

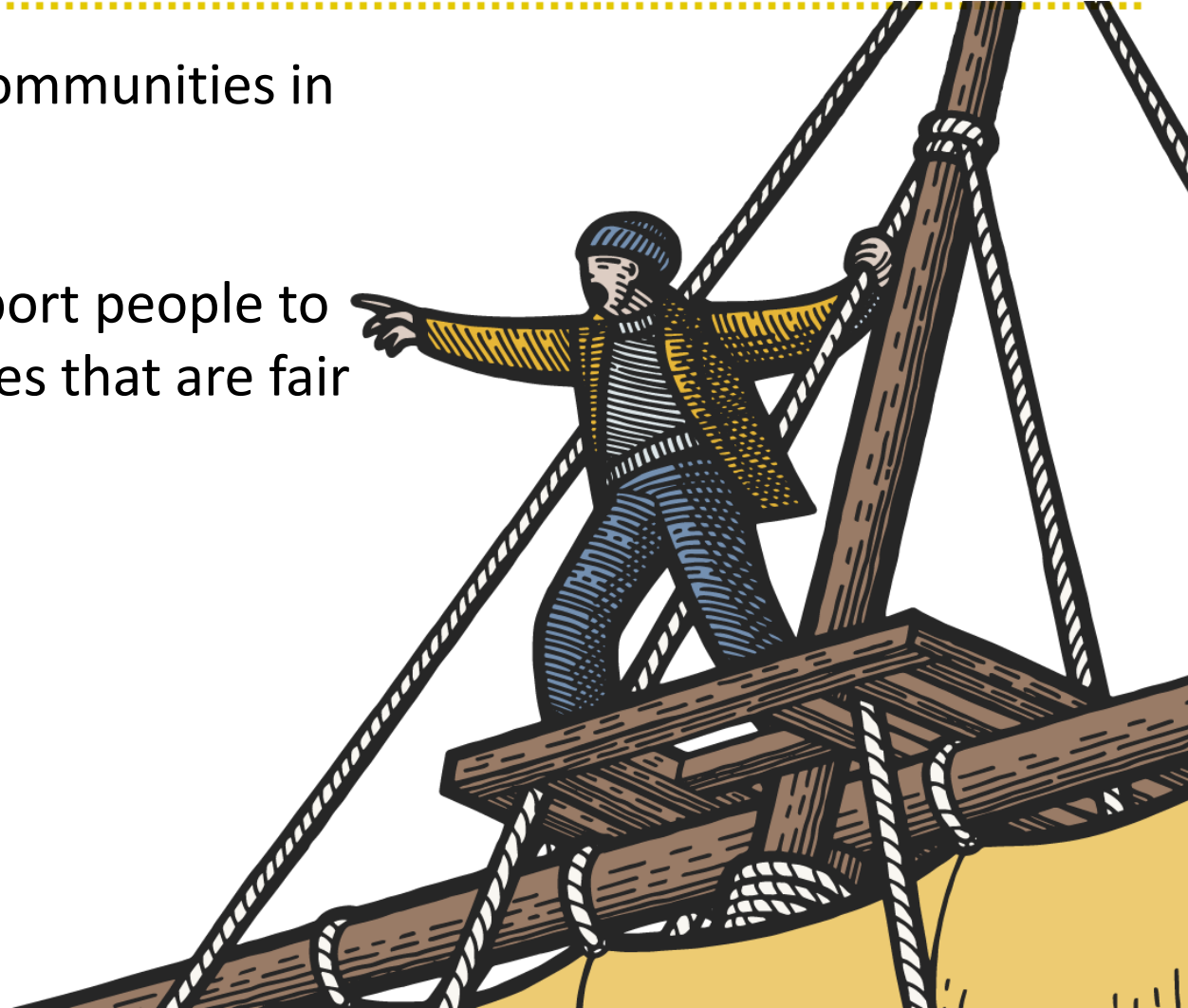
Town and Country Planning Association

The **TCPA's vision** is for homes, places and communities in which everyone can thrive.

Our mission is to challenge, inspire and support people to create healthy, sustainable and resilient places that are fair for everyone.

www.tcpa.org.uk

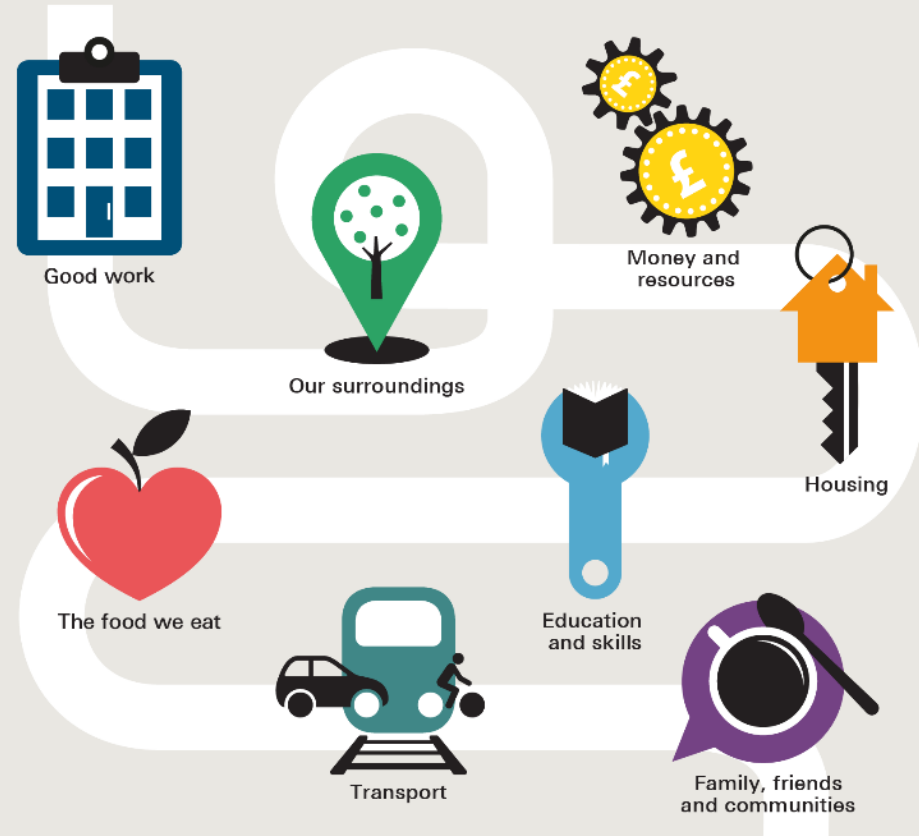
gemma.hyde@tcpa.org.uk
[@TCPAHealth](#)



What makes us healthy?

Good health matters, to individuals and to society. But we don't all have the same opportunities to live healthy lives.

To understand why, we need to look at the bigger picture:

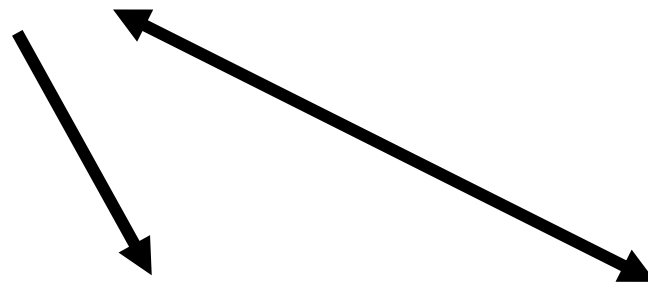


The healthy life expectancy gap between the most and least deprived areas in England is over **18** YEARS

Find out more: [health.org.uk/what-makes-us-healthy](https://www.health.org.uk/what-makes-us-healthy)

Planning shapes the places in which people live, and so shapes their ability to live healthy lives...

Environment



Daily activity and choices

Outcomes & Impacts

BBC NEWS
Home UK World Business Politics Tech Science Health Family & Education

Young couples 'trapped in car dependency'

By Roger Harrabin
BBC environment analyst
24 October 2015



TRANSPORT FOR NEW HOMES
The scramble to build new homes is producing communities where cars form of transport

It must be miserable: you've saved for a newly-built home on a road, but now you're trapped too often in a metal box with your car.

You spend hours in traffic ferrying yourself and your children around an estate that has no shops, no pub, no doctor, no school, no jobs.

Obesity

This article is more than 4 months old

Obesity 'epidemic' leading to 1.2m deaths a year in Europe, says WHO

Health body issues stark warning as report finds disease causing 200,000 cancer cases a year in region

Andrew Gregory Health editor
@andregregory
Tue 3 May 2015 13:15 BST

Obesity has reached "epidemic proportions" in Europe, the World Health Organization says, as a **major report** shows the disease is causing 200,000 cancer cases and 1.2 million deaths a year.

In the first such study for 16 years, the WHO said, overweight and obesity rates had

ACTIVE ENGLAND

Inactive people

One in four of us do fewer than 30 minutes of physical activity a week. In 8 deaths is caused by inactivity. But we know they want to be more active. Most of us can help them get a bit more active.

At a glance

Tackling inactivity

Over 14 million people in England do less than 30 minutes of physical activity a week. In 8 deaths is caused by inactivity. But we know they want to be more active. Most of us can help them get a bit more active.

thebmj

RESEARCH

Associations between active commuting, body fat, and body mass index: population based, cross sectional study in the United Kingdom

Open Access

Ellen Flint, research fellow¹, Steven Cummins, professor of population health¹, Amanda Barker, professor of Metabolic studies²

¹Department of Social and Clinical Health Research, London School of Hygiene and Tropical Medicine, London, UK; ²NIHR Health Protection Research Unit in Gastrointestinal and Liver Health, Research Department of Gastroenterology and Hepatology, University College London, London, UK; ³NIHR, UK

Abstract

Objective To examine if prevalence of adiposity is associated with active commuting, and whether active commuting modifies the association between adiposity and body mass index (BMI) independently associated with objectively measured metabolic syndrome.

Introduction

The beneficial effects of physical activity on obesity and related health outcomes are generally well understood. In high and middle income countries, however, the extent to which increasing sedentary and physical activity has reduced the health burden associated with obesity remains unclear. Declining rates of physical activity have contributed to the population level decline in physical activity and ecological evidence suggests that rising levels of obesity are more pronounced in settings with greater declines in active travel. An association between less time in active commuting and higher BMI has been reported in several studies by the UK National Institute for Research in Dementia (NID) as a feasible way of incorporating greater levels of physical activity into daily life. This is the first study to regularly measure the proportion of active travel of the total daily walking approach by the census. We hypothesised that physical activity measured by the census would

Mental health problems cost UK economy at least GBP 118 billion a year - new research

2015 Nov 10 2015

Research

Economics

Prevention

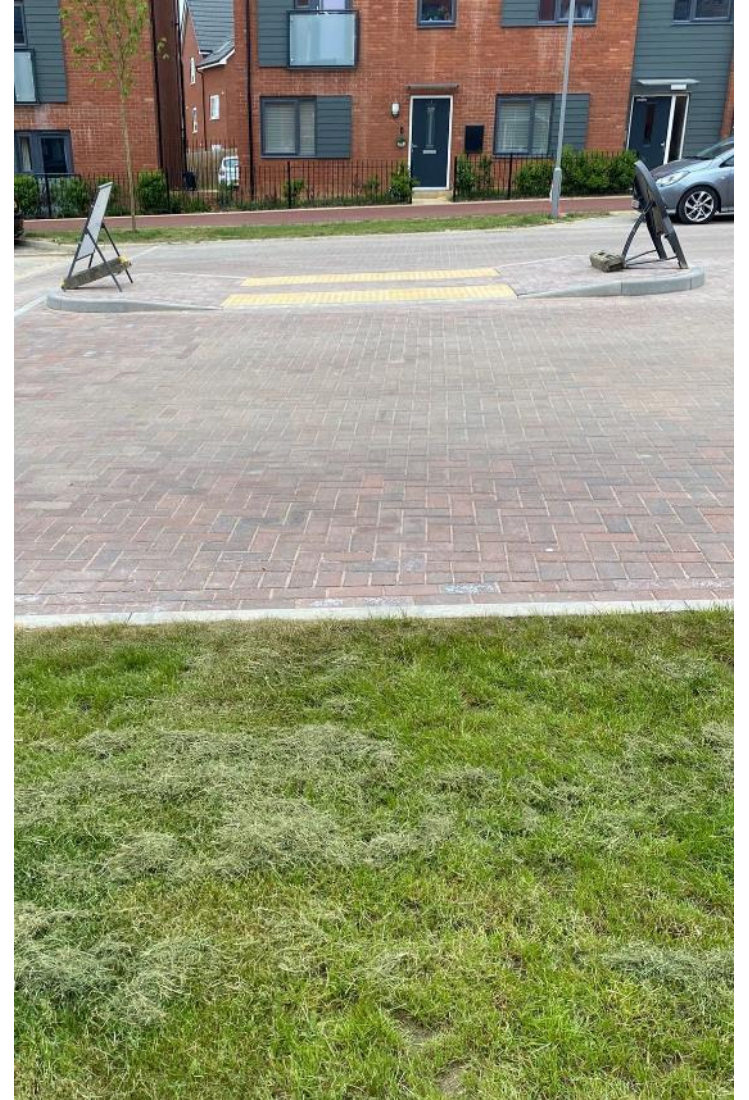
Mental Health Foundation and London School of Economics and Political Science just report the scale of costs

Mental Health Foundation call for government commitment to cost-effective prevention of poor mental health.

More than 100 people across the University of East London are currently working on a new report which shows the impact of mental health problems on the economy.

The cost of mental health problems is estimated to be around 2% of the UK's GDP.

Quality new development?



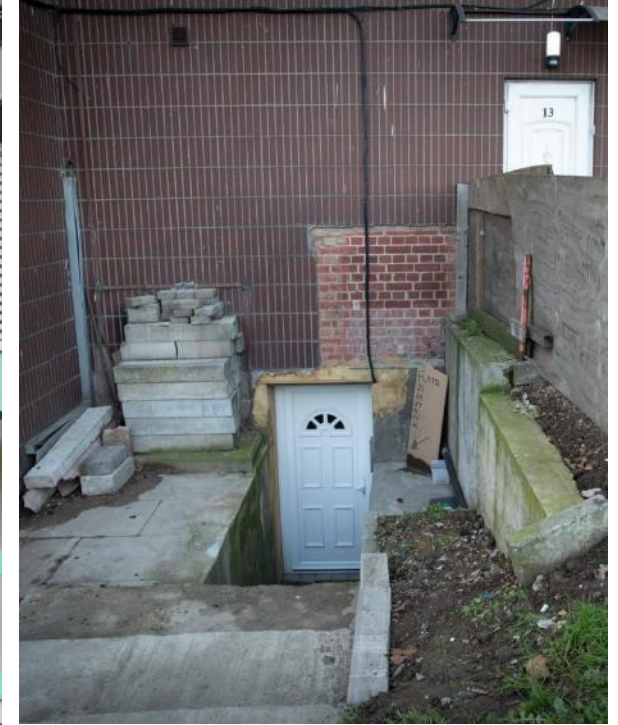
Quality new development?



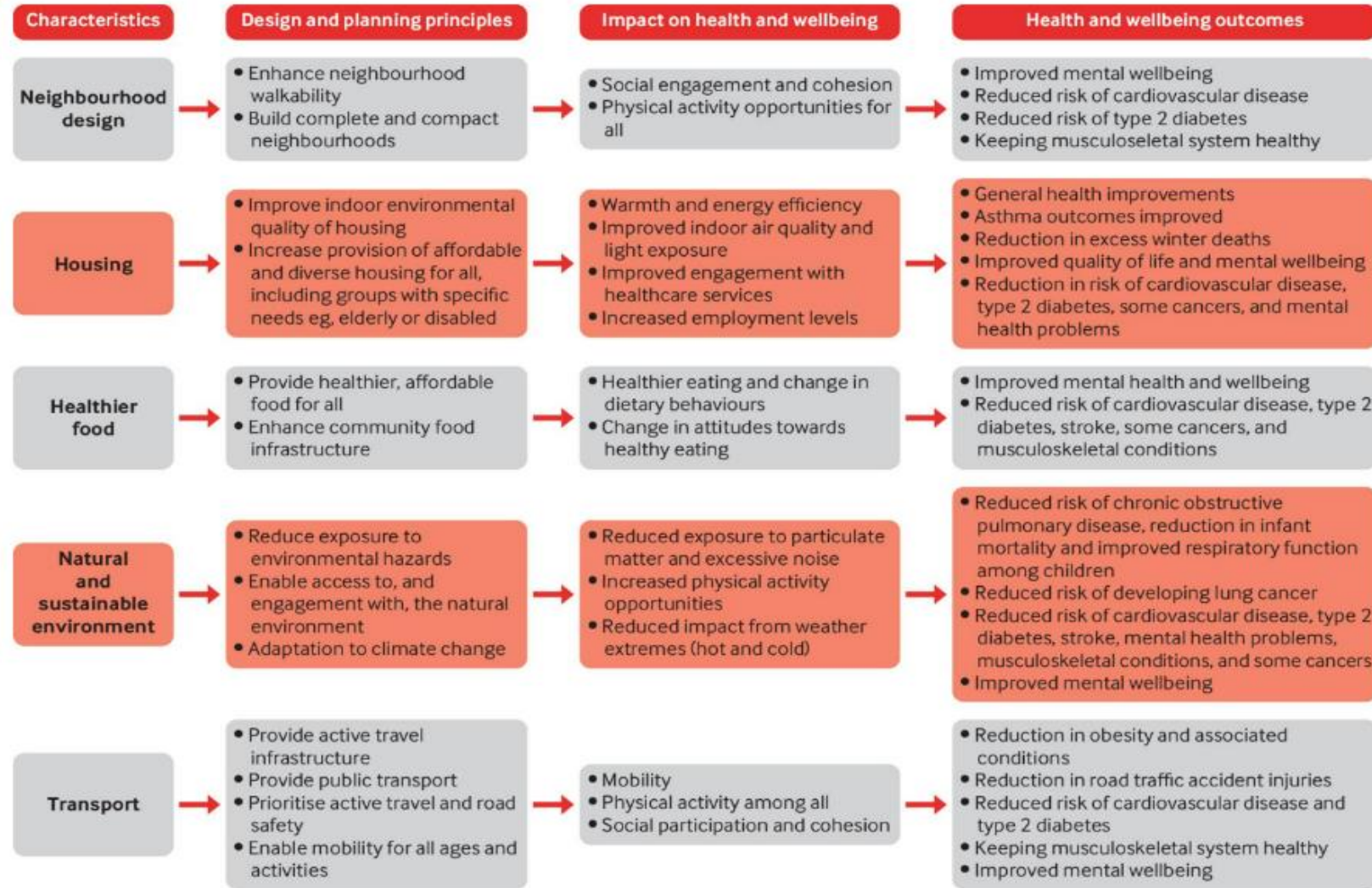
Quality new development?



Quality new development?



Possible planning policy themes



National policy context





tcpa

Likely(?) timescales for the LURB and NPPF

Levelling Up and Regeneration Bill

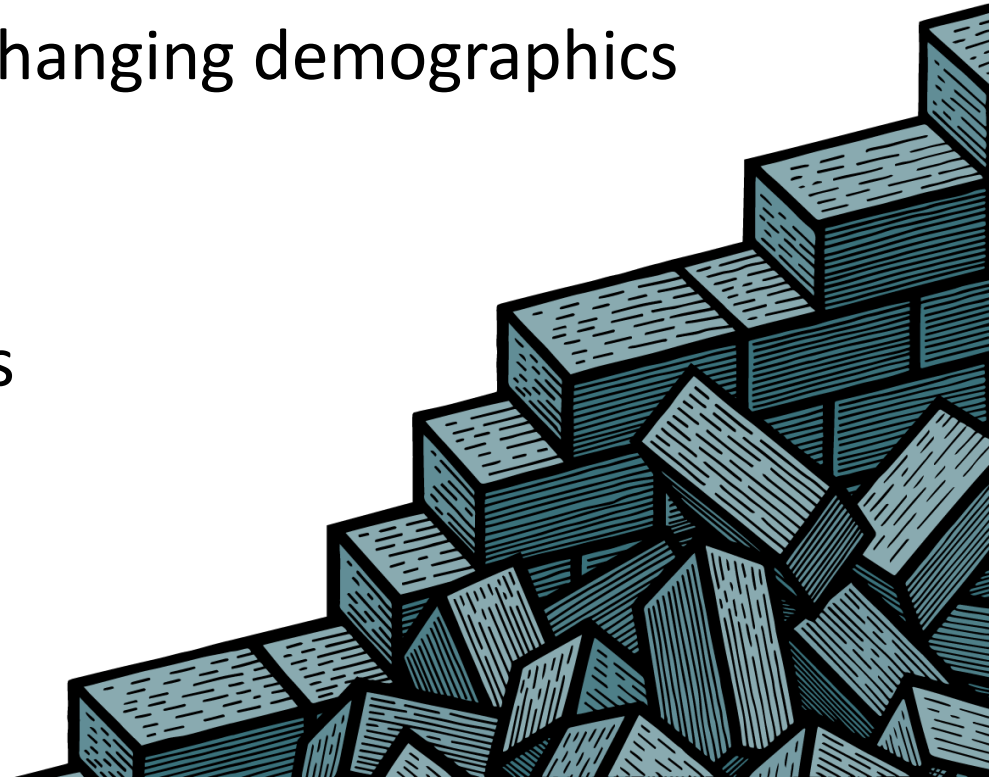


New National Planning Policy Framework (NPPF)



Survival strategies for planning reform?

- Be prepared for more rounds of consultation
- Don't be surprised by a long transition period to any new system
- Focus on strategic priorities which will 'plug in' to any new system and be able to respond to real world – e.g. changing demographics and climate change
- Build local evidence base
- Shift towards design guides/codes/standards



Integrating health into the local plan

1. Analysis

Identify local health priorities, especially health inequalities (e.g. via JSNA, IMD)

2. Strategic priorities

Use evidence, involve public health teams and Health and Wellbeing Strategies to inform priorities

3. Health – centred policies

Frame policies to promote local health priorities and determinants of health



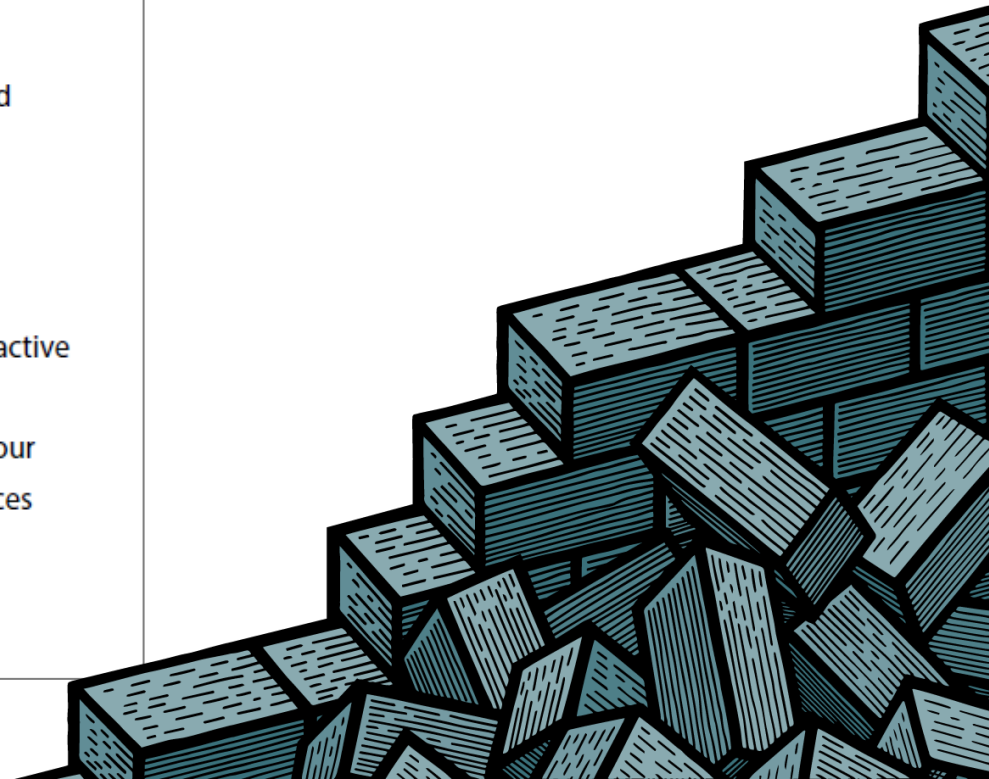
Where it could take you...

Southwark Plan
(adopted Feb
2022)

SP5 Thriving neighbourhoods and tackling health inequalities

We will maintain and improve the health and wellbeing of our residents, encouraging healthy lives by tackling the causes of ill health and inequalities. This will be achieved by:

1. Ensuring all council homes are warm, dry and safe; and
2. Building quality new homes to help people to live healthier lives; and
3. Working with residents and our partners to build resilient communities; and
4. Extending opportunities to all to maintain and improve their health and wellbeing; and
5. Enabling people to remain in their homes for longer and ensuring vulnerable residents can lead and enjoy independent lives, achieve their goals and have a great future in Southwark; and
6. Delivering a safer walking and cycling network to address the climate emergency; and
7. Increasing, protecting and improving green spaces; and
8. Improving access to healthcare, voluntary organisations and community health facilities; and
9. Introducing the concept of active design which, among other things, makes using the stairs an attractive alternative to using lifts and encourages walking and the use of bicycles for local trips; and
10. Reducing health inequalities by improving the economic wellbeing, physical and mental health of our communities including providing healthy food options, improving air quality, improving green spaces and creating healthy streets and low traffic neighbourhoods to enable our residents to get to everywhere they need to go without using a car.



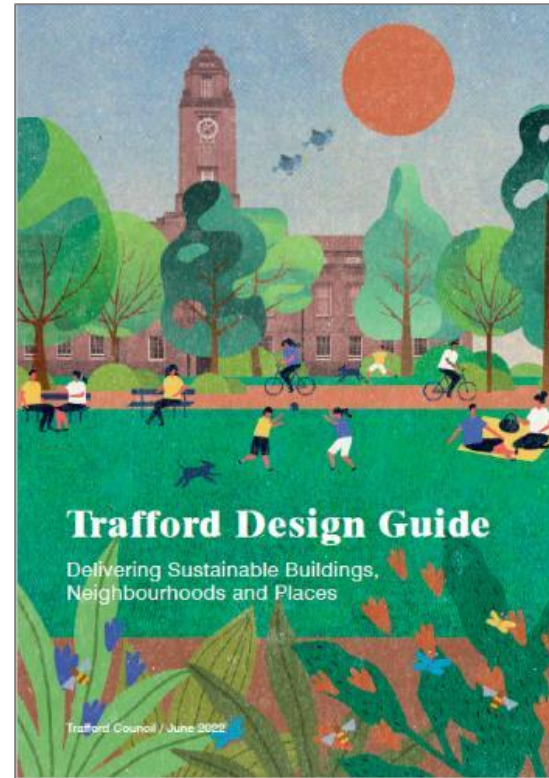
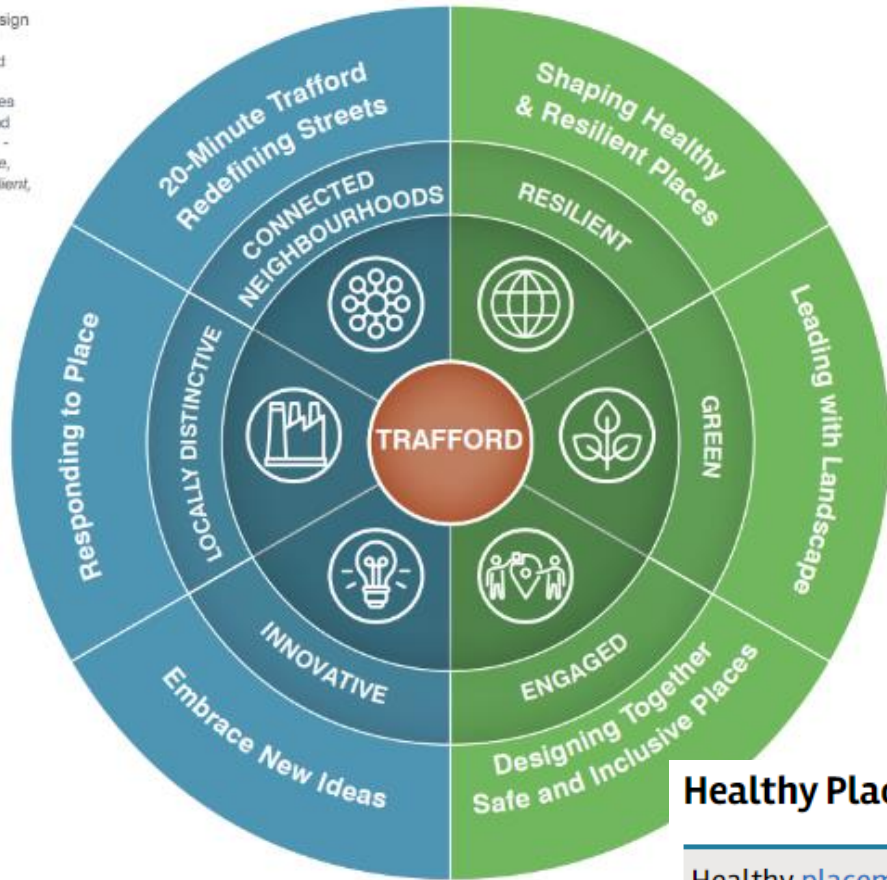
5 Health and Wellbeing	71
Policy HW1 – Health and Wellbeing.....	74
Policy HW2 – Healthcare Infrastructure	80
Policy HW3 – Health Impact Assessments (HIAs).....	84

**Black Country
Plan 2022
(WITHDRAWN)**

Policy HW1 – Health and Wellbeing	
1)	The regeneration and transformation of the Black Country will create an environment that protects and improves the physical, social and mental health and wellbeing of its residents, employees and visitors and reduces health inequalities through ensuring that all new developments, where relevant:
a.	are inclusive, safe, and attractive, with a strong sense of place; encourage social interaction; and provide for all age groups and abilities as set out in Policies CSP4, ENV5, ENV6, ENV8 and ENV9;
b.	are designed to enable active and healthy lives through prioritising access by inclusive, active, and environmentally sustainable form of travel and through promoting road safety and managing the negative effects of road traffic as set out in Policies CSP4 and TRAN2, TRAN4 and TRAN5;
c.	provide a range of housing types and tenures that meet the needs of all sectors of the population including for older people and those with disabilities requiring varying degrees of care; extended families; low income households; and those seeking to self build as set out in Policies



The Strategic Design Principles are intrinsically linked and informed by the core objectives of the Council and the design guide - *Locally Distinctive, Connected, Resilient, Green, Engaged, Innovative.*



Trafford Design Guide/Code (draft 2023)

Healthy Places

Healthy [placemaking](#) should run as a golden thread through the design of all developments in Trafford. Healthy [placemaking](#) seeks to create development that enhances our everyday life through; being attractive, sustainable, connected, socially and environmentally resilient, inclusive, accessible and community focussed.

All development proposals must strive for quality and create responsive outcomes which are embedded in their place. Design proposals should have full regard for the Strategic Design Principles that are outlined within this Code. The influence of place and landscape should be clearly illustrated in the development proposal and supported by a compelling narrative to support the design intent.