

Beyond lifestyle: How spatial planning can encourage physical activity

Date: Tuesday 16 June 2015

Venue: The Hub @ MAC, St Anne's Square, Belfast

Creating the conditions for health is a key theme within the public health strategy Making Life Better. The strategy also emphasises the role of place in improving local health and wellbeing. Key issues within this include healthy lifestyles, active travel, healthy ageing and better outcomes for children.

This seminar will provide a case study of how land use planning can encourage physical activity. It will also give a case study of how health professionals and planners can collaborate to achieve effective decisions.

Learning outcome: At the end of this session, participants will be able to:

1. Identify how planning can encourage physical activity
2. Understand the potential of collaboration across sectors
3. Identify existing local good practice

Agenda

- 12.00 **Lunch and registration**
- 12.30 **Welcome**
- 12.35 **Collaboration for active places**
*Paul Southon, Health & Adult Wellbeing Programme Manager,
Sandwell Metropolitan Borough Council*
- 12.55 **Planning Active Places**
*Professor Julian Hine, Translink Chair of Transport, Built Environment
Research Institute, Ulster University*
- 13.15 **Active Belfast: Active travel collaboration for physical activity**
*Séamus Mullen, Head of Health and Social Wellbeing Improvement
(Belfast), Public Health Agency*
- 13.25 **Questions and discussion**
- 13.45 **Close**

