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Health Recommendations in the Tranquil City

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Introduction

This booklet provides community-wide recommendations for a healthy lifestyle. These suggestions are considered to be beneficial in improving public welfare.

The Relationship Between Peace and Health

If you seek peace at home, at school, in society, or in a city, you must first seek it together with health. Because where there is no health, peace cannot easily flourish. The World Health Organization defines health not merely as the absence of disease or disability but as a state of complete physical, mental, and social well-being. The great Ottoman ruler Suleiman the Magnificent also emphasized the value of health with his famous quote: *'Among the people, nothing is as precious as the state, but no state in the world is worth a single breath of health.'*

Therefore, if we want a peaceful society or city, we must not neglect the importance of health. Health is the foundation of peace.



Public Health Recommendations

When we talk about health, we should consider not only physical health but also mental well-being. Mind and body health are interconnected—each affects the other. Hence, to achieve full well-being, peace, and happiness, protecting and enhancing both physical and mental health should be among our primary goals. Here are some suggestions for building individual health foundations and achieving community well-being in a peaceful city:

Environmental pollution is the main enemy of a peaceful city. Untouched nature presents a perfect order and cleanliness. As human populations grow, so does pollution, which invites infectious diseases. Therefore, waste should be collected regularly, stored properly, and recycled. Otherwise, scattered garbage can harm our physical and mental health.

Environmental pollution isn't limited to trash. Air pollution is another major environmental threat to peaceful cities. Whether it comes from passive smoking in enclosed spaces or



or factory emissions, air pollution directly affects health. Even burning crop residue or animal dung can deteriorate air quality. Therefore, air quality should be regularly monitored and risk factors eliminated.

Access to clean water is essential for healthy and peaceful cities. The phrase "Water is life" summarizes its importance. Safe delivery of clean water is as important as its availability. When wastewater mixes with drinking water in pipelines, outbreaks and serious health issues occur. Water should be regularly chlorinated and tested chemically and bacteriologically to ensure it is drinkable. Its quantity is also crucial, especially with decreasing water resources due to global warming. Water must be used efficiently and not wasted.

Noise pollution threatens the tranquillity of cities. With industrialization, rural populations decreased, and urban crowding intensified, leading to a constant hum that impacts mental well-being. This subtle noise causes micro-traumas that may result in psychiatric disorders. Regular noise assessments must be conducted, and noisy industries like factories and workshops should be relocated outside city limits.

Children and youth must be considered when designing peaceful and healthy cities. Playgrounds and sports areas are essential for physical development and hormonal balance. Physical activity not only supports growth but also provides emotional calmness. Every age group should have access to suitable recreational spaces. In addition, children should be regularly monitored for growth and development and vaccinated against infectious diseases to ensure both individual and herd immunity.

Elderly people, as the memory and source of peace in society, should not be overlooked. Healthy aging centres should be established to offer regular health screenings and provide therapeutic activities such as crafts. Elderly individuals who feel they are a burden can find purpose and peace by making and even selling handmade goods such as mascots, jewellery, or toys.

We previously emphasized the importance of mental health. One crucial aspect of this is addressing people's spiritual needs. In peaceful cities, individuals must be able to freely practice their beliefs. Freedom of religion and conscience must be protected by law, and accessible places of worship should be available. People who are unable to live according to their beliefs cannot achieve mental peace or emotional well-being.

In summary, health is indispensable for a peaceful city. Building a healthy city requires fighting environmental, air, and noise pollution, and preventing infectious diseases. Clean and sufficient water resources must be ensured. Recreational areas must be provided for youth, and spaces for the elderly to age healthily must be planned. Spiritual needs of all individuals should be met within the framework of equal opportunity.



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