

Housing, health and an ageing population – innovations in local government

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About the TCPA

Leading the planning debate in the UK

www.tcpa.org.uk @thetcpa

planning out poverty

the reinvention of social town planning

www.eco-development-group.org

eco-development group **newsletter**

Issue 9 August 2011

Welcome to the ninth issue of the TCPA's Eco-Development Group (EDG) Newsletter. In each issue of the Newsletter we will update you on the latest training, events and opportunities. We will also use the Newsletters to highlight key issues that need to be taken into account as eco-developments are brought forward. This issue of the Newsletter includes an update on the draft National Planning Policy Framework and an article on how the AIMC4 project is helping to make eco-homes the norm, as well as information on upcoming TCPA and EDG events in 2011.

collaborative working for climate change policies

By Alex House

town & country planning

The journal of the Planning Institute of Great Britain

January 2011 Vol. 80 No. 1

brian hague, emma carlaga, hugh ellis, peter christie, stephan rydin,

policy analysis of housing and planning reform

Town and Country Planning Association

March 2011

Your place, your plan

Town & Country Planning Association

planning for a healthy environment -

good practice guidance for green infrastructure and biodiversity

Town & Country Planning Association
Wildlife Trusts

the lie of the land!

England in the 21st century

Reuniting Health with Planning

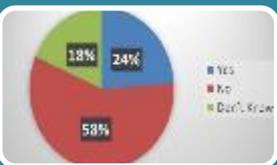
OBJECTIVES



To **support** and **improve** local capacity building in planning for and improving wellbeing through the planning system.



To **identify gaps** in current guidance, then develop and provide accessible information to practitioners.



To further planning for health and wellbeing **research** and reviews of statutory instruments to facilitate systems integration.



To **facilitate** national engagement and conversations with key stakeholder organisations.



To continue to **promote, share** and disseminate good practice around the country and to target groups.

ACTIVITIES

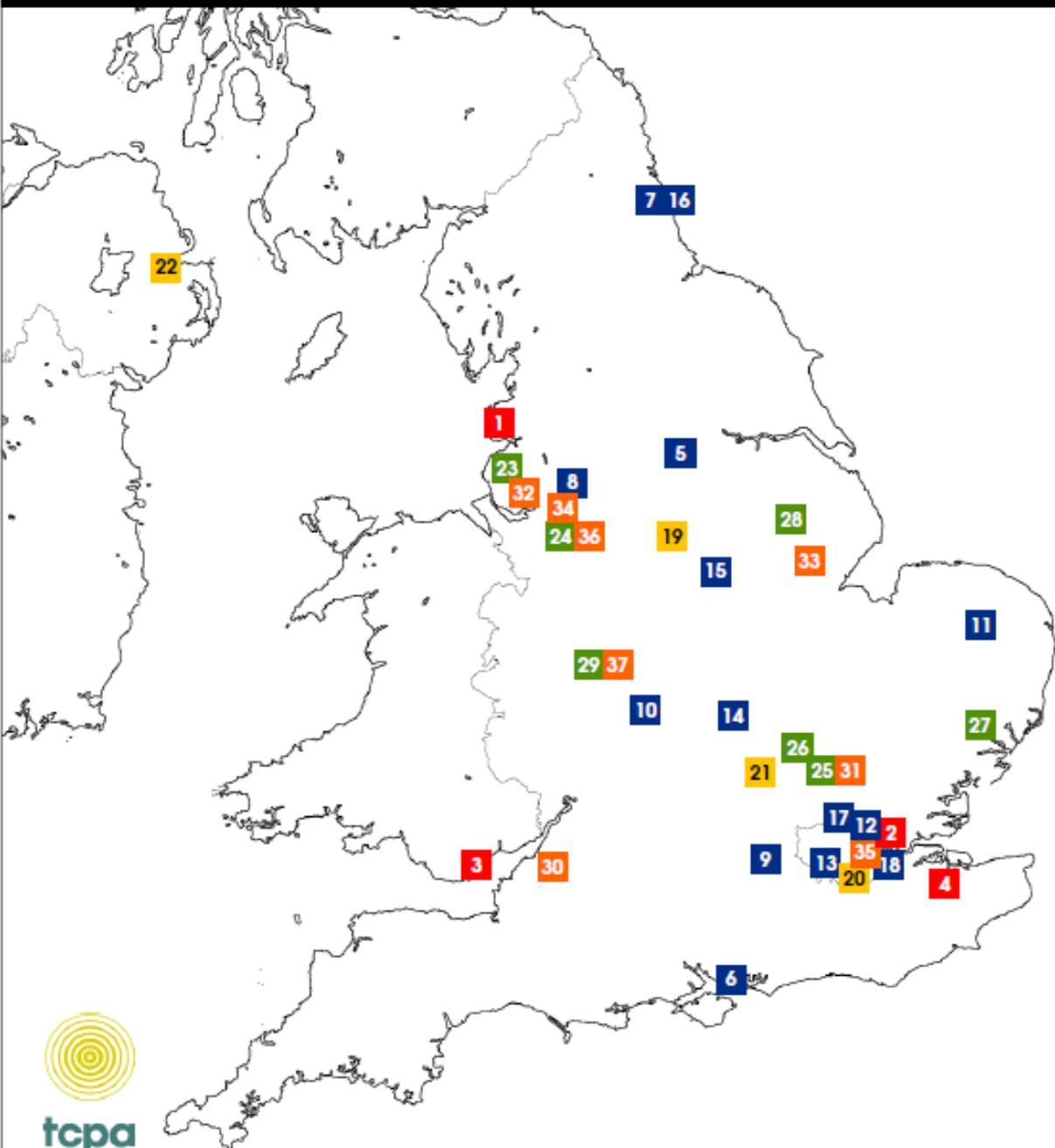
Capacity Building

Guidance

Research

Raising Awareness

TCPA Workshop Locations



planning healthy-weight environments -

a TCPA reuniting health with planning project



Andrew Ross and Michael Chang



Building the foundations: Tackling obesity through planning and development



Lessons from the Town and Country Planning Association
'Planning healthy weight environments' workshops

Health-proof Development/ Regeneration

Planning Healthy-Weight Environments – Six Elements

6 Local economy

- Enhance the vitality of the local centre by providing a more diverse retail and food offer
- Centres and places of employment that are easy to get to by public transport, and on walking and cycling networks
- Facilities are provided for people who are walking and cycling to local centres and high streets, such as street benches, toilets and secure bike storage



1 Movement and access

- Clearly signposted, with direct walking and cycling networks
- Safe and accessible networks, and a public realm for all
- Walking prioritised over motor vehicles, and vehicle speed managed
- Area-wide walking and cycling infrastructure provided
- Use of residential and business travel plans



2 Open spaces, play and recreation

- Planned network of multi-functional green and blue spaces
- Easy-to-get-to natural green open spaces of different sizes
- Safe and easy-to-get-to play and recreational spaces for all, with passive surveillance
- Sports and leisure facilities designed and maintained for everyone to use



3 Healthy food

- Maintain and enhance opportunities for community food growing
- Avoid over-concentration of unhealthy food uses such as hot-food takeaways in town centres and in proximity to schools or other facilities aimed at children and young people
- Shops/food markets that sell a diverse offer of food choices and are easy to get to by walking, cycling or public transport



4 Neighbourhood spaces and social infrastructure

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



5 Buildings

- Adequate internal spaces for bike storage, dining and kitchen facilities
- Adequate private or semi-private outdoor space per dwelling
- Car parking spaces are minimised across the development
- Well-designed buildings with passive surveillance

Source: TCPA Planning Healthy Weight Environments

1. Movement and Access

Evidence

- Evaluations of the cost-benefit impact of a number of walking-friendly neighbourhood projects showed positive ratios.
- 65% of people that are currently not active outdoors are more likely to participate less than two miles from home

Planning issues

- Walking and cycling environments
- Urban design of a site
- Restriction of car parking
- Accessibility and signage



Thessaloniki. Michael Chang

2. Open Space, Play and Recreation

Evidence

- Urban greenspaces' potential for improvements in physical and mental health equivalent to £2.1 billion in reduced health costs.
- People who have good access to green space are 24% more likely to be active

Planning issues

- Open spaces
- Natural environment
- Leisure & recreational spaces
- Play spaces



3. Access to healthy food

Evidence

- Takeaway exposure associated with higher consumption of fast food, and higher BMI. **But** some studies found no association
- Allotment gardeners aged over 50 had significantly lower levels of perceived stress levels when compared to other adults of similar ages who were active in other outdoor and indoor activities

Planning issues – production & consumption

- Limit over-concentration of fast food takeaway frontages
- Manage proximity and access to (un)healthy eating places
- Food growing (allotments)



4. Neighbourhood Spaces



Evidence

- Public realm improvements, like pedestrianisation or adding seating and greenery, can increase retail footfall by about 30% and retail turnover by an average of 17%.

Planning issues

- Provision of community / social infrastructure
- Local need and accessibility to services
- Public spaces and public realm

5. Buildings (internal)

Evidence

Eg: Where people live and the quality of their home have a substantial impact on health and wellbeing – areas of deprivation, social housing.

Planning issues

- Homes – space standards, storage, kitchen area etc
- Lifetime Homes
- Commercial building access

Table 1 - Minimum gross internal floor areas and storage (m²)

Number of bedrooms(b)	Number of bed spaces (persons)	1 storey dwellings	2 storey dwellings	3 storey dwellings
1b	1p	39 (37) *		
	2p	50	58	
2b	3p	61	70	
	4p	70	79	
3b	4p	74	84	90
	5p	86	93	99
	6p	95	102	108
4b	5p	90	97	103
	6p	99	106	112
	7p	108	115	121
	8p	117	124	130
5b	6p	103	110	116
	7p	112	119	125
	8p	121	128	134
6b	7p	116	123	129
	8p	125	132	138

6. Local Economy



Evidence

- If an individual is poor, he or she is more likely to be affected by obesity and its health and wellbeing consequences. (Public Health England 2014)
- Exacerbating existing skill shortages will lead to a greater proportion of labour being sourced from outside creating unsustainable long distance commuting or added pressure on housing.

Planning issues

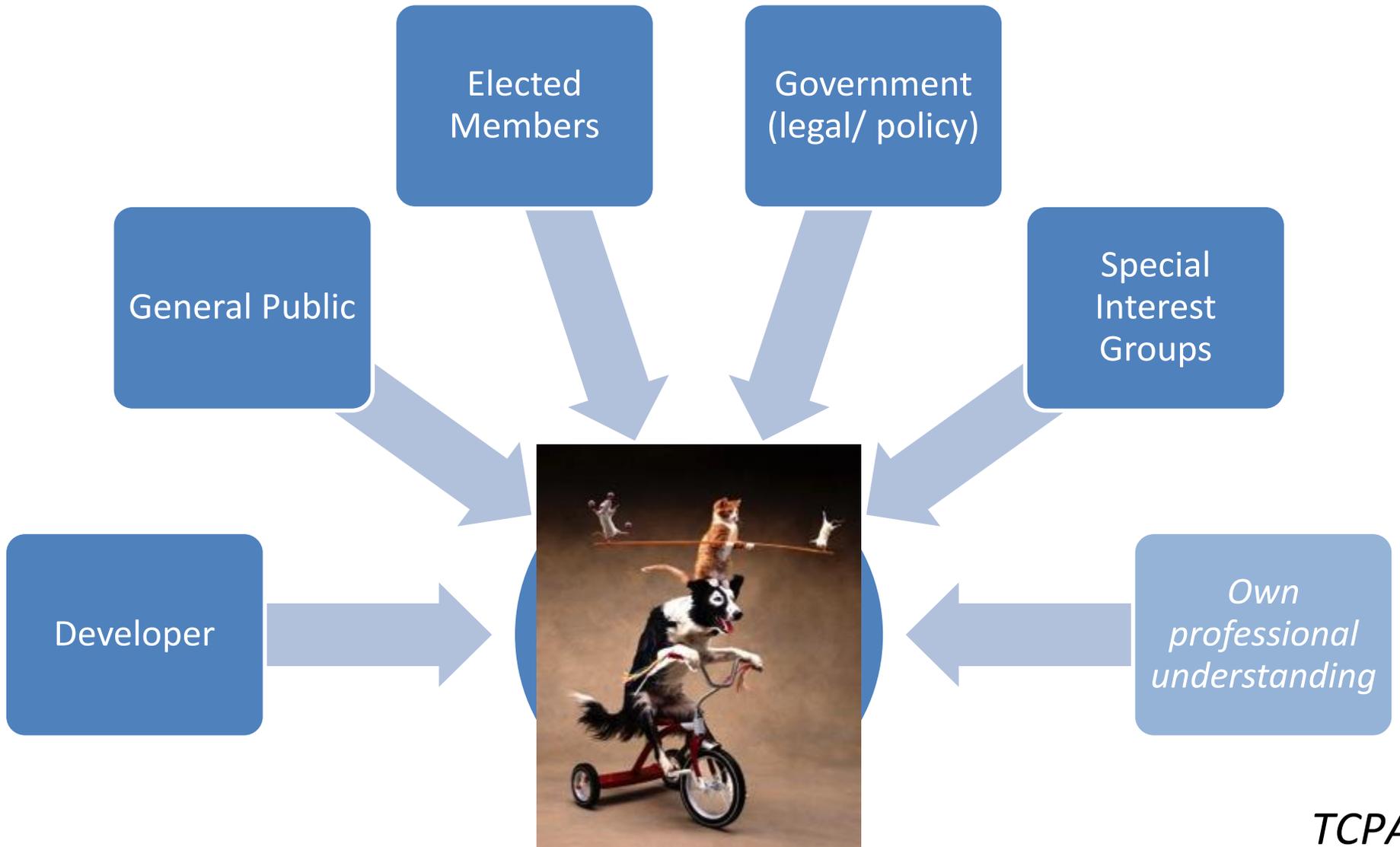
- Diverse town centre/ high street retail food uses and shops
- Local labour/ employment opportunities and access

Planning is a key delivery tool

“Everybody actually knows that making the population healthy is not delivered through the NHS; it is delivered through almost everything else.”

Emma Spencelayh and Dr Jo Bibby,
The Health Foundation

Role of the Town Planner



Rise of health planning specialists – Examples of Health Planners



- **Knowsley** - Principal Health Promoting Environments Officer
- **Stockport** - Health & Environment Advisor (Planning)
- **Lincolnshire** – Senior Programme Officer – Planning and Environmental Public Health
- **Sandwell** – Healthy Urban Environment Officer
- **Warwickshire** – 2 Health Planners based on Infrastructure team
- **Stoke** - Healthy Urban Planning Officer

Concluding thought: Building relationships is crucial

“One thing the new – if fiendishly complex – system seems to be doing is spurring people to relationships not structures as a way of building public health strategies and systems.”

Jim McManus, Director of Public Health,
Hertfordshire County Council



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See TCPA website for more details of the Planning and Health activities and publications

<https://www.tcpa.org.uk/healthyplanning>

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