

A Health in All Policies approach to Place-shaping

Delivering on Thurrock's Health and Wellbeing Strategy 2022 - 2026

Executive Summary

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Elements of a Healthy, Equitable Community

Healthy Workplaces & Quality Jobs



Health & Supportive Services



Safe, Stable, Affordable Housing



Quality Schools



OFFICE

WELLNESS CENTER

Apartments

PUBLIC SCHOOL

Cafe

MARKET DAY

FRESH PRODUCE

Thriving Local Economy



Parks & Community Spaces



Environmental Quality & Sustainability



Access to Healthy Food



Safe, Connected Transportation System



Together, these elements provide cumulative health and equity benefits:



Physical health



Mental health



Economic security



Safety



Community cohesion



Civic engagement

Local Policy Context

High-level Strategies:

- *Health and Wellbeing Strategy 2022-2026*
- *Backing Thurrock*
- *The Local Plan*

Other key documents:

- *Thurrock Climate Change Strategy*
- *Thurrock Air Quality Action Plan*
- *Thurrock Council Transport Strategy 2013 – 2026*
- *Thurrock Council Housing Strategy 2022 – 2027*



Health and Wellbeing Strategy 6 Domains :

1. Staying Healthier for Longer
2. Building Stronger & Cohesive Communities
3. Person-Led Health & Care
4. Opportunity for All
5. Housing & the Environment
6. Community Safety

Transportation Networks

Healthy and sustainable transportation networks prioritise and support active transportation modalities



Neighbourhood Design

Healthy neighbourhood design is facilitated by land use decisions which prioritise complete, compact, connected and sustainable communities.



Framework for creating change



Housing

The design, quality, sustainability and affordability of diverse housing options has a critical influence on health and wellbeing.



Natural Environments

Community planning which preserves and connects the surrounding natural environment and supports biodiversity can have significant health and wellbeing impacts.



Food Systems

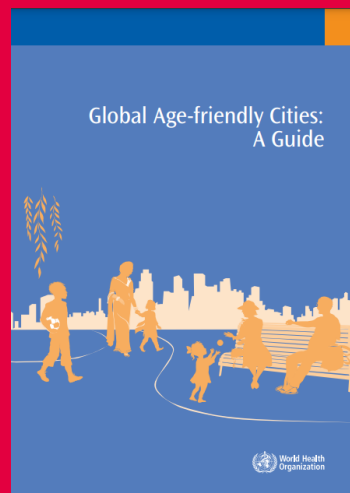
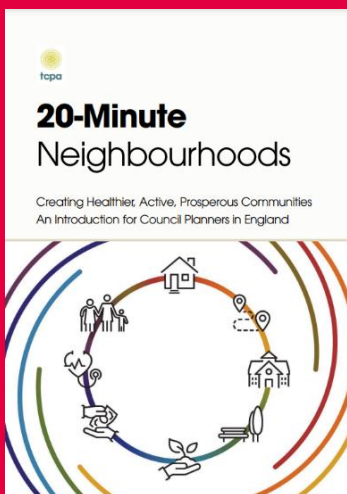
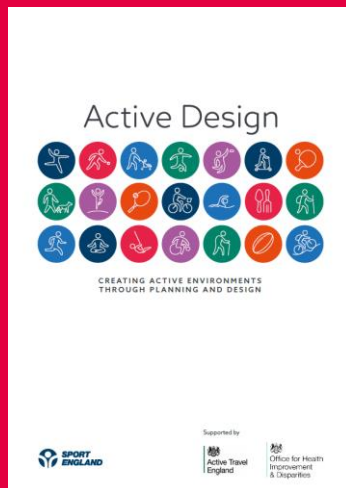
Accessibility and affordability of healthy sustainable foods can be supported through land use planning and design.



A framework for creating change

Neighbourhood Design

Healthy neighbourhood design is facilitated by land use decisions which prioritise complete, compact and connected and sustainable communities.



- Enhancing neighbourhood design and character to support community belonging and active lifestyles
- Ensuring that neighbourhoods (existing and new) have a wealth of services and amenities that are within easy reach
- Enhancing connectivity with safe and effective infrastructure

Neighbourhood Design

Healthy neighbourhood design is facilitated by land use decisions which prioritise complete, compact and connected and sustainable communities.

Related indicators from Thurrock's Health and Wellbeing Strategy

1A: Work with communities to reduce smoking and obesity in Thurrock

- *Reducing the proportion of Reception, Year 6 children and adults in Thurrock who are obese and reducing the variation between community*

5D: Regeneration and future developments will seek to improve physical and mental health, reduce exposure to air pollution and to build community resilience and reduce antisocial behaviour

- *Local Plan policies and Health Impacts Assessment for major new developments will consider a full range of health and well-being issues including for example, Active Travel and Public transport; access to green and open spaces; air quality; and the food environment*
- *All council-led new build schemes will comply with Secured by Design standards*
- *All regeneration and developments will increase physical activity, promote mental wellbeing, reduce exposure to air pollution, promote availability of healthy food options, enhance community resilience, and reduce anti-social behaviour*

6B Work in partnership to reduce local levels of crime and opportunities for crime to take place

- *Incorporating crime reduction approaches such as 'Designing Out Crime' and 'Secure by Design' within the council's Housing Strategy and the Local Plan*

Neighbourhood Design

Healthy neighbourhood design is facilitated by land use decisions which prioritise complete, compact and connected and sustainable communities.

Resident Voice



Fear of crime has increased – concerns about anti-social behaviours

Importance of sustainable, future-proofed developments

Need for sports, leisure, cultural & arts activities, especially for young people

Neighbourhood Design

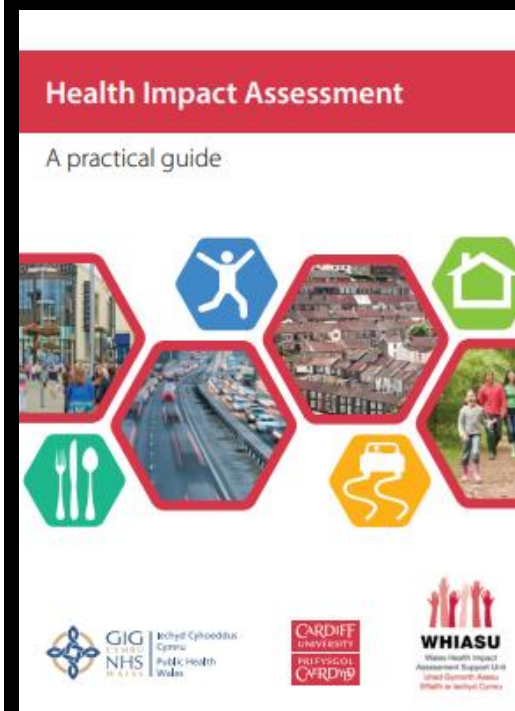
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SPOTLIGHT: Health Impact Assessment (HIA)

Health Impact Assessment is “A systematic, objective and yet flexible and practical way of assessing both the potential positive and negative impacts of a proposal on health and well-being. It suggests ways in which opportunities for health gain can be maximised and risks to health minimised.”

Benefits of HIA across three themes:

- Health knowledge and action
- Organisational development
- Communities



Neighbourhood Design

Healthy neighbourhood design is facilitated by land use decisions which prioritise complete, compact and connected and sustainable communities.

SPOTLIGHT: Superzones

Superzones is a place-based intervention that creates healthy zones in the immediate vicinity around a primary or secondary school often located within the most deprived wards, or in areas with poor health outcomes.

A London pilot established six fundamental principles that underpin the Superzones approach:

- Put children and young people at the centre
- Take a flexible approach
- Target the greatest need
- Address multiple issues
- Consider local assets and harms
- Co-produce action plans with partners



Neighbourhood Design – What is the way forward?

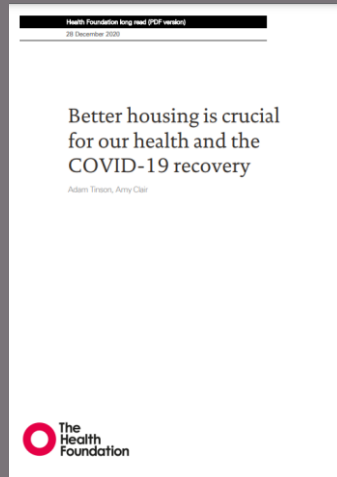
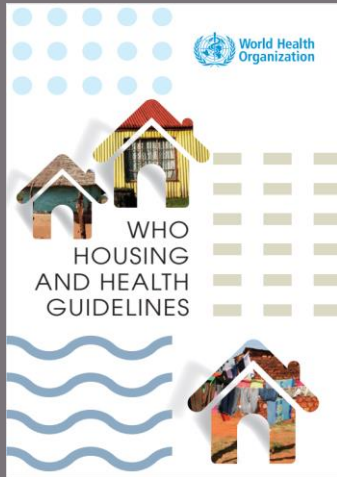
Healthy neighbourhood design is facilitated by land use decisions which prioritise complete, compact and connected and sustainable communities.



- The Thurrock Local Plan should ensure that new and existing neighbourhoods are designed to accommodate and support the diverse and changing needs of individuals throughout their life course, emphasising the need for safe, accessible, well-connected neighbourhoods and spaces that support community belonging and active lifestyles
- Integrate into local place-shaping the principles that contribute to a reduction in health inequality as detailed in:
 - Building for a Healthy Life
 - Active Design Guide
 - 20-minute Neighbourhoods
 - School Streets
- Implement the Health and Wellbeing Strategy priority actions pertaining to place-shaping and neighbourhood design
- Through cross-Council partnership and community engagement, pilot a place-based approach to improving health and wellbeing outcomes modelled on the London Superzones pilot
- Ensure that the Thurrock Superzones approach is integral to Local Plan policy and Design Strategy
- Ensure that a refreshed Health Impact Assessment model is embedded within the Local Plan / Design Strategy, integral to planning culture and mandated in policy
- Use the Housing and Planning Advisory Group (HPAG) as a mechanism for strengthening coordinated responses to planning applications, incorporating Health Impact Assessment principles
- Embody the 'Health in All Policies' approach through integration of Health Impact Assessment with Community Equality Impact Assessment

Housing

The design, quality, sustainability, and affordability of diverse housing options has a critical influence on health and well-being.



- Increasing provision of affordable, accessible and diverse housing
- Improving the quality of housing, including indoor air quality and reduced noise pollution
- Improving the energy efficiency and climate resiliency of current and future housing stock

Housing





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Health and Well-being Impacts

10% of excess winter deaths can be attributed to **fuel poverty**



People who live in homes which are cold, damp and unsafe are more at risk of:

- > poor physical and mental health and well-being 
- > cancers, circulatory, cardiovascular and respiratory ill-health 
- > more falls and serious injury 
- > arthritic and rheumatic conditions 



Unhealthy homes



18% of homes pose an unacceptable risk to health



Cold homes impact on physical health, social isolation, stress, and financial capability



Damp or mouldy homes increase respiratory problems by 30-50%, mainly in children



12% of households are in fuel poverty



Unsuitable homes



3 in 4 over 65s live in their own home



30% of over 65s and **50% of over 80s** have a fall each year



Accidental injuries are a leading cause of death for children and young people



Overcrowding is linked to stress, alcohol abuse and depression



Homelessness

Those with **4+ Adverse Childhood Experiences** are **16 times more likely** to become homeless 



A third of homelessness is caused by a health problem

Housing

The design, quality, sustainability, and affordability of diverse housing options has a critical influence on health and well-being.

Related indicators from Thurrock's Health and Wellbeing Strategy

5A: Reduce homelessness and increase the supply of affordable housing in Thurrock

- Improve residents' access to a range of affordable new build homes that prioritise providing housing for people with an established connection to the local area*
- Increase supply of good quality social housing for local residents*

5B: Facilitate and encourage maintenance of good quality homes in Thurrock to promote the health of residents, protecting them from hazards such as cold, damp and mould

- Improving the condition of housing in the public and private sector - for example by increasing use of renewable technologies in council stock*
- Reducing fuel poverty - for example by investment in council housing, accessing Green Homes Grants for improvements in the private sector, and by improving Energy Performance Certificate (EPC) ratings across the borough*
- Increase access to programmes such as Well Homes to benefit priority groups such as people with LTCs, physical or learning disabilities and mental health needs*
- Reduce the proportion of households in Fuel Poverty*

5C. Provide safe, suitable and stable housing solutions for people who have or who are experiencing domestic abuse / violence and/or sexual abuse / violence

- Delivering expert advice through a single route to support regarding housing, skills, employment and other needs of people experiencing or who have experienced domestic and/or sexual abuse and/or violence.*
- Improve public awareness of how victims/survivors can seek housing support.*
- Streamlining support offer by combining three funding streams from Thurrock Women's Refuge, the Brighter Futures Programme and Safe Accommodation new burdens fund to create one service provider.*

Housing

The design, quality, sustainability, and affordability of diverse housing options has a critical influence on health and well-being.

Resident Voice



Council should plan for a range of housing types which meet local needs

Importance of ensuring that new housing is affordable

All housing types should be of a decent standard and be well maintained

Housing – What is the way forward?

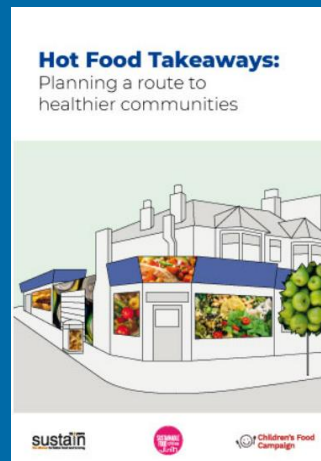
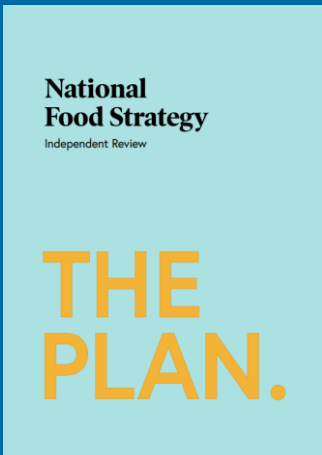
The design, quality, sustainability, and affordability of diverse housing options has a critical influence on health and well-being.



- The Thurrock Local Plan and Housing Strategy should be used to enable adequate provision of affordable, accessible and diverse housing across the Borough to meet the needs of an increasingly diverse population, and that existing and future housing stock addresses issues related to indoor air quality, noise pollution, energy efficiency and climate resiliency
- Integrate into local place-shaping the principles that contribute to a reduction in health inequality as detailed in:
 - WHO Housing and Health Guide
 - Better housing is crucial for our health and Covid-19 recovery
 - Impact of homelessness on health – a guide for Local Authorities
 - Housing Ageing Population Panel for Innovation (HAPPI)
- Implement the Health and Wellbeing Strategy priority actions pertaining to place-shaping and housing
- Consider the best approach to understanding the existing living standards and health inequalities at sites housing vulnerable communities in the Borough

Food Systems

Accessibility and affordability of healthy sustainable foods can be supported through land use planning and design.



- Protecting and increasing both the number and the diversity of types of food retail outlets
- Creating and protecting food growing spaces in and around the locality
- Making the best use of our land for food and farming

Food Systems

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Related indicators from Thurrock's Health and Wellbeing Strategy

1A: Work with communities to reduce smoking and obesity in Thurrock

- *Reducing the proportion of Reception, Year 6 children and adults in Thurrock who are obese and reducing the variation between community*

1C: Continue to enhance identification and management of Long-Term Conditions (LTCs) to improve physical and mental health outcomes for all

- *A greater proportion of people will have their LTC diagnosed and treated*

5D: Regeneration and future developments will seek to improve physical and mental health, reduce exposure to air pollution and to build community resilience and reduce antisocial behaviour

- *All regeneration and developments will promote physical & mental wellbeing, reduce exposure to air pollution, promote healthy food options, enhance community resilience, and reduce antisocial behaviour*

Food Systems

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Resident Voice



Role of limiting the number or influencing the location of fast food outlets

Supporting people to eat healthier

Steady demand for the provision of allotment sites and plots across the area which outweighs supply

Food Systems

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SPOTLIGHT: Fruit & veg on prescription pilot

“An innovative pilot, thought to be the UK’s first large-scale “fruit and veg on prescription” project, has been launched to help tackle health inequalities and food poverty. Alexandra Rose Charity, in partnership with public health teams in the London boroughs of Tower Hamlets and Lambeth, has launched Fruit & Veg on Prescription as part of a £250,000 pilot funded by local authorities and Impact on Urban Health to help tackle health inequality and food poverty.”

During the 12-month pilot, Rose Vouchers for Fruit and Veg will be distributed to a target group of 122 residents across both boroughs who are at risk of, or have, conditions such as high blood pressure, diabetes or mental health conditions and are struggling financially. When the pilot is evaluated, it could be rolled out across the UK subject to funding.



Food Systems – What is the way forward?



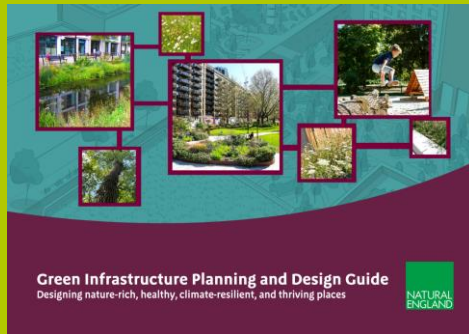
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- The Thurrock Local Plan should ensure that the number and diversity of food retail outlets and food growing spaces are protected and increased
- Integrate into local place-shaping the principles that contribute to a reduction in health inequality as detailed in:
 - National Food Strategy
 - Planning Sustainable Cities for Community Food Growing
 - Creating a healthy food economy: A policy audit tool for Local Authorities
 - Hot Food Takeaways: Planning a route to healthier communities
- Consider how future Health and Wellbeing Strategies can support the food system as it relates to human health, place-shaping and climate change
- Consider the best approach to assessing progress on food policy and identifying where further action is needed as a first step towards creating a new food policy or strategy. For example, utilising '**Creating a Healthy Food Economy: A Policy Audit Tool for Local Authorities**', which considers as a minimum:
 - Accessibility to affordable and diverse healthy foods
 - Community food growing schemes such as allotments and school growing clubs
 - Density of unhealthy fast-food outlets
 - Addressing rising food poverty
 - Engaging schools and other public institutions in improving the food environment
 - Investment in and protection of local food infrastructure
 - Reducing food waste to support tackling climate change and improving food security
- Create a dialogue with key local stakeholders, including the CVS-led Food Network, to establish the motivation for a Thurrock Food Partnership which brings together partners from the public sector, voluntary and community groups, and businesses to reduce diet-related ill health and food poverty, while supporting a prosperous local food economy

Natural Environments



Community planning which preserves and connects the surrounding natural environment & supports biodiversity can have significant health & well-being impacts.



- Improving access to and engagement with the natural environment for mental health and wellbeing
- Adapting to climate change
- Increasing participation in physical activity
- Reducing exposure to air pollution

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Related indicators from Thurrock's Health and Wellbeing Strategy

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Resident Voice



Safeguard and maintain the integrity of the green belt land

Importance of improving air quality and recognising the impacts of air pollution on health and wellbeing

Improved infrastructure that supports and enables walking and cycling opportunities

Natural Environments

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SPOTLIGHT: SEE Park

The South Essex Estuary (SEE) Park plans include a continuous and accessible coastal path stretching from Tilbury Fort to Shoeburyness, ensuring every home will have easy access to high quality green space, creating new woodlands, restoring marshlands and completing a huge network of natural landscapes. This vision for South Essex to become an extraordinary parkland setting providing an attractive offer for modern living that supports residents, businesses, industry, tourism, and leisure activities.



Natural Environments - What is the way forward?

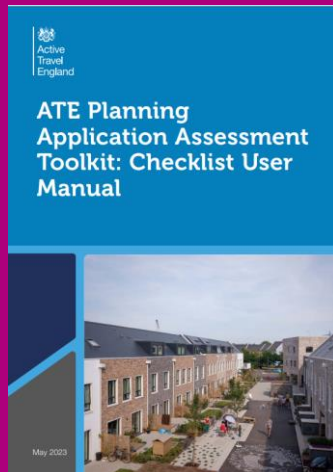
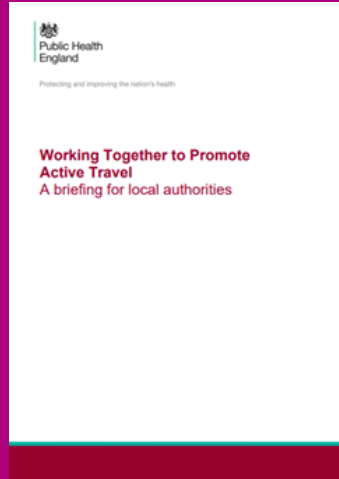
Community planning which preserves and connects the surrounding natural environment & supports biodiversity can have significant health & well-being impacts.



- The Thurrock Local Plan, Public Realm, Regeneration and Recreation and Leisure teams should ensure that the natural environment is protected and enhanced to encourage access and engagement in physical activity and mental wellbeing, reduce exposure to air pollution and support adaptation to climate change
- Integrate into local place-shaping the principles that contribute to a reduction in health inequality as detailed in:
 - Building with Nature
 - Improving access to greenspace
 - Green Infrastructure Planning and Design Guide
 - Using Green Infrastructure to protect people from air pollution
- Implement the Health and Wellbeing Strategy priority actions pertaining to place-shaping and natural environments
- Consider commissioning **Green Infrastructure Training for local authorities** provided by Building with Nature which is recommended for elected members, directors / heads of public health, heads of place, heads of highways, local lead flood authorities, climate and sustainability leads, and all teams whose work influences green infrastructure provision

Transportation Networks

Healthy and sustainable transportation networks prioritise and support active transportation modalities.



- Increasing the provision of safe, easily accessible active travel infrastructure (cycling, walking, wheeling)
- Increasing the availability, reliability and affordability of public transport
- Reducing air pollution

Transportation Networks

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Transportation Networks

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Resident Voice



Infrequency of public transport coupled with the cost is a borough-wide issue

Need to improve the sustainability, safety and connectivity of transport links

Better management of HGV movements especially in villages

Transportation Networks

Healthy and sustainable transportation networks prioritise and support active transportation modalities.

SPOTLIGHT: What works to increase cycling?

Areas that have successfully increased levels of walking and cycling have all prioritised people and place first, with cars being a 'guest' in the area. Attributes of successful infrastructure include:

- Routes designed with the continuity of the route in mind
- Routes that are legible and do not depend on signage
- Cyclists are segregated from traffic on busy roads or junctions
- Participatory design at a local level ensures that residents' needs and concerns are addressed

The most effective mechanisms for increasing walking and cycling comprise of a complementary package of measures, such as:

- Provision of dedicated cycling lanes (and bicycle parking)
- Personal travel planning (behaviour change)
- Walk / cycle to work days
- Cycle hire/bike share schemes
- School-based interventions
- Cycle maintenance skills training

Transportation Networks - What is the way forward?

Healthy and sustainable transportation networks prioritise and support active transportation modalities.



- The Local Plan, Transport Vision and Strategy, regeneration programme and Design Charter and Design Codes should be utilised to embed a commitment to accessible and safe transport infrastructure which supports a modal shift to cycling, walking and wheeling, as well as improvements (availability, reliability and affordability) in public transport, as a means to reduce both health inequalities and air pollution
- Integrate into local place-shaping the principles that contribute to a reduction in health inequality as detailed in:
 - Decarbonising Transport: A Better, Greener Britain
 - Gear Change: A bold vision for cycling and walking
 - How transport offers a better route to health
 - Working together to promote active travel: A briefing for Local Authorities
- Implement the Health and Wellbeing Strategy priority actions pertaining to place-shaping and transportation networks
- Implement the recommendations of the Thurrock Active Travel Needs Assessment
- Deliver the Thurrock Local Cycling and Walking Infrastructure Plan (LCWIP)
- Identify a Senior Champion for Active Travel within the Council
- Building on the existing Cycle Forum, establish a Taskforce for Active Travel which will specifically focus on increasing cycling in the Borough.

Climate change and sustainability

A golden thread

Heat related illness and death, cardiovascular failure

Injuries, fatalities, mental health impacts

Asthma, cardiovascular disease

Severe weather

Air Pollution

Malaria, dengue, encephalitis, hantavirus, rift valley fever, Lyme disease, chikungunya, West Nile virus

Extreme heat

Rising temperatures

More extreme weather

Changes in ecology vectors

Increasing CO2 levels

Rising sea levels

Increasing allergies

Respiratory allergies, asthma

Environmental degradation

Forced migration, civil conflicts, mental health impacts

Water and food supply impacts

Water quality impacts

Malnutrition, diarrheal disease

Cholera, cryptosporidiosis, campylobacter, leptospirosis, harmful algal blooms



Climate Change: summary of key issues

- *The damaging outcomes of climate change continue to have the most severe impacts on the most vulnerable and those least able to respond*
- *Efforts to adapt the UK's housing stock to the impacts of the changing climate: for higher average temperatures, flooding and water scarcity, are lagging far behind what is needed to keep us safe and comfortable, even as these climate change risks grow*
- *Climate change will make it harder for the government to ensure the resilience of the UK's food supply, which will likely result in further volatility in domestic food prices unless the UK adapts*
- *Green infrastructure is potentially vulnerable to climate change; for example, a shortage of water could diminish the quality of green spaces and their ability to function as adaptation solutions (such as urban cooling and flood management)*
- *Transport is a key contributor to climate change, responsible for producing 24% of the UK's total greenhouse gas emissions in 2020.*

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