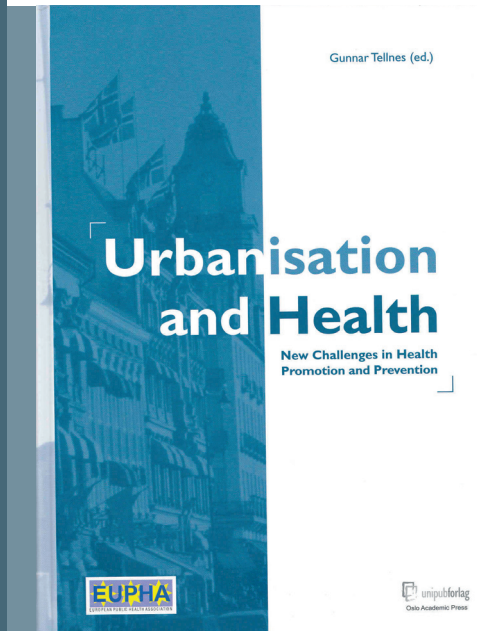


# Urbanisation and Health

## New Challenges in Health Promotion and Prevention



Gunnar Tellnes (ed.)

### Urbanisation and Health

New Challenges in Health Promotion and Prevention



This book, which is supported by EU, presents some of the most important public health topics to be faced in the 21<sup>st</sup> century, with special emphasis on health consequences of urbanisation and globalisation. The 78 authors contributing to the 31 chapters do not only analyse the challenges, but give also proposals for solutions to researchers, policy makers and public health practitioners. It is my hope that the book will be used by EU and WHO/ EURO in setting up the new public health policy in Europe, as well as public health experts and students in different countries.

By 2025 it is estimated that 83% of Europeans will live in urban centres. Migration and immigration have an impact on social inequalities in health. The globalisation of markets, the seeking of higher education, increased use of communication and new information technologies are the driving forces behind the urbanising process. Historically, urbanisation has been a result of

different processes, ranging from the effect of free market forces to political decisions, with vast consequences for large populations.

The book is a report from the 12th Annual Conference of the European Public Health Association (EUPHA) which took place in Oslo from 6 to 9 October 2004 and was a great success. The theme of the conference was "Urbanisation and Health – New Challenges in Health Promotion and Prevention", focusing not only on factors causing disease, but also on factors promoting health and encouraging a change in lifestyle. The conference brought together researchers, practitioners and policymakers to discuss health problems related to urbanisation. About 10% of the 700 participants from 46 countries were from Eastern European countries. A large number of high-quality abstracts were presented and the conference provided an interesting opportunity for exchanging knowledge and experiences in the numerous fields of public health. Not only as a meeting place, but also as an arena for developing common plans for the future of Public Health in Europe.

Following this successful conference, we are pleased to present this book. Most of the chapters of the book reflect key presentations at the conference, including presentations from a pre-meeting on WHO's Global Strategy on Diet, Physical Activity and Health. Some chapters illustrate the salutogenic way to health promotion and Nature-Culture-Health activities; e.g. music and health, green areas in the cities, and healthy food. The editor and the authors recommend that future public health policy has to focus on factors causing disease and injuries (pathogenesis), as well as on factors promoting health (salutogenesis).

We are pleased to note that several persons with high impact on international public

health both attended the conference and are contributors to this book. Among these are Dr. Gro Harlem Brundtland, former Prime Minister of Norway and former Director General of WHO, Ansgar Gabrielsen, Minister of Health and Care Services in Norway, Deputy Director Haik Nikogosian, former Minister of Health in Armenia, and Professor Kaare R. Norum, former Rector at the University of Oslo.

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**Prof. Gunnar Tellnes, editor**  
President of NOPHA,  
Past President of EUPHA

The book has 368 pages and the price is NOK 349 (€ 44). It is published by Oslo Academic Press (Unipubforlag). To place an order, please contact by email: [post@unipub.no](mailto:post@unipub.no) or by Fax (+47) 22853039.

Urbanization, Urbanicity, and Health. David Vlahov and Sandro Galea. ABSTRACT A majority of the world's population will live in urban areas by 2007. Understanding urban factors that are health risk or protective factors can capitalize on the positive aspects of health living and lead to the development of appropriate interventions and preventive measures. We suggest a framework that can guide inquiry into the features of the urban environment that affect health and well-being. Urbanization and health. For the first time in history, more than 50% of the world's population lives in an urban area. By 2050, 70% of the world's population will be living in towns and cities. The World Health Organization has chosen the theme of "urbanization and health" for World Health Day, on 7 April 2010, in recognition of the effect urbanization has on our collective health globally and on every individual.