



Healthy City and Tourism Planning to Create a Healthy Tourism

“Case Study of Bangka Island, Indonesia”

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ABSTRACT

The COVID-19 pandemic has harmed Bangka, Indonesia's economic and health sectors. The reduction in mining activities inflicts a decline in economic activity, resulting from environmental awareness and further aggravated by the COVID-19 pandemic. Meanwhile, in the health sector, it is known that there is a lack of coverage of health services, a lack of public awareness and participation related to disease response to disasters, a lack of utilization of information and communication technology, and a lack of capacity and capability of medical personnel. This condition has encouraged Bangka to develop the tourism sector to boost the region's economic growth. In addition, tourism development has a vital role in improving the image of the Bangka Regency, community welfare, and providing wider job opportunities. To realize sustainable tourism development and meet the needs of the health sector, it is necessary to combine and integrate Healthy City and tourism planning factors to create sustainable tourism development. A comprehensive literature review using VOSViewer will be conducted, and statistical data, related policies, programs, and action plans related to tourism development will be used. There are four components in tourism planning that can be combined with a “healthy city”, resulting in a “healthy tourism” component that may be applied to Bangka Island.

Keywords: *combination, healthy city, healthy tourism, tourism planning*

1. INTRODUCTION

The COVID-19 pandemic is a catastrophic disease that negatively impacts Indonesia's economic and health sectors. Bangka Island is one of the areas that is also affected by the pandemic. Pandemic shows that Bangka is experiencing a difficult situation in the health sector, such as the lack of coverage of health services, lack of public awareness and participation in disease disasters, lack of communication and information technology, and lack of human resources in the health sector. To restore the economy and improve social welfare, Bangka carry out the Development Planning Consultation (MUSREMBANG) of the Bangka Regency Regional Work Plan (RKPD) in 2023 with the theme "Improving the Quality of Human Resources and Social Welfare Towards a Regional Economy that is Competitive and Sustainable". In the MUSREMBANG, it is stated that the priority to be implemented is to encourage cross-sectoral policies that focus on developing health, education,

MSMEs, recovering the tourism industry, and facilitating information technology-based investments [1]. It seems to align with the general concept put forward by the World Health Organization (WHO) about a healthy city. According to WHO, [2] a healthy city is a place that can benefit people by encouraging community participation to achieve better conditions, address inequality and promote good governance and leadership for health and well-being. This understanding is formed from the basic definition of health put forward by WHO in 1948. Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, which is a fundamental right of every human being, regardless of race, religion, belief, political, economic, and social conditions.

Tourism in Bangka is the fourth-largest contributor to the economy, encouraging the local government to seek to improve and accelerate tourism development. Besides potentially restoring the economic sector, tourism

development also has an essential role in enhancing the city's image, community, and expanding job opportunities. In this study, we discuss the factors of a healthy city and tourism planning, then combine the two factors to create sustainable tourism development.

1.1. Healthy City Concept

Although the idea of a "healthy city" is not new, it has spread and developed rapidly in response to current and future concerns about human health and the environment. It is important to pay attention to healthy results and how healthy processes are [3]. WHO divides the main characteristics significant for urban planning and design, including healthy living, healthy urban design, and supporting environment, ensuring the fulfillment of physical and social infrastructure in the vicinity. Baum, F. E., explained that to measure a healthy city refers to the quality of its environment, which consists of: [3]:

- 1) Physical form: land use, housing type and standards, communication infrastructure, transportation provision, quality of development, and natural environment.
- 2) Interaction: recognizes that people come to cities to connect, including politics, work, economic activity, caring, education, recreation, and living in the neighborhood.
- 3) Individual experiences: history and traditions of the city, lifestyle, culture, creative and artistic expression.

Then, Barton, H. et al. explained that there are five ideal relationships between health and urban planning systems: : (1) inter-institutional integration to explore implications and create integrated solutions, (2) strong political support to ensure a consistent approach and resource requirements, (3) the integration of health with the environment, social, and economy in land use planning, transportation, housing, and economic development policies, (4) Active stakeholder and community engagement, and (5) using planning techniques that reflect health goals such as quality of life monitoring, health impact assessments, strategic sustainability assessments, and potential urban studies [4].

The success factors in implementing a "healthy city" in Indonesia are influenced by the quality of leadership, political support from the mayor, and the central government's centralized policy [5]. Indicators to achieve a healthy city are classified into three categories: (1) main indicators (including the condition of public health, mortality rate, domestic per capita income, the existence of a Detailed Spatial Plan (RDTR), and a health fund program and national social security for the underprivileged); (2) general indicators (including local government support, supporting programs in the sector, functioning of organizations/institutions and their

apparatus, communication forums, community and local government agreement on the choice of arrangements and activities, agreed forum planning, activities carried out by the community through forums/working groups); (3) specific indicators listed in Table 1.

Table 1 Specific Indicators of Achievement in Healthy Districts/Cities

Indicators	Sub-Indicators
1. The residential area for health facilities and infrastructure	<ul style="list-style-type: none"> • Clean air • Clean river water • Provision of individual and public clean water • Disposal of domestic (household) wastewater • Housing and settlement • Urban parks and forests • School • Market management • Sports and recreation facilities and children's play areas • Structuring the informal sector (pedestrians/hawkers or home industries)
2. An orderly area for traffic and transportation services	<ul style="list-style-type: none"> • Public transportation services • Station and shelter bus services • Accident-prone • Setup area • Traffic order and safety • Society
3. Healthy tourism area	<ul style="list-style-type: none"> • Tourism and health information • Tourism facilities • Tourist attraction • Healthy services • Supporting facilities • Society
4. Healthy Industrial and office area	<ul style="list-style-type: none"> • Industrial physical environment • Physical office and trading environment • Arrangement of the informal sector (industry/household) • Occupational safety and health and prevention of accidents and immoral acts • Socio-economic and cultural, and public health
5. Healthy mining area	<ul style="list-style-type: none"> • Mining environment • Reclamation of mining file area • Occupational Health and Safety • Socio-economic and social • Settlements
6. Healthy forest area	<ul style="list-style-type: none"> • Regional stability • Forest security • Land rehabilitation and soil conservation • Biodiversity • Socio-economic and social
7. Healthy independent community life	<ul style="list-style-type: none"> • Clean and healthy living behavior • Public places • Healthy settlements, housing and buildings • Clean water supply • Occupational health and safety, prevention of accidents and immoral acts • Family health, reproduction, KB

Source: Guidelines for the Implementation of Healthy Districts/Cities No. 34, 2005[6]

Although there are still challenges that need to be faced, such as a weak understanding of the concept of a “healthy city”, orientation between government entities towards respect, weak leadership, weak professional skills, and lack of resources. [5]. In Palutturi's research, S. stated that there is an effective determination of cooperation between aspects in Palopo City, South Sulawesi, Indonesia, to create a healthy city consisting of [5]:

- 1) Environment/Context: history/experience of partnership, size of the population, enabling climate.
- 2) Membership Nature: commitment and synergy, understanding members' needs and developing trust, honesty, and transparency, members seeing collaboration as in their self-interest, voluntarism.
- 3) Process and Structure: clear roles and responsibilities, an adaptation of partnership structure, community (members) participation.
- 4) Clear Communication: open and frequent communication, established formal and informal communication links
- 5) Purpose: Concentrate on goals and objectives shared vision
- 6) Resource: skills and capacity building
- 7) Strong Leadership and Political Will: leadership motto, setting an example, discipline, facilitator, monitoring performance
- 8) Recognition: healthy city award, the image of the healthy city.

1.2. Link between Healthy and Built Environment

Communities will perform if there are a reciprocal relationship between history, ways of people, groups, and institutions. They must organize and interrelated, supported by dispersed power and resources [7]. Barton and Grant describe a relationship between health and the physical, social, and economic environment [8].

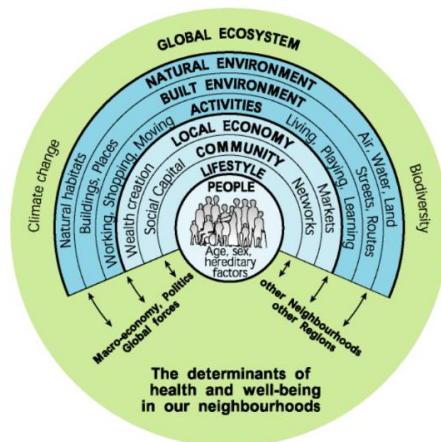


Figure 1 Health Map [8]

This relationship is illustrated in a diagram designed to focus on collaboration across professions, like

practitioners such as planners, public health, service providers, ecologists, urban and transport designers, air quality, community development, and economic development.

Figure 1 describes aspects of human life reflected in various social, economic, and environmental fields. Settlements are organized into global bioregions and ecosystems. Then broader cultural, economic, and political forces impact the well-being of human habitat ecosystems. Smith et al. explained that the built environment positively impacts physical activity behavior and active transportation [9]. Improving the ease of walking, the quality of parks and playgrounds, and providing excellent and adequate transportation infrastructure will generally positively impact community activities (children and adults). [9].

1.3. Tourism Planning

According to the Indonesian Law No.10/2009, tourism is any activities supported by facilities and services provided by local communities, private sectors, and the government (including local government). There are multiple reasons for tourism to be planned and developed, the main one being economic reasons (improving related economic sectors, income per capita, GDP, and government income). There are also conservation purposes when tourism is developed to protect specific environmental and/or heritage sites and for educational reasons to enhance local culture and environments [10]. Gunn in Jamal & Getz states that tourism planning needs to be integrated with other planning in economic development, meaning that tourism planning requires collaboration in various sectors, stakeholders, and policies [11].

Cooper et al. developed a 4A framework in tourism planning, which consists of four main components of tourism: Attraction, Accessibility, Amenity, and Ancillary [12].

- 1) Attraction: The object that serves as the main attraction of the tourism destination. It can be natural features (such as beaches, mountains, coral reefs, lakes, etc.) and manmade features (such as museums, amusement parks, religious sites, etc.). The role of attraction is to attract tourists/visitors.
- 2) Accessibility: Ease of reaching the attraction/tourism area. Accessibility can be measured by the availability of road network, distance to the city center, public transport, and access to transport hubs (airports, train stations, terminals, etc.).
- 3) Amenity: Facilities and services that support tourism activities. These include basic services and infrastructures (such as electricity, clean water, pedestrian ways, sanitation, drainage, and telecommunication), and facilities that support tourism activities (such as hotels, restaurants, gift shops, etc.).

- 4) Ancillary: Institutions, human resources, and policies that support tourism development. This includes the collaboration of various stakeholders, including the local community.

1.3.1. Healthy Tourism

The term healthy tourism has been widely used with diverse definitions. Wirawan [13] defines healthy tourism as "a business or industry related to traveling activities for the main purpose of getting treatment, improving health and fitness" (p.1). Bushell [14] uses the term healthy tourism to explain the relations between tourism and health by exploring the role of tourism in improving the health of visitors and local people, eventually leading to sustainable tourism. She explains that the WHO developed the concept in 2001 with the idea that tourism aims to improve health and quality of life in general and community development. Similarly, Urgulu uses organic tourism (in the form of farm tourism) to explain healthy tourism, where tourists seek to experience a healthy lifestyle, and the local community provides healthy accommodations, food, and activities [15].

Furthermore, using factor analysis, Damijanovic comes up with six dimensions of wellness-related lifestyle in tourism, which are diet (healthy food), fitness (physical activities), social interactions (appropriate spaces and opportunities for social interactions), cultural diversity (local culture, heritage), personal development, and health awareness [16].

The Guidelines on Enforcement of Healthy City No. 34/2005 states that there are six indicators to achieve a healthy city through healthy tourism [6]:

- 1) Tourism and health information: availability of information about attractions and health services
- 2) Tourism facilities: certified, clean, and non-polluting hotels and restaurants
- 3) Tourism attractions: the main object of tourism that attracts tourists
- 4) Health services: health insurance for tourists, clean and healthy food, low rate of accidents in the tourism area
- 5) Infrastructure: telecommunication services, clean water, good accessibility (road and other alternatives of transportation), waste management, emergency facilities
- 6) Community involvement: low crime rate, improvement of the local economy, education and training on tourism for the local community

Bushell develops five core elements of healthy tourism [14]:

- 1) Commitment: promoting a healthy lifestyle for visitors and local communities, which is embedded into the tourism planning goals and objectives

- 2) Collaboration: involving key stakeholders in collaboration in policy-making, service provision, data sharing, networking
- 3) Community engagement: involving local communities in decision-making processes (planning, implementation, evaluation of tourism)
- 4) Communication: developing communication network with key stakeholders, mainly to promote a healthy lifestyle in tourism
- 5) Capacity building: providing communities with adequate resources (financial, human, institutional)

1.3.2. Sustainable Tourism

Healthy tourism and sustainable tourism are interconnected. As Bushell mentions, sustainable tourism should yield policies that assign authorities to manage resources to promote health outcomes for the environment, including visitors, local communities, and other stakeholders [14].

The principles of sustainable development in tourism point to the environmental, economic, social, and cultural aspects of tourism development. The synergy among these aspects is also crucial to sustainable tourism [17]. The UNWTO explains that sustainable tourism should:

- 1) Optimize the use of natural resources while maintaining their ecological function and biodiversity
- 2) Respect and protect local culture, heritage, and values
- 3) Sustainable economic activities (long term) with social and economic benefits for all stakeholders

Coccosis in Butler [18] mentions four perspectives on sustainable tourism. The economic perspective looks at the economic sectors in tourism; the ecological perspective highlights ecological sustainability; the long-term viability perspective, looks at the competitiveness of tourism; and a strategic perspective, sees tourism as an attempt to achieve sustainable development through physical and human environments.

Furthermore, Edgell & Swanson give three keywords in managing sustainable tourism: future, local community, and carrying capacity [19]. The tourism sector is dynamic, with the ever-changing industry and demands, the management must be able to look forward and focus on what the future might bring. They are required to adapt and constantly come up with innovative ideas. Secondly, tourism must bring economic and social benefits to the community. Tourism should not be developed unless the local community's quality of life is improved because of the development. Finally, from the ecological perspective, tourism planning should seriously consider the carrying capacity of the tourism area. It should not have more visitors than it could hold, which would further damage the environment. It will determine the scale of tourism being developed.

1.3.3. The Visualization of the Topic Area: Healthy City and Tourism Planning using VOSviewer

A healthy city has quite a variety of definitions and has complex relationships with other aspects. Although WHO has divided the main characteristics of a healthy city, namely healthy living, healthy urban design, and a supporting environment, as well as the fulfillment of infrastructure, physical and social, a healthy city also has a connection with how the development of the city is directed or determined.

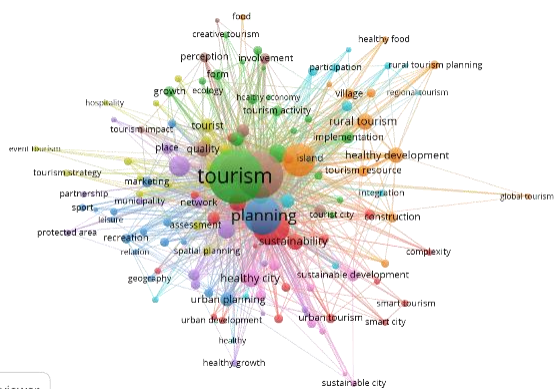


Figure 2 Bibliometric using VOSViewer
Source: analysis, 2022

To find the relationship, a bibliometric analysis was carried out using the VOSviewer and produced the pattern in Figure 3. In this study, the intended development is in the tourism sector. The expected result is how the composition of healthy city factors is combined with tourism development on Bangka Island.

This bibliometric analysis uses the keywords healthy city and tourism planning. After being analyzed using VOSviewer, 9 clusters were obtained in mapping all topics. From figure 3, the dominant topics were tourism, planning, tourism planning city, and development. Its

means that these topics in the 2010-2018 period were the most discussed by a researcher or often appears on prior works. Then, the second prominent clustering is policy, sustainable tourism, tourism industry, approach, community, and sustainability. The topic of “tourism planning” is very close to the discussion on the subject of “tourism development” and “tourism” but far from discussing healthy cities. Research opportunities related to healthy cities and tourism planning are pretty large. Meanwhile, the discussion on healthy tourism forms its cluster that links tourism planning and development, policies, and health issues for the COVID-19 pandemic.

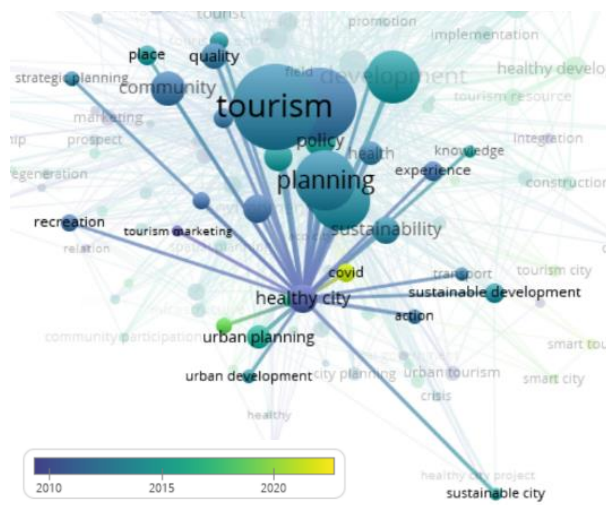


Figure 3 Typology of Literacy based on Period
Source: analysis, 2022

Based on Figure 4, in the most recent year, the latest research that is close to healthy cities is talking about "covid" and "urban planning". Discussions on tourism planning related to the issue of tourism health, tourism development, sustainable tourism, and policies began to be widely discussed in 2013-2015. Then tourism planning developed associated with smart cities starting in the range of 2020.

Table 2. Tourism Planning Elements combine with Healthy Tourism

4A in Tourism Components	Healthy Tourism Variables
Attraction	<ul style="list-style-type: none"> • Tourist attractions with the main purpose of relaxation and improving physical and/or mental health and well-being • Enhance cultural diversity and protect cultural heritage • Enhance and protect natural resources
Accessibility	<ul style="list-style-type: none"> • Good accessibility (road network, transport hubs, public transport) • Evacuation route for emergency
Amenity	<ul style="list-style-type: none"> • Certified, clean and non-polluting accommodations and restaurants • Good and healthy food • Health insurance for visitors • Healthcare services • Basic infrastructures (clean water, waste management) • Safety and security • Access to physical activities
Ancillary	<ul style="list-style-type: none"> • Human, financial, and institutional resources • Technical, managerial, and leadership skills of local community

4A in Tourism Components	Healthy Tourism Variables
	<ul style="list-style-type: none"> • Community involvement and engagement • Collaboration of key stakeholders in tourism planning

Source: literature review, 2022

2. RESEARCH METHOD

It is divided into three stages to answer the aim of this research. The first stage is determining the factors that form a tourism area based on elements of a healthy city. The method used is to review the literature on healthy cities and tourism planning to create an aspect of healthy tourism. Furthermore, in the second stage, bibliometric analysis was carried out to find the gaps between the two topics. Finally, is to develop an application of healthy tourism in the tourism area of Bangka Island.

3. DISCUSSION: TOURISM IN BANGKA ISLAND

3. 1. Attraction

Bangka Island is one of the 10 National Strategic Tourism Area (Kawasan Strategis Pariwisata Nasional or KSPN), which development is prioritized. It is one of the National Tourism Destination, which consists of KPPN Belinyu, KPPN Pangkalpinang-Sungailiat, and KPPN Manggar Gantung. The tourist attractions in Bangka Island are primarily natural and cultural tourism, as seen in the graph below. Each city/regency has more than 20 natural tourisms except for Pangkal Pinang, with cultural tourism being the highest number [20].

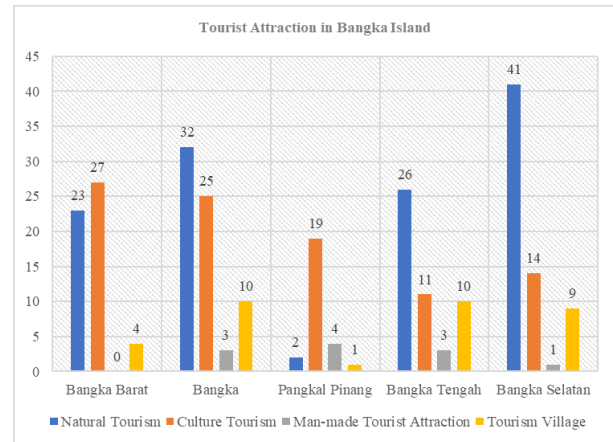


Figure 4 Tourist Attractions in Bangka Island
Source: Executive Summary Visioning Masterplan Bangka Belitung, Manado-Likupang, dan Raja Empat 2020

Furthermore, the table below shows the most popular tourist attractions in Bangka Island according to the Strategic Management Directorate, Strategic Policy Deputy, Ministry of Tourism and Creative Economy (2020). The list consists of mostly natural attractions (beaches), and several cultural (cultural heritage) attractions. Bangka Island also has eco-tourism potential and other cultural tourism, such as tourism villages and museums. These types of tourism conform to the healthy tourism variables in the attraction component, which emphasize natural and cultural preservation for improving physical and mental health.

Table 3. Popular Tourist Attractions in Bangka

No.	Popular Tourist Attractions	Type	Location
1	Tanjung Kalian	Natural	West Bangka
2	Kota Tua Muntok	Cultural	West Bangka
3	Pesanggrahan Menumbing	Cultural	West Bangka
4	Penyusuk Beach	Natural	Bangka
5	Batu Dinding Beach	Natural	Bangka
6	Matras Beach	Natural	Bangka
7	Parai Tenggara Beach	Natural	Bangka
8	Tanjung Pesona Beach	Natural	Bangka
9	Padi Beach	Natural	Pangkal Pinang
10	Tj. Berikat Beach	Natural	Central Bangka
11	Batu Perahu Beach	Natural	South Bangka
12	Batu Kapur Beach	Natural	South Bangka
13	Tj. Krasak Beach	Natural	South Bangka

Source: Executive Summary Visioning Masterplan Bangka Belitung, Manado-Likupang, dan Raja Empat 2020

The Ministry of Tourism and Creative Economy conducted a survey in 2020 that says most visitors in Bangka Island are domestic tourists (97,66%). On average, domestic tourists increase 4,66% every year, and international tourists increase 3,12%. The reasons for the visits are mostly for the attractions (mostly for the

beaches), its beauty, and natural environment. These are also in line with the healthy tourism variable, which is tourism for relaxation purposes to improve mental health. Regarding physical health, however, there are not many options for physical activities. This is related to the next component, which is accessibility, where visitors mostly

use private transportation to mobilize from one attraction to another, as there is no evidence showing that visitors are encouraged to walk.

Moreover, it is important to note that healthy tourism must bring outcomes of improved health not only to visitors and local communities, but also to the environment, which is why it is critical to consider the carrying capacity of tourism objects while planning and developing it. Based on the analysis of the Ministry of Tourism and Creative Economy (2020), Bangka Belitung Province has 93 tourist attractions with high carrying capacity of 400 people/day or 120.000 people/year (mostly are beaches). Most of the tourist attractions (169 objects) have medium carrying capacity of 50 people/site, 200 people/day, or 60.000 people/year (mostly are lakes, farms. Lastly, there are 50 tourist attractions with low carrying capacity of 15 people/site, 60 people/day, and 18.000 people/year. It is necessary to pay attention to these numbers to maintain and protect the natural environment, and to further achieve healthy and sustainable tourism. Further research needs to be carried out to discuss this issue.

3.2. Accessibility

Generally, Bangka Island has good access internationally. It is in the Jakarta-Singapore flight route, with one hour flight from Jakarta, 30 minutes flight from Singapore, and 1,5 hours flight from Kuala Lumpur. The airport is in Bangka Regency (Depati Amir Airport). For domestic visitors, there are also options for sea trips to and from Sumatera, Kalimantan, and Jakarta (Pangkal Balam Port, Bangka Regency).

Bangka Island is also supported by a road network. One of the main roads is Lintas Bangka, which connects several tourist attractions to each other and to the island's urban centres. As mentioned in the previous component, according to the Ministry of Tourism and Creative Economy, most tourists in Bangka Island use private transport for mobilization. Public transport is not the most common choice yet in Bangka Island, and this issue must be taken seriously. It shows that despite the good road network and sea and air travel network, the accessibility of tourist attractions in Bangka Island is still limited to a certain type of transport (private vehicle). The use of public transport is one of the healthy tourism variables, as it would not only make it easier for tourists but also contribute to reducing the environmental impacts of private transport.

Another healthy tourism variable that needs to be considered is the evacuation route for emergencies. Bangka Island is prone to flooding, tornadoes, and earthquakes, especially in South Bangka. It is critical that not only residents understand the emergency protocols. Tourists also need to be informed clearly about what to do and where to go in case of emergencies.

3.3. Amenity

Basic infrastructures in Bangka Island have generally been provided. Public clean water provision by the Drinking Water Company (PDAM) has reached 73% coverage, and 90% of the area has good sanitation. The island is also covered with 2G, 3G, 4G, 4G+, and a small area of 5G signals from a private telecommunication provider. There are also health facilities in Bangka Island, including hospitals (at least one hospital in every city/regency). Bangka Regency has the most hospitals (8 hospitals), and Bangka Selatan has the least (1 hospital). There are also public health centers (puskesmas), clinics, and pharmacies. Tourists can use these facilities, and since Indonesia has a central health insurance system (BPJS), their medical expenses, if any, can be charged to the government (with terms and conditions).

Furthermore, other facilities available are restaurants. There are 411 restaurants in Bangka Island, the most being in Bangka Regency (129 restaurants), and the least being in Central Bangka (31 restaurants). However, there is no data on which restaurants are certified, or data on the quality of the food. For accommodation, there are 90 hotels on Bangka Island, which consist of 30 certified hotels and 60 non-certified hotels. Pangkal Pinang has the most certified hotels (18 hotels), while West Bangka only has one, and South Bangka has none. Certified hotel means hotels with stars (1-5), which also means that these hotels provide standardized service. However, hotels without certification do not necessarily mean that their service is not as good. Local and non-certified hotels actually can be potential economic opportunities for the local community. Other certification might be used to ensure the quality of the services, such as *jasmine certification (hotel melati)*. During 2008-2018, numbers of hotels had been increasing by 10 hotels per year on average.

Moreover, visitors can also shop for souvenirs in gift shops. There are 47 gift shops, mostly in Pangkal Pinang (20 shops). Financial facilities such as banks are available as well, with 41 banks and 162 ATMs from 11 different bank companies.

Table 4. Amenity in Bangka Island

No.	City/Regency	Certified Hotel	Non-Certified Hotel	Restaurants	Gift Shops
1	Bangka	7	19	129	9
2	West Bangka	1	15	98	-
3	Central Bangka	4	2	31	4
4	South Bangka	-	4	69	-
5	Pangkal pinang	18	20	84	20

Source: Executive Summary Visioning Masterplan Bangka Belitung, Manado-Likupang, dan Raja Empat 2020

The data shows that basic infrastructures and facilities have been provided in Bangka Island to support tourism activities. However, the quality of the facilities needs to be improved. To achieve healthy tourism, health facilities and information on health must be emphasized, and facilities that encourage healthy lifestyle must be provided, such as sidewalks, bicycle lanes, and healthy culinary (serving local food instead of fast food can be an option).

2.4. Ancillary

There are at least three stakeholders in tourism development: public, private, and community. Public sector includes the local government (particularly Tourism and Culture Agency/Dinas Pariwisata dan Kebudayaan, Local Planning and Development Agency/Bappeda) and central government (particularly Ministry of Tourism and Creative Ekonomi/Kemenparekraf, and National Planning and Development Agency/Bappenas). Private sector includes tourism industries and its related industries and associations of tourism industries (such as ASPPI, HPI, PHRI). Local community includes local community groups (such as Pokdarwis, Karang Taruna, etc).

To improve the local community's technical and managerial skills, educational facilities are provided. There are eight vocational high schools with culinary, travel, and hospitality majors in Bangka Island. There is also a college with tourism major in the neighbouring island, Belitung. Another important stakeholder in tourism is travel agents. There are 143 travel agents on Bangka Island, whose jobs are to help visitors with their travel plans. These might include tickets, accommodation, and other travel documents.

Each of these actors have their own role in tourism development in Bangka Island. It is important to note that it is not only their roles that are critical, but also their synergies and collaboration. Further research is needed to explore these issues.

4. CONCLUSION

The topic of "tourism planning" is highly connected to the subject of "tourism development" and "tourism" but less connected from discussing healthy cities. From the results of trend and gap analysis using VOSviewer, although healthy cities and tourism planning have a distant relationship, the results show that the trend of the relationship is widely discussed in the range of 2013-2015. Meanwhile, in the latest year, starting in the range of 2019-2020, where pandemic occurred, a relationship between the topic of healthy city and covid emerged. So that the discussion of the topics in this study still has a great opportunity to be explored.

Following the results of existing trends through prior works that "healthy tourism" is related to "tourism planning" "planning" in general term and "policy". The table below summarizes the analysis of tourism in Bangka Island using the 4A components of tourism and health tourism variables.

Table 5. Healthy Tourism in Bangka Island

4A Components in Tourism	Analysis Results
Attraction	<ul style="list-style-type: none"> • Tourist attractions in Bangka Island are dominated by natural tourism. There are cultural tourism potentials as well • Reasons of visiting are mostly the natural beauty of the tourism objects, and for relaxation purposes • Tourist attractions development must consider their carrying capacity to ensure and enhance natural resources, therefore brings healthy outcome not only to the visitors and local communities, but also the environment • Tourist attractions should promote physical activities to improve physical health
Accessibility	<ul style="list-style-type: none"> • Bangka Island has a good access internationally and nationally. It is also connected with road network. However, there is a limited option of public transport on the island, and therefore, tourists have to use private vehicle to mobilize. • It is necessary to provide evacuation route in case of emergencies. Information regarding this route must be clearly displayed to local communities and tourists.

4A Components in Tourism	Analysis Results
Amenity	<ul style="list-style-type: none"> • Basic infrastructures have been provided in Bangka Island (electricity, clean water, sanitation, telecommunication) • Supporting facilities are also available, including accommodations, restaurants, and gift shops. However, further research is needed to identify the quality of services and food. • Health facilities are provided (hospitals, clinics). • Facilities to promote physical activities should be provided, such as sidewalks and bicycle lane.
Ancillary	<ul style="list-style-type: none"> • Key stakeholders in the development of tourism in Bangka Island are public sectors, private sectors, and community. • Vocational schools are provided to improve local community's technical and managerial skills • Further research is necessary to explore the collaboration between these actors.

Source: analysis, 2022

Based on the literature review, there are components of tourism planning with a healthy city that can be combined to produce a “healthy tourism” component, which can be applied to Bangka Island.

- 1) Although tourism on Bangka Island is dominated by nature tourism, cultural tourism also has the potential to be developed. In developing tourism, the government, the private sector, and other actors related to development must consider environmental health. It aims to provide healthy results for both the community and the environment. The addition of features that encourage physical activity is also recommended to meet the public's health physically, socially, and mentally.
- 2) Based on the Guidelines for the Implementation of Healthy Districts/Cities No. 34, 2005, accessibility is one of the particular indicators that must be provided for healthy city development. Bangka, which already has national and international access, needs to be supported by local-scale public transportation services that can connect safe and comfortable tourist sites.
- 3) One of the essential aspects of planning a healthy city requires integration between institutions [8]. In developing healthy tourism on Bangka Island, cooperation between public sectors, private sectors, and the community is needed. This also considers authorities sharing among governmental tiers.
- 4) In general, tourism support facilities in Bangka are relatively available, but facilities that support physical activity and urban design features need to be

encouraged with regards to the healthy life. Promoting a healthy lifestyle should be integrated with tourism development planning on Bangka Island.

- 5) The concern to the educational efforts by the government is important, especially in enhancing the role of vocational schools to improve technical and managerial skills in the tourism sector. The provision of human and institutional resources is vital to the achievement of healthy tourism [14].
- 6) A participatory approach is an integral part of decision making for the integrated development of tourism and healthy cities. In this case, the government should be able to encourage communities to be involved in decision-making [14] by planning, implementing, and evaluating healthy tourism development on Bangka Island. Involving key stakeholders is also one of the elements that should be taken into account to make a healthy tourism development policy [14] in Bangka Island. Political support is also needed to develop healthy urban planning [8].

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