Putting Health in Place

Dr. Russell Jones
What is health?

“What is health? Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

Constitution of WHO, 1946
THE SOCIAL DETERMINANTS OF HEALTH

Your health-related behaviours:
- Alcohol
- Exercise
- Smoking
- Diet

Your health

Social and community life:
- Friends
- Family support
- Support groups

Living conditions:
- Housing supply
- Transport
- Green space

Work and the economy:
- Recent work access
- Money
- Living wage
- Benefits
HEALTH INEQUALITY

Your health-related behaviours

Your health

Social and community life
Living conditions
Work and the economy

Policies of local, national and international governments

6CPRH
Healthy Urban Planning

• International Movement
• Seeks to enhance the physical, mental, social and environmental wellbeing of people who live and work in cities
• Planning for people
  • Place people’s needs at heart of urban planning process
  • Consider implications of planning decisions for health and wellbeing
• Balance social, environmental and economic pressures
• Infrastructure for people to optimise health
Health: the origins of planning

Bethnal Green, 1863

Blue Gate Fields, 1872
“Traffic will be to 21\textsuperscript{st} century public health what sewage was to 19\textsuperscript{th} century public health”
How can planning affect health?

- Conditions in which people live, work and play
- Access to facilities and services
- Infrastructure to facilitate healthy lifestyles and social networks
- Design influences mental health, wellbeing, quality of life
- Community empowerment
- Sustainable development
A Working Definition of Place

- the **environment** in which we live
- the **people** that inhabit these spaces
- the **quality of life** that comes from the interaction of people and their surroundings

*Creating Places (2013)*
Evidence

• Place and space have an impact on human health and wellbeing

• Actions to improve health often constrained by environmental and socio-economic contexts
Direct Impacts

• Traditionally associated with planning and environmental health, e.g.
  • air quality (indoor and outdoor),
  • climate,
  • water quantity and quality,
  • noise and
  • traffic-related injuries

• Much of the evidence is quantifiable and causal effects can be attributed
Indirect Impacts

• Focus on influence of built environment design on determinants of health, e.g.
  • perceptions of the local area,
  • social connections, and
  • physical activity

• These, in turn, are associated with physical and mental health and wellbeing

• Studies mostly not designed to attribute causality, in part due to the complex nature of the questions and finding appropriate comparisons

• Longitudinal studies underway

• Recent studies explore interaction between physical and social characteristics
Is Quality of Place a Glasgow Issue?
But for many, the lived reality is different
The physical environment is a key determinant of health. The surroundings in which we live and work can influence our health in many ways.

27% of households in Glasgow were estimated to be in fuel poverty in 2013-15.

Where do people live?

- 47% of dwellings are owner occupied
- 55% are rented from private landlords or housing associations
- 73% of dwellings in Glasgow are flats
- 30% of dwellings are thought to be in need of urgent repair

Pollution, green space and derelict land

- 35% of green space in Glasgow is made up of public parks, amenity green space and sports areas
- 6 in 10 Glasgow residents live within 500m of derelict land…which is 2x the Scottish average
- Levels of traffic-related air pollutants exceed the UK air quality objectives

Check out further information on this topic, as well as lots more on Glasgow’s population health at: www.understandingglasgow.com
Housing conditions in Glasgow & Scotland 1969-1972

Source: Nick Hedges/Shelter Scotland (© Shelter 2015)
Nature & scale of urban change 1950s-80s

Percentage of houses demolished/closed in major cities, 1955-85
Source: Taubut et al 2015 (calculated from various sources)
Nature & scale of urban change 1950s-80s

Approximate number of dwellings in main post-war housing estates, c. 1980

Source: Taulbut et al 2016 (calculated from various sources)
Nature & scale of urban change 1950s-80s
Our Approach to Putting Health in Place
(a whistle-stop tour)

• Raise awareness

• Provide and generate evidence

• Mainstream health in land use policy, plans and practice
Strategic Plans - LDP

Key Aims
- A healthy, high quality place
- A compact city form that supports sustainable development

Strategic Outcomes
- A vibrant place with a growing economy
- A thriving & sustainable place to live and work
- A connected place to move around and do business in
- A green place which is resilient, accessible & attractive

Principal Policies
- CDP1: The Placemaking Principle
- CDP2: Sustainable Spatial Strategy

Other Policies
- CDP3: Economic Development
- CDP4: Network of Centres
- CDP5: Resource Management
- CDP6: Greenbelt and Green Network
- CDP7: Natural Environment
- CDP8: Water Environment
- CDP9: Historic Environment
- CDP10: Meeting Housing Needs
- CDP11: Sustainable Transport
- CDP12: Delivering Development

All policies to be read in conjunction with relevant Supplementary Guidance

Maps
- City wide Policy and Proposals Map
  - North East: Policy and Proposals Map
  - North West: Policy and Proposals Map
  - South: Policy and Proposals Map

Delivery
- Action programme
Integrated Infrastructure

- Movement Network
- Green Network
- Water Network
Glasgow Test Site

“Our vision is that planning can be more about people”
Doing Things Differently......

Photograph your daily journey and tell us how it makes you feel?

Working with local people to change their streets + spaces

A report of a Community Street Audit for Glasgow City Council
Place Standard

Tool to assess quality of place and prioritise local needs in a community

For use by communities and/or professionals

Can capture a single point in time or track changes over time

http://www.placestandard.scot/#/home
Development

Partners:
- Scottish Government (Planning & Architecture)
- NHS Health Scotland
- Architecture & Design Scotland
- Glasgow City Council

Community Empowerment (Scotland) Act 2015
Political Leadership

Cabinet Secretary for Social Justice, Communities and Pensioners Rights

Alex Neil MSP

Place Standard Launch
10th December 2015
To support the delivery of high quality places in Scotland and to maximise the potential of the physical and social environment in supporting health, wellbeing and a high quality of life.
Principles

Are we having the right conversations with the right people at the right time to change things for the better?
- Facilitate on-going dialogue between local people, public sector and developers
- Opportunity to create local action plans
- Opportunity for dialogue about difficult topics – social incivilities, vacant & derelict buildings, etc.
- Help make more informed decisions
- Opportunity for cross-service & cross-sector budget decisions and spending
### Application in Scotland

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Application – For What?

Based on 91 of 100 Recorded Applications May 2018

November 2017
- LOIP/Locality Plan Development: 26%
- Local Development Framework: 14%
- Training/Awareness Raising: 11%
- Local Development Plan: 10%
- Masterplan: 19%
- Local Place Plans: 20%

May 2018
- LOIP/Locality Plan Development: 22%
- Local Development Framework: 32%
- Training/Awareness Raising: 9%
- Local Development Plan: 17%
- Masterplan: 12%
- Local Place Plans: 8%
Denmark
Stadsinformatie over de stad Veendam.

**De Plekmonitor**

Hoe goed scoort uw plek?

- Veiligheid
- Onroerend erfgoed
- Logen en cultureel
- Openbaar vervoer
- Vrijwilligers
- Sociale zorg

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**Sassenaren mogen vertellen wat ze met hun stad willen**

Jan Vinke > De zijn van Sas van Gent

Dus laat je horen!

Ja en 5 anderen

Leuk

Opening gazet"
WHO European Healthy Cities Network
Place Standard Improvements

• Engagement & Feedback - Now
• Analysis & Report Late 2018
• Improved Product Early 2019

“A Scotland where we live in vibrant, healthy and safe places and communities”.
“We have embedded the UN Sustainable Development Goals in our new National Performance Framework, one of the first countries in the world to do so. These goals will give stretch to our ambition to improve Scotland’s wellbeing and increase sustainable and inclusive economic growth.”
Resources

• RTPI – Promoting Healthy Cities
  http://rtpi.org.uk/knowledge/research/planning-horizons/promoting-healthy-cities/

• TCPA – Planning and Health
  http://www.tcpa.org.uk/Pages/Category/health

• WHO Collaborating Centre
  http://www1.uwe.ac.uk/et/research/who.aspx

• UK Healthy Cities Network
  http://www.healthycities.org.uk/

• European Healthy Cities Network

• London Healthy Development Unit
  http://www.healthyurbandevelopment.nhs.uk/

• CDC – Healthy Places
  https://www.cdc.gov/healthyplaces/

• Lancet series

• GCPH
  https://www.gcph.co.uk/places_and_regeneration
Final Thoughts

• Place influences health and wellbeing directly and indirectly

• Great buildings are not enough – need to consider spaces between buildings

• Lots of tools/resources/case studies available

• Champions can pave the way

• Perseverance is vital

• Moving in the right direction

• You too can Put Health in Place
Thank you for listening

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