

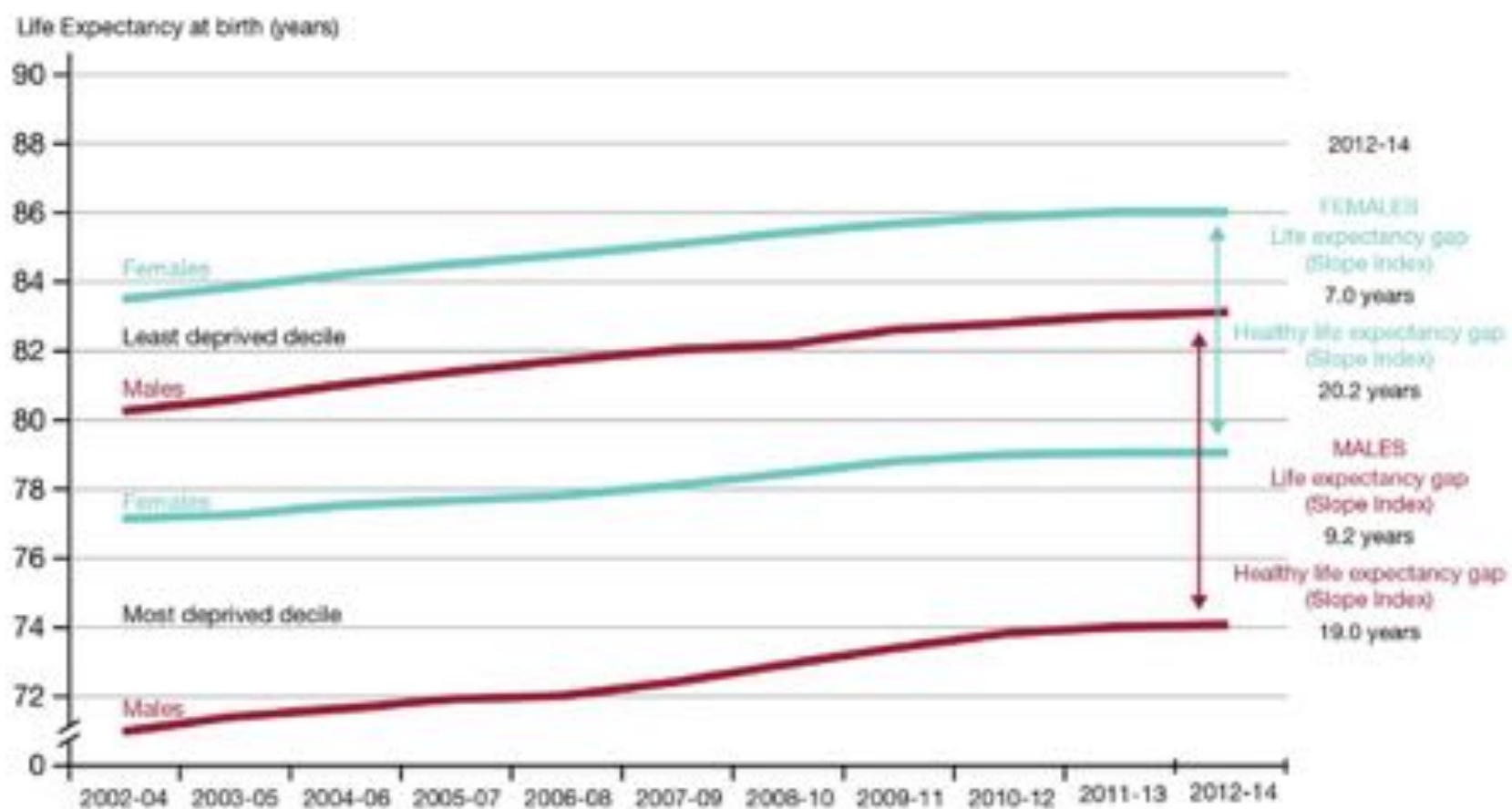


Creating healthy places

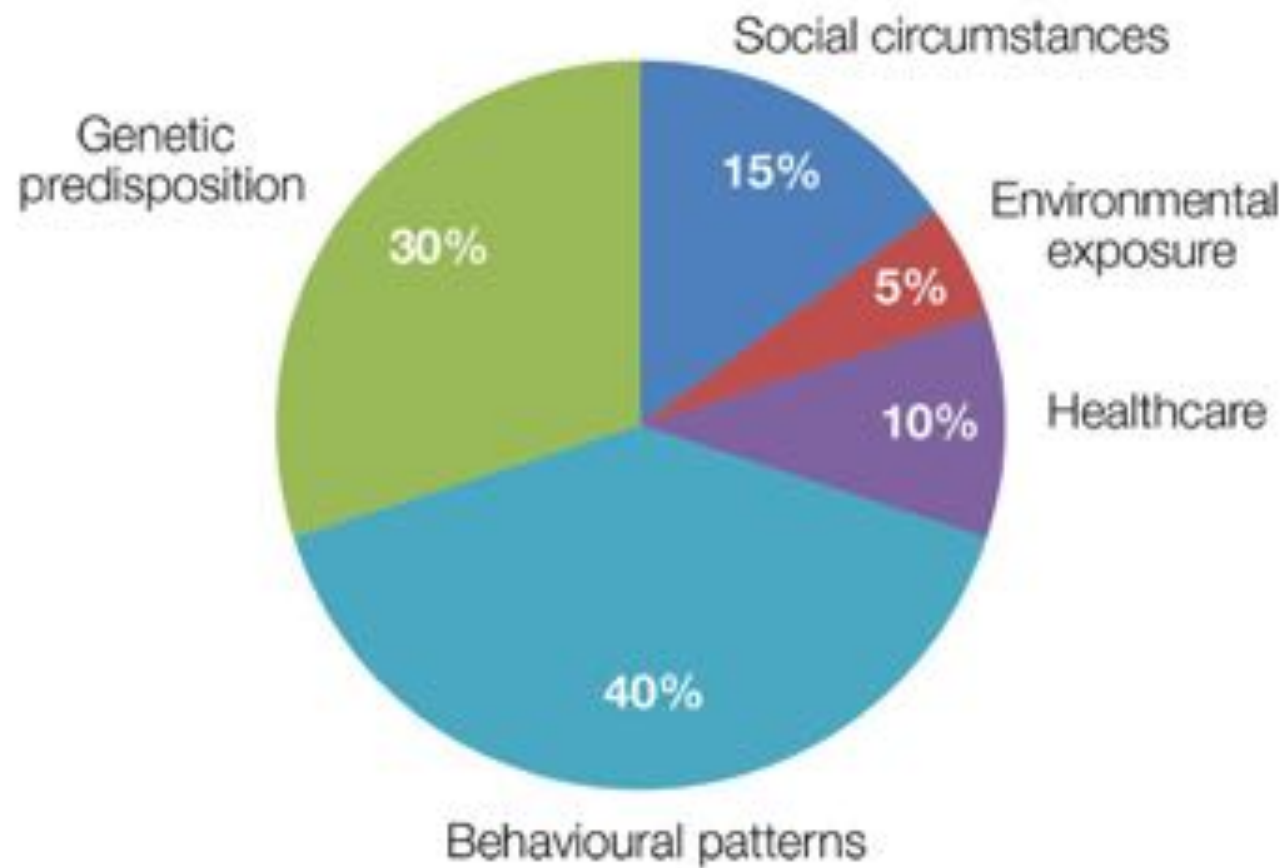
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Inequalities in Life Expectancy at Birth



Proportional contribution to premature death



In the US, McGinnis et al show how healthcare plays an important though proportionately small role in preventing early deaths. Similar studies have supported these findings in the UK. Improving how we live our lives offers far greater opportunity for improving health.

Creating places for healthy lives



**Physical
activity**

**Healthy
food**

**Contact
with nature**

**Positive
social
contact**

Physical characteristics of healthy places



Neighbourhoods

Relatively compact, mixed-use

Highly walkable and bikeable

Well-connected by public transport

Shops, services, places to meet, things to do

Pleasant, safe streets with places to sit

Leafy

Great parks and parklets

Human-scale interest and appeal

Clean, orderly and well-maintained

Not dominated by vehicular traffic



**Compact, mixed-use,
walkable neighbourhoods
with leafy streets and
great parks**

Whitecross Street Market, London



Connecting Leicester



Connecting Leicester



Connecting Leicester



Connecting Leicester



Connecting Leicester



London Borough of Hackney



London Borough of Hackney



City Park, Bradford



City Park, Bradford



City Park, Bradford



City Park, Bradford







What stops built environment professionals from creating healthier places?

Early findings of the research

Built environment professionals:

- Are aware of the importance of healthy place-making
- Cite insufficient funding and restrictions by developers as the biggest barriers to creating healthier places
- Act differently in relation to creating healthy places according to their level of seniority
- Often don't use data to identify local health issues or measure outcomes in relation to people's health

Creating healthy places: thoughts for outcome-based commissioning

- Building health – and health outcomes – into existing and future investments, policies, programmes and projects
- Using the planning system to establish health-related requirements for construction and regeneration projects
- Linking social prescribing with the local physical environment – existing and future
- Defining measureable outcomes, which could be:
 - **spatial characteristics** e.g. housing density, connectivity and quality of walking routes
 - **behaviours** e.g. % of trips undertaken on foot, frequency of social contact
 - **medical outcomes** e.g. GP visits for depression, rates of diabetes

