

Creating healthy cities: children, older people and place

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Belfast Healthy Cities



Belfast Healthy Cities

Partnership  **Belfast Health and Social Care Trust**



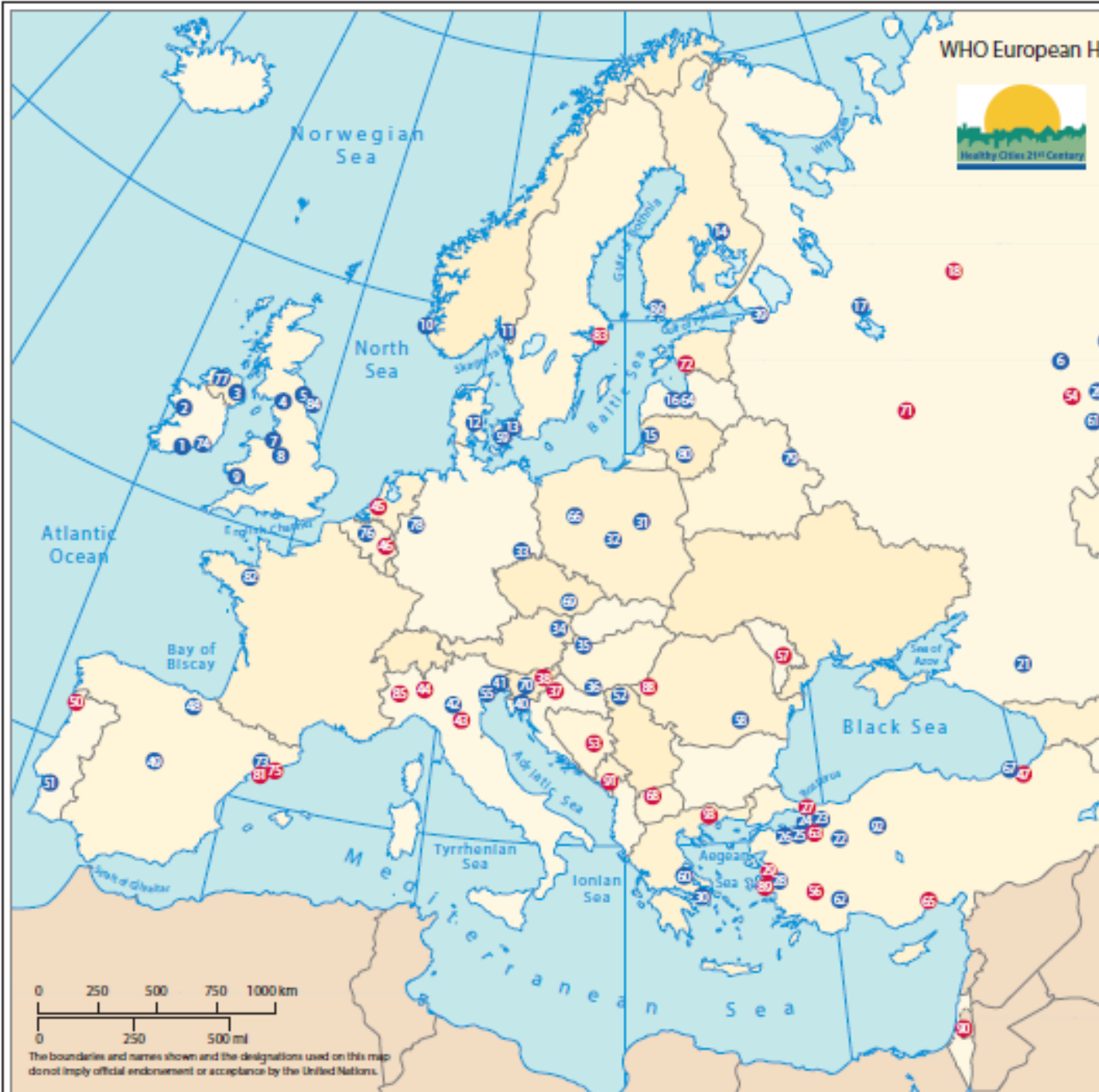
Housing Executive

Public Health
Agency

Our Vision is to be a leader in creating a healthy and equitable city



WHO European Healthy Cities Network – Phase VI (2014–2018)



| | | | | | |
|----|--------------------|-----|----|---------------------------|-----|
| 1 | Cork | IRE | 50 | Viana do Castelo | POR |
| 2 | Galway | IRE | 51 | Seoul | POR |
| 3 | Belfast | UNK | 52 | Novi Sad | SRB |
| 4 | Cardiff | UNK | 53 | Sarajevo | BH |
| 5 | Newcastle | UNK | 54 | Ulyanovsk | RUS |
| 6 | Chelmsbury | RUS | 55 | Venice | ITA |
| 7 | Liverpool | UNK | 56 | Denizi | TUR |
| 8 | Stoke-on-Trent | UNK | 57 | Chinaitu | MDA |
| 9 | Swansea | UNK | 58 | Bucharest | ROM |
| 10 | Sandnes | NOR | 59 | Frederiksborg | DEN |
| 11 | Bedford County | NOR | 60 | Flores-Psychiko | GRE |
| 12 | Horsens | DEN | 61 | Chapayevsk | RUS |
| 13 | Copenhagen | DEN | 62 | Bundak City | TUR |
| 14 | Kuopio | FIN | 63 | Ormaiztegui | TUR |
| 15 | Klaipėda | LTH | 64 | Riga | LVA |
| 16 | Jurmala | LVA | 65 | Muzik Municipality | TUR |
| 17 | Cherepovets | RUS | 66 | Poznan | POL |
| 18 | Vily Ustyug | RUS | 67 | Trabzon Metropolitan | TUR |
| 19 | Izhensk | RUS | 68 | Skopje | MKD |
| 20 | Dmitrograd | RUS | 69 | Bimo | CZE |
| 21 | Starogol City | RUS | 70 | Ljubljana | SVN |
| 22 | Eskişehir | TUR | 71 | Stapino | RUS |
| 23 | Gölcük | TUR | 72 | Pleuro | EST |
| 24 | Yalova | TUR | 73 | Saint Andreu de la Barca | SPA |
| 25 | Bursa | TUR | 74 | Waterford | IRE |
| 26 | Nikici | TUR | 75 | Barcelona | SPA |
| 27 | Kadiköy | TUR | 76 | Brussels | BEL |
| 28 | Izmir | TUR | 77 | Derry City and Strabane | UNK |
| 29 | Karşıyaka/Izmir | TUR | 78 | Düsseldorf | DEU |
| 30 | Amarousion | GRI | 79 | Gorki | BLR |
| 31 | Warsaw | POL | 80 | Kaunas | LTH |
| 32 | Łódź | POL | 81 | L'Hospitalet de Llobregat | SPA |
| 33 | Dresden | DEU | 82 | Rennes | FRA |
| 34 | Vienna | AUS | 83 | Stockholm | SWE |
| 35 | Győr | HUN | 84 | Sunderland | UNK |
| 36 | Pecs | HUN | 85 | Turin | ITA |
| 37 | Zagreb | CRO | 86 | Turku | FIN |
| 38 | Celje | SVN | 87 | Novosibirsk | RUS |
| 39 | St Petersburg | RUS | 88 | Municipality of Arod | ROM |
| 40 | Rijeka | CRO | 89 | Belgova/Izmir | TUR |
| 41 | Udine | ITA | 90 | Jerusalem | ISR |
| 42 | Modena | ITA | 91 | Podgorica | MON |
| 43 | Bologna | ITA | 92 | Çankaya | TUR |
| 44 | Milan | ITA | 93 | Dnava | GRI |
| 45 | Rotterdam | NET | | | |
| 46 | Liège | BEL | | | |
| 47 | Ortishur (Trabzon) | TUR | | | |
| 48 | Vitoria-Gasteiz | SPA | | | |
| 49 | Villanueva de la | | | | |
| 50 | Cañada | SPA | | | |

64 Designated cities
29 Applicant cities

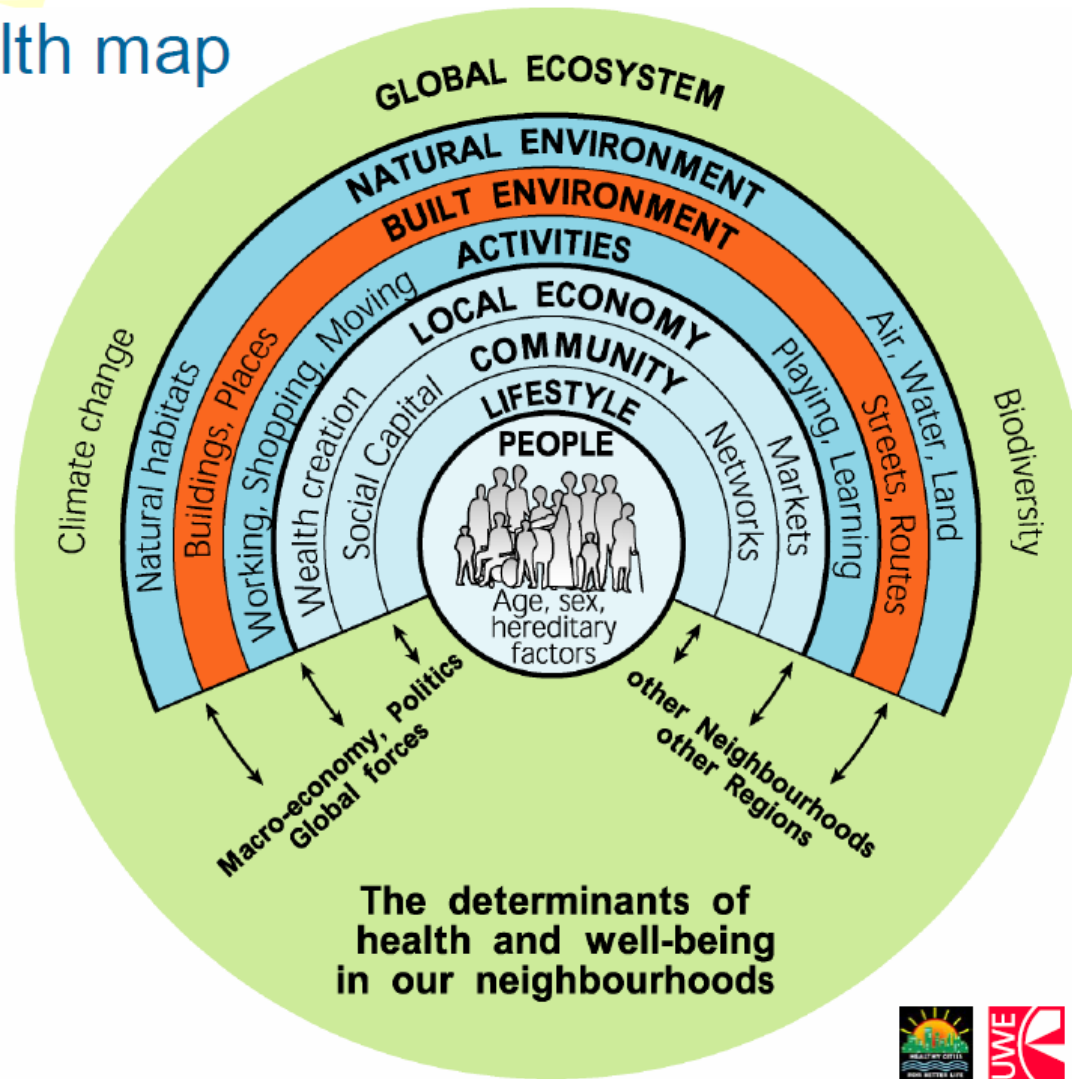


World Health Organization

REGIONAL OFFICE FOR Europe

The boundaries and names shown and the designations used on this map do not imply official endorsement or acceptance by the United Nations.

The settlement health map



Faculty of the
Built Environment



Belfast
A World Health Organization
Healthy City



Does CFP places have a role in Belfast?

Yes! Almost 1 in 5 people in Belfast are aged 13 or under.

- Listening to children helps create good places for everyone.
- A good city for children is a good city for everyone.



Key messages – children and place

- Place encompasses a good quality built and natural environment – significant impact on health
- Not everyone enjoys equal access to a good quality environment
- Younger children's development is affected by their local environment
- Giving people a voice in public health is important - engaging with children is essential
- Improved outcomes for children has benefits for wider family, community and Belfast as a whole



KidsSpace – a pop up child and family friendly city centre space

- ✓ 20+ events
- ✓ Key part of Culture Night Belfast since 2011
- ✓ 5,000+ participants



Children's Priorities

- Five main priorities identified
 - Green space
 - Open space
 - Clean & safe environments
 - Liveable communities
 - Calmer traffic
- Children's Charter: summarising children's views in policy relevant language



Green Space

Children want more green space in their areas and neighbourhoods where they live. These green spaces should be good quality, well maintained spaces where they can spend time with friends and family. Children value green space and recognize that it is important in terms of social interaction, pride in the local neighbourhood and opportunities for play and physical activity.

Priorities identified by children:

- Children should have easy access to nature and green spaces within walking distance from homes.
- Green space should be attractive to children - clean, free from litter and physical hazards and located to provide informal surveillance so that children feel safe.
- More green space should be created. In neighbourhoods lacking in this provision this could be achieved using green verges or temporary use of space awaiting development.

Open Space

Children report feeling unwelcome in particular areas of their neighbourhoods and feel they are often seen as a nuisance by adults. Children want safe spaces where they can play and spend time with friends. This does not have to be a play park, although play is welcome.

Priorities identified by children:

- Children should have opportunities for free leisure and recreation, through play areas which include street furniture and other design elements that facilitate unstructured play.
- Play should have features that will promote use by families with children - tea and coffee kiosks for adults, places to sit, toilet facilities and a well maintained network of paths.

Clean and Safe Environments

Children want clean environments and see this as essential to making their neighbourhoods more pleasant and attractive to live in. Children notice the quality of their environment and are aware of how others view the areas that they live in. Children are concerned about dog fouling, broken glass and graffiti.

Priorities identified by children:

- Frequent and efficient street cleaning is needed to keep streets and footpaths clean and attractive.
- Investment is needed in actions to increase civic pride in the area - community clean up days and initiatives that engage local people, such as community gardens.
- Safer by design should be a key principle in planning and regeneration to discourage vandalism and anti-social behaviour.

Liveable Communities

Children want derelict land to be used and vacant houses to be lived in. Children want to be able to go to local shops or visit friends on their own.

Priorities identified by children:

- Disused and derelict land, houses and other buildings should be taken back into use to make neighbourhoods look more attractive and to try to combat anti-social behaviour.
- Communities need to be more connected, walkable and safe - this should be addressed through regeneration and future planning.
- Parks, open spaces and schools should be accessible by foot or by bike.

Traffic

Children want safer roads with less cars and more traffic calming in their neighbourhoods. Children report that traffic can have an impact on where they go, in terms of where they play, walking and cycling, and how safe they feel. They recognize the effects of heavy traffic such as congested streets and parking difficulties, noise and air pollution.

Priorities identified by children:

- More traffic calming in built up areas through lower speed limits identifying alternatives to private cars so that children feel safe to walk, cycle or play in their areas.
- Improving safety by identifying alternatives to on street parking and promoting responsible driver behaviour in particular at crossings.
- Less traffic in the city to reduce air pollution and decrease noise.

Child Friendly Places Action Plan

- Response to children's views
- Aims:
 - ✓ to identify direction
 - ✓ put child friendly places higher on the agenda of the city
 - ✓ to engage children with decision makers
- Three core themes



Teaching Resource

What is it?

- New teaching resource for Key Stage 2
- Focuses on children, health and the built environment
- Child led approach to exploring health and the built environment
- Proposals to strengthen the environment



Process

- Education Authority
- PHA, NIHE
- Teacher info session
- 2 day teacher trainings days
- Resource delivered in 11 schools from Nov 15' – April 16'
- Writing group session – for teachers input to final draft
- Schools submit summary proposals
- Children's Voices, Children's Places, event June 2016, City Hall



Schools Proposals/next steps

- Better use of local greenspace
- Skate area
- Physical activity/walking/cycling routes
- 2nd pilot phase 2016/17 include rural/semi rural schools
- St Pauls P.S – new litter bins



Key messages - older people and place

- 19% aged 60+
- People are living longer, 78 men - 82 women
- Built environment that supports movement of older people is essential for physical and mental health
- 800 metres deemed crucial distance for walking and remaining active

Walkability Assessment for Healthy Ageing Tool

| Belfast Healthy Cities | | | | | |
|---|-----------|------|---------|------|-----------|
| Age-friendly Walkability Assessment Questionnaire | | | | | |
| <u>Outdoor spaces – local streets & pavements</u> | | | | | |
| General impression of the area: | Excellent | Good | Average | Poor | Very Poor |
| Cleanliness | | | | | |
| Overall appeal | | | | | |
| Pavements: | Excellent | Good | Average | Poor | Very Poor |
| Well maintained with few cracks | | | | | |
| Free of obstruction –cars, bins etc | | | | | |
| Non-slip | | | | | |
| Wide enough for wheelchairs or for safely passing other pedestrians | | | | | |
| Dropped curbs to road level at crossings | | | | | |

- Focus on neighbourhoods
- Qualitative focus to support quantitative tools
- Aims
 - To engage older people in assessing their environment
 - To gather evidence on walkability from older people's perspective
- Used with 250 older people across Belfast

Belfast City Parks



Opportunities
to socialise
Need to feel
safe



Belfast City Parks

Advantages :

- Friendly local area
- Well maintained
- Good visibility
- Level paths
- Good walking routes

Barriers:

- Lack of seating
- Lack of public toilets
- Dog fouling
- Poor signage

Indirect barriers:

- Steep hills

- Insecurity



Belfast City Centre



Street Clutter
Difficulties
crossing road
Good quality
pavement



East Belfast Street Assessment



Uneven
pavements
Parking and
street clutter
creating
barriers



Recommendations

Engage older people in the design of their city

- Engage older people in
 - design and planning of public seating
 - designing signage
- Promote
 - consistent provision of dropped kerbs and tactile paving
 - consistent provision and standard of public toilets
 - high quality well maintained pavements, free from obstruction
- Identify opportunities to review placement of pedestrian crossings and crossing times
- Promote awareness among agencies on fear of being out alone

Next Steps

- Further test and modify the tool

Essential to engage built environment sector

- Report available at belfasthealthycities.com/healthy-cities-publications



Walkability Assessment
for Healthy Ageing
March 2014



Finally

- Engagement is key to planning people friendly places

Thank you

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