
HEALTHY PLACEMAKING



Good Homes Alliance
New Homes & Our Health
6 July 2017

Rebecca Taylor
Partner at JTP



There are many causes of ill health and mortality:

Unbalanced diet and poor nutrition

Excessive alcohol consumption

Smoking and passive smoking

Infectious diseases

Violent injury and death

Mental stress

Poor housing

Poverty

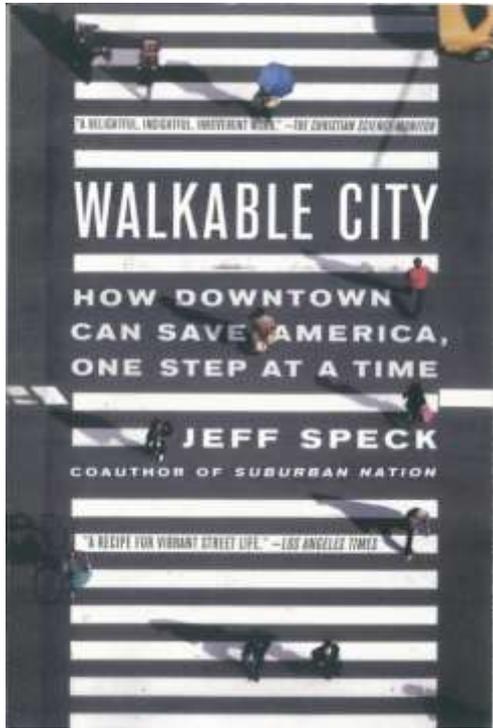
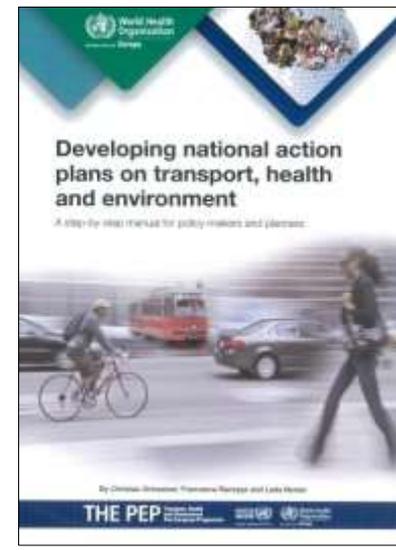
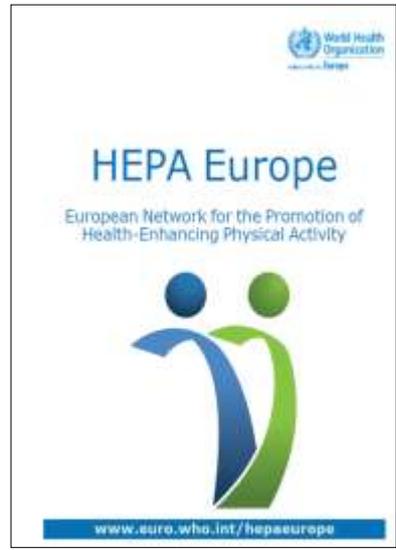
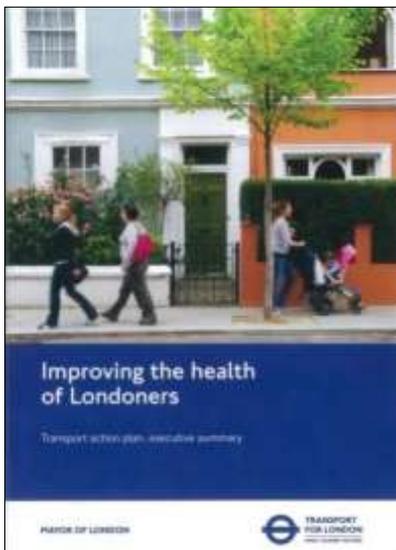
BUT....

Health professionals use the expression 'Avoidable Diseases' for cases where sickness or death could have been prevented by **changes in people's lifestyle**

It is estimated that **one in four people die** from avoidable diseases. As well as reducing their quality of life, avoidable diseases impose an unnecessary strain on our **already overloaded NHS**

Many of these diseases are influenced by the **environments in which we live**, and this talk focusses on how the design and layout of our settlements can create conditions that offer people of all ages the **opportunity to lead healthier lives**

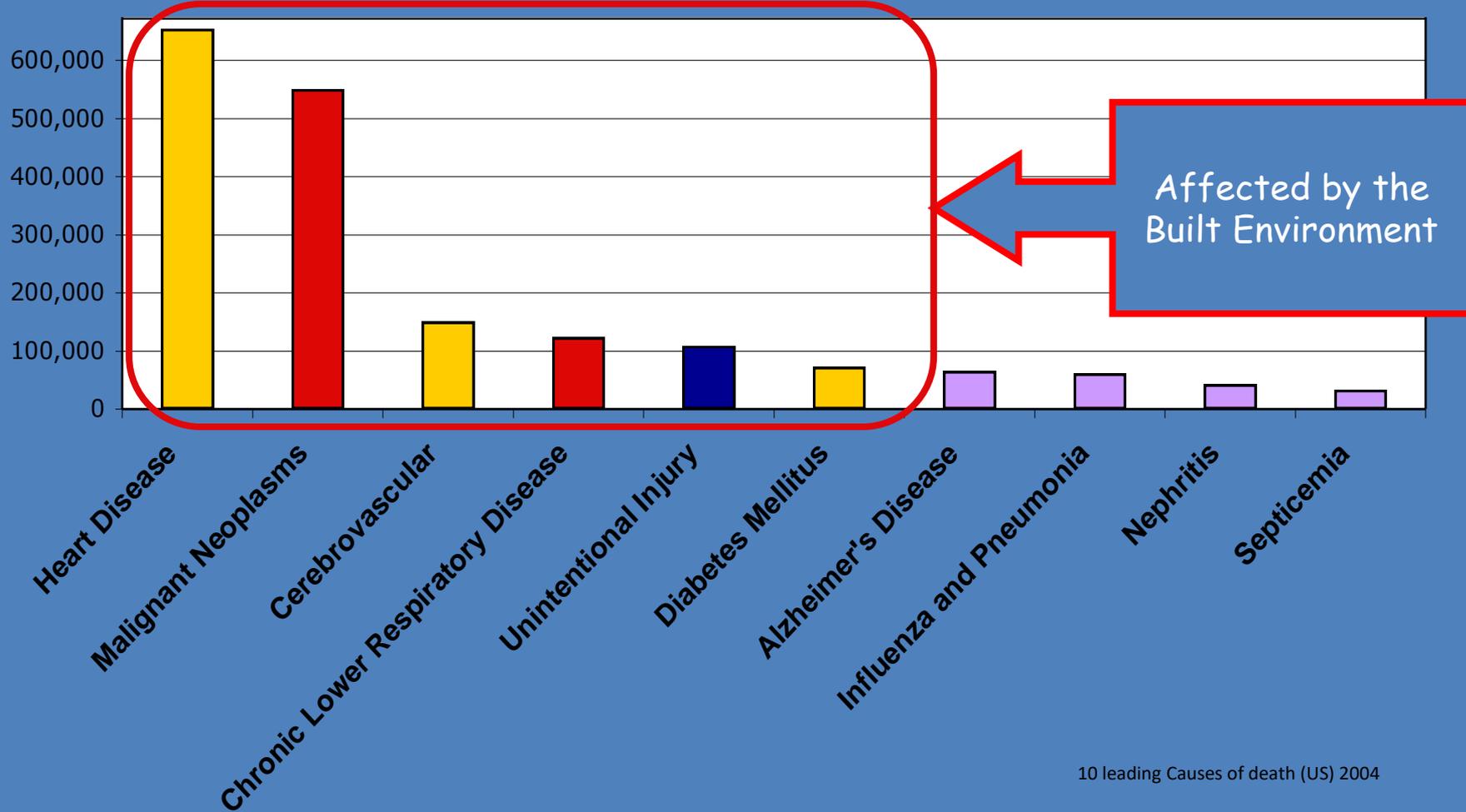
Exercise in daily life, as opposed to organised sport or time spent in the gym, is a recurring theme, and the way our **environment helps or hinders us** to move about is a key factor in addressing this increasingly urgent issue.



The World Health Organisation, the United Nations and many National Governments have recognised the massive threats that society's lack of physical activity presents

A National and Global Crisis

The built environment plays a part
in all of the top 6 causes of death



10 leading Causes of death (US) 2004

Inactivity 'as deadly as smoking'

Experts said the rise in obesity was due to the **“modernisation of our world”**, causing **“physical inactivity on all levels”**



Over 50% of population in 46 countries **overweight or obese**

Obesity is **affecting children** as well as adults in the developed world and not one country is succeeding in treating it. The US, China and Russia had the highest rates and the UK was third in Western Europe, the **188-country** study said.

Global population of **obese and overweight tops 2.1bn**

In the UK, **93% of men** and **96% of women** take less than the recommended amount of moderate **physical activity**

Inactivity 'as deadly as smoking'

“Obesity is a complex issue that requires action at national, local, family and individual level; **everyone has a role to play** in improving the health and well-being of the public, and **children in particular.**”



Soaring cost of long-term care threatens to 'overwhelm' NHS

70% of budget goes to conditions such as heart disease and diabetes

Denis Campbell
Health correspondent

The soaring number of people with long-term medical conditions such as diabetes and dementia is threatening to "overwhelm" the NHS, says an interview with the Guardian.

Looking after the 11.4 million people in England with at least one long-term condition already takes up 70% of the NHS's £100bn budget - £7.7bn - as well as £10.9bn of the £27.5bn spent on social care in England, he says. The costs are so high that the NHS could become unsustainable unless it gives those with long-term conditions better care, with much of it provided by GPs performing enhanced roles rather than hospital doctors, says McManus, NHS England's technical director for people with long-term conditions.

McManus is responsible for those ongoing illnesses or diseases that see patients become regular users of NHS services, through check-ups, tests and operations. They include arthritis, heart disease, breathing problems, obesity and mental health conditions such as depression. Their numbers have risen dramatically in recent years, largely as a result of the ageing population and lifestyle factors such as smoking, drinking and overeating.

"I would say it's the healthcare equivalent to climate change. It is putting pressure into the system, which, unless we change the way we address the problems, will overwhelm the system," says McManus.

"This is the biggest problem facing the health system and the care system and the costs are growing year on year. They

Continued on page 26

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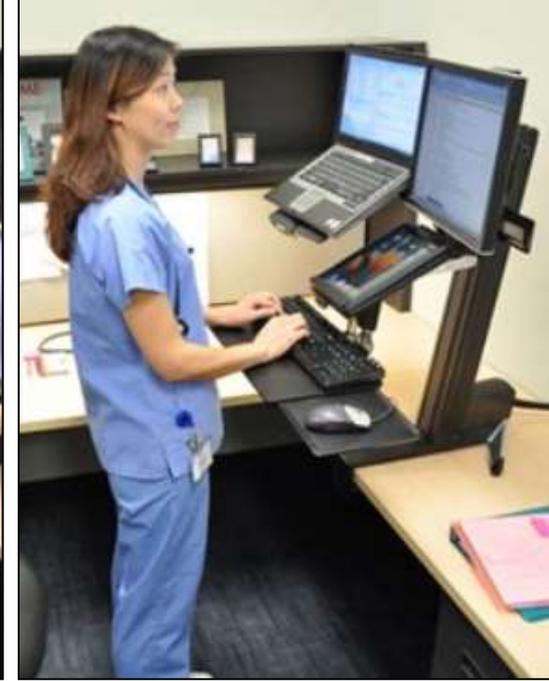
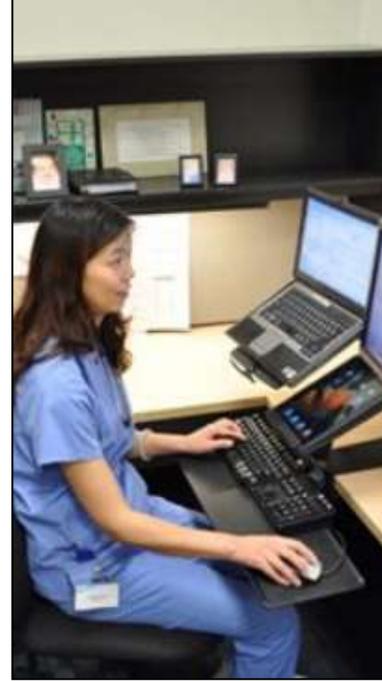
72% increase in **type 2 diabetes** 1997-2007

Inactivity 'as deadly as smoking'

Through exercise simply from walking:

- **High blood pressure** can be lessened by almost 50%
- Risk of recurrent **breast cancer** reduced by almost 50%
- Likelihood of **colon cancer** goes down by over 60%.
- Risk of developing **Alzheimer's disease** decreased by a third
- **Depression eased as effectively as Prozac** or behavioural therapy

Dr Mike Loosemore, University College Hospital, London 20 June 2014



Getting people out of their chairs: New initiative to promote physical activity in Europe.
European Commission Press Release, Brussels 28 Aug 2013

“Simply standing makes huge differences to your health.” It is estimated that being on your feet for just three hours a day can **extend your life by two years.**



A National and Global Crisis

WALKABLE NEIGHBOURHOODS

HEALTHY PLACEMAKING

6 WAYS TO CREATE PLACES THAT ARE GOOD FOR OUR LONG TERM HEALTH



19th Century 'mess'
replaced by.....



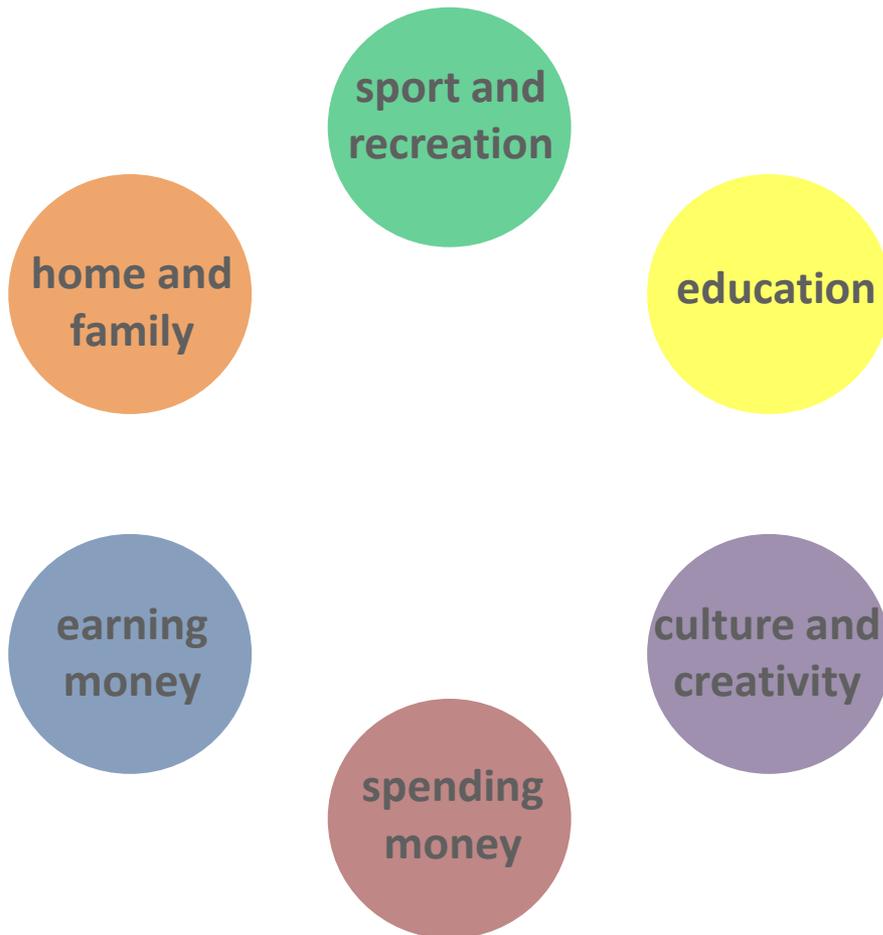
.....20th Century Modernist 'Rationalism'
based on separated, zoned uses.....



....followed by 'back to the future' 21st Century
compact, integrated, mixed-use vibrancy!



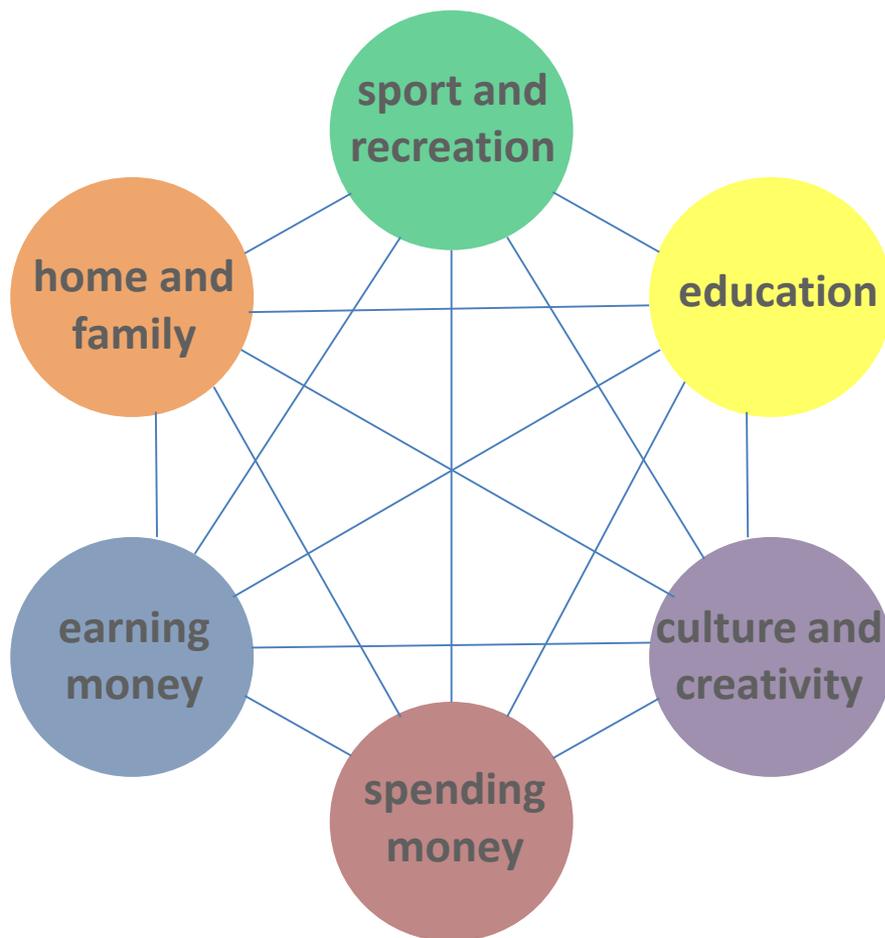
The things we spend most of
our time doing





The things we spend most of our time doing

We need to move between these destinations...

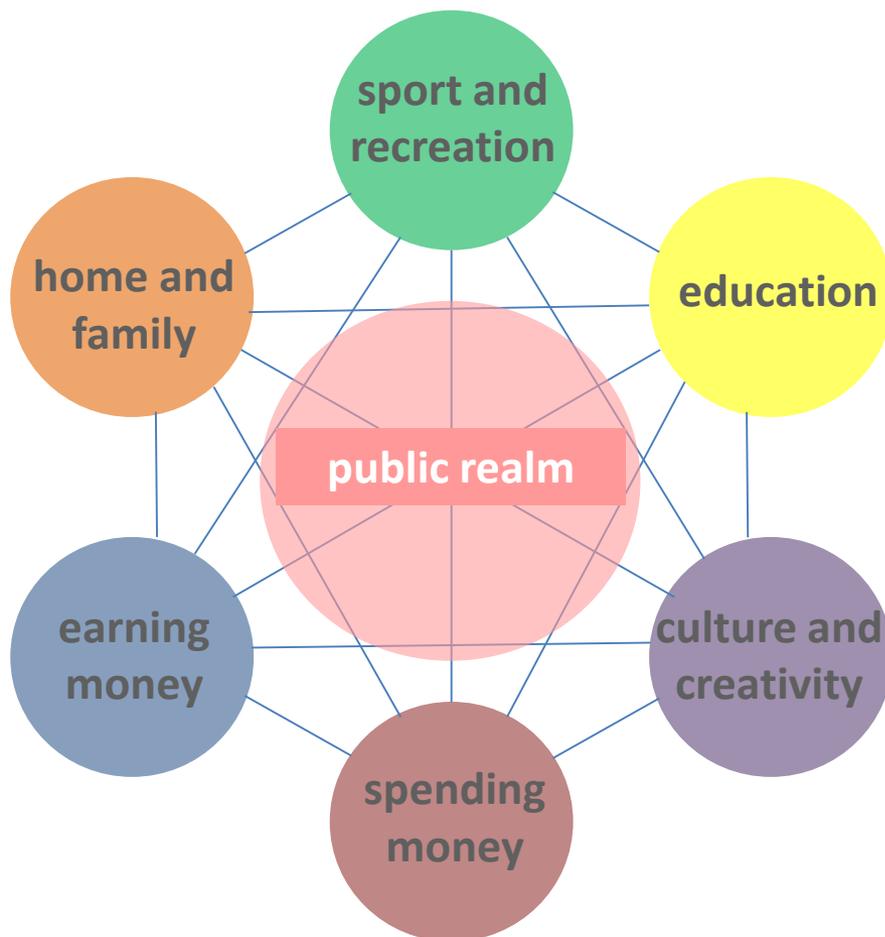


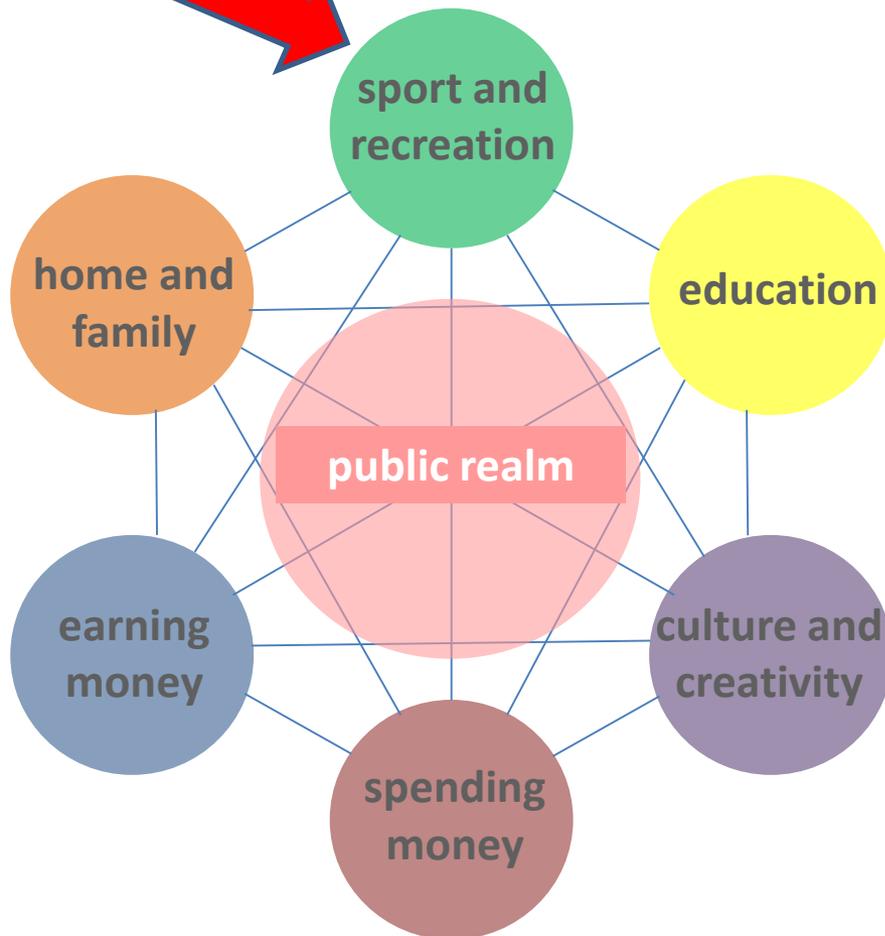
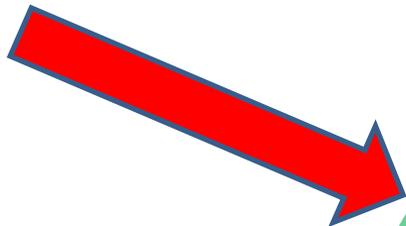


The things we spend most of our time doing

We need to move between these destinations...

...urban planning sets up the spatial organisation.



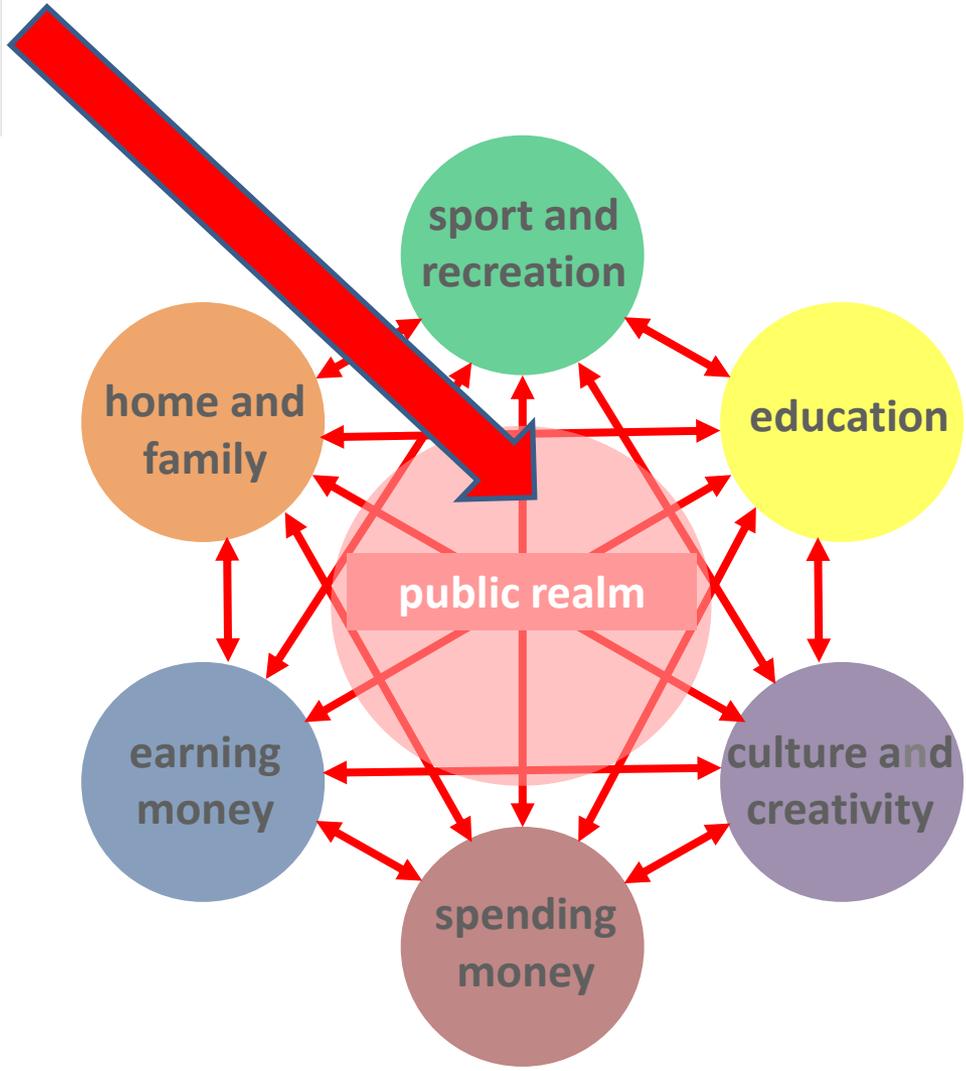


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HEPA feeds into sport and recreation....

...but the public realm can provide enough on its own..



??

sport and recreation

education

home and family

earning money

culture and creativity

spending money

??

The things we spend most of our time doing

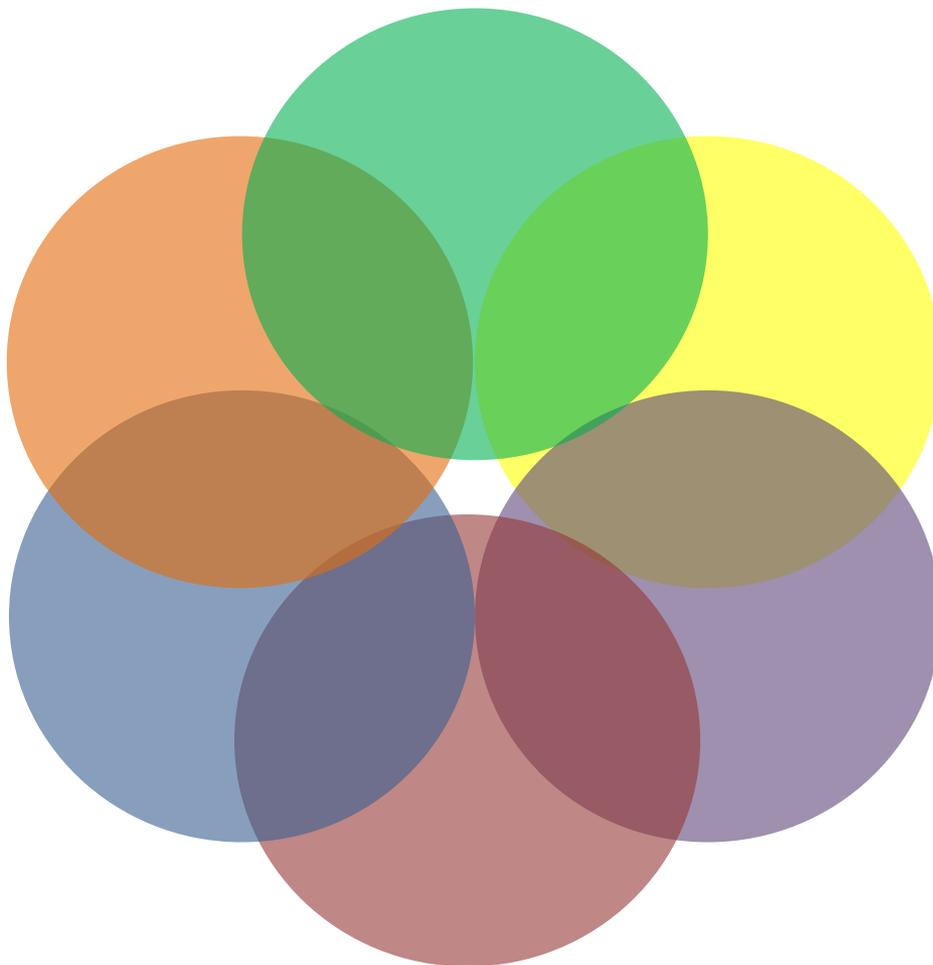
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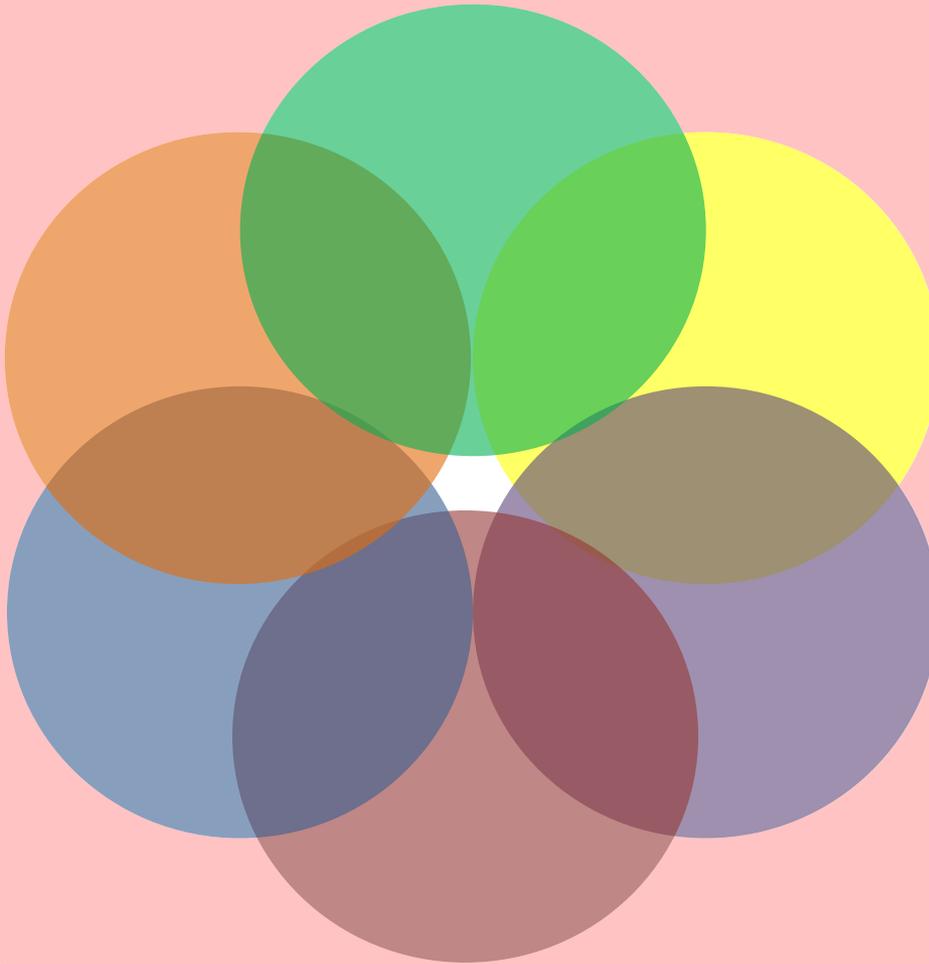
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If the uses are grouped together we can enjoy....



Integrated, mixed-use, public realm enables Health Enhancing Physical Activity



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...urban planning sets up the spatial organisation.

HEPA feeds into sport and recreation....

...but the public realm can provide enough on its own..

...unless scattered uses devalue the public realm.

If the uses are grouped together we can enjoy....

- **Healthier lifestyles**
- **Interesting places**
- **A cleaner planet**
- **Great quality of life**

Creating the conditions for people to lead healthy lives

**Walkable
Neighbourhoods**

**Integrated green
space**

**Daily needs within
walking distance**

**Compact, mixed-use
urban structure**

Creating the conditions for people to lead healthy lives

New Opportunities

Less vehicle traffic

'Active travel' encouraged

Enhanced social interaction

Improved public realm

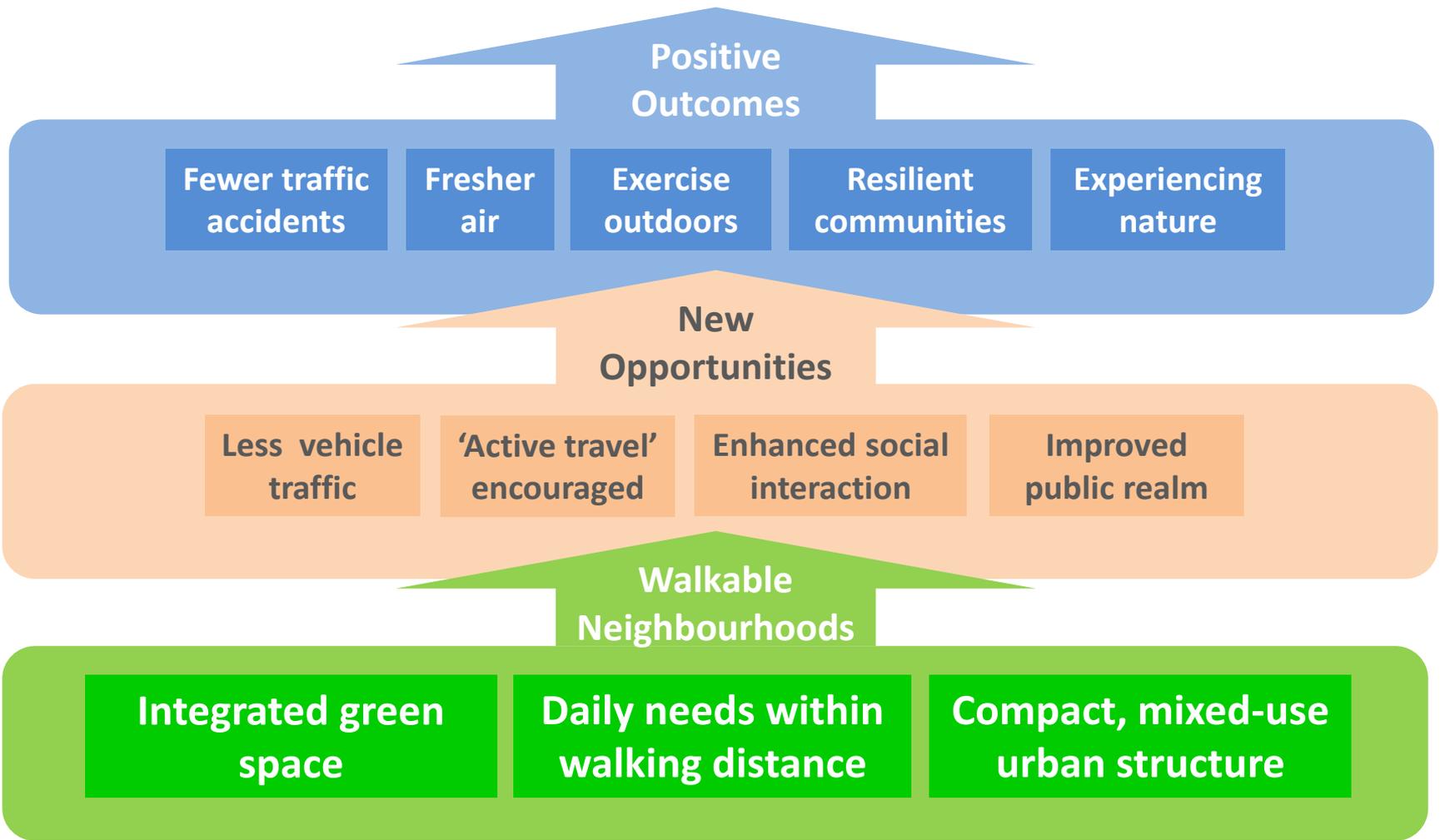
Walkable Neighbourhoods

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Compact, mixed-use urban structure

Creating the conditions for people to lead healthy lives



Creating the conditions for people to lead healthy lives

Health Benefits

Healthier limbs

Healthier lungs

Healthier hearts

Mental wellbeing

Positive Outcomes

Fewer traffic accidents

Fresher air

Exercise outdoors

Resilient communities

Experiencing nature

New Opportunities

Less vehicle traffic

'Active travel' encouraged

Enhanced social interaction

Improved public realm

Walkable Neighbourhoods

Integrated green space

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Creating the conditions for people to lead healthy lives

HEALTHY PLACES

HEALTHY PLACEMAKING

6 WAYS TO CREATE PLACES THAT ARE GOOD FOR OUR LONG TERM HEALTH



St Clement's Hospital



Fulham Reach



The Village, Caterham ON THE HILL!



Silvertown Way



Barton Farm, Winchester

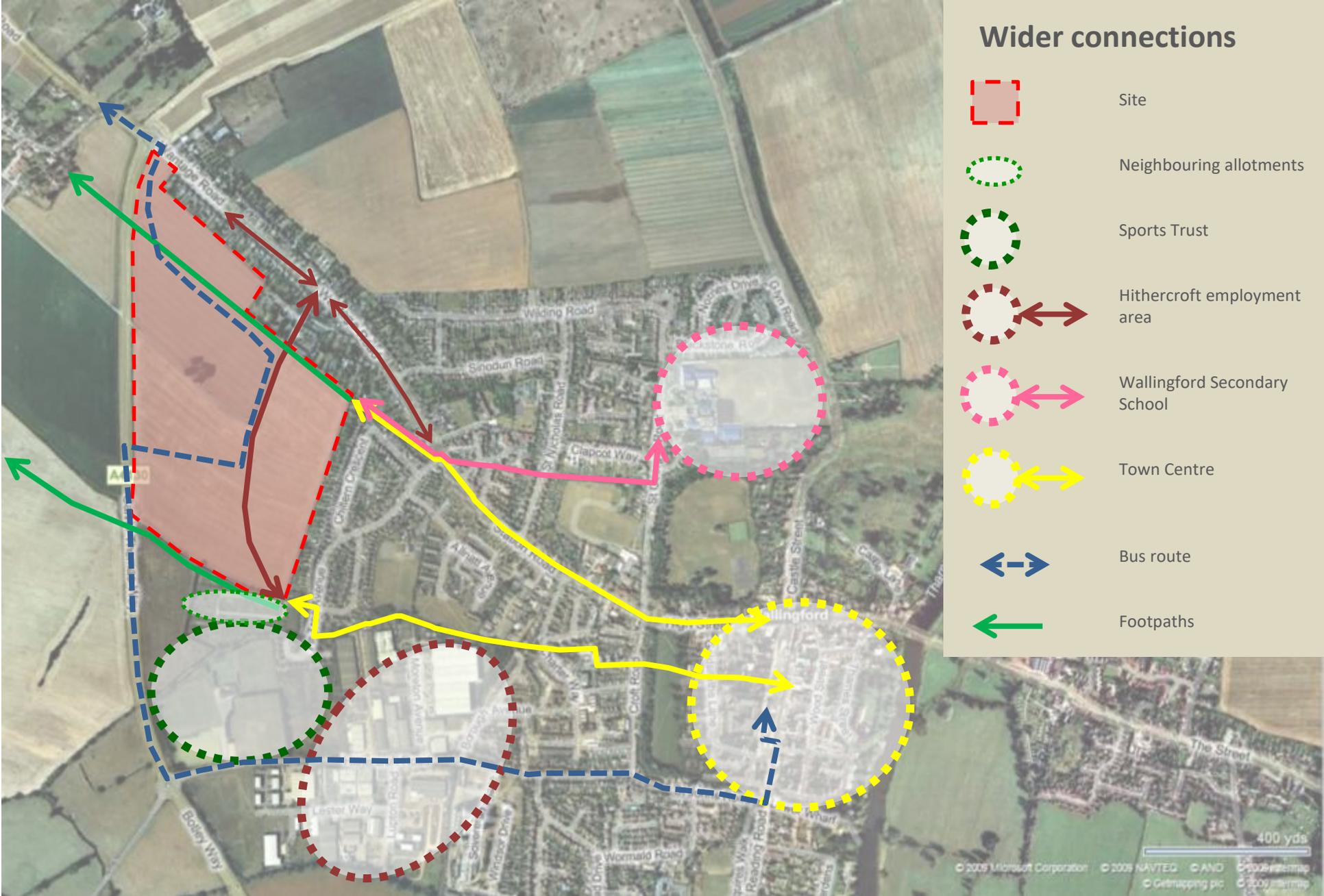


Barton Farm, Winchester

JTP HEALTHY PLACEMAKING METHODOLOGY

HEALTHY PLACEMAKING

6 WAYS TO CREATE PLACES THAT ARE GOOD FOR OUR LONG TERM HEALTH

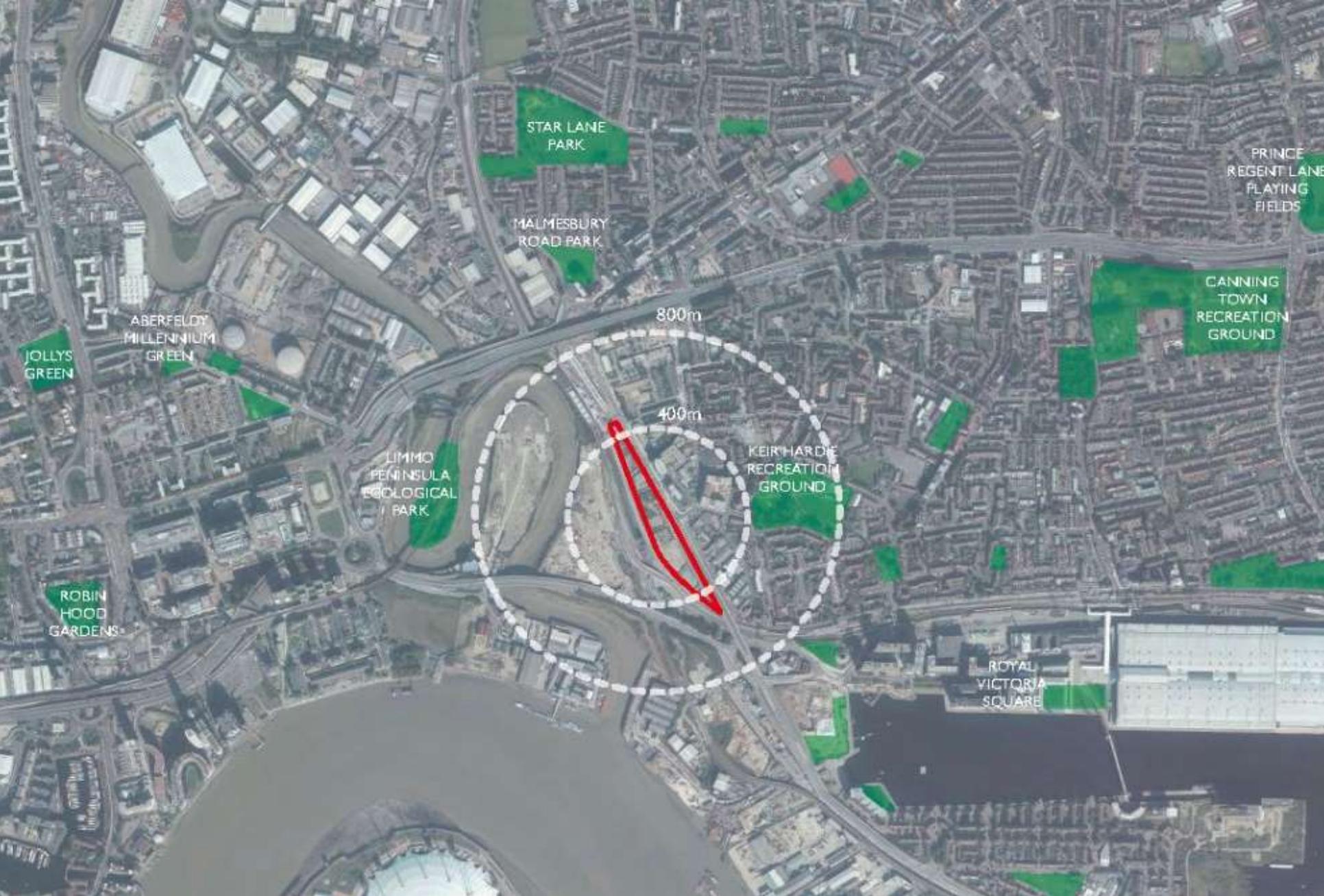


	Main Health Problems
1	<p>Cardio-vascular disease and Type 2 Diabetes</p> <p>Often referred to as 'avoidable diseases'</p> <p>Several forms of cancer</p>
2	<p>Respiratory illnesses including asthma</p>
3	<p>Mental health problems</p>
4	<p>Transport-related accidents</p>

	Main Health Problems	Urban Design related causes
1	<p>Cardio-vascular disease and Type 2 Diabetes</p> <p>Often referred to as 'avoidable diseases'</p> <p>Several forms of cancer</p>	<p>A) Obesity caused by sedentary lifestyles and lack of exercise</p>
		<p>B) Obesity caused by poor diet and food poverty</p>
2	<p>Respiratory illnesses including asthma</p>	<p>Poor air quality</p>
3	<p>Mental health problems</p>	<p>Loneliness and isolation, through limited social interaction and fear of crime</p>
4	<p>Transport-related accidents</p>	<p>Interaction of vehicles, cycles, pedestrians</p>

	Main Health Problems	Urban Design related causes	How urban planning can address these causes
1	<p>Cardio-vascular disease and Type 2 Diabetes</p> <p>Often referred to as 'avoidable diseases'</p> <p>Several forms of cancer</p>	<p>A) Obesity caused by sedentary lifestyles and lack of exercise</p>	<p>A) Enable exercise in normal patterns of daily life</p>
		<p>B) Obesity caused by poor diet and food poverty</p>	<p>B) Provide education, accessible facilities and available green spaces</p>
2	<p>Respiratory illnesses including asthma</p>	<p>Poor air quality</p>	<p>Limit the causes and effects of vehicle emissions</p>
3	<p>Mental health problems</p>	<p>Loneliness and isolation, through limited social interaction and fear of crime</p>	<p>Provide community facilities and safe, sociable and productive public environments</p>
4	<p>Transport-related accidents</p>	<p>Interaction of vehicles, cycles, pedestrians</p>	<p>Good urban and transport design</p>

	Main Health Problems	Urban Design related causes	How urban planning can address these causes	Recommended Urban Planning Measures
1	<p>Cardio-vascular disease and Type 2 Diabetes</p> <p>Often referred to as 'avoidable diseases'</p> <p>Several forms of cancer</p>	A) Obesity caused by sedentary lifestyles and lack of exercise	A) Enable exercise in normal patterns of daily life	<ul style="list-style-type: none"> Walkable neighbourhood structures for access to all daily needs Private car use reduced through prioritising 'Active Travel' including public transport and park and ride Walking, cycling and use of public transport prioritised Secure bike storage at home, workplaces, and transport interchanges Showers and changing facilities at work places 'Safe Routes to School' strategies, including the 'Walking Bus' School drop-off by car discouraged 'Play on the way' incorporated in landscape design Limiting parking in urban centres and promotion of park and ride Car club/zip-car facilities to reduce the need for multiple car ownership and private, on-plot parking Walking and cycling recognised as 'normal' not 'alternative' travel modes Access for all to shops selling healthy, affordable food Gardens, allotments and orchards for local, healthy food production
		B) Obesity caused by poor diet and food poverty	B) Provide education, accessible facilities and available green spaces	
2	Respiratory illnesses including asthma	Poor air quality	Limit the causes and effects of vehicle emissions	<ul style="list-style-type: none"> Private car use reduced through prioritising 'Active Travel' including public transport and park and ride Walking, cycling and use of public transport prioritised 'Safe Routes to School' strategies including the 'Walking Bus' School drop-off by car discouraged Controlled emissions zones and electric charging points in urban centres Controls on size and access times of HGV vehicles
3	Mental health problems	Loneliness and isolation, through limited social interaction and fear of crime	Provide community facilities and safe, sociable and productive public environments	<ul style="list-style-type: none"> Walkable neighbourhood structures for access to all daily needs Mixed use environments with activity throughout the day Community facilities to support inclusiveness and involvement Lively, active buildings and urban spaces – stimulation, events, celebration Community stability and diversity through 'Lifetime Homes' policy Access to attractive walking routes and green spaces
4	Transport-related accidents	Interaction of vehicles, cycles, pedestrians	Good urban and transport design	<ul style="list-style-type: none"> Walkable neighbourhood structures for access to all daily needs Traffic volumes reduced through prioritising 'Active Travel' including public transport and limiting '20's plenty' strategy, slow speed home-zones and shared spaces Walking and cycling recognised as 'normal' not 'alternative' travel modes Safe cycle lanes and pedestrian priority



Main Health Problems	Cardio-vascular disease and Type 2 Diabetes, often referred to as 'avoidable diseases'. Several forms of cancer		Respiratory illnesses including asthma	Mental health problems	Transport related accidents
Causes	Obesity caused by sedentary lifestyles and lack of exercise	Obesity caused by poor diet and food poverty	Poor air quality	Loneliness and isolation through limited social interaction and fear of crime	Interaction of vehicles, cycles, pedestrians
Active ways to address causes	Enable exercise in normal patterns of daily life	Provide education, accessible facilities and available green spaces	Limit the causes and effects of vehicular emissions	Provide community facilities and safe, sociable and productive environments	Good urban and transport design

Measures included at Brunel Street Works					
Walkable neighbourhood through 'Active Travel' initiative - walking, cycling and use of public transport have priority over the car	✓		✓	✓	✓
Improved walking route and crossing point to Canning Town Interchange	✓			✓	
Secure bike storage at home, at work and at transport interchanges	✓		✓		
New crossing points over Silvertown Way assisting with safe routes to school and to Kier Hardy Park	✓	✓	✓		✓
Limit parking in development to 0.14 spaces per dwelling	✓		✓		✓
Car Share Club - reduces private car ownership and encourages car-pooling	✓		✓	✓	✓

	Several forms of cancer		including asthma	problems	accidents
Causes	Obesity caused by sedentary lifestyles and lack of exercise	Obesity caused by poor diet and food poverty	Poor air quality	Loneliness and isolation through limited social interaction and fear of crime	Interaction of vehicles, cycles, pedestrians
Active ways to address causes	Enable exercise in normal patterns of daily life	Provide education, accessible facilities and available green spaces	Limit the causes and effects of vehicular emissions	Provide community facilities and safe, sociable and productive environments	Good urban and transport design
Provision of electric charging points in car park to encourage use of electric vehicles	✓		✓		
'Play on the way' in landscape design and large play area for 5-11 year olds	✓	✓		✓	
Controls on size and access times of heavy goods vehicles to the commercial units			✓		✓
Large areas of soft landscape and significant number of new trees and planting adjacent to DLR line to absorb / cleanse air pollutants			✓	✓	
Foodstore provided on site giving immediate access to range of healthy foods		✓		✓	
Mixed use environment with active buildings and spaces - stimulation, events, celebration				✓	
Community facilities including concierge, residents lounges and cinema to support inclusiveness and involvement		✓		✓	
Maximum of 8 dwellings served from single core to encourage neighbourliness and community interaction				✓	
Encourage community stability and diversity through 'Lifetime Homes' compliance and 10% wheelchair designed dwellings				✓	
Attractive walking routes and green spaces along Silvertown Way, Peto Street and Victoria Dock Road	✓		✓	✓	

6 STEPS TO HEALTHY PLACEMAKING

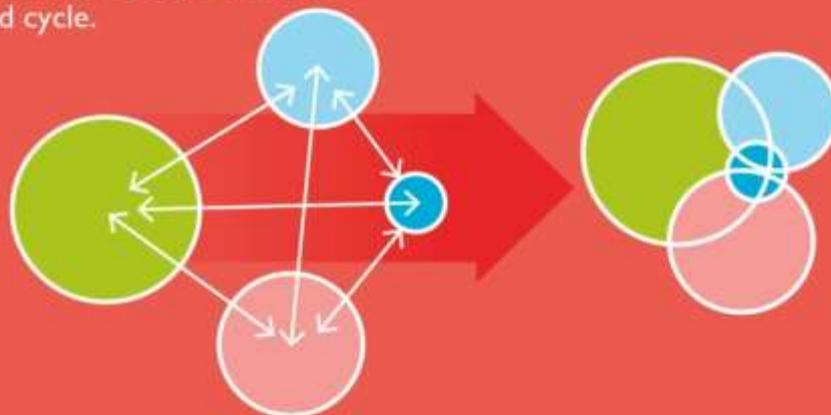
HEALTHY PLACEMAKING

6 WAYS TO CREATE PLACES THAT ARE GOOD FOR OUR LONG TERM HEALTH

I. URBAN PLANNING

Healthy places begin with good urban planning. The urban environment must be organised to maximise convenience, synergy and social interaction. A varied mix of uses at a local level enables the spaces and places of everyday life to be connected by short distances and to offer an environment that responds to the needs of people of all ages and backgrounds. An overarching spatial Vision that prioritises health and wellbeing is a powerful tool for shaping these decisions.

People are more likely to use their cars when key destinations are dispersed. Combining the facilities in a local centre, close to housing, encourages people to walk and cycle.



“Urban sprawl is associated with low levels of physical activity, which can increase chances of cardiovascular disease, stroke and all-cause mortality.”

Center for Disease Control



2. WALKABLE COMMUNITIES

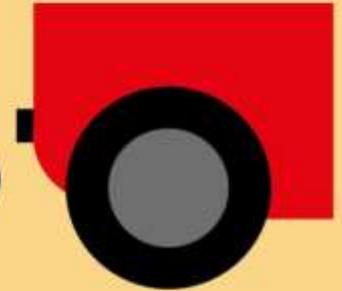
Healthy places are built on walkability. Successful urban environments are designed with amenities and community facilities located to enable people to meet their daily needs within less than one kilometre of their home. In healthy neighbourhoods the public realm prioritises the needs of pedestrians and cyclists by creating high quality, distinctive and stimulating spaces. And proximity is only half the equation; ease of access to the infrastructure for active travel also plays its part.

"Air pollution is contributing to about

4,000

deaths a year in the UK."

*Royal Colleges of Paediatrics
and Child Health*



"Evidence suggests that locating homes near other uses (400m-800m) is associated with higher levels of active travel for all ages."

Heart Foundation in Western Australia



3. NEIGHBOURHOOD BUILDING BLOCKS

Healthy places work down to the very local level, where buildings and shared spaces work together to meet people's needs for a safe, supportive and comfortable living environment. Buildings must be accessible and appropriately sized and residents should feel that they have control and responsibility over communal spaces. Outside, shared spaces should be comfortable, sociable, well-lit and overlooked by buildings, supporting the principle of natural surveillance.

"Cold homes are linked to increased risk of cardiovascular and respiratory diseases, as well poorer mental health and exacerbated rheumatoid diseases."

Marmot Review Team



"Neighbourhoods that are walkable, mixed use and which have leisure facilities are linked to higher levels of social capital and sense of community."

*Kevin Leyden,
American Journal
of Public Health*



4. MOVEMENT NETWORKS

Healthy places are underpinned by sustainable and accessible transport, improving safety, increasing physical activity and decreasing travel time and emissions. Good design discourages car use whilst supporting public transport, walking and cycling, and by structuring the built environment to be sufficiently compact for key destinations to be close to one another. This means that the car can be left at home, freeing up roads for public transport to become frequent, reliable and safe, with enough demand to make it viable.

30%

Reduction in mortality for adults in Copenhagen who cycle to and from work every day

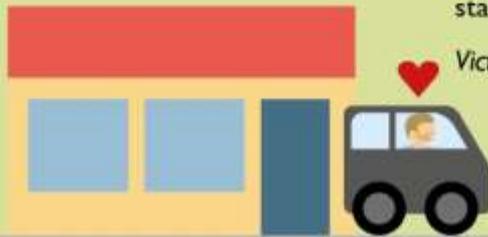


Annual value of health benefits from cycling in Copenhagen

Gehl Architects, Copenhagen

“Several studies have found that using public transport makes people more active – commuters on public transport may get 3x the daily physical activity of drivers because they walk to and from stations/stops.”

Victoria Transport Policy Institute



5. ENVIRONMENTAL INTEGRATION

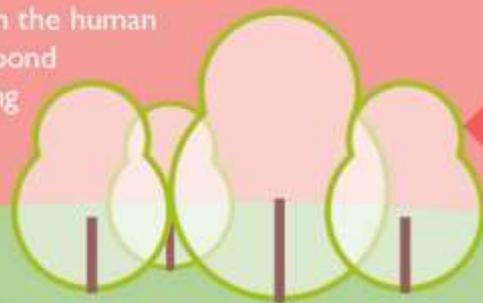
Healthy places prioritise green infrastructure and create public spaces that are appropriate and accessible for all users, encouraging people to spend time outdoors. Access to green space and water delivers multiple benefits, increasing the quality and value of neighbourhoods whilst supporting physical activity and social interaction. Thoughtful design harnesses nature to create comfortable micro-climates, encourage biodiversity in built-up areas and incorporate orchards and allotments.

"Around 90% of the Vitamin D requirement for many people comes from exposure to sunlight, compared to just 10% from diet."

American Journal of Clinical Nutrition



Studies at the University of Mannheim show that there is a place, deep in the human brain, that causes us to respond positively when experiencing green spaces.



6. COMMUNITY EMPOWERMENT

Healthy places are rooted in early and ongoing community involvement, where a collaborative approach can help turn fear and negativity into creativity and ambition. Community members can build social networks or skills through the process and find empowerment in the realisation that they can influence local decisions. Individually and together, they can discover new opportunities to make positive contributions to the improvement of their lives and their environment.

"Road protests return:
The Millennial take on the
bypass builders."

Guardian Newspaper



"It is time to change the way things are done and to bring communities genuinely to the heart of planning and place-making. 'Participation not Consultation' is about bringing people in at an early stage to develop the proposals through collaborative planning processes."

*Griff Rhys Jones
President - Civic Voice*



THE WAY BACK HEALTHY PLACEMAKING THE WAY FORWARD

1. URBAN PLANNING

- Urban sprawl and separately-zoned uses cause us to build our lives around our cars.
- Compact mixed use urban structures allow shorter travel distances and easier mobility.
- This leads to reduced congestion, better air quality and healthier lifestyles
- Inclusive, vibrant neighbourhoods generate a sense of community and well-being

2. WALKABLE COMMUNITIES

- Motor vehicles, whether in motion or parked, take up too much space in towns.
- We walk or cycle when our daily needs are easy to reach, benefitting from the exercise and saving time
- A lively, attractive public realm is stimulating and promotes social interaction
- Health-supporting amenities like fresh food, healthcare and leisure facilities should also be nearby

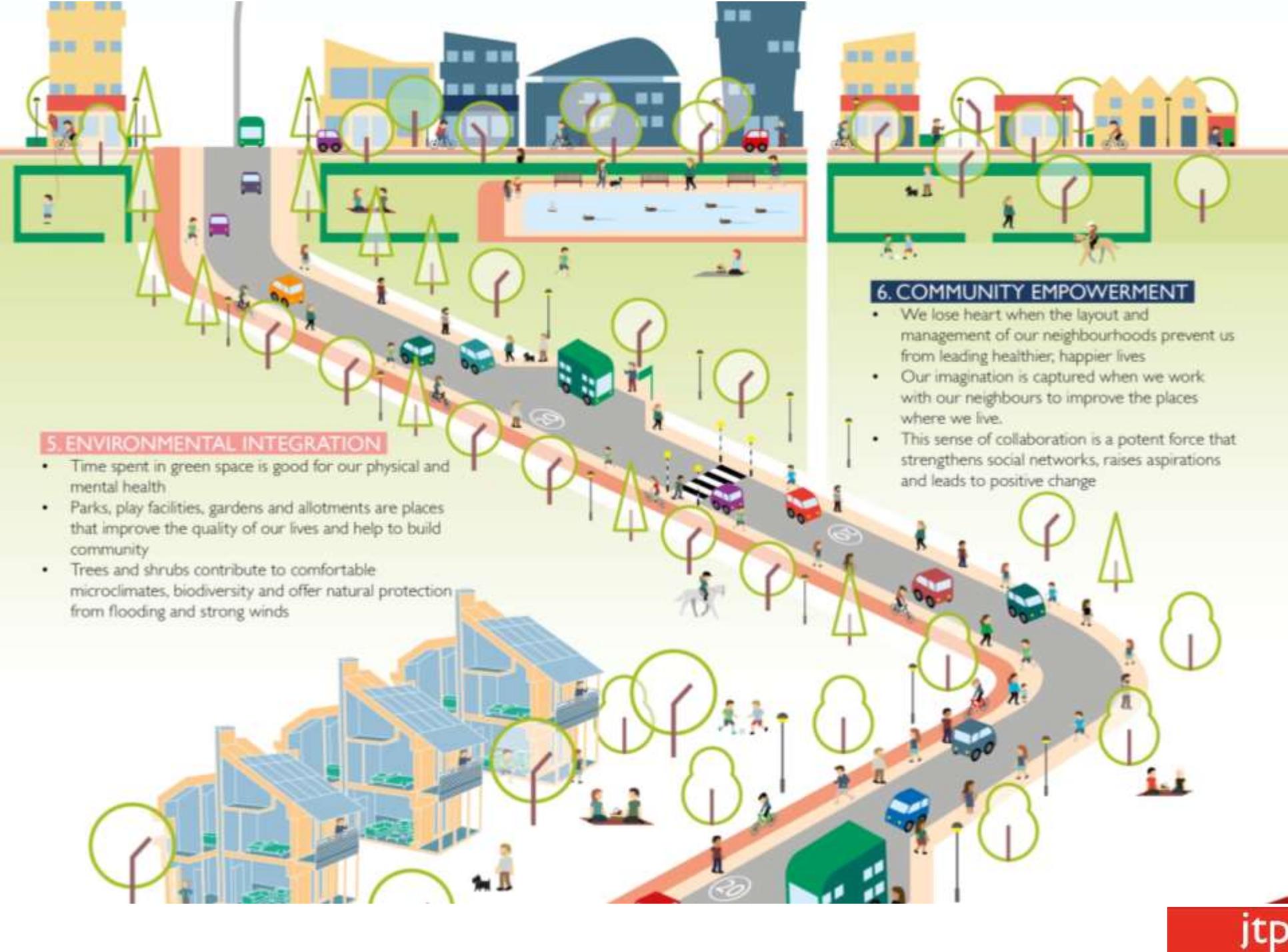


3. NEIGHBOURHOOD BUILDING BLOCKS

- Poor living conditions and social isolation diminish the quality of our lives
- Well-designed, well-managed buildings and shared spaces generate a sense of security and ownership in the local community
- The combination of mixed uses and dwellings creates a local focus and reference point for adjacent neighbourhoods

4. MOVEMENT NETWORKS

- We tend to think that traffic is caused by other people, but cars are not the only way to get from A to B.
- Taking advantage of the many options for 'active travel', makes getting about safer, quicker and more agreeable
- Sustainable travel enables our minds and bodies to benefit from exercise in our daily lives - breathing cleaner air
- Accidents involving cars travelling at less than 20 mph are considerably less likely to end in fatalities. So the '20's Plenty!' concept is particularly relevant for mixed use neighbourhoods.



5. ENVIRONMENTAL INTEGRATION

- Time spent in green space is good for our physical and mental health
- Parks, play facilities, gardens and allotments are places that improve the quality of our lives and help to build community
- Trees and shrubs contribute to comfortable microclimates, biodiversity and offer natural protection from flooding and strong winds

6. COMMUNITY EMPOWERMENT

- We lose heart when the layout and management of our neighbourhoods prevent us from leading healthier, happier lives
- Our imagination is captured when we work with our neighbours to improve the places where we live.
- This sense of collaboration is a potent force that strengthens social networks, raises aspirations and leads to positive change

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- Trees and shrubs contribute to comfortable microclimates, biodiversity and offer natural protection from flooding and strong winds.

6. COMMUNITY EMPOWERMENT

- We lose heart when the layout and management of our neighbourhoods prevent us from leading healthier, happier lives.
- Our imagination is captured when we work with our neighbours to improve the places where we live.
- This sense of collaboration is a potent force that strengthens social networks, raises aspirations and leads to positive change.



Thank You, and Good Health!

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