

Cities for Better Health

The burden of chronic diseases, including obesity, cardiovascular disease and type 2 diabetes, is increasing every year. In response to this concerning trend, the Cities for Better Health programme focuses on creating healthy places to make it easier for people to eat healthy, be active and achieve well-being and good health.

The strategy

Cities for Better Health is a public-private partnership committed to addressing chronic diseases. We are a global network that helps build impactful prevention partnerships at the city level and gather compelling evidence for action in more than 45 vibrant cities across the globe.

Our ambition is to promote health equity in cities, expand prevention efforts and address barriers to health for vulnerable populations and children.

Our approach is holistic, creating sustainable public-private partnerships that bring together motivated actors from multiple sectors with a focus on the primary prevention of chronic diseases.

Our primary focus is on vulnerable populations who are at a disadvantage from a resource and disease risk perspective, including low socioeconomic communities. We also prioritise children through early intervention and childhood obesity prevention in vulnerable communities.

Why cities?

- Cities are the main stage for driving change in chronic disease prevention and represent a significant opportunity for long-term impact.
- Cities have health inequities and are home to significant vulnerable populations.
- City leaders are at the forefront of many global policy agendas, pushing for change, taking innovative action and seeking international learnings.

Now is the time to act if we are to create the conditions in cities that support healthy living.



Three core themes

Cities greatly influence how people live, work and play. Not everyone can access fresh and affordable food or find safe places to walk and play. We address three core themes to drive health equity and enable all citizens to make healthy choices.



Create healthier food environments in cities

Taking action to ensure that healthy foods are available, affordable and appealing for vulnerable populations and children.



Make more physical activity accessible and enjoyable

Taking action to ensure that urban activity and mobility are available, accessible and appealing to vulnerable populations and children.



Mobilise sustainable financing for primary prevention in cities

Taking action to unlock sustainable financing in health and primary prevention to reduce health inequity.

A holistic view on health

What we do

To generate sustainable and lasting impact, we are guided by the following principles:

Prioritise prevention

Cities for Better Health prioritises prevention through a social determinants of health lens, addressing non-medical factors that influence health outcomes. This includes addressing conditions in which people are born, grow, work, live and age to create opportunities for healthy behaviours.

Community perspective

Placing individuals and communities at the core of our initiatives, we consider their daily experiences and relationships so we have a holistic view of their well-being and barriers to good health.

Cross-sectoral partnerships

Systemic solutions and policy interventions that extend beyond specific sectors are required. We take a multidisciplinary approach, working across sectors with diverse partners to provide impactful action and generate insights from multiple perspectives.

Learn more

citiesforbetterhealth.com

How we do it

Promoting and expanding prevention programmes that deliver a sustainable contribution to health equity with the communities where we work.



Developing local partnerships with representatives from municipalities, academia and civil society.

Establishing local project plans, including activities, monitoring and evaluation frameworks, and communication plans.



Leveraging global and local partners to offer cities expertise and solutions.

