

# Inspiration of Shanghai Xintiandi Community Development to the Construction of Healthy Community in the Post epidemic Period

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**Abstract:** *In the context of the coexistence of non - traditional security issues and public health crises, communities, as the main body of grass - roots governance, shoulder the important functions of epidemic prevention and disease prevention, so the construction of healthy communities is imperative. However, the construction of healthy communities in China has the characteristics of unbalanced regional development, inconsistent research priorities and late start of development. It is still necessary to further summarize experience and gradually promote the construction of healthy communities. Therefore, this paper selects "Shanghai Xintiandi Community" as a model of healthy community construction, hoping to summarize the construction experience and promote the development of healthy communities.*

**Keywords:** *healthy community; Shanghai Xintiandi community; epidemic prevention and control; disease prevention*

## 1. Introduction

In the process of social development and change, China is faced with the coexistence of non - traditional security problems and public health crises. As one of the important subjects of grass - roots governance, communities bear important governance responsibilities and need to respond quickly to problems and crises. At the same time, the community is a space concept with common language and cultural identity, and an important place for residents to live, especially for the elderly and young children, it is the place with the most frequent activities, so the community also bears the important function of chronic non infectious disease defense. In the past 2019 to 2021, the COVID -19 epidemic has raged all over the world. China' s achievements in the management of COVID -19 epidemic have been hailed as a successful experience in the world. The community has played an important role in this process, but the virus has not completely disappeared, and has become a normalized event that needs long - term management. Behind this is the embodiment of risk normalization, which requires the community to improve its crisis management ability. At the same time, as China has entered an aging society, the research on community aging needs to be further deepened, not only for the aging reform, but also for the construction of communities to be all age friendly. The construction of "healthy communities " is particularly important in the context of the importance of communities for disease prevention and control and epidemic prevention and control.

In the Outline of Healthy China 2030 Plan issued in 2016, China clearly proposed to "extensively carry out the construction of healthy communities, healthy villages and towns, health units, healthy families, etc." In the Guideline to implement the country's Healthy China issued in 2019, it was pointed out that we should " comprehensively intervene in health influencing factors " and " implement health promotion actions for the elderly ". At the same time, the Shanghai Municipal Government has also issued the policy documents, indicating that the construction of healthy communities is imperative. However, the construction of healthy communities in China has the characteristics of unbalanced regional development, inconsistent research priorities and late start of development. It is still necessary to further summarize experience and gradually promote the construction of healthy communities.

Therefore, this paper selects " Shanghai Xintiandi Community " as a model of healthy community construction, hoping to summarize the construction experience and promote the development of healthy communities.

## 2. Reference of Healthy community construction

Healthy community refers to the community in which both formal and informal cooperation can be carried out effectively to improve the living and health level of all residents. At the same time, healthy community emphasizes the importance of "health concept".<sup>[1]</sup> The construction of healthy community mainly includes six dimensions, such as housing, transportation facilities, social activities, etc.<sup>[2]</sup> Elasticity and feasibility are the conditions for the construction of healthy community.<sup>[3]</sup> The Chinese Urban Science Research Association and others defined healthy communities in the Evaluation Standards for Healthy Communities as "communities that provide people with more healthy environment, facilities and services, promote people's physical and mental health, and improve their health performance on the basis of meeting the basic functions of communities", Scholar Wang Yi believes that a healthy community is a community that guarantees and improves the quality of life of residents, promotes healthy living habits, reduces the harm to residents, and effectively protects the natural environment.<sup>[4]</sup>

At present, scholars have studied it from the perspective of construction evaluation of healthy community, and carried out it from the perspective of system construction. For example, Zhao Xinzheng and others have fully explained the construction of healthy community from the starting point of "environment-behavior-health".<sup>[5]</sup> Zhou Tianfu has compared the construction of healthy community between China and the United States from the perspective of comparative study.<sup>[6]</sup> Dong Xiaofeng and others have put forward specific suggestions on the construction of healthy community from the perspective of case studies.<sup>[7]</sup> More scholars have studied online healthy community in combination with the background of rapid information and communication technology. At present, scholars take different studies from different perspectives to diversify the construction of healthy communities, which provides reference for us to study healthy communities.

## 3. Introduction of Shanghai Xintiandi Community

Shanghai Xintiandi Community is located in the most prosperous area in Huangpu District of Shanghai, under the jurisdiction of Xintiandi Neighborhood Committee, and between Huaihai Middle Road, Huangpi South Road and Madang Road. In 1996, in order to implement the "365" renovation plan for dilapidated sheds and simple houses in Shanghai, the Luwan District Government (now merged with Huangpu District) decided to list Taipingqiao area, which has concentrated about a quarter of the old style lanes in the whole district, as a key renovation area, and change it into the current Xintiandi Community. The orientation of the project of Xintiandi Community is "an open community with leisure and fashion culture as the theme", to create a comprehensive community with multiple functions. The main target customers are the middle and high income people in Shanghai, so the community can be said to be a "high-end community" worthy of the name.

### 3.1. Construction history of Shanghai Xintiandi Community

It has been 25 years since Shanghai Luwan District Government and Hong Kong Ruian company cooperated to build Shanghai Xintiandi Community in 1996. In this process, Shanghai Xintiandi Community has been transformed several times before it evolved into what it is today.

The construction of Shanghai Xintiandi Community can be roughly divided into three stages. The first stage was from 1997 to 2001. In this stage, the residential buildings in Shikumen Alley were taken as the center of transformation to create a residential community. At this time, Shanghai natives mainly lived here and built Xintiandi Beili and Taipingqiao Park; The second stage was 2002-2006, when Xintiandi Nanli was the construction center for commercial, office and residential development. In this stage, Xintiandi Community was not only responsible for residential functions, but also for commercial functions, serving local residents in Shanghai as well as a large number of outsiders; The third stage is from 2007 to 2011, when Xintiandi Community finally took shape. Xintiandi Fashion, Cuihu Park, Tiandi Phase II and other areas were developed for commerce, office and residence.

In this process, greening construction, functional area construction and public space building have been carried out, which is a representative community for the transformation of old residential areas to modern residential areas.

### ***3.2. Interpretation of the characteristics of Shanghai Xintiandi Community***

#### ***3.2.1. Function multiplication***

Shanghai Xintiandi Community is a community integrating "residential", "commercial" and "tourism" functions, which reflects its foresight in urban planning and construction. Since 1996, it has intended to build a comprehensive community with multiple functions. In the process of construction, it relies on the subway station to establish a road system connected with the public transportation system, which can meet the needs of people for convenient travel while also exercising slowly; In the part connected with other communities, the tradition of dividing by fence and iron pillar is broken. Through greening transformation, it can not only optimize production and living space, improve living standards, but also be conducive to urban greening construction; The park, road and square are integrated through greening planning to create a distinctive public space that can meet the entertainment and exercise needs of different age groups: It connects the commercial development zone with residential buildings and public spaces, promotes community development to keep pace with the times, covers Shanghai culture, integrates new fashion, and also meets the daily needs of residents for shopping, travel and communication.

#### ***3.2.2. Governance subject multiplication***

In the process of existing community governance, the community is governed by the community neighborhood committee together with the property management, owner's committee and other self-organization to solve the large and small affairs in the community. This governance model is a typical localized management model, which can comprehensively handle the business in the community, but increases the burden of grass-roots governance, which is not conducive to improving efficiency. However, Xintiandi Community adopts a commercialized community governance model, which takes enterprises as the leading role to solve the contradictions and needs of residents and legal persons in the community, while the role of the community is weakened. At this time, it reduces the pressure of grass-roots governance, and promotes the effective way of social capital to intervene in community construction and improve efficiency.

#### ***3.2.3. WELL Health Community Certification***

In November 2019, Shanghai Xintiandi Community won the silver certification of the WELL Healthy Community Standard (trial version), which is the first space in the world to create a healthy environment at the level of urban communities and obtain the WELL Healthy Community Certification. Starting from the ten concepts of air, water, nutrition, light, sports, thermal comfort, acoustic environment, materials, spirit and community covered by the WELL Healthy Community Standard, Health strategies and measures are deployed in an all-round way to create a community environment that is inclusive, interconnected and resilient. From the perspective of signal theory, Shanghai Xintiandi Community is a unique leisure, but it is also a demonstration of other community benchmarks, promoting the overall evolution of the community to a healthy community standard.

## **4. New functions of healthy communities in the post epidemic period**

### ***4.1. Disease prevention function***

Influenced by industrialization, urbanization, aging population, changes in living environment and other factors, China has a variety of factors affecting health. With the emergence of people's pursuit of a better life at a higher level, the development of science and technology, and the improvement of knowledge level, people are increasingly aware that treatment after serious disease will not only cause high harm to the human body, It also greatly increases the cost of treatment. Therefore, it is of great significance to improve the ability of disease prevention, and the supply response ability of the community should also be improved accordingly. As an important place for people to live, the community has great potential in realizing the disease prevention function. It can make efforts from the aspects of facility construction, health monitoring, etc., add green space and open space for residents' entertainment, ease their mood, build fitness facilities, slow moving systems, etc.

### ***4.2. Epidemic prevention and control function***

Public health emergencies have had an impact on the urban stability system in the daily state. Even in the post epidemic period, the community still faces the threat of public health emergencies and plays

an important role in the normalization of epidemic prevention and control. The governance level of the urban grass - roots governance unit community affects the emergency response capacity of the city. Community is the first line of epidemic prevention, playing a fundamental role in information collection, supervision and verification, initial diagnosis and treatment, etc. However, in the prevention and control of COVID -19, the shortcomings of community governance were exposed, such as loose governance in old communities, insufficient community medical resources, high pressure on grassroots governance and insufficient personnel resources. Therefore, in the post epidemic period, communities should have more efficient epidemic prevention and control functions.

## **5. New requirements for healthy communities in the post epidemic period**

### **5.1. Complete Hardware facilities**

#### **5.1.1. Construction of green space and open space**

In order to provide residents with a healthier living environment and improve the quality of life, it is necessary to increase green space construction in community planning and design. Yuan Yuan and other scholars concluded that the social ecological service function of community green environment can improve the health level of residents through the analysis and investigation of the impact of community green environment on residents' self - assessment health in Guangzhou, and the vegetation coverage, street green vision rate and park green space accessibility can play a role in encouraging physical activity and promoting neighborhood exchanges, thus promoting the improvement of residents' health level. [8]

Attention to residents' health should not only focus on their physical health, but also on their mental health. For the improvement of community open space, meet the diverse needs of residents, promote the pursuit of higher level communication and value realization, and establish a good sense of community belonging and self-realization.

#### **5.1.2. Construction of all age friendly functional area**

The construction of all age friendly functional areas is actually a reasonable allocation of community resources, specifically to achieve a friendly community for the elderly, children and women. As for the elderly, their physical functions will gradually weaken and their social space will shrink with the increase of age. Therefore, when building community functions, we should carry out aging facilities construction, and provide rich entertainment activities for the elderly; For children, there will be a sense of exploration at this stage, so it is necessary to establish appropriate children's play function areas to ensure their safety and meet their exploration needs; For women, female friendly functional areas should be added, such as expansion of female toilets, construction of mother and baby rooms, etc. A healthy community is open to all residents rather than a single group, so it should have a friendly awareness of all ages.

#### **5.1.3. Community hospital construction**

With the medical reform, it is necessary to further reduce the burden of provincial and municipal hospitals, and play the role of community hospitals in daily physical examination, health monitoring, and epidemic prevention and control. However, there are some problems in the development of community hospitals, such as separation of name from reality, lack of resources, and distrust of residents, which limit their functions. Therefore, we should update the basic equipment of community hospitals, improve the allocation of medical staff, expand the functions of community hospitals, and improve residents' trust in community hospitals.

### **5.2. Improve soft services**

#### **5.2.1. Improve residents' health awareness**

The improvement of residents' health awareness is of positive significance for improving the overall health level of the people and the utilization efficiency of community hospital resources. The community can organize and mobilize all members to participate in health related learning and activities, implement personal health responsibilities, develop healthy lifestyle, integrate and utilize various resources in the community, and actively carry out health services, Strive to create a healthy environment.

### **5.2.2. Provide health monitoring services**

Both the disease prevention function and epidemic prevention and control function undertaken by healthy communities need to carry out routine and long - term monitoring on the health status of residents. It is necessary to give full play to the role of medical resources at the community level to improve the daily health facilities. The provision of health monitoring services can improve the immunity of residents, prevent chronic non communicable diseases, and reduce vulnerable groups in infectious diseases.

## **6. Inspiration of Shanghai Xintiandi Community for Healthy Community Construction**

Shanghai Xintiandi Community has its own uniqueness. It is located in the center of Shanghai, a super large city, and has a large real estate company as its main investment and construction body. It is also the construction of Shanghai Xintiandi Community under the premise of the overall transformation of urban planning. Its positioning is a high - end community that integrates multiple functions. Nevertheless, this case still has reference significance for the construction of healthy communities in China, and has enlightenment value from its construction mode, community planning and function creation.

### **6.1. Public private cooperation: PPP model of healthy community construction**

PPP mode is a complex, comprehensive and systematic project. Based on the value orientation of " people first ", it realizes efficient cooperation between the government and social capital from macro system, policy, micro technology, service and other aspects through the interaction and participation of multiple subjects. <sup>[9]</sup> The PPP model in the field of healthy community can outsource the epidemic prevention and control tasks and disease prevention tasks of the community to enterprises, plan and transform the community through the cooperation between the government and enterprises, and solve the diversified problems of community governance through marketization.

The construction and governance of healthy communities can use the commercialization model to cooperate with enterprises to achieve multiple benefits. First, for residents, the PPP model can provide high-quality, high satisfaction and services to residents and improve customer satisfaction through comprehensive and accurate understanding of residents ' needs; Second, for grass - roots governments, PPP model allows social capital to participate in grass - roots governance and public services, which can reduce the pressure on grass - roots governance and enable government governance to play a greater role; Third, for enterprises, the government ' s social governance ability has been improved from micro to macro in the PPP refined governance.

### **6.2. Functional community: function building of healthy community**

We should be demand oriented, pay attention to the improvement of the physical environment, implement the infrastructure construction of healthy communities, health facilities for all ages, vegetable farms, fresh food supermarkets, digital smart facilities, pharmacies, etc. that provide healthy food. In terms of promoting functional community health services, it is necessary to take the community health service center as the platform, according to the needs of different groups, bring functional communities within the jurisdiction into the community health service center for unified management.

After building the health function of the community, it can meet the personalized and diverse health needs of residents, promote residents to make healthy choices in the daily life trajectory, and promote the healthy behavior of residents.

### **6.3. Community planning: future oriented urban healthy community planning**

Urban planning has laid the basic development pattern and keynote of a city. Similarly, the planning and construction of communities also play an important role in the development of communities. In the process of community construction and transformation, we should cooperate with urban planning experts, have a " forward—looking " awareness, and build a community oriented to the future. Therefore, in terms of community planning, the reference significance of Xintiandi Community for healthy communities can be divided into two aspects: old communities and new communities.

For the new community, it is necessary to incorporate the risk prevention and control and crisis management functions that may be faced in the future into the new community, establish a full age friendly and fully functional healthy community, strengthen the construction of green facilities, intelligent equipment, health service center, improve environmental quality, standardize the construction of health service center and rehabilitation center, and improve the indoor environment, slow traffic system Public communication space is included in community construction.

As for the old residential area, because the current urban tone has been basically established, the reconstruction of the community can only be refreshed on the original basis, so the old residential area is the key and difficult point in urban planning and construction. It is necessary to take a tailor-made approach to micro transform the community space, add green space and open space, improve the service level of green space, and transform the adjacent old residential areas from the perspective of integrated governance to give full play to the overall effect.

## 7. Conclusions

The construction of healthy community is an important strategy to enhance community resilience in the post-epidemic period, and a friendly community for all residents plays an important role in disease prevention and control under the new era background It is necessary to strengthen the construction of green space and open space, the construction of friendly functional areas for all ages, the construction of community hospitals and other infrastructure, and to enhance residents' health awareness, provide health monitoring services, and build a healthy community from endogeneity.

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