



Uttlesford Community Forum meeting

Planning healthier places

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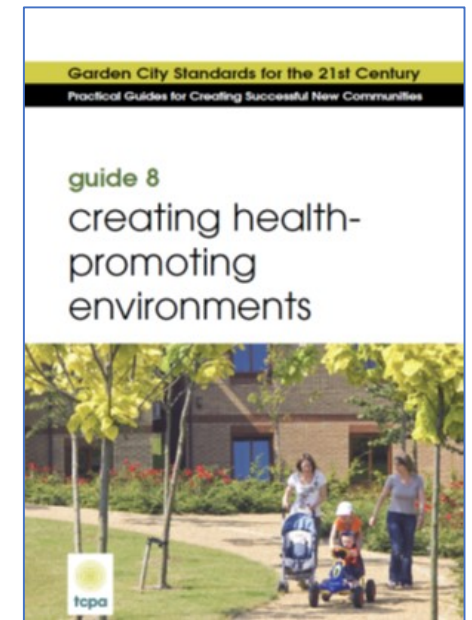


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Town & Country Planning Association

‘To challenge, inspire and support people to create healthy, sustainable and resilient places that are fair for everyone.’

www.tcpa.org.uk





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What is health?



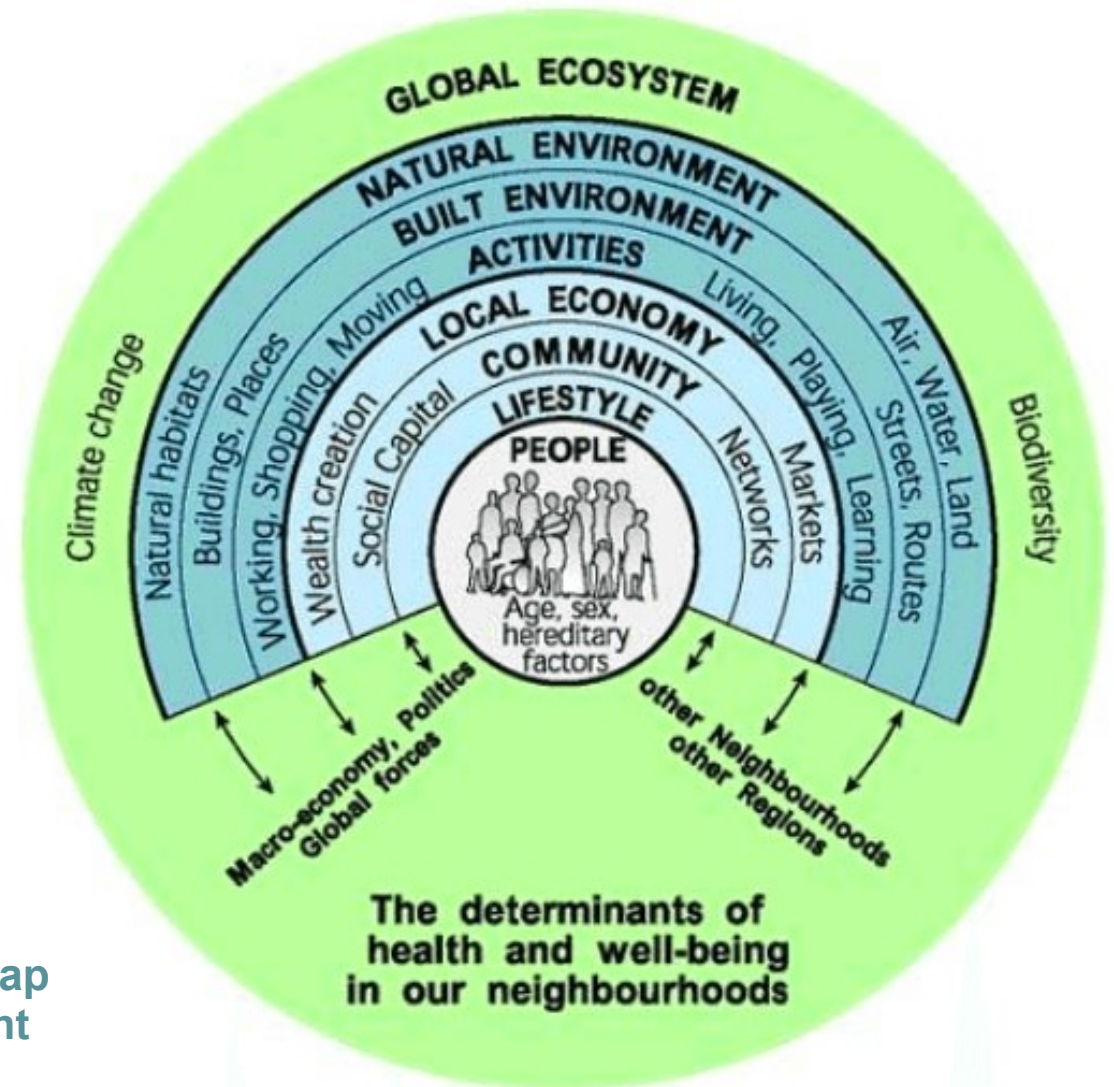
World Health Organisation:

‘Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.’



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Homes and neighbourhoods have a greater influence on health than the NHS...



The Health Map
Barton & Grant
2006



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Pre-pandemic: an epidemic of avoidable illness...

**‘Fifty percent of all GP appointments are for illness that could have been avoided’
British Medical Journal**

**‘Between 5 – 18% of UK adults feel lonely often or always... feeling lonely is linked to early death, on a par with smoking...
Government Loneliness Strategy (2018)**

**‘One third of children age 2-15 are overweight or obese... obesity doubles the risk of dying prematurely...’
Government Childhood Obesity Plan (updated 2017)**

Dr Alison Tedstone, chief nutritionist at PHE, said:

“ Poor diets are all too common in this country and, along with obesity, are now one of the leading causes of disease such as cancer, heart disease and type 2 diabetes. It’s clear from these data that the nation’s diet needs an overhaul.



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What changed in 2020?

‘Hidden’ problems were revealed:

- Many people live in poor quality homes and neighbourhoods.
- Many people live with poor health.
- Poor health, poor environments and inequality are very much linked.
- In the UK, there are stark **health inequalities**, even in small areas.





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Important influences on health...

- Physical activity
- Diet
- Good local green spaces and parks
- Connections with people and places.



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The importance
of physical
activity...

Physically active people have lower health risks

Cognitive decline

↓40%

Type 2 diabetes

↓35%

Hypertension

↓33%

Depression

↓48%



All-cause mortality

↓30%

Bone fractures

↓66%

Breast cancer

↓20%

Coronary heart
disease and stroke

↓25%

Colorectal cancer

↓19%



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'Active' travel



Encouraging people to walk and cycle a bit more is a great way to help people stay healthy...

How could this be done in Uttlesford?

Even if you have to drive to a town or village, is it easy and pleasant to walk around when you get there....?

Are there things to do and see? Can you find most of the things you need nearby?



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Good quality parks and green spaces



Good green spaces help mental and physical health.

Do all the communities in Uttlesford have public green spaces or footpaths through green areas?

Are there places without?

Where and how could this be improved?



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Influence the 'food environment'



Is healthy food normal, affordable and available?

Gardens, community orchards and allotments...

What kinds of growing spaces would encourage people to grow and eat vegetables, supporting physical and mental health and biodiversity?

Too many
hot-food
takeaways?





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Support the needs of the least fit and healthy



Healthy places provide opportunities for everyone to get out and about....

Are there enough benches and places to rest? Enough public toilets?

Do parks provide places that attract all ages, not just the young and active?



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**Create places for people
to mix and meet**



Are there enough things to see and do in each place?
For different ages and interests?

Could buildings and spaces be used for different activities at different times?

Create places for arts and culture...

Are there enough things to see and do in each place?
For different ages and interests?

Could buildings and spaces be used
for different activities at different times?

guide 6

'I'd love to live there!' Planning for culture and the arts





Thank you!

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