

# Healthy City Movement in Nepal: An Experience from Dhulikhel Municipality



Sandip K.C

- Accomplished health care professional serving as health section chief of healthy city, Dhulikhel municipality.
- Over 30 years of experience in health services, education and community development.
- M. Phil. in Development Education from K.U. and M. Ed. in health education from T. U.
- Extensive work involving community engagement within different national and international projects.
- Radio health program developer and presenter for health awareness program.
- Regular contributor of insightful and well researched health articles.
- Experienced educator and trainer with strong commitment to advance research practice.



Health, Climate and Population Dynamics: Building Resilient Health Systems for a Sustainable and Equitable Future.



## Healthy City Movement in Nepal: An Experience from Dhulikhel Municipality





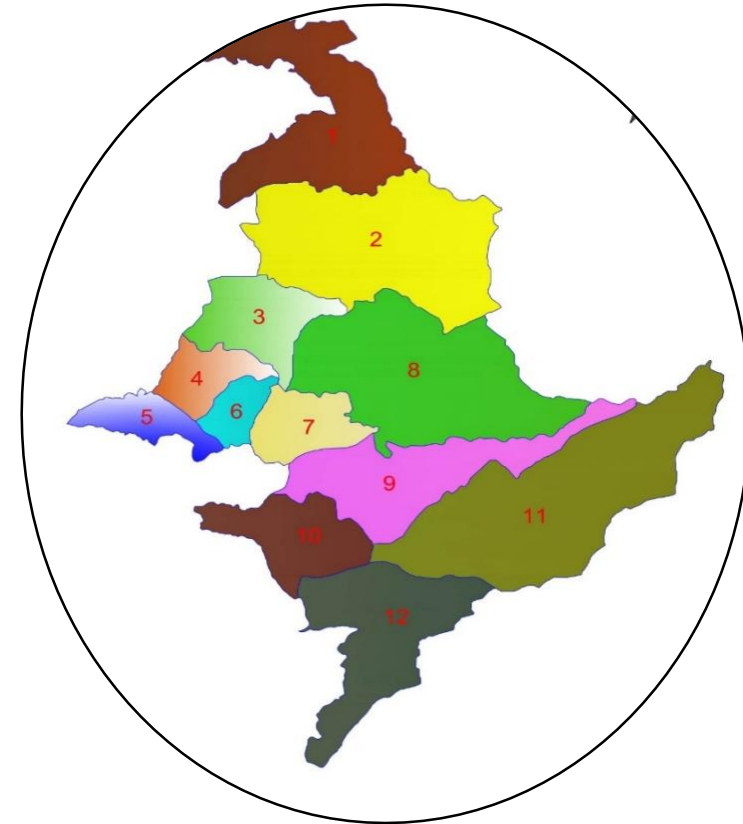
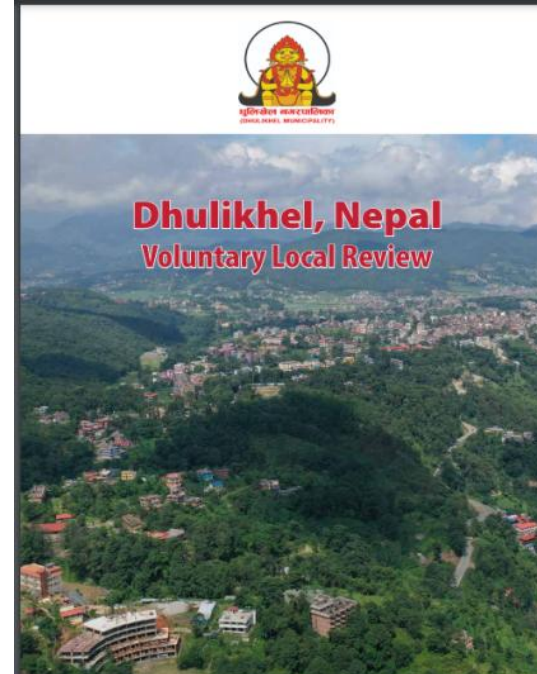
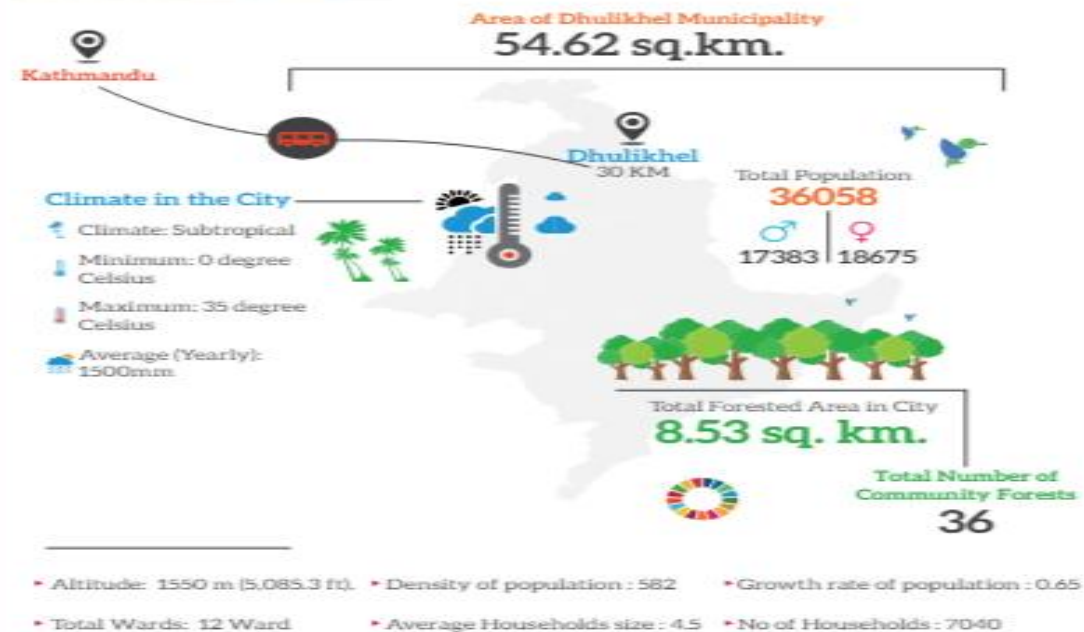
## Brief Introduction:

Dhulikhel, a scenic place located in Bagmati province, Kavrepalanchok district at the Eastern rim of Kathmandu Valley, south of the Himalayas at 1550m. above sea level.

- **Establishment of Municipality: 17 Feb 1987.**
- **Municipality Area : 54.62 sq km.**
- **Situated : 30 km southeast of Kathmandu.**
- **Comprise : 12 Wards**
- **Population: 36058 (17383 Male & 18675 Female)**



### Dhulikhel City Facts

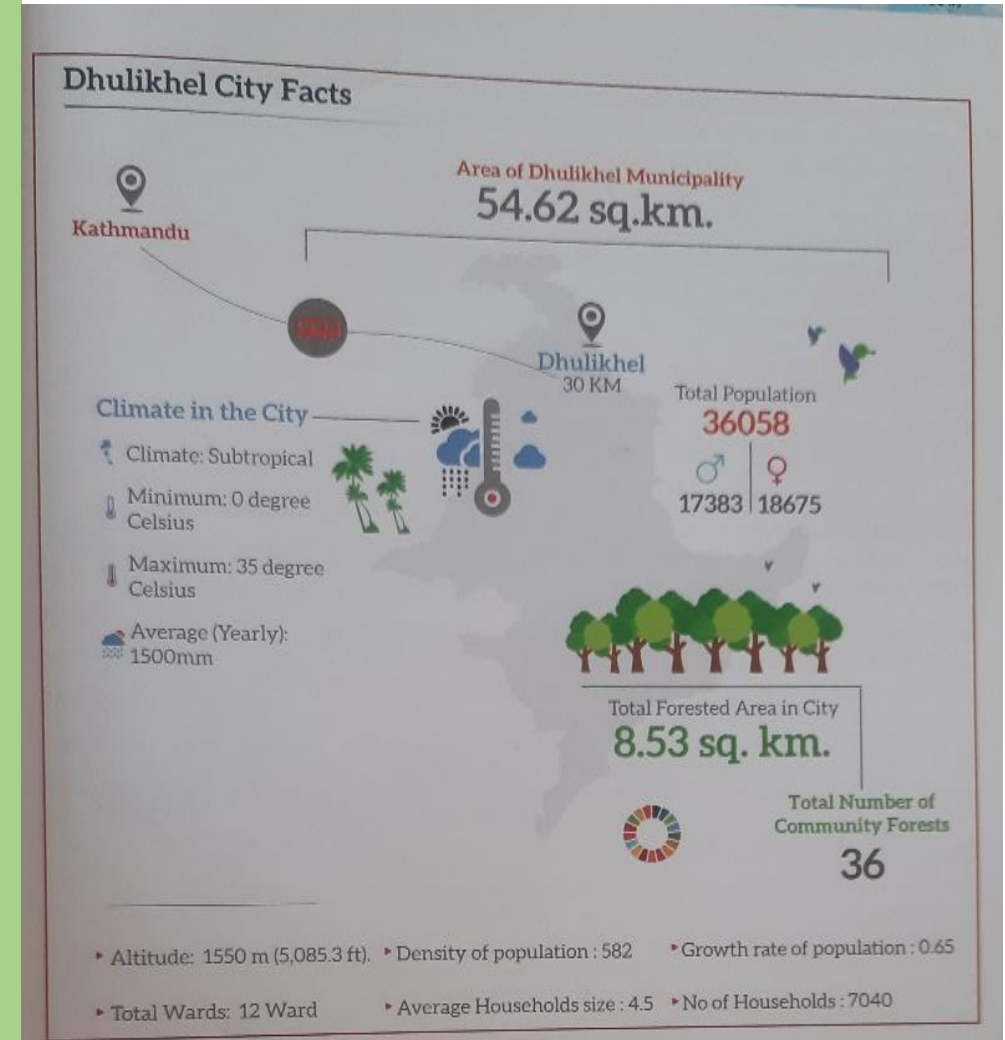


# Population and Health services outlets

- **TOTAL POPULATION** - 33,726  
Male- 48.8 % and Female - 51.2 %
- **SEX RATIO** - 95.35  
(Male per 100 Female)
- **POPULATION DENSITY** -613
- **TOTAL HOUSEHOLDS** -8,570

(Source: CBS report 2021)

- **Dhulikhel Hospital**
- 15 Health institution (1 PHCC, 6 HP, 5 Basic and 3 UHC)
- 1 Mental Health and psychosocial counselling Center
- 1 Aayurveda Ausadhalay
- 26 EPI Center
- 24 PHC ORC
- 69 FCHV







# Prioritized SDG in Dhulikhel Municipality...







# Ensure healthy lives and promote well-being for all at all ages



**Our Mission :** To make Dhulikhel city as **Clean**, **Child friendly**, **Disable friendly** and **Healthy City**.

## Strategies:

- Increase access on health
- Equitable Health services
- Fact base Planning and Health activities.
- Community Involvement in Health Program
- Strengthening Quality of health services
- Coordination with different I/NGOs.
- Develop research-based health services.



# What is Healthy city ?

“A healthy city is defined by a process, not an outcome. Healthy cities are places that deliver for people and the planet. They engage the whole of society, encouraging the participation of all communities in the pursuit of peace and prosperity. Healthy cities lead by example in order to achieve change for the better, tackling inequalities and promoting good governance and leadership for health and well-being. Innovation, knowledge sharing and health diplomacy are valued and nurtured in healthy cities.”

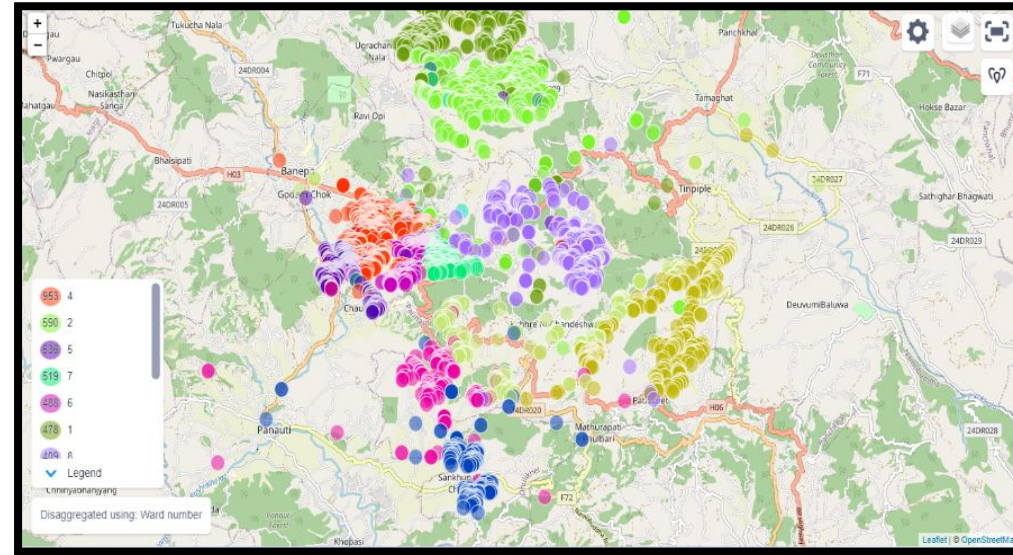
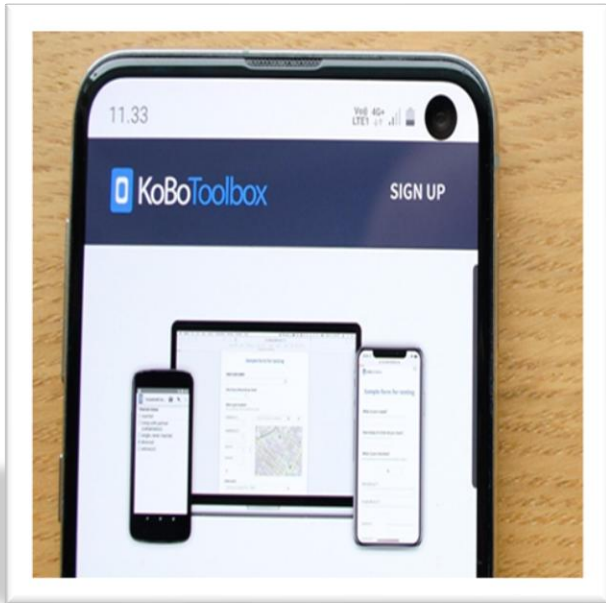
- WHO

- *The objective of the Healthy Cities initiative*, a global movement led by the WHO, is to improve and promote the health of city populations by placing health high on the social and political agenda through health policy, intersectoral collaboration, and community participation.

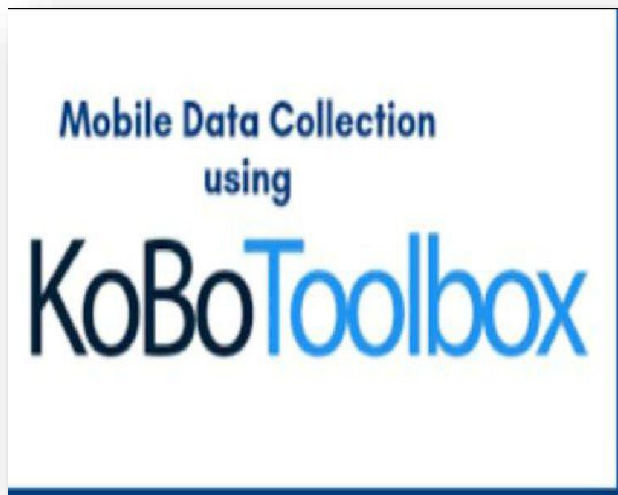




# Basic level Data Collection



Geo-locations of the household



Geo-location of household selecting ward 1

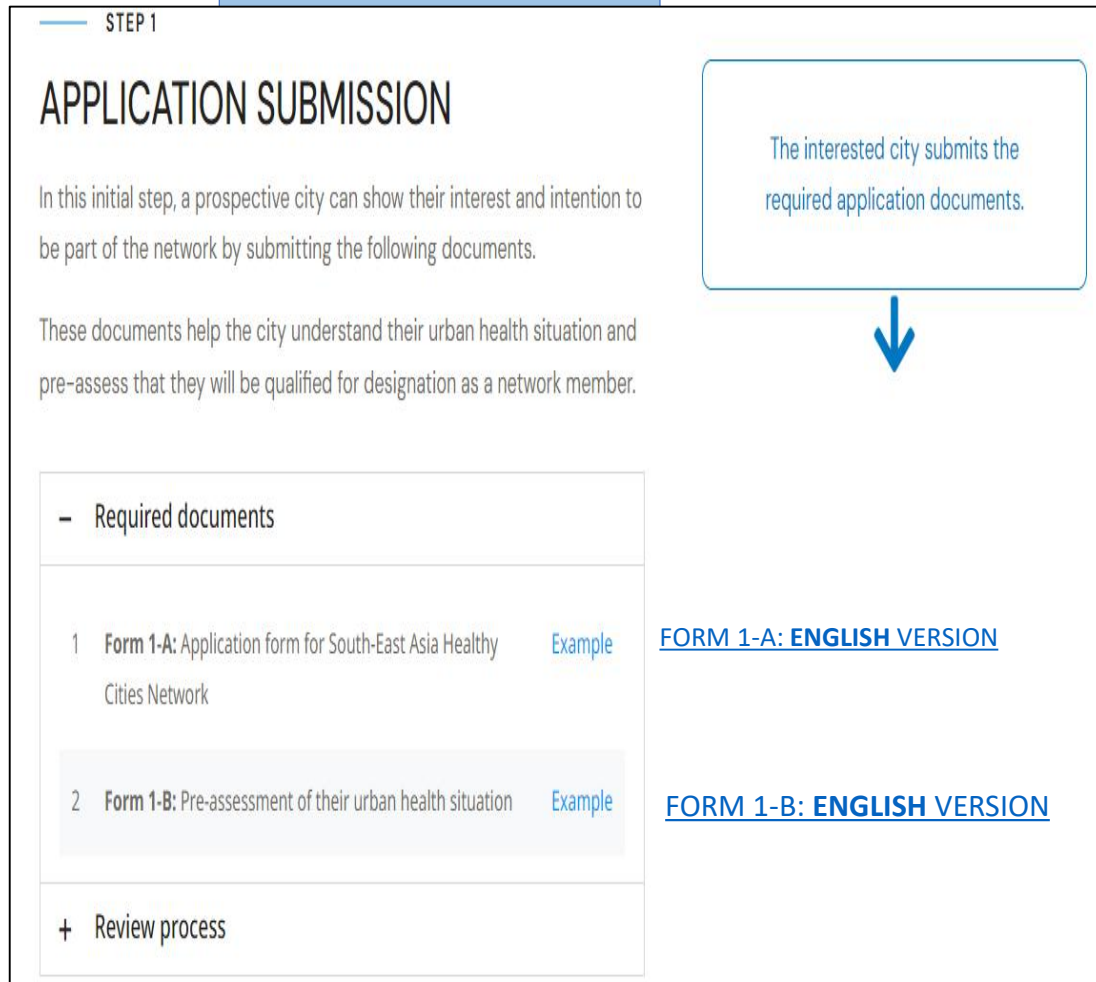


[▶ Healthy City Final Report](#)

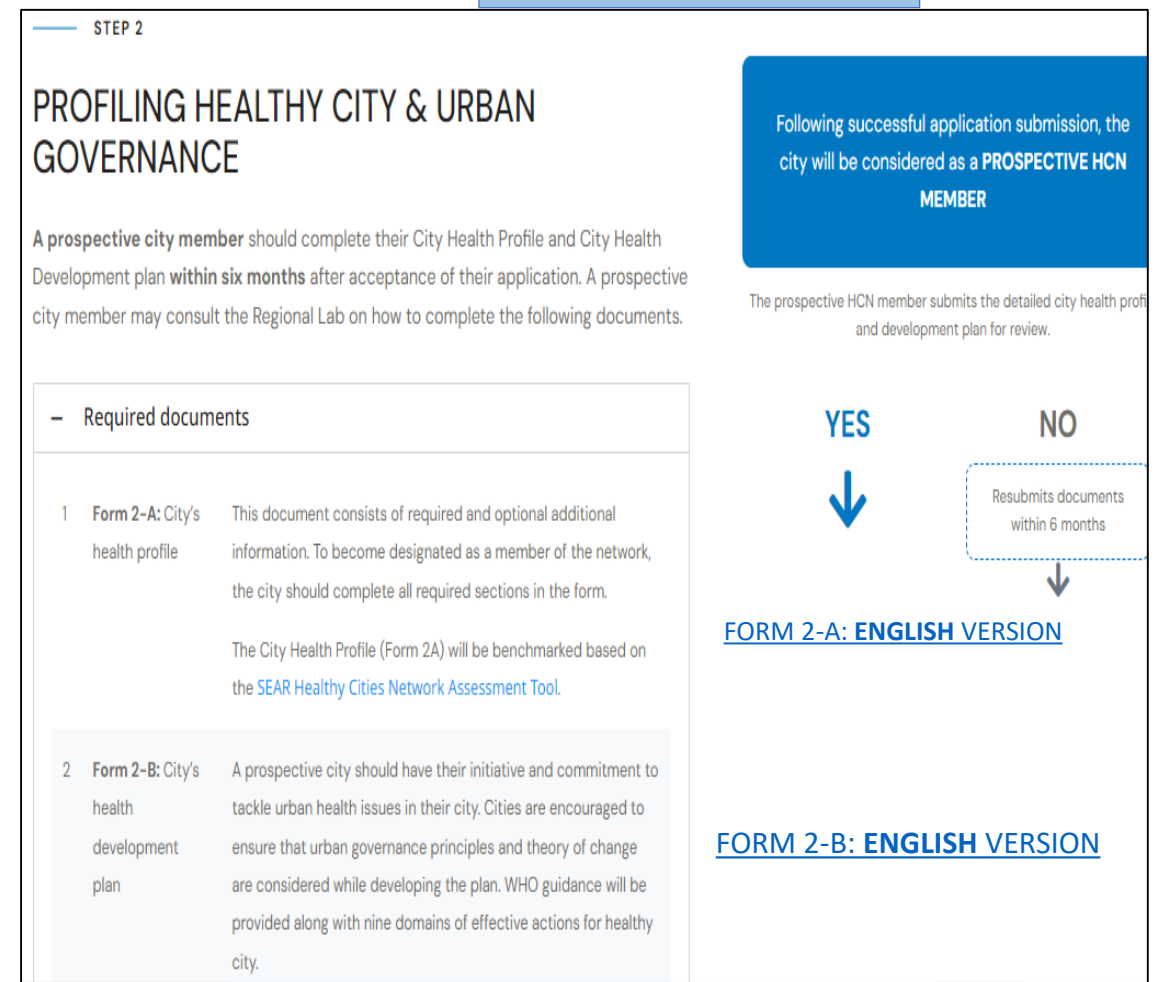


# Process of Healthy City Accreditation ...

## Step- 1



## Step- 2

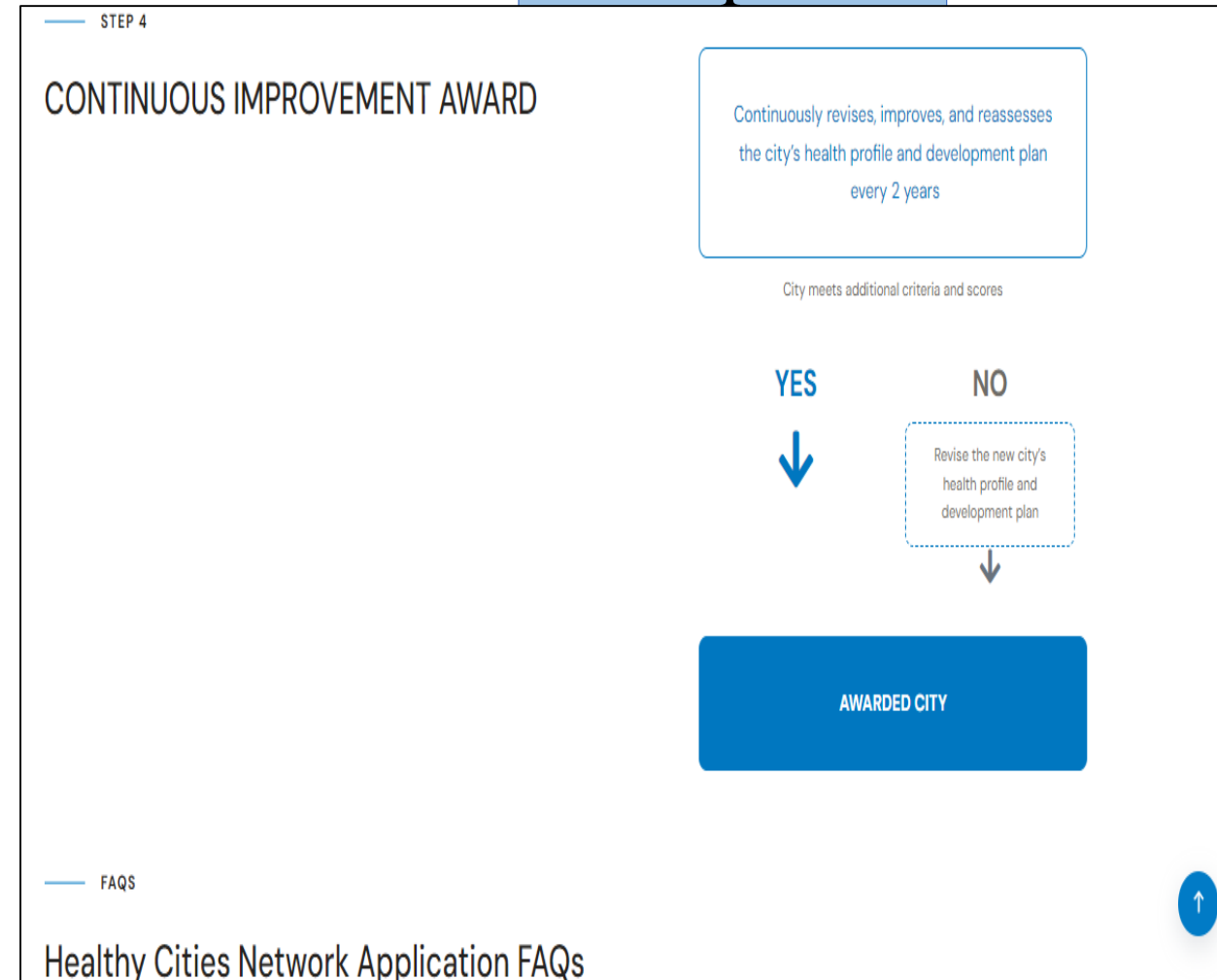


# Process of Healthy City Accreditation ...

## Step- 3



## Step- 4





# WHO Healthy Cities 9 Action Domains

## Assessment Framework



Livelihood and  
Living Conditions



Socioeconomic and  
Work Conditions



Urban  
Infrastructures &  
Facilities



Public Health  
Systems and  
Social Services



Urban  
Governance

Improve city governance for health  
and well-being



Health inequalities



Health in-all-policies



Community Development



Physical and built environments



Local health and social services



Prioritize those most in need



Local public health services &  
capacity for emergencies



Urban preparedness for  
emergencies



“Good Health is the Foundation of Prosperity”

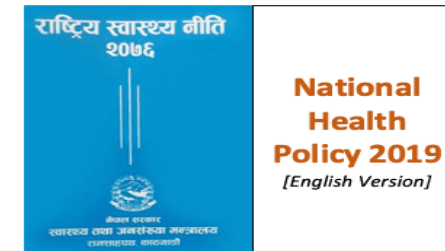
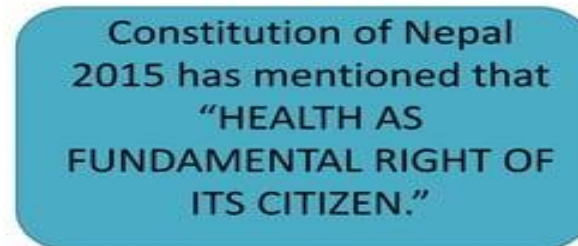
# Health system in Dhulikhel Municipality: a participatory approach



- ❖ Strong Political commitment and support of Representative.
- ❖ Clear vision and mission and plan on Health
- ❖ Peoples Involvement in Health section.
- ❖ Strong support and co-ordination with I/NGOs.
- ❖ Strong Motivated Staffs



## Basic Health policy of Healthy City Dhulikhel Initiative

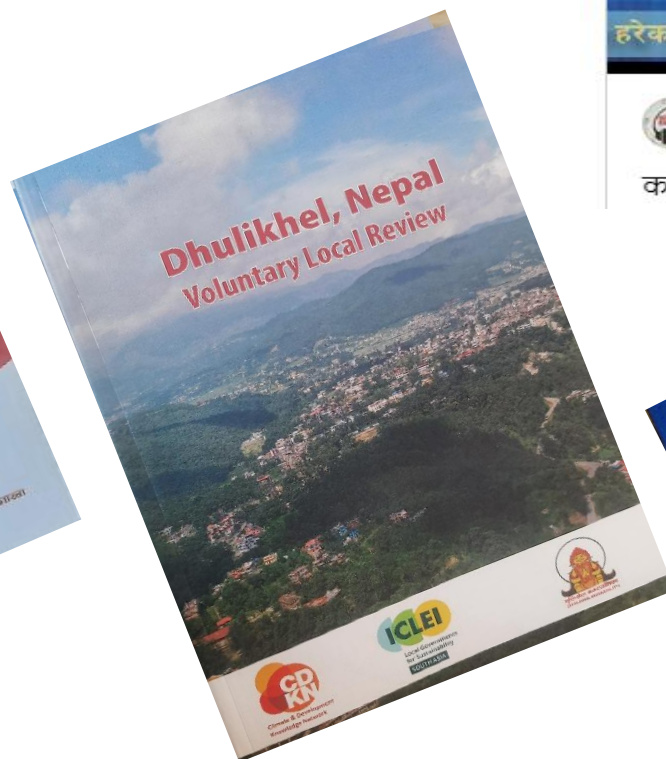


**“Good Health is the Foundation of Prosperity”**



A little thing we do...

यो समयमा हैजा र डेंगीको प्रकोप फैलदै छ। कसरी होसियारी अपनाउने ? धुलिखेल नगर स्वास्थ्य शाखाको प्रस्तुति .....



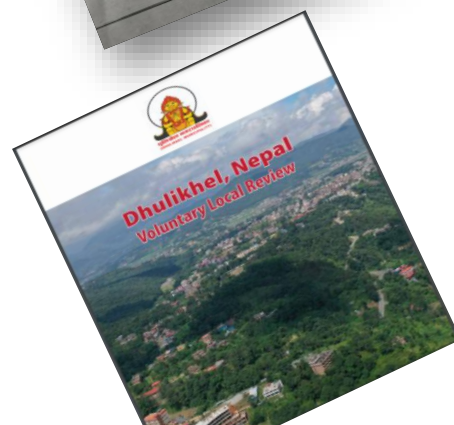
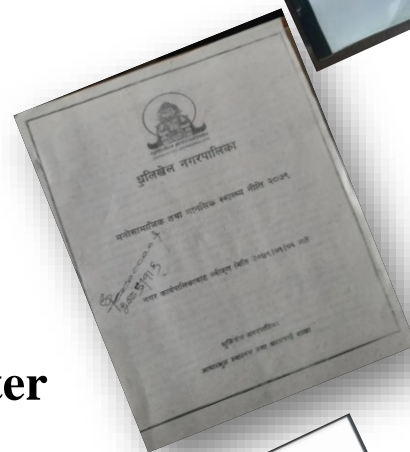
“Health is the foundation of Prosperity”



# Health Initiatives in Dhulikhel...



- Digital Healthy survey
- Effective use of Dashboard
- TB Free Initiation
- Anemia free city initiation
- Community engagement in Health
- Mental Health policy in Local Level
- Community Hospital
- Water conference and safe Drinking water
- High Health insurance coverage 96.1%
- Prepare VLR Report of local level
- Zero Carbon Emission/Green
- Healthy City Awarded, 2024 by WHO.



“Good Health is the Foundation of Prosperity”





Healthy City Award 2024, by WHO



National Health Award 2081, From Media Darpan



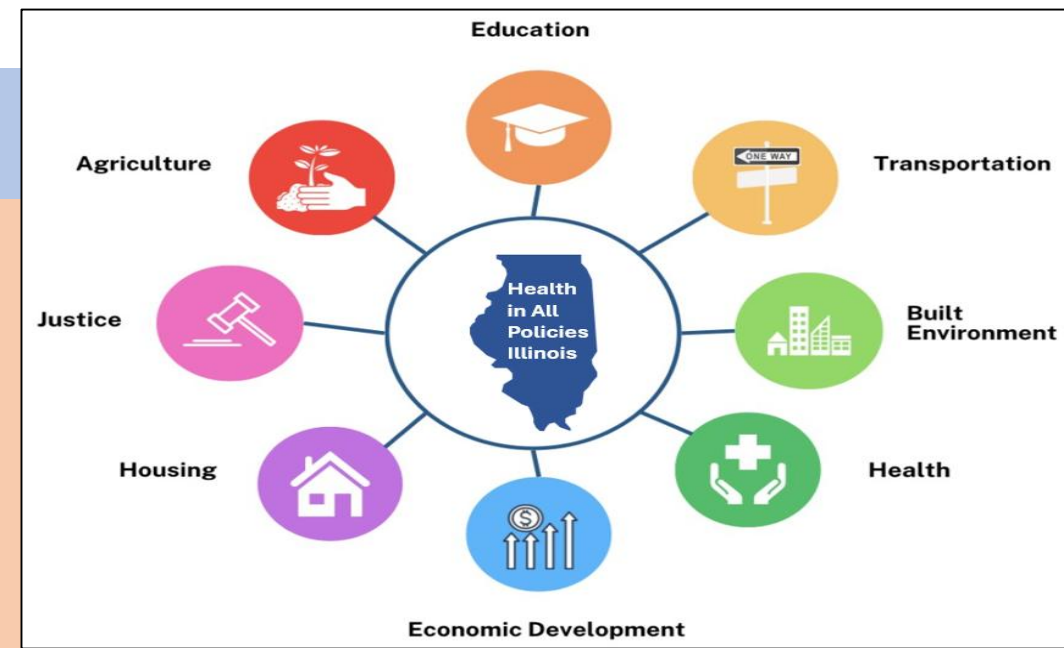
Certificate of Recognition from AAAH



Certificate By DHO, Bagmati province

# Way forward...

- Integrating health into all policies,
- Promoting intersectoral action,
- Increasing participation,
- Enhancing research and education,
- Sustainable urban development,
- Addressing health inequities,
- Infrastructure development,
- Experience sharing for healthy city movement,
- Research based intervention for NCDs, Nutrition, Mental health and Geriatric health issues.



## 3 Steps to Addressing Health Inequities



Source: "Using Data to Reduce Health Disparities and Improve Health Equity," AHA report, 2021





**Thank you !!**



**Dhulikhel Municipality**

**&**

**Witness of the magnificent view of the  
Sunrise in the ancient town of Nepal**



**“Good Health is the Foundation of Prosperity”**