Tools for Action: Moving Towards healthier cities

Panelists:

Yih Yng Ng, Singapore Civil Defence Force – My Responder App
Manuel Arango, Canadian Heart and Stroke Foundation
Li Choo Kwek-Perroy, Manulife
Fausto Pinto, European Society of Cardiology

Moderators:

Fiona Bull, World Health Organization
Clara Chow, The George Institute and University of Sydney
Presentations from four speakers:

• My responder app – the Uber for CPR
• Food environment and policy a case study from Canada
• Health insurance and mobilising members with incentives and wearables
• Case studies of city interventions/ community based interventions
Recommended actions:

- **Use case studies**
  - E.g. showing successful changes of the built environment and improving health or rapidly changing environments that have been detrimental to health (Beijing)
  - E.g. to demonstrate emerging trends & utility of e/mhealth tools impacting on behaviours, incentivise behaviours, mobilise communities around health

- **Join efforts to support developing and implementing**
  - ‘Active travel policy’ (walking, cycling, public transport)
  - ‘Healthy cities’ where this includes policy measures that aim to improve the built, food, social and policy environment. Multiple initiatives are underway e.g. Bloomberg 50 city partnership
  - ‘Food policy’ – e.g. restricting marketing, labelling, taxation

- **Support research on health outcomes and how to implement healthy city policies**