Improving wellbeing through a place centred approach

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Our mission is to protect and improve the nation’s health and to address inequalities.

We work with national and local government, the NHS, industry, academia, the public and the voluntary and community sector. And we work internationally as many public health challenges are shared.
Your health is determined by:

The determinants of health and well-being in our neighbourhoods
“Today’s complex health challenges can no longer be addressed by the health sector acting alone. Curbing the rise of antimicrobial resistance requires policy support from agriculture. Abundant evidence shows that educated mothers have the healthiest families. Access to clean energy fuels economic growth, but it also reduces millions of deaths from respiratory and cardiovascular disease associated with air pollution.”

Former DG Margaret Chan
Public Health and UK’s International Obligations

• We undertook a rapid exercise to categorise range of PHE work that addressed the health and wellbeing of urban populations, directly and implicitly

• The categories were: Life course and healthy ageing; safety (e.g. crime and violence); health inequalities; obesity; migration; transport; pollution; antimicrobial resistance; planning; extreme events and mental health

• Work ranged from tools, briefing reports, guidance and general advice

Second step was to map the work against four pivotal, international frameworks:

• Sustainable Development Goals (SDGs)
• Paris Climate Agreement
• Sendai Framework for Disaster Risk Reduction (Sendai)
• Habitat III – The New Urban Agenda
Expanding global development agenda

Millennium Development Goals for 2015

1. Eradicate extreme poverty and hunger
2. Achieve universal primary education
3. Promote gender equality and empower women
4. Reduce child mortality
5. Improve maternal health
6. Combat HIV/AIDS, malaria and other diseases
7. Ensure environmental sustainability
8. Global partnership for development

Sustainable Development Goals for 2030

1. No poverty
2. Zero hunger
3. Good health and well-being
4. Quality education
5. Gender equality
6. Clean water and sanitation
7. Affordable and clean energy
8. Decent work and economic growth
9. Industry innovation and infrastructure
10. Reduced inequalities
11. Sustainable cities and communities
12. Responsible consumption and production
13. Climate action
14. Life on land
15. Life below water
16. Peace, justice and strong institutions
17. Partnerships for the goals

Sustainable Development Goals
Working to protect and improve the places and communities we live, learn, work and play in, for populations today and future generations.

The Healthy Places team promotes a vision that everyone, wherever they are, is able to live, learn, work and play in a place that promotes health and wellbeing, sustains the development of supportive and active communities and helps reduce health inequalities, now and for future generations.
Roles and relationships …
Government Commitments

The NHS Long Term Plan

Advancing our health: prevention in the 2020s
Published July 2019

CLEAN AIR STRATEGY 2019

National Planning Policy Framework

Cycling and Walking Investment Strategy
What is it and how can you get involved?
Scale of investment in places

£6.0 billion (2016/17)

- £4.0 billion (Affordable housing)
- £115 million (open space and environment)
- £131 million (transport and travel)
- £146 million (Community works and leisure)

- 38% (London)
- 5% (West Mids)
- 2% (North East)

www.gov.uk/government/publications/spatial-planning-for-health-evidence-review
Public Health England - Healthy City Design Conference October 2019

Neighbourhood Design
- Enhance Neighbourhood Walkability
- Build Complete and Compact Neighbourhoods
- Enhance connectivity with safe and efficient infrastructure

Housing
- Improve Quality of Housing
- Increase Provision of Affordable and Decent Housing
- Increase Provision of Affordable Housing for Groups with Specific Needs

Healthier Foods
- Provision of healthier, affordable food for the general population

Natural & Sustainable Environments
- Reduce exposure to environmental hazards
- Adaptation to climate change

Transport
- Provision of active travel infrastructure
- Provision of public transport
- Prioritize active travel and road safety
- Enable mobility for all ages and abilities

Note: For further information on https://www.gov.uk/government
**Neighbourhood Design**

**Planning Principles**
- Enhance Neighbourhood Walkability
- Improve infrastructure to support walking and cycling
- Build Compact and Compact neighbourhoods
- Enhanced connectivity with safe and efficient infrastructure

**Modifyable Features**
- Increased walkability
- Compact neighbourhoods
- Improved street connectivity

**Impact**
- Social engagement among older adults
- Physical activity among older adults
- Physical activity
- Mobility among older adults
- Social participation among older adults
- Physical activity
- Physical activity among older adults
- Pedestrian activity
- Road traffic collisions

**Health Outcomes**
- Mental wellbeing
- Risk of CVD, type 2 diabetes, stroke, mental health problems, musculoskeletal conditions and some cancers; improved mental 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
- Risk of CVD, type 2 diabetes, stroke, mental health problems, musculoskeletal conditions and some cancers; improved mental wellbeing
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**Quality of Evidence:**
- Improved
- Reduced
- High Quality
- Medium Quality
- Low Quality
- NR (Not reported)

**Existence and Strength of Evidence:**
Public Health England - Healthy City Design Conference October 2019
### Local Plans and Health Review

Source: TCPA, State of the Union, 2019

**A** Joint Health and Wellbeing Strategy in planning  
**B** Health needs assessment in planning  
**C** Promoting sustainable transport  
**D** Requiring good design  
**E** Providing open space, play and recreation opportunities  
**F** Healthcare infrastructure provision  
**G** Using health impact assessment  
**H** Monitoring indicators and health (HIA)

#### Percentage of the total plan sample (322 Local Plans)

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<th>Region</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
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- **Yes** – or (as relevant) Yes, and with reference to health and wellbeing
- **Yes, but with no reference to health and wellbeing**
- **No**

Source: TCPA, State of the Union, 2019
Getting Research into Practice (GRIP)

- Identify the nature of the challenges:
  - Professional and technical
  - Economic and financial
  - Contextual
  - Political and organisational.

- Conducted qualitative and quantitative studies:
  - Interviews with local authority public health and planning teams from each of the nine PHE Centres and experts.
  - Nation-wide survey of public health and built environment professionals.
GRIP main findings – the challenges

- **91%**
  - Existing evidence is not translatable to practice at the local level

- **89%**
  - Lack of resource and capacity at local authority level
  - Quality of place versus quantity of units

- **85%**
  - Communication and cultural gap between planners and public health professionals

- **81%**
  - Lack of monitoring and evaluation of planning decisions

- **79%**
  - Disconnect between government agencies responsible for providing leadership on spatial planning and health
GRIP main findings – the recommendations

1. Improved national guidance and stronger policies for place making and health
2. Engaging politicians with healthy spatial planning
3. Taking a holistic view of health and place
4. Articulating the wider benefits to multiple stakeholders
5. Strategic partnerships between public health and planning agencies at national level
6. Funding high-quality research with practical application at the local level
Sign up Knowledge Hub: PHE Healthy Places
https://khub.net/group/healthypeoplehealthyplaces
or email healthyplaces@phe.gov.uk