



Day 2 of #EUPHW

31 Items

Heathy environments make healthy people (14 May)

The second day of the European Public Health WEEK was all about healthy environments. This involves urban health, clean air, green and blue zones, water and sanitation, safe roads and healthy communities.

We started with a conference in Iceland about chemical exposure: the child's first 1000 days.



Umhverfisstofnun 14.5.19 Grand h6tel

YouTube

Uploaded by Grand H6tel on 2019-05-14.

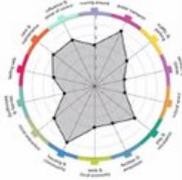
There was also a webinar bringing together experts from Scotland, Germany and the Netherlands to discuss the determinants of health using the Place Standard Tool.

Facebook LIVE on Facebook

Place Standard: what is it?

Place Standard – How Good is Our Place?

- An simple, free, easy-to-use assessment tool to evaluate the quality of a place
- It can evaluate places that are well-established, undergoing change, or still being planned – at a range of scales: local to regional
- Developed based on evidence of the positive role that place plays in reducing inequalities
- 14 simple questions: physical, social & economic characteristics of place affecting **health & wellbeing**
- Can be undertaken by communities and/or professionals, individually or in groups
- Structures conversations on key issues and provides a graphic summary output & rich qualitative data




 **EUPHA**
@EUPHActs



What is the @Placestandard tool? Little teaser below, but you should watch online to find out more :)
facebook.com/events/3510881... #EUPHW
 @PHMRsection

♥ 1 9:16 AM - May 14, 2019

[See EUPHA's other Tweets](#)

You can watch the full webinar here:

Having a voice in decision-making and feeling empowered to make changes can help build stronger communities and safer places. Having the sense of control can make people feel positive about their lives.

Places that are well-cared for can make us feel positive, while those that are not looked after properly can have the opposite effect. Having proper maintenance arrangements in place, and ways in which residents can get support when needed, allows people to feel positive about their environment.

How safe a place feels affects people's wellbeing and how much time they spend there. Good design, maintenance and safety features can make places feel safer and more enjoyable.

How people feel about a place can be influenced by many factors, including how a place looks, how other people view the place, and the place's culture and history. Places with a positive identity and where people feel they belong can help build strong communities.

Feeling isolated can be damaging to our health and wellbeing. Good places provide a variety of spaces to meet and spend time with others.

The housing offer can determine who lives in an area and how a place looks and feels. Good places have a well-integrated mix of quality, sustainable homes that support a range of household types and people of different ages and incomes. Places that promote and encourage life-long living.

Walking and cycling are good for both our health and the environment. The design and layout of a place can encourage walking and cycling by providing safe and pleasant routes that can connect people to where they want to go.

Access to affordable, reliable and well-connected public transport services is good for communities in any place. Good public transport allows people to get around in a sustainable way which in turn is good for the environment.

Places that are dominated by traffic and parked cars can have a negative impact on our daily lives. Appropriate arrangements for traffic and parking that allow people to move around safely can help to get the most out of a place.

Green spaces, parks, gardens, greenways, rivers and streams can all help to create a more attractive place that people want to live in. Green spaces can also help to improve air quality and reduce noise.

Nature space includes a wide variety of different environments, from parks, woodlands, fields, streams and rivers to green space alongside paths and roadsides and tree-lined streets. These spaces are good for wildlife, can improve air quality and benefit our health and wellbeing.

Good places encourage children to play and adults to enjoy leisure and sporting activities. Opportunities for play and recreation can improve the quality of our lives and our health.

Facilities and amenities are the things we need to live and enjoy life. This can include local shops, schools, nurseries, libraries, GP's and places to eat and drink and meet friends. Access to good quality facilities and amenities is important in supporting people to live healthy, fulfilling lives.

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[Learn More](#)

The Place Standard Tool webinar is now live!

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Meanwhile, in the rest of Europe...



Giuseppina Lo Moro

@LoMoroGiusy



[#EUPHW](#) Day2: Healthy environments. 2°challenge of [#5Steps4HealthLife](#): Use reusable water bottles and washable mugs! Follow the campaign and send us your pics on [facebook.com/igieneunito/](https://www.facebook.com/igieneunito/)!

I'm always ready thanks to [@EuroNetMRPH](#) bottle!

[#EUPHWita](#)[@EUPHActs](#) [@EUPHAnxt](#)

♡ 2 6:58 AM - May 14, 2019

[See Giuseppina Lo Moro's other Tweets](#)





CHAIN NTNU
@CHAIN_NTNU



#EUPHW - Healthy environments make healthy people
Research from the Faroe Islands is shedding light on how
our environment shapes our health starting early in life
and the developmental origins of health and disease
[@EUPHActs](#) [@EUPHANxt](#) blog.medisin.ntnu.no/how-environmen...

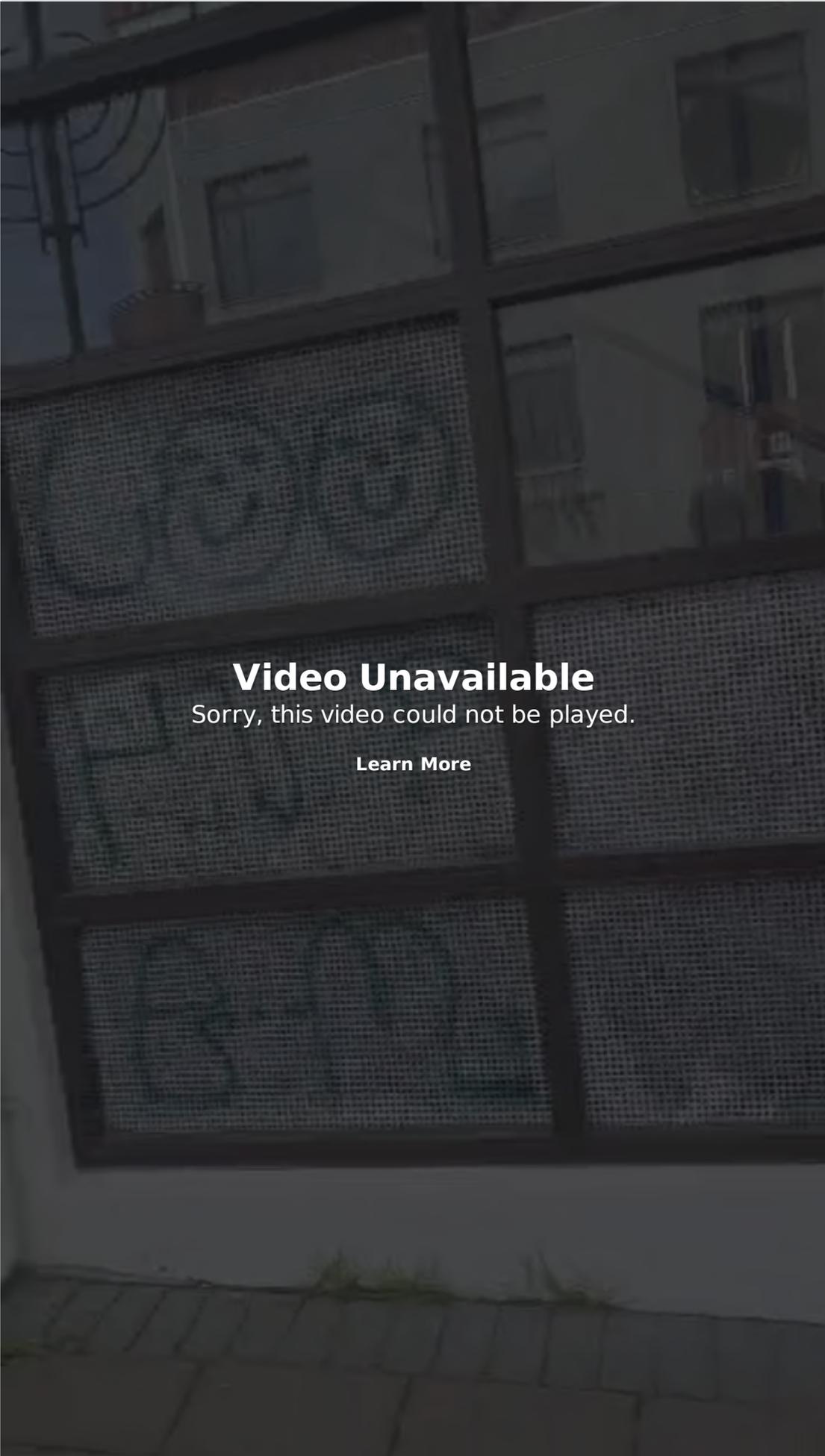
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[See CHAIN NTNU's other Tweets](#)



In Croatia, there was time to discuss the pollen calendar, allergenic plants and items that although generally used are harmful to the environment and to our health (such as those containing bisphenol A, phthalates, and parabens).

And again in Iceland, the TravAble app was out and about registering accessible places and services around Reykjavik!



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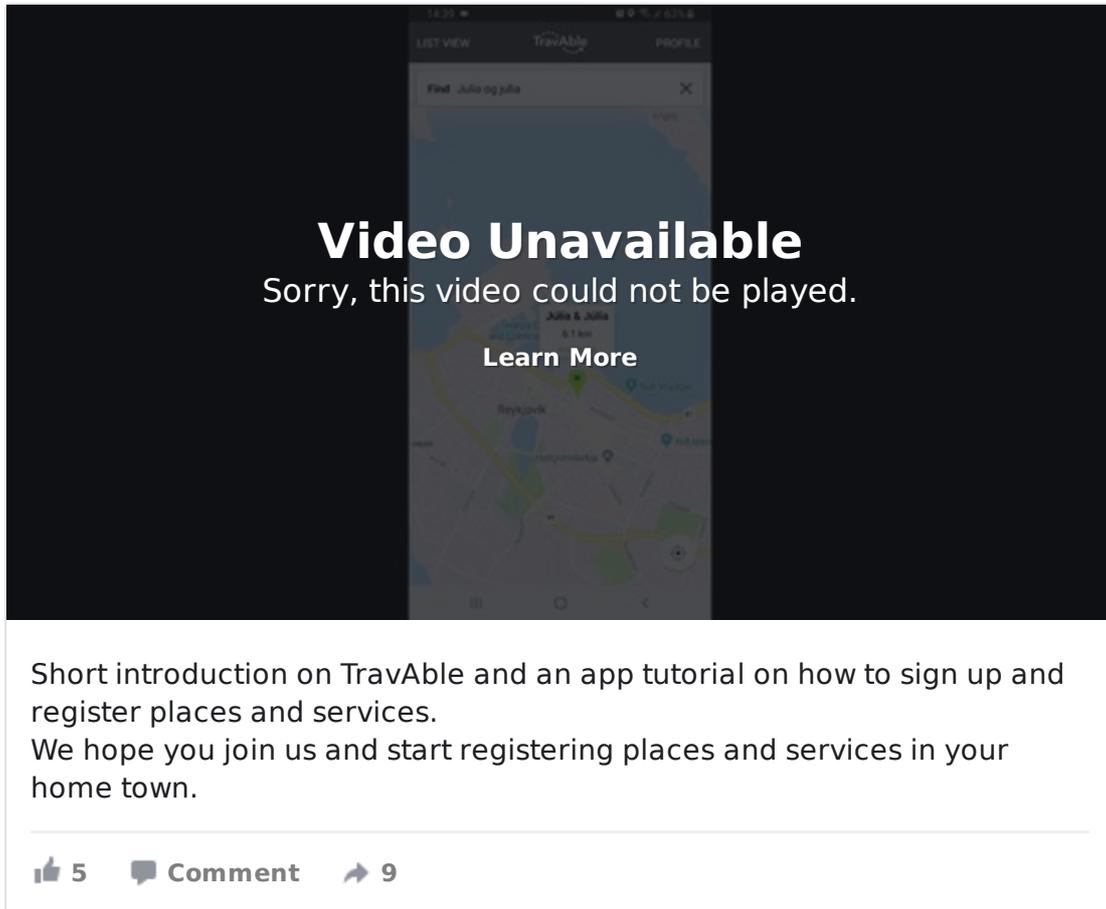
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[Learn More](#)

Travable live registering accessible places and services in Reykjavik. Learn how to use the app to register places in your home town [#EUPHW](#) [#EUPHWTRAVABLE](#)

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Did this make you curious? Download the TravAble app and let us know how accessible the area around you is.



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[Learn More](#)

Short introduction on TravAble and an app tutorial on how to sign up and register places and services.
We hope you join us and start registering places and services in your home town.

👍 5 💬 Comment ➦ 9

What's the evidence for the health benefits of improving the environment? This brief lecture from Dr Tracey Farragher, Lecturer in Healthcare Sciences at the University of Manchester explains:

Thank You and Further Information

EUPHA MANCHESTER
The University of Manchester

"Healthy environments make healthy people"

The subthemes of this day are: Urban health; air pollution; green zones; blue zones; water and sanitation; road infrastructure; and healthy communities

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[http://www.euphw.com](#) **Learn More**

Division of Population Health, Health Services Research & Primary Care
I3HS Hub is a multidisciplinary project to promote teaching and research across disciplines for population health benefit through data sciences @i3hsH
<http://www.euphw.com> / <http://www.i3hs.com> @TFarragher



Day 2: Environment 7

What's the evidence for the health benefits of improving the environment? Dr Tracey Farragher, Lecturer in Healthcare Sciences at [The University of Manchester](#) explains:
#EUPHW

👍 3 💬 Comment ➡ 1

Our partners also made a lot of noise about the importance of clean air:

AIR POLLUTION – THE SILENT KILLER

Every year, around **7 MILLION DEATHS** are due to exposure from both outdoor and household air pollution.

Air pollution is a major environmental risk to health. By reducing air pollution levels, countries can reduce:

-  **Stroke**
-  **Heart disease**
-  **Lung cancer, and both chronic and acute respiratory diseases, including asthma**

REGIONAL ESTIMATES ACCORDING TO WHO REGIONAL GROUPINGS:



CLEAN AIR FOR HEALTH

#AirPollution



WHO Ukraine ✓
@WHOUkraine



-#AirPollution is responsible for nearly 500,000 premature deaths in the WHO European Region. Reducing air pollution would also contribute to lowering heart and lung diseases. #HealthyCities #EUPHW

3:58 PM - May 14, 2019

See WHO Ukraine's other Tweets



WHAT ARE THE SOURCES OF AIR POLLUTION?

Outdoor air pollution affects urban and rural areas and is caused by multiple factors:



Countries cannot tackle air pollution alone.
It is a global challenge we must all combat together.

CLEAN AIR FOR HEALTH

#AirPollution



Breast Cancer UK

@BreastCancer_UK



Day 2 of #EUPHW - Healthy Environments. The air we breathe has a tremendous impact on our health, with recent studies linking air pollution to an increased risk of breast cancer. Our message to policy makers is simple, healthy environments make healthy people.

♡ 4 3:36 PM - May 14, 2019

[See Breast Cancer UK's other Tweets](#)





GHMe

@GHMentorships



Urban areas are often unhealthy places to live. They are characterized by heavy traffic, pollution, noise, violence and social isolation for elderly people and young families. Let's advocate to make our environments healthy and livable again! [#GHMe](#) [#EUPHW](#) [#SDGs](#) [#Goal11](#)

♡ 9 2:49 PM - May 14, 2019

[See GHMe's other Tweets](#)





Swiss TPH
@SwissTPH



European Public Health Week is happening now! For today's theme, Healthy Environments 🌳, Prof. Nino Künzli of @SwissTPH speaks about #airpollution, which is a major cause of #disease and premature deaths. Read his article with @bafuCH to learn more: bit.ly/2LG2GnC #EUPHW

♡ 6 10:55 AM - May 14, 2019

 See Swiss TPH's other Tweets





Susanne Ingmansson @sus_ingmansson · 15h



Replying to @sus_ingmansson

Final remarks by Loic Viatte, counsellor for environment
@SwedeninEU: importance of monitoring & publishing
opendata, finding spots to measure air quality,
communication btw different levels is key, awareness
raising also powerful tool to influence politicians for future
actions.



Zoltán MassayKosubek 🇪🇺 🇮🇪

@EU_ZMK

Thanks for the opportunity to present the health impacts
& 60-80 bn €/year health related costs of transport
pollution in the EU. EU (eg. #dieselgate) and city level
(eg. #dieselbans) action are needed. Nice memory
attached. #CleanAir4Health #EUGreenWeek #EUPHW
@EUROCITIEStweet pic.twitter.com/mS7cvadghQ

♡ 4 7:12 PM - May 14, 2019



See Zoltán MassayKosubek  's other Tweets

Did you know air pollution has been associated with child behavior problems, neurodegenerative disease, worse mental health, dementia, and stroke? Here's a short video from ISGlobal, the Barcelona Institute for Global Health:



#CitiesWeWant: A Better Transport for a Better Air Quality

 YouTube

The means of transport that we choose affects the quality of the air we breathe and, in consequence, our health. This is why ISGlobal researcher David Rojas encourages us to bet on a healthy mobility. This video is part of the monograph "5 Keys to Healthier Cities".



EPHA
@EPHA_EU



Dirty air is killing us and its time for change. During the first European Public Health Week let's tell politicians they must respect the strong European limits to protect our right to breathe clean air.

cleanair4health.eu #CleanAir4Health #EUPHW
#EU4health

♥ 10 9:47 AM - May 14, 2019



cleanair4health

HELP US RAISE AWARENESS.

cleanair4health.eu

 [See EPHA's other Tweets](#)



...and not forgetting that the EU Elections are only a few days away.



Health and Environment Alliance @HealthandEnv · 20h

Day two of the first-ever European Public Health Week (#EUPHW)! Today we are putting a spotlight on the upcoming European elections.

Join the conversation online and let us know why you are voting in the #EUElections2019!



Health and Environment Alliance

@HealthandEnv

Preventing environmental pollution can save lives and reduce the toll of diseases.



In the #EUElections2019, vote for a healthy planet for healthy people: bit.ly/2vLaQjH #EUPHW pic.twitter.com/3oSyOO30Bq

♡ 1 10:29 AM - May 14, 2019



See Health and Environment Alliance's other Tweets



In Ireland, the focus was on making sure that children have healthy environments to play and grow in.



Healthy Waterford

@HealthWaterford



@CorkHealthyCity creating child friendly play opportunities encouraging participation and social connections within communities and cities @HSELive @HealthyIreland @WHO_Europe_HCN @CByrneTD @publichealthie @WaterfordLSP #designforhealth #EUPHW

♡ 4 2:04 PM - May 14, 2019

 See Healthy Waterford's other Tweets





Staff of the National School of Public Health in Portugal make use of the outside green spaces to make some stretches on a sunny day.

Go out and do your own stretches in a green area and get ready for day 3 of #EUPHW!

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