

# Planning and Designing Healthy Places

Owen Reading and Joseph Carr

26<sup>th</sup> September 2023



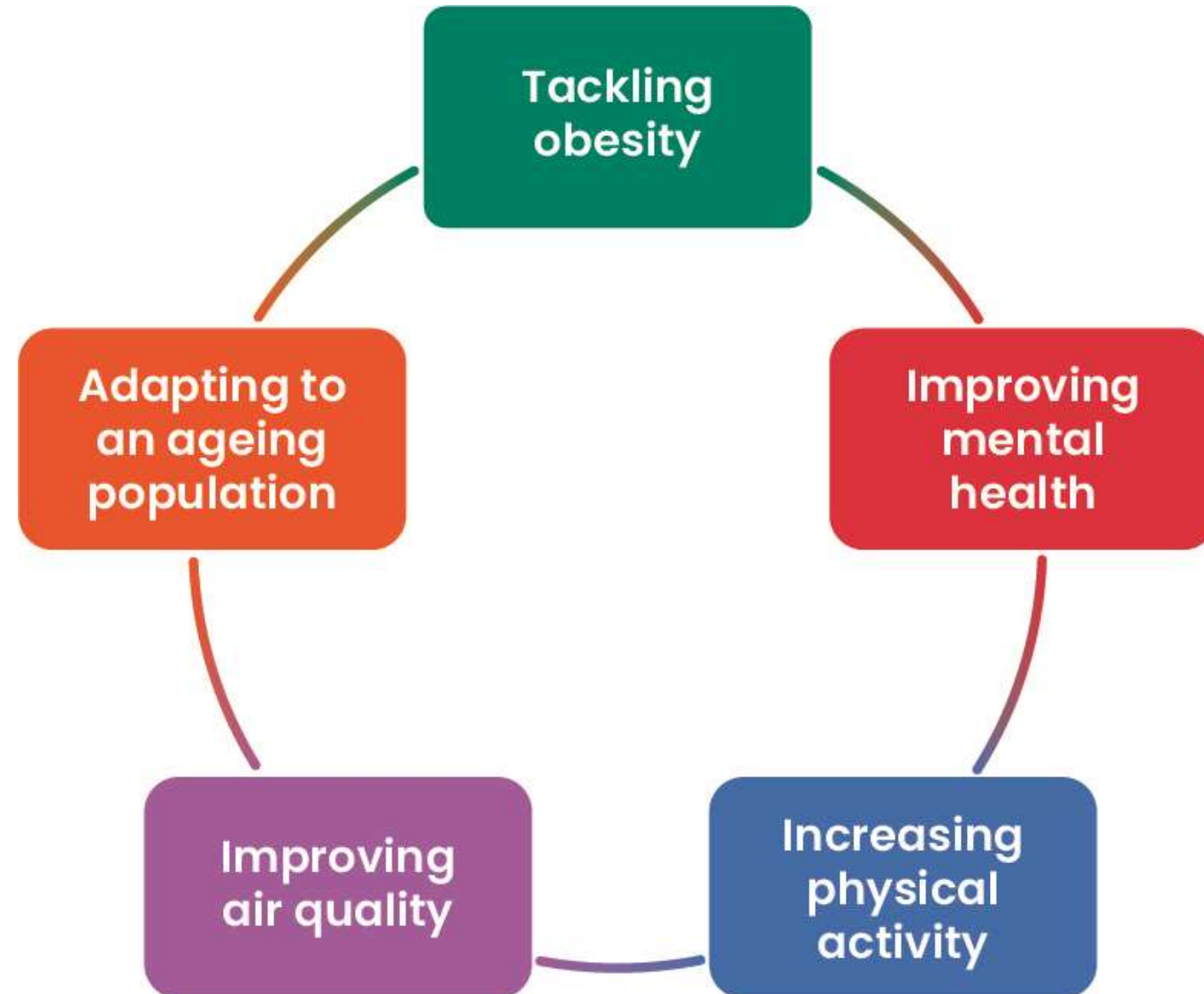


# About DLA





# Challenges in our health





# Definitions and Core Policy

“Urban design is the design of towns and cities, streets and spaces. It is the collaborative and multi-disciplinary process of shaping the physical setting for life – the art of making places.

Urban design involves the design of buildings, groups of buildings, spaces and landscapes, and establishing frameworks and procedures that will deliver successful development by different people over time.”

Urban Design Group





# National Design Guide



- Ten characteristics of well-designed places
- All impact how places are used, and experienced.



# Getting the big things right



**Accessible, safe,  
public green  
open spaces**

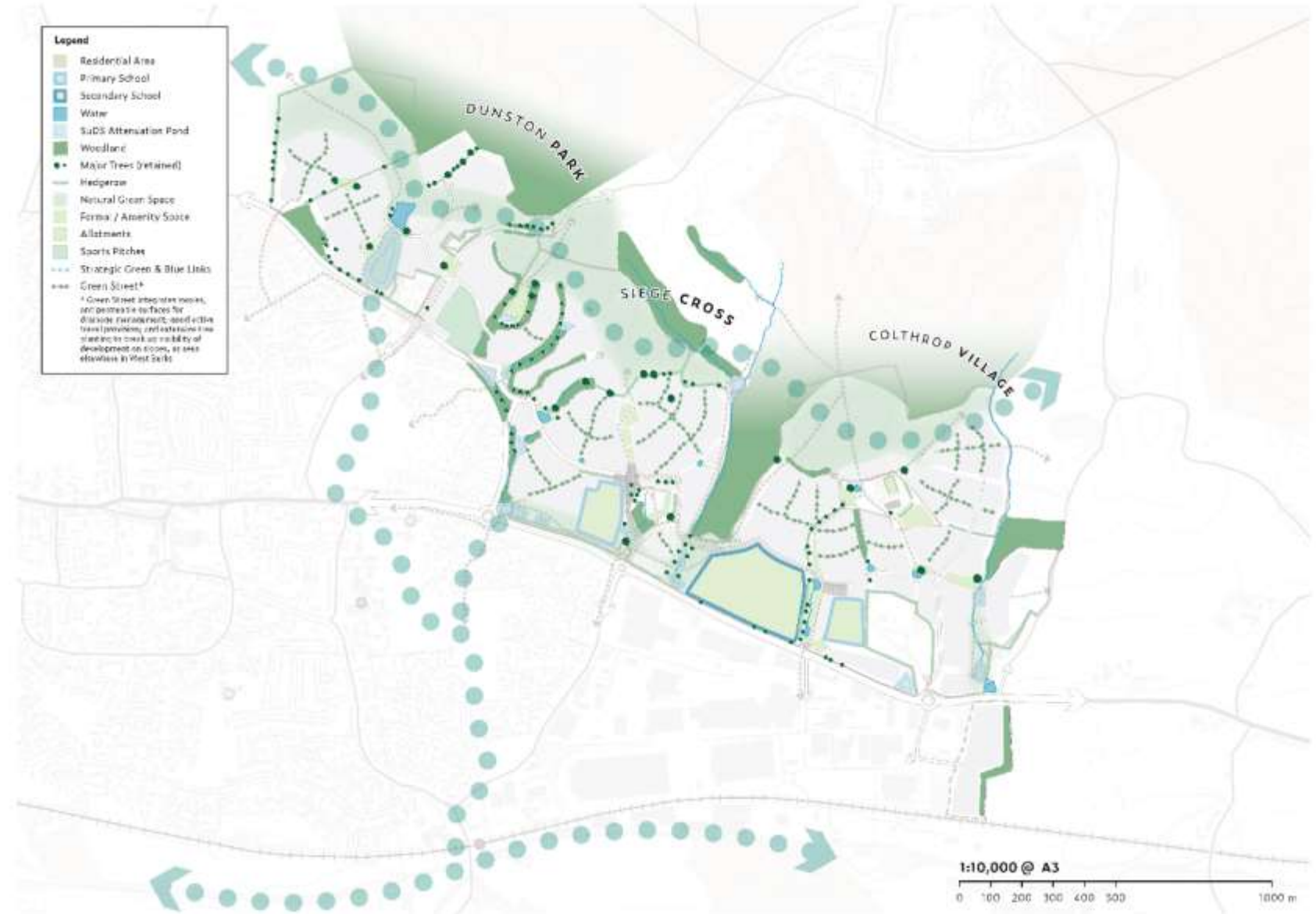
**Convenient ways  
to get about by  
active modes**

**Homes & facilities  
in the right places**

**Well-designed,  
adaptable and  
well-maintained  
homes**

# Green Spaces

- Access to public green open space is important for leisure, active travel, physical activity, contact with nature and socializing
- Spaces can be inclusive, well-equipped, connected and varied, or they can be unsafe, poorly maintained or isolated in the wrong place





# Getting the big things right: green spaces

Accessible, safe,  
public green  
open spaces

Convenient ways  
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active modes

Homes & facilities  
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Well-designed,  
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Space for physical activity, recreation and meeting people



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Provide access to nature





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## Opportunities for growing food





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Add variety and diversity to a place



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Create safe ways to get about without a car





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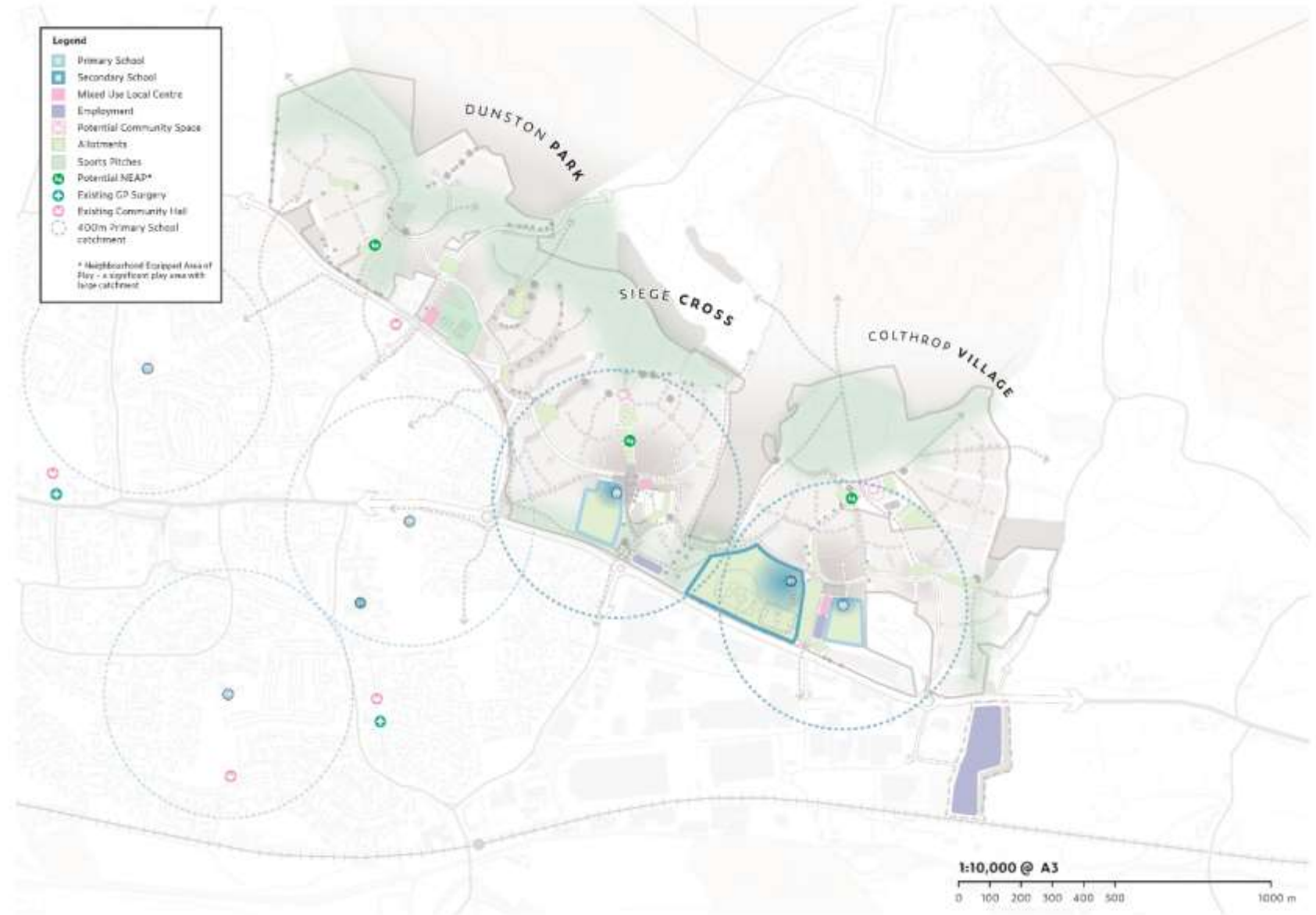
Must be safe, secure and accessible





# Homes and Facilities in the Right Places

- Places can provide nearby local facilities such as GPs, schools, sports, shops, community spaces and jobs
- Facilities can be accessible by walking, cycling or wheeling, or isolated and only accessible by car
- Facilities need a viable catchment and to be located in the right place



# Getting the big things right: the right location

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Make it more likely people will walk/cycle





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Co-locate complementary uses so people can chain trips together by active means





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Locate people of different groups in places that can help them (e.g. elderly near to facilities)



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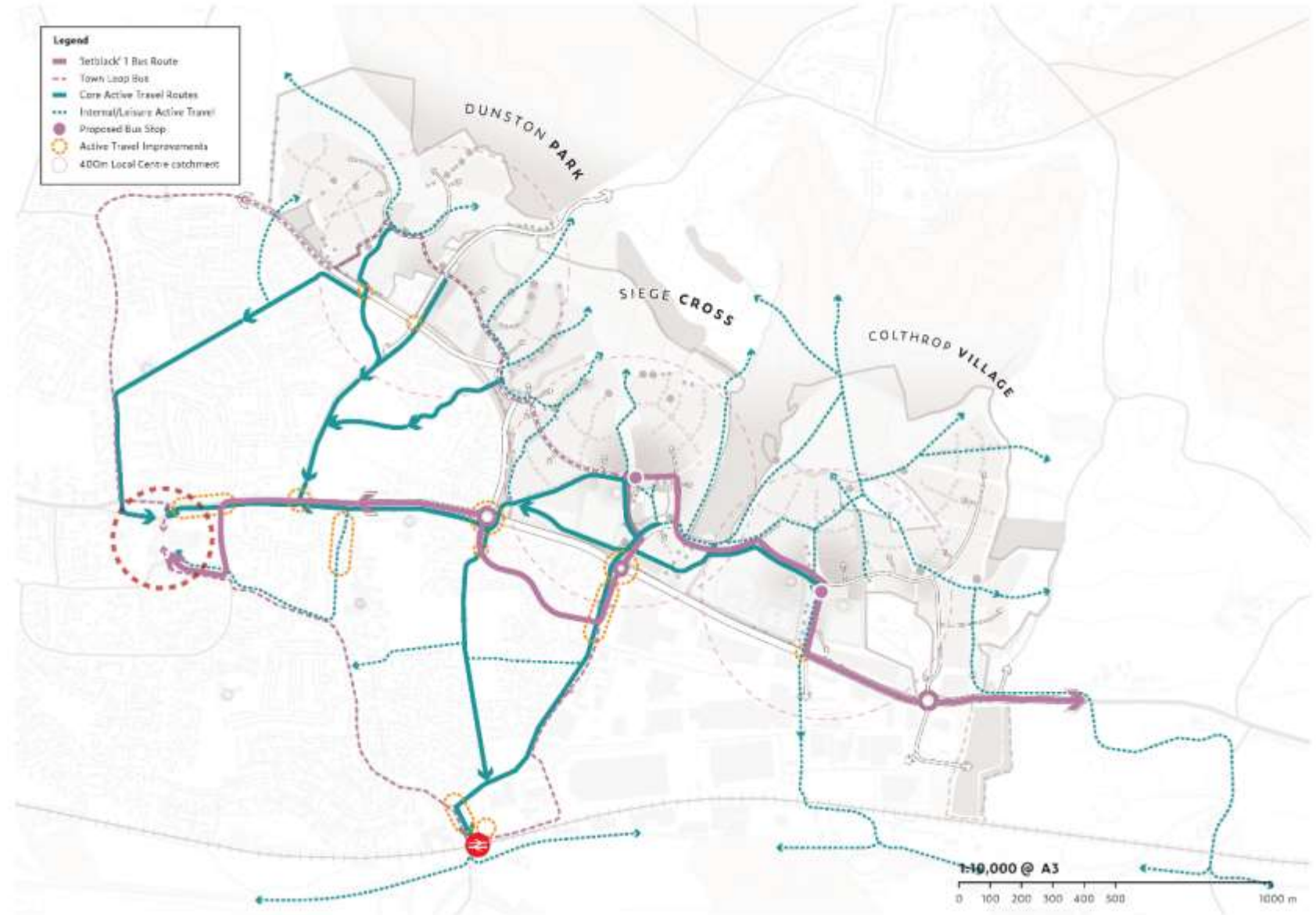
Create critical mass in places to help people connect with each other and support services





# Enabling Active Travel

- Streets and connections can make it easy to get around by physically active modes (walking, cycling, wheeling)
- Or, they can isolate places and make people dependent on cars for all journeys
- Streets can be interesting and attractive, or polluted and unsafe





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Allow people to get about by physically active means



# Getting the big things right: active travel

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Reduce the need to use a car and create air pollution  
on urban streets





# Getting the big things right: active travel

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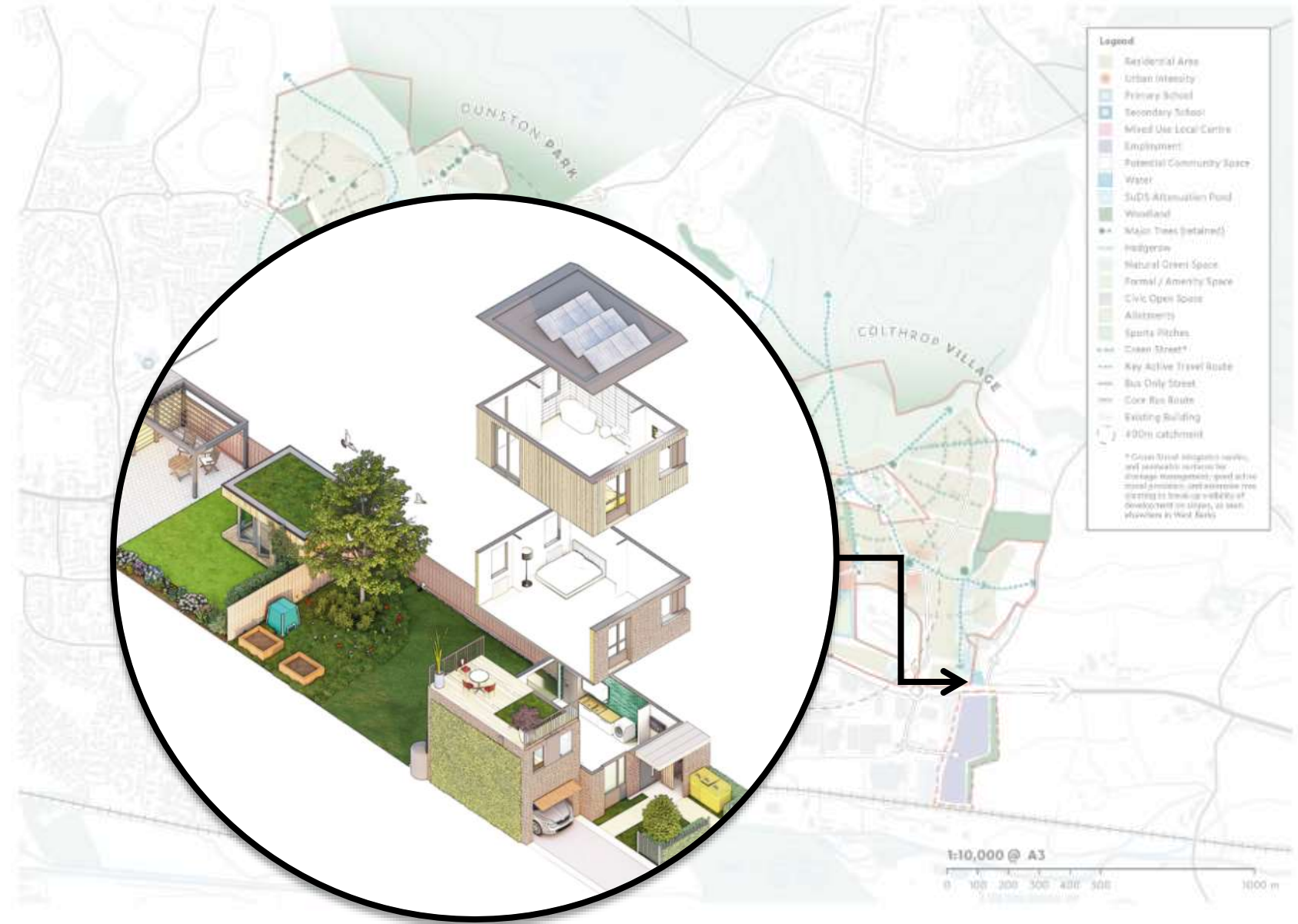
Offer a more equitable approach to travel and access facilities and services



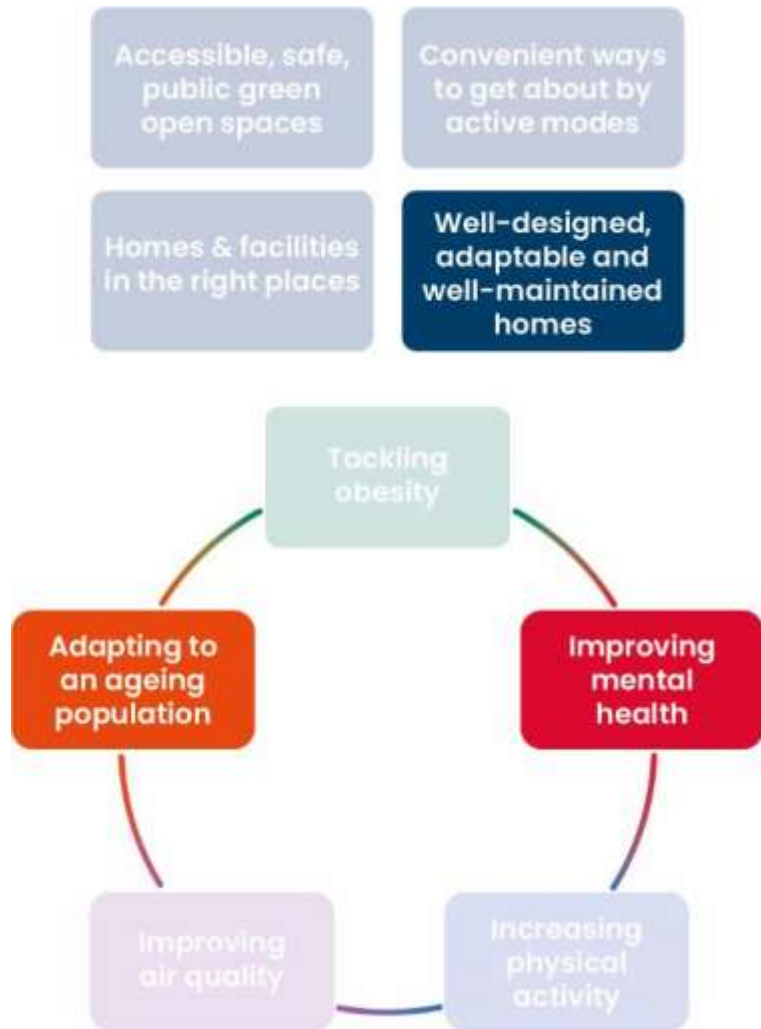


# Well-designed homes

- We spend 90% of our lives indoors
- Quality of interior and exterior space can affect mental health of all, and the ability to move around as we age
- Ventilation can affect respiratory conditions
- Inadequate heating can exacerbate long-term health conditions



# Getting the big things right: good homes



Be suitable for the needs of an ageing and diverse population





# Getting the big things right: good homes

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**Well-designed,  
adaptable and  
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homes**

Be warm, well-ventilated, and not prone to damp



# Getting the big things right: good homes

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Help people manage long-term conditions





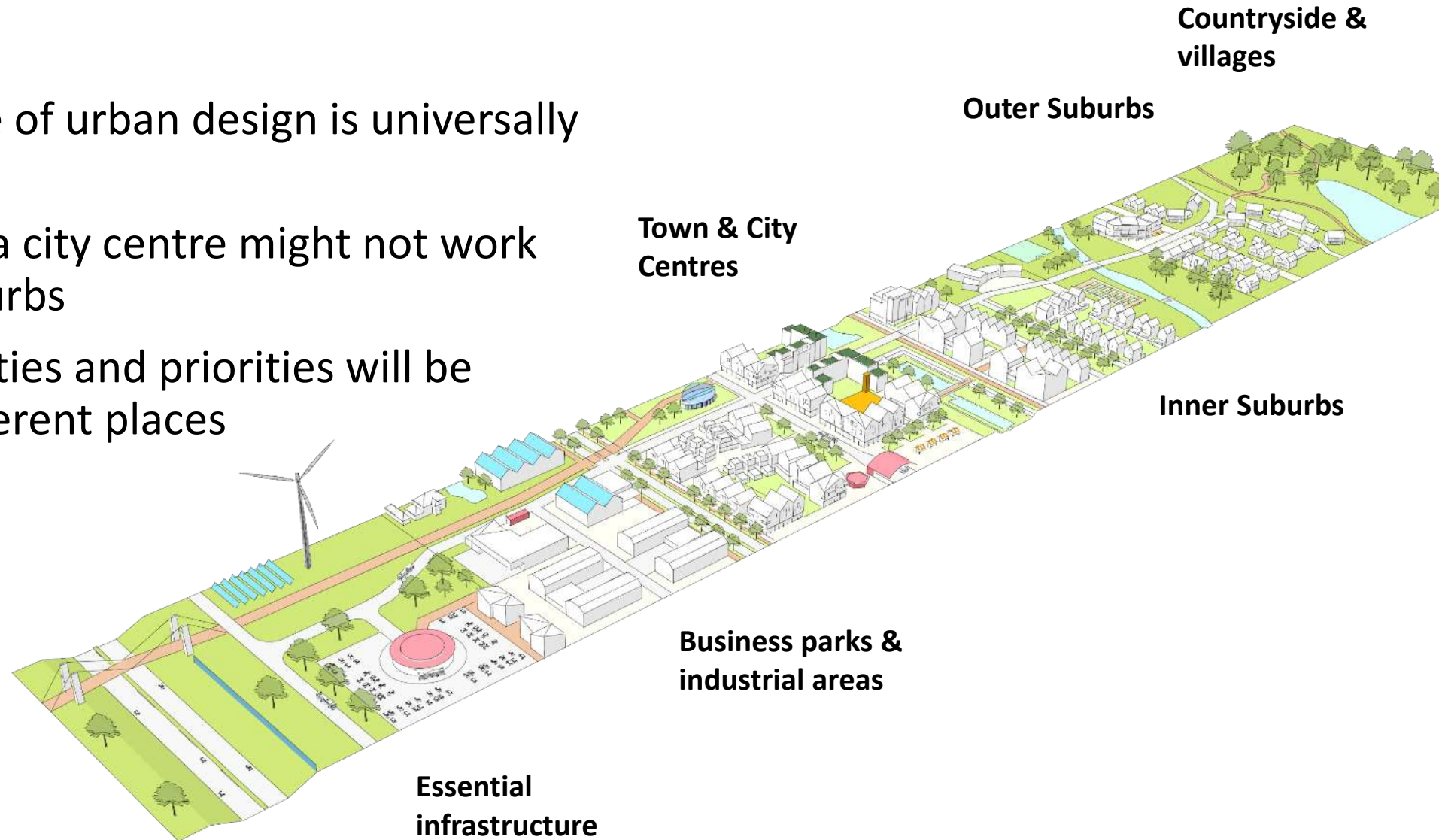
# Bringing it together

- Successful urban design and planning balances all of these to create successful, healthy, sustainable places
- The ingredients of healthy places need to be arranged and connected to complement each other, not in isolation



# The importance of context

- Not every piece of urban design is universally applicable
- What works in a city centre might not work well in the suburbs
- Health inequalities and priorities will be different in different places

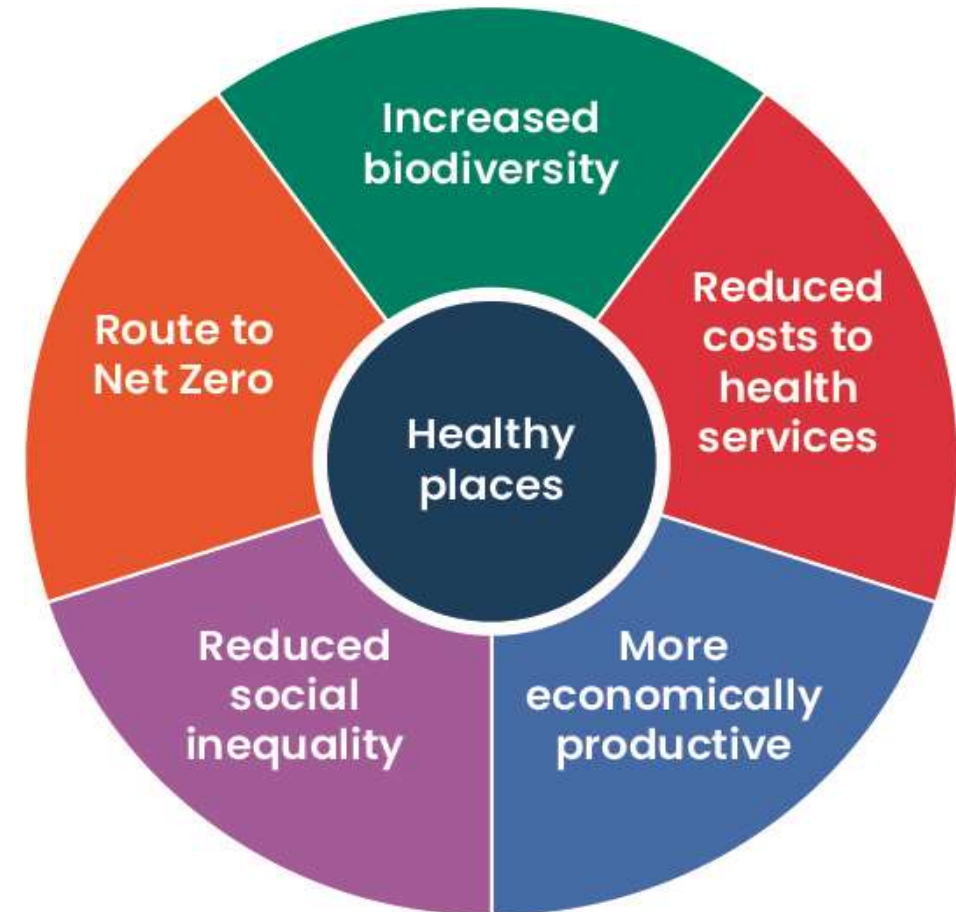






## Links to other priorities

- Healthy places don't have to compete with other policy and political priorities
- They complement a wide range of other agendas





# Activity: Assessing Streets



# Assessing Streets

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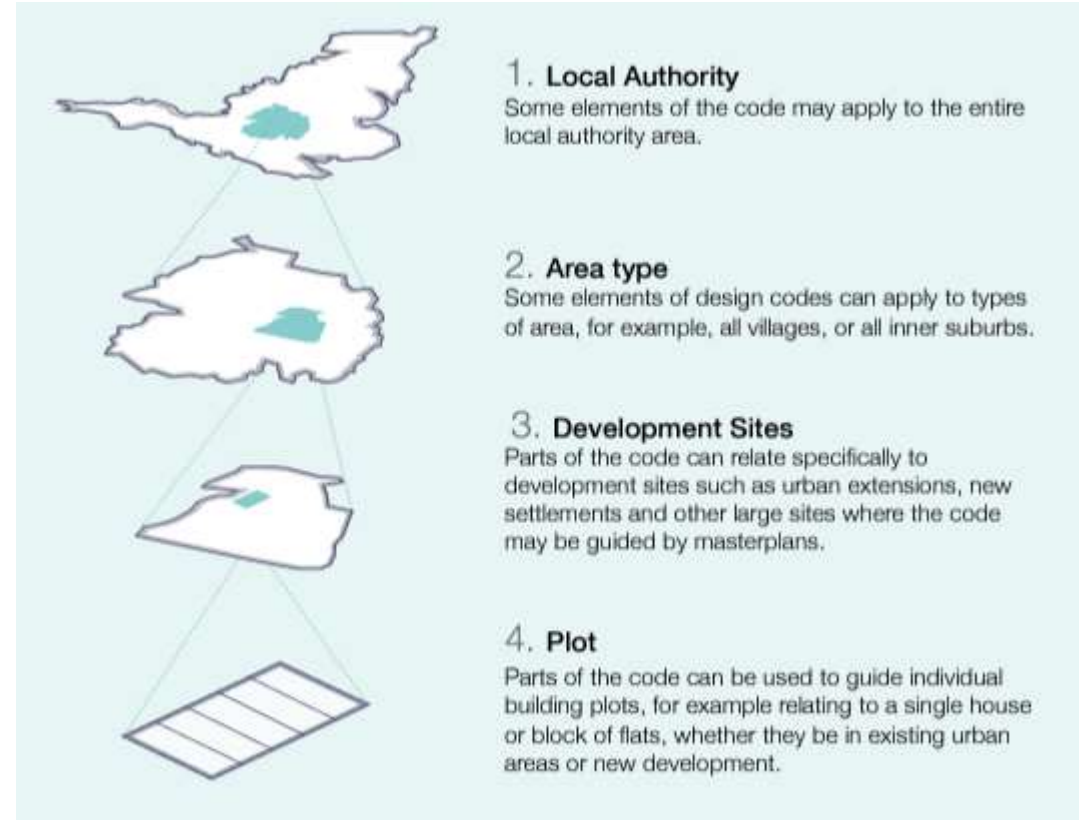
# Securing Healthy Places: Design Coding

Owen Reading and Joseph Carr

26<sup>th</sup> September 2023



# What is a design code?





# What is a design code?

- Additional layers of regulation, beyond policy
- Securing what is important prior to detailed design





# Why are they important?

National Planning Policy Framework  
(2023) paragraph 128:

*“...all local planning authorities should prepare design guides or codes consistent with the principles set out in the National Design Guide and National Model Design Code, and which reflect local character and design preferences...”*

## National Model Design Code

### Part 1 The Coding Process



Ministry of Housing,  
Communities &  
Local Government



# How can they secure healthy places?



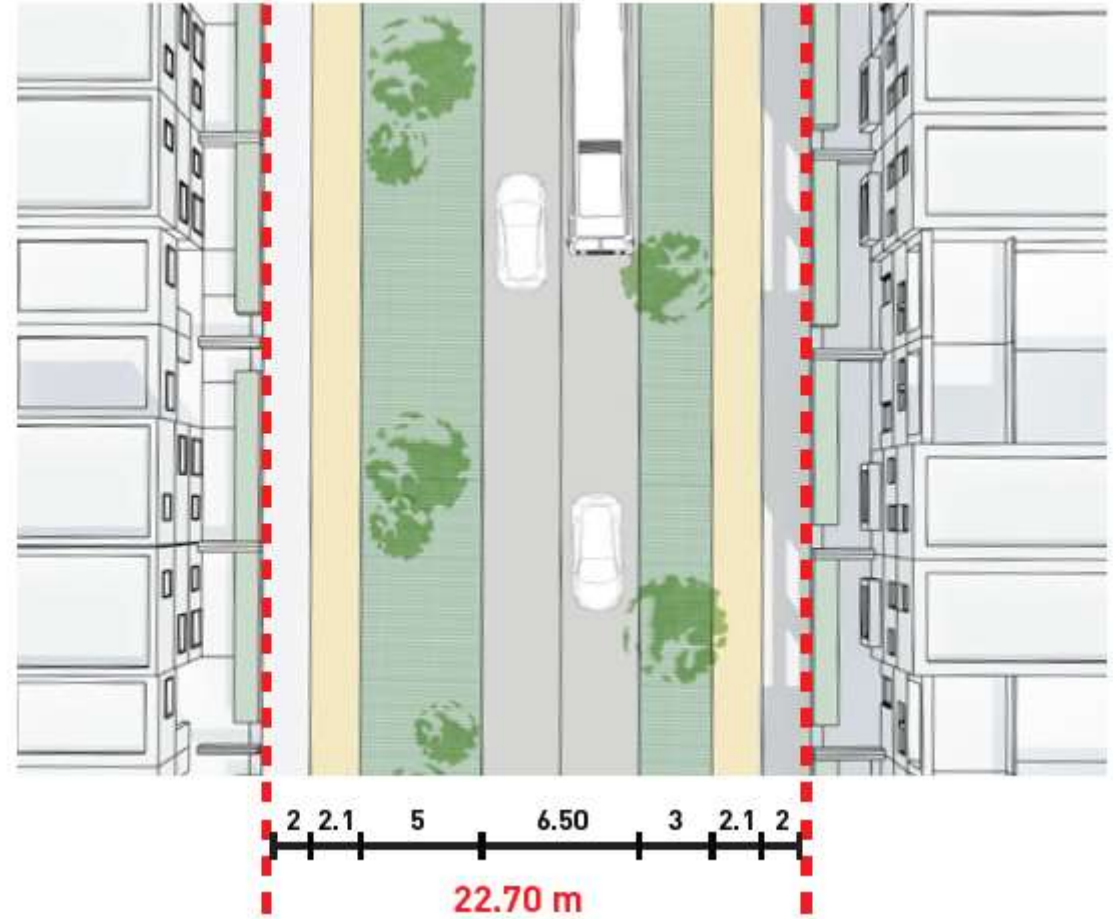
- Set locations and roles of green spaces
- Secure active travel connections to these green spaces





# How can they secure healthy places?

- Define key elements of high quality streets
- Ensuring the right type of infrastructure is delivered in different contexts



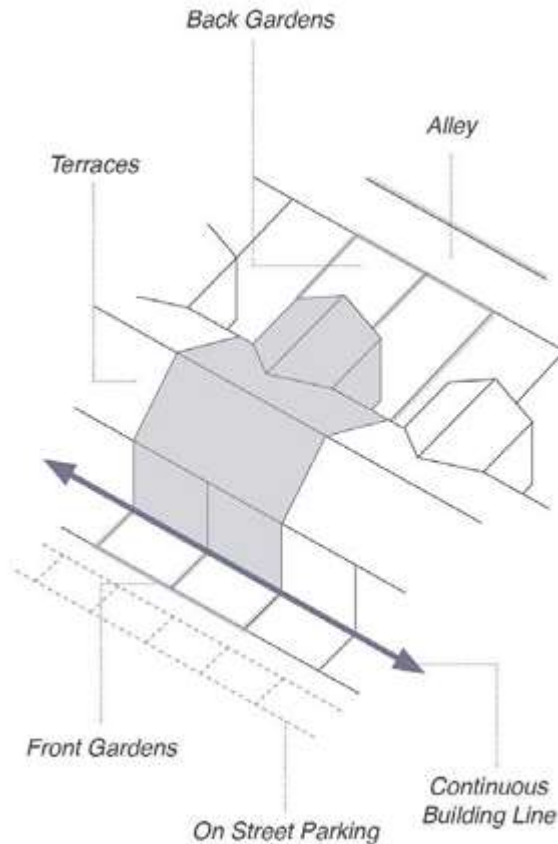
# How can they secure healthy places?



Avg Block  
W 56m  
L 143m



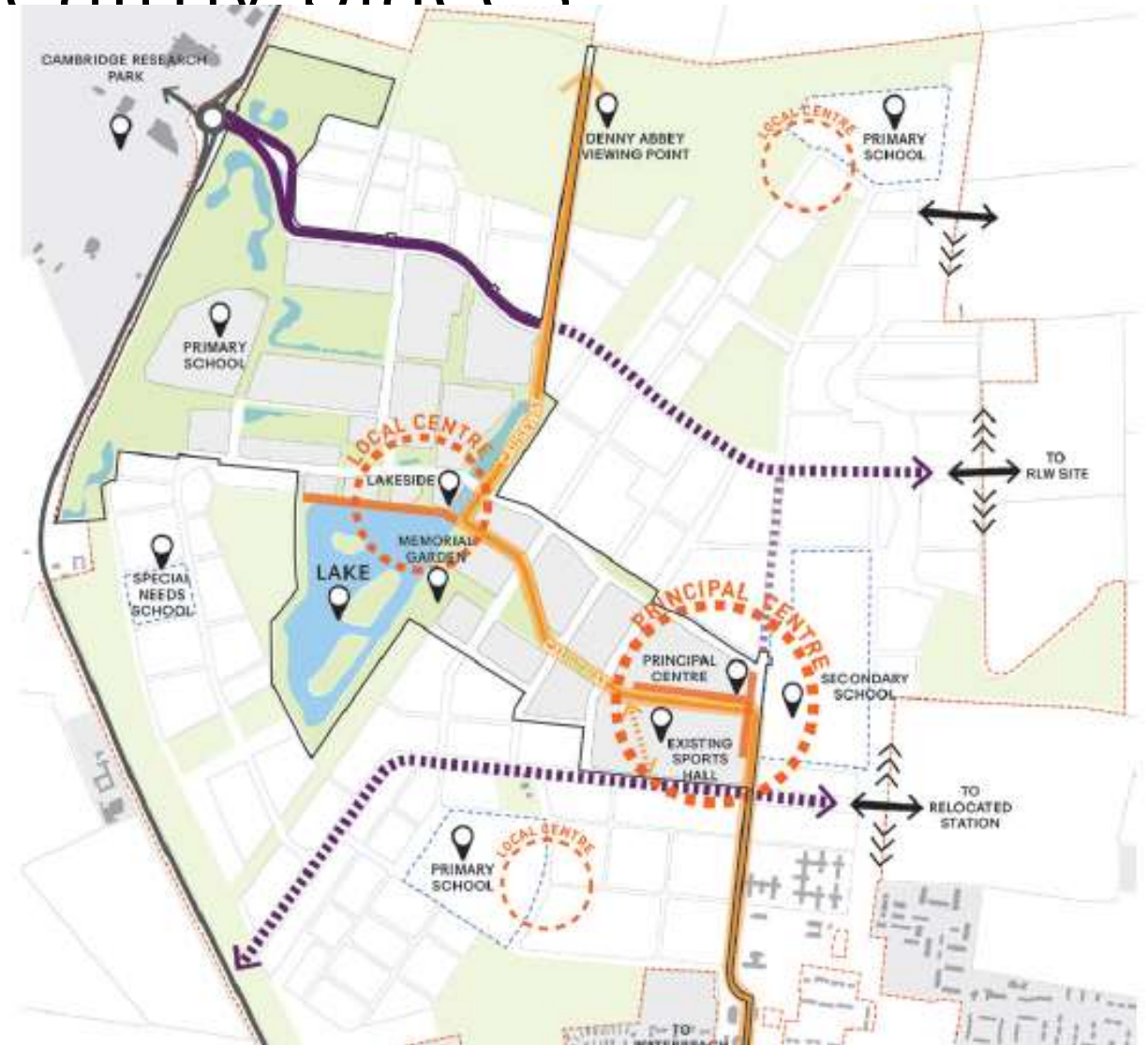
Architectural Features/  
Materials



- Define components of homes
- Set out how these will be integrated architecturally, to complement built form
- Set requirements for gardens, relationship to street etc.

# How can they secure healthy places?

- Ensure that homes and facilities are located in the right places
- Ensure these facilities are co-located and supported by Active Travel connections



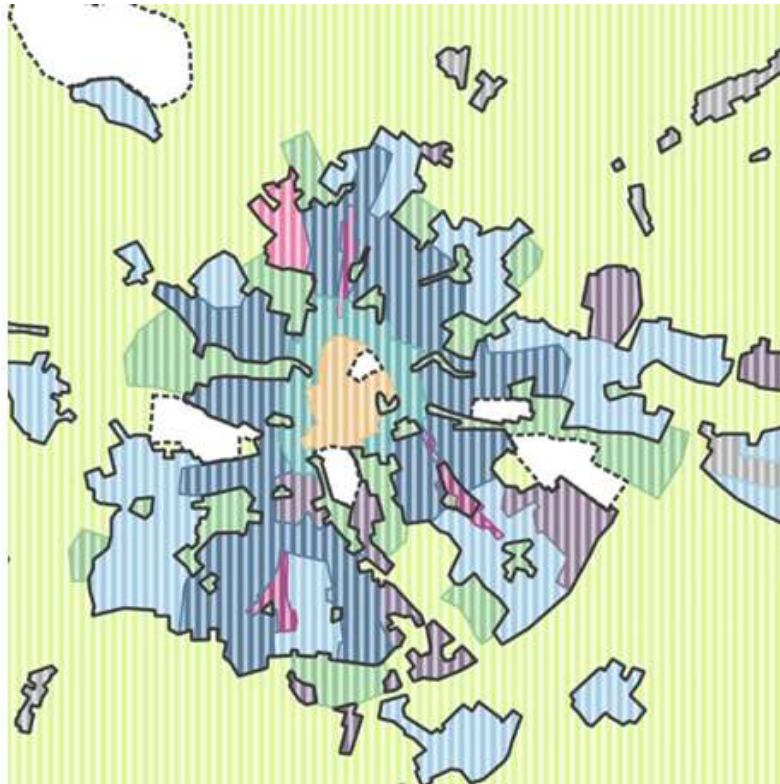
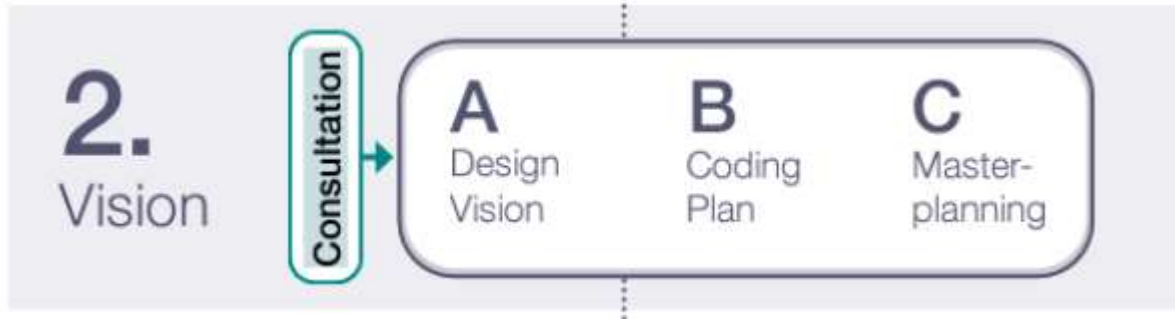


# How can you get involved?



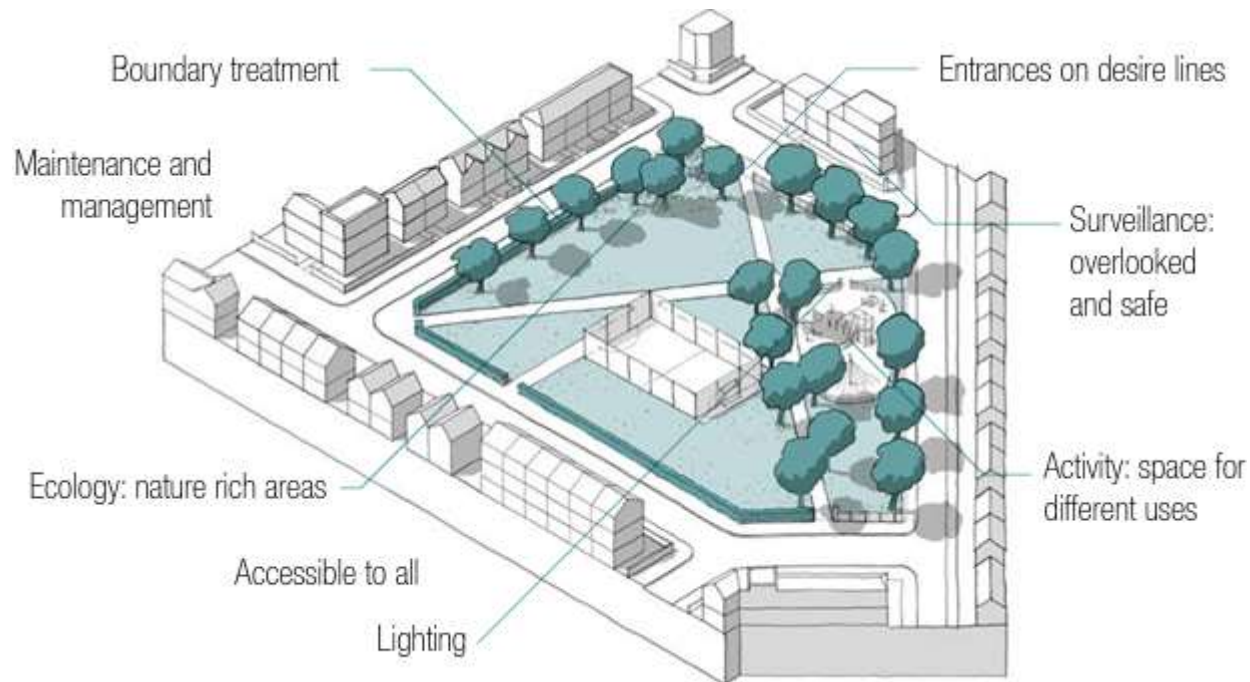
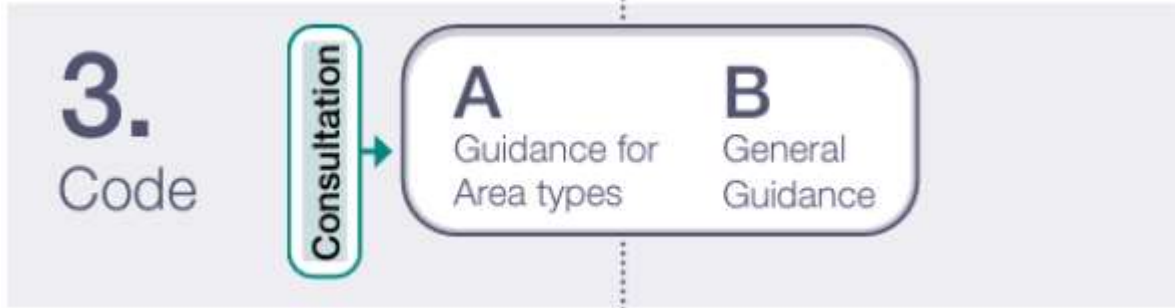
- Encourage connections to relevant health and activity stakeholders
- Provide health and activity evidence in a format which is easy for designers to use and understand
- Offer expertise

# How can you get involved?



- Offer input to visioning consultations
- Ensure vision reflects local healthy places values
- Build on connections established in stage 1 to continue to offer expertise

# How can you get involved?



- Review and ensure evidence based approach
- Consider how you might monitor and evaluate effectiveness of coding
- Think about how you might get involved later in the delivery process (e.g. assessing planning applications)





# Activity: Securing Healthy Places

# How can you secure healthy places?



- How can you secure some of these characteristics?
- How have you done this already?
- Think about how you might get involved going forward

# Thanks

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