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Degree of Awareness and Knowledge about Healthy Cities in Kuwait Society

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Abstract

The Healthy Cities Program is closely linked to Kuwait's development plan "New Kuwait 2035", which emanates from the Emiri vision because of its health, psychological and behavioral impact not only on the adult population but also on children in their early stages of life. The health axis is one of the most important axes for the success and activation of the wheel of development in the State of Kuwait, as without an effective and healthy human resource, no development plan can succeed or sustain. This study aims to reveal the degree of knowledge and awareness of healthy cities among members of the Kuwaiti society in its various segments and categories of the age group of 18 years and older. The non-random sample will be used by using the snowball method to collect data by using the electronic questionnaire, which is the main tool in this study for the purpose of collecting data, which contains several parts (consent form, demographic information, and questions about level of knowledge and awareness about healthy cities). The Social Sciences Statistical Package (IBM SPSS 25.0) will be used to analyze the data. In addition to the use of arithmetic averages, standard deviation and ratios will be used to describe the study's sample. Creating sustainable urban environments contribute to overall public health, reducing mental health problems and promoting a healthier lifestyle.

Keywords: Awareness, Knowledge, Healthy cities, Mental Health, Kuwait