



Alliance santé Québec

Une mobilisation collective pour la santé

**Un vaste chantier pour s'élever collectivement
et mettre la science au service de la population**

Jean-Pierre Després, CQ, PhD, FAHA, FIAS
Directeur de la science et de l'innovation



Vision traditionnelle de la santé



Notre jungle urbaine toxique!



UNE MALADIE SOCIÉTALE : LE DIABÈTE

De bien mauvaises nouvelles en 2016...

Worldwide trends in diabetes since 1980: a pooled analysis of 751 population-based studies with 4·4 million participants

*NCD Risk Factor Collaboration (NCD-RisC)**

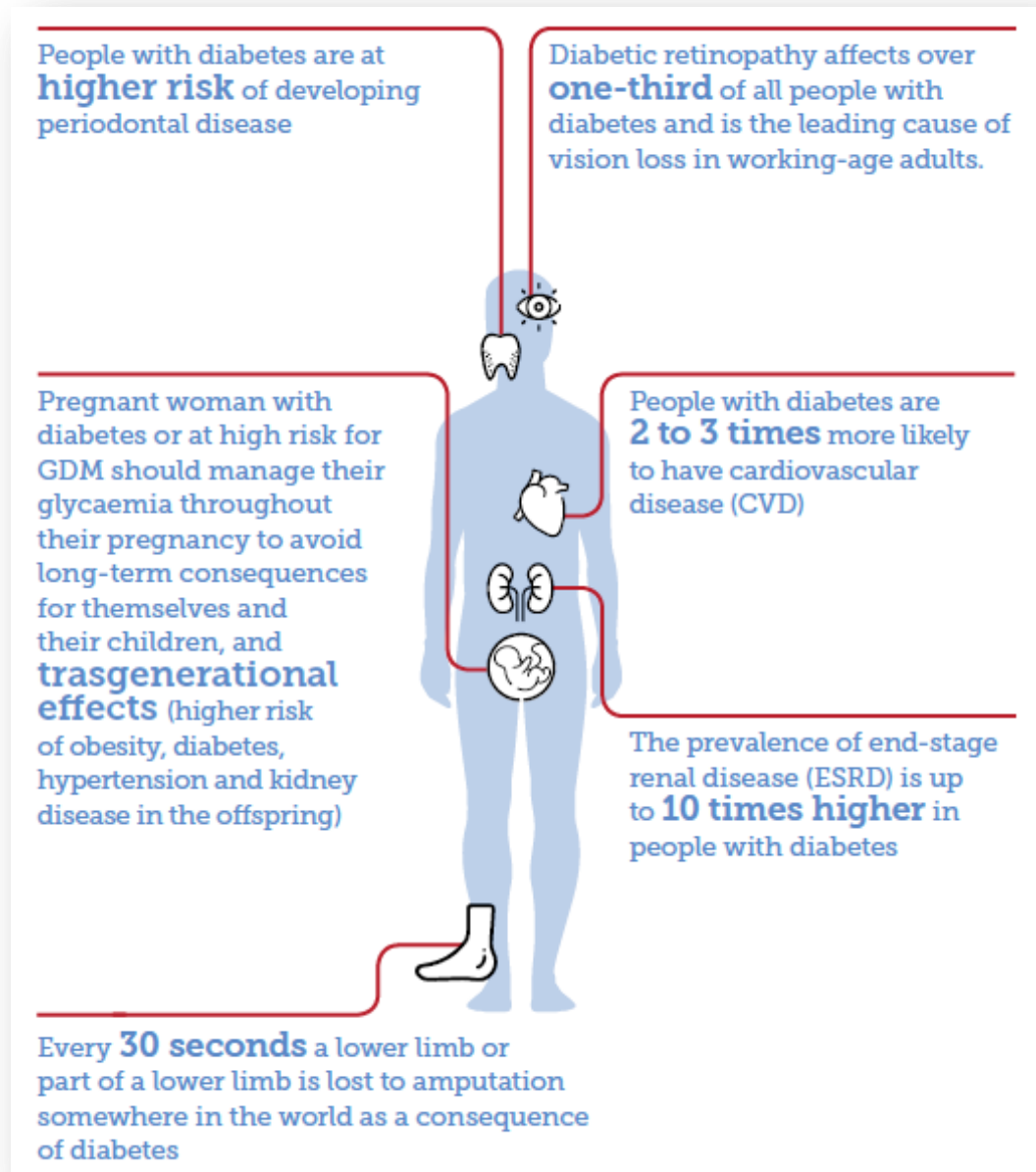
Summary

Background One of the global targets for non-communicable diseases is to halt, by 2025, the rise in the age-standardised adult prevalence of diabetes at its 2010 levels. We aimed to estimate worldwide trends in diabetes, how likely it is for countries to achieve the global target, and how changes in prevalence, together with population growth and ageing, are affecting the number of adults with diabetes.

Methods We pooled data from population-based studies that had collected data on diabetes through measurement of its biomarkers. We used a Bayesian hierarchical model to estimate trends in diabetes prevalence—defined as fasting plasma glucose of 7·0 mmol/L or higher, or history of diagnosis with diabetes, or use of insulin or oral hypoglycaemic drugs—in 200 countries and territories in 21 regions, by sex and from 1980 to 2014. We also calculated the posterior probability of meeting the global diabetes target if post-2000 trends continue.

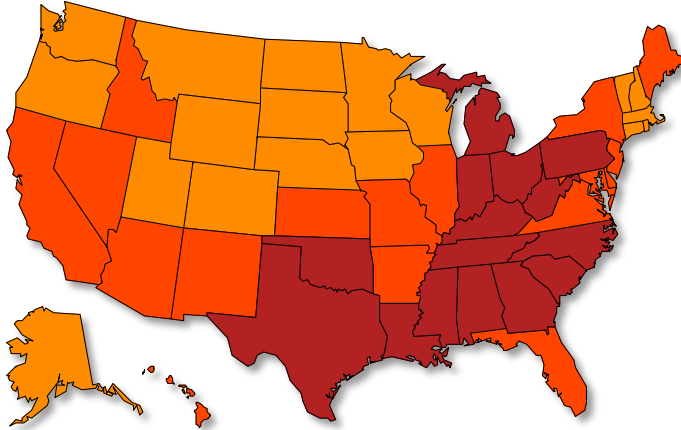
Findings We used data from 751 studies including 4 372 000 adults from 146 of the 200 countries we make estimates for. Global age-standardised diabetes prevalence increased from 4·3% (95% credible interval 2·4–7·0) in 1980 to 9·0% (7·2–11·1) in 2014 in men, and from 5·0% (2·9–7·9) to 7·9% (6·4–9·7) in women. The number of adults with diabetes in the world increased from 108 million in 1980 to 422 million in 2014 (28·5% due to the rise in prevalence, 39·7% due to population growth and ageing, and 31·8% due to interaction of these two factors). Age-standardised adult diabetes prevalence in 2014 was lowest in northwestern Europe, and highest in Polynesia and Micronesia, at nearly 25%, followed by Melanesia and the Middle East and north Africa. Between 1980 and 2014 there was little change in age-standardised diabetes prevalence in adult women in continental western Europe, although crude prevalence rose because of ageing of the population. By contrast, age-standardised adult prevalence rose by 15 percentage points in men and women in

Le diabète de type 2: une maladie vasculaire grave

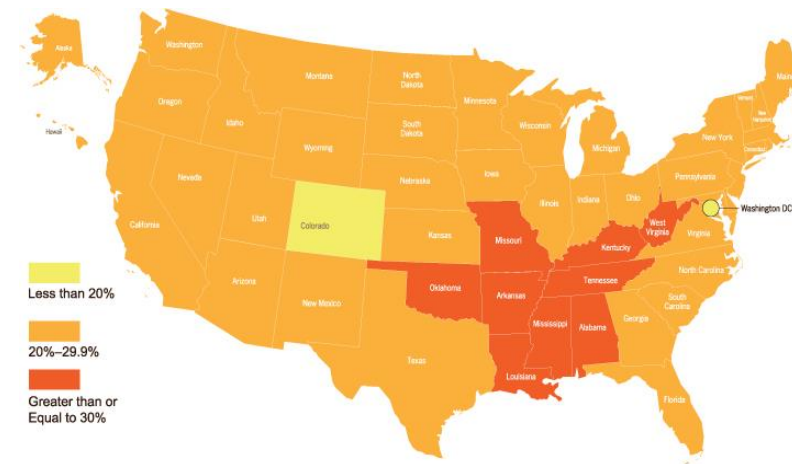


- 425 millions de personnes dans le monde
- 1 personne sur 2 l'ignore

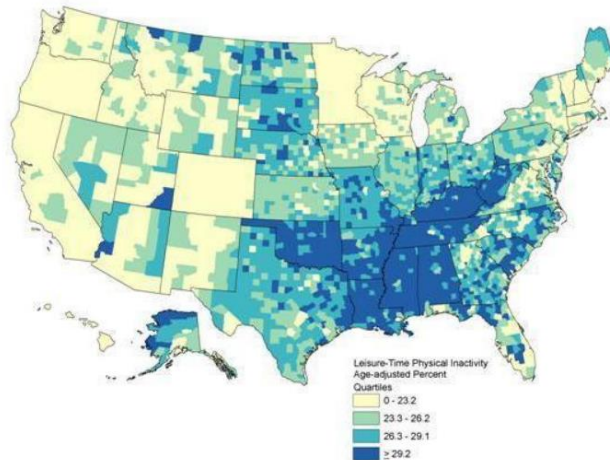
Diabète



Obésité



Sédentarité



**L'obésité et le diabète :
Ne pas oublier la sédentarité...**

Source : CDC website



Jean-Pierre Després, PhD, FAHA, FIAS
Chair, Council on Lifestyle and Cardiometabolic Health

**Un changement de paradigme:
Passer du combat contre les maladies cardiovasculaires
à la promotion de la santé cardiovasculaire**

De la maladie cardiovasculaire à la santé cardiovasculaire: Une révolution tranquille

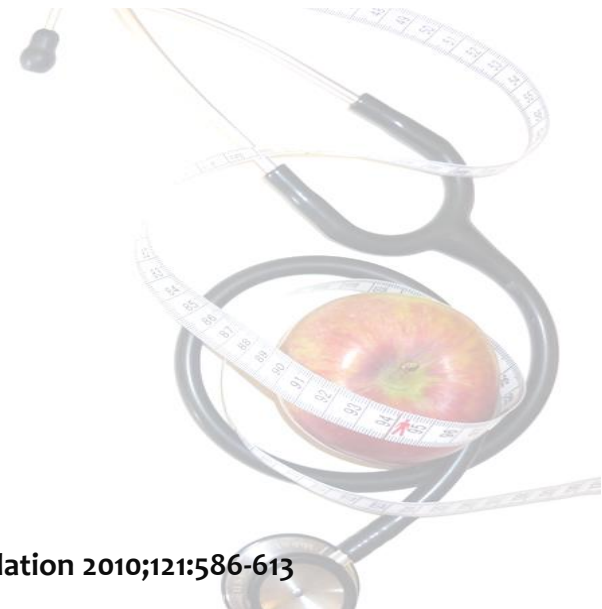
AHA Special Report

Defining and Setting National Goals for Cardiovascular Health Promotion and Disease Reduction The American Heart Association's Strategic Impact Goal Through 2020 and Beyond

Donald M. Lloyd-Jones, MD, ScM, FAHA, Chair;
Yuling Hong, MD, MSc, PhD, FAHA*; Darwin Labarthe, MD, MPH, PhD, FAHA*;
Dariush Mozaffarian, MD, DrPH, FAHA; Lawrence J. Appel, MD, MPH, FAHA;
Linda Van Horn, PhD, RD, FAHA; Kurt Greenlund, PhD*; Stephen Daniels, MD, PhD, FAHA;
Graham Nichol, MD, MPH, FAHA; Gordon F. Tomaselli, MD, PhD, FAHA; Donna K. Arnett, PhD, FAHA;
Gregg C. Fonarow, MD, FAHA; P. Michael Ho, MD, PhD; Michael S. Lauer, MD, FAHA;
Frederick A. Masoudi, MD, MPH; Rose Marie Robertson, MD, FAHA; Véronique Roger, MD, FAHA;
Lee H. Schwamm, MD, FAHA; Paul Sorlie, PhD; Clyde W. Yancy, MD, FAHA;
Wayne D. Rosamond, PhD, FAHA; on behalf of the American Heart Association Strategic Planning Task Force
and Statistics Committee

Mesures qui définissent la santé cardiovasculaire idéale

- 3 facteurs biologiques favorables :
 - Cholestérol < 5,2 mmol/l
 - Tension artérielle (non traitée) < 120/< 80 mm Hg
 - Absence de diabète : glucose < 5,6 mmol/l
- 4 comportements idéaux :
 - Non fumeur
 - IMC < 25 kg/m²
 - Niveau d'activité physique à la cible (150 min modérée/semaine)
 - Indice de qualité nutritionnelle
- Absence d'événements cardiovasculaires



**Pourcentage de la population
avec une santé cardiovasculaire
idéale?**

Avec les 7 critères simples?

0,1 %!!!

Étude ARIC

n=12,744

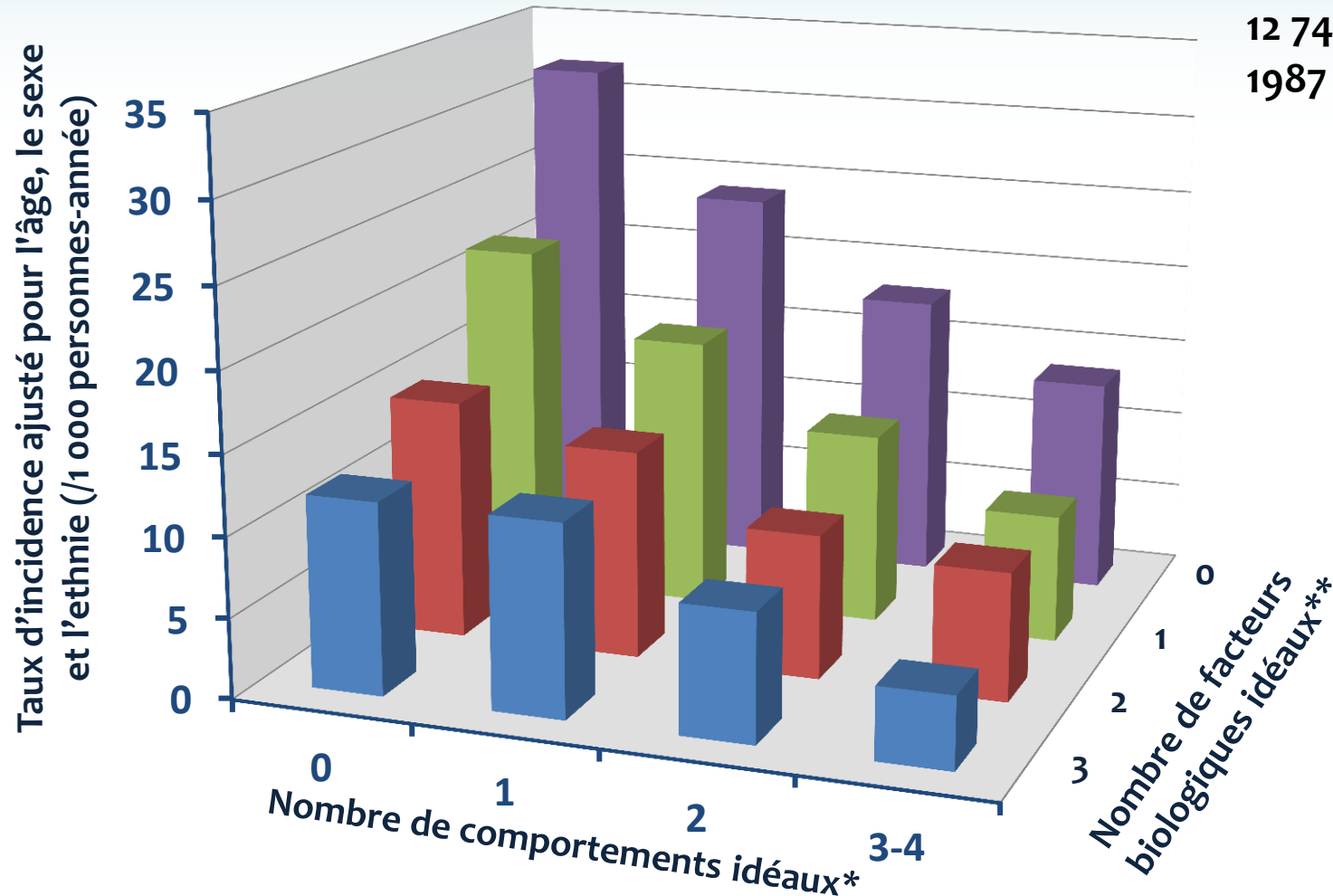
Folsom AR et al. J Am Coll Cardiol 2011;57:1690-96

Cohorte Kailuan, Nord de la Chine

n=101,510

Wu S, Huang Z, Yang X, et al. Circ Cardiovasc Qual Outcomes 2012;5:487-93

Cibler les comportements en médecine cardiovasculaire : Une révolution...



*Ne pas fumer, poids normal, activité physique, bonne alimentation

** cholestérol et tension artérielle normale, pas de diabète

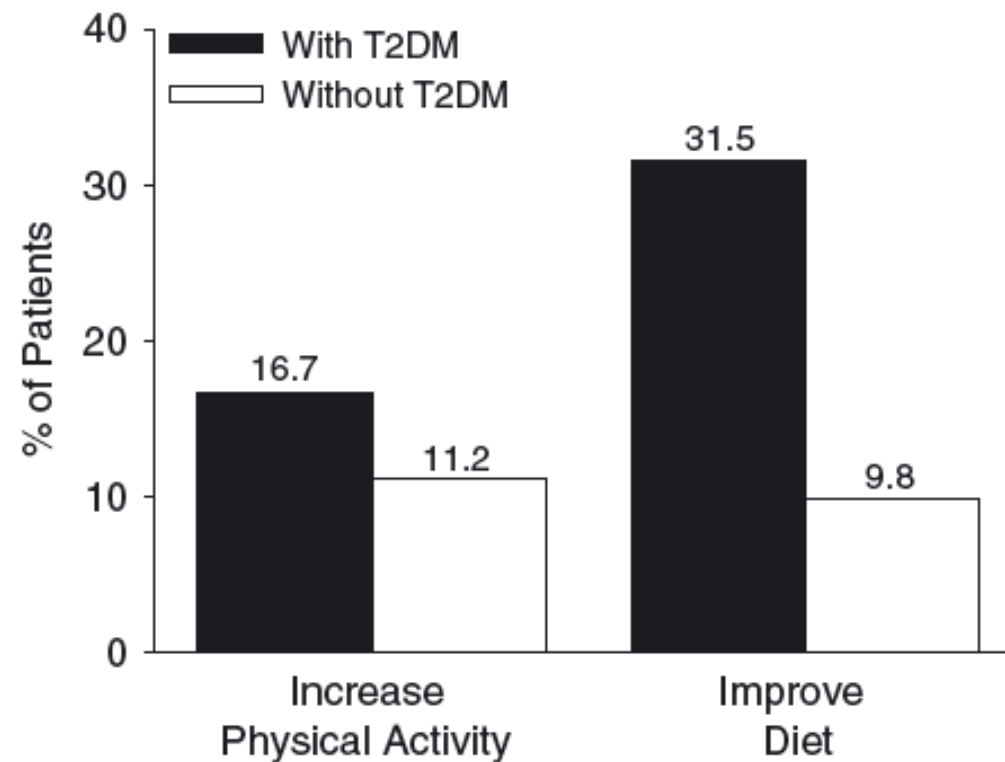
Afin de prévenir de façon optimale les maladies cardiovasculaires, il est aussi important de cibler nos comportements que les facteurs de risque biologiques (tension artérielle, cholestérol, diabète).

Le fait-on en médecine?

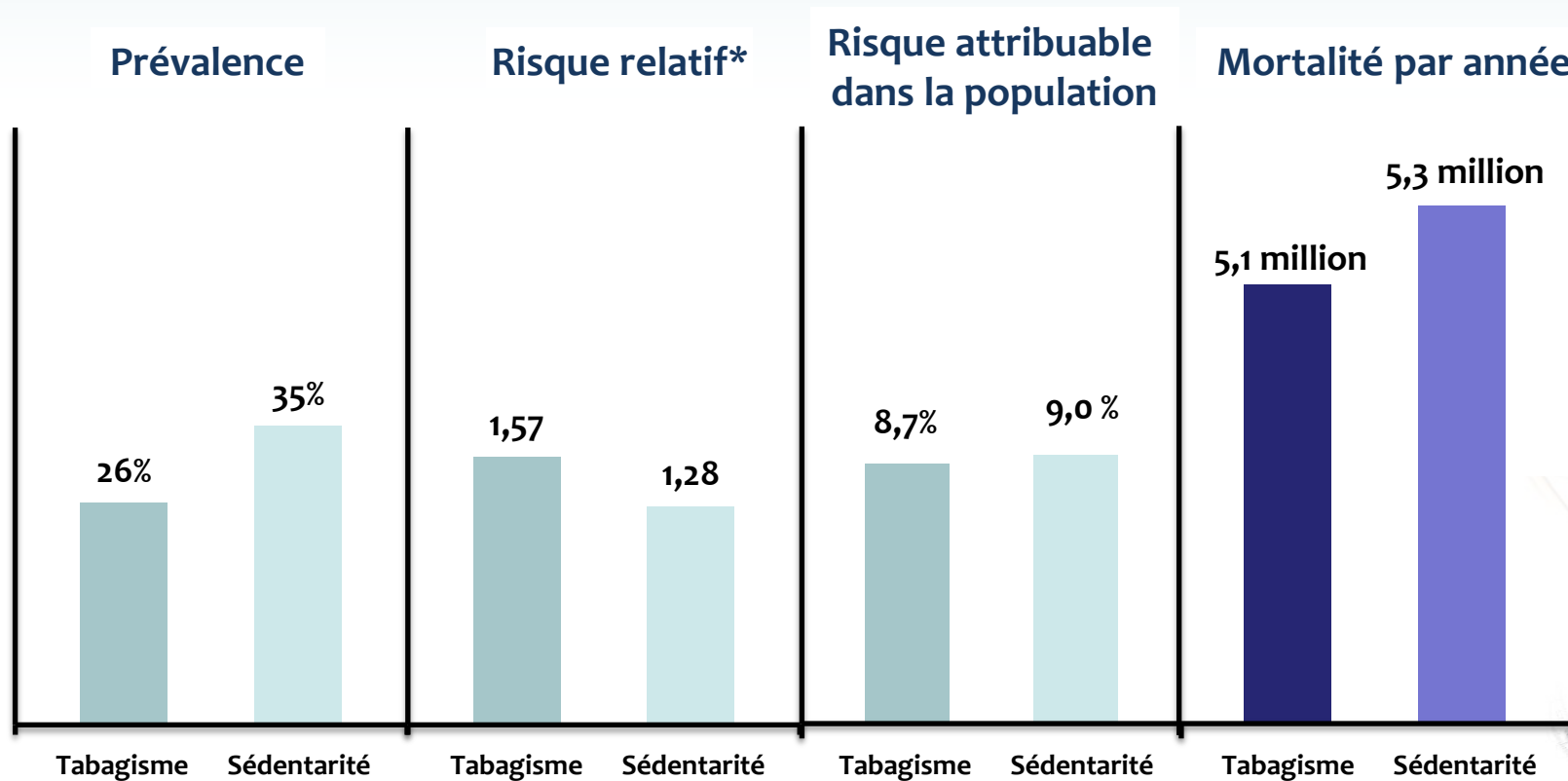
NON!!!

Proportion de patients avec et sans diabète qui se font parler de nutrition et d'activité physique par leur médecin

Données canadiennes



Mode de vie sédentaire : La cigarette du 21^e siècle?



Comparaison du fardeau attribuable au tabagisme et à la sédentarité (tiré d'une méta-analyse).

De la gestion des maladies à la promotion de la santé:

- **Un changement de paradigme**
- **L'affaire de qui?**

Les causes de ces maladies chroniques? Notre milieu de vie...



Changement de taille des boissons en fontaine



International Conference on Nutrigenomics and Metabolic Health 2012

October 15-16, 2012

Lecture Hall, Shanghai Institutes for Biological Sciences Building, CAS
320 Yueyang Road, Shanghai, China



Organized by

Key Laboratory of Nutrition and Metabolism, INS, SIBS, CAS, China
Institute for Nutritional Sciences, SIBS, CAS, China
Harvard School of Public Health, USA
Shanghai JiaoTong University School of Public Health, China
Laval University, Quebec, Canada



HARVARD
SCHOOL OF
PUBLIC HEALTH



UNIVERSITÉ
LAVAL

Chine : 114 millions de diabétiques...



Les Chinois et le « fast-food »



Beijing Chang'an Street



1986



2010

Quelques statistiques pour le Québec...

- 830 000 ont le diabète...
...une maladie sociétale!
- Beaucoup l'ignorent!
- Nos hôpitaux sont pleins!

La médecine a ajouté des années à la vie (notre espérance de vie est bonne) mais...

- Par des traitements médicaux
- Notre mode de vie génère des maladies dites de société
- La médecine garde les patients vivants mais... très malades

La médecine n'a pas la solution...

- **Notre niveau d'activité physique n'est pas évalué, ni ciblé dans notre système de santé**
- **Nous avons besoin d'un nouveau paradigme...**
- **Comment faire bouger notre population?**

Notre jungle urbaine!



**Reconfigurer
notre
milieu urbain!**



**Créer des environnements facilitants
Briser les silos entre la santé des populations
et la pratique clinique...**

L'activité physique : pas toujours facile en milieu urbain...



L'environnement urbain relié au niveau d'activité physique mesuré de façon objective par accélérométrie

Physical activity in relation to urban environments in 14 cities worldwide: a cross-sectional study



James F Sallis, Ester Cerin, Terry L Conway, Marc A Adams, Lawrence D Frank, Michael Pratt, Deborah Salvo, Jasper Schipperijn, Graham Smith, Kelli L Cain, Rachel Davey, Jacqueline Kerr, Poh-Chin Lai, Josef Mitáš, Rodrigo Reis, Olga L Sarmiento, Grant Schofield, Jens Troelsen, Delfien Van Dyck, Ilse De Bourdeaudhuij, Neville Owen

Summary

Background Physical inactivity is a global pandemic responsible for over 5 million deaths annually through its effects on multiple non-communicable diseases. We aimed to document how objectively measured attributes of the urban environment are related to objectively measured physical activity, in an international sample of adults.

Methods We based our analyses on the International Physical activity and Environment Network (IPEN) adult study, which was a coordinated, international, cross-sectional study. Participants were sampled from neighbourhoods with varied levels of walkability and socioeconomic status. The present analyses of data from the IPEN adult study included 6822 adults aged 18–66 years from 14 cities in ten countries on five continents. Indicators of walkability, public transport access, and park access were assessed in 1·0 km and 0·5 km street network buffers around each participant's residential address with geographic information systems. Mean daily minutes of moderate-to-vigorous-intensity physical activity were measured with 4–7 days of accelerometer monitoring. Associations between environmental attributes and physical activity were estimated using generalised additive mixed models with gamma variance and logarithmic link functions.

Results Four of six environmental attributes were significantly, positively, and linearly related to physical activity in the single variable models: net residential density ($\exp[b]$ 1·006 [95% CI 1·003–1·009]; $p=0\cdot001$), intersection density (1·069 [1·011–1·130]; $p=0\cdot019$), public transport density (1·037 [1·018–1·056]; $p=0\cdot0007$), and number of parks (1·146 [1·033–1·272]; $p=0\cdot010$). Mixed land use and distance to nearest public transport point were not related to physical activity. The difference in physical activity between participants living in the most and least activity-friendly neighbourhoods ranged from 68 min/week to 89 min/week, which represents 45–59% of the 150 min/week recommended by guidelines.

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See Online/Comment

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Nature experience reduces rumination and subgenual prefrontal cortex activation

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^aEmmett Interdisciplinary Program in Environment and Resources, Stanford University, Stanford, CA 94305; ^bLaureate Institute for Brain Research, School of Community Medicine, Tulsa, OK 74136; ^cDepartment of Psychology, Stanford University, Stanford, CA 94305; ^dCenter for Conservation Biology, Department of Biology, and Woods Institute, Stanford University, Stanford, CA 94305; and ^eGlobal Economic Dynamics and the Biosphere, Royal Swedish Academy of Sciences, and Stockholm Resilience Centre, Stockholm 114 18, Sweden

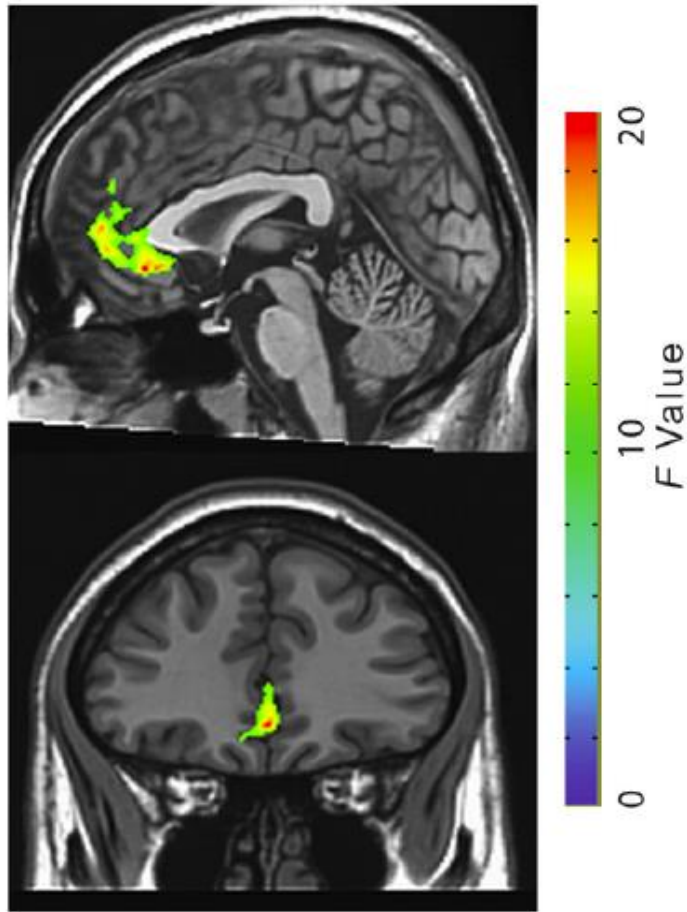
Contributed by Gretchen C. Daily, May 28, 2015 (sent for review March 9, 2015; reviewed by Les

Une marche de 90 minutes dans un parc
n'a pas les mêmes effets biologiques sur
l'activité du cerveau que la même marche
réalisée dans un milieu urbain bruyant!

Significance

More than 50% of people now live in urban areas. By 2050 this proportion will be 70%. Urbanization is associated with increased levels of mental illness, but it's not yet clear why. Through a controlled experiment, we investigated whether nature experience would influence rumination (repetitive thought focused on negative aspects of the self), a known risk factor for mental illness. Participants who went on a 90-min walk through a natural environment reported lower levels of rumination and showed reduced neural activity in an area of the brain linked to risk for mental illness compared with those who walked through an urban environment. These results suggest that accessible natural areas may be vital for mental health in our rapidly urbanizing world.

B



C

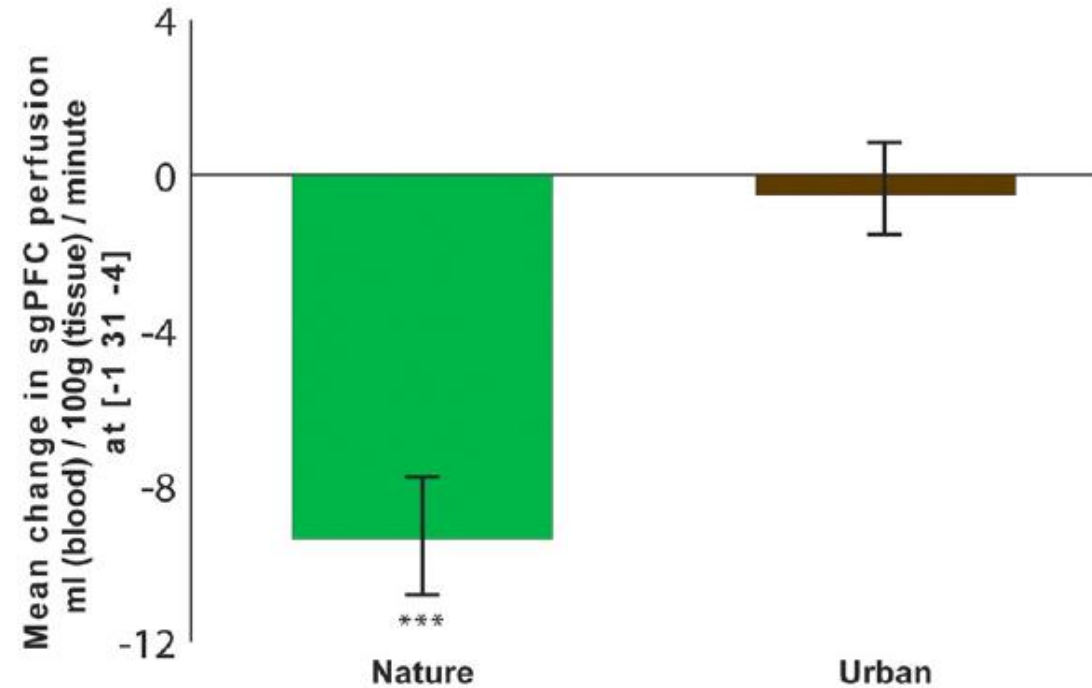
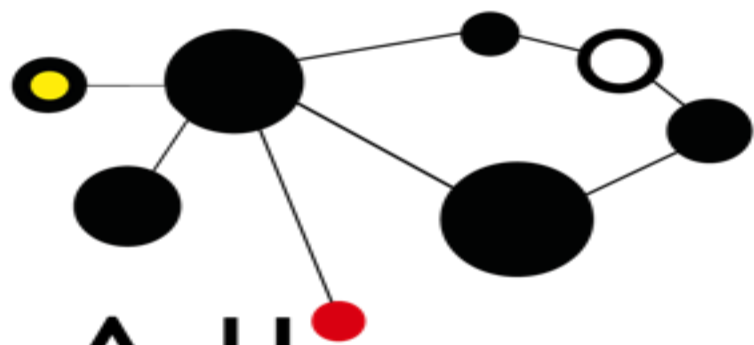


Fig. 1. The impact of nature experience on self-reported rumination and blood perfusion to the sgPFC. (A) Change in self-reported rumination (postwalk minus prewalk) for participants randomly assigned to take a 90-min walk either in a natural setting or in an urban setting. (B) A time-by-environment interaction in blood perfusion was evident in the sgPFC. *F* map of significant interactions at a threshold of $P < 0.05$, FWE corrected for multiple comparisons. (C) Change in blood perfusion (postwalk minus prewalk) for participants randomly assigned to take a 90-min walk either in a natural setting or in an urban setting. Error bars represent SE within subjects: $*P < 0.05$, $***P < 0.001$.



**Rapprocher la médecine et la santé des populations :
Vers une solution concertée...**





Alliance santé Québec

Le réseau de recherche innovant

Une mobilisation historique



Michel Clair
Président du CA



**UNIVERSITÉ
LAVAL**

Faculté de droit
Faculté des études supérieures et postdoctorales
Faculté de médecine
Faculté de médecine dentaire
Faculté de pharmacie
Faculté des sciences de l'administration
Faculté des sciences de l'agriculture et de l'alimentation
Faculté des sciences et de génie
Faculté des sciences infirmières
Faculté des sciences sociales



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*Centre de santé et de services sociaux
Régis-Desjardins*





L'Alliance santé Québec

Notre constat : Une nécessité!

La santé va bien au-delà de la médecine.

**Nous devons nous donner les moyens de faire plus,
mieux et différemment.**

Nous devons écouter la population et les patients.

**Nous devons réduire le travail en silos et mieux
exploiter notre potentiel collectif pour le bien
commun.**



L'Alliance santé Québec - Travailler autrement



- ✓ Promouvoir des grands projets pluri/inter/transdisciplinaires en recherche et innovation;
- ✓ Systématiser la participation des patients et des citoyens en tant que partenaires de la recherche et de l'innovation en santé durable;
- ✓ Accélérer et faciliter l'intégration des nouvelles connaissances et technologies dans les pratiques;
- ✓ Positionner les établissements et les professionnels de la santé comme des demandeurs d'innovations (technologiques, sociales, managériales, etc.);
- ✓ Utiliser l'ensemble des activités reliées à la recherche et à l'innovation en santé et services sociaux comme moteur de création de bien-être et de richesse collective.

La santé durable

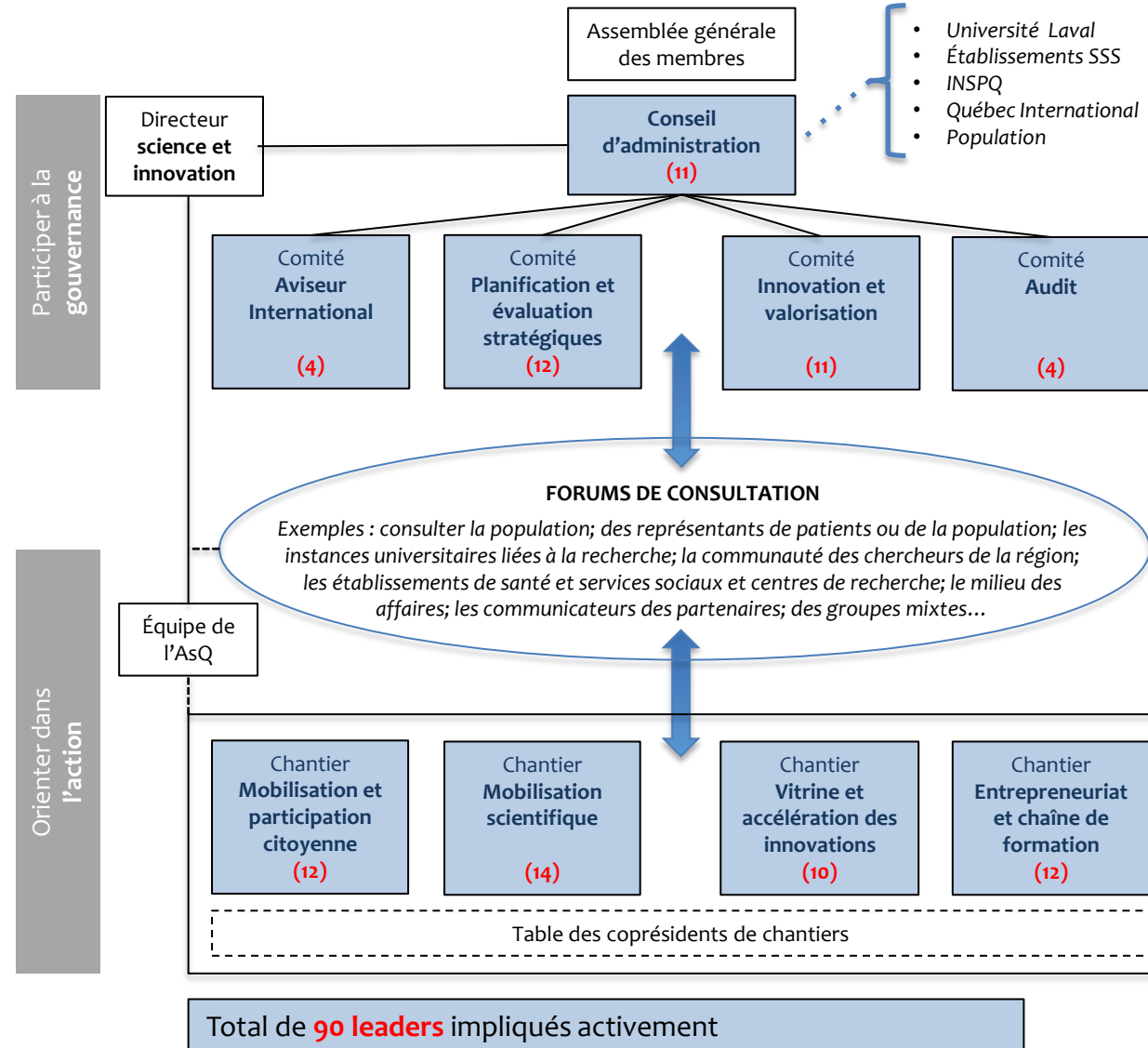
Une marque distinctive de la grande région de Québec



État complet de bien-être physique, mental et social atteint et maintenu tout au long de la vie grâce à des conditions de vie saines, enrichissantes et épanouissantes et grâce à l'accès à des ressources appropriées de qualité utilisées de façon responsable et efficiente, au bénéfice des générations actuelles et futures.

Notre gouvernance

Beaucoup d'expertise déjà impliquée





Le projet de cohorte populationnelle de la grande région de Québec

Nos experts internationaux nous l'avaient suggéré en décembre 2014...



Nick Wareham
University of Cambridge



Frank B Hu
Harvard University



© Ed O'Keeffe

L'expérience de l'Université de Cambridge Angleterre



Biomedical Campus development



Basic science



Metabolic diseases



Population Health

Cancer

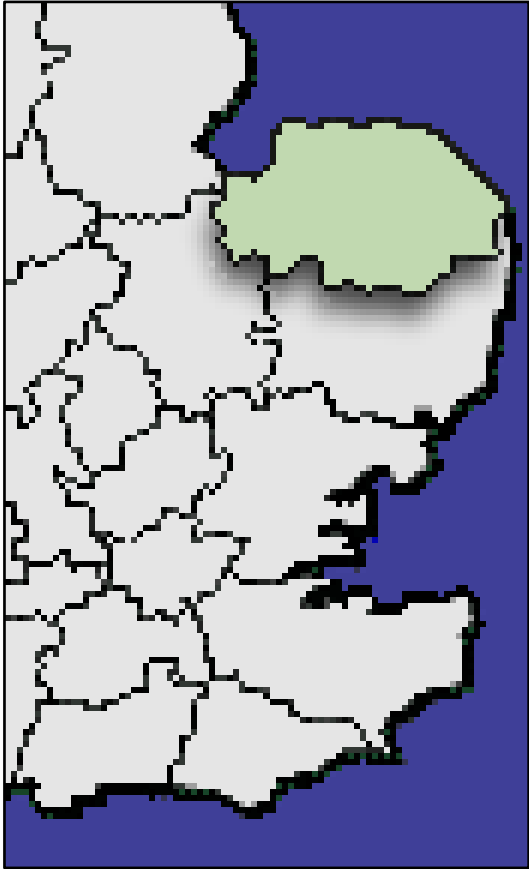


Heart and lung





European Prospective Intervention into Cancer and Nutrition (EPIC)-Norfolk population study



- Objectif : Améliorer la santé de la population par une meilleure compréhension des déterminants (biologiques/sociaux) de la santé
- 25,000 hommes et femmes (40-79 ans) suivis en médecine de première ligne (Norfolk)
- Évaluation de base 1993-1997
- Consentement écrit
- Mesures détaillées du mode de vie et du profil de santé
- Suivi et lien avec dossiers médicaux, mortalité, cancers, admissions hospitalières, traitements, etc.

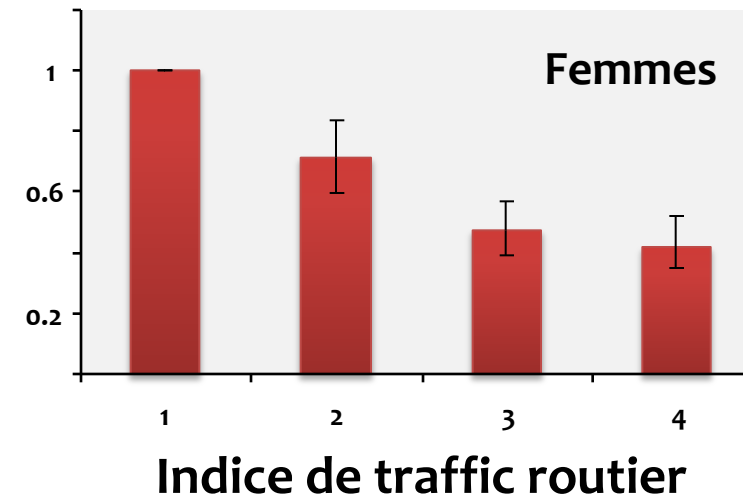
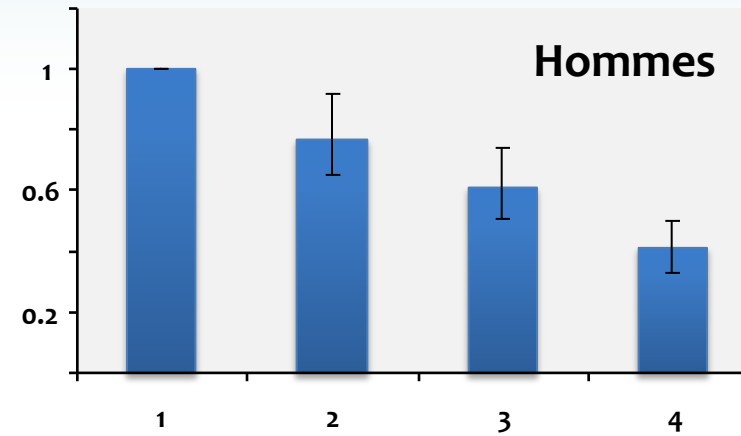
- transport policy
- foot/cycle paths
- school characteristics
- workplace layout
- family activity levels
- attitudes
- preference



Collective

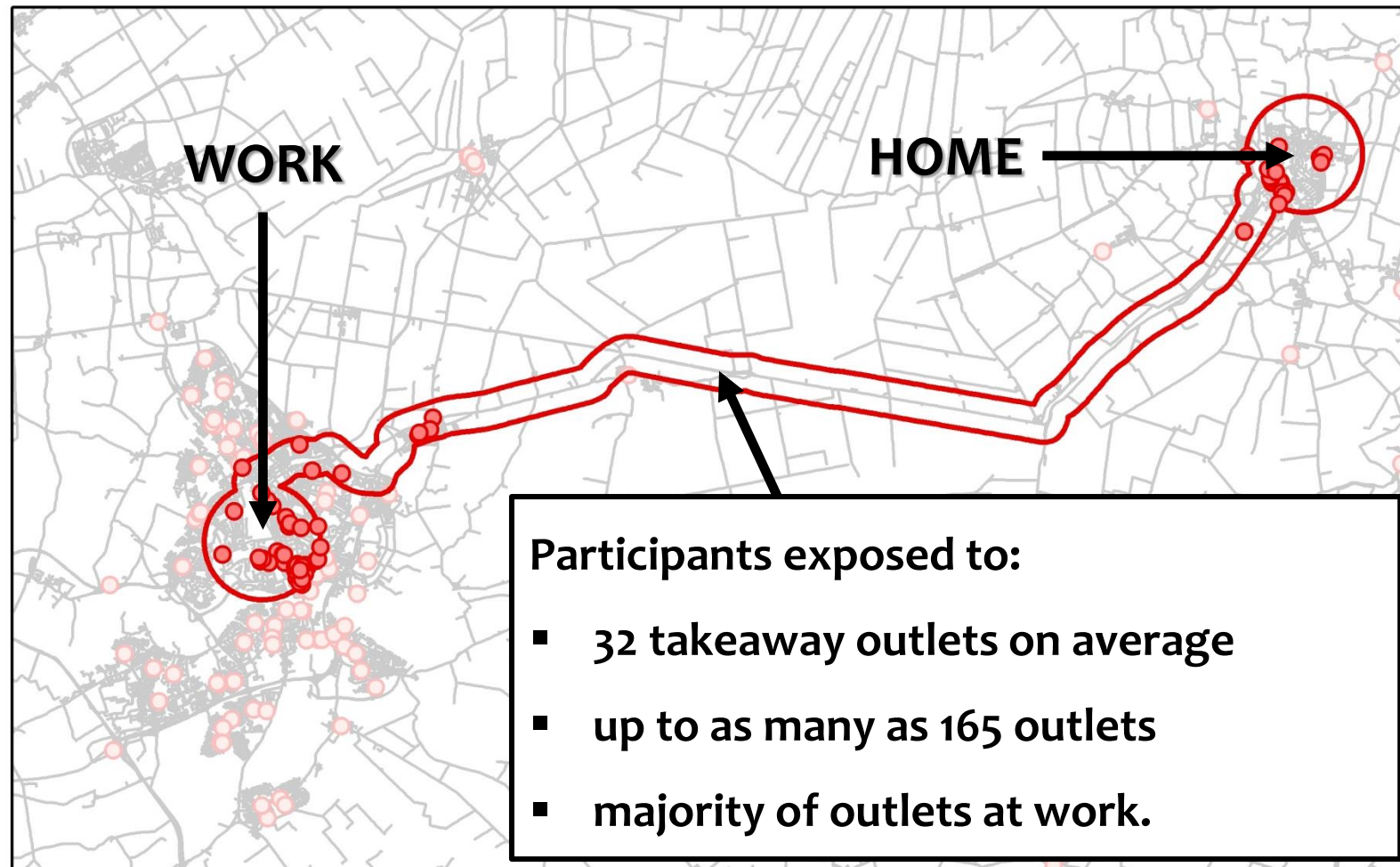
Individual

EPIC-Norfolk : L'environnement module notre niveau d'activité physique





EPIC-Norfolk : Le nombre d'établissements de « fast-food » sur le trajet entre la résidence et le lieu de travail est un facteur de risque d'obésité!

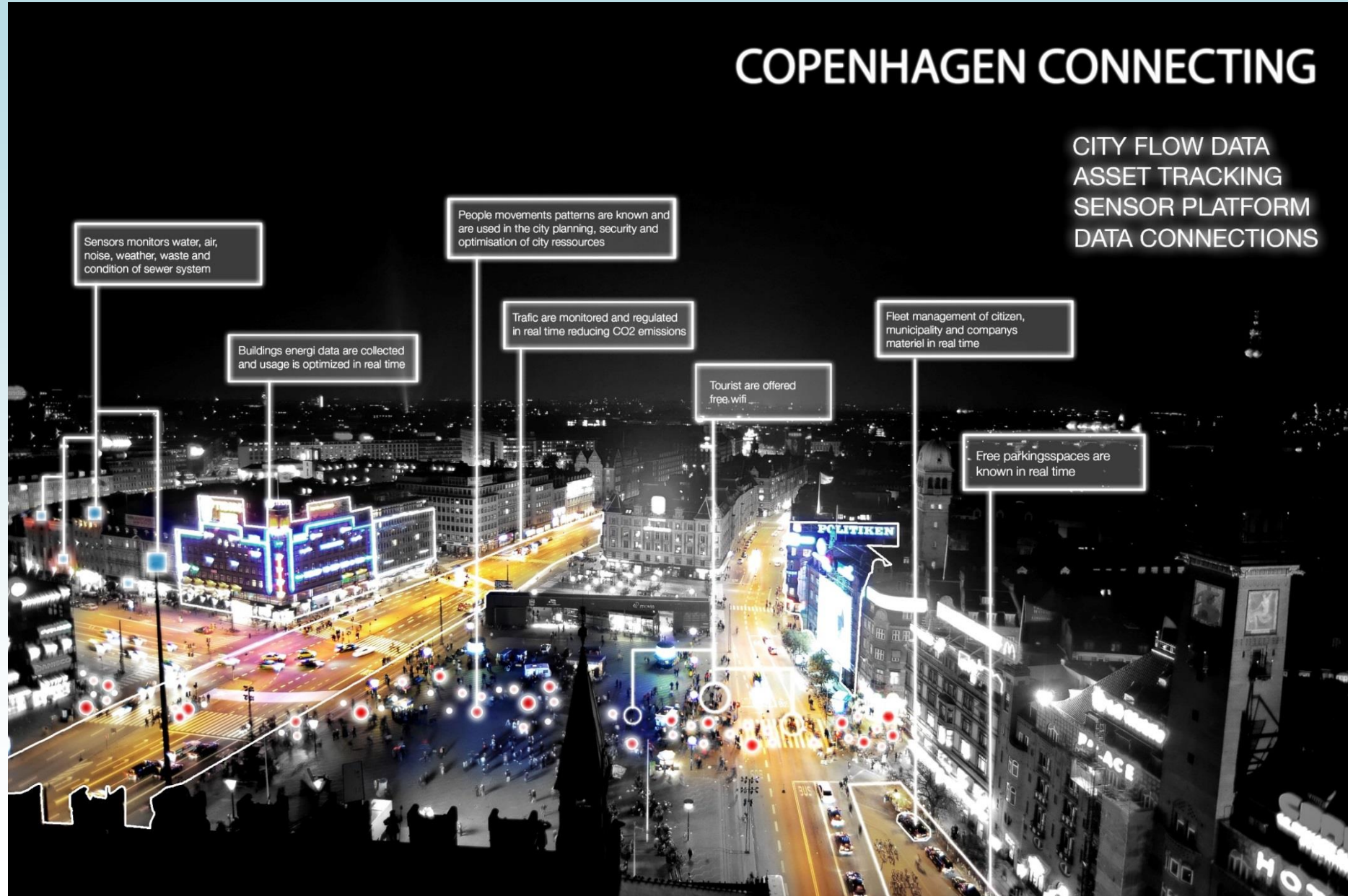


EPIC-Norfolk : Une étude avec et pour la population

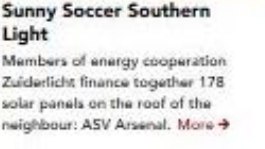
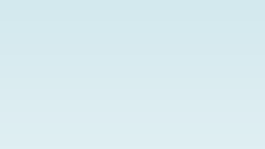
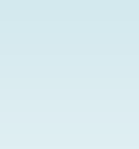
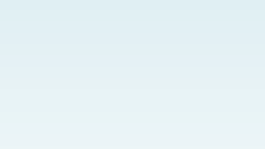
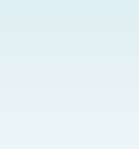
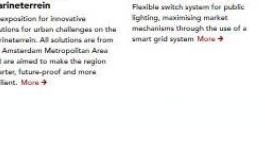
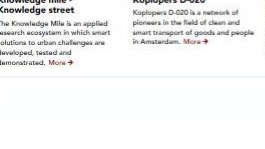
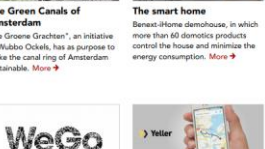
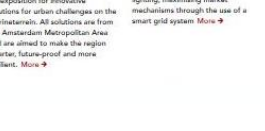
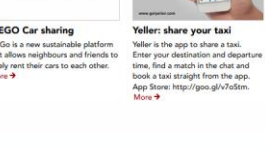
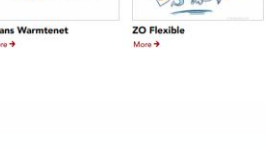
Un projet de société



Top smart cities dans le monde - COPENHAGUE



Top smart cities dans le monde - AMSTERDAM

							
Smart Living Showroom The Smart Living Showroom in IKEA is a showcase of numerous products which support people in saving energy, water and to separate waste. More →	Smart Parking The Smart Parking project allows you to book your parking spot in advance in Private or Public spaces. It enables drivers to spend less time looking for parking and emit fewer CO2 to the atmosphere. More →	Smart Sports Parks In this project sports associations, the local city council and several entrepreneurs work together to build and maintain sustainable and strong sports grounds. Main focus is on Energy Efficiency, Smart Lighting, Bio Diversity and Shared Resources. More →	Smart Students In this project, students from the Amsterdam University of Applied Sciences plan to study how residents of Nieuw-West react to smart solutions for their environment. More →	3D Print Canal House The 3D Print Canal House is a project where partners collaborate printing a 3D canal house at an apartment in Amsterdam. More →	Amstel 3D Pilot Amsterdam Smart City supports the development of an online interactive application in Zuidwest in which users of the area can post their development ideas. More →	Amsterdam Arena The City of Amsterdam has signed an innovation deal with the Amsterdam Arena as part of a drive to make the stadium one of the most innovative in the world. More →	Amsterdam Arena Innovation Center With its ambition to be the world's leading nucleus for innovative smart city and smart stadium solutions, the Amsterdam Arena Innovation Center (AIC) offers effective resources for research, development and education. More →
							
Solar Gambling Solar Gambling raises awareness of solar energy by gaming on the daily production of a small solar installation in public space. When production is correctly estimated, prizes can be won. More →	StartUpBootcamp Smart City & Living Startupbootcamp is the leading accelerator of Europe and is organizing a new vertical program focused on Smart City & Smart Home solutions. More →	Sunny Soccer Southern Light Members of energy cooperation Zuiderlicht finance together 178 solar panels on the roof of the neighbour: ASV Arsenal. More →	Sustainable race car: EVA Team EVA: (Electric Vehicle Amsterdam) is an interdisciplinary student team from the University of Applied Sciences Amsterdam who annually participate in the Shell Eco-marathon. More →	Amsterdam Rainproof elke druppel telt More →	Amsterdam Smart Citizens Lab In the Smart Citizens Lab we will explore tools and applications to map the world around us. More →	Amsterdamse Zoncoalitie More →	Beautiful, Smart, Sustainable Wildeman The residents of the Wildeman area in Nieuw-West work towards a beautiful, smart and sustainable neighbourhood, together with Amsterdam Smart City. More →
							
City-zen - Test Living Lab A Living Lab in Amsterdam Nieuw-West in which all the latest initiatives and products can be tested. More →	City-zen - Sustainable District Heating Work is being conducted in Amsterdam Nieuw-West to realise additional heat sources and improve existing sources in order to help create a more sustainable district heating system. More →	Civocracy Civocracy is an online platform that enables constructive discussion between stakeholders (entrepreneurs, organisations, citizens) and encourages active citizen engagement. More →	Digilab HVA To help social economic vulnerable residents, so they can make themselves financially self-reliant and independent. More →	Budget Monitoring Budget Monitoring is a method that facilitates citizens to screen, assess, and actively participate in the decisions on public policy-making and government expenditure. It offers citizens the power, knowledge, and self-belief to take action for the right. More →	Buiksloterham Amsterdam Smart City brings together companies and local initiatives in order to transform Buiksloterham, a former industrial estate in Amsterdam Noord. More →	Change by Us in Amsterdam "Idee Voor Je Buurt" is a platform to share ideas, create projects, discover resources and make our city a better place to live. More →	City distribution: Cargolopper Cargolopper staat voor persoonlijke (spaarzaam) vervoer met een slimme, veilige, publiekrechtelijke aanpak. More →
							
City-zen - Age of energy A Serious Game is under development for youths in the area of Nieuw-West to engage them in saving energy. More →	City-zen - Energiebesparing voor bewoners The project involves working together with residents of Amsterdam Nieuw-West to explore energy saving measures that could potentially be introduced during renovations to their homes. More →	City-zen - Smart Grid In the Amsterdam Nieuw-West area the first intelligent self-healing grid has been implemented with which the city of Amsterdam can realize its sustainability objectives. More →	City-zen In the City-zen project innovations are demonstrated in the field of smart grid, heat networks and sustainable housing in Amsterdam Nieuw-West to create one of the largest Smart Energy lab in Europe. More →	City-zen In the City-zen project innovations are demonstrated in the field of smart grid, heat networks and sustainable housing in Amsterdam Nieuw-West to create one of the largest Smart Energy lab in Europe. More →	City-zen - Age of energy A Serious Game is under development for youths in the area of Nieuw-West to engage them in saving energy. More →	City-zen - Energiebesparing voor bewoners The project involves working together with residents of Amsterdam Nieuw-West to explore energy saving measures that could potentially be introduced during renovations to their homes. More →	City-zen - Smart Grid In the Amsterdam Nieuw-West area the first intelligent self-healing grid has been implemented with which the city of Amsterdam can realize its sustainability objectives. More →
							
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Energetic Zuidooit Energiek Zuidooit wants to reduce the ecological footprint of roughly the area between Amsterdam Arena and the hospital AMC. More →	Energy storage for households Technology development for energy in households which are linked to the smart grid. More →	Experience Lab - Marineterrein An expedition for innovative solutions for urban challenges on the Marineterrein. All solutions are from the Amsterdam Metropolitan Area and are aimed to make the region smarter, future-proof and more resilient. More →	Flexible street lighting Flexible switch system for public lighting, maximizing market mechanisms through the use of a smart grid system. More →	WeGo WeGo is a new sustainable platform that allows neighbours and friends to safely rent their cars to each other. More →	Yeller: share your taxi Yeller is the app to share a taxi. Enter your destination and departure time, find a match in the chat and book a taxi straight from the app. App Store: http://goes.gl/YdRm. More →	Zaans Warmtenet More →	ZO Flexibel More →
							
Knowledge mile - Knowledge street The Knowledge Mile is an applied research ecosystem in which smart solutions to urban challenges are developed, tested and demonstrated. More →	Koplopers D-020 Koplopers D-020 is a network of pioneers in the field of clean and smart transport of goods and people in Amsterdam. More →	Last mile logistics: Foodlogica Foodlogica is a logistical service designed to clean the last mile of Amsterdam's food system using bikes. More →	Laws and regulations in Zuidwest Free zone for sustainable energy. More →	Knowledge mile - Knowledge street The Knowledge Mile is an applied research ecosystem in which smart solutions to urban challenges are developed, tested and demonstrated. More →	Koplopers D-020 Koplopers D-020 is a network of pioneers in the field of clean and smart transport of goods and people in Amsterdam. More →	Last mile logistics: Foodlogica Foodlogica is a logistical service designed to clean the last mile of Amsterdam's food system using bikes. More →	Laws and regulations in Zuidwest Free zone for sustainable energy. More →



Amsterdam et les vélos...



Amsterdam en 1971 : assaillie par l'automobile

Résultat : 3,300 décès incluant 400 enfants...



Amsterdam : un coup de barre...

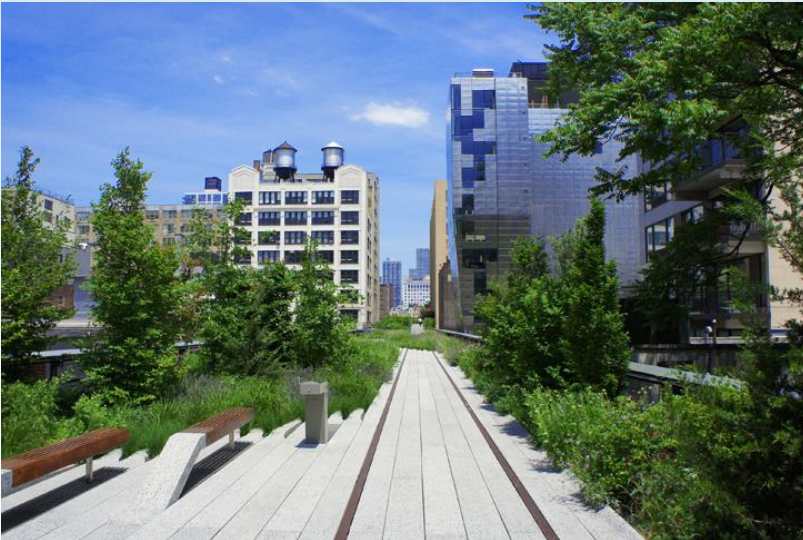




Amsterdam

TAKE CARE NEW YORK 2020

Healthy Childhoods
Create Healthier Neighborhoods
Support Healthy Living
Increase Access to Quality Care



EVERY NEIGHBORHOOD, EVERY NEW YORKER
**EVERYONE'S
HEALTH COUNTS**



New York City

Community Health Survey Atlas

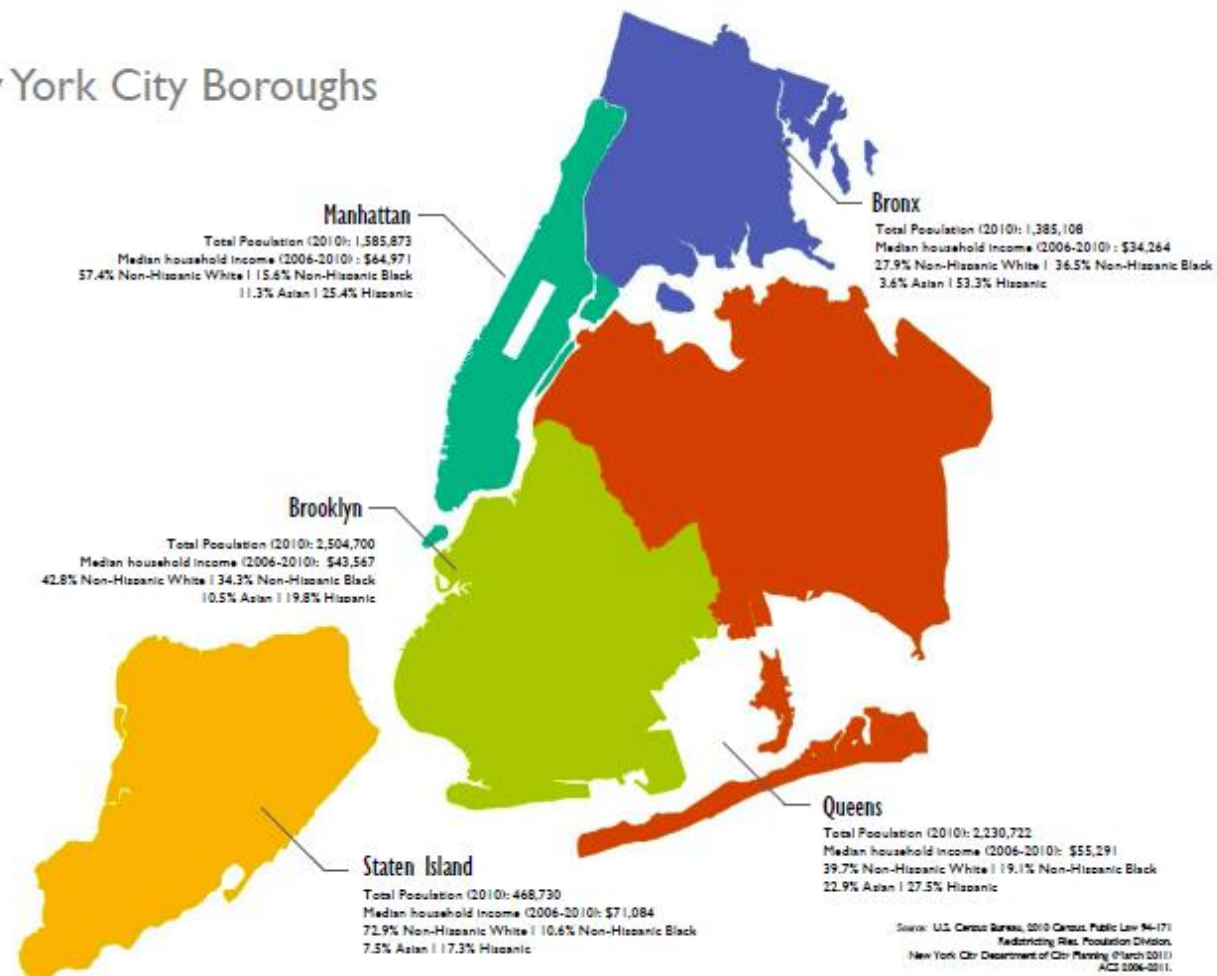


2010



Kim Kessler
Ville de New York

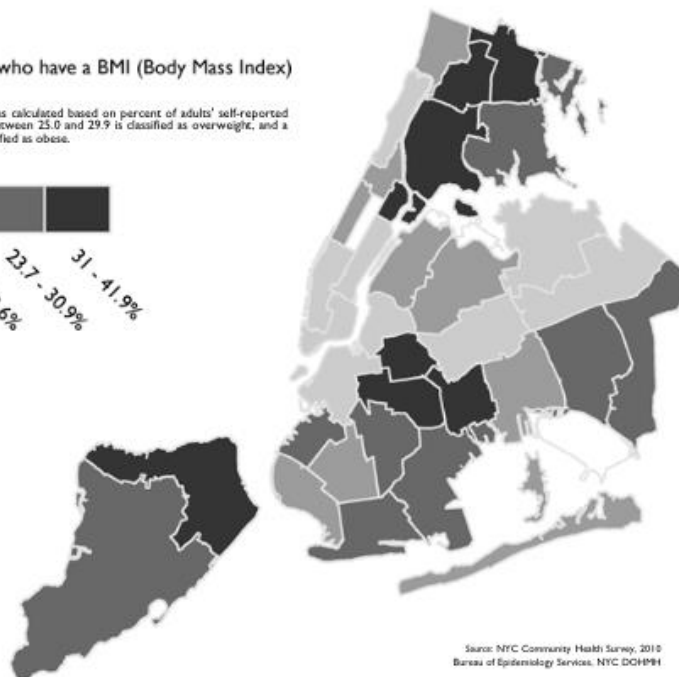
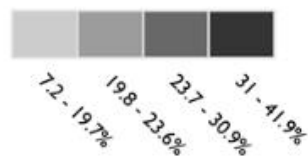
New York City Boroughs



Obesity

Percent of adults who have a BMI (Body Mass Index) of 30 or greater

* Body Mass Index (BMI) was calculated based on percent of adults' self-reported weight and height. A BMI between 25.0 and 29.9 is classified as overweight, and a BMI of 30 or greater is classified as obese.

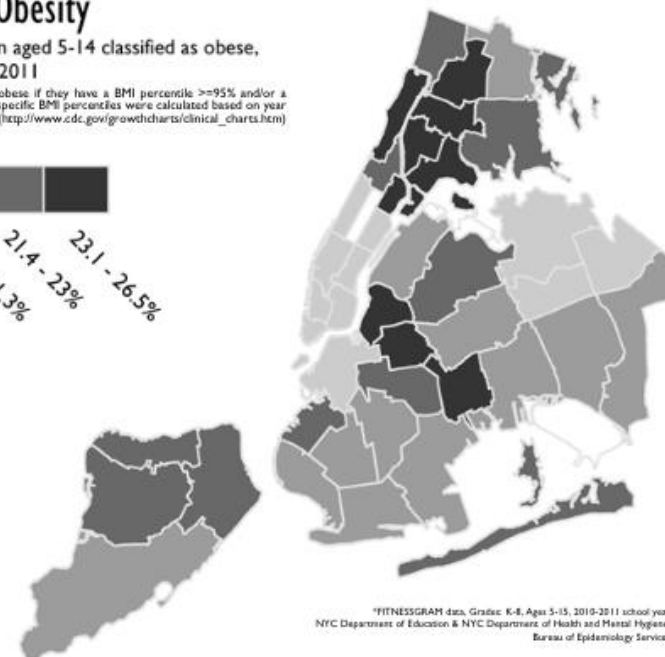


Source: NYC Community Health Survey, 2010
Bureau of Epidemiology Services, NYC DOHMH

Childhood Obesity

Percent of children aged 5-14 classified as obese, school year 2010-2011

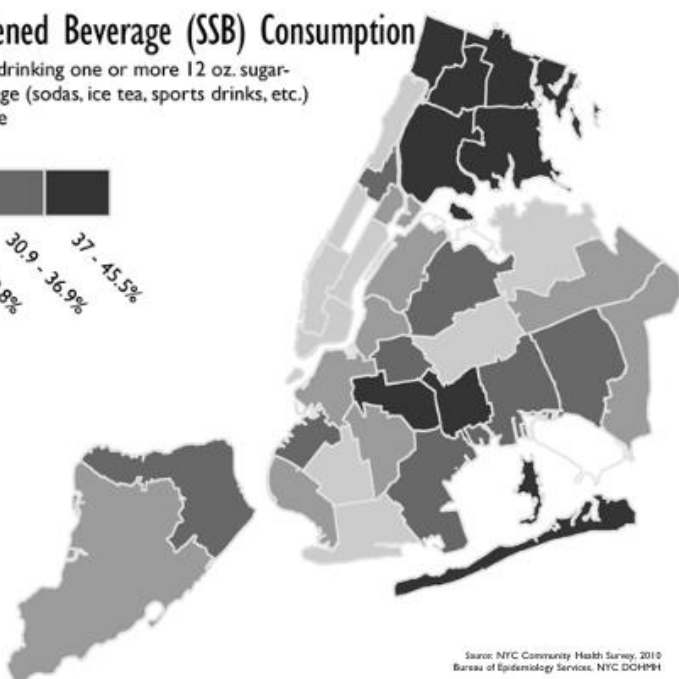
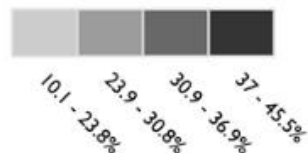
* Children are classified as obese if they have a BMI percentile $\geq 95\%$ and/or a BMI ≥ 35 . Age and gender specific BMI percentiles were calculated based on year 2000 CDC growth charts (http://www.cdc.gov/growthcharts/clinical_charts.htm) from height and weight.



*FITNESSGRAM data, Grades K-8, Ages 5-15, 2010-2011 school year
NYC Department of Education & NYC Department of Health and Mental Hygiene,
Bureau of Epidemiology Services

Sugar-Sweetened Beverage (SSB) Consumption

Percent of adults drinking one or more 12 oz. sugar-sweetened beverage (sodas, ice tea, sports drinks, etc.) per day on average

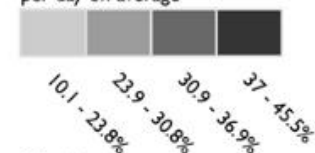


Source: NYC Community Health Survey, 2010
Bureau of Epidemiology Services, NYC DOHMH

SSB Consumption & Obesity

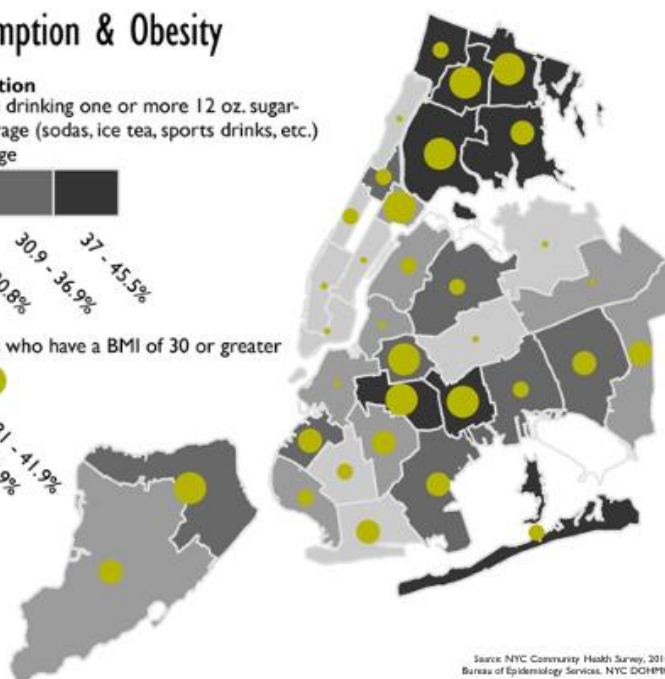
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Obesity

Percent of adults who have a BMI of 30 or greater



Source: NYC Community Health Survey, 2010
Bureau of Epidemiology Services, NYC DOHMH

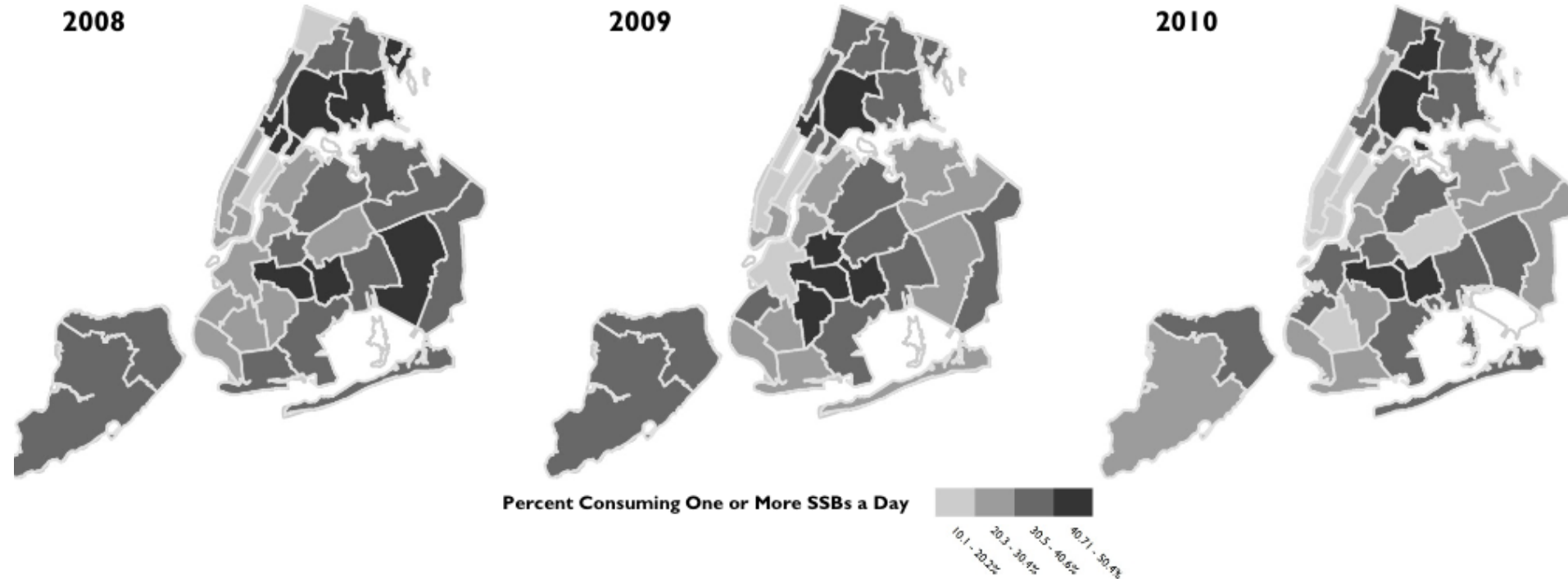
Sugar-Sweetened Beverage Consumption: 2008-2010

- Sugary drinks are associated with weight gain, diabetes, and risk factors for cardiovascular disease
- Consuming an average of at least one SSB per day among adults ages 18 and older in New York City decreased from 32.6% in 2008 to 30.3% in 2010. However, almost one third of New Yorkers still consumed at least one SSB per day in 2010
- In 2010, the prevalence of at least daily consumption of SSBs was highest among Bronx residents (42.1%) and lowest among Manhattan residents (20.4%)

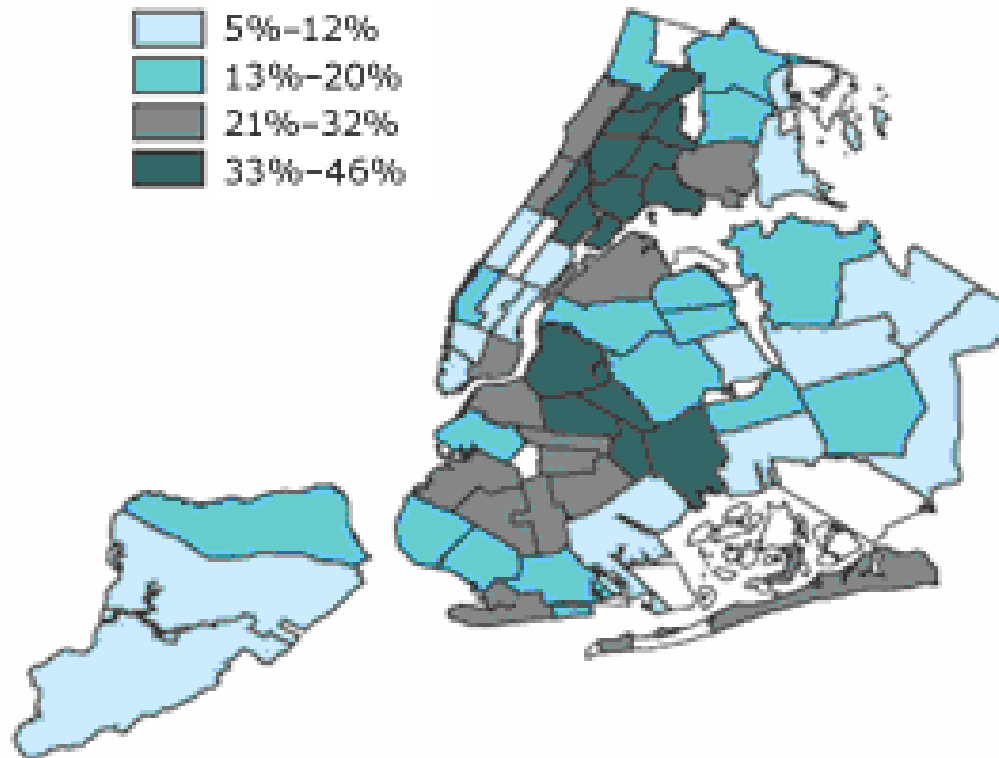
Source: Epi Data Brief: Consumption of Sugar Sweetened Beverages (SSBs) in New York City. May 2011. <http://www.nyc.gov/html/doh/downloads/pdf/epidatabrief4.pdf>



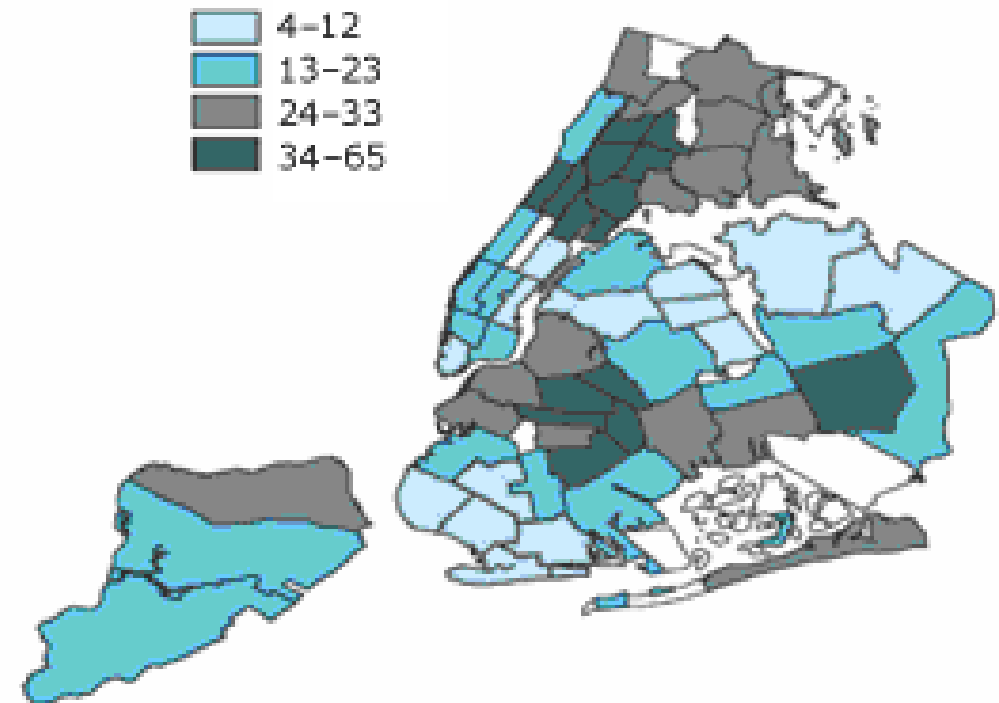
DOHMH campaign, begun in 2009, to encourage consumers to choose beverages with less sugar



Percentage of residents living in poverty (quartiles)



Diabetes deaths per 100,000 population (quartiles)



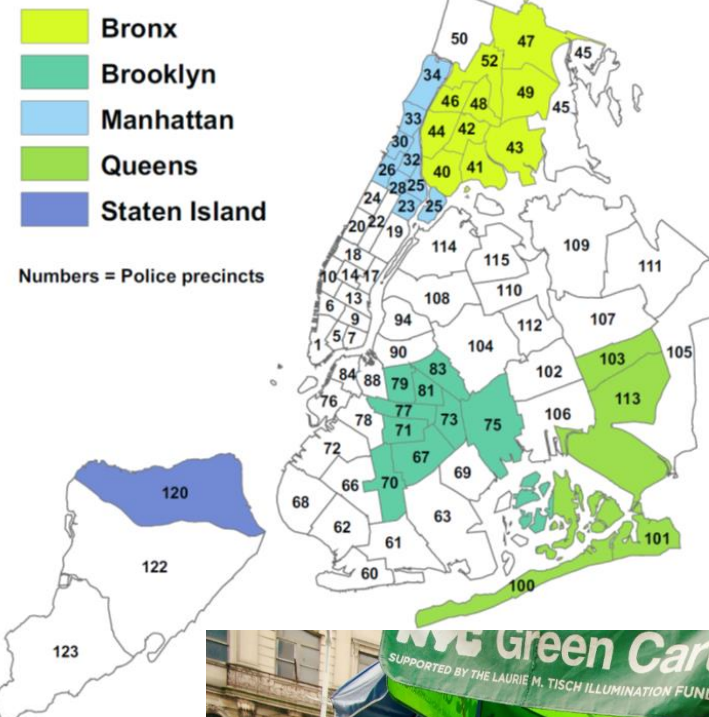
Innovative Partnership for Public Health:

An Evaluation of the New York City Green Cart Initiative
to Expand Access to Healthy Produce in Low-Income Neighborhoods



NYC Green Cart

Green Carts are only allowed
in these designated areas



HEALTHY CHICAGO 2.0

PARTNERING TO IMPROVE HEALTH EQUITY

2016 - 2020



RETROFIT
CHICAGO

SAVING GREEN BY GOING GREEN

Maire de Chicago :

“The City of Chicago focus on Chicagoans Health and Wellness,
our goal is to make Chicago *The Healthiest City in the U.S.*”

"I want Chicago to be the greenest city in the world.”



STRASBOURG

Pionnière pour le sport santé sur ordonnance médicale

- Première ville cyclable de France
- En pointe sur les enjeux énergétiques, Strasbourg a inventé un modèle de développement urbain
- Habitat durable
- Protection de l'environnement
- Vie culturelle foisonnante
- Ville créative, harmonieuse et solidaire



VANCOUVER





La santé durable : un concept rassembleur pour la grande région de Québec

COHORTE POPULATIONNELLE EN SANTÉ DURABLE

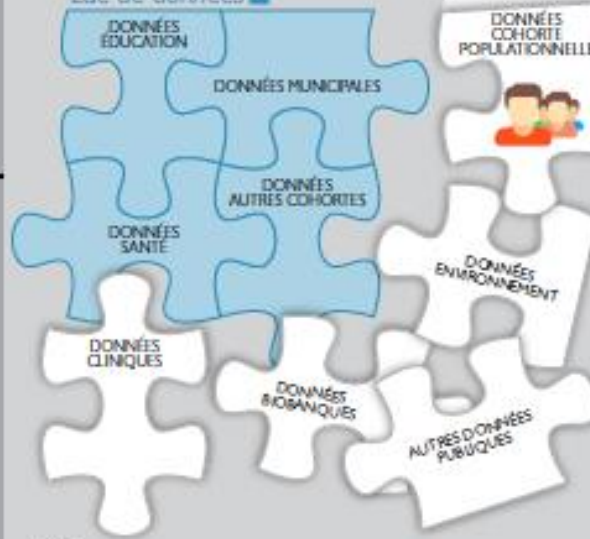
Un bassin potentiel de 1,7 million de personnes

- suivies de façon prospective, de la conception à la fin de vie
- selon des paramètres liés à la santé durable :
 - état de santé (paramètres classiques)
 - habitudes de vie (activité physique, alimentation, sommeil, stress...)
 - conditions de vie (revenu, éducation, logement...)
 - environnement physique (eau, air, sol), bâti, social, économique...
 - facteurs génétiques.



PLATEAU TECHNOLOGIQUE INTERACTIF

Lac de données



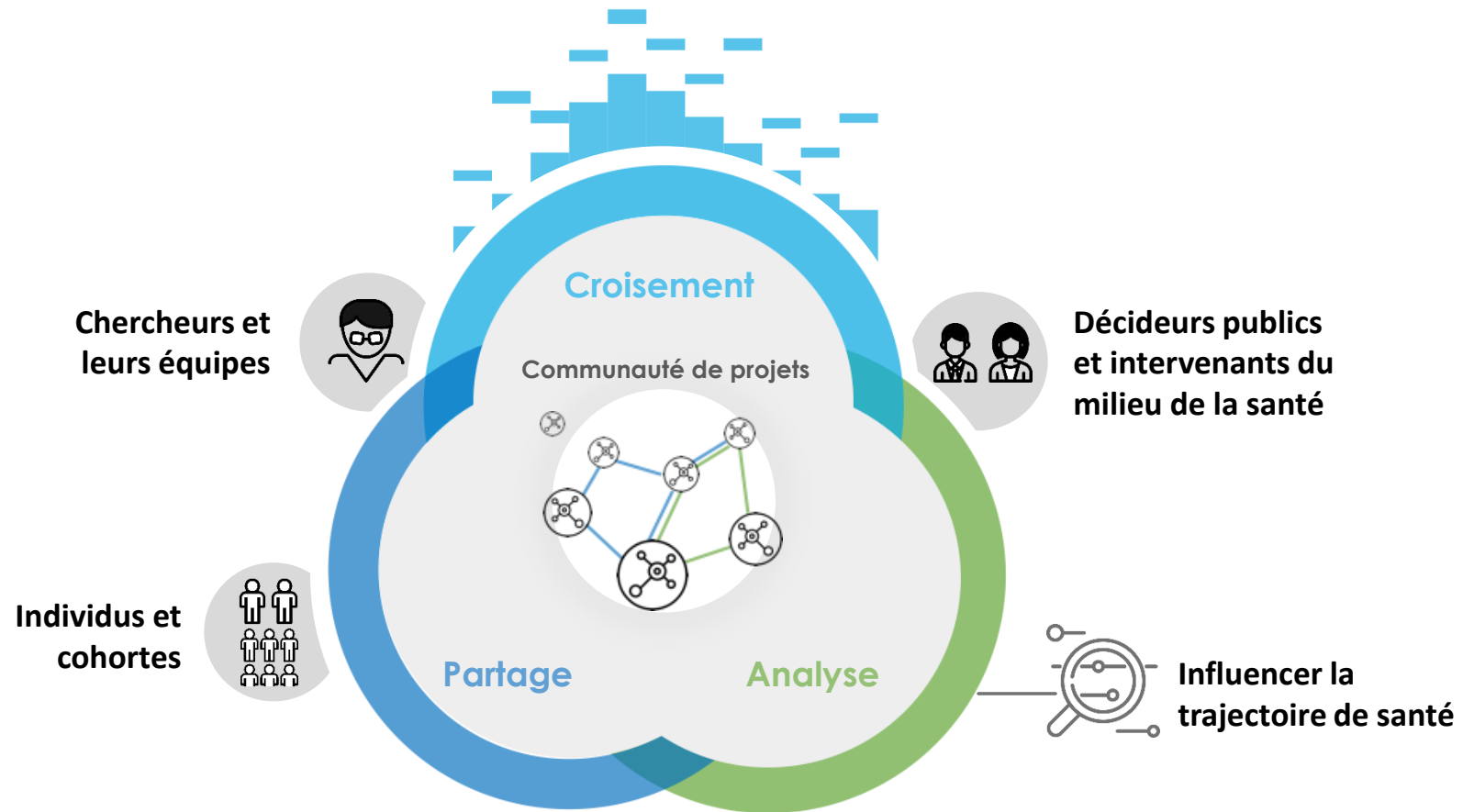
Alimentation du Lac de données par des interfaces spécialisées

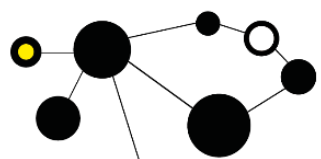
ACCÈS AUX DONNÉES

À travers des **interfaces** adaptées à chaque clientèle, les utilisateurs peuvent, selon leurs privilèges, collecter, intégrer et analyser les informations.



La recherche dans une perspective de santé durable





Alliance
santé Québec

Le réseau de recherche innovant



Québec

Une ville intelligente, durable et en santé