



Cork Healthy Cities
a healthier city together



Healthy
Cork City

Healthy Planet, Healthy City



SUPPORTING, VALIDATING, ENABLING, STRENGTHENING

Denise Cahill Healthy Cities Coordinator 087-2334735

<http://corkhealthycities.com>

<https://www.facebook.com/corkhealthycities>

@corkhealthycity

UPSTREAM HEALTH PROMOTION



Looking at a health problem from an upstream public health perspective requires us to address the source of a problem, not simply the downstream symptoms



Cork Healthy Cities Vision

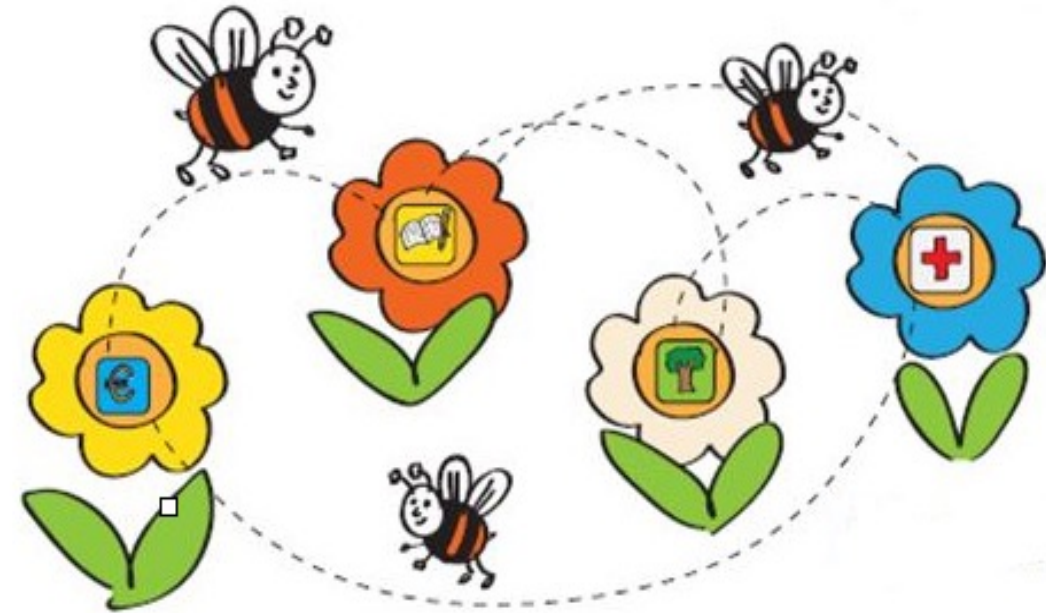


Partnership for Health

Finding that Common Language is our job



World Health Organization

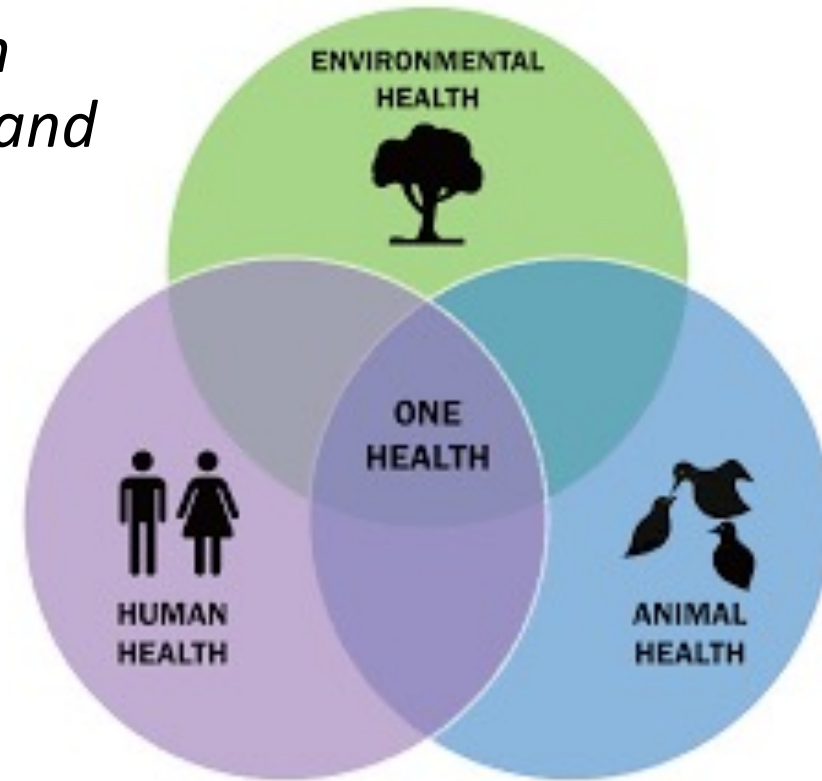


Finding a Common Language

*'It is vital that the global community **recognises** that human and planetary health are two sides of the one climate coin, and that together they present a critical road for comitigation'*

The Lancet Commission on Planetary Health, 2015

Linking health and environmental sustainability across science, business, politics, and civil society



The Lancet Commission identifies opportunities for action by six key constituencies:

health professionals, research funders and the academic community, the UN and Bretton Woods bodies, governments, investors and corporate reporting bodies, and civil society organisations.

Three Categories of Challenges (*Lancet Commission*)

The Lancet Commissions

1. **Conceptual and empathy failures** (imagination challenges), such as an **over-reliance on gross domestic product** as a measure of human progress, the failure to account for future health and environmental harms over present day gains, and the disproportionate effect of those harms on the poor and those in developing nations.

2. **Knowledge failures** (research and information challenges), such as failure to address social and environmental drivers of ill health, a historical **scarcity of transdisciplinary research** and funding, together with an unwillingness or inability to deal with uncertainty within decision making frameworks.

3. **Implementation failures** (governance challenges), such as how **governments and institutions delay recognition and responses** to threats, especially when faced with uncertainties, pooled common resources, and time lags between action and effect.



The Rockefeller Foundation–Lancet Commission on planetary health

Safeguarding human health in the Anthropocene epoch:
report of The Rockefeller Foundation–Lancet Commission on planetary health

Sarah Whitmee, Andy Haines, Chris Beyrer, Frederick Boltz, Anthony G Capon, Braulio Ferreira de Souza Dias, Alex Ezzeh, Howard Frumkin, Peng Gong, Peter Head, Richard Horton, Georgina M Mace, Robert Marten, Samuel S Myers, Sana Nishtar, Steven A Osofsky, Subhrendu K Pattanayak, Montira J Pongsiri, Cristina Romanelli, Agnes Soucat, Jeanette Vega, Derek Yach



Urban Actions

The growth in urban populations emphasises the importance of policies to improve health and the urban environment, such as:

- reduced air pollution,
- increased physical activity,
- provision of green space, and
- urban planning to prevent sprawl and decrease the magnitude of urban heat islands.



Local governments play an important role in influencing the SDGs. We can raise awareness at a local level, advocate and implement the goals locally, whilst monitoring, evaluating and learning from our experiences. Collaborating with our city stakeholders, communities and groups we can share solutions, unlock barriers and implement strategies at local level. This is reflected throughout our Corporate Plan and High Level goals to 2024.

An environmentally sustainable city

A city valuing its people

A city promoting culture, heritage, learning, health & wellbeing

A city of engaged neighbourhoods and communities

A city supporting the delivery of homes and infrastructure

A city driving economic and sustainable development


















Cork Healthy Cities Action Plan Phase VII

2020 - 2030

A city that connects to improve the health and well-being of all its people and reduce health inequalities.

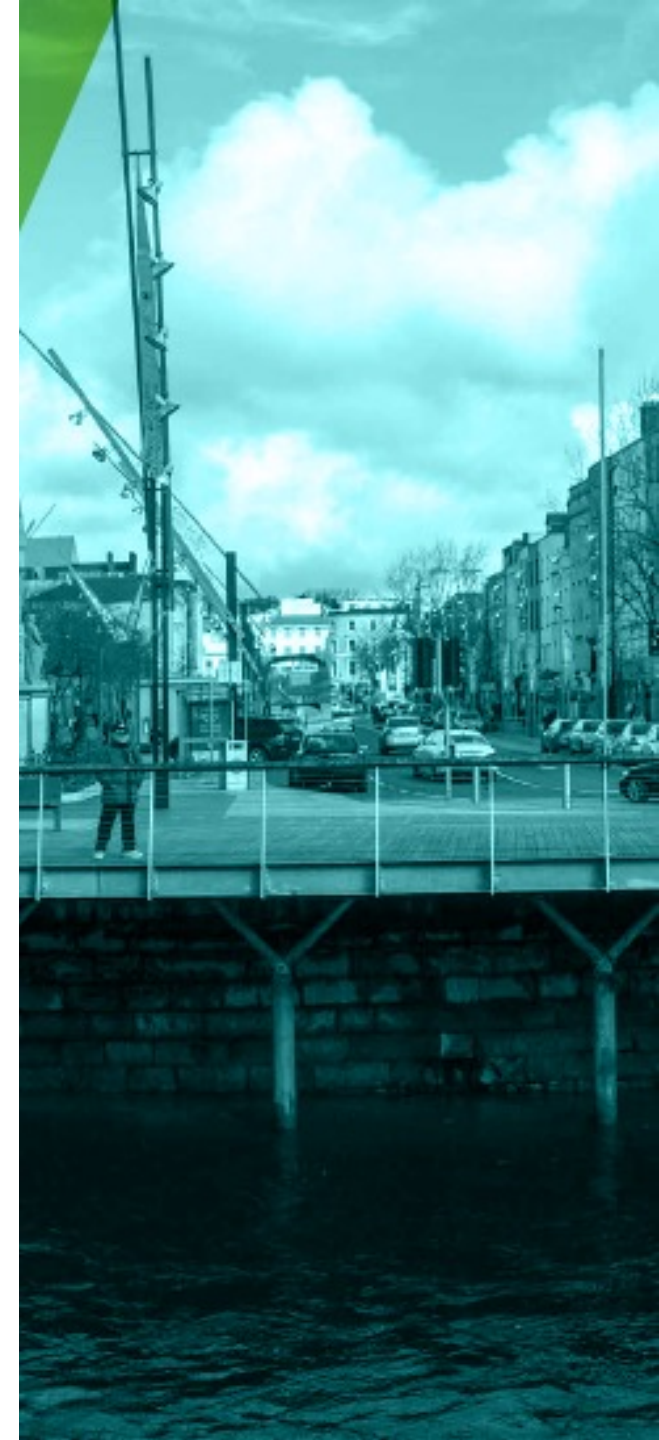


Aligning Our Action Plan with the SDGs

Priority Area	PEOPLE	Partners	Time-Frame	Policy Ref
Healthy Early Years	Explore the development of a Child Friendly City in Cork city by:	CYPC, YKABC, CCC	2021 - 2030	Copenhagen Consensus, HI   
	1.1 Publishing demographic data of children in the Cork City Profile			
	1.2 Engaging with the key stakeholders who will lead the Child Friendly City			
	1.3 Organising a Child Friendly City Seminar			
	1.4 Supporting the development of a Child Friendly City Steering Group			
	1.5 Supporting the delivery and implementation of a Child Friendly City Plan			
	Support the development of the Trauma Informed City by:	Cork City Council and partners	2022, 2026, 2030 2020-2025 2020-2030 2020-2030	HI LECP    
	1.6 Publishing relevant data in the Cork City Profile			
	1.7 Participating in the European WHO Taskforce for Adverse Childhood Experiences			
	1.8 Providing training to frontline staff working with people affected by trauma			
	1.9 Promoting an understanding and commitment to the development of trauma informed services			
	Support the continued development of area based prevention and early intervention practice by:	YKABC and partners	2020-2030 2020-2030	  
1.10 Actively partnering with existing services and projects	Libraries, Play Forum			
1.11 Work in partnership with Libraries to promote reading, interactive apps, e-books, parents storytelling, literacy, and play				
Support the implementation of the Dolly Parton Imagination Library by:	YKABC and UCC, ETB, HSE, community and voluntary organisations	2020-2022	LECP   	
1.12 Actively participating in a working group "Dolly Parton Imagination Library" and seeking funding to deliver Dolly Parton Imagination Library in three pilot areas, namely Mahon, Knocknaheeny, Carrigtwohill and two direct provision sites including Kinsale Rd and Ashbourne House, with a view to wider area implementation				



- **Climate Change Mitigation & Adaptation**
- **Healthy Transport**
- **Green Spaces**
- **Protected Biodiversity**
- **Waste, Water & Sanitation**
- **Health Promoting & Sustainable Municipal Policies**



#ClimateChange

WHETHER YOU LIVE IN A...



Rural village



Small island or coastal town



Big city

CLIMATE CHANGE THREATENS YOUR HEALTH

Drought, floods and heat waves will increase.



Vector-borne diseases, like malaria and dengue virus will increase with more humidity and heat.

Basic necessities will be disrupted...



FOOD

Hunger and famine will increase as food production is destabilised by drought.



AIR

Pollution and pollen seasons will increase leading to more allergies and asthma.



WATER

Warmer waters and flooding will increase exposures to diseases in drinking and recreational waters.

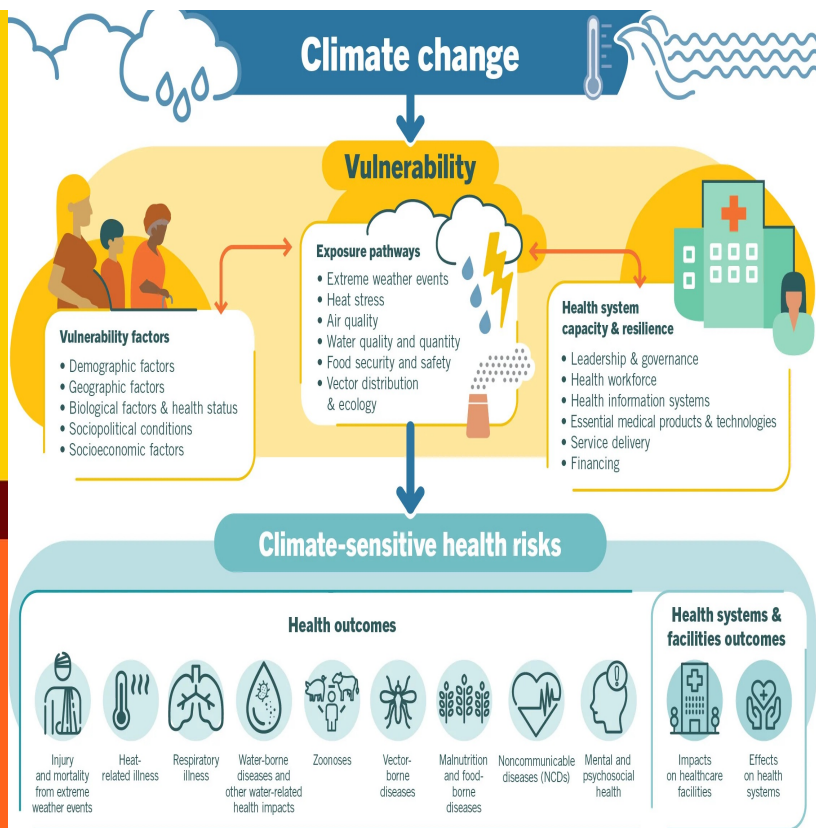
Between 2030 and 2050 climate change is expected to cause

250 000 ADDITIONAL DEATHS PER YEAR
due to malaria, malnutrition, diarrhoea and heat stress.



World Health Organization

Climate change



#ClimateChange

WHO IS AT RISK OF CLIMATE CHANGE?

Those **living in poverty**, as well as **women, children and the elderly**.

Outdoor workers and people **living with chronic medical conditions**.

Children are the most vulnerable due to long exposure to environmental risks.

**EVERYONE
EVERYWHERE**

Those **living in megacities, small island developing states and other coastal, mountainous and polar regions**.

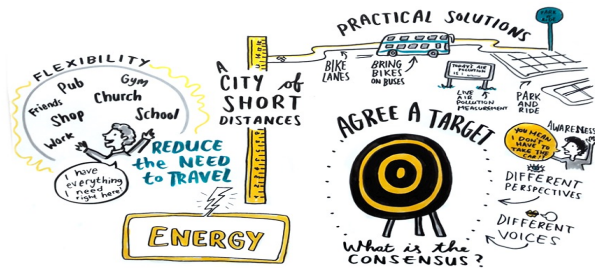
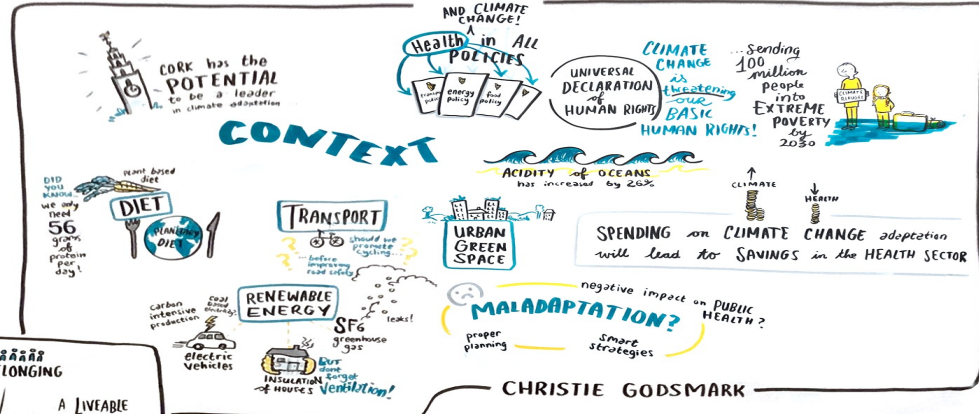
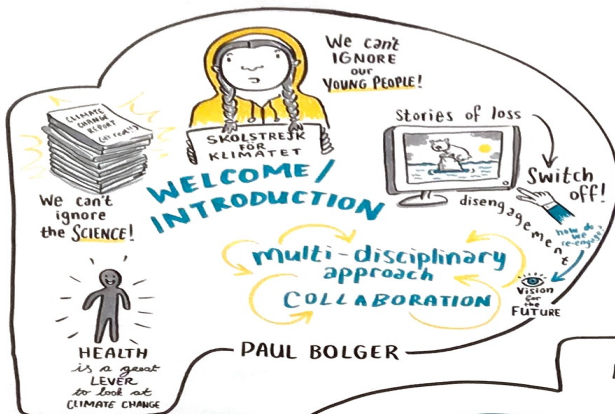
Countries with **weak health systems** will be least able to prepare and respond.



World Health Organization

CORK A HEALTHY CITY IN A Changing CLIMATE

1st October 2019
City Hall, Cork






Cork Healthy Cities
a healthier city together

 **Healthy
Cork City**

<https://vimeo.com/502685397/51d61204c4>



 **PLAYFUL
PARADIGM**
URBACT Transfer Network
games for inclusive, healthy and sustainable cities



**CORK
FOOD
POLICY
COUNCIL**
Pure Cork – real food for all



Cork Food Policy Council

<http://corkfoodpolycouncil.com/>



CORK FOOD POLICY COUNCIL PRESENTS

SAT IN COMMUNITY VENUES
ACROSS THE CITY AND COUNTY

SUN IN FITZGERALD'S PARK
FROM 12 NOON TO 4PM

OCT A SEASONAL CELEBRATION

7TH OF CORK COMMUNITY FOOD
AND GROWING INITIATIVES

8TH

FOOD HARVEST FESTIVAL

SATURDAY 7 OCTOBER
TOURS, WORKSHOPS, TALKS, DEMONSTRATIONS AND TASTINGS
ALL EVENTS ARE FREE

SUNDAY 8 OCTOBER
MUSIC, WORLD FOOD DAY FEAST OF VEGETABLE CHILLI, TALKS,
HARVEST DISPLAYS, APPLE PRESSING, FORAGING WALK,
FACE PAINTING, SEED SAVING WORKSHOP, PUMPKIN CARVING
ALL WELCOME

SEE WWW.CORKFOODPOLICYCOUNCIL.COM FOR DETAILS

Cork
Resilient
Farming Policy
Economic Environmental Sustainability Local Producers Nutrition
Equitable Catering Retail Health Council
Waste Self-reliance Production Business
Community Biodiversity Food
Eco-footprint

Feed the City

- 15 March 2014
- Sourced 1 ton of 'waste' veg
- Veg prepped by 100 CIT students
- Pots & cooking by Hare Krishna London
- 5,000 bowls of curry
- Cookery demos, talks, stands, children's entertainment,
- Successful media campaign

https://www.youtube.com/watch?v=AT49_V1Hp2Y

Chefs curry favour by feeding Cork city

A crack team sliced and diced their way through a mountain of spuds and veggies yesterday to help feed a city today.



SAT, 15 MAR, 2014 - 00:00

EOIN ENGLISH

Potato skins and carrot peelings were flying as five classes of culinary studies students at CIT's department of tourism and hospitality prepped one metric tonne of perfectly edible vegetables which were earmarked for disposal for the Feed the City initiative on the Grand Parade later today.

The vegetables are grade two and three, which although perfectly good for human consumption are deemed unacceptable for supermarket shelves.

The veg will be transported to the city later and cooked in two 1,000-litre pots to provide a free vegetarian curry for 5,000 people. Lord Mayor Catherine Clancy will serve the first meal at 1pm.

The initiative will also mark the launch of the Cork Food Policy Council.



Annual Cork Sustainable and Healthy Food Harvest Festival



Sustainable & Healthy Food Awards



CORK FOOD POLICY COUNCIL AWARDS

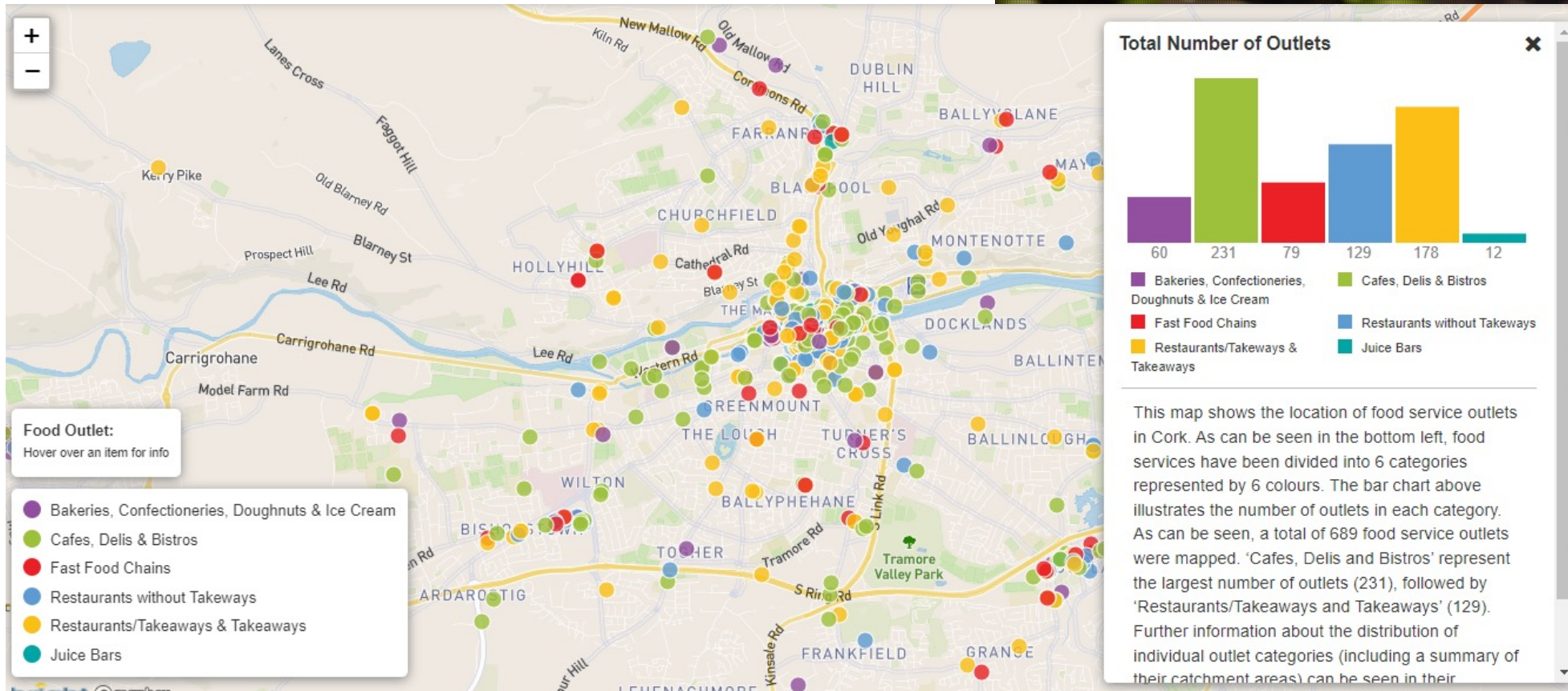
Acknowledging, Encouraging and Rewarding
Sustainable Food Practitioners in Cork City and County

Private Businesses/Non Profit Organisations/Educational Bodies/
Secondary or Primary Schools

Apply before 5pm Wednesday 30th January 2019

www.CorkFoodPolicyCouncil.com

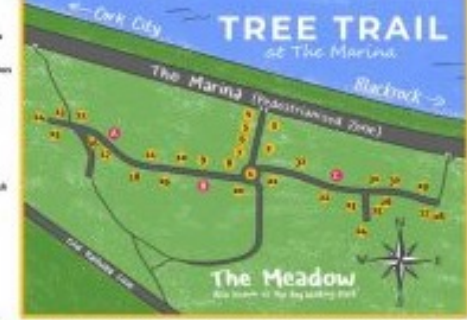
Cork Food Map



<http://corkfoodpolicycouncil.com/the-cork-food-map/>



Reconnecting our city with nature



GREENING OUR CITY

FROM GREEN SPACES TO PEOPLE PLACES:
THE TRANSFORMATIVE POWER OF PARKS





Douglas Street Parklet – Pilot for 10 others across the city

9th September 2020

Following the success of the parklet on Douglas Street and as part of the 'Reimagining Cork' programme, Cork City Council is seeking to provide up to 10 more parklets in the city centre and wider city.





URBACT Transfer Network
games for inclusive, healthy and sustainable cities

The Playful Paradigm Transfer Network

led by the Municipality of Udine (Italy)
which is committed in **transferring the philosophy of PLAY** to the other 7 Cities.
To promote PLAY at city level means to
foster the **social inclusion, healthy lifestyles & Sustainability, Cultural mediation, place-making & economic prosperity.**



OPEN FOR PLAY



Opportunistic Tactical Urbanism / Play Street



Play as a lever to engage

18th EUROPEAN WEEK of
REGIONS and CITIES

05>09 OCTOBER 2020 12>16 OCTOBER 2020 19>22 OCTOBER 2020

Playful PLACEMAKING

- The River Lee as a Play Space



CREATING A UNIVERSAL VISION FOR PUBLIC
SPACES ACROSS CORK CITY

Placemaking Training

Weekly Workshops via Zoom & Field Work Activities
5 Tuesdays- June 23rd, 30th, July 7th, 12th & 21st - 4.30pm - 6.00pm

This training is FREE for anyone with an interest in activating
the River Lee and its surrounding amenities by using
Placemaking techniques and principles.

healthyireland@corksports.ie www.corksports.ie



Development Fund



European Committee
of the Regions



- 1 Beech
- 2 Weeping Willow
- 3 Spaeth's Alder
- 4 Spaeth's Alder
- 5 Poplar
- 6 Alder
- 7 Alder
- 8 Poplar
- 9 Spaeth's Alder
- 10 Ash
- 11 Poplar
- 12 Sweet Chestnut
- 13 Common Alder
- 14 Willow
- 15 Corkscrew Willow
- 16 Narrow-leaved Ash
- 17 Alder
- 18 Corkscrew Willow
- 19 Poplar Alba
- 20 Wild Service Sorbus
- 21 Common Alder
- 22 Ash
- 23 Willow Bay
- 24 Alder
- 25 Sweet Gum
- 26 Lime
- 27 Narrow-leaved Ash
- 28 Silver Birch
- 29 Alder
- 30 Acer
- 31 Alder
- 32 Alder



A B C What trees or plants would you like to see planted here? What can you imagine happening in this space? Find 'Green Spaces for Health' on facebook or twitter and share your vision with us!



Spaeth's Alder *Alnus x spaethii*: 3 4 9
Alder *Alnus*: 6 7 17 24 29 31 32
Common Alder *Alnus glutinosa*: 13 21

You see a lot of me in this park
 I am often found in soggy places and along river banks
 Insects, lichens and fungi love me,
 I give them somewhere to live
 In older times people put my leaves inside their boots to keep their feet cool so they could travel long.
 My timber has been used in building bridges and making canal sluices and Venice was built on my wood.

There are different types of me here in the park but if you look closely you will find we all have something in common. Can you see what it is?

Answer: Catkins and small cones. The cones contain my seed, some of them are already open, can you spot them?



Beech *Fagus sylvatica*: 1

My buds are pointy and zig and zag
 My leaves are silky with wavy edges,
 I can live for over two hundred years!
 And my wood can be used to make things.
 What am I?
 I'm a Beech



Willow Salicaceae *Salix*

There are different types of willows in this park.
 Can you spot our differences?
 Did you know I can relieve pain because my bark contains salicin which is an ingredient of aspirin.

My flowers are rich in nectar so bees and pollinating insects love me as do moths and butterflies. Caterpillars love to nibble my leaves.
 People weave my strong flexible shoots into living fences or sculptures, toys and baskets.
 I can absorb lots of water, that's why I love it here.
 I can grow really fast, several feet in a year.

Weeping Willow *Salix x sepulcralis*: 2

I love the full sun on all my drapes
 My branches droop towards the ground
 And the rain when it falls
 Trickle down my leaves
 So it looks as though I'm weeping



Bay Willow *Salix pentandra*: 23

My leaves look like those of the bay
 Long and green, that in autumn blow away
 Look at my trunk how big it is!
 How many of you, to hug me does it take?



Poplar *Populus*: 5 8

What great big leaves I have!
 Feel my leaf and look underneath
 Am I thin and leathery or soft and silky?
 See the flecks on my stem and how neat are my buds
 To really see me, stand back far and gaze
 See how tall I am as I reach for the sky



White Poplar *Populus alba*: 11 19

Some call me white poplar with my creamy trunk,
 Lean against me and look up towards the great blue,
 Hear my distant leaves rustle in the breeze



Ash *Fraxinus excelsior*: 10 22

Birds love my seeds and moths my leaves
 Under my canopy wildflowers grow and on my trunk you'll find lichens galore
 I am graceful and tall
 My bark is smooth
 Place your arms around me
 And I'll whisper to you,
 For over four hundred years I grow,
 So imagine the things that I know.



Narrow-leaved Ash *Fraxinus angustifolia*: 16 27

Touch softly the frilly lichens that live on my bark
 Be gentle, it takes time for these to grow
 Lichens love my bark, they do me no harm.
 Look closely and you will see my leaves are narrower than the common ash



Sweet Chestnut *Castanea sativa*: 12

Hey, how did I get here?
 I don't think I was planted, maybe I was or maybe I 'blew' in,
 I'm one of the youngest here
 watch out for me and see how I grow
 I can live for several hundred years you know
 Run your finger along my spine teeth leaves
 You think these are sharp?
 Wait until you see my chestnut husks in autumn!
 Now they are sharp.



Willow *Salix*: 14

Salix is another word for willow
 What a great hideaway lies here!



Wild Service *Sorbus torminalis*: 20

My buds are rounded and green like little peas
 I have flowers in summer for the insects
 And bees and berries in autumn for birds
 My bark is distinctive and cracks into plates
 Place your hand along it and feel what I mean



Lime Tree *Tilia cordata*: 26

I am the Lime, or Tilia or Linden
 Legends abound from my past
 While my sisters line the promenade
 I like it here in the quiet Holland Park
 Bees smell my nectar miles away
 And aphids delight on my honeydew
 See how my leaf is shaped like a heart
 Feel this heart in your hand
 As you look up to the sky
 Through all my fluttering hearts
 Dizzy on a clear sunny day



Silver Birch *Betula pendula*: 28

We are a stand of Birches
 Whispering in the wind
 How tall and graceful are we
 How delicate our leaves



Maple *Acer*: 30

My leaves are shaped a little like stars
 They sit on bright red stems
 See how the sunlight plays with them
 As their green fades to yellow, vermillion
 Then they float to the ground
 When that time is come
 For all things to fade away



Playful Parklets & Play Streets – Air Quality, Active

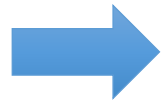


Freedom of the City

A creative consultation project that invited young people to inform the Cork City Development Plan.



Traditional Individual 'Health' Actions



'Healthy City' Actions



Global Health Actions



'Humanity can be stewarded successfully through the 21st century by addressing the unacceptable inequities in health and wealth within the environmental limits of the Earth, but this will require the generation of new knowledge, implementation of wise policies, decisive action, and inspirational leadership'.

Thank YOU

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