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Announcing the speaker line-up for Healthy Urban Childhoods

The list of speakers at our next summit 8 - 9 October is close to being finalized. We look forward to exceptional talks, in **plenary** and in **workshops**, from across the world, bringing expertise from different sectors on how to promote and protect children's health in cities.

We still have participant spaces available. Sign up using the link below to secure your seat and be part of the discussion!

[Registration for the Summit](#)

Physical activity as a win for health, win for society and win for the planet

The WHO has recently updated and released new guidelines for physical activity across the lifespan, incorporating new knowledge on the mental benefits of physical exercise, both for young people and later in life. Data shows increasing sedentary behaviour both for adolescents and for children, but also points to a strong link between physical exercise and mental benefits.

Dr Fiona Bull, Program Manager, Prevention of Non-communicable diseases at the WHO, will deliver one of the keynote presentations at the Uppsala Health Summit in October on how we can deliver on children's mental and physical health. In this interview, Dr Bull shares some of the critical points of the WHO recommendations and discusses how we can move from knowledge to action in creating the safe places and spaces that children need for healthy development.

"It is not enough to just talk about the health risks of being inactive, we need to broaden the arguments and look at the many benefits of societies being more active – this will show to a wider audience their role in helping create cities that are built in ways to encourage and support safe walking, cycling, sport, exercise and outdoor play," says Dr Bull. Designs that enable us to be active also lead to benefits for the environment, the economy and the community - a triple win.

[Read the interview](#)

Dr. Fiona Bull



Check out the global activities around Urban October!

Every October UN-Habitat and partners organize a month of activities, events and discussions on urban sustainability. Urban October began in 2018 with World Habitat Day on 1 October on the theme of Municipal Solid Waste Management, with the global observance hosted by the Government of Kenya in Nairobi. It will end with World Cities Day being celebrated in Liverpool, UK

on 31 October with the theme Building Sustainable and Resilient Cities.

We will also have two speakers from UN Habitat participating at the Summit; Dr. Graham Alabaster, Chief, Waste Management and Sanitation and Robert Peter Ndugwa, head of the Global Urban Observatory unit at UN Habitat.

[UN Habitat's Urban October](#)

Dr. Gisela Nyberg



Empowering industry to promote physical activity

Recent studies show that Swedish children and adolescents do not move enough; fewer than 22 per cent of girls and 44 per cent of boys reach the daily recommendation of 60 minutes of physical activity of moderate to vigorous intensity.

Experience show that collaborations between the private sector and government agencies, scientists and civil society can result in evidence-based health-promoting products which are good for both business and people, for example, gyms, and playgrounds. During the Uppsala Health Summit in October, Dr. Gisela Nyberg from the Swedish School of Sport and Health Sciences will share results of such partnerships and discuss ways of improving future collaborations.

We had a chance to talk to Dr Nyberg to learn more about the experience of public-private partnership building to create environments that promote physical activity, and the role schools and parents can play.

[Read the interview](#)

Results from Sweden's 2018 Report Card on Physical Activity for Children and Youth

A recent Swedish report consolidated physical activity data with sedentary behavior data, creating the 2018 Report Card on Physical activity for Children and Youth in Sweden. This is an important tool to further the evidence-base in the area of Healthy Urban Childhoods. Read the report in the Human Kinetics Journal.

[2018 Report Card on Physical Activity for Children and Youth](#)

Widgets

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