

*Presidenza del Consiglio dei Ministri*



**OUR CITIES, OUR HEALTH,  
OUR FUTURE: ACTING ON  
SOCIAL DETERMINANTS FOR  
HEALTH IN URBAN SETTINGS**

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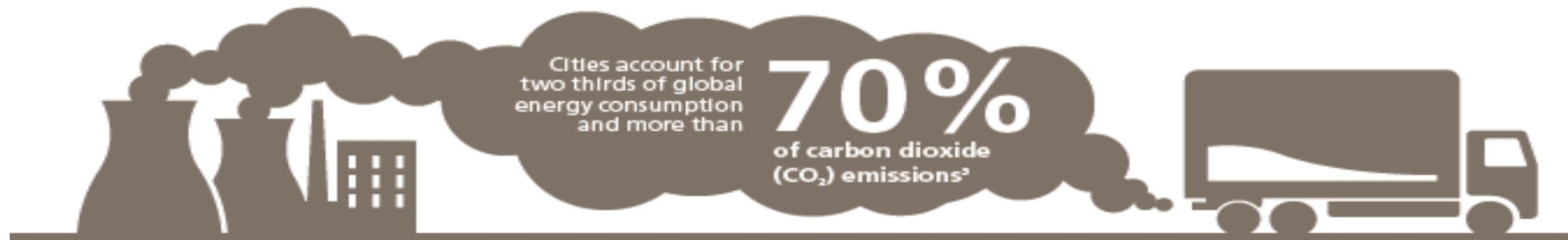
# Health City Institute

**Health City Institute** is an **independent no profit think tank** that aims at facing issues related to healthy determinants in cities, in order to lead Italy involvement both in international and national initiatives on this domain.

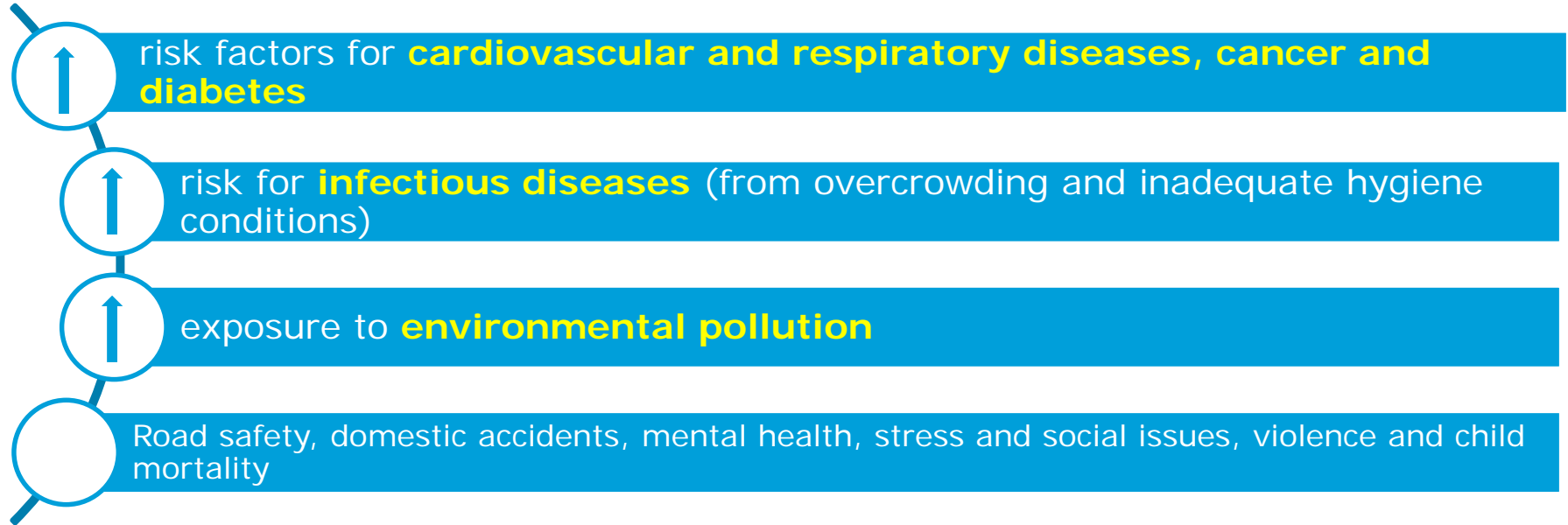
A **permanent debate**, thus giving cities the opportunity to encourage people adopting healthy lifestyles. **that turns ideas and reflections on data into concrete policy proposals**

The **Think Tank** set up a **Board of Experts from different backgrounds** across various disciplines that will implement the **Manifesto for Urban Health in Italy**.



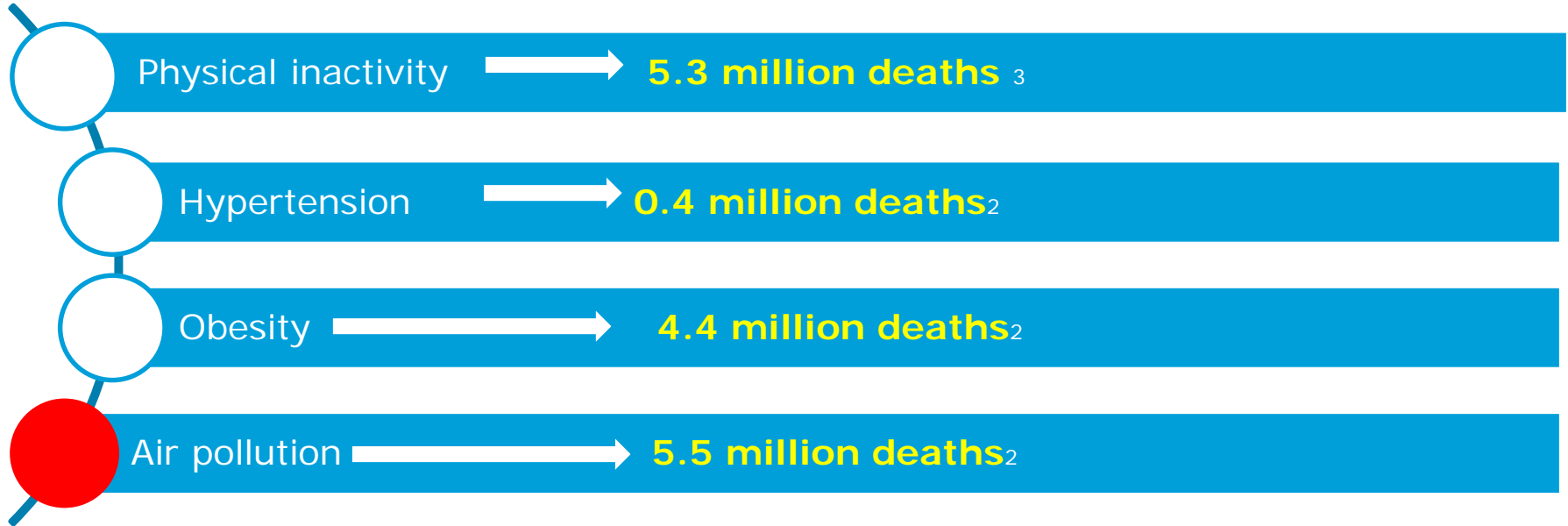


# WHY URBAN HEALTH MATTERS?



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2/3 OF THE GLOBAL BURDEN OF DISEASES ARE ATTRIBUTABLE TO BEHAVIOUR  
1/3 TO AIR POLLUTION <sup>1</sup>



<sup>1</sup> Feigin VL et al. Global burden of stroke and risk factors in 188 countries during 1990-2013: a systematic analysis for the Global Burden of Disease Study 2013. *Lancet Neurol* 2016; 15:913-24

<sup>2</sup> GBD 2013 Risk Factors Collaborators et al. Global, regional and national comparative risk assessment of 79 behavioural, environmental and occupational, and metabolic risks or clusters of risks in 188 countries, 1990-2013: a systematic analysis for the Global Burden of Disease Study 2013. *Lancet* 2015; 386:2287-323.

<sup>3</sup> Lee IM et al. Effect of physical inactivity on major non-communicable diseases worldwide: an analysis of burden of disease and life expectancy. *Lancet* 2012; 380:219-29

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## Economic impact

**Physical inactivity:** costs \$ **67.5 billion** in 2013 (between health expenditure and loss of productivity) <sup>1</sup>

**Diabetes:** health expenditure increased in **2014 from 612 to 1099 billion dollars** <sup>2</sup>

**Non-optimal blood pressure:** costs about **100 billion dollars** annually <sup>3</sup>

**Air pollution:** estimate of health expenditure **21 billion dollars** in 2015 <sup>4</sup>



<sup>1</sup> Ding D et al. The economic burden of physical inactivity: a global analysis of major non-communicable diseases. *Lancet* 2016; published online July 27.

<sup>2</sup> da Rocha FJ et al. IDF Diabetes Atlas estimates of 2014 global health expenditures on diabetes. *Diabetes Res Clin Pract* 2016; 117:48-54.

<sup>3</sup> Gaziano TA et al. The global cost of nonoptimal blood pressure. *J Hypertens* 2009; 27:1472-77

<sup>4</sup> Organisation for Economic Co-operation and Development. The economic consequences of outdoor air pollution. Paris: Organisation for Economic Co-operation and Development Publishing, 2016. bb

# *Can Healthy Cities be made really healthy?*

