Healthy City Movement in Nepal: An Experience from Dhulikhel Municipality



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- 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.

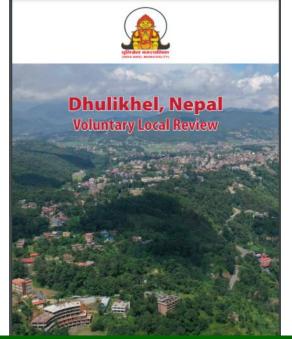
➤ Municipality Area: 54.62 sq km.

➤ Situated : 30 km southeast of Kathmandu.

Comprise: 12 Wards

Population: 36058 (17383 Male & 18675 Female)









Population and Health services outlets

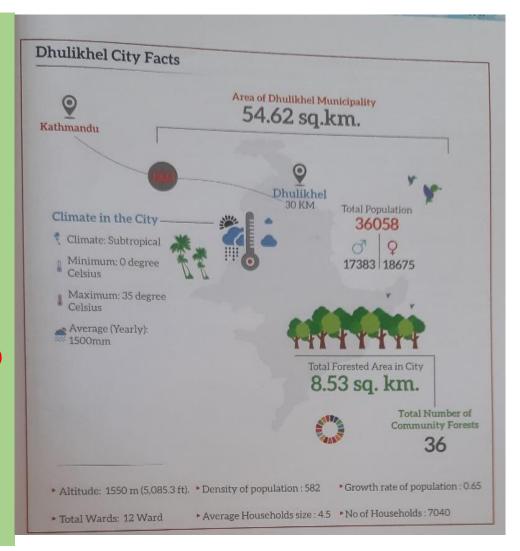
- TOTAL POPULATION 33,726 Male- 48.8 % and Female - 51.2 %
- SEX RATIO 95.35

(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 Aayurbeda Ausadhalay
- ➤ 26 EPI Center
- > 24 PHC ORC
- > 69 FCHV





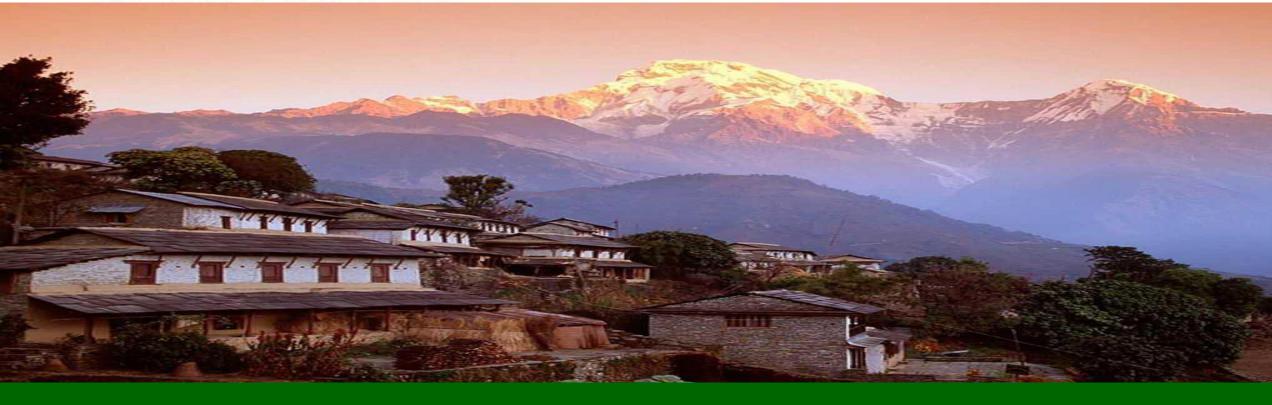














Ensure healthy lives and promote well-being for all at all ages



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.







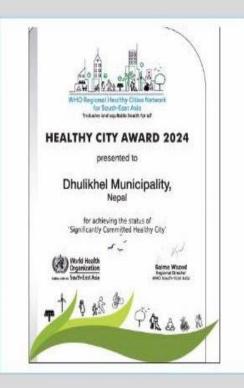
What is Healthy city?

"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

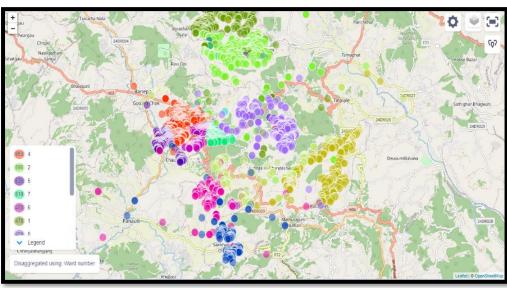
- The objective of the Healthy Cities initiative, a global movement led by the WHO, is to improve and promote the health of city populations by placing health high on the social and political agenda through health policy, intersectoral collaboration, and community participation.





Basic level Data Collection





Geo-locations of the household







Geo-location of household selecting ward 1

Process of Healthy City Accreditation ...

Step- 1

— STEP1

APPLICATION SUBMISSION

In this initial step, a prospective city can show their interest and intention to be part of the network by submitting the following documents.

These documents help the city understand their urban health situation and pre-assess that they will be qualified for designation as a network member.

- Required documents
- 1 Form 1-A: Application form for South-East Asia Healthy

 Cities Network

 Example
- 2 Form 1-B: Pre-assessment of their urban health situation Example
- + Review process

The interested city submits the required application documents.



FORM 1-A: ENGLISH VERSION

FORM 1-B: ENGLISH VERSION

Step- 2

PROFILING HEALTHY CITY & URBAN GOVERNANCE

A prospective city member should complete their City Health Profile and City Health
Development plan within six months after acceptance of their application. A prospective
city member may consult the Regional Lab on how to complete the following documents.

- Required documents

— STEP 2

 Form 2-A: City's health profile This document consists of required and optional additional information. To become designated as a member of the network, the city should complete all required sections in the form.

The City Health Profile (Form 2A) will be benchmarked based on the SEAR Healthy Cities Network Assessment Tool.

2 Form 2-B: City's health development

plan

A prospective city should have their initiative and commitment to tackle urban health issues in their city. Cities are encouraged to ensure that urban governance principles and theory of change are considered while developing the plan. WHO guidance will be provided along with nine domains of effective actions for healthy city.

Following successful application submission, the city will be considered as a PROSPECTIVE HCN

MEMBER

The prospective HCN member submits the detailed city health profi and development plan for review.

YES

B---t--t--t--t--

Resubmits documents within 6 months

NO

FORM 2-A: **ENGLISH** VERSION

FORM 2-B: **ENGLISH** VERSION

Process of Healthy City Accreditation ...

Step- 3

STEP 3

DESIGNATION AS A MEMBER OF THE SEAR HEALTHY CITIES NETWORK

The Technical Expert Panel (TEP) will designate a Prospective Healthy City Member to become a member of the SEAR Healthy Cities Network by using designation criteria, in agreement with WHO-SEARO and the Regional Lab. A prospective city member will receive notification by the Regional Lab.

Review process

WHO-SEARO and the Regional Lab will be responsible for compiling all completed documents and endorsing potential candidate list to the Technical Expert Panel (TEP).

TEP will review and make the decision to designate the city as a member of the SEAR Healthy Cities Network

A prospective city member's city health profile which does not meet all the designation criteria may submit a solid development plan on how to improve the insufficient indicator(s). The reviewing committee will consider the plan to determine the designation.

The Technical Expert Panel (TEP) reviews the city's self-assessment health profile and development plan for a healthy city designation

The prospective HCN member achieves at least 13 baseline criteria and has a development plan for at least 2 of the 9 HC action domains.

YES

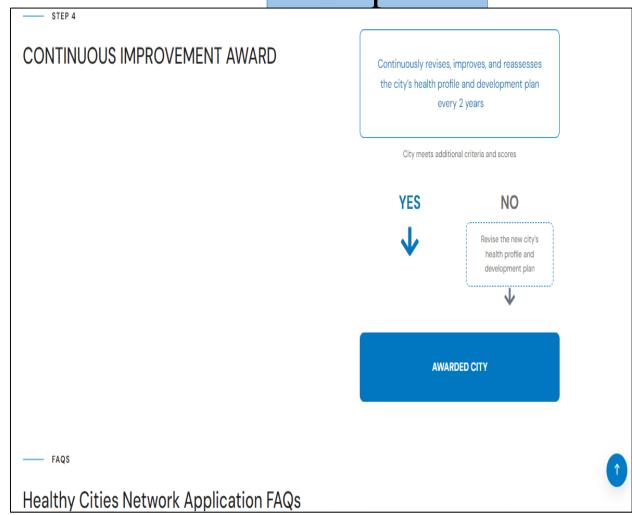
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Resubmits documents within 6 months

NO

Designated as **HEALTHY CITY** in SEAR Healthy Cities Network

Step- 4



WHO Healthy Cities 9 Action Domains

Assessment Framework









Public Health Systems and **Social Services**



Urban

Improve city governance for health and well-being





















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

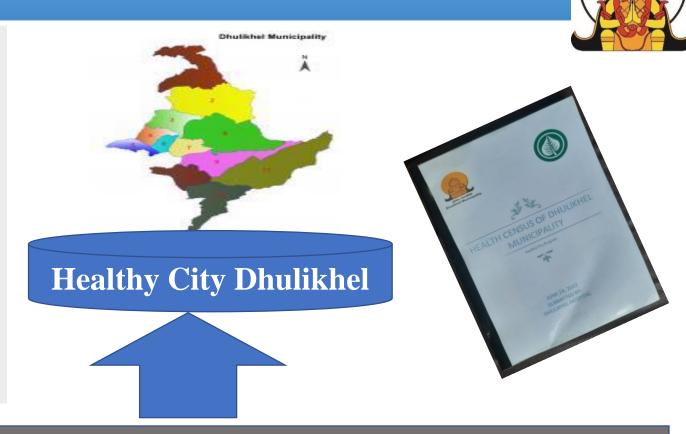






Health system in Dhulikhel Municipality: a participatory approach

- 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



Constitution of Nepal 2015 has mentioned that "HEALTH AS FUNDAMENTAL RIGHT OF ITS CITIZEN."







"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.



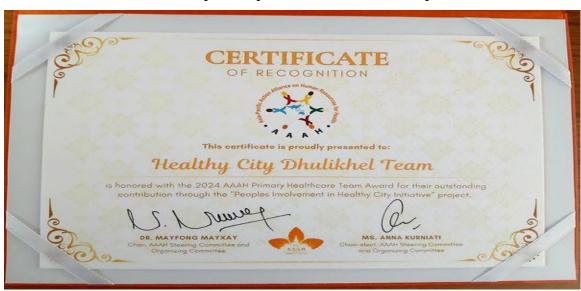








Healthy City Award2024, by WHO



Certificate of Recognition rom AAAH

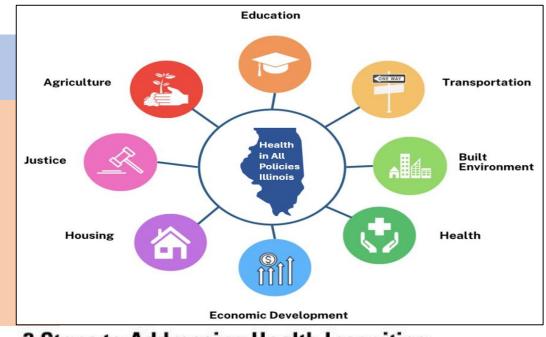
National Health Award 2081, From Media Darpan



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

Branch out to identify disparities

2 Investigate patterns

3 Use data to guide interventions

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







Dhulikhel Municipality

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







