



**AJUNTAMENT
DE VALÈNCIA**

Missions
València 2030

LAS NAVES



Early Demand Map València 2030

Healthy València



Early Demand Map València 2030 - Healthy València



Presentation of the Look of Healthy València

According to the World Health Organisation's definition, "**a healthy city is one that gives high priority to health in all its actions**. Any city can be healthy if it is committed to health, has a structure in place to work towards health and starts a process to achieve more health. Health is more than the absence of disease or the curative activity of health services: it can be created if the environment in which we live facilitates **healthier lifestyles**".

The social determinants of health are the circumstances in which people are born, grow up, learn, live, work, age, etc., and which, together with the health system, explain most of the inequalities in health. Inequalities that are, in themselves, avoidable. And the city is the place where all these determinants take shape.

Therefore, the Healthy Look leads us to a València 2030 where the postcode does not determine people's health, nor does gender, ethnicity, age, social class or migratory status. For **all neighbourhoods to be healthy environments** with clean air every day of the year and free of pollution, waste and harmful noise. Neighbourhoods designed for healthy living at all stages of life, **especially for older people and children**. Neighbourhoods that facilitate active and healthy lifestyles, such as walking and sports, **in contact with nature** thanks to the use of green and blue infrastructures in connection with the Huerta, the river or the sea. Neighbourhoods where **healthy and local food** is a value and within everyone's reach. With inclusive urban planning and accessible, quality housing. Cohesive neighbourhoods for living and coexisting, with solid and **active citizen and community networks** that **promote health and social capital, fostering people's physical, mental, emotional and relational health**.





Challenge sheet

The following is the set of challenge sheets that have been identified for the configuration of the Early Demand Map associated with the Healthy València Look.



1

Fighting unwanted loneliness



Justification of the need/challenge

The current COVID-19 pandemic has brought to the fore a problem which, until then, had manifested itself very quietly, namely unwanted loneliness. Thus, this phenomenon, defined as the feeling caused by the discrepancy between the real characteristics of our social network and the desired ones, has become an issue of growing concern in our context, both in the MEDIUM and from a social and public health point of view. However, this challenge is not new and, contrary to popular belief, it does not only impact on older people, but affects a wide range of age groups. It is also a challenge that, in many cases, does not understand economic and social levels.

Its magnitude, evolution and effects on health have led this phenomenon to be considered a major public health problem. So much so that the WHO has catalogued unwanted loneliness as one of the greatest risks for the deterioration of health and a determining factor in the entry into risk or situation of dependence, in the deterioration of cognitive capacities, etc. And, in recent years, a growing body of scientific literature has shown its impact on health, associating it with poorer general health, higher mortality from all causes, mental health problems, etc.

Global challenge associated

Promoting the health and wellbeing of the citizenship

Strategic line

Well-being, health and care for all stages of life

Field of Missions

Unwanted loneliness

Priority



Deadline



Expected impact



Unmet public needs

Identification icon and text

Introduction of disruptive tools and technologies for the identification of people living in situations of unwanted loneliness

Attention icon and text

Development of new innovative models of community health management, such as neighbourhood informal caregiver networks

Development of new systems of remote care for people living alone

New housing models icon and text

Cohousing for older age groups



2

Active ageing, empowerment of older people



Justification of the need/challenge

According to population **projections for the city of València by age range**, by 2033 the total population of the city will have risen by 1%, modifying the population structure. Thus, those under 20 years of age will fall by 4%, while those in the middle age group (20-64 years of age) will fall by only 1%. Meanwhile, **the relative weight of the over-65s will increase by 10%**, generating a need to readapt the focus of the public sector.

This increase in average life expectancy resulting in an ageing society already calls for responses to the need **to ensure active and healthy ageing that will delay the social and health care needs of this group**, which, in any case, **will require a series of technical adaptations in terms of long-term care services**.

At the same time, however, this increase in life expectancy, which results in an increasingly longer period of old age, will be accompanied by a growing demand from this group to continue to play a leading role in the social, political, etc. life of the city, **so that their empowerment as a group will be another of the focuses to be addressed**.

Global challenge associated

Promoting the health and wellbeing of the citizenship

Strategic line

Well-being, health and care at all stages of life

Field of Missions

Longevity and active ageing

Priority



Deadline



Expected impact



Unmet public needs



Active ageing

Creation of new innovative facilities to promote outdoor exercise for older people

Provision of information systems in the form of online catalogues of resources, activities and services available for older people and carers



Intergenerationality

Introduction of tools and technologies for contact and sharing of training, intergenerational experiences and to encourage participation in social and cultural activities for older people

Development of new intergenerational meeting spaces - focus on sharing experiences to bridge the digital divide



Attention

New telecare-based solutions to foster healthy habits of older people



3

València, health living lab and Healthy habits



Justification of the need/challenge

The improvement of health services, in a context of enormous complexity such as the one we are currently experiencing, requires the capacity to mobilise and channel the assets and creative energy of all the parties involved in health innovation: hospitals, medical research centres, companies, but also the public itself.

In this context, the participation of users in the innovation process favours the development of goods and services more in line with their needs. And this is precisely where to be the reason of Living Labs, which constitute an approach to open innovation driven by the users themselves, creating an environment for co-creation and experimentation with the active participation of users from the early stages of the innovation cycle.

The challenge is therefore linked to the establishment of València as a whole as a Living Lab in which companies, entrepreneurs and healthcare agents can test their products and ideas in the field of social innovation in healthcare, as well as user-centred technologies. The focus of the actions will be, among others, active ageing, dependency and rare diseases.

Global challenge associated

Promoting the health and wellbeing of the citizenship

Strategic line

Well-being, health and care at all stages of life

Field of Missions

All those linked to the Healthy City Vision

Priority

LOW MEDIUM HIGH

Deadline

SHORT MEDIUM LONG

Expected impact



Local Government



Business fabric



Citizenship



Unmet public needs



Smart healthy circuits

Introducing physical activity monitoring and signalling tools and technologies to shape smart healthy circuits



Hospital of the future

Experimental hospitalisation - creating spaces for the integration of alternative therapies into clinical care

Deployment of automated machines and other digital tools for the development of medical functions

Creation of co-creation spaces in València's own hospitals



Attention

New solutions based on telecare to improve the health situation of dependent people.



4

Community health observatory



Justification of the need/challenge

Numerous territories at national level, including the Valencian Region itself, have the figure of the **Health Observatory, as instruments of analysis, diagnosis, evaluation and monitoring of information on the public health situation in these territories**. In this way, they seek to generate relevant, quality information in order to improve health and social and health and social services policies, programmes and services. In this context, the aim is to **transfer the principles of action of these observatories to the city level**, with a special focus on being able to analyse all those indicators that make it possible to know the health situation of all the city's neighbourhoods. This aspiration is linked to the fact that there is a great deal of scientific **evidence that inequalities in health are immense and responsible for an excess of mortality and morbidity** that exceeds the majority of known disease risk factors, as stated in the "Inequalities in Health in the Valencian Region" report.

Thus, the aim is **to develop predictive techniques** that make it possible to understand **the health evolution of the city's neighbourhoods** in order to adapt municipal public health policies and strategies. It also aims **to create a reference point for citizens in all matters relating to health**, serving as a repository of good practices, information, etc.

Global challenge associated

Promoting the health and wellbeing of the citizenship

Strategic line

Well-being, health and care at all stages of life

Field of Missions

Health equity between neighbourhoods at all stages of life

Priority

LOW MEDIUM HIGH

Deadline

SHORT MEDIUM LONG

Expected impact



Unmet public needs



Health data

Systematisation, homogenisation and improvement of systems, tools and methodologies for the collection of indicators and statistical information related to health

Introduction of tools and technologies for the visualisation of health indicators, with a focus on the analysis of existing inequalities between city neighbourhoods

Incorporation of health data into the VLCi - València Smart City platform and the municipal Open Data platform as a measure to encourage healthy habits among citizens



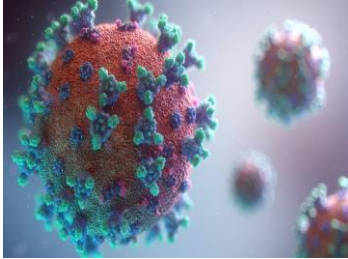
Health as an activity

Development of new virtual spaces in which to centralise resources, services and the agenda of health-related activities in the city



5

New responses to potential health pandemics



Justification of the need/challenge

The SARS-CoV-2 pandemic has taught us an important lesson: our health systems were not prepared to respond to the health crisis. While it is almost impossible to prevent emerging pathogens from becoming public health threats, adequate preparedness ensures that countries have the capacity to contain them and, if they fail, health systems should be prepared to mitigate their impact. The pandemic has shown that we did not have these capacities in place and has shattered some of the poor preparedness that had been achieved.

The pandemic has also underlined the importance of essential public health functions and preventive measures. Some high-income countries have been severely punished for neglecting their health systems and not even having effective and robust systems in fields such as preventive medicine or epidemiology.

All in all, it can be said that COVID-19 has revealed the result of chronic underinvestment in pandemic preparedness, of which Spain, the Valencian Region and the city of València have been no strangers. Nevertheless, this challenge aims to strengthen the city's capacity to respond to the current pandemic and similar potential risks in the future.

Global challenge associated

Promoting the health and wellbeing of the citizenship

Strategic line

Well-being, health and care at all stages of life

Field of Missions

All those linked to the Healthy City Vision

Priority

LOW MEDIUM HIGH

Deadline

SHORT MEDIUM LONG

Expected impact



Local Government



Business fabric



Citizenship



Unmet public needs



Health care

Development of solutions to improve post-COVID-19 healthcare by monitoring daily activity, tracking patient experience indicators and alerting to worsening processes

Incorporation of digital solutions that improve the well-being of infected people, such as telecare robots



Diagnosis and vaccination

Use of robotics-based solutions for mass testing

Introduction of tools and technologies for the optimisation of logistical processes associated with mass vaccination processes



6

Combating suicide



Justification of the need/challenge

In 2017, the Generalitat Valenciana presented a **Plan for Suicide Prevention and Management of Suicidal Behaviour**, a pioneer at state level, which was included in the 2016-2020 Regional Mental Health Strategy. In this way, suicide, a serious public health problem that had been silenced for many years, was finally classified as one of the most relevant priorities for action. Specifically, **the plan incorporated different actions aimed at prevention, greater coordination with other agents and training.**

Global challenge associated

Promoting the health and wellbeing of the citizenship

Priority

LOW MEDIUM **HIGH**

Deadline

SHORT MEDIUM LONG

Expected impact



Local Government



Business fabric



Citizenship



The València City Council has joined these efforts at the regional level, setting up a **working group made up of experts and municipal groups to develop strategies** and raise awareness of the problem of the fight against suicide.

Against this background, this challenge aims to **identify and develop new solutions to minimise suicide deaths**. To this end, it seeks to shape **new tools**, with a focus on those of a **digital nature**, which **improve information**, enable action to be taken in situations of risk, as well as to **act at the urban level in black spots**.

Strategic line

Well-being, health and care at all stages of life

Field of Missions

Healthy habits

Unmet public needs



Early detection

Introduction of **tools and technologies** for the improvement of **early detection of suicidal risk**



Prevention

Introduction of **innovative deterrents in city hotspots**

Improvement of **prevention channels and tools** both at institutional level and in terms of **informal support networks**.



Awareness raising

Development of **information and awareness-raising campaigns** that focus on **innovative aspects**.



7

Tackling obesity, with a focus on childhood obesity



Justification of the need/challenge

According to the WHO, **38 million people die each year worldwide from non-communicable diseases**, of which 16 million are premature (occurring before the age of 70). Curiously, these 16 million deaths linked to pulmonary and cardiovascular processes, tumours, diabetes and strokes are avoidable if appropriate preventive health measures are taken.

Childhood obesity, meanwhile, **is a direct consequence of poor eating habits**. In Spain, 35% of children between the ages of eight and 16 are overweight and 20.7% of them are overweight, while 14.2% are obese. It is important to mention that the latter, obesity, is closely linked to social class and socio-economic level.

In the city of **València**, the last municipal barometer of citizen opinion of September 2019 showed, in its section on healthy habits, worrying data. **47.1% of the population surveyed were overweight, obese or morbidly obese** (34.6%, 12.3%, 0.2% respectively).

Global challenge associated

Promoting the health and wellbeing of the citizenship

Strategic line

Well-being, health and care at all stages of life

Field of Missions

Healthy habits – Obesidad infantil

Priority

LOW MEDIUM **HIGH**

Deadline

SHORT MEDIUM LONG

Expected impact



Unmet public needs



Early detection

Incorporation of **new statistical techniques for mapping childhood obesity and for making predictions about its evolution**



Prevention

Incorporation of **new profiles in educational centres for the prevention of obesity, such as nutritional dieticians**

Introduction of **tools and technologies to improve child nutrition (nutrition recommendation apps, healthy vending machines, etc.)**



Awareness raising

Development of **information and awareness-raising campaigns that focus on innovative aspects**



8

Pest control as a public health measure



Justification of the need/challenge

Urbanisation, irresponsible waste disposal, international travel and climate change are all factors caused by human behaviour that increasingly expose us to pests and pest-related diseases.

The WHO Europe book, "The Public Health Significance of Urban Pests", tells us that we must **improve the control of pests and pest-associated diseases at international, national and local levels**, through legal action, education, institutional capacity building and research.

In the case of València, the problems caused by the **tiger mosquito and rantelles** need to be addressed. Ten years after the first detection, the tiger mosquito is already established and expanding along the Spanish Mediterranean coast. In addition to the problems of being an invasive species and the damage it causes to the economy and quality of life, it is also a means of transmitting diseases such as dengue and chikungunya. For its part, the continuous rise in temperatures has led to the hatching of chironomid insects, popularly known as 'rantelles' in the Albufera area. In this case, however, the risk to health is nil, but not to the rice fields. .

Global challenge associated

Promoting the health and wellbeing of the citizenship

Strategic line

Well-being, health and care at all stages of life

Field of Missions

None

Priority

LOW MEDIUM HIGH

Deadline

SHORT MEDIUM LONG

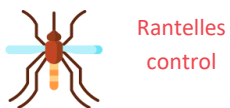
Expected impact



Unmet public needs



Introduction of **new measures** to control the spread of **different tiger mosquito species**



Introduction of **new measures** to control the spread of **rantelles**