A healthy development should:
• Implement measures to improve air quality
• Facilitate sustainable modes of transport, use of low emission vehicles e.g. electric vehicles and enable active travel
• Locate key facilities, services and vulnerable communities away from traffic hotspots
• Address mitigation from the outset, setting out a clear approach to exposure and introducing receptors (residents) to an area of poor air quality, with a focus on design-led solutions.

A healthy development should:
• Embrace the importance of open space
• Bring forward open space and green infrastructure at an early stage of development to encourage healthy, sustainable behaviours from the outset
• Avoid redundant open space left over after planning
• Clearly delineate between public and private open space
• Provide open space that is inclusive, accessible to all members of the community
• Incorporate informal and formal outdoor play space which is accessible and overlooked
• Set out how open space will be managed and maintained.

A healthy development should:
• Avoid concentrated areas of unhealthy food outlets and enable choice
• Incorporate accessible local food outlets to meet local needs
• Improve opportunities for growing local produce such as allotments, community growing and farmers markets
• Provide adequate and suitable garden space for small scale domestic food production
• Enable opportunities for leisure and physical activities.

A healthy development should:
• Enable access to public services (including health care), education, employment and local infrastructure
• Enhance the viability of the local centre
• Enable access to job opportunities and training for local people
• Provide safe, accessible and inclusive links to new employment zones to enable employment opportunities for all

A healthy development should:
• Provide good quality, affordable housing
• Be built to Lifetime Homes specifications to meet the needs of a changing population and different ages
• Embed sustainable principles, ensuring energy efficiency to reduce fuel poverty, prioritise active travel and reduce car use
• Provide mixed tenure housing spread across the development to facilitate community integration
• Reduce social isolation through design
• Reduce crime and fear of crime through design
• Avoid/discourage on street parking
• Recognise the importance of trees and landscaping
• Include Homezones, where appropriate
• Provide housing which meets or exceeds prescribed space standards.

A healthy development should:
• Improve access to health care, education, employment, leisure, social and cultural facilities
• Provide clearly defined public spaces and attractive amenity
• Provide community facilities within the early phases of build
• Create safe, inclusive and accessible environments for all ages
• Promote diversity and enable community interaction

A healthy development should:
• Promote active travel in line with the principles of the road user hierarchy
• Promote active travel by bringing forward the delivery of green infrastructure during the first phase of development
• Increase public transport provision, where appropriate
• Improve connectivity and accessibility to existing communities, bus and rail services
• Ensure adequate facilities are provided to support active travel and leisure i.e. secure cycle parking

Please refer to the following supporting information for more detail.
What is the purpose of this document?

‘Local planning authorities should work with public health leads and health organisations to understand and take account of the health status and needs of the local population... including expected future changes, and any information about relevant barriers to improving health and wellbeing’ (Department for Communities and Local Government, NPPF, paragraph 171, 2012).

Health and wellbeing refers to both physical and mental health in addition to social wellbeing. The World Health Organization (WHO) defines health as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity”. It is also determined by the strength of an individual’s relationships and the way in which they function within their community. Whilst health and wellbeing is influenced by a number of factors (genetics, behaviour, access to healthcare, planning professionals or those involved in built development have a vital role in creating the environment in which we are born, grow, live, work and age in (UK Green Building Council, July 2016).

The purpose of this document is to aid planning professionals, both local authorities and developers in the delivery of healthy developments and communities by increasing local capacity, knowledge of health and wellbeing and the relationship to spatial planning issues, setting out the key principles and aspirations of the Hertfordshire County Council’s (HCC) Public Health department. The document focuses on seven key areas:

- Air Quality
- Food and healthy Choices
- Movement and Access
- Neighbourhood Spaces
- Housing and Development Design
- Local Economy and Employment
- Quality Open Space, Play and Recreation

There are many conditions which can lead to poor mental and physical health and wellbeing from poorly designed developments. These include air and noise pollution, places that feel unsafe and the perception of crime, lack of social networks, lack of green or open spaces, areas which intensify social isolation, unsafe transport or poor accessibility, fewer activities for healthy activities, aesthetic of neighbourhoods, lighting and road crossing/traffic density.

“Building health and wellbeing into our urban and rural environments is a vital step towards delivering longer term improvements in health across the whole of society”. Spatial Planning and Health Group (SPAHG) (June 2011)

This supporting document provides further guidance in relation to each of the key principles.

What is a healthy community?

The National Planning Practice Guidance states that a healthy community is:

- A good place to grow up and grow old in. It is one which supports healthy behaviours and supports reductions in health inequalities. It should enhance the physical and mental health of the community and, where appropriate, encourage: Active healthy lifestyles that are made easy through the pattern of development, good urban design, good access to local services and facilities; green open space and safe places for active play and food growing, and is accessible by walking and cycling and public transport.

- The creation of healthy living environments for people of all ages which supports social interaction. It meets the needs of children and young people to grow and develop, as well as being adaptable to the needs of an increasingly elderly population and those with dementia and other sensory or mobility impairments.

Have you considered how your development can become a healthy community?

What is a Health Impact Assessment?

Health Impact Assessment (HIA) is a combination of procedures, methods and tools that systematically judges the potential, and sometimes unintended, effects of a policy, plan, programme or project on the health of a population and the distribution of those effects within the population. HIA identifies appropriate actions to manage those effects.

Planning regulates land use and thus has great potential to influence health. Planning is, in turn, required to undertake impact assessments. The revised EU EIA Directive will be transposed into UK legislation in May 2017 and establishes that human health is a core area for assessment. However, ‘human health’ is not broadly defined and existing legislation has a narrow focus on aspects of the physical environment such as air, water and noise. There are increasing calls for ensuring that planning decisions seek explicitly to improve health and to contribute to the wider public health.

HIA is one way of enabling planning decisions to take health into account. There are many guides to assist practitioners in conducting an HIA and a number of local examples of HIA in planning. For more information contact publichealth@hertfordshire.gov.uk

Have you considered completing a Health Impact Assessment?
Why integrate Health & Wellbeing in Planning for Hertfordshire?

Hertfordshire’s Health and Wellbeing Strategy
(2016-2020) goal is to optimise the health and wellbeing of people in Hertfordshire throughout the course of their lives with the strategy focusing on the four major life stages starting well, developing well, living & working well and ageing well. Much of what influences health and wellbeing, are the things which make up the conditions in which we are born, grow, live, work and age, including:

- housing and living environment
- work environment
- transport
- access to health and social care services
- unemployment and welfare
- education

In this respect, the key principles contain within this Health and Wellbeing Planning Guidance build upon the Health and Wellbeing Strategy to create developments which are healthy and support all ages to enhance the physical and mental health of the community.

For more information: Click Here

Life Course

We know that our physical and social experiences in early life can shape our health and disease risk as adults. This is also true for our experiences of the built environment in which we live, work and play. The lifecourse approach stresses the importance of all ages and stages of life. In the context of planning and development, healthy places are those that enable and promote wellbeing across the lifecourse – childhood, young adults, young families, working adults and in older age – and plan to meet the very different needs these communities may have. With projected growth in Hertfordshire set to reach around 90,000 new homes over the next 10-15 years, an understanding of the lifecourse approach is essential to ensure healthy development for all ages.

For more information Click Here or Here

Prevention

The current social care and health system is unsustainable and will buckle under the weight of demand unless we re-engineer places and services to promote healthy choices, protect health, prevent sickness and intervene early to minimise the need for costly hospital treatment.

Trying to fix this by focusing on treatment alone is not the answer. We need preventative strategies that mitigate or defer the need for costly interventions and at the same time deliver better outcomes for individuals. About 5 per cent of the entire healthcare budget is spent on prevention. Local Government Association (LGA) research on a range of local prevention schemes suggests that investment in prevention could yield a net return of 90 per cent.

For more information: Click Here

Key References

Town and Country Planning Association (TCPA)
Reuniting Health with Planning - healthier homes, healthier communities (July 2012) Click Here

The Marmot Review – Fair Society, Healthy Lives (February 2010) Click Here

Example Health Impact Assessment (Coventry Local Plan 2016) Click Here
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| **Air Quality** | Environments which are safe, environmentally sustainable, have good environmental infrastructure to protect against extreme weather events, have good air quality and are not overly exposed to noise nuisance are those which can be regarded as healthy. An increase in growth can lead to increasing traffic and subsequently on air quality. Poor air quality impacts directly on health and wellbeing, particularly for the very young, the elderly and those already vulnerable with existing health conditions. The NPPF recognises that the planning system should contribute to preventing both new and existing development from contributing to, or being put at unacceptable risk from, or being adversely affected by unacceptable levels of soil, air, water or noise pollution (para 109). | **Design elements:**  
- How can the development enhance land, air and water quality?  
- Is the development within an Air Quality Management Area (AQMA)?  
- Can the development reduce pollution by encouraging less polluting modes of transport?  
- Has reference been made to Hertfordshire’s Air Quality Strategic Plan and the measurement of PM\(^{2.5}\)?  
- Where large scale growth is planned, has consideration been given to the location of key facilities and infrastructure, such as new schools, care homes and play areas in the context of proximity to traffic hotspots?  
- Electric vehicle charging points can support adoption of zero (at-point) emissions vehicles – has this been considered?  
- Is the development accounting for the mitigation of poor air quality in its design?  
- Has the development undertaken an Air Quality Impact Assessment?  
- Has reference been made to Local Authority Air Quality Planning Guidance documents where available?  
- Is the retention and planting of natural vegetation planned to follow best practice so as to directly improve air quality and enable ongoing management, long term?  

**Local Planning Authorities:**  
- Does the Local Plan include a policy on Air Quality which defines the Council’s expectations of developers to ensure a consistent approach? Does it set criteria for when an Air Pollution Assessment is required and a range of mitigation options (for both impact and exposure)? Does it cross-reference to sustainable transport policy?  
- Does the Local Plan have a supporting Air Quality Guidance Document?  
- Do supporting design principles/development management policies require the development to design in mitigation measures from the outset?  
- Is the principle of ‘no development’ being enforced in Air Quality Management Areas (AQMAs)?  
- Development management should consider unfavourably any applications for schools, care homes and other vulnerable communities that are within an AQMA or immediately adjacent to known traffic hotspots.  
- Detailed Air Pollution Modelling should be required for Major developments to ensure that more mitigation, additional to the default for such developments, is required where ‘adverse impacts’ are actually predicted.  

| Good Practice and Case Studies | Mitigating Development Air Quality Impacts Wallchart, RPS  
North Herts District Council (NHDC) Air Quality Planning Guidance (September 2016) Click Here  
East Herts District Council  
Air Quality and Planning Guidance referenced within Air Quality Policy of Local Plan (Chapter 24)  
www.eastherts.gov.uk/article/35053/Submission-Documents  
Sandwell Metropolitan Borough Council, Wolverhampton City Council, Dudley Metropolitan Borough Council, Walsall Council  
Black Country Air Quality Supplementary Planning Document (SPD) (adopted 2016) Click Here  
Air Quality Supplementary Planning Document Adoption Statement Click Here  
The SPD supplements Policy ENV8 (Air Quality) of the adopted Black Country Core Strategy (2011), and embraces the West Midlands Good Practice Air Quality Planning Guidance (2014), produced as part of the West Midlands Low Emissions Towns & Cities Programme.  
Wakefield Council  
Development Policy D20 of Core Strategy (adopted 2009) Click Here  
Supported by Air Quality and Emissions Technical Planning Guidance Click Here  
Further Information  
Hertfordshire’s Air Quality Strategic Plan (2015)  
www.hertfordshire.gov.uk/services/healthsoc/healthherts/healthyplaces  
Spatial Planning and Health Group (SPAHG) - June 2011 - Steps to Healthy Planning Click Here  
Land-Use Planning & Development Control: Planning for Air Quality, Guidance from Environmental Protection UK and the Institute of Air Quality Management for the consideration of air quality within the land-use planning and development control processes. January 2017  
http://iaqm.co.uk/planning-for-air-quality-guidance-launched  
Mitigation of Development Air Quality Impacts, IAQM Position Statement 2015  
Click Here  
Hertfordshire and Bedfordshire Air Quality Network  
www.airqualityengland.co.uk/local-authority/?la_id=408 |

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<td>Hertfordshire and Bedfordshire Air Quality Network <a href="http://www.airqualityengland.co.uk/local-authority/?la_id=408">www.airqualityengland.co.uk/local-authority/?la_id=408</a></td>
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| Food and Healthy Choices | Living within close proximity to fast food takeaway outlets has been associated with rates of obesity and weight gain. Planning and considering the health and wellbeing of the communities regards to the access to food and healthy choices can have both a direct and indirect impact on the determinants of health. For example, reducing the concentration and clustering of hot food takeaways within an area, and restricting permission for hot food takeaways within close proximity to schools, will have both direct and indirect health benefits (Healthy Places, 2016). Planning can play a vital role in achieving health and sustainable food and healthy choices, through improving access to healthy and sustainable food, reducing food poverty and diet related ill health. There is a recognised need for protection of high value agricultural land and encouragement for allotments, supporting composting and community gardening and growing produce. Planning can play a part in protecting land for local food production, supporting local infrastructure or encouraging spaces for community food-growing. Community growing can have benefits for mental health and wellbeing, levels of physical activity and improved access to healthy food in an area. There are also wider environmental and social benefits from engaging local groups in food growing as well as the aesthetic improvement to the public realm when unused space is brought into productive cultivation (Healthy Places, 2016). | **Design elements:**  
- Does the development avoid concentrated locations of unhealthy food outlets? Does it facilitate individual choice through improved availability of healthier foods and alternative food outlets?  
- Has the development incorporated areas for local food outlets to meet the needs of the local community? (SPAHG)  
- Does the development improve the opportunities for growing local produce such as allotments or community growing areas? (SPAHG)  
- Does the development include access to physical activity opportunities?  
- Does the development provide adequately sized rear gardens to allow small scale domestic food production?  
- Does the development provide ground conditions that are safe and suitable for use for domestic food production?  
- In residential developments, do dwellings provide adequate space for food preparation?  
**Local Planning Authorities:**  
- Does the Local Plan include policies which aim to improve/promote availability/accessibility of healthier food options and/or restrict the density of unhealthy food outlets through monitoring the Use Class within each area?  
- Does the Local Plan include policies which promote local shops located within walking distance and better access to shopping facilities?  
- Does the Local Plan include policies for the encouragement of space for allotment or for land to be used as temporary community food-growing spaces?  | **Good Practice and Case Studies**  
Sherford Market Town, Food Production and Productive Landscapes  
Barking and Dagenham Supplementary Planning Document (2010) Saturation Point: Addressing the health impacts of hot food takeaways Click here  
London Borough of Waltham Forest, Supplementary Planning Document www.local.gov.uk/healthy/-/journal_content/56/10180/3511421/ARTICLE  
Centre for Diet and Activity Research (Cambridge University):  
www.cam.ac.uk/research/news/the-rise-of-the-takeaway  
- Associations between exposure to takeaway food outlets, takeaway food consumption, and body weight in Cambridgeshire, UK: population based, cross sectional study. British Medical Journal 2014;348:g1464  
- Presence of a supermarket within 0.4 km of road network distance from where people lived was positively associated with fruit consumption amongst those without a car. Source: Thornton LE, Pearce JR, Macdonald L, Lamb KE, Ellaway A. A case study from Glasgow. International Journal of Health Geographics 2012;11:29  
www.cam.ac.uk/research/news/the-rise-of-the-takeaway  
- How takeaway food outlets where we live and work may affect our health – June 2014 Click Here  
- Food Environment Assessment Tool (FEAT) www.feat-tool.org.uk is a web-based tool for mapping, measuring and monitoring local and regional food outlet access across England. This tool is due to go live in Summer 2017.  
**Further Information**  
Health-proofing masterplan designs: A guide. Stoke on Trent Healthy City Programme, March 2010 www.healthycity-stoke.co.uk  
Spatial Planning and Health Group (SPAHG) – June 2011 – Steps to Healthy Planning Click Here  
Healthy Places: wellbeing in the local environment (managed by UK Health Forum) 2016 www.healthyplaces.org.uk and Here  
Public Health England (March 2014) Healthy people, healthy places briefing – Obesity and the environment: regulating the growth of fast food outlets Click Here |
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<tr>
<th>Housing and Development Design</th>
<th>Why is it Important?</th>
<th>What to do?</th>
<th>Evidence &amp; Sources of Further Information</th>
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<tr>
<td>Housing is important to the health and wellbeing of all ages. The impacts of poor design can lead to:</td>
<td>• A lack of living space leading to over-crowding and inequalities in housing standards</td>
<td>Design elements:</td>
<td>Good Practice &amp; Case Studies</td>
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<td></td>
<td>• An unhealthy environment in terms of daylight, ventilation and noise. For example reduced natural daylight can cause depression, lack of motivation and ineffective learning</td>
<td>• Does the development provide an element of decent quality, affordable housing?</td>
<td>Morice Town, Plymouth, HomeZones, Click Here</td>
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<td></td>
<td>• Poor energy efficiency and fuel poverty</td>
<td>• Does the development include 'lifetime homes' which can be easily adapted and suitable for all ages?</td>
<td>Further Information</td>
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<td></td>
<td>• Social isolation</td>
<td>• Can the design of the homes reduce fuel poverty by ensuring that the homes are well insulated and energy efficient?</td>
<td>Sustrans: 7 ways to integrate health and place (January 2016) Click Here</td>
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<td></td>
<td>• Low levels of mobility</td>
<td>• Does the design of development and homes provide suitable space?</td>
<td>Spatial Planning and Health Group (SPASHG) – June 2011 – Steps to Healthy Planning Click Here</td>
</tr>
<tr>
<td>It is also recognised that various characteristics of the social, physical and the built environment are likely to be significant in shaping the health-related behaviours of individuals. Health-related behaviours such as smoking, nutrition and physical activity are likely to be influenced by the environmental and socioeconomic context in which they take place. Many of these issues can be overcome by well-designed developments with consideration of the location, density and mix of land uses and the 'designing in' of health and wellbeing as an essential part of the development. Emphasis should also be placed on active travel, multi-functional open space and high quality urban environments to ensure that the setting of the housing and development within the neighbourhood area also contribute to the health and wellbeing of individuals.</td>
<td>• Does the development reduce crime and fear of crime by designing in health and wellbeing elements?</td>
<td>Secure by Design – Design Guide Series <a href="http://www.securedbydesign.com/industry-advice-and-guides">www.securedbydesign.com/industry-advice-and-guides</a></td>
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<td>It is crucial that developments provide affordable housing in a way which is integrated and avoids segregation. Affordable housing should also have equal access to green space provided. This in turn would reduce social isolation. Internal Space is also an important factor when people are choosing a home and has a significant ongoing impact on their quality of life. A lack of space can compromise the basic lifestyle needs that many people take for granted, like having enough space to store possessions, play, exercise or entertain friends. But it can also have more profound knock-on effects on health, educational attainment, family relationships and even social cohesion. In addition, homes need to be accessible and easily adaptable to meet the changing needs of current and future occupiers with adequate consideration given to the varying needs of children, families and older people. It is estimated that poor housing costs the NHS at least £1.3 billion a year due to hazards in the home and medical problems associated with fuel poverty and energy inefficiency. There is a strong causal link between poor housing and falls, chronic health conditions and early death. Poor housing can be a contributory factor to poor health or health conditions' (Local Government Association Report, June 2015).</td>
<td>• Has the development improved water management and reduce flood risk to the development?</td>
<td>Healthy Urban Planning Checklist, 2015 <a href="http://www.healthurbandevelopment.nhs.uk/publications">www.healthurbandevelopment.nhs.uk/publications</a></td>
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<td>• Does the development promote mixed uses offering services to the community – integrating the location of housing with economic uses and community facilities and services? [NPPF, para 70]</td>
<td>• Does the development reduce flood risk and encourage the use of sustainable drainage systems?</td>
<td>Local Government Association Report – Task and Finish Group on Ageing Ageing, the silver lining The opportunities and challenges of an ageing society for local government’ (June 2013) Click Here</td>
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<td>• Is the development connected by walking and cycling networks?</td>
<td>• Has the design of the development considered</td>
<td>Building for Life: The sign of a good place to live (January 2015) <a href="http://www.designcouncil.org.uk/resources/guide/building-life-12-third-edition">www.designcouncil.org.uk/resources/guide/building-life-12-third-edition</a></td>
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<td>• Has the design of the development considered</td>
<td>The layout of the roads and footpaths, inclusion of through roads and the purpose of cul-de-sacs?</td>
<td>Lifetime Homes <a href="http://www.lifetimehomes.org.uk">www.lifetimehomes.org.uk</a></td>
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<td>• Is the security of the dwellings?</td>
<td>-The Footpath design – is it accessible and useable by all?</td>
<td>UK Green Building Council, Health and Wellbeing in Homes (July 2016) Click Here</td>
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<td>• Does the design of development and homes provide suitable space?</td>
<td>-Lighting of the development to avoid any dark areas?</td>
<td>Public Health England - Improving health through the home: a checklist for local plans and policies (2016) Click Here</td>
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<td></td>
<td>• Does the development provide an element of decent quality, affordable housing?</td>
<td>-The use of the communal areas?</td>
<td>Public Health England - Fuel poverty and cold home-related health problems (Evidence Review 7 – September 2014) Click Here</td>
</tr>
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<td>• Does the development include ‘lifetime homes’ which can be easily adapted and suitable for all ages?</td>
<td>-The security of the dwellings?</td>
<td>Houses of Parliament – Creating Age Friendly Cities (Post Note No. 539, October 2016) Click Here</td>
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<td>• Can the design of the homes reduce fuel poverty by ensuring that the homes are well insulated and energy efficient?</td>
<td>Local Planning Authorities:</td>
<td>Glasgow Centre for Population Health – The Built environment and health: an evidence review (December 2013) Click Here</td>
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<td>• Does the design of development and homes provide suitable space?</td>
<td>• Does the Local Plan include policies which specifically address the housing needs of older people as well as considering the needs of other age groups?</td>
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### Neighbourhood and Community Spaces

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| **There is growing recognition that health assets exist at the community level. The social and community network is essential for individuals' health: it can help to build resilience, encourage health-seeking behaviour, reduce loneliness and improve health and wellbeing.** | **Design elements:**  
- Is the development accessible and inclusive for all ages? [NPPF, para 69]  
- Does the development improve access to health care, education, employment, open spaces, social, and leisure and cultural facilities?  
- Are community facilities provided within the early phases of the development to help people feel connected and to provide a local destination? [TCPA]  
- Does the development create attractive amenity space and an aesthetically pleasing and safe [in terms of both traffic and crime]? [NPPF, para 69]  
- Does the development create a strong local identity?  
- Does the development clearly defined spaces, are they public or private spaces?  
- Are the public spaces flexible, long-lasting to support public, cultural and community functions [such as local markets and events], creating engaging places for users and aiding community interaction (including volunteering, informal networks)? [TCPA]  
- Does the development promote diversity? | **Local Planning Authorities:**  
Planning can influence the social aspects of the community by:  
- Ensuring early and sustained community engagement [both developers and planning authorities]  
- By using the JSNA at the locality level to identify community needs  
- Providing the physical infrastructure [amenities and facilities] and environmental conditions to support the creation of community networks  
- Encouraging development that fosters social interaction through design  
- Delivers safe, well maintained and attractive public places  
- Creating social bonds and sense of community through the enablement of:  
  - Social interaction  
  - Civic engagement  
  - Personal recreation  
- Increasing social connections through parks, public spaces and mixed-use communities  
Planning should be mindful of the concept of Social Equity  
- Everyone has access and the ability to meet their needs in their community  
- Everyone has the ability to remain in their community throughout their lives  
- Everyone has many housing options at different price levels  
- Everyone has access to neighborhood centers that support jobs, commercial activity, and amenities | **Further Information**  
National Planning Policy Framework [2012]  
Secured by Design – Design Guide Series [Click Here]  
TCPA Planning healthy-weight environments December 2014 [Click Here]  
Local Government Association Report – Task and Finish Group on Ageing ‘Aging: the silver lining The opportunities and challenges of an ageing society for local government’ (June 2015) [Click Here]  
Building for Life: The sign of a good place to live (January 2015) [Click Here]  
Housing Learning and Improvement Network (LIN): Active Ageing and the Built Environment, supported by Public Health England [February 2016] [Click Here]  
UK Green Building Council, Health and Wellbeing in Homes [January 2016] [Click Here]  
Houses of Parliament – Creating Age Friendly Cities [Post Note No. 539, October 2016] [Click here]  
Royal Town Planning Institute (January 2017) Dementia and Town Planning, [Click Here]  
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### Issues & Themes

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<tr>
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<td>There is a clear link between how active people are and loneliness, poor mental and physical health. There are three key issues in this theme.</td>
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<tr>
<td><strong>Active Travel – Increased physical activity and reduce obesity.</strong> It has been recognised nationally and locally that there is a need to increase levels of physical activity. Sustainable and active travel is a core component of this and planning for future growth has the potential to address significant challenge of short journeys being made by car, particularly in urban areas.</td>
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<td><strong>Air Quality linked with congestion, asthma and other related diseases.</strong> Improved movement and accessibility can reduce traffic congestion, carbon emission and road causalities whilst improving the local air quality, improve social cohesion and public realm and quality of life.</td>
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<td><strong>Mental health, social and rural isolation.</strong> A key element of the Government’s vision for social care is to tackle loneliness and social isolation, supporting people to remain connected to their communities, friends and families. This is important across all parts of society, but particularly resonates with the needs of the elderly and adults with both mental and/or physical disabilities. Transport, in particular public transport, can offer a vital lifeline for these people – for those living both within urban centres and Hertfordshire’s more rural communities. Accessible public and sustainable transport that meets the needs across all stages of our lives. Developers should refer to existing guidance documents Roads in Herts/Passenger Transport in New Developments and Manual for Streets for design specifics but should also consider whether opportunities for active travel included from the outset.</td>
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| **What to do?** |
| **Design elements:** |
| • Sustainable Transport Infrastructure – Is the development balanced between vehicles and pedestrians? Are spaces both usable and accessible spaces which encourages prioritisation of pedestrians and other sustainable modes of travel? |
| • Active Travel |
| • Does the development integrate active travel routes into interlinking, multi-functional green and blue infrastructure throughout and beyond the development footprint? |
| • Has the development promoted the creation of safe, pleasant walking and cycling options, increasing community interaction and physical activity? This could be through limiting traffic speeds and traffic noise [SPAHG]. |
| • Does the development ensure that enough secure cycle parking is provided for the development which is covered, secure and well located by entrances? Does the development allow for the provision of showers, changing facilities and lockers as standard? |
| **Connectivity and Urban Permeability** |
| • Does the design utilise street layout and improve connectivity? |
| • Does the development increase public transport provision from major employment centres to surrounding residential areas and accessibility to bus stops? |
| • Does the development connects to existing public rights of way, including cycle path networks which may be more direct than car routes and clear signage with walking distances and times provided? Developer contributions will be sought where appropriate to enhance access to buses (funding new services / service enhancements and infrastructure), walking and cycling (through Rights of Way and Highways projects). |
| • Does the development set out a comprehensive travel plan for the promotion of sustainable transport and active travel measures, targets for modal shift and a strategy for monitoring this? |

### Evidence & Sources of Further Information

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| Local Economy and Employment | A lack of access to essential services and employment can have a negative effect on health and wellbeing. Access to employment is one of the wider factors of health and wellbeing, with unemployment linked to deprivation and plays a role in health inequalities. Essential services can include primary schools, general practitioner (GP) surgery and other community facilities. Creating a better built environment can support and promote employment, educational achievement, better health and improved social mobility (RTPI, 2016). Increasing the in skill levels within the community can help increase level of income into the community, with access to employment opportunities and access to education/skills being determinants of good health and wellbeing. Ensuring there is good accessibility to employment that is appropriate for different stages and needs throughout adult working life is crucial. Fundamentally, a healthy population is one that has the potential to be a healthy and productive workforce for industry. This is key to attracting and retaining businesses and developing dynamic and diverse communities that are sustainable for the future. Many people live within a relatively short commute to their place of work, so the connection between workplace health in local businesses and population health in the wider community is very close. | Design elements:  
- Does the development improve access to public services (including health care), education, employment and local infrastructure?  
- Does the development enhance the viability of the local centre by providing a more diverse retail offer and access to other services? [TCPA]  
- Are the areas of employment and the town centre easy to reach on public transport or via walking and cycle networks? [TCPA]  
- Do the facilities provide for example secure cycle storage, toilets or shower facilities? [TCPA]  
- Does the development offer job opportunities and training for local people? [TCPA]  
- Does the development provide a safe environment for those working outdoors and travelling to and from work at night time? | Local Planning Authorities:  
- Does the Local Plan policy set out an expectation that new development will provide inclusive, non-car reliant, means of access between employment zones, new communities and public transport hubs?  
- Does the Local Plan require new commercial/business/industrial zones or town centre regeneration to provide accessible, inclusive, safe, well maintained and sustainable infrastructure for non-car users?  
- Does the Local Plan policy encourage developments that offer skills and training to local communities?  

Good Practice and Case Studies  
Well planned improvements to public spaces in town centres can boost trade by up to 40% and generate significant private sector investment. Living Streets. Click Here  
Physical inactivity costs the health economy in Herts more than £16 million per year (excluding costs relating to obesity and mental health conditions). UK Active (2014) Turning the Tide of Inactivity. Click Here  
Maintained cycle commuting in Cambridgeshire has been associated with reduced sickness absence [1 day per year]. Mytton et al (2016) Longitudinal associations of active commuting with wellbeing and sickness absence, Preventive Medicine 84 (2016) 19–26 Click Here  
Further Information  
Spatial Planning and Health Group (SPAHG) – June 2011 – Steps to Healthy Planning Click Here  
Poverty, Place and Inequality, Royal Town Planning Institute [May 2016] Click Here  
TCPA Planning healthy-weight environments: a TCPA reuniting health with planning project (December 2014) Click Here  
The Building Better Places report (2016) states that ‘evidence has illustrated that a poor quality built environment and poor quality places can have significant negative impacts on health, wellbeing, prosperity and happiness. For example, the loss of biodiversity and lack of access to green space can result in direct negative impacts on mental and physical health.

The link between access to green space (including open space and recreation) and health and wellbeing is highlighted within national policy which states’ access to high quality open spaces and opportunities for sport and recreation can make an important contribution to the health and wellbeing of communities’ (NPFFP, para 73).

Three main benefits from access to good quality open and green spaces for health and wellbeing include:

1. increased life expectancy and reduced health inequality
2. improvements in levels of physical activity and health
3. promotion of psychological health and mental well-being (Forest Research, 2010)

‘Creating green spaces and better connections between people are just two of the ways urban planners can improve mental health’ (O’Hara, 2016). But there are also many opportunities to support the health and wellbeing of all ages through public and open spaces. Well-designed outdoor spaces can facilitate social interaction, provide for physical activity and enable continued learning (LDA Task and Finish Group on Ageing, June 2013).

Green Infrastructure, if provided in close proximity to people’s homes, is well maintained and meets the needs of local community can have a positive role in public health and wellbeing. As stated, it can help to reduce health inequalities. According to Defra, people in deprived areas are six times less likely than those in affluent ones to describe their area as ‘green’. Green infrastructure can help to lower stress levels and encourage exercise by providing local, safe and inspiring places for recreation’ (Landscape Institute, 2013).

Evidence shows that exposure to the natural environment positively affects physical health and mental wellbeing, influencing health conditions such as obesity, mental health, circulatory disease and asthma, which are significant factors in relation to health inequality. (Natural England, 2016 and Forest Research, 2010). High quality environments should, where possible, include access to good green spaces, high visual amenity, and provide access to services needed for people to undertake the optional and social activities which contribute so much to physical and mental wellbeing and community life.

Strong associations have been found between access to green space and higher levels of physical activity. It has been widely recognised that low levels of physical activity needs to be increased and one way this can be improved is through access to open and play space, or through green infrastructure for example, using parks for recreation or leisure, green gym schemes or urban greening increasing the amenity value can encourage walking and cycling and help to encourage physical activity. (NPFFP, para. 73).

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The provision for open space and green infrastructure is a significant way in which health and wellbeing can be improved.

- Is green infrastructure included which is both usable and accessible?
- Does the green infrastructure encourage prioritisation of pedestrians and other sustainable modes of travel for accessing adjoining areas?
- Does the development integrate, conserve and enhance existing green infrastructure and open spaces for example, semi-natural woodland, wildflower rich grassland and water courses?
- Does development design ensure outdoor play opportunities are well-utilised and, in particular, the creation of environments which encourage child-led free play outside of formally designated areas?
- Will the public or private spaces be clearly defined?
- Are the open public spaces engaging, welcoming and accessible to encourage social engagement?
- Are the open spaces accessible and inclusive to all residents not just the properties immediately adjacent – are they overlooked, visible and on a route to somewhere?
- How will the green space provision be managed and maintained long term avoiding neglected spaces falling out of use? Has the ownership and ongoing enhancement been planned for?
- Has equitable access to open space in flattened developments been included?
- Does the development enable informal outdoor play?
- Is play, recreation and public open space at the heart of the development?
- Does planned planting scheme follow good practice in species choice, maximising use of materials sourced from native seed and grown within the UK; avoiding the risk of importing invasive, non-native pest species and disease?
- Does the multi-functional green infrastructure interlink to form logical networks of corridors for people and for wildlife?

Local Planning Authorities:

- Local plans should take account of and support local strategies to improve health, social and cultural wellbeing in regards to access to the local environment.
- Where possible, ensure that existing urban and rural green space/green infrastructure are preserved and enhancement or creation of new areas are developed to encourage public access (Forest Research, 2010)
- Consider highlighting direct links between access to nature and community health and wellbeing within Local Plans and policies in order to effectively promote the importance of conserving greenspaces in urban and rural areas and promoting good access to nature (Wildlife Trust, 2015).
- An expectation of developers should be set out within policy that the provision of open space and green infrastructure should come forward at an early stage of development to encourage healthy, sustainable behaviours from the outset.