

How planning shapes our health

Justine Daly

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What is Healthy Urban Planning?

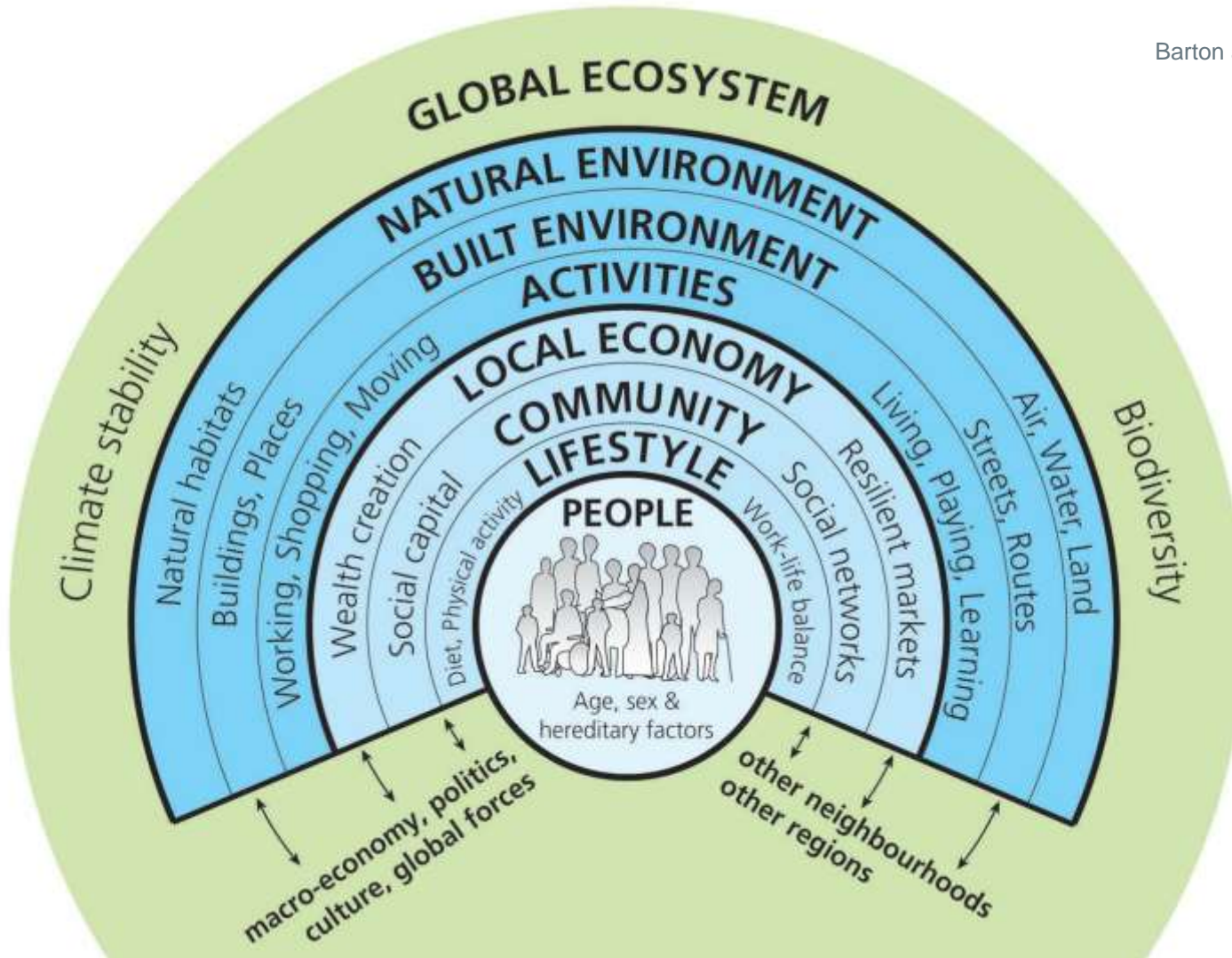
WHO Concept

'Highlights the importance of recognising the health implications for human health and well being, of policy and practice in urban planning and the need to go one step further, by pursuing health objectives as a central part of planning work'



Determinants of health and well-being

Barton and Grant 2010



Impacts

- Mental health
- Social isolation
- Stress
- Physical health
- Air pollution
- Car dependency
- Obesity and heart
- Activity
- Access to services
- Food nutrition



**How places impact our lives,
health and well being**

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Role of Planning

Planning can affect peoples health directly and indirectly through:

- built environment and community safety
- transport and accessibility
- housing and integration /affordability
- economic regeneration and equity



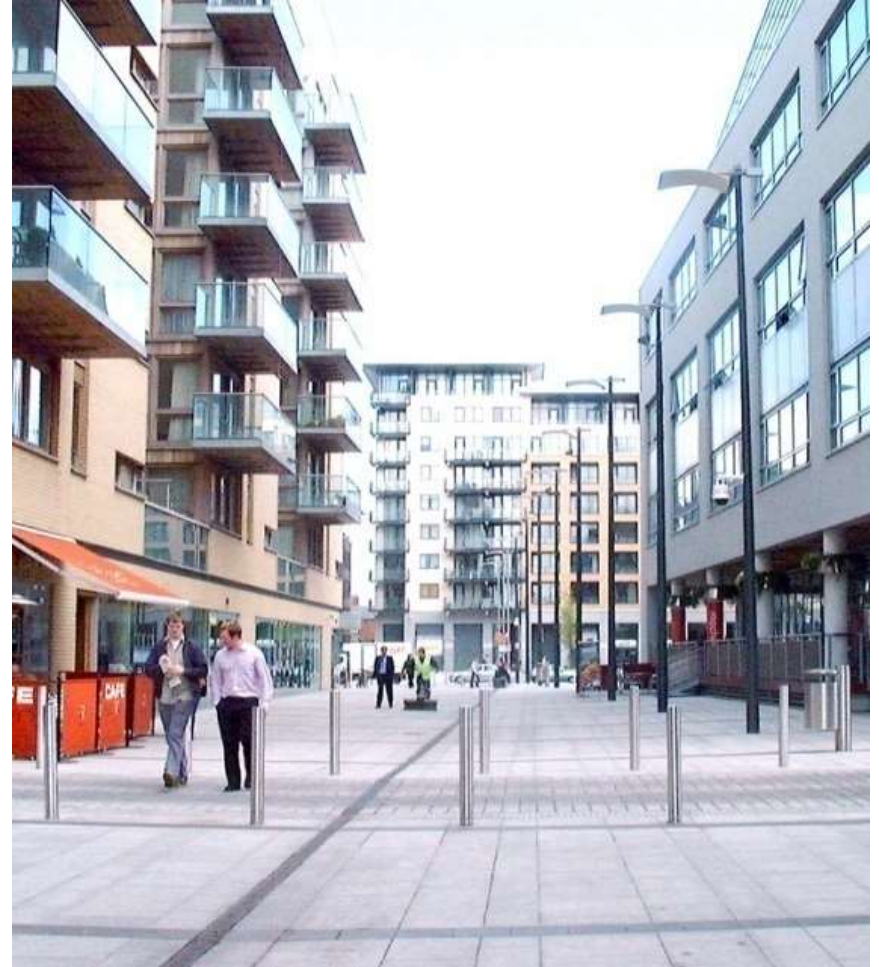
Built environment and community safety

- Physical structure of a place
- Legibility and perception – mental maps
- Quality of environment
- Mix and distribution of uses



Built environment - done well

- Connected – physically and perception
- Appropriate human scale
- Character and sense of place
- Vibrant mix of uses
- Encourages walking and cycling



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Built environment - badly done

- Lacks character and sense of place and identity
- Land hungry stand alone uses
- Car oriented and discourages walking and cycling
- Poor accessibility
- Limited sense of community



Public open spaces

- Location and links
- Safety and natural surveillance
- Facilities and events
- Maintenance
- Design



Green lungs of the city



Multi-functional



Multi-functional



Transport and accessibility

- Walking
- Cycle
- Public transport
- Private vehicle and car dependency
- Access to services



Housing and integration/affordability



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Maintenance and stewardship

- Appearance
- Safety
- Pride in place



Our environment should:

- encourage movement through city: legibility and permeability
- offer sense of discovery: stand alone attraction and programming opportunity
- promotes safety: encourages ownership, design can deter anti social behaviour

Make places fun



Make places fun



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Take 5

for your emotional wellbeing

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GIVE



GIVE



BE ACTIVE



CONNECT



KEEP LEARNING



TAKE NOTICE

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