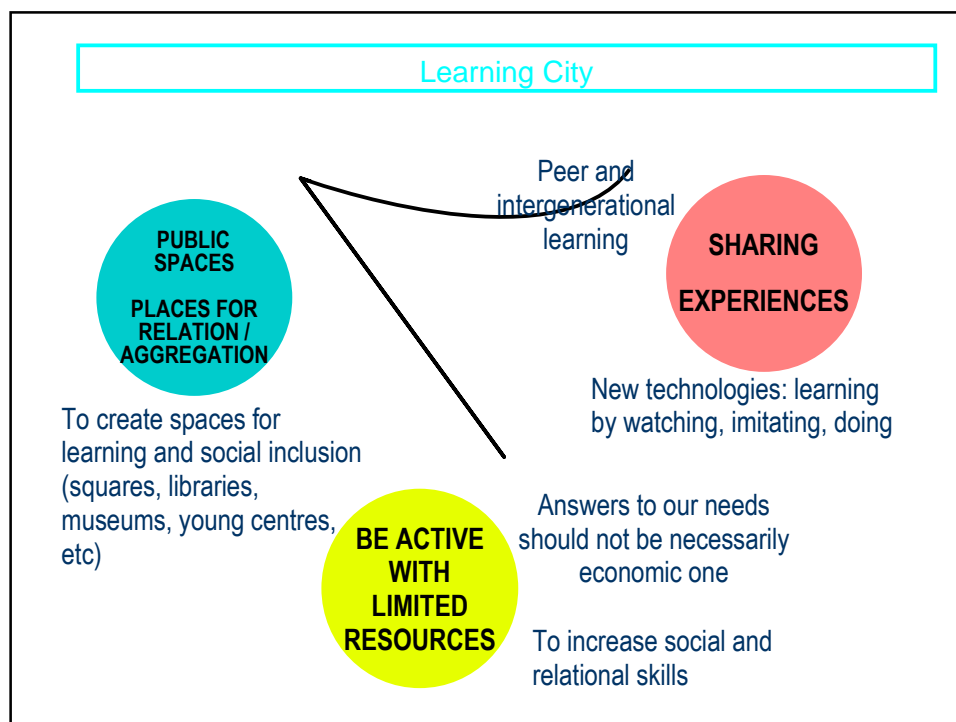
### Urban settings

- to valorize and use public spaces as opportunities for relationships and social inclusion

## VISION







MUNICIPALITY OF UDINE –  
UNIVERSITA' DELLE LIBERETA' DEL F.V.G.

# UDINE

## An overview on some best practices within the Xploit project



**XPLOIT IN PRACTICE**  
MUNICIPALITY OF UDINE

**LUDOTECA**  
LUDOBUS OFFICE



**HEALTHY CITIES**  
UDINE H.C.P.O.



**URBAN GARDENS**  
AGENDA 21 OFFICE



**LUDOTECA**  
A PROJECT BY LUDOBUS OFFICE



**GAME LIBRARY**  
A PLAYING SPACE FOR ALL



## SPECIAL EVENTS 2012:

- **Pi Day** (14 March)
- **World Play Day** (26 May)
- **"In Giro Giocando"** (= Playing Around)  
(June-September): **40 summer events**  
with the Ludobus in green areas and  
squares of the city

## ACTIVITIES AT THE LUDOTECA



## ACTIVITIES IN OPEN SPACES / CITY SQUARES



### Energy Day



### World Play Day



# URBAN GARDENS

A PROJECT BY AGENDA 21 OFFICE  
& UNIVERSITA' DELLE LIBERETA'



## DEFINITION

Land plots owned by the Municipality and rented by citizens to grow vegetable gardens (vegetable and small plants)

## USERS

- Families
- Seniors
- Schools
- Associations



## URBAN GARDENS IN UDINE

- 3 areas (60 total land plots)
- Surface: 30 sq. m each
- Several other areas planned



## OVERVIEW





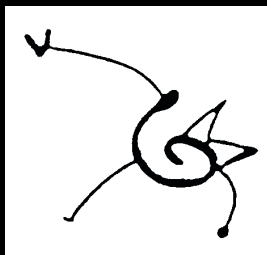


## 2 MAIN PROJECTS

UDINE H.C.P.O.

- HEALTH PYRAMID

- CAMMINAMENTI



# HEALTH PYRAMID



is a health information point placed into a supermarket and run by health professionals and voluntary associations



- every day: “health corner” with the presence of voluntary associations during the week, both in the morning and in the afternoon



- once a week: specialised staff by **Local Health Authority** can answer customers' questions and provide some **simple health tests** (i.e. BMI calculation, blood pressure, heartbeat and glycemic index measurement, alcohol test, etc.);

Blood pressure test

Glycemic index

Heartbeat measurement

BMI calculation



## DISSEMINATION ACTIVITIES:

- once a month: a “talk show” with experts and professionals **on health topics** (nutrition, physical activity, alcohol and smoking prevention, cancer screening, vaccination, etc.)



## STAKEHOLDERS



The Health Pyramid is the result of an  
**inter-sectorial collaboration**  
(Protocol Agreement) between:

- **public** sector (Municipality, Local Health Authority)
- **private** sector (Despar Group)
- **third sector** (7 voluntary associations)



MOVE YOUR MINDS...



MINDS ON THE MOVE

## CAMMINAMENTI

- is an integral part of the comprehensive strategy implemented by the local government in order to improve the quality of life of older people in Udine;
- is financed by the Udine Municipality with a special tax collected from citizens' donations (0.5% of their income devoted to their own Municipality) and then used for social needs;
- offers group meetings held in public places which are readily accessible and free to participants.

## STAKEHOLDERS INVOLVED:

The project is carried out in collaboration with many local stakeholders dealing with education and learning, both institutions such as the Local Health Agency, the University, and educational partners, such as the municipal libraries and the game library, and several associations from the third sector.



## ACTIVITIES:

- music
- maths & logic games
- memory games
- English words in common use
- cards games
- calligraphy
- information on physical & mental health



## FUTURE PERSPECTIVE

The project is at an experimental phase now and in 2013 it will spread to other areas of the city and will be available as a constant offer in order to inspire the community to enhance memory and recall ability while engaged in a more active and healthy lifestyle





## Some concluding comments:

- The context is critical because of the economic crisis and the recession
- Yet, it is a time which could offer an opportunity to improve
- Inherent complexity – Citizens are the ultimate stakeholders but they are also part of the system
- Involvement, enablement, empowerment but there is a very serious:

**INEQUITY IN KNOWLEDGE, IN  
AWARENESS, IN LEARNING**

### **Strategic standpoints in this experience:**

- High commitment
- Intersectoral action
- Provide objectives (meaning, sense, point) and motivation to people
- Third sector and private sector involved
- Citizens engaged in the community but also engaged in Europe (developing a double sense of belonging) → the most difficult aspect

### **The future of our community:**

- Citizen-centred perspective → change mentality
- Learning through empowerment, with special attention to gender (women in Swansea) or disadvantaged groups
- Innovative infrastructures for learning
- Cross-sector partnerships based on experience and direct involvement
- Changing learning in “active,” “inquiry-based,” and “challenge-based” learning
- Focussing on life skills
- Turning interaction to integration in society but also within service providers

Meeting of Phase IV (2003-2007)  
WHO Healthy Cities Network





Meeting of Phase IV (2003-2007)  
WHO Healthy Cities Network





