For Healthy Cities and Towns

by Engr Mohammad Mofazzal Hoque

OVER the years, the world has seen a phenomenal growth in urban population. The people living in the cities in developing countries are being threatened by lack of food, safe water, shelter, education, employment, healthcare and civic facilities for waste disposal, drainage, sports and cultural activities.

Over crowding, hazardous working conditions, indoor and outdoor air pollution, unsafe food and chemical and radiation hazards add to the causes of degradation of the environment. Working lives are being shortened by crippling diseases, being chronically ill and exposed to poisonous and cancer-inducing substances.

A Healthy City should have all the sustainable qualities to facilitate development of physical, mental and social well-being in the society and should provide : a clean, safe physical environment of high quality (including housing quality); an eco-system that is stable now and sustainable in the long term; a strong, mutually supportive and non-exploitive community; a high degree of participation and control by the people over the decisions affecting their lives, health and well-being; the meeting of basic needs (for food, water, shelter, income, safety and work) for all the city people; access to a wide variety of experiences and resources, with the chance for a wide variety of contact, interactions and communication; a diverse, vital and innovative city economy; the encouragement to connect with the past, with the cultural and biological heritage of city-dwellers and with other groups and individuals; a form that is compatible with the enhances the preceding characteristics; an optimum level of appropriate public health and sick care services accessible to all; and high health status (high levels of positive health and low levels of disease).

The improvement the city environment and the health of its inhabitants demands an understanding of the city as a whole, how it works, how the different parts fit into the whole, where the infrastructure and basic service systems work, and where they do not. Solutions require collaborative efforts between people and their governments (local, regional, national), politicians, community organisations, and professionals. Virtually all sectors of government and business have an effect on health. The government has a particular responsibility to establish the legal and institutional structure to encourage healthy and sustainable development, using various types of incentives and disincentives.

Consideration of health requirements must be an integral part of urban development. The Healthy City concept is based on four foundation stones.

The World Health Organisation Definition of Health : In its founding constitution of 1948, the WHO defines health "..... a state of complete physical, social and mental well-being and not merely the absence of disease or infirmity."

The words "a state of complete well-being" are the most important part of the definition and crucial to understanding what Healthy Cities are all about. That health is a state of well-being indicates that health is not an activity (e.g. providing healthcare, of having employment or exercising), rather it is the outcome of all the activities which make up the lives of individuals, households, communities and cities. People are, therefore, more or less healthy according to the quality of their everyday lives — whether they have employment, adequate shelter, education, freedom from war and natural disaster, safe drinking water and sanitation, adequate social support in their oommunity and access to primary healthcare within their community and so on.

The Ottawa Charter: The second foundation stone of the project is the Ottawa Charter. The Charter is the product of an international conference on health promotion in Ottawa, Ontario, Canada 1986. It emphasises that policy decisions in sectors other that the healthcare sector make key contributions to health.

An important part of this Charter is that activities to produce health in the city must enable people to participate in the improvement of living conditions. Local people have an important part to play, both in the identification of priority actions and in their realisation. By being closely involved in all stages of improvement, local residents gain in two ways : through taking action they develop personal skills which makes them more responsible citizens, and secondly, they gain directly from the improvements which take place.

Experience all over the globe suggests that initiatives which fully support develop, harness and utilise the skills of local people have a much greater chance of lasting success than those which do not. In short if people are mobilised to have greater control over their lives, their health will improve.

Health for All : The third foundation stone of the project is the WHO Health for All by the Year 2000 strategy, launched in 1977. This strategy sets out 38 targets to be achieved towards a vision of the city as a place where people will live longer in good health while disease and illness are greatly reduced. The targets fall into three main groups :

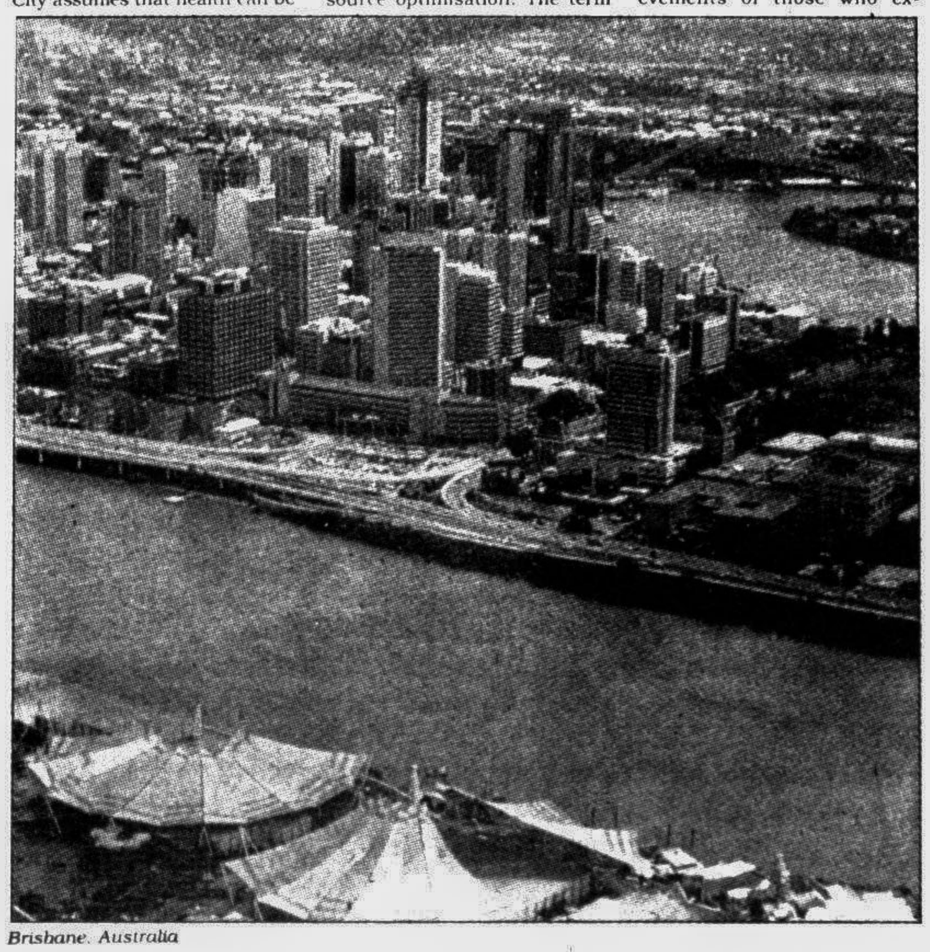
Targets 1-12 set out the reductions in specific diseases to be achieved by the year 2000 as well as reductions in inequality between advantaged and disadvantaged groups.

Targets 13-25 set out improvements to be achieved in living, working and environmental conditions and lifestyle.

Targets 26-38 set out required improvements in information systems, building awareness and infrastructure for health.

Cities Themselves : The final cornerstone of the project is the cities themselves. The city, for the reasons outlined above is a good setting in which to improve health. It faces many problems associated with rapid urban growth: water supply, adequate sanitation, housing, education, pollution and solid waste management; there are poor and marginalised groups that lack access to basic health requirements such as, safe water and sanitation and education and to the social and economic opportunities of the city. It is municipal government which is often the most local form of government, with opportunity to form partnerships with community groups and work in co-operation with people in solving these problems.

Healthy City projects are based upon an explicit commitment to health recognising that health is a precious asset to the city, they affirm their commitment to health by making its promotion a policy priority of the major organisations in the city. The Healthy City assumes that health can be confirmed more effectively by the co-operative action of many players in the city.



Brisbane, Australia

Strategies for Healthy Cities Project

For successful implementation of the Healthy City Project the following strategies are the key elements :

Commitment to Health: Commitment of the government/local government and all development partners regarding health is a prerequisite to developing a healthy city. They should appreciate the holistic nature of health, recognising the interaction between its physical, mental, social and spiritual dimensions. It can be assumed that health status can be improved through cooperative efforts of all development partners and the community.

Political Decision-making : Political decision-making for Healthy Cities accelerates the coordination/cooperation of all the parties concerned for public health. Housing, environment, education, social service and other programmes of all development partners — national government, local governments, NGOs and individuals — have a major effect on the state of health in cities. Healthy Cities projects strengthen the contribution of such programmes to health by influencing the political decisions.

Inter-sectoral Action : Inter-sectoral collaboration is an important element for developing pragmatic plans and resource optimisation. The term "inter-sectoral action" describes the process through which organisations working outside the health sector modify their activities so that they contribute more to health. Healthy Cities projects create organisational mechanisms through which development partners come together to negotiate their contribution to such action.

Community Participation : For sustainability and to achieve desired output, community participation at all stages is essential. People participate in health through their lifestyle choices, their use of health services, their views on health issues and their work in community groups. Healthy Cities projects promote more active roles for people in all of these areas. They provide means by which people have a direct influence on project decisions and, through the project, on the activities of multi-sectoral city developers.

Innovation : Innovative attitudes in context of local situation helps in developing appropriate step. Promoting health and preventing disease through inter-sectoral action requires a constant search for new ideas and methods. The success of Healthy Cities projects depends upon their ability to create opportunities for innovation within a climate that supports change. Projects do this by spreading knowledge of innovative methods, creating incentives for innovation and recognising the achievements of those who experiment with new policies and programmes.

Information Exchange : Establishment of collaborative links with other cities helps in exchanging models of good practices. Lessons learnt can be tailored to the policies and implementation guidelines and strategies for better performance.

Healthy Public Policy : All the above strategies should lead to the targeted healthy public policy. The success of Healthy Cities projects is reflected in the degree to which policies that create settings for health are in effect throughout the city developers. Projects achieve their goals when homes, schools, workplaces and other parts of the urban environment become healthier settings in which to live.

Healthy City Project Formulation and Implementation

For the formulation of Healthy City Project plan and its implementation it requires the followings :

The Will to Change : The will to change in the leaders, the development partners and the community is a self evident condition of a Healthy City project. Without this the changes necessary to improve health status in the city is unlikely to take place. For carrying out the project the city's political, social and economic leaders should actively lead the project. Positive leadership gives the project the necessary momentum it needs to start moving towards innovative action.

A Coordination Council of the Development Partners : The Healthy City process involves the inter-sectoral approach. The first task therefore is to establish a partnership council of all development partners to guide the efforts of the project. Different cities do this in different ways, depending on local conditions, but typically a city will have all the sectors represented on its Coordination Council. This committee consists of local heads of each participating organisation. It meets regularly and ensures that agreed joint actions between partners are proceeding smoothly, reviews regular progress reports, assesses new project proposals and agrees action to solve any difficulties. It is therefore an important accountability mechanism.

The terms of reference for the Coordination Council usually include assessing current city health status and formulating a city health plan, developing practical solutions to health problems on a partnership basis and monitoring of progress on agreed actions.

Task Forces of the Functionaries : Task Force comprises of Functionaries of the participating organisations working in the same sector. The number of the task forces depends on the size of the city or the issues of concern of diverse nature warranting to be addressed.

The sectoral task forces study local problems raised by the zone committees at local levels and carry out situation analyses need assessment and develop plans/projects in the respective sectors for approval of the Coordination Council.

A Project Office : A project office with a coordinator is the key element. The project office supports the coordination council and task forces and acts as liaison body between different groups in the project and is the operational arm of the project.

The project office is responsible for : Ensuring that priorities and time scales set by the Coordination Council are met; ensuring that task force members are adequately supported in their project work, including the likely mailing of agendas and papers for task force and coordination council meetings; the development of the project, encouraging partners old and new to undertake the initiatives and inter-sectoral action necessary to create health in the City; the development of a local action programme of specific demonstration projects involving partnerships between the organisations and residents at the local level; building project capacity by organising appropriate training courses for relevant people; arranging seminars and conferences; coordinating publicity for the project; networking with other healthy cities; monitoring and evaluating activities; developing sources of information on health issues; and supporting working groups

The key role within the office belongs to the project coordinator. Successful coordinators have many different backgrounds and work experiences. Important qualities which the coordinator should have or be willing to develop include: communication, negotiation, leadership, a thorough understanding of the city and its operation and sensitivity towards the views of a wide range of individuals, groups and organisations.

Zone Committees: Zone committees comprise members from public, local leaders, social workers, teachers, professionals and field level workers. The committees put forward the problems to the respective task forces through the project office for planning necessary remedial measures.

A Municipal Health Plan: Having established the structures and mechanisms outlined above the Healthy City project develops a City Health Plan. The plan is developed by the project office with assistance from task forces, agreed by the Healthy City Coordination Council and requires action from all project partners. This plan makes up a comprehensive package for the city.

A preliminary draft or guidelines may be prepared by an external expert which may in turn be modified by the task forces based on exhaustive situation analyses.

The writer is National Field Programme Officer, WHO, Bangladesh.

Destruction of Shade Trees Threatens Tea Gardens

Fateh Osmani writes from Sylhet

THE lush green tea plantations on both sides of the highways, stretching across Sylhet, is a visitor's dream. But the spectacular panorama is fading away fast due to massive destruction of shade trees and it's not only the natural beauty which is at stake because of the depletion, endangered is also the tea industry itself.

The shade trees, grown scattered in tea plantations, provide shade and thus protect the young tea leaves from scorching sun.

Indiscriminate felling of shade trees is seriously harming young green leaves and plants. Planters are increasingly becoming concerned at the menace. They said the young tea plants were getting weak, soil was losing its moisture and leaves were being infected by various diseases due to lack of sufficient shade trees.

A tea plant usually lives for 50-60 years. But in gardens lacking adequate shade trees many young plants are being perished in a year or two due to absence of protection against sun-blaze.

A tea garden requires at least one shade three in every 25-50 square ft. But only a few can boast an ideal situation. In most gardens, shade trees are thinly dispersed. Even a vast expanse of plantation area, in many of the gardens, is found devoid of trees.

"The tress are as vital to the garden as they are to the ecology. You will never be able to recover the loss once you have cut them, "said Mr. Zafrullah Chowdhury, Managing Director of Lakkatura Tea Garden, an enterprise of National Tea Company. Young leaves of tea plants are normally invaded by a killer insect "Red Spider" if not grown up under shade trees, he said. The green leaves turn in to red due to pest attack which ultimately leads to their extinction, Chowdhury added.

Many expressed concern that the mass destruction of shade trees might affect the ecological pattern in the region. The level of rainfall may drop, so the output, since adequate rainfall is essential for tea plantation.

Insiders said, unscrupulous employees and voracious loggers go hand in hand in extracting of the trees in tea plantation areas. According to industry sources, there are about 158 tea gardens in the country on 112,211 hectares of land. Among the gardens, 95 are of class one categories, 26 medium class and the rest are sick. Each of the gardens is surrounded by a huge number of saw mills. About 100 saw mills were set up around the Lakkatura Tea Garden alone. Every night a good number of trees are being lifted from the tea gardens across greater Sylhet.

Plantation workers themselves are sometimes responsible. Failing to run their families with scantly income, some of the workers get involved in the pilferage. Sometimes, poor workers extract trees for their fuel needs. For example, there are about 1,500 workers in Lakkatura tea garden and they live in garden colonies. The workers, mostly ill paid, cannot afford to buy kerosene or fuel-wood in the market and, therefore, use leaves and branches of the shade trees. "What else can we use for cooking?" said Shaibalini, a female worker of the garden.

- News Network.

The Daily Star Entertainment Guide

Monday 6th May
(All programmes are in local time. We recommend programmes printed in bold. There may be changes in the programmes).

BTV

3:00 Opening Announcement Al Quran Programme Summary 3:10 Recitation From the Bible 3:15 Cartoon Film : Macron 3:45 Drama series: Retelecast of Selected Dramas 4:00 News in Bangla 4:45 Eshb Gan Shikhi : Children's Musical Programme 5:00 News in Bangla 5:25 Nazrul Songs 5:50 Sports Programme 6:00 News in Bangla 6:30 Tarunnya : Youngmen's Magazine Programme 7:00 The News 7:05 Open University 7:25 Antare Antare: Musical programme 8:00 News in Bangla 8:40 Package Drama 10:00 News in English 10:30 Shasthatatha : Health Programme 10:35 Janomat : Family Planning Programme 10:55 Comedy series: Coach 11:30 News in Bangla 11:35 Tuesday's programme 11:40 Close down

BBC

6:00 BBC World Newsroom inc. World Business Report/ Asia Today/24 Hours 9:00 BBC World Headlines 9:05 The Money Programme 10:00 BBC Newsday 1:00pm BBC World News 1:15 The Money Programme 2:00 BBC World News 2:30 Time Out : Top Gear 3:00 BBC World News 3:30 Time Out : Madhur Jafferey's Far Eastern Cookery 4:00 BBC Newsdesk 6:00 BBC News Headlines 6:05 Correspondent 7:00 BBC World News 7:15 World Business Report 7:30 BBC Newshour Asia & Pacific 8:30 Time Out : Nature 9:00 BBC World News 9:15 The Money Programme 10:00 BBC World News 10:30 Time Out : Tomorrow's World 11:00 The World Today 1:00 BBC World Headlines 1:05 The Money Programme 1:50 Earth Report 2:00 BBC World News 2:30 Time Out : Holiday 3:00 BBC World Report inc. World

CHANNEL V

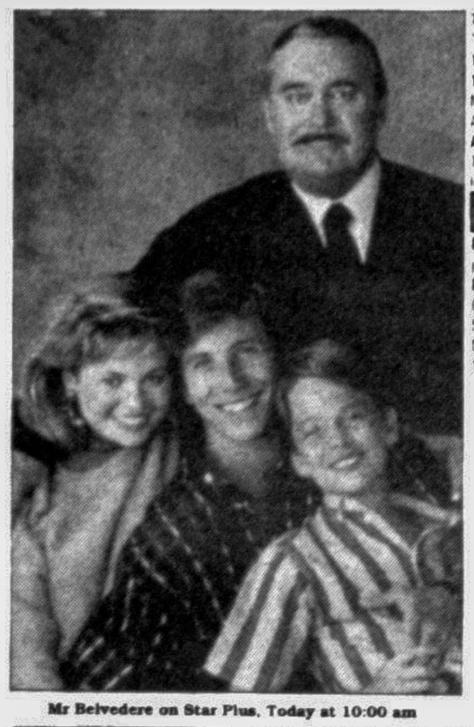
7:00 Rewind VJ Sophiya 8:00 Jump Start VJ Trey 10:00 Frame by Frame 12:00noon The Vibe VJ Luke 1:00 By Demand VJ Trey 2:00 Rewind VJ Sophiya 3:00 Big Bang VJ Alessandra 4:30 By Demand VJ Trey 5:30 Rewind VJ Sophiya 6:30 The Vibe VJ Luke 7:30 First Day First Show 8:00 Lunchpad 9:00 BPL Oye! 10:00 Big Bang VJ Alessandra 10:30 First Day First Show 11:00 Rewind VJ Sophiya 12:00mn Music Master Bos Shoof 12:30 Haysan 2:00 By Demand VJ Trey 3:00 Frame by Frame

STAR PLUS

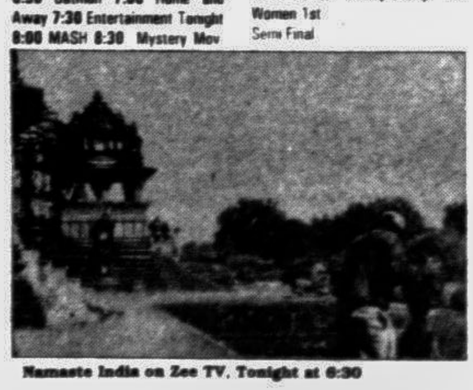
6:30 Transformers 7:00 Teenage Mutant Ninja Turtles 7:30 G.I Joe 8:00 The Dinky-Di's 8:30 The Wind In The Willows 9:00 Aerobics Oz Style 9:30 Nanny and the Professor 10:00 The Belvedere 10:30 Mollie Katzen's Cooking Show 11:00 Videofashion : Model TV – Vol 1 No 1 11:30 Gabrielle 12:30 Santa Barbara 1:30 The Bold & The Beautiful 2:00 The Oprah Winfrey Show 3:00 Remington Steele 4:00 Mollie Kazen's Cooking Show 4:30 Videofashion : Model TV – Vol 1 No 1 5:00 Teenage Mutant Ninja Turtles 5:30 New Lassie 6:00 The Adventures Of the Black Stallion 6:30 Batman 7:00 Home and Away 7:30 Entertainment Tonight 8:00 MASH 8:30 Mystery Movies Hotel Kendell Strawberry Tree 10:30 The Bold & The Beautiful 11:00 Santa Barbara 12:00mn Hard Copy 12:30 Hearts Afire 1:00 Grace Under Fire 1:30 Barnaby Jones 2:30 Entertainment Tonight 3:00 The Oprah Winfrey Show 4:00 Hard Copy 4:30 Home and Away 5:00 The Sylvans 5:30 Grbelle

STAR Sports

6:00am High 5 III 6:30 Inside PGA Tour 7:00 German Football League Hits 7:30 Trans World Sport 8:30 ATP Tour XL Bermuda Open From Bermuda 1st Semi Final 10:30 English Cricket The One Day Game AXA Equity & Law Sunday League Kent v Lancashire 3:30 World's Strongest Man 1995 4:00 Asia Sport Show 4:30 1996 ABC Junior Championship For Women 1st Semi Final 6:00 US PGA Tour 199 KMart Greater Greensboro Open Hil. 7:00 Trans World Sport 8:00 Marlboro League '96 Chinese National Football League Shanghai v Shenzhen @ Shanghai 10:00 PGA Tour Action 11:00 Formula Asia Rounds 3 & 4 Shah Alam, Malaysia 12:00 Prime Boxing 2:00 The Kick Boxing 3:00 Marlboro League '96 Chinese National Football League Shanghai v Shenzhen @ Shanghai 5:00 UK 18 FT Skiffs Grand Prix 5:30 1996 ABC Junior Championship For Women 1st Semi Final



Mr Belvedere on Star Plus, Today at 10:00 am



Namaste India on Zee TV, Tonight at 6:30

STAR MOVIES

7:30 [illegible] 18 (Arabic Subtitles) 9:30 Fall Where The Red Fern Grows PG (Arabic Subtitles) 11:30 Western The Broken Land PG (Hindi Subtitles) 12:30 Family The Emperor's New Clothes (Hindi Subtitles) 1:30 Comedy Home Front 15 (Hindi Subtitles) 3:30 Adventure Teenage Mutant Ninja Turtles III PG (Hindi Subtitles) 5:30 Comedy Don't Lose Your Head 15 (Hindi Subtitles) 7:30 Film Fiction The Three Musketeers 12 (Hindi Subtitles) 9:30 Cannes A French Affair (Hindi Subtitles) 10:30 Comedy Friday (Hindi Subtitles) 11:30 Cannes Classics/World Cinema The White Balloon PG (Arabic Subtitles) 1:30 Action Across The Tracks 18 (Arabic Subtitles) 3:30 Horror Bluebeard 18 (Arabic Subtitles) 5:30 Thriller Prey Of The Chameleon 18 (Arabic Subtitles)

ZEE TV

5:30am Infotainment (TMM) 6:00 News 6:30 Jagran 7:00 ZED Naya A To Z 7:30 ZED Networking 8:00 ZED Naya A To Z 8:30 Dream Merchants 9:00 Hum Zameen 9:30 Gaane Anjaane 10:00 Zaike Ka Safar 10:30 Sailab 11:00 Daak Ghar 11:30 Gopalee 12:00 Mano Ya Na Mano 12:30 TBA (to be announced) 1:00 ZED Chota Byte 1:30 Asian Sky Shop 2:30 Tara 3:00 Filmi Chakkar 3:30 Mere Ghar Ana Zindagi 4:00 TBA 4:30 Vimal Naye Tarane 5:00 ZED Chota Byte 5:30 Akbar Birbal 6:00 Cartoon 6:30 Namaste India 7:00 ZED 7:30 Gaane Anjaane 8:00 TMKB 8:30 Shaney [illegible] 9:15 Saregama 9:30 Campus 10:00 Daraar 10:30 The News 10:50 Business Roundup 11:00 No Problem 11:30 Close Up Antakshari 12:00 Tara 12:30 Andaz 1:00 9 Malabar Hills 1:30 Tumhare Liye 2:00 FLU 2:30 Infotainment (TMM)

PTV

8:00 am Tdawat Aur Tarjama/Hamd/Naat 8:20 Cartoon 8:30 Khabram 8:45 Abb Pata Challa 9:05 Khat Farmaish 9:20 Sargam Sargam 9:45 Ilaay Bill Gaza Pakistan 10:05 Shab Dayr 10:35 English Film Goof Troop 10:55 Milli Naghma 11:00 Khabram 11:10 The Saint (Roger Moor) 12:00 Shama (Drama Serial) 12:55pm Quran-e-Hakeem 1:02 Bismillah 1:15 Angaa (Drama Serial) 2:00 Shehrad (Drama Serial) 2:50 The Face Of Cultural 3:15 Roushni 3:30 Paimaney 4:00 Ghardari 4:35 Biology for 10th/Geography/Chemstry 5:55 Inter College Quiz 6:25 Aiou Courses 7:00 Taranum (Drama Serial) 7:45 English News 8:00 Potluck 8:20 Ali Baba 8:45 Tum Se Kahan Tha (Serial) 9:00 Break for Headline News 10:00 Khabarnama 11:15 Classics Drama Serial: Janglee 12:20 [illegible] 1:06 [illegible] Khas Aur Jokar 7:30 Mere Message Meri Geet 8:00 Surf Wheel Of Fortune 8:30 Taak Jhaank 9:00 [illegible] Tamasa Dekh 9:30 Yeh Sach Nahi Ho Sakti 10:00 Zamane Badal Gaye 10:30 Cine Prime Hindi Feature Film 1:30 Mere Message Meri Geet 2:00 Yeaklon Ki Barat

SONY ET

9:30am Yaadon Ki Baarat 9:00 The Three Stooges 9:30 Dennis The Menace 10:00 I Dream Of Jeanne 10:30 Raja Rani Aur Jokar 11:00 Suhday Ki Sunday (Serial) 11:30 Cine Matinee-Hindi Feature Film 2:30 Siddhi 3:00 Sunday Ki Sunday (Serial) 3:30 Mere Message Meri Geet 4:00 Surf Wheel Of Fortune (Game Show) 4:30 The Rasoi Show 5:00 The World Cup Countdown Cricket 5:30 The Three Stooges 6:00 Dennis The Menace 6:30 I Dream of Jeanne 7:00 [illegible] Aur Jokar 7:30 Mere Message Meri Geet 8:00 Surf Wheel Of Fortune 8:30 Taak Jhaank 9:00 [illegible] Tamasa Dekh 9:30 Yeh Sach Nahi Ho Sakti 10:00 Zamane Badal Gaye 10:30 Cine Prime Hindi Feature Film 1:30 Mere Message Meri Geet 2:00 Yeaklon Ki Barat

DD 7

8:10 Puratani Gaan 8:20 Binodon 8:25 Classical Music 8:30 Dik Darshan (Serial) 9:00 Janani (New Drama Serial) 9:30 Saptahiki 10:00 Shastriya Sangeet 10:30 Parikrama 11:00 Ghare Baire 12:30 Ek Silpi Onek Gaan 1.00 Janani (New Drama Serial 1:30 Bengali Movie Club Film Show : Ghare More Saro 5:05 Nepali Programme 5:30 News 5:35 Desh Bidesher Khela 6:00 Pali Katha : TV Report 6:30 Daibaddha 6:55 Troyee 7:30 Bangla Sambad 7:55 Dinndan 8:00 Dik Darshan 9:00 Pracheer 9.30 Ghare Baire 10:00 Bengali Movie Club Film Show

EL TV

00:30am Dance Dance 01:00 Best Of The Best 02:00 Tarane Aur Fasane 03:00 Music Time 04:00 Ched Chad 05:00 Tarane 06:00 Dance Dance 07:00 Best Of The Best 08:00 Tarane Aur Fasane 09:00 Music Time 10:00 Tarannum 10:30 Kal Bhi Aaj Bhi 11:00 Teri Bhi Chup 11:30 WW Amar Prem 12:00md R D Burman Special 1:00 Rekha Special 2:00 Jeetendra Special 3:00 Shatrang 3:30 V3 4:00 Navras 4:30 Real Countdown 5:00 Teen Do Paanch 5:30 Dharmendra Special 6:30 Mohd Rafi Special 7:30 Anaw 8:00 Top Of The Tops 8:30 ZB Dance Mania 9:00 Sorry Meri Lorry 9:30 Karz 10:00 F Chalo Cinema 10:30 Newsline 11:00 Mohd Rafi Special 12:00 Dance Dance

TOM and JERRY

James Bond

BY IAN FLEMING
DRAWING BY HORAK