Terms of Reference

Development of the healthy municipality toolkit for municipal leaders in Nepal
(15 July to 30 September 2023)

1. Purpose of consultancy
This contract is to provide technical support to develop a toolkit for prioritization of healthy municipality programmes to guide the mayors, municipal executives, and municipality administrations to implement effective interventions to improve urban health equity and social inequities affecting health of urban population. The contract includes provision of operational and technical support to WHO Country Office and UN Habitat Nepal from 15 July 2023 – 30 September 2023.

2. Background
In urban settings, determinants of health are linked to social, environmental, demographic, economic and geographic factors that create complex vulnerabilities that affect health risk exposure, health behaviors, access to health care, and health status. The rates of noncommunicable diseases (NCDs), social unrest, violence, and mental illness are often higher in urban settings, because of cities’ social, built and food environments.

Rapid and unplanned urbanization may result in issues specific to urban areas, e.g. slums, informal settlements, air and water pollution, waste management, food insecurity, traffic congestion and road accidents, decrease in open spaces. More than 60% of population in Nepal live in urban settings and the figure is growing. Furthermore, as people live longer, healthy aging remains an important priority. Urban health dwellers particularly urban poor face unique health challenges. These challenges relate to water, environment, violence and injury, non-communicable diseases (NCDs), unhealthy diets, physical inactivity, harmful use of alcohol, and outbreak of diseases. Participation in physical activity is obstructed by a variety of urban factors including overcrowding, high-volume of traffic, heavy use of motorized transportation, poor air quality, and lack of safe public spaces and sports facilities.

The healthy city approach is a key setting-based multi-prong public health approach to reduce risks to health and promote healthy behaviors and healthy environments. It seeks to elevate urban health on the political and social agenda of cities and to build a strong movement for public health at the local level. It strongly emphasizes equity, participatory governance, intersectoral collaboration and action to address the determinants of health through public policies.

Municipality and local governments along with state and non-state actors have the ability to act on determinants to make a significant impact on health outcome of the urban population. In particular, the role of Mayors healthy city approach and guidance is paramount as it requires a strong political buy in and convening structure implement interventions across public, private,
community-based organizations. Healthy city approach includes implementation of the wide-ranging interventions related to health promotion, regulatory enforcements, build environment as below in the spirit of advancing “Health in All Policies” and addressing social and economic determinants:

1. Promoting health and equity in all local policies impacting social determinants of health
2. Providing UHC, and social services that are accessible and sensitive to the needs of the poor and disadvantaged group such as migrants, urban poor, children, elderly, marginalized groups, informal workers and unemployed
3. Investing in a healthy start in life for children and adolescent to instill healthy and smart choices in child- and healthy aging -friendly city environments
4. Strengthening health promoting interventions for communities with special focus on obesity, smoking, unhealthy nutrition and active living.
5. Promoting urban design, land use and territorial planning that contributes to healthy urban environment and accessing resources for healthy living.
6. Promoting safer mobility that promotes non-motorized transportation and inclusive urban infrastructure and health services.
7. Investing in green policies, clean air and water, as well as addressing climate change and climate-resilient pathways through regreening and promotion of gender responsive public open spaces contributing to both mental and physical health.
8. Supporting community empowerment, participation, and resilience, and promoting social integration, peace, and community-based initiatives.
9. Strengthening the city’s public health services and capacity to respond to public health emergencies.
10. Supporting promotion and conservation of traditional practices, rituals and historical monuments including water management
11. Advocating promotion of clean energy solutions, rainwater harvesting, urban forestry, chemical safety and controlled use of plastics

Objective
The objective of this assignment is to develop a Hands-on Toolkit targeting the Mayors, Deputy Mayors and key decision makers, to help in planning and prioritizing the interventions for healthy city/municipality/palika. The toolkit will be informed by a thorough review of the landscape of interventions, gaps and opportunities identified in the review.

Work to be performed
The contractual partner will work with the joint working group of national stakeholders, WHO Country Office and UN Habitat Nepal, and under the overall guidance of WHO Representative for Nepal and direct supervision of Team Leads and NPOs NCD/MH and HSS.

The following are the expected outputs of the assignment:
Operational outputs:
- Conduct a desk review of best practices of healthy municipality programmes through literature search (published and grey literature)
• Conduct a landscape review of the existing health promoting initiatives, urban governance, urban policies/strategies, local bye laws, community and social participation and community cocreation of health promoting efforts within the construct of urban health.
• Review existing planning processes for development of integrated urban development plans, periodic plans, local level climate resilient and gender-responsive adaptation plans and other similar initiatives
• Conduct a well-planned visit to selected municipalities and interact with mayors and mayoral administration and district coordination committees, Kathmandu Valley Mayors Forum and Municipal Association of Nepal, etc.
• Consult with key provincial government and relevant federal agencies including key ministries such as urban development, health, environment, water supply, education, transport and home ministry
• Provide regular updates to national stakeholders group, and WHO and UN Habitat joint working group Support convening a stakeholder review of the draft toolkit

Deliverables
The contractual partner will provide the below two deliverables in this assignment:

Deliverable 1. Brief landscape report of the situation initiatives, gaps, and opportunities and best practices conducted for promoting health of population through municipal programmes.

The tasks will involve desk review through review existing interventions targeted towards urban health by municipalities, provincial and federal programmes.

The contractual partner will be required to assess the scope of actions in progress and have the potential to promote healthy city initiative, conduct stakeholder hearings through close interactions, synthesize good global practices in healthy city interventions and finally prepare a contextualize toolkit for municipal leaders including mayors for guiding healthy city initiative in Nepal.

Deliverable 2. A draft toolkit for municipal leaders for implementing a healthy municipality initiative in Nepal. The toolkit will include but not limited to the following areas:

• Built environment and urban open space management
• Healthy lifestyle and safer mobility
• Climate adaption and disaster resilience
• Governance, communication, and enforcement
• Improving quality of and access to basic health services
Schedule of delivery

<table>
<thead>
<tr>
<th>Deliverables</th>
<th>Date of delivery</th>
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<tbody>
<tr>
<td>Landscape review report</td>
<td>20 August 2023</td>
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<tr>
<td>Draft copy of the toolkit</td>
<td>15 September 2023</td>
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<tr>
<td>Final copy of the toolkit</td>
<td>30 September 2023</td>
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Profile of the contractual partner entity

- An organizational capacity with good team of expertise ranging from public health, health promotion, urban health and urban planning and built environment, architecture, human settlement planning, or urban design and environment management
- Staff with strong research and analytical skills, particularly in relation to urban health and social and environmental determinants of health
- Familiarity with the political, legislative and economic contexts of Nepal
- Experience facilitating multisectoral stakeholder engagement for health and social issues
- Ability to outreach stakeholders at the provincial and municipality governments in addition to federal agencies
- Prior experience in design and implementation of urban health within or outside of Nepal will be an added advantage