
Healthy Urban Planning (I)

Equity in health ... making the links

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8th April 2008

Belfast Healthy Cities

NICVA, Duncairn Gardens, Belfast



Timetable

- Introductions
- HUP and sustainable development
- Reflections
- Case study
- Belfast Metropolitan Area Plan
- Plenary
- Lunch
- HUP in NI context
- Plenary
- Close



Equity in health: making the links

You have had ...

1. Tackling health inequalities
2. Community planning for health and well-being
3. Understanding and experiencing HIA

Today ...

4. Healthy Urban Planning I

Still to come ...

5. Healthy Urban Planning II
6. Tackling health inequalities: providing the evidence



Learning objectives

Participants will

- consolidate learning to date;
- consider participants own role in developing this agenda;
- examine potential links between planning and health;
- develop critical perspectives on links between health and planning; and
- consider the role of communication and leadership;
- examine the Northern Ireland context for planning and opportunities for health input.



- Some definitions
- Sustainable development
- Planning and health
- What are the links?
- What is the evidence?



Definitions ...

Spatial planning

- *refers to the methods used largely by the public sector to influence the future distribution of activities in space.*
- *It is undertaken with the aims of creating a more rational territorial organisation of land uses and the linkages between them, to balance demands for development with the need to protect the environment, and to achieve social and economic objectives.*
- *Spatial planning embraces measures to co-ordinate the spatial impacts of other sector policies, to achieve a more even distribution of economic development between regions than would otherwise be created by market forces, and to regulate the conversion of land and property uses.*

European Commission 1997, Compendium of European Spatial Planning Systems, p.24

Public health

- *The science and art of preventing disease, prolonging life and promoting health through organised efforts of society." (Sir Donald Acheson)*

Faculty of Public Health



The state of the world's cities ...

For better or worse, the development of contemporary societies will depend on understanding and managing the growth of cities.

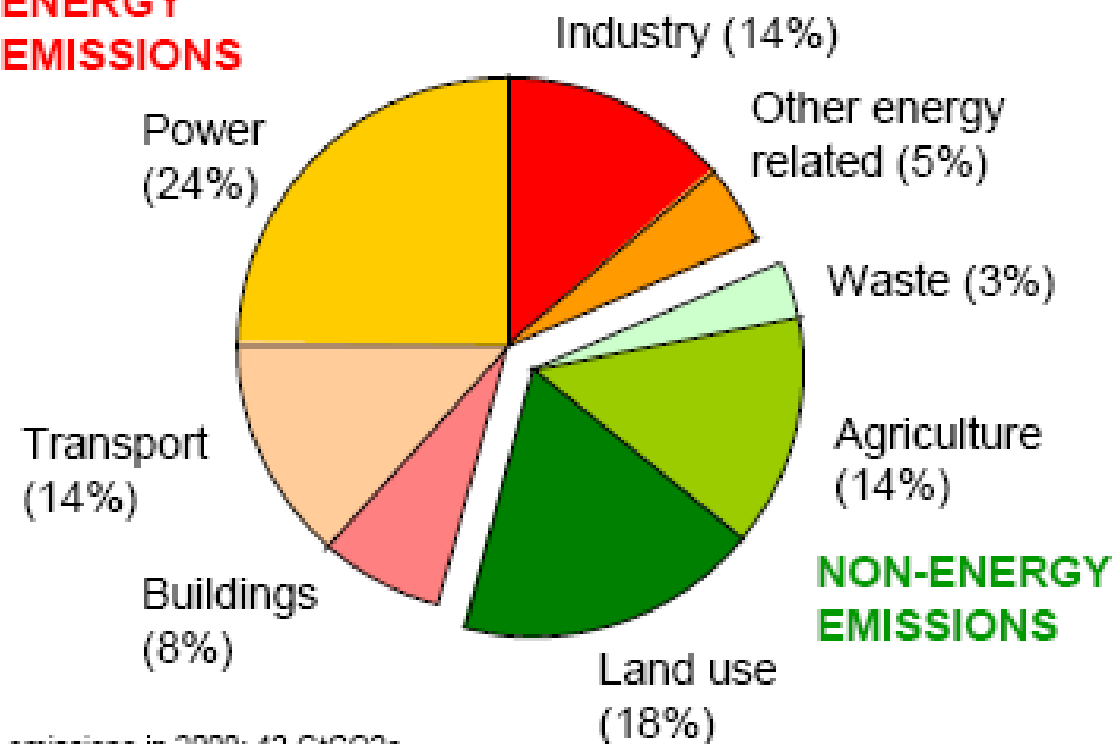
The city will increasingly become the test bed for the adequacy of political institutions, for the performance of government agencies, and

... for the effectiveness of programmes to combat social exclusion, to protect and repair the environment and to promote human development.



Figure 1 Greenhouse-gas emissions in 2000, by source

**ENERGY
EMISSIONS**



Total emissions in 2000: 42 GtCO₂e.

Energy emissions are mostly CO₂ (some non-CO₂ in industry and other energy related).

Non-energy emissions are CO₂ (land use) and non-CO₂ (agriculture and waste).

Source: Prepared by Stern Review, from data drawn from World Resources Institute Climate Analysis Indicators Tool (CAIT) on-line database version 3.0.



WHO European Healthy Cities Network

A survey of chief planners ... showed that health and planning agencies regularly cooperated in only 25% of the cases.

... perhaps surprisingly, given their position, [they] considered that planning policies were actually incompatible with health ...

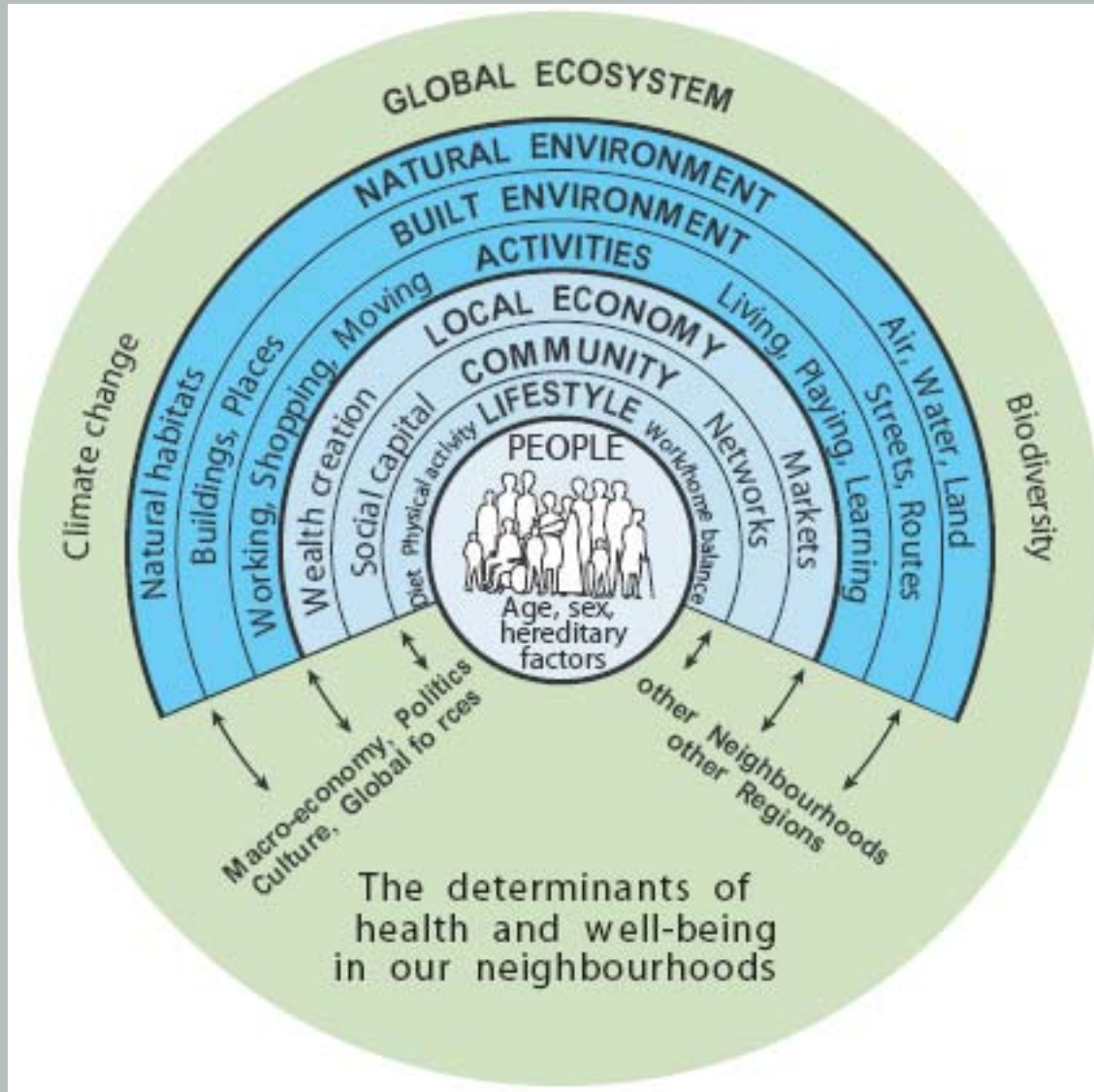


Health and planning ...

Three perspectives

- Health services
 - ⇒ For a tool to calculate developer contributions for health services see www.healthyurbandevelopment.nhs.uk
- Health protection
 - ⇒ Close, and existing, links with Environmental Protection services
- Health improvement
 - ⇒ Many overlaps and parallels with the social determinants of health approach





From Hugh Barton and Marcus Grant, University of the West of England



What are the main public health messages?

- Climate change: sustainability
- Mental health
- Physical Activity
- Public health brings an enhanced understanding of inequalities and of demographic profile with potential to focus on ...
 - young people
 - older people and healthy ageing



Physical activity is related to built environment: evidence

A sedentary lifestyle increases the risk of overall mortality (2- to 3-fold)
cardiovascular disease (3- to 5-fold)
some types of cancer, incl colon and breast cancer
Wei et al JAMA 1999

The effect of low physical fitness is comparable to that of hypertension, high cholesterol, diabetes and even smoking
Blair et al 1996

Walking and biking rates are higher in denser neighbourhoods and to smaller schools
Braza, AJHP 2004

With each quartile increase in land use mix, the likelihood of obesity decreased across gender and ethnicity
Frank, Andresen, AJPM 2004

Time spent bicycling is associated with green and recreational space
Wendel-Vos, Med Sci Exer Sport 2004

Living near footpaths leads to increased likelihood of recreational walking
Duncan, Prev Med 2005











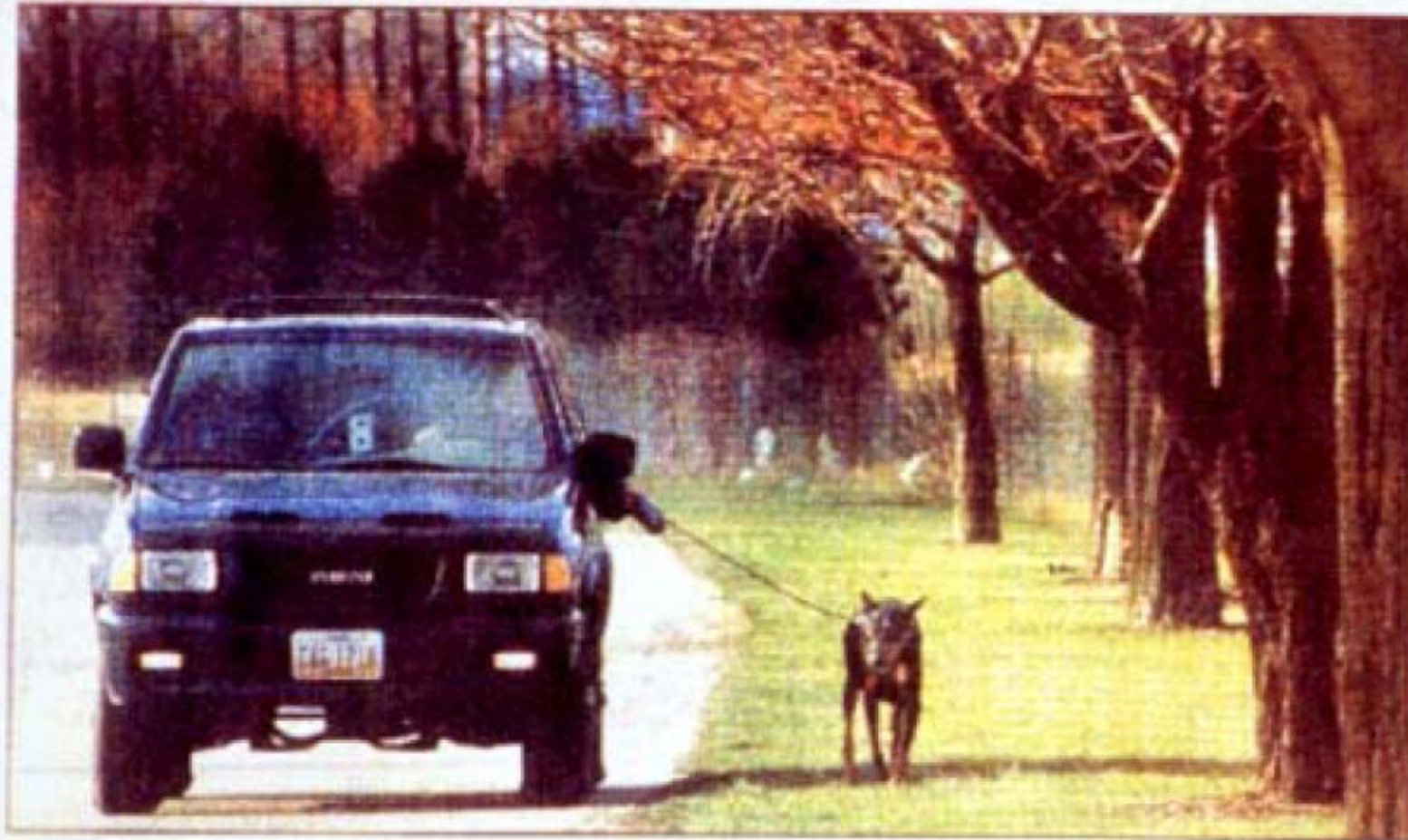
Mental health: design of built environment

- **Depression:**
mitigated by physical activity and social interaction;
- **Stress/fear:**
fear of crime exacerbated by hostile (poorly maintained) environment
stress aggravated by long commutes (which reduce opportunities for social interaction);
- **Child development:**
opportunities for unsupervised play are minimised: what are the long-term effects on children's social skills
is Attention Deficit-Hyperactivity Disorder related to limited opportunities for outdoor play?
green space may improve function in ADHD;
- **Violent Behaviour:**
impulse control: *eg* road rage.





* CANINE CONSTITUTIONAL



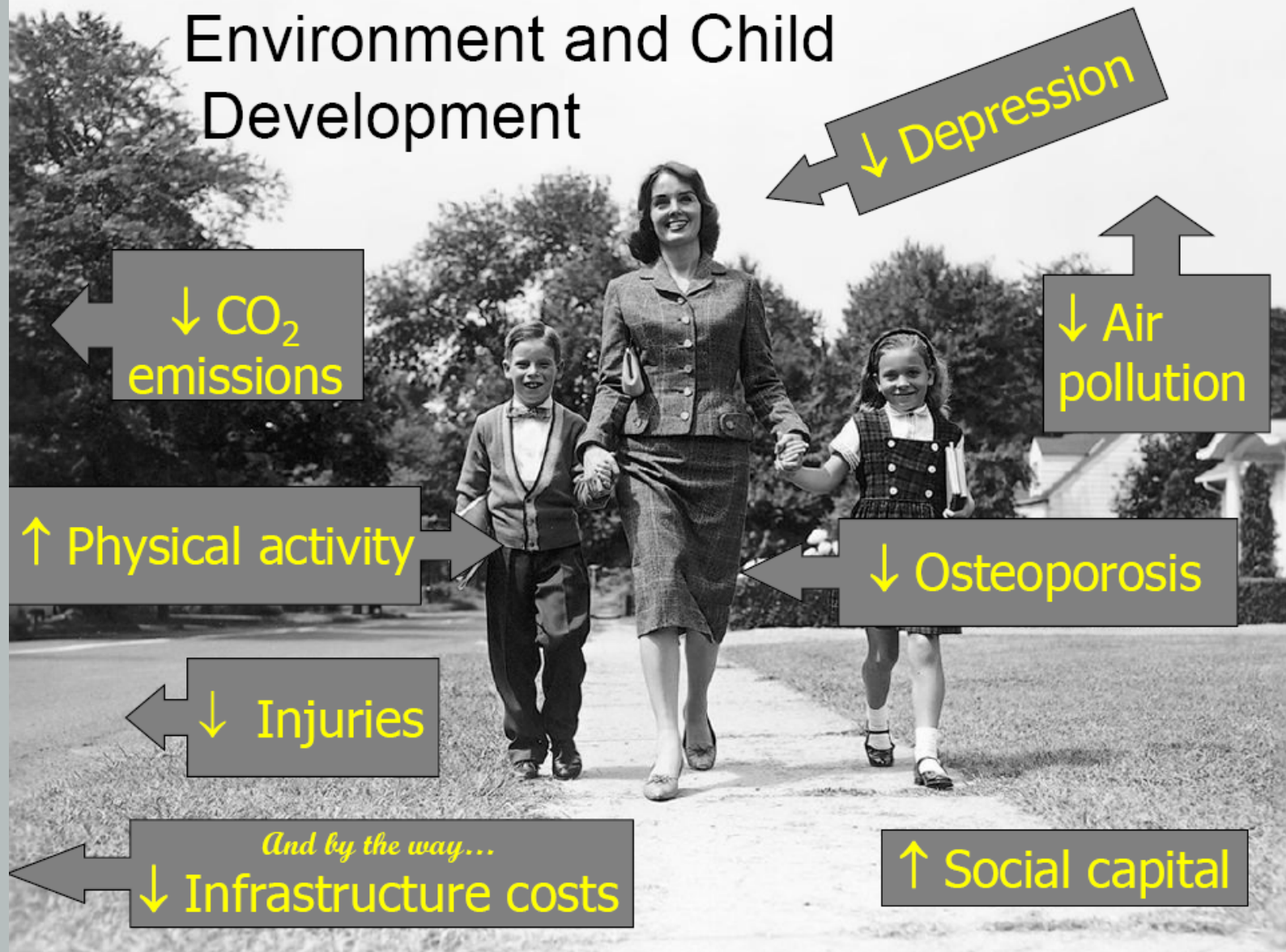
Ben Raywell / Oglethorpe

A brisk walk in the park keeps Nater II in shape between dog shows. His owner, Columbus resident Cathy Stumbo, got up early

to give her 3-year-old Doberman his regular workout. They typically log 18 miles in Berliner Park.



Environment and Child Development



How can planning and health work together?

Importance of leadership and communication?

- *Egan Review, 2004*
... the professional skills of planning, architecture and surveying are vital
... it will also be important to develop a broad range of generic skills, behaviour and knowledge.

These include

- governance of communities,
- economic planning for prosperity,
- communication (especially listening to and selling to communities),
- risk taking, and
- above all leadership and partnership working.

- We are **all** experts ...
- Leading and working in partnership ...
 - What are the recipes for success?



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