


HEALTH, WELL-BEING, AND SMART CITIES

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INTRODUCTION

- Modern health policy requires the involvement of partners and key stakeholders in policy development and implementation
 - Crucial component is the global dimension of health
 - Quality of life for many EU citizens is considered to be a primary concern
 - Therefore, European Commission actively promotes the idea of investing in health and the reduction of health inequalities
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INTRODUCTION CONT

- Article 168 stipulates that “A high level of human health protection shall be ensured in the definition and implementation of all Union policies and activities”
 - Highlights the importance of health component when developing all types policies in societal areas
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IS IT POSSIBLE FOR A SHIFT IN PARADIGM?

- The big challenges for health are clear: the need for a major paradigm shift by transforming healthcare institutions from sickness treatment systems to promoters of wellbeing.



HEALTH & WELLBEING

- Wellbeing refers to the way you feel about yourself and life
- WHO defines health as not just the absence of disease or illness, but as a complex combination of physical, mental, emotional, and social well-being; based on many arguments I'll add also spiritual wellbeing
- Concepts of Health and Wellbeing are interlinked and can be analyzed in different contexts
- Our living environment specifically cities seems to be meaningful one

WHY CITIES?

- Critical sites for inquiry and action related to health and well-being
- Around 70% of the world's population in 2050 is estimated to be living in cities
- Global health will be determined increasingly in cities



HOW IT WILL LOOK

2050



CHALLENGES


- Urbanization is associated with improvement in income levels and health outcomes, while simultaneously the urban growth has contributed to the emergence of health and social inequalities




RESEARCH AND SMART CITIES

- Researchers are developing concepts, systems, and applications designed to make city life more efficient, cleaner, safer, and less costly
- Collaboration between government, academia, industry, civil society? faculty, and students are advancing Smart Cities systems and technologies assessment to assist public and private health sector organizations with comprehensive, science based information on costly medical conditions and new health care technologies and strategies
- Below are some few examples...

ALGORITHMIC APPROACHES TO PERSONALIZED HEALTHCARE

- Driven by the need for more preventive health care, researchers are developing algorithms that
 1. Systematically process all patient data from electronic medical records and
 2. Personalized health records
 - Algorithms will be designed to classify patients based on the risk of developing an acute condition and establish preventive medical interventions to avoid hospitalization (including stigma) and more serious health consequences
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CLINICAL DECISION SUPPORT (CDS) AND KNOWLEDGE MANAGEMENT SYSTEM (KMS)

- CDS and KMS are effective in improving health care process measures across diverse settings using both commercially and locally developed systems
 - Evidence for the effectiveness of CDS on clinical outcomes and costs and KMS on any outcomes has been shown to be minimal
 - Nine features of CDS and KMS that correlate with successful impact of clinical decision support have been recently identified
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ENHANCING SLEEP QUALITY WITH BLUE SPECTRUM LIGHT


- The 2014 Nobel Prize for Physics was awarded to three scientist who invented efficient LED blue light. This allowed for a new generation of bright and energy efficient white lamps
- **Studies of human circadian rhythm imply that the blue spectrum of visible light is responsible for cortisol/melatonin cycles. Augmenting or diminishing the presence of this blue spectrum can affect the sleep quality**

CONCLUSIONS

- Cities and their delivery partners face complex choices about what type of future they are seeking to create in order to meet aspirations of their citizens and community members
- Cities will have different visions, reflecting the needs and circumstances of their populations and economic activities



CONCLUSIONS

- Research is proving that “Smart Cities” are healthier, due to their use of intelligent systems that promote wellness and applications of technology and design research that will improve patients outcomes in hospitals and clinics
 - Digital health records provide access in real time in their medical information so they can take charge of their health. This promotes a more active and prevention oriented lifestyle that directly contributes for substantial and comprehensive wellbeing of citizens
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Thank you!

