

Healthy City concept should be adopted for revitalization and harmonization of Hong Kong people

When I read out my 'Family Letter' to Hong Kong on 10 December 2016 on health care reform, I raised the concept District Health System (<http://programme.rthk.hk/channel/radio/programme.php?name=radio1/hkletter&d=2016-12-10&p=1085&e=406216&m=episode>). Similar concept such as 'Healthy City' can be adopted to empower our different districts (mini-cities) to become Smart, Green and Resilience as highlighted in recent 'Hong Kong 2030+' document.

Healthy City is more than being green and hygienic. Apart from a stable ecosystem for sustainable development, it also emphasizes on diverse and innovative local economy. Healthy City starts by analyzing how the *cultural*, *social* and *political* conditions would enhance or diminish opportunities for and well-being by establishing a city health profile. It then captures the local needs so residents can have equitable access to different services. It supports high degree of participation by local residents over the decisions affecting their health and well-being allowing expression of diversity and values. The city can then become more age friendly for all ages so all residents would be beneficiaries of city development. It helps to build up community resilience responding to crisis conditions.

Alliance for Healthy Cities (AFHC) Global Conference was held in Hong Kong in 2014. Health in Equity, Social Justice, Social Inclusion, strengthening of Social Capital, Ecological Sustainability, creating Supportive Environment, Integrated Health Services, and Health Skills for citizens have emerged as key issues for sustainable development of Health Cities. The AFHC Hong Kong declaration 2014 called upon governments to put Healthy Cities as core value of city development so that the citizens have easy access to the necessities of city life such as adequate shelter, security of tenure, safe water and food, safe and hygienic environment, services for health promotion and health protection, education, balanced nutrition, social security and free mobility. If all our 18 districts would along the concept of healthy city, this will add synergy to 2030+ and also has effect on revitalization and harmonization of our society.

Professor Albert Lee

Professor in Public Health and Primary Care, The Chinese University of Hong Kong; Fellow of Chartered Institute of Arbitrators; and Co-chair of Scientific Committee of AFHC 2014 Global Conference and member of International Scientific Committee of AFHC 2016 Global Conference in Korea.