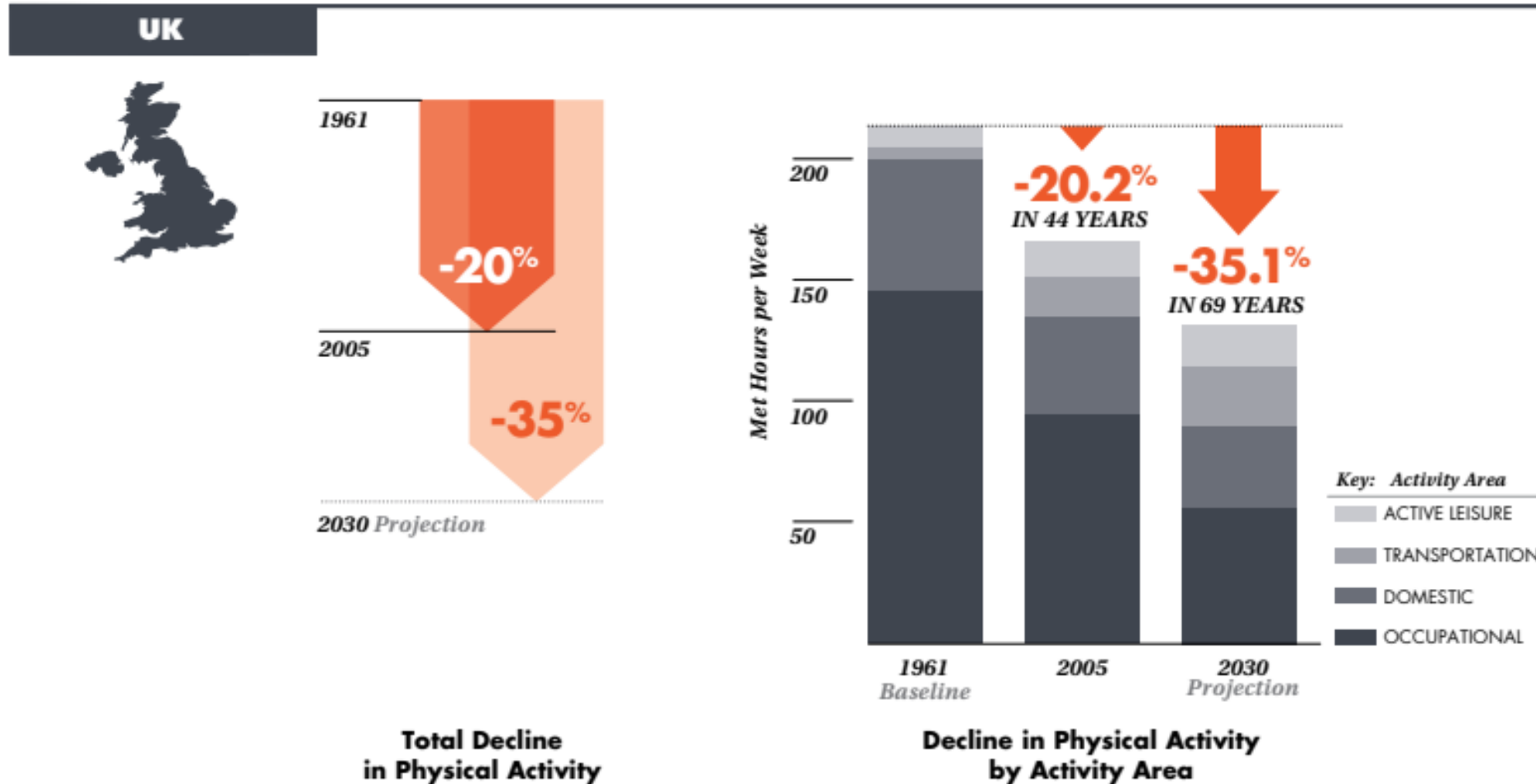


# Planning for Health and Wellbeing: Active Design Healthy New Towns Initiative

Matthew Lappin  
David Lock Associates

# Why plan for health?





**MORE**  
IS SPENT EACH YEAR  
TREATING  
**OBESITY**  
**AND**  
**DIABETES**

THAN IS SPENT ON  
**POLICE**  
**AND FIRE**  
SERVICES AND THE  
**JUDICIAL**  
**SYSTEM**

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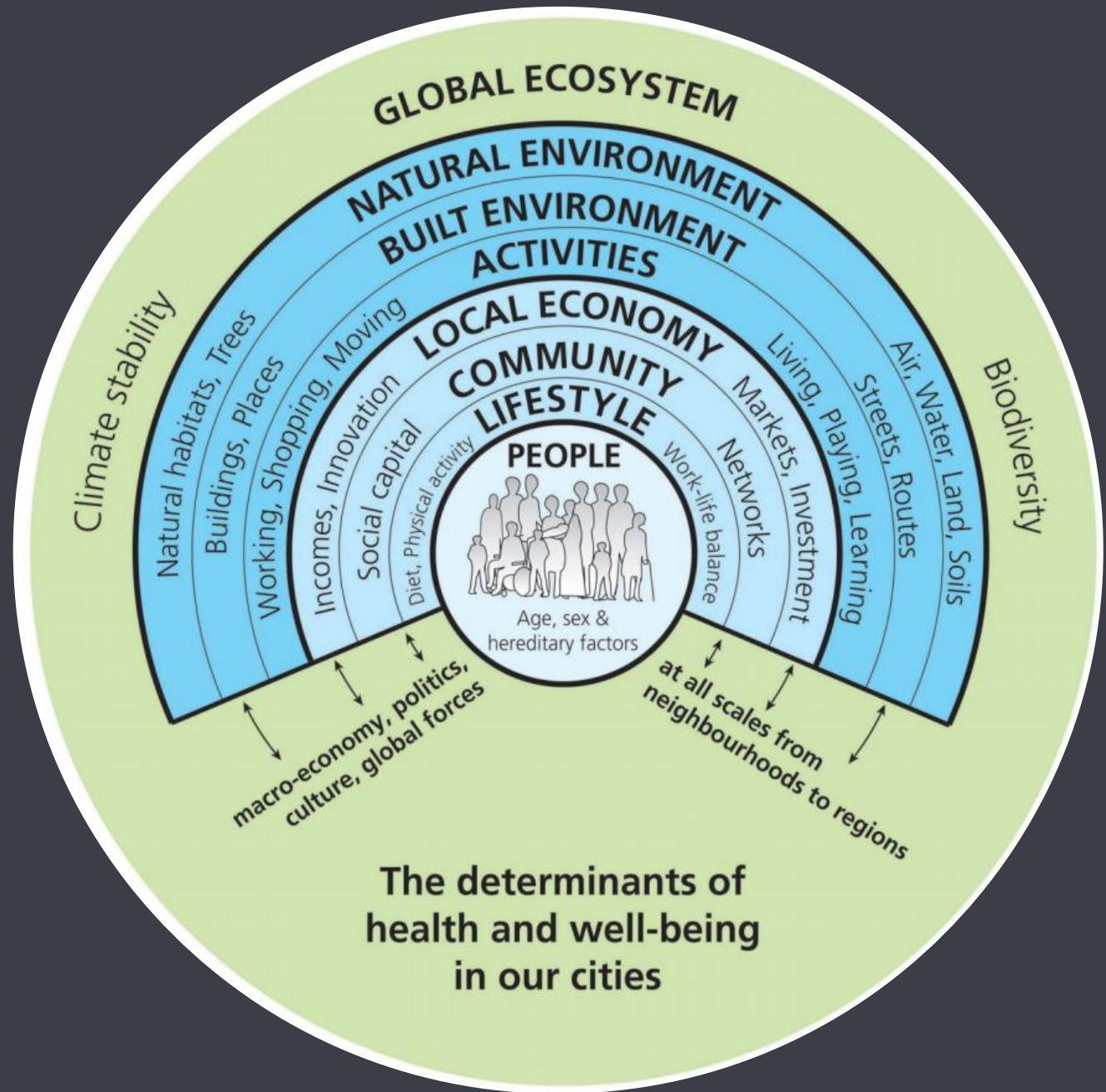
**1 IN 3**

CHILDREN IN YEAR 6 IS  
OVERWEIGHT OR OBESE

**36,815**

DEATHS PER YEAR COULD BE  
AVOIDED THROUGH INCREASED  
PHYSICAL ACTIVITY

# How can planning help?



# Active Design

Planning for health and wellbeing through sport and physical activity.

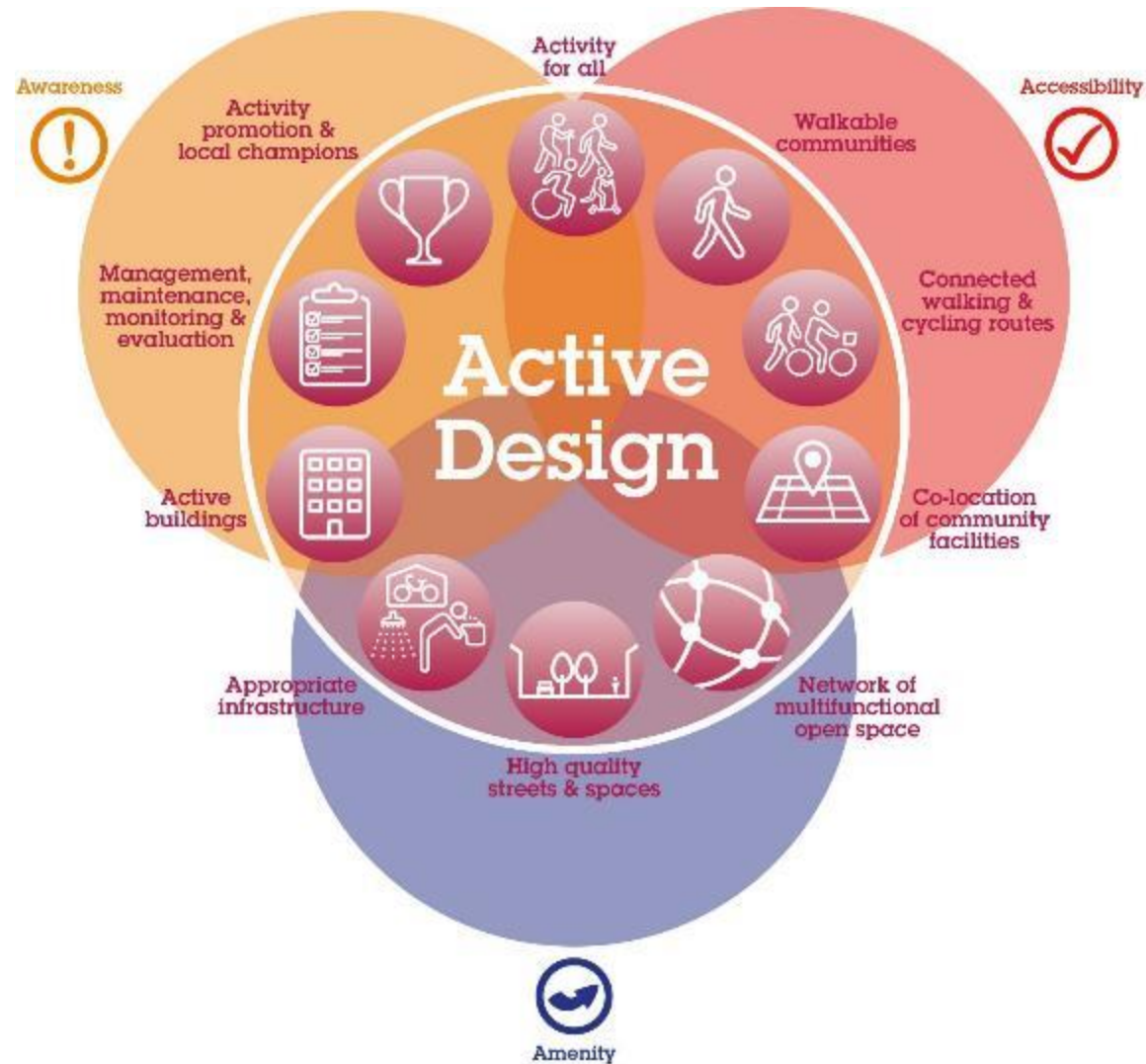


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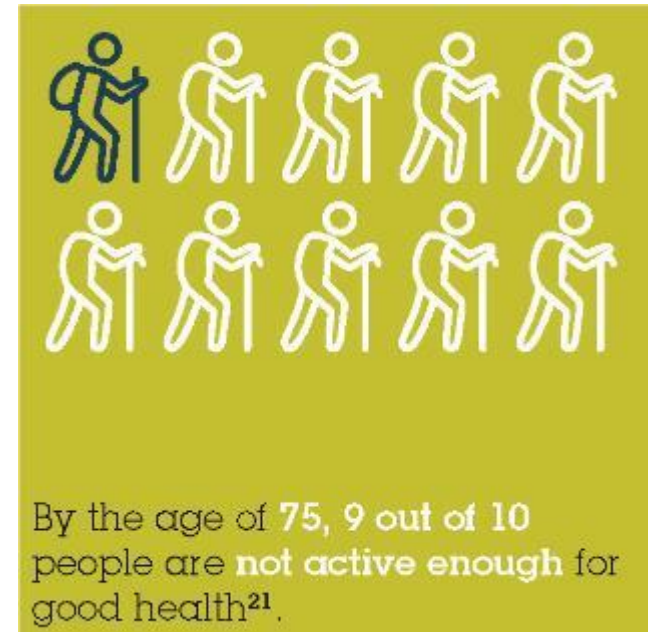
# Ten Principles:



# 1. Activity for all

**Neighbourhoods, facilities and open spaces should be accessible to all users and should support sport and physical activity across all ages.**

Enabling those who want to be active, whilst encouraging those who are inactive to become active.

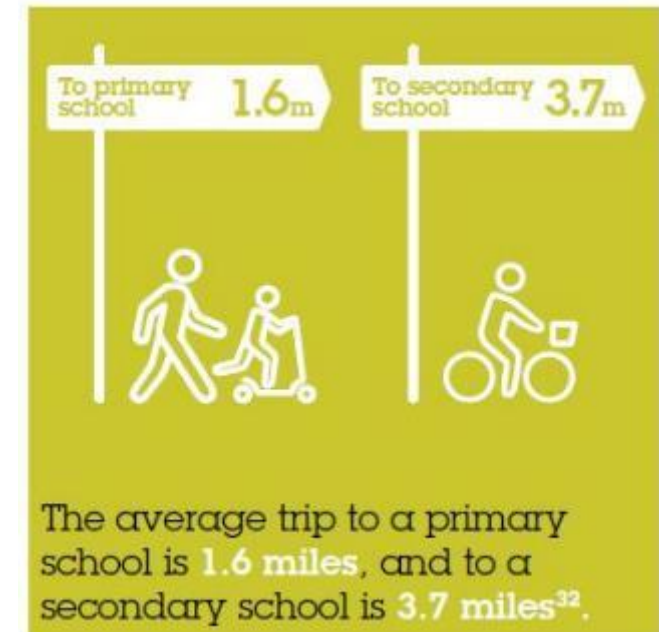


## 2. Walkable Communities

Homes, schools, shops, community facilities, workplaces, open spaces and sports facilities should be within easy reach of each other.

Creating the conditions for active travel between all locations.

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# 3. Connected Walking & Cycling Routes

**All destinations should be connected by a direct, legible and integrated network of walking and cycling routes. Routes must be safe, well lit, overlooked, welcoming, well-maintained, durable and clearly signposted. Active travel (walking and cycling) should be prioritised over other modes of transport.**

Prioritising active travel through safe integrated walking and cycling routes.



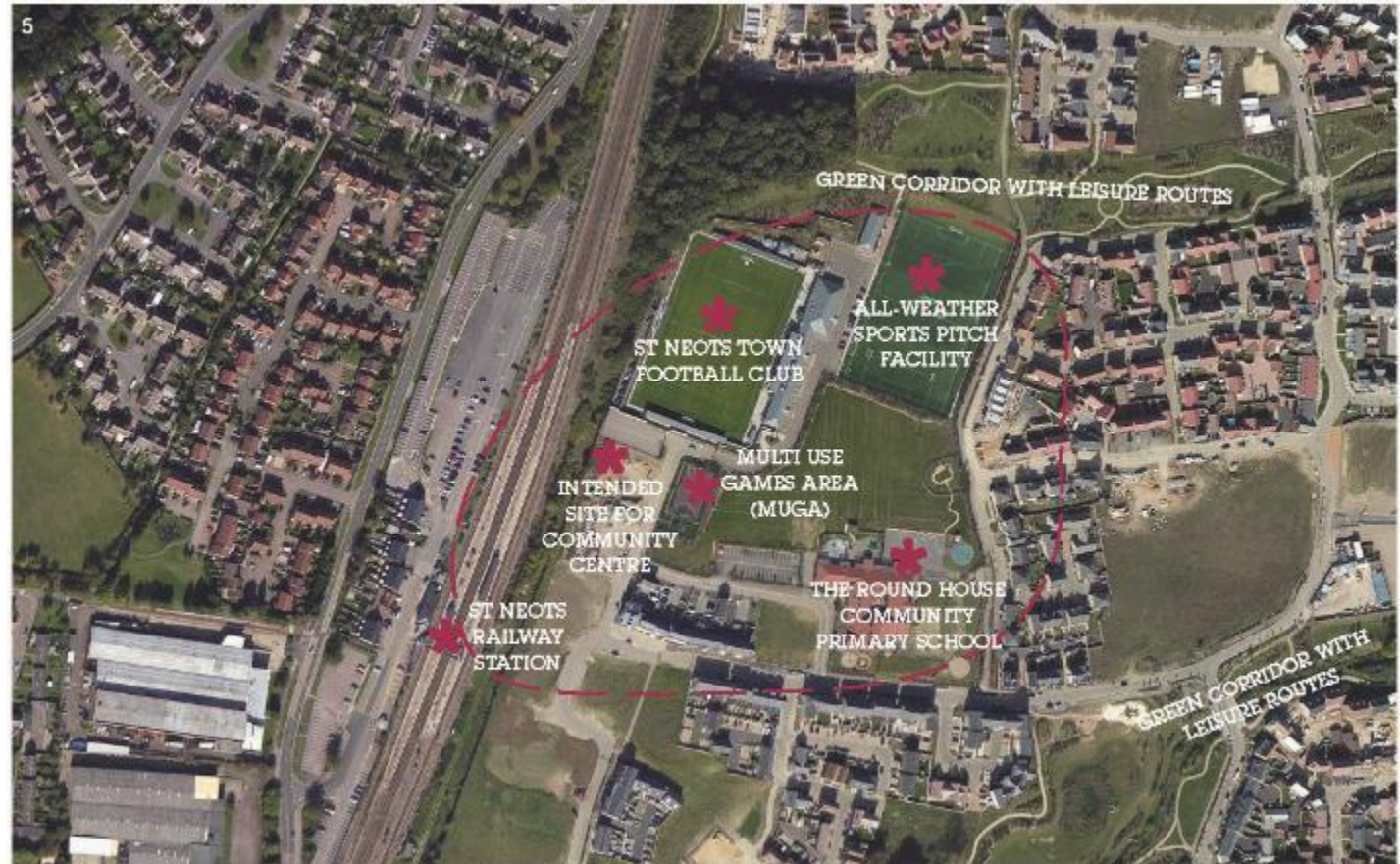
# 4. Co-location of Community Facilities



**The co-location and concentration of retail, community and associated uses to support linked trips should be promoted.**

**A mix of land uses and activities should be promoted that avoid the uniform zoning of large areas to single uses.**

Creating multiple reasons to visit a destination, minimising the number and length of trips and increasing the awareness and convenience of opportunities to participate in sport and physical activity opportunities.



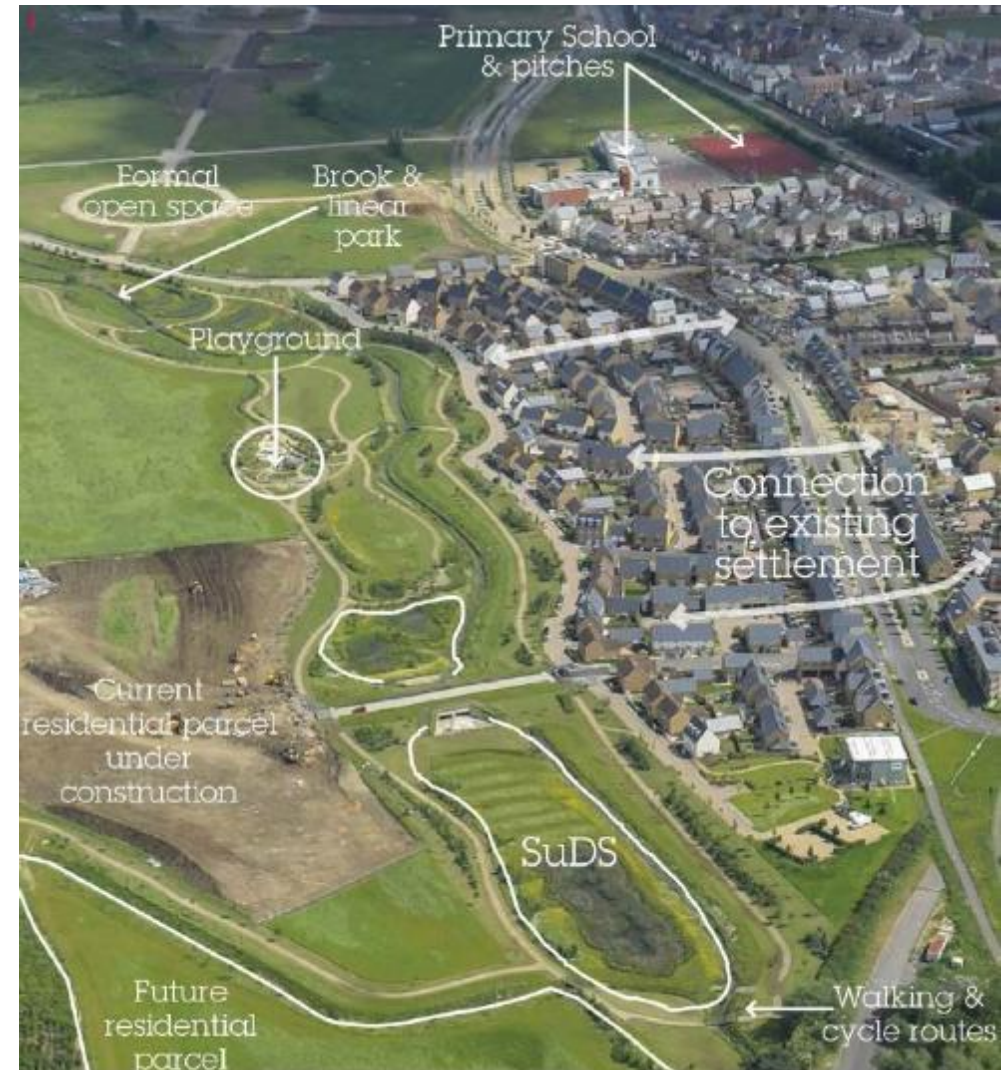
5 Co-location of sports and community facilities at Loves Farm urban extension, St Neots, Cambridgeshire



# 5. Network of Multifunctional Open Space

**A network of multifunctional open space should be created across all communities (existing and proposed) to support a range of activities including sport, recreational and play and other landscape features including SuDS, woodland, wildlife habitat and productive landscapes.**

Providing multi-functional spaces opens up opportunities for sport and physical activity and has numerous wider benefits.



# 6. High Quality Streets & Spaces



**Flexible and durable high-quality streets and public spaces should be promoted, employing high quality durable materials, street furniture and signage.**

Well designed streets and spaces support and sustain a broader variety of users and community activities.





# 7. Appropriate Infrastructure



**Supporting infrastructure to enable sport and physical activity to take place should be provided across all contexts including workplaces, sports facilities and public space, to facilitate all forms of activity.**

Providing and facilitating access to facilities and other infrastructure to enable all members of society to take part in sport and physical activity.



# 8. Active Buildings

**The internal and external layout, design and use of buildings should promote opportunities for physical activity.**

Providing opportunities for activity inside and around buildings, rather than just between buildings.

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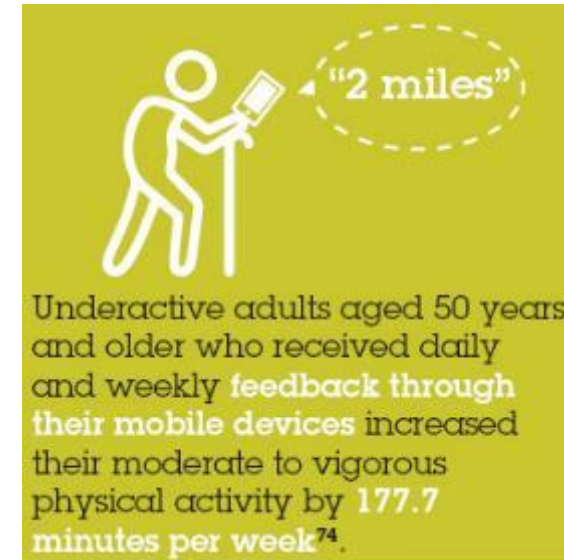


# 9. Management, Maintenance, Monitoring & Evaluation



**The management, long-term maintenance and viability of sports facilities and public spaces should be considered in their design. Monitoring and evaluation should be used to assess the success of active design initiatives and to inform future directions to maximise activity outcomes from design interventions.**

A high standard of maintenance is essential to ensure the long term attractiveness of sports facilities along with open and public spaces.

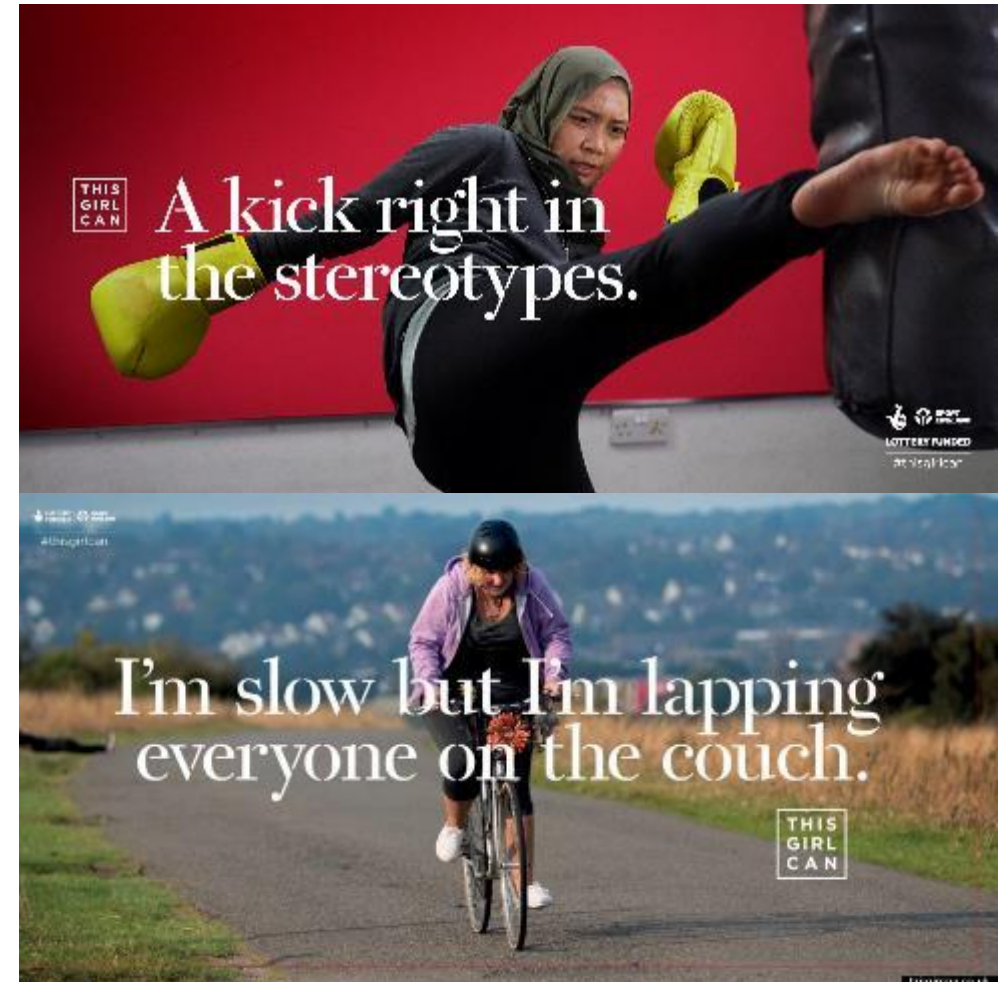


# 10. Activity, Promotion & Local Champions



**Promoting the importance of participation in sport and physical activity as a means of improving health and well-being should be supported. Health promotion measures and local champions should be supported to inspire participation in sport and physical activity across neighbourhoods, workplaces and facilities.**

Physical measures need to be matched by community and stakeholder ambition, leadership and engagement.







# NHS Healthy New Towns



# Context

- *NHS Five Year Forward View, 2014*
- *Illness prevention (proactive) and care innovation (reactive)*
- *Importance of placemaking – supporting people of all abilities*
  - *at all stages of life*
  - *facilitate healthier lifestyles*



# Places matter to wellbeing

- *Increasing town and city populations*
- *Understanding how people are physically able to (or not) use a place*
- *Understanding how people feel about using a place – safety, anxiety, comfort, security*
- *Identifying impacts on physical and mental wellbeing*
- *Quantifying cost to NHS and wider economy*



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# Healthy New Towns: a three year programme

*Three key priorities:*

- Planning and designing for a healthy built environment
- Creating new ways of providing health care
- Establish strong, connected and informed communities

*Spread learning and good practice to other local areas and influence national programmes*



# Demonstrator sites

## Healthy neighbourhoods start to take shape

Over 65,000 homes are planned or in development in the demonstrator sites. Here are the sites, followed by four of the initiatives promoting healthier, connected lives

### The ten sites

#### Barking Riverside, London

10,800 homes being built on brownfield land alongside the River Thames.

#### Barton, Oxford

885 homes on a site next to John Radcliffe Hospital.

#### Bicester, Oxfordshire

13,000 homes being built over 20 years.

#### Cranbrook, Devon

8,000 homes being built on greenfield land.

#### Darlington, County Durham

3,600 homes being built on three sites between 2018 and 2025.

#### Ebbfleet Garden City, Kent

Up to 15,000 homes being built on brownfield sites by 2026.

#### Halton Lea, Runcorn

800 new homes and a health and wellbeing campus on a brownfield site.

#### Northstowe, Cambridgeshire

10,000 homes being built on the former RAF Oakington base and surrounding land.

#### Whitehill & Bordon, Hampshire

3,350 homes and commercial space being built on former Ministry of Defence land.

#### Whyndyke Garden Village, Lancashire

A 1,400 home development on a 91ha site planned for the Fylde coast.



# The 10 Principles

Ten key principles underpin the Healthy New towns programme. Each is examined in further detail on the following pages



1

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## PLAN AHEAD COLLECTIVELY

Creating healthier new places is only possible if a wide range of people and organisations collaborate from the outset. Partnerships should include: council planners and public health teams, health commissioners and providers, developers and housing associations, community organisations, residents and businesses.

3

## CONNECT, INVOLVE AND EMPOWER PEOPLE AND COMMUNITIES

Social connections are vital for health and wellbeing. For instance, people with strong relationships are 50% more likely to survive life-threatening illness. Creating strong communities, by promoting cohesion and inclusion, helps people form these highly beneficial relationships.

2

## PLAN INTEGRATED HEALTH SERVICES THAT MEET LOCAL NEEDS

Developing services that are fit for the future will rely on partners agreeing a shared vision for health provision, with local people and clinicians involved throughout. Care that meets people's physical, mental and social care needs in a joined-up way should be planned.

4

## CREATE COMPACT NEIGHBOURHOODS

Well-connected, compact neighbourhoods and places with pedestrian and cycle-friendly streets enable people of all ages, abilities and financial means to reach jobs, services, shops and schools easily. Parks and green spaces that are nearby and well cared for boost physical activity and social interaction.

5

## MAXIMISE ACTIVE TRAVEL

Regular physical activity is essential for good physical and mental health. When it is included in our daily routines the likelihood of it being sustained is significantly increased. Well-planned neighbourhoods make walking, cycling and public transport the obvious choice. Good signposting makes active travel easier.

7

## FOSTER HEALTH IN HOMES AND BUILDINGS

More than 90% of our time is spent indoors and the buildings we occupy have a big effect on our health. Homes should have sufficient space, daylight and ventilation. Public buildings and offices should include spaces for people to socialise, as well as areas for peace and quiet.

9

## PROVIDE HEALTH SERVICES THAT HELP PEOPLE STAY WELL

New approaches to healthcare place greater emphasis on helping people to stay well. For instance, people with long-term conditions, such as type 2 diabetes, can be supported through coaching, peer support and training so they can manage their own health.

6

## INSPIRE AND ENABLE HEALTHY EATING

Enabling people to eat a balanced and healthier diet, and making it easy and affordable to do so, are key to tackling health inequalities. Careful design and planning can give residents easy access to nutritious ingredients for home cooking and to healthier food when they eat out.

8

## ENABLE HEALTHY PLAY AND LEISURE

Leisure time and activity are vital to good health and wellbeing. Healthy placemaking must include opportunities for people of all ages and abilities to gather together, be active and enjoy leisure time collectively.

10

## CREATE INTEGRATED HEALTH CENTRES

Providing a range of health services on a single site can make getting support, advice, diagnosis and treatment quicker and more convenient. Buildings that offer a range of health services can also contain spaces for voluntary groups and leisure facilities, putting them at the heart of the community.





# Create compact neighbourhoods

- Easy and convenient to walk and cycle between homes, workplaces, schools, shops, playgrounds, parks and sports pitches
- Different types and sizes of homes, a range of tenures, and shops, services and cultural centres located close together in neighbourhood centres
- Designed to create plenty of opportunities for residents to meet and get to know each other and take part in activities together.
- Green spaces and green routes provide contact with nature, helping to improve mental health and wellbeing





# Benefits

- Increased social interaction and community cohesion
- Increased rates of physical activity
- Inclusivity for people of all ages and physical abilities
- More efficient services such as home visits for healthcare
- Better conditions for place-based businesses
- Increased choice of activities in relation to schools, shopping, eating out, things to do and so on.



# The 'how too' advice

- Create spaces and places that are walkable
- Provide accessible environments and places for people to meet
- Adapt buildings and other physical infrastructure to meet people's changing needs
- Create spaces that enable social support, connections and civic life
- Create accessible and multi-functional parks and green spaces



# Maximise active travel

- Regular everyday activity as effective for individual weight loss as supervised exercise programmes
- Results in wider benefits including financial/economic savings to the NHS, benefits to local economies, improvements in air quality
- Effective collaboration can deliver environments that help people incorporate physical activity into their everyday lives





# The 'how too' advice

- Work with local people to encourage active travel habits
- Embed active travel from the earliest stages of planning new places
- Provide and maintain infrastructure for walking, cycling and public transport
- Design and manage streets to encourage active transport
- Make it easy for people to find their way around



# In conclusion. Guidance aims to:

- Explain how environment and healthcare collaboration can support healthy populations
- Draw on examples from demonstrator sites and best practice
- Provide concise practical advice in a single document
- Written to be accessible to all, with a primary aim at built environment and healthcare professionals
- Provides advocacy on importance of healthy environments and 'how too' guidance
- *Published in LATE SPRING 2019: [england.nhs.uk healthy new towns](http://england.nhs.uk/healthynewtowns)*

[mlappin@davidlock.com](mailto:mlappin@davidlock.com)



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