



Public Health  
England

**Planning for Health in the East of England  
The Cambridge Belfry : 9<sup>th</sup> May 2018**

# Planning for Health

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Healthy Places team  
Public Health England

w. acknowledgements to many colleagues



# Contents

- **Public Health England (PHE)**
- **Reflections on Health, Health Inequalities and Place**
- **What we know**
- **Getting into practice (Healthy Places programme)**
- **Concluding Thoughts**

# Public Health England

**PHE is the expert national public health agency that fulfils the Secretary of State's statutory duty to protect health and address inequalities, and executes his power to promote the health and wellbeing of the nation.**

Our functions and the things we deliver to our stakeholders:



*We do this through world-class science, advocacy, partnerships, knowledge and intelligence, and the delivery of specialist public health services.*



# Healthy People Healthy Places

The way we plan, design and manage the territory of places, spaces, facilities and buildings within our everyday community can have an impact on health, from either a positive and negative perspective (RCEP, 2007).



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# Our Vision: Building a Healthy Community

A healthy community is a good place to grow up and grow old in. It is one which supports healthy behaviours and supports reductions in health inequalities.

It should enhance the physical and mental health of the community and, where appropriate, encourage active healthy lifestyles and healthy living environments for people of all ages

(Source: National Planning Practice Guidance)





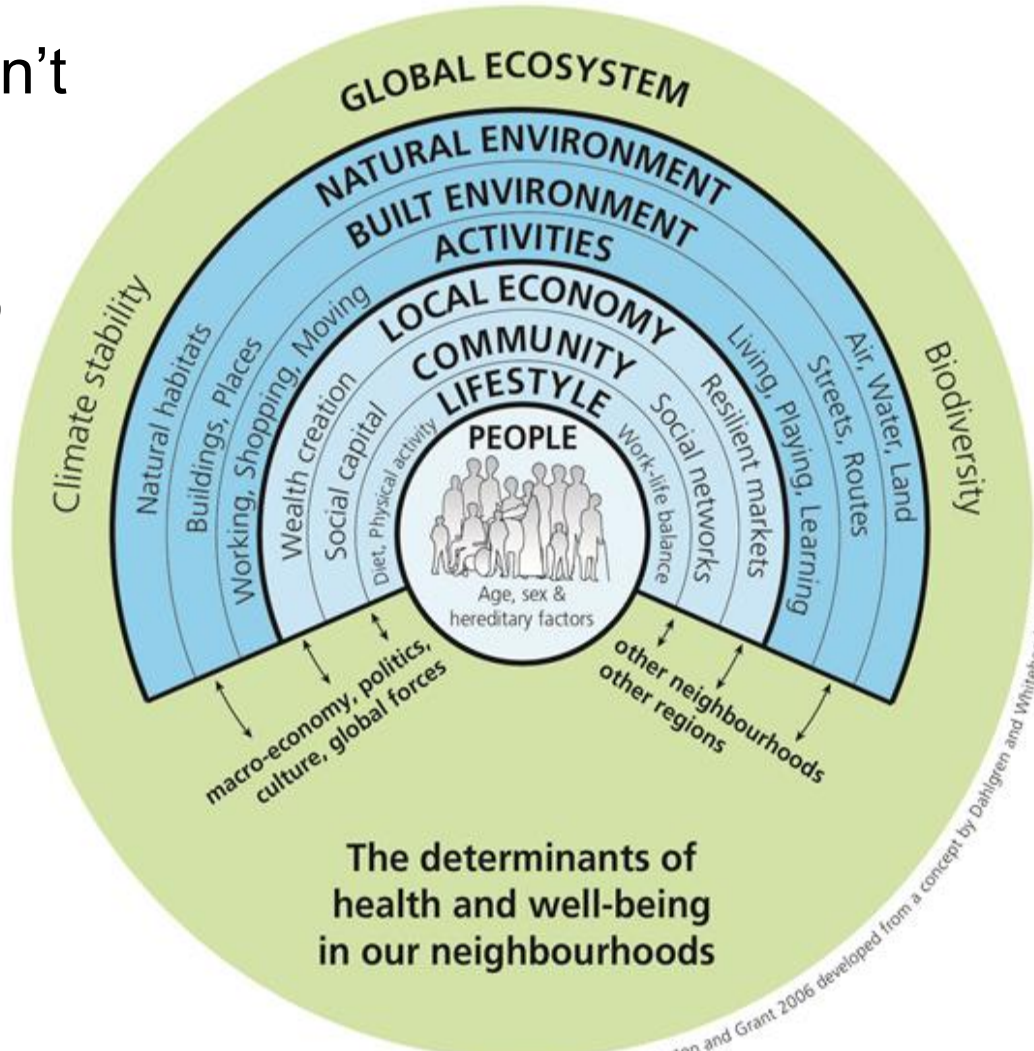
# Your health is determined by:

where you don't  
live

what you do

who you are

where you live



# WHAT IS A 'HEALTHY' NEIGHBOURHOOD?



## RESILIENCE

built in through sustainable drainage systems and permeable surfaces to mitigate flood risk; and passive cooling techniques to minimise urban heat island effect

## EMPLOYMENT

accessible for all, with business networks and training opportunities

## HEALTHY HOMES

that promote physical health, mental wellbeing and good family relationships (see diagram 'What is a healthy home?')

## NOISE

controlled through sound insulation and siting/planning

## AIR QUALITY

minimised and monitored from traffic and energy generation

## EDUCATION

access with options at primary, secondary and tertiary levels

## HEALTHCARE

and supporting services accessible for all

## COMMUNITY

facilities and engagement to create a sense of pride, ownership and cohesion

## CONNECTIVITY

of public realm to local and strategic cycling networks, walking routes and public transport provision

## ACTIVE DESIGN

with well-designed neighbourhoods that encourage walking, cycling, car clubs, and the use of public transport to reduce car dependence and improve levels of physical activity

## ACTIVE LIFESTYLES

through access to a range of leisure, sports, fitness and recreational facilities to encourage regular physical activity and exercise

## ART & CULTURE

through access to public art and cultural venues

## HEALTHY FOOD

with access to fresh, nutritious produce, local shops, farmers markets and opportunities for local food production

## GROCERY



## GREEN SPACES

that are diverse and well-maintained to promote community interaction, fitness and mental health

## CONSTRUCTION

impact minimised including reduction of waste, noise, dust, vibration and emissions

## PLAY SPACES

providing a range of safe and secure play provision for children and young people

## BIODIVERSITY

through improved watering habitats, green roofs and living walls

## ACCESSIBLE

and inclusive neighbourhoods that support independence and empowerment



## POLICE



## SAFETY & SECURITY

with strong community engagement, an active and well-maintained public realm, a safe and well-lit pedestrian routes and traffic calming measures that make neighbourhoods feel safe and secure

Infographic developed for UK-GBC by PRP

# The way we design and build our towns can promote good health and wellbeing



- promote physical activity in everyday life (walking, cycling)
- can help people maintain healthy weights
- facilitate easy access to healthy, affordable food
- Prevent injuries,
- Promote socially connected neighbourhoods,
- cleaner air
- economic development





# Health Inequalities

Health inequalities are differences between people or groups due to social, geographical, biological or other factors. These differences have a huge impact, because they result in people who are worst off experiencing poorer health and shorter lives.

Some differences, such as ethnicity, may be fixed. Others are caused by social or geographical factors (also known as 'health inequities') and can be avoided or mitigated



# Health Inequalities in England



Life expectancy gap:

**9.1 years**

Healthy life expectancy gap:

**18.7 years**



Life expectancy gap:

**7.2 years**

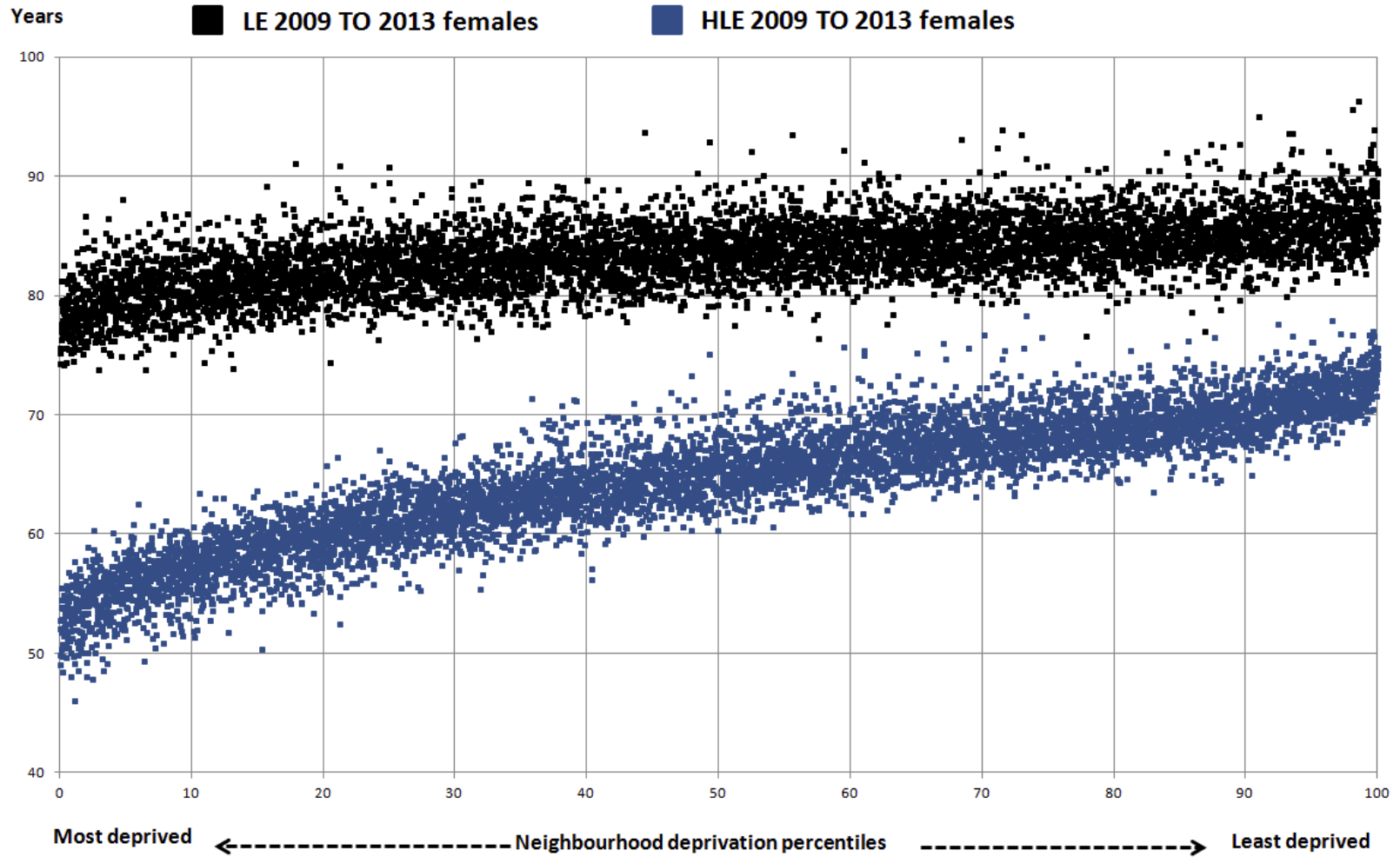
Health life expectancy gap:

**19.1 years**

Source: Most recent data from PHOF, showing gap between LSOAs in the most and least deprived deciles, 2013-15



# Health Inequalities in England (Females)

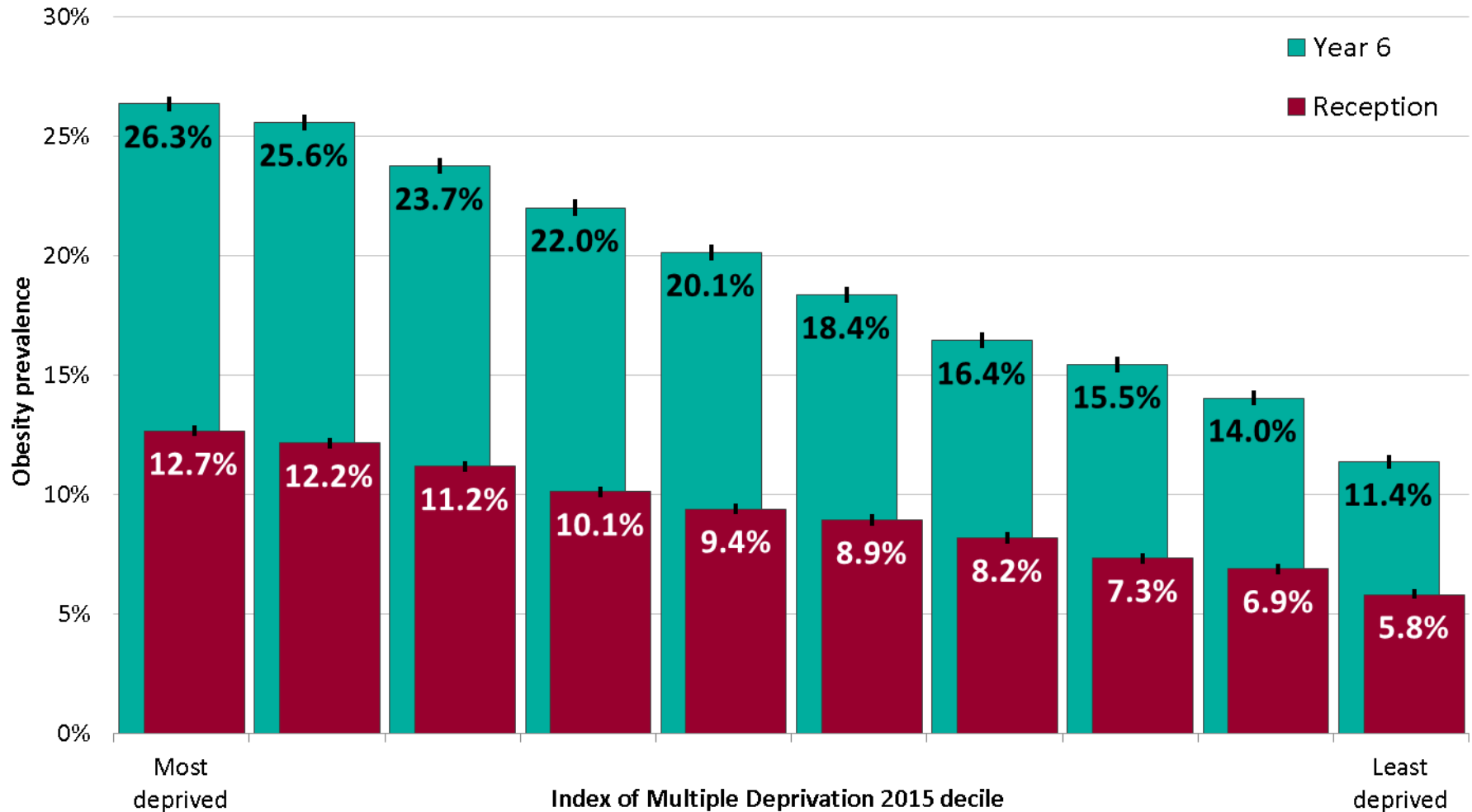


ONS: Inequality in Health and Life Expectancies within Upper Tier Local Authorities: 2009 to 2013



# Obesity prevalence by deprivation decile

National Child Measurement Programme 2016/17



Child obesity: BMI  $\geq$  95<sup>th</sup> centile of the UK90 growth reference.



# Inequalities in the built environment:

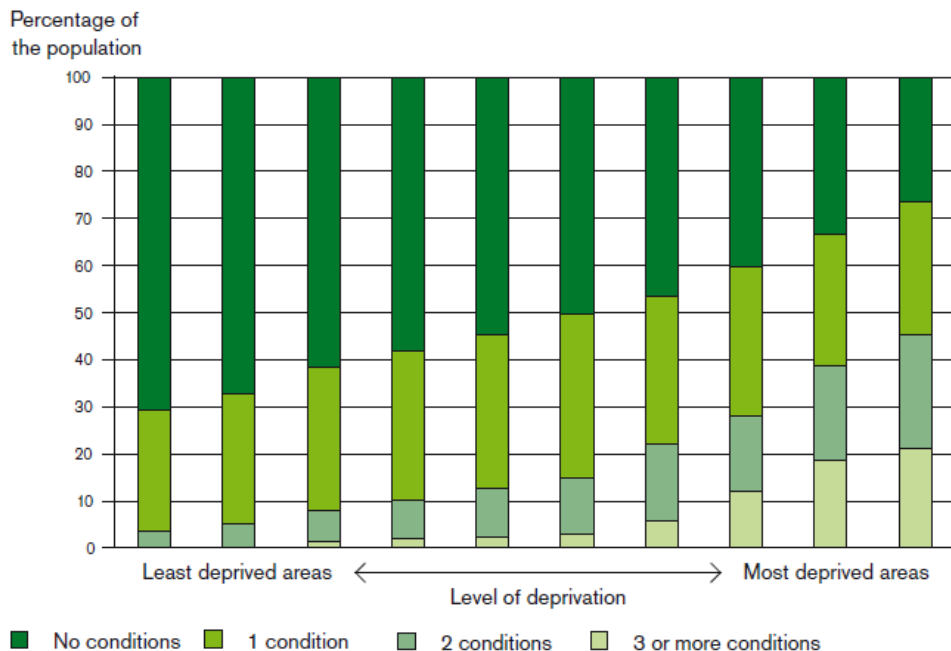
<b>Feature</b>	<b>Most deprived areas</b>	<b>Least deprived areas</b>
<b>Density of fast food outlets</b>	<b>114.1 per 100,000 population</b>	<b>61.4 per 100,000 population</b>
<b>Overcrowded households</b>	<b>7.7%</b>	<b>3.4%</b>
<b>Households in fuel poverty</b>	<b>14.0%</b>	<b>8.1%</b>

Source: Public Health Outcomes Framework, February 2018



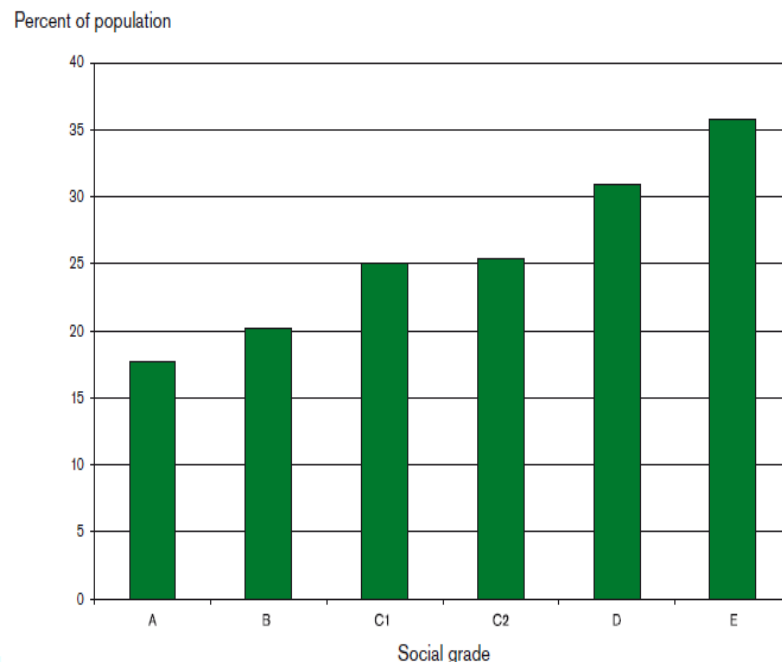
# Inequalities in the natural environment

**Figure 10** Populations living in areas with, in relative terms, the least favourable environmental conditions, 2001–6



Environmental conditions: river water quality, air quality, green space, habitat favourable to biodiversity, flood risk, litter, detritus, housing conditions, road accidents, regulated sites (e.g. landfill) Source: Department for Environment, Food and Rural Affairs<sup>23</sup>

**Figure 4.7** Percentage of population by social grade who visit a green space infrequently in a year, 2009



Source: Department for Environment, Food and Rural Affairs, Energy Savings Trust<sup>426</sup>

Source: The Marmot Review. Fair society, healthy lives. 2010



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# Why Place Matters:

# Evidence: Natural Environment

## Direct health benefits from:

- Improved mental wellbeing
- Higher levels of physical activity
- Community cohesion
- Reduced social isolation

## Indirect health benefits from:

- Mitigating adverse impacts: air quality; noise; heat; flooding, climate change
- Helping people appreciate the importance of nature and the need to protect it for future generations

## Greater health benefits from environments that are:

- Biodiverse, clean, well maintained, safe, as well as those that are available in greater proximity and quantity



Refs: PHE. Local Action on Health Inequalities: Improving access to green spaces. 2014; Defra. Evidence Statement on the links between natural environments and human health. 2017





# 1. Green Space: What we know

- **Green spaces** associated with decrease in health complaints and improvements in mental health. Green spaces associated with lower levels of health inequalities
- the most affluent 20% of wards in England have 5 times the amount of parks or general green space compared with the most deprived 10% of wards
- people living in the most deprived areas are 10 times less likely to live in the greenest areas



# Air Pollution: Health Impacts

- The Public Health Outcomes Framework (PHOF) estimates an effect equivalent to roughly 25,000 deaths England attributable to anthropogenic particulate matter air pollution (This does not include Nitrogen Dioxide which is being reviewed)
- It estimated that 5.3 percent of all adult deaths in England are caused by long-term exposure to man-made particulate air pollution (Est range from 2.5% in rural areas – 8.8% in the most polluted London Boroughs<sup>1</sup>)

***Air pollution is the largest environmental risk associated with deaths each year.***

# A Decent Home – at the Centre

A Safe, suitable, appropriate home can...

Prevent Illness  
and Disease



Promote Health  
and Wellbeing

Help Maintain  
Independence

## For children and young people



### Unhealthy homes increase the risk of

---

- respiratory illness
- poor infant weight gain
- poor diet
- emotional and mental health problems
- physical injury and poisoning
- domestic fires



### Overcrowded homes increase the risk of

---

- behavioural and mental health problems
- meningitis
- respiratory illness
- tuberculosis
- physical injury
- tobacco harm



### Precarious housing increases the risk of

---

- emotional, behavioural and mental health problems
- low birth weight
- missing immunisations

**Underlying health issues can in turn raise the risk of being homeless or living in precarious housing**

## For children and young people

Unhealthy, overcrowded and precarious housing negatively affect



attendance  
at school



education  
attainment



family  
relationships



life  
chances

**Underlying health issues can in turn raise the risk of being homeless or living in precarious housing**



# Housing Standards and impacts

- 20% of homes in England are classified as **non-decent** (English Housing Survey 2014-15)
- Highest proportion of non-decent homes are within the **private sector (29%)**;
- The health effects of poor housing **disproportionately affect vulnerable** people:  
(older people living isolated lives, the young, those without a support network and adults with disabilities)



# The costs of poor housing on the National Health Service (NHS) are high:

- Total cost to the NHS of poor housing is **£1.4 billion per year**
- *Wider societal costs – 18.6bn* (including medical costs, lost education and employment opportunities)
- Costs of treating Single homeless people – at least £85.6m p.a.
- *“... if we could find £10 billion now to improve all of the 3.5 million ‘poor’ homes in England, this would save the NHS £1.4 billion in first year treatment costs alone. It is estimated that such an investment would pay for itself in just over seven years and then continue to accrue benefits into the future.”*



# Active Travel, Transport and Health - Physical activity & health



**Planning Healthy-Weight Environments**  
Components of a healthy weight environment: an illustration

**A Movement and Access**

- Clearly signposted and direct walking and cycling networks
- Safe and accessible networks and public realm for all
- Well-designed buildings with passive surveillance
- Walking prioritised over motor vehicles, and vehicle speed managed
- Area-wide walking and cycling infrastructure provided
- Use and monitoring of travel plans

**B Open spaces, play and recreation**

- Planned network of multi-functional green and blue spaces to achieve multiple benefits
- Easy to get to natural green open spaces of different scales from dwellings
- Safe and easy to get to play spaces for all with passive surveillance
- Sports and leisure facilities designed and maintained for everyone to use

**C Food**

- Development mandatory to enhance existing opportunities for food growing
- Development avoids over-concentration of food, food takeaways (F&B) units and points of proximity to schools or other facilities aimed at children and young people
- Dispersed markets with a diverse offer of food choices and are easy to get to by bike, walking or public transport

**D Neighbourhood spaces**

- Community and healthcare facilities provided clearly as a part of new development
- Services and facilities co-located within buildings where feasible
- Public spaces are attractive, easy to get to and designed for a variety of uses

**E Buildings**

- Dwellings have adequate internal spaces for bike storage, drying and electric facilities
- Development includes adequate private or semi-private outdoor space per dwelling
- Car parking spaces are minimised across the development
- Development includes a travel plan that promotes sustainable transport

**F Local economy**

- Development enhances vitality of local centre by local growing more diverse uses
- Centres and places of employment are easy to get to by public transport, and on walking and cycling networks
- Facilities provided for people who are walking and cycling to local centres and high streets such as benches, toilets, and secure bike storage

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For full description of the elements please see Part 1

Public Health England | Planning Officers' Society | Canal & River Trust | LUTON | Lincolnshire | Sandwell | Suffolk County Council | SPAHG | David Leck Associates



# Physical activity

- Active travel (including travelling actively to and from public transport) is a key way in which people can build physical activity into their everyday lives
- The potential benefits of physical activity to health are huge. If a medication existed which had a similar effect, it would be regarded as a 'wonder drug' or 'miracle cure' Annual Report of the Chief Medical Officer, 2009
- Increasing levels of physical activity will impact positively on a wide range of medical conditions and reduce NHS and social care costs

Physical Activity contribution to reduction in risk of mortality and long term conditions		
Disease	Risk reduction	Strength of evidence
Death	20-35%	Strong
CHD and Stroke	20-35%	Strong
Type 2 Diabetes	35-40%	Strong
Colon Cancer	30-50%	Strong
Breast Cancer	20%	Strong
Hip Fracture	36-68%	Moderate
Depression	20-30%	Moderate
Hypertension	33%	Strong
Alzheimer's Disease	20-30%	Moderate
Functional limitation, elderly	30%	Strong
Prevention of falls	30%	Strong
Osteoarthritis disability	22-80%	Moderate



# I. Why is active travel important?

- Physical inactivity directly contributes to **one in six deaths** in the UK and **costs £7.4 billion a year** to business and wider society
- The growth in road transport has been a major factor in **reducing levels of physical activity and increasing obesity**
- **Short car trips (under 5 miles)** are a prime area for switching to active travel and to public transport
- **Health promoting transport systems** are pro-business and **support economic prosperity**. They enable optimal travel to work with less congestion, collisions, pollution, and they support a healthier workforce

In the West Midlands it has been estimated that

If cycling was currently 5% of trips...

Over 10 years it would prevent roughly:

- ↓ 550 Type 2 Diabetes
- ↓ 1,675 Coronary Heart Disease
- ↓ 625 Stroke
- ↓ 125 Breast Cancer
- ↓ 150 Colorectal Cancer
- ↓ 3,000 Dementia
- ↓ 2,500 Depression
- ↓
- 10,000 Hip fractures



## Neighbourhoods

- 66% of all carcinogenic chemicals are released in the 10% most **deprived areas** in the country.
- Children living on the 10% most deprived wards in the country are 4 times more likely to be **hit by a car** than children living in the 10% least deprived.



# Key Evidence for Healthy Places

## Built Environment

- Density and mix of land use
- Housing quality, supply and affordability
- Street layout and connectivity
- Active and public transport
- Open space, play space, green space and community space
- Access to public services, employment and other services
- Access to fresh food
- Access to alcohol
- Air quality and noise
- Mitigation of extreme weather events and changing climate



## Health

- Fitness, cardiovascular health and obesity
- Diabetes
- Cancer
- Safety
- Mental health
- Respiratory health
- Accidents and falls
- Wellbeing and community participation
- Premature mortality



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# Economic case for action

there is an Environmental component to each of these



- **Diet-related** ill health cost the NHS £5.8 billion per year
- **Physical inactivity** contributes to one in six deaths in the UK and costs £7.4 billion a year to business and wider society
- **Outdoor Exercise (Green Spaces)** - more than 8m adults engage in outdoor exercise per week: health benefits valued at up to £2.2bn
- **Poor housing** costs NHS is £1.4 – 2.0 billion per year for England. £18.6 bn wider societal costs.
- **Better community cohesion** could save £530M per annum
- **Poor air quality** alone imposes over £1bn in productivity losses each year.

# Social cohesion

**Walkable neighbourhoods and lower volumes of motorised transport increase levels of social interaction:**



- Better community cohesion could save £530 million a year



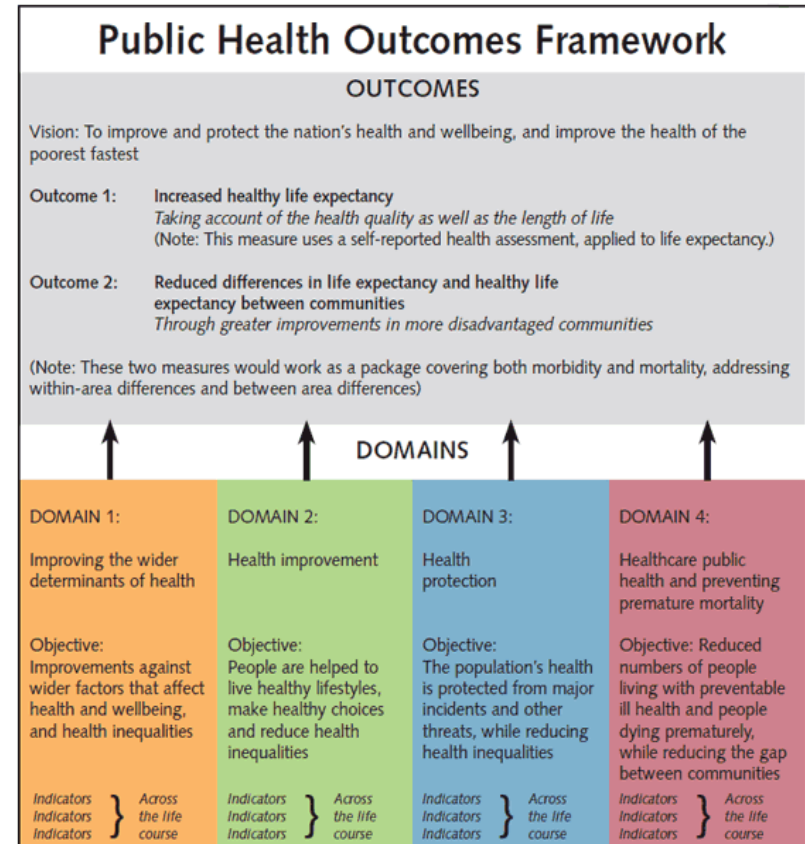
# Planning and Public Health - a common agenda

## National Planning Policy Framework

- Promoting Healthy Communities - The planning system can play an important role in facilitating social interaction and creating healthy, inclusive communities. Source: DCLG (2012)

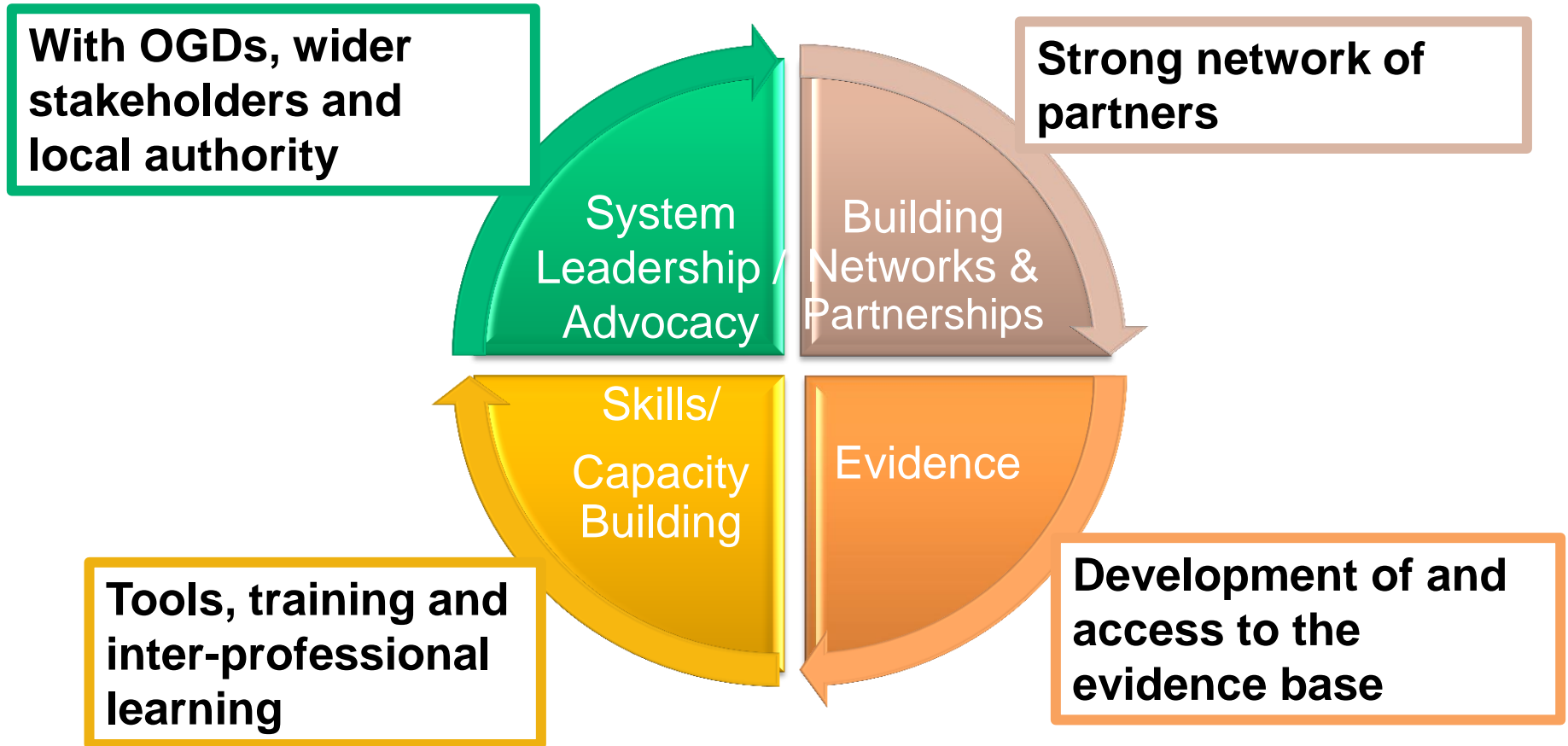
## National Planning Practice Guidance - Health

- Local planning authorities should ensure that health and wellbeing, and health infrastructure are considered in local and neighbourhood plans and in planning decision making. Source: DCLG (2014)





# Healthy places: A strategic approach



# Healthy People, Healthy Places Programme

**Overall Aim:** to reduce the overall burden of disease, mortality and health inequalities by addressing the wider determinants of health across the life course by improving the quality and access to the built and natural environment

Our **Vision** is to promote:

*A future where everyone, wherever they live, is able to live, work and play in a place that promotes health and wellbeing, sustains the development of supportive and active communities and helps reduce health inequalities.*

In short, ***“Healthy places to grow up and grow old in”***.

# PHE briefings and evidence reviews

Public Health England  
Protecting and improving the nation's health

Everybody active, every day  
What works – the evidence

Public Health England  
Protecting and improving the nation's health

Everybody active, every day  
An evidence-based approach to physical activity

Public Health England  
UCL Institute of Health Equity

Local action on health inequalities:  
Improving access to green spaces

Public Health England  
Local Government Association

Healthy people, healthy places briefing  
Obesity and the environment:  
increasing physical activity and active travel

Public Health England  
tcpa

planning healthy-weight environments –

Public Health England  
tcpa

planning healthier places –  
report from the reuniting health with planning project

**Active Design**  
Planning for health and wellbeing through sport and physical activity

October 2015

Public Health England  
Protecting and improving the nation's health

**Spatial Planning for Health**  
An evidence resource for planning and designing healthier places

Public Health England  
Protecting and improving the nation's health

**Working Together to Promote Active Travel**  
A briefing for local authorities

Spatial planning for health: An evidence resource for planning and designing healthier places  
Full technical report  
Commissioned by Public Health England  
June 2017

Public Health England  
INSTITUTE of HEALTH EQUITY

Healthy High Streets  
Good place-making in an urban setting



Public Health  
England

Protecting and improving the nation's health

**Spatial Planning for Health**  
An evidence resource for planning  
and designing healthier places

This is the cover of an evidence resource titled 'Spatial Planning for Health'. It features the Public Health England logo and tagline at the top. The title is in a bold, dark red font, with a subtitle below it. The bottom of the cover has a solid dark red horizontal bar.

Public Health  
England

INSTITUTE of  
HEALTH EQUITY

**Healthy High Streets**  
Good place-making in an urban setting

This is the cover of an evidence resource titled 'Healthy High Streets'. It features the Public Health England logo and the Institute of Health Equity logo at the top. The title is in a bold, dark red font, with a subtitle below it. The central illustration shows a vibrant city street scene with various buildings, a park area with people walking and cycling, and a clear blue sky with clouds.

Neighbourhood Design

Spatial Planning for Health

Transport



Housing

Natural Environment

Healthy Food



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# Spatial Planning for Health

## Genesis of the Evidence Resource



- evidence base still a matter of debate amongst the scientific community;
- A lot of the evidence around the impacts of the built environment on health comes from outside the UK or outside of Europe;
- What should public health specialist be asking for?
- What should planners be delivering?
- Does it work?
- Inform PHE's national advocacy work



## Methodology

- Umbrella review of other systematic evidence reviews
- Complemented by selected empirical studies
- Concentrated on 5 key themes:
  - Neighbourhood Design
  - Housing
  - Healthy Food
  - Natural and Sustainable Environment
  - Transport



# Key Messages



Neighbourhood  
Design

## Neighbourhood Design

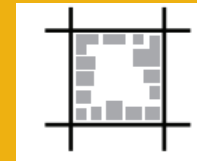
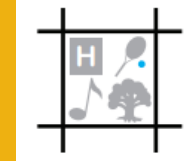
Enhance connectivity  
with safe and efficient  
infrastructure

- Improved street connectivity
- Public realm improvements (e.g. provision of street lighting)



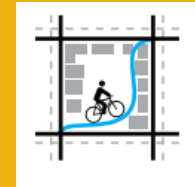
Build complete and  
compact  
neighbourhoods

- Compact neighbourhoods
- Increased access to facilities and amenities



Enhance  
neighbourhood  
walkability

- Increase walking
- Improve infrastructure to support walking and cycling







## Neighbourhood Design

### Quality of Evidence:

- ▲ Improved
- ▼ Reduced
- High Quality
- Medium Quality
- Low Quality
- NR (Not reported):  
Methodological quality of the original research is unclear and should be treated with caution.

**Greyed Out Text**  
Association between a health impact & health outcome not obtained as part of the umbrella review.

**Best Available Evidence:**  
\* In some instances, more than one piece of review-level evidence reporting on the same health impacts and/or outcomes was identified as part of this umbrella review. In such instances this table highlights findings of the review(s) which reported evidence of the best methodological quality.

### Population Groups:

- General Population
- Older Adults
- Children & Adolescents

**Disclaimer:**  
This diagram has been produced as part of a wider evidence resource, commissioned by Public Health England and developed by the University of the West of England. Please see the document Spatial planning for health: an evidence resource for planning and designing healthier places for further information.





# Key Messages



## Housing

## Housing

Improve quality of housing

- Energy Efficiency/Fuel Poverty
- Removal of home hazard
- Retrofitting (housing refurb)
- Daylight and ventilation



Increase provision of affordable housing

- Diverse housing types
- Provision of affordable housing for vulnerable groups
- Homeless





# Housing

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### Planning Principles

### Modifiable Features

### Impact

### Health Outcomes



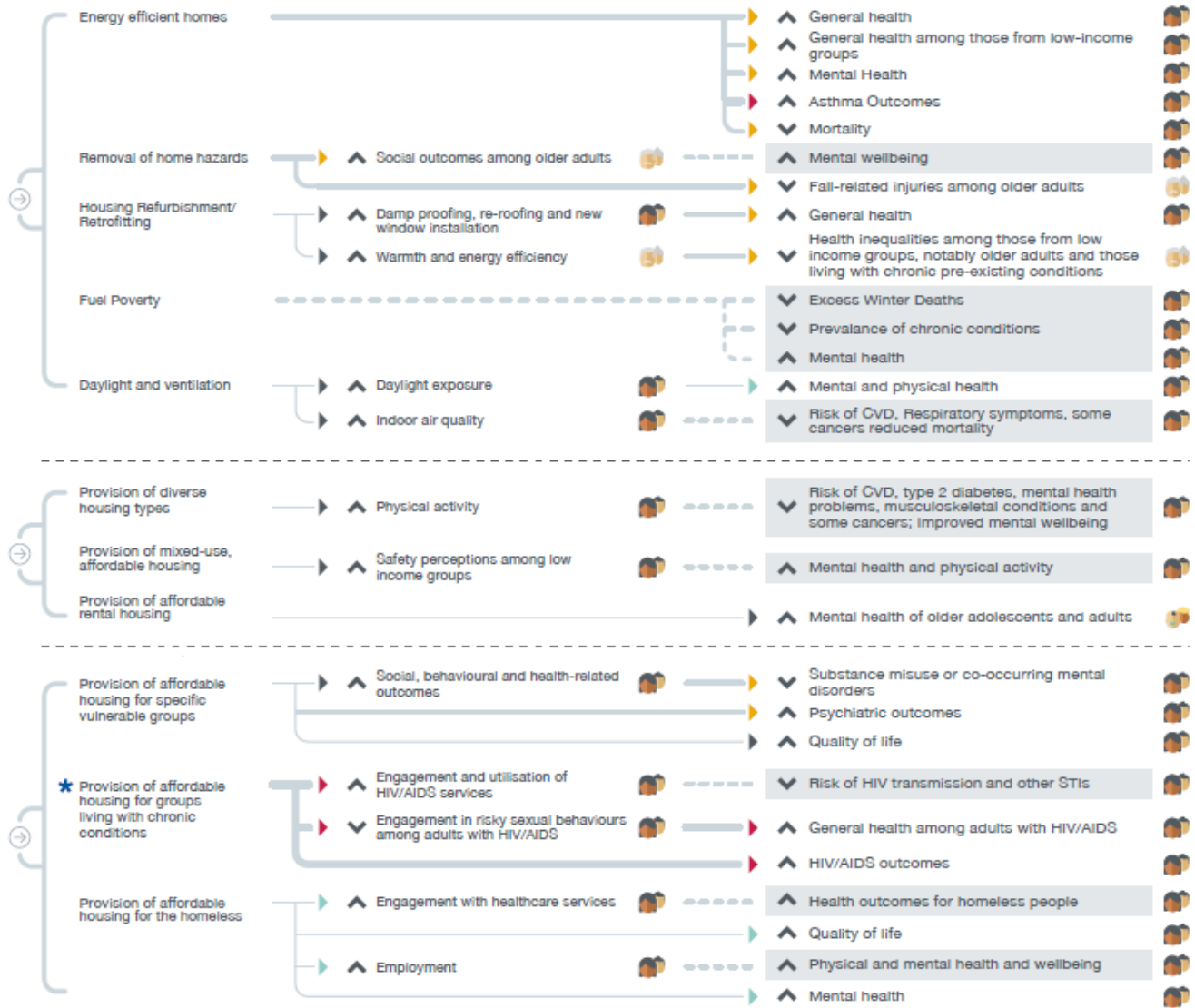
Improve Quality of Housing



Increase Provision of Affordable and Diverse Housing



Increase Provision of Affordable Housing for Groups with Specific Needs





# Key Messages



Healthier Foods

## Healthy Food

Provision of healthy  
affordable food

- Access to healthy food for the general population
- Decrease exposure to unhealthy food environments
- Retail outlets selling health food



Enhance community  
food infrastructure

- Urban food growing
- Provision of and access to allotments and adequate garden space





## Healthier Foods

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## Planning Principles

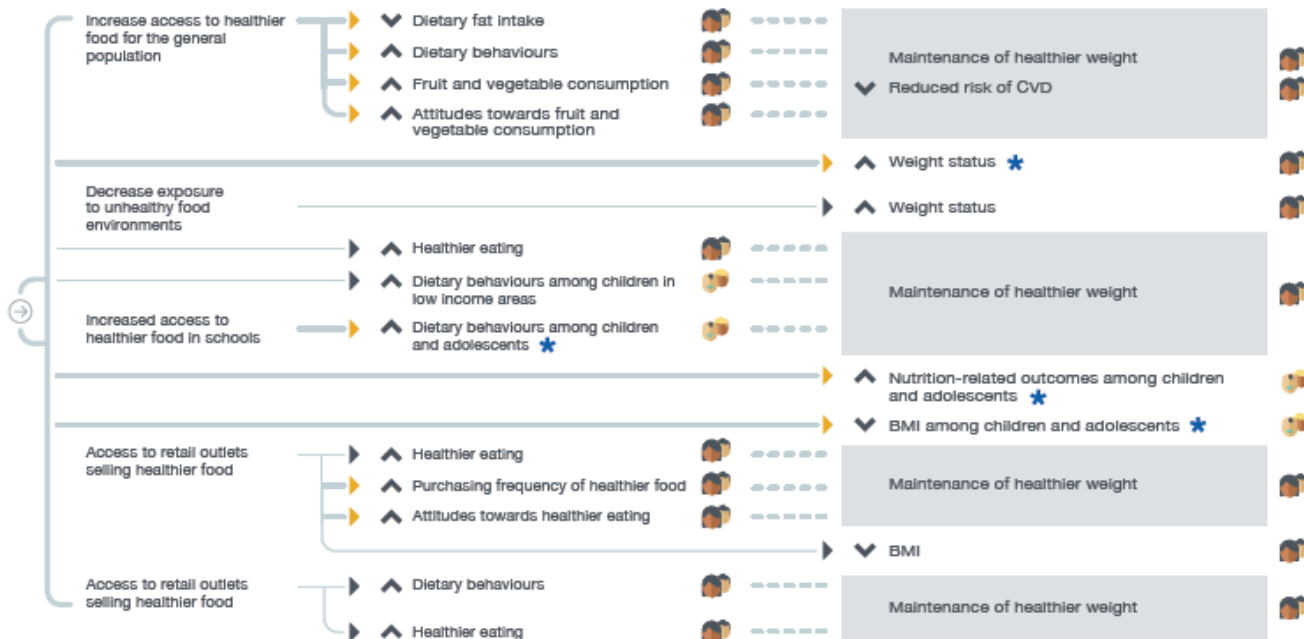
## Modifiable Features

## Impact

## Health Outcomes



Provision of healthier, affordable food for the general population



Enhance community food infrastructure



**Note:** For further information on what constitutes a healthy balanced diet, please see the *Eat Well Guide*, available at: <https://www.gov.uk/government/publications/the-eatwell-guide>



# Key Messages



## Natural and Sust. Env.

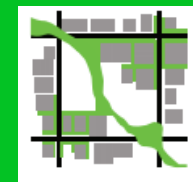
Reduce exposure to  
environmental  
hazard

- Improved air quality
- Exposure to air pollution
- Excessive noise
- Impact of flooding



Increase access to  
and engagement with  
the natural  
environment

- Aesthetic park improvements
- Improve access and maximise opportunities for outdoor activities
- Tackle climate change
- Neighbourhood tree planting





## Natural & Sustainable Environments

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## Planning Principles



Reduce exposure to environmental hazards



Access to and engagement with the natural environment



Adaptation to climate change

## Modifiable Features

- Improved air quality
- Exposure to air pollution
- Excessive noise
- Reduce impact of flooding

- Provision of access and engagement opportunities with the natural environment
- Aesthetic park improvements
- Participation in physical activity in an outdoor setting

- Prioritisation of neighbourhood tree planting
- Tackle climate change

## Impact

- Physical activity among older adults
- Exposure to particulate matter and other gaseous pollutants
- Exposure to excessive noise

- Physical activity ★
- Active travel
- Mobility among older adults
- Physical activity
- Social participation among older adults
- Physical activity among children
- Motivation to engage in physical activity
- First-time park users ★
- Physical activity among children and older adults
- Physical activity

- Urban Heat Island effect
- Heat and cold extremes

## Health Outcomes

- Risk of CVD, type 2 diabetes, stroke, mental health problems, musculoskeletal conditions and some cancers; Improved mental wellbeing
- Risk of COPD, healthy birth weight, reduction in myocardial infarction, reduction in risk of out-of-hospital cardiac arrest
- Cognitive function, improved birth outcomes, reduction in infant mortality and improved respiratory function amongst children.
- Lung cancer
- Mental health outcomes amongst older adults and children
- Mental health outcomes amongst older adults
- Ischemic heart disease
- Risk of Carbon Monoxide poisoning ★
- Mental health and wellbeing ★

- Risk of CVD, type 2 diabetes, mental health problems, musculoskeletal conditions and some cancers; Improved mental wellbeing
- Risk of CVD, cancer, obesity and type 2 diabetes. Keeping the musculoskeletal system healthy. Promoting mental wellbeing
- Physical health outcomes amongst older adults
- CVD mortality risk
- Mental wellbeing
- Cardiovascular health, maintaining a healthy weight, improved bone health, Improved self-confidence, develop new social skills
- Influences personal decisions which may lead to increased physical activity
- Obesity among adolescents
- Mental health outcomes
- Mental health outcomes

- Cardiovascular health, maintaining a healthy weight, improved bone health, Improved self-confidence, develop new social skills
- Risk of CVD, cancer, obesity and type 2 diabetes. Keeping the musculoskeletal system healthy. Promoting mental wellbeing
- Mental health outcomes

- Health outcomes ★
- Excess winter death and illness



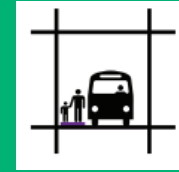
# Key Messages



## Transport

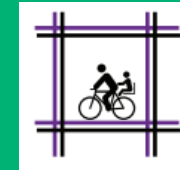
Promote sustainable transport infrastructure

- Infrastructure for walking and cycling
- Encourage use public transp.



Prioritise active travel and road safety

- Prioritise pedestrians and cyclists
- Traffic calming measures



Enable mobility for all ages

- Active travel to work and school
- Access to recreational space







# Transport

## Quality of Evidence:

- ▲ Improved
- ▼ Reduced
- High Quality
- Medium Quality
- Low Quality
- NR (Not reported):  
Methodological quality of the original research is unclear and should be treated with caution.

Greyed Out Text  
Association between a health impact & health outcome not obtained as part of the umbrella review.

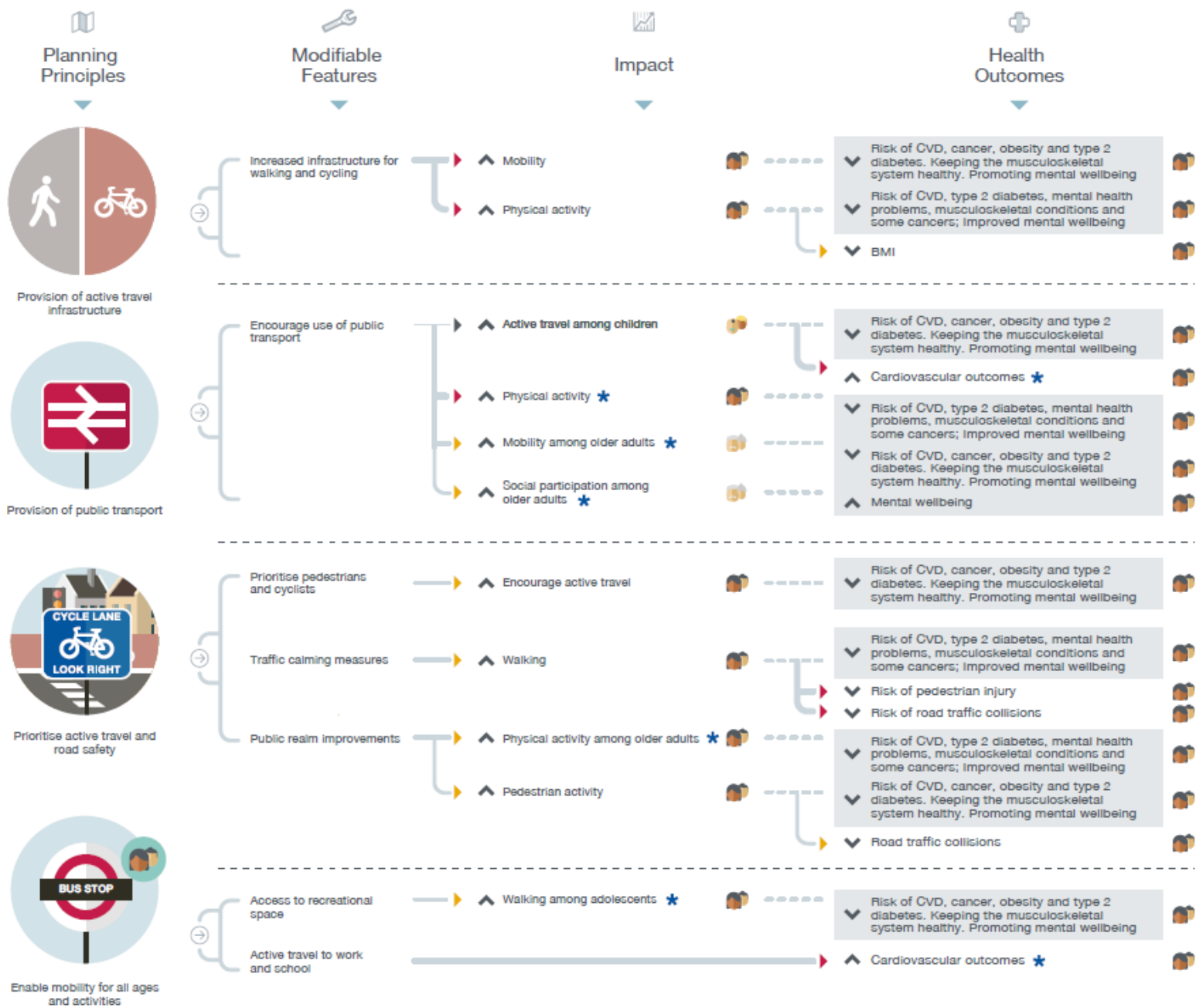
## Best Available Evidence:

\* In some instances, more than one piece of review-level evidence reporting on the same health impacts and/or outcomes was identified as part of this umbrella review. In such instances this table highlights findings of the review(s) which reported evidence of the best methodological quality.

## Population Groups:

- General Population
- Older Adults
- Children & Adolescents

**Disclaimer:**  
This diagram has been produced as part of a wider evidence resource, commissioned by Public Health England and developed by the University of the West of England. Please see the document Spatial planning for health: an evidence resource for planning and designing healthier places for further information.





**Healthy High Streets**  
Good place-making in an urban setting

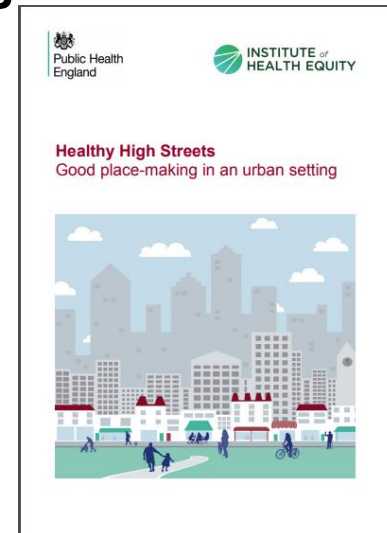


1. Diversity in the retail offer
2. Green and blue infrastructure
3. Traffic calming
4. Street design and furniture
5. Crime prevention and safety

# Evidence: Healthy Highstreets

**For optimum health promotion and to be considered a significant community asset, high streets should:**

- be accessible to all members of the community
- be easy to navigate and safe to cross
- provide shade and shelter and places to stop and rest
- be walkable and provide options for cycling
- have low levels of noise and air pollution
- provide things to see and do and have a health promoting retail offer
- ensure people feel relaxed and safe
- Has a retail offer that is supportive of health



***‘...traffic calming in towns can be a strong stimulus for economic growth and be beneficial for local trade. Traffic calmed areas make people feel more relaxed with an inclination to walk more and to visit more shops...’***



# Diversity on the High Street





# Diversity on the High Street

- Mixed use streets have been shown to encourage active travel and social interaction through ease of access to amenities that are diverse in their offer, and clustered in one area.
- Mixed use streets also have the potential to improve diet related health inequalities through providing access to a range of convenient healthy food outlets and grocery stores.
- Principles when implementing mixed use developments include: ensuring building height is on a human scale, adds to the street scape and creates a varied shop frontage to add to aesthetics. This provides visual stimulation and encourages foot fall.
- High streets can diversify to the existing mix of uses through temporary installations such as pop up cafes, art galleries or parks to add visual interest, improved ambience and soundscapes and a more varied range of uses to the high street.



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# Diversity on the High Street





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# Concluding Thoughts



## Evidence into practice: Key opportunities

- Defra's 25 Year Environment Plan (25YEP) - commitment to 'green our towns and cities by creating green infrastructure'
- National Planning Policy Framework – currently being updated – opportunity to influence inclusion of health and natural environment (linked to 25YEP)
- NHS Healthy New Towns – Opportunity to share learning about what works in creating a healthy, sustainable place



## Concluding thoughts: Shaping the built environment

- PHE recognises that considerate design of the wider environment is fundamental to keeping people healthy and promoting health.
- Use public concern about air pollution to start discussions on how the wider built and natural environment can protect, promote and improve health and wellbeing to prevent ill-health.
- With PH now embedded in LAs, there are real opportunities for local PH teams to be engaged in the planning system
- Planners, builders, architects and engineers working with public health colleagues have a key role in creating places that support healthy lifestyles
- Planners and policymakers have an opportunity to use changes in the built environment to make progress toward healthier and more sustainable communities. (Wins for health; the environment; and the economy)



# Concluding Thoughts:

## **HOWEVER to achieve this will require:**

- Leadership across different agencies and tiers of government.
- Building partnerships between housing, public health and healthcare agencies
- Evidence-informed decision-making
- Engagement with the Community
- Commitment to Innovation



# What does good look like?

## Healthy Planning

- “Healthy developments” or developments built with health in mind, are common place and industry standards;
- Planning Departments understand health issues and are confident in making decisions based on health impacts;
- Public Health Teams in local authorities act on “place” as a way to address the wider determinants of health;
- Most of the population have access to good quality parks and open space which promote physical activity and good mental health;
- Health service infrastructure planned and being delivered to meet needs of growing population.

## Healthy Housing

- Reduction on the amount of non-decent housing in the country;
- All new housing built with health criteria and considerations at the heart of the decision making process;
- No overcrowding.

## Healthy Transport

- Significant steady decrease in the levels of physical inactivity and increase in active transport
- Most people walk to local centres and for journeys shorter than 15 mins;



# News/ Views/ Evidence Updates

**Sign up to our Knowledge Hub – “healthy places”**

**<https://khub.net/group/healthypeoplehealthyplaces>**

**Including month Current Awareness Evidence Updates**

The screenshot shows the Knowledge Hub interface for the 'PHE Healthy Places' group. The top navigation bar includes 'Knowledgehub', 'GROUPS', 'PEOPLE', and 'NETWORKS'. A user profile for 'FY Fiona' is visible with notification icons. Below the navigation bar is a menu with icons for 'FORUM', 'LIBRARY', 'BLOGS', 'EVENTS', 'MEMBERS', 'REPORTS', and 'SETTINGS'. The main content area features a purple square with 'PHP' and the text 'Last activity - This month'. Below this are options to 'Add to favourites', 'Unsubscribe', and 'Leave the group', along with a note that 'This is a restricted group'. At the bottom, it states 'Started - January 2014' and '288 Members'. The group title 'PHE Healthy Places' is prominently displayed, followed by a description: 'Public Health England's (PHE) Healthy Places programme, set up in 2013, works in partnership with local and national partners on a wide range of activities related to 'place'. Below this is a paragraph: 'Where we live, work and play has a big impact on our health and wellbeing. The programme supports the development of healthy places and homes.' A final note states: 'Please note that the any information or activity posted via this Forum do not necessarily represent the view, or have the endorsement of PHE, unless expressly identified as such.'



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# Thank you!

