



Office for Health
Improvement
& Disparities

Planning for healthy and thriving communities

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Planning Officers' Society Annual Conference

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1. Successes and challenges of our population's health

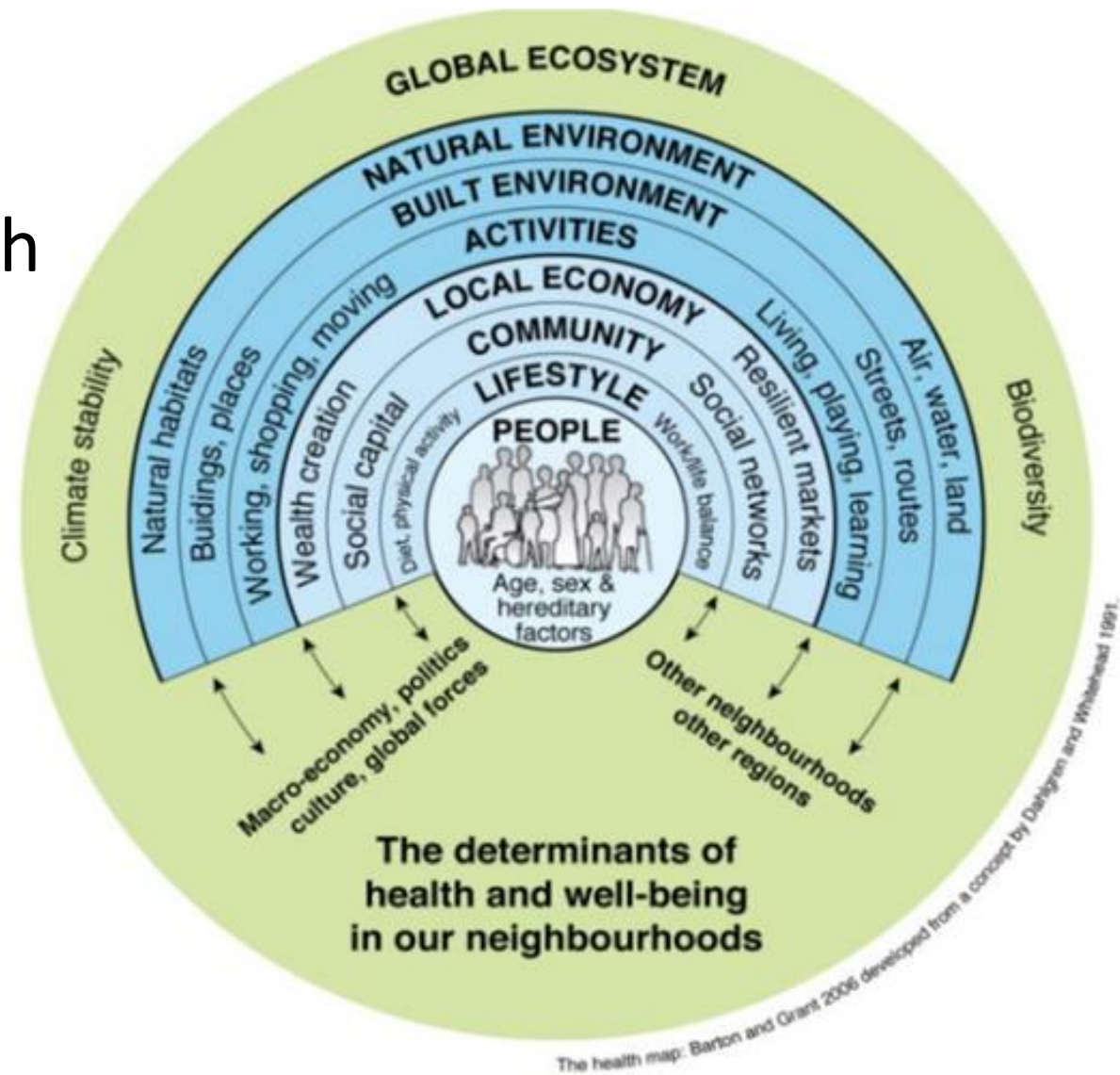


The last 170 years have been the most transformational for health in human history



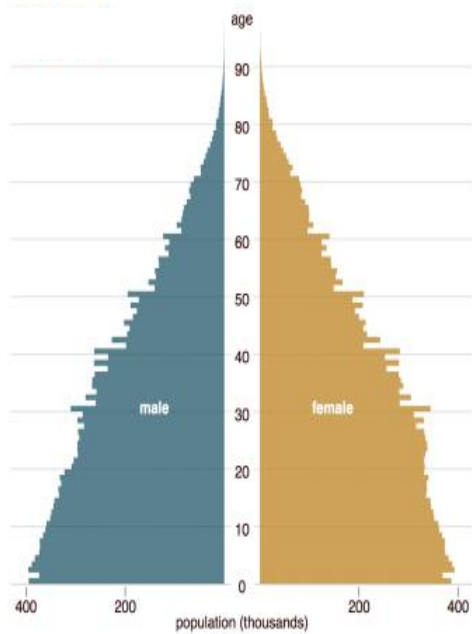
England/UK life expectancy since 1600.

The built and natural environments are key drivers of the public's health and wellbeing

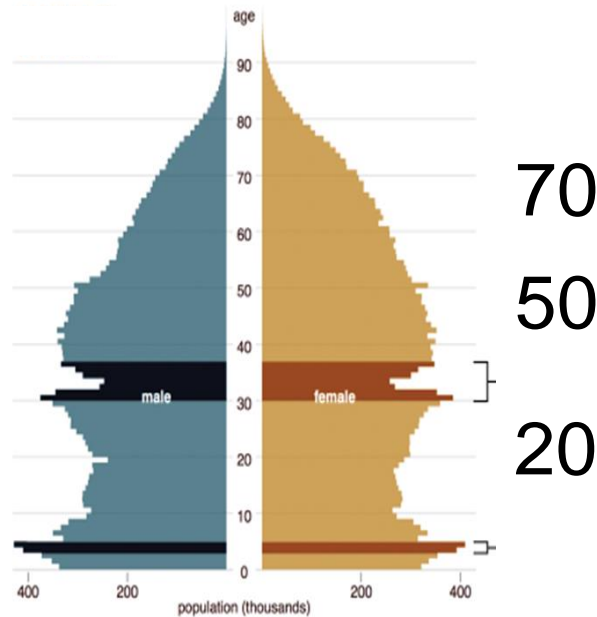


The UK is now an ageing society

1911



1950

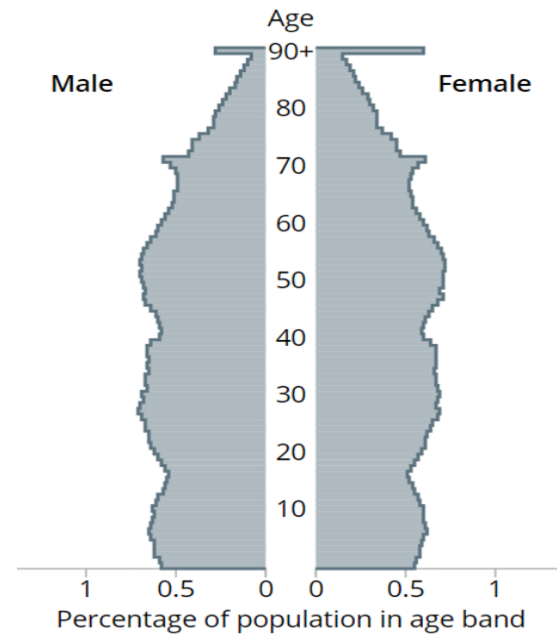


70

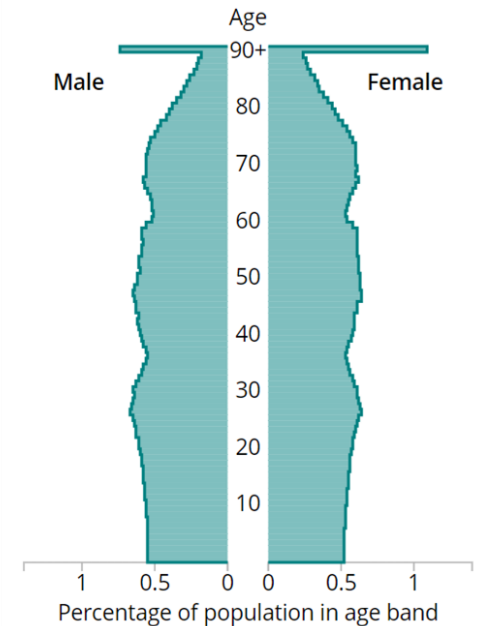
50

20

2018



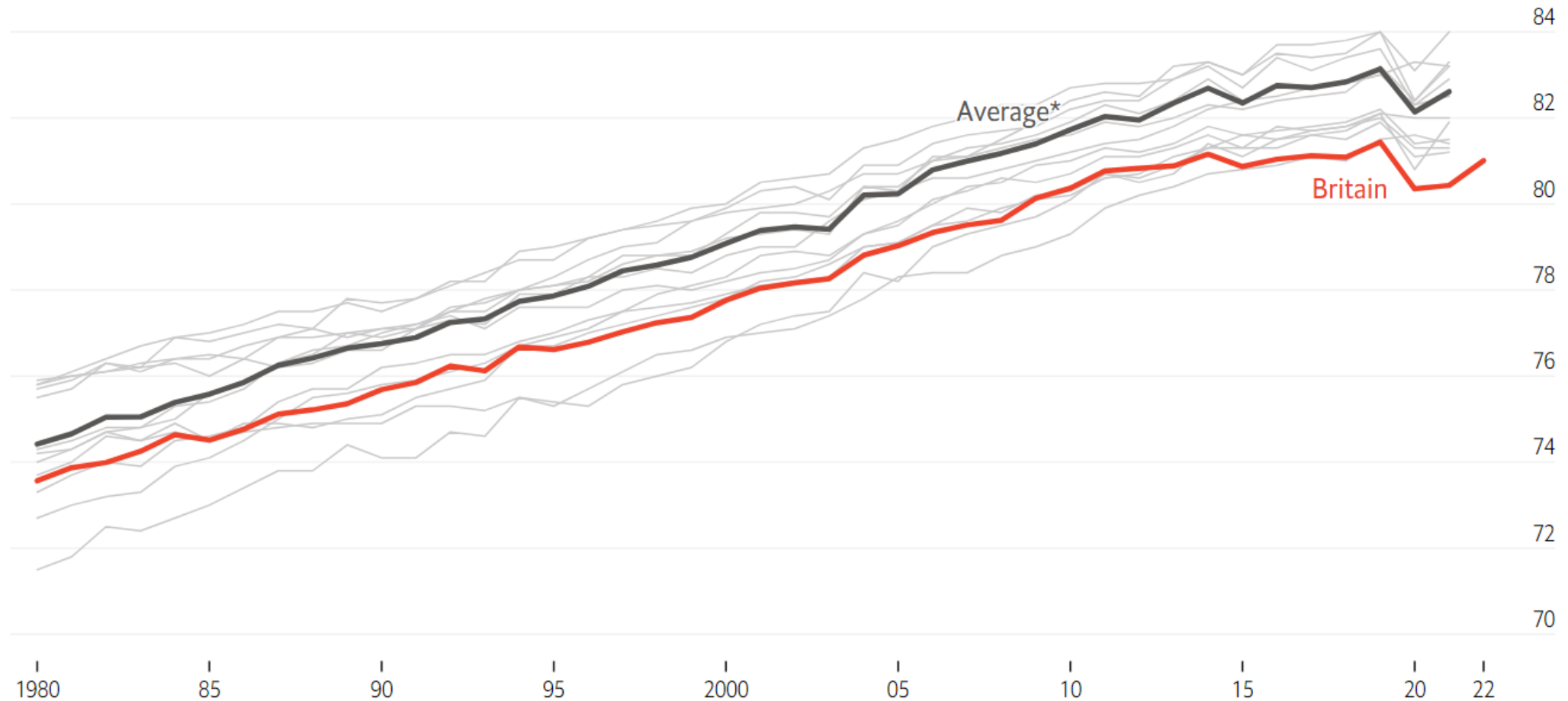
2038



The UK is an ageing society – though cities will remain young

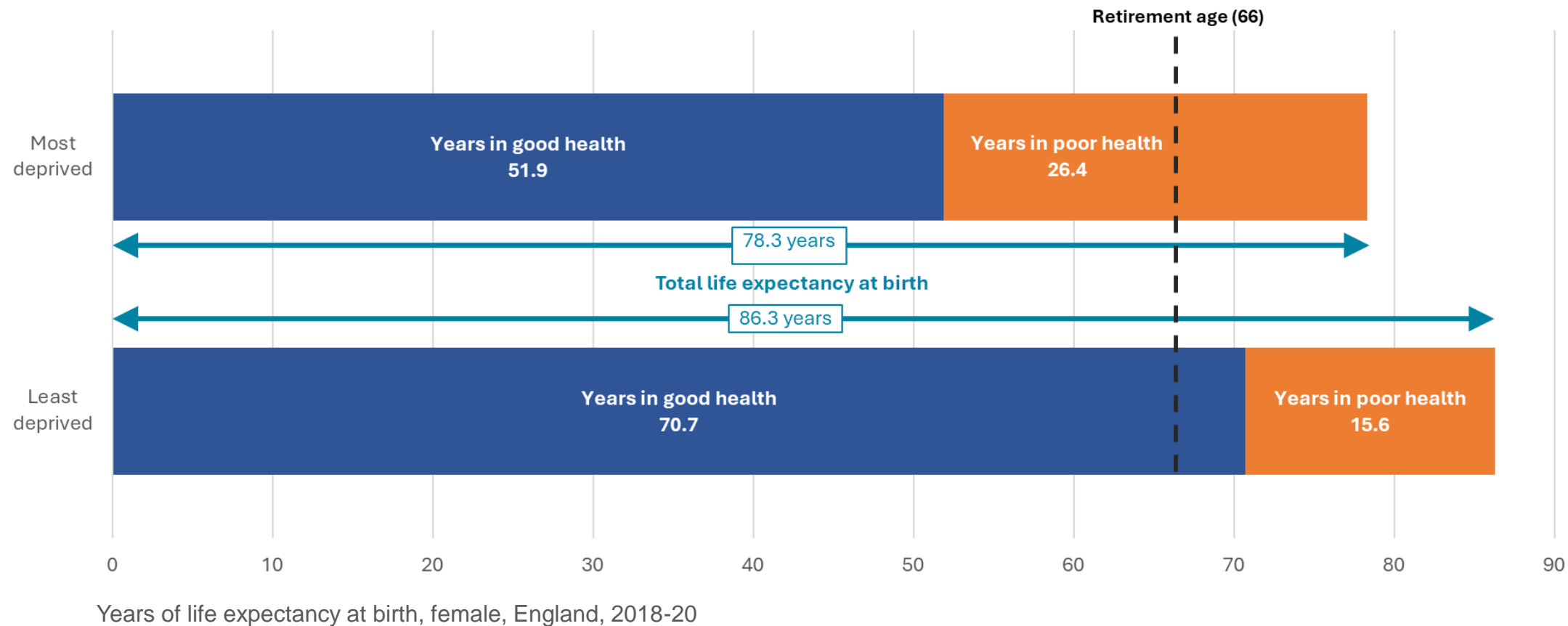


UK life expectancy is now lower than comparable to other European countries

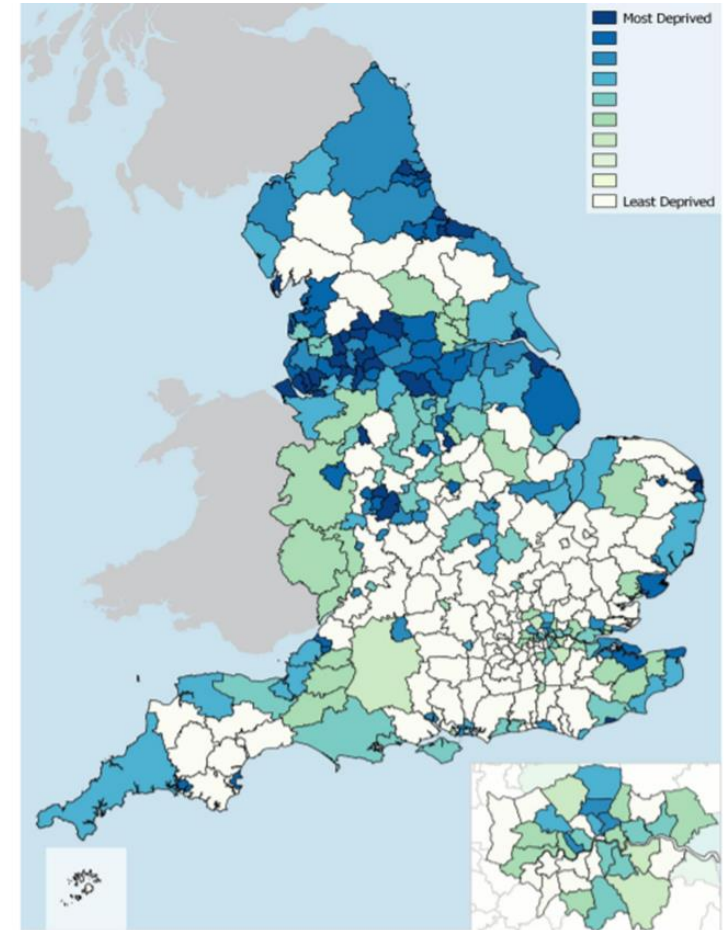
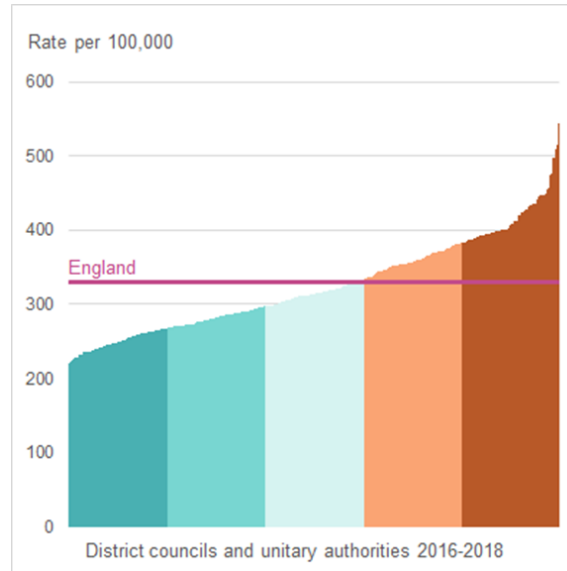
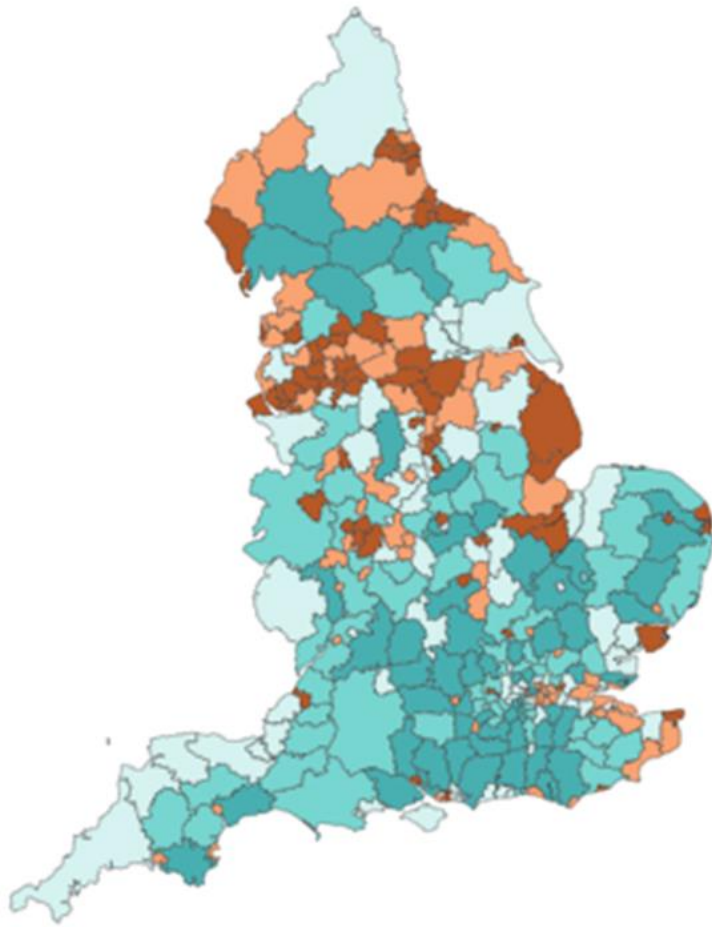


*Population-weighted average of Austria, Belgium, Denmark, Finland, France, Italy, Netherlands, Norway, Portugal, Spain, Sweden, Switzerland

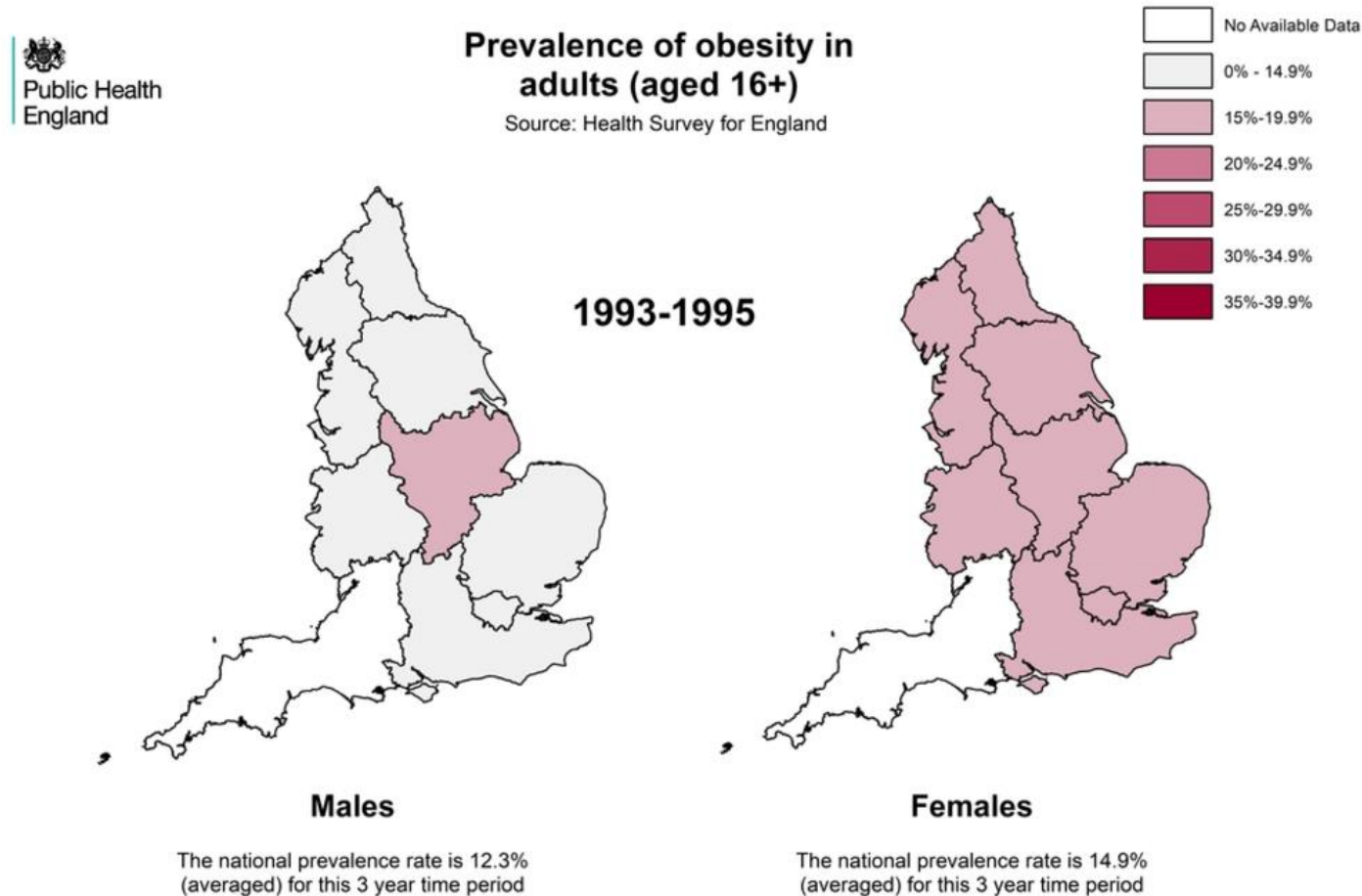
Inequalities in the number of years lived – and those years lived in good health



Under 75 year mortality (L 2016-18); relative deprivation (R)



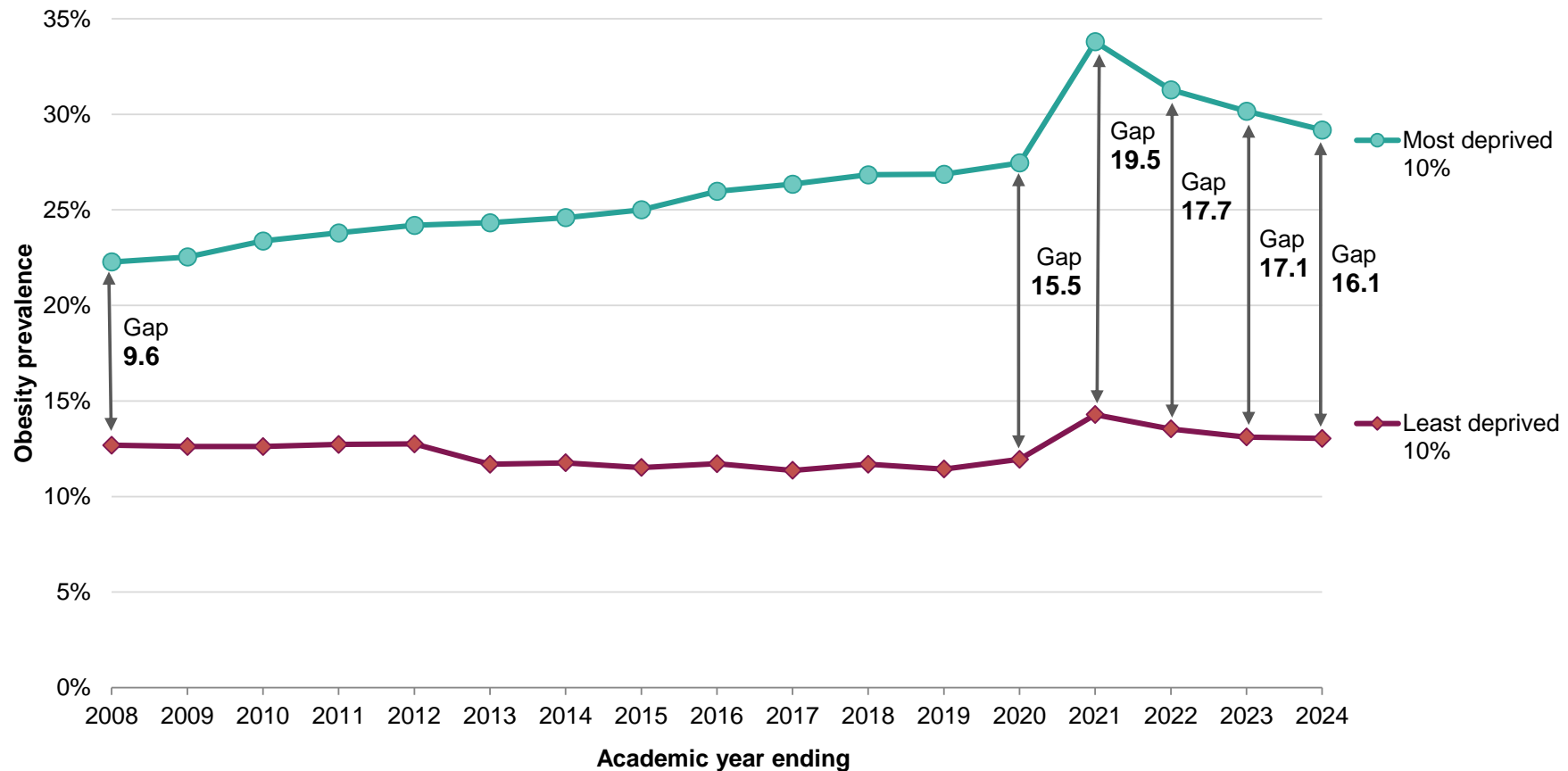
Adult obesity prevalence has almost doubled over the last two decades



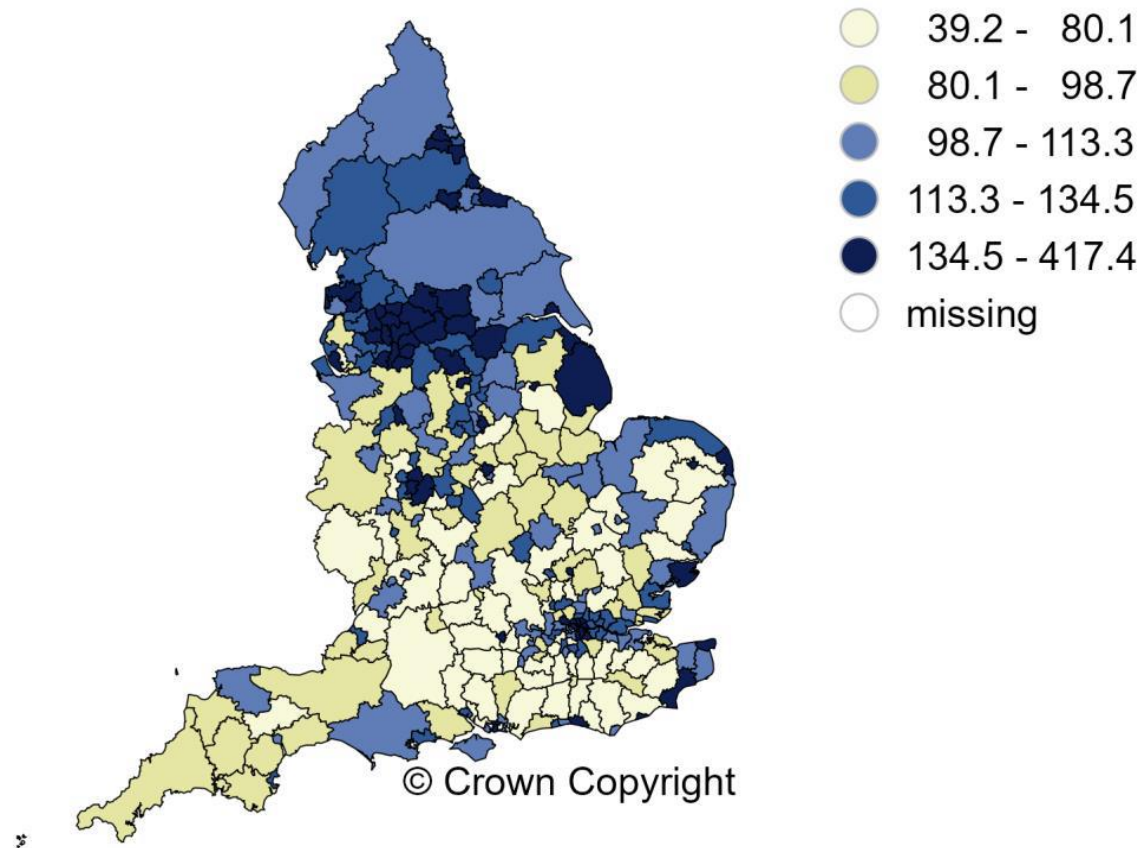
2010 and 2011 data is calculated by SHA. Combining South East Coast and South Central SHA equates to South East GOR
Adult obesity BMI $\geq 30\text{kg/m}^2$ © Crown copyright and databases rights 2020 Ordnance Survey 100020290

[1] PHE.

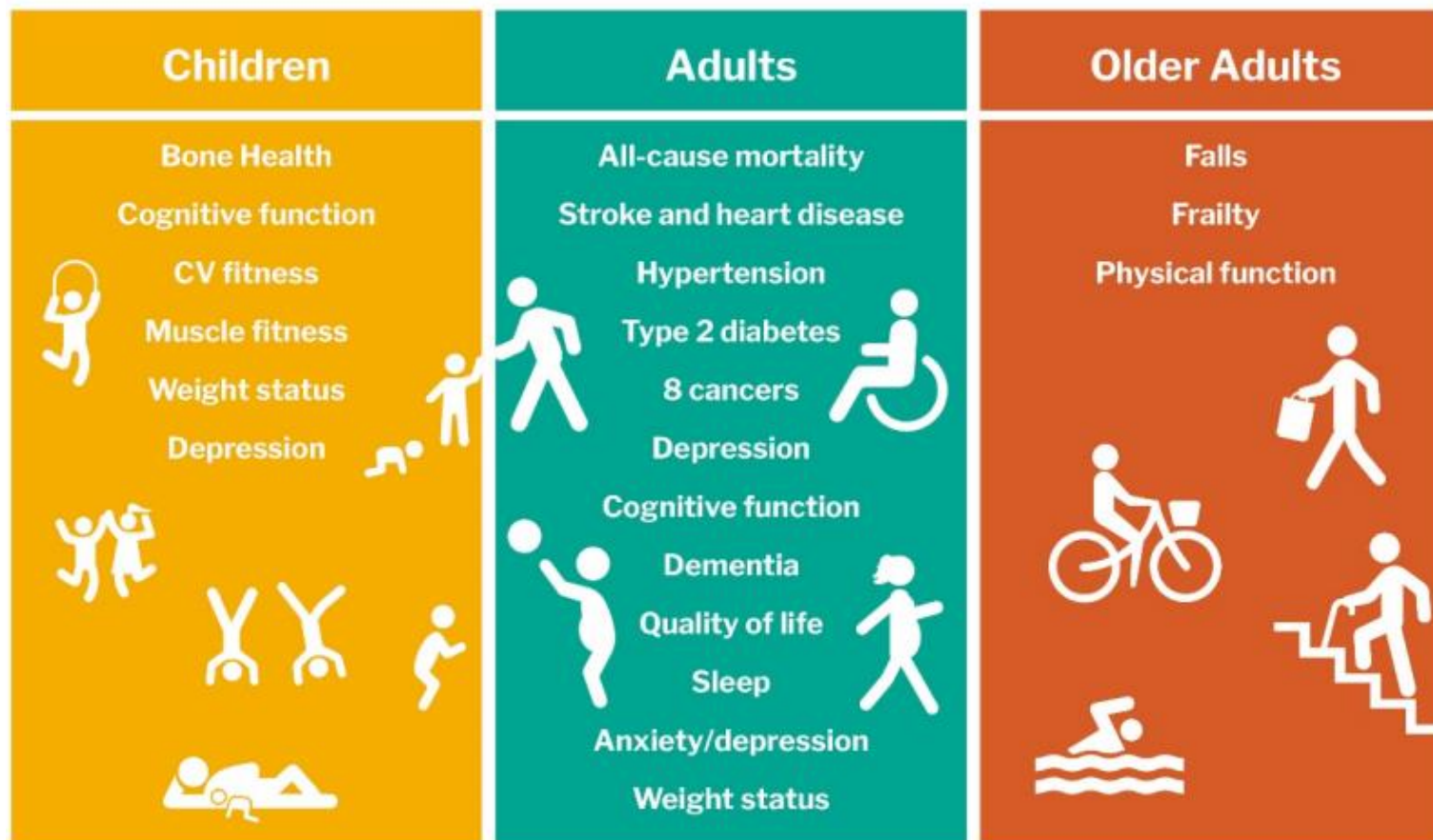
The difference in childhood obesity between the most and least deprived, year 6.



The density of fast food outlets is greatest in cities, some coastal areas – and more deprived areas

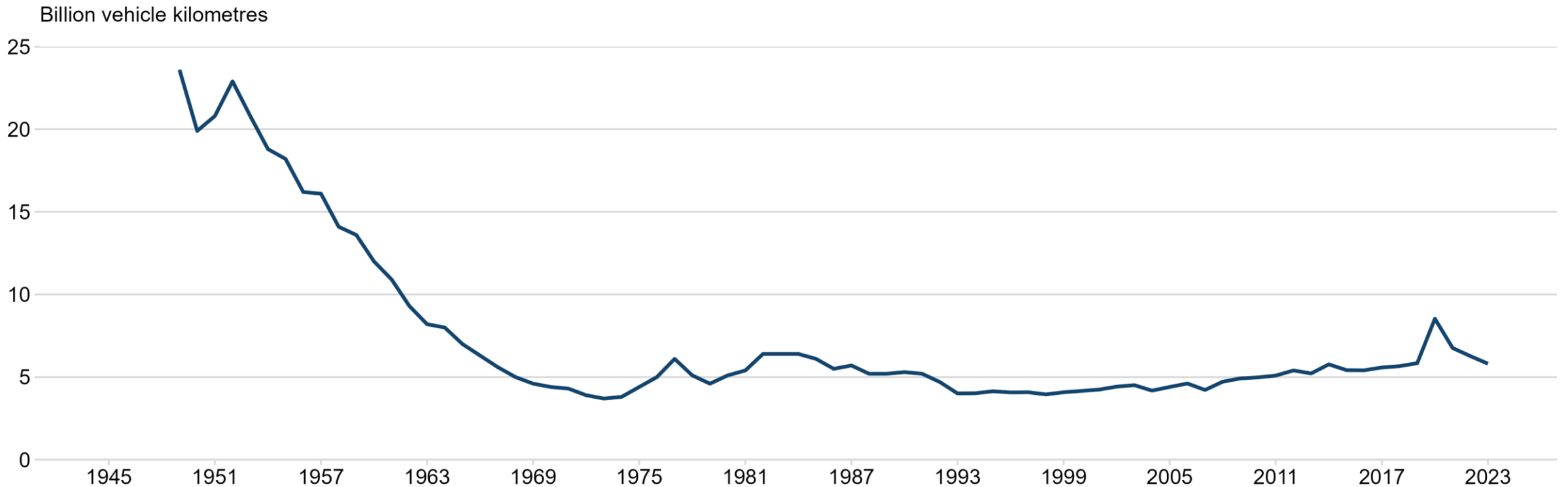


Physical activity has health benefits across the life course; it is cumulative and helps prevent disease and early death



Cycling was a common form of transport but declined with the rise of motor vehicles

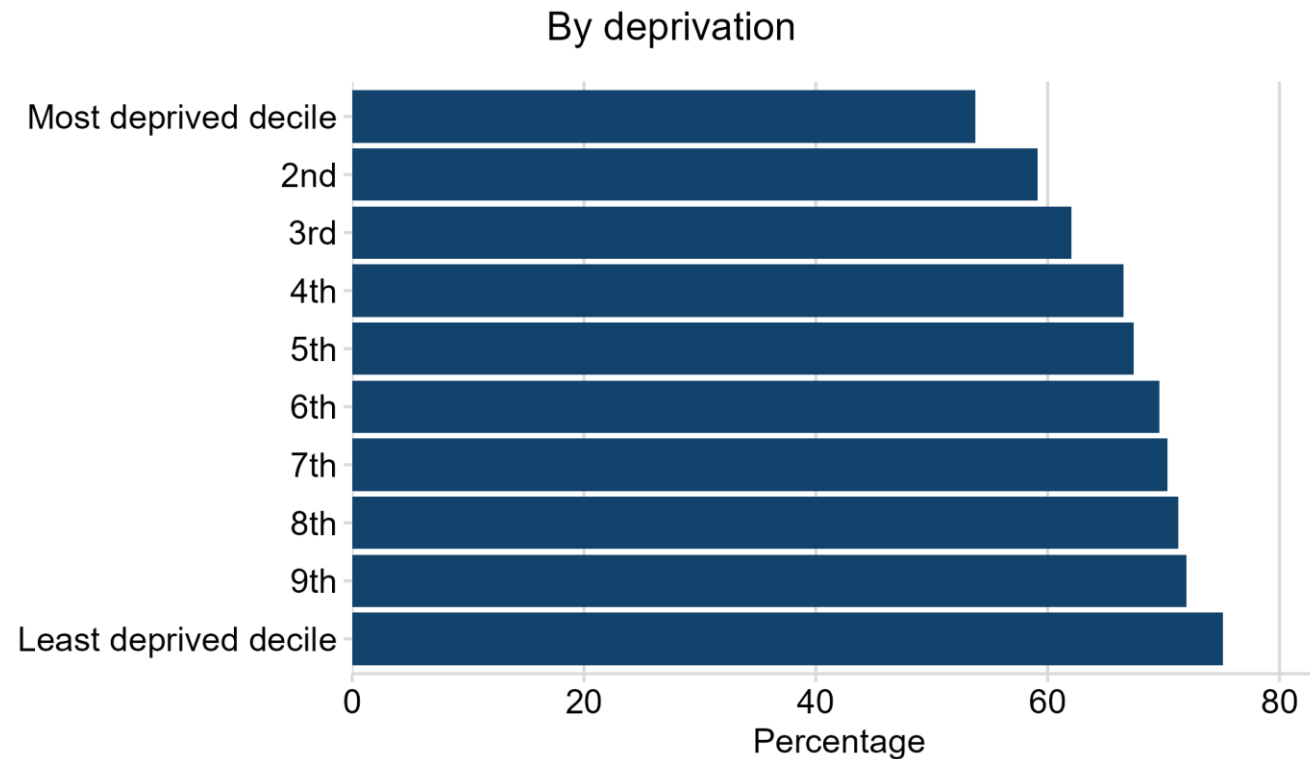
Cycling trend



Pedal cycle traffic (vehicle kilometres) in Great Britain, annual, 1949 to 2023.

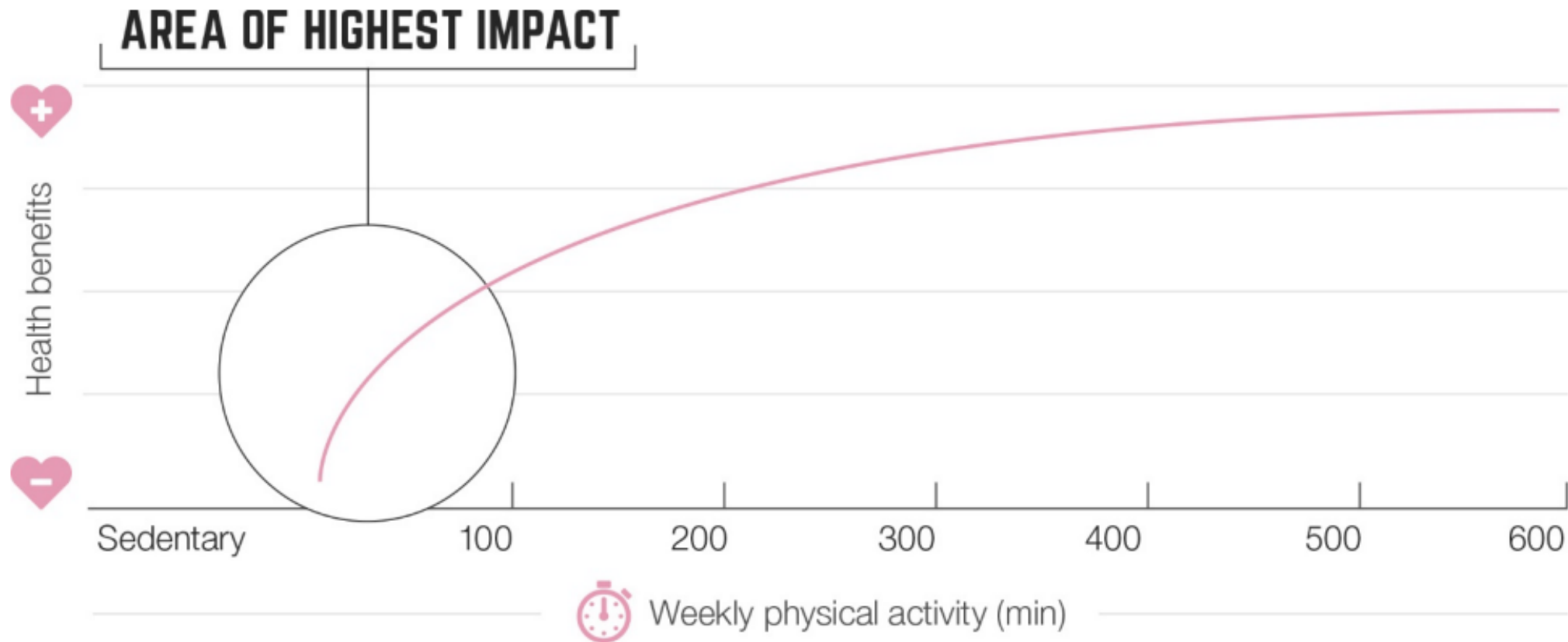


The proportion of physically active adults is lower in more deprived areas

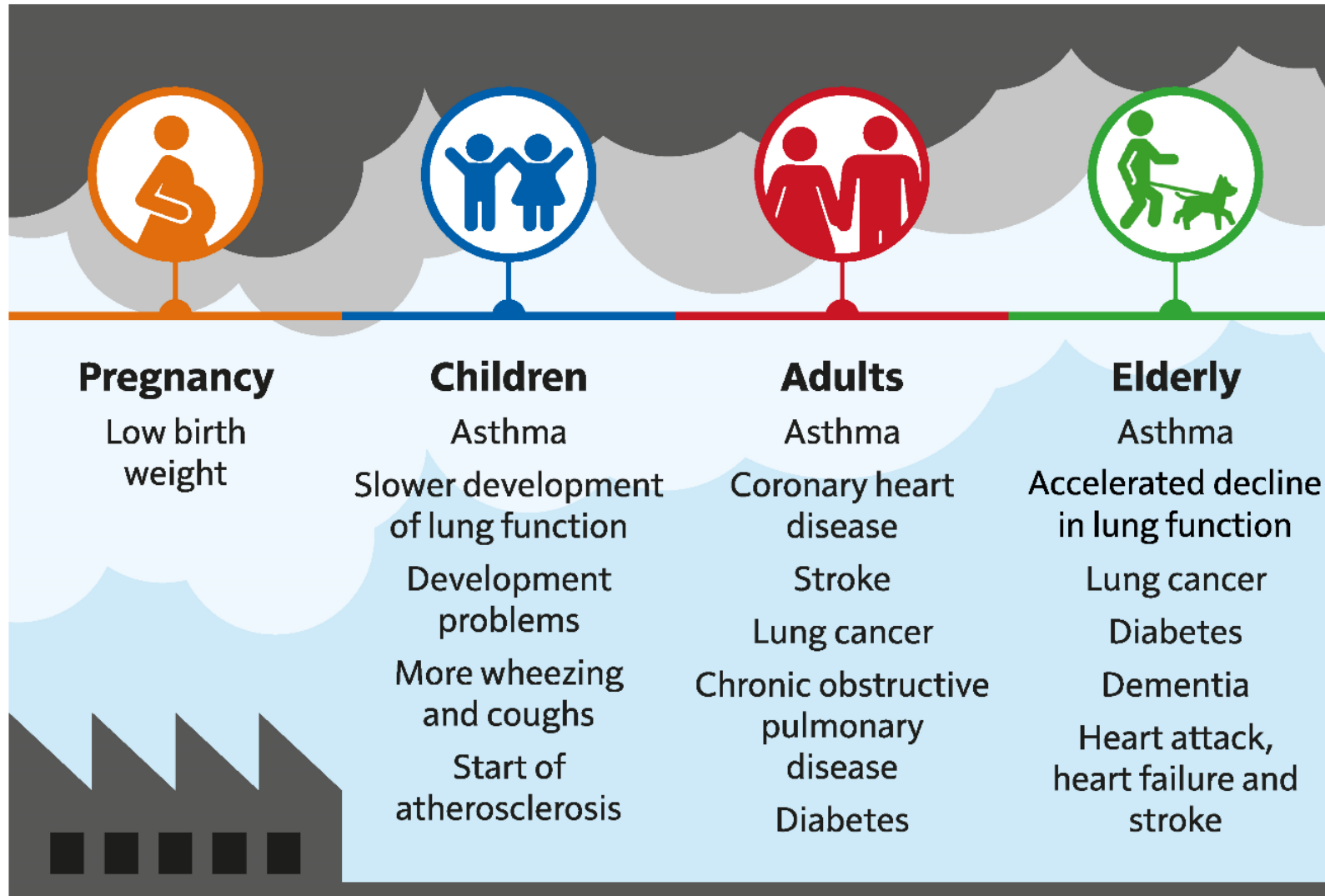


% adults physically active by Index of Multiple Deprivation (IMD) deciles of LSOAs, England, survey year 2023/24. Physically active is defined as doing at least 150 minutes of moderate intensity activity per week in bouts of 10 minutes or more in the previous 28 days.

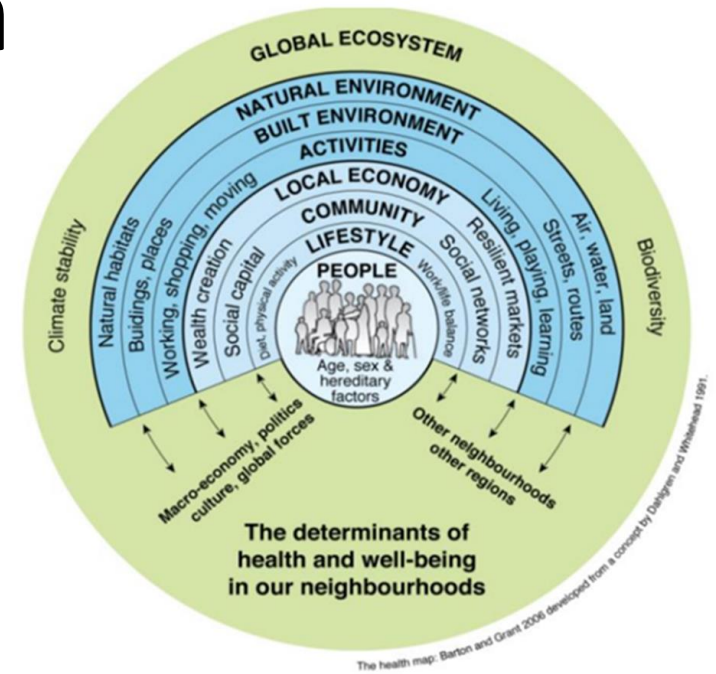
The greatest health benefits come from inactive people becoming moderately active.



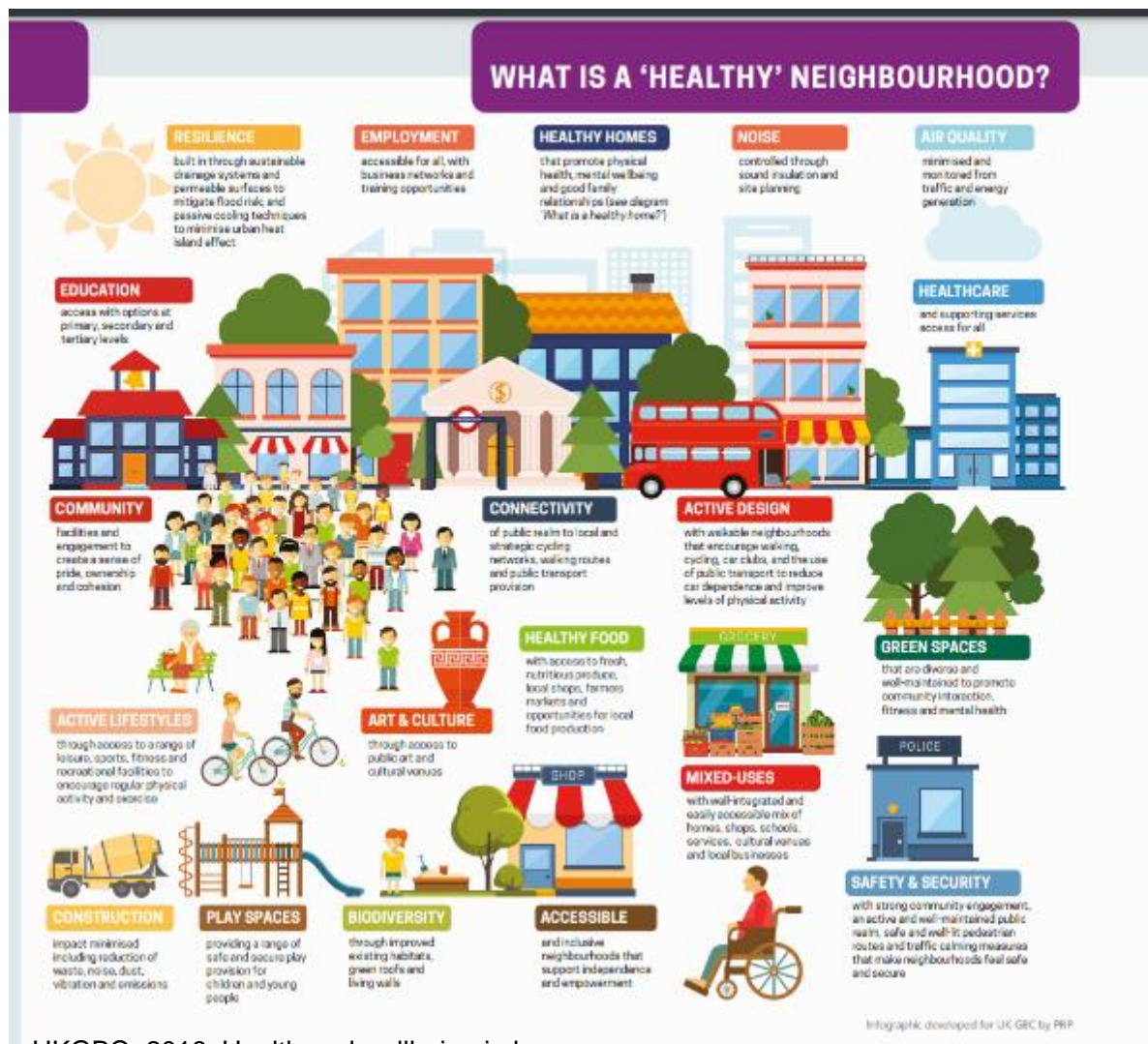
Health effects of air pollution throughout life



2. Planning has a key role in creating healthy and thriving communities and improving the wider determinants of population health



We can plan for healthy neighbourhoods



UKGBC, 2016. Health and wellbeing in homes

Five aspects of the built and natural environment can be directly influenced by planning:

- neighbourhood design
- housing
- healthier food
- natural and sustainable environment
- transport

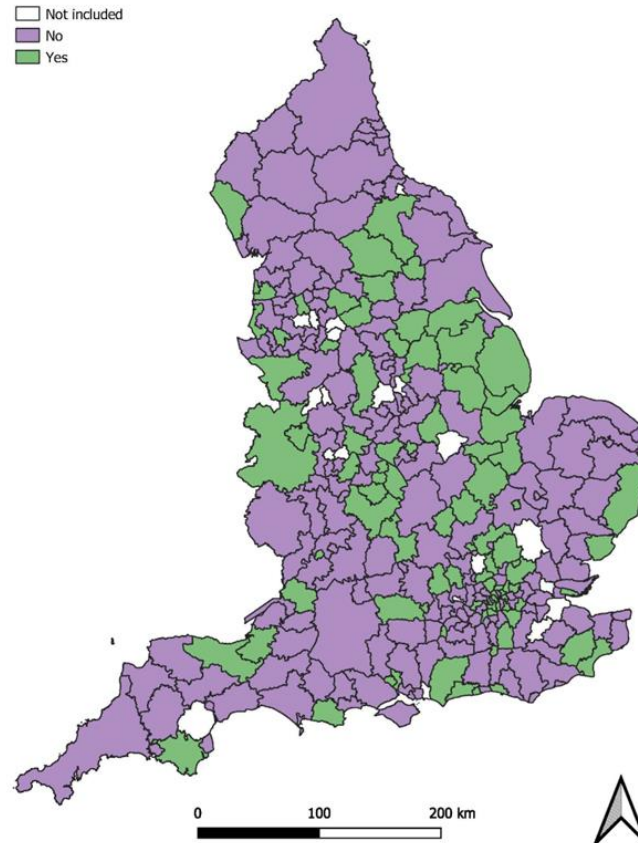
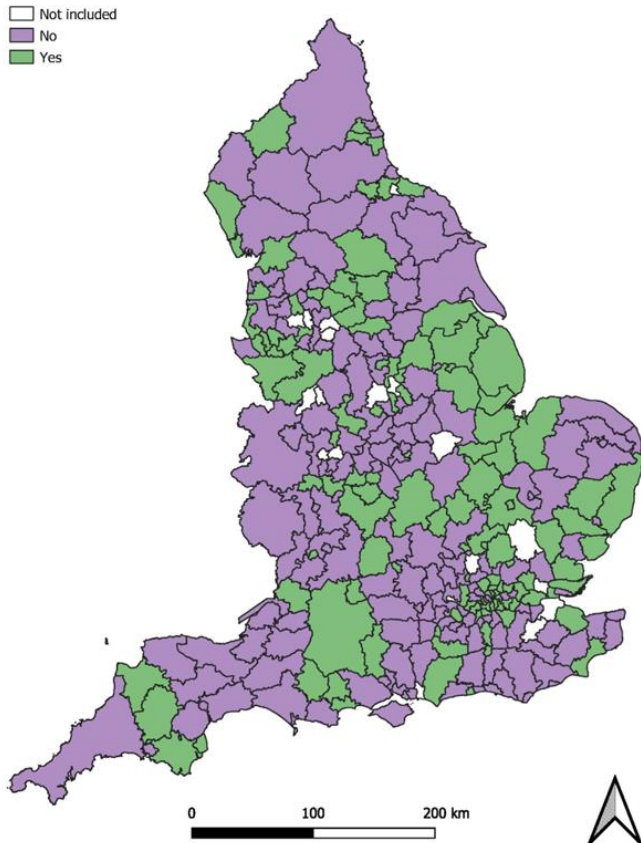
A healthy neighbourhood can be achieved through the NPPF, local plans, local design guides and codes, and responsive planning decisions, including planning appeals.

[Spatial Planning for Health: an evidence resource for planning and designing healthier places](#)

Health is only being considered in a third of Local Plans

Link to Joint Strategic Needs Assessment

Link to Joint Health and Wellbeing Strategy



National Planning Policy Framework requires policies to take into account identified local authority health needs and strategies.

A health census of current local plans in 2023 found:

- 36.4% of local plans referring to identified local health needs
- 29.2% referring to priorities in the local health strategy

There is still much for us to do to raise awareness and support locally-led and place-based approaches to planning for health.

Embedding health as a central pillar in the vision and delivery of future New Towns as part of the government's commitment to build 1.5million homes



Letchworth Garden City



Summary

- There are demographic and health trends shaping our country and our local communities
- The built and natural environments are key drivers of the population's health and wellbeing
- Local areas' Joint Strategic Needs Assessments and Health and Wellbeing Strategies capture local demographic and health trends and should inform planning policy
- Planning has a key role in contributing to healthy and thriving communities – policy and guidance needs to recognise and ensure join up of this strong relationship

