

A vibrant, pixelated illustration of a city skyline. The scene features several tall buildings in shades of orange, blue, and grey. In the foreground, there are green, pixelated bushes or trees. Two small, stylized birds are flying in the sky above the buildings. A white banner with a black border is positioned diagonally across the lower part of the image.

Urbanization and health

Learning objectives

1. Define urbanization
2. Enumerate differences between rural and urban communities
3. Describe in detail the effects of urbanization especially the health effects
4. Describe various measures that can be taken to minimize the adverse effects of urbanization

- Urban area:
 - population above 5000
 - At least 75% males engaged in non agricultural occupations
 - Population density - 400 persons / sqm or more
 - Declared as an urban area by GoI

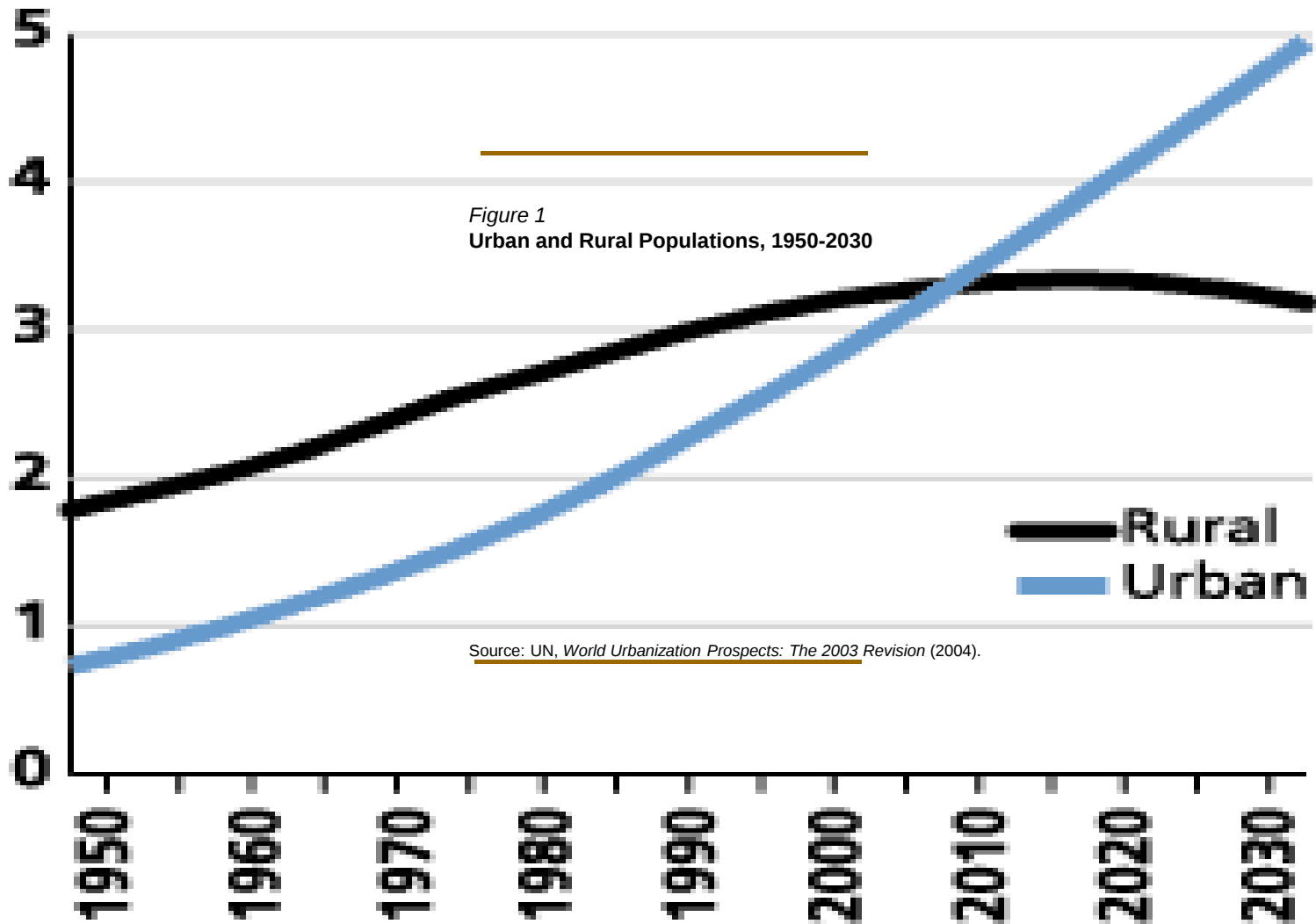
- Urban agglomeration
 - A city or a town with continuous outgrowth
- Standard Urban area
 - A core town of minimum population of 50000
 - Continuous areas made up of other urban as well as rural administrative units which have mutual socio economic links with the core town
 - In all probabilities the entire area should get fully urbanized within the span of 2-3 decades

Differences in rural and urban communities

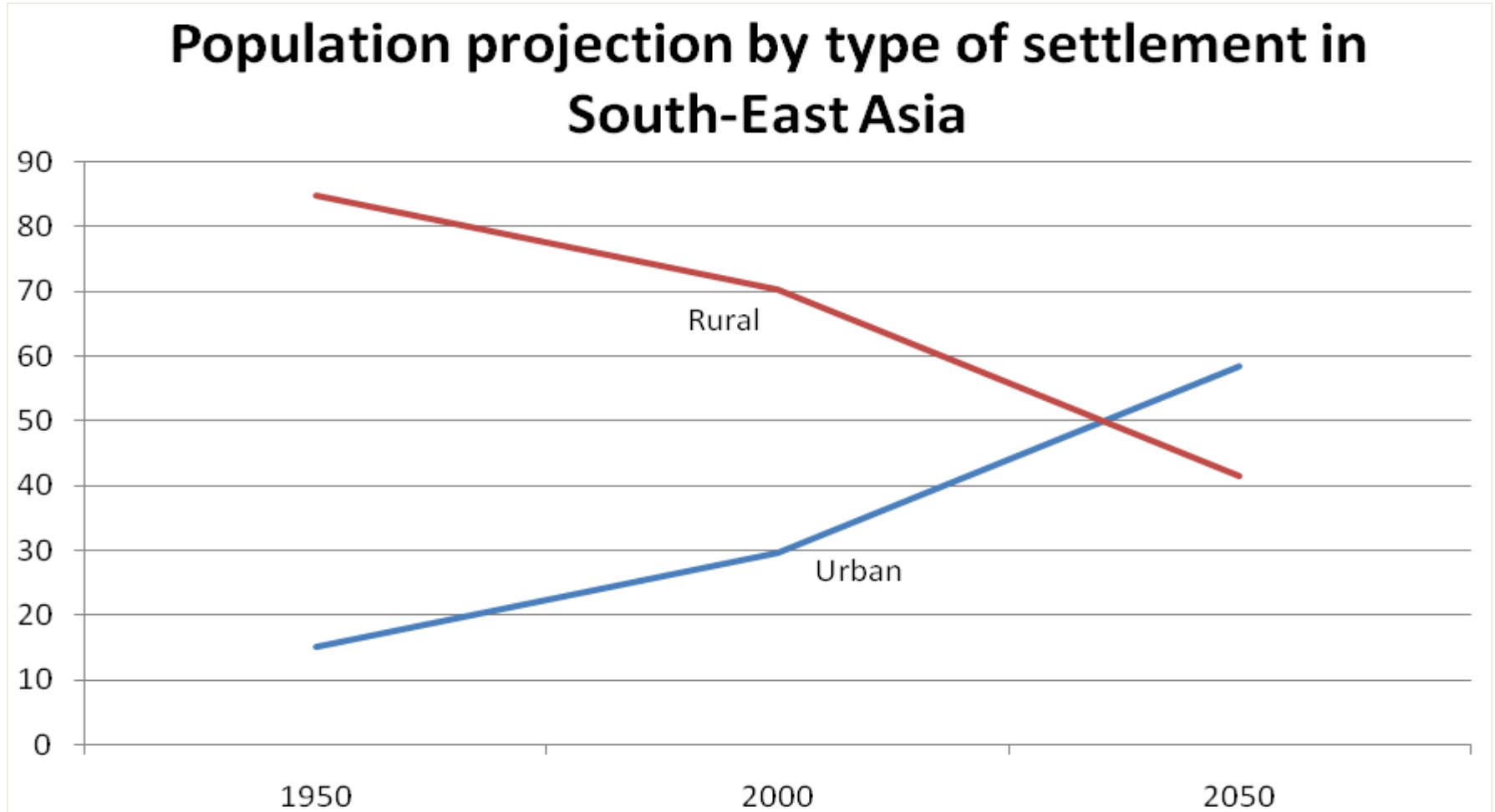
1. Population density
2. Population size
3. Principal occupation
4. Dependence (social)
5. Interpersonal relation (type)
6. Dominance of cast system
7. Geographic area
8. Residential area

- **Urbanization**: A process of population concentration and occupational diversification
- A continuous process
- Starting point can not be shown with precision
- Starts in two ways:
 - Existing points of population concentration increase in size
 - New points of population concentration emerge

In billions



Urbanization in SEAR



Source: UN Department of Economics and Social Affairs, Population Division (2006)











History of Urbanization

- Through most of history, the human population has lived a rural lifestyle, dependent on agriculture and hunting for survival.
- In 1800, only 3 percent of the world's population lived in urban areas.
- By 1900, almost 14 percent were urbanites, although only 12 cities had 1 million or more inhabitants.
- In 1950, 30 percent of the world's population resided in urban centers. The number of cities with over 1 million people had grown to 83.



CHICAGO



IN 1820.

THE GREAT WESTERN CITY OF CHICAGO & THE GREAT LAKES





BIRD'S-EYE VIEW OF THE BUSINESS DISTRICT OF CHICAGO



- The world has experienced unprecedented urban growth in recent decades.
- In May 2007 for the first time in history over 50% of the world's population lived in urban areas.
- There are 411 cities over 1 million.
- More developed nations are about 76 percent urban, while 40 percent of residents of less developed countries live in urban areas.
- It is expected that 60 percent of the world population will be urban by 2030, and that most urban growth will occur in less developed countries

Causes of urbanization

- A city grows through natural increase — the excess of births over deaths
- Migration
- Reclassification of areas
- MDCS and LDCs differ in the way in which urbanization is occurring.

- ***Metropolitanization***

- A special type of urbanization
- A huge city together with its immediately surrounding territory, including many urban and rural communities that have been largely self sufficient in the past
- The central city has the social and economic dominance over the surrounding communities (may not always be unilateral)
- The central city plays key role in socioeconomic activities

MEGACITIES

- As the population increases, more people will live in large cities. Many people will live in the growing number of cities with over 10 million habitants known as [megacities](#).
- In 1950 just eight cities had populations of 5 million or more, two of them in less developed countries.
- There were 41 megacities in 2000.
- By 2015, 59 megacities will exist, 48 in less developed countries.

Effects of urbanization

- Demographic
- Ecological
- Structural
- Behavioral
- **Health**

Demographic effects

- Constant increase in urban population
- Now: fastest rates of urbanization are seen in under developed countries
- Relatively lower proportion of people aged 55 years and above in urban areas

Ecological effects

- rural community: small, occupationally homogenous; has little spatial separation
- Urbanization starts the process of changing and reorganization of residential zones, industrial areas, market places etc. (segregation, town planning)



<http://magma.nationalgeographic.com/ngm/0211/feature3/zoom2.html>



<http://newswire.indymedia.org/en/newswire/2004/03/800756.shtml>



Urban air pollution kills more than 5,000 people per year in France

http://www.zapworld.com/about/news/watch_francepollution.asp

Structural effects

- Changes in social structure:
 - Bureaucratization
 - Distribution of activities and authority
 - Selection of persons by qualification, not birth or status
 - Stratification
 - On the basis of socio-economic status, not cast
 - Voluntary associations
 - Serve for the gratification of complex needs of the urbanites

Behavioral changes

- Alienation: Karl Marx
- Anomie (normlessness): Emelie Durkheim
 - Inequilibrium in social relationships and organizations
- Aspirations: educational and occupational

Effects on health

- Health:
 - Vital statistics (CBR, CDR, IMR, age sp. MR, fertility indicators, life expectancy): better
 - Utilization of health services: better

- Morbidity:
 - Communicable diseases especially in unplanned sections of the urban areas
 - Non communicable diseases including occupational hazards
 - Psychological illness (psychosomatic illnesses)
 - Ill effects of air and water pollution
 - Accidents
 - Other: prostitution, STDs, crimes (social pathology)

**MAKING URBAN
AREAS WORK**

Better Urban Governance

- Definition: Organization of & relationships between political & administrative institutions + the relationships among government, private institutions & civil society
- Consensus: National governments should play the role of enabler; local governments should have more control over the planning & management of local affairs

Decentralization

- Devolve budget authority from national and state governments to municipal level
- Increase administrative capacity of local governments
- Ensure an inclusive process (community participation)

Case Study:

Porto Alegre, Brazil

- 1989: participatory budget process
- Each year citizens participate in 2 meetings
- Citizens rank their top 5 priority needs from a list of 14
- Local government revises regional plans and budget allocations based on this list
- Conditions for the poor have improved; In 7 years:
 - Households with access to water: 80% → 98%
 - Access to sewerage: 46% → 85%

Role of Local Governments

- Implement “pro-poor” social and economic policies
- Provide housing and basic services like safe water, sanitation etc.

Role of Communities

- Organize and work together to increase negotiating power with government / authorities
 - Example: community savings and loan groups
- Community groups can often provide cheaper housing and/or other services

Role of Donors

- Long-term approach that emphasizes institution-building
- Increase funding to nongovernmental organizations when government structures are weak
- Work through local partners

Improving Water and Sanitation

- With community participation, municipal governments can improve water supplies & sanitation
- Saving water is more effective than finding new sources of water
- Fix leaky valves & water mains and cut back on illegal taps
- Pricing water



Curbing Air Pollution

- WHO estimates: bringing suspended particulate matter in cities in developing countries down to safe levels could save 300,000 to 700,000 lives annually
- More effective transport systems
- More land for parks and green areas

Recycling Wastes

- Recycling urban waste into new resources
- Some countries have gone beyond recovery and recycling by promoting “industrial symbiosis”
- In many poor countries who are unable to afford high-tech solutions, armies of “rag pickers” sort through garbage for items they can resell or recycle: However, this poses a health hazard to the rag-pickers

A Way Forward

- Better governance; integrated coordination at the national & local levels
- National governments play role of the enabler; local governments have more direct control over urban areas
- Public participation led by local community members to enhance decision-making
- Donor agencies re-evaluating the nature of development assistance
- Reallocate resources to focus on institutional capacity