

# How can existing places and new development support health and wellbeing?

## Healthy lifestyles

Whilst many residents lead healthy, active and prosperous lives, the Uttlesford Health & Wellbeing board has identified

### 5 key priorities

1. Combatting loneliness, rural and social isolation
2. Supporting people to age well - falls in the over 65s and increasing levels of people living with dementia are particular concerns
3. Enabling people to eat well and be active – 55% of residents are overweight and only 22% of adults in Uttlesford are doing enough physical activity. Increasing preventable diseases e.g. type 2 diabetes and obesity are of concern
4. Alleviating winter pressures and fuel poverty
5. Planning for healthy communities

**How can we enable you to take more exercise, eat healthily and nurture mental wellbeing?**

## Leisure

With growth in new homes and jobs it is essential that the Council understands what new community and social infrastructure is necessary to support this growth across rural communities.



### Open space:

Approximately 97% of the district is agricultural land, mostly arable. Green and blue spaces are important for healthy lifestyles and adapting to climate change. Uttlesford has 283 accessible open space sites, equivalent to 684 hectares and 73% are of reasonably good quality. **How could open space be made more accessible or improved?**



### Vibrant town & village centres:

Uttlesford has 2 market towns and many large and small villages. **What buildings and open spaces encourage a sense of community and help prevent social isolation?**



### Sports and play facilities:

Overall there is good provision of sports and facilities and provision of children's play space but demand is high and there are gaps in provision. **What types for sport, recreation and play facilities should the Local Plan prioritise?**

## Culture

Heritage and culture are important in creating a sense of place.

Uttlesford has a rich mix of historic places and music and arts venues, including commercial venues, annual festivals through to community groups and events.



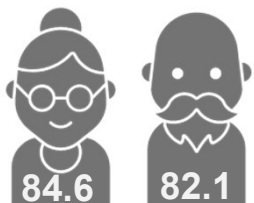
**Please tell us what arts and cultural facilities you value.**

**Does Uttlesford lack venues for culture, arts and adult education and if so what and where are they needed?**

# Facts about Uttlesford

**91,284**

Population in 2019  
(ONS estimate)



Uttlesford is expected to see a 32% increase people aged over 65 between 2015 and 2025.

The average life expectancy is higher than the average for England.

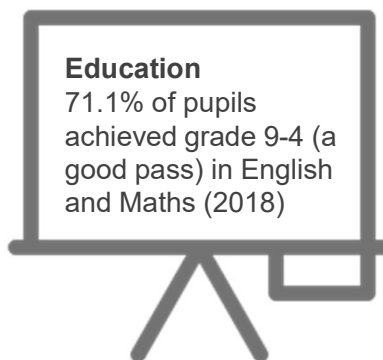


Uttlesford is the **largest and least densely populated** local authority in Essex, with 137 residents/km<sup>2</sup>. The average travel time to local services is 23.7mins, the second highest travel time in Essex.



**Weekly income** is £20.90 above the average for Essex and £64.60 above the England average.

**Unemployment** in the District is lower than the national average (1.4% for the district compared with 3.8% for England).



50.1% achieved a strong pass at GCSE. This is higher than the England average (59.1%, 39.9%) and Essex (63.3% and 40.7%) and are the second highest levels in the county.



Priorities include tackling homelessness or overcrowding. 16 people were in temporary accommodation (June 2019).



## Mental Health

Estimated 7.67% of children aged 5-16 have prevalence of any mental health disorder – the third highest district in Essex (2015).

## Social Interaction

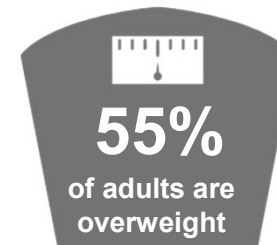
9 of our 60 parishes do not have a village hall.

## Active Sport in Uttlesford includes:

34 football clubs  
26 cricket clubs  
11 tennis clubs



9 bowls clubs  
6 Netball clubs  
2 Swimming clubs  
2 Rugby Union clubs  
1 Hockey club  
1 Badminton club  
1 Gymnastic club  
1 Squash club  
1 Indoor Bowls club



55.32% of adults over the age of 19 were overweight or obese in 2016/17. This is lower than the rate for Essex and England.



## Healthy eating

There are 3 places with a weekly market. 23 of our 60 parishes have allotments.

