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Global Centre on
Healthcare & Urbanisation

What Creates Healthy Cities?

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Outline

- Background
- What is a Healthy City?
- “What Creates Healthy Cities?”
 - Built environment
 - Transport and Mobility
 - Health and Wellbeing
 - Good Governance
- Where next? Building healthy cities of the future

Background

◆ Collaboration between:

- ◆ University of Oxford (Global Centre on Healthcare and Urbanisation) Kellogg College

- ◆ The Prince's Foundation

◆ Aim:

To provide evidence-based recommendations to UK city leaders and citizens on improving health and wellbeing of communities.

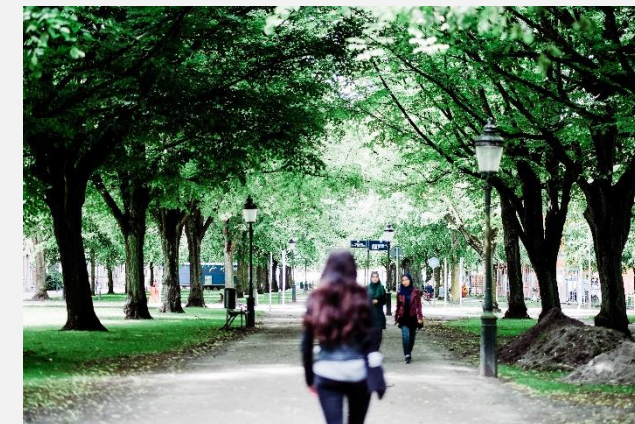


Photo by Charley Litchfield on Unsplash

Methods

- ◆ **International Call for Evidence**
- ◆ **High-level stakeholder interviews** (WHO, WEF, PHE/OHID)
- ◆ **Expert workshops:**
 - ◆ Built Environment
 - ◆ Transport and Mobility
 - ◆ Health and Wellbeing
 - ◆ Good Governance
- ◆ **Systematic scoping review of evidence**
(Healthy Cities Toolkit)



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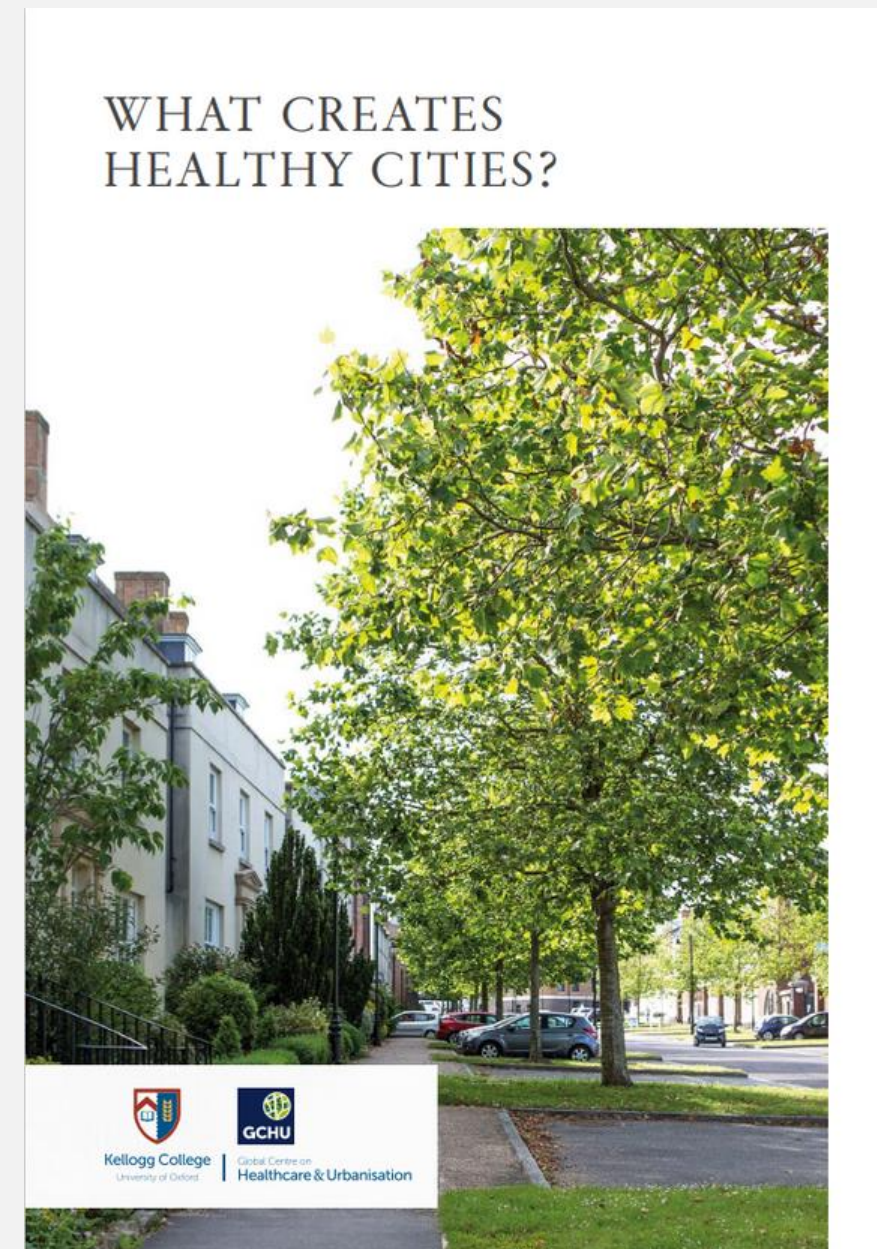


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“What Creates Healthy Cities?”

- ◆ Commission on Creating Healthy Cities
www.healthycitiescommission.org/
- ◆ Report published July 2022
- ◆ Healthy Cities Toolkit – work in progress



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*See also: Barton, H. and Grant, M. (2006) A health map for the local human habitat. The Journal for the Royal Society for the Promotion of Health, 126 (6). pp. 252-253.
After Dahlgren and Whitehead (1991).*

What is a 'Healthy City'?

“A healthy city is one that is continually creating and improving those physical and social environments and expanding those community resources which enable people to mutually support each other in performing all the functions of life and developing to their maximum potential.” ([WHO, 1996](#))

- ◆ Health and place inextricably linked
- ◆ Place supports individuals' health and wellbeing

Wider determinants of health

- ◆ Neighbourhood
- ◆ Lifestyle, community, local economy
- ◆ Built environment
- ◆ Natural environment
- ◆ Global ecosystem



See also: Barton, H. and Grant, M. (2006) A health map for the local human habitat. *The Journal for the Royal Society for the Promotion of Health*, 126 (6). pp. 252-253.
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Built Environment, Urban Design and Placemaking



£1.4 billion

The amount saved by the NHS in first year treatment costs, if £10 billion were invested in the 3.5 million 'poor' homes in England



77%

of direct building CO₂ emissions come from homes

- ◆ More affordable housing
- ◆ Health-related planning policies
- ◆ Proactive planning
- ◆ Housing quality
- ◆ Energy efficiency
- ◆ Funding prioritisation



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Transport and Mobility, Infrastructure and Technology



20 minutes

The amount of time which, if walked every day by each Londoner, would save:
£1.6 billion in NHS treatment costs; 1 in 6 early deaths; 10% of strokes and heart disease; 20-30% of cases of depression.

- ◆ Reducing car dependency
- ◆ Sustainable transport planning
- ◆ Promoting and advocating for active travel



40,000

deaths attributable to air pollution each year in the UK



Health and Wellbeing: Public health, social prescribing, food, exercise



35%

of low income households are within a 10-minute walk of nature, **compared to 59% of more affluent households**

- ◆ Planning for exercise
- ◆ Access to healthy food
- ◆ Social prescribing



35%

of adults in the most deprived areas of England are living with obesity, **compared to 20% in the least deprived areas**



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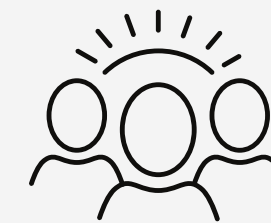
Good Governance



◆ Inter-departmental coordination

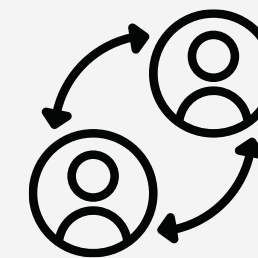
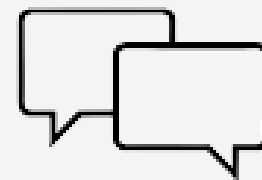
◆ Devolution to local government

◆ Civic engagement



(e.g. deliberative democratic processes such as Citizens' Juries: Oxford's Street Voice)

<https://www.gchu.org.uk/2022/09/streetvoice-citizens-jury-occ-scrutiny-meeting/>



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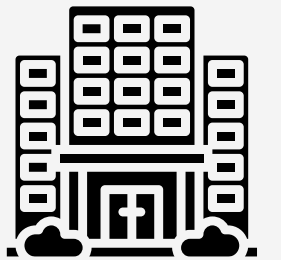
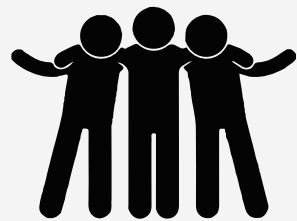
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Toolkit evidence : Housing

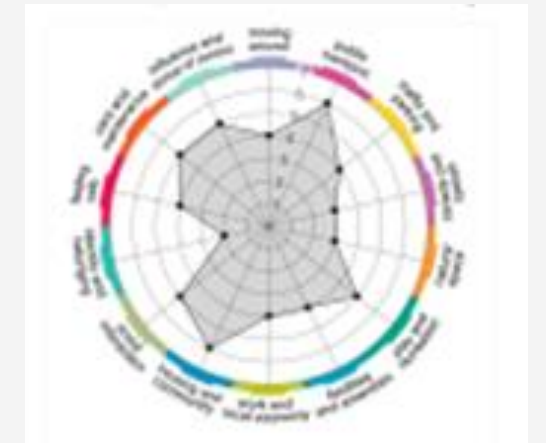
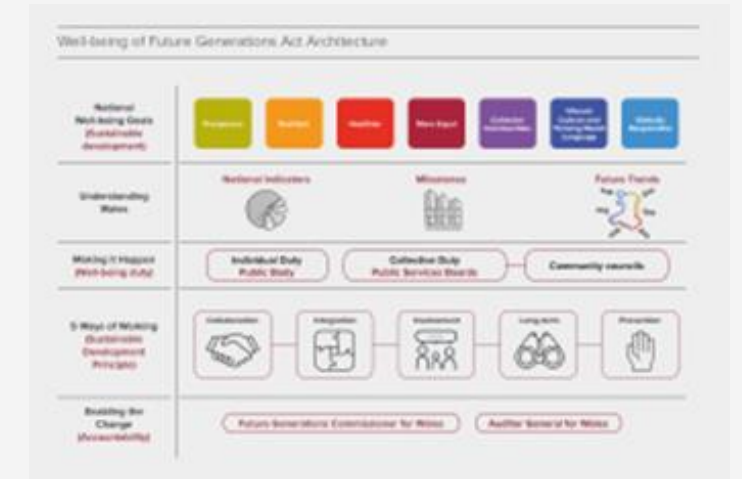
Housing exposures and health:

- ◆ Covered 10 reviews, over 500 primary studies
- ◆ Key findings to support interventions in housing:
 - ◆ Inextricable link between poor housing and poor health (damp, mould, cold)
 - ◆ Need to focus on policies that support adequate ventilation, and thermal performance standards, including heating, cooling and insulation
 - ◆ Green homes grants for retrofitting : improve health
 - ◆ Housing affordability, impacts on mental health
 - ◆ Overcrowding, impacts on physical and mental health



Key messages

- Embed strategic aim of improving health and wellbeing into all urban planning policies e.g.
 - Wales:** 'Wellbeing of Future Generations Act' (2015)
 - Scotland:** 'Place Standard Tool' (2017)
 - Embed long-term, joined-up thinking for health and wellbeing.
- Imperative to address health and wellbeing:
 - Address wider inequalities in society
 - Improve a city's economy and productivity
 - Support efforts to combat climate change
 - Reduce the escalating costs of health and social care.



Where next?

Building healthy cities of the future

Next steps:

- ◆ Disseminate key messages on creating healthy cities to local authorities and other stakeholders
- ◆ Identify areas for further research, e.g.
 - ◆ Mixed use regeneration & 15-minute n'hood: impacts on health and wellbeing
 - ◆ Wellbeing, social infrastructure and community cohesion



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Thank you

- ◆ **Download** the Healthy Cities Report: [GCHU.org.uk/reports/](https://gchu.org.uk/reports/)
- ◆ **Explore** the GCHU website: [GCHU.org.uk/](https://gchu.org.uk/)
- ◆ **Follow us** on Twitter: [@GCHUOxford](https://twitter.com/GCHUOxford)
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