

Healthy Cities and the health of the city

- Planning for Health -

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Definitions of Health

Health Determinants

- Individual lifestyle factors
- Social & community networks
- Living & working conditions
- General socio-economic, cultural & environmental conditions



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‘Promoting and creating built or natural environments that encourage and support physical activity’

NICE public health guidance 8,
January 2008



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“The guidance recognises the role that effective spatial planning can play in overcoming the challenge of creating places that help people to live healthy lives.

“It also demonstrates the value of taking a coordinated approach to health improvement that puts planning & partnership working through local strategic partnerships at its heart.”

Sarah Richards, PAS



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Policy Context



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Sustainability

- Economic
AND
- Social
AND
- Environmental



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“Effective land use planning contributes to sound economic development, the conservation of natural assets and to the quality of life of individuals and communities”



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One Wales

“... commitment to the principles of social justice, sustainability and inclusivity”

- Health
- Housing
- Transport
- Fair & Just Society
- Sustainable Environment



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Planning Policy Wales

- Sustainable development
- Building a dynamic & advanced economy
- Tackling social disadvantage
- Equal opportunities



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Climate Change Agenda

Cross cutting issues

- Promoting walking & cycling
- Energy efficient homes
- Mixed use development
- Multi-use community buildings
- Parks & open spaces
- Enhancing economic profile



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Planning Principles for Healthy Communities

- A quality built & natural environment
- Providing places for people to live in an environmentally friendly way
- Vibrant, harmonious & inclusive communities
- Full range of appropriate & accessible services
- Good transport services
- A flourishing & diverse economy
- Effective & inclusive participation, representation & leadership



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Issues & Responses



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Housing & the Built Environment

- Poor quality housing
- Poor design
- Accessibility of facilities
- Availability of green space
- Ageing population
- Construction process



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Responses

- Affordability
- Daylight
- Warmth & ventilation
- Flexibility
- Housing for special needs groups
- Noise
- Private space
- Snagging
- Integration of land uses
- Walkability
- Green space
- Usability
- Construction



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Environmental Issues

- Enhance positive environmental impacts / reduce negative
- Waste disposal
- Uses which generate transport
- Air pollution
- Water pollution
- Flooding
- Indoor pollutants



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Responses

- Contaminated land
- Waste management
- Air
- Indoor air quality
- Water
- Water efficiency
- Climate change



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Social & Cultural

- Sense of community identity
- Exclusion / segregation of certain groups
- Social support
- Crime related injury & fear of crime
- Culture



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Responses

- Balanced communities
- Displacement
- Social infrastructure
- Crime reduction
- The arts



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Services

- Full range of appropriate & accessible services
- Safe & permeable environments
- New developments without services
- Availability of fresh food for low income families
- Good educational attainment



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Responses

- Local facilities
- Co-location & integration of services
- Sports & leisure facilities
- Food access
- Health & social care facilities
- Education facilities
- Investment phasing



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Providing Health Care Services

- Spatial alignment of plans
- Flexibility
- Agreed & funded infrastructure delivery plans



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Transport & Connectivity

- Injuries & deaths
- Health inequalities
- Walking & cycling
- Air & noise pollution
- Stress / mental health / quality of life
- Community severance
- Transport infrastructure & demand management



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Responses

- Organisational structures & joint financing to promote health in transport planning
- Reduce severance, noise & air pollution
- Recognise needs of different social groups
- Consider rural & urban issues
- Promote walking & cycling



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Economic Development

- Low paid insecure jobs
- Unemployment
- Isolated employment developments
- Urban regeneration can have adverse health impacts



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Responses

- Accessibility
- Diverse developments - Jobs for the whole population
- Range & diversity
- Skills access



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Governance

- Public engagement improves population health
- Participation
- Socially isolated individuals in less cohesive communities experience poor health



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Responses

- Involvement
- Inclusiveness
- Considering the health impact



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Summary of Actions

- Promote good quality & design
- Promote accessibility – particularly walking & cycling
- Mixed use developments
- Public / community engagement
- Consider health impacts of all developments
- Encourage environmentally positive living



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Concluding Points

- Need multi-agency / multi-professional approaches
- Partnership
- Communications
- Sound local policies
- Strategy alignment
- Financial alignment



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